

### **Fruits (7 subgroups)**

Citrus Juice  
Fruit Juice excluding Citrus Juice  
Citrus Fruit  
Fruit excluding Citrus Fruit  
Avocado and Similar  
Fried Fruits  
Fruit-based Savory Snack

### **Vegetables (10 subgroups)**

Dark-green Vegetables  
Deep-yellow Vegetables  
Tomato  
White Potatoes  
Fried Potatoes  
Other Starchy Vegetables  
Legumes (cooked dried beans)  
Other Vegetables  
Fried Vegetables  
Vegetable Juice

### **Grains (35 subgroups)**

Grains, Flour and Dry Mixes - Whole Grain  
Grains, Flour and Dry Mixes - Some Whole Grain  
Grains, Flour and Dry Mixes - Refined Grain  
Loaf-type Bread and Plain Rolls - Whole Grain  
Loaf-type Bread and Plain Rolls - Some Whole Grain  
Loaf-type Bread and Plain Rolls - Refined Grain  
Other Breads (quick breads, corn muffins, tortillas) - Whole Grain  
Other Breads (quick breads, corn muffins, tortillas) - Some Whole Grain  
Other Breads (quick breads, corn muffins, tortillas) - Refined Grain  
Crackers - Whole Grain  
Crackers - Some Whole Grain  
Crackers - Refined Grain  
Pasta - Whole Grain  
Pasta - Some Whole Grain  
Pasta - Refined Grain  
Ready-to-eat Cereal (not presweetened) - Whole Grain

**Grains (Continued)**

Ready-to-eat Cereal (not presweetened) - Some Whole Grain  
Ready-to-eat Cereal (not presweetened) - Refined Grain  
Ready-to-eat Cereal (presweetened) - Whole Grain  
Ready-to-eat Cereal (presweetened) - Some Whole Grain  
Ready-to-eat Cereal (presweetened) - Refined Grain  
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Whole Grain  
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Some Whole Grain  
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Refined Grain  
Snack Bars - Whole Grain  
Snack Bars - Some Whole Grain  
Snack Bars - Refined Grain  
Snack Chips - Whole Grain  
Snack Chips - Some Whole Grain  
Snack Chips - Refined Grain  
Popcorn  
Flavored Popcorn  
Baby Food Grain Mixtures - Whole Grain  
Baby Food Grain Mixtures - Some Whole Grain  
Baby Food Grain Mixtures - Refined Grain

**Dairy and Nondairy Alternatives (28 subgroups)**

Milk - Whole  
Milk - Reduced Fat  
Milk - Low Fat and Fat Free  
Milk - Nondairy  
Ready-to-drink Flavored Milk - Whole  
Ready-to-drink Flavored Milk - Reduced Fat  
Ready-to-drink Flavored Milk - Low Fat and Fat Free  
Sweetened Flavored Milk Beverage Powder with Non-fat Dry Milk  
Artificially Sweetened Flavored Milk Beverage Powder with Non-fat Dry Milk  
Cheese - Full Fat  
Cheese - Reduced Fat  
Cheese - Low Fat and Fat Free  
Cheese - Nondairy  
Yogurt - Sweetened Whole Milk  
Yogurt - Sweetened Low Fat  
Yogurt - Sweetened Fat Free  
Yogurt - Artificially Sweetened Whole Milk  
Yogurt - Artificially Sweetened Low Fat  
Yogurt - Artificially Sweetened Fat Free  
Yogurt - Nondairy  
Frozen Dairy Dessert  
Frozen Nondairy Dessert

**Dairy and Nondairy Alternatives (Continued)**

Pudding and Other Dairy Dessert

Artificially Sweetened Pudding and Other Dairy Dessert

Dairy-based Sweetened Meal Replacement/Supplement

Dairy-based Artificially Sweetened Meal Replacement/Supplement

Infant Formula

Infant Formula - Nondairy

**Meat, Fish, Poultry, Eggs, Nuts, Seeds and Meat Alternatives (28 subgroups)**

Beef

Lean Beef

Veal

Lean Veal

Lamb

Lean Lamb

Fresh Pork

Lean Fresh Pork

Cured Pork

Lean Cured Pork

Game

Poultry

Lean Poultry

Fried Chicken - Commercial Entrée and Fast Food

Fish - Fresh and Smoked

Lean Fish - Fresh and Smoked

Fried Fish - Commercial Entrée and Fast Food

Shellfish

Fried Shellfish - Commercial Entrée and Fast Food

Cold Cuts and Sausage

Lean Cold Cuts and Sausage

Organ Meats

Baby Food Meat Mixtures

Eggs

Egg Substitute

Nuts and Seeds

Nut and Seed Butters

Meat Alternatives

**Fats (14 subgroups)**

Margarine - Regular

Margarine - Reduced Fat

Oil

Shortening

Butter and Other Animal Fats - Regular

**Fats (Continued)**

Butter and Other Animal Fats - Reduced Fat  
Salad Dressing - Regular  
Salad Dressing - Reduced Fat/Reduced Calorie/Fat Free  
Vegetable-based Savory Snack  
Meat-based Savory Snack  
Cream  
Cream - Reduced Fat  
Cream - Low Fat and Fat Free  
Cream - Nondairy

**Sweets (8 subgroups)**

Sugar  
Syrup, Honey, Jam, Jelly, Preserves  
Sauces, Sweet - Regular  
Sauces, Sweet - Reduced Fat/Reduced Calorie/Fat Free  
Chocolate Candy  
Non-chocolate Candy  
Frosting or Glaze  
Sweetened Flavored Milk Beverage Powder without Non-fat Dry Milk

**Beverages (26 subgroups)**

Sweetened Soft Drinks  
Artificially Sweetened Soft Drinks  
Unsweetened Soft Drinks  
Sweetened Fruit Drinks  
Artificially Sweetened Fruit Drinks  
Sweetened Tea  
Artificially Sweetened Tea  
Unsweetened Tea  
Sweetened Coffee  
Artificially Sweetened Coffee  
Unsweetened Coffee  
Sweetened Coffee Substitutes  
Artificially Sweetened Coffee Substitutes  
Unsweetened Coffee Substitutes  
Sweetened Water  
Artificially Sweetened Water  
Unsweetened Water  
Nondairy-based Sweetened Meal Replacement/Supplement  
Nondairy-based Artificially Sweetened Meal Replacement/Supplement  
Nondairy-based Unsweetened Meal Replacement/Supplement  
Non-alcoholic Beer  
Non-alcoholic Light Beer

**Beverages (Continued)**

Beer and Ales  
Cordial and Liqueur  
Distilled Liquor  
Wine

**Miscellaneous Foods (10 subgroups)**

Gravy - Regular  
Gravy - Reduced Fat/Fat Free  
Sauces and Condiments - Regular  
Sauces and Condiments - Reduced Fat  
Pickled Foods  
Miscellaneous Dessert  
Non-grain Flour and Similar  
Soup Broth  
Baby Food Dessert  
Miscellaneous Baby Food Mixtures  
Artificially Sweetened Flavored Milk Beverage Powder without Non-fat Dry Milk  
Sugar Substitute