

# COMMON FOOD CATEGORIES

FOOD	CATEGORY	AUTOMATIC RANK
AGAVE	CONDIMENTS	UNRANKED
ALFREDO SAUCE	MIXED DISHES	
ALMOND BUTTER	PROTEIN	
ALMOND MILK	NON-DAIRY ALTERNATIVE	
ALMONDS	PROTEIN	
ANCHOVY	PROTEIN	
ANGEL FOOD CAKE	DESSERTS	RED
APPLE CRISP	DESSERTS	RED
APPLES	FRUITS	
APPLESAUCE	FRUITS	
APRICOTS	FRUITS	
ARTICHOKES	VEGETABLES	
ARUGULA	VEGETABLES	
ASPARAGUS	VEGETABLES	
ASSORTED CANDY	DESSERTS	RED
AVOCADOS	VEGETABLES	
BABY FOOD	MISCELLANEOUS	UNRANKED
BABY FORMULA	MISCELLANEOUS	UNRANKED
BACON	PROTEIN	
BAGELS	GRAINS	
BAKED BEANS - VEGETARIAN	PROTEIN	
BAKED BEANS WITH PORK	PROTEIN	
BAKING SODA / BAKING POWDER	COOKING STAPLE	UNRANKED
BAMBOO SHOOTS	VEGETABLES	
BANANA BREAD MIX	GRAINS	
BANANA CHIPS	SNACKS	
BANANAS	FRUITS	
BARLEY	GRAINS	
BASIL	COOKING STAPLE	UNRANKED
BBQ SAUCE	CONDIMENTS	UNRANKED
BEAN SPROUTS	VEGETABLES	
BEANS	PROTEIN	
BEANS & RICE	MIXED DISHES	

FOOD	CATEGORY	AUTOMATIC RANK
BEAN PASTA	GRAIN	*does <b>not</b> have to be a whole grain
BEEF	PROTEIN	
BEEF JERKY	PROTEIN	
BEEF RAVIOLI	MIXED DISHES	
BEEF STEW	MIXED DISHES	
BEETS	VEGETABLES	
BISCUIT MIX	GRAINS	
BLACKBERRIES	FRUITS	
BLACK-EYED PEAS	PROTEIN	
BLACK PEPPER	CONDIMENTS	UNRANKED
BLUEBERRIES	FRUITS	
BLUEBERRY MUFFINS	GRAINS	
BLUEBERRY SCONE	GRAINS	
BOCA MEATLESS PRODUCT	PROTEIN	
BOTTLED WATER	BEVERAGES	GREEN
BRAN FLAKES	GRAINS	
BREAD MIX	GRAINS	
BREAD, WHOLE WHEAT	GRAINS	GREEN
BREAD, WHITE	GRAINS	YELLOW
BRIE	DAIRY	
BROCCOLI	VEGETABLES	
BROCCOLI RABE	VEGETABLES	
BROTH	COOKING STAPLE	UNRANKED
BROWN RICE	GRAINS	GREEN
BROWN RICE PASTA	GRAIN	
BROWNIES	DESSERTS	RED
BROWNIE MIX	DESSERTS	RED
BRUSSEL SPROUTS	VEGETABLES	
BUCKWHEAT PASTA	GRAIN	*Whole grain if buckwheat is the first ingredient
BUFFALO SAUCE	CONDIMENTS	UNRANKED
BUFFALO WINGS	PROTEIN	
BULGUR	GRAINS	
BURRITOS	MIXED DISHES	
BUTTER	COOKING STAPLE	UNRANKED

<b>FOOD</b>	<b>CATEGORY</b>	<b>AUTOMATIC RANK</b>
BUTTERNUT SQUASH	VEGETABLES	
BUTTERMILK	COOKING STAPLE	UNRANKED
CABBAGE	VEGETABLES	
CAKE MIX	DESSERTS	RED
CAKES	DESSERTS	RED
CALZONES	MIXED DISHES	
CANDIED SWEET POTATOES/YAMS	VEGETABLES	
CANDY BARS	DESSERTS	RED
CANDY/CHOCOLATE COVERED NUTS	DESSERTS	RED
CANTALOUPE	FRUITS	
CAPRI SUN JUICE POUCH	BEVERAGES	
CARAMEL	DESSERTS	RED
CARROTS	VEGETABLES	
CASHEW MILK	NON-DAIRY ALTERNATIVE	
CATFISH	PROTEIN	
CAULIFLOWER	VEGETABLES	
CELERY	VEGETABLES	
CEREAL	GRAINS	
CHALLAH BREAD	GRAINS	
CHEDDAR CHEESE	DAIRY	
CHEERIOS	GRAINS	
CHEESE	DAIRY	
CHEESE SAUCE	DAIRY	
CHEF BOYARDEE CANNED PASTA	MIXED DISHES	
CHERRIES	FRUITS	
CHEWING GUM	NON-FOOD	UNRANKED
CHEX MIX	SNACKS	
CHICKEN	PROTEIN	
CHICKEN BROTH/STOCK	COOKING STAPLE	UNRANKED
CHICKEN NOODLE SOUP	MIXED DISHES	
CHICKEN NUGGETS	PROTEIN	
CHICKEN SALAD	MIXED DISHES	
CHICKEN SAUSAGE	PROTEIN	
CHICKEN WINGS, PLAIN OR FLAVORED (SUCH AS BUFFALO WINGS)	PROTEIN	

<b>FOOD</b>	<b>CATEGORY</b>	<b>AUTOMATIC RANK</b>
CHICKPEA (or PULSE) PASTA	GRAIN	*does not have to be a whole grain
CHICKPEAS	PROTEIN	
CHILI, SOUP	MIXED DISHES	
CHIPS	SNACKS	
CHIVES	COOKING STAPLE	UNRANKED
CHOCOLATE	DESSERTS	RED
CHOCOLATE CHIPS	DESSERTS	RED
CHOCOLATE MILK	DAIRY	
CILANTRO	COOKING STAPLE	UNRANKED
CINNAMON ROLLS	DESSERTS	RED
CLAM CHOWDER	MIXED DISHES	
CLAMS	PROTEIN	
CLEMENTINE	FRUITS	
COBBLER	DESSERTS	RED
COCKTAIL SAUCE	CONDIMENTS	UNRANKED
COCOA POWDER	COOKING STAPLE	UNRANKED
COCONUT MILK	NON-DAIRY ALTERNATIVE	
COD FILLETS	PROTEIN	
COFFEE, BEANS/GROUND	BEVERAGES	GREEN
COFFEE, DRINK	BEVERAGES	
COFFEE CAKE/COFFEE CAKE MIX	DESSERTS	RED
COOKIE MIX	DESSERTS	RED
COOKIES	DESSERTS	RED
CORN	VEGETABLES	
CORN CHIPS	SNACKS	
CORN DOGS	MIXED DISHES	
CORN FLAKES	GRAINS	
CORN MEAL	GRAINS	
CORN OIL	COOKING STAPLE	UNRANKED
CORNBREAD MIX	GRAINS	
CORNED BEEF HASH	MIXED DISHES	
COUSCOUS	GRAINS	
COW'S MILK, FLAVORED (CHOCOLATE MILK, ETC.)	DAIRY	
COW'S MILK, SKIM	DAIRY	GREEN
COW'S MILK, 1%	DAIRY	GREEN

FOOD	CATEGORY	AUTOMATIC RANK
COW'S MILK, 2%	DAIRY	GREEN
COW'S MILK, WHOLE	DAIRY	YELLOW
CRAB MEAT	PROTEIN	
CRACKERS	SNACKS	
CRANBERRY JUICE CONCENTRATE	BEVERAGES	
CRANBERRY SAUCE	CONDIMENTS	UNRANKED
CREAM	CONDIMENTS	UNRANKED
CREAMER	CONDIMENTS	UNRANKED
CREAM CHEESE	DAIRY	
CREAM OF CHICKEN SOUP	MIXED DISHES	
CRUSHED TOMATOES	VEGETABLES	
CUCUMBER	VEGETABLES	
CUPCAKES	DESSERTS	RED
DARK CHOCOLATE	DESSERTS	RED
DELI MEAT	PROTEIN	
DIET SODA	BEVERAGES	YELLOW
DONUTS	DESSERTS	RED
DRIED FRUIT ( <u>no</u> added sugar)	FRUITS	YELLOW
DRIED FRUIT ( <u>with</u> added sugar)	FRUITS	
DRIED MILK	DAIRY	
DRY BEANS	PROTEIN	GREEN
EDAMAME (SOY BEANS)	PROTEIN	
EDAMAME PASTA	GRAIN	*does <b>not</b> have to be a whole grain
EGG NOG	BEVERAGES	
EGG ROLLS	MIXED DISHES	
EGG SALAD	MIXED DISHES	
EGGPLANT	VEGETABLES	
EGGS	PROTEIN	GREEN
ENCHILADA	MIXED DISHES	
ENDIVE	VEGETABLES	
EVAPORATED MILK	DAIRY	
FAJITA	MIXED DISHES	
FENNEL	COOKING STAPLE	UNRANKED
FIG BARS	DESSERTS	
FISH	PROTEIN	
FISH SAUCE	CONDIMENTS	UNRANKED

<b>FOOD</b>	<b>CATEGORY</b>	<b>AUTOMATIC RANK</b>
FISH STICKS, NUGGETS AND BATTERED FISH	PROTEIN	
FISH BATTER MIX	CONDIMENTS	UNRANKED
FLAN	DESSERTS	RED
FLAVORED RICE MIXES	GRAINS	
FLAVORED WATER	BEVERAGES	
FLAXSEED	PROTEIN	GREEN
FLOUR	COOKING STAPLE	UNRANKED
FRENCH FRIES	VEGETABLES	
FRIED ONIONS	CONDIMENTS	UNRANKED
FRITTER	SNACKS	
FROZEN MEALS	MIXED DISHES	
FROZEN YOGURT	DESSERTS	RED
FRUIT CHIPS	SNACKS	
FRUIT COCKTAIL	FRUITS	
FRUIT JUICE, 100%	FRUITS	YELLOW
FRUIT MEDLEY	FRUITS	
FRUIT ROLL UPS	SNACKS	
FRUIT SNACKS	SNACKS	
FRUIT TART	DESSERTS	RED
FUDGE	DESSERTS	RED
GARBANZO BEANS	PROTEIN	
GINGER	COOKING STAPLE	UNRANKED
GOLDFISH CRACKERS	SNACKS	
GRANOLA	GRAINS	
GRANOLA BAR	SNACKS	
GRAPES	FRUITS	GREEN
GRAPE JELLY	CONDIMENTS	UNRANKED
GRAPE TOMATOES	VEGETABLES	
GRAPEFRUIT	FRUITS	
GRAVY	CONDIMENTS	UNRANKED
GREEK YOGURT	DAIRY	
GREEN BEANS	VEGETABLES	
GREEN ONIONS	VEGETABLES	
GREENS	VEGETABLES	
HADDOCK	PROTEIN	
HAM	PROTEIN	

<b>FOOD</b>	<b>CATEGORY</b>	<b>AUTOMATIC RANK</b>
HAM SALAD	MIXED DISHES	
HAMBURGER	PROTEIN	
HAMBURGER BUNS	GRAINS	
HAMBURGER HELPER	MIXED DISHES	
HEAVY CREAM	CONDIMENTS	UNRANKED
HEMP MILK	NON-DAIRY ALTERNATIVE	
HOLLANDAISE SAUCE	CONDIMENTS	UNRANKED
HOT DOGS	PROTEIN	
HOT PEPPERS	VEGETABLES	
HOT SAUCE	CONDIMENTS	UNRANKED
HOTDOG BUNS	GRAINS	
HUMMUS	PROTEIN	
ICE CREAM	DESSERTS	RED
ICEBERG LETTUCE	VEGETABLES	
ICING/FROSTING	DESSERTS	RED
INSTANT GRITS	GRAINS	
INSTANT MASHED POTATOES	VEGETABLES	
ITALIAN DRESSING / MARINADE	CONDIMENTS	UNRANKED
JALAPENO POPPERS	MIXED DISHES	
JAM	CONDIMENTS	UNRANKED
JELLIED CRANBERRY SAUCE	CONDIMENTS	UNRANKED
JELL-O /GELATIN	DESSERTS	RED
JELLY	CONDIMENTS	UNRANKED
JICAMA	VEGETABLES	
JUICE DRINKS	BEVERAGES	
KALE	VEGETABLES	
KETCHUP	CONDIMENTS	UNRANKED
KIEFER	DAIRY	
KIELBASA	PROTEIN	
KIMCHI	CONDIMENTS	UNRANKED
KIWI	FRUITS	
LAMB	PROTEIN	
LASAGNA	MIXED DISHES	
LEGUMES	PROTEIN	
LEMONS	FRUITS	

<b>FOOD</b>	<b>CATEGORY</b>	<b>AUTOMATIC RANK</b>
LEMON JUICE	CONDIMENTS	UNRANKED
LENTIL SOUP	MIXED DISHES	
LENTILS	PROTEIN	
LENTIL CHIPS	SNACKS	*whole grain if lentils are the first ingredient
LENTIL PASTA	GRAIN	*whole grain if lentils are the first ingredient
LETTUCE	VEGETABLES	
LIMA BEANS	PROTEIN	
LIMES	FRUITS	
LOBSTER	PROTEIN	
LOLLI POPS/SUCKERS	DESSERTS	RED
LUNCHABLES	MIXED DISHES	
M&Ms	DESSERTS	RED
MAC & CHEESE	MIXED DISHES	
MACKEREL	PROTEIN	
MANDARIN ORANGES	FRUITS	
MANGO	FRUITS	
MARGARINE	COOKING STAPLE	UNRANKED
MARINADE	CONDIMENTS	UNRANKED
MARINARA SAUCE	MIXED DISHES	
MARMALADE	CONDIMENTS	UNRANKED
MARSHMALLOWS	DESSERTS	RED
MASHED POTATOES	VEGETABLES	
MAYONNAISE	CONDIMENTS	UNRANKED
MEATBALLS	PROTEIN	
MEATLOAF	PROTEIN	
MELONS	FRUITS	
MILK (see each type: cow, oat, almond, etc.)		
MIRACLE WHIP	CONDIMENTS	UNRANKED
MISO PASTE	CONDIMENTS	UNRANKED
MIXED VEGETABLES	VEGETABLES	
MUFFIN	GRAINS	
MUFFIN MIX	GRAINS	
MUSHROOMS	VEGETABLES	
MUSTARD	CONDIMENTS	UNRANKED
NECTARINES	FRUITS	

FOOD	CATEGORY	AUTOMATIC RANK
NON-DAIRY MILK BLENDS	NON-DAIRY ALTERNATIVE	
NUTRITIONAL SUPPLEMENTS	MISCELLANEOUS	UNRANKED
NUTS	PROTEIN	
OAT MILK	NON-DAIRY ALTERNATIVE	
OATMEAL	GRAINS	
OATMEAL COOKIES	DESSERTS	RED
OATS	GRAINS	
OIL	COOKING STAPLE	UNRANKED
OKRA	VEGETABLES	
OLIVE OIL	COOKING STAPLE	UNRANKED
OLIVES	CONDIMENTS	UNRANKED
ONIONS	VEGETABLES	
ORANGE JUICE, 100% JUICE	FRUITS	YELLOW
PANCAKE MIX	GRAINS	
PANCAKE SYRUP	CONDIMENTS	UNRANKED
PASTA	GRAINS	YELLOW
PASTA, WHOLE GRAIN	GRAINS	GREEN
PASTA IN SAUCE, CANNED / FROZEN	MIXED DISHES	
PASTA RONI	MIXED DISHES	
PASTA SALADS	MIXED DISHES	
PASTA SAUCE	MIXED DISHES	
PASTA SAUCE WITH MEAT FLAVORING	MIXED DISHES	
PEAS	VEGETABLES	
PEA PASTA	GRAIN	*does <b>not</b> have to be a whole grain
PEACHES	FRUITS	
PEANUT BUTTER	PROTEIN	
PEARS	FRUITS	
PEPPER, BLACK	CONDIMENTS	UNRANKED
PEPPERS	VEGETABLES	
PICKLES	CONDIMENTS	UNRANKED
PIE	DESSERTS	RED
PIE CRUST MIX	DESSERTS	RED
PIE FILLINGS	FRUITS	
PINEAPPLE	FRUITS	

<b>FOOD</b>	<b>CATEGORY</b>	<b>AUTOMATIC RANK</b>
PIZZA	MIXED DISHES	
PIZZA DOUGH	GRAINS	
PLUMS	FRUITS	
POCKET MEALS	MIXED DISHES	
POLENTA	GRAINS	
POPCORN	SNACKS	
PORK	PROTEIN	
PORK & BEANS	PROTEIN	
POT PIES	MIXED DISHES	
POTATO CHIPS	SNACKS	
POTATOES	VEGETABLES	
PRETZELS	SNACKS	
PROTEIN BARS	SNACKS	
PROTEIN DRINKS	MISCELLANEOUS	UNRANKED
PROTEIN POWDER	MISCELLANEOUS	UNRANKED
PUDDING MIX	DESSERTS	RED
PUMPKIN	VEGETABLES	
QUESADILLA	MIXED DISHES	
QUICHE	MIXED DISHES	
QUICK BREADS	GRAINS	
QUINOA	GRAINS	
QUINOA PASTA	GRAIN	*Whole grain if quinoa is the first ingredient
RADISHES	VEGETABLES	
RAISINS	FRUITS	YELLOW
RAMEN NOODLES	MIXED DISHES	
RANCH DRESSING	CONDIMENTS	UNRANKED
RASPBERRIES	FRUITS	
RAVIOLI	MIXED DISHES	
RED ONIONS	VEGETABLES	
REFRIED BEANS	PROTEIN	
RICE	*LOOK UP BY TYPE (I.E. BROWN, WHITE, WILD, ETC.)	
RICE & GRAIN MIX (RICE & WILD RICE, RICE & QUINOA)	GRAINS	
RICE CAKES	SNACKS	
RICE KRISPY BARS/TREATS	DESSERTS	RED

FOOD	CATEGORY	AUTOMATIC RANK
RICE MILK	NON-DAIRY ALTERNATIVE	
RICE PILAF	GRAINS	
ROLL MIX	GRAINS	
ROLLS	GRAINS	
SALAD DRESSING	CONDIMENTS	UNRANKED
SALMON	PROTEIN	
SALSA	CONDIMENTS	UNRANKED
SALT	CONDIMENTS	UNRANKED
SALTINES	SNACKS	
SAUERKRAUT	CONDIMENTS	UNRANKED
SAUSAGE	PROTEIN	
SCALLIONS	VEGETABLES	
SCONE MIX	GRAINS	
SEAFOOD	PROTEIN	
SEEDS	PROTEIN	
SELTZER	BEVERAGES	GREEN
SHALLOTS	VEGETABLES	
SHELLFISH	PROTEIN	
SHEPHERD'S PIE	MIXED DISHES	
SHRIMP	PROTEIN	
SLOPPY JOE SAUCE	CONDIMENTS	UNRANKED
SNACK BARS	SNACKS	
SODA	REGULAR SODA (SUGAR SWEETENED)	RED
	DIET SODA (NO ADDED SUGAR)	YELLOW
SOUPS	MIXED DISHES	
SOUR CREAM	CONDIMENTS	UNRANKED
SOYBEANS (EDAMAME)	PROTEIN	
SOYBEAN (EDAMAME) PASTA	GRAIN	*does <b>not</b> have to be a whole grain
SOY BURGER	PROTEIN	
SOY MILK	NON-DAIRY ALTERNATIVE	
SPAGHETTI	GRAINS	
SPAGHETTI SAUCE	MIXED DISHES	
SPAGHETTI-O	MIXED DISHES	

<b>FOOD</b>	<b>CATEGORY</b>	<b>AUTOMATIC RANK</b>
SPINACH	VEGETABLES	
SPORTS DRINKS	BEVERAGES	
STEAK	PROTEIN	
STEW	MIXED DISHES	
STRAWBERRIES	FRUITS	
STROGANOFF	MIXED DISHES	
STUFFING	GRAINS	
STUFFING MIX	GRAINS	
SUGAR	COOKING STAPLE	UNRANKED
SUMMER SQUASH	VEGETABLES	
SUNFLOWER SEEDS	PROTEIN	
SWEET PEAS	VEGETABLES	
SWEET POTATOES	VEGETABLES	
SWISS CHARD	VEGETABLES	
TACO SAUCE	CONDIMENTS	UNRANKED
TACO SEASONING	CONDIMENTS	UNRANKED
TAHINI	CONDIMENTS	UNRANKED
TAMALES	MIXED DISHES	
TAQUITO	MIXED DISHES	
TARTAR SAUCE	CONDIMENTS	UNRANKED
TATER TOTS	VEGETABLES	
TEA BAGS/LOOSE LEAF	BEVERAGES	GREEN
TEA - UNSWEETENED	BEVERAGES	GREEN
TEA - SWEETENED	BEVERAGES	
TEMPEH	PROTEIN	
TILAPIA	PROTEIN	
TIRAMISU	DESSERTS	RED
TOFU	PROTEIN	
TOMATO JUICE	VEGETABLES	YELLOW if 100% juice. If not, rank as a BEVERAGE.
TOMATO SAUCE, PLAIN OR W/ HERBS	VEGETABLES	
TOMATO SOUP	MIXED DISHES	
TOMATOES	VEGETABLES	
TORTELLINI	MIXED DISHES	
TORTILLA, CORN	GRAINS	GREEN
TORTILLA, FLOUR	GRAINS	YELLOW

<b>FOOD</b>	<b>CATEGORY</b>	<b>AUTOMATIC RANK</b>
TORTILLA, WHOLE-WHEAT	GRAINS	
TRAIL MIX	SNACKS	
TUNA	PROTEIN	
TUNA WITH CRACKERS SNACK KIT	MIXED DISHES	
TURKEY	PROTEIN	
TURNIPS	VEGETABLES	
V8 JUICE	VEGETABLES	YELLOW if 100% juice. If not, rank as a BEVERAGE.
VEGETABLES IN SAUCE (BROCCOLI WITH CHEESE, STIR FRY BLEND, BUTTERED CORN)	VEGETABLES	
VEGETABLE SOUP	MIXED DISHES	
VEGETABLE STEW	MIXED DISHES	
VINEGARS	CONDIMENTS	UNRANKED
WAFER COOKIES	DESSERTS	RED
WAFFLE MIX	GRAINS	
WAFFLES	GRAINS	
WALNUTS	PROTEIN	
WATERCRESS	VEGETABLES	
WATERMELON	FRUITS	
WHEAT GERM	COOKING STAPLE	UNRANKED
WHIPPING CREAM	CONDIMENTS	UNRANKED
WHITE RICE	GRAINS	YELLOW
WHOLE WHEAT BREAD	GRAINS	GREEN
WILD RICE	GRAINS	GREEN
YAMS	VEGETABLES	
YELLOW SQUASH	VEGETABLES	
YOGURT	DAIRY	
ZUCCHINI	VEGETABLES	