



The Healthy Ideas criteria follow the dietary advice of leading governmental and health organizations, including the Dietary Guidelines for Americans, MyPyramid.gov and the Code of Federal Regulations. Our Registered Dietitians reached out to experts in nutrition and medicine and met with government agencies, health organizations and advocacy groups to ensure that the Healthy Ideas criteria are based on respected authorities and guidelines. We also brought together a panel of scientific advisors.

Our Registered Dietitians started with the principles of the “Dietary Guidelines for Americans.” The Dietary Guidelines provides science–based advice to promote health and to reduce risk for major chronic diseases through diet and physical activity.

The Dietary Guidelines describe a healthy diet as one that

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

A basic premise of the Dietary Guidelines is that nutrient needs should be met primarily through consuming foods. One of the ways these needs can be met is by following the eating pattern of MyPyramid.gov.

Therefore, the food categories included in the Healthy Ideas program are foods that are part of MyPyramid.gov.

To determine which foods within the food groups are the best choices or truly healthy, the criteria to rate foods is based on the Code of Federal Regulations. The Code of Federal Regulations ensures that nutrient claims are science–based and not misleading.

- Dietary Guidelines for Americans 2005; U.S. Department of Health and Human Services, U.S. Department of Agriculture
- Code of Federal Regulations (21 CFR Ch. 1) 101.65
- Table of Reference Amounts Customarily Consumed per Eating Occasion
- Qualified Health Claim: Nuts and Heart Disease, July 14, 2003
- Qualified Health Claim: Omega-3 fatty acids eiscoapentaenoic acid (EPA) and docosahexaenoic acid (DHA) and heart disease, September 8, 2004
- Qualified Health Claim: Olive oil (monounsaturated fat) and heart disease, November 1, 2004
- Qualified Health Claim: Canola oil (unsaturated fat) and heart disease, October 6, 2006
- Qualified Health Claim: Corn oil and heart disease, March 26, 2007
- Qualified Health Claim: Whole Grains, July, 1999
- "Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth", Institute of Medicine, National Academies of Sciences
- "USDA School Food Challenge", Alliance for a Healthier Generation

Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
DAIRY and ALTERNATIVE									
MILK	Milk – Refrig, shelf stable, vegetable based milk (soy, rice), shakes or shake substitutes, e.g., dairy shake mixes, fruit frost mixes. Evaporated milk (diluted only)	240 mL (8 oz)	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	≤22 g per RACC	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Pudding	1/2 cup (113 g)	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	≤22 g per RACC	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Milk, evaporated, undiluted	30 mL	≤ 3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	≤22 g per RACC and per 50 g	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Eggnog	120 mL	≤ 3 g per RACC	≤ 1 g per RACC, ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	≤22 g per RACC	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Yogurt	225 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	≤30 g per RACC	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Drinkable yogurts and smoothies	240mL	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	≤30 g per RACC	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
CHEESE	Cottage cheese	110 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Ricotta	55 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Hard cheeses (parmesan and romano)	5 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC



Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
CHEESE	All other cheeses (natural and processed)	30 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
FRESH MEAT	Beef, pork, poultry	114 g raw; 85 g cooked	< 5 g per RACC and per 100 g	<2 g per RACC and per 100 g	< 95 mg per 100 g and per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
FISH and SEAFOOD	Canned, smoked or pickled shellfish	55 g	≤3 g per RACC	≤1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Canned, smoked or pickled fish	55 g	≤16 g per RACC	≤ 4 g per RACC and per labeled serving size	< 95 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Fresh shellfish	85 g cooked; 110 g uncooked	< 5 g per RACC and per 100 g	< 2 g per RACC and per 100 g	< 95 mg per 100 g and per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Fresh fish	85 g cooked; 110 g uncooked	≤16 g per RACC and per 100 g	≤ 4 g per RACC and per labeled serving size	< 95 mg per 100 g and per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Plain or fried fish and shellfish, fish and shellfish cakes	85 g cooked; 110 g uncooked	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Fish and Seafood entrees with sauce	140 g cooked	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC



Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
EGGS	Eggs – all sizes and egg substitutes, egg whites	50 g	≤3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Egg mixtures w/ meat, egg foo young; western – style omelet	110 g	≤3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
DELI MEATS/ LINKED SAUSAGE PRODUCTS		55 g	≤3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
BACON and DRIED PROCESSED MEAT PRODUCTS	Bacon, pork rinds	15 g	≤3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g and per labeled serving	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Dried meats; jerky dried beef, pepperoni	30 g	≤3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g and per labeled serving	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
CANNED MEATS	Chicken products	55 g	≤3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
MEAT ENTREES W/O SAUCE	Injected meats, corn dog, cured ham, corned beef, pastrami	85 g cooked; 110 g uncooked	≤3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
MEAT ENTREES WITH SAUCE	Barbecued meats with sauce	140 g	≤3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC



Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
MAJOR MAIN ENTRÉE TYPE SAUCE WITHOUT MEAT	Pasta sauce	125 g	≤3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	No Added Sugar	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
MAJOR MAIN ENTRÉE TYPE SAUCE WITH MEAT	Spaghetti sauce with meat; spaghetti with meatballs	125 g	≤3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	No Added Sugar	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
MINOR MAIN ENTRÉE SAUCE WITHOUT MEAT	Pizza sauce, pesto sauce, other sauces used as topping (e.g., gravy, white sauce, cheese sauce), cocktail sauce	62 g (1/4 cup)	≤3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	No Added Sugar	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
MINOR MAIN ENTRÉE SAUCE WITH MEAT	Pizza sauce with meat, meat gravy	62 g (1/4 cup)	≤3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	No Added Sugar	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
MEAT SALADS	Ham salad	100 g	≤3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
BEANS and LEGUMES	Canned beans, beans in sauce or canned in liquid and refried	130 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Others, prepared	90 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Dry	35 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC



Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
MEAT SUBSTITUTES	Tofu, soy burger, veggie burger	85 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC or 6.25 g protein per RACC

At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC

FRUIT	Fresh, canned, frozen with added ingredients	140 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	no more than 20 g sugar per RACC	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Fresh, canned, frozen without added ingredients	140 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Dried fruit without added ingredients	40 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Dried fruit with added ingredients	40 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	No Added Sugar	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Fruit relishes, cranberry relish, cranberry sauce	70 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	no more than 20 g sugar per RACC	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Fruits used as ingredients, lemons, limes, cranberries	55 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Avocados	30 g	No requirement	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	No requirement



Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
FRUIT	Watermelon	280 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
FRUIT JUICE (Bottled)	100% Juice products single ingredient	240 mL	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	100% Juice products fortified	240 mL	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
VEGETABLES	Fresh	85 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Canned with added ingredients	130 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Canned without added ingredients	130 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Vacuum packed canned vegetables, mexi-corn with added ingredients	95 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Vacuum packed canned vegetables, mexi-corn without added ingredients	95 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement



Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
VEGETABLES	Frozen – plain vegetables with added ingredients	85 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Frozen – plain vegetables without added ingredients	85 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Chili pepper, green onion Without Added Ingredients	30 g	≤ 3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	No requirement
	Chili pepper, green onion with added ingredients	30 g	≤ 3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Vegetable with sauce, peas in cream sauce	110 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Vegetable pastes, tomato paste single ingredient	30 g	≤ 3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	No requirement
	Vegetable pastes, tomato paste – not single ingredient	30 g	≤ 3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Vegetable sauces or purees, tomato sauce; tomato puree	60 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC



Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
POTATOES	Potatoes: plain fresh	110 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Potatoes canned in liquid – not single ingredient	160 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Potatoes canned in liquid – single ingredient	160 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Potatoes mashed, stuffed, candied or with sauce	140 g / 2/3 cup / 26 g dry	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Potatoes, frozen, french fries, hash browns, skins or pancakes	70 g prepared / 85 g frozen	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Potatoes: plain, fresh, canned, or frozen – vacuum packed – not single ingredient	125 g for vacuum packed	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Potatoes: plain, fresh, canned, or frozen – vacuum packed – single ingredient	125 g for vacuum packed	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	SALADS	Salads, pasta or potato	140 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving



Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
	Salads, all other	100 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC

MEALS/MAIN DISHES/MIXED DISHES

Mixed dishes measurable with a cup	Casseroles	1 cup	≤ 3 g per RACC	≤ 1 g per RACC and ≤ 15% of calories from saturated fat	≤60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Macaroni and cheese	245 g / 1.13 cup	≤ 3 g per RACC	≤ 1 g per RACC and ≤ 15% of calories from saturated fat	≤60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Lasagne, ravioli, pot pies, stew	250 g / 1 cup	≤ 3 g per RACC	≤ 1 g per RACC and ≤ 15% of calories from saturated fat	≤60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
	Chili	255 g / 1 cup	≤ 3 g per RACC	≤ 1 g per RACC and ≤ 15% of calories from saturated fat	≤60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
Mixed dishes not measurable with a cup	Burritos, pizza, quiche, sandwiches	140 g	≤ 3 g per RACC	≤ 1 g per RACC/ ≤ 15% of calories from saturated fat	≤60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
Mixed dishes not measurable with a cup with sauce	Enchiladas with sauce	195 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤ 15% of calories from saturated fat	≤60 mg per RACC and per labeled serving	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
MEALS	Single serve at least 10 ounces and contain ingredients from ≥ 2 food groups	per 100 g and per labeled serving	≤ 3 g per 100 g and ≤ 30% of calories from fat	≤ 1 g per 100 g and ≤10% of calories from saturated fat	≤ 90 mg per labeled serving	less than or equal to 600 mg per labeled serving	Not applicable	0 g per labeled serving	Needs to have 3 nutrients with 10% of DV per labeled serving



Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
MAIN DISH	Single serve at least 6 ounces and contain ingredients from ≥ 2 food groups	per 100 g and per labeled serving	≤ 3 g per 100 g and $\leq 30\%$ of calories from fat	≤ 1 g per 100 g and $\leq 10\%$ of calories from saturated fat	≤ 90 mg per labeled serving	less than or equal to 600 mg/ labeled serving	Not applicable	0 g/ labeled serving	Needs to have 2 nutrients with 10% of DV per labeled serving
SOUPS	All varieties without animal protein	245 g / 1 cup	≤ 3 g per RACC	≤ 1 g per RACC, $\leq 15\%$ of calories from sat fat	≤ 60 mg per RACC	≤ 480 mg per RACC and per labeled serving	Not applicable	0 g/ labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	All varieties with animal protein	245 g / 1 cup	≤ 3 g per RACC	≤ 1 g per RACC and $\leq 15\%$ of calories from saturated fat	≤ 60 mg per RACC and per labeled serving	≤ 480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of protein, vitamin A, vitamin C, iron, calcium or fiber per RACC
GRAINS	Breads	50 g	≤ 3 g per RACC	≤ 1 g per RACC and $\leq 15\%$ of calories from sat fat	≤ 60 mg per RACC	≤ 480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Biscuits, bagels, etc.	55 g	≤ 3 g per RACC	≤ 1 g per RACC and $\leq 15\%$ of calories from sat fat	≤ 60 mg per RACC	≤ 480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Pancakes	110 g / 3 – 4" pancakes	≤ 3 g per RACC	≤ 1 g per RACC and $\leq 15\%$ of calories from sat fat	≤ 60 mg per RACC	≤ 480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Mixes	40 g dry mix for variety mixes	≤ 3 g per RACC	≤ 1 g per RACC and $\leq 15\%$ of calories from sat fat	≤ 60 mg per RACC	≤ 480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Waffles	85 g / 1 – 7" waffle	≤ 3 g per RACC	≤ 1 g per RACC and $\leq 15\%$ of calories from sat fat	≤ 60 mg per RACC	≤ 480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC



Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
GRAINS	Taco Shells	30 g	≤ 3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per 50 g	≤480 mg per RACC and per 50 g	not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Cereals – weighing <20 g per cup	15 g	≤ 3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	No more than 35% by weight	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Cereals – weighing > 20 g and <43 g per cup	30 g	≤ 3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	No more than 35% by weight	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Cereals – weighing ≥ 43 g per cup	55 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	No more than 35% by weight	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Cereals, hot, plain	1 cup prepared, 40 g dry	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	No more than 35% by weight	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Cereals, hot sweetened, flavored	1 cup prepared, 55 g dry	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	No more than 35% by weight	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Muffins	55 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Pastas enriched	140 g prepared; 55 g dry / 1 cup prepared	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement



Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
GRAINS	Pastas not enriched	140 g prepared; 55 g dry / 1 cup prepared	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Rice enriched	140 g prepared; 45 g dry / .75 cup prepared	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Rice not enriched	140 g prepared; 45 g dry / .75 cup prepared	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Rice, brown	140 g prepared; 45 g dry / .75 cup prepared	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement
	Crackers	30 g	≤ 3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Crackers, not used as snacks, melba toast, hard breadsticks, ice cream cones	15 g	≤ 3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Stuffing	100 g / .5 cup / 28.3 g dry	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Bran or wheat germ	15 g	≤ 3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC



Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
GRAINS	Filled crackers	60 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per RACC	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
OILS	Canola oil, olive oil	1 Tbsp RACC (15 mL)	No requirement	≤ 4 g per RACC	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	No requirement
SNACK	Nuts & Seeds	30 g	No requirement	≤ 4 g per RACC	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	No Added Sugar	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Nuts & Seed Butters/Spreads	32 g (2 tbsp)	No requirement	≤ 4 g per RACC	≤ 60 mg per RACC	≤480 mg per RACC	No Added Sugar	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Chips, popcorn, popcorn cakes, pretzels	30 g	≤ 3 g per RACC and per 50 g	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	Not applicable	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Trail mix	30 g	No requirement	≤ 4 g per RACC	≤ 60 mg per RACC and per 50 g	≤480 mg per RACC and per 50 g	No Added Sugar	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC
	Granola bars	40 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	<35% sugar by weight	0 g per labeled serving	At least 10% of DV of vitamin A, vitamin C, iron, calcium or fiber per RACC



Category	Examples	Serving Size (RACC*)	Total Fat	Saturated Fat	Cholesterol	Sodium	Sugar	Trans Fat	Nutrient Requirement
DESSERTS	100% frozen fruit juice bars/pops	85 g	≤ 3 g per RACC	≤ 1 g per RACC and ≤15% of calories from sat fat	≤ 60 mg per RACC	≤480 mg per RACC and per labeled serving	Not applicable	0 g per labeled serving	No requirement

*Reference Amount Customarily Consumed per FDA definition. RACC is the amount of the food commonly consumed as a serving based on government survey and industry practice. It is used to determine whether a food meets the definitions. The actual serving size of the food which is listed in this book and or package labels may not be the same as the reference amount. The FDA allows serving sizes to be within a reasonable range of the reference amount, especially if the food is meant to be eaten as a single unit, such as a donut or a can of soda.

