

Appendix A

Distribution Guides CSFP and FDPIR

January 2011
COMMODITY SUPPLEMENTAL FOOD PROGRAM
MAXIMUM MONTHLY DISTRIBUTION RATES

Elderly

Food Package Category	Food Item	Package Size	Packages/Month	Amount/Month
Cereals	Cereal, Dry Ready-to-Eat 1/	12-18 oz pkg	2 pkgs	24-36 oz
	or Farina 1/	14 oz pkg	2 pkgs	28 oz
	or Rolled Oats	3 lb pkg	1 pkg	48 oz
	or Grits 2/	5 lb pkg	1 pkg every other month	40 oz
Juices	Juice	64 oz container	2 containers	128 oz
Proteins	Beef	24 oz can	1 can	24 oz
	or Beef Stew	24 oz can	1 can	24 oz
	or Chili	24 oz can	1 can	24 oz
	or Chicken 3/	12.5 oz can	2 cans	25 oz
	or Tuna 3/	12 oz can	2 cans	24 oz
	or Salmon 3/	14.75 oz can	2 cans	29.5 oz
	or Egg Mix, Dry 3/	6 oz pkg	2 pkgs	12 oz
Milk	(a) Evaporated Milk and Instant Nonfat Dry Milk	12 oz can 25.6 oz pkg	3 cans 1 pkg every other month	36 oz 12.8 oz (128 oz reconstituted)
	or (b) UHT Fluid Milk 1% and Instant Nonfat Dry Milk	32 oz pkg 25.6 oz pkg	2 pkgs 1 pkg every other month	64 oz 12.8 oz (128 oz reconstituted)
Peanut Butter/ Dry Beans	Peanut Butter	18 oz pkg	1 pkg	18 oz
	or Dry Beans/Peas	2 lb pkg	1 pkg	32 oz
Potatoes/ Grains	Dehydrated Potatoes	1 lb pkg	1 pkg	16 oz
	or Pasta	1 lb pkg	2 pkgs	32 oz
		2 lb pkg	1 pkg	32 oz
	or Rice	2 lb pkg	1 pkg	32 oz
	or Grits 2/	5 lb pkg	1 pkg every other month	40 oz
Cheese	Cheese	2 lb pkg	1 pkg	32 oz
Fruits	Fruits	15-16 oz can	2 cans	30-32 oz
Vegetables	Vegetables	15-16 oz can	4 cans	60-64 oz

Elderly

- 1 A combination of 1 package of dry ready-to-eat cereal and 1 package of farina may be provided.
- 2 The distribution rate for grits is 5 pounds every other month in either the Cereals or Potatoes/Grains Food Package Category.
- 3 Participants can select two items per month from the following food items: chicken, tuna, salmon, and egg mix. For example, participants can select two cans of tuna **or** any one of the following combinations each month:
 - one can of tuna and one can of chicken
 - or
 - one can of tuna and one can of salmon
 - or
 - one can of tuna and one package of egg mix

**FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE
Effective: April 10, 2014**

NOTE: The availability of individual products is subject to market conditions

Household Size	1	2	3	4	5	6	7	8	
USDA Food	Number of Items Per Month								Options
GRAINS, CEREAL, RICE and PASTA									
Cereal, Dry (all sizes)	1 unit per person								Corn, Oat, Rice, Bran
Quick Oats (42 oz. package) or Farina (14 oz. package)	1 unit per person								
Spaghetti (2 lb. pkg. & 1 lb. box)	Any combination of options cannot exceed 5 lbs. per person; limit of 1 lb. of Macaroni & Cheese per person • Three 7.25 oz. boxes of Macaroni & Cheese are treated as 1 lb.								
Macaroni & Cheese (7.25 oz.)									
Macaroni (1 lb.)									
Whole Grain Rotini (1 lb.)									
Egg Noodles (1 lb.)									
Rice (2 lb.)									
Cornmeal /Flour (5 lb. bag)	Up to 2 units per person								Cornmeal, All Purpose Flour, Whole Wheat Flour
Bakery Mix (5 lb. bag)	1 per 4 mos.	1 per 2 mos.	1	1	2	2	2	2	
Saltine Crackers (1 lb. box)	1 unit per person 1 – 16 oz. package counts as 1 unit								

FNS HANDBOOK 501
EXHIBIT O

Household Size	1	2	3	4	5	6	7	8	
USDA Food	Number of Items Per Month								Options
VEGETABLES and SOUP									
Canned Vegetables (15.5 oz. can) Fresh Vegetables (see attached list)	Up to 11 units per person						Carrots, Corn Kernel, Corn Cream, Hominy, Green Beans, Peas, Potatoes, Spinach, Mixed Vegetables, Diced Tomatoes, Dehydrated Potatoes (1 lb. package), Spaghetti Sauce, and Tomato Sauce. Seasonal (October-December): Sweet Potatoes and Pumpkin		
Soups	Up to 3 units per person						Chunky Beef Stew (24 oz), Tomato and Vegetarian Vegetable (10.5 oz), Cream of Mushroom, Cream of Chicken (22 oz RTE)		
FRUIT and JUICE									
Canned Fruit (15.5 oz. can) Fresh Fruit (see attached list) Dried Fruit (15-16 oz)	Up to 10 units per person						Applesauce, Apricots, Peaches, Pears, Mixed Fruit, Dried Plums, Raisins		
Juices (64 oz bottles)	Up to 2 units per person (64 oz)						Apple, Grape, Orange, Grapefruit, Tomato, Cranberry-based		
MEAT, POULTRY, FISH, BEANS, EGGS, AND NUTS									
Canned Meat/Poultry/Fish (12-24 oz. can) Frozen Ground Beef (1 lb. package) Frozen Ground Bison (1 lb. package) Frozen Chicken (3 -5 lbs.). Frozen Beef Roast (2 lb.) Frozen Cooked Turkey Roast (3.25 lbs. average)	Any combination of units cannot exceed 3 units per person: • 2 canned or frozen products 16 oz (1 lb.) or smaller are treated as 1 unit. For example, 2 ground beef chubs are treated as 1 unit. Ground bison limit - 1 lb. per person. • Individual frozen chicken packs, beef and turkey roasts, and cans larger than 16 oz. are treated as 1 unit each.						Canned Beef, Canned Chicken, Canned Salmon (NOTE: Frozen Pork Ham (water added; 3 lb.)) available November and December (one per person per month; no substitution with other meat products)		

FNS HANDBOOK 501
EXHIBIT O

Household Size	1	2	3	4	5	6	7	8	
USDA Food	Number of Items Per Month								Options
Canned Beans (15.5 oz. can)	Up to 4 units per person (A 2 lb. bag of dry beans counts as 2 units)								Vegetarian, Kidney, Refried (no fat added), Black, Pinto, Great Northern
Dry Beans (2 lb. bag)									
All Purpose Egg Mix (6 oz. package)	Up to 2 units per person								
Smooth Peanut Butter (18 oz.) or Roasted Peanuts (12 or 16 oz.) or Fruit & Nut Mix (1 lb.)	1 unit per person								
MILK and CHEESE									
Block Process American Cheese or Sliced Reduced-fat Cheese Blend (5 lb. loaf)	1 per 2 mos.	1	2	2	3	3	4	4	1 unit of Instant Nonfat Dry Milk may be exchanged for 8 units of UHT milk
Skim evaporated milk (12 oz. can)	Up to 4 units per person								
Instant Nonfat Dry Milk (25.6 oz. box) or	1 per 2 mos.	1	2	2	3	3	4	4	
1% Ultra High Temperature (UHT) Milk (32 fl. oz. carton)	Up to 4 units per person								
OIL									
Vegetable Oil (48 fl. oz.) or	1	1	2	2	3	3	4	4	For 3 person and larger households: 48 fluid ounces of vegetable oil = 45 ounces of light buttery spread = 1 lb. of butter
Light Buttery Spread (15 oz.) or	2	3	6	6	9	9	12	12	
Butter (16 oz.)	1	2	2	2	3	3	4	4	

Food Distribution Program on Indian Reservations Fresh Fruit and Vegetable Guide Rates

Guide Rates:

FDPIR households may substitute 1 pound of fresh produce for 1 canned item, up to a total of 10 cans of fruit and 11 cans of vegetables per person. Some produce items are not pre-bagged, but are offered in bulk. The number of loose items equal to 1 can is listed below.

Substitution Rate:

FDPIR households may substitute 1 pound of vegetables for 1 pound of fruit for up to 5 pounds of fruit per person.

<u>Vegetables</u>	<u>Equal to 1 can</u>	<u>Fruits</u>	<u>Equal to 1 can</u>
Carrots	8 medium	Apples	3 medium
Baby Carrots	1 lb.	Avocado	2 medium
Broccoli	1 lb.	Grapefruit	2 medium
Yellow Onions	4 medium	Oranges	3 medium
Red Onions	4 medium	Pears	3 medium
Russet Potatoes	2 medium	Mixed Fruit	1 lb. bag
Red Potatoes	3 medium		
Winter Squash	1 medium	<u>Seasonal:</u>	
Summer Squash	2 medium	Peaches	3 medium
Sweet Potatoes	2 medium	Cherries	1 lb.
Turnips	3 medium	Seedless Grapes	1 lb.
Cabbage	1 medium	Honey Dew Melon	½ medium
Celery	1 medium bunch	Kiwi	6 medium
Mixed Vegetables	1 lb.	Nectarines	3 medium
Brussels Sprouts	1 lb.	Plums	6 medium
Cauliflower	1 medium (2 small)		
Romaine Lettuce	1 bunch		
Radishes	1 lb.		
<u>Seasonal:</u>			
Corn	3 large ears (5 medium)		
Asparagus	1 medium bunch		
Tomatoes	3 medium		
Cherry Tomatoes	1 pint		
Grape Tomatoes	1 pint		
Cucumbers	2 medium		
Green Pepper	3 medium		

Appendix B

USDA Foods Nutrient Database Documentation

Appendix B.

USDA Foods Nutrient Database Documentation

The USDA Foods Nutrient Database 2014 (FND-2014) contains yield factors as well as the nutrients and food pattern equivalents per 100 grams for USDA Foods offered and delivered through five USDA nutrition assistance programs in 2013-2014¹ (2013-2014 USDA Foods). The five USDA nutrition assistance programs include Child and Adult Commodity Food Program (CACFP), Child Supplemental Food Program (CSFP), Food Distribution Program on Indian Reservations (FDPIR), National School Lunch Program (NSLP), and Emergency Food Assistance Program (TEFAP). The FND-2014 is an update of the Commodity Foods Nutrient Database (CFND).² This USDA Foods Nutrient Database documentation details our approach to developing the FND-2014.

Data sources for FND-2014

USDA Foods Fact Sheets. USDA publishes the USDA Food Fact Sheets³ describing each USDA Food offered in 2013-2014. The Fact Sheets also provide yield and nutrient data for the foods.

Food and Nutrient Database for Dietary Studies. The USDA Food and Nutrient Database for Dietary Studies 2011-12 (FNDDS11-12)⁴ is the primary source of nutrients for the 2013-2014 USDA Foods in the FND-2014, supplemented with data from the USDA National Nutrient Database for Standard Reference (SR)⁵.

FNDDS provides 65 nutrients as shown in table A-1; all nutrients are included in the FND-2014.

¹ Fiscal Year (FY) 2013-2014 data for CACFP, CSFP, FDPIR, and TEFAP; School Year (SY) data for NSLP

² Thea Palmer Zimmerman, Sujata Dixit-Joshi, Brenda Sun, Deirdre Douglass, Jason Hu, Fred Glantz, Elaine Eaker (2012). USDA Food and Nutrition Service, *Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs*. http://www.fns.usda.gov/sites/default/files/NutrientMyPyramid_1.pdf

³ U.S. Department of Agriculture Food and Nutrition Service, Food Distribution. *USDA Foods Fact Sheets*. Accessed December, 2014. <http://www.fns.usda.gov/fdd/frequently-asked-questionsfact-sheets>

⁴ U.S. Department of Agriculture, Agricultural Research Service. 2014. *USDA Food and Nutrient Database for Dietary Studies, 2011-2012*. Food Surveys Research Group Home Page, <http://www.ars.usda.gov/ba/bhnrc/fsrg>

⁵ U.S. Department of Agriculture, Agricultural Research Service. 2013. USDA National Nutrient Database for Standard Reference, Release 26. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>

Table A-1. Nutrients included in FND-2014

Nutrient (unit)	Nutrient (unit)
Energy (kcal)	Cryptoxanthin, beta (mcg)
Protein (g)	Lycopene (mcg)
Total Fat (g)	Lutein + zeaxanthin (mcg)
Carbohydrate (g)	Vitamin E, alpha-tocopherol (mg)
Water (g)	Vitamin K, phylloquinone (mcg)
Alcohol (g)	Cholesterol (mg)
Caffeine (mg)	Fatty acids, total saturated (g)
Theobromine (mg)	4:0, Butanoic acid (g)
Sugars, total (g)	6:0, Hexanoic acid (g)
Fiber, total dietary (g)	8:0, Octanoic acid (g)
Calcium (mg)	10:0, Decanoic acid (g)
Iron (mg)	12:0, Dodecanoic acid (g)
Magnesium (mg)	14:0, Tetradecanoic acid (g)
Phosphorus (mg)	16:0, Hexadecanoic acid (g)
Potassium (mg)	18:0, Octadecanoic acid (g)
Sodium (mg)	Fatty acids, total monounsaturated (g)
Zinc (mg)	16:1, Hexadecenoic acid, undifferentiated (g)
Copper (mg) ⁶	18:1, Octadecenoic acid, undifferentiated (g)
Selenium (mcg)	20:1, Eicosenoic acid, undifferentiated (g)
Vitamin C (mg)	22:1, Docosenoic acid, undifferentiated (g)
Thiamin (mg)	Fatty acids, total polyunsaturated (g)
Riboflavin (mg)	18:2, Octadecadienoic acid (g)
Niacin (mg)	18:3, Octadecatrienoic acid (g)
Vitamin B-6 (mg)	18:4, Octadecatetraenoic acid (g)
Folate, total (mcg)	20:4, Eicosatetraenoic acid (g)
Folic acid (mcg)	20:5 n-3, Eicosapentaenoic acid [EPA] (g)
Folate, food (mcg)	22:5 n-3, Docosapentaenoic acid [DPA] (g)
Folate, DFE (mcg_DFE)	22:6 n-3, Docosahexaenoic acid [DHA] (g)
Vitamin B-12 (mcg)	Vitamin D (D2 + D3) (mcg)
Vitamin A, RAE (mcg_RAE)	Choline, total (mg)
Retinol (mcg)	Added Vitamin E (mg)
Carotene, beta (mcg)	Added Vitamin B-12 (mcg)
Carotene, alpha (mcg)	

Food Pattern Equivalents Database. The FNDDS food codes link to the Food Pattern Equivalent Database (FPED11-12),⁷ the source of food pattern equivalents for the FND-2014. The FPED11-12 also provides the Food Pattern Ingredients Database (FPID), which was used to provide the food pattern equivalents for USDA Foods like dried egg mix and tomato paste that had a better match in SR than FNDDS.

⁶ Although the dietary reference standards report copper in mcg, FNDDS, the previous report and the 2008 FDIPIR Report to Congress reported copper in mg. The FND-2014 and the current analysis will report copper in mg. FNS agreed with this approach; email on April 14, 2015.

⁷ Bowman SA, Clemens JC, Friday JE, Thoeig RC, and Moshfegh AJ. 2014. Food Patterns Equivalents Database 2011-12: Methodology and User Guide [Online]. Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture, Beltsville, Maryland. Available at: <http://www.ars.usda.gov/nea/bhnrc/fsrg>

The FPED provides 37 variables, which allow comparison to the 2010 USDA Foods Patterns as presented in the *Dietary Guidelines for Americans* (DGA)⁸ and the current meal patterns and nutrition standards for school meals in NSLP.⁹ Table A-2 lists the FPED variables, all of which are included in the FND-2014.

Table A-2. FPED variables included in FND-2014

Variable	Description
F_TOTAL	Total intact fruits (whole or cut) and fruit juices (cup eq.)
F_CITMLB	Intact fruits (whole or cut) of citrus, melons, and berries (cup eq.)
F_OTHER	Intact fruits (whole or cut); excluding citrus, melons, and berries (cup eq.)
F_JUICE	Fruit juices, citrus and non citrus (cup eq.)
V_TOTAL	Total dark green, red and orange, starchy, other vegetables; excludes legumes (cup eq.)
V_DRKGR	Dark green vegetables (cup eq.)
V_REDOR_TOTAL	Total red and orange vegetables (tomatoes and tomato products + other red and orange vegetables) (cup eq.)
V_REDOR_TOMATO	Tomatoes and tomato products (cup eq.)
V_REDOR_OTHER	Other red and orange vegetables, excluding tomatoes and tomato products (cup eq.)
V_STARCHY_TOTAL	Total starchy vegetables (white potatoes + other starchy vegetables) (cup eq.)
V_STARCHY_POTATO	White potatoes (cup eq.)
V_STARCHY_OTHER	Other starchy vegetables, excluding white potatoes (cup eq.)
V_OTHER	Other vegetables not in the vegetable components listed above (cup eq.)
V_LEGUMES	Beans and peas (legumes) computed as vegetables (cup eq.)
G_TOTAL	Total whole and refined grains (oz. eq.)
G_WHOLE	Grains defined as whole grains and contain the entire grain kernel, the bran, germ, and endosperm (oz. eq.)
G_REFINED	Refined grains that do not contain all components of the entire grain kernel (oz. eq.)
PF_TOTAL	Total meat, poultry, organ meat, cured meat, seafood, eggs, soy, and nuts and seeds; excludes legumes (oz. eq.)
PF_MPS_TOTAL	Total of meat, poultry, seafood, organ meat, and cured meat (oz. eq.)
PF_MEAT	Beef, veal, pork, lamb, and game meat; excludes organ meat and cured meat (oz. eq.)
PF_CUREDMEAT	Frankfurters, sausages, corned beef, luncheon meat (beef, pork, or poultry) (oz. eq.)
PF_ORGAN	Organ meat from beef, veal, pork, lamb, game, and poultry (oz. eq.)
PF_POULT	Chicken, turkey, Cornish hens, duck, goose, quail, and pheasant (game birds); excludes organ meat and cured meat (oz. eq.)
PF_SEAFD_HI	Seafood (finfish, shellfish, and other seafood) high in n-3 fatty acids (oz. eq.)
PF_SEAFD_LOW	Seafood (finfish, shellfish, and other seafood) low in n-3 fatty acids (oz. eq.)
PF_EGGS	Eggs (chicken, duck, goose, quail) and egg substitutes (oz. eq.)
PF_SOY	Soy products, excluding calcium fortified soy milk and immature soybeans (oz. eq.)
PF_NUTSDS	Peanuts, tree nuts, and seeds; excludes coconut (oz. eq.)
PF_LEGUMES	Beans and Peas (legumes) computed as protein foods (oz. eq.)
D_TOTAL	Total milk, yogurt, cheese, whey. For some foods, the total dairy values could be higher than sum of D_MILK, D_YOGURT, and D_CHEESE because Misc dairy component composed of whey which is not included in FPED as separate variable. (cup eq.)
D_MILK	Fluid milk, buttermilk, evaporated milk, dry milk, calcium fortified soy milk (cup eq.)
D_YOGURT	Yogurt (cup eq.)
D_CHEESE	Cheeses (cup eq.)
OILS	Fats naturally present in nuts, seeds, seafood; unhydrogenated vegetable oils, except

⁸ U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition. Washington, D.C.: U.S. Government Printing Office, 2010. <http://www.cnpp.usda.gov/dietary-guidelines-2010>

⁹ Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012. Accessed April 10, 2015. Available at: <http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf>

Variable	Description
SOLID_FATS	palm oil, palm kernel oil, coconut oils; fat in avocado and olives above allowable amount; 50% of fat present in stick/tub margarines, margarine spreads (grams) Fats naturally present in meat, poultry, eggs, dairy (lard, tallow, butter); hydrogenated/partially hydrogenated oils; shortening, palm, palm kernel, coconut oils; coconut meat, cocoa butter; 50% of fat in stick/tub margarines, margarine spreads (g)
ADD_SUGARS	Foods defined as added sugars (tsp. eq.)
A_DRINKS	Alcoholic beverages and alcohol (ethanol) added to foods after cooking (no. of drinks)

Yield data. Yield factors are required to convert the USDA Foods from the form as supplied to the nutrition assistance programs to the form when consumed. Yield factor data was obtained from the USDA Food Fact Sheets, FNDDS, USDA Handbook 102¹⁰ (AH102) or the USDA Food Intakes Converted to Retail Commodities Database¹¹ (FICRCD).

Steps to build the FND-2014

Although many of the USDA Foods provided in 2013-2014 were contained in the CFND, additions or deletions were made to the USDA Foods “as offered” and “as delivered” in 2014. In addition, some USDA foods were formulated differently in 2013-2014 than the original formulation contained in CFND. We used the CFND to develop the FND-2014 with the following five steps:

1. Compiling the master list of 2013-2014 USDA Foods
2. Renumbering USDA Foods contained in CFND
3. Updating food code assignments
4. Adjusting nutrients and FPEs to match 2013-2014 USDA Food Fact Sheets
5. Determining the appropriate yield factor.

1. Compiling the master list of USDA Foods. The USDA Food Distribution Division and the Department of Defense Fresh Fruit and Vegetable Program (DoD FFVP) provide USDA Foods to the nutrition assistance programs. We developed a complete list of USDA Foods provided to each program in 2013-2014 and included USDA Foods contained in the annual program-specific Foods Available (FA) lists (the “as offered” USDA Foods) and bonus USDA Foods “as delivered”. This step also allowed us to identify foods in the CFND not offered or delivered in 2013-2014 and remove them from the FND-2014.

¹⁰ Matthews, Ruth H and Garrison, Young J. *Food yields summarized by different stages of preparation (Rev)*. United States Department of Agriculture, Agricultural Research Service. Consumer and Food Economics Institute, Northeastern Region, September 1975.
<http://www.ars.usda.gov/SP2UserFiles/Place/80400525/Data/Classics/ah102.pdf>

¹¹ Bowman SA, Martin CL, Carlson JL, Clemens JC, Lin B-H, and Moshfegh AJ. 2013. *Food Intakes Converted to Retail Commodities Databases: 2003-08: Methodology and User Guide*. U.S. Department of Agriculture, Agricultural Research Service, Beltsville, MD, and U.S. Department of Agriculture, Economic Research Service, Washington, D.C. <http://ars.usda.gov/Services/docs.htm?docid=21993>

2. **Renumbering USDA Foods contained in CFND.** The unique identifier for USDA Foods in the CFND was an alphanumeric code comprised of one letter and four digits. However, the numbering system used by FNS changed between 2009 and 2014; all USDA Foods are now identified by the Material Number, a six digit number. We used the material numbers provided by FNS to convert most Commodity Codes in the CFND to Material Numbers. USDA Foods contained in the FND-2014 may be identified either with a Material Number, Commodity Code, or both.
3. **Updating food code assignments.** We reviewed the 2013-2014 USDA Food Fact Sheets (containing product description and nutrition facts) to identify changes in formulation that required revisions to the linked FNDDS food code (e.g., change in the type of syrup used for canned fruits). FNDDS3 food codes were linked to USDA Foods contained in CFND. However, we used FNDDS11-12 to build FND-2014. For foods contained in CFND, we identified food codes not contained in FNDDS11-12 and replaced them with valid food codes (see worksheet “FNDDS updates”). This enabled us to link the nutrient data from FNDDS11-12 with USDA Foods in FND-2014.

The DoD FFVP does not provide Fact Sheets for foods provided; when the identity of USDA Foods provided by DoD FFVP was not clear, we obtained additional information from FNS. The following summarizes decisions regarding DoD FFVP items.

- Combinations of fruits are equal weights of each fruit listed in the description
- Combinations of vegetables are equal weights of each vegetable listed unless the item is described as:
 - Salad mix: Salad mixes provided by the DoD FFVP may be a mix of different lettuces and greens or a combination of lettuce and other vegetables. For mixed greens, such as ‘SPINACH/BEEETS’ where beets refers to beet greens (per FDD), the FND-2014 nutrients are the average of the nutrients for each type of green listed. For salad mixtures that combine lettuce and other vegetables, such as ‘SALAD MX CHL LET/CAR/CAB’ where the other vegetables are typically added in smaller quantities to a salad, a ratio of the volume of each ingredient was used to derive the nutrients. FNDDS recipes for salads were used to derive the proportion of each vegetable in the salad mix.
 - Vegetable mix: FNDDS recipes were used to derive the proportion of each vegetable contained in Chop suey, Creole, and Fajita.

4. **Adjusting nutrients and FPEs to match USDA Food Fact Sheets.** Some of the USDA Foods either did not have an acceptable match in FNDDS or they had a formulation that differed from the available FNDDS foods, requiring adjustment of the nutrient and FPE values. We consulted the USDA Fact Sheets to determine the needed adjustments, and made the following changes:

- **Better overall match in SR.** For some USDA Foods like dried egg mix and bakery mix, nutrients were obtained from SR instead of FNDDS. However, because SR does not always include a value for every nutrient listed in FNDDS, we also identified the closest FNDDS food code to use for any missing nutrient values. Thirty-six USDA foods have nutrients from SR26, as documented in the Decision Log included as a worksheet in the FND-2014.
- **Single nutrient/FPE adjustments.** USDA Foods often contain slightly different nutrient values than those provided by FNDDS or SR or use a recipe that affects the FPE values, particularly for USDA Foods in the National School Lunch Program (NSLP). Modifications made to nutrient values of foods included in the FND-2014 include the following:
 - Sodium: the FND-2014 contains two values for sodium for each food: Nutrient307 is the sodium value for the food from FNDDS, 'SODIUM_EDITED' is a revised sodium value determined as follows. The 'SODIUM_EDITED' value is taken from either: (1) the USDA Foods Fact Sheets; or (2) SR26 if the USDA Food did not have a Fact Sheet and the FNDDS recipe for the food contained added salt. Analysis will use the SODIUM_EDITED value.¹²
 - Vitamin C: the FND-2014 contains vitamin C values from the USDA Foods Fact Sheets for juices fortified with vitamin C per program requirements.
 - Sugar: the FND-2014 contains the sugar content for canned fruits specified in the USDA Food Fact Sheet since the content differs from the FNDDS values, particularly for fruits canned with extra light syrup. The FND-2014 contains adjusted FPE values for ADD_SUGAR as well.
 - Whole grain equivalent: the FND-2014 contains a whole grain/refined grain mix for the breaded catfish from the USDA Food Fact Sheet since the fact sheet indicates the breading is whole grain rich. We edited the FPE values for whole grain (G_WHOLE) and refined grain (G_REFINED) so that half the total grain equivalents were whole grain equivalents.
- **Foods eaten both raw and cooked.** Several of the fresh vegetables provided as USDA Foods may be eaten both raw and cooked (tomatoes, carrots, onions, cabbage, celery, and peppers). Consistent with the 2008 FDPIR Report to Congress¹³ and the previous analysis of USDA foods in the five USDA nutrition assistance programs, we have assumed that one-half

¹² FNS agreed with this approach; email on April 9, 2015

¹³ Harper E, Orbeta R, Southworth L, Meade K, Cleveland R, Gordon S, Buckley M, Hirshman J. *FDPIR Food Package Nutritional Quality. Report to Congress.* Report FD-08-FDPIR Alexandria, VA: U.S. Department of Agriculture, Food and Nutrition Service, Office of Research and Analysis. November 2008. <http://www.fns.usda.gov/fdpir-food-package-nutritional-quality-report-congress>

(50%) of the fresh vegetables are eaten raw and one-half (50%) are cooked prior to consumption. For these vegetables, the nutrients and FPEs in the FND-2014 reflect the average nutrient values of raw and cooked vegetables.¹²

- **Unknown sweetener.** The Fact Sheets for several canned fruit products indicate that the fruit contains “unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.” For these fruits, the FND-2014 contains the average of the nutrients for fruit packed in juice and fruit packed in light syrup.
- **Retention factor adjustments.** Both FNDDS and SR contain codes for USDA Foods such as flour and other uncooked grains. To present nutrient values for foods as eaten, Westat applied retention factors¹⁴ to nutrients for flour and other grains usually eaten cooked. As the actual cooking method used is unknown, we applied the lowest retention factor (representing the greatest loss in cooking) for each nutrient.¹²

5. **Determining the appropriate yield factor.** To meet the nutrition assistance program requirements, USDA Foods are available in processed (e.g. reduced sodium canned green beans) or available in the unprocessed form (e.g. dry beans or peas, rice, or fresh fruits and vegetables). We accounted for the form (processed or unprocessed) in determining the appropriate yield factor to convert the weight of foods as delivered to the weight of food as eaten.

- **Processed USDA Foods:** USDA Food Fact Sheets provided information on yield. Per FNS and the USDA Food Distribution Division (May 13, 2015), any USDA Food without a fact sheet could be assigned the same yield as a USDA Food with a similar description.
- **Unprocessed USDA Foods:** FNDDS, SR, AH102 or the FICRCD provided yield factors for unprocessed USDA Foods. These databases also provided yield factors for a small number (14) of processed USDA Foods that lacked a fact sheet; the Decision Log provides a list of these USDA Foods.

For the DoD FFVP, produce items defined as ready to cook or eat, without refuse include:

- Fruits and vegetables with “chilled” in the description
- Fruits described as “Fruit mix”
- Vegetable mixtures such as coleslaw mix and chop suey mix
- Vegetables described as “salad mix” or “salad kit”

6. **Fact sheet inconsistencies.** The fact sheets for three processed USDA Foods had apparent inconsistencies in the data for yield or sodium, as documented in the Decision Log. Two USDA

¹⁴ USDA Table of Nutrient Retention Factors, Release 6, (2007). Agricultural Research Service, Nutrient Data Laboratory.
<http://www.ars.usda.gov/Main/docs.htm?docid=9448>

Foods had two versions of the fact sheets with conflicting data; we selected the data that more closely matched that provided by FNDDS. One fact sheet contained yield data based on the case size but the number of servings listed as the yield seemed related to the size of the package.

Appendix C

Foods Available 2014

USDA FOODS AVAILABLE FOR 2014*
COMMODITY SUPPLEMENTAL FOOD PROGRAM

WBCSM Material #	WBCSM Material Master Name	Pack Size	WBCSM Material #	WBCSM Material Master Name	Pack Size
<i>GROUP (A)</i>					
VEGETABLES			FRUITS		
100306	BEANS GREEN LOW-SODIUM CAN 24/300	24/15.5 oz cans	100207	APPLESAUCE UNSWEETENED CAN 24/300	24/15.5 oz cans
100363	BEANS VEGETARIAN LOW SODIUM CAN-24/300	24/15.5 oz cans	100210	APRICOT HALVES LIGHT SYRUP CAN-24/300	24/15.5 oz cans
100308	CARROTS LOW SODIUM CAN-24/300	24/15.5 oz cans	100211	MIXED FRUIT LIGHT SYRUP CAN -24/300	24/15.5 oz cans
100311	CORN KERNEL NO SALT ADDED CAN-24/300	24/15.5 oz cans	100218	PEACHES CLING SLICES LIGHT SYRUP CAN-24/300	24/15.5 oz cans
100314	PEAS LOW SODIUM CAN-24/300	24/15.5 oz cans	100223	PEARS LIGHT SYRUP CAN-24/300	24/15.5 oz cans
100331	POTATOES WHT SLICES LOW SODIUM CAN-24/300	24/15.5 oz cans	100233	PLUMS PURPLE CAN-24/300	24/15.5 oz cans
100335	SPAGHETTI SAUCE MEATLESS LOW SODIUM CAN-24/300	24/15.5 oz cans	MEATS		
100323	SPINACH LOW SODIUM CAN-24/300	24/15.5 oz cans	100127	BEEF CAN-24/24 OZ	24/24 oz cans
100316	SWEET POTATOES W/ EXTRA LIGHT SYRUP NO SALT ADDED CAN-24/300	24/15.5 oz cans	100138	BEEF CHILI W/O BEANS CAN-24/24 OZ	24/24 oz cans
100324	TOMATO NO SALT ADDED CAN-24/300	24/15.5 oz cans	100526	BEEF STEW CAN-24/24 OZ	24/24 oz cans
100328	TOMATO DICED NO SALT ADDED CAN-24/300	24/15.5 oz cans	110412	CHICKEN BONED CAN-12/15 OZ	12/15 oz cans
100320	VEG MIX LOW SODIUM CAN-24/300	24/15.5 oz cans	100198	SALMON PINK CAN-24/14.75 OZ	24/14.75 oz cans
JUICES			DRY BEANS		
100893	APPLE JUICE UNSWEETENED PLST BTL-8/64 FL OZ	8/64 oz bottles	100378	BEANS BABY LIMA DRY W/O SALT PKG-12/2 LB	12/2 lb packages
100899	CRANAPPLE JUICE UNSWEETENED PLST BTL 8/64 FL OZ	8/64 oz bottles	100380	BEANS GREAT NORTHERN DRY W/O SALT PKG-12/2 LB	12/2 lb packages
100895	GRAPE CONCORD JUICE UNSWEETENED PLST BTL-8/64 FL OZ	8/64 oz bottles	100385	BEANS LIGHT RED KIDNEY DRY W/O SALT PKG-12/2 LB	12/2 lb packages
100897	ORANGE JUICE UNSWEETENED PLST BTL-8/64 FL OZ	8/64 oz bottles	100382	BEANS PINTO DRY PKG W/O SALT-12/2 LB	12/2 lb packages
100898	TOMATO JUICE UNSWEETENED PLST BTL-8/64 FL OZ	8/64 oz bottles			

USDA FOODS AVAILABLE FOR 2014*
COMMODITY SUPPLEMENTAL FOOD PROGRAM

WBCSM Material #	WBCSM Material Master Name	Pack Size	WBCSM Material #	WBCSM Material Master Name	Pack Size
<i>GROUP (B)</i>					
DAIRY			INFANT PRODUCTS		
100035	CHEESE BLEND AMER SKM LVS-12/2 LB	12/2 lb loaves	110241	CEREAL BABY INFANT RICE CTN-6/8 OZ	6/8 oz cartons
100065	MILK INSTANT NDM PKG-12/25.6 OZ	12/25.6 oz packages	100934	CEREAL BABY INFANT RICE CTN-8/8 OZ	8/8 oz cartons
100050	MILK 1% MILKFAT UHT 1500 BOX - 12/32 fl oz	12/32 oz packages	100464	CEREAL BABY INFANT RICE CTN-12/8 OZ	12/8 oz cartons
OILS			100525	INFANT FORMULA MILK DRY CAN-6/12 OZ	6/12 oz cans
			110351	INFANT FORMULA MILK DRY CAN-6/12.4 OZ	6/12.4 oz cans
100395	PEANUT BUTTER SMOOTH JAR-12/18 OZ	12/18 oz jars	110110	INFANT FORMULA MILK DRY CAN-6/12.5 OZ	6/12.5 oz cans
GRAINS			100072	INFANT FORMULA MILK DRY CAN-6/12.9 OZ	6/12.9 oz cans
100473	FARINA WHEAT PKG-24/14 OZ	24/14 oz packages	READY TO EAT CEREALS		
100470	GRITS CORN WHITE BAG-8/5 LB	8/5 lb bags	100449	CEREAL CORN FLKS 1080 PKG-12/18 OZ	12/18 oz packages
100466	OATS ROLLED PKG-12/3 LB	12/3 lb packages	110265	CEREAL CORN RICE BISC 1080 PKG-14/12 OZ	14/12 oz packages
100428	PASTA MACARONI PLAIN ELBOW PKG-24/1 LB	24/1 lb packages	100446	CEREAL CORN SQUARES 1344 PKG-14/14 OZ	14/14 oz packages
100426	PASTA SPAGHETTI PKG-12/2 LB	12/2 lb bags	100929	CEREAL OAT CIRCLES 1344 PKG-12/14 OZ	12/14 oz packages
110450	PASTA SPAGHETTI BOX-20/1 LB	20/1 lb boxes	100457	CEREAL RICE CRISP 1008 PKG-16/12 OZ	16/12 oz packages
100491	RICE US#2 LONG GRAIN PKG-24/2 LB	24/2 lb packages	100933	CEREAL WT BRAN FLKS 1344 PKG-14/17.3OZ	14/17.3 oz packages
100492	RICE US#2 LONG GRAIN PKG-30/2 LB	30/2 lb packages			
100487	RICE US#2 MEDIUM GRAIN PKG-24/2 LB	24/2 lb packages			
100488	RICE US#2 MEDIUM GRAIN PKG-30/2 LB	30/2 lb packages			
100435	WHOLE GRAIN PASTA ROTINI MAC PKG-24/1 LB	20/1 lb packages			

**Purchases are subject to market conditions. This list does not include bonus commodities.*

****The can size may vary for canned chicken depending upon availability at the time of purchase.**

USDA FOODS AVAILABLE FOR 2014*
Food Distribution Program on Indian Reservations (FDPIR)

WBSCM Code	Product	Pack Size	WBSCM Code	Product	Pack Size
GROUP (A)					
VEGETABLES			DRY BEANS		
<i>All canned vegetables are low-sodium (140 milligrams of sodium or less per serving).</i>					
110020	Beans Black Can - 24/300	24/15.5 oz cans	100380	Beans Great Northern Dry Pkg - 12/2 lb	12/2 lb packages
100306	Beans Green Can - 24/300	24/15.5 oz cans	100382	Beans Pinto Dry Pkg - 12/2 lb	12/2 lb packages
100372	Beans Light Red Kidney Can - 24/300	24/15.5 oz cans	MISCELLANEOUS		
110021	Beans Pinto Can - 24/300	24/15.5 oz cans	100044	Egg Mix Dried Pkg - 48/6 oz	48/6 oz packages
100361	Beans Refried Can - 24/300	24/15.5 oz cans	FRUITS		
100363	Beans Vegetarian Can - 24/300	24/15.5 oz cans	100207	Applesauce Can - 24/300	24/15.5 oz cans
100308	Carrots Can - 24/300	24/15.5 oz cans	100210	Apricot Halves Can - 24/30	24/15.5 oz cans
100310	Corn Cream Style Can - 24/300	24/15.5 oz cans	100211	Mixed Fruit Can - 24/300	24/15.5 oz cans
110263	Corn Whole Kernel Low Sod Can - 24/300	24/15.5 oz cans	100218	Peaches Cling Slices Can - 24/300	24/15.5 oz cans
100904	Hominy Can - 24/300	24/15.5 oz cans	100223	Pears Can - 2/4300	24/15.5 oz cans
100314	Peas Can - 24/300	24/15.5 oz cans	100290	Plums Pitted Dried Pkg - 24/1 lb	24/1# pkg
100337	Potatoes Dehydrated Flks Pkg - 12/1 lb pkg	12/1 lb pkg	100295	Raisins Pkg - 24/15 oz	24/15 oz pkg
100331	Potatoes Wht Slices Can - 24/300	24/15.5 oz cans	100297	Fruit and Nut Mix Dried Pkg-24/1 lb.	24/1 lb. pkg
100322	Soup Tomato Can - 24/1	24/10.5 cans	MEATS		
100321	Soup Vegetable Can - 24/1	24/10.5 cans	100127	Beef Can - 24/24 oz	24/24 oz cans
110163	Soup Crm of Chicken RDU Sod Ctn-12/22 oz	12/22 oz cartons	100159	Beef Fine Ground Frz Pkg - 40/1 lb	40/1 lb packages
110164	Soup Crm of Mushrm RDU Sod Ctn-12/22 oz	12/22 oz cartons	100166	Beef Roast Round Frz Ctn - 38-42 lb	20/2# carton
100335	Spaghetti Sauce Meatless Can - 24/300	24/15.5 oz cans	100526	Beef Stew Can - 24/24 oz	24/24 oz cans
100323	Spinach Can - 24/300	24/15.5 oz cans	110302	Chicken Boned Can - 24/16 oz	24/16 oz cans
100316	Sweet Potatoes Can - 24/300	24/15.5 oz cans	110412	Chicken Boned Can - 12/15 oz	12/15 oz cans
110262	Tomato Diced Low Sod Can-24/300	24/15.5 oz cans	110154	Chicken Consumer Split Breast Pkg-6/5 lb**	6/5# packages
100333	Tomato Sauce Can - 24/300	24/15.5 oz cans	100880	Chicken Whole Bagged Frz Ctn-36-43 lb**	10/4# packages
100320	Veg Mix Can - 24/300	24/15.5 oz cans	100198	Salmon Pink Can - 24/14.75 oz	24/14.75 oz can
JUICES			110245	Turkey Breast Cooked Ctn-12/3.25 lb.	12/3.25 lb ctn
100893	Apple Juice Plst Btl - 8/64 fl oz	8/64 oz bottle			
100899	Cranberry Apple Juice Plst Btl - 8/64 fl oz	8/64 oz bottle			
100895	Grape Concord Juice Plst Btl - 8/64 fl oz	8/64 oz bottle			
100896	Grapefruit Juice Plst Btl - 8.64 fl oz	8/64 oz bottle			
100897	Orange Juice Plst Btl - 8/64 fl oz	8/64 oz bottle			
100898	Tomato Juice Plst Btl - 8/64 fl oz	8/64 oz bottle			

USDA FOODS AVAILABLE FOR 2014*
Food Distribution Program on Indian Reservations (FDPIR)

WBSCM Code	Product	Pack Size	WBSCM Code	Product	Pack Size
GROUP (B)					
GRAINS, NUTS AND OIL					
100918	Bakery Flour Mix Lowfat Bag - 6/5 lb	6/5 lb bag	100395	Peanut Butter Smooth Jar - 12/18 oz	12/18 oz jars
100001	Butter Print Salted Ctn - 36/1 lb	36/1 lb cartons	100391	Peanuts Roasted Reg Unsl Pkg - 12/16 oz	12/16 oz package
100921	Buttery Spread Light Tubs-12/15 OZ	12/15 oz tubs	100492	Rice US#2 Long Grain Pkg - 30/2 lb	30/2 lb packages
110198	Cheese Blind Amer Skm yel Reg slc Lvs-6/5lb	6/5 lb package	100435	Whole Grain Pasta Rotini Mac Pkg - 24/1 lb	20/1 lb packages
110199	Cheese Process Reg Lvs-6/5 lb	6/5 lb loaves			
100471	Cornmeal Degermed Yellow Bag - 8/5 lb	8/5 lb bag	100449	CEREAL CORN FLKS 1080 PKG-12/18 OZ	12/18 oz pkg
100910	Crackers Unsalted Box - 12/16 oz	12/16 oz box	100929	CEREAL OAT CIRCLES 1344 PKG-12/14 OZ	12/14 oz pkg
100433	Egg Noodle 1/2 Inch Wide Pkg - 12/1 lb	12/1 lb packages	110265	CEREAL CORN RICE BISC 1080 PKG-14/12 OZ	14/12 oz pkg
100473	Farina Wheat Pkg - 24/14 oz	24/14 oz package	100457	CEREAL RICE CRISP 1008 PKG-16/12 OZ	16/12 oz pkg
100400	Flour All Purp Enrch Blch Bag - 8/5 lb	8/5 lb bag	100933	CEREAL WT BRAN FLKS 1344 PKG-14/17.3OZ	14/17.3 oz pkg
100410	Flour Whole Wheat Bag - 8/5 lb	8/5 lb bag	100446	CEREAL CORN SQUARES 1344 PKG-14/14 OZ	14/14 oz pkg
101024	Macaroni & Cheese 1404 Pkg - 48/7.25 oz	48/7.25 oz pkg			
100050	Milk 1% Milkfat UHT 1500 Box - 12/32 fl oz	12/32 oz packages	SPECIALTY/SEASONAL ITEMS		
100065	Milk Instant NDM Pkg - 12/25.6 oz	12/25.6 oz	110380	Pork Chops Bnls Frz Pkg - 40/1 lb***	40/1# packages
110162	Milk Skim Evaporated Can-24/12 fl oz	24/12 fl oz cans	100182	Pork Ham Waterad Frz Ctn - 12/3 lb ***	12/3 lb carton
100465	Oats Rolled Tube - 12/42 oz	12/42 oz tube	***Subject to Availability of Funds		
100440	Oil Vegetable Btl - 9/48 oz	8/48 oz bottles	100319	Pumpkin Can - 24/300	24/15.5 oz cans
100428	Pasta Macaroni Plain Elbow Pkg - 24/1 lb	24/1 lb packages	100213	Cranberry Sauce Can-24/300	24/15.5 oz cans
100426	Pasta Spaghetti Pkg - 12/2 lb	12/2 lb packages			
110450	Pasta Spaghetti Box - 20/1 lb	20/1 lb packages			

***Purchases are subject to market conditions. This list does not include bonus commodities.**



USDA Foods Available List for School Year 2014 for Schools and Institutions

with links to USDA Foods Fact Sheets

Revised June 2013



USDA Foods Description	WBSCM ID#	PACK SIZE	Subgroup
FRUITS			
Apple Slices, Unsweetened, Canned	100206	6/#10 can	
Apple Slices, Unsweetened, Frozen	100258	30 lb ctn	
Apples for further processing	110149	Bulk Tankers	
Apples, Braeburn, Fresh	100523	40 lb ctn	
Apples, Empire, Fresh	100517	40 lb ctn	
Apples, Fresh, Sliced	100286	200/2 oz bag	
Apples, Fresh, Sliced	100284	100/2 oz bag	
Apples, Fresh, Sliced	100285	64/2 oz bag	
Apples, Gala, Fresh	100521	40 lb ctn	
Apples, Granny Smith, Fresh	100512	37 lb ctn	
Apples, Red Delicious, Fresh	100514	40 lb ctn	
Applesauce, Cups, Unsweetened	110361	96/4.5 oz cups	
Applesauce, Unsweetened, Canned	100208	6/#10 can	
Apricots, Cups, Frozen	100261	96/4.5 oz cups	
Apricots, Diced, Extra Light Syrup, Canned	100216	6/#10 can	
Apricots, Diced, Peeled, Extra Light Sucrose, Canned	110230	6/#10 can	
Apricots, Frozen 40 lb	100260	40 lb ctn	
Apricots, Halves, Extra Light Sucrose, Canned	110231	6/#10 can	
Apricots, Halves, Extra Light Syrup, Canned	100209	6/#10 can	
Apricots, Sliced, Frozen	100259	20 lb ctn	
Blueberries, Cultivated, Unsweetened, Frozen (IQF)	100244	30 lb ctn	
Blueberries, Wild, Unsweetened, Frozen (IQF)	100243	30 lb ctn	
Cherries, Frozen (IQF)	100237	40 lb ctn	
Cherries, Dry #4	100299	4/4# ctn	
Cherries, Frozen	100235	30 lb ctn	
Cherries, Red, Water Packed, Canned	100228	6/#10 can	
Cranberry Sauce, Canned	100214	6/#10 can	
Fruit Mix, Dried	110161	5/5 lb ctn	
Fruit Mix, Extra Light Sucrose, Canned	110233	6/#10 can	
Fruit Mix, Extra Light Syrup, Canned	100212	6/#10 can	
Fruit-Nut Mix, Dried	100296	5 lb ctn	
Orange Juice, Unsweetened, Drums	100205	55 Gal Drum	
Orange Juice, Unsweetened, Frozen Concentrate	100276	12/32oz can	
Orange Juice, Unsweetened, Singles, Frozen	100277	70/4 oz ctn	
Orange Juice, Unsweetened, Tankers	100204	Bulk Tankers	
Oranges, Fresh	100283	34-39 lb ctn	
Peaches, Clingstone, Diced, Extra Light Sucrose, Canned	110234	6/#10 can	
Peaches, Clingstone, Diced, Extra Light Syrup, Canned	100220	6/#10 can	
Peaches, Freestone, Cups, Frozen	100241	96/4 oz cups	
Peaches, Freestone, Slices, Frozen	100239	20 lb ctn	
Peaches, Clingstone, Slices, Extra Light Syrup, canned	100219	6/#10 can	
Peaches, Clingstone, Slices, Extra Light Sucrose, canned	110236	6/#10 can	
Pears Bartlett, Fresh	100282	45 lb ctn	
Pears Bosc, Fresh	100280	45 lb ctn	
Pears D-Anjou, Fresh	100279	45 lb ctn	
Pears, Diced, Extra Light Syrup, Canned	100225	6/#10 can	
Pears, Diced, Extra Light Sucrose, Canned	110237	6/#10 can	
Pears, Halves, Extra Light Syrup, Canned	100226	6/#10 can	
Pears, Halves, Extra Light Sucrose, Canned	110238	6/#10 can	
Pears, Sliced, Extra Light Syrup, Canned	100224	6/#10 can	
Pears, Sliced, Extra Light Sucrose, Canned	110239	6/#10 can	
Raisins, 1.33 Ounce	100293	144/1.33 oz box	
Raisins, 30 lbs.	100294	30 lb ctn	

USDA Foods Description	WBSCM ID#	PACK SIZE	Subgroup
FRUITS			
Strawberries, Diced, Cups, Frozen	100256	96/4.5 oz cups	
Strawberries, Sliced, Frozen	100254	30 lb ctn	
Strawberries, Whole, Unsweetened, Frozen (IQF)	100253	30 lb ctn	
VEGETABLES			
Beans, Green, Low-sodium, Canned*	100307	6/#10 can	OTH
Beans, Green, No added salt, Frozen **	100351	30 lb ctn	OTH
Broccoli Florets, No added salt, Frozen **	110282	30 lb ctn	DG
Carrots, Baby Cut, Fresh	100982	100/2oz bag	RO
Carrots, Sliced, Low-sodium, Canned *	100309	6/#10 can	RO
Carrots, Sliced, No added salt, Frozen **	100352	30 lb ctn	RO
Corn, Whole Kernel, No added salt, Canned **	100313	6/#10 can	ST
Corn, Whole Kernel, No added salt, Frozen **	100348	30 lb ctn	ST
Peas, Green, Low-sodium, Canned *	100315	6/#10 can	ST
Peas, Green, No added salt, Frozen **	100350	30 lb ctn	ST
Potatoes, Frozen, Bulk	100506	Bulk lbs	ST
Potatoes, Dehydrated, Bulk (replaces 101015)	110227	Bulk lbs	ST
Potatoes, Oven, Frozen **	100357	6/5 lb packs	ST
Potatoes, Rounds, Frozen **	100358	6/5 lb packs	ST
Potatoes, Russet, Fresh	100340	50 lb ctn	ST
Potatoes, Wedges, Fat Free, Frozen (IQF)**	100356	6/5 lb packs	ST
Potatoes, Wedges, Frozen (IQF)**	100355	6/5 lb packs	ST
Salsa, Low-sodium, Canned *	100330	6/#10 can	RO
Salsa, Low-sodium, Pouch *	110186	6/106 oz pouch	RO
Spinach, Chopped, No Added Salt, Frozen (IQF)**	110392	20 lb ctn	DG
Sweet Potatoes, Bulk	100980	Bulk lbs	RO
Sweet Potatoes, Extra Light Syrup, Low-sodium, Canned *	100317	6/#10 can	RO
Sweet Potatoes, Fresh	100343	40 lb ctn	RO
Sweet Potatoes, Mashed, No added salt, Frozen **	100354	6/5 lb packs	RO
Sweet Potatoes, Mashed, Low-sodium, Canned *	100318	6/#10 can	RO
Sweet Potatoes, Random Cut, No added salt, Frozen **	100353	6/5 lb packs	RO
Tomato Paste, Bulk Processing	100332	2850 lb totes	RO
Tomato Paste, Drum	100326	55 Gal Drum	RO
Tomato Paste, Low-sodium, Canned *	100327	6/#10 can	RO
Tomato Paste, Low-sodium, Pouch *	110189	6/102 oz pouch	RO
Tomato Sauce, Low Sodium, Pouch *	110187	6/102 oz pouch	RO
Tomato Sauce, Low-sodium, Canned *	100334	6/#10 can	RO
Tomatoes, Diced, No added salt, Canned **	100329	6/#10 can	RO
Tomatoes, Diced, No added salt, Pouch **	110185	6/102 oz pouch	RO

KEY:

DG - Dark green vegetable subgroup

LG - Legumes vegetable subgroup

OTH - Other vegetable subgroup

RO - Red/Orange vegetable subgroup

ST - Starchy vegetable subgroup

WG - Whole Grain

Bulk product for further processing

* denotes low or reduced sodium

** denotes no added salt

NOTE: This list is subject to change based on market availability. Please reference the WBSCM catalog which contains the most up to date listing of available USDA Foods.

Links Note: USDA Foods Fact Sheets are not available for Bulk USDA Foods.



USDA Foods Available List for School Year 2014 for Schools and Institutions

with links to USDA Foods Fact Sheets

Revised June 2013



USDA Foods Description	WBSCM ID#	PACK SIZE	Subgroup
BEEF PRODUCTS			
Beef, Boneless, Fresh	100155	20/2000 lb combo	
Beef, Boneless, Special Trim, Frozen	100156	60 lb ctn	
Beef, Bulk, Coarse Ground, Frozen	100154	60 lb ctn	
Beef, Canned	100127	24/24 oz can	
Beef, Crumbles w SPP LFT OPT, Cooked, Frozen *	110264	4/10 lb pkg/ctn	
Beef, Crumbles w SPP, Cooked, Frozen *	100134	4/10 lb pkg/ctn	
Beef, Fine Ground, 85/15, Frozen	100158	40 lb. ctn	
Beef, Fine Ground, LFT OPT, Frozen	110261	40 lb. ctn	
Beef, Irradiated Bulk, 85/15, Frozen	110085	40 lb. ctn	
Beef, Irradiated Patties, 85/15, Frozen (2.0 MMA)	110082	40 lb. ctn	
Beef, Patties, 100%, 85/15, Frozen (2.0 MMA)	110349	40 lb. ctn	
Beef, Patties, 100%, 85/15, Frozen (1.5 MMA)	110350	40 lb. ctn	
Beef, Patties, 100%, 90/10, Frozen (2.0 MMA)	110346	40 lb. ctn	
Beef, Patties, Cooked, Frozen (2.0 MMA) *	110322	40 lb. ctn	
Beef, Patties, Cooked, Frozen (1.5 MMA) *	110321	40 lb. ctn	
Beef, Patties, LFT OPT, Frozen (2.0 MMA)	110270	40 lb. ctn	
Beef, Patties, LFT, Frozen (2.0 MMA)	100163	40 lb. ctn	
Beef, Patties, SPP, 85/15, Frozen (2.0 MMA)	110348	40 lb. ctn	
Beef, Patties, SPP, 85/15, Frozen (1.5 MMA)	110347	40 lb. ctn	

PORK PRODUCTS			
Ham, Cooked, 97% Fat Free, Water-Added, Frozen	100184	4/10 lb hams/ctn	
Ham, Cooked, 97% Fat Free, Water-Added, Diced, Frozen	100188	8/5 lb pkg/ctn	
Ham, Cooked, 97% Fat Free, Water-Added, Thin Sliced, Frozen	100187	8/5 lb pkg/ctn	
Ham, Cooked, 97% Fat Free, Water-Added, Reduced Sodium, Sliced, Froze	110296	8/5 lb pkg/ctn	
Pork Leg Roast, Frozen	100173	32-40 lb. ctn	
Pork, Boneless Leg Roasts, Frozen	110138	60 lb ctn	
Pork, Boneless Picnic, Frozen	100193	60 lb ctn	
Pork, Canned	100139	24/24 oz can	
Pork, Crumbles, Cooked, Frozen *	100144	4/10 lb pkg/ctn	

POULTRY PRODUCTS			
Chicken, Boned, Canned	100877	12/50 oz can	
Chicken, Cut-up, Frozen	100098	40 lb ctn	
Chicken, Diced, Frozen	100101	40 lb ctn	
Chicken, Fajita Strips, Frozen *	100117	30 lb ctn	
Chicken, Large Birds, Chilled, Bulk	100103	Bulk lbs	
Chicken, Legs, Chilled, Bulk	100113	Bulk lbs	
Chicken, Oven Roasted 8pcs, Cooked, Frozen	110080	30 lb ctn	
Chicken, Small Birds, Chilled, Bulk	100100	Bulk lbs	
Turkey, Whole, Chilled, Bulk	100124	Bulk lbs	
Turkey, Deli Breast, Frozen	100121	40 lb ctn	
Turkey, Deli Breast, Smoked, Frozen	100122	40 lb ctn	
Turkey, Hams, Frozen	100126	40 lb ctn	
Turkey, Roast, Frozen	100125	32-48 lb ctn	
Turkey, Taco Filling, Cooked, Frozen *	100119	30 lb ctn	
Turkey, Thighs, Bulk	100883	Bulk Pack	
Turkey, Whole, Frozen	100123	30-60 lb ctn	

KEY:

LG - Legumes vegetable subgroup

Bulk product for further processing

* denotes low or reduced sodium

USDA Foods Description	WBSCM ID#	PACK SIZE	Subgroup
CHEESE			
Cheese Blend, White, Amer/Skim Milk, Reduced Fat, Sliced *	100037	6/5 lb	
Cheese Blend, Yellow, Amer/Skim Milk Reduced Fat, Sliced	100036	6/5 lb	
Cheese, American, White, Pasteurized, Sliced *	100019	6/5 lb	
Cheese, American, Yellow, Pasteurized, Loaves *	100017	6/5 lb	
Cheese, American, Yellow, Pasteurized, Sliced *	100018	6/5 lb	
Cheese, Cheddar, White (replaces 100005)	110253	40 lb block	
Cheese, Cheddar, White, Loaves	100004	4/10 lb	
Cheese, Cheddar, White, Reduced Fat, Shredded	100011	6/5 lb	
Cheese, Cheddar, White, Shredded	100002	6/5 lb	
Cheese, Cheddar, Yellow (replaces 100007)	110254	40 lb block	
Cheese, Cheddar, Yellow, Loaves	100006	4/10 lb	
Cheese, Cheddar, Yellow, Loaves, Reduced Fat	100008	4/10 lb	
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	100012	6/5 lb	
Cheese, Cheddar, Yellow, Shredded	100003	6/5 lb	
Cheese, Mozzarella, Low Moisture Part Skim (replaces 100042)	110244	Processor Pack	
Cheese, Mozzarella, Lite, Shredded, Frozen *	100034	30 lb box	
Cheese, Mozzarella, Lite, (replaces 110139)	110243	Processor Pack	
Cheese, Mozzarella, Low Moisture Part Skim, Frozen *	100022	8/6 lb loaves	
Cheese, Mozzarella, Low Moisture Part Skim, Shredded *	100021	30 lb box	
Cheese, String	coming soon	1 oz sticks	
Cheese, Natural American, Barrel (replaces 100010)	110242	500 lb Barrel	

EGG PRODUCTS			
Eggs, Liquid, Whole, Bulk	100047	Bulk Tanker	
Eggs, Whole 5#, Frozen	100046	6/5 lb ctn	

FISH PRODUCTS			
Alaska Pollock, Frozen	100892	49 lb block	
Catfish, Breaded Filet Strips, Frozen	100201	4/10 lb pkgs	

LEGUMES			
Beans, Baby Lima, Low-sodium, Canned *	100371	6/#10 can	LG
Beans, Black (Turtle), Low-sodium, Canned *	100359	6/#10 can	LG
Beans, Black-eyed Pea, Low-sodium, Canned *	100368	6/#10 can	LG
Beans, Garbanzo, Dry	110089	25 lb bag	LG
Beans, Garbanzo, Low-sodium, Canned *	100360	6/#10 can	LG
Beans, Great Northern, Dry	100381	25 lb bag	LG
Beans, Great Northern, Low-sodium, Canned *	100373	6/#10 can	LG
Beans, Lentils, Dry	101014	25 lb bag	LG
Beans, Navy Pea, Dry	100377	25 lb bag	LG
Beans, Pink, Low-sodium, Canned *	100369	6/#10 can	LG
Beans, Pinto, Dry	100383	25 lb bag	LG
Beans, Pinto, Dry, Bulk	110381	2000 lb totes	LG
Beans, Pinto, Dry, Bulk, Bag	110382	50 lb bag	LG
Beans, Pinto, Low-sodium, Canned *	100365	6/#10 can	LG
Beans, Red Kidney, Low-sodium, Canned *	100370	6/#10 can	LG
Beans, Refried, Low-sodium, Canned *	100362	6/#10 can	LG
Beans, Small Red, Low-sodium, Canned *	100366	6/#10 can	LG
Beans, Vegetarian, Low-sodium, Canned *	100364	6/#10 can	LG

NUTS and SEEDS			
Peanut Butter, Smooth, No trans fats, Canned	100396	6/5 lb (can or jars)	
Peanut Butter, Smooth, No trans fats, Drum	100397	500 lb drum	
Peanuts, Roasted, Regular, Unsalted, Canned	100392	6/#10 can	
Peanuts, Roasted, Regular, Unsalted, Packages	100391	12/16 oz	
Peanuts, Roasted, Runner, Unsalted, Canned	100389	6/#10 can	
Sunflower Seed Butter, Smooth, No trans fats, 6/5#	100935	6/5#	
Sunflower Seed Butter, Smooth, No trans fats, Drum	110404	500 lb drum	



USDA Foods Available List for School Year 2014 for Schools and Institutions

with links to USDA Foods Fact Sheets

Revised June 2013



USDA Foods Description	WBSCM ID#	PACK SIZE	Subgroup
GRAINS/FLOUR PRODUCTS			
Cornmeal, Degermed, Enriched, Yellow 4/10 lb	100472	4/10 lb bag	
Cornmeal, Degermed, Enriched, Yellow 8/5 lb	100471	8/5 lb bag	
Corn, Yellow (whole dry kernel)	100444	2700 lb tote	WG
Flour, All Purpose, Enriched Unbleached 25 lb	110215	25 lb bag	
Flour, All Purpose, Enriched Unbleached 50 lb	100402	50 lb bag	
Flour, All Purpose, Enriched, Bleached 50 lb	100399	50 lb bag	
Flour, All Purpose, Enriched, Bleached 5 lb	100400	8/5 lb bag	
Flour, Bakers Hard Wheat, Enriched, Bleached 100 lb	100412	100 lb bag	
Flour, Bakers Hard Wheat, Enriched, Bleached 50 lb	100411	50 lb bag	
Flour, Bakers Hard Wheat, Enriched, Unbleached 50 lb	100413	50 lb bag	
Flour, Bakers Hard Wheat Hearth 100, Bleached	100414	100 lb bag	
Flour, Bakers Soft Wheat, Bleached	100415	50 lb bag	
Flour, Bakery Mix, Low Fat	100918	6/5 lb bag	
Flour, All Purpose, Enriched, Unbleached	110146	8/5 lb bag	
Flour, Bread, Enriched, Bleached 8/5 lb	110147	8/5 lb bag	
Flour, Bread, Enriched, Unbleached 8/5 lb	110148	8/5 lb bag	
Flour, Bread, Enriched, Unbleached 25 lb	110225	25 lb bag	
Flour, Corn Masa, Instant, Enriched, Yellow 50 lb	100416	50 lb bag	
Flour, Whole Wheat 25 lb	100408	25 lb bag	WG
Flour, Whole Wheat 50 lb	100409	50 lb bag	WG
Flour, Whole Wheat 5 lb	100410	8/5 lb bag	WGR
Flour, Bakers Hard Wheat, Bleached, Bulk	100417	Bulk	
Flour, Bakers Hard Wheat, Unbleached, Bulk	100418	Bulk	
Flour, Bakers Hard Wheat, Hearth, Bleached, Bulk	100419	Bulk	
Flour, Bakers Hard Wheat, Hearth, Unbleached, Bulk	100420	Bulk	
Flour, Bakers Soft Wheat, Unbleached, Bulk	100421	Bulk	
Flour, Bread, Bulk	100912	Bulk	
Flour, High Gluten, Bulk	100911	Bulk	
Flour, High Gluten	110257	100 lb bag	
Flour, Tortilla, Whole Wheat, Bulk Bag	100915	50 lb bag	WG
Grits, Corn, Enriched, White 8/5 lb	100470	8/5 lb bag	
Grits, Corn, Enriched, Yellow 8/5 lb	100469	8/5 lb bag	
Macaroni, Elbow, Enriched 20 lb	100429	20 lb ctn	
Macaroni Whole Grain	100919	20 lb ctn	WG
Oats, Rolled, Quick 3 lb	100466	12/3 lb pkg	WG
Oats, Rolled, Quick 25 lb	100467	25 lb bag	WG
Oats, Rolled, Quick 50 lb	100468	50 lb bag	WG
Pancakes, Whole Grain	100937	144 ct/ctn	WG
Rice, Brown, #1, Short-Grain	110375	Bulk	WG
Rice, Brown, #1, Medium-Grain	110376	Bulk	WG
Rice, Brown, #1, Long-Grain	110377	Bulk	WG
Rice, Brown, Long-Grain, Parboiled 25 lb	101031	25 lb bag	WG
Rice, Brown, Long-Grain, Parboiled 24/2 lb	100500	24/2 bag	WG
Rice, Brown, Long-Grain, Regular 25 lb	100499	25 lb bag	WG
Rice, Long-Grain #1, Parboiled 25 lb	100494	25 lb bag	
Rice, Long-Grain #1, Parboiled 50 lb	100495	50 lb bag	
Rice, Long-Grain #2, Parboiled 25 lb	100490	25 lb bag	
Rice, Long-Grain #2, Parboiled 50 lb	100493	50 lb bag	
Rice, Medium-Grain #1 25 lb	100496	25 lb bag	
Rice, Medium-Grain #2 50 lb	100489	50 lb bag	
Rice, Medium-Grain #2 25 lb	100486	25 lb bag	
Rotini Whole Grain 20 lb	100434	20 lb ctn	WG
Rotini, Spiral 20 lb	100432	20 lb ctn	
Spaghetti 20 lb	100425	20 lb ctn	
Spaghetti Whole Grain 20 lb	100427	20 lb ctn	WG
Tortillas, Whole Grain	100938	12/24 1.5 oz ctn	WG

USDA Foods Description	WBSCM ID#	PACK SIZE	Subgroup
OILS			
Oil, Soybean, Low Saturated Fat, Gallon	100442	6/1 gal bottle	
Oil, Vegetable, 48 Ounce	100441	9/48 oz	
Oil, Vegetable, Gallon	100439	6/1 gal bottle	
Oil, Vegetable, Bulk	100443	Bulk	

KEY:
WG - Whole Grain
Bulk product for further processing



USDA Foods Mobile Code



USDA Foods Toolkit

USDA FOODS AVAILABLE FOR 2014*
THE EMERGENCY FOOD ASSISTANCE PROGRAM

WBSCM			WBSCM		
Material #	WBSCM Material Master Name	Pack Size	Material #	WBSCM Material Master Name	Pack Size
<i>GROUP (A)</i>					
100367	BEANS BLACKEYE, LOW SODIUM CAN-24/300	24/15.5 oz cans	100207	APPLESAUCE UNSWEETENED CAN 24/300	24/15.5 oz cans
100306	BEANS GREEN LOW-SODIUM CAN 24/300	24/15.5 oz cans	110361	APPLESAUCE CUP UNSWEETENED 96/4.5	96/4.5 oz cups
100372	BEANS LIGHT RED KIDNEY LOW SODIUM CAN-24/300	24/15.5 oz cans	100210	APRICOT HALVES LIGHT SYRUP CAN-24/300	24/15.5 oz cans
100361	BEANS REFRIED LOW SODIUM CAN-24/300	24/15.5 oz cans	100211	MIXED FRUIT LIGHT SYRUP CAN -24/300	24/15.5 oz cans
100363	BEANS VEGETARIAN LOW SODIUM CAN-24/300	24/15.5 oz cans	100218	PEACHES CLING SLICES LIGHT SYRUP CAN-24/300	24/15.5 oz cans
100308	CARROTS NO ADDED SALT CAN-24/300	24/15.5 oz cans	100223	PEARS LIGHT SYRUP CAN-24/300	24/15.5 oz cans
100310	CORN CREAM LOW SODIUM CAN-24/300	24/15.5 oz cans	100291	PLUMS PITTED DRIED CTN 25 LB	25 lb carton
100311	CORN KERNEL LOW SODIUM CAN-24/300	24/15.5 oz cans	100290	PLUMS PITTED DRIED PKG-24/1 LB	24/1 lb
100314	PEAS LOW SODIUM CAN-24/300	24/15.5 oz cans	100293	RAISINS BOX-144/1.33 OZ	144/1.3 oz box
100337	POTATOES DEHYDRATED FLKS PKG-12/1 LB	12/1 lb packages	100294	RAISINS CTN-30 LB	30 lb carton
100331	POTATOES WHT SLICES LOW SODIUM CAN-24/300	24/15.5 oz cans	100295	RAISINS PKG-24/15 OZ	24/15 oz pkg
100319	PUMPKIN LOW SODIUM CAN-24/300	24/15.5 oz cans			
110163	SOUP CRM OF CHICKEN RDU SOD CTN-12/22 OZ	12/22 oz ctn	100127	BEEF CAN-24/24 OZ	24/24 oz cans
110164	SOUP CRM OF MUSHRM RDU SOD CTN -12/22 OZ	12/22 oz ctn	100159	BEEF FINE GROUND FRZ PKG-40/1 LB	40/1 lb packages
100322	SOUP TOMATO CONDENSED LOW SODIUM CAN-24/1	24/10.5 oz cans	110260	BEEF FINE GROUND LFT OPT FRZ PKG-40/1 LB	40/1 lb packages
100321	SOUP VEGETABLE CONDENSED LOW SODIUM CAN-24/1	24/10.5 oz cans	100526	BEEF STEW CHUNKY CAN-24/24 OZ	24/24 oz cans
100335	SPAGHETTI SAUCE MEATLESS LOW SODIUM CAN-24/300	24/15.5 oz cans	110412	CHICKEN BONED CAN-12/15OZ**	12/15 oz cans
100323	SPINACH LOW SODIUM CAN-24/300	24/15.5 oz cans	100880	CHICKEN WHOLE BAGGED FRZ CTN-36-43 LB	approx 3-4 lbs each
100316	SWEET POTATOES W/ SYRUP LOW SODIUM CAN-24/300	24/15.5 oz cans	100139	PORK CAN-24/24 OZ	24/24 oz cans
100324	TOMATO CAN-24/300	24/15.5 oz cans	100182	PORK HAM WATERAD FRZ CTN-12/3 LB	12/3 lb carton
100328	TOMATO DICED LOW SODIUM CAN-24/300	24/15.5 oz cans	100198	SALMON PINK CAN-24/14.75 OZ	24/14.75 oz cans
100333	TOMATO SAUCE LOW SODIUM CAN-24/300	24/15.5 oz cans	100125	TURKEY ROASTS FRZ CTN-32-48 LB	32-48 lb cartons
100320	VEG MIX LOW SODIUM CAN-24/300	24/15.5 oz cans			
100893	APPLE JUICE UNSWEETENED PLST BTL-8/64 FL OZ	8/64 oz plas btl	100378	BEANS BABY LIMA DRY W/O SALT PKG-12/2 LB	12/2 lb packages
100894	CHERRYAPPLE JUICE UNSWEETENED PLST BTL-8/64 FL OZ	8/64 oz plas btl	100374	BEANS BLACKEYE DRY W/O SALT PKG-12/2 LB	12/2 lb packages
100899	CRANAPPLE JUICE UNSWEETENED PLST BTL 8/64 FL OZ	8/64 oz plas btl	101020	BEANS DRY GARBANZO W/O SALT PKG-12/2 LB	12/2 lb packages
100895	GRAPE CONCORD JUICE UNSWEETENED PLST BTL-8/64 FL OZ	8/64 oz plas btl	100380	BEANS GREAT NORTHERN DRY W/O SALT PKG-12/2 LB	12/2 lb packages
100896	GRAPEFRUIT JUICE UNSWEETENED PLST BTL-8/64 FL OZ	8/64 oz plas btl	100385	BEANS LIGHT RED KIDNEY DRY W/O SALT PKG-12/2 LB	12/2 lb packages
100897	ORANGE JUICE UNSWEETENED PLST BTL-8/64 FL OZ	8/64 oz plas btl	100382	BEANS PINTO DRY PKG W/O SALT-12/2 LB	12/2 lb packages
100898	TOMATO JUICE UNSWEETENED PLST BTL-8/64 FL OZ	8/64 oz plas btl	100388	LENTILS DRY PKG 12/2 LB	12/2 lb packages
			100044	EGG MIX DRIED PKG-48/6 OZ	48/6 oz packages
			100936	EGGS 15 DOZEN SHELL	15 dozen

USDA FOODS AVAILABLE FOR 2014*
THE EMERGENCY FOOD ASSISTANCE PROGRAM

WBSCM

Material #	WBSCM Material Master Name	Pack Size
<i>GROUP (B)</i>		
100918	BAKERY FLOUR MIX LOWFAT BAG-6/5 LB	6/5 lb bags
100433	EGGNOODLE 1/2 INCH WIDE PKG-12/1 LB	12/1 lb packages
100470	GRITS CORN WHITE BAG-8/5 LB	8/5 lb bags
100469	GRITS FINE YELLOW BAG-8/5 LB	8/5 lb bags
100050	MILK 1% MILKFAT UHT 1500 BOX-12/32 FL OZ	12/32 oz
100466	OATS ROLLED NO SALT ADDED WHOLE GRAIN -12/3LB	12/3 lb packages
100440	OIL VEGETABLE BTL-8/48 OZ	8/48 oz bottles
100428	PASTA MACARONI PLAIN ELBOW PKG-24/1 LB	24/1 lb packages
100426	PASTA SPAGHETTI PKG-12/2 LB	12/2 lb packages
110450	PASTA SPAGHETTI BOX-20/1 LB	20/1 lb boxes
100395	PEANUT BUTTER SMOOTH JAR-12/18 OZ	12/18 oz jars
100391	PEANUTS ROASTED REG UNSL PKG-12/16 OZ	12/16 oz packages
100491	RICE US#2 LONG GRAIN PKG-24/2 LB	24/2 lb packages
100492	RICE US#2 LONG GRAIN PKG-30/2 LB	30/2 lb packages
100487	RICE US#2 MEDIUM GRAIN PKG-24/2 LB	24/2 lb packages
100488	RICE US#2 MEDIUM GRAIN PKG-30/2 LB	30/2 lb packages
100484	RICE US#2 SHORT GRAIN PKG-24/2 LB	24/2 lb packages
100485	RICE US#2 SHORT GRAIN PKG-30/2 LB	30/2 lb packages
100500	RICE BRN US#1 LONG PARBOILED PKG-24/ 2LB	24/2 lb packages
100501	RICE BRN US#1 LONG PARBOILED PKG 30/2 LB	30/2 lb packages
100435	WHOLE GRAIN PASTA ROTINI MAC PKG-24/1 LB	20/1 lb packages
101023	WHOLE GRAIN MACARONI PKG 24/1 LB	24/1 lb packages
101035	WHOLE GRAIN SPAGHETTI PKG-24/1 LB	24/1 lb packages

WBSCM

Material #	WBSCM Material Master Name	Pack Size
Ready-To Eat Cereals:		
100449	CEREAL CORN FLKS 1080 PKG-12/18 OZ	12/18 oz pkg
100929	CEREAL OAT CIRCLES 1344 PKG-12/14 OZ	12/14 oz pkg
110265	CEREAL CORN RICE BISC 1080 PKG-14/12 OZ	14/12 oz pkg
100457	CEREAL RICE CRISP 1008 PKG-16/12 OZ	16/12 oz pkg
100933	CEREAL WT BRAN FLKS 1344 PKG-14/17.3OZ	14/17.3 oz pkg
100446	CEREAL CORN SQUARES 1344 PKG-14/14 OZ	14/14 oz pkg

***Purchases are subject to market conditions. This list does not include bonus commodities**

****The can size may vary for canned chicken depending upon availability at the time of purchase.**

Appendix D

Participant Numbers 2014

Appendix D. Participant Numbers 2014

1. Commodity Supplement Food Program Participation Report FY 2014

Month	CSFP Total Number of Elderly Part
October	562,204
November	564,376
December	556,151
January	553,744
February	554,224
March	567,216
April	558,902
May	563,599
June	570,521
July	567,794
August	572,912
September	572,835
Total	6,764,478
Monthly Average Participation	563,707

2. National School Lunch Program Participation Report FY2014

Adjustments to NSLP Participation Numbers

- Kansas is the only state in which the entire state receives cash in lieu of USDA foods; exclude them from any calculations.
- The ratio NSLP Total Participation per NSLP Total Enrollment was multiplied by the Cash-in-lieu or Cloc Enrollment (total enrollment in districts that received cash-in-lieu of commodities) to determine the State Cash-in-lieu Participation who did not receive USDA Foods in SY2013-14. This was subtracted from the NSLP total Participation to determine the total NSLP enrollment receiving USDA Foods.

Substate/Region		NSLP Total Participation	NSLP Total Enrollment Sch and RCCI	Cash-in-lieu or Cloc Enrollment	Ratio: Participation/Enrollment	State Cash-in-lieu or Cloc Participation	Adjusted Total NSLP participation
0191501 AL STATE DEPT OF EDUCATION	Alabama	531,105	759,860		0.6990	0	531,105
0291501 AK Department of Education & Early Development	Alaska	51,028	119,565		0.4268	0	51,028
0491501 AZ DEPT OF EDUCATION	Arizona	644,221	1,066,128		0.6043	0	644,221
0591501 AR DEPT OF EDUCATION	Arkansas	327,469	484,615	1,244	0.6757	841	326,628
0691501 CA Department of Education	California	3,257,076	6,377,290	19,355	0.5107	9,885	3,247,191
0891501 CO DEPT OF EDUCATION	Colorado	372,676	844,810	11,768	0.4411	5,191	367,485
0991501 CT DEPARTMENT OF EDUCATION	Connecticut	281,949	535,451	13,594	0.5266	7,158	274,791
1091501 DE DEPT. OF Education	Delaware	94,824	141,283		0.6712	0	94,824
1191501 DC Office of the State Superintendent of Education	District of Columbia	51,349	80,157		0.6406	0	51,349
1291101 FL DEPT OF AGRIC & CONS SERV	Florida	1,652,023	2,779,572	29,931	0.5943	17,789	1,634,234
1391501 GA STATE DEPT OF EDUCATION	Georgia	1,236,304	1,763,111	3,414	0.7012	2,394	1,233,911
1491501 GU Department of Education	Guam	16,668	33,710		0.4944	0	16,668
1591501 HI STATE DEPT OF EDUCATION	Hawaii	113,989	186,087		0.6126	0	113,989
1691501 ID DEPT OF EDUCATION	Idaho	158,266	311,514	2,046	0.5081	1,039	157,226
1791501 IL STATE BOARD OF EDUCATION	Illinois	1,100,934	1,942,241	1,011	0.5668	573	1,100,361
1891501 IN IN DEPT OF EDUCATION	Indiana	774,693	1,121,840		0.6906	0	774,693
1991501 IA DEPARTMENT OF EDUCATION	Iowa	383,594	534,606	829	0.7175	595	382,999
2091501 KS STATE BOARD OF EDUCATION	Kansas	346,298	548,285		N/A	346,298	0
2191501 KY DEPT OF EDUCATION	Kentucky	529,401	727,070		0.7281	0	529,401
2291501 LA DEPT OF EDUCATION	Louisiana	554,244	791,720	45,871	0.7001	32,112	522,132

Participant Numbers 2014

D

2391501 ME DEPT OF ED & CULTURAL SVCS	Maine	99,023	184,115	10,882	0.5378	5,853	93,170
2491501 MD DEPT OF EDUCATION	Maryland	423,553	908,934		0.4660	0	423,553
2591501 MA DEPT OF EDUCATION	Massachusetts	515,506	973,742		0.5294	0	515,506
2691501 MI DEPT OF EDUCATION	Michigan	860,174	1,596,300	17,418	0.5389	9,386	850,788
2791501 MN DEPT OF EDUCATION	Minnesota	610,327	881,923	1,471	0.6920	1,018	609,309
2891501 MS STATE DEPT OF EDUCATION	Mississippi	389,497	508,020		0.7667	0	389,497
2991501 MO DEPT OF ELEMENTARY	Missouri	604,486	953,572		0.6339	0	604,486
3091501 MT OFC OF PUB INSTRUCTION	Montana	83,248	153,831		0.5412	0	83,248
3191501 NE DEPARTMENT OF EDUCATION	Nebraska	242,273	314,314		0.7708	0	242,273
3291101 NV Nevada Department of Agriculture	Nevada	212,395	463,021		0.4587	0	212,395
3391501 NH DEPT OF EDUCATION	New Hampshire	91,812	184,304		0.4982	0	91,812
3491101 NJ DEPT OF AGRICULTURE	New Jersey	688,937	1,307,854	830	0.5268	437	688,500
3591501 NM PUBLIC EDUCATION DEPARTMENT	New Mexico	215,567	327,929		0.6574	0	215,567
3691501 NY DEPT OF EDUCATION	New York	1,697,757	2,946,759		0.5761	0	1,697,757
3791501 NC DEPT OF PUBLIC INSTRUCTION	North Carolina	889,937	1,586,993		0.5608	0	889,937
3891501 ND DEPT OF PUBLIC INSTRUCTION	North Dakota	89,002	111,216		0.8003	0	89,002
3991501 OH DEPARTMENT OF EDUCATION	Ohio	1,051,279	1,837,480	1,874	0.5721	1,072	1,050,207
4091501 OK DEPT OF EDUCATION	Oklahoma	439,578	673,576		0.6526	0	439,578
4191501 OR Department of Education	Oregon	288,160	584,386		0.4931	0	288,160
4291501 PA DEPARTMENT OF EDUCATION	Pennsylvania	1,040,494	1,786,837	60,861	0.5823	35,440	1,005,054
4391501 PR DEPT OF EDUCATION	Puerto Rico	325,320	511,086		0.6365	0	325,320
4491501 RI DEPT OF ELEM & SEC ED	Rhode Island	76,867	156,742		0.4904	0	76,867
4591501 SC DEPT OF EDUCATION	South Carolina	472,290	781,418	5,456	0.6044	3,298	468,992
4691501 SD DEPT OF EDUCATION	South Dakota	107,749	145,707	692	0.7395	512	107,237
4791501 TN DEPT OF EDUCATION	Tennessee	649,935	1,016,682	7,804	0.6393	4,989	644,946
4891101 TX DEPT. OF AGRICULTURE	Texas	3,322,460	5,254,315	36,983	0.6323	23,385	3,299,074
4991501 UT STATE OFC OF EDUCATION	Utah	329,701	632,217		0.5215	0	329,701
5091501 VT DEPT OF EDUCATION	Vermont	50,500	90,250	2,183	0.5596	1,222	49,278
5291501 VI DEPARTMENT OF EDUCATION	Virgin Islands	13,112	18,074		0.7255	0	13,112
5191501 VA DEPARTMENT OF EDUCATION	Virginia	708,105	1,251,186	187,832	0.5659	106,303	601,802
5391501 WA Office of Superintendent of Public Instruction	Washington	523,556	1,067,902	20,658	0.4903	10,128	513,428
5491501 WV DEPT. OF Education	West Virginia	192,217	301,413	2,831	0.6377	1,805	190,412
5591501 WI DEPT OF PUBLIC INSTRUCTION	Wisconsin	550,170	915,032	6,826	0.6013	4,104	546,066
5691501 WY DEPT OF EDUCATION	Wyoming	52,885	96,311	786	0.5491	432	52,454
Total NSLP Participation							29,752,723

3. Food Distribution Program on Indian Reservations Participation Report 2009

State/Territory	Number of Participants	State/Territory	Number of Participants
Alabama	–	Nevada	1,611
Alaska	347	New Hampshire	–
American Samoa	–	New Jersey	–
Arizona	11,556	New Mexico	2,853
Arkansas	–	New York	384
California	5,495	North Carolina	736
Colorado	454	North Dakota	4,800
Connecticut	–	Ohio	–
Delaware	–	Oklahoma	29,012
District of Columbia	–	Oregon	871
Florida	–	Pennsylvania	–
Georgia	–	Puerto Rico	–
Guam	–	Rhode Island	–
Hawaii	–	South Carolina	–
Idaho	1,566	South Dakota	8,123
Illinois	–	Tennessee	–
Indiana	–	Texas	131
Iowa	–	Utah	167
Kansas	551	Vermont	–
Kentucky	–	Virginia	–
Louisiana	–	Virgin Islands	–
Maine	–	Washington	3,185
Maryland	–	West Virginia	–
Massachusetts	–	Wisconsin	2,978
Michigan	1,846	Wyoming	742
Minnesota	2,756	Outlying Areas	–
Mississippi	863	DOD Army/Air Force	–
Missouri	–	DOD Marines	–
Montana	3,144	DOD Navy	–
Nebraska	1,229	DOD Germany	–
US Total			85,397

Appendix E

As Offered Analysis for CACFP, NSLP, and TEFAP

Appendix E.

As Offered Analysis For CACFP, NSLP, AND TEFAP

CACFP, NSLP, and TEFAP do not have distribution guides or limits on the combination of foods that may be selected. An “as offered” package was developed on the basis of average cost of each food item and the total funds allocated in 2014.

Total funds spent. The following steps were followed to determine the total funds spent in FY2014:

- Foods reported in the WBSCM Reports:
 - Total funds for Entitlement: the first entry in the column ‘Ent. Amount Available’ for each state listed the total funds for the state; the funds from each state were summed to determine the total funds available.
 - To derive total funds for Entitlement and Bonus, the value of Bonus commodities was added to the total funds spent in 2014.

Amount offered. The following calculations were used to determine the amount of each commodity offered in 2014 (calculation was performed for entitlement commodities alone, and again for entitlement + bonus commodities):

- **Funds per commodity group:** Total funds spent in FY2014/ #commodity groups offered. There were 10 commodity groups in TEFAP, and 7 in NSLP/CACFP.
- **Funds per commodity subgroup:** Funds per commodity group/ # subgroups in the commodity group. TEFAP foods were not grouped into commodity subgroups; only the NSLP/CACFP foods were grouped into commodity subgroups, to better match groups from the Institute of Medicine’s report on School Meals.¹
- **Funds per food group.** Funds per commodity subgroup/#food groups in the commodity subgroup
- **Funds per subgroup.** Funds per food group offered/#subgroups in the food group
- **Funds per commodity in subgroup FY 2014.** Allowed funds per subgroup/#commodities in the subgroup
- **Weight of commodity offered.** Funds per commodity/ average cost/lb of the commodity

¹<http://www.fns.usda.gov/ora/MENU/Published/CNP/FILES/SchoolMealsIOM.pdf>.

- Entitlement Detail Status Reports include the cost per pound of each USDA Food delivered; as the cost per pound for any given USDA Food varied over the year, the average cost was determined for each USDA Food.
- The cost per pound for DOD Fresh Fruits and Vegetables was calculated by dividing the funds per WCODE by the total pounds of each WCODE delivered in 2014; total pounds of each WCODE was determined by adding amounts from the individual state files.
- **Weight of commodity per participant.** Weight of each commodity offered/#participants in the program in FY 2014.

Table 5 provides an example of the calculations using “apple slices” as the food commodity. Apple is in the Fruit Commodity Group which is one of 10 Commodity Groups in TEFAP. If the total spent on commodities in 2014 was \$1,459,461, one-tenth of that (\$145,946.10) would be allocated to the Fruit Commodity Group (shown in Column 1). The Apple group is one of 15 types of fruit in the Fruit Commodity Group. Therefore, one-fifteenth (\$9,729.74) would be allocated to the Apple Group (Column 2). Within the Apple Food group there are 2 Subgroups -- Fresh/Frozen and Canned, so one-half, or \$4,864.87 would be spent on each Subgroup (Column 3). Within the Fresh/Frozen Apple Subgroup are 3 different USDA Foods – Apples Fresh; Apple Slices/Frozen Unsweetened; and Apples Fresh (various types). The funding for each of the three commodities in the Fresh/Frozen Apple Subgroup is \$1,621.62 (Column 5). Note that the pounds offered (Column 8) for each fruit commodity is dependent on the cost per pound of a particular commodity (e.g., Apple Slices Frozen/Unsweetened compared to Apple Slice Canned/Unsweetened).

Table E-1. Example of “As Offered” calculations for TEFAP

1	2	3	4	5	6	7
Commodity Group (\$ per commodity)	Fruit Food Group (\$ per group)	Fruit Sub Group (\$ per subgroup)	Fruit Commodity	\$ per Commodity	Avg. Cost/Lb.	Pounds Offered
FRUIT (\$145,946.10)	APPLES (\$9,729.74)	FRS/FRZ APPLE (\$4,864.87)	APPLES, FRESH, 37- 40LB	\$1,621.62	0.549563	2,950.74
FRUIT (\$145,946.10)	APPLES (\$9,729.74)	FRS/FRZ APPLE (\$4,864.87)	APPLE SLICES, FROZEN, UNSWEETENED, 30LB	\$1,621.62	0.524833	3,089.78
FRUIT (\$145,946.10)	APPLES (\$9,729.74)	FRS/FRZ APPLE (\$4,864.87)	APPLES, FRESH, (VARIOUS TYPES)- PILOT, 37-40LB	\$1,621.62	0.549563	2,950.74
FRUIT (\$145,946.10)	APPLES (\$9,729.74)	CANNED APPLE (\$4,864.87)	APPLE, SLICES, CANNED, UNSWEETENED, #10	\$2,432.44	0.612087	3,974.00
FRUIT (\$145,946.10)	APPLES (\$9,729.74)	CANNED APPLE (\$4,864.87)	APPLESAUCE, CANNED,	\$2,432.44	0.545422	4,459.74

UNSWEETENED,
#10

Table E-2. Food Groups for NSLP and CACFP As Offered Food Packages

COMMODITY GROUP	COMMODITY SUBGROUP	FOOD GROUP	SUBGROUP	MATERIAL_	USDA_FOOD
CHEESE	N/A	AMERICAN	NATURAL	110242	Cheese, natural American, barrel (replaces 100010)
CHEESE	N/A	AMERICAN	PROCESSED	100017	Cheese, American, yellow, pasteurized, loaves
CHEESE	N/A	AMERICAN	PROCESSED	100018	Cheese, American, yellow, pasteurized, sliced
CHEESE	N/A	AMERICAN	PROCESSED	100019	Cheese, American, white, pasteurized, sliced
CHEESE	N/A	AMERICAN	RED FAT	100036	Cheese, American blended, yellow, skim, sliced
CHEESE	N/A	AMERICAN	RED FAT	100037	Cheese, American blended, white, skim, sliced
CHEESE	N/A	CHEDDAR	NATURAL	100002	Cheese, cheddar, white, shredded
CHEESE	N/A	CHEDDAR	NATURAL	100003	Cheese, cheddar, yellow, shredded
CHEESE	N/A	CHEDDAR	NATURAL	100004	Cheese, cheddar, white, loaves
CHEESE	N/A	CHEDDAR	NATURAL	100006	Cheese, cheddar, yellow, loaves
CHEESE	N/A	CHEDDAR	NATURAL	110253	Cheese, cheddar, white (replaces 100005)
CHEESE	N/A	CHEDDAR	NATURAL	110254	Cheese, cheddar, yellow (replaces 100007)
CHEESE	N/A	CHEDDAR	RED FAT	100008	Cheese, cheddar, yellow, reduced fat, loaves
CHEESE	N/A	CHEDDAR	RED FAT	100011	Cheese, cheddar, white, reduced fat, shredded
CHEESE	N/A	CHEDDAR	RED FAT	100012	Cheese, cheddar, yellow, reduced fat, shredded
CHEESE	N/A	MOZZARELLA	LIGHT	100034	Cheese, mozzarella, lite, shredded
CHEESE	N/A	MOZZARELLA	LIGHT	110243	Cheese, mozzarella, lite, (replaces 110139)
CHEESE	N/A	MOZZARELLA	PART SKIM	100021	Cheese, mozzarella, part skim, shredded
CHEESE	N/A	MOZZARELLA	PART SKIM	100022	Cheese, mozzarella, part skim, loaves, frozen
CHEESE	N/A	MOZZARELLA	PART SKIM	110244	Cheese, mozzarella, low moisture part skim (replaces 100042)
CHEESE	N/A	MOZZARELLA	PART SKIM	110396	Cheese, mozzarella, part skim, string
FRUIT	N/A	APPLE	CANNED	100206	Apple slices, unsweetened, canned
FRUIT	N/A	APPLE	CANNED	100208	Applesauce, unsweetened, canned
FRUIT	N/A	APPLE	CANNED	110361	Applesauce, unsweetened, cups
FRUIT	N/A	APPLE	FRESH/FROZEN	100258	Apple slices, frozen, unsweetened
FRUIT	N/A	APPLE	FRESH/FROZEN	100284	Apples, fresh, sliced
FRUIT	N/A	APPLE	FRESH/FROZEN	100285	Apples, fresh, sliced
FRUIT	N/A	APPLE	FRESH/FROZEN	100286	Apples, fresh, sliced
FRUIT	N/A	APPLE	FRESH/FROZEN	100512	Apples, granny smith, fresh
FRUIT	N/A	APPLE	FRESH/FROZEN	100514	Apples, red delicious, fresh

COMMODITY GROUP	COMMODITY SUBGROUP	FOOD GROUP	SUBGROUP	MATERIAL_	USDA_FOOD
FRUIT	N/A	APPLE	FRESH/FROZEN	100517	Apples, empire, fresh
FRUIT	N/A	APPLE	FRESH/FROZEN	100521	Apples, gala, fresh
FRUIT	N/A	APPLE	FRESH/FROZEN	100523	Apples, braeburn, fresh
FRUIT	N/A	APPLE	FRESH/FROZEN	110149	Apples for further processing
FRUIT	N/A	APRICOT	CANNED	100209	Apricots, halves, extra light syrup
FRUIT	N/A	APRICOT	CANNED	100216	Apricots, diced, extra light syrup
FRUIT	N/A	APRICOT	CANNED	110230	Apricots, diced, extra light sucrose syrup
FRUIT	N/A	APRICOT	CANNED	110231	Apricots, halves, extra light sucrose syrup
FRUIT	N/A	APRICOT	FROZEN	100259	Apricots, frozen
FRUIT	N/A	APRICOT	FROZEN	100260	Apricots, frozen
FRUIT	N/A	APRICOT	FROZEN	100261	Apricots, frozen, sliced, single serve
FRUIT	N/A	BLUEBERRIES	FROZEN	100243	Blueberries, wild, frozen, unsweetened
FRUIT	N/A	BLUEBERRIES	FROZEN	100244	Blueberries, frozen, cultivated, IQF
FRUIT	N/A	CHERRIES	CANNED	100228	Cherries, tart, unsweetened, canned
FRUIT	N/A	CHERRIES	FROZEN	100235	Cherries, frozen, red, tart, pitted
FRUIT	N/A	CHERRIES	FROZEN	100237	Cherries, IQF
FRUIT	N/A	CRANBERRIES	SAUCE	100214	Cranberry sauce, canned
FRUIT	N/A	DRY FRUIT	CHERRIES	100299	Cherries, dry
FRUIT	N/A	DRY FRUIT	MIXED FRUIT	100296	Fruit-nut, mix
FRUIT	N/A	DRY FRUIT	MIXED FRUIT	110161	Fruit mix, dried
FRUIT	N/A	DRY FRUIT	RAISINS	100293	Raisins
FRUIT	N/A	DRY FRUIT	RAISINS	100294	Raisins
FRUIT	N/A	MIXED FRUIT	CANNED	100212	Mixed fruit, extra light syrup, canned
FRUIT	N/A	MIXED FRUIT	CANNED	110233	Mixed fruit, extra light sucrose syrup, canned
FRUIT	N/A	ORANGES	FRESH	100283	Oranges, fresh
FRUIT	N/A	PEACHES	CANNED	100219	Peaches, sliced, extra light syrup, canned
FRUIT	N/A	PEACHES	CANNED	100220	Peaches, diced, extra light syrup, canned
FRUIT	N/A	PEACHES	CANNED	110234	Peaches, diced, extra light sucrose syrup, canned
FRUIT	N/A	PEACHES	CANNED	110236	Peaches, sliced, extra light sucrose syrup, canned
FRUIT	N/A	PEACHES	FROZEN	100239	Peaches, frozen, freestone, sliced
FRUIT	N/A	PEACHES	FROZEN	100241	Peaches, frozen, freestone, diced, single serve,
FRUIT	N/A	PEARS	CANNED	100224	Pears, sliced, extra light syrup, canned
FRUIT	N/A	PEARS	CANNED	100225	Pears, diced, extra light syrup,

COMMODITY GROUP	COMMODITY SUBGROUP	FOOD GROUP	SUBGROUP	MATERIAL_	USDA_FOOD
					canned
FRUIT	N/A	PEARS	CANNED	100226	Pears, halves, extra light syrup, canned
FRUIT	N/A	PEARS	CANNED	110237	Pears, diced, extra light sucrose syrup, canned
FRUIT	N/A	PEARS	CANNED	110238	Pears, halves, extra light sucrose syrup, canned
FRUIT	N/A	PEARS	CANNED	110239	Pears, sliced, extra light sucrose syrup, canned
FRUIT	N/A	PEARS	FRESH	100279	Pears, fresh, D'Anjou, whole
FRUIT	N/A	PEARS	FRESH	100280	Pears, bosc, fresh
FRUIT	N/A	PEARS	FRESH	100282	Pears, Bartlett
FRUIT	N/A	STRAWBERRIES	FROZEN/SWT	100254	Strawberries, frozen, sliced, sweetened
FRUIT	N/A	STRAWBERRIES	FROZEN/SWT	100256	Strawberries, frozen, diced, single serve
FRUIT	N/A	STRAWBERRIES	FROZEN/UNSWT	100253	Strawberries, frozen, whole, unsweetened, IQF
GRAINS	REFINED GRAINS	BAKERYMIX	LOWFAT	100918	Flour mix, lowfat
GRAINS	REFINED GRAINS	CORNMEAL	CORN FLOUR	100416	Flour, masa, yellow
GRAINS	REFINED GRAINS	CORNMEAL	CORNMEAL	100471	Cornmeal, degermed, enriched
GRAINS	REFINED GRAINS	CORNMEAL	CORNMEAL	100472	Cornmeal, degermed, yellow
GRAINS	REFINED GRAINS	GRITS	GRITS	100469	Corn grits, yellow, enriched
GRAINS	REFINED GRAINS	GRITS	GRITS	100470	Corn grits, white, enriched
GRAINS	REFINED GRAINS	PASTA	PASTA	100425	Spaghetti
GRAINS	REFINED GRAINS	PASTA	PASTA	100429	Macaroni, elbow
GRAINS	REFINED GRAINS	PASTA	PASTA	100432	Rotini, spiral
GRAINS	REFINED GRAINS	RICE	WHRICE	100486	Rice, medium, #2
GRAINS	REFINED GRAINS	RICE	WHRICE	100489	Rice, medium
GRAINS	REFINED GRAINS	RICE	WHRICE	100490	Rice, milled, long-grain
GRAINS	REFINED GRAINS	RICE	WHRICE	100493	Rice, milled, long-grain
GRAINS	REFINED GRAINS	RICE	WHRICE	100494	Rice, parboiled
GRAINS	REFINED GRAINS	RICE	WHRICE	100495	Rice, parboiled
GRAINS	REFINED GRAINS	RICE	WHRICE	100496	Rice, medium, #1

COMMODITY GROUP	COMMODITY SUBGROUP	FOOD GROUP	SUBGROUP	MATERIAL_	USDA_FOOD
	GRAINS				
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100399	Flour, all purpose, bleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100400	Flour all-purpose enriched
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100402	Flour, all purpose, unbleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100411	Flour, bakers, hard wheat, bleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100412	Flour, bakers, hard wheat, bleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100413	Flour, bakers, hard wheat, unbleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100414	Flour, bakers, hard wheat, hearth, bleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100415	Flour, bakers, soft wheat, bleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100417	Flour, bakers, hard, wheat, bulk, bleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100418	Flour, bakers, hard, wheat, bulk, unbleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100419	Flour, bakers, hard, wheat, hearth, bulk, bleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100420	Flour, bakers, hard, wheat, 50, hearth, bulk, unbleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100421	Flour, bakers, hard, wheat
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100911	Flour, high gluten
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	100912	Flour, bread, bulk
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	110146	Flour, all purpose, enriched, unbleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	110147	Flour, bread, enriched, bleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	110148	Flour, bread, enriched, unbleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	110215	Flour, all purpose, enriched unbleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	110225	Flour, bread, enriched, unbleached
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	110257	Flour, high gluten
GRAINS	WHOLE GRAINS	CKD CEREAL	OATS	100466	Oats, whole grain, rolled, dry
GRAINS	WHOLE GRAINS	CKD CEREAL	OATS	100467	Oats, rolled
GRAINS	WHOLE GRAINS	CKD CEREAL	OATS	100468	Oats, rolled
GRAINS	WHOLE GRAINS	PANCAKES	PANCAKES	100937	Pancakes, whole grain

COMMODITY GROUP	COMMODITY SUBGROUP	FOOD GROUP	SUBGROUP	MATERIAL_	USDA_FOOD
	GRAINS				
GRAINS	WHOLE GRAINS	PASTA	WH GR PASTA	100427	Spaghetti, whole grain
GRAINS	WHOLE GRAINS	PASTA	WH GR PASTA	100434	Rotini, whole grain
GRAINS	WHOLE GRAINS	PASTA	WH GR PASTA	100919	Macaroni, whole grain
GRAINS	WHOLE GRAINS	RICE	BRICE	100499	Rice, brown
GRAINS	WHOLE GRAINS	RICE	BRICE	100500	Rice, brown, long-grain, parboiled
GRAINS	WHOLE GRAINS	RICE	BRICE	101031	Rice, brown, long-grain, parboiled
GRAINS	WHOLE GRAINS	RICE	BRICE	110375	Rice, brown, #1, short-grain
GRAINS	WHOLE GRAINS	RICE	BRICE	110376	Rice, brown, #1, medium-grain
GRAINS	WHOLE GRAINS	RICE	BRICE	110377	Rice, brown, #1, long-grain
GRAINS	WHOLE GRAINS	TORTILLAS	N/A	100938	Tortillas, whole grain
GRAINS	WHOLE GRAINS	WWFLOUR	WWFLOUR	100408	Flour, whole wheat
GRAINS	WHOLE GRAINS	WWFLOUR	WWFLOUR	100409	Flour, whole wheat
GRAINS	WHOLE GRAINS	WWFLOUR	WWFLOUR	100410	Flour, whole wheat
GRAINS	WHOLE GRAINS	WWFLOUR	WWFLOUR	100915	Flour, tortilla, whole wheat, bulk bag
JUICE	N/A	N/A	OJ	100204	Orange, juice, tankers
JUICE	N/A	N/A	OJ	100205	Orange, juice, drums
JUICE	N/A	N/A	OJ	100276	Orange juice, frozen, concentrate
JUICE	N/A	N/A	OJ	100277	Orange juice, frozen, single serve
MEAT	DRY BEANS/ PEAS	N/A	BAKED	100364	Beans, vegetarian, low-sodium, canned
MEAT	DRY BEANS/ PEAS	N/A	BLACK	100359	Beans, black (turtle), low-sodium, canned
MEAT	DRY BEANS/ PEAS	N/A	BLACKEYE	100368	Beans, black-eyed pea, low-sodium, canned
MEAT	DRY BEANS/ PEAS	N/A	GARBANZO	100360	Beans, garbanzo, low-sodium, canned
MEAT	DRY BEANS/ PEAS	N/A	GARBANZO	110089	Beans, garbanzo, dry
MEAT	DRY BEANS/ PEAS	N/A	GREAT NORTHERN	100373	Beans, canned, great, northern
MEAT	DRY BEANS/ PEAS	N/A	GREAT NORTHERN	100381	Beans, dry, great, northern
MEAT	DRY BEANS/ PEAS	N/A	KIDNEY	100370	Beans, red kidney, low-sodium, canned

COMMODITY GROUP	COMMODITY SUBGROUP	FOOD GROUP	SUBGROUP	MATERIAL_	USDA_FOOD
MEAT	DRY BEANS/ PEAS	N/A	LENTIL	101014	Lentils, dry
MEAT	DRY BEANS/ PEAS	N/A	LIMA	100371	Beans, baby lima, low-sodium, canned
MEAT	DRY BEANS/ PEAS	N/A	PINK	100377	Beans, dry, navy, pea
MEAT	DRY BEANS/ PEAS	N/A	PINTO	100365	Beans, pinto, low-sodium, canned
MEAT	DRY BEANS/ PEAS	N/A	PINTO	100369	Beans, pink, low-sodium, canned
MEAT	DRY BEANS/ PEAS	N/A	PINTO	100383	Beans, dry, pinto
MEAT	DRY BEANS/ PEAS	N/A	PINTO	110381	Beans, pinto, dry, bulk
MEAT	DRY BEANS/ PEAS	N/A	PINTO	110382	Beans, pinto, dry, bulk, bag
MEAT	DRY BEANS/ PEAS	N/A	RED	100366	Beans, small red, low-sodium, canned
MEAT	DRY BEANS/ PEAS	N/A	REFRIED	100362	Beans, refried, low-sodium, canned
MEAT	EGG	N/A	WHOLE EGG	100046	Eggs, frozen, whole
MEAT	EGG	N/A	WHOLE EGG	100047	Eggs, liquid, whole, bulk
MEAT	FISH/ SHELLFISH	N/A	CATFISH	100201	Catfish, breaded filet strips, oven ready, frozen
MEAT	FISH/ SHELLFISH	N/A	POLLOCK	100892	Alaska, pollock, frozen
MEAT	MEAT/ POULTRY	BEEF	CANNED	100127	Beef, canned
MEAT	MEAT/ POULTRY	BEEF	GROUND	100134	Beef, crumbles, w/spp, fully cooked, frozen
MEAT	MEAT/ POULTRY	BEEF	GROUND	100154	Beef, bulk, coarse
MEAT	MEAT/ POULTRY	BEEF	GROUND	100158	Beef, fine ground, 85/15, frozen
MEAT	MEAT/ POULTRY	BEEF	GROUND	110085	Beef, fine ground, 85/15, irradiated, frozen
MEAT	MEAT/ POULTRY	BEEF	GROUND	110261	Beef, fine ground, 85/15, lftb optional, frozen
MEAT	MEAT/ POULTRY	BEEF	GROUND	110264	Beef, crumbles w/spp, lftb optional, cooked
MEAT	MEAT/ POULTRY	BEEF	MEAT	100155	Beef, boneless
MEAT	MEAT/ POULTRY	BEEF	MEAT	100156	Beef special trim, frozen
MEAT	MEAT/ POULTRY	BEEF	PATTIES	100163	Beef, patties, lean, frozen
MEAT	MEAT/ POULTRY	BEEF	PATTIES	110082	Beef, patties, 85/15, irradiated, frozen
MEAT	MEAT/ POULTRY	BEEF	PATTIES	110270	Beef, patties, lean, lftb optional, frozen

COMMODITY GROUP	COMMODITY SUBGROUP	FOOD GROUP	SUBGROUP	MATERIAL_	USDA_FOOD
MEAT	MEAT/ POULTRY	BEEF	PATTIES	110321	Beef, patties w/spp, cooked, frozen
MEAT	MEAT/ POULTRY	BEEF	PATTIES	110322	Beef, patties w/spp, cooked, frozen
MEAT	MEAT/ POULTRY	BEEF	PATTIES	110346	Beef, patties, 90/10, frozen
MEAT	MEAT/ POULTRY	BEEF	PATTIES	110347	Beef, patties w/spp, 85/15, frozen
MEAT	MEAT/ POULTRY	BEEF	PATTIES	110348	Beef, patties w/spp, 85/15, frozen
MEAT	MEAT/ POULTRY	BEEF	PATTIES	110349	Beef, patties, 85/15, frozen
MEAT	MEAT/ POULTRY	BEEF	PATTIES	110350	Beef, patties, 85/15, frozen
MEAT	MEAT/ POULTRY	CHICKEN	CANNED	100877	Chicken, boned, fully cooked, canned
MEAT	MEAT/ POULTRY	CHICKEN	FAJITA STRIPS	100117	Chicken, fajita strips, cooked, frozen
MEAT	MEAT/ POULTRY	CHICKEN	LEG	100113	Chicken, legs, chilled
MEAT	MEAT/ POULTRY	CHICKEN	MEAT	100101	Chicken, diced, cooked, frozen
MEAT	MEAT/ POULTRY	CHICKEN	MIX PIECES	100098	Chicken, cut-up, 8-piece, raw, frozen
MEAT	MEAT/ POULTRY	CHICKEN	MIX PIECES	110080	Chicken, roasted, 8 piece, individually frozen
MEAT	MEAT/ POULTRY	CHICKEN	WHOLE	100100	Chicken, small & large, bulk, chilled
MEAT	MEAT/ POULTRY	CHICKEN	WHOLE	100103	Chicken, small & large, bulk, chilled
MEAT	MEAT/ POULTRY	PORK	CANNED	100139	Pork with natural juices, canned
MEAT	MEAT/ POULTRY	PORK	GROUND	100144	Pork, crumbles w/spp, cooked, frozen
MEAT	MEAT/ POULTRY	PORK	HAM	100184	Ham, 97% fat free, cooked, water-added, whole
MEAT	MEAT/ POULTRY	PORK	HAM	100187	Ham, 97% fat free, cooked, water-added, sliced
MEAT	MEAT/ POULTRY	PORK	HAM	100188	Ham, 97% fat free, cooked, water-added, diced
MEAT	MEAT/ POULTRY	PORK	HAM	110296	Ham, reduced sodium, water added, fully cooked
MEAT	MEAT/ POULTRY	PORK	ROAST	100173	Pork, leg roast, frozen
MEAT	MEAT/ POULTRY	PORK	ROAST	100193	Pork, boneless, picnic, frozen
MEAT	MEAT/ POULTRY	PORK	ROAST	110138	Pork, boneless leg roasts, frozen
MEAT	MEAT/ POULTRY	TURKEY	BREAST	100121	Turkey, breast, cooked, deli-style, regular, frozen

COMMODITY GROUP	COMMODITY SUBGROUP	FOOD GROUP	SUBGROUP	MATERIAL_	USDA_FOOD
MEAT	MEAT/POULTRY	TURKEY	BREAST	100122	Turkey, breast, cooked, deli-style, smoked, frozen
MEAT	MEAT/POULTRY	TURKEY	HAM	100126	Turkey ham, water added, fully cooked, frozen
MEAT	MEAT/POULTRY	TURKEY	ROAST	100125	Turkey, roast, frozen
MEAT	MEAT/POULTRY	TURKEY	TACO FILLING	100119	Turkey taco filling, cooked, frozen
MEAT	MEAT/POULTRY	TURKEY	THIGH	100883	Turkey, thighs, bulk
MEAT	MEAT/POULTRY	TURKEY	WHOLE	100123	Turkey, whole, frozen
MEAT	MEAT/POULTRY	TURKEY	WHOLE	100124	Turkey, bulk, chilled
MEAT	NUTS/SEEDS	N/A	PEANUTBUTTER	100396	Peanut butter, smooth
MEAT	NUTS/SEEDS	N/A	PEANUTBUTTER	100397	Peanut, butter, smooth, drum
MEAT	NUTS/SEEDS	N/A	PEANUTS	100389	Peanuts, roasted, runner, unsalted, shelled & granules
MEAT	NUTS/SEEDS	N/A	PEANUTS	100391	Peanuts, roasted, Virginia, unsalted, shelled & granules
MEAT	NUTS/SEEDS	N/A	PEANUTS	100392	Peanuts, roasted, Virginia, unsalted, shelled & granules
MEAT	NUTS/SEEDS	N/A	SUNFLOWERBUTTER	100935	Sunflower seed butter
MEAT	NUTS/SEEDS	N/A	SUNFLOWERBUTTER	110404	Sunflower seed butter, smooth, no trans fats, drum
OIL	N/A	N/A	OIL	100439	Oil, vegetable, bottle
OIL	N/A	N/A	OIL	100441	Oil, vegetable
OIL	N/A	N/A	OIL	100442	Oil, soybean, low, saturated, fat
OIL	N/A	N/A	OIL	100443	Oil, vegetable, bulk
VEGETABLES	DK GRN VEGETABLES	BROCCOLI	FROZEN	110282	Broccoli, no salt added, frozen
VEGETABLES	DK GRN VEGETABLES	SPINACH	FROZEN	110392	Spinach, chopped, no salt added, frozen (IQF)
VEGETABLES	ORANGE VEGETABLE	CARROTS	CANNED	100309	Carrots, sliced, low-sodium, canned
VEGETABLES	ORANGE VEGETABLE	CARROTS	FRESH	100982	Carrots, fresh, baby, cut
VEGETABLES	ORANGE VEGETABLE	CARROTS	FROZEN	100352	Carrots, sliced, no salt added, frozen
VEGETABLES	ORANGE VEGETABLE	SWPOTATOES	FRESH	100343	Sweet potatoes
VEGETABLES	ORANGE VEGETABLE	SWPOTATOES	FRESH	100980	Sweet potatoes, bulk
VEGETABLES	ORANGE VEGETABLE	SWPOTATOES	FROZEN	100353	Sweet potatoes, random cut, frozen
VEGETABLES	ORANGE VEGETABLE	SWPOTATOES	FROZEN	100354	Sweet potatoes, mashed, no salt added, frozen
VEGETABLES	ORANGE	SWPOTATOES	SYRUP	100317	Sweet potatoes, extra light syrup,

COMMODITY GROUP	COMMODITY SUBGROUP	FOOD GROUP	SUBGROUP	MATERIAL_	USDA_FOOD
	VEGETABLE				canned
VEGETABLES	ORANGE VEGETABLE	SWPOTATOES	SYRUP	100318	Sweet potatoes, mashed, no salt added, canned
VEGETABLES	OTHER VEGETABLES	GR BEANS	CANNED	100307	Green beans, low-sodium, canned
VEGETABLES	OTHER VEGETABLES	GR BEANS	FROZEN	100351	Beans, green, no salt added, frozen
VEGETABLES	OTHER VEGETABLES	PEAS	CANNED	100315	Peas, green, low-sodium, canned
VEGETABLES	OTHER VEGETABLES	PEAS	FROZEN	100350	Peas, green, no salt added, frozen
VEGETABLES	STARCHY VEGETABLES	CORN	CANNED	100313	Corn, whole kernel, no salt added, canned
VEGETABLES	STARCHY VEGETABLES	CORN	CANNED	100444	Corn, yellow, (whole, dry, kernel)
VEGETABLES	STARCHY VEGETABLES	CORN	FROZEN	100348	Corn, whole kernel, no salt added, frozen
VEGETABLES	STARCHY VEGETABLES	POTATOES	DRY	110227	Potatoes, dehydrated, bulk (replaces 101015)
VEGETABLES	STARCHY VEGETABLES	POTATOES	FRESH	100340	Potatoes, russet, fresh
VEGETABLES	STARCHY VEGETABLES	POTATOES	FRESH	100506	Potatoes, bulk
VEGETABLES	STARCHY VEGETABLES	POTATOES	OVEN FRY	100357	Potatoes, French cut, low-sodium
VEGETABLES	STARCHY VEGETABLES	POTATOES	ROUNDS	100358	Potatoes, rounds, frozen
VEGETABLES	STARCHY VEGETABLES	POTATOES	WEDGES	100355	Potatoes, wedges, low-sodium frozen (IQF)
VEGETABLES	STARCHY VEGETABLES	POTATOES	WEDGES	100356	Potato, wedges, fat free, low-sodium
VEGETABLES	TOMATO VEGETABLE	TOMATO	CANNED	100329	Tomatoes, diced, no salt added, canned
VEGETABLES	TOMATO VEGETABLE	TOMATO	CANNED	110185	Tomatoes, diced, no salt added, pouch
VEGETABLES	TOMATO VEGETABLE	TOMATO	PASTE	100326	Tomato, paste, drum
VEGETABLES	TOMATO VEGETABLE	TOMATO	PASTE	100327	Tomatoes, paste, no salt added, canned
VEGETABLES	TOMATO VEGETABLE	TOMATO	PASTE	100332	Tomato paste, bulk processing
VEGETABLES	TOMATO VEGETABLE	TOMATO	PASTE	110189	Tomato paste, no salt added, pouch
VEGETABLES	TOMATO VEGETABLE	TOMATO	SALSA	100330	Salsa, low-sodium, canned
VEGETABLES	TOMATO VEGETABLE	TOMATO	SALSA	110186	Salsa, low-sodium, pouch
VEGETABLES	TOMATO VEGETABLE	TOMATO	SAUCE	100334	Tomato sauce, low sodium, canned
VEGETABLES	TOMATO VEGETABLE	TOMATO	SAUCE	110187	Tomato sauce, low sodium, pouch

COMMODITY GROUP	COMMODITY SUBGROUP	FOOD GROUP	SUBGROUP	MATERIAL_	USDA_FOOD
VEGETABLE					

Table E-3. Food Groups for TEFAP As Offered Food Package

COMMODITY GROUP	FOOD GROUP	SUBGROUP	MATERIAL_	USDA_FOOD
CEREAL	CKD CEREAL	OATS	100466	Oats, whole grain, rolled, dry
CEREAL	RTE CEREAL	BRAN	100933	Cereal, bran flakes, ready-to-eat, dry
CEREAL	RTE CEREAL	CORN SQUARES	100446	Cereal, corn squares, ready-to-eat
CEREAL	RTE CEREAL	CORN/RICE	110265	Cereal, corn and rice biscuits, ready-to-eat, dry
CEREAL	RTE CEREAL	CORNFLAKES	100449	Cereal, cornflakes, ready-to-eat, dry
CEREAL	RTE CEREAL	OAT CIRCLES	100929	Cereal, oat circles, ready-to-eat
CEREAL	RTE CEREAL	RICE	100457	Cereal, rice crisps, ready-to-eat
FRUIT	APPLE	CANNED	100207	Applesauce, unsweetened, canned
FRUIT	APPLE	CANNED	110361	Applesauce, unsweetened, cups
FRUIT	APRICOT	CANNED	100210	Apricots, canned
FRUIT	DRY FRUIT	PLUMS	100290	Plums, whole, dried
FRUIT	DRY FRUIT	PLUMS	100291	Plums, dehydrated, pitted
FRUIT	DRY FRUIT	RAISINS	100293	Raisins
FRUIT	DRY FRUIT	RAISINS	100294	Raisins
FRUIT	DRY FRUIT	RAISINS	100295	Raisins, seedless
FRUIT	MIXED FRUIT	CANNED	100211	Mixed fruit, canned
FRUIT	PEACHES	CANNED	100218	Peaches, canned
FRUIT	PEARS	CANNED	100223	Pears, canned, peeled
GRAINS	REFINED GRAINS	BAKERYMIX	100918	Flour mix, lowfat
JUICE	APPLE JUICE	APPLE	100893	Juice, apple, unsweetened, bottle
JUICE	APPLE JUICE	APPLECHERRY	100894	Apple-cherry juice, unsweetened, bottle
JUICE	CRANAPPLE	CRANAPPLE	100899	Juice, cranberry apple, unsweetened, bottle
JUICE	GRAPE JUICE	GRAPE	100895	Juice, grape, unsweetened, bottle
JUICE	GRAPEFRUIT JUICE	GRAPEFRUIT	100896	Juice, grapefruit, unsweetened, bottle
JUICE	ORANGE JUICE	ORANGE	100897	Juice, orange, unsweetened, bottle
JUICE	TOMATO	TOMATO	100898	Juice, tomato, bottle
MEAT	BEEF	CANNED	100127	Beef, canned
MEAT	BEEF	GROUND	100159	Beef, ground, frozen
MEAT	BEEF	GROUND	110260	Beef, fine ground lft opt, frozen
MEAT	BEEF	STEW	100526	Beef stew, canned
MEAT	CHICKEN	CANNED	110412	Chicken, boned, can

MEAT	CHICKEN	WHOLE	100880	Chicken, whole, frozen
MEAT	EGG	DRIED	100044	Egg mix, dried
MEAT	EGG	WHOLE EGG	100936	Eggs, 15 dozen, shell
MEAT	FISH	SALMON	100198	Salmon, pink, canned
MEAT	PORK	CANNED	100139	Pork with natural juices, canned
MEAT	PORK	HAM	100182	Ham, water added, fully cooked, frozen
MEAT	TURKEY	ROAST	100125	Turkey, roast, frozen
MILK	1% MILK	1% MILK	100050	Milk, 1% low-fat UHT
OIL	N/A	OIL	100440	Oil vegetable
PB/DRIED BEANS	DRY BEANS/ PEAS	BAKED	100363	Beans, vegetarian, low-sodium, canned
PB/DRIED BEANS	DRY BEANS/ PEAS	BLACKEYE	100367	Peas, black-eyed, low-sodium canned
PB/DRIED BEANS	DRY BEANS/ PEAS	BLACKEYE	100374	Peas, black-eyed, dry
PB/DRIED BEANS	DRY BEANS/ PEAS	GARBANZO	101020	Beans, dry, garbanzo, w/o salt
PB/DRIED BEANS	DRY BEANS/ PEAS	GREAT NORTHERN	100380	Beans, great northern, dry
PB/DRIED BEANS	DRY BEANS/ PEAS	KIDNEY	100372	Kidney beans, light red, low-sodium, canned
PB/DRIED BEANS	DRY BEANS/ PEAS	KIDNEY	100385	Beans, kidney, light red, dry
PB/DRIED BEANS	DRY BEANS/ PEAS	LENTILS	100388	Lentils, dry
PB/DRIED BEANS	DRY BEANS/ PEAS	LIMA	100378	Beans, baby lima, dry
PB/DRIED BEANS	DRY BEANS/ PEAS	PINTO	100382	Beans, pinto, dry, pkg w/o salt
PB/DRIED BEANS	DRY BEANS/ PEAS	REFRIED	100361	Beans refried low-sodium canned
PB/DRIED BEANS	NUTS/SEEDS	PEANUTBUTTER	100395	Peanut butter, smooth
PB/DRIED BEANS	NUTS/SEEDS	PEANUTS	100391	Peanuts, roasted, Virginia, unsalted, shelled & granules
POT/PASTA/RICE	GRITS	GRITS	100469	Corn grits, yellow, enriched
POT/PASTA/RICE	GRITS	GRITS	100470	Corn grits, white, enriched
POT/PASTA/RICE	PASTA	PASTA	100426	Spaghetti, enriched, dry
POT/PASTA/RICE	PASTA	PASTA	100428	Macaroni, elbow, dry
POT/PASTA/RICE	PASTA	PASTA	100433	Egg noodles, dry, enriched
POT/PASTA/RICE	PASTA	PASTA	110450	Pasta, spaghetti, box
POT/PASTA/RICE	PASTA	WH GR PASTA	100435	Rotini, whole-wheat
POT/PASTA/RICE	PASTA	WH GR PASTA	101023	Whole grain macaroni
POT/PASTA/RICE	PASTA	WH GR PASTA	101035	Whole grain spaghetti
POT/PASTA/RICE	POTATOES	DRY	100337	Potatoes, dehydrated flakes

POT/PASTA/RICE	RICE	BRICE	100500	Rice, brown, long-grain, parboiled
POT/PASTA/RICE	RICE	BRICE	100501	Rice, brown, long-grain, parboiled
POT/PASTA/RICE	RICE	WHRICE	100484	Rice, white, enriched, short grain
POT/PASTA/RICE	RICE	WHRICE	100485	Rice, white, enriched, short grain
POT/PASTA/RICE	RICE	WHRICE	100487	Rice, white, enriched, medium grain
POT/PASTA/RICE	RICE	WHRICE	100488	Rice, white, enriched, medium grain
POT/PASTA/RICE	RICE	WHRICE	100491	Rice, white, enriched, long grain
POT/PASTA/RICE	RICE	WHRICE	100492	Rice, white, enriched, long grain
VEGETABLES	CARROTS	CANNED	100308	Carrots, low-sodium, canned
VEGETABLES	CORN	CANNED	100310	Corn, sweet, cream-style, low-sodium, canned
VEGETABLES	CORN	CANNED	100311	Corn, whole kernel, low-sodium, canned
VEGETABLES	GR BEANS	CANNED	100306	Green beans, low-sodium, canned
VEGETABLES	MIXED VEG	CANNED	100320	Mixed vegetables, low-sodium, canned
VEGETABLES	PEAS	CANNED	100314	Green peas, low-sodium, canned
VEGETABLES	POTATOES	CANNED	100331	Potatoes, sliced, low-sodium, canned
VEGETABLES	PUMPKIN	CANNED	100319	Pumpkin, low-sodium, canned
VEGETABLES	SOUP	SOUP	100321	Vegetable soup, condensed, canned
VEGETABLES	SOUP	SOUP	100322	Tomato soup, condensed, canned
VEGETABLES	SOUP	SOUP	110163	Cream of chicken soup, ready to serve
VEGETABLES	SOUP	SOUP	110164	Cream of mushroom soup, ready to serve
VEGETABLES	SPINACH	CANNED	100323	Spinach, low-sodium, canned
VEGETABLES	SWPOTATOES	CANNED	100316	Sweet potatoes, low-sodium, canned
VEGETABLES	TOMATO	CANNED	100324	Tomatoes, whole, low-sodium, canned
VEGETABLES	TOMATO	CANNED	100328	Tomatoes, diced, low-sodium, canned
VEGETABLES	TOMATO	SAUCE	100333	Tomato sauce, low-sodium, canned
VEGETABLES	TOMATO	SAUCE	100335	Spaghetti sauce, meatless, low-sodium, canned

APPENDIX F. NUTRIENT CONTENT OF THE FOOD PACKAGES IN THE COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

1. Energy, Macronutrient, and Mineral Content of 2014 CSFP Entitlement USDA Foods per Person, per Month, as Offered

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Cereal, dry																	
Farina	555.8	17.8	112.2	2.1	0.4	0.9	0	0	6.3	1137	0.4	48.6	88.4	366.3	227.4	207.3	2.1
Grits	927.5	19.4	200.4	4.5	0.9	2.1	0	0	12.4	82.4	0.2	7.4	103.1	267.9	329.8	76.1	2.1
Oats	1189	41.5	213.4	20.5	3.5	7	0.4	0	31.2	214.4	1.4	12.7	448.2	1228	1091	83.6	11.7
Cereal, RTE																	
Bran flakes	127	4	31.7	1	0.2	0.5	0	0	6.7	20.2	0.2	24.1	53.6	200.7	201.1	174.7	20.1
Corn & rice squares	99.4	1.5	23.4	0.3	0.1	0.1	0	0	0.8	3.2	0	7.9	6.5	23.4	33.9	213.6	1.4
Corn flakes	144.2	3	34	0.2	0	0.1	0	0	1.3	2.8	0.1	11.7	15.8	41.2	67.9	389.6	0.4
Corn squares	116.3	2	26.7	0.8	0.1	0.4	0	0	1.8	101.5	0.1	9.1	8.2	40.5	61.3	334.5	3.8
Oat circles	118.8	3.8	23	2.1	0.5	0.7	0	0	3	126	0.1	10.4	40.2	151.1	201.4	213.2	5.3
Rice crisp	98	1.8	23.2	0.3	0.1	0.1	0	0	0.2	1.3	0	8.8	6.2	26.4	29.6	230.8	0.4
Cheese																	
Reduced fat processed American	1517	115.6	92.3	76.5	48.7	2.8	0.3	327.5	0	4800	0.3	3.1	232.7	8024	2155	13954	15.6
Canned fruit																	
Applesauce	58.4	0.2	15.7	0.1	0	0	0	0	1.5	5.6	0	0.3	4.2	7	103	0	0
Apricots	87.7	0.7	22.9	0.1	0	0	0	0	2.2	15.3	0.1	0.5	11.1	18.1	192	5.2	0.2
Mixed fruit	79.3	0.6	20.8	0.1	0	0	0	0	1.4	8.3	0.1	0.4	7	15.3	123.8	6.1	0.1
Peaches	75.1	0.6	20.2	0	0	0	0	0	1.8	4.2	0.1	0.5	7	15.3	135	0	0.1
Pears	79.3	0.3	21.1	0	0	0	0	0	2.2	7	0.1	0.4	5.6	9.7	91.8	6.6	0.1
Plums	87.7	0.5	22.7	0.1	0	0	0	0	1.3	12.5	0.1	1.2	7	18.1	129.4	44	0.1
Canned juice																	
Apple	346.8	0.8	85.2	1	0.2	0.2	0.1	0	1.5	60.3	0.1	0.9	37.7	52.8	761.5	30.4	0.2
Cranberry apple	384.3	1.2	95.8	0.9	0.2	0.2	0.1	0	1.5	84.5	0.1	0.8	53.8	69.2	737.8	30.8	0.4
Grape	455.3	2.8	112.1	1	0.2	0.2	0.1	0	1.5	83.5	0.2	1.9	75.9	106.2	789.1	30.4	0.5
Orange	370.6	5.1	87.3	0.9	0.1	0.2	0.1	0	2.3	83.2	0.3	1	83.2	128.6	1346	30.4	0.5
Tomato	125.7	5.6	31.3	0.4	0.1	0.1	0	0	3	73.9	0.4	3.2	81.3	133.1	1693	30.4	1.1
Meat, poultry, fish																	
Canned beef	308.5	25.7	0	22	10.8	0.6	0.2	96.6	0	12.5	0	2.8	20.1	175.6	284.7	342	6.1
Canned beef stew	125.7	7.3	11.5	5.5	2	0.4	0.1	19.5	1.7	19.5	0.2	2.5	16.8	79.6	287.6	532.2	1.7
Canned chicken	281	38.4	1.4	12.3	3.4	2.4	0.1	75.9	0	21.3	0.1	2	28.9	232.4	232.4	411	3.8

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Alpha-		Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
						Linoleic acid (g)	linolenic acid (g)										
Canned chili	161.7	10.3	8.4	9.7	3.1	0.6	0.1	28.8	0.7	41.1	0.3	2.8	27.4	105.5	253.5	542.4	1.5
Canned salmon	222	33.3	0	8.9	1.6	0.2	0.1	95.6	0	356.6	0.1	1	48.6	547.8	544.6	648.3	1.3
Milk																	
Dry milk	1234	121	179.9	2.5	1.6	0.1	0	62.1	0	4244	0.1	1.1	403.3	3396	5878	1893	15.2
1% UHT milk	778.8	62.5	92.5	18	11.7	0.6	0	92.7	0	2318	0.2	0.6	204	1762	2782	815.9	7.8
Canned beans																	
Vegetarian beans	144.1	7.3	32.4	0.6	0.1	0.1	0	0	6.3	52.1	0.2	1.8	41.4	113.5	343.4	169	3.5
Dried beans																	
Great northern beans	356.8	25	64.5	0.9	0.2	0.2	0.2	0	16.3	232.7	0.7	9.5	162.9	289.6	1443	15.5	3.5
Kidney beans	325.8	22.3	58.6	1.3	0.2	0.3	0.4	0	19.1	72.4	0.6	7.5	116.3	364.6	1037	5.2	2.7
Lima beans	307	20.9	55.9	1	0.2	0.3	0.1	0	18.9	45.8	0.6	6.4	115.8	296.3	1360	5.4	2.5
Pinto beans	367.1	23.2	67.5	1.7	0.4	0.3	0.4	0	23.3	118.9	0.6	5.4	129.3	377.5	1122	2.6	2.5
Nuts																	
Peanut butter	1425	60.8	47.4	122.1	25.5	34.1	0.2	0	14.5	104.2	1.1	4.5	373.3	867.8	1573	1151	7.1
Rice																	
White rice	1038	21.6	225.2	2.4	0.8	0.4	0	0	3.2	80.4	0.4	9.6	96.4	346	281.6	8	4
Spaghetti, macaroni																	
Macaroni	413.4	15.2	80.8	2.4	0.5	0.8	0.1	0	4.7	18.4	0.3	3.3	47.4	152.7	115.9	2.6	1.3
Spaghetti	424	15.6	82.8	2.4	0.4	0.8	0	0	4.8	19	0.2	3.4	48.6	156.6	118.8	2.8	1.4
Whole grain rotini	323.9	14	69.5	1.4	0.3	0.5	0	0	7.4	39.5	0.4	2.8	79	231.7	115.9	7.9	2.1
Canned vegetables																	
Carrots	19.4	0.5	4.3	0.1	0	0.1	0	0	1.2	19.4	0.1	0.5	6.2	18.6	138.6	148.5	0.2
Corn	68.4	2.1	15.4	1	0.1	0.3	0	0	1.6	3.5	0	0.5	11.2	40.7	119.4	147.7	0.3
Green beans	26.8	1.6	5.4	0.5	0.1	0.1	0.2	0	3.2	48.5	0.1	1.1	16.6	26.8	135.2	228.9	0.3
Mixed vegetables	36.5	1.4	7.2	0.2	0	0.1	0	0	3.1	20.7	0.1	0.6	14.8	36.5	136.2	144.4	0.5
Peas	71.2	4.6	13	0.4	0.1	0.1	0	0	4.2	20.6	0.1	1	17.5	69.2	178.6	170	0.7
Potatoes	67.8	1.5	14.9	0.2	0.1	0.1	0	0	2.6	5.5	0.1	1.4	15.3	30.6	250.3	170	0.3
Spinach	34.9	4.3	5.2	0.8	0.1	0	0.3	0	3.6	192.8	0.3	3.5	115.4	66.8	525.2	167.3	0.7
Sweet potato	105.4	1.2	24.8	0.2	0	0.1	0	0	3	17.8	0.1	0.9	15.4	32	219	48.3	0.2
Tomatoes	24.8	1.2	5.8	0.2	0	0	0	0	1.4	45.2	0.2	1.4	16	27.6	274	170	0.2
Spaghetti sauce																	
Spaghetti sauce	85.9	2.4	13.6	2.5	0.3	0.7	0.1	3.4	3	45.5	0.1	1.3	30.3	57.3	537.5	193.4	0.3

2. Vitamin Content of 2014 CSFP Entitlement USDA Foods per Person, per Month, as Offered

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Cereal, dry										
Farina	0	0	0	0.5	1.3	0.8	18.9	0.6	0	189.5
Grits	0	0	0	0.7	2.6	0.9	10.1	0.7	0	474.1
Oats	0	0	0	1.4	1.2	0.4	3.1	0.4	0	78
Cereal, RTE										
Bran flakes	301.3	80.4	1.4	18	2	2.3	26.8	2.7	8	905.1
Corn & rice squares	133	5.7	0.9	0	0.5	0.6	6.5	0.6	1.7	438.7
Corn flakes	198	8.5	1.5	0	0.5	0.6	7.2	0.7	2.2	235.5
Corn squares	290.3	9.1	1.5	0.1	0.8	0.5	5.1	0.6	2.4	340.3
Oat circles	311.1	6.8	1.1	0.2	0.4	0.4	6.6	0.8	2.1	377.4
Rice crisp	189.6	17.4	0.8	0	0.6	0.8	7.8	0.5	1.5	276.6
Cheese										
Reduced fat processed American	1594	0	0	4	0.3	3.8	1.3	0.9	10.1	0
Canned fruit										
Applesauce	1.4	1.4	0	0.2	0	0	0.1	0	0	4.2
Apricots	91.8	3.8	0	0.8	0	0	0.4	0.1	0	2.8
Mixed fruit	13.9	2.6	0	0.7	0	0	0.5	0.1	0	4.2
Peaches	25	3.3	0	0.7	0	0	0.8	0	0	4.2
Pears	0	1	0	0.1	0	0	0.2	0	0	1.4
Plums	16.7	0.6	0	0.3	0	0.1	0.4	0	0	4.2
Canned juice										
Apple	0	291.8	0	0.1	0.2	0.2	0.5	0.2	0	0
Cranberry apple	0	184.8	0	0.1	0.1	0.2	0.7	0.2	0	0
Grape	0	182.4	0	0	0.2	0.2	1	0.2	0	0
Orange	15.1	218.9	0	1.5	0.4	0.3	2.1	0.6	0	143.7
Tomato	170	36.4	0	2.4	0.4	0.2	5	0.8	0	147.9
Meat, poultry, fish										
Canned beef	0	0	0	2.5	0	0.2	5.4	0.2	2.1	2.5
Canned beef stew	57.2	4.5	0	0.4	0.1	0.1	1.9	0.2	0.6	19.5
Canned chicken	80.5	0	0.2	0.5	0	0.2	3.6	0.3	1.5	3

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Canned chili	19.2	2.5	0.1	0.8	0	0.2	1.7	0.2	1.4	11
Canned salmon	40.5	0	24.3	1.6	0	0.3	11	0.4	7.5	21.1
Milk										
Dry milk	2444	19.3	37.9	0	1.4	6	3.1	1.2	13.8	172.4
1% UHT milk	1076	0	22.3	0.2	0.4	3.5	1.7	0.7	8.7	92.7
Canned beans										
Vegetarian beans	7.7	0	0	0.2	0.1	0.1	0.6	0.1	0	16.9
Dried beans										
Great northern beans	0	0	0	2.4	0.3	0.1	0.4	0.2	0	209.4
Kidney beans	0	3.1	0	0.1	0.4	0.2	1.5	0.3	0	333.5
Lima beans	0	0	0	0.5	0.4	0.2	1.1	0.4	0	223.5
Pinto beans	0	2.1	0	2.4	0.5	0.2	0.8	0.6	0	442.1
Nuts										
Peanut butter	0	0	0	21.8	0.2	0.3	32.5	1.3	0	179.4
Rice										
White rice	0	0	0	0.4	1.2	0	12	0.8	0	772.4
Spaghetti, macaroni										
Macaroni	0	0	0	0.2	0.7	0.4	4.4	0.1	0	310.7
Spaghetti	0	0	0	0.2	0.8	0.4	4.6	0.2	0	318.6
Whole grain rotini	0	0	0	0.8	0.3	0.1	1.8	0.2	0	13.2
Canned vegetables										
Carrots	432	2.1	0	0.6	0	0	0.4	0.1	0	7
Corn	1.7	1.3	0	0.1	0	0	0.6	0.1	0	28.6
Green beans	23	3.4	0	0	0	0.1	0.3	0	0	35.7
Mixed vegetables	575.3	3.7	0	0.3	0	0	0.5	0.1	0	17.8
Peas	27.9	9.9	0	0	0.1	0.1	0.8	0.1	0	45.4
Potatoes	0	5.2	0	0.1	0.1	0	1	0.2	0	6.6
Spinach	743.8	20.6	0	2.9	0	0.2	0.6	0.2	0	141.2
Sweet potato	446.4	12.4	0	1.1	0	0.1	0.5	0.1	0	8.3
Tomatoes	8.8	13.6	0	1	0	0	1	0.2	0	11.6
Spaghetti sauce										
Spaghetti sauce	55.6	3.4	0	4	0	0.1	6.6	0.3	0	21.9

3. Food Group Content of 2014 CSFP Entitlement USDA Foods per Person, per Month, as Offered

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Cereal, dry																
Farina	0	0	0	0	0	0	5.4	0	0	0	0	0	0	0	0	0
Grits	0	0	0	0	0	0	8.9	0	0	0	0	0	0	0	0	0
Oats	0	0	0	0	0	0	11.1	11.1	0	0	0	0	0	0	0	0
Cereal, RTE																
Bran flakes	0	0	0	0	0	0	1.1	0.6	0	0	0	0	0	0	0	1.8
Corn & rice squares	0	0	0	0	0	0	0.8	0	0	0	0	0	0	0	0	0.6
Corn flakes	0	0	0	0	0	0	1.2	0	0	0	0	0	0	0	0	0.5
Corn squares	0	0	0	0	0	0	0.9	0.4	0	0	0	0	0	0	0	0.6
Oat circles	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0.2
Rice crisp	0	0	0	0	0	0	0.9	0	0	0	0	0	0	0	0	0.4
Cheese																
Reduced fat processed American	0	0	0	0	0	0	0	0	0	0	0	0	15.2	0	53.7	0
Canned fruit																
Applesauce	0.6	0.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apricots	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	3.4
Mixed fruit	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	1.3
Peaches	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	1.8
Pears	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	1.9
Plums	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	4.8
Canned juice																
Apple	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cranberry apple	3.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grape	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Orange	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tomato	0	0	3	0	3	0	0	0	0	0	0	0	0	0	0	0
Meat, poultry, fish																
Canned beef	0	0	0	0	0	0	0	0	4.1	0	4.1	0	0	0	9.1	0
Canned beef stew	0	0	0.5	0	0.2	0	0	0	0.8	0	0.8	0	0	0.6	3.2	0
Canned chicken	0	0	0	0	0	0	0	0	5.4	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Canned chili	0	0	0.2	0	0.2	0	0.3	0.3	1.3	0	0.8	0	0	0	7.9	0.2
Canned salmon	0	0	0	0	0	0	0	0	5.7	5.7	0	0	0	0	0	0
Milk																
Dry milk	0	0	0	0	0	0	0	0	0	0	0	0	13.8	0	0	0
1% UHT milk	0	0	0	0	0	0	0	0	0	0	0	0	7.6	0	6.7	0
Canned beans																
Vegetarian beans	0	0	0.2	0	0.2	0.5	0	0	0	0	0	0	0	0	0	2.3
Dried beans																
Great northern beans	0	0	0	0	0	1.5	0	0	0	0	0	0	0	0	0	0
Kidney beans	0	0	0	0	0	1.5	0	0	0	0	0	0	0	0	0	0
Lima beans	0	0	0	0	0	1.5	0	0	0	0	0	0	0	0	0	0
Pinto beans	0	0	0	0	0	1.5	0	0	0	0	0	0	0	0	0	0
Nuts																
Peanut butter	0	0	0	0	0	0	0	0	15.1	0	0	15.1	0	82.3	3.6	1.2
Rice																
White rice	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
Spaghetti, macaroni																
Macaroni	0	0	0	0	0	0	3.7	0	0	0	0	0	0	0	0	0
Spaghetti	0	0	0	0	0	0	3.8	0	0	0	0	0	0	0	0	0
Whole grain rotini	0	0	0	0	0	0	3.7	3.7	0	0	0	0	0	0	0	0
Canned vegetables																
Carrots	0	0	0.5	0	0.5	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	0.9	0	0	0	0	0	0	0	0	0	0	0	0	0
Mixed vegetables	0	0	0.7	0	0.2	0	0	0	0	0	0	0	0	0	0	0
Peas	0	0	0.7	0	0	0	0	0	0	0	0	0	0	0	0	0
Potatoes	0	0	0.7	0	0	0	0	0	0	0	0	0	0	0	0	0
Spinach	0	0	0.9	0.9	0	0	0	0	0	0	0	0	0	0	0	0
Sweet potato	0	0	0.6	0	0.6	0	0	0	0	0	0	0	0	0	0	0.2
Tomatoes	0	0	0.6	0	0.6	0	0	0	0	0	0	0	0	0	0	0
Spaghetti sauce																
Spaghetti sauce	0	0	0.7	0	0.7	0	0	0	0	0	0	0	0	2.5	0	0.2

4. Energy, Macronutrient, and Mineral Content of 2014 CSFP Entitlement USDA Foods per Person, per Month, as Delivered

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Cereal, dry																	
Farina	2496	80	503.8	9.6	1.7	4	0	0	28.4	5106	1.7	218.4	397.1	1645	1021	931	9.6
Grits	133.6	2.8	28.8	0.7	0.1	0.3	0	0	1.8	11.9	0	1.1	14.8	38.6	47.5	11	0.3
Oats	497.1	17.4	89.2	8.6	1.5	2.9	0.2	0	13	89.6	0.6	5.3	187.4	513.4	456.4	35	4.9
Cereal, RTE																	
Bran flakes	422.5	13.2	105.4	3.2	0.5	1.6	0.1	0	22.4	67.2	0.6	80.2	178.3	668	669.3	581.4	66.8
Corn & rice squares	195.2	3	46	0.6	0.2	0.2	0	0	1.5	6.3	0.1	15.4	12.7	46	66.7	419.5	2.8
Corn flakes	296.1	6.2	69.8	0.3	0.1	0.1	0	0	2.7	5.8	0.2	24	32.3	84.6	139.3	799.8	0.8
Corn squares	263	4.5	60.4	1.7	0.3	0.9	0	0	4	229.6	0.1	20.6	18.5	91.7	138.6	756.8	8.6
Oat circles	339.4	10.9	65.7	6	1.3	2.1	0.1	0	8.4	360	0.4	29.8	114.9	431.8	575.5	609.2	15
Rice crisp	319.6	5.9	75.7	1.1	0.3	0.3	0	0	0.6	4.4	0.1	28.7	20.2	86.1	96.6	752.7	1.1
Cheese																	
Reduced fat processed American	26.3	2	1.6	1.3	0.8	0	0	5.7	0	83.2	0	0.1	4	139	37.3	241.7	0.3
Canned fruit																	
Applesauce	14.9	0.1	4	0	0	0	0	0	0.4	1.4	0	0.1	1.1	1.8	26.3	0	0
Apricots	49.8	0.4	13	0	0	0	0	0	1.3	8.7	0.1	0.3	6.3	10.3	109	3	0.1
Mixed fruit	86.2	0.6	22.6	0.1	0	0	0	0	1.5	9.1	0.1	0.4	7.6	16.6	134.6	6.6	0.1
Peaches	88.3	0.7	23.8	0	0	0	0	0	2.1	4.9	0.1	0.6	8.2	18	158.7	0	0.1
Pears	87	0.3	23.2	0	0	0	0	0	2.4	7.6	0.1	0.4	6.1	10.7	100.8	7.3	0.1
Canned juice																	
Apple	189.6	0.4	46.6	0.5	0.1	0.1	0	0	0.8	33	0	0.5	20.6	28.8	416.2	16.6	0.1
Cranberry apple	175.1	0.6	43.6	0.4	0.1	0.1	0	0	0.7	38.5	0	0.4	24.5	31.5	336.2	14	0.2
Grape	226	1.4	55.6	0.5	0.1	0.1	0	0	0.8	41.4	0.1	0.9	37.7	52.7	391.8	15.1	0.3
Orange	128.2	1.8	30.2	0.3	0	0.1	0	0	0.8	28.8	0.1	0.3	28.8	44.5	465.7	10.5	0.2
Tomato	26.3	1.2	6.6	0.1	0	0	0	0	0.6	15.5	0.1	0.7	17	27.9	354.9	6.4	0.2
Meat, poultry, fish																	
Canned beef	221.4	18.5	0	15.8	7.7	0.4	0.1	69.3	0	9	0	2	14.4	126	204.3	245.4	4.4
Canned beef stew	144.5	8.4	13.3	6.4	2.3	0.5	0.1	22.5	1.9	22.5	0.2	2.8	19.3	91.5	330.7	611.8	1.9
Canned chicken	271.2	37.1	1.3	11.9	3.3	2.3	0.1	73.3	0	20.5	0.1	1.9	27.8	224.2	224.2	396.6	3.7
Canned chili	143.9	9.2	7.4	8.7	2.8	0.5	0.1	25.6	0.6	36.6	0.2	2.5	24.4	93.9	225.7	482.8	1.4
Canned salmon	159.2	23.9	0	6.4	1.2	0.1	0.1	68.6	0	255.7	0.1	0.7	34.9	392.9	390.6	465	0.9
Milk																	
Dry milk	1131	110.9	164.9	2.3	1.5	0.1	0	56.9	0	3890	0.1	1	369.8	3113	5389	1735	13.9

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
1% UHT milk	742.7	59.6	88.2	17.2	11.1	0.5	0	88.4	0	2211	0.2	0.5	194.5	1680	2653	778.1	7.4
Canned beans																	
Vegetarian beans	78.8	4	17.7	0.3	0.1	0.1	0	0	3.4	28.5	0.1	1	22.6	62.1	187.9	92.5	1.9
Dried beans																	
Great northern beans	228	16	41.2	0.6	0.1	0.1	0.1	0	10.4	148.7	0.5	6.1	104.1	185	921.9	9.9	2.3
Kidney beans	235.9	16.1	42.4	0.9	0.1	0.2	0.3	0	13.9	52.4	0.4	5.5	84.3	264	750.9	3.7	2
Lima beans	52.9	3.6	9.6	0.2	0	0.1	0	0	3.2	7.9	0.1	1.1	19.9	51	234.2	0.9	0.4
Pinto beans	379.3	23.9	69.7	1.7	0.4	0.3	0.4	0	24	122.9	0.6	5.6	133.6	390	1159	2.7	2.6
Nuts																	
Peanut butter	1662	70.9	55.3	142.5	29.7	39.8	0.2	0	17	121.6	1.3	5.3	435.4	1012	1835	1343	8.2
Rice																	
White rice	969.6	20.1	210.4	2.1	0.6	0.5	0.1	0	3	75.2	0.5	9	90.2	323.2	263.1	7.5	3.7
Spaghetti, macaroni																	
Macaroni	1090	40	213.1	6.4	1.3	2	0.1	0	12.5	48.6	0.7	8.8	125	402.8	305.6	6.9	3.5
Spaghetti	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Whole grain rotini	428.6	18.5	91.9	1.9	0.3	0.7	0	0	9.8	52.3	0.6	3.7	104.5	306.7	153.3	10.5	2.8
Canned vegetables																	
Carrots	23.4	0.6	5.2	0.2	0	0.1	0	0	1.4	23.4	0.1	0.6	7.5	22.5	167.8	179.8	0.2
Corn	89.1	2.8	20	1.3	0.2	0.5	0	0	2.1	4.5	0.1	0.6	14.7	53	155.7	192.6	0.4
Green beans	37.2	2.2	7.5	0.7	0.2	0.1	0.2	0	4.4	67.3	0.1	1.6	23	37.2	187.6	317.7	0.4
Mixed vegetables	50.2	1.9	9.9	0.3	0.1	0.1	0	0	4.2	28.5	0.1	0.9	20.4	50.2	187.4	198.7	0.7
Peas	91.1	5.8	16.6	0.5	0.1	0.2	0	0	5.4	26.4	0.1	1.3	22.5	88.5	228.5	217.6	0.9
Potatoes	54.3	1.2	11.9	0.2	0	0.1	0	0	2.1	4.4	0.1	1.1	12.3	24.5	200.5	136.2	0.2
Spinach	17.5	2.1	2.6	0.4	0.1	0	0.1	0	1.8	96.4	0.1	1.7	57.7	33.4	262.5	83.6	0.3
Tomatoes	21.3	1	5	0.2	0	0.1	0	0	1.2	38.7	0.1	1.2	13.8	23.7	234.8	145.7	0.2
Spaghetti sauce																	
Spaghetti sauce	63.9	1.8	10.1	1.9	0.2	0.5	0.1	2.5	2.3	33.9	0.1	1	22.6	42.6	400	143.9	0.3

5. Vitamin Content of 2014 CSFP Entitlement USDA Foods per Person, per Month, as Delivered

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (mg)	Vitamin E (mg)	Thiamin (mg)	Ribo- flavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Cereal, dry										
Farina	0	0	0	2.3	5.7	3.4	85.1	2.8	0	851
Grits	0	0	0	0.1	0.4	0.1	1.5	0.1	0	68.3
Oats	0	0	0	0.6	0.5	0.2	1.3	0.2	0	32.6
Cereal, RTE										
Bran flakes	1003	267.5	4.5	59.9	6.7	7.6	89.2	8.9	26.7	3012
Corn & rice squares	261.3	11.1	1.9	0.1	1	1.1	12.7	1.3	3.3	861.7
Corn flakes	406.4	17.4	3	0.1	1.1	1.3	14.8	1.5	4.5	483.6
Corn squares	656.9	20.6	3.4	0.2	1.7	1.1	11.4	1.4	5.5	769.9
Oat circles	888.8	19.4	3.1	0.6	1.2	1.3	18.8	2.1	6.1	1078
Rice crisp	618.2	56.6	2.6	0.1	1.8	2.5	25.4	1.7	4.8	901.8
Cheese										
Reduced fat processed American	27.6	0	0	0.1	0	0.1	0	0	0.2	0
Canned fruit										
Applesauce	0.4	0.4	0	0.1	0	0	0	0	0	1.1
Apricots	52.1	2.1	0	0.5	0	0	0.2	0	0	1.6
Mixed fruit	15.1	2.9	0	0.8	0	0	0.6	0.1	0	4.5
Peaches	29.4	3.9	0	0.8	0	0	1	0	0	4.9
Pears	0	1.1	0	0.1	0	0	0.2	0	0	1.5
Canned juice										
Apple	0	159.5	0	0	0.1	0.1	0.3	0.1	0	0
Cranberry apple	0	84.2	0	0	0	0.1	0.3	0.1	0	0
Grape	0	90.6	0	0	0.1	0.1	0.5	0.1	0	0
Orange	5.2	75.7	0	0.5	0.1	0.1	0.7	0.2	0	49.7
Tomato	35.6	7.6	0	0.5	0.1	0	1	0.2	0	31
Meat, poultry, fish										
Canned beef	0	0	0	1.8	0	0.2	3.9	0.2	1.5	1.8
Canned beef stew	65.8	5.1	0	0.5	0.1	0.1	2.2	0.2	0.7	22.5
Canned chicken	77.7	0	0.1	0.5	0	0.1	3.5	0.3	1.5	2.9
Canned chili	17.1	2.2	0.1	0.7	0	0.1	1.5	0.2	1.2	9.8
Canned salmon	29.1	0	17.4	1.1	0	0.2	7.9	0.3	5.4	15.1
Milk										
Dry milk	2241	17.7	34.8	0	1.3	5.5	2.8	1.1	12.6	158

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (mg)	Vitamin E (mg)	Thiamin (mg)	Ribo- flavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
1% UHT milk	1026	0	21.2	0.2	0.4	3.4	1.6	0.7	8.3	88.4
Canned beans										
Vegetarian beans	4.2	0	0	0.1	0.1	0	0.3	0.1	0	9.2
Dried beans										
Great northern beans	0	0	0	1.5	0.2	0.1	0.2	0.1	0	133.8
Kidney beans	0	2.2	0	0.1	0.3	0.1	1.1	0.2	0	241.6
Lima beans	0	0	0	0.1	0.1	0	0.2	0.1	0	38.5
Pinto beans	0	2.1	0	2.5	0.5	0.2	0.9	0.6	0	456.7
Nuts										
Peanut butter	0	0	0	25.4	0.2	0.3	37.9	1.5	0	209.2
Rice										
White rice	0	0	0	0.3	1.2	0.1	11	0.7	0	721.6
Spaghetti, macaroni										
Macaroni	0	0	0	0.4	1.9	1	11.7	0.3	0	819.6
Spaghetti	0	0	0	0	0	0	0	0	0	0
Whole grain rotini	0	0	0	1	0.4	0.2	2.4	0.3	0	17.4
Canned vegetables										
Carrots	523.2	2.5	0	0.7	0	0	0.5	0.1	0	8.4
Corn	2.3	1.7	0	0.1	0	0	0.8	0.1	0	37.2
Green beans	31.9	4.8	0	0.1	0	0.1	0.4	0.1	0	49.6
Mixed vegetables	791.7	5.2	0	0.4	0	0.1	0.7	0.1	0	24.4
Peas	35.7	12.7	0	0	0.2	0.1	1	0.1	0	58.1
Potatoes	0	4.2	0	0	0.1	0	0.8	0.2	0	5.3
Spinach	371.8	10.3	0	1.5	0	0.1	0.3	0.1	0	70.6
Tomatoes	7.5	11.6	0	0.8	0.1	0.1	0.9	0.1	0	10
Spaghetti sauce										
Spaghetti sauce	41.4	2.5	0	3	0	0.1	4.9	0.2	0	16.3

6. Food Group Content of 2014 CSFP Entitlement USDA Foods per Person, per Month, as Delivered

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Cereal, dry																
Farina	0	0	0	0	0	0	24.4	0	0	0	0	0	0	0	0	0
Grits	0	0	0	0	0	0	1.3	0	0	0	0	0	0	0	0	0
Oats	0	0	0	0	0	0	4.6	4.6	0	0	0	0	0	0	0	0
Cereal, RTE																
Bran flakes	0	0	0	0	0	0	3.6	1.9	0	0	0	0	0	0	0	5.9
Corn & rice squares	0	0	0	0	0	0	1.6	0	0	0	0	0	0	0	0	1.2
Corn flakes	0	0	0	0	0	0	2.5	0	0	0	0	0	0	0	0	1.1
Corn squares	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	1.3
Oat circles	0	0	0	0	0	0	2.9	2.9	0	0	0	0	0	0	0	0.5
Rice crisp	0	0	0	0	0	0	2.9	0	0	0	0	0	0	0	0	1.4
Cheese																
Reduced fat processed American	0	0	0	0	0	0	0	0	0	0	0	0	0.3	0	0.9	0
Canned fruit																
Applesauce	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apricots	0.2	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0	1.9
Mixed fruit	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	1.4
Peaches	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	2.2
Pears	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	2.1
Canned juice																
Apple	1.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cranberry apple	1.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grape	1.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Orange	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tomato	0	0	0.6	0	0.6	0	0	0	0	0	0	0	0	0	0	0
Meat, poultry, fish																
Canned beef	0	0	0	0	0	0	0	0	2.9	0	2.9	0	0	0	6.6	0
Canned beef stew	0	0	0.5	0	0.2	0	0	0	0.9	0	0.9	0	0	0.7	3.7	0
Canned chicken	0	0	0	0	0	0	0	0	5.2	0	0	0	0	0	0	0
Canned chili	0	0	0.2	0	0.2	0	0.3	0.3	1.2	0	0.7	0	0	0	7	0.2
Canned salmon	0	0	0	0	0	0	0	0	4.1	4.1	0	0	0	0	0	0
Milk																
Dry milk	0	0	0	0	0	0	0	0	0	0	0	0	12.6	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
1% UHT milk	0	0	0	0	0	0	0	0	0	0	0	0	7.3	0	6.4	0
Canned beans																
Vegetarian beans	0	0	0.1	0	0.1	0.3	0	0	0	0	0	0	0	0	0	1.3
Dried beans																
Great northern beans	0	0	0	0	0	0.9	0	0	0	0	0	0	0	0	0	0
Kidney beans	0	0	0	0	0	1.1	0	0	0	0	0	0	0	0	0	0
Lima beans	0	0	0	0	0	0.3	0	0	0	0	0	0	0	0	0	0
Pinto beans	0	0	0	0	0	1.5	0	0	0	0	0	0	0	0	0	0
Nuts																
Peanut butter	0	0	0	0	0	0	0	0	17.7	0	0	17.7	0	96	4.2	1.4
Rice																
White rice	0	0	0	0	0	0	9.2	0	0	0	0	0	0	0	0	0
Spaghetti, macaroni																
Macaroni	0	0	0	0	0	0	9.7	0	0	0	0	0	0	0	0	0
Spaghetti	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Whole grain rotini	0	0	0	0	0	0	4.9	4.9	0	0	0	0	0	0	0	0
Canned vegetables																
Carrots	0	0	0.6	0	0.6	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	0.7	0	0	0	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	1.3	0	0	0	0	0	0	0	0	0	0	0	0	0
Mixed vegetables	0	0	0.9	0	0.3	0	0	0	0	0	0	0	0	0	0	0
Peas	0	0	0.8	0	0	0	0	0	0	0	0	0	0	0	0	0
Potatoes	0	0	0.6	0	0	0	0	0	0	0	0	0	0	0	0	0
Spinach	0	0	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	0	0	0.5	0	0.5	0	0	0	0	0	0	0	0	0	0	0
Spaghetti sauce																
Spaghetti sauce	0	0	0.5	0	0.5	0	0	0	0	0	0	0	0	1.9	0	0.1

7. Energy, Macronutrient, and Mineral Content of 2014 CSFP Entitlement + Bonus USDA Foods per Person, per Month, as Offered

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Cereal, dry																	
Farina	555.8	17.8	112.2	2.1	0.4	0.9	0	0	6.3	1137	0.4	48.6	88.4	366.3	227.4	207.3	2.1
Grits	927.5	19.4	200.4	4.5	0.9	2.1	0	0	12.4	82.4	0.2	7.4	103.1	267.9	329.8	76.1	2.1
Oats	1189	41.5	213.4	20.5	3.5	7	0.4	0	31.2	214.4	1.4	12.7	448.2	1228	1091	83.6	11.7
Cereal, RTE																	
Bran flakes	127	4	31.7	1	0.2	0.5	0	0	6.7	20.2	0.2	24.1	53.6	200.7	201.1	174.7	20.1
Corn & rice squares	99.4	1.5	23.4	0.3	0.1	0.1	0	0	0.8	3.2	0	7.9	6.5	23.4	33.9	213.6	1.4
Corn flakes	144.2	3	34	0.2	0	0.1	0	0	1.3	2.8	0.1	11.7	15.8	41.2	67.9	389.6	0.4
Corn squares	116.3	2	26.7	0.8	0.1	0.4	0	0	1.8	101.5	0.1	9.1	8.2	40.5	61.3	334.5	3.8
Oat circles	118.8	3.8	23	2.1	0.5	0.7	0	0	3	126	0.1	10.4	40.2	151.1	201.4	213.2	5.3
Rice crisp	98	1.8	23.2	0.3	0.1	0.1	0	0	0.2	1.3	0	8.8	6.2	26.4	29.6	230.8	0.4
Cheese																	
Reduced fat processed American	1517	115.6	92.3	76.5	48.7	2.8	0.3	327.5	0	4800	0.3	3.1	232.7	8024	2155	13954	15.6
Canned fruit																	
Applesauce	105.5	0.4	28.3	0.3	0	0	0	0	2.8	10	0.1	0.6	7.5	12.6	185.9	0	0.1
Apricots	87.7	0.7	22.9	0.1	0	0	0	0	2.2	15.3	0.1	0.5	11.1	18.1	192	5.2	0.2
Mixed fruit	79.3	0.6	20.8	0.1	0	0	0	0	1.4	8.3	0.1	0.4	7	15.3	123.8	6.1	0.1
Peaches	75.1	0.6	20.2	0	0	0	0	0	1.8	4.2	0.1	0.5	7	15.3	135	0	0.1
Pears	79.3	0.3	21.1	0	0	0	0	0	2.2	7	0.1	0.4	5.6	9.7	91.8	6.6	0.1
Plums	87.7	0.5	22.7	0.1	0	0	0	0	1.3	12.5	0.1	1.2	7	18.1	129.4	44	0.1
Canned juice																	
Apple	820.5	1.8	201.6	2.3	0.4	0.5	0.2	0	3.6	142.7	0.2	2.1	89.2	124.9	1802	71.9	0.4
Cranberry apple	537.4	1.7	133.9	1.3	0.2	0.3	0.1	0	2.1	118.2	0.1	1.2	75.2	96.7	1032	43.1	0.5
Grape	682.1	4.2	167.9	1.5	0.3	0.2	0.1	0	2.3	125	0.2	2.8	113.7	159.1	1182	45.6	0.8
Orange	653.6	9.1	153.9	1.6	0.1	0.3	0.1	0	4	146.7	0.5	1.7	146.7	226.7	2374	53.6	0.9
Tomato	125.7	5.6	31.3	0.4	0.1	0.1	0	0	3	73.9	0.4	3.2	81.3	133.1	1693	30.4	1.1
Meat, poultry, fish																	
Canned beef	308.5	25.7	0	22	10.8	0.6	0.2	96.6	0	12.5	0	2.8	20.1	175.6	284.7	342	6.1
Canned beef stew	125.7	7.3	11.5	5.5	2	0.4	0.1	19.5	1.7	19.5	0.2	2.5	16.8	79.6	287.6	532.2	1.7
Canned chicken	281	38.4	1.4	12.3	3.4	2.4	0.1	75.9	0	21.3	0.1	2	28.9	232.4	232.4	411	3.8
Canned chili	161.7	10.3	8.4	9.7	3.1	0.6	0.1	28.8	0.7	41.1	0.3	2.8	27.4	105.5	253.5	542.4	1.5
Canned salmon	222	33.3	0	8.9	1.6	0.2	0.1	95.6	0	356.6	0.1	1	48.6	547.8	544.6	648.3	1.3

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Milk																	
Dry milk	1234	121	179.9	2.5	1.6	0.1	0	62.1	0	4244	0.1	1.1	403.3	3396	5878	1893	15.2
1% UHT milk	778.8	62.5	92.5	18	11.7	0.6	0	92.7	0	2318	0.2	0.6	204	1762	2782	815.9	7.8
Canned beans																	
Vegetarian beans	144.1	7.3	32.4	0.6	0.1	0.1	0	0	6.3	52.1	0.2	1.8	41.4	113.5	343.4	169	3.5
Dried beans																	
Great northern beans	356.8	25	64.5	0.9	0.2	0.2	0.2	0	16.3	232.7	0.7	9.5	162.9	289.6	1443	15.5	3.5
Kidney beans	325.8	22.3	58.6	1.3	0.2	0.3	0.4	0	19.1	72.4	0.6	7.5	116.3	364.6	1037	5.2	2.7
Lima beans	307	20.9	55.9	1	0.2	0.3	0.1	0	18.9	45.8	0.6	6.4	115.8	296.3	1360	5.4	2.5
Pinto beans	367.1	23.2	67.5	1.7	0.4	0.3	0.4	0	23.3	118.9	0.6	5.4	129.3	377.5	1122	2.6	2.5
Nuts																	
Peanut butter	1425	60.8	47.4	122.1	25.5	34.1	0.2	0	14.5	104.2	1.1	4.5	373.3	867.8	1573	1151	7.1
Rice																	
White rice	1038	21.6	225.2	2.4	0.8	0.4	0	0	3.2	80.4	0.4	9.6	96.4	346	281.6	8	4
Spaghetti, macaroni																	
Macaroni	413.4	15.2	80.8	2.4	0.5	0.8	0.1	0	4.7	18.4	0.3	3.3	47.4	152.7	115.9	2.6	1.3
Spaghetti	424	15.6	82.8	2.4	0.4	0.8	0	0	4.8	19	0.2	3.4	48.6	156.6	118.8	2.8	1.4
Whole grain rotini	323.9	14	69.5	1.4	0.3	0.5	0	0	7.4	39.5	0.4	2.8	79	231.7	115.9	7.9	2.1
Canned vegetables																	
Carrots	19.4	0.5	4.3	0.1	0	0.1	0	0	1.2	19.4	0.1	0.5	6.2	18.6	138.6	148.5	0.2
Corn	68.4	2.1	15.4	1	0.1	0.3	0	0	1.6	3.5	0	0.5	11.2	40.7	119.4	147.7	0.3
Green beans	26.8	1.6	5.4	0.5	0.1	0.1	0.2	0	3.2	48.5	0.1	1.1	16.6	26.8	135.2	228.9	0.3
Mixed vegetables	36.5	1.4	7.2	0.2	0	0.1	0	0	3.1	20.7	0.1	0.6	14.8	36.5	136.2	144.4	0.5
Peas	71.2	4.6	13	0.4	0.1	0.1	0	0	4.2	20.6	0.1	1	17.5	69.2	178.6	170	0.7
Potatoes	67.8	1.5	14.9	0.2	0.1	0.1	0	0	2.6	5.5	0.1	1.4	15.3	30.6	250.3	170	0.3
Spinach	34.9	4.3	5.2	0.8	0.1	0	0.3	0	3.6	192.8	0.3	3.5	115.4	66.8	525.2	167.3	0.7
Sweet potato	105.4	1.2	24.8	0.2	0	0.1	0	0	3	17.8	0.1	0.9	15.4	32	219	48.3	0.2
Tomatoes	24.8	1.2	5.8	0.2	0	0	0	0	1.4	45.2	0.2	1.4	16	27.6	274	170	0.2
Spaghetti sauce																	
Spaghetti sauce	85.9	2.4	13.6	2.5	0.3	0.7	0.1	3.4	3	45.5	0.1	1.3	30.3	57.3	537.5	193.4	0.3

8. Vitamin Content of 2014 CSFP Entitlement + Bonus USDA Foods per Person, per Month, as Offered

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Cereal, dry										
Farina	0	0	0	0.5	1.3	0.8	18.9	0.6	0	189.5
Grits	0	0	0	0.7	2.6	0.9	10.1	0.7	0	474.1
Oats	0	0	0	1.4	1.2	0.4	3.1	0.4	0	78
Cereal, RTE										
Bran flakes	301.3	80.4	1.4	18	2	2.3	26.8	2.7	8	905.1
Corn & rice squares	133	5.7	0.9	0	0.5	0.6	6.5	0.6	1.7	438.7
Corn flakes	198	8.5	1.5	0	0.5	0.6	7.2	0.7	2.2	235.5
Corn squares	290.3	9.1	1.5	0.1	0.8	0.5	5.1	0.6	2.4	340.3
Oat circles	311.1	6.8	1.1	0.2	0.4	0.4	6.6	0.8	2.1	377.4
Rice crisp	189.6	17.4	0.8	0	0.6	0.8	7.8	0.5	1.5	276.6
Cheese										
Reduced fat processed American	1594	0	0	4	0.3	3.8	1.3	0.9	10.1	0
Canned fruit										
Applesauce	2.5	2.5	0	0.4	0.1	0.1	0.2	0.1	0	7.5
Apricots	91.8	3.8	0	0.8	0	0	0.4	0.1	0	2.8
Mixed fruit	13.9	2.6	0	0.7	0	0	0.5	0.1	0	4.2
Peaches	25	3.3	0	0.7	0	0	0.8	0	0	4.2
Pears	0	1	0	0.1	0	0	0.2	0	0	1.4
Plums	16.7	0.6	0	0.3	0	0.1	0.4	0	0	4.2
Canned juice										
Apple	0	690.5	0	0.2	0.4	0.4	1.2	0.4	0	0
Cranberry apple	0	258.4	0	0.1	0.1	0.2	1	0.2	0	0
Grape	0	273.3	0	0	0.2	0.2	1.5	0.3	0	0
Orange	26.7	386	0	2.7	0.7	0.5	3.7	1.1	0	253.4
Tomato	170	36.4	0	2.4	0.4	0.2	5	0.8	0	147.9
Meat, poultry, fish										
Canned beef	0	0	0	2.5	0	0.2	5.4	0.2	2.1	2.5
Canned beef stew	57.2	4.5	0	0.4	0.1	0.1	1.9	0.2	0.6	19.5
Canned chicken	80.5	0	0.2	0.5	0	0.2	3.6	0.3	1.5	3
Canned chili	19.2	2.5	0.1	0.8	0	0.2	1.7	0.2	1.4	11
Canned salmon	40.5	0	24.3	1.6	0	0.3	11	0.4	7.5	21.1

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Milk										
Dry milk	2444	19.3	37.9	0	1.4	6	3.1	1.2	13.8	172.4
1% UHT milk	1076	0	22.3	0.2	0.4	3.5	1.7	0.7	8.7	92.7
Canned beans										
Vegetarian beans	7.7	0	0	0.2	0.1	0.1	0.6	0.1	0	16.9
Dried beans										
Great northern beans	0	0	0	2.4	0.3	0.1	0.4	0.2	0	209.4
Kidney beans	0	3.1	0	0.1	0.4	0.2	1.5	0.3	0	333.5
Lima beans	0	0	0	0.5	0.4	0.2	1.1	0.4	0	223.5
Pinto beans	0	2.1	0	2.4	0.5	0.2	0.8	0.6	0	442.1
Nuts										
Peanut butter	0	0	0	21.8	0.2	0.3	32.5	1.3	0	179.4
Rice										
White rice	0	0	0	0.4	1.2	0	12	0.8	0	772.4
Spaghetti, macaroni										
Macaroni	0	0	0	0.2	0.7	0.4	4.4	0.1	0	310.7
Spaghetti	0	0	0	0.2	0.8	0.4	4.6	0.2	0	318.6
Whole grain rotini	0	0	0	0.8	0.3	0.1	1.8	0.2	0	13.2
Canned vegetables										
Carrots	432	2.1	0	0.6	0	0	0.4	0.1	0	7
Corn	1.7	1.3	0	0.1	0	0	0.6	0.1	0	28.6
Green beans	23	3.4	0	0	0	0.1	0.3	0	0	35.7
Mixed vegetables	575.3	3.7	0	0.3	0	0	0.5	0.1	0	17.8
Peas	27.9	9.9	0	0	0.1	0.1	0.8	0.1	0	45.4
Potatoes	0	5.2	0	0.1	0.1	0	1	0.2	0	6.6
Spinach	743.8	20.6	0	2.9	0	0.2	0.6	0.2	0	141.2
Sweet potato	446.4	12.4	0	1.1	0	0.1	0.5	0.1	0	8.3
Tomatoes	8.8	13.6	0	1	0	0	1	0.2	0	11.6
Spaghetti sauce										
Spaghetti sauce	55.6	3.4	0	4	0	0.1	6.6	0.3	0	21.9

9. Food Group Content of 2014 CSFP Entitlement + Bonus USDA Foods per Person, per Month, as Offered

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Cereal, dry																
Farina	0	0	0	0	0	0	5.4	0	0	0	0	0	0	0	0	0
Grits	0	0	0	0	0	0	8.9	0	0	0	0	0	0	0	0	0
Oats	0	0	0	0	0	0	11.1	11.1	0	0	0	0	0	0	0	0
Cereal, RTE																
Bran flakes	0	0	0	0	0	0	1.1	0.6	0	0	0	0	0	0	0	1.8
Corn & rice squares	0	0	0	0	0	0	0.8	0	0	0	0	0	0	0	0	0.6
Corn flakes	0	0	0	0	0	0	1.2	0	0	0	0	0	0	0	0	0.5
Corn squares	0	0	0	0	0	0	0.9	0.4	0	0	0	0	0	0	0	0.6
Oat circles	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0.2
Rice crisp	0	0	0	0	0	0	0.9	0	0	0	0	0	0	0	0	0.4
Cheese																
Reduced fat processed American	0	0	0	0	0	0	0	0	0	0	0	0	15.2	0	53.7	0
Canned fruit																
Applesauce	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apricots	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	3.4
Mixed fruit	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	1.3
Peaches	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	1.8
Pears	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	1.9
Plums	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	4.8
Canned juice																
Apple	7.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cranberry apple	4.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grape	4.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Orange	5.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tomato	0	0	3	0	3	0	0	0	0	0	0	0	0	0	0	0
Meat, poultry, fish																
Canned beef	0	0	0	0	0	0	0	0	4.1	0	4.1	0	0	0	9.1	0
Canned beef stew	0	0	0.5	0	0.2	0	0	0	0.8	0	0.8	0	0	0.6	3.2	0
Canned chicken	0	0	0	0	0	0	0	0	5.4	0	0	0	0	0	0	0
Canned chili	0	0	0.2	0	0.2	0	0.3	0.3	1.3	0	0.8	0	0	0	7.9	0.2
Canned salmon	0	0	0	0	0	0	0	0	5.7	5.7	0	0	0	0	0	0
Milk																
Dry milk	0	0	0	0	0	0	0	0	0	0	0	0	13.8	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
1% UHT milk	0	0	0	0	0	0	0	0	0	0	0	0	7.6	0	6.7	0
Canned beans																
Vegetarian beans	0	0	0.2	0	0.2	0.5	0	0	0	0	0	0	0	0	0	2.3
Dried beans																
Great northern beans	0	0	0	0	0	1.5	0	0	0	0	0	0	0	0	0	0
Kidney beans	0	0	0	0	0	1.5	0	0	0	0	0	0	0	0	0	0
Lima beans	0	0	0	0	0	1.5	0	0	0	0	0	0	0	0	0	0
Pinto beans	0	0	0	0	0	1.5	0	0	0	0	0	0	0	0	0	0
Nuts																
Peanut butter	0	0	0	0	0	0	0	0	15.1	0	0	15.1	0	82.3	3.6	1.2
Rice																
White rice	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
Spaghetti, macaroni																
Macaroni	0	0	0	0	0	0	3.7	0	0	0	0	0	0	0	0	0
Spaghetti	0	0	0	0	0	0	3.8	0	0	0	0	0	0	0	0	0
Whole grain rotini	0	0	0	0	0	0	3.7	3.7	0	0	0	0	0	0	0	0
Canned vegetables																
Carrots	0	0	0.5	0	0.5	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	0.9	0	0	0	0	0	0	0	0	0	0	0	0	0
Mixed vegetables	0	0	0.7	0	0.2	0	0	0	0	0	0	0	0	0	0	0
Peas	0	0	0.7	0	0	0	0	0	0	0	0	0	0	0	0	0
Potatoes	0	0	0.7	0	0	0	0	0	0	0	0	0	0	0	0	0
Spinach	0	0	0.9	0.9	0	0	0	0	0	0	0	0	0	0	0	0
Sweet potato	0	0	0.6	0	0.6	0	0	0	0	0	0	0	0	0	0	0.2
Tomatoes	0	0	0.6	0	0.6	0	0	0	0	0	0	0	0	0	0	0
Spaghetti sauce																
Spaghetti sauce	0	0	0.7	0	0.7	0	0	0	0	0	0	0	0	2.5	0	0.2

10. Energy, Macronutrient, and Mineral Content of 2014 CSFP Entitlement + Bonus USDA Foods per Person, per Month, as Delivered

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Cereal, dry																	
Farina	2496	80	503.8	9.6	1.7	4	0	0	28.4	5106	1.7	218.4	397.1	1645	1021	931	9.6
Grits	133.6	2.8	28.8	0.7	0.1	0.3	0	0	1.8	11.9	0	1.1	14.8	38.6	47.5	11	0.3
Oats	497.1	17.4	89.2	8.6	1.5	2.9	0.2	0	13	89.6	0.6	5.3	187.4	513.4	456.4	35	4.9
Cereal, RTE																	
Bran flakes	422.5	13.2	105.4	3.2	0.5	1.6	0.1	0	22.4	67.2	0.6	80.2	178.3	668	669.3	581.4	66.8
Corn & rice squares	195.2	3	46	0.6	0.2	0.2	0	0	1.5	6.3	0.1	15.4	12.7	46	66.7	419.5	2.8
Corn flakes	296.1	6.2	69.8	0.3	0.1	0.1	0	0	2.7	5.8	0.2	24	32.3	84.6	139.3	799.8	0.8
Corn squares	263	4.5	60.4	1.7	0.3	0.9	0	0	4	229.6	0.1	20.6	18.5	91.7	138.6	756.8	8.6
Oat circles	339.4	10.9	65.7	6	1.3	2.1	0.1	0	8.4	360	0.4	29.8	114.9	431.8	575.5	609.2	15
Rice crisp	319.6	5.9	75.7	1.1	0.3	0.3	0	0	0.6	4.4	0.1	28.7	20.2	86.1	96.6	752.7	1.1
Cheese																	
Reduced fat processed American	26.3	2	1.6	1.3	0.8	0	0	5.7	0	83.2	0	0.1	4	139	37.3	241.7	0.3
Canned fruit																	
Applesauce	62	0.3	16.6	0.1	0	0	0	0	1.6	5.9	0	0.3	4.4	7.4	109.2	0	0
Apricots	49.8	0.4	13	0	0	0	0	0	1.3	8.7	0.1	0.3	6.3	10.3	109	3	0.1
Mixed fruit	86.2	0.6	22.6	0.1	0	0	0	0	1.5	9.1	0.1	0.4	7.6	16.6	134.6	6.6	0.1
Peaches	88.3	0.7	23.8	0	0	0	0	0	2.1	4.9	0.1	0.6	8.2	18	158.7	0	0.1
Pears	87	0.3	23.2	0	0	0	0	0	2.4	7.6	0.1	0.4	6.1	10.7	100.8	7.3	0.1
Canned juice																	
Apple	663.3	1.4	162.9	1.9	0.3	0.4	0.1	0	2.9	115.3	0.1	1.7	72.1	100.9	1456	58.1	0.3
Cranberry apple	328.2	1.1	81.8	0.8	0.1	0.2	0.1	0	1.3	72.2	0.1	0.7	46	59.1	630.2	26.3	0.3
Grape	452.8	2.8	111.5	1	0.2	0.2	0.1	0	1.5	83	0.2	1.9	75.5	105.7	784.9	30.3	0.5
Orange	411.1	5.7	96.8	1	0.1	0.2	0.1	0	2.5	92.3	0.3	1.1	92.3	142.6	1494	33.7	0.6
Tomato	26.3	1.2	6.6	0.1	0	0	0	0	0.6	15.5	0.1	0.7	17	27.9	354.9	6.4	0.2
Meat, poultry, fish																	
Canned beef	221.4	18.5	0	15.8	7.7	0.4	0.1	69.3	0	9	0	2	14.4	126	204.3	245.4	4.4
Canned beef stew	144.5	8.4	13.3	6.4	2.3	0.5	0.1	22.5	1.9	22.5	0.2	2.8	19.3	91.5	330.7	611.8	1.9
Canned chicken	271.2	37.1	1.3	11.9	3.3	2.3	0.1	73.3	0	20.5	0.1	1.9	27.8	224.2	224.2	396.6	3.7
Canned chili	143.9	9.2	7.4	8.7	2.8	0.5	0.1	25.6	0.6	36.6	0.2	2.5	24.4	93.9	225.7	482.8	1.4
Canned salmon	159.2	23.9	0	6.4	1.2	0.1	0.1	68.6	0	255.7	0.1	0.7	34.9	392.9	390.6	465	0.9

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Milk																	
Dry milk	1131	110.9	164.9	2.3	1.5	0.1	0	56.9	0	3890	0.1	1	369.8	3113	5389	1735	13.9
1% UHT milk	742.7	59.6	88.2	17.2	11.1	0.5	0	88.4	0	2211	0.2	0.5	194.5	1680	2653	778.1	7.4
Canned beans																	
Vegetarian beans	78.8	4	17.7	0.3	0.1	0.1	0	0	3.4	28.5	0.1	1	22.6	62.1	187.9	92.5	1.9
Dried beans																	
Great northern beans	228	16	41.2	0.6	0.1	0.1	0.1	0	10.4	148.7	0.5	6.1	104.1	185	921.9	9.9	2.3
Kidney beans	235.9	16.1	42.4	0.9	0.1	0.2	0.3	0	13.9	52.4	0.4	5.5	84.3	264	750.9	3.7	2
Lima beans	52.9	3.6	9.6	0.2	0	0.1	0	0	3.2	7.9	0.1	1.1	19.9	51	234.2	0.9	0.4
Pinto beans	379.3	23.9	69.7	1.7	0.4	0.3	0.4	0	24	122.9	0.6	5.6	133.6	390	1159	2.7	2.6
Nuts																	
Peanut butter	1662	70.9	55.3	142.5	29.7	39.8	0.2	0	17	121.6	1.3	5.3	435.4	1012	1835	1343	8.2
Rice																	
White rice	969.6	20.1	210.4	2.1	0.6	0.5	0.1	0	3	75.2	0.5	9	90.2	323.2	263.1	7.5	3.7
Spaghetti, macaroni																	
Macaroni	1090	40	213.1	6.4	1.3	2	0.1	0	12.5	48.6	0.7	8.8	125	402.8	305.6	6.9	3.5
Spaghetti	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Whole grain rotini	428.6	18.5	91.9	1.9	0.3	0.7	0	0	9.8	52.3	0.6	3.7	104.5	306.7	153.3	10.5	2.8
Canned vegetables																	
Carrots	23.4	0.6	5.2	0.2	0	0.1	0	0	1.4	23.4	0.1	0.6	7.5	22.5	167.8	179.8	0.2
Corn	89.1	2.8	20	1.3	0.2	0.5	0	0	2.1	4.5	0.1	0.6	14.7	53	155.7	192.6	0.4
Green beans	37.2	2.2	7.5	0.7	0.2	0.1	0.2	0	4.4	67.3	0.1	1.6	23	37.2	187.6	317.7	0.4
Mixed vegetables	50.2	1.9	9.9	0.3	0.1	0.1	0	0	4.2	28.5	0.1	0.9	20.4	50.2	187.4	198.7	0.7
Peas	91.1	5.8	16.6	0.5	0.1	0.2	0	0	5.4	26.4	0.1	1.3	22.5	88.5	228.5	217.6	0.9
Potatoes	54.3	1.2	11.9	0.2	0	0.1	0	0	2.1	4.4	0.1	1.1	12.3	24.5	200.5	136.2	0.2
Spinach	17.5	2.1	2.6	0.4	0.1	0	0.1	0	1.8	96.4	0.1	1.7	57.7	33.4	262.5	83.6	0.3
Tomatoes	21.3	1	5	0.2	0	0.1	0	0	1.2	38.7	0.1	1.2	13.8	23.7	234.8	145.7	0.2
Spaghetti sauce																	
Spaghetti sauce	63.9	1.8	10.1	1.9	0.2	0.5	0.1	2.5	2.3	33.9	0.1	1	22.6	42.6	400	143.9	0.3

11. Vitamin Content of 2014 CSFP Entitlement + Bonus USDA Foods per Person, per Month, as Delivered

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (mg)	Vitamin E (mg)	Thiamin (mg)	Ribo- flavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Cereal, dry										
Farina	0	0	0	2.3	5.7	3.4	85.1	2.8	0	851
Grits	0	0	0	0.1	0.4	0.1	1.5	0.1	0	68.3
Oats	0	0	0	0.6	0.5	0.2	1.3	0.2	0	32.6
Cereal, RTE										
Bran flakes	1003	267.5	4.5	59.9	6.7	7.6	89.2	8.9	26.7	3012
Corn & rice squares	261.3	11.1	1.9	0.1	1	1.1	12.7	1.3	3.3	861.7
Corn flakes	406.4	17.4	3	0.1	1.1	1.3	14.8	1.5	4.5	483.6
Corn squares	656.9	20.6	3.4	0.2	1.7	1.1	11.4	1.4	5.5	769.9
Oat circles	888.8	19.4	3.1	0.6	1.2	1.3	18.8	2.1	6.1	1078
Rice crisp	618.2	56.6	2.6	0.1	1.8	2.5	25.4	1.7	4.8	901.8
Cheese										
Reduced fat processed American	27.6	0	0	0.1	0	0.1	0	0	0.2	0
Canned fruit										
Applesauce	1.5	1.5	0	0.2	0	0	0.1	0	0	4.4
Apricots	52.1	2.1	0	0.5	0	0	0.2	0	0	1.6
Mixed fruit	15.1	2.9	0	0.8	0	0	0.6	0.1	0	4.5
Peaches	29.4	3.9	0	0.8	0	0	1	0	0	4.9
Pears	0	1.1	0	0.1	0	0	0.2	0	0	1.5
Canned juice										
Apple	0	558.1	0	0.1	0.3	0.3	1	0.3	0	0
Cranberry apple	0	157.8	0	0.1	0.1	0.1	0.6	0.1	0	0
Grape	0	181.4	0	0	0.2	0.2	1	0.2	0	0
Orange	16.8	242.8	0	1.7	0.4	0.3	2.3	0.7	0	159.4
Tomato	35.6	7.6	0	0.5	0.1	0	1	0.2	0	31
Meat, poultry, fish										
Canned beef	0	0	0	1.8	0	0.2	3.9	0.2	1.5	1.8
Canned beef stew	65.8	5.1	0	0.5	0.1	0.1	2.2	0.2	0.7	22.5
Canned chicken	77.7	0	0.1	0.5	0	0.1	3.5	0.3	1.5	2.9
Canned chili	17.1	2.2	0.1	0.7	0	0.1	1.5	0.2	1.2	9.8
Canned salmon	29.1	0	17.4	1.1	0	0.2	7.9	0.3	5.4	15.1
Milk										
Dry milk	2241	17.7	34.8	0	1.3	5.5	2.8	1.1	12.6	158

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (mg)	Vitamin E (mg)	Thiamin (mg)	Ribo- flavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
1% UHT milk	1026	0	21.2	0.2	0.4	3.4	1.6	0.7	8.3	88.4
Canned beans										
Vegetarian beans	4.2	0	0	0.1	0.1	0	0.3	0.1	0	9.2
Dried beans										
Great northern beans	0	0	0	1.5	0.2	0.1	0.2	0.1	0	133.8
Kidney beans	0	2.2	0	0.1	0.3	0.1	1.1	0.2	0	241.6
Lima beans	0	0	0	0.1	0.1	0	0.2	0.1	0	38.5
Pinto beans	0	2.1	0	2.5	0.5	0.2	0.9	0.6	0	456.7
Nuts										
Peanut butter	0	0	0	25.4	0.2	0.3	37.9	1.5	0	209.2
Rice										
White rice	0	0	0	0.3	1.2	0.1	11	0.7	0	721.6
Spaghetti, macaroni										
Macaroni	0	0	0	0.4	1.9	1	11.7	0.3	0	819.6
Spaghetti	0	0	0	0	0	0	0	0	0	0
Whole grain rotini	0	0	0	1	0.4	0.2	2.4	0.3	0	17.4
Canned vegetables										
Carrots	523.2	2.5	0	0.7	0	0	0.5	0.1	0	8.4
Corn	2.3	1.7	0	0.1	0	0	0.8	0.1	0	37.2
Green beans	31.9	4.8	0	0.1	0	0.1	0.4	0.1	0	49.6
Mixed vegetables	791.7	5.2	0	0.4	0	0.1	0.7	0.1	0	24.4
Peas	35.7	12.7	0	0	0.2	0.1	1	0.1	0	58.1
Potatoes	0	4.2	0	0	0.1	0	0.8	0.2	0	5.3
Spinach	371.8	10.3	0	1.5	0	0.1	0.3	0.1	0	70.6
Tomatoes	7.5	11.6	0	0.8	0.1	0.1	0.9	0.1	0	10
Spaghetti sauce										
Spaghetti sauce	41.4	2.5	0	3	0	0.1	4.9	0.2	0	16.3

12. Food Group Content of 2014 CSFP Entitlement + Bonus USDA Foods per Person, per Month, as Delivered

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Cereal, dry																
Farina	0	0	0	0	0	0	24.4	0	0	0	0	0	0	0	0	0
Grits	0	0	0	0	0	0	1.3	0	0	0	0	0	0	0	0	0
Oats	0	0	0	0	0	0	4.6	4.6	0	0	0	0	0	0	0	0
Cereal, RTE																
Bran flakes	0	0	0	0	0	0	3.6	1.9	0	0	0	0	0	0	0	5.9
Corn & rice squares	0	0	0	0	0	0	1.6	0	0	0	0	0	0	0	0	1.2
Corn flakes	0	0	0	0	0	0	2.5	0	0	0	0	0	0	0	0	1.1
Corn squares	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	1.3
Oat circles	0	0	0	0	0	0	2.9	2.9	0	0	0	0	0	0	0	0.5
Rice crisp	0	0	0	0	0	0	2.9	0	0	0	0	0	0	0	0	1.4
Cheese																
Reduced fat processed American	0	0	0	0	0	0	0	0	0	0	0	0	0.3	0	0.9	0
Canned fruit																
Applesauce	0.6	0.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apricots	0.2	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0	1.9
Mixed fruit	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	1.4
Peaches	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	2.2
Pears	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	2.1
Canned juice																
Apple	5.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cranberry apple	2.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grape	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Orange	3.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tomato	0	0	0.6	0	0.6	0	0	0	0	0	0	0	0	0	0	0
Meat, poultry, fish																
Canned beef	0	0	0	0	0	0	0	0	2.9	0	2.9	0	0	0	6.6	0
Canned beef stew	0	0	0.5	0	0.2	0	0	0	0.9	0	0.9	0	0	0.7	3.7	0
Canned chicken	0	0	0	0	0	0	0	0	5.2	0	0	0	0	0	0	0
Canned chili	0	0	0.2	0	0.2	0	0.3	0.3	1.2	0	0.7	0	0	0	7	0.2
Canned salmon	0	0	0	0	0	0	0	0	4.1	4.1	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Milk																
Dry milk	0	0	0	0	0	0	0	0	0	0	0	0	12.6	0	0	0
1% UHT milk	0	0	0	0	0	0	0	0	0	0	0	0	7.3	0	6.4	0
Canned beans																
Vegetarian beans	0	0	0.1	0	0.1	0.3	0	0	0	0	0	0	0	0	0	1.3
Dried beans																
Great northern beans	0	0	0	0	0	0.9	0	0	0	0	0	0	0	0	0	0
Kidney beans	0	0	0	0	0	1.1	0	0	0	0	0	0	0	0	0	0
Lima beans	0	0	0	0	0	0.3	0	0	0	0	0	0	0	0	0	0
Pinto beans	0	0	0	0	0	1.5	0	0	0	0	0	0	0	0	0	0
Nuts																
Peanut butter	0	0	0	0	0	0	0	0	17.7	0	0	17.7	0	96	4.2	1.4
Rice																
White rice	0	0	0	0	0	0	9.2	0	0	0	0	0	0	0	0	0
Spaghetti, macaroni																
Macaroni	0	0	0	0	0	0	9.7	0	0	0	0	0	0	0	0	0
Spaghetti	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Whole grain rotini	0	0	0	0	0	0	4.9	4.9	0	0	0	0	0	0	0	0
Canned vegetables																
Carrots	0	0	0.6	0	0.6	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	0.7	0	0	0	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	1.3	0	0	0	0	0	0	0	0	0	0	0	0	0
Mixed vegetables	0	0	0.9	0	0.3	0	0	0	0	0	0	0	0	0	0	0
Peas	0	0	0.8	0	0	0	0	0	0	0	0	0	0	0	0	0
Potatoes	0	0	0.6	0	0	0	0	0	0	0	0	0	0	0	0	0
Spinach	0	0	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	0	0	0.5	0	0.5	0	0	0	0	0	0	0	0	0	0	0
Spaghetti sauce																
Spaghetti sauce	0	0	0.5	0	0.5	0	0	0	0	0	0	0	0	1.9	0	0.1

APPENDIX G. NUTRIENT CONTENT OF THE FOOD PACKAGES IN THE FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR)

1. Energy, Macronutrient, and Mineral Content of 2014 FDPIR Entitlement USDA Foods per Person, per Month, as Offered

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Cereal, dry																	
Farina	555.8	17.8	112.2	2.1	0.4	0.9	0	0	6.3	1136.8	0.4	48.6	88.4	366.3	227.4	207.3	2.1
Oats	2080.4	72.6	373.4	35.8	6.1	12.3	0.7	0	54.6	375.2	2.4	22.2	784.4	2148.6	1909.9	146.3	20.5
Cereal, RTE																	
Bran flakes	380.9	11.9	95.1	2.9	0.5	1.4	0.1	0	20.2	60.6	0.6	72.3	160.7	602.2	603.4	524.2	60.2
Corn & rice squares	99.4	1.5	23.4	0.3	0.1	0.1	0	0	0.8	3.2	0	7.9	6.5	23.4	33.9	213.6	1.4
Corn flakes	144.2	3	34	0.2	0	0.1	0	0	1.3	2.8	0.1	11.7	15.8	41.2	67.9	389.6	0.4
Corn squares	116.3	2	26.7	0.8	0.1	0.4	0	0	1.8	101.5	0.1	9.1	8.2	40.5	61.3	334.5	3.8
Oat circles	356.3	11.4	69	6.3	1.4	2.2	0.1	0	8.9	378	0.4	31.3	120.7	453.4	604.2	639.6	15.8
Rice crisp	294.1	5.4	69.7	1	0.3	0.2	0	0	0.6	4	0.1	26.4	18.6	79.2	88.9	692.5	1.1
Cheese																	
Processed American	1669.8	97.9	45.9	121.9	71.6	3.9	0.6	425.5	0	7718.9	0.2	5.2	183.1	4605.5	1470.5	3420	11.7
Reduced fat processed American	948	72.2	57.7	47.8	30.4	1.8	0.2	204.7	0	3000.3	0.2	1.9	145.4	5014.8	1346.6	8721	9.7
Canned fruit																	
Applesauce	118.9	0.5	31.9	0.3	0	0	0	0	3.1	11.3	0.1	0.7	8.5	14.2	209.4	0	0.1
Apricots	178.3	1.5	46.7	0.1	0	0	0	0	4.5	31.1	0.2	1.1	22.6	36.8	390.6	10.6	0.3
Cranberry sauce	157.6	0.2	40.6	0.2	0	0	0	0	1	4.2	0	0.2	3.1	6.3	27.1	50.9	0.1
Mixed fruit	161.3	1.1	42.3	0.2	0	0.1	0	0	2.8	17	0.2	0.8	14.2	31.1	251.9	12.4	0.3
Peaches	152.8	1.3	41.2	0.1	0	0.1	0	0	3.7	8.5	0.1	1	14.2	31.1	274.5	0	0.3
Pears	161.3	0.5	42.9	0.1	0	0	0	0	4.5	14.2	0.1	0.8	11.3	19.8	186.8	13.5	0.2
Dried fruit																	
Fruit-nut mix	731.1	23.8	54	53.1	7.2	20.8	1.1	0	10.6	110.6	1.4	3.8	199.7	630.6	1028.5	10.1	4.1
Plums	617	5.6	164.2	1	0.2	0.1	0.1	0	18.3	110.5	0.7	2.4	105.4	177.4	1881.9	5.1	1.1
Raisins	818.9	8.4	216.9	1.3	0.2	0.1	0	0	10.1	136.9	0.9	5.1	87.6	276.6	2051.4	30.1	0.6
Fresh fruit																	
Apples	139.8	0.7	37.1	0.5	0.1	0.1	0	0	6.5	16.1	0.1	0.3	13.4	29.6	287.6	2.7	0.1
Avocados	345.9	4.3	18.4	31.7	4.6	3.6	0.3	0	14.5	25.9	0.4	1.2	62.7	112.4	1048.5	15.1	1.4
Cherries	42.3	0.7	10.8	0.1	0	0	0	0	1.4	8.7	0	0.2	7.4	14.1	149.2	0	0
Grapefruit	45.8	0.9	11.6	0.1	0	0	0	0	1.6	17.2	0.1	0.1	11.5	11.5	199	0	0.1
Grapes	48.4	0.5	12.7	0.1	0	0	0	0	0.6	7	0.1	0.3	4.9	14	133.9	1.4	0

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Alpha-		Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
						Linoleic acid (g)	linolenic acid (g)										
Honeydew melon	12.1	0.2	3.1	0	0	0	0	0	0.3	2	0	0.1	3.4	3.7	76.6	6	0
Kiwi	38.3	0.7	9.2	0.3	0	0.2	0	0	1.9	21.4	0.1	0.2	10.7	21.4	196	1.9	0.1
Mixed fruit	116.1	1.5	29.6	0.6	0.1	0.1	0.1	0	3.7	21.9	0.1	0.6	28.5	37.2	447	6.6	0.2
Nectarine	29.6	0.7	7.1	0.2	0	0.1	0	0	1.1	4	0.1	0.2	6	17.5	135.1	0	0.1
Oranges	101.6	2	25.4	0.3	0	0	0	0	5.2	86.5	0.1	0.2	21.6	30.3	391.3	0	0.2
Peaches	27.1	0.6	6.6	0.2	0	0.1	0	0	1	4.2	0	0.2	6.2	13.9	131.8	0	0.1
Pears	153.2	1	40.9	0.4	0.1	0.2	0	0	8.3	24.2	0.2	0.5	18.8	32.3	311.8	2.7	0.3
Plums	31.9	0.5	7.9	0.2	0	0	0	0	1	4.2	0	0.1	4.9	11.1	108.9	0	0.1
Canned juice																	
Apple juice	289	0.6	71	0.8	0.1	0.2	0.1	0	1.3	50.3	0.1	0.8	31.4	44	634.5	25.3	0.1
Cranberry apple juice	320.2	1	79.8	0.8	0.1	0.2	0.1	0	1.3	70.4	0.1	0.7	44.8	57.6	614.8	25.7	0.3
Grape juice	617.4	5.6	149.5	1.4	0.3	0.2	0.2	0	1.9	113.4	0.4	2.9	125.8	157.4	1615.7	25.4	1
Orange juice	308.8	4.3	72.7	0.8	0.1	0.1	0.1	0	1.9	69.3	0.3	0.8	69.3	107.1	1121.9	25.3	0.4
Tomato juice	104.7	4.7	26.1	0.3	0.1	0.1	0	0	2.5	61.6	0.4	2.6	67.8	110.9	1410.9	25.3	0.9
Eggs																	
Dried egg mix	1793.7	115.1	77.5	111.5	33.3	22.1	0.5	3151.1	0	552.7	0.5	10.4	35.6	1457.6	1205.5	1901.1	8.9
Meat, poultry, fish																	
Canned beef	578.4	48.2	0	41.3	20.2	1.2	0.4	181	0	23.5	0.1	5.2	37.6	329.2	533.7	641.2	11.5
Canned beef stew	377	21.9	34.6	16.6	6	1.3	0.2	58.6	5	58.6	0.5	7.4	50.3	238.7	862.8	1596.5	5
Canned chicken	544.5	74.4	2.7	23.8	6.6	4.7	0.2	147.1	0	41.2	0.2	3.9	56	450.3	450.3	796.3	7.4
Canned salmon	416.3	62.5	0	16.7	3.1	0.3	0.2	179.3	0	668.6	0.2	1.9	91.2	1027.2	1021.1	1215.6	2.4
Frozen beef - ground	528.4	51.6	0	34.2	13	0.8	0.1	184.1	0	56.3	0.2	5.6	45.5	439.6	718.9	175.8	13
Frozen beef - roast	421	72	0	12.5	4.5	0.5	0	189.1	0	27.7	0.2	6.5	40.3	557.1	766.3	129.8	11.6
Frozen bison - ground	172.1	34.3	0	2.9	1.1	0.2	0	99.4	0	9.7	0.1	4.1	31.5	252.1	436.3	85.6	4.4
Frozen chicken - pieces	316.7	59.6	0	7.5	1.5	0.9	0	192	0	13.9	0.1	0.9	55.4	455.3	728.5	165.1	1.8
Frozen chicken - whole	159.4	29	0	4.2	0.9	0.6	0	102.9	0	7.9	0	0.6	26.7	220.7	338.5	89.6	1.2
Frozen ham	185.7	28.9	1.3	6.6	2.2	0.7	0.1	70.8	0	9.4	0.2	1.2	26.7	330	418.1	1540.2	3
Frozen pork - chops	229.6	34	0	9.7	3.4	1.1	0	96.9	0	8.4	0.1	0.6	38.3	349.2	544.1	121.3	2.4
Frozen turkey - breast	551.7	90.5	22.3	8.8	1.8	1.4	0.1	228.1	2.7	42.4	0.3	7.6	111.4	859.3	1601.9	372.3	7.1
Milk																	
1% UHT milk	778.8	62.5	92.5	18	11.7	0.6	0	92.7	0	2318	0.2	0.6	204	1761.7	2781.6	815.9	7.8
Dry milk	617.1	60.5	90	1.2	0.8	0	0	31	0	2121.9	0.1	0.5	201.7	1697.8	2938.9	946.3	7.6
Evaporated milk	1138.2	110.2	165.6	2.9	1.8	0	0	58.4	0	4231.7	0.3	4.2	394	2845.4	4844.5	1678.1	13.1
Canned beans																	
Black beans	310.8	19.6	58.4	0.8	0.2	0.2	0.2	0	20	132.5	0.7	6.8	118.1	363.8	1038.4	265.6	1.8

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Alpha-		Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
						Linoleic acid (g)	linolenic acid (g)										
Kidney beans	276.5	18.9	49.7	1.1	0.2	0.2	0.4	0	16.2	61.4	0.5	6.4	98.8	309.4	880	264.9	2.3
Pinto beans	342.1	21.6	62.9	1.6	0.3	0.2	0.3	0	21.7	110.8	0.5	5	120.5	351.8	1045.6	265.6	2.4
Refried beans	311.6	19.7	57.3	1.4	0.3	0.2	0.3	0	19.8	101	0.5	4.6	109.7	320.4	952.5	267.2	2.2
Vegetarian beans	226.5	11.4	50.9	0.9	0.2	0.1	0	0	9.9	81.9	0.4	2.9	65.1	178.3	539.7	265.6	5.5
Dried beans																	
Great northern beans	815.5	57.1	147.4	2.1	0.5	0.5	0.4	0	37.2	531.9	1.7	21.7	372.3	661.9	3297.6	35.5	8.1
Pinto beans	839.2	53	154.2	3.8	0.8	0.6	0.8	0	53.2	271.8	1.3	12.3	295.5	862.8	2564.8	5.9	5.8
Nuts																	
Peanut butter	950.2	40.5	31.6	81.4	17	22.8	0.1	0	9.7	69.5	0.8	3	248.9	578.5	1048.8	767.6	4.7
Peanuts	860.4	40.3	21.9	75.4	12.5	21.7	0.1	0	13.5	87.6	0.8	2.2	252.8	570.3	1042.8	10.3	4.7
Bakery mix																	
Lowfat bakery mix	2592.7	65.1	507	33.8	6.1	4.5	0.2	0	25.1	1299.9	1	29.5	201.1	4546.2	1012.7	5841.3	4.9
Cornmeal																	
Cornmeal	5314.7	102.1	1141.2	25.1	3.2	11.6	0.3	0	56	43.1	1.1	62.6	459.6	1422	2039.7	62.9	9.5
Flour																	
White flour	5228.5	148.4	1096.1	14.1	2.3	5.6	0.3	0	38.8	215.5	2	66.6	316	1551.3	1536.9	28.7	10.1
Whole wheat flour	4883.8	189.7	1033.8	35.9	6.2	15.7	1	0	153.7	488.4	5.9	51.7	1967.9	5127.9	5214.1	28.7	37.3
Dehydrated potatoes																	
Dehydrated potatoes	312.9	7.4	71.7	0.4	0.2	0.1	0	0	5.8	23.9	0.1	1.1	58.3	137.9	970.5	88.4	0.6
Grain products																	
Crackers	1814.2	40.9	320.3	38.1	8.6	15.6	1.9	0	12.5	512.8	0.7	22.1	107.7	478.3	3119.9	3303.7	3.5
Macaroni and cheese																	
Macaroni and cheese (dry mix)	3001.5	75.1	364.1	139.9	33.3	38.5	3	49.2	16.4	902.1	1	10.7	246	1558.2	770.9	5491	6.9
Rice																	
White rice	1297.1	26.8	281.4	2.8	0.8	0.6	0.1	0	4	100.5	0.7	12.1	120.7	432.4	351.9	10.1	4.9
Spaghetti, macaroni																	
Egg noodles	1284	42.3	234.4	19.3	3.9	4.9	0.3	271.8	11.2	112.5	0.9	13.7	196.8	712.3	356.2	46.9	6.1
Macaroni	1550.4	56.9	303	9.1	1.8	2.9	0.2	0	17.8	69.1	1	12.5	177.8	572.8	434.5	9.9	5
Spaghetti	1589.8	58.4	310.6	9.4	1.8	3	0.2	0	18.2	70.8	1	12.8	182.2	587.4	445.6	10.2	5.2
Whole grain rotini	1214.7	52.3	260.5	5.3	1	2	0.1	0	27.7	148.1	1.7	10.5	296.3	869	434.5	29.6	8
Canned soup																	
Cream of chicken	182.4	8.6	24.2	5.4	2.8	0.5	0.1	23.6	0.7	219.5	0.1	0.4	20.3	192.5	699.1	1200.8	0.9
Cream of mushroom	135.1	2.3	11.6	9.1	1.7	4.4	0.6	0	1.4	27	0.1	0.3	6.8	40.5	108.1	1801.2	0.2
Tomato soup	98	2.2	22.9	0.7	0.2	0.2	0	0	1.8	23.8	0.1	0.9	23.8	47.5	846.3	562.7	0.3

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Alpha-		Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
						Linoleic acid (g)	linolenic acid (g)										
Vegetable soup	110.5	3.2	22.4	1	0.1	0.3	0	0	3.1	51	0.1	1.4	28.3	82.2	510	548.4	0.7
Canned vegetables																	
Carrots	17.6	0.5	3.9	0.1	0	0.1	0	0	1.1	17.6	0.1	0.5	5.6	16.9	126.1	135.1	0.2
Corn	153.7	4.1	37	1.4	0.2	0.5	0	0	3	6.9	0.1	0.9	31.8	101.8	278.9	273.4	1
Green beans	24.4	1.5	4.9	0.4	0.1	0.1	0.1	0	2.9	44.1	0	1	15.1	24.4	123	208.2	0.2
Hominy	63.6	1.3	12.6	0.8	0.1	0.3	0	0	2.2	8.8	0	0.5	14.1	30.9	8	154.7	0.9
Mixed vegetables	33.2	1.3	6.6	0.2	0	0.1	0	0	2.8	18.9	0.1	0.6	13.5	33.2	123.9	131.4	0.5
Peas	64.8	4.2	11.8	0.3	0.1	0.1	0	0	3.9	18.8	0.1	0.9	16	62.9	162.5	154.7	0.7
Potatoes	61.7	1.4	13.5	0.2	0	0.1	0	0	2.4	5	0.1	1.3	13.9	27.8	227.7	154.7	0.3
Pumpkin	13.6	0.4	3.2	0.1	0.1	0	0	0	1.2	10.4	0	0.6	9.2	14	82.1	1.6	0.1
Spinach	31.8	3.9	4.7	0.7	0.1	0	0.2	0	3.3	175.4	0.2	3.2	105	60.8	477.8	152.2	0.6
Sweet potato	24	0.3	5.6	0.1	0	0	0	0	0.7	4	0	0.2	3.5	7.3	49.8	11	0.1
Tomato sauce	67.6	1.9	10.7	2	0.2	0.6	0.1	2.7	2.4	35.8	0.1	1	23.9	45.1	422.9	154.7	0.3
Tomatoes	22.5	1	5.3	0.2	0	0.1	0	0	1.3	41.1	0.1	1.3	14.6	25.2	249.3	154.7	0.2
Fresh vegetables																	
Asparagus	3.8	0.4	0.7	0	0	0	0	0	0.3	4	0	0.2	2.4	9.4	38.9	2.4	0.1
Broccoli	30	2.3	6	0.3	0.1	0	0.1	0	2.6	37.8	0.1	0.6	18.3	57.8	263.9	32.2	0.4
Brussels sprouts	43.6	3.1	8.6	0.6	0.1	0.1	0.2	0	3.2	43.6	0.1	1.5	24.2	67.9	381.7	25.4	0.4
Cabbage	27.4	1.4	6.4	0.1	0	0	0	0	2.5	50.2	0	0.4	15.4	33.6	208.1	14.8	0.2
Carrots	94.8	2.1	22.2	0.6	0	0.2	0	0	7.2	78.6	0	0.8	27.4	81.1	691.1	158.4	0.6
Cauliflower	13	1	2.5	0.2	0	0	0	0	1.2	10.3	0	0.2	6.5	20.6	119.2	12.2	0.1
Celery	20.4	0.9	4.2	0.2	0	0.1	0	0	1.9	49.1	0	0.4	13.8	29.3	325.1	102.4	0.2
Corn	9.5	0.3	2.1	0.1	0	0.1	0	0	0.2	0.3	0	0	2.6	7.7	21.7	0.1	0.1
Cucumbers	3.6	0.2	0.7	0	0	0	0	0	0.2	4.2	0	0.1	3.6	6.4	41.2	0.6	0.1
Green peppers	6.8	0.3	1.6	0.1	0	0	0	0	0.4	2.7	0	0.1	2.8	5.3	47.9	0.7	0
Lettuce	23.6	1.7	4.7	0.3	0.1	0.1	0.1	0	3.8	76.9	0.2	1.1	24.8	43.4	405.6	31	0.6
Mixed vegetables	24	1.1	5.2	0.2	0	0.1	0	0	1.5	19	0.1	0.5	12.9	32.9	266.1	21.7	0.2
Onions	101.8	3	23.6	0.4	0	0	0	0	3.8	54.6	0.2	0.6	25.4	77.6	376.8	8.4	0.4
Potatoes	212.4	5.8	48.4	0.4	0	0	0	0	5	34.6	0.2	2.4	64.6	161.6	1226.4	23	0.8
Radishes	21	0.9	4.5	0.1	0	0	0	0	2.1	32.8	0.1	0.4	13.1	26.2	305.6	51.2	0.4
Summer squash	23.1	1	5	0.4	0.1	0.1	0.1	0	1.6	31.2	0.1	0.4	27.7	45	220.6	1.2	0.5
Sweet potato	80.8	1.8	18.5	0.1	0	0.1	0	0	3	34.1	0.1	0.6	24.2	48.5	424.8	32.3	0.3
Tomatoes	17.8	0.9	3.8	0.2	0	0	0	0	0.9	10.5	0	0.5	9.9	25.7	224.2	7.9	0.2
Turnips	24.1	0.8	5.5	0.1	0	0	0	0	2.2	36.2	0	0.2	9.9	28.5	193.2	17.6	0.1
Winter squash	24.3	0.6	5.8	0.2	0	0	0.1	0	1.8	14.4	0.1	0.3	8.5	12.5	157.4	0.7	0.1

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Spaghetti sauce																	
Spaghetti sauce	78.2	2.2	12.4	2.3	0.3	0.7	0.1	3.1	2.8	41.4	0.1	1.2	27.6	52.1	489	175.9	0.3
Butter, oils																	
Butter	514.9	0.6	0	58.3	36.9	2	0.2	154.4	0	17.2	0	0	1.4	17.2	17.2	461.8	0.1
Light buttery spread	684.8	1	1.3	76.3	17.5	21.4	3.7	0	0	12.1	0	0	2	10.1	68.7	1226.4	0
Vegetable oil	1909	0	0	215.5	28.2	80.9	12.3	0	0	0	0	0.2	0	0	0	0	0

2. Vitamin Content of 2014 FDIPIR Entitlement USDA Foods per Person, per Month, as Offered

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Cereal, dry										
Farina	0	0	0	0.5	1.3	0.8	18.9	0.6	0	189.5
Oats	0	0	0	2.4	2	0.7	5.5	0.7	0	136.4
Cereal, RTE										
Bran flakes	903.9	241.1	4.1	54	6	6.8	80.4	8	24.1	2715.2
Corn & rice squares	133	5.7	0.9	0	0.5	0.6	6.5	0.6	1.7	438.7
Corn flakes	198	8.5	1.5	0	0.5	0.6	7.2	0.7	2.2	235.5
Corn squares	290.3	9.1	1.5	0.1	0.8	0.5	5.1	0.6	2.4	340.3
Oat circles	933.2	20.4	3.2	0.6	1.3	1.3	19.8	2.3	6.4	1132.1
Rice crisp	568.8	52.1	2.4	0	1.7	2.3	23.4	1.6	4.4	829.8
Cheese										
Processed American	1373.6	0	37.7	4.1	0.2	2.4	0.9	0.6	8.2	97
Reduced fat processed American	996.5	0	0	2.5	0.2	2.4	0.8	0.5	6.3	0
Canned fruit										
Applesauce	2.8	2.8	0	0.5	0.1	0.1	0.2	0.1	0	8.5
Apricots	186.8	7.6	0	1.7	0.1	0.1	0.8	0.1	0	5.7
Cranberry sauce	2.1	2.1	0	0.9	0	0	0.1	0	0	1
Mixed fruit	28.3	5.4	0	1.4	0.1	0.1	1.1	0.1	0	8.5
Peaches	50.9	6.8	0	1.4	0	0.1	1.7	0.1	0	8.5
Pears	0	2	0	0.2	0	0.1	0.4	0	0	2.8
Dried fruit										
Fruit-nut mix	0	1.9	0	12	0.2	0.3	8.6	0.6	0	133.6
Plums	100.3	1.5	0	1.1	0.1	0.5	4.8	0.5	0	10.3
Raisins	0	6.3	0	0.3	0.3	0.4	2.1	0.5	0	13.7
Fresh fruit										
Apples	8.1	12.4	0	0.5	0.1	0.1	0.2	0.1	0	8.1
Avocados	15.1	21.6	0	4.5	0.2	0.3	3.8	0.6	0	175.1
Cherries	2	4.7	0	0	0	0	0.1	0	0	2.7
Grapefruit	65.9	49.2	0	0.2	0.1	0	0.4	0.1	0	14.3
Grapes	2.1	2.2	0	0.1	0	0	0.1	0.1	0	1.4

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Honeydew melon	1	6	0	0	0	0	0.1	0	0	6.4
Kiwi	2.5	58.2	0	0.9	0	0	0.2	0	0	15.7
Mixed fruit	54.8	47.8	0	0.4	0.1	0.1	0.9	0.3	0	30.7
Nectarine	11.4	3.6	0	0.5	0	0	0.8	0	0	3.4
Oranges	23.8	115	0	0.4	0.2	0.1	0.6	0.1	0	64.9
Peaches	11.1	4.6	0	0.5	0	0	0.6	0	0	2.8
Pears	2.7	11.6	0	0.3	0	0.1	0.4	0.1	0	18.8
Plums	11.8	6.6	0	0.2	0	0	0.3	0	0	3.5
Canned juice										
Apple juice	0	243.2	0	0.1	0.1	0.1	0.4	0.1	0	0
Cranberry apple juice	0	154	0	0.1	0.1	0.1	0.6	0.1	0	0
Grape juice	0	334.4	0	0.3	0.4	0.2	2.2	0.3	0	62.6
Orange juice	12.6	182.4	0	1.3	0.3	0.3	1.8	0.5	0	119.8
Tomato juice	141.7	30.4	0	2	0.3	0.2	4.1	0.7	0	123.2
Eggs										
Dried egg mix	378.1	0	23.9	6.6	0.5	3.5	0.7	0.6	7.5	334.5
Meat, poultry, fish										
Canned beef	0	0	0	4.6	0	0.4	10.2	0.4	3.9	4.7
Canned beef stew	171.7	13.4	0	1.2	0.3	0.3	5.6	0.5	1.8	58.6
Canned chicken	156	0	0.3	1	0	0.3	7	0.6	2.9	5.8
Canned salmon	76	0	45.6	2.9	0.1	0.6	20.6	0.8	14	39.5
Frozen beef - ground	0	0	0.4	1	0.1	0.4	11.9	0.8	5.7	19.5
Frozen beef - roast	2.5	0	0	0.8	0.2	0.6	16.2	1.4	4.4	17.6
Frozen bison - ground	0	0	0	0.4	0.1	0.3	4.5	0.5	3.5	9.7
Frozen chicken - pieces	15.8	0	0	1.2	0.2	0.4	19.6	1.7	0.4	13.9
Frozen chicken - whole	7.9	0	0	0.5	0.1	0.2	8.9	0.8	0.3	5.9
Frozen ham	8	0	1.1	0.3	0.7	0.3	6.9	0.6	0.7	4
Frozen pork - chops	1.2	0	0.5	0.2	0.7	0.3	10.3	0.7	0.8	0
Frozen turkey - breast	53	30.2	0.5	0.5	0.7	1.7	0.6	0.7	0.5	21.2
Milk										
1% UHT milk	1075.6	0	22.3	0.2	0.4	3.5	1.7	0.7	8.7	92.7
Dry milk	1222.1	9.7	19	0	0.7	3	1.5	0.6	6.9	86.2
Evaporated milk	1721.9	17.5	29.2	0	0.7	4.5	2.5	0.9	3.5	131.3
Canned beans										
Black beans	0	0	0	2.1	0.5	0.1	1.3	0.2	0	207.2

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Kidney beans	0	2.6	0	0.1	0.4	0.1	1.3	0.3	0	283.1
Pinto beans	0	1.9	0	2.3	0.5	0.1	0.8	0.6	0	412
Refried beans	0	1.8	0	2.1	0.4	0.1	0.7	0.5	0	375.3
Vegetarian beans	12	0	0	0.4	0.2	0.1	1	0.2	0	26.5
Dried beans										
Great northern beans	0	0	0	5.5	0.7	0.3	0.8	0.5	0	478.7
Pinto beans	0	4.7	0	5.6	1.1	0.4	1.9	1.4	0	1010.6
Nuts										
Peanut butter	0	0	0	14.5	0.1	0.2	21.7	0.9	0	119.6
Peanuts	0	1.1	0	9.9	0.1	0.1	19.9	0.7	0	172.4
Bakery mix										
Lowfat bakery mix	0	0	0	0	3.5	2.7	38.1	0.6	0	1358.5
Cornmeal										
Cornmeal	134.3	0	0	1.7	5.9	4.9	64.2	2.3	0	3127.8
Flour										
White flour	0	0	0	0.9	8.5	6.3	76.3	0.6	0	2717
Whole wheat flour	0	0	0	10.2	5.5	2.2	64.1	5.3	0	410.8
Dehydrated potatoes										
Dehydrated potatoes	0.9	71.6	0	0	0.9	0.1	5.5	0.7	0	40.7
Grain products										
Crackers	0	0	0	4.8	2.6	1.4	22.6	0.3	0.4	952.3
Macaroni and cheese										
Macaroni and cheese (dry mix)	1312.2	3.3	3.3	13.3	3.4	2.8	13	0.7	4.6	1197.3
Rice										
White rice	0	0	0	0.4	1.6	0.1	14.8	0.9	0	965.3
Spaghetti, macaroni										
Egg noodles	56.2	0	0.9	1.6	2.7	1.3	19.4	0.5	0.8	1284
Macaroni	0	0	0	0.6	2.7	1.4	16.6	0.5	0	1165.3
Spaghetti	0	0	0	0.6	2.8	1.4	17	0.6	0	1195
Whole grain rotini	0	0	0	3	1.1	0.5	6.9	0.8	0	49.4
Canned soup										
Cream of chicken	131.7	0	2	0.2	0.1	0.3	1.2	0.1	0.7	13.5
Cream of mushroom	3.4	0	0.3	0.8	0	0	0.6	0	0	3.4
Tomato soup	29.7	19.3	0	0.5	0.1	0	1.3	0.1	0	0

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Vegetable soup	147.3	2	0	0.5	0.1	0.1	1.5	0.2	0	19.8
Canned vegetables										
Carrots	393	1.9	0	0.5	0	0	0.4	0.1	0	6.3
Corn	6.7	6.8	0	0.2	0	0.1	1.8	0.2	0	80.6
Green beans	20.9	3.1	0	0	0	0.1	0.2	0	0	32.5
Hominy	0	0	0	0	0	0	0	0	0	0.9
Mixed vegetables	523.3	3.4	0	0.3	0	0	0.4	0.1	0	16.2
Peas	25.4	9	0	0	0.1	0.1	0.7	0.1	0	41.3
Potatoes	0	4.8	0	0	0.1	0	0.9	0.2	0	6
Pumpkin	310.4	1.6	0	0.4	0	0	0.1	0	0	4.4
Spinach	676.7	18.8	0	2.7	0	0.2	0.5	0.1	0	128.4
Sweet potato	101.5	2.8	0	0.3	0	0	0.1	0	0	1.9
Tomato sauce	43.8	2.7	0	3.2	0	0.1	5.2	0.2	0	17.2
Tomatoes	8	12.3	0	0.9	0.1	0.1	0.9	0.1	0	10.6
Fresh vegetables										
Asparagus	8.7	1.3	0	0.3	0	0	0.2	0	0	25.8
Broccoli	47	66.8	0	1	0.1	0.1	0.5	0.2	0	73.9
Brussels sprouts	47.3	74.6	0	0.5	0.1	0.1	0.7	0.2	0	72.7
Cabbage	5.1	42.1	0	0.2	0.1	0	0.3	0.1	0	41.6
Carrots	2098.1	11.9	0	2.1	0.2	0.2	2	0.4	0	41.2
Cauliflower	0.3	25	0	0	0	0	0.2	0.1	0	27.4
Celery	28.7	5.5	0	0.4	0	0.1	0.4	0.1	0	41.3
Corn	1.3	0.5	0	0	0	0	0.2	0	0	2.3
Cucumbers	1.2	1	0	0	0	0	0	0	0	4.2
Green peppers	5.8	21.7	0	0.1	0	0	0.1	0.1	0	3.7
Lettuce	343.6	14.3	0	1.2	0.1	0.1	0.5	0.1	0	160
Mixed vegetables	135.6	21.9	0	0.6	0	0	0.6	0.1	0	21.7
Onions	0	15.2	0	0	0	0	0.4	0.2	0	41.2
Potatoes	2.4	22	0	0	0.2	0.2	3.2	0.8	0	64.6
Radishes	0	19.4	0	0	0	0.1	0.3	0.1	0	32.8
Summer squash	12.7	6.4	0	0.2	0	0	0.6	0.1	0	23.1
Sweet potato	858.6	17.5	0	0.6	0.1	0.1	1.3	0.3	0	5.4
Tomatoes	32.6	18	0	0.6	0	0	0.6	0	0	13.7
Turnips	0	12.6	0	0	0	0	0.3	0.1	0	9.9
Winter squash	170.5	6.3	0	0.1	0	0	0.3	0.1	0	13.1

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Spaghetti sauce										
Spaghetti sauce	50.6	3.1	0	3.7	0	0.1	6	0.3	0	19.9
Butter, oils										
Butter	491.2	0	1.1	1.7	0	0	0	0	0.1	2.2
Light buttery spread	2619.9	0.2	3.2	27.2	0	0	0	0	0.1	2
Vegetable oil	0	0	0	26.5	0	0	0	0	0	0

3. Food Group Content of 2014 FDIIR Entitlement USDA Foods per Person, per Month, as Offered

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Cereal, dry																
Farina	0	0	0	0	0	0	5.4	0	0	0	0	0	0	0	0	0
Oats	0	0	0	0	0	0	19.4	19.4	0	0	0	0	0	0	0	0
Cereal, RTE																
Bran flakes	0	0	0	0	0	0	3.2	1.7	0	0	0	0	0	0	0	5.3
Corn & rice squares	0	0	0	0	0	0	0.8	0	0	0	0	0	0	0	0	0.6
Corn flakes	0	0	0	0	0	0	1.2	0	0	0	0	0	0	0	0	0.5
Corn squares	0	0	0	0	0	0	0.9	0.4	0	0	0	0	0	0	0	0.6
Oat circles	0	0	0	0	0	0	3.1	3.1	0	0	0	0	0	0	0	0.5
Rice crisp	0	0	0	0	0	0	2.6	0	0	0	0	0	0	0	0	1.3
Cheese																
Processed American	0	0	0	0	0	0	0	0	0	0	0	0	19	0	93.4	0
Reduced fat processed American	0	0	0	0	0	0	0	0	0	0	0	0	9.5	0	33.6	0
Canned fruit																
Applesauce	1.2	1.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apricots	0.7	0.7	0	0	0	0	0	0	0	0	0	0	0	0	0	6.9
Cranberry sauce	0.5	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0	15.7
Mixed fruit	0.7	0.7	0	0	0	0	0	0	0	0	0	0	0	0	0	2.5
Peaches	0.7	0.7	0	0	0	0	0	0	0	0	0	0	0	0	0	3.7
Pears	0.7	0.7	0	0	0	0	0	0	0	0	0	0	0	0	0	3.9
Dried fruit																
Fruit-nut mix	0.6	0.6	0	0	0	0	0	0	7.1	0	0	7.1	0	34.3	0	0
Plums	3	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Raisins	3.6	3.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fresh fruit																
Apples	2.4	2.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Avocados	0	0	1.5	0	0	0	0	0	0	0	0	0	0	28.5	0	0
Cherries	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grapefruit	0.7	0.7	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grapes	0.5	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Honeydew melon	0.2	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Kiwi	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mixed fruit	1.7	1.7	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Nectarine	0.5	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oranges	1.2	1.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peaches	0.5	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pears	1.6	1.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Plums	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Canned juice																
Apple juice	2.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cranberry apple juice	2.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grape juice	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Orange juice	2.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tomato juice	0	0	2.5	0	2.5	0	0	0	0	0	0	0	0	0	0	0
Eggs																
Dried egg mix	0	0	0	0	0	0	0	0	23.9	0	0	0	0	0	76.1	0
Meat, poultry, fish																
Canned beef	0	0	0	0	0	0	0	0	7.6	0	7.6	0	0	0	17.1	0
Canned beef stew	0	0	1.4	0	0.5	0	0	0	2.4	0	2.4	0	0	1.8	9.6	0
Canned chicken	0	0	0	0	0	0	0	0	10.4	0	0	0	0	0	0	0
Canned salmon	0	0	0	0	0	0	0	0	10.7	10.7	0	0	0	0	0	0
Frozen beef - ground	0	0	0	0	0	0	0	0	7	0	7	0	0	0	15.8	0
Frozen beef - roast	0	0	0	0	0	0	0	0	8.8	0	8.8	0	0	0	0	0
Frozen bison - ground	0	0	0	0	0	0	0	0	4.3	0	4.3	0	0	0	0	0
Frozen chicken - pieces	0	0	0	0	0	0	0	0	6.9	0	0	0	0	0	0	0
Frozen chicken - whole	0	0	0	0	0	0	0	0	3.5	0	0	0	0	0	0	0
Frozen ham	0	0	0	0	0	0	0	0	4.7	0	0	0	0	0	0	0
Frozen pork - chops	0	0	0	0	0	0	0	0	4.2	0	4.2	0	0	0	0	0
Frozen turkey - breast	0	0	0	0	0	0	0	0	18.7	0	0	0	0	0	0	0
Milk																
1% UHT milk	0	0	0	0	0	0	0	0	0	0	0	0	7.6	0	6.7	0
Dry milk	0	0	0	0	0	0	0	0	0	0	0	0	6.9	0	0	0
Evaporated milk	0	0	0	0	0	0	0	0	0	0	0	0	11.7	0	0	0
Canned beans																
Black beans	0	0	0	0	0	1.4	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Kidney beans	0	0	0	0	0	1.3	0	0	0	0	0	0	0	0	0	0
Pinto beans	0	0	0	0	0	1.4	0	0	0	0	0	0	0	0	0	0
Refried beans	0	0	0	0	0	1.3	0	0	0	0	0	0	0	0	0	0
Vegetarian beans	0	0	0.2	0	0.2	0.8	0	0	0	0	0	0	0	0	0	3.6
Dried beans																
Great northern beans	0	0	0	0	0	3.4	0	0	0	0	0	0	0	0	0	0
Pinto beans	0	0	0	0	0	3.4	0	0	0	0	0	0	0	0	0	0
Nuts																
Peanut butter	0	0	0	0	0	0	0	0	10.1	0	0	10.1	0	54.9	2.4	0.8
Peanuts	0	0	0	0	0	0	0	0	10.1	0	0	10.1	0	48.8	0	0
Bakery mix																
Lowfat bakery mix	0	0	0	0	0	0	31.6	0	0	0	0	0	0.6	0	104.9	15.1
Cornmeal																
Cornmeal	0	0	0	0	0	0	89.8	0	0	0	0	0	0	0	0	0
Flour																
White flour	0	0	0	0	0	0	89.8	0	0	0	0	0	0	0	0	0
Whole wheat flour	0	0	0	0	0	0	89.8	89.8	0	0	0	0	0	0	0	0
Dehydrated potatoes																
Dehydrated potatoes	0	0	2.9	0	0	0	0	0	0	0	0	0	0	0	0	0
Grain products																
Crackers	0	0	0	0	0	0	23.7	0	0	0	0	0	0	26.7	6	0
Macaroni and cheese																
Macaroni and cheese (dry mix)	0	0	0	0	0	0	12.5	0	0	0	0	0	2.1	56.4	81.8	0
Rice																
White rice	0	0	0	0	0	0	12.3	0	0	0	0	0	0	0	0	0
Spaghetti, macaroni																
Egg noodles	0	0	0	0	0	0	10.6	0	1.2	0	0	0	0	0	3.7	0
Macaroni	0	0	0	0	0	0	13.8	0	0	0	0	0	0	0	0	0
Spaghetti	0	0	0	0	0	0	14.2	0	0	0	0	0	0	0	0	0
Whole grain rotini	0	0	0	0	0	0	13.8	13.8	0	0	0	0	0	0	0	0
Canned soup																
Cream of chicken	0	0	0	0	0	0	0.4	0	0.3	0	0	0	0.7	0	3.8	0
Cream of mushroom	0	0	0.1	0	0	0	0.6	0	0	0	0	0	0	0	9.1	0
Tomato soup	0	0	0.5	0	0.5	0	0.4	0	0	0	0	0	0	0	0	1.1

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Vegetable soup	0	0	0.8	0	0.4	0.1	0	0	0	0	0	0	0	0	1	0
Canned vegetables																
Carrots	0	0	0.5	0	0.5	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	0.9	0	0	0	0	0	0	0	0	0	0	0	0	0
Hominy	0	0	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0
Mixed vegetables	0	0	0.6	0	0.2	0	0	0	0	0	0	0	0	0	0	0
Peas	0	0	0.6	0	0	0	0	0	0	0	0	0	0	0	0	0
Potatoes	0	0	0.6	0	0	0	0	0	0	0	0	0	0	0	0	0
Pumpkin	0	0	0.2	0	0.2	0	0	0	0	0	0	0	0	0	0	0
Spinach	0	0	0.8	0.8	0	0	0	0	0	0	0	0	0	0	0	0
Sweet potato	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0	0
Tomato sauce	0	0	0.5	0	0.5	0	0	0	0	0	0	0	0	2	0	0
Tomatoes	0	0	0.6	0	0.6	0	0	0	0	0	0	0	0	0	0	0
Fresh vegetables																
Asparagus	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0
Broccoli	0	0	0.8	0.8	0	0	0	0	0	0	0	0	0	0	0	0
Brussels sprouts	0	0	0.8	0	0	0	0	0	0	0	0	0	0	0	0	0
Cabbage	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Carrots	0	0	1.9	0	1.9	0	0	0	0	0	0	0	0	0	0	0
Cauliflower	0	0	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0
Celery	0	0	0.9	0	0	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0
Cucumbers	0	0	0.3	0	0	0	0	0	0	0	0	0	0	0	0	0
Green peppers	0	0	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Lettuce	0	0	1.2	1.2	0	0	0	0	0	0	0	0	0	0	0	0
Mixed vegetables	0	0	0.8	0	0.5	0	0	0	0	0	0	0	0	0	0	0
Onions	0	0	1.4	0	0	0	0	0	0	0	0	0	0	0	0	0
Potatoes	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Radishes	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Summer squash	0	0	0.6	0	0	0	0	0	0	0	0	0	0	0	0	0
Sweet potato	0	0	0.4	0	0.4	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	0	0	0.6	0	0.6	0	0	0	0	0	0	0	0	0	0	0
Turnips	0	0	0.7	0	0	0	0	0	0	0	0	0	0	0	0	0
Winter squash	0	0	0.3	0	0.3	0	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Spaghetti sauce																
Spaghetti sauce	0	0	0.6	0	0.6	0	0	0	0	0	0	0	0	2.3	0	0.1
Butter, oils																
Butter	0	0	0	0	0	0	0	0	0	0	0	0	0	0	58.3	0
Light buttery spread	0	0	0	0	0	0	0	0	0	0	0	0	0	38.2	38.2	0
Vegetable oil	0	0	0	0	0	0	0	0	0	0	0	0	0	215.5	0	0

4. Energy, Macronutrient, and Mineral Content of 2014 FDIIR Entitlement USDA Foods per Person, per Month, as Delivered

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturate d fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Cereal, dry																	
Farina	324.9	10.4	65.6	1.3	0.2	0.5	0	0	3.7	664.6	0.2	28.4	51.7	214.2	132.9	121.2	1.3
Oats	1972.2	68.9	354	33.9	5.8	11.6	0.6	0	51.7	355.6	2.3	21	743.6	2036.8	1810.5	138.7	19.4
Cereal, RTE																	
Bran flakes	185.4	5.8	46.2	1.5	0.2	0.7	0	0	9.8	29.5	0.3	35.2	78.2	293	293.5	260.6	29.3
Corn & rice squares	43.2	0.7	10.2	0.1	0	0	0	0	0.3	1.4	0	3.4	2.8	10.2	14.8	74.8	0.6
Corn flakes	323.1	6.8	76.1	0.3	0.1	0.2	0	0	2.9	6.3	0.2	26.2	35.3	92.3	151.9	862.3	0.9
Corn squares	150.5	2.6	34.6	1	0.2	0.5	0	0	2.3	131.4	0.1	11.8	10.6	52.5	79.3	432.5	4.9
Oat circles	217.4	6.9	42.1	3.9	0.9	1.4	0	0	5.4	230.6	0.2	19.1	73.5	276.7	368.5	390.2	9.6
Rice crisp	291.2	5.3	69	1	0.3	0.2	0	0	0.5	4	0.1	26.1	18.4	78.3	87.9	682.7	1
Cheese																	
Processed American	2631.8	154.4	72.3	192.1	112.8	6.2	0.9	670.7	0	12165.9	0.3	8.1	288.6	7258.8	2317.7	5669.6	18.5
Reduced fat processed American	528.5	40.2	32.2	26.6	17	1	0.1	114.1	0	1672.4	0.1	1.1	81.1	2795.3	750.6	4630.7	5.5
Canned fruit																	
Applesauce	86.1	0.3	23.1	0.2	0	0	0	0	2.3	8.2	0.1	0.5	6.1	10.2	151.7	0	0.1
Apricots	94.9	0.8	24.9	0.1	0	0	0	0	2.4	16.6	0.1	0.6	12.1	19.6	208	5.7	0.2
Cranberry sauce	87.8	0.1	22.6	0.1	0	0	0	0	0.6	2.3	0	0.1	1.7	3.5	15.1	28.4	0
Mixed fruit	167.8	1.2	43.9	0.2	0	0.1	0	0	2.9	17.7	0.2	0.9	14.7	32.4	262	12.9	0.3
Peaches	326.7	2.7	88	0.2	0	0.1	0	0	7.9	18.2	0.3	2.2	30.3	66.6	586.9	0	0.5
Pears	200.2	0.7	53.3	0.1	0	0	0	0	5.6	17.6	0.2	1	14	24.6	231.8	16.7	0.3
Dried fruit																	
Fruit-nut mix	285.1	9.3	21	20.7	2.8	8.1	0.4	0	4.1	43.1	0.5	1.5	77.9	245.9	401	3.9	1.6
Plums	59.9	0.5	16	0.1	0	0	0	0	1.8	10.7	0.1	0.2	10.2	17.2	182.8	0.5	0.1
Raisins	310.2	3.2	82.1	0.5	0.1	0	0	0	3.8	51.9	0.3	2	33.2	104.8	777	11.4	0.2
Fresh fruit																	
Apples	130.8	0.6	34.7	0.4	0	0	0	0	6	15.1	0	0.2	12.5	27.6	269.2	2.4	0
Cherries	3.9	0	1	0	0	0	0	0	0.1	0.8	0	0	0.7	1.3	13.8	0	0
Grapefruit	12.2	0.2	3.1	0	0	0	0	0	0.4	4.5	0	0	3.1	3.1	53.2	0	0
Grapes	40.7	0.5	10.7	0	0	0	0	0	0.6	6	0	0.2	4.2	11.8	112.7	1.2	0
Honeydew melon	2.7	0	0.7	0	0	0	0	0	0.1	0.5	0	0	0.8	0.8	17.4	1.4	0
Kiwi	1	0	0.2	0	0	0	0	0	0	0.5	0	0	0.3	0.5	5	0	0
Mixed fruit	164.2	2.4	41.5	0.7	0.2	0.2	0.1	0	6	50.5	0.2	0.7	37.9	50.5	628.2	6.3	0.3

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturate d fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Nectarines	5.1	0.1	1.2	0	0	0	0	0	0.2	0.7	0	0	1	3	23.2	0	0
Oranges	124.6	2.5	31.2	0.3	0	0	0	0	6.4	106.1	0.1	0.2	26.5	37.1	480	0	0.1
Peaches	6.8	0.2	1.7	0	0	0	0	0	0.3	1	0	0	1.6	3.5	33.2	0	0
Pears	40	0.2	10.7	0	0	0	0	0	2.2	6.4	0	0.1	5	8.5	81.5	0.7	0
Plums	5.5	0.1	1.4	0	0	0	0	0	0.2	0.7	0	0	0.8	1.9	18.9	0	0
Canned juice																	
Apple	449.4	1	110.4	1.3	0.2	0.3	0.1	0	2	78.2	0.1	1.2	48.8	68.4	986.8	39.4	0.2
Cranberry apple	277.2	0.9	69.1	0.7	0.1	0.2	0.1	0	1.1	61	0.1	0.6	38.8	49.9	532.1	22.2	0.3
Grape	344.7	2.5	84.4	0.8	0.2	0.1	0.1	0	1.1	63.2	0.1	1.5	61.4	82.7	690.7	20.3	0.5
Grapefruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Orange	522.3	7.2	123	1.3	0.1	0.2	0.1	0	3.2	117.3	0.4	1.4	117.3	181.2	1897.5	42.9	0.7
Tomato	48.3	2.2	12	0.1	0	0.1	0	0	1.1	28.4	0.2	1.2	31.3	51.1	650.8	11.7	0.4
Eggs																	
Dried egg mix	1218.3	78.1	52.6	75.7	22.6	15	0.4	2140.3	0	375.4	0.3	7.1	24.1	990	818.8	1291.3	6.1
Meat, poultry, fish																	
Canned beef	585.6	48.8	0	41.8	20.4	1.2	0.4	183.3	0	23.8	0.1	5.3	38.1	333.3	540.4	649.3	11.6
Canned beef stew	821.5	47.7	75.4	36.1	13.1	2.8	0.5	127.8	11	127.8	1	16.1	109.5	520.3	1880.3	3479	10.9
Canned chicken	203.7	27.9	1	8.9	2.4	1.8	0.1	55	0	15.4	0	1.4	20.9	168.3	168.3	297.8	2.7
Canned salmon	92.6	13.9	0	3.7	0.7	0.1	0	39.9	0	148.7	0	0.4	20.3	228.5	227.1	270.4	0.5
Canned tuna	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0.1	0.2	0
Canned turkey	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0.2	0.4	0
Frozen beef - ground	1750.2	171	0	113.4	43	2.5	0.4	609.7	0	186.5	0.6	18.4	150.6	1456.1	2381.5	582.3	43.2
Frozen beef - roast	456.1	78	0	13.5	4.9	0.5	0	204.8	0	30	0.2	7	43.7	603.6	830.3	140.7	12.6
Frozen bison - ground	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0.1	0	0
Frozen chicken - pieces	290.1	54.6	0	6.8	1.4	0.8	0	175.9	0	12.7	0.1	0.8	50.8	417.1	667.2	151.2	1.7
Frozen chicken - whole	119.2	21.7	0	3.1	0.7	0.4	0	77	0	5.9	0	0.4	20	165.2	253.3	67.1	0.9
Frozen ham	178.1	27.7	1.3	6.3	2.1	0.7	0.1	67.9	0	9	0.2	1.1	25.6	316.6	401.1	1477.6	2.9
Frozen pork - chops	65	9.6	0	2.7	1	0.3	0	27.4	0	2.4	0	0.2	10.8	98.8	154	34.3	0.7
Frozen turkey - breast	7.1	1.2	0.3	0.1	0	0	0	2.9	0	0.5	0	0.1	1.4	11	20.5	4.8	0.1
Milk																	
1% UHT milk	944.6	75.8	112.2	21.8	14.2	0.7	0	112.5	0	2811.4	0.2	0.7	247.4	2136.6	3373.6	989.6	9.4
Dry milk	290.9	28.5	42.4	0.6	0.4	0	0	14.6	0	1000.1	0	0.3	95.1	800.3	1385.2	446	3.6
Evaporated milk	1098.8	104.7	157.4	4.7	2.8	0	0	62.2	0	4021.8	0.3	4.1	374.4	2711.7	4605.4	1595.6	12.5
Canned beans																	
Black beans	65.5	4.1	12.3	0.2	0	0	0	0	4.2	27.9	0.1	1.4	24.9	76.6	218.7	56	0.4

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturate d fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Black-eyed peas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0
Kidney beans	208.5	14.3	37.5	0.8	0.1	0.2	0.3	0	12.2	46.3	0.4	4.8	74.5	233.3	663.6	199.7	1.8
Pinto beans	230.7	14.6	42.4	1.1	0.2	0.2	0.2	0	14.6	74.7	0.4	3.4	81.2	237.2	705.1	179.1	1.6
Refried beans	254.1	16	46.7	1.2	0.3	0.2	0.3	0	16.1	82.3	0.4	3.7	89.5	261.3	776.7	217.9	1.8
Vegetarian beans	136.2	6.9	30.6	0.5	0.1	0.1	0	0	5.9	49.3	0.2	1.7	39.1	107.2	324.6	159.8	3.3
Dried beans																	
Great northern beans	563.7	39.5	101.9	1.4	0.4	0.3	0.3	0	25.7	367.6	1.2	15	257.4	457.5	2279.4	24.5	5.6
Kidney beans	0.2	0	0	0	0	0	0	0	0	0	0	0	0.1	0.2	0.7	0	0
Lima beans	0.2	0	0	0	0	0	0	0	0	0	0	0	0.1	0.2	1	0	0
Pinto beans	1666.1	105.1	306.1	7.6	1.6	1.2	1.6	0	105.6	539.7	2.6	24.4	586.7	1713.1	5092.2	11.7	11.5
Nuts																	
Peanut butter	1544.4	65.9	51.4	132.3	27.6	37	0.2	0	15.8	112.9	1.2	4.9	404.5	940.3	1704.6	1247.6	7.6
Peanuts	538.3	25.2	13.7	47.2	7.8	13.6	0	0	8.4	54.8	0.5	1.4	158.2	356.7	652.4	6.4	2.9
Bakery mix																	
Lowfat bakery mix	1916.9	48.2	374.8	25	4.5	3.3	0.2	0	18.6	961.1	0.7	21.8	148.7	3361.3	748.7	4318.8	3.6
Cornmeal																	
Cornmeal	1724.3	33.1	370.3	8.2	1	3.8	0.1	0	18.2	14	0.4	20.3	149.1	461.4	661.8	20.4	3.1
Flour																	
White flour	8687.3	246.5	1821.2	23.4	3.8	9.3	0.5	0	64.4	358	3.3	110.7	525.1	2577.6	2553.7	47.7	16.7
Whole wheat flour	520	20.2	110.1	3.8	0.7	1.7	0.1	0	16.4	52	0.6	5.5	209.5	546	555.2	3.1	4
Dehydrated potatoes																	
Dehydrated potatoes	262.2	6.2	60.1	0.3	0.1	0.1	0	0	4.9	20	0.1	0.9	48.9	115.5	813.2	74.1	0.5
Grain products																	
Crackers	1367.3	30.9	241.4	28.7	6.5	11.8	1.4	0	9.4	386.4	0.5	16.7	81.2	360.5	2351.3	2490	2.7
Macaroni and cheese																	
Macaroni and cheese (dry mix)	1562.8	39.1	189.6	72.9	17.3	20.1	1.5	25.6	8.5	469.7	0.5	5.5	128.1	811.2	401.3	2858.9	3.6
Rice																	
White rice	1616.7	33.5	350.8	3.5	1	0.8	0.1	0	5	125.3	0.9	15	150.4	538.9	438.6	12.5	6.1
Spaghetti, macaroni																	
Egg noodles	910.9	30	166.3	13.7	2.8	3.5	0.2	192.8	8	79.8	0.7	9.7	139.6	505.3	252.6	33.2	4.3
Macaroni	1988.2	72.9	388.5	11.7	2.3	3.7	0.3	0	22.8	88.6	1.3	16.1	227.9	734.5	557.2	12.7	6.5
Spaghetti	2054.7	75.4	401.5	12.1	2.3	3.8	0.2	0	23.5	91.6	1.3	16.6	235.5	759	575.8	13.1	6.7
Whole grain rotini	132.4	5.7	28.4	0.6	0.1	0.2	0	0	3	16.1	0.2	1.1	32.3	94.7	47.3	3.2	0.9

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturate d fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Canned soup																	
Cream of chicken	178.6	8.4	23.7	5.3	2.7	0.5	0.1	23.2	0.7	215	0.1	0.4	19.8	188.5	684.6	1175.9	0.9
Cream of mushroom	122.3	2.1	10.5	8.2	1.5	3.9	0.5	0	1.2	24.5	0.1	0.3	6.1	36.7	97.8	1630.4	0.2
Tomato soup	60.8	1.4	14.2	0.4	0.1	0.1	0	0	1.1	14.7	0.1	0.6	14.7	29.5	525.4	349.4	0.2
Vegetable soup	62.7	1.8	12.7	0.6	0.1	0.2	0	0	1.8	29	0.1	0.8	16.1	46.7	289.6	311.4	0.4
Canned vegetables																	
Carrots	15.7	0.4	3.5	0.1	0	0.1	0	0	0.9	15.7	0.1	0.4	5	15.1	112.5	120.5	0.2
Corn	302.7	8.8	70.4	3.5	0.5	1.3	0	0	6.6	14.5	0.2	1.9	55.8	189.7	538.5	600.1	1.6
Green beans	76.1	4.6	15.4	1.3	0.3	0.3	0.4	0	9.1	137.7	0.1	3.2	47.1	76.1	384.1	650.4	0.8
Hominy	51.2	1.1	10.1	0.6	0.1	0.3	0	0	1.8	7.1	0	0.4	11.4	24.9	6.4	124.6	0.7
Mixed vegetables	42.9	1.6	8.5	0.2	0	0.1	0	0	3.6	24.3	0.1	0.8	17.4	42.9	160	169.6	0.6
Peas	97.8	6.3	17.8	0.5	0.1	0.2	0	0	5.8	28.3	0.1	1.3	24.1	94.9	245.1	233.4	1
Potatoes	68.4	1.5	15	0.2	0.1	0.1	0	0	2.6	5.5	0.1	1.4	15.4	30.9	252.7	171.7	0.3
Pumpkin	15.8	0.5	3.7	0.1	0.1	0	0	0	1.3	12.1	0.1	0.6	10.7	16.3	95.3	1.9	0.1
Spinach	20.5	2.5	3	0.4	0.1	0	0.2	0	2.1	113	0.2	2	67.6	39.1	307.8	98.1	0.4
Sweet potato	15.7	0.2	3.7	0	0	0	0	0	0.4	2.6	0	0.1	2.3	4.8	32.7	7.2	0
Tomato sauce	152.4	4.2	24.1	4.4	0.5	1.3	0.2	6	5.4	80.7	0.2	2.3	53.8	101.6	953.3	348.7	0.6
Tomatoes	52.1	2.4	12.2	0.4	0	0.1	0	0	3.1	95	0.3	3	33.7	58.2	576.3	357.6	0.4
Fresh vegetables																	
Asparagus	0.3	0	0.1	0	0	0	0	0	0	0.3	0	0	0.2	0.8	3.3	0.2	0
Avocados	11.4	0.1	0.6	1	0.2	0.1	0	0	0.5	0.9	0	0	2.1	3.7	34.7	0.5	0
Broccoli	7.3	0.5	1.5	0.1	0	0	0	0	0.6	9.2	0	0.1	4.4	14	63.9	7.8	0.1
Brussels sprouts	0.2	0	0	0	0	0	0	0	0	0.2	0	0	0.1	0.3	1.8	0.1	0
Cabbage	6.7	0.4	1.6	0	0	0	0	0	0.6	12.3	0	0.1	3.8	8.3	51.1	3.6	0.1
Carrots	37.7	0.9	8.7	0.2	0	0.1	0	0	2.8	31.3	0	0.3	10.9	32.2	274.5	62.9	0.2
Cauliflower	2.6	0.2	0.5	0	0	0	0	0	0.2	2	0	0	1.3	4.1	23.7	2.4	0
Celery	8	0.4	1.6	0.1	0	0	0	0	0.7	19.2	0	0.1	5.4	11.5	127	40	0.1
Corn	13.7	0.5	3	0.2	0	0.1	0	0	0.3	0.4	0	0.1	3.7	11.1	31.3	0.1	0.1
Cucumbers	0.9	0	0.2	0	0	0	0	0	0.1	1.1	0	0	0.9	1.6	10.3	0.2	0
Green peppers	6.7	0.2	1.6	0.1	0	0	0	0	0.4	2.6	0	0.1	2.8	5.3	47.2	0.7	0
Lettuce	4.5	0.3	0.9	0.1	0	0	0	0	0.7	14.6	0	0.2	4.7	8.2	76.9	5.9	0.1
Mixed vegetables	6.3	0.3	1.4	0	0	0	0	0	0.4	4.3	0	0.1	2.7	7	56.7	5.5	0
Onions	77.6	2.3	17.9	0.2	0	0	0	0	2.9	41.5	0	0.4	19.4	59.1	287.4	6.4	0.3
Potatoes	808.8	21.8	184.7	1.2	0.4	0.4	0.1	0	19.4	131.8	1.1	9.5	246.3	615.6	4668.8	87.9	3.1
Radishes	1.8	0.1	0.4	0	0	0	0	0	0.2	2.8	0	0	1.1	2.2	25.8	4.3	0

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturate d fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Summer squash	1.2	0.1	0.3	0	0	0	0	0	0.1	1.7	0	0	1.5	2.4	11.8	0.1	0
Sweet potato	7.6	0.1	1.7	0	0	0	0	0	0.3	3.3	0	0	2.2	4.6	40	3.1	0
Tomatoes	27.6	1.4	6.1	0.3	0	0	0	0	1.5	16.2	0	0.8	15.3	39.8	348.2	12.2	0.3
Turnips	0.6	0	0.1	0	0	0	0	0	0.1	0.8	0	0	0.2	0.7	4.8	0.4	0
Winter squash	0.7	0	0.2	0	0	0	0	0	0	0.4	0	0	0.2	0.3	4.2	0	0
Spaghetti sauce																	
Spaghetti sauce	169.4	4.7	26.8	4.9	0.6	1.4	0.3	6.6	6	89.7	0.3	2.6	59.8	113	1059.7	381.2	0.7
Butter, oils																	
Butter	614.3	0.7	0.1	69.5	44	2.3	0.3	184.2	0	20.5	0	0	1.7	20.5	20.5	549.8	0.1
Light buttery spread	390.1	0.6	0.8	43.4	10	12.2	2.1	0	0	6.9	0	0	1.1	5.7	39.1	698.6	0
Vegetable oil	3869.2	0	0	436.7	57.2	164.1	24.9	0	0	0	0	0.4	0	0	0	0	0

5. Vitamin Content of 2014 FDIPIR Entitlement USDA Foods per Person, per Month, as Delivered

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Cereal, dry										
Farina	0	0	0	0.3	0.7	0.4	11.1	0.4	0	110.8
Oats	0	0	0	2.3	1.9	0.6	5.2	0.6	0	129.3
Cereal, RTE										
Bran flakes	439.8	117.2	2	26.3	2.9	3.3	39	3.9	11.7	1320.9
Corn & rice squares	57.8	2.5	0.4	0	0.2	0.2	2.8	0.3	0.7	190.9
Corn flakes	443.4	19	3.2	0.1	1.3	1.4	16.2	1.6	4.8	527.6
Corn squares	375.9	11.8	1.9	0.1	1	0.6	6.5	0.8	3.1	440.6
Oat circles	569.1	12.4	2	0.4	0.8	0.8	12	1.4	3.9	690.6
Rice crisp	563.3	51.6	2.4	0	1.7	2.3	23.1	1.6	4.4	821.7
Cheese										
Processed American	2164.9	0	59.5	6.5	0.3	3.7	1.5	1	13	152.8
Reduced fat processed American	555.4	0	0	1.4	0.1	1.3	0.5	0.3	3.5	0
Canned fruit										
Applesauce	2	2	0	0.3	0.1	0.1	0.2	0.1	0	6.1
Apricots	99.5	4.1	0	0.9	0	0	0.5	0.1	0	3
Cranberry sauce	1.2	1.2	0	0.5	0	0	0.1	0	0	0.6
Mixed fruit	29.4	5.6	0	1.5	0.1	0.1	1.1	0.1	0	8.8
Peaches	108.9	14.5	0	3	0.1	0.2	3.6	0.1	0	18.2
Pears	0	2.5	0	0.3	0	0.1	0.5	0	0	3.5
Dried fruit										
Fruit-nut mix	0	0.7	0	4.7	0.1	0.1	3.4	0.2	0	52.1
Plums	9.7	0.1	0	0.1	0	0	0.5	0.1	0	1
Raisins	0	2.4	0	0.1	0.1	0.1	0.8	0.2	0	5.2
Fresh fruit										
Apples	7.5	11.5	0	0.4	0	0	0.2	0	0	7.5
Cherries	0.1	0.4	0	0	0	0	0	0	0	0.3
Grapefruit	17.6	13.2	0	0	0	0	0.1	0	0	3.9
Grapes	1.7	1.8	0	0.1	0	0	0.1	0	0	1.2
Honeydew melon	0.2	1.4	0	0	0	0	0	0	0	1.4
Kiwi	0.1	1.5	0	0	0	0	0	0	0	0.4
Mixed fruit	69.5	89.7	0	0.5	0.2	0.1	1.2	0.3	0	53.7

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Nectarines	2	0.6	0	0.1	0	0	0.1	0	0	0.6
Oranges	29.2	141.1	0	0.5	0.2	0.1	0.7	0.1	0	79.5
Peaches	2.8	1.2	0	0.1	0	0	0.1	0	0	0.7
Pears	0.7	3	0	0	0	0	0	0	0	5
Plums	2	1.1	0	0	0	0	0.1	0	0	0.6
Canned juice										
Apple	0	378.2	0	0.1	0.2	0.2	0.7	0.2	0	0
Cranberry apple	0	133.3	0	0.1	0.1	0.1	0.5	0.1	0	0
Grape	0	153	0	0	0.1	0.1	0.9	0.2	0	10.7
Grapefruit	0	0	0	0	0	0	0	0	0	0
Orange	21.3	308.5	0	2.1	0.5	0.4	3	0.9	0	202.5
Tomato	65.3	14	0	0.9	0.1	0.1	1.9	0.3	0	56.8
Eggs										
Dried egg mix	256.8	0	16.2	4.5	0.3	2.4	0.5	0.4	5.1	227.2
Meat, poultry, fish										
Canned beef	0	0	0	4.7	0	0.4	10.3	0.4	3.9	4.8
Canned beef stew	374.2	29.2	0	2.6	0.6	0.5	12.2	1.1	3.9	127.8
Canned chicken	58.4	0	0.1	0.3	0	0.1	2.6	0.2	1.1	2.2
Canned salmon	16.9	0	10.1	0.7	0	0.1	4.6	0.2	3.1	8.8
Canned tuna	0	0	0	0	0	0	0	0	0	0
Canned turkey	0	0	0	0	0	0	0	0	0	0
Frozen beef - ground	0	0	1.4	3.2	0.3	1.3	39.3	2.5	18.9	64.6
Frozen beef - roast	2.7	0	0	0.8	0.2	0.6	17.5	1.6	4.8	19.1
Frozen bison - ground	0	0	0	0	0	0	0	0	0	0
Frozen chicken - pieces	14.5	0	0	1.1	0.1	0.4	18	1.6	0.3	12.7
Frozen chicken - whole	5.9	0	0	0.4	0.1	0.2	6.6	0.6	0.2	4.4
Frozen ham	7.7	0	1	0.3	0.7	0.3	6.7	0.6	0.7	3.8
Frozen pork - chops	0.3	0	0.1	0.1	0.2	0.1	2.9	0.2	0.2	0
Frozen turkey - breast	0.7	0.4	0	0	0	0	0	0	0	0.3
Milk										
1% UHT milk	1304.5	0	27	0.2	0.4	4.3	2	0.9	10.6	112.5
Dry milk	576	4.5	8.9	0	0.3	1.4	0.7	0.3	3.2	40.6
Evaporated milk	1625.5	16.9	27.8	0	0.7	4.3	2.4	0.8	3.3	124.8
Canned beans										
Black beans	0	0	0	0.4	0.1	0	0.3	0	0	43.6

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Black-eyed peas	0	0	0	0	0	0	0	0	0	0
Kidney beans	0	2	0	0	0.3	0.1	1	0.2	0	213.5
Pinto beans	0	1.3	0	1.5	0.3	0.1	0.5	0.4	0	277.8
Refried beans	0	1.4	0	1.7	0.3	0.1	0.6	0.4	0	306
Vegetarian beans	7.2	0	0	0.2	0.1	0.1	0.6	0.1	0	15.9
Dried beans										
Great northern beans	0	0	0	3.8	0.5	0.2	0.6	0.4	0	330.9
Kidney beans	0	0	0	0	0	0	0	0	0	0.2
Lima beans	0	0	0	0	0	0	0	0	0	0.2
Pinto beans	0	9.4	0	11	2.2	0.7	3.8	2.7	0	2006.4
Nuts										
Peanut butter	0	0	0	23.6	0.2	0.3	35.2	1.4	0	194.4
Peanuts	0	0.7	0	6.2	0.1	0.1	12.4	0.4	0	107.8
Bakery mix										
Lowfat bakery mix	0	0	0	0	2.6	2	28.2	0.4	0	1004.4
Cornmeal										
Cornmeal	43.6	0	0	0.6	1.9	1.6	20.8	0.7	0	1014.8
Flour										
White flour	0	0	0	1.4	14.1	10.5	126.7	1	0	4514.3
Whole wheat flour	0	0	0	1.1	0.6	0.2	6.8	0.6	0	43.7
Dehydrated potatoes										
Dehydrated potatoes	0.7	60	0	0	0.7	0.1	4.6	0.6	0	34.1
Grain products										
Crackers	0	0	0	3.6	2	1.1	17	0.2	0.3	717.8
Macaroni and cheese										
Macaroni and cheese (dry mix)	683.1	1.7	1.7	6.9	1.8	1.4	6.7	0.3	2.4	623.4
Rice										
White rice	0	0	0	0.5	2	0.1	18.4	1.1	0	1203.1
Spaghetti, macaroni										
Egg noodles	39.9	0	0.7	1.1	1.9	0.9	13.8	0.3	0.6	910.9
Macaroni	0	0	0	0.8	3.4	1.8	21.3	0.6	0	1494.3
Spaghetti	0	0	0	0.7	3.5	1.8	22	0.6	0	1544.3
Whole grain rotini	0	0	0	0.3	0.1	0.1	0.8	0.1	0	5.4

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Canned soup										
Cream of chicken	129	0	2	0.2	0.1	0.3	1.2	0.1	0.7	13.2
Cream of mushroom	3.1	0	0.3	0.8	0	0	0.5	0	0	3.1
Tomato soup	18.4	12	0	0.3	0	0	0.8	0.1	0	0
Vegetable soup	83.7	1.1	0	0.3	0	0.1	0.9	0.1	0	11.3
Canned vegetables										
Carrots	350.7	1.7	0	0.5	0	0	0.3	0.1	0	5.7
Corn	10.2	9.3	0	0.3	0	0.2	3	0.3	0	141.6
Green beans	65.2	9.8	0	0.1	0.1	0.2	0.8	0.1	0	101.5
Hominy	0	0	0	0	0	0	0	0	0	0.7
Mixed vegetables	675.8	4.4	0	0.3	0	0	0.6	0.1	0	20.9
Peas	38.3	13.6	0	0	0.2	0.1	1	0.1	0	62.3
Potatoes	0	5.3	0	0.1	0.1	0	1	0.2	0	6.6
Pumpkin	360.4	1.9	0	0.5	0	0	0.2	0	0	5.1
Spinach	436	12.1	0	1.7	0	0.1	0.3	0.1	0	82.7
Sweet potato	66.6	1.9	0	0.2	0	0	0.1	0	0	1.2
Tomato sauce	98.6	6	0	7.2	0.1	0.2	11.7	0.5	0	38.8
Tomatoes	18.4	28.5	0	2.1	0.1	0.1	2.2	0.4	0	24.5
Fresh vegetables										
Asparagus	0.8	0.1	0	0	0	0	0	0	0	2.2
Avocados	0.5	0.7	0	0.1	0	0	0.1	0	0	5.8
Broccoli	11.4	16.2	0	0.2	0	0	0.1	0	0	17.9
Brussels sprouts	0.2	0.4	0	0	0	0	0	0	0	0.3
Cabbage	1.3	10.3	0	0	0	0	0.1	0	0	10.2
Carrots	833.6	4.7	0	0.9	0	0	0.8	0.2	0	16.3
Cauliflower	0.1	5	0	0	0	0	0	0	0	5.4
Celery	11.2	2.2	0	0.1	0	0	0.2	0	0	16.1
Corn	1.9	0.8	0	0	0	0	0.2	0	0	3.3
Cucumbers	0.3	0.2	0	0	0	0	0	0	0	1.1
Green peppers	5.7	21.4	0	0.1	0	0	0.1	0.1	0	3.6
Lettuce	65.1	2.7	0	0.2	0	0	0.1	0	0	30.3
Mixed vegetables	37.3	4.1	0	0.1	0	0	0.1	0	0	4.3
Onions	0	11.7	0	0	0	0	0.2	0.2	0	31.5
Potatoes	8.7	83.5	0	0.4	0.5	0.5	12.3	2.7	0	246.3
Radishes	0	1.6	0	0	0	0	0	0	0	2.8

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Summer squash	0.7	0.3	0	0	0	0	0	0	0	1.2
Sweet potato	80.7	1.7	0	0	0	0	0.1	0	0	0.4
Tomatoes	50.7	27.9	0	0.8	0	0	0.8	0	0	21.5
Turnips	0	0.3	0	0	0	0	0	0	0	0.2
Winter squash	4.6	0.2	0	0	0	0	0	0	0	0.4
Spaghetti sauce										
Spaghetti sauce	109.6	6.6	0	8	0.1	0.2	13	0.6	0	43.2
Butter, oils										
Butter	586.1	0	1.3	2	0	0	0	0	0.1	2.6
Light buttery spread	1492.5	0.1	1.8	15.5	0	0	0	0	0.1	1.1
Vegetable oil	0	0	0	53.6	0	0	0	0	0	0

6. Food Group Content of 2014 FDIPIR Entitlement USDA Foods per Person, per Month, as Delivered

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Cereal, dry																
Farina	0	0	0	0	0	0	3.2	0	0	0	0	0	0	0	0	0
Oats	0	0	0	0	0	0	18.4	18.4	0	0	0	0	0	0	0	0
Cereal, RTE																
Bran flakes	0	0	0	0	0	0	1.6	0.8	0	0	0	0	0	0	0	2.6
Corn & rice squares	0	0	0	0	0	0	0.4	0	0	0	0	0	0	0	0	0.3
Corn flakes	0	0	0	0	0	0	2.7	0	0	0	0	0	0	0	0	1.2
Corn squares	0	0	0	0	0	0	1.1	0.6	0	0	0	0	0	0	0	0.7
Oat circles	0	0	0	0	0	0	1.9	1.9	0	0	0	0	0	0	0	0.3
Rice crisp	0	0	0	0	0	0	2.6	0	0	0	0	0	0	0	0	1.4
Cheese																
Processed American	0	0	0	0	0	0	0	0	0	0	0	0	30	0	147.2	0
Reduced fat processed American	0	0	0	0	0	0	0	0	0	0	0	0	5.2	0	18.7	0
Canned fruit																
Applesauce	0.8	0.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apricots	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	3.7
Cranberry sauce	0.3	0.3	0	0	0	0	0	0	0	0	0	0	0	0	0	8.7
Mixed fruit	0.8	0.8	0	0	0	0	0	0	0	0	0	0	0	0	0	2.6
Peaches	1.6	1.6	0	0	0	0	0	0	0	0	0	0	0	0	0	8
Pears	0.9	0.9	0	0	0	0	0	0	0	0	0	0	0	0	0	4.8
Dried fruit																
Fruit-nut mix	0.2	0.2	0	0	0	0	0	0	2.8	0	0	2.8	0	13.4	0	0
Plums	0.3	0.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Raisins	1.4	1.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fresh fruit																
Apples	2.2	2.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cherries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grapefruit	0.2	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grapes	0.5	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Honeydew melon	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Kiwi	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mixed fruit	2.3	2.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Nectarines	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oranges	1.3	1.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peaches	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pears	0.4	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Plums	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Canned juice																
Apple	3.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cranberry apple	2.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grape	2.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grapefruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Orange	4.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tomato	0	0	1.2	0	1.2	0	0	0	0	0	0	0	0	0	0	0
Eggs																
Dried egg mix	0	0	0	0	0	0	0	0	16.3	0	0	0	0	0	51.7	0
Meat, poultry, fish																
Canned beef	0	0	0	0	0	0	0	0	7.7	0	7.7	0	0	0	17.3	0
Canned beef stew	0	0	3	0	1	0	0	0	5.3	0	5.3	0	0	3.8	20.9	0
Canned chicken	0	0	0	0	0	0	0	0	3.9	0	0	0	0	0	0	0
Canned salmon	0	0	0	0	0	0	0	0	2.4	2.4	0	0	0	0	0	0
Canned tuna	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Canned turkey	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen beef - ground	0	0	0	0	0	0	0	0	23.2	0	23.2	0	0	0	52.2	0
Frozen beef - roast	0	0	0	0	0	0	0	0	9.6	0	9.6	0	0	0	0	0
Frozen bison - ground	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen chicken - pieces	0	0	0	0	0	0	0	0	6.3	0	0	0	0	0	0	0
Frozen chicken - whole	0	0	0	0	0	0	0	0	2.6	0	0	0	0	0	0	0
Frozen ham	0	0	0	0	0	0	0	0	4.5	0	0	0	0	0	0	0
Frozen pork - chops	0	0	0	0	0	0	0	0	1.2	0	1.2	0	0	0	0	0
Frozen turkey - breast	0	0	0	0	0	0	0	0	0.2	0	0	0	0	0	0	0
Milk																
1% UHT milk	0	0	0	0	0	0	0	0	0	0	0	0	9.2	0	8.1	0
Dry milk	0	0	0	0	0	0	0	0	0	0	0	0	3.2	0	0	0
Evaporated milk	0	0	0	0	0	0	0	0	0	0	0	0	11.1	0	1.7	0
Canned beans																
Black beans	0	0	0	0	0	0.3	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Black-eyed peas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Kidney beans	0	0	0	0	0	0.9	0	0	0	0	0	0	0	0	0	0
Pinto beans	0	0	0	0	0	0.9	0	0	0	0	0	0	0	0	0	0
Refried beans	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
Vegetarian beans	0	0	0.1	0	0.1	0.5	0	0	0	0	0	0	0	0	0	2.2
Dried beans																
Great northern beans	0	0	0	0	0	2.3	0	0	0	0	0	0	0	0	0	0
Kidney beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lima beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pinto beans	0	0	0	0	0	6.7	0	0	0	0	0	0	0	0	0	0
Nuts																
Peanut butter	0	0	0	0	0	0	0	0	16.4	0	0	16.4	0	89.2	3.9	1.3
Peanuts	0	0	0	0	0	0	0	0	6.3	0	0	6.3	0	30.5	0	0
Bakery mix																
Lowfat bakery mix	0	0	0	0	0	0	23.4	0	0	0	0	0	0.4	0	77.5	11.2
Cornmeal																
Cornmeal	0	0	0	0	0	0	29.1	0	0	0	0	0	0	0	0	0
Flour																
White flour	0	0	0	0	0	0	149.2	0	0	0	0	0	0	0	0	0
Whole wheat flour	0	0	0	0	0	0	9.6	9.6	0	0	0	0	0	0	0	0
Dehydrated potatoes																
Dehydrated potatoes	0	0	2.5	0	0	0	0	0	0	0	0	0	0	0	0	0
Grain products																
Crackers	0	0	0	0	0	0	17.9	0	0	0	0	0	0	20.1	4.5	0
Macaroni and cheese																
Macaroni and cheese (dry mix)	0	0	0	0	0	0	6.5	0	0	0	0	0	1.1	29.4	42.6	0
Rice																
White rice	0	0	0	0	0	0	15.3	0	0	0	0	0	0	0	0	0
Spaghetti, macaroni																
Egg noodles	0	0	0	0	0	0	7.5	0	0.9	0	0	0	0	0	2.7	0
Macaroni	0	0	0	0	0	0	17.7	0	0	0	0	0	0	0	0	0
Spaghetti	0	0	0	0	0	0	18.3	0	0	0	0	0	0	0	0	0
Whole grain rotini	0	0	0	0	0	0	1.5	1.5	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Canned soup																
Cream of chicken	0	0	0	0	0	0	0.4	0	0.3	0	0	0	0.7	0	3.7	0
Cream of mushroom	0	0	0.1	0	0	0	0.6	0	0	0	0	0	0	0	8.2	0
Tomato soup	0	0	0.3	0	0.3	0	0.2	0	0	0	0	0	0	0	0	0.7
Vegetable soup	0	0	0.4	0	0.2	0.1	0	0	0	0	0	0	0	0	0.6	0
Canned vegetables																
Carrots	0	0	0.4	0	0.4	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	2.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	2.7	0	0	0	0	0	0	0	0	0	0	0	0	0
Hominy	0	0	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0
Mixed vegetables	0	0	0.8	0	0.3	0	0	0	0	0	0	0	0	0	0	0
Peas	0	0	0.9	0	0	0	0	0	0	0	0	0	0	0	0	0
Potatoes	0	0	0.7	0	0	0	0	0	0	0	0	0	0	0	0	0
Pumpkin	0	0	0.2	0	0.2	0	0	0	0	0	0	0	0	0	0	0
Spinach	0	0	0.5	0.5	0	0	0	0	0	0	0	0	0	0	0	0
Sweet potato	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0	0
Tomato sauce	0	0	1.2	0	1.2	0	0	0	0	0	0	0	0	4.4	0	0
Tomatoes	0	0	1.3	0	1.3	0	0	0	0	0	0	0	0	0	0	0
Fresh vegetables																
Asparagus	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Avocados	0	0	0	0	0	0	0	0	0	0	0	0	0	0.9	0	0
Broccoli	0	0	0.2	0.2	0	0	0	0	0	0	0	0	0	0	0	0
Brussels sprouts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cabbage	0	0	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Carrots	0	0	0.8	0	0.8	0	0	0	0	0	0	0	0	0	0	0
Cauliflower	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0
Celery	0	0	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0
Cucumbers	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0
Green peppers	0	0	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Lettuce	0	0	0.2	0.2	0	0	0	0	0	0	0	0	0	0	0	0
Mixed vegetables	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0	0
Onions	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Potatoes	0	0	7.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Radishes	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Summer squash	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sweet potato	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	0	0	0.8	0	0.8	0	0	0	0	0	0	0	0	0	0	0
Turnips	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Winter squash	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spaghetti sauce																
Spaghetti sauce	0	0	1.4	0	1.4	0	0	0	0	0	0	0	0	4.9	0	0.3
Butter, oils																
Butter	0	0	0	0	0	0	0	0	0	0	0	0	0	0	69.5	0
Light buttery spread	0	0	0	0	0	0	0	0	0	0	0	0	0	21.7	21.7	0
Vegetable oil	0	0	0	0	0	0	0	0	0	0	0	0	0	436.7	0	0

APPENDIX H. NUTRIENT CONTENT OF THE FOOD PACKAGES IN THE NATIONAL SCHOOL LUNCH PROGRAM (NSLP)

1. Energy, Macronutrient, and Mineral Content of 2014 NSLP Entitlement USDA Foods per Person, per Month, as Offered

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Cereal, dry																	
Grits	440	9.2	95	2.1	0.4	1	0	0	5.9	39.1	0.1	3.5	48.8	127.1	156.5	36.1	1
Oats	349.2	12.1	62.7	5.9	1.1	2.1	0	0	9.1	63	0.3	3.8	131.7	360.8	320.6	24.6	3.5
Cheese																	
Cheddar	130.2	8.1	0.6	10.6	6.9	0	0	34	0	233.3	0	0	9	165.6	31.6	208	1.2
Light mozzarella	124	10.6	1.6	8.2	4.4	0.2	0	22.1	0	300.1	0	0.1	10.7	215.1	39	249.3	1.3
Natural American	21.4	1.3	0.1	1.8	1.1	0	0	5.6	0	38.3	0	0	1.5	27.2	5.2	33	0.2
Part skim mozzarella	115.2	9.9	1.5	7.7	4.3	0	0	20.6	0	278.9	0	0	9.9	200	36.4	240.1	1.1
Processed American	122.3	7.1	3.3	8.9	5.3	0.3	0	31.1	0	565.3	0	0.3	13.4	337.3	107.7	375.7	0.9
Reduced fat cheddar	117.6	10.4	1.5	7.7	4.8	0.3	0	28.9	0	289.6	0	0	10.2	198	24	271.8	1.7
Reduced fat processed American	77.3	5.9	4.7	3.9	2.4	0.2	0	16.7	0	244.5	0	0.2	11.8	408.8	109.7	470.4	0.8
Canned fruit																	
Apples	0.9	0	0.2	0	0	0	0	0	0	0.1	0	0	0.1	0.1	1.6	0.2	0
Applesauce	2.6	0	0.7	0	0	0	0	0	0	0.2	0	0	0.2	0.3	4.6	0.1	0
Apricots	3.7	0	0.9	0	0	0	0	0	0	0.8	0	0	0.4	0.8	8.1	0.2	0
Cherries	1.9	0	0.5	0	0	0	0	0	0.1	0.6	0	0.1	0.3	0.5	5.3	1.3	0
Cranberry sauce	45.1	0.1	11.6	0	0	0	0	0	0.3	1.2	0	0.1	0.9	1.8	7.8	14.9	0
Mixed fruit	5.4	0	1.4	0	0	0	0	0	0	0.6	0	0	0.4	1	8.4	0.6	0
Peaches	3.8	0	1	0	0	0	0	0	0	0.2	0	0	0.4	0.8	6.9	0.5	0
Pears	5.4	0	1.2	0	0	0	0	0	0	0.6	0	0	0.6	0.6	6.4	0.6	0
Canned juice																	
Orange	95.5	1.3	22.5	0.3	0	0	0	0	0.6	21.5	0.1	0.3	21.5	33.1	347	1.5	0.1
Dried fruit																	
Cherries	2	0	0.5	0	0	0	0	0	0	0.2	0	0	0.1	0.2	2.3	0.1	0
Dates	1.6	0	0.4	0	0	0	0	0	0	0.2	0	0	0.3	0.4	3.8	0	0
Fruit-nut mix	4.9	0.1	0.7	0.2	0	0.1	0	0	0.1	0.8	0	0	1.1	3.2	9.8	0.1	0
Raisins	6.4	0	1.7	0	0	0	0	0	0	1	0	0	0.7	2.2	16.1	0.2	0
Fresh fruit																	
Apples	3.7	0	0.9	0.1	0	0	0	0	0	0	0	0	0	0.7	6.3	0.2	0
Apricots	1.2	0	0.3	0	0	0	0	0	0.1	0.3	0	0	0.3	0.6	6.5	0	0
Asian pear	5.8	0.1	1.5	0	0	0	0	0	0.5	0.6	0	0	1.1	1.5	16.8	0	0
Avocados	8.3	0.1	0.4	0.8	0.1	0.1	0	0	0.3	0.6	0	0	1.5	2.7	25.1	0.4	0

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Banana	7.6	0.1	1.9	0	0	0	0	0	0.2	0.4	0	0	2.3	1.9	30.5	0.1	0
Blackberries	0.8	0	0.2	0	0	0	0	0	0.1	0.5	0	0	0.4	0.4	3	0	0
Blueberries	0.8	0	0.2	0	0	0	0	0	0	0.1	0	0	0.1	0.2	1.1	0	0
Cantaloupe	2.9	0.1	0.7	0	0	0	0	0	0.1	0.7	0	0	1	1.3	23.3	1.4	0
Cherries	0.8	0	0.2	0	0	0	0	0	0	0.2	0	0	0.1	0.3	2.7	0	0
Clementine	3.5	0.1	0.9	0	0	0	0	0	0.1	2.4	0	0	0.8	1.3	11	0.1	0
Grapefruit	3.4	0.1	0.9	0	0	0	0	0	0.1	1.3	0	0	0.8	0.8	14.7	0	0
Grapes	5.8	0	1.5	0	0	0	0	0	0	0.8	0	0	0.6	1.7	15.8	0.2	0
Honeydew melon	2.4	0	0.6	0	0	0	0	0	0	0.4	0	0	0.7	0.7	15.2	1.2	0
Kiwi	5.3	0.1	1.3	0	0	0	0	0	0.3	3	0	0	1.5	3	27.2	0.3	0
Kumquat	4.4	0.1	1	0.1	0	0	0	0	0.4	3.9	0	0.1	1.3	1.2	11.6	0.6	0
Lemon	0.8	0	0.3	0	0	0	0	0	0	0.2	0	0	0.2	0.3	3.9	0	0
Mango	1	0	0.2	0	0	0	0	0	0	0.2	0	0	0.2	0.2	2.7	0	0
Mixed fruit	1.8	0	0.5	0	0	0	0	0	0	0.6	0	0	0.2	0.5	6.1	0.2	0
Nectarine	5.4	0.1	1.3	0	0	0	0	0	0.2	0.7	0	0	1.1	3.2	24.5	0	0
Orange	3.2	0	0.8	0	0	0	0	0	0.2	2.8	0	0	0.6	0.9	12.4	0	0
Oranges	4.4	0.1	1.1	0	0	0	0	0	0.2	3.7	0	0	0.9	1.3	16.8	0	0
Papaya	4.1	0	1	0	0	0	0	0	0.2	1.9	0	0	2	0.9	17.2	0.8	0
Peaches	1.6	0	0.4	0	0	0	0	0	0.1	0.2	0	0	0.4	0.8	7.9	0	0
Pears	7.9	0	2.1	0	0	0	0	0	0.5	1.3	0	0	0.9	1.7	16.3	0	0
Pineapple	3.2	0	0.8	0	0	0	0	0	0.1	0.8	0	0	0.8	0.5	6.9	0	0
Plums	6.2	0.1	1.5	0	0	0	0	0	0.2	0.8	0	0	0.9	2.2	21.1	0	0
Pomegranate	7.7	0.2	1.7	0.1	0	0	0	0	0.4	0.9	0	0	1.1	3.3	21.9	0.3	0
Raspberries	1.2	0	0.3	0	0	0	0	0	0.2	0.6	0	0	0.5	0.7	3.5	0	0
Starfruit	1.6	0.1	0.4	0	0	0	0	0	0.1	0.2	0	0	0.5	0.6	7.1	0.1	0
Strawberries	0.8	0	0.2	0	0	0	0	0	0	0.4	0	0	0.3	0.6	3.8	0	0
Tangelo	8.5	0.2	2.1	0	0	0	0	0	0.4	7.2	0	0	1.8	2.5	32.6	0	0
Tangerine	6.7	0.1	1.7	0	0	0	0	0	0.2	4.7	0	0	1.5	2.5	21	0.3	0
Watermelon	4.4	0	1.1	0	0	0	0	0	0	1.1	0	0	1.5	1.6	16.6	0.2	0
Frozen fruit																	
Apples	5.5	0	1.5	0	0	0	0	0	0.3	0.6	0	0	0.5	1.2	11.3	0.4	0
Apricots	4.1	0	1	0	0	0	0	0	0	0.4	0	0	0.3	0.8	9.6	0	0
Blueberries	2.8	0	0.7	0	0	0	0	0	0.1	0.4	0	0	0.3	0.7	3.1	0	0
Cherries	2.5	0	0.6	0	0	0	0	0	0	0.7	0	0	0.5	0.8	6.7	0	0
Peaches	4.5	0	1.2	0	0	0	0	0	0	0.2	0	0	0.2	0.5	6.2	0.2	0
Strawberries	4.5	0	1.2	0	0	0	0	0	0	0.9	0	0	0.5	0.8	7.5	0	0
Frozen juice																	
Orange juice	125.2	1.7	29.5	0.3	0	0.1	0	0	0.8	28.1	0.1	0.3	28.1	43.4	454.8	2	0.2

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Orange juice concentrate	187.2	2.8	44.9	0.2	0	0	0	0	0.9	37.7	0.2	0.4	40	67.1	793.4	6.5	0.2
Bakery mix																	
Lowfat bakery mix	162	4.1	31.7	2.1	0.4	0.3	0	0	1.6	81.2	0.1	1.8	12.6	284.1	63.3	365.1	0.3
Cornmeal																	
Cornmeal	319.5	6.2	68.6	1.6	0.2	0.7	0	0	3.3	2.6	0	3.8	27.6	85.5	122.6	3.8	0.6
Dehydrated potatoes																	
Dehydrated potatoes	254.5	6	58.3	0.3	0.1	0.1	0	0	4.7	19.4	0.1	0.9	47.4	112.1	789.3	71.9	0.5
Flour																	
Bread flour	139.7	4	29.3	0.5	0	0	0	0	1.1	5.9	0	1.8	8.5	41.5	40.9	0.7	0.2
Masa	145.6	3.7	30.4	1.5	0.2	0.7	0	0	2.6	54.3	0.1	3	37.1	85.4	104.9	2	0.7
White flour	433	12.7	89.5	1.5	0	0.7	0	0	3	21.6	0	6.4	31.2	127.1	144	2.4	1.2
Whole wheat flour	532.8	20.8	112.8	3.9	0.8	1.7	0	0	16.8	53.3	0.7	5.6	214.7	559.4	568.8	3.1	4.1
Grain products																	
Whole grain pancakes	96.6	3.3	12.2	4.3	0.9	1.4	0.2	21.9	1.4	82.7	0.1	0.7	21.5	97.5	92	171.4	0.5
Rice																	
Brown rice	356.5	8.2	74	3	0.6	1	0	0	5.7	32.4	0.4	1.4	139.2	269	139.2	16.2	2
White rice	370	7.6	80.2	0.7	0	0	0	0	1.1	28.7	0	3.5	34.5	123.4	100.3	2.9	1.4
Spaghetti, macaroni																	
Macaroni	137.1	5	26.8	0.8	0.2	0.3	0	0	1.6	6.1	0.1	1.1	15.7	50.6	38.4	0.9	0.4
Rotini	130	4.8	25.4	0.8	0.1	0.2	0	0	1.5	5.8	0.1	1.1	14.9	48	36.4	0.8	0.4
Spaghetti	157	5.8	30.7	0.9	0.2	0.3	0	0	1.8	7	0.1	1.3	18	58	44	1	0.5
Whole grain macaroni	111.7	4.8	24	0.5	0.1	0.2	0	0	2.5	13.6	0.2	1	27.2	79.9	40	2.7	0.7
Whole grain rotini	107.8	4.6	23.1	0.5	0.1	0.2	0	0	2.5	13.2	0.1	0.9	26.3	77.2	38.6	2.6	0.7
Whole grain spaghetti	118.1	5.1	25.3	0.5	0.1	0.2	0	0	4.3	14.4	0.2	1	28.8	84.5	42.2	2.9	0.8
Tortillas																	
Whole grain tortillas	183.6	5.8	27.2	5.8	2.9	0.6	0	0	5.8	144.5	0.2	1.6	50.4	205	155.2	457.8	1.1
Canned beans																	
Black beans	14.1	0.9	2.6	0	0	0	0	0	0.9	6	0	0.3	5.3	16.5	47	12.7	0.1
Black-eyed peas	7.1	0.2	1.5	0	0	0	0	0	0.4	9.4	0	0.1	3.8	3.8	30.7	8.6	0.1
Garbanzo beans	15.6	0.8	2.6	0.3	0	0.1	0	0	0.7	4.2	0	0.2	3.7	13.4	26.3	10.1	0.1
Great northern beans	8.1	0.6	1.5	0	0	0	0	0	0.4	5.3	0	0.2	3.7	6.6	32.8	0.1	0.1
Kidney beans	18.5	1.3	3.3	0.1	0	0	0	0	1.1	4.1	0	0.4	6.6	20.8	59	16.1	0.2
Lima beans	17.7	1	3.4	0	0	0	0	0	0.8	4.6	0	0.4	10.7	18.7	82.3	16.8	0.1
Pink beans	3.2	0.2	0.6	0	0	0	0	0	0.1	1.1	0	0	1.4	3.6	11	3.6	0
Pinto beans	4.2	0.3	0.8	0	0	0	0	0	0.3	1.4	0	0.1	1.5	4.3	12.9	4.9	0
Red beans	15.2	1	2.7	0.1	0	0	0	0	0.9	3.4	0	0.4	5.4	17	48.2	13.5	0.1
Refried beans	23.6	1	3.1	0.9	0.2	0.2	0	0.3	1	6.1	0	0.3	6.4	19	57.9	17.8	0.1

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Vegetarian beans	18.7	0.9	4.2	0.1	0	0	0	0	0.8	6.7	0	0.2	5.4	14.7	44.5	21.4	0.5
Dried beans																	
Garbanzo beans	46.5	2.5	7.7	0.8	0.1	0.3	0	0	2.2	12.4	0.1	0.6	11.1	39.8	78.2	3.6	0.4
Great northern beans	18.3	1.3	3.3	0	0	0	0	0	0.8	12	0	0.5	8.4	14.9	74.1	0.8	0.2
Lentils	52.1	4.1	9.1	0.2	0	0.1	0	0	3.6	8.6	0.1	1.5	16.3	81.1	166.2	0.9	0.6
Navy beans	40	2.8	7.2	0.1	0	0	0	0	1.8	26.1	0.1	1.1	18.3	32.5	161.9	1.7	0.4
Pea, southern	4.1	0.3	0.7	0	0	0	0	0	0.2	0.8	0	0.1	1.9	5.5	9.7	0.1	0
Pinto beans	31.7	2	5.8	0.1	0	0	0	0	2	10.3	0	0.4	11.1	32.5	96.6	0.3	0.3
Eggs																	
Whole frozen eggs	156.6	13.8	0.7	10.4	3.4	1.7	0	408.7	0	61.3	0	1.9	13.6	217	151.8	138.2	1.4
Meat, poultry, fish																	
Canned beef	4.5	0.4	0	0.3	0.2	0	0	1.4	0	0.2	0	0	0.3	2.6	4.2	5	0.1
Canned chicken	2.9	0.4	0	0.1	0	0	0	0.8	0	0.2	0	0	0.3	2.4	2.4	5.6	0
Canned pork	5.6	0.6	0	0.4	0.1	0	0	2.1	0	0.1	0	0	0.6	4.9	6.9	7.6	0.1
Chilled chicken - pieces	4.1	0.6	0	0.2	0	0	0	3.3	0	0.3	0	0	0.6	5.3	6.6	3.5	0.1
Chilled chicken - whole	2.4	0.4	0	0	0	0	0	1.6	0	0.2	0	0	0.4	3.4	5.2	1.4	0
Chilled turkey - whole	1.3	0.2	0	0	0	0	0	0.8	0	0.1	0	0	0.2	2	2.1	1.2	0
Frozen beef - ground	4.7	0.6	0	0.2	0	0	0	1.4	0	0.8	0	0	0.5	3.9	6.3	3.5	0
Frozen beef - patties	4.3	0.4	0	0	0	0	0	1.4	0	0.4	0	0	0.4	4	6.5	2.5	0
Frozen beef - roast	3.7	0.5	0	0.2	0	0	0	1.6	0	0.2	0	0	0.5	4.1	6.3	1.2	0.2
Frozen catfish	22.4	1.6	1.2	1.2	0.2	0.3	0	5.1	0.1	3.7	0	0.1	2.4	22	31.8	30.7	0.1
Frozen chicken - fajita strips	3.5	0.5	0	0.1	0	0	0	2.7	0	0.2	0	0	0.5	4.5	5.5	13.5	0
Frozen chicken - pieces	4	0.7	0	0.1	0	0	0	2.6	0	0.2	0	0	0.7	5.4	8.4	3	0
Frozen ham	4.8	0.8	0	0.1	0	0	0	1.7	0	0.4	0	0	0.7	8.1	10.7	24.5	0
Frozen pollock	23.6	5.2	0	0.1	0	0	0	17.2	0	3.5	0	0.1	6.1	65.2	77.6	54	0.1
Frozen pork - ground	9.9	0.6	0	0.8	0.3	0.1	0	2.6	0	0.3	0	0	0.5	4.5	10.4	16.4	0.1
Frozen pork - roast	6.1	0.7	0	0.5	0.1	0	0	2.3	0	0.3	0	0	0.5	6.1	8.6	1.4	0
Frozen turkey - breast	2	0.4	0	0	0	0	0	0.8	0	0.2	0	0	0.4	3.2	5.9	12.7	0
Frozen turkey - ham	2.7	0.4	0	0.1	0	0	0	1.6	0	0.2	0	0.1	0.5	6.4	6.2	19.8	0.1
Frozen turkey - pieces	2.5	0.4	0	0.1	0	0	0	1.9	0	0.3	0	0	0.4	3.3	3.5	2.2	0.1
Frozen turkey - roast	2.1	0.3	0	0.1	0	0	0	0.7	0	0.1	0	0	0.3	3.4	4.1	1	0
Frozen turkey - taco filling	4.1	0.6	0	0.2	0.1	0.1	0	1.9	0	0.6	0	0	0.6	5.1	6	5.5	0.1
Frozen turkey - whole	1.2	0.2	0	0	0	0	0	0.7	0	0.1	0	0	0.2	1.8	1.9	1.1	0
Nuts																	
Almonds	10.5	0.4	0.4	0.9	0.1	0.2	0	0	0.2	4.7	0	0.1	4.9	8.3	12.5	5.8	0.1
Peanut butter	80.7	3.5	2.7	6.9	1.4	1.9	0	0	0.8	5.9	0	0.2	21.1	49.1	89.1	65.1	0.4

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Peanuts	59.1	2.8	1.5	5.1	0.9	1.5	0	0	0.9	6	0	0.1	17.4	39.1	71.5	0.6	0.3
Pecans	18	0.2	0.4	1.9	0.2	0.5	0	0	0.3	1.8	0	0.1	3.2	7.2	10.7	0	0.1
Sunflower butter	48.1	1.4	1.8	4.3	0.4	0.8	0	0	0.4	5	0.2	0.4	24.2	52	44.9	25.8	0.4
Walnuts	10.3	0.2	0.2	1	0.1	0.6	0.1	0	0.1	1.5	0	0	2.5	5.5	7	0	0
Butter, oils																	
Soybean oil	1264.4	0	0	143	22.4	72.9	9.7	0	0	0	0	0.1	0	0	0	0	0
Vegetable oil	5282.6	0	0	596.3	78	224	34.1	0	0	0	0	0.6	0	0	0	0	0
Canned vegetables																	
Carrots	1.9	0	0.4	0	0	0	0	0	0.1	1.9	0	0	0.6	1.9	13.8	14.8	0
Corn	20.6	0.7	4.6	0.3	0	0.1	0	0	0.5	1	0	0.1	3.4	12.3	36	4.7	0.1
Green beans	0.5	0	0.1	0	0	0	0	0	0.1	0.9	0	0	0.3	0.5	2.6	4.4	0
Peas	1.4	0.1	0.3	0	0	0	0	0	0.1	0.4	0	0	0.4	1.4	3.6	3.4	0
Salsa	11.6	0.6	2.7	0	0	0	0	0	0.7	12	0	0.2	6	13.6	114	43.7	0
Sweet potato	7.7	0.2	1.7	0	0	0	0	0	0.3	2.5	0	0	1.8	3.6	31	2.4	0
Tomato paste	29.1	1.5	6.7	0.1	0	0	0	0	1.4	12.8	0	1	14.9	29.3	358.1	20.9	0.3
Tomato sauce	29.7	0.8	4.7	0.9	0.1	0.2	0	1.1	1.1	15.8	0	0.4	10.5	19.8	186.1	66.4	0.2
Tomatoes	7.6	0.4	1.8	0	0	0	0	0	0.4	13.8	0	0.4	4.9	8.4	83.6	5.5	0
Fresh vegetables																	
Alfalfa	0.1	0	0	0	0	0	0	0	0	0.2	0	0	0.2	0.4	0.5	0	0
Asparagus	0.1	0	0	0	0	0	0	0	0	0.1	0	0	0.1	0.3	1.3	0.1	0
Basil	0	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0.1	0	0
Batata	33.3	0.5	7.8	0	0	0	0	0	1.1	7.1	0	0.2	6.2	14	155.5	6.1	0.1
Bean sprouts	0.5	0	0.1	0	0	0	0	0	0	0.2	0	0	0.3	0.9	2.4	0.1	0
Beets	0.4	0	0.1	0	0	0	0	0	0	0.1	0	0	0.2	0.3	2.4	0.6	0
Bok choy	0.8	0.1	0.1	0	0	0	0	0	0.1	6	0	0.1	0.7	1.9	24	2.2	0
Broccoli	0.4	0	0	0	0	0	0	0	0	0.5	0	0	0.2	0.7	3.4	0.4	0
Broccoli coleslaw	0.1	0	0	0	0	0	0	0	0	0.2	0	0	0.1	0.2	1	0.1	0
Brussels sprouts	1.2	0.1	0.2	0	0	0	0	0	0.1	1.2	0	0	0.7	1.8	10.3	0.7	0
Calabaza	4.8	0.2	1.1	0	0	0	0	0	0.4	3.7	0	0.2	3.2	4.9	28.9	0.7	0
Carrots	1.2	0	0.4	0	0	0	0	0	0	1	0	0	0.4	1	8.9	2.1	0
Cauliflower	0.2	0	0	0	0	0	0	0	0	0.2	0	0	0.1	0.4	2.1	0.2	0
Celery	0.4	0	0.1	0	0	0	0	0	0	1	0	0	0.3	0.6	6.9	2.1	0
Chives	0	0	0	0	0	0	0	0	0	0.1	0	0	0	0.1	0.3	0	0
Cilantro	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.5	0	0
Coleslaw	0.8	0	0.2	0	0	0	0	0	0.1	1.2	0	0	0.4	0.8	5.5	0.7	0
Collards	0.8	0.1	0.1	0	0	0	0	0	0.1	3.6	0	0	0.5	0.8	3	0.4	0
Corn	3	0.2	0.6	0	0	0	0	0	0	0	0	0	0.8	2.4	6.9	0	0
Cucumbers	0.3	0	0	0	0	0	0	0	0	0.3	0	0	0.3	0.4	2.9	0	0

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Dill	0	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0.4	0	0
Eggplant	0.8	0	0.2	0	0	0	0	0	0.1	0.1	0	0	0.3	0.3	2.8	0	0
Garlic	1.2	0.1	0.3	0	0	0	0	0	0	1.4	0	0	0.2	1.2	3.2	0.1	0
Ginger	1.3	0	0.3	0	0	0	0	0	0	0.5	0	0	0.4	0.9	6.1	0.1	0
Green beans	0.6	0	0.1	0	0	0	0	0	0	0.7	0	0	0.3	0.6	2.6	0	0
Green cabbage	0.9	0	0.2	0	0	0	0	0	0.1	1.6	0	0	0.5	1	6.5	0.4	0
Green onion	0.3	0	0	0	0	0	0	0	0	0.6	0	0	0.2	0.3	2.2	0.2	0
Green peppers	0.3	0	0.1	0	0	0	0	0	0	0.2	0	0	0.2	0.3	2.5	0	0
Hot peppers	0.5	0	0.1	0	0	0	0	0	0	0.2	0	0	0.3	0.5	4	0.1	0
Jicama	0.5	0	0.1	0	0	0	0	0	0.1	0.1	0	0	0.1	0.2	1.9	0	0
Kale	1.6	0.2	0.3	0	0	0	0	0	0.2	3.9	0	0	1	1.6	12.4	1.2	0
Lettuce	2.3	0.1	0.3	0	0	0	0	0	0.2	6.1	0	0	2	3.9	33.7	2.5	0
Mixed vegetables	2.9	0	0.6	0	0	0	0	0	0	2.7	0	0	1.2	3.9	25	3.5	0
Mushroom	0.2	0	0	0	0	0	0	0	0	0	0	0	0.2	0.8	3.4	0	0
Onions	0.6	0	0.1	0	0	0	0	0	0	0.3	0	0	0.1	0.4	2.2	0	0
Parsley	0.1	0	0	0	0	0	0	0	0	0.3	0	0	0.1	0.1	1.2	0.1	0
Peapod	0.4	0	0.1	0	0	0	0	0	0	0.4	0	0	0.2	0.5	2	0	0
Potatoes	58.1	1.5	13.4	0	0	0	0	0	1.3	8.2	0	0.5	17.2	41.4	316	5.6	0.2
Pumpkin	4	0.1	1	0	0	0	0	0	0.2	3	0	0.1	1.8	5.9	45.3	0.2	0
Radishes	0.2	0	0	0	0	0	0	0	0	0.4	0	0	0.2	0.3	3.5	0.6	0
Red cabbage	0.7	0	0.2	0	0	0	0	0	0	0.9	0	0	0.4	0.7	5.5	0.6	0
Red peppers	0.3	0	0	0	0	0	0	0	0	0.1	0	0	0.2	0.3	2.2	0	0
Rosemary	0	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0.4	0	0
Sage	0	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0.4	0	0
Salad mix	2	0.1	0.2	0	0	0	0	0	0.1	5.1	0	0	2.3	3.4	30	3	0
Spinach	0.2	0	0	0	0	0	0	0	0	1	0	0	0.7	0.5	4.2	0.6	0
Spinach salad	0	0	0	0	0	0	0	0	0	0.1	0	0	0.1	0.1	0.7	0.1	0
Spring mix	0	0	0	0	0	0	0	0	0	0.1	0	0	0	0.1	0.6	0.1	0
Summer squash	0.4	0	0.1	0	0	0	0	0	0	0.5	0	0	0.5	0.8	3.8	0	0
Sweet potato	5.1	0.1	1.2	0	0	0	0	0	0.1	2.1	0	0	1.6	3.1	27.4	2	0
Swiss chard	2.3	0.1	0.3	0.1	0	0	0	0	0.1	3.9	0	0.1	5.6	2.2	36.1	11.8	0
Thyme	0	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0.4	0	0
Tomatoes	2	0	0.4	0	0	0	0	0	0.1	1.1	0	0	1	2.8	24.2	0.8	0
Turnip greens	0.4	0	0.1	0	0	0	0	0	0.1	2.8	0	0	0.5	0.6	4.2	0.6	0
Turnips	0.3	0	0.1	0	0	0	0	0	0	0.5	0	0	0.1	0.4	2.4	0.2	0
Watercress	0.2	0	0	0	0	0	0	0	0	2.6	0	0	0.5	1.3	7.1	0.9	0
Winter squash	3.2	0	0.8	0	0	0	0	0	0.2	1.9	0	0	1.1	1.7	21.1	0	0
Yam	14.4	0.1	3.4	0	0	0	0	0	0.5	1.8	0	0.1	2.3	6.2	83.3	1	0

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturated fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Yellow peppers	0.2	0	0	0	0	0	0	0	0	0.1	0	0	0.1	0.2	1.6	0	0
Zucchini	0.3	0	0.1	0	0	0	0	0	0	0.4	0	0	0.4	0.6	2.8	0	0
Frozen vegetables																	
Broccoli	0.8	0.1	0.2	0	0	0	0	0	0.1	1.3	0	0	0.5	1.6	4.8	0.7	0
Carrots	2.7	0	0.6	0	0	0	0	0	0.2	2.6	0	0	0.8	2.3	14	4.3	0
Corn	11.7	0.4	2.8	0.1	0	0	0	0	0.3	0.4	0	0.1	4	11.4	33.5	0.2	0.1
Green beans	0.5	0	0.1	0	0	0	0	0	0.1	0.7	0	0	0.3	0.5	2.7	0	0
Lima beans	1.4	0.1	0.3	0	0	0	0	0	0.1	0.4	0	0	0.7	1.4	4.8	0.6	0
Peas	1.5	0.1	0.3	0	0	0	0	0	0.1	0.5	0	0	0.4	1.5	2.1	1.4	0
Potatoes	44.5	0.7	7.5	1.4	0.3	0.2	0	0	0.7	3.1	0	0.2	6.6	22.9	110.4	76.3	0
Spinach	0.9	0.1	0.1	0	0	0	0	0	0.1	4.1	0	0.1	2.2	1.4	8.2	2.6	0
Sweet potato	7.1	0.2	1.6	0	0	0	0	0	0.2	3	0	0	2.1	4.2	37.2	3.3	0

2. Vitamin Content of 2014 NSLP Entitlement USDA Foods per Person, per Month, as Offered

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Cereal, dry										
Grits	0	0	0	0.3	1.3	0.4	4.8	0.3	0	224.8
Oats	0	0	0	0.3	0.3	0	0.9	0	0	22.9
Cheese										
Cheddar	85.7	0	0	0	0	0	0	0	0	5.7
Light mozzarella	65.7	0	0.2	0.2	0	0.2	0	0	1	4.1
Natural American	14.1	0	0	0	0	0	0	0	0	1
Part skim mozzarella	61	0	0	0	0	0	0	0	0.8	3.9
Processed American	100.7	0	2.7	0.3	0	0.3	0	0	0.6	7.1
Reduced fat cheddar	55.3	0	0	0.3	0	0.2	0	0	0.6	7.6
Reduced fat processed American	81.2	0	0	0.2	0	0.2	0	0	0.6	0
Canned fruit										
Apples	0	0	0	0	0	0	0	0	0	0.1
Applesauce	0	0	0	0	0	0	0	0	0	0.2
Apricots	3.9	0	0	0	0	0	0	0	0	0
Cherries	2	0.1	0	0	0	0	0	0	0	0.4
Cranberry sauce	0.6	0.6	0	0.2	0	0	0	0	0	0.3
Mixed fruit	1	0.2	0	0	0	0	0	0	0	0.2
Peaches	1.3	0.1	0	0	0	0	0	0	0	0.2
Pears	0	0	0	0	0	0	0	0	0	0
Canned juice										
Orange	3.9	56.4	0	0.4	0.1	0.1	0.6	0.1	0	37
Dried fruit										
Cherries	0.8	0.1	0	0	0	0	0	0	0	0.1
Dates	0	0	0	0	0	0	0	0	0	0.1
Fruit-nut mix	0.4	0	0	0.1	0	0	0	0	0	0.6
Raisins	0	0	0	0	0	0	0	0	0	0.1
Fresh fruit										
Apples	0	0	0	0	0	0	0	0	0	0
Apricots	2.4	0.3	0	0	0	0	0	0	0	0.2
Asian pear	0	0.5	0	0	0	0	0	0	0	1.1
Avocados	0.4	0.5	0	0.1	0	0	0.1	0	0	4.2

USDA Food	Vitamin									
	A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Banana	0.3	0.7	0	0	0	0	0.1	0	0	1.7
Blackberries	0.2	0.4	0	0	0	0	0	0	0	0.5
Blueberries	0	0.1	0	0	0	0	0	0	0	0.1
Cantaloupe	14.8	3.2	0	0	0	0	0	0	0	1.9
Cherries	0	0.1	0	0	0	0	0	0	0	0
Clementine	2.2	1.8	0	0	0	0	0	0	0	1.1
Grapefruit	4.9	3.6	0	0	0	0	0	0	0	1.1
Grapes	0.2	0.2	0	0	0	0	0	0	0	0.2
Honeydew melon	0.2	1.2	0	0	0	0	0	0	0	1.3
Kiwi	0.3	8.1	0	0.1	0	0	0	0	0	2.2
Kumquat	0.9	2.7	0	0	0	0	0	0	0	1.1
Lemon	0	1.5	0	0	0	0	0	0	0	0.8
Mango	0.9	0.6	0	0	0	0	0	0	0	0.7
Mixed fruit	0.7	0.9	0	0	0	0	0	0	0	0.6
Nectarine	2.1	0.7	0	0.1	0	0	0.1	0	0	0.6
Orange	0.8	3.7	0	0	0	0	0	0	0	2
Oranges	1	4.9	0	0	0	0	0	0	0	2.8
Papaya	4.4	5.8	0	0	0	0	0	0	0	3.5
Peaches	0.7	0.3	0	0	0	0	0	0	0	0.2
Pears	0	0.6	0	0	0	0	0	0	0	0.9
Pineapple	0.2	3	0	0	0	0	0	0	0	1.1
Plums	2.3	1.3	0	0	0	0	0.1	0	0	0.7
Pomegranate	0	0.9	0	0.1	0	0	0	0	0	3.5
Raspberries	0	0.6	0	0	0	0	0	0	0	0.5
Starfruit	0.2	1.8	0	0	0	0	0	0	0	0.6
Strawberries	0	1.5	0	0	0	0	0	0	0	0.6
Tangelo	2	9.6	0	0	0	0	0.1	0	0	5.4
Tangerine	4.3	3.4	0	0	0	0	0	0	0	2
Watermelon	4.2	1.2	0	0	0	0	0	0	0	0.4
Frozen fruit										
Apples	0.3	0.5	0	0	0	0	0	0	0	0.3
Apricots	3.5	0.3	0	0	0	0	0	0	0	0
Blueberries	0.1	0.1	0	0	0	0	0	0	0	0.4
Cherries	2.3	0	0	0	0	0	0	0	0	0.2
Peaches	0.7	4.5	0	0	0	0	0	0	0	0.2
Strawberries	0	2.6	0	0	0	0	0	0	0	0.9
Frozen juice										
Orange juice	5.1	73.9	0	0.5	0.1	0.1	0.7	0.2	0	48.5

USDA Food	Vitamin									
	A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Orange juice concentrate	22.4	162.2	0	0.8	0.3	0.1	0.8	0.2	0	182.5
Bakery mix										
Lowfat bakery mix	0	0	0	0	0.2	0.2	2.4	0	0	84.9
Cornmeal										
Cornmeal	8.1	0	0	0.1	0.3	0.3	3.8	0.2	0	188
Dehydrated potatoes										
Dehydrated potatoes	0.7	58.2	0	0	0.7	0.1	4.5	0.5	0	33.1
Flour										
Bread flour	0	0	0	0	0	0	2.1	0	0	72.7
Masa	3.7	0	0	0	0.4	0.3	3.6	0.2	0	86.9
White flour	0	0	0	0	0.2	0.1	6.5	0	0	215.1
Whole wheat flour	0	0	0	1.2	0.6	0.4	7.1	0.5	0	44.9
Grain products										
Whole grain pancakes	22.8	0	0.4	0.5	0.1	0.1	0.6	0.1	0.1	7.2
Rice										
Brown rice	0	0	0	0	0.4	0	5	0.5	0	13.1
White rice	0	0	0	0	0.7	0	4.2	0	0	275.2
Spaghetti, macaroni										
Macaroni	0	0	0	0.1	0.2	0.1	1.5	0	0	103
Rotini	0	0	0	0	0.2	0.1	1.4	0	0	97.7
Spaghetti	0	0	0	0.1	0.3	0.1	1.7	0.1	0	118
Whole grain macaroni	0	0	0	0.3	0.1	0	0.6	0.1	0	4.5
Whole grain rotini	0	0	0	0.3	0.1	0	0.6	0.1	0	4.4
Whole grain spaghetti	0	0	0	0.3	0.1	0	0.7	0.1	0	4.8
Tortillas										
Whole grain tortillas	0	0	0	0.5	0.4	0.2	2.6	0.2	0	57.5
Canned beans										
Black beans	0	0	0	0.1	0	0	0.1	0	0	9.4
Black-eyed peas	3	0.2	0	0	0	0	0.1	0	0	9.3
Garbanzo beans	0.1	0.1	0	0	0	0	0	0	0	8.3
Great northern beans	0	0	0	0.1	0	0	0	0	0	4.8
Kidney beans	0	0.2	0	0	0	0	0.1	0	0	19
Lima beans	2.2	1.5	0	0	0	0	0.1	0	0	3.8
Pink beans	0	0	0	0	0	0	0	0	0	3.6
Pinto beans	0	0	0	0	0	0	0	0	0	5.1
Red beans	0	0.1	0	0	0	0	0.1	0	0	15.5
Refried beans	0	0.7	0	0.1	0	0	0.1	0	0	11.2

USDA Food	Vitamin									
	A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Vegetarian beans	1	0	0	0	0	0	0.1	0	0	2.2
Dried beans										
Garbanzo beans	0.3	0.4	0	0.1	0	0	0.1	0	0	24.8
Great northern beans	0	0	0	0.1	0	0	0	0	0	10.8
Lentils	0	0.7	0	0	0.1	0	0.5	0.1	0	81.5
Navy beans	0	0	0	0.3	0	0	0	0	0	23.5
Pea, southern	0	0	0	0	0	0	0	0	0	7.3
Pinto beans	0	0.2	0	0.3	0	0	0	0	0	38.1
Eggs										
Whole frozen eggs	175.1	0	2.3	1.2	0	0.5	0	0.2	0.9	38.9
Meat, poultry, fish										
Canned beef	0	0	0	0	0	0	0.1	0	0	0
Canned chicken	0.8	0	0	0	0	0	0	0	0	0
Canned pork	0	0	0	0	0	0	0.2	0	0	0
Chilled chicken - pieces	0.2	0	0	0	0	0	0.2	0	0	0.1
Chilled chicken - whole	0.2	0	0	0	0	0	0.2	0	0	0
Chilled turkey - whole	0	0	0	0	0	0	0.1	0	0	0.1
Frozen beef - ground	0	0	0	0	0	0	0	0	0	0.2
Frozen beef - patties	0	0	0	0	0	0	0	0	0	0.4
Frozen beef - roast	0	0	0	0	0	0	0	0	0	0.2
Frozen catfish	0.7	0	0	0.1	0	0	0.3	0	0.2	3.4
Frozen chicken - fajita strips	0.1	0	0	0	0	0	0.1	0	0	0.1
Frozen chicken - pieces	0.2	0	0	0	0	0	0.2	0	0	0.1
Frozen ham	0.1	0	0	0	0	0	0	0	0	0
Frozen pollock	4.3	0	0.2	0.1	0	0	0.9	0.1	0.5	3
Frozen pork - ground	0.9	0	0	0	0	0	0.2	0	0	0
Frozen pork - roast	0	0	0	0	0	0	0	0	0	0.3
Frozen turkey - breast	0.2	0.2	0	0	0	0	0	0	0	0
Frozen turkey - ham	0.2	0.2	0	0	0	0	0	0	0	0.2
Frozen turkey - pieces	0.1	0	0	0	0	0	0.1	0	0	0.1
Frozen turkey - roast	0	0	0	0	0	0	0.1	0	0	0.1
Frozen turkey - taco filling	0.5	0	0	0	0	0	0.2	0	0	0.1
Frozen turkey - whole	0	0	0	0	0	0	0.1	0	0	0.1
Nuts										
Almonds	0	0	0	0.4	0	0	0.1	0	0	1
Peanut butter	0	0	0	1.2	0	0	1.8	0	0	10.2

USDA Food	Vitamin									
	A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Peanuts	0	0	0	0.6	0	0	1.4	0	0	11.7
Pecans	0.1	0	0	0	0	0	0	0	0	0.6
Sunflower butter	0	0.2	0	1.8	0	0	0.6	0	0	18.5
Walnuts	0	0	0	0	0	0	0	0	0	1.5
Butter, oils										
Soybean oil	0	0	0	11.7	0	0	0	0	0	0
Vegetable oil	0	0	0	73.2	0	0	0	0	0	0
Canned vegetables										
Carrots	43	0.2	0	0.1	0	0	0	0	0	0.7
Corn	0.5	0.4	0	0	0	0	0.2	0	0	8.6
Green beans	0.4	0.1	0	0	0	0	0	0	0	0.7
Peas	0.6	0.2	0	0	0	0	0	0	0	0.9
Salsa	9.6	0.8	0	0.5	0	0	0.4	0	0	1.6
Sweet potato	64.5	1.4	0	0	0	0	0	0	0	0.6
Tomato paste	27	7.8	0	1.5	0	0	1.1	0	0	4.3
Tomato sauce	19.2	1.1	0	1.4	0	0	2.3	0.1	0	7.5
Tomatoes	2.7	4.2	0	0.3	0	0	0.3	0	0	3.6
Fresh vegetables										
Alfalfa	0	0.1	0	0	0	0	0	0	0	0.2
Asparagus	0.3	0	0	0	0	0	0	0	0	0.8
Basil	0.1	0	0	0	0	0	0	0	0	0
Batata	136.6	4.3	0	0.2	0	0	0.2	0.1	0	3.8
Bean sprouts	0	0.2	0	0	0	0	0	0	0	1
Beets	0	0	0	0	0	0	0	0	0	0.6
Bok choy	13.7	1.7	0	0	0	0	0	0	0	2.7
Broccoli	0.6	0.9	0	0	0	0	0	0	0	0.9
Broccoli coleslaw	0.4	0.2	0	0	0	0	0	0	0	0.2
Brussels sprouts	1.3	2	0	0	0	0	0	0	0	2
Calabaza	109.1	0.6	0	0.1	0	0	0.1	0	0	1.7
Carrots	27	0.1	0	0	0	0	0	0	0	0.5
Cauliflower	0	0.5	0	0	0	0	0	0	0	0.5
Celery	0.6	0.1	0	0	0	0	0	0	0	0.9
Chives	0.2	0.1	0	0	0	0	0	0	0	0.1
Cilantro	0.3	0	0	0	0	0	0	0	0	0
Coleslaw	2.7	1	0	0	0	0	0	0	0	1.2
Collards	9.6	0.5	0	0	0	0	0	0	0	0.4
Corn	0.4	0.2	0	0	0	0	0	0	0	0.8
Cucumbers	0.1	0	0	0	0	0	0	0	0	0.3

USDA Food	Vitamin									
	A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Dill	0.3	0.1	0	0	0	0	0	0	0	0.1
Eggplant	0	0	0	0	0	0	0	0	0	0.3
Garlic	0	0.2	0	0	0	0	0	0	0	0
Ginger	0	0	0	0	0	0	0	0	0	0.2
Green beans	0.6	0.2	0	0	0	0	0	0	0	0.6
Green cabbage	0.2	1.3	0	0	0	0	0	0	0	1.3
Green onion	0.4	0.2	0	0	0	0	0	0	0	0.5
Green peppers	0.3	1.1	0	0	0	0	0	0	0	0.2
Hot peppers	0.7	2.4	0	0	0	0	0	0	0	0.2
Jicama	0	0.3	0	0	0	0	0	0	0	0.1
Kale	36.9	2.2	0	0	0	0	0	0	0	0.7
Lettuce	25	1	0	0	0	0	0	0	0	12.3
Mixed vegetables	25.9	3.5	0	0	0	0	0	0	0	3.3
Mushroom	0	0	0	0	0	0	0	0	0	0.2
Onions	0	0.1	0	0	0	0	0	0	0	0.3
Parsley	0.9	0.3	0	0	0	0	0	0	0	0.3
Peapod	0.5	0.5	0	0	0	0	0	0	0	0.3
Potatoes	0.5	6.4	0	0	0	0	0.9	0.2	0	15
Pumpkin	56.7	0.9	0	0.2	0	0	0.1	0	0	1.8
Radishes	0	0.2	0	0	0	0	0	0	0	0.4
Red cabbage	0.6	1	0	0	0	0	0	0	0	0.4
Red peppers	1.7	1.7	0	0	0	0	0	0	0	0.3
Rosemary	0.3	0.1	0	0	0	0	0	0	0	0.1
Sage	0.3	0.1	0	0	0	0	0	0	0	0.1
Salad mix	22.6	1.2	0	0	0	0	0	0	0	9.3
Spinach	4	0.2	0	0	0	0	0	0	0	1.4
Spinach salad	0.6	0	0	0	0	0	0	0	0	0.3
Spring mix	0.5	0	0	0	0	0	0	0	0	0.2
Summer squash	0.2	0.1	0	0	0	0	0	0	0	0.4
Sweet potato	55.4	1.1	0	0	0	0	0.1	0	0	0.4
Swiss chard	21.6	1.2	0	0.2	0	0	0	0	0	0.6
Thyme	0.3	0.1	0	0	0	0	0	0	0	0.1
Tomatoes	3.5	2	0	0	0	0	0	0	0	1.4
Turnip greens	7.8	0.6	0	0	0	0	0	0	0	2.4
Turnips	0	0.2	0	0	0	0	0	0	0	0.1
Watercress	3.5	0.9	0	0	0	0	0	0	0	0.2
Winter squash	22.9	0.8	0	0	0	0	0	0	0	1.7
Yam	0.8	1.5	0	0	0	0	0.1	0	0	2

USDA Food	Vitamin									
	A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Yellow peppers	0.5	0.8	0	0	0	0	0	0	0	0.2
Zucchini	0.1	0.1	0	0	0	0	0	0	0	0.3
Frozen vegetables										
Broccoli	1.5	1.2	0	0	0	0	0	0	0	1.3
Carrots	61.4	0.2	0	0.1	0	0	0	0	0	0.8
Corn	1.4	0.5	0	0	0	0	0.2	0	0	5
Green beans	0.5	0.1	0	0	0	0	0	0	0	0.4
Lima beans	0.1	0.1	0	0	0	0	0	0	0	0.2
Peas	2	0.2	0	0	0	0	0	0	0	1.1
Potatoes	0	2.9	0	0	0	0	0.5	0	0	6
Spinach	16.3	0.1	0	0.1	0	0	0	0	0	3.3
Sweet potato	75.3	1.5	0	0	0	0	0.2	0	0	0.4

3. Food Group Content of 2014 NSLP Entitlement USDA Foods per Person, per Month, as Offered

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Cereal, dry																
Grits	0	0	0	0	0	0	4.2	0	0	0	0	0	0	0	0	0
Oats	0	0	0	0	0	0	3.2	3.2	0	0	0	0	0	0	0	0
Cheese																
Cheddar	0	0	0	0	0	0	0	0	0	0	0	0	0.6	0	9.5	0
Light mozzarella	0	0	0	0	0	0	0	0	0	0	0	0	1	0	6.7	0
Natural American	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	1.6	0
Part skim mozzarella	0	0	0	0	0	0	0	0	0	0	0	0	0.8	0	6.3	0
Processed American	0	0	0	0	0	0	0	0	0	0	0	0	1.5	0	6.8	0
Reduced fat cheddar	0	0	0	0	0	0	0	0	0	0	0	0	0.9	0	6.4	0
Reduced fat processed American	0	0	0	0	0	0	0	0	0	0	0	0	0.8	0	2.8	0
Canned fruit																
Apples	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Applesauce	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apricots	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cherries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cranberry sauce	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	1.9
Mixed fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peaches	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pears	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Canned juice																
Orange	0.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dried fruit																
Cherries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1
Dates	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fruit-nut mix	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0
Raisins	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fresh fruit																
Apples	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0
Apricots	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Asian pear	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Avocados	0	0	0	0	0	0	0	0	0	0	0	0	0	0.7	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legume s (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Banana	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Blackberries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Blueberries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cantaloupe	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cherries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Clementine	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grapefruit	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grapes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Honeydew melon	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Kiwi	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Kumquat	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lemon	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mango	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mixed fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Nectarine	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Orange	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oranges	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Papaya	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peaches	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pears	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pineapple	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Plums	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pomegranate	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Raspberries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Starfruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Strawberries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tangelo	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tangerine	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Watermelon	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen fruit																
Apples	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apricots	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Blueberries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cherries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peaches	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1
Strawberries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen juice																
Orange juice	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Orange juice concentrate	1.7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bakery mix																
Lowfat bakery mix	0	0	0	0	0	0	2	0	0	0	0	0	0	0	6.6	0.9
Cornmeal																
Cornmeal	0	0	0	0	0	0	5.4	0	0	0	0	0	0	0	0	0
Dehydrated potatoes																
Dehydrated potatoes	0	0	2.4	0	0	0	0	0	0	0	0	0	0	0	0	0
Flour																
Bread flour	0	0	0	0	0	0	2.5	0	0	0	0	0	0	0	0	0
Masa	0	0	0	0	0	0	2.5	0	0	0	0	0	0	0	0	0
White flour	0	0	0	0	0	0	7.6	0	0	0	0	0	0	0	0	0
Whole wheat flour	0	0	0	0	0	0	9.8	9.8	0	0	0	0	0	0	0	0
Grain products																
Whole grain pancakes	0	0	0	0	0	0	0.8	0.8	0.1	0	0	0	0.1	2.9	0.6	0.7
Rice																
Brown rice	0	0	0	0	0	0	4.1	4.1	0	0	0	0	0	0	0	0
White rice	0	0	0	0	0	0	3.5	0	0	0	0	0	0	0	0	0
Spaghetti, macaroni																
Macaroni	0	0	0	0	0	0	1.2	0	0	0	0	0	0	0	0	0
Rotini	0	0	0	0	0	0	1.2	0	0	0	0	0	0	0	0	0
Spaghetti	0	0	0	0	0	0	1.4	0	0	0	0	0	0	0	0	0
Whole grain macaroni	0	0	0	0	0	0	1.3	1.3	0	0	0	0	0	0	0	0
Whole grain rotini	0	0	0	0	0	0	1.2	1.2	0	0	0	0	0	0	0	0
Whole grain spaghetti	0	0	0	0	0	0	1.3	1.3	0	0	0	0	0	0	0	0
Tortillas																
Whole grain tortillas	0	0	0	0	0	0	2.5	1.3	0	0	0	0	0	0	4.7	0
Canned beans																
Black beans	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0	0	0
Black-eyed peas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Garbanzo beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Great northern beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Kidney beans	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0	0	0
Lima beans	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0
Pink beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pinto beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Red beans	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0	0	0
Refried beans	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0.4	0.3	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Vegetarian beans	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0	0	0.1
Dried beans																
Garbanzo beans	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0	0	0
Great northern beans	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0	0	0
Lentils	0	0	0	0	0	0.3	0	0	0	0	0	0	0	0	0	0
Navy beans	0	0	0	0	0	0.2	0	0	0	0	0	0	0	0	0	0
Pea, southern	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pinto beans	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0	0	0
Eggs																
Whole frozen eggs	0	0	0	0	0	0	0	0	1.9	0	0	0	0	0	5.3	0
Meat, poultry, fish																
Canned beef	0	0	0	0	0	0	0	0	0.1	0	0.1	0	0	0	0.1	0
Canned chicken	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0	0	0
Canned pork	0	0	0	0	0	0	0	0	0.1	0	0.1	0	0	0	0.4	0
Chilled chicken - pieces	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0	0	0
Chilled chicken - whole	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Chilled turkey - whole	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen beef - ground	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen beef - patties	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen beef - roast	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen catfish	0	0	0	0	0	0	0.1	0	0.2	0.2	0	0	0	0.6	0	0
Frozen chicken - fajita strips	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0	0	0
Frozen chicken - pieces	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0	0	0
Frozen ham	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen pollock	0	0	0	0	0	0	0	0	0.9	0.9	0	0	0	0	0	0
Frozen pork - ground	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0	0.6	0
Frozen pork - roast	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.2	0
Frozen turkey - breast	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen turkey - ham	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0	0	0
Frozen turkey - pieces	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0	0	0
Frozen turkey - roast	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen turkey - taco filling	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0	0	0
Frozen turkey - whole	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Nuts																
Almonds	0	0	0	0	0	0	0	0	0.1	0	0	0.1	0	0.6	0	0
Peanut butter	0	0	0	0	0	0	0	0	0.8	0	0	0.8	0	4.7	0.2	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legume s (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Peanuts	0	0	0	0	0	0	0	0	0.6	0	0	0.6	0	3.4	0	0
Pecans	0	0	0	0	0	0	0	0	0.2	0	0	0.2	0	1.4	0	0
Sunflower butter	0	0	0	0	0	0	0	0	0.6	0	0	0.6	0	2.6	0	0
Walnuts	0	0	0	0	0	0	0	0	0.1	0	0	0.1	0	0.7	0	0
Butter, oils																
Soybean oil	0	0	0	0	0	0	0	0	0	0	0	0	0	143	0	0
Vegetable oil	0	0	0	0	0	0	0	0	0	0	0	0	0	596.3	0	0
Canned vegetables																
Carrots	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salsa	0	0	0.2	0	0.1	0	0	0	0	0	0	0	0	0	0	0
Sweet potato	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tomato paste	0	0	0.4	0	0.4	0	0	0	0	0	0	0	0	0	0	0
Tomato sauce	0	0	0.2	0	0.2	0	0	0	0	0	0	0	0	0.9	0	0
Tomatoes	0	0	0.2	0	0.2	0	0	0	0	0	0	0	0	0	0	0
Fresh vegetables																
Alfalfa	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Asparagus	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Basil	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Batata	0	0	0.2	0	0.1	0	0	0	0	0	0	0	0	0	0	0
Bean sprouts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Beets	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bok choy	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Broccoli	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Broccoli coleslaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brussels sprouts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Calabaza	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0	0
Carrots	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cauliflower	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Celery	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Chives	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cilantro	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coleslaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Collards	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cucumbers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legume s (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Dill	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Eggplant	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Garlic	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Ginger	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Green cabbage	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Green onion	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Green peppers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot peppers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Jicama	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Kale	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lettuce	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mixed vegetables	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mushroom	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Parsley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peapod	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Potatoes	0	0	0.6	0	0	0	0	0	0	0	0	0	0	0	0	0
Pumpkin	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0	0
Radishes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Red cabbage	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Red peppers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Rosemary	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sage	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salad mix	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0
Spinach	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spinach salad	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spring mix	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Summer squash	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sweet potato	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Swiss chard	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0.1	0
Thyme	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Turnip greens	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Turnips	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Watercress	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Winter squash	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Yam	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legume s (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Yellow peppers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Zucchini	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen vegetables																
Broccoli	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Carrots	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lima beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Potatoes	0	0	0.2	0	0	0	0	0	0	0	0	0	0	0.5	0.9	0
Spinach	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sweet potato	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

4. Energy, Macronutrient, and Mineral Content of 2014 NSLP Entitlement USDA Foods per Person, per Month, as Delivered

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturate d fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Cereal, dry																	
Grits	0.3	0	0.1	0	0	0	0	0	0	0	0	0	0	0.1	0.1	0	0
Oats	6.6	0.2	1.2	0.1	0	0	0	0	0.1	1.2	0	0.1	2.5	6.8	6	0.5	0.1
Cheese																	
Cheddar	47.5	2.9	0.1	3.9	2.5	0	0	12.4	0	85.1	0	0	3.4	60.4	11.6	75.8	0.3
Light mozzarella	41.2	3.5	0.5	2.7	1.5	0	0	7.4	0	99.5	0	0	3.6	71.3	13	82.6	0.4
Natural American	367	22.7	1.2	30.2	19.2	0.5	0.3	95.6	0	656.6	0	0.6	25.5	466.3	89.2	565.5	2.8
Part skim mozzarella	441.5	38	5.7	29.3	15.9	0.5	0.2	79	0	1068.8	0	0.3	38	766.2	138.9	890.3	4.7
Processed American	85.7	5	2.4	6.2	3.7	0.1	0	21.9	0	396.3	0	0.2	9.4	236.4	75.4	265.1	0.5
Reduced fat cheddar	66.4	5.9	0.8	4.4	2.7	0.1	0	16.3	0	163.7	0	0	5.8	111.9	13.5	153.7	0.9
Reduced fat processed American	48	3.7	3	2.4	1.5	0.1	0	10.4	0	151.8	0	0.1	7.3	253.9	68.2	292.2	0.5
Canned fruit																	
Apples	8.8	0	2.4	0	0	0	0	0	0.2	0.8	0	0	0.6	1	15.5	1.7	0
Applesauce	45.9	0.2	12.4	0.1	0	0	0	0	1.2	4.3	0	0.2	3.2	5.4	80.8	1.7	0
Apricots	3.2	0	0.8	0	0	0	0	0	0	0.5	0	0	0.4	0.7	6.9	0.2	0
Cherries	0.3	0	0.1	0	0	0	0	0	0	0.1	0	0	0.1	0.1	0.9	0.2	0
Cranberry sauce	2	0	0.5	0	0	0	0	0	0	0.1	0	0	0	0.1	0.3	0.7	0
Mixed fruit	41.3	0.3	10.9	0	0	0	0	0	0.7	4.4	0	0.2	3.6	8	64.6	4	0
Peaches	39.2	0.3	10.7	0	0	0	0	0	1	2.1	0	0.3	3.6	8	70.6	3.6	0
Pears	56.5	0.1	15.1	0	0	0	0	0	1.7	4.8	0	0.3	4	6.9	65.5	4	0
Dried fruit																	
Cherries	2.2	0	0.5	0	0	0	0	0	0	0.3	0	0	0.1	0.2	2.5	0.1	0
Dates	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fruit-nut mix	7.4	0.1	1.4	0.2	0	0.1	0	0	0.1	1.2	0	0	1.4	3.6	18.1	0.3	0
Raisins	28.4	0.3	7.5	0	0	0	0	0	0.3	4.7	0	0.2	3	9.6	71.3	1.1	0
Fresh fruit																	
Apples	54.2	0.2	14.4	0.1	0	0	0	0	2.6	6.2	0	0.1	5	11.5	111.6	1	0
Apricots	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Asian pear	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Avocados	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0.4	0	0
Banana	0.6	0	0.2	0	0	0	0	0	0	0	0	0	0.2	0.1	2.4	0	0
Blackberries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Blueberries	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0.2	0	0

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturate d fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Cantaloupe	0.8	0	0.2	0	0	0	0	0	0	0.3	0	0	0.3	0.4	6.2	0.4	0
Cherries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.2	0	0
Clementine	0.5	0	0.1	0	0	0	0	0	0	0.3	0	0	0.1	0.2	1.5	0	0
Grapefruit	0.5	0	0.1	0	0	0	0	0	0	0.2	0	0	0.1	0.1	2.3	0	0
Grapes	7.6	0.1	2	0	0	0	0	0	0.1	1.1	0	0	0.8	2.2	21.1	0.2	0
Honeydew melon	0.4	0	0.1	0	0	0	0	0	0	0	0	0	0.1	0.1	2.5	0.2	0
Kiwi	0.8	0	0.2	0	0	0	0	0	0	0.5	0	0	0.2	0.5	4.2	0	0
Kumquat	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lemon	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0
Mango	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0
Mixed fruit	1.2	0	0.3	0	0	0	0	0	0.1	0.6	0	0	0.2	0.3	3.9	0	0
Nectarine	0.5	0	0.1	0	0	0	0	0	0	0.1	0	0	0.1	0.3	2.5	0	0
Orange	20.1	0.4	5	0.1	0	0	0	0	1	17.1	0	0	4.3	6	77.6	0	0
Oranges	0.5	0	0.1	0	0	0	0	0	0	0.5	0	0	0.1	0.2	2.1	0	0
Papaya	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0
Peaches	0.7	0	0.2	0	0	0	0	0	0	0.1	0	0	0.2	0.3	3.2	0	0
Pears	11.4	0.1	3	0	0	0	0	0	0.6	1.8	0	0	1.4	2.4	23.3	0.2	0
Pineapple	0.4	0	0.1	0	0	0	0	0	0	0.1	0	0	0.1	0.1	1	0	0
Plums	0.9	0	0.2	0	0	0	0	0	0	0.1	0	0	0.1	0.3	3.2	0	0
Pomegranate	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Raspberries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0
Starfruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Strawberries	1.8	0	0.4	0	0	0	0	0	0.1	0.9	0	0	0.7	1.3	8.4	0.1	0
Tangelo	0.3	0	0.1	0	0	0	0	0	0	0.3	0	0	0.1	0.1	1.2	0	0
Tangerine	1.3	0	0.3	0	0	0	0	0	0	0.9	0	0	0.3	0.5	4.1	0	0
Watermelon	1.4	0	0.4	0	0	0	0	0	0	0.4	0	0	0.5	0.5	5.3	0	0
Frozen fruit																	
Apples	14.8	0.1	3.9	0	0	0	0	0	0.7	1.7	0	0	1.4	3.1	30.5	1.1	0
Apricots	5.3	0	1.3	0	0	0	0	0	0.1	0.5	0	0	0.4	1	12.2	0.1	0
Blueberries	5.1	0	1.2	0	0	0	0	0	0.3	0.7	0	0	0.5	1	5.3	0	0
Cherries	1.4	0	0.3	0	0	0	0	0	0	0.4	0	0	0.3	0.5	3.8	0	0
Peaches	44.4	0.3	11.4	0.1	0	0	0	0	0.8	1.5	0	0.2	2.4	5.2	61.3	0.1	0
Strawberries	51.2	0.2	13.8	0.1	0	0	0	0	1.3	7.6	0	0.3	4.4	7.9	68.2	0.2	0
Frozen juice																	
Orange juice	13.4	0.2	3.2	0	0	0	0	0	0.1	3	0	0	3	4.6	48.6	0.2	0

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturate d fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Orange juice concentrate	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0.6	0	0
Cornmeal																	
Cornmeal	3.5	0.1	0.8	0	0	0	0	0	0	0	0	0	0.3	0.9	1.4	0	0
Flour																	
Bread flour	50.6	1.4	10.7	0.1	0	0	0	0	0.3	2.1	0	0.6	2.9	15	14.8	0.2	0
White flour	142.9	4.4	29.2	0.4	0	0.1	0	0	0.9	7.7	0	1.9	11.7	43.9	51.1	0.7	0.3
White whole wheat blend	0.7	0	0.2	0	0	0	0	0	0	0.1	0	0	0.3	0.8	0.8	0	0
Whole wheat flour	41.3	1.6	8.7	0.3	0	0.1	0	0	1.3	4.2	0	0.4	16.7	43.4	44.1	0.3	0.3
Canned juice																	
Orange	0.3	0	0.1	0	0	0	0	0	0	0.1	0	0	0.1	0.1	1.2	0	0
Eggs																	
Whole frozen eggs	45.6	4	0.3	3.1	1	0.5	0	118.9	0	17.8	0	0.5	3.9	63.2	44.2	40.2	0.4
Meat, poultry, fish																	
Canned beef	5.8	0.5	0	0.4	0.2	0	0	1.8	0	0.2	0	0.1	0.4	3.3	5.3	6.4	0.1
Canned chicken	1.4	0.2	0	0.1	0	0	0	0.4	0	0.1	0	0	0.1	1.2	1.2	2.7	0
Canned pork	4.5	0.4	0	0.3	0.1	0	0	1.7	0	0.1	0	0	0.5	4	5.6	6.2	0.1
Chilled chicken - pieces	32.6	4.9	0	1.3	0.4	0.2	0	25.8	0	2	0	0.2	4.6	42.1	52.1	27.6	0.4
Chilled chicken - whole	210.3	38.3	0	5.5	1.2	0.8	0	135.9	0	10.4	0.1	0.8	35.3	291.3	446.7	118.2	1.6
Chilled turkey - whole	48.6	9	0	1.2	0.4	0.3	0	30.2	0	4.2	0	0.3	9	72.4	76.3	45.8	0.8
Frozen beef - ground	339.4	33.1	0.2	21.9	8.3	0.4	0	117.2	0.1	37.9	0.1	3.6	29.6	281.8	460.3	113.3	8.4
Frozen beef - patties	39.2	4.2	0.3	2.2	0.7	0	0	13.1	0.1	5.9	0	0.5	4.2	34.9	56.8	31.6	0.9
Frozen beef - roast	67.4	9.6	0	3	1.1	0.1	0	27.4	0	2.6	0	0.9	8.4	73.9	113.6	21.3	2.2
Frozen catfish	9.2	0.7	0.5	0.5	0.1	0.1	0	2.1	0	1.5	0	0	1	9	13.1	12.6	0
Frozen chicken - fajita strips	47.3	7.1	0	1.9	0.6	0.4	0	37.4	0	2.9	0	0.3	6.7	61.1	75.7	184.5	0.7
Frozen chicken - pieces	51.6	9.4	0	1.4	0.2	0.1	0	33.4	0	2.6	0	0.1	8.7	71.5	109.6	43.6	0.4
Frozen ham	36.7	5.7	0.2	1.4	0.4	0.1	0	14	0	1.8	0	0.2	5.2	64.6	82.3	181.3	0.6
Frozen pollock	5.2	1.1	0	0	0	0	0	3.8	0	0.8	0	0	1.3	14.3	17	11.8	0
Frozen pork - ground	0.6	0	0	0.1	0	0	0	0.2	0	0	0	0	0	0.3	0.7	1.1	0
Frozen pork - roast	70	6.3	0	4.8	1.7	0.4	0	23	0	5.3	0	0.3	5	57.4	85.8	16.3	0.8
Frozen turkey - breast	23.2	3.8	0.9	0.4	0.1	0	0	9.6	0.1	1.8	0	0.3	4.7	36.1	67.2	132.7	0.3
Frozen turkey - ham	10.8	1.5	0.2	0.4	0.1	0.1	0	6.1	0	0.7	0	0.2	1.9	25.1	24.5	77.9	0.2
Frozen turkey - pieces	5.7	1	0	0.2	0.1	0.1	0	4.2	0	0.6	0	0	0.9	7.4	8	4.9	0.1
Frozen turkey - roast	23.4	3.2	0.5	0.9	0.3	0.2	0	8	0	0.8	0	0.2	3.3	36.9	45	10.7	0.4
Frozen turkey - taco filling	15.7	2.1	0	0.8	0.2	0.2	0	7.2	0	2.2	0	0.1	2.3	19.7	22.8	21	0.2

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturate d fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Frozen turkey - whole	0.5	0.1	0	0	0	0	0	0.3	0	0	0	0	0.1	0.7	0.7	0.4	0
Milk																	
1% UHT milk	0.2	0	0	0	0	0	0	0	0	0.7	0	0	0.1	0.5	0.9	0.3	0
Yogurt																	
Fruit yogurt	0.4	0	0	0	0	0	0	0	0	0.3	0	0	0	0.4	0.5	0.2	0
Plain yogurt	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vanilla yogurt	0.1	0	0	0	0	0	0	0	0	0.1	0	0	0	0.2	0.2	0	0
Butter, oils																	
Soybean oil	20.2	0	0	2.3	0.4	1.2	0.2	0	0	0	0	0	0	0	0	0	0
Vegetable oil	112	0	0	12.6	1.7	4.7	0.7	0	0	0	0	0	0	0	0	0	0
Canned beans																	
Black beans	5.1	0.3	1	0	0	0	0	0	0.3	2.2	0	0.1	2	6	17.2	4.7	0
Black-eyed peas	2.7	0.1	0.6	0	0	0	0	0	0.1	3.6	0	0	1.5	1.4	11.7	3.3	0
Garbanzo beans	13.5	0.7	2.2	0.2	0	0.1	0	0	0.6	3.6	0	0.2	3.2	11.5	22.6	8.7	0.1
Great northern beans	2.1	0.1	0.4	0	0	0	0	0	0.1	1.4	0	0.1	1	1.7	8.6	0	0
Kidney beans	6	0.4	1.1	0	0	0	0	0	0.4	1.3	0	0.1	2.1	6.7	19.1	5.2	0.1
Lima beans	2.3	0.1	0.4	0	0	0	0	0	0.1	0.6	0	0	1.4	2.4	10.6	2.2	0
Pink beans	0.7	0	0.1	0	0	0	0	0	0	0.2	0	0	0.3	0.8	2.4	0.8	0
Pinto beans	24.2	1.5	4.5	0.1	0	0	0	0	1.5	7.8	0	0.4	8.5	24.9	74	28.1	0.2
Red beans	5.7	0.4	1	0	0	0	0	0	0.3	1.3	0	0.1	2	6.4	18.2	5.1	0
Refried beans	21.2	0.9	2.8	0.8	0.2	0.2	0	0.3	0.9	5.5	0	0.2	5.8	17.1	52	16	0.1
Vegetarian beans	23.9	1.2	5.4	0.1	0	0	0	0	1	8.6	0	0.3	6.9	18.8	57	27.4	0.6
Dried beans																	
Great northern beans	1	0.1	0.2	0	0	0	0	0	0	0.6	0	0	0.5	0.8	4	0	0
Navy beans	0.3	0	0.1	0	0	0	0	0	0	0.2	0	0	0.2	0.3	1.3	0	0
Pea, southern	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0.1	0	0
Pinto beans	7.1	0.4	1.3	0	0	0	0	0	0.4	2.3	0	0.1	2.6	7.4	22	0	0
Nuts																	
Almonds	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peanut butter	116.9	4.9	3.9	10	2.1	2.8	0	0	1.2	8.5	0	0.4	30.6	71.1	129	94.4	0.6
Pecans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sunflower butter	12	0.3	0.4	1.1	0.1	0.2	0	0	0.1	1.3	0	0.1	6	12.9	11.1	6.4	0.1
Walnuts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dehydrated potatoes																	
Dehydrated potatoes	172.8	4.1	39.6	0.2	0.1	0	0	0	3.2	13.2	0.1	0.6	32.2	76.1	536	48.8	0.3

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturate d fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Grain products																	
Whole grain pancakes	12.5	0.4	1.6	0.6	0.1	0.2	0	2.8	0.2	10.7	0	0.1	2.8	12.6	11.9	22.2	0.1
Rice																	
Brown rice	80.9	1.9	16.8	0.6	0.1	0.2	0	0	1.3	7.4	0	0.4	31.6	61	31.6	3.7	0.4
White rice	10.2	0.2	2.2	0	0	0	0	0	0	0.8	0	0	1	3.5	2.7	0	0
Spaghetti, macaroni																	
Macaroni	0.4	0	0.1	0	0	0	0	0	0	0	0	0	0	0.2	0.1	0	0
Rotini	0.3	0	0.1	0	0	0	0	0	0	0	0	0	0	0.1	0.1	0	0
Spaghetti	1.3	0	0.3	0	0	0	0	0	0	0.1	0	0	0.2	0.5	0.4	0	0
Whole grain macaroni	21.8	0.9	4.7	0.1	0	0	0	0	0.5	2.7	0	0.2	5.3	15.6	7.8	0.5	0.1
Whole grain rotini	19.5	0.8	4.2	0.1	0	0	0	0	0.4	2.4	0	0.2	4.7	13.9	7	0.5	0.1
Whole grain spaghetti	25.9	1.1	5.6	0.1	0	0	0	0	0.9	3.2	0	0.2	6.3	18.6	9.3	0.6	0.2
Tortillas																	
Whole grain tortillas	27.1	0.9	4	0.9	0.4	0.1	0	0	0.9	21.3	0	0.2	7.4	30.2	22.9	67.5	0.2
Canned vegetables																	
Carrots	0.6	0	0.1	0	0	0	0	0	0	0.6	0	0	0.2	0.6	4.7	5.2	0
Corn	27.7	0.8	6.2	0.4	0.1	0.1	0	0	0.6	1.4	0	0.2	4.6	16.5	48.5	6.4	0.1
Green beans	10.3	0.6	2.1	0.2	0	0	0.1	0	1.2	18.7	0	0.4	6.3	10.3	52	89.1	0.1
Peas	3.3	0.2	0.6	0	0	0	0	0	0.2	1	0	0	0.8	3.2	8.4	8	0
Salsa	5.2	0.3	1.2	0	0	0	0	0	0.3	5.4	0	0	2.7	6.1	51	19.6	0
Sweet potato	2.1	0	0.5	0	0	0	0	0	0	0.5	0	0	0.3	0.7	5.4	0.6	0
Tomato paste	23.8	1.2	5.5	0.1	0	0	0	0	1.1	10.4	0.1	0.9	12.2	24.1	293.4	17.2	0.1
Tomato sauce	6.6	0.2	1	0.2	0	0	0	0.3	0.2	3.5	0	0.1	2.4	4.4	41	14.6	0
Tomatoes	2.3	0.1	0.5	0	0	0	0	0	0.1	4.4	0	0.1	1.5	2.7	26.2	1.7	0
Fresh vegetables																	
Alfalfa	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Asparagus	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Basil	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Batata	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bean sprouts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Beets	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bok choy	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0
Broccoli	1.6	0.1	0.3	0	0	0	0	0	0.1	2	0	0	0.9	3	14.1	1.7	0
Broccoli coleslaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brussels sprouts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturate d fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Calabaza	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Carrots	8.2	0.2	1.8	0	0	0	0	0	0.6	6.8	0	0.1	2.4	7.1	59.6	13.6	0
Cauliflower	0.3	0	0	0	0	0	0	0	0	0.2	0	0	0.1	0.5	2.8	0.3	0
Celery	0.8	0	0.1	0	0	0	0	0	0.1	1.8	0	0	0.5	1.1	12.3	3.9	0
Chives	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cilantro	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0
Coleslaw	0.2	0	0.1	0	0	0	0	0	0	0.3	0	0	0.1	0.2	1.6	0.2	0
Collards	0.1	0	0	0	0	0	0	0	0	0.3	0	0	0.1	0.1	0.3	0	0
Corn	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0.4	0	0
Cucumbers	0.3	0	0.1	0	0	0	0	0	0	0.4	0	0	0.3	0.6	3.7	0.1	0
Dill	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Eggplant	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Garlic	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Ginger	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0.2	0	0
Green cabbage	0.3	0	0.1	0	0	0	0	0	0	0.6	0	0	0.1	0.4	2.4	0.1	0
Green onion	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0
Green peppers	0.2	0	0	0	0	0	0	0	0	0.1	0	0	0.1	0.2	1.6	0	0
Hot peppers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Jicama	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.2	0	0
Kale	0	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0.3	0	0
Lettuce	3	0.1	0.6	0	0	0	0	0	0.4	8.3	0	0.1	2.7	5.2	46.3	3.5	0
Mixed vegetables	0.3	0	0	0	0	0	0	0	0	0.2	0	0	0.1	0.3	2.6	0.5	0
Mushroom	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0.4	0	0
Onions	1.2	0	0.3	0	0	0	0	0	0	0.7	0	0	0.3	0.9	4.5	0.1	0
Parsley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0
Peapod	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0.2	0	0
Potatoes	217.6	5.8	49.7	0.3	0.1	0.1	0	0	5.2	35.5	0.3	2.5	66.3	165.6	1256.7	23.6	0.8
Pumpkin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Radishes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.5	0.1	0
Red cabbage	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.4	0	0
Red peppers	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0.6	0	0
Rosemary	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sage	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salad mix	1.7	0.1	0.3	0	0	0	0	0	0.3	4.2	0	0	1.7	2.9	25.3	2.1	0

USDA Food	Calories (kcal)	Protein (g)	Carbo- hydrate (g)	Total Fat (g)	Saturate d fat (g)	Linoleic acid (g)	Alpha- linolenic acid (g)	Choles- terol (mg)	Total dietary fiber (g)	Calcium (mg)	Copper (mg)	Iron (mg)	Mag- nesium (mg)	Phos- phorus (mg)	Potas- sium (mg)	Sodium (mg)	Zinc (mg)
Spinach	0.4	0	0.1	0	0	0	0	0	0	1.9	0	0	1.4	0.8	8.5	1.3	0
Spinach salad	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spring mix	0.1	0	0	0	0	0	0	0	0	0.2	0	0	0.1	0.1	1	0.1	0
Summer squash	0	0	0	0	0	0	0	0	0	0.1	0	0	0.1	0.1	0.4	0	0
Sweet potato	22.8	0.5	5.2	0	0	0	0	0	0.9	9.6	0	0.2	6.8	13.7	120	9.1	0.1
Swiss chard	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0
Thyme	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	1.9	0.1	0.4	0	0	0	0	0	0.1	1	0	0	1	2.7	23.6	0.8	0
Turnip greens	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Turnips	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Watercress	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Winter squash	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.2	0	0
Yam	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0.6	0	0
Yellow peppers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Zucchini	0.1	0	0	0	0	0	0	0	0	0.1	0	0	0.1	0.1	0.5	0	0
Frozen vegetables																	
Broccoli	6.4	0.7	1.2	0	0	0	0	0	0.7	9.6	0	0.1	3.6	11.8	36.4	5.4	0.1
Carrots	4.8	0.1	1	0.1	0	0	0	0	0.4	4.5	0	0.1	1.4	4	24.6	7.6	0
Corn	31.2	0.9	7.3	0.2	0	0.1	0	0	0.9	1.1	0	0.2	10.8	30.3	89.1	0.5	0.2
Green beans	3.4	0.2	0.8	0	0	0	0	0	0.4	5.1	0	0.1	2.3	3.5	19.3	0.2	0
Lima beans	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0.2	0	0
Mushrooms	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0.3	0	0
Peas	7.1	0.5	1.3	0	0	0	0	0	0.5	2.2	0	0.1	2	7	9.9	6.6	0.1
Potatoes	111.1	1.7	18.2	3.9	0.7	0.8	0.1	0	1.5	7.7	0	0.4	15.4	55.7	256.3	205.2	0.2
Spinach	0.6	0.1	0.1	0	0	0	0	0	0.1	2.8	0	0	1.5	0.9	5.5	1.8	0
Sweet potato	4.3	0.1	1	0	0	0	0	0	0.2	1.8	0	0	1.3	2.6	22.6	2.6	0
Spaghetti sauce																	
Spaghetti sauce	1.1	0	0.1	0	0	0	0	0	0	0.6	0	0	0.4	0.7	6.6	2.1	0

5. Vitamin Content of 2014 NSLP Entitlement USDA Foods per Person, per Month, as Delivered

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Cereal, dry										
Grits	0	0	0	0	0	0	0	0	0	0.2
Oats	0	0	0	0	0	0	0	0	0	0.5
Cheese										
Cheddar	31.2	0	0	0	0	0	0	0	0.1	2.1
Light mozzarella	21.7	0	0.1	0	0	0	0	0	0.3	1.4
Natural American	241.3	0	0.5	0.3	0	0.3	0.1	0.1	0.8	16.4
Part skim mozzarella	234	0	0.6	0.5	0.1	0.4	0.1	0.1	3.4	14.6
Processed American	70.4	0	1.9	0.2	0	0.1	0	0	0.4	5
Reduced fat cheddar	31.2	0	0.1	0.1	0	0.1	0	0	0.3	4.3
Reduced fat processed American	50.4	0	0	0.1	0	0.1	0	0	0.3	0
Canned fruit										
Apples	0.2	0.2	0	0	0	0	0	0	0	0.6
Applesauce	1	1	0	0.1	0	0	0.1	0	0	3.2
Apricots	3.3	0.2	0	0	0	0	0	0	0	0.1
Cherries	0.4	0	0	0	0	0	0	0	0	0.1
Cranberry sauce	0	0	0	0	0	0	0	0	0	0
Mixed fruit	7.3	1.3	0	0.3	0	0	0.3	0	0	2.1
Peaches	13.1	1.8	0	0.4	0	0	0.4	0	0	2.1
Pears	0	0.8	0	0	0	0	0.1	0	0	0.9
Dried fruit										
Cherries	0.9	0.1	0	0	0	0	0	0	0	0.1
Dates	0	0	0	0	0	0	0	0	0	0
Fruit-nut mix	1.1	0	0	0	0	0	0	0	0	0.6
Raisins	0	0.2	0	0	0	0	0.1	0	0	0.4
Fresh fruit										
Apples	3.1	4.7	0	0.1	0	0	0.1	0	0	3.1
Apricots	0	0	0	0	0	0	0	0	0	0
Asian pear	0	0	0	0	0	0	0	0	0	0
Avocados	0	0	0	0	0	0	0	0	0	0.1
Banana	0	0.1	0	0	0	0	0	0	0	0.1
Blackberries	0	0	0	0	0	0	0	0	0	0
Blueberries	0	0	0	0	0	0	0	0	0	0

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Cantaloupe	3.9	0.8	0	0	0	0	0	0	0	0.5
Cherries	0	0	0	0	0	0	0	0	0	0
Clementine	0.3	0.2	0	0	0	0	0	0	0	0.1
Grapefruit	0.8	0.6	0	0	0	0	0	0	0	0.2
Grapes	0.4	0.4	0	0	0	0	0	0	0	0.2
Honeydew melon	0	0.2	0	0	0	0	0	0	0	0.2
Kiwi	0.1	1.2	0	0	0	0	0	0	0	0.3
Kumquat	0	0	0	0	0	0	0	0	0	0
Lemon	0	0	0	0	0	0	0	0	0	0
Mango	0	0	0	0	0	0	0	0	0	0
Mixed fruit	0.2	0.7	0	0	0	0	0	0	0	0.4
Nectarine	0.2	0.1	0	0	0	0	0	0	0	0.1
Orange	4.7	22.8	0	0.1	0	0	0.1	0	0	12.9
Oranges	0.1	0.6	0	0	0	0	0	0	0	0.4
Papaya	0	0	0	0	0	0	0	0	0	0
Peaches	0.3	0.1	0	0	0	0	0	0	0	0.1
Pears	0.2	0.8	0	0	0	0	0	0	0	1.4
Pineapple	0	0.4	0	0	0	0	0	0	0	0.1
Plums	0.3	0.2	0	0	0	0	0	0	0	0.1
Pomegranate	0	0	0	0	0	0	0	0	0	0
Raspberries	0	0	0	0	0	0	0	0	0	0
Starfruit	0	0	0	0	0	0	0	0	0	0
Strawberries	0.1	3.2	0	0	0	0	0	0	0	1.3
Tangelo	0.1	0.3	0	0	0	0	0	0	0	0.2
Tangerine	0.8	0.7	0	0	0	0	0	0	0	0.4
Watermelon	1.3	0.4	0	0	0	0	0	0	0	0.1
Frozen fruit										
Apples	0.9	1.3	0	0.1	0	0	0	0	0	0.9
Apricots	4.5	0.4	0	0	0	0	0	0	0	0.1
Blueberries	0.1	0.2	0	0	0	0	0	0	0	0.7
Cherries	1.4	0	0	0	0	0	0	0	0	0.2
Peaches	6.6	44.5	0	0.3	0	0	0.3	0	0	1.5
Strawberries	0.8	26.2	0	0.1	0	0	0.2	0	0	7.2
Frozen juice										
Orange juice	0.5	7.9	0	0.1	0	0	0.1	0	0	5.2

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Orange juice concentrate	0	0.1	0	0	0	0	0	0	0	0.1
Cornmeal										
Cornmeal	0.1	0	0	0	0	0	0	0	0	2.1
Flour										
Bread flour	0	0	0	0	0	0	0.7	0	0	26.2
White flour	0	0	0	0.1	0.1	0.1	2.1	0	0	69.7
White whole wheat blend	0	0	0	0	0	0	0	0	0	0.1
Whole wheat flour	0	0	0	0.1	0	0	0.5	0	0	3.4
Canned juice										
Orange	0	0.2	0	0	0	0	0	0	0	0.1
Eggs										
Whole frozen eggs	51	0	0.7	0.3	0	0.1	0	0	0.3	11.3
Meat, poultry, fish										
Canned beef	0	0	0	0	0	0	0.1	0	0	0
Canned chicken	0.4	0	0	0	0	0	0	0	0	0
Canned pork	0	0	0	0	0	0	0.1	0	0	0
Chilled chicken - pieces	1.4	0	0	0	0	0	1.2	0.1	0.1	0.8
Chilled chicken - whole	10.4	0	0	0.7	0.1	0.3	11.7	1	0.3	7.9
Chilled turkey - whole	1.3	0	0.1	0	0	0.1	3.1	0.2	0.4	2.9
Frozen beef - ground	0	0.1	0.3	0.6	0	0.3	7.5	0.4	3.7	14.4
Frozen beef - patties	0	0.1	0	0	0	0	0.8	0	0.5	4
Frozen beef - roast	0	0	0.1	0	0	0.1	1.2	0.1	0.8	2.6
Frozen catfish	0.3	0	0	0.1	0	0	0.1	0	0.1	1.4
Frozen chicken - fajita strips	2	0	0	0.1	0	0.1	1.7	0.1	0.1	1.2
Frozen chicken - pieces	2.6	0	0	0.1	0	0.1	2.8	0.2	0.1	1.9
Frozen ham	1.5	0	0.2	0	0.1	0	1.4	0.1	0.1	0.7
Frozen pollock	0.9	0	0	0	0	0	0.2	0	0.1	0.7
Frozen pork - ground	0.1	0	0	0	0	0	0	0	0	0
Frozen pork - roast	0.5	0.1	0.3	0	0.1	0.1	1	0.1	0.2	1.6
Frozen turkey - breast	2.2	1.3	0	0	0	0.1	0	0	0	0.9
Frozen turkey - ham	0.6	0.8	0	0.1	0	0	0.2	0	0	0.6
Frozen turkey - pieces	0.2	0	0	0	0	0	0.2	0	0.1	0.3
Frozen turkey - roast	0	0	0	0.1	0	0	0.9	0	0.2	0.8
Frozen turkey - taco filling	1.9	0	0	0	0	0	0.7	0	0.1	0.5

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Frozen turkey - whole	0	0	0	0	0	0	0	0	0	0
Milk										
1% UHT milk	0.3	0	0	0	0	0	0	0	0	0
Yogurt										
Fruit yogurt	0	0	0	0	0	0	0	0	0	0
Plain yogurt	0	0	0	0	0	0	0	0	0	0
Vanilla yogurt	0	0	0	0	0	0	0	0	0	0
Butter, oils										
Soybean oil	0	0	0	0.2	0	0	0	0	0	0
Vegetable oil	0	0	0	1.5	0	0	0	0	0	0
Canned beans										
Black beans	0	0	0	0	0	0	0	0	0	3.4
Black-eyed peas	1.1	0.1	0	0	0	0	0	0	0	3.6
Garbanzo beans	0.1	0.1	0	0	0	0	0	0	0	7.2
Great northern beans	0	0	0	0	0	0	0	0	0	1.2
Kidney beans	0	0.1	0	0	0	0	0	0	0	6.1
Lima beans	0.3	0.2	0	0	0	0	0	0	0	0.5
Pink beans	0	0	0	0	0	0	0	0	0	0.8
Pinto beans	0	0.1	0	0.2	0	0	0.1	0	0	29.2
Red beans	0	0.1	0	0	0	0	0	0	0	5.9
Refried beans	0	0.6	0	0.1	0	0	0.1	0	0	10.1
Vegetarian beans	1.3	0	0	0	0	0	0.1	0	0	2.8
Dried beans										
Great northern beans	0	0	0	0	0	0	0	0	0	0.6
Navy beans	0	0	0	0	0	0	0	0	0	0.2
Pea, southern	0	0	0	0	0	0	0	0	0	0.1
Pinto beans	0	0	0	0	0	0	0	0	0	8.6
Nuts										
Almonds	0	0	0	0	0	0	0	0	0	0
Peanut butter	0	0	0	1.7	0	0	2.7	0.2	0	14.7
Pecans	0	0	0	0	0	0	0	0	0	0
Sunflower butter	0	0	0	0.4	0	0	0.1	0	0	4.6
Walnuts	0	0	0	0	0	0	0	0	0	0
Dehydrated potatoes										
Dehydrated potatoes	0.5	39.5	0	0	0.5	0.1	3.1	0.4	0	22.5

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Grain products										
Whole grain pancakes	2.9	0	0.1	0.1	0	0	0.1	0	0	0.9
Rice										
Brown rice	0	0	0	0	0	0	1.2	0.1	0	2.9
White rice	0	0	0	0	0	0	0	0	0	7.6
Spaghetti, macaroni										
Macaroni	0	0	0	0	0	0	0	0	0	0.3
Rotini	0	0	0	0	0	0	0	0	0	0.2
Spaghetti	0	0	0	0	0	0	0	0	0	1
Whole grain macaroni	0	0	0	0.1	0	0	0.1	0	0	0.9
Whole grain rotini	0	0	0	0	0	0	0.1	0	0	0.8
Whole grain spaghetti	0	0	0	0.1	0	0	0.1	0	0	1.1
Tortillas										
Whole grain tortillas	0	0	0	0.1	0.1	0	0.4	0	0	8.5
Canned vegetables										
Carrots	14.9	0.1	0	0	0	0	0	0	0	0.2
Corn	0.7	0.5	0	0	0	0	0.2	0	0	11.6
Green beans	8.8	1.3	0	0	0	0	0.1	0	0	13.7
Peas	1.3	0.5	0	0	0	0	0	0	0	2.1
Salsa	4.3	0.4	0	0.2	0	0	0.2	0	0	0.7
Sweet potato	12	0.3	0	0	0	0	0	0	0	0.1
Tomato paste	22	6.3	0	1.2	0	0	0.9	0	0	3.5
Tomato sauce	4.2	0.3	0	0.3	0	0	0.5	0	0	1.7
Tomatoes	0.8	1.3	0	0.1	0	0	0.1	0	0	1.1
Fresh vegetables										
Alfalfa	0	0	0	0	0	0	0	0	0	0
Asparagus	0	0	0	0	0	0	0	0	0	0
Basil	0	0	0	0	0	0	0	0	0	0
Batata	0	0	0	0	0	0	0	0	0	0
Bean sprouts	0	0	0	0	0	0	0	0	0	0
Beets	0	0	0	0	0	0	0	0	0	0
Bok choy	0.1	0	0	0	0	0	0	0	0	0
Broccoli	2.5	3.6	0	0	0	0	0	0	0	4
Broccoli coleslaw	0	0	0	0	0	0	0	0	0	0
Brussels sprouts	0	0	0	0	0	0	0	0	0	0

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Calabaza	0	0	0	0	0	0	0	0	0	0
Carrots	181	1	0	0.2	0	0	0.1	0	0	3.5
Cauliflower	0	0.6	0	0	0	0	0	0	0	0.6
Celery	1.1	0.2	0	0	0	0	0	0	0	1.5
Chives	0	0	0	0	0	0	0	0	0	0
Cilantro	0.1	0	0	0	0	0	0	0	0	0
Coleslaw	0.8	0.3	0	0	0	0	0	0	0	0.3
Collards	0.9	0	0	0	0	0	0	0	0	0
Corn	0	0	0	0	0	0	0	0	0	0
Cucumbers	0.1	0.1	0	0	0	0	0	0	0	0.4
Dill	0	0	0	0	0	0	0	0	0	0
Eggplant	0	0	0	0	0	0	0	0	0	0
Garlic	0	0	0	0	0	0	0	0	0	0
Ginger	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	0	0	0	0	0	0	0	0
Green cabbage	0	0.5	0	0	0	0	0	0	0	0.5
Green onion	0	0	0	0	0	0	0	0	0	0
Green peppers	0.2	0.8	0	0	0	0	0	0	0	0.1
Hot peppers	0	0	0	0	0	0	0	0	0	0
Jicama	0	0	0	0	0	0	0	0	0	0
Kale	0.9	0	0	0	0	0	0	0	0	0
Lettuce	33.6	1.5	0	0.1	0	0	0	0	0	16.8
Mixed vegetables	3.6	0	0	0	0	0	0	0	0	0.2
Mushroom	0	0	0	0	0	0	0	0	0	0
Onions	0	0.2	0	0	0	0	0	0	0	0.4
Parsley	0	0	0	0	0	0	0	0	0	0
Peapod	0	0.1	0	0	0	0	0	0	0	0
Potatoes	2.3	22.5	0	0.1	0.1	0.1	3.3	0.7	0	66.3
Pumpkin	0	0	0	0	0	0	0	0	0	0
Radishes	0	0	0	0	0	0	0	0	0	0
Red cabbage	0	0	0	0	0	0	0	0	0	0
Red peppers	0.4	0.4	0	0	0	0	0	0	0	0.1
Rosemary	0	0	0	0	0	0	0	0	0	0
Sage	0	0	0	0	0	0	0	0	0	0
Salad mix	18.8	0.8	0	0	0	0	0	0	0	8.6

USDA Food	Vitamin A (ug RAE)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Vitamin B12 (ug)	Folate (ug DFE)
Spinach	8.2	0.3	0	0	0	0	0	0	0	2.8
Spinach salad	0	0	0	0	0	0	0	0	0	0
Spring mix	1	0	0	0	0	0	0	0	0	0.4
Summer squash	0	0	0	0	0	0	0	0	0	0
Sweet potato	242.6	4.9	0	0.2	0	0	0.4	0.1	0	1.5
Swiss chard	0.1	0	0	0	0	0	0	0	0	0
Thyme	0	0	0	0	0	0	0	0	0	0
Tomatoes	3.4	1.9	0	0	0	0	0	0	0	1.5
Turnip greens	0	0	0	0	0	0	0	0	0	0
Turnips	0	0	0	0	0	0	0	0	0	0
Watercress	0	0	0	0	0	0	0	0	0	0
Winter squash	0.2	0	0	0	0	0	0	0	0	0
Yam	0	0	0	0	0	0	0	0	0	0
Yellow peppers	0	0	0	0	0	0	0	0	0	0
Zucchini	0	0	0	0	0	0	0	0	0	0.1
Frozen vegetables										
Broccoli	11.6	9.1	0	0.3	0	0	0.1	0	0	9.8
Carrots	108.3	0.3	0	0.1	0	0	0.1	0	0	1.4
Corn	3.8	1.3	0	0	0	0	0.5	0	0	13.5
Green beans	3.4	0.5	0	0	0	0	0	0	0	2.8
Lima beans	0	0	0	0	0	0	0	0	0	0
Mushrooms	0	0	0	0	0	0	0	0	0	0
Peas	9.5	0.9	0	0	0	0	0.1	0	0	5.4
Potatoes	0	6.4	0	0.1	0	0	1.2	0	0	14.7
Spinach	11	0	0	0.1	0	0	0	0	0	2.2
Sweet potato	45.8	0.9	0	0	0	0	0.1	0	0	0.3
Spaghetti sauce										
Spaghetti sauce	0.7	0	0	0	0	0	0.1	0	0	0.3

6. Food Group Content of 2014 NSLP Entitlement USDA Foods per Person, per Month, as Delivered

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Cereal, dry																
Grits	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oats	0	0	0	0	0	0	0.1	0.1	0	0	0	0	0	0	0	0
Cheese																
Cheddar	0	0	0	0	0	0	0	0	0	0	0	0	0.3	0	3.5	0
Light mozzarella	0	0	0	0	0	0	0	0	0	0	0	0	0.3	0	2.2	0
Natural American	0	0	0	0	0	0	0	0	0	0	0	0	2.1	0	27	0
Part skim mozzarella	0	0	0	0	0	0	0	0	0	0	0	0	3.4	0	24.1	0
Processed American	0	0	0	0	0	0	0	0	0	0	0	0	1	0	4.8	0
Reduced fat cheddar	0	0	0	0	0	0	0	0	0	0	0	0	0.5	0	3.7	0
Reduced fat processed American	0	0	0	0	0	0	0	0	0	0	0	0	0.5	0	1.7	0
Canned fruit																
Apples	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Applesauce	0.5	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apricots	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cherries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cranberry sauce	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1
Mixed fruit	0.2	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0.4
Peaches	0.2	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0.8
Pears	0.3	0.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0.8
Dried fruit																
Cherries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1
Dates	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fruit-nut mix	0	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0	0
Raisins	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fresh fruit																
Apples	0.9	0.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apricots	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Asian pear	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Avocados	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Banana	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Blackberries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Blueberries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Cantaloupe	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cherries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Clementine	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grapefruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grapes	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Honeydew melon	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Kiwi	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Kumquat	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lemon	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mango	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mixed fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Nectarine	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Orange	0.2	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oranges	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Papaya	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peaches	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pears	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pineapple	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Plums	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pomegranate	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Raspberries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Starfruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Strawberries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tangelo	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tangerine	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Watermelon	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen fruit																
Apples	0.3	0.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apricots	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Blueberries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cherries	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peaches	0.3	0.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0.5
Strawberries	0.5	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0.9
Frozen juice																
Orange juice	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Orange juice concentrate	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cornmeal																
Cornmeal	0	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0	0
Flour																
Bread flour	0	0	0	0	0	0	0.9	0	0	0	0	0	0	0	0	0
White flour	0	0	0	0	0	0	2.4	0	0	0	0	0	0	0	0	0
White whole wheat blend	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Whole wheat flour	0	0	0	0	0	0	0.7	0.7	0	0	0	0	0	0	0	0
Canned juice																
Orange	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Eggs																
Whole frozen eggs	0	0	0	0	0	0	0	0	0.5	0	0	0	0	0	1.5	0
Meat, poultry, fish																
Canned beef	0	0	0	0	0	0	0	0	0.1	0	0.1	0	0	0	0.2	0
Canned chicken	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Canned pork	0	0	0	0	0	0	0	0	0.1	0	0.1	0	0	0	0.3	0
Chilled chicken - pieces	0	0	0	0	0	0	0	0	0.7	0	0	0	0	0	0	0
Chilled chicken - whole	0	0	0	0	0	0	0	0	4.5	0	0	0	0	0	0	0
Chilled turkey - whole	0	0	0	0	0	0	0	0	1.1	0	0	0	0	0	0	0
Frozen beef - ground	0	0	0	0	0	0	0	0	4.5	0	4.5	0	0	0	10.2	0
Frozen beef - patties	0	0	0	0	0	0	0	0	0.5	0	0.5	0	0	0	0.7	0
Frozen beef - roast	0	0	0	0	0	0	0	0	1.1	0	1.1	0	0	0	0	0
Frozen catfish	0	0	0	0	0	0	0	0	0.1	0.1	0	0	0	0.2	0	0
Frozen chicken - fajita strips	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Frozen chicken - pieces	0	0	0	0	0	0	0	0	1.1	0	0	0	0	0	0	0
Frozen ham	0	0	0	0	0	0	0	0	0.9	0	0	0	0	0	0	0.2
Frozen pollock	0	0	0	0	0	0	0	0	0.2	0.2	0	0	0	0	0	0
Frozen pork - ground	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen pork - roast	0	0	0	0	0	0	0	0	0.8	0	0.8	0	0	0	2.7	0
Frozen turkey - breast	0	0	0	0	0	0	0	0	0.8	0	0	0	0	0	0	0.1
Frozen turkey - ham	0	0	0	0	0	0	0	0	0.3	0	0	0	0	0	0	0
Frozen turkey - pieces	0	0	0	0	0	0	0	0	0.1	0	0	0	0	0	0	0
Frozen turkey - roast	0	0	0	0	0	0	0	0	0.5	0	0	0	0	0	0	0
Frozen turkey - taco filling	0	0	0	0	0	0	0	0	0.3	0	0	0	0	0	0.1	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Frozen turkey - whole	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Milk																
1% UHT milk	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Yogurt																
Fruit yogurt	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Plain yogurt	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vanilla yogurt	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Butter, oils																
Soybean oil	0	0	0	0	0	0	0	0	0	0	0	0	0	2.3	0	0
Vegetable oil	0	0	0	0	0	0	0	0	0	0	0	0	0	12.6	0	0
Canned beans																
Black beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Black-eyed peas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Garbanzo beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Great northern beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Kidney beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lima beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pink beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pinto beans	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0	0	0
Red beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Refried beans	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0.3	0.3	0
Vegetarian beans	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0	0	0.1
Dried beans																
Great northern beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Navy beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pea, southern	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pinto beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Nuts																
Almonds	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peanut butter	0	0	0	0	0	0	0	0	1.3	0	0	1.3	0	6.8	0.3	0.2
Pecans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sunflower butter	0	0	0	0	0	0	0	0	0.1	0	0	0.1	0	0.6	0	0
Walnuts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dehydrated potatoes																
Dehydrated potatoes	0	0	1.6	0	0	0	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Grain products																
Whole grain pancakes	0	0	0	0	0	0	0.1	0.1	0	0	0	0	0	0.4	0.1	0.1
Rice																
Brown rice	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0
White rice	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spaghetti, macaroni																
Macaroni	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Rotini	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spaghetti	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Whole grain macaroni	0	0	0	0	0	0	0.2	0.2	0	0	0	0	0	0	0	0
Whole grain rotini	0	0	0	0	0	0	0.2	0.2	0	0	0	0	0	0	0	0
Whole grain spaghetti	0	0	0	0	0	0	0.3	0.3	0	0	0	0	0	0	0	0
Tortillas																
Whole grain tortillas	0	0	0	0	0	0	0.4	0.2	0	0	0	0	0	0	0.7	0
Canned vegetables																
Carrots	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	0.4	0	0	0	0	0	0	0	0	0	0	0	0	0
Peas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salsa	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0
Sweet potato	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tomato paste	0	0	0.2	0	0.2	0	0	0	0	0	0	0	0	0	0	0
Tomato sauce	0	0	0	0	0	0	0	0	0	0	0	0	0	0.2	0	0
Tomatoes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fresh vegetables																
Alfalfa	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Asparagus	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Basil	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Batata	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bean sprouts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Beets	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bok choy	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Broccoli	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Broccoli coleslaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brussels sprouts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Calabaza	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Carrots	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0	0
Cauliflower	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Celery	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Chives	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cilantro	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coleslaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Collards	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cucumbers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dill	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Eggplant	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Garlic	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Ginger	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Green cabbage	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Green onion	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Green peppers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot peppers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Jicama	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Kale	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lettuce	0	0	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0
Mixed vegetables	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mushroom	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Parsley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peapod	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Potatoes	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Pumpkin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Radishes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Red cabbage	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Red peppers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Rosemary	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sage	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salad mix	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0

USDA Food	Total Fruit (c eq)	Whole Fruit (c eq)	Total Veg (c eq)	Dk green Veg (c eq)	Red, orange Veg (c eq)	Legumes (c eq)	Total Grain (oz eq)	Whole Grain (oz eq)	Total Protein (oz eq)	Seafood (oz eq)	MPE (oz eq)	Nuts (oz eq)	Dairy (c eq)	Oil (g)	Solid fat (g)	Added sugar (tsp)
Spinach	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spinach salad	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spring mix	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Summer squash	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sweet potato	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0	0
Swiss chard	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Thyme	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Turnip greens	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Turnips	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Watercress	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Winter squash	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Yam	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Yellow peppers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Zucchini	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frozen vegetables																
Broccoli	0	0	0.1	0.1	0	0	0	0	0	0	0	0	0	0	0	0
Carrots	0	0	0.1	0	0.1	0	0	0	0	0	0	0	0	0	0	0
Corn	0	0	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Green beans	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0
Lima beans	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mushrooms	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Peas	0	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0	0
Potatoes	0	0	0.5	0	0	0	0	0	0	0	0	0	0	0.9	2.7	0
Spinach	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sweet potato	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spaghetti sauce																
Spaghetti sauce	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0