

NCC Food Group Serving Count System Subgroups

Fruits

- Fruit and fruit juices are separated into seven subgroups (e.g., citrus and non-citrus classifications) to allow 100% juice to be measured independent of fruit.
- Fruit servings are defined per the *2000 Dietary Guidelines for Americans* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, or ¼ of cup dried fruit.
- Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count.

Subgroup ID Code	Subgroup Name	Includes/Examples	Excludes/Examples	Serving Size
FRU0100	Citrus Juice	1. 100% citrus juice (sweetened or unsweetened orange, grapefruit, tangerine) 2. Frozen concentrate	1. Drinks with < 100% juice 2. Fruit juice bars are not 100% juice	4 fluid ounces
FRU0200	Fruit Juice excluding Citrus Juice	1. 100% juice (sweetened or unsweetened) 2. Frozen concentrate	1. Drinks with < 100% juice 2. Cranberry drinks are not 100% juice 3. Fruit juice bars are not 100% juice 4. Fruit nectars are not 100% juice	4 fluid ounces
FRU0300	Citrus Fruit	1. Fresh, cooked and canned citrus fruits (e.g., oranges, grapefruit, tangerines, lemons) 2. Citrus fruit in recipes (e.g., salads, Jell-O)	1. Fruits other than citrus fruits 2. Jam, jelly, marmalade	1. Fresh, frozen, canned, or cooked = ½ cup chopped or default form 2. 1 medium piece when appropriate (e.g., 1 medium orange) 3. ½ fresh grapefruit 4. Dried = ¼ cup
FRU0400	Fruit excluding	1. Fresh, frozen, cooked, canned, and dried	1. Citrus fruits (e.g., oranges, grapefruit,	1. Fresh, frozen, canned, or cooked = ½

Subgroup ID Code	Subgroup Name	Includes/Examples	Excludes/Examples	Serving Size
	Citrus Fruit	2. Fruit in recipes (e.g., salads, Jell-O, caramel apple) 3. Fruit relish, or salsa 4. Fruit in cereal if actual fruit pieces (e.g., raisins)	tangerines, lemons) 2. Fruit in: Baked goods, desserts, pies; Trail mix; Candy (e.g., chocolate covered raisins); Granola bars; Ice cream 3. Maraschino cherries 4. Fruit leather or fruit roll-ups 5. Jam, jelly, marmalade 6. Fruit relishes if “pickled”	cup chopped or default form 2. 1 medium piece when appropriate (e.g., 1 medium banana) 3. Dried = ¼ cup
FRU0500	Avocado and Similar			½ cup chopped or default form

FRU0600	Fried Fruits	1. Fried bananas 2. Fried apples		½ cup chopped or default form
FRU0700	Fruit-based Savory Snack	1. Apple chips 2. Banana chips		1 ounce

Vegetables

- Ten vegetable subgroups are provided to permit analysis based on nutrient contribution (e.g., dark-green, deep-yellow, white potatoes, other starchy vegetables) and to provide the ability to separately quantify consumption of vegetables that do not meet Key Recommendations of the Guidelines (e.g., fried potatoes).
- Vegetable servings are defined per the *2000 Dietary Guidelines for Americans* as 1 cup of raw leafy vegetables or, ½ cup of other cooked or raw vegetables. When multiple forms of a food are available for a given food, the most common form is selected to represent the serving weight for the food (e.g., chopped, sliced, and grated).
- Vegetable servings include vegetables and vegetable juice consumed separately (plain) and in recipes containing vegetables (e.g., stew, soup, lasagna, pizza, salad, casseroles, commercial entrees).

Subgroup ID Code	Subgroup Name	Includes/Examples	Excludes/Examples	Serving Size
VEG0100	Dark-green Vegetables	1. Raw, cooked, and canned 2. Dark-green vegetables (e.g., broccoli, spinach, romaine, collards) 3. Vegetable in recipes (e.g., stew, soup)	Fried and/or breaded vegetables (e.g., breaded broccoli)	1. Raw, cooked, or canned = ½ cup chopped or default form 2. Raw leafy vegetables = 1 cup
VEG0200	Deep-yellow Vegetables	1. Raw, cooked, and canned 2. Deep-yellow	Fried and/or breaded vegetables (e.g., breaded squash)	Raw, cooked, or canned = ½ cup chopped or default

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Subgroup ID Code	Subgroup Name	Includes/Examples	Excludes/Examples	Serving Size
		vegetables (e.g., carrots, pumpkin, sweet potatoes, winter squash) 3. Vegetable in recipes (e.g., stew, soup)		form
VEG0300	Tomato	1. Raw, cooked and canned tomato 2. Salsa 3. Tomato sauce 4. Spaghetti sauce 5. Tomato-based sauce 6. Tomato puree 7. Tomato paste 8. Tomato in recipes (e.g., stew, soup)	1. Catsup 2. Steak sauce 3. Cocktail sauce	1. ½ cup chopped or default form 2. Tomato sauce = ½ cup 3. Tomato puree = ¼ cup 4. Tomato paste = ¼ cup
VEG0400	White Potatoes	1. Baked, boiled, and canned white potatoes 2. Potatoes in recipes (e.g., stew)		1. ½ cup chopped or default form 2. 1 medium baked potato

VEG0800	Fried Potatoes	1. French fries 2. Hash browns 3. Pan fried potatoes 4. Potato tots	Potato chips	1. ½ cup chopped, or default form 2. French fries = 70g
VEG0450	Other Starchy Vegetables	1. Raw, cooked, and canned 2. Starchy vegetables (e.g., cassava, corn, green peas, jicama) 3. Vegetable in recipes (e.g., stew, soup) 4. Vegetables with more starch than peas	1. Fried and/or breaded vegetables 2. Mixed vegetables with a starchy vegetable	1. Raw, cooked, or canned = ½ cup chopped or default form 2. Raw leafy vegetables = 1 cup
VEG0700	Legumes (cooked dried beans)	1. Dried beans 2. Mature lima beans 3. Refried beans 4. Beans in sauce (e.g., pork and beans) 5. Beans in recipes (e.g., stew, soup)	1. Soy-based desserts (e.g., Tofutti) 2. TVP, products with TVP (e.g., veggie burgers, meat with TVP) 3. Soy nuts 4. Tofu 5. Tempeh	1. Cooked dry beans = ½ cup 2. Refried beans = ½ cup 3. Beans in sauce = ½ cup
VEG0600	Other	1. Raw, cooked and	1. Olives	1. Raw, cooked, or canned = ½ cup

Subgroup ID Code	Subgroup Name	Includes/Examples	Excludes/Examples	Serving Size
	Vegetables	canned 2. Vegetable in recipes (e.g., stew, soup) 3. Vegetable relishes 4. Mixed vegetables from other categories (e.g., peas and carrots; corn, peas, lima beans)	2. Pickles and pickled vegetables (e.g., sauerkraut)	chopped or default form 2. Raw leafy vegetables = 1 cup
VEG0900	Fried Vegetables	1. Fried and/or breaded vegetables (e.g., breaded broccoli, mushrooms, eggplant) 2. Onion rings		½ cup chopped or default form
VEG0500	Vegetable Juice	100% juice	1. Drinks with < 100% juice 2. Clamato juice is not 100% juice	4 fluid ounces

Grains (Bread, Cereal, Pasta, Rice)

- Thirty-five subgroups have been assigned to grain and grain-based products. Subgroups identify whole grain foods, products that contain some whole grain, and products made from refined grain. If a whole grain ingredient is the first ingredient on the food label, the grain product is identified as whole grain. If a whole grain (e.g., whole wheat flour, oatmeal, brown rice, whole rye meal) or a partial whole grain ingredient (e.g., wheat bran, wheat germ) appears anywhere else on the label, the food is categorized as some whole grain. Products that contain no whole grain ingredients are identified as refined grain.

- Grain servings are defined per the *2000 Dietary Guidelines for Americans* as 1 slice of bread (16 grams of flour), 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply.
- Grain servings include grains consumed separately (plain) and in recipes containing grains (e.g., soup, lasagna, casseroles, commercial entrees).

Subgroup ID Code	Subgroup Name	Includes/ Examples	Excludes/ Examples/Comments	Serving Size ¹
GRW0100	Grains, Flour and Dry Mixes - Whole Grain ²		Count grains at the ingredient level – captures cooked cereal grains, rice.	1. Cooked grain/cereal = ½ cup 2. Flour or cornmeal = 16g 3. Bran or wheat germ = 16g 4. Rice = ½ cup
GRS0100	Grains, Flour and Dry		Count grains at the	1. Cooked grain/cereal

¹ Use Pyramid serving size as 1st option. Use FDA serving size when no Pyramid serving size exists.

² Includes items where the first grain ingredient listed on the label is a whole grain

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Subgroup ID Code	Subgroup Name	Includes/ Examples	Excludes/ Examples/Comments	Serving Size ¹
	Mixes - Some Whole Grain ³		ingredient level – captures cooked cereal grains, rice.	= ½ cup 2. Flour or cornmeal = 16 g 3. Bran or wheat germ = 16g 4. Rice = ½ cup
GRR0100	Grains, Flour and Dry Mixes - Refined Grain ⁴		Count grains at the ingredient level – captures cooked cereal grains, rice.	1. Cooked grain/cereal = ½ cup 2. Flour or cornmeal = 16g 3. Bran or wheat germ = 16g 4. Rice = ½ cup
GRW0200	Loaf-type Bread and Plain Rolls - Whole Grain	Whole wheat bread	Based on recipe or formulation	1. Bread = 1 slice (approx. 28g) 2. Hamburger bun = ½ medium 3. Bagel = ½ small 4. English muffin = ½ medium 5. Roll = 1 small 6. Bread sticks = 1 medium

GRS0200	Loaf-type Bread and Plain Rolls - Some Whole Grain	Oatmeal bread	Based on recipe or formulation	1. Bread = 1 slice (approx. 28g) 2. Hamburger bun = ½ medium 3. Bagel = ½ small 4. English muffin = ½ medium 5. Roll = 1 small 6. Bread sticks = 1 medium
GRR0200	Loaf-type Bread and Plain Rolls - Refined Grain	White bread	Based on recipe or formulation	1. Bread = 1 slice (approx. 28g) 2. Hamburger bun = ½ medium 3. Bagel = ½ small 4. English muffin = ½

³ Includes items where a whole grain is found anywhere on the label

⁴ Includes items where no whole items are on the label

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Subgroup ID Code	Subgroup Name	Includes/ Examples	Excludes/ Examples/Comments	Serving Size¹
				medium 5. Roll = 1 small 6. Bread sticks = 1 medium
GRW0300	Other Breads (quick breads, corn muffins, tortillas) - Whole Grain	Corn tortillas	Based on recipe or formulation	1. Muffins and quick breads = 45g 2. French toast, pancake, waffle, biscuit = 38g 3. Cornbread, popovers, Yorkshire pudding = 45g 4. Croissant = 1 ounce 5. Tortilla = 1 ounce
GRS0300	Other Breads (quick breads, corn muffins, tortillas) - Some Whole Grain	Oatmeal muffins	Based on recipe or formulation	1. Muffins and quick breads = 45g 2. French toast, pancake, waffle, biscuit = 38g 3. Cornbread, popovers, Yorkshire pudding = 45g 4. Croissant = 1 ounce 5. Tortilla = 1 ounce

GRR0300	Other Breads (quick breads, corn muffins, tortillas) - Refined Grain	Flour tortilla	Based on recipe or formulation	1. Muffins and quick breads = 45g 2. French toast, pancake, waffle, biscuit = 38g 3. Cornbread, popovers, Yorkshire pudding = 45g 4. Croissant = 1 ounce 5. Tortilla = 1 ounce
GRW0400	Crackers - Whole Grain			1 ounce
GRS0400	Crackers - Some Whole Grain			1 ounce
GRR0400	Crackers - Refined Grain			1 ounce
GRW0500	Pasta - Whole Grain			½ cup
GRS0500	Pasta - Some Whole			½ cup

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Subgroup ID Code	Subgroup Name	Includes/ Examples	Excludes/ Examples/Comments	Serving Size ¹
	Grain			
GRR0500	Pasta - Refined Grain			½ cup
GRW0600	Ready-to-eat Cereal (not presweetened) - Whole Grain			1 ounce
GRS0600	Ready-to-eat Cereal (not presweetened) - Some Whole Grain			1 ounce
GRR0600	Ready-to-eat Cereal (not presweetened) - Refined Grain			1 ounce
GRW0700	Ready-to-eat Cereal (presweetened ⁵) - Whole Grain			1 ounce
GRS0700	Ready-to-eat Cereal (presweetened) - Some Whole Grain			1 ounce
GRR0700	Ready-to-eat Cereal (presweetened) - Refined Grain			1 ounce

GRW0800	Cakes, Cookies, Pies, Pastries, Danish, Doughnuts, Cobblers - Whole Grain			FDA ⁶ : 1. Brownie = 40g 2. Cake = 125g (heavy weight) 3. Cake = 55g (light weight) 4. Cake = 80g (medium weight) 5. Coffee cake = 55g 6. Cookie = 30g 7. Doughnut = 55g 8. Sweet rolls = 55g 9. Pies = 125g 10. Pastries = 125g
GRS0800	Cakes, Cookies, Pies, Pastries, Danish, Doughnuts, Cobblers - Some Whole Grain	Oatmeal cookies		1. Brownie = 40g 2. Cake = 125g (heavy weight) 3. Cake = 55g (light weight) 4. Cake = 80g (medium

⁵ Presweetened cereals are 21.2% total sugars per WIC guidelines.

⁶ Note the weight does not include the frosting.

Subgroup ID Code	Subgroup Name	Includes/ Examples	Excludes/ Examples/Comments	Serving Size ¹
				weight) 5. Coffee cake = 55g 6. Cookie = 30g 7. Doughnut = 55g 8. Sweet rolls = 55g 9. Pies = 125g 10. Pastries = 125g
GRR0800	Cakes, Cookies, Pies, Pastries, Danish, Doughnuts, Cobblers - Refined Grain			1. Brownie = 40g 2. Cake = 125g (heavy weight) 3. Cake = 55g (light weight) 4. Cake = 80g (medium weight) 5. Coffee cake = 55g 6. Cookie = 30g 7. Doughnut = 55g 8. Sweet rolls = 55g 9. Pies = 125g 10. Pastries = 125g

GRW1000	Snack Bars - Whole Grain	1. Granola bar 2. Energy bar 3. Meal replacement bar		FDA: 40g
GRS1000	Snack Bars - Some Whole Grain	1. Granola bar 2. Energy bar 3. Meal replacement bar		FDA: 40g
GRR1000	Snack Bars - Refined Grain	1. Granola bar 2. Energy bar 3. Meal replacement bar		FDA: 40g
GRW0900	Snack Chips - Whole Grain			1 ounce
GRS0900	Snack Chips - Some Whole Grain			1 ounce
GRR0900	Snack Chips - Refined Grain			1 ounce
GRW1100	Popcorn			1 ounce

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Subgroup ID Code	Subgroup Name	Includes/ Examples	Excludes/ Examples/Comments	Serving Size ¹
GRW1200	Flavored Popcorn			1 ounce
GRR1300	Baby Food Grain Mixtures – Refined Grain			½ cup
GRS1300	Baby Food Grain Mixtures – Some Whole Grain			½ cup
GRW1300	Baby Food Grain Mixtures - Whole Grain			½ cup

Grains – Additional Information

- The following chart lists the whole grain, partial whole grain, and refined grain ingredients in NDSR.
- If a whole grain ingredient (Category A) is the first ingredient on the food label, the food is categorized as a “whole grain”.
- If a whole grain ingredient (Category A) appears anywhere else on the label, the food is categorized as a “some whole grain”.
- If a partial whole grain ingredient (Category B) appears anywhere on the label, the food is categorized as a “some whole grain”.
- Other flour/bread/cereal ingredients that may appear on the label but are not considered grains include amaranth (technically a vegetable), pea flour, potato flour, soy flour, soy bran, and soy fiber.