

A: Milks and milk drinks
B: Creams and cream substitutes
C: Milk desserts sauces gravies
D: Cheeses
E: Beef
F: Pork
G: Lamb, veal, game
H: Poultry
I: Organ meats, sausages and lunchmeats
J: Fish and shellfish
K: Meat, poultry, fish with non-meat
L: Frozen and shelf-stable plate meals, soups and gravies
M: Eggs
N: Egg mixtures
O: Legumes
P: Nuts, nut butters and nut mixtures
Q: Seeds and seed mixtures
R: Yeast
S: Quick breads
T: Cakes, cookies, pies, pastries, bars
U: Crackers and salty snacks from grain
V: Pancakes, waffles, French toast
W: Pastas cooked cereals, rice
X: Cereals not cooked
Y: Grain mixtures, frozen plate meals, soups
Z: Meat substitutes, mainly cereal protein
a: Citrus fruits juices
b: Dried fruits
c: Other fruits
d: Fruit juices and nectars excluding citrus
e: Fruits and juices, baby food
f: White potatoes and Puerto Rican starchy vegetables
g: Dark-green vegetables
h: Deep-yellow vegetables
i: Tomatoes and tomato mixtures
j: Other vegetables
k: Vegetables with meat, poultry, fish
l: Fats
m: Oils
n: Salad dressings
o: Sugars and sweets
p: Nonalcoholic beverages
q: Alcoholic beverages
r: Water non-carbonated
s: Formulated nutrition beverages, energy drinks, sports drinks