

## APPENDIX H

### FOOD CATEGORIES

1. All Vegetables

2. Garden Vegetables:

all vegetables except potatoes, dried peas and beans, and salad (lettuce, raw tomatoes, and other ingredients)

3. Cruciferous Vegetables:

broccoli, cauliflower, brussel sprouts, cabbage, turnips, collards, kale, mustard greens, turnip greens, kohlrabi, watercress, radishes

4. Deep Yellow Vegetables:

carrots, winter squash, sweet potatoes

5. Fibrous Vegetables:

dried peas and beans, corn

6. All Fruits

7. Fruits and Vegetables High in Vitamin A:

apricots, cantaloupe, watermelon, carrots, spinach, mustard greens, turnip greens, collards, kale, miscellaneous greens, broccoli, winter squash, sweet potatoes, mixed vegetables

8. Fruits and Vegetables High in Vitamin C:

oranges, orange juice, grapefruit, cantaloupe, miscellaneous fruit juices, mangoes, papayas, muskmelons, plantains, mustard greens, turnip greens, collards, kale, miscellaneous greens, broccoli, cauliflower, brussel sprouts, sweet peppers, hot peppers

9. High Fiber Cereal/Bread:

bran cereals, shredded wheat, wheat germ, granola, whole wheat bread, rye crackers, triscuits

10. High sugar cereals

11. Other Cereals, Grains, Pasta, and Breads

12. Red Meat:

beef, lamb, veal, mixed dishes containing these meats

13. Poultry and Fish:

chicken, turkey, duck, squab, fish, mixed dishes containing poultry or fish

14. Bacon and Lunch Meats:

bacon, sausage, hot dogs, lunch meats, liverwurst

15. Dairy:  
milk, yogurt, cheese, mixtures containing milk

16. Limited Extras:  
high fat desserts, high sugar desserts, sweeteners, fats, oils

## FOOD PURCHASES AND PREPARATION

1. Locations:  
fast food, grocery stores, restaurants, convenience stores, bulk or whole food stores, farmers markets, food banks

2. Preparation:  
fried, baked, steamed, instant, microwaved, raw