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Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs

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Acknowledgments and Disclaimer

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All data entry, analysis, and quality control for this task were supervised by Thea Zimmerman. Sujata Dixit-Joshi reviewed the analysis plans, decision logs, memos, and the final report prior to submission to FNS. Brenda Sun and Jason Hu conducted the analyses. Fred Glantz reviewed the report and edited the Executive Summary.

Any opinions, findings, conclusions, and recommendations expressed in this report are those of the authors and do not necessarily reflect the views of the USDA.

Glossary of Acronyms and Abbreviations

AI	Adequate Intake
AMDR	Acceptable Macronutrient Distribution Range
CACFP	Child and Adult Commodity Food Program
CFND	USDA Commodity Foods Database
CNPP	USDA Center for Nutrition Policy and Promotion
CSFP	Commodity Supplemental Food Program
DGA	Dietary Guidelines for Americans
DOD	Department of Defense
DRI	Dietary Reference Intake
DFE	Dietary Folate Equivalent
EAR	Estimated Average Requirement
EF	Entitlement USDA Foods
EFD	Entitlement USDA Foods, as delivered
EFO	Entitlement USDA Foods, as offered
E+BP	Entitlement + Bonus USDA Foods
E+BFD	Entitlement + Bonus USDA Foods, as delivered
E+BFO	Entitlement + Bonus USDA Foods, as offered
FDD	Food Distribution Division
FDPIR	Food Distribution Program on Indian Reservations
FNDDS	USDA Food and Nutrient Database for Dietary Studies
FY	Fiscal Year
g	Grams
HEI-2005	Healthy Eating Index 2005
HQ	Headquarters
IOM	U.S. National Academies' Institute of Medicine
ITO	Indian Tribal Organization
kcal	Kilocalorie
mcg	Micrograms (μg)
mg	Milligrams
MPED	MyPyramid Equivalents Database for USDA Foods Codes, Version 2.0
MPE	MyPyramid Equivalents
NHANES	National Health and Nutrition Examination Survey

NSLP	The National School Lunch Program
oz	Ounce
RAE	Retinol Activity Equivalent
RDA	Recommended Dietary Allowance
SNAP	Supplemental Nutrition Assistance Program
SoFAS	Solid fats and added sugar
SoFAAS	Solid fats, alcohol, and added sugar
SR23	USDA National Nutrition Database for Standard Reference, Release 23
TEFAP	The Emergency Food Assistance Program
TFP	USDA Thrifty Food Plan
UL	Tolerable Upper Intake Level
USDA	United States Department of Agriculture
WIC	Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

Executive Summary

Through its food distribution programs, USDA purchases a variety of food including fruits, vegetables, meat, grains, and dairy products to help low income households and individual program participants obtain access to nutritious food and to support American agriculture. USDA Foods are distributed to help supplement the diets of participants in several programs including:

- children participating in the National School Lunch Program (NSLP),
- children and adults participating in the Child and Adult Care Food Program (CACFP),
- women, infants, children, and elderly individuals participating in the Commodity Supplemental Food Program (CSFP),
- low-income Native Americans participating in the Food Distribution Program on Indian Reservations (FDPIR), and
- individuals in need of assistance from food pantries and soup kitchens that participate in the Emergency Food Assistance Program (TEFAP).

This report contains nutrient and food group analyses of the USDA Foods distributed through each of these five programs in Fiscal Year (FY) 2009.

Methodology

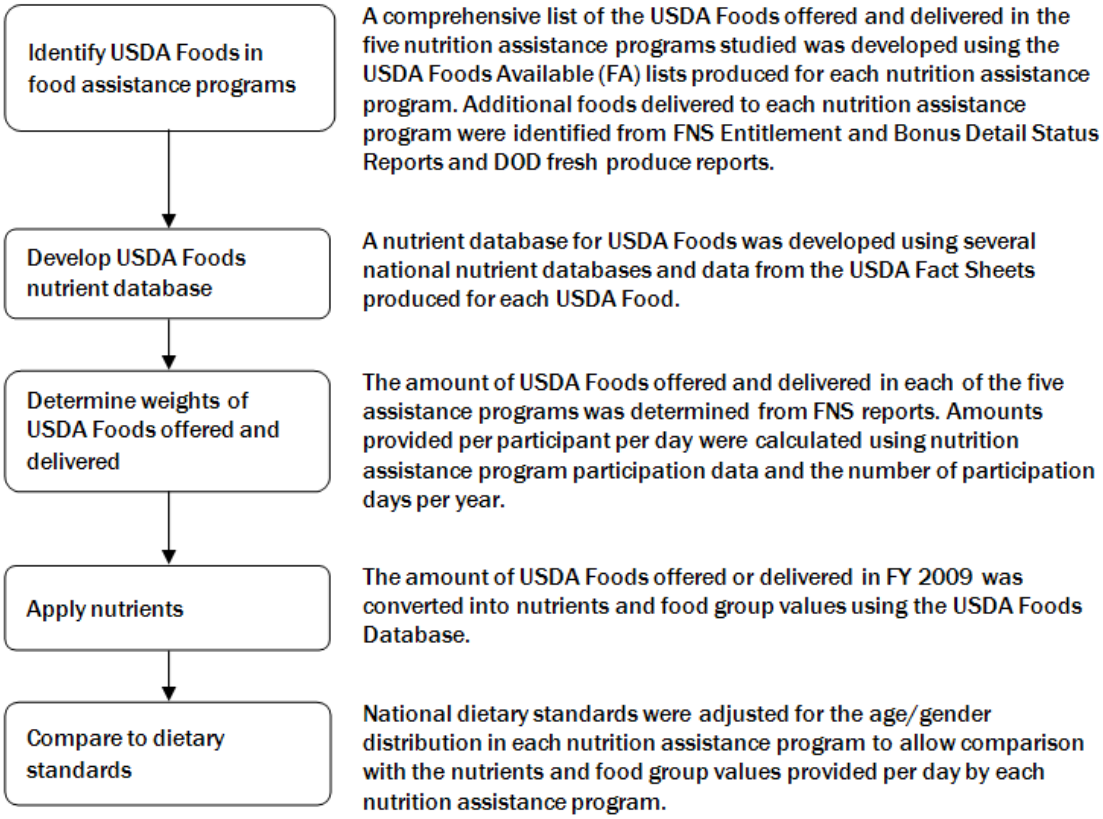
This study is modeled on an earlier USDA report on the nutritional quality of the FDPIR food package.[1] Like the earlier report, this study was conducted at two levels. The first examines the nutrient and food group content of the USDA Foods *offered* to State and local administering agencies in FY 2009. The second assesses the nutrient and food group content of the USDA Foods selected by administering agencies and participants (i.e., USDA Foods *delivered* to those State and local administering agencies and participants).

The study constructs representative nutrient and food group profiles of the USDA Foods offered to agencies administering each of the five programs that reflect the full range of products made available by USDA. These products include a wide variety of fresh and shelf-stable fruits, vegetables, meat, dairy, and grains. The study's analysis of the nutrient and food group content of

[1] U.S. Department of Agriculture, Food and Nutrition Service, Office of Research and Analysis, FDPIR Food Package Nutritional Quality: Report to Congress, by Edward Harper, Rebecca Orbeta, Lisa Southworth, Karen Meade, Rosalind Cleveland, Sheldon Gordon, Michael Buckley, and Jay Hirschman. Report FD-08-FDPIR. Alexandria, VA: November 2008.

USDA Foods offered to administering agencies reflects the relative quantities of foods that agencies would select, subject to program rules and available funding, if they had equal preference and need for all available options. In practice, however, administering agencies select USDA Foods in quantities and in forms that reflect local market conditions, participant preferences, and their own ability to store and re-distribute the food to program sponsors and participants. For these reasons, the nutrient and food group profiles of USDA Foods offered to administering agencies differ from the nutrient and food group profiles of USDA Foods delivered. Differences between the nutrient and food group profiles of USDA Foods offered and delivered to administering agencies are greatest for the NSLP, CACFP, and TEFAP, programs that do not have prescribed USDA Food packages and allow State agencies considerable discretion to choose foods that meet their specific needs. Differences are narrower for FDPIR and CSFP, programs with well-defined participant food packages that allow for more limited State agency choice.

The methodology used to conduct the analysis is summarized below.



The study constructed representative USDA Food profiles offered and delivered to administering agencies for NSLP, CACFP, CSFP, FDPIR, and TEFAP using the lists of foods available for each program, records of foods distributed, and data contained in the following nutrient and food group

databases: the USDA Food and Nutrient Database for Dietary Studies, version 4.1, the USDA National Nutrient Database for Standard Reference, release 23, and the USDA MyPyramid Equivalents Database. The computed "as offered" and "as delivered" nutrient and food group values per participant for each nutrition assistance program were compared to several dietary standards. The nationally recognized nutritional standards used for analysis in this report include the Dietary Reference Intake (DRI) developed by the Institute of Medicine's Food and Nutrition Board (part of the U.S. National Academies), the USDA Thrifty Food Plan (TFP) dietary standards, USDA Food Patterns (designed to satisfy DRI recommendations and the Dietary Guidelines for Americans), and Healthy Eating Index 2005 (HEI-2005) developed by USDA's Center for Nutrition Policy and Promotion.

Each of the five nutrition assistance programs examined in this report serve diverse populations in terms of age, sex, and dietary need. With limited exception however, the administrative data do not allow identification of program participants by age or sex. The report handles this limitation by constructing a reference participant for each nutrition assistance program whose recommended dietary requirements are weighted averages of the requirements for the entire population served by the program. The dietary requirements of these reference participants are measured against the nutrient and food group profiles of USDA Foods offered and delivered through each program. These comparisons are the basis for the report's nutrient and USDA Food Pattern analyses. The report's food group analysis on a per-2,000 calorie basis, and its development of HEI-2005 scores, do not depend on the dietary requirements of the reference participants in each of the five programs examined.

USDA Foods distributed through the NSLP, CACFP, FDPIR, and TEFAP include both entitlement and bonus foods. Bonus foods are not distributed through CSFP. Entitlement foods are USDA Foods that are charged against a recipient agency's planned assistance level; bonus foods are USDA Foods that are not charged against the State's entitlement and the recipient agency's planned assistance level amount. The report develops separate nutrient and food group profiles for entitlement foods alone, and for entitlement plus bonus foods where applicable. The key findings presented in this executive summary are drawn from the study's combined entitlement plus bonus food analyses.

Key Findings

Commodity Supplemental Food Program

CSFP delivers individual food packages that provide a balanced mix of USDA Foods to supplement the diets of program participants. While CSFP was initially designed to serve low-income pregnant and post-partum women and their young children (up to age 6), with the growth of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the program has shifted to serving the elderly. Currently low-income seniors account for more than 90 percent of CSFP enrollment. Because the program serves three distinct groups of participants, separate analyses were conducted for infants, women and children, and elderly participants.

- **CSFP delivered 0.3 million pounds of USDA Foods to infants in FY 2009.** CSFP provided three foods to participating infants. By weight, these were: infant formula (52%), juice (39%), and cereal (9%).
- **As offered, the CSFP infant food package provided at least 97 percent of the recommended DRI amounts for all of the key vitamins, minerals, and macronutrients examined in this report.** As delivered, the package provided no less than 89 percent of the recommended DRI amounts for these nutrients.
- **CSFP delivered 9 million pounds of USDA Foods to non-elderly women and children in FY 2009.** More than two-thirds by weight was made up of juice (43%), vegetables (10%), and milk (16%).
- **As delivered, CSFP packages for non-elderly women and children contained about one-third (32%) of participants' total food energy needs.** The package offered to these participants met 38 percent of their energy needs. CSFP offered and delivered between 20 percent and 40 percent of the recommended DRI for several micro and macronutrients including potassium, vitamins D and E, and dietary fiber. CSFP offered and delivered substantially higher percentages of DRI recommendations for protein, calcium, iron, vitamins A and C, and B vitamins including folate.
- **In FY 2009, CSFP delivered 139 million pounds of USDA Foods to elderly participants.** Nearly two-thirds by weight was made up of juice (36%), vegetables (12%), and milk (12%).
- **As delivered, CSFP packages for elderly participants contained about one-quarter (23%) of participants' total energy needs.** As offered and as delivered, CSFP packages for elderly participants contained one-third or more of the recommended DRI for protein, calcium, vitamins A and C, and several B vitamins. The packages offered and delivered 13 to 28 percent of the recommended DRI for potassium, magnesium, vitamins D and E, and dietary fiber.

- **USDA Foods delivered to elderly CSFP participants in FY 2009 achieved a Healthy Eating Index-2005 score of 76.6, while the CSFP USDA Foods delivered to non-elderly women and children achieved a score of 73.9.** These compare to HEI-2005 scores for the average American diet of 57.5, and the average diet of Supplemental Nutrition Assistance Program (SNAP) participants of 51.9[2].

Food Distribution Program on Indian Reservations

FDPIR provides nutritionally balanced household food packages to eligible American Indian, non-Indian, and Alaska Native households as an alternative to SNAP benefits.

- **In FY 2009, FDPIR delivered about 78 million pounds of USDA Foods to program participants—about 2.2 pounds per participant per day.** By weight, the biggest contributors to the FDPIR food packages were starches (21%), vegetables (16%), meat (14%), juice (13%), fruit (11%), and milk (10%).
- **As delivered, FDPIR packages provided participants with most (86%) of their energy needs.** As offered, FDPIR packages provided 99 percent of participants' energy needs.
- **FDPIR offered and delivered at least 100 percent of the DRI recommendations for protein, carbohydrates, vitamin C, several B vitamins, and iron.** FDPIR packages offered and delivered 23 to 65 percent of the recommended DRI amounts of potassium, and vitamins D and E. FDPIR offered and delivered 61 to 96 percent of the recommended DRI amounts of fiber, calcium, and vitamin A.
- **USDA Foods delivered to FDPIR participants in FY 2009 achieved an HEI-2005 score of 85.3.** This was slightly higher than the HEI-2005 score of 81.4 achieved by FDPIR in FY 2008 as reported in a previous FNS study.[3]

National School Lunch Program

USDA Foods provided to school-age children through the NSLP are intended to supplement foods purchased with USDA cash reimbursements for program meals. Schools select from a wide variety of USDA Foods to help meet NSLP nutrient and meal pattern requirements.

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[2] Cole, Nancy and Fox, Mary Kay. Diet Quality of Americans by Food Stamp Participation Status: Data from the National Health and Nutrition Examination Survey, 1999-2004. U.S. Department of Agriculture, Food and Nutrition Service, July 2008, page C-34. http://www.fns.usda.gov/ora/MENU/Published/snap/FILES/Participation/NHANES-FSP.pdf.

[3] U.S. Department of Agriculture, Food and Nutrition Service, Office of Research and Analysis, FDPIR Food Package Nutritional Quality: Report to Congress, by Edward Harper, Rebecca Orbeta, Lisa Southworth, Karen Meade, Rosalind Cleveland, Sheldon Gordon, Michael Buckley, and Jay Hirschman. Report FD-08-FDPIR. Alexandria, VA: November 2008.

- **In FY 2009, participating school districts received a total of 1.3 billion pounds of USDA Foods.** By weight, meats accounted for 10 percent of USDA Foods offered through the NSLP, but accounted for 35 percent of total USDA Foods delivered through the NSLP. Vegetables accounted for 6 percent of USDA Foods offered, but 25 percent of the USDA Foods delivered. Differences in the relative quantities of USDA Foods offered and delivered reflect State agency and local school district needs and preferences. These are driven by a variety of factors including cost (USDA buys in bulk and gets relatively low prices), versatility (many of these items can be further processed into items most desirable to a particular school), and food safety and quality assurances provided by USDA.

- **USDA Foods selected by schools provided 28 percent of the NSLP reference participant's RDA for protein** – almost the entire one-third regulatory standard for NSLP lunches.

- **USDA Foods offered to schools provided 9 percent of the reference participant's energy need.** As offered, USDA Foods contributed between 4 and 16 percent of the RDA for all vitamins and minerals examined in the study.

- **USDA Foods delivered to program participants through the NSLP in FY 2009 achieved an HEI-2005 score of 74.9.**

Child and Adult Care Food Program

CACFP centers, like schools participating in the NSLP, can select from a wide variety of USDA Foods that help them meet regulatory meal pattern requirements and supplement cash reimbursements. Centers are permitted to receive USDA Foods or cash in lieu of USDA Foods. Fewer than 20 percent of CACFP-participating child care institutions opted to receive USDA Foods in FY 2009.

- **CACFP centers that received USDA Foods rather than cash received 2.2 million pounds of food in FY 2009.** These centers selected more fruit in FY 2009, 39 percent by weight, than any other group of USDA Foods. Meat (23 percent by weight), cheese (17 percent), grains (11 percent), and vegetables (8 percent) were also popular choices. CACFP centers select USDA Foods that meet their particular needs given factors that include local market conditions for comparable food items and their own capacities for storage. As a result, the mix of USDA Foods selected and delivered to CACFP providers in FY 2009 differed from the mix of USDA Foods offered. Fruit accounted for just 5 percent, by weight, of USDA Foods offered through CACFP. Grains (29 percent by weight), vegetable oil (24 percent), and meat (15 percent), were the biggest contributors to the mix of USDA Foods offered.

- **USDA Foods delivered to participating CACFP centers achieved an HEI-2005 score of 71.3.**

The Emergency Food Assistance Program

TEFAP delivers USDA Foods to States for distribution to organizations that serve individuals and households in need of assistance. State agency demand for USDA Foods through TEFAP is driven by a number of factors, including the need to acquire items food banks typically lack in food donations from private entities. States also attempt to maximize the amount of USDA Foods they can get for their dollars and select foods appropriate to their storage facilities. USDA foods are typically only a small part of what a TEFAP recipient receives from a soup kitchen or food bank.

- **729.6 million pounds of USDA Foods were delivered to TEFAP organizations in FY 2009.**
- **Measured by weight, vegetables and meat accounted for 17 percent of USDA Foods offered through TEFAP, but 43 percent of total USDA Foods delivered through TEFAP.** Milk, cereal, and oil accounted for 30 percent of USDA Foods offered by weight, but only 8 percent of USDA Foods delivered.
- **Juice was equally represented in the mix of USDA Foods offered and delivered through TEFAP.** By weight, juice accounted for 18 percent of the USDA Foods offered through TEFAP; it accounted for 17 percent of USDA Foods delivered.
- **USDA Foods delivered to State agencies through TEFAP achieved an HEI-2005 score of 88.9.**

Background 1

1.1 Introduction

The mission of the United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) is "to provide children and needy families better access to food and a more healthful diet through its nutrition assistance programs and comprehensive nutrition education efforts."[4] To promote food security and better access to food among various population subgroups (i.e., low-income families, families on Indian reservations or in emergency feeding programs, as well as the elderly[5]), the USDA implements 15 food and nutrition assistance programs.[6]

The food and nutrition assistance programs deliver foods to program participants in one of three ways, through (1) schools and institutions (such as the National School Lunch Program [NSLP], the Child and Adult Care Feeding Program [CACFP], the Summer Food Service Program [SFSP], and the Nutrition Services Incentive Program [NSIP]); (2) household assistance (such as the Emergency Food Assistance Program [TEFAP], the Commodity Supplemental Food Program [CSFP], and the Food Distribution Program on Indian Reservations [FDPIR]), and (3) other outlets such as disaster food assistance and the Bureau of Prisons.[7] While the role of USDA foods varies considerably across the five programs examined, USDA foods have been shown to account for 15 to 20% of foods served in the NSLP[8] and almost the entire day's nutrient requirements for FDPIR participants.[9]

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[4] U.S. Department of Agriculture Food and Nutrition Service, *About FNS*. Accessed March 2011. http://www.fns.usda.gov/fns/about.htm.

[5] U.S. Department of Agriculture Food and Nutrition Service, *Food Distribution Programs*. Accessed January 2012. http://www.fns.usda.gov/fdd/aboutfd/fd_overview.htm

[6] U.S. Department of Agriculture News Release No. 0256.11. *Nation's Primary Nutrition Assistance Program Reaches Highest Accuracy Rate in History of the Program*. Last modified 11/29/2011. http://www.fns.usda.gov/cga/pressreleases/2011/0256.htm.

[7] Roberts S. *Anti-poverty food and nutrition programs in the USA. A History of Commodity Programs*. FDD Operations Branch, 2008. http://www.fns.usda.gov/fdd/FD-101/Spring2008/Day1/1-03-ProgramHistory-Overview.pdf .

[8] U.S. Department of Agriculture Food and Nutrition Service, *USDA Foods: Healthy Choices. American Grown.* Alexandria, VA: FNS, 2008; page 1. http://www.fns.usda.gov/fdd/foods/healthy/DidYouKnow.pdf

[9] 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; page 36.

The purpose of this evaluation is to examine the nutrient content of USDA foods provided to States implementing each of the five USDA nutrition assistance programs. USDA foods offered, as well as delivered, to a reference participant in the select program are analyzed and compared with four dietary standards: Dietary Reference Intake, USDA's Thrifty Food Plan, the 2010 USDA Food Pattern recommendations from the *Dietary Guidelines for Americans 2010*, and the Healthy Eating Index 2005.

History of Food Distribution Programs

The USDA Foods program began during the economic depression in the 1930s, in response to the rise in unemployment and hunger as well as excess farm surplus. During this time, the agriculture market experienced excess farm commodities with insufficient demands.[10] To prevent food spoilage, the Commodity Credit Corporation Act was established in 1933 to provide loans to farmers for building storage facilities for non-perishable farm commodities. The government also accepted loan payments in the form of crops and established a means of donating agriculture surplus through domestic and international programs. Subsequently, in 1935, Congress passed Public Law (P.L.) 74-320, through which funds were designated for school food purchases. Under section 32, USDA received authorization to purchase surplus agricultural products, thereby removing them from commercial channels of distribution and promoting consumption through schools and other non-profit avenues. This law provided the basis for purchasing and delivering surplus USDA Foods through several Federal domestic food programs administered by USDA's FNS.[11] In 1943, program administration responsibilities were transferred from the Federal government to the State governments. Subsequently, between late 1940 and late 1990, various nutrition assistance programs were initiated and refined in response to specific nutrition issues identified in various population subgroups or changing agriculture landscape. USDA continues to make program updates so as to better align nutrition assistance programs with the nutritional needs of program participants and the *Dietary Guidelines for Americans* (DGA).[12] For example, USDA Foods offered to the NSLP currently

[10] U.S. Department of Agriculture Food and Nutrition Service, *Legislative History; Food Distribution Programs*, page 1. http://www.fns.usda.gov/fdd/aboutfd/fd_history.pdf.

[11] U.S. Department of Agriculture Food and Nutrition Service, *Food Distribution Programs. History and Background.* Accessed April 2011. http://www.fns.usda.gov/fdd/aboutfd/History/history1-CCC1933.htm.

[12] U.S. Department of Agriculture, *Title IV Nutrition. Summary of Improvements to Nutrition Programs*, pages 3 and 17. http://www.usda.gov/documents/07title4.pdf.

include a large selection of low-fat, low-sugar, low-sodium products, whole grains, fruits, and vegetables to enable participants to make healthy food choices.[13]

Food Distribution to Participating Programs

FNS works collaboratively with two USDA agencies: the Agricultural Marketing Service (AMS) and the Farm Service Agency (FSA) Commodity Operations Office, to obtain foods and make them available to States implementing the various nutrition assistance programs.[14] The AMS purchases perishable food products such as meat, poultry, fish, fruits and vegetables, referred to as Group A type USDA Foods and the FSA purchases non-perishable foods such as dairy products, cereals, grains, peanut products, and vegetable oils, referred to as Group B type USDA Foods.[15] Since 1994, FNS has worked with the Department of Defense (DOD) Defense Supply Center Philadelphia (DSCP) to provide additional fresh fruits and vegetables to the NSLP and FDPIR.[16] The Food Safety and Inspection Service (FSIS) ensures the safety of donated USDA Foods through standards and specifications set forth for the handling of USDA Foods.[17]

Each year, based on the number of participants served by each program, participating States are entitled to a certain value of entitlement USDA Foods.[18] Entitlement USDA Foods are distributed based on the monetary value of USDA Foods the State or recipient agency is "entitled" to receive. In addition, bonus USDA Foods[19] are made available to programs when there is a surplus of a particular food. The bonus USDA Foods are optional foods offered at no cost to participating agencies in addition to their entitlement USDA Foods. Both the quantity and variety of items

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[13] U.S. Department of Agriculture Food and Nutrition Service, *USDA Foods: Healthy Choices. American Grown*, page 1. http://www.fns.usda.gov/fdd/foods/healthy/DidYouKnow.pdf.

[14] U.S. Department of Agriculture, Food and Nutrition Service, *FD Program Overview*. Accessed March 2011. http://www.fns.usda.gov/fdd/aboutfd/fd_overview.htm.

[15] U.S. Department of Agriculture Food and Nutrition Service, *Legislative History; Food Distribution Programs*, page 1. http://www.fns.usda.gov/fdd/aboutfd/fd_history.pdf.

[16] U.S. Department of Agriculture Food and Nutrition Service, *DOD Fresh Fruit and Vegetable Fact Sheet*. http://www.fns.usda.gov/fdd/foods/healthy/FFandVProject.pdf.

[17] U.S. Department of Agriculture Food Safety and Inspection Service, FSIS Directive. *Processing USDA – Donated Commodities*. 1989. http://www.fsis.usda.gov/OPPDE/rdad/FSISDirectives/7010-1.pdf.

[18] An "entitlement" food is a USDA food that is charged against a recipient agency's planned assistance level. See 7 CFR 250.3. August 8, 2008. http://www.fns.usda.gov/cga/Federal-Register/2008/080808.pdf#xml=http://65.216.150.153/texis/search/pdfhi.txt?query=entitlement+foods&pr=FNS&prox=page&rorder=500&rprox=500&rdfreq=500&rwfreq=500&rlead=500&rdepth=0&sufs=0&order=r&cq=&id=4e1e4c7614.

[19] A USDA Food that is not charged against the State's entitlement and the recipient agency's planned assistance level amount.

offered as bonus USDA Foods vary from year to year, depending on the agricultural surpluses available and market conditions in any given year.[20]

The USDA publishes a list of the types and quantities of USDA Foods expected to be available to various programs during the upcoming fiscal year. The type of USDA Foods offered may vary from year to year. For example, compared to foods offered in 2009, there were additional varieties of canned vegetables offered in 2011 to FDPIR[21] and CSFP[22] participants. Similarly, an additional variety of juice was offered in FDPIR, CSFP, NSLP,[23] and TEFAP.[24] While the varieties of ready-to-eat cereals remained the same, the package sizes offered in FDPIR, CSFP, and TEFAP changed. Foods available to NSLP and CACFP had the greatest number of changes between 2009 and 2011, including specification of both peanut butter and sunflower butter as *trans* fat free and the addition of whole grain macaroni.

Participating States can choose from a list of the available USDA Foods and make decisions on how much of each USDA Food to order, within the limits provided by USDA. State administering agencies in turn offer USDA Foods based on participant or participating agencies' preferences. The Food Distribution Division of the USDA publishes a list of the types and quantities of USDA Foods expected to be available to various programs during the upcoming fiscal year. State administering agencies can choose from the list of the available USDA Foods and make decisions on how much of each available USDA Food to order, within the limits provided by USDA. When making decisions on ordering USDA Foods, State administering agencies consider the preferences, menu, and distribution needs of their programs. Therefore, the contents of USDA Foods delivered to the participants may differ considerably from the USDA Foods offered in both the quantity and types of foods included. For example, just as USDA makes a list of available USDA Foods to State Agencies (SAs), which administer the NSLP, SAs make these lists available to each of the school districts in the state. SAs compile the amount of each available USDA Food requested by the school districts and request these foods from USDA. The school districts' preferences for particular foods explain the very large differences between entitlement foods offered and entitlement USDA

[20] U.S. Department of Agriculture Food and Nutrition Service. *Schools/CN Commodity Programs Frequently Asked Questions.* Accessed September 2011. http://www.fns.usda.gov/fdd/programs/schcnp/schcnp_faqs.htm#5.

[21] U.S. Department of Agriculture Food and Nutrition Service. *USDA Foods Available for 2011. Food Distribution Program on Indian Reservations (FDPIR).* http://www.fns.usda.gov/fdd/foods/FY11-FDPIRFoods.pdf.

[22] U.S. Department of Agriculture Food and Nutrition Service. *USDA Foods Available for 2011. Commodity Supplemental Food Program.* http://www.fns.usda.gov/fdd/foods/csfpfoods.pdf.

[23] U.S. Department of Agriculture Food and Nutrition Service. *USDA Foods Available for School Year 2012- Schools and Institutions.* http://www.fns.usda.gov/fdd/foods/SY12-schfoods.pdf.

[24] U.S. Department of Agriculture Food and Nutrition Service. *USDA Foods Available for 2011. The Emergency Food Assistance Program.* http://www.fns.usda.gov/fdd/foods/tefapfoods.pdf.

Foods delivered in the NSLP.[25] Providers participating in CACFP have an option to receive cash in lieu of the entitlement USDA Foods for their programs. States participating in the NSLP avail of the USDA foods – with the exception of Kansas, which receives cash in lieu. However, unlike the entitlement USDA Foods, States can order as much of the bonus USDA foods as is available and they can use.

1.2 USDA Nutrition Assistance Programs

For most of these nutrition assistance programs, eligibility is based on the income level of the household in relation to the Federal poverty guidelines. Further, the types of benefits provided to participants vary across programs. Participants can receive benefits from multiple programs, and guidelines are available to State and local agencies to determine the acceptable overlap in program participation. The overlap in populations served by the Food and Nutrition Assistance Programs is seen mostly in children. The NSLP and School Breakfast Program (SBP) provide meals to school-age children attending public and private schools, the SFSP provides meals to children at summer food service locations, and CACFP provides meals to children under 12 years of age who are in child care centers, day care homes, and after-school programs. The population served by each program depends on the age and the location where meals are provided. Considerable overlap can exist in the number of programs in which a child participates; the eligibility application for several programs is waived if the family/child participates in certain other programs. For example, if a child is a member of a family receiving Supplemental Nutrition Assistance Program (SNAP) benefits, the child can also participate in the NSLP and CACFP. In the case of the FDPIR, families and their children can participate only if they are not receiving SNAP benefits, though they may participate in TEFAP. The following section provides a brief overview of the five programs examined in this evaluation.

1.2.1 Commodity Supplemental Food Program

The CSFP is authorized under section 4(a) of the Agriculture and Consumer Protection Act of 1973. The program was initially designed to serve low-income pregnant and postpartum women and their young children up to 6 years of age. However, these population subgroups are increasingly being

[25] In addition to entitlement USDA foods (which are offered in limited quantities), USDA makes bonus foods (which States can take without limit) available. Bonus foods were not provided to CSFP in 2009.

served by the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). Eligible participants have to choose between participating in either the CSFP or the WIC. Since WIC serves only children up to 5 years of age, CSFP can provide an additional year of assistance to children who previously received WIC. In recent years, the program has shifted to serving the elderly—those over 60 years of age. Currently, low-income seniors make up more than 90 percent of the overall enrollment in CSFP.[26]

CSFP Eligibility Requirements. FNS provides USDA Foods to help State and local agencies meet the nutritional needs of low-income pregnant or postpartum women; infants under 1 year of age; children who are at least 1 year of age but have not reached their sixth birthday; and elderly persons.[27] States establish an income limit for the elderly that is at or below 130 percent of the Federal Poverty Income Guidelines. States also establish income limits for women, infants, and children that are at or below 185 percent of the Federal Poverty Income Guidelines, but not below 100 percent of these guidelines. Women, infants, and children who receive SNAP benefits, Temporary Assistance for Needy Families (TANF), or Medicaid are considered automatically eligible for CSFP. Women, infants, and children who participate in certain other public assistance programs may also be considered eligible for CSFP. Pregnant women may be certified to participate in CSFP for the duration of their pregnancy and for up to 6 week's postpartum. Infants, children, and the elderly may be certified for periods not to exceed 6 months.

CSFP Participation and Funding. In FY 2009, USDA Foods were made available to CSFP participants in 32 States. . Because the caseloads allotted for each individual State are often smaller than the number of eligible seniors and families, CSFP is not available statewide in most of the participating States.[28] In FY 2009, Congress funded CSFP at $160.4 million; reaching an average of 466,600 people each month. Of these, about 443,000 were elderly people and the remaining 23,000 were women, infants, and children.[29]

CSFP USDA Foods Distribution. FNS assigns caseload and allocates administrative funds to State agencies, which in turn may select local agencies to administer the program within local areas of the

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[26] U.S. Department of Agriculture Food and Nutrition Service. Nutrition Program Fact Sheet, *Commodity Supplemental Food Program.* January 2010. http://www.fns.usda.gov/fdd/programs/csfp/pfs-csfp.pdf.

[27] Ibid.

[28] Finegold K, Kramer FD, Saloner B, Parnes J. *The Role of Commodity Supplemental Food Program (CSFP) in Nutritional Assistance to Mothers, Infants, Children, and Seniors.* Contractor and Cooperator Report No. 48; page 10. http://ddr.nal.usda.gov/bitstream/10113/32850/1/CAT31027050.pdf.

[29] National Data Bank Version 8.2, Special Nutrition Programs, Commodity Supplemental Food Program FNS-153 Participation Report, Fiscal Year 2009.

State.[30] The State and local agencies share the tasks of ordering USDA Foods for distribution, storing and distributing USDA Foods, and establishing procedures for resolving complaints about USDA Foods. State and local agencies may contract with commercial facilities to store and distribute USDA Foods, and must ensure that these adhere to the required standards for warehousing and distribution systems. The local agency is responsible for issuing food to participants. The local agency distributes a package of USDA Foods to participants each month or a 2-month supply every other month, in accordance with the CSFP Maximum Monthly Distribution Rates (see Appendix D-1) established by FNS.[31] These Distribution Rates specify the quantities of USDA Foods that must be provided from the food categories defined by USDA. Agencies select from these foods and within these distribution guidelines based on participant preferences, storage capabilities, and delivery mechanisms.

USDA Foods Offered Through CSFP. USDA Foods offered in CSFP include infant formula and cereal, nonfat dry and evaporated milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry or fish, and canned fruits and vegetables. USDA Foods offered through CSFP are in forms and quantities appropriate for household use. As noted previously, the quantities and type of USDA Foods offered to participants in CSFP are defined by the age of the participant, according the Distribution Guides found in Appendix D-1.

Role of USDA Foods in CSFP. The CSFP food package is not intended to provide a complete diet; rather, USDA Foods are considered a good source of the nutrients typically lacking in the diets of the target population.[32,33] To our knowledge, the nutrient contribution of USDA Foods provided through CSFP has only been examined internally by FDD prior to this evaluation.

1.2.2 Food Distribution Program on Indian Reservations (FDPIR)

The FDPIR is authorized under section 4(b) of the Food and Nutrition Act of 2008 and section 4(a) of the Agriculture and Consumer Protection Act of 1973. FDPIR is administered locally by either

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[30] Electronic Code of Federal Regulations. Title 7: Agriculture, Part 247 – Commodity Supplemental Food Program. Data current as of August 11, 2011. http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr;sid=893c29da95cc684c764ff3a9661f86bf;rgn=div8;view=text;node=7%3A4.1.1.1.11.0.1.3;idno=7;cc=ecfr.

[31] U.S. Department of Agriculture Food and Nutrition Service. *Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates and Potential Impact of Juices in Plastic Containers.* Effective date April 27, 2009.

[32] Weimer J. *Factors Affecting Nutrient Intake of the Elderly.* Food and Rural Economics Division, Economic Research Service, U.S. Department of Agriculture. Agricultural Economic Report No. 769; page iii. http://www.ers.usda.gov/publications/aer769/aer769.pdf.

[33] National CSFP Association. *Commodity Supplemental Food Program. Fact Sheet.* http://www.csfpcentral.org/NCSFPA%202011%20BROCHURE.pdf.

Indian Tribal Organizations (ITOs) or State agency. Currently, about 100 ITOs and 5 State agencies provide benefits to members of 276 tribes on Federally recognized Indian reservations, in American Indian households located in approved areas near reservations or in Oklahoma, and among Alaska Natives.[34] Many households participate in FDPIR as an alternative to the Supplemental Nutrition Assistance Program (SNAP), because they do not have easy access to SNAP offices or authorized food stores.[35]

FDPIR Eligibility Requirements. State and ITO agencies administering the FDPIR are responsible for determining applicant eligibility. To be eligible for FDPIR, households must meet income and resource standards similar to the standards for SNAP eligibility. Because SNAP and FDPIR are alternative programs available to FDPIR households, FDPIR households may choose to participate either in SNAP or FDPIR, but they may not receive FDPIR and SNAP benefits in the same month. Foods provided through FDPIR are intended for the entire household and benefit levels are based on the number of individuals in the household. The household composition (age, gender, activity level, energy requirements) is not considered in determining the types and quantities of food contained in the package; rather, it is based on the total number of individuals in the household. Similarly, all eligible households receive the same benefits regardless of household income or resources.[36]

FDPIR Participation and Funding. In FY 2009, the FDPIR budget was $118.6 million and the average monthly participation was 95,369 individuals.[37]

Distribution of USDA Foods through FDPIR. USDA defines food categories and quantities that must be provided from those categories; these guidelines are published in the Monthly Distribution Guide Rates[38] (Appendix D). From the list of USDA Foods offered in the FDPIR program, ITOs and State agencies choose which items they can provide based on the capacity of storage facilities,

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[34] U.S. Department of Agriculture, Food and Nutrition Service. Food Distribution Fact Sheet. *Food Distribution Program on Indian Reservations*. http://www.fns.usda.gov/fdd/programs/fdpir/pfs-fdpir.pdf.

[35] U.S. Department of Agriculture Food and Nutrition Service. *Food Distribution Program on Indian Reservations. Frequently Asked Questions.* Accessed July 2011. http://www.fns.usda.gov/fdd/programs/fdpir/fdpir_faqs.htm

[36] U.S. Department of Agriculture, Food and Nutrition Service. Food Distribution Fact Sheet. *Food Distribution Program on Indian Reservations*. http://www.fns.usda.gov/fdd/programs/fdpir/pfs-fdpir.pdf

[37] U.S. Department of Agriculture, Food and Nutrition Service. USDA Food and Nutrition Program: Quick Facts. *Food Distribution Program on Indian Reservations.*Accessed August 2011. http://www.fns.usda.gov/cga/factsheets/FDPIR_Quick_Facts.htm.

[38] U.S. Department of Agriculture Food and Nutrition Service. *FNS Handbook 501: The Food Distribution Program on Indian Reservations*, Exhibit O, *Food Distribution Program on Indian Reservations: Monthly Distribution Guide Rates by Household Size.*. Effective date February 1, 2008

delivery mechanisms, and participant preferences[39] within the distribution guide rates, which are updated periodically (see Appendix D-2). FNS then purchases and ships these ordered foods directly to the ITOs and State agencies, or through a contracted warehouse. Prior to 1995, most FDPIR foods were shelf-stable, dry, or canned products. The DOD Fresh Fruit and Vegetable Program was expanded to FDPIR to increase the availability of fresh produce to FDPIR participants.

USDA Foods Offered Through FDPIR. USDA Foods provided to FDPIR participants are in forms and quantities appropriate for household use. USDA makes nearly 80 different products available through FDPIR. Most FDPIR foods are shelf-stable, dry, or canned products; chicken, ground beef, and beef roast are available as frozen options.[40] The foods available include meat, poultry, and fish; canned fruits, vegetables, soups, and spaghetti sauce; macaroni and cheese, pastas, cereal, rice, and other grains; cheese, egg mix, low-fat milk, nonfat dry milk, and evaporated milk; flour, cornmeal, bakery mix, and reduced-sodium crackers; low-fat refried beans, dried beans, and dehydrated potatoes; juices and dried fruit; peanuts and peanut butter; and vegetable oil.[41] The DOD Fresh Fruit and Vegetable Program in 2009 offered over 20 fresh fruits and vegetables in exchange for the allowance of canned fruits and vegetables in the package.[42]

Role of USDA Foods in FDPIR. Criteria have not been established for the expected contribution of FDPIR food package to the diets of participating households. A recent USDA report examining the nutrient quality of the FDPIR package revealed that the package contains a nutritious variety and quantity of foods. As offered and delivered, USDA foods in the average FDPIR package in 2008 provided two times the required grains, 90 percent of meat/beans, between 80 and 103 percent of oils, about 45 to 60 percent of the recommended quantities of fruits, vegetables, and milk and dairy products compared to the recommendations for the reference household and on a per 2,000 calorie basis. If the FDPIR participant had a diet consisting solely of FDPIR foods, they would have had a Healthy Eating Index (HEI-2005) Score of 80 and 87 for the "as offered" and "as delivered" food packages. This HEI-2005 score is much higher than the diet of an average American (HEI-2005

[39] 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; page 2.

[40] 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; page 2.

[41] U.S. Department of Agriculture Food and Nutrition Service, *Foods Available for 2009, Food Distribution Program on Indian Reservations (FDPIR).*

[42] U.S. Department of Agriculture Food and Nutrition Service, *Food Distribution Program on Indian Reservations Fresh Fruit and Vegetable Guide Rates*, FNS Handbook 501, Exhibit O-1. Effective date February 1, 2008.

score of 58) or an average SNAP participant (HEI-2005 score of 52).[43] The average food package provided proteins, total fat, essential fatty acids, and carbohydrates within acceptable dietary reference intake (DRI) ranges for a healthy diet. The amount of saturated fat and cholesterol were also within the limits set by the *2005 DGA*. While the food package met or exceeded the Recommended Dietary Allowance (RDA) or Adequate Intake (AI) for copper, phosphorus, zinc, thiamin, riboflavin, niacin, folate, and vitamins B6, B12, and C, the food package provided less than the RDA or AI for calcium, potassium, dietary fiber, and vitamins A and E.[44]

1.2.3 National School Lunch Program (NSLP)

The NSLP was established under the National School Lunch Act (NSLA) in 1946. Currently, the program operates in over 101,000 public and non-profit private schools and residential child care centers. FNS administers the program at the Federal level. At the State level, the NSLP is usually administered by State agencies, which operate the program through agreements with school food authorities.[45]

Eligibility for NSLP. Any child at a participating school may purchase a meal through the NSLP. Children from families with incomes at or below 130 percent of the poverty level are eligible to receive free meals; those with incomes between 130 percent and 185 percent of the Federal poverty level are eligible for reduced-price meals, for which students can be charged no more than 40 cents. Children from families with incomes over 185 percent of the poverty level pay full price, though their meals are still subsidized to some extent. Local school food authorities set their own prices for full-price (paid) meals, but must operate their meal services as non-profit programs.[46]

NSLP Participation and Funding. In FY 2009, average daily participation in the NSLP was more than 31 million children attending more than 101,000 public and non-profit private schools and residential child-care institutions. In FY 2009, the NSLP operating cost was $9.8 billion.[47]

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[43] 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; page ES-4.

[44] Ibid; pages ES-3, ES-4.

[45] U.S. Department of Agriculture Food and Nutrition Service, *National School Lunch Program Fact Sheet*, page 1. http://www.fns.usda.gov/cnd/lunch/aboutlunch/NSLPFactSheet.pdf.

[46] Ibid.

[47] Ibid; page 3.

Distribution of USDA Foods through NSLP. In 1974, Congress amended the NSLA to require the USDA to use NSLP funds to purchase USDA Foods to maintain the annual programmed level of assistance to schools. In 1994, Congress amended the NSLP Act to require that at least 12 percent of the total assistance for the NSLP be dispensed to State agencies as USDA Foods.[48] USDA Foods account for about 15 percent of foods served in school meals, with the remaining 85 percent being purchased commercially.[49] USDA purchases USDA Foods from growers and packers and sends them to State agencies referred to as distributing agencies to allocate to local school districts, or recipient agencies. Schools choose items from the USDA Food list for a variety of reasons, including cost (the cost of the USDA Food item may be cheaper than a commercially available product), versatility (many of the USDA Foods can be further processed into items desired by a particular school), and because of the food safety and quality assurances provided by USDA that may not be matched by commercially available products. The decision of which foods to purchase is not only based on school preferences, but also on historical demand and market and yield projections.[50] USDA reimburses the States for each NSLP lunch that is served at free, reduced, and full price.[51] In addition, States can also receive USDA Foods for use in school lunches, based on the State's entitlement.[52] FNS publishes an annual list of USDA Foods available and the corresponding dollar value of each product. States may also allow local school districts access to available offerings, and local school districts may select the individual USDA Foods that are made available through their State. States order products from the list of offerings until the dollar value in their entitlement balance is depleted. In addition, bonus products are offered to States throughout the year on a fair share basis. When placing orders, States specify the delivery location for the USDA foods. As a result, some deliveries may be to warehouses under contract with the State or owned by the State, school districts, commercial distributors or manufacturers for further processing. Commodity processing "allows the processor to receive USDA-donated food like bulk

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[48] Ralston K, Newman C, Clauson A, Guthrie J, Buzby J. *The National School Lunch Program. Background, Trends, and Issues*. Economic Research Report Number 61. United States Department of Agriculture. July 2008; page 8. http://www.ers.usda.gov/publications/err61/err61.pdf.

[49] U.S. Department of Agriculture Food and Nutrition Service, *USDA Foods: Healthy Choices. American Grown.* Alexandria, VA: FNS, 2008; page 1. http://www.fns.usda.gov/fdd/foods/healthy/DidYouKnow.pdf.

[50] Food Research and Action Center. Commodity Foods and the Nutritional Quality of the National School Lunch Program: Historical Role, Current Operations, and Future Potential; page 5. http://frac.org/newsite/wp-content/uploads/2009/09/commodities08.pdf.

[51] U.S. Department of Agriculture Food and Nutrition Service, White Paper. USDA Foods in the National School Lunch Program. May 2010; page 4. http://www.fns.usda.gov/fdd/foods/healthy/WhitePaper.pdf2

[52] Under Section 6 of the Richard B. Russell National School Lunch Act, States are guaranteed assistance for USDA Foods at 11 cents per meal, which is adjusted annually for inflation. This guaranteed assistance is referred to as the State's USDA Foods entitlement. USDA uses a formula mandated by the law; this formula multiplies the number of lunches served during the previous year by a per meal rate, which is adjusted annually for inflation. The Bureau of Labor Statistic's —Producer Price Index for Foods Used in Schools and Institutions serves as a basis for the per meal rate. The Producer Price Index averages the price of specific foods (grains, dairy products, meats, fish, fruits, vegetables, and oils) over a three-month period. The per meal rate for USDA Foods is announced each July through a Notice published by the Food and Nutrition Service in the Federal Register. U.S. Department of Agriculture Food and Nutrition Service, White Paper. USDA Foods in the National School Lunch Program. May 2010; page3, 9. http://www.fns.usda.gov/fdd/foods/healthy/WhitePaper.pdf

chicken as an ingredient in the production of a finished end product like chicken nuggets or patties."[53] Processing agreements can be made between FNS, a distributing agency and a processor, or between a recipient agency like a school and a processor.[54]

USDA Foods Offered Through NSLP. In school year 2009, the list of USDA Foods offered to school districts by the USDA consisted of more than 200 products. According to estimates, when only expenditures on food (as opposed to personnel and other costs) are included in the calculation, the value of USDA Foods makes up about one fifth of Federal resources spent on food for school lunch. USDA Foods provided in the NSLP are primarily packaged for institutional use, though some products are provided in ready-to-serve form, such as frozen sliced apples, or ready-to-cook form, such as an 8-piece cut-up roasted chicken.[55]

Role of USDA Foods in NSLP. A white paper published in May 2010[56] showed that USDA Foods typically made up about 15 to 20 percent of the product served on the school lunch line each day, and they are not intended to constitute 100% of meals. However, the contribution of USDA Foods to the nutrient intake at lunch of participating children has not been sufficiently examined.

A 2008 report[57] examining the nutritional quality of USDA Food in the California School District noted that 1 percent of California's USDA Foods funding was spent on grains, 13 percent was spent on fruits and vegetables, 27 percent on dairy, and 55 percent on meat. Further, data reveal that about 82 percent of the USDA Foods ordered and utilized by school districts were meats and cheeses. Similarly, about 31 percent of the fruits offered to children were from sources other than the DOD Fresh Program. While the district purchased and offered a variety of fruits and vegetables from different subgroups, it lacked an adequate amount of dark green vegetables and fiber.

Results from the School Nutrition Dietary Assessment Study (SNDA)[58] noted that most school menus offered nonfat or 1 percent milk, fruit or 100 percent juice, and vegetables daily. Starchy

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[53] United States Department of Agriculture, Food and Nutrition Service. Food Distribution Fact Sheet. Commodity Processing. June 2007; page 2. http://www.fns.usda.gov/fdd/processing/pfs-processing.pdf.

[54] Ibid.

[55] U.S. Department of Agriculture Food and Nutrition Service, White Paper. USDA Foods in the National School Lunch Program. May 2010; page 4. http://www.fns.usda.gov/fdd/foods/healthy/WhitePaper.pdf.

[56] Ibid; page 3.

[57] Hecht K, Sharp M, Beller D, Shimanda T, Samuels S, Boyle M, Stone-Francisco S. The Federal Child Nutrition Commodity Program. A Report on Nutritional Quality. California Food Policy Advocates. Sept. 2008; page 2. http://cfpa.net/ChildNutrition/ChildNutrition_CFPAPublications/CommoditiesSchoolMeals-FullReport_2008.pdf .

[58] Condon EM, Crepinsek MK, Fox MK. School Meals: Types of Foods Offered to and Consumed by Children at Breakfast and Lunch. J Am Diet Assoc 2009; 109: S67-S78.

vegetables were more common than dark green/orange vegetables or legumes. School lunch participants were significantly more likely than nonparticipants to consume milk, fruit, and vegetables, and significantly less likely to consume desserts, snack items, and beverages other than milk or 100 percent juice.

The School Food Purchase Study III is expected to be completed this year (in 2011) and will include information on the role of USDA Foods in meeting the nutrition standards for NSLP and SBP.[59] The shifts in the types of USDA Foods offered through NSLP suggest a positive contribution of the USDA Foods in the diets of participating children. For example, in the 1980s, the USDA Food choices were primarily canned or dry, and included a limited selection of frozen and refrigerated products.[60] Current USDA Foods offered include a greater selection of frozen and refrigerated products, a greater variety of fruits and vegetables, and low-fat, low-sugar, low-sodium, and whole grain products. Additionally, all USDA frozen potato products in the NSLP are trans-fat free.[61]

1.2.4 The Emergency Food Assistance Program (TEFAP)

TEFAP was authorized in 1981 as the Temporary Emergency Food Assistance Program. The 1988 Hunger Prevention Act authorized funds to be appropriated for the purchase of USDA Foods specifically for TEFAP.[62] The program name was changed in 1990, under the farm bill, to The Emergency Food Assistance Program. TEFAP helps supplement the diets of low-income Americans by providing them with emergency food and nutrition assistance at no cost.

Eligibility for TEFAP. Each State sets criteria for determining what households are eligible to receive food for home consumption. Income standards may, at the State's discretion, be met through participation in other existing Federal, State, or local food, health, or welfare programs for which eligibility is based on income. States can adjust the income criteria in order to ensure that assistance is provided only to those households most in need. Organizations that provide meals (as opposed to foods for home consumption) are eligible to receive USDA Foods if they serve predominantly needy individuals. Individuals who receive meals from these organizations (or

[59] Mathematica Policy Research, *School Food Purchase Study III.* Accessed June 2011. http://www.mathematica-mpr.com/nutrition/schoolfoodpurchase.asp.

[60] U.S. Department of Agriculture Food and Nutrition Service, White Paper. *USDA Foods in the National School Lunch Program.* May 2010; page 12. http://www.fns.usda.gov/fdd/foods/healthy/WhitePaper.pdf.

[61] Ibid; pages 10-11.

[62] U.S. Department of Agriculture Food and Nutrition Service, Food Distribution Fact Sheet. *The Emergency Food Assistance Program.* November 2010; page 2. http://www.fns.usda.gov/fdd/programs/tefap/pfs-tefap.pdf.

settings such as shelters and congregate settings) are considered to be needy and are not subject to a means test—i.e., are exempt from providing evidence of income eligibility.[63]

TEFAP Participation and Funding. Participation rates for TEFAP are not available. In FY 2009, Congress appropriated $299.5 million for TEFAP through the normal appropriations. Further, with the enactment of the American Recovery and Reinvestment Act of 2009, Congress provided an additional $100 million for food purchases and $25 million for administrative support.[64]

Distribution of USDA Foods through TEFAP. Under TEFAP, FNS makes USDA Foods available to State Distributing Agencies. The amount of food that is provided to each State is based on the number of unemployed persons and the number of people with incomes below the poverty level in the State. The States then handle the administration and distribution of the donated USDA Foods through local organizations, usually food banks, to distribute the USDA Foods to soup kitchens and food pantries that directly serve the public.[65] States may also provide the food to community action agencies for distribution to eligible households.

USDA Foods Offered Through TEFAP. The food products made available usually include products with a longer shelf life, such as canned fruits and vegetables, beans, rice, pasta, canned soups, and juices. Canned and frozen meat, poultry, and fish are also provided. Foods are provided in forms and quantities usable by households rather than institutions.[66]

Role of USDA Foods in TEFAP. Current literature reveals that the role of USDA Foods in TEFAP has not been examined. Challenges to examining the role of USDA Foods in TEFAP may stem from the fact that USDA Foods account for only a part of the foods a TEFAP participant receives from a soup kitchen or food bank (for example, a study of Emergency Food Assistance System Providers reported that TEFAP USDA Foods account for about 14 percent of all foods

[63] U.S. Department of Agriculture Food and Nutrition Service, *The Emergency Food Assistance Program. About TEFAP.* Accessed June 2011. http://www.fns.usda.gov/fdd/programs/tefap/about_tefap.htm.

[64] U.S. Department of Agriculture Food and Nutrition Service, *The Emergency Food Assistance Program. Frequently Asked Questions.* Accessed June 2011. http://www.fns.usda.gov/fdd/programs/tefap/tefap_faqs.htm.

[65] Ibid..

[66] Ibid.

distributed through their system[67]) and large fluctuations in type and amount of foods delivered are common.[68]

1.2.5 Child and Adult Care Food Program (CACFP)

The CACFP is authorized under section 17 of the National School Lunch Act (42 U.S.C. 1766). Program regulations are issued by the USDA under section 7 CFR, part 226. USDA's FNS administers CACFP through grants to States. The program is administered within most States by the State educational agency. In a few States it is administered by an alternate agency, such as the State health or social services department. The child care component (child care centers, day care homes, "at risk" afterschool programs, and emergency shelters) and the adult day care component of CACFP may be administered by different agencies within a State at the discretion of the Governor.[69]

The State education or health department is responsible for approving sponsoring organizations and independent centers to operate the program at the local level. The sponsoring organizations and independent centers enter into agreements with their State administering agency and assume administrative and financial responsibility. Annual funds are provided by FNS to each State, so as to reimburse participating institutions for their costs in connection with food service operations including administrative expenses for the program.

CACFP Eligibility Requirements. CACFP provides subsidized nutritious meals and snacks to infants and children in participating day care facilities, emergency shelters, and at-risk afterschool programs as well as to adults who receive day care in participating facilities. The program serves the following categories of individuals: children age 12 and under; persons age 15 and under who are children of migrant workers; persons of any age who have one or more disabilities, as determined by the State, and who are enrolled in an institution or child care facility serving a majority of persons who are age 18 and under; persons age 18 and under who are in emergency shelters; and persons age 18 and under at the start of the school year who are in at-risk afterschool care centers. The program also serves adult participants who are enrolled in an adult day care center who are functionally impaired or 60 years of age or older. The adult component of CACFP is targeted to individuals who

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[67] Ohls, J., and F. Saleem-Ismail. 2002. *The Emergency Food Assistance System—Findings from the Provider Survey, Volume I: Executive Summary*. FANRR-16-1.USDA, Economic Research Service. Page 55. http://www.ers.usda.gov/publications/fanrr16-1/fanrr16-1.pdf.

[68] U.S. Department of Agriculture Economic Research Service, *Effects of Food Assistance and Nutrition Programs on Nutrition and Health*. Chapter 9, The Emergency Food Assistance Program. FANRR-19-3; page 259. http://www.ers.usda.gov/publications/fanrr19-3/fanrr19-3i.pdf.

[69] U.S. Department of Agriculture Food and Nutrition Service, Child and Adult Care Food Program. *Why CACFP is Important*. Accessed March 2011. http://www.fns.usda.gov/cnd/care/CACFP/aboutcacfp.htm.

remain in the community and reside with family members. Adults who reside in institutions are not eligible for CACFP benefits.[70]

To serve the wide range of participant subgroups, CACFP is operated by several facilities including child care centers, family day care homes, afterschool care programs, homeless shelters, and adult day cares. Participating institutions/facilities determine the eligibility for each enrolled participant. Participants from households at or below 130 percent of poverty are eligible for free meals; those from household incomes between 130 and 185 percent of poverty are eligible for reduced-price meals. Children from households who receive benefits from SNAP, FDPIR, or State programs funded through TANF are categorically eligible for free meals. Similarly, children who participate in Head Start and Even Start programs, those in foster care, and those experiencing homelessness are automatically eligible for free meals. Adults participating in SNAP, receiving SSI, or Medicaid benefits are categorically eligible for free meals.[71]

CACFP Participation and Funding. In FY 2009, more than 3.2 million children and 112,261 adults received CACFP meals and snacks on an average day; the total cost to USDA was $2.5 billion.[72]

Distribution of USDA Foods through CACFP. The State agency requires institutions to indicate their preference to receive USDA Foods or cash in lieu of USDA Foods. The cash in lieu of USDA Foods option is the most popular option; in 2009, fewer than 20 percent of child care institutions opted to receive USDA Foods.[73] State agencies must annually provide institutions with information on foods available, and submit a list of institutions that have elected to receive USDA Foods to the State Distribution Agency. Each State is responsible for establishing application procedures to determine eligibility of institutions and review the total number of enrolled participants as well as the number of enrolled participants eligible for free, reduced-price, and paid meals. CACFP works by reimbursing participating day care and adult day care centers for serving nutritious meals.[74] In

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[70] Ibid.

[71] Ibid.

[72] U.S. Department of Agriculture Economic Research Service, Child Nutrition Programs. *Child and Adult Care Food Program*. Accessed July 2011. http://www.ers.usda.gov/briefing/childnutrition/cacfp.htm.

[73] U.S. Department of Agriculture Food and Nutrition Service, Food Distribution Fact Sheet. *Schools/Child Nutrition Commodity Programs*. September 2009, page 1. Accessed June 2011. http://www.fns.usda.gov/fdd/programs/schcnp/pfs-schcnp.pdf#xml=http://65.216.150.153/texis/search/pdfhi.txt?query=food+distribution&pr=FNS&prox=page&rorder=500&rprox=500&rdfreq=500&rwfreq=500&rlead=500&rdepth=0&sufs=0&order=r&cq=&id=4e1e3eee7.

[74] U.S. Department of Agriculture Food and Nutrition Service, Child and Adult Care Food Program. *Why CACFP is Important*. Accessed March 2011. http://www.fns.usda.gov/cnd/care/CACFP/aboutcacfp.htm.

addition to funds, FNS also makes donated foods available to institutions—but not family day care homes—participating in CACFP.[75]

USDA Foods Offered Through CACFP. USDA Foods offered to participating institutions in CACFP include a wide assortment of fresh, frozen, and non-perishable food items such as canned, fresh, or frozen meat, poultry or fish; canned, fresh or frozen fruits and vegetables; oats; grain products such as flour, cornmeal, rice, and grits; cheese; pasta products; peanut butter and oils. Foods are generally packaged for institutional use, though many products are provided in a ready-to-serve form, such as frozen apple slices, or ready-to-cook form, such as frozen breaded chicken pieces.[76]

Role of USDA Foods in CACFP. All CACFP facilities are required to follow USDA-specified meal patterns to receive reimbursement for meals. Similarly, CACFP is expected to meet a portion of the participants' nutritional needs and be in alignment with the current nutrition policy and guidance, including the *DGA* and DRI.[77] While the nutrient contribution of USDA Foods in relation to all foods offered to CACFP participants or to CACFP participants' diets has not been previously examined; evaluation (1997) of the nutrient content of CACFP meals revealed that as served, CACFP meals provided one quarter or more of recommended amount of most nutrients (except energy) for breakfast and one third or more of the recommended amount of nutrients for lunch (except energy and iron). The combination of snacks, breakfast, and lunch provided about one-half of the RDA for energy and more than two-third of the RDA for micronutrients.[78] In 2011, IOM reviewed CACFP and developed recommendations for CACFP.[79]

1.2.6 Summary

USDA's nutrition assistance programs are designed to alleviate food insecurity while providing healthy food choices to a large number of low-income women, infants, children, elderly, and

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[75] Ibid.

[76] U.S. Department of Agriculture Food and Nutrition Service, *Foods Available for School Year 2009 – Schools and Institutions.*

[77] IOM (Institute of Medicine). 2011. *Child and Adult Care Food Program: Aligning Dietary Guidance for All.* Washington, DC: The National Academies Press; page 38. http://www.fns.usda.gov/ora/menu/published/CNP/FILES/cacfpiom.pdf.

[78] Abt Associates Inc. *Nutritional Assessment of the CACFP: Final Report Volume II*. Contract # 53-3198-3-018. Prepared for: John Endahl, Office of Analysis and Evaluation, Food and Consumer Service, U.S. Department of Agriculture. May 1997; page 21. http://www.abtassociates.com/reports/D19971210.pdf.

[79] IOM (Institute of Medicine). 2011. *Child and Adult Care Food Program: Aligning Dietary Guidance for All.* Washington, DC: The National Academies Press. http://www.fns.usda.gov/ora/menu/published/CNP/FILES/cacfpiom.pdf.

households. USDA has been continually exploring ways to offer healthier food choices to program participants that are in keeping with the *DGA* and the MyPyramid food guidance system. Besides the emphasis on serving healthy options, USDA Foods are purchased in bulk and may be less expensive (and affordable for participating States) than identical products in commercial markets.

In reviewing the findings of this report, it is important to note that USDA Foods are a fraction of foods offered to most program participants. USDA Foods by themselves are not expected to meet the nutrient requirement of a reference participant each day. For example, CSFP food packages do not provide a complete diet, but are a good source of the nutrients typically lacking in the diets of the target population.[80] Similarly, schools that offer the NSLP receive a relatively small portion of their annual Federal support in the form of USDA Foods and a much larger portion as cash payments. USDA Foods comprise an average of 15 to 20 percent of foods served in school lunches nationwide, while the remaining foods are procured from commercial vendors.[81]

The contribution of USDA Foods toward meeting the DRI,[82] Thrifty Food Plan (TFP) dietary standards,[83] *DGA*,[84] and HEI-2005[85] for a reference participant is a function of the quantity of USDA Foods provided to each participant in relation to total food offered. The use of weighted average dietary standards for a reference participant allows assessment of the contribution of the USDA Foods toward the nutrient needs of the reference participant. This weighted dietary standard does not translate to exact nutrient targets for specific individuals because of the heterogeneity of requirements among different age and sex groups.

[80] U.S. Department of Agriculture Food and Nutrition Service, Commodity Supplemental Food Program. *Frequently Asked Questions*. Accessed March 2011. http://www.fns.usda.gov/fdd/programs/csfp/csfp_faqs.htm. .

[81] U.S. Department of Agriculture, Food and Nutrition Service. White Paper. *USDA Foods in the National School Lunch Program*. 2010; page 3. http://www.fns.usda.gov/fdd/foods/healthy/WhitePaper.pdf.

[82] Institute of Medicine, Food and Nutrition Board. Food and Nutrition Information Center, National Agricultural Library. *DRI Tables.* 2010. Accessed February 2011. http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=3&tax_subject=256&topic_id=1342&level3_id=5140.

[83] Carlson, Andrea, et al. *Thrifty Food Plan 2006*. April 2007. http://www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/TFP2006Report.pdf.

[84] U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans,* 2010. 7th Edition. Washington: U.S. Government Printing Office, 2010.

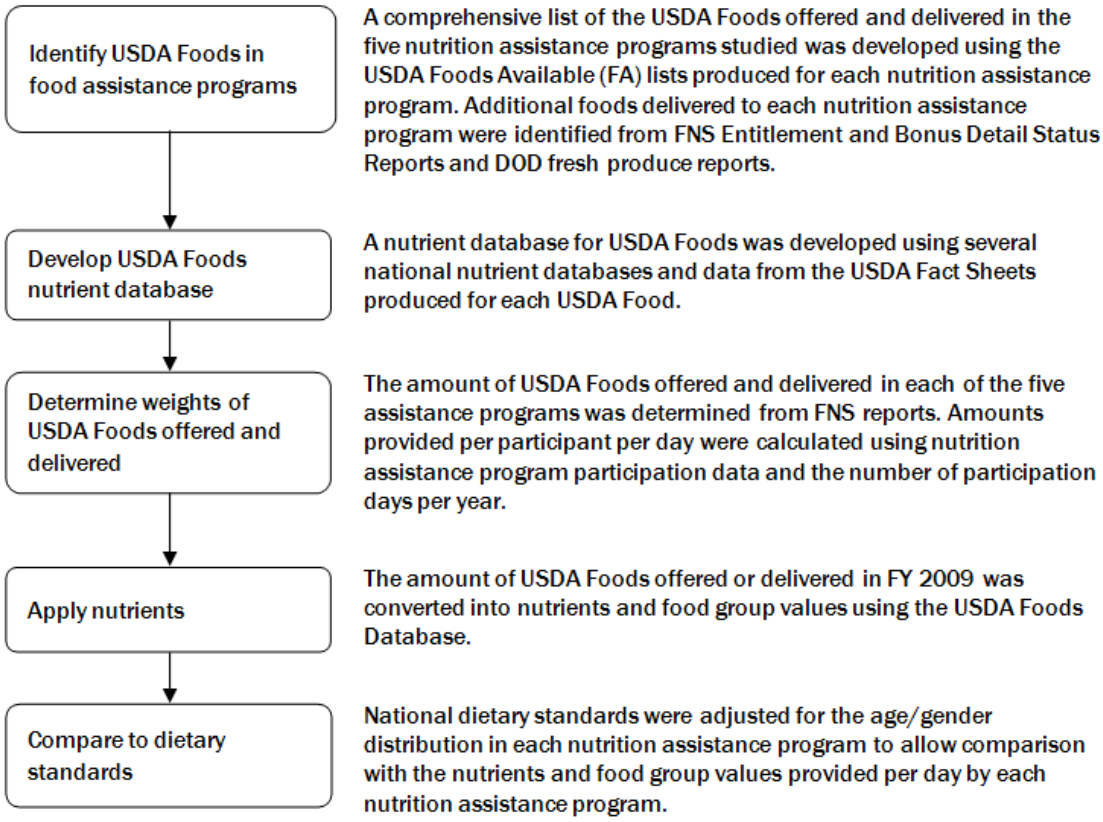
[85] Guenther, Patricia M., et al. *Development and Evaluation of the Healthy Eating Index-2005: Technical Report.* s.l.: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, November 2007.

Methods 2

2.1 Introduction

This chapter presents the methods used to determine the nutrient content of the USDA Foods offered and delivered to participants in each of the five nutrition assistance programs. The methodology was a multistep process, as summarized in Figure 2-1. Each section is described more fully in the chapter; supplementary information is included in Appendixes B through E.

Figure 2-1. Nutrient analysis of USDA Foods offered and delivered to nutrition assistance programs



2.2 USDA Foods in Nutrition assistance Programs

The first step in the development of the USDA Foods Nutrient Database was to compile a master list of the USDA Foods provided to the five nutrition assistance programs in FY 2009. FNS publishes lists of FA for each of the five nutrition assistance programs on an annual basis. These FA lists include the USDA Foods offered to participants/participating agencies in the five nutrition assistance programs, and are reprinted in Appendix A. Additional USDA Foods are provided to the nutrition assistance programs, as available. Because FDD tracks deliveries of USDA Foods to the administering agencies for USDA's nutrition assistance programs, the reports of these deliveries (the Entitlement and Bonus Detail Status reports) were used to identify the USDA Foods actually delivered to program participants. For the NSLP, additional USDA Foods, primarily fresh produce, are provided by the DOD and tracked separately. A complete list of USDA Foods was obtained by merging the USDA Foods identified on the FA lists, the Entitlement and Bonus Detail Status reports, and the DOD fresh produce reports. In addition to the FA lists, tables of the additional USDA Foods obtained from the Entitlement and Bonus Detail Status reports and DOD fresh produce reports are included in Appendix A.

2.3 USDA Foods Nutrient Database

Once a master list of all USDA Foods offered or delivered to the five USDA nutrition assistance programs in FY 2009 was developed, a customized nutrient database was created for USDA Foods, called the USDA Commodity Foods Nutrient Database (CFND). The CFND provides nutrients and food group values for all USDA Foods provided by the five nutrition assistance programs covered by this evaluation. The remainder of this section describes the process of creating and customizing the CFND.

Nutrients. The USDA maintains two national nutrient databases: the National Nutrient Database for Standard Reference (SR),[86] and the Food and Nutrient Database for Dietary Studies (FNDDS) (current version is FNDDS 4.1).[87] SR is a food composition database providing up to 146 nutrients for more than 7,600 foods. It is used to develop FNDDS, which is a survey database of recipes as well as single-ingredient foods, and is used to apply nutrients to data in the What We Eat in America

[86] U.S. Department of Agriculture, Agricultural Research Service. *USDA National Nutrient Database for Standard Reference, Release 23*. 2010. Accessed October 2010. http://www.ars.usda.gov/ba/bhnrc/ndl.

[87] U.S. Department of Agriculture, Agricultural Research Service. *USDA Food and Nutrient Database for Dietary Studies, 4.1*. Beltsville, MD: Agricultural Research Service, Food Surveys Research Group. 2010. Accessed October 2010. http://www.ars.usda.gov/Services/docs.htm?docid=20511.

(WWEIA) Survey, the dietary interview component of the National Health and Nutrition Examination Survey (NHANES). FNDDS was chosen as the main source of nutrients for the CFND because FNDDS provides nutrients for the "as eaten" form of a food (i.e., cooked, edible portion) and because the FNDDS food codes are the link to the databases needed for determination of food group values and the HEI-2005. FNDDS 4.1 provides analysis for 65 nutrients (compared to 146 for SR); all nutrients analyzed in the FDPIR Report to Congress[88] (the template for this analysis) are included in this list, as well as vitamin D. Table 2-1 presents the list of nutrients included in the current analysis as well as the units for each nutrient.

Table 2-1. Nutrients available in the CFND database and included in analysis

Calories (kcal)	Alpha-linoleic acid (g)	Zinc (mg)
Protein (g)	Alpha-linoleic acid (% kcal)	Vitamin A (ug RAE)
Protein (% kcal)	Cholesterol (mg)	Vitamin C (mg)
Carbohydrate (g)	Total dietary fiber (g)	Vitamin E (mg)
Carbohydrate (% kcal)	Calcium (mg)	Vitamin D2 + D3 (µg)
Total fat (g)	Copper (mg)	Thiamin (mg)
Total fat (% kcal)	Iron (mg)	Riboflavin (mg)
Saturated fat (g)	Magnesium (mg)	Niacin (mg)
Saturated fat (% kcal)	Phosphorus (mg)	Vitamin B6 (mg)
Linoleic acid (g)	Potassium (mg)	Vitamin B12 (ug)
Linoleic acid (% kcal)	Sodium (mg)	Folate (ug DFE)

MyPyramid Food Groups. The MyPyramid Equivalents Database[89] was developed by the USDA Agricultural Research Service's Food Surveys Research Group; it provides the number of food groups in each food code in FNDDS 2. The MyPyramid Equivalents Database for USDA Foods Codes, Version 2.0 (MPED) translates gram amounts of food into cup or ounce equivalents for seven MyPyramid major food groups and the corresponding subgroups (a total of 32 groups). As the food codes for the CFND are from FNDDS 4.1, while the MPED is linked to FNDDS 2, two of the FNDDS 4.1 food codes used in the CFND were not found in the MPED. Food group values for these two foods were derived from similar foods in FNDDS 2. These adjustments are described in the CFND Documentation (Appendix B).

[88] 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, page 20.

[89] Bowman SA, Friday JE, Moshfegh A. (2008). *MyPyramid Equivalents Database, 2.0 for USDA Survey Foods, 2003-2004* [Online] Food Surveys Research Group. Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture, Beltsville, MD. Available at: http://www.ars.usda.gov/ba/bhnrc/fsrg..

Healthy Eating Index, 2005 (HEI-2005). The original HEI was developed by USDA's CNPP as a way to measure compliance with the nutrition guidelines in the *DGA*; HEI was most recently revised in 2005 to align with the 2005 version of the *DGA*, and reflects the *DGA* emphasis on increasing consumption of whole grains and various types of vegetables and fats, while limiting calories from added sugars, saturated fat, and alcohol.[90] Calculation of the HEI-2005 score relies on a combination of nutrient values from FNDDS, food group values from the MPED, and one additional data field—Whole Fruit equivalents. A database of Whole Fruit equivalents and Fruit Juice equivalents is provided in the CNPP 01-02 fruit database.[91] The Whole Fruit equivalent was added to the CFND.

Yield Factors. The USDA Foods are provided in various forms such as raw, dried, canned, frozen, or fresh. The FNDDS and MPED provide data for 100 grams of the ready-to-eat food. Yield factors were applied to convert the weight of the USDA Foods as provided to a weight of the ready-to-eat food. Sources of yield data were the USDA Fact Sheets,[92] FNDDS, and in some instances, USDA Agricultural Handbook 102.[93] The CFND documentation provides additional information about the yield calculations (Appendix B).

Although most USDA Foods exactly matched a food in FNDDS, some matches required manual adjustments to the nutrients and food group values to better match FNS Fact Sheets. Adjustments to values from FNDDS 4.1, SR23 (the current version of the SR database), and the MPED are described in Appendix B. The final CFND provides 65 nutrients from either FNDDS or SR23. It also provides food group values from the MPED, two additional sodium and vitamin C values from the Fact Sheets, and yield data to convert 256 USDA Foods as packaged to ready-to-eat foods.

[90] Guenther, P.M., Reedy, J., Krebs-Smith, S.M., Reeve, B.B., & Basiotis, P.P. (2007). *Development and Evaluation of the Healthy Eating Index-2005: Technical Report*. Center for Nutrition Policy and Promotion, U.S. Department of Agriculture. Accessed October, 2010. http://www.cnpp.usda.gov/HealthyEatingIndex.htm.

[91] U.S. Department of Agriculture Center for Nutrition Policy and Promotion. *Healthy Eating Index-2005 Development and Evaluation Technical Report Support Files*. Accessed October, 2010. http://www.cnpp.usda.gov/HealthyEatingIndex-2005report.htm.

[92] U.S. Department of Agriculture Food and Nutrition Service, Food Distribution. *USDA Foods Fact Sheets*. Accessed October, 2010. http://www.fns.usda.gov/fdd/facts/commodityfacts.htm.

[93] 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.nal.usda.gov/fnic/foodcomp/Data/Classics/ah102.pdf.

2.4 Weight of USDA Foods offered and delivered

Determination of the weights of USDA Foods offered and delivered to a participant requires the development of outcome measures to be used in the analysis. The primary measures used in the per-recipient nutrient and food group analysis of each program are constructed from four elements: (1) number of participants in 2009; (2) number of program operating days in 2009; (3) amount of USDA Foods offered to participants/agencies in 2009; and (4) amount of USDA Foods actually delivered in 2009. These data elements are used to construct two intermediate measures:

- Amount of USDA Food "x" offered per day per participant, and
- Amount of USDA Food "x" delivered per day per participant.

These two intermediate measures are then converted into their component nutrients:

- Amount of nutrient "y" contained in USDA Food "x" offered per day per participant, and
- Amount of nutrient "y" contained in USDA Food "x" delivered per day per participant.

The amount of each nutrient is summed across all foods to arrive at the measure to be used in the analysis:

- Amount of nutrient "y" offered per day per participant, and
- Amount of nutrient "y" delivered per day per participant.

The following sections discuss the sources and construction of the four data elements that are used to construct these outcome measures.

2.4.1 Number of Participants

All nutrient and Food group analyses were performed on a per participant basis using FNS-provided data on the number of participants in CSFP, FDPIR, and NSLP in FY 2009. The participant numbers for each of the three programs can be found in Appendix C. Adjustments were made to the participant numbers as documented below. For the remaining two programs, CACFP and TEFAP, the numbers of participants who receive USDA Foods are not reported to FNS. We explored alternate sources and methodologies to estimate the number of recipients of USDA Foods

in these programs, and we describe those methods and sources below. However, due to considerable uncertainty in the actual number of participants who received USDA Foods through these two nutrition assistance programs, we do not present per-participant estimates of nutrients or foods offered or delivered through these programs.

CACFP. Of the 55 States and territories participating in CACFP, only 18 received USDA Foods in FY 2009 (see Appendix C). Only child care centers (not including family day care) or adult centers are eligible to receive USDA Foods. In an attempt to estimate the number of CACFP participants served by centers that receive USDA Foods, we subtracted the number of participants in States not receiving USDA Foods and the number of participants in family day care from the total number of CACFP participants. However, the decision to accept USDA Foods or cash in lieu of USDA Foods is ultimately left to individual childcare centers.[94] Only a minority of centers chooses USDA Foods rather than cash; therefore, the number of participants in States that receive some deliveries of USDA Foods may include centers that opt not to receive USDA Foods. Because we cannot reliably estimate the number of CACFP participants served by centers that choose USDA Foods rather than cash, we do not present nutrient or food group analyses for CACFP on a per-participant basis.

NSLP. The estimated number of participants in schools that do receive cash instead of USDA Foods (number provided by FNS) was subtracted from the total number of participants in NSLP (see Appendix C).

CSFP. This program provides USDA Foods to infants, children, pregnant or postpartum women, and to elderly participants. FNS provided data on the average number of infants (ages 0-12 months), children (ages 1-6 years), pregnant or postpartum women, and elderly participants served each month by CSFP. Per FNS request, and because of considerable variance in the nutrient needs of these population subgroups, three participant groups were created: (1) Infants, (2) Children and Women which included children ages 1-6 years, pregnant or postpartum women ("Children and Women"), and (3) Elderly. Appendix C provides the numbers of participants in each subgroup. The 18,340 children were the majority of the 21,728 participants in the Children and Non-elderly Women subgroup, which also included 590 pregnant women and 2,798 postpartum women. We recognize that the dietary recommendations are considerably different for children, pregnant, and postpartum women; however, USDA Food deliveries are not tracked separately for these different populations. Although findings and inferences about nutrients offered and delivered for this

[94]U.S. Department of Agriculture Food and Nutrition Service. *Schools/CN Commodity Programs. Frequently Asked Questions.* Accessed June 2011. http://www.fns.usda.gov/fdd/programs/schcnp/schcnp_faqs.htm

subgroup should be made with caution, the results are valid to draw inferences about the contribution of USDA foods in meeting the dietary recommendations for this subgroup.

TEFAP. TEFAP provides foods to individuals or family members who receive food from a pantry, soup kitchen, or shelter. The Hunger in America 2010 report[95] prepared for Feeding America provides numbers of people receiving food from various food sources such as food pantries, food kitchens and shelters. The Hunger in America report provided both the estimated number of clients served per week and the fraction of the food pantries, food kitchens, and shelters who received some food from TEFAP. Although we explored the possibility of this information as a source for estimating TEFAP participation numbers, the data was not specific enough to accurately determine the number of participants receiving USDA Foods through TEFAP. As with CACFP, findings are not presented on a per participant basis.

2.4.2 Number of Distribution Days

Per guidance from FNS and based on the number of school days in a year, the number of distribution days for the NSLP was set to 180 days. For CACFP, as virtually all the care provided by participating centers occurs on weekdays, 260 days per year was used as the number of distribution days per year (52 weeks/year x 5 days/week). For CSFP, FDPIR, and TEFAP, the number of distribution days was set to 365 days, as food is provided to participants in these programs over the entire year. Since no per-participant results are included for CACFP or TEFAP, these numbers are not used in the analysis for these two nutrition assistance programs.

2.4.3 Amount of USDA Foods as Offered and as Delivered

The nutrient and food group values for USDA Foods provided through each nutrition assistance program were analyzed on both an "as offered" and "as delivered" basis, similar to that conducted in the FDPIR Report to Congress. This two-step analysis allows assessment of the foods the USDA makes available to participants and administering agencies ("as offered") in comparison to the foods selected by participants or participating agencies ("as delivered"). Comparing the "as offered"

[95]Mabli, J., et al. *Hunger in America 2010*. National report prepared for Feeding America, page 293. Accessed June 2011. http://feedingamerica.org/faces-of-hunger/hunger-in-america-2010/hunger-report-2010.aspx.

USDA Foods to the "as delivered" USDA Foods is indicative of food selection patterns of program sponsors as well as participants.

The study constructed representative USDA Food profiles offered and delivered to administering agencies for NSLP, CACFP, CSFP, FDPIR, and TEFAP. The methods used to develop the food profiles were tailored to each program as described below.

USDA Foods as Offered

Both CSFP and FDPIR issue distribution guides that establish limits on the quantity of foods offered to participants on a monthly basis. The USDA Foods distribution guides for FY 2009 are included in Appendix D. Based on all the available food options, a representative USDA Food package was constructed for CSFP and FDPIR program participants. Since CACFP, NSLP, and TEFAP do not issue program-specific distribution guides, representative USDA Food profiles for these programs were constructed based on average cost of each food item on the FA list and the total funds allocated in 2009. The construction for each approach is described in the following section.

- **CSFP and FDPIR.** A "food package" was constructed for foods offered to CSFP and FDPIR participants on the basis of the distribution guides. It was assumed that the food package included an equal selection of all program-specific food options. The food package contained a mix of foods in proportion to the selection and substitution rules outlined for each program's monthly distribution guide. Relative weights were computed for each food item offered and the actual product weights were used to derive the weight of each item. For example, participants in FDPIR may select 1 box of dry cereal from the four kinds of cereal available. The FDPIR FA list shows 13 different packages options for the four kinds of cereal. The 1 box of cereal allotted to the FDPIR "as offered" package was comprised of $1/13^{th}$ of each of the cereal items on the FA list. Each package weight was multiplied by 1/13 to determine the weight of the food item in the "as offered" package.

  Foods included in the distribution guides that were not on the nutrition assistance programs' FA list were not included in the "as offered" analysis. For example, Light Buttery Spread is listed in the FDPIR distribution guide dated September 2009, but is not offered on the FA list for 2009.

  For FDPIR and CSFP, the list of Foods Available for FY 2009 and Distribution guides can be found in Appendices A (Foods Available 2009) and D (Distribution Guides).

- **CACFP, NSLP, and TEFAP.** These programs do not have distribution guides or limits on the combination of foods that may be selected. However, in order to assess

the USDA Foods offered through these nutrition assistance programs, an "as offered" food profile was created. As presented below, the "as offered" food profile was developed on the basis of the FA lists, the average cost of each food item as listed in the Entitlement and Bonus Detail Status Report, and the total funds allocated in 2009. Appendix E includes detailed calculation steps for the "as offered" food profile. In brief, the total funds available in 2009 were divided equally among food groups; the amount of funds per food group was further divided among increasingly more specific subgroups to arrive at the amount of funds that could have been spent on a single USDA Food. Using the average cost of the USDA Foods in 2009, funds were converted to pounds of the USDA Foods offered.

In order to divide allocated funds among the foods offered and prevent over-representation of any single food item (due to number of different package sizes or forms of a USDA Food offered), the USDA Foods were grouped as follows:

- **TEFAP.** USDA Foods groups were based on the Monthly Distribution tables for the CSFP, as the age ranges of the population and the foods available were similar. Foods were grouped into one of 10 USDA Foods groups: Cereal, Juice, Meats, Milk, Peanut butter/Dried beans, Starches (white potatoes, pasta, rice, and grits), Cheese, Fruits, Vegetables, and Grains (flour, cornmeal, and bakery mix).

- **NSLP and CACFP.** USDA Foods groups were based on the IOM's report on school meals.[96] Foods were grouped into 7 USDA Foods groups: Cheese, Fruit, Grains, Juice, Meat, Oil, and Vegetables. Food groups were further subdivided into subgroups of "nutritionally equivalent" USDA Foods. For example, within the Apple food group are the subgroups fresh/frozen apples and canned apples. Within the Dried Fruit subgroup are dried blueberries, dried cranberries, and raisins.

The process to determine the "as offered" food profile for TEFAP, NSLP, and CACFP is further described in Appendix E.

Foods on the FA list that were not delivered in 2009 were excluded from the "as offered" analysis. Per FNS' request, bonus USDA Foods that were delivered in 2009 were added to the "as offered" food package or food profile to create an "as offered" entitlement plus bonus USDA Foods package or food profile.

USDA Foods as Delivered

For each nutrition assistance program, FNS tracks the amount of food delivered on a monthly basis. The amounts of USDA Foods delivered to each nutrition assistance program were obtained from a

[96]Institute of Medicine. *School Meals: Building Blocks for Healthy Children*. Washington, D.C.: The National Academies Press. 2010; pages 271-272. http://www.fns.usda.gov/ora/MENU/Published/CNP/FILES/SchoolMealsIOM.pdf.

number of FNS files. Deliveries to CACFP and TEFAP were documented in the Entitlement and Bonus Detail Status Reports provided by the Food Distribution Division (FDD). Deliveries to FDPIR were documented in the Food Issuance Report, and deliveries for CSFP were documented in both the Food Issuance Report and the Multi-food Requisition Reports. Deliveries to NSLP were documented in the Entitlement and Bonus Detail Status Report and DOD reports of fresh produce deliveries.

For all delivered data, the amount of food delivered in 2009 was summed for each USDA Food prior to analysis, and analysis was performed separately for entitlement USDA Foods and bonus USDA Foods. Appendixes F-H detail the nutrient content of the USDA Foods provided per participant per month for CSFP, FDPIR, and NSLP. Each appendix includes the USDA Foods as "offered" and "as delivered."

Analysis for CSFP required additional adjustments to the delivered data to accommodate the three participant subgroups:

Deliveries to Participant Groups. The Food Issuance Data Report lists the number of units of USDA Foods issued to non-elderly (infants, children, and women) or elderly participants, whereas the Entitlement and Bonus Detail Status Report lists pounds of food delivered to the CSFP as a whole. In order to analyze foods delivered to each participant group separately, the Food Issuance Data were used to derive the ratio of each USDA Food delivered to either non-elderly or elderly participants. That ratio was then applied to the pounds of USDA Foods listed in the Entitlement and Bonus Detail Status Report to determine pounds of each USDA Food delivered to elderly or non-elderly participant.

As juice was the only USDA Food that was delivered to infants and other non-elderly participants, the ratio of the number of infants to other non-elderly participants was used to compute the proportion of juice delivered to infants and non-elderly participants. The other two food items distributed to infants (formula and infant rice cereal) were assigned only to the infant group for nutrient analysis.

CSFP Headquarters (HQ) Deliveries. In order to accommodate less than full truck loads of a single USDA Food, CSFP USDA Foods are delivered to warehouses from which providers may order smaller quantities. The Entitlement and Bonus Detail Status Report identifies deliveries to the warehouse by the State designation "HQ." When a provider within a State orders food from the warehouse, the delivered food is reassigned and documented on the Multifood Requisition Reports. In order to determine the actual quantities of foods delivered to CSFP in FY2009, deliveries to HQ in the Entitlement and Bonus Detail Status Reports were excluded from the analysis, and deliveries from the Multifood Requisition Reports were added to the yearly totals.

A small number of deliveries in the Multifood Requisition Reports were designated as CSFP deliveries to the Virgin Islands (VI). As these deliveries were actually distributed through TEFAP, they were added to the total delivered volume for TEFAP and not CSFP.

2.5 Nutrient and MyPyramid food group Analysis

The weights of USDA Foods "as offered" and "as delivered" per participant per day were reduced by 5 percent to account for food lost to waste and spoilage, in keeping with the assumption made in the 2008 FDPIR Report to Congress. These adjusted weights were then multiplied by the yield factor in the CFND and this final weight was used to determine the nutrient and food group values for each USDA Food. Nutrients and food group values per USDA Food were totaled to determine the "as offered" and "as delivered" nutrient and food group profiles.

2.6 Standards for Comparison of USDA Foods as Offered and as Delivered

The computed "as offered" and "as delivered" nutrient and food group values per participant for each nutrition assistance program were compared to several dietary standards. The foods offered in a number of the nutrition assistance programs are not intended to represent the entire day's intake for the participants, but to only supplement the foods provided by the nutrition assistance program. However, a comparison of the nutrients provided to the daily nutrient standards for a reference person serves as a means of assessing the contribution of the USDA Foods to meeting the daily nutrient requirements.

The DRI, TFP dietary standards, dietary guidelines 2010 USDA Food Pattern recommendations, and HEI-2005 served as comparative standards of the nutrient and/or food group values for each nutrition assistance program's specific "as delivered" and "as offered" entitlement and bonus USDA Foods. As each nutrition assistance program serves a population with varying ages, an average recommended value was derived for each nutrition assistance program using the population characteristics to weight the recommended intake values according to age. The dietary standards and method for determining the weighted average recommendations for each nutrition assistance program are described below.

2.6.1 Dietary Reference Intakes (DRIs)

The DRIs are a group of standards developed by the Institute of Medicine's Food and Nutrition Board (part of the U.S. National Academies) to assess the adequacy and quality of nutrient intakes.[97] DRIs are provided for infants and children, regardless of gender, through 8 years of age.

From ages 9 and up, the DRIs are stratified by gender. DRI standards include:

- **Estimated Average Requirement (EAR).** The level of intake estimated to meet the requirements of half of the healthy individuals in a particular age and gender group; also used to calculate the RDA for intake of nutrients by individuals.
- **Recommended Dietary Allowances (RDA).** Recommended level of intake established to meet the needs of almost all (97-98 percent) individuals in a group.
- **Adequate Intake Level (AI).** Provided for nutrients when data for the nutrient is insufficient to estimate requirements; believed to cover the needs of all individuals in the group.
- **Tolerable Upper intake Levels (UL).** Represents the maximum level of intake likely to pose no risk of adverse effects for all individuals in a population group.
- **Acceptable Macronutrient Distribution Ranges (AMDR).** Defines ranges of intakes that are associated with reduced risk of chronic disease while providing recommended intakes of other essential nutrients.

2.6.2 Thrifty Food Plan (TFP) Dietary Standards

The USDA Center for Nutrition Policy and Promotion developed the TFP as a national standard for a nutritious diet at minimal cost. The TFP is used as the basis for SNAP benefits. The cost of the TFP food is on the basis of a reference family defined as a male and female ages 20 to 50, and two children ages 6 to 8 and 9 to 11. The *DGA*, the DRIs (primarily the RDAs and AIs), and USDA Food Pattern recommendations form the basis of the TFP dietary standards.

The TFP market basket for each age/gender group provides 100 percent or more of the group's RDA for 15 essential nutrients: protein, vitamin A, vitamin C, vitamin B_6, vitamin B_{12}, thiamin, riboflavin, niacin, calcium, phosphorus, magnesium, iron, zinc, copper, and fiber. Because of the

[97]Institute of Medicine, Food and Nutrition Board. Food and Nutrition Information Center, National Agricultural Library. *DRI Tables*. 2010. Accessed: February 2011. http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=3&tax_subject=256&topic_id=1342&level3_id=5140.

inability of the market baskets to meet the RDA for vitamin E or the AI for potassium, the standards were lowered to at least 63 percent of the RDA for vitamin E and at least 70 percent of the AI for potassium. [98] The TFP comparisons include many of the same nutrients listed in the DRI comparison, as well as the food groups from the 2010 USDA Food Patterns table.

2.6.3 Dietary Guidelines for Americans Recommendations

The 2010 USDA Food Patterns are presented in the *DGA,* 2010, [99] and provide quantities of foods to consume from specific food groups and subgroups in order to achieve a diet consistent with the *DGA*. The guidelines are intended for individuals over 2 years of age. The 2010 USDA Food Patterns provide food group recommendations for a variety of calorie levels.

Determining the food groups provided by the "as offered" and "as delivered" USDA Food profiles enables comparisons to the 2010 USDA Food Pattern recommendations rather than the nutrient-level comparisons with the DRIs. Comparison of the food groups provided by the USDA Food profiles per 2,000 kcal to the dietary guidelines recommendations per 2,000 kcal are a way of assessing the food group density of the USDA Foods offered and delivered to participants. As the calculation of food groups per 2,000 kcal does not rely on participant numbers served by the USDA Foods, results of this comparison will be presented for CACFP and TEFAP, as well as the other three nutrition assistance programs.

2.6.4 Healthy Eating Index 2005 (HEI-2005) Scores

HEI[100] was developed by USDA's Center for Nutrition Policy and Promotion as a way to assess compliance to Federal dietary guidelines. The HEI-2005 has a numeric range of 0 to 100, with 100 representing the dietary patterns that are in full compliance with the *DGA* recommendations.

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[98]Carlson, Andrea, Mark Lino, WenYen Juan, Kenneth Hanson, and P. Peter Basiotis. *Thrifty Food Plan 2006*. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion April 2007. Dietary Standards, page 14. http://www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/TFP2006Report.pdf.

[99]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, page 79.

[100]Guenther, Patricia M., Jill Reedy, Susan M. Krebs-Smith, Bryce B. Reeve, and P. Peter Basiotis. *Development and Evaluation of the Healthy Eating Index-2005: Technical Report*. s.l.: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, November 2007. http://www.cnpp.usda.gov/Publications/HEI/HEI-2005/HEI-2005TechnicalReport.pdf.

There are 12 component scores incorporated into the HEI-2005, nine based on the MyPyramid food groups and subgroups, and three representing recommended intakes of saturated fat, sodium, and discretionary calories (from solid fats, alcohol, and added sugar), which are obtained from the nutrient analysis (from FNDDS 4.1 in this analysis).

As the HEI-2005 score does not rely on participant numbers, results of this comparison will be presented for CACFP and TEFAP, as well as the other three nutrition assistance programs.

Table 2-2. Healthy Eating Index 2005 scoring system

	HEI-2005 Component	Maximum component score	Standard for maximum score	Standard for minimum score of zero
1	Total Fruit	5	≥ 0.8 cup equiv. per 1,000 kcal	No Fruit
2	Whole Fruit	5	≥ 0.4 cup equiv. per 1,000 kcal	No Whole Fruit
3	Total Vegetables	5	≥ 1.1 cup equiv. per 1,000 kcal	No Vegetables
4	Dark Green and Orange Vegetables and Legumes[2]	5	≥ 0.4 cup equiv. per 1,000 kcal	No Dark Green or Orange Vegetables or Legumes
5	Total Grains	5	≥ 3.0 oz equiv. per 1,000 kcal	No Grains
6	Whole Grains	5	≥ 1.5 oz equiv. per 1,000 kcal	No Whole Grains
7	Milk[3]	10	≥ 1.3 cup equiv. per 1,000 kcal	No Milk
8	Meat and Beans	10	≥ 2.3 oz equiv. per 1,000 kcal	No Meat or Beans
9	Oils[4]	10	≥ 12 grams per 1,000 kcal	No Oil
10	Saturated Fat	10	≤ 7% of energy[5]	≥ 15% of energy
11	Sodium	10	≤ 0.7 gram per 1,000 kcal[5]	≥ 2.0 grams per 1,000 kcal
12	Calories from SoFAAS	20	≤ 20% of energy	≥ 50% of energy
Total		100		

2.6.5 Weighted Average Dietary Standards

Considerable age variability is noted in the participants served by each of the five programs. For example, the NSLP serves only school children, FDPIR serves families, and CSFP, CACFP and TEFAP serve population subgroups of varying ages. As dietary guidelines vary by age, an average dietary guideline, weighted by the mix of ages and genders served by each program, was developed. This weighted average dietary standard represents the dietary recommendations for a "reference

participant" in the nutrition assistance program. The age distribution of participants served by each program was determined using the references shown in Table 2-3.

Table 2-3. Age definitions by program

Program	Focus	Reference for age distribution	Ages	% Population
NSLP	School children	SNDA III[101]	6-7 yrs	15.6%
			8-10 yrs	32.9%
			11-13 yrs	25.5%
			14-15 yrs	12.5%
			16-18 yrs	13.5%
CACFP	Children, adults, seniors	Ratio of child and adult participants from FNS Participation Report for 2009. Age distribution of child participants from Exhibit 2-1 from the 1997 FNS Child Care Study.	<1 yr	3.0%
			1-2 yrs	15.2%
			3-5 yrs	57.7%
			6-12 yrs	20.7%
			Adult	3.4%
CSFP	Infants		0-6 mos	50%
			6-12 mos	50%
	Children (excluding infants) and non-elderly women	Provided by FNS: CSFP Participation Report – FY 2009 provides participation by infants (ages 0 to 12 months), children (1-6 years), pregnant or postpartum women, and elderly (60+ years).	1-6 yrs	84.4%
			Pregnant	2.7%
			Postpartum	12.9%
	Elderly		>60 yrs	100%
TEFAP	Households	Client household composition from the Hunger in America 2010 report[102]	0-3 yrs	5.3%
			4-5 yrs	3.2%
			6-17 yrs	29.2%
			18-29 yrs	13.5%
			30-49 yrs	25.5%
			50-64 yrs	15.4%
			≥65 yrs	7.9%
FDPIR	Households	Reference household for determining SNAP benefits: one man and one woman ages 20-50, and two children ages 6-8 and 9-11.[103]	6-8 yrs	25%
			9-11 yrs	25%
			M 20-50 yrs	25%
			F 20-50 yrs	25%

Using the percentage of each age group in the nutrition assistance program, a weighted average dietary standard was calculated by multiplying the fraction of the population for each age group by the dietary standard for any nutrient or component; the weighted average dietary standard is the sum of all the fractional values for the age groups. Within any age/gender range, the highest nutrient

[101]Gordon, A, Fox, MK, Clark, M, Nogales, R, Condon, E, Gleason, P, Sarin, A. *School Nutrition Dietary Assessment Study-III: Volume II: Student Participation and Dietary Intakes*. Final Report. Mathematica Policy Research. November 2007; page 84. http://www.mathematica-mpr.com/publications/pdfs/SNDAvol2.pdf.

[102]Mabli, J., et al. *Hunger in America 2010*. National report prepared for Feeding America, page 73.Accessed June 2011. http://feedingamerica.org/faces-of-hunger/hunger-in-america-2010/hunger-report-2010.aspx.

[103]*Food Stamp Act of 1977*. Title 7 U.S. Code 2012(o). Public Law 88-525; as amended through P.L. 108–269, July 2, 2004. http://www.fns.usda.gov/snap/rules/Legislation/pdfs/PL_88-525a.pdf.

requirement was selected to represent the dietary standard for the "reference participant." Table 2-4 presents an example of how the weighted average standard for the reference participant was developed for the NSLP.

Table 2-4. Development of weighted average Vitamin A requirement in the NSLP

NSLP	% Population	Highest DRI nutrient requirement for age range	Population fraction x DRI
6-7 yrs	15.6	400	62.4
8-10 yrs	32.9	600	197.4
11-13 yrs	25.5	600	153.0
14-15 yrs	12.5	900	112.5
16-18 yrs	13.5	900	121.5
		Weighted average RDA =	**646.8**

Results and Discussion 3

This section presents the results comparing the role of USDA Foods in meeting the various dietary recommendations and guidelines. For each program, the results are presented for a food profile comprised of entitlement USDA Foods (EFP) and entitlement and bonus USDA Foods (E+BFP) together. Both food profiles are analyzed "as offered" and "as delivered." Results are compared to the DRI, the TFP dietary standards, the *DGA*, and the HEI-2005. The remainder of this chapter presents the findings for each of the five nutrition assistance programs included in this study. Section 3.1 presents the findings for CSFP; 3.2 presents the findings for the FDPIR; 3.3 the NSLP; 3.4 TEFAP; and 3.5 CACFP.

3.1 Commodity Supplemental Food Program (CSFP)

As described in the Methods section, the nutrient and Food group analysis for the CSFP was conducted separately for three participant groups: (1) Infants, (2) Children (excluding infants) and Non-elderly Women, and (3) Elderly participants. Results are presented separately for each participant group. In FY 2009, only entitlement foods were provided to participants, therefore, all results represent entitlement foods only. In FY 2009, CSFP delivered a total 147.7 million lbs of USDA Food, of which, 0.3 million lbs were distributed to infants, 8.8 million lbs were delivered to children and non-elderly women, and the remaining 138.6 million lbs were delivered to elderly participants.

Guidelines for the CSFP state that "the CSFP food package is not intended to provide a full day's intake of nutrients, but rather to supply good sources of the nutrients typically lacking in the diets of this population."[104] Goals for this population are to limit saturated and trans fat, cholesterol, added sugar, salt, and alcohol (for the adult and elderly participants). The nutrients identified as typically lacking in the diet of the elderly population include protein, calcium, potassium, magnesium, vitamins A, B12, C, and E, and also fiber;[105] nutrients of concern in the diets of children and non-

[104]U.S. Department of Agriculture Food and Nutrition Service, Nutrition Program Fact Sheet. *Commodity Supplemental Food Program.* April 2011. http://www.fns.usda.gov/fdd/programs/csfp/pfs-csfp.pdf.

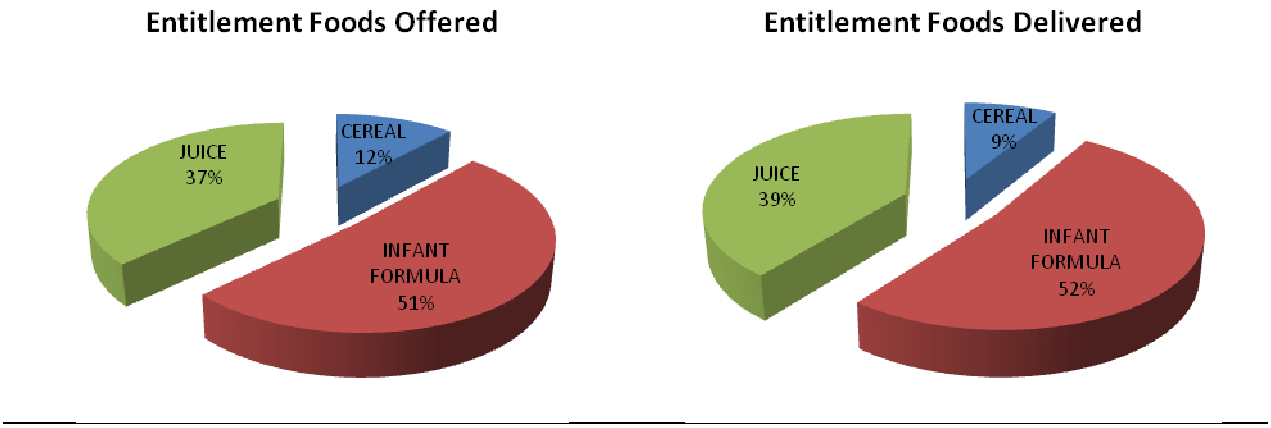
[105]Weimer J. *Factors Affecting Nutrient Intake of the Elderly*. Food and Rural Economics Division, Economic Research Service, U.S. Department of Agriculture. Agricultural Economic Report No. 769; page iii. http://www.ers.usda.gov/publications/aer769/aer769.pdf

elderly women in the CSFP include protein, calcium, iron, and vitamins A and C.[106] These nutrients will be specifically addressed in the results of the CSFP food package.

3.1.1 Infants

The CSFP provided three USDA Foods to infants: formula, infant rice cereal, and fruit juice. In FY 2009, CSFP delivered 0.3 million lbs of USDA Foods to 1,593 infant participants, which translates to 180 lbs/participant/year, or 226 g/participant/day. The CSFP 2009 distribution guides offer USDA Foods totaling 256 g/participant/day for infants. The ratios of infant formula, fruit juice, and infant cereal are approximately equal in the "as offered" and "as delivered" packages, as shown in Figure 3-1.

Figure 3-1. Food group* composition by weight (pounds) of the CSFP: Infant USDA Foods as a percentage of total weight of foods offered/delivered



*Food groups correspond to those of the CSFP distribution guides (see Appendix D).

There are few dietary guidelines for infants (ages 0-12 months). Results are presented only for the comparison of food packages with the DRI, as neither the TFP nor the *DGA* specify dietary standards for infants. Table 3-1 presents a summary of the analysis of the CSFP: Infant food packages compared to the weighted average DRI. The table lists the nutrients that met the indicated percent of each dietary standard. A detailed discussion of the comparison with the weighted average DRI follows Table 3-1.

[106]National CSFP Association. *What is the Commodity Supplemental Food Program?* Accessed September 2001. http://www.csfpcentral.org/whatistheCSFP.htm.

Table 3-1. Summary of the nutrient content of CSFP: Infant USDA Foods compared to weighted average DRI for reference participant

Benchmark	Offered	Delivered
	Entitlement	Entitlement
Weighted average DRI	Nutrients	
>100%	Protein, Carbohydrate, Fat, Ca, Cu, Fe, Mg, P, K, Zn, Vit A, Vit C, Vit E, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12, Folate	Protein, Fat, Ca, Cu, Fe, Mg, P, Zn, Vit A, Vit E, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12, Folate
76-100%	Vit D	Carbohydrate, K, Vit C, and Vit D
51-75%	–	–
26-50%	Na	Na
10-25%	–	–
<10%	–	–

Tables 3-2 and 3-3 compare the nutrient content of the CSFP: Infant food packages "as offered" (Entitlement Foods as offered, or EFPO) and "as delivered" (Entitlement Foods as delivered, or EFPD) to the weighted average DRIs for the reference participant. Table 3-2 compares the nutrient content of the EFPs with the weighted average AIs, while Table 3-3 presents the comparison of the nutrient content of the EFPs with the weighted average ULs.

Macronutrients. Both the EFPO and EFPD met or exceed all weighted average DRI recommendations for the average infant participant for protein and total fat. The EFPO exceeded the weighted average AI recommendation for carbohydrates, while the EFPD provided 94 percent of the weighted average AI. There is no established AI for dietary fiber or AMDR for macronutrients for infants.

Minerals. The EFPO provided three times the weighted average AI for copper, between two and three times the weighted average AI for calcium and iron, more than 100 percent of the weighted average AI for magnesium, phosphorus, potassium and zinc, but does not exceed the weighted average AI for sodium by providing just 43 percent of the weighted average AI. The EFPD also exceeded the weighted average AI for all minerals except potassium (97% of weighted average AI), while not exceeding the weighted average AI for sodium.

Vitamins. The EFPO provided more than four times the weighted average AI for thiamin and riboflavin, more than three times the weighted average AI for niacin, and more than twice the weighted average AI for vitamin B12. The EFPO also provided amounts meeting or exceeding the weighted average AI for the remaining vitamins (vitamin A, vitamin C, vitamin E, vitamin D, vitamin B6, and folate). The EFPD provided more than three times the weighted average AI for vitamin E and thiamin, more than twice the weighted average AI for riboflavin and vitamin B6, and

Table 3-2. Nutrient content of **CSFP: Infants Entitlement USDA Foods** compared to weighted average recommended nutrient needs for reference participant

Nutrient/Macronutrient	Weighted average kcal assignment and DRI recommendations	Offered		Delivered	
		Amount	% Met	Amount	% Met
Calories	ND	811.0	N/A	714.7	N/A
Protein, g	11.0	17.4	158%	15.4	140%
Protein, % kcal	ND	9%	N/A	9%	N/A
Carbohydrate, g	95.0	103.4	109%	88.9	94%
Carbohydrate, % kcal	ND	51%	N/A	50%	N/A
Total fat, g	31.0	36.4	117%	33.0	107%
Total fat, % kcal	ND	40%	N/A	42%	N/A
Saturated fat, g	ND	16.2	N/A	14.8	N/A
Saturated fat, % kcal	ND	18%	N/A	19%	N/A
Linoleic acid, g	4.6	5.0	109%	4.5	97%
Linoleic acid, % kcal	ND	6%	N/A	6%	N/A
α-Linolenic acid, g	0.5	0.5	105%	0.5	93%
α-Linolenic acid, % kcal	ND	1%	N/A	1%	N/A
Cholesterol, mg	ND	38.9	N/A	35.8	N/A
Total dietary fiber, g	ND	0.4	N/A	0.3	N/A
Minerals					
Calcium, mg	260.0	691.1	266%	568.2	219%
Copper, mg	0.2	0.7	331%	0.6	291%
Iron, mg	11.0	25.7	233%	19.8	180%
Magnesium, mg	75.0	115.7	154%	89.9	120%
Phosphorus, mg	275.0	453.4	165%	370.0	135%
Potassium, mg	700.0	770.8	110%	677.2	97%
Sodium, mg	≤370.0	159.3	meets standard	162.0	meets standard
Zinc, mg	3.0	5.6	186%	5.0	166%
Vitamins					
Vitamin A, µg (RAE)	500.0	594.2	119%	546.2	109%
Vitamin C, mg	50.0	81.8	164%	75.7	151%
Vitamin D, µg	10.0	9.7	97%	8.9	89%
Vitamin E, mg	5.0	5.7	114%	4.8	97%
Thiamin, mg	0.3	1.5	482%	1.1	374%
Riboflavin, mg	0.4	1.6	411%	1.3	334%
Niacin, mg	4.0	14.0	351%	10.4	261%
Vitamin B6, mg	0.3	0.6	195%	0.5	166%
Vitamin B12, µg	0.5	1.3	253%	1.2	233%
Folate, µg (DFE)	80.0	90.5	113%	80.9	101%

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

Table 3-3. Nutrient content of **CSFP: Infants Entitlement USDA Foods** compared to weighted average UL for reference participant

Nutrient/Macronutrient	Weighted average UL	Offered	Delivered
	Minerals		
Calcium, mg	1500.0	691.1	568.2
Iron, mg	40.0	25.7	19.8
Zinc, mg	5.0	5.6	5.0
	Vitamins		
Vitamin A, µg (RAE)	600.0	594.2	546.2
Vitamin D, µg	38.0	9.7	8.9

either met or exceeded the weighted average AI for four additional vitamins (vitamin A, niacin, vitamin B12, and folate). The EFPD provided 89 percent of the weighted average AI for vitamin C and 97 percent of the weighted average AI for vitamin D.

Tolerable Upper Intake Levels. Table 3-3 includes only the few nutrients for which a UL is provided for infants. There are UL values for five nutrients for infants: three minerals (calcium, iron, and zinc) and two vitamins (A and D). Although the amounts of calcium and iron provided by the EFPO and EFPD both exceed the weighted average AI for infants, they do not exceed the weighted average UL. The amount of zinc provided by the EFPO does exceed the weighted average UL and the amount provided by the EFPD equals the weighted average UL. The two vitamins for which a UL has been established for infants are vitamins A and D. The EFPO nearly reaches the weighted average UL for vitamin A, though it does not exceed the weighted average UL for vitamin D. The EFPD does not exceed the weighted average UL for either vitamin.

Discussion

Infants participating in the CSFP receive three foods—namely, infant formula, cereal, and fruit juice. The EFPD contributed significant amounts of all nutrients, meeting or exceeding the weighted average AI for 14 of the 18 minerals and vitamins analyzed here. The CSFP food products are expected to supplement the diets of participating children. However, findings indicate that both the "as offered" and "as delivered" packages provide more than 100 percent (and more than three times the weighted average AI for some nutrients) of the weighted average daily nutrient requirements for a participating infant. Comparison of the nutrients provided by the CSFP food package to the weighted average UL values reveals that the amount of zinc and vitamin A in the "as offered" package may be a concern, particularly if the CSFP food package is provided in addition to other

foods. However, the "as delivered" package does not meet or exceed the weighted average UL for any nutrient. The "as offered" packages provided a higher percentage of infant cereal, by weight, than the "as delivered" package; this difference accounts for the higher amount of zinc in the "as offered" package.

To date, the nutrient contribution of the CSFP food packages to the diets of participating infants has not been examined. The contribution of CSFP foods as a percentage of the infants' daily food intake has also not been examined. However, in qualitative studies (focus groups) conducted by the urban institute, participating mothers emphasized that cereal and formula were the most important items in their monthly allotment, and several participants indicated that the formula provided by CSFP was preferable to that provided by WIC to address allergies in their infants.[107]

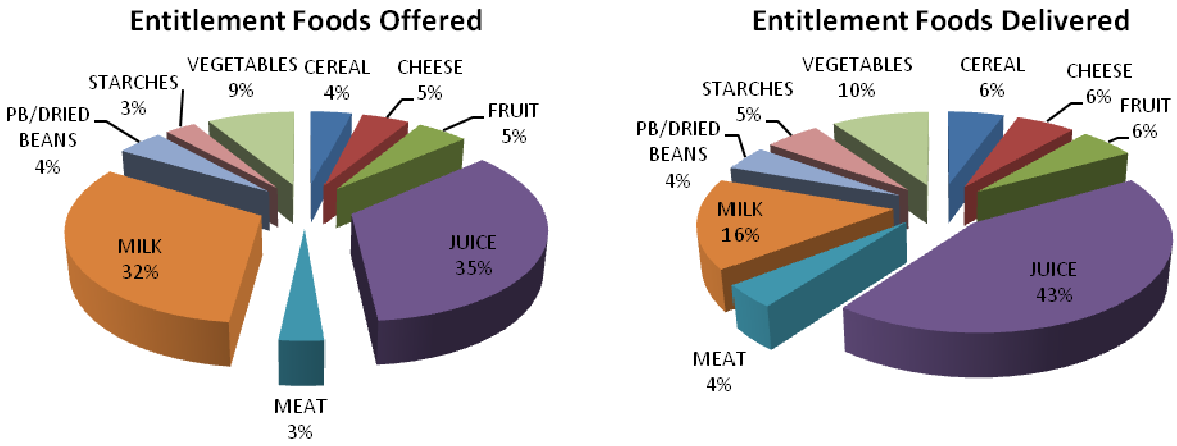
3.1.2 Children and Non-elderly Women

As indicated previously, the CSFP: Children and Non-elderly women (CSFP: CW) food package represents CSFP participants who are not infants or elderly participants. The CSFP: CW group includes children ages 1 to 6 years, pregnant or postpartum women. The variety of foods offered is based on the CSFP Distribution Guide found in Appendix D; the amount of USDA Food offered to children and non-elderly women in 2009 totaled 643 g/participant/day. The CSFP actually delivered 8.8 million lbs of USDA Foods to 21,728 children and non-elderly women participants in FY 2009, which translates to 510 g/participant/day. As shown in Figure 3-2, the EFPO provided more milk and less juice than the EFPD. The contribution of other food groups to the composition of the EFP is nearly identical in the "as offered" and "as delivered" packages.

Table 3-4 provides a summary of the analysis of each food package compared to the dietary standards. The table lists the nutrients that met the indicated percent of each dietary standard. A detailed discussion of the comparison with each dietary standard is presented in Sections 3.1.2.1 through 3.1.2.4.

[107]Finegold, K., et al. *The Role of Commodity Supplemental Food Program (CSFP) in Nutritional Assistance to Mothers, Infants, and Children.* The Urban Institute, Contractor and Cooperator report No. 48. 2008, page 58. http://ddr.nal.usda.gov/dspace/bitstream/10113/32850/1/CAT31027050.pdf.

Figure 3-2. Food group* composition by weight (pounds) of the CSFP: Children and Non-elderly Women USDA Foods as a percentage of total weight of foods offered/delivered



* Food groups correspond to those in the CSFP distribution guide (see Appendix D).

Table 3-4. Summary of the nutrient content of CSFP: CW USDA Foods relative to recommended intakes

Benchmark	Offered	Delivered
	Entitlement	Entitlement
DRI	**Nutrients**	
>100%	Protein, P, Vit C, Riboflavin, Vit B12	Protein, P, Vit C, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12, Folate
76-100%	Ca, Cu, Mg, Zn, Vit A, Thiamin, Vit B6, Folate	Fe, Zn, Vit A
51-75%	Carbohydrate, Fe, Na, Niacin	Carbohydrate, Ca, Cu, Mg, Na
26-50%	Kcal, Fiber, K, Vit D, Vit E	Kcal, K, Vit D, Vit E
10-25%		Fiber
<10%		
TFP	**Nutrients**	
>100%	P, Vit C, Riboflavin, Vit B12	P, Vit C, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12, Folate
76-100%	Ca, Cu, Mg, Zn, Vit A, Thiamin, Vit B6, Folate, Niacin	Fe, Mg, Zn, Vit A
51-75%	Fe, Na	Ca, Cu, Na
26-50%	Kcal, Fiber, K, Vit E	Kcal, K, Vit E
10-25%		Fiber
<10%		

Table 3-4. Summary of the nutrient content of CSFP: CW USDA Foods relative to recommended intakes (continued)

Benchmark	Offered	Delivered
	Entitlement	Entitlement
2010 USDA Food Pattern	Food groups	
>100%		Nuts/seeds/soy products
76-100%	Legumes, Nuts/seeds/soy products, Dairy, SoFAS	
51-75%		Legumes, Refined grains*
26-50%	Fruits, Red/orange vegetables, Total grains, Refined grains	Fruits, Total grains, Dairy, SoFAS
10-25%	Total vegetables, Dk green vegetables, Starchy vegetables, Whole grains, Protein foods, Seafood, Oils	Vegetables, Red/orange vegetables, Starchy vegetables, Whole grains, Protein foods, Seafood, Oils
<10%	Meat/poultry/eggs	Dk green vegetables, Meat/poultry/eggs
2010 USDA Food Pattern	Food groups/2,000 kcal	
>100%	Fruits, Red/orange vegetables, Legumes, Refined grains, Nuts/seeds/soy products, Dairy, SoFAS	Fruits, Legumes, Total grains, Refined grains, Nuts/seeds/soy products, Dairy, SoFAS
76-100%	Total grains	
51-75%	Whole grains	Protein foods
26-50%	Vegetables, Dk green vegetables, Starchy vegetables, Protein foods, Seafood ,Oils	Vegetables, Red/orange vegetables, Starchy vegetables, Whole grains, Seafood, Oils
10-25%	Meat/poultry/eggs	Dk green vegetables, Meat/poultry/eggs
<10%		

* *DGA* recommends replacing refined grains with whole grains; when refined grains are selected, they should be enriched.[108]

3.1.2.1 Comparison of the CSFP: CW USDA Foods to the DRIs

Tables 3-5 and 3-6 present the comparison of the nutrient content of the CSFP: CW EFPO and EFPD with the weighted average DRIs for the reference participant. Table 3-5 compares the nutrient content of the EFPs with the weighted average RDAs, AIs, and AMDRs, while Table 3-6 presents the comparison of the nutrient content of the EFPs with the weighted average ULs.

Energy. The EFPO provided 38 percent of the weighted average amount of energy recommended by the *DGA*, 2010 for the reference participant, while the EFPD contributed 32 percent of the weighted average recommended amount for the reference participant.

[108]U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010; p. 36.

Table 3-5. Nutrient content of **CSFP: Children and Non-elderly Women Entitlement USDA Foods** compared to weighted average recommended nutrient needs of reference participant

Nutrient/Macronutrient	Weighted average kcal assignment and DRI recommendations	Offered		Delivered	
		Amount	% Met	Amount	% Met
Calories[1]	1888.9	736.8	38%	630.9	32%
Protein, g	23.9	34.4	144%	27.3	114%
Protein, % kcal	10-30.8	19%	within AMDR	17%	within AMDR
Carbohydrate, g	132.2	96.9	73%	96.4	73%
Carbohydrate, % kcal	45-65	53%	within AMDR	61%	within AMDR
Total fat, g	ND	25.0	N/A	16.5	N/A
Total fat, % kcal	29.1-39.2	31%	within AMDR	24%	below AMDR
Saturated fat, g	as low as possible	12.7	N/A	7.2	N/A
Saturated fat, % kcal	ND	15%	N/A	10%	N/A
Linoleic acid, g	10.3	2.1	21%	2.1	21%
Linoleic acid, % kcal	5-10	3%	below AMDR	3%	below AMDR
α-Linolenic acid, g	0.9	0.3	32%	0.2	20%
α-Linolenic acid, % kcal	0.6-1.2	0%	below AMDR	0%	below AMDR
Cholesterol, mg	as low as possible	77.0	N/A	41.7	N/A
Total dietary fiber, g	25.2	7.1	28%	6.2	25%
Minerals					
Calcium, mg	1046.8	849.8	81%	547.5	52%
Copper, mg	0.5	0.4	84%	0.4	72%
Iron, mg	11.5	7.6	66%	9.9	86%
Magnesium, mg	167.0	157.4	94%	124.8	75%
Phosphorus, mg	617.0	928.8	151%	696.6	113%
Potassium, mg	3951.2	1545.1	39%	1114.3	28%
Sodium, mg[2]	≤1246.8	871.7	meets standard	828.8	meets standard
Zinc, mg	5.7	5.0	88%	4.8	83%
Vitamins					
Vitamin A, µg (RAE)	463.1	394.3	85%	393.8	85%
Vitamin C, mg	34.0	61.9	182%	73.8	217%
Vitamin D, µg	15.0	5.7	38%	3.9	26%
Vitamin E, mg	8.4	2.2	27%	2.3	28%
Thiamin, mg	0.7	0.6	92%	0.9	128%
Riboflavin, mg	0.7	1.2	178%	1.3	181%
Niacin, mg	9.0	6.8	76%	9.8	109%
Vitamin B6, mg	0.7	0.7	99%	0.9	134%
Vitamin B12, µg	1.4	1.8	125%	2.6	186%
Folate, µg (DFE)	236.6	222.0	94%	347.8	147%

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

[1] Calorie recommendation from *Dietary Guidelines for Americans*, 2010.

[2] The *Dietary Guidelines for Americans*, 2010, note that Americans consume too much sodium; therefore, the AI is not the level of concern for most participants, but rather the UL.

Table 3-6. Nutrient content of **CSFP: Children and Non-elderly Women Entitlement USDA Foods** compared to weighted average ULs for the reference participant

Nutrient/Macronutrient	Average per person UL	Offered Amount	Delivered Amount
Minerals			
Calcium, mg	2578.0	849.8	547.5
Copper, mg	4.1	0.4	0.4
Iron, mg	40.8	7.6	9.9
Phosphorus, mg	3156.0	928.8	696.6
Potassium, mg	ND	1545.1	1114.3
Sodium, mg	1962.4	871.7	828.8
Zinc, mg	16.4	5.0	4.8
Vitamins			
Vitamin A, µg (RAE)	1227.5	394.3	393.8
Vitamin C, mg	860.5	61.9	73.8
Vitamin D, µg	78.9	5.7	3.9
Vitamin E (added), mg[1]	409.2	0.2	0.6
Thiamin, mg	ND	0.6	0.9
Riboflavin, mg	ND	1.2	1.3
Niacin, mg[1]	18.1	6.8	9.8
Vitamin B6, mg	49.4	0.7	0.9
Vitamin B12, µg	ND	1.8	2.6
Folate, µg (folic acid)[1]	493.6	69.9	159.4

[1] ULs for vitamin E, niacin, and folate apply only to synthetic forms obtained from supplements and/or fortified foods. Values for vitamin E and folate shown here are only the amounts added to foods; values for niacin have not been adjusted.

Macronutrients. The EFPO and EFPD provided similar amounts of macronutrients, including more than the weighted average RDA for protein; both packages satisfied the recommended AMDR for protein; provided three fourths of the weighted average RDA for carbohydrates, and satisfied the recommended AMDR for both carbohydrates and total fat. Both packages also provided approximately one quarter of the weighted average AI for dietary fiber.

Minerals. The EFPO provided more than the weighted average RDA for phosphorus and also provided more than three quarters of the weighted average RDA for calcium (81%), copper (84%), magnesium (94%), and zinc (88%). The EFPO also provided more than half the weighted average RDA for iron (66%) and 39 percent of the weighted average AI for potassium, while meeting the weighted average AI standard for sodium. The EFPD also provided more than the weighted average RDA for phosphorus and more than three quarters of the weighted average RDA for iron (86%) and zinc (83%), and more than half the weighted average RDA for calcium (52%), copper (72%),

and magnesium (75%). The EFPD also contributed just over one quarter of the weighted average AI for potassium, while meeting the weighted average AI standard for sodium.

Vitamins. The EFPO provided more than 100 percent of the weighted average RDA for three vitamins: vitamin C, vitamin B12, and riboflavin and more than three quarters of the weighted average RDA for vitamin A (85%), thiamin (92%), niacin (76%), vitamin B6 (99%), and folate (94%). The EFPO also provided 38 percent toward the weighted average RDA for vitamin D and 27 percent toward the weighted average RDA for vitamin E. The EFPD provided more than 100 percent of the weighted average RDA for seven vitamins: vitamin C, thiamin, riboflavin, niacin, vitamin B6, vitamin B12, and folate. It also provided 85 percent of the weighted average RDA for vitamin A, 26 percent of the weighted average RDA for vitamin D, and 28 percent of the weighted average RDA for vitamin E.

Tolerable Upper Intake Levels. Note that nutrient levels for vitamin E and folate shown in Table 3-6 differ from the amounts shown as provided in Table 3-5, as the ULs for these nutrients (as well as for niacin) apply only to synthetic forms of the vitamins, such as would be found in supplements or added to foods during fortification. The amount of added vitamin E and folic acid in foods is provided by FNDDS, therefore these are the amounts compared to the UL. Although a UL for magnesium has been determined, it applies only to intake of magnesium from pharmacological agents and is not shown in this table. Although the EFPO and EFPD provided more than 100 percent of the weighted average RDA for one mineral (phosphorus), there is no UL for that nutrient. Both food packages also provided more than the weighted average RDA for several vitamins, but neither package provided amounts in excess of the weighted average UL for those vitamins.

3.1.2.2 Comparison of the CSFP: Children and Non-elderly Women USDA Foods to the TFP Dietary Standards

Table 3-7 presents a comparison of the nutrient content of the EFPO and EFPD with the weighted average TFP dietary standards for the reference participant. As the TFP dietary standards largely duplicate the AMDR, RDAs, and the AIs of the DRIs, the results of the comparison with the weighted average standards are similar to the findings from the comparison with the DRI.

Table 3-7. Nutrient content of **CSFP: Children and Non-elderly Women Entitlement USDA Foods** compared to average TFP standard for reference participant

Nutrient/Macronutrient	Weighted average TFP standard	Offered		Delivered	
		Amount	% Met	Amount	% Met
Calories	1679.4	736.8	44%	630.9	38%
Protein, g	N/A	34.4	N/A	27.3	N/A
Protein, % kcal	10-30.7	19%	within AMDR	17%	within AMDR
Carbohydrate, g	N/A	96.9	N/A	96.4	N/A
Carbohydrate, % kcal	45-65	53%	within AMDR	61%	within AMDR
Total fat, g	N/A	25.0	N/A	16.5	N/A
Total fat, % kcal	25-35	31%	within AMDR	24%	below AMDR
Saturated fat, g	N/A	12.7	N/A	7.2	N/A
Saturated fat, % kcal	<10	15%	exceeds standard	10%	exceeds standard
Linoleic acid, g	10.3	2.1	21%	2.1	21%
Linoleic acid, % kcal	5-10	3%	below AMDR	3%	below AMDR
α-Linolenic acid, g	0.9	0.3	31%	0.2	20%
α-Linolenic acid, % kcal	0.6-1.2	0.3%	below AMDR	0%	below AMDR
Cholesterol, mg	≤ 300	77.0	meets standard	41.7	meets standard
Total dietary fiber, g	25.1	7.1	28%	6.2	25%
Minerals					
Calcium, mg	1039.7	849.8	82%	547.5	53%
Copper, mg	0.5	0.4	84%	0.4	72%
Iron, mg	11.1	7.6	69%	9.9	89%
Magnesium, mg	160.4	157.4	98%	124.8	78%
Phosphorus, mg	599.3	928.8	155%	696.6	116%
Potassium, mg*	3121-3514.8	1545.1	50%	1114.3	36%
Sodium, mg	≤ 1953.0	871.7	meets standard	828.8	meets standard
Zinc, mg	5.5	5.0	91%	4.8	86%
Vitamins					
Vitamin A, µg (RAE)	439.7	394.3	90%	393.8	90%
Vitamin C, mg	31.6	61.9	196%	73.8	234%
Vitamin D, µg	N/A	5.7	N/A	3.9	N/A
Vitamin E, mg*	7.5-7.8	2.2	30%	2.3	31%
Thiamin, mg	0.7	0.6	92%	0.9	128%
Riboflavin, mg	0.7	1.2	178%	1.3	181%
Niacin, mg	8.8	6.8	77%	9.8	112%
Vitamin B6, mg	0.7	0.7	99%	0.9	134%
Vitamin B12, µg	1.4	1.8	125%	2.6	186%
Folate, µg (DFE)	226.5	222.0	98%	347.8	154%

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

* Value for % Met is the percent of the lower value in the acceptable range for the standard.

There are three nutrients for which the TFP standards differ from the DRI: sodium, potassium, and vitamin E. For sodium, the TFP maximum is equal to either the median consumption or the UL for sodium, whichever is lower. The EFPO and EFPD did not provide amounts of sodium that exceed the weighted average AI for sodium. The TFP standard for potassium is presented as a range of values, with the lower limit of the range slightly lower than the AI. The EFPO provided approximately half of the weighted average lower limit of the range, while the EFPD provided 36 percent of the weighted average lower TFP standard. As with potassium, the TFP standard for vitamin E is a range, and the lower limit of the range is slightly lower than the RDA. The EFPO provided 30 percent of the weighted average lower TFP recommended amount, while the EFPD provided 31 percent of the weighted average lower TFP recommended amount for vitamin E.

3.1.2.3 Food Group Assessment of the CSFP: Children and Non-elderly Women USDA Foods

Tables 3-8 and 3-9 compare the CSFP: CW food packages to the food groups recommend in the USDA Food Pattern from the *DGA,* 2010. Table 3-8 shows a direct comparison of the food group content of the CSFP: CW packages to the weighted average recommended amount of food groups for the reference participant. Table 3-9 shows the comparison of the nutrient content of the EFPs standardized to 2,000 calories and compared to the 2010 USDA Food Pattern recommended for the 2,000 kcal level. Standardizing the content of the food packages to 2,000 kcal acknowledges the calorie differences between the *DGA* recommendations and those provided by the EFPO and EFPD. Standardizing to 2,000 kcal allows a "food group density" evaluation, providing another way to assess the food packages.

Food Group Comparison. Table 3-8 presents the comparison of the food group content of the EFPO and EFPD with the weighted average recommended amount of food groups for the reference participant. The EFPO provided 43 percent of the recommended amount of fruits, 18 percent of the recommended amount of vegetables, 30 percent of the recommended amount of grains (including 20% of the recommended amount of whole grains), 17 percent of the recommended amount of protein foods, 82 percent of the recommendation for dairy foods, and 11 percent of the recommended amount of oils. The EFPO provided 77 percent of the recommended maximum calories from SoFAS, and met the guideline for SoFAS as a percent of calories. The EFPD provided very similar amounts of most food groups, with 50 percent of the recommended amount of fruits, 10 percent of the recommended amount of vegetables, 32 percent of the

recommended amount of grains (10% of the recommendation for whole grains), 18 percent of the recommendation for protein foods, 50 percent of the recommended amount of dairy foods, and 12

Table 3-8. **Food group and subgroup content of CSFP: Children and Non-elderly Women Entitlement USDA Foods compared to weighted average 2010 USDA Food Pattern recommendations for reference participant**

Food group	Weighted average USDA Food Pattern recommendation	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	1.8	0.8	43%	0.9	50%
Vegetables (cup equiv)	2.6	0.4	17%	0.2	10%
Dark green	0.3	<0.1	10%	<0.1	6%
Red and orange	0.7	0.3	41%	0.1	13%
Legumes	0.2	0.2	90%	0.1	57%
Starchy	0.7	0.1	11%	0.1	12%
Other	0.6	<0.1	6%	<0.1	7%
Total grains (oz equiv)	6.2	1.9	30%	2.0	32%
Whole	3.3	0.6	19%	0.3	10%
Refined	3.1	1.2	40%	1.6	53%
Protein foods (oz equiv)	5.6	0.9	16%	1.0	18%
Seafood	1.2	0.2	17%	0.2	14%
Meat, poultry, eggs	3.8	0.2	5%	0.2	6%
Nuts, seeds, soy products	0.6	0.5	88%	0.6	108%
Dairy (cup equiv)	3.0	2.3	77%	1.5	50%
Oils (grams)	26.1	2.6	10%	3.2	12%
Maximum SoFAS (kcal)	211.7	163.5	77%	82.2	39%
Maximum SoFAS (% kcal)	13%	22%	exceeds guideline	13%	meets guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

percent of the recommended amount of oils. The EFPD provided 36 percent of the recommended maximum calories from SoFAS, and met the guideline for SoFAS as a percent of calories.

Density Comparison. Table 3-9 presents the comparison of the food group content standardized to 2,000 kcal with the 2010 USDA Food Pattern at the 2,000 kcal level. Results are summarized below:

- **Fruits.** The EFPO provided the recommended amount of fruit per 2,000 kcal, while the EFPD provided nearly one and one half the recommended amount.

Table 3-9. Food group and subgroup content of **CSFP: Children and Non-elderly Women Entitlement USDA Foods** on a per 2,000 calorie basis compared to 2010 USDA Food Pattern recommendations per 2,000 calories

Food Group	USDA Food Pattern amounts per 2,000 kcal	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	2.0	2.1	105%	2.9	143%
Vegetables (cup equiv)	2.5	1.2	48%	0.8	31%
Dark green	0.2	0.1	31%	<0.1	23%
Red and orange	0.8	0.8	104%	0.3	38%
Legumes	0.2	0.5	256%	0.4	192%
Starchy	0.7	0.2	30%	0.3	41%
Other	0.6	0.1	18%	0.1	26%
Total grains (oz equiv)	6.0	5.0	84%	6.2	103%
Whole	3.0	1.7	57%	1.0	34%
Refined	3.0	3.3	110%	5.2	172%
Protein foods (oz equiv)	5.5	2.5	45%	3.2	57%
Seafood	1.1	0.6	49%	0.5	46%
Meat, poultry, eggs	3.7	0.5	14%	0.7	18%
Nuts, seeds, soy products	0.6	1.4	240%	2.0	342%
Dairy (cup equiv)	3.0	6.3	209%	4.7	157%
Oils (grams)	27.0	7.2	27%	10.1	38%
Maximum SoFAS (kcal)	258.0	443.9	172%	260.7	101%
Maximum SoFAS (% kcal)	13%	22%	exceeds guideline	13%	meets guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

- **Vegetables.** The EFPO provided approximately one half the recommended amount of vegetables per 2,000 kcal, including 31 percent of the recommended amount of dark green vegetables, the recommended amount of red and orange vegetables, two and one half times the recommended amount of legumes, and 30 percent of the recommended amount of starchy vegetables. The EFPD provided 31 percent of the recommended amount of total vegetables per 2,000 kcal, nearly twice the recommended amount of legumes, and between 25 and 40 percent of the recommended amount of the remaining vegetable subgroups.

- **Grains.** The EFPO provided more than three fourths of the recommended amount of total grains per 2,000 kcal, with slightly more than half the recommended amount of whole grains and slightly more than the recommended amount of refined grains. The EFPD provided the recommended amount of total grains per 2,000 kcal, with 34 percent of the recommended amount of whole grains and more than one and one-half times the recommended amount of refined grains.

- **Protein Foods.** The EFPO provided approximately one half the recommended amount of protein foods per 2,000 kcal, including 49 percent of the recommended

amount of the seafood subgroup, 240 percent of the recommended amount of nuts, seeds, and soy products, and 14 percent of the recommended amount of the meat, poultry, and eggs subgroup. The EFPD provided slightly more than half the recommended amount of protein foods per 2,000 kcal, and contributed more than three times the recommended amount of legumes, nearly half the recommended amount of seafood, and slightly less than 20 percent of the recommended amount of meat, poultry, and eggs.

- **Dairy.** The EFPO provided twice the recommended amount of the dairy group per 2,000 kcal, while the EFPD provided one and one-half times the recommended amount.

- **Oils.** The EFPO provided slightly more than one quarter of the recommended amount of oils per 2,000 kcal, while the EFPD provided 38 percent of the recommended amount.

- **SoFAS.** The EFPO provided one and three quarters of the maximum recommended amount of calories from SoFAS per 2,000 kcal, and exceeded the recommended maximum of SoFAS as a percentage of total calories. The EFPD provided the maximum recommended amount of SoFAS per 2,000 kcal, and met the recommended maximum of SoFAS as a percentage of total calories.

Food Sources of Calories. An examination of calories "as offered" and "as delivered" by food product is indicative of participant and participating agency preferences; while CSFP has distribution guides, participants can select specific products within broad food groups (like cereal or canned vegetables). As described in Section 2.4.3, the "as offered" food package was developed by assuming equal representation of all products within a food category. In reality, participants and agencies can substitute one product for another, and so a comparison of the calories by food product in the "as offered" package with the "as delivered" package provides a glimpse into the popularity of the food products. Appendix F presents the nutrients for each food offered or delivered to a reference participant on a monthly basis for CSFP. The calories per food for the CSFP: CW participants reveal preference for RTE cereal over cooked cereals, and for rice and pasta rather than grits. Similarly, there was a preference for all fruit juices rather than tomato juice, and dry milk was preferred over evaporated milk.

3.1.2.4 HEI-2005 Score for the CSFP: Children and Non-elderly Women USDA Foods

Table 3-10 shows the HEI-2005 component and overall scores for the CSFP: CW EFP, as well as HEI for the average American diet (for ages 2-59), and the average diet of SNAP participants (ages

2-59).[109] The EFPO and EFPD compare favorably to the average American diet and the diet of average SNAP participants. The EFPO achieves a score of 65.1, while the EFPD scores 73.9 out of 100. These scores are more than 10 points above those achieved by Americans on average (57.5 out of 100) and by SNAP participants (51.9 out of 100).

Table 3-10. HEI-2005 scores for the CSFP: Children and Non-elderly Women USDA Foods, the average American diet, and the average diet of SNAP participants

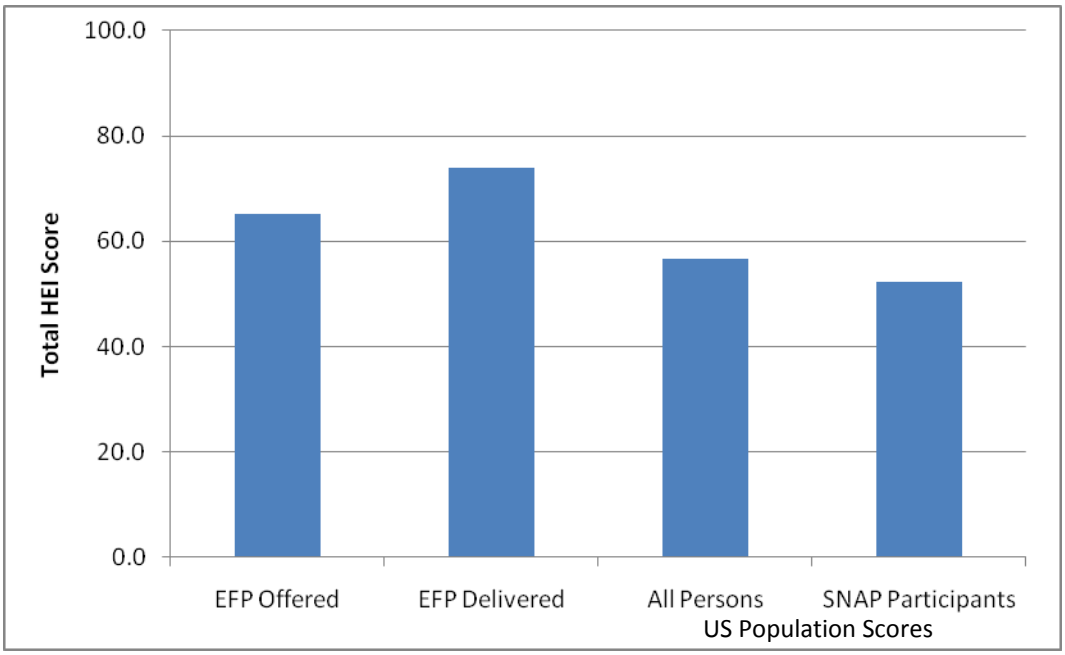
	Maximum component score	EFP		US Population scores (ages 2-59, 1999-2004)	
		Offered	Delivered	All persons	SNAP participants
1 Total fruit	5	5.0	5.0	3.2	3.0
2 Whole fruit	5	2.1	2.1	3.4	2.6
3 Total vegetables	5	2.7	1.8	3.0	2.8
4 Dark green & orange veg & legumes	5	1.2	0.9	1.2	1.2
5 Total grains	5	4.2	5.0	5.0	5.0
6 Whole grains	5	2.9	1.7	1.0	0.7
7 Milk	10	10.0	10.0	7.0	6.4
8 Meat and beans	10	9.3	9.6	9.0	9.3
9 Oils	10	3.0	4.2	6.2	4.9
10 Saturated fat	10	0.0	7.5	4.0	3.8
11 Sodium	10	7.3	6.1	6.0	6.0
12 Calories from SoFAAS	20	17.5	20.0	7.2	6.2
Total HEI-2005 score	**100**	**65.1**	**73.9**	**56.7**	**52.3**

NOTE: SoFAAS = Calories from solid fat, alcohol, and added sugar.

Figure 3-3 shows a comparison of the total HEI-2005 score for the CSFP: CW food packages, as well as the HEI-2005 score for the average American diet and the average diet of SNAP participants ages 2-59.

[109] Cole, Nancy and Fox, Mary Kay. *Diet Quality of Americans by Food Stamp Participation Status: Data from the National Health and Nutrition Examination Survey, 1999-2004.* U.S. Department of Agriculture, Food and Nutrition Service, July 2008, page C-34. http://www.fns.usda.gov/ora/menu/Published/snap/FILES/Participation/NHANES-FSP.pdf.

Figure 3-3. HEI-2005 overall scores for the average American diet,* the average SNAP participants,* and the CSFP: Children and Non-elderly Women USDA Foods



*Average HEI-2005 for participants ages 2-59 years.

Discussion

The CSFP: CW group includes pregnant and postpartum women as well as children 1-6 years of age. Deliveries of USDA Foods in CSFP are tracked separately for elderly participants versus all other participants in CSFP. As the nutrient needs of these groups vary substantially, subgroups were created to provide the opportunity for more meaningful comparisons of the nutrients and food groups provided by the USDA Foods and the dietary recommendations for the population served. Within the non-elderly population served by CSFP, foods provided to infants were different enough from those offered to children over the age of 1 and the non-elderly women participants to allow creation of an infant subgroup for this nutrient and food group analysis. This allowed analysis for 3 population subgroups within CSFP: infants; children and non-elderly women; and elderly participants. While the nutrient and food group recommendations for children differ from those for pregnant or postpartum women and given that deliveries were not tracked separately for these participants, the weighted average dietary standards for this group include very disparate values.

As discussed in the CSFP: Infant section, the goal of the CSFP products is to serve as a nutrition supplement to the diets of participants. However, there are no guidelines on the magnitude (amount or percentage) of supplementation the program is expected to provide.

Findings of this evaluation indicate that the "as offered" CSFP: CW food packages provided slightly less than 50 percent of the recommended amount of energy for the reference participant and a significant amount of carbohydrates and protein. Similarly, both food packages provided significant amounts of all nutrients of concern in this population, which include protein, calcium, iron, and vitamins A and C[110]. The food packages contribute at least one quarter of the weighted average daily recommended amounts for all the nutrients of concern in this population, and amounts exceeding 100 percent of the weighted average RDA for two vitamins.

The food packages provided between one fourth and three fourths of the weighted average 2010 USDA Food Pattern recommendations for most food groups. The "as offered" CSFP food package exceeded the weighted average maximum SoFAS as a percent of calories, though the "as delivered" food package does not. However, the analysis of food groups provided per 2,000 calories reveals that both the "as offered" and "as delivered" packages provided significant contributions toward the recommended amount of food groups per 2,000 kcal, with the amount for the fruit and dairy food groups exceeding 100 percent of the recommended amount per 2,000 kcal. Appendix F provides the nutrient content of USDA Foods provided per participant per month, and shows that calories provided for fruit juice far exceed those from fruits in both the "as offered" and "as delivered" packages. Within the dairy group, the "as delivered" food package provided far more dry milk than the "as offered" food package, but far less evaporated milk; the amount of cheese was about the same in the "as offered" and "as delivered" food packages. The "as offered" food package offers 84 percent of the recommended amount of grains per 2,000 calories, with more than half the recommended amount of whole grains; the "as delivered" package offers the recommended amount of grains per 2,000 calories, but only one third of the recommended amount of whole grains, which is reflected by the calories from whole grain products in the "as delivered" food package when compared to those in the "as offered" food package. The amount of oats in the "as delivered" food package was less than half the amount in the "as offered" food package. Both food packages contribute just about half of the recommended amount of protein foods per 2,000 calories; although the "as offered" package exceeded the recommended SoFAS per 2,000 calories, the "as delivered" package does not, likely due to the drop in fat content of the food package. The amount of SoFAS

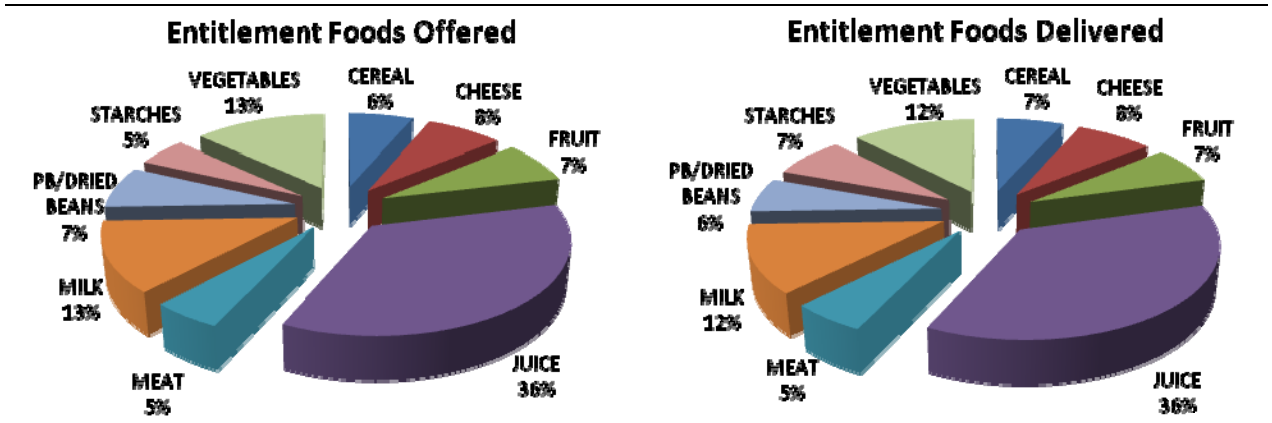
[110]National CSFP Association. *Commodity Supplemental Food Program. Fact Sheet.* http://www.csfpcentral.org/NCSFPA%202011%20BROCHURE.pdf.

provided by the CSFP "as offered" package is a concern, as one of the goals for this population is to limit added sugar and solid fats.

3.1.3 Elderly

The third participant group analyzed for CSFP is comprised of the elderly participants in the program—participants age 60 and over. The variety of foods "as offered" is provided by the CSFP Distribution Guide included in Appendix D; the amount of food offered per participant in 2009 amounted to 400 g/participant/per day. In FY 2009, the CSFP delivered a total of 138.6 million lbs of USDA Foods to 443,292 elderly participants. This amount translates to 394 g/participant/day, essentially the same as the amount offered. Figure 3-4 illustrates the composition of the EFPO and EFPD. Food groups shown are the groups defined in the CSFP Maximum Monthly Distribution Rates (Appendix D-1). Most food groups contribute approximately the same percentage to the composition of the two food packages, with juices making up more than one third of each package, followed by milk and vegetables.

Figure 3-4. Food group* composition by weight (pounds) of the CSFP: Elderly USDA Foods as a percentage of total weight of foods offered/delivered



*Food groups are those in the CSFP distribution guide (see Appendix D).

Table 3-11 provides a summary of the analysis of each food package compared to the weighted average dietary standards. The table lists the nutrients that met the indicated percent of each dietary standard. A detailed discussion of the comparison with each dietary standard is presented in Sections 3.1.3.1 through 3.1.3.4.

Table 3-11. Summary of the nutrient content of CSFP: Elderly **USDA Foods** relative to weighted average recommended intakes

Benchmark	Offered	Delivered
	Entitlement	Entitlement
Weighted average DRI	**Nutrients**	
>100%		Fe
76-100%	Fe, P	P, Riboflavin, Vit B12, Folate
51-75%	Carbohydrate, Na, Riboflavin, Vit B12, Folate	Carbohydrate, Na, Vit C, Thiamin, Niacin
26-50%	Protein, Ca, Cu, Mg, Zn, Vit A, Vit C, Thiamin, Niacin, Vit B6	Protein, Ca, Cu, Mg, Zn, Vit A, Vit B6
10-25%	Kcal, Fiber, K, Vit D, Vit E	Kcal, Fiber, K, Vit D, Vit E
<10%		
Weighted average TFP	**Nutrients**	
>100%		Fe
76-100%	Fe, P	P, Riboflavin, Vit B12, Folate
51-75%	Na, Riboflavin, Vit B12, Folate	Na, Vit C, Thiamin, Niacin
26-50%	Ca, Cu, Mg, Zn, Vit A, Vit C, Thiamin, Niacin, Vit B6	Ca, Cu, Mg, Zn, Vit A, Vit B6
10-25%	Kcal, Fiber, K, Vit E	Kcal, Fiber, K, Vit E
<10%		
2010 USDA Food Pattern	**Food groups**	
>100%		
76-100%		Nuts/seeds/soy products
51-75%	Legumes, Nuts/seeds/soy products	Legumes
26-50%	Fruits, Refined grains*, Dairy	Fruits, Refined grains, Dairy
10-25%	Total vegetables, Red/orange vegetables, Total grains, Whole grains, Protein foods, Seafood, SoFAS	Red/orange vegetables, Starchy vegetables, Total grains, Protein foods, Seafood, SoFAS
<10%	Dk green vegetables, Starchy vegetables, Meat/poultry/eggs, Oils	Total vegetables, Dk green vegetables, Whole grains, Meat/poultry/eggs, Oils
2010 USDA Food Pattern	**Food groups/2,000 kcal**	
>100%	Fruits, Red/orange vegetables, Legumes, Total grains, Refined grains, Nuts/seeds/soy products, Dairy	Fruits, Legumes, Total grains, Refined grains, Nuts/seeds/soy products, Dairy
76-100%	Whole grains, SoFAS	SoFAS
51-75%	Total vegetables, Protein foods, Seafood,	Protein foods, Seafood,
26-50%	Dk green vegetables, Starchy vegetables, Oils	Total vegetables, Red/orange vegetables, Starchy vegetables, Whole grains, Oils
10-25%	Meat/poultry/eggs	Dk green vegetables, Meat/poultry/eggs
<10%		

* *DGA* recommends replacing refined grains with whole grains; when refined grains are selected, they should be enriched.[111]

[111] U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010; p. 36

3.1.3.1 Comparison of the CSFP: Elderly USDA Foods to the DRIs

Tables 3-12 and 3-13 present the comparison of the nutrient content of the entitlement EFPOs and EFPDs with the weighted average DRIs for the reference participant. Table 3-12 compares the nutrient content of the EFPs with the weighted average RDAs, AIs, and AMDRs, while Table 3-13 presents the comparison of the nutrient content of the EFPs with the weighted average ULs.

Energy. Both food packages provided similar amounts of energy, with the EFPO contributing 21 percent of the weighted average *DGA* amount of calories for the reference participant, and the EFPD contributing 23 percent.

Macronutrients. Both food packages met the weighted average recommended AMDR for protein, carbohydrates, and total fat. Both food packages provided similar amounts of three macronutrients, with slightly less than one half the weighted average RDA for protein, more than half the weighted average RDA for carbohydrates, and approximately one quarter the weighted average AI for fiber. There is no DRI for fat for this population.

Minerals. The EFPO contributed 93 percent of the weighted average RDA for phosphorus and 89 percent of the weighted average RDA for iron. It also provided more than one quarter of the weighted average RDA for four minerals: calcium (42%), copper (41%), zinc (36%), and magnesium (28%); it also provided 22 percent of the weighted average AI for potassium while not exceeding the weighted average AI for sodium. The EFPD contributed very similar amounts of all minerals, though the amount of iron provided is more than 100 percent of the weighted average RDA.

Vitamins. The EFPO provided more than half the weighted average recommended amount of three vitamins: vitamin B12 (70%), riboflavin (63%), and folate (51%), and more than 30 percent of the RDA for five vitamins: thiamin (47%), vitamin C (45%), vitamin A (35%), niacin (39%), and vitamin B6 (34%). The EFPO provided more than 10 percent of the weighted average RDA for the remaining two vitamins: vitamin D (16%) and vitamin E (13%). The EFPD provided similar or greater amounts of each vitamin, with more than three quarters of the weighted average RDA for three vitamins: vitamin B12 (100%), riboflavin (85%) and folate (81%); more than half the weighted average RDA for three vitamins: vitamin C (55%), thiamin (68%), and niacin (85%); and nearly half the weighted average RDA for two more vitamins: vitamin A (40%) and vitamin B6 (49%). The EFPD provided 16 percent of the weighted average RDA for vitamin D and 14 percent of the weighted average RDA for vitamin E.

Table 3-12. Nutrient content of CSFP: Elderly Entitlement USDA Foods compared to weighted average recommended nutrient needs of reference participant

Nutrient/Macronutrient	Weighted average kcal assignment and DRI recommendations	Offered		Delivered	
		Amount	% Met	Amount	% Met
Calories[1]	2400.0	513.0	21%	545.3	23%
Protein, g	56.0	25.2	45%	25.0	45%
Protein, % kcal	10-35	20%	within AMDR	18%	within AMDR
Carbohydrate, g	130.0	75.1	58%	83.2	64%
Carbohydrate, % kcal	45-65	59%	within AMDR	61%	within AMDR
Total fat, g	ND	13.5	N/A	13.6	N/A
Total fat, % kcal	20-35	24%	within AMDR	22%	within AMDR
Saturated fat, g	as low as possible	5.7	N/A	5.7	N/A
Saturated fat, % kcal	ND	10%	N/A	9%	N/A
Linoleic acid, g	14.0	1.9	13%	1.9	14%
Linoleic acid, % kcal	5-10	3%	below AMDR	3%	below AMDR
α-Linolenic acid, g	1.6	0.2	10%	0.2	9%
α-Linolenic acid, % kcal	0.6-1.2	0%	below AMDR	0%	below AMDR
Cholesterol, mg	as low as possible	34.0	N/A	32.7	N/A
Total dietary fiber, g	30.0	6.8	23%	6.1	20%
Minerals					
Calcium, mg	1200.0	498.4	42%	456.3	38%
Copper, mg	0.9	0.4	41%	0.3	38%
Iron, mg	8.0	7.1	89%	9.1	113%
Magnesium, mg	420.0	118.2	28%	110.7	26%
Phosphorus, mg	700.0	651.4	93%	622.5	89%
Potassium, mg	4700.0	1032.8	22%	940.5	20%
Sodium, mg[2]	≤1300.0	782.7	meets standard	790.6	meets standard
Zinc, mg	11.0	4.0	36%	4.4	40%
Vitamins					
Vitamin A, µg (RAE)	900.0	316.3	35%	359.3	40%
Vitamin C, mg	90.0	40.2	45%	49.5	55%
Vitamin D, µg	20.0	3.2	16%	3.2	16%
Vitamin E, mg	15.0	1.9	13%	2.1	14%
Thiamin, mg	1.2	0.6	47%	0.8	68%
Riboflavin, mg	1.3	0.8	63%	1.1	85%
Niacin, mg	16.0	6.3	39%	8.9	56%
Vitamin B6, mg	1.7	0.6	34%	0.8	49%
Vitamin B12, µg	2.4	1.7	70%	2.4	100%
Folate, µg (DFE)	400.0	203.8	51%	323.6	81%

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

[1] Calorie recommendation from *Dietary Guidelines for Americans*, 2010.

[2] The *Dietary Guidelines for Americans*, 2010, note that Americans consume too much sodium; therefore, the AI is not the level of concern for most participants, but rather the UL.

Table 3-13. Nutrient content of **CSFP: Elderly Entitlement USDA Foods** compared to weighted average ULs for the reference participant

Nutrient/Macronutrient	Weighted average UL	Offered Amount	Delivered Amount
Minerals			
Calcium, mg	2500	498.4	456.3
Copper, mg	10.0	0.4	0.3
Iron, mg	45.0	7.1	9.1
Phosphorus, mg	4000.0	651.4	622.5
Potassium, mg	ND	1032.8	940.5
Sodium, mg	2300.0	782.7	790.6
Zinc, mg	40.0	4.0	4.4
Vitamins			
Vitamin A, µg (RAE)	3000.0	316.3	359.3
Vitamin C, mg	2000.0	40.2	49.5
Vitamin D, µg	100.0	3.2	3.2
Vitamin E (added), mg[1]	1000.0	0.2	0.5
Thiamin, mg	ND	0.6	0.8
Riboflavin, mg	ND	0.8	1.1
Niacin, mg[1]	35.0	6.3	8.9
Vitamin B6, mg	100.0	0.6	0.8
Vitamin B12, µg	ND	1.7	2.4
Folate, µg (folic acid)[1]	1000.0	69.9	147.5

[1] ULs for vitamin E, niacin, and folate apply only to synthetic forms obtained from supplements and/or fortified foods. Values for vitamin E and folate shown here are only the amounts added to foods; values for niacin have not been adjusted.

Tolerable Upper Intake Levels. Note that nutrient levels for vitamin E and folate shown in Table 3-13 differ from the amounts shown in Table 3-12, as the ULs for these nutrients (as well as for niacin) apply only to synthetic forms of the vitamins, such as would be found in supplements or added to foods during fortification. The amount of added vitamin E and folic acid in foods is provided by FNDDS, therefore, these are the amounts compared to the UL. A UL for magnesium has been established, but as it applies only to intake from pharmacological agents, it is not included in Table 3-13. Although the amount of iron provided by EFPD exceeded the weighted average RDA, it did not meet or exceed the weighted average UL. Neither the EFPO nor the EFPD provided more than 100 percent of the weighted average RDA for any other minerals or vitamins, and also did not meet or exceed the weighted average ULs.

3.1.3.2 Comparison of the CSFP: Elderly USDA Foods to the TFP Dietary Standards

Table 3-14 presents the nutrient content of the EFP compared to the weighted average TFP standard for the reference participant. As the TFP dietary standard differs little from the DRI, results for most nutrients duplicate those seen in the previous comparison. The recommended amount of calories for the reference participant in the CSFP: Elderly group is slightly higher than that used in the DRI comparison (taken from the *Dietary Guidelines for Americans*, 2010), but this does not significantly change the percentage of the standard met by either the EFPO or EFPD.

There are three nutrients for which the TFP standard differs from the DRI: sodium, potassium, and vitamin E. For sodium, the TFP maximum is equal to either the median consumption or the UL for sodium, whichever is lower. Since the EFPO and EFPD did not exceed the AI for sodium, the sodium values also do not exceed the TFP standard. The TFP standard for potassium is presented as a range of values, with the lower limit of the range slightly lower than the AI. The EFPO provided 25 percent of the weighted average lower limit of the range, while the EFPD provided 23 percent of the weighted average lower TFP standard. As with potassium, the TFP standard for vitamin E is a range, and the lower limit of the range is slightly lower than the RDA. The EFPO provided 18 percent of the weighted average lower TFP recommended amount, while the EFPD contributed 20 percent of the weighted average lower TFP recommended amount for vitamin E.

3.1.3.3 Food Group Assessment of the CSFP: Elderly USDA Foods

Tables 3-15 and 3-16 compare the CSFP: Elderly food packages to the USDA Food Pattern from the *DGA,* 2010. Table 3-15 shows a direct comparison of the food group content of the CSFP: Elderly packages to the weighted average per-person 2010 USDA Food Pattern amounts for the reference participant. Table 3-16 shows the comparison of the nutrient content of the EFPs standardized to 2,000 calories and compared to the recommended amount from the 2010 USDA Food Pattern at the 2,000 kcal level. Standardizing the content of the food packages to 2,000 kcal acknowledges the calorie differences between the *DGA* calorie recommendations and those provided by the EFPO and EFPD. Standardizing to 2,000 kcal allows a "food group density" evaluation, which is another way to assess the food packages.

Table 3-14. Nutrient content of **CSFP: Elderly Entitlement USDA Foods** compared to weighted average TFP standard for reference participant

Nutrient/Macronutrient	Weighted average TFP standard	Offered		Delivered	
		Amount	% Met	Amount	% Met
Calories	2600.0	513.0	20%	545.3	23%
Protein, g	N/A	25.2	N/A	25.0	N/A
Protein, % kcal	10-35	20%	within AMDR	18%	within AMDR
Carbohydrate, g	N/A	75.1	N/A	83.2	N/A
Carbohydrate, % kcal	45-65	59%	within AMDR	61%	within AMDR
Total fat, g	N/A	13.5	N/A	13.6	N/A
Total fat, % kcal	20-35	24%	within AMDR	22%	within AMDR
Saturated fat, g	N/A	5.7	N/A	5.7	N/A
Saturated fat, % kcal	<10	10%	exceeds standard	9%	meets standard
Linoleic acid, g	14.0	1.9	13%	1.9	14%
Linoleic acid, % kcal	5-10	3%	below AMDR	3%	below AMDR
α-Linolenic acid, g	1.6	0.2	10%	0.2	9%
α-Linolenic acid, % kcal	0.6-1.2	0%	below AMDR	0%	below AMDR
Cholesterol, mg	≤ 300	34.0	meets standard	32.7	N/A
Total dietary fiber, g	30.0	6.8	23%	6.1	20%
Minerals					
Calcium, mg	1200.0	498.4	42%	456.3	38%
Copper, mg	0.9	0.4	41%	0.3	38%
Iron, mg	8.0	7.1	89%	9.1	113%
Magnesium, mg	420.0	118.2	28%	110.7	26%
Phosphorus, mg	700.0	651.4	93%	622.5	89%
Potassium, mg*	4136-4606	1032.8	25%	940.5	23%
Sodium, mg	≤ 2300.0	782.7	meets standard	790.6	meets standard
Zinc, mg	11.0	4.0	36%	4.4	40%
Vitamins					
Vitamin A, µg (RAE)	900.0	316.3	35%	359.3	40%
Vitamin C, mg	90.0	40.2	45%	49.5	55%
Vitamin D, µg	N/A	3.2	N/A	3.2	N/A
Vitamin E, mg*	10.5-12.5	1.9	18%	2.1	20%
Thiamin, mg	1.2	0.6	47%	0.8	68%
Riboflavin, mg	1.3	0.8	63%	1.1	85%
Niacin, mg	16.0	6.3	39%	8.9	56%
Vitamin B6, mg	1.7	0.6	34%	0.8	49%
Vitamin B12, µg	2.4	1.7	70%	2.4	100%
Folate, µg (DFE)	400.0	203.8	51%	323.6	81%

NOTE: Amounts are displayed rounded to the nearest tenth; percent Met is calculated on the amounts prior to rounding.

* Value for percent Met is the percent of the lower value in the acceptable range for the standard.

Table 3-15. Food group and subgroup content of **CSFP: Elderly Entitlement USDA Foods** compared to weighted average 2010 USDA Food Pattern amount for reference participant

Food Group	Weighted average USDA Food Pattern amounts	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	2.0	0.5	26%	0.6	30%
Vegetables (cup equiv)	3.0	0.4	12%	0.2	8%
Dark green	0.3	<0.1	8%	<0.1	4%
Red and orange	0.9	0.2	25%	0.1	11%
Legumes	0.3	0.2	71%	0.2	53%
Starchy	0.9	0.1	9%	0.1	10%
Other	0.7	<0.1	5%	<0.1	6%
Total grains (oz equiv)	8.0	1.9	23%	1.9	24%
Whole	4.0	0.6	16%	0.3	8%
Refined	4.0	1.2	30%	1.6	39%
Protein foods (oz equiv)	6.5	0.9	14%	1.0	15%
Seafood	1.4	0.2	14%	0.2	11%
Meat, poultry, eggs	4.4	0.2	4%	0.2	5%
Nuts, seeds, soy products	0.7	0.5	71%	0.6	79%
Dairy (cup equiv)	3.0	1.3	43%	1.2	41%
Oils (grams)	31.0	2.6	9%	2.9	9%
Maximum SoFAS (kcal)	330.0	62.9	19%	60.8	18%
Maximum SoFAS (% kcal)	14%	12%	meets guideline	11%	meets guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

Table 3-16. Food group and subgroup content of **CSFP: Elderly Entitlement USDA Foods** on a per 2,000 calorie basis compared to 2010 USDA Food Pattern recommendations per 2,000 calories

Food Group	USDA Food Pattern amounts per 2,000 kcal	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	2.0	2.0	102%	2.2	111%
Vegetables (cup equiv)	2.5	1.4	55%	0.9	34%
Dark green	0.2	0.1	42%	<0.1	20%
Red and orange	0.8	0.9	108%	0.3	43%
Legumes	0.2	0.8	367%	0.6	261%
Starchy	0.7	0.3	41%	0.3	42%
Other	0.6	0.1	24%	0.2	30%
Total grains (oz equiv)	6.0	7.2	120%	7.0	117%
Whole	3.0	2.5	82%	1.2	41%
Refined	3.0	4.8	158%	5.8	193%
Protein foods (oz equiv)	5.5	3.5	64%	3.5	63%
Seafood	1.1	0.8	71%	0.6	51%
Meat, poultry, eggs	3.7	0.8	20%	0.8	22%
Nuts, seeds, soy products	0.6	2.0	345%	2.1	363%
Dairy (cup equiv)	3.0	5.0	168%	4.6	152%
Oils (grams)	27.0	10.3	38%	10.7	40%
Maximum SoFAS (kcal)	258.0	245.3	95%	223.0	86%
Maximum SoFAS (% kcal)	13%	13%	meets guideline	11%	meets guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

Food Group Comparison. Table 3-15 compares the food group amounts provided by the EFPO and EFPD to the weighted average 2010 USDA Food Pattern amounts for the reference participant. The EFPO and EFPD provided very similar amounts of the food groups. The EFPO provided 43 percent of the weighted average recommendation for dairy, 26 percent of the weighted average recommendation for fruits, 23 percent of the weighted average recommendation for total grains (with 16 percent weighted average recommendation for whole grains), 14 percent of the weighted average recommendation for protein foods, 12 percent of the weighted average recommendation for vegetables, and 9 percent of the weighted average recommendation for oils. The EFPO provided 19 percent of the weighted average recommended maximum calories from SoFAS, and met the weighted average guidelines for the amount of SoFAS as a percent of calories. The EFPD contributed very similar amounts of all food groups with the exception of whole grains, providing eight percent of the weighted average recommendation.

Density Comparison. Table 3-16 presents the comparison of the food group content standardized to 2,000 kcal with the 2010 USDA Food Pattern amounts at the 2,000 kcal level. Results are summarized below:

- **Fruits.** Both the EFPO and the EFPD provided the recommended amount of fruits per 2,000 kcal.
- **Vegetables.** The EFPO provided slightly more than half the recommended amount of vegetables per 2,000 kcal, including more than three times the recommended amount of legumes, the recommended amount of red and orange vegetables, and approximately half the recommended amount of both dark-green vegetables and starchy vegetables. The EFPD provided 34 percent of the recommended amount of vegetables, including two and one-half times the recommended amount of legumes, and between 20 and 45 percent of the recommended amount of red and orange vegetables, dark-green vegetables, and starchy vegetables.
- **Grains.** The EFPO contributed more than 100 percent of the recommended amount of total grains per 2,000 kcal, and provided more than three quarters the recommended amount of whole grains, as well as one and one-half the recommended amount of refined grains. The EFPD also provided more than 100 percent of the recommended amount of total grains per 2,000 kcal, including 41 percent of the recommended amount of whole grains and almost twice the recommended amount of refined grains.
- **Protein Foods.** The EFPO provided more than half the recommended amount of protein foods per 2,000 kcal (64%), including more than three times the recommended amount of the nuts, seeds, and soy products subgroup and 71 percent of the recommended amount of the seafood subgroup; it also provided 20 percent of the recommended amount of meat, poultry, and eggs. The EFPD provided very similar amounts of protein foods: 63 percent of the recommended amount of total protein foods per 2,000 kcal, 363 percent of the recommended amount of the nuts, seeds, and soy products subgroup; 51 percent of the recommended amount of seafood and 22 percent the recommended amount of meat, poultry, and eggs.
- **Dairy.** Both the EFPO and EFPD provided more than one and one-half times the recommended amount of the dairy group per 2,000 kcal.
- **Oils.** Both the EFPO and EFPD provided similar amounts of the recommended amount of oils per 2,000 kcal (between 38-40%).
- **SoFAS.** The EFPO provided almost the maximum calories from SoFAS per 2,000 kcal (95%), but does not exceed the guideline as a percent of calories provided. The EFPD contributed 86 percent of the maximum calories from SoFAS per 2,000 kcal, and also met the guideline for percent of calories provided from SoFAS.

Food Sources of Calories. An examination of calories "as offered" and "as delivered" by food product is indicative of preferences; while CSFP has distribution guides, administering agencies and participants can select specific products within broad food groups (like cereal or canned vegetables). As described in section 2.4.3, the "as offered" food package was developed by assuming equal representation of all products within a food category. In reality, participants can substitute one product for another, and so a comparison of the calories by food product in the "as offered" package with the "as delivered" package provides a glimpse into the popularity of the food products. Appendix F presents the nutrients for each food offered or delivered to a reference participant on a monthly basis for CSFP. As with the children and non-elderly women participants in CSFP, there was a preference among elderly participants for RTE cereals over cooked cereals, and rice and pasta rather than grits. Fruit juices were preferred over tomato juice, though no strong preference was seen for dry milk over evaporated milk.

3.1.3.4 HEI-2005 Score for the CSFP: Elderly USDA Foods

Table 3-17 shows the HEI-2005 component and overall scores for the EFP, the average American diet, and the average diet of SNAP participants. Both EFPO and the EFPD compare favorably to the average American diet and the diet of average SNAP participants over 60 years of age.[112] The average CSFP: Elderly food package "as offered" achieves a score of 81.5 for EFP; the "as delivered" package scores 76.6 out of 100. These scores are 10-15 points above those achieved by Americans on average (68.4 out of 100) and by SNAP participants (62.7 out of 100).

[112]Cole, Nancy and Fox, Mary Kay. *Diet Quality of Americans by Food Stamp Participation Status: Data from the National Health and Nutrition Examination Survey, 1999-2004.* U.S. Department of Agriculture, Food and Nutrition Service, July 2008, page C-37. http://www.fns.usda.gov/ora/menu/Published/snap/FILES/Participation/NHANES-FSP.pdf.

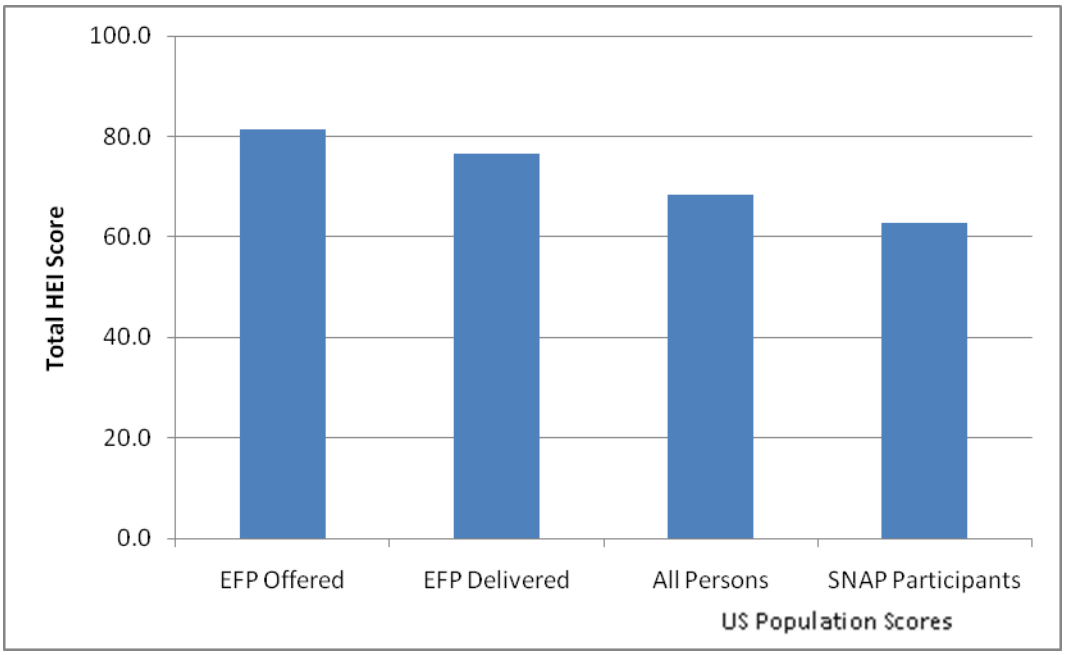
Table 3-17. HEI-2005 scores for the **CSFP: Elderly Entitlement USDA Foods**, the average American diet (ages 60+ years), and the average diet of SNAP participants (ages 60+ years)

		Maximum component score	EFP		Population scores (ages 60+ years, 1999-2004)	
			Offered	Delivered	All persons	SNAP participants
1	Total fruit	5	5.0	5.0	4.6	4.1
2	Whole fruit	5	2.7	2.3	5.0	4.9
3	Total vegetables	5	4.1	2.4	4.3	3.6
4	Dark green & orange veg & legumes	5	4.2	2.2	2.0	2.1
5	Total grains	5	5.0	5.0	5.0	5.0
6	Whole grains	5	4.1	2.0	1.6	1.3
7	Milk	10	10.0	10.0	5.9	4.9
8	Meat and beans	10	10.0	10.0	10.0	10.0
9	Oils	10	4.3	4.5	6.7	3.8
10	Saturated fat	10	7.9	8.4	3.1	3.0
11	Sodium	10	4.2	4.9	6.9	7.5
12	Calories from SoFAAS	20	20.0	20.0	10.8	9.8
Total HEI-2005 score		**100**	**81.5**	**76.6**	**68.4**	**62.7**

NOTE: SoFAAS = Calories from solid fat, alcohol, and added sugar.

Figure 3-5 shows a comparison of the total HEI-2005 score for the CSFP: Elderly food packages, as well as the HEI-2005 score for the average American diet and the average diet of SNAP participants.

Figure 3-5. HEI-2005 overall scores for the average American diet (60+ years), the average SNAP participants (60+ years), and the CSFP: Elderly USDA Foods



Discussion

The CSFP: Elderly group includes adults 60 years and older. As discussed in the CSFP: Infant and CSFP: Children and Non-elderly Women sections, the USDA Foods in the CSFP are intended to serve as a nutrition supplement to the diet of participants. However, there are no guidelines on the magnitude (amount or percentage) of supplementation the program is expected to provide.

Findings from this evaluation indicate that both "as offered" and "as delivered" CSFP: Elderly food packages contribute about 20 percent of the amount of energy recommended by the *DGA* 2010, provided approximately half the weighted average RDA for protein and carbohydrates, and also met the AMDR for protein, carbohydrate, and fat. Similarly, the food packages provided between 20 and 42 percent of the weighted average DRI for the minerals of concern in this population (calcium, magnesium, and potassium), and between 13 and 100 percent of the weighted average RDA for the vitamins of concern (vitamins A, C, E, and B12).

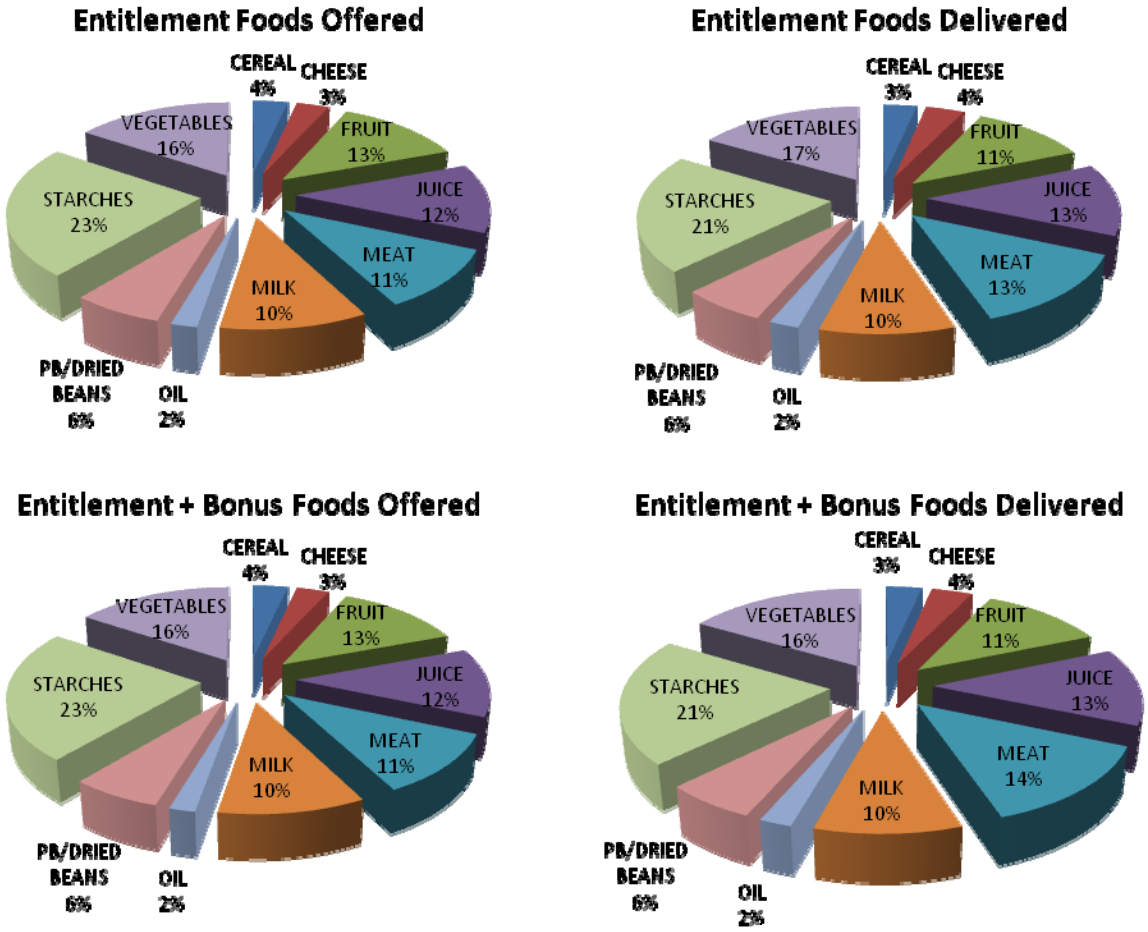
The food packages provided between 8 and 43 percent of the weighted average 2010 USDA Food Pattern recommendations for most food groups, including 8 to 16 percent of the weighted average recommended amount of whole grains. The analysis of food groups provided on the basis of 2,000

calories shows that the CSFP: Elderly food packages provided the recommended amount of fruit, grains, and dairy products per 2,000 calories. The "as offered" package provided more than three fourths of the recommended amount of whole grain per 2,000 calories, while the "as delivered" package provided slightly less than half the recommended amount. Tables in Appendix F provide nutrient content of the USDA Foods in the "as offered" and "as delivered" food packages. An examination of the calories provided for whole grain products reveals that less than half the amount of oats offered to participants were delivered. Both packages provided just over 60 percent of the recommended amount of protein foods per 2,000 calories, approximately one third of the recommended amount of oils, and met the recommendations for SoFAS per 2,000 calories.

3.2 Food Distribution Program on Indian Reservations (FDPIR)

In FY 2009, the FDPIR entitlement USDA Food package provided a total of 77.6 million lbs to 95,369 participants, translating to about 814 lbs/participant/year or 2.2 lbs per day. When bonus USDA Foods are included in the delivery package, the package provided a total of 77.8 million lbs, still 2.2 lbs/participant/day. The variety of foods offered is provided by the FDPIR Distribution Guides provided in Appendix D; the amount of food offered per month translates to 2.6 lb/participant/day, which is quite comparable to the amount actually delivered in FY 2009. The contribution of various food groups (which are defined in the Distribution Guides) to the FDPIR "as offered" and "as delivered" food packages do not differ significantly, as shown in Figure 3-6. Food groups are well distributed in the food packages, with starches representing just over 20 percent of the package, and five other groups representing between 10 and 17 percent (vegetables, meat, fruit, juice and milk).

Figure 3-6. Food group* composition by weight (pounds) of the FDPIR USDA Foods as a percentage of total weight of foods offered/delivered



*Food groups are those in the FDPIR Distribution Guides (see Appendix D).

Table 3-18 provides a summary of the analysis of each food package compared to the dietary standards. The table lists the nutrients that met the indicated percent of each dietary standard. A detailed discussion of the comparison with each dietary standard is presented in Sections 3.2.1 through 3.2.4.

Table 3-18. Summary of the nutrient content of FDPIR USDA Foods relative to weighted average recommended intakes

Benchmark	Offered		Delivered	
	Entitlement	Entitlement + Bonus	Entitlement	Entitlement + Bonus
DRI	Nutrients			
>100%	Protein, Carbohydrate, Cu, Fe, Mg, P, Na, Zn, Vit C, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12, Folate	Protein, Carbohydrate, Cu Fe, P, Na, Zn Vit C, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12, Folate	Protein, Carbohydrate, Cu, Fe, P, Na, Zn, Vit C, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12, Folate	Protein, Carbohydrate, Cu, Fe, P, Na, Zn Vit C, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12, Folate
76-100%	Kcal, Fiber, Vit A	Kcal, Mg	Kcal, Mg	Kcal, Mg
51-75%	Ca, K, Vit E	Fiber, Ca, K, Vit A, Vit E	Fiber, Ca, Vit A, Vit D	Fiber, Ca, Vit A, Vit E
26-50%	Vit D	Vit D	K	K
10-25%			Vit D	Vit D
<10%				
TFP	Nutrients			
>100%	Cu, Fe, Mg, P, Na, Zn, Vit C, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12, Folate	Cu, Fe, Mg, P, Na, Zn, Vit C, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12, Folate	Cu, Fe, P, Na, Zn, Vit C, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12, Folate	Cu, Fe, P, Na, Zn, Vit C, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12, Folate
76-100%	Kcal, Fiber, Vit A	Kcal, Fiber, Vit A, Vit E	Kcal, Mg	Kcal, Mg
51-75%	Ca, K, Vit E	Ca, K	Fiber, Ca, Vit A, K Vit E	Fiber, Ca, K, Vit A, Vit E
26-50%				
10-25%				
<10%				
2010 USDA Food Pattern	Food groups			
>100%	Legumes, Total grains,* Whole grains, Refined grains, Nuts/seed/soy products	Legumes, Total grains, Whole grains, Refined grains, Nuts/seed/soy products	Legumes, Total grains, Refined grains, Nuts/seed/soy products	Legumes, Total grains, Refined grains, Nuts/seed/soy products
76-100%	Starchy vegetables, Oils, SoFAS	Starchy vegetables, Oils, SoFAS	Starchy vegetables, Meat/poultry/eggs, SoFAS	Starchy vegetables, Meat/poultry/eggs, Oils
51-75%	Fruits, Red/orange vegetables, Protein foods, Meat/poultry/eggs, Dairy,	Fruits, Red/orange vegetables, Protein foods, Meat/poultry/eggs, Dairy	Fruits, Protein foods, Oils	Fruits, Protein foods, SoFAS
26-50%	Total vegetables	Total vegetables,	Total vegetables, Red/orange vegetables, Whole grains, Dairy	Total vegetables, Red/orange vegetables, Whole grains, Dairy
10-25%	–		Seafood	Seafood
<10%	Dk green vegetables, Seafood	Dk green vegetables, Seafood	Dk green vegetables,	Dk green vegetables

Table 3-18. Summary of the nutrient content of FDPIR USDA Foods relative to weighted average recommended intakes (continued)

Benchmark	Offered		Delivered	
	Entitlement	Entitlement + Bonus	Entitlement	Entitlement + Bonus
2010 USDA Food Pattern	**Food groups/2,000 kcal**			
>100%	Legumes, Total grains, Whole grains, Refined grains, Nuts/seed/soy products	Legumes, Total grains, Whole grains, Refined grains, Nuts/seed/soy products	Legumes, Starchy vegetables, Total grains, Refined grains, Nuts/seed/soy products	Legumes, Total grains, Refined grains, Nuts/seed/soy products
76-100%	Starchy vegetables, Oils, SoFAS	Starchy vegetables, Oils	Protein foods, Meat/poultry/eggs, Oils, SoFAS	Starchy vegetables, Protein foods, Meat/poultry/eggs, Oils, SoFAS
2010 USDA Food Pattern	**Food groups/2,000 kcal**			
51-75%	Fruits, Total vegetables, Red/orange vegetables, Protein foods, Meat/poultry/eggs, Dairy	Fruits, Total vegetables, Red/orange vegetables, Protein foods, Meat/poultry/eggs, SoFAS	Fruits	Fruits
26-50%	-	Dairy	Total vegetables, Red/orange vegetables , Whole grains, Dairy	Total vegetables, Red/orange vegetables, Whole grains, Dairy
10-25%	–	–	Seafood	Seafood
<10%	Dk green vegetables, Seafood	Dk green vegetables, Seafood	Dk green vegetables	Dk green vegetables

* *DGA* recommends replacing refined grains with whole grains; when refined grains are selected, they should be enriched.[113]

3.2.1 Comparison of the FDPIR USDA Foods to the DRIs

Tables 3-19 through 3-21 present the comparison of the nutrient content of the FDPIR EFPO and EFPD, respectively, and E+BFPO and E+BFPD, respectively, with the weighted average DRIs for the reference participant. Tables 3-19 and 3-20 compare the nutrient content of the EFPs with the weighted average RDAs, AIs, and AMDRs, while Table 3-21 presents the comparison of the

[113]U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010; p. 36.

nutrient content of the EFPs with the weighted average ULs. As the contribution of bonus foods does not significantly change the nutrient content of the food packages, only the EFP results will be summarized, though tables for both EFP and E+BFP are provided.

Energy. The EFPO met the weighted average recommended energy needs for the reference participant, providing 98 percent of the recommended amount of calories, while the EFPD provided 86 percent of the weighted average recommended energy.

Macronutrients. The EFPO provided twice the weighted average recommended amount of protein and more than twice the weighted average recommended amount of carbohydrates, and satisfied the recommended AMDR for protein and carbohydrates. There is no DRI for total fat, but the EFPO satisfied the recommended AMDR for total fat. The EFPD provided more than one and one-half the weighted average recommended amount of protein and twice the weighted average recommended amount of carbohydrates. The EFPD satisfied the recommended AMDR for protein, carbohydrates, and total fat. The EFPO contributed almost the weighted average recommended AI for dietary fiber, while the EFPD contributed 66 percent of the weighted average AI for dietary fiber.

Minerals. The EFPO provided twice the weighted average recommended amounts of copper, iron and phosphorus, more than 100 percent of the weighted average RDA for magnesium and zinc, contributed 73 percent of the weighted average RDA for calcium and 60 percent of the weighted average AI for potassium. The EFPO exceeded the weighted average AI for sodium for the reference participant. The EFPD also contributed more than 100 percent of the weighted average RDA for four minerals (copper, iron, phosphorus, and zinc) and significant amounts of magnesium (92% of the weighted average RDA), calcium (61% of the weighted average RDA), and potassium (49% of the weighted average AI). The EFPD also exceeded the weighted average recommended amount of sodium.

Vitamins. The EFPO provided more than twice the weighted average recommended amount of thiamin, riboflavin, niacin, and folate, and also provided more than 100 percent of the weighted average RDA for vitamin C, vitamin B6, and vitamin B12, and significant amounts of vitamin A (88% of the weighted average RDA), vitamin E (65% of the weighted average RDA), and vitamin D (29% of the weighted average RDA). Similar to the EFPO, the EFPD contributed more than twice the weighted average RDA for thiamin, riboflavin, and folate; more than 100 percent of the weighted average RDA for vitamin C, niacin, vitamin B6, vitamin B12; and significant amounts of

Table 3-19. Nutrient content of **FDPIR Entitlement USDA Foods** compared to weighted average recommended nutrient needs of reference participant

Nutrient/Macronutrient	Weighted average kcal assignment and DRI recommendations	Offered		Delivered	
		Amount	% Met	Amount	% Met
Calories[1]	2150	2116.6	98%	1840.7	86%
Protein, g	38.8	81.0	209%	71.2	184%
Protein, % kcal	10-32.5	15%	within AMDR	15%	within AMDR
Carbohydrate, g	130.0	314.0	242%	258.7	199%
Carbohydrate, % kcal	45-65	59%	within AMDR	56%	within AMDR
Total fat, g	ND	63.2	N/A	59.4	N/A
Total fat, % kcal	22.5-35	27%	within AMDR	29%	within AMDR
Saturated fat, g	ND	17.1	N/A	16.8	N/A
Saturated fat, % kcal	ND	7%	N/A	8%	N/A
Linoleic acid, g	12.8	15.7	122%	14.0	109%
Linoleic acid, % kcal	5-10	7%	within AMDR	7%	within AMDR
α-Linolenic acid, g	1.2	1.7	143%	1.6	135%
α-Linolenic acid, % kcal	0.6-1.2	1%	within AMDR	1%	within AMDR
Cholesterol, mg	as low as possible	211.6	N/A	188.4	N/A
Total dietary fiber, g	29.8	28.7	96%	19.6	66%
Minerals					
Calcium, mg	1075.0	780.1	73%	652.7	61%
Copper, mg	0.7	1.5	215%	1.2	171%
Iron, mg	11.0	22.5	204%	19.3	175%
Magnesium, mg	277.5	357.7	129%	256.4	92%
Phosphorus, mg	787.5	1594.5	202%	1312.4	167%
Potassium, mg	4425.0	2661.3	60%	2175.8	49%
Sodium, mg[2]	≤1425.0	1657.1	exceeds standard	1574.0	exceeds standard
Zinc, mg	8.0	12.4	155%	10.4	130%
Vitamins					
Vitamin A, µg (RAE)	650.0	571.9	88%	420.2	65%
Vitamin C, mg	58.8	79.1	134%	69.7	119%
Vitamin D, µg	15.0	4.4	29%	3.5	23%
Vitamin E, mg	12.0	7.8	65%	6.7	56%
Thiamin, mg	1.0	2.3	229%	2.0	196%
Riboflavin, mg	1.0	2.2	220%	2.0	197%
Niacin, mg	12.5	25.7	205%	22.1	177%
Vitamin B6, mg	1.1	1.7	156%	1.4	128%
Vitamin B12, µg	2.0	3.2	159%	3.0	148%
Folate, µg (DFE)	325.0	789.5	243%	714.3	220%

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

[1] Calorie recommendation from *Dietary Guidelines for Americans*, 2010.

[2] The *Dietary Guidelines for Americans*, 2010, note that Americans consume too much sodium; therefore, the AI is not the level of concern for most participants, but rather the UL.

Table 3-20. Nutrient content of **FDPIR Entitlement + Bonus USDA Foods** compared to weighted average recommended nutrient needs of reference participant

Nutrient/Macronutrient	Weighted average kcal assignment and DRI recommendations	Offered		Delivered	
		Amount	% Met	Amount	% Met
Calories[1]	2150	2119.5	99%	1843.5	86%
Protein, g	38.8	81.4	210%	71.6	185%
Protein, % kcal	10-32.5	15%	within AMDR	16%	within AMDR
Carbohydrate, g	130.0	314.0	242%	258.7	199%
Carbohydrate, % kcal	45-65	59%	within AMDR	56%	within AMDR
Total fat, g	ND	63.3	N/A	59.5	N/A
Total fat, % kcal	22.5-35	27%	within AMDR	29%	within AMDR
Saturated fat, g	ND	17.1	N/A	16.8	N/A
Saturated fat, % kcal	ND	7%	N/A	8%	N/A
Linoleic acid, g	12.8	15.7	122%	14.0	109%
Linoleic acid, % kcal	5-10	7%	within AMDR	7%	within AMDR
α-Linolenic acid, g	1.2	1.7	143%	1.6	135%
α-Linolenic acid, % kcal	0.6-1.2	1%	within AMDR	1%	within AMDR
Cholesterol, mg	as low as possible	212.7	N/A	189.5	N/A
Total dietary fiber, g	29.8	28.7	96%	19.6	66%
Minerals					
Calcium, mg	1075.0	780.2	73%	652.9	61%
Copper, mg	0.7	1.5	216%	1.2	171%
Iron, mg	11.0	22.5	205%	19.3	175%
Magnesium, mg	277.5	358.1	129%	256.8	93%
Phosphorus, mg	787.5	1599.6	203%	1317.5	167%
Potassium, mg	4425.0	2667.7	60%	2182.3	49%
Sodium, mg[2]	≤1425.0	1680.9	exceeds standard	1597.8	exceeds standard
Zinc, mg	8.0	12.5	156%	10.4	130%
Vitamins					
Vitamin A, µg (RAE)	650.0	572.0	88%	420.3	65%
Vitamin C, mg	58.8	79.1	134%	69.7	119%
Vitamin D, µg	15.0	4.4	29%	3.5	23%
Vitamin E, mg	12.0	7.8	65%	6.7	56%
Thiamin, mg	1.0	2.3	230%	2.0	197%
Riboflavin, mg	1.0	2.2	220%	2.0	197%
Niacin, mg	12.5	25.8	206%	22.2	178%
Vitamin B6, mg	1.1	1.7	157%	1.4	128%
Vitamin B12, µg	2.0	3.2	159%	3.0	149%
Folate, µg (DFE)	325.0	789.5	243%	714.3	220%

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

[1] Calorie recommendation from *Dietary Guidelines for Americans*, 2010.

[2] The *Dietary Guidelines for Americans*, 2010, note that Americans consume too much sodium; therefore, the AI is not the level of concern for most participants, but rather the UL.

Table 3-21. Nutrient content of **FDPIR** food packages compared to weighted average ULs for reference participant

Nutrient/Macronutrient	Weighted average UL	EFP		E+BFP	
		Offered	Delivered	Offered	Delivered
Minerals					
Calcium, mg	2625.0	780.1	652.7	780.2	652.9
Copper, mg	7.0	1.5	1.2	1.5	1.2
Iron, mg	42.5	22.5	19.3	22.5	19.3
Phosphorus, mg	3750.0	1594.5	1312.4	1599.6	1317.5
Potassium, mg	ND	2661.3	2175.8	2667.7	2182.3
Sodium, mg	2175.0	1657.1	1574.0	1680.9	1597.8
Zinc, mg	28.8	12.4	10.4	12.5	10.4
Vitamins					
Vitamin A, µg (RAE)	2150.0	571.9	420.2	572.0	420.3
Vitamin C, mg	1462.5	79.1	69.7	79.1	69.7
Vitamin D, µg	93.8	4.4	3.5	4.4	3.5
Vitamin E (added), mg[1]	725.0	0.3	0.3	0.3	0.3
Thiamin, mg	ND	2.3	2.0	2.3	2.0
Riboflavin, mg	ND	2.2	2.0	2.2	2.0
Niacin, mg[1]	26.3	25.7	22.1	25.8	22.2
Vitamin B6, mg	75.0	1.7	1.4	1.7	1.4
Vitamin B12, µg	ND	3.2	3.0	3.2	3.0
Folate, µg (folic acid)[1]	750.0	329.9	308.9	329.9	308.9

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

[1] ULs for vitamin E, niacin, and folate apply only to synthetic forms obtained from supplements and/or fortified foods. Values for vitamin E and folate shown here are only the amounts added to foods; values for niacin have not been adjusted.

.vitamin A (65% of the weighted average RDA), vitamin E (56% of the weighted average RDA), and vitamin D (23% of the weighted average RDA)

Tolerable Upper Intake Levels. Note that nutrient levels for vitamin E and folate shown in Table 3-21 differ from the amounts shown as provided in Tables 3-19 and 3-20 as the ULs for these nutrients (as well as for niacin) apply only to synthetic forms of the vitamins, such as would be found in supplements or added to foods during fortification. The amount of added vitamin E and folic acid in foods is provided by FNDDS, therefore these are the amounts compared to the weighted average UL. A UL for magnesium has been established, but as it applies only to intake from pharmacological agents, it is not included in Table 3-21. Although the EFPO and EFPD provided in excess of 100 percent of the weighted average DRI for several minerals and vitamins, neither the EFPO nor the EFPD provided nutrient amounts in excess of the weighted average UL

for any mineral or vitamin. Of note, both food packages provided sodium in excess of the weighted average AI, but do not exceed the weighted average UL for sodium.

3.2.2 Comparison of the FDPIR USDA Foods with the Thrifty Food Plan Dietary Standards

Tables 3-22 and 3-23 present the comparison of the nutrient content of the EFPs and E+BFPs with the weighted average TFP dietary standards for the reference participant. As with the comparison to the DRI above, bonus foods did little to change results of the analysis; results are discussed for the EFP, though tables are included for both EFP and E+BFP.

The TFP dietary standards are very similar to the DRI, so many of the results summarized for the comparison to the DRI apply to the comparison to the TFP as well. The TFP standards differ from the DRIs for three nutrients: sodium, potassium, and vitamin E. The TFP standard for sodium is set to the median consumption or the UL for sodium, whichever is higher. The EFPO and EFPD both provided less than the weighted average UL for sodium, and thus met the TFP standard. The TFP has a range of values for the potassium and vitamin E standards; the EFPO provided 74 percent of the weighted average lower limit of this range for potassium, and 80 percent of the weighted average lower value for vitamin E. The EFPD contributed 61 percent of the weighted average lower value for potassium, and 69 percent of the weighted average lower limit for vitamin E.

3.2.3 Comparison of the FDPIR USDA Foods with the 2010 USDA Food Pattern

Tables 3-24 through 3-27 compare the FDPIR food packages to the recommended amounts from the 2010 USDA Food Pattern. Tables 3-24 and 3-25 show a direct comparison of the food group content of the FDPIR packages to the weighted average per-person 2010 USDA Food Pattern amount for the reference participant. Tables 3-26 and 3-27 show the comparison of the food group content of the EFPs standardized to 2,000 calories and compared to the 2010 USDA Food Pattern amounts at the 2,000 kcal level. Standardizing the content of the food packages to 2,000 kcal acknowledges the calorie differences between the *DGA* recommendations and those provided by the EFPO and EFPD. Standardizing to 2,000 kcal allows a "food group density" evaluation, providing another way to assess the food packages.

Table 3-22. Nutrient content of **FDPIR Entitlement USDA Foods** compared to weighted average TFP standard for reference participant

Nutrient/Macronutrient	Weighted average TFP standard	Offered		Delivered	
		Amount	% Met	Amount	% Met
Calories	2150	2116.6	98%	1840.7	86%
Protein, g	N/A	81.0	N/A	71.2	N/A
Protein, % kcal	10-32.5	15%	within AMDR	15%	within AMDR
Carbohydrate, g	N/A	314.0	N/A	258.7	N/A
Carbohydrate, % kcal	45-65	59%	within AMDR	56%	within AMDR
Total fat, g	N/A	63.2	N/A	59.4	N/A
Total fat, % kcal	22.5-35	27%	within AMDR	29%	within AMDR
Saturated fat, g	N/A	17.1	N/A	16.8	N/A
Saturated fat, % kcal	<10	7%	meets standard	8%	meets standard
Linoleic acid, g	12.75	15.7	122%	14.0	109%
Linoleic acid, % kcal	5-10	7%	within AMDR	7%	within AMDR
α-Linolenic acid, g	1.2	1.7	143%	1.6	135%
α-Linolenic acid, % kcal	0.6-1.2	1%	within AMDR	1%	within AMDR
Cholesterol, mg	≤ 300	211.6	meets standard	188.4	meets standard
Total dietary fiber, g	29.8	28.7	96%	19.6	66%
Minerals					
Calcium, mg	1075.0	780.1	73%	652.7	61%
Copper, mg	0.7	1.5	215%	1.2	171%
Iron, mg	11.0	22.5	204%	19.3	175%
Magnesium, mg	277.5	357.7	129%	256.4	92%
Phosphorus, mg	787.5	1594.5	202%	1312.4	167%
Potassium, mg*	3589.8 - 4041.3	2661.3	74%	2175.8	61%
Sodium, mg	≤ 2175.0	1657.1	meets standard	1574.0	meets standard
Zinc, mg	8.0	12.4	155%	10.4	130%
Vitamins					
Vitamin A, µg (RAE)	650.0	571.9	88%	420.2	65%
Vitamin C, mg	58.8	79.1	134%	69.7	119%
Vitamin D, µg	N/A	4.4	N/A	3.5	N/A
Vitamin E, mg*	9.8-10.5	7.8	80%	6.7	69%
Thiamin, mg	1.0	2.3	229%	2.0	196%
Riboflavin, mg	1.0	2.2	220%	2.0	197%
Niacin, mg	12.5	25.7	205%	22.1	177%
Vitamin B6, mg	1.1	1.7	156%	1.4	128%
Vitamin B12, µg	2.0	3.2	159%	3.0	148%
Folate, µg (DFE)	325.0	789.5	243%	714.3	220%

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

* Value for % Met is the percent of the lower value in the acceptable range for the standard.

Table 3-23. Nutrient content of **FDPIR Entitlement + Bonus USDA Foods** compared to weighted average TFP standard for reference participant

Nutrient/Macronutrient	Weighted average TFP standard	Offered		Delivered	
		Amount	% Met	Amount	% Met
Calories	2150	2119.5	99%	1843.5	86%
Protein, g	N/A	81.4	N/A	71.6	N/A
Protein, % kcal	10-32.5	15%	within AMDR	16%	within AMDR
Carbohydrate, g	N/A	314.0	N/A	258.7	N/A
Carbohydrate, % kcal	45-65	59%	within AMDR	56%	within AMDR
Total fat, g	N/A	63.3	N/A	59.5	N/A
Total fat, % kcal	22.5-35	27%	within AMDR	29%	within AMDR
Saturated fat, g	N/A	17.1	N/A	16.8	N/A
Saturated fat, % kcal	<10	7%	meets standard	8%	meets standard
Linoleic acid, g	12.75	15.7	122%	14.0	109%
Linoleic acid, % kcal	5-10	7%	within AMDR	7%	within AMDR
α-Linolenic acid, g	1.2	1.7	143%	1.6	135%
α-Linolenic acid, % kcal	0.6-1.2	1%	within AMDR	1%	within AMDR
Cholesterol, mg	≤ 300	212.7	meets standard	189.5	meets standard
Total dietary fiber, g	29.8	28.7	96%	19.6	66%
Minerals					
Calcium, mg	1075.0	780.2	73%	652.9	61%
Copper, mg	0.7	1.5	216%	1.2	171%
Iron, mg	11.0	22.5	205%	19.3	175%
Magnesium, mg	277.5	358.1	129%	256.8	93%
Phosphorus, mg	787.5	1599.6	203%	1317.5	167%
Potassium, mg*	3589.8 - 4041.3	2667.7	74%	2182.3	61%
Sodium, mg	≤ 2175.0	1680.9	meets standard	1597.8	meets standard
Zinc, mg	8.0	12.5	156%	10.4	130%
Vitamins					
Vitamin A, µg (RAE)	650.0	572.0	88%	420.3	65%
Vitamin C, mg	58.8	79.1	134%	69.7	119%
Vitamin D, µg	N/A	4.4	N/A	3.5	N/A
Vitamin E, mg*	9.8-10.5	7.8	80%	6.7	69%
Thiamin, mg	1.0	2.3	230%	2.0	197%
Riboflavin, mg	1.0	2.2	220%	2.0	197%
Niacin, mg	12.5	25.8	206%	22.2	178%
Vitamin B6, mg	1.1	1.7	157%	1.4	128%
Vitamin B12, µg	2.0	3.2	159%	3.0	149%
Folate, µg (DFE)	325.0	789.5	243%	714.3	220%

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

* Value for % Met is the percent of the lower value in the acceptable range for the standard.

Food Group Comparison. Tables 3-24 and 3-25 present the comparison of the food group amounts provided by the EFP and E+BFP, respectively, to the weighted average 2010 USDA Food Pattern amounts for the reference participant. As the content of the EFP and E+BFP are essentially the same, results will be summarized for the EFP, though detailed results are presented for both food packages. The EFPO provided more than twice the weighted average recommended amount for total grains, including 123 percent of the weighted average recommended amount of whole grains. It also provided more than half the weighted average recommended amounts for all other food groups, specifically, 59 percent of the weighted average recommended amount of fruit, 50 percent of the weighted average recommended amount of vegetables, 68 percent of the weighted average recommended amount of protein foods, 53 percent of the weighted average recommended amount of dairy, and 89 percent of the weighted average amount of oils. The EFPO does not exceed the guidelines for SoFAS, contributing 77 percent of the weighted average maximum calories from SoFAS and less than the weighted average maximum percent of calories from SoFAS. As with the EFPO, the EFPD provided more than twice the weighted average recommended amount of total grains and contributed 36 percent of the weighted average recommended amount of whole grains. It also provided about half of the weighted average recommended amount for all other food groups, specifically, 52 percent of the weighted average recommended amount of fruit, 42 percent of the weighted average recommended amount of vegetables, 72 percent of the weighted average recommended amount of protein foods, 46 percent of the weighted average recommended amount of dairy, and 86 percent of the weighted average recommended amount of oils. The EFPO contributed 72 percent of the weighted average maximum calories from SoFAS, and does not exceed the weighted average maximum percent of calories from SoFAS.

Table 3-24. Food group and subgroup content of **FDPIR Entitlement USDA Foods** compared to weighted average 2010 USDA Food Pattern recommended amounts for reference participant

Food Group	Weighted average USDA Food Pattern amount	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	2.0	1.2	59%	1.0	52%
Vegetables (cup equiv)	2.8	1.4	50%	1.1	42%
Dark green	0.3	<0.1	7%	<0.1	5%
Red and orange	0.8	0.5	61%	0.3	43%
Legumes	0.3	0.5	198%	0.4	159%
Starchy	0.8	0.6	77%	0.7	84%
Other	0.6	0.3	40%	0.1	20%
Total grains (oz equiv)	7.0	14.9	213%	11.6	166%
Whole	3.6	4.5	123%	1.3	36%
Refined	3.5	10.4	298%	10.3	295%
Protein foods (oz equiv)	5.9	4.0	68%	4.2	72%
Seafood	1.3	0.1	8%	0.2	13%
Meat, poultry, eggs	4.0	2.9	71%	3.2	79%
Nuts, seeds, soy products	0.6	1.0	171%	0.9	144%
Dairy (cup equiv)	3.0	1.6	53%	1.4	46%
Oils (grams)	28.5	25.5	89%	24.5	86%
Maximum SoFAS (kcal)	260.0	199.0	77%	186.5	72%
Maximum SoFAS (% kcal)	12%	9%	meets guideline	10%	meets guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

Table 3-25. Food group and subgroup content of **FDPIR Entitlement + Bonus USDA Foods** compared to weighted average 2010 USDA Food Pattern recommended amounts for reference participant

Food Group	Weighted average USDA Food Pattern amount	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	2.0	1.2	59%	1.0	52%
Vegetables (cup equiv)	2.8	1.4	50%	1.1	42%
Dark green	0.3	<0.1	7%	<0.1	5%
Red and orange	0.8	0.5	61%	0.3	43%
Legumes	0.3	0.5	198%	0.4	159%
Starchy	0.8	0.6	77%	0.7	84%
Other	0.6	0.3	40%	0.1	20%
Total grains (oz equiv)	7.0	14.9	213%	11.6	166%
Whole	3.6	4.5	123%	1.3	36%
Refined	3.5	10.4	298%	10.3	295%
Protein foods (oz equiv)	5.9	4.1	70%	4.3	74%
Seafood	1.3	0.1	8%	0.2	13%
Meat, poultry, eggs	4.0	3.0	73%	3.3	81%
Nuts, seeds, soy products	0.6	1.0	171%	0.9	144%
Dairy (cup equiv)	3.0	1.6	53%	1.4	46%
Oils (grams)	28.5	25.5	89%	24.5	86%
Maximum SoFAS (kcal)	260.0	199.0	77%	186.5	72%
Maximum SoFAS (% kcal)	12%	9%	meets guideline	10%	meets guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

Food Groups per 2,000 kcal Comparison. Tables 3-26 and 3-27 show the comparison of the food group content of the EFP and E+BFP, respectively, standardized to 2,000 calories and compared to the 2010 USDA Food Pattern recommendations at the 2,000 kcal level. Because the FDPIR food package provided close to 2,000 kcal, standardizing the food groups provided to the 2,000 kcal level resulted in findings very similar to those presented for the Food Group comparison.

- **Fruits.** The EFPO and EFPD both provided 56 percent of the recommended amount of fruits per 2,000 kcal.
- **Vegetables.** The EFPO provided 52 percent of the recommended amount of vegetables per 2,000 kcal, including 8 percent of the recommended amount of dark green vegetables, 59 percent of the recommended amount of red and orange vegetables, 218 percent of the recommended amount of legumes, and 80 percent of the recommended amount of starchy vegetables. The EFPD provided 50 percent of the recommended amount of total vegetables, with 7 percent of the recommended amount of dark green vegetables, 48 percent of the recommended amount of red and orange vegetables, 202 percent of the recommended amount of legumes, and 101 percent of the recommended amount of starchy vegetables.
- **Grains.** The EFPO provided substantially more than twice the recommended amount of total grains per 2,000 kcal, one and one-half the recommended amount of whole grains, and more than three times the recommended amount of refined grains. The EFPD also provided more than twice the recommended amount of total grains per 2,000 kcal, including 47 percent of the recommended amount of whole grains and more than three times the recommended amount of refined grains.
- **Protein Foods.** The EFPO provided 69 percent of the recommended amount of protein foods per 2,000 kcal, including 9 percent of the recommended amount of seafood; 73 percent of the recommended amount of meat, poultry, and eggs; and 171 percent of the recommended amount of nuts, seeds, and soy products. The EFPD provided 84 percent of the recommended amount of protein foods per 2,000 kcal; 15 percent of the recommended amount of seafood; 94 percent of the recommended amount of meat, poultry, and eggs; and 167 percent of the recommended amount of nuts, seeds, and soy products.
- **Dairy.** The EFPO and EFPD both provided approximately 50 percent of the recommended amount of dairy per 2,000 kcal.
- **Oils.** The EFPO provided 89 percent of the recommended amount of oils per 2,000 kcal, while the EFPD provided 99 percent of the recommended amount.
- **SoFAS.** The EFPO provided 73 percent of the maximum calories from SoFAS, while the EFPD provided 79 percent; both EFPs met the guideline for maximum SoFAS as a percent of total calories provided.

Table 3-26. Food group and subgroup content of **FDPIR Entitlement USDA Foods** on a per 2,000 calorie basis compared to 2010 USDA Food Pattern amounts for 2,000 kcal

Food Group	USDA Food pattern amounts per 2,000 kcal	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	2.0	1.1	56%	1.1	56%
Vegetables (cup equiv)	2.5	1.3	52%	1.2	50%
Dark green	0.2	<0.1	8%	<0.1	7%
Red and orange	0.8	0.5	59%	0.4	48%
Legumes	0.2	0.5	218%	0.4	202%
Starchy	0.7	0.6	80%	0.7	101%
Other	0.6	0.2	42%	0.1	24%
Total grains (oz equiv)	6.0	14.1	235%	12.6	211%
Whole	3.0	4.2	141%	1.4	47%
Refined	3.0	9.9	329%	11.2	374%
Protein foods (oz equiv)	5.5	3.8	69%	4.6	84%
Seafood	1.1	0.1	9%	0.2	15%
Meat, poultry, eggs	3.7	2.7	73%	3.5	94%
Nuts, seeds, soy products	0.6	1.0	171%	1.0	167%
Dairy (cup equiv)	3.0	1.5	51%	1.5	50%
Oils (grams)	27.0	24.1	89%	26.6	99%
Maximum SoFAS (kcal)	258.0	188.0	73%	202.6	79%
Maximum SoFAS (% kcal)	13.0%	9%	meets guideline	10%	meets guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

Table 3-27. Food group and subgroup content of **FDPIR Entitlement + Bonus USDA Foods** on a per 2,000 calorie basis compared to 2010 USDA Food Pattern amounts for 2,000 kcal

Food Group	USDA Food pattern amounts per 2,000 kcal	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	2.0	1.1	56%	1.1	56%
Vegetables (cup equiv)	2.5	1.3	51%	1.2	50%
Dark green	0.2	<0.1	8%	<0.1	7%
Red and orange	0.8	0.5	58%	0.4	48%
Legumes	0.2	0.5	218%	0.4	202%
Starchy	0.7	0.6	80%	0.7	100%
Other	0.6	0.2	42%	0.1	24%
Total grains (oz equiv)	6.0	14.1	234%	12.6	210%
Whole	3.0	4.2	140%	1.4	47%
Refined	3.0	9.9	328%	11.2	374%
Protein foods (oz equiv)	5.5	3.9	70%	4.7	85%
Seafood	1.1	0.1	9%	0.2	15%
Meat, poultry, eggs	3.7	2.8	75%	3.6	96%
Nuts, seeds, soy products	0.6	1.0	171%	1.0	166%
Dairy (cup equiv)	3.0	1.5	50%	1.5	50%
Oils (grams)	27.0	24.0	89%	26.6	98%
Maximum SoFAS (kcal)	258.0	187.7	73%	202.3	78%
Maximum SoFAS (% kcal)	13.0%	9%	meets guideline	10%	meets guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

Food Sources of Calories. An examination of calories "as offered" and "as delivered" by food product is indicative of preferences; while FDPIR has distribution guides, participants and administering agencies can select specific products within broad food groups (like cereal or canned vegetables). As described in section 2.4.3, the "as offered" food package was developed by assuming equal representation of all products within a food category. In reality, participants can substitute one product for another, and so a comparison of the calories by food product in the "as offered" package with the "as delivered" package provides a glimpse into the popularity of the food products. Appendix G presents the nutrients for each food offered or delivered to a reference participant on a monthly basis for FDPIR. Although strong preference for RTE cereal over cooked cereal was not evident, much less whole grain rotini was delivered than was offered (less than 20% of the amount offered). Similarly, much less dehydrated potatoes, cornmeal, and whole wheat flour was delivered,

while the amount of white flour delivered was 70 percent greater than the amount offered. Deliveries of canned corn and tomato sauce were approximately double the amount offered, and delivery of fresh potatoes was three times than the amount offered. Peaches were preferred for canned fruit, but mixed fruit was more preferred for fresh fruit. Pinto beans were the preferred dry bean. Peanut butter was preferred over peanuts and regular American cheese over reduced fat cheese.

3.2.4 HEI-2005 Score for the FDPIR USDA Foods

Table 3-28 shows the HEI-2005 component and overall scores for the EFP and E+BFP, the average American diet, and the average diet of SNAP participants.[114] Both the EFP and the E+BFP compare favorably to the average American diet and the diet of average SNAP participants. The FDPIR achieved a score of 88.3 and 88.4 for the EFPO and E+BFPO respectively, and the package scored 85.2 and 85.3 for EFPD and E+BFPD respectively out of 100. These scores are more than 30 points above those achieved by Americans on average (57.5 out of 100) and by SNAP participants (51.9 out of 100).

[114]Cole, Nancy and Fox, Mary Kay. *Diet Quality of Americans by Food Stamp Participation Status: Data from the National Health and Nutrition Examination Survey, 1999-2004*. U.S. Department of Agriculture, Food and Nutrition Service, July 2008, page C-34. http://www.fns.usda.gov/ora/menu/Published/snap/FILES/Participation/NHANES-FSP.pdf.

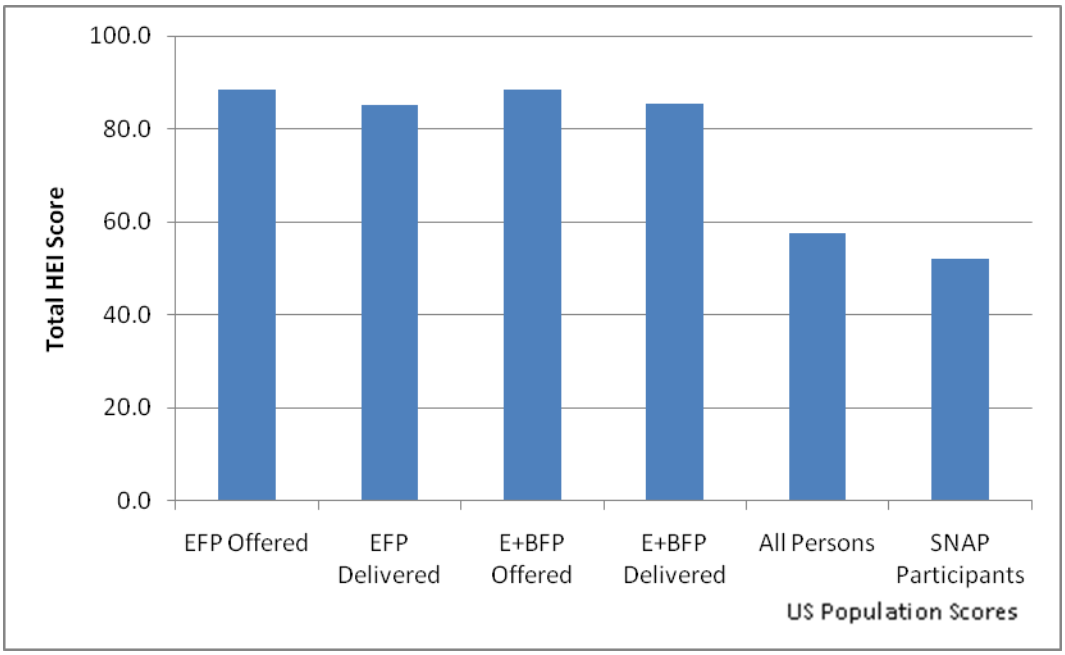
Table 3-28. HEI-2005 scores for the FDPIR food package, the average American diet, and the average diet of SNAP participants

		Maximum component score	EFP		E+BFP		Population scores (1999-2004)	
			Offered	Delivered	Offered	Delivered	All persons	SNAP participants
1	Total fruit	5	3.5	3.5	3.5	3.5	3.1	2.8
2	Whole fruit	5	4.4	4.0	4.4	4.0	3.5	2.5
3	Total vegetables	5	3.3	3.6	3.3	3.6	3.2	2.9
4	Dark green & orange veg & legumes	5	1.9	2.6	2.0	2.7	1.4	1.3
5	Total grains	5	5.0	5.0	5.0	5.0	5.0	5.0
6	Whole grains	5	5.0	2.3	5.0	2.3	1.0	0.7
7	Milk	10	5.8	5.7	5.8	5.7	6.3	5.6
8	Meat and beans	10	10.0	10.0	10.0	10.0	10.0	10.0
9	Oils	10	10.0	10.0	10.0	10.0	6.3	4.7
10	Saturated fat	10	9.8	9.2	9.8	9.2	3.9	3.8
11	Sodium	10	9.6	9.2	9.5	9.2	6.2	6.3
12	Calories from SoFAAS	20	20.0	20.0	20.0	20.0	7.2	5.7
Total HEI-2005 score		**100**	**88.3**	**85.2**	**88.4**	**85.3**	**57.5**	**51.9**

NOTE: SoFAAS = Calories from solid fat, alcohol, and added sugar.

Figure 3-7 below shows a comparison of the total HEI-2005 score for the FDPIR food packages, as well as the HEI-2005 score for the average American diet and the average diet of SNAP participants.

Figure 3-7. HEI-2005 overall scores for the average American diet, the average diet of SNAP participants, and the FDPIR food package



Discussion

The FDPIR provides a monthly food package to participating households and is designed to meet the nutrient needs of the reference participant. The "as offered" package performs well in relation to the DRI; it contributed at least 100 percent of the weighted average DRI for macronutrients and most vitamins and minerals. The 2008 FDPIR "as offered" package provided less than the weighted average per person RDA or AI for the following five nutrients: calcium, potassium, dietary fiber, and vitamins A and E.[115] Results from the current analysis show four of the same five nutrients below the weighted average DRI; inclusion of whole grain rotini may have helped the 2009 "as offered" food package in meeting the weighted average recommendation for dietary fiber. In addition, the "as offered" package provided about one third of the weighted average RDA for vitamin D, a nutrient that could not be analyzed in 2008. The sodium content of the food packages exceeded the weighted average AI both "as offered" and "as delivered." However, the sodium content does not exceed the weighted average acceptable upper intake limit. The TFP nutrient standards draw heavily upon the DRIs, therefore, it is not surprising that the TFP results are similar

[115]U.S. Department of Agriculture, Food and Nutrition Service, Office of Research and Analysis. *FDPIR Food Package Nutritional Quality. Report to Congress* by Edward Harper, Rebecca Orbeta, Lisa Southworth, Karen Meade, Rosalind Cleveland, Sheldon Gordon, Michael Buckley, and Jay Hirschman. Report FD-08-FDPIR. Alexandria, VA: November 2008, page 20.

to those from the DRI analysis. Preferences appear to have only slightly affected the nutrient content of the "as delivered" package when compared to the nutrient content of the "as offered" package. Although the "as delivered" package provided less dietary fiber and slightly lower amounts of the five nutrients below the weighted average DRI in the "as offered" package, the "as delivered" package still met or exceeded the weighted average DRI for most macronutrients, minerals, and vitamins.

The FDPIR "as offered" package contributed the weighted average recommended amount of the total grains food group and provided more than 100 percent of the weighted average recommended amount of both the whole grains and refined grains subgroups, and also provided more than 100 percent of the weighted average recommended amount of the nuts, seeds, and soy products and legumes subgroups. The "as offered" package also provided at least half the weighted average recommended amount of all other food groups. Similarly, compared to the major food group and whole grain recommendations on a per 2,000 calorie basis, the average FDPIR "as offered" package met the recommendations for grains and SoFAS and provided more than half the recommended amount of fruits, vegetables, protein, dairy, and oils. Although the "as delivered" package closely mirrors the food group content of the "as offered" package, participant and participating agency preference is clearly demonstrated by the difference in the amount of whole grains versus refined grains per 2,000 kcal. Although the "as offered" package exceeded the recommended amount of whole grains, the "as delivered" package provided just one third of the recommended amount. Appendix G provides the nutrient content of the USDA Foods in the "as offered" and "as delivered" food packages per month. An examination of the calories from whole grain food items in each package reveals that the "as delivered" food package provided less than one quarter of the amount of whole grain rotini and whole wheat flour than the "as offered" food package, and only slightly more than three quarters of the amount of oats. However, both "as offered" and "as delivered," the HEI-2005 score of the FDPIR package was about 30 points above those achieved by Americans on average, and by SNAP participants. These HEI-2005 results are comparable to those reported for the 2008 food package.

Thus, findings indicate that the FDPIR food package provided a nutritious variety of foods with sufficient calories for participants, and practically meets all the nutrient needs of participants.

3.3 National School Lunch Program (NSLP)

As stated in chapter 1, the NSLP has a statutory requirement to provide one-third of the DRI for children for calories, protein, calcium, iron, vitamins A and C, while providing no more than 30 percent of calories from fat and less than 10 percent of calories from saturated fat through the lunches provided. It is not expected that USDA Foods provide all of these requirements; however, it is valuable to assess the contribution of USDA Foods toward the one-third requirement as well as toward the dietary standards for the entire day. These requirements will be specifically addressed in the results of the NSLP USDA Food profile assessment.

In FY 2009, the NSLP entitlement USDA Foods provided a total of 1,041 million lbs to participating institutions serving 30,294,022 children, translating to about 34.4 lbs/participant/year or 86 g/participant/day. The entitlement USDA Foods delivered to participating institutions included varying amounts of foods from seven food groups, with the largest percentage as meat (40%) and the smallest percentage as milk (<1%). When bonus USDA Foods were included in the delivery (providing a total of 1,308 million lbs or 43 lbs/participant/yr, which translated to 108 g/participant/day), meats still accounted for the largest percentage (35%), and milk was still the smallest percentage (<1%) by weight. However, bonus USDA Foods increased the percentage of fruit, fruit juice, and vegetables delivered. The "as offered" entitlement food profile contained 30 g USDA Foods/participant/day; the inclusion of bonus foods increased the amount to 58 g USDA Foods/participant/day.

Figure 3-8. Food group* composition by weight (pounds) of the NSLP USDA Foods as a percentage of total weight of foods offered/delivered

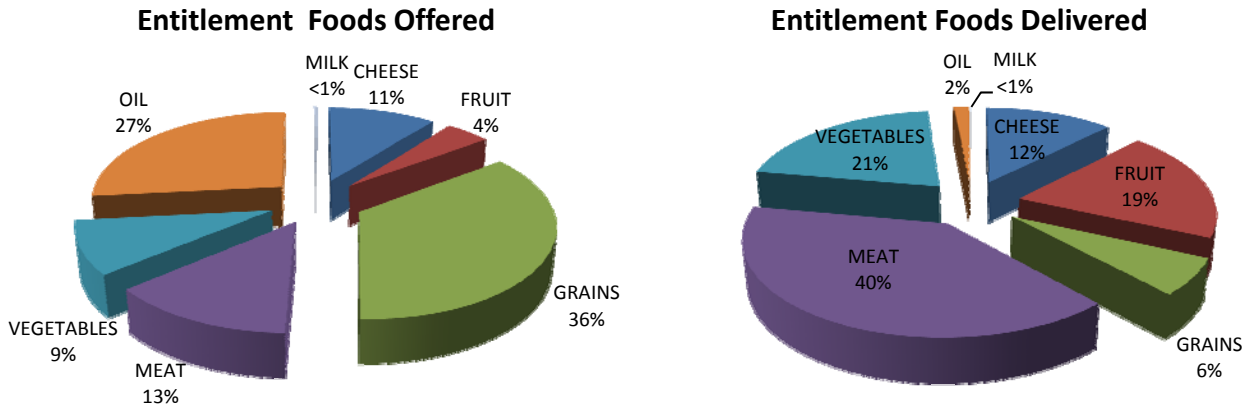
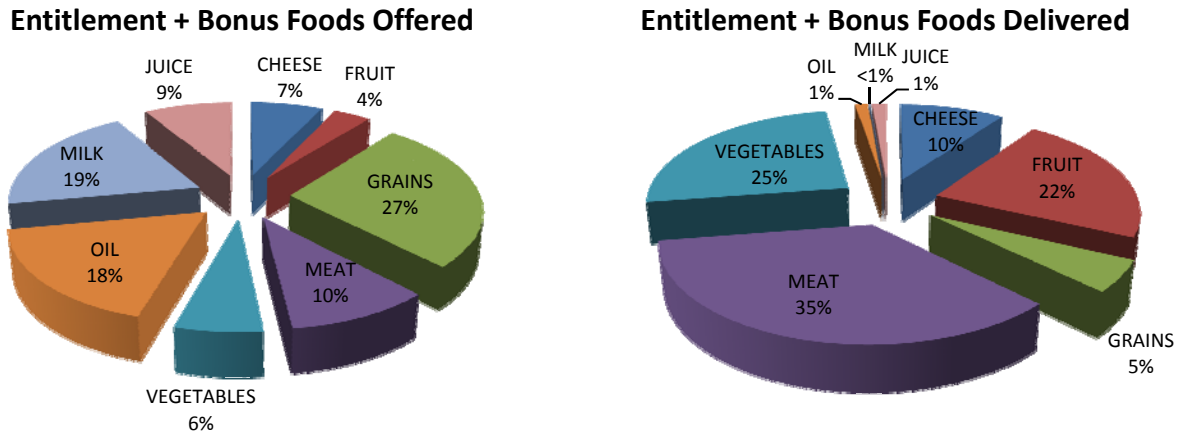


Figure 3-8. Food group* composition by weight (pounds) of the NSLP USDA Foods as a percentage of total weight of foods offered/delivered (continued)



*Food groups are those used to develop the "as offered" food profile, which were taken from the IOM report on School Meals.[116]

Table 3-29 provides a summary of the analysis of each food profile compared to the dietary standards. The table lists the nutrients that met the indicated percent of each dietary standard. A detailed discussion of the comparison with each dietary standard is presented in Sections 3.3.1 through 3.3.4.

[116]Institute of Medicine. 2010. *School Meals: Building Blocks for Healthy Children.* Washington, D.C.: The National Academies Press, page 271. http://www.fns.usda.gov/ora/MENU/Published/CNP/FILES/SchoolMealsIOM.pdf

Table 3-29. Summary of the nutrient content of NSLP USDA Foods relative to weighted average recommended intakes

Benchmark	Offered		Delivered	
	Entitlement	Entitlement + Bonus	Entitlement	Entitlement + Bonus
DRI	**Nutrients**			
>100%	-	-	-	-
76-100%	-	-	-	-
51-75%	-	-	-	-
26-50%	-	-	Protein	Protein
10-25%	-	Protein, Carbohydrate, Cu, P, Vit C, Vit E, Thiamin, Riboflavin, Vit B12	P, Na, Zn, Riboflavin, Niacin, Vit B6, Vit B12	Carbohydrate, Cu, P, Na, Zn, Vit C, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12
<10%	All	Kcal, Fiber, Ca, Fe, Mg, K, Na, Zn, Vit A, Vit D, Niacin, Vit B6, Folate	Kcal, Carbohydrates, Fiber, Ca, Cu, Fe, Mg, K, Vit A, Vit C, Vit D, Vit E, Thiamin, Folate	Kcal, Fiber, Ca, Fe, Mg, K, Vit A, Vit D, Vit E, Folate
TFP	**Nutrients**			
>100%	-	-	-	-
76-100%	-	-	-	-
51-75%	-	-	-	-
26-50%	-	-	-	-
10-25%	-	Cu, P, Vit C, Vit E, Thiamin, Riboflavin, Vit B12	P, Na, Zn, Riboflavin, Niacin, Vit B6, Vit B12	Cu, P, Na, Zn, Vit C, Thiamin, Riboflavin, Niacin, Vit B6, Vit B12
<10%	All	Kcal, Fiber, Ca, Fe, Mg, K, Na, Zn, Vit A, Niacin, Vit B6, Folate	Kcal, Fiber, Ca, Cu, Fe, Mg, K, Vit A, Vit C, Vit E, Thiamin, Folate	Kcal, Fiber, Ca, Fe, Mg, K, Vit A, Vit E, Folate
2010 USDA Food Pattern	**Food groups**			
>100%	-	-	-	-
76-100%	-	-	-	-
51-75%	-	-	-	-
26-50%	Oils	Oils	-	-
10-25%	-	Total grains,* Whole grains, Dairy	Starchy veg, Protein foods, Meat/poultry/eggs, Nuts/seeds/soy products, SoFAS	Starchy veg, Protein foods, Meat/poultry/eggs, Nuts/seeds/soy products, SoFAS
<10%	Fruits, Total veg and veg subgroups, Total grains and subgroups, Protein foods and subgroups, Dairy, SoFAS	Fruits, Total veg and veg subgroups, Refined grains, Protein foods and all subgroups, SoFAS	Fruits, Total veg, Dk green veg, Red/orange veg, Legumes, Total grains, Seafood, Dairy, Oils	Fruits, Total veg, Dk green veg, Red/orange veg, Legumes, Total grains, Seafood, Dairy, Oils

Table 3-29. Summary of the nutrient content of NSLP USDA Foods relative to recommended intakes (continued)

Benchmark	Offered		Delivered	
	Entitlement	Entitlement + Bonus	Entitlement	Entitlement + Bonus
2010 USDA Food Pattern	Food Groups/2,000 kcal			
>100%	Total grains, Whole grains, Refined grains, Oils	Total grains, Whole grains, Refined grains, Dairy, Oils	Starchy vegetables, Refined grains, Protein Foods, Meat/poultry/eggs, Nuts/seeds/soy products, Dairy, SoFAS	Starchy vegetables, Refined grains, Protein Foods, Meat/poultry/eggs, Nuts/seeds/soy products, SoFAS
76-100%	-	-	Oils	Fruits, Vegetables, Dairy, Oils
51-75%	Legumes, Starchy vegetables, Nuts/seeds/soy products	Legumes, Nuts/seeds/soy products	Fruits, Vegetables, Total grains	Total grains
26-50%	Vegetables, Dk green vegetables Dairy, SoFAS	Fruits, Dk green vegetables, Starchy vegetables	Red/orange vegetables	Red/orange vegetables, Legumes
10-25%	Fruits, Red/orange vegetables, Protein Foods, Seafood, Meat/poultry/eggs	Vegetables, Red/orange vegetables, Protein Foods, Seafood, Meat/poultry/eggs	Dk green vegetables, Legumes, Whole grains, Seafood	Dk green vegetables, Whole grains, Seafood
<10%	-	-	-	–

* *DGA* recommends replacing refined grains with whole grains; when refined grains are selected, they should be enriched.[117]

3.3.1 Comparison of the NSLP USDA Foods to the DRIs

Tables 3-30 through 3-32 present the comparison of the nutrient content of the NSLP EFP and E+BFP "as offered" and "as delivered" with the weighted average DRIs for the reference participant. Tables 3-30 and 3-31 compare the nutrient content of the EFPs with the weighted average RDAs, AIs, and AMDRs, while Table 3-32 presents the comparison of the nutrient content of the EFPs with the weighted average ULs.

[117]U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010; p. 36.

Table 3-30. Nutrient content of **NSLP Entitlement USDA Foods** compared to weighted average nutrient needs for reference participant

Nutrient/Macronutrient	Weighted average kcal assignment and DRI recommendations	As Offered		Delivered	
		Amount	% Met	Amount	% Met
Calories[1]	2104.0	121.6	6%	139.5	7%
Protein, g	36.3	2.3	6%	9.4	26%
Protein, % kcal	10-30	8%	below AMDR	27%	within AMDR
Carbohydrate, g	130.0	8.8	7%	10.2	8%
Carbohydrate, % kcal	45-65	29%	below AMDR	29%	below AMDR
Total fat, g	ND	8.8	N/A	6.9	N/A
Total fat, % kcal	25-35	65%	exceeds AMDR	44%	above AMDR
Saturated fat, g	as low as possible	1.6	N/A	2.6	N/A
Saturated fat, % kcal	ND	12%	N/A	17%	N/A
Linoleic acid, g	12.7	3.4	27%	1.0	8%
Linoleic acid, % kcal	5-10	25%	exceeds AMDR	6%	within AMDR
α-Linolenic acid, g	1.3	0.5	37%	0.1	9%
α-Linolenic acid, % kcal	0.6-1.2	4%	exceeds AMDR	1%	within AMDR
Cholesterol, mg	as low as possible	6.0	N/A	30.2	N/A
Total dietary fiber, g	31.9	1.0	3%	0.9	3%
Minerals					
Calcium, mg	1253.2	29.2	2%	80.7	6%
Copper, mg	0.7	<0.1	6%	0.1	9%
Iron, mg	10.8	0.5	4%	0.8	8%
Magnesium, mg	267.0	12.6	5%	16.1	6%
Phosphorus, mg	1133.0	50.0	4%	122.2	11%
Potassium, mg	4442.8	61.3	1%	160.7	4%
Sodium, mg[2]	≤1453.2	41.4	meets standard	146.1	meets standard
Zinc, mg	8.3	0.4	4%	1.2	15%
Vitamins					
Vitamin A, µg (RAE)	646.8	17.8	3%	34.0	5%
Vitamin C, mg	49.7	2.3	5%	3.9	8%
Vitamin D, µg	15.0	<0.1	<1%	0.1	1%
Vitamin E, mg	11.4	1.0	8%	0.5	4%
Thiamin, mg	0.9	0.1	6%	0.1	9%
Riboflavin, mg	1.0	<0.1	5%	0.1	11%
Niacin, mg	12.4	0.6	5%	2.1	17%
Vitamin B6, mg	1.0	<0.1	5%	0.1	14%
Vitamin B12, µg	1.9	0.1	3%	0.4	23%
Folate, µg (DFE)	310.4	14.6	5%	19.2	6%

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

[1] Calorie recommendation from the *Dietary Guidelines for Americans,* 2010.

[2] The *Dietary Guidelines for Americans*, 2010, note that Americans consume too much sodium; therefore, the AI is not the level of concern for most participants, but rather the UL.

Table 3-31. Nutrient content of **NSLP Entitlement + Bonus USDA Foods** compared to weighted average recommended nutrient needs for reference participant

Nutrient/Macronutrient	Weighted average kcal and DRI recommendations	As Offered		Delivered	
		Amount	% Met	Amount	% Met
Calories[1]	2104.0	188.6	9%	156.3	7%
Protein, g	36.3	5.2	14%	10.1	28%
Protein, % kcal	10-30	11%	within AMDR	26%	within AMDR
Carbohydrate, g	130.0	16.6	13%	13.2	10%
Carbohydrate, % kcal	45-65	35%	below AMDR	34%	below AMDR
Total fat, g	ND	11.6	N/A	7.1	N/A
Total fat, % kcal	25-35	56%	exceeds AMDR	41%	exceeds AMDR
Saturated fat, g	as low as possible	2.2	N/A	2.6	N/A
Saturated fat, % kcal	ND	10%	N/A	15%	N/A
Linoleic acid, g	12.7	4.4	35%	1.0	8%
Linoleic acid, % kcal	5-10	21%	exceeds AMDR	6%	within AMDR
α-Linolenic acid, g	1.3	0.6	48%	0.1	9%
α-Linolenic acid, % kcal	0.6-1.2	3%	exceeds AMDR	1%	within AMDR
Cholesterol, mg	as low as possible	9.5	N/A	31.6	N/A
Total dietary fiber, g	31.9	1.5	5%	1.3	4%
Minerals					
Calcium, mg	1253.2	104.3	8%	84.3	7%
Copper, mg	0.7	0.1	10%	0.1	11%
Iron, mg	10.8	0.7	7%	1.0	9%
Magnesium, mg	267.0	25.1	9%	19.5	7%
Phosphorus, mg	1133.0	122.5	11%	132.8	12%
Potassium, mg	4442.8	196.4	4%	211.8	5%
Sodium, mg[2]	≤1453.2	70.7	meets standard	156.2	meets standard
Zinc, mg	8.3	0.7	9%	1.3	16%
Vitamins					
Vitamin A, µg (RAE)	646.8	59.6	9%	37.8	6%
Vitamin C, mg	49.7	7.8	16%	6.6	13%
Vitamin D, µg	15.0	0.6	4%	0.1	1%
Vitamin E, mg	11.4	1.3	11%	0.5	5%
Thiamin, mg	0.9	0.1	13%	0.1	11%
Riboflavin, mg	1.0	0.2	16%	0.1	13%
Niacin, mg	12.4	1.0	8%	2.3	19%
Vitamin B6, mg	1.0	0.1	9%	0.2	17%
Vitamin B12, µg	1.9	0.3	16%	0.5	24%
Folate, µg (DFE)	310.4	28.9	9%	22.6	7%

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

[1] Calorie recommendation from the *Dietary Guidelines for Americans,* 2010.

[2] The *Dietary Guidelines for Americans*, 2010, note that Americans consume too much sodium; therefore, the AI is not the level of concern for most participants, but rather the UL.

Table 3-32. Nutrient content of **NSLP USDA Foods** compared to weighted average ULs for reference participant

Nutrient/Macronutrient	Weighted average UL	EFP		E+BFP	
		Offered	Delivered	Offered	Delivered
Minerals					
Calcium, mg	2922.0	29.2	80.7	104.3	84.3
Copper, mg	5.5	<0.1	0.1	0.1	0.1
Iron, mg	41.3	0.5	0.8	0.7	1.0
Phosphorus, mg	3844.0	50.0	122.2	122.5	132.8
Potassium, mg	ND[2]	61.3	160.7	196.4	211.8
Sodium, mg	2179.2	41.4	146.1	70.7	156.2
Zinc, mg	24.1	0.4	1.2	0.7	1.3
Vitamins					
Vitamin A, µg (RAE)	1861.2	17.8	34.0	59.6	37.8
Vitamin C, mg	1270.2	2.3	3.9	7.8	6.6
Vitamin D, µg	96.1	<0.1	0.1	0.6	0.1
Vitamin E (added), mg[1]	605.2	<0.1	<0.1	<0.1	<0.1
Thiamin, mg	ND	0.1	0.1	0.1	0.1
Riboflavin, mg	ND	<0.1	0.1	0.2	0.1
Niacin, mg[1]	21.8	0.6	2.1	1.0	2.3
Vitamin B6, mg	62.1	<0.1	0.1	0.1	0.2
Vitamin B12, µg	ND	0.1	0.4	0.3	0.5
Folate, µg (folic acid)[1]	620.8	4.7	5.3	7.1	5.4

[1] ULs for vitamin E, niacin, and folate apply only to synthetic forms obtained from supplements and/or fortified foods. Values for vitamin E and folate shown here are only the amounts added to foods; values for niacin have not been adjusted.

NSLP school lunches are required to provide at least one third of the daily calorie, protein, vitamin A, vitamin E, iron, and calcium needs for the participants.[118] Although the NSLP lunch includes a combination of USDA Foods and commercially available foods to help participants meet the energy and nutrient needs, the one third requirement serves as a useful standard when comparing the nutrient content of the food profiles. Meals in the NSLP are also required to provide no more than 30 percent of calories from fat, and less than 10 percent from saturated fat.

Energy. The EFPO and the E+BFPO provided 6 and 9 percent of the weighted average recommended amount of calories for the reference participant, respectively, which represent a contribution of 17 and 27 percent toward the amount of energy required daily by the NSLP. The EFPD and the E+BFPD provided similar amounts, contributing 20 and 22 percent, respectively, toward the requirement of one third of the recommended amount of calories for the reference participant.

[118]U.S. Department of Agriculture Food and Nutrition Service, *National School Lunch Program Fact Sheet*, page 1. http://www.fns.usda.gov/cnd/lunch/aboutlunch/NSLPFactSheet.pdf.

Macronutrients. The EFPO provided 6 percent of the weighted average RDA for protein, while the E+BFPO provided 14 percent of the weighted average RDA for protein; these contributed 19 and 43 percent respectively, toward the requirement of one third the recommended amount of protein for the reference participant. The EFPD and E+BFPD provided 26 and 28 percent of the weighted average RDA for protein (contributing 78 and 83% of the NSLP requirement). The EFPs and E+BFPs all exceeded the AMDR for total fat; in addition, the NSLP is required to provide less than 30 percent of calories from fat, but the food profiles all exceeded that requirement. Although the DRIs do not provide an AMDR for saturated fat, the NSLP is required to provide less than 10 percent of total calories from saturated fat; the E+BFPO provided 10 percent of total calories as saturated fat, while the other food profiles exceed that amount. The EFPO also provided 7 percent of the weighted average RDA for carbohydrate, while the E+BFPO provided 13 percent. The EFPD and E+BFPD provided 8 and 10 percent of the weighted average RDA for carbohydrates. The EFPs and E+BFPs provided 3 to 5 percent of the weighted average AI for dietary fiber.

Minerals. The EFPO provided 2 percent of the weighted average RDA for calcium, while the E+BFPO provided 8 percent of the weighted average RDA, representing a contribution of 7 and 25 percent toward the NSLP requirement of one third the weighted average RDA for calcium for the reference participant. The EFPO provided 4 percent of the weighted average RDA for iron and the E+BFPO provided 7 percent, representing a contribution of 12 and 19 percent toward the NSLP requirement for iron. The EFPD provided 6 percent of the weighted average RDA for calcium, and the E+BFPD provided 7 percent; these contributions represent 19 and 20 percent of the NSLP required amount of calcium. The EFPD provided 8 percent of the weighted average RDA for iron, and the E+BFPD provided 9 percent; these contributions represent 22 and 28 percent of the NSLP required amount of iron. The food profiles provided amounts of other minerals ranging from a low of 1 percent of the weighted average AI for potassium in the EFPO to a high of 16 percent of the weighted average RDA for zinc in the E+BFPD. All EFPs met the weighted average AI for sodium.

Vitamins. The EFPO provided 3 percent of the RDA for vitamin A, while the E+BFPO provided 9 percent of the RDA, representing a contribution of 8 and 28 percent toward the NSLP requirement of one third the RDA for vitamin A for the reference participant. The EFPO provided 5 percent of the RDA for vitamin C and the E+BFPO provided 16 percent, representing a contribution of 14 and 47 percent toward the NSLP requirement for vitamin C. The EFPD provided 5 percent of the RDA for vitamin A while the E+BFPD provided 6 percent, contributing 16 and 18 percent of the required amount of vitamin A, respectively. The EFPD provided 8 percent of the RDA for vitamin C, and the E+BFPD provided 13 percent; these contributions represent 24

and 40 percent of the required amount of vitamin C in the NSLP. The food profiles provided amounts of other vitamins ranging from a low of less than 1 percent of the RDA for vitamin D (in the EFPO) to a high of 24 percent of the RDA for vitamin B12 (in the E+BFPD).

Tolerable Upper Intake Levels. Note that nutrient levels for vitamin E and folate shown in Table 3-32 differ from the amounts shown in Tables 3-30 and 3-31, as the ULs for these nutrients (as well as for niacin) apply only to synthetic forms of the vitamins, such as would be found in supplements or added to foods during fortification. The amount of added vitamin E and folic acid in foods is provided by FNDDS, therefore these are the amounts compared to the UL. Although an UL for magnesium has been established, it applies only to intake from pharmacological agents and therefore is not included in table 3-32. As none of the food profiles in the NSLP provided more than 100 percent of the DRI for any minerals or vitamins, they also did not provide nutrient levels that met or exceeded the UL for any mineral or vitamin.

3.3.2 Comparison of the NSLP USDA Foods to the TFP Dietary Standards

Tables 3-33 and 3-34 compare the nutrient content of the EFPs and E+BFPs to the weighted average TFP for the reference participant.

The TFP dietary standards largely duplicate the AMDR, RDAs, and AIs of the DRIs. It is not surprising that the results of the comparison with the TFP standards are comparable to the comparison with the DRI. Notable differences are summarized below.

The weighted average energy requirement for the reference participant according to the TFP standards is slightly higher than the DRI. This is primarily due to the less discrete calorie requirements specified by the TFP standards. For example, the TFP groups children by 2-3 years of age, while the calorie recommendations used in the DRI comparison (taken from the *DGA*, 2010) list different calorie requirements by year until adulthood. The result is that the food profiles provided a slightly lower contribution toward the TFP energy requirement.

Table 3-33. Nutrient content of **NSLP Entitlement USDA Foods** compared to weighted average TFP standard for reference participant

Nutrient/Macronutrient	Weighted average TFP standard	Offered		Delivered	
		Amount	% Met	Amount	% Met
Calories	2299.6	121.6	5%	139.5	6%
Protein, g	N/A	2.3	N/A	9.4	N/A
Protein, % kcal	10-30	8%	below AMDR	27%	within AMDR
Carbohydrate, g	N/A	8.8	N/A	10.2	N/A
Carbohydrate, % kcal	45-65	29%	below AMDR	29%	below AMDR
Total fat, g	N/A	8.8	N/A	6.9	N/A
Total fat, % kcal	25-35	65%	exceeds AMDR	44%	exceeds AMDR
Saturated fat, g	N/A	1.6	N/A	2.6	N/A
Saturated fat, % kcal	<10	12%	exceeds standard	17%	exceeds standard
Linoleic acid, g	12.7	3.4	27%	1.0	8%
Linoleic acid, % kcal	5-10	25%	exceeds AMDR	6%	within AMDR
α-Linolenic acid, g	1.3	0.5	37%	0.1	9%
α-Linolenic acid, % kcal	0.6-1.2	4%	exceeds AMDR	1%	within AMDR
Cholesterol, mg	≤ 300	6.0	meets standard	30.2	meets standard
Total dietary fiber, g	31.9	1.0	3%	0.9	3%
Minerals					
Calcium, mg	1253.2	29.2	2%	80.7	6%
Copper, mg	0.7	<0.1	6%	0.1	9%
Iron, mg	10.8	0.5	4%	0.8	8%
Magnesium, mg	267.0	12.6	5%	16.1	6%
Phosphorus, mg	1133.0	50.0	4%	122.2	11%
Potassium, mg*	3705.3-4120.7	61.3	2%	160.7	4%
Sodium, mg	≤2179.2	41.4	meets standard	146.1	meets standard
Zinc, mg	8.3	0.4	4%	1.2	15%
Vitamins					
Vitamin A, µg (RAE)	646.8	17.8	3%	34.0	5%
Vitamin C, mg	49.7	2.3	5%	3.9	8%
Vitamin D, µg	N/A	<0.1	N/A	0.1	N/A
Vitamin E, mg*	11.2-11.4	1.0	9%	0.5	4%
Thiamin, mg	0.9	0.1	6%	0.1	9%
Riboflavin, mg	1.0	<0.1	5%	0.1	11%
Niacin, mg	12.4	0.6	5%	2.1	17%
Vitamin B6, mg	1.0	<0.1	5%	0.1	14%
Vitamin B12, µg	1.9	0.1	3%	0.4	23%
Folate, µg (DFE)	310.4	14.6	5%	19.2	6%

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

* Value for % Met is the percent of the lower value in the acceptable range for the standard.

Table 3-34. Nutrient content of **NSLP Entitlement + Bonus USDA Foods** compared to weighted average TFP standard for reference participant

Nutrient/Macronutrient	Weighted average TFP standard	Offered		Delivered	
		Amount	% Met	Amount	% Met
Calories	2299.6	188.6	8%	156.3	7%
Protein, g	N/A	5.2	N/A	10.1	N/A
Protein, % kcal	10-30	11%	within AMDR	26%	within AMDR
Carbohydrate, g	N/A	16.6	N/A	13.2	N/A
Carbohydrate, % kcal	45-65	35%	below AMDR	34%	below AMDR
Total fat, g	N/A	11.6	N/A	7.1	N/A
Total fat, % kcal	25-35	56%	exceeds AMDR	41%	exceeds AMDR
Saturated fat, g	N/A	2.2	N/A	2.6	N/A
Saturated fat, % kcal	<10	10%	exceeds standard	15%	exceeds standard
Linoleic acid, g	12.7	4.4	35%	1.0	8%
Linoleic acid, % kcal	5-10	21%	exceeds AMDR	6%	within AMDR
α-Linolenic acid, g	1.3	0.6	48%	0.1	9%
α-Linolenic acid, % kcal	0.6-1.2	3%	exceeds AMDR	1%	within AMDR
Cholesterol, mg	≤ 300	9.5	meets standard	31.6	meets standard
Total dietary fiber, g	31.9	1.5	5%	1.3	4%
Minerals					
Calcium, mg	1253.2	104.3	8%	84.3	7%
Copper, mg	0.7	0.1	10%	0.1	11%
Iron, mg	10.8	0.7	7%	1.0	9%
Magnesium, mg	267.0	25.1	9%	19.5	7%
Phosphorus, mg	1133.0	122.5	11%	132.8	12%
Potassium, mg*	3705.3-4120.7	196.4	5%	211.8	6%
Sodium, mg	≤2179.2	70.7	meets standard	156.2	meets standard
Zinc, mg	8.3	0.7	9%	1.3	16%
Vitamins					
Vitamin A, µg (RAE)	646.8	59.6	9%	37.8	6%
Vitamin C, mg	49.7	7.8	16%	6.6	13%
Vitamin D, µg	N/A	0.6	N/A	0.1	N/A
Vitamin E, mg*	11.2-11.4	1.3	11%	0.5	5%
Thiamin, mg	0.9	0.1	13%	0.1	11%
Riboflavin, mg	1.0	0.2	16%	0.1	13%
Niacin, mg	12.4	1.0	8%	2.3	19%
Vitamin B6, mg	1.0	0.1	9%	0.2	17%
Vitamin B12, µg	1.9	0.3	16%	0.5	24%
Folate, µg (DFE)	310.4	28.9	9%	22.6	7%

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

* Value for % Met is the percent of the lower value in the acceptable range for the standard.

The TFP standards differ from the DRIs for three nutrients: sodium, potassium, and vitamin E. The TFP standard for sodium is set to the median consumption or the UL for sodium, whichever is higher. The EFPs all provided less sodium than the weighted average UL for the reference participant. The TFP has a range of values for the potassium and vitamin E standards. The EFPO contributed 2 percent, and the E+BFPO contributed 5 percent, toward lower limit of the weighted average recommendation for potassium, while the EFPD and E+BFPD provided 4 and 6 percent respectively. The EFPO provided 9 percent and the E+BFPO provided 11 percent of the lower limit of the weighted average recommendation for vitamin E, while the EFPD contributed 4 percent and E+BFPD contributed 5 percent of the lower limit of the weighted average recommendation for vitamin E.

3.3.3 Comparison of the NSLP USDA Foods with the 2010 USDA Food Pattern

Tables 3-35 through 3-38 compare the NSLP food profiles to the weighted average recommendations from the USDA Food Pattern from the *DGA, 2010*. Subgroup amounts are shown under the row for the group total; amounts of subgroups are included in the group total amounts and are included to provide additional information about the contents of the food profiles. Tables 3-35 and 3-36 show a direct comparison of the food group content of the NSLP profiles to the weighted average 2010 USDA Food Pattern recommendation for the reference participant. Tables 3-37 and 3-38 show the comparison of the nutrient content of the EFPs standardized to 2,000 calories and compared to 2010 USDA Food Pattern recommended amounts at the 2,000 kcal level. Standardizing the content of the food profiles to 2,000 kcal acknowledges the calorie differences between the *DGA* recommendations and the calorie content of the EFPO and EFPD. Standardizing to 2,000 kcal allows a "food group density" evaluation, providing another way to assess the food profiles.

Food Group Comparison. Tables 3-35 and 3-36 compare the food group content of the EFPs and E+BFPs to the weighted average 2010 USDA Food Pattern recommendations for the reference participant. The EFPO contributed 27 percent of the weighted average amount of oils recommended for the reference participant, 7 percent of the weighted average recommended amount of total grains, and 1 to 3 percent of the weighted average recommended amount of fruits, vegetables, protein foods, and dairy. The E+BFPO similarly provided 35 percent of the weighted average recommended amount of oils, 11 percent of the weighted average recommended amount of dairy products, 10 percent of the weighted average recommended amount of total grains, 4 percent

of the weighted average recommended amount of fruits, and 2 percent of the weighted average recommended amount of both vegetables and protein foods. The EFPD provided 14 percent of the weighted average recommended amount of protein foods, 8 percent of the weighted average recommended amount of dairy, 6 percent of the weighted average recommended amount of oils, and 4 percent of the weighted average recommended amount of fruits, grains and vegetables. The E+BFPD provided 15 percent of the weighted average recommended amount of protein foods, 8 percent of the weighted average recommended amount of dairy, 7 percent of the weighted average recommended amount of both fruits and vegetables, 6 percent of the weighted average recommended amount of oils, and 4 percent of the weighted average recommended amount of grains. Neither the EFPO nor the E+BFPO exceeded the weighted average maximum SoFAS, either in total grams or as a percent of calories. The EFPD and E+BFPD provided 6 percent of the

Table 3-35. Food group and subgroup content of **NSLP Entitlement USDA Foods** compared to weighted average 2010 USDA Food Pattern recommendations for reference participant

Food Group	Weighted average USDA Food Pattern amount	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	1.8	<0.1	1%	0.1	4%
Vegetables (cup equiv)	2.8	<0.1	2%	0.1	5%
Dark green	0.3	<0.1	2%	<0.1	1%
Red and orange	0.8	<0.1	1%	<0.1	2%
Legumes	0.3	<0.1	3%	<0.1	1%
Starchy	0.8	<0.1	3%	0.1	11%
Other	0.7	<0.1	1%	<0.1	2%
Total grains (oz equiv)	7.0	0.5	7%	0.3	4%
Whole	3.6	0.3	8%	<0.1	1%
Refined	3.5	0.2	6%	0.3	7%
Protein foods (oz equiv)	5.7	0.1	1%	0.8	14%
Seafood	1.3	<0.1	1%	<0.1	1%
Meat, poultry, eggs	3.9	<0.1	1%	0.7	19%
Nuts, seeds, soy products	0.6	<0.1	4%	0.1	11%
Dairy (cup equiv)	3.0	0.1	2%	0.2	8%
Oils (grams)	27.8	7.6	27%	1.6	6%
Maximum SoFAS (kcal)	238.1	7.0	3%	30.7	13%
Maximum SoFAS (% kcal)	11%	6%	meets guideline	22%	exceeds guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

Table 3-36. Food group and subgroup content of **NSLP Entitlement + Bonus USDA Foods** compared to weighted average 2010 USDA Food Pattern recommendations for reference participant

Food Group	Weighted average USDA Food Pattern amount	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	1.8	0.1	4%	0.1	7%
Vegetables (cup equiv)	2.8	0.1	2%	0.2	7%
Dark green	0.3	<0.1	3%	<0.1	1%
Red and orange	0.8	<0.1	2%	<0.1	3%
Legumes	0.3	<0.1	5%	<0.1	3%
Starchy	0.8	<0.1	4%	0.1	17%
Other	0.7	<0.1	1%	<0.1	3%
Total grains (oz equiv)	7.0	0.7	10%	0.3	4%
Whole	3.6	0.4	10%	<0.1	1%
Refined	3.5	0.3	9%	0.3	7%
Protein foods (oz equiv)	5.7	0.1	2%	0.9	15%
Seafood	1.3	<0.1	1%	<0.1	1%
Meat, poultry, eggs	3.9	<0.1	1%	0.8	20%
Nuts, seeds, soy products	0.6	<0.1	5%	0.1	12%
Dairy (cup equiv)	3.0	0.3	11%	0.2	8%
Oils (grams)	27.8	9.9	35%	1.6	6%
Maximum SoFAS (kcal)	238.1	10.3	4%	31.4	13%
Maximum SoFAS (% kcal)	11%	5%	meets guideline	20%	exceeds guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

weighted average maximum number of calories from SoFAS, and both exceed the weighted average guideline for maximum SoFAS as a percent of calories.

Density Comparison. Tables 3-37 and 3-38 present the comparison of the food group content standardized to 2,000 kcal with the 2010 USDA Food Pattern recommendations at the 2,000 kcal level.

- **Fruits.** The EFPO provided 20 percent of the recommended amount of fruit per 2,000 kcal, while the E+BFPO provided 42 percent of the recommended amount per 2,000 kcal. The EFPD provided 57 percent and the E+BFPD provided 77 percent of the recommended amount of fruit per 2,000 kcal.

Table 3-37. Food group and subgroup content of **NSLP Entitlement USDA Foods** on a per 2,000 calorie basis compared to 2010 USDA Food Pattern 2,000 kcal recommendations

Food Group	USDA Food Pattern amounts per 2,000 kcal	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	2.0	0.4	20%	1.1	57%
Vegetables (cup equiv)	2.5	0.8	30%	1.8	73%
Dark green	0.2	0.1	42%	<0.1	13%
Red and orange	0.8	0.2	24%	0.3	34%
Legumes	0.2	0.1	54%	<0.1	20%
Starchy	0.7	0.4	51%	1.3	183%
Other	0.6	0.1	20%	0.2	40%
Total grains (oz equiv)	6.0	7.9	132%	4.0	67%
Whole	3.0	4.4	148%	0.4	15%
Refined	3.0	3.5	116%	3.6	120%
Protein foods (oz equiv)	5.5	1.0	19%	11.5	209%
Seafood	1.1	0.1	10%	0.1	10%
Meat, poultry, eggs	3.7	0.5	14%	10.4	281%
Nuts, seeds, soy products	0.6	0.4	73%	0.9	165%
Dairy (cup equiv)	3.0	1.2	39%	3.3	110%
Oils (grams)	27.0	125.8	466%	22.4	83%
Maximum SoFAS, kcal	258.0	114.6	44%	439.5	170%
Maximum SoFAS, % kcal	13%	6%	meets guideline	22%	exceeds guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

Table 3-38. Food group and subgroup content of **NSLP Entitlement + Bonus USDA Foods** on a per 2,000 calorie basis compared to 2010 USDA Food Pattern 2,000 kcal recommendations

Food Group	USDA Food Pattern amounts per 2,000 kcal	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	2.0	0.8	42%	1.5	77%
Vegetables (cup equiv)	2.5	0.6	25%	2.4	96%
Dark green	0.2	0.1	35%	<0.1	12%
Red and orange	0.8	0.2	20%	0.4	46%
Legumes	0.2	0.1	65%	0.1	45%
Starchy	0.7	0.3	44%	1.7	241%
Other	0.6	0.1	17%	0.3	50%
Total grains (oz equiv)	6.0	7.3	122%	3.7	62%
Whole	3.0	4.0	132%	0.5	15%
Refined	3.0	3.3	111%	3.2	108%
Protein foods (oz equiv)	5.5	0.9	17%	11.0	200%
Seafood	1.1	0.1	12%	0.1	11%
Meat, poultry, eggs	3.7	0.4	12%	9.9	268%
Nuts, seeds, soy products	0.6	0.4	61%	0.9	162%
Dairy (cup equiv)	3.0	3.3	112%	3.0	99%
Oils (grams)	27.0	104.5	387%	20.5	76%
Maximum SoFAS, kcal	258.0	109.4	42%	401.4	156%
Maximum SoFAS, % kcal	13%	5%	meets guideline	20%	exceeds guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

- **Vegetables.** The EFPO provided 30 percent of the recommended amount of total vegetables per 2,000 kcal; including 42 percent of the dark green vegetables, 24 percent of the red and orange vegetables, 53 percent of the legumes, and 51 percent of the starchy vegetables recommended. The E+BFPO provided 25 percent of the recommended amount of vegetables per 2,000 kcal; including 35 percent of the dark green vegetables, 20 percent of the red and orange vegetables, 65 percent of the legumes, and 44 percent of the starchy vegetables recommended. The EFPD provided 73 percent of the recommended amount of vegetables per 2,000 kcal; including 13 percent of the dark green vegetables, 34 percent of the red and orange vegetables, 20 percent of the legumes, and 183 percent of the starchy vegetables recommended. The E+BFPD provided 96 percent of the recommended amount of vegetables per 2,000 kcal; including 12 percent of the dark green vegetables, 46 percent of the red and orange vegetables, 45 percent of the legumes, and 241 percent of the starchy vegetables recommended.

- **Grains.** The EFPO provided 132 percent of the recommended amount of total grains per 2,000 kcal; including 148 percent of the whole grains and 116 percent of the refined grains recommended. The E+BFPO provided 122 percent of the recommended amount of total grains per 2,000; including 132 percent of the whole grains and 111 percent of the refined grains recommended. The EFPD provided 67 percent of the recommended amount of total grains per 2,000 calories; including 15 percent of the whole grains and 120 percent of the refined grains recommended. The E+BFPD provided 62 percent of the recommended amount of total grains per 2,000 calories; including 15 percent of the whole grains and 108 percent of the refined grains recommended.

- **Protein Foods.** The EFPO and the E+BFPO provided approximately 20 percent of the recommended amount of protein foods per 2,000 kcal; including 10-14 percent of the recommended amount of the seafood and meat, poultry, and eggs subgroups; the EFPO provided 73 percent of the recommended amount of nuts, seeds, and soy products per 2,000 kcal, while the E+BFPO provided 61 percent. The EFPD and the E+BFPD each provided more than twice the recommended amount of protein foods per 2,000 kcal, and although the amount of seafood provided was still around 10 percent of the amount recommended, the EFPD and the E+BFPD provided over twice the recommended amount of meat, poultry, and eggs. The amount of nuts, seeds, and soy products was just over 165 percent of the recommended amount per 2,000 kcal for both the EFPD and E+BFPD.

- **Dairy.** The EFPO provided 39 percent of the recommended amount of the dairy group per 2,000 kcal, while the E+BFPO provided 112 percent of the recommended amount. The EFPD and the E+BFPD provided 110 and 99 percent of the recommended amount of dairy per 2,000 kcal, respectively.

- **Oils.** The EFPO provided more than four times the recommended amount of oils per 2,000 kcal, while the E+BFPO provided more than three and one-half the recommended amount. The EFPD and the E+BFPD provided 83 and 76 percent of the recommended amount of oils per 2,000 kcal.

- **SoFAS.** The EFPO and the E+BFPO provided 44 and 42 percent of the maximum number of calories from SoFAS per 2,000 calories, and did not exceed the recommended amount of SoFAS as a percent of calories. The EFPD and E+BFPD provided 170 and 156 percent of the maximum number of calories from SoFAS per 2,000 calories, and also exceeded the recommendation for SoFAS as a percent of calories.

Food Sources of Calories. An examination of calories "as offered" and "as delivered" by food product is indicative of preferences; although the NSLP does not have distribution guides or limits, an "as offered" food profile was created as described in section 2.4.3 to represent the USDA Foods made available to participating agencies. The "as offered" food profile was developed by assuming equal representation of all products within a food category. In reality, participating agencies make selections based on a number of factors, including participant preference, storage facility constraints,

and cost considerations. A comparison of the calories by food product in the "as offered" food profile with the "as delivered" food profile provides a glimpse into the popularity of the food products. Appendix H presents the nutrients per month for participants in NSLP. On the basis of calories offered and delivered, nearly 17 times more brown rice was offered than delivered, while the amount of white rice delivered nearly equaled the amount offered. Similarly, more whole grain pasta and whole wheat flour were offered than were delivered. Corn was the preferred canned vegetable, and though deliveries of most fresh vegetables were smaller than the amount offered, deliveries of fresh potatoes were nearly eight times greater than offered. Other fresh vegetables delivered in amounts greater than offered included carrots, celery, iceberg lettuce, and salad mix. Frozen potatoes, frozen carrots, and frozen corn were all delivered in greater amounts than offered. Meat, poultry, and fish products are offered as either canned, fresh (chilled), or frozen products. Although canned meats were delivered at approximately the same amount as offered, there were some striking differences for fresh and frozen products. Whole chicken and frozen ground beef were delivered in amounts over 250 times greater than offered. Other products delivered in far greater amounts than offered included fresh whole turkey, fresh beef roast, and most frozen meats other than catfish, ground turkey, and turkey pieces. Peanut butter and fruit-and-nut mix were delivered in much greater amounts than offered, while other nut products were delivered in smaller amounts than offered. Mozzarella cheese was delivered in amounts more than 15 times greater than offered; American (both regular and reduced fat) and cheddar cheeses were also delivered in greater amounts than offered, while reduced fat cheddar cheese was delivered in smaller amounts than offered. Both milk products and both oil products were offered in much greater amounts than delivered, while eggs were delivered in amounts comparable to that offered.

3.3.4 HEI-2005 Score for the NSLP USDA Foods

Table 3-39 shows the HEI-2005 component and overall scores for the EFPs and E+BFPs, the average diet of American children, and the average diet of child SNAP participants.[119] Both "as offered" and "as delivered" food profiles compared favorably to the average American diet and the diet of average SNAP participants. The average NSLP food profiles achieved scores of 69.5 and 78.1 for EFPO and E+BFPO respectively, and 72.4 and 74.1 for EFPD and E+BFPD respectively out of 100. These scores are approximately 15 points above those achieved by American children on average (55.0 out of 100) and by child SNAP participants (53.2 out of 100).

[119]Cole, Nancy and Fox, Mary Kay. *Diet Quality of Americans by Food Stamp Participation Status: Data from the National Health and Nutrition Examination Survey, 1999-2004*. U.S. Department of Agriculture, Food and Nutrition Service, July 2008, page C-35. http://www.fns.usda.gov/ora/menu/Published/snap/FILES/Participation/NHANES-FSP.pdf.

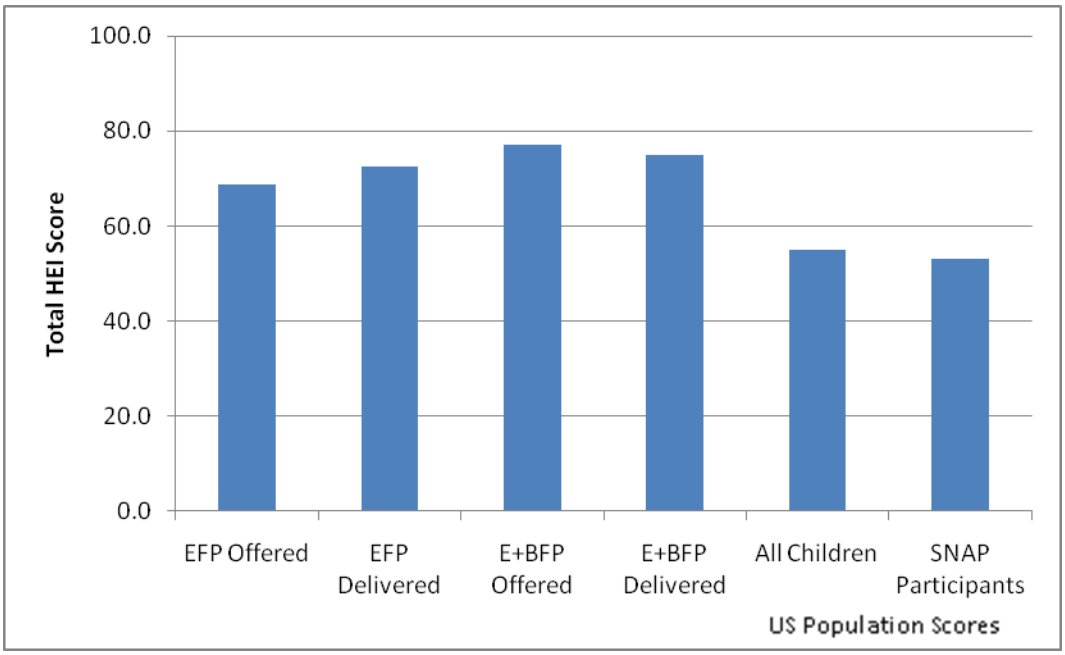
Table 3-39. HEI-2005 scores for the NSLP USDA Foods, the average diet for American children (ages 2-18), and the average diet of child SNAP participants (ages 2-18)

		Maximum component score	EFP		E+BFP		Children (ages 2-18) 1999-2004	
			Offered	Delivered	Offered	Delivered	All children	SNAP participants
1	Total fruit	5	1.2	3.6	2.6	4.8	3.4	3.4
2	Whole fruit	5	2.3	5.0	2.0	5.0	3.1	2.7
3	Total vegetables	5	1.7	4.3	1.4	5.0	2.3	2.4
4	Dark green & orange veg & legumes	5	1.1	0.9	0.9	1.3	0.8	0.9
5	Total grains	5	5.0	3.4	5.0	3.1	5.0	5.0
6	Whole grains	5	5.0	0.7	5.0	0.8	0.9	0.6
7	Milk	10	4.5	10.0	10.0	10.0	8.4	7.8
8	Meat and beans	10	3.0	10.0	3.0	10.0	8.0	8.5
9	Oils	10	10.0	9.3	10.0	8.5	5.8	5.3
10	Saturated fat	10	5.0	0.0	7.2	0.0	4.1	3.6
11	Sodium	10	10.0	8.3	10.0	8.5	5.4	5.2
12	Calories from SoFAAS	20	20.0	17.1	20.0	18.0	7.1	7.1
Total HEI-2005 Score		**100**	**68.8**	**72.4**	**77.2**	**74.9**	**55.0**	**53.2**

NOTE: SoFAAS = Calories from solid fat, alcohol, and added sugar.

Figure 3-9 shows a comparison of the total HEI-2005 score for the NSLP food profiles, as well as the HEI-2005 score for the average diet of American children ages 2-18 and the average diet of child SNAP participants, also ages 2-18.

Figure 3-9. HEI-2005 overall scores for average diet of American children (ages 2-18), the average diet of child SNAP participants (ages 2-18), and the NSLP USDA Foods



Discussion

As the NSLP does not have distribution guides, the creation of an "as offered" food profile relied on the costs of foods and funds available to schools in SY 2009, with an equal portion of the funds available being attributed to each food group. The methodology relied on the actual spending in FY 2009, and as not all USDA Foods made available to the NSLP were actually delivered as entitlement foods, not all USDA Foods are included in the "as offered" food profile; for example, juice was delivered only as a bonus food in FY2009. The lack of distribution guides and the variability in food selections across administering agencies means that the food profile "as offered" may not reflect the actual variety and quantity of USDA foods provided in any one school.

The NSLP is required to provide one third of the daily calorie, protein, calcium, iron, vitamin A, and vitamin E needs for the participants through the foods provided at lunch. The "as delivered" food profiles contributed nearly one quarter of the required amount of calories (one third of the weighted average kcal requirement). It is of note that meats, vegetables, and fruit represented significantly more of the "as delivered" food profiles than the "as offered" food profiles, while grains were a significantly smaller fraction of the "as delivered" food profiles. These differences are reflected in the nutrient analysis, as the "as offered" entitlement food profile did not meet the AMDR for

protein, though the addition of bonus USDA Foods increased the protein to be within the AMDR. Both "as delivered" food profiles met the AMDR for protein; the "as delivered" food profile with bonus foods contributed 83 percent toward the amount of protein required daily in the NLSP (one third of the weighted average recommendation for the reference participant). All food profiles were below the AMDR for carbohydrates, and all exceeded the AMDR for fat. Although the "as offered" food profiles contained a large percentage of oils (18 to 27% of the total weight), the "as delivered" food profiles contained 2 percent or less, indicating that the fat content in the "as delivered" food profiles was due primarily to the other food groups, likely the cheese and meat groups. The NSLP is required to provide less than 30 percent of total fat calorie and less than 10 percent of calories from saturated fat, but the "as delivered" food profile with bonus foods exceeded those requirements.

The "as delivered" food profile with bonus foods contributed substantially to the requirement to provide one third of the weighted average recommended amounts of selected minerals and vitamins. The "as delivered" food profile provided 20 percent of the one third requirement of calcium, 28 percent of the one third requirement of iron, 18 percent of the one third requirement vitamin A, and 40 percent of the one third requirement vitamin C. On average, USDA Foods in the "as delivered" food profile with bonus foods contributed between five and 20 percent of the weighted average DRI of the remaining minerals and vitamins.

The food profiles provided between 1 and 15 percent of the recommended amount of all food groups except the oils food group; the "as offered" food profiles provided 27 to 35 percent of the weighted average 2010 USDA Food Pattern recommended amount of oils, while the "as delivered" food profiles provided 6 percent. The comparison of the various food profiles on the basis of 2,000 calories shows that foods offered and delivered in the NSLP can contribute significantly to the variety in the diet of the participants. The "as delivered" food profiles contribute more than twice the recommended amount of protein foods, 100 percent of the recommended amount of dairy products, and well over half the recommended amounts of fruit, vegetables, grains, and oils per 2,000 calories. Both "as delivered" food profiles exceed the recommended amount of SoFAS per 2,000 calories.

Although both the comparison of the "as offered" and "as delivered" food profiles with the DRI and the 2010 USDA Food Pattern recommendations indicated that the fat content of the food profiles exceeded recommended amounts, it is important to keep in mind that the USDA Foods do not represent all of the foods included in lunches served, but are merely a fraction of all foods served at lunch. In addition, it should be noted that the HEI-2005 score for all food profiles in the NSLP compared quite favorably to those of the average American child and average child SNAP

participant. This comparison indicates that the variety and relative quantities of USDA Foods provided to the NSLP has the potential to improve the diet of the participants.

The NSLP is one of the oldest nutrition assistance programs implemented by the USDA. Since its inception, the nutrition guidelines for the NSLP have expanded from preventing hunger and malnutrition to preventing hunger as well as providing healthy, balanced meals in school-age children.[120]

Recent estimates indicate that USDA Foods represent between 15-20 percent of foods in school meals. A report published by the Robert Wood Johnson Foundation assessed commodity orders among California schools in SY 2005-6 and reported that more than 82 percent of the State's school entitlement value was directed toward meat and cheese products.[121] The findings of the current evaluation indicate that while meats still account for the largest delivery amount by weight (data by cost was not examined), milk was the least delivered USDA Food in the food profile. Similarly, the 2008 report from Food Research and Action Center (FRAC) stated that "a common complaint that is voiced about the traditional school lunch commodity program is that it does not offer fresh fruits and vegetables. It actually does, but the amounts and types available are relatively small. Canned and frozen fruits and vegetables are more often available as commodity foods."[122] In the current evaluation, we note that bonus USDA Foods enhanced the fruit, fruit juice, and vegetable amount in the "as delivered" food profile. Appendix H provides the nutrient content of the USDA Foods in the "as offered" and "as delivered" food profiles. The calories from fruit items in the "as delivered" food profile show that deliveries of fresh apples, grapes, oranges, and pears were much greater than offered, as were deliveries of fresh carrots, celery, lettuce, and potatoes.

Prior studies on the nutrient contribution of NSLP to the diets of participating children indicate that NSLP meals provide excess energy from fat. In the current evaluation, the entitlement USDA Food profile and the entitlement + bonus USDA Food profile "as delivered" provided more than the recommended 30 percent of total energy from fat. Since the USDA Foods are combined with other foods, these data should not be interpreted to imply that NSLP meals fail to comply with the recommendations of providing no more than 30 percent of total energy from fat. The current data

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[120]U.S. Department of Agriculture Economic Research Service, ERS Report Summary. *National School Lunch Program: Background, Trends, and Issues*. 2008, page 1. http://www.ers.usda.gov/Publications/ERR61/err61_reportsummary.pdf.

[121]Hecht, K., et al. *The impact of the Federal child nutrition commodity program on the nutritional quality of school meals in California.* Princeton: Robert Wood Johnson Foundation, 2008.

[122]Food Research and Action Center. *USDA Foods and the Nutritional Quality of the National School Lunch Program: Historical Role, Current Operations, and Future Potential,* page 10. http://frac.org/newsite/wp-content/uploads/2009/09/commodities08.pdf.

simply mean that USDA Foods provided more than one third of the total energy from fat, and States have the responsibility of ensuring that the combination of USDA Foods and commercially available foods meet the meal pattern requirements for school lunch.

USDA has been making continual changes in the school lunch USDA Foods program, and actively responds to complaints from participating State agencies, school lunch managers, and public health nutritionists. This is reflected in the major changes in foods purchased by the USDA, which include more whole grains, trans fat-free products, and low- or salt-free products. The recent IOM report[123] has made several recommendations to align school meals with the *DGA*. These recommendations focus on adoption of standards for menu planning in three specific areas: (1) increase the amount of fruits, vegetables, and whole grains, (2) set a minimum and maximum level of calories, and (3) increase the focus on reducing the amount of saturated fat and sodium. The findings from this evaluation suggest that the FY 2009 USDA Food profiles are already in line with the IOM recommendations on fruits and vegetables and sodium, as well as for whole grains in the "as offered" food profile.

3.4 The Emergency Food Assistance Program (TEFAP)

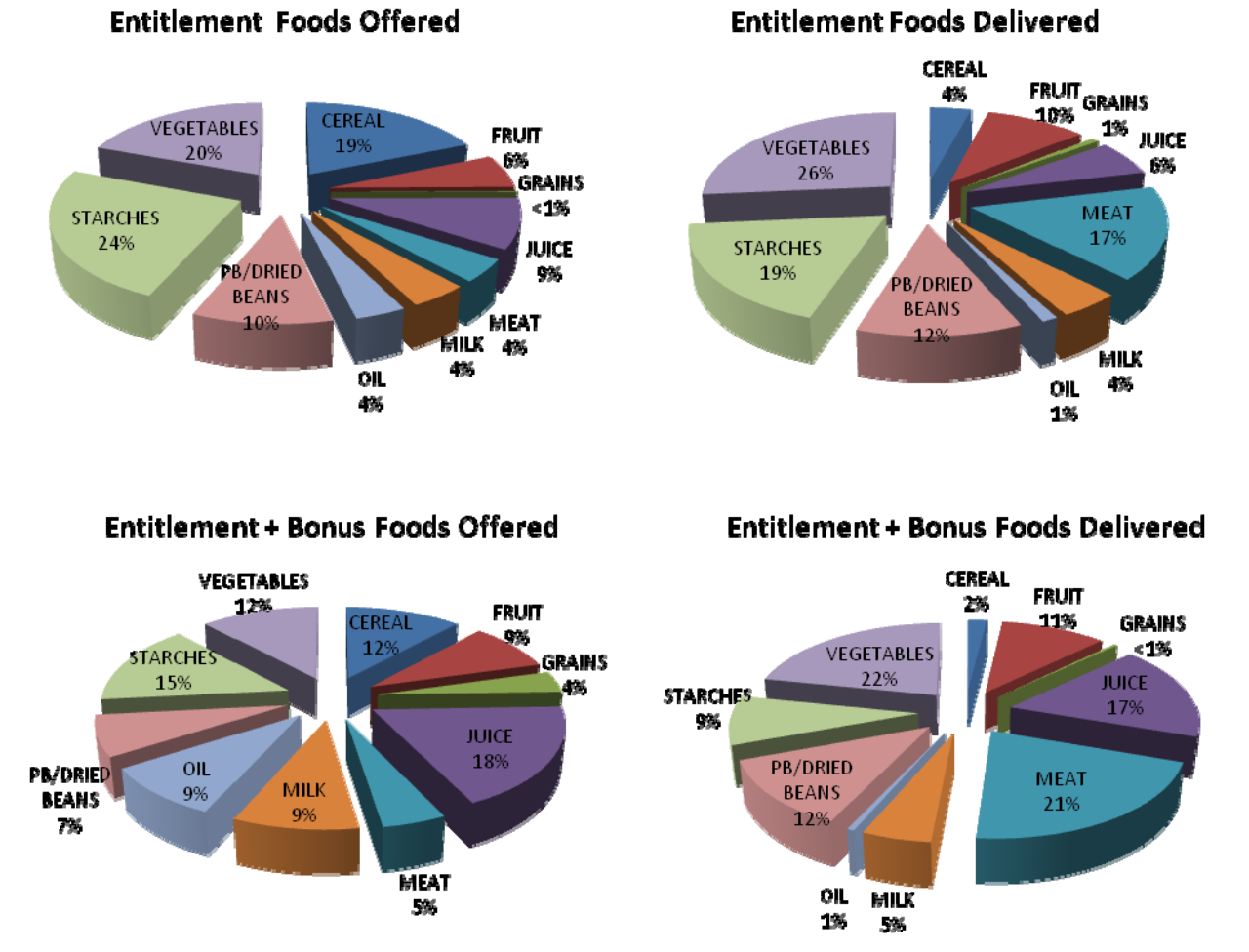
As participation data are not tracked for TEFAP, it was not possible to perform a calculation of the foods provided to TEFAP on a per participant basis. As described in section 2.4.1., the Hunger in America report was consulted as a source to determine an estimated number of participants served by USDA Foods in TEFAP. However, the report does not provide enough specificity to estimate the number of participants receiving USDA Foods through TEFAP. In order to eliminate a potential misunderstanding of the analysis, the per-participant comparisons to the DRI, TFP, and 2010 USDA Food Patterns have been eliminated. This summary of results will be focused on the comparison of the food profiles to the 2010 USDA Food Pattern amounts recommended per 2,000 calories and the HEI-2005 as a way of assessing the quality of the USDA Foods provided in TEFAP.

In FY 2009, the TEFAP entitlement USDA Food profile provided 344.7 million lbs to participating institutions; bonus foods doubled that amount to 729.6 million lbs. Figure 3-10 shows the composition of TEFAP food profiles on the basis of weight. The food groups shown were taken

[123]Institute of Medicine. 2010. *School Meals: Building Blocks for Healthy Children*. Washington, D.C.: The National Academies Press, page 121. http://www.fns.usda.gov/ora/MENU/Published/CNP/FILES/SchoolMealsIOM.pdf.

from the CSFP distribution guide, as TEFAP does not have guides and the foods offered were similar to those in CSFP. TEFAP provided a wide variety of entitlement and bonus USDA Foods to participants. Vegetables, meat, starches, and peanut butter/dried beans represented 75 percent of the total weight of the entitlement USDA Foods delivered, and 64 percent of the total weight of the entitlement and bonus USDA Foods delivered. Inclusion of bonus USDA Foods resulted in an increase in the amount of meats, fruits, and juices provided to participants.

Figure 3-10. Food group* composition by weight (pounds) of TEFAP USDA Foods as a percentage of total weight of foods offered/delivered



* Food groups are those from the CSFP distribution guide (see Appendix D).

Table 3-40 provides a summary of the analysis of each food profile compared to the dietary standards. The table lists the nutrients that met the indicated percent of each dietary standard. A detailed discussion of the comparison with each dietary standard follows the figure.

Table 3-40. Summary of the nutrient content of TEFAP USDA Foods relative to 2010 USDA Food Pattern recommendations per 2,000 calories

	Offered		Delivered	
Benchmark	Entitlement	Entitlement + Bonus	Entitlement	Entitlement + Bonus
2010 USDA Food Pattern	Food Groups/2,000 kcal			
>100%	Legumes, Starchy vegetables, Total grains,* Whole grains, Refined grains, Nuts/seeds/soy products, Oils	Legumes, Total grains, Whole grains, Refined grains, Nuts/seeds/soy products, Oils	Legumes, Starchy vegetables, Total grains, Refined grains, Protein foods, Nuts/seeds/soy products	Red/orange vegetables, Legumes, Refined grains, Protein foods, Meat/poultry/eggs, Nuts/seeds/soy products
76-100%	-	-	Red/orange vegetables, Meat/poultry/eggs, Oils	Fruits, Starchy vegetables, Total grains, Oils
51-75%	Vegetables, Protein foods	Starchy vegetables, Protein foods	Vegetables, Seafood	Seafood
26-50%	Dk green vegetables, Red/orange vegetables	Fruits, Vegetables, Red/orange vegetables, Dairy	Fruits, Dk green vegetables, Whole grains, SoFAS	Vegetables, Whole grains, Dairy, SoFAS
10-25%	Fruits, Meat/poultry/eggs	Dk green vegetables, Seafood, Meat/poultry/eggs, SoFAS	-	Dk green vegetables
<10%	Seafood, Dairy, SoFAS	-	Dairy	-

**DGA* recommends replacing refined grains with whole grains; when refined grains are selected, they should be enriched.[124]

3.4.1 Comparison of the TEFAP USDA Foods with 2010 USDA Food Pattern

Table 3-41 and 3-42 show the comparison of the nutrient content of the TEFAP offered and delivered food profiles standardized to 2,000 calories and compared to the 2010 USDA Food Pattern recommended intake at the 2,000 kcal level. Standardizing the content of the offered and delivered food profiles to 2,000 kcal acknowledges the calorie differences between the 2010 USDA Food Pattern recommendations and those provided by the TEFAP food profiles. Standardizing to 2,000 kcal allows a "food group density" evaluation, providing another way to assess the food profiles.

[124]U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010; p. 36.

Table 3-41. Food group and subgroup content of **TEFAP Entitlement USDA Foods** on a per 2,000 calorie basis compared to 2010 USDA Food Pattern recommendations per 2,000 calories

Food Group	USDA Food Pattern amounts per 2,000 kcal	As Offered		As Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	2.0	0.5	23%	0.7	36%
Vegetables (cup equiv)	2.5	1.3	53%	1.8	72%
Dark green	0.2	0.1	31%	0.1	26%
Red and orange	0.8	0.4	49%	0.7	92%
Legumes	0.2	0.5	240%	0.8	351%
Starchy	0.7	0.8	107%	0.8	110%
Other	0.6	0.1	18%	0.2	42%
Total grains (oz equiv)	6.0	15.4	257%	10.2	170%
Whole	3.0	8.8	292%	1.5	49%
Refined	3.0	6.6	222%	8.7	291%
Protein foods (oz equiv)	5.5	2.8	51%	6.3	114%
Seafood	1.1	0.1	7%	0.6	51%
Meat, poultry, eggs	3.7	0.8	21%	3.0	81%
Nuts, seeds, soy products	0.6	1.9	336%	2.7	472%
Dairy (cup equiv)	3.0	0.2	5%	0.2	7%
Oils (grams)	27.0	42.0	156%	27.0	100%
Maximum SoFAS (kcal)	258.0	23.4	9%	66.8	26%
Maximum SoFAS (% kcal)	13.0%	1%	meets guideline	3%	meets guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

Table 3-42. Food group and subgroup content of **TEFAP Entitlement + Bonus USDA Foods** on a per 2,000 calorie basis compared to 2010 USDA Food Pattern recommendations per 2,000 calories

Food Group	USDA Food Pattern amounts per 2,000 kcal	As Offered		As Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	2.0	0.9	47%	1.6	81%
Vegetables (cup equiv)	2.5	0.9	34%	1.7	69%
Dark green	0.2	<0.1	19%	<0.1	15%
Red and orange	0.8	0.3	38%	0.8	101%
Legumes	0.2	0.3	157%	1.2	581%
Starchy	0.7	0.5	65%	0.6	90%
Other	0.6	0.1	10%	0.2	43%
Total grains (oz equiv)	6.0	11.6	193%	5.9	98%
Whole	3.0	5.3	176%	0.8	28%
Refined	3.0	6.3	211%	5.0	168%
Protein foods (oz equiv)	5.5	2.8	52%	9.4	171%
Seafood	1.1	0.1	10%	0.8	71%
Meat, poultry, eggs	3.7	0.9	23%	5.8	156%
Nuts, seeds, soy products	0.6	1.9	327%	2.8	489%
Dairy (cup equiv)	3.0	0.9	29%	1.1	36%
Oils (grams)	27.0	72.7	269%	22.7	84%
Maximum SoFAS (kcal)	258.0	39.2	15%	101.4	39%
Maximum SoFAS (% kcal)	13.0%	2%	meets guideline	5%	meets guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

Comparison of the food group content standardized to 2,000 kcal with the 2010 USDA Food Pattern at the 2,000 kcal level reveals the following:

- **Fruits.** The EFPO provided 23 percent of the recommended amount of fruit per 2,000 kcal, while the E+BFPO provided 47 percent of the recommendation. The EFPD and E+BFPD provided 36 and 81 percent of the recommended amounts per 2,000 kcal, respectively.

- **Vegetables.** The EFPO provided 53 percent of the recommended amount of vegetables per 2,000 calories; including 31 percent of the dark green vegetables, 49 percent of the red and orange vegetables, 240 percent of the legumes, and 107 percent of the starchy vegetables recommended. The E+BFPO provided 34 percent of the recommended amount of vegetables per 2,000 calories; including 19 percent of the dark green vegetables, 38 percent of the red and orange vegetables, 157 percent of the legumes, and 65 percent of the starchy vegetables recommended. The EFPD provided 72 percent of the recommended amount of vegetables per 2,000 calories; including 26

percent of the dark green vegetables, 92 percent of the red and orange vegetables, 351 percent of the legumes, and 110 percent of the starchy vegetables recommended. The E+BFPD provided 69 percent of the recommended amount of vegetables per 2,000 kcal; including 15 percent of the dark green vegetables, 101 percent of the red and orange vegetables, 581 percent of the legumes, and 90 percent of the starchy vegetables recommended.

- **Grains.** The EFPO provided 257 percent of the recommended amount of total grains per 2,000 kcal, including 292 percent of the recommended amount of whole grains and 292 percent of the recommended amount of refined grains. The E+BFPO provided 193 percent of the recommended of total grains per 2,000 kcal, including 176 percent of the recommended amount of whole grains and 211 percent of the recommended amount of refined grains. The EFPD and E+BFPD provided 170 and 98 percent of the recommended amount of total grains per 2,000 kcal, respectively. The EFPD provided 49 percent of the recommendation for whole grains and 291 percent of the recommendation for refined grains, while the E+BFPD provided 28 percent of the recommended amount of whole grains and 168 percent of the recommendation for refined grains.

- **Protein Foods.** The EFPO and E+BFPO each contributed about half the recommended amount of protein foods per 2,000 kcal. The EFPO provided 7 percent of the recommended amount of seafood, 21 percent of the recommended amount of meat, poultry, and eggs, and 336 percent of the recommended amount of nuts, seeds, and soy products per 2,000 kcal. The E+BFPO provided very similar amounts of the protein subgroups. The EFPD provided 114 percent recommended amount of protein foods per 2,000 kcal, including 51 percent of the recommendation for seafood, 81 percent of the recommendation for meat, poultry, and eggs, and 472 percent of the recommendation for nuts, seeds, and soy products. The E+BFPD provided 171 percent of the recommended amount of protein foods per 2,000 kcal, including 71 percent of the recommendation for seafood, 156 percent of the recommendation for meat, poultry, and eggs, and 489 percent of the recommendation for nuts, seeds, and soy products.

- **Dairy.** The EFPO contributed 5 percent of the recommended amount of dairy per 2,000 kcal, and the E+BFPO contributed 29 percent. The EFPO provided 7 percent and the E+BFPD provided 36 percent of the recommended amount of dairy per 2,000 kcal.

- **Oils.** The EFPO provided one and one-half the recommended amount of oils, while the E+BFPO provided more than two and one-half times the recommended amount; the EFPD provided the recommended amount of oils and the E+BFPD provided 84 percent of the recommended amount.

- **SoFAS.** The EFPO provided 9 percent of the maximum calories from SoFAS per 2,000 kcal, while the E+BFPO provided 15 percent; the EFPD provided 26 percent of the maximum calories from SoFAS, and the E+BFPD provided 39 percent. The EFPs and the E+BFPs all provided less than the maximum SoFAS as a percent of calories.

3.4.2 HEI-2005 Score for the TEFAP USDA Foods

Table 3-43 shows the HEI-2005 component and overall scores for the EFP and E+BFP, the average American diet, and the average diet of SNAP participants.[125] Both "as offered" and "as delivered," the EFP and E+BFP compared favorably to the average American diet and the diet of average SNAP participants. The TEFAP "as offered" food profile achieved a score of 77.6 and 79.6 for EFP and E+BFP respectively; the "as delivered" food profiles scored 83.0 and 88.9 for EFP and E+BFP respectively out of 100. These scores are more than 20 points above those achieved by Americans on average (57.5 out of 100) and by SNAP participants (51.9 out of 100).

Table 3-43. HEI-2005 scores for the TEFAP USDA Foods, the average American diet, and the average diet of SNAP participants

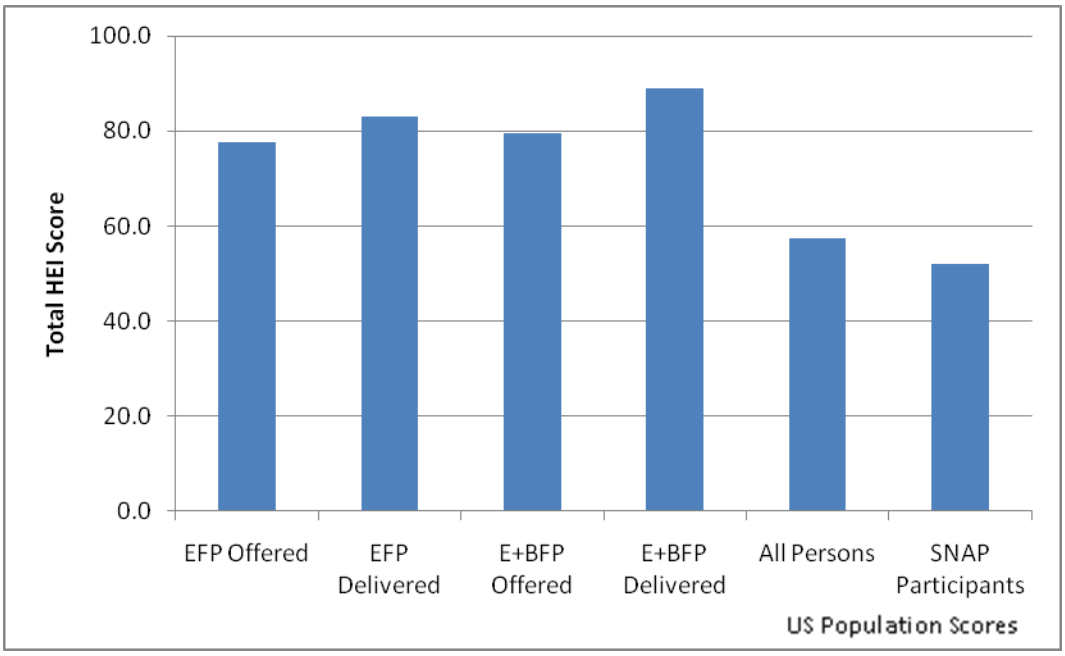
			EFP		E+BFP		Population Scores	
		Maximum component score	Offered	Delivered	Offered	Delivered	All persons (1999-2004)	SNAP participants (1994-2004)
1	Total fruit	5	1.4	2.3	2.9	5.0	3.1	2.8
2	Whole fruit	5	1.4	2.9	2.4	4.3	3.5	2.5
3	Total vegetables	5	3.0	5.0	2.0	5.0	3.2	2.9
4	Dark green & orange veg & legumes	5	1.5	5.0	0.9	5.0	1.4	1.3
5	Total grains	5	5.0	5.0	5.0	4.9	5.0	5.0
6	Whole grains	5	5.0	2.4	5.0	1.4	1.0	0.7
7	Milk	10	0.6	0.8	3.3	4.2	6.3	5.6
8	Meat and beans	10	9.7	10.0	8.4	10.0	10.0	10.0
9	Oils	10	10.0	10.0	10.0	9.5	6.3	4.7
10	Saturated fat	10	10.0	10.0	9.8	10.0	3.9	3.8
11	Sodium	10	10.0	9.5	10.0	9.7	6.2	6.3
12	Calories from SoFAAS	20	20.0	20.0	20.0	20.0	7.2	5.7
Total HEI-2005 score		**100**	**77.6**	**83.0**	**79.6**	**88.9**	**57.5**	**51.9**

NOTE: SoFAAS = Calories from solid fat, alcohol, and added sugar.

[125] Cole, Nancy and Fox, Mary Kay. *Diet Quality of Americans by Food Stamp Participation Status: Data from the National Health and Nutrition Examination Survey, 1999-2004.* U.S. Department of Agriculture, Food and Nutrition Service, July 2008, page C-34. http://www.fns.usda.gov/ora/menu/Published/snap/FILES/Participation/NHANES-FSP.pdf.

Figure 3-11 shows a comparison of the total HEI-2005 score for the TEFAP USDA Foods, as well as the HEI-2005 score for the average American diet and the average diet of SNAP participants.

Figure 3-11. HEI-2005 overall scores for the average American diet, the average diet of SNAP participants, and the TEFAP USDA Foods



Discussion

As with the NSLP, TEFAP does not have distribution guides and so the creation of an "as offered" USDA Food profile relied on the costs of foods and funds available in FY 2009. Funds available in 2009 were equally divided between broad food groups (based on the CSFP distribution guide), and those funds were used to derive an estimated weight of each USDA food "offered" to participants in TEFAP. The methodology relied on the actual spending in FY 2009, and as not all USDA Foods made available to TEFAP were actually delivered as entitlement foods, not all USDA Foods made available to TEFAP are included in the "as offered" food profile. The lack of distribution guides means that the "as offered" food profile may not reflect the actual variety and quantity of USDA Foods provided to all participants in TEFAP.

An examination of the food groups offered and delivered in TEFAP reveal that meats represented a significantly greater percentage of the foods delivered than offered on a 2,000 calorie basis, while cereals and oils were significantly smaller percentages of the foods delivered. TEFAP food profiles

with bonus foods contributed a greater percentage toward the meeting the recommended amount per 2,000 kcal for fruit, dairy and protein foods ("as delivered" only) and oils ("as offered" only), but not for vegetables, grains, protein foods ("as offered" only), and oils ("as delivered" only).

Data on the number of participants served by TEFAP are not tracked by the USDA. The transient nature of participation makes such tracking difficult to undertake; however, this poses a major challenge in the ascertainment of the amount of USDA Foods delivered to an average program participant. Without data on the number of people served, we were unable to compare the content of USDA Foods provided in TEFAP to dietary standards on a per-participant basis.

While some participating agencies provide meals to be consumed on-site, others provide food or groceries that can be brought home. Thus, there is considerable variability not only in how the foods are provided to the participant, but also the number of meals a participant may choose to eat on-site.

To date, only one study examined the nutrient contribution of the TEFAP USDA Foods to the diets of the elderly; the authors noted that TEFAP USDA Foods satisfied more than 100 percent of the RDA for calcium and phosphorus, provided two thirds of the RDA for protein and riboflavin, and around one third of the RDA for thiamin, iron, and total calories. However, TEFAP made less than significant contributions to vitamin A, vitamin C, or niacin in the diets of Detroit TEFAP participants.[126]

3.5 Child and Adult Care Food Program (CACFP)

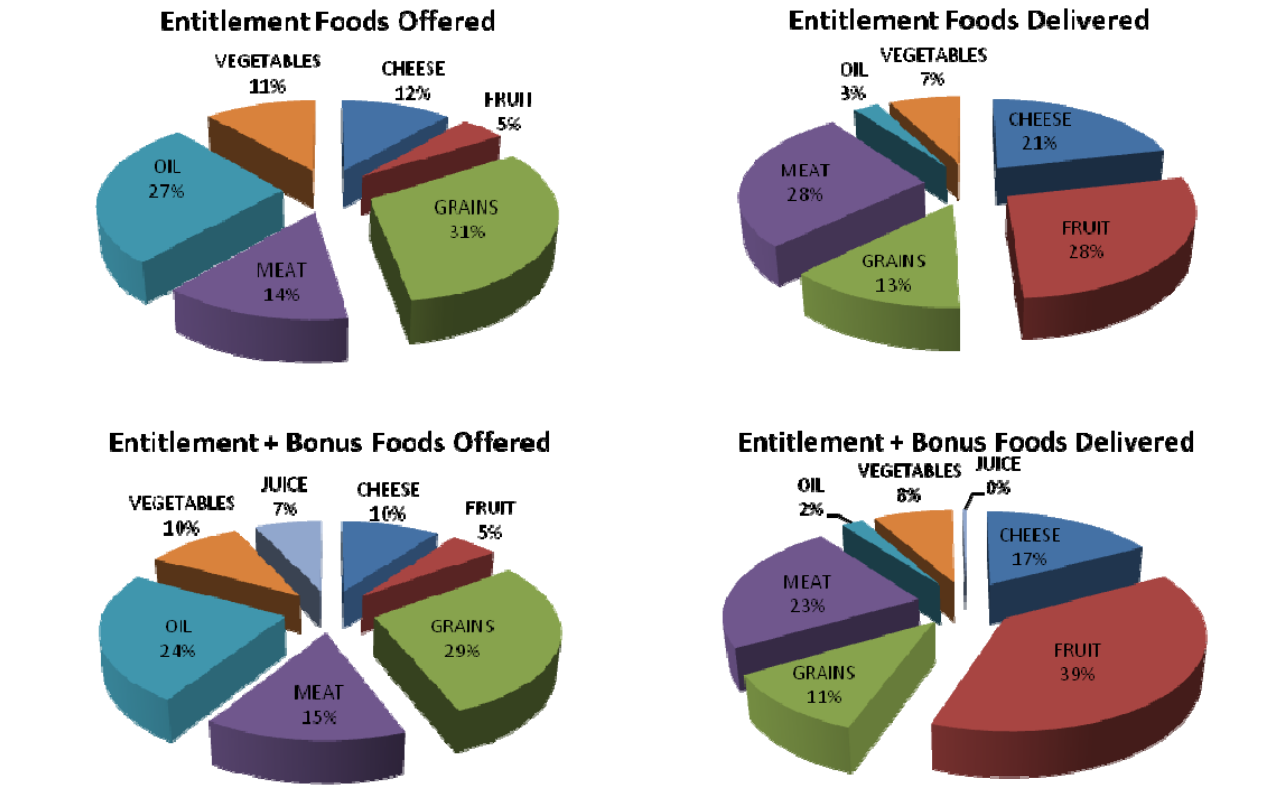
In FY 2009, CACFP entitlement USDA Foods provided a total of 1.8 million lbs to participating institutions; when bonus USDA Foods were included, the delivered USDA Foods provided a total of 2.2 million lbs. As described in Chapter 1, CACFP providers may elect to receive either USDA Foods or cash in lieu of USDA Foods. FNS does not track the number of participants served by providers who elect to receive USDA Foods. Although an attempt was made to estimate the number of participants served by providers receiving USDA Foods by aggregating the number of participants in States that received USDA Foods in 2009, this method still overestimated the number of participants who actually received USDA Foods, thereby underestimating the food and nutrient composition of the "as delivered" USDA Foods. Therefore, comparisons on a per participant basis are not included in this report; the summary of results will be focused on the

[126]Ponza, M. and Wray, L. *Final Results of the Elderly Programs Study. Evaluation of the Food Assistance Needs of the Low-Income Elderly and their Participation in USDA Programs*. 1990, pages 115-116. http://aspe.hhs.gov/pic/pdf/3832.pdf.

comparison of the CACFP USDA Food profiles to the 2010 USDA Food Pattern recommendations per 2,000 calories and the HEI-2005 as a way of assessing the quality of the USDA Foods provided in CACFP.

Figure 3-12 shows the food groups represented in CACFP food profiles as a percentage of the total weight of foods offered and delivered in CACFP. The entitlement foods offered to participating institutions included varying amounts of foods from five food groups (juice was not offered as an entitlement USDA Food), with the largest amounts of delivery for grains (31%) and oil (27%); bonus foods added a small percentage of juice (7%), and all other food groups essentially changed very little. The comparison of foods offered to foods delivered reveals some significant changes: the amount of fruit delivered represented a significantly larger percentage of the total, and increases were also seen in the ratio of cheese and meat, while the percentage of oils and grains dropped substantially.

Figure 3-12. Food group* composition by weight (pounds) of CACFP USDA Foods as a percentage of total weight of foods offered/delivered



* Food groups are those used to develop the "as offered" food profiles, which were taken from the IOM report on School Meals.[127]

[127] Institute of Medicine. 2010. *School Meals: Building Blocks for Healthy Children.* Washington, D.C.: The National Academies Press, page 271. http://www.fns.usda.gov/ora/MENU/Published/CNP/FILES/SchoolMealsIOM.pdf.

3.5.1 Comparison of CACFP USDA Foods with 2010 USDA Food Pattern

Table 3-44 provides a summary of the analysis of the USDA Foods offered and delivered in CACFP compared to the 2010 USDA Food Pattern recommendations at the 2,000 kcal level. A detailed discussion of the comparison is presented in the remainder of this section.

Table 3-44. Summary of the nutrient content of CACFP USDA Foods relative to 2010 USDA Food Pattern recommendations per 2,000 calories [1]

	Offered		Delivered	
Benchmark	**Entitlement**	**Entitlement + Bonus**	**Entitlement**	**Entitlement + Bonus**
2010 USDA Food Pattern	**Food groups/2,000 kcal**			
>100%	Total grains,[2] Whole grains, Oils	Total grains, Whole grains, Oils	Total grains, Refined grains, Protein foods, Meat/poultry/eggs, Dairy, and SoFAS	Total grains, Refined grains, Protein foods, Meat/poultry/eggs, Dairy, and SoFAS
76-100%	Refined grains	Refined grains	Oils	Fruits, Oils
51-75%	Nuts/seeds/soy products	Nuts/seeds/soy products	Fruits, Nuts/seeds/soy products	Nuts/seeds/soy products
26-50%	-	Legumes, Dairy, SoFAS	Starchy vegetables, Whole grains	Starchy vegetables, Whole grains
10-25%	Vegetables, Red/orange vegetables, Legumes, Starchy vegetables, Protein foods, Seafood, Meat/poultry/eggs, Dairy, and SoFAS	Fruits, Vegetables, Red/orange vegetables, Starchy vegetables, Protein foods, Seafood, Meat/poultry/eggs	Vegetables, Red/orange vegetables	Vegetables, Red/orange vegetables, Legumes
<10%	Fruits	-	Legumes, Seafood	Seafood

[1] There were no Dark green vegetables offered or delivered in CACFP in 2009.

[2] *DGA* recommends replacing refined grains with whole grains; when refined grains are selected, they should be enriched.[128]

Tables 3-45 and 3-46 present the comparison of the CACFP food profiles to the 2010 USDA Food Pattern recommendations from the *DGA,* 2010. Subgroup amounts shown under the row for the group total are included in the group total amounts; they provide additional information about the food group profile of the USDA Foods. The tables show the comparison of the food group profile of CACFP USDA Foods standardized to 2,000 calories and compared to the 2010 USDA Food Pattern recommended intake at the 2,000 kcal level. Standardizing the content of the USDA Foods to 2,000 kcal acknowledges the calorie differences between the USDA Food Pattern recommended

[128] U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010.* 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010; p. 36.

Table 3-45. Food group and subgroup content of **CACFP Entitlement USDA Foods** on a per 2,000 calorie basis compared to 2010 USDA Food Pattern recommendations per 2,000 calories

Food Group	USDA Food Pattern per 2,000 kcal	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	2.0	0.1	5%	1.1	55%
Vegetables (cup equiv)	2.5	0.3	12%	0.4	15%
Dark green	0.2	0	N/A	0	N/A
Red and orange	0.8	0.2	21%	0.1	11%
Legumes	0.2	<0.1	22%	<0.1	7%
Starchy	0.7	0.1	17%	0.2	33%
Other	0.6	<0.1	4%	0.1	10%
Total grains (oz equiv)	6.0	7.3	121%	7.0	117%
Whole	3.0	4.7	158%	1.3	44%
Refined	3.0	2.5	85%	5.7	189%
Protein foods (oz equiv)	5.5	1.3	24%	6.7	123%
Seafood	1.1	0.1	10%	<0.1	3%
Meat, poultry, eggs	3.7	0.8	23%	6.4	172%
Nuts, seeds, soy products	0.6	0.4	64%	0.3	56%
Dairy (cup equiv)	3.0	1.3	44%	4.3	145%
Oils (grams)	27.0	131.4	487%	26.2	97%
Maximum SoFAS (kcal)	258.0	125.0	48%	511.1	198%
Maximum SoFAS (% kcal)	13%	6%	meets guideline	26%	exceeds guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

Table 3-46. Food group and subgroup content of **CACFP Entitlement + Bonus USDA Foods** on a per 2,000 calorie basis compared to 2010 USDA Food Pattern recommendations per 2,000 calories

Food Group	USDA Food Pattern per 2,000 kcal	Offered		Delivered	
		Amount	% Met	Amount	% Met
Fruits (cup equiv)	2.0	0.3	14%	1.8	89%
Vegetables (cup equiv)	2.5	0.3	12%	0.4	18%
Dark green	0.2	0.0	N/A	0	N/A
Red and orange	0.8	0.2	20%	0.1	17%
Legumes	0.2	0.1	36%	<0.1	15%
Starchy	0.7	0.1	16%	0.2	33%
Other	0.6	<0.1	3%	0.1	14%
Total grains (oz equiv)	6.0	7.3	122%	6.7	112%
Whole	3.0	4.6	153%	1.3	42%
Refined	3.0	2.7	91%	5.4	181%
Protein foods (oz equiv)	5.5	1.4	25%	6.5	118%
Seafood	1.1	0.2	19%	<0.1	2%
Meat, poultry, eggs	3.7	0.8	22%	6.2	166%
Nuts, seeds, soy products	0.6	0.4	63%	0.3	54%
Dairy (cup equiv)	3.0	1.3	43%	4.2	139%
Oils (grams)	27.0	127.1	471%	25.0	93%
Maximum SoFAS (kcal)	258.0	123.9	48%	488.9	190%
Maximum SoFAS (% kcal)	13%	6%	meets guideline	24%	exceeds guideline

NOTE: Amounts are displayed rounded to the nearest tenth; % Met is calculated on the amounts prior to rounding.

amounts and those provided by CACFP USDA Foods. Standardizing to 2,000 kcal allows a "food group density" evaluation, providing another way to assess the USDA Foods.

Comparison of the food group content standardized to 2,000 kcal with the 2010 USDA Food Pattern at the 2,000 kcal level indicates the following:

- **Fruits.** The EFPO contributed 5 percent of the recommended amount of fruit per 2,000 kcal, while the E+BFPO contributed 14 percent. The EFPD contributed 55 percent of the recommended amount and the E+BFPD improved the contribution even further, to 89 percent of the recommended amount of fruit per 2,000 kcal.

- **Vegetables.** The EFPO contributed 12 percent toward the recommended amount of vegetables per 2,000 calories, including 21 percent of the amount of red and orange vegetables, 22 percent of the legumes, and 17 percent of the starchy vegetables recommended. The E+BFPO contributed 12 percent of the recommended amount of vegetables per 2,000 calories, including 20 percent of the amount of red and orange vegetables, 36 percent of the legumes, and 16 percent of the starchy vegetables recommended. The EFPD contributed 15 percent of the recommended amount of vegetables per 2,000 calories, including 11 percent of the amount of red and orange vegetables, 7 percent of the legumes, and 33 percent of the starchy vegetables recommended. The E+BFPD contributed 18 percent of the recommended amount of vegetables per 2,000 calories, including 17 percent of the amount of red and orange vegetables, 15 percent of the legumes, and 34 percent of the starchy vegetables recommended. None of the food profiles provided dark green vegetables.

- **Grains.** All food profiles contributed more than the recommended amount of total grains per 2,000 kcal. The EFPO and the E+BFPO provided one and one-half the recommended amount of whole grains and three fourths of the recommended amount of refined grains per 2,000 kcal. The EFPD and the E+BFPD also provided slightly more than the recommended amount of total grains per 2,000 kcal, with one half the recommended amount of whole grains and 180-189 percent of the recommended amount of refined grains per 2,000 kcal.

- **Protein Foods.** Both the EFPO and the E+BFPO contributed approximately one quarter of the recommended amount of protein foods per 2,000 kcal, including 10-20 percent of the recommendation for seafood, 22-23 percent of the recommendation for meat, poultry, and eggs, and 63-64 percent of the recommendation for nuts, seeds, and soy products. Both the EFPD and the E+BFPD provided approximately one and one-quarter of the recommended amount of protein foods per 2,000 kcal, with two to three percent of the recommendation for seafood, 166-172 percent of the recommendation for meat, poultry, and eggs, and 54-56 percent of the recommendation for nuts, seeds, and soy products.

- **Dairy.** Both the EFPO and the E+BFPO contributed approximately 40 percent of the recommended amount of the dairy group per 2,000 kcal. The EFPD and the E+BFPD

provided more than one and one-quarter the recommended amount of the dairy group per 2,000 kcal.

- **Oils.** Both the EFPO and the E+BFPO provided more than four and a half times the recommended amount of oils per 2,000 kcal, while the EFPD and the E+BFPD contributed slightly more than 90 percent of the recommended amount per 2,000 kcal.

- **Solid Fats and Added Sugars (SoFAS).** The EFPO and E+BFPO contributed almost half the recommended amount of calories from SoFAS per 2,000 kcal, and met the guideline for the maximum amount of SoFAS as a percent of calories. The EFPD and E+BFPD both contributed almost twice the recommended amount of SoFAS per 2,000 kcal, and exceeded the guideline for the maximum amount of SoFAS as a percent of calories.

3.5.2 HEI-2005 Score for CACFP USDA Foods

Table 3-47 shows the HEI-2005 component and overall scores for the EFP and E+BFP, the average American diet, and the average diet of SNAP participants.[129] Both EFPs and E+BFPs compared favorably to the average American diet and the diet of average SNAP participants. The CACFP food profiles achieved scores of 63.9 and 65.5 for EFPO and E+BFPO respectively; and 68.5 and 71.2 for EFPD and E+BFPD respectively out of 100. These scores are almost 10 points above those achieved by Americans on average (57.5 out of 100) and by SNAP participants (51.9 out of 100). Figure 3-13 shows a comparison of the total HEI-2005 score for the CACFP food profiles, as well as the HEI-2005 score for the average American diet and the average diet of SNAP participants.

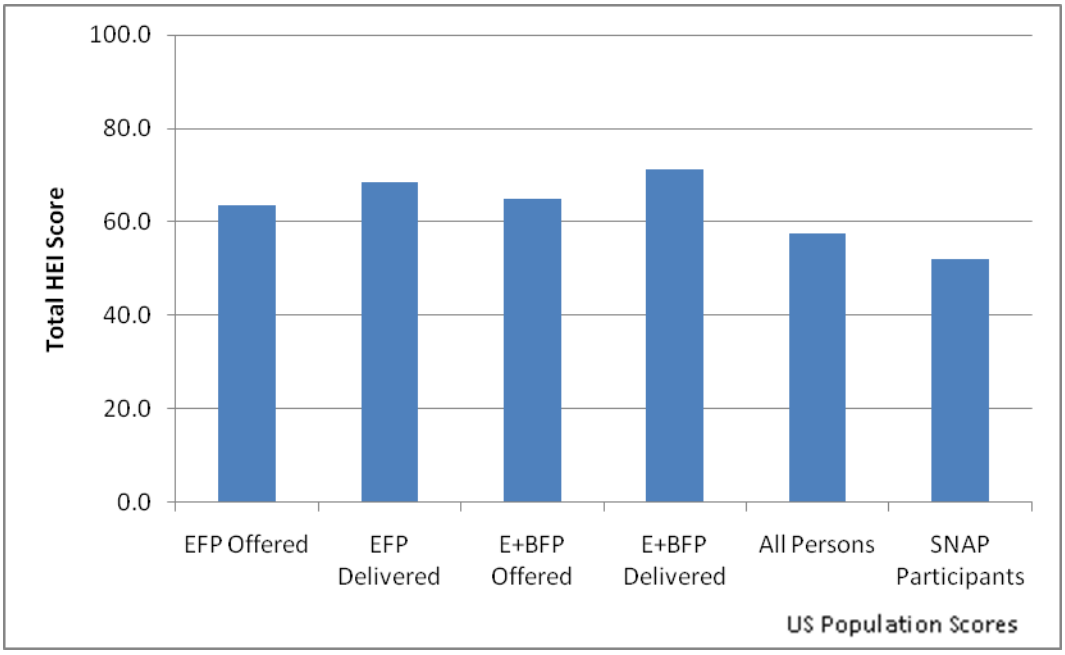
[129]Cole, Nancy and Fox, Mary Kay. *Diet Quality of Americans by Food Stamp Participation Status: Data from the National Health and Nutrition Examination Survey, 1999-2004.* U.S. Department of Agriculture, Food and Nutrition Service, July 2008, page C-34. http://www.fns.usda.gov/ora/menu/Published/snap/FILES/Participation/NHANES-FSP.pdf.

Table 3-47. HEI-2005 scores for CACFP USDA Foods, the average American diet, and the average diet of SNAP participants

	Maximum component score	EFP		E+BFP		Population Scores (1999-2004)	
		Offered	Delivered	Offered	Delivered	All persons	SNAP participants
1 Total fruit	5	0.3	3.4	0.9	5.0	3.1	2.8
2 Whole fruit	5	0.6	5.0	0.8	5.0	3.5	2.5
3 Total vegetables	5	0.7	0.9	0.7	1.0	3.2	2.9
4 Dark green & orange veg & legumes	5	0.5	0.3	0.5	0.4	1.4	1.3
5 Total grains	5	5.0	5.0	5.0	5.0	5.0	5.0
6 Whole grains	5	5.0	2.2	5.0	2.1	1.0	0.7
7 Milk	10	5.1	10.0	4.9	10.0	6.3	5.6
8 Meat and beans	10	3.0	10.0	3.4	10.0	10.0	10.0
9 Oils	10	10.0	10.0	10.0	10.0	6.3	4.7
10 Saturated fat	10	3.3	0.0	3.9	0.0	3.9	3.8
11 Sodium	10	10.0	6.3	10.0	6.6	6.2	6.3
12 Calories from SoFAAS	20	20.0	15.4	20.0	16.0	7.2	5.7
Total HEI-2005 score	**100**	**63.6**	**68.5**	**65.0**	**71.3**	**57.5**	**51.9**

SoFAAS = Calories from solid fat, alcohol, and added sugar.

Figure 3-13. HEI-2005 overall scores for the average American diet, the average diet of SNAP participants, and CACFP USDA Foods



Discussion

In FY 2009, CACFP served about 3.2 million children and 112,000 adults in 55 States and territories each day. However, not all CACFP providers chose to purchase USDA Foods for use in their programs. Given the lack of data on the number of participants who actually received USDA Foods, the results on a per-participant basis are not presented in this report.

The nutrient contribution of USDA Foods to CACFP meals or diets of participants has not been examined before. The comparison of the CACFP food groups per 2,000 kcal indicates that as offered, USDA Foods contributed at least 30 percent toward the recommended amounts of food groups per 2,000 kcal for most food groups, though it provided more than four times the recommended amount of oils per 2,000 kcal. However, as delivered, the USDA Foods contributed less toward the recommended amounts of vegetables and oils per 2,000 kcal, and more toward the recommended amount of all other food groups per 2,000 kcal. HEI-2005 scores provide evidence that USDA Foods offered and delivered in 2009 CACFP were considerably more nutritious than the foods consumed by almost all Americans and SNAP participants.

3.6 Overall Summary

This evaluation examined the nutrient and food group content of the USDA Foods provided to USDA nutrition assistance programs. The USDA Foods "as offered" and "as delivered" to a reference participant in CACFP, CSFP, FDPIR, NSLP, and TEFAP were analyzed and compared with four dietary standards: the DRI, TFP dietary standards, USDA Food Patterns from the *DGA* 2010, and HEI-2005.

Variety in USDA Foods

- The USDA Foods—"as offered" and "as delivered"—for the five programs contained a wide variety of foods. The CSFP: Infant package contained the smallest number of USDA Foods (three) and the NSLP offered the largest number of USDA Foods (approximately two hundred products). For all programs, the number of foods offered and delivered was comparable—indicating that that the food selections were as varied as the foods offered.

- Bonus USDA Foods were offered and delivered to participants through 4 of the 5 programs (only CSFP did not have bonus foods delivered to participants).
- Most programs offered foods from all food groups (HEI-2005).

Quantity of USDA Foods

- The CSFP food packages did not include any USDA Bonus Foods. The USDA Food packages offered to **CSFP: Infants** averaged 256 g, with an average of 226 g of USDA Foods delivered per day. USDA Foods offered to participants in the **CSFP: Children and Non-elderly Women** subgroup averaged 643 g, while an average 510 g/participant/day was delivered. The amount of USDA Food offered through the **CSFP: Elderly** food package averaged 400 g, while the food package delivered an average of 394 g/participant/day.
- The amount of Entitlement + Bonus USDA Foods offered through **FDPIR** averaged 2.6 lbs while the delivered food package provided 2.2 lbs per day.
- The amount of Entitlement + Bonus USDA Foods offered through the **NSLP** food package averaged 58 g while the delivered USDA Foods provided 109 g/participant/day.
- The amount of Entitlement + Bonus USDA Foods offered through **TEFAP** totaled 344.7 million pounds, while the delivered amount totaled 729.6 million pounds.
- The amount of Entitlement + Bonus USDA Foods offered through **CACFP** totaled 1.8 million pounds, while the delivered amount totaled 2.2 million pounds

These findings indicate that the amount of foods offered and delivered were very similar for the FDPIR program and marginally different for the CSFP and NSLP programs. The inclusion of bonus foods had the greatest impact in the quantity of food in TEFAP.

Macro- and Micronutrient Contribution of USDA Foods

- The CSFP: Infants "as offered" and "as delivered" food packages provided more than 100 percent of the recommended amount for most nutrients, with the exception of vitamin D (offered and entitled); and carbohydrates, vitamins K and C (delivered). The CSFP: Children and Non-elderly Women "as offered" and "as delivered" food packages provided more than 100 percent of the recommended amount of protein, phosphorus, vitamin C, riboflavin, and vitamin B12. The "as delivered" package also provided more than 100 percent of the recommended amount of thiamin, vitamin B6, and folate. The CSFP: Elderly food package "as offered" and "as delivered" provided more than 76 percent of the recommended amount of iron and phosphorus. The "as delivered" package also provided more than 76 percent of recommended amount of riboflavin, vitamin B12, and folate.

- The FDPIR food package (including bonus foods) "as offered" and "as delivered" provided more than 100 percent of the recommended amount of protein, carbohydrate, iron, phosphorus, sodium, zinc, vitamin C, thiamin, riboflavin, niacin, vitamin B12, and folate. The inclusion of bonus foods did not result in a shift in the number of nutrients meeting recommended amounts in the "as offered" or "as delivered" food packages. The FDPIR food package provided at least 10 percent of the recommended amount of all nutrients.

- The NSLP USDA Foods "as offered" comprised of entitlement foods alone provided less than 10 percent of the recommendations for all nutrients. However, "as delivered", entitlement foods alone provided more than 50 percent of the weighted average RDA for protein and between 10 and 25 percent of the weighted average RDA for phosphorus, zinc, riboflavin, niacin, vitamin B6, and vitamin B12. When bonus foods were added to the NSLP USDA Foods "as offered", USDA Foods provided between 10-25 percent of the weighted average recommended amount of protein, carbohydrate, copper, phosphorus, vitamin C, vitamin E, thiamin, riboflavin, and vitamin B12. Given the requirement for NSLP meals to satisfy one third of the DRI for several nutrients, the contribution of USDA Foods toward meeting this requirement ranged from 30 to 75 percent.

For all of the programs examined, the delivered USDA Foods had a better nutrient profile than those as offered. For each nutrient examined, the amount contributed toward the dietary recommendations were greater in the as delivered than as offered.

Contribution of USDA Foods to Meeting USDA Food Pattern recommendations from the *Dietary Guidelines for Americans*

1. Recommended Number of Food Groups

   – The CSFP: Children and Non-elderly Women food packages provided more than one quarter of the weighted average recommended amount of fruits, grains, and dairy while the CSFP: Elderly food packages provided more than one quarter of the weighted average recommended amount of fruits and dairy. None of the CSFP food packages exceeded the weighted average limit for SoFAS.

   – The FDPIR packages provided substantial amounts of the grain and oil food groups, with the "as offered" and "as delivered" food packages providing more than 100 percent of the weighted average recommended amount of grains and more than 75 percent of the weighted average recommended amount of oils. Bonus foods did not significantly change these results.

   – The NSLP "as offered" USDA Foods provided more than one quarter of the weighted average recommended amount of oils; with the addition of bonus foods, the "as offered" USDA Foods provided more than 10 percent of the weighted average recommended amount of grains and dairy. The "as delivered" USDA Foods provided more than 10 percent of the weighted average recommended amount of protein foods; this was unchanged by the addition of bonus foods.

As shown, the USDA Foods "as offered" and "as delivered" vary in their contribution to meeting the 2010 USDA Food Pattern recommendations, with FDPIR providing the largest contribution toward the weighted average recommended amount of each food groups. The inclusion of bonus foods resulted in a greater number of dietary guidelines being met by the NSLP.

2. Recommended Number of Food Groups per 2,000 calories

   - The CSFP: Children and Non-elderly Women "as offered" as well as the "as delivered" food packages provided more than 100 percent of the recommended amount of fruits and dairy per 2,000 kcal; the "as delivered" food package also provided more than 100 percent of the recommended amount of grains per 2,000 kcal, while the "as offered" provided slightly more than 75 percent. The CSFP: Elderly "as offered" and "as delivered" food packages both provided more than 100 percent of the recommended amount of fruits, grains, and dairy per 2,000 kcal. However, the CSFP: Children and Non-elderly Women food packages exceeded the recommended amount of SoFAS.

   - The FDPIR food packages provided more than 100 percent of the recommended amount of grains per 2,000 kcal, and between 76 and 100 percent of the recommended amount of oils per 2,000 kcal.

   - The NSLP "as offered" USDA Foods provided more than 100 percent of the recommended amount of grains and oils per 2,000 kcal; with the addition of bonus foods, USDA Foods also provided more than 100 percent of the recommended amount of dairy per 2,000 kcal. The "as delivered" USDA Foods provided more than 100 percent of the recommended amount of protein foods per 2,000 kcal. The "as delivered" USDA Foods exceeded the maximum recommended amount of SoFAS per 2,000 kcal.

   - The TEFAP "as offered" USDA Foods provided more than 100 percent of the recommended amount of grains and oils per 2,000 kcal, and the "as delivered" USDA Foods provided more than 100 percent of the recommended amount of grains and protein foods per 2,000 kcal.

   - The CACFP "as offered" USDA Foods provided more than 100 percent of the recommended amount of oils and grains per 2,000 kcal, while the "as delivered" USDA Foods provided more than 100 percent of the recommended amount of grains, protein foods, and dairy per 2,000 kcal. The "as delivered" USDA Foods exceeded the recommended amount of SoFAS per 2,000 kcal.

   Standardizing the amount of food groups provided on a 2,000 calorie basis takes into account the fact that varying amounts of calories were provided in each program, and allows some comparisons across programs to be made. Total grains and oils were offered at levels that exceeded the recommended amount per 2,000 calories in 4 of the 5 programs, though delivered USDA Foods provided more protein foods, grains, and dairy. The SoFAS content of the "as delivered" USDA Foods for CSFP: Children and Non-elderly Women, NSLP, and CACFP exceeded the recommended amount per

2,000 kcal. However, it is important to note that this analysis is a projection, and does not reflect individual participants' diets since the foods provided are not comprehensive nor intended to supply the entire day's needs for the participant.

Strengths and Limitations of the Evaluation

Strengths

This evaluation provides information on the nutritional content of USDA Foods "as offered" and "as delivered" through five USDA nutritional assistance programs. The findings provide a comprehensive understanding of the quantity and quality of USDA Foods, the macro- and micronutrient contribution as well as the food group contribution of the USDA Foods to the recommended daily nutrient levels and food groups for the reference participants in each program. The major strength of this evaluation includes the following:

- Examination of the unique and combined contribution of entitlement and bonus foods. The inclusion of bonus foods allows us to understand the similarities and differences between entitlement and bonus USDA Foods selected by these programs. Our findings indicate that bonus foods added variety only to two programs: CACFP and NSLP. While the "as offered" entitlement foods contained six food groups in these two programs, inclusion of bonus foods added one more food group for CACFP and two food groups for NSLP. For FDPIR and TEFAP, inclusion of bonus USDA Foods only served to increase the quantity within a food group, not the number of food groups. The addition of bonus foods improved the macro- and micronutrient content of the USDA Foods.

- Determination of program participation numbers. In this evaluation, we did not rely on the national participation numbers for determining participation numbers for NSLP. Rather, we excluded participants at schools that opted not to receive USDA Foods. Including the national participation numbers would have resulted in an overestimate of the total number of participants receiving USDA Foods—thereby leading to an underestimate of the dietary contribution of USDA Foods. While we consider this approach to be a strength, we acknowledge that the participation numbers for NSLP may still overestimate the number of participants who actually received USDA Foods.

- Development of a customized nutrient database, incorporating nutrient and food group values for all USDA Foods, as well as fresh fruits and vegetables provided by the DOD. Nutrient values (sodium and vitamin C) and yields were adjusted to account for the foods specific to the USDA nutrition assistance programs. We did not rely primarily on the description of foods from the FNDDS or SR22, but also consulted the nutrient labels available for most USDA foods to increase the confidence of the match between the food and the database values. This increased the accuracy of the nutrient profile of USDA foods. For example, the sodium values for canned USDA foods reflect the information on the USDA fact sheets.

- Derivation of weighted average nutrient/food group standards based on the age and gender of participants in each program to enable straightforward assessment of the quality of USDA Foods provided. As each program serves both males and females of varying ages, the weighting of the nutrient/food group recommendations enabled assessment of the adequacy of the USDA Foods for each of the five nutrition assistance programs.

Limitations

- While we have adjusted the analysis to reflect the gender and age composition of program participants, and presented the findings separately for each of the participant subgroups in CSFP, it is important to note that we have used the highest level of the recommended amounts for the age groups and genders in each program. As ages, genders, height, weight, and activity levels may vary widely across participants within a nutrition assistance program, this method may lead to an underestimation of the true contribution of the USDA Foods to a particular individual participant. The approach used in this analysis therefore errs on the side of underestimating the dietary contribution of USDA foods for younger children, females, and those with lower nutrient requirements because of their smaller body size and lower weight.

- The lack of program specific per-participant recommendations for CSFP and FDPIR limit our ability to examine the extent to which USDA Foods contribute to meeting program-specific nutrient recommendations. However, this evaluation compared the contribution of USDA Foods to the per-participant daily recommendations for the three nutrition assistance programs (and program-specific guidelines for the NSLP), thereby allowing us to compare and contrast the role of USDA Foods across the three programs. For example, findings that USDA Foods are providing more than the daily recommended amount of sodium or fat can be used to make changes in USDA Foods—even in the absence of program-specific guidelines.

- The NSLP, TEFAP, and CACFP do not have distribution guides for an "as offered" USDA Foods package. We developed a method for deriving an "as offered" food profile based on the foods available in 2009, the total amount of entitlement funds allocated for 2009, and the average price per USDA Food to the programs in 2009. Funds were allocated evenly among the various groups to calculate a weight of each food offered on the basis of price per pound. This method may lead to overrepresentation of less expensive foods in the "as offered" food profile. Comparisons of "as offered" and "as delivered" food profiles in these programs must be viewed with caution.

- In the FDPIR and CSFP "as offered" packages, an equal proportion of each type of food was used to create the "as offered" quantity for that food item. For example, elderly participants in CSFP may select either one 24 ounce canned meat product or two 6-14.75 ounce canned or dried meat product each month. With seven canned/dried meat products offered, the "as offered" package was assumed to consist of 1/7 of each product, and the product weights were adjusted for the difference in the distribution rates. The nutrients provided to an actual participant will obviously reflect their selections and may differ from those in the "as offered" package on that basis.

APPENDIX A. FOODS AVAILABLE 2009

1. USDA FOODS AVAILABLE FOR SCHOOL YEAR 2009 - SCHOOLS and INSTITUTIONS

List subject to change. Please reference applicable ECOS surveys or contact your State Distributing Agency for the most recent product availability and information

USDA GROUP (A) PRODUCTS — Section 6 and 32 Type Donated Commodities (Meat/Fish/Poultry/Fruits/Vegetables)

USDA GROUP (B) PRODUCTS — Section 416 Type Donated Commodities (Grains/Cereals/Cheese/Milk/Oils/Peanut Products)

Can ONLY be diverted for processing.

COMMODITY	PACK SIZE
USDA GROUP (A) PRODUCTS — Section 6 and 32 Type Donated Commodities (Meat/Fish/Poultry/Fruits/Vegetables)	
BEEF PRODUCTS	
Beef, Ground, Frozen (A608)	40 lb. cartons
Beef, Patties, Frozen, 100% (A626)	40 lb. cartons
Beef, Patties, Frozen, VPP (A616)	40 lb. cartons
Beef, Patties, Lean (A627)	40 lb. cartons
Beef Patty, Cooked (A706)	40 lb cartons
Beef, Crumble (A717)	4/10 lb carton
Beef, Irrad Patties (A578)	40 lb. cartons
Beef Irrad (A579)	40 lb. cartons
Beef, Canned 24 Ounce (A721)	24/24 oz can
FISH PRODUCTS	
Tuna, Canned, Chunk,Light,Water(A742)	6/66.5 oz cans
Tuna, pouch 43 (A745)	8/43 oz pouches
POULTRY/EGG PRODUCTS	
Chicken, Breaded, Frozen, 7 Piece (A526)	30 lb cartons
Chicken, Canned, Boned (A507)	12/50 oz cans
Chicken, Cut-up, Frozen (A515)	40 lb cartons
Chicken, Diced, Frozen (A517)	40 lb cartons
Chicken, Fajita Strips (A563)	30 lb cartons
Chicken, Burgers Frz (A528)	30 lb cartons
Egg Mix (A575)	4/10 lb bags
Eggs, Frozen, Whole 5# (A568)	6/5 lb cartons
Turkey Hams, Frozen (A548)	40 lb cartons
Turkey Roast, Frozen (A537)	32-48 lb cartons
Turkey, Deli Breast, Frozen (A549)	40 lb container
Turkey, Deli Breast, Smoked (A550)	40 lb container
Turkey, Taco Filling (A565)	30 lb cartons
Turkey, Whole, Frozen (A529)	30-60 lb cartons
POULTRY PRODUCTS FOR SOC PROGRAM	
Chicken Nuggets, SOC (A519)	30 lb cartons
Chicken Patties, SOC (A561)	30 lb cartons
BULK MEAT/POULTRY PRODUCTS FOR PROCESSING	
Beef, Bulk, Coarse (A594)	60 lb cartons
Beef, Boneless Fresh (A704)	Combos
Beef Special Trim Frozen (A602)	60 lb cartons
Chicken, Drumsticks, Chilled (A573)	Bulk Pack
Chicken, Thighs, Chilled (A531)	Bulk Pack
Chicken, Small & Large Bulk, Chilled(A521,A522)	Bulk Pack
Chicken, Light Bulk Fowl Fresh (A510)	Bulk Pack
Chicken, Chilled, Legs (A518)	Bulk Pack
Eggs, Liquid, Whole, Bulk (A566)	Bulk Tankers
Pork, Boneless Picnic, Frozen (A632)	60 lb cartons
Turkey, Bulk, Chilled (A534)	Bulk
Turkey, Bulk, Ground (A535)	Bulk Pack

COMMODITY	PACK SIZE
PORK PRODUCTS	
Ham, Cooked, Water-added,Frozen(A693)	4/10 lb Hams per carton
Ham, Cooked, Frz, Thin Slc (A726)	8/5 lb pkg/ctn
Ham, Cooked, Frz, Cubed (A727)	8/5 lb pkg/ctn
Pork Leg Roast (A672)	32-40 lb. cartons
Pork, Canned 24 Ounce (A722)	24/24 oz can
Pork, Cooked Sloppy Joe Mix (A712)	4/10 lb carton
Pork, Cooked, Crumbles (A720)	4/10 lb carton
FRUITS (canned, dry, frozen)	
Apple Slices, Canned, Unsweetned (A345)	6/#10 cans
Apple Slices, Frozen, Unsweetned (A346)	30 lb carton
Applesauce, Canned (A350)	6/#10 cans
Apricots, Canned (A360,A382)	20 lb box
Apricots, frozen (A358)	20 lb carton
Apricots, frozen (A447)	40 lb carton
Apricots, Cups, Diced, Frozen (A449)	96/4.4 oz
Blackberries, Ever., Puree, Frozen (A376)	6/5.75
Blackberries, Marion., Puree, Frozen (A377)	6/5.75
Blueberries, Frozen, Cult (A367)	30 lb carton
Blueberries, Frozen, Wild (A366)	30 lb carton
Blueberries, Frozen, Dry (A309)	10 lb carton
Blueberries, Frozen, Wild (A310)	25 lb carton
Cherries Red 10 (A363)	6/#10 cans
Cherries IQF (A364)	40 lb carton
Cherries Frz (A365)	30 lb carton
Cherries, Dry #4 (A293)	4/4# ctn
Cranberries, Frozen (A306)	40 lb bag
Cranberries, Dried (A291)	5# ctn
Cranberry, Sauce, Canned (A288)	6/#10 cans
Fruit Mix, Canned (A470)	6/#10 cans
Juice, Orange, Singles (A299)	70/4 oz ctn
Pineapple, Canned, Tidbits (A443)	6/#10 cans
Raisins, 144 (A504)	1.33 oz box
Raisins, 30 (A500)	30 lb ctn
Raisins 24 (A501)	24/ 15 oz pkg
Raspberries, Puree (A373)	6/5.75 ctn
Raspberries, Frozen, Drum (A390)	400 lb drum (processing)
Raspberries, Frozen, Pail (A391)	28 lb pails
Peaches, Canned, Clingstone,Slc(A408)	6/#10 CAN
Peaches, Canned, Clingstone,Dice(A409)	6/#10 cans
Peaches, Cups, Freestone, Frozen(A416)	96/4 oz cups
Peaches, Frozen, Freestone(A424)	20 lb carton
Pears, Canned, Sliced (A433)	6/#10 cans
Pears, Canned, Diced (A434)	6/#10 cans
Pineapple, Canned, Chunks (A448)	6/#10 cans
Pineapple, Canned, Crushed (A444)	6/#10 cans
Strawberries, Sliced (A380)	30 lb ctn
Strawberries, Frozen (A375)	30 lb ctn

Additional offerings:
Applesauce Shelf Stable Cups (pending code)

1. USDA FOODS AVAILABLE FOR SCHOOL YEAR 2009 - SCHOOLS and INSTITUTIONS

USDA GROUP (A) TYPE COMMODITIES — Cont'd

COMMODITY	PACK SIZE
FRESH FRUITS	
Apples, Fresh (various types) (A343)	37-40 lb cartons
Apples, Fresh (various types)-Pilot (A349)	37-40 lb cartons
Oranges, Fresh (A357)	34-39 lb cartons
Pears Bosc, Fresh (A442)	45 lb cartons
Pears D-Anjou, Fresh (A444)	45 lb cartons
VEGETABLES (canned, dry, frozen)	
Beans, Canned, Baby Lima(A082)	6/#10 cans
Beans, Canned, Black Turtle(A908)	6/#10 cans
Beans, Canned, Blackeye Pea(A084)	6/#10 cans
Beans, Canned, Garbanzo(A089)	6/#10 cans
Beans, Canned, Great Northern (A085)	6/#10 cans
Beans, Canned, Pink (A083)	6/#10 cans
Beans, Canned, Pinto (A079)	6/#10 cans
Beans, Canned, Red Kidney (A086)	6/#10 cans
Beans, Canned, Refried (A095)	6/#10 cans
Beans, Canned, Small Red (A087)	6/#10 cans
Beans, Canned, Vegetarian (A091)	6/#10 cans
Beans, Dry, Great Northern (A925)	25 lb bags
Beans, Dry, Navy Pea (A924)	25 lb bags
Beans, Dry, Pinto (A942)	25 lb bags
Beans, Dry, Small Red (A948)	25 lb bags
Beans, Canned, Green (A061)	6/#10 cans
Beans, Frozen, Green (A070)	30 lb cartons
Carrots (A099)	30 lb cartons
Carrots, Canned (A100)	6/#10 cans
Corn Cobs, Frozen (A129)	96-ear case

COMMODITY	PACK SIZE
FRUIT JUICES	
Juice, Orange, Drums (A305)	55 Gal Drum (processing)
Juice, Orange, Tankers (A303)	Tankers (processing)
Grape Juice (pending code)	
Apple Juice (pending code)	
VEGETABLES (canned, dry, frozen) Cont'd	
Corn, Canned, Liquid, Whole Kernel (A110)	6/#10 cans
Corn, Frozen (A130)	30 lb cartons
Peas, Canned (A140)	6/#10 cans
Peas, Frozen (A160)	30 lb cartons
Potatoes, Oven, Frozen (A210)	6/5 lb packs
Potatoes, Rounds, Frozen (A204)	6/5 lb packs
Potatoes, Wedges, Fat Free (A173)	6/5 lb packs
Potatoes, Wedges, Frozen (A174)	6/5 lb packs
Salsa, Canned (A237)	6/#10 cans
Spaghetti Sauce (Meatless), Canned (A243)	6/#10 cans
Sweet Potatoes, Canned, Syrup (A220)	6/#10 cans
Sweet Potatoes, Canned, Mashed (A222)	6/#10 cans
Sweet Potatoes, Frozen, Mashed (A225)	6/5 lb packs
Sweet Potatoes, Frozen, Random Cut (A224)	6/5 lb packs
Tomato Paste, Canned (A252)	6/#10 cans
Tomato Paste, Drum (A249)	55 Gal Drum (processing)
Tomato Sauce, Canned (A239)	6/#10 cans
Tomatoes, Canned, Diced (A241)	6/#10 cans
Tomato Totes (A245)	14 totes (processing)
FRESH VEGETABLES	
Potatoes, Russet, Fresh (A214)	50 lb. cartons
Potatoes, White, Fresh (A215)	50 lb. bags
Potatoes, Bulk, Dehy (A213)	Bulk (for processing)
Potatoes, Bulk (A232)	Bulk (for processing)
Sweet Potatoes, Bulk (A230)	Bulk (for processing)
Sweet Potatoes, Fresh (A212)	40 lb. Cartons

USDA GROUP (B) PRODUCTS — Section 416 Type Donated Commodities (Grains/Cereals/Cheese/Milk/Oils/Peanut Products)

CHEDDAR CHEESE PRODUCTS	
Cheddar, Red Fat, Shred,White (B027)	6/5 lb
Cheddar, Red Fat, Shred, Yell (B028)	6/5 lb
Cheddar, Reduced-Fat, Yellow (B034)	4/10 lb
Cheddar, Shred., Yellow (B031)	6/5 lb
Cheddar, Shred., White (B032)	6/5 lb
Cheddar, White, 10# (B087)	4/10 lb
Cheddar, White, 40# block (B071)	40 lb block (processing)
Cheddar, Yellow, 10# (B088)	4/10 lb
Cheddar, Yellow, 40 # block (B072)	40 lb block (processing)
PROCESS CHEESE PRODUCTS	
Cheese, Process, Sliced, Yellow (B065)	6/5 lb Sliced Yellow
Cheese, Process, Block (B030)	40 lb block (processing)

CEREALS	
Oats 3, Rolled (B445)	12/3 lb pkg
Oats 25, Rolled (B444)	25 lb bags
Oats 50, Rolled (B450)	50 lb bags
GRAINS/FLOUR PRODUCTS	
Cornmeal, Degermed 40, Yellow (B142)	4/10 lb bags
Cornmeal, Degermed 8/5, Yellow (B138)	8/5 lb bags
Flour, All Purpose 40, BL. (B183)	4/10 lb bags
Flour, All Purpose 40, Unbl. (B188)	4/10 lb bags
Flour, All Purpose 50, BL.(B190)	50 lb bags
Flour, All Purpose 50, Unbl. (B191)	50 lb bags
Flour, All Purpose, BL. (B182)	8/5 lb bags
Flour, All Purpose, Bulk (B200)	8/5 lb bags

1. USDA FOODS AVAILABLE FOR SCHOOL YEAR 2009 - SCHOOLS and INSTITUTIONS

USDA GROUP (B) PRODUCTS Cont'd

COMMODITY	PACK SIZE
NATURAL AMERICAN CHEESE	
Cheese, Nat Amer, Barrel 500 (B049)	500 lb FBD BBL (processing)
CHEESE BLEND PRODUCTS	
Cheese 30 LVS (B064)	6/5# loaves
Cheese Blend, Amer/Skim Milk Y (B119)	6/5# Sliced Yellow
Cheese Blend, Amer/Skim Milk W (B133)	6/5# Sliced White
Cheese, Pasturized Amer, Sliced Wh (B066)	6/5# Sliced White
MOZZARELLA PRODUCTS	
Mozzarella, Light, Shred. Frozen (B035)	30 lb box
Mozzarella, LMPS, Shred., Frozen (B037)	30 lb box
Mozzarella, LMPS, Frozen (B042)	8/5 lb loaves
Mozzarella, LMPS, Unfrozen (B077)	Processor Pack (processing)
PEANUT PRODUCTS	
Peanut Butter, Smooth, Drum (B480)	500 lb drum (processing)
Peanut Butter, Smooth 5 (B473)	6/5 lb (cans or jars)
Peanuts, Roasted Runner (B498)	6/#10 can
Peanuts, Roasted, Canned (B500)	6/#10 can
RICE PRODUCTS	
Rice, Brown 25 (B545)	25 lb bags
Rice, Medium 50 (B521)	50 lb bags
Rice, Medium 25 #1 (B522)	25 lb bags
Rice, Medium 25 #2 (B513)	25 lb bags
Rice, Milled, Long-Grain 25 (B505)	25 lb bags
Rice, Milled, Long-Grain 50 (B506)	50 lb bags
Rice, Parboiled 25 (B507)	25 lb bags
Rice, Parboiled 50 (B508)	50 lb bags
Rice, Brown, Long-Grain, Quick Cook 24/2 (B537)	24/2 lb bags
Rice, Brown, Long-Grain, Quick Cook 30/2 (B538)	30/2 lb bags
PASTA PRODUCTS	
Rotini, Spiral (B435)	20 lb cartons
Whole Grain Rotini 20 (B428)	20 lb cartons
Spaghetti 20 (B840)	20 lb cartons
Whole Grain Spaghetti 20 (B836)	20 lb cartons

COMMODITY	PACK SIZE
GRAINS/FLOUR PRODUCTS Cont'd	
Corn, Yellow (B136)	2700 lb tote
Flour, Bakers Hard Wheat 100, BL. (B280)	100 lb bags
Flour, Bakers Hard Wheat 50, BL. (B275)	50 lb bags
Flour, Bakers Hard Wheat 50, Unbl. (B276)	50 lb bags
Flour, Bakers Hard Wheat Bulk, BL. (B285)	Bulk
Flour, Bakers Hard Wheat Bulk, Unbl. (B286)	Bulk
Flour, Bakers Hard Wheat Hearth 100, BL. (B300)	100 lb bags
Flour, Bakers Hard Wheat Hearth Bulk, BL. (B301)	Bulk
Flour, Whole Wheat 40 (B351)	4/10 lb bags
Flour, Whole Wheat 50 (B360)	50 lb Bags
Flour, Bakers Hard Wheat (B321)	Bulk
Flour, Bakers Hard Wheat 50, Hearth Bulk, Unbl. (B303)	Bulk
Flour, Bakers Soft Wheat, BL (B323)	50 lb bags
Flour, Bakery Mix (B367)	6/5 lb bags
Flour, Bakery Mix, Low Fat (B368)	6/5 lb bags
Flour, Bread 40, Bleached (B233)	4/10 bags
Flour, Bread 40, Unbleached (B235)	4/10 bags
Flour, Masa 50 Yellow (B345)	50 lb bags
Grits, Corn, White 40 (B382)	8/5 lb bags
Grits, Fine, Yellow (B384)	8/5 lb bags
OIL/SHORTENING PRODUCTS	
Oil, Soybean, Low Saturated Fat (B664)	6/1 gal
Oil, Vegetable 48 (B665)	9/48 oz
Oil, Vegetable 48 (B666)	8/48 oz
Oil, Vegetable, Bottle (B670)	6/1 gal bottle
Oil, Vegetable, Bulk (B672)	Bulk (processing)
MISCELLANEOUS PRODUCTS	
Sunflower Butter (B477)	6/5 lb

2. USDA FOODS AVAILABLE FOR 2009*
COMMODITY SUPPLEMENTAL FOOD PROGRAM

CSFP COMMODITY	PACK SIZE
GROUP (A) –	
VEGETABLES**	
Beans, Green (A059)	24/15.5 oz cans
Beans, Vegetarian (A090)	24/15.5 oz cans
Carrots (A098)	24/15.5 oz cans
Corn, Whole Kernel (A119)	24/15.5 oz cans
Mixed Vegetables (A057)	24/15.5 oz cans
Peas (A144)	24/15.5 oz cans
Spinach (A167)	24/15.5 oz cans
Potatoes, Sliced (A170)	24/15.5 oz cans
Sweet Potatoes (A223)	24/15.5 oz cans
Tomatoes (A240)	24/15.5 oz cans
JUICES	
Apple Juice (A282)	12/46 oz cans
Grape Juice (A285)	12/46 oz cans
Orange Juice (A300)	12/46 oz cans
Tomato Juice (A290)	12/46 oz cans

CSFP COMMODITY	PACK SIZE
FRUITS	
Apricots (A353)	24/15.5 oz cans
Applesauce (A351)	24/15.5 oz cans
Mixed Fruit (A404)	24/15.5 oz cans
Peaches (A411)	24/15.5 oz cans
Pears (A437)	24/15.5 oz cans
MEATS	
Beef, Canned (A721)	24/24 oz cans
Beef Stew, Canned (A590)	24/24 oz cans
Chicken, Canned (A532)	48/12.5 oz cans
Beef Chili without Beans, Canned (A702)	24/24 oz cans
Salmon, Canned (A802)	24/14.75 oz cans
Tuna, Canned (A743)	24/12 oz cans
DRY BEANS	
Beans, Baby Lima (A912)	12/2 lb packages
Beans, Light Kidney (A 920)	12/2 lb packages
Beans, Great Northern (A917)	12/2 lb packages
Beans, Pinto (A914)	12/2 lb packages

2. USDA FOODS AVAILABLE FOR 2009[a]
COMMODITY SUPPLEMENTAL FOOD PROGRAM

CSFP COMMODITY	PACK SIZE
GROUP (A) –	
VEGETABLES**	
Beans, Green (A059)	24/15.5 oz cans
Beans, Vegetarian (A090)	24/15.5 oz cans
Carrots (A098)	24/15.5 oz cans
Corn, Whole Kernel (A119)	24/15.5 oz cans
Mixed Vegetables (A057)	24/15.5 oz cans
Peas (A144)	24/15.5 oz cans
Spinach (A167)	24/15.5 oz cans
Potatoes, Sliced (A170)	24/15.5 oz cans
Sweet Potatoes (A223)	24/15.5 oz cans
Tomatoes (A240)	24/15.5 oz cans
JUICES	
Apple Juice (A282)	12/46 oz cans
Grape Juice (A285)	12/46 oz cans
Orange Juice (A300)	12/46 oz cans
Tomato Juice (A290)	12/46 oz cans

CSFP COMMODITY	PACK SIZE
FRUITS	
Apricots (A353)	24/15.5 oz cans
Applesauce (A351)	24/15.5 oz cans
Mixed Fruit (A404)	24/15.5 oz cans
Peaches (A411)	24/15.5 oz cans
Pears (A437)	24/15.5 oz cans
MEATS	
Beef, Canned (A721)	24/24 oz cans
Beef Stew, Canned (A590)	24/24 oz cans
Chicken, Canned (A532)	48/12.5 oz cans
Beef Chili without Beans, Canned (A702)	24/24 oz cans
Salmon, Canned (A802)	24/14.75 oz cans
Tuna, Canned (A743)	24/12 oz cans
DRY BEANS	
Beans, Baby Lima (A912)	12/2 lb packages
Beans, Light Kidney (A 920)	12/2 lb packages
Beans, Great Northern (A917)	12/2 lb packages
Beans, Pinto (A914)	12/2 lb packages

3. USDA FOODS AVAILABLE FOR 2009*
Food Distribution Program on Indian Reservations (FDPIR)

FDPIR COMMODITY	PACK SIZE
GROUP A	
VEGETABLES* **	
Beans, Green (A059)	24/15.5 oz cans
Beans, Kidney, low sodium (A076)	24/15.5 oz cans
Beans, Refried (A093)	24/15.5 oz cans
Beans, Vegetarian, low sodium (A090)	24/15.5 oz cans
Carrots (A098)	24/15.5 oz cans
Corn, Cream (A122)	24/15.5 oz cans
Corn, Whole Kernel (A119)	24/15.5 oz cans
Peas (A144)	24/15.5 oz cans
Potatoes, Dehydrated (A196)	12/1 lb packages
Potatoes, Sliced (A170)	24/15.5 oz cans
Pumpkin (A164)**	24/15.5 oz cans
Spaghetti Sauce, low sodium (A236)	24/15.5 oz cans
Spinach (A167)	24/15.5 oz cans
Sweet Potatoes (A223)**	24/15.5 oz cans
Tomato Sauce, low sodium (A244)	24/15.5 oz cans
Tomato Soup, reduced sodium (A219)	24/10.5 cans
Tomatoes, Diced (A234)	24/15.5 oz cans
Vegetable Soup, reduced sodium (A218)	24/10.5 cans
Vegetables, Mixed (A057)	24/15.5 oz cans
JUICE	
Apple Juice (A282)	12/46 oz cans
Grape Juice (A284)	12/46 oz ctn
Grape Juice (A285)	12/46 oz cans
Grapefruit Juice (A280)	12/46 oz cans
Orange Juice (A300)	12/46 oz cans
Tomato Juice (A290)	12/46 oz cans

FDPIR COMMODITY	PACK SIZE
FRUITS	
Apricots (A353)	24/15.5 oz cans
Applesauce (A351)	24/15.5 oz cans
Mixed Fruit (A404)	24/15.5 oz cans
Peaches Cling (A411)	24/15.5 oz cans
Pears (A437)	24/15.5 oz cans
Plums Dried (A489)	24/1# pkg
Raisins (A501)	24/15 oz pkg
MEATS	
Beef Fine Ground, Frozen (A609)	40/1 lb packages
Beef Round Roast, Frozen (A613)	20/2# carton
Beef Stew Chunky, Canned (A590)	24/24 oz cans
Beef, Canned (A721)	24/24 oz cans
Chicken Cut Up, Frozen (A557)	12/4# pkg
Chicken, Canned (A532)	48/12.5 oz cans
Tuna, Canned (A743)	24/12 oz cans
Turkey Ham Frozen (A581)	20/2# carton
DRY BEANS	
Beans, Great Northern (A917)	12/2 lb packages
Beans, B Lima (A912)	12/2 lb packages
Beans, Pinto (A914)	12/2 lb packages
MISCELLANEOUS	
Egg Mix (A570)	48/6 oz packages
SPECIALTY ITEMS (Subject to available funds)	
Ham, Frozen (A669)	12/3 lb carton

3. USDA FOODS AVAILABLE FOR 2009*
Food Distribution Program on Indian Reservations (FDPIR)

FDPIR COMMODITY	PACK SIZE	FDPIR COMMODITY	PACK SIZE
GROUP B			
Bakery Mix, Low fat (B368)	6/5 lb bags	**Ready-To Eat Cereals:**	boxes
Cheese Blend Sliced (B119)	6/5 lb package	Cereal WB Flakes (B876)	14/17.3 oz
Cheese Loaves (B064)	6/5 lb loaves	Cereal WB Flakes 17 (B859)	14/17.3 oz
Corn Meal (B138)	8/5 lb bag	Cereal WB 18 oz (B829)	14/8 oz
Crackers Unsalted (B371)	12/16 oz box	Cereal Corn Flk 18 (B878)	12/18 oz
Egg Noodles (B424)	12/1 lb packages	Cereal Crn Flk 18 (B879)	12/18 oz
Evaporated Milk (B117)	24/12 fl oz cans	Cereal Corn Flk 18 oz (B832)	8/18 oz.
Farina (B160)	24/14 oz package	Cereal Crn & Rice 12 (B855)	14/12 oz
Flour All Purpose (B182)	8/5 lb bag	Cereal Oats 15 (B853)	12/15 oz
Flour Whole Wheat (B352)	8/5 lb bag	Cereal Oats 18 oz (B831)	10/18 oz
Instant Nonfat Dry Milk (B095)	12/25.6 oz package	Cereal Rice Crisp 12 (B833)	16/12 oz
Macaroni (B425)	24/1 lb packages	Cereal Rice 1440 CS (B838)	16/12 oz
Mac N Cheese (B433)	48/7.25 oz pkg	Cereal Rice 18 oz (B830)	8/18 oz
Oats (B437)	12/42 oz tube	Cereal Corn Square (B834)	14/14 oz
Peanut Butter (B474)	12/18 oz jars		
Peanuts Roasted (B502)	12/16 oz package		
Rice L 30/2 (B528)	30/2 lb packages		
Rotini Whole Grain (B423)	20/1 lb packages		
Spaghetti (B835)	12/2 lb packages		
UHT 1% Milk (B385)	12/32 oz packages		
Vegetable Oil (B666)	8/48 oz bottles		

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

*** Seasonal items -- October-December only*

**** Beginning in July 2009 all vegetables will have lower sodium content.*

4. USDA FOODS AVAILABLE FOR 2009*
THE EMERGENCY FOOD ASSISTANCE PROGRAM

TEFAP COMMODITY	PACK SIZE	TEFAP COMMODITY	PACK SIZE
Group (A) –			
VEGETABLES**		**FRUITS**	
Beans, Green (A059)	24/15.5 oz cans	Apricots (A353)	24/15.5 oz cans
Beans, Blackeye (A062)	24/15.5 oz cans	Applesauce (A351)	24/15.5 oz cans
Beans, Kidney low sodium (A076)	24/15.5 oz cans	Mixed Fruit (A404)	24/15.5 oz cans
Beans, Refried (A093)	24/15.5 oz cans	Peaches Freestone (A421)	24/15.5 oz cans
Beans, Vegetarian low sodium (A090)	24/15.5 oz cans	Peaches Cling (A411)	24/15.5 oz cans
Carrots (A098)	24/15.5 oz cans	Pears (A437)	24/15.5 oz cans
Corn, Cream (A122)	24/15.5 oz cans		
Corn, Whole Kernel (A119)	24/15.5 oz cans		
Peas (A144)	24/15.5 oz cans	**MEATS**	
Potatoes, Sliced (A170)	24/15.5 oz cans	Beef, Canned (A721)	24/24 oz cans
Potatoes, Dehydrated (A196)	12/1 lb packages	Beef, Frozen Fine Ground (A609)	40/1 lb packages
Pumpkin (A164)	24/15.5 oz cans	Beef Stew, Canned (A590)	24/24 oz cans
Spaghetti Sauce low sodium (A236)	24/15.5 oz cans	Chicken, Canned (A532)	48/12.5 oz cans
Spinach (A167)	24/15.5 oz cans	Chicken, Frz Whole (A503)	approx 3-4 lbs each
Sweet Potatoes (A223)	24/15.5 oz cans	Ham, Frozen (A669)	12/3 lb carton
Tomatoes (A240)	24/15.5 oz cans	Pork, Canned (A722)	24/24 oz cans
Tomatoes, Diced (A234)	24/15.5 oz cans	Tuna, Canned (A7443)	24/12 oz cans
Tomato Sauce low sodium (A244)	24/15.5 oz cans	Turkey Roast, Frozen (A537)	32-48 lb cartons
Vegetables, Mixed (A057)	24/15.5 oz cans		
Tomato Soup reduced sodium (A219)	24/10.5 cans	**DRY BEANS**	
Vegetable Soup reduced sodium (A218)	24/10.5 cans	Beans, Blkeye (A910)	12/2 lb packages
		Beans, Great Northern (A917)	12/2 lb packages
JUICE		Beans, Light Kidney (A920)	12/2 lb packages
Apple Juice (A282)	12/46 oz cans	Beans, Lima (A912)	12/2 lb packages
Cherry Apple Juice (A276)	12/46 oz cans	Beans, Pinto (A914)	12/2 lb packages
Grape Juice (A284)	12/46 oz ctn		
Grape Juice (A285)	12/46 oz cans	**MISCELLANEOUS**	
Grapefruit Juice (952)	12/46 oz cans	Egg Mix (A570)	48/6 oz packages
Orange Juice (A300)	12/46 oz cans	Eggs Large (A813)	15 dozen
Tomato Juice (A290)	12/46 oz cans		

4. USDA TEFAP FOODS AVAILABLE FOR 2009*

TEFAP COMMODITY	PACK SIZE	TEFAP COMMODITY	PACK SIZE
GROUP (B) --			
GRAINS			
Bakery Mix, Lowfat (B368)	6/5 lb bags	Vegetable Oil (B666)	8/48 oz bottles
Egg Noodles (B424)	12/1 lb packages	UHT Fluid Milk 1% (B385)	12/32 oz
Grits, Corn (white) (B382)	8/5 lb bags		
Grits, Corn (yellow) (B384)	8/5 lb bags	**Ready-To Eat Cereals:**	boxes
Spaghetti (B835)	12/2 lb packages	Cereal WB Flakes (B876)	14/17.3 oz
Macaroni (B425)	24/1 lb packages	Cereal WB Flakes 17 (B859)	14/17.3 oz
Oats (B445)	12/3 lb packages	Cereal WB 18 OZ (B829)	14/8 oz
Peanut Butter (B474)	12/18 oz jars	Cereal Corn Flk 18 (B878)	12/18 oz
Peanuts, Roasted (B502)	12/16 oz.	Cereal Crn Flk 18 (B879)	12/18 oz
Rice S 2 (B514)	24/2 lb packages	Cereal Corn Flk 18 OZ (B832)	8/18 oz.
Rice M 2 (B517)	24/2 lb packages	Cereal Crn & Rice 12 (B855)	14/12 oz
Rice L 2 (B518)	24/2 lb packages	Cereal Oats 15 (B853)	12/15 oz
Rice S 30/2 (B526)	30/2 lb packages	Cereal Oats 18 OZ (B831)	10/18 oz
Rice M 30/2 (B527)	30/2 lb packages	Cereal Rice Crisp 12 (B833)	16/12 oz
Rice L 30/2 (B528)	30/2 lb packages	Cereal Rice 1440 CS (B838)	16/12 oz
Whole Grain Rotini (B423)	20/1 lb packages	Cereal Rice 18 OZ (B830)	8/18 oz
		Cereal Corn Square (B834)	14/14 oz

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

****Beginning in July 2009 all vegetables will have a lower sodium content**

APPENDIX A-5. DOD FRESH FRUIT AND VEGETABLE PROGRAM

Produce items delivered to the NSLP from the Department of Defense (DOD) Fresh Fruit and Vegetable Program were documented differently than those in the FNS Entitlement and Bonus Detail Status Reports. This appendix documents the files with the DOD produce data and the method for applying nutrients.

DOD data files:

1. May 2009 Copy of Budget Types YTD FY09.xls
    a. Sheet: Budget Types YTD FY09 – Documents funds spent in FY 2009
        i. Column A lists the USDA Foods groups
        ii. Column O lists the total pounds delivered in 2009
        iii. Column P lists the total amount spent per USDA Foods group in 2009
    b. Sheet: CmdtyGrpItemCodeDescr – Identifies foods within each USDA Foods group
        i. Column A provides the USDA Foods group for the food item
        ii. Column C lists the description of the food item
        iii. Column D lists the stock number of the food item
2. State files of individual food items delivered (e.g., AK AL AR AZ CA SY10 item.xlsx)
    a. Used to determine the ratio of food items delivered within each USDA Foods group
    b. Column F lists weight of each food item by stock number

Review of the two files revealed that the stock numbers of the foods in the 'May 2009 Copy of Budget Types YTD FY09.xls' do not always match those in the state files.

- Stock numbers in the state files are not always included in the 'May 2009 Copy of Budget Types YTD FY09.xls' file
- Multiple stock numbers used for the same food product in different state files
- The same stock number used for two different food products across different state files
- The same stock number used for different forms of the same food product across different state files

In order to reconcile data between the two files and consolidate additions to the USDA Foods Nutrient Database, stock numbers were consolidated as follows:

- Stock numbers for the same food product were linked to a Westat-generated USDA food code (WCODE) to allow for a unique food entry for each produce item in the nutrient database.
    - Stock number descriptions and information from FNS or DOD were used to determine appropriate refuse factor for food items; for example, apples were provided both as raw, unpeeled fruit and as chilled, ready-to-eat slices.
    - 1,132 stock numbers were consolidated into 173 WCODES.

- Pounds of each food item delivered were calculated by adding the pounds delivered of each stock number within a WCODE rather than stock numbers. Using just the WCODE to determine the ratio of foods delivered eliminated discrepancies between stock numbers in the two data files.

- WCODEs were grouped according to the USDA Foods groups in the 'May 2009 Copy of Budget Types YTD FY09.xls' file.

6. ADDITIONAL FOODS DELIVERED IN 2009, BY PROGRAM

Table A-6.1 Foods Delivered to CACFP not on Foods Available 2009

Food Group	Code	USDA Foods	Delivery Type
Fruit	A261	FRT-NUT MIX 5	Bonus
Fruit	A387	BLUEBERRIES WILD 3	Bonus
Fruit	A417	STRAWBERRY CUP 4.5	Entitlement
Fruit	A431	PEARS HALVES	Bonus
Fruit	A431	PEARS HALVES	Entitlement
Grains	B430	MACARONI 20	Entitlement
Meat	A752	CATFISH STRIPS 10	Entitlement

Table A-6.2 Foods Delivered to CSFP not on Foods Available 2009

Food Group	Code	USDA Foods	Delivery Type
Cereal	B802	CEREAL CRN FLAKES 18	Entitlement
Cereal	B834	CEREAL CRN SQR 14 OZ	Entitlement
Cereal	B804	CEREAL OATS 14 OUNCE	Entitlement
Cereal	B845	CEREAL RICE RTE 12	Entitlement
Fruit	A464	PLUMS 300	Entitlement
Grains	B384	GRITS FINE YEL	Entitlement
Infant Products	B146	CEREAL INFANT RICE	Entitlement
Infant Products	B420	FORMULA DRY 12 OZ	Entitlement
Pasta	B423	WHL GRN ROTINI 1LB	Entitlement

Table A-6.3 Foods Delivered to FDPIR not on Foods Available 2009

Food Group	Code	USDA Foods	Delivery Type
Cereal	B802	CEREAL CRN FLAKES 18	Entitlement
Cereal	B804	CEREAL OATS 14 OUNCE	Entitlement
Cereal	B845	CEREAL RICE RTE 12	Entitlement
Grain	B364	FLOUR MIX LOWFAT	Entitlement
Juice	A279	CRNBRY APPLE J	Entitlement
Oil	B005	BUTTERY SPREAD 18	Entitlement
Vegetable	A240	TOMATOES 300	Entitlement

Table A-6.4 Foods Delivered to NSLP not on Foods Available 2009

Food Group	Code	USDA Foods	Delivery Type
Cheese	B067	CHSE KOSHER SLC W	Entitlement
Fruit	A342	APPLES FRSH SLC 100	Bonus
Fruit	A337	APPLES FSH SLC 100	Bonus
Fruit	A339	APPLES FSH SLC 200	Bonus
Fruit	A338	APPLES FSH SLC 64	Bonus
Fruit	A379	BLACK BRY EVGRN IQF	Bonus
Fruit	A369	BLK BRY MARION IQF	Bonus
Fruit	A387	BLUEBERRIES WILD 3	Bonus
Fruit	A292	CHERRIES DRIED 2	Bonus
Fruit	A260	FRT-NUT MIX 24	Bonus
Fruit	A261	FRT-NUT MIX 5	Bonus
Fruit	A435	PEARS BARTLETT	Entitlement
Fruit	A431	PEARS HALVES	Bonus
Fruit	A431	PEARS HALVES	Entitlement
Fruit	A417	STRAWBERRY CUP 4.5	Entitlement
Grains	B198	FLOUR BREAD BULK	Entitlement
Grains	B304	FLOUR HIGH GLUTEN	Entitlement
Grains	B364	FLOUR MIX LOWFAT	Entitlement
Grains	B430	MACARONI 20	Entitlement
Grains	B114	NFD BULK 25 KG	Bonus
Grains	B151	PANCAKE 144	Bonus
Grains	B153	TORTILLAS 1.5 OZ	Bonus
Juice	A301	ORANGE J FRZ CONC	Bonus
Meat	A580	BEEF PTYS LFT	Entitlement
Meat	A752	CATFISH STRIPS 10	Bonus
Meat	A752	CATFISH STRIPS 10	Entitlement
Meat	A764	TURKEY BONELESS BULK	Bonus
Meat	A582	TURKEY THIGHS BULK	Entitlement
Milk	B410	UHT FLUID MILK 2%	Entitlement

Table A-6.5 Foods Delivered to TEFAP not on Foods Available 2009

Food Group	Code	USDA Foods	Delivery Type
Cereal	B802	CEREAL CRN FLAKES 18	Entitlement
Cereal	B801	CEREAL CRN RICE 12	Entitlement
Cereal	B804	CEREAL OATS 14 OUNCE	Entitlement
Cereal	B845	CEREAL RICE RTE 12	Entitlement
Cereal	B803	CEREAL WHT BRAN 17.3	Entitlement
Fruit	A345	APPLE SLICES	Bonus
Fruit	A350	APPLESAUCE 10	Bonus
Fruit	A387	BLUEBERRIES WILD 3	Bonus
Fruit	A307	BLUEBERRY DRY CULT 2	Bonus
Fruit	A308	BLUEBERRY F CULT 2.5	Bonus
Fruit	A292	CHERRIES DRIED 2	Bonus
Fruit	A389	CHERRIES RTP 2.5	Bonus
Fruit	A471	DATES 24	Bonus
Fruit	A260	FRT-NUT MIX 24	Bonus
Fruit	A416	PEACHES CUP 4.4	Bonus
Fruit	A419	PEACHES SLC FRZ 2	Bonus
Fruit	A435	PEARS BARTLETT	Bonus
Fruit	A464	PLUMS 300	Bonus
Fruit	A504	RAISINS 144	Bonus
Fruit	A501	RAISINS 24	Entitlement
Grains	B364	FLOUR MIX LOWFAT	Entitlement
Grains	B523	RICE M 2 #1	Entitlement
Juice	A274	APPLE JUICE 64 OZ	Entitlement
Juice	A275	CHERRY APPLE 64 OZ	Entitlement
Juice	A273	CRAN APPLE JUICE 64	Entitlement
Juice	A279	CRNBRY APPLE J	Entitlement
Juice	A269	GRAPE JUICE 64 OZ	Entitlement
Juice	A272	GRAPEFRUIT JUICE 64	Entitlement
Juice	A299	ORANGE J SNGL	Bonus
Juice	A271	ORANGE JUICE 64 OZ	Entitlement
Juice	A270	TOMATO JUICE 64 OZ	Entitlement
Meat	A751	CATFISH STRIPS	Bonus
Meat	A815	CHIX BREASTS	Bonus
Meat	A515	CHIX CUT UP	Bonus
Meat	A557	CHIX CUT UP 4LB	Entitlement
Meat	A524	CHIX LEG QRT 15 KG	Bonus
Meat	A509	CHIX LEG QTRS	Bonus
Meat	A814	CHIX MISC BONUS	Bonus
Meat	A514	CHIX THIGHS	Bonus
Meat	A531	CHIX THIGHS BULK	Bonus
Meat	A508	DRUMSTICKS	Bonus

Meat	A813	EGGS 15 DOZN	Entitlement
Meat	A624	LAMB LEG ROAST	Bonus
Meat	A620	LAMB SHOULDER CHOPS	Bonus
Meat	A729	PORK PATTY FC	Bonus
Meat	A732	PORK PATTY FC 2 OZ	Bonus
Meat	A802	SALMON CND 1600	Bonus
Meat	A802	SALMON CND 1600	Entitlement
Meat	A549	TURKEY BREAST DELI	Bonus
Meat	A550	TURKEY BRST DELI SMK	Bonus
Meat	A545	TURKEY BRST SM	Bonus
Meat	A763	TURKEY DELI ROASTS	Bonus
Meat	A551	TURKEY DELI SMALL	Bonus
Meat	A581	TURKEY HAM FRZ 2 LB	Bonus
Meat	A581	TURKEY HAM FRZ 2 LB	Entitlement
Milk	B117	EVAP 24	Entitlement
Milk	B420	FORMULA DRY 12 OZ	Entitlement
Milk	B095	INSTANT 2	Bonus
Milk	B386	UHT MILK 1% 8 OZ	Bonus
Oils	B005	BUTTERY SPREAD 18	Entitlement
Oils	B670	VEG OIL	Entitlement
Oils	B665	VEG OIL 9/48	Entitlement
PB/Dried beans	A925	BEANS GRT NORTH 25	Bonus
PB/Dried beans	A259	WALNUT ENG PECS	Bonus
Vegetables	A238	TOMATOES	Bonus

7. FOODS AVAILABLE NOT DELIVERED IN 2009

A-7.a. Child and Adult Care Food Program

USDA Foods_Group	Code	USDA Foods
Cheese	B030	Cheese, American, Pasteurized, Process, Bulk, 40lb
Cheese	B133	Cheese, Blend, American & Skim, Milk, White, Sliced, 5lb
Cheese	B034	Cheese, Cheddar, Reduced-Fat, Yellow, Loaves, 10lb
Cheese	B071	Cheese, Cheddar, White, Block, 40lb
Cheese	B087	Cheese, Cheddar, White, Loaves, 10lb
Cheese	B072	Cheese, Cheddar, Yellow, Block, 40lb
Cheese	B088	Cheese, Cheddar, Yellow, Loaves, 10lb
Cheese	B049	Cheese, Nat, Amer, Barrel, 500lb
Fruit	A346	Apple Slices, Frozen, Unsweetened, 30lb
Fruit	A349	Apples, Fresh, (Various Types)-Pilot, 37-40lb
Fruit	A343	Apples, Fresh, 37-40lb
Fruit	A360	Apricots, Canned, Halves, Unpeeled, #10
Fruit	A447	Apricots, Frozen, Sliced, 40lb
Fruit	A358	Apricots, Frozen, Sliced, Bulk, 20lb
Fruit	A376	Blackberry, Evergreen, Puree, 6/5.75lb
Fruit	A377	Blackberry, Marion, Puree, 5.75lb
Fruit	A309	Blueberries, Dry, Whole, 10lb
Fruit	A310	Blueberries, Frozen, Wild, 25lb
Fruit	A363	Cherries, Canned, Red, Tart, Pitted, #10
Fruit	A293	Cherries, Dry, Red Tart, Pitted, 4lb
Fruit	A291	Cranberries, Dried, Sweetened, Whole, 5lb
Fruit	A306	Cranberries, Whole, Frozen, 40lb
Fruit	A357	Oranges, Fresh, Case, 34-39lb
Fruit	A442	Pears, Fresh, Bosc, Whole, Case (45lb)
Fruit	A441	Pears, Fresh, D-Anjou, Whole, Case (45lb)
Fruit	A448	Pineapple, Canned, Chunks, #10
Fruit	A444	Pineapple, Canned, Crushed, #10
Fruit	A443	Pineapple, Canned, Tidbits, #10
Fruit	A500	Raisins, Regular Moisture, Seedless, 30lb
Fruit	A390	Raspberries, Frozen, Drum, 500lb
Fruit	A391	Raspberries, Frozen, Puree, 28lb
Fruit	A373	Raspberries, Red, Frozen, Puree, 5.75lb
Grains	B136	Corn, Yellow, 2700 Lb
Grains	B200	Flour, All Purpose, Bulk, 8/5 Lb
Grains	B190	Flour, All Purpose, Enriched, Bleached, 50lb
Grains	B191	Flour, All Purpose, Enriched, Unbleached, 50lb
Grains	B303	Flour, Bakers, Hard Wheat 50, Hearth Bulk, Unbl.
Grains	B285	Flour, Bakers, Hard Wheat, Bl.
Grains	B280	Flour, Bakers, Hard Wheat, Enriched, Bleached, 100lb
Grains	B275	Flour, Bakers, Hard Wheat, Enriched, Bleached, 50lb
Grains	B276	Flour, Bakers, Hard Wheat, Enriched, Unbleached, 50lb
Grains	B301	Flour, Bakers, Hard Wheat, Hearth, Bl.
Grains	B300	Flour, Bakers, Hard Wheat, Hearth, Bleached, 100lb

USDA Foods_Group	Code	USDA Foods
Grains	B286	Flour, Bakers, Hard Wheat, Unbl.
Grains	B345	Flour, Masa, Yellow, Enriched, 50lb
Grains	B323	Flour, Soft Wheat, Enriched, Bleached, 50lb
Grains	B321	Flour, Soft Wheat, Enriched, Unbleached, Bulk
Grains	B360	Flour, Whole Wheat, 50lb
Grains	B382	Grits, Corn, White, 8/5 Lb
Grains	B384	Grits, Corn, Yellow, Enriched, 5lb
Grains	B444	Oats, Rolled, Quick, Dry, 25lb
Grains	B450	Oats, Rolled, Quick, Dry, 50lb
Grains	B508	Rice, White, Enriched, Long-Grain, Parboiled (Converted) No 1, Dry, 50lb
Grains	B505	Rice, White, Enriched, Long-Grain, Parboiled (Converted), Dry, 25lb
Grains	B506	Rice, White, Enriched, Long-Grain, Parboiled (Converted), Dry, 50lb
Grains	B522	Rice, White, Enriched, Medium Grain, Parboiled (Converted) No 1, Dry, 25lb
Grains	B513	Rice, White, Enriched, Medium Grain, Parboiled (Converted) No 2, Dry, 25lb
Grains	B521	Rice, White, Enriched, Medium Grain, Parboiled (Converted) No 2, Dry, 50lb
Grains	B836	Spaghetti, Whole Grain, Dry, 20lb
Juice	A305	Orange, Juice, Drums
Juice	A303	Orange, Juice, Tankers
Meat	A082	Beans, Canned, Baby Lima, Dry, #10
Meat	A908	Beans, Canned, Black Turtle, #10
Meat	A089	Beans, Canned, Garbanzo, Dry, #10
Meat	A088	Beans, Canned, Great Northern, Dry, #10
Meat	A083	Beans, Canned, Pink, Dry, #10
Meat	A087	Beans, Canned, Red, Small, Dry, #10
Meat	A925	Beans, Dry, Great Northern, Dry, Whole, 25lb
Meat	A924	Beans, Dry, Navy Or Pea, Dry, Whole, 25lb
Meat	A942	Beans, Pinto, Dry, Whole, 25lb
Meat	A948	Beans, Small Red, Dry, Whole, 25lb
Meat	A602	Beef Special Trim Frozen, 60lb
Meat	A704	Beef, Boneless
Meat	A721	Beef, Canned, W/ Natural Juices, Fully Cooked, 24oz
Meat	A579	Beef, Fine Ground, Irradiated, Raw, Frozen, 10lb
Meat	A578	Beef, Patties, Ground, Irradiated, Raw, Frozen, Iqf, 40lb
Meat	A627	Beef, Patties, Lean, Ground, Raw, 10% Fat, Frozen, Iqf, 40lb
Meat	A616	Beef, Patties, W/ Spp, Ground, Raw, Frozen, Iqf, 40lb
Meat	A519	Chicken Nuggets, Soc, 30lb
Meat	A528	Chicken Patties, Burger-Style, Frozen, 6/5 Lb Pkgs Per 30# Case
Meat	A561	Chicken Patties, Soc, 30lb

USDA Foods_Group	Code	USDA Foods
Meat	A573	Chicken, Drumsticks, Chilled
Meat	A518	Chicken, Legs, Chilled
Meat	A510	Chicken, Light, Bulk
Meat	A521	Chicken, Small & Large, Bulk, Chilled
Meat	A531	Chicken, Thighs, Chilled
Meat	A575	Egg Mix, All Purpose, Dried, 10lb
Meat	B480	Peanut, Butter, Smooth, Drum, 500lb
Meat	B498	Peanuts, Roasted, Runner, Unsalted, Shelled & Granules, #10
Meat	B500	Peanuts, Roasted, Unsalted, Canned, #10
Meat	A720	Pork Sausage Crumbles, W/Spp, Fully Cooked, Frozen, 40lb
Meat	A722	Pork, Canned, W/ Natural Juices, Fully Cooked, 24oz
Meat	A745	Tuna, Pouch, Light, Ready-To-Serve, 43oz
Meat	A534	Turkey, Bulk, Chilled
Meat	A535	Turkey, Bulk, Ground
Oil	B665	Oil, Vegetable, 48fo
Oil	B666	Oil, Vegetable, 48fo
Oil	B672	Oil, Vegetable, Bulk
Vegetables	A232	Potatoes, Bulk
Vegetables	A213	Potatoes, Bulk, Dehydrated
Vegetables	A214	Potatoes, Fresh, Russet (Baking Type), 50lb
Vegetables	A215	Potatoes, Fresh, White (Baking Type), 50lb
Vegetables	A212	Sweet Potatoes, Bulk
Vegetables	A230	Sweet Potatoes, Fresh, Whole, Case, 40lb
Vegetables	A225	Sweet Potatoes, Frozen, Mashed, 5lb
Vegetables	A224	Sweet Potatoes, Frozen, Random Cut Chunks, 5lb
Vegetables	A249	Tomato Paste, Drum, 55 Gal
Vegetables	A245	Tomato, Totes

A-7.b. National School Lunch Program

USDA Foods_Group	Code	USDA Foods
Fruit	A349	Apples, Fresh, (Various Types)-Pilot, 37-40lb
Fruit	A447	Apricots, Frozen, Sliced, 40lb
Fruit	A376	Blackberry, Evergreen, Puree, 6/5.75lb
Fruit	A309	Blueberries, Dry, Whole, 10lb
Fruit	A310	Blueberries, Frozen, Wild, 25lb
Fruit	A363	Cherries, Canned, Red, Tart, Pitted, #10
Fruit	A306	Cranberries, Whole, Frozen, 40lb
Fruit	A442	Pears, Fresh, Bosc, Whole, Case (45lb)
Fruit	A448	Pineapple, Canned, Chunks, #10
Fruit	A444	Pineapple, Canned, Crushed, #10
Fruit	A443	Pineapple, Canned, Tidbits, #10
Fruit	A390	Raspberries, Frozen, Drum, 500lb
Fruit	A391	Raspberries, Frozen, Puree, 28lb
Fruit	A373	Raspberries, Red, Frozen, Puree, 5.75lb
Grains	B200	Flour, All Purpose, Bulk, 8/5 Lb
Grains	B323	Flour, Soft Wheat, Enriched, Bleached, 50lb
Grains	B384	Grits, Corn, Yellow, Enriched, 5lb
Grains	B444	Oats, Rolled, Quick, Dry, 25lb
Grains	B450	Oats, Rolled, Quick, Dry, 50lb
Grains	B521	Rice, White, Enriched, Medium Grain, Parboiled (Converted) No 2, Dry, 50lb
Juice	A305	Orange, Juice, Drums
Meat	A088	Beans, Canned, Great Northern, Dry, #10
Meat	A948	Beans, Small Red, Dry, Whole, 25lb
Meat	A579	Beef, Fine Ground, Irradiated, Raw, Frozen, 10lb
Meat	A578	Beef, Patties, Ground, Irradiated, Raw, Frozen, Iqf, 40lb
Meat	A519	Chicken Nuggets, Soc, 30lb
Meat	A561	Chicken Patties, Soc, 30lb
Meat	A573	Chicken, Drumsticks, Chilled
Meat	A510	Chicken, Light, Bulk
Meat	A575	Egg Mix, All Purpose, Dried, 10lb
Meat	B498	Peanuts, Roasted, Runner, Unsalted, Shelled & Granules, #10
Meat	B500	Peanuts, Roasted, Unsalted, Canned, #10
Meat	A720	Pork Sausage Crumbles, W/Spp, Fully Cooked, Frozen, 40lb
Vegetables	A215	Potatoes, Fresh, White (Baking Type), 50lb

A-7.c. The Emergency Food Assistance Program

USDA Foods_Group	Code	USDA Foods_Name
Grains	B368	Uht Milk 1% 8 Oz
Cereal	B829	Cereal Bran Flakes Ready-To-Eat Dry
Cereal	B830	Cereal Rice Crisps Ready-To-Eat
Cereal	B831	Cereal Oat Circles Ready-To-Eat
Cereal	B832	Cereal Cornflakes Ready-To-Eat Dry

Appendix B. USDA Commodity Foods Nutrient Database Documentation

The USDA Commodity Foods Nutrient Database (CFND) was compiled using several data sources. The nutrients and components were occasionally modified from the original data source to ensure that the nutrient profile reflected the USDA Foods to the greatest extent possible. This appendix presents documentation of these modifications. A decision log was maintained for the CFND, documenting modifications made to the FNDDS nutrients, MPE components, and yields for each USDA Foods item. The decision log is at the end of this appendix.

Source of nutrients. Nutrients were drawn from the USDA Food and Nutrient Database for Dietary Studies (FNDDS) version 4.1[130], as the FNDDS presents the nutrients for foods as eaten.

- For several USDA Foods, a better match for the item was available in USDA National Nutrient Database for Standard Reference (SR23)[131].
- The match to FNDDS was maintained, as the My Pyramid Equivalents Database (MPED)[132], the source of the food group data, is linked to FNDDS. In these cases, adjustment was sometimes required for the MPEs since they are linked to the FNDDS. For example, SR23 was used for the nutrient values for dried egg mix, but the yield data from the fact sheet was used to adjust the MPEs for an FNDDS code for eggs. Because the dried egg mix would be eaten after it was reconstituted, it was assumed to provide MPES similar to an egg. The nutrient values were applied from SR, but the MPEs were applied from FNDDS.
- 37 USDA Foods have nutrients from SR23. These are documented in the CFND Decision Log.
- 2 USDA Foods had no equivalent match in either FNDDS 4 or SR23: Bison Stew Canned (A611) and Pork Sloppy Joe Frozen (A712). For each of these USDA Foods, an FNDDS recipe was modified to create a nutrient profile appropriate for that food.
- 2 additional USDA Foods had no equivalent match in either FNDDS 4 or SR23, but because they are single ingredient foods (dried blueberries and dried cherries), a recipe

[130] USDA Food and Nutrient Database for Dietary Studies, 4.1. 2010. Beltsville, MD Agricultural Research Service, Food Surveys Research Group.

[131] U.S. Department of Agriculture, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page, http://www.ars.usda.gov/ba/bhnrc/ndl.

[132] Bowman SA, Friday JE, Moshfegh A. (2008). *MyPyramid Equivalents Database, 2.0 for USDA Survey Foods, 2003-2004* [Online] Food Surveys Research Group. Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture, Beltsville, MD. Available at: http://www.ars.usda.gov/ba/bhnrc/fsrg.

could not be developed. These were matched to a similar FNDDS food code (dried cranberries), and the nutrients provided on the Fact sheets were updated in the CFND.

Sodium. Per FNS request, an additional data field was added to the CFND for the sodium values from the FNS Fact Sheets for each USDA Food. If no Fact Sheet existed for a USDA Food, the sodium value for a similar SR23 food code was compared to the value from FNDDS. Since the foods in FNDDS are usually prepared with added salt, the sodium value in FNDDS is often higher than that in SR23. For any USDA Foods with no Fact Sheet that had added salt in the FNDDS recipe, the sodium value from SR23 was used.

Vitamin C. An additional data field was added to the CFND for the vitamin C values as listed on the Fact Sheets; juices provided as USDA Foods are fortified with vitamin C per program requirements, and the vitamin C content of these juices differs from that in FNDDS.

Vegetables. Fresh vegetable USDA Foods that are often eaten both raw and cooked (tomatoes, carrots, onions, cabbage, celery, and peppers) had nutrient values in the CFND adjusted to reflect that one-half (50%) of the fresh vegetables were eaten raw and one-half (50%) were cooked prior to consumption.

Retention factors. Both FNDDS and SR contain codes for USDA Foods like flour and other uncooked grains. To present nutrient values for foods as eaten, retention factors[133] were applied to nutrients for flour and other grains usually eaten cooked. As the cooking method to be used by participants is unknown, the lowest retention factor (representing the greatest loss in cooking) was selected for each nutrient.

MyPyramid Equivalents. The MPED is linked to FNDDS 2, but the USDA Foods were linked to FNDDS 4.1 to obtain nutrients. Two of the food codes chosen from FNDDS 4.1 did not exist in FNDDS 2, and therefore did not match to a food in the MPED. The MPE documentation was used to create the MPEs provided by these foods.

Yield Calculations. For most USDA Foods, the Fact Sheets provided information allowing calculation of a yield factor to convert the weight of foods as delivered to participants to the weight of food as eaten. For foods with no Fact Sheet, the yield as listed in FNDDS was applied.

[133] USDA Table of Nutrient Retention Factors, Release 6, (2007). Agricultural Research Service, Nutrient Data Laboratory. http://www.nal.usda.gov/fnic/foodcomp/Data/retn6/retn06.pdf.

- Missing yield data. For a small number of foods, the yield data in FNDDS was not sufficient to convert the pounds of foods as delivered to a weight of food as eaten. For these cases, a calculation incorporating two FNDDS food codes was used, and USDA Handbook 102[134] was consulted to verify the result.

- Corrections for Rice Yield. Some of the Fact Sheets for rice USDA Foods appeared to have incorrect yields for the cooked rice, showing a yield factor of 1.33, when in fact 1 ounce of rice routinely yields approximately 3 ounces. Other rice USDA Foods had no Fact Sheet. For both of these cases, the yield from another similar type of rice was applied.

Sweetened canned fruits. Several of the canned fruit products state in the fact sheet that the fruit may be packed in "unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice." For these fruits, an average of the nutrients for fruit packed in juice and fruit packed in light syrup was derived and entered in the CFND.

Department of Defense Fresh Fruit and Vegetable Program. Additional information about the foods provided through the Department of Defense (DOD) was obtained through conversations with a program representative. Several assumptions were made regarding fruits and vegetables provided through this program:

- Fruits and vegetables with "chilled" in the description were assumed to be ready to eat and without refuse.

- Vegetable mixtures such as coleslaw mix and chop suey mix were assumed to be ready to cook or eat, with no refuse.

- Combinations of fruits wee assumed to be equal weights of each fruit listed in the description; these were assumed to be whole fruit (with refuse) unless other information was provided by the Department of Defense (DOD) representative.

[134] 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.nal.usda.gov/fnic/foodcomp/Data/Classics/ah102.pdf

Table B-1. Decision Log: Development of the CFND

Code	Description	Issue	Decision
A088	Beans, Canned, Great, Northern	Outdated fact sheet	Updated sodium value to new fact sheet
A094	Carrots, Fresh, Baby, Cut	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
A098	Carrots, Low-Sodium, Canned	FNDDS uses non drained SR code, needed drained SR code nutrients	Used SR23 code 11759 for nutrients and FNDDS code 73103010 for MPED values; where nutrient not available in SR, kept FNDDS nutrient
A100	Carrots, Canned	FNDDS uses non drained SR code, needed drained SR code nutrients	Used SR23 code 11759 for nutrients and FNDDS code 73103010 for MPED values; where nutrient not available in SR, kept FNDDS nutrient
A136	Asparagus, Low-Sodium, Canned	Yield seems wrong since canned asparagus doesn't gain weight in cooking	used FNDDS yield
A140	Peas, Canned	FNDDS uses non drained SR code, needed drained SR code nutrients	Used SR23 code 11813 for nutrients and FNDDS code 75224120 for MPED values; where nutrient not available in SR, kept FNDDS nutrient
A144	Green Peas, Low-Sodium, Canned	FNDDS uses non drained SR code, needed drained SR code nutrients	Used SR23 code 11813 for nutrients and FNDDS code 75224120 for MPED values; where nutrient not available in SR, kept FNDDS nutrient
A196	Potatoes Dehydrated Flakes	Dehydrated potatoes	Nutrients/MPED components determined for the dry potatoes, as no prepared food code exists
A200	Potatoes, Instant, Dehydrated Flakes, 6/5 lb Pkg	Dehydrated potatoes	Nutrients/MPED components determined for the dry potatoes, as no prepared food code exists
A203	Potatoes, Instant, Dehydrated Granules, 10/48 oz Pkg	Dehydrated potatoes	Nutrients/MPED components determined for the dry potatoes, as no prepared food code exists
A214	Potatoes, Russet, Fresh	Various fact sheets for fresh potatoes do not agree on yield	Used yield from A215 as in agreed most closely with that of FNDDS; Na value from A214 fact sheet used
A215	Potatoes, White, Fresh	Various fact sheets for fresh potatoes do not agree on yield	Used yield from A215 as in agreed most closely with that of FNDDS; Na value from A215 fact sheet used
A220	Sweet, Potatoes, Canned, Syrup	FNDDS uses non drained SR code, needed drained SR code nutrients	Used SR23 code 11647 for nutrients and FNDDS code 73407020 for MPED values; where nutrient not available in SR, kept FNDDS nutrient
A232	Potatoes, Bulk	Various fact sheets for fresh potatoes do not agree on yield	Used yield from A215 as in agreed most closely with that of FNDDS; Na value from A215 fact sheet used

Code	Description	Issue	Decision
A238	TOMATOES	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
A245	Tomato, Totes	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
A292	Cherries, Dry	No equivalent match in FNDDS or SR	Matched to Dried Cranberries; nutrients available on fact sheet updated in CFND
A293	Cherries, Dry	No equivalent match in FNDDS or SR	Matched to Dried Cranberries; nutrients available on fact sheet updated in CFND
A301	Orange, Juice, Frz, Concentrate	Frozen juice concentrate	Nutrients/MPED components determined for the unreconstituted juice
A307	BLUEBERRY DRY CULT 2	No equivalent match in FNDDS or SR	Matched to Dried Cranberries; nutrients available on fact sheet updated in CFND
A309	Blueberries, Dehydrated, Whole	No equivalent match in FNDDS or SR	Matched to Dried Cranberries; nutrients available on fact sheet updated in CFND
A310	Blueberries, Dehydrated, Whole	No equivalent match in FNDDS or SR	Matched to Dried Cranberries; nutrients available on fact sheet updated in CFND
A353	Apricots Canned	Fact Sheet states "Apricots are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice" - kcal on Fact Sheet match "packed with light syrup"	Averaged nutrients for light syrup and fruit juice codes
A353	Apricots Canned	Fact Sheet states "Apricots are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice" - kcal on Fact Sheet match "packed with light syrup"	Averaged nutrients for light syrup and fruit juice codes
A360	Apricots Canned	Fact Sheet states "Apricots are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice" - kcal on Fact Sheet match "packed with light syrup"	Averaged nutrients for light syrup and fruit juice codes
A369	Blackberries, Frozen, Marion	fact sheet lists nutrients for raw blackberries	used nutrients for frozen blackberries from FNDDS
A377	Blackberry, Marion, puree	fact sheet lists nutrients for raw blackberries	used nutrients for frozen blackberries from FNDDS
A382	Apricots, frozen	These are frozen, sweetened apricots; comparable code not available in FNDDS	Used SR23 code 9035 for nutrients, and FNDDS code 63103120 for MPED values; where nutrient not available in

Code	Description	Issue	Decision
			SR, kept FNDDS nutrient
A447	Apricots, Frozen, 40 LB	These are frozen, sweetened apricots; comparable code not available in FNDDS	Used SR23 code 9035 for nutrients, and FNDDS code 63103120 for MPED values: where nutrient not available in SR, kept FNDDS nutrient
A449	Apricots, Cups, Frozen	These are frozen, sweetened apricots; comparable code not available in FNDDS	Used SR23 code 9035 for nutrients, and FNDDS code 63103120 for MPED values: where nutrient not available in SR, kept FNDDS nutrient
A565	Turkey, Taco Filling, Fully Cooked, Frozen	No equivalent match in FNDDS	used SR23 code 5354 for nutrients and FNDDS code 24207000 for MPED values; where nutrient not available in SR, kept FNDDS nutrient
A570	Egg Mix Dried	Need a cooked equivalent	used 50 grams for weight of 1 large egg
A571	Egg Mix Dried	No equivalent match in FNDDS	used SR23 code 01210 for nutrients and FNDDS code 31106010 for MPED values; where nutrient not available in SR, kept FNDDS nutrient; egg retention code applied to nutrients; multiplied MPEs by yield factor of 2.94 to account for weight of dry mix
A575	Egg Mix, All Purpose, Dried	Need a cooked equivalent	used 50 grams for weight of 1 large egg
A576	Egg Mix, All Purpose, Dried	No equivalent match in FNDDS	used SR23 code 01210 for nutrients and FNDDS code 31106010 for MPED values; where nutrient not available in SR, kept FNDDS nutrient; egg retention code applied to nutrients; multiplied MPEs by yield factor of 2.94 to account for weight of dry mix
A580	Beef, Patties, 0.95, LFT	Linked to FNDDS code 21501360 Ground beef, 95% or more lean, cooked, which is not in MPED 2.0	MPED entered as follows: The 95% lean meat has 6.55 grams of fat per 100 grams. Since it has less than 9.28 grams, it has NO discretionary solid fat. According to MPED documentation, the MPE for this 95% lean beef should be: 3.53 Meat Poultry Fish, 3.53 Meat (beef, pork, veal, lamb game), 0.00 Discretionary solid fat
A610	Beef, Canned	No equivalent match in FNDDS	used SR23 code 13166 for nutrients and FNDDS code 21501200 for MPED values; where nutrient not available in SR, kept FNDDS nutrient
A611	Bison, Stew Canned	No equivalent match in FNDDS or SR	Recipe for beef stew modified for bison - see Recipes tab
A627	Beef, Patties, Lean	Linked to FNDDS code 21501360 Ground beef, 95% or more lean, cooked, which is not in MPED 2.0	MPED entered as follows: The 95% lean meat has 6.55 grams of fat per 100 grams. Since it has less than 9.28 grams, it has NO discretionary solid fat. According to MPED documentation, the MPE for this 95% lean beef should be: 3.53 Meat Poultry Fish, 3.53 Meat (beef, pork,

Code	Description	Issue	Decision
			veal, lamb game), 0.00 Discretionary solid fat
A712	Pork Sloppy Joe Frozen	No equivalent match in FNDDS or SR	Recipe for beef sloppy joe modified for pork - see Recipes tab
A721	Beef, Canned	No equivalent match in FNDDS; fact sheet yields conflict	used SR23 code 13166 for nutrients and FNDDS code 21501200 for MPED values; where nutrient not available in SR, kept FNDDS nutrient; the FDPIR and School fact sheets had different information on yields - opted to go with School fact sheet
A722	Pork with Natural Juices Canned	No equivalent match in FNDDS; fact sheet yields conflict	used SR23 code 10158 for nutrients and FNDDS code 22002000 for MPED values; where nutrient not available in SR, kept FNDDS nutrient; the FDPIR and School fact sheets had different information on yields - opted to go with School fact sheet
A727	Ham, Cooked, Frz, Cubed	Fact sheet yields conflict	the FDPIR and School fact sheets had different information on yields - opted to go with School fact sheet
B027	Cheese Cheddar Reduced Fat Shredded	Linked to FNDDS code 14104015 Cheese, natural, Cheddar or American type, reduced fat, which is not in MPED 2.0	MPED entered as follows: 3.53 Dairy; 3.53 Cheese, 17.594 discretionary fat
B028	Cheddar, Red, Fat, Shred, White	Linked to FNDDS code 14104015 Cheese, natural, Cheddar or American type, reduced fat, which is not in MPED 2.0	MPED entered as follows: 3.53 Dairy; 3.53 Cheese, 17.594 discretionary fat
B034	Cheddar, Reduced-Fat, Yellow	Linked to FNDDS code 14104015 Cheese, natural, Cheddar or American type, reduced fat, which is not in MPED 2.0	MPED entered as follows: 3.53 Dairy; 3.53 Cheese, 17.594 discretionary fat
B138	Cornmeal Degermed Enriched	No equivalent match in FNDDS	used SR23 code 20022 for nutrients and FNDDS code 56201510 for MPED values; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients; MPEs increased to match flour to account for dry cornmeal
B141	Cornmeal, Degermed, Enriched, Yellow, 5/10 lb Bags	No equivalent match in FNDDS	used SR23 code 20022 for nutrients and FNDDS code 56201510 for MPED values; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients; MPEs increased to match flour to account for dry cornmeal
B142	Cornmeal, Degermed, Yellow	No equivalent match in FNDDS	used SR23 code 20022 for nutrients and FNDDS code 56201510 for MPED values; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients; MPEs increased to match flour to account for dry

Code	Description	Issue	Decision
			cornmeal
B160	Cereal Farina Quick Cooking Enriched	FDPIR yield is out of line with FNDDS and AG102	used FNDDS yield
B182	Flour All-Purpose Enriched	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B183	Flour All-Purpose Enriched	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B185	Flour, All Purpose, Enriched, Bleached 25 lb Bag	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B186	Flour, All Purpose, Enriched, Unbleached 25 lb Bag	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B188	Flour, All Purpose, Unbl.	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B190	Flour, All Purpose, BL.	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B191	Flour, All Purpose, Unbl.	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B198	FLOUR BREAD BULK	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B200	Flour, All Purpose, Bulk	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B233	Flour, Bread, Bleached	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20083; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B235	Flour, Bread, Enriched, Bleached, 25 lb Bag	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20083; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B236	Flour, Bread, Enriched, Unbleached, 25 lb Bag	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20083; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B238	Flour, Bread, Unbleached	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20083; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B275	Flour, Bakers, Hard Wheat, BL.	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20634; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B276	Flour, Bakers, Hard Wheat,	More precise equivalent match in SR23	nutrients taken from SR code 20636; MPE taken from FNDDS

Code	Description	Issue	Decision
	Unbl.	than in FNDDS	code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B280	Flour, Bakers, Hard Wheat, BL.	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20634; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B284	Flour, Whole Wheat, Bulk	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B285	Flour, Bakers, Hard, Wheat, Bulk, BL.	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20634; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B286	Flour, Bakers, Hard, Wheat, Bulk, Unbl.	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20636; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B300	Flour, Bakers, Hard Wheat, Hearth, BL.	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20640; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B301	Flour, Bakers, Hard, Wheat, Hearth, Bulk, BL.	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20640; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B303	Flour, Bakers, Hard, Wheat, 50, Hearth, Bulk, Unbl.	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20640; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B304	FLOUR HIGH GLUTEN	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B321	Flour, Bakers, Hard, Wheat	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20084; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B323	Flour, Bakers, Soft Wheat, BL	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20084; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B345	Flour, Masa, Yellow	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 20317; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B350	Flour, Whole Wheat	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B351	Flour, Whole Wheat	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code

Code	Description	Issue	Decision
B352	Whole Wheat Flour	Fact sheet lists sodium as 633/100 gm; all other WW flours average 2-5 mg/100gm.	Changed value to 5 mg
B352	Flour, Whole Wheat	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code; sodium changed to 5 due to error in fact sheet
B355	Flour, Whole Wheat, 25 lb Bag	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B360	Flour, Whole Wheat	This food is not eaten raw, so retention factors applied	Flour retention factors were applied to the nutrients of this survey code
B364	Flour Mix Lowfat	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 18931; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B367	Flour Mix Lowfat	More precise equivalent match in SR23 than in FNDDS	Fact sheet says it's regular, not lowfat; nutrients taken from SR code 18930; MPE taken from FNDDS code 50030000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B368	Bakery Mix Biscuit Type Low-Fat	More precise equivalent match in SR23 than in FNDDS	nutrients taken from SR code 18931; MPE taken from FNDDS code 50010000; where nutrient not available in SR, kept FNDDS nutrient; flour retention code applied to nutrients
B423	Rotini, Whole-Wheat	Yield is out of line with other pasta yields	used FNDDS yield
B433	Macaroni and Cheese Mix Dry	The fact sheet gram weight and nutrient data is incorrect	used FNDDS yield and nutrients, including sodium
B477	Sunflower Butter	No equivalent match in FNDDS	nutrients taken from SR code 12540; MPE taken from FNDDS code 43102000 ; where nutrient not available in SR, kept FNDDS nutrient
B510	Rice	There is no fact sheet for this rice to calculate yields	assigned yield of 2.77 to match majority of white rice yields
B514	Rice, White Enriched Short Grain	The FDPIR fact sheet for this food has a yield that is obviously too low	assigned yield of 2.77 to match other medium grain fact sheet yields
B517	Rice, White Enriched Medium Grain	The FDPIR fact sheet for this food has a yield that is obviously too low	assigned yield of 2.77 to match other medium grain fact sheet yields
B518	Rice, White Enriched Long Grain	The FDPIR fact sheet for this food has a yield that is obviously too low	assigned yield of 2.44 to match other long grain fact sheet yields
B523	RICE M 2 #1	There is no fact sheet for this rice to calculate yields	assigned yield of 2.77 to match majority of white rice yields
B526	Rice, White Enriched Short Grain	The FDPIR fact sheet for this food has a yield that is obviously too low	assigned yield of 2.77 to match other medium grain fact sheet yields
B527	Rice, White Enriched	The FDPIR fact sheet for this food has a	assigned yield of 2.77 to match other medium grain fact

Code	Description	Issue	Decision
	Medium Grain	yield that is obviously too low	sheet yields
B528	Rice, White Enriched Long Grain	The FDPIR fact sheet for this food has a yield that is obviously too low	assigned yield of 2.44 to match other long grain fact sheet yields
B538	Rice, Brown, Long-Grain, Parboiled	There is no fact sheet for this rice to calculate yields	assigned yield of 3.11 to match USDA Food B537
B685	Shortening, Vegetable, Liquid, 6/1 gal Bottles	No equivalent match in FNDDS	nutrients taken from SR code 4649; MPE taken from FNDDS code 81203100; where nutrient not available in SR, kept FNDDS nutrient
B835	Spaghetti, Enriched Dry	Yield is out of line with other pasta yields	used FNDDS yield
B836	Spaghetti, Whole Grain	Yield is out of line with other pasta yields	used FNDDS yield
B840	Spaghetti	Yield is out of line with other pasta yields	used FNDDS yield
F110	Carrots Fresh	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
F113	Carrots Fresh	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
F114	Carrots Fresh	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
F115	Carrots Baby Fresh	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
F120	Onions Yellow Fresh	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
F122	Onions Yellow Fresh	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
F123	Onions Yellow Fresh	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
F124	Mixed Vegetables, Fresh	Originally assigned single food code, coded as raw	Created mix of 9 vegetables in ratio defined by food code 75100250 Raw vegetable, NFS; 8 of the veg coded as mix of raw and cooked
F131	Potatoes Russet Fresh	Various fact sheets for fresh potatoes do not agree on yield	Used yield from A215 as in agreed most closely with that of FNDDS; Na value from F131-135 fact sheet used
F133	Potatoes Russet Fresh	Various fact sheets for fresh potatoes do not agree on yield	Used yield from A215 as in agreed most closely with that of FNDDS; Na value from F131-135 fact sheet used
F134	Potatoes Russet Fresh	Various fact sheets for fresh potatoes do not agree on yield	Used yield from A215 as in agreed most closely with that of FNDDS; Na value from F131-135 fact sheet used
F135	Potatoes Russet Fresh	Various fact sheets for fresh potatoes do not agree on yield	Used yield from A215 as in agreed most closely with that of FNDDS; Na value from F131-135 fact sheet used

Code	Description	Issue	Decision
F140	Potatoes Red Fresh	Various fact sheets for fresh potatoes do not agree on yield	Used yield from A215 as in agreed most closely with that of FNDDS; Na value from F140-143 fact sheet used
F141	Potatoes Red Fresh	Various fact sheets for fresh potatoes do not agree on yield	Used yield from A215 as in agreed most closely with that of FNDDS; Na value from F140-143 fact sheet used
F142	Potatoes Red Fresh	Various fact sheets for fresh potatoes do not agree on yield	Used yield from A215 as in agreed most closely with that of FNDDS; Na value from F140-143 fact sheet used
F143	Potatoes Red Fresh	Various fact sheets for fresh potatoes do not agree on yield	Used yield from A215 as in agreed most closely with that of FNDDS; Na value from F140-143 fact sheet used
F150	Winter Squash Fresh	Originally coded as raw	Corrected to cooked code in current database
F151	Summer Squash Fresh	Originally coded as raw	Corrected to cooked code in current database
F180	Cabbage Shredded Fresh	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
F185	Onions Red Fresh	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
F190	Green Peppers Fresh	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
F195	Celery Fresh	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
F215	Tomatoes Fresh	Fresh vegetable that could be eaten raw or cooked	Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
F550	Mixed Fruit Fresh	No Fact Sheet defining this USDA food.	Assumed it to be fresh, peeled, trimmed, ready-to-eat fruit; applied code for Fresh Fruit Salad.
W006	Apple/Orange, Whole		Mix of equal weight whole apples, whole oranges
W023	Broccoli, Cut		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W024	Broccoli, Whole		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W030	Carrots, Baby		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W031	Carrots, Cut		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W032	Carrots, Whole		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W034	Carrots/Dip		Mix of carrots and ranch dressing
W035	Cauliflower, Cut		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables

Code	Description	Issue	Decision
W036	Cauliflower, Whole		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W037	Celery, Cut		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W038	Celery, Whole		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W039	Celery/Carrot		Mix of equal weight
W040	Celery/Dip		Mix of celery and ranch dressing
W047	Coleslaw		Created recipe based on mix of vegetables in coleslaw
W064	Gr Cabbage, Cut		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W065	Gr Cabbage, Whole		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W066	Gr Onion, Cut		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W067	Gr Onion, Whole		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W078	Hot Pepper		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W079	Hot Yellow Pepper		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W082	Iceberg/Romaine		Mix of equal weight
W096	Mushroom, Cut		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W097	Mushroom, Whole		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W100	Onion, Cut		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W101	Onion, Whole		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W125	Red Cabbage, Cut		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W126	Red Cabbage, Whole		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W136	Spinach, Cut		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables

Code	Description	Issue	Decision
W137	Spinach, Whole		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W143	Sw Gr Pepper, Cut		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W144	Sw Gr Pepper, Whole		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W146	Sw Red Pepper, Whole		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W155	Tomato, Cut		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W156	Tomato, Whole		Averaged the yield factor and nutrients/MPED components for the vegetables cooked from fresh and the raw vegetables
W159	Veg Mix		Mix of 9 vegetables in ratio defined by food code 75100250 Raw vegetable, NFS; 8 of the veg coded as mix of raw and cooked
W160	Veg Mix, Chop Suey		Mix of 5 vegetables in ratio defined by food code 75439500 Chop suey, meatless, no noodles; all as cooked
W161	Veg Mix, Creole		Mix of 3 vegetables in ratio defined by food code 27350060 Shrimp creole, with rice; all as cooked
W162	Veg Mix, Fajita		Mix of equal weight of 4 vegetables commonly in fajitas, as cooked
W169	White Potato, Cut	Unknown if with skin	Assumed equavalent to A173/174 Potato wedges
W170	White Potato, Whole	Various fact sheets for fresh potatoes do not agree on yield	Used yield from A215 as in agreed most closely with that of FNDDS; Na value from F131-135 fact sheet used
W176	Broccoli Coleslaw		Created recipe based on coleslaw, used 1/2 raw broccoli and 1/2 cabbage
W177	Broccoli/Cauliflower/Carrots		Equal mix of each vegetable, cooked
W178	Apple/Carrot/Dip		Mix of apple, carrot, ranch dressing based on ration from DOD information

APPENDIX C. PARTICIPANT NUMBERS 2009

1. Child and Adult Care Food Program Participation Report FY 2009

State/Territory	Avg Daily Attendance Child Care Centers	Calc: CACFP Total All Homes Avg. Daily Attendance	Avg Daily Attendance Adult Centers	Calc: CACFP Total Avg. Daily Attendance
Alabama	34,849	5,918	2,391	43,157
Alaska	7,008	2,734	132	9,874
American Samoa	--	--	--	--
Arizona	32,949	12,264	559	45,772
Arkansas	36,391	5,141	2,443	43,974
California	181,059	123,417	23,377	327,853
Colorado	27,827	6,249	405	34,480
Connecticut	13,111	4,885	681	18,678
Delaware	10,419	5,067	287	15,773
District of Columbia	5,750	198	26	5,975
Florida	163,937	13,048	3,629	180,614
Georgia	114,297	22,311	3,444	140,052
Guam	700	84	0	784
Hawaii	8,468	789	203	9,460
Idaho	7,813	1,863	1	9,677
Illinois	94,215	28,203	1,729	124,146
Indiana	37,387	23,691	175	61,253
Iowa	24,199	12,738	596	37,532
Kansas	33,570	22,489	216	56,274
Kentucky	39,096	3,919	2,747	45,763
Louisiana	28,787	29,908	314	59,010
Maine	4,941	7,322	25	12,288
Maryland	20,072	19,770	7,256	47,099
Massachusetts	31,549	20,595	4,086	56,230
Michigan	43,275	40,468	--	83,742
Minnesota	21,372	71,601	452	93,425
Mississippi	35,252	2,456	414	38,121
Missouri	47,380	14,287	1,031	62,698
Montana	7,175	6,554	12	13,741
Nebraska	21,342	18,829	903	41,074
Nevada	9,047	979	227	10,253
New Hampshire	5,528	1,267	297	7,092
New Jersey	59,004	2,953	11,944	73,901

State/Territory	Avg Daily Attendance Child Care Centers	Calc: CACFP Total All Homes Avg. Daily Attendance	Avg Daily Attendance Adult Centers	Calc: CACFP Total Avg. Daily Attendance
New Mexico	22,572	17,586	194	40,352
New York	211,218	62,079	8,290	281,586
North Carolina	111,868	14,668	839	127,375
North Dakota	7,338	9,173	0	16,511
Ohio	98,789	23,746	1,433	123,967
Oklahoma	38,586	17,995	447	57,028
Oregon	25,346	15,285	270	40,901
Pennsylvania	106,951	15,044	1,442	123,436
Puerto Rico	25,277	475	--	25,752
Rhode Island	6,569	2,267	530	9,366
South Carolina	24,066	6,595	2,880	33,541
South Dakota	8,064	5,364	0	13,428
Tennessee	49,487	9,779	802	60,067
Texas	245,757	35,635	22,129	303,520
Utah	14,524	13,514	26	28,064
Vermont	3,142	3,751	241	7,134
Virginia	45,721	11,686	1,508	58,915
Virgin Islands	1,129	--	--	1,129
Washington	50,951	18,785	697	70,433
West Virginia	17,275	5,191	148	22,614
Wisconsin	43,920	20,006	443	64,369
Wyoming	5,379	4,154	--	9,533
Outlying Areas	--	--	--	--
DOD Army/Air Force	--	--	--	--
DOD Marines	--	--	--	--
DOD Navy	--	--	--	--
DOD Germany	--	--	--	--
US	**2,371,691**	**844,771**	**112,316**	**3,328,778**

ADJUSTMENTS TO CACFP PARTICIPATION NUMBERS

Per FNS:

- Family day care homes do not receive USDA foods; exclude those participants from the study.
- The states that received USDA Foods in 2009 for CACFP are listed below with > 0. Participants from states with 0 should be removed from the CACFP participant calculation from the study.

CACFP: Commodity Meals for School Year 2009

FNS-44, Item 21, Columns B and F

State/Region	Total
Alabama	0
Alaska	59,896
American Samoa	0
Arizona	0
Arkansas	451,524
California	6
Colorado	539,324
Connecticut	0
Delaware	45,377
District of Columbia	0
Florida	0
Georgia	0
Guam	0
Hawaii	0
Idaho	0
Illinois	0
Indiana	0
Iowa	0
Kansas	0
Kentucky	0
Louisiana	0
Maine	3,818
Maryland	0
Massachusetts	889,439
Michigan	0
Minnesota	0
Mississippi	0
Missouri	0
Montana	0
Nebraska	1,185,540
Nevada	207,738
New Hampshire	479,663
New Jersey	761,507
New Mexico	0
New York	4,518,535
North Carolina	0
North Dakota	36,443

State/Region	Total
Ohio	0
Oklahoma	947,772
Oregon	0
Outlying Areas	0
Pennsylvania	310,406
Puerto Rico	0
Rhode Island	0
South Carolina	0
South Dakota	0
Tennessee	0
Texas	0
Utah	0
Vermont	66,402
Virgin Islands	
Virginia	13,070
Washington	0
West Virginia	331,284
Wisconsin	
Wyoming	0
Dept. of Defense	0

2. Commodity Supplement Food Program Participation Report FY 2009

Month	Participation	Infant	Children/Non-elderly Women	Elderly
October	479,512	1,897	26,182	451,433
November	470,410	1,819	24,773	443,818
December	462,607	1,544	22,959	438,104
January	464,079	1,671	22,394	440,014
February	466,025	1,554	21,145	443,326
March	467,083	1,626	21,456	444,001
April	462,998	1,595	20,703	440,700
May	458,631	1,543	19,935	437,153
June	461,743	1,470	20,037	440,236
July	464,159	1,504	20,655	442,000
August	468,418	1,398	20,154	446,866
September	473,719	1,500	20,355	451,864
Total	5,599,384	19,121	260,748	5,319,515
Monthly Average Participation	**466,615**	**1,593**	**21,728**	**443,292**

3. National School Lunch Program Participation Report FY2009

State/Territory	Calc: NSLP Free Participation	Calc: NSLP Reduced Price Participation	Calc: NSLP Paid Participation	Calc: NSLP Total Participation
Alabama	313,786	51,866	214,238	579,890
Alaska	29,317	6,319	17,917	53,554
American Samoa	--	--	--	--
Arizona	387,679	66,558	201,263	655,500
Arkansas	202,156	38,400	112,880	353,436
California	2,028,152	413,360	733,562	3,175,074
Colorado	179,801	39,840	171,228	390,868
Connecticut	118,152	27,041	157,808	303,002
Delaware	40,940	6,705	42,428	90,073
District of Columbia	30,204	4,053	10,321	44,579
Florida	936,849	183,086	440,510	1,560,445
Georgia	695,828	125,714	470,169	1,291,711
Guam	11,598	1,068	5,783	18,449
Hawaii	38,278	13,613	51,915	103,807
Idaho	71,714	23,586	74,704	170,003
Illinois	648,523	94,144	406,224	1,148,891
Indiana	325,209	77,177	385,781	788,167
Iowa	119,373	35,371	239,668	394,412
Kansas	136,773	39,424	180,299	356,495
Kentucky	288,711	52,959	229,088	570,758
Louisiana	343,001	47,951	195,984	586,936
Maine	47,611	9,900	50,238	107,748
Maryland	195,711	46,981	189,905	432,597
Massachusetts	220,164	38,983	288,435	547,582
Michigan	467,844	82,976	360,695	911,515
Minnesota	185,763	57,588	371,512	614,863
Mississippi	271,061	38,757	95,898	405,716
Missouri	286,889	61,135	297,238	645,262
Montana	33,886	10,293	42,472	86,652
Nebraska	81,169	26,380	135,917	243,466
Nevada	103,344	21,877	58,587	183,808
New Hampshire	27,694	8,792	74,325	110,811
New Jersey	312,974	68,594	323,990	705,558
New Mexico	141,582	24,263	55,978	221,822
New York	967,755	181,081	663,652	1,812,488
North Carolina	519,150	99,048	343,421	961,619

State/Territory	Calc: NSLP Free Participation	Calc: NSLP Reduced Price Participation	Calc: NSLP Paid Participation	Calc: NSLP Total Participation
North Dakota	21,562	6,702	52,660	80,924
Ohio	518,107	96,555	504,848	1,119,510
Oklahoma	243,428	45,693	148,541	437,662
Oregon	170,000	33,711	107,100	310,811
Pennsylvania	454,308	102,882	592,727	1,149,917
Puerto Rico	271,972	37,285	64,095	373,353
Rhode Island	42,539	7,641	28,837	79,017
South Carolina	292,758	43,151	164,833	500,742
South Dakota	36,008	10,348	59,910	106,266
Tennessee	383,915	62,384	245,709	692,008
Texas	2,006,926	317,817	932,218	3,256,962
Utah	110,742	38,674	188,293	337,710
Vermont	19,678	5,376	29,806	54,859
Virginia	295,836	71,937	384,936	752,709
Virgin Islands	9,736	1,066	3,145	13,948
Washington	258,170	66,172	208,167	532,510
West Virginia	97,333	20,481	89,945	207,758
Wisconsin	208,738	53,151	332,961	594,850
Wyoming	16,729	6,955	32,740	56,424
Outlying Areas	--	--	--	--
Department of Defense	6,339	5,827	15,828	27,996
US	**16,280,582**	**3,165,085**	**11,867,828**	**31,313,494**

ADJUSTMENTS TO NSLP PARTICIPANTION NUMBERS

Per FNS:

- Kansas is the only state in which the entire state receives cash in lieu of USDA foods; exclude them from any calculations.
- The following table lists all of the school districts that use cash in lieu of USDA Foods. These students should be removed from NSLP participants since they don't receive USDA Foods.

SCHOOL NAME	CITY	STATE	TREATMENT	NSLP ENROLLED
GREEN FOREST SCHOOL DISTRICT	GREEN FOREST	AR	CLOC	1,217
Jonesboro Public Schools	Jonesboro	AR	Grandfather	5,278
FLOWING WELLS SCHOOLS	TUSCON	AZ	CLOC	5,508
PAGE UNIFIED SCH. DIST. NO. 8	PAGE	AZ	CASH	3,033
GILROY UNIFIED SCHOOL DISTRICT	GILROY	CA	CLOC	10,732
HUNTINGTON BEACH CITY S. D.	HUNTINGTON	CA	CASH	22,804

SCHOOL NAME	CITY	STATE	TREATMENT	NSLP ENROLLED
	BEA.			
Oakland Unified School District	Oakland	CA	Grandfather	46,516
ADAMS CO. SCH. DIST. NO. 50	WESTMINSTER	CO	CASH	10,049
WELD CO. SCH. DISTRICT	GREELEY	CO	CLOC	19,284
GREENWICH PUBLIC SCHOOLS	GREENWICH	CT	CASH	8,870
WINDSOR PUBLIC SCHOOLS	WINDSOR	CT	CLOC	3,969
HERNANDO CO. SCHOOL DISTRICT	BROOKSVILLE	FL	CLOC	22,728
MONROE COUNTY SCH. DIST.	KEY WEST	FL	CASH	8,278
WORTH COUNTY PUBLIC SCHOOLS	SYLVESTER	GA	CASH	3,726
PARKERSBURG COMMUNITY SCHOOLS	PARKERSBURG	IA	CLOC	846
Boise School District	Boise	ID	Grandfather	25,543
FRUITLAND IDAHO PUB. SCHOOLS	FRUITLAND	ID	CLOC	1,759
GRACE JOINT NO. 148	GRACE	ID	CASH	448
COMMUNITY SCHOOL DISTRICT #4	PARIS	IL	CLOC	550
EGYPTIAN COMMUNITY UNIT	TAMMS	IL	CASH	619
CADDO PARRISH SCHOOL DISTRICT	SHREVEPORT	LA	CASH	42,610
IBERVILLE PARRISH SCHOOL DIST	PLAQUEMINE	LA	CASH	4,265
PORTLAND PUBLIC SCHOOLS	PORTLAND	ME	CLOC	6,910
SCHOOL ADMINIS. DIST. NO. 6	STANDISH	ME	CASH	4,018
TROY SCHOOL DISTRICT	TROY	MI	CLOC	12,200
WOODHAVEN-BROWNSTOWN S.D.	BROWNSTOWN	MI	CASH	5,390
CLEARBROOK GONVICK SCHOOL	CLEARBROOK	MN	CLOC	486
MENAHGA SCHOOL DISTRICT #821	MENAHGA	MN	CASH	760
St. Louis Public Schools	St Louis	MO	Grandfather	27,421
SHAMONG TOWNSHIP SCHOOL DIST.	SHAMONG	NJ	CASH	941
Dayton Public Schools	Dayton	OH	Grandfather	15,556
NORTHWESTERN LOCAL SCH. DISTR.	SPRINGFIELD	OH	CASH	1,917
ARCHDIOCESE OF PHILADELPHIA	PHILADELPHIA	PA	CASH	32066
INDIANA AREA SCHOOL DISTRICT	INDIANA	PA	CLOC	2,855
READING SCHOOL DISTRICT	READING	PA	CASH	17,860
SCHOOL DISTRICT OF LANCASTER	LANCASTER	PA	CASH	11,351
EDGEFIELD COUNTY SCH. DIST.	EDGEFIELD	SC	CASH	4,051
LEXINGTON SCHOOL DISTRICT #13	BATESBURG	SC	CLOC	2,076
ELK POINT S.D. #61-3	ELK POINT	SD	CLOC	2,076
HUMPHREYS CO SCHOOL DISTRICT	WAVERLY	TN	CASH	3,232
LOUDON COUNTY SCHOOL DISTRICT	LOUDON	TN	CLOC	5,180
AMARILLO INDEP. SCH. DISTRICT	AMARILLO	TX	CASH	31,005
TYLER INDEPENDENT SCH. DIST.	TYLER	TX	CASH	18,203
ALLEGHANY COUNTY SCH. DIST.	LOW MOOR	VA	CLOC	2,896
FAIRFAX COUNTY PUBLIC SCHOOLS	SPRINGFIELD	VA	CLOC	169,030

SCHOOL NAME	CITY	STATE	TREATMENT	NSLP ENROLLED
FREDERICKSBURG CITY SCHOOLS	FREDERICKSBURG	VA	CASH	2,842
LYNDON TOWN SCHOOL DISTRICT	LYNDONVILLE	VT	CLOC	486
MORRISTOWN SCHOOL DISTRICT	MORRISVILLE	VT	CASH	942
BREMERTON PUBLIC SCHOOLS	BREMERTON	WA	CASH	5,061
LONGVIEW S.D. #122	LONGVIEW	WA	CLOC	7,271
SHORELINE PUBLIC SCHOOLS #412	SEATTLE	WA	CLOC	9,168
BRODHEAD SCHOOL DISTRICT	BRODHEAD	WI	CASH	1,138
MERRILL SCHOOL DISTRICT	MERRILL	WI	CLOC	3,084
RIVER FALLS SCHOOL DISTRICT	RIVER FALLS	WI	CLOC	3,018
GRANT CO. SCHOOLS	PETERSBURG	WV	CASH	1,975
PENDLETON CO. SCHOOL DIST.	FRANKLIN	WV	CLOC	1,101
CONVERSE CO. SCH. DIST. NO. 2	GLENROCK	WY	CASH	685
WASHAKIE COMM. CON. SCH.DIS.2	TEN SLEEP	WY	CLOC	94
TOTAL				662,977

4. Food Distribution Program on Indian Reservations Participation Report 2009

State/Territory	Number of Participants	Calc: FDPIR Participation Indians	Calc: FDPIR Nonfedp Participation Marshall Is.	Total Race
Alabama	--	--	--	--
Alaska	107	107	--	21
American Samoa	--	--	--	--
Arizona	14,772	14,772	--	7,773
Arkansas	--	--	--	--
California	7,412	7,412	--	2,237
Colorado	536	536	--	255
Connecticut	--	--	--	--
Delaware	--	--	--	--
District of Columbia	--	--	--	--
Florida	--	--	--	--
Georgia	--	--	--	--
Guam	--	--	--	--
Hawaii	--	--	--	--
Idaho	1,868	1,868	--	746
Illinois	--	--	--	--
Indiana	--	--	--	--
Iowa	--	--	--	--
Kansas	399	399	--	205
Kentucky	--	--	--	--

State/Territory	Number of Participants	Calc: FDPIR Participation Indians	Calc: FDPIR Nonfedp Participation Marshall Is.	Total Race
Louisiana	--	--	--	--
Maine	--	--	--	--
Maryland	--	--	--	--
Massachusetts	--	--	--	--
Michigan	1,635	1,635	--	673
Minnesota	2,248	2,248	--	1,283
Mississippi	1,027	1,027	--	28
Missouri	--	--	--	--
Montana	3,046	3,046	--	1,298
Nebraska	1,126	1,126	--	338
Nevada	1,570	1,570	--	661
New Hampshire	--	--	--	--
New Jersey	--	--	--	--
New Mexico	3,340	3,340	--	1,541
New York	434	434	--	91
North Carolina	496	496	--	237
North Dakota	4,329	4,329	--	1,961
Ohio	--	--	--	--
Oklahoma	31,092	31,092	--	11,382
Oregon	837	837	--	166
Pennsylvania	--	--	--	--
Puerto Rico	--	--	--	--
Rhode Island	--	--	--	--
South Carolina	--	--	--	--
South Dakota	10,315	10,315	--	3,823
Tennessee	--	--	--	--
Texas	--	--	--	--
Utah	245	245	--	88
Vermont	--	--	--	--
Virginia	--	--	--	--
Virgin Islands	--	--	--	--
Washington	4,028	4,028	--	1,283
West Virginia	--	--	--	--
Wisconsin	3,849	3,849	--	1,685
Wyoming	660	660	--	269
Outlying Areas	--	--	--	--
DOD Army/Air Force	--	--	--	--
DOD Marines	--	--	--	--

State/Territory	Number of Participants	Calc: FDPIR Participation Indians	Calc: FDPIR Nonfedp Participation Marshall Is.	Total Race
DOD Navy	--	--	--	--
DOD Germany	--	--	--	--
US	**95,369**	**95,369**	**--**	**38,044**

APPENDIX D. DISTRIBUTION GUIDES

1. Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates, April 2009

USDA

APR 27 2009

United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive

Alexandria, VA 22302-1500

SUBJECT: Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates and Potential Impact of Juices in Plastic Containers

TO: Regional Directors
Special Nutrition Programs
MARO, MPRO, MWRO,
NERO, SERO, and SWRO

Regional Director
Office of Field Operations
WRO

State Directors
CSFP State Agencies
All Participating States

CSFP Distribution Rates

The attached CSFP Maximum Monthly Distribution Rates revise those previously issued by the Food and Nutrition Service (FNS) on October 30, 1998. These updated distribution rates are to be used in conjunction with FNS Instruction 835-1, Rev. 1. This revision does not make changes to the distribution quantities for items already offered in CSFP. Rather, this revision is necessary to reflect multiple changes in food offerings which have occurred since 1998. It should be noted that we have separated the maximum monthly distribution rate tables for nonbreastfeeding/postpartum women and the elderly. This revision enables FNS to adjust the distribution rates for these two distinctly different population groups on an individual basis should the need arise.

Although the attached distribution rates establish maximum quantities, State agency tailoring of the CSFP food package below the maximum quantities is permitted in only very limited circumstances. Per FNS Instruction 835-1, Rev. 1, such tailoring must be based on nutritional rationale and policy. CSFP State agency requests for nutritional tailoring of the food package must be submitted in writing to FNS for review and approval prior to implementation. See Section (V)(C) of the Instruction for further details.

We plan to continue to periodically eliminate some of the more expensive choices within CSFP food package categories. This practice allows us to reduce overall costs, while still making a full food package and variety available to participants. In addition, some foods may be unavailable due to changing agricultural market conditions. Both of these factors may impact the choices listed on the attached maximum monthly distribution rate tables.

Potential Impact - Juices in Plastic Containers

Regarding the juices, FNS is in discussions with the Agricultural Marketing Service to convert to 64-ounce plastic containers for CSFP. The plastic containers are more widely available commercially, and should be easier for participants to use. We have been informed that all of the juices currently offered in cans should be available in plastic containers. The plastic containers would be stacked two high, similar to the cans. The distribution rates for the plastic containers are provided on the attached, should they be offered in CSFP.

AN EQUAL OPPORTUNITY EMPLOYER

1. Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates, April 2009

Due to container size, the monthly distribution rates would vary based on whether participants are issued plastic containers or the cans. The distribution rates for the 46-ounce cans would remain the same. Regarding the plastic containers, for most participants, particularly seniors, slightly less total product would be offered. However, the difference in Vitamin C and calories provided by the total CSFP food package would be insignificant. Although less Vitamin C may be offered to other participants taking the plastic containers, including infants, children, and pregnant and breastfeeding women, the sugar content of the food package would be reduced as well. Moderation of the consumption in sugar is supported by both the Dietary Guidelines and the National Advisory Council for Maternal, Infant, and Fetal Nutrition.

We will keep you apprised with regard to potential implementation of the plastic containers, which could happen as early as fiscal year 2010. We welcome your comments on this topic. However, please keep in mind that the agricultural market may dictate if this change occurs, and when it occurs as well. Furthermore, should plastic containers be implemented, we do not intend to increase the amount of juice provided in CSFP beyond what is currently offered.

State agency staff may contact their respective Regional Offices with any comments or questions. Regional Office staff may in turn contact Dana Rasmussen at (703) 305-2662.

Cathie McCullough
Director
Food Distribution Division

Attachment

1. Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates, April 2009

Attachment

April 2009

COMMODITY SUPPLEMENTAL FOOD PROGRAM
MAXIMUM MONTHLY DISTRIBUTION RATES

Infants

Food Item	Package Size	Packages/Month	Amount/Month
Infants: 0-3 Months			
Powdered Infant Formula	12 oz pkg or 12.9 oz pkg or 14.3 oz pkg or 25.7 oz pkg	10 or 10 or 9 or 5	120 oz 129 oz 128.7 oz 128.5 oz
Infants: 4-12 Months			
Powdered Infant Formula	12 oz pkg or 12.9 oz pkg or 14.3 oz pkg or 25.7 oz pkg	10 or 10 or 9 or 5	120 oz 129 oz 128.7 oz 128.5 oz
Cereal, Infant Rice	8 oz pkg	4 pkg	32 oz
Juice 1/	46 oz can 64 oz container	2 cans or 1 container	92 oz 64 oz

1/ Tomato juice should not be issued to infants.

1. Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates, April 2009

April 2009

COMMODITY SUPPLEMENTAL FOOD PROGRAM
MAXIMUM MONTHLY DISTRIBUTION RATES

Children (1- 6 Years)

Food Item	Package Size	Packages/Month	Amount/Month
Cereal, Dry Ready-to-Eat 1/	12-18 oz pkg	2	24-36 oz
or		or	
Farina 1/	14 oz pkg	2	28 oz
or		or	
Rolled Oats	3 lb pkg	1 pkg	48 oz
or		or	
Grits 2/	5 lb pkg	1 pkg every other month	40 oz
Juice	46 oz can	5 cans	230 oz
		or	
	64 oz container	3 containers	192 oz
Beef	24 oz can	1 can	24 oz
or		or	
Beef Stew	24 oz can	1 can	24 oz
or		or	
Chili	24 oz can	1 can	24 oz
or		or	
Chicken 3/	12.5 oz can	2 cans	25 oz
or		or	
Tuna 3/	12 oz can	2 cans	24 oz
or		or	
Salmon 3/	14.75 oz can	2 cans	29.5 oz
or		or	
Egg Mix, Dry 3/	6 oz pkg	2 pkg	12 oz
Evaporated Milk 4/, 5/	12 oz can	33 cans	396 oz
or		or	
Evaporated Milk 4/, 5/	12 oz can	5 cans	60 oz
and		and	
Instant Nonfat Dry Milk 4/, 5/	25.6 oz pkg	1 pkg every other month	12.8 oz (128 oz reconstituted)
Peanut Butter	18 oz pkg	1 pkg	18 oz
or		or	
Dry Beans/Peas	2 lb pkg	1 pkg	32 oz
Dehydrated Potatoes	1 lb pkg	1 pkg	16 oz
or		or	
Pasta	1 lb pkg	2 pkg	32 oz
or		or	
	2 lb pkg	1 pkg	32 oz
		or	
Rice	2 lb pkg	1 pkg	32 oz
or		or	
Grits 2/	5 lb pkg	1 pkg every other month	40 oz
Cheese	2 lb pkg	1 pkg	32 oz
Fruits	15-16 oz can	2 cans	30-32 oz
Vegetables	15-16 oz can	4 cans	60-64 oz

1. Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates, April 2009

Children (1- 6 Years)

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 as either a cereal or side dish substitute.

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

4 Children 1 year through 2 years of age may receive: 33 12-oz cans of evaporated milk; **or** a combination of 5 12-oz cans of evaporated milk each month and 1 25.6-oz package of instant nonfat dry milk every other month.

5 Children 3 years through 5 years of age may receive a combination of 5 12-oz cans of evaporated milk each month and 1 25.6-oz package of instant nonfat dry milk every other month.

1. Commodity Supplemental Food Program (CSFP) Revised Food Package Maximum Monthly Distribution Rates, April 2009

April 2009

COMMODITY SUPPLEMENTAL FOOD PROGRAM
MAXIMUM MONTHLY DISTRIBUTION RATES

Pregnant/Breastfeeding Women

Food Item	Package Size	Packages/Month	Amount/Month
Cereal, Dry Ready-to-Eat 1/	12-18 oz pkg	2	24-36 oz
or		or	
Farina 1/	14 oz pkg	2	28 oz
or		or	
Rolled Oats	3 lb pkg	1 pkg	48 oz
or		or	
Grits 2/	5 lb pkg	1 pkg every other month	40 oz
Juice	46 oz can	5 cans	230 oz
		or	
	64 oz container	3 containers	192 oz
Beef	24 oz can	1 can	24 oz
or		or	
Beef Stew	24 oz can	1 can	24 oz
or		or	
Chili	24 oz can	1 can	24 oz
or		or	
Chicken 3/	12.5 oz can	2 cans	25 oz
or		or	
Tuna 3/	12 oz can	2 cans	24 oz
or		or	
Salmon 3/	14.75 oz can	2 cans	29.5 oz
or		or	
Egg Mix, Dry 3/	6 oz pkg	2 pkg	12 oz
Evaporated Milk	12 oz can	11 cans	132 oz
and		and	
Instant Nonfat Dry Milk	25.6 oz pkg	1 pkg every other month	12.8 oz (128 oz reconstituted)
Peanut Butter	18 oz pkg	1 pkg	18 oz pkg
or		or	
Dry Beans/Peas	2 lb pkg	1 pkg	32 oz
Dehydrated Potatoes	1 lb pkg	1 pkg	16 oz
or		or	
Pasta	1 lb pkg	2 pkg	32 oz
or		or	
	2 lb pkg	1 pkg	32 oz
		or	
Rice	2 lb pkg	1 pkg	32 oz
or		or	
Grits 2/	5 lb pkg	1 pkg every other month	40 oz
Cheese	2 lb pkg	1 pkg	32 oz
Fruits	15-16 oz can	4 cans	60-64 oz
Vegetables	15-16 oz can	6 cans	90-96 oz

1. Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates, April 2009

Pregnant/Breastfeeding Women

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 as either a cereal or side dish substitute.

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

1. Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates, April 2009

April 2009

COMMODITY SUPPLEMENTAL FOOD PROGRAM
MAXIMUM MONTHLY DISTRIBUTION RATES

Nonbreastfeeding/Postpartum Women

Food Item	Package Size	Packages/Month	Amount/Month
Cereal, Dry Ready-to-Eat 1/	12-18 oz pkg	2	24-36 oz
or		or	
Farina 1/	14 oz pkg	2	28 oz
or		or	
Rolled Oats	3 lb pkg	1 pkg	48 oz
or		or	
Grits 2/	5 lb pkg	1 pkg every other month	40 oz
Juice	46 oz can	3 cans	138 oz
		or	
	64 oz container	2 containers	128 oz
Beef	24 oz can	1 can	24 oz
or		or	
Beef Stew	24 oz can	1 can	24 oz
or		or	
Chili	24 oz can	1 can	24 oz
or		or	
Chicken 3/	12.5 oz can	2 cans	25 oz
or		or	
Tuna 3/	12 oz can	2 cans	24 oz
or		or	
Salmon 3/	14.75 oz can	2 cans	29.5 oz
or		or	
Egg Mix, Dry 3/	6 oz pkg	2 pkg	12 oz
Evaporated Milk	12 oz can	3 cans	36 oz
and		and	
Instant Nonfat Dry Milk	25.6 oz pkg	1 pkg every other month	12.8 oz (128 oz reconstituted)
Peanut Butter	18 oz pkg	1 pkg	18 oz
or		or	
Dry Beans/Peas	2 lb pkg	1 pkg	32 oz
Dehydrated Potatoes	1 lb pkg	1 pkg	16 oz
or		or	
Pasta	1 lb pkg	2 pkg	32 oz
or		or	
	2 lb pkg	1 pkg	32 oz
		or	
Rice	2 lb pkg	1 pkg	32 oz
or		or	
Grits 2/	5 lb pkg	1 pkg every other month	40 oz
Cheese	2 lb pkg	1 pkg	32 oz
Fruits	15-16 oz can	2 cans	30-32 oz
Vegetables	15-16 oz can	4 cans	60-64 oz

1. **Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates, April 2009**

Nonbreastfeeding Postpartum Women

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 as either a cereal or side dish substitute.

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

1. Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates, April 2009

April 2009

COMMODITY SUPPLEMENTAL FOOD PROGRAM
MAXIMUM MONTHLY DISTRIBUTION RATES

Elderly

Food Item	Package Size	Packages/Month	Amount/Month
Cereal, Dry Ready-to-Eat 1/	12-18 oz pkg	2	24-36 oz
or		or	
Farina 1/	14 oz pkg	2	28 oz
or		or	
Rolled Oats	3 lb pkg	1 pkg	48 oz
or		or	
Grits 2/	5 lb pkg	1 pkg every other month	40 oz
Juice	46 oz can	3 cans	138 oz
		or	
	64 oz container	2 containers	128 oz
Beef	24 oz can	1 can	24 oz
or		or	
Beef Stew	24 oz can	1 can	24 oz
or		or	
Chili	24 oz can	1 can	24 oz
or		or	
Chicken 3/	12.5 oz can	2 cans	25 oz
or		or	
Tuna 3/	12 oz can	2 cans	24 oz
or		or	
Salmon 3/	14.75 oz can	2 cans	29.5 oz
or		or	
Egg Mix, Dry 3/	6 oz pkg	2 pkg	12 oz
Evaporated Milk	12 oz can	3 cans	36 oz
and		and	
Instant Nonfat Dry Milk	25.6 oz pkg	1 pkg every other month	12.8 oz (128 oz reconstituted)
Peanut Butter	18 oz pkg	1 pkg	18 oz
or		or	
Dry Beans/Peas	2 lb pkg	1 pkg	32 oz
Dehydrated Potatoes	1 lb pkg	1 pkg	16 oz
or		or	
Pasta	1 lb pkg	2 pkg	32 oz
		or	
	2 lb pkg	1 pkg	32 oz
or		or	
Rice	2 lb pkg	1 pkg	32 oz
or		or	
Grits 2/	5 lb pkg	1 pkg every other month	40 oz
Cheese	2 lb pkg	1 pkg	32 oz
Fruits	15-16 oz can	2 cans	30-32 oz
Vegetables	15-16 oz can	4 cans	60-64 oz

1. Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates, April 2009

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 as either a cereal or side dish substitute.

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

1. Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates, April 2009

April 2009

COMMODITY SUPPLEMENTAL FOOD PROGRAM
MAXIMUM MONTHLY DISTRIBUTION RATES – SUMMARY TABLE 1/

Food Item	Size	Infants		Children			Women		Elderly
		0-3 Mos.	4-12 Mos.	1-2 Years		3-5 Years	Pregnant/ Breastfeeding	NonBreastfeeding/ Postpartum	60+ Years
Infant Formula or	12 oz	10 or	10 or						
Infant Formula or	12.9 oz	10 or	10 or						
Infant Formula or	14.3 oz	9 or	9 or						
Infant Formula or	25.7 oz	5	5						
Infant Rice Cereal	8 oz		4						
Cereal, RTE or	12-18 oz			2 or		2 or	2 or	2 or	2 or
Farina or	14 oz			2 or		2 or	2 or	2 or	2 or
Rolled Oats or	3 lb			1 or		1 or	1 or	1 or	1 or
Grits	5 lb			1 every other mo.		1 every other mo.	1 every other mo.	1 every other mo.	1 every other mo.
Juice, Can or	46 oz		2 or	5 or		5 or	5 or	3 or	3 or
Juice, Plastic Cont.	64 oz		1	3		3	3	2	2
Beef or	24 oz			1 or		1 or	1 or	1 or	1 or
Beef Stew or	24 oz			1 or		1 or	1 or	1 or	1 or
Chili or	24 oz			1 or		1 or	1 or	1 or	1 or
Chicken or	12.5 oz			2 or		2 or	2 or	2 or	2 or
Tuna or	12 oz			2 or		2 or	2 or	2 or	2 or
Salmon or	14.75 oz			2 or		2 or	2 or	2 or	2 or
Egg Mix, Dry	6 oz			2		2	2	2	2
Evap. Milk and/or	12 oz			33 or	5 every mo. and	5 every mo. and	11 every mo. and	3 every mo. and	3 every mo. and
Inst. Nonfat Dry Milk	25.6 oz				1 every other mo.	1 every other mo.	1 every other mo.	1 every other mo.	1 every other mo.
Peanut Butter or	18 oz			1 or		1 or	1 or	1 or	1 or
Dry Beans/Peas	2 lb			1		1	1	1	1
Dehy. Potatoes or	1 lb			1 or		1 or	1 or	1 or	1 or
Pasta or	1 lb			2 or		2 or	2 or	2 or	2 or
	2 lb			1 or		1 or	1 or	1 or	1 or
Rice or	2 lb			1 or		1 or	1 or	1 or	1 or
Grits	5 lb			1 every other mo.		1 every other mo.	1 every other mo.	1 every other mo.	1 every other mo.
Cheese	2 lb			1		1	1	1	1
Fruits	15-16 oz			2		2	4	2	2
Vegetables	15-16 oz			4		4	6	4	4

1/ See Maximum Monthly Distribution Rates by category for appropriate substitutions and/or combinations.

2. Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, August 1, 2009

UNITED STATES DEPARTMENT OF AGRICULTURE

FOOD AND NUTRITION SERVICE
ALEXANDRIA, VA 22302-1500

CHANGE TRANSMITTAL	
CHANGE NUMBER: 14	DIRECTIVE IDENTIFICATION AND NUMBER: FNS Handbook 501
DIRECTIVE TITLE: The Food Distribution Program on Indian Reservations	

This change reflects the following corrections to Exhibit O, the Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size. In both instances the guide rates in the Automated Inventory System are correct and will not be changed:

- The July 2009 Exhibit O incorrectly listed the guide rates for roasted peanuts and peanut butter as up to 2 units per person per month. The correct guide rate is 1 unit per person per month.

- The July 2009 Exhibit O also incorrectly stated that one unit of Instant Nonfat Dry Milk may be exchanged for 4 units of UHT milk. The correct exchange rate is one unit of Instant Nonfat Dry Milk for 8 units of UHT milk.

PAGE CONTROL CHART

Remove Pages	Dated	Insert Pages	Dated
Exhibit O	July 2009	Exhibit O	September 2009

Ronald J. Vogel
Associate Administrator
Special Nutrition Programs

DISTRIBUTION:	MANUAL MAINTENANCE INSTRUCTIONS:	OPI:	
AD, F2, I	Retain and file Change Transmittal in front of directive until further notice. Remove and insert page(s) if applicable.	FDD-200	

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FNS HANDBOOK 501
EXHIBIT O

2. Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, August 1, 2009

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE
Effective: August 1, 2009

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

Household Size	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	
Commodity	**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)	1 per 2 mos.	1	2	2	3	3	4	4	
Farina (14 oz. box)	1 per 2 mos.	1	2	2	3	3	4	4	
Macaroni & Cheese (7.25 oz. or 26 oz.) Macaroni (1 lb.) Whole Grain Rotini (1 lb.) Spaghetti (2 lb.) Rice (2 lb.)	Any combination of options cannot exceed 4 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. • One 26 oz. box of Macaroni & Cheese is treated as 1 lb.								
Egg Noodles (1 lb. package) Dehydrated Potatoes (1 lb. package)	Up to 2 units per person								
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 per 2 mos.	1	2	2	3	3	4	4	

FNS HANDBOOK 501
EXHIBIT O

2. Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, August 1, 2009

Commodity	Number of Items Per Month	Options
VEGETABLES and SOUP		
Canned Vegetables (#300 can)	Up to 9 units per person	Carrots, Corn Kernel, Corn Cream, Green Beans, Peas, Potatoes, Spinach, Mixed Vegetables, Diced Tomatoes, and Tomato Sauce. Seasonal (October-December): Sweet Potatoes and Pumpkin
Spaghetti Sauce (#300 can)	1 unit per person	
Canned Soups (#1 can)	Up to 2 units per person	Tomato, Vegetarian Vegetable
FRUIT and JUICE		
Canned Fruit (#300 can)	Up to 9 units per person	Applesauce, Apricots, Peaches, Pears, Mixed Fruit
Dried Fruit (15-16 oz. package)	1 unit per person	Dried Plums, Raisins
Canned Juice (46 oz. can) or (64 oz bottles)	Up to 3 units per person or Up to 2 units per person	Apple, Grape, Orange, Grapefruit, Tomato, Cranberry-based
NOTE: May substitute 1 can of vegetable for 1 can of fruit, up to 4 cans of fruit per person		
MEAT, POULTRY, FISH, BEANS, EGGS, AND NUTS		
Canned Meat/Poultry/Fish (12-24 oz. can) Frozen Ground Beef * (1 lb. package) Frozen Cut-up Chicken* (approx. 2.50-3.75 lb. package) Frozen Beef Roast* (2 lb.) Frozen Turkey Ham* (2 lb.) available January through October	Any combination of options cannot exceed 3 units per person • 2 ground beef chubs are treated as 1 unit • 2 canned products 15.5 oz or smaller are treated as 1 unit	Beef, Chunky Beef Stew, Canned Chicken, Tuna, *Frozen meats are available only to approved ITOs and SAs determined eligible to receive these products.
NOTE: Frozen Pork Ham (water added; 3 lb.) available November and December (one per person per month; no substitution with other meat products)		
Dry Beans (2 lb. bag)	1 unit per person	Pinto, Great Northern, Baby Lima
Canned Beans (#300 can)	Up to 2 units per person	Vegetarian, Refried Beans (no fat added), Kidney Beans
All Purpose Egg Mix (6 oz. package)	Up to 2 units per person	
Smooth Peanut Butter (18 oz. package) Roasted Peanuts (12 or 16 oz. can)	1 unit per person	

(Correction 9/2009)

FNS HANDBOOK 501
EXHIBIT O

2. Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, August 1, 2009

Household Size	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	
Commodity	**Number of Items Per Month**								**Options**
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	
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 unit of Instant Nonfat Dry Milk may be exchanged for 8 units of UHT milk
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	
Light Buttery Spread (15 oz.)	1	2	4	4	6	6	8	8	

(Correction 9/2009)

3. **Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, November 1, 2008**

UNITED STATES DEPARTMENT OF AGRICULTURE
FOOD AND NUTRITION SERVICE
ALEXANDRIA, VA 22302-1500

CHANGE TRANSMITTAL	
CHANGE NUMBER: 11	DIRECTIVE IDENTIFICATION AND NUMBER: FNS Handbook 501
DIRECTIVE TITLE: The Food Distribution Program on Indian Reservations	

This change reflects revisions to Exhibit O, the Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size.

The following changes are being made to Exhibit O:

- add whole grain rotini (1 pound package) as an additional choice in the macaroni and cheese, macaroni, spaghetti, and rice category;

- remove luncheon meat from the canned and frozen meat category;

- add a 16-ounce pack size to the roasted peanuts;

- add a notation that the canned sweet potatoes are seasonal items to be available October through December each year; and

- add a notation that the frozen pork ham available November and December each year cannot be substituted for other meat products.

PAGE CONTROL CHART

Remove Pages	Dated	Insert Pages	Dated
Exhibit O	January 2008	Exhibit O	October 2008

Eric J. Steiner 10-17-08
Eric J. Steiner
Associate Administrator
Special Nutrition Programs

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FNS HANDBOOK 501
EXHIBIT O

3. Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, November 1, 2008

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE
Effective: November 1, 2008

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

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
GRAINS, CEREAL, RICE and PASTA									
Cereal, Dry (all sizes)	1	2	3	4	5	6	7	8	Corn, Oat, Rice, Bran
Quick Oats (42 oz. package)	1 per 2 mos.	1	2	2	3	3	4	4	
Farina (14 oz. box)	1 per 2 mos.	1	2	2	3	3	4	4	
Macaroni & Cheese (7.25 oz. box or 26 oz. box) Macaroni (1 lb. box) Whole Grain Rotini (1 lb. package) Spaghetti (2 lb. box) Rice (2 lb. package)	Any combination of these items cannot exceed 4 lbs. per person. • Three 7.25 oz. boxes of Macaroni & Cheese are treated as 1 lb.; limit of 1 lb. of Macaroni & Cheese per person • One 26 oz. box of Macaroni & Cheese is treated as 1 lb.								
Egg Noodles (1 lb. package) or Dehydrated Potatoes (1 lb. package)	2 2	4 4	6 6	8 8	10 10	12 12	14 14	16 16	May be substituted on a pound-for-pound basis. Any combination cannot exceed 2 pounds per person.
Cornmeal or All Purpose Flour or Whole Wheat Flour (5 lb. bag)	2	4	6	8	10	12	14	16	
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 per 2 mos.	1	2	2	3	3	4	4	

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3. Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, November 1, 2008

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
VEGETABLES and SOUP									
Canned Vegetables (#300 can)	9	18	27	36	45	54	63	72	Carrots, Corn Kernel, Corn Cream, Green Beans, Peas, Potatoes, Spinach, Mixed Vegetables, Diced Tomatoes, and Tomato Sauce. Seasonal (October-December): Sweet Potatoes and Pumpkin
Spaghetti Sauce (#300 can)	1	2	3	4	5	6	7	8	
Canned Soups (#1 can)	2	4	6	8	10	12	14	16	Tomato, Vegetarian Vegetable
FRUIT and JUICE									
Canned Fruit (#300 can)	9	18	27	36	45	54	63	72	Applesauce, Apricots, Peaches, Pears, Mixed Fruit
Dried Fruit (15-16 oz. package)	1	2	3	4	5	6	7	8	Dried Plums, Raisins
Canned Juice (46 oz. can)	3	6	9	12	15	18	21	24	Apple, Grape, Grapefruit, Orange, Tomato, Cranberry-based
NOTE: May substitute 1 can of vegetable for 1 can of fruit, up to 4 cans of fruit 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	
Evaporated Milk (12 oz. can)	4	8	12	16	20	24	28	32	
Instant Nonfat Dry Milk (25.6 oz. box)	1 per 2 mos.	1	2	2	3	3	4	4	No substitutions with evaporated milk.
or									
1% Ultra High Temperature (UHT) Milk (32 fl. oz. carton)	4	8	12	16	20	24	28	32	
OIL									
Vegetable Oil (48 fl. oz.)	1 per 2 mos.	1	2	2	3	3	4	4	

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3. Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, November 1, 2008

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
MEAT, POULTRY, FISH, BEANS, EGGS, AND NUTS									
Canned Meat/ Poultry/Fish (12-24 oz. can) or	3	6	9	12	15	18	21	24	Beef, Chunky Beef Stew, Canned Chicken, Tuna, *Frozen meats are available only to approved ITOs and SAs determined eligible to receive these products. Substitution Rates: 1 equivalent can of meat/poultry/fish = 2 frozen ground beef = 1 frozen beef roast = 1 frozen cut up chicken = 1 frozen turkey ham (Canned products 15.5 oz. or smaller are issued on a 2 for 1 basis.)
Frozen Ground Beef * (1 lb. package) or	6	12	18	24	30	36	42	48	
Frozen Cut-up Chicken* (approx. 2.50-3.75 lb. package) or	3	6	9	12	15	18	21	24	
Frozen Beef Roast* (2 lb.) or	3	6	9	12	15	18	21	24	
Frozen Turkey Ham* (2 lb.) available January through October	3	6	9	12	15	18	21	24	
NOTE: Frozen Pork Ham (water added, 3 lb.) available November and December (one per person per month; no substitution with other meat products)									
Dry Beans (2 lb. bag)	1	2	3	4	5	6	7	8	Pinto, Great Northern, Baby Lima
Canned Vegetarian Beans (#300 can) or Canned Lowfat Refried Beans (#300 can) or Canned Kidney Beans (#300 can)	2	4	6	8	10	12	14	16	
All Purpose Egg Mix (6 oz. package)	2	4	6	8	10	12	14	16	
Smooth Peanut Butter (18 oz. package) or Roasted Peanuts (12 or 16 oz. can)	1 1	2 2	3 3	4 4	5 5	6 6	7 7	8 8	

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4. Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, February 1, 2008

UNITED STATES DEPARTMENT OF AGRICULTURE
FOOD AND NUTRITION SERVICE
ALEXANDRIA, VA 22302-1500

CHANGE TRANSMITTAL	
CHANGE NUMBER: 9	DIRECTIVE IDENTIFICATION AND NUMBER: FNS Handbook 501
DIRECTIVE TITLE: The Food Distribution Program on Indian Reservations	

This change reflects revisions to Exhibit O, the Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, and Exhibit O-1, Food Distribution Program on Indian Reservations Fresh Fruit and Vegetable Guide Rates.

The following changes are being made to Exhibit O:
- Addition of frozen beef roast, frozen fully cooked turkey hams, and 1 percent ultra high temperature fluid milk;
- Replacement of the canned all-white turkey meat with a new and improved canned chicken;
- Modification of the guide rates for macaroni and cheese, macaroni, spaghetti and rice to better reflect the household's option to select any combination of these products up to 4 pounds per person per month. (The issuance of macaroni and cheese is limited to 1 pound per person per month);
- Deletion of the canned pineapple; shortening; butter; and corn syrup;
- Notation that canned pumpkin is a seasonal item available October through December each year; and
- Notation that frozen pork hams (water added; 3 pound) are available November and December (one per person per month).

The following change is being made to Exhibit O-1:
- Addition of fresh tomatoes.

PAGE CONTROL CHART

Remove Pages	Dated	Insert Pages	Dated
Exhibit O	7/2007	Exhibit O	1/2008
Exhibit O-1	8/2005	Exhibit O-1	1/2008

Eric Steiner 2-15-08
Eric Steiner, Associate Administrator
Special Nutrition Programs

Attachments

DISTRIBUTION:	MANUAL MAINTENANCE INSTRUCTIONS:	OPI:	
AD, F2, 1	Retain and file Change Transmittal in front of directive until further notice. Remove and insert page(s) if applicable.	FDD-200	2-15-2008

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EXHIBIT O

4. Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, February 1, 2008

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE
Effective: February 1, 2008

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

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
GRAINS, CEREAL, RICE and PASTA									
Cereal, Dry (all sizes)	1	2	3	4	5	6	7	8	Corn, Oat, Rice, Bran
Quick Oats (42 oz. package)	1 per 2 mos.	1	2	2	3	3	4	4	
Farina (14 oz. box)	1 per 2 mos.	1	2	2	3	3	4	4	
Macaroni & Cheese (7.25 oz. box) plus any combination of 3 lbs. per person of rice, spaghetti, or macaroni	3	6	9	12	15	18	21	24	Three 7.25 oz. boxes of macaroni & cheese are treated as 1 lb.; one 26 oz. box of macaroni & cheese is treated as 1 lb.; limit of 1 lb. of macaroni & cheese per person. Other items may be substituted on a pound-for-pound basis. Any combination cannot exceed 4 lbs. per person.
or Macaroni (1 lb. box)	4	8	12	16	20	24	28	32	
or Spaghetti (2 lb. box)	2	4	6	8	10	12	14	16	
or Rice (2 lb. package)	2	4	6	8	10	12	14	16	
Egg Noodles (1 lb. package)	2	4	6	8	10	12	14	16	May be substituted on a pound-for-pound basis. Any combination cannot exceed 2 pounds per person.
or Dehydrated Potatoes (1 lb. package)	2	4	6	8	10	12	14	16	
Cornmeal or All Purpose Flour or Whole Wheat Flour (5 lb. bag)	2	4	6	8	10	12	14	16	
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 per 2 mos.	1	2	2	3	3	4	4	

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4. Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, February 1, 200

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
VEGETABLES and SOUP									
Canned Vegetables (#300 can)	9	18	27	36	45	54	63	72	Carrots, Corn Kernel, Corn Cream, Green Beans, Peas, Potatoes, Spinach, Mixed Vegetables, Sweet Potatoes, Diced Tomatoes, Tomato Sauce, Pumpkin (seasonal: October-December)
Spaghetti Sauce (#300 can)	1	2	3	4	5	6	7	8	
Canned Soups (#1 can)	2	4	6	8	10	12	14	16	Tomato, Vegetarian Vegetable
FRUIT and JUICE									
Canned Fruit (#300 can)	9	18	27	36	45	54	63	72	Applesauce, Apricots, Peaches, Pears, Mixed Fruit
Dried Fruit (15-16 oz. package)	1	2	3	4	5	6	7	8	Dried Plums, Raisins
Canned Juice (46 oz. can)	3	6	9	12	15	18	21	24	Apple, Grape, Grapefruit, Orange, Pineapple, Tomato, Cranberry-based
NOTE: May substitute 1 can of vegetable for 1 can of fruit, up to 4 cans of fruit 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	
Evaporated Milk (12 oz. can)	4	8	12	16	20	24	28	32	
Instant Nonfat Dry Milk (25.6 oz. box) or 1% Ultra High Temperature (UHT) Milk (32 fl. oz. carton)	1 per 2 mos. 4	1 8	2 12	2 16	3 20	3 24	4 28	4 32	No substitutions with evaporated milk.
OIL									
Vegetable Oil (48 fl. oz.)	1 per 2 mos.	1	2	2	3	3	4	4	

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4. Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, February 1, 2008

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
MEAT, POULTRY, FISH, BEANS, EGGS, AND NUTS									
Canned Meat/ Poultry/Fish (12-24 oz. can) or	3	6	9	12	15	18	21	24	Beef, Chunky Beef Stew, Canned Chicken, Tuna, Luncheon Meat
Frozen Ground Beef * (1 lb. package) or	6	12	18	24	30	36	42	48	*Frozen meats are available only to approved ITOs and SAs determined
Frozen Cut-up Chicken* (approx. 2.50-3.75 lb. package) or	3	6	9	12	15	18	21	24	eligible to receive these products.
Frozen Beef Roast* (2 lb.) or	3	6	9	12	15	18	21	24	Substitution Rates: 1 equivalent can of meat/poultry/fish = 2 frozen ground beef = 1 frozen beef roast = 1 frozen cut up chicken = 1 frozen turkey ham (Canned products 15.5 oz. or smaller are issued on a 2 for 1 basis.)
Frozen Turkey Ham* (2 lb.) available January through October	3	6	9	12	15	18	21	24	
NOTE: Frozen Pork Ham (water added; 3 lb.) available November and December (one per person per month)									
Dry Beans (2 lb. bag)	1	2	3	4	5	6	7	8	Pinto, Great Northern, Baby Lima
Canned Vegetarian Beans (#300 can) or Canned Lowfat Refried Beans (#300 can) or Canned Kidney Beans (#300 can)	2	4	6	8	10	12	14	16	
All Purpose Egg Mix (6 oz. package)	2	4	6	8	10	12	14	16	
Smooth Peanut Butter (18 oz. package)	1	2	3	4	5	6	7	8	
or Roasted Peanuts (12 oz. can)	1	2	3	4	5	6	7	8	

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4. Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size, February 1, 2008

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

Guide Rates:
Participating FDPIR households may substitute 1 pound of fresh produce for 1 canned item, up to a total of 9 cans of fruit and 9 cans of vegetables per person.

Substitution Rate:
Participating households may substitute 1 pound of vegetable for 1 pound of fruit up to 4 pounds of fruit per person.

Fresh Produce Shopping List:

Vegetables
Carrots
Baby Carrots
Yellow Onions
Red Onions
Russet Potatoes
Red Potatoes
Winter Squash
Summer Squash
Sweet Potatoes
Turnips
Cabbage
Celery
Green Pepper
Cucumbers
Mixed Vegetables
Tomatoes

Seasonal:
Corn

Fruits
Apples
Grapefruit
Oranges
Pears
Mixed Fruit

Seasonal:
Peaches

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APPENDIX E. AS OFFERED ANALYSIS FOR CACFP, NSLP, AND TEFAP

1. Calculation of "As Offered" USDA Foods for CACFP, NSLP, and TEFAP

The CACFP, NSLP, and TEFAP do not have distribution guides or limits on the combination of foods that may be selected. An "as offered" food profile was developed on the basis of average cost of each food item and the total funds allocated in 2009.

Total funds spent. The following steps were followed to determine the total funds spent in FY2009:

- Foods reported in the Entitlement Detail Status Reports:
  - Total funds for Entitlement: the value of the first Entitlement USDA Food was added to the Ending balance value in the FNS Entitlement Detail Status Report for each 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 USDA Foods was added to the total funds spent in 2009.
  - Note that although some states ended the year with funds remaining while others ended the year with a negative balance in funds remaining, the beginning balance for each state was used as the denominator in the calculation, regardless of the ending balance value.
- DOD Fresh Fruit and Vegetables:
  - Total funds spent in 2009 are listed in sheet 'Budget Types YTD FY09,' cell P21 of the May 2009 Copy of Budget Types YTD FY09 (4).xls file. This total was added to the total funds from the Entitlement Detail Status Report total.

Amount offered. The following calculations were used to determine the amount of each USDA Food offered in 2009 (calculation was performed for entitlement USDA Foods alone, and again for entitlement + bonus USDA Foods):

- **Funds per USDA Foods group**: Total funds spent in FY2009/ #USDA Foods groups offered. There were 7 USDA Foods groups in TEFAP, and 10 in NSLP/CACFP.
- **Funds per USDA Foods subgroup**: Funds per USDA Foods group/ # subgroups in the USDA Foods group. TEFAP foods were not grouped into USDA Foods

subgroups; only the NSLP/CACFP foods were grouped into USDA Foods subgroups, to better match groups from the Institute of Medicine's report on School Meals. [135]

- **Funds per food group**. Funds per USDA Foods subgroup/#food groups in the USDA Food subgroup
- **Funds per subgroup**. Funds per food group offered/#subgroups in the food group
- **Funds per USDA Food in subgroup FY 2009**. Allowed funds per subgroup/#USDA Foods in the subgroup
- **Weight of USDA Foods offered**. Funds per USDA Food/ average cost/lb of the USDA Food
    - 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 2009; total pounds of each WCODE was determined by adding amounts from the individual state files.
- **Weight of USDA Foods per participant**. Weight of each USDA Food offered/#participants in the program in FY 2009.

Table E-1 provides an example of the calculations using "apple slices" as the USDA Food. Apple is in the Fruit USDA Foods Group which is one of 10 USDA Foods Groups in TEFAP. If the total spent on USDA Foods in 2009 was $1,459,461, one-tenth of that ($145,946.10) would be allocated to the Fruit USDA Foods Group (shown in Column 1). The Apple group is one of 15 types of fruit in the Fruit USDA Foods 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 Fruit USDA Foods – Apples Fresh; Apple Slices/Frozen Unsweetened; and Apples Fresh (various types). The funding for each of the three USDA Foods in the Fresh/Frozen Apple Subgroup is $1,621.62 (Column 5). Note that the pounds offered (Column 8) for each fruit USDA Food is dependent on the cost per pound of a particular USDA Food (e.g., Apple Slices Frozen/Unsweetened compared to Apple Slice Canned/Unsweetened).

[135] Institute of Medicine. *School Meals: Building Blocks for Healthy Children*. Washington, D.C.: The National Academies Press. 2010; pages 271-272. http://www.fns.usda.gov/ora/MENU/Published/CNP/FILES/SchoolMealsIOM.pdf.

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

1	2	3	4	5	6	7
USDA Foods Group ($ per USDA Food)	Fruit Food Group ($ per group)	Fruit Sub Group ($ per subgroup)	Fruit USDA Foods	$ per USDA Foods	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, UNSWEETENED, #10	$2,432.44	0.545422	4,459.74

Table E-2. NSLP and CACFP 2009 Foods Grouped for "As Offered" Analysis

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
CHEESE		AMERICAN	NATURAL	B049	CHEESE, NAT, AMER, BARREL, 500LB
CHEESE		AMERICAN	PROCESSED	B030	CHEESE, AMERICAN, PASTEURIZED, PROCESS, BULK, 40LB
CHEESE		AMERICAN	PROCESSED	B064	CHEESE, AMERICAN, PASTEURIZED, PROCESS, LOAVES, 5LB
CHEESE		AMERICAN	PROCESSED	B065	CHEESE, AMERICAN, PASTEURIZED, PROCESS, YELLOW, SLICED, 5LB
CHEESE		AMERICAN	PROCESSED	B066	CHEESE, AMERICAN, PASTUERIZED, PROCESS, WHITE, SLICED, 5LB
CHEESE		AMERICAN	RED FAT	B119	CHEESE, BLEND, AMERICAN & SKIM MILK, YELLOW, SLICED, LOAVES, 5LB
CHEESE		AMERICAN	RED FAT	B133	CHEESE, BLEND, AMERICAN & SKIM, MILK, WHITE, SLICED, 5LB
CHEESE		CHEDDAR	NATURAL	B032	CHEESE, CHEDDAR, WHITE, SHREDDED, 5LB
CHEESE		CHEDDAR	NATURAL	B071	CHEESE, CHEDDAR, WHITE, BLOCK, 40LB
CHEESE		CHEDDAR	NATURAL	B087	CHEESE, CHEDDAR, WHITE, LOAVES, 10LB
CHEESE		CHEDDAR	NATURAL	B072	CHEESE, CHEDDAR, YELLOW, BLOCK, 40LB
CHEESE		CHEDDAR	NATURAL	B088	CHEESE, CHEDDAR, YELLOW, LOAVES, 10LB
CHEESE		CHEDDAR	NATURAL	B031	CHEESE, CHEDDAR, YELLOW, SHREDDED, 5LB
CHEESE		CHEDDAR	RED FAT	B028	CHEESE, CHEDDAR, REDUCED FAT, WHITE, SHREDDED, 5LB
CHEESE		CHEDDAR	RED FAT	B027	CHEESE, CHEDDAR, REDUCED FAT, YELLOW, SHREDDED, 5LB
CHEESE		CHEDDAR	RED FAT	B034	CHEESE, CHEDDAR, REDUCED-FAT, YELLOW, LOAVES, 10LB
CHEESE		MOZZARELLA	LIGHT	B035	CHEESE, MOZZARELLA, LIGHT, SHREDDED, FROZEN, 30LB
CHEESE		MOZZARELLA	PART SKIM	B042	CHEESE, MOZZARELLA, LMPS, LOAVES, FROZEN, 6LB
CHEESE		MOZZARELLA	PART SKIM	B037	CHEESE, MOZZARELLA, LMPS, SHREDDED, FROZEN, 30LB
CHEESE		MOZZARELLA	PART SKIM	B077	CHEESE, MOZZARELLA, LOW, MOIST., PART, SKM, UNFROZEN
FRUIT		APPLE	CANNED	A345	APPLE, SLICES, CANNED, UNSWEETENED, #10
FRUIT		APPLE	CANNED	A350	APPLESAUCE, CANNED, UNSWEETENED, #10
FRUIT		APPLE	FRESH/FROZEN	A346	APPLE SLICES, FROZEN, UNSWEETENED, 30LB
FRUIT		APPLE	FRESH/FROZEN	A349	APPLES, FRESH, (VARIOUS TYPES)-PILOT, 37-40LB
FRUIT		APPLE	FRESH/FROZEN	A343	APPLES, FRESH, 37-40LB
FRUIT		APRICOT	CANNED	A360	APRICOTS, CANNED, HALVES, UNPEELED, #10
FRUIT		APRICOT	FROZEN	A447	APRICOTS, FROZEN, SLICED, 40LB
FRUIT		APRICOT	FROZEN	A358	APRICOTS, FROZEN, SLICED, BULK, 20LB
FRUIT		APRICOT	FROZEN	A449	APRICOTS, FROZEN, SLICED, SINGLE SERVE, 4.5OZ
FRUIT		BLACKBERRY	FROZEN	A376	BLACKBERRY, EVERGREEN, PUREE, 6/5.75LB

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
FRUIT		BLACKBERRY	FROZEN	A377	BLACKBERRY, MARION, PUREE, 5.75LB
FRUIT		BLUEBERRIES	FROZEN	A367	BLUEBERRIES, FROZEN, CULTIVATED, IQF, 30LB
FRUIT		BLUEBERRIES	FROZEN	A310	BLUEBERRIES, FROZEN, WILD, 25LB
FRUIT		BLUEBERRIES	FROZEN	A366	BLUEBERRIES, FROZEN, WILD, IQF, 30LB
FRUIT		CHERRIES	CANNED	A363	CHERRIES, CANNED, RED, TART, PITTED, #10
FRUIT		CHERRIES	FROZEN	A365	CHERRIES, FROZEN, RED, TART, PITTED, 30LB
FRUIT		CHERRIES	FROZEN	A364	CHERRIES, FROZEN, RED, TART, PITTED, IQF, 40LB
FRUIT		CRANBERRIES	FROZEN	A306	CRANBERRIES, WHOLE, FROZEN, 40LB
FRUIT		CRANBERRIES	SAUCE	A288	CRANBERRY SAUCE, CANNED, #10
FRUIT		DRY FRUIT	BLUEBERRIES	A309	BLUEBERRIES, DRY, WHOLE, 10LB
FRUIT		DRY FRUIT	CHERRIES	A293	CHERRIES, DRY, RED TART, PITTED, 4LB
FRUIT		DRY FRUIT	CRANBERRIES	A291	CRANBERRIES, DRIED, SWEETENED, WHOLE, 5LB
FRUIT		DRY FRUIT	RAISINS	A501	RAISINS, REGULAR MOISTURE, SEEDLESS, 15OZ
FRUIT		DRY FRUIT	RAISINS	A500	RAISINS, REGULAR MOISTURE, SEEDLESS, 30LB
FRUIT		DRY FRUIT	RAISINS	A504	RAISINS, REGULAR MOISTURE, SEEDLESS, SINGLE SERVE, 1.33OZ UNITS
FRUIT		MIXED FRUIT	CANNED	A470	FRUIT, CANNED, MIXED, #10
FRUIT		ORANGES	FRESH	A357	ORANGES, FRESH, CASE, 34-39LB
FRUIT		PEACHES	CANNED	A409	PEACHES, CANNED, CLINGSTONE, DICED, #10
FRUIT		PEACHES	CANNED	A408	PEACHES, CANNED, CLINGSTONE, SLICED, #10
FRUIT		PEACHES	FROZEN	A416	PEACHES, FROZEN, FREESTONE, DICED, SINGLES, 4.4OZ UNITS
FRUIT		PEACHES	FROZEN	A424	PEACHES, FROZEN, FREESTONE, SLICED, 20LB
FRUIT		PEARS	CANNED	A434	PEARS, CANNED, BARTLETT, DICED, #10
FRUIT		PEARS	CANNED	A433	PEARS, CANNED, BARTLETT, SLICED, #10
FRUIT		PEARS	FRESH	A442	PEARS, FRESH, BOSC, WHOLE, CASE (45LB)
FRUIT		PEARS	FRESH	A441	PEARS, FRESH, D-ANJOU, WHOLE, CASE (45LB)
FRUIT		PINEAPPLE	CANNED	A448	PINEAPPLE, CANNED, CHUNKS, #10
FRUIT		PINEAPPLE	CANNED	A444	PINEAPPLE, CANNED, CRUSHED, #10
FRUIT		PINEAPPLE	CANNED	A443	PINEAPPLE, CANNED, TIDBITS, #10
FRUIT		RASPBERRIES	FROZEN/PUREE	A390	RASPBERRIES, FROZEN, DRUM, 500LB
FRUIT		RASPBERRIES	FROZEN/PUREE	A391	RASPBERRIES, FROZEN, PUREE, 28LB
FRUIT		RASPBERRIES	FROZEN/PUREE	A373	RASPBERRIES, RED, FROZEN, PUREE, 5.75LB
FRUIT		STRAWBERRIES	FROZEN/SWT	A380	STRAWBERRIES, FROZEN, SLICED, SWEETENED, 30LB
FRUIT		STRAWBERRIES	FROZEN/UNSWT	A375	STRAWBERRIES, FROZEN, WHOLE, UNSWEETENED, IQF, 30LB
GRAINS	REFINED GRAINS	BAKERYMIX	LOWFAT	B368	FLOUR, BAKERY MIX, LOW, FAT, 6/5 LB
GRAINS	REFINED	BAKERYMIX	REGULAR	B367	BAKERY MIX, REGULAR, BISCUIT TYPE, 5LB

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
	GRAINS				
GRAINS	REFINED GRAINS	CORNMEAL	CORN FLOUR	B345	FLOUR, MASA, YELLOW, ENRICHED, 50LB
GRAINS	REFINED GRAINS	CORNMEAL	CORNMEAL	B136	CORN, YELLOW, 2700 LB
GRAINS	REFINED GRAINS	CORNMEAL	CORNMEAL	B142	CORNMEAL, DEGERMED, ENRICHED, YELLOW, 10LB
GRAINS	REFINED GRAINS	CORNMEAL	CORNMEAL	B138	CORNMEAL, DEGERMED, ENRICHED, YELLOW, 5LB
GRAINS	REFINED GRAINS	GRITS	GRITS	B382	GRITS, CORN, WHITE, 8/5 LB
GRAINS	REFINED GRAINS	GRITS	GRITS	B384	GRITS, CORN, YELLOW, ENRICHED, 5LB
GRAINS	REFINED GRAINS	PASTA	PASTA	B435	MACARONI, SPIRAL (ROTINI), ENRICHED, DRY, 20LB
GRAINS	REFINED GRAINS	PASTA	PASTA	B840	SPAGHETTI, ENRICHED, REGULAR, DRY, 20LB
GRAINS	REFINED GRAINS	RICE	WHRICE	B507	RICE, WHITE, ENRICHED, LONG-GRAIN, PARBOILED (CONVERTED) NO 1, DRY, 25LB
GRAINS	REFINED GRAINS	RICE	WHRICE	B508	RICE, WHITE, ENRICHED, LONG-GRAIN, PARBOILED (CONVERTED) NO 1, DRY, 50LB
GRAINS	REFINED GRAINS	RICE	WHRICE	B505	RICE, WHITE, ENRICHED, LONG-GRAIN, PARBOILED (CONVERTED), DRY, 25LB
GRAINS	REFINED GRAINS	RICE	WHRICE	B506	RICE, WHITE, ENRICHED, LONG-GRAIN, PARBOILED (CONVERTED), DRY, 50LB
GRAINS	REFINED GRAINS	RICE	WHRICE	B522	RICE, WHITE, ENRICHED, MEDIUM GRAIN, PARBOILED (CONVERTED) NO 1, DRY, 25LB
GRAINS	REFINED GRAINS	RICE	WHRICE	B513	RICE, WHITE, ENRICHED, MEDIUM GRAIN, PARBOILED (CONVERTED) NO 2, DRY, 25LB
GRAINS	REFINED GRAINS	RICE	WHRICE	B521	RICE, WHITE, ENRICHED, MEDIUM GRAIN, PARBOILED (CONVERTED) NO 2, DRY, 50LB
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B200	FLOUR, ALL PURPOSE, BULK, 8/5 LB
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B183	FLOUR, ALL PURPOSE, ENRICHED, BLEACHED, 10LB
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B190	FLOUR, ALL PURPOSE, ENRICHED, BLEACHED, 50LB
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B182	FLOUR, ALL PURPOSE, ENRICHED, BLEACHED, 5LB
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B188	FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED, 10LB
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B191	FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED, 50LB
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B303	FLOUR, BAKERS, HARD WHEAT 50, HEARTH BULK, UNBL.
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B285	FLOUR, BAKERS, HARD WHEAT, BL.
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B280	FLOUR, BAKERS, HARD WHEAT, ENRICHED, BLEACHED, 100LB
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B275	FLOUR, BAKERS, HARD WHEAT, ENRICHED, BLEACHED, 50LB

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B276	FLOUR, BAKERS, HARD WHEAT, ENRICHED, UNBLEACHED, 50LB
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B301	FLOUR, BAKERS, HARD WHEAT, HEARTH, BL.
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B300	FLOUR, BAKERS, HARD WHEAT, HEARTH, BLEACHED, 100LB
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B286	FLOUR, BAKERS, HARD WHEAT, UNBL.
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B233	FLOUR, BREAD, ENRICHED, BLEACHED, 10LB
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B238	FLOUR, BREAD, UNBLEACHED, 4/10LB
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B323	FLOUR, SOFT WHEAT, ENRICHED, BLEACHED, 50LB
GRAINS	REFINED GRAINS	WHITE FLOUR	WHITE FLOUR	B321	FLOUR, SOFT WHEAT, ENRICHED, UNBLEACHED, BULK
GRAINS	WHOLE GRAINS	CKD CEREAL	OATS	B444	OATS, ROLLED, QUICK, DRY, 25LB
GRAINS	WHOLE GRAINS	CKD CEREAL	OATS	B445	OATS, ROLLED, QUICK, DRY, 3LB
GRAINS	WHOLE GRAINS	CKD CEREAL	OATS	B450	OATS, ROLLED, QUICK, DRY, 50LB
GRAINS	WHOLE GRAINS	PASTA	WH GR PASTA	B428	ROTINI, WHOLE GRAIN, DRY, 20LB
GRAINS	WHOLE GRAINS	PASTA	WH GR PASTA	B836	SPAGHETTI, WHOLE GRAIN, DRY, 20LB
GRAINS	WHOLE GRAINS	RICE	BRICE	B538	RICE, BROWN, LONG-GRAIN, PARBOILED, 30/2LB
GRAINS	WHOLE GRAINS	RICE	BRICE	B537	RICE, BROWN, LONG-GRAIN, QUICK-COOKING, 24/2LB
GRAINS	WHOLE GRAINS	RICE	BRICE	B545	RICE, BROWN, LONG-GRAIN, REGULAR, DRY, 25LB
GRAINS	WHOLE GRAINS	WWFLOUR	WWFLOUR	B351	FLOUR, WHOLE WHEAT, 10LB
GRAINS	WHOLE GRAINS	WWFLOUR	WWFLOUR	B360	FLOUR, WHOLE WHEAT, 50LB
JUICE		JUICE	OJ	A299	ORANGE JUICE, FROZEN, SINGLES, 4FO UNITS
JUICE		JUICE	OJ	A305	ORANGE, JUICE, DRUMS
JUICE		JUICE	OJ	A303	ORANGE, JUICE, TANKERS
MEAT	DRY BEANS/ PEAS		BAKED	A091	BEANS, CANNED, VEGETARIAN, DRY, BAKED IN SAUCE, #10
MEAT	DRY BEANS/ PEAS		BLACK	A908	BEANS, CANNED, BLACK TURTLE, #10
MEAT	DRY BEANS/ PEAS		BLACKEYE	A084	BEANS, CANNED, BLACK-EYED PEA, DRY, #10
MEAT	DRY BEANS/ PEAS		GARBANZO	A089	BEANS, CANNED, GARBANZO, DRY, #10
MEAT	DRY BEANS/ PEAS		GREAT NORTHERN	A088	BEANS, CANNED, GREAT NORTHERN, DRY, #10
MEAT	DRY BEANS/P		GREAT	A925	BEANS, DRY, GREAT NORTHERN, DRY, WHOLE, 25LB

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
	EAS		NORTHERN		
MEAT	DRY BEANS/ PEAS		KIDNEY	A086	BEANS, CANNED, KIDNEY, #10
MEAT	DRY BEANS/ PEAS		LIMA	A082	BEANS, CANNED, BABY LIMA, DRY, #10
MEAT	DRY BEANS/ PEAS		NAVY	A924	BEANS, DRY, NAVY OR PEA, DRY, WHOLE, 25LB
MEAT	DRY BEANS/ PEAS		PINK	A083	BEANS, CANNED, PINK, DRY, #10
MEAT	DRY BEANS/ PEAS		PINTO	A079	BEANS, CANNED, PINTO, DRY, WHOLE, #10
MEAT	DRY BEANS/ PEAS		PINTO	A942	BEANS, PINTO, DRY, WHOLE, 25LB
MEAT	DRY BEANS/ PEAS		RED	A087	BEANS, CANNED, RED, SMALL, DRY, #10
MEAT	DRY BEANS/ PEAS		RED	A948	BEANS, SMALL RED, DRY, WHOLE, 25LB
MEAT	DRY BEANS/ PEAS		REFRIED	A085	BEANS, CANNED, REFRIED, DRY, #10
MEAT	EGG		DRIED	A575	EGG MIX, ALL PURPOSE, DRIED, 10LB
MEAT	EGG		WHOLE	A566	EGGS, LIQUID, WHOLE, BULK
MEAT	EGG		WHOLE	A568	EGGS, PASTEURIZED, WHOLE, FROZEN, 5LB
MEAT	FISH/ SHELLFISH		TUNA	A742	TUNA, CANNED, CHUNK LIGHT/WATER, 66.5OZ
MEAT	FISH/ SHELLFISH		TUNA	A745	TUNA, POUCH, LIGHT, READY-TO-SERVE, 43OZ
MEAT	MEAT/ POULTRY	BEEF	CANNED	A721	BEEF, CANNED, W/ NATURAL JUICES, FULLY COOKED, 24OZ
MEAT	MEAT/ POULTRY	BEEF	GROUND	A594	BEEF, COARSE GROUND, BULK, RAW, FROZEN, 60LB
MEAT	MEAT/ POULTRY	BEEF	GROUND	A579	BEEF, FINE GROUND, IRRADIATED, RAW, FROZEN, 10LB
MEAT	MEAT/ POULTRY	BEEF	GROUND	A608	BEEF, FINE GROUND, RAW, FROZEN, 10LB
MEAT	MEAT/ POULTRY	BEEF	GROUND	A578	BEEF, PATTIES, GROUND, IRRADIATED, RAW, FROZEN, IQF, 40LB
MEAT	MEAT/ POULTRY	BEEF	GROUND	A626	BEEF, PATTIES, GROUND, RAW, FROZEN, IQF, 40LB
MEAT	MEAT/ POULTRY	BEEF	GROUND	A627	BEEF, PATTIES, LEAN, GROUND, RAW, 10% FAT, FROZEN, IQF, 40LB
MEAT	MEAT/ POULTRY	BEEF	GROUND/SPP	A717	BEEF, CRUMBLES, W/ SPP, FULLY COOKED, FROZEN, 40LB
MEAT	MEAT/ POULTRY	BEEF	GROUND/SPP	A706	BEEF, PATTIES, W/ SPP, FULLY COOKED, HOME-STYLE, FROZEN, IQF, 40LB
MEAT	MEAT/ POULTRY	BEEF	GROUND/SPP	A616	BEEF, PATTIES, W/ SPP, GROUND, RAW, FROZEN, IQF, 40LB
MEAT	MEAT/ POULTRY	BEEF	MEAT	A602	BEEF SPECIAL TRIM FROZEN, 60LB
MEAT	MEAT/ POULTRY	BEEF	MEAT	A704	BEEF, BONELESS

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
MEAT	MEAT/ POULTRY	CHICKEN	CANNED	A507	CHICKEN, BONED, FULLY COOKED, CANNED, 50OZ
MEAT	MEAT/ POULTRY	CHICKEN	DRUMSTICKS	A573	CHICKEN, DRUMSTICKS, CHILLED
MEAT	MEAT/ POULTRY	CHICKEN	FAJITA STRIPS	A563	CHICKEN, FAJITA STRIPS, FULLY COOKED, FROZEN, IQF, 30LB
MEAT	MEAT/ POULTRY	CHICKEN	LEG	A518	CHICKEN, LEGS, CHILLED
MEAT	MEAT/ POULTRY	CHICKEN	MEAT	A517	CHICKEN, DICED, COOKED, FROZEN, IQF, 10LB
MEAT	MEAT/ POULTRY	CHICKEN	MIX PIECES	A526	CHICKEN, CUT-UP, 7 PIECE BATTER/BREADED, COOKED, FROZEN, 30LB
MEAT	MEAT/ POULTRY	CHICKEN	MIX PIECES	A515	CHICKEN, CUT-UP, 8-PIECE, RAW, FROZEN, 40LB
MEAT	MEAT/ POULTRY	CHICKEN	NUGGETS	A519	CHICKEN NUGGETS, SOC, 30LB
MEAT	MEAT/ POULTRY	CHICKEN	PATTIES	A528	CHICKEN PATTIES, BURGER-STYLE, FROZEN, 6/5 lb pkgs per 30# CASE
MEAT	MEAT/ POULTRY	CHICKEN	PATTIES	A561	CHICKEN PATTIES, SOC, 30LB
MEAT	MEAT/ POULTRY	CHICKEN	THIGH	A531	CHICKEN, THIGHS, CHILLED
MEAT	MEAT/ POULTRY	CHICKEN	WHITE MEAT	A510	CHICKEN, LIGHT, BULK
MEAT	MEAT/ POULTRY	CHICKEN	WHOLE	A521	CHICKEN, SMALL & LARGE, BULK, CHILLED
MEAT	MEAT/ POULTRY	CHICKEN	WHOLE	A522	CHICKEN, SMALL & LARGE, BULK, CHILLED
MEAT	MEAT/ POULTRY	PORK	CANNED	A722	PORK, CANNED, W/ NATURAL JUICES, FULLY COOKED, 24OZ
MEAT	MEAT/ POULTRY	PORK	HAM	A726	HAM, WATER ADDED, FULLY COOKED, SLICED, FRZ, 5LB
MEAT	MEAT/ POULTRY	PORK	HAM	A727	HAM, WATER PRODUCT, FULLY COOKED, DICED, FRZ, 5LB
MEAT	MEAT/ POULTRY	PORK	HAM	A693	HAM, WATER-ADDED, FULLY COOKED, FROZEN, 10LB
MEAT	MEAT/ POULTRY	PORK	ROAST	A632	PORK, BONELESS, PICNIC, FROZEN, 60LB
MEAT	MEAT/ POULTRY	PORK	ROAST	A672	PORK, LEG ROAST, FROZEN, 36-42 LB
MEAT	MEAT/ POULTRY	PORK	SAUSAGE/SPP	A720	PORK SAUSAGE CRUMBLES, W/SPP, FULLY COOKED, FROZEN, 40LB
MEAT	MEAT/ POULTRY	PORK	SLOPPY JOE	A712	PORK SLOPPY JOE MIX, W/ SPP, FULLY COOKED, FROZEN, 40LB
MEAT	MEAT/ POULTRY	TURKEY	BREAST	A549	TURKEY, BREAST, COOKED, DELI-STYLE, REGULAR, FROZEN, 9-11LB
MEAT	MEAT/ POULTRY	TURKEY	BREAST	A550	TURKEY, BREAST, COOKED, DELI-STYLE, SMOKED, FROZEN, 9-11LB
MEAT	MEAT/ POULTRY	TURKEY	GROUND	A535	TURKEY, BULK, GROUND
MEAT	MEAT/	TURKEY	HAM	A548	TURKEY HAM, WATER ADDED, FULLY COOKED,

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
	POULTRY				FROZEN40LB
MEAT	MEAT/ POULTRY	TURKEY	ROAST	A537	TURKEY, ROAST, BONELESS, READY TO COOK, FROZEN, 8-12LB
MEAT	MEAT/ POULTRY	TURKEY	TACO FILLING	A565	TURKEY, TACO FILLING, FULLY COOKED, FROZEN, 30LB
MEAT	MEAT/ POULTRY	TURKEY	WHOLE	A534	TURKEY, BULK, CHILLED
MEAT	MEAT/ POULTRY	TURKEY	WHOLE	A529	TURKEY, WHOLE, RAW, FROZEN, 30-60LB
MEAT	NUTS/SEEDS		PEANUTBUTTER	B473	PEANUT, BUTTER, SMOOTH, 5LB
MEAT	NUTS/SEEDS		PEANUTBUTTER	B480	PEANUT, BUTTER, SMOOTH, DRUM, 500LB
MEAT	NUTS/SEEDS		PEANUTS	B498	PEANUTS, ROASTED, RUNNER, UNSALTED, SHELLED & GRANULES, #10
MEAT	NUTS/SEEDS		PEANUTS	B500	PEANUTS, ROASTED, UNSALTED, CANNED, #10
MEAT	NUTS/SEEDS		SUNFLOWERBUTTER	B477	SUNFLOWER SEED BUTTER, 5LB
OIL		OIL	SOYBEAN	B664	OIL, SOYBEAN, LOW SATURATED FAT, 1GAL
OIL		OIL	VEGETABLE	B670	OIL, VEGETABLE, 1GAL
OIL		OIL	VEGETABLE	B665	OIL, VEGETABLE, 48FO
OIL		OIL	VEGETABLE	B666	OIL, VEGETABLE, 48FO
OIL		OIL	VEGETABLE	B672	OIL, VEGETABLE, BULK
VEGETABLES	ORANGE VEGETABLE	CARROTS	CANNED	A100	CARROTS, CANNED, NO ADDED SALT, #10
VEGETABLES	ORANGE VEGETABLE	CARROTS	FROZEN	A099	CARROTS, FROZEN, SLICED, 30LB
VEGETABLES	ORANGE VEGETABLE	SWPOTATOES	FRESH/FROZEN	A212	SWEET POTATOES, BULK
VEGETABLES	ORANGE VEGETABLE	SWPOTATOES	FRESH/FROZEN	A230	SWEET POTATOES, FRESH, WHOLE, CASE, 40LB
VEGETABLES	ORANGE VEGETABLE	SWPOTATOES	FRESH/FROZEN	A224	SWEET POTATOES, FROZEN, RANDOM CUT CHUNKS, 5LB
VEGETABLES	ORANGE VEGETABLE	SWPOTATOES	FRZ SW POTATO	A225	SWEET POTATOES, FROZEN, MASHED, 5LB
VEGETABLES	ORANGE VEGETABLE	SWPOTATOES	MASHED	A222	SWEET POTATOES, MASHED, LOW-SODIUM, CANNED, #10
VEGETABLES	ORANGE VEGETABLE	SWPOTATOES	SYRUP	A220	SWEET POTATOES, CUT, LIGHT SYRUP, LOW-SODIUM, CANNED, #10
VEGETABLES	OTHER VEGETABLES	GR BEANS	CANNED	A061	BEANS, GREEN, LOW-SODIUM, CANNED, #10
VEGETABLES	OTHER VEGETABLES	GR BEANS	FROZEN	A070	BEANS, FROZEN, GREEN, 30LB
VEGETABLES	STARCHY VEGETABLES	CORN	CANNED	A110	CORN, WHOLE KERNEL (LIQUID PACK), LOW-SODIUM, CANNED, #10
VEGETABLES	STARCHY VEGETABLES	CORN	FROZEN	A129	CORN, FROZEN, ON THE COB (COBBETTE), 30LB/96 COUNT
VEGETABLES	STARCHY VEGETABLES	CORN	FROZEN	A130	CORN, FROZEN, WHOLE KERNEL, 30LB

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
VEGETABLES	STARCHY VEGETABLES	PEAS	CANNED	A140	PEAS, GREEN, LOW-SODIUM, CANNED, #10
VEGETABLES	STARCHY VEGETABLES	PEAS	FROZEN	A160	PEAS, FROZEN, GREEN, 30LB
VEGETABLES	STARCHY VEGETABLES	POTATOES	DRY	A213	POTATOES, BULK, DEHYDRATED
VEGETABLES	STARCHY VEGETABLES	POTATOES	FRESH	A232	POTATOES, BULK
VEGETABLES	STARCHY VEGETABLES	POTATOES	FRESH	A214	POTATOES, FRESH, RUSSET (BAKING TYPE), 50LB
VEGETABLES	STARCHY VEGETABLES	POTATOES	FRESH	A215	POTATOES, FRESH, WHITE (BAKING TYPE), 50LB
VEGETABLES	STARCHY VEGETABLES	POTATOES	OVEN FRY	A210	POTATOES, FROZEN, OVEN FRY, 5LB
VEGETABLES	STARCHY VEGETABLES	POTATOES	ROUNDS	A204	POTATOES, FROZEN, ROUNDS, 5LB
VEGETABLES	STARCHY VEGETABLES	POTATOES	WEDGES	A173	POTATOES, FROZEN, IQF, FAT-FREE, WEDGES, 6/5LB
VEGETABLES	STARCHY VEGETABLES	POTATOES	WEDGES	A174	POTATOES, FROZEN, IQF, WEDGES, 5LB
VEGETABLES	TOMATO VEGETABLE	TOMATO	CANNED	A237	SALSA, LOW-SODIUM, CANNED, #10
VEGETABLES	TOMATO VEGETABLE	TOMATO	CANNED	A245	TOMATO, TOTES
VEGETABLES	TOMATO VEGETABLE	TOMATO	CANNED	A241	TOMATOES, DICED, LOW-SODIUM, CANNED, #10
VEGETABLES	TOMATO VEGETABLE	TOMATO	PASTE	A249	TOMATO PASTE, DRUM, 55 GAL
VEGETABLES	TOMATO VEGETABLE	TOMATO	PASTE	A252	TOMATO PASTE, LOW-SODIUM, CANNED, #10
VEGETABLES	TOMATO VEGETABLE	TOMATO	SAUCE	A243	SPAGHETTI SAUCE, MEATLESS, LOW-SODIUM, CANNED, #10
VEGETABLES	TOMATO VEGETABLE	TOMATO	SAUCE	A239	TOMATO SAUCE, LOW-SODIUM, CANNED, #10

Table E-3. NSLP 2009 DOD Foods Grouped for "As Offered" Analysis

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
FRUIT		APPLE	CARAMEL	W029	CARAMEL APPLE
FRUIT		APPLE	FRESH	W003	APPLE, CUT
FRUIT		APPLE	FRESH	W005	APPLE, WHOLE
FRUIT		APPLE	FRESH	W006	APPLE/ORANGE, WHOLE
FRUIT		APRICOT	FRESH	W008	APRICOTS, WHOLE
FRUIT		AVOCADO		W013	AVOCADO, WHOLE
FRUIT		BANANA		W014	BANANA
FRUIT		BLACKBERRY	FRESH	W018	BLACKBERRIES
FRUIT		BLUEBERRIES	FRESH	W019	BLUEBERRIES
FRUIT		CANTALOUPE		W027	CANTALOUPE, CUT

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
FRUIT		CANTALOUPE		W028	CANTALOUPE, WHOLE
FRUIT		CHERRIES	FRESH	W041	CHERRIES
FRUIT		CRANBERRIES	FRESH	W051	CRANBERRIES
FRUIT		DRY FRUIT	APPLE	W004	APPLE, DRIED
FRUIT		DRY FRUIT	FIGS	W057	FIGS
FRUIT		DRY FRUIT	LEATHER	W060	FRUIT LEATHER
FRUIT		GRAPEFRUIT		W069	GRAPEFRUIT, CUT
FRUIT		GRAPEFRUIT		W070	GRAPEFRUIT, WHOLE
FRUIT		GRAPES		W071	GRAPES, CUT
FRUIT		GRAPES		W072	GRAPES, WHOLE
FRUIT		HONEYDEW		W076	HONEYDEW, CUT
FRUIT		HONEYDEW		W077	HONEYDEW, WHOLE
FRUIT		KIWI		W086	KIWI
FRUIT		LEMON		W087	LEMON
FRUIT		LIME		W088	LIME
FRUIT		MANGO		W090	MANGO, WHOLE
FRUIT		MIXED FRUIT	CITRUS STYLE	W045	CITRUS FRUIT MIX
FRUIT		MIXED FRUIT	FRESH	W094	MIX FRUIT, CUT
FRUIT		MIXED FRUIT	FRESH	W095	MIX FRUIT, WHOLE
FRUIT		NECTARINE		W099	NECTARINE
FRUIT		ORANGES		W103	ORANGE, WHOLE
FRUIT		PAPAYA		W105	PAPAYA
FRUIT		PEACHES	FRESH	W107	PEACH
FRUIT		PEARS	FRESH	W109	PEAR, CUT
FRUIT		PEARS	FRESH	W110	PEAR, WHOLE
FRUIT		PINEAPPLE	FRESH	W114	PINEAPPLE, CUT
FRUIT		PINEAPPLE	FRESH	W115	PINEAPPLE, WHOLE
FRUIT		PINEAPPLE	FROZEN	W134	SHERBET
FRUIT		PLANTAIN		W116	PLANTAIN
FRUIT		PLUMS		W117	PLUMS
FRUIT		RASPBERRIES	FRESH	W124	RASPBERRIES
FRUIT		STARFRUIT		W139	STARFRUIT
FRUIT		STRAWBERRIES	FRESH	W140	STRAWBERRIES
FRUIT		TANGELO		W150	TANGELO
FRUIT		TANGERINE		W151	TANGERINE
FRUIT		WATERMELON		W167	WATERMELON, CUT
FRUIT		WATERMELON		W168	WATERMELON, WHOLE
JUICE		CIDER		W043	CIDER
MEAT	NUTS/SEEDS		ALMONDS	W002	ALMONDS
MEAT	NUTS/SEEDS		HAZELNUTS	W075	HAZELNUTS
MEAT	NUTS/SEEDS		PECANS	W112	PECANS
MEAT	NUTS/SEEDS		WALNUTS	W165	WALNUTS
VEGETABLES	DARK GREEN VEGETABLE	BOK CHOY		W021	BOK CHOY
VEGETABLES	DARK GREEN VEGETABLE	BROCCOLI		W023	BROCCOLI, CUT
VEGETABLES	DARK GREEN VEGETABLE	BROCCOLI		W024	BROCCOLI, WHOLE

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
VEGETABLES	DARK GREEN VEGETABLE	BROCCOLI		W176	Broccoli Coleslaw
VEGETABLES	DARK GREEN VEGETABLE	BROCCOLI		W177	Broccoli/Cauliflower/Carrots
VEGETABLES	DARK GREEN VEGETABLE	COLLARDS		W048	COLLARDS
VEGETABLES	DARK GREEN VEGETABLE	KALE		W085	KALE
VEGETABLES	DARK GREEN VEGETABLE	LEAF LETTUCE		W074	GRN LEAF LETTUCE, WHOLE
VEGETABLES	DARK GREEN VEGETABLE	LEAF LETTUCE		W127	RED LEAF LETTUCE
VEGETABLES	DARK GREEN VEGETABLE	MUSTARD GR		W098	MUSTARD GREEN
VEGETABLES	DARK GREEN VEGETABLE	ROMAINE		W128	ROMAINE, CUT
VEGETABLES	DARK GREEN VEGETABLE	ROMAINE		W129	ROMAINE, WHOLE
VEGETABLES	DARK GREEN VEGETABLE	ROMAINE MIX		W082	ICEBERG/ROMAINE
VEGETABLES	DARK GREEN VEGETABLE	SALAD MIX		W133	SALAD MIX
VEGETABLES	DARK GREEN VEGETABLE	SPINACH		W136	SPINACH, CUT
VEGETABLES	DARK GREEN VEGETABLE	SPINACH		W137	SPINACH, WHOLE
VEGETABLES	DARK GREEN VEGETABLE	SPRING MIX		W138	SPRING MIX
VEGETABLES	DARK GREEN VEGETABLE	TURNIP GREENS		W157	TURNIP GREENS
VEGETABLES	DARK GREEN VEGETABLE	WATERCRESS		W166	WATERCRESS
VEGETABLES	ORANGE VEGETABLE	CARROTS	FRESH	W030	CARROTS, BABY
VEGETABLES	ORANGE VEGETABLE	CARROTS	FRESH	W031	CARROTS, CUT
VEGETABLES	ORANGE VEGETABLE	CARROTS	FRESH	W032	CARROTS, WHOLE
VEGETABLES	ORANGE VEGETABLE	CARROTS	FRESH	W034	CARROTS/DIP
VEGETABLES	ORANGE VEGETABLE	CARROTS	FRESH	W178	APPLES/CARROTS/DIP
VEGETABLES	ORANGE VEGETABLE	CARROTS	FRESH	W039	CELERY/CARROT
VEGETABLES	ORANGE VEGETABLE	PUMPKIN		W121	PUMPKIN
VEGETABLES	ORANGE VEGETABLE	SWPOTATOES	FRESH	W148	SWPOTATO, CUT
VEGETABLES	ORANGE VEGETABLE	SWPOTATOES	FRESH	W149	SWPOTATO, WHOLE
VEGETABLES	ORANGE	WINTER		W171	WINTER SQUASH

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
	VEGETABLE	SQUASH			
VEGETABLES	OTHER VEGETABLES	ALFALFA		W001	ALFALFA
VEGETABLES	OTHER VEGETABLES	ARTICHOKES		W009	ARTICHOKES
VEGETABLES	OTHER VEGETABLES	ASPARAGUS		W011	ASPARAGUS
VEGETABLES	OTHER VEGETABLES	BEAN SPROUT		W016	BEAN SPROUT
VEGETABLES	OTHER VEGETABLES	CABBAGE		W064	GR CABBAGE, CUT
VEGETABLES	OTHER VEGETABLES	CABBAGE		W065	GR CABBAGE, WHOLE
VEGETABLES	OTHER VEGETABLES	CAULIFLOWER		W035	CAULIFLOWER, CUT
VEGETABLES	OTHER VEGETABLES	CAULIFLOWER		W036	CAULIFLOWER, WHOLE
VEGETABLES	OTHER VEGETABLES	CELERY		W037	CELERY, CUT
VEGETABLES	OTHER VEGETABLES	CELERY		W038	CELERY, WHOLE
VEGETABLES	OTHER VEGETABLES	CELERY		W040	CELERY/DIP
VEGETABLES	OTHER VEGETABLES	COLESLAW		W047	COLESLAW
VEGETABLES	OTHER VEGETABLES	CUCUMBER		W052	CUCUMBER, CUT
VEGETABLES	OTHER VEGETABLES	CUCUMBER		W053	CUCUMBER, WHOLE
VEGETABLES	OTHER VEGETABLES	EGGPLANT		W055	EGGPLANT
VEGETABLES	OTHER VEGETABLES	ENDIVE		W056	ENDIVE
VEGETABLES	OTHER VEGETABLES	GARLIC		W061	GARLIC
VEGETABLES	OTHER VEGETABLES	GINGER		W062	GINGER
VEGETABLES	OTHER VEGETABLES	GR BEANS	FRESH	W063	GR BEAN
VEGETABLES	OTHER VEGETABLES	HERBS	BASIL	W015	BASIL
VEGETABLES	OTHER VEGETABLES	HERBS	CHIVES	W042	CHIVES
VEGETABLES	OTHER VEGETABLES	HERBS	CILANTRO	W044	CILANTRO
VEGETABLES	OTHER VEGETABLES	HERBS	DILL	W054	DILL
VEGETABLES	OTHER VEGETABLES	HERBS	MINT	W093	MINT
VEGETABLES	OTHER VEGETABLES	HERBS	OREGANO	W104	OREGANO

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
VEGETABLES	OTHER VEGETABLES	HERBS	PARSLEY	W106	PARSLEY
VEGETABLES	OTHER VEGETABLES	HERBS	ROSEMARY	W130	ROSEMARY
VEGETABLES	OTHER VEGETABLES	HERBS	SAGE	W132	SAGE
VEGETABLES	OTHER VEGETABLES	HERBS	THYME	W152	THYME
VEGETABLES	OTHER VEGETABLES	ICEBERG		W080	ICEBERG, CUT
VEGETABLES	OTHER VEGETABLES	ICEBERG		W081	ICEBERG, WHOLE
VEGETABLES	OTHER VEGETABLES	JICAMA		W083	JICAMA, CUT
VEGETABLES	OTHER VEGETABLES	JICAMA		W084	JICAMA, WHOLE
VEGETABLES	OTHER VEGETABLES	MIXED VEG		W159	VEG MIX
VEGETABLES	OTHER VEGETABLES	MIXED VEG		W160	VEG MIX, CHOP SUEY
VEGETABLES	OTHER VEGETABLES	MIXED VEG		W161	VEG MIX, CREOLE
VEGETABLES	OTHER VEGETABLES	MIXED VEG		W162	VEG MIX, FAJITA
VEGETABLES	OTHER VEGETABLES	MIXED VEG		W163	VEG MIX, SOUP
VEGETABLES	OTHER VEGETABLES	MIXED VEG		W164	VEG MIX, STIR FRY
VEGETABLES	OTHER VEGETABLES	MUSHROOMS		W096	MUSHROOM, CUT
VEGETABLES	OTHER VEGETABLES	MUSHROOMS		W097	MUSHROOM, WHOLE
VEGETABLES	OTHER VEGETABLES	ONION	GREEN ONION	W066	GR ONION, CUT
VEGETABLES	OTHER VEGETABLES	ONION	GREEN ONION	W067	GR ONION, WHOLE
VEGETABLES	OTHER VEGETABLES	ONION	MATURE	W100	ONION, CUT
VEGETABLES	OTHER VEGETABLES	ONION	MATURE	W101	ONION, WHOLE
VEGETABLES	OTHER VEGETABLES	PEAPOD		W108	PEAPOD
VEGETABLES	OTHER VEGETABLES	PEPPERS		W078	HOT PEPPER
VEGETABLES	OTHER VEGETABLES	PEPPERS		W079	HOT YELLOW PEPPER
VEGETABLES	OTHER VEGETABLES	RADISH		W123	RADISH, WHOLE
VEGETABLES	OTHER VEGETABLES	RED CABBAGE		W125	RED CABBAGE, CUT
VEGETABLES	OTHER	RED CABBAGE		W126	RED CABBAGE, WHOLE

USDA FOODS GROUP	USDA FOODS SUBGROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOODS
VEGETABLES	OTHER VEGETABLES	RUTABAGA		W131	RUTABAGA
VEGETABLES	OTHER VEGETABLES	SUMMER SQUASH		W142	SUMMER SQUASH, WHOLE
VEGETABLES	OTHER VEGETABLES	SW GR PEPPER		W143	SW GR PEPPER, CUT
VEGETABLES	OTHER VEGETABLES	SW GR PEPPER		W144	SW GR PEPPER, WHOLE
VEGETABLES	OTHER VEGETABLES	SW RED PEPPER		W146	SW RED PEPPER, WHOLE
VEGETABLES	OTHER VEGETABLES	TURNIPS		W158	TURNIPS
VEGETABLES	OTHER VEGETABLES	ZUCCHINI, WHOLE		W175	ZUCCHINI, WHOLE
VEGETABLES	STARCHY VEGETABLES	CORN		W049	CORN, WHOLE
VEGETABLES	STARCHY VEGETABLES	CORN		W050	CORN, CUT
VEGETABLES	STARCHY VEGETABLES	POTATO SALAD		W120	POTATO SALAD
VEGETABLES	STARCHY VEGETABLES	POTATOES	FRIES	W058	FRENCH FRIES
VEGETABLES	STARCHY VEGETABLES	POTATOES	FRIES	W059	FRENCH FRIES, FROZEN
VEGETABLES	STARCHY VEGETABLES	WHITE POTATO, CUT		W169	WHITE POTATO, CUT
VEGETABLES	STARCHY VEGETABLES	WHITE POTATO, WHOLE		W170	WHITE POTATO, WHOLE
VEGETABLES	STARCHY VEGETABLES	YAUTIA ROOT		W173	YAUTIA ROOT
VEGETABLES	TOMATO VEGETABLE	TOMATILLO		W153	TOMATILLO
VEGETABLES	TOMATO VEGETABLE	TOMATO, CHERRY		W154	TOMATO, CHERRY
VEGETABLES	TOMATO VEGETABLE	TOMATO, CUT		W155	TOMATO, CUT
VEGETABLES	TOMATO VEGETABLE	TOMATO, WHOLE		W156	TOMATO, WHOLE

Table E-4. TEFAP 2009 Foods Grouped for "As Offered" Analysis

USDA FOOD GROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOOD
CEREAL	COOKED CEREAL	OATS	B445	OATS WHOLE GRAIN ROLLED DRY
CEREAL	RTE CEREAL	BRAN	B829	CEREAL BRAN FLAKES READY-TO-EAT DRY
CEREAL	RTE CEREAL	BRAN	B859	CEREAL BRAN FLAKES READY-TO-EAT DRY
CEREAL	RTE CEREAL	BRAN	B876	CEREAL BRAN FLAKES READY-TO-EAT DRY
CEREAL	RTE CEREAL	CORN	B834	CEREAL CORN SQUARES READY-TO-EAT

USDA FOOD GROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOOD
		SQUARES		
CEREAL	RTE CEREAL	CORN/RICE	B855	CEREAL CORN AND RICE BISCUITS READY-TO-EAT DRY
CEREAL	RTE CEREAL	CORNFLAKES	B832	CEREAL CORNFLAKES READY-TO-EAT DRY
CEREAL	RTE CEREAL	CORNFLAKES	B878	CEREAL CORNFLAKES READY-TO-EAT DRY
CEREAL	RTE CEREAL	CORNFLAKES	B879	CEREAL CORNFLAKES READY-TO-EAT DRY
CEREAL	RTE CEREAL	OAT CIRCLES	B831	CEREAL OAT CIRCLES READY-TO-EAT
CEREAL	RTE CEREAL	OAT CIRCLES	B853	CEREAL OAT CIRCLES READY-TO-EAT
CEREAL	RTE CEREAL	RICE	B830	CEREAL RICE CRISPS READY-TO-EAT
CEREAL	RTE CEREAL	RICE	B833	CEREAL RICE CRISPS READY-TO-EAT
CEREAL	RTE CEREAL	RICE	B838	CEREAL RICE CRISPS READY-TO-EAT
FRUIT	APPLE	CANNED	A351	APPLESAUCE CANNED UNSWEETENED
FRUIT	APRICOT	CANNED	A353	APRICOTS CANNED
FRUIT	MIXED FRUIT	CANNED	A404	MIXED FRUIT CANNED
FRUIT	PEACHES	CANNED	A411	PEACHES CANNED
FRUIT	PEACHES	CANNED	A421	PEACHES FREESTONE
FRUIT	PEARS	CANNED	A437	PEARS CANNED PEELED
GRAINS	BAKERYMIX	LOWFAT	B368	BAKERY MIX BISCUIT TYPE LOW-FAT
JUICE	APPLE JUICE	APPLE	A282	JUICE APPLE UNSWEETENED CANNED
JUICE	APPLE JUICE	APPLECHERRY	A276	JUICE CHERRY APPLE UNSWEETENED CANNED
JUICE	GRAPE JUICE	GRAPE	A284	JUICE GRAPE UNSWEETENED CARTON
JUICE	GRAPE JUICE	GRAPE	A285	JUICE GRAPE UNSWEETENED CANNED
JUICE	GRAPEFRUIT JUICE	GRAPEFRUIT	952	JUICE GRAPEFRUIT
JUICE	ORANGE JUICE	ORANGE	A300	JUICE ORANGE UNSWEETENED CANNED
JUICE	TOMATO	TOMATO	A290	JUICE TOMATO CANNED
MEAT	BEEF	CANNED	A721	BEEF WITH NATURAL JUICES CANNED
MEAT	BEEF	GROUND	A609	BEEF GROUND FROZEN
MEAT	BEEF	STEW	A590	BEEF STEW CANNED
MEAT	CHICKEN	CAMMED	A532	CHICKEN CANNED
MEAT	CHICKEN	WHOLE	A503	CHICKEN WHOLE FROZEN
MEAT	EGG	DRIED	A570	EGG MIX DRIED
MEAT	EGG	WHOLE	A813	EGGS SHELL
MEAT	FISH	TUNA	A743	TUNA CHUNK LIGHT IN WATER 12 OUNCE CANNED
MEAT	PORK	CANNED	A722	PORK WITH NATURAL JUICES CANNED
MEAT	PORK	HAM	A669	HAM WATER ADDED FULLY COOKED FROZEN
MEAT	TURKEY	ROAST	A537	TURKEY ROAST FROZEN
MILK	1% MILK	1% MILK	B385	UHT FLUID MILK 1%
OIL	OIL	VEGETABLE	B666	OIL VEGETABLE
PB/DRIED BEANS	LEGUMES	BAKED	A090	BEANS VEGETARIAN LOW-SODIUM CANNED

USDA FOOD GROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOOD
PB/DRIED BEANS	LEGUMES	BLACKEYE	A062	BLACK-EYED PEAS, LOW-SODIUM CANNED
PB/DRIED BEANS	LEGUMES	BLACKEYE	A910	PEAS BLACK-EYED DRY
PB/DRIED BEANS	LEGUMES	GREAT NORTHERN	A917	BEANS GREAT NORTHERN DRY
PB/DRIED BEANS	LEGUMES	KIDNEY	A076	KIDNEY BEANS, LIGHT RED, LOW-SODIUM, CANNED
PB/DRIED BEANS	LEGUMES	KIDNEY	A920	BEANS KIDNEY LIGHT RED DRY
PB/DRIED BEANS	LEGUMES	LIMA	A912	BEANS BABY LIMA DRY
PB/DRIED BEANS	LEGUMES	PINTO	A914	BEANS PINTO DRIED
PB/DRIED BEANS	LEGUMES	REFRIED	A093	BEANS REFRIED LOW-SODIUM CANNED
PB/DRIED BEANS	PB	PB	B474	PEANUT BUTTER SMOOTH
PB/DRIED BEANS	PB	PEANUTS	B502	PEANUTS OIL ROASTED UNSALTED
POT/PASTA/RICE	GRITS	GRITS	B382	CORN GRITS WHITE ENRICHED
POT/PASTA/RICE	GRITS	GRITS	B384	CORN GRITS YELLOW ENRICHED
POT/PASTA/RICE	PASTA	PASTA	B424	EGG NOODLES DRY ENRICHED
POT/PASTA/RICE	PASTA	PASTA	B425	MACARONI ELBOW DRY
POT/PASTA/RICE	PASTA	PASTA	B835	SPAGHETTI ENRICHED DRY
POT/PASTA/RICE	PASTA	WH GR PASTA	B423	ROTINI WHOLE-WHEAT
POT/PASTA/RICE	POTATOES	DRY	A196	POTATOES DEHYDRATED FLAKES
POT/PASTA/RICE	RICE	WHRICE	B514	RICE WHITE ENRICHED SHORT GRAIN
POT/PASTA/RICE	RICE	WHRICE	B517	RICE WHITE ENRICHED MEDIUM GRAIN
POT/PASTA/RICE	RICE	WHRICE	B518	RICE WHITE ENRICHED LONG GRAIN
POT/PASTA/RICE	RICE	WHRICE	B526	RICE WHITE ENRICHED SHORT GRAIN
POT/PASTA/RICE	RICE	WHRICE	B527	RICE WHITE ENRICHED MEDIUM GRAIN
POT/PASTA/RICE	RICE	WHRICE	B528	RICE WHITE ENRICHED LONG GRAIN
VEGETABLES	CARROTS	CANNED	A098	CARROTS, LOW-SODIUM, CANNED
VEGETABLES	CORN	CANNED	A119	CORN, WHOLE KERNEL, LOW-SODIUM, CANNED
VEGETABLES	CORN	CANNED	A122	CORN, SWEET, CREAM-STYLE, LOW-SODIUM, CANNED
VEGETABLES	GR BEANS	CANNED	A059	GREEN BEANS, LOW-SODIUM, CANNED
VEGETABLES	MIXED VEG	CANNED	A057	MIXED VEGETABLES, LOW-SODIUM, CANNED
VEGETABLES	PEAS	CANNED	A144	GREEN PEAS, LOW-SODIUM, CANNED
VEGETABLES	POTATOES	CANNED	A170	POTATOES, SLICED, LOW-SODIUM, CANNED
VEGETABLES	PUMPKIN	CANNED	A164	PUMPKIN, LOW-SODIUM, CANNED
VEGETABLES	SOUP	SOUP	A218	SOUP VEGETABLE CONDENSED CANNED
VEGETABLES	SOUP	SOUP	A219	SOUP TOMATO CONDENSED CANNED
VEGETABLES	SPINACH	CANNED	A167	SPINACH

USDA FOOD GROUP	FOOD GROUP	SUBGROUP	CODE	USDA FOOD
VEGETABLES	SWPOTATOES	CANNED	A223	SWEET POTATOES
VEGETABLES	TOMATO	CANNED	A234	TOMATOES, DICED, LOW-SODIUM, CANNED
VEGETABLES	TOMATO	CANNED	A240	TOMATOES, WHOLE, LOW-SODIUM, CANNED
VEGETABLES	TOMATO	SAUCE	A236	SPAGHETTI SAUCE MEATLESS LOW-SODIUM CANNED
VEGETABLES	TOMATO	SAUCE	A244	TOMATO SAUCE LOW-SODIUM CANNED

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

1. Nutrient Content of 2009 CSFP: INFANTS USDA Foods per Person, per Month, Entitlement USDA Foods as Offered

USDA Food	Calories (kcal)	Protein (g)	Carbo-hydrate (g)	Total Fat (g)	Satur-ated 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)	Potassium (mg)	Sodium (mg)	Zinc (mg)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, dry																													
Infant rice cereal	3369.8	61.2	668.8	42.2	7.9	15.5	1.9	0.0	4.3	7325.6	2.9	409.4	1775.4	5084.9	3318.1	287.0	17.1	0.0	20.7	0.0	43.1	22.8	19.1	269.3	4.1	0.0	206.8	1.0	275.8
Canned juice																													
Apple juice	415.4	0.9	102.1	1.2	0.2	0.3	0.1	0.0	1.8	72.3	0.1	1.1	45.2	63.2	912.2	36.1	0.2	0.0	349.6	0.0	0.1	0.2	0.2	0.7	0.2	0.0	0.0	86.9	36.1
Grape juice	541.9	3.3	133.4	1.2	0.2	0.2	0.0	0.0	1.8	99.3	0.2	2.3	90.3	126.4	939.3	36.1	0.6	0.0	217.1	0.0	0.0	0.2	0.1	1.2	0.3	0.0	0.0	128.2	45.2
Orange juice	442.5	6.1	104.2	1.1	0.1	0.2	0.1	0.0	2.7	99.3	0.4	1.2	99.3	153.5	1607.6	9.0	0.6	18.1	261.4	0.0	1.8	0.4	0.4	2.5	0.7	0.0	171.6	75.1	18.1
Infant formula																													
Infant formula	19559.2	449.6	2093.1	1045.1	477.0	134.0	13.7	1167.7	0.0	13136.8	16.3	356.2	1459.6	8174.0	16348.0	4410.5	148.9	17807.7	1605.6	291.9	125.5	19.9	29.5	147.1	12.3	38.0	2335.4	2093.1	5546.6

2. Nutrient Content of 2009 CSFP: INFANT USDA Foods per Person, per Month, Entitlement USDA Foods as Delivered

USDA Food	Calories (kcal)	Protein (g)	Carbo-hydrate (g)	Total Fat (g)	Satur-ated 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)	Potassium (mg)	Sodium (mg)	Zinc (mg)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, dry																													
Infant rice cereal	2172.1	39.4	431.1	27.2	5.1	10.0	1.2	0.0	2.8	4722.0	1.8	263.9	1144.4	3277.6	2138.8	185.0	11.0	0.0	13.3	0.0	27.8	14.7	12.3	173.6	2.7	0.0	133.3	0.7	177.8
Canned juice																													
Apple juice	444.9	1.0	109.3	1.3	0.2	0.3	0.1	0.0	1.9	77.4	0.1	1.2	48.4	67.7	976.8	38.7	0.2	0.0	374.4	0.0	0.1	0.2	0.2	0.7	0.2	0.0	0.0	93.0	38.7
Grape juice	468.0	2.9	115.2	1.0	0.2	0.1	0.0	0.0	1.6	85.8	0.1	1.9	78.0	109.2	811.1	31.2	0.5	0.0	187.5	0.0	0.0	0.1	0.1	1.0	0.2	0.0	0.0	110.8	39.0
Orange juice	374.2	5.2	88.1	0.9	0.1	0.2	0.1	0.0	2.3	84.0	0.3	1.0	84.0	129.8	1359.4	7.6	0.5	15.3	221.0	0.0	1.5	0.4	0.3	2.1	0.6	0.0	145.1	63.5	15.3
Infant formula																													
Infant formula	17981.7	413.3	1924.3	960.8	438.5	123.2	12.6	1073.5	0.0	12077.3	15.0	327.4	1341.9	7514.7	15029.5	4598.5	136.9	16371.4	1476.1	268.4	115.4	18.3	27.1	135.3	11.3	34.9	2147.1	1924.3	5099.3

3. Nutrient Content of 2009 CSFP: CW USDA Foods per Person, per Month, Entitlement USDA Foods as Offered

USDA Food	Calories (kcal)	Protein (g)	Carbo-hydrate (g)	Total Fat (g)	Satur-ated 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, RTE																													
Bran flakes	188.9	5.6	47.3	1.3	0.2	0.6	0.0	0.0	10.4	32.5	0.4	21.1	122.8	295.7	360.1	427.9	9.9	447.4	30.6	1.9	7.2	1.3	1.5	17.6	1.8	5.3	589.1	10.9	429.7
Corn & rice squares	50.8	0.8	11.7	0.2	0.0	0.0	0.0	0.0	0.2	1.8	0.0	4.5	3.2	13.2	15.5	106.8	1.1	121.9	4.1	0.5	0.0	0.6	0.6	3.9	0.5	1.0	156.2	1.6	102.9
Corn flakes	218.8	4.0	52.7	0.3	0.1	0.1	0.0	0.0	1.9	36.4	0.1	16.2	6.7	28.5	54.5	584.3	0.7	329.7	11.3	2.2	0.6	1.2	1.4	14.1	1.8	5.1	459.9	5.7	477.5
Oat circles	147.4	4.4	27.5	2.2	0.4	0.7	0.0	0.0	4.0	132.2	0.1	11.1	45.5	193.7	113.7	251.3	5.3	190.0	5.5	1.2	0.2	0.6	0.7	8.9	0.8	2.0	414.8	1.7	315.9
Rice crisp	171.6	3.2	40.6	0.6	0.2	0.1	0.0	0.0	0.3	2.4	0.1	15.4	10.8	46.2	51.8	404.0	0.6	331.8	30.4	1.4	0.0	1.0	1.3	13.7	0.9	2.6	484.0	3.6	359.6
Cereal, dry																													
Farina	555.9	17.8	112.2	2.1	0.4	0.9	0.1	0.0	6.3	1137.2	0.4	48.6	88.4	366.4	227.4	0.0	2.1	0.0	0.0	0.0	0.5	1.2	0.8	18.9	0.6	0.0	189.5	0.9	1870.0
Grits	262.1	5.5	56.6	1.3	0.2	0.6	0.0	0.0	3.5	23.3	0.1	2.1	29.1	75.7	93.2	0.0	0.6	0.0	0.0	0.0	0.2	0.7	0.2	2.9	0.2	0.0	134.0	0.4	774.6
Oats	1210.3	42.3	217.3	20.8	3.6	7.1	0.3	0.0	31.7	218.2	1.4	12.9	456.3	1250.0	1111.1	17.9	11.9	0.0	0.0	0.0	1.4	1.2	0.5	3.3	0.3	0.0	79.4	3.2	2400.7
Rice																													
White rice	739.3	15.2	159.9	1.6	0.4	0.3	0.1	0.0	2.3	57.3	0.4	6.8	68.8	246.4	200.6	0.0	2.8	0.0	0.0	0.0	0.2	0.9	0.1	8.4	0.5	0.0	550.2	0.3	2091.9
Spaghetti, macaroni																													
Macaroni	522.0	19.2	102.0	3.1	0.6	1.0	0.1	0.0	6.0	23.3	0.3	4.2	59.9	192.9	146.3	0.0	1.7	0.0	0.0	0.0	0.2	0.9	0.4	5.6	0.2	0.0	392.4	1.9	771.4
Spaghetti	477.3	17.5	93.3	2.8	0.5	0.9	0.1	0.0	5.5	21.3	0.3	3.9	54.7	176.3	133.8	0.0	1.6	0.0	0.0	0.0	0.2	0.8	0.4	5.1	0.1	0.0	358.7	1.7	705.3
Canned vegetables																													
Carrots	22.7	0.6	5.0	0.2	0.0	0.1	0.0	0.0	1.4	22.7	0.1	0.6	7.3	21.8	162.5	174.1	0.2	506.6	2.5	0.0	0.7	0.0	0.0	0.5	0.1	0.0	8.2	2.3	38.1
Corn	81.2	2.6	18.9	0.9	0.2	0.4	0.0	0.0	1.9	5.0	0.1	0.7	15.0	48.1	135.4	171.2	0.4	2.0	0.7	0.0	0.1	0.0	0.1	0.4	0.1	0.0	41.1	3.0	298.9
Green beans	21.7	1.2	4.9	0.1	0.0	0.0	0.0	0.0	2.1	28.2	0.0	1.0	14.1	20.6	118.4	195.0	0.3	19.6	5.2	0.0	0.0	0.0	0.1	0.2	0.0	0.0	34.8	0.8	2.2
Mixed vegetables	37.7	1.4	7.5	0.2	0.0	0.1	0.0	0.0	3.2	21.4	0.1	0.7	15.3	37.7	140.7	149.2	0.5	594.5	3.9	0.0	0.3	0.0	0.0	0.5	0.1	0.0	18.4	2.5	26.5
Peas	71.7	4.6	13.1	0.4	0.1	0.1	0.0	0.0	4.3	20.8	0.1	1.0	17.7	69.7	179.9	171.2	0.7	28.1	10.0	0.0	0.0	0.1	0.1	0.8	0.1	0.0	45.7	4.3	2.1
Potatoes	71.7	1.6	15.7	0.2	0.1	0.1	0.0	0.0	2.8	5.8	0.1	1.5	16.2	32.4	264.9	180.0	0.3	0.0	5.6	0.0	0.1	0.1	0.0	1.1	0.2	0.0	6.9	0.7	5.8

USDA Food	Calories (kcal)	Protein (g)	Carbo-hydrate (g)	Total Fat (g)	Satur-ated 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Spinach	36.3	4.4	5.4	0.8	0.1	0.1	0.3	0.0	3.8	200.6	0.3	3.6	120.0	69.5	546.5	174.0	0.7	773.9	21.5	0.0	3.1	0.0	0.2	0.6	0.2	0.0	146.9	0.6	508.6
Sweet potato	87.5	1.0	20.6	0.2	0.0	0.1	0.0	0.0	2.5	14.7	0.1	0.8	12.8	26.5	181.9	40.1	0.2	370.6	10.3	0.0	0.9	0.0	0.0	0.4	0.1	0.0	6.9	15.1	43.3
Tomatoes	24.6	1.1	5.8	0.2	0.0	0.1	0.0	0.0	1.4	44.8	0.1	1.4	15.9	27.4	271.6	168.6	0.2	8.7	13.4	0.0	1.0	0.1	0.1	1.0	0.2	0.0	11.6	3.4	14.4
Canned beans																													
Vegetarian beans	165.7	8.4	37.3	0.7	0.1	0.1	0.0	0.0	7.2	59.9	0.3	2.1	47.6	130.4	394.9	194.3	4.0	8.8	0.0	0.0	0.3	0.2	0.1	0.7	0.1	0.0	19.4	14.0	604.7
Dry beans																													
Great Northern beans	350.0	24.5	63.3	0.9	0.2	0.2	0.2	0.0	16.0	228.3	0.7	9.3	159.8	284.1	1415.4	0.0	3.5	0.0	0.0	0.0	2.4	0.3	0.1	0.4	0.2	0.0	205.5	0.9	601.2
Kidney beans	308.8	21.1	55.5	1.2	0.2	0.3	0.4	0.0	18.1	68.6	0.6	7.2	110.3	345.6	982.9	0.0	2.6	0.0	2.9	0.0	0.1	0.4	0.1	1.4	0.3	0.0	316.2	0.8	571.1
Lima beans	279.4	19.0	50.9	0.9	0.2	0.3	0.1	0.0	17.2	41.7	0.6	5.8	105.4	269.6	1237.8	57.1	2.3	0.0	0.0	0.0	0.4	0.4	0.1	1.0	0.4	0.0	203.4	7.1	571.1
Pinto beans	281.9	17.4	50.7	1.0	0.2	0.1	0.2	0.0	12.5	88.2	0.5	3.5	115.2	299.0	848.0	0.0	1.7	0.0	3.7	0.0	0.2	0.4	0.1	0.7	0.3	0.0	213.2	1.7	529.4
Canned fruit																													
Applesauce	77.9	0.3	20.9	0.2	0.0	0.0	0.0	0.0	2.0	7.4	0.1	0.4	5.6	9.3	137.3	3.7	0.1	1.9	1.9	0.0	0.3	0.0	0.1	0.2	0.1	0.0	5.6	17.4	3.7
Apricots	103.0	1.1	26.8	0.1	0.0	0.0	0.0	0.0	3.0	21.3	0.1	0.6	16.7	30.6	281.2	0.0	0.2	140.1	7.1	0.0	1.1	0.0	0.0	0.6	0.1	0.0	3.7	23.8	7.4
Mixed fruit	105.8	0.7	27.7	0.1	0.0	0.1	0.0	0.0	1.9	11.1	0.1	0.5	9.3	20.4	165.2	7.4	0.2	18.6	3.5	0.0	0.9	0.0	0.0	0.7	0.1	0.0	5.6	25.9	11.1
Peaches	100.2	0.8	27.0	0.1	0.0	0.0	0.0	0.0	2.4	5.6	0.1	0.7	9.3	20.4	180.0	9.3	0.2	33.4	4.5	0.0	0.9	0.0	0.0	1.1	0.0	0.0	5.6	24.6	9.3
Pears	105.8	0.4	28.2	0.1	0.0	0.0	0.0	0.0	3.0	9.3	0.1	0.5	7.4	13.0	122.5	7.4	0.1	0.0	1.3	0.0	0.1	0.0	0.0	0.3	0.0	0.0	1.9	22.5	9.3
Canned juice																													
Apple juice	736.9	1.6	181.0	2.1	0.4	0.5	0.1	0.0	3.2	128.2	0.2	1.9	80.1	112.1	1618.0	64.1	0.3	0.0	620.1	0.0	0.2	0.3	0.3	1.2	0.3	0.0	0.0	154.1	64.1
Grape juice	967.4	6.0	238.1	2.1	0.4	0.3	0.1	0.0	3.2	177.4	0.3	4.0	161.2	225.7	1676.8	64.5	1.1	0.0	387.6	0.0	0.0	0.3	0.2	2.1	0.5	0.0	0.0	229.0	80.6
Orange juice	787.5	10.9	185.5	1.9	0.2	0.4	0.1	0.0	4.8	176.8	0.7	2.1	176.8	273.2	2860.7	16.1	1.1	32.1	465.1	0.0	3.2	0.7	0.6	4.5	1.2	0.0	305.4	133.6	32.1
Tomato juice	267.1	11.9	66.6	0.8	0.1	0.4	0.0	0.0	6.3	157.1	1.0	6.8	172.8	282.8	3597.6	4249.5	2.4	361.3	77.4	0.0	5.0	0.7	0.5	10.6	1.7	0.0	314.2	55.9	4225.9
Meat, poultry, fish																													
Canned beef	115.9	9.7	0.0	8.3	4.0	0.2	0.1	36.3	0.0	4.7	0.0	1.1	7.5	65.9	106.9	129.5	2.3	0.0	0.0	0.1	0.9	0.0	0.1	2.0	0.1	0.8	0.9	0.0	88.1
Canned beef stew	83.1	4.8	7.6	3.6	1.3	0.3	0.0	12.0	1.1	12.9	0.1	1.6	11.1	52.6	189.3	378.6	1.1	37.9	3.1	0.0	0.3	0.1	0.1	1.2	0.1	0.4	12.9	1.4	281.6
Canned chicken	149.5	20.4	0.7	6.5	1.8	1.3	0.1	40.4	0.0	11.3	0.0	1.1	15.3	123.6	123.6	218.9	2.0	42.8	0.0	0.1	0.3	0.0	0.1	1.9	0.2	0.8	1.6	0.0	109.1
Canned chili	95.1	8.2	4.7	5.0	1.9	0.2	0.0	25.9	1.1	27.7	0.1	1.5	15.7	73.9	267.8	365.7	1.9	14.8	5.3	0.1	0.9	0.0	0.1	2.0	0.2	0.8	9.2	2.7	509.7
Canned salmon	132.9	19.0	0.0	5.8	1.4	0.1	0.1	48.0	0.0	199.4	0.1	0.7	30.5	301.9	292.7	373.0	0.9	19.4	0.0	13.6	0.9	0.0	0.2	6.3	0.2	4.3	12.0	0.0	472.7
Canned tuna	97.1	21.3	0.0	0.7	0.2	0.0	0.0	25.1	0.0	9.2	0.0	1.3	22.6	136.4	198.3	286.2	0.6	14.2	0.0	3.8	0.3	0.0	0.1	11.1	0.3	2.5	3.3	0.0	282.8
Nuts																													
Peanut butter	1425.3	60.8	47.4	122.1	25.5	34.1	0.2	0.0	14.5	104.2	1.1	4.5	373.3	867.8	1573.1	1151.4	7.1	0.0	0.0	0.0	21.8	0.2	0.3	32.5	1.3	0.0	179.4	22.3	1112.6
Cheese																													
Reduced fat processed American	2068.4	151.7	91.4	121.5	76.3	2.3	1.3	456.8	0.0	4559.1	0.3	1.7	284.4	7144.7	2844.1	13953.2	20.3	2180.5	0.0	11.2	2.3	0.6	4.1	1.6	0.7	9.6	155.1	69.1	13677.4
Milk																													
Dry milk	783.6	76.8	114.2	1.6	1.0	0.0	0.0	39.4	0.0	2694.4	0.1	0.7	256.1	2155.9	3731.9	116.0	9.7	1551.8	12.3	24.1	0.0	0.9	3.8	2.0	0.8	8.7	109.4	114.2	1201.6
Evaporated	7516.7	382.0	563.2	424.1	257.5	9.4	4.4	1626.8	0.0	14640.8	0.9	10.7	1346.3	11387.3	16996.8	1290.2	43.2	3646.2	106.6	112.2	7.9	2.6	17.7	10.9	2.8	9.0	448.8	563.2	5946.1

4. Nutrient Content of 2009 CSFP: CW USDA Foods per Person, per Month, Entitlement USDA Foods as Delivered

USDA Food	Calories (kcal)	Protein (g)	Carbo-hydrate (g)	Total Fat (g)	Satur-ated 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, RTE																													
Bran flakes	446.3	13.3	111.6	3.0	0.6	1.4	0.1	0.0	24.5	76.7	0.8	49.9	290.1	698.7	850.8	1011.1	23.4	1057.2	72.2	4.6	17.0	3.1	3.5	41.5	4.2	12.5	1391.9	25.7	1015.3
Corn & rice squares	376.1	6.2	86.8	1.3	0.3	0.3	0.0	0.0	1.2	13.0	0.1	33.1	23.9	97.8	114.7	791.2	7.8	902.9	30.4	3.5	0.1	4.4	4.3	29.1	3.4	7.2	1157.4	11.5	762.3
Corn flakes	663.5	12.2	159.8	0.8	0.2	0.4	0.0	0.0	5.7	110.3	0.2	49.1	20.2	86.4	165.4	1772.4	2.0	999.9	34.2	6.6	1.7	3.6	4.4	42.7	5.5	15.5	1395.1	17.2	1448.4
Corn squares	15.5	0.3	3.6	0.1	0.0	0.0	0.0	0.0	0.2	14.1	0.0	1.3	2.1	3.0	6.3	45.1	0.5	19.3	0.8	0.1	0.0	0.1	0.1	0.7	0.1	0.2	47.4	0.4	39.5
Oat circles	276.5	8.1	53.7	4.2	0.7	1.3	0.0	0.0	7.0	254.5	0.2	20.5	83.5	326.3	298.2	485.1	10.1	466.7	13.3	2.4	0.5	1.2	1.2	15.2	1.5	4.1	927.7	6.0	532.1
Rice crisp	356.1	6.5	84.3	1.2	0.4	0.3	0.0	0.0	0.7	4.9	0.1	32.0	22.5	95.9	107.6	838.4	1.3	688.7	63.1	2.9	0.1	2.0	2.8	28.3	1.9	5.3	1004.7	7.5	746.4
Cereal, dry																													
Farina	281.8	9.0	56.9	1.1	0.2	0.5	0.0	0.0	3.2	576.4	0.2	24.7	44.8	185.7	115.3	0.0	1.1	0.0	0.0	0.0	0.3	0.6	0.4	9.6	0.3	0.0	96.1	0.4	947.9
Grits	21.3	0.4	4.6	0.1	0.0	0.0	0.0	0.0	0.3	1.9	0.0	0.2	2.4	6.1	7.6	0.6	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.0	0.0	10.9	0.0	62.8
Oats	374.5	13.1	67.2	6.4	1.1	2.2	0.1	0.0	9.8	67.5	0.4	4.0	141.2	386.8	343.8	5.5	3.7	0.0	0.0	0.0	0.4	0.4	0.1	1.0	0.1	0.0	24.6	1.0	742.9
Rice																													
White rice	1008.3	20.8	218.1	2.2	0.6	0.5	0.1	0.0	3.1	78.2	0.5	9.3	93.8	336.1	273.6	0.0	3.8	0.0	0.0	0.0	0.3	1.3	0.1	11.4	0.7	0.0	750.4	0.4	2853.1
Spaghetti, macaroni																													
Macaroni	1029.0	37.8	201.1	6.0	1.1	1.9	0.2	0.0	11.8	45.9	0.7	8.3	118.0	380.1	288.4	0.0	3.3	0.0	0.0	0.0	0.4	1.8	0.9	11.0	0.3	0.0	773.4	3.7	1520.6
Spaghetti	1096.0	40.2	214.2	6.4	1.2	2.0	0.2	0.0	12.6	48.9	0.7	8.9	125.7	404.9	307.1	0.0	3.6	0.0	0.0	0.0	0.4	1.9	0.9	11.7	0.3	0.0	823.7	3.9	1619.5
Whole grain rotini	6.6	0.3	1.4	0.0	0.0	0.0	0.0	0.0	0.2	0.8	0.0	0.1	1.6	4.7	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	12.5
Canned vegetables																													
Carrots	21.1	0.5	4.7	0.2	0.0	0.1	0.0	0.0	1.3	21.1	0.1	0.5	6.8	20.3	151.1	161.9	0.2	470.9	2.3	0.0	0.6	0.0	0.0	0.5	0.1	0.0	7.6	2.1	35.4
Corn	123.3	4.0	28.6	1.4	0.3	0.6	0.0	0.0	2.9	7.6	0.1	1.1	22.8	73.0	205.4	259.8	0.6	3.0	1.1	0.0	0.1	0.0	0.1	0.6	0.1	0.0	62.4	4.6	453.5
Green beans	30.0	1.7	6.8	0.2	0.0	0.0	0.0	0.0	2.9	39.1	0.1	1.4	19.5	28.5	163.7	269.6	0.4	27.0	7.2	0.0	0.0	0.0	0.1	0.3	0.1	0.0	48.1	1.2	3.0
Mixed vegetables	30.9	1.2	6.1	0.2	0.0	0.1	0.0	0.0	2.6	17.5	0.1	0.5	12.5	30.9	115.3	122.3	0.4	487.2	3.2	0.0	0.2	0.0	0.0	0.4	0.1	0.0	15.0	2.0	21.7
Peas	100.6	6.4	18.3	0.5	0.1	0.2	0.0	0.0	6.0	29.1	0.1	1.4	24.8	97.7	252.1	240.1	1.0	39.4	14.0	0.0	0.0	0.2	0.1	1.1	0.1	0.0	64.1	6.1	2.9
Potatoes	36.6	0.8	8.0	0.1	0.0	0.0	0.0	0.0	1.4	2.9	0.0	0.7	8.3	16.5	135.0	91.7	0.2	0.0	2.8	0.0	0.0	0.0	0.0	0.5	0.1	0.0	3.5	0.3	2.9
Spinach	22.9	2.8	3.4	0.5	0.1	0.0	0.2	0.0	2.4	126.5	0.2	2.3	75.7	43.8	344.7	109.8	0.5	488.2	13.6	0.0	1.9	0.0	0.1	0.4	0.1	0.0	92.7	0.4	320.8
Sweet potato	18.7	0.2	4.4	0.0	0.0	0.0	0.0	0.0	0.5	3.1	0.0	0.2	2.7	5.7	38.8	8.6	0.0	79.2	2.2	0.0	0.2	0.0	0.0	0.1	0.0	0.0	1.5	3.2	9.2
Tomatoes	11.2	0.5	2.6	0.1	0.0	0.0	0.0	0.0	0.7	20.5	0.0	0.6	7.3	12.6	124.3	77.2	0.1	4.0	6.2	0.0	0.4	0.0	0.0	0.5	0.1	0.0	5.3	1.6	6.6
Canned beans																													
Vegetarian beans	47.4	2.4	10.7	0.2	0.0	0.0	0.0	0.0	2.1	17.2	0.1	0.6	13.6	37.4	113.1	55.6	1.2	2.5	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	5.6	4.0	173.1
Dry beans																													
Great Northern beans	220.9	15.5	39.9	0.6	0.1	0.1	0.1	0.0	10.1	144.1	0.5	5.9	100.9	179.3	893.4	0.0	2.2	0.0	0.0	0.0	1.5	0.2	0.1	0.2	0.1	0.0	129.7	0.5	379.4
Kidney beans	39.6	2.7	7.1	0.2	0.0	0.0	0.1	0.0	2.3	8.8	0.1	0.9	14.1	44.3	126.0	0.0	0.3	0.0	0.4	0.0	0.0	0.0	0.0	0.2	0.0	0.0	40.5	0.1	73.2
Lima beans	67.3	4.6	12.2	0.2	0.1	0.1	0.0	0.0	4.1	10.0	0.1	1.4	25.4	64.9	297.9	13.7	0.6	0.0	0.0	0.0	0.1	0.1	0.0	0.2	0.1	0.0	49.0	1.7	137.5
Pinto beans	465.2	28.7	83.7	1.7	0.3	0.2	0.3	0.0	20.6	145.6	0.9	5.8	190.1	493.5	1399.7	0.0	2.8	0.0	6.1	0.0	0.3	0.6	0.2	1.1	0.4	0.0	351.9	2.8	873.8
Canned fruit																													
Applesauce	60.3	0.2	16.2	0.1	0.0	0.0	0.0	0.0	1.6	5.7	0.0	0.3	4.3	7.2	106.2	2.9	0.0	1.4	1.4	0.0	0.2	0.0	0.0	0.1	0.0	0.0	4.3	13.5	2.9
Apricots	33.9	0.4	8.8	0.0	0.0	0.0	0.0	0.0	1.0	7.0	0.0	0.2	5.5	10.1	92.5	0.0	0.1	46.1	2.3	0.0	0.4	0.0	0.0	0.2	0.0	0.0	1.2	7.8	2.4
Mixed fruit	115.6	0.8	30.3	0.1	0.0	0.1	0.0	0.0	2.0	12.2	0.1	0.6	10.1	22.3	180.5	8.1	0.2	20.3	3.9	0.0	1.0	0.0	0.0	0.8	0.1	0.0	6.1	28.3	12.2
Peaches	123.0	1.0	33.1	0.1	0.0	0.0	0.0	0.0	3.0	6.8	0.1	0.8	11.4	25.1	221.0	11.4	0.2	41.0	5.5	0.0	1.1	0.0	0.1	1.4	0.0	0.0	6.8	30.2	11.4
Pears	81.6	0.3	21.7	0.0	0.0	0.0	0.0	0.0	2.3	7.2	0.1	0.4	5.7	10.0	94.4	5.7	0.1	0.0	1.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	1.4	17.3	7.2
Plums	6.6	0.0	1.7	0.0	0.0	0.0	0.0	0.0	0.1	0.9	0.0	0.1	0.5	1.4	9.8	2.1	0.0	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	1.6	2.1
Canned juice																													
Apple juice	1052.9	2.3	258.7	3.0	0.5	0.8	0.2	0.0	4.6	183.1	0.3	2.7	114.4	160.2	2311.8	91.6	0.5	0.0	886.1	0.0	0.2	0.5	0.4	1.7	0.4	0.0	0.0	220.2	91.6
Grape juice	1104.5	6.8	271.9	2.4	0.5	0.3	0.1	0.0	3.7	202.5	0.3	4.6	184.1	257.7	1914.5	73.6	1.3	0.0	442.6	0.0	0.0	0.3	0.3	2.4	0.6	0.0	0.0	261.4	92.0
Orange juice	877.2	12.2	206.6	2.1	0.3	0.4	0.1	0.0	5.4	196.9	0.8	2.3	196.9	304.3	3186.5	17.9	1.3	35.8	518.1	0.0	3.6	0.8	0.7	5.0	1.4	0.0	340.1	148.8	35.8
Tomato juice	52.2	2.3	13.0	0.2	0.0	0.1	0.0	0.0	1.2	30.7	0.2	1.3	33.8	55.3	703.8	831.3	0.5	70.7	15.2	0.0	1.0	0.1	0.1	2.1	0.3	0.0	61.5	10.9	826.7
Meat, poultry, fish																													
Canned beef	120.0	10.0	0.0	8.6	4.2	0.2	0.1	37.6	0.0	4.9	0.0	1.1	7.8	68.3	110.7	134.1	2.4	0.0	0.0	0.1	1.0	0.0	0.1	2.1	0.1	0.8	1.0	0.0	91.2
Canned beef stew	130.7	7.6	12.0	5.7	2.1	0.4	0.1	18.9	1.7	20.3	0.2	2.6	17.4	82.8	297.7	595.4	1.7	59.5	4.9	0.0	0.4	0.1	0.1	1.9	0.2	0.6	20.3	2.3	442.9
Canned chicken	162.5	22.2	0.8	7.1	2.0	1.4	0.1	43.9	0.0	12.3	0.0	1.1	16.7	134.4	134.4	238.0	2.2	46.6	0.0	0.1	0.3	0.0	0.1	2.1	0.2	0.9	1.8	0.0	118.6

USDA Food	Calories (kcal)	Protein (g)	Carbo-hydrate (g)	Total Fat (g)	Satur-ated 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Canned chili	88.3	7.6	4.4	4.6	1.7	0.2	0.0	24.0	1.0	25.7	0.1	1.4	14.6	68.6	248.6	339.5	1.8	13.7	4.9	0.1	0.8	0.0	0.1	1.9	0.2	0.7	8.6	2.5	473.2
Canned salmon	62.8	9.0	0.0	2.7	0.7	0.0	0.0	22.7	0.0	94.2	0.0	0.3	14.4	142.7	138.3	176.3	0.4	9.2	0.0	6.4	0.4	0.0	0.1	3.0	0.1	2.0	5.7	0.0	223.4
Canned tuna	114.4	25.1	0.0	0.8	0.2	0.0	0.0	29.6	0.0	10.8	0.1	1.5	26.6	160.7	233.6	337.2	0.8	16.8	0.0	4.4	0.3	0.0	0.1	13.1	0.3	2.9	3.9	0.0	333.2
Nuts																													
Peanut butter	1736.0	74.1	57.7	148.8	31.0	41.6	0.2	0.0	17.7	127.0	1.4	5.5	454.7	1056.9	1916.1	1402.4	8.6	0.0	0.0	0.0	26.5	0.2	0.3	39.6	1.6	0.0	218.5	27.2	1355.1
Cheese																													
Red fat processed American	2017.7	148.0	89.1	118.5	74.4	2.3	1.3	445.6	0.0	4447.4	0.3	1.7	277.4	6969.5	2774.3	13611.1	19.8	2127.0	0.0	10.9	2.3	0.6	4.0	1.5	0.7	9.3	151.3	67.4	13342.1
Milk																													
Dry milk	1167.1	114.4	170.1	2.3	1.5	0.1	0.0	58.7	0.0	4013.3	0.1	1.0	381.4	3211.3	5558.6	172.8	14.4	2311.5	18.3	35.9	0.0	1.3	5.7	2.9	1.1	13.0	163.0	170.1	1789.8
Evaporated	2633.2	133.8	197.3	148.6	90.2	3.3	1.5	569.9	0.0	5128.8	0.3	3.7	471.6	3989.1	5954.1	452.0	15.1	1277.3	37.3	39.3	2.8	0.9	6.2	3.8	1.0	3.1	157.2	197.3	2083.0

5. Nutrient Content of 2009 CSFP: ELDERLY USDA Foods per Person, per Month, Entitlement USDA Foods as Offered

USDA Food	Calories (kcal)	Protein (g)	Carbo-hydrate (g)	Total Fat (g)	Satur-ated 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, RTE																													
Bran flakes	188.9	5.6	47.3	1.3	0.2	0.6	0.0	0.0	10.4	32.5	0.4	21.1	122.8	295.7	360.1	427.9	9.9	447.4	30.6	1.9	7.2	1.3	1.5	17.6	1.8	5.3	589.1	10.9	429.7
Corn & rice squares	50.8	0.8	11.7	0.2	0.0	0.0	0.0	0.0	0.2	1.8	0.0	4.5	3.2	13.2	15.5	106.8	1.1	121.9	4.1	0.5	0.0	0.6	0.6	3.9	0.5	1.0	156.2	1.6	102.9
Corn flakes	218.8	4.0	52.7	0.3	0.1	0.1	0.0	0.0	1.9	36.4	0.1	16.2	6.7	28.5	54.5	584.3	0.7	329.7	11.3	2.2	0.6	1.2	1.4	14.1	1.8	5.1	459.9	5.7	477.5
Oat circles	147.4	4.4	27.5	2.2	0.4	0.7	0.0	0.0	4.0	132.2	0.1	11.1	45.5	193.7	113.7	251.3	5.3	190.0	5.5	1.2	0.2	0.6	0.7	8.9	0.8	2.0	414.8	1.7	315.9
Rice crisp	171.6	3.2	40.6	0.6	0.2	0.1	0.0	0.0	0.3	2.4	0.1	15.4	10.8	46.2	51.8	404.0	0.6	331.8	30.4	1.4	0.0	1.0	1.3	13.7	0.9	2.6	484.0	3.6	359.6
Cereal, dry																													
Farina	555.9	17.8	112.2	2.1	0.4	0.9	0.1	0.0	6.3	1137.2	0.4	48.6	88.4	366.4	227.4	0.0	2.1	0.0	0.0	0.0	0.5	1.2	0.8	18.9	0.6	0.0	189.5	0.9	1870.0
Grits	262.1	5.5	56.6	1.3	0.2	0.6	0.0	0.0	3.5	23.3	0.1	2.1	29.1	75.7	93.2	0.0	0.6	0.0	0.0	0.0	0.2	0.7	0.2	2.9	0.2	0.0	134.0	0.4	774.6
Oats	1210.3	42.3	217.3	20.8	3.6	7.1	0.3	0.0	31.7	218.2	1.4	12.9	456.3	1250.0	1111.1	17.9	11.9	0.0	0.0	0.0	1.4	1.2	0.5	3.3	0.3	0.0	79.4	3.2	2400.7
Rice																													
White rice	739.3	15.2	159.9	1.6	0.4	0.3	0.1	0.0	2.3	57.3	0.4	6.8	68.8	246.4	200.6	0.0	2.8	0.0	0.0	0.0	0.2	0.9	0.1	8.4	0.5	0.0	550.2	0.3	2091.9
Spaghetti, macaroni																													
Macaroni	522.0	19.2	102.0	3.1	0.6	1.0	0.1	0.0	6.0	23.3	0.3	4.2	59.9	192.9	146.3	0.0	1.7	0.0	0.0	0.0	0.2	0.9	0.4	5.6	0.2	0.0	392.4	1.9	771.4
Spaghetti	477.3	17.5	93.3	2.8	0.5	0.9	0.1	0.0	5.5	21.3	0.3	3.9	54.7	176.3	133.8	0.0	1.6	0.0	0.0	0.0	0.2	0.8	0.4	5.1	0.1	0.0	358.7	1.7	705.3
Canned vegetables																													
Carrots	21.5	0.6	4.8	0.2	0.0	0.1	0.0	0.0	1.3	21.5	0.1	0.6	6.9	20.6	153.9	164.9	0.2	479.8	2.3	0.0	0.6	0.0	0.0	0.5	0.1	0.0	7.7	2.1	36.1
Corn	77.0	2.5	17.9	0.9	0.2	0.4	0.0	0.0	1.8	4.8	0.1	0.7	14.3	45.6	128.3	162.2	0.4	1.9	0.7	0.0	0.1	0.0	0.0	0.4	0.1	0.0	39.0	2.9	283.1
Green beans	20.6	1.2	4.6	0.1	0.0	0.0	0.0	0.0	2.0	26.8	0.0	0.9	13.4	19.6	112.2	184.7	0.3	18.5	4.9	0.0	0.0	0.0	0.1	0.2	0.0	0.0	32.9	0.8	2.1
Mixed vegetables	35.7	1.4	7.1	0.2	0.0	0.1	0.0	0.0	3.0	20.3	0.1	0.6	14.5	35.7	133.3	141.3	0.5	563.2	3.7	0.0	0.3	0.0	0.0	0.5	0.1	0.0	17.4	2.3	25.1
Peas	68.0	4.4	12.4	0.3	0.1	0.1	0.0	0.0	4.0	19.7	0.1	0.9	16.7	66.0	170.4	162.2	0.7	26.6	9.5	0.0	0.0	0.1	0.1	0.7	0.1	0.0	43.3	4.1	2.0
Potatoes	67.9	1.5	14.9	0.2	0.1	0.1	0.0	0.0	2.6	5.5	0.1	1.4	15.3	30.7	250.9	170.5	0.3	0.0	5.3	0.0	0.1	0.1	0.0	1.0	0.2	0.0	6.6	0.6	5.5
Spinach	34.4	4.2	5.1	0.7	0.1	0.0	0.3	0.0	3.6	190.0	0.3	3.4	113.7	65.8	517.6	164.9	0.7	733.1	20.3	0.0	2.9	0.0	0.2	0.6	0.1	0.0	139.1	0.6	481.7
Sweet potato	82.9	0.9	19.5	0.2	0.0	0.1	0.0	0.0	2.3	14.0	0.1	0.7	12.1	25.1	172.3	38.0	0.2	351.1	9.8	0.0	0.9	0.0	0.0	0.4	0.0	0.0	6.5	14.3	41.0
Tomatoes	23.3	1.1	5.5	0.2	0.0	0.1	0.0	0.0	1.4	42.4	0.1	1.3	15.1	26.0	257.2	159.7	0.2	8.2	12.7	0.0	0.9	0.1	0.1	1.0	0.2	0.0	10.9	3.3	13.7
Canned beans																													
Vegetarian beans	157.0	7.9	35.3	0.6	0.1	0.1	0.0	0.0	6.8	56.8	0.2	2.0	45.1	123.6	374.0	184.0	3.8	8.3	0.0	0.0	0.3	0.2	0.1	0.7	0.1	0.0	18.4	13.3	572.7
Dry beans																													
Great Northern beans	350.0	24.5	63.3	0.9	0.2	0.2	0.2	0.0	16.0	228.3	0.7	9.3	159.8	284.1	1415.4	0.0	3.5	0.0	0.0	0.0	2.4	0.3	0.1	0.4	0.2	0.0	205.5	0.9	601.2
Kidney beans	308.8	21.1	55.5	1.2	0.2	0.3	0.4	0.0	18.1	68.6	0.6	7.2	110.3	345.6	982.9	0.0	2.6	0.0	2.9	0.0	0.1	0.4	0.1	1.4	0.3	0.0	316.2	0.8	571.1
Lima beans	279.4	19.0	50.9	0.9	0.2	0.3	0.1	0.0	17.2	41.7	0.6	5.8	105.4	269.6	1237.8	57.1	2.3	0.0	0.0	0.0	0.4	0.4	0.1	1.0	0.4	0.0	203.4	7.1	571.1
Pinto beans	281.9	17.4	50.7	1.0	0.2	0.1	0.2	0.0	12.5	88.2	0.5	3.5	115.2	299.0	848.0	0.0	1.7	0.0	3.7	0.0	0.2	0.4	0.1	0.7	0.3	0.0	213.2	1.7	529.4
Canned fruit																													
Applesauce	70.1	0.3	18.8	0.2	0.0	0.0	0.0	0.0	1.8	6.7	0.0	0.4	5.0	8.3	123.6	3.3	0.1	1.7	1.7	0.0	0.3	0.0	0.1	0.1	0.0	0.0	5.0	15.7	3.3

USDA Food	Calories (kcal)	Protein (g)	Carbo-hydrate (g)	Total Fat (g)	Satur-ated 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Apricots	92.7	1.0	24.1	0.1	0.0	0.0	0.0	0.0	2.7	19.2	0.1	0.6	15.0	27.6	253.0	0.0	0.2	126.1	6.3	0.0	1.0	0.0	0.0	0.5	0.1	0.0	3.3	21.4	6.7
Mixed fruit	95.2	0.7	24.9	0.1	0.0	0.0	0.0	0.0	1.7	10.0	0.1	0.5	8.3	18.4	148.6	6.7	0.2	16.7	3.2	0.0	0.8	0.0	0.0	0.6	0.1	0.0	5.0	23.3	10.0
Peaches	90.2	0.8	24.3	0.1	0.0	0.0	0.0	0.0	2.2	5.0	0.1	0.6	8.3	18.4	162.0	8.3	0.2	30.1	4.0	0.0	0.8	0.0	0.0	1.0	0.0	0.0	5.0	22.1	8.3
Pears	95.2	0.3	25.3	0.1	0.0	0.0	0.0	0.0	2.7	8.3	0.1	0.5	6.7	11.7	110.2	6.7	0.1	0.0	1.2	0.0	0.1	0.0	0.0	0.3	0.0	0.0	1.7	20.2	8.3
Canned juice																													
Apple juice	467.4	1.0	114.8	1.3	0.2	0.3	0.1	0.0	2.0	81.3	0.1	1.2	50.8	71.1	1026.2	40.6	0.2	0.0	393.3	0.0	0.1	0.2	0.2	0.7	0.2	0.0	0.0	97.7	40.6
Grape juice	613.5	3.8	151.0	1.3	0.3	0.2	0.1	0.0	2.0	112.5	0.2	2.6	102.3	143.2	1063.5	40.9	0.7	0.0	245.8	0.0	0.0	0.2	0.2	1.4	0.3	0.0	0.0	145.2	51.1
Orange juice	499.5	6.9	117.6	1.2	0.1	0.2	0.1	0.0	3.1	112.1	0.4	1.3	112.1	173.3	1814.4	10.2	0.7	20.4	295.0	0.0	2.0	0.5	0.4	2.9	0.8	0.0	193.7	84.7	20.4
Tomato juice	169.4	7.6	42.2	0.5	0.1	0.2	0.0	0.0	4.0	99.6	0.6	4.3	109.6	179.3	2281.7	2695.2	1.5	229.2	49.1	0.0	3.2	0.5	0.3	6.7	1.1	0.0	199.3	35.5	2680.2
Meat, poultry, fish																													
Canned beef	115.9	9.7	0.0	8.3	4.0	0.2	0.1	36.3	0.0	4.7	0.0	1.1	7.5	65.9	106.9	129.5	2.3	0.0	0.0	0.1	0.9	0.0	0.1	2.0	0.1	0.8	0.9	0.0	88.1
Canned beef stew	83.1	4.8	7.6	3.6	1.3	0.3	0.0	12.0	1.1	12.9	0.1	1.6	11.1	52.6	189.3	378.6	1.1	37.9	3.1	0.0	0.3	0.1	0.1	1.2	0.1	0.4	12.9	1.4	281.6
Canned chicken	149.5	20.4	0.7	6.5	1.8	1.3	0.1	40.4	0.0	11.3	0.0	1.1	15.3	123.6	123.6	218.9	2.0	42.8	0.0	0.1	0.3	0.0	0.1	1.9	0.2	0.8	1.6	0.0	109.1
Canned chili	95.1	8.2	4.7	5.0	1.9	0.2	0.0	25.9	1.1	27.7	0.1	1.5	15.7	73.9	267.8	365.7	1.9	14.8	5.3	0.1	0.9	0.0	0.1	2.0	0.2	0.8	9.2	2.7	509.7
Canned salmon	132.9	19.0	0.0	5.8	1.4	0.1	0.1	48.0	0.0	199.4	0.1	0.7	30.5	301.9	292.7	373.0	0.9	19.4	0.0	13.6	0.9	0.0	0.2	6.3	0.2	4.3	12.0	0.0	472.7
Canned tuna	97.1	21.3	0.0	0.7	0.2	0.0	0.0	25.1	0.0	9.2	0.0	1.3	22.6	136.4	198.3	286.2	0.6	14.2	0.0	3.8	0.3	0.0	0.1	11.1	0.3	2.5	3.3	0.0	282.8
Nuts																													
Peanut butter	1425.3	60.8	47.4	122.1	25.5	34.1	0.2	0.0	14.5	104.2	1.1	4.5	373.3	867.8	1573.1	1151.4	7.1	0.0	0.0	0.0	21.8	0.2	0.3	32.5	1.3	0.0	179.4	22.3	1112.6
Cheese																													
Red fat processed American	2068.4	151.7	91.4	121.5	76.3	2.3	1.3	456.8	0.0	4559.1	0.3	1.7	284.4	7144.7	2844.1	13953.2	20.3	2180.5	0.0	11.2	2.3	0.6	4.1	1.6	0.7	9.6	155.1	69.1	13677.4
Milk																													
Dry milk	1234.2	121.0	179.9	2.5	1.6	0.1	0.0	62.1	0.0	4243.7	0.1	1.1	403.3	3395.6	5877.7	182.7	15.2	2444.2	19.3	37.9	0.0	1.4	6.0	3.1	1.2	13.8	172.4	179.9	1892.6
Evaporated	1443.6	73.4	108.2	81.4	49.5	1.8	0.8	312.4	0.0	2811.8	0.2	2.0	258.6	2186.9	3264.2	247.8	8.3	700.2	20.5	21.5	1.5	0.5	3.4	2.1	0.5	1.7	86.2	108.2	1141.9

8. Nutrient Content of 2009 CSFP: ELDERLY USDA Foods per Person, per Month, Entitlement USDA Foods as Delivered

USDA Food	Calories (kcal)	Protein (g)	Carbo-hydrate (g)	Total Fat (g)	Satur-ated 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, RTE																													
Bran flakes	386.0	11.5	96.6	2.6	0.5	1.2	0.1	0.0	21.2	66.3	0.7	43.1	250.9	604.4	735.9	874.6	20.2	914.4	62.5	4.0	14.7	2.7	3.1	35.9	3.6	10.8	1203.9	22.2	878.2
Corn & rice squares	352.3	5.8	81.3	1.2	0.2	0.3	0.0	0.0	1.1	12.1	0.1	31.0	22.4	91.6	107.5	741.1	7.3	845.8	28.5	3.3	0.1	4.1	4.0	27.3	3.2	6.7	1084.1	10.8	714.0
Corn flakes	572.8	10.5	138.0	0.7	0.2	0.3	0.0	0.0	4.9	95.2	0.1	42.4	17.5	74.6	142.8	1529.9	1.8	863.1	29.5	5.7	1.5	3.1	3.8	36.8	4.8	13.4	1204.2	14.8	1250.2
Corn squares	21.6	0.4	5.0	0.1	0.0	0.0	0.0	0.0	0.2	19.6	0.0	1.8	2.9	4.2	8.8	62.6	0.7	26.8	1.2	0.2	0.0	0.1	0.1	1.0	0.1	0.3	65.9	0.6	54.9
Oat circles	234.9	6.9	45.6	3.6	0.6	1.1	0.0	0.0	6.0	216.3	0.2	17.4	71.0	277.3	253.4	412.3	8.6	396.6	11.3	2.0	0.4	1.0	1.0	12.9	1.2	3.5	788.4	5.1	452.2
Rice crisp	336.3	6.2	79.7	1.2	0.3	0.3	0.0	0.0	0.6	4.6	0.1	30.2	21.2	90.5	101.6	791.8	1.2	650.4	59.6	2.8	0.1	1.9	2.6	26.8	1.8	5.0	948.8	7.1	704.9
Cereal, dry																													
Farina	225.0	7.2	45.4	0.9	0.1	0.4	0.0	0.0	2.6	460.2	0.2	19.7	35.8	148.3	92.0	0.0	0.9	0.0	0.0	0.0	0.2	0.5	0.3	7.6	0.3	0.0	76.7	0.4	756.8
Grits	65.6	1.4	14.2	0.3	0.1	0.2	0.0	0.0	0.9	5.8	0.0	0.5	7.3	18.9	23.3	2.0	0.1	0.0	0.0	0.0	0.0	0.2	0.1	0.7	0.0	0.0	33.5	0.1	193.8
Oats	440.3	15.4	79.0	7.6	1.3	2.6	0.1	0.0	11.5	79.4	0.5	4.7	166.0	454.8	404.2	6.5	4.3	0.0	0.0	0.0	0.5	0.4	0.2	1.2	0.1	0.0	28.9	1.2	873.4
Rice																													
White rice	975.0	20.1	210.9	2.1	0.6	0.5	0.1	0.0	3.0	75.6	0.5	9.0	90.7	325.0	264.5	0.0	3.7	0.0	0.0	0.0	0.3	1.2	0.1	11.1	0.7	0.0	725.6	0.4	2758.7
Spaghetti, macaroni																													
Macaroni	1161.5	42.6	227.0	6.8	1.3	2.2	0.2	0.0	13.3	51.8	0.7	9.4	133.2	429.1	325.5	0.0	3.8	0.0	0.0	0.0	0.4	2.0	1.0	12.4	0.4	0.0	873.0	4.1	1716.4
Spaghetti	1003.2	36.8	196.0	5.9	1.1	1.9	0.2	0.0	11.5	44.7	0.6	8.1	115.0	370.6	281.2	0.0	3.3	0.0	0.0	0.0	0.4	1.7	0.9	10.7	0.3	0.0	754.0	3.6	1482.4
Whole grain rotini	6.0	0.3	1.3	0.0	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.1	1.5	4.3	2.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	11.5
Canned vegetables																													
Carrots	25.3	0.6	5.6	0.2	0.0	0.1	0.0	0.0	1.5	25.3	0.1	0.6	8.1	24.2	180.8	193.7	0.3	563.6	2.7	0.0	0.7	0.0	0.0	0.6	0.1	0.0	9.1	2.5	42.4
Corn	128.5	4.2	29.8	1.5	0.3	0.7	0.0	0.0	3.0	7.9	0.1	1.1	23.8	76.2	214.2	270.8	0.6	3.2	1.1	0.0	0.1	0.0	0.1	0.6	0.1	0.0	65.1	4.8	472.8
Green beans	29.4	1.7	6.6	0.1	0.0	0.0	0.0	0.0	2.8	38.3	0.1	1.3	19.1	28.0	160.5	264.2	0.4	26.5	7.1	0.0	0.0	0.0	0.1	0.3	0.1	0.0	47.1	1.1	2.9
Mixed vegetables	33.8	1.3	6.7	0.2	0.0	0.1	0.0	0.0	2.8	19.2	0.1	0.6	13.7	33.8	125.9	133.5	0.5	531.9	3.5	0.0	0.3	0.0	0.0	0.4	0.1	0.0	16.4	2.2	23.7

USDA Food	Calories (kcal)	Protein (g)	Carbo-hydrate (g)	Total Fat (g)	Satur-ated 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Peas	89.2	5.7	16.3	0.5	0.1	0.2	0.0	0.0	5.3	25.8	0.1	1.2	22.0	86.6	223.6	212.9	0.9	34.9	12.4	0.0	0.0	0.2	0.1	0.9	0.1	0.0	56.9	5.4	2.6
Potatoes	19.4	0.4	4.2	0.1	0.0	0.0	0.0	0.0	0.7	1.6	0.0	0.4	4.4	8.7	71.5	48.6	0.1	0.0	1.5	0.0	0.0	0.0	0.0	0.3	0.1	0.0	1.9	0.2	1.6
Spinach	17.2	2.1	2.5	0.4	0.1	0.0	0.1	0.0	1.8	95.2	0.1	1.7	57.0	33.0	259.5	82.6	0.3	367.5	10.2	0.0	1.5	0.0	0.1	0.3	0.1	0.0	69.7	0.3	241.5
Sweet potato	17.2	0.2	4.1	0.0	0.0	0.0	0.0	0.0	0.5	2.9	0.0	0.2	2.5	5.2	35.8	7.9	0.0	73.0	2.0	0.0	0.2	0.0	0.0	0.1	0.0	0.0	1.4	3.0	8.5
Tomatoes	12.1	0.6	2.8	0.1	0.0	0.0	0.0	0.0	0.7	22.0	0.0	0.7	7.8	13.5	133.5	82.9	0.1	4.3	6.6	0.0	0.5	0.0	0.0	0.5	0.1	0.0	5.7	1.7	7.1
Canned beans																													
Vegetarian beans	64.6	3.3	14.5	0.3	0.0	0.0	0.0	0.0	2.8	23.3	0.1	0.8	18.5	50.8	153.8	75.7	1.6	3.4	0.0	0.0	0.1	0.1	0.0	0.3	0.1	0.0	7.6	5.5	235.6
Dry beans																													
Great Northern beans	372.4	26.1	67.3	0.9	0.2	0.2	0.2	0.0	17.0	242.9	0.8	9.9	170.0	302.3	1506.0	0.0	3.7	0.0	0.0	0.0	2.5	0.3	0.1	0.4	0.2	0.0	218.6	0.9	639.6
Kidney beans	75.1	5.1	13.5	0.3	0.0	0.1	0.1	0.0	4.4	16.7	0.1	1.7	26.8	84.1	239.1	0.0	0.6	0.0	0.7	0.0	0.0	0.1	0.0	0.3	0.1	0.0	76.9	0.2	139.0
Lima beans	86.6	5.9	15.8	0.3	0.1	0.1	0.0	0.0	5.3	12.9	0.2	1.8	32.7	83.6	383.7	17.7	0.7	0.0	0.0	0.0	0.1	0.1	0.0	0.3	0.1	0.0	63.1	2.2	177.0
Pinto beans	418.3	25.8	75.3	1.5	0.3	0.2	0.3	0.0	18.5	130.9	0.8	5.2	170.9	443.7	1258.5	0.0	2.5	0.0	5.5	0.0	0.3	0.6	0.2	1.0	0.4	0.0	316.4	2.5	785.6
Canned fruit																													
Applesauce	60.4	0.2	16.2	0.1	0.0	0.0	0.0	0.0	1.6	5.8	0.0	0.3	4.3	7.2	106.4	2.9	0.0	1.4	1.4	0.0	0.2	0.0	0.0	0.1	0.0	0.0	4.3	13.5	2.9
Apricots	35.6	0.4	9.2	0.0	0.0	0.0	0.0	0.0	1.0	7.4	0.0	0.2	5.8	10.6	97.1	0.0	0.1	48.4	2.4	0.0	0.4	0.0	0.0	0.2	0.0	0.0	1.3	8.2	2.6
Mixed fruit	103.8	0.7	27.2	0.1	0.0	0.0	0.0	0.0	1.8	10.9	0.1	0.5	9.1	20.0	162.0	7.3	0.2	18.2	3.5	0.0	0.9	0.0	0.0	0.7	0.1	0.0	5.5	25.4	10.9
Peaches	96.4	0.8	26.0	0.1	0.0	0.0	0.0	0.0	2.3	5.4	0.1	0.6	8.9	19.6	173.2	8.9	0.2	32.1	4.3	0.0	0.9	0.0	0.0	1.1	0.0	0.0	5.4	23.7	8.9
Pears	73.8	0.2	19.6	0.0	0.0	0.0	0.0	0.0	2.1	6.5	0.1	0.4	5.2	9.1	85.4	5.2	0.1	0.0	0.9	0.0	0.1	0.0	0.0	0.2	0.0	0.0	1.3	15.7	6.5
Plums	20.7	0.1	5.3	0.0	0.0	0.0	0.0	0.0	0.3	3.0	0.0	0.3	1.6	4.3	30.5	6.6	0.0	3.9	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	1.0	5.0	6.6
Canned juice																													
Apple juice	612.9	1.3	150.6	1.7	0.3	0.4	0.1	0.0	2.7	106.6	0.2	1.6	66.6	93.3	1345.7	53.3	0.3	0.0	515.8	0.0	0.1	0.3	0.2	1.0	0.2	0.0	0.0	128.2	53.3
Grape juice	644.9	4.0	158.7	1.4	0.3	0.2	0.1	0.0	2.1	118.2	0.2	2.7	107.5	150.5	1117.8	43.0	0.8	0.0	258.4	0.0	0.0	0.2	0.2	1.4	0.3	0.0	0.0	152.6	53.7
Orange juice	663.5	9.2	156.3	1.6	0.2	0.3	0.1	0.0	4.1	148.9	0.6	1.8	148.9	230.2	2410.1	13.5	0.9	27.1	391.8	0.0	2.7	0.6	0.5	3.8	1.0	0.0	257.3	112.5	27.1
Tomato juice	44.7	2.0	11.1	0.1	0.0	0.1	0.0	0.0	1.1	26.3	0.2	1.1	28.9	47.3	601.9	711.0	0.4	60.5	13.0	0.0	0.8	0.1	0.1	1.8	0.3	0.0	52.6	9.4	707.1
Meat, poultry, fish																													
Canned beef	141.9	11.8	0.0	10.1	5.0	0.3	0.1	44.4	0.0	5.8	0.0	1.3	9.2	80.7	130.9	158.6	2.8	0.0	0.0	0.1	1.1	0.0	0.1	2.5	0.1	1.0	1.2	0.0	107.9
Canned beef stew	110.2	6.4	10.1	4.8	1.7	0.4	0.1	15.9	1.5	17.1	0.1	2.2	14.7	69.8	251.0	502.1	1.5	50.2	4.2	0.0	0.4	0.1	0.1	1.6	0.2	0.5	17.1	1.9	373.5
Canned chicken	176.9	24.2	0.9	7.7	2.2	1.5	0.1	47.8	0.0	13.4	0.0	1.2	18.2	146.3	146.3	259.1	2.4	50.7	0.0	0.1	0.3	0.0	0.1	2.3	0.2	1.0	1.9	0.0	129.1
Canned chili	92.7	8.0	4.6	4.8	1.8	0.2	0.0	25.2	1.1	27.0	0.1	1.5	15.3	72.0	260.9	356.2	1.9	14.4	5.1	0.1	0.8	0.0	0.1	2.0	0.2	0.8	9.0	2.6	496.5
Canned salmon	70.9	10.1	0.0	3.1	0.8	0.0	0.0	25.6	0.0	106.3	0.1	0.4	16.2	161.0	156.1	198.9	0.5	10.3	0.0	7.2	0.5	0.0	0.1	3.3	0.1	2.3	6.4	0.0	252.1
Canned tuna	99.7	21.9	0.0	0.7	0.2	0.0	0.0	25.8	0.0	9.5	0.0	1.3	23.2	140.1	203.7	293.9	0.7	14.6	0.0	3.9	0.3	0.0	0.1	11.4	0.3	2.6	3.4	0.0	290.5
Nuts																													
Peanut butter	1592.6	68.0	53.0	136.5	28.5	38.1	0.2	0.0	16.3	116.5	1.3	5.1	417.1	969.6	1757.8	1286.5	7.9	0.0	0.0	0.0	24.3	0.2	0.3	36.3	1.5	0.0	200.4	25.0	1243.2
Cheese																													
Red fat processed American	2014.9	147.8	89.0	118.4	74.3	2.3	1.3	445.0	0.0	4441.1	0.3	1.7	277.0	6959.7	2770.5	13592.1	19.8	2124.0	0.0	10.9	2.3	0.6	4.0	1.5	0.7	9.3	151.1	67.3	13323.4
Milk																													
Dry milk	1195.3	117.2	174.2	2.4	1.6	0.1	0.0	60.1	0.0	4109.9	0.1	1.0	390.6	3288.6	5692.5	177.0	14.7	2367.1	18.7	36.7	0.0	1.4	5.8	3.0	1.2	13.3	166.9	174.2	1832.9
Evaporated	1338.6	68.0	100.3	75.5	45.9	1.7	0.8	289.7	0.0	2607.2	0.2	1.9	239.7	2027.8	3026.7	229.8	7.7	649.3	19.0	20.0	1.4	0.5	3.2	1.9	0.5	1.6	79.9	100.3	1058.9

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

1. Nutrient Content of 2009 FDPIR USDA Foods per Person, per Month, Entitlement USDA Foods 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, RTE																													
Bran flakes	251.8	7.5	63.0	1.7	0.3	0.8	0.1	0.0	13.9	43.3	0.5	28.1	163.7	394.3	480.1	570.6	13.2	596.6	40.8	2.6	9.6	1.8	2.0	23.4	2.4	7.0	785.5	14.5	573.0
Corn & rice squares	203.1	3.4	46.8	0.7	0.1	0.2	0.0	0.0	0.6	7.0	0.1	17.9	12.9	52.8	61.9	427.1	4.2	487.5	16.4	1.9	0.1	2.4	2.3	15.7	1.8	3.9	624.8	6.2	411.5
Corn flakes	291.7	5.4	70.3	0.4	0.1	0.2	0.0	0.0	2.5	48.5	0.1	21.6	8.9	38.0	72.7	779.1	0.9	439.5	15.0	2.9	0.8	1.6	1.9	18.8	2.4	6.8	613.3	7.6	636.7
Corn squares	230.6	4.2	53.5	1.0	0.2	0.4	0.0	0.0	2.5	209.3	0.1	18.9	31.4	45.2	94.3	669.0	7.9	285.9	12.6	2.1	0.2	0.8	0.9	10.5	1.0	3.1	703.8	6.3	586.3
Oat circles	294.8	8.8	55.0	4.4	0.8	1.3	0.0	0.0	7.9	264.4	0.2	22.2	91.1	387.4	227.4	502.6	10.6	380.0	11.0	2.4	0.3	1.2	1.4	17.8	1.7	3.9	829.5	3.4	631.8
Rice crisp	228.7	4.2	54.2	0.8	0.2	0.2	0.0	0.0	0.4	3.1	0.1	20.6	14.5	61.6	69.1	538.6	0.8	442.4	40.5	1.9	0.0	1.3	1.8	18.2	1.2	3.4	645.4	4.8	479.5
Cereal, dry																													
Farina	555.9	17.8	112.2	2.1	0.4	0.9	0.1	0.0	6.3	1137.2	0.4	48.6	88.4	366.4	227.4	0.0	2.1	0.0	0.0	0.0	0.5	1.2	0.8	18.9	0.6	0.0	189.5	0.9	1870.0
Oats	2017.1	70.4	362.1	34.7	6.0	11.8	0.5	0.0	52.9	363.7	2.3	21.5	760.5	2083.2	1851.8	0.0	19.8	0.0	0.0	0.0	2.3	2.0	0.8	5.4	0.5	0.0	132.3	5.3	4001.1
Rice																													
White rice	1103.5	22.8	238.7	2.4	0.7	0.5	0.1	0.0	3.4	85.5	0.6	10.2	102.6	367.8	299.4	0.0	4.2	0.0	0.0	0.0	0.3	1.4	0.1	12.5	0.8	0.0	821.2	0.4	3122.3
Macaroni and cheese																													
Macaroni and cheese (dry mix)	2307.1	63.4	281.2	104.3	22.6	27.7	2.3	39.3	13.1	616.1	3.4	12.7	262.2	1337.0	1756.5	4404.4	6.2	1035.6	2.6	2.6	10.5	4.2	2.7	15.5	0.6	3.7	1337.0	44.2	4129.1
Spaghetti, macaroni																													
Macaroni	1698.8	62.3	332.0	10.0	1.9	3.2	0.3	0.0	19.5	75.7	1.1	13.7	194.8	627.6	476.1	0.0	5.5	0.0	0.0	0.0	0.6	2.9	1.5	18.2	0.5	0.0	1276.8	6.1	2510.3
Spaghetti	1553.2	57.0	303.5	9.1	1.7	2.9	0.2	0.0	17.8	69.3	1.0	12.6	178.1	573.8	435.3	0.0	5.0	0.0	0.0	0.0	0.6	2.7	1.3	16.6	0.5	0.0	1167.4	5.5	2295.1
Whole grain rotini	1087.5	46.9	233.2	4.8	0.9	1.8	0.1	0.0	24.8	132.6	1.5	9.4	265.3	778.1	389.0	0.0	7.2	0.0	0.0	0.0	2.7	0.9	0.4	6.2	0.7	0.0	44.2	7.1	2069.0
Egg noodles																													
Egg noodles	1665.9	54.8	304.1	25.0	5.1	6.3	0.3	352.6	14.6	145.9	1.2	17.8	255.4	924.2	462.1	76.0	7.9	73.0	0.0	1.2	2.1	3.5	1.6	25.1	0.6	1.1	1665.9	4.9	2869.8
Dehydrated potatoes																													
Dehydrated potatoes	1525.5	35.9	349.8	1.8	0.7	0.4	0.1	0.0	28.4	116.3	0.7	5.2	284.4	672.2	4731.5	430.9	3.0	4.3	349.0	0.0	0.1	4.3	0.5	27.0	3.2	0.0	198.2	14.5	448.2
Cornmeal																													
Cornmeal	5314.7	102.1	1141.2	25.1	2.4	8.9	0.2	0.0	56.0	43.1	1.1	62.6	459.6	1422.0	2039.7	99.1	9.5	134.3	0.0	0.0	1.7	5.9	4.9	64.2	2.4	0.0	3127.8	23.1	100.5
Flour																													
White flour	5228.5	148.4	1096.1	14.1	2.2	5.6	0.3	0.0	38.8	215.5	2.1	66.6	316.0	1551.3	1536.9	23.0	10.1	0.0	0.0	0.0	0.9	8.5	6.4	76.3	0.6	0.0	2717.0	3.9	28.7
Whole wheat flour	4869.4	196.8	1042.4	26.9	4.6	10.6	0.5	0.0	175.2	488.4	5.5	55.7	1982.2	4969.9	5817.4	71.8	42.1	0.0	0.0	0.0	11.8	4.8	2.8	82.3	4.4	0.0	410.8	5.9	71.8
Bakery mix																													
Bakery mix	1944.5	48.9	380.2	25.3	4.6	3.3	0.2	0.0	18.9	975.0	0.8	22.1	150.8	3409.7	759.5	7361.7	3.7	0.0	0.0	0.0	0.3	2.6	2.1	28.6	0.5	0.0	1018.9	1.5	7325.6
Crackers																													
Crackers	1085.9	14.2	132.2	55.7	11.6	25.1	2.0	0.0	4.5	204.7	0.2	8.2	38.8	555.9	239.2	1863.7	1.2	0.0	0.0	0.0	7.7	0.9	0.5	9.0	0.1	0.0	400.8	16.1	1863.7
Canned vegetables																													
Carrots	17.5	0.4	3.9	0.1	0.0	0.1	0.0	0.0	1.0	17.5	0.1	0.4	5.6	16.8	125.3	134.3	0.2	390.6	1.9	0.0	0.5	0.0	0.0	0.4	0.1	0.0	6.3	1.7	29.4
Corn	161.6	4.4	39.4	1.3	0.2	0.6	0.0	0.0	3.1	8.0	0.1	1.1	34.9	107.1	288.4	283.1	1.0	7.0	6.5	0.0	0.2	0.0	0.1	1.6	0.1	0.0	90.7	6.8	621.9
Green beans	16.2	0.9	3.6	0.1	0.0	0.0	0.0	0.0	1.5	21.1	0.0	0.7	10.5	15.4	88.3	145.3	0.2	14.6	3.9	0.0	0.0	0.0	0.0	0.2	0.0	0.0	25.9	0.6	1.6
Mixed vegetables	29.1	1.1	5.7	0.2	0.0	0.1	0.0	0.0	2.4	16.5	0.1	0.5	11.8	29.1	108.5	115.0	0.4	458.4	3.0	0.0	0.2	0.0	0.0	0.4	0.1	0.0	14.2	1.9	20.4
Peas	55.3	3.5	10.1	0.3	0.0	0.1	0.0	0.0	3.3	16.0	0.1	0.8	13.6	53.7	138.7	132.0	0.6	21.6	7.7	0.0	0.0	0.1	0.1	0.6	0.1	0.0	35.3	3.3	1.6
Potatoes	59.0	1.3	12.9	0.2	0.0	0.1	0.0	0.0	2.3	4.8	0.1	1.2	13.3	26.6	217.8	148.0	0.3	0.0	4.6	0.0	0.0	0.1	0.0	0.9	0.2	0.0	5.7	0.6	4.8
Pumpkin	11.6	0.4	2.7	0.1	0.0	0.0	0.0	0.0	1.0	8.8	0.0	0.5	7.8	11.9	69.7	1.4	0.1	263.3	1.4	0.0	0.4	0.0	0.0	0.1	0.0	0.0	3.7	1.1	53.0
Spinach	26.1	3.2	3.9	0.6	0.1	0.0	0.2	0.0	2.7	144.3	0.2	2.6	86.4	50.0	393.3	125.3	0.5	556.9	15.5	0.0	2.2	0.0	0.2	0.4	0.1	0.0	105.7	0.5	366.0
Sweet potato	16.9	0.2	4.0	0.0	0.0	0.0	0.0	0.0	0.5	2.8	0.0	0.2	2.5	5.1	35.1	7.7	0.0	71.4	2.0	0.0	0.2	0.0	0.0	0.1	0.0	0.0	1.3	2.9	8.3
Tomato sauce	57.1	1.8	11.8	0.3	0.0	0.1	0.0	0.0	2.0	19.0	0.3	1.0	25.8	43.5	504.3	158.6	0.3	36.7	17.8	0.0	2.4	0.1	0.1	1.6	0.2	0.0	12.2	7.1	15.0
Tomatoes	18.3	0.8	4.3	0.1	0.0	0.1	0.0	0.0	1.1	33.4	0.1	1.0	11.8	20.5	202.4	125.6	0.2	6.5	10.0	0.0	0.7	0.0	0.1	0.8	0.1	0.0	8.6	2.6	10.8
Fresh vegetables																													
Cabbage - Green	27.7	1.5	6.5	0.1	0.0	0.0	0.0	0.0	2.5	50.7	0.0	0.4	15.6	34.0	210.4	25.8	0.2	5.2	42.6	0.0	0.2	0.1	0.0	0.3	0.1	0.0	42.1	3.4	148.1
Carrots	97.6	2.2	22.8	0.5	0.1	0.3	0.0	0.0	7.4	80.9	0.1	0.8	28.2	83.4	711.2	169.3	0.6	2159.2	12.2	0.0	2.2	0.2	0.1	2.1	0.4	0.0	42.4	10.5	468.6
Celery	20.8	0.9	4.3	0.2	0.1	0.1	0.0	0.0	2.0	50.2	0.0	0.4	14.1	30.0	332.5	103.7	0.2	29.4	5.6	0.0	0.4	0.0	0.1	0.4	0.1	0.0	35.5	2.6	230.3
Corn	23.9	0.9	5.2	0.4	0.0	0.1	0.0	0.0	0.6	0.8	0.0	0.1	6.5	19.4	54.6	2.8	0.2	3.3	1.4	0.0	0.0	0.0	0.0	0.4	0.0	0.0	5.8	1.1	57.1
Cucumber	11.9	0.6	2.1	0.2	0.0	0.0	0.0	0.0	0.7	13.9	0.1	0.2	11.9	20.8	134.9	0.0	0.2	4.0	3.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	13.9	1.4	2.0
Mixed vegetables	27.9	1.3	6.1	0.2	0.0	0.1	0.0	0.0	1.8	22.1	0.1	0.6	15.1	38.3	309.5	25.3	0.2	157.8	25.1	0.0	0.7	0.1	0.0	0.7	0.1	0.0	24.7	3.5	131.5
Onions - Mature	103.6	3.0	24.0	0.4	0.1	0.1	0.0	0.0	3.8	55.5	0.1	0.6	25.9	78.9	383.5	4.9	0.5	0.0	15.5	0.0	0.0	0.1	0.1	0.3	0.3	0.0	41.9	11.0	225.7
Peppers - Green	30.8	1.1	7.2	0.2	0.1	0.1	0.0	0.0	1.9	12.2	0.1	0.5	12.8	24.4	218.0	1.3	0.2	26.3	99.0	0.0	0.6	0.1	0.0	0.6	0.3	0.0	16.7	3.6	151.3
Potatoes	218.8	5.9	49.9	0.3	0.1	0.1	0.0	0.0	5.2	35.7	0.3	2.6	66.6	166.5	1262.7	30.9	0.9	2.4	22.6	0.0	0.1	0.2	0.1	3.3	0.7	0.0	66.6	2.8	658.7
Strawberries	24.6	1.1	5.3	0.4	0.1	0.1	0.1	0.0	1.7	33.3	0.1	0.4	29.6	48.1	235.4	1.2	0.5	13.6	6.8	0.0	0.2	0.1	0.1	0.6	0.1	0.0	24.6	3.2	348.8
Sweet potato	97.3	2.2	22.4	0.2	0.0	0.1	0.0	0.0	3.6	41.5	0.2	0.8	29.5	59.0	514.7	38.4	0.3	1041.5	21.2	0.0	0.8	0.1	0.1	1.6	0.3	0.0	6.6	7.0	392.3
Tomatoes	23.4	1.2	5.1	0.2	0.0	0.1	0.0	0.0	1.2	13.6	0.1	0.6	13.0	33.7	294.6	7.1	0.2	42.8	23.0	0.0	0.7	0.0	0.0	0.7	0.1	0.0	18.2	3.3	110.3

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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Turnips	27.4	0.9	6.3	0.1	0.0	0.0	0.0	0.0	2.5	41.1	0.0	0.2	11.2	32.4	219.4	16.0	0.1	0.0	14.3	0.0	0.0	0.0	0.0	0.4	0.1	0.0	11.2	3.7	315.4
Winter squash	26.8	0.6	6.4	0.3	0.1	0.0	0.1	0.0	2.0	15.9	0.1	0.3	9.4	13.8	174.0	0.7	0.2	188.5	7.0	0.0	0.1	0.0	0.0	0.4	0.1	0.0	14.5	2.4	131.9
Canned beans																													
Kidney beans	293.5	20.1	52.8	1.2	0.2	0.2	0.4	0.0	17.2	65.2	0.6	6.8	104.8	328.5	934.1	366.4	2.5	0.0	2.8	0.0	0.1	0.4	0.1	1.3	0.3	0.0	300.5	0.7	542.8
Refried beans	320.0	19.7	57.6	1.1	0.2	0.2	0.2	0.0	14.2	100.2	0.6	4.0	130.8	339.5	962.9	338.7	1.9	0.0	4.2	0.0	0.2	0.4	0.1	0.8	0.3	0.0	242.1	1.9	601.1
Vegetarian beans	261.6	13.2	58.8	1.0	0.2	0.2	0.0	0.0	11.4	94.6	0.4	3.3	75.1	205.9	623.4	306.7	6.3	13.9	0.0	0.0	0.4	0.3	0.1	1.1	0.2	0.0	30.6	22.2	954.6
Dry beans																													
Great Northern beans	933.4	65.4	168.7	2.4	0.6	0.6	0.5	0.0	42.6	608.8	1.9	24.9	426.1	757.6	3774.3	0.0	9.3	0.0	0.0	0.0	6.3	0.8	0.3	0.9	0.6	0.0	547.9	2.3	1603.1
Lima beans	745.1	50.7	135.7	2.5	0.6	0.8	0.3	0.0	45.8	111.1	1.5	15.6	281.0	719.0	3300.7	152.3	6.1	0.0	0.0	0.0	1.2	1.0	0.4	2.7	1.0	0.0	542.5	18.8	1522.9
Pinto beans	751.6	46.3	135.2	2.7	0.5	0.4	0.5	0.0	33.3	235.3	1.4	9.3	307.2	797.4	2261.5	0.0	4.5	0.0	9.8	0.0	0.5	1.0	0.3	1.8	0.7	0.0	568.6	4.6	1411.8
Spaghetti sauce																													
Spaghetti sauce	351.5	7.2	55.6	10.9	2.8	4.7	0.1	8.1	10.5	88.9	0.8	2.9	84.8	145.4	1276.6	463.8	2.2	153.5	8.1	0.0	9.7	0.1	0.2	15.8	0.7	0.0	52.5	35.7	121.2
Canned soup																													
Tomato soup	157.0	4.2	34.9	1.5	0.4	0.4	0.1	0.0	3.0	40.5	0.4	2.9	40.5	76.0	597.6	959.6	0.7	50.6	33.4	0.0	0.9	0.1	0.2	2.7	0.2	0.0	0.0	21.1	1443.3
Vegetable soup	164.0	5.9	26.2	3.8	0.9	1.4	0.2	4.8	3.4	43.4	0.3	1.9	14.5	77.2	385.9	933.3	1.6	207.4	4.3	0.0	0.3	0.1	0.1	1.9	0.1	0.0	19.3	4.0	1630.2
Canned fruit																													
Applesauce	149.0	0.6	40.0	0.4	0.0	0.0	0.0	0.0	3.9	14.2	0.1	0.8	10.6	17.7	262.5	7.1	0.1	3.5	3.5	0.0	0.6	0.1	0.1	0.3	0.1	0.0	10.6	33.3	7.1
Apricots	196.9	2.1	51.1	0.2	0.0	0.0	0.0	0.0	5.7	40.8	0.2	1.2	31.9	58.5	537.4	0.0	0.4	267.8	13.5	0.0	2.1	0.1	0.1	1.1	0.2	0.0	7.1	45.5	14.2
Mixed fruit	202.2	1.4	53.0	0.2	0.0	0.1	0.0	0.0	3.5	21.3	0.2	1.0	17.7	39.0	315.7	14.2	0.3	35.5	6.7	0.0	1.8	0.1	0.1	1.3	0.2	0.0	10.6	49.4	21.3
Peaches	191.5	1.6	51.6	0.1	0.0	0.1	0.0	0.0	4.6	10.6	0.2	1.3	17.7	39.0	344.1	17.7	0.3	63.8	8.5	0.0	1.7	0.0	0.1	2.1	0.1	0.0	10.6	47.0	17.7
Pears	202.2	0.7	53.8	0.1	0.0	0.0	0.0	0.0	5.7	17.7	0.2	1.0	14.2	24.8	234.1	14.2	0.3	0.0	2.5	0.0	0.3	0.0	0.1	0.5	0.0	0.0	3.5	42.9	17.7
Fresh fruit																													
Apples	179.8	0.9	47.8	0.6	0.1	0.1	0.0	0.0	8.3	20.7	0.1	0.4	17.3	38.0	370.0	0.0	0.1	10.4	15.9	0.0	0.6	0.1	0.1	0.3	0.1	0.0	10.4	35.9	3.5
Grapefruit	70.2	1.4	17.7	0.2	0.0	0.0	0.0	0.0	2.4	26.3	0.1	0.2	17.6	17.6	305.0	0.0	0.2	100.9	75.5	0.0	0.3	0.1	0.0	0.5	0.1	0.0	21.9	15.3	0.0
Mixed fruit	155.8	1.6	40.7	0.5	0.1	0.1	0.0	0.0	5.6	23.5	0.2	0.5	26.5	38.2	476.3	0.0	0.2	47.0	44.1	0.0	0.5	0.1	0.1	0.7	0.3	0.0	20.6	30.0	2.9
Oranges	131.7	2.6	32.9	0.3	0.0	0.1	0.0	0.0	6.7	112.1	0.1	0.3	28.0	39.2	507.3	0.0	0.2	30.8	149.1	0.0	0.5	0.2	0.1	0.8	0.2	0.0	84.1	26.2	0.0
Peaches	31.3	0.7	7.7	0.2	0.0	0.1	0.0	0.0	1.2	4.8	0.1	0.2	7.2	16.1	152.5	0.0	0.1	12.8	5.3	0.0	0.6	0.0	0.0	0.6	0.0	0.0	3.2	6.7	0.0
Pears	172.9	1.1	46.1	0.4	0.0	0.1	0.0	0.0	9.2	26.8	0.2	0.5	20.9	32.8	354.6	0.0	0.3	3.0	12.5	0.0	0.4	0.0	0.1	0.5	0.1	0.0	20.9	29.2	3.0
Dried fruit																													
Dried plums	517.1	4.7	137.6	0.8	0.2	0.1	0.0	0.0	15.3	92.6	0.6	2.0	88.3	148.7	1577.2	0.0	0.9	84.0	1.3	0.0	0.9	0.1	0.4	4.1	0.4	0.0	8.6	82.2	4.3
Raisins	604.0	6.2	159.9	0.9	0.1	0.1	0.0	0.0	7.5	101.0	0.6	3.8	64.6	204.0	1512.9	22.2	0.4	0.0	4.6	0.0	0.2	0.2	0.3	1.5	0.4	0.0	10.1	119.6	22.2
Canned juice																													
Apple juice	373.9	0.8	91.8	1.1	0.2	0.3	0.1	0.0	1.6	65.0	0.1	1.0	40.6	56.9	820.9	32.5	0.2	0.0	314.6	0.0	0.1	0.2	0.1	0.6	0.1	0.0	0.0	78.2	32.5
Grape juice	497.1	3.1	122.4	1.1	0.2	0.1	0.0	0.0	1.7	91.1	0.1	2.1	82.9	116.0	861.7	33.1	0.6	0.0	199.2	0.0	0.0	0.1	0.1	1.1	0.3	0.0	0.0	117.7	41.4
Grapefruit juice	307.9	4.2	72.6	0.8	0.1	0.1	0.0	0.0	0.8	56.7	0.3	1.6	81.0	89.1	1239.6	0.0	0.7	0.0	236.0	0.0	0.3	0.3	0.2	1.9	0.2	0.0	81.0	71.8	8.1
Orange juice	399.6	5.5	94.1	1.0	0.1	0.2	0.1	0.0	2.4	89.7	0.3	1.1	89.7	138.6	1451.5	8.2	0.6	16.3	236.0	0.0	1.6	0.4	0.3	2.3	0.6	0.0	154.9	67.8	16.3
Tomato juice	135.5	6.1	33.8	0.4	0.1	0.2	0.0	0.0	3.2	79.7	0.5	3.4	87.7	143.5	1825.3	2156.1	1.2	183.3	39.3	0.0	2.6	0.4	0.2	5.4	0.9	0.0	159.4	28.4	2144.2
Meat, poultry, fish																													
Canned beef	125.8	10.5	0.0	9.0	4.4	0.3	0.1	39.4	0.0	5.1	0.0	1.1	8.2	71.6	116.1	140.7	2.5	0.0	0.0	0.1	1.0	0.0	0.1	2.2	0.1	0.8	1.0	0.0	95.7
Canned beef stew	90.3	5.2	8.3	4.0	1.4	0.3	0.0	13.0	1.2	14.0	0.1	1.8	12.0	57.2	205.6	411.2	1.2	41.1	3.4	0.0	0.3	0.1	0.1	1.3	0.1	0.4	14.0	1.6	305.9
Canned chicken	162.3	22.2	0.8	7.1	2.0	1.4	0.1	43.9	0.0	12.3	0.0	1.1	16.7	134.3	134.3	237.8	2.2	46.5	0.0	0.1	0.3	0.0	0.1	2.1	0.2	0.9	1.8	0.0	118.5
Canned tuna	105.4	23.2	0.0	0.7	0.2	0.0	0.0	27.3	0.0	10.0	0.0	1.4	24.5	148.1	215.4	310.8	0.7	15.5	0.0	4.1	0.3	0.0	0.1	12.1	0.3	2.7	3.6	0.0	307.2
Frozen beef - ground	1079.1	102.5	0.0	70.9	26.9	1.6	0.2	361.0	0.0	96.3	0.3	9.9	80.2	770.2	1211.5	260.8	24.9	0.0	0.0	0.8	1.9	0.2	0.7	20.3	1.5	10.9	40.1	0.0	1592.6
Frozen beef - roast	831.8	98.3	0.0	46.4	18.0	1.2	0.4	284.3	0.0	52.6	0.3	7.1	73.7	705.4	1052.9	122.8	17.4	0.0	0.0	0.7	1.6	0.2	0.5	22.5	1.7	5.7	31.6	0.0	1305.6
Frozen chicken - pieces	724.4	110.5	0.0	28.3	7.8	5.2	0.3	339.1	0.0	57.8	0.3	4.6	96.3	743.6	928.6	273.6	8.0	61.6	0.0	0.4	1.0	0.3	0.7	35.1	1.8	1.3	23.1	0.0	1572.0
Frozen ham	245.6	38.2	1.8	8.7	2.9	0.9	0.1	93.7	0.0	12.4	0.2	1.6	35.3	436.4	553.1	2035.6	3.9	10.6	0.0	1.4	0.4	1.0	0.4	9.2	0.8	1.0	5.3	1.9	2272.4
Frozen turkey - ham	561.7	78.0	9.1	21.6	6.8	3.0	0.1	321.0	0.9	35.7	1.1	10.4	98.1	1310.6	1279.4	4034.3	11.5	31.2	39.7	0.4	2.9	0.1	0.7	9.4	0.9	1.0	31.2	6.4	4966.0
Nuts																													
Peanut butter	1425.3	60.8	47.4	122.1	25.5	34.1	0.2	0.0	14.5	104.2	1.1	4.5	373.3	867.8	1573.1	1151.4	7.1	0.0	0.0	0.0	21.8	0.2	0.3	32.5	1.3	0.0	179.4	22.3	1112.6
Peanuts	1251.8	56.8	40.8	106.2	14.7	33.6	0.0	0.0	14.9	189.6	2.8	3.9	398.6	1113.9	1469.4	0.0	14.3	0.0	0.0	0.0	14.9	0.5	0.2	30.8	0.5	0.0	271.5	9.0	12.9
Cheese																													
Processed American	1809.9	96.7	40.2	141.1	85.3	3.9	1.4	441.7	0.0	2903.3	0.3	2.3	161.6	2768.7	1486.7	3463.5	15.4	1298.1	0.0	3.8	1.8	0.3	2.5	0.8	0.4	6.0	48.5	35.3	7061.7
Reduced fat processed American	1292.8	94.8	57.1	75.9	47.7	1.5	0.8	285.5	0.0	2849.5	0.2	1.1	177.8	4465.4	1777.5	8656.1	12.7	1362.8	0.0	7.0	1.5	0.4	2.6	1.0	0.4	6.0	97.0	43.2	8548.4
Milk																													
1% UHT	789.1	63.3	93.7	18.2	11.9	0.6	0.1	93.9	0.0	2348.4	0.2	0.6	206.7	1784.8	2818.1	845.4	7.9	1089.7	0.0	22.5	0.2	0.4	3.5	1.7	0.7	8.8	93.9	97.7	826.6
Dry milk	617.1	60.5	90.0	1.2	0.8	0.0	0.0	31.0	0.0	2121.9	0.1	0.5	201.7	1697.8	2938.9	91.4	7.6	1222.1	9.7	19.0	0.0	0.7	3.0	1.5	0.6	6.9	86.2	90.0	946.3
Evaporated	1924.8	97.8	144.2	108.6	65.9	2.4	1.1	416.6	0.0	3749.0	0.2	2.7	344.7	2915.9	4352.3	330.4	11.1	933.7	27.3	28.7	2.0	0.7	4.5	2.8	0.7	2.3	114.9	144.2	1522.6
Eggs																													

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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Egg mix	1793.7	115.1	77.5	111.5	33.3	22.1	0.5	3151.1	0.0	552.7	0.5	10.4	35.6	1457.6	1205.5	1900.4	8.9	378.1	0.0	23.9	6.6	0.5	3.5	0.7	0.6	7.5	334.5	8.0	1861.6
Butter, oils																													
Vegetable oil	5482.2	0.0	0.0	620.2	81.1	233.0	35.4	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	76.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

2. Nutrient Content of 2009 FDPIR USDA Foods per Person, per Month, Entitlement + Bonus USDA Foods 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, RTE																													
Bran flakes	251.8	7.5	63.0	1.7	0.3	0.8	0.1	0.0	13.9	43.3	0.5	28.1	163.7	394.3	480.1	570.6	13.2	596.6	40.8	2.6	9.6	1.8	2.0	23.4	2.4	7.0	785.5	14.5	573.0
Corn & rice squares	203.1	3.4	46.8	0.7	0.1	0.2	0.0	0.0	0.6	7.0	0.1	17.9	12.9	52.8	61.9	427.1	4.2	487.5	16.4	1.9	0.1	2.4	2.3	15.7	1.8	3.9	624.8	6.2	411.5
Corn flakes	291.7	5.4	70.3	0.4	0.1	0.2	0.0	0.0	2.5	48.5	0.1	21.6	8.9	38.0	72.7	779.1	0.9	439.5	15.0	2.9	0.8	1.6	1.9	18.8	2.4	6.8	613.3	7.6	636.7
Corn squares	230.6	4.2	53.5	1.0	0.2	0.4	0.0	0.0	2.5	209.3	0.1	18.9	31.4	45.2	94.3	669.0	7.9	285.9	12.6	2.1	0.2	0.8	0.9	10.5	1.0	3.1	703.8	6.3	586.3
Oat circles	294.8	8.8	55.0	4.4	0.8	1.3	0.0	0.0	7.9	264.4	0.2	22.2	91.1	387.4	227.4	502.6	10.6	380.0	11.0	2.4	0.3	1.2	1.4	17.8	1.7	3.9	829.5	3.4	631.8
Rice crisp	228.7	4.2	54.2	0.8	0.2	0.2	0.0	0.0	0.4	3.1	0.1	20.6	14.5	61.6	69.1	538.6	0.8	442.4	40.5	1.9	0.0	1.3	1.8	18.2	1.2	3.4	645.4	4.8	479.5
Cereal, dry																													
Farina	555.9	17.8	112.2	2.1	0.4	0.9	0.1	0.0	6.3	1137.2	0.4	48.6	88.4	366.4	227.4	0.0	2.1	0.0	0.0	0.0	0.5	1.2	0.8	18.9	0.6	0.0	189.5	0.9	1870.0
Oats	2017.1	70.4	362.1	34.7	6.0	11.8	0.5	0.0	52.9	363.7	2.3	21.5	760.5	2083.2	1851.8	0.0	19.8	0.0	0.0	0.0	2.3	2.0	0.8	5.4	0.5	0.0	132.3	5.3	4001.1
Rice																													
White rice	1103.5	22.8	238.7	2.4	0.7	0.5	0.1	0.0	3.4	85.5	0.6	10.2	102.6	367.8	299.4	0.0	4.2	0.0	0.0	0.0	0.3	1.4	0.1	12.5	0.8	0.0	821.2	0.4	3122.3
Macaroni and cheese																													
Macaroni and cheese (dry mix)	2307.1	63.4	281.2	104.3	22.6	27.7	2.3	39.3	13.1	616.1	3.4	12.7	262.2	1337.0	1756.5	4404.4	6.2	1035.6	2.6	2.6	10.5	4.2	2.7	15.5	0.6	3.7	1337.0	44.2	4129.1
Spaghetti, macaroni																													
Macaroni	1698.8	62.3	332.0	10.0	1.9	3.2	0.3	0.0	19.5	75.7	1.1	13.7	194.8	627.6	476.1	0.0	5.5	0.0	0.0	0.0	0.6	2.9	1.5	18.2	0.5	0.0	1276.8	6.1	2510.3
Spaghetti	1553.2	57.0	303.5	9.1	1.7	2.9	0.2	0.0	17.8	69.3	1.0	12.6	178.1	573.8	435.3	0.0	5.0	0.0	0.0	0.0	0.6	2.7	1.3	16.6	0.5	0.0	1167.4	5.5	2295.1
Whole grain rotini	1087.5	46.9	233.2	4.8	0.9	1.8	0.1	0.0	24.8	132.6	1.5	9.4	265.3	778.1	389.0	0.0	7.2	0.0	0.0	0.0	2.7	0.9	0.4	6.2	0.7	0.0	44.2	7.1	2069.0
Egg noodles																													
Egg noodles	1665.9	54.8	304.1	25.0	5.1	6.3	0.3	352.6	14.6	145.9	1.2	17.8	255.4	924.2	462.1	76.0	7.9	73.0	0.0	1.2	2.1	3.5	1.6	25.1	0.6	1.1	1665.9	4.9	2869.8
Dehydrated potatoes																													
Dehydrated potatoes	1525.5	35.9	349.8	1.8	0.7	0.4	0.1	0.0	28.4	116.3	0.7	5.2	284.4	672.2	4731.5	430.9	3.0	4.3	349.0	0.0	0.1	4.3	0.5	27.0	3.2	0.0	198.2	14.5	448.2
Cornmeal																													
Cornmeal	5314.7	102.1	1141.2	25.1	2.4	8.9	0.2	0.0	56.0	43.1	1.1	62.6	459.6	1422.0	2039.7	99.1	9.5	134.3	0.0	0.0	1.7	5.9	4.9	64.2	2.4	0.0	3127.8	23.1	100.5
Flour																													
White flour	5228.5	148.4	1096.1	14.1	2.2	5.6	0.3	0.0	38.8	215.5	2.1	66.6	316.0	1551.3	1536.9	23.0	10.1	0.0	0.0	0.0	0.9	8.5	6.4	76.3	0.6	0.0	2717.0	3.9	28.7
Whole wheat flour	4869.4	196.8	1042.4	26.9	4.6	10.6	0.5	0.0	175.2	488.4	5.5	55.7	1982.2	4969.9	5817.4	71.8	42.1	0.0	0.0	0.0	11.8	4.8	2.8	82.3	4.4	0.0	410.8	5.9	71.8
Bakery mix																													
Bakery mix	1944.5	48.9	380.2	25.3	4.6	3.3	0.2	0.0	18.9	975.0	0.8	22.1	150.8	3409.7	759.5	7361.7	3.7	0.0	0.0	0.0	0.3	2.6	2.1	28.6	0.5	0.0	1018.9	1.5	7325.6
Crackers																													
Crackers	1085.9	14.2	132.2	55.7	11.6	25.1	2.0	0.0	4.5	204.7	0.2	8.2	38.8	555.9	239.2	1863.7	1.2	0.0	0.0	0.0	7.7	0.9	0.5	9.0	0.1	0.0	400.8	16.1	1863.7
Canned vegetables																													
Carrots	17.5	0.4	3.9	0.1	0.0	0.1	0.0	0.0	1.0	17.5	0.1	0.4	5.6	16.8	125.3	134.3	0.2	390.6	1.9	0.0	0.5	0.0	0.0	0.4	0.1	0.0	6.3	1.7	29.4
Corn	161.6	4.4	39.4	1.3	0.2	0.6	0.0	0.0	3.1	8.0	0.1	1.1	34.9	107.1	288.4	283.1	1.0	7.0	6.5	0.0	0.2	0.0	0.1	1.6	0.1	0.0	90.7	6.8	621.9
Green beans	16.2	0.9	3.6	0.1	0.0	0.0	0.0	0.0	1.5	21.1	0.0	0.7	10.5	15.4	88.3	145.3	0.2	14.6	3.9	0.0	0.0	0.0	0.0	0.2	0.0	0.0	25.9	0.6	1.6
Mixed vegetables	29.1	1.1	5.7	0.2	0.0	0.1	0.0	0.0	2.4	16.5	0.1	0.5	11.8	29.1	108.5	115.0	0.4	458.4	3.0	0.0	0.2	0.0	0.0	0.4	0.1	0.0	14.2	1.9	20.4
Peas	55.3	3.5	10.1	0.3	0.0	0.1	0.0	0.0	3.3	16.0	0.1	0.8	13.6	53.7	138.7	132.0	0.6	21.6	7.7	0.0	0.0	0.1	0.1	0.6	0.1	0.0	35.3	3.3	1.6
Potatoes	59.0	1.3	12.9	0.2	0.0	0.1	0.0	0.0	2.3	4.8	0.1	1.2	13.3	26.6	217.8	148.0	0.3	0.0	4.6	0.0	0.0	0.1	0.0	0.9	0.2	0.0	5.7	0.6	4.8
Pumpkin	11.6	0.4	2.7	0.1	0.0	0.0	0.0	0.0	1.0	8.8	0.0	0.5	7.8	11.9	69.7	1.4	0.1	263.3	1.4	0.0	0.4	0.0	0.0	0.1	0.0	0.0	3.7	1.1	53.0
Spinach	26.1	3.2	3.9	0.6	0.1	0.0	0.2	0.0	2.7	144.3	0.2	2.6	86.4	50.0	393.3	125.3	0.5	556.9	15.5	0.0	2.2	0.0	0.2	0.4	0.1	0.0	105.7	0.5	366.0
Sweet potato	16.9	0.2	4.0	0.0	0.0	0.0	0.0	0.0	0.5	2.8	0.0	0.2	2.5	5.1	35.1	7.7	0.0	71.4	2.0	0.0	0.2	0.0	0.0	0.1	0.0	0.0	1.3	2.9	8.3
Tomato sauce	57.1	1.8	11.8	0.3	0.0	0.1	0.0	0.0	2.0	19.0	0.3	1.0	25.8	43.5	504.3	158.6	0.3	36.7	17.8	0.0	2.4	0.1	0.1	1.6	0.2	0.0	12.2	7.1	15.0
Tomatoes	18.3	0.8	4.3	0.1	0.0	0.1	0.0	0.0	1.1	33.4	0.1	1.0	11.8	20.5	202.4	125.6	0.2	6.5	10.0	0.0	0.7	0.0	0.1	0.8	0.1	0.0	8.6	2.6	10.8
Fresh vegetables																													
Cabbage - Green	27.7	1.5	6.5	0.1	0.0	0.0	0.0	0.0	2.5	50.7	0.0	0.4	15.6	34.0	210.4	25.8	0.2	5.2	42.6	0.0	0.2	0.1	0.0	0.3	0.1	0.0	42.1	3.4	148.1
Carrots	97.6	2.2	22.8	0.5	0.1	0.3	0.0	0.0	7.4	80.9	0.1	0.8	28.2	83.4	711.2	169.3	0.6	2159.2	12.2	0.0	2.2	0.2	0.1	2.1	0.4	0.0	42.4	10.5	468.6
Celery	20.8	0.9	4.3	0.2	0.1	0.1	0.0	0.0	2.0	50.2	0.0	0.4	14.1	30.0	332.5	103.7	0.2	29.4	5.6	0.0	0.4	0.0	0.1	0.4	0.1	0.0	35.5	2.6	230.3
Corn	23.9	0.9	5.2	0.4	0.0	0.1	0.0	0.0	0.6	0.8	0.0	0.1	6.5	19.4	54.6	2.8	0.2	3.3	1.4	0.0	0.0	0.0	0.0	0.4	0.0	0.0	5.8	1.1	57.1

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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cucumber	11.9	0.6	2.1	0.2	0.0	0.0	0.0	0.0	0.7	13.9	0.1	0.2	11.9	20.8	134.9	0.0	0.2	4.0	3.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	13.9	1.4	2.0
Mixed vegetables	27.9	1.3	6.1	0.2	0.0	0.1	0.0	0.0	1.8	22.1	0.1	0.6	15.1	38.3	309.5	25.3	0.2	157.8	25.1	0.0	0.7	0.1	0.0	0.7	0.1	0.0	24.7	3.5	131.5
Onions - Mature	103.6	3.0	24.0	0.4	0.1	0.1	0.0	0.0	3.8	55.5	0.1	0.6	25.9	78.9	383.5	4.9	0.5	0.0	15.5	0.0	0.0	0.1	0.1	0.3	0.3	0.0	41.9	11.0	225.7
Peppers - Green	30.8	1.1	7.2	0.2	0.1	0.1	0.0	0.0	1.9	12.2	0.1	0.5	12.8	24.4	218.0	1.3	0.2	26.3	99.0	0.0	0.6	0.1	0.0	0.6	0.3	0.0	16.7	3.6	151.3
Potatoes	218.8	5.9	49.9	0.3	0.1	0.1	0.0	0.0	5.2	35.7	0.3	2.6	66.6	166.5	1262.7	30.9	0.9	2.4	22.6	0.0	0.1	0.2	0.1	3.3	0.7	0.0	66.6	2.8	658.7
Strawberries	24.6	1.1	5.3	0.4	0.1	0.1	0.1	0.0	1.7	33.3	0.1	0.4	29.6	48.1	235.4	1.2	0.5	13.6	6.8	0.0	0.2	0.1	0.1	0.6	0.1	0.0	24.6	3.2	348.8
Sweet potato	97.3	2.2	22.4	0.2	0.0	0.1	0.0	0.0	3.6	41.5	0.2	0.8	29.5	59.0	514.7	38.4	0.3	1041.5	21.2	0.0	0.8	0.1	0.1	1.6	0.3	0.0	6.6	7.0	392.3
Tomatoes	23.4	1.2	5.1	0.2	0.0	0.1	0.0	0.0	1.2	13.6	0.1	0.6	13.0	33.7	294.6	7.1	0.2	42.8	23.0	0.0	0.7	0.0	0.0	0.7	0.1	0.0	18.2	3.3	110.3
Turnips	27.4	0.9	6.3	0.1	0.0	0.0	0.0	0.0	2.5	41.1	0.0	0.2	11.2	32.4	219.4	16.0	0.1	0.0	14.3	0.0	0.0	0.0	0.0	0.4	0.1	0.0	11.2	3.7	315.4
Winter squash	26.8	0.6	6.4	0.3	0.1	0.0	0.1	0.0	2.0	15.9	0.1	0.3	9.4	13.8	174.0	0.7	0.2	188.5	7.0	0.0	0.1	0.0	0.0	0.4	0.1	0.0	14.5	2.4	131.9
Canned beans																													
Kidney beans	293.5	20.1	52.8	1.2	0.2	0.2	0.4	0.0	17.2	65.2	0.6	6.8	104.8	328.5	934.1	366.4	2.5	0.0	2.8	0.0	0.1	0.4	0.1	1.3	0.3	0.0	300.5	0.7	542.8
Refried beans	320.0	19.7	57.6	1.1	0.2	0.2	0.2	0.0	14.2	100.2	0.6	4.0	130.8	339.5	962.9	338.7	1.9	0.0	4.2	0.0	0.2	0.4	0.1	0.8	0.3	0.0	242.1	1.9	601.1
Vegetarian beans	261.6	13.2	58.8	1.0	0.2	0.2	0.0	0.0	11.4	94.6	0.4	3.3	75.1	205.9	623.4	306.7	6.3	13.9	0.0	0.0	0.4	0.3	0.1	1.1	0.2	0.0	30.6	22.2	954.6
Dry beans																													
Great Northern beans	933.4	65.4	168.7	2.4	0.6	0.6	0.5	0.0	42.6	608.8	1.9	24.9	426.1	757.6	3774.3	0.0	9.3	0.0	0.0	0.0	6.3	0.8	0.3	0.9	0.6	0.0	547.9	2.3	1603.1
Lima beans	745.1	50.7	135.7	2.5	0.6	0.8	0.3	0.0	45.8	111.1	1.5	15.6	281.0	719.0	3300.7	152.3	6.1	0.0	0.0	0.0	1.2	1.0	0.4	2.7	1.0	0.0	542.5	18.8	1522.9
Pinto beans	751.6	46.3	135.2	2.7	0.5	0.4	0.5	0.0	33.3	235.3	1.4	9.3	307.2	797.4	2261.5	0.0	4.5	0.0	9.8	0.0	0.5	1.0	0.3	1.8	0.7	0.0	568.6	4.6	1411.8
Spaghetti sauce																													
Spaghetti sauce	351.5	7.2	55.6	10.9	2.8	4.7	0.1	8.1	10.5	88.9	0.8	2.9	84.8	145.4	1276.6	463.8	2.2	153.5	8.1	0.0	9.7	0.1	0.2	15.8	0.7	0.0	52.5	35.7	121.2
Canned soup																													
Tomato soup	157.0	4.2	34.9	1.5	0.4	0.4	0.1	0.0	3.0	40.5	0.4	2.9	40.5	76.0	597.6	959.6	0.7	50.6	33.4	0.0	0.9	0.1	0.2	2.7	0.2	0.0	0.0	21.1	1443.3
Vegetable soup	164.0	5.9	26.2	3.8	0.9	1.4	0.2	4.8	3.4	43.4	0.3	1.9	14.5	77.2	385.9	933.3	1.6	207.4	4.3	0.0	0.3	0.1	0.1	1.9	0.1	0.0	19.3	4.0	1630.2
Canned fruit																													
Applesauce	149.0	0.6	40.0	0.4	0.0	0.0	0.0	0.0	3.9	14.2	0.1	0.8	10.6	17.7	262.5	7.1	0.1	3.5	3.5	0.0	0.6	0.1	0.1	0.3	0.1	0.0	10.6	33.3	7.1
Apricots	196.9	2.1	51.1	0.2	0.0	0.0	0.0	0.0	5.7	40.8	0.2	1.2	31.9	58.5	537.4	0.0	0.4	267.8	13.5	0.0	2.1	0.1	0.1	1.1	0.2	0.0	7.1	45.5	14.2
Cranberry sauce	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mixed fruit	202.2	1.4	53.0	0.2	0.0	0.1	0.0	0.0	3.5	21.3	0.2	1.0	17.7	39.0	315.7	14.2	0.3	35.5	6.7	0.0	1.8	0.1	0.1	1.3	0.2	0.0	10.6	49.4	21.3
Peaches	191.5	1.6	51.6	0.1	0.0	0.1	0.0	0.0	4.6	10.6	0.2	1.3	17.7	39.0	344.1	17.7	0.3	63.8	8.5	0.0	1.7	0.0	0.1	2.1	0.1	0.0	10.6	47.0	17.7
Pears	202.2	0.7	53.8	0.1	0.0	0.0	0.0	0.0	5.7	17.7	0.2	1.0	14.2	24.8	234.1	14.2	0.3	0.0	2.5	0.0	0.3	0.0	0.1	0.5	0.0	0.0	3.5	42.9	17.7
Fresh fruit																													
Apples	179.8	0.9	47.8	0.6	0.1	0.1	0.0	0.0	8.3	20.7	0.1	0.4	17.3	38.0	370.0	0.0	0.1	10.4	15.9	0.0	0.6	0.1	0.1	0.3	0.1	0.0	10.4	35.9	3.5
Grapefruit	70.2	1.4	17.7	0.2	0.0	0.0	0.0	0.0	2.4	26.3	0.1	0.2	17.6	17.6	305.0	0.0	0.2	100.9	75.5	0.0	0.3	0.1	0.0	0.5	0.1	0.0	21.9	15.3	0.0
Mixed fruit	155.8	1.6	40.7	0.5	0.1	0.1	0.0	0.0	5.6	23.5	0.2	0.5	26.5	38.2	476.3	0.0	0.2	47.0	44.1	0.0	0.5	0.1	0.1	0.7	0.3	0.0	20.6	30.0	2.9
Oranges	131.7	2.6	32.9	0.3	0.0	0.1	0.0	0.0	6.7	112.1	0.1	0.3	28.0	39.2	507.3	0.0	0.2	30.8	149.1	0.0	0.5	0.2	0.1	0.8	0.2	0.0	84.1	26.2	0.0
Peaches	31.3	0.7	7.7	0.2	0.0	0.1	0.0	0.0	1.2	4.8	0.1	0.2	7.2	16.1	152.5	0.0	0.1	12.8	5.3	0.0	0.6	0.0	0.0	0.6	0.0	0.0	3.2	6.7	0.0
Pears	172.9	1.1	46.1	0.4	0.0	0.1	0.0	0.0	9.2	26.8	0.2	0.5	20.9	32.8	354.6	0.0	0.3	3.0	12.5	0.0	0.4	0.0	0.1	0.5	0.1	0.0	20.9	29.2	3.0
Dried fruit																													
Dried plums	517.1	4.7	137.6	0.8	0.2	0.1	0.0	0.0	15.3	92.6	0.6	2.0	88.3	148.7	1577.2	0.0	0.9	84.0	1.3	0.0	0.9	0.1	0.4	4.1	0.4	0.0	8.6	82.2	4.3
Raisins	604.0	6.2	159.9	0.9	0.1	0.1	0.0	0.0	7.5	101.0	0.6	3.8	64.6	204.0	1512.9	22.2	0.4	0.0	4.6	0.0	0.2	0.2	0.3	1.5	0.4	0.0	10.1	119.6	22.2
Canned juice																													
Apple juice	373.9	0.8	91.8	1.1	0.2	0.3	0.1	0.0	1.6	65.0	0.1	1.0	40.6	56.9	820.9	32.5	0.2	0.0	314.6	0.0	0.1	0.2	0.1	0.6	0.1	0.0	0.0	78.2	32.5
Grape juice	497.1	3.1	122.4	1.1	0.2	0.1	0.0	0.0	1.7	91.1	0.1	2.1	82.9	116.0	861.7	33.1	0.6	0.0	199.2	0.0	0.0	0.1	0.1	1.1	0.3	0.0	0.0	117.7	41.4
Grapefruit juice	307.9	4.2	72.6	0.8	0.1	0.1	0.0	0.0	0.8	56.7	0.3	1.6	81.0	89.1	1239.6	0.0	0.7	0.0	236.0	0.0	0.3	0.3	0.2	1.9	0.2	0.0	81.0	71.8	8.1
Orange juice	399.6	5.5	94.1	1.0	0.1	0.2	0.1	0.0	2.4	89.7	0.3	1.1	89.7	138.6	1451.5	8.2	0.6	16.3	236.0	0.0	1.6	0.4	0.3	2.3	0.6	0.0	154.9	67.8	16.3
Tomato juice	135.5	6.1	33.8	0.4	0.1	0.2	0.0	0.0	3.2	79.7	0.5	3.4	87.7	143.5	1825.3	2156.1	1.2	183.3	39.3	0.0	2.6	0.4	0.2	5.4	0.9	0.0	159.4	28.4	2144.2
Meat, poultry, fish																													
Canned beef	125.8	10.5	0.0	9.0	4.4	0.3	0.1	39.4	0.0	5.1	0.0	1.1	8.2	71.6	116.1	140.7	2.5	0.0	0.0	0.1	1.0	0.0	0.1	2.2	0.1	0.8	1.0	0.0	95.7
Canned beef stew	90.3	5.2	8.3	4.0	1.4	0.3	0.0	13.0	1.2	14.0	0.1	1.8	12.0	57.2	205.6	411.2	1.2	41.1	3.4	0.0	0.3	0.1	0.1	1.3	0.1	0.4	14.0	1.6	305.9
Canned chicken	162.3	22.2	0.8	7.1	2.0	1.4	0.1	43.9	0.0	12.3	0.0	1.1	16.7	134.3	134.3	237.8	2.2	46.5	0.0	0.1	0.3	0.0	0.1	2.1	0.2	0.9	1.8	0.0	118.5
Canned tuna	105.4	23.2	0.0	0.7	0.2	0.0	0.0	27.3	0.0	10.0	0.0	1.4	24.5	148.1	215.4	310.8	0.7	15.5	0.0	4.1	0.3	0.0	0.1	12.1	0.3	2.7	3.6	0.0	307.2
Frozen beef - ground	1079.1	102.5	0.0	70.9	26.9	1.6	0.2	361.0	0.0	96.3	0.3	9.9	80.2	770.2	1211.5	260.8	24.9	0.0	0.0	0.8	1.9	0.2	0.7	20.3	1.5	10.9	40.1	0.0	1592.6
Frozen beef - roast	831.8	98.3	0.0	46.4	18.0	1.2	0.4	284.3	0.0	52.6	0.3	7.1	73.7	705.4	1052.9	122.8	17.4	0.0	0.0	0.7	1.6	0.2	0.5	22.5	1.7	5.7	31.6	0.0	1305.6
Frozen chicken - pieces	724.4	110.5	0.0	28.3	7.8	5.2	0.3	339.1	0.0	57.8	0.3	4.6	96.3	743.6	928.6	273.6	8.0	61.6	0.0	0.4	1.0	0.3	0.7	35.1	1.8	1.3	23.1	0.0	1572.0
Frozen ham	331.8	51.7	2.4	11.8	4.0	1.2	0.1	126.5	0.0	16.7	0.3	2.1	47.7	589.7	747.2	2750.1	5.3	14.3	0.0	1.9	0.6	1.3	0.5	12.4	1.0	1.3	7.2	2.5	3070.0
Frozen turkey - ham	561.7	78.0	9.1	21.6	6.8	3.0	0.1	321.0	0.9	35.7	1.1	10.4	98.1	1310.6	1279.4	4034.3	11.5	31.2	39.7	0.4	2.9	0.1	0.7	9.4	0.9	1.0	31.2	6.4	4966.0
Nuts																													
Peanut butter	1425.3	60.8	47.4	122.1	25.5	34.1	0.2	0.0	14.5	104.2	1.1	4.5	373.3	867.8	1573.1	1151.4	7.1	0.0	0.0	0.0	21.8	0.2	0.3	32.5	1.3	0.0	179.4	22.3	1112.6

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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Peanuts	1251.8	56.8	40.8	106.2	14.7	33.6	0.0	0.0	14.9	189.6	2.8	3.9	398.6	1113.9	1469.4	0.0	14.3	0.0	0.0	0.0	14.9	0.5	0.2	30.8	0.5	0.0	271.5	9.0	12.9
Cheese																													
Processed American	1809.9	96.7	40.2	141.1	85.3	3.9	1.4	441.7	0.0	2903.3	0.3	2.3	161.6	2768.7	1486.7	3463.5	15.4	1298.1	0.0	3.8	1.8	0.3	2.5	0.8	0.4	6.0	48.5	35.3	7061.7
Reduced fat processed American	1292.8	94.8	57.1	75.9	47.7	1.5	0.8	285.5	0.0	2849.5	0.2	1.1	177.8	4465.4	1777.5	8656.1	12.7	1362.8	0.0	7.0	1.5	0.4	2.6	1.0	0.4	6.0	97.0	43.2	8548.4
Milk																													
1% UHT	789.1	63.3	93.7	18.2	11.9	0.6	0.1	93.9	0.0	2348.4	0.2	0.6	206.7	1784.8	2818.1	845.4	7.9	1089.7	0.0	22.5	0.2	0.4	3.5	1.7	0.7	8.8	93.9	97.7	826.6
Dry milk	617.1	60.5	90.0	1.2	0.8	0.0	0.0	31.0	0.0	2121.9	0.1	0.5	201.7	1697.8	2938.9	91.4	7.6	1222.1	9.7	19.0	0.0	0.7	3.0	1.5	0.6	6.9	86.2	90.0	946.3
Evaporated	1924.8	97.8	144.2	108.6	65.9	2.4	1.1	416.6	0.0	3749.0	0.2	2.7	344.7	2915.9	4352.3	330.4	11.1	933.7	27.3	28.7	2.0	0.7	4.5	2.8	0.7	2.3	114.9	144.2	1522.6
Eggs																													
Egg mix	1793.7	115.1	77.5	111.5	33.3	22.1	0.5	3151.1	0.0	552.7	0.5	10.4	35.6	1457.6	1205.5	1900.4	8.9	378.1	0.0	23.9	6.6	0.5	3.5	0.7	0.6	7.5	334.5	8.0	1861.6
Butter, oils																													
Vegetable oil	5482.2	0.0	0.0	620.2	81.1	233.0	35.4	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	76.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

3. Nutrient Content of 2009 FDPIR USDA Foods per Person, per Month, Entitlement USDA Foods 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, RTE																													
Bran flakes	202.6	6.0	50.7	1.4	0.3	0.6	0.0	0.0	11.1	34.8	0.4	22.6	131.7	317.2	386.2	459.0	10.6	479.9	32.8	2.1	7.7	1.4	1.6	18.8	1.9	5.7	631.8	11.7	460.9
Corn & rice squares	169.4	2.8	39.1	0.6	0.1	0.2	0.0	0.0	0.5	5.8	0.1	14.9	10.8	44.0	51.7	356.3	3.5	406.6	13.7	1.6	0.1	2.0	1.9	13.1	1.5	3.2	521.2	5.2	343.2
Corn flakes	331.7	6.1	79.9	0.4	0.1	0.2	0.0	0.0	2.8	55.1	0.1	24.5	10.1	43.2	82.7	886.1	1.0	499.9	17.1	3.3	0.9	1.8	2.2	21.3	2.8	7.8	697.5	8.6	724.1
Corn squares	100.7	1.8	23.3	0.5	0.1	0.2	0.0	0.0	1.1	91.3	0.0	8.2	13.7	19.7	41.1	291.9	3.4	124.8	5.5	0.9	0.1	0.3	0.4	4.6	0.5	1.4	307.2	2.7	255.9
Oat circles	232.1	6.9	43.3	3.5	0.6	1.0	0.0	0.0	6.2	208.2	0.2	17.5	71.7	304.9	179.1	395.7	8.4	299.2	8.7	1.9	0.3	1.0	1.1	14.0	1.3	3.1	653.2	2.7	497.3
Rice crisp	275.3	5.1	65.2	1.0	0.3	0.2	0.0	0.0	0.5	3.8	0.1	24.8	17.4	74.1	83.2	648.2	1.0	532.4	48.8	2.3	0.0	1.6	2.1	21.9	1.5	4.1	776.7	5.8	577.0
Cereal, dry																													
Farina	400.3	12.8	80.8	1.5	0.3	0.7	0.0	0.0	4.5	818.8	0.3	35.0	63.7	263.8	163.8	0.0	1.5	0.0	0.0	0.0	0.4	0.9	0.6	13.6	0.5	0.0	136.5	0.6	1346.5
Oats	1685.4	58.9	302.6	29.0	5.0	9.8	0.4	0.0	44.2	303.9	1.9	18.0	635.5	1740.7	1547.3	0.0	16.6	0.0	0.0	0.0	1.9	1.7	0.6	4.5	0.4	0.0	110.5	4.4	3343.3
Rice																													
White rice	1335.0	27.5	288.7	2.9	0.8	0.6	0.1	0.0	4.1	103.5	0.7	12.3	124.2	445.0	362.2	0.0	5.1	0.0	0.0	0.0	0.4	1.7	0.1	15.1	1.0	0.0	993.5	0.5	3777.4
Macaroni and cheese																													
Macaroni and cheese (dry mix)	1208.3	33.2	147.3	54.6	11.8	14.5	1.2	20.6	6.9	322.7	1.8	6.7	137.3	700.3	920.0	2306.8	3.2	542.4	1.4	1.4	5.5	2.2	1.4	8.1	0.3	1.9	700.3	23.1	2162.6
Spaghetti, macaroni																													
Macaroni	1956.2	71.8	382.3	11.5	2.2	3.7	0.3	0.0	22.4	87.2	1.2	15.8	224.3	722.7	548.2	0.0	6.4	0.0	0.0	0.0	0.7	3.4	1.7	20.9	0.6	0.0	1470.2	7.0	2890.6
Spaghetti	1977.1	72.5	386.3	11.6	2.2	3.7	0.3	0.0	22.7	88.2	1.3	16.0	226.7	730.4	554.1	0.0	6.4	0.0	0.0	0.0	0.8	3.4	1.7	21.1	0.6	0.0	1486.0	7.1	2921.6
Whole grain rotini	190.4	8.2	40.8	0.8	0.2	0.3	0.0	0.0	4.3	23.2	0.3	1.6	46.4	136.2	68.1	0.0	1.3	0.0	0.0	0.0	0.5	0.2	0.1	1.1	0.1	0.0	7.7	1.2	362.2
Egg noodles																													
Egg noodles	1336.5	44.0	244.0	20.1	4.1	5.1	0.3	282.9	11.7	117.1	1.0	14.2	204.9	741.4	370.7	61.0	6.3	58.5	0.0	1.0	1.7	2.8	1.3	20.1	0.4	0.9	1336.5	3.9	2302.3
Dehydrated potatoes																													
Dehydrated potatoes	972.5	22.9	223.0	1.1	0.5	0.3	0.1	0.0	18.1	74.2	0.4	3.3	181.3	428.6	3016.3	274.7	1.9	2.7	222.5	0.0	0.1	2.7	0.3	17.2	2.1	0.0	126.4	9.2	285.7
Cornmeal																													
Cornmeal	1828.7	35.1	392.7	8.6	0.8	3.1	0.1	0.0	19.3	14.8	0.4	21.5	158.2	489.3	701.8	34.1	3.3	46.2	0.0	0.0	0.6	2.0	1.7	22.1	0.8	0.0	1076.2	8.0	34.6
Flour																													
White flour	8893.5	252.4	1864.5	23.9	3.8	9.6	0.5	0.0	66.0	366.5	3.5	113.4	537.5	2638.7	2614.3	39.1	17.1	0.0	0.0	0.0	1.5	14.4	10.9	129.8	1.0	0.0	4621.4	6.6	48.9
Whole wheat flour	564.8	22.8	120.9	3.1	0.5	1.2	0.1	0.0	20.3	56.6	0.6	6.5	229.9	576.4	674.7	8.3	4.9	0.0	0.0	0.0	1.4	0.6	0.3	9.5	0.5	0.0	47.6	0.7	8.3
Bakery mix																													
Bakery mix	1962.1	46.6	357.3	38.5	8.2	5.4	0.2	0.0	24.4	961.0	0.7	21.6	133.6	3320.3	712.1	7237.3	3.4	0.0	0.0	0.0	0.3	2.5	2.7	27.9	0.4	0.0	993.7	1.4	7228.7
Crackers																													
Crackers	993.6	16.7	142.4	39.1	8.3	17.3	1.5	0.0	5.2	224.1	0.3	9.3	44.7	411.6	804.6	1746.2	1.5	0.0	0.0	0.0	5.3	1.1	0.6	9.9	0.1	0.1	427.6	11.0	1624.9
Canned vegetables																													
Carrots	16.6	0.4	3.7	0.1	0.0	0.1	0.0	0.0	1.0	16.6	0.1	0.4	5.3	15.9	118.8	127.2	0.2	370.2	1.8	0.0	0.5	0.0	0.0	0.4	0.1	0.0	6.0	1.6	27.9
Corn	323.0	9.6	77.2	3.1	0.6	1.4	0.1	0.0	6.8	17.7	0.2	2.5	65.5	204.3	560.1	614.9	1.8	11.4	8.7	0.0	0.3	0.1	0.2	2.5	0.3	0.0	173.7	12.9	1219.5

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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Green beans	46.9	2.7	10.6	0.2	0.1	0.0	0.1	0.0	4.5	61.0	0.1	2.1	30.5	44.6	255.6	420.9	0.7	42.2	11.3	0.0	0.1	0.0	0.1	0.5	0.1	0.0	75.0	1.8	4.7
Mixed vegetables	37.4	1.4	7.4	0.2	0.0	0.1	0.0	0.0	3.1	21.2	0.1	0.7	15.2	37.4	139.6	148.0	0.5	589.7	3.8	0.0	0.3	0.0	0.0	0.5	0.1	0.0	18.2	2.4	26.3
Peas	82.4	5.3	15.0	0.4	0.1	0.2	0.0	0.0	4.9	23.9	0.1	1.1	20.3	80.0	206.6	196.7	0.8	32.2	11.5	0.0	0.0	0.1	0.1	0.9	0.1	0.0	52.6	5.0	2.4
Potatoes	49.8	1.1	10.9	0.2	0.0	0.1	0.0	0.0	1.9	4.0	0.0	1.0	11.2	22.5	183.8	124.9	0.2	0.0	3.9	0.0	0.0	0.1	0.0	0.7	0.2	0.0	4.8	0.5	4.0
Pumpkin	12.9	0.4	3.1	0.1	0.1	0.0	0.0	0.0	1.1	9.9	0.0	0.5	8.7	13.3	77.9	1.6	0.1	294.5	1.5	0.0	0.4	0.0	0.0	0.1	0.0	0.0	4.2	1.3	59.3
Spinach	19.5	2.4	2.9	0.4	0.1	0.0	0.2	0.0	2.0	107.9	0.2	2.0	64.5	37.4	293.8	93.6	0.4	416.1	11.6	0.0	1.6	0.0	0.1	0.3	0.1	0.0	79.0	0.3	273.5
Sweet potato	34.3	0.4	8.1	0.1	0.0	0.0	0.0	0.0	1.0	5.8	0.0	0.3	5.0	10.4	71.3	15.7	0.1	145.3	4.0	0.0	0.4	0.0	0.0	0.2	0.0	0.0	2.7	5.9	17.0
Tomato sauce	120.1	3.7	24.9	0.6	0.1	0.2	0.0	0.0	4.3	40.0	0.6	2.2	54.3	91.5	1060.6	333.6	0.7	77.2	37.4	0.0	5.0	0.2	0.2	3.3	0.5	0.0	25.7	14.9	31.4
Tomatoes	39.4	1.8	9.3	0.3	0.0	0.1	0.0	0.0	2.3	71.8	0.2	2.2	25.5	44.0	435.4	270.3	0.3	13.9	21.5	0.0	1.6	0.1	0.1	1.6	0.3	0.0	18.5	5.5	23.2
Fresh vegetables																													
Cabbage - Green	4.7	0.2	1.1	0.0	0.0	0.0	0.0	0.0	0.4	8.6	0.0	0.1	2.6	5.8	35.7	4.4	0.0	0.9	7.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.1	0.6	25.2
Carrots	36.2	0.8	8.5	0.2	0.0	0.1	0.0	0.0	2.8	30.0	0.0	0.3	10.5	31.0	263.9	63.1	0.2	801.2	4.5	0.0	0.8	0.1	0.0	0.8	0.1	0.0	15.7	3.9	173.9
Celery	5.4	0.2	1.1	0.1	0.0	0.0	0.0	0.0	0.5	13.0	0.0	0.1	3.7	7.8	86.4	27.0	0.0	7.6	1.5	0.0	0.1	0.0	0.0	0.1	0.0	0.0	9.2	0.7	59.8
Corn	20.9	0.7	4.6	0.3	0.0	0.1	0.0	0.0	0.5	0.7	0.0	0.1	5.7	17.0	47.8	2.4	0.1	2.9	1.2	0.0	0.0	0.0	0.0	0.4	0.0	0.0	5.1	1.0	50.0
Cucumber	1.2	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	1.4	0.0	0.0	1.2	2.1	13.8	0.0	0.0	0.4	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	0.1	0.2
Mixed vegetables	2.9	0.1	0.6	0.0	0.0	0.0	0.0	0.0	0.2	2.3	0.0	0.1	1.6	3.9	31.9	2.6	0.0	16.2	2.6	0.0	0.1	0.0	0.0	0.1	0.0	0.0	2.5	0.4	13.5
Onions - Mature	75.2	2.2	17.4	0.3	0.1	0.1	0.0	0.0	2.8	40.3	0.1	0.4	18.8	57.3	278.3	3.6	0.3	0.0	11.3	0.0	0.0	0.1	0.0	0.3	0.2	0.0	30.4	8.0	163.8
Peppers - Green	5.8	0.2	1.4	0.0	0.0	0.0	0.0	0.0	0.3	2.3	0.0	0.1	2.4	4.6	40.9	0.2	0.0	4.9	18.6	0.0	0.1	0.0	0.0	0.1	0.1	0.0	3.1	0.7	28.4
Potatoes	772.9	20.8	176.4	1.1	0.3	0.4	0.1	0.0	18.5	126.0	1.0	9.1	235.2	588.1	4461.0	110.8	3.0	8.4	79.8	0.0	0.3	0.5	0.4	11.8	2.6	0.0	235.2	9.8	2327.1
Strawberries	1.3	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.1	1.8	0.0	0.0	1.6	2.6	12.5	0.1	0.0	0.7	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.2	18.6
Sweet potato	5.1	0.1	1.2	0.0	0.0	0.0	0.0	0.0	0.2	2.2	0.0	0.0	1.5	3.1	26.7	2.0	0.0	54.1	1.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.4	20.4
Tomatoes	7.9	0.4	1.7	0.1	0.0	0.0	0.0	0.0	0.4	4.6	0.0	0.2	4.4	11.4	99.9	2.4	0.1	14.5	7.8	0.0	0.2	0.0	0.0	0.2	0.0	0.0	6.2	1.1	37.4
Turnips	0.8	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	1.2	0.0	0.0	0.3	1.0	6.5	0.5	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	9.3
Winter squash	0.9	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.5	0.0	0.0	0.3	0.5	5.7	0.0	0.0	6.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	4.3
Canned beans																													
Kidney beans	207.4	14.2	37.3	0.8	0.1	0.2	0.3	0.0	12.2	46.1	0.4	4.8	74.1	232.1	659.9	258.9	1.7	0.0	2.0	0.0	0.0	0.3	0.1	0.9	0.2	0.0	212.3	0.5	383.5
Refried beans	262.9	16.2	47.3	0.9	0.2	0.1	0.2	0.0	11.7	82.3	0.5	3.3	107.4	278.9	790.9	278.2	1.6	0.0	3.4	0.0	0.2	0.3	0.1	0.6	0.3	0.0	198.9	1.6	493.7
Vegetarian beans	234.1	11.8	52.6	0.9	0.2	0.1	0.0	0.0	10.2	84.7	0.4	3.0	67.2	184.3	557.8	274.4	5.7	12.5	0.0	0.0	0.4	0.2	0.1	1.0	0.2	0.0	27.4	19.8	854.1
Dry beans																													
Great Northern beans	403.0	28.2	72.8	1.0	0.3	0.2	0.2	0.0	18.4	262.8	0.8	10.7	184.0	327.0	1629.4	0.0	4.0	0.0	0.0	0.0	2.7	0.3	0.1	0.4	0.3	0.0	236.5	1.0	692.1
Kidney beans	25.6	1.8	4.6	0.1	0.0	0.0	0.0	0.0	1.5	5.7	0.0	0.6	9.1	28.6	81.4	0.0	0.2	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	26.2	0.1	47.3
Lima beans	230.6	15.7	42.0	0.8	0.2	0.2	0.1	0.0	14.2	34.4	0.5	4.8	87.0	222.5	1021.5	47.1	1.9	0.0	0.0	0.0	0.4	0.3	0.1	0.8	0.3	0.0	167.9	5.8	471.3
Pinto beans	1223.9	75.5	220.2	4.4	0.8	0.6	0.8	0.0	54.3	383.1	2.3	15.2	500.2	1298.4	3682.5	0.0	7.3	0.0	16.0	0.0	0.7	1.6	0.6	2.9	1.2	0.0	925.9	7.5	2298.9
Red beans	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Spaghetti sauce																													
Spaghetti sauce	308.7	6.3	48.8	9.5	2.5	4.1	0.1	7.1	9.2	78.1	0.7	2.6	74.5	127.8	1121.4	407.4	1.9	134.9	7.1	0.0	8.5	0.1	0.2	13.9	0.6	0.0	46.1	31.4	106.5
Canned soup																													
Tomato soup	120.8	3.2	26.9	1.1	0.3	0.3	0.1	0.0	2.3	31.2	0.3	2.2	31.2	58.4	459.8	738.4	0.5	39.0	25.7	0.0	0.7	0.1	0.1	2.1	0.2	0.0	0.0	16.2	1110.5
Vegetable soup	126.2	4.6	20.2	2.9	0.7	1.0	0.2	3.7	2.6	33.4	0.3	1.5	11.1	59.4	297.0	718.3	1.3	159.6	3.3	0.0	0.2	0.1	0.1	1.5	0.1	0.0	14.8	3.1	1254.7
Canned fruit																													
Applesauce	88.7	0.4	23.8	0.2	0.0	0.0	0.0	0.0	2.3	8.5	0.1	0.5	6.3	10.6	156.4	4.2	0.1	2.1	2.1	0.0	0.3	0.1	0.1	0.2	0.1	0.0	6.3	19.8	4.2
Apricots	92.6	1.0	24.0	0.1	0.0	0.0	0.0	0.0	2.7	19.2	0.1	0.6	15.0	27.5	252.7	0.0	0.2	125.9	6.3	0.0	1.0	0.0	0.0	0.5	0.1	0.0	3.3	21.4	6.7
Mixed fruit	215.7	1.5	56.5	0.3	0.0	0.1	0.0	0.0	3.8	22.7	0.3	1.1	18.9	41.6	336.8	15.1	0.3	37.8	7.2	0.0	1.9	0.1	0.1	1.4	0.2	0.0	11.4	52.7	22.7
Peaches	302.2	2.5	81.4	0.2	0.0	0.1	0.0	0.0	7.3	16.8	0.3	2.0	28.0	61.6	542.8	28.0	0.5	100.7	13.4	0.0	2.7	0.1	0.1	3.3	0.1	0.0	16.8	74.1	28.0
Pears	191.4	0.6	50.9	0.1	0.0	0.0	0.0	0.0	5.4	16.8	0.2	0.9	13.4	23.5	221.6	13.4	0.3	0.0	2.4	0.0	0.3	0.0	0.1	0.5	0.0	0.0	3.4	40.6	16.8
Pineapple	0.8	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.3	0.1	1.7	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0
Fresh fruit																													
Apples	141.8	0.7	37.7	0.5	0.1	0.1	0.0	0.0	6.5	16.4	0.1	0.3	13.6	30.0	291.8	0.0	0.1	8.2	12.5	0.0	0.5	0.0	0.1	0.2	0.1	0.0	8.2	28.3	2.7
Grapefruit	21.0	0.4	5.3	0.1	0.0	0.0	0.0	0.0	0.7	7.9	0.0	0.1	5.2	5.2	91.1	0.0	0.0	30.2	22.6	0.0	0.1	0.0	0.0	0.2	0.0	0.0	6.6	4.6	0.0
Mixed fruit	200.1	2.1	52.3	0.6	0.1	0.1	0.0	0.0	7.2	30.2	0.2	0.6	34.0	49.1	611.6	0.0	0.3	60.4	56.6	0.0	0.6	0.1	0.1	0.9	0.4	0.0	26.4	38.6	3.8
Oranges	127.6	2.6	31.9	0.3	0.0	0.0	0.0	0.0	6.5	108.6	0.1	0.3	27.2	38.0	491.5	0.0	0.2	29.9	144.5	0.0	0.5	0.2	0.1	0.8	0.2	0.0	81.5	25.4	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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Peaches	5.7	0.1	1.4	0.0	0.0	0.0	0.0	0.0	0.2	0.9	0.0	0.0	1.3	2.9	27.6	0.0	0.0	2.3	1.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.6	1.2	0.0
Pears	35.7	0.2	9.5	0.1	0.0	0.0	0.0	0.0	1.9	5.5	0.1	0.1	4.3	6.8	73.2	0.0	0.1	0.6	2.6	0.0	0.1	0.0	0.0	0.1	0.0	0.0	4.3	6.0	0.6
Dried fruit																													
Dried plums	182.9	1.7	48.7	0.3	0.1	0.0	0.0	0.0	5.4	32.8	0.2	0.7	31.2	52.6	557.9	0.0	0.3	29.7	0.5	0.0	0.3	0.0	0.1	1.4	0.2	0.0	3.0	29.1	1.5
Raisins	651.5	6.7	172.5	1.0	0.1	0.1	0.0	0.0	8.1	108.9	0.7	4.1	69.7	220.1	1632.0	24.0	0.5	0.0	5.0	0.0	0.3	0.2	0.3	1.7	0.4	0.0	10.9	129.0	24.0
Canned juice																													
Apple juice	411.5	0.9	101.1	1.2	0.2	0.3	0.1	0.0	1.8	71.6	0.1	1.1	44.7	62.6	903.5	35.8	0.2	0.0	346.3	0.0	0.1	0.2	0.2	0.7	0.2	0.0	0.0	86.1	35.8

4. Nutrient Content of 2009 FDPIR USDA Foods per Person, per Month, Entitlement + Bonus USDA Foods 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, RTE																													
Bran flakes	202.6	6.0	50.7	1.4	0.3	0.6	0.0	0.0	11.1	34.8	0.4	22.6	131.7	317.2	386.2	459.0	10.6	479.9	32.8	2.1	7.7	1.4	1.6	18.8	1.9	5.7	631.8	11.7	460.9
Corn & rice squares	169.4	2.8	39.1	0.6	0.1	0.2	0.0	0.0	0.5	5.8	0.1	14.9	10.8	44.0	51.7	356.3	3.5	406.6	13.7	1.6	0.1	2.0	1.9	13.1	1.5	3.2	521.2	5.2	343.2
Corn flakes	331.7	6.1	79.9	0.4	0.1	0.2	0.0	0.0	2.8	55.1	0.1	24.5	10.1	43.2	82.7	886.1	1.0	499.9	17.1	3.3	0.9	1.8	2.2	21.3	2.8	7.8	697.5	8.6	724.1
Corn squares	100.7	1.8	23.3	0.5	0.1	0.2	0.0	0.0	1.1	91.3	0.0	8.2	13.7	19.7	41.1	291.9	3.4	124.8	5.5	0.9	0.1	0.3	0.4	4.6	0.5	1.4	307.2	2.7	255.9
Oat circles	232.1	6.9	43.3	3.5	0.6	1.0	0.0	0.0	6.2	208.2	0.2	17.5	71.7	304.9	179.1	395.7	8.4	299.2	8.7	1.9	0.3	1.0	1.1	14.0	1.3	3.1	653.2	2.7	497.3
Rice crisp	275.3	5.1	65.2	1.0	0.3	0.2	0.0	0.0	0.5	3.8	0.1	24.8	17.4	74.1	83.2	648.2	1.0	532.4	48.8	2.3	0.0	1.6	2.1	21.9	1.5	4.1	776.7	5.8	577.0
Cereal, dry																													
Farina	400.3	12.8	80.8	1.5	0.3	0.7	0.0	0.0	4.5	818.8	0.3	35.0	63.7	263.8	163.8	0.0	1.5	0.0	0.0	0.0	0.4	0.9	0.6	13.6	0.5	0.0	136.5	0.6	1346.5
Oats	1685.4	58.9	302.6	29.0	5.0	9.8	0.4	0.0	44.2	303.9	1.9	18.0	635.5	1740.7	1547.3	0.0	16.6	0.0	0.0	0.0	1.9	1.7	0.6	4.5	0.4	0.0	110.5	4.4	3343.3
Rice																													
White rice	1335.0	27.5	288.7	2.9	0.8	0.6	0.1	0.0	4.1	103.5	0.7	12.3	124.2	445.0	362.2	0.0	5.1	0.0	0.0	0.0	0.4	1.7	0.1	15.1	1.0	0.0	993.5	0.5	3777.4
Macaroni and cheese																													
Macaroni and cheese (dry mix)	1208.3	33.2	147.3	54.6	11.8	14.5	1.2	20.6	6.9	322.7	1.8	6.7	137.3	700.3	920.0	2306.8	3.2	542.4	1.4	1.4	5.5	2.2	1.4	8.1	0.3	1.9	700.3	23.1	2162.6
Spaghetti, macaroni																													
Macaroni	1956.2	71.8	382.3	11.5	2.2	3.7	0.3	0.0	22.4	87.2	1.2	15.8	224.3	722.7	548.2	0.0	6.4	0.0	0.0	0.0	0.7	3.4	1.7	20.9	0.6	0.0	1470.2	7.0	2890.6
Spaghetti	1977.1	72.5	386.3	11.6	2.2	3.7	0.3	0.0	22.7	88.2	1.3	16.0	226.7	730.4	554.1	0.0	6.4	0.0	0.0	0.0	0.8	3.4	1.7	21.1	0.6	0.0	1486.0	7.1	2921.6
Whole grain rotini	190.4	8.2	40.8	0.8	0.2	0.3	0.0	0.0	4.3	23.2	0.3	1.6	46.4	136.2	68.1	0.0	1.3	0.0	0.0	0.0	0.5	0.2	0.1	1.1	0.1	0.0	7.7	1.2	362.2
Egg noodles																													
Egg noodles	1336.5	44.0	244.0	20.1	4.1	5.1	0.3	282.9	11.7	117.1	1.0	14.2	204.9	741.4	370.7	61.0	6.3	58.5	0.0	1.0	1.7	2.8	1.3	20.1	0.4	0.9	1336.5	3.9	2302.3
Dehydrated potatoes																													
Dehydrated potatoes	972.5	22.9	223.0	1.1	0.5	0.3	0.1	0.0	18.1	74.2	0.4	3.3	181.3	428.6	3016.3	274.7	1.9	2.7	222.5	0.0	0.1	2.7	0.3	17.2	2.1	0.0	126.4	9.2	285.7
Cornmeal																													
Cornmeal	1828.7	35.1	392.7	8.6	0.8	3.1	0.1	0.0	19.3	14.8	0.4	21.5	158.2	489.3	701.8	34.1	3.3	46.2	0.0	0.0	0.6	2.0	1.7	22.1	0.8	0.0	1076.2	8.0	34.6
Flour																													
White flour	8893.5	252.4	1864.5	23.9	3.8	9.6	0.5	0.0	66.0	366.5	3.5	113.4	537.5	2638.7	2614.3	39.1	17.1	0.0	0.0	0.0	1.5	14.4	10.9	129.8	1.0	0.0	4621.4	6.6	48.9
Whole wheat flour	564.8	22.8	120.9	3.1	0.5	1.2	0.1	0.0	20.3	56.6	0.6	6.5	229.9	576.4	674.7	8.3	4.9	0.0	0.0	0.0	1.4	0.6	0.3	9.5	0.5	0.0	47.6	0.7	8.3
Bakery mix																													
Bakery mix	1962.1	46.6	357.3	38.5	8.2	5.4	0.2	0.0	24.4	961.0	0.7	21.6	133.6	3320.3	712.1	7237.3	3.4	0.0	0.0	0.0	0.3	2.5	2.7	27.9	0.4	0.0	993.7	1.4	7228.7
Crackers																													
Crackers	993.6	16.7	142.4	39.1	8.3	17.3	1.5	0.0	5.2	224.1	0.3	9.3	44.7	411.6	804.6	1746.2	1.5	0.0	0.0	0.0	5.3	1.1	0.6	9.9	0.1	0.1	427.6	11.0	1624.9
Canned vegetables																													
Carrots	16.6	0.4	3.7	0.1	0.0	0.1	0.0	0.0	1.0	16.6	0.1	0.4	5.3	15.9	118.8	127.2	0.2	370.2	1.8	0.0	0.5	0.0	0.0	0.4	0.1	0.0	6.0	1.6	27.9
Corn	323.0	9.6	77.2	3.1	0.6	1.4	0.1	0.0	6.8	17.7	0.2	2.5	65.5	204.3	560.1	614.9	1.8	11.4	8.7	0.0	0.3	0.1	0.2	2.5	0.3	0.0	173.7	12.9	1219.5
Green beans	46.9	2.7	10.6	0.2	0.1	0.0	0.1	0.0	4.5	61.0	0.1	2.1	30.5	44.6	255.6	420.9	0.7	42.2	11.3	0.0	0.1	0.0	0.1	0.5	0.1	0.0	75.0	1.8	4.7
Mixed vegetables	37.4	1.4	7.4	0.2	0.0	0.1	0.0	0.0	3.1	21.2	0.1	0.7	15.2	37.4	139.6	148.0	0.5	589.7	3.8	0.0	0.3	0.0	0.0	0.5	0.1	0.0	18.2	2.4	26.3
Peas	82.4	5.3	15.0	0.4	0.1	0.2	0.0	0.0	4.9	23.9	0.1	1.1	20.3	80.0	206.6	196.7	0.8	32.2	11.5	0.0	0.0	0.1	0.1	0.9	0.1	0.0	52.6	5.0	2.4
Potatoes	49.8	1.1	10.9	0.2	0.0	0.1	0.0	0.0	1.9	4.0	0.0	1.0	11.2	22.5	183.8	124.9	0.2	0.0	3.9	0.0	0.0	0.1	0.0	0.7	0.2	0.0	4.8	0.5	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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Pumpkin	12.9	0.4	3.1	0.1	0.1	0.0	0.0	0.0	1.1	9.9	0.0	0.5	8.7	13.3	77.9	1.6	0.1	294.5	1.5	0.0	0.4	0.0	0.0	0.1	0.0	0.0	4.2	1.3	59.3
Spinach	19.5	2.4	2.9	0.4	0.1	0.0	0.2	0.0	2.0	107.9	0.2	2.0	64.5	37.4	293.8	93.6	0.4	416.1	11.6	0.0	1.6	0.0	0.1	0.3	0.1	0.0	79.0	0.3	273.5
Sweet potato	34.3	0.4	8.1	0.1	0.0	0.0	0.0	0.0	1.0	5.8	0.0	0.3	5.0	10.4	71.3	15.7	0.1	145.3	4.0	0.0	0.4	0.0	0.0	0.2	0.0	0.0	2.7	5.9	17.0
Tomato sauce	120.1	3.7	24.9	0.6	0.1	0.2	0.0	0.0	4.3	40.0	0.6	2.2	54.3	91.5	1060.6	333.6	0.7	77.2	37.4	0.0	5.0	0.2	0.2	3.3	0.5	0.0	25.7	14.9	31.4
Tomatoes	39.4	1.8	9.3	0.3	0.0	0.1	0.0	0.0	2.3	71.8	0.2	2.2	25.5	44.0	435.4	270.3	0.3	13.9	21.5	0.0	1.6	0.1	0.1	1.6	0.3	0.0	18.5	5.5	23.2
Fresh vegetables																													
Cabbage - Green	4.7	0.2	1.1	0.0	0.0	0.0	0.0	0.0	0.4	8.6	0.0	0.1	2.6	5.8	35.7	4.4	0.0	0.9	7.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.1	0.6	25.2
Carrots	36.2	0.8	8.5	0.2	0.0	0.1	0.0	0.0	2.8	30.0	0.0	0.3	10.5	31.0	263.9	63.1	0.2	801.2	4.5	0.0	0.8	0.1	0.0	0.8	0.1	0.0	15.7	3.9	173.9
Celery	5.4	0.2	1.1	0.1	0.0	0.0	0.0	0.0	0.5	13.0	0.0	0.1	3.7	7.8	86.4	27.0	0.0	7.6	1.5	0.0	0.1	0.0	0.0	0.1	0.0	0.0	9.2	0.7	59.8
Corn	20.9	0.7	4.6	0.3	0.0	0.1	0.0	0.0	0.5	0.7	0.0	0.1	5.7	17.0	47.8	2.4	0.1	2.9	1.2	0.0	0.0	0.0	0.0	0.4	0.0	0.0	5.1	1.0	50.0
Cucumber	1.2	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	1.4	0.0	0.0	1.2	2.1	13.8	0.0	0.0	0.4	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	0.1	0.2
Mixed vegetables	2.9	0.1	0.6	0.0	0.0	0.0	0.0	0.0	0.2	2.3	0.0	0.1	1.6	3.9	31.9	2.6	0.0	16.2	2.6	0.0	0.1	0.0	0.0	0.1	0.0	0.0	2.5	0.4	13.5
Onions - Mature	75.2	2.2	17.4	0.3	0.1	0.1	0.0	0.0	2.8	40.3	0.1	0.4	18.8	57.3	278.3	3.6	0.3	0.0	11.3	0.0	0.0	0.1	0.0	0.3	0.2	0.0	30.4	8.0	163.8
Peppers - Green	5.8	0.2	1.4	0.0	0.0	0.0	0.0	0.0	0.3	2.3	0.0	0.1	2.4	4.6	40.9	0.2	0.0	4.9	18.6	0.0	0.1	0.0	0.0	0.1	0.1	0.0	3.1	0.7	28.4
Potatoes	772.9	20.8	176.4	1.1	0.3	0.4	0.1	0.0	18.5	126.0	1.0	9.1	235.2	588.1	4461.0	110.8	3.0	8.4	79.8	0.0	0.3	0.5	0.4	11.8	2.6	0.0	235.2	9.8	2327.1
Strawberries	1.3	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.1	1.8	0.0	0.0	1.6	2.6	12.5	0.1	0.0	0.7	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.2	18.6
Sweet potato	5.1	0.1	1.2	0.0	0.0	0.0	0.0	0.0	0.2	2.2	0.0	0.0	1.5	3.1	26.7	2.0	0.0	54.1	1.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.4	20.4
Tomatoes	7.9	0.4	1.7	0.1	0.0	0.0	0.0	0.0	0.4	4.6	0.0	0.2	4.4	11.4	99.9	2.4	0.1	14.5	7.8	0.0	0.2	0.0	0.0	0.2	0.0	0.0	6.2	1.1	37.4
Turnips	0.8	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	1.2	0.0	0.0	0.3	1.0	6.5	0.5	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	9.3
Winter squash	0.9	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.5	0.0	0.0	0.3	0.5	5.7	0.0	0.0	6.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	4.3
Canned beans																													
Kidney beans	207.4	14.2	37.3	0.8	0.1	0.2	0.3	0.0	12.2	46.1	0.4	4.8	74.1	232.1	659.9	258.9	1.7	0.0	2.0	0.0	0.0	0.3	0.1	0.9	0.2	0.0	212.3	0.5	383.5
Refried beans	262.9	16.2	47.3	0.9	0.2	0.1	0.2	0.0	11.7	82.3	0.5	3.3	107.4	278.9	790.9	278.2	1.6	0.0	3.4	0.0	0.2	0.3	0.1	0.6	0.3	0.0	198.9	1.6	493.7
Vegetarian beans	234.1	11.8	52.6	0.9	0.2	0.1	0.0	0.0	10.2	84.7	0.4	3.0	67.2	184.3	557.8	274.4	5.7	12.5	0.0	0.0	0.4	0.2	0.1	1.0	0.2	0.0	27.4	19.8	854.1
Dry beans																													
Great Northern beans	403.0	28.2	72.8	1.0	0.3	0.2	0.2	0.0	18.4	262.8	0.8	10.7	184.0	327.0	1629.4	0.0	4.0	0.0	0.0	0.0	2.7	0.3	0.1	0.4	0.3	0.0	236.5	1.0	692.1
Kidney beans	25.6	1.8	4.6	0.1	0.0	0.0	0.0	0.0	1.5	5.7	0.0	0.6	9.1	28.6	81.4	0.0	0.2	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	26.2	0.1	47.3
Lima beans	230.6	15.7	42.0	0.8	0.2	0.2	0.1	0.0	14.2	34.4	0.5	4.8	87.0	222.5	1021.5	47.1	1.9	0.0	0.0	0.0	0.4	0.3	0.1	0.8	0.3	0.0	167.9	5.8	471.3
Pinto beans	1223.9	75.5	220.2	4.4	0.8	0.6	0.8	0.0	54.3	383.1	2.3	15.2	500.2	1298.4	3682.5	0.0	7.3	0.0	16.0	0.0	0.7	1.6	0.6	2.9	1.2	0.0	925.9	7.5	2298.9
Red beans	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Spaghetti sauce																													
Spaghetti sauce	308.7	6.3	48.8	9.5	2.5	4.1	0.1	7.1	9.2	78.1	0.7	2.6	74.5	127.8	1121.4	407.4	1.9	134.9	7.1	0.0	8.5	0.1	0.2	13.9	0.6	0.0	46.1	31.4	106.5
Canned soup																													
Tomato soup	120.8	3.2	26.9	1.1	0.3	0.3	0.1	0.0	2.3	31.2	0.3	2.2	31.2	58.4	459.8	738.4	0.5	39.0	25.7	0.0	0.7	0.1	0.1	2.1	0.2	0.0	0.0	16.2	1110.5
Vegetable soup	126.2	4.6	20.2	2.9	0.7	1.0	0.2	3.7	2.6	33.4	0.3	1.5	11.1	59.4	297.0	718.3	1.3	159.6	3.3	0.0	0.2	0.1	0.1	1.5	0.1	0.0	14.8	3.1	1254.7
Canned fruit																													
Applesauce	88.7	0.4	23.8	0.2	0.0	0.0	0.0	0.0	2.3	8.5	0.1	0.5	6.3	10.6	156.4	4.2	0.1	2.1	2.1	0.0	0.3	0.1	0.1	0.2	0.1	0.0	6.3	19.8	4.2
Apricots	92.6	1.0	24.0	0.1	0.0	0.0	0.0	0.0	2.7	19.2	0.1	0.6	15.0	27.5	252.7	0.0	0.2	125.9	6.3	0.0	1.0	0.0	0.0	0.5	0.1	0.0	3.3	21.4	6.7
Cranberry sauce	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mixed fruit	215.7	1.5	56.5	0.3	0.0	0.1	0.0	0.0	3.8	22.7	0.3	1.1	18.9	41.6	336.8	15.1	0.3	37.8	7.2	0.0	1.9	0.1	0.1	1.4	0.2	0.0	11.4	52.7	22.7
Peaches	302.2	2.5	81.4	0.2	0.0	0.1	0.0	0.0	7.3	16.8	0.3	2.0	28.0	61.6	542.8	28.0	0.5	100.7	13.4	0.0	2.7	0.1	0.1	3.3	0.1	0.0	16.8	74.1	28.0
Pears	191.4	0.6	50.9	0.1	0.0	0.0	0.0	0.0	5.4	16.8	0.2	0.9	13.4	23.5	221.6	13.4	0.3	0.0	2.4	0.0	0.3	0.0	0.1	0.5	0.0	0.0	3.4	40.6	16.8
Pineapple	0.8	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.3	0.1	1.7	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0
Fresh fruit																													
Apples	141.8	0.7	37.7	0.5	0.1	0.1	0.0	0.0	6.5	16.4	0.1	0.3	13.6	30.0	291.8	0.0	0.1	8.2	12.5	0.0	0.5	0.0	0.1	0.2	0.1	0.0	8.2	28.3	2.7
Grapefruit	21.0	0.4	5.3	0.1	0.0	0.0	0.0	0.0	0.7	7.9	0.0	0.1	5.2	5.2	91.1	0.0	0.0	30.2	22.6	0.0	0.1	0.0	0.0	0.2	0.0	0.0	6.6	4.6	0.0
Mixed fruit	200.1	2.1	52.3	0.6	0.1	0.1	0.0	0.0	7.2	30.2	0.2	0.6	34.0	49.1	611.6	0.0	0.3	60.4	56.6	0.0	0.6	0.1	0.1	0.9	0.4	0.0	26.4	38.6	3.8
Oranges	127.6	2.6	31.9	0.3	0.0	0.0	0.0	0.0	6.5	108.6	0.1	0.3	27.2	38.0	491.5	0.0	0.2	29.9	144.5	0.0	0.5	0.2	0.1	0.8	0.2	0.0	81.5	25.4	0.0
Peaches	5.7	0.1	1.4	0.0	0.0	0.0	0.0	0.0	0.2	0.9	0.0	0.0	1.3	2.9	27.6	0.0	0.0	2.3	1.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.6	1.2	0.0
Pears	35.7	0.2	9.5	0.1	0.0	0.0	0.0	0.0	1.9	5.5	0.1	0.1	4.3	6.8	73.2	0.0	0.1	0.6	2.6	0.0	0.1	0.0	0.0	0.1	0.0	0.0	4.3	6.0	0.6
Dried fruit																													

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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Dried plums	182.9	1.7	48.7	0.3	0.1	0.0	0.0	0.0	5.4	32.8	0.2	0.7	31.2	52.6	557.9	0.0	0.3	29.7	0.5	0.0	0.3	0.0	0.1	1.4	0.2	0.0	3.0	29.1	1.5
Raisins	651.5	6.7	172.5	1.0	0.1	0.1	0.0	0.0	8.1	108.9	0.7	4.1	69.7	220.1	1632.0	24.0	0.5	0.0	5.0	0.0	0.3	0.2	0.3	1.7	0.4	0.0	10.9	129.0	24.0
Canned juice																													
Apple juice	411.5	0.9	101.1	1.2	0.2	0.3	0.1	0.0	1.8	71.6	0.1	1.1	44.7	62.6	903.5	35.8	0.2	0.0	346.3	0.0	0.1	0.2	0.2	0.7	0.2	0.0	0.0	86.1	35.8
Cranberry-apple juice	152.9	0.0	38.2	0.1	0.0	0.0	0.0	0.0	0.0	19.9	0.0	0.7	10.0	23.3	322.4	13.3	0.2	3.3	86.7	0.0	1.9	0.0	0.1	0.2	0.1	0.0	0.0	22.9	16.6
Grape juice	382.7	2.4	94.2	0.8	0.2	0.1	0.0	0.0	1.3	70.2	0.1	1.6	63.8	89.3	663.3	25.5	0.4	0.0	153.3	0.0	0.0	0.1	0.1	0.8	0.2	0.0	0.0	90.6	31.9
Grapefruit juice	89.2	1.2	21.0	0.2	0.0	0.0	0.0	0.0	0.2	16.4	0.1	0.5	23.5	25.8	359.1	0.0	0.2	0.0	68.4	0.0	0.1	0.1	0.0	0.5	0.0	0.0	23.5	20.8	2.3
Orange juice	569.5	7.9	134.1	1.4	0.2	0.3	0.1	0.0	3.5	127.8	0.5	1.5	127.8	197.6	2068.8	11.6	0.8	23.2	336.4	0.0	2.3	0.5	0.5	3.3	0.9	0.0	220.8	96.6	23.2
Pineapple juice	40.2	0.3	9.8	0.1	0.0	0.0	0.0	0.0	0.2	9.8	0.1	0.2	9.1	6.1	98.5	3.0	0.1	0.0	14.6	0.0	0.0	0.0	0.0	0.2	0.1	0.0	13.6	7.6	1.5
Tomato juice	61.0	2.7	15.2	0.2	0.0	0.1	0.0	0.0	1.4	35.9	0.2	1.5	39.5	64.6	821.5	970.3	0.5	82.5	17.7	0.0	1.1	0.2	0.1	2.4	0.4	0.0	71.7	12.8	965.0
Meat, poultry, fish																													
Canned beef	253.2	21.1	0.0	18.1	8.8	0.5	0.2	79.2	0.0	10.3	0.0	2.3	16.5	144.1	233.6	281.0	5.0	0.0	0.0	0.2	2.0	0.0	0.2	4.5	0.2	1.7	2.1	0.0	192.5
Canned beef stew	170.0	9.9	15.6	7.5	2.7	0.6	0.1	24.6	2.3	26.4	0.2	3.3	22.7	107.7	387.3	774.5	2.2	77.5	6.4	0.0	0.5	0.1	0.1	2.5	0.2	0.8	26.4	3.0	576.2
Canned bison stew	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.5	1.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8
Canned chicken	201.4	27.5	1.0	8.8	2.4	1.7	0.1	54.4	0.0	15.2	0.1	1.4	20.7	166.5	166.5	295.0	2.7	57.7	0.0	0.1	0.3	0.0	0.1	2.6	0.2	1.1	2.2	0.0	146.9
Canned lunchmeat	201.8	8.6	2.9	17.0	6.4	1.2	0.0	45.5	0.0	0.0	0.0	0.4	9.0	96.7	262.0	544.6	1.0	0.0	0.0	0.4	0.3	0.2	0.1	2.3	0.1	0.3	1.9	0.0	852.1
Canned tuna	160.2	35.2	0.0	1.1	0.3	0.0	0.0	41.4	0.0	15.2	0.1	2.1	37.3	225.1	327.3	472.3	1.1	23.5	0.0	6.2	0.5	0.0	0.1	18.3	0.5	4.1	5.5	0.0	466.7
Canned turkey	9.5	1.3	0.1	0.4	0.1	0.1	0.0	3.7	0.0	0.7	0.0	0.1	1.1	9.1	12.6	26.3	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.3	0.0	26.3
Frozen beef - ground	1437.9	136.5	0.0	94.5	35.8	2.1	0.3	481.1	0.0	128.3	0.4	13.1	106.9	1026.3	1614.3	347.4	33.1	0.0	0.0	1.1	2.5	0.3	0.9	27.0	1.9	14.5	53.5	0.0	2122.1
Frozen beef - roast	494.1	58.4	0.0	27.5	10.7	0.7	0.2	168.9	0.0	31.3	0.2	4.2	43.8	419.0	625.4	73.0	10.3	0.0	0.0	0.4	1.0	0.1	0.3	13.4	1.0	3.4	18.8	0.0	775.5
Frozen chicken - pieces	520.6	79.4	0.0	20.4	5.6	3.8	0.2	243.7	0.0	41.5	0.2	3.3	69.2	534.5	667.4	196.6	5.8	44.3	0.0	0.3	0.7	0.2	0.5	25.2	1.3	0.9	16.6	0.0	1129.8
Frozen ham	86.2	13.4	0.6	3.1	1.0	0.3	0.0	32.9	0.0	4.3	0.1	0.5	12.4	153.2	194.1	714.6	1.4	3.7	0.0	0.5	0.2	0.3	0.1	3.2	0.3	0.3	1.9	0.7	797.7
Frozen turkey - ham	1341.0	186.3	21.7	51.5	16.2	7.1	0.3	766.3	2.1	85.1	2.7	24.9	234.1	3129.0	3054.5	9631.8	27.6	74.5	94.7	1.1	6.8	0.3	1.6	22.5	2.2	2.4	74.5	15.2	11856.2
Nuts																													
Peanut butter	1403.6	59.9	46.7	120.3	25.1	33.6	0.2	0.0	14.3	102.6	1.1	4.5	367.6	854.6	1549.2	1133.9	6.9	0.0	0.0	0.0	21.5	0.2	0.3	32.0	1.3	0.0	176.6	22.0	1095.7
Peanuts	905.5	41.1	29.5	76.8	10.7	24.3	0.0	0.0	10.8	137.2	2.0	2.9	288.3	805.8	1062.9	0.0	10.3	0.0	0.0	0.0	10.8	0.4	0.2	22.3	0.4	0.0	196.4	6.5	9.4
Cheese																													
Processed American	2763.5	147.7	61.4	215.5	130.3	5.9	2.1	674.4	0.0	4433.1	0.5	3.5	246.7	4227.5	2270.0	5288.5	23.5	1982.1	0.0	5.8	2.7	0.5	3.9	1.3	0.6	9.2	74.0	53.9	10782.5
Reduced fat processed American	688.0	50.5	30.4	40.4	25.4	0.8	0.4	151.9	0.0	1516.5	0.1	0.6	94.6	2376.5	946.0	4606.8	6.8	725.3	0.0	3.7	0.8	0.2	1.4	0.5	0.2	3.2	51.6	23.0	4549.5
Milk																													
1% UHT	648.7	52.0	77.1	15.0	9.8	0.5	0.1	77.2	0.0	1930.6	0.2	0.5	169.9	1467.3	2316.7	695.0	6.5	895.8	0.0	18.5	0.2	0.3	2.9	1.4	0.6	7.3	77.2	80.3	679.6
Dry milk	457.8	44.9	66.7	0.9	0.6	0.0	0.0	23.0	0.0	1574.2	0.1	0.4	149.6	1259.6	2180.4	67.8	5.6	906.7	7.2	14.1	0.0	0.5	2.2	1.1	0.4	5.1	63.9	66.7	702.1
Evaporated	1429.5	72.6	107.1	80.6	49.0	1.8	0.8	309.4	0.0	2784.3	0.2	2.0	256.0	2165.6	3232.4	245.4	8.2	693.4	20.3	21.3	1.5	0.5	3.4	2.1	0.5	1.7	85.3	107.1	1130.8
Eggs																													
Egg mix	1247.1	80.0	53.9	77.5	23.2	15.4	0.4	2190.8	0.0	384.2	0.3	7.3	24.7	1013.4	838.1	1321.2	6.2	262.9	0.0	16.6	4.6	0.3	2.4	0.5	0.4	5.2	232.6	5.5	1294.3
Butter, oils																													
Butter	5.6	0.0	0.0	0.6	0.4	0.0	0.0	1.7	0.0	0.2	0.0	0.0	0.0	0.2	0.2	5.6	0.0	5.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
Buttery spread	18.2	0.0	0.0	2.0	0.5	0.6	0.1	0.0	0.0	0.3	0.0	0.0	0.1	0.3	1.8	32.6	0.0	69.6	0.0	0.1	0.7	0.0	0.0	0.0	0.0	0.0	0.1	0.0	31.6
Shortening	35.2	0.0	0.0	4.0	1.0	1.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
Vegetable oil	5377.7	0.0	0.0	608.3	79.6	228.6	34.7	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	74.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Syrup																													
Syrup	2.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.6

NUTRIENT CONTENT OF THE USDA FOODS IN THE NATIONAL SCHOOL LUNCH PROGRAM (NSLP)

1. Nutrient Content of 2009 NSLP USDA Foods per Person, per Month, Entitlement USDA Foods 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, dry																													
Grits	33.5	0.7	7.2	0.2	0.0	0.1	0.0	0.0	0.4	3.0	0.0	0.3	3.7	9.7	11.9	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.4	0.0	0.0	17.1	0.1	99.1
Oats	54.8	1.9	9.8	0.9	0.2	0.3	0.0	0.0	1.4	9.9	0.1	0.6	20.7	56.6	50.3	0.8	0.5	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	3.6	0.1	108.7
Rice																													
Brown rice	131.5	3.1	27.2	1.1	0.2	0.4	0.0	0.0	2.2	12.0	0.1	0.5	51.4	98.0	51.4	6.1	0.8	0.0	0.0	0.0	0.0	0.1	0.0	1.8	0.2	0.0	4.8	0.4	359.7
White rice	54.8	1.2	11.7	0.1	0.0	0.0	0.0	0.0	0.3	7.1	0.0	0.7	4.4	22.5	21.6	0.7	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.9	0.1	0.0	53.8	0.0	150.8
Spaghetti, macaroni																													
Rotini	15.7	0.6	3.1	0.1	0.0	0.0	0.0	0.0	0.2	0.7	0.0	0.1	1.8	5.8	4.4	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	11.8	0.1	23.2
Spaghetti	29.2	1.1	5.7	0.2	0.0	0.1	0.0	0.0	0.3	1.3	0.0	0.2	3.3	10.8	8.2	0.3	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.0	0.0	21.9	0.1	43.1
Whole grain rotini	53.4	2.3	11.4	0.2	0.0	0.1	0.0	0.0	1.2	6.5	0.1	0.5	13.0	38.2	19.1	1.3	0.4	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.0	2.2	0.3	101.5
Whole grain spaghetti	68.5	3.0	14.7	0.3	0.1	0.1	0.0	0.0	2.5	8.4	0.1	0.6	16.7	49.0	24.5	1.6	0.5	0.0	0.0	0.0	0.2	0.1	0.0	0.4	0.0	0.0	2.8	0.4	130.4
Dehydrated potatoes																													
Dehydrated potatoes	39.2	0.9	9.0	0.0	0.0	0.0	0.0	0.0	0.7	3.0	0.0	0.1	7.3	17.3	121.7	11.5	0.1	0.1	9.0	0.0	0.0	0.1	0.0	0.7	0.1	0.0	5.1	0.4	11.5
Cornmeal																													
Cornmeal	57.8	1.1	12.4	0.3	0.0	0.1	0.0	0.0	0.6	0.5	0.0	0.7	5.0	15.5	22.2	1.1	0.1	1.5	0.0	0.0	0.0	0.1	0.1	0.7	0.0	0.0	34.0	0.3	1.1
Flour																													
Bread flour	11.9	0.4	2.4	0.1	0.0	0.0	0.0	0.0	0.1	0.5	0.0	0.1	0.8	3.2	3.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	6.2	0.0	0.1
Masa	77.5	2.0	16.2	0.8	0.1	0.4	0.0	0.0	1.4	28.9	0.0	1.6	19.7	45.4	55.8	1.1	0.4	2.0	0.0	0.0	0.0	0.2	0.2	1.9	0.1	0.0	46.2	0.1	1.1
White flour	100.2	3.1	20.6	0.3	0.1	0.2	0.0	0.0	0.7	5.1	0.0	1.4	7.5	30.3	33.8	0.5	0.3	0.0	0.0	0.0	0.0	0.2	0.1	1.5	0.0	0.0	49.7	0.2	0.6
Whole wheat flour	253.4	10.2	54.3	1.4	0.2	0.6	0.0	0.0	9.1	25.4	0.3	2.9	103.2	258.7	302.8	3.7	2.2	0.0	0.0	0.0	0.6	0.3	0.1	4.3	0.2	0.0	21.4	0.3	3.7
Bakery mix																													
Bakery mix	41.4	0.9	6.9	1.1	0.3	0.2	0.0	0.0	0.6	19.7	0.0	0.4	2.4	67.2	13.8	148.9	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.0	20.2	0.0	148.7
Canned vegetables																													
Carrots	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.2	0.7	4.9	1.2	0.0	15.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	1.2
Corn	8.6	0.3	2.0	0.1	0.0	0.0	0.0	0.0	0.2	0.5	0.0	0.1	1.6	5.1	14.3	29.4	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.4	0.3	31.6
Green beans	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.5	1.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
Peas	1.7	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.5	0.0	0.0	0.4	1.7	4.3	4.1	0.0	0.7	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.1	0.0
Salsa	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.3	0.6	5.4	2.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	10.9
Sweet potato	4.5	0.1	1.0	0.0	0.0	0.0	0.0	0.0	0.1	1.2	0.0	0.0	0.9	1.7	14.5	2.5	0.0	31.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.3	8.4
Tomato paste	2.9	0.2	0.7	0.0	0.0	0.0	0.0	0.0	0.1	1.3	0.0	0.1	1.5	3.0	36.3	3.5	0.0	2.7	0.8	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.4	0.4	3.5
Tomato sauce	1.5	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.5	0.0	0.0	0.7	1.1	13.1	4.1	0.0	1.0	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.2	0.4
Tomatoes	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.2	0.3	3.1	1.9	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2
Fresh vegetables																													
Asparagus	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.8	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.8
Bok choy	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.0	0.0	0.2	0.4	4.6	0.3	0.0	1.8	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	4.0
Broccoli	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.3	0.9	4.6	0.6	0.0	2.3	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.0	2.7
Cabbage - Green	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.1	0.3	1.7	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	1.2
Cabbage - Red	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.2	1.8	0.2	0.0	0.2	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.0
Carrots	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.3	2.5	0.6	0.0	7.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.6
Carrots/Dip	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.0	0.0	0.0	0.3	0.8	1.3	0.0	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3
Cauliflower	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	1.2	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.9
Celery	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.2	1.7	0.5	0.0	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.7
Coleslaw	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.2	1.5	0.2	0.0	0.7	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.2
Corn	0.8	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.6	1.8	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.9
Cucumber	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Eggplant	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.2
Garlic	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.1	0.3	0.8	0.0	0.0	0.0	0.1	0.0	0.0	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)	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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Ginger	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.4	2.8	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.0
Green beans	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.6
Greens - Collards	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	1.5	0.0	0.0	0.2	0.3	1.2	0.2	0.0	4.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	3.0
Greens - Kale	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.0	0.0	0.3	0.4	3.6	0.4	0.0	10.7	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	4.9
Greens - Spinach	0.4	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	2.2	0.0	0.1	1.6	1.0	9.6	1.4	0.0	9.3	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2	0.0	3.3
Greens - Turnip	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.1	0.2	1.0	0.2	0.0	2.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	1.5
Greens - Watercress	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	0.0	0.0	0.3	0.9	4.9	0.6	0.0	2.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.6
Jicama	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Lettuce - Green Leaf	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.2	0.4	3.5	0.3	0.0	3.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	0.0	0.3
Lettuce - Iceberg	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.2	1.5	0.1	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1
Lettuce - Iceberg/Romaine	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.9	0.0	0.0	0.3	0.6	5.5	0.4	0.0	3.5	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	0.0	0.4
Lettuce - Red Leaf	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.2	1.1	0.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0
Lettuce - Romaine	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	1.5	0.0	0.0	0.5	0.8	7.9	0.6	0.0	6.7	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1	0.0	0.6
Lettuce - Salad mix	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.0	0.0	0.6	0.8	7.2	0.7	0.0	7.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.7	0.0	0.7
Lettuce - Spring mix	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.5	0.6	5.9	0.6	0.0	5.7	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.2	0.0	0.6
Mixed vegetables	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	1.7	0.1	0.0	0.7	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.2
Mushrooms	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6	2.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.8
Onions - Green	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.2	0.3	2.1	0.1	0.0	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.7
Onions - Mature	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.2	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.6
Peapods	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.2	0.4	1.5	0.0	0.0	0.4	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0
Peppers - Green	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	1.3	0.0	0.0	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.9
Peppers - Hot	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.9	0.0	0.0	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Peppers - Red	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	2.3	0.0	0.0	1.8	1.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.9
Potatoes	18.2	0.5	4.2	0.0	0.0	0.0	0.0	0.0	0.4	2.2	0.0	0.2	5.3	12.4	94.3	2.3	0.1	0.1	2.1	0.0	0.0	0.0	0.0	0.3	0.1	0.0	4.1	0.3	55.6
Pumpkin	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.5	3.7	0.0	0.0	4.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.4
Radishes	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.1	1.5	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.2
Sprouts - Alfalfa	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.5	0.6	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0
Sprouts - Bean	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	1.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0
Summer squash	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.2	1.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.7
Sweet potato	5.7	0.1	1.2	0.1	0.0	0.0	0.0	0.0	0.2	2.1	0.0	0.0	1.5	2.9	24.4	1.9	0.0	53.1	1.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.4	19.8
Tomatoes	3.0	0.2	0.7	0.0	0.0	0.0	0.0	0.0	0.2	1.8	0.0	0.1	1.7	4.3	39.0	0.9	0.0	6.1	2.7	0.0	0.1	0.0	0.0	0.1	0.0	0.0	2.4	0.4	10.0
Turnips	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.2	1.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.5
Winter squash	1.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.0	0.3	0.5	6.3	0.0	0.0	6.8	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	4.8
Zucchini	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.2	1.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.7
Frozen vegetables																													
Carrots	1.8	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.2	1.7	0.0	0.0	0.5	1.5	9.4	2.9	0.0	41.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.2	15.3
Corn	1.6	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.5	1.5	4.5	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.1	4.4
French fries	2.0	0.0	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.4	1.5	6.9	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	5.9
Green beans	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.2	0.9	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.6
Peas	2.3	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.2	0.7	0.0	0.0	0.7	2.3	3.2	2.2	0.0	3.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	0.1	9.0
Potatoes	4.6	0.1	0.8	0.2	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.6	2.5	10.1	5.7	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	12.2
Sweet potato	4.0	0.1	0.9	0.0	0.0	0.0	0.0	0.0	0.1	1.7	0.0	0.0	1.2	2.4	21.4	0.4	0.0	43.2	0.9	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.3	16.3
Canned beans																													
Black beans	5.0	0.3	0.9	0.0	0.0	0.0	0.0	0.0	0.2	1.7	0.0	0.1	2.1	4.7	16.3	16.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.3	0.0	9.4
Black-eyed peas	4.4	0.1	0.9	0.0	0.0	0.0	0.0	0.0	0.2	5.9	0.0	0.1	2.4	2.4	19.2	13.8	0.0	1.8	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	5.8	0.1	13.1
Garbanzo beans	7.9	0.4	1.3	0.1	0.0	0.1	0.0	0.0	0.4	2.1	0.0	0.1	1.9	6.7	13.3	13.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.2	0.2	10.6
Kidney beans	4.6	0.3	0.8	0.0	0.0	0.0	0.0	0.0	0.3	1.0	0.0	0.1	1.6	5.1	14.6	12.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.7	0.0	8.5
Pink beans	4.4	0.3	0.8	0.0	0.0	0.0	0.0	0.0	0.2	1.5	0.0	0.1	1.9	4.9	15.0	7.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.0	0.0	5.8
Pinto beans	2.6	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.1	0.8	0.0	0.0	1.1	2.8	7.9	6.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	0.0	4.9
Red beans	2.6	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.2	0.6	0.0	0.1	0.9	2.9	8.3	7.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.7	0.0	4.8

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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Refried beans	7.9	0.3	1.0	0.3	0.1	0.1	0.0	0.1	0.3	2.0	0.0	0.1	2.1	6.3	19.2	16.5	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.7	0.0	19.7
Vegetarian beans	6.9	0.3	1.6	0.0	0.0	0.0	0.0	0.0	0.3	2.5	0.0	0.1	2.0	5.5	16.5	25.1	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.6	25.3
Dry beans																													
Pinto beans	9.6	0.6	1.7	0.0	0.0	0.0	0.0	0.0	0.4	3.0	0.0	0.1	3.9	10.2	28.8	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.3	0.1	18.0
Spaghetti sauce																													
Spaghetti sauce	3.2	0.1	0.5	0.1	0.0	0.0	0.0	0.1	0.1	0.8	0.0	0.0	0.8	1.3	11.6	4.1	0.0	1.4	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.5	0.3	1.1
Canned fruit																													
Apples	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Applesauce	0.6	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Apricots	1.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.3	2.7	0.1	0.0	1.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1
Cranberry sauce	5.2	0.0	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.9	1.7	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	1.0
Mixed fruit	1.4	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	2.2	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.1
Peaches	1.4	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	2.5	0.1	0.0	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.1
Pears	1.6	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	1.8	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1
Fresh fruit																													
Apples	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Avocado	2.5	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.5	0.8	7.6	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.0	0.1
Banana	2.4	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.7	0.6	9.6	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.3	0.0
Blackberries	1.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.2	0.8	0.0	0.0	0.6	0.6	4.7	0.0	0.0	0.3	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.1	0.0
Blueberries	1.7	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.2	0.4	2.3	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.3	0.0
Cherries	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	2.5	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Grapefruit	3.2	0.1	0.8	0.0	0.0	0.0	0.0	0.0	0.1	1.2	0.0	0.0	0.8	0.8	14.0	0.0	0.0	4.6	3.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.7	0.0
Grapes	1.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.4	3.4	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0
Kiwi	2.8	0.1	0.7	0.0	0.0	0.0	0.0	0.0	0.1	1.6	0.0	0.0	0.8	1.6	14.3	0.1	0.0	0.2	4.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.1
Lemon	1.4	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.3	0.3	6.8	0.1	0.0	0.1	2.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.1	0.1
Lime	2.1	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.0	0.0	0.7	1.2	9.8	0.2	0.0	0.2	2.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.1	0.2
Mixed fruit	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	1.8	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0
Mixed fruit (citrus)	1.1	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.3	3.3	0.0	0.0	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0
Nectarine	1.5	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.3	0.9	6.8	0.0	0.0	0.6	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.3	0.0
Oranges	4.9	0.1	1.2	0.0	0.0	0.0	0.0	0.0	0.3	4.2	0.0	0.0	1.0	1.5	18.9	0.0	0.0	1.1	5.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1	1.0	0.0
Papaya	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.1	3.4	0.0	0.0	0.7	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	0.0
Peaches	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	2.0	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Pears	0.9	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.1	0.2	1.9	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0
Pineapple	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.6	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0
Plantains	4.2	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	1.1	1.0	16.7	0.2	0.0	1.6	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.5	0.2
Plums	1.6	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.6	5.5	0.0	0.0	0.6	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.3	0.0
Raspberries	1.5	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.2	0.7	0.0	0.0	0.6	0.8	4.4	0.0	0.0	0.1	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.1	0.0
Sherbet	1.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.1	0.3	0.7	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.3
Starfruit	1.8	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.2	0.2	0.0	0.0	0.6	0.7	7.8	0.1	0.0	0.2	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.2	0.1
Strawberries	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.2	0.5	2.9	0.0	0.0	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	0.0
Tangelo	4.9	0.1	1.2	0.0	0.0	0.0	0.0	0.0	0.2	4.1	0.0	0.0	1.0	1.4	18.7	0.0	0.0	1.1	5.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1	1.0	0.0
Tangerine	4.8	0.1	1.2	0.0	0.0	0.0	0.0	0.0	0.2	3.3	0.0	0.0	1.1	1.8	14.9	0.2	0.0	3.1	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	1.0	0.2
Frozen fruit																													
Apples	1.6	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.2	0.3	3.3	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0
Apricots	1.3	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	3.1	0.1	0.0	1.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1
Blueberries	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0
Cherries	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	1.2	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Peaches	2.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	2.7	0.1	0.0	0.3	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.5	0.1
Strawberries	1.7	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.1	0.5	0.0	0.0	0.3	0.4	4.1	0.1	0.0	0.1	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.3	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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Dried fruit																													
Dried apples	3.6	0.0	0.6	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.1	0.3	3.5	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.8
Raisins	1.8	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.2	0.6	4.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1
Meat, poultry, fish																													
Canned beef	1.1	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.6	1.0	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8
Canned chicken	0.6	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.5	0.5	1.7	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4
Canned pork	0.9	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.8	1.1	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9
Canned tuna	6.6	1.5	0.0	0.0	0.0	0.0	0.0	1.7	0.0	0.6	0.0	0.1	1.5	9.3	13.5	19.5	0.0	1.0	0.0	0.3	0.0	0.0	0.0	0.8	0.0	0.2	0.2	0.0	19.3
Chilled beef - roast	1.4	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.1	1.0	1.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8
Chilled chicken - pieces	2.1	0.3	0.0	0.1	0.0	0.0	0.0	1.0	0.0	0.1	0.0	0.0	0.3	1.9	2.5	0.9	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	4.4
Chilled chicken - whole	1.3	0.2	0.0	0.1	0.0	0.0	0.0	0.6	0.0	0.1	0.0	0.0	0.2	1.3	1.7	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	2.8
Chilled turkey - whole	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.0	0.1	0.7	0.9	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7
Frozen beef - ground	1.6	0.2	0.0	0.1	0.0	0.0	0.0	0.5	0.0	0.2	0.0	0.0	0.2	1.2	1.9	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	2.6
Frozen beef - patties	2.2	0.2	0.0	0.1	0.0	0.0	0.0	0.7	0.0	0.4	0.0	0.0	0.2	1.9	3.0	2.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	3.7
Frozen beef - roast	0.8	0.1	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.6	0.9	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1
Frozen chicken - diced	0.7	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1	0.0	0.0	0.1	0.7	0.8	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4
Frozen chicken - fajita	0.7	0.1	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.1	0.7	0.9	2.7	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
Frozen chicken - patties	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.3	0.4	1.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7
Frozen chicken - pieces	1.0	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.1	0.0	0.0	0.1	0.7	0.8	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.9
Frozen ham	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.8	1.0	3.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.1
Frozen ham - diced	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.4	1.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5
Frozen ham - sliced	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.6	0.8	3.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.3
Frozen pork - roast	2.6	0.2	0.0	0.2	0.1	0.0	0.0	0.8	0.0	0.2	0.0	0.0	0.2	2.1	3.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.0
Frozen pork - Sloppy Joe	1.8	0.1	0.1	0.1	0.0	0.0	0.0	0.5	0.0	0.3	0.0	0.0	0.3	1.3	4.6	6.9	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	8.2
Frozen turkey - deli	0.7	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1	0.0	0.0	0.1	1.0	1.9	4.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.4
Frozen turkey - ground	1.5	0.2	0.0	0.1	0.0	0.0	0.0	0.6	0.0	0.2	0.0	0.0	0.2	1.2	1.7	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.7
Frozen turkey - ham	1.1	0.1	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.1	0.0	0.0	0.2	2.5	2.4	3.7	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	9.3
Frozen turkey - roast	0.8	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	1.2	1.5	3.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.5
Frozen turkey - taco	1.4	0.2	0.0	0.1	0.0	0.0	0.0	0.7	0.0	0.6	0.0	0.0	0.2	1.7	2.7	5.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	5.8
Frozen turkey - whole	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.4	0.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5
Nuts																													
Almonds	5.7	0.2	0.2	0.5	0.0	0.1	0.0	0.0	0.1	2.6	0.0	0.0	2.7	4.8	7.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0
Peanut butter	31.8	1.4	1.1	2.7	0.6	0.8	0.0	0.0	0.3	2.3	0.0	0.1	8.3	19.4	35.1	16.6	0.2	0.0	0.0	0.0	0.5	0.0	0.0	0.7	0.0	0.0	4.0	0.5	24.8
Pecans	6.9	0.1	0.1	0.7	0.1	0.2	0.0	0.0	0.1	0.7	0.0	0.0	1.2	2.8	4.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
Sunflower butter	17.8	0.5	0.7	1.6	0.1	0.3	0.0	0.0	0.2	1.8	0.0	0.1	9.0	19.2	16.6	15.0	0.1	0.1	0.1	0.0	0.7	0.0	0.0	0.2	0.0	0.0	6.8	0.3	9.5
Walnuts	6.5	0.2	0.1	0.6	0.1	0.4	0.1	0.0	0.1	1.0	0.0	0.0	1.6	3.4	4.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0
Cheese																													
Cheddar	102.7	6.3	0.3	8.4	5.4	0.1	0.1	26.8	0.0	183.7	0.0	0.2	7.1	130.4	25.0	159.4	0.8	67.5	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.2	4.6	0.1	158.2
Mozzarella	17.6	1.5	0.2	1.2	0.6	0.0	0.0	3.2	0.0	42.7	0.0	0.0	1.5	30.6	5.6	38.1	0.2	9.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.0	30.9
Part skim Mozzarella	73.8	6.3	0.9	4.9	2.7	0.1	0.0	13.2	0.0	178.7	0.0	0.1	6.4	128.1	23.2	152.4	0.8	39.1	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.6	2.4	0.1	129.1
Processed American	28.4	1.5	0.6	2.2	1.3	0.1	0.0	6.9	0.0	45.5	0.0	0.0	2.5	43.4	23.3	93.7	0.2	20.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.8	0.6	110.6
Reduced fat cheddar	39.4	3.8	0.3	2.6	1.6	0.1	0.0	7.8	0.0	126.4	0.0	0.0	4.9	81.4	13.0	111.0	0.6	20.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	2.8	0.1	101.2
Reduced fat processed American	26.2	1.9	1.2	1.5	1.0	0.0	0.0	5.8	0.0	57.8	0.0	0.0	3.6	90.5	36.0	175.4	0.3	27.6	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	2.0	0.9	173.3
Eggs																													
Fresh eggs	19.9	1.8	0.1	1.4	0.4	0.2	0.0	59.0	0.0	7.4	0.0	0.3	1.6	26.6	18.7	16.6	0.2	19.5	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.1	4.9	0.1	41.2
Frozen eggs	15.4	1.4	0.1	1.1	0.3	0.1	0.0	45.6	0.0	5.8	0.0	0.2	1.3	20.6	14.4	12.9	0.1	15.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	3.8	0.1	31.9
Butter, oils																													
Soybean oil	810.7	0.0	0.0	91.7	14.4	46.7	6.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vegetable oil	1179.8	0.0	0.0	133.5	17.5	50.1	7.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	16.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

2. Nutrient Content of 2009 NSLP USDA Foods per Person, per Month, Entitlement + Bonus USDA Foods 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, dry																													
Grits	43.1	0.9	9.3	0.2	0.0	0.1	0.0	0.0	0.6	3.8	0.0	0.3	4.8	12.5	15.3	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.5	0.0	0.0	22.0	0.1	127.4
Oats	70.4	2.5	12.6	1.2	0.2	0.4	0.0	0.0	1.8	12.7	0.1	0.8	26.6	72.7	64.7	1.0	0.7	0.0	0.0	0.0	0.1	0.1	0.0	0.2	0.0	0.0	4.6	0.2	139.7
Rice																													
Brown rice	169.0	3.9	35.0	1.4	0.3	0.5	0.0	0.0	2.8	15.4	0.2	0.6	66.1	126.0	66.1	7.8	1.0	0.0	0.0	0.0	0.0	0.1	0.0	2.3	0.2	0.0	6.1	0.5	462.4
White rice	70.4	1.6	15.0	0.2	0.0	0.0	0.0	0.0	0.4	9.1	0.0	0.9	5.7	28.9	27.8	0.9	0.2	0.0	0.0	0.0	0.0	0.1	0.0	1.1	0.1	0.0	69.1	0.1	193.8
Spaghetti, macaroni																													
Macaroni	37.9	1.4	7.4	0.2	0.0	0.1	0.0	0.0	0.4	1.7	0.0	0.3	4.3	14.0	10.6	0.3	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.4	0.0	0.0	28.5	0.1	56.0
Rotini	20.2	0.7	3.9	0.1	0.0	0.0	0.0	0.0	0.2	0.9	0.0	0.2	2.3	7.5	5.7	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	15.2	0.1	29.9
Spaghetti	37.5	1.4	7.3	0.2	0.0	0.1	0.0	0.0	0.4	1.7	0.0	0.3	4.3	13.9	10.5	0.3	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.4	0.0	0.0	28.2	0.1	55.5
Whole grain rotini	68.6	3.0	14.7	0.3	0.1	0.1	0.0	0.0	1.6	8.4	0.1	0.6	16.7	49.1	24.5	1.6	0.5	0.0	0.0	0.0	0.2	0.1	0.0	0.4	0.0	0.0	2.8	0.4	130.5
Whole grain spaghetti	88.1	3.8	18.9	0.4	0.1	0.1	0.0	0.0	3.2	10.7	0.1	0.8	21.5	63.0	31.5	2.1	0.6	0.0	0.0	0.0	0.2	0.1	0.0	0.5	0.1	0.0	3.6	0.6	167.6
Dehydrated potatoes																													
Dehydrated potatoes	50.3	1.2	11.5	0.1	0.0	0.0	0.0	0.0	0.9	3.8	0.0	0.2	9.4	22.1	155.9	14.8	0.1	0.1	11.5	0.0	0.0	0.1	0.0	0.9	0.1	0.0	6.5	0.5	14.8
Cornmeal																													
Cornmeal	74.3	1.4	16.0	0.4	0.0	0.1	0.0	0.0	0.8	0.6	0.0	0.9	6.4	19.9	28.5	1.4	0.1	1.9	0.0	0.0	0.0	0.1	0.1	0.9	0.0	0.0	43.8	0.3	1.4
Flour																													
Bread flour	15.3	0.5	3.1	0.1	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.2	1.1	4.1	4.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	7.9	0.0	0.1
Masa	99.6	2.5	20.8	1.1	0.1	0.5	0.0	0.0	1.7	37.1	0.0	2.0	25.4	58.4	71.8	1.4	0.5	2.6	0.0	0.0	0.0	0.3	0.2	2.4	0.1	0.0	59.4	0.1	1.4
White flour	151.5	4.6	31.3	0.5	0.1	0.2	0.0	0.0	1.0	7.5	0.1	2.1	11.0	45.7	50.1	0.8	0.4	0.0	0.0	0.0	0.0	0.2	0.2	2.3	0.0	0.0	75.7	0.3	0.8
Whole wheat flour	325.8	13.2	69.7	1.8	0.3	0.7	0.0	0.0	11.7	32.7	0.4	3.7	132.6	332.5	389.2	4.8	2.8	0.0	0.0	0.0	0.8	0.3	0.2	5.5	0.3	0.0	27.5	0.4	4.8
Bakery mix																													
Bakery mix	67.3	1.5	11.7	1.6	0.4	0.2	0.0	0.0	1.0	32.5	0.0	0.7	4.2	111.2	23.2	244.6	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.9	0.0	0.0	33.3	0.0	244.3
Whole grain pancakes																													
Whole grain pancakes	25.0	0.9	3.2	1.1	0.2	0.3	0.0	6.4	0.4	21.3	0.0	0.2	5.6	24.8	25.1	53.7	0.1	5.6	0.0	0.1	0.1	0.0	0.0	0.2	0.0	0.0	1.9	0.7	66.8
Whole grain tortillas																													
Whole grain tortillas	64.6	2.4	13.7	0.3	0.1	0.1	0.0	0.0	1.7	5.4	0.1	0.8	19.2	51.1	58.7	194.3	0.4	0.0	0.0	0.0	0.1	0.1	0.1	1.0	0.0	0.0	15.5	0.1	119.7
Canned vegetables																													
Carrots	0.8	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.8	0.0	0.0	0.3	0.8	6.0	1.4	0.0	18.8	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	1.4
Corn	11.1	0.4	2.6	0.1	0.0	0.1	0.0	0.0	0.3	0.7	0.0	0.1	2.0	6.5	18.4	37.7	0.1	0.3	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	5.6	0.4	40.7
Green beans	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.1	0.7	1.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
Peas	2.2	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.0	0.5	2.1	5.5	5.2	0.0	0.9	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	0.1	0.1
Salsa	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.3	0.7	6.7	2.5	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	13.4
Sweet potato	5.7	0.1	1.3	0.0	0.0	0.0	0.0	0.0	0.2	1.5	0.0	0.0	1.1	2.2	18.4	3.2	0.0	39.3	0.8	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.4	0.3	10.7
Tomato paste	3.7	0.2	0.9	0.0	0.0	0.0	0.0	0.0	0.2	1.6	0.0	0.1	1.9	3.7	45.6	4.4	0.0	3.4	1.0	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.5	0.5	4.4
Tomato sauce	1.9	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.0	0.8	1.4	16.5	5.1	0.0	1.2	0.6	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.4	0.2	0.5
Tomatoes	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.2	0.4	3.8	2.4	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.2
Fresh vegetables																													
Asparagus	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	1.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	1.0
Bok choy	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	1.7	0.0	0.0	0.2	0.5	5.9	0.4	0.0	2.3	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	5.1
Broccoli	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.9	0.0	0.0	0.4	1.2	6.0	0.8	0.0	2.9	1.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5	0.0	3.5
Cabbage - Green	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.2	0.4	2.2	0.2	0.0	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	1.6
Cabbage - Red	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.2	0.3	2.3	0.3	0.0	0.3	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.3
Carrots	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.1	0.4	3.2	0.7	0.0	9.8	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	2.1
Carrots/Dip	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.0	0.0	0.1	0.3	1.1	1.7	0.0	2.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.7
Cauliflower	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	1.6	0.2	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	1.2
Celery	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.2	2.1	0.6	0.0	1.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.9
Coleslaw	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.1	0.3	1.9	0.2	0.0	0.9	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.2
Corn	1.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.8	2.3	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	2.5
Cucumber	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Eggplant	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.6

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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Garlic	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.1	0.4	1.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Ginger	0.8	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.2	0.5	3.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.5
Green beans	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.7
Greens - Collards	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	1.9	0.0	0.0	0.3	0.4	1.6	0.2	0.0	5.5	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.0	3.9
Greens - Kale	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	1.5	0.0	0.0	0.4	0.6	4.6	0.5	0.0	13.8	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	6.3
Greens - Spinach	0.6	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	2.8	0.0	0.1	2.0	1.3	12.4	1.8	0.0	12.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.1	0.0	4.3
Greens - Turnip	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.0	0.0	0.1	0.2	1.3	0.2	0.0	2.5	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	1.9
Greens - Watercress	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.3	0.0	0.0	0.4	1.1	6.3	0.8	0.0	3.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.8
Herbs	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.1	1.0	0.1	0.0	0.7	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1
Jicama	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Lettuce - Green Leaf	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.0	0.0	0.3	0.5	4.5	0.3	0.0	3.8	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	0.0	0.3
Lettuce - Iceberg	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.3	1.9	0.1	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.1
Lettuce - Iceberg/Romaine	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	1.2	0.0	0.0	0.4	0.8	7.0	0.5	0.0	4.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.4	0.0	0.5
Lettuce - Red Leaf	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.2	1.4	0.1	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0
Lettuce - Romaine	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	1.9	0.0	0.0	0.6	1.1	10.1	0.8	0.0	8.5	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.0	0.0	0.8
Lettuce - Salad mix	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	1.5	0.0	0.0	0.8	1.0	9.3	0.9	0.0	9.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4	0.0	0.9
Lettuce - Spring mix	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	1.3	0.0	0.0	0.7	0.8	7.6	0.8	0.0	7.4	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.0	0.8
Mixed vegetables	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.3	2.2	0.1	0.0	0.8	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.6
Mushrooms	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7	2.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.0
Onions - Green	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.2	0.4	2.7	0.2	0.0	0.5	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.9
Onions - Mature	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.3	1.4	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.8
Peapods	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.2	0.5	1.9	0.0	0.0	0.5	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0
Peppers - Green	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	1.7	0.0	0.0	0.2	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.2
Peppers - Hot	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	1.2	0.0	0.0	0.2	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Peppers - Red	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.4	2.9	0.1	0.0	2.3	2.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	1.2
Potatoes	23.4	0.6	5.4	0.0	0.0	0.0	0.0	0.0	0.5	2.9	0.0	0.2	6.8	15.9	121.5	3.0	0.1	0.2	2.7	0.0	0.0	0.0	0.0	0.4	0.1	0.0	5.3	0.3	71.6
Pumpkin	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.2	0.6	4.7	0.0	0.0	5.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	3.1
Radishes	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.2	1.9	0.3	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.3
Sprouts - Alfalfa	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.2	0.6	0.7	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1
Sprouts - Bean	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.5	1.3	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.1
Summer squash	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.3	1.5	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	2.2
Sweet potato	7.3	0.1	1.5	0.1	0.0	0.0	0.0	0.0	0.2	2.7	0.0	0.1	1.9	3.7	31.4	2.5	0.0	68.3	1.3	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.4	0.5	25.4
Tomatoes	3.9	0.2	0.9	0.0	0.0	0.0	0.0	0.0	0.2	2.2	0.0	0.1	2.2	5.5	50.1	1.2	0.0	7.8	3.5	0.0	0.1	0.0	0.0	0.1	0.0	0.0	3.1	0.6	12.8
Turnips	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.2	1.4	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.0
Winter squash	1.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.0	0.4	0.6	8.1	0.0	0.0	8.7	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.1	6.1
Zucchini	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.3	1.5	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	2.2
Frozen vegetables																													
Carrots	2.3	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.2	2.2	0.0	0.0	0.7	2.0	12.1	3.7	0.0	53.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.7	0.3	19.7
Corn	2.0	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.7	2.0	5.8	0.1	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.1	5.7
French fries	2.6	0.1	0.5	0.1	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.5	1.9	8.9	0.4	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	7.6
Green beans	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.2	1.2	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	2.0
Peas	3.0	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.2	0.9	0.0	0.1	0.8	2.9	4.2	2.8	0.0	4.0	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.0	2.3	0.2	11.6
Potatoes	5.9	0.1	1.0	0.2	0.0	0.0	0.0	0.0	0.1	0.4	0.0	0.0	0.8	3.2	13.0	7.3	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.5	0.0	15.7
Sweet potato	5.2	0.1	1.2	0.0	0.0	0.0	0.0	0.0	0.2	2.2	0.0	0.0	1.6	3.1	27.5	0.5	0.0	55.6	1.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.4	20.9
Canned beans																													
Black beans	6.7	0.4	1.2	0.0	0.0	0.0	0.0	0.0	0.3	2.3	0.0	0.1	2.8	6.3	21.9	22.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.4	0.0	12.5
Black-eyed peas	6.1	0.2	1.3	0.0	0.0	0.0	0.0	0.0	0.3	8.1	0.0	0.1	3.3	3.2	26.4	19.0	0.1	2.5	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	8.0	0.2	18.0
Garbanzo beans	10.4	0.6	1.7	0.2	0.0	0.1	0.0	0.0	0.5	2.8	0.0	0.1	2.5	8.9	17.6	17.4	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.6	0.3	14.1
Kidney beans	5.7	0.4	1.0	0.0	0.0	0.0	0.0	0.0	0.3	1.3	0.0	0.1	2.0	6.4	18.3	15.5	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.9	0.0	10.6
Lima beans	5.0	0.3	1.0	0.0	0.0	0.0	0.0	0.0	0.2	1.3	0.0	0.1	3.0	5.2	23.1	10.2	0.0	0.6	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.1	9.6
Pink beans	5.8	0.4	1.1	0.0	0.0	0.0	0.0	0.0	0.2	2.0	0.0	0.1	2.5	6.4	19.8	9.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.5	0.0	7.6
Pinto beans	3.3	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.1	1.0	0.0	0.0	1.4	3.5	10.0	8.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.5	0.0	6.3
Red beans	3.6	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.2	0.8	0.0	0.1	1.3	4.0	11.4	9.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.7	0.0	6.7

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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Refried beans	10.1	0.4	1.3	0.4	0.1	0.1	0.0	0.1	0.4	2.6	0.0	0.1	2.8	8.1	24.7	21.1	0.1	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.8	0.1	25.3
Vegetarian beans	8.6	0.4	1.9	0.0	0.0	0.0	0.0	0.0	0.4	3.1	0.0	0.1	2.5	6.8	20.6	31.3	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.7	31.5
Dry beans																													
Great Northern beans	9.7	0.7	1.8	0.0	0.0	0.0	0.0	0.0	0.4	6.3	0.0	0.3	4.4	7.9	39.2	0.2	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	5.7	0.0	16.6
Navy beans	20.7	1.5	3.7	0.1	0.0	0.0	0.0	0.0	0.9	13.5	0.0	0.6	9.5	16.8	83.9	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	12.2	0.1	35.6
Pinto beans	10.7	0.7	1.9	0.0	0.0	0.0	0.0	0.0	0.5	3.3	0.0	0.1	4.4	11.3	32.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	8.1	0.1	20.1
Spaghetti sauce																													
Spaghetti sauce	4.0	0.1	0.6	0.1	0.0	0.1	0.0	0.1	0.1	1.0	0.0	0.0	1.0	1.7	14.7	5.2	0.0	1.8	0.1	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.6	0.4	1.4
Canned fruit																													
Apples	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Applesauce	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0
Apricots	3.5	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.0	0.6	1.1	9.7	0.4	0.0	4.8	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.8	0.3
Cranberry sauce	6.7	0.0	1.7	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.3	1.1	2.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7	1.3
Mixed fruit	1.8	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.3	2.8	0.2	0.0	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.4	0.2
Peaches	1.8	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.4	3.2	0.2	0.0	0.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.4	0.2
Pears	3.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.2	0.4	3.5	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.3
Fresh fruit																													
Apples	0.6	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	1.3	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Avocado	3.2	0.0	0.2	0.3	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.6	1.0	9.8	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6	0.0	0.1
Banana	3.1	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.9	0.8	12.3	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.4	0.0
Blackberries	1.6	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.2	1.1	0.0	0.0	0.7	0.8	6.0	0.0	0.0	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.2	0.0
Blueberries	2.2	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.2	0.5	3.0	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0
Cherries	0.9	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.3	3.3	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0
Grapefruit	4.1	0.1	1.0	0.0	0.0	0.0	0.0	0.0	0.1	1.6	0.0	0.0	1.0	1.0	18.0	0.0	0.0	6.0	4.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.9	0.0
Grapes	1.6	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.5	4.4	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0
Kiwi	3.6	0.1	0.9	0.0	0.0	0.0	0.0	0.0	0.2	2.0	0.0	0.0	1.0	2.0	18.4	0.2	0.0	0.2	5.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	1.5	0.5	0.2
Lemon	1.8	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.4	0.4	8.7	0.1	0.0	0.1	3.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.2	0.1
Lime	2.7	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	1.5	0.0	0.0	0.9	1.5	12.6	0.2	0.0	0.2	3.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.2	0.2
Mixed fruit	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	2.3	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0
Mixed fruit (citrus)	1.4	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.3	4.2	0.0	0.0	0.4	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.3	0.0
Nectarine	1.9	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.4	1.1	8.8	0.0	0.0	0.7	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.3	0.0
Oranges	6.3	0.1	1.6	0.0	0.0	0.0	0.0	0.0	0.3	5.4	0.0	0.0	1.3	1.9	24.3	0.1	0.0	1.5	7.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.0	1.3	0.0
Papaya	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.2	0.1	4.3	0.1	0.0	0.9	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.1	0.1
Peaches	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	2.6	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0
Pears	2.1	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.3	0.4	4.4	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.4	0.0
Pineapple	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.7	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0
Plantains	5.3	0.0	1.4	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	1.5	1.3	21.4	0.2	0.0	2.1	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.6	0.2
Plums	2.1	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.3	0.7	7.1	0.0	0.0	0.8	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0
Raspberries	1.9	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.2	0.9	0.0	0.0	0.8	1.1	5.6	0.0	0.0	0.1	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.2	0.0
Sherbet	1.3	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.1	0.4	0.9	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4
Starfruit	2.3	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.2	0.2	0.0	0.0	0.8	0.9	10.0	0.2	0.0	0.2	2.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.3	0.2
Strawberries	0.8	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.3	0.6	3.7	0.0	0.0	0.0	1.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.1	0.0
Tangelo	6.3	0.1	1.6	0.0	0.0	0.0	0.0	0.0	0.3	5.3	0.0	0.0	1.3	1.9	24.1	0.0	0.0	1.5	7.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.0	1.2	0.0
Tangerine	6.1	0.1	1.5	0.0	0.0	0.0	0.0	0.0	0.2	4.3	0.0	0.0	1.4	2.3	19.2	0.2	0.0	3.9	3.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.9	1.2	0.2
Frozen fruit																													
Apples	2.1	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.2	0.4	4.3	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.4	0.0
Apricots	1.7	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.3	4.0	0.1	0.0	1.5	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1
Blackberries	1.5	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.0	0.5	0.7	3.3	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.3	0.0
Blueberries	1.1	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.1	0.2	1.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.2	0.0
Cherries	1.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.2	0.4	3.4	0.0	0.0	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0
Peaches	2.5	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	3.5	0.2	0.0	0.4	2.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.2
Strawberries	2.9	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.0	0.4	0.6	5.9	0.1	0.0	0.1	1.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.6	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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Dried fruit																													
Dried apples	4.6	0.0	0.7	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2	0.4	4.5	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	1.0
Dried cherries	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Dried cranberries	0.9	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0
Raisins	2.2	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.2	0.7	5.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.1
Canned juice																													
Orange juice	30.1	0.4	7.1	0.1	0.0	0.0	0.0	0.0	0.2	6.7	0.0	0.1	6.7	10.4	109.2	1.0	0.0	1.2	23.9	0.0	0.1	0.0	0.0	0.2	0.0	0.0	11.7	5.1	1.2
Frozen juice																													
Orange juice	128.7	1.9	30.9	0.2	0.0	0.0	0.0	0.0	0.6	25.9	0.1	0.3	27.5	46.2	545.7	0.8	0.1	15.4	111.7	0.0	0.6	0.2	0.1	0.6	0.1	0.0	125.5	30.3	2.4
Meat, poultry, fish																													
Canned beef	1.4	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.1	0.0	0.0	0.1	0.8	1.3	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1
Canned chicken	0.8	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.0	0.1	0.6	0.6	2.2	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6
Canned pork	1.1	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.1	1.0	1.4	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2
Canned tuna	8.5	1.9	0.0	0.1	0.0	0.0	0.0	2.2	0.0	0.8	0.0	0.1	2.0	11.9	17.4	25.1	0.1	1.2	0.0	0.3	0.0	0.0	0.0	1.0	0.0	0.2	0.3	0.0	24.8
Chilled beef - roast	1.8	0.2	0.0	0.1	0.0	0.0	0.0	0.5	0.0	0.1	0.0	0.0	0.1	1.2	1.9	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.3
Chilled chicken - pieces	2.7	0.4	0.0	0.1	0.0	0.0	0.0	1.3	0.0	0.2	0.0	0.0	0.3	2.5	3.2	1.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	5.6
Chilled chicken - whole	1.7	0.3	0.0	0.1	0.0	0.0	0.0	0.8	0.0	0.1	0.0	0.0	0.2	1.7	2.2	0.8	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	3.7
Chilled turkey - whole	0.7	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1	0.0	0.0	0.1	0.9	1.2	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9
Frozen beef - ground	2.1	0.2	0.0	0.1	0.0	0.0	0.0	0.6	0.0	0.3	0.0	0.0	0.2	1.6	2.5	3.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	3.4
Frozen beef - patties	3.1	0.3	0.0	0.2	0.1	0.0	0.0	1.0	0.0	0.5	0.0	0.0	0.3	2.7	4.3	3.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.0	4.8
Frozen beef - roast	1.1	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.7	1.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4
Frozen catfish	13.7	1.0	0.5	0.9	0.2	0.2	0.0	3.7	0.0	1.9	0.0	0.1	1.5	12.5	17.8	23.9	0.1	5.2	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.1	1.3	0.0	26.3
Frozen chicken - diced	0.8	0.1	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.1	0.0	0.0	0.1	0.9	1.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8
Frozen chicken - fajita	0.9	0.1	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.1	0.0	0.0	0.1	0.9	1.2	3.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.1
Frozen chicken - patties	0.6	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.4	0.5	1.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0
Frozen chicken - pieces	1.3	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.1	0.0	0.0	0.1	0.9	1.1	0.8	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.5
Frozen ham	0.6	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	1.0	1.3	4.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.2
Frozen ham - diced	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.4	0.5	1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0
Frozen ham - sliced	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.8	1.0	3.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.2
Frozen pork - roast	3.3	0.3	0.0	0.2	0.1	0.0	0.0	1.1	0.0	0.2	0.0	0.0	0.2	2.7	3.9	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.6
Frozen pork - Sloppy Joe	2.3	0.2	0.1	0.1	0.0	0.0	0.0	0.6	0.0	0.4	0.0	0.0	0.3	1.7	5.9	8.9	0.0	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	10.5
Frozen turkey - deli	0.8	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1	0.0	0.0	0.2	1.3	2.4	5.8	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	8.2
Frozen turkey - ground	1.9	0.2	0.0	0.1	0.0	0.0	0.0	0.8	0.0	0.2	0.0	0.0	0.2	1.6	2.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	3.5
Frozen turkey - ham	1.4	0.2	0.0	0.1	0.0	0.0	0.0	0.8	0.0	0.1	0.0	0.0	0.2	3.2	3.1	4.7	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	12.0
Frozen turkey - pieces	1.8	0.3	0.0	0.1	0.0	0.0	0.0	0.8	0.0	0.3	0.0	0.0	0.2	1.9	2.7	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	3.8
Frozen turkey - roast	1.0	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	1.6	2.0	4.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
Frozen turkey - taco	1.7	0.2	0.0	0.1	0.0	0.0	0.0	0.8	0.0	0.8	0.0	0.0	0.3	2.1	3.5	7.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	7.5
Frozen turkey - whole	0.9	0.2	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.1	0.0	0.0	0.1	1.1	1.5	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2
Nuts																													
Almonds	7.4	0.3	0.3	0.6	0.0	0.2	0.0	0.0	0.2	3.4	0.0	0.0	3.4	6.2	9.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0
Fruit-nut mix	1.8	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.0	0.5	1.7	2.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	0.0
Peanut butter	40.9	1.7	1.4	3.5	0.7	1.0	0.0	0.0	0.4	3.0	0.0	0.1	10.7	24.9	45.1	21.3	0.2	0.0	0.0	0.0	0.6	0.0	0.0	0.9	0.0	0.0	5.1	0.6	31.9
Pecans	8.8	0.1	0.2	0.9	0.1	0.3	0.0	0.0	0.1	0.9	0.0	0.0	1.5	3.5	5.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	0.0
Sunflower butter	22.9	0.6	0.9	2.0	0.2	0.4	0.0	0.0	0.2	2.4	0.1	0.2	11.5	24.7	21.3	19.2	0.2	0.1	0.1	0.0	0.8	0.0	0.0	0.2	0.0	0.0	8.8	0.4	12.3
Walnuts	8.4	0.2	0.2	0.8	0.1	0.5	0.1	0.0	0.1	1.3	0.0	0.0	2.0	4.4	5.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.0	0.0
Cheese																													
Cheddar	132.0	8.2	0.4	10.9	6.9	0.2	0.1	34.4	0.0	236.1	0.0	0.2	9.2	167.7	32.1	204.8	1.0	86.8	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.3	5.9	0.2	203.4
Mozzarella	22.7	2.0	0.3	1.5	0.8	0.0	0.0	4.1	0.0	54.9	0.0	0.0	2.0	39.4	7.1	49.0	0.2	12.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.8	0.0	39.7
Part skim Mozzarella	94.9	8.2	1.2	6.3	3.4	0.1	0.0	17.0	0.0	229.7	0.0	0.1	8.2	164.7	29.9	195.9	1.0	50.3	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.7	3.1	0.2	165.9
Processed American	43.7	2.3	1.0	3.4	2.1	0.1	0.0	10.7	0.0	70.1	0.0	0.1	3.9	66.9	35.9	147.8	0.4	31.4	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	1.2	0.9	170.6
Reduced fat cheddar	50.6	4.9	0.4	3.3	2.1	0.1	0.0	10.1	0.0	162.4	0.0	0.0	6.3	104.6	16.7	142.7	0.8	26.9	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.3	3.6	0.1	130.1
Red fat processed American	33.7	2.5	1.5	2.0	1.2	0.0	0.0	7.4	0.0	74.2	0.0	0.0	4.6	116.3	46.3	225.5	0.3	35.5	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.2	2.5	1.1	222.7

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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Milk																													
2% UHT	89.2	5.9	8.6	3.5	2.2	0.1	0.0	14.3	0.0	214.0	0.0	0.0	19.6	164.1	249.7	83.8	0.9	98.1	0.4	2.1	0.1	0.1	0.3	0.2	0.1	0.9	8.9	9.0	83.8
Dry milk	489.6	48.0	71.4	1.0	0.6	0.0	0.0	24.6	0.0	1683.4	0.1	0.4	160.0	1347.0	2331.6	72.5	6.0	969.6	7.7	15.0	0.0	0.6	2.4	1.2	0.5	5.5	68.4	71.4	750.8
Eggs																													
Fresh eggs	25.6	2.3	0.1	1.8	0.6	0.2	0.0	75.8	0.0	9.6	0.0	0.3	2.1	34.2	24.0	21.4	0.2	25.1	0.0	0.2	0.2	0.0	0.1	0.0	0.0	0.2	6.3	0.1	53.0
Frozen eggs	19.8	1.7	0.1	1.4	0.4	0.2	0.0	58.7	0.0	7.4	0.0	0.3	1.6	26.4	18.5	16.5	0.2	19.4	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.1	4.9	0.1	41.0
Butter, oils																													
Soybean oil	1042.1	0.0	0.0	117.9	18.4	60.1	8.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	9.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vegetable oil	1516.5	0.0	0.0	171.5	22.4	64.5	9.8	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	21.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

3. Nutrient Content of 2009 NSLP USDA Foods per Person, per Month, Entitlement USDA Foods 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, dry																													
Grits	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	1.8
Oats	3.8	0.1	0.7	0.1	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.0	1.4	4.0	3.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	7.6
Rice																													
Brown rice	10.3	0.2	2.1	0.1	0.0	0.0	0.0	0.0	0.2	0.9	0.0	0.0	4.0	7.7	4.0	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.4	0.0	28.2
White rice	82.8	1.8	17.8	0.2	0.0	0.0	0.0	0.0	0.4	8.2	0.0	0.9	7.2	30.3	26.8	0.5	0.3	0.0	0.0	0.0	0.0	0.1	0.0	1.1	0.1	0.0	70.1	0.0	231.4
Spaghetti, macaroni																													
Macaroni	21.4	0.8	4.2	0.1	0.0	0.0	0.0	0.0	0.2	1.0	0.0	0.2	2.5	7.9	6.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	16.1	0.1	31.6
Rotini	9.4	0.3	1.8	0.1	0.0	0.0	0.0	0.0	0.1	0.4	0.0	0.1	1.1	3.5	2.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	7.1	0.0	13.9
Spaghetti	27.7	1.0	5.4	0.2	0.0	0.1	0.0	0.0	0.3	1.2	0.0	0.2	3.2	10.2	7.8	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	20.8	0.1	41.0
Whole grain rotini	13.9	0.6	3.0	0.1	0.0	0.0	0.0	0.0	0.3	1.7	0.0	0.1	3.4	10.0	5.0	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.6	0.1	26.5
Whole grain spaghetti	7.9	0.3	1.7	0.0	0.0	0.0	0.0	0.0	0.3	1.0	0.0	0.1	1.9	5.7	2.8	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	15.0
Dehydrated potatoes																													
Dehydrated potatoes	127.6	3.0	29.3	0.1	0.1	0.0	0.0	0.0	2.4	9.7	0.1	0.4	23.8	56.2	395.7	37.5	0.3	0.4	29.2	0.0	0.0	0.4	0.0	2.3	0.3	0.0	16.6	1.2	37.5
Cornmeal																													
Cornmeal	3.0	0.1	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.8	1.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	0.0	0.1
Flour																													
Bread flour	49.5	1.6	9.9	0.2	0.0	0.1	0.0	0.0	0.3	2.1	0.0	0.6	3.4	13.3	13.7	0.3	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.9	0.0	0.0	25.7	0.0	0.3
Masa	2.2	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.6	1.3	1.6	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	1.3	0.0	0.0
White flour	285.6	8.7	58.8	1.0	0.2	0.4	0.0	0.0	2.0	14.3	0.1	3.8	21.1	87.1	96.7	1.5	0.7	0.0	0.0	0.0	0.0	0.4	0.3	4.2	0.0	0.0	142.2	0.6	1.6
Whole wheat flour	28.9	1.2	6.2	0.2	0.0	0.1	0.0	0.0	1.0	2.9	0.0	0.3	11.8	29.5	34.6	0.4	0.3	0.0	0.0	0.0	0.1	0.0	0.0	0.5	0.0	0.0	2.4	0.0	0.4
Bakery mix																													
Bakery mix	7.8	0.2	1.5	0.1	0.0	0.0	0.0	0.0	0.1	3.9	0.0	0.1	0.6	13.6	3.0	29.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	4.1	0.0	29.2
Canned vegetables																													
Carrots	1.3	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	1.3	0.0	0.0	0.4	1.2	9.3	2.2	0.0	29.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	2.2
Corn	21.4	0.7	5.0	0.2	0.0	0.1	0.0	0.0	0.5	1.3	0.0	0.2	4.0	12.7	35.6	46.9	0.1	0.5	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	10.8	0.8	78.7
Green beans	6.3	0.4	1.4	0.0	0.0	0.0	0.0	0.0	0.6	8.1	0.0	0.3	4.1	5.9	34.1	64.5	0.1	5.6	1.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	10.0	0.2	0.6
Peas	3.6	0.2	0.7	0.0	0.0	0.0	0.0	0.0	0.2	1.0	0.0	0.0	0.9	3.5	9.0	8.6	0.0	1.4	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.3	0.2	0.1
Salsa	4.2	0.2	1.0	0.0	0.0	0.0	0.0	0.0	0.2	4.2	0.0	0.1	2.3	4.8	46.0	17.4	0.1	2.3	0.3	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.6	0.5	93.0
Sweet potato	2.9	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.0	0.5	1.0	8.5	1.5	0.0	18.3	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.2	4.5
Tomato paste	5.7	0.3	1.3	0.0	0.0	0.0	0.0	0.0	0.3	2.5	0.0	0.2	2.9	5.8	71.0	6.8	0.0	5.3	1.5	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.8	0.9	6.9
Tomato sauce	3.2	0.1	0.7	0.0	0.0	0.0	0.0	0.0	0.1	1.1	0.0	0.1	1.5	2.5	28.6	8.9	0.0	2.1	1.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.7	0.4	0.8
Tomatoes	1.6	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.1	2.9	0.0	0.1	1.0	1.8	17.7	10.9	0.0	0.6	0.9	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.8	0.2	0.9
Fresh vegetables																													
Broccoli	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.2	0.7	3.3	0.4	0.0	0.6	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.0	1.7
Cabbage - Green	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.2	1.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.7
Carrots	1.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	1.0	0.0	0.0	0.4	1.0	8.9	2.0	0.0	27.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	5.9
Cauliflower	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.9	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.7

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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Celery	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.2	0.5	5.3	1.6	0.0	3.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	2.7
Celery/Carrot	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.8	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.6
Coleslaw	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.1	0.8	0.1	0.0	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1
Cucumber	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Lettuce - Iceberg	0.9	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	1.2	0.0	0.0	0.5	1.3	9.5	0.7	0.0	1.7	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	0.1	0.7
Lettuce - Iceberg/Romaine	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.1	1.0	0.1	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1
Lettuce - Romaine	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.2	1.8	0.1	0.0	1.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.1
Lettuce - Salad mix	1.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	3.1	0.0	0.1	1.7	2.0	18.9	1.9	0.0	18.3	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.0	0.1	1.9
Onions - Mature	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.5
Peppers - Green	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5
Potatoes	70.7	1.9	16.1	0.1	0.0	0.0	0.0	0.0	1.7	11.5	0.1	0.8	21.5	53.8	408.2	6.3	0.3	0.8	7.3	0.0	0.0	0.0	0.0	1.1	0.2	0.0	21.5	0.9	213.0
Sweet potato	3.6	0.1	0.8	0.0	0.0	0.0	0.0	0.0	0.1	1.5	0.0	0.0	1.1	2.2	18.9	1.4	0.0	38.2	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.3	14.4
Tomatoes	2.2	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.1	1.3	0.0	0.1	1.2	3.1	27.5	0.7	0.0	4.0	2.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	1.7	0.3	9.8
Frozen vegetables																													
Carrots	2.1	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.2	2.0	0.0	0.0	0.6	1.8	10.8	3.3	0.0	47.5	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.6	0.2	17.6
Corn	25.0	0.8	5.9	0.2	0.0	0.1	0.0	0.0	0.7	0.9	0.0	0.1	8.6	24.3	71.5	0.5	0.2	3.1	1.1	0.0	0.0	0.0	0.0	0.4	0.0	0.0	10.8	0.9	70.0
French fries	29.3	0.6	6.1	1.1	0.2	0.1	0.0	0.0	0.6	2.6	0.0	0.2	5.7	21.2	98.6	4.6	0.1	0.0	2.9	0.0	0.0	0.0	0.0	0.5	0.0	0.0	6.1	0.1	84.8
Green beans	2.1	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.2	3.2	0.0	0.1	1.5	2.2	12.1	0.7	0.0	2.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	0.1	21.0
Peas	6.2	0.4	1.1	0.0	0.0	0.0	0.0	0.0	0.4	1.9	0.0	0.1	1.7	6.1	8.6	5.7	0.1	8.2	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	4.7	0.4	24.0
Potatoes	88.3	1.2	14.6	3.1	0.7	0.1	0.0	0.0	1.2	6.1	0.1	0.3	11.6	47.9	196.9	108.8	0.2	0.0	5.0	0.0	0.1	0.1	0.0	0.8	0.1	0.0	7.0	0.5	235.1
Sweet potato	0.9	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.3	0.5	4.6	0.1	0.0	9.4	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	3.5
Canned beans																													
Black beans	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2
Black-eyed peas	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.3	0.3	2.5	1.8	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	1.7
Garbanzo beans	0.8	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.7	1.3	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	1.1
Kidney beans	1.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.4	1.2	3.4	2.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.0	2.0
Pink beans	1.2	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.5	1.3	4.0	1.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.0	1.6
Pinto beans	5.1	0.3	0.9	0.0	0.0	0.0	0.0	0.0	0.2	1.6	0.0	0.1	2.1	5.4	15.2	12.9	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8	0.0	9.5
Red beans	1.4	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.5	1.6	4.5	3.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	0.0	2.6
Refried beans	5.8	0.3	0.8	0.2	0.1	0.0	0.0	0.1	0.2	1.5	0.0	0.1	1.6	4.6	14.1	12.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.7	0.0	14.5
Vegetarian beans	6.6	0.3	1.5	0.0	0.0	0.0	0.0	0.0	0.3	2.4	0.0	0.1	1.9	5.2	15.8	24.0	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.6	24.1
Dry beans																													
Pinto beans	1.7	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.5	0.0	0.0	0.7	1.8	5.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.0	3.3
Spaghetti sauce																													
Spaghetti sauce	18.7	0.4	3.0	0.6	0.2	0.2	0.0	0.4	0.6	4.7	0.0	0.2	4.5	7.7	67.8	24.0	0.1	8.2	0.4	0.0	0.5	0.0	0.0	0.8	0.0	0.0	2.8	1.9	6.4
Canned fruit																													
Apples	2.4	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.2	0.3	4.2	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.5	0.1
Applesauce	7.9	0.0	2.1	0.0	0.0	0.0	0.0	0.0	0.2	0.8	0.0	0.0	0.6	0.9	14.0	0.4	0.0	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	1.8	0.4
Apricots	6.9	0.1	1.8	0.0	0.0	0.0	0.0	0.0	0.2	1.4	0.0	0.0	1.1	2.1	19.0	0.8	0.0	9.5	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.3	1.6	0.5
Cranberry sauce	1.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.2
Mixed fruit	40.3	0.3	10.6	0.0	0.0	0.0	0.0	0.0	0.7	4.2	0.0	0.2	3.5	7.8	62.9	4.2	0.1	7.1	1.3	0.0	0.4	0.0	0.0	0.3	0.0	0.0	2.1	9.8	4.2
Peaches	58.2	0.5	15.7	0.0	0.0	0.0	0.0	0.0	1.4	3.2	0.1	0.4	5.4	11.9	104.6	5.4	0.1	19.4	2.6	0.0	0.5	0.0	0.0	0.6	0.0	0.0	3.2	14.3	5.4
Pears	43.6	0.1	11.6	0.0	0.0	0.0	0.0	0.0	1.2	3.8	0.0	0.2	3.1	5.4	50.4	3.6	0.1	0.0	0.5	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.8	9.2	3.8
Fresh fruit																													
Apples	37.5	0.2	10.0	0.1	0.0	0.0	0.0	0.0	1.7	4.3	0.0	0.1	3.6	7.9	77.2	0.7	0.0	2.2	3.3	0.0	0.1	0.0	0.0	0.1	0.0	0.0	2.2	7.5	0.7
Grapefruit	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.1	1.9	0.0	0.0	0.6	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0
Grapes	1.8	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.2	0.5	5.0	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.4	0.1
Honeydew melon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Kiwi	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.9	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Oranges	12.0	0.2	3.0	0.0	0.0	0.0	0.0	0.0	0.6	10.3	0.0	0.0	2.6	3.6	46.4	0.2	0.0	2.8	13.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	7.7	2.4	0.0
Peaches	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pears	3.5	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.2	0.5	0.0	0.0	0.4	0.7	7.2	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.6	0.1
Pineapple	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.1	0.0	0.0	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)	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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Plantains	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	1.5	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Plums	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Strawberries	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Tangelo	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Tangerine	1.5	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.3	0.6	4.6	0.1	0.0	0.9	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.3	0.1
Frozen fruit																													
Apples	3.9	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.2	0.5	0.0	0.0	0.4	0.8	8.0	0.1	0.0	0.2	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.8	0.1
Apricots	2.2	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.4	5.0	0.1	0.0	1.8	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1
Blueberries	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0
Cherries	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Peaches	17.5	0.1	4.5	0.0	0.0	0.0	0.0	0.0	0.3	0.6	0.0	0.1	0.9	2.1	24.3	1.1	0.0	2.6	17.6	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.6	4.1	1.1
Strawberries	19.9	0.1	5.3	0.0	0.0	0.0	0.0	0.0	0.5	2.9	0.0	0.1	1.7	3.0	26.2	0.7	0.0	0.3	10.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	2.7	4.7	0.5
Dried fruit																													
Dried apples	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Raisins	8.7	0.1	2.3	0.0	0.0	0.0	0.0	0.0	0.1	1.5	0.0	0.1	0.9	2.9	21.8	0.3	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	1.7	0.3
Meat, poultry, fish																													
Canned beef	2.1	0.2	0.0	0.2	0.1	0.0	0.0	0.7	0.0	0.1	0.0	0.0	0.1	1.2	2.0	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
Canned chicken	1.3	0.2	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.1	0.0	0.0	0.1	1.1	1.1	3.7	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0
Canned pork	1.7	0.2	0.0	0.1	0.0	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.2	1.5	2.1	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.9
Canned tuna	7.0	1.5	0.0	0.0	0.0	0.0	0.0	1.8	0.0	0.7	0.0	0.1	1.6	9.9	14.4	20.7	0.0	1.0	0.0	0.3	0.0	0.0	0.0	0.8	0.0	0.2	0.2	0.0	20.5
Chilled beef - roast	26.2	2.4	0.0	1.8	0.7	0.0	0.0	7.8	0.0	0.8	0.0	0.2	2.1	18.6	28.6	5.6	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.2	0.6	0.0	34.8
Chilled chicken - pieces	9.5	1.3	0.0	0.4	0.1	0.1	0.0	4.7	0.0	0.6	0.0	0.1	1.2	9.1	12.0	4.4	0.1	1.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.4	0.0	20.7
Chilled chicken - whole	389.9	59.5	0.0	15.2	4.2	2.8	0.1	182.5	0.0	31.1	0.1	2.5	51.9	400.3	499.9	178.4	4.3	33.2	0.0	0.2	0.6	0.1	0.4	18.9	1.0	0.7	12.4	0.0	846.3
Chilled turkey - whole	63.6	11.0	0.0	1.9	0.5	0.4	0.0	28.6	0.0	9.4	0.0	0.7	9.8	79.8	111.8	26.3	1.2	0.0	0.0	0.1	0.1	0.0	0.1	2.0	0.2	0.1	2.6	0.0	87.3
Frozen beef - ground	466.0	44.3	0.2	30.5	11.6	0.7	0.1	155.4	0.1	42.9	0.1	4.3	35.1	333.8	525.2	180.2	10.7	0.0	0.0	0.3	0.8	0.1	0.3	8.8	0.6	4.7	18.6	0.0	691.8
Frozen beef - patties	48.7	5.0	0.4	2.9	1.1	0.1	0.0	15.8	0.1	7.2	0.0	0.5	5.1	40.3	64.5	43.1	1.2	0.0	0.1	0.0	0.1	0.1	0.0	1.0	0.1	0.5	4.9	0.0	75.7
Frozen beef - roast	3.3	0.3	0.0	0.2	0.1	0.0	0.0	1.0	0.0	0.1	0.0	0.0	0.3	2.4	3.7	0.7	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	4.5
Frozen catfish	2.4	0.2	0.1	0.1	0.0	0.0	0.0	0.6	0.0	0.3	0.0	0.0	0.3	2.2	3.1	4.1	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	4.5
Frozen chicken - diced	28.3	4.3	0.0	1.1	0.3	0.2	0.0	13.3	0.0	2.3	0.0	0.2	3.8	29.1	36.3	6.9	0.3	2.4	0.0	0.0	0.0	0.0	0.0	1.4	0.1	0.0	0.9	0.0	61.4
Frozen chicken - fajita	33.7	4.8	0.0	1.5	0.4	0.3	0.0	16.6	0.0	2.1	0.0	0.2	4.3	32.3	42.8	122.9	0.5	3.4	0.0	0.0	0.0	0.0	0.0	1.1	0.1	0.1	1.4	0.0	73.7
Frozen chicken - patties	3.1	0.4	0.0	0.2	0.0	0.0	0.0	1.1	0.0	0.2	0.0	0.0	0.3	2.3	2.9	8.7	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	5.2
Frozen chicken - pieces	78.7	7.0	2.3	4.4	1.2	0.9	0.1	25.3	0.1	5.6	0.0	0.4	6.3	47.3	59.6	53.7	0.5	9.3	0.3	0.0	0.1	0.0	0.1	2.1	0.1	0.1	7.5	0.1	147.2
Frozen ham	13.0	2.0	0.1	0.5	0.2	0.0	0.0	4.9	0.0	0.7	0.0	0.1	1.9	23.0	29.2	93.7	0.2	0.6	0.0	0.1	0.0	0.1	0.0	0.5	0.0	0.1	0.3	0.1	119.9
Frozen ham - diced	2.2	0.3	0.0	0.1	0.0	0.0	0.0	0.8	0.0	0.1	0.0	0.0	0.3	3.9	5.0	18.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	20.5
Frozen ham - sliced	11.2	1.7	0.1	0.4	0.1	0.0	0.0	4.3	0.0	0.6	0.0	0.1	1.6	20.0	25.3	97.6	0.2	0.5	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.0	0.2	0.1	103.9
Frozen pork - roast	75.5	6.3	0.0	5.4	2.0	0.5	0.0	23.9	0.0	5.7	0.0	0.3	5.0	58.6	87.7	17.7	0.9	0.6	0.1	0.4	0.1	0.2	0.1	1.1	0.1	0.2	1.6	0.0	60.1
Frozen pork - Sloppy Joe	2.1	0.2	0.1	0.1	0.0	0.0	0.0	0.5	0.0	0.4	0.0	0.0	0.3	1.5	5.2	7.9	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	9.3
Frozen turkey - deli	25.1	4.1	1.0	0.4	0.1	0.1	0.0	10.4	0.1	1.9	0.0	0.3	5.1	39.1	72.8	173.7	0.3	2.4	1.4	0.0	0.0	0.0	0.1	0.0	0.0	0.0	1.0	0.8	244.8
Frozen turkey - ground	0.7	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1	0.0	0.0	0.1	0.6	0.8	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4
Frozen turkey - ham	17.2	2.4	0.3	0.7	0.2	0.1	0.0	9.8	0.0	1.1	0.0	0.3	3.0	40.1	39.2	59.8	0.4	1.0	1.2	0.0	0.1	0.0	0.0	0.3	0.0	0.0	1.0	0.2	152.0
Frozen turkey - pieces	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.0	0.1	0.4	0.6	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9
Frozen turkey - roast	29.1	4.0	0.6	1.1	0.4	0.2	0.0	9.9	0.0	0.9	0.0	0.3	4.1	45.8	55.9	129.2	0.5	0.0	0.0	0.0	0.1	0.0	0.0	1.2	0.1	0.3	0.9	0.0	127.5
Frozen turkey - taco	8.5	1.0	0.2	0.4	0.1	0.1	0.0	4.1	0.0	4.0	0.0	0.1	1.5	10.3	17.0	34.9	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	1.4	0.0	36.2
Frozen turkey - whole	2.1	0.4	0.0	0.1	0.0	0.0	0.0	0.9	0.0	0.3	0.0	0.0	0.3	2.6	3.7	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	2.9
Nuts																													
Peanut butter	167.3	7.1	5.6	14.3	3.0	4.0	0.0	0.0	1.7	12.2	0.1	0.5	43.8	101.8	184.6	77.8	0.8	0.0	0.0	0.0	2.6	0.0	0.0	3.8	0.2	0.0	21.1	2.6	130.6
Sunflower butter	6.5	0.2	0.2	0.6	0.0	0.1	0.0	0.0	0.1	0.7	0.0	0.0	3.3	7.0	6.0	5.4	0.1	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.0	0.0	2.5	0.1	3.5
Cheese																													
Cheddar	289.1	17.9	0.9	23.8	15.1	0.4	0.3	75.3	0.0	517.2	0.0	0.5	20.1	367.2	70.3	446.8	2.2	190.1	0.0	0.4	0.2	0.0	0.3	0.1	0.1	0.6	12.9	0.4	445.4
Mozzarella	328.8	28.3	4.2	21.8	11.8	0.4	0.2	58.8	0.0	795.8	0.0	0.3	28.3	570.5	103.4	709.8	3.4	174.2	0.0	0.4	0.4	0.1	0.4	0.1	0.1	2.5	10.9	0.7	574.8
Part skim Mozzarella	134.2	11.5	1.7	8.9	4.8	0.2	0.1	24.0	0.0	324.8	0.0	0.1	11.6	232.8	42.2	256.7	1.4	71.1	0.0	0.2	0.2	0.0	0.1	0.1	0.0	1.0	4.4	0.3	234.6
Processed American	161.1	8.6	3.6	12.6	7.6	0.3	0.1	39.3	0.0	258.5	0.0	0.2	14.4	246.5	132.4	646.4	1.4	115.6	0.0	0.3	0.2	0.0	0.2	0.1	0.0	0.5	4.3	3.1	628.7
Reduced fat cheddar	32.2	3.1	0.2	2.1	1.3	0.1	0.0	6.4	0.0	103.2	0.0	0.0	4.0	66.5	10.6	85.1	0.5	17.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	2.3	0.1	82.7

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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Red fat processed American	48.9	3.6	2.2	2.9	1.8	0.1	0.0	10.8	0.0	107.8	0.0	0.0	6.7	168.9	67.2	327.3	0.5	51.5	0.0	0.3	0.1	0.0	0.1	0.0	0.0	0.2	3.7	1.6	323.3
Milk																													
2% UHT	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.2	0.3	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Eggs																													
Fresh eggs	39.7	3.5	0.2	2.8	0.9	0.3	0.0	117.6	0.0	14.8	0.0	0.5	3.3	53.0	37.2	33.2	0.3	39.0	0.0	0.3	0.3	0.0	0.1	0.0	0.0	0.3	9.8	0.2	82.2
Frozen eggs	16.2	1.4	0.1	1.1	0.4	0.1	0.0	47.9	0.0	6.0	0.0	0.2	1.3	21.6	15.2	13.5	0.1	15.9	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.1	4.0	0.1	33.5
Butter, oils																													
Soybean oil	32.4	0.0	0.0	3.7	0.6	1.9	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vegetable oil	295.5	0.0	0.0	33.4	4.4	12.6	1.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

4. Nutrient Content of 2009 NSLP USDA Foods per Person, per Month, Entitlement + Bonus USDA Foods 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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Cereal, dry																													
Grits	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	1.8
Oats	3.8	0.1	0.7	0.1	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.0	1.4	4.0	3.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	7.6
Rice																													
Brown rice	10.3	0.2	2.1	0.1	0.0	0.0	0.0	0.0	0.2	0.9	0.0	0.0	4.0	7.7	4.0	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.4	0.0	28.2
White rice	82.8	1.8	17.8	0.2	0.0	0.0	0.0	0.0	0.4	8.2	0.0	0.9	7.2	30.3	26.8	0.5	0.3	0.0	0.0	0.0	0.0	0.1	0.0	1.1	0.1	0.0	70.1	0.0	231.4
Spaghetti, macaroni																													
Macaroni	21.4	0.8	4.2	0.1	0.0	0.0	0.0	0.0	0.2	1.0	0.0	0.2	2.5	7.9	6.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	16.1	0.1	31.6
Rotini	9.4	0.3	1.8	0.1	0.0	0.0	0.0	0.0	0.1	0.4	0.0	0.1	1.1	3.5	2.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	7.1	0.0	13.9
Spaghetti	27.7	1.0	5.4	0.2	0.0	0.1	0.0	0.0	0.3	1.2	0.0	0.2	3.2	10.2	7.8	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	20.8	0.1	41.0
Whole grain rotini	13.9	0.6	3.0	0.1	0.0	0.0	0.0	0.0	0.3	1.7	0.0	0.1	3.4	10.0	5.0	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.6	0.1	26.5
Whole grain spaghetti	7.9	0.3	1.7	0.0	0.0	0.0	0.0	0.0	0.3	1.0	0.0	0.1	1.9	5.7	2.8	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	15.0
Dehydrated potatoes																													
Dehydrated potatoes	159.8	3.8	36.6	0.2	0.1	0.0	0.0	0.0	3.0	12.2	0.1	0.5	29.8	70.4	495.6	46.9	0.3	0.5	36.6	0.0	0.0	0.4	0.0	2.8	0.3	0.0	20.8	1.5	46.9
Cornmeal																													
Cornmeal	3.0	0.1	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.8	1.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	0.0	0.1
Flour																													
Bread flour	49.5	1.6	9.9	0.2	0.0	0.1	0.0	0.0	0.3	2.1	0.0	0.6	3.4	13.3	13.7	0.3	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.9	0.0	0.0	25.7	0.0	0.3
Masa	2.2	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.6	1.3	1.6	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	1.3	0.0	0.0
White flour	285.6	8.7	58.8	1.0	0.2	0.4	0.0	0.0	2.0	14.3	0.1	3.8	21.1	87.1	96.7	1.5	0.7	0.0	0.0	0.0	0.0	0.4	0.3	4.2	0.0	0.0	142.2	0.6	1.6
Whole wheat flour	28.9	1.2	6.2	0.2	0.0	0.1	0.0	0.0	1.0	2.9	0.0	0.3	11.8	29.5	34.6	0.4	0.3	0.0	0.0	0.0	0.1	0.0	0.0	0.5	0.0	0.0	2.4	0.0	0.4
Bakery mix																													
Bakery mix	7.8	0.2	1.5	0.1	0.0	0.0	0.0	0.0	0.1	3.9	0.0	0.1	0.6	13.6	3.0	29.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	4.1	0.0	29.2
Whole grain pancakes																													
Whole grain pancakes	5.0	0.2	0.6	0.2	0.0	0.1	0.0	1.3	0.1	4.2	0.0	0.0	1.1	4.9	5.0	10.7	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.1	13.3
Whole grain tortillas																													
Whole grain tortillas	10.1	0.4	2.1	0.0	0.0	0.0	0.0	0.0	0.3	0.8	0.0	0.1	3.0	8.0	9.2	30.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	2.4	0.0	18.7
Canned vegetables																													
Carrots	2.3	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.1	2.3	0.0	0.1	0.7	2.2	16.5	3.9	0.0	51.5	0.2	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.8	0.2	3.9
Corn	21.4	0.7	5.0	0.2	0.0	0.1	0.0	0.0	0.5	1.3	0.0	0.2	4.0	12.7	35.6	46.9	0.1	0.5	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	10.8	0.8	78.7
Green beans	10.7	0.6	2.4	0.1	0.0	0.0	0.0	0.0	1.0	13.9	0.0	0.5	6.9	10.1	58.1	109.7	0.2	9.6	2.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	17.0	0.4	1.1
Peas	6.9	0.4	1.3	0.0	0.0	0.0	0.0	0.0	0.4	2.0	0.0	0.1	1.7	6.7	17.3	16.5	0.1	2.7	1.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	4.4	0.4	0.2
Salsa	6.6	0.4	1.5	0.0	0.0	0.0	0.0	0.0	0.4	6.6	0.0	0.1	3.7	7.6	72.8	27.4	0.1	3.7	0.5	0.0	0.3	0.0	0.0	0.0	0.0	0.0	1.0	0.7	147.0
Sweet potato	9.3	0.1	2.2	0.0	0.0	0.0	0.0	0.0	0.3	2.3	0.0	0.1	1.6	3.2	26.8	4.8	0.0	58.3	1.3	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.7	0.6	14.1
Tomato paste	9.0	0.5	2.1	0.1	0.0	0.0	0.0	0.0	0.4	3.9	0.0	0.3	4.6	9.1	111.1	10.7	0.1	8.3	2.4	0.0	0.5	0.0	0.0	0.3	0.0	0.0	1.3	1.3	10.7
Tomato sauce	5.0	0.2	1.0	0.0	0.0	0.0	0.0	0.0	0.2	1.7	0.0	0.1	2.3	3.8	44.6	13.8	0.0	3.2	1.6	0.0	0.2	0.0	0.0	0.1	0.0	0.0	1.1	0.6	1.3
Tomatoes	3.0	0.1	0.7	0.0	0.0	0.0	0.0	0.0	0.2	5.6	0.0	0.2	2.0	3.4	33.7	20.7	0.0	1.1	1.7	0.0	0.1	0.0	0.0	0.1	0.0	0.0	1.4	0.4	1.8
Fresh vegetables																													
Broccoli	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.2	0.7	3.3	0.4	0.0	0.6	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.0	1.7
Cabbage - Green	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.2	1.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.7
Carrots	1.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	1.0	0.0	0.0	0.4	1.0	8.9	2.0	0.0	27.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	5.9
Cauliflower	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.9	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.7
Celery	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.2	0.5	5.3	1.6	0.0	3.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	2.7
Celery/Carrot	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.8	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.6
Coleslaw	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.1	0.8	0.1	0.0	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1
Cucumber	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Lettuce - Iceberg	0.9	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	1.2	0.0	0.0	0.5	1.3	9.5	0.7	0.0	1.7	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	0.1	0.7
Lettuce - Iceberg/Romaine	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.1	1.0	0.1	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1
Lettuce - Romaine	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.2	1.8	0.1	0.0	1.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.1
Lettuce - Salad mix	1.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	3.1	0.0	0.1	1.7	2.0	18.9	1.9	0.0	18.3	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.0	0.1	1.9
Onions - Mature	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.5
Peppers - Green	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5
Potatoes	181.5	4.9	41.4	0.3	0.1	0.1	0.0	0.0	4.3	29.6	0.2	2.1	55.2	138.1	1047.5	15.9	0.7	2.0	18.7	0.0	0.1	0.1	0.1	2.8	0.6	0.0	55.2	2.3	546.4
Sweet potato	3.6	0.1	0.8	0.0	0.0	0.0	0.0	0.0	0.1	1.5	0.0	0.0	1.1	2.2	18.9	1.4	0.0	38.2	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.3	14.4
Tomatoes	2.7	0.1	0.6	0.0	0.0	0.0	0.0	0.0	0.1	1.6	0.0	0.1	1.5	3.9	33.8	0.8	0.0	5.0	2.6	0.0	0.1	0.0	0.0	0.1	0.0	0.0	2.1	0.4	12.1

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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Frozen vegetables																													
Carrots	2.1	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.2	2.0	0.0	0.0	0.6	1.8	10.8	3.3	0.0	47.5	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.6	0.2	17.6
Corn	25.0	0.8	5.9	0.2	0.0	0.1	0.0	0.0	0.7	0.9	0.0	0.1	8.6	24.3	71.5	0.5	0.2	3.1	1.1	0.0	0.0	0.0	0.0	0.4	0.0	0.0	10.8	0.9	70.0
French fries	29.3	0.6	6.1	1.1	0.2	0.1	0.0	0.0	0.6	2.6	0.0	0.2	5.7	21.2	98.6	4.6	0.1	0.0	2.9	0.0	0.0	0.0	0.0	0.5	0.0	0.0	6.1	0.1	84.8
Green beans	2.1	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.2	3.2	0.0	0.1	1.5	2.2	12.1	0.7	0.0	2.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	0.1	21.0
Peas	6.2	0.4	1.1	0.0	0.0	0.0	0.0	0.0	0.4	1.9	0.0	0.1	1.7	6.1	8.6	5.7	0.1	8.2	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	4.7	0.4	24.0
Potatoes	88.3	1.2	14.6	3.1	0.7	0.1	0.0	0.0	1.2	6.1	0.1	0.3	11.6	47.9	196.9	108.8	0.2	0.0	5.0	0.0	0.1	0.1	0.0	0.8	0.1	0.0	7.0	0.5	235.1
Sweet potato	0.9	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.3	0.5	4.6	0.1	0.0	9.4	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	3.5
Canned beans																													
Black beans	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.3
Black-eyed peas	1.6	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.1	2.2	0.0	0.0	0.9	0.9	7.0	5.1	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.1	0.1	4.8
Garbanzo beans	2.2	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.0	0.5	1.9	3.8	3.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.1	3.0
Kidney beans	2.5	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.1	0.9	2.8	8.0	6.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.6	0.0	4.6
Lima beans	0.9	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.5	0.9	4.0	1.8	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.7
Pink beans	3.3	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.1	1.2	0.0	0.1	1.5	3.7	11.4	5.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.7	0.0	4.4
Pinto beans	13.2	0.8	2.4	0.0	0.0	0.0	0.0	0.0	0.6	4.1	0.0	0.2	5.4	14.0	39.7	33.8	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.0	0.1	24.8
Red beans	5.3	0.4	1.0	0.0	0.0	0.0	0.0	0.0	0.3	1.2	0.0	0.1	1.9	5.9	16.8	14.3	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.4	0.0	9.8
Refried beans	12.5	0.5	1.6	0.5	0.1	0.1	0.0	0.2	0.5	3.2	0.0	0.1	3.4	10.0	30.5	26.1	0.1	0.0	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	5.9	0.1	31.2
Vegetarian beans	14.0	0.7	3.1	0.1	0.0	0.0	0.0	0.0	0.6	5.1	0.0	0.2	4.0	11.0	33.3	50.7	0.3	0.7	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	1.6	1.2	51.1
Dry beans																													
Great Northern beans	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.3	0.5	2.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	1.1
Navy beans	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.3	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.5
Pinto beans	3.2	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.1	1.0	0.0	0.0	1.3	3.4	9.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.4	0.0	6.1
Spaghetti sauce																													
Spaghetti sauce	30.1	0.6	4.8	0.9	0.2	0.4	0.0	0.7	0.9	7.6	0.1	0.2	7.3	12.5	109.4	38.8	0.2	13.2	0.7	0.0	0.8	0.0	0.0	1.4	0.1	0.0	4.5	3.1	10.4
Canned fruit																													
Apples	15.1	0.1	4.0	0.0	0.0	0.0	0.0	0.0	0.4	1.4	0.0	0.1	1.1	1.8	26.6	0.4	0.0	0.4	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	1.1	3.4	0.7
Applesauce	41.4	0.2	11.1	0.1	0.0	0.0	0.0	0.0	1.1	3.9	0.0	0.2	3.0	4.9	73.0	2.0	0.0	1.0	1.0	0.0	0.2	0.0	0.0	0.1	0.0	0.0	3.0	9.3	2.0
Apricots	7.9	0.1	2.1	0.0	0.0	0.0	0.0	0.0	0.2	1.6	0.0	0.0	1.3	2.4	21.6	0.9	0.0	10.8	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.3	1.8	0.6
Cranberry sauce	1.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.2
Mixed fruit	40.3	0.3	10.6	0.0	0.0	0.0	0.0	0.0	0.7	4.2	0.0	0.2	3.5	7.8	62.9	4.2	0.1	7.1	1.3	0.0	0.4	0.0	0.0	0.3	0.0	0.0	2.1	9.8	4.2
Peaches	58.2	0.5	15.7	0.0	0.0	0.0	0.0	0.0	1.4	3.2	0.1	0.4	5.4	11.9	104.6	5.4	0.1	19.4	2.6	0.0	0.5	0.0	0.0	0.6	0.0	0.0	3.2	14.3	5.4
Pears	52.0	0.2	13.8	0.0	0.0	0.0	0.0	0.0	1.5	4.6	0.0	0.3	3.6	6.4	60.2	4.2	0.1	0.0	0.6	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.9	11.0	4.6
Fresh fruit																													
Apples	41.1	0.2	10.9	0.1	0.0	0.0	0.0	0.0	1.9	4.7	0.0	0.1	4.0	8.7	84.6	0.8	0.0	2.4	3.6	0.0	0.1	0.0	0.0	0.1	0.0	0.0	2.4	8.2	0.8
Grapefruit	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.1	1.9	0.0	0.0	0.6	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0
Grapes	1.8	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.2	0.5	5.0	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.4	0.1
Kiwi	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.9	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Oranges	12.0	0.2	3.0	0.0	0.0	0.0	0.0	0.0	0.6	10.3	0.0	0.0	2.6	3.6	46.4	0.2	0.0	2.8	13.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	7.7	2.4	0.0
Peaches	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pears	3.5	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.2	0.5	0.0	0.0	0.4	0.7	7.2	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.6	0.1
Pineapple	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Plantains	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	1.5	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Plums	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Strawberries	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Tangelo	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Tangerine	1.5	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.3	0.6	4.6	0.1	0.0	0.9	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.3	0.1
Frozen fruit																													
Apples	3.9	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.2	0.5	0.0	0.0	0.4	0.8	8.0	0.1	0.0	0.2	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.8	0.1
Apricots	2.2	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.4	5.0	0.1	0.0	1.8	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1
Blackberries	1.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.0	0.4	0.6	2.7	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.2	0.0
Blueberries	8.0	0.1	1.9	0.1	0.0	0.0	0.0	0.0	0.4	1.3	0.0	0.0	0.8	1.7	8.4	0.2	0.0	0.3	0.4	0.0	0.1	0.0	0.0	0.1	0.0	0.0	1.1	1.3	0.2
Cherries	2.8	0.1	0.7	0.0	0.0	0.0	0.0	0.0	0.1	0.8	0.0	0.0	0.6	1.0	7.7	0.1	0.0	2.7	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.6	0.1
Peaches	53.1	0.4	13.6	0.1	0.0	0.0	0.0	0.0	1.0	1.7	0.0	0.2	2.8	6.2	73.5	3.4	0.0	7.9	53.2	0.0	0.4	0.0	0.0	0.4	0.0	0.0	1.7	12.5	3.4
Strawberries	21.4	0.1	5.7	0.0	0.0	0.0	0.0	0.0	0.6	3.6	0.0	0.2	2.1	3.6	32.5	0.8	0.0	0.4	11.9	0.0	0.1	0.0	0.0	0.1	0.0	0.0	3.5	4.9	0.6
Dried fruit																													
Dried apples	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	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)	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)	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)	Total Sugar (g)	Alternate Sodium (mg)
Dried cherries	3.6	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.0	0.0	0.1	0.1	6.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.1
Dried cranberries	5.1	0.0	1.4	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.1	0.1	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.0
Raisins	24.1	0.2	6.4	0.0	0.0	0.0	0.0	0.0	0.3	4.0	0.0	0.2	2.6	8.1	60.4	0.9	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.4	4.8	0.9
Canned juice																													
Orange juice	19.2	0.3	4.5	0.0	0.0	0.0	0.0	0.0	0.1	4.3	0.0	0.1	4.3	6.6	69.6	0.4	0.0	0.8	15.2	0.0	0.1	0.0	0.0	0.1	0.0	0.0	7.4	3.2	0.8
Frozen juice																													
Orange juice	3.0	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.6	1.1	12.7	0.0	0.0	0.4	2.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.7	0.1
Meat, poultry, fish																													
Canned beef	2.1	0.2	0.0	0.2	0.1	0.0	0.0	0.7	0.0	0.1	0.0	0.0	0.1	1.2	2.0	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
Canned chicken	1.3	0.2	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.1	0.0	0.0	0.1	1.1	1.1	3.7	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0
Canned pork	1.7	0.2	0.0	0.1	0.0	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.2	1.5	2.1	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.9
Canned tuna	7.0	1.5	0.0	0.0	0.0	0.0	0.0	1.8	0.0	0.7	0.0	0.1	1.6	9.9	14.4	20.7	0.0	1.0	0.0	0.3	0.0	0.0	0.0	0.8	0.0	0.2	0.2	0.0	20.5
Chilled beef - roast	26.2	2.4	0.0	1.8	0.7	0.0	0.0	7.8	0.0	0.8	0.0	0.2	2.1	18.6	28.6	5.6	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.2	0.6	0.0	34.8
Chilled chicken - pieces	9.5	1.3	0.0	0.4	0.1	0.1	0.0	4.7	0.0	0.6	0.0	0.1	1.2	9.1	12.0	4.4	0.1	1.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.4	0.0	20.7
Chilled chicken - whole	428.2	65.4	0.0	16.7	4.6	3.1	0.2	200.5	0.0	34.2	0.2	2.7	56.9	439.6	549.0	195.9	4.7	36.4	0.0	0.2	0.6	0.2	0.4	20.7	1.1	0.8	13.7	0.0	929.4
Chilled turkey - whole	63.6	11.0	0.0	1.9	0.5	0.4	0.0	28.6	0.0	9.4	0.0	0.7	9.8	79.8	111.8	26.3	1.2	0.0	0.0	0.1	0.1	0.0	0.1	2.0	0.2	0.1	2.6	0.0	87.3
Frozen beef - ground	502.8	47.8	0.2	33.0	12.5	0.8	0.1	167.8	0.1	46.2	0.2	4.6	37.9	360.2	566.7	193.4	11.6	0.0	0.0	0.4	0.9	0.1	0.3	9.5	0.7	5.1	20.0	0.0	746.3
Frozen beef - patties	48.7	5.0	0.4	2.9	1.1	0.1	0.0	15.8	0.1	7.2	0.0	0.5	5.1	40.3	64.5	43.1	1.2	0.0	0.1	0.0	0.1	0.1	0.0	1.0	0.1	0.5	4.9	0.0	75.7
Frozen beef - roast	3.3	0.3	0.0	0.2	0.1	0.0	0.0	1.0	0.0	0.1	0.0	0.0	0.3	2.4	3.7	0.7	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	4.5
Frozen catfish	6.6	0.5	0.2	0.4	0.1	0.1	0.0	1.8	0.0	0.9	0.0	0.0	0.7	6.0	8.6	11.5	0.0	2.5	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.6	0.0	12.7
Frozen chicken - diced	28.3	4.3	0.0	1.1	0.3	0.2	0.0	13.3	0.0	2.3	0.0	0.2	3.8	29.1	36.3	6.9	0.3	2.4	0.0	0.0	0.0	0.0	0.0	1.4	0.1	0.0	0.9	0.0	61.4
Frozen chicken - fajita	33.7	4.8	0.0	1.5	0.4	0.3	0.0	16.6	0.0	2.1	0.0	0.2	4.3	32.3	42.8	122.9	0.5	3.4	0.0	0.0	0.0	0.0	0.0	1.1	0.1	0.1	1.4	0.0	73.7
Frozen chicken - patties	3.1	0.4	0.0	0.2	0.0	0.0	0.0	1.1	0.0	0.2	0.0	0.0	0.3	2.3	2.9	8.7	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	5.2
Frozen chicken - pieces	90.5	8.8	2.3	4.9	1.3	1.0	0.1	30.9	0.1	6.5	0.0	0.5	7.8	59.4	74.8	58.2	0.6	10.3	0.3	0.0	0.1	0.0	0.1	2.7	0.1	0.1	7.9	0.1	172.9
Frozen ham	13.0	2.0	0.1	0.5	0.2	0.0	0.0	4.9	0.0	0.7	0.0	0.1	1.9	23.0	29.2	93.7	0.2	0.6	0.0	0.1	0.0	0.1	0.0	0.5	0.0	0.1	0.3	0.1	119.9
Frozen ham - diced	2.2	0.3	0.0	0.1	0.0	0.0	0.0	0.8	0.0	0.1	0.0	0.0	0.3	3.9	5.0	18.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	20.5
Frozen ham - sliced	11.2	1.7	0.1	0.4	0.1	0.0	0.0	4.3	0.0	0.6	0.0	0.1	1.6	20.0	25.3	97.6	0.2	0.5	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.0	0.2	0.1	103.9
Frozen pork - roast	75.5	6.3	0.0	5.4	2.0	0.5	0.0	23.9	0.0	5.7	0.0	0.3	5.0	58.6	87.7	17.7	0.9	0.6	0.1	0.4	0.1	0.2	0.1	1.1	0.1	0.2	1.6	0.0	60.1
Frozen pork - Sloppy Joe	2.1	0.2	0.1	0.1	0.0	0.0	0.0	0.5	0.0	0.4	0.0	0.0	0.3	1.5	5.2	7.9	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	9.3
Frozen turkey - deli	25.4	4.2	1.0	0.4	0.1	0.1	0.0	10.5	0.1	2.0	0.0	0.4	5.1	39.5	73.7	175.7	0.3	2.4	1.4	0.0	0.0	0.0	0.1	0.0	0.0	0.0	1.0	0.9	247.7
Frozen turkey - ground	0.7	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1	0.0	0.0	0.1	0.6	0.8	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4
Frozen turkey - ham	17.2	2.4	0.3	0.7	0.2	0.1	0.0	9.8	0.0	1.1	0.0	0.3	3.0	40.1	39.2	59.8	0.4	1.0	1.2	0.0	0.1	0.0	0.0	0.3	0.0	0.0	1.0	0.2	152.0
Frozen turkey - pieces	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.0	0.1	0.4	0.6	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9
Frozen turkey - roast	29.4	4.0	0.6	1.1	0.4	0.2	0.0	10.1	0.0	0.9	0.0	0.3	4.2	46.3	56.6	130.9	0.5	0.0	0.0	0.0	0.1	0.0	0.0	1.2	0.1	0.3	0.9	0.0	129.2
Frozen turkey - taco	8.5	1.0	0.2	0.4	0.1	0.1	0.0	4.1	0.0	4.0	0.0	0.1	1.5	10.3	17.0	34.9	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	1.4	0.0	36.2
Frozen turkey - whole	5.1	0.9	0.0	0.2	0.0	0.0	0.0	2.3	0.0	0.8	0.0	0.1	0.8	6.5	9.0	2.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.0	7.1
Nuts																													
Fruit-nut mix	19.3	0.6	1.5	1.4	0.2	0.6	0.0	0.0	0.3	3.3	0.0	0.1	5.4	18.2	27.0	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	3.6	0.8	0.3
Peanut butter	167.3	7.1	5.6	14.3	3.0	4.0	0.0	0.0	1.7	12.2	0.1	0.5	43.8	101.8	184.6	77.8	0.8	0.0	0.0	0.0	2.6	0.0	0.0	3.8	0.2	0.0	21.1	2.6	130.6
Sunflower butter	6.5	0.2	0.2	0.6	0.0	0.1	0.0	0.0	0.1	0.7	0.0	0.0	3.3	7.0	6.0	5.4	0.1	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.0	0.0	2.5	0.1	3.5
Cheese																													
Cheddar	289.1	17.9	0.9	23.8	15.1	0.4	0.3	75.3	0.0	517.2	0.0	0.5	20.1	367.2	70.3	446.8	2.2	190.1	0.0	0.4	0.2	0.0	0.3	0.1	0.1	0.6	12.9	0.4	445.4
Mozzarella	328.8	28.3	4.2	21.8	11.8	0.4	0.2	58.8	0.0	795.8	0.0	0.3	28.3	570.5	103.4	709.8	3.4	174.2	0.0	0.4	0.4	0.1	0.4	0.1	0.1	2.5	10.9	0.7	574.8
Part skim Mozzarella	134.2	11.5	1.7	8.9	4.8	0.2	0.1	24.0	0.0	324.8	0.0	0.1	11.6	232.8	42.2	256.7	1.4	71.1	0.0	0.2	0.2	0.0	0.1	0.1	0.0	1.0	4.4	0.3	234.6
Processed American	161.1	8.6	3.6	12.6	7.6	0.3	0.1	39.3	0.0	258.5	0.0	0.2	14.4	246.5	132.4	646.4	1.4	115.6	0.0	0.3	0.2	0.0	0.2	0.1	0.0	0.5	4.3	3.1	628.7
Reduced fat cheddar	32.2	3.1	0.2	2.1	1.3	0.1	0.0	6.4	0.0	103.2	0.0	0.0	4.0	66.5	10.6	85.1	0.5	17.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	2.3	0.1	82.7
Red fat processed American	48.9	3.6	2.2	2.9	1.8	0.1	0.0	10.8	0.0	107.8	0.0	0.0	6.7	168.9	67.2	327.3	0.5	51.5	0.0	0.3	0.1	0.0	0.1	0.0	0.0	0.2	3.7	1.6	323.3
Milk																													
2% UHT	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.2	0.3	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Dry milk	5.6	0.6	0.8	0.0	0.0	0.0	0.0	0.3	0.0	19.3	0.0	0.0	1.8	15.4	26.7	0.8	0.1	11.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.8	0.8	8.6
Eggs																													
Fresh eggs	39.7	3.5	0.2	2.8	0.9	0.3	0.0	117.6	0.0	14.8	0.0	0.5	3.3	53.0	37.2	33.2	0.3	39.0	0.0	0.3	0.3	0.0	0.1	0.0	0.0	0.3	9.8	0.2	82.2
Frozen eggs	16.2	1.4	0.1	1.1	0.4	0.1	0.0	47.9	0.0	6.0	0.0	0.2	1.3	21.6	15.2	13.5	0.1	15.9	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.1	4.0	0.1	33.5
Butter, oils																													
Soybean oil	32.4	0.0	0.0	3.7	0.6	1.9	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vegetable oil	295.5	0.0	0.0	33.4	4.4	12.6	1.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0