

# List of Foods

## ■ Bread, cereal, rice and pasta

Bagel	6
Biscuit	7
Bread, French or Italian	8
Bread stuffing	9
Cereal, cooked, oatmeal or grits, polenta, etc.	10
Cereal, granola Grape-Nuts® or fruit/grain combinations	11
Cereal, ready-to-eat	12
Cornbread	13
Crackers or crispbreads	14
Croissant	15
English muffin	16
Muffin, fruited or plain or cupcake (unfrosted)	17
Pancakes	18
Pasta salad or grain salad or potato salad	19
Popcorn	20-21
Rice	22
Rolls	23
Spaghetti or other pasta or noodles	24
Tortillas or wraps or flatbread	25
Tortilla chips or corn chips or pita chips	26-27

## ■ Vegetables

Broccoli or other cooked vegetable	28
Carrots, raw or other cut raw vegetables	29
Corn	30-31
Coleslaw or other shredded vegetable salads	32
Green salad or raw leafy vegetables	33
Mixed vegetables	34
Potato, baked or baked sweet potato	35
Potato chips	36
Potatoes, French-fried	37
Potatoes, hash-browned	38
Potatoes, mashed or other mashed root vegetables	39
Potatoes, scalloped or other vegetables in sauce	40
Salsa or chutney	41
Spinach or other cooked greens	42
Tomato	43
Vegetable soup or other soups	44

## ■ Fruit

Apple or orange, peach, nectarine, pear, etc.	45
Banana	46
Canned fruit	47
Cantaloupe or honeydew or similar melons	48

Dried fruit, raisins or prunes, apricots, etc.	49
Fruit, cut, mixed or fresh fruit cups	50
Fruit or vegetable juices	51
Grapes	52
Strawberries or other berries	53
Watermelon	54-55

## ■ Milk, yogurt and cheese

Cheese	56
Cottage cheese	57
Ice cream, or frozen yogurt, sherbet, sorbets, gelato	58
Ice cream cone soft-serve	59
Ice cream sundae	60
Milk	61
Pudding	62
Yogurt flavored or plain	63

## ■ Meat, poultry, fish, dry beans, eggs and nuts

Beans or other cooked legumes	64
Chicken breast boneless and skinless	65
Chicken pieces fried	66
Chicken wings fried	67
Cutlet breaded and fried, poultry, pork, veal or vegetable	68
Eggs scrambled or omelet	69
Fish filet	70
Fish steak	71
Ground beef patty or poultry or vegetable patty	72
Luncheon meats, salami or other	73
Meat, roasted and sliced, beef or lamb, pork, etc.	74
Nuggets, fried, chicken or fish, scallops, potatoes, etc.	75
Nuts mixed or any kind	76
Peanut butter or other nut butters	77
Pork chop or veal chop or lamb chop	78
Sausages, links or patties or sausage substitute	79
Shrimp breaded and fried	80
Spareribs	81
Steak	82
Tuna, canned or canned salmon or chicken	83
Turkey breast or sliced ham	84

## ■ Combination foods

Beef stew or other stews, chili or baked beans	85
Burrito, any type or sandwich wrap	86
Hamburger fast-food	87
Hot dog on a bun	88
Lasagna or enchilada, moussaka, eggplant parmesan or similar casseroles	89
Macaroni and cheese or ravioli, tortellini or similar items	90
Spaghetti with sauce	91
Pizza thin- and thick-crust	92-93
Submarine sandwich	94
Taco, chicken or beef or bean	95
Tuna salad sandwich or chicken or egg salad sandwich	96
Vegetable stir-fry with poultry or meat or seafood	97

## ■ Desserts and sweets

Brownie	98
Candy in bite-sized pieces	99
Cake with frosting	100-101
Chocolate bar or other candy bar	102
Cookies, chocolate chip or other cookies	103
Pie, apple or other fruit pies	104
Sweet roll or Danish	105

## ■ Fats, oils, spreads and toppings

Butter or margarine	106
Cream cheese	107
Gravy	108
Jam or jelly	109
Mayonnaise or similar dressings	110
Oil all types	111
Salad dressing French or other types	112
Sour cream or creamy dips and spreads	113
Syrup or honey	114
Whipped cream or whipped topping (shown on gelatin)	115

## ■ Food measures and containers

Drinking glasses	117
Coffee mugs	118
Paper or waxed cups	119
Carry-out hot cups	120
Wine glasses	121
Champagne, brandy, martini and shot classes	122
Beer mugs, glasses, can	123
Measures	124-125
Plates and bowls (shown in this book)	126-127