

## FOOD GROUP CATAGORIZATION

### GRAINS GROUP

bagel  
biscuit  
bran flakes  
corn flakes  
croissant  
dinner roll  
egg noodles  
English muffin  
graham crackers  
granola  
granola bar  
grits  
hard roll  
hot dog bun  
muffin  
oatmeal  
pancake  
pasta  
pita bread  
popcorn  
pretzels  
rye bread  
rye crackers  
rice  
saltine crackers  
snack crackers  
tortilla  
tortilla chips  
waffle  
white bread  
whole wheat bread

### VEGETABLES GROUP

avocado  
broccoli  
cabbage  
carrots  
cauliflower  
celery  
coleslaw  
corn  
corn on cob  
green beans  
green peas  
green pepper  
lettuce  
baked potato  
hash brown potatoes  
mashed potato  
snow peas  
spinach  
sweet potato  
tomato  
tomato juice  
tossed salad  
winter squash  
zucchini

**FRUITS GROUP**

apple  
applesauce  
banana  
cantaloupe  
fruit cocktail  
grapefruit  
grapes  
orange  
orange juice  
peach  
peaches (canned)  
pear  
pears (canned)  
pineapple  
prunes  
raisins  
strawberries  
watermelon

**MEAT/BEANS GROUP**

ground beef  
roast beef  
steak  
pork chop  
fried chicken  
roasted chicken  
turkey  
ham  
fish sticks  
halibut  
salmon  
shrimp  
tuna  
fried egg  
hard-cooked egg  
scrambled egg  
baked beans  
black-eyed peas  
navy beans  
refried beans  
tofu  
sunflower seeds  
peanuts  
peanut butter

**MILK/DAIRY GROUP**

American cheese  
cheddar cheese  
cottage cheese  
lowfat cottage cheese 1% lowfat milk  
mozzarella cheese  
muenster cheese  
parmesan cheese  
Swiss cheese  
whole milk  
chocolate milk  
2% reduced fat milk  
2% reduced fat  
    chocolate milk  
1% lowfat milk  
fat-free milk  
cultured buttermilk  
milk shake  
fruit-flavored low-  
    fat yogurt  
lowfat plain yogurt  
frozen yogurt  
non-fat plain yogurt  
ice-cream

**OILS**

French dressing  
Italian dressing  
mayonnaise  
vegetable oils  
margarine

**Foods Not Pictured  
in MyPyramid  
(enhancement foods)**

candy  
soft drinks  
jam  
sugar  
honey  
syrup  
butter  
cream cheese  
cream  
chocolate  
chips