



# Basket Composition

Presented by

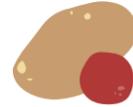


**Alima**  
Perinatal Social Nutrition Centre

# Basket Composition

The list of foods included in the NAFB is presented in the table below.

CATEGORIES	SUBCATEGORIES	
<b>Vegetables</b> 	<b>FRESH VEGETABLES</b> Carrot, fresh Onion, fresh Celery, fresh Kale, fresh Tomato, fresh Green pepper, fresh Lettuce, fresh (romaine, red leaf or curly) Cucumber, fresh Broccoli with stem, fresh Zucchini, fresh Turnip, fresh (rutabaga)	<b>FROZEN OR CANNED VEGETABLES</b> Spinach, frozen Tomatoes, canned (all types) Green peas, frozen Whole grain corn, canned Mixed vegetables, frozen
	<b>FRESH FRUIT</b> Apple, Fresh Banana, fresh Orange citrus fruit, fresh (oranges, clementines or mandarins) Melon, fresh (cantaloupe or honeydew)	<b>FROZEN OR CANNED FRUIT</b> Compote (apple or other fruit), no sugar added Canned fruit, in water or juice (or fruit cups) Berries, frozen (strawberries, raspberries or blueberries) Mango, frozen
<b>Fruits</b> 	<b>LEGUMES</b> Tofu, firm or extra firm, plain Canned legumes (all types) Dry legumes (all types) Lentils, dry	<b>NUTS AND OTHER PLANT-BASED PROTEINS</b> Sunflower seeds, shelled, unsalted Peanuts, roasted, shelled, unsalted Peanut butter, natural
	<b>Plant-Based Proteins</b> 	<b>FISH</b> Light tuna, canned, in water Pink salmon, canned Sardines, canned White fish fillet, frozen (sole, haddock, pangasius, tilapia, cod, pollock,...)
<b>Animal-Based Proteins</b> 	<b>EGGS</b> Eggs, chicken	

CATEGORIES	SUBCATEGORIES	
<b>Dairy Products and Plant-Based Beverages</b> 	Mozzarella cheese, brick Mild cheddar cheese, brick Milk, 3.25% M.F. Milk, 2% M.F. Milk, 1% M.F. Plain yogurt, 1 to 2% M.F. Fortified soy beverage (unsweetened or original)	
<b>Grain Products</b> 	<b>BASIC GRAIN PRODUCTS</b> Brown rice Quick oatmeal, plain Whole grain wheat flour White flour Pasta (all types)	<b>REFINED GRAIN PRODUCTS</b> Flat bread, white (tortillas, pita, naan, chapati,...) Whole wheat bread, sliced O-shaped oat cereal, plain (e.g. Cheerios) Bran flakes (e.g. All-Bran Flakes)
	<b>Starches</b> 	Potato, fresh (all varieties)
<b>Fats</b> 	Vegetable oil Mayonnaise Margarine Butter, unsalted	
<b>Sugars</b> 	White sugar Brown sugar Jam (all types) Honey	
<b>Infant Formula</b> 	Infant formula powder, iron-fortified, step 1	
<b>Baby cereal</b> 	Baby cereal, plain (rice, barley or oats)	