
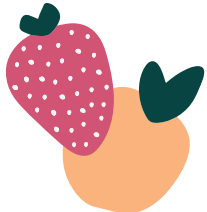
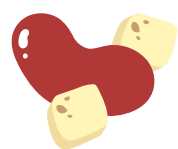








Composition of the Basket

The final food list for the new NAFB is presented in the table below.

CATEGORIES	SUBCATEGORIES	
Vegetables 	FRESH VEGETABLES 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)	FROZEN OR CANNED VEGETABLES Spinach, frozen Tomatoes, canned (all types) Green peas, frozen Whole grain corn, canned Mixed vegetables, frozen
	Fruits 	FRESH FRUIT Apple, Fresh Banana, fresh Orange citrus fruit, fresh (oranges, clementines or mandarins) Melon, fresh (cantaloupe or honeydew)
Plant-based proteins 		LEGUMES Tofu, firm or extra firm, plain Canned legumes (all types) Dry legumes (all types) Lentils, dry
	Animal-based proteins 	FISH Light tuna, canned, in water Pink salmon, canned Sardines, canned White fish fillet, frozen (sole, haddock, halibut, tilapia or pollock)
		EGGS Eggs, chicken

CATEGORIES	SUBCATEGORIES	
Dairy products and plant-based beverages 		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)
Grain products 	BASIC GRAIN PRODUCTS Brown rice Quick oatmeal, plain Whole grain wheat flour White flour Pasta (all types)	REFINED GRAIN PRODUCTS Flat bread, white (chapati, roti, pita or tortillas) Whole wheat bread, sliced O-shaped oat cereal, plain (e.g., Cheerios) Bran flakes (e.g., All-Bran Flakes)
Starchy foods 		Potato, fresh (all varieties)
Fats 		Vegetable oil Mayonnaise Margarine Butter, unsalted
Sugars 		White sugar Brown sugar Jam (all types) Honey
Commercial infant formula 		Commercial infant formula powder, iron-fortified, step 1
Baby cereal 		Baby cereal, plain (rice, barley or oats)