

Thresholds for Assigning Foods to Specific Groups and Subgroups

CNF Food Category		CFG Subgroup Assignment	Exclusion to Other	Portion size criteria	Rationale	Exceptions
Code	Name					
	All groups			If excluded to any of the Other groups they do not have serving size assignments. They do however still have reference amounts		
1	Dairy Products			1 serving should provide = 300mg calcium	Encourage consumption of calcium rich foods	-Includes plant based beverages which are a recognized alternative to fluid milk with equal calcium and comparable protein -Number of servings calculated in this manner shall be rounded to 0.25, 0.5, 1.0, or 1.5
				If less than ¼ serving based on calcium → Other group 5800 if greater than 40%kcal from fat or 5700 if below 40% kcal from fat		-Low fat cottage cheese. We must keep all the cottage cheeses together. -Soft and semi-soft goat cheese. We must keep all the goat cheeses together. -Neufchatel cheese
		If ≥40%kcal from fat → higher fat; 3101 or 3201			Indicates the lower fat choice and is consistent with the meat and poultry groups: -2% milk has 34.79% kcal from fat while whole milk has 48.92% -Yogourt >4%BF is a higher fat choice	-Chocolate, milk whole at 36.6% is still a higher fat choice than 2%BF -Yogourt, fruit bottom, >4%BF at 37.63% is a higher choice
			If ≥90%kcal from fat→ Other group, 5100			-Cream, table, coffee, 20%BF at 89.47% -Cream cheese at 89.91%
1a	Eggs	If ≥40%kcal from fat → higher fat; 4701		1 egg (~50g) is one meat equivalent		Goose egg and turkey egg are so large that ½ egg is one meat equivalent. Quail eggs are so small that 5 eggs are one meat equivalent
2	Spices and Herbs			None, all other		

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3	Baby foods			None	CFG does not apply to people under 4 years of age so no servings will be assigned to these foods	
4	Fats and Oils		If $\geq 90\%$ kcal from fat → Other fat 5100	None, all other		-Regular fat mayonnaise type salad dressing has 87% kcal from fat, but is still a higher fat choice - Reduced fat mayonnaise has 87% kcal from fat, but is still a higher fat choice
			If $< 50\%$ kcal from fat → Other, 5500		Encourages use of lower fat salad dressings	
			If $\geq 50\%$ kcal from fat but below 90% kcal from fat → 5800			
5	Poultry Products			One meat equivalent: 50g for cooked meats; 60g for raw meats		The amount of raw to make 50g cooked is higher than 60g for breakfast strips, bacon and ground meats.
		If $\geq 40\%$ kcal from fat → Higher fat subgroup; 4301			-At this threshold the chicken with skin and the very fatty dark meat chicken cuts fall into the higher fat choices, while most cuts without skin are lower fat choices (Note that this does not apply to the turkey cuts where usually both light and dark are lower fat)	-Cooked cuts stay in the same subgroup as the same cut in raw form for cooking methods that do not add fat. -When there is a large difference between with and without skin the with skin will go to higher fat even if $< 40\%$ kcal from fat. Likewise when the breaded, fried cuts are much greater in fat than the plain compliment.
			If $\geq 90\%$ kcal from fat → Other fat 5100		Applies to separable fat.	Skin only is an exception as they are only about 70% kcal from fat, but it is undesirable to have poultry skin alone considered as a meat and alternate choice.
6a	Sauces and Gravies			None, all other	No nutrients	
			If $\geq 90\%$ kcal from fat → Other fat 5100			
			If between 70% and 90% kcal from fat → 5800			
6b	Soups			250mL is one serving	Reasonable serving size and equal to the reference amount	
			If $\geq 50\%$ kcal from fat → Other fat 5800			

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			Most canned, condensed and most dehydrated (both dry and ppd) → Other 5700		Very few nutrients	
		If ≥20% kcal from fat → Higher fat subgroup		Canned cream of tomato and vegetable soups → ¼ serving of vegetable 2241 or 2242	The most common vegetable soups on the market contain very little vegetable. Observations would indicate ~2T per 250mL of soup	Note: It is recognized that certain brands of vegetable soups may contain much greater proportion of vegetable. Some discretion of the user may be necessary
		If ≥40% kcal from fat → higher fat subgroup		Canned pea and lentil soups → 1 serving of legumes, 4501 or 4502	These soups usually have an adequate proportion of the serving as legume	
		If ≥15% kcal from fat → higher fat subgroup		Canned noodle, rice or barley soups → ½ serving grain 1212 or 1222	Observations on common soups	
		If ≥15% kcal from fat → higher fat subgroup		Dehydrated soups with noodle or rice → ¼ serving grain 1212 or 1222		
7	Sausages and Luncheon Meats		50g is one meat equivalent for cooked meats; 60g is one meat equivalent for raw meat			
		If ≥40% kcal from fat → Higher fat subgroup; 4801				Cooked cuts stay in the same subgroup as same cut in the raw form -Sausage, pork and beef, fat reduced at 49.29% kcal from fat is a lower fat choice
			If ≥90% kcal from fat → Other fat 5100			
				Common sense serving sizes such as 2 slices give approximately 50g for one meat equivalent. In any case these weights divided by 50 are rounded to 1 serving.		
8	Breakfast Cereals	If ≥15% kcal from fat → Higher fat subgroup			Best separates low and higher fat choices	- Those cereal between 15% and 16% → low fat choice
		If cereal is enriched →1210			If the ingredient list includes folic acid it is considered enriched	

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		If cereal is not enriched → whole grain 1100 Or non-whole grain 1220			If first ingredient is whole wheat or whole oats or other whole grain → whole grain If first ingredient is wheat, rolled oats etc. → non-whole grain	
				As dictated by CFG -30g for RTE -175mL for cooked hot -Amount to make 175mL for uncooked hot		
9	Fruits and Fruit Juices	If ≥20% kcal from fat → Higher fat subgroup			Divides high fat fruits from lower fat choices. Anything higher and those foods very low in calories and fat end up as higher fat choices	Pickles and olives are not high enough in nutrients, not consumed in high amounts and are high in salt → Other 5500
				If consumed normally as a whole fruit, then serving size is one or more medium whole fruits	The most commonly available size is the medium whole fruit. As dictated by CFG	Very small fruits like cherries, grapes and acerola that one eats whole, are 20 fruits. For very large dense fruits (melon and pineapple) a reasonable fraction of the whole was assigned
				If consumed normally as a cup measure of pieces of fruit, then 125mL pieces is one serving size	Fits best for very large and very small fruits. As dictated by CFG	
				Dried fruit, cooked is 75mL	Much sweeter and heavier than fresh	
				Dried fruit, uncooked is 60mL		For some whole dried fruits it is the same number of fruits dried as raw i.e. apricots
		If ≥1000 IU Vitamin A/100g → Deep yellow/orange; 2110			Encourage consumption of deep yellow and orange fruits, as recommended by the CFG.	
10	Pork Products			50g is one meat equivalent for cooked meats; 60g is one meat equivalent for raw meats		The amount of raw to make 50g cooked is higher than 60g for breakfast strips, bacon and ground meats.

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		Bacon and most of the cured pork products are in the processed meats group				
		If $\geq 40\%$ kcal from fat → Higher fat subgroup; 4201			-Consistent with milk and poultry -Often separates lean from lean+fat.	Cooked cuts stay in the same subgroup as the same cut in raw form for cooking methods that do not add fat.
			If $\geq 90\%$ kcal from fat → Other fat 5100			
11	Vegetables and Vegetable Products	If $\geq 20\%$ kcal from fat → Higher fat subgroup			Keeps the raw and cooked vegetables in the same category	If the food has less than 40kcal/100g, none of the assignments based on kcal from fat apply
			If $\geq 90\%$ kcal from fat → Other fat 5100			
				125mL pieces is one serving size	Most often consumed as pieces of vegetable. Considering recipes. Chose this over medium whole.	Those vegetables that are most often consumed as a whole i.e. asparagus spears, radishes, raw carrots, raw celery stalks, Brussel sprouts
		If ≥ 5000 IU Vitamin A/100g → Deep yellow/orange 2220				
		Dark green leafy are same as USDA assignments		Raw leafy always 250mL Cooked leafy always 125mL	Like salad which is already at 250mL on CFG	
			Dried herbs and/or vegetable containing products used in very small amounts → Other 5500			
12	Nut and Seed Products	If $\geq 40\%$ kcal from fat → Higher fat subgroup; 4601				
				60mL is one meat equivalent	They are high in fat so serving size is quite small	Nut butters shall have serving size of 30mL equal to one meat equivalent as with peanut butter
			If $\geq 90\%$ kcal from fat → Other fat 5100			Some of the nuts themselves are above 90%kcal from fat, but are maintained with their counterparts in the higher fat subgroup.

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13	Beef Products			50g is one meat equivalent for cooked meats; 60g is one meat equivalent for raw meats		The amount of raw to make 50g cooked is higher than 60g for breakfast strips, bacon and ground meats.
		If $\geq 40\%$ kcal from fat → Higher fat subgroup; 4101			Consistent with milk and poultry. Often separates lean from lean+fat.	-Cooked cuts stay in the same subgroup as the same cut in raw form for cooking methods that do not add fat. -Lean ground beef is the lower fat alternative even though higher than 40% kcal from fat
			If $\geq 90\%$ kcal from fat → Other fat 5100			
14	Beverages		If ≥ 40 kcal per 100g → Other 5410 If less than 40 kcal per 100g → Other 5420 If contains alcohol → Other 5600	Use reference amounts. Volumes of reference amounts were calculated as the amount of the drink to provide 13-14g of alcohol	As suggested by the ARS Pyramid Servings Database instruction booklet, page 27.	Beverages made with milk
15	Finfish and Shellfish Products			50g is one meat equivalent for cooked meats; 60g is one meat equivalent for raw meat		
		If $\geq 40\%$ kcal from fat → Higher fat subgroup; 4401			Almost all of the fish then are in the lower fat subgroup. This is fine as fish; including fish fat has health benefits.	Fried abalone and squid are higher fat alternatives as there is a large difference between breaded, fried and the plain compliment. -Canned in oil is a higher fat alternative
			If $\geq 90\%$ kcal from fat → Other fat 5100			
16	Legume and Legume Products			125mL is one meat equivalent. (For dry legumes it is the amount to make 125mL cooked)	Reasonable serving size.	-Profile for 100g tofu is closest to 125mL chick peas, boiled and kidney beans, canned -30mL peanut butter is one meat equivalent (dictated by CFG) -Serving size for roasted peanuts is 60mL as they are eaten as would be the nuts and seeds
		If $\geq 40\%$ kcal from fat → Higher fat subgroup; 4501				
			If $\geq 90\%$ kcal from fat → Other fat 5100			

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17	Lamb, Veal and Game			50g is one meat equivalent for cooked meats; 60g is one meat equivalent for raw meats		The amount of raw to make 50g cooked is higher than 60g for breakfast strips, bacon and ground meats.
		If $\geq 40\%$ kcal from fat → Higher fat subgroup			Consistent with milk and poultry. Often separates lean from lean+fat.	Cooked cuts stay in the same subgroup as the same cut in raw form.
			If $\geq 90\%$ kcal from fat → Other fat 5100			
18	Baked Products	Foods that are considered a whole grain alternative, but are not actually 100% whole grain will still go to 1101 or 1102			These foods are higher in Total Dietary Fibre	
				1 portion $\geq 15\text{g CHO}$	Based on the amount of flour (grain) in one slice of white bread	For most foods we have only the amount of CHO without info on the proportions of grain versus sugar. Therefore amounts very close to 15 where we know it is a sweet product are given 0.5 serving, and no food is given more than one serving even when the CHO is a much higher than 15.
				1/6 20cm diam pie is approx equal to weight of 1/8 23 cm diam pie		
		If $\geq 25\%$ kcal from fat → Higher fat subgroup				Two of the chocolate chip cookie foods at 52.19% and 52.38% were kept with the rest of the like foods in 1211 subgroup
			If $\geq 50\%$ kcal from fat → Other 5800			-Cheesecake, no bake type at 41.72% is kept with the other cheesecakes in 5800 -Danish pastry with fruit at 44.88% is kept with the other Danish pastries in 5800
			If $\geq 90\%$ kcal from fat → Other fat 5100			
19	Sweets			None, all other		
			If $\geq 90\%$ kcal from fat → Other fat 5100			
			If $\geq 50\%$ kcal from fat → Higher fat subgroup 5800			Chocolate fudge with marshmallows and nut

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20	Cereal, Grains and Pasta			1 portion \geq 20g CHO. For most dry grains this is 20g, but a few have less CHO and therefore count for fractions of servings		
				125mL for cooked		
		If \geq 15% kcal from fat \rightarrow Higher fat subgroup; 1101, 1211 or 1221				White rice with pasta and seasonings dry, is higher fat to keep with the cooked product
			If \geq 90% kcal from fat \rightarrow Other fat 5100			
21	Fast Foods	Recipes				
22	Mixed Dishes	Recipes				
25	Snacks			None, all other		
			If \geq 90% kcal from fat \rightarrow Other fat 5100			
			If \geq 50% kcal from fat \rightarrow Other, 5800			
			If \geq 480mg of Na/RA \rightarrow Other, 5300		Discourage consumption of high salt snack foods	
		If \geq 1/4 portion of calcium \rightarrow Milk products 3200				If made with whole milk it goes to the higher fat subgroup, even if not greater than 40%kcal from fat