

Thresholds for Assigning Foods to Specific Groups and Subgroups- 2007

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	8000 if a recipe				
				1 Food Guide serving should provide = 300mg calcium	Encourage consumption of calcium rich foods	-Includes enriched soy-based beverages that are a recognized alternative to fluid milk with equal calcium and comparable protein -Includes imitation cheeses that are a recognized alternative to cheese 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: and if < 50% kcal from fat → Other, 5500			
			If less than ¼ serving based on calcium: and if = 50% kcal from fat → Other, 5800			
		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% is still a higher fat choice than 2% BF -Yogourt, fruit bottom, >4% BF at 37% is a higher choice -The cottage cheeses must be kept together. Uncreamed, dry curd cottage cheese stays in the Milk and Alternatives group -Soft and semi-soft goat cheeses -Neufchatel cheese

CNF Food Category		CFG Subgroup Assignment	Exclusion to Other	Portion size criteria	Rationale	Exceptions
Code	Name					
1	Dairy Products		If = 90% kcal from fat → Other, 5800			-Cream, table, coffee, 20%BF at 89% -Cream cheese at 89%
1a	Eggs	If = 40% kcal from fat → higher fat; 4701		2 eggs equals to one Food Guide serving		Goose eggs are so large that 1 egg is 1.5 meat equivalents. Quail eggs are so small that 10 eggs are one meat equivalent
2	Spices and Herbs			None, all other 5500	No significant contribution of nutrients in very small portions	
3	Baby foods			None	The Canadian Food Guide does not apply to people under 4 years of age so no servings will be assigned to these foods	
4	Fats and Oils		If =50% kcal from fat and less than 2g saturated +trans fatty acids per reasonable portion size → Unsaturated fats and oils, 7101	none	Encourages inclusion of sources of unsaturated fatty acids	
			If =50% kcal from fat and greater than 2g saturated +trans fatty acids per reasonable portion size → Other, 5100	None	Discourages the intake of saturated and trans fats and oils	All marine oils are listed as unsaturated even if slightly above 2g sats+trans/reasonable portion size
			If <50% kcal from fat → Other, 5500		Encourages use of lower fat salad dressings	
				One Food Guide serving is 75g cooked, 90g raw		The amount of raw to make 75g cooked is higher than 90g for breakfast strips, bacon and ground meats.

CNF Food Category		CFG Subgroup Assignment	Exclusion to Other	Portion size criteria	Rationale	Exceptions
Code	Name					
5	Poultry Products	If = 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)	-Raw cuts stay in the same subgroup as the same cut in the cooked 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 = 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.
			If < 50% kcal from fat → Other, 5500			
			If = 50% kcal from fat → Other, 5800			
			If = 90% kcal from fat → Other fat, 5100			3 gravies are below 2g saturated+trans/60mL but they are not included in subgroup 7101
6a	Sauces And Gravies	Milk and Alternatives: If = 40%kcal from fat → higher fat 3201				
		Vegetables and Fruits: If = 20% kcal from fat → Higher fat, 1211, 1221, 1231, 1241				
6b	Soups	8000 if a recipe				
				250mL is one Food Guide serving	Reasonable serving size and equal to the reference amount	
			If = 50% kcal from fat → Other, 5800		Soups that have very few nutrients and are high in fat	
			Most canned, condensed and most dehydrated (both dry and prepared) If < 50% kcal from fat → Other, 5500		Soups that have very few nutrients and are low in fat	

CNF Food Category		CFG Subgroup Assignment	Exclusion to Other	Portion size criteria	Rationale	Exceptions
Code	Name					
6b	Soups	Vegetables and Fruits: If = 20% kcal from fat → Higher fat, 1211, 1221, 1231, 1241		Canned cream of tomato and vegetable soups → ¼ FG serving of vegetable 1241 or 1242	The most common vegetable soups on the market contain very little vegetable. Observations would indicate ~2 tablespoons 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
		Meat and Alternatives: Legumes If = 40% kcal from fat → higher fat 4501		Canned pea and lentil soups → 1 Food Guide serving of legumes, 4501 or 4502	These soups usually have an adequate proportion of the serving as legume	
		Grain Products: If = 15% kcal from fat → higher fat 2121, 2211, 2221		Canned noodle, rice or barley soups → ½ FG serving grain 2121, 2122 2211, 2212, 2221 or 2222 Dehydrated soups with noodle or rice → ¼ Food Guide serving grain 2121, 2122 2211, 2212, 2221 or 2222	Observations on common soups	
		Milk and Alternatives: If = 40%kcal from fat → higher fat 3201		Soups prepared with milk that do not contain enough vegetables/meats/grains → ½ Food Guide serving of milk and alternatives 3201, 3202		If made with whole milk it goes to the higher fat subgroup, even if not greater than 40%kcal from fat
7	Sausages and Luncheon Meats		One FG serving is 75g cooked, 90g raw			
		If = 40% kcal from fat → Higher fat subgroup 4801				Raw cuts stay in the same subgroup as the same cut in the cooked form -Sausage, pork and beef, fat reduced at 49% kcal from fat is a lower fat choice
8	Breakfast Cereals		If = 90% kcal from fat → Other, 5800			
		If = 15% kcal from fat → Higher fat subgroup 2121, 2211, 2221			Best separates low and higher fat choices	
		Whole Grains versus Non-whole grain classification			If the first ingredient is a whole grain the product is classified as whole grain. If a food is whole grain and enriched, it will be classified as a whole grain.	

CNF Food Category		CFG Subgroup Assignment	Exclusion to Other	Portion size criteria	Rationale	Exceptions
Code	Name					
8	Breakfast Cereals	Enriched versus non-enriched			If the food item has folic acid (FOAC) → considered enriched.	
				As dictated by Food Guide -30g for ready to eat -175mL for cooked hot cereals -Amount to make 175mL for uncooked hot cereals		
		If = 20% kcal from fat → Higher fat subgroup; 1121, 1131			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	
9	Fruits And Fruit Juices			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.	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.	
				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 = 40 kcal /100g → Other, higher calorie beverage, 5410		Fruit nectars have added sugar and are not a fruit juice	
10	Pork Products			One Food Guide serving is 75g cooked, 90g raw		The amount of raw to make 75g cooked is higher than 90g for breakfast strips, bacon and ground meats.
		If = 40% kcal from fat → Higher fat subgroup; 4201			-Consistent with milk and poultry -Often separates lean from lean + fat.	Raw cuts stay in the same subgroup as the same cut in the cooked form for cooking methods that do not add fat.
			If = 90% kcal from fat → Other, 5100			
11	Vegetables and Vegetable Products	If = 20% kcal from fat → Higher fat subgroup 1211, 1221, 1231, 1241			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. Pickles are not high enough in nutrients, not consumed in high amounts and are high in salt →Other 5500

CNF Food Category		CFG Subgroup Assignment	Exclusion to Other	Portion size criteria	Rationale	Exceptions	
Code	Name						
11	Vegetables and Vegetable Products			125mL pieces is one serving size	Most often consumed as pieces of vegetable, sometimes in recipes.	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 1220					
			If = 90% kcal from fat → Other, 5800				
		Dark green assignments are not based on a nutrient density but by visual consideration				Dark green vegetables tend to have a higher nutritional concentration on several nutrients	Unpeeled cucumbers
				Raw leafy always 250mL Cooked leafy always 125mL		Like salad which is already at 250mL in the FG	
			Dried herbs and/or vegetable containing products used in very small amounts → Other, 5500				
		8000 if a recipe					
		If = 40% kcal from fat → Higher fat subgroup; 4601					Coconut milk and coconut cream are in the 5800 subgroup at > 90% kcal from fat Some of the nuts themselves are above 90% kcal from fat, but are maintained with their counterparts in the higher fat subgroup.
12	Nut and Seed Products			60mL nuts or seeds is one Food Guide serving; Nut butters have a serving size of 30mL (equals one meat equivalent as with peanut butter)	They are high in fat so serving size is quite small		
				One Food Guide serving is 75g cooked, 90g raw		The amount of raw to make 75g cooked is higher than 90g for breakfast strips, bacon and ground meats.	
13	Beef Products	If = 40% kcal from fat → Higher fat subgroup; 4101			Consistent with milk and poultry. Often separates lean from lean + fat.	-Raw cuts stay in the same subgroup as the same cut in the cooked 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 = 90% kcal from fat → Other, 5100				

CNF Food Category		CFG Subgroup Assignment	Exclusion to Other	Portion size criteria	Rationale	Exceptions
Code	Name					
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 -Water has its own subgroup
		Milk and Alternatives: If = 40%kcal from fat → higher fat 3201				
		Vegetables and Fruits: If = 20% kcal from fat → Higher fat, 1211, 1221, 1231, 1241				
15	Finfish and Shellfish Products			One Food Guide serving is 75g cooked, 90g raw		
		If = 40% kcal from fat → Higher fat subgroup; 4401			Almost all of the fish then are in the lower fat subgroup. This decision is fine as fish, including the 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 = 90% kcal from fat → Other, 5100			
16	Legume and Legume Products	8000 if a recipe				
				175mL is one Food Guide serving. (For dry legumes it is the amount to make 175mL cooked)	Reasonable serving size.	-Profile for 150g tofu is closest to 175mL chick peas, boiled and kidney beans, canned -30mL peanut butter is one FG serving (dictated by CFG) -Serving size for roasted peanuts is 60mL as they are eaten as would be the nuts and seeds
		If = 40% kcal from fat → Higher fat subgroup; 4501				
			If = 90% kcal from fat → Other, 5100			
17	Lamb, Veal			One Food Guide serving is 75g cooked, 90g raw		The amount of raw to make 75g cooked is higher than 90g for breakfast strips, bacon and ground meats.

CNF Food Category		CFG Subgroup Assignment	Exclusion to Other	Portion size criteria	Rationale	Exceptions
Code	Name					
	and Game	If = 40% kcal from fat → Higher fat subgroup; 4101, 4201			Consistent with milk and poultry. Often separates lean from lean and fat.	Raw cuts stay in the same subgroup as the same cut in the cooked form for cooking methods that do not add fat.
			If = 90% kcal from fat → Other, 5100			
18	Baked Products	8000 if a recipe				
18	Baked Products			1 Food Guide serving provides ≥ 16g of grain (approximately 12g 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 15g where we know it is a sweet product are given 0.5 serving. No food is given more than one serving even when the CHO is a much higher than 15. Instead fractions of a whole piece of the food are indicated (ie ½ bagel)
				1/6 20cm diameter pie is approx equal to weight of 1/8 23 cm diameter pie		
		If = 25% kcal from fat → Higher fat subgroup 2121, 2211, 2221				Two of the chocolate chip cookie foods at 52% and 52% were kept with the rest of the like foods in 2211 subgroup Coffee cake, cinnamon with crumb topping at 50.2% was kept with the rest of the like foods in 2211 subgroup
			If = 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
		Whole Grain versus Non-whole grain classification			If the product has a whole grain listed as its first ingredient If a food is whole grain and enriched, it will be classified as a whole grain.	
		Enriched versus non-enriched			If the food item has folic acid (FOAC) → considered enriched.	
19	Sweets	8000 if a recipe				

CNF Food Category		CFG Subgroup Assignment	Exclusion to Other	Portion size criteria	Rationale	Exceptions
Code	Name					
19	Sweets		If < 40 kcal per reference amount → Other, 5500		Foods containing very little nutrients, low fat and low sugar content	
			If = 40 kcal per reference amount → Other, 5800		Foods containing very little nutrients, high in fat and/or high sugar content	
		Milk and Alternatives: If = 40% kcal from fat → Higher fat subgroup; 3201		If = ¼ portion of calcium Ice creams, prepared with milk puddings, rennin, custards → ¼ to ½ Food Guide serving of milk products 3201,3202		If made with whole milk it goes to the higher fat subgroup, even if not greater than 40%kcal from fat
20	Cereal, Grains and Pasta			1 Food Guide serving contains ≥ 20g CHO. For most dry grains this is 20g, but a few have less CHO and therefore count for fractions of servings		
				One Food Guide serving is 125mL cooked		
		If = 15% kcal from fat → Higher fat subgroup; 2121, 2211, 2221				White rice with pasta and seasonings dry, is in higher fat category to keep with the cooked product
		Whole Grains versus Non-whole grain classification			If the product has a whole grain listed as its first ingredient	Brown rice, wild rice and all oats are considered whole grain
		Enriched versus non-enriched			If the food item has folic acid (FOAC) → considered enriched.	
21	Fast Foods	8000 if a recipe				
		Grain Products If = 25% kcal from fat → Higher fat 2121, 2211, 2221				
			Grain products If = 50% kcal from fat → Other, 5800			

CNF Food Category		CFG Subgroup Assignment	Exclusion to Other	Portion size criteria	Rationale	Exceptions
Code	Name					
21	Fast Foods	Whole Grain versus Non-whole grain classification			If the product has a whole grain listed as its first ingredient If a food is whole grain and enriched, it will be classified as a whole grain.	
		Enriched versus non-enriched			If the food item has folic acid (FOAC) → considered enriched.	
		Vegetables and Fruits If = 20% kcal from fat → Higher fat subgroup 1211, 1221, 1231, 1241				
		Meat and Alternatives: Poultry, Fish and Shellfish If = 40% kcal from fat → Higher fat subgroup 4301, 4401			-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	
		Milk and Alternatives: If = ¼ portion of calcium → 3201, 3202				If made with whole milk it goes to the higher fat subgroup, even if not greater than 40%kcal from fat
		8000 if a recipe				
22	Mixed Dishes	Meat and Alternatives: Legumes If = 40% kcal from fat → Higher fat subgroup; 4501				
			Unprepared foods→ Other, 5500			
25	Snacks	8000 if a recipe				
			If = 25% kcal from fat → Other, 5300			

CNF Food Category		CFG Subgroup Assignment	Exclusion to Other	Portion size criteria	Rationale	Exceptions
Code	Name					
25	Snacks		If = 480mg of Na per reference amount → Other, 5300		Discourage consumption of high salt snack foods	
			If < 25% kcal from fat → Other, 5500			
			If = 25% kcal from fat and contains sugar → Other, 5800			
		Grain Products: If = 25% kcal from fat → Higher fat subgroup 2121, 2211, 2221				
		Whole Grain versus Non-whole grain classification			If the product has a whole grain listed as its first ingredient If a food is whole grain and enriched, it will be classified as a whole grain.	
		Enriched versus non-enriched			If the food item has folic acid (FOAC) → considered enriched	
		Rice cakes and pretzels		1 Food Guide serving ≥ 16g of grain (approximately 12g CHO)	Rice cakes and pretzels are made of grains	