

# Appendix A. Qualitative Guidelines for Delineating Food Item & Food Ingredient Combinations by their Estimated Supply Chain Complexity

Organized and published as a part dissertation thesis: *Quantifying Agrifood Production and Consumption at the U.S. Metropolitan and County Level to Inform Urban Food System Interventions*

Food	Fresh or Minimally Processed (“Fresh”)	Potentially Fresh or Minimally Processed (“Potentially Fresh”)	Processed (“Processed”)
<p><b>ALL AGRIFOODS</b></p> <p><i>(these guidelines serve as the baseline, specific incidents of the agrifood ingredients listed in this table in the later rows supersede these rules when they contradict)</i></p>	<p><i>When agrifood items are the main ingredient in the recipe and are described as “from fresh”, or when listed without delineation as to whether the main ingredient was “from fresh” or not.</i></p> <p><i>Soups and chilis listed as “home recipe” (or similar wordings)</i></p> <p><i>Garden salads</i></p> <p><i>Stews</i></p> <p><i>Dishes described as “from fresh”</i></p> <p><i>Ingredients in entries which are generally known for being cooked at restaurants or otherwise from scratch; this covers most meat and vegetable, meat and rice/pasta/other starch, and vegetable and rice/pasta/other starch dishes</i></p> <p><i>Ground meat and reformed ground meat items (e.g., meatballs, patties)</i></p>	<p><i>When agrifood items are the main ingredient in the recipe and are described as “NS as to form”, or similar wording, and delineation is made between dishes by the origin of the main ingredient (e.g., “from fresh”, “from frozen”, etc.)</i></p> <p><i>Soups and chilis not listed as “home recipe”, “canned”, “from dry mix”, or “from condensed” (or similar wordings)</i></p> <p><i>Baked goods, including meat pies, and pastries</i></p> <p><i>Mole sauce and salsas</i></p> <p><i>Puddings and “gelatin desserts”</i></p> <p><i>Bean salads, meat salads (e.g., tuna salad), and other oil-based and mayo-based salads</i></p> <p><i>Spinach dip, chowder, and coleslaw</i></p> <p><i>Vegetable dishes tagged as “creamed”</i></p> <p><i>Dishes described as “NS as to form” (or similar wording), as opposed to “from fresh” (direct) and “from frozen” or “from canned” (complex)</i></p> <p><i>Meat dishes containing a processed meat (e.g.,</i></p>	<p><i>When agrifood items are the main ingredient in the recipe and are described as “from frozen”, “from canned” or similar wordings, and delineation is made between dishes by the origin of the main ingredient (e.g., “from fresh”, “from frozen”, etc.)</i></p> <p><i>Soups and chilis tagged with “canned”, “from dry mix” or “from condensed” (or similar wordings)</i></p> <p><i>Dairy products like cheese, ice cream, etc.</i></p> <p><i>Frozen meals and diet meals (and similar)</i></p> <p><i>Name-brand processed foods</i></p> <p><i>Cereal bars, granola bars, and similar</i></p> <p><i>Items specifically tagged as “canned” or “frozen”</i></p> <p><i>Sauces known to be mostly processed (e.g., sweet and sour sauce, Worcester sauce, etc.)</i></p> <p><i>Dishes described as “from frozen” or “from canned” (or similar wordings)</i></p> <p><i>Frankfurter, hot dog, sausages, and other processed meats not generally made at home</i></p> <p><i>Baby food</i></p>

		<i>salami, sausage, etc.) and a less processed cut of meat</i>	
		<i>Egg rolls, won tons, dumplings, and similar</i>	
Alfalfa, seed	All two incidents of Alfalfa, seed as an ingredient listed as "direct"		
Almond	<p><i>Almonds added as garnish for fresh foods</i> Example: BEANS, STRING, GREEN, W/ ALMONDS, FAT NOT ADDED IN</p> <p><i>Mixed Nuts</i></p> <p><i>Almonds consumed directly as almonds</i></p> <p>GRANOLA, HOMEMADE</p>	<p><i>Coated Almonds</i> Example: ALMONDS, YOGURT COVERED</p> <p><i>Generic (not explicitly a food brand) entries for granola, muesli, and other breakfast mixes with almonds added</i></p> <p><i>Food Items where chopped almonds are used as toppings, but the degree of processing is not defined.</i> Example: ICE CREAM CONE, CHOC-COVERED, W/ NUTS, NOT CHOC</p> <p><i>Recipes that are often made at-home but also can be processed.</i> Example: Chicken with mole sauce; Chicken/Turkey Salad with nuts and/or fruits; Horchata; various baked goods like cookies</p>	<p><i>Nuts in processed foods like ice cream bars, diet meals, and candies</i></p> <p><i>All branded items for processed foods</i></p> <p><i>Taffy</i></p>
Almond, oil			<i>All incidents of Almond, oil are complex.</i>
Alfalfa, seed	Only two incidents of ingredient, both "direct": SPROUTS, NFS; ALFALFA SPROUTS, RAW		
Amaranth, grain			<i>All entries labelled "Complex"</i>
Amaranth, Leafy	<i>Poke Greens</i>	<i>Vegetable soups which could be made fresh or bought from a can</i>	
Apple, dried		<p>APPLE, DRIED, UNCOOKED</p> <p>APPLE CHIPS</p> <p>FRUIT, DRIED, NFS (ASSUMED UNCOOKED)</p>	<i>All other incidents labeled as Complex</i>

		FRUIT MIXTURE DRIED	
Apple, fruit with peel	APPLE, RAW <i>Apple in salads.</i> APPLE, FRIED APPLE, BAKED FRUIT SALAD, FRESH OR RAW	APPLE, PICKLED GELATIN DESSERT	ROLL, SWEET, W/ FRUIT, FROSTED, DIET  Cereal bars and other foods which only come in pre-packaged form.
Apple, juice			All incidents cataloged as Complex
Apple, peeled fruit	APPLE DRIED FRUIT SALAD SWEETPOTATO W/ FRUIT	Apples in dishes which are made both from scratch and through food processing supply chains. <i>Examples: Strudel; pies; apple fritters</i> GELATIN DESSERT	Anything labelled as "diet" or "frozen" as in frozen meals and diet pastries.  CHUTNEY
Apple, sauce			All incidents cataloged as complex.
Apricot	APRICOT, RAW APRICOT, DRIED	Baked goods	Frozen meals  Apricot used in jam or jelly  APRICOT, COOKED OR CANNED  SOUP, FRUIT
Apricot, dried			All incidents cataloged as complex.
Apricot, juice			All incidents cataloged as complex.
Arrowroot, flour			COOKIE, NFS  CRACKER, ANIMAL (INCL ARROWROOT COOKIE)
Artichoke, globe	Entries where artichoke is specified as being "FROM FRESH" Example: ARTICHOKE, GLOBE(FRENCH), CKD, FROM FRESH, NS FAT ADDED  ARTICHOKE, STUFFED	Entries where artichoke processing is not specified ("NS AS TO FORM") Example: ARTICHOKE, GLOBE (FRENCH), COOKED, NS AS TO FORM, FAT ADDED IN COOKING W/ VEGETABLE OIL, NFS  ARTICHOKE SALAD IN OIL	Entries where artichoke is specified as being frozen or canned. Example: ARTICHOKE,GLOBE (FRENCH),CKD,FROM FROZ,FAT NOT ADDED
Artichoke, Jerusalem	ARTICHOKE, JERUSALEM, RAW (INCLUDE SUNCHOKE)		
Arugula	LETTUCE, ARUGULA, RAW		
Asparagus	ASPARAGUS, RAW	"NS AS TO FORM" <i>specified entries</i>	"FROM CANNED" and "FROM FROZEN" <i>specified entries</i>

	<i>"FROM FRESH" specified entries</i>	VEGETABLE TEMPURA  <i>soups</i>	
Avocado	AVOCADO, RAW	<i>All other incidents of avocado</i>	
Balsam pear	BITTERMELON, COOKED  PINACBET		
Bamboo Shoots		<i>All other entries did not specify whether bamboo shoots were processed before their addition to the food items.</i>	CHICK CHOWMEIN W/RICE, REDUCED FAT & SODIUM (DIET FROZ)
Banana	<i>Milks Shakes, Smoothies, and Ice Cream Sundaes</i>  FRITTER, BANANA  PANCAKES, WITH FRUIT W/ BANANA GREEN BANANA	<i>Banana as an ingredient in non-frozen baked goods</i>  <i>Fruit Salads</i>  BANANA WHIP  GELATIN DESSERT	<i>Processed dairy products which use banana as a flavor</i>  <i>Banana as an ingredient in frozen baked goods</i>  <i>Banana in fruit juice drinks</i>
Banana, dried	BANANA FLAKES  BANANA CHIPS	MUFFIN, FRUIT AND/OR NUTS  MUFFIN, BRAN, W/ FRUIT, LOWFAT	BANANA NUT CRUNCH CEREAL (POST)
Barley, Bran		BREAD, BARLEY	<i>Name-brand processed foods</i>  WHOLE WHEAT CEREAL
Barley, flour			<i>All entities labelled as complex</i>
Barley, pearled barley		<i>Soups not made from dry mix</i>  <i>Baked goods</i>  OATMEAL, MULTIGRAIN, COOKED  MULTIGRAIN CEREAL, COOKED	<i>Frozen meals</i>  <i>Brand-named processed foods</i>  <i>Soups made from dry mix</i>
Basil, dried leaves			<i>All incidents labelled as complex</i>
Basil, fresh leaves		PASTA W/ PESTO SAUCE  PESTO SAUCE	
Bean, great northern, seed	<i>"Bean, dry, cooked" categories</i>  RICE W/ BEANS  BEAN SOUP, HOME RECIPE	<i>Chili, Soup, and Baked Beans</i> MACARONI OR NOODLES W/ BEANS & TOMATO SAUCE	
Bean, black, seed	LEMON CHICKEN, CHINESE STYLE	<i>Chili, Soup, and Baked Beans</i>	

	<p><i>"Bean, dry, cooked" categories</i></p> <p>RICE W/ BEANS</p> <p>WRAP SANDWICH</p>		
Bean, broad, seed	<i>All entries labelled "Direct"</i>		
Bean, broad, succulent	<i>All entries labelled "Direct"</i>		
Bean, cowpea, seed	<p><i>"Bean, dry, cooked" categories</i></p> <p>RICE WITH BEANS</p>	<i>Chili and soups</i>	
Bean, cowpea, seed	<p>COWPEAS, DRY, COOKED</p> <p>BEANS, STRING, GREEN, W/ PINTO BEANS, FAT NOT ADDED</p> <p>HOPPING JOHN (BLACKEYE PEAS &amp; RICE)</p> <p>RICE W/ BEANS</p>	<i>Chili and soups</i>	
Bean, cowpea, succulent	<i>Entries with "From fresh" description</i>	<i>entries with "not specified form"</i>	<i>"From canned" and "from frozen" entries</i>
Bean, kidney, seed	<p><i>Salads and soups described as "Home Recipe"</i></p> <p><i>"Rice with beans" entries</i></p> <p>BEANS, DRY, COOKED</p> <p><i>Nachos, burritos, stews, and other food items not generally pre-processed</i></p>	<p><i>Chilis and soups</i></p> <p><i>Pastries</i></p>	<p><i>Frozen meals and "From frozen" entries</i></p> <p>BEAN BEVERAGE (INCLUDE BEAN TEA)</p>
Bean, lima, seed	<p>BEANS, DRY, COOKED</p> <p>TOMATO &amp; LIMA BEANS, COOKED, FAT NOT ADDED IN COOKING</p> <p>BEANS, LIMA, RAW</p> <p>VEG COMBINATIONS (NO CAR/DK GRN), W/ TOMATO SAUCE</p>	<p>BEAN CAKE, JAPANESE STYLE</p> <p><i>Soups</i></p>	
Bean, lima, succulent	<p><i>Pot and stew entires</i></p> <p><i>Rice and pasta with beans VEGETABLES, NS AS TO TYPE</i></p>	<p><i>Soups</i></p> <p><i>"NS as to form" entries</i></p> <p><i>Succotash</i></p>	<p><i>"From frozen" and "From canned" entries</i></p> <p><i>Frozen meals</i></p>

	<i>"From Fresh" entries</i>	VEG COMBINATION (NO CAR/ DK GRN)	
Bean, mung, seed	SHRIMP W/ LOBSTER SAUCE (MIXTURE)  <i>Chow mein and similar dishes not labelled as "From frozen"</i>  <i>Foo Yung dishes</i>  PAD THAI  <i>Rice, Fried dishes not labeled as "From frozen"</i>  SPROUTS, NFS  CHOP SUEY, MEATLESS, NO NOODLES	EGG ROLL, MEATLESS  <i>Soups</i>  SHRIMP W/ LOBSTER SAUCE (MIXTURE)  Pastries	<i>Frozen meals</i>  LONG RICE NOODLES, COOKED  BEAN BEVERAGE (INCLUDE BEAN TEA)
Bean, navy, seed	<i>"Beans, dry, cooked" entries</i>  RICE W/ BEANS  PORK & BEANS	<i>Soups, chilis, and baked beans not labelled as "HOME RECIPE"</i>	
Bean, pink, seed	<i>"Beans, dry, cooked" entries</i>  STEWED BEANS  RICE WITH BEANS	<i>Soups</i>	
Bean, pinto, seed	<i>"Beans, dry, cooked" entries</i>  STEWED PINK BEANS  <i>Burrito, enchilada, tacos, nachos, chalupas, chimichangas</i>  RICE WITH BEANS	<i>Soups, chilis, refried beans not labelled as "HOME RECIPE"</i>  PIZZA W/ BEANS	
Bean, snap, succulent	<i>Pot and stew recipes</i>  <i>All "Home recipe" entries</i>  BEANS AND TOMATOES  <i>Various Rice with bean dishes</i>  <i>Lo mein and sushi</i>  <i>Entries tagged with "From fresh"</i>	SPINACH DIP  <i>Soups, pastries</i>  <i>Entries tagged with "NS as to form" or similar wording</i>  BEAN SALAD  <i>"VEG COMBINATION" and similar entries, not dried</i>	<i>Frozen meals</i>  <i>Entries tagged as "From frozen" or "From Canned" or similar wording</i>  VEGETABLE MIXTURE, DRIED (INCL SALAD CRUNCHIES)  VEGETABLE STICKS, BREADED (INCL CORN, CARROT, GR BEAN)

	BEANS, STRING, GREEN  BEANS, GREEN, AND POTATOES  VEGETABLE TEMPURA	VEGETABLE CURRY  RIPE PLANTAIN MEAT PIE, P.R. (PINON)	
Bee pollen	BEE POLLEN		
Beef, fat	<i>Ground beef and reformed ground beef items like meatballs and patties.</i>  <i>Steak and other cuts</i>  <i>Brains, hearts, tongue, and other body parts</i>	MEAT, NFS  <i>Sloppy joe, chili, and soup</i>  CREAMED CHIPPED OR DRIED BEEF  <i>Macaroni salad and similar</i>  <i>Vegetables cooked in beef fat or described as "fat added" but do not contain meat</i>  ANIMAL FAT OR DRIPPINGS	<i>Processed foods not commonly known to contain beef</i> Examples: COTTAGE CHEESE W/ GELATIN DESSERT; MILK SHAKE; DIP, SOUR CREAM BASE  BEEF, PICKLED  BEEF JERKY  <i>Pastrami, salami, pepperoni, and other spiced meat combinations and dishes explicitly containing these spiced meats</i>  <i>Bean items without any noted beef products in them</i>  <i>Baked goods which contain only trace amounts of meat and meat byproducts</i>  WHITE POTATO, CHIPS, FAT FREE, W/ OLEAN
Beef, kidney	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>
Beef, liver	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>
Beef, meat	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>
Beef, meat byproducts	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>
Beef, meat, dried	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>	<i>[labelled under same criteria as that listed under "Beef, meat"]</i>
Beet, garden, roots	BEETS, RAW  BEETS WITH HARVARD SAUCE	SPAG W/ BEEF, TOM-BASED SAUCE, LOWFAT, RED SODIUM,  <i>Soups</i>	<i>Tomato juice and vegetable juice</i>  BEETS, PICKLED (INCLUDE W/ ONIONS, BEET SALAD)  CEREAL BEVERAGE, W/BEET ROOTS, FROM POWDERED INSTANT

Beet, garden, tops	All entries labelled as "direct"		
Beet, sugar			All entries labelled "Complex"
Beet, sugar, molasses			All entries labelled "Complex"
Belgium endive	All entries were labelled "Direct"		
Blackberry	BLACKBERRIES, RAW	Pastries and baked goods	Jelly and as a part of ice cream/sorbet
	BERRIES, RAW, NFS		Blackberry as a part of juice or other drinks
Blackberry, juice			APPLE-RASPBERRY JUICE MADE FROM FROZEN CONCENTRATE W/ 4 CANS OF WATER  BLACKBERRY JUICE (INCL BOYSENBERRY JUICE)  RUM COOLER
Blueberry	Milk shakes and smoothies	Bagels, muffins, and other baked goods	As an ingredient in yogurt and processed dairy products
	Blueberries or berries eaten alone (non-frozen)	BLUEBERRY PIE FILLING	Frozen products  Fruit juice drinks
Boysenberry	BOYSENBERRIES, RAW	Pastries	Sorbet and fruit drinks
Brazil Nuts	Non-coated nuts	Coated nuts	
Breadfruit	BREADFRUIT, COOKED, FAT NOT ADDED IN COOKING		
	BREADFRUIT, FRIED		
Broccoli	Dishes tagged as "from fresh"	Dishes tagged as "NS as to form"	Dishes tagged as "from Frozen" or similar wordings
	Egg Omelets	Soups, Baked goods	
	Stew and Pot Dishes (not "from frozen")	Vegetable Combination dishes	
	Rice and vegetable, and pasta and vegetable dishes (not "from frozen")		
	Meat and "veg" dishes Examples: BEEF AND VEGETABLES; SHRIMP & VEG		
	BROCCOLI, RAW		
	BROCCOLI CASSEROLE		
Salads			



Broccoli, Chinese		NOODLE SOUP, W/ FISH BALL, SHRIMP, & DK GREEN LEAFY VEG	
Brussel sprouts	BRUSSELS SPROUTS, RAW  BRUSSELS SPROUTS, COOKED, FROM FRESH	BRUSSELS SPROUTS, COOKED, NS FORM  BRUSSEL SPROUTS, NS AS TO FORM, CREAMED	BRUSSELS SPROUTS, COOKED, FROM FROZ  BRUSSEL SPROUTS, FROM FROZ, CREAMED
Buckwheat	BUCKWHEAT GROATS	PANCAKES, BUCKWHEAT	MULTIGRAIN CEREAL, COOKED  <i>Brand-named process food products</i>
Burdock		FISH, TOFU, & VEGETABLES, TEMPURA, HAWAIIAN	
Butternut		FUDGE, CARAMEL AND NUT, CHOCOLATE-COATED CANDY	
Cabbage	<i>Pot and stew recipes, salads, meat and vegetable dishes, sandwiches</i>  SWEETPOTATO, SQUASH, PUMPKIN LEAVES, CKD, FAT NOT ADDED  <i>Red, Green, and Savoy Cabbage consumed directly</i>  <i>Soups specifically tagged with "Home recipe"</i>  STUFFED CABBAGE	<i>Sauerkraut recipes</i>  <i>Soups</i>  <i>Egg Rolls and baked goods</i>  <i>Coleslaw recipes</i>  CABBAGE, CREAMED  <i>Pickled cabbage recipes</i>	<i>Bouillon recipes</i>  <i>"From Frozen" Meals</i>
Cabbage, Chinese	<i>Meat and vegetable dishes and noodle and vegetable dishes</i>  DIM SUM  <i>"CABBAGE, CHINESE" dishes</i>	CABBAGE, KIMCHI (KIM CHEE) STYLE	<i>Frozen meals</i>
Cabbage, Chinese, mustard	<i>Meat and vegetable dishes and noodle and vegetable dishes</i>  DIM SUM  <i>"CABBAGE, CHINESE" dishes</i>	CABBAGE, KIMCHI (KIM CHEE) STYLE	<i>Frozen meals</i>
Cabbage, Chinese, napa	<i>Meat and vegetable dishes and noodle and vegetable dishes</i>  DIM SUM	CABBAGE, KIMCHI (KIM CHEE) STYLE	<i>Frozen meals</i>

	"CABBAGE, CHINESE" dishes		
Cactus	CATCUS, RAW CACTUS, COOKED		ALOE VERA JUICE
Cantaloupe	FRUIT, NS AS TO TYPE  CANTALOUPE (MUSKMELON), RAW (INCLUDE MELON, NFS)  CANTALOUPE, FROZEN (BALLS)  CASSABA MELON, RAW		FRUIT NECTAR, NFS  CANTALOUPE NECTAR
Carob		NUTS, CAROB-COATED  CAROB CHIPS  COOKIE, CAROB	RICE DESSERT BAR, FRZ, NOT CHOC, NONDAIRY, CAROB, COVER  COFFEE, DECAFFEINATED, W/ CEREAL (INCLUDE W/BARLEY)  CEREAL, BEVERAGE (INCLUDE PERO, BREAK AWAY)  CAROB SYRUP
Carrot	<i>Meat and vegetable, noodle and vegetable, or rice, and vegetable dishes</i>  <i>Pot dishes and stews</i>  <i>Soups explicitly tagged as "Home recipe"</i>  <i>Sushi, Sandwiches, and Casseroles</i>	<i>Soup, Spinach Dip, Cottage Cheese, Clam Chowder, Pasta Salad, Cabbage Salad or Coleslaw</i>  VEGETARIAN FILLET  <i>Baked goods</i>  GELATIN SALAD W/ VEGETABLES	<i>Frozen meals</i>  <i>Soup listed explicitly as "canned", "made from condensed", and "Instant"</i>  VEGATARIAN BOUILLON, DRY  <i>Baked goods tagged as "Diet"</i>  PASTA, MEAT-FILLED, W/ GRAVY, CANNED  FLAVORED RICE MIXTURE W/ CHEESE  CARROT CHIPS, DRIED  ITALIAN DRESSING, REDUCED CALORIE, FAT-FREE
Carrot, juice		CARROT JUICE	<i>Vegetable and fruit juice blends and drinks</i>
Cashew	<i>Ice Cream Sundaes recipes</i>  <i>Nut mixes and cashews consumed directly</i>	<i>"roasted" nut recipes and coated cashew recipes</i>  <i>Oatmeal and nut recipes</i>	CASHEW BUTTER
Cassava	CASSAVA (YUCA BLANCA)  STARCHY VEGETABLES, P.R.	<i>Puddings tagged as "From home recipe"</i>  CASABE, CASSAVA BREAD	<i>Processed dairy products and pudding</i>  <i>Imitation cheese</i>

			<i>Recipes which imply the use of cassava flour or other processed cassava instead of raw cassava. Example: Corned Beef, Cheese Sandwiches; Sausage gravy; spreads</i>
Cauliflower	<i>Meat and vegetable, noodle and vegetable, or rice, and vegetable dishes</i>  Raw vegetables  VEGETABLE CURRY  "Vegetable combination" recipes and salads	<i>Deep fried cauliflower</i>	<i>Pickled Cauliflower recipes</i>
Celeriac	CELERIAC, COOKED (INCLUDE P.R. APIO)		
Celery	<i>Stews, hash, sandwiches (other than meat or egg salad sandwiches)</i>  <i>Meat and vegetable, noodle and vegetable, or rice, and vegetable dishes</i>  EGG OMELET  <i>Meat and vegetable, noodle and vegetable, or rice, and vegetable dishes</i>  Spanish rice and similar  TOMATOES, FROM FRESH, STEWED  LETTUCE SALAD  CELERY, COOKED  VEGETABLES, STEWTYPE	<i>Spinach dip recipes</i>  <i>Chilis, sloppy joe, clam chowder.</i>  VEAL W/ BUTTER SAUCE  <i>Meat or egg and mayo salads and Meat or egg and mayo salads sandwiches</i>  <i>Bean salads, pasta salads, and other mayo/oil-based salads</i>  <i>Egg rolls, baked goods, pizzas</i>  <i>Tomato and spaghetti sauces</i>	<i>Sausages, hotdogs, bratwurst, and other similar recipes</i>  SAUSAGE GRAVY  SHRIMP COCKTAIL (SHRIMP W/ COCKTAIL SAUCE)  VEGATARIAN BOUILLON, DRY  <i>Vegetable relish and pickled vegetables</i>
Celery, juice			<i>All entries labelled "complex"</i>
Chayote, fruit	<i>All entries labelled as "direct"</i>		
Cherry	FRUIT SALAD  <i>Cherries consumed directly as fresh cherries</i>	<i>Baked goods</i>  CHERRY PIE FILLING  APPLE SALAD	<i>"CHERRIES, MARASCHINO" and recipes with maraschino cherries as toppings.</i>  FRUIT COCKTAIL
Cherry, juice			<i>All entries labelled complex</i>
Chestnut	CHESTNUTS, ROASTED  DUCK, PRESSED, CHINESE		

Chicken, fat	<p>CHICKEN, GROUND</p> <p><i>“CHICKEN W/ GRAVY (MIXTURE)” and similar dishes, where the primary meat is more prevalent than the gravy</i></p> <p><i>Garden salads</i></p> <p><i>Chicken broth dishes tagged as “home recipe”</i></p> <p><i>EGG OMELET dishes with chicken as an ingredient</i></p>	<p><i>“MILK GRAVY” and other non-sausage gravy</i></p> <p>CHICKEN ROLL</p> <p><i>Meat salads</i></p> <p>CATFISH, FLOURED OR BREADED, FRIED</p> <p><i>Soups and chilis</i></p> <p><i>Meat dishes which do not include chicken in the description but do have trace chicken ingredients. Example: HAM OR PORK W/ STUFFING; VEAL W/ BUTTER SAUCE; SHRIMP &amp; VEG (W/ CAR/DK GREEN, NO POT), SOY SAUCE</i></p> <p>CHICKEN SUB SANDWICH</p> <p><i>Mole sauce</i></p> <p><i>Bean items with trace amounts of chicken</i></p> <p><i>Vegetable items cooked in fat (which only sometimes is explicitly chicken fat)</i></p>	<p>CHICKEN, CANNED</p> <p>CHICKEN PATTY</p> <p>CHICKEN NUGGETS</p> <p>LIVER PASTE OR PATE, CHICKEN</p> <p><i>Frankfurter, hot dog, sausages, and other processed meats</i></p> <p>SAUSAGE GRAVY</p> <p><i>“LOBSTER SAUCE” and dishes containing the sauce</i></p> <p>BEEF BROTH, LOW SODIUM, DRY, NOT RECONSTITUTED</p> <p>PASTA W/ TOMATO SAUCE &amp; FRANKFURTERS/HOT DOGS, CANNED</p> <p>FLAVORED PASTA W/ VEGETABLE OIL, NFS</p> <p><i>VEGETABLE BROTH, BOUILLON (INCL POT LIQUOR)</i></p> <p><i>Garlic sauce and orange duck sauce</i></p>
Chicken, liver	[labelled under same criteria as that listed under “Chicken, meat”]	[labelled under same criteria as that listed under “Chicken, meat”]	[labelled under same criteria as that listed under “Chicken, meat”]
Chicken, meat	[labelled under same criteria as that listed under “Chicken, meat”]	[labelled under same criteria as that listed under “Chicken, meat”]	[labelled under same criteria as that listed under “Chicken, meat”]
Chicken, meat byproducts	[labelled under same criteria as that listed under “Chicken, meat”]	[labelled under same criteria as that listed under “Chicken, meat”]	[labelled under same criteria as that listed under “Chicken, meat”]
Chicken, skin	[labelled under same criteria as that listed under “Chicken, meat”]	[labelled under same criteria as that listed under “Chicken, meat”]	[labelled under same criteria as that listed under “Chicken, meat”]
Chickpea, seed	<p><i>Fried Chickpea recipes</i></p> <p><i>Stews</i></p> <p>CHICKPEAS, DRY, COOKED</p>	<p><i>Vinegar and oil-based salads</i></p> <p><i>Soups</i></p>	HUMMUS
Chicory, root			<i>All entries labelled as “complex”</i>
Chicory, tops	All entries labelled as “direct”		
Chinese waxgourd	WINTER MELON, COOKED (INCL CHINESE MELON, TOGAN)		

Chive, fresh	<p><i>Stroganoff dishes, sandwiches</i></p> <p><i>Chives on top of cooked potatoes</i></p> <p>CHIVES, RAW</p> <p>MUSHROOMS, STUFFED</p>	<p><i>Soups, baked goods, and quiches</i></p> <p><i>Pasta salad and potato salad</i></p>	CHIVES, DRIED OR DEHYDRATED
Chrysanthemum, garland	SWEETPOTATO, SQUASH, PUMPKIN LEAVES, CKD, FAT NOT ADDED		
Cilantro, leaves	<p><i>When used as topping</i></p> <p><i>EGG OMELET and similar dishes</i></p> <p><i>Stews</i></p> <p><i>Burritos and tacos</i></p> <p>JALAPENO PEPPER, SYUFFED</p> <p>MUSHROOMS, STUFFED</p>	<p><i>Recipes for which it is unclear whether the cilantro is in the processed meat product (e.g., sausage) or used as a spice to the dish.</i></p> <p>Example: SANDWICH, NFS; various soups</p> <p>FALAFIL</p> <p><i>Baked goods</i></p> <p>SALAD DRESSING, NFS, FOR SALADS</p> <p><i>Pasta salad, potato salad, and similar</i></p>	<p><i>When used as pickling, curing, or smoking spice</i></p> <p><i>Processed meat products ad recipes that used processed meat products</i></p> <p>PIZZA ROLLS (INCLUDE PIZZA BITES)</p> <p><i>Salad dressings not normally made at home.</i></p> <p>Example: THOUSAD ISLAND, LOW CALORIES, NFS</p> <p>TARTAR SAUCE</p>
Cinnamon			All entries classified as "complex"
Citron		All entries classified as "Potential"	
Citrus hybrids	TANGELO, RAW		
Cocoa bean, chocolate			All entries classified as "complex"
Cocoa bean, powder			All entries classified as "complex"
Coconut, dried			All entries classified as "complex"
Coconut, meat	<p>FRUIT SALAD</p> <p>COCONUT MEAT, FRESH</p> <p>COCONUT WATER</p>	<i>Baked goods</i>	COCONUT BEVERAGE, P.R.
Coconut, milk	<p>FRESH CORN CUSTARD, PUERTO RICAN STYLE</p> <p>FISH CURRY</p> <p>COCONUT MILK</p> <p>VEGETABLE CURRY</p> <p>SWEETPOTATO &amp; PUMPKIN CASSEROLE, P.R.</p>	<p>PUDDING, RICE W/ WHOLE MILK AND W/ COCONUT MILK</p> <p>PINA COLADA</p> <p><i>Rice pudding dishes</i></p> <p>HAUPIA (COCONUT PUDDING)</p>	<p>COCONUT CREAM, CANNED, SWEETENED (INCL COCO LOPEZ)</p> <p>PINA COLADA, NONALCOHOLIC MADE W/ FRUIT-FLAVORED CAFFEINE FREE SOFT DRINK (INCLUDE 7-UP, SPRITE...)</p> <p>COCONUT BEVERAGE, P.R.</p> <p>COQUITO, P.R. (COCONUT, RUM)</p>

			COCONUT CREAM, CANNED, SWEETENED (INCL COCO LOPEZ)
Coconut, oil			<i>All entries classified as "Complex"</i>
Coffee, instant			<i>All entries classified as "Complex"</i>
Coffee, roasted bean			<i>All entries classified as "Complex"</i>
Collards	GREENS W/ HAM OR PORK (MIXTURE)  <i>All other recipes have source labelled (e.g., "From Fresh", "From frozen", etc.)</i>		
Coriander, seed			<i>All entries classified as "Complex"</i>
Corn, field, bran			<i>All entries classified as "Complex"</i>
Corn, field, flour			<i>All entries classified as "Complex"</i>
Corn, field, meal			<i>All entries classified as "Complex"</i>
Corn, field, oil			<i>All entries classified as "Complex"</i>
Corn, field, starch			<i>All entries classified as "Complex"</i>
Corn, field, syrup			<i>All entries classified as "Complex"</i>
Corn, pop			<i>All entries classified as "Complex"</i>
Corn, sweet	Stews  <i>Meat and vegetable, and starch and vegetable dishes</i>  FRESH CORN CUSTARD, PUERTO RICAN STYLE	<i>Soups, spinach dip, chowder, and baked goods</i>  CORN FRITTER  <i>Vegetable combinations not described further</i>	CORN RELISH  CORN BEVERAGE (INCLUDE CORN TEA)
Cottonseed, oil			<i>All entries classified as "Complex"</i>
Cranberry	CRANBERRIES, RAW	<i>Pies</i>  CRANBERRY-ORANGE RELISH, UNCOOKED  CRANBERRY-RASPBERRY SAUCE  CRANBERRY SALAD, CONGEALED SWEETPOTATO W/ FRUIT  GELATIN DESSERT WITH FRUIT AND WHIPPED TOPPING W/ ALL CRANBERRIES	CRANBERRIES, NS AS TO RAW, COOKED OR CANNED
Cranberry, dried	CRANBERRIES, DRIED	<i>Baked goods (non-name brand)</i>	<i>Name-brand products</i>
Cranberry, juice			<i>All entries labelled "Complex"</i>
Cress, garden	CRESS, RAW  CRESS, COOKED, FROM FRESH, FAT ADDED		
Cucumber	<i>Meat and vegetable, noodle and vegetable, or rice, and vegetable dishes</i>	<i>Salads with mayo or oil base</i>	<i>Recipes which imply the cucumber has been pickled</i>

	<i>Sushi and Wraps</i>  <i>Salads that do not have mayo or oil base</i>		<i>Salad dressings not normally made at home.</i> <i>Example: THOUSAD ISLAND, LOW CALORIES, NFS</i>  <i>TARTAR SAUCE</i>
Currant	CURRENTS, RAW		
Currant, dried		CURRENTS, DRIED	GRANOLA BAR, NONFAT  MUESLI, PREPARED, INSTANT (INCLUDE MICRO MUESLI)
Dandelion, leaves	<i>All entries labeled "direct"</i>		
Dasheen, corm	<i>Stews</i>  <i>Fried or boiled dasheen</i>  POI  STRACHY VEGETABLES  CODFISH W/ STARCHY VEG, P.R. (SERENATA DE BACALAO)	<i>Soups</i>	<i>Chips</i>
Dasheen, leaves	All entries labelled "Direct"		
Date	DATE  FRUIT, DRIED  FRUIT MIXTURE, DRIED	<i>Baked goods (not breakfast bars)</i>	<i>Breakfast bars</i>  FRUIT CANDY BAR
Dill, seed			<i>All entries labelled "Complex"</i>
Dillweed			<i>All entries labelled "Complex"</i>
Eggs	<i>Eggs eaten alone.</i>  <i>Eggs eaten in egg dishes where the majority of the egg in the dish is eaten directly as egg.</i> Examples: omelets; bacon, egg, and cheese sandwiches; eggs benedict	<i>Egg-contained dishes made both from scratch and through food processing supply chains.</i> Example: pizza; doughnuts; baked goods; quiche; flan; custard; egg salad; tuna salad  <i>Instances where egg was included in both embodied and direct form.</i> Examples: Macaroni salad with eggs; bread-pudding  <i>Eggs when consumed as part of a batter for a product which is produced both at food</i>	<i>Dishes which are usually processed.</i> Example: Spaghetti; noodles; candy bars; dressing; mayonnaise; spinach dip

		<i>processing plants and from scratch.</i> Example: Okra, batter-dipped, fried	
Eggplant	<i>All other entries labelled "Direct"</i>	EGGPLANT DIP (INCL BABA GHANOUSH)	VEGETABLE LASAGNA (FROZEN MEAL)
Endive	<i>Garden salads and mixed salad greens</i>  ENDIVE, CHICORY, ESCAROLE OR ROMAINE LETTUCE, RAW  ESCAROLE, COOKED	ESCAROLE SOUP	
Fennel, Florence	<i>All entries labelled "Direct"</i>		
Fig	FIG, RAW		<i>Figs, cooked or canned, in syrup</i>  <i>Dried figs</i>
Fig, dried			<i>All entries labelled "Complex"</i>
Fish-freshwater finfish	<i>Fish, broiled, baked, fried, steamed, or otherwise prepared at the point of consumption</i>  <i>"Home recipe" items</i>  <i>Sushi</i>  <i>Items with tuna or other fish (or crustacean or mollusc) added</i>  <i>Stews</i>	<i>Salads and soups</i>  <i>Baked goods, quiches, and dumplings</i>	<i>Smoked, dried, pickled, or canned fish (or crustacean/mollusc)</i>  <i>Cheese spread</i>  <i>Frozen meals</i>
Fish-freshwater finfish, farm raised	<i>Same guidelines as "Fish-freshwater finfish"]</i>	<i>Same guidelines as "Fish-freshwater finfish"]</i>	<i>Same guidelines as "Fish-freshwater finfish"]</i>
Fish-saltwater finfish, other	<i>Same guidelines as "Fish-freshwater finfish"]</i>	<i>Same guidelines as "Fish-freshwater finfish"]</i>	<i>Same guidelines as "Fish-freshwater finfish"]</i>
Fish-saltwater finfish, tuna	<i>Same guidelines as "Fish-freshwater finfish"]</i>	<i>Same guidelines as "Fish-freshwater finfish"]</i>	<i>Same guidelines as "Fish-freshwater finfish"]</i>
Fish-shellfish, crustacean	<i>Same guidelines as "Fish-freshwater finfish"]</i>	<i>Same guidelines as "Fish-freshwater finfish"]</i>	<i>Same guidelines as "Fish-freshwater finfish"]</i>
Fish-shellfish, mollusc	<i>Same guidelines as "Fish-freshwater finfish"]</i>	<i>Same guidelines as "Fish-freshwater finfish"]</i>	<i>Same guidelines as "Fish-freshwater finfish"]</i>
Flax seed, oil	FLAX SEED		<i>Name-brand processed foods</i>  FLAXSEED OIL
Flax, seed			<i>Name-brand processed foods</i>
Garlic, bulb	<i>Stews and pot dishes</i>  <i>Meat and vegetable dishes which garlic is not present in the (possibly pre-processed) sauce or sausage as a spice.</i>	<i>Spaghetti sauces, soups, chilis, sloppy joe mixtures, gravies, meatball, curries, and other recipes made sometimes at home.</i>  <i>Dishes in which Garlic is used as a topping.</i>	<i>Garlic when used as spice in processed meat products.</i> Examples: HAM SALAD SPREAD, SMOKED LINK SAUSAGE, etc.  BEEF BROTH  BEEF BROTH OR BOUILLON



	<p>FALAFIL</p> <p><i>"BREAD, GARLIC" and similar</i></p> <p><i>Garlic when added to cooking of raw (from fresh) vegetables</i></p> <p>RATATOUILLE</p> <p><i>Stuffed peppers and other stuffed vegetables</i></p>	<p><i>"SANDWICH, NFS" and similar</i></p> <p><i>"Egg Omelet" and similar dishes which features a processed meat spiced with garlic</i></p> <p><i>Mayo-based and other oil-based salads</i></p> <p><i>Refried beans</i></p> <p>HUMMUS</p> <p><i>Tacos, enchiladas, burritos, and similar</i></p> <p><i>Pizzas, egg rolls, and baked goods</i></p> <p>EGGPLANT DIP (INCL BABA GHANOUSH)</p>	<p><i>"SESAME SAUCE", "WORCESTER SAUCE", and other sauces that are mostly consumed in their pre-processed forms.</i></p>
Ginger	<p>APPLE, BAKED</p> <p>APPLE, FRIED</p> <p><i>When added to baked root vegetable products</i></p> <p>Dishes where ginger may be present in both a sauce and as a fresh ingredient but is more consistently seen in its fresh form.</p>	<p><i>Baked goods</i></p> <p>Dishes where ginger may be present in its fresh form or in a pre-made sauce. Example: Curries and Sweet &amp; Sour dishes</p>	<p><i>"OATMEAL, FORTIFIED" and similar</i></p> <p>APPLE CHIPS</p> <p>Pickled products and fruit butter</p> <p>APPLE CIDER DRINK</p>
Ginger, dried			<i>All entries labelled "complex"</i>
Ginseng, dried			KOREAN DRESSING OR MARINADE
Goat, fat	<i>All entries labelled "direct"</i>		
Goat, meat	All entries labelled "direct"		
Goat, meat byproducts	All entries labelled "direct"		
Gooseberry		PIE, BERRY	
Grape	<i>Grapes in fruit salads</i>	<p><i>Cottage cheese with fruit combinations</i></p> <p>CHICKEN/TURKEY SALAD WITH NUTS AND/OR FRUITS</p> <p>Baked goods</p> <p>GELATIN DESSERT</p>	<p>FRUIT COCKTAIL</p> <p><i>Fruit leather and fruit snacks</i></p> <p>JAM</p>

Grape, juice			<i>All entries labelled as "Complex"</i>
Grape, leaves	<i>Stuffed grape leave dishes</i>		
Grape, raisin	PANCAKES, WITH FRUIT W/ RAISINS	<i>Puddings and baked goods</i>  <i>When raisin is an ingredient in mole sauce</i>	<i>Breakfast bars and name-brand baked goods</i>  <i>Fortified oatmeal and similar products</i>
		SOUP, FRUIT	CHUTNEY
		<i>Yogurt and chocolate covered raisings (except for "DIETETIC OR LOW CALORIE CANDY, CHOCOLATE-COVERED"</i>	STEAK SAUCE, TOMATO-BASE (INCLUDE A-1)
		CABBAGE SALAD OR COLESLAW	RAISIN SAUCE
		MILK CHOCOLATE CANDY, WITH FRUIT AND NUTS	DIETETIC OR LOW CALORIE CANDY, CHOCOLATE-COVERED
Grape, wine and sherry			<i>All entries labelled as "Complex"</i>
Grapefruit	Fruit salads and dishes with grapefruit as topping or garnish		<i>Canned and frozen grapefruit</i>
			MARMALADE, ALL FLAVORS
			FRUIT PEEL, CANDIED
Grapefruit, juice	<i>"GRAPEFRUIT JUICE, FRESHLY SQUEEZED" and fruit juice combinations described as "fresh"</i>	<i>"GRAPEFRUIT JUICE, NFS" and fruit juice combinations not described as "fresh", "canned", or "frozen"</i>	<i>Canned or from frozen grapefruit juice recipes</i>
		<i>Grapefruit juice in alcoholic cocktails</i>	DUCK SAUCE (INCLUDE CHAISNI SAUCE)
			CARBONATED JUICE DRINK
			<i>Fruit juice drinks with modified nutritional content.</i> Example: FRUIT DRINK, LOW CALORIE; FRUIT JUICE DRINK, WITH HIGH VITAMIN C
Guar, seed			<i>All entries labelled "complex"</i>
Guava	GUAVA, RAW	GUAVA NECTAR	<i>Fruit juice drinks with modified nutritional content.</i>
		GUAVA PASTE	<i>Candied guava peels</i>
		FRUIT NECTAR, NFS	
		TURNOVER, GUAVA	
Hazelnuts	<i>"MIXED NUTS" that are not coated</i>	<i>Honey and chocolate coated nuts</i>	<i>Processed dairy products and breakfast foods</i>
	NUTS, NFS		
Herbs, other		<i>Dishes that have processed meat but also traditionally have further</i>	<i>Cold cuts, frankfurters, sausage, and other processed meats</i>

		<i>herbs added when prepared for consumption.</i> Example: JAMBALAYA  <i>Baked goods, soups, pickled products and salads</i>  <i>Tea</i>	<i>Sauces and salad dressings</i>
Honey	<i>Fresh vegetable dishes with honey that contain no meat</i>  HONEY (INCLUDE PEAR HONEY, RAW HONEY)	<i>Honey-roasted nuts and baked goods</i>  VEGETABLE SUBMARINE SANDWICH  NOODLE PUDDING,W/ MILK  GIN FIZZ	<i>Processed meat products and dairy products</i>  <i>Dishes whose honey is embodied within the processed meat</i> <i>Processed Breakfast items, namely cereal and granola bars</i>  <i>Pizzas and baked goods where the trace amounts of honey are contained within the processed meats</i>  HONEY BUTTER  <i>Honey in candy</i>
Honeydew melon	HONEYDEW MELON, RAW		HONEYDEW MELON, FROZEN (BALLS)
Hop			BEER SOUP, MADE W/ MILK  SALAMI, SOFT, COOKED  BEER
Horseradish	HORSERADISH	HORSERADISH SAUCE	<i>Shrimp dip and cocktail sauce</i>
Huckleberry	HUCKLEBERRIES, RAW	PIE, BLUEBERRY, TWO CRUST	
Kale	HAM, POTATOES & VEG (W/ CARROTS/DK GREEN), NO SAUCE  GREENS W/ HAM OR PORK (MIXTURE)		
Kiwifruit, fuzzy	KIWI FRUIT, RAW  DESSERT PIZZA	MIXED FRUIT TART FILLED WITH CUSTARD OR CREAM CHEESE	
Kohlrabi	KOHLRABI, RAW		
Kumquat	KUMQUAT, RAW		
Leek	LEEK, RAW  MINISTRONE SOUP, HOME RECIPE	LEEK SOUP, CREAM OF, PREP W/ MILK	FLAVORED RICE MIXTURE
Lemon	FRUIT SMOOTHIE DRINK, NFS  APPLE AND GRAPE SALAD W/ YOGURT & WALNUTS	LEMON CHICKEN, CHINESE STYLE	CREAM SUBSTITUTE, LIGHT, LIQUID  <i>Processed dairy products</i>  MEAL SUPPLEMENT / REPLACEMENT, PREPARED, RTD

Lemon, juice	<p><i>Lemon juice as a topping of freshly prepared fish dishes</i></p> <p>FROG LEGS, NS AS TO COOKING METHOD</p> <p>GRAPE LEAVES STUFFED W/ RICE</p> <p>MUSHROOMS, STUFFED</p>	<p><i>“Curries” and similar</i></p> <p><i>Mayo-based and other oil-based salads</i></p> <p><i>Lemon juice in sandwiches, including hamburgers</i></p> <p>EGGS, DEVILED</p> <p>HUMMUS</p> <p><i>Baked goods</i></p> <p><i>Dishes where lemon juice is embodied in sour cream</i></p> <p>GUACAMOLE</p> <p>EGGPLANT DIP (INCL BABA GHANOUSH)</p> <p><i>Lemon-limeade and similar drinks not made from concentrate or have modified nutritional content</i></p> <p><i>Soups</i></p> <p><i>Cocktails, normally alcoholic</i></p>	<p><i>Sauces</i></p> <p><i>Fruit drinks from concentrate or with modified nutritional content</i></p>
Lemon, peel		<i>Baked goods and pudding</i>	<p>GARLIC SAUCE</p> <p>MARMALADE, ALL FLAVORS</p> <p>FRUIT PEEL, CANDIED</p> <p>TEA, MADE FROM POWDERED INSTANT</p>
Lentil, seed	<p>RICE WITH BEANS W/ LENTILS</p> <p>BEAN SOUP, HOME RECIPE W/ LENTILS</p> <p>LENTILS, DRY, COOKED</p>	<p>LOAF, LENTIL</p> <p>LENTIL SOUP</p>	
Lettuce, head	<p><i>Lettuce-based salads</i></p> <p><i>Sandwiches, tacos, pizzas, etc.</i></p>	<p>PINEAPPLE SALAD W/ DRESSING</p> <p>SHRIMP COCKTAIL (SHRIMP W/ COCKTAIL SAUCE)</p>	<p>SHRIMP COCKTAIL (SHRIMP W/ COCKTAIL SAUCE)</p> <p>TOMATO JUICE COCKTAIL</p> <p><i>“TOMATO &amp; VEGETABLE JUICE” and similar</i></p>

Lettuce, leaf	<i>All entries marked "Direct"</i>		
Lime	LIME, RAW		
Lime, juice	<i>Cocktails usually made fresh</i>  <i>Lime juice on top of meat and vegetable dishes</i>	<i>Cocktails sometimes made fresh, sometimes sold in bottles/cans</i>  <i>Soup and baked goods</i>  <i>Salsa</i>	<i>Juices made from concentrate or frozen or have modified nutritional contents</i>  <i>Lime juice in processed dairy products</i>
Lychee		LYCHEE, DRIED (LYCHEE NUTS)  LYCHEE, RAW (INCLUDE FROZEN)	LYCHEE, COOKED OR CANNED, IN SUGAR OR SYRUP
Macadamia nut	MACADAMIA NUTS, UNROASTED  MACADAMIA NUTS, ROASTED		
Mango	WRAP SANDWICH, W/ MEAT, POULTRY OR FISH, VEGETABLES  WRAP SANDWICH, W/ MEAT, POULTRY, OR FISH, VEG, RICE  MANGO, RAW  MANGO, COOKED	MIXED FRUIT TART FILLED WITH CUSTARD OR CREAM CHEES  SALSA MADE WITH FRUIT	MANGO, PICKLED
Mango, dried			<i>MANGO, DRIED</i>
Mango, juice		<i>FRUIT NECTAR, NFS</i>  <i>MANGO NECTAR</i>  MIXED DRINKS (FOR RECIPE MODIFICATIONS) W/ SLOE GIN AND GRENADINE  ORANGE-WHITE GRAPE-PEACH JUICE	FRUIT SYRUP  <i>Juices made from concentrate or frozen or have modified nutritional contents</i>  <i>Fruit drinks</i>
Maple, syrup			<i>All entries labelled "Complex"</i>
Maple, sugar			<i>All entries labelled "complex"</i>
Marjoram	<i>Stews, pot dishes, ad recipes tagged "HOMEMADE-STYLE"</i>  <i>Mexican food usually prepared fresh (all occurrences except taquitos)</i>  TAMALE CASSEROLE, P.R. (TAMALES EN CAZUELA)	<i>Chilis and soups</i>  <i>Past and meat dishes with sauce and uncertainty over whether marjoram (oregano) was added in final preparation or embodied in pre-processed sauce, processed meat product, or stuffing</i>	<i>Sauces and salad dressings not usually home made</i>  <i>Frankfurters and Italian sausage</i>

	<p>SPINACH QUICHE, MEATLESS W/ MOZZARELLA CHEESE, NFS</p> <p>LASAGNA</p> <p>“STUFFED PEPPER” and similar</p> <p>RICE-VEGETABLE MEDLEY (INCLUDE ITALIAN-STYLE RICE)</p> <p>Root vegetable dishes with oregano as topping</p>	<p>Mayi-based and oil-based salads</p> <p>“BREAD STUFFING” and similar, including dressing dishes</p> <p>TAQUITOS</p> <p>Pizza, and pies</p> <p>SPANISH RICE</p>	
Meat, game	<p>Dishes of cooked game meat with minimal additions.</p> <p>Example: KIDNEY, COOKED; MOOSE, COOKED</p> <p>Spaghetti and other pasta dishes which feature game meat.</p> <p>Example: RICE, FRIED, WITH MEAT AND/OR POULTRY W/ ALL VENISON AND W/O FAT</p>	<p>Chilis and soups</p>	<p>VENISON/DEER JERKY</p> <p>DEER BOLOGNA</p>
Milk, fat	<p>Milk consumed directly as beverage milk.</p> <p>Examples: milk; buttermilk; chocolate milk; cappuccino; lattes</p> <p>Beverage milk served in breakfast cereal dishes and breakfast oatmeal dishes</p> <p>Dishes described as “made with milk”, “prepared with milk”, or “milk added” which do not contain processed dairy as a major ingredient.</p> <p>Example: White potato, from fresh, mashed, made with milk</p> <p>Fluid Milk with modified nutritional contents</p> <p>Example: Milk, Low Lactose, 1% fat, Fortified with Calcium</p>	<p>Milk consumed in products which contain both beverage milk and dairy products.</p> <p>Examples: Milkshakes; malts; cream of mushroom soup, prepared with milk</p> <p>Milk dishes which are both made from scratch and through cold supply chains.</p> <p>Examples: cakes; custard; flan; rice pudding milk gravy</p> <p>Milk used in breading process of dishes made both from scratch and from complex food processing supply chains.</p> <p>Example: Chicken, drumstick, fried</p> <p>Milk fruit drinks and other drinks which are</p>	<p>Milk consumed as anything other than beverage milk. Examples: evaporated milk; cheese; dry milk; ice cream; malted milk; yogurt</p> <p>Dishes which contain lots of non-beverage milk dairy products.</p> <p>Examples: pizza; cheese pastries; lasagna</p> <p>Diet beverages, frozen meals, and protein shake mixes</p> <p>Pudding dishes made explicitly from dry mixes and do not have fluid milk added and pudding dishes explicitly canned.</p> <p>Frankfurters and other processed meats</p> <p>Meat dishes to which cheese, or butter is added.</p> <p>Example: Chilis</p> <p>Deserts with whipped cream or other dairy-based toppings</p>

		<i>sometimes processed, sometimes made fresh</i>	
		<i>Meat dishes which cream, milk, or gravy is added.</i>	
Milk, human	MILK, HUMAN		
Milk, nonfat solids	<i>Same guidelines as Milk, fat</i>	<i>Same guidelines as Milk, fat</i>	<i>Same guidelines as Milk, fat</i>
Milk, water	<i>Same guidelines as Milk, fat</i>	<i>Same guidelines as Milk, fat</i>	<i>Same guidelines as Milk, fat</i>
Millet, grain	MILLET, COOKED		MILLET, PUFFED (CEREAL)
Mulberry	MULBERRIES, RAW		
Mushroom	<i>Meat and mushroom dishes usually prepared fresh</i>	<i>Soups, chilies</i>  <i>Dishes with mushroom soup or mushroom sauces</i>  <i>"Vegetable Combination" dishes</i>	
Mustard greens	<i>Mustard greens, raw and cooked or in fresh vegetable mixes</i>	<i>Soups</i>	
Nectarine	NECTARINE, RAW  NECTARINE, COOKED		
Oat, bran	OAT BRAN CEREAL, COOKED	<i>Baked goods (non-name brand)</i>	<i>Name-brand breakfast bars and baked goods</i>  <i>Meal-replacement shakes</i>
Oat, flour		SNACK BAR, OATMEAL	TOPPING, DIETETIC  TOPPING, CHOCOLATE FLAVOR, FAT FREE  Name-brand breakfast bars and baked goods
Oat, groats	OATS, RAW  <i>Oatmeal explicitly described as "regular"</i>  VEGETARIAN STEW	<i>Oatmeal, not specific as to type or described as "regular, quick, or instant"</i>  <i>Baked goods</i>	<i>Soy burger patties and vegetarian fillets</i>  BREAD, WHITE, SPECIAL FORMULA, HIGH CALCIUM  <i>Cereal bars and granola bars</i>  <i>Oatmeal marked as "quick" or "instant"</i>  <i>Oatmeal beverages</i>
Okra	GUMBO  OKRA, BATTER-DIPPED, FRIED  <i>Okra with corn or tomato dishes</i>	<i>Soups</i>	OKRA, PICKLED

Olive	Olives, stuffed  GREEK SALAD  <i>Olives as a pizza topping</i>  <i>Rice and vegetable dishes</i>  <i>Non-frozen pizza</i>	<i>Pies and baked goods</i>	TARTAR SAUCE  <i>Olives in cheese spreads</i>  <i>Fish sandwich dish with tartar sauce</i>  <i>Vegetarian patties and fillets</i>
Olive, oil			<i>All entries labelled "Complex"</i>
Onion, bulb	<i>Stuffed veggies</i>  <i>Soups tagged as "Home-style" or similar</i>  <i>Meat Dishes usually made from fresh.</i> Examples: Beef goulash, beef burgundy, beef stoganoff	BEEF W/ TOMATO-BASED SAUCE (MIXTURE)  <i>Mayo-based and other oil-based salads</i>  <i>Vegetable Combination dishes</i>  <i>"CHEESE, COTTAGE, W/ VEGETABLES" and similar</i>  GELATIN SALAD W/ VEGETABLES  GELATIN DESSERT, DIETETIC, W/ VEGETABLES  <i>Mole sauces</i>	<i>Pickled dishes</i>  <i>Sauces and dressings</i>  <i>Vegetarian patties and fillets</i>  <i>Cocktail onions</i>  <i>Cheese spread and sip</i>
Onion, bulb, dried			<i>All entries labelled "complex"</i>
Onion, green	<i>Meat, vegetable, and rice dishes usually made from scratch</i>	<i>Soups and soup stock</i>	<i>Sauces and dressings</i>
Orange	FRUIT SALAD  SHIRLEY TEMPLE  FRUIT, NS AS TO TYPE  GRAPEFRUIT & ORANGE SECTIONS, RAW	AMBROSIA	MARMALADE, ALL FLAVORS  ORANGE SECTIONS, CANNED, JUICE PACK
Orange, juice	ORANGE JUICE, FRESHLY SQUEEZED  <i>Cocktails usually made fresh</i>	PIE, MINCE, TWO CRUST  CREPE SUZETTE  FRUIT SMOOTHIE DRINK  ORANGE JULIUS  GRAVY, MEAT, W/ FRUIT (INCLUDE FRENCH SAUCE)  ORANGE JUICE, NFS	CARROT CAKE, DIET  <i>Juices with modified nutritional content</i>  <i>Juices from concentrate or frozen</i>  <i>Fruit juice drinks</i>  WATER, FRUIT FLAVORED, SWTND, W/ CORN SYRUP & LOWCA



Orange, peel	ORANGE, PEEL  SWEETPOTATO W/ FRUIT  APPLE AND GRAPE SALAD	<i>Baked goods and soup</i>	ORANGE SAUCE FOR DUCK  MARMALADE, ALL FLAVORS  FRUIT PEEL, CANDIED  FRUIT CANDY BAR  CRANBERRY-ORANGE RELISH
Palm heart, leaves	PALM HEARTS, COOKED (ASSUME NO FAT ADDED)		
Palm, oil			<i>All entries labelled "Complex"</i>
Papaya	PAPAYA, RAW  PAPAYA, GREEN, COOKED  FRUIT SALAD		FRUIT COCKTAIL, COOKED OR CANNED, NS ADDED SWEETNER  PAPAYA, COOKED OR CANNED, IN SUGAR OR SYRUP
Papaya, dried			<i>All entries labelled "Complex"</i>
Papaya, juice		PAPAYA, JUICE  FRUIT NECTER, NFS  PAPAYA NECTAR	PAPAYA JUICE DRINK
Parsley, dried leaves	VEGETABLE, IN CHICK-PEA FLOUR BATTER, (PAKORA), FRIED  EGGPLANT AND MEAT CASSEROLE  <i>Rice-based and spaghetti- based dishes, not falling into other categories</i>  VEAL W/ BUTTER SAUCE	<i>Soups, clam chowder, and baked goods</i>	FLAVORED RICE MIXTURE  <i>"INSTANT SOUP" and similar</i>  TARTAR SAUCE  FISH SANDWICH, ON BUN, WITH SPREAD W/ TARTAR SAUCE  FISH SANDWICH, ON BUN, W/ CHEESE AND SPREAD  CLAM SAUCE
Parsley, leaves	<i>Meat dishes usually made from scratch</i>  EGG OMELET OR SCRAMBLED EGG  <i>Soups labelled "Home Recipe"</i>  <i>Spaghetti dishes</i>	LEMON-BUTTER SAUCE  <i>Soups and baked goods</i>  <i>Meat salads that are oil- based</i>	<i>Sauces and Dressings</i>  TOMATO JUICE COCKTAIL  MIXED VEGETABLE JUICE
Parsnip	PARSNIPS, COOKED	<i>Soups</i>	<i>Vegetable chips</i>
Passionfruit	PASSION FRUIT, RAW		
Passionfruit, juice	MIXED DRINKS  PASSION FRUIT NECTAR  PASSION FRUIT JUICE	SWEET & SOUR CHICKEN	<i>Fruit juice drinks</i>  <i>Fruit juice mixes with modified nutritional content</i>  <i>Fruit juice bars and dairy products</i>

Pea, dry	VEGETABLE CURRY  RICE WITH BEANS  <i>Soups explicitly labelled "Home recipe"</i>  GREEN/YELLOW SPLIT PEAS, DRY, COOKED	<i>Soups</i>	<i>Soups explicitly labelled "CAN"</i>
Pea, edible, dry	"VEG COMBO" nd similar  MACARONI, CREAMED, W/ VEGETABLES  <i>Full meal entrees usually prepared from scratch</i>		
Pea, pigeon, seed	STEWED PIGEON PEAS, P.R.  PIGEON PEA ASOPAO (ASOPAO DE GRANDULES)		
Pea, pigeon, succulent	RICE WITH BEANS  PIGEON PEAS, COOKED, FROM FRESH, FAT NOT ADDED	PIGEON PEAS, COOKED, NS AS TO FORM, FAT NOT ADDED	PIGEON PEAS, COOKED, FROM CANNED, FAT NOT ADDED
Pea, succulent	<i>Full meal entrees usually made from scratch, pot pies, casseroles, and stews</i>	<i>Mayo-based and other oil- based salads</i>  <i>Soups and stuffing</i>	<i>"From frozen" and "Canned" dishes</i>
Peach	MILK SHAKE  DESSERT PIZZA  PEACH, SPICED  <i>FRUIT SALAD and APPLE SALAD</i>  MIXED DRINKS	<i>Baked goods</i>	<i>Processed dairy products</i>  FRUIT COCKTAIL
Peach, dried	FRUIT, DRIED, NFS (ASSUME UNCOOKED)  PEACH, DRIED, UNCOOKED  PEACH, DRIED, COOKED, W/ SUGAR	MUFFIN, FRUIT AND/OR NUTS  MUESLI W/ RAISINS, PEACHES & PECANS  FRUIT MIXTURE, DRIED	FRUIT&FIBRE CEREAL W/PEACH, RAISIN, ALMOND&OAT CLUST  WHEAT, CREAM OF, COOKED, INSTANT, NO FAT ADDED  <i>Instant oatmeal</i>
Peach, juice		<i>All non-drink recipes labelled "potential"</i>	<i>Fruit juice drink recipes</i>
Peanut	PAD THAI, NFS  <i>Kung Pao dishes</i>	BANANA, CHOCOLATE- COVERED, W/ NUTS  PEANUT BRITTLE	Name-brand candies and generic names for types of candies which are usually name-brand

		DOUGHNUT, CAKE TYPE, CHOCOLATE COVERED, W/ PEANUTS	
		MOLE POBLANA (SAUCE)	
Peanut Butter			<i>All entries labelled complex</i>
Peanut oil			<i>All entries labelled complex</i>
Pear	PEAR, RAW  PEAR, JAPANESE, RAW	<i>Entries described similar to "Cottage cheese with gelatin desert and fruit"</i>  GELATIN DESSERT WITH FRUIT W/ ALL PEARS  SOFT FRUIT CONFECTION	FRUIT COCKTAIL  FRUIT LEATHER / FRUIT SNACKS CANDY  FRUIT SNACKS CANDY W/ HI VIT C
Pear, dried		FRUIT, DRIED, NFS (ASSUME UNCOOKED)  FRUIT MIXTURE, DRIED  PEAR, DRIED	MUESLIX CEREAL, NFS  STRAWBERRY MUESLI W/ PECANS & RAISINS, RALSTON
Pear, juice		PIE, PRALINE MOUSSE, W/ NUTS	<i>All other entries classified as "complex"</i>
Pecan	ICE CREAM SUNDAE  MIXED NUTS  PECANS	<i>Baked goods</i>  <i>Candies often made at home.</i> Example: Sugared pecans, Pralines  OATMEAL	<i>Name-brand cereals, candies, and other processed foods</i>
Pepper, bell	<i>Pizza toppings</i>  <i>Stews</i>  <i>Meat and vegetable, rice and vegetable, and noodle and vegetable dishes</i>	COTTAGE CHEESE W/ GELATIN DESSERT & VEGETABLES  <i>Cottage cheese and other thickened cream products described as being "with vegetables"</i>  <i>Chilis and Soups</i>  <i>Mole sauce</i>  <i>Mayo-based and other oil- based salads</i>  <i>"GELATIN SALAD W/ VEGETABLES" and similar</i>  GAZPACHO	<i>Cottage cheese and other thickened cream products implied to have vegetables infused into the emulsion</i>  BREAD, VEGETABLE  VEGGIE BURGER/PATTY, MEATLESS, NO BUN  VEGETARIAN FILLET  CHUTNEY  <i>Relish and seasonings</i>  <i>Kimchi and other pickled vegetables</i>
Pepper, bell, dried			<i>All entries labelled "Complex"</i>
Pepper, black and white			<i>All entries labelled "Complex"</i>

Pepper, nonbell	Dishes with peppers which also do not contain spiced meat Example: Vegetable Pizza  SPANISH RICE  <i>Green chili sauce (culturally only made fresh)</i>  <i>Peppers consumed directly</i>  <i>CHILES RELLENOS, CHEESE-FILLED</i>	CHICKEN ROLL, ROASTED, NS AS TO LIGHT OR DARK MEAT  <i>Meat and vegetable dishes where it's unclear whether the spices were incorporated into the meat or as a separate vegetable in the dish (most dishes)</i>  <i>Salsas</i>	<i>Peppers used as a spice for processed meats</i>  <i>Pickled vegetables</i>  <i>Sauces like tartar, cocktail, plum, and salad dressings</i>  SANDWICH SPREAD
Peppers, nonbell, dried			<i>All entries labelled "complex"</i>
Peppermint		TEA, LEAF, UNSWEETENED	COCOA, SUGAR, & DRY MILK MIXTURE, WATER ADDED  TEA, MADE FROM POWDERED INSTANT, PRESWEETEND W/ SUGAR
Peppermint, oil			MAI TAI
Persimmon	PERSIMMONS, RAW		
Pine nut	PINE NUTS (PIGNOLIAS)  STUFFED GRAPE LEAVES		PASTA W/ PESTO SAUCE
Pineapple	<i>Fruit salads and similar</i>  TOPPING, FRUIT  RICE DESSERT/SALAD W/ FRUIT  <i>Pineapple as a pizza topping</i>	FRUIT DESSERT W/ CREAM & OR PUDDING & NUTS  <i>Gelatin dessert dishes</i>  ORANGE JULIUS  Cottage cheese and other thickened cream products described as being "with fruit"  GRAVY, MEAT, W/ FRUIT (INCLUDE FRENCH SAUCE)	FRUIT DRESSING W/ FRUIT JUICE & CREAM  FRUIT COCKTAIL  <i>Cottage cheese and other thickened cream products implied to have fruit infused into the emulsion</i>
Pineapple, dried	PINEAPPLE, DRIED  FRUIT MIXTURE, DRIED  FRUIT, DRIED, NFS (ASSUME UNCOOKED)		
Pineapple, juice			<i>All entries labelled "complex"</i>
Pistachios	PISTACHIO NUTS	<i>Baked goods</i>	
Plantain	<i>Fried plantain dishes</i>	OATMEAL WITH FRUIT, COOKED W/ PLANTAIN AND W/ EVAPORATED MILK, NS AS TO FAT CONTENT AND DILUTION  <i>Soups and baked goods</i>	CANDIED RIPE PLANTAIN, P.R. (PLATANO EN ALMIBAR)

Plantain, dried		PLANTAIN CHIPS	
Plum	PLUM, RAW	PLUM, COOKED OR CANNED  PIE, PLUM, TWO CRUST	PLUM, PICKLED  PLUM SAUCE, ORIENTAL STYLE  BEEF, ORIENTAL STYLE, W/VEG, RICE, &FRUIT (DIET FRZ MEAL
Plum, prune, dried	FRUIT, DRIED, NFS (ASSUME UNCOOKED)  PRUNE, DRIED, UNCOOKED  PLUM, ROCK SALT, DRIED	TAMAL IN A LEAF, P.R. (TAMALES EN HOJA)	BASIC 4 (RTE CEREAL)
Plum, prune, fresh	PRUNE, DRIED	SOUP, FRUIT  PASTRY, FRUIT-FILLED  PIE, PRUNE, ONE CRUST	
Plum, prune, juice			<i>Name-brand baked goods and cereals</i>  PRUNE JUICE
Pomegranate	POMEGRANATE, RAW		
Pork, fat	<i>Brains, hearts, tongue, and other body parts</i>  <i>Ground beef and reformed ground beef items like meatballs and patties</i>  <i>Hispanic foods which are usually prepared from scratch</i>	<i>Boston baked beans and also beans with trace amounts of pork, assumed to be embodied in the "fat added"</i>  PORK & BEANS  <i>Turnovers, dumplings, won tons, and similar</i>  <i>Pasta dishes with meat sauces</i>  SANDWICH, NFS  <i>Gravies (not home recipe)</i>  <i>Pizza with meat not specified as to type</i>  <i>Cooked vegetable dishes tagged with "fat added" and containing meat byproducts</i>  <i>Pork items described as "smoked or cured"</i>	BEANS & FRANKS  <i>Foods not normally known for containing pork and not explicitly described as "with meat"</i> Example: CAKE, BLACK FOREST; NOODLES, COOKED, FAT ADDED; BOOBERRY CEREAL; Gelatin dishes; fruit salads; cranberry sauces  <i>Meat-stuffed pasta products</i>  <i>Sausages, chorizo, hot dogs, and dishes containing such as ingredients</i>  PIZZA ROLLS (INCLUDE PIZZA BITES)  <i>Marshmallows, Skittles, other candies</i>  PORK, DEHYDRATED, ORIENTAL
Pork, kidney	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>

Pork, liver	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>
Pork, meat	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>
Pork, meat byproducts	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>
Pork, skin	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>	<i>[labelled under same criteria as that listed under "Pork, meat"]</i>
Potato, chips			All entries labelled "Complex"
Potato, dry (granules/ flakes)			All entries labelled "Complex"
Potato, flour			All entries labelled "Complex"
Potato, tuber, w/o peel	"White Potato" dishes not labelled as "canned"	Chowder and soup not labelled "home recipe" or similar, or "made from condensed" or similar  Baked goods	Chowder explicitly labelled "canned"  WHITE POTATO, CANNED  WHITE POTATO, PUFFS
Potato, tuber, w/peel	SWEETPOTATO, BAKED  WHITE POTATO  Stews	POTATO SALAD  Soups	No entries labelled "complex"
Poultry, other, fat	DUCK  GOOSE, WILD  DOVE  QUAIL  PHEASANT	CHICKEN OR TURKEY, DUMPLINGS AND VEGETABLES	LIVER PASTE OR PATE, CHICKEN (INCLUDE PATE, NFS)  LIVERWURST  DUCK SAUCE (INCLUDE CHAISNI SAUCE)
Poultry, other, liver	<i>[labelled under same criteria as that listed under "Pork, other, fat"]</i>	<i>[labelled under same criteria as that listed under "Pork, other, fat"]</i>	<i>[labelled under same criteria as that listed under "Pork, other, fat"]</i>
Poultry, other, meat	<i>[labelled under same criteria as that listed under "Pork, other, fat"]</i>	<i>[labelled under same criteria as that listed under "Pork, other, fat"]</i>	<i>[labelled under same criteria as that listed under "Pork, other, fat"]</i>
Poultry, other, meat byproducts	<i>[labelled under same criteria as that listed under "Pork, other, fat"]</i>	<i>[labelled under same criteria as that listed under "Pork, other, fat"]</i>	<i>[labelled under same criteria as that listed under "Pork, other, fat"]</i>
Poultry, other, skin	<i>[labelled under same criteria as that listed under "Pork, other, fat"]</i>	<i>[labelled under same criteria as that listed under "Pork, other, fat"]</i>	<i>[labelled under same criteria as that listed under "Pork, other, fat"]</i>
Psyllium, seed	PSYLLIUM SEED, HUSKS		
Pumpkin	Stews and casseroles  PUMPKIN, COOKED, FROM FRESH	Baked goods, including puddings	PUMPKIN, COOKED, FROM FROZEN, FAT NOT ADDED

		PUMPKIN, COOKED, NS AS TO FORM	PUMPKIN, COOKED, FROM CANNED, FAT NOT ADDED
Pumpkin, seed	PUMPKIN & SQUASH SEEDS, HULLED	<i>Mole sauces</i>	<i>Name-brand processed foods</i>
Quince	QUINCE, RAW		
Rabbit, meat	<i>All entries labelled "direct"</i>		
Radicchio	<i>All entries labelled "direct"</i>		
Radish, Oriental, roots	RADISH, JAPANESE (DAIKON), COOKED		RADISHES, PICKLED, HAWAIIAN
Radish, roots	<i>Vegetable salads and chimichangas</i>	GELATIN SALAD W/ VEGETABLES  GELATIN DESSERT, DIETETIC, W/ VEGETABLES	
Rapeseed, oil			<i>All entries labelled "complex"</i>
Raspberry	MILK SHAKE, HOMEMADE/ FOUNTAIN-TYPE  MIXED DRINKS (FOR RECIPE MODIFICATIONS) W/ SLOE GIN AND GRENADINE  APPLE SALAD WITH DRESSING W/ YOGURT	MACARONI OR PASTA SALAD WITH CRAB MEAT  <i>Baked goods</i>  CRANBERRY-RASPBERRY SAUCE	<i>Raspberries in flavored ice creams and other dairy products</i>  <i>Recipes with raspberry jelly or jams</i>  FRUIT SMOOTHIE DRINK
Raspberry, juice			<i>All entries labelled "complex"</i>
RHUBARB	RHUBARB, RAW	<i>Baked goods</i>	<i>Frozen and "cooked or canned" rhubarb</i>
Rice, bran			<i>All entries labelled "complex"</i>
Rice, brown	RICE, BROWN  JAMBALAYA WITH MEAT AND RICE W/ BROWN RICE AND W/ ALL BEEF SAUSAGE	OAT CEREAL, NFS  RICE BEVERAGE (INCL RICE TEA)  BREAD  PUDDING, RICE W/ REGULAR BROWN RICE AND W/ SOY MILK	FLAVORED RICE  <i>"VEGETARIAN BURGER OR PATTY" and similar</i>  <i>Rice puffs and similar</i>  <i>Name-brand processed foods</i>
Rice, flour			<i>All entries labelled "complex"</i>
Rice, white	<i>Rice and vegetable, and rice and meat dishes</i>  <i>Gumbo and casseroles</i>  <i>Burritos and other Hispanic and Spanish food usually prepared from fresh</i>	PUDDING, RICE  <i>Chilis and soups</i>  RICE DRESSING  <i>"HORCHATA BEVERAGE" and similar</i>	<i>Beer and rice wine</i>  RAVIOLI, CHEESE-FILLED, W/ TOMATO SAUCE, CANNED  ICE CREAM BAR/STICK, CHOCOLATE COVERED  <i>Rice puffs, rice crackers, and similar</i>  MAYONNAISE, MADE W/ TOFU  FLAVORED RICE MIXTURE
Rutabaga	RUTABAGA, RAW	<i>Soups</i>	

	RUTABAGA, COOKED		
Rye, flour			All entries labelled "complex"
Rye, grain		Baked goods (listed as potential to maintain consistency with other agrifood items even though most people don't cook their own rye-based baked goods)  Dishes with bread	Cereal bars  Name-brand processed foods  CRACKER, HIGH FIBER, NO ADDED FAT
Safflower, oil			All entries labelled "complex"
Savory			All entries labelled "complex"
Seaweed	SUSHI  SEAWEED	SEAWEED SOUP	All other entries labelled "complex"
Sesame, oil			All entries labelled "complex"
Sesame, seed	SESAME SEEDS  NUT MIXTURE W/ SEEDS  Sesame seeds used in breaded and fried dishes	Mole sauces  HUMMUS  Sesame butter, paste, dressing, baba ghanoush, and halvah  HORCHATA BEVERAGE  Sesame in bagels	Name-brand processed foods
Shallot, bulb			GREEN GODDESS DRESSING
Sheep, fat	MEAT, NFS  Steaks, chops, loins, and other cuts  Ground meat and reformed ground meat products like meatballs and gyro meat  Casseroles and stuffed vegetable dishes	LAMB LOAF  Baked goods, including meat pies and turnovers  Dumplings, won tons, and similar dishes  SEASONED SHREDDED SOUP MEAT  Gravies (not home recipe)  Vegetable and bean dishes cooked in fat ("fat added")  Dishes with "meat sauce" but no non-sauced meat  ANIMAL FAT OR DRIPPINGS	Chicken wings, breast, thighs, and toerh cutes which are not known to normally contain trace amounts of sheep  MACARONI/NOODLES W/ CHEESE, MADE FROM DRY MIX
Sheep, kidney	[labelled under same criteria as that listed under "Sheep, fat"]	[labelled under same criteria as that listed under "Sheep, fat"]	[labelled under same criteria as that listed under "Sheep, fat"]
Sheep, liver	[labelled under same criteria as that listed under "Sheep, fat"]	[labelled under same criteria as that listed under "Sheep, fat"]	[labelled under same criteria as that listed under "Sheep, fat"]



Sheep, meat	[labelled under same criteria as that listed under "Sheep, fat"]	[labelled under same criteria as that listed under "Sheep, fat"]	[labelled under same criteria as that listed under "Sheep, fat"]
Sheep, meat byproducts	[labelled under same criteria as that listed under "Sheep, fat"]	[labelled under same criteria as that listed under "Sheep, fat"]	[labelled under same criteria as that listed under "Sheep, fat"]
Sorghum, syrup			SORGHUM SYRUP
Soursop		SOURSOP (GUANABANA) NECTAR	
Soybean, flour			All entries labelled "complex"
Soybean, oil			All entries labelled "complex"
Soybean, seed	BEAN SPROUTS, COOKED, FROM FRESH  BEAN SPROUTS, RAW (SOYBEAN/MUNG)	SOYBEAN SOUP  BEAN SPROUTS, COOKED, NS FORM  <i>Soups</i>	Entries which appear to feature soy sauce or tofu as the prominent soybean ingredient  "DIP, CREAM CHEESE BASE" and similar  SOY NUTS  <i>Miso, soy, teriyaki, and other sauces</i>  VEGETABLE MIXTURE, DRIED (INCL SALAD CRUNCHIES)  RADISHES, PICKLED, HAWAIIAN  SWEET & SOUR SAUCE (INCLUDE VIETNAMESE SAUCE)  BEAN PASTE, SWEETENED (INCL JAPANESE RED BEANS)  BEAN BEVERAGE (INCLUDE BEAN TEA)
Soybean, soy milk			All instances of soybean, soy milk labelled as "complex", including the following:  SOYBEAN CURD  SOY YOGURT  <i>Tofu dishes</i>  <i>Salad dressings</i>
Spanish lime	GENIP, RAW		
Spices, other			All entries labelled "complex"
Spinach	<i>Garden salads</i>  <i>Spinach when included in egg omelets</i>	<i>Spinach dip</i>  <i>Soups and baked goods</i>  <i>Macaroni, lasagna, and similar</i>	FLAVORED RICE MIXTURE
Squash, summer	VEGETABLE TEMPURA	<i>Vegetable combinations (not described further)</i>	ZUCCHINI, PICKLED

	<i>Casseroles and souffle</i>	<i>Baked goods besides souffle</i> <i>Soups</i>	<i>"From frozen" and "From canned" dishes</i>
Squash, winter	SQUASH, WINTER  <i>Winter squash added as a side to entrees</i>	<i>Stuffing and baked goods</i>	
Starfruit	CARAMBOLA (STARFRUIT), RAW		
Strawberry	BERRIES, RAW  MILK SHAKE, HOMEMADE	<i>Pudding and mousse</i>  <i>Cakes, pies, and other baked goods</i>  FRUIT, CHOCOLATE COVERED  TOPPING, FRUIT  <i>"GELATIN DESSERT" dishes</i>  <i>Milk shakes not tagged as homemade and Orange Julius</i>	<i>Cereals and breakfast bars</i>  <i>Jams and jellies</i>  <i>Fruit drinks</i>  <i>Strawberry in processed dairy products</i>
Strawberry, juice			<i>All entries labelled as "complex"</i>
Sugar apple	SUGAR APPLE, SWEETSOP (ANON), RAW		
Sugarcane, molasses	SYRUP		<i>All entries labelled as "complex"</i>
Sugarcane, sugar			<i>All entries labelled as "complex"</i>
Sunflower, oil			<i>All entries labelled as "complex"</i>
Sunflower, seed	SUNFLOWER SEEDS  NUT MIXTURE  GRANOLA, HOMEMADE	<i>Baked goods</i>  GRANOLA, NFS  VEGETABLE MISTURE	<i>Breakfast bars and name-brand processed foods</i>
Sweet potato	<i>Sweet potato dishes not specified as canned or candied</i>	SWEETPOTATO PASTE  <i>Baked goods and soups</i>	SWEET POTATO, CHIPS  VEGETABLE CHIPS
Swiss chard	CHARD, COOKED		
Tamarind	<i>"Home recipe" soups</i>  SPANISH RICE  TAMARIND PULP  TAMARIND, RAW	<i>Sloppy joes, Salisbury steaks, and other meat mixtures sometimes produced "from fresh"</i>	<i>Tamarind inside spaghetti sauce dishes</i>  <i>Taramind candy and drinks</i>
Tangerine	TANGERINE, RAW  ORIENTAL CHICKEN GARDEN SALAD W/ CRISPY NOODLES  FRUIT SALAD, P.R. STYLE (ENSALADA DE FRUTA)	GELATIN DESSERT WITH FRUIT W/ PINEAPPLE AND W/ MANDARIN ORANGE SECTIONS	ORANGES, MANDARIN, CANNED OR FROZEN

Tangerine, juice			All entries labelled "complex"
Tanier, corm	TANNIER, COOKED (INCLUDE YAUTIA)  STARCHY VEGETABLES, P.R.		
Tea, dried		MATE, SWEETENED BEVERAGE FROM DRIED GREEN LEAVES  TEA, NS AS TO TYPE, UNSWEETENED  TEA, LEAF, UNSWEETENED	All other entries labelled as "complex"
Tea, instant			All entries labelled as "complex"
Tomatillo	GREEN TOMATO-CHILE SAUCE, RAW	MOLE VERDE (SAUCE)  ENCHILADA SAUCE, GREEN  GREEN TOMATO-CHILE SAUCE, COOKED	
Tomato	<i>Salads, ratatouille, and similar</i>  <i>SALSA, RED (homemade)</i>  <i>Stews and gumbo</i>  <i>Hamburgers, and other meat and vegetable dishes</i>  <i>Lasagna and pizza (not frozen)</i>  <i>Chimichangas, fajitas, and other Hispanic foods usually prepared from fresh (which do not contain both salsa and tomato)</i>	<i>Soups not described as canned or "home recipe", chowders, and chilis</i>  <i>Dishes which contain both raw tomato and tomato chunks in salsa</i>  SALSA, NFS  <i>Baked goods</i>	BACON & TOMATO DRESSING  VEGETABLE MIXTURE, DRIED (INCL SALAD CRUNCHIES)  <i>Pickled vegetables</i>  SALSA, RED (not homemade)  FRANKFURTER /HOT DOG, W/CHILI, NO BUN (INCL CHILI DOG  FRANKFURTER OR HOT DOG, CHILI- FILLED
Tomato, dried			All entries labelled as "complex"
Tomato, juice			All entries labelled as "complex"
Tomato, paste			All entries labelled as "complex"
Tomato, puree			All entries labelled as "complex"
Triticale, flour		BREAD, TRITICALE  MULTIGRAIN CEREAL, COOKED	Name-brand processed foods
Turkey, fat	TURKEY  <i>Dishes labelled as chicken but are sometimes made with turkey and contain more than trace amounts of turkey</i>	<i>Soups and chilis</i>  <i>Gravies</i>  LIVER DUMPLING  <i>Pot pies</i>	<i>Chicken dishes containing only Turkey fat in trace amounts</i>  TURKEY NUGGETS  <i>Turkey sausage, hot dogs, corndogs, and similar; as well as dishes with</i>

	<p>Example: CHICKEN PARMINIGIANA; CHICKEN CORDON BLEU</p> <p><i>Garden salads</i></p> <p><i>Fried rice, tacos, and other foods usually prepared "from scratch".</i></p>	<p><i>Dumplings and stuffing</i></p> <p>CHICKEN OR TURKEY SALAD</p> <p>TURNOVER</p> <p>EGG ROLL W/ CHICKEN</p> <p>"LASAGNA WITH MEAT" (does not describe whether meat is sausage or not)</p> <p><i>Vegetables cooked with "fat added", which presumably is the turkey</i></p>	<p><i>those spiced meat mixes listed explicitly as an ingredient</i></p>
Turkey, liver	<i>[labelled under same criteria as that listed under "Turkey, fat"]</i>	<i>[labelled under same criteria as that listed under "Turkey, fat"]</i>	<i>[labelled under same criteria as that listed under "Turkey, fat"]</i>
Turkey, meat	<i>[labelled under same criteria as that listed under "Turkey, fat"]</i>	<i>[labelled under same criteria as that listed under "Turkey, fat"]</i>	<i>[labelled under same criteria as that listed under "Turkey, fat"]</i>
Turkey, meat byproducts	<i>[labelled under same criteria as that listed under "Turkey, fat"]</i>	<i>[labelled under same criteria as that listed under "Turkey, fat"]</i>	<i>[labelled under same criteria as that listed under "Turkey, fat"]</i>
Turkey, skin	<i>[labelled under same criteria as that listed under "Turkey, fat"]</i>	<i>[labelled under same criteria as that listed under "Turkey, fat"]</i>	<i>[labelled under same criteria as that listed under "Turkey, fat"]</i>
Turmeric			<i>All entries labelled "complex"</i>
Turnip, green	<i>All entries tagged as "From fresh"</i>	<i>All entries tagged as "NS as to form" or similarly worded</i>	<p>SHAV SOUP</p> <p><i>All entries tagged as "canned" or "frozen"</i></p>
Turnip, root	<i>All entries tagged as "From fresh"</i>	<i>All entries tagged as "NS as to form" or similarly worded</i>	<p><i>Pickled vegetables</i></p> <p><i>All entries tagged as "canned" or "frozen"</i></p>
Vinegar			<i>All entries tagged as "complex"</i>
Walnut	<p>CHEESE W/ NUTS (INCL CHEESE BALL)</p> <p>APPLE SALAD</p> <p>TOPPING, NUT (WET)</p>	<p><i>Baked goods</i></p> <p>FRUIT DESSERT W/ CREAM &amp; OR PUDDING &amp; NUTS</p> <p>GELTIN DESSERT</p> <p>CRANBERRY SALAD, CONGEALED</p> <p>CARAMEL CANDY W/ NUTS</p> <p>FUDGE</p>	<p><i>Breakfast cereals and muesli</i></p> <p>CRACKER, SNACK</p> <p><i>Frozen meals and frozen dessert</i></p>

Water chesnut	<i>Noodle and vegetable and meat and vegetable pairings</i>	SPINACH DIP  <i>Egg rolls and won tons</i>  <i>Vegetable combinations</i>	<i>Vegetable fillets and similar</i>
Watercress	SUSHI  WATERCRESS		<i>Tomato juice and mixed vegetable juice drinks and cocktails</i>
Watermelon	WATERMELON, RAW  FRUIT SALAD		WATERMELON, PICKLED
Watermelon, juice		WATERMELON, JUICE	
Wheat, bran			<i>All entries labelled "complex"</i>
Wheat, flour			<i>All entries labelled "complex"</i>
Wheat, germ			<i>All entries labelled "complex"</i>
Wheat, grain			<i>All entries labelled "complex"</i>
Wild rice	RICE		<i>Frozen meals</i>  FLAVORED RICE
Yam bean	JICAMA, RAW (INCLUDE YAMBEAN)	ROLL W/ MEAT &/ SHRIMP, VEGETABLES & RICE PAPER (NOT FRIED	
Yam, true	STARCHY VEGETABLES  PUERTO RICAN STEW  CODFISH W/ STARCHY VEG, P.R. (SERENATA DE BACALAO)  YAM, PUERTO RICAN, COOKED (NAME HERVIDO)	YAM BUNS, P.R. (BUNUELOS DE NAME)	CORN AND SWEETPOTATOES, BABY FOOD, STRAINED