

## PREMIER Food Group and Subgroup Definitions

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Final Version as of 01/22/02

Per Approval by D&A on 1/17

Main Group	Subgroup	Examples	Serving Size Definitions
1. Breads, Cereals, Rice and Pasta	10. Breads	Bread, rolls, bagels, English muffins, tortillas, biscuits, croissant, scone	All bread/bun/roll, 1 serving = 1 slice (25-30 g).  Pancakes/waffles, 35-39 g.
	11. Cereals	Ready to eat cereal, oatmeal, granola	All dry breakfast cereals, 1 oz.
	12. Pasta, Noodles, and Rice	Macaroni, spaghetti, rice	All cooked cereals/pasta/rice, ½ C
	13. Pancakes, Waffles, French Toast	All types pancakes, waffles, and French toast	All bread/bun/roll, 1 serving = 1 slice (25-30 g).
2. Vegetables	20. Dark Green, Leafy and Deep Yellow	Spinach, broccoli, winter squash, carrots	Use 85 g as a serving for all cooked veg.  For raw veg. use 85 g for non-leafy type of veg.
	21. Other Vegetables	Peppers, onions	Use 56 g for leafy veg. Same as above
	22. Starchy Vegetables	Potatoes, corn, green peas, green beans	For potatoes, use 70 g as a serving. This is average of ½ C of baked and ½ C of boiled potatoes.
	23: Tomato products	Tomatoes, tomato soup, tomato sauce, salsa	For vegetable sauces, use ¼ C (66 g) for tomato paste, ½ C (125 g) for spaghetti or tomato sauce.
	24. Vegetables not counted in serving calculations	Artichoke hearts, pickled beets, pickles, olives, Gardenburger, French fries, potato chips, hash browns. (See also list from PREMIER definitions for what does not count as a vegetable)	

3. Fruit	30. Citrus, Melon, Berries	Oranges, cantaloupe	Canned, frozen or cutup fruits, use ½ C.  Whole fruits, one medium is a serving. For all juices, use ¾ C (~180g).
	31. Juices	All fruit juices (100%)	
	32. Other Fruits	Apples, pears, bananas	Whole fruits, one medium is a serving.
	33. Dried Fruits	All dried fruits	Dried fruits, ¼ C is a serving.
	34. Fruits not counted in serving calculations	Avocado, fruit fillings (See also list from PREMIER definitions for what does not count as a fruit)	
4. Milk, Yogurt, and Cheese	40. Milk	All types of fluid dairy milk, evaporated, CIB, Slim-Fast drinks	All fluid milk, 8 oz.
	41. Cheese	All types of dairy cheese	Soft cheese like cottage, ½ C. Parmesan cheese, 21 g  All other cheeses, 1.5 oz. Yogurt 8 oz.
	42. Yogurt	All dairy yogurts	
	43. Dairy desserts	Ice cream, frozen dairy yogurt, pudding, treats	Ice cream, frozen yogurt, ½ C. Pudding, ½ C.
5. Meat, Poultry, Fish, and eggs	50. Meat	Beef, pork, and lamb	All non-processed meats 1 serving=3 oz cooked.
	51. Poultry	Chicken, turkey, duck	All non-processed poultry 1 serving=3 oz cooked.
	52. Fish and Seafood	Flounder, salmon, shrimp,	All non-processed seafood, 1 serving=3 oz cooked.
	53. Processed Meats	Hotdogs, lunchmeats, sausage	All processed meats, 1 serving = 1 oz. (original DASH def).
	56. Eggs	Egg and egg substitutes (egg white)	1 serving = 1 egg
6. Nuts, beans and soy	61. Nuts and Seeds	Walnuts, almonds, sunflower seeds	All nuts, 1 serving = 1/3 C. All seeds, 1 serving = 1/3 C (DASH defines as ¼ C but didn't use much in DASH, so decides to go with PSU which has the same def as the pyramid).
	62. Beans	Kidney beans, chickpeas, lentils	All dried beans, 1 serving = ½ C cooked.
	63. Soy and soy products and meat substitutes.	Tofu, tempeh, soy hotdogs, soy milk, soy nuts, soy beans	Soy milk, 8 oz. Tofu and other meat substitutes, 3 oz.

7. Fats and Oils	70. Fats, Oils & dressings	Butter, margarine, olive oil, bacon, gravy, mayo	All margarine, butter, oil, 1 serving = 1 tsp Dressing 1 serving = 1 Tbsp Bacon, 1 serving = 2 slices Coconut Dressing 1 serving = 1 Tbsp, otherwise, use PSU definitions.
	71. Condiments (fat-free)	BBQ sauce, catsup, FF dressings, mustard, pepper, soy sauce, teriyaki sauce.	
8. Snacks and Sweets	81. Sweet Breads, Pastries, Desserts	Doughnuts, muffins, quick breads, Danish, sweet rolls, cookies, cake, graham/animal crackers	All bread/bun/roll, 1 serving = 1 slice (25-30 g).  Syrup, 20 g; sugar, 1 tbsp; Jelly, 1 Tbsp; candy, ½ oz; candy bar, each; sugared beverage (include soft drinks), 12 oz. Per DASH definitions
	82. Sweets	Jelly, candy, syrup (corn, maple), chocolate bars, BBQ sauce, catsup, sorbet, sweetened drinks, cocoa	
	83. Snack Foods	Pretzels, popcorn, corn/tortilla chips, snack crackers, hi-fat snacks (Fritos, Cheetos), granola bars and Hi-pro bars.	
9. Other	91. Alcoholic drinks	Alcohol	1 Serving=12 oz. Beer, 5 oz wine, 1 jigger 80-proof liquor
	92. Other diet soft drinks, coffee, tea	Diet drinks, coffee, tea	
	93. Others	Spices, ingredients, H2O	