



The table below lists some foods in the Dairy Group. If you click on the hyperlinked foods, you will see a picture of a specific amount of that food that counts as 1 cup-equivalent of dairy — or in some cases ½ cup-equivalent.

Learn more about the [Dairy Group](#).



Milk

All Fluid Milk

- **fat-free (skim) milk**
- flavored milks
- lactose-free milks
- low fat (1%) milk
- reduced fat (2%) milk
- whole milk

Milk-Based Desserts

- **frozen yogurt**
- ice milk
- ice cream
- lassi
- **puddings**
- sherbet
- smoothies

Non-Dairy Calcium Alternatives*

- almond milk
- coconut milk
- rice milk
- **soy milk**

Cheese

Hard Natural Cheeses

- **cheddar**
- Gouda
- mozzarella
- muenster
- parmesan
- provolone
- Romano
- **Swiss**

Soft Cheeses

- brie
- camembert
- cottage cheese
- feta
- ricotta

Processed Cheeses

- American
- cheese spreads

Yogurt

- **all milk-based yogurts (fat-free, low fat, reduced fat, whole milk)**
- almond milk yogurt*
- coconut milk yogurt*
- **soy milk yogurt***

* Check the label to ensure that the product is calcium-fortified.

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The table below lists some foods in the Fruit Group. If you click on the hyperlinked foods, you will see a picture of a specific amount of that food that counts as 1 cup-equivalent of fruit — or in some cases ½ cup-equivalent.

Learn more about the [Fruit Group](#).



Berries

- acai berries
- blackberries
- blueberries
- cranberries
- currants
- goji berries
- huckleberries
- lingonberries (cowberries)
- mulberries
- raspberries
- **strawberries**

100% Fruit Juice

- apple juice
- cranberry juice
- grape juice
- grapefruit juice
- mango juice
- **orange juice**
- papaya juice
- pineapple juice
- pomegranate juice
- prune juice

Melons

- cantaloupe
- honeydew
- horned melon (kiwano)
- watermelon

Other Fruits

- **apples**
- apricots
- **bananas**
- cherries
- dates
- figs
- **fruit cocktail**
- **grapefruit**
- **grapes**
- guava
- kiwi fruit
- lemons
- limes
- **mangoes**
- nectarines
- **oranges**
- papaya
- **peaches**
- pears
- persimmons
- pineapple
- **plums**
- pomegranate
- prunes
- **raisins**
- star fruit
- tangerines

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The table below lists some foods in the Grains Group divided into its two subgroups: *Whole Grains* and *Refined Grains*. If you click on the hyperlinked foods, you will see a picture of a specific amount of that food that counts as 1 ounce-equivalent of grains — or in some cases 2 ounce-equivalents.

Learn more about the [Grains Group](#).



Whole Grains

- amaranth
- **brown rice**
- buckwheat
- bulgur (cracked wheat)
- kamut
- millet
- muesli
- **oatmeal**
- **popcorn**
- quinoa
- rolled oats
- sorghum
- spelt
- teff
- whole grain barley
- whole grain cornmeal
- whole grain sorghum
- whole rye
- **whole wheat bread**
- **whole wheat cereal flakes**
- **whole wheat crackers**
- whole wheat pasta
- whole wheat sandwich buns and rolls
- whole wheat tortillas
- wild rice

Refined Grains*

- bagels
- biscuits
- breadcrumbs
- cakes
- challah bread
- cookies
- **corn flakes**
- corn tortillas
- **cornbread**
- couscous
- **crackers, saltine**
- English muffins
- **flour tortilla**
- French bread
- grits
- hominy
- matzo
- naan
- noodles
- pancakes
- pasta (spaghetti, macaroni)
- pie/pastry crusts
- pita bread
- pizza crust
- polenta
- pretzels
- ramen noodles
- rice cakes
- rice paper (spring roll wrappers)
- rice vermicelli
- waffles
- white bread
- **white rice**
- **white sandwich buns and rolls**

* These products are usually made from refined grains but some may also be made with whole grains. Check the ingredient list for the words "whole grain," "whole wheat," "whole corn," etc., to decide if they are made from a whole grain. Some of these foods may be made from a mixture of whole and refined grains.



The table below lists some foods in the Protein Foods Group. If you click on the hyperlinked foods, you will see a picture of a specific amount of that food and its corresponding ounce-equivalents of protein foods.

Learn more about the [Protein Foods Group](#).



Meats

Lean Cuts

- [beef](#)
- ham
- lamb
- [pork](#)

Lean Ground Meats

- beef
- pork
- sausage (beef, turkey)

Lean Luncheon/ Deli Meats

- beef
- chicken
- [ham](#)
- pork
- turkey

Game Meats

- bison
- rabbit
- venison

Organ Meats

- giblets
- liver

Poultry

- [chicken](#)
- duck
- goose
- turkey

Beans and Peas*

- bean burgers
- [black beans](#)
- black-eyed peas

Eggs

- chicken eggs
- duck eggs

Nuts and Seeds

- [almonds](#)
- almond butter
- [cashews](#)
- chia seeds
- hazelnuts (filberts)
- [mixed nuts](#)
- peanuts
- peanut butter
- pecans
- pistachios
- pumpkin seeds
- sesame seeds
- sunflower seeds
- [walnuts](#)

Seafood

Finfish

- catfish
- cod
- flounder
- haddock
- halibut
- herring
- mackerel
- pollock
- porgy
- [salmon](#)
- sea bass
- snapper
- sushi
- swordfish
- tilapia
- trout
- tuna

Shellfish

- chickpeas (garbanzo beans)
 - edamame (young soybeans)
 - falafel (spiced, mashed chickpeas)
 - fava beans (broad beans)
 - hummus (chickpea spread)
 - **kidney beans**
 - lentils
 - lima beans (mature)
 - navy beans
 - **pinto beans**
 - soy beans
 - split peas
 - white beans
- clams
 - crab
 - crayfish
 - lobster
 - mussels
 - octopus
 - oysters
 - scallops
 - **shrimp**
 - squid (calamari)

Canned Fish

- anchovies
- sardines
- tuna

Soy Products

- tempeh
- texturized vegetable protein (TVP)
- tofu (made from soybeans)
- veggie burgers

* Beans and peas are also part of the [Vegetable Group](#). For more information on beans and peas, see [Beans and Peas Are Unique Foods](#).

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The table below lists some foods in the Vegetable Group divided into its five subgroups: *Dark-Green Vegetables*, *Red and Orange Vegetables*, *Starchy Vegetables*, *Beans and Peas*, and *Other Vegetables*. If you click on the hyperlinked foods, you will see a picture of a specific amount of that food that counts as 1 cup-equivalent of vegetables — or in some cases ½ or ¼ cup-equivalent.

Learn more about the [Vegetable Group](#).



Dark-Green Vegetables

- arugula (rocket)
- bok choy
- **broccoli**
- broccoli rabe (rapini)
- broccolini
- collard greens
- dark-green leafy lettuce
- endive
- escarole
- kale
- mesclun
- mixed greens
- mustard greens
- **romaine lettuce**
- **spinach**
- Swiss chard
- turnip greens
- watercress

Red and Orange Vegetables

- acorn squash
- bell peppers
- butternut squash
- **carrots**
- hubbard squash
- pumpkin
- red chili peppers
- red peppers, sweet
- **sweet potatoes**
- **tomatoes**
- **100% vegetable juice**

Starchy Vegetables

- cassava
- **corn**
- green bananas
- green lima beans

Beans and Peas*

- bean burger
- **black beans**
- black-eyed peas (mature, dry)
- chickpeas (garbanzo beans)
- edamame (young soybeans)
- falafel (spiced, mashed chickpeas)
- fava beans (broad beans)
- hummus (chickpea spread)
- **kidney beans**
- lentils
- lima beans (mature)
- navy beans
- **pinto beans**
- soy beans
- split peas
- white beans

Other Vegetables

- alfalfa sprouts
- artichokes
- asparagus
- avocado
- bamboo shoots
- bean sprouts
- beets
- Brussels sprouts
- cabbage
- **cauliflower**
- celery
- cucumbers
- eggplant
- garlic
- **green beans**
- green peppers
- jicama
- leeks
- **lettuce, iceberg**
- mung bean sprouts
- **mushrooms**
- okra

- green peas
 - parsnips
 - plantains
 - **potatoes, white**
 - taro
 - water chestnuts
 - yams
- **onions**
 - pattypan squash
 - radicchio
 - radishes
 - red cabbage
 - scallions
 - snow peas
 - tomatillos
 - turnips
 - wax beans
 - yellow squash
 - **zucchini**

* Beans and peas are also part of the [Protein Foods Group](#). For more information on beans and peas, see [Beans and Peas Are Unique Foods](#).

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