



Better Choices for Life Food and Nutrition Eligible Categories and Criteria

Food Category	Description	Serving Size	Total Calories	Saturated Fat	Trans Fat	Sodium	Total Carbohydrate	Fiber	Added Sugars	Protein
Vegetables and Frozen Meals										
Canned Non-Starchy Vegetables	Whole, minimally processed non-starchy vegetables with no added fat, sugar, sodium, or other ingredient.	1/2 cup	≤ 50	0 g	0 g	≤140 mg	≤10 g	1 g:10 g cho	0 g	≥2 g
Frozen Non-Starchy Vegetables	Whole, minimally processed non-starchy vegetables with no added fat, sugar, sodium, or other ingredient.	1 cup	≤ 50	0 g	0 g	≤50 mg	≤10 g	1 g:10 g cho	0 g	≥2 g
Fresh Non-Starchy Vegetables	Whole, unprocessed non-starchy vegetables with no added fat, sugar, sodium, or other ingredient.	1 cup	≤ 50	0 g	0 g	≤50 mg	≤10 g	1 g:10 g cho	0 g	≥2 g
Frozen Combo Meal	Combination meal intended for consumption at one time. Must include 2 servings of non-vegetables. If it includes a grain, must be a whole grain.	250-285 g	200-400	<10% kcal	0 g	≤575 mg	<45 g	1 g:10 g cho	<5% kcal	≥10 g
Frozen Combo Vegetarian/Vegan Meal	Combination meal indented for consumption at one time. Must include 2 servings of nonstarchy vegetables. <i>If it includes a grain, it must be a whole grain. Vegetarian must include quality source of plant-based protein (ie legume, pulse, etc).</i>	250-285 g	200-400	<10% kcal	0 g	≤575 mg	<50 g	1 g:10 g cho	<5% kcal	≥10 g
Legumes and Fruit										
Canned Legumes	Includes canned black beans, pinto beans, red beans, navy beans, and lentils.	1/2 cup	≤100	0 g	0 g	≤140 mg	≤30 g	≥5 g, or ≥18% DV	≤1 g	≥8 g
Dried Legumes	Includes packaged, dried, black beans, pinto beans, red beans, navy beans, and lentils.	1/2 cup cooked or 1/4 cup dried	≤100	0 g	0 g	0 mg	≤30 g	≥5 g, or ≥18% DV	≤1 g	≥8 g
Frozen Legumes	Shelled or whole, minimally processed legumes with no added fat, sugar, sodium, or other ingredient.	1/2 cup	≤150	0 g	0 g	0 mg	≤15 g	≥5 g, or ≥18% DV	≤1 g	≥8 g
Packaged Legumes	Whole, unprocessed legumes with no added fat, sugar, sodium, or other ingredient.	1/2 cup	≤150	0 g	0 g	≤140 mg	≤20 g	≥5 g, or ≥18% DV	≤1 g	≥6 g



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Canned Fruit	Whole, minimally processed fruit in 100% fruit juice. Fruits must be in their own juice or water, no syrup or artificial sweeteners.	1/2 cup	≤100	0 g	0 g	≤10 mg	≤20 g	1 g:10 g cho	≤1 g	n/a
Dried Fruit	Whole, minimally processed fruit with no added sugar or artificial ingredients	1/4 cup	≤120	0 g	0 g	≤140 mg	≤30 g	1 g:10 g cho	0 g	n/a
Frozen Fruit	Frozen whole, minimally processed fruit, with no added sugar, salt, or other ingredients.	1 cup	≤100	0 g	0 g	0 mg	≤20 g	1 g:10 g cho	0 g	n/a
Packaged Fruit	Fresh, minimally processed fruit with no added sugar, salt or artificial ingredients.	1 cup	≤100	0 g	0 g	0 mg	≤20 g	1 g:10 g cho	0 g	n/a
Soups and Yogurt										
Canned Soup	Prepared canned, low or reduced sodium; must contain at least one non-starchy vegetable; if it includes a grain, must be whole grain; vegetarian soups must include a quality source of plant-based protein.	1 cup	≤200	≤1 g	0 g	≤300 mg	≤30 g	1 g:10 g cho	≤1 g	≤2 g
Jarred Soup	Prepared jarred soup, low or reduced sodium; must contain at least one non-starchy vegetable; if it includes a grain, must be whole grain; vegetarian soups must include a quality source of plant-based protein.	1 cup	≤200	≤1 g	0	≤300 mg	≤30 g	1 g:10 g cho	≤1 g	≥2 g
Packaged Soup	Prepared packaged soup, low or reduced sodium; must contain at least one non-starchy vegetable; if it includes a grain, must be whole grain; vegetarian soups must include a quality source of plant-based protein.	1 cup	≤200	≤1 g	0	≤300 mg	≤30 g	1 g:10 g cho	≤1 g	≥2 g
Yogurt	Description: Plain, non-fat or low-fat yogurt without added non-nutritive sweetener.	1 cup	≤130	≤1 g	0	≤80 mg	≤15 g	N/A	≤1 g	≥8 g
Starchy Vegetables and Lean Protein										
Canned Starchy Vegetables	Canned peas, corn, potatoes, squash, or combo vegetables.	1/2 cup	≤80	0g	0g	≤140 mg	≤15g	1 g:10 g cho	0 g	n/a
Fresh Starchy Vegetables	Fresh peas, corn, potatoes, squash, or combo vegetables.	1/2 cup	≤80	0g	0g	≤140 mg	≤15 g	1 g:10 g cho	0 g	n/a
Frozen Starchy Vegetables	Frozen peas, corn, potatoes, squash, or combo vegetables.	1/2 cup	≤80	0g	0g	≤140 mg	≤5g	1 g:10 g cho	0 g	n/a
Packaged Starchy Vegetables	Freeze-dried peas, corn, potatoes, squash, or combo vegetables.	1/2 cup	≤250	0g	0g	≤140 mg	≤30g	1 g:10 g cho	0 g	n/a
Canned Lean Protein	Canned poultry, fish or other seafood packed in water.	3 oz	≤200	≤2g	0g	≤360 mg	n/a	n/a	0 g	≥21 g
Dried Lean Protein	Dried beef, lamb, poultry, and fish (i.e., jerky).	1 oz	≤100	≤2g	≤0.5g	≤300 mg	≤1 g	n/a	≤1 g	≥7 g
Fresh Lean Protein	Fresh beef, lamb, pork, veal, poultry, fish, seafood, and eggs whites.	3 oz, cooked	≤200	≤2g	≤0.5g	≤360 mg	n/a	n/a	0 g	≥21 g
Frozen Lean Protein	Frozen beef, lamb, pork, veal, poultry, fish, and seafood.	3 oz	≤200	≤2g	≤0.5g	≤360 mg	n/a	n/a	0 g	≥21 g



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Packaged Lean Protein	Deli cuts of beef, ham, and poultry.	3 oz	≤200	≤2g	≤0.5g	≤480 mg	n/a	n/a	0 g	≥21 g
Nut Butters and Nuts/Seeds										
Nut Butters	Spreads with nut(s)/seeds as first ingredient(s); without added sugars (may have sugar from minimally processed fruit such as dates); minimal added salt; if fat is added it must be from non-hydrogenated vegetable-based oil. Excludes macadamia and brazil nut products. Examples include almond butter, hazelnut butter, peanut butter, sunflower seed butter, and tahini.	2 Tbsp	≤200	≤2.5 g	0 g	≤110 mg	≤8 g	1 g:10 g cho	≤1 g	≥5 g
Nuts and Seeds	Dry roasted or roasted with peanut or vegetable oil; with minimal added salt	1 oz	≤200	≤2.5 g	0 g	≤110 mg	≤9 g	1 g:10 g cho	≤1 g	≤1 g
Vegetable/Legume Spreads/Dips and Cheese										
Vegetable Dips	Vegetable is first ingredient listed, not an oil-based spread, not a sauce (examples include salsa and guacamole).	2 Tbsp	≤120	≤2.5 g	0 g	≤140 mg	≤7 g	n/a	≤1	n/a
Legume Spreads	Spread made from chickpeas, lentils with without added sugar or artificial ingredients.	2 Tbsp	≤120	≤2.5 g	0 g	≤140 mg	≤7 g	n/a	≤5 g	2 g
Cheese	A milk-based pressed-curd product.	1 oz	≤150	≤3 g	0 g	≤300 mg	≤10 g	n/a	n/a	2 g
Rice, Pasta, and Bread										
Rice and other grains	First ingredient: Brown rice, wild rice, quinoa, millet, farro, bulgur, kasha, oats, and barley. Includes packaged, fresh, and frozen. Can include grain-free alternatives made with cauliflower or other non-starchy vegetables.	½ cup, cooked (rice is 1/3 cup)	≤200	0g	0 g	≤140mg	≤30g	1 g:10 g cho	≤1g	n/a
Pasta (includes couscous and orzo)	First ingredient: whole grain or legume. Can be gluten-free. Includes packaged, fresh, and frozen. Can include those made with non-grain flours.	½ cup, cooked	≤250	≤1.5g	0g	≤250mg	≤45g	1 g:10 g cho	≤2g	n/a
Bread	First ingredient must be a whole grain. Can include those made with non-grain flours.	1 oz (1 slice or roll)	≤150	≤1.5g	0g	≤250mg	≤30g	1 g:10 g cho	≤3g	n/a