

Table 2: General Rankings of Food Products According to Panel Guidelines

Table 2 depicts how common items typically rank using these guidelines. It is important to note that there will be variation in the ranking of individual products depending on their specific brand formulation. As such, this table does not provide an exact depiction of how all products rank.

Category	Choose Often	Choose Sometimes	Choose Rarely
Fruits and Vegetables	Fresh, frozen and canned fruits and vegetables with no added sugar or sodium; low sodium vegetables; fruit canned in 100% juice or in water	100% juice; fruit canned in light syrup; canned vegetables; plain dried fruit	Dried fruit with sugar added; fruit canned in heavy syrup; tomato sauce with added sugar; vegetables canned with high sodium
Grains	Whole grains (quinoa, brown rice, barley); whole wheat pasta; whole grain breads; whole grain cereal with ≤6 grams added sugar; plain oatmeal	Refined grain products (white breads, pasta, rice); oatmeal with added sugar; whole or non-whole grain cereal with 7-11 g of total or added sugar	Rice and pasta with salt-based seasoning mixes; whole or non-whole grain cereal with ≥12 g of sugar
Protein	Dried beans; low-sodium canned beans; some nut butters; nuts; fresh poultry; fish; eggs; tofu; low-sodium canned tuna; canned salmon	Canned beans; baked beans; some nut butters; regular canned fish; pork	Refried beans; deli meat; sausage; bacon; most red meat; breaded chicken
Dairy	Fat-free or low-fat unsweetened yogurt; skim, 1% and 2% milk; fat-free and reduced fat cheeses; light sour cream	Some reduced fat or whole milk cheeses; cottage cheese; whipped cream cheese; whole milk; full-fat sour cream; some low-fat flavored milks; low-fat flavored yogurts	Full-fat cheese and cream cheese; some low-fat and full-fat flavored milks; some flavored yogurts
Non-Dairy Alternatives	Unsweetened almond, rice, cashew, oat and pea milk; unsweetened soy, almond, rice, cashew and oat milk yogurts; some plain non-dairy alternative products with ≤ 6 g of added sugar	Plant-based cheeses; some flavored soymilks; plain and flavored soy, almond, rice, cashew and oat milk yogurts	Plant-based cream cheese; flavored soy, almond, rice, cashew and oat milk yogurts; plain and flavored coconut milk; flavored soy, almond, rice, cashew, and oat milk
Beverages	Plain water; flavored and unflavored sparkling water; plain coffee; unsweetened tea	Diet soft drinks; diet iced teas; sugar free energy drinks; sparkling water with sodium or added sugar; coconut water	Sweetened energy drinks; sports drinks; regular sodas; non-100% juice drinks with added sugar
Mixed Dishes*	Variability by product formulation is more substantial than other categories	Variability by product formulation is more substantial than other categories	Variability by product formulation is more substantial than other categories
Processed/ Packaged Snacks	None	Plain popcorn; whole wheat crackers; green pea snack crisps; rice cakes; unsalted whole grain pretzels; some snack bars	Pretzels; cheese crackers; potato chips; granola and other snack bars; flavored popcorn
Desserts	None	None	All desserts
Condiments and Cooking Staples	Not ranked		
Miscellaneous products	Not ranked		