

**HEART-CHECK FOOD CERTIFICATION PROGRAM  
INDIVIDUAL FOOD CATEGORY LIST  
February 2015**

<b>Food Category</b>	<b>Heart-Check Category Name</b>	<b>FDA/USDA Product Category</b> (See also 21CFR101.12 and 9CFR317.312)	<b>RACC Amount</b>	<b>Unit of Measure</b>	<b>Sodium Limit* (in mg)</b>
<i>* Sodium Limit is per labeled serving size except @ 480 mg = per labeled serving size and per RACC</i>					
Dairy Products	Cheese	Cheeses not listed as separate subcategories	30	Grams	240
Dairy Products	Chs_cott	Cottage cheese	110	Grams	240
Dairy Products	Chs_hard	Cheese, grated, hard (parmesan, romano...)	5	Grams	240
Dairy Products	Chs_ingr	Cheese used primarily as ingredient (farmers, ricotta, dry cottage...)	55	Grams	240
Dairy Products	Milk	Milk, milk-based drinks	8	Ounces	240
Dairy Products	Milk_cond	Milk, condensed or evaporated, undiluted	30	Grams	140
Dairy Products	Yogurt	Yogurt	225	Grams	240
Eggs & Egg Substitutes	Egg_mix	Egg mixtures (egg foo young, scrambled eggs, omelet)	110	Grams	240
Eggs & Egg Substitutes	Egg_sub	Egg substitutes	50	Grams	240
Fish & Game Meat	Fish_1	Fish, shellfish, game meat; fresh or frozen	110	Grams	360
Fish & Game Meat	Fish_1_ck	Entrees without sauce, fish/game, cooked (fried fish, patties)	85	Grams	480*
Fish & Game Meat	Fish_1_mf	Entrees without sauce, fish/game, uncooked (meat-free/veggie/soy protein-	110	Grams	360
Fish & Game Meat	Fish_1_mf_ck	Entrees without sauce, fish/game, cooked (meat-free/veggie/soy protein-	85	Grams	360
Fish & Game Meat	Fish_can	Fish/game, canned	55	Grams	360
Fish & Game Meat	Fish_entr_s_ck	Entrees with sauce, fish/game, cooked (fish with cream sauce...)	140	Grams	480*
Fish & Game Meat	Fish_proc	Fish-based luncheon meat, meat spreads, Canadian bacon, sausages	55	Grams	360
Fish & Game Meat	Fish_proc_mf	Substitute luncheon meat, meat spreads, Canadian bacon, sausages,	55	Grams	360
Fish & Game Meat	Fish_smoked	Fish/game, smoked or pickled, spread	55	Grams	360
Fruit Juice	Fru_juice	Fruit juices, nectars, drinks	8	Ounces	140
Fruits	Fru_dried	Fruit, dried (e.g. dates, figs, prunes, raisins)	40	Grams	140
Fruits	Fru_ingr	Fruits, as ingredients (cranberries, lemon, limes)	55	Grams	140
Fruits	Fru_juice/ingr	Fruit juices, as ingredients (lemon juice/lime juice)	5	Grams	140
Fruits	Fru_relish	Relishes (cranberry sauce...)	70	Grams	140
Fruits	Fru_wmelon	Watermelon	280	Grams	140
Fruits	Fruit_other	Fruits, fresh/frozen, canned, not listed separately	140	Grams	140
Grain Products	Biscuit	Biscuits, croissants, bagels, tortillas, soft bread sticks, cornbread	55	Grams	240
Grain Products	Bran	Bran or wheat germ	15	Grams	140
Grain Products	Bread	Breads, rolls (excluding sweet quick-type)	50	Grams	240

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Grain Products	Cer<20g	Breakfast Cereal; ready to eat, <20g cup (puffed type)	15	Grams	240
Grain Products	Cer20-42g	Breakfast Cereal; ready to eat ≥20g but <43g per cup (high fiber)	30	Grams	240
Grain Products	Cer43g	Breakfast Cereal; ready to eat >43g per cup (biscuit types)	55	Grams	240
Grain Products	Cercook_dry	Breakfast Cereal; cooked, plain, dry	40	Grams	240
Grain Products	Cercook_dry_flav	Breakfast Cereal; cooked, dry, flavored or sweetened	55	Grams	240
Grain Products	Cercook_prep	Breakfast Cereal; cooked, prepared (oatmeal, grits)	1	Cups	240
Grain Products	Cracker_non	Cracker, not used as snacks (melba toast, hard breadsticks)	15	Grams	240
Grain Products	Cracker_snak	Crackers used as snacks	30	Grams	240
Grain Products	Grain/rice_plain_dry	Grains, plain (rice, barley...)	45	Grams	140
Grain Products	Grain/rice_plain_prep	Grains, plain prepared (rice, barley...)	140	Grams	140
Grain Products	Pancakes_mix	Pancakes, french toast, variety mixes-dry mix	40	Grams	240
Grain Products	Pancakes_prep	Pancakes, french toast, variety mixes-prepared	110	Grams	240
Grain Products	Pasta_dry	Pasta, plain, dry	55	Grams	140
Grain Products	Pasta_prep	Pasta, plain, prepared	140	Grams	140
Grain Products	Pasta_ready	Pasta, dry, ready to eat (fried noodles)	25	Grams	140
Grain Products	Pizcrust	Pizza crust	55	Grams	140
Grain Products	Sweetbrd	Sweetened breads, quick-type (muffins)	55	Grams	240
Grain Products	Taco	Taco shells,hard	30	Grams	140
Grain Products	Waffles	Waffles	85	Grams	240
Legumes	Beans_dry	Beans, dry	35	Grams	140
Legumes	Beans_plain_prep	Beans, plain (prepared)	90	Grams	140
Legumes	Beans_sauce_prep	Beans, in sauce, canned in liquid, refried (prepared)	130	Grams	360
Meat & Meat Substitutes	Bac_sub	Bacon substitute	15	Grams	140
Meat & Poultry	Meat_1	Meat, whole or ground; poultry, beef, lamb, pork, veal	114	Grams	360
Meat & Poultry	Meat_1_ck	Entrees without sauce (ready to serve marinated/injected cuts of meat, beef)	85	Grams	360
Meat & Poultry	Meat_canned	Canned meat; (beef, pork, chicken, etc.)	55	Grams	360
Meat & Poultry	Meat_entr_S_ck	Entrees with sauce (barbecue in sauce, turkey and gravy...)	140	Grams	360
Meat & Poultry	Meat_proc	Processed meats (lunch meat, potted meat, spreads...)	55	Grams	480*

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Meat & Poultry	Meat_saus	Linked meat sausage (ready to cook franks, pork sausage, summer	75	Grams	360
Meat & Poultry	Meat_saus_ck	Linked meat sausage (ready to serve Vienna sausage, franks, pork sausage,	55	Grams	360
Meat Substitutes	Tofu	Tofu, tempeh	85	Grams	140
Mixed Dishes	Mix_fish/gam1	Mixed dishes, fish/game, no sauce, not cup	140	Grams	360
Mixed Dishes	Mix_fish/gam1s	Mixed dishes, fish/game, with sauce, not cup	195	Grams	360
Mixed Dishes	Mix_fish/gam2	Mixed dishes, fish/game, cup	1	Cups	360
Mixed Dishes	Mix_mt1	Mixed dishes, meat/poultry, no sauce, not measured by cup (includes pizza,	140	Grams	360
Mixed Dishes	Mix_mt1s	Mixed dishes, meat/poultry, with sauce, not measured by cup	195	Grams	360
Mixed Dishes	Mix_mt2	Mixed dishes, meat/poultry, cup (e.g. pot pies, stew)	1	Cups	360
Mixed Dishes	Mix_nonmt1	Mixed dishes, non-meat, without sauce, not measured by cup (includes pizza)	140	Grams	360
Mixed Dishes	Mix_nonmt1s	Mixed dishes, non-meat, with sauce, not measured by cup	195	Grams	360
Mixed Dishes	Mix_nonmt2	Mixed dishes, non-meat, by cup (e.g. macaroni and cheese, spaghetti, etc.)	1	Cups	360
Nuts & Seeds	Nut/seed	Nuts and seeds	30	Grams	140
Plant-based Beverages	Beverage	Beverages, carbonated or non-carbonated	8	Ounces	240
Potatoes	Pot_can/liquid	Potatoes, canned in liquid	160	Grams	140
Potatoes	Pot_fresh/frozen	Potatoes, fresh/frozen/plain	110	Grams	140
Potatoes	Pot_fries1	Potatoes, prepared (fries, hashbrowns, skins)	70	Grams	140
Potatoes	Pot_fries2	Potatoes, frozen unprepared (fries, hashbrowns, skins, pancakes)	85	Grams	140
Potatoes	Pot_stuff/mashed	Potatoes/sweet potatoes; stuffed, mashed, candied or with sauce	140	Grams	140
Potatoes	Pot_vac	Potatoes, vacuum packed	125	Grams	140
Salad	Salad_misc	Salad, egg, bean, fruit, fish, vegetable	100	Grams	240
Salad	Salad_mt/fish	Salad, meat, poultry or fish	100	Grams	240
Salad	Salad_pasta/pot	Salad, pasta or potato	140	Grams	240
Sauce	Sauce_condmj	Major condiments (ketchup, steak, soy, teriyaki, vinegar, marinades)	15	Grams	140
Sauce	Sauce_condmn	Minor condiments (horseradish, hot sauces, mustard, worcestershire)	5	Grams	140
Sauce	Sauce_dip	Sauce (BBQ, tartar, all dips including salsa, hollandaise, sweet/sour, mustard	30	Grams	140
Sauce	Sauce_major	Sauce, major main entrée (spaghetti, pasta...)	125	Grams	360
Sauce	Sauce_minor	Sauce, minor main entrée (pizza, pesto, gravy, cheese, cocktail, white)	0.25	Cups	140

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Snacks	Snacks	Popcorn**	30	Grams	240
Soup	Soup_mt	Soups, meat/poultry (USDA regulated)	245	Grams	480*
Soup	Soup_non	Soups, non-meat	245	Grams	480*
Vegetable Juice	Veg_juice	Vegetable juice	8	Ounces	360
Vegetables	Veg_canned/liquid***	Vegetables, canned in liquid (cream style corn, pumpkin, winter squash)	130	Grams	240
Vegetables	Veg_canned/liquid***	Vegetables, canned in liquid (tomato-based)	130	Grams	360
Vegetables	Veg_fresh/frozen	Vegetables, plain, fresh/frozen	85	Grams	140
Vegetables	Veg_paste	Vegetable paste (tomato paste)	30	Grams	240
Vegetables	Veg_sauce	Vegetable, sauce or puree	60	Grams	240
Vegetables	Veg_vac	Vegetables, vacuum-packed	95	Grams	240
Vegetables	Veg_wsauce_fresh/frozen	Vegetables, with sauce or mixtures, fresh/canned/frozen	110	Grams	240
<i>** Popcorn (unsweetened) is the only certifiable snack</i>					
<i>*** Canned tomato products sodium limit = 360 mg; all other canned vegetables = 240 mg</i>					

**HEART-CHECK FOOD CERTIFICATION PROGRAM  
MEAL AND MAIN DISH FOOD CATEGORY LIST  
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Food Category	Heart-Check Category Name	FDA/USDA Product Category	Measurement Amount	Sodium Limit (in mg) per serving size
Main Dish	Md_gam	Main dish, fish/game	Total Fat, Saturated Fat and Cholesterol are per 100 grams. <i>Trans</i> Fat and Sodium are per label serving size only. Meal and Main dish products do not have RACC amounts.	600
Main Dish	Md_mt	Main dish, meat/poultry		600
Main Dish	Md_non	Main dish, non-meat		600
Meals	Dinner_gam	Dinners, fish/game		600
Meals	Dinner_mt	Dinners, meat/poultry		600
Meals	Dinner_non	Dinners, non-meat		600