

APPENDIX

Types of Foods that Could Compete with Whole Fruits and Vegetables with a “Servings” or “Equivalents” Approach to “Healthy” Criteria

Figure 1. Veggie chips



Ingredients

VEGGIE STRAWS (POTATO STARCH, POTATO FLOUR, CORN STARCH, TOMATO PASTE, SPINACH POWDER, SALT, POTASSIUM CHLORIDE, SUGAR, BEETROOT POWDER [COLOR], TURMERIC, CANOLA OIL AND/OR SAFFLOWER OIL AND/OR SUNFLOWER OIL, SEA SALT).

Figure 2. Fruit snacks



INGREDIENTS: FRUIT PUREE (PEAR, PEACH, STRAWBERRY, RASPBERRY, BLACKBERRY, BLUEBERRY AND CHERRY), CORN SYRUP, SUGAR, MODIFIED CORN STARCH, GELATIN, CITRIC ACID, LACTIC ACID, NATURAL AND ARTIFICIAL FLAVORS, ASCORBIC ACID (VITAMIN C), ALPHA TOCOPHEROL ACETATE (VITAMIN E), VITAMIN A PALMITATE, SODIUM CITRATE, COCONUT OIL, CARNAUBA WAX, RED 40, AND BLUE 1.

Figure 3. Fruit bars



	25g	30g	Dietary Fiber	25g	30g
INGREDIENTS: CRUST: WHOLE GRAIN OATS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B ₁ [THIAMIN MONONITRATE], VITAMIN B ₂ [RIBOFLAVIN], FOLIC ACID), WHOLE WHEAT FLOUR, VEGETABLE OIL (HIGH OLEIC SOYBEAN, SOYBEAN AND/OR CANOLA OIL), SOLUBLE CORN FIBER, SUGAR, DEXTROSE, FRUCTOSE, CALCIUM CARBONATE, WHEY, WHEAT BRAN, SALT, CELLULOSE, POTASSIUM BICARBONATE, NATURAL AND ARTIFICIAL FLAVOR, MONO- AND DIGLYCERIDES, SOY LECITHIN, WHEAT GLUTEN, NIACINAMIDE, VITAMIN A PALMITATE, CARRAGEENAN, ZINC OXIDE, REDUCED IRON, GUAR GUM, VITAMIN B ₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B ₁₂ (CYANOCOBALAM), VITAMIN B ₉ (FOLIC ACID), VITAMIN B ₅ (PANTOTHIC ACID), VITAMIN B ₁ (THIAMIN MONONITRATE), VITAMIN B ₂ (RIBOFLAVIN), FILLING: INVERT SUGAR, CORN SYRUP, STRAWBERRY PUREE CONCENTRATE, GLYCERIN, SUGAR, MODIFIED CORN STARCH, SODIUM ALGINATE, CITRIC ACID, DICALCIUM PHOSPHATE, METHYLCELLULOSE, NATURAL AND ARTIFICIAL FLAVOR, CARAMEL COLOR, MALIC ACID, RED 40.					
CONTAINS WHEAT, MILK AND SOY INGREDIENTS.					
INGREDIENTS: CRUST: WHOLE GRAIN OATS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B ₁ [THIAMIN MONONITRATE], VITAMIN B ₂ [RIBOFLAVIN], FOLIC ACID), WHOLE WHEAT FLOUR, VEGETABLE OIL (HIGH OLEIC SOYBEAN, SOYBEAN AND/OR CANOLA OIL), SOLUBLE CORN FIBER, SUGAR, DEXTROSE, FRUCTOSE, CALCIUM CARBONATE, WHEY, WHEAT BRAN, SALT, CELLULOSE, POTASSIUM BICARBONATE, NATURAL AND ARTIFICIAL FLAVOR, MONO- AND DIGLYCERIDES, SOY LECITHIN, WHEAT GLUTEN, NIACINAMIDE, VITAMIN A PALMITATE, CARRAGEENAN, ZINC OXIDE, REDUCED IRON, GUAR GUM, VITAMIN B ₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B ₁₂ (CYANOCOBALAM), VITAMIN B ₉ (FOLIC ACID), VITAMIN B ₅ (PANTOTHIC ACID), VITAMIN B ₁ (THIAMIN MONONITRATE), VITAMIN B ₂ (RIBOFLAVIN), FILLING: INVERT SUGAR, CORN SYRUP, APPLE PUREE CONCENTRATE, GLYCERIN, SUGAR, MODIFIED CORN STARCH, SODIUM ALGINATE, SODIUM CITRATE, MALIC ACID, METHYLCELLULOSE, DICALCIUM PHOSPHATE, CINNAMON, CITRIC ACID, CARAMEL COLOR.					
CONTAINS WHEAT, MILK AND SOY INGREDIENTS.					
INGREDIENTS: CRUST: WHOLE GRAIN OATS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B ₁ [THIAMIN MONONITRATE], VITAMIN B ₂ [RIBOFLAVIN], FOLIC ACID), WHOLE WHEAT FLOUR, VEGETABLE OIL (HIGH OLEIC SOYBEAN, SOYBEAN AND/OR CANOLA OIL), SOLUBLE CORN FIBER, SUGAR, DEXTROSE, FRUCTOSE, CALCIUM CARBONATE, WHEY, WHEAT BRAN, SALT, CELLULOSE, POTASSIUM BICARBONATE, NATURAL AND ARTIFICIAL FLAVOR, MONO- AND DIGLYCERIDES, SOY LECITHIN, WHEAT GLUTEN, NIACINAMIDE, VITAMIN A PALMITATE, CARRAGEENAN, ZINC OXIDE, REDUCED IRON, GUAR GUM, VITAMIN B ₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B ₁₂ (CYANOCOBALAM), VITAMIN B ₉ (FOLIC ACID), VITAMIN B ₅ (PANTOTHIC ACID), VITAMIN B ₁ (THIAMIN MONONITRATE), VITAMIN B ₂ (RIBOFLAVIN), FILLING: INVERT SUGAR, CORN SYRUP, RASPBERRY PUREE CONCENTRATE, MODIFIED CORN STARCH, SODIUM ALGINATE, CITRIC ACID, MALIC ACID, METHYLCELLULOSE, DICALCIUM PHOSPHATE, RED 40, BLUE 1.					
CONTAINS WHEAT, MILK AND SOY INGREDIENTS.					

Figure 4. Veggie pastas



Ingredients: SEMOLINA, DRIED SWEET CORN, DRIED CARROT, DRIED SQUASH, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.



Ingredients:

SEMOLINA (WHEAT), DURUM WHEAT FLOUR, ZUCCHINI PUREE, (ZUCCHINICARROT, LEMON JUICE CONCENTRATE, WATER), SPINACH PUREE, NIACIN, IRON (FERROUSE SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.

Figure 5. Frozen fruit novelties



APPLE GRAPE

INGREDIENTS: ORGANIC APPLE JUICE FROM CONCENTRATE, ORGANIC CONCORD GRAPE JUICE FROM CONCENTRATE, ORGANIC SUGAR, GRAPE JUICE CONCENTRATE (FOR COLOR), ORGANIC NATURAL FLAVOR, CITRIC ACID, GUAR, XANTHAN, AND LOCUST BEAN GUMS.

APPLE STRAWBERRY

INGREDIENTS: ORGANIC APPLE JUICE FROM CONCENTRATE, ORGANIC STRAWBERRY JUICE FROM CONCENTRATE, ORGANIC SUGAR, ORGANIC NATURAL FLAVOR, CITRIC ACID, GUAR, XANTHAN, AND LOCUST BEAN GUMS AND ORGANIC BEET JUICE CONCENTRATE (FOR COLOR).

Figure 6. Veggie juices



APPLE JUICE FROM CONCENTRATE (WATER, APPLE JUICE CONCENTRATE), CUCUMBER JUICE FROM CONCENTRATE (WATER, CUCUMBER JUICE CONCENTRATE), CELERY JUICE FROM CONCENTRATE (WATER, CELERY JUICE CONCENTRATE), KIWI PUREE, BANANA PUREE, LEMON JUICE, KALE JUICE, ROMAINE LETTUCE JUICE, SPINACH PUREE, GREEN BELL PEPPER JUICE, PINEAPPLE JUICE FROM CONCENTRATE (WATER, PINEAPPLE JUICE CONCENTRATE), (CHICORY) ROOT FIBER, NATURAL FLAVORS, SPIRULINA, WHEATGRASS

Figure 7. Fruit juice smoothies



COCONUT WATER FROM CONCENTRATE (WATER, COCONUT WATER CONCENTRATE), PINEAPPLE JUICE FROM CONCENTRATE (WATER, PINEAPPLE JUICE CONCENTRATE), APPLE PUREE FROM CONCENTRATE (WATER, APPLE PUREE CONCENTRATE), PEAR JUICE FROM CONCENTRATE (WATER, PEAR JUICE CONCENTRATE), BANANA PUREE, PINK GUAVA PUREE, ORANGE JUICE FROM CONCENTRATE (WATER, ORANGE JUICE CONCENTRATE), ACEROLA PUREE FROM CONCENTRATE (WATER, ACEROLA PUREE CONCENTRATE), DRAGONFRUIT PUREE, (CHICORY) ROOT FIBER, GROUND CHIA, PECTIN, NATURAL FLAVORS, VITAMIN A (PALMITATE), VITAMIN E (DL-ALPHA TOCOPHERYL ACETATE), VITAMIN D (ERGOCALCIFEROL). CONTAINS: COCONUT