Appendix A: Examples of Minimally Processed Foods

These are examples of some foods that follow nutritional guidelines of cafeterias.

FRUITS

Apple Juice, 100%, Unsweetened

Applesauce, Unsweetened, Canned

Apricots, Frozen

Apricots, Canned in 100% Juice

Cherries, Canned in 100% juice or Frozen

Mixed Berries (Blueberries, Strawberries), Frozen

Mixed Fruit (Cranberries, Raisins), Dried, Unsweetened

Mixed Fruit, Canned in 100% Juice

Orange Juice, 100%, Unsweetened

Peaches, Canned in 100% juice or Frozen

Pears, Canned in 100% Juice

Strawberries, Unsweetened, Frozen

VEGETABLES

Beans, Green, No Salt Added/ Low-sodium, Canned or Frozen

Carrots, No Salt Added/Low-sodium, Canned or Frozen

Corn, Whole Kernel, No Salt Added, Canned or Frozen

Mixed Vegetables, No Salt Added/Low-sodium, Canned or Frozen

Peas, Green, No Salt Added/Low-sodium, Canned or Frozen

Spinach, No Salt Added, Frozen

Squash, Butternut, No Salt Added, Frozen

Sweet Potatoes, No Salt Added, Frozen

Tomato Paste, No Salt Added, Canned

Tomatoes, No Salt Added/Low-sodium, Canned

LEGUMES

Beans, Black, Low-sodium, Canned

Beans, Black-eyed Pea, Low-sodium, Canned

Beans, Garbanzo, Low-sodium, Canned

Beans, Great Northern, Low-sodium, Canned

Beans, Baby Lima, Low-sodium, Canned

Beans, Pinto, Low-sodium, Canned

Beans, Red Kidney, Low-sodium, Canned

Beans, Small Red, Low-sodium, Canned

Lentils, Dry

YOGURT

Yogurt, High-Protein, Non-fat, Plain

CHEESE

Cheese, Cheddar, White, Reduced Fat, Shredded

Cheese, Mozzarella, Low Moisture Part Skim

Cheese, Mozzarella, Low Moisture Part Skim, Shredded

Cheese, Mozzarella, Low Moisture Part Skim, String

GRAINS

Flour, 100% Whole Wheat

Flour, White Whole Wheat/Enriched 60/40 Blend

Oats, Rolled

Pasta, Macaroni, Whole Grain-Rich Blend

Pasta, Rotini, 100% Whole Grain

Pasta, Spaghetti, 100% Whole Grain

Rice, Brown, Long-Grain, Regular

Tortillas, Whole Grain or Whole Grain-Rich, 8 inch