



Worksheet 5.4 Primary food group building blocks

The first column provides a list of common fruit, vegetable, protein, dairy, and grain foods. Use the second column to place an “X” next to any foods that you are consistently eating (i.e., have eaten at least once in the past month and would readily eat if offered to you today). Use the third column to place an “X” next to any foods that you are willing to learn about.

	Consistently eating?	Willing to learn about?
FRUITS 		
100% Fruit juice		
• Apple juice		
• Cranberry juice		
• Grape juice		
• Grapefruit juice		
• Mango juice		
• Orange juice		
• Papaya juice		
• Pineapple juice		
• Pomegranate juice		
• Prune juice		

	Consistently eating?	Willing to learn about?
Berries		
• Acai berries		
• Blackberries		
• Blueberries		
• Cranberries		
• Currants		
• Goji berries		
• Huckleberries		
• Lingonberries (cowberries)		
• Mulberries		
• Raspberries		
• Strawberries		
Melons		
• Cantaloupe		
• Honeydew		
• Horned melon (kiwano)		
• Watermelon		
Other fruits		
• Apples		
• Apricots		
• Bananas		
• Cherries		


	Consistently eating?	Willing to learn about?
• Dates		
• Figs		
• Fruit cocktail		
• Grapefruit		
• Grapes		
• Guava		
• Kiwi fruit		
• Lemons		
• Limes		
• Mangoes		
• Nectarines		
• Oranges		
• Papaya		
• Peaches		
• Pears		
• Persimmons		
• Pineapples		
• Plums		
• Pomegranate		
• Prunes		
• Raisins		
• Star fruit		
• Tangerines		

	Consistently eating?	Willing to learn about?
Other mixed or prepared foods with fruits?		
1.		
2.		
3.		
4.		
5.		
VEGETABLES 		
Dark-green vegetables		
• Arugula (rocket)		
• Bok choy		
• Broccoli		
• Broccoli rabe (rapini)		
• Broccolini		
• Collard greens		
• Dark-green leafy lettuce		

	Consistently eating?	Willing to learn about?
• Endive		
• Escarole		
• Kale		
• Mesclun		
• Mixed greens		
• Mustard greens		
• Romaine lettuce		
• Spinach		
• Swiss chard		
• Turnip greens		
• Watercress		
Red and orange vegetables		
• Acorn squash		
• Bell peppers		
• Butternut squash		
• Carrots		
• Hubbard squash		
• Pumpkin		
• Red chili peppers		
• Red peppers (sweet)		
• Sweet potatoes		
• Tomatoes		

	Consistently eating?	Willing to learn about?
• 100% vegetable juice		
Starchy vegetables		
• Cassava		
• Corn		
• Green bananas		
• Green lima beans		
• Green peas		
• Parsnips		
• Plantains		
• Potatoes, white		
• Taro		
• Water chestnuts		
• Yams		
Other vegetables		
• Alfalfa sprouts		
• Artichokes		
• Asparagus		
• Avocado		
• Bamboo shoots		
• Bean sprouts		
• Beets		
• Brussels sprouts		

	Consistently eating?	Willing to learn about?
• Cabbage		
• Cauliflower		
• Celery		
• Cucumbers		
• Eggplant		
• Garlic		
• Green beans		
• Green peppers		
• Jicama		
• Leeks		
• Lettuce, iceberg		
• Mung bean sprouts		
• Mushrooms		
• Okra		
• Onions		
• Pattypan squash		
• Radicchio		
• Radishes		
• Red cabbage		
• Scallions		
• Snow peas		
• Tomatillos		
• Turnips		


	Consistently eating?	Willing to learn about?
• Wax beans		
• Yellow squash		
• Zucchini		
Other mixed or prepared foods with vegetables?		
1.		
2.		
3.		
4.		
5.		
PROTEIN FOODS 		
Beans and peas		
• Bean burgers		
• Black beans		
• Black-eyed peas		
• Chickpeas (garbanzo beans)		
• Edamame (young soybeans)		

	Consistently eating?	Willing to learn about?
• Falafel (spiced, mashed chickpeas)		
• Hummus (chickpea spread)		
• Kidney beans		
• Lentils		
• Lima beans (mature)		
• Navy beans		
• Pinto beans		
• Soybeans		
• Split peas		
• White beans		
Eggs		
• Chicken eggs		
• Duck eggs		
Meat		
• Lean ground meats		
○ Beef		
○ Pork		
○ Sausage (beef, turkey)		
• Lean cuts		
○ Beef		
○ Ham		

	Consistently eating?	Willing to learn about?
○ Lamb		
○ Pork		
• Lean luncheon/deli meats		
○ Beef		
○ Chicken		
○ Ham		
○ Pork		
○ Turkey		
• Game meats		
○ Bison		
○ Rabbit		
○ Venison		
• Organ meats		
○ Gible		
○ Liver		
Nuts and seeds		
• Almonds		
• Almond butter		
• Cashews		
• Chia seeds		
• Hazelnuts (filberts)		
• Mixed nuts		
• Peanuts		


	Consistently eating?	Willing to learn about?
• Peanut butter		
• Pecans		
• Pistachios		
• Pumpkin seeds		
• Sesame seeds		
• Sunflower seeds		
• Walnuts		
Poultry		
• Chicken		
• Duck		
• Goose		
• Turkey		
Seafoods		
• Canned fish		
○ Anchovies		
○ Sardines		
○ Tuna		
• Finfish		
○ Catfish		
○ Cod		
○ Flounder		
○ Haddock		
○ Halibut		

	Consistently eating?	Willing to learn about?
○ Herring		
○ Mackerel		
○ Pollock		
○ Porgy		
○ Salmon		
○ Sea bass		
○ Snapper		
○ Sushi		
○ Swordfish		
○ Tilapia		
○ Trout		
○ Tuna		
• Shellfish		
○ Clams		
○ Crab		
○ Crayfish		
○ Lobster		
○ Mussels		
○ Octopus		
○ Oysters		
○ Scallops		
○ Shrimp		
○ Squid (Calamari)		

	Consistently eating?	Willing to learn about?
Soy products		
• Tempeh		
• Texturized vegetable protein (TVP)		
• Tofu (made from soybeans)		
• Veggie burgers		
Other mixed or prepared foods with protein?		
1.		
2.		
3.		
4.		
5.		
DAIRY AND DAIRY SUBSTITUTES 		
CHEESE		
• Hard natural cheeses		

	Consistently eating?	Willing to learn about?
○ Cheddar		
○ Gouda		
○ Mozzarella		
○ Muenster		
○ Parmesan		
○ Provolone		
○ Romano		
○ Swiss		
• Soft cheeses		
○ Brie		
○ Camembert		
○ Cottage cheese		
○ Feta		
○ Ricotta		
• Processed cheeses		
○ American		
○ Cheese spreads		
Milk		
• All fluid milk		
○ Fat-free (skim) milk		
○ Flavored milks		
○ Lactose-free milks		

	Consistently eating?	Willing to learn about?
○ Low-fat milk (1%)		
○ Reduced-fat milk (2%)		
○ Whole milk		
Milk-based desserts		
○ Frozen yogurt		
○ Ice cream		
○ Ice milk		
○ Lassi		
○ Pudding		
○ Sherbet		
○ Smoothies		
Non-dairy calcium alternatives		
• Almond milk		
• Coconut milk		
• Rice milk		
• Soymilk		
Yogurt		
• All milk-based yogurt (fat-free, low-fat, reduced-fat, whole-milk)		
• Almond-milk yogurt		

	Consistently eating?	Willing to learn about?
• Coconut-milk yogurt		
• Soy yogurt		
Other mixed or prepared foods with dairy or substitutes?		
1.		
2.		
3.		
4.		
5.		
GRAINS 		
Whole grains		
• Amaranth		
• Brown rice		
• Buckwheat		
• Bulgur (cracked wheat)		
• Kamut		
• Millet		

	Consistently eating?	Willing to learn about?
• Muesli		
• Oatmeal		
• Popcorn		
• Quinoa		
• Rolled oats		
• Sorghum		
• Spelt		
• Teff		
• Whole-grain barley		
• Whole-grain cornmeal		
• Whole-grain sorghum		
• Whole rye		
• Whole-wheat bread		
• Whole-wheat cereal flakes		
• Whole-wheat crackers		
• Whole-wheat pasta		
• Whole-wheat sandwich buns and rolls		
• Whole-wheat tortillas		
• Wild rice		

	Consistently eating?	Willing to learn about?
Refined grains		
• Bagels		
• Biscuits		
• Breadcrumbs		
• Cakes		
• Challah bread		
• Cookies		
• Cornbread		
• Cornflakes		
• Corn tortillas		
• Couscous		
• Crackers, saltine		
• English muffins		
• Flour tortilla		
• French bread		
• Grits		
• Hominy		
• Matzo		
• Naan		
• Noodles		
• Pancakes		
• Pasta (spaghetti, macaroni)		
• Pie/pastry crusts		

	Consistently eating?	Willing to learn about?
• Pita bread		
• Pizza crust		
• Polenta		
• Pretzels		
• Ramen noodles		
• Rice cakes		
• Rice paper (spring roll wrappers)		
• Rice vermicelli		
• Waffles		
• White bread		
• White rice		
• White sandwich buns and rolls		
Other mixed or prepared foods with grains?		
1.		
2.		
3.		
4.		
5.		

Note: Adapted from the USDA Center for Nutrition Policy and Promotion's ChooseMyPlate.gov website.