

FIGURE 1

	Beans, dry & Legumes	Oils
Most Healthful	HD $\leq$ 1.42	(None)
Less Healthful	1.42 < HD $\leq$ 1.9	(None)
Even Less Healthful	(None)	HD $\leq$ 3.4
Least Healthful	(None)	HD > 3.4

FIGURE 1A

	Beef (cooked)	Cookies	Cream & Creamers	Eggs	Frankfurters	Game (raw)	Game (cooked)	Lamb (cooked)
Most Healthful	HD ≤ 2.7	(None)	HD ≤ 1.2	HD ≤ 3.2	(None)	HD ≤ 2.1	HD ≤ 2.7	HD ≤ 2.7
Less Healthful	2.7 < HD ≤ 3.66	(None)	1.2 < HD ≤ 1.5	(None)	HD ≤ 1.8	(None)	2.7 < HD ≤ 3.66	2.7 < HD ≤ 3.66
Even Less Healthful	3.66 < HD ≤ 4.99	HD ≤ 4.05	1.5 < HD ≤ 2.8	(None)	1.8 < HD ≤ 4.0	(None)	3.66 < HD ≤ 4.99	3.66 < HD ≤ 4.99
Least Healthful	HD > 4.99	HD > 4.05	HD > 2.8	(None)	HD > 4.0	HD > 2.9	HD > 4.99	HD > 4.99

FIGURE 1B

	Luncheon Meats	Pizza	Pork (raw)	Pork (cooked)	Sausage	Snacks - Pretzels	Veal (raw)	Veal (cooked)
Most Healthful	HD ≤ 1.74	(None)	HD ≤ 1.72	HD ≤ 2.68	(None)	(None)	HD ≤ 1.3	HD ≤ 2.51
Less Healthful	1.74 < HD ≤ 2.4	(None)	1.72 < HD ≤ 2.81	2.68 < HD ≤ 3.54	(None)	HD ≤ 4.691	1.3 < HD ≤ 2.7	2.51 < HD ≤ 2.6
Even Less Healthful	2.4 < HD ≤ 3.8	HD ≤ 4.287	2.81 < HD ≤ 4.3	3.54 < HD ≤ 4.99	HD ≤ 3.9	4.691 < HD ≤ 5.6	(None)	2.6 < HD ≤ 4.7
Least Healthful	HD > 3.8	HD > 4.287	HD > 4.3	HD > 4.99	HD > 3.9	HD > 5.6	(None)	HD > 4.7

FIGURE 2

	Beverages	Alcoholic Beverages	Sweet Spreads – Jams, Syrups, Toppings & Nut Butters
Most Healthful	$HD \leq 0.017$	(None)	(None)
Less Healthful	$0.017 < HD \leq 0.056$	(None)	(None)
Even Less Healthful	$0.056 < HD \leq 0.191$	(All)	$HD \leq 0.59$
Least Healthful	$HD > 0.191$	(None)	$HD > 0.59$

FIGURE 2A

	Cheese, Dairy & non-Dairy, Hard	Cheese, Cottage & Cream
Most healthful	HD $\leq$ 2.11	HD $\leq$ 1.05
Less Healthful	2.11 < HD $\leq$ 4.02	1.05 < HD $\leq$ 2.0
Even Less Healthful	HD > 4.02	HD > 2.0
Least Healthful	(None)	(None)

FIGURE 3

	Breads	Bagels	Tortillas, Wraps	Breakfast – Pancakes, Waffles, Pastries	Vegetable Dishes
Most Healthful	HD $\leq$ 1.36	HD $\leq$ 1.03	HD $\leq$ 0.69	(None)	(None)
Less Healthful	1.36 < HD $\leq$ 2.59	1.03 < HD $\leq$ 2.59	0.69 < HD $\leq$ 2.56	(None)	HD $\leq$ 1.3087
Even Less Healthful	2.59 < HD $\leq$ 4.47	2.59 < HD $\leq$ 4.3	2.56 < HD $\leq$ 4.2	HD $\leq$ 2.98	1.3087 < HD $\leq$ 2.152
Least Healthful	HD > 4.47	HD > 4.3	HD > 4.2	HD > 2.98	HD > 2.152

FIGURE 3A

	Grains & Pasta, Cooked	Grains & Pastas, Uncooked
Most Healthful	$HD \leq 0.274$	$HD \leq 0.71$
Less Healthful	$0.274 < HD \leq 0.43$	$0.71 < HD \leq 1.22$
Even Less Healthful	$0.43 < HD \leq 1.0$	$1.22 < HD \leq 1.5$
Least Healthful	$HD > 1.0$	$HD > 1.5$

FIGURE 4

	Breakfast Cereals, hot, cooked	Breakfast Cereals, hot, uncooked	Fruit Salads, dishes
Most Healthful	HD $\leq$ 0.81	HD $\leq$ 4.83	(None)
Less Healthful	0.81 < HD $\leq$ 0.92	4.83 < HD $\leq$ 6.1	HD $\leq$ 2.0
Even Less Healthful	HD > 0.92	HD > 6.1	HD > 2.0
Least Healthful	(None)	(None)	(None)

FIGURE 5

	Bars	Cakes & Pastries	Candy
Most Healthful	(None)	(None)	(None)
Less Healthful	(None)	(None)	(None)
Even Less Healthful	HD $\leq$ 8.0	HD $\leq$ 5.5	HD $\leq$ 8.0
Least Healthful	HD $>$ 8.0	HD $>$ 5.5	HD $>$ 8.0

FIGURE 6

	Dips	Dressings	Gravies	Sauces	Soups, Condensed	Soups, RTE	Spreads (other than sweet)
Most Healthful	HD $\leq$ 1.25	HD $\leq$ 1.35	(None)	HD $\leq$ 0.74	HD $\leq$ 0.66	HD $\leq$ 0.35	HD $\leq$ 1.17
Less Healthful	1.25 < HD $\leq$ 1.66	1.35 < HD $\leq$ 3.6	HD $\leq$ 0.6	0.74 < HD $\leq$ 1.53	0.66 < HD $\leq$ 1.22	0.35 < HD $\leq$ 0.944	1.17 < HD $\leq$ 3.6
Even Less Healthful	1.66 < HD $\leq$ 3.14	3.6 < HD $\leq$ 5.14	0.6 < HD $\leq$ 1.1	1.53 < HD $\leq$ 4.96	1.22 < HD $\leq$ 1.94	0.944 < HD $\leq$ 1.66	3.6 < HD $\leq$ 9.2
Least Healthful	HD > 3.14	HD > 5.14	HD > 1.1	HD > 4.96	HD > 1.94	HD > 1.66	HD > 9.2

FIGURE 7

	Beans, dry & Legumes Dishes	Beef Dishes	Breakfast Mixed Dishes	Cheese Dishes	Chili, Stew	Egg Dishes	Fish & Shellfish Dishes	Lamb Dishes	Pasta Dishes
Most Healthful	(None)	(None)	(None)	(None)	(None)	(None)	(None)	(None)	(None)
Less Healthful	HD ≤ 1.8	HD ≤ 1.8	HD ≤ 1.2	HD ≤ 1.8	HD ≤ 1.39	HD ≤ 1.8	HD ≤ 1.75	HD ≤ 1.8	HD ≤ 1.795
Even Less Healthful	1.8 < HD ≤ 3.0	1.8 < HD ≤ 3.002	1.2 < HD ≤ 4.46	1.8 < HD ≤ 3.0	1.39 < HD ≤ 1.93	1.8 < HD ≤ 3.0	1.75 < HD ≤ 3.0	1.8 < HD ≤ 3.002	1.795 < HD ≤ 3.0
Least Healthful	HD > 3.0	HD > 3.002	HD > 4.46	HD > 3.0	HD > 1.93	HD > 3.0	3.0 < HD	HD > 3.002	HD > 3.0

FIGURE 7A

	Pasta, Cooked	Pork Dishes	Poultry Dishes	Rice & Grains Dishes	Salads, Main Course	Salads, Side	Sandwiches	Veal Dishes	Vegetarian Meat Substitutes
Most Healthful	HD ≤ -1.1	(None)	(None)	(None)	HD ≤ 0.64	HD ≤ 0.32	(None)	(None)	HD ≤ 1.47
Less Healthful	-1.1 < HD ≤ 0.12	HD ≤ 1.8	HD ≤ 1.77	HD ≤ 1.74	0.64 < HD ≤ 1.78	0.32 < HD ≤ 1.746	HD ≤ 1.8	HD ≤ 1.8	1.47 < HD ≤ 2.31
Even Less Healthful	0.12 < HD ≤ 0.52	1.8 < HD ≤ 3.0	1.77 < HD ≤ 3.0	1.74 < HD ≤ 3.0	1.78 < HD ≤ 3.0	1.746 < HD ≤ 3.0	1.8 < HD ≤ 3.0	1.8 < HD ≤ 3.0	2.31 < HD ≤ 4.84
Least Healthful	HD > 0.52	HD > 3.0	HD > 3.0	HD > 3.0	HD > 3.0	HD > 3.0	HD > 3.0	HD > 3.0	HD > 4.84

FIGURE 8

	Fruit – Fresh, Frozen & Dried	Fruit & Vegetable Juices
Most Healthful	$HD \leq 1.63$	(None)
Less Healthful	$1.63 < HD \leq 6.2$	$HD \leq 1.2$
Even Less Healthful	$6.2 < HD \leq 8.3$	$HD > 1.2$
Least Healthful	$HD > 8.3$	(None)

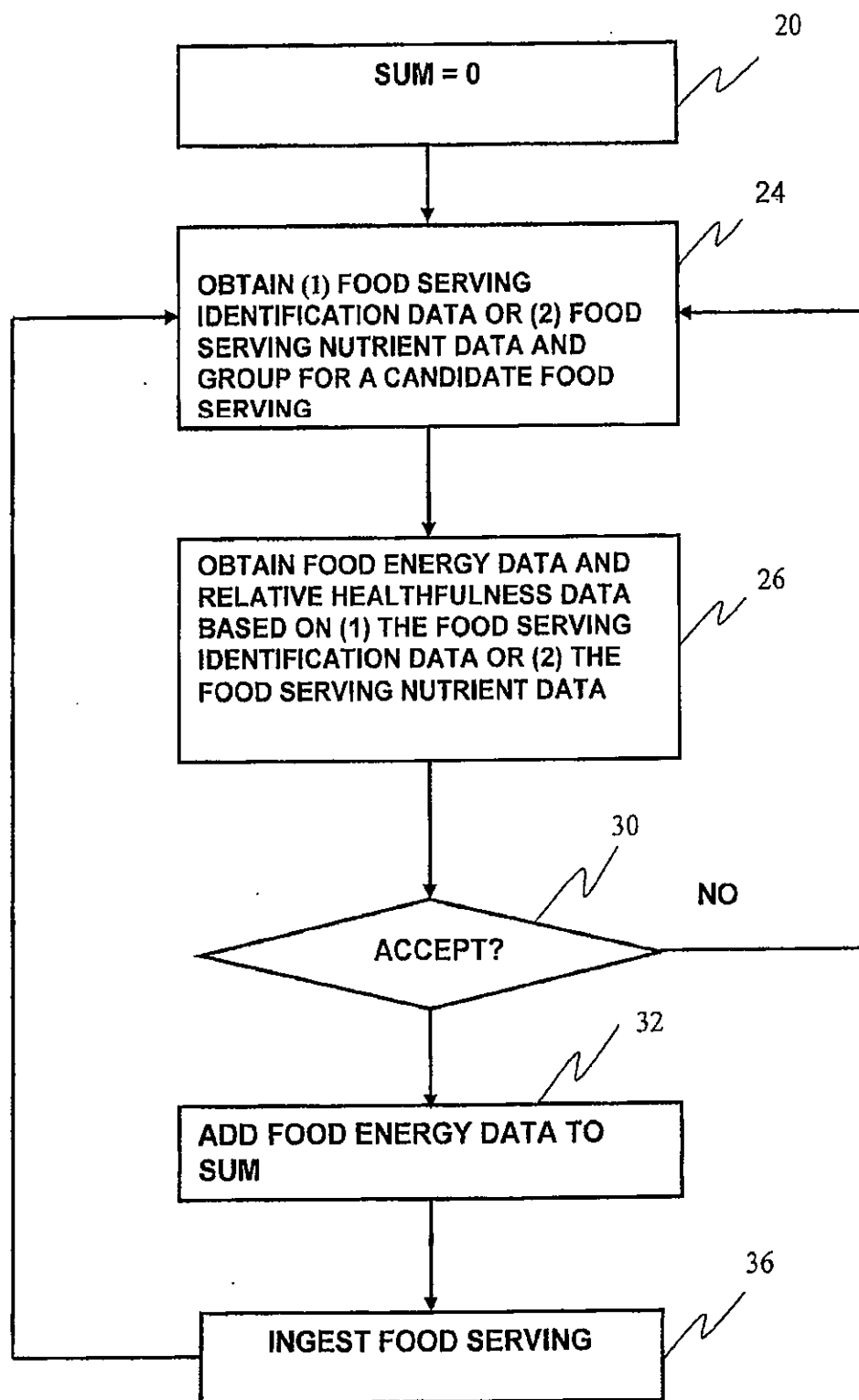
FIGURE 8A

	Vegetables, Raw	Vegetables, Cooked
Most Healthful	HD < 4.1	HD ≤ 1.57
Less Healthful	HD > 4.1	HD > 1.57
Even Less Healthful	(None)	(None)
Least Healthful	(None)	(None)

FIGURE 9

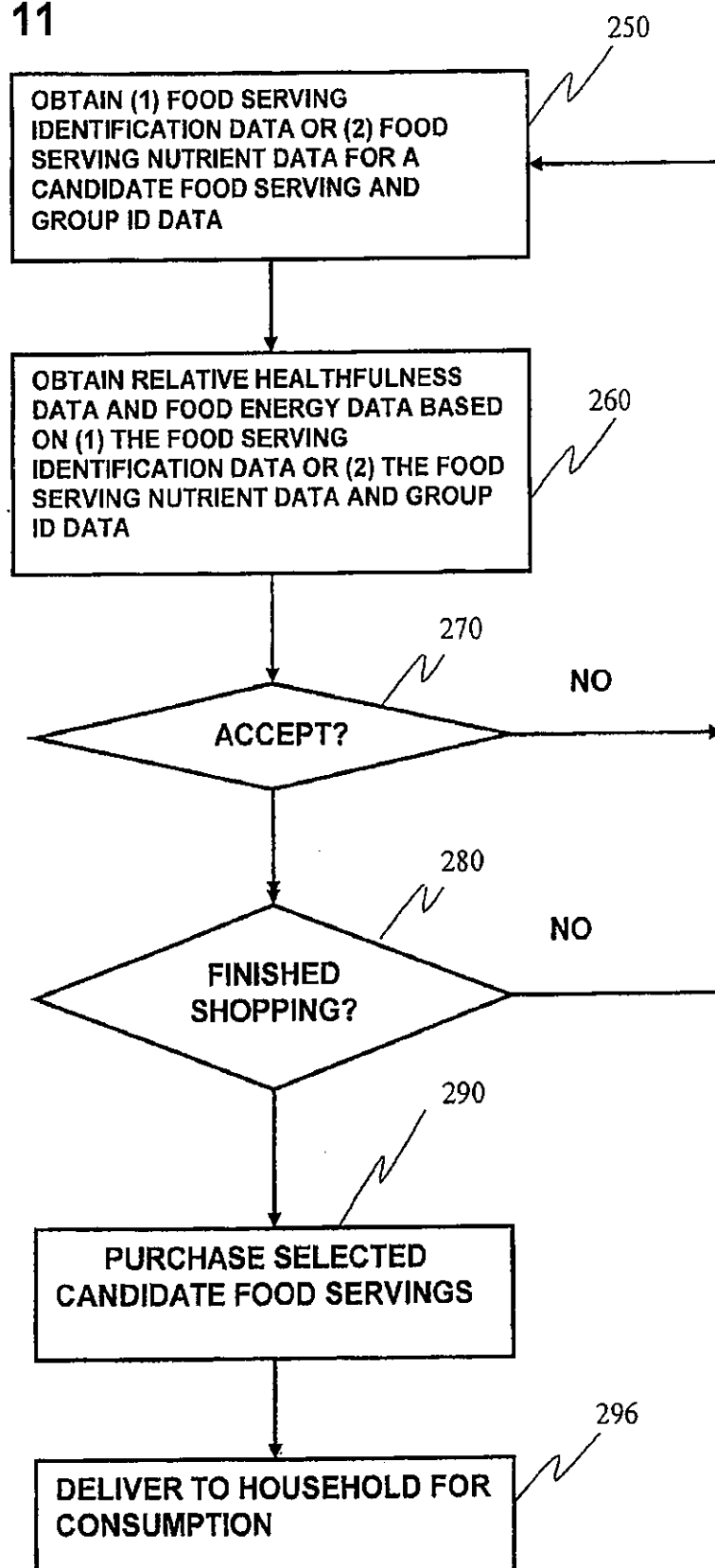
	Gelatin, Puddings	Ice Cream Desserts	Ice Cream Novelties	Ice Cream, Sherbet, Sorbet	Sweet Pies	Sweets – Honey, Sugar, Syrup, Toppings
Most Healthful	$HD \leq 0.1$	(None)	(None)	(None)	(None)	$HD \leq 0.07$
Less Healthful	$0.1 < HD \leq 1.6$	(None)	(None)	(None)	(None)	$0.07 < HD \leq 1.2$
Even Less Healthful	$1.6 < HD \leq 3.0$	$HD \leq 3.13$	$HD \leq 2.4$	$HD \leq 3.572$	$HD \leq 3.5$	$1.2 < HD \leq 6.2$
Least Healthful	$HD > 3.0$	$HD > 3.13$	$HD > 2.4$	$HD > 3.572$	$HD > 3.5$	$HD > 6.2$

FIGURE 10



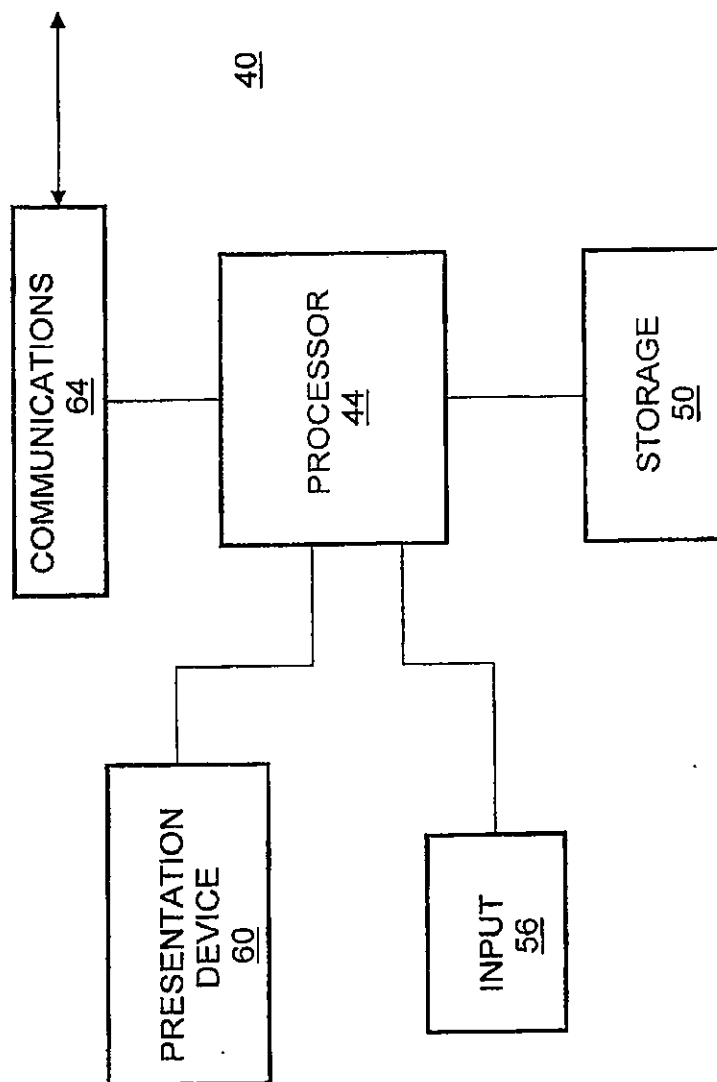
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FIGURE 11



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FIGURE 12



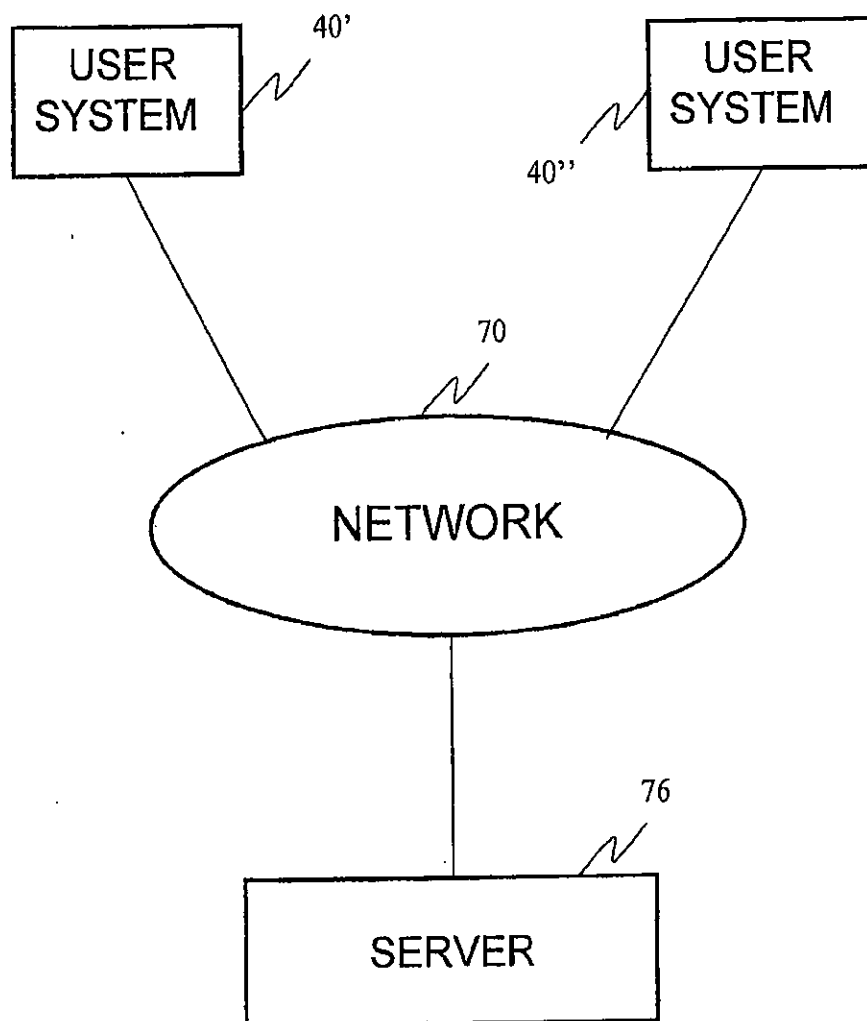
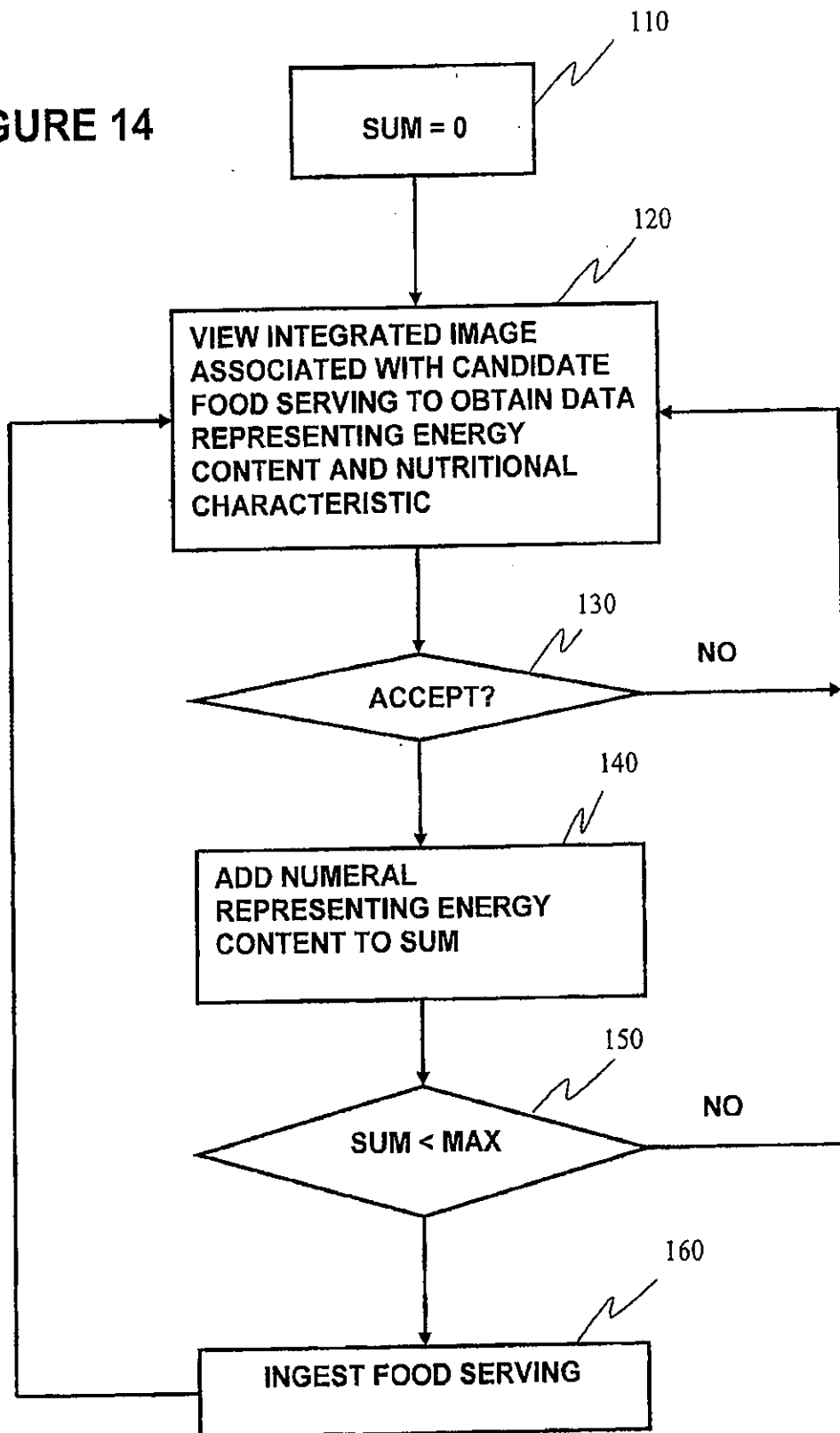
**FIGURE 13****(17/21)**

FIGURE 14



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FIGURE 15A

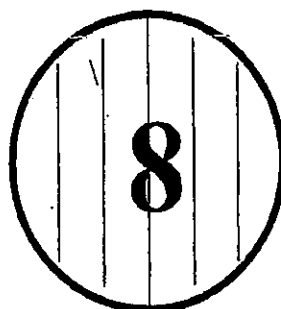


FIGURE 15B



FIGURE 15C

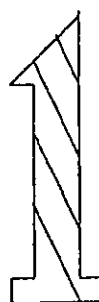
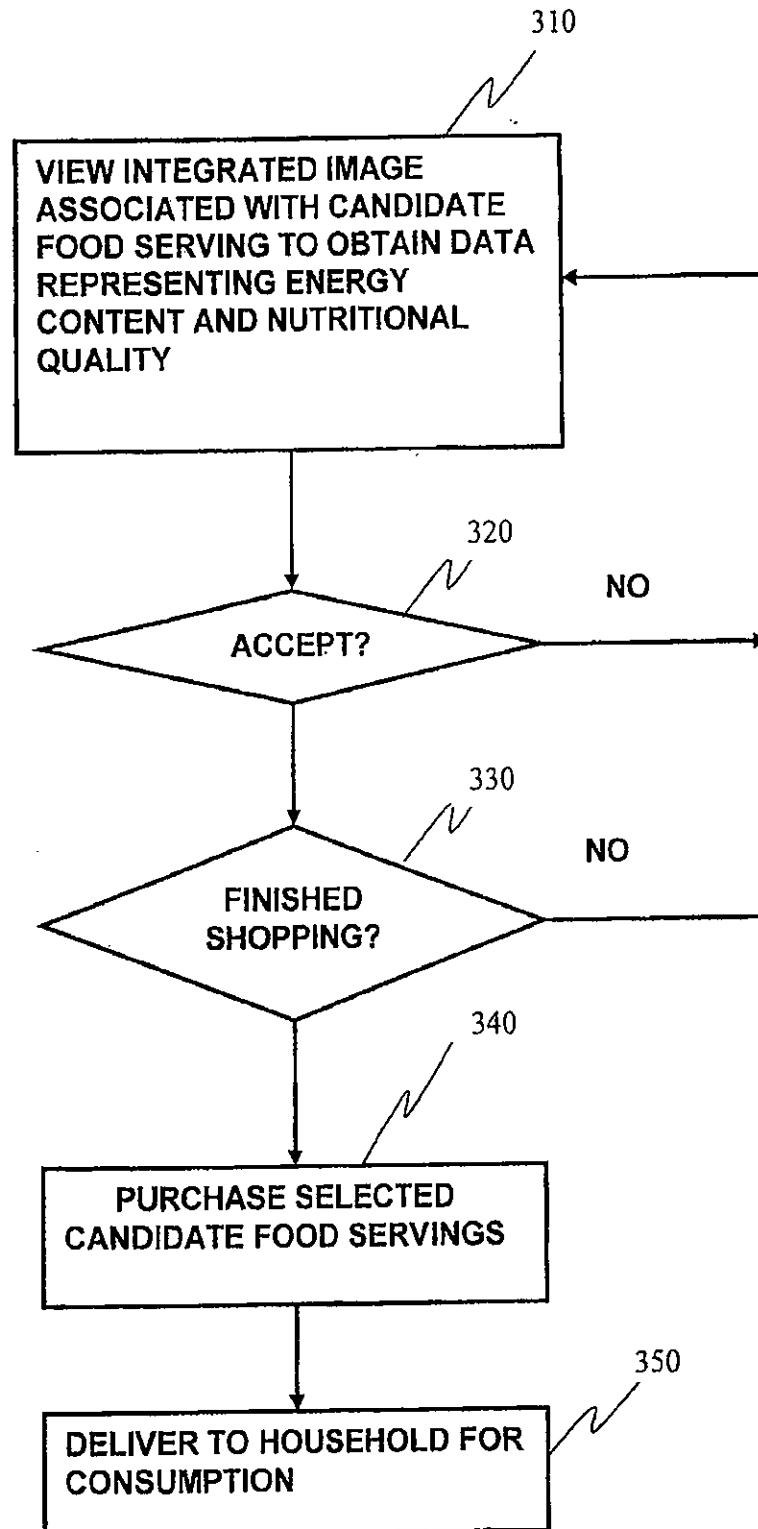
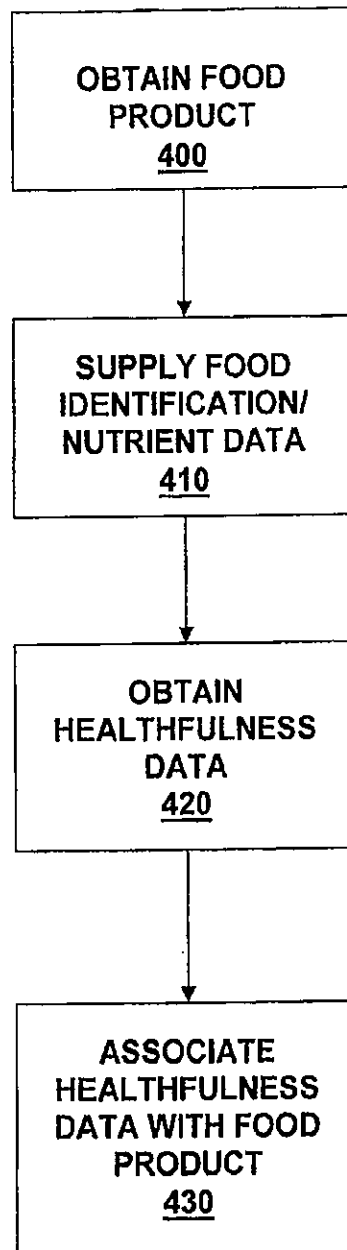


FIGURE 15D

FIGURE 16



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FIGURE 17**(21/21)**