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
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 (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.
Figure 5. Frozen fruit novelties
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 PURÉE, PINK GUAVA PURÉE, ORANGE JUICE FROM CONCENTRATE (WATER, ORANGE JUICE CONCENTRATE), ACEROLA PURÉE FROM CONCENTRATE (WATER, ACEROLA PURÉE CONCENTRATE), DRAGONFRUIT PURÉE, CHICORY ROOT FIBER, GROUND CHIA, PECTIN, NATURAL FLAVORS, VITAMIN A (PALMITATE), VITAMIN E (DL-ALPHA TOCOPHERYL ACETATE), VITAMIN D (ERGOCALCIFEROL). CONTAINS: COCONUT.