

How To Prepare Your Data for HER Analyses

Updated August 3, 2023



- A. Sort your records by FANO category, followed by item name.
- B. Add a column for the HER category
- C. Add a column to indicate if a product is a whole grain
- D. Next you will review the records within each FANO category as follows:

FANO Category	Foods	HER Category	Default Rank
Baby Food/Formula	ALL	Miscellaneous	Unranked
Beverages	Plain (Unflavored) Water	Beverages	Green
	Diet or "Zero" Drinks (e.g., soda, sports, energy drinks)	Beverages	Yellow
	100% Juice	Fruits and Vegetables	Yellow
	Milk	Dairy	
	Plant-Based Milks (e.g., soy, almond, etc.)	Non-Dairy Alternatives	
	Supplement Drinks (e.g., Muscle Milk, Pediasure, Slimfast)	Miscellaneous	Unranked
Bread/Bakery	Cakes, Cookies, Cupcakes, Donuts, Brownies, and Other Baked Desserts	Desserts	Red
	Breads, Bagels, Rolls Baguettes, Buns	Grains (note if they are "whole grain")	
	Review the remainder and decide if they are more like bread or a bakery item.		
Cereal	Granola Bars, Oatmeal Bars, Cereal Bars	Packaged/Processed Snacks	
	Mixes (Pancakes, Waffles)	Grains	
	Categorize the remainder as Grains. Note if "whole grain" in the product name.		

FANO Category	Foods	HER Category	Default Rank
Cleaning Products	ALL	Non-Food	Unranked
Condiments	Pasta Sauces, Spaghetti Sauces	Mixed Dishes	
	Check for foods that belong in primary food categories and move into those categories.		
	Remainder	Condiments and Cooking Staples	Unranked
Dairy	Non-Dairy Alternative Milks, Yogurts, Cheeses	Non-Dairy Alternatives	
	Non-Dairy Creamers and Regular Creamers	Condiments and Cooking Staples	Unranked
	Ice Cream and Frozen Yogurt	Desserts	Red
	Butter and Plant-Based Butters	Condiments and Cooking Staples	Unranked
	Eggs	Proteins	Green
	Egg-Based Products	Proteins	
Desserts	ALL	Desserts	Red
Dough	ALL	Grain (note if "whole grain")	
Dressing	ALL	Condiments and Cooking Staples	Unranked
Fruits Canned/Frozen	Jellies, Jams, Preserves	Condiments and Cooking Staples	Unranked
	Categorize the remainder as Fruits and Vegetables.		
Grains	Flour, Corn Starch	Condiments and Cooking Staples	Unranked
	Categorize the remainder as Grains. Note if "whole grain" in the product name.		

FANO Category	Foods	HER Category	Default Rank
Health/Beauty Care	ALL	Non-Food	Unranked
Juices	Non 100% Juices	Beverages	Varies
	100% Juice	Fruits and Vegetables	Yellow
Meals/Soups/Entrees	Vegetables	Fruits and Vegetables	
	Canned Beans	Protein	
	Check for any other products that belong in a primary food category. The remainder should be categorized as "Mixed Dishes."		
Meat/Fish/Poultry	Frozen Meals (e.g., feature protein plus a grain or vegetable)	Mixed Dishes	
	Prepared Meals (e.g., feature meat plus a grain or vegetable)	Mixed Dishes	
	Soups	Mixed Dishes	
	Categorize the remainder as "Protein."		
Mixed/Assorted	Mixes to Make Other Products	Most Appropriate Category Based on What It Makes	
	Meals, Soups, Entrees	Mixed Dishes	
	Categorize the remainder as "Assorted, Not Ranked."		
Non-Foods	ALL	Non-Food	Unranked
Non-Meat Protein	Vegetables	Fruits and Vegetables	
	Categorize the remainder as "Protein."		
Non-Dairy Dairy	ALL	Non-Dairy Alternatives	
Nutritional Aids/Supplements	ALL	Miscellaneous	

FANO Category	Foods	HER Category	Default Rank
Paper Products - Personal	ALL	Non-Food	Unranked
Paper Products - Household	ALL	Non-Food	Unranked
Pasta	Soups	Mixed Dishes	
	Categorize the remainder as Grains. Note if "whole grain" in the product name.		
Pet Foods/Care	ALL	Non-Food	Unranked
Produce	ALL	Fruits and Vegetables	Green
Rice	ALL	Grain (note if "whole grain")	
Salvage	ALL	Miscellaneous	Assorted, Not Ranked
Snack Food/Cookies	Products That Would Not Be Considered Desserts	Packaged/Processed Snacks (note if "whole grain")	
	Remainder	Desserts	Red
Vegetables Canned/Frozen	Plant-Based Proteins	Protein	
	Remainder	Fruits and Vegetables	
Prepared Foods	Foods That Belong in Another Single Food Category	Move to That Category	
	Remainder	Miscellaneous	Assorted, Not Ranked

The following categories will be analyzed:

1. Fruits and vegetables excluding 100% juices and fresh produce	2. Grains - need to note which are whole grains
3. Proteins	4. Dairy
5. Non-Dairy Alternatives	6. Beverages
7. Mixed Dishes	8. Processed/Packaged Snacks (note whole grain)