

# How To Prepare Your Data for HER Analyses

- 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:

<b>FANO Category</b>	<b>Foods</b>	<b>HER Category</b>	<b>Default Rank</b>
<b>Baby Food/Formula</b>	ALL	Miscellaneous	Unranked
<b>Beverages</b>	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
<b>Bread/Bakery</b>	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.		
<b>Cereal</b>	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.		

<b>FANO Category</b>	<b>Foods</b>	<b>HER Category</b>	<b>Default Rank</b>
<b>Cleaning Products</b>	ALL	Non-Food	Unranked
<b>Condiments</b>	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
<b>Dairy</b>	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	
<b>Desserts</b>	ALL	Desserts	Red
<b>Dough</b>	ALL	Grain (note if "whole grain")	
<b>Dressing</b>	ALL	Condiments and Cooking Staples	Unranked
<b>Fruits Canned/Frozen</b>	Jellies, Jams, Preserves	Condiments and Cooking Staples	Unranked
	Categorize the remainder as Fruits and Vegetables.		
<b>Grains</b>	Flour, Corn Starch	Condiments and Cooking Staples	Unranked
	Categorize the remainder as Grains. Note if "whole grain" in the product name.		

<b>FANO Category</b>	<b>Foods</b>	<b>HER Category</b>	<b>Default Rank</b>
<b>Health/Beauty Care</b>	ALL	Non-Food	Unranked
<b>Juices</b>	Non 100% Juices	Beverages	Varies
	100% Juice	Fruits and Vegetables	Yellow
<b>Meals/Soups/Entrees</b>	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."		
<b>Meat/Fish/Poultry</b>	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."		
<b>Mixed/Assorted</b>	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."		
<b>Non-Foods</b>	ALL	Non-Food	Unranked
<b>Non-Meat Protein</b>	Vegetables	Fruits and Vegetables	
	Categorize the remainder as "Protein."		
<b>Non-Dairy Dairy</b>	ALL	Non-Dairy Alternatives	
<b>Nutritional Aids/Supplements</b>	ALL	Miscellaneous	

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

**The following categories will be analyzed:**

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