



CREATED BY GUSNIP NTAE CENTER

GusNIP Nutrition Incentive and Produce Prescription Project Eligible Fruits and Vegetables

Resource prepared by
Gretchen Swanson Center for Nutrition

Purpose

The purpose of this guide is to catalog fruits and vegetables that are eligible for nutrition incentives (NI) and produce prescriptions (PPR). The Nutrition Incentive Program Training, Technical Assistance, Evaluation, and Information Center (NTAE) routinely receives questions about which fruit and vegetable items are eligible for NI and PPR incentives.

- For the Nutrition Incentive Program, fresh, canned, dried, or frozen whole or cut fruits and vegetables without added sugars, fats or oils, and salt (i.e., sodium) are eligible.
 - Common fruit and vegetable items that require clarification and are eligible include:
 - Any fresh, canned, dried, or frozen whole or cut fruits and vegetables without added sugars, fats or oils, and salt (i.e., sodium)
 - Dried herbs, as long as they are not part of a blend that contains added sugars, fats or oils, and salt (i.e., sodium)
 - Dried fruit without added sugars, fats or oils, and salt (i.e., sodium)
 - Example: Raisins without added sugars, fats or oils, and salt (i.e., sodium)
 - Note: Dried cranberries almost always have added sugar, making them not eligible
 - Dry beans and dried corn
 - Note: Does includes chicos, dried sweet corn kernels, as long as item has no added sugars, fats or oils, and salt (i.e., sodium)
 - Frozen single vegetables (e.g., frozen green beans) and frozen mixed vegetables – this can include “stir-fry” or other blends, as long as the package does not contain sauce, added sugars, fats or oils, and salt (i.e., sodium)
 - Canned vegetables, including beans such as black beans, pinto beans, etc., without added sugars, fats or oils, and salt (i.e., sodium)

- Canned fruits canned in 100% fruit juice without added sugars, fats or oils, and salt (i.e., sodium)
- For the Produce Prescription Program, only fresh whole or cut fruits or vegetables are eligible. USDA NIFA may approve exceptions to this eligibility criteria under the following circumstances:
 - Supply chain disruptions: NIFA recognizes that food supply and food system disruptions may hinder the ability to access fresh fruits and vegetables. If the community involved in the proposed project faces such disruptions, include a thorough description and justification.
 - Cultural foodways: NIFA encourages applicants to propose projects that emphasize culturally sensitive food and / or food practices. If this impacts the range of fresh fruits and vegetables that will be prescribed, provide a thorough description and justification.
- Items that are not eligible for NI incentive redemption or PPR incentives include nuts, seeds for consumption (e.g., sunflower seeds), grains, meat, and dairy.

It is important to note that each GusNIP NI and PPR project can further decide limitations of fruit and vegetable items within the bounds of the GusNIP guidelines. For example, an individual NI project can limit incentive purchases to local fruits and vegetables only depending on the other aims of the project.

Audience

This guide is intended as a regularly updated resource for anyone interested in understanding what items are eligible for GusNIP incentives.

Methods

In creating this guide, Gretchen Swanson Center for Nutrition staff used internet search engines to compile an initial list of fruits and vegetables. The list was cross-checked for completeness and reliability using United States Department of Agriculture (USDA) MyPlate's "Food Group Gallery" and Goody and Drago's (eds.) *Cultural Food Practices*. USDA MyPlate's "Food Group Gallery" was used to categorize listed foods as either a fruit or a vegetable. In cases where there are multiple names for one food (e.g., "Asian pear" and "apple pear"), each name appears separately on the list. Additionally, several invested parties provided input into the completeness of the list to reflect diverse cultures and food practices. The list will be reviewed and updated annually.

Instructions

This list can be used to understand which fruits and vegetables are eligible for nutrition incentives and produce prescriptions with participants, firms, grantees, and other invested parties.

Contact

If an item is missing from this list, please [click here](#) to alert our team.

References

1. Goody, Cynthia M., and Lorena Drago, editors. *Cultural Food Practices*. Academy of Nutrition and Dietetics, 2010.
2. [USDA MyPlate Food Group Gallery](#). No date.

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Fruit

Abiu
Açaí
Acerola (Barbados
cherry)
Akebi
Ackee
African cherry orange
(omuboro)
American mayapple
Apple
Apple pear (Asian pear)
Apricot
Araza
Asian pear (apple pear)
Atemoya
Banana
Barbados cherry
(acerola)
Bilberry
Blackberry
Blackcurrant
Black sapote
Blood orange
Blueberry
Boysenberry
Breadfruit ('ulu)
Buddha's hand (fingered
citron)
Cactus pear
Calamondin
Canistel
Cantaloupe
Carambola (star fruit)
Casaba [melon]

Cashew
Cempedak
Cherimoya (custard
apple)
Cherry
Chico fruit
Clementine
Cloudberry
Coco De Mer
Coconut
Cowberry (lingonberry)
Crab apple
Cranberry
Currant
Custard apple
(cherimoya)
Damson
Date
Dragonfruit or pitaya
Durian
Egg Fruit
Elderberry
Falsa (grewia asiatica)
Feijoa
Fig
Finger lime or caviar
lime
Fingered citron
(Buddha's hand)
Galia melon
Goji berry
Gooseberry
Grapes
Grapefruit
Grewia asiatica (phalsa
or falsa)

Ground cherry
Guanabana (soursop)
Guava
Hala Fruit
Honeyberry
Honeydew
Horned melon (kiwano)
Huckleberry
Husk cherry
Ice cream beans
Jaboticaba (plinia)
Jackfruit
Jambul or jambu or
jamun
Japanese plum
Jobos
Jocote (Spanish plum)
Jostaberry
Jujube
Juniper berry
Kaffir Lime
Kiwano (horned melon)
Kiwifruit
Kumquat
Lemon
Lime
Lingonberry (cowberry)
Loganberry
Longan
Loquat (sapodilla)
Fruit (continued)

Lulo
Lychee
Magellan barberry
Mamey apple

This list is updated multiple times a year. If you know of a fruit or vegetable that is not on the list, please click [here](#) to submit the item to the NTAE team.

| | | |
|---------------------------------|--------------------------------|-----------------------------|
| Mamey sapote | Prickly pear | Ugli fruit |
| Mandarine | Prune (dried plum) | Ulu (breadfruit) |
| Mango | Purple mangosteen | Watermelon |
| Mangosteen | Quince | Water caltrop |
| Manzanita (tejocote) | Raspberry | Wild banana (Navajo banana) |
| Marionberry | Salmonberry | White currant |
| Melon | Raisin | White sapote |
| Miracle fruit | Rambutan or mamin chino | Ximenia |
| Momordica fruit | Redcurrant | Yuzu |
| Monstera deliciosa | Rhubarb | |
| Mouse melon | Rose apple | |
| Mulberry | Salal berry | |
| Musk melon | Salak | |
| Nance | Sapodilla (loquat) | |
| Navajo banana (wild banana) | Sapote | |
| Nectarine | Satsuma | |
| Omuboro (African cherry orange) | Shine Muscat or vitis vinifera | |
| Orange | Sloe or Hawthorn Berry | |
| Papaya | Soursop (Guanabana) | |
| Passion fruit | Spanish plum (jocote) | |
| Pawpaw | Star apple | |
| Peach | Star fruit (Carambola) | |
| Pear | Strawberry | |
| Persimmon | Sumac berries | |
| Pineapple | Surinam cherry (pitanga) | |
| Pineberry | Sweet limes | |
| Pitanga (Surinam cherry) | Tamarillo | |
| Plinia (jabuticaba) | Tamarind | |
| Plum | Tangelo | |
| Plumcot or pluot | Tangerine | |
| Pomegranate | Tayberry | |
| Pomelo | Tejocote (manzanita) | |

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Vegetables

Acorn squash
Alfalfa sprouts
Arrowroot
Artichoke
Asparagus
Avocado
Bamboo shoots
Basil
Bean sprouts
Beetroot
Bell pepper
Bitter melon or bitter
gourd or balsam pear
Bok choy
Bologi
Bottle gourd
Broccoflower
Broccoli
Broccolini
Broccoli raab (rapini)
Brussels sprouts
Burdock root
Butternut squash
Cabbage
Cactus pads (nopales)
Calabaza
Callaloo
Cardoon
Carrot
Cassava
Cauliflower
Celeriac
Celery

Chard
Chayote (mirliton)
Chili pepper
Chinese broccoli (kai
lan)
Chinese cabbage (Napa
cabbage)
Chives
Choy sum or yao choy
Cilantro
Collard greens
Corn/maize
Cucumber
Cucuzzi squash
(spaghetti squash)
Culantro (recao)
Daikon or mooli radish
Datil pepper
Delicata squash
Dill
Drumstick pods
(moringa)
Eddoe
Eggplant or aubergine
Fennel bulb
Fenugreek or methi
Fiddlehead ferns
Fufu
Gai lan or gailan
Galangal
Garlic
Ginger [root]
Gongura or pitwaa
Green beans (string
beans)

Green lima beans
Green onion or scallion
Green peas
Greens
Habanero pepper
Heart of palm
Hokkaido squash or red
kuri squash
Hominy
Horseradish
Hot peppers
Hubbard squash
Ivy gourd or kovakkai or
tindora
Jalapeño
Jerusalem artichoke
(sunchoke)
Jicama
Jute
Kabocha squash
Kai lan (Chinese
broccoli)
Kale
Kangkong (water
spinach)
Kelp
Kimchi
Kohlrabi
Kombu
Vegetables (continued)
Konjac
Kuka or baobab
Kurrat
Lakota squash

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| | | |
|---|--------------------------------------|---|
| Laver | Perilla leaves | Sprouts and shoots (e.g., broccoli sprouts, pea shoots, etc.) |
| Leeks | Pignut | Squash blossoms |
| Lemongrass | Plantain | String beans |
| Lotus root | Poblano pepper | Sugar snap pea |
| Lovage | Potatoes | Summer squash |
| Luffa or Chinese okra | Pumpkin | Sunchoke (Jerusalem artichoke or topinambur) |
| Malanga | Radish | Swede (rutabaga) |
| Manchurian wild rice (Zizania latifolia) | Rakkyo | Sweet peppers (e.g., aji dulce) |
| Mashua | Ramps | Sweet potato (may have orange, white, or purple flesh) |
| Mirliton (chayote) | Ramsons or wild garlic | Sweet potato greens |
| Moringa (drumstick pods) | Rapini (broccoli raab) | Swiss chard |
| Mozuku | Recao (culantro) | Tapioca |
| Mulukhiyah or molokhia | Red kuri squash | Taro leaves |
| Mushrooms | Rhubarb | Taro root or dasheen or cocoyam or yautia or kalo |
| Napa cabbage (Chinese cabbage) | Romanesco | Thyme |
| Nettle | Rosemary | Tigernut |
| Nori | Rutabaga (swede) | Vegetables (continued) |
| Nopales (cactus pads) | Sage | Tomatillos |
| Oca | Salsify | Tomato |
| Ogo | Samphire | Topinambur (sunchoke) |
| Okra | Scallions | Turban squash |
| Onion | Scorzonera | Turmeric |
| Orach | Sea beet | Turnip |
| Oregano | Sea kale | Turnip greens (Do not count greens used for a salad here.) |
| Palava greens | Sea moss | |
| Pandan | Seaweed | |
| Parsley | Serrano pepper | |
| Parsnip | Shallot | |
| Pattypan squash | Skirret | |
| Peanut | Snow pea | |
| Peas | Spaghetti squash (cucuzzi squash) | |
| Peppers | Spinach | |
| | Spring greens | |

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Ube or purple yam
Ulluco
Wasabi
Water chestnut
Water spinach
(Kangkong)
Wax beans
Wheatgrass
Winged beans
Winter squash
Yacon
Yam
Yardlong beans
Yarrow
Yellow squash
Yuca flowers
Yucca

Zizania latifolia
(Manchurian wild rice)
Zucchini or courgetti

Please see p.8 for
“Vegetables – Beans”
and “Vegetables – Salad
/ Leafy Greens.”

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Vegetables – Beans

Adzuki beans
Anasazi beans
Bayo beans
Black beans or turtle beans
Black-eyed peas or cowpeas
Brown beans
Cannellini beans
Chickpeas or garbanzo beans
Chili beans or pink beans
Cranberry or borlotti beans
Edamame
Fayot beans
Gigante beans
Great northern beans
Kidney beans
Lentils and dahl
Lima or butter beans (mature / dry)
Lupini beans or tarwi beans
Mayo coba beans
Moth beans
Mung beans
Navy beans
Pigeon peas
Pink beans
Pinto beans
Red beans

Runner beans
Soy beans or soya beans
Split peas
Tepary beans
Urad beans or vigna mungo
Velvet beans
White beans

Vegetables – Salad / Leafy Greens

Amara
Amaranth leaves
Arugula
Batavia lettuce
Beet greens
Bibb lettuce
Bok choy
Boston lettuce
Butterhead lettuce
Chamnamul
Chard or Swiss chard or silverbeet
Chicory
Chrysanthemum leaves
Collard greens
Dandelion greens
Endive
Escarole
Frisée
Gem lettuce
Iceberg lettuce

Kale
Komatsuna
Lambsquarter
Lamb's tongue or lamb's lettuce (mâche)
Landcress
Lettuce
Little gem lettuce
Lollo rosso
Looseleaf lettuce
Mâche (lamb's tongue or lamb's lettuce)
Malabar spinach
Mesclun
Microgreens
Mizuna
Mustard greens
Oakleaf lettuce
Pokeweed or poke greens
Purslane
Radicchio
Romaine lettuce
Silverbeet (chard)
Sorrel
Spinach
Spring mix
Swiss chard
Tatsoi
Turnip greens
Watercress

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