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Food Finder:

Index for hard to find foods

Although we have tried to place each of the foods listed in the *Beyond the Basics Resource* in the proper food group, you may not know where some foods fall. For example, ice cream and popsicles are in the Other Choices food group, while corn and potatoes are in the Grains & Starches food group, not with Vegetables. To make it easier to find the foods you may be searching for, we have created the list below.

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