Accessory Foods List

The following are examples of accessory food items, and is not intended to be an exhaustive list.

Snack and Dessert Food Items:

- Potato, corn, wheat, tortilla, pita, and vegetable chips, crisps, sticks, and straws; onion ring snacks; corn nuts; snack mixes; crackers; pork rinds; pretzels; pre-popped or un-popped popcorn; and cheese puffs or curls;
- Doughnuts, brownies, cupcakes, cookies, snack cakes, muffins, pastries, sweet rolls, pies, cakes, pudding, churros, scones, gelatin desserts, and any packaged mixes intended to create any of the aforementioned products;
- Mints, chocolate, marshmallow, gum, toffee, brittle, fudge, marzipan, nougat, candy bars, and candy of all kinds;
- Ice cream, ice milk, frozen yogurt, custard, whipped cream, sherbet, sorbet, gelato, granita, Italian ices, frozen carbonated beverages, snow cones, and ice pops; and
- Any food product with a main ingredient that appears on this list or other Agency guidance as an accessory food item.

Food Items That Complement or Supplement Meals:

- Powdered, dried, or extracted spices or seasonings;
- Baking soda and baking powder;
- Sugar, honey, maple syrup, aspartame, molasses, high fructose corn syrup, and any other natural or artificial sweeteners;
- Soda pop, sports or energy drinks, iced tea, fruit punch, mixers for alcoholic beverages, water, and all other carbonated or uncarbonated beverages (except milk, plant-based milk alternatives, and 100% fruit or vegetable juice);
- Monosodium glutamate, sodium nitrate, olestra, and any other food additives or any food product that is edible but non-caloric and non-digestible;
- Vegetable oil, olive oil, shortening, lard, safflower oil, and any other solid or liquid oils or fats (except butter and butter substitutes);
- Ketchup, mayonnaise, salad dressing, hot sauce, mustard, vinegar, relish, horseradish, chutney, duck sauce, marmite, and all other condiments;
- Vanilla extract or other flavor extracts and cooking wine;
- Gravy and bouillon; and
- Any food product with a main ingredient that appears on this list or other guidance as an accessory food item (except infant formula).