

Food Pyramid category code	Categories - Food pyramid 2024	Food Pyramid sub-category code	Sub-categories - Food Pyramid 2024	Food Pyramid sub-subcategory code	Sub-sub-categories - Food Pyramid 2024	Food Pyramid code 2024 (full code incl. Sub-subcategory)	Description categories "food pyramid code 2024" Foods from GloboDiet tool classified in the sub-sub-categories
A	Beverages	1	Water	1	No Sub-subcategory	A0101	Water (spring, tap, mineral water). <u>Except:</u> ice cubes.
A	Beverages	2	Coffee, tee, flavoured water	1	Coffee, tea, flavoured waters all <u>without</u> added sugars/artificial sweeteners	A0201	Tea, coffee, coffee substitutes (e.g. chicory), herbal and fruit tea, with undefined added sugars/artificial sweeteners (e.g. coffee from vending machine), all without added milk/milk alternatives/cream or small amounts. <u>Except:</u> ice cubes and sweetened iced tea.
A	Beverages	2	Coffee, tee, flavoured water	2	Coffee, tea <u>with</u> undefined added sugars/artificial sweeteners (small quantities)	A0202	Tea, coffee, coffee substitutes (e.g. chicory), herbal and fruit tea, with undefined added sugars/artificial sweeteners (e.g. coffee from vending machine), all without added milk/milk alternatives or cream <u>Except:</u> ice cubes and sweetened iced tea.
B	Fruits and vegetables (without juices and soups)	1	Vegetables	1	Raw vegetables	B0101	All types of raw* vegetables incl. green salads/leaves, sprouts, mushrooms and seaweeds, pumpkin, onions, radish. <i>*fresh and eaten raw (unprocessed) also in sandwich or in puree (if raw and fresh or raw and unprocessed).</i> <u>Except:</u> avocados, olives, herbs, fruit-vegetable juices, or vegetables present in small amounts in salty snacks (e.g. petits fours, samosa), bread (bread with dried tomatoes), or sauces (e.g. Ketchup, pesto sauce).

B	Fruits and vegetables (without juices and soups)	1	Vegetables	2	Dried vegetables	B0102	All types of dried vegetables (e.g. dried mushrooms, tomatoes and seaweeds, green beans etc.), incl. in sachet or vacuumed. Except: herbs, if contained in small amounts in salty snacks (e.g. petits fours, samosa), bread (bread with dried tomatoes).
B	Fruits and vegetables (without juices and soups)	1	Vegetables	3	Transformed vegetables	B0103	All types of transformed vegetables, frozen (if typically blanched before freezing), canned, pickled (incl. capers), cooked, past/concentrate (tomato paste), in puree (if not explicitly eaten raw and fresh, incl. peeled tomatoes in tin can), on pizza/quiches and in sandwiches (if with nutrient doses), incl. unknown cooking method or unknown conservation method. Eggplant , green beans, peas, asparagus and sweet corn which are toxic when eaten raw, were considered transformed unless described as dried. Silverskin onions are per definition considered as pickled. Except: unknown cooking method for salad, rucola and radish because there are most commonly eaten raw; avocados and olives (spread), fruit-vegetable juices or sauces (e.g. Ketchup, pesto sauce) or vegetables present in small amounts in salty snacks (e.g. petits fours, samosa).
B	Fruits and vegetables (without juices and soups)	1	Vegetables	4	Vegetable sauces	B0104	All types of vegetables sauces made essentially with vegetables and without large amount of fat (e.g. tomato sauce, all'arrabbiata sauce). Except: tomato concentrate (e.g. tomato paste)
B	Fruits and vegetables (without juices and soups)	2	Fruits	1	Dried fruits	B0201	All types of dried fruits (e.g. raisins/sultanas, dried apricots and figs). Except: fruit juices, fruit jams, candied fruits or if contained in small amounts in yoghurts, cakes (e.g. blueberry muffin), ice-creams and other sweets, dry fruit in nut mix.

B	Fruits and vegetables (without juices and soups)	2	Fruits	2	Raw fruits	B0202	All types of raw* fruits (included fruits described as raw but with unknown conservation method) <i>*eaten raw and fresh (unprocessed) or eaten raw after freezing (e.g. frozen berries) or raw and in puree if homemade/restaurant-catering and described</i> fruits described as raw with unknown cooking method (not compote or explicitly cooked or transformed) or fruits described as raw but with unknown conservation methods (not compote or explicitly cooked or transformed) or cooking method not applicable and fresh (not in compote) were classified as raw. Except: fruit juices, if contained in small amounts in yoghurts, cakes (e.g. blueberry muffin), ice-creams and other sweets.
B	Fruits and vegetables (without juices and soups)	2	Fruits	3	Transformed fruits	B0203	All types of transformed fruits, frozen if not eaten raw, compote, in puree, canned (without the conservation juice), Except: fruit puree described: i) as raw and fresh or ii) as fresh and no cooking methods apply and homemade/catering-restaurant; fruit juices, fruit jams, candied fruits or if contained in small amounts in yoghurts, cakes (e.g. blueberry muffin), ice-creams and other sweets.
C	Cereal products and potatoes	1	Tubers and tuber products	1	Tubers	C0101	All types of minimal cooked tubers (e.g. potatoes, sweet potatoes).
C	Cereal products and potatoes	1	Tubers and tuber products	2	Tuber products	C0102	Potato products (e.g. rösti, gnocchi, French fries, reconstituted mashed potatoes), any fried tuber, any mashed tuber or reconstituted from dry form
C	Cereal products and potatoes	2	Bread and bread products	1	Bread	C0201	All types of bread (e.g. baguette, bread rolls, milk bread), flat bread, croissants, bread/pastry with caraway. Except: stuffed croissants (e.g. hazelnut croissants), sweet pastries (e.g. chocolate croissants) and any bread with chocolate.
C	Cereal products and potatoes	2	Bread and bread products	2	Crisp bread	C0202	All types of crisp bread (e.g. zwieback, rice crackers, Swedish rolls) and breadcrumbs.
C	Cereal products and potatoes	3	Cereal products	1	Rice	C0301	All type of rice (e.g. rice for risotto, wholegrain rice), vine leaf filled with rice.

C	Cereal products and potatoes	3	Cereal products	2	Pasta and stuffed pasta	C0302	All type of pasta (e.g. penne, spaghetti, pasta for lasagne) and stuffed pasta (e.g. ravioli, tortellini), schupfnudeln, spätzli, rice noodles and salty knödel (e.g. Serviettenknödel), pasta made with pulses.
C	Cereal products and potatoes	3	Cereal products	3	Flours and starches	C0303	All types of flours and starches incl. corn flour (maizena).
C	Cereal products and potatoes	3	Cereal products	4	Dough	C0304	All types of dough (e.g. puff dough/pastry dough, dough for pizza).
C	Cereal products and potatoes	3	Cereal products	5	Other cereals, pseudo cereals and other starchy food	C0305	All other cereals, pseudo cereals and starchy food , bulgur, wheat or other cereal grains (e.g. couscous, barley, quinoa), chestnuts, cereal semolina, ready-to-eat crepe <u>without</u> filling and unprocessed corn for popcorn.
C	Cereal products and potatoes	4	Cereal flakes and breakfast cereals	1	Cereal flakes	C0401	All natural cereal flakes , oatmeal, flakes from birchermuesli and porridge, dried wheat germs, natural cereal bran, all with or without dried fruits and/or nuts, all <u>without</u> added sugars/artificial sweeteners and without major food processing.
C	Cereal products and potatoes	4	Cereal flakes and breakfast cereals	2	Breakfast cereals	C0402	All processed and branded breakfast cereals (e.g. cornflakes) with or without sugars and <u>processed</u> ; ready-to-eat birchermuesli mixes with added sugars/artificial sweeteners/unknown sweeteners.
D	Dairy products, without desserts and butters	1	Milk and milk products	1	Milk and milk products without added sugars	D0101	All types of mammals' milk , branded fermented milk drinks (e.g. Bifidus, kefir drink, ayran), yoghurt drink and buttermilk, all in liquid form, all without added sugars/artificial sweeteners (e.g. natural milk, nature whey). All types of coffee with more milk than coffee e.g. cappuccino, wiener coffee, milk coffee with unspecified quantity of milk or cream, branded warm or cold coffee mixes with milk or cream, all without added sugars.
D	Dairy products, without desserts and butters	1	Milk and milk products	2	Milk and milk products with added sugars	D0102	All type of mammals' milk , branded fermented milk drinks (e.g. Bifidus, kefir drink, ayran), yoghurt drink and buttermilk, all in liquid form, with added sugars/artificial sweeteners/unknown sugars (e.g. milk drinks with sugar and/or fruits). All types of coffee with more milk than coffee e.g. cappuccino, wiener coffee, milk coffee with unspecified quantity of milk or cream, branded warm or cold coffee mixes with milk or cream, all with added sugars/sweeteners or unknown added sugar.

D	Dairy products, without desserts and butters	2	Yoghurt and yoghurt products	1	Yoghurt and yoghurt products without added sugars	D0201	All types of mammals' yoghurt , branded fermented milk and kefir, all in semi-solid form and without added sugars/artificial sweeteners (e.g. natural yoghurt).
D	Dairy products, without desserts and butters	2	Yoghurt and yoghurt products	2	Yoghurt and yoghurt products with added sugars	D0202	All types of mammals' yoghurt , branded fermented milk and kefir, all in semi-solid form and with added sugars/artificial sweeteners or unknown added sugar (e.g. branded yoghurt with sugar and/or fruits).
D	Dairy products, without desserts and butters	3	Cheese	1	Fresh cheese without added sugar	D0301	All types of mammals' soft white cheese without added sugar (e.g. cottage cheese, Petit suisse, quark, skyr, ricotta, fresh whey cheese ("Ziger"/"sérac"/"zigra") and tzatziki sauce).
D	Dairy products, without desserts and butters	3	Cheese	2	Spread cheese	D0302	All type of mammals' spread cheese and processed/melted cheese, often branded and portioned, included fresh cream cheese.
D	Dairy products, without desserts and butters	3	Cheese	3	Soft cheese	D0303	All type of mammals' soft and semi-soft cheese (e.g. brie, gorgonzola, mozzarella), included Halloumi, paneer and grilled cheeses.
D	Dairy products, without desserts and butters	3	Cheese	4	Hard and semi-hard cheese	D0304	All types of mammals' hard and semi-hard cheese (e.g. Gruyere, Emmental, Tilsit, Lucerner cream cheese, parmesan).
D	Dairy products, without desserts and butters	3	Cheese	5	Fresh cheese with added sugar	D0305	All types of mammals' soft white cheese with added sugar/sweeteners/fruits or unknown added sugar (e.g. Petit suisse, quark, skyr).
E	Milk and yoghurt substitutes	1	Milk substitute	0	No Sub-subcategory	E0100	All types of milk substitutes (e.g. soy drink, almond drink).
E	Milk and yoghurt substitutes	2	Yoghurt substitute	0	No Sub-subcategory	E0200	All types of yoghurt substitutes , skyr-vegan.

F	Pulses, eggs, meat and others	1	Unprocessed meat	1	Red meat	F0101	All types of unprocessed meat and offal from beef, veal, pork, lamb, mutton, horse, goat, rabbit, wild red meat (e.g. venison/deer), incl. beef tartar.
F	Pulses, eggs, meat and others	1	Unprocessed meat	2	Poultry	F0102	All types of unprocessed meat and offal from chicken, turkey, duck, goose, ostrich.
F	Pulses, eggs, meat and others	1	Unprocessed meat	3	Other unprocessed meat	F0103	All types of unprocessed meat and offal from any unspecified animals; frog and crocodile.
F	Pulses, eggs, meat and others	2	Processed meat	1	Typical processed meat	F0201	All types of typically processed meat , sausages, cold cuts, smoked or cured meat (e.g. ham, smoked bacon, salami corned beef, beef jerky, hot dog sausages, meat terrine).
F	Pulses, eggs, meat and others	2	Processed meat	2	Meat sauces and hamburger meat	F0202	All types of meat sauces and hamburger meat , meat-based sauces (e.g. Bolognese sauce), meat-based spread (e.g. liver spread), minced meat with added ingredients (e.g. meat for burgers). <u>Except:</u> beef tartar.
F	Pulses, eggs, meat and others	3	Fish and seafood	1	Unprocessed fish and seafood	F0301	All types of unprocessed fish , seafood and snails, even if canned, salmon tartar, filet battered.
F	Pulses, eggs, meat and others	3	Fish and seafood	2	Processed fish products	F0302	All types of processed fish , processed fish in crumbs and seafood (fish mousse, surimi, and caviar).
F	Pulses, eggs, meat and others	4	Eggs	0	No Sub-subcategory	F0400	All types of eggs , white egg and egg yolk, eggs used in omelets, scrambled eggs and omelet strips (flädli, “célestine/Celestina all’uovo”). <u>Except:</u> if contained in small amounts in cakes, salty snacks or sauces.

F	Pulses, eggs, meat and others	5	Meat alternatives	1	Cooked pulses and soy, unprocessed	F0501	All types of pulses and soy (e.g. lentils, dry beans).
F	Pulses, eggs, meat and others	5	Meat alternatives	2	Typical pulses and soy products	F0502	All type of typical processed* pulses and soy products (e.g. falafel, tofu, tempeh, lentil dal, etc.). <i>*processed means more than just cooked</i>
F	Pulses, eggs, meat and others	5	Meat alternatives	3	Other processed meat substitute	F0503	All other processed meat substitute : seitan, quorn, yasoya, and other vegetarian products (e.g. vegetarian sausages, vegetarian meat substitute for burgers).
F	Pulses, eggs, meat and others	6	Dietary and sports supplements, high protein bars	0	No Sub-subcategory	F0600	All types of dietetic products rich in proteins (e.g. meal replacements, protein shakes, incl. protein bar).
G	Oils and fats	1	Vegetable oils	0	No Sub-subcategory	G0100	All types of added vegetable oils (e.g. rapeseed oils, olive oil, sunflower oil, and any unspecified vegetable oils).
G	Oils and fats	2	Butter	0	No Sub-subcategory	G0200	All types of added butter* to cook and spread on bread. <i>*Butter mixed with other ingredients is considered butter if 50% of fat is butter.</i>
G	Oils and fats	3	Margarine	0	No Sub-subcategory	G0300	All types of added margarine* to cook and spread on bread, vegan butter substitutes. <i>*mixed with less than 50% butter.</i>
G	Oils and fats	4	Other fats and oils	0	No Sub-subcategory	G0400	All types of other fats and oils , coco fat used to cook, undefined fats used to cook, added animal fats (e.g. pig fat, fish oil) and any unspecified fats.
G	Oils and fats	5	Cream	0	No Sub-subcategory	G0500	All types of added mammals' creams and mascarpone.
G	Oils and fats	6	Substitutes for cream and cheese	0	No Sub-subcategory	G0600	All types of vegetarian cream substitutes and all types of vegetarian cheese substitutes* <i>* All substitute products were classified separately from "conventional products" to enable accurate reporting of their consumption, but also as a result of their heterogeneity. Additionally, the cheese substitute consumption was so small in the study that no separate category could be created. Within the dairy substitutes group, the category of cream substitutes was preferred over the yoghurt substitutes and the milk</i>

							<i>substitutes categories, due to the high fat content of cheese substitutes currently on the market.</i>
G	Oils and fats	7	Sauces rich in fats	0	No Sub-subcategory	G0700	All types of sauces rich in fats , mayonnaise, veganaise, guacamole, tapenade, sesame-paste, sauces rich in oils (e.g. pesto), sauces rich in butter (e.g. sauce Hollandaise, café de Paris), other sauces rich in cream or other fats (e.g. carbonara, cocktail sauce, hummus, satay and curry sauce), coco milk and unknown salty sauces if with fat or unknown fat.
G	Oils and fats	8	Dressing sauces	0	No Sub-subcategory	G0800	All types of dressing sauces (e.g. French dressing, Italian dressing).
H	Nuts and seeds (incl. unprocessed olives and avocados)	1	Olives and avocados unprocessed	1	Olives unprocessed	H0101	All types of unprocessed olives .
H	Nuts and seeds (incl. unprocessed olives and avocados)	1	Olives and avocados unprocessed	2	Avocado unprocessed	H0102	Unprocessed avocado .
H	Nuts and seeds (incl. unprocessed olives and avocados)	2	Nuts and seeds	0	No Sub-subcategory	H0200	All types of dried nuts and seeds (e.g. almonds, hazelnuts, coconut, pumpkin seeds), all with or without salt.
I	Sweetened beverages, sweets and salty snacks (optional)	1	Sugary Foods and Desserts	1	Ice-cream	I0101	All types of ice-cream (e.g. ice-cream made with cream, sorbet and branded water ice-creams) and iced cakes.
I	Sweetened beverages, sweets and salty snacks (optional)	1	Sugary Foods and Desserts	2	Desserts	I0102	All types of desserts made with dairy products (e.g. panna cotta, pudding, chocolate mousse, caramel cream, tiramisu).
I	Sweetened beverages, sweets and salty snacks (optional)	1	Sugary Foods and Desserts	3	Sugar	I0103	All types of beet or cane sugars , jams, jelly, honey, syrup, sweet sauces (e.g. caramel or chocolate sauce, maple syrup, chutney), sweet spreads made with chocolate, nuts or other sweet spread (e.g. chocolate spread, peanut butter, lemon curd) , sweet topping (e.g. sugar or chocolate icing), and chocolate powder. <u>Except:</u> stevia and artificial sweeteners (dedicated category).

I	Sweetened beverages, sweets and salty snacks (optional)	1	Sugary Foods and Desserts	4	Cake	10104	All types of sweet cakes pies and tarts (e.g. brownies, lemon cakes, muffins, panettone, Linz tart, lemon pie), sweet pastries (e.g. hazelnut and chocolate and filled croissants, Berliner doughnuts, churros, waffles) and pre-backed commercial pie base for small pastries.
I	Sweetened beverages, sweets and salty snacks (optional)	1	Sugary Foods and Desserts	5	Biscuit	10105	All types of sweet and dried biscuits (e.g. shortbread, amaretto, Christmas biscuits, chocolate chip cookies, leckerli, meringue), sweet crackers (e.g. with chocolate, honey).
I	Sweetened beverages, sweets and salty snacks (optional)	1	Sugary Foods and Desserts	6	Pure Chocolate and chocolate products	10106	All types of pure chocolate (e.g. white, milk, dark chocolate) and chocolate products , confectionary made with chocolate (e.g. chocolate filled with: alcohol, fruit, nuts and/or cream) pralines, branded chocolate bars, popcorn with chocolate and Easter rabbits.
I	Sweetened beverages, sweets and salty snacks (optional)	1	Sugary Foods and Desserts	7	Sweets	10107	All types of sweets and confectionery (e.g. marzipan, candied fruits, lollipop, marshmallows, nougat, gummy bears), sweet and sports cereal bars (e.g. energy bars), sweet popcorn without chocolate and chestnut vermicelli.
I	Sweetened beverages, sweets and salty snacks (optional)	2	Salty snacks	1	Dry salty snacks	10201	All types dry salty snacks , crisps and flips, salty crackers (e.g. golden fish biscuits, sticks sprinkled with salt and/or seeds, salty popcorn).
I	Sweetened beverages, sweets and salty snacks (optional)	2	Salty snacks	2	Ready-to-eat salty snacks	10202	All types of ready-to-eat salty snacks as cocktail canapés, crostini/bruschetta, spring rolls, ham croissants, samosa and sausage rolls.
I	Sweetened beverages, sweets and salty snacks (optional)	3	Softdrinks	1	Sugary soft drinks	10301	All types of sugary soft drinks , sports drinks, fizzy drinks, iced tea, diluted syrup, coconut water, drinks made with fruit juices (e.g. lemonades), all with added sugars, flavoured water with sugars, all soft drinks with combined sugar and artificial sweeteners or undefined sugar content. <u>Except:</u> nectar, 100% fruit or vegetable juice
I	Sweetened beverages, sweets and salty snacks (optional)	3	Softdrinks	2	Soft drinks with artificial sweeteners	10302	All type of soft drinks with artificial sweeteners : sugar-free soft drinks, sports drinks, fizzy drinks, iced tea, diluted syrup.
I	Sweetened beverages, sweets and salty snacks (optional)	4	Energy drinks	0	No Sub-subcategory	10400	All types of energy drinks with and without sugar/artificial sweeteners.

I	Sweetened beverages, sweets and salty snacks (optional)	5	Alcoholic drink substitutes	0	No Sub-subcategory	I0500	All type of alcoholic drink substitutes , alcohol-free beers, punch and cider, all without alcohol.
I	Sweetened beverages, sweets and salty snacks (optional)	6	Alcohol beverages	1	Beer	I0601	All types of beers (with alcohol), apple or pear ciders, shandy (e.g. beer with lemonade or grenadine syrup).
I	Sweetened beverages, sweets and salty snacks (optional)	6	Alcohol beverages	2	Wine	I0602	All types of white and red wine , champagne, prosecco, wine products (e.g. sangria, mulled wine (glühwein), punch with alcohol, wine with syrup), port, sherry and vermouths.
I	Sweetened beverages, sweets and salty snacks (optional)	6	Alcohol beverages	3	Other alcoholic beverages	I0603	All types of other alcoholic beverages , spirits, cocktails and long drinks with alcohol, “alcopops”, liquors and any other alcoholic drinks (e.g. coffee with spirit).
I	Sweetened beverages, sweets and salty snacks (optional)	7	added artificial sweeteners, stevia	0	No Sub-subcategory	I0700	All types of added artificial sweeteners (e.g. xylite, aspartame) and stevia.
I	Sweetened beverages, sweets and salty snacks (optional)	8	All fruit-vegetable juice, nectar and schorle	0	No Sub-subcategory	I0800	All types of fruit and vegetable juices , including 100% juice, smoothie, nectar, all with and without added sugar and made out of concentrate or fresh fruits and/or vegetables, and schorle, sparkling grape juice. <u>Except:</u> coconut water.
Z	Others	1	Soups and bouillon	1	Bouillon	Z0101	All types of bouillons , vegetable-based bouillons, meat-based bouillons or fish-based bouillons, bouillon-based soups and clear soups with small amount of meat, pasta, vegetable or egg products, miso.
Z	Others	1	Soups and bouillon	2	Vegetable soups, fresh made	Z0102	All types of homemade or restaurant made vegetable soups , <u>without</u> any known starchy food or meat, all with or without cream. <u>Except:</u> branded instant-vegetable soups.
Z	Others	1	Soups and bouillon	3	Meat or fish soup, fresh made	Z0103	All types of meat or fish-based soups homemade or restaurant made.
Z	Others	1	Soups and bouillon	4	Other types of soups	Z0104	All other types of soups with starchy foods, branded instant-vegetable soups, soups essentially made with cream and any unspecified soups; vegetable and meat/fish soups with unknown preparation/cooking methods.

Z	Others	2	Varia	0	No Sub-subcategory	Z0200	Ice cubes, vinegar and other liquid condiment (e.g. Tabasco), yeast, gelatine and its vegetable substitutes, mustard, herbs, spices, added salt, sauces made essential with water and condiment (e.g. brown gravy for roast meat, wasabi paste, soya sauce, Ketchup, sweet chili sauce), undefined sauces when not containing fat or unknown fat, chewing gums, spiced mixed breadcrumbs, concentrated dry instant coffee not reconstituted, sirup (in its concentrated form) sweetened only with artificial sweeteners.
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In addition to the food groups from the Swiss food pyramid, some “special categories” have been created grouping subgroups or specific food items to better fit the Swiss food pyramid recommendations or answer specific research questions on hot topics.

Grouping by combining sub-sub- categories	(variable: Food_pyramid_code_2024)
All beverages, without soups:	A0101, A0201, A0202, D0101, D0102, E0100, I0301, I0302, I0400, I0500, I0601, I0602, I0603, I0800
Vegetables with vegetable soups:	B0101, B0102, B0103, B0104, Z0102
All meat and meat products, without meat substitute:	F0101, F0102, F0103, F0201, F0202

Grouping by combining specific foods	(variable: FOOD_NUM)
Solid soy products without soy sprout, soy oils/margarines and without mixed products	00111, 00126, 00233, 00382, 00859, 00861, 01875, 01890, 01964, 02055, 02087
Liquid soy products	00232, 01567, 01575, 01839, 01888