Food Patterns Equivalents Database

for Use with WWEIA, NHANES 2017-March 2020 Prepandemic

USDA's Food Patterns Equivalents Database *for Use with WWEIA, NHANES 2017-March 2020 Prepandemic* is a unique dataset developed to convert foods and beverages reported in the What We Eat in America, National Health and Nutrition Examination Survey (WWEIA, NHANES) 2017-March 2020 Prepandemic to 37 USDA Food Patterns (FP) components. FP components are defined as cup equivalents of Fruit, Vegetables, and Dairy; ounce equivalents of Grains and Protein Foods; teaspoon equivalents of Added Sugars; gram equivalents of Solid Fats and Oils; and number of Alcoholic Drinks. The FPED *for Use with WWEIA, NHANES 2017-March 2020 Prepandemic* is an extension of FPED 2017-2018 and provides a unique research tool to evaluate food and beverage intakes of Americans compared to recommendations of the 2020-2025 Dietary Guidelines for Americans. The Food Patterns Equivalents Ingredients Database (FPID) 2017-2018 includes 37 FP components for each unique ingredient and may be applied to the FPED *for Use with WWEIA, NHANES 2017-March 2020 Prepandemic* as well.

FPED *for Use with WWEIA, NHANES 2017-March 2020 Prepandemic* Products

- Food Patterns Equivalents Database 2017-2018: Methodology and User Guide, *Amended for use with WWEIA, NHANES 2017-March 2020* Prepandemic
- Food Patterns Equivalents Database for use with WWEIA, NHANES 2017-March 2020 Prepandemic Documentation, *Addendum to FPED 2017-2018 Methodology and User Guide*
- The amounts of 37 FP components present per 100 grams of each of WWEIA, NHANES 2017-March 2020 Prepandemic foods and beverages in Microsoft Excel® and SAS®
- The amounts of 37 FP components in each food and beverage reported per respondent for day 1, day 2, and total per day in What We Eat in America (WWEIA), NHANES 2017-March 2020 Prepandemic, and respondents' demographic information, in SAS®
- Three table sets containing estimates of mean intakes of 37 FP components on day 1, by demographic subgroups
- SAS® codes file to create mean intake estimates of 37 FP components on day 1, by demographic subgroups

FPED *for Use with WWEIA, NHANES 2017-March 2020 Prepandemic*

- **fped_1720.xlsx:** Food Patterns Equivalents per 100 grams of foods in Microsoft Excel®
- **fped_1720.sas7bdat:** Food Patterns Equivalents per 100 grams of foods in SAS®

FP Equivalents Dietary Intake SAS® Files for WWEIA, NHANES 2017-March 2020 Prepandemic

- **fped_dr1tot_1720.sas7bdat:** total amount of each of 37 FP components from foods and beverages reported by respondents on day 1 and demographic variables
- **fped_dr2tot_1720.sas7bdat:** total amount of each of 37 FP components from foods and beverages reported by respondents on day 2 and demographic variables
- **fped_dr1iff_1720.sas7bdat:** amount of each of 37 FP components present in each food and beverage reported by respondents on day 1 and demographic variables
- **fped_dr2iff_1720.sas7bdat:** amount of each of 37 FP components present in each food and beverage reported by respondents on day 2 and demographic variables

FPED *for Use with WWEIA, NHANES 2017-March 2020 Prepandemic* is available at:

www.ars.usda.gov/nea/bhnrc/fsrg

37 Food Patterns Components

FPED *for Use with WWEIA, NHANES 2017-March 2020 Prepandemic*

Main Components	FPID/FPED Components
Fruit	1 Total fruit
	2 Citrus, melons, and berries
	3 Other fruits
	4 Fruit juice
Vegetables	5 Total vegetables
	6 Dark green vegetables
	7 Total red and orange vegetables
	8 Tomatoes
	9 Other red and orange vegetables (excludes, tomatoes)
	10 Total starchy vegetables
	11 Potatoes (white potatoes)
	12 Other starchy vegetables (excludes white potatoes)
	13 Other vegetables
	14 Beans and peas computed as vegetables
Grains	15 Total grains
	16 Whole grains
	17 Refined grains
Protein Foods	18 Total protein foods
	19 Total meat, poultry, and seafood
	20 Meat (beef, veal, pork, lamb, game)
	21 Cured meat (frankfurters, sausage, corned beef, cured ham and luncheon meat made from beef, pork, poultry)
	22 Organ meat (from beef, veal, pork, lamb, game, poultry)
	23 Poultry (chicken, turkey, other fowl)
	24 Seafood high in *n*-3 fatty acids
	25 Seafood low in *n*-3 fatty acids
	26 Eggs
	27 Soybean products (excludes calcium fortified soy milk and mature soybeans)
	28 Nuts and seeds
	29 Beans and peas computed as protein foods
Dairy	30 Total dairy (milk, yogurt, cheese, whey)
	31 Milk (includes calcium fortified soy milk)
	32 Yogurt
	33 Cheese
Oils	34 Oils
Solid Fats	35 Solid fats
Added Sugars	36 Added sugars
Alcoholic Drinks	37 Alcoholic drinks

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Food Surveys Research Group
Beltsville Human Nutrition Research Center
Agricultural Research Service, USDA
July 2023