



DIETARY INTAKE DATA

What We Eat in America

NHANES 2003-2004

Food and Nutrient-Related Variables

- For each food eaten by a survey participant:
 - ♦ Name, identified by a USDA food code and description
 - ♦ Amount consumed, in grams
 - ♦ Amounts of food energy and 62 nutrients/food components provided by each food
 - ♦ Identification of foods eaten in combination (e.g., cereal with milk added)
 - ♦ Separate ingredients coded for many salads and sandwiches
 - ♦ Day of week
 - ♦ Eating occasion – time and name (breakfast, lunch, etc.)
 - ♦ Source of food (where obtained)
 - ♦ Whether the food was eaten at home or not
- For each survey participant:
 - ♦ Daily aggregates of food energy and 62 nutrients/food components
 - ♦ Whether the amount of food consumed was usual, much more than usual, or much less than usual
 - ♦ Amount of water consumed – total plain water, tap water, bottled water, and plain carbonated water
 - ♦ Salt type and use in food preparation and at the table
 - ♦ Whether on a special diet and type of diet
 - ♦ Frequency of fish/shellfish consumption in past 30 days (1-5 years and women 16-49 years)

Sample and Data Collection

- Nationally representative sample of individuals of all ages
- Oversampled persons 12-19 years and 60+ years, African-Americans, Mexican-Americans, low-income persons, and pregnant women
- Day 1 dietary recalls for 9,034 individuals, all ages; Day 2 recalls for 8,354 individuals, all ages
- Two nonconsecutive days of dietary intake using 24-hour recalls
 - ♦ Day 1 in-person at the Mobile Exam Center
 - ♦ Day 2 from central NHANES telephone center
- Computerized method for collecting interviewer-administered 24-hour dietary recalls
- Bilingual interviewers

USDA Food and Nutrient Database for Dietary Studies, 2.0

- Database of foods, their nutrient values, and weights for typical food portions
- Used to process What We Eat in America, NHANES 2003-2004
- Can be used in research projects to analyze What We Eat in America data, and in other food intake studies to code foods and amounts eaten and calculate amounts of nutrients/food components
- For complete list of nutrients/food components, see other side...

For more information about What We Eat in America, NHANES 2003-2004, visit our web site:

<http://www.ars.usda.gov/ba/bhnrc/fsrg>

FNDDS-2.0 Nutrients and Food Components

Food energy (kcal)	Vitamin A as retinol activity equivalents (µg)
Protein (g)	Retinol (µg)
Carbohydrate (g)	Carotenoids:
Fat, total (g)	Carotene, alpha (µg)
Alcohol (g)	Carotene, beta (µg)
	Cryptoxanthin, beta (µg)
	Lycopene (µg)
Sugars, total (g)	Lutein + zeaxanthin (µg)
Dietary fiber, total (g)	Vitamin E as alpha-tocopherol (mg)
Water (g)	Added vitamin E (mg)
	Vitamin K as phylloquinone (µg)
Saturated fatty acids, total (g)	Vitamin C (mg)
Monounsaturated fatty acids, total (g)	Thiamin (mg)
Polyunsaturated fatty acids, total (g)	Riboflavin (mg)
Cholesterol (mg)	Niacin (mg)
	Vitamin B-6 (mg)
Individual fatty acids:	Folate, total (µg)
4:0 (g)	Folate (DFE) (µg)
6:0 (g)	Folic acid (µg)
8:0 (g)	Food folate (µg)
10:0 (g)	Vitamin B-12 (µg)
12:0 (g)	Added vitamin B-12 (µg)
14:0 (g)	
16:0 (g)	Calcium (mg)
18:0 (g)	Iron (mg)
	Magnesium (mg)
16:1 (g)	Phosphorus (mg)
18:1 (g)	Potassium (mg)
20:1 (g)	Sodium (mg)
22:1 (g)	Zinc (mg)
	Copper (mg)
18:2 (g)	Selenium (µg)
18:3 (g)	
18:4 (g)	Caffeine (mg)
20:4 (g)	Theobromine (mg)
20:5 n-3 (g)	
22:5 n-3 (g)	
22:6 n-3 (g)	

For more information about the Food and Nutrient Database for Dietary Studies, see:

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