

What We Eat in America Food Categories 2007-2008.

Food category	Codes ²	Reports ¹	
		Day 1	Day 2
MILK AND DAIRY			
Milk			
1002 Milk, whole	10	2,545	2,178
1004 Milk, reduced fat	6	2,990	2,740
1006 Milk, lowfat	8	802	762
1008 Milk, nonfat	9	756	674
Flavored Milk			
1202 Flavored milk, whole	10	242	165
1204 Flavored milk, reduced fat ³	14	475	308
1206 Flavored milk, lowfat	5	113	117
1208 Flavored milk, nonfat	4	25	35
Dairy Drinks and Substitutes			
1402 Milk shakes and other dairy drinks	24	173	130
1404 Milk substitutes	10	217	226
Cheese			
1602 Cheese	69	3,891	3,079
1604 Cottage/ricotta cheese	16	106	132
Yogurt			
1802 Yogurt, whole and reduced fat	4	100	133
1804 Yogurt, lowfat and nonfat	18	487	525
PROTEIN FOODS			
Meats			
2002 Beef, excludes ground	77	901	772
2004 Ground beef	12	819	632
2006 Pork	83	653	546
2008 Lamb, goat, game	48	52	48
2010 Liver and organ meats	15	33	22
Poultry			
2202 Chicken, whole pieces	117	2,211	2,106
2204 Chicken patties, nuggets and tenders	4	669	603
2206 Turkey, duck, other poultry	66	247	235
Seafood			
2402 Fish	183	582	558
2404 Shellfish	67	294	197
Eggs			
2502 Eggs and omelets	68	2,032	1,686
Cured Meats/Poultry			
2602 Cold cuts and cured meats	91	2,008	1,753
2604 Bacon	11	718	572
2606 Frankfurters	15	631	486
2608 Sausages	38	789	618
Plant-based Protein Foods			
2802 Beans, peas, legumes	85	1,182	994
2804 Nuts and seeds	62	1,362	1,195
2806 Processed soy products	27	72	58

1. Number of times reported in 2007-2008.

2. Number of FNDDS codes in food category.

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SOURCE: What We Eat in America, NHANES 2007-2008, day 1 (n=9,255) and 2 (n=7,838), all individuals.

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MIXED DISHES			
Mixed Dishes - Meat, Poultry, Seafood			
3002 Meat mixed dishes	315	1,047	841
3004 Poultry mixed dishes	148	626	479
3006 Seafood mixed dishes	125	291	212
Mixed Dishes - Grain-based			
3202 Rice mixed dishes	88	589	414
3204 Pasta mixed dishes, excludes macaroni and cheese	115	929	728
3206 Macaroni and cheese	14	531	470
3208 Turnovers and other grain-based items	43	246	159
Mixed Dishes - Asian			
3402 Fried rice and lo/chow mein	33	335	168
3404 Stir-fry and soy-based sauce mixtures	70	375	201
3406 Egg rolls, dumplings, sushi	18	137	84
Mixed Dishes - Mexican			
3502 Burritos and tacos	42	425	328
3504 Nachos	10	71	46
3506 Other Mexican mixed dishes	61	382	241
Mixed Dishes - Pizza			
3602 Pizza	77	1,377	905
Mixed Dishes - Sandwiches (single code)			
3702 Burgers (single code)	50	495	351
3704 Chicken/turkey sandwiches (single code)	29	271	182
3706 Egg/breakfast sandwiches (single code)	41	183	153
3708 Other sandwiches (single code)	88	266	197
Mixed Dishes - Soups			
3802 Soups	287	1,458	1,263
GRAINS			
Cooked Grains			
4002 Rice	31	1,045	1,081
4004 Pasta, noodles, cooked grains	48	174	217
Breads, Rolls, Tortillas			
4202 Yeast breads	141	4,556	4,164
4204 Rolls and buns	49	1,914	1,461
4206 Bagels and English muffins	62	341	341
4208 Tortillas	8	1,541	1,281
Quick Breads and Bread Products			
4402 Biscuits, muffins, quick breads	70	879	783
4404 Pancakes, waffles, French toast	34	666	561
Ready-to-Eat Cereals			
4602 Ready-to-eat cereal, higher sugar (>21.2g/100g)	127	1,625	1,406
4604 Ready-to-eat cereal, lower sugar (=<21.2g/100g)	81	1,116	1,046
Cooked Cereals			
4802 Oatmeal	21	555	615
4804 Grits and other cooked cereals	76	175	190

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SNACKS AND SWEETS			
Savory Snacks			
5002 <i>Potato chips</i>	14	1,300	892
5004 <i>Tortilla, corn, other chips</i>	22	1,604	909
5006 <i>Popcorn</i>	11	542	393
5008 <i>Pretzels/snack mix</i>	15	429	310
Crackers			
5202 <i>Crackers, excludes saltines</i>	52	1,167	945
5204 <i>Saltine crackers</i>	5	432	387
Snack/M Meal Bars			
5402 <i>Cereal bars</i>	23	300	305
5404 <i>Nutrition bars</i>	15	67	61
Sweet Bakery Products			
5502 <i>Cakes and pies</i>	284	1,282	949
5504 <i>Cookies and brownies</i>	125	2,604	2,060
5506 <i>Doughnuts, sweet rolls, pastries</i>	87	1,181	807
Candy			
5702 <i>Candy containing chocolate</i>	65	1,361	818
5704 <i>Candy not containing chocolate</i>	66	1,745	959
Other Desserts			
5802 <i>Ice cream and frozen dairy desserts</i>	111	1,527	1,108
5804 <i>Pudding</i>	56	216	171
5806 <i>Gelatins, ices, sorbets</i>	38	484	388
FRUIT			
Fruits			
6002 <i>Apples</i>	14	1,439	1,290
6004 <i>Bananas</i>	11	1,374	1,437
6006 <i>Grapes</i>	6	570	504
6008 <i>Peaches and nectarines</i>	14	355	312
6010 <i>Berries</i>	45	473	495
6012 <i>Citrus fruits</i>	21	743	682
6014 <i>Melons</i>	6	503	442
6016 <i>Dried fruits</i>	41	226	275
6018 <i>Other fruits and fruit salads</i>	110	925	881

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		Day 1	Day 2
VEGETABLES			
Vegetables, excluding Potatoes			
6402 Tomatoes	19	1,698	1,549
6404 Carrots	21	695	743
6406 Other red and orange vegetables	52	152	148
6408 Dark green vegetables, excludes lettuce	138	621	628
6410 Lettuce and lettuce salads	14	2,061	1,927
6412 String beans	43	470	564
6414 Onions	26	964	739
6416 Corn	64	545	596
6418 Other starchy vegetables	93	300	272
6420 Other vegetables and combinations	290	1,857	1,811
6422 Vegetable mixed dishes	180	438	296
White Potatoes			
6802 White potatoes, baked or boiled	20	346	383
6804 French fries and other fried white potatoes	17	1,807	1,273
6806 Mashed potatoes and white potato mixtures	55	1,008	920
BEVERAGES, NONALCOHOLIC			
100% Juice			
7002 Citrus juice	14	1,475	1,407
7004 Apple juice	2	853	660
7006 Other fruit juice	17	1,049	797
7008 Vegetable juice	9	119	115
Diet Beverages			
7102 Diet soft drinks	13	1,470	1,223
7104 Diet sport and energy drinks	5	10	2
7106 Other diet drinks	8	249	220
Sweetened Beverages			
7202 Soft drinks	20	4,868	3,262
7204 Fruit drinks	58	2,992	2,330
7206 Sport and energy drinks	11	491	369
7208 Nutritional beverages	14	98	77
Coffee and Tea			
7302 Coffee	53	4,141	3,563
7304 Tea	36	2,506	2,008
ALCOHOLIC BEVERAGES			
Alcoholic Beverages			
7502 Beer	2	817	432
7504 Wine	10	362	244
7506 Liquor and cocktails	59	369	163
WATER			
Plain Water			
7702 Tap water	2	7,724	7,468
7704 Bottled water	1	5,117	4,722
Flavored or Enhanced Water			
7802 Flavored or carbonated water	5	166	107
7804 Enhanced or fortified water	2	102	81

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FATS AND OILS			
Fats and Oils			
8002 Butter and animal fats	17	892	841
8004 Margarine	33	1,108	1,040
8006 Cream cheese, sour cream, whipped cream	26	623	488
8008 Cream and cream substitutes	23	1,453	1,213
8010 Mayonnaise	17	1,196	1,106
8012 Salad dressings and vegetable oils	69	1,461	1,300
CONDIMENTS AND SAUCES			
Condiments and Sauces			
8402 Tomato-based condiments	14	3,046	1,942
8404 Soy-based condiments	8	163	122
8406 Mustard and other condiments	40	1,379	1,036
8408 Olives, pickles, pickled vegetables	42	600	448
8410 Pasta sauces, tomato-based	12	157	197
8412 Dips, gravies, other sauces	57	932	625
SUGARS			
Sugars			
8802 Sugars and honey	11	2,211	1,749
8804 Sugar substitutes	11	1,024	824
8806 Jams, syrups, toppings	51	1,518	1,223
INFANT FORMULA AND BABY FOOD			
Baby Foods			
9002 Baby food: cereals	18	517	414
9004 Baby food: fruit	50	185	168
9006 Baby food: vegetable	31	157	113
9008 Baby food: meat and dinners	67	126	108
9010 Baby food: yogurt	11	9	3
9012 Baby food: snacks and sweets	32	150	103
Baby Beverages			
9202 Baby juice	17	172	152
Infant Formulas			
9402 Formula, ready-to-feed	66	103	91
9404 Formula, prepared from powder	32	1,593	1,240
9406 Formula, prepared from concentrate	22	131	81
Human Milk			
9602 Human milk	1	823	668
OTHER			
Other			
9999 Not included in a food category	88	387	314

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