

What We Eat in America Food Categories 2009-2010.

Food category	Codes ²	Reports ¹	
		Day 1	Day 2
MILK AND DAIRY			
Milk			
1002 Milk, whole	11	2,394	2,134
1004 Milk, reduced fat	6	3,085	2,943
1006 Milk, lowfat	8	1,179	1,086
1008 Milk, nonfat	9	952	852
Flavored Milk			
1202 Flavored milk, whole	10	253	236
1204 Flavored milk, reduced fat ³	14	455	327
1206 Flavored milk, lowfat	5	171	170
1208 Flavored milk, nonfat	4	41	42
Dairy Drinks and Substitutes			
1402 Milk shakes and other dairy drinks	24	198	162
1404 Milk substitutes	10	241	234
Cheese			
1602 Cheese	69	4,228	3,377
1604 Cottage/ricotta cheese	16	110	133
Yogurt			
1802 Yogurt, whole and reduced fat	4	126	144
1804 Yogurt, lowfat and nonfat	19	601	717
PROTEIN FOODS			
Meats			
2002 Beef, excludes ground	77	991	836
2004 Ground beef	11	788	702
2006 Pork	83	703	565
2008 Lamb, goat, game	48	81	37
2010 Liver and organ meats	15	39	22
Poultry			
2202 Chicken, whole pieces	117	2,348	2,068
2204 Chicken patties, nuggets and tenders	4	723	547
2206 Turkey, duck, other poultry	66	250	224
Seafood			
2402 Fish	183	683	589
2404 Shellfish	67	392	252
Eggs			
2502 Eggs and omelets	85	2,053	1,838
Cured Meats/Poultry			
2602 Cold cuts and cured meats	91	1,959	1,722
2604 Bacon	11	646	518
2606 Frankfurters	15	617	473
2608 Sausages	38	672	572
Plant-based Protein Foods			
2802 Beans, peas, legumes	86	1,314	1,121
2804 Nuts and seeds	64	1,660	1,491
2806 Processed soy products	27	100	81

1. Number of times reported in 2009-2010.

2. Number of FNDDS codes in food category.

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SOURCE: What We Eat in America, NHANES 2009-2010, day 1 (n=9,754) and 2 (n=8,406), all individuals.

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MIXED DISHES			
Mixed Dishes - Meat, Poultry, Seafood			
3002 Meat mixed dishes	315	1,040	848
3004 Poultry mixed dishes	148	679	508
3006 Seafood mixed dishes	125	375	266
Mixed Dishes - Grain-based			
3202 Rice mixed dishes	88	682	538
3204 Pasta mixed dishes, excludes macaroni and cheese	114	1,051	843
3206 Macaroni and cheese	15	550	481
3208 Turnovers and other grain-based items	46	202	121
Mixed Dishes - Asian			
3402 Fried rice and lo/chow mein	33	257	197
3404 Stir-fry and soy-based sauce mixtures	70	320	247
3406 Egg rolls, dumplings, sushi	18	174	100
Mixed Dishes - Mexican			
3502 Burritos and tacos	45	469	369
3504 Nachos	10	86	53
3506 Other Mexican mixed dishes	61	361	235
Mixed Dishes - Pizza			
3602 Pizza	94	1,504	1,012
Mixed Dishes - Sandwiches (single code)			
3702 Burgers (single code)	51	479	347
3704 Chicken/turkey sandwiches (single code)	32	248	194
3706 Egg/breakfast sandwiches (single code)	45	203	151
3708 Other sandwiches (single code)	91	255	223
Mixed Dishes - Soups			
3802 Soups	287	1,580	1,468
GRAINS			
Cooked Grains			
4002 Rice	31	1,242	1,211
4004 Pasta, noodles, cooked grains	48	219	267
Breads, Rolls, Tortillas			
4202 Yeast breads	141	4,644	4,324
4204 Rolls and buns	49	2,061	1,570
4206 Bagels and English muffins	62	449	444
4208 Tortillas	8	1,885	1,570
Quick Breads and Bread Products			
4402 Biscuits, muffins, quick breads	70	763	642
4404 Pancakes, waffles, French toast	34	741	591
Ready-to-Eat Cereals			
4602 Ready-to-eat cereal, higher sugar (>21.2g/100g)	127	1,754	1,524
4604 Ready-to-eat cereal, lower sugar (=<21.2g/100g)	80	1,244	1,227
Cooked Cereals			
4802 Oatmeal	30	559	583
4804 Grits and other cooked cereals	76	205	178

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SNACKS AND SWEETS			
Savory Snacks			
5002 <i>Potato chips</i>	15	1,234	846
5004 <i>Tortilla, corn, other chips</i>	22	1,570	1,055
5006 <i>Popcorn</i>	11	608	440
5008 <i>Pretzels/snack mix</i>	15	431	349
Crackers			
5202 <i>Crackers, excludes saltines</i>	52	1,228	1,042
5204 <i>Saltine crackers</i>	5	363	335
Snack/M Meal Bars			
5402 <i>Cereal bars</i>	31	379	392
5404 <i>Nutrition bars</i>	16	70	69
Sweet Bakery Products			
5502 <i>Cakes and pies</i>	285	1,206	853
5504 <i>Cookies and brownies</i>	125	2,791	2,169
5506 <i>Doughnuts, sweet rolls, pastries</i>	87	1,246	991
Candy			
5702 <i>Candy containing chocolate</i>	65	1,326	906
5704 <i>Candy not containing chocolate</i>	66	1,744	1,041
Other Desserts			
5802 <i>Ice cream and frozen dairy desserts</i>	111	1,464	1,165
5804 <i>Pudding</i>	56	226	180
5806 <i>Gelatins, ices, sorbets</i>	38	481	389
FRUIT			
Fruits			
6002 <i>Apples</i>	14	1,504	1,401
6004 <i>Bananas</i>	11	1,534	1,486
6006 <i>Grapes</i>	6	566	503
6008 <i>Peaches and nectarines</i>	14	404	311
6010 <i>Berries</i>	45	802	727
6012 <i>Citrus fruits</i>	21	824	772
6014 <i>Melons</i>	6	543	510
6016 <i>Dried fruits</i>	41	283	267
6018 <i>Other fruits and fruit salads</i>	110	1,118	967

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		Day 1	Day 2
VEGETABLES			
Vegetables, excluding Potatoes			
6402 Tomatoes	19	1,744	1,582
6404 Carrots	21	700	760
6406 Other red and orange vegetables	52	199	235
6408 Dark green vegetables, excludes lettuce	138	660	693
6410 Lettuce and lettuce salads	14	2,188	2,076
6412 String beans	43	424	524
6414 Onions	26	970	756
6416 Corn	64	518	570
6418 Other starchy vegetables	93	254	267
6420 Other vegetables and combinations	283	2,098	1,945
6422 Vegetable mixed dishes	180	415	304
White Potatoes			
6802 White potatoes, baked or boiled	20	389	389
6804 French fries and other fried white potatoes	21	1,827	1,273
6806 Mashed potatoes and white potato mixtures	55	940	863
BEVERAGES, NONALCOHOLIC			
100% Juice			
7002 Citrus juice	14	1,591	1,523
7004 Apple juice	2	863	811
7006 Other fruit juice	17	962	809
7008 Vegetable juice	9	109	115
Diet Beverages			
7102 Diet soft drinks	13	1,377	1,263
7104 Diet sport and energy drinks	7	22	19
7106 Other diet drinks	8	311	300
Sweetened Beverages			
7202 Soft drinks	20	4,560	3,180
7204 Fruit drinks	58	2,938	2,285
7206 Sport and energy drinks	11	537	388
7208 Nutritional beverages	14	71	75
Coffee and Tea			
7302 Coffee	53	4,289	3,778
7304 Tea	37	2,548	2,188
ALCOHOLIC BEVERAGES			
Alcoholic Beverages			
7502 Beer	2	952	577
7504 Wine	11	408	338
7506 Liquor and cocktails	59	429	204
WATER			
Plain Water			
7702 Tap water	2	7,053	7,250
7704 Bottled water	1	5,403	5,133
Flavored or Enhanced Water			
7802 Flavored or carbonated water	5	217	166
7804 Enhanced or fortified water	2	114	92

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		Day 1	Day 2
FATS AND OILS			
Fats and Oils			
8002 <i>Butter and animal fats</i>	17	1,120	1,018
8004 <i>Margarine</i>	32	1,095	1,031
8006 <i>Cream cheese, sour cream, whipped cream</i>	26	696	553
8008 <i>Cream and cream substitutes</i>	23	1,569	1,337
8010 <i>Mayonnaise</i>	17	1,267	1,130
8012 <i>Salad dressings and vegetable oils</i>	69	1,466	1,452
CONDIMENTS AND SAUCES			
Condiments and Sauces			
8402 <i>Tomato-based condiments</i>	14	3,172	2,121
8404 <i>Soy-based condiments</i>	8	197	136
8406 <i>Mustard and other condiments</i>	40	1,439	1,146
8408 <i>Olives, pickles, pickled vegetables</i>	42	561	487
8410 <i>Pasta sauces, tomato-based</i>	12	150	160
8412 <i>Dips, gravies, other sauces</i>	56	965	634
SUGARS			
Sugars			
8802 <i>Sugars and honey</i>	11	2,388	1,941
8804 <i>Sugar substitutes</i>	11	999	894
8806 <i>Jams, syrups, toppings</i>	51	1,497	1,279
INFANT FORMULA AND BABY FOOD			
Baby Foods			
9002 <i>Baby food: cereals</i>	18	426	344
9004 <i>Baby food: fruit</i>	50	181	153
9006 <i>Baby food: vegetable</i>	31	128	112
9008 <i>Baby food: meat and dinners</i>	67	94	69
9010 <i>Baby food: yogurt</i>	12	33	27
9012 <i>Baby food: snacks and sweets</i>	32	131	97
Baby Beverages			
9202 <i>Baby juice</i>	18	122	87
9204 <i>Baby water</i>	1	71	74
Infant Formulas			
9402 <i>Formula, ready-to-feed</i>	68	96	75
9404 <i>Formula, prepared from powder</i>	33	1,657	1,363
9406 <i>Formula, prepared from concentrate</i>	22	54	47
Human Milk			
9602 <i>Human milk</i>	1	651	571
OTHER			
Other			
9999 <i>Not included in a food category</i>	88	407	359

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