

What We Eat in America Food Categories 2011-2012.

Food category	Codes ²	Reports ¹	
		Day 1	Day 2
MILK AND DAIRY			
Milk			
1002 Milk, whole	9	1,820	1,652
1004 Milk, reduced fat	6	2,488	2,322
1006 Milk, lowfat	7	900	894
1008 Milk, nonfat	8	591	555
Flavored Milk			
1202 Flavored milk, whole	11	272	167
1204 Flavored milk, reduced fat ³	16	365	325
1206 Flavored milk, lowfat	6	138	128
1208 Flavored milk, nonfat	5	26	45
Dairy Drinks and Substitutes			
1402 Milk shakes and other dairy drinks	21	169	133
1404 Milk substitutes	12	271	256
Cheese			
1602 Cheese	61	3,175	2,677
1604 Cottage/ricotta cheese	16	64	85
Yogurt			
1802 Yogurt, whole and reduced fat	4	132	182
1804 Yogurt, lowfat and nonfat	17	652	634
PROTEIN FOODS			
Meats			
2002 Beef, excludes ground	77	744	654
2004 Ground beef	11	544	488
2006 Pork	83	598	521
2008 Lamb, goat, game	45	45	49
2010 Liver and organ meats	15	28	16
Poultry			
2202 Chicken, whole pieces	129	2,084	2,014
2204 Chicken patties, nuggets and tenders	5	697	511
2206 Turkey, duck, other poultry	66	204	182
Seafood			
2402 Fish	340	702	637
2404 Shellfish	94	350	204
Eggs			
2502 Eggs and omelets	180	1,738	1,657
Cured Meats/Poultry			
2602 Cold cuts and cured meats	92	1,642	1,529
2604 Bacon	11	613	532
2606 Frankfurters	12	193	147
2608 Sausages	24	658	548
Plant-based Protein Foods			
2802 Beans, peas, legumes	103	937	788
2804 Nuts and seeds	63	1,514	1,413
2806 Processed soy products	27	92	108

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MIXED DISHES			
Mixed Dishes - Meat, Poultry, Seafood			
3002 Meat mixed dishes	306	821	723
3004 Poultry mixed dishes	150	600	526
3006 Seafood mixed dishes	124	313	240
Mixed Dishes - Grain-based			
3202 Rice mixed dishes	144	689	547
3204 Pasta mixed dishes, excludes macaroni and cheese	120	885	754
3206 Macaroni and cheese	15	525	442
3208 Turnovers and other grain-based items	48	264	128
Mixed Dishes - Asian			
3402 Fried rice and lo/chow mein	46	391	248
3404 Stir-fry and soy-based sauce mixtures	74	455	239
3406 Egg rolls, dumplings, sushi	18	244	133
Mixed Dishes - Mexican			
3502 Burritos and tacos	54	656	555
3504 Nachos	7	94	78
3506 Other Mexican mixed dishes	63	450	334
Mixed Dishes - Pizza			
3602 Pizza	74	1,312	951
Mixed Dishes - Sandwiches (single code)			
3702 Burgers (single code)	58	431	313
3703 Frankfurter sandwiches (single code)	60	427	372
3704 Chicken/turkey sandwiches (single code)	32	210	209
3706 Egg/breakfast sandwiches (single code)	48	256	231
3708 Other sandwiches (single code)	81	164	142
Mixed Dishes - Soups			
3802 Soups	235	1,481	1,178
GRAINS			
Cooked Grains			
4002 Rice	25	1,588	1,510
4004 Pasta, noodles, cooked grains	50	282	336
Breads, Rolls, Tortillas			
4202 Yeast breads	126	3,915	3,810
4204 Rolls and buns	48	1,348	1,026
4206 Bagels and English muffins	63	340	369
4208 Tortillas	7	649	516
Quick Breads and Bread Products			
4402 Biscuits, muffins, quick breads	57	691	699
4404 Pancakes, waffles, French toast	38	654	568
Ready-to-Eat Cereals			
4602 Ready-to-eat cereal, higher sugar (>21.2g/100g)	122	1,576	1,321
4604 Ready-to-eat cereal, lower sugar (=<21.2g/100g)	82	853	924
Cooked Cereals			
4802 Oatmeal	30	481	559
4804 Grits and other cooked cereals	75	223	150

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SNACKS AND SWEETS			
Savory Snacks			
5002 <i>Potato chips</i>	17	1,230	886
5004 <i>Tortilla, corn, other chips</i>	23	1,393	977
5006 <i>Popcorn</i>	11	493	358
5008 <i>Pretzels/snack mix</i>	15	341	255
Crackers			
5202 <i>Crackers, excludes saltines</i>	52	1,119	890
5204 <i>Saltine crackers</i>	5	343	314
Snack/M Meal Bars			
5402 <i>Cereal bars</i>	31	378	347
5404 <i>Nutrition bars</i>	15	57	79
Sweet Bakery Products			
5502 <i>Cakes and pies</i>	203	1,031	690
5504 <i>Cookies and brownies</i>	108	2,424	1,877
5506 <i>Doughnuts, sweet rolls, pastries</i>	75	968	748
Candy			
5702 <i>Candy containing chocolate</i>	69	1,032	765
5704 <i>Candy not containing chocolate</i>	66	1,517	957
Other Desserts			
5802 <i>Ice cream and frozen dairy desserts</i>	117	1,282	1,035
5804 <i>Pudding</i>	56	173	126
5806 <i>Gelatins, ices, sorbets</i>	38	373	301
FRUIT			
Fruits			
6002 <i>Apples</i>	14	1,278	1,262
6004 <i>Bananas</i>	11	1,269	1,376
6006 <i>Grapes</i>	6	483	507
6008 <i>Peaches and nectarines</i>	14	282	299
6010 <i>Berries</i>	45	622	652
6012 <i>Citrus fruits</i>	21	732	716
6014 <i>Melons</i>	6	418	450
6016 <i>Dried fruits</i>	43	245	226
6018 <i>Other fruits and fruit salads</i>	105	963	875

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		Day 1	Day 2
VEGETABLES			
Vegetables, excluding Potatoes			
6402 Tomatoes	17	1,266	1,301
6404 Carrots	21	588	600
6406 Other red and orange vegetables	53	219	196
6408 Dark green vegetables, excludes lettuce	145	688	762
6410 Lettuce and lettuce salads	15	1,698	1,681
6412 String beans	43	394	461
6414 Onions	26	629	525
6416 Corn	64	400	435
6418 Other starchy vegetables	94	304	267
6420 Other vegetables and combinations	286	1,767	1,762
6422 Vegetable mixed dishes	189	395	306
White Potatoes			
6802 White potatoes, baked or boiled	20	238	245
6804 French fries and other fried white potatoes	22	1,545	1,257
6806 Mashed potatoes and white potato mixtures	71	744	689
BEVERAGES, NONALCOHOLIC			
100% Juice			
7002 Citrus juice	14	1,246	1,187
7004 Apple juice	2	731	733
7006 Other fruit juice	18	784	760
7008 Vegetable juice	9	106	123
Diet Beverages			
7102 Diet soft drinks	13	963	806
7104 Diet sport and energy drinks	11	14	17
7106 Other diet drinks	6	197	156
Sweetened Beverages			
7202 Soft drinks	19	3,722	2,562
7204 Fruit drinks	57	2,733	2,111
7206 Sport and energy drinks	19	522	426
7208 Nutritional beverages	17	90	87
Coffee and Tea			
7302 Coffee	57	3,173	3,007
7304 Tea	39	2,290	2,041
ALCOHOLIC BEVERAGES			
Alcoholic Beverages			
7502 Beer	3	691	431
7504 Wine	11	369	268
7506 Liquor and cocktails	60	380	175
WATER			
Plain Water			
7702 Tap water	1	6,374	7,119
7704 Bottled water	1	4,326	4,736
Flavored or Enhanced Water			
7802 Flavored or carbonated water	5	172	125
7804 Enhanced or fortified water	4	76	63

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FATS AND OILS			
Fats and Oils			
8002 Butter and animal fats	17	773	773
8004 Margarine	32	761	640
8006 Cream cheese, sour cream, whipped cream	25	440	377
8008 Cream and cream substitutes	23	1,247	1,095
8010 Mayonnaise	11	1,113	1,030
8012 Salad dressings and vegetable oils	56	1,185	1,119
CONDIMENTS AND SAUCES			
Condiments and Sauces			
8402 Tomato-based condiments	13	2,262	1,709
8404 Soy-based condiments	8	251	201
8406 Mustard and other condiments	40	1,199	929
8408 Olives, pickles, pickled vegetables	42	520	380
8410 Pasta sauces, tomato-based	11	144	131
8412 Dips, gravies, other sauces	53	774	499
SUGARS			
Sugars			
8802 Sugars and honey	12	1,952	1,628
8804 Sugar substitutes	11	665	683
8806 Jams, syrups, toppings	51	1,332	1,125
INFANT FORMULA AND BABY FOOD			
Baby Foods			
9002 Baby food: cereals	20	422	311
9004 Baby food: fruit	51	163	164
9006 Baby food: vegetable	31	139	119
9008 Baby food: meat and dinners	67	56	60
9010 Baby food: yogurt	12	25	17
9012 Baby food: snacks and sweets	34	101	94
Baby Beverages			
9202 Baby juice	18	84	82
9204 Baby water	1	86	101
Infant Formulas			
9402 Formula, ready-to-feed	66	120	107
9404 Formula, prepared from powder	125	1,401	1,139
9406 Formula, prepared from concentrate	48	153	95
Human Milk			
9602 Human milk	1	766	607
OTHER			
Other			
9802 Protein and nutritional powders	18	120	106
9999 Not included in a food category	67	255	208

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