



# What We Eat in America Food Categories

[www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg)

## MILK AND DAIRY

### Milk

Milk, whole  
Milk, reduced fat  
Milk, lowfat  
Milk, nonfat

### Flavored Milk

Flavored milk, whole  
Flavored milk, reduced fat  
Flavored milk, lowfat  
Flavored milk, nonfat

### Dairy Drinks and Substitutes

Milk shakes and other dairy drinks  
Milk substitutes

### Cheese

Cheese  
Cottage/ricotta cheese

### Yogurt

Yogurt, regular  
Yogurt, Greek

## PROTEIN FOODS

### Meats

Beef, excludes ground  
Ground beef  
Pork

Lamb, goat, game

Liver and organ meats

### Poultry

Chicken, whole pieces  
Chicken patties, nuggets and tenders  
Turkey, duck, other poultry

### Seafood

Fish  
Shellfish

### Eggs

Eggs and omelets

### Cured Meats/Poultry

Cold cuts and cured meats  
Bacon  
Frankfurters  
Sausages

### Plant-based Protein Foods

Beans, peas, legumes  
Nuts and seeds  
Processed soy products

## MIXED DISHES

### Mixed Dishes - Meat, Poultry, Seafood

Meat mixed dishes  
Poultry mixed dishes  
Seafood mixed dishes

### Mixed Dishes - Grain-based

Rice mixed dishes  
Pasta dishes, excludes macaroni and cheese  
Macaroni and cheese  
Turnovers and other grain-based items

### Mixed Dishes - Asian

Fried rice and lo/chow mein  
Stir-fry and soy-based sauce mixtures  
Egg rolls, dumplings, sushi

### Mixed Dishes - Mexican

Burritos and tacos  
Nachos  
Other Mexican mixed dishes

### Mixed Dishes - Pizza

Pizza

### Mixed Dishes - Sandwiches (single code)

Burgers  
Chicken/turkey sandwiches  
Egg/breakfast sandwiches  
Frankfurter sandwiches  
Other sandwiches

### Mixed Dishes - Soups

Soups

## GRAINS

### Cooked Grains

Rice  
Pasta, noodles, cooked grains

### Breads, Rolls, Tortillas

Yeast breads  
Rolls and buns  
Bagels and English muffins  
Tortillas

### Quick Breads and Bread Products

Biscuits, muffins, quick breads  
Pancakes, waffles, French toast

### Ready-to-Eat Cereals

Ready-to-eat cereal, high sugar (>21.2g/100g)  
Ready-to-eat cereal, low sugar (≤21.2g/100g)

### Cooked Cereals

Oatmeal  
Grits and other cooked cereals

## SNACKS AND SWEETS

### Savory Snacks

Potato chips  
Tortilla, corn, other chips  
Popcorn  
Pretzels/snack mix

### Crackers

Crackers, excludes saltines  
Saltine crackers

### Snack/Meal Bars

Cereal bars  
Nutrition bars

### Sweet Bakery Products

Cakes and pies  
Cookies and brownies  
Doughnuts, sweet rolls, pastries

### Candy

Candy containing chocolate  
Candy not containing chocolate

### Other Desserts

Ice cream and frozen dairy desserts  
Pudding  
Gelatins, ices, sorbets

## FRUIT

### Fruits

Apples  
Bananas  
Grapes  
Peaches and nectarines  
Berries  
Citrus fruits  
Melons  
Dried fruits  
Other fruits and fruit salads

## VEGETABLES

### Vegetables, excluding Potatoes

Tomatoes  
Carrots  
Other red and orange vegetables  
Dark green vegetables, excludes lettuce  
Lettuce and lettuce salads  
String beans  
Onions  
Corn  
Other starchy vegetables  
Other vegetables and combinations  
Vegetable mixed dishes

### White Potatoes

White potatoes, baked or boiled  
French fries and other fried white potatoes  
Mashed potatoes and white potato mixtures

## BEVERAGES, NONALCOHOLIC

### 100% Juice

Citrus juice  
Apple juice  
Other fruit juice  
Vegetable juice

### Diet Beverages

Diet soft drinks  
Diet sport and energy drinks  
Other diet drinks

### Sweetened Beverages

Soft drinks  
Fruit drinks  
Sport and energy drinks  
Nutritional beverages  
Smoothies and grain drinks

### Coffee and Tea

Coffee  
Tea

## ALCOHOLIC BEVERAGES

### Alcoholic Beverages

Beer  
Wine  
Liquor and cocktails

## WATER

### Plain Water

Tap water  
Bottled water

### Flavored or Enhanced Water

Flavored or carbonated water  
Enhanced or fortified water

## FATS AND OILS

### Fats and Oils

Butter and animal fats  
Margarine  
Cream cheese, sour and whipped cream  
Cream and cream substitutes  
Mayonnaise  
Salad dressings and vegetable oils

## CONDIMENTS AND SAUCES

### Condiments and Sauces

Tomato-based condiments  
Soy-based condiments  
Mustard and other condiments  
Olives, pickles, pickled vegetables  
Pasta sauces, tomato-based  
Dips, gravies, other sauces

## SUGARS

### Sugars

Sugars and honey  
Sugar substitutes  
Jams, syrups, toppings

## INFANT FORMULA & BABY FOOD

### Baby Foods

Baby food: cereals  
Baby food: fruit  
Baby food: vegetable  
Baby food: meat and dinners  
Baby food: yogurt  
Baby food: snacks and sweets

### Baby Beverages

Baby juice  
Baby water

### Infant Formulas

Formula, ready-to-feed  
Formula, prepared from powder  
Formula, prepared from concentrate

### Human Milk

Human milk

## OTHER

Protein and nutritional powders  
Not included in a food category