

What We Eat in America Food Categories 2015-2016.

Food category		Codes ²	Reports ¹	
			Day 1	Day 2
MILK AND DAIRY				
Milk				
1002	<i>Milk, whole</i>	9	1,784	1,591
1004	<i>Milk, reduced fat</i>	6	2,066	1,851
1006	<i>Milk, lowfat</i>	7	689	665
1008	<i>Milk, nonfat</i>	7	318	311
Flavored Milk				
1202	<i>Flavored milk, whole</i>	12	174	122
1204	<i>Flavored milk, reduced fat</i>	22	207	176
1206	<i>Flavored milk, lowfat</i>	14	194	139
1208	<i>Flavored milk, nonfat</i>	17	158	119
Dairy Drinks and Substitutes				
1402	<i>Milk shakes and other dairy drinks</i>	14	130	71
1404	<i>Milk substitutes</i>	28	306	302
Cheese				
1602	<i>Cheese</i>	61	2,850	2,193
1604	<i>Cottage/ricotta cheese</i>	16	100	106
Yogurt				
1820	<i>Yogurt, regular</i>	17	516	504
1822	<i>Yogurt, Greek</i>	14	188	202
PROTEIN FOODS				
Meats				
2002	<i>Beef, excludes ground</i>	77	733	508
2004	<i>Ground beef</i>	4	137	130
2006	<i>Pork</i>	83	664	462
2008	<i>Lamb, goat, game</i>	45	62	35
2010	<i>Liver and organ meats</i>	15	31	23
Poultry				
2202	<i>Chicken, whole pieces</i>	161	1,980	1,769
2204	<i>Chicken patties, nuggets and tenders</i>	15	698	527
2206	<i>Turkey, duck, other poultry</i>	49	195	152
Seafood				
2402	<i>Fish</i>	340	625	508
2404	<i>Shellfish</i>	94	304	192
Eggs				
2502	<i>Eggs and omelets</i>	195	1,927	1,719
Cured Meats/Poultry				
2602	<i>Cold cuts and cured meats</i>	67	1,565	1,373
2604	<i>Bacon</i>	13	617	486
2606	<i>Frankfurters</i>	12	118	110
2608	<i>Sausages</i>	27	594	471
Plant-based Protein Foods				
2802	<i>Beans, peas, legumes</i>	161	977	774
2804	<i>Nuts and seeds</i>	79	1,303	1,071
2806	<i>Processed soy products</i>	25	86	75

1. Number of times reported in 2015-2016.

2. Number of FNDDS codes in food category.

What We Eat in America Food Categories 2015-2016.

Food category	Codes ²	Reports ¹	
		Day 1	Day 2
MIXED DISHES			
Mixed Dishes - Meat, Poultry, Seafood			
3002 Meat mixed dishes	307	796	629
3004 Poultry mixed dishes	153	435	394
3006 Seafood mixed dishes	120	218	153
Mixed Dishes - Grain-based			
3202 Rice mixed dishes	147	700	514
3204 Pasta mixed dishes, excludes macaroni and cheese	195	893	818
3206 Macaroni and cheese	16	387	336
3208 Turnovers and other grain-based items	52	182	126
Mixed Dishes - Asian			
3402 Fried rice and lo/chow mein	45	325	180
3404 Stir-fry and soy-based sauce mixtures	74	275	179
3406 Egg rolls, dumplings, sushi	25	228	125
Mixed Dishes - Mexican			
3502 Burritos and tacos	54	814	600
3504 Nachos	7	90	68
3506 Other Mexican mixed dishes	63	497	378
Mixed Dishes - Pizza			
3602 Pizza	91	1,325	880
Mixed Dishes - Sandwiches (single code)			
3702 Burgers (single code)	99	754	575
3703 Frankfurter sandwiches (single code)	96	363	281
3704 Chicken/turkey sandwiches (single code)	36	227	141
3706 Egg/breakfast sandwiches (single code)	50	328	274
3708 Other sandwiches (single code)	78	141	114
3720 Cheese sandwiches (single code)	50	130	149
3722 Peanut butter and jelly sandwiches (single code)	28	279	329
Mixed Dishes - Soups			
3802 Soups	232	1,225	1,129
GRAINS			
Cooked Grains			
4002 Rice	30	1,434	1,304
4004 Pasta, noodles, cooked grains	26	203	180
Breads, Rolls, Tortillas			
4202 Yeast breads	126	2,909	2,610
4204 Rolls and buns	39	869	631
4206 Bagels and English muffins	30	298	289
4208 Tortillas	7	846	629
Quick Breads and Bread Products			
4402 Biscuits, muffins, quick breads	55	708	594
4404 Pancakes, waffles, French toast	75	629	506
Ready-to-Eat Cereals			
4602 Ready-to-eat cereal, higher sugar (>21.2g/100g)	114	1,327	1,109
4604 Ready-to-eat cereal, lower sugar (=<21.2g/100g)	68	727	680
Cooked Cereals			
4802 Oatmeal	44	509	502
4804 Grits and other cooked cereals	69	161	138

1. Number of times reported in 2015-2016.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2015-2016, day 1 (n=8,506) and 2 (n=7,027), all individuals.

What We Eat in America Food Categories 2015-2016.

Food category	Codes ²	Reports ¹		
		Day 1	Day 2	
SNACKS AND SWEETS				
Savory Snacks				
5002	Potato chips	30	1,334	849
5004	Tortilla, corn, other chips	33	1,418	872
5006	Popcorn	33	523	355
5008	Pretzels/snack mix	45	351	232
Crackers				
5202	Crackers, excludes saltines	55	1,056	835
5204	Saltine crackers	5	255	234
Snack/Meal Bars				
5402	Cereal bars	31	328	338
5404	Nutrition bars	13	111	104
Sweet Bakery Products				
5502	Cakes and pies	202	910	623
5504	Cookies and brownies	108	2,148	1,501
5506	Doughnuts, sweet rolls, pastries	73	1,119	704
Candy				
5702	Candy containing chocolate	69	1,019	632
5704	Candy not containing chocolate	66	1,350	822
Other Desserts				
5802	Ice cream and frozen dairy desserts	117	1,196	877
5804	Pudding	56	160	108
5806	Gelatins, ices, sorbets	38	303	210
FRUIT				
Fruits				
6002	Apples	14	1,218	1,183
6004	Bananas	11	1,226	1,200
6006	Grapes	6	543	471
6008	Peaches and nectarines	14	204	199
6010	Berries	45	760	646
6012	Citrus fruits	21	758	682
6014	Melons	6	488	369
6016	Dried fruits	42	249	216
6018	Other fruits and fruit salads	105	848	718

1. Number of times reported in 2015-2016.

2. Number of FNDDS codes in food category.

What We Eat in America Food Categories 2015-2016.

Food category	Codes ²	Reports ¹		
		Day 1	Day 2	
VEGETABLES				
Vegetables, excluding Potatoes				
6402	Tomatoes	22	1,085	1,140
6404	Carrots	35	585	600
6406	Other red and orange vegetables	90	224	165
6408	Dark green vegetables, excludes lettuce	288	759	765
6410	Lettuce and lettuce salads	17	1,387	1,499
6412	String beans	85	379	408
6414	Onions	35	528	426
6416	Corn	118	411	332
6418	Other starchy vegetables	155	249	213
6420	Other vegetables and combinations	528	1,809	1,625
6422	Vegetable mixed dishes	188	368	230
White Potatoes				
6802	White potatoes, baked or boiled	48	338	277
6804	French fries and other fried white potatoes	44	1,439	986
6806	Mashed potatoes and white potato mixtures	58	637	504
BEVERAGES, NONALCOHOLIC				
100% Juice				
7002	Citrus juice	13	1,045	913
7004	Apple juice	3	713	674
7006	Other fruit juice	20	604	505
7008	Vegetable juice	8	72	74
Diet Beverages				
7102	Diet soft drinks	13	695	545
7104	Diet sport and energy drinks	11	70	56
7106	Other diet drinks	6	173	162
Sweetened Beverages				
7202	Soft drinks	14	3,286	2,061
7204	Fruit drinks	55	1,919	1,321
7206	Sport and energy drinks	19	492	338
7208	Nutritional beverages	16	85	99
7220	Smoothies and grain drinks	19	330	279
Coffee and Tea				
7302	Coffee	113	3,507	3,059
7304	Tea	43	2,275	1,885
ALCOHOLIC BEVERAGES				
Alcoholic Beverages				
7502	Beer	9	707	411
7504	Wine	12	332	200
7506	Liquor and cocktails	78	346	166
WATER				
Plain Water				
7702	Tap water	1	7,585	7,571
7704	Bottled water	1	6,431	6,029
Flavored or Enhanced Water				
7802	Flavored or carbonated water	5	225	150
7804	Enhanced or fortified water	5	47	24

1. Number of times reported in 2015-2016.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2015-2016, day 1 (n=8,506) and 2 (n=7,027), all individuals.

What We Eat in America Food Categories 2015-2016.

Food category	Codes ²	Reports ¹		
		Day 1	Day 2	
FATS AND OILS				
Fats and Oils				
8002	<i>Butter and animal fats</i>	16	780	711
8004	<i>Margarine</i>	26	468	450
8006	<i>Cream cheese, sour cream, whipped cream</i>	14	428	296
8008	<i>Cream and cream substitutes</i>	19	1,350	1,186
8010	<i>Mayonnaise</i>	11	821	705
8012	<i>Salad dressings and vegetable oils</i>	54	1,090	1,095
CONDIMENTS AND SAUCES				
Condiments and Sauces				
8402	<i>Tomato-based condiments</i>	12	2,072	1,356
8404	<i>Soy-based condiments</i>	8	254	114
8406	<i>Mustard and other condiments</i>	38	1,091	806
8408	<i>Olives, pickles, pickled vegetables</i>	42	436	341
8410	<i>Pasta sauces, tomato-based</i>	11	112	107
8412	<i>Dips, gravies, other sauces</i>	80	800	528
SUGARS				
Sugars				
8802	<i>Sugars and honey</i>	10	2,013	1,640
8804	<i>Sugar substitutes</i>	10	615	616
8806	<i>Jams, syrups, toppings</i>	52	940	737
INFANT FORMULA AND BABY FOOD				
Baby Foods				
9002	<i>Baby food: cereals</i>	20	265	196
9004	<i>Baby food: fruit</i>	52	161	113
9006	<i>Baby food: vegetable</i>	31	133	116
9008	<i>Baby food: meat and dinners</i>	61	50	43
9010	<i>Baby food: yogurt</i>	12	29	25
9012	<i>Baby food: snacks and sweets</i>	35	128	93
Baby Beverages				
9202	<i>Baby juice</i>	17	53	59
9204	<i>Baby water</i>	1	106	75
Infant Formulas				
9402	<i>Formula, ready-to-feed</i>	57	86	49
9404	<i>Formula, prepared from powder</i>	82	1,221	1,049
9406	<i>Formula, prepared from concentrate</i>	34	16	36
Human Milk				
9602	<i>Human milk</i>	1	1,048	900
OTHER				
Other				
9802	<i>Protein and nutritional powders</i>	18	142	113
9999	<i>Not included in a food category</i>	46	233	172

1. Number of times reported in 2015-2016.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2015-2016, day 1 (n=8,506) and 2 (n=7,027), all individuals.