



What We Eat in America Food Categories

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; Frankfurters
Chicken/turkey sandwiches
Egg/breakfast sandwiches
P.B.J. sandwiches; Cheese 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/M 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
Gelatin, 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