

What We Eat in America Food Categories 2017-2018.

Food category		Codes ²	Reports ¹	
			Day 1	Day 2
MILK AND DAIRY				
Milk				
1002	<i>Milk, whole</i>	9	1,684	1,491
1004	<i>Milk, reduced fat</i>	6	1,591	1,433
1006	<i>Milk, lowfat</i>	7	579	568
1008	<i>Milk, nonfat</i>	7	199	185
Flavored Milk				
1202	<i>Flavored milk, whole</i>	12	149	128
1204	<i>Flavored milk, reduced fat</i>	22	155	124
1206	<i>Flavored milk, lowfat</i>	15	145	127
1208	<i>Flavored milk, nonfat</i>	17	154	70
Dairy Drinks and Substitutes				
1402	<i>Milk shakes and other dairy drinks</i>	13	115	89
1404	<i>Milk substitutes</i>	27	355	296
Cheese				
1602	<i>Cheese</i>	57	2,473	1,952
1604	<i>Cottage/ricotta cheese</i>	16	80	80
Yogurt				
1820	<i>Yogurt, regular</i>	17	408	432
1822	<i>Yogurt, Greek</i>	14	173	172
PROTEIN FOODS				
Meats				
2002	<i>Beef, excludes ground</i>	76	590	455
2004	<i>Ground beef</i>	5	118	100
2006	<i>Pork</i>	83	480	403
2008	<i>Lamb, goat, game</i>	45	39	44
2010	<i>Liver and organ meats</i>	15	18	14
Poultry				
2202	<i>Chicken, whole pieces</i>	161	1,730	1,676
2204	<i>Chicken patties, nuggets and tenders</i>	15	656	519
2206	<i>Turkey, duck, other poultry</i>	48	175	138
Seafood				
2402	<i>Fish</i>	340	515	461
2404	<i>Shellfish</i>	94	318	183
Eggs				
2502	<i>Eggs and omelets</i>	151	1,784	1,583
Cured Meats/Poultry				
2602	<i>Cold cuts and cured meats</i>	67	1,285	1,122
2604	<i>Bacon</i>	13	489	425
2606	<i>Frankfurters</i>	12	123	104
2608	<i>Sausages</i>	27	516	445
Plant-based Protein Foods				
2802	<i>Beans, peas, legumes</i>	74	697	548
2804	<i>Nuts and seeds</i>	78	1,271	1,092
2806	<i>Processed soy products</i>	21	77	71

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SOURCE: What We Eat in America, NHANES 2017-2018, day 1 (n=7,641) and 2 (n=6,639), all individuals.

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MIXED DISHES			
Mixed Dishes - Meat, Poultry, Seafood			
3002 Meat mixed dishes	299	575	525
3004 Poultry mixed dishes	145	466	357
3006 Seafood mixed dishes	120	167	110
Mixed Dishes - Bean/Vegetable-based			
3102 Bean, pea, legume dishes	24	170	200
3104 Vegetable dishes	36	124	78
Mixed Dishes - Grain-based			
3202 Rice mixed dishes	136	422	308
3204 Pasta mixed dishes, excludes macaroni and cheese	182	845	742
3206 Macaroni and cheese	17	348	318
3208 Turnovers and other grain-based items	50	179	130
Mixed Dishes - Asian			
3402 Fried rice and lo/chow mein	45	301	191
3404 Stir-fry and soy-based sauce mixtures	70	299	166
3406 Egg rolls, dumplings, sushi	25	217	110
Mixed Dishes - Mexican			
3502 Burritos and tacos	53	661	449
3504 Nachos	7	107	70
3506 Other Mexican mixed dishes	61	364	314
Mixed Dishes - Pizza			
3602 Pizza	91	1,181	891
Mixed Dishes - Sandwiches (single code)			
3702 Burgers (single code)	63	746	558
3703 Frankfurter sandwiches (single code)	97	339	233
3704 Chicken/turkey sandwiches (single code)	32	336	270
3706 Egg/breakfast sandwiches (single code)	46	283	252
3708 Other sandwiches (single code)	60	133	99
3720 Cheese sandwiches (single code)	50	128	137
3722 Peanut butter and jelly sandwiches (single code)	28	330	324
3730 Seafood sandwiches (single code)	20	120	119
Mixed Dishes - Soups			
3802 Soups	228	1,166	964

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GRAINS			
Cooked Grains			
4002 Rice	30	1,166	1,090
4004 Pasta, noodles, cooked grains	25	202	156
Breads, Rolls, Tortillas			
4202 Yeast breads	122	2,640	2,416
4204 Rolls and buns	39	678	489
4206 Bagels and English muffins	30	271	259
4208 Tortillas	7	641	495
Quick Breads and Bread Products			
4402 Biscuits, muffins, quick breads	51	604	502
4404 Pancakes, waffles, French toast	75	556	400
Ready-to-Eat Cereals			
4602 Ready-to-eat cereal, higher sugar (>21.2g/100g)	86	1,153	1,056
4604 Ready-to-eat cereal, lower sugar (≤21.2g/100g)	48	546	587
Cooked Cereals			
4802 Oatmeal	44	502	523
4804 Grits and other cooked cereals	67	137	166
SNACKS AND SWEETS			
Savory Snacks			
5002 Potato chips	30	1,113	812
5004 Tortilla, corn, other chips	33	1,263	813
5006 Popcorn	33	481	313
5008 Pretzels/snack mix	45	330	233
Crackers			
5202 Crackers, excludes saltines	57	1,040	813
5204 Saltine crackers	5	189	195
Snack/M meal Bars			
5402 Cereal bars	33	303	308
5404 Nutrition bars	13	107	101
Sweet Bakery Products			
5502 Cakes and pies	186	783	579
5504 Cookies and brownies	107	2,058	1,402
5506 Doughnuts, sweet rolls, pastries	70	940	697
Candy			
5702 Candy containing chocolate	69	952	641
5704 Candy not containing chocolate	65	1,321	760
Other Desserts			
5802 Ice cream and frozen dairy desserts	61	980	712
5804 Pudding	27	108	83
5806 Gelatins, ices, sorbets	17	236	200

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FRUIT			
Fruits			
6002 Apples	7	1,003	963
6004 Bananas	2	1,113	1,135
6006 Grapes	1	463	430
6008 Peaches and nectarines	6	190	156
6009 Strawberries	3	395	352
6011 Blueberries and other berries	10	283	253
6012 Citrus fruits	11	681	600
6014 Melons	4	420	357
6016 Dried fruits	19	254	243
6018 Other fruits and fruit salads	41	277	274
6020 Pears	5	120	106
6022 Pineapple	5	188	151
6024 Mango and papaya	5	147	103
VEGETABLES			
Vegetables, excluding Potatoes			
6402 Tomatoes	6	765	623
6404 Carrots	20	551	491
6406 Other red and orange vegetables	34	188	176
6407 Broccoli	15	306	390
6409 Spinach	15	233	208
6410 Lettuce and lettuce salads	14	1,028	970
6411 Other dark green vegetables	65	136	161
6412 String beans	20	289	365
6413 Cabbage	11	198	217
6414 Onions	8	460	359
6416 Corn	20	297	323
6418 Other starchy vegetables	46	197	144
6420 Other vegetables and combinations	160	1,681	1,470
6430 Fried vegetables	30	123	82
6432 Coleslaw, non-lettuce salads	24	152	118
6489 Vegetables on a sandwich	8	1,680	1,284
White Potatoes			
6802 White potatoes, baked or boiled	48	341	310
6804 French fries and other fried white potatoes	44	1,420	1,023
6806 Mashed potatoes and white potato mixtures	57	515	473

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BEVERAGES			
100% Juice			
7002 Citrus juice	13	671	746
7004 Apple juice	3	601	583
7006 Other fruit juice	21	470	407
7008 Vegetable juice	9	63	61
Diet Beverages			
7102 Diet soft drinks	13	507	448
7104 Diet sport and energy drinks	12	72	44
7106 Other diet drinks	6	137	102
Sweetened Beverages			
7202 Soft drinks	14	2,858	1,951
7204 Fruit drinks	55	1,643	1,148
7206 Sport and energy drinks	19	479	358
7208 Nutritional beverages	16	112	99
7220 Smoothies and grain drinks	25	307	225
Coffee and Tea			
7302 Coffee	113	3,402	3,027
7304 Tea	42	2,346	1,919
ALCOHOLIC BEVERAGES			
Alcoholic Beverages			
7502 Beer	9	621	353
7504 Wine	12	294	239
7506 Liquor and cocktails	78	375	162
WATER			
Plain Water			
7702 Tap water	1	6,486	6,171
7704 Bottled water	1	7,016	6,146
Flavored or Enhanced Water			
7802 Flavored or carbonated water	5	278	152
7804 Enhanced or fortified water	5	58	36
FATS AND OILS			
Fats and Oils			
8002 Butter and animal fats	14	793	716
8004 Margarine	12	448	328
8006 Cream cheese, sour cream, whipped cream	14	409	298
8008 Cream and cream substitutes	19	1,497	1,333
8010 Mayonnaise	10	1,042	852
8012 Salad dressings and vegetable oils	51	1,146	961
CONDIMENTS AND SAUCES			
Condiments and Sauces			
8402 Tomato-based condiments	12	1,761	1,156
8404 Soy-based condiments	10	244	154
8406 Mustard and other condiments	29	1,746	1,202
8408 Olives, pickles, pickled vegetables	30	555	395
8410 Pasta sauces, tomato-based	11	110	97
8412 Dips, gravies, other sauces	61	717	436

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SUGARS				
Sugars				
8802	<i>Sugars and honey</i>	8	1,965	1,624
8804	<i>Sugar substitutes</i>	10	489	426
8806	<i>Jams, syrups, toppings</i>	37	807	620
BABY FOODS AND FORMULAS				
Baby Foods				
9002	<i>Baby food: cereals</i>	20	242	230
9004	<i>Baby food: fruit</i>	52	134	123
9006	<i>Baby food: vegetable</i>	31	110	84
9008	<i>Baby food: meat and dinners</i>	61	43	39
9010	<i>Baby food: yogurt</i>	12	32	23
9012	<i>Baby food: snacks and sweets</i>	35	118	100
Baby Beverages				
9202	<i>Baby juice</i>	17	14	27
9204	<i>Baby water</i>	1	65	80
Infant Formulas				
9402	<i>Formula, ready-to-feed</i>	57	80	62
9404	<i>Formula, prepared from powder</i>	82	1,167	970
9406	<i>Formula, prepared from concentrate</i>	34	6	6
Human Milk				
9602	<i>Human milk</i>	1	973	774
OTHER				
Other				
9802	<i>Protein and nutritional powders</i>	18	134	102
9999	<i>Not included in a food category</i>	74	498	349

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