

## What We Eat in America Food Categories 2017 - March 2020 Prepandemic

Food category	Codes <sup>2</sup>	Reports <sup>1</sup>		
		Day 1	Day 2	
<b>MILK AND DAIRY</b>				
<b>Milk</b>				
1002	Milk, whole	9	2,633	2,339
1004	Milk, reduced fat	6	2,498	2,148
1006	Milk, lowfat	7	917	873
1008	Milk, nonfat	7	340	327
<b>Flavored Milk</b>				
1202	Flavored milk, whole	12	257	199
1204	Flavored milk, reduced fat	22	277	236
1206	Flavored milk, lowfat	15	242	205
1208	Flavored milk, nonfat	17	255	123
<b>Dairy Drinks and Substitutes</b>				
1402	Milk shakes and other dairy drinks	13	183	141
1404	Milk substitutes	27	581	478
<b>Cheese</b>				
1602	Cheese	58	3,581	2,783
1604	Cottage/ricotta cheese	16	124	126
<b>Yogurt</b>				
1820	Yogurt, regular	17	677	676
1822	Yogurt, Greek	14	287	300
<b>PROTEIN FOODS</b>				
<b>Meats</b>				
2002	Beef, excludes ground	94	941	747
2004	Ground beef	5	196	159
2006	Pork	87	801	713
2008	Lamb, goat, game	45	57	56
2010	Liver and organ meats	15	28	25
<b>Poultry</b>				
2202	Chicken, whole pieces	161	2,883	2,757
2204	Chicken patties, nuggets and tenders	15	1,149	905
2206	Turkey, duck, other poultry	48	231	209
<b>Seafood</b>				
2402	Fish	346	847	738
2404	Shellfish	95	531	293
<b>Eggs</b>				
2502	Eggs and omelets	151	2,775	2,489
<b>Cured Meats/Poultry</b>				
2602	Cold cuts and cured meats	67	1,561	1,343
2604	Bacon	13	750	666
2606	Frankfurters	12	199	161
2608	Sausages	27	898	749
<b>Plant-based Protein Foods</b>				
2802	Beans, peas, legumes	75	1,068	828
2804	Nuts and seeds	78	2,084	1,750
2806	Processed soy products	20	120	123

1. Number of times reported in 2017 - March 2020 Prepandemic.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2017 - March 2020 Prepandemic, day 1 (n=12,634) and 2 (n=10,830), all individuals.

**What We Eat in America Food Categories 2017 - March 2020 Prepandemic**

Food category	Codes <sup>2</sup>	Reports <sup>1</sup>	
		Day 1	Day 2
<b>MIXED DISHES</b>			
<b>Mixed Dishes - Meat, Poultry, Seafood</b>			
3002 Meat mixed dishes	301	971	792
3004 Poultry mixed dishes	145	724	572
3006 Seafood mixed dishes	120	259	173
<b>Mixed Dishes - Bean/Vegetable-based</b>			
3102 Bean, pea, legume dishes	24	291	317
3104 Vegetable dishes	36	184	123
<b>Mixed Dishes - Grain-based</b>			
3202 Rice mixed dishes	136	675	471
3204 Pasta mixed dishes, excludes macaroni and cheese	182	1,391	1,224
3206 Macaroni and cheese	17	663	585
3208 Turnovers and other grain-based items	57	284	191
<b>Mixed Dishes - Asian</b>			
3402 Fried rice and lo/chow mein	45	463	304
3404 Stir-fry and soy-based sauce mixtures	70	433	251
3406 Egg rolls, dumplings, sushi	26	346	178
<b>Mixed Dishes - Mexican</b>			
3502 Burritos and tacos	94	1,051	690
3504 Nachos	11	194	109
3506 Other Mexican mixed dishes	85	591	482
<b>Mixed Dishes - Pizza</b>			
3602 Pizza	91	2,108	1,521
<b>Mixed Dishes - Sandwiches</b>			
3702 Burgers	63	1,246	928
3703 Frankfurter sandwiches	99	586	409
3704 Chicken fillet sandwiches	33	558	473
3706 Egg/breakfast sandwiches	88	667	537
3720 Cheese sandwiches	50	227	228
3722 Peanut butter and jelly sandwiches	34	552	553
3730 Seafood sandwiches	23	202	205
3740 Deli and cured meat sandwiches	89	739	637
3742 Meat and BBQ sandwiches	31	150	107
3744 Vegetable sandwiches/burgers	13	27	24
<b>Mixed Dishes - Soups</b>			
3802 Soups	229	1,837	1,423

1. Number of times reported in 2017 - March 2020 Prepandemic.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2017 - March 2020 Prepandemic, day 1 (n=12,634) and 2 (n=10,830), all individuals.

## What We Eat in America Food Categories 2017 - March 2020 Prepandemic

Food category	Codes <sup>2</sup>	Reports <sup>1</sup>	
		Day 1	Day 2
<b>GRAINS</b>			
<b>Cooked Grains</b>			
4002 Rice	30	1,823	1,697
4004 Pasta, noodles, cooked grains	25	279	239
<b>Breads, Rolls, Tortillas</b>			
4202 Yeast breads	122	3,639	3,281
4204 Rolls and buns	39	899	654
4206 Bagels and English muffins	30	423	423
4208 Tortillas	7	858	658
<b>Quick Breads and Bread Products</b>			
4402 Biscuits, muffins, quick breads	52	1,013	796
4404 Pancakes, waffles, French toast	76	930	726
<b>Ready-to-Eat Cereals</b>			
4602 Ready-to-eat cereal, higher sugar (>21.2g/100g)	91	1,935	1,739
4604 Ready-to-eat cereal, lower sugar (≤21.2g/100g)	51	843	849
<b>Cooked Cereals</b>			
4802 Oatmeal	44	751	784
4804 Grits and other cooked cereals	67	271	324
<b>SNACKS AND SWEETS</b>			
<b>Savory Snacks</b>			
5002 Potato chips	30	1,966	1,442
5004 Tortilla, corn, other chips	33	2,208	1,342
5006 Popcorn	33	826	531
5008 Pretzels/snack mix	45	538	368
<b>Crackers</b>			
5202 Crackers, excludes saltines	57	1,769	1,369
5204 Saltine crackers	5	319	314
<b>Snack/Meal Bars</b>			
5402 Cereal bars	33	549	530
5404 Nutrition bars	13	209	176
<b>Sweet Bakery Products</b>			
5502 Cakes and pies	197	1,322	911
5504 Cookies and brownies	107	3,363	2,310
5506 Doughnuts, sweet rolls, pastries	71	1,521	1,103
<b>Candy</b>			
5702 Candy containing chocolate	86	1,597	1,067
5704 Candy not containing chocolate	78	2,230	1,234
<b>Other Desserts</b>			
5802 Ice cream and frozen dairy desserts	61	1,657	1,199
5804 Pudding	27	173	128
5806 Gelatins, ices, sorbets	17	404	310

1. Number of times reported in 2017 - March 2020 Prepandemic.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2017 - March 2020 Prepandemic, day 1 (n=12,634) and 2 (n=10,830), all individuals.

**What We Eat in America Food Categories 2017 - March 2020 Prepandemic**

Food category		Codes <sup>2</sup>	Reports <sup>1</sup>	
			Day 1	Day 2
<b>FRUIT</b>				
<b>Fruits</b>				
6002	<i>Apples</i>	7	1,665	1,588
6004	<i>Bananas</i>	2	1,728	1,746
6006	<i>Grapes</i>	1	732	679
6008	<i>Peaches and nectarines</i>	6	320	247
6009	<i>Strawberries</i>	3	698	605
6011	<i>Blueberries and other berries</i>	10	525	447
6012	<i>Citrus fruits</i>	11	1,123	972
6014	<i>Melons</i>	4	637	495
6016	<i>Dried fruits</i>	19	378	362
6018	<i>Other fruits and fruit salads</i>	42	460	417
6020	<i>Pears</i>	5	184	161
6022	<i>Pineapple</i>	5	329	231
6024	<i>Mango and papaya</i>	5	200	135
<b>VEGETABLES</b>				
<b>Vegetables, excluding Potatoes</b>				
6402	<i>Tomatoes</i>	6	1,231	1,036
6404	<i>Carrots</i>	20	829	790
6406	<i>Other red and orange vegetables</i>	34	303	286
6407	<i>Broccoli</i>	15	507	572
6409	<i>Spinach</i>	15	336	331
6410	<i>Lettuce and lettuce salads</i>	14	1,697	1,586
6411	<i>Other dark green vegetables</i>	65	249	267
6412	<i>String beans</i>	20	515	589
6413	<i>Cabbage</i>	11	295	343
6414	<i>Onions</i>	8	705	541
6416	<i>Corn</i>	20	521	526
6418	<i>Other starchy vegetables</i>	46	332	260
6420	<i>Other vegetables and combinations</i>	161	2,590	2,271
6430	<i>Fried vegetables</i>	29	195	119
6432	<i>Coleslaw, non-lettuce salads</i>	24	264	191
6489	<i>Vegetables on a sandwich</i>	8	2,881	2,121
<b>White Potatoes</b>				
6802	<i>White potatoes, baked or boiled</i>	48	550	515
6804	<i>French fries and other fried white potatoes</i>	44	2,474	1,758
6806	<i>Mashed potatoes and white potato mixtures</i>	57	857	759

1. Number of times reported in 2017 - March 2020 Prepandemic.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2017 - March 2020 Prepandemic, day 1 (n=12,634) and 2 (n=10,830), all individuals.

## What We Eat in America Food Categories 2017 - March 2020 Prepandemic

Food category	Codes <sup>2</sup>	Reports <sup>1</sup>	
		Day 1	Day 2
<b>BEVERAGES</b>			
<b>100% Juice</b>			
7002 Citrus juice	13	1,099	1,187
7004 Apple juice	3	1,031	976
7006 Other fruit juice	20	856	681
7008 Vegetable juice	9	95	103
<b>Diet Beverages</b>			
7102 Diet soft drinks	13	949	794
7104 Diet sport and energy drinks	12	154	105
7106 Other diet drinks	6	256	169
<b>Sweetened Beverages</b>			
7202 Soft drinks	14	4,814	3,245
7204 Fruit drinks	56	2,891	2,055
7206 Sport and energy drinks	19	769	582
7208 Nutritional beverages	16	194	178
7220 Smoothies and grain drinks	25	477	344
<b>Coffee and Tea</b>			
7302 Coffee	113	5,434	4,723
7304 Tea	45	3,536	2,863
<b>ALCOHOLIC BEVERAGES</b>			
<b>Alcoholic Beverages</b>			
7502 Beer	9	1,077	584
7504 Wine	12	498	392
7506 Liquor and cocktails	78	682	298
<b>WATER</b>			
<b>Plain Water</b>			
7702 Tap water	2	10,876	9,704
7704 Bottled water	1	11,397	9,895
<b>Flavored or Enhanced Water</b>			
7802 Flavored or carbonated water	5	557	311
7804 Enhanced water	7	132	65
<b>FATS AND OILS</b>			
<b>Fats and Oils</b>			
8002 Butter and animal fats	14	1,330	1,181
8004 Margarine	12	585	487
8006 Cream cheese, sour cream, whipped cream	14	765	523
8008 Cream and cream substitutes	19	2,400	2,038
8010 Mayonnaise	10	1,741	1,409
8012 Salad dressings and vegetable oils	57	1,788	1,561
<b>CONDIMENTS AND SAUCES</b>			
<b>Condiments and Sauces</b>			
8402 Tomato-based condiments	12	3,074	1,977
8404 Soy-based condiments	10	343	210
8406 Mustard and other condiments	29	2,798	1,861
8408 Olives, pickles, pickled vegetables	30	889	650
8410 Pasta sauces, tomato-based	11	182	138
8412 Dips, gravies, other sauces	62	1,301	757

1. Number of times reported in 2017 - March 2020 Prepandemic.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2017 - March 2020 Prepandemic, day 1 (n=12,634) and 2 (n=10,830), all individuals.

## What We Eat in America Food Categories 2017 - March 2020 Prepandemic

Food category	Codes <sup>2</sup>	Reports <sup>1</sup>	
		Day 1	Day 2
<b>SUGARS</b>			
<b>Sugars</b>			
8802 Sugars and honey	8	3,081	2,481
8804 Sugar substitutes	10	797	649
8806 Jams, syrups, toppings	38	1,357	1,014
<b>BABY FOODS AND FORMULAS</b>			
<b>Baby Foods</b>			
9002 Baby food: cereals	22	395	374
9004 Baby food: fruit	59	182	185
9006 Baby food: vegetable	37	149	118
9007 Baby food: mixtures	12	73	48
9008 Baby food: meat and dinners	67	53	60
9010 Baby food: yogurt	11	34	23
9012 Baby food: snacks and sweets	40	230	170
<b>Baby Beverages</b>			
9202 Baby juice	19	31	49
9204 Baby water	1	90	98
<b>Infant Formulas</b>			
9402 Formula, ready-to-feed	57	109	84
9404 Formula, prepared from powder	131	1,836	1,542
<b>Human Milk</b>			
9602 Human milk	1	1,404	1,128
<b>OTHER</b>			
<b>Other</b>			
9802 Protein and nutritional powders	18	211	164
9999 Not included in a food category	77	893	640

1. Number of times reported in 2017 - March 2020 Prepandemic.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2017 - March 2020 Prepandemic, day 1 (n=12,634) and 2 (n=10,830), all individuals.