UNITED STATES DEPARTMENT OF AGRICULTURE
Science and Education Administration
Human Nutrition
Consumer Nutrition Center

CONVERSION FACTORS
for the household food consumption phase
of the
NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78

Factors are used for converting weights of specified foods to equivalent weight for combination into food group totals.
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<td>Calcium equivalent</td>
<td>1</td>
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<td>Egg fresh equivalent</td>
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</table>
These conversion factors were developed to adjust reported quantities of food in the household phase of the Nationwide Food Consumption Survey 1977-78. The adjustment brought food items of different forms and food mixtures to some common basis for combination into food groups.

For the study, foods were grouped and reported in two ways. First, the foods were grouped as marketed to report on consumption patterns. Second, foods were grouped according to their nutrient content to interpret the dietary situation of households. Most of the conversion factors were used in computing weight totals for each food subgroup in these two categories.

The basis of conversion for subgroups within market and nutrition groups were of three types:

1. A similar form. For example, all nuts with shell were converted to the equivalent weight of nut meats; all potato products, processed or pared, were converted to an equivalent weight of fresh potatoes with peel.

2. An equivalent nutrient content. For example, the weight of each milk product was converted to the weight of fluid milk containing the same amount of calcium as contained in each milk product. This converted weight of milk and milk products is called "calcium (milk) equivalent."

3. An ingredient common to a series of individual food items. An example of this basis of conversion is "flour equivalent." Included here were items such as prepared flour mixes, bakery products, and commercially prepared dishes and soups made chiefly of grain products. These grain products were converted to the weight of flour or dry grain contained in each food item within the group and added to the weight of flour, meal, cereals, and pastes.

On the page following is a summarization of food groups converted for market and nutrition groups, what the bases of conversion were for each food group, and, in a general way, the food items converted within each group.
### Market Food Group: determined by first and second digit of code.

<table>
<thead>
<tr>
<th>Food group</th>
<th>Conversion basis</th>
<th>Items converted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, cream, ice cream, cheese</td>
<td>Calcium (as contained in equivalent amount of whole milk)</td>
<td>Fresh fluid milk, processed milk, cream (including cream substitutes containing milk derivatives), frozen desserts containing milk, cheese, cream soups, mixtures containing milk or milk products</td>
</tr>
<tr>
<td>Eggs</td>
<td>Eggs in shell</td>
<td>Eggs without shell; processed eggs, egg substitutes.</td>
</tr>
<tr>
<td>Juices (canned, frozen, powdered, fresh), vegetable and fruit</td>
<td>Single strength juice</td>
<td>Concentrated, powdered forms.</td>
</tr>
<tr>
<td>Nuts</td>
<td>Nut meats</td>
<td>Nuts with shell</td>
</tr>
</tbody>
</table>

### Nutrition Food Group: determined by eighth and ninth digits of code.

<table>
<thead>
<tr>
<th>Food group</th>
<th>Conversion basis</th>
<th>Items converted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, cream, ice cream, cheese</td>
<td>Calcium (as contained in equivalent amount of whole milk)</td>
<td>Fresh fluid milk, processed milk, cream (including cream substitutes containing milk derivatives), frozen desserts containing milk, cheese, cream soups, mixtures containing milk or milk products</td>
</tr>
<tr>
<td>Eggs</td>
<td>Eggs in shell</td>
<td>Eggs without shell; processed eggs, egg substitutes.</td>
</tr>
<tr>
<td>Dry beans, peas, lentils</td>
<td>Dry weight</td>
<td>Cooked or canned beans, peas, and lentils.</td>
</tr>
<tr>
<td>Nuts, peanut butter</td>
<td>Nut meats</td>
<td>Nuts with shell</td>
</tr>
</tbody>
</table>
Nutrition Food Group—continued

<table>
<thead>
<tr>
<th>Food group</th>
<th>Conversion basis</th>
<th>Items converted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes</td>
<td>Fresh potato with peel</td>
<td>Pared potatoes, processed potatoes, chips, salad; soup</td>
</tr>
<tr>
<td>Citrus fruit</td>
<td>Single strength juice</td>
<td>Fresh citrus fruit, concentrated form of citrus and blended citrus juices</td>
</tr>
<tr>
<td>Grain products, enriched, whole grain, restored or fortified</td>
<td>Flour or dry grain content</td>
<td>Flour mixes, bread, cereals, pastes, and other baked goods; mixtures and soups, mostly enriched grain</td>
</tr>
<tr>
<td>Grain products, not enriched, whole grain, restored or fortified</td>
<td>Flour or dry grain content</td>
<td>Flour mixes, bread, cereals, pastes, and other baked goods; mixtures and soups, mostly unenriched</td>
</tr>
<tr>
<td>Sugars, sweets</td>
<td>Sugar content</td>
<td>Ready-to-drink, canned, and powdered ice tea, ades, punches, drinks, and nectars; soft drinks; miscellaneous sweets, including dessert mixes</td>
</tr>
</tbody>
</table>
All foods reported by the households in the survey were given a 15-digit numerical code that provides a unique identification of every food item. Each of the major marketing groups is expressed by the first two digits. Marketing subgroups are indicated by the third and fourth digits. Complete detail on most food items can be obtained by the first seven digits of the code. The eighth and ninth digits show nutritional groupings. The remaining groups of digits of the code are used to describe specific methods of processing or variation (commercially canned, home frozen, concentrated, ready-to-eat, etc.).

Factors in the following detailed listing are grouped by the common basis of conversion. The last two columns of the list indicate whether the factor is to be applied to marketing or nutritional groups, or both. Only the food items to be converted are in this list. All food items not shown have a conversion of 1.00. That is, they are included in totals as the weight reported.


Conversion factors were applied to food data from the 1977-78 survey as follows: The quantity of food used was multiplied by the appropriate factor to obtain the quantity on a converted basis. The converted quantity was then added to quantities of other foods in the food group for a group total.
Factors for converting weights of specified foods to equivalent weight for combination into food group totals

<table>
<thead>
<tr>
<th>Food Code</th>
<th>Conversion factors for food groupings</th>
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<tbody>
<tr>
<td>Market Nutrition</td>
<td></td>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh fluid milk</td>
<td></td>
</tr>
<tr>
<td>Cows' milk, low sodium</td>
<td>401110301 100000</td>
</tr>
<tr>
<td>Cows' milk, concentrated</td>
<td>401110401 100000</td>
</tr>
<tr>
<td>Goats' milk</td>
<td>401110501 100000</td>
</tr>
<tr>
<td>Puffed milk, all kinds</td>
<td>401110601 100000</td>
</tr>
<tr>
<td>Lowfat and 2% milk (include 1%-2% milkfat, sweet acidopholus)</td>
<td>401410101 100000</td>
</tr>
<tr>
<td>Yogurt, plain (no specified flavor)</td>
<td>401510201 100000</td>
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<tr>
<td>Yogurt, vanilla or coffee</td>
<td>401510301 100000</td>
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<tr>
<td>Yogurt, fruit</td>
<td>401510401 100000</td>
</tr>
<tr>
<td>Yogurt, diet, artificially sweetened fruit</td>
<td>401510501 100000</td>
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<tr>
<td>Chocolate milk</td>
<td>401610101 100000</td>
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<tr>
<td>Thick shakes, chocolate, carryout</td>
<td>401630101 100000</td>
</tr>
<tr>
<td>Thick shakes, all flavors except chocolate, carryout</td>
<td>401630201 100000</td>
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<tr>
<td>Imitation milk, fluid</td>
<td>401710108 100000</td>
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<tr>
<td>Processed milk</td>
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<tr>
<td>Evaporated milk, cows' whole, commercially canned</td>
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<td>Evaporated milk, cows' skim, commercially canned</td>
<td>402110201 200000</td>
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<tr>
<td>Evaporated milk, cows' skim with vegetable oil, commercially canned</td>
<td>402110301 200000</td>
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<tr>
<td>Evaporated goats' milk, commercially canned</td>
<td>402110401 200000</td>
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<tr>
<td>Condensed milk, sweetened, commercially canned</td>
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<tr>
<td>Nonfat milk, dry, instant</td>
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<tr>
<td>Food</td>
<td>Code</td>
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<tr>
<td>-------------------------------------------</td>
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<td><strong>CALCIUM EQUIVALENT—continued</strong></td>
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<td><strong>Processed milk—continued</strong></td>
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<tr>
<td>Lowfat milk, dry</td>
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<td>Whole milk, dry</td>
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<tr>
<td>Buttermilk, dry</td>
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<tr>
<td>Protein-casein powder</td>
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<td>Coats' milk, dry</td>
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<td>Nonfat milk, dry, regular</td>
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<td>Nonfat milk and nondairy creamer, dry</td>
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<tr>
<td>Soy milk (not baby)</td>
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<td>commercially canned</td>
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<tr>
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<td>commercially canned</td>
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<td>commercially canned</td>
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<tr>
<td>Infant formula, milk base iron, concentrated,</td>
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<td>commercially canned</td>
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<td>commercially canned</td>
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<td>Food</td>
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<td>Processed milk—continued</td>
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<td>Diet beverages, liquid, lower calorie,</td>
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<td>Milkshakes, chocolate, commercially canned</td>
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<td>Eggnog beads</td>
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<td>Soy milk, not baby, dry</td>
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<td>Infant formula, with iron and protein, dry</td>
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<td>Infant formula, with protein, dry</td>
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<tr>
<td>Infant formula, soy base, dry</td>
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<td>Malted milk, dry</td>
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<td>Breakfast drinks, containing milk</td>
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<td>Tiger milk</td>
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<td>Diet beverages, dry, lower calorie</td>
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<td>Diet beverages, dry, higher calorie</td>
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<td>Milkshakes, all flavors, commercially frozen</td>
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<td>Baked goods, mostly milk</td>
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<td>Cheesecake mix</td>
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<td>Cheesecake, cheese pie, home frozen</td>
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<tr>
<td>Cheesecake, cheese pie, commercially frozen</td>
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<tr>
<td>Cheesecake, cheese pie, ready to eat</td>
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<tr>
<td>Cheesecake with fruit, home frozen</td>
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<td>Food</td>
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<td>Market</td>
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<tr>
<td>Baked goods, mostly milk--continued</td>
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<tr>
<td>Cheesecake with fruit, commercially frozen</td>
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<tr>
<td>Cheesecake with fruit, ready to eat</td>
<td>432430608</td>
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<tr>
<td>Snack item, mostly milk</td>
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<tr>
<td>Cream, cream substitutes</td>
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</tr>
<tr>
<td>Light cream, sweet</td>
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<tr>
<td>Light cream, powdered</td>
<td>403110202</td>
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<tr>
<td>Heavy whipping cream</td>
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<td>Heavy whipping cream, home frozen</td>
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<td>Whipped cream, pressure can</td>
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<tr>
<td>Sour cream substitute</td>
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<td>Half and half, sweet</td>
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<td>Half and half, sour</td>
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<tr>
<td>Eggnog, fresh</td>
<td>403410302</td>
</tr>
<tr>
<td>Eggnog, commercially canned</td>
<td>403410402</td>
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<tr>
<td>Cream substitute, powdered</td>
<td>403511102</td>
</tr>
<tr>
<td>Cream substitute, commercially frozen</td>
<td>403512102</td>
</tr>
<tr>
<td>Cream substitute, liquid</td>
<td>403512202</td>
</tr>
<tr>
<td>Whipped cream substitute, nondairy, powdered</td>
<td>403520102</td>
</tr>
<tr>
<td>Whipped cream substitute, nondairy, powdered, dietetic</td>
<td>403520402</td>
</tr>
<tr>
<td>Frozen desserts containing milk</td>
<td></td>
</tr>
<tr>
<td>Ice cream, except chocolate, bulk or prepackaged</td>
<td>404110202</td>
</tr>
<tr>
<td>Ice cream with vegetable fat, imitation</td>
<td>404110302</td>
</tr>
<tr>
<td>Ice cream, dietetic</td>
<td>404110402</td>
</tr>
<tr>
<td>Fruit sundaes, ready to eat</td>
<td>404110502</td>
</tr>
<tr>
<td>Ice cream cake or roll</td>
<td>404110602</td>
</tr>
<tr>
<td>Ice milk, except chocolate, bulk or prepackaged</td>
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</tr>
<tr>
<td>Food</td>
<td>Code</td>
</tr>
<tr>
<td>-----------------------------------------------------</td>
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<td></td>
</tr>
<tr>
<td><strong>CALCIUM EQUIVALENT—continued</strong></td>
<td></td>
</tr>
<tr>
<td>Frozen desserts containing milk—continued</td>
<td></td>
</tr>
<tr>
<td>Ice milk combined with sherbet or ice cream</td>
<td>404210202 310000</td>
</tr>
<tr>
<td>Chocolate ice milk, bulk or prepacked</td>
<td>404210402 310000</td>
</tr>
<tr>
<td>Sherbet—all flavors</td>
<td>404310202 310000</td>
</tr>
<tr>
<td>Frozen desserts with milk, dietetic</td>
<td>404410102 310000</td>
</tr>
<tr>
<td>Frozen desserts with yogurt on a stick</td>
<td>404410202 300000</td>
</tr>
<tr>
<td>Cheese</td>
<td></td>
</tr>
<tr>
<td>Cheddar or American, natural</td>
<td>405110103 990000</td>
</tr>
<tr>
<td>Cheddar or American, processed</td>
<td>405210103 990000</td>
</tr>
<tr>
<td>Cheez Kisses</td>
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</tr>
<tr>
<td>American processed, low fat</td>
<td>405210303 990000</td>
</tr>
<tr>
<td>American and Swiss, processed</td>
<td>405210403 990000</td>
</tr>
<tr>
<td>Swiss, domestic and imported</td>
<td>405310103 990000</td>
</tr>
<tr>
<td>Cottage cheese, creamed, large or small curd</td>
<td>405410403 990000</td>
</tr>
<tr>
<td>Cottage cheese, creamed, large or small curd, with fruit</td>
<td>405410503 990000</td>
</tr>
<tr>
<td>Cottage cheese, uncreamed, dry curd</td>
<td>405410603 990000</td>
</tr>
<tr>
<td>Cottage cheese, lowfat (1-2%)</td>
<td>405410703 990000</td>
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<td>Cream cheese</td>
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<td>Cream cheese, lowfat</td>
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</tr>
<tr>
<td>Cream cheese, whipped</td>
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</tr>
<tr>
<td>Cheese spreads, cheddar or American cheese base</td>
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</tr>
<tr>
<td>Cheese spreads, cream cheese, or Neufchatel base</td>
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<td>Cheese spreads, pressurized can</td>
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<td>Processed cheese food</td>
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<td>Parmesan</td>
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<td>Camembert</td>
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<td>----------------------------------------------------</td>
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<tr>
<td></td>
<td>Market</td>
</tr>
<tr>
<td><strong>CALCIUM EQUIVALENT--continued</strong></td>
<td></td>
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### Food Code Conversion factors for food groupings

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## FLOUR EQUIVALENT

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Baked goods other than bread
(including doughs and partially baked products)
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**Bread**

| Flour tortillas, home frozen | 431381063 126000 | .90 |
| Flour tortillas, commercially canned | 431381063 206000 | .90 |
| Flour tortillas, commercially frozen | 431381063 306000 | .90 |
| Flour tortillas, fresh | 431381063 996000 | .90 |

**Baked goods**

<p>| Chow mein noodles, canned | 432120364 206000 | .90 |
| Chow mein noodles, commercially frozen | 432120364 316000 | .90 |
| Chow mein noodles, ready to eat | 432120364 996000 | .90 |
| Angelfood, plain, home frozen | 432430164 136052 | .20 |
| Angelfood, plain, commercially frozen | 432430164 316052 | .20 |
| Angelfood, plain, ready to eat | 432430164 996052 | .20 |
| Angelfood with white icing, home frozen | 432430264 136050 | .20 |
| Macaroons, home frozen | 432620364 136052 | .30 |
| Macaroons, ready to eat | 432620364 996052 | .30 |
| Macaroons, chocolate, home frozen | 432620464 136052 | .20 |
| Macaroons, chocolate, ready to eat | 432620464 996052 | .20 |
| Cookies made with matzo meal, ready to eat | 432660264 996052 | .40 |
| Japanese tea cookies | 432680264 996052 | .30 |
| Corn snacks with or without cheese | 432920264 996000 | .90 |
| Corn snacks with corn sirup and peanuts | 432920364 996000 | .60 |
| Onion-flavored rings, food starch base | 432920664 996000 | .60 |</p>
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<tr>
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<td>With whole egg solids, powdered</td>
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## SUGAR EQUIVALENT

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<td>Ready to drink teas, fruit ades, punches, drinks, or nectars</td>
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<td>Junket mix, with sugar and chocolate flavorings</td>
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<td>Icing mix, all chocolate flavors, fluffy, dry</td>
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<td>Cake decorating gel, ready to use, all flavors</td>
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**Beverages**

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<td>Iced tea, with sugar, concentrated,</td>
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**Soft drinks**

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<td>Root beer</td>
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<td><strong>Chips, sticks, and potato salad</strong></td>
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<td>Potato sticks</td>
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