

**Table 1a. Fruit: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Male/Female and Age, in the United States, 2011-2012**

		Fruit					
Males/Females and age (years)	Sample size	Total Fruit	Citrus, Melons, Berries †		Other Fruit †		Fruit Juice
		----- Mean (Standard Error) -----					
Males:							
2 - 5.....	411	1.50 (0.093)	0.24 (0.049)	0.52 (0.045)	0.74 (0.083)		
6 - 11.....	590	1.31 (0.098)	0.25 (0.042)	0.62 (0.073)	0.44 (0.046)		
12 - 19.....	585	1.06 (0.168)	0.13 (0.038)	0.49 (0.071)	0.43 (0.095)		
20 - 29.....	457	1.01 (0.080)	0.15 (0.026)	0.45 (0.057)	0.41 (0.063)		
30 - 39.....	425	1.11 (0.092)	0.14* (0.045)	0.50 (0.064)	0.47 (0.110)		
40 - 49.....	374	0.80 (0.080)	0.13 (0.027)	0.47 (0.053)	0.21 (0.036)		
50 - 59.....	382	1.05 (0.057)	0.17 (0.042)	0.52 (0.051)	0.35 (0.062)		
60 - 69.....	397	1.13 (0.136)	0.21 (0.030)	0.58 (0.053)	0.34 (0.094)		
70 and over.....	359	1.13 (0.074)	0.21 (0.042)	0.61 (0.060)	0.31 (0.056)		
2 - 19.....	1586	1.24 (0.094)	0.20 (0.029)	0.54 (0.039)	0.50 (0.054)		
20 and over...	2394	1.03 (0.050)	0.16 (0.017)	0.51 (0.027)	0.35 (0.052)		
2 and over...	3980	1.08 (0.043)	0.17 (0.018)	0.52 (0.022)	0.39 (0.039)		
Females:							
2 - 5.....	423	1.32 (0.078)	0.18 (0.022)	0.61 (0.045)	0.53 (0.050)		
6 - 11.....	556	1.13 (0.090)	0.20 (0.024)	0.57 (0.074)	0.37 (0.041)		
12 - 19.....	567	0.80 (0.077)	0.16 (0.044)	0.32 (0.041)	0.32 (0.042)		
20 - 29.....	428	1.05 (0.103)	0.16 (0.023)	0.49 (0.054)	0.40 (0.073)		
30 - 39.....	404	0.94 (0.120)	0.25* (0.079)	0.44 (0.043)	0.25 (0.034)		
40 - 49.....	407	0.81 (0.092)	0.19 (0.042)	0.37 (0.053)	0.25 (0.062)		
50 - 59.....	423	0.92 (0.098)	0.28 (0.052)	0.43 (0.052)	0.21 (0.035)		
60 - 69.....	380	0.94 (0.100)	0.20 (0.031)	0.56 (0.060)	0.18 (0.026)		
70 and over.....	365	1.14 (0.087)	0.24 (0.032)	0.62 (0.053)	0.28 (0.041)		
2 - 19.....	1546	1.02 (0.060)	0.18 (0.022)	0.46 (0.037)	0.38 (0.030)		
20 and over...	2407	0.96 (0.051)	0.22 (0.023)	0.47 (0.025)	0.26 (0.025)		
2 and over...	3953	0.97 (0.046)	0.21 (0.020)	0.47 (0.023)	0.29 (0.022)		
Males and females:							
2 - 19.....	3132	1.13 (0.055)	0.19 (0.020)	0.50 (0.027)	0.44 (0.031)		
20 and over...	4801	0.99 (0.042)	0.19 (0.017)	0.49 (0.019)	0.31 (0.033)		
2 and over...	7933	1.03 (0.036)	0.19 (0.017)	0.49 (0.018)	0.34 (0.024)		

* Indicates an estimate with a relative standard error greater than 30%.

† Includes intact fruit (whole or cut) only; excludes fruit juice.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1b Vegetables: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Male/Female and Age, in the United States, 2011-2012

Vegetables											
Males/Females and age (years)	Total Vegetables †	Starchy Vegetables				Red and Orange Vegetables					
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other		
		Mean (Standard Error)									
Males:											
2 - 5.....	0.63 (0.030)	0.24 (0.028)	0.18 (0.027)	0.06 (0.011)	0.20 (0.022)	0.13 (0.015)	0.06 (0.013)	0.05* (0.016)	0.14 (0.015)		
6 - 11.....	0.87 (0.062)	0.27 (0.015)	0.22 (0.015)	0.05 (0.006)	0.30 (0.026)	0.24 (0.023)	0.06 (0.015)	0.08 (0.020)	0.22 (0.028)		
12 - 19.....	1.26 (0.050)	0.46 (0.034)	0.40 (0.032)	0.06 (0.009)	0.42 (0.018)	0.37 (0.022)	0.05 (0.013)	0.06* (0.025)	0.32 (0.019)		
20 - 29.....	1.58 (0.094)	0.48 (0.043)	0.41 (0.035)	0.06 (0.013)	0.42 (0.024)	0.37 (0.019)	0.06 (0.010)	0.12 (0.033)	0.56 (0.051)		
30 - 39.....	1.69 (0.062)	0.45 (0.033)	0.37 (0.027)	0.08 (0.016)	0.45 (0.026)	0.37 (0.021)	0.08 (0.015)	0.14 (0.027)	0.65 (0.052)		
40 - 49.....	1.85 (0.113)	0.60 (0.051)	0.48 (0.044)	0.11 (0.023)	0.46 (0.047)	0.33 (0.024)	0.13* (0.042)	0.12 (0.025)	0.67 (0.067)		
50 - 59.....	2.08 (0.150)	0.64 (0.069)	0.51 (0.071)	0.13 (0.032)	0.50 (0.049)	0.37 (0.043)	0.13 (0.027)	0.17 (0.022)	0.77 (0.066)		
60 - 69.....	1.88 (0.110)	0.48 (0.082)	0.39 (0.078)	0.09 (0.018)	0.44 (0.049)	0.33 (0.042)	0.11 (0.023)	0.15* (0.057)	0.82 (0.145)		
70 and over.....	1.51 (0.090)	0.48 (0.051)	0.38 (0.043)	0.10 (0.024)	0.37 (0.034)	0.27 (0.033)	0.09 (0.014)	0.11 (0.032)	0.55 (0.036)		
2 - 19.....	0.99 (0.029)	0.35 (0.018)	0.29 (0.018)	0.05 (0.006)	0.33 (0.014)	0.27 (0.016)	0.06 (0.007)	0.06 (0.014)	0.25 (0.014)		
20 and over...	1.78 (0.062)	0.52 (0.030)	0.43 (0.028)	0.10 (0.010)	0.44 (0.020)	0.34 (0.017)	0.10 (0.009)	0.14 (0.012)	0.67 (0.038)		
2 and over...	1.58 (0.051)	0.48 (0.023)	0.39 (0.021)	0.09 (0.008)	0.42 (0.015)	0.33 (0.013)	0.09 (0.008)	0.12 (0.011)	0.56 (0.030)		
Females:											
2 - 5.....	0.68 (0.078)	0.22 (0.024)	0.17 (0.025)	0.05 (0.011)	0.25 (0.039)	0.18 (0.032)	0.07 (0.016)	0.05* (0.020)	0.17 (0.021)		
6 - 11.....	0.84 (0.054)	0.32 (0.033)	0.26 (0.026)	0.06 (0.012)	0.25 (0.023)	0.21 (0.023)	0.04 (0.007)	0.04 (0.006)	0.23 (0.030)		
12 - 19.....	0.97 (0.091)	0.36 (0.040)	0.30 (0.030)	0.06 (0.016)	0.25 (0.025)	0.21 (0.021)	0.04 (0.011)	0.05* (0.018)	0.30 (0.034)		
20 - 29.....	1.43 (0.064)	0.38 (0.043)	0.32 (0.041)	0.06 (0.009)	0.40 (0.035)	0.30 (0.028)	0.10 (0.017)	0.17 (0.030)	0.49 (0.028)		
30 - 39.....	1.44 (0.066)	0.37 (0.028)	0.29 (0.027)	0.08 (0.016)	0.38 (0.025)	0.28 (0.018)	0.10 (0.014)	0.15 (0.030)	0.54 (0.037)		
40 - 49.....	1.47 (0.079)	0.37 (0.033)	0.29 (0.026)	0.08 (0.015)	0.36 (0.031)	0.27 (0.021)	0.09 (0.018)	0.19 (0.031)	0.56 (0.046)		
50 - 59.....	1.61 (0.089)	0.33 (0.030)	0.23 (0.020)	0.10 (0.015)	0.42 (0.038)	0.29 (0.020)	0.13 (0.025)	0.26 (0.068)	0.61 (0.033)		
60 - 69.....	1.61 (0.094)	0.32 (0.036)	0.27 (0.033)	0.05 (0.014)	0.42 (0.057)	0.32 (0.054)	0.10 (0.022)	0.18 (0.034)	0.69 (0.069)		
70 and over.....	1.46 (0.079)	0.40 (0.027)	0.31 (0.025)	0.10 (0.017)	0.35 (0.026)	0.25 (0.028)	0.10 (0.013)	0.15 (0.033)	0.56 (0.036)		
2 - 19.....	0.86 (0.050)	0.32 (0.020)	0.26 (0.016)	0.06 (0.009)	0.25 (0.019)	0.20 (0.014)	0.05 (0.007)	0.05 (0.011)	0.25 (0.021)		
20 and over...	1.51 (0.049)	0.36 (0.018)	0.28 (0.016)	0.08 (0.008)	0.39 (0.018)	0.28 (0.013)	0.11 (0.009)	0.19 (0.025)	0.57 (0.026)		
2 and over...	1.35 (0.041)	0.35 (0.016)	0.28 (0.014)	0.07 (0.007)	0.36 (0.014)	0.26 (0.011)	0.09 (0.007)	0.15 (0.019)	0.49 (0.021)		
Males and females:											
2 - 19.....	0.93 (0.031)	0.33 (0.014)	0.28 (0.013)	0.06 (0.006)	0.29 (0.012)	0.24 (0.012)	0.05 (0.005)	0.06 (0.008)	0.25 (0.010)		
20 and over...	1.64 (0.049)	0.44 (0.020)	0.35 (0.017)	0.09 (0.007)	0.42 (0.016)	0.31 (0.012)	0.10 (0.008)	0.16 (0.017)	0.62 (0.030)		
2 and over...	1.46 (0.041)	0.41 (0.016)	0.33 (0.014)	0.08 (0.006)	0.38 (0.012)	0.29 (0.009)	0.09 (0.006)	0.14 (0.013)	0.53 (0.024)		

* Indicates an estimate with a relative standard error greater than 30%.

† Total Vegetables does not include legumes.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
 Food Patterns Equivalents Database (FPED) 2011-2012.

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Table 1c. Grains: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Male/Female and Age, in the United States, 2011-2012

Males/Females and age (years)	<i>Grains</i>			
	Total Grains	Whole Grains	Refined Grains	
	————— Mean (Standard Error) —————			
Males:				
2 - 5.....	5.19 (0.159)	0.62 (0.043)	4.56 (0.151)	
6 - 11.....	7.46 (0.298)	0.80 (0.069)	6.66 (0.284)	
12 - 19.....	8.85 (0.253)	0.88 (0.118)	7.97 (0.286)	
20 - 29.....	8.80 (0.345)	0.82 (0.106)	7.97 (0.359)	
30 - 39.....	8.58 (0.275)	1.16 (0.133)	7.42 (0.300)	
40 - 49.....	8.34 (0.299)	1.00 (0.096)	7.34 (0.308)	
50 - 59.....	6.95 (0.301)	1.05 (0.153)	5.90 (0.264)	
60 - 69.....	7.28 (0.262)	1.25 (0.145)	6.03 (0.326)	
70 and over....	6.10 (0.190)	1.19 (0.119)	4.91 (0.197)	
2 - 19.....	7.58 (0.151)	0.80 (0.048)	6.79 (0.174)	
20 and over...	7.82 (0.104)	1.06 (0.073)	6.77 (0.140)	
2 and over...	7.76 (0.097)	0.99 (0.055)	6.77 (0.127)	
Females:				
2 - 5.....	4.98 (0.096)	0.73 (0.071)	4.25 (0.091)	
6 - 11.....	6.78 (0.266)	0.75 (0.071)	6.03 (0.271)	
12 - 19.....	6.01 (0.156)	0.58 (0.057)	5.43 (0.145)	
20 - 29.....	6.70 (0.220)	0.83 (0.085)	5.87 (0.206)	
30 - 39.....	6.50 (0.222)	0.92 (0.095)	5.59 (0.192)	
40 - 49.....	5.50 (0.146)	0.69 (0.065)	4.81 (0.131)	
50 - 59.....	5.83 (0.275)	1.00 (0.095)	4.84 (0.249)	
60 - 69.....	5.25 (0.312)	0.97 (0.136)	4.27 (0.313)	
70 and over....	4.85 (0.162)	1.10 (0.091)	3.75 (0.158)	
2 - 19.....	6.03 (0.129)	0.67 (0.032)	5.36 (0.123)	
20 and over...	5.83 (0.101)	0.91 (0.042)	4.92 (0.093)	
2 and over...	5.88 (0.089)	0.85 (0.035)	5.03 (0.080)	
Males and females:				
2 - 19.....	6.83 (0.100)	0.73 (0.031)	6.09 (0.110)	
20 and over...	6.80 (0.085)	0.98 (0.053)	5.82 (0.097)	
2 and over...	6.81 (0.071)	0.92 (0.042)	5.89 (0.083)	

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

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Table 1d. Dairy: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Male/Female and Age, in the United States, 2011-2012

Males/Females and age (years)	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	Mean (Standard Error)			
Males:				
2 - 5.....	2.43 (0.186)	1.74 (0.134)	0.55 (0.087)	0.13 (0.029)
6 - 11.....	2.37 (0.081)	1.48 (0.069)	0.82 (0.052)	0.06 (0.009)
12 - 19.....	2.65 (0.138)	1.46 (0.127)	1.16 (0.088)	0.01* (0.004)
20 - 29.....	2.04 (0.164)	0.68 (0.077)	1.28 (0.107)	0.04 (0.010)
30 - 39.....	1.99 (0.165)	0.78 (0.071)	1.07 (0.081)	0.07* (0.039)
40 - 49.....	2.17 (0.108)	0.93 (0.077)	1.16 (0.074)	0.06* (0.022)
50 - 59.....	1.53 (0.165)	0.78 (0.149)	0.70 (0.070)	0.03 (0.009)
60 - 69.....	1.73 (0.084)	0.98 (0.067)	0.67 (0.071)	0.06* (0.018)
70 and over.....	1.44 (0.070)	0.89 (0.061)	0.45 (0.061)	0.06 (0.014)
2 - 19.....	2.51 (0.084)	1.53 (0.082)	0.91 (0.055)	0.05 (0.008)
20 and over...	1.85 (0.039)	0.83 (0.042)	0.94 (0.043)	0.05 (0.008)
2 and over...	2.02 (0.051)	1.01 (0.038)	0.93 (0.034)	0.05 (0.006)
Females:				
2 - 5.....	2.17 (0.073)	1.50 (0.045)	0.56 (0.058)	0.09 (0.016)
6 - 11.....	2.09 (0.105)	1.20 (0.062)	0.82 (0.078)	0.05 (0.013)
12 - 19.....	1.86 (0.080)	0.97 (0.079)	0.82 (0.061)	0.06* (0.023)
20 - 29.....	1.49 (0.055)	0.56 (0.041)	0.86 (0.051)	0.05 (0.014)
30 - 39.....	1.61 (0.135)	0.77 (0.081)	0.72 (0.063)	0.08 (0.016)
40 - 49.....	1.38 (0.084)	0.67 (0.077)	0.60 (0.058)	0.09 (0.019)
50 - 59.....	1.40 (0.109)	0.65 (0.067)	0.67 (0.063)	0.07 (0.020)
60 - 69.....	1.32 (0.100)	0.71 (0.062)	0.53 (0.075)	0.06* (0.021)
70 and over.....	1.34 (0.080)	0.90 (0.072)	0.33 (0.035)	0.08 (0.010)
2 - 19.....	2.00 (0.056)	1.16 (0.042)	0.76 (0.032)	0.06 (0.014)
20 and over...	1.43 (0.052)	0.70 (0.033)	0.63 (0.026)	0.07 (0.009)
2 and over...	1.57 (0.042)	0.81 (0.029)	0.67 (0.020)	0.07 (0.008)
Males and females:				
2 - 19.....	2.26 (0.060)	1.35 (0.047)	0.84 (0.037)	0.06 (0.009)
20 and over...	1.63 (0.034)	0.76 (0.034)	0.78 (0.024)	0.06 (0.006)
2 and over...	1.79 (0.037)	0.91 (0.029)	0.80 (0.023)	0.06 (0.005)

* Indicates an estimate with a relative standard error greater than 30%.

† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
 Food Patterns Equivalents Database (FPED) 2011-2012.

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Table 1e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Male/Female and Age, in the United States, 2011-2012

Protein Foods (continues on next page)											
Males/Females and age (years)	Total Protein Foods †	Meat, Poultry, and Seafood									
		Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low n-3		Seafood High n-3		Organ Meat	
Mean (Standard Error)											
Males:											
2 - 5.....	3.03 (0.100)	2.43 (0.104)	0.51 (0.082)	0.98 (0.127)	0.80 (0.151)	0.12 (0.027)	0.02* (0.010)			#	
6 - 11.....	4.20 (0.132)	3.37 (0.156)	0.99 (0.126)	1.04 (0.098)	1.06 (0.108)	0.21 (0.039)	0.06* (0.020)			#	
12 - 19.....	6.37 (0.331)	5.18 (0.320)	1.98 (0.230)	1.53 (0.265)	1.36 (0.238)	0.22 (0.058)	0.09* (0.040)			0.01* (0.006)	
20 - 29.....	7.73 (0.303)	6.26 (0.313)	2.53 (0.159)	1.89 (0.192)	1.38 (0.123)	0.32 (0.058)	0.14* (0.076)			#	
30 - 39.....	8.65 (0.281)	6.75 (0.314)	2.28 (0.221)	2.19 (0.269)	1.36 (0.239)	0.73 (0.118)	0.19 (0.048)			0.01* (0.004)	
40 - 49.....	7.83 (0.443)	6.21 (0.313)	2.37 (0.247)	1.80 (0.273)	1.39 (0.148)	0.45 (0.105)	0.20* (0.119)			#	
50 - 59.....	7.57 (0.379)	6.09 (0.395)	2.52 (0.330)	1.64 (0.169)	1.28 (0.131)	0.51 (0.108)	0.14* (0.067)			0.01* (0.004)	
60 - 69.....	6.74 (0.325)	4.95 (0.252)	1.73 (0.286)	1.22 (0.229)	1.08 (0.152)	0.60* (0.181)	0.17 (0.051)			0.16* (0.139)	
70 and over.....	6.22 (0.283)	4.77 (0.153)	1.80 (0.152)	1.19 (0.156)	0.95 (0.145)	0.64 (0.125)	0.15* (0.045)			0.05* (0.023)	
2 - 19.....	4.92 (0.186)	3.98 (0.166)	1.33 (0.094)	1.24 (0.144)	1.14 (0.136)	0.19 (0.035)	0.06* (0.021)			0.01* (0.004)	
20 and over...	7.59 (0.117)	5.97 (0.113)	2.26 (0.117)	1.71 (0.126)	1.27 (0.077)	0.53 (0.054)	0.17 (0.028)			0.03* (0.020)	
2 and over...	6.89 (0.116)	5.45 (0.099)	2.02 (0.099)	1.59 (0.125)	1.24 (0.076)	0.44 (0.044)	0.14 (0.019)			0.02* (0.015)	
Females:											
2 - 5.....	2.77 (0.179)	2.09 (0.170)	0.54 (0.084)	0.80 (0.109)	0.57 (0.070)	0.14* (0.057)	0.02* (0.007)			#	
6 - 11.....	3.75 (0.224)	3.05 (0.231)	0.83 (0.134)	1.17 (0.104)	0.85 (0.087)	0.18 (0.035)	0.02* (0.011)			0.00 (0.000)	
12 - 19.....	3.96 (0.287)	3.21 (0.216)	1.00 (0.127)	1.16 (0.136)	0.71 (0.087)	0.28* (0.106)	0.03 (0.008)			0.02* (0.009)	
20 - 29.....	4.90 (0.172)	3.95 (0.176)	1.48 (0.149)	1.21 (0.094)	0.83 (0.084)	0.31 (0.075)	0.10* (0.058)			0.02* (0.012)	
30 - 39.....	5.23 (0.122)	4.06 (0.167)	1.26 (0.138)	1.57 (0.145)	0.75 (0.063)	0.37 (0.077)	0.11 (0.031)			0.01* (0.005)	
40 - 49.....	4.84 (0.340)	3.60 (0.238)	1.13 (0.118)	1.16 (0.106)	0.83 (0.111)	0.36 (0.085)	0.12* (0.049)			#	
50 - 59.....	4.87 (0.262)	3.57 (0.261)	1.26 (0.138)	1.11 (0.111)	0.72 (0.123)	0.41 (0.058)	0.07 (0.019)			0.01* (0.008)	
60 - 69.....	4.92 (0.256)	3.39 (0.142)	0.97 (0.061)	1.04 (0.121)	0.69 (0.113)	0.55 (0.079)	0.14 (0.040)			0.01* (0.007)	
70 and over.....	3.98 (0.164)	3.02 (0.156)	0.94 (0.087)	0.92 (0.120)	0.54 (0.057)	0.41* (0.127)	0.21* (0.067)			0.01* (0.004)	
2 - 19.....	3.63 (0.180)	2.91 (0.162)	0.85 (0.076)	1.08 (0.087)	0.72 (0.050)	0.22 (0.052)	0.03 (0.005)			0.01* (0.004)	
20 and over...	4.82 (0.130)	3.63 (0.120)	1.19 (0.072)	1.18 (0.053)	0.74 (0.049)	0.39 (0.043)	0.12 (0.019)			0.01 (0.003)	
2 and over...	4.53 (0.094)	3.45 (0.103)	1.11 (0.064)	1.15 (0.051)	0.73 (0.037)	0.35 (0.037)	0.10 (0.014)			0.01 (0.002)	
Males and females:											
2 - 19.....	4.29 (0.132)	3.45 (0.124)	1.09 (0.053)	1.17 (0.104)	0.94 (0.081)	0.21 (0.041)	0.05 (0.012)			0.01* (0.004)	
20 and over...	6.17 (0.104)	4.77 (0.111)	1.72 (0.083)	1.44 (0.084)	1.00 (0.041)	0.46 (0.044)	0.14 (0.021)			0.02* (0.010)	
2 and over...	5.70 (0.086)	4.44 (0.087)	1.56 (0.067)	1.37 (0.086)	0.98 (0.038)	0.39 (0.037)	0.12 (0.014)			0.02* (0.007)	

* Indicates an estimate with a relative standard error greater than 30%.

Indicates a non-zero value that is too small to report.

† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Male/Female and Age, in the United States, 2011-2012 (continued)

Males/Females and age (years)	<i>Protein Foods</i>			
	<i>Eggs, Nuts and Seeds, and Soybean Products</i>			
	Eggs	Nuts and Seeds	Soybean Products †	
	————— Mean (Standard Error) —————			
Males:				
2 - 5.....	0.31 (0.070)	0.25 (0.050)	0.04* (0.012)	
6 - 11.....	0.35 (0.028)	0.40 (0.095)	0.08* (0.025)	
12 - 19.....	0.52 (0.081)	0.63 (0.099)	0.04 (0.006)	
20 - 29.....	0.57 (0.044)	0.84 (0.171)	0.05* (0.016)	
30 - 39.....	0.60 (0.059)	1.20 (0.120)	0.10* (0.031)	
40 - 49.....	0.72 (0.113)	0.82 (0.209)	0.08* (0.025)	
50 - 59.....	0.63 (0.074)	0.78 (0.152)	0.06* (0.018)	
60 - 69.....	0.65 (0.059)	1.08 (0.236)	0.05* (0.029)	
70 and over.....	0.54 (0.063)	0.87 (0.175)	0.05* (0.014)	
2 - 19.....	0.42 (0.041)	0.47 (0.063)	0.06 (0.009)	
20 and over...	0.62 (0.034)	0.93 (0.092)	0.07 (0.009)	
2 and over...	0.57 (0.025)	0.81 (0.074)	0.06 (0.007)	
Females:				
2 - 5.....	0.33 (0.033)	0.32 (0.060)	0.03 (0.006)	
6 - 11.....	0.30 (0.019)	0.33 (0.076)	0.07 (0.012)	
12 - 19.....	0.36 (0.058)	0.32 (0.095)	0.07 (0.017)	
20 - 29.....	0.44 (0.057)	0.44 (0.103)	0.06* (0.026)	
30 - 39.....	0.40 (0.057)	0.67 (0.103)	0.10 (0.025)	
40 - 49.....	0.45 (0.048)	0.66 (0.127)	0.12* (0.041)	
50 - 59.....	0.36 (0.045)	0.85 (0.110)	0.07* (0.027)	
60 - 69.....	0.56 (0.089)	0.96 (0.153)	0.02* (0.007)	
70 and over.....	0.38 (0.034)	0.54 (0.047)	0.04 (0.010)	
2 - 19.....	0.33 (0.025)	0.32 (0.066)	0.06 (0.008)	
20 and over...	0.43 (0.022)	0.69 (0.050)	0.07 (0.011)	
2 and over...	0.41 (0.016)	0.60 (0.040)	0.07 (0.009)	
Males and females:				
2 - 19.....	0.37 (0.022)	0.40 (0.043)	0.06 (0.006)	
20 and over...	0.52 (0.018)	0.80 (0.052)	0.07 (0.007)	
2 and over...	0.49 (0.015)	0.70 (0.048)	0.07 (0.006)	

* Indicates an estimate with a relative standard error greater than 30%.

† Soy products excluding calcium fortified soy milk and mature soybeans.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
 Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1f. Legumes: Mean Daily Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Male/Female and Age, in the United States, 2011-2012

	<i>Legumes</i> †			
Males/Females and age (years)	Legumes as Vegetable (cups)		Legumes as Protein (oz)	
	— Mean (Standard Error) —			
Males:				
2 - 5.....	0.05	(0.012)	0.22	(0.047)
6 - 11.....	0.07	(0.017)	0.30	(0.068)
12 - 19.....	0.10	(0.028)	0.40	(0.111)
20 - 29.....	0.14	(0.020)	0.57	(0.080)
30 - 39.....	0.18	(0.029)	0.73	(0.114)
40 - 49.....	0.18	(0.025)	0.73	(0.100)
50 - 59.....	0.19	(0.036)	0.76	(0.145)
60 - 69.....	0.19	(0.031)	0.75	(0.122)
70 and over.....	0.13	(0.023)	0.51	(0.094)
2 - 19.....	0.08	(0.017)	0.32	(0.067)
20 and over...	0.17	(0.013)	0.68	(0.051)
2 and over...	0.15	(0.011)	0.59	(0.044)
Females:				
2 - 5.....	0.05	(0.011)	0.21	(0.044)
6 - 11.....	0.06	(0.013)	0.26	(0.054)
12 - 19.....	0.06	(0.007)	0.24	(0.027)
20 - 29.....	0.08	(0.015)	0.31	(0.062)
30 - 39.....	0.14	(0.025)	0.55	(0.100)
40 - 49.....	0.11	(0.013)	0.43	(0.054)
50 - 59.....	0.10	(0.017)	0.40	(0.068)
60 - 69.....	0.11	(0.020)	0.45	(0.079)
70 and over.....	0.07	(0.014)	0.29	(0.056)
2 - 19.....	0.06	(0.006)	0.24	(0.025)
20 and over...	0.10	(0.008)	0.41	(0.032)
2 and over...	0.09	(0.006)	0.37	(0.026)
Males and females:				
2 - 19.....	0.07	(0.009)	0.28	(0.036)
20 and over...	0.14	(0.008)	0.54	(0.033)
2 and over...	0.12	(0.007)	0.48	(0.029)

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1g. Oils and Other Components: Mean Daily Food Patterns Gram Equivalents of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual, by Male/Female and Age, in the United States, 2011-2012

		<i>Oils and Other Components</i>							
Gender and age (years)		Oils		Solid Fats		Added Sugars		Alcoholic Drinks	
		————— Mean (Standard Error) —————							
Males:									
2 - 5.....	14.91	(0.546)	31.26	(2.167)	13.58	(0.453)	0.00	(0.000)	
6 - 11.....	19.83	(1.147)	40.57	(1.088)	20.45	(0.731)	0.00	(0.000)	
12 - 19.....	28.49	(2.485)	43.89	(1.780)	24.21	(1.021)	0.13*	(0.052)	
20 - 29.....	32.50	(1.423)	46.37	(2.276)	25.02	(1.338)	1.37	(0.177)	
30 - 39.....	32.75	(1.225)	42.98	(1.886)	24.23	(1.542)	1.36	(0.248)	
40 - 49.....	32.90	(1.992)	49.47	(2.525)	22.42	(2.034)	1.16	(0.148)	
50 - 59.....	30.29	(1.841)	40.74	(2.343)	20.02	(1.432)	1.44	(0.396)	
60 - 69.....	28.07	(2.792)	38.29	(1.827)	16.00	(0.724)	0.78	(0.116)	
70 and over.....	23.82	(0.951)	33.71	(1.971)	15.12	(0.737)	0.62	(0.091)	
2 - 19.....	22.63	(1.373)	40.02	(1.008)	20.63	(0.551)	0.06*	(0.023)	
20 and over...	30.66	(0.707)	42.78	(1.070)	21.15	(0.606)	1.18	(0.109)	
2 and over...	28.57	(0.700)	42.06	(0.931)	21.02	(0.487)	0.89	(0.089)	
Females:									
2 - 5.....	15.09	(0.819)	28.22	(1.082)	12.23	(0.642)	0.00	(0.000)	
6 - 11.....	19.24	(1.038)	36.40	(1.495)	17.95	(0.639)	0.00	(0.000)	
12 - 19.....	21.81	(1.297)	32.03	(1.219)	19.25	(0.858)	0.05*	(0.020)	
20 - 29.....	24.70	(1.127)	34.40	(1.006)	18.01	(0.908)	0.59	(0.080)	
30 - 39.....	23.65	(0.916)	34.37	(1.445)	17.95	(0.830)	0.53	(0.087)	
40 - 49.....	22.14	(1.131)	30.97	(1.352)	17.23	(1.092)	0.59	(0.111)	
50 - 59.....	22.94	(0.785)	30.34	(1.821)	14.16	(0.796)	0.83	(0.155)	
60 - 69.....	23.52	(1.695)	26.71	(2.162)	11.43	(0.671)	0.44	(0.107)	
70 and over.....	19.31	(0.809)	25.09	(1.356)	12.10	(0.681)	0.25	(0.043)	
2 - 19.....	19.49	(0.801)	32.59	(0.574)	17.28	(0.388)	0.02*	(0.010)	
20 and over...	22.83	(0.393)	30.64	(0.841)	15.37	(0.446)	0.56	(0.047)	
2 and over...	22.03	(0.350)	31.11	(0.653)	15.83	(0.340)	0.43	(0.039)	
Males and females:									
2 - 19.....	21.10	(0.864)	36.40	(0.776)	19.00	(0.426)	0.04	(0.011)	
20 and over...	26.65	(0.423)	36.56	(0.743)	18.19	(0.421)	0.86	(0.063)	
2 and over...	25.26	(0.406)	36.52	(0.657)	18.39	(0.338)	0.66	(0.048)	

* Indicates an estimate with a relative standard error greater than 30%.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

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Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2011-12 Variable Names in Parenthesis

Fruit Components (cup eq.)	Foods
Total Fruit (F_TOTAL)	Includes the sum of all foods in the Fruit components listed below:
Citrus, Melons, and Berries (F_CITMLB)	Blackberries Blueberries Boysenberries Calamondin Cantaloupe Casaba Cranberries Dewberries Grapefruit Honeydew Huckleberries Juneberries Kiwi fruit Kumquats Lemons Limes Loganberries Mandarins Mulberries Oranges Raspberries Strawberries Tangelos Tangerines Watermelon Youngberries
Other Fruits (F_OTHER)	Apples Apricots Bananas Cherries Currants Dates Figs Grapes Guava Lychees Mangoes Nectarines Papayas Passion fruits Peaches Pears Persimmons Pineapple Plums (Ciruelas) Pomegranates Prunes Raisins Rhubarb Soursop (Guanabana) Starfruit (Carambola) Tamarind
Fruit Juice (F_JUICE)	Citrus and non-citrus fruit juices

Vegetables Components (cup eq.)	Foods	
Total Vegetables (V_TOTAL)	Includes the sum of all foods in the Vegetables components listed below except Beans and Peas (Legumes):	
Dark Green Vegetables (V_DRKGR)	Arugula Basil Beet greens Bitter melon leaves Broccoli Broccoli raab Chinese Cabbage (Pak-choi) Chrysanthemum garland Chard Chicory leaves Cilantro (Coriander) Collards Cress Dandelion greens Endive Escarole Greens	Horseradish leaves Kale Lambsquarters Leaves of grapes, pumpkin, squash, sweet potato, swamp cabbage, taro, and thistle Lettuce (Boston, butterhead, green or red leaf, cos or romaine) Mustard cabbage Mustard greens Parsley Poke greens Spinach Turnip greens Watercress
Total Red and Orange Vegetables (V_REDOR_TOTAL)	Includes the sum of all foods in the Tomatoes and Other Red and Orange Vegetables components listed below:	
Tomatoes (V_REDOR_TOMATO)	Tomatoes (canned, cooked, raw, stewed) Tomatoes, dried Tomato juice	Tomato paste Tomato puree Tomato sauce

Vegetables Components (cont.) (cup eq.)	Foods	
Other Red and Orange Vegetables (V_REDOR_OTHER)	Calabaza (Spanish pumpkin) Carrots Carrot juice Red colored bell, and nonbell peppers	Pimiento Pumpkin Squash (most winter varieties) Sweet potatoes
Total Starchy Vegetables (V_STARCHY_TOTAL)	Includes the sum of all foods in the Potatoes and Other Starchy Vegetables components listed below:	
Potatoes (V_STARCHY_POTATO)	White potatoes White potato flour	White potato flakes
Other Starchy Vegetables (V_STARCHY_OTHER)	Breadfruit Burdock Cassava (Yuca blanca) Corn, sweet (raw) Dasheen Green bananas Hominy Jicama (Yam beans) Lima beans, immature Lotus root	Parsnips Immature peas (e.g., immature cowpeas, blackeye peas, green peas, pigeon peas) Plantains Salsify Tannier Tapioca Taro Water chestnuts Yams

Vegetables Components (cont.) (cup eq.)	Foods	
Other Vegetables (V_OTHER)	Alfalfa sprouts Artichoke Asparagus Avocado Bamboo shoots Beans (green, yellow, snap, string) Bean sprouts Beets Bitter melon (bitter gourd, balsam pear) Broccoflower Brussels sprouts Cabbage Cactus (Nopales) Capers Cauliflower Celeriac Celery Chayote (Christophine) Chinese cabbage (Pei-tsai) Chinese okra (Luffa) Chives Cucumber Eggplant Fennel bulb Flowers, edible Garlic Ginger root Horseradish pods	Jute Kohlrabi Leeks Lettuce (varieties not in dark green category) Mushrooms Okra Olives Onions Palm hearts Peas, podded Peppers, bell and nonbell peppers (not red or orange in color) Pokeberry shoots Radicchio Radish Rutabaga Scallions Seaweed Snow peas Sprouted beans (e.g. mung, soybean) Squash (green, sequin, spaghetti, yellow, zucchini, most summer varieties) Tomatillos Tomatoes, green Turnips Winter melon (Wax gourd)

Vegetables Components (cont.) (cup eq.)	Foods	
Beans and Peas (Legumes) (V_LEGUMES)	Includes all mature beans and peas (legumes) such as:	
	Black beans Blackeye peas Brown beans Bayo beans Calico beans Carob Chickpeas (Garbanzo beans) Cowpeas Fava beans	Kidney beans Lentils Mature lima beans Mung beans Navy beans Pink beans Pinto beans Red Mexican beans Soybeans (mature) Split peas White beans

Grains Components (oz. eq.)	Foods																								
Total Grains (G_TOTAL)	Includes the sum of all foods in the Grains components listed below:																								
Whole Grains (G_WHOLE)	<table> <tr> <td>Amaranth</td><td>Millett</td></tr> <tr> <td>Barley, whole</td><td>Oats</td></tr> <tr> <td>Barley flour (from whole barley)</td><td>Oat flour</td></tr> <tr> <td>Barley meal</td><td>Oatmeal</td></tr> <tr> <td>Brown rice</td><td>Popcorn</td></tr> <tr> <td>Brown rice flour</td><td>Quinoa</td></tr> <tr> <td>Buckwheat groats</td><td>Rye, whole grain</td></tr> <tr> <td>Bulgur</td><td>Rye flour (dark)</td></tr> <tr> <td>Corn, whole grain</td><td>Triticale</td></tr> <tr> <td>Corn meal or flour (whole grain)</td><td>Wheat</td></tr> <tr> <td></td><td>Whole wheat flour</td></tr> <tr> <td></td><td>Wild rice</td></tr> </table>	Amaranth	Millett	Barley, whole	Oats	Barley flour (from whole barley)	Oat flour	Barley meal	Oatmeal	Brown rice	Popcorn	Brown rice flour	Quinoa	Buckwheat groats	Rye, whole grain	Bulgur	Rye flour (dark)	Corn, whole grain	Triticale	Corn meal or flour (whole grain)	Wheat		Whole wheat flour		Wild rice
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Barley, whole	Oats																								
Barley flour (from whole barley)	Oat flour																								
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Bulgur	Rye flour (dark)																								
Corn, whole grain	Triticale																								
Corn meal or flour (whole grain)	Wheat																								
	Whole wheat flour																								
	Wild rice																								
Refined Grains (G_REFINED)	<table> <tr> <td>Barley, pearled</td><td>Masa</td></tr> <tr> <td>Barley, pearled, flour</td><td>Oat flour, debranned</td></tr> <tr> <td>Barley malt flour</td><td>Rice (milled, not whole grain)</td></tr> <tr> <td>Bran (all grains)</td><td>Rice, milled, flour</td></tr> <tr> <td>Corn flour or meal, degermed</td><td>Rye flour (light and medium)</td></tr> <tr> <td>Corn grits</td><td>Semolina</td></tr> <tr> <td>Cream of wheat</td><td>Wheat flour (milled, not whole grain)</td></tr> <tr> <td>Couscous</td><td>Wheat germ</td></tr> <tr> <td>Farina</td><td></td></tr> </table>	Barley, pearled	Masa	Barley, pearled, flour	Oat flour, debranned	Barley malt flour	Rice (milled, not whole grain)	Bran (all grains)	Rice, milled, flour	Corn flour or meal, degermed	Rye flour (light and medium)	Corn grits	Semolina	Cream of wheat	Wheat flour (milled, not whole grain)	Couscous	Wheat germ	Farina							
Barley, pearled	Masa																								
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Barley malt flour	Rice (milled, not whole grain)																								
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Corn flour or meal, degermed	Rye flour (light and medium)																								
Corn grits	Semolina																								
Cream of wheat	Wheat flour (milled, not whole grain)																								
Couscous	Wheat germ																								
Farina																									

Protein Foods Components (oz. eq.)	Foods	
Total Protein Foods (PF_TOTAL)	Includes the sum of all foods in the Protein Foods components listed below except Beans and Peas:	
Total Meat, Poultry, and Seafood (PF_MPS_TOTAL)	Includes the sum of all foods in the Meat, Cured Meat, Organ Meat, Poultry, Seafood High in <i>n</i> -3, and Seafood Low in <i>n</i> -3 components listed below:	
Meat (PF_MEAT)	Armadillo Bacon (not cured) Bear Beaver Beef Bison Caribou Game meat (other) Goat Ground hog Ham (not cured)	Lamb Moose Opossum Oxtail Pork Rabbit Raccoon Squirrel Veal Venison Wild pig

Protein Foods Components (cont.) (oz. eq.)	Foods	
Cured Meat (PF_CUREDMEAT)	Bacon Beef sausage Beef luncheon meat Blood sausage Bockwurst Bologna Bratwurst Braunschweiger Capicola Cervelat Chicken sticks Chicken luncheon meat Chicken or turkey loaf Chorizo Cold cut deli meat Corned beef Chipped beef Dutch brand loaf Frankfurters Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced) Head cheese Honey loaf	Hotdogs Italian sausage Jerky (all meat types) Kielbasa Knockwurst Liverwurst Meat spreads Meat sticks Mettwurst Mortadella Pastrami Pepperoni Pepper loaf Polish sausage Pork luncheon meat Pork sausage Potted meats Salami Sandwich loaf Souse Thuringer Turkey luncheon meat Turkey sausage Turkey, smoked Turkey sticks Veal loaf Vienna sausage
Organ Meat (PF_ORGAN)	Brain Chitterlings GIBLETS Gizzard Heart Kidney	Liver Stomach Sweetbreads Thymus Tongue Tripe

Protein Foods Components (cont.) (oz. eq.)	Foods	
Poultry (PF_POULT)	Chicken Cornish game hen Dove Duck Goose	Ostrich Pheasant Quail Turkey
Seafood High in <i>n</i>-3 Fatty Acids (PF_SEAFD_HI)	Anchovy Barracuda Caviar (Roe) Cisco Herring Mackerel Pompano Ray Salmon	Sardine Sea bass Shad Shark Swordfish Trout Tuna (albacore & bluefin)
Seafood Low in <i>n</i>-3 Fatty Acids (PF_SEAFD_LOW)	Abalone Carp Catfish Clams Cod Crab Crayfish Croaker Eel Flounder Frog legs Haddock Halibut Lobster Mullet Mussels Ocean perch Octopus Oyster	Perch Pike Pollock Porgy Scallop Scup Shrimp Snail Snapper Sole Squid Sturgeon Tilapia Tuna (excludes albacore & bluefin) Turtle Whitefish Whiting

Protein Foods Components (cont.) (oz. eq.)	Foods	
Eggs (PF_EGGS)	Eggs, whole (chicken, duck, goose, quail, and other birds)	Egg white Egg yolk Egg substitute Egg, dried
Soy Products (PF_SOY)	Miso Natto Soybean curd or tofu Soybean flour Soybean meal	Soybean protein isolate and concentrate Soy milk (soymilk), not calcium fortified Soy nuts
Nuts and Seeds (PF_NUTSDS)	Almonds Almond butter Almond paste Brazil nuts Cashew Cashew butter Chestnuts Flax seeds Hazelnuts Macadamia nuts Peanuts Peanut butter	Peanut flour Pecans Pine nuts Pistachios Pumpkin seeds Squash seeds Sesame butter (tahini) Sesame seeds Sesame paste Sunflower seeds Walnuts
Beans and Peas (Legumes) (PF_LEGUMES)	See under Vegetables, Beans and Peas component for the list of foods	

Dairy Components (cup eq.)	Foods
Total Dairy (D_TOTAL)	Includes the sum of all foods in the Dairy components listed below, plus the following: Whey
Milk (D_MILK)	Includes fluid milk and calcium added soy milk of all fat-types such as: Buttermilk Milk, fluid Evaporated milk Goat milk, fluid Filled milk Soy milk (soymilk), Milk, dry calcium added Milk, evaporated
Yogurt (D_YOGURT)	Includes yogurt of all fat-types and yogurt present in flavored and frozen yogurt

Dairy Components (cont.) (cup eq.)	Foods
Cheese (D_CHEESE)	Includes natural and processed cheeses of all fat-types such as: American cheese Mexican cheese Blue cheese blend Brick cheese Monterey cheese Brie cheese Mozzarella cheese Camembert Muenster cheese cheese Parmesan cheese Cheddar cheese Pasteurized cheese Colby cheese Port de salut cheese Colby Jack cheese Provolone cheese Cottage cheese Ricotta cheese Cream cheese, fat Romano cheese free Roquefort cheese Edam cheese Swiss cheese Feta cheese Queso anejo Fontina cheese Queso asadero Goat cheese Queso chihuahua Gouda cheese Queso del pais, Gruyere cheese blanco Limburger cheese Queso fresco

Oils Component (grams)	Foods
Oils (OILS)	Includes fats naturally present in seafood, nuts, and seeds and the following: Almond oil Safflower oil Canola oil Sesame oil Corn oil Spreads Cottonseed oil Soybean oil Fish oil Sunflower oil Flaxseed oil Vegetable oil Olive oil Walnut oil Peanut oil Wheat germ oil Rapeseed oil

Added Sugars Component (tsp. eq.)	Foods
Added Sugars (ADD_SUGARS)	Brown Sugar Granulated sugar Cane syrup Honey Confectioners' sugar Maple syrup Corn Syrups Molasses Corn syrup solids Pancake syrups Dextrose Powdered sugar Fructose Raw sugar Fruit juice Sorghum syrups concentrates White sugar (cane and beet) Fruit syrups

Solid Fats Component (grams)	Foods
Solid Fats (SOLID_FATS)	Includes fats naturally present in milk products, meat, poultry, eggs and the following: Butter Fully or partially Cocoa butter hydrogenated oils Cocoa fat Ghee Coconut oil Lard Cream Palm oil Cream substitute Tallow Cream Cheese, Shortening (animal regular and and vegetable) low-fat Sour cream

Alcoholic Drinks Component (no. of drinks)	Foods
Alcoholic Drinks (A_DRINKS)	Includes: Beer Wine Distilled spirits Alcohol (ethanol) present in cocktails and other alcoholic beverages Alcohol (ethanol) added to foods after cooking

Table 2a. Fruit: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years) ‡	Sample size	Fruit					
		Total Fruit	Citrus, Melons, Berries †		Other Fruit †		Fruit Juice
————— Mean (Standard Error) —————							
Non-Hispanic White:							
2 - 5.....	156	1.45 (0.107)	0.24 (0.048)	0.55 (0.063)	0.66 (0.108)		
6 - 11.....	275	1.26 (0.112)	0.24 (0.042)	0.65 (0.082)	0.36 (0.072)		
12 - 19.....	259	0.86 (0.158)	0.16* (0.050)	0.39 (0.058)	0.30* (0.111)		
20 and over...	1842	0.96 (0.056)	0.19 (0.021)	0.50 (0.029)	0.27 (0.041)		
2 and over...	2532	0.99 (0.046)	0.19 (0.021)	0.50 (0.026)	0.30 (0.030)		
Non-Hispanic Black:							
2 - 5.....	249	1.50 (0.156)	0.09* (0.030)	0.57 (0.071)	0.84 (0.105)		
6 - 11.....	335	0.99 (0.075)	0.12 (0.022)	0.43 (0.057)	0.44 (0.039)		
12 - 19.....	352	0.84 (0.053)	0.07 (0.015)	0.34 (0.048)	0.44 (0.032)		
20 and over...	1274	1.01 (0.041)	0.20 (0.019)	0.35 (0.029)	0.46 (0.027)		
2 and over...	2210	1.02 (0.033)	0.17 (0.014)	0.37 (0.026)	0.48 (0.021)		
Non-Hispanic Asian:							
2 - 5.....	102	1.18 (0.173)	0.25* (0.084)	0.50 (0.077)	0.43 (0.058)		
6 - 11.....	115	1.22 (0.172)	0.36 (0.095)	0.45 (0.080)	0.40 (0.112)		
12 - 19.....	158	1.02 (0.107)	0.18 (0.037)	0.51 (0.086)	0.33* (0.105)		
20 and over...	610	1.31 (0.066)	0.29 (0.046)	0.70 (0.037)	0.33 (0.022)		
2 and over...	985	1.27 (0.068)	0.28 (0.044)	0.65 (0.035)	0.34 (0.027)		
Hispanic:							
2 - 5.....	282	1.32 (0.079)	0.23 (0.032)	0.59 (0.041)	0.51 (0.040)		
6 - 11.....	356	1.36 (0.100)	0.25 (0.057)	0.62 (0.054)	0.50 (0.071)		
12 - 19.....	325	1.24 (0.079)	0.17 (0.041)	0.52 (0.069)	0.55 (0.039)		
20 and over...	932	1.02 (0.063)	0.18 (0.031)	0.51 (0.048)	0.33 (0.033)		
2 and over...	1895	1.12 (0.054)	0.19 (0.028)	0.53 (0.041)	0.40 (0.021)		

* Indicates an estimate with a relative standard error greater than 30%.

† Includes intact fruit (whole or cut) only; excludes fruit juice.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 2b. Vegetables: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Vegetables										
Race/ethnicity and age (years) ‡	Total Vegetables †	Starchy Vegetables			Red and Orange Vegetables					
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other	
Mean (Standard Error)										
Non-Hispanic White:										
2 - 5.....	0.64 (0.079)	0.21 (0.030)	0.16 (0.031)	0.05 (0.011)	0.23 (0.043)	0.15 (0.031)	0.08 (0.021)	0.06* (0.020)	0.15 (0.017)	
6 - 11.....	0.84 (0.081)	0.29 (0.026)	0.25 (0.022)	0.05 (0.012)	0.26 (0.033)	0.20 (0.027)	0.06 (0.017)	0.08 (0.018)	0.21 (0.032)	
12 - 19.....	1.11 (0.100)	0.43 (0.041)	0.37 (0.036)	0.06 (0.012)	0.35 (0.028)	0.31 (0.032)	0.04 (0.012)	0.05* (0.027)	0.28 (0.035)	
20 and over...	1.72 (0.064)	0.45 (0.025)	0.38 (0.023)	0.08 (0.009)	0.44 (0.022)	0.33 (0.017)	0.11 (0.010)	0.17 (0.022)	0.65 (0.042)	
2 and over...	1.55 (0.055)	0.43 (0.020)	0.36 (0.019)	0.07 (0.008)	0.41 (0.017)	0.31 (0.013)	0.10 (0.009)	0.15 (0.018)	0.56 (0.035)	
Non-Hispanic Black:										
2 - 5.....	0.74 (0.061)	0.36 (0.045)	0.28 (0.038)	0.08 (0.019)	0.18 (0.019)	0.14 (0.019)	0.04 (0.009)	0.05 (0.013)	0.15 (0.027)	
6 - 11.....	0.81 (0.056)	0.35 (0.035)	0.29 (0.031)	0.06 (0.009)	0.24 (0.018)	0.20 (0.019)	0.03 (0.004)	0.04 (0.011)	0.18 (0.019)	
12 - 19.....	1.02 (0.064)	0.43 (0.024)	0.37 (0.029)	0.05* (0.018)	0.31 (0.043)	0.26 (0.038)	0.04 (0.011)	0.05 (0.008)	0.23 (0.016)	
20 and over...	1.37 (0.040)	0.48 (0.031)	0.37 (0.024)	0.10 (0.017)	0.32 (0.019)	0.25 (0.013)	0.07 (0.010)	0.15 (0.024)	0.42 (0.014)	
2 and over...	1.22 (0.042)	0.45 (0.027)	0.36 (0.020)	0.09 (0.015)	0.30 (0.016)	0.24 (0.012)	0.06 (0.008)	0.12 (0.018)	0.35 (0.010)	
Non-Hispanic Asian:										
2 - 5.....	0.67 (0.078)	0.20 (0.039)	0.14 (0.028)	0.06* (0.026)	0.20 (0.034)	0.16 (0.030)	0.04 (0.012)	0.09* (0.051)	0.19 (0.040)	
6 - 11.....	0.84 (0.135)	0.19 (0.025)	0.14 (0.021)	0.05 (0.013)	0.28 (0.054)	0.22 (0.055)	0.06 (0.010)	0.13* (0.043)	0.23 (0.033)	
12 - 19.....	1.23 (0.081)	0.27 (0.034)	0.20 (0.035)	0.07 (0.018)	0.30 (0.025)	0.22 (0.019)	0.08 (0.022)	0.23 (0.033)	0.43 (0.059)	
20 and over...	1.65 (0.069)	0.31 (0.024)	0.21 (0.017)	0.09 (0.012)	0.35 (0.023)	0.21 (0.017)	0.14 (0.013)	0.28 (0.036)	0.72 (0.023)	
2 and over...	1.50 (0.060)	0.29 (0.019)	0.20 (0.014)	0.09 (0.010)	0.33 (0.019)	0.21 (0.015)	0.12 (0.011)	0.25 (0.030)	0.63 (0.021)	
Hispanic:										
2 - 5.....	0.64 (0.041)	0.21 (0.023)	0.15 (0.020)	0.06 (0.014)	0.25 (0.029)	0.17 (0.025)	0.07* (0.025)	0.02 (0.004)	0.17 (0.024)	
6 - 11.....	0.88 (0.049)	0.28 (0.017)	0.23 (0.019)	0.06 (0.008)	0.31 (0.027)	0.25 (0.022)	0.05 (0.013)	0.03 (0.007)	0.26 (0.020)	
12 - 19.....	1.12 (0.106)	0.38 (0.087)	0.32 (0.077)	0.06 (0.016)	0.33 (0.026)	0.27 (0.020)	0.07 (0.017)	0.03 (0.009)	0.37 (0.027)	
20 and over...	1.53 (0.044)	0.43 (0.025)	0.30 (0.024)	0.13 (0.017)	0.41 (0.024)	0.33 (0.020)	0.08 (0.008)	0.09 (0.019)	0.61 (0.035)	
2 and over...	1.32 (0.033)	0.39 (0.026)	0.28 (0.025)	0.10 (0.013)	0.37 (0.018)	0.30 (0.015)	0.07 (0.007)	0.07 (0.013)	0.50 (0.027)	

* Indicates an estimate with a relative standard error greater than 30%.

† Total Vegetables does not include legumes.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 2c. Grains: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years) ‡	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
	————— Mean (Standard Error) —————		
Non-Hispanic White:			
2 - 5.....	5.02 (0.105)	0.71 (0.081)	4.31 (0.071)
6 - 11.....	7.03 (0.312)	0.75 (0.081)	6.28 (0.320)
12 - 19.....	7.42 (0.276)	0.87 (0.084)	6.55 (0.252)
20 and over...	6.67 (0.112)	1.05 (0.066)	5.62 (0.108)
2 and over...	6.69 (0.105)	0.99 (0.054)	5.70 (0.102)
Non-Hispanic Black:			
2 - 5.....	5.21 (0.324)	0.65 (0.082)	4.56 (0.301)
6 - 11.....	7.22 (0.181)	0.81 (0.067)	6.41 (0.212)
12 - 19.....	6.62 (0.248)	0.47 (0.087)	6.16 (0.275)
20 and over...	6.28 (0.182)	0.83 (0.093)	5.45 (0.183)
2 and over...	6.34 (0.145)	0.77 (0.078)	5.58 (0.163)
Non-Hispanic Asian:			
2 - 5.....	5.04 (0.412)	0.86 (0.166)	4.18 (0.391)
6 - 11.....	6.87 (0.296)	1.18 (0.276)	5.69 (0.316)
12 - 19.....	7.16 (0.342)	0.68 (0.133)	6.48 (0.281)
20 and over...	6.89 (0.173)	1.34 (0.156)	5.55 (0.218)
2 and over...	6.82 (0.140)	1.24 (0.131)	5.58 (0.180)
Hispanic:			
2 - 5.....	5.05 (0.209)	0.52 (0.055)	4.54 (0.217)
6 - 11.....	7.65 (0.224)	0.77 (0.123)	6.88 (0.285)
12 - 19.....	8.31 (0.447)	0.62 (0.087)	7.69 (0.453)
20 and over...	7.72 (0.306)	0.68 (0.064)	7.04 (0.309)
2 and over...	7.58 (0.215)	0.67 (0.047)	6.91 (0.224)

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 2d. Dairy: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years) ‡	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	Mean (Standard Error)			
Non-Hispanic White:				
2 - 5.....	2.44 (0.183)	1.67 (0.130)	0.62 (0.095)	0.14 (0.028)
6 - 11.....	2.32 (0.099)	1.38 (0.085)	0.87 (0.085)	0.06 (0.013)
12 - 19.....	2.48 (0.118)	1.37 (0.079)	1.05 (0.114)	0.05* (0.021)
20 and over...	1.78 (0.033)	0.85 (0.041)	0.84 (0.031)	0.07 (0.009)
2 and over...	1.92 (0.033)	0.97 (0.028)	0.85 (0.033)	0.07 (0.007)
Non-Hispanic Black:				
2 - 5.....	1.75 (0.071)	1.30 (0.080)	0.40 (0.046)	0.04 (0.011)
6 - 11.....	1.85 (0.104)	1.09 (0.099)	0.72 (0.044)	0.03* (0.008)
12 - 19.....	1.48 (0.105)	0.68 (0.088)	0.78 (0.060)	0.01* (0.005)
20 and over...	1.17 (0.054)	0.45 (0.040)	0.67 (0.046)	0.03 (0.004)
2 and over...	1.32 (0.063)	0.60 (0.055)	0.67 (0.039)	0.03 (0.003)
Non-Hispanic Asian:				
2 - 5.....	2.21 (0.226)	1.53 (0.164)	0.48* (0.167)	0.16* (0.061)
6 - 11.....	2.14 (0.170)	1.57 (0.128)	0.47 (0.081)	0.08 (0.012)
12 - 19.....	2.06 (0.185)	1.35 (0.147)	0.66 (0.080)	0.04* (0.017)
20 and over...	1.00 (0.050)	0.55 (0.039)	0.33 (0.032)	0.09 (0.016)
2 and over...	1.26 (0.054)	0.76 (0.033)	0.38 (0.028)	0.09 (0.015)
Hispanic:				
2 - 5.....	2.41 (0.124)	1.77 (0.122)	0.54 (0.070)	0.09 (0.018)
6 - 11.....	2.33 (0.097)	1.37 (0.077)	0.88 (0.050)	0.07 (0.020)
12 - 19.....	2.28 (0.195)	1.14 (0.133)	1.11 (0.105)	0.02* (0.008)
20 and over...	1.57 (0.050)	0.71 (0.032)	0.77 (0.056)	0.06 (0.014)
2 and over...	1.84 (0.044)	0.94 (0.028)	0.81 (0.046)	0.06 (0.011)

* Indicates an estimate with a relative standard error greater than 30%.

† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 2e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Protein Foods (continues on next page)										
Race/ethnicity and age (years) ‡	Total Protein Foods †	Meat, Poultry, and Seafood								
		Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low n-3	Seafood High n-3	Organ Meat		
Mean (Standard Error)										
Non-Hispanic White:										
2 - 5.....	2.70 (0.118)	2.00 (0.153)	0.40 (0.067)	0.78 (0.149)	0.68 (0.173)	0.11* (0.043)	0.03* (0.012)	0.00 (0.000)		
6 - 11.....	3.84 (0.162)	2.97 (0.158)	0.74 (0.081)	1.02 (0.123)	0.98 (0.108)	0.16 (0.027)	0.07* (0.024)	0.00 (0.000)		
12 - 19.....	5.33 (0.365)	4.20 (0.319)	1.58 (0.169)	1.14 (0.267)	1.22 (0.221)	0.22* (0.130)	0.03* (0.009)	0.01* (0.006)		
20 and over...	5.93 (0.128)	4.47 (0.121)	1.67 (0.095)	1.24 (0.089)	1.06 (0.072)	0.35 (0.050)	0.13 (0.033)	0.02* (0.014)		
2 and over...	5.58 (0.113)	4.23 (0.096)	1.54 (0.080)	1.19 (0.097)	1.06 (0.067)	0.31 (0.044)	0.11 (0.025)	0.02* (0.011)		
Non-Hispanic Black:										
2 - 5.....	3.75 (0.226)	3.15 (0.176)	0.63 (0.081)	1.38 (0.098)	0.93 (0.089)	0.19* (0.071)	0.01* (0.007)	0.01* (0.006)		
6 - 11.....	4.75 (0.273)	4.21 (0.284)	1.21 (0.101)	1.40 (0.121)	1.24 (0.136)	0.34 (0.102)	0.01* (0.005)	0.00 (0.000)		
12 - 19.....	4.97 (0.222)	4.44 (0.224)	1.38 (0.192)	1.86 (0.223)	0.89 (0.083)	0.27* (0.093)	0.04* (0.014)	#		
20 and over...	6.86 (0.137)	5.57 (0.105)	1.52 (0.120)	2.14 (0.052)	1.12 (0.056)	0.63 (0.103)	0.14 (0.034)	0.03 (0.008)		
2 and over...	6.17 (0.106)	5.11 (0.079)	1.41 (0.103)	1.97 (0.067)	1.08 (0.047)	0.52 (0.084)	0.10 (0.026)	0.02 (0.006)		
Non-Hispanic Asian:										
2 - 5.....	2.75 (0.614)	2.17 (0.561)	0.60* (0.186)	0.55 (0.133)	0.40* (0.153)	0.60* (0.418)	0.02* (0.009)	0.00 (0.000)		
6 - 11.....	3.29 (0.348)	2.54 (0.365)	0.70 (0.162)	0.96 (0.199)	0.52 (0.118)	0.29* (0.089)	0.07 (0.020)	0.00 (0.000)		
12 - 19.....	5.17 (0.335)	4.35 (0.298)	1.25 (0.194)	1.77 (0.192)	0.72 (0.135)	0.52 (0.115)	0.11* (0.042)	0.00 (0.000)		
20 and over...	6.68 (0.312)	5.14 (0.247)	1.57 (0.092)	1.55 (0.126)	0.46 (0.053)	1.14 (0.124)	0.41 (0.066)	0.01* (0.006)		
2 and over...	6.06 (0.279)	4.71 (0.181)	1.42 (0.075)	1.48 (0.104)	0.49 (0.044)	0.99 (0.103)	0.33 (0.050)	0.01* (0.005)		
Hispanic:										
2 - 5.....	2.86 (0.110)	2.31 (0.116)	0.73 (0.060)	0.88 (0.094)	0.62 (0.066)	0.06 (0.016)	0.01 (0.002)	0.01* (0.005)		
6 - 11.....	3.92 (0.209)	3.20 (0.208)	1.04 (0.113)	1.13 (0.152)	0.83 (0.058)	0.18 (0.040)	0.01* (0.006)	0.01* (0.007)		
12 - 19.....	5.12 (0.305)	4.08 (0.269)	1.42 (0.135)	1.45 (0.176)	0.77 (0.099)	0.25 (0.049)	0.16* (0.102)	0.03* (0.027)		
20 and over...	6.63 (0.185)	5.45 (0.166)	2.15 (0.204)	1.77 (0.137)	0.83 (0.079)	0.56 (0.079)	0.12 (0.021)	0.02* (0.007)		
2 and over...	5.78 (0.111)	4.72 (0.114)	1.80 (0.141)	1.57 (0.097)	0.80 (0.062)	0.43 (0.055)	0.10 (0.019)	0.02* (0.007)		

* Indicates an estimate with a relative standard error greater than 30%.

Indicates a non-zero value that is too small to report.

† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 2e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity and age (years) ‡	<i>Protein Foods</i>		
	<i>Eggs, Nuts and Seeds, and Soybean Products</i>		
	Eggs	Nuts and Seeds	Soybean Products †
	————— Mean (Standard Error) —————		
Non-Hispanic White:			
2 - 5.....	0.26 (0.067)	0.40 (0.062)	0.04* (0.013)
6 - 11.....	0.30 (0.027)	0.49 (0.092)	0.08* (0.026)
12 - 19.....	0.44 (0.087)	0.64 (0.107)	0.05* (0.020)
20 and over...	0.51 (0.027)	0.89 (0.074)	0.07 (0.010)
2 and over...	0.48 (0.024)	0.81 (0.072)	0.07 (0.009)
Non-Hispanic Black:			
2 - 5.....	0.35 (0.056)	0.22 (0.043)	0.03 (0.007)
6 - 11.....	0.30 (0.035)	0.16 (0.027)	0.08 (0.016)
12 - 19.....	0.30 (0.039)	0.16* (0.065)	0.06 (0.013)
20 and over...	0.54 (0.029)	0.70 (0.096)	0.05 (0.010)
2 and over...	0.47 (0.024)	0.54 (0.073)	0.05 (0.009)
Non-Hispanic Asian:			
2 - 5.....	0.34 (0.084)	0.18 (0.042)	0.06* (0.026)
6 - 11.....	0.37 (0.080)	0.27 (0.057)	0.11* (0.041)
12 - 19.....	0.33 (0.088)	0.29* (0.101)	0.20* (0.104)
20 and over...	0.44 (0.040)	0.94 (0.227)	0.15 (0.043)
2 and over...	0.42 (0.041)	0.78 (0.190)	0.15 (0.036)
Hispanic:			
2 - 5.....	0.41 (0.045)	0.12 (0.020)	0.02 (0.004)
6 - 11.....	0.41 (0.059)	0.25 (0.053)	0.05 (0.011)
12 - 19.....	0.59 (0.095)	0.40 (0.077)	0.05* (0.017)
20 and over...	0.60 (0.031)	0.52 (0.061)	0.06* (0.023)
2 and over...	0.56 (0.018)	0.44 (0.052)	0.05 (0.016)

* Indicates an estimate with a relative standard error greater than 30%.

† Soy products excluding calcium fortified soy milk and mature soybeans.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 2f. Legumes: Mean Daily Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years) ‡	<i>Legumes</i> †	
	Legumes as Vegetable (cups)	Legumes as Protein (oz)
	— Mean (Standard Error) —	
Non-Hispanic White:		
2 - 5.....	0.02* (0.006)	0.07* (0.024)
6 - 11.....	0.03* (0.011)	0.14* (0.046)
12 - 19.....	0.06 (0.012)	0.24 (0.047)
20 and over...	0.11 (0.009)	0.45 (0.035)
2 and over...	0.10 (0.007)	0.39 (0.029)
Non-Hispanic Black:		
2 - 5.....	0.05* (0.018)	0.21* (0.073)
6 - 11.....	0.06 (0.011)	0.23 (0.043)
12 - 19.....	0.04* (0.013)	0.17* (0.053)
20 and over...	0.09 (0.009)	0.36 (0.034)
2 and over...	0.08 (0.007)	0.31 (0.029)
Non-Hispanic Asian:		
2 - 5.....	0.12* (0.044)	0.48* (0.176)
6 - 11.....	0.04* (0.015)	0.16* (0.063)
12 - 19.....	0.08 (0.022)	0.32 (0.088)
20 and over...	0.16 (0.017)	0.63 (0.069)
2 and over...	0.14 (0.016)	0.55 (0.065)
Hispanic:		
2 - 5.....	0.12 (0.012)	0.49 (0.050)
6 - 11.....	0.16 (0.024)	0.63 (0.095)
12 - 19.....	0.13 (0.033)	0.53 (0.133)
20 and over...	0.26 (0.016)	1.05 (0.065)
2 and over...	0.22 (0.014)	0.87 (0.055)

* Indicates an estimate with a relative standard error greater than 30%.

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 2g. Oils and Other Components: Mean Daily Food Patterns Gram Equivalents of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years) ‡	<i>Oils and Other Components</i>							
	Oils		Solid Fats		Added Sugars		Alcoholic Drinks	
	————— Mean (Standard Error) —————							
Non-Hispanic White:								
2 - 5.....	14.61	(0.714)	30.67	(2.440)	13.62	(0.658)	0.00	(0.000)
6 - 11.....	18.97	(1.269)	40.72	(1.795)	20.96	(0.746)	0.00	(0.000)
12 - 19.....	25.65	(2.483)	38.30	(2.259)	23.70	(1.329)	0.09*	(0.047)
20 and over...	27.22	(0.640)	37.89	(1.030)	18.30	(0.615)	1.00	(0.100)
2 and over...	25.93	(0.576)	37.80	(0.949)	18.80	(0.515)	0.79	(0.080)
Non-Hispanic Black:								
2 - 5.....	17.45	(1.398)	29.98	(1.762)	12.90	(0.896)	0.00	(0.000)
6 - 11.....	21.91	(0.884)	39.88	(1.829)	19.13	(0.793)	0.00	(0.000)
12 - 19.....	25.86	(1.514)	34.78	(1.381)	22.61	(1.739)	0.11*	(0.071)
20 and over...	27.21	(0.744)	36.24	(1.026)	20.77	(0.676)	0.77	(0.083)
2 and over...	25.82	(0.649)	35.96	(0.891)	20.31	(0.670)	0.55	(0.053)
Non-Hispanic Asian:								
2 - 5.....	14.87	(1.316)	26.83	(2.864)	8.93	(0.697)	0.00	(0.000)
6 - 11.....	16.87	(1.034)	27.99	(1.693)	14.59	(0.916)	0.00	(0.000)
12 - 19.....	21.47	(1.264)	32.79	(2.813)	14.40	(1.362)	0.03*	(0.027)
20 and over...	24.55	(1.672)	23.44	(1.149)	10.85	(0.496)	0.49	(0.064)
2 and over...	23.15	(1.272)	24.92	(0.961)	11.39	(0.462)	0.38	(0.053)
Hispanic:								
2 - 5.....	13.87	(0.548)	28.73	(1.360)	12.37	(0.784)	0.00	(0.000)
6 - 11.....	20.29	(1.097)	36.14	(1.591)	17.40	(0.697)	0.00	(0.000)
12 - 19.....	24.91	(1.625)	40.17	(1.816)	19.07	(0.940)	0.10*	(0.039)
20 and over...	24.61	(0.721)	35.73	(1.077)	18.04	(0.607)	0.54	(0.052)
2 and over...	23.27	(0.572)	35.87	(0.926)	17.65	(0.510)	0.36	(0.032)

* Indicates an estimate with a relative standard error greater than 30%.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2014. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2011-2012. Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2011-12 Variable Names in Parenthesis

Fruit Components (cup eq.)	Foods
Total Fruit (F_TOTAL)	Includes the sum of all foods in the Fruit components listed below:
Citrus, Melons, and Berries (F_CITMLB)	Blackberries Blueberries Boysenberries Calamondin Cantaloupe Casaba Cranberries Dewberries Grapefruit Honeydew Huckleberries Juneberries Kiwi fruit Kumquats Lemons Limes Loganberries Mandarins Mulberries Oranges Raspberries Strawberries Tangelos Tangerines Watermelon Youngberries
Other Fruits (F_OTHER)	Apples Apricots Bananas Cherries Currants Dates Figs Grapes Guava Lychees Mangoes Nectarines Papayas Passion fruits Peaches Pears Persimmons Pineapple Plums (Ciruelas) Pomegranates Prunes Raisins Rhubarb Soursop (Guanabana) Starfruit (Carambola) Tamarind
Fruit Juice (F_JUICE)	Citrus and non-citrus fruit juices

Vegetables Components (cup eq.)	Foods	
Total Vegetables (V_TOTAL)	Includes the sum of all foods in the Vegetables components listed below except Beans and Peas (Legumes):	
Dark Green Vegetables (V_DRKGR)	Arugula Basil Beet greens Bitter melon leaves Broccoli Broccoli raab Chinese Cabbage (Pak-choi) Chrysanthemum garland Chard Chicory leaves Cilantro (Coriander) Collards Cress Dandelion greens Endive Escarole Greens	Horseradish leaves Kale Lambsquarters Leaves of grapes, pumpkin, squash, sweet potato, swamp cabbage, taro, and thistle Lettuce (Boston, butterhead, green or red leaf, cos or romaine) Mustard cabbage Mustard greens Parsley Poke greens Spinach Turnip greens Watercress
Total Red and Orange Vegetables (V_REDOR_TOTAL)	Includes the sum of all foods in the Tomatoes and Other Red and Orange Vegetables components listed below:	
Tomatoes (V_REDOR_TOMATO)	Tomatoes (canned, cooked, raw, stewed) Tomatoes, dried Tomato juice	Tomato paste Tomato puree Tomato sauce

Vegetables Components (cont.) (cup eq.)	Foods	
Other Red and Orange Vegetables (V_REDOR_OTHER)	Calabaza (Spanish pumpkin) Carrots Carrot juice Red colored bell, and nonbell peppers	Pimiento Pumpkin Squash (most winter varieties) Sweet potatoes
Total Starchy Vegetables (V_STARCHY_TOTAL)	Includes the sum of all foods in the Potatoes and Other Starchy Vegetables components listed below:	
Potatoes (V_STARCHY_POTATO)	White potatoes White potato flour	White potato flakes
Other Starchy Vegetables (V_STARCHY_OTHER)	Breadfruit Burdock Cassava (Yuca blanca) Corn, sweet (raw) Dasheen Green bananas Hominy Jicama (Yam beans) Lima beans, immature Lotus root	Parsnips Immature peas (e.g., immature cowpeas, blackeye peas, green peas, pigeon peas) Plantains Salsify Tannier Tapioca Taro Water chestnuts Yams

Vegetables Components (cont.) (cup eq.)	Foods	
Other Vegetables (V_OTHER)	Alfalfa sprouts Artichoke Asparagus Avocado Bamboo shoots Beans (green, yellow, snap, string) Bean sprouts Beets Bitter melon (bitter gourd, balsam pear) Broccoflower Brussels sprouts Cabbage Cactus (Nopales) Capers Cauliflower Celeriac Celery Chayote (Christophine) Chinese cabbage (Pei-tsai) Chinese okra (Luffa) Chives Cucumber Eggplant Fennel bulb Flowers, edible Garlic Ginger root Horseradish pods	Jute Kohlrabi Leeks Lettuce (varieties not in dark green category) Mushrooms Okra Olives Onions Palm hearts Peas, podded Peppers, bell and nonbell peppers (not red or orange in color) Pokeberry shoots Radicchio Radish Rutabaga Scallions Seaweed Snow peas Sprouted beans (e.g. mung, soybean) Squash (green, sequin, spaghetti, yellow, zucchini, most summer varieties) Tomatillos Tomatoes, green Turnips Winter melon (Wax gourd)

Vegetables Components (cont.) (cup eq.)	Foods	
Beans and Peas (Legumes) (V_LEGUMES)	Includes all mature beans and peas (legumes) such as:	
	Black beans Blackeye peas Brown beans Bayo beans Calico beans Carob Chickpeas (Garbanzo beans) Cowpeas Fava beans	Kidney beans Lentils Mature lima beans Mung beans Navy beans Pink beans Pinto beans Red Mexican beans Soybeans (mature) Split peas White beans

Grains Components (oz. eq.)	Foods
Total Grains (G_TOTAL)	Includes the sum of all foods in the Grains components listed below:
Whole Grains (G_WHOLE)	Amaranth Barley, whole Barley flour (from whole barley) Barley meal Brown rice Brown rice flour Buckwheat groats Bulgur Corn, whole grain Corn meal or flour (whole grain) Millet Oats Oat flour Oatmeal Popcorn Quinoa Rye, whole grain Rye flour (dark) Triticale Wheat Whole wheat flour Wild rice
Refined Grains (G_REFINED)	Barley, pearled Barley, pearled, flour Barley malt flour Bran (all grains) Corn flour or meal, degermed Corn grits Cream of wheat Couscous Farina Masa Oat flour, debranned Rice (milled, not whole grain) Rice, milled, flour Rye flour (light and medium) Semolina Wheat flour (milled, not whole grain) Wheat germ

Protein Foods Components (oz. eq.)	Foods	
Total Protein Foods (PF_TOTAL)	Includes the sum of all foods in the Protein Foods components listed below except Beans and Peas:	
Total Meat, Poultry, and Seafood (PF_MPS_TOTAL)	Includes the sum of all foods in the Meat, Cured Meat, Organ Meat, Poultry, Seafood High in <i>n</i> -3, and Seafood Low in <i>n</i> -3 components listed below:	
Meat (PF_MEAT)	Armadillo Bacon (not cured) Bear Beaver Beef Bison Caribou Game meat (other) Goat Ground hog Ham (not cured)	Lamb Moose Opossum Oxtail Pork Rabbit Raccoon Squirrel Veal Venison Wild pig

Protein Foods Components (cont.) (oz. eq.)	Foods	
Cured Meat (PF_CUREDMEAT)	Bacon Beef sausage Beef luncheon meat Blood sausage Bockwurst Bologna Bratwurst Braunschweiger Capicola Cervelat Chicken sticks Chicken luncheon meat Chicken or turkey loaf Chorizo Cold cut deli meat Corned beef Chipped beef Dutch brand loaf Frankfurters Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced) Head cheese Honey loaf	Hotdogs Italian sausage Jerky (all meat types) Kielbasa Knockwurst Liverwurst Meat spreads Meat sticks Mettwurst Mortadella Pastrami Pepperoni Pepper loaf Polish sausage Pork luncheon meat Pork sausage Potted meats Salami Sandwich loaf Souse Thuringer Turkey luncheon meat Turkey sausage Turkey, smoked Turkey sticks Veal loaf Vienna sausage
Organ Meat (PF_ORGAN)	Brain Chitterlings GIBLETS Gizzard Heart Kidney	Liver Stomach Sweetbreads Thymus Tongue Tripe

Protein Foods Components (cont.) (oz. eq.)	Foods	
Poultry (PF_POULT)	Chicken Cornish game hen Dove Duck Goose	Ostrich Pheasant Quail Turkey
Seafood High in <i>n</i>-3 Fatty Acids (PF_SEAFD_HI)	Anchovy Barracuda Caviar (Roe) Cisco Herring Mackerel Pompano Ray Salmon	Sardine Sea bass Shad Shark Swordfish Trout Tuna (albacore & bluefin)
Seafood Low in <i>n</i>-3 Fatty Acids (PF_SEAFD_LOW)	Abalone Carp Catfish Clams Cod Crab Crayfish Croaker Eel Flounder Frog legs Haddock Halibut Lobster Mullet Mussels Ocean perch Octopus Oyster	Perch Pike Pollock Porgy Scallop Scup Shrimp Snail Snapper Sole Squid Sturgeon Tilapia Tuna (excludes albacore & bluefin) Turtle Whitefish Whiting

Protein Foods Components (cont.) (oz. eq.)	Foods	
Eggs (PF_EGGS)	Eggs, whole (chicken, duck, goose, quail, and other birds)	Egg white Egg yolk Egg substitute Egg, dried
Soy Products (PF_SOY)	Miso Natto Soybean curd or tofu Soybean flour Soybean meal	Soybean protein isolate and concentrate Soy milk (soymilk), not calcium fortified Soy nuts
Nuts and Seeds (PF_NUTSDS)	Almonds Almond butter Almond paste Brazil nuts Cashew Cashew butter Chestnuts Flax seeds Hazelnuts Macadamia nuts Peanuts Peanut butter	Peanut flour Pecans Pine nuts Pistachios Pumpkin seeds Squash seeds Sesame butter (tahini) Sesame seeds Sesame paste Sunflower seeds Walnuts
Beans and Peas (Legumes) (PF_LEGUMES)	See under Vegetables, Beans and Peas component for the list of foods	

Dairy Components (cup eq.)	Foods
Total Dairy (D_TOTAL)	Includes the sum of all foods in the Dairy components listed below, plus the following: Whey
Milk (D_MILK)	Includes fluid milk and calcium added soy milk of all fat-types such as: Buttermilk Milk, fluid Evaporated milk Goat milk, fluid Filled milk Soy milk (soymilk), Milk, dry calcium added Milk, evaporated
Yogurt (D_YOGURT)	Includes yogurt of all fat-types and yogurt present in flavored and frozen yogurt

Dairy Components (cont.) (cup eq.)	Foods
Cheese (D_CHEESE)	Includes natural and processed cheeses of all fat-types such as: American cheese Mexican cheese Blue cheese blend Brick cheese Monterey cheese Brie cheese Mozzarella cheese Camembert Muenster cheese cheese Parmesan cheese Cheddar cheese Pasteurized cheese Colby cheese Port de salut cheese Colby Jack cheese Provolone cheese Cottage cheese Ricotta cheese Cream cheese, fat Romano cheese free Roquefort cheese Edam cheese Swiss cheese Feta cheese Queso anejo Fontina cheese Queso asadero Goat cheese Queso chihuahua Gouda cheese Queso del pais, Gruyere cheese blanco Limburger cheese Queso fresco

Oils Component (grams)	Foods
Oils (OILS)	Includes fats naturally present in seafood, nuts, and seeds and the following: Almond oil Safflower oil Canola oil Sesame oil Corn oil Spreads Cottonseed oil Soybean oil Fish oil Sunflower oil Flaxseed oil Vegetable oil Olive oil Walnut oil Peanut oil Wheat germ oil Rapeseed oil

Added Sugars Component (tsp. eq.)	Foods
Added Sugars (ADD_SUGARS)	Brown Sugar Granulated sugar Cane syrup Honey Confectioners' sugar Maple syrup Corn Syrups Molasses Corn syrup solids Pancake syrups Dextrose Powdered sugar Fructose Raw sugar Fruit juice Sorghum syrups concentrates White sugar (cane and beet) Fruit syrups

Solid Fats Component (grams)	Foods
Solid Fats (SOLID_FATS)	Includes fats naturally present in milk products, meat, poultry, eggs and the following: Butter Fully or partially hydrogenated oils Cocoa butter Ghee Cocoa fat Lard Coconut oil Palm oil Cream Tallow Cream substitute Shortening (animal and vegetable) Cream Cheese, regular and low-fat Sour cream

Alcoholic Drinks Component (no. of drinks)	Foods
Alcoholic Drinks (A_DRINKS)	Includes: Beer Wine Distilled spirits Alcohol (ethanol) present in cocktails and other alcoholic beverages Alcohol (ethanol) added to foods after cooking

Table 3a. Fruit: Mean Daily Food Patterns Cup Equivalents

Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012

		Fruit					
Family income in dollars and age (years) ‡	Sample size	Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice		
————— Mean (Standard Error) —————							
\$0 - \$24,999:							
2 - 5.....	314	1.19 (0.086)	0.15 (0.029)	0.49 (0.053)	0.55 (0.064)		
6 - 11.....	395	1.13 (0.093)	0.15 (0.022)	0.60 (0.099)	0.38 (0.036)		
12 - 19.....	373	0.77 (0.120)	0.09* (0.027)	0.33 (0.056)	0.36 (0.059)		
20 and over...	1680	0.99 (0.063)	0.16 (0.015)	0.44 (0.036)	0.39 (0.068)		
2 and over...	2762	0.99 (0.051)	0.15 (0.011)	0.44 (0.036)	0.40 (0.053)		
\$25,000 - \$74,999:							
2 - 5.....	307	1.52 (0.117)	0.17 (0.019)	0.57 (0.061)	0.78 (0.102)		
6 - 11.....	436	1.11 (0.112)	0.20 (0.053)	0.51 (0.050)	0.40 (0.069)		
12 - 19.....	419	0.99 (0.159)	0.13* (0.041)	0.40 (0.062)	0.46 (0.124)		
20 and over...	1748	0.91 (0.033)	0.17 (0.014)	0.49 (0.025)	0.26 (0.026)		
2 and over...	2910	0.97 (0.028)	0.16 (0.013)	0.48 (0.022)	0.32 (0.024)		
\$75,000 and higher:							
2 - 5.....	167	1.48 (0.098)	0.36 (0.076)	0.64 (0.086)	0.48 (0.077)		
6 - 11.....	266	1.47 (0.142)	0.33 (0.071)	0.71 (0.095)	0.43 (0.066)		
12 - 19.....	279	1.03 (0.090)	0.22 (0.056)	0.50 (0.068)	0.31 (0.032)		
20 and over...	1053	1.09 (0.061)	0.25 (0.035)	0.55 (0.032)	0.29 (0.028)		
2 and over...	1765	1.14 (0.055)	0.26 (0.035)	0.57 (0.024)	0.32 (0.023)		
All Individuals:							
2 - 5.....	834	1.41 (0.060)	0.21 (0.028)	0.56 (0.033)	0.64 (0.056)		
6 - 11.....	1146	1.23 (0.074)	0.23 (0.024)	0.59 (0.057)	0.41 (0.037)		
12 - 19.....	1152	0.93 (0.099)	0.15 (0.032)	0.41 (0.040)	0.38 (0.059)		
20 and over...	4801	0.99 (0.042)	0.19 (0.017)	0.49 (0.019)	0.31 (0.033)		
2 and over...	7933	1.03 (0.036)	0.19 (0.017)	0.49 (0.018)	0.34 (0.024)		

* Indicates an estimate with a relative standard error greater than 30%.

† Includes intact fruit (whole or cut) only; excludes fruit juice.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 3b. Vegetables: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Vegetables												
Family income in dollars and age (years) ‡	Total Vegetables †	Starchy Vegetables				Red and Orange Vegetables						
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other			
		Mean (Standard Error)										
\$0 - \$24,999:												
2 - 5.....	0.70 (0.059)	0.27 (0.024)	0.21 (0.019)	0.06 (0.013)	0.22 (0.037)	0.17 (0.032)	0.05 (0.013)	0.06* (0.038)	0.16 (0.017)			
6 - 11.....	0.88 (0.056)	0.33 (0.044)	0.27 (0.044)	0.07 (0.007)	0.27 (0.015)	0.22 (0.016)	0.05 (0.010)	0.04 (0.005)	0.24 (0.026)			
12 - 19.....	1.18 (0.047)	0.42 (0.056)	0.36 (0.047)	0.06* (0.019)	0.39 (0.031)	0.34 (0.029)	0.05 (0.011)	0.03 (0.008)	0.34 (0.030)			
20 and over...	1.43 (0.040)	0.46 (0.038)	0.38 (0.033)	0.09 (0.010)	0.37 (0.013)	0.30 (0.010)	0.07 (0.010)	0.10 (0.017)	0.49 (0.020)			
2 and over...	1.32 (0.035)	0.44 (0.035)	0.36 (0.030)	0.08 (0.008)	0.36 (0.012)	0.29 (0.010)	0.07 (0.009)	0.09 (0.013)	0.44 (0.017)			
\$25,000 - \$74,999:												
2 - 5.....	0.58 (0.047)	0.23 (0.030)	0.17 (0.031)	0.07 (0.016)	0.19 (0.016)	0.15 (0.021)	0.04 (0.009)	0.02* (0.008)	0.14 (0.019)			
6 - 11.....	0.87 (0.080)	0.27 (0.044)	0.22 (0.035)	0.05 (0.011)	0.30 (0.026)	0.26 (0.028)	0.04 (0.010)	0.04 (0.012)	0.25 (0.049)			
12 - 19.....	1.04 (0.086)	0.36 (0.059)	0.32 (0.051)	0.04 (0.009)	0.31 (0.030)	0.26 (0.030)	0.05 (0.013)	0.10* (0.034)	0.27 (0.022)			
20 and over...	1.63 (0.067)	0.45 (0.034)	0.36 (0.030)	0.10 (0.011)	0.40 (0.018)	0.29 (0.015)	0.11 (0.009)	0.16 (0.020)	0.62 (0.049)			
2 and over...	1.45 (0.054)	0.42 (0.023)	0.33 (0.021)	0.08 (0.009)	0.37 (0.013)	0.28 (0.012)	0.09 (0.008)	0.13 (0.018)	0.53 (0.040)			
\$75,000 and higher:												
2 - 5.....	0.70 (0.080)	0.18 (0.050)	0.15* (0.052)	0.03* (0.012)	0.27 (0.047)	0.16 (0.019)	0.12 (0.034)	0.07* (0.026)	0.17 (0.028)			
6 - 11.....	0.82 (0.108)	0.29 (0.044)	0.24 (0.036)	0.04 (0.012)	0.24 (0.034)	0.18 (0.025)	0.07* (0.023)	0.09 (0.025)	0.19 (0.041)			
12 - 19.....	1.21 (0.120)	0.48 (0.069)	0.38 (0.059)	0.10 (0.022)	0.35 (0.044)	0.30 (0.045)	0.05 (0.014)	0.04 (0.011)	0.34 (0.062)			
20 and over...	1.87 (0.079)	0.41 (0.034)	0.33 (0.029)	0.08 (0.012)	0.49 (0.027)	0.36 (0.024)	0.13 (0.013)	0.23 (0.037)	0.75 (0.050)			
2 and over...	1.63 (0.069)	0.39 (0.030)	0.32 (0.025)	0.07 (0.011)	0.44 (0.020)	0.33 (0.018)	0.11 (0.010)	0.19 (0.027)	0.62 (0.042)			
All Individuals:												
2 - 5.....	0.66 (0.039)	0.23 (0.021)	0.18 (0.018)	0.06 (0.008)	0.22 (0.021)	0.15 (0.015)	0.07 (0.012)	0.05 (0.010)	0.16 (0.012)			
6 - 11.....	0.86 (0.045)	0.29 (0.016)	0.24 (0.013)	0.05 (0.007)	0.28 (0.017)	0.22 (0.016)	0.05 (0.009)	0.06 (0.010)	0.23 (0.018)			
12 - 19.....	1.12 (0.060)	0.41 (0.029)	0.35 (0.026)	0.06 (0.008)	0.34 (0.015)	0.29 (0.016)	0.05 (0.009)	0.06 (0.015)	0.31 (0.020)			
20 and over...	1.64 (0.049)	0.44 (0.020)	0.35 (0.017)	0.09 (0.007)	0.42 (0.016)	0.31 (0.012)	0.10 (0.008)	0.16 (0.017)	0.62 (0.030)			
2 and over...	1.46 (0.041)	0.41 (0.016)	0.33 (0.014)	0.08 (0.006)	0.38 (0.012)	0.29 (0.009)	0.09 (0.006)	0.14 (0.013)	0.53 (0.024)			

* Indicates an estimate with a relative standard error greater than 30%.

† Total Vegetables does not include legumes.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 3c. Grains: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years) ‡	<i>Grains</i>			
	Total Grains	Whole Grains	Refined Grains	
	————— Mean (Standard Error) —————			
\$0 - \$24,999:				
2 - 5.....	5.15 (0.135)	0.57 (0.042)	4.58 (0.127)	
6 - 11.....	7.15 (0.296)	0.72 (0.095)	6.43 (0.284)	
12 - 19.....	8.19 (0.200)	0.65 (0.138)	7.54 (0.283)	
20 and over...	6.85 (0.110)	0.83 (0.051)	6.02 (0.127)	
2 and over...	6.93 (0.109)	0.78 (0.047)	6.15 (0.133)	
\$25,000 - \$74,999:				
2 - 5.....	4.96 (0.166)	0.64 (0.059)	4.32 (0.175)	
6 - 11.....	6.66 (0.374)	0.73 (0.080)	5.93 (0.352)	
12 - 19.....	7.22 (0.319)	0.62 (0.082)	6.60 (0.270)	
20 and over...	6.67 (0.169)	0.94 (0.060)	5.73 (0.175)	
2 and over...	6.64 (0.150)	0.88 (0.046)	5.76 (0.154)	
\$75,000 and higher:				
2 - 5.....	5.16 (0.179)	0.82 (0.131)	4.34 (0.181)	
6 - 11.....	7.67 (0.350)	0.86 (0.080)	6.81 (0.393)	
12 - 19.....	7.10 (0.312)	0.95 (0.085)	6.15 (0.350)	
20 and over...	6.97 (0.178)	1.16 (0.104)	5.80 (0.171)	
2 and over...	6.94 (0.161)	1.09 (0.077)	5.85 (0.160)	
All Individuals:				
2 - 5.....	5.08 (0.091)	0.67 (0.045)	4.41 (0.071)	
6 - 11.....	7.13 (0.211)	0.78 (0.054)	6.36 (0.214)	
12 - 19.....	7.45 (0.149)	0.73 (0.067)	6.72 (0.156)	
20 and over...	6.80 (0.085)	0.98 (0.053)	5.82 (0.097)	
2 and over...	6.81 (0.071)	0.92 (0.042)	5.89 (0.083)	

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 3d. Dairy: Mean Daily Food Patterns Cup Equivalents

Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years) ‡	Dairy								
	Total Dairy †			Fluid Milk		Cheese		Yogurt	
	Mean (Standard Error)								
\$0 - \$24,999:									
2 - 5.....	2.17	(0.114)		1.58	(0.097)	0.52	(0.060)	0.06	(0.012)
6 - 11.....	2.29	(0.090)		1.41	(0.068)	0.82	(0.076)	0.05	(0.014)
12 - 19.....	2.26	(0.269)		1.14	(0.175)	1.09	(0.112)	0.02*	(0.011)
20 and over...	1.64	(0.109)		0.77	(0.083)	0.80	(0.048)	0.04	(0.003)
2 and over...	1.80	(0.106)		0.92	(0.075)	0.82	(0.047)	0.04	(0.003)
\$25,000 - \$74,999:									
2 - 5.....	2.40	(0.229)		1.68	(0.157)	0.62	(0.128)	0.09	(0.018)
6 - 11.....	2.20	(0.111)		1.34	(0.067)	0.81	(0.072)	0.03*	(0.010)
12 - 19.....	1.97	(0.102)		0.99	(0.118)	0.92	(0.091)	0.05*	(0.032)
20 and over...	1.58	(0.060)		0.75	(0.043)	0.75	(0.041)	0.05	(0.005)
2 and over...	1.71	(0.055)		0.87	(0.043)	0.77	(0.039)	0.05	(0.006)
\$75,000 and higher:									
2 - 5.....	2.39	(0.146)		1.63	(0.078)	0.55	(0.085)	0.20	(0.041)
6 - 11.....	2.27	(0.153)		1.30	(0.112)	0.86	(0.116)	0.08	(0.021)
12 - 19.....	2.71	(0.192)		1.63	(0.144)	1.02	(0.140)	0.03	(0.010)
20 and over...	1.75	(0.057)		0.78	(0.036)	0.84	(0.036)	0.10	(0.014)
2 and over...	1.95	(0.064)		0.97	(0.044)	0.84	(0.039)	0.10	(0.011)
All Individuals:									
2 - 5.....	2.30	(0.118)		1.62	(0.082)	0.56	(0.062)	0.11	(0.016)
6 - 11.....	2.24	(0.071)		1.35	(0.053)	0.82	(0.045)	0.06	(0.009)
12 - 19.....	2.26	(0.093)		1.22	(0.064)	0.99	(0.062)	0.03*	(0.012)
20 and over...	1.63	(0.034)		0.76	(0.034)	0.78	(0.024)	0.06	(0.006)
2 and over...	1.79	(0.037)		0.91	(0.029)	0.80	(0.023)	0.06	(0.005)

* Indicates an estimate with a relative standard error greater than 30%.

† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 3e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Protein Foods (continues on next page)											
Family income in dollars and age (years) ‡	Total Protein Foods †	Meat, Poultry, and Seafood									
		Total Meat, Poultry, and Seafood	Meat		Poultry		Cured Meat		Seafood Low n-3	Seafood High n-3	Organ Meat
		Mean (Standard Error)									
\$0 - \$24,999:											
2 - 5.....	3.22 (0.199)	2.67 (0.170)	0.71 (0.048)	1.08 (0.125)	0.69 (0.086)	0.16* (0.050)	0.02* (0.010)	#			
6 - 11.....	3.96 (0.185)	3.38 (0.214)	1.08 (0.080)	1.12 (0.114)	0.92 (0.119)	0.24 (0.063)	0.01* (0.005)	0.00 (0.000)			
12 - 19.....	5.79 (0.595)	4.61 (0.438)	1.75 (0.214)	1.57 (0.239)	0.98 (0.216)	0.23 (0.053)	0.05* (0.015)	0.02* (0.016)			
20 and over...	5.78 (0.236)	4.69 (0.201)	1.79 (0.105)	1.44 (0.090)	0.99 (0.055)	0.38 (0.054)	0.08 (0.021)	0.01* (0.004)			
2 and over...	5.48 (0.245)	4.46 (0.196)	1.66 (0.085)	1.41 (0.098)	0.96 (0.049)	0.34 (0.045)	0.07 (0.015)	0.01 (0.003)			
\$25,000 - \$74,999:											
2 - 5.....	2.80 (0.101)	2.25 (0.101)	0.54 (0.099)	0.83 (0.090)	0.76 (0.133)	0.09* (0.032)	0.02* (0.013)	#			
6 - 11.....	3.87 (0.250)	3.29 (0.241)	1.03 (0.180)	1.03 (0.144)	1.05 (0.115)	0.12 (0.025)	0.04* (0.020)	0.01* (0.005)			
12 - 19.....	4.59 (0.593)	3.75 (0.489)	1.37 (0.333)	1.26 (0.188)	0.94 (0.218)	0.13 (0.028)	0.04* (0.017)	0.02* (0.010)			
20 and over...	5.99 (0.161)	4.60 (0.195)	1.63 (0.139)	1.34 (0.118)	1.01 (0.063)	0.46 (0.065)	0.14 (0.028)	0.01* (0.004)			
2 and over...	5.49 (0.164)	4.27 (0.172)	1.50 (0.129)	1.28 (0.106)	0.99 (0.063)	0.38 (0.049)	0.12 (0.021)	0.01* (0.003)			
\$75,000 and higher:											
2 - 5.....	2.70 (0.216)	1.84 (0.207)	0.37 (0.096)	0.80 (0.151)	0.58 (0.160)	0.08* (0.031)	0.02* (0.011)	0.00 (0.000)			
6 - 11.....	4.17 (0.215)	3.01 (0.212)	0.65 (0.082)	1.15 (0.207)	0.90 (0.105)	0.24 (0.058)	0.08* (0.028)	0.00 (0.000)			
12 - 19.....	5.50 (0.421)	4.48 (0.404)	1.49 (0.206)	1.24 (0.273)	1.26 (0.161)	0.39* (0.201)	0.11* (0.059)	0.00 (0.000)			
20 and over...	6.74 (0.179)	5.00 (0.173)	1.75 (0.202)	1.52 (0.125)	0.99 (0.090)	0.51 (0.086)	0.19 (0.044)	0.04* (0.032)			
2 and over...	6.14 (0.143)	4.59 (0.144)	1.54 (0.159)	1.41 (0.125)	0.99 (0.080)	0.45 (0.074)	0.16 (0.027)	0.03* (0.024)			
All Individuals:											
2 - 5.....	2.90 (0.116)	2.26 (0.105)	0.53 (0.046)	0.89 (0.082)	0.69 (0.086)	0.13 (0.035)	0.02* (0.007)	#			
6 - 11.....	3.99 (0.140)	3.22 (0.154)	0.91 (0.090)	1.10 (0.084)	0.96 (0.058)	0.20 (0.027)	0.04 (0.012)	#			
12 - 19.....	5.18 (0.238)	4.21 (0.209)	1.50 (0.102)	1.35 (0.179)	1.04 (0.141)	0.25* (0.077)	0.06* (0.021)	0.01* (0.007)			
20 and over...	6.17 (0.104)	4.77 (0.111)	1.72 (0.083)	1.44 (0.084)	1.00 (0.041)	0.46 (0.044)	0.14 (0.021)	0.02* (0.010)			
2 and over...	5.70 (0.086)	4.44 (0.087)	1.56 (0.067)	1.37 (0.086)	0.98 (0.038)	0.39 (0.037)	0.12 (0.014)	0.02* (0.007)			

* Indicates an estimate with a relative standard error greater than 30%.

Indicates a non-zero value that is too small to report.

† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 3e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 (continued)

Family income in dollars and age (years) ‡	<i>Protein Foods</i>			
	<i>Eggs, Nuts and Seeds, and Soybean Products</i>			
	Eggs	Nuts and Seeds	Soybean Products †	
	————— Mean (Standard Error) —————			
\$0 - \$24,999:				
2 - 5.....	0.38 (0.047)	0.15 (0.022)	0.03 (0.006)	
6 - 11.....	0.34 (0.040)	0.18 (0.038)	0.06 (0.008)	
12 - 19.....	0.66 (0.147)	0.46* (0.238)	0.06 (0.016)	
20 and over...	0.52 (0.022)	0.51 (0.067)	0.05 (0.013)	
2 and over...	0.52 (0.021)	0.46 (0.064)	0.05 (0.009)	
\$25,000 - \$74,999:				
2 - 5.....	0.29 (0.076)	0.24 (0.039)	0.01* (0.005)	
6 - 11.....	0.25 (0.035)	0.27 (0.046)	0.06 (0.013)	
12 - 19.....	0.36 (0.049)	0.41* (0.131)	0.06 (0.018)	
20 and over...	0.52 (0.044)	0.80 (0.076)	0.06 (0.009)	
2 and over...	0.47 (0.033)	0.69 (0.067)	0.06 (0.008)	
\$75,000 and higher:				
2 - 5.....	0.30 (0.057)	0.49 (0.099)	0.07* (0.022)	
6 - 11.....	0.38 (0.049)	0.67 (0.136)	0.10* (0.035)	
12 - 19.....	0.35 (0.066)	0.62 (0.147)	0.04* (0.015)	
20 and over...	0.53 (0.050)	1.10 (0.095)	0.10 (0.015)	
2 and over...	0.49 (0.037)	0.97 (0.088)	0.09 (0.013)	
All Individuals:				
2 - 5.....	0.32 (0.046)	0.29 (0.030)	0.03 (0.006)	
6 - 11.....	0.32 (0.019)	0.37 (0.062)	0.07 (0.014)	
12 - 19.....	0.44 (0.051)	0.48 (0.055)	0.06 (0.009)	
20 and over...	0.52 (0.018)	0.80 (0.052)	0.07 (0.007)	
2 and over...	0.49 (0.015)	0.70 (0.048)	0.07 (0.006)	

* Indicates an estimate with a relative standard error greater than 30%.

† Soy products excluding calcium fortified soy milk and mature soybeans.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 3f. Legumes: Mean Daily Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years) ‡	<i>Legumes</i> †			
	Legumes as Vegetable (cups)		Legumes as Protein (oz)	
	—	Mean (Standard Error)	—	
\$0 - \$24,999:				
2 - 5.....	0.06	(0.013)	0.25	(0.051)
6 - 11.....	0.12	(0.021)	0.50	(0.083)
12 - 19.....	0.08	(0.014)	0.30	(0.057)
20 and over...	0.15	(0.016)	0.61	(0.062)
2 and over...	0.14	(0.012)	0.54	(0.048)
\$25,000 - \$74,999:				
2 - 5.....	0.05	(0.015)	0.21	(0.059)
6 - 11.....	0.06	(0.013)	0.23	(0.052)
12 - 19.....	0.13*	(0.038)	0.50*	(0.150)
20 and over...	0.13	(0.014)	0.51	(0.057)
2 and over...	0.12	(0.013)	0.47	(0.054)
\$75,000 and higher:				
2 - 5.....	0.05	(0.011)	0.18	(0.045)
6 - 11.....	0.04*	(0.015)	0.15*	(0.060)
12 - 19.....	0.03	(0.005)	0.13	(0.021)
20 and over...	0.13	(0.014)	0.51	(0.055)
2 and over...	0.10	(0.010)	0.41	(0.039)
All Individuals:				
2 - 5.....	0.05	(0.009)	0.21	(0.035)
6 - 11.....	0.07	(0.011)	0.28	(0.044)
12 - 19.....	0.08	(0.016)	0.32	(0.062)
20 and over...	0.14	(0.008)	0.54	(0.033)
2 and over...	0.12	(0.007)	0.48	(0.029)

* Indicates an estimate with a relative standard error greater than 30%.

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 3g. Oils and Other Components: Mean Daily Food Patterns Gram Equivalents of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years) ‡	<i>Oils and Other Components</i>							
	Oils		Solid Fats		Added Sugars		Alcoholic Drinks	
	————— Mean (Standard Error) —————							
\$0 - \$24,999:								
2 - 5.....	15.81	(1.045)	28.93	(1.183)	13.77	(0.539)	0.00	(0.000)
6 - 11.....	20.54	(1.177)	37.93	(1.599)	19.29	(0.698)	0.00	(0.000)
12 - 19.....	31.65	(2.965)	40.79	(2.575)	23.68	(1.616)	0.11*	(0.048)
20 and over...	24.44	(0.953)	37.47	(1.106)	19.94	(0.740)	0.79	(0.106)
2 and over...	24.45	(1.169)	37.40	(1.039)	19.96	(0.657)	0.60	(0.083)
\$25,000 - \$74,999:								
2 - 5.....	14.16	(0.613)	31.04	(2.395)	13.20	(0.538)	0.00	(0.000)
6 - 11.....	18.67	(1.238)	36.41	(1.319)	19.23	(0.633)	0.00	(0.000)
12 - 19.....	21.86	(1.462)	34.03	(2.091)	21.49	(0.926)	0.14*	(0.077)
20 and over...	26.07	(0.571)	36.53	(1.352)	17.82	(0.775)	0.75	(0.079)
2 and over...	24.37	(0.521)	35.96	(1.112)	18.08	(0.578)	0.58	(0.062)
\$75,000 and higher:								
2 - 5.....	15.11	(1.290)	28.41	(2.370)	12.03	(0.876)	0.00	(0.000)
6 - 11.....	19.83	(1.488)	41.88	(2.253)	19.34	(0.753)	0.00	(0.000)
12 - 19.....	23.70	(1.698)	41.48	(2.605)	20.16	(1.112)	0.02*	(0.012)
20 and over...	29.57	(1.019)	36.42	(1.568)	17.18	(0.733)	1.13	(0.161)
2 and over...	27.21	(0.853)	37.05	(1.414)	17.43	(0.690)	0.84	(0.124)
All Individuals:								
2 - 5.....	15.00	(0.548)	29.77	(1.273)	12.92	(0.374)	0.00	(0.000)
6 - 11.....	19.55	(0.869)	38.57	(1.095)	19.25	(0.431)	0.00	(0.000)
12 - 19.....	25.19	(1.510)	38.04	(1.348)	21.77	(0.774)	0.09	(0.026)
20 and over...	26.65	(0.423)	36.56	(0.743)	18.19	(0.421)	0.86	(0.063)
2 and over...	25.26	(0.406)	36.52	(0.657)	18.39	(0.338)	0.66	(0.048)

* Indicates an estimate with a relative standard error greater than 30%.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2014. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2011-2012. Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2011-12 Variable Names in Parenthesis

Fruit Components (cup eq.)	Foods
Total Fruit (F_TOTAL)	Includes the sum of all foods in the Fruit components listed below:
Citrus, Melons, and Berries (F_CITMLB)	Blackberries Blueberries Boysenberries Calamondin Cantaloupe Casaba Cranberries Dewberries Grapefruit Honeydew Huckleberries Juneberries Kiwi fruit Kumquats Lemons Limes Loganberries Mandarins Mulberries Oranges Raspberries Strawberries Tangelos Tangerines Watermelon Youngberries
Other Fruits (F_OTHER)	Apples Apricots Bananas Cherries Currants Dates Figs Grapes Guava Lychees Mangoes Nectarines Papayas Passion fruits Peaches Pears Persimmons Pineapple Plums (Ciruelas) Pomegranates Prunes Raisins Rhubarb Soursop (Guanabana) Starfruit (Carambola) Tamarind
Fruit Juice (F_JUICE)	Citrus and non-citrus fruit juices

Vegetables Components (cup eq.)	Foods	
Total Vegetables (V_TOTAL)	Includes the sum of all foods in the Vegetables components listed below except Beans and Peas (Legumes):	
Dark Green Vegetables (V_DRKGR)	Arugula Basil Beet greens Bitter melon leaves Broccoli Broccoli raab Chinese Cabbage (Pak-choi) Chrysanthemum garland Chard Chicory leaves Cilantro (Coriander) Collards Cress Dandelion greens Endive Escarole Greens	Horseradish leaves Kale Lambsquarters Leaves of grapes, pumpkin, squash, sweet potato, swamp cabbage, taro, and thistle Lettuce (Boston, butterhead, green or red leaf, cos or romaine) Mustard cabbage Mustard greens Parsley Poke greens Spinach Turnip greens Watercress
Total Red and Orange Vegetables (V_REDOR_TOTAL)	Includes the sum of all foods in the Tomatoes and Other Red and Orange Vegetables components listed below:	
Tomatoes (V_REDOR_TOMATO)	Tomatoes (canned, cooked, raw, stewed) Tomatoes, dried Tomato juice	Tomato paste Tomato puree Tomato sauce

Vegetables Components (cont.) (cup eq.)	Foods	
Other Red and Orange Vegetables (V_REDOR_OTHER)	Calabaza (Spanish pumpkin) Carrots Carrot juice Red colored bell, and nonbell peppers	Pimiento Pumpkin Squash (most winter varieties) Sweet potatoes
Total Starchy Vegetables (V_STARCHY_TOTAL)	Includes the sum of all foods in the Potatoes and Other Starchy Vegetables components listed below:	
Potatoes (V_STARCHY_POTATO)	White potatoes White potato flour	White potato flakes
Other Starchy Vegetables (V_STARCHY_OTHER)	Breadfruit Burdock Cassava (Yuca blanca) Corn, sweet (raw) Dasheen Green bananas Hominy Jicama (Yam beans) Lima beans, immature Lotus root	Parsnips Immature peas (e.g., immature cowpeas, blackeye peas, green peas, pigeon peas) Plantains Salsify Tannier Tapioca Taro Water chestnuts Yams

Vegetables Components (cont.) (cup eq.)	Foods	
Other Vegetables (V_OTHER)	Alfalfa sprouts Artichoke Asparagus Avocado Bamboo shoots Beans (green, yellow, snap, string) Bean sprouts Beets Bitter melon (bitter gourd, balsam pear) Broccoflower Brussels sprouts Cabbage Cactus (Nopales) Capers Cauliflower Celeriac Celery Chayote (Christophine) Chinese cabbage (Pei-tsai) Chinese okra (Luffa) Chives Cucumber Eggplant Fennel bulb Flowers, edible Garlic Ginger root Horseradish pods	Jute Kohlrabi Leeks Lettuce (varieties not in dark green category) Mushrooms Okra Olives Onions Palm hearts Peas, podded Peppers, bell and nonbell peppers (not red or orange in color) Pokeberry shoots Radicchio Radish Rutabaga Scallions Seaweed Snow peas Sprouted beans (e.g. mung, soybean) Squash (green, sequin, spaghetti, yellow, zucchini, most summer varieties) Tomatillos Tomatoes, green Turnips Winter melon (Wax gourd)

Vegetables Components (cont.) (cup eq.)	Foods	
Beans and Peas (Legumes) (V_LEGUMES)	Includes all mature beans and peas (legumes) such as:	
	Black beans Blackeye peas Brown beans Bayo beans Calico beans Carob Chickpeas (Garbanzo beans) Cowpeas Fava beans	Kidney beans Lentils Mature lima beans Mung beans Navy beans Pink beans Pinto beans Red Mexican beans Soybeans (mature) Split peas White beans

Grains Components (oz. eq.)	Foods																								
Total Grains (G_TOTAL)	Includes the sum of all foods in the Grains components listed below:																								
Whole Grains (G_WHOLE)	<table> <tr> <td>Amaranth</td><td>Millett</td></tr> <tr> <td>Barley, whole</td><td>Oats</td></tr> <tr> <td>Barley flour (from whole barley)</td><td>Oat flour</td></tr> <tr> <td>Barley meal</td><td>Oatmeal</td></tr> <tr> <td>Brown rice</td><td>Popcorn</td></tr> <tr> <td>Brown rice flour</td><td>Quinoa</td></tr> <tr> <td>Buckwheat groats</td><td>Rye, whole grain</td></tr> <tr> <td>Bulgur</td><td>Rye flour (dark)</td></tr> <tr> <td>Corn, whole grain</td><td>Triticale</td></tr> <tr> <td>Corn meal or flour (whole grain)</td><td>Wheat</td></tr> <tr> <td></td><td>Whole wheat flour</td></tr> <tr> <td></td><td>Wild rice</td></tr> </table>	Amaranth	Millett	Barley, whole	Oats	Barley flour (from whole barley)	Oat flour	Barley meal	Oatmeal	Brown rice	Popcorn	Brown rice flour	Quinoa	Buckwheat groats	Rye, whole grain	Bulgur	Rye flour (dark)	Corn, whole grain	Triticale	Corn meal or flour (whole grain)	Wheat		Whole wheat flour		Wild rice
Amaranth	Millett																								
Barley, whole	Oats																								
Barley flour (from whole barley)	Oat flour																								
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Bulgur	Rye flour (dark)																								
Corn, whole grain	Triticale																								
Corn meal or flour (whole grain)	Wheat																								
	Whole wheat flour																								
	Wild rice																								
Refined Grains (G_REFINED)	<table> <tr> <td>Barley, pearled</td><td>Masa</td></tr> <tr> <td>Barley, pearled, flour</td><td>Oat flour, debranned</td></tr> <tr> <td>Barley malt flour</td><td>Rice (milled, not whole grain)</td></tr> <tr> <td>Bran (all grains)</td><td>Rice, milled, flour</td></tr> <tr> <td>Corn flour or meal, degermed</td><td>Rye flour (light and medium)</td></tr> <tr> <td>Corn grits</td><td>Semolina</td></tr> <tr> <td>Cream of wheat</td><td>Wheat flour (milled, not whole grain)</td></tr> <tr> <td>Couscous</td><td>Wheat germ</td></tr> <tr> <td>Farina</td><td></td></tr> </table>	Barley, pearled	Masa	Barley, pearled, flour	Oat flour, debranned	Barley malt flour	Rice (milled, not whole grain)	Bran (all grains)	Rice, milled, flour	Corn flour or meal, degermed	Rye flour (light and medium)	Corn grits	Semolina	Cream of wheat	Wheat flour (milled, not whole grain)	Couscous	Wheat germ	Farina							
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Corn grits	Semolina																								
Cream of wheat	Wheat flour (milled, not whole grain)																								
Couscous	Wheat germ																								
Farina																									

Protein Foods Components (oz. eq.)	Foods	
Total Protein Foods (PF_TOTAL)	Includes the sum of all foods in the Protein Foods components listed below except Beans and Peas:	
Total Meat, Poultry, and Seafood (PF_MPS_TOTAL)	Includes the sum of all foods in the Meat, Cured Meat, Organ Meat, Poultry, Seafood High in <i>n</i> -3, and Seafood Low in <i>n</i> -3 components listed below:	
Meat (PF_MEAT)	Armadillo Bacon (not cured) Bear Beaver Beef Bison Caribou Game meat (other) Goat Ground hog Ham (not cured)	Lamb Moose Opossum Oxtail Pork Rabbit Raccoon Squirrel Veal Venison Wild pig

Protein Foods Components (cont.) (oz. eq.)	Foods	
Cured Meat (PF_CUREDMEAT)	Bacon Beef sausage Beef luncheon meat Blood sausage Bockwurst Bologna Bratwurst Braunschweiger Capicola Cervelat Chicken sticks Chicken luncheon meat Chicken or turkey loaf Chorizo Cold cut deli meat Corned beef Chipped beef Dutch brand loaf Frankfurters Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced) Head cheese Honey loaf	Hotdogs Italian sausage Jerky (all meat types) Kielbasa Knockwurst Liverwurst Meat spreads Meat sticks Mettwurst Mortadella Pastrami Pepperoni Pepper loaf Polish sausage Pork luncheon meat Pork sausage Potted meats Salami Sandwich loaf Souse Thuringer Turkey luncheon meat Turkey sausage Turkey, smoked Turkey sticks Veal loaf Vienna sausage
Organ Meat (PF_ORGAN)	Brain Chitterlings GIBLETS Gizzard Heart Kidney	Liver Stomach Sweetbreads Thymus Tongue Tripe

Protein Foods Components (cont.) (oz. eq.)	Foods	
Poultry (PF_POULT)	Chicken Cornish game hen Dove Duck Goose	Ostrich Pheasant Quail Turkey
Seafood High in <i>n</i>-3 Fatty Acids (PF_SEAFD_HI)	Anchovy Barracuda Caviar (Roe) Cisco Herring Mackerel Pompano Ray Salmon	Sardine Sea bass Shad Shark Swordfish Trout Tuna (albacore & bluefin)
Seafood Low in <i>n</i>-3 Fatty Acids (PF_SEAFD_LOW)	Abalone Carp Catfish Clams Cod Crab Crayfish Croaker Eel Flounder Frog legs Haddock Halibut Lobster Mullet Mussels Ocean perch Octopus Oyster	Perch Pike Pollock Porgy Scallop Scup Shrimp Snail Snapper Sole Squid Sturgeon Tilapia Tuna (excludes albacore & bluefin) Turtle Whitefish Whiting

Protein Foods Components (cont.) (oz. eq.)	Foods	
Eggs (PF_EGGS)	Eggs, whole (chicken, duck, goose, quail, and other birds)	Egg white Egg yolk Egg substitute Egg, dried
Soy Products (PF_SOY)	Miso Natto Soybean curd or tofu Soybean flour Soybean meal	Soybean protein isolate and concentrate Soy milk (soymilk), not calcium fortified Soy nuts
Nuts and Seeds (PF_NUTSDS)	Almonds Almond butter Almond paste Brazil nuts Cashew Cashew butter Chestnuts Flax seeds Hazelnuts Macadamia nuts Peanuts Peanut butter	Peanut flour Pecans Pine nuts Pistachios Pumpkin seeds Squash seeds Sesame butter (tahini) Sesame seeds Sesame paste Sunflower seeds Walnuts
Beans and Peas (Legumes) (PF_LEGUMES)	See under Vegetables, Beans and Peas component for the list of foods	

Dairy Components (cup eq.)	Foods
Total Dairy (D_TOTAL)	Includes the sum of all foods in the Dairy components listed below, plus the following: Whey
Milk (D_MILK)	Includes fluid milk and calcium added soy milk of all fat-types such as: Buttermilk Milk, fluid Evaporated milk Goat milk, fluid Filled milk Soy milk (soymilk), Milk, dry calcium added Milk, evaporated
Yogurt (D_YOGURT)	Includes yogurt of all fat-types and yogurt present in flavored and frozen yogurt

Dairy Components (cont.) (cup eq.)	Foods
Cheese (D_CHEESE)	Includes natural and processed cheeses of all fat-types such as: American cheese Mexican cheese Blue cheese blend Brick cheese Monterey cheese Brie cheese Mozzarella cheese Camembert Muenster cheese cheese Parmesan cheese Cheddar cheese Pasteurized cheese Colby cheese Port de salut cheese Colby Jack cheese Provolone cheese Cottage cheese Ricotta cheese Cream cheese, fat Romano cheese free Roquefort cheese Edam cheese Swiss cheese Feta cheese Queso anejo Fontina cheese Queso asadero Goat cheese Queso chihuahua Gouda cheese Queso del pais, Gruyere cheese blanco Limburger cheese Queso fresco

Oils Component (grams)	Foods
Oils (OILS)	Includes fats naturally present in seafood, nuts, and seeds and the following: Almond oil Safflower oil Canola oil Sesame oil Corn oil Spreads Cottonseed oil Soybean oil Fish oil Sunflower oil Flaxseed oil Vegetable oil Olive oil Walnut oil Peanut oil Wheat germ oil Rapeseed oil

Added Sugars Component (tsp. eq.)	Foods
Added Sugars (ADD_SUGARS)	Brown Sugar Granulated sugar Cane syrup Honey Confectioners' sugar Maple syrup Corn Syrups Molasses Corn syrup solids Pancake syrups Dextrose Powdered sugar Fructose Raw sugar Fruit juice Sorghum syrups concentrates White sugar (cane and beet) Fruit syrups

Solid Fats Component (grams)	Foods
Solid Fats (SOLID_FATS)	Includes fats naturally present in milk products, meat, poultry, eggs and the following: Butter Fully or partially hydrogenated oils Cocoa butter Ghee Cocoa fat Lard Coconut oil Palm oil Cream Tallow Cream substitute Shortening (animal and vegetable) Cream Cheese, regular and low-fat Sour cream

Alcoholic Drinks Component (no. of drinks)	Foods
Alcoholic Drinks (A_DRINKS)	Includes: Beer Wine Distilled spirits Alcohol (ethanol) present in cocktails and other alcoholic beverages Alcohol (ethanol) added to foods after cooking

Table 4a. Fruit: Mean Daily Food Patterns Cup Equivalents

Consumed per Individual, by Family Income as % of Federal Poverty Threshold and Age, in the United States, 2011-2012

		Fruit					
Family income as % of Federal poverty threshold and age (years) ‡	Sample size	Total Fruit	Citrus, Melons, Berries †		Other Fruit †		Fruit Juice
----- Mean (Standard Error) -----							
Under 131% poverty:							
2 - 5.....	408	1.32 (0.065)	0.15 (0.018)	0.54 (0.044)	0.63 (0.033)		
6 - 11.....	524	1.09 (0.084)	0.15 (0.031)	0.58 (0.080)	0.36 (0.037)		
12 - 19.....	479	0.73 (0.075)	0.12 (0.029)	0.30 (0.046)	0.31 (0.040)		
20 and over...	1585	0.97 (0.064)	0.14 (0.015)	0.41 (0.033)	0.42 (0.064)		
2 and over...	2996	0.98 (0.042)	0.14 (0.011)	0.43 (0.033)	0.41 (0.041)		
131-350% poverty:							
2 - 5.....	228	1.43 (0.137)	0.17 (0.027)	0.50 (0.051)	0.76 (0.100)		
6 - 11.....	354	1.23 (0.129)	0.26 (0.043)	0.47 (0.055)	0.50 (0.088)		
12 - 19.....	341	1.08 (0.176)	0.13* (0.058)	0.45 (0.074)	0.50 (0.144)		
20 and over...	1509	0.85 (0.035)	0.17 (0.018)	0.42 (0.022)	0.26 (0.037)		
2 and over...	2432	0.94 (0.034)	0.17 (0.019)	0.44 (0.018)	0.34 (0.033)		
Over 350% poverty:							
2 - 5.....	135	1.51 (0.106)	0.40 (0.085)	0.67 (0.105)	0.43 (0.065)		
6 - 11.....	203	1.43 (0.119)	0.30 (0.056)	0.78 (0.112)	0.35 (0.069)		
12 - 19.....	235	1.02 (0.113)	0.22 (0.063)	0.49 (0.082)	0.31 (0.038)		
20 and over...	1340	1.11 (0.065)	0.24 (0.030)	0.60 (0.036)	0.27 (0.024)		
2 and over...	1913	1.14 (0.057)	0.25 (0.030)	0.61 (0.027)	0.29 (0.022)		
All Individuals:							
2 - 5.....	834	1.41 (0.060)	0.21 (0.028)	0.56 (0.033)	0.64 (0.056)		
6 - 11.....	1146	1.23 (0.074)	0.23 (0.024)	0.59 (0.057)	0.41 (0.037)		
12 - 19.....	1152	0.93 (0.099)	0.15 (0.032)	0.41 (0.040)	0.38 (0.059)		
20 and over...	4801	0.99 (0.042)	0.19 (0.017)	0.49 (0.019)	0.31 (0.033)		
2 and over...	7933	1.03 (0.036)	0.19 (0.017)	0.49 (0.018)	0.34 (0.024)		

* Indicates an estimate with a relative standard error greater than 30%.

† Includes intact fruit (whole or cut) only; excludes fruit juice.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 4b. Vegetables: Mean Daily Food Patterns Cup Equivalents

Consumed per Individual, by Family Income as % of Federal Poverty Threshold and Age, in the United States, 2011-2012

Vegetables										
Family income as % of Federal poverty threshold and age (years) ‡	Total Vegetables †	Starchy Vegetables			Red and Orange Vegetables					
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other	
		Mean (Standard Error)								
Under 131% poverty:										
2 - 5.....	0.64 (0.047)	0.25 (0.022)	0.19 (0.020)	0.06 (0.012)	0.19 (0.026)	0.16 (0.022)	0.04 (0.009)	0.05* (0.028)	0.14 (0.012)	
6 - 11.....	0.83 (0.052)	0.32 (0.033)	0.26 (0.033)	0.06 (0.007)	0.26 (0.016)	0.21 (0.013)	0.05 (0.008)	0.03 (0.004)	0.23 (0.024)	
12 - 19.....	1.13 (0.054)	0.37 (0.041)	0.32 (0.036)	0.05 (0.014)	0.37 (0.030)	0.32 (0.033)	0.05 (0.013)	0.07* (0.031)	0.31 (0.023)	
20 and over...	1.45 (0.056)	0.49 (0.042)	0.39 (0.039)	0.09 (0.010)	0.37 (0.013)	0.30 (0.011)	0.07 (0.010)	0.10 (0.020)	0.49 (0.023)	
2 and over...	1.27 (0.047)	0.43 (0.032)	0.35 (0.030)	0.08 (0.007)	0.34 (0.011)	0.28 (0.010)	0.06 (0.009)	0.09 (0.013)	0.41 (0.019)	
131-350% poverty:										
2 - 5.....	0.60 (0.052)	0.20 (0.036)	0.16 (0.035)	0.05 (0.014)	0.19 (0.021)	0.15 (0.028)	0.04 (0.010)	0.05* (0.025)	0.15 (0.025)	
6 - 11.....	0.96 (0.096)	0.28 (0.042)	0.22 (0.034)	0.06 (0.013)	0.31 (0.035)	0.26 (0.034)	0.06* (0.023)	0.09 (0.023)	0.28 (0.048)	
12 - 19.....	1.05 (0.078)	0.38 (0.056)	0.33 (0.050)	0.05 (0.010)	0.31 (0.019)	0.25 (0.016)	0.06 (0.010)	0.08 (0.021)	0.29 (0.029)	
20 and over...	1.50 (0.056)	0.45 (0.027)	0.35 (0.023)	0.10 (0.012)	0.39 (0.016)	0.29 (0.015)	0.10 (0.008)	0.12 (0.011)	0.54 (0.028)	
2 and over...	1.35 (0.052)	0.41 (0.022)	0.32 (0.020)	0.09 (0.009)	0.36 (0.013)	0.27 (0.012)	0.09 (0.007)	0.11 (0.009)	0.47 (0.025)	
Over 350% poverty:										
2 - 5.....	0.70 (0.102)	0.19 (0.055)	0.15* (0.060)	0.04* (0.017)	0.30 (0.048)	0.17 (0.019)	0.14 (0.037)	0.04* (0.012)	0.17 (0.037)	
6 - 11.....	0.73 (0.072)	0.29 (0.049)	0.25 (0.043)	0.03 (0.009)	0.24 (0.037)	0.18 (0.028)	0.06* (0.024)	0.05 (0.013)	0.15 (0.023)	
12 - 19.....	1.25 (0.138)	0.54 (0.078)	0.43 (0.068)	0.10 (0.023)	0.35 (0.055)	0.30 (0.054)	0.04* (0.014)	0.02* (0.008)	0.35 (0.071)	
20 and over...	1.90 (0.090)	0.41 (0.026)	0.33 (0.025)	0.07 (0.009)	0.48 (0.027)	0.35 (0.023)	0.13 (0.012)	0.24 (0.033)	0.77 (0.060)	
2 and over...	1.73 (0.078)	0.40 (0.024)	0.33 (0.022)	0.07 (0.009)	0.45 (0.020)	0.33 (0.019)	0.12 (0.010)	0.20 (0.027)	0.68 (0.051)	
All Individuals:										
2 - 5.....	0.66 (0.039)	0.23 (0.021)	0.18 (0.018)	0.06 (0.008)	0.22 (0.021)	0.15 (0.015)	0.07 (0.012)	0.05 (0.010)	0.16 (0.012)	
6 - 11.....	0.86 (0.045)	0.29 (0.016)	0.24 (0.013)	0.05 (0.007)	0.28 (0.017)	0.22 (0.016)	0.05 (0.009)	0.06 (0.010)	0.23 (0.018)	
12 - 19.....	1.12 (0.060)	0.41 (0.029)	0.35 (0.026)	0.06 (0.008)	0.34 (0.015)	0.29 (0.016)	0.05 (0.009)	0.06 (0.015)	0.31 (0.020)	
20 and over...	1.64 (0.049)	0.44 (0.020)	0.35 (0.017)	0.09 (0.007)	0.42 (0.016)	0.31 (0.012)	0.10 (0.008)	0.16 (0.017)	0.62 (0.030)	
2 and over...	1.46 (0.041)	0.41 (0.016)	0.33 (0.014)	0.08 (0.006)	0.38 (0.012)	0.29 (0.009)	0.09 (0.006)	0.14 (0.013)	0.53 (0.024)	

* Indicates an estimate with a relative standard error greater than 30%.

† Total Vegetables does not include legumes.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 4c. Grains: Mean Daily Food Patterns Ounce Equivalents

Consumed per Individual, by Family Income as % of Federal Poverty Threshold and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years) ‡	<i>Grains</i>			
	Total Grains		Whole Grains	Refined Grains
	————— Mean (Standard Error) —————			
Under 131% poverty:				
2 - 5.....	5.11 (0.110)	0.58 (0.042)	4.52 (0.105)	
6 - 11.....	7.00 (0.266)	0.71 (0.085)	6.28 (0.246)	
12 - 19.....	7.79 (0.221)	0.62 (0.101)	7.17 (0.234)	
20 and over...	7.05 (0.160)	0.77 (0.050)	6.28 (0.170)	
2 and over...	7.00 (0.142)	0.72 (0.042)	6.27 (0.150)	
131-350% poverty:				
2 - 5.....	5.02 (0.248)	0.62 (0.080)	4.40 (0.237)	
6 - 11.....	6.97 (0.399)	0.83 (0.077)	6.14 (0.394)	
12 - 19.....	7.29 (0.366)	0.67 (0.081)	6.62 (0.331)	
20 and over...	6.71 (0.219)	0.95 (0.074)	5.76 (0.199)	
2 and over...	6.72 (0.195)	0.89 (0.060)	5.82 (0.185)	
Over 350% poverty:				
2 - 5.....	5.15 (0.234)	0.88 (0.149)	4.26 (0.206)	
6 - 11.....	7.55 (0.397)	0.77 (0.096)	6.79 (0.425)	
12 - 19.....	6.99 (0.402)	0.98 (0.113)	6.01 (0.428)	
20 and over...	6.76 (0.147)	1.14 (0.088)	5.62 (0.136)	
2 and over...	6.76 (0.139)	1.10 (0.075)	5.66 (0.131)	
All Individuals:				
2 - 5.....	5.08 (0.091)	0.67 (0.045)	4.41 (0.071)	
6 - 11.....	7.13 (0.211)	0.78 (0.054)	6.36 (0.214)	
12 - 19.....	7.45 (0.149)	0.73 (0.067)	6.72 (0.156)	
20 and over...	6.80 (0.085)	0.98 (0.053)	5.82 (0.097)	
2 and over...	6.81 (0.071)	0.92 (0.042)	5.89 (0.083)	

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 4d. Dairy: Mean Daily Food Patterns Cup Equivalents

Consumed per Individual, by Family Income as % of Federal Poverty Threshold and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years) ‡	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	Mean (Standard Error)			
Under 131% poverty:				
2 - 5.....	2.38 (0.230)	1.73 (0.175)	0.57 (0.095)	0.07 (0.009)
6 - 11.....	2.22 (0.064)	1.38 (0.051)	0.78 (0.073)	0.05 (0.011)
12 - 19.....	2.16 (0.209)	1.11 (0.106)	1.02 (0.114)	0.02* (0.008)
20 and over...	1.71 (0.104)	0.80 (0.086)	0.84 (0.053)	0.04 (0.004)
2 and over...	1.88 (0.101)	0.99 (0.076)	0.84 (0.048)	0.04 (0.004)
131-350% poverty:				
2 - 5.....	2.30 (0.144)	1.56 (0.090)	0.62 (0.086)	0.10 (0.029)
6 - 11.....	2.23 (0.151)	1.33 (0.090)	0.84 (0.091)	0.05 (0.014)
12 - 19.....	2.11 (0.158)	1.07 (0.131)	0.96 (0.116)	0.06* (0.036)
20 and over...	1.49 (0.071)	0.71 (0.045)	0.71 (0.041)	0.05 (0.006)
2 and over...	1.67 (0.068)	0.85 (0.036)	0.74 (0.041)	0.06 (0.008)
Over 350% poverty:				
2 - 5.....	2.30 (0.118)	1.58 (0.071)	0.52 (0.074)	0.20 (0.029)
6 - 11.....	2.32 (0.165)	1.33 (0.127)	0.91 (0.135)	0.07* (0.027)
12 - 19.....	2.66 (0.172)	1.63 (0.156)	0.98 (0.131)	0.03* (0.012)
20 and over...	1.74 (0.048)	0.78 (0.030)	0.83 (0.042)	0.09 (0.012)
2 and over...	1.87 (0.055)	0.92 (0.032)	0.84 (0.041)	0.09 (0.009)
All Individuals:				
2 - 5.....	2.30 (0.118)	1.62 (0.082)	0.56 (0.062)	0.11 (0.016)
6 - 11.....	2.24 (0.071)	1.35 (0.053)	0.82 (0.045)	0.06 (0.009)
12 - 19.....	2.26 (0.093)	1.22 (0.064)	0.99 (0.062)	0.03* (0.012)
20 and over...	1.63 (0.034)	0.76 (0.034)	0.78 (0.024)	0.06 (0.006)
2 and over...	1.79 (0.037)	0.91 (0.029)	0.80 (0.023)	0.06 (0.005)

* Indicates an estimate with a relative standard error greater than 30%.

† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 4e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Family Income as % of Federal Poverty Threshold and Age, in the United States, 2011-2012

Protein Foods (continues on next page)										
Family income as % of Federal poverty threshold and age (years) ‡	Total Protein Foods †	Meat, Poultry, and Seafood								
		Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low n-3	Seafood High n-3	Organ Meat		
Mean (Standard Error)										
Under 131% poverty:										
2 - 5.....	3.32 (0.143)	2.74 (0.135)	0.67 (0.065)	1.09 (0.145)	0.83 (0.138)	0.13* (0.044)	0.02* (0.014)	0.01* (0.004)		
6 - 11.....	3.99 (0.179)	3.41 (0.192)	1.15 (0.117)	1.11 (0.074)	0.90 (0.099)	0.23 (0.044)	0.02* (0.013)	#		
12 - 19.....	5.32 (0.469)	4.26 (0.332)	1.63 (0.150)	1.54 (0.182)	0.87 (0.184)	0.18 (0.035)	0.03* (0.010)	0.01* (0.008)		
20 and over...	6.02 (0.242)	4.94 (0.206)	1.84 (0.138)	1.55 (0.091)	0.99 (0.073)	0.45 (0.049)	0.09 (0.024)	0.01* (0.004)		
2 and over...	5.47 (0.226)	4.49 (0.181)	1.64 (0.103)	1.46 (0.092)	0.95 (0.042)	0.36 (0.036)	0.07 (0.015)	0.01 (0.003)		
131-350% poverty:										
2 - 5.....	2.58 (0.270)	1.96 (0.200)	0.50 (0.106)	0.71 (0.120)	0.61 (0.105)	0.12* (0.054)	0.02* (0.012)	#		
6 - 11.....	3.90 (0.226)	3.22 (0.239)	0.91 (0.169)	1.06 (0.120)	1.06 (0.134)	0.14 (0.031)	0.05* (0.024)	#		
12 - 19.....	4.91 (0.661)	3.95 (0.537)	1.30 (0.347)	1.24 (0.213)	1.20 (0.278)	0.13 (0.036)	0.05* (0.021)	0.02* (0.015)		
20 and over...	5.71 (0.178)	4.42 (0.147)	1.61 (0.104)	1.30 (0.106)	0.97 (0.045)	0.39 (0.050)	0.13 (0.025)	0.01* (0.004)		
2 and over...	5.30 (0.172)	4.13 (0.135)	1.46 (0.107)	1.24 (0.100)	0.99 (0.059)	0.33 (0.038)	0.11 (0.019)	0.01 (0.003)		
Over 350% poverty:										
2 - 5.....	2.53 (0.198)	1.73 (0.183)	0.36* (0.112)	0.76 (0.141)	0.55 (0.153)	0.05* (0.025)	0.01* (0.011)	0.00 (0.000)		
6 - 11.....	4.17 (0.281)	2.98 (0.221)	0.63 (0.096)	1.10 (0.237)	0.95 (0.118)	0.22* (0.071)	0.08* (0.037)	0.00 (0.000)		
12 - 19.....	5.55 (0.511)	4.59 (0.508)	1.62 (0.245)	1.24 (0.314)	1.14 (0.181)	0.46* (0.235)	0.12* (0.071)	0.01* (0.006)		
20 and over...	6.63 (0.154)	4.90 (0.147)	1.71 (0.150)	1.44 (0.108)	1.03 (0.084)	0.51 (0.071)	0.18 (0.039)	0.03* (0.024)		
2 and over...	6.24 (0.137)	4.64 (0.129)	1.59 (0.135)	1.38 (0.114)	1.02 (0.077)	0.47 (0.064)	0.16 (0.028)	0.03* (0.020)		
All Individuals:										
2 - 5.....	2.90 (0.116)	2.26 (0.105)	0.53 (0.046)	0.89 (0.082)	0.69 (0.086)	0.13 (0.035)	0.02* (0.007)	#		
6 - 11.....	3.99 (0.140)	3.22 (0.154)	0.91 (0.090)	1.10 (0.084)	0.96 (0.058)	0.20 (0.027)	0.04 (0.012)	#		
12 - 19.....	5.18 (0.238)	4.21 (0.209)	1.50 (0.102)	1.35 (0.179)	1.04 (0.141)	0.25* (0.077)	0.06* (0.021)	0.01* (0.007)		
20 and over...	6.17 (0.104)	4.77 (0.111)	1.72 (0.083)	1.44 (0.084)	1.00 (0.041)	0.46 (0.044)	0.14 (0.021)	0.02* (0.010)		
2 and over...	5.70 (0.086)	4.44 (0.087)	1.56 (0.067)	1.37 (0.086)	0.98 (0.038)	0.39 (0.037)	0.12 (0.014)	0.02* (0.007)		

* Indicates an estimate with a relative standard error greater than 30%.

Indicates a non-zero value that is too small to report.

† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 4e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Family Income as % of Federal Poverty Threshold and Age, in the United States, 2011-2012 (continued)

Family income as % of Federal poverty threshold and age (years) ‡	<i>Protein Foods</i>			
	<i>Eggs, Nuts and Seeds, and Soybean Products</i>			
	Eggs	Nuts and Seeds	Soybean Products †	
	————— Mean (Standard Error) —————			
Under 131% poverty:				
2 - 5.....	0.35 (0.047)	0.21 (0.042)	0.03 (0.005)	
6 - 11.....	0.34 (0.040)	0.19 (0.037)	0.05 (0.007)	
12 - 19.....	0.58 (0.111)	0.43* (0.185)	0.05 (0.012)	
20 and over...	0.51 (0.028)	0.52 (0.069)	0.05 (0.010)	
2 and over...	0.49 (0.026)	0.45 (0.060)	0.05 (0.007)	
131-350% poverty:				
2 - 5.....	0.36 (0.107)	0.26 (0.043)	0.02* (0.006)	
6 - 11.....	0.29 (0.037)	0.34 (0.063)	0.06 (0.014)	
12 - 19.....	0.42 (0.061)	0.48* (0.147)	0.07* (0.021)	
20 and over...	0.54 (0.046)	0.70 (0.065)	0.05 (0.008)	
2 and over...	0.49 (0.033)	0.62 (0.058)	0.05 (0.006)	
Over 350% poverty:				
2 - 5.....	0.23 (0.060)	0.49 (0.095)	0.07* (0.026)	
6 - 11.....	0.35 (0.055)	0.72 (0.183)	0.12* (0.039)	
12 - 19.....	0.30 (0.052)	0.62 (0.141)	0.04* (0.017)	
20 and over...	0.53 (0.034)	1.10 (0.100)	0.10 (0.015)	
2 and over...	0.49 (0.028)	1.01 (0.097)	0.10 (0.013)	
All Individuals:				
2 - 5.....	0.32 (0.046)	0.29 (0.030)	0.03 (0.006)	
6 - 11.....	0.32 (0.019)	0.37 (0.062)	0.07 (0.014)	
12 - 19.....	0.44 (0.051)	0.48 (0.055)	0.06 (0.009)	
20 and over...	0.52 (0.018)	0.80 (0.052)	0.07 (0.007)	
2 and over...	0.49 (0.015)	0.70 (0.048)	0.07 (0.006)	

* Indicates an estimate with a relative standard error greater than 30%.

† Soy products excluding calcium fortified soy milk and mature soybeans.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 4f. Legumes: Mean Daily Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods)
Consumed per Individual, by Family Income as % of Federal Poverty Threshold and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years) ‡	<i>Legumes</i> †	
	Legumes as Vegetable (cups)	Legumes as Protein (oz)
	— Mean (Standard Error) —	
Under 131% poverty:		
2 - 5.....	0.07 (0.011)	0.26 (0.044)
6 - 11.....	0.10 (0.020)	0.41 (0.082)
12 - 19.....	0.09 (0.018)	0.37 (0.070)
20 and over...	0.16 (0.019)	0.63 (0.075)
2 and over...	0.13 (0.014)	0.54 (0.056)
131-350% poverty:		
2 - 5.....	0.05 (0.013)	0.20 (0.052)
6 - 11.....	0.06 (0.015)	0.24 (0.062)
12 - 19.....	0.11* (0.042)	0.43* (0.167)
20 and over...	0.14 (0.017)	0.55 (0.069)
2 and over...	0.12 (0.015)	0.49 (0.060)
Over 350% poverty:		
2 - 5.....	0.04 (0.010)	0.14 (0.041)
6 - 11.....	0.02 (0.005)	0.08 (0.020)
12 - 19.....	0.03 (0.004)	0.10 (0.015)
20 and over...	0.11 (0.009)	0.45 (0.036)
2 and over...	0.10 (0.008)	0.39 (0.030)
All Individuals:		
2 - 5.....	0.05 (0.009)	0.21 (0.035)
6 - 11.....	0.07 (0.011)	0.28 (0.044)
12 - 19.....	0.08 (0.016)	0.32 (0.062)
20 and over...	0.14 (0.008)	0.54 (0.033)
2 and over...	0.12 (0.007)	0.48 (0.029)

* Indicates an estimate with a relative standard error greater than 30%.

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 4g. Oils and Other Components: Mean Daily Food Patterns Gram Equivalents of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual, by Family Income as % of Federal Poverty Threshold and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years) ‡	<i>Oils and Other Components</i>							
	Oils		Solid Fats		Added Sugars		Alcoholic Drinks	
	————— Mean (Standard Error) —————							
Under 131% poverty:								
2 - 5.....	15.80	(0.642)	30.65	(2.338)	13.53	(0.659)	0.00	(0.000)
6 - 11.....	19.80	(0.978)	37.78	(1.507)	18.67	(0.673)	0.00	(0.000)
12 - 19.....	27.74	(2.806)	38.66	(2.412)	22.76	(1.390)	0.08*	(0.036)
20 and over...	25.41	(1.338)	38.08	(1.156)	20.65	(0.923)	0.77	(0.122)
2 and over...	24.36	(1.346)	37.52	(1.091)	20.16	(0.803)	0.52	(0.085)
131-350% poverty:								
2 - 5.....	13.91	(0.986)	30.89	(1.438)	13.52	(0.861)	0.00	(0.000)
6 - 11.....	19.24	(1.442)	37.12	(1.724)	20.23	(0.783)	0.00	(0.000)
12 - 19.....	23.21	(1.648)	34.85	(2.471)	21.53	(1.140)	0.17*	(0.085)
20 and over...	25.29	(0.932)	36.88	(1.534)	18.40	(0.798)	0.74	(0.091)
2 and over...	23.93	(0.824)	36.37	(1.179)	18.68	(0.642)	0.57	(0.070)
Over 350% poverty:								
2 - 5.....	14.76	(1.416)	26.71	(1.920)	11.68	(0.947)	0.00	(0.000)
6 - 11.....	19.81	(1.224)	42.49	(2.402)	19.07	(0.944)	0.00	(0.000)
12 - 19.....	24.05	(2.004)	41.81	(2.641)	20.32	(1.012)	0.03*	(0.020)
20 and over...	28.79	(1.046)	35.83	(1.207)	16.51	(0.565)	1.06	(0.118)
2 and over...	27.33	(0.899)	36.36	(1.127)	16.78	(0.489)	0.87	(0.099)
All Individuals:								
2 - 5.....	15.00	(0.548)	29.77	(1.273)	12.92	(0.374)	0.00	(0.000)
6 - 11.....	19.55	(0.869)	38.57	(1.095)	19.25	(0.431)	0.00	(0.000)
12 - 19.....	25.19	(1.510)	38.04	(1.348)	21.77	(0.774)	0.09	(0.026)
20 and over...	26.65	(0.423)	36.56	(0.743)	18.19	(0.421)	0.86	(0.063)
2 and over...	25.26	(0.406)	36.52	(0.657)	18.39	(0.338)	0.66	(0.048)

* Indicates an estimate with a relative standard error greater than 30%.

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2011-2012.

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Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2011-12 Variable Names in Parenthesis

Fruit Components (cup eq.)	Foods
Total Fruit (F_TOTAL)	Includes the sum of all foods in the Fruit components listed below:
Citrus, Melons, and Berries (F_CITMLB)	Blackberries Blueberries Boysenberries Calamondin Cantaloupe Casaba Cranberries Dewberries Grapefruit Honeydew Huckleberries Juneberries Kiwi fruit Kumquats Lemons Limes Loganberries Mandarins Mulberries Oranges Raspberries Strawberries Tangelos Tangerines Watermelon Youngberries
Other Fruits (F_OTHER)	Apples Apricots Bananas Cherries Currants Dates Figs Grapes Guava Lychees Mangoes Nectarines Papayas Passion fruits Peaches Pears Persimmons Pineapple Plums (Ciruelas) Pomegranates Prunes Raisins Rhubarb Soursop (Guanabana) Starfruit (Carambola) Tamarind
Fruit Juice (F_JUICE)	Citrus and non-citrus fruit juices

Vegetables Components (cup eq.)	Foods	
Total Vegetables (V_TOTAL)	Includes the sum of all foods in the Vegetables components listed below except Beans and Peas (Legumes):	
Dark Green Vegetables (V_DRKGR)	Arugula Basil Beet greens Bitter melon leaves Broccoli Broccoli raab Chinese Cabbage (Pak-choi) Chrysanthemum garland Chard Chicory leaves Cilantro (Coriander) Collards Cress Dandelion greens Endive Escarole Greens	Horseradish leaves Kale Lambsquarters Leaves of grapes, pumpkin, squash, sweet potato, swamp cabbage, taro, and thistle Lettuce (Boston, butterhead, green or red leaf, cos or romaine) Mustard cabbage Mustard greens Parsley Poke greens Spinach Turnip greens Watercress
Total Red and Orange Vegetables (V_REDOR_TOTAL)	Includes the sum of all foods in the Tomatoes and Other Red and Orange Vegetables components listed below:	
Tomatoes (V_REDOR_TOMATO)	Tomatoes (canned, cooked, raw, stewed) Tomatoes, dried Tomato juice	Tomato paste Tomato puree Tomato sauce

Vegetables Components (cont.) (cup eq.)	Foods	
Other Red and Orange Vegetables (V_REDOR_OTHER)	Calabaza (Spanish pumpkin) Carrots Carrot juice Red colored bell, and nonbell peppers	Pimiento Pumpkin Squash (most winter varieties) Sweet potatoes
Total Starchy Vegetables (V_STARCHY_TOTAL)	Includes the sum of all foods in the Potatoes and Other Starchy Vegetables components listed below:	
Potatoes (V_STARCHY_POTATO)	White potatoes White potato flour	White potato flakes
Other Starchy Vegetables (V_STARCHY_OTHER)	Breadfruit Burdock Cassava (Yuca blanca) Corn, sweet (raw) Dasheen Green bananas Hominy Jicama (Yam beans) Lima beans, immature Lotus root	Parsnips Immature peas (e.g., immature cowpeas, blackeye peas, green peas, pigeon peas) Plantains Salsify Tannier Tapioca Taro Water chestnuts Yams

Vegetables Components (cont.) (cup eq.)	Foods	
Other Vegetables (V_OTHER)	Alfalfa sprouts Artichoke Asparagus Avocado Bamboo shoots Beans (green, yellow, snap, string) Bean sprouts Beets Bitter melon (bitter gourd, balsam pear) Broccoflower Brussels sprouts Cabbage Cactus (Nopales) Capers Cauliflower Celeriac Celery Chayote (Christophine) Chinese cabbage (Pei-tsai) Chinese okra (Luffa) Chives Cucumber Eggplant Fennel bulb Flowers, edible Garlic Ginger root Horseradish pods	Jute Kohlrabi Leeks Lettuce (varieties not in dark green category) Mushrooms Okra Olives Onions Palm hearts Peas, podded Peppers, bell and nonbell peppers (not red or orange in color) Pokeberry shoots Radicchio Radish Rutabaga Scallions Seaweed Snow peas Sprouted beans (e.g. mung, soybean) Squash (green, sequin, spaghetti, yellow, zucchini, most summer varieties) Tomatillos Tomatoes, green Turnips Winter melon (Wax gourd)

Vegetables Components (cont.) (cup eq.)	Foods	
Beans and Peas (Legumes) (V_LEGUMES)	Includes all mature beans and peas (legumes) such as:	
	Black beans Blackeye peas Brown beans Bayo beans Calico beans Carob Chickpeas (Garbanzo beans) Cowpeas Fava beans	Kidney beans Lentils Mature lima beans Mung beans Navy beans Pink beans Pinto beans Red Mexican beans Soybeans (mature) Split peas White beans

Grains Components (oz. eq.)	Foods																								
Total Grains (G_TOTAL)	Includes the sum of all foods in the Grains components listed below:																								
Whole Grains (G_WHOLE)	<table> <tr> <td>Amaranth</td><td>Millett</td></tr> <tr> <td>Barley, whole</td><td>Oats</td></tr> <tr> <td>Barley flour (from whole barley)</td><td>Oat flour</td></tr> <tr> <td>Barley meal</td><td>Oatmeal</td></tr> <tr> <td>Brown rice</td><td>Popcorn</td></tr> <tr> <td>Brown rice flour</td><td>Quinoa</td></tr> <tr> <td>Buckwheat groats</td><td>Rye, whole grain</td></tr> <tr> <td>Bulgur</td><td>Rye flour (dark)</td></tr> <tr> <td>Corn, whole grain</td><td>Triticale</td></tr> <tr> <td>Corn meal or flour (whole grain)</td><td>Wheat</td></tr> <tr> <td></td><td>Whole wheat flour</td></tr> <tr> <td></td><td>Wild rice</td></tr> </table>	Amaranth	Millett	Barley, whole	Oats	Barley flour (from whole barley)	Oat flour	Barley meal	Oatmeal	Brown rice	Popcorn	Brown rice flour	Quinoa	Buckwheat groats	Rye, whole grain	Bulgur	Rye flour (dark)	Corn, whole grain	Triticale	Corn meal or flour (whole grain)	Wheat		Whole wheat flour		Wild rice
Amaranth	Millett																								
Barley, whole	Oats																								
Barley flour (from whole barley)	Oat flour																								
Barley meal	Oatmeal																								
Brown rice	Popcorn																								
Brown rice flour	Quinoa																								
Buckwheat groats	Rye, whole grain																								
Bulgur	Rye flour (dark)																								
Corn, whole grain	Triticale																								
Corn meal or flour (whole grain)	Wheat																								
	Whole wheat flour																								
	Wild rice																								
Refined Grains (G_REFINED)	<table> <tr> <td>Barley, pearled</td><td>Masa</td></tr> <tr> <td>Barley, pearled, flour</td><td>Oat flour, debranned</td></tr> <tr> <td>Barley malt flour</td><td>Rice (milled, not whole grain)</td></tr> <tr> <td>Bran (all grains)</td><td>Rice, milled, flour</td></tr> <tr> <td>Corn flour or meal, degermed</td><td>Rye flour (light and medium)</td></tr> <tr> <td>Corn grits</td><td>Semolina</td></tr> <tr> <td>Cream of wheat</td><td>Wheat flour (milled, not whole grain)</td></tr> <tr> <td>Couscous</td><td>Wheat germ</td></tr> <tr> <td>Farina</td><td></td></tr> </table>	Barley, pearled	Masa	Barley, pearled, flour	Oat flour, debranned	Barley malt flour	Rice (milled, not whole grain)	Bran (all grains)	Rice, milled, flour	Corn flour or meal, degermed	Rye flour (light and medium)	Corn grits	Semolina	Cream of wheat	Wheat flour (milled, not whole grain)	Couscous	Wheat germ	Farina							
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Protein Foods Components (oz. eq.)	Foods	
Total Protein Foods (PF_TOTAL)	Includes the sum of all foods in the Protein Foods components listed below except Beans and Peas:	
Total Meat, Poultry, and Seafood (PF_MPS_TOTAL)	Includes the sum of all foods in the Meat, Cured Meat, Organ Meat, Poultry, Seafood High in <i>n</i> -3, and Seafood Low in <i>n</i> -3 components listed below:	
Meat (PF_MEAT)	Armadillo Bacon (not cured) Bear Beaver Beef Bison Caribou Game meat (other) Goat Ground hog Ham (not cured)	Lamb Moose Opossum Oxtail Pork Rabbit Raccoon Squirrel Veal Venison Wild pig

Protein Foods Components (cont.) (oz. eq.)	Foods	
Cured Meat (PF_CUREDMEAT)	Bacon Beef sausage Beef luncheon meat Blood sausage Bockwurst Bologna Bratwurst Braunschweiger Capicola Cervelat Chicken sticks Chicken luncheon meat Chicken or turkey loaf Chorizo Cold cut deli meat Corned beef Chipped beef Dutch brand loaf Frankfurters Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced) Head cheese Honey loaf	Hotdogs Italian sausage Jerky (all meat types) Kielbasa Knockwurst Liverwurst Meat spreads Meat sticks Mettwurst Mortadella Pastrami Pepperoni Pepper loaf Polish sausage Pork luncheon meat Pork sausage Potted meats Salami Sandwich loaf Souse Thuringer Turkey luncheon meat Turkey sausage Turkey, smoked Turkey sticks Veal loaf Vienna sausage
Organ Meat (PF_ORGAN)	Brain Chitterlings GIBLETS Gizzard Heart Kidney	Liver Stomach Sweetbreads Thymus Tongue Tripe

Protein Foods Components (cont.) (oz. eq.)	Foods	
Poultry (PF_POULT)	Chicken Cornish game hen Dove Duck Goose	Ostrich Pheasant Quail Turkey
Seafood High in <i>n</i>-3 Fatty Acids (PF_SEAFD_HI)	Anchovy Barracuda Caviar (Roe) Cisco Herring Mackerel Pompano Ray Salmon	Sardine Sea bass Shad Shark Swordfish Trout Tuna (albacore & bluefin)
Seafood Low in <i>n</i>-3 Fatty Acids (PF_SEAFD_LOW)	Abalone Carp Catfish Clams Cod Crab Crayfish Croaker Eel Flounder Frog legs Haddock Halibut Lobster Mullet Mussels Ocean perch Octopus Oyster	Perch Pike Pollock Porgy Scallop Scup Shrimp Snail Snapper Sole Squid Sturgeon Tilapia Tuna (excludes albacore & bluefin) Turtle Whitefish Whiting

Protein Foods Components (cont.) (oz. eq.)	Foods	
Eggs (PF_EGGS)	Eggs, whole (chicken, duck, goose, quail, and other birds)	Egg white Egg yolk Egg substitute Egg, dried
Soy Products (PF_SOY)	Miso Natto Soybean curd or tofu Soybean flour Soybean meal	Soybean protein isolate and concentrate Soy milk (soymilk), not calcium fortified Soy nuts
Nuts and Seeds (PF_NUTSDS)	Almonds Almond butter Almond paste Brazil nuts Cashew Cashew butter Chestnuts Flax seeds Hazelnuts Macadamia nuts Peanuts Peanut butter	Peanut flour Pecans Pine nuts Pistachios Pumpkin seeds Squash seeds Sesame butter (tahini) Sesame seeds Sesame paste Sunflower seeds Walnuts
Beans and Peas (Legumes) (PF_LEGUMES)	See under Vegetables, Beans and Peas component for the list of foods	

Dairy Components (cup eq.)	Foods
Total Dairy (D_TOTAL)	Includes the sum of all foods in the Dairy components listed below, plus the following: Whey
Milk (D_MILK)	Includes fluid milk and calcium added soy milk of all fat-types such as: Buttermilk Milk, fluid Evaporated milk Goat milk, fluid Filled milk Soy milk (soymilk), Milk, dry calcium added Milk, evaporated
Yogurt (D_YOGURT)	Includes yogurt of all fat-types and yogurt present in flavored and frozen yogurt

Dairy Components (cont.) (cup eq.)	Foods
Cheese (D_CHEESE)	Includes natural and processed cheeses of all fat-types such as: American cheese Mexican cheese Blue cheese blend Brick cheese Monterey cheese Brie cheese Mozzarella cheese Camembert Muenster cheese cheese Parmesan cheese Cheddar cheese Pasteurized cheese Colby cheese Port de salut cheese Colby Jack cheese Provolone cheese Cottage cheese Ricotta cheese Cream cheese, fat Romano cheese free Roquefort cheese Edam cheese Swiss cheese Feta cheese Queso anejo Fontina cheese Queso asadero Goat cheese Queso chihuahua Gouda cheese Queso del pais, Gruyere cheese blanco Limburger cheese Queso fresco

Oils Component (grams)	Foods
Oils (OILS)	Includes fats naturally present in seafood, nuts, and seeds and the following: Almond oil Safflower oil Canola oil Sesame oil Corn oil Spreads Cottonseed oil Soybean oil Fish oil Sunflower oil Flaxseed oil Vegetable oil Olive oil Walnut oil Peanut oil Wheat germ oil Rapeseed oil

Added Sugars Component (tsp. eq.)	Foods
Added Sugars (ADD_SUGARS)	Brown Sugar Granulated sugar Cane syrup Honey Confectioners' sugar Maple syrup Corn Syrups Molasses Corn syrup solids Pancake syrups Dextrose Powdered sugar Fructose Raw sugar Fruit juice Sorghum syrups concentrates White sugar (cane and beet) Fruit syrups

Solid Fats Component (grams)	Foods
Solid Fats (SOLID_FATS)	Includes fats naturally present in milk products, meat, poultry, eggs and the following: Butter Fully or partially Cocoa butter hydrogenated oils Cocoa fat Ghee Coconut oil Lard Cream Palm oil Cream substitute Tallow Cream Cheese, Shortening (animal regular and and vegetable) low-fat Sour cream

Alcoholic Drinks Component (no. of drinks)	Foods
Alcoholic Drinks (A_DRINKS)	Includes: Beer Wine Distilled spirits Alcohol (ethanol) present in cocktails and other alcoholic beverages Alcohol (ethanol) added to foods after cooking