

Retail Food Commodity Intakes: Mean Amounts of Retail Commodities per Individual, 1994-1998

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ABSTRACT

The table set includes national estimates of the amounts of retail-level commodities per person estimated from day 1 dietary intake data of 19017 individuals, ages 2 years and over, in the Continuing Survey of Food Intakes by Individuals (CSFII), 1994-1998 [1] and Food Intakes Converted to Retail Commodities Database (FICRCD), 1994-1998 [2]. These estimates are included for 23 age-gender groups. See reference 1 for a description of the CFSII 1994-1998 methodology. In FICRCD, retail-level commodities are defined as that available for purchase in retail stores, supermarkets, or other retail food outlets with a few exceptions such as industrial shortening and corn syrup solids that are solely used by the food industry and game meats that are obtained elsewhere.

There are eight major retail-level commodity categories in FICRCD: Dairy Products; Fats and Oils; Fruits; Grains; Meat, Poultry, Fish and Eggs; Nuts; Caloric Sweeteners; and Vegetables, Dry Beans and Peas (legumes). Because each of these has several components, FICRCD has 65 retail-level commodities, in total. Foods within each commodity are converted into a single commodity type. For example, canned, frozen, and dried carrots consumed in the surveys are converted to raw carrots commodity. Some of the retail-level commodity types included in FICRCD are: fluid milk; yogurt; cheese; butter; oils; shortening; fruits and vegetables with refuse; grain products, except rice, as respective flours; uncooked rice; dry beans and peas; raw nuts without the shell; uncooked, boneless meat, fish, and poultry; and caloric sweeteners. Appendix A includes the list of foods within each commodity category. The average amounts of selected retail-level commodities estimated from the reported food intakes of individuals 2 years and over are listed below:

- Fluid milk contributed 85% to the total dairy products commodity (314g).
- Salad or cooking oils contributed 50% to the total fats and oils commodity (32g).
- Oranges contributed 44%, apples 16%, bananas and melons, each 8% to the total fruit commodity (322g).
- Wheat flour was the major component of grains commodity, contributing 75% to the total grains (125g).
- Beef contributed 40% and chicken 27% to the total meat, poultry, and fish commodity (165g).
- Potatoes contributed 32%, tomatoes 25%, sweet corn 8%, and total leafy vegetables 6% to the total vegetables commodity (371g).

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Table 1. Dairy Products: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, CSFII 1994-1996, 1998

Gender and Age (years)	Sample size	Total Dairy Products	Fluid Milk							Butter	Cheese	Yogurt	Other Dairy Products
			Total	Whole Milk	2% Milk	1% Milk	Skim Milk						
Mean (SE) in grams													
Males:													
2 - 5.....	2862	458 (6.1)	422 (6.1)	204 (6.8)	144 (7.0)	30 (3.8)	45 (3.2)	2 (0.1)	19 (0.9)	10 (1.0)	4 (0.2)		
6 - 11.....	1031	491 (13.6)	453 (13.0)	181 (9.9)	159 (10.4)	52 (5.9)	62 (5.6)	2 (0.2)	22 (1.0)	7 (1.3)	7 (0.6)		
12 - 19.....	737	481 (19.8)	422 (19.3)	150 (9.3)	148 (13.9)	44 (6.6)	79 (9.6)	3 (0.4)	39 (3.0)	8 (2.4)	8 (1.1)		
2 - 19.....	4630	479 (11.4)	432 (11.2)	173 (7.0)	151 (8.8)	43 (4.7)	65 (4.9)	2 (0.2)	29 (1.3)	9 (1.1)	7 (0.5)		
20 - 29.....	781	308 (15.2)	249 (14.0)	92 (8.1)	74 (8.5)	21 (5.1)	62 (5.8)	3 (0.5)	41 (2.2)	5 (1.3)	11 (1.1)		
30 - 39.....	889	326 (19.4)	261 (17.3)	101 (10.9)	81 (9.6)	21 (3.7)	59 (7.5)	5 (1.1)	34 (2.1)	10 (2.7)	15 (1.9)		
40 - 49.....	862	314 (10.6)	262 (10.1)	91 (7.2)	67 (6.7)	32 (7.2)	71 (7.7)	3 (0.3)	28 (1.6)	11 (2.2)	11 (0.9)		
50 - 59.....	888	279 (9.8)	235 (9.5)	70 (6.2)	69 (5.2)	25 (4.2)	72 (5.7)	3 (0.3)	23 (1.7)	8 (1.4)	10 (0.9)		
60 - 69.....	845	294 (9.6)	250 (9.3)	75 (7.6)	71 (6.8)	26 (5.7)	78 (6.5)	3 (0.3)	21 (2.0)	10 (1.9)	10 (1.1)		
70 and over....	791	313 (12.7)	276 (12.4)	85 (7.7)	86 (6.1)	34 (3.5)	70 (6.7)	3 (0.3)	18 (1.7)	5 (1.1)	12 (1.1)		
20 and over...	5056	309 (7.0)	256 (6.3)	89 (4.1)	74 (4.1)	26 (2.1)	67 (3.3)	3 (0.3)	30 (1.0)	8 (0.9)	12 (0.5)		
Females:													
2 - 5.....	2814	426 (6.5)	392 (5.9)	184 (6.7)	139 (7.4)	29 (3.1)	40 (2.6)	2 (0.1)	18 (0.8)	10 (0.9)	4 (0.3)		
6 - 11.....	969	418 (13.6)	381 (13.1)	158 (10.7)	121 (8.2)	47 (4.2)	56 (5.7)	2 (0.2)	22 (1.4)	6 (1.2)	6 (0.6)		
12 - 19.....	732	314 (11.7)	270 (11.5)	105 (8.5)	86 (8.7)	24 (3.8)	55 (5.1)	2 (0.2)	26 (1.8)	6 (1.5)	10 (1.2)		
2 - 19.....	4515	375 (6.6)	336 (6.5)	141 (6.8)	110 (5.5)	33 (2.7)	52 (3.2)	2 (0.1)	23 (1.0)	7 (0.9)	7 (0.6)		
20 - 29.....	720	250 (16.3)	205 (14.4)	82 (8.1)	45 (4.6)	13 (2.1)	66 (7.9)	2 (0.3)	25 (2.0)	10 (2.0)	8 (0.7)		
30 - 39.....	816	238 (8.8)	186 (7.7)	53 (4.8)	58 (6.1)	20 (3.9)	55 (4.2)	2 (0.3)	24 (1.9)	16 (2.0)	10 (1.1)		
40 - 49.....	902	220 (10.8)	173 (10.2)	55 (5.6)	45 (3.7)	18 (3.8)	55 (4.8)	2 (0.2)	21 (1.2)	15 (2.0)	10 (1.1)		
50 - 59.....	864	235 (8.7)	183 (8.1)	46 (3.7)	44 (4.6)	18 (2.9)	75 (6.4)	2 (0.3)	20 (1.6)	21 (2.6)	8 (0.8)		
60 - 69.....	789	230 (9.9)	191 (8.7)	51 (4.7)	51 (4.8)	20 (3.6)	68 (4.9)	2 (0.3)	17 (1.3)	12 (2.1)	7 (0.7)		
70 and over....	725	242 (9.2)	210 (9.2)	56 (3.9)	61 (5.9)	26 (4.2)	67 (8.1)	2 (0.2)	14 (1.3)	10 (1.9)	6 (0.6)		
20 and over...	4816	236 (5.1)	190 (4.4)	58 (2.6)	51 (2.6)	19 (1.8)	63 (2.6)	2 (0.2)	21 (0.7)	14 (0.9)	8 (0.4)		
Males and females:													
2 and over....	19017	314 (4.1)	266 (3.5)	96 (2.9)	81 (3.4)	26 (1.7)	63 (2.1)	3 (0.2)	26 (0.5)	10 (0.6)	9 (0.3)		

Table 2. Fats, Oils, and Caloric Sweeteners: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, CSFII 1994-1996, 1998

Gender and Age (years)	Sample size	†Total Fats and Oils	Margarine	Salad and Cooking Oils	Shortening	Other Oils	Total Caloric Sweeteners
Mean (SE) in grams							
Males:							
2 - 5.....	2862	22 (0.4)	4 (0.2)	11 (0.3)	5 (0.2)	2 (0.1)	70 (1.6)
6 - 11.....	1031	29 (0.7)	5 (0.3)	14 (0.5)	7 (0.3)	3 (0.2)	105 (3.0)
12 - 19.....	737	42 (1.3)	6 (0.6)	21 (0.8)	10 (0.5)	5 (0.3)	159 (4.7)
2 - 19.....	4630	33 (0.8)	5 (0.3)	16 (0.5)	8 (0.3)	3 (0.2)	120 (2.6)
20 - 29.....	781	43 (1.4)	6 (0.4)	22 (1.0)	9 (0.5)	5 (0.3)	133 (4.2)
30 - 39.....	889	43 (1.6)	7 (0.5)	22 (1.3)	8 (0.4)	3 (0.3)	118 (6.2)
40 - 49.....	862	39 (1.4)	8 (0.7)	19 (0.9)	8 (0.5)	2 (0.2)	99 (3.4)
50 - 59.....	888	38 (1.0)	8 (0.4)	18 (0.7)	8 (0.4)	2 (0.2)	84 (3.1)
60 - 69.....	845	34 (0.8)	9 (0.4)	16 (0.6)	7 (0.3)	1 (0.2)	69 (2.8)
70 and over....	791	29 (0.9)	8 (0.4)	12 (0.6)	7 (0.4)	1 (0.2)	58 (1.9)
20 and over...	5056	39 (0.6)	8 (0.3)	19 (0.4)	8 (0.2)	3 (0.1)	102 (2.5)
Females:							
2 - 5.....	2814	20 (0.4)	4 (0.2)	10 (0.3)	4 (0.1)	2 (0.1)	66 (1.2)
6 - 11.....	969	28 (0.8)	5 (0.4)	13 (0.5)	7 (0.3)	3 (0.2)	95 (2.5)
12 - 19.....	732	30 (0.9)	5 (0.4)	15 (0.6)	6 (0.4)	3 (0.3)	110 (4.2)
2 - 19.....	4515	27 (0.5)	5 (0.2)	13 (0.3)	6 (0.2)	3 (0.2)	95 (2.1)
20 - 29.....	720	30 (1.1)	5 (0.4)	15 (0.7)	6 (0.3)	2 (0.3)	97 (4.4)
30 - 39.....	816	28 (0.8)	6 (0.4)	14 (0.5)	5 (0.4)	2 (0.2)	77 (3.6)
40 - 49.....	902	29 (0.9)	6 (0.3)	15 (0.5)	5 (0.3)	2 (0.1)	69 (2.0)
50 - 59.....	864	28 (0.8)	7 (0.3)	13 (0.6)	5 (0.3)	1 (0.1)	58 (1.5)
60 - 69.....	789	25 (0.6)	7 (0.4)	12 (0.4)	5 (0.3)	1 (0.1)	51 (2.1)
70 and over....	725	23 (0.6)	7 (0.4)	9 (0.4)	5 (0.3)	1 (0.1)	48 (1.4)
20 and over...	4816	27 (0.4)	6 (0.2)	13 (0.3)	5 (0.1)	2 (0.1)	70 (1.5)
Males and females:							
2 and over....	19017	32 (0.4)	6 (0.2)	16 (0.3)	7 (0.1)	2 (0.1)	91 (1.4)

† Total Fats and Oils include miscellaneous fats and oils not assigned to any of the other commodities listed in the table.

DATA SOURCES: ¹ CSFII 1994-1996, 1998, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 1994-1998.

Table 3. Fruits: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, CSFII 1994-1996, 1998

Gender and Age (years)	Sample size	Apples									
		†Total Fruit	Total	From Fruit	From Juice	Bananas	Berries	Grapes	Melons		
Mean (SE) in grams											
Males:											
2 - 5.....	2862	446 (14.5)	157 (7.5)	42 (1.9)	115 (6.8)	31 (1.9)	7 (0.6)	50 (3.9)	20 (3.0)		
6 - 11.....	1031	343 (16.7)	74 (6.4)	40 (3.2)	34 (4.4)	19 (2.5)	8 (1.4)	27 (3.5)	25 (5.2)		
12 - 19.....	737	368 (32.5)	48 (5.9)	19 (2.7)	30 (5.4)	16 (2.9)	6 (1.3)	19 (3.2)	18* (9.9)		
2 - 19.....	4630	378 (16.5)	83 (4.2)	31 (1.8)	51 (3.3)	21 (1.7)	7 (0.8)	29 (2.0)	21 (4.8)		
20 - 29.....	781	337 (22.5)	43 (5.7)	18 (3.2)	25 (6.4)	17 (2.0)	11 (2.1)	17 (3.9)	12 (3.4)		
30 - 39.....	889	279 (19.0)	38 (4.9)	22 (3.1)	16 (3.9)	25 (2.9)	7 (1.6)	18 (3.1)	14 (3.5)		
40 - 49.....	862	323 (19.6)	37 (3.6)	21 (2.6)	16 (3.0)	34 (3.7)	11* (4.5)	18 (2.4)	32 (6.8)		
50 - 59.....	888	341 (17.4)	50 (6.0)	32 (3.5)	18 (4.8)	36 (3.7)	9 (1.9)	18 (1.9)	39 (7.1)		
60 - 69.....	845	343 (15.0)	41 (3.1)	32 (2.8)	10 (1.8)	47 (3.3)	10 (1.4)	19 (2.6)	45 (10.6)		
70 and over....	791	385 (18.8)	56 (5.1)	36 (3.9)	20 (3.8)	50 (4.4)	11 (1.5)	24 (2.8)	34 (5.3)		
20 and over...	5056	326 (9.2)	43 (1.9)	25 (1.6)	18 (2.0)	31 (1.3)	10 (1.1)	18 (1.4)	26 (2.1)		
Females:											
2 - 5.....	2814	406 (12.7)	138 (7.2)	40 (2.3)	99 (6.3)	27 (1.4)	6 (0.6)	40 (1.9)	19 (3.2)		
6 - 11.....	969	314 (13.0)	73 (4.9)	31 (2.7)	42 (4.6)	15 (1.9)	7 (1.0)	28 (2.9)	12 (2.8)		
12 - 19.....	732	312 (21.6)	60 (7.9)	21 (3.0)	39 (7.8)	12 (1.8)	8 (1.6)	21 (3.8)	25* (8.2)		
2 - 19.....	4515	335 (11.3)	83 (4.1)	29 (1.8)	54 (3.7)	17 (1.2)	7 (0.9)	28 (1.8)	19 (3.9)		
20 - 29.....	720	272 (17.3)	38 (6.0)	16 (2.0)	22 (5.4)	22 (3.8)	8 (1.4)	14 (2.3)	9 (2.8)		
30 - 39.....	816	252 (15.0)	36 (4.3)	21 (2.5)	16 (3.2)	25 (2.4)	6 (1.0)	13 (1.5)	27 (6.7)		
40 - 49.....	902	291 (20.2)	38 (3.8)	28 (3.1)	10 (2.5)	28 (2.8)	11 (1.8)	14 (1.8)	38 (9.2)		
50 - 59.....	864	313 (13.6)	35 (3.5)	29 (2.9)	6* (2.2)	39 (3.7)	13 (1.7)	19 (2.4)	36 (8.1)		
60 - 69.....	789	337 (16.0)	47 (4.0)	34 (3.1)	13 (2.5)	35 (3.4)	11 (1.7)	16 (2.2)	45 (7.5)		
70 and over....	725	341 (13.4)	45 (5.7)	33 (4.6)	12 (2.5)	43 (2.5)	9 (1.6)	16 (1.5)	27 (6.9)		
20 and over...	4816	293 (8.4)	39 (2.1)	25 (1.3)	14 (1.4)	30 (1.2)	10 (0.8)	15 (0.7)	29 (2.8)		
Males and females:											
2 and over....	19017	322 (7.6)	52 (1.6)	27 (0.9)	26 (1.5)	27 (0.9)	9 (0.6)	20 (0.8)	25 (1.5)		

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

† Total Fruit includes miscellaneous fruits not assigned to any of the other commodities listed in the table.

DATA SOURCES: ¹ CSFII 1994-1996, 1998, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 1994-1998.

Table 3. Fruits: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, CSFII 1994-1996, 1998 (*continued*)

Gender and Age (years)	Sample size	Oranges						
		Total	From Fruit	From Juice	Other Citrus Fruits	Stone Fruits	Tropical Fruits	
		Mean (SE) in grams						
Males:								
2 - 5.....	2862	145 (7.2)	12 (1.2)	133 (7.0)	5 (0.7)	7 (0.8)	18 (1.2)	
6 - 11.....	1031	160 (11.5)	9 (2.0)	150 (11.3)	6 (1.0)	5 (0.8)	13 (1.4)	
12 - 19.....	737	214 (26.6)	8* (2.4)	206 (25.6)	26* (8.6)	6 (1.1)	13 (2.6)	
2 - 19.....	4630	179 (13.7)	9 (1.2)	170 (13.2)	14 (3.8)	6 (0.6)	14 (1.3)	
20 - 29.....	781	205 (18.9)	6* (2.0)	199 (18.5)	18 (3.4)	4* (1.5)	9 (2.4)	
30 - 39.....	889	130 (13.6)	10 (2.0)	120 (14.5)	26* (9.0)	9 (1.5)	6 (1.5)	
40 - 49.....	862	143 (15.4)	12 (2.7)	131 (14.9)	24 (4.0)	10 (1.9)	10 (1.7)	
50 - 59.....	888	129 (10.4)	9 (1.8)	119 (10.1)	33 (5.9)	11 (1.6)	12 (2.4)	
60 - 69.....	845	120 (8.5)	11 (2.6)	108 (8.8)	31 (3.6)	19 (2.9)	5 (1.1)	
70 and over....	791	127 (9.6)	9 (2.3)	118 (9.0)	38 (5.1)	24 (2.5)	11 (2.8)	
20 and over...	5056	147 (7.4)	9 (1.0)	138 (7.7)	26 (2.4)	11 (0.8)	9 (0.7)	
Females:								
2 - 5.....	2814	139 (6.1)	13 (1.5)	126 (5.7)	7 (0.7)	6 (0.6)	17 (1.6)	
6 - 11.....	969	145 (11.5)	12 (1.7)	133 (11.3)	8 (1.4)	7 (1.0)	14 (1.6)	
12 - 19.....	732	151 (12.8)	6 (1.3)	145 (12.4)	17 (4.9)	7 (1.2)	8 (1.4)	
2 - 19.....	4515	146 (7.8)	10 (0.9)	137 (7.5)	12 (2.2)	7 (0.6)	12 (0.9)	
20 - 29.....	720	144 (14.1)	7 (1.5)	137 (13.9)	17 (3.2)	5 (1.1)	11 (1.9)	
30 - 39.....	816	105 (11.7)	6 (1.6)	99 (11.2)	17 (2.9)	9 (1.9)	11 (1.4)	
40 - 49.....	902	111 (11.1)	10 (1.8)	101 (11.2)	25 (3.6)	11 (1.8)	9 (1.6)	
50 - 59.....	864	115 (8.2)	11 (2.1)	104 (8.1)	33 (6.1)	11 (1.4)	6 (1.3)	
60 - 69.....	789	119 (10.4)	14 (2.6)	105 (10.6)	32 (4.5)	14 (2.3)	9 (1.8)	
70 and over....	725	135 (10.0)	14 (1.8)	120 (10.0)	28 (3.5)	25 (2.7)	6 (1.6)	
20 and over...	4816	120 (5.5)	10 (0.7)	111 (5.6)	24 (1.7)	12 (0.8)	9 (0.6)	
Males and females:								
2 and over....	19017	142 (5.0)	10 (0.6)	132 (5.0)	22 (1.4)	10 (0.5)	10 (0.4)	

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

DATA SOURCES: ¹ CSFII 1994-1996, 1998, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 1994-1998.

Table 4. Grains: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, CSFII 1994-1996, 1998

Gender and Age (years)	Sample size	†Total Grains	Corn Flour and Meal	Oats and Oat Flour	Rice (dry)	Wheat Flour
Mean (SE) in grams						
Males:						
2 - 5.....	2862	103 (1.4)	12 (0.4)	8 (0.4)	9 (0.7)	73 (1.4)
6 - 11.....	1031	135 (2.3)	19 (0.8)	8 (0.9)	10 (1.0)	96 (2.1)
12 - 19.....	737	169 (3.7)	21 (1.2)	5 (0.7)	16 (1.6)	125 (3.1)
2 - 19.....	4630	142 (1.9)	18 (0.6)	7 (0.5)	12 (0.9)	103 (1.6)
20 - 29.....	781	168 (5.1)	17 (1.5)	4 (0.6)	18 (2.6)	127 (4.1)
30 - 39.....	889	156 (4.1)	13 (1.0)	4 (0.4)	17 (1.1)	120 (3.6)
40 - 49.....	862	148 (3.3)	12 (0.9)	4 (0.5)	15 (1.6)	113 (2.8)
50 - 59.....	888	135 (2.8)	9 (0.7)	5 (0.8)	14 (1.0)	103 (2.6)
60 - 69.....	845	128 (2.9)	9 (0.8)	6 (0.6)	12 (1.3)	99 (2.7)
70 and over....	791	115 (3.0)	9 (0.6)	8 (0.7)	9 (1.2)	87 (2.8)
20 and over...	5056	147 (1.9)	12 (0.5)	5 (0.3)	15 (0.8)	112 (1.6)
Females:						
2 - 5.....	2814	95 (1.0)	12 (0.6)	8 (0.3)	9 (0.4)	66 (1.0)
6 - 11.....	969	118 (1.9)	14 (0.8)	6 (0.5)	9 (1.0)	87 (1.6)
12 - 19.....	732	120 (2.5)	14 (1.0)	5 (0.7)	11 (1.3)	88 (2.4)
2 - 19.....	4515	113 (1.3)	13 (0.5)	6 (0.4)	10 (0.7)	82 (1.3)
20 - 29.....	720	112 (3.5)	11 (1.0)	3 (0.4)	15 (1.2)	81 (2.8)
30 - 39.....	816	107 (2.4)	9 (0.7)	3 (0.4)	12 (1.2)	80 (2.3)
40 - 49.....	902	107 (2.5)	8 (0.7)	3 (0.3)	13 (1.2)	81 (2.5)
50 - 59.....	864	100 (2.4)	6 (0.4)	5 (0.5)	9 (0.8)	77 (2.0)
60 - 69.....	789	93 (2.4)	7 (0.4)	4 (0.4)	8 (0.9)	72 (2.2)
70 and over....	725	89 (1.7)	7 (0.6)	6 (0.6)	7 (1.0)	68 (1.4)
20 and over...	4816	103 (1.0)	8 (0.3)	4 (0.2)	11 (0.5)	78 (1.1)
Males and females:						
2 and over....	19017	125 (1.1)	12 (0.3)	5 (0.2)	12 (0.5)	94 (1.0)

† Total Grains include miscellaneous grains not assigned to any of the other commodities listed in the table.

DATA SOURCES: ¹ CSFII 1994-1996, 1998, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 1994-1998.

Table 5. Meat, Poultry, Fish, and Eggs: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, CSFII 1994-1996, 1998

Gender and Age (years)	Sample size	†Total Meat, Poultry, and Fish	Meat			Poultry			Finfish and Shellfish	Eggs (with shell)	Eggs (without shell)
			†Total	Beef	Pork	†Total	Chicken	Turkey			
Mean (SE) in grams											
Males:											
2 - 5.....	2862	96 (2.0)	56 (1.8)	39 (1.4)	17 (0.9)	34 (1.0)	30 (0.9)	4 (0.4)	6 (0.6)	19 (1.0)	17 (0.8)
6 - 11.....	1031	127 (3.7)	80 (3.2)	56 (2.7)	23 (1.6)	38 (3.1)	33 (2.9)	5 (0.6)	9 (1.4)	20 (1.2)	18 (1.0)
12 - 19.....	737	201 (6.3)	129 (5.3)	89 (4.8)	38 (2.8)	59 (4.6)	49 (3.4)	9 (2.8)	12 (1.8)	29 (1.9)	25 (1.7)
2 - 19.....	4630	151 (3.4)	96 (2.8)	66 (2.5)	28 (1.4)	46 (2.0)	39 (1.8)	7 (1.1)	9 (0.9)	23 (1.0)	21 (0.9)
20 - 29.....	781	240 (7.1)	148 (5.4)	108 (4.5)	36 (2.9)	80 (5.9)	66 (4.8)	14 (2.8)	13 (1.5)	31 (2.5)	27 (2.2)
30 - 39.....	889	243 (7.3)	150 (8.4)	106 (8.5)	43 (2.8)	68 (5.7)	58 (4.6)	11 (2.7)	25 (3.5)	30 (2.0)	26 (1.7)
40 - 49.....	862	226 (7.2)	136 (5.4)	90 (4.3)	42 (3.8)	70 (4.6)	57 (4.2)	14 (2.7)	20 (2.8)	31 (1.4)	28 (1.3)
50 - 59.....	888	218 (6.4)	124 (4.0)	81 (3.9)	42 (3.2)	67 (5.5)	56 (5.0)	10 (1.4)	27 (2.8)	35 (1.4)	31 (1.3)
60 - 69.....	845	190 (6.1)	113 (4.8)	72 (4.0)	40 (2.6)	52 (4.7)	42 (4.4)	10 (1.3)	25 (2.0)	35 (2.0)	30 (1.8)
70 and over....	791	155 (4.7)	95 (3.9)	57 (3.0)	36 (2.4)	41 (2.9)	34 (2.7)	6 (1.1)	20 (1.8)	31 (1.5)	27 (1.4)
20 and over...	5056	222 (3.4)	134 (3.0)	91 (2.7)	40 (1.4)	67 (2.7)	55 (2.3)	11 (1.1)	21 (1.3)	32 (0.9)	28 (0.8)
Females:											
2 - 5.....	2814	89 (1.9)	51 (1.4)	34 (1.2)	16 (0.8)	31 (1.0)	26 (1.0)	5 (0.6)	6 (0.6)	19 (0.9)	17 (0.8)
6 - 11.....	969	109 (3.6)	66 (3.2)	48 (2.8)	18 (1.3)	35 (2.9)	29 (2.2)	6 (1.3)	7 (1.0)	17 (1.0)	15 (0.9)
12 - 19.....	732	126 (3.3)	75 (3.7)	58 (3.2)	18 (2.0)	42 (2.5)	36 (2.3)	6 (1.1)	9 (1.4)	20 (1.7)	17 (1.5)
2 - 19.....	4515	112 (2.3)	66 (2.1)	49 (1.9)	17 (1.0)	37 (1.6)	31 (1.3)	6 (0.8)	8 (0.8)	19 (0.9)	16 (0.8)
20 - 29.....	720	141 (4.5)	76 (3.6)	54 (3.1)	20 (1.4)	51 (3.4)	45 (3.0)	6 (1.2)	14 (2.2)	21 (1.7)	18 (1.5)
30 - 39.....	816	141 (4.9)	83 (3.5)	55 (3.5)	26 (2.0)	44 (2.8)	38 (2.6)	6 (1.0)	14 (1.5)	21 (1.4)	18 (1.2)
40 - 49.....	902	136 (3.5)	75 (3.0)	50 (2.8)	23 (1.6)	47 (2.9)	39 (2.5)	8 (1.0)	15 (1.7)	23 (1.3)	21 (1.1)
50 - 59.....	864	141 (4.0)	71 (2.9)	43 (2.9)	27 (2.2)	50 (3.6)	41 (3.6)	9 (1.2)	19 (2.7)	22 (1.2)	19 (1.0)
60 - 69.....	789	132 (3.4)	73 (2.3)	45 (2.0)	26 (1.9)	41 (2.4)	35 (2.4)	6 (1.0)	18 (1.9)	26 (1.6)	23 (1.4)
70 and over....	725	121 (3.5)	60 (2.6)	38 (2.2)	21 (1.8)	44 (2.6)	39 (2.8)	6 (1.1)	16 (2.0)	21 (1.3)	18 (1.2)
20 and over...	4816	136 (1.9)	74 (1.4)	49 (1.4)	24 (0.7)	47 (1.7)	40 (1.7)	7 (0.5)	16 (1.0)	22 (0.6)	19 (0.5)
Males and females:											
2 and over....	19017	165 (2.0)	97 (1.8)	66 (1.6)	29 (0.8)	52 (1.4)	44 (1.3)	8 (0.6)	16 (0.7)	25 (0.5)	22 (0.4)

† Total Meat, Poultry, and Fish; Total Meat; and Total Poultry include miscellaneous meat and poultry not assigned to any of the other commodities listed in the table.

DATA SOURCES: ¹ CSFII 1994-1996, 1998, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Intakes Converted to Retail Commodities Database 1994-1998.

Table 6. Nuts: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, CSFII 1994-1996, 1998

Gender and Age (years)	Sample size	Total Nuts	Peanuts	Tree Nuts
----- Mean (SE) in grams -----				
Males:				
2 - 5.....	2862	6 (0.3)	6 (0.3)	#
6 - 11.....	1031	6 (0.5)	5 (0.4)	#
12 - 19.....	737	6 (0.8)	6 (0.8)	#
2 - 19.....	4630	6 (0.4)	6 (0.4)	#
20 - 29.....	781	6 (0.8)	5 (0.8)	1* (0.3)
30 - 39.....	889	6 (1.0)	5 (0.9)	1 (0.2)
40 - 49.....	862	5 (0.7)	4 (0.5)	2 (0.4)
50 - 59.....	888	6 (0.7)	5 (0.6)	1 (0.2)
60 - 69.....	845	5 (0.6)	4 (0.6)	1 (0.3)
70 and over....	791	5 (0.7)	4 (0.6)	1 (0.2)
20 and over...	5056	6 (0.4)	4 (0.3)	1 (0.1)
Females:				
2 - 5.....	2814	5 (0.3)	5 (0.3)	#
6 - 11.....	969	5 (0.5)	5 (0.5)	#
12 - 19.....	732	3 (0.5)	3 (0.5)	#
2 - 19.....	4515	4 (0.3)	4 (0.3)	#
20 - 29.....	720	3 (0.4)	2 (0.4)	1 (0.2)
30 - 39.....	816	4 (0.8)	3 (0.8)	#
40 - 49.....	902	4 (0.6)	2 (0.4)	1 (0.3)
50 - 59.....	864	4 (0.5)	3 (0.5)	1 (0.2)
60 - 69.....	789	3 (0.4)	2 (0.3)	1 (0.3)
70 and over....	725	3 (0.3)	2 (0.2)	1 (0.2)
20 and over...	4816	3 (0.3)	3 (0.3)	1 (0.1)
Males and females:				
2 and over....	19017	5 (0.2)	4 (0.2)	1 (0.1)

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

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

DATA SOURCES:¹ CSFII 1994-1996, 1998, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 1994-1998.

Table 7. Vegetables: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, CSFII 1994-1996, 1998

Gender and Age (years)	Sample size	†Total Vegetables	Brassica						Leafy Vegetables		
			†Total	Broccoli and Cauliflower	Carrots	Celery	Cucumbers	Green Peas	†Total	Lettuce (head and leaf)	
Mean (SE) in grams											
Males:											
2 - 5.....	2862	216 (5.2)	7 (0.7)	5 (0.6)	7 (0.5)	2 (0.1)	3 (0.5)	9 (1.1)	5 (0.4)	3 (0.3)	
6 - 11.....	1031	274 (10.2)	9 (1.4)	6 (1.4)	6 (0.7)	3 (0.6)	4 (0.8)	8 (1.1)	8 (1.0)	7 (0.8)	
12 - 19.....	737	422 (16.8)	12 (2.5)	5* (1.7)	8 (1.3)	4 (0.7)	6 (1.3)	11 (2.3)	18 (2.2)	16 (1.7)	
2 - 19.....	4630	323 (8.8)	10 (1.2)	6 (0.9)	7 (0.6)	3 (0.4)	5 (0.7)	9 (1.1)	12 (1.2)	10 (0.9)	
20 - 29.....	781	493 (13.8)	15 (2.2)	10 (2.0)	9 (1.2)	5 (0.8)	7 (2.2)	16 (3.5)	24 (2.1)	21 (1.9)	
30 - 39.....	889	499 (15.9)	30 (4.3)	19 (4.4)	12 (1.2)	5 (0.6)	8 (0.9)	14 (2.5)	28 (1.8)	22 (1.0)	
40 - 49.....	862	449 (15.4)	23 (2.5)	15 (2.3)	12 (1.4)	6 (0.5)	8 (1.1)	17 (2.7)	26 (2.2)	23 (1.9)	
50 - 59.....	888	465 (13.7)	31 (2.6)	18 (2.3)	13 (1.1)	7 (0.6)	7 (1.0)	21 (3.2)	28 (1.5)	24 (1.3)	
60 - 69.....	845	428 (14.5)	36 (3.3)	18 (2.6)	15 (1.2)	8 (0.7)	8 (1.0)	15 (1.6)	28 (3.0)	20 (1.9)	
70 and over....	791	375 (11.8)	29 (3.7)	16 (2.8)	14 (1.4)	5 (0.6)	7 (1.0)	24 (4.4)	20 (1.8)	16 (1.5)	
20 and over...	5056	463 (6.3)	26 (1.4)	16 (1.2)	12 (0.5)	6 (0.3)	8 (0.6)	17 (1.6)	26 (1.0)	22 (0.8)	
Females:											
2 - 5.....	2814	206 (4.1)	8 (0.6)	6 (0.5)	7 (0.5)	2 (0.1)	3 (0.4)	8 (1.0)	4 (0.3)	3 (0.3)	
6 - 11.....	969	260 (8.0)	9 (1.4)	6 (1.3)	6 (0.6)	2 (0.4)	6 (0.8)	9 (1.9)	9 (0.8)	8 (0.7)	
12 - 19.....	732	330 (15.8)	14 (2.2)	9 (1.8)	7 (0.8)	4 (0.6)	6 (1.0)	5 (1.2)	16 (1.4)	15 (1.3)	
2 - 19.....	4515	277 (7.3)	11 (1.1)	7 (0.9)	7 (0.4)	3 (0.3)	5 (0.6)	7 (0.8)	11 (0.7)	10 (0.7)	
20 - 29.....	720	341 (12.8)	15 (2.0)	9 (1.7)	10 (1.7)	4 (0.6)	5 (1.4)	9 (1.7)	24 (2.3)	19 (2.0)	
30 - 39.....	816	346 (8.5)	26 (3.4)	20 (3.3)	12 (1.3)	5 (0.5)	6 (0.8)	14 (2.6)	25 (1.8)	20 (1.4)	
40 - 49.....	902	338 (9.1)	25 (3.3)	15 (3.0)	11 (1.2)	4 (0.4)	7 (1.0)	12 (1.4)	28 (1.8)	24 (1.7)	
50 - 59.....	864	342 (10.1)	33 (3.8)	20 (3.4)	11 (1.0)	5 (0.5)	7 (0.9)	13 (2.3)	28 (2.5)	22 (1.4)	
60 - 69.....	789	326 (8.8)	36 (3.5)	18 (2.9)	12 (0.8)	6 (0.7)	8 (1.3)	14 (1.7)	24 (2.4)	18 (1.8)	
70 and over....	725	313 (8.8)	36 (3.2)	21 (2.7)	12 (1.4)	5 (0.5)	5 (0.7)	21 (2.8)	18 (1.5)	13 (1.3)	
20 and over...	4816	336 (3.4)	27 (1.6)	17 (1.3)	11 (0.6)	5 (0.2)	6 (0.4)	13 (1.2)	25 (0.9)	20 (0.8)	
Males and females:											
2 and over....	19017	371 (3.9)	22 (1.0)	14 (0.8)	10 (0.4)	5 (0.2)	6 (0.4)	13 (1.0)	21 (0.6)	18 (0.5)	

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

† Total Vegetables; Total Brassica; Total Leafy Vegetables; and Total Roots and Tubers include miscellaneous vegetables not assigned to any of the other commodities listed in the table.

DATA SOURCES: ¹ CSFII 1994-1996, 1998, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Intakes Converted to Retail Commodities Database 1994-1998.

Table 7. Vegetables: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, CSFII 1994-1996, 1998 (*continued*)

Gender and Age (years)	Sample size	Roots and Tubers									
		Onions	Peppers	Tomatoes	Sweet Corn	†Total	Potatoes	Snap Beans	Legumes (dry)		
Mean (SE) in grams											
Males:											
2 - 5.....	2862	5 (0.3)	1 (0.1)	58 (2.6)	25 (1.9)	81 (2.5)	79 (2.5)	5 (0.5)	4 (0.4)		
6 - 11.....	1031	7 (0.5)	2 (0.4)	79 (6.8)	27 (3.0)	108 (6.7)	106 (7.0)	4 (0.6)	5 (0.7)		
12 - 19.....	737	17 (1.4)	4 (0.5)	123 (7.1)	24 (4.1)	175 (10.8)	173 (11.0)	4 (1.0)	9 (1.5)		
2 - 19.....	4630	11 (0.7)	3 (0.3)	93 (3.6)	25 (2.1)	130 (6.0)	128 (6.2)	4 (0.5)	6 (0.7)		
20 - 29.....	781	22 (2.0)	9 (1.4)	142 (9.3)	29 (5.2)	182 (9.3)	180 (9.3)	7 (1.2)	9 (1.2)		
30 - 39.....	889	21 (1.3)	10 (1.1)	122 (6.8)	34 (5.3)	176 (10.7)	174 (10.8)	9 (1.4)	12 (1.2)		
40 - 49.....	862	19 (1.1)	7 (1.0)	114 (7.1)	46 (5.3)	133 (8.6)	131 (8.5)	8 (1.2)	11 (1.1)		
50 - 59.....	888	17 (1.1)	9 (1.6)	110 (6.1)	45 (7.8)	140 (8.4)	134 (8.3)	12 (1.9)	10 (1.0)		
60 - 69.....	845	18 (1.1)	6 (1.0)	100 (6.6)	33 (4.1)	120 (6.4)	114 (6.5)	12 (1.3)	9 (1.3)		
70 and over....	791	14 (0.9)	5 (1.2)	69 (5.0)	31 (4.9)	114 (6.6)	104 (5.9)	15 (2.2)	9 (0.9)		
20 and over...	5056	19 (0.6)	8 (0.6)	116 (2.9)	36 (2.7)	152 (4.6)	148 (4.5)	10 (0.8)	10 (0.5)		
Females:											
2 - 5.....	2814	5 (0.2)	1 (0.1)	51 (1.7)	27 (1.8)	76 (2.7)	75 (2.7)	5 (0.5)	4 (0.3)		
6 - 11.....	969	7 (0.6)	2 (0.3)	68 (4.0)	28 (2.5)	101 (4.4)	100 (4.4)	5 (0.7)	4 (0.5)		
12 - 19.....	732	12 (0.8)	2 (0.3)	99 (9.7)	22 (3.6)	124 (8.2)	123 (8.2)	4 (0.7)	6 (0.7)		
2 - 19.....	4515	9 (0.4)	2 (0.2)	77 (4.4)	25 (1.8)	105 (3.8)	104 (3.9)	4 (0.4)	5 (0.4)		
20 - 29.....	720	15 (1.3)	9 (1.9)	89 (7.4)	26 (4.8)	105 (6.3)	103 (6.2)	7 (1.1)	7 (1.2)		
30 - 39.....	816	15 (0.9)	4 (0.5)	80 (4.3)	26 (3.7)	102 (6.3)	100 (6.4)	8 (1.3)	6 (0.6)		
40 - 49.....	902	13 (0.9)	8 (1.2)	79 (4.7)	25 (2.8)	95 (5.3)	88 (4.8)	7 (0.9)	6 (0.7)		
50 - 59.....	864	13 (0.8)	8 (1.3)	81 (5.7)	23 (3.0)	85 (5.5)	80 (5.5)	8 (1.3)	6 (0.9)		
60 - 69.....	789	12 (0.6)	4 (0.7)	72 (4.9)	23 (3.9)	79 (4.0)	74 (4.0)	11 (1.2)	6 (0.6)		
70 and over....	725	11 (1.1)	5 (1.2)	59 (3.8)	25 (2.7)	80 (4.6)	72 (4.5)	11 (1.4)	6 (0.9)		
20 and over...	4816	13 (0.5)	7 (0.6)	78 (2.4)	25 (1.6)	93 (2.8)	89 (2.6)	9 (0.5)	6 (0.3)		
Males and females:											
2 and over....	19017	14 (0.4)	6 (0.4)	93 (1.8)	29 (1.3)	120 (2.8)	117 (2.8)	8 (0.4)	8 (0.3)		

† Total Vegetables; Total Brassica; Total Leafy Vegetables; and Total Roots and Tubers include miscellaneous vegetables not assigned to any of the other commodities listed in the table.

DATA SOURCES: ¹ CSFII 1994-1996, 1998, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Intakes Converted to Retail Commodities Database 1994-1998.

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Appendix A: List of Foods in the Food Commodity Groups

This list identifies the majority of the foods (and ingredients) in each commodity group. Text in bold and parenthesis () identifies the form of the group reported.

Dairy Product Commodities	Foods Included
Total Dairy	Foods in the dairy commodities listed below:
Total Fluid Milk	All foods in the fluid milk commodities listed below:
Fluid Whole Milk	Fluid milk that contain 3.25% or more fat including: Cows' milk Evaporated milk Chocolate milk (diluted) Dry milk (reconstituted)
Fluid 2% Milk	Fluid cows' milk, flavored milk, and butter milk that contain 2% fat
Fluid 1% Milk	Fluid cows' milk and flavored milk that contain 1% fat
Fluid Skim Milk	Fluid cows' milk, flavored milk, and butter milk that contain less than 1% fat
Butter	Butter Ghee
Cheese	All types of cheese including: Cheese spreads Processed cheese Cottage cheese Ricotta cheese Hard natural cheese Soft cheese
Yogurt	All types of plain, flavored, and fruit yogurt
Other Dairy Products	Cream cheese Sour cream Fluid cream

Fats and Oils Commodities	Foods Included
Total Fats and Oils	Foods in the fats and oils commodities listed below and animal fats such as beef fat and lard.
Margarine	Margarine and margarine like spreads
Salad and Cooking Oils	Canola oil Safflower oil Corn oil Sesame oil Olive oil Soybean oil Peanut oil
Shortening	Household and industrial shortenings
Other Oils	Almond oil Flaxseed oil Coconut oil Palm oil

Fruit Commodities	Foods Included	
Total Fruit	Foods in the fruit commodities listed below and the following: Dates Persimmon Figs Pomegranate Kiwi Rhubarb Pears Tamarind	
Total Apples	Apples from juice converted back to fruit and apples consumed as fruit	
Apples from Juice	Apples from apple cider, apple juice (single strength) and apple juice concentrate converted back to apples	
Apples from Fruit	Raw apples	Dried apples
	Baked apples	Apple sauce
Bananas	Bananas	Plantains
Berries	Blackberries	Huckleberries
	Blueberries	Mulberries
	Boysenberries	Raspberries
	Cranberries	Strawberries
	Cranberry juice	Strawberry juice
	Currants	
Grapes	Grapes	Raisins
	Grape juice	
Melons	Cantaloupe	Watermelon
	Cassaba	Watermelon juice
	Honeydew	

Fruit Commodities (cont.)	Foods Included	
Total Oranges	Oranges from juice converted back to fruit and oranges consumed as fruit	
Oranges from Juice	Oranges from orange juice and orange juice concentrate converted back to oranges	
Oranges from Fruit	Oranges consumed as fruit	
Other Citrus Fruits	Grapefruits	Lime juice
	Grapefruit juice	Mandarin oranges
	Lemons	Tangelos
	Lemon juice	Tangerines
	Limes	Tangerine juice
Stone Fruits	Apricots	Peaches
	Cherries	Plums
	Nectarines	Prune juice
Tropical Fruits	Guava	Passion fruit
	Lychees	Passion fruit juice
	Mangoes	Pineapples
	Mango juice	Pineapple juice
	Papayas	Starfruit

Grain Commodities	Foods Included	
Total Grains	Foods in the grain commodities listed below and the following: Barley Popcorn Buckwheat Rye Couscous Triticale Millet	
Corn Flour and Meal	Corn flour Corn starch Corn grits Dried corn Corn meal Hominy	
Oats and Oat Flour	Oats and oat flour	
Rice (Dry)	Rice flour Brown rice Rice cereal Wild rice White rice	
Wheat Flour	Wheat flour Macaroni Wheat Spaghetti Farina Noodles Bulgur	

Meat, Poultry, Fish, and Eggs Commodities	Foods Included
Total meat, poultry, and fish	Foods in the meat, poultry and fish commodities listed below:
Total Meat	Foods in the beef and pork commodities and the following: Bear Goat Bison Lamb Caribou Rabbit Deer Squirrel Frog legs
Beef	Beef meat, boneless Luncheon meat (beef) Bacon (beef) Pastrami Beef sausage and Veal hot dogs Organ meats Corned beef
Pork	Pork meat, boneless Luncheon meat (pork) Bacon (pork) Pork sausage and hot Cured ham dogs

Meat, Poultry, Fish, and Eggs Commodities (cont.)	Foods Included
Total Poultry	Foods in the chicken and turkey commodities and the following: Dove Quail Duck
Chicken	Chicken meat, Organ meats boneless Cornish game hen Luncheon meat (chicken)
Turkey	Turkey meat Organ meats Luncheon meat (turkey)
Finfish and Shellfish	All types of finfish and shellfish including: Abalone Lobster Clams Mussels Crabs Octopus Crayfish Oysters Conch Scallops Fish roe Shrimp Finfish, freshwater Snails and saltwater Squid (includes tuna and salmon)
Eggs, shell included	Chicken eggs (whole, yolk, and white)
Eggs, without shell	Chicken eggs (whole, yolk, and white)

Nuts Commodities	Foods Included	
Total Nuts	Foods in the nuts commodities listed below:	
Peanuts	Peanuts	Peanut butter
Tree nuts	Almonds Almond butter Brazil nuts Chestnuts Cashews Cashew butter Filberts	Hazelnuts Macadamias Pecans Pine nuts Pistachios Walnuts

Caloric Sweeteners Commodities	Foods Included	
Total Caloric Sweeteners	Includes the following sweeteners:	
	Beet and cane sugar (brown and white) Corn syrup (including high fructose) Cane syrup Grenadine syrup	Honey Maple syrup Molasses Sorghum syrup

Vegetables Commodities	Foods Included																																
Total Vegetables	<p>Foods in the vegetable commodities listed below and the following:</p> <table border="0"> <tr> <td>Alfalfa sprouts</td> <td>Palm hearts</td> </tr> <tr> <td>Artichokes</td> <td>Pumpkin</td> </tr> <tr> <td>Asparagus</td> <td>Radicchio</td> </tr> <tr> <td>Avocado</td> <td>Seaweed</td> </tr> <tr> <td>Bamboo shoots</td> <td>Soybeans (cooked)</td> </tr> <tr> <td>Bean sprouts</td> <td>Soybean curd (tofu)</td> </tr> <tr> <td>Breadfruit</td> <td>Soy flour & meal</td> </tr> <tr> <td>Cactus</td> <td>Soy milk</td> </tr> <tr> <td>Chayote</td> <td>Soy nuts (dry soybeans)</td> </tr> <tr> <td>Chives</td> <td>Summer squash</td> </tr> <tr> <td>Eggplant</td> <td>Swamp cabbage</td> </tr> <tr> <td>Garlic</td> <td>Water chestnuts</td> </tr> <tr> <td>Leeks</td> <td>Winter squash</td> </tr> <tr> <td>Mushrooms</td> <td>Zucchini</td> </tr> <tr> <td>Okra</td> <td></td> </tr> <tr> <td>Olives</td> <td></td> </tr> </table>	Alfalfa sprouts	Palm hearts	Artichokes	Pumpkin	Asparagus	Radicchio	Avocado	Seaweed	Bamboo shoots	Soybeans (cooked)	Bean sprouts	Soybean curd (tofu)	Breadfruit	Soy flour & meal	Cactus	Soy milk	Chayote	Soy nuts (dry soybeans)	Chives	Summer squash	Eggplant	Swamp cabbage	Garlic	Water chestnuts	Leeks	Winter squash	Mushrooms	Zucchini	Okra		Olives	
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Vegetables Commodities (cont.)	Foods Included										
Carrots	Carrots and carrot juice										
Celery	Celery and celery juice										
Cucumbers	Cucumber										
Green peas	Green peas and edible pod peas										
Total Leafy Vegetables	<p>Foods in the lettuce (head and leaf) commodity and the following:</p> <table border="0"> <tr> <td>Beet greens</td> <td>Grape leaves</td> </tr> <tr> <td>Chicory greens</td> <td>Parsley (fresh)</td> </tr> <tr> <td>Cilantro (fresh)</td> <td>Pumpkin leaves</td> </tr> <tr> <td>Dandelion greens</td> <td>Spinach</td> </tr> <tr> <td>Endive</td> <td>Taro leaves</td> </tr> </table>	Beet greens	Grape leaves	Chicory greens	Parsley (fresh)	Cilantro (fresh)	Pumpkin leaves	Dandelion greens	Spinach	Endive	Taro leaves
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Chicory greens	Parsley (fresh)										
Cilantro (fresh)	Pumpkin leaves										
Dandelion greens	Spinach										
Endive	Taro leaves										
Lettuce	Leaf and head lettuce										
Onions	Onions										
Peppers (Bell and Non-Bell)	<table border="0"> <tr> <td>Banana peppers</td> <td>Pimiento</td> </tr> <tr> <td>Sweet bell peppers</td> <td>Non-Bell peppers (chiles)</td> </tr> </table>	Banana peppers	Pimiento	Sweet bell peppers	Non-Bell peppers (chiles)						
Banana peppers	Pimiento										
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Vegetables Commodities (cont.)	Foods Included
Tomatoes	Tomatoes, tomato paste, tomato puree, and tomato juice
Sweet Corn	White and yellow corn (excludes mature, dry corn)
Total Roots and Tubers	All foods included in potatoes commodity and the following: Beets Sweet potatoes Cassava Tapioca Jicama Taro Lotus root Yam Parsnips
Potatoes	Potatoes
Snap Beans	Snap beans
Dry Beans and Peas (legumes)	Black beans Mung beans Chickpeas Navy beans Cowpeas Pigeonpeas Fava beans Pink beans Kidney beans Pinto beans Lentils Split peas Lima beans White beans