

# Retail Food Commodity Intakes: Mean Amounts of Retail Commodities per Individual, 2001-2002

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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 9033 individuals, ages 2 years and over, in the What We Eat In America, National Health and Nutrition Examination Survey (WWEIA, NHANES), 2001-2002 [1] and Food Intakes Converted to Retail Commodities Database (FICRCD), 2001-2002 [2]. These estimates are included for 23 age-gender groups. See reference 1 for a description of the WWEIA, NHANES 2001-2002 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 commodities estimated from the reported food intakes of individuals 2 years and over are listed below:

- Fluid milk contributed 84% to the total dairy products commodity (336g).
- Salad or cooking oils contributed 53% to the total fats and oils commodity (34g).
- Oranges contributed 41%, apples 16%, bananas and melons about 8%, each to the total fruit commodity (342g).
- Wheat flour was the major component of grains commodity, contributing 74% to the total grains (127g).
- Beef contributed 36% and chicken 31% to the total meat, poultry, and fish commodity (163g).
- Tomatoes contributed 30%, potatoes 28%, sweet corn 7%, and total leafy vegetables about 6% to the total vegetables commodity (360g).

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**Table 1. Dairy Products:** Mean Amounts of Retail Commodities Consumed per Individual<sup>1</sup>, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2001-2002

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											
<b>Males:</b>											
2 - 5.....	423	527 (23.5)	479 (23.1)	238 (23.0)	141 (12.4)	51 (14.2)	50 (13.8)	1 (0.2)	24 (2.7)	19 (4.2)	5 (1.1)
6 - 11.....	568	496 (23.8)	444 (24.5)	163 (15.7)	178 (31.6)	52 (13.2)	51 (12.8)	1 (0.2)	29 (2.2)	14 (3.5)	7 (0.6)
12 - 19.....	1139	468 (30.9)	412 (30.5)	141 (14.9)	152 (23.0)	50* (15.8)	69 (12.9)	1 (0.2)	41 (2.8)	4 (0.7)	10 (0.8)
2 - 19.....	2130	490 (20.2)	437 (19.4)	168 (11.8)	159 (18.5)	51 (12.5)	59 (10.1)	1 (0.1)	33 (1.6)	10 (1.7)	8 (0.5)
20 - 29.....	383	365 (49.4)	293 (45.8)	100 (15.7)	71 (15.7)	52* (25.3)	70 (18.4)	1 (0.3)	55 (7.0)	4* (2.0)	12 (2.4)
30 - 39.....	354	356 (28.5)	285 (28.3)	67 (11.7)	116 (15.7)	29* (15.5)	72 (11.6)	2* (0.7)	43 (3.6)	9* (2.8)	17 (2.2)
40 - 49.....	429	323 (20.3)	252 (18.2)	104 (18.9)	59 (10.6)	20 (4.8)	68 (13.9)	2 (0.5)	39 (4.4)	14 (3.7)	15 (1.5)
50 - 59.....	339	313 (22.3)	257 (20.0)	65 (7.5)	82 (13.9)	34 (8.5)	76 (11.4)	2 (0.5)	31 (3.2)	6* (2.4)	17 (3.9)
60 - 69.....	316	310 (27.4)	263 (24.8)	92 (18.4)	71 (11.2)	28 (4.2)	71 (12.2)	1 (0.3)	22 (3.1)	10 (2.9)	13 (1.7)
70 and over....	429	325 (17.1)	283 (16.7)	83 (11.3)	75 (10.0)	45 (9.8)	80 (10.8)	3 (0.3)	19 (1.6)	8 (2.1)	12 (2.1)
20 and over...	2250	335 (16.6)	272 (14.8)	86 (6.2)	80 (5.9)	34 (8.8)	72 (4.7)	2 (0.2)	38 (1.6)	9 (1.2)	15 (1.1)
<b>Females:</b>											
2 - 5.....	433	473 (27.6)	428 (28.8)	182 (17.4)	151 (24.4)	47 (8.9)	47 (6.3)	1 (0.2)	20 (1.3)	18 (4.5)	6 (0.8)
6 - 11.....	568	379 (13.7)	343 (12.0)	124 (7.2)	104 (12.2)	53* (17.5)	63 (15.7)	1 (0.2)	23 (1.9)	5 (1.2)	7 (1.0)
12 - 19.....	1158	315 (23.0)	267 (21.4)	95 (7.6)	73 (3.2)	43 (5.9)	56 (15.0)	1 (0.2)	29 (1.4)	7 (2.0)	11 (1.0)
2 - 19.....	2159	371 (10.1)	328 (8.8)	124 (7.4)	101 (8.4)	47 (6.4)	56 (11.0)	1 (0.1)	25 (1.1)	9 (1.5)	9 (0.5)
20 - 29.....	533	281 (18.9)	225 (21.4)	71 (10.8)	50 (8.2)	31 (6.3)	73 (20.7)	1 (0.3)	34 (2.5)	9* (3.4)	11 (2.2)
30 - 39.....	462	299 (14.7)	239 (14.7)	64 (4.9)	72 (11.8)	24* (10.8)	78 (12.5)	1 (0.1)	29 (3.8)	16 (4.8)	14 (2.2)
40 - 49.....	417	258 (19.0)	201 (17.7)	75 (8.0)	42 (6.4)	21 (5.1)	63 (13.4)	2 (0.6)	26 (2.9)	13 (3.1)	15 (2.0)
50 - 59.....	303	279 (13.7)	233 (12.5)	60 (9.9)	57 (9.9)	26 (5.7)	90 (13.1)	1 (0.2)	22 (2.2)	12 (2.7)	10 (1.2)
60 - 69.....	345	228 (13.1)	186 (14.0)	39 (3.5)	50 (7.2)	30 (7.3)	67 (8.5)	2 (0.5)	18 (1.9)	12 (1.7)	10 (1.2)
70 and over....	434	262 (16.6)	221 (15.4)	49 (7.5)	58 (5.6)	34 (4.6)	81 (13.9)	2 (0.4)	15 (1.3)	14 (3.7)	9 (1.1)
20 and over...	2494	271 (8.7)	219 (8.8)	62 (3.7)	55 (5.5)	27 (3.8)	75 (9.6)	2 (0.2)	25 (1.1)	13 (1.7)	12 (0.6)
<b>Males and females:</b>											
2 and over....	9033	336 (7.7)	281 (6.7)	93 (4.4)	84 (5.2)	35 (5.2)	69 (7.1)	2 (0.1)	31 (1.0)	11 (0.9)	12 (0.4)

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

DATA SOURCES: <sup>1</sup> *What We Eat In America*, NHANES 2001-2002, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2001-2002.

**Table 2. Fats, Oils, and Caloric Sweeteners: Mean Amounts of Retail Commodities Consumed per Individual<sup>1</sup>, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2001-2002**

Gender and Age (years)	Sample size	†Total Fats and Oils	Mean (SE) in grams				Total Caloric Sweeteners
			Margarine	Salad and Cooking Oils	Shortening	Other Oils	
<b>Males:</b>							
2 - 5.....	423	24 (1.4)	5 (0.4)	12 (0.8)	5 (0.5)	2 (0.3)	86 (3.0)
6 - 11.....	568	32 (1.8)	6 (0.6)	17 (1.3)	7 (0.5)	2 (0.2)	115 (3.8)
12 - 19.....	1139	40 (1.6)	5 (0.5)	22 (1.2)	9 (0.7)	4 (0.3)	164 (6.1)
2 - 19.....	2130	34 (1.1)	5 (0.3)	18 (0.8)	7 (0.3)	3 (0.2)	131 (4.0)
20 - 29.....	383	42 (2.3)	6 (0.7)	23 (1.5)	8 (0.6)	4 (0.6)	153 (7.0)
30 - 39.....	354	44 (1.8)	7 (0.5)	23 (1.7)	8 (0.7)	4 (0.7)	151 (8.1)
40 - 49.....	429	41 (1.9)	7 (0.6)	22 (1.3)	9 (0.7)	3 (0.3)	118 (5.7)
50 - 59.....	339	36 (1.7)	7 (0.9)	19 (1.1)	8 (0.5)	2 (0.3)	105 (9.6)
60 - 69.....	316	37 (2.9)	10 (0.9)	17 (1.7)	8 (1.0)	1 (0.3)	85 (6.5)
70 and over....	429	31 (0.9)	9 (0.6)	14 (0.6)	6 (0.8)	1 (0.1)	68 (2.4)
20 and over...	2250	40 (0.6)	7 (0.3)	21 (0.6)	8 (0.3)	3 (0.3)	122 (4.0)
<b>Females:</b>							
2 - 5.....	433	23 (0.8)	5 (0.4)	10 (0.7)	5 (0.4)	2 (0.2)	73 (4.0)
6 - 11.....	568	30 (1.3)	5 (0.4)	16 (1.1)	6 (0.5)	2 (0.2)	95 (4.4)
12 - 19.....	1158	33 (0.9)	5 (0.4)	17 (0.6)	7 (0.5)	3 (0.3)	119 (4.0)
2 - 19.....	2159	30 (0.7)	5 (0.2)	15 (0.6)	6 (0.3)	2 (0.2)	101 (2.6)
20 - 29.....	533	33 (1.3)	7 (0.8)	16 (0.7)	7 (0.5)	3 (0.4)	116 (6.1)
30 - 39.....	462	32 (1.5)	6 (0.7)	17 (1.1)	6 (0.4)	2 (0.3)	108 (8.4)
40 - 49.....	417	32 (1.7)	6 (0.6)	18 (1.5)	5 (0.4)	2 (0.3)	86 (5.2)
50 - 59.....	303	29 (1.2)	6 (0.6)	15 (0.6)	6 (0.8)	1 (0.2)	72 (2.9)
60 - 69.....	345	30 (1.5)	7 (0.8)	15 (1.1)	6 (0.5)	1 (0.2)	54 (3.5)
70 and over....	434	27 (0.8)	9 (0.5)	12 (0.5)	5 (0.2)	1 (0.1)	55 (2.3)
20 and over...	2494	31 (0.6)	7 (0.3)	16 (0.5)	6 (0.2)	2 (0.2)	87 (2.9)
<b>Males and females:</b>							
2 and over....	9033	34 (0.3)	6 (0.2)	18 (0.3)	7 (0.2)	2 (0.1)	107 (2.3)

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

DATA SOURCES: <sup>1</sup> What We Eat In America, NHANES 2001-2002, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2001-2002.

**Table 3. Fruits:** Mean Amounts of Retail Commodities Consumed per Individual<sup>1</sup>, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2001-2002

Gender and Age (years)	Sample size	Apples								
		†Total Fruit	Total	From Fruit	From Juice	Bananas	Berries	Grapes	Melons	
Mean (SE) in grams										
<b>Males:</b>										
2 - 5.....	423	462 (30.8)	115 (14.9)	34 (5.3)	81 (13.7)	25 (2.7)	10 (2.5)	46 (10.7)	28* (14.3)	
6 - 11.....	568	318 (32.2)	78 (8.3)	29 (5.1)	49 (8.2)	15 (3.1)	8 (2.1)	39* (13.8)	16* (8.1)	
12 - 19.....	1139	352 (29.6)	63 (8.3)	26 (5.6)	37 (7.8)	13 (1.2)	8 (1.9)	18 (4.1)	16* (6.0)	
2 - 19.....	2130	362 (23.0)	79 (5.8)	28 (2.7)	50 (5.9)	16 (1.4)	8 (1.6)	31 (5.6)	19 (5.0)	
20 - 29.....	383	403 (81.6)	72 (15.6)	20 (5.8)	52* (17.1)	27* (9.5)	9 (2.5)	9 (2.5)	28* (19.7)	
30 - 39.....	354	406 (78.1)	33 (5.9)	15 (3.1)	18 (5.2)	26 (6.2)	12 (2.5)	21* (8.1)	24* (8.9)	
40 - 49.....	429	305 (21.7)	51 (7.8)	31 (3.9)	20 (4.8)	35 (4.7)	12 (2.1)	25 (4.4)	13* (4.4)	
50 - 59.....	339	396 (48.0)	72 (13.6)	29 (6.3)	43 (11.0)	35 (4.6)	17 (3.2)	34 (8.2)	35* (21.0)	
60 - 69.....	316	360 (32.2)	46 (7.9)	23 (5.2)	23 (5.8)	41 (7.7)	10 (3.0)	29* (11.2)	29 (8.4)	
70 and over....	429	355 (21.6)	39 (6.5)	29 (4.9)	10* (3.0)	42 (5.4)	9 (2.1)	26 (4.0)	37 (9.8)	
20 and over...	2250	371 (27.2)	53 (4.5)	24 (2.3)	29 (4.2)	33 (2.8)	12 (1.5)	23 (3.2)	26 (6.2)	
<b>Females:</b>										
2 - 5.....	433	374 (24.5)	124 (9.7)	24 (3.4)	99 (9.3)	21 (2.6)	10 (2.2)	43 (6.1)	20* (10.9)	
6 - 11.....	568	363 (36.0)	97 (11.3)	22 (5.4)	75 (10.3)	12 (2.9)	7 (1.5)	26 (4.7)	34* (24.6)	
12 - 19.....	1158	294 (15.5)	59 (5.8)	14 (1.8)	45 (5.6)	12 (2.5)	11 (1.9)	18 (2.1)	30 (6.7)	
2 - 19.....	2159	334 (17.8)	86 (4.8)	19 (2.3)	67 (4.5)	14 (1.1)	10 (1.3)	26 (2.3)	29 (8.1)	
20 - 29.....	533	252 (28.2)	40 (7.2)	12 (3.6)	28 (4.1)	14 (2.7)	10 (1.4)	22 (5.9)	17 (4.5)	
30 - 39.....	462	319 (46.4)	35 (7.3)	16 (3.6)	19 (5.5)	30 (5.2)	9 (1.9)	28 (8.0)	17* (5.2)	
40 - 49.....	417	305 (26.0)	40 (9.0)	16 (4.3)	24* (8.1)	18 (3.0)	7 (1.5)	28 (6.7)	19 (4.9)	
50 - 59.....	303	301 (23.8)	45 (6.4)	29 (7.0)	16* (5.6)	35 (4.8)	10 (2.0)	27* (8.4)	32 (6.0)	
60 - 69.....	345	361 (24.1)	46 (6.1)	28 (5.8)	19 (5.0)	35 (7.5)	13 (2.3)	23 (3.5)	36* (13.2)	
70 and over....	434	363 (23.3)	30 (4.7)	20 (2.9)	10* (3.5)	39 (5.8)	14 (3.3)	24 (3.8)	55 (11.9)	
20 and over...	2494	310 (15.9)	39 (3.1)	19 (2.1)	20 (2.0)	27 (1.8)	10 (0.8)	25 (3.2)	26 (4.3)	
<b>Males and females:</b>										
2 and over....	9033	342 (15.5)	56 (3.2)	22 (1.5)	34 (2.3)	26 (1.3)	10 (0.9)	25 (2.2)	26 (3.4)	

\* 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: <sup>1</sup> What We Eat In America, NHANES 2001-2002, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2001-2002.

**Table 3. Fruits:** Mean Amounts of Retail Commodities Consumed per Individual<sup>1</sup>, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2001-2002 (*continued*)

Gender and Age (years)	Sample size	Oranges			Other Citrus Fruits	Stone Fruits	Tropical Fruits
		Total	From Fruit	From Juice			
Mean (SE) in grams							
<b>Males:</b>							
2 - 5.....	423	190 (19.3)	7 (1.9)	183 (17.9)	9 (2.4)	6 (1.6)	28 (6.3)
6 - 11.....	568	112 (14.8)	11* (3.9)	101 (12.7)	13 (3.8)	6 (1.3)	26* (8.8)
12 - 19.....	1139	196 (22.1)	5 (1.6)	190 (22.1)	16 (2.5)	5 (1.0)	14 (3.0)
2 - 19.....	2130	165 (15.1)	8 (1.6)	157 (14.8)	14 (1.7)	6 (0.6)	21 (3.4)
20 - 29.....	383	207 (55.5)	4* (2.2)	203 (54.4)	34 (8.6)	4 (0.6)	11* (3.3)
30 - 39.....	354	229 (67.3)	16* (5.9)	212* (63.7)	22 (5.6)	11 (3.3)	22* (7.1)
40 - 49.....	429	111 (12.9)	7 (1.5)	104 (12.4)	35 (6.9)	11* (4.2)	8 (1.9)
50 - 59.....	339	134 (16.2)	6 (1.5)	129 (16.1)	38 (7.7)	10* (3.4)	12* (4.7)
60 - 69.....	316	155 (27.8)	14 (3.7)	141 (27.2)	22 (4.1)	13 (3.5)	5 (1.2)
70 and over....	429	133 (16.3)	8 (1.7)	125 (15.6)	29 (6.2)	16 (2.3)	15* (5.8)
20 and over...	2250	165 (20.9)	9 (1.4)	156 (20.1)	31 (2.5)	10 (1.7)	13 (1.4)
<b>Females:</b>							
2 - 5.....	433	121 (14.9)	5* (1.6)	116 (15.3)	9* (2.8)	6 (1.5)	17 (2.5)
6 - 11.....	568	133 (19.2)	9 (2.3)	124 (18.6)	28* (10.7)	5 (1.2)	16 (2.8)
12 - 19.....	1158	121 (11.2)	5 (1.0)	116 (10.9)	18 (3.1)	10 (1.5)	12 (1.5)
2 - 19.....	2159	125 (8.3)	6 (1.0)	118 (8.0)	19 (3.2)	7 (1.0)	15 (1.6)
20 - 29.....	533	77 (13.9)	2* (0.9)	75 (13.5)	40 (10.2)	5 (1.2)	23* (8.4)
30 - 39.....	462	142 (28.0)	6* (2.1)	136 (27.2)	28* (9.7)	9 (1.6)	19 (4.7)
40 - 49.....	417	115 (17.9)	7* (2.8)	108 (17.7)	35 (6.7)	17 (3.4)	19* (6.8)
50 - 59.....	303	86 (17.0)	4* (1.3)	82 (16.8)	31* (10.0)	11 (2.7)	14 (3.1)
60 - 69.....	345	149 (22.4)	18 (5.2)	131 (20.1)	19 (4.2)	14* (4.9)	14 (2.5)
70 and over....	434	139 (15.2)	8 (1.9)	131 (14.6)	16 (4.0)	26 (2.8)	14 (3.5)
20 and over...	2494	115 (7.9)	7 (1.1)	109 (7.5)	30 (4.6)	13 (1.1)	18 (2.7)
<b>Males and females:</b>							
2 and over....	9033	141 (9.4)	8 (0.8)	133 (8.9)	26 (2.3)	10 (0.9)	16 (1.5)

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

DATA SOURCES: <sup>1</sup> *What We Eat In America*, NHANES 2001-2002, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2001-2002.

**Table 4. Grains:** Mean Amounts of Retail Commodities Consumed per Individual<sup>1</sup>, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2001-2002

Gender and Age (years)	Sample size	†Total Grains	Corn Flour and Meal	Oats and Oat Flour	Rice (dry)	Wheat Flour
Mean (SE) in grams						
<b>Males:</b>						
2 - 5.....	423	103 (3.6)	14 (0.7)	7 (0.5)	8 (0.9)	72 (3.3)
6 - 11.....	568	142 (4.5)	20 (1.1)	5 (0.7)	13 (2.3)	101 (5.1)
12 - 19.....	1139	163 (3.7)	21 (1.4)	5 (1.4)	20 (4.9)	115 (2.9)
2 - 19.....	2130	143 (2.1)	19 (0.5)	5 (0.7)	15 (2.0)	101 (2.0)
20 - 29.....	383	167 (8.6)	21 (1.7)	4 (1.0)	13 (2.1)	127 (7.0)
30 - 39.....	354	157 (4.8)	19 (2.6)	5 (1.1)	17 (2.2)	114 (5.0)
40 - 49.....	429	143 (6.4)	14 (1.3)	5 (0.8)	12 (1.3)	110 (6.3)
50 - 59.....	339	119 (5.6)	12 (1.5)	5 (1.2)	11 (2.2)	88 (3.5)
60 - 69.....	316	130 (8.0)	9 (1.3)	6 (0.6)	12 (2.1)	98 (7.4)
70 and over....	429	112 (2.5)	8 (0.6)	8 (1.4)	8 (1.2)	86 (3.1)
20 and over...	2250	142 (3.9)	15 (0.9)	5 (0.5)	13 (1.0)	107 (3.2)
<b>Females:</b>						
2 - 5.....	433	97 (2.6)	12 (1.0)	7 (1.2)	7 (1.3)	70 (2.6)
6 - 11.....	568	120 (2.9)	16 (1.2)	4 (0.6)	10 (1.6)	87 (2.6)
12 - 19.....	1158	119 (3.2)	15 (0.8)	5 (0.8)	11 (1.1)	87 (2.9)
2 - 19.....	2159	114 (2.1)	14 (0.6)	5 (0.4)	10 (1.1)	83 (2.0)
20 - 29.....	533	131 (5.7)	16 (1.5)	3 (0.6)	14 (1.7)	95 (5.4)
30 - 39.....	462	119 (6.1)	12 (1.4)	4 (0.8)	14 (1.4)	88 (5.5)
40 - 49.....	417	107 (3.6)	10 (1.1)	5 (1.2)	12 (1.6)	75 (3.3)
50 - 59.....	303	105 (4.6)	9 (1.0)	5 (0.7)	12 (2.4)	77 (3.0)
60 - 69.....	345	106 (5.1)	8 (1.3)	6 (0.7)	10 (2.3)	79 (3.5)
70 and over....	434	93 (3.3)	7 (0.8)	6 (0.7)	8 (1.6)	70 (3.4)
20 and over...	2494	112 (2.3)	11 (0.5)	5 (0.3)	12 (1.1)	82 (2.0)
<b>Males and females:</b>						
2 and over....	9033	127 (2.0)	14 (0.5)	5 (0.2)	12 (0.8)	94 (1.6)

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

DATA SOURCES: <sup>1</sup> *What We Eat In America*, NHANES 2001-2002, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2001-2002.



**Table 5. Meat, Poultry, Fish, and Eggs:** Mean Amounts of Retail Commodities Consumed per Individual<sup>1</sup>, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2001-2002

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											
<b>Males:</b>											
2 - 5.....	423	91 (7.3)	48 (3.7)	35 (2.2)	12 (2.2)	32 (5.2)	27 (3.9)	5* (2.3)	11 (2.3)	16 (1.9)	14 (1.7)
6 - 11.....	568	132 (6.3)	79 (5.0)	58 (4.4)	21 (1.9)	42 (4.6)	38 (4.6)	4 (0.7)	10* (3.3)	18 (2.2)	16 (1.9)
12 - 19.....	1139	185 (8.9)	113 (7.0)	77 (5.8)	34 (3.3)	65 (4.5)	55 (4.1)	10 (2.1)	7 (1.2)	29 (2.2)	26 (2.0)
2 - 19.....	2130	147 (3.8)	88 (3.6)	62 (3.3)	25 (1.4)	50 (2.6)	43 (2.3)	7 (1.2)	9 (1.5)	23 (1.2)	20 (1.1)
20 - 29.....	383	225 (11.7)	134 (8.7)	90 (6.3)	44 (10.1)	79 (7.4)	70 (5.8)	9* (3.2)	11 (1.7)	29 (5.0)	25 (4.4)
30 - 39.....	354	250 (13.8)	144 (10.4)	101 (6.5)	40 (4.7)	87 (11.7)	80 (11.5)	7 (2.1)	18 (2.8)	37 (4.4)	32 (3.8)
40 - 49.....	429	234 (6.7)	142 (7.1)	87 (4.5)	52 (6.2)	70 (6.1)	60 (5.8)	10 (2.3)	21 (2.7)	35 (3.3)	31 (2.9)
50 - 59.....	339	193 (9.4)	113 (7.0)	71 (4.7)	39 (5.4)	52 (6.7)	47 (6.1)	4* (1.5)	28 (5.6)	35 (5.4)	31 (4.7)
60 - 69.....	316	202 (15.2)	119 (13.4)	80 (13.9)	36 (3.2)	53 (4.4)	41 (3.2)	8 (2.1)	30 (7.4)	34 (5.1)	30 (4.5)
70 and over....	429	155 (4.0)	97 (2.9)	59 (3.5)	36 (3.3)	42 (3.6)	38 (3.7)	3 (0.5)	17 (3.6)	31 (3.3)	27 (2.9)
20 and over...	2250	218 (3.3)	130 (3.3)	85 (3.1)	43 (3.0)	68 (4.0)	60 (3.6)	7 (1.1)	20 (1.6)	34 (1.5)	30 (1.3)
<b>Females:</b>											
2 - 5.....	433	77 (5.5)	42 (2.6)	32 (2.3)	10 (1.2)	28 (4.9)	24 (4.3)	4 (0.8)	7* (2.3)	17 (2.0)	15 (1.7)
6 - 11.....	568	107 (3.9)	57 (3.1)	37 (2.5)	20 (1.7)	43 (4.0)	39 (4.0)	3 (0.8)	7 (2.0)	17 (2.0)	15 (1.8)
12 - 19.....	1158	122 (8.4)	68 (7.7)	43 (4.7)	24 (6.2)	46 (2.9)	41 (2.9)	5 (1.1)	8 (1.2)	19 (2.2)	17 (2.0)
2 - 19.....	2159	107 (3.9)	59 (3.1)	39 (2.1)	20 (2.4)	41 (3.1)	37 (2.9)	4 (0.7)	7 (0.8)	18 (1.4)	16 (1.2)
20 - 29.....	533	148 (9.0)	72 (7.7)	48 (5.9)	23 (3.5)	64 (6.3)	55 (6.3)	8 (1.9)	12 (2.5)	25 (2.5)	22 (2.2)
30 - 39.....	462	148 (9.6)	70 (6.9)	38 (4.6)	30 (5.2)	59 (5.2)	54 (5.4)	6 (1.3)	19 (4.3)	26 (2.7)	23 (2.4)
40 - 49.....	417	144 (10.0)	73 (5.5)	48 (4.9)	25 (3.4)	51 (4.7)	47 (4.6)	5 (1.1)	19 (4.7)	26 (2.7)	23 (2.3)
50 - 59.....	303	133 (8.2)	69 (5.2)	45 (3.1)	22 (3.7)	46 (5.4)	42 (4.9)	4 (1.0)	18 (4.5)	23 (2.2)	20 (1.9)
60 - 69.....	345	120 (7.1)	63 (6.1)	40 (5.2)	21 (4.5)	45 (4.6)	38 (4.9)	7 (2.1)	13 (1.9)	26 (3.4)	23 (3.0)
70 and over....	434	108 (3.8)	49 (3.0)	29 (3.1)	19 (2.4)	37 (3.7)	33 (4.2)	4* (1.5)	22 (3.5)	23 (2.0)	20 (1.8)
20 and over...	2494	137 (3.8)	68 (2.3)	42 (2.6)	24 (1.7)	52 (2.9)	46 (3.0)	6 (0.7)	17 (1.5)	25 (0.7)	22 (0.7)
<b>Males and females:</b>											
2 and over....	9033	163 (1.6)	91 (1.4)	59 (1.5)	30 (1.2)	56 (1.8)	50 (1.6)	6 (0.7)	16 (0.9)	27 (0.7)	24 (0.6)

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

† 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: <sup>1</sup> What We Eat In America, NHANES 2001-2002, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2001-2002.

**Table 6. Nuts:** Mean Amounts of Retail Commodities Consumed per Individual<sup>1</sup>, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2001-2002

Gender and Age (years)	Sample size	Total Nuts	Peanuts	Tree Nuts
----- Mean (SE) in grams -----				
<b>Males:</b>				
2 - 5.....	423	4 (0.6)	4 (0.7)	#
6 - 11.....	568	5 (1.2)	5 (1.1)	1 (0.2)
12 - 19.....	1139	5 (0.9)	4 (0.9)	1 (0.2)
2 - 19.....	2130	5 (0.7)	4 (0.6)	1 (0.1)
20 - 29.....	383	7 (2.0)	5 (1.4)	2* (1.4)
30 - 39.....	354	5 (1.4)	3* (1.3)	1* (0.6)
40 - 49.....	429	11 (1.7)	6 (1.1)	6 (1.3)
50 - 59.....	339	9 (1.2)	7 (0.8)	3 (0.6)
60 - 69.....	316	12 (2.8)	9 (2.6)	3 (0.6)
70 and over....	429	7 (1.9)	4* (1.4)	3 (0.8)
20 and over...	2250	8 (0.8)	5 (0.7)	3 (0.4)
<b>Females:</b>				
2 - 5.....	433	5 (1.5)	5 (1.3)	1* (0.3)
6 - 11.....	568	6 (0.7)	5 (0.7)	#
12 - 19.....	1158	4 (0.5)	3 (0.4)	1* (0.4)
2 - 19.....	2159	5 (0.4)	4 (0.3)	1* (0.2)
20 - 29.....	533	6 (1.5)	4 (1.2)	2* (0.7)
30 - 39.....	462	5 (1.1)	4 (1.1)	1* (0.6)
40 - 49.....	417	7 (1.3)	4 (0.9)	3 (0.9)
50 - 59.....	303	8 (1.4)	5 (1.0)	3 (0.7)
60 - 69.....	345	5 (1.0)	4 (0.9)	2 (0.3)
70 and over....	434	7 (1.7)	5* (1.7)	1 (0.3)
20 and over...	2494	6 (0.6)	4 (0.5)	2 (0.4)
<b>Males and females:</b>				
2 and over....	9033	7 (0.5)	5 (0.4)	2 (0.2)

\* 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:<sup>1</sup> *What We Eat In America*, NHANES 2001-2002, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2001-2002.

**Table 7. Vegetables:** Mean Amounts of Retail Commodities Consumed per Individual<sup>1</sup>, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2001-2002

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											
<b>Males:</b>											
2 - 5.....	423	212 (15.3)	5 (1.6)	4* (1.7)	6 (1.2)	1 (0.3)	3* (1.1)	6* (1.8)	3 (0.9)	3 (0.8)	
6 - 11.....	568	264 (12.6)	11 (2.9)	8* (2.9)	8 (1.5)	3 (0.7)	3 (0.5)	8* (2.8)	9* (2.9)	8* (2.9)	
12 - 19.....	1139	356 (13.6)	9 (1.7)	5 (0.9)	5 (1.1)	3 (0.5)	5 (0.9)	6 (1.5)	11 (1.3)	11 (1.2)	
2 - 19.....	2130	294 (10.6)	9 (1.2)	6 (1.1)	6 (0.9)	3 (0.4)	4 (0.4)	7 (1.5)	9 (1.2)	8 (1.2)	
20 - 29.....	383	448 (42.7)	9 (2.6)	7* (2.4)	7 (1.6)	3 (0.5)	6 (1.4)	10* (3.7)	15 (2.0)	14 (1.8)	
30 - 39.....	354	485 (21.1)	10 (1.4)	5 (1.2)	13 (3.7)	5 (1.4)	8 (2.0)	11* (4.0)	29 (4.7)	22 (3.0)	
40 - 49.....	429	472 (28.6)	26 (5.7)	18* (6.3)	14 (2.7)	7 (1.2)	7 (1.3)	11 (2.4)	25 (3.0)	21 (2.8)	
50 - 59.....	339	410 (20.9)	19 (3.5)	11 (2.7)	12* (4.1)	5 (1.5)	7 (1.5)	10 (2.9)	32 (4.5)	21 (3.2)	
60 - 69.....	316	397 (16.7)	18 (2.4)	6 (1.2)	9 (1.4)	6 (1.5)	9 (2.3)	18 (5.1)	24 (3.8)	16 (2.9)	
70 and over....	429	378 (13.4)	34 (5.0)	20 (4.5)	9 (1.0)	6 (1.0)	7 (1.6)	15 (3.0)	24 (4.8)	15 (2.5)	
20 and over...	2250	444 (16.6)	18 (1.8)	11 (1.9)	11 (1.2)	5 (0.5)	7 (0.6)	12 (1.4)	25 (2.1)	19 (1.5)	
<b>Females:</b>											
2 - 5.....	433	207 (17.0)	8 (1.8)	7 (1.7)	9 (1.4)	1 (0.2)	3* (1.0)	8* (2.4)	3 (0.5)	2 (0.4)	
6 - 11.....	568	228 (13.7)	6* (1.9)	3* (1.1)	6 (0.8)	2 (0.5)	4* (1.4)	7 (1.8)	5 (1.1)	5 (1.1)	
12 - 19.....	1158	277 (12.5)	8 (1.3)	6 (1.2)	7 (1.7)	2 (0.6)	6 (1.4)	4 (0.9)	13 (1.7)	10 (1.4)	
2 - 19.....	2159	246 (7.9)	7 (1.2)	5 (0.9)	7 (0.8)	2 (0.3)	5 (1.1)	6 (1.0)	8 (0.8)	7 (0.6)	
20 - 29.....	533	339 (14.7)	18 (3.7)	10 (2.8)	8 (1.0)	3 (0.5)	6 (1.0)	7 (2.1)	19 (4.3)	12 (1.7)	
30 - 39.....	462	338 (16.7)	30 (4.5)	23 (3.7)	12 (2.0)	4 (0.9)	10 (2.3)	9 (2.5)	25 (3.6)	20 (3.1)	
40 - 49.....	417	365 (18.6)	29* (9.6)	20* (8.9)	14 (2.1)	6 (1.2)	8 (1.2)	12 (2.5)	27 (2.2)	21 (1.6)	
50 - 59.....	303	343 (22.6)	37 (8.8)	20 (5.9)	9 (1.7)	6* (1.9)	6 (0.9)	7 (2.0)	28 (3.7)	22 (3.2)	
60 - 69.....	345	366 (19.3)	31 (6.8)	18* (5.5)	11 (2.0)	5 (0.8)	7 (2.0)	16* (5.1)	31 (4.8)	22 (3.6)	
70 and over....	434	316 (13.3)	32 (5.0)	15 (2.3)	12 (2.1)	5 (0.7)	7* (2.2)	16 (4.5)	25 (2.4)	17 (1.3)	
20 and over...	2494	345 (6.4)	29 (3.7)	17 (2.9)	11 (0.7)	5 (0.4)	8 (1.0)	10 (0.9)	25 (1.8)	19 (1.1)	
<b>Males and females:</b>											
2 and over....	9033	360 (7.2)	19 (1.6)	12 (1.5)	10 (0.7)	4 (0.3)	7 (0.7)	10 (0.6)	20 (1.2)	16 (0.8)	

\* 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: <sup>1</sup> What We Eat In America, NHANES 2001-2002, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2001-2002.

**Table 7. Vegetables:** Mean Amounts of Retail Commodities Consumed per Individual<sup>1</sup>, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2001-2002 (*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									
<b>Males:</b>									
2 - 5.....	423	6 (1.0)	2* (0.6)	67 (8.3)	20 (5.6)	81 (10.1)	80 (10.2)	4* (1.6)	4 (0.6)
6 - 11.....	568	11 (1.2)	3 (0.8)	100 (8.9)	21 (3.2)	76 (6.2)	74 (6.3)	4 (1.0)	3 (0.7)
12 - 19.....	1139	14 (1.0)	5 (0.8)	128 (10.9)	15 (4.1)	133 (10.7)	131 (10.7)	5* (1.6)	6 (1.3)
2 - 19.....	2130	11 (0.7)	4 (0.4)	106 (5.5)	18 (2.3)	102 (6.2)	101 (6.2)	4 (1.1)	5 (0.7)
20 - 29.....	383	26 (5.4)	18* (6.1)	166 (40.8)	17 (5.0)	146 (16.1)	146 (16.1)	5 (1.2)	10 (2.8)
30 - 39.....	354	25 (2.8)	16 (3.8)	152 (14.8)	41 (6.2)	142 (15.4)	138 (15.9)	7* (2.3)	12 (1.6)
40 - 49.....	429	26 (4.2)	9 (1.9)	139 (16.8)	29 (5.0)	140 (13.7)	137 (13.5)	6* (2.0)	13 (3.0)
50 - 59.....	339	21 (2.0)	9 (1.2)	119 (15.1)	16 (4.4)	120 (6.8)	118 (6.6)	6 (1.4)	10 (2.2)
60 - 69.....	316	17 (2.7)	7 (1.7)	108 (12.7)	39 (9.1)	97 (12.9)	96 (12.9)	13 (2.6)	9 (2.2)
70 and over....	429	13 (1.5)	6 (1.1)	94 (7.8)	38 (6.5)	105 (6.1)	99 (5.7)	9 (1.9)	6 (1.0)
20 and over...	2250	23 (2.1)	12 (1.6)	136 (10.7)	29 (2.2)	131 (4.5)	128 (4.6)	7 (1.0)	11 (0.8)
<b>Females:</b>									
2 - 5.....	433	6 (0.9)	1 (0.2)	58 (7.3)	25 (7.4)	75 (6.5)	74 (6.5)	4* (1.4)	4 (0.6)
6 - 11.....	568	9 (1.3)	3 (0.6)	76 (6.0)	16 (3.3)	81 (6.6)	77 (5.4)	3* (0.9)	4 (1.2)
12 - 19.....	1158	10 (0.8)	4 (0.7)	89 (6.4)	13 (2.5)	104 (6.9)	103 (6.9)	2 (0.3)	5 (1.0)
2 - 19.....	2159	9 (0.4)	3 (0.3)	78 (3.9)	17 (2.4)	90 (4.8)	88 (4.7)	3 (0.6)	5 (0.7)
20 - 29.....	533	21 (5.8)	6 (0.8)	101 (8.7)	20* (6.1)	105 (12.4)	104 (12.1)	6 (1.5)	7 (1.2)
30 - 39.....	462	14 (1.4)	9 (2.1)	88 (10.1)	31* (11.0)	77 (8.3)	74 (8.1)	4* (1.4)	8 (1.3)
40 - 49.....	417	16 (1.4)	10 (1.9)	91 (12.9)	41 (11.6)	83 (8.0)	78 (7.7)	5 (1.2)	7 (1.4)
50 - 59.....	303	14 (1.9)	10 (2.9)	93 (16.4)	19 (5.6)	81 (6.1)	77 (5.3)	6 (1.5)	6 (0.8)
60 - 69.....	345	13 (0.8)	7 (1.3)	102 (13.6)	21 (3.7)	79 (9.8)	72 (9.3)	11 (2.6)	7 (1.4)
70 and over....	434	11 (1.0)	3 (0.7)	77 (6.8)	29 (5.5)	71 (4.9)	65 (5.0)	8 (2.4)	5 (0.8)
20 and over...	2494	15 (1.4)	8 (0.8)	93 (3.6)	28 (2.2)	84 (3.8)	80 (3.7)	6 (0.6)	7 (0.4)
<b>Males and females:</b>									
2 and over....	9033	16 (1.1)	8 (0.8)	108 (4.5)	25 (1.5)	104 (2.1)	101 (2.2)	6 (0.6)	8 (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: <sup>1</sup> *What We Eat In America*, NHANES 2001-2002, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.  
Food Intakes Converted to Retail Commodities Database 2001-2002.

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2. Bowman SA, Martin CL, Friday JE, Moshfegh AJ, Lin B-H, and Wells HF. (2010). *Food Intakes Converted to Retail Commodities Database (FICRCD) for Foods in the CSFII 1994-1996 and 1998, NHANES 1999-2000, and WWEIA, NHANES 2001-2002: Methodology and User Guide*. U.S. Department of Agriculture, Agricultural Research Service, Beltsville, MD, and U.S. Department of Agriculture, Economic Research Service, Washington, D.C. Available at: <http://www.ars.usda.gov/ba/bhnrc/fsrg>

## 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.

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

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

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

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

Grain Commodities	Foods Included	
<b>Total Grains</b>	Foods in the grain commodities listed below and the following: <div style="display: flex; justify-content: space-around;"> <span>Barley</span> <span>Millet</span> </div> <div style="display: flex; justify-content: space-around;"> <span>Buckwheat</span> <span>Popcorn</span> </div> <div style="display: flex; justify-content: space-around;"> <span>Couscous</span> <span>Rye</span> </div>	
<b>Corn Flour and Meal</b>	<div style="display: flex; justify-content: space-around;"> <span>Corn flour</span> <span>Corn starch</span> </div> <div style="display: flex; justify-content: space-around;"> <span>Corn grits</span> <span>Dried corn</span> </div> <div style="display: flex; justify-content: space-around;"> <span>Corn meal</span> <span>Hominy</span> </div>	
<b>Oats and Oat Flour</b>	Oats and oat flour	
<b>Rice (Dry)</b>	<div style="display: flex; justify-content: space-around;"> <span>Rice flour</span> <span>Brown rice</span> </div> <div style="display: flex; justify-content: space-around;"> <span>Rice cereal</span> <span>Wild rice</span> </div> <div style="display: flex; justify-content: space-around;"> <span>White rice</span> </div>	
<b>Wheat Flour</b>	<div style="display: flex; justify-content: space-around;"> <span>Wheat flour</span> <span>Spaghetti</span> </div> <div style="display: flex; justify-content: space-around;"> <span>Wheat</span> <span>Noodles</span> </div> <div style="display: flex; justify-content: space-around;"> <span>Macaroni</span> </div>	



<b>Meat, Poultry, Fish, and Eggs Commodities</b>	<b>Foods Included</b>
<b>Total meat, poultry, and fish</b>	Foods in the meat, poultry and fish commodities listed below:
<b>Total Meat</b>	Foods in the beef and pork commodities and the following: Deer                      Moose Goat                      Raccoon Lamb
<b>Beef</b>	Beef meat, boneless    Luncheon meat (beef) Bacon (beef)            Pastrami Beef sausage and      Veal hot dogs                   Organ meats Corned beef
<b>Pork</b>	Pork meat, boneless    Luncheon meat (pork) Bacon (pork)            Pork sausage and hot Cured ham                dogs

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

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

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

<b>Vegetables Commodities</b>	<b>Foods Included</b>
<b>Total Vegetables</b>	Foods in the vegetable commodities listed below and the following: Alfalfa sprouts      Pumpkin Artichokes            Seaweed Asparagus            Soybeans (cooked) Avocado                Soybean curd (tofu) Bean sprouts          Soy flour & meal Cactus                  Soy milk Chives                  Soy nuts (dry soybeans) Eggplant Garlic                  Summer squash Mushrooms            Swamp cabbage Okra                    Water chestnuts Olives                  Winter squash Palm hearts            Zucchini
<b>Total Brassica</b>	Foods in the broccoli and cauliflower commodity and the following: Brussels sprouts      Mustard greens Cabbage                Radish Chard                    Rutabagas Collards                Turnips Cress                    Turnip greens Kale
<b>Broccoli and Cauliflower</b>	Broccoli                Cauliflower

<b>Vegetables Commodities (cont.)</b>	<b>Foods Included</b>
<b>Carrots</b>	Carrots and carrot juice
<b>Celery</b>	Celery and celery juice
<b>Cucumbers</b>	Cucumber
<b>Green peas</b>	Green peas and edible pod peas
<b>Total Leafy Vegetables</b>	Foods in the lettuce (head and leaf) commodity and the following: Beet greens            Parsley (fresh) Chicory greens        Pumpkin leaves Cilantro (fresh)       Spinach Endive
<b>Lettuce</b>	Leaf and head lettuce
<b>Onions</b>	Onions
<b>Peppers (Bell and Non-Bell)</b>	Banana peppers      Pimiento Sweet bell peppers    Non-Bell peppers (chiles)

<b>Vegetables Commodities (cont.)</b>	<b>Foods Included</b>
<b>Tomatoes</b>	Tomatoes, tomato paste, tomato puree, and tomato juice
<b>Sweet Corn</b>	White and yellow corn (excludes mature, dry corn)
<b>Total Roots and Tubers</b>	All foods included in potatoes commodity and the following: Beets                      Sweet potatoes Cassava                    Tapioca Jicama                      Taro Kohlrabi                   Yam Parsnips
<b>Potatoes</b>	Potatoes
<b>Snap Beans</b>	Snap beans (String beans)
<b>Dry Beans and Peas (legumes)</b>	Black beans              Mung beans Chickpeas                Pigeonpeas Cowpeas                  Pink beans Kidney beans            Pinto beans Lentils                     Split peas Lima beans                White beans