

Retail Commodity Intakes: Mean Amounts of Retail Commodities per Individual, 2003-04

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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 8273 individuals, ages 2 years and over, in the What We Eat in America, National Health and Nutrition Examination Survey (WWEIA, NHANES), 2003-04 [1] and the Food Intakes Converted to Retail Commodities Database (FICRCD), 2003-04 [2]. These estimates are included for 23 age-gender groups. See reference 1 for a description of the WWEIA, NHANES 2003-04 methodology. In the 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 the FICRCD: Dairy Products; Fats and Oils; Fruits; Grains; Meat, Poultry, Fish and Eggs; Nuts; Caloric Sweeteners; and Vegetables. Because each major commodity category has several components, the FICRCD has a total of 65 retail-level commodities. Foods within each retail 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. Examples of the commodities in the FICRCD 2003-04 include: Fluid Milk; Yogurt; Cheese; Butter; Shortening; Fruits and Vegetables presented as raw fruits or vegetables with refuse; Grains commodity presented as flours, except for rice which is presented as uncooked rice; Meat, Poultry and Fish commodity presented in boneless, raw forms; and all types of caloric sweeteners combined into a single Caloric Sweetener commodity. 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 82% to the Total Dairy Products Commodity (316g).
- Salad and Cooking Oils contributed 60% to the Total Fats and Oils Commodity (35g).
- Oranges contributed 42%, Apples 21%, Bananas 8%, and Melons about 5%, to the Total Fruit Commodity (319g).
- Wheat flour was the major component of the Grains Commodity, contributing 75% to the Total Grains Commodity (122g).
- Beef contributed 36% and Chicken 30% to the Total Meat, Poultry, and Fish Commodity (170g).
- Tomatoes contributed 31%, Potatoes 29%, Sweet Corn 6%, and Total Leafy Vegetables about 6% to the Total Vegetables Commodity (355g).

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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, WWEIA, NHANES 2003-2004

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.....	375	471 (26.0)	426 (28.2)	188 (25.5)	172 (25.5)	25 (5.6)	41* (12.4)	1 (0.2)	23 (2.8)	15* (5.1)	5 (0.6)	
6 - 11.....	422	488 (36.1)	428 (33.5)	194 (25.5)	174 (25.7)	17* (5.7)	44 (9.5)	2 (0.6)	42 (5.4)	9* (4.0)	7 (1.1)	
12 - 19.....	1105	442 (28.1)	381 (27.1)	123 (8.0)	168 (21.0)	22 (4.1)	67 (15.4)	2 (0.2)	43 (3.2)	6 (1.2)	10 (1.2)	
2 - 19.....	1902	463 (22.7)	406 (21.8)	160 (14.1)	171 (19.6)	21 (3.2)	54 (9.4)	2 (0.2)	39 (2.4)	9 (2.1)	8 (0.7)	
20 - 29.....	383	355 (30.3)	284 (31.1)	115 (22.1)	104 (24.9)	23* (9.7)	42 (10.8)	2 (0.3)	56 (5.2)	3* (1.0)	10 (1.3)	
30 - 39.....	326	318 (33.7)	253 (33.7)	83 (13.5)	97* (31.5)	30 (8.1)	42* (15.1)	2 (0.2)	45 (4.0)	7* (2.6)	12 (2.0)	
40 - 49.....	354	310 (31.5)	244 (31.8)	80 (9.0)	95 (19.4)	15* (5.0)	55* (16.6)	3 (0.7)	41 (5.9)	8* (2.7)	13 (2.2)	
50 - 59.....	261	264 (21.2)	213 (19.4)	64 (8.3)	60 (11.6)	25* (10.6)	65 (13.8)	4 (0.7)	24 (2.2)	9* (3.1)	14 (2.8)	
60 - 69.....	329	254 (17.0)	210 (16.0)	50 (8.2)	79 (12.1)	23 (5.4)	59 (8.7)	3 (0.4)	23 (5.0)	3* (1.4)	13 (2.4)	
70 and over....	482	314 (21.8)	267 (21.8)	71 (7.7)	93 (10.7)	47 (12.0)	55 (8.1)	3 (0.5)	25 (2.8)	7* (2.5)	13 (2.2)	
20 and over...	2135	306 (13.3)	247 (13.2)	81 (5.7)	89 (8.0)	25 (4.1)	52 (6.3)	3 (0.2)	38 (1.9)	6 (0.7)	12 (0.9)	
Females:												
2 - 5.....	388	502 (28.6)	447 (25.4)	208 (20.4)	162 (20.1)	47* (15.0)	30 (6.8)	2 (0.4)	29 (3.5)	18 (5.1)	6 (0.9)	
6 - 11.....	478	388 (25.6)	340 (25.7)	123 (14.8)	118 (10.7)	48 (13.0)	51 (10.2)	1 (0.3)	32 (3.7)	6 (1.5)	9 (1.2)	
12 - 19.....	1057	321 (21.8)	267 (21.9)	93 (6.1)	94 (17.1)	33* (12.7)	46 (6.1)	2 (0.4)	35 (2.2)	7 (2.1)	10 (1.0)	
2 - 19.....	1923	382 (15.3)	330 (15.1)	128 (7.7)	117 (10.1)	41 (11.2)	44 (5.0)	2 (0.2)	33 (1.8)	9 (1.2)	9 (0.6)	
20 - 29.....	429	265 (27.8)	213 (28.0)	77 (17.8)	81 (15.9)	16 (3.6)	39* (12.8)	1 (0.2)	32 (2.8)	8* (2.9)	11 (1.7)	
30 - 39.....	398	271 (20.3)	214 (20.4)	70 (7.1)	77 (18.1)	18* (5.5)	49 (7.8)	2 (0.3)	35 (2.7)	8* (2.5)	12 (1.8)	
40 - 49.....	361	235 (18.2)	184 (19.0)	47 (7.3)	54 (9.6)	33 (8.4)	49 (8.6)	2 (0.4)	28 (3.7)	8* (3.1)	13 (2.2)	
50 - 59.....	275	244 (23.7)	181 (21.3)	43 (6.9)	53 (10.2)	27* (8.8)	58 (12.6)	3 (0.5)	30 (3.4)	14 (3.5)	16 (2.8)	
60 - 69.....	364	227 (12.8)	175 (7.5)	38 (4.8)	43 (10.8)	26 (6.1)	69 (14.8)	2 (0.5)	27 (5.1)	13 (3.9)	9 (1.2)	
70 and over....	486	260 (13.4)	221 (13.0)	48 (3.8)	88 (14.0)	25 (6.1)	59 (8.3)	2 (0.3)	17 (2.3)	8 (2.2)	12 (1.4)	
20 and over...	2313	252 (10.5)	199 (9.8)	55 (3.4)	67 (6.1)	24 (3.2)	53 (5.0)	2 (0.2)	29 (1.2)	10 (1.4)	13 (0.9)	
Males and females:												
2 and over....	8273	316 (11.2)	260 (11.0)	88 (2.4)	95 (6.6)	26 (3.1)	52 (4.9)	2 (0.1)	34 (0.9)	8 (0.7)	11 (0.5)	

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

DATA SOURCES: ¹ What We Eat in America, NHANES 2003-2004, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2003-2004.

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, WWEIA, NHANES 2003-2004

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.....	375	23 (0.9)	3 (0.4)	15 (0.8)	4 (0.4)	#	78 (3.6)
6 - 11.....	422	33 (1.7)	3 (0.5)	21 (1.4)	7 (0.8)	1 (0.1)	138 (10.9)
12 - 19.....	1105	40 (1.5)	3 (0.4)	27 (1.2)	8 (0.5)	1 (0.1)	161 (6.0)
2 - 19.....	1902	34 (1.1)	3 (0.2)	22 (1.0)	7 (0.3)	1 (0.1)	136 (3.8)
20 - 29.....	383	42 (2.1)	6 (0.7)	24 (1.9)	10 (1.1)	#	171 (13.2)
30 - 39.....	326	45 (2.7)	6 (0.6)	27 (2.0)	9 (1.0)	1* (0.3)	150 (9.1)
40 - 49.....	354	46 (2.4)	8 (0.9)	25 (2.2)	10 (0.7)	1 (0.3)	142 (7.5)
50 - 59.....	261	36 (2.2)	5 (0.9)	23 (1.8)	7 (0.6)	1 (0.2)	99 (6.7)
60 - 69.....	329	36 (1.7)	8 (0.8)	18 (1.5)	8 (1.1)	1* (0.3)	78 (4.4)
70 and over....	482	29 (1.1)	7 (0.6)	13 (0.6)	7 (0.6)	1 (0.2)	70 (2.7)
20 and over...	2135	40 (0.8)	6 (0.4)	23 (1.0)	9 (0.3)	1 (0.1)	127 (3.6)
Females:							
2 - 5.....	388	25 (1.7)	2 (0.3)	16 (1.5)	6 (0.9)	#	76 (4.6)
6 - 11.....	478	34 (2.7)	5 (0.7)	20 (2.2)	7 (0.7)	#	104 (5.0)
12 - 19.....	1057	35 (1.1)	3 (0.3)	23 (1.1)	6 (0.3)	1* (0.2)	121 (4.5)
2 - 19.....	1923	32 (0.8)	4 (0.3)	21 (0.7)	6 (0.3)	#	106 (3.3)
20 - 29.....	429	34 (1.4)	4 (0.4)	22 (0.9)	6 (1.0)	1 (0.1)	125 (7.7)
30 - 39.....	398	35 (1.6)	5 (0.5)	22 (1.8)	6 (0.6)	1* (0.2)	97 (5.6)
40 - 49.....	361	33 (0.9)	5 (0.4)	19 (0.9)	6 (0.3)	1 (0.3)	96 (5.8)
50 - 59.....	275	30 (1.7)	5 (0.6)	17 (1.2)	6 (0.6)	1 (0.1)	71 (5.9)
60 - 69.....	364	29 (1.5)	6 (0.7)	15 (1.0)	6 (0.8)	1 (0.2)	71 (3.0)
70 and over....	486	26 (1.4)	7 (0.6)	11 (0.9)	6 (0.3)	1* (0.5)	60 (3.1)
20 and over...	2313	32 (0.5)	5 (0.3)	18 (0.4)	6 (0.2)	1 (0.1)	89 (2.8)
Males and females:							
2 and over....	8273	35 (0.5)	5 (0.2)	21 (0.6)	7 (0.2)	1 (#)	111 (2.2)

* 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.

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

DATA SOURCES: ¹ What We Eat in America, NHANES 2003-2004, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2003-2004.

Table 3. Fruits: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2003-2004

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.....	375	525 (36.4)	217 (28.5)	40 (6.3)	178 (25.1)	24 (4.3)	14 (2.9)	42 (7.6)	9* (4.6)	
6 - 11.....	422	310 (31.7)	79 (11.8)	19 (4.7)	60 (9.7)	18* (5.9)	8 (1.7)	24 (4.3)	10* (5.2)	
12 - 19.....	1105	359 (40.7)	67 (6.5)	24 (3.6)	43 (5.7)	14 (2.6)	8 (1.0)	18 (4.6)	12* (4.3)	
2 - 19.....	1902	378 (26.6)	103 (8.4)	26 (2.2)	77 (7.2)	17 (2.5)	9 (1.2)	25 (2.1)	11* (3.5)	
20 - 29.....	383	300 (44.6)	46 (11.9)	17* (5.3)	29 (8.6)	23 (6.1)	5 (1.2)	16* (6.6)	6* (4.4)	
30 - 39.....	326	307 (61.3)	51 (12.5)	16* (5.4)	35* (11.6)	23 (5.7)	10 (2.9)	21* (8.7)	7* (4.6)	
40 - 49.....	354	341 (44.3)	54 (10.8)	27 (6.1)	26* (11.0)	27 (6.7)	10 (2.3)	41* (16.0)	33* (18.8)	
50 - 59.....	261	294 (26.9)	54 (15.0)	23 (5.6)	30* (15.3)	34 (6.8)	11 (2.7)	18 (3.7)	31* (12.9)	
60 - 69.....	329	342 (45.5)	47 (9.2)	28 (4.0)	20* (7.0)	35 (4.3)	16 (3.2)	33 (7.5)	17* (5.9)	
70 and over....	482	328 (14.4)	53 (6.6)	39 (6.9)	14 (2.8)	42 (3.4)	10 (1.2)	26 (2.8)	17 (4.7)	
20 and over...	2135	317 (24.2)	51 (6.6)	24 (3.2)	27 (6.0)	29 (3.3)	10 (0.6)	25 (3.8)	19 (5.4)	
Females:										
2 - 5.....	388	508 (40.6)	184 (20.8)	31 (2.7)	154 (21.2)	34 (6.3)	9 (1.0)	45 (5.3)	8 (2.4)	
6 - 11.....	478	345 (35.9)	113 (20.7)	31 (6.0)	82 (17.8)	12 (2.3)	9* (3.1)	28 (8.1)	21 (6.2)	
12 - 19.....	1057	302 (22.9)	89 (12.7)	21 (4.3)	68 (11.5)	12 (1.7)	8 (1.2)	13 (2.0)	5* (2.8)	
2 - 19.....	1923	361 (21.1)	117 (10.1)	26 (3.7)	91 (9.6)	17 (1.6)	9 (1.1)	25 (2.9)	11 (2.9)	
20 - 29.....	429	258 (36.2)	60* (18.4)	14 (2.8)	46* (16.8)	15 (3.4)	10 (1.7)	13 (3.3)	7* (3.2)	
30 - 39.....	398	244 (23.3)	41 (9.5)	21 (5.0)	20* (7.2)	17 (2.9)	11 (2.5)	12 (1.7)	13* (4.3)	
40 - 49.....	361	335 (42.9)	57 (13.6)	20 (3.8)	37* (13.1)	32 (4.3)	11 (2.4)	19 (5.1)	20* (14.0)	
50 - 59.....	275	263 (28.2)	42 (9.3)	20 (3.0)	21* (8.7)	26 (6.4)	15 (3.8)	16 (4.2)	33* (10.1)	
60 - 69.....	364	312 (20.0)	39 (4.1)	29 (3.6)	10 (2.9)	37 (7.2)	11 (1.7)	22 (3.9)	33* (11.6)	
70 and over....	486	338 (15.7)	55 (12.2)	32 (5.1)	23* (8.3)	42 (4.2)	14 (1.3)	26 (3.0)	23 (6.2)	
20 and over...	2313	288 (20.4)	49 (5.3)	22 (2.0)	27 (4.6)	27 (2.5)	12 (1.1)	17 (1.1)	20 (4.6)	
Males and females:										
2 and over....	8273	319 (17.3)	66 (4.1)	24 (2.0)	42 (3.5)	25 (2.1)	10 (0.5)	22 (1.5)	17 (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: ¹ What We Eat in America, NHANES 2003-2004, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2003-2004.

Table 3. Fruits: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2003-2004 (*continued*)

Gender and Age (years)	Sample size	Oranges			Other Citrus Fruits	Stone Fruits	Tropical Fruits
		Total	From Fruit	From Juice			
----- Mean (SE) in grams -----							
Males:							
2 - 5.....	375	173 (15.4)	8* (3.7)	164 (15.3)	5* (1.6)	5 (1.4)	33 (5.2)
6 - 11.....	422	134 (17.7)	6* (2.7)	127 (18.3)	8* (2.6)	5 (1.3)	23 (5.7)
12 - 19.....	1105	207 (38.5)	8 (1.8)	199 (38.6)	11 (3.3)	3* (0.9)	15 (3.6)
2 - 19.....	1902	176 (21.3)	7 (1.5)	168 (21.4)	9 (1.8)	4 (0.7)	22 (2.7)
20 - 29.....	383	167 (26.0)	4 (1.0)	162 (26.0)	14* (5.0)	5* (2.0)	16* (6.4)
30 - 39.....	326	147 (28.2)	8* (4.4)	139 (29.1)	33* (16.9)	5* (1.6)	7 (2.1)
40 - 49.....	354	137 (25.6)	6* (2.2)	132 (25.1)	22* (8.9)	7* (3.1)	7* (2.4)
50 - 59.....	261	107 (17.8)	4* (2.1)	103 (17.0)	14* (5.0)	13 (4.0)	4 (1.2)
60 - 69.....	329	145 (32.1)	14* (6.3)	131 (34.1)	21 (4.8)	16 (4.0)	6* (3.0)
70 and over....	482	123 (10.3)	12 (3.5)	111 (9.7)	14* (4.6)	23 (4.4)	8 (2.0)
20 and over...	2135	139 (13.1)	7 (1.4)	132 (13.5)	20 (4.1)	10 (2.0)	9 (1.3)
Females:							
2 - 5.....	388	158 (22.1)	11* (3.6)	147 (22.7)	7 (2.0)	13* (5.2)	44 (8.2)
6 - 11.....	478	124 (15.1)	8 (2.2)	116 (16.4)	10 (2.6)	4 (0.9)	16 (2.9)
12 - 19.....	1057	146 (16.4)	6 (1.6)	140 (17.2)	7 (1.8)	4 (0.6)	15 (4.4)
2 - 19.....	1923	141 (10.4)	8 (1.7)	134 (11.0)	8 (1.4)	6 (1.3)	22 (3.4)
20 - 29.....	429	117 (17.5)	7* (2.9)	109 (18.3)	12 (2.4)	6 (1.7)	14* (6.0)
30 - 39.....	398	104 (12.4)	5* (1.9)	99 (11.5)	13* (4.7)	5* (2.1)	22* (7.4)
40 - 49.....	361	121 (21.1)	5* (1.4)	116 (20.8)	41* (13.2)	8* (3.2)	18 (3.2)
50 - 59.....	275	86 (17.7)	9* (3.5)	77 (16.1)	12 (3.3)	17* (5.7)	10 (2.8)
60 - 69.....	364	123 (12.1)	6* (3.4)	117 (13.4)	15* (4.9)	9 (1.8)	12* (5.6)
70 and over....	486	122 (8.7)	13 (2.4)	109 (8.9)	14 (3.5)	24 (2.5)	10 (1.9)
20 and over...	2313	111 (8.7)	7 (1.2)	104 (8.2)	18 (3.4)	11 (1.5)	15 (2.0)
Males and females:							
2 and over....	8273	134 (8.5)	7 (1.0)	126 (8.6)	16 (2.2)	9 (1.0)	14 (0.9)

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

DATA SOURCES: ¹ What We Eat in America, NHANES 2003-2004, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2003-2004.

Table 4. Grains: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2003-2004

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.....	375	90 (3.8)	12 (0.9)	5 (0.5)	8 (1.6)	64 (3.8)
6 - 11.....	422	139 (5.6)	21 (2.1)	4 (0.7)	9 (1.6)	99 (4.8)
12 - 19.....	1105	157 (5.1)	20 (1.2)	3 (0.3)	11 (1.5)	121 (4.1)
2 - 19.....	1902	137 (3.8)	18 (1.2)	4 (0.3)	10 (1.2)	102 (2.3)
20 - 29.....	383	165 (5.7)	20 (2.7)	4 (0.9)	14 (3.4)	123 (5.3)
30 - 39.....	326	161 (8.6)	20 (2.5)	4* (1.2)	18 (2.9)	117 (7.2)
40 - 49.....	354	145 (5.1)	15 (1.5)	3 (0.7)	9 (1.1)	115 (5.5)
50 - 59.....	261	124 (6.2)	8 (1.6)	6 (0.8)	12 (2.0)	95 (4.4)
60 - 69.....	329	115 (6.0)	8 (1.5)	5 (0.8)	13* (4.2)	88 (4.4)
70 and over....	482	106 (2.9)	8 (0.7)	11 (1.4)	8 (1.2)	78 (2.1)
20 and over...	2135	141 (2.7)	14 (0.9)	5 (0.4)	13 (1.3)	106 (2.1)
Females:						
2 - 5.....	388	102 (4.4)	11 (0.8)	5 (0.7)	13 (2.5)	73 (5.5)
6 - 11.....	478	121 (4.6)	13 (1.4)	3 (0.8)	9 (1.8)	95 (3.1)
12 - 19.....	1057	118 (4.2)	15 (0.8)	3 (0.3)	9 (1.1)	90 (3.8)
2 - 19.....	1923	116 (3.1)	13 (0.6)	3 (0.3)	10 (1.1)	88 (2.7)
20 - 29.....	429	116 (3.9)	12 (1.2)	3 (0.7)	15 (2.6)	85 (4.8)
30 - 39.....	398	109 (5.7)	13 (1.2)	3 (0.5)	10 (2.4)	82 (3.7)
40 - 49.....	361	102 (3.8)	10 (2.1)	4 (0.5)	9 (1.4)	77 (3.7)
50 - 59.....	275	99 (4.1)	9 (1.3)	5 (0.7)	9 (1.4)	74 (4.1)
60 - 69.....	364	93 (3.8)	6 (0.4)	7 (0.7)	6 (1.0)	72 (3.4)
70 and over....	486	90 (3.6)	6 (0.8)	7 (0.8)	8 (1.1)	66 (2.7)
20 and over...	2313	103 (2.4)	10 (0.8)	4 (0.3)	10 (1.0)	77 (2.1)
Males and females:						
2 and over....	8273	122 (2.3)	13 (0.6)	4 (0.2)	11 (0.9)	92 (1.7)

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

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

DATA SOURCES: ¹ What We Eat in America, NHANES 2003-2004, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2003-2004.

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, WWEIA, NHANES 2003-2004

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.....	375	97 (3.5)	53 (3.1)	38 (3.8)	15 (2.3)	37 (1.7)	31 (2.1)	6* (2.2)	7 (1.9)	16 (1.5)	14 (1.3)
6 - 11.....	422	134 (8.5)	76 (4.2)	58 (3.5)	18 (2.5)	52 (6.4)	44 (6.9)	8* (3.5)	6 (1.7)	20 (2.8)	18 (2.5)
12 - 19.....	1105	192 (8.4)	118 (7.2)	88 (6.6)	28 (2.2)	65 (5.5)	55 (5.2)	10 (1.2)	9 (1.6)	22 (1.5)	19 (1.4)
2 - 19.....	1902	153 (6.5)	90 (4.6)	68 (3.8)	22 (1.3)	55 (2.4)	46 (3.0)	9 (1.6)	7 (1.1)	20 (1.2)	18 (1.0)
20 - 29.....	383	241 (14.5)	133 (9.6)	88 (10.0)	44 (3.9)	89 (9.2)	78 (8.2)	12 (2.8)	18 (4.1)	30 (2.4)	27 (2.1)
30 - 39.....	326	249 (13.5)	134 (11.6)	90 (6.1)	41 (8.3)	85 (4.1)	69 (6.1)	16* (5.8)	30* (9.4)	36 (5.2)	32 (4.6)
40 - 49.....	354	235 (10.4)	134 (6.9)	87 (6.6)	46 (4.2)	75 (8.3)	60 (7.3)	15 (4.2)	25 (6.5)	37 (3.5)	33 (3.1)
50 - 59.....	261	234 (13.6)	139 (12.8)	89 (8.0)	47 (6.2)	67 (7.6)	53 (6.0)	14* (6.5)	28 (6.6)	39 (4.5)	34 (4.0)
60 - 69.....	329	186 (8.1)	107 (8.4)	66 (6.6)	40 (4.9)	48 (7.2)	38 (4.6)	10* (4.1)	31 (4.7)	37 (2.9)	32 (2.5)
70 and over....	482	147 (8.4)	87 (7.2)	55 (6.2)	32 (3.0)	43 (3.6)	37 (3.2)	6 (1.2)	17 (2.1)	35 (2.9)	30 (2.6)
20 and over...	2135	223 (6.3)	127 (4.5)	82 (3.1)	43 (2.8)	72 (2.5)	59 (2.1)	13 (2.5)	25 (3.2)	36 (2.0)	31 (1.8)
Females:											
2 - 5.....	388	96 (5.7)	47 (4.5)	33 (3.8)	14 (1.7)	44 (5.1)	41 (4.9)	3 (0.7)	5* (1.6)	17 (2.1)	15 (1.9)
6 - 11.....	478	114 (8.7)	60 (4.7)	40 (4.5)	19 (1.9)	49 (6.3)	43 (6.7)	5 (1.2)	5* (1.5)	19 (1.8)	16 (1.6)
12 - 19.....	1057	130 (4.5)	67 (4.0)	46 (2.5)	20 (2.5)	55 (4.1)	49 (4.2)	6 (1.1)	7 (1.4)	15 (1.8)	13 (1.6)
2 - 19.....	1923	117 (3.6)	60 (2.6)	41 (2.1)	18 (1.4)	51 (2.7)	46 (2.6)	5 (0.7)	6 (0.9)	17 (1.1)	14 (0.9)
20 - 29.....	429	166 (11.7)	80 (11.5)	51 (7.8)	28 (5.3)	75 (8.0)	64 (7.7)	10* (3.5)	11 (2.5)	23 (3.2)	20 (2.8)
30 - 39.....	398	147 (6.4)	80 (5.7)	56 (4.4)	23 (3.1)	52 (4.7)	46 (4.3)	6 (1.1)	15 (2.4)	24 (2.7)	21 (2.3)
40 - 49.....	361	143 (7.2)	77 (5.9)	49 (5.4)	24 (3.0)	51 (3.7)	45 (4.2)	6 (1.4)	15 (2.4)	27 (2.8)	24 (2.4)
50 - 59.....	275	142 (11.3)	64 (5.6)	38 (3.1)	24 (4.8)	58 (6.1)	52 (6.1)	6 (1.7)	20 (5.5)	25 (2.5)	22 (2.2)
60 - 69.....	364	137 (9.9)	74 (6.1)	51 (6.2)	22 (3.6)	44 (6.4)	35 (6.0)	9 (1.7)	20 (4.8)	32 (2.5)	28 (2.2)
70 and over....	486	119 (4.9)	61 (4.1)	39 (3.8)	21 (2.4)	41 (2.7)	34 (2.8)	7 (1.3)	18 (3.6)	22 (2.3)	20 (2.0)
20 and over...	2313	144 (6.0)	73 (3.7)	48 (2.7)	24 (1.7)	54 (3.6)	47 (3.6)	7 (1.0)	16 (1.5)	25 (1.1)	22 (0.9)
Males and females:											
2 and over....	8273	170 (4.4)	93 (2.8)	62 (2.0)	30 (1.3)	60 (2.1)	51 (2.0)	9 (1.2)	17 (1.5)	27 (0.9)	24 (0.8)

* 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: ¹ What We Eat in America, NHANES 2003-2004, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2003-2004.

Table 6. Nuts: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2003-2004

Gender and Age (years)	Sample size	Total Nuts	Peanuts	Tree Nuts
----- Mean (SE) in grams -----				
Males:				
2 - 5.....	375	4 (0.8)	3 (0.8)	#
6 - 11.....	422	7 (1.5)	7 (1.6)	1* (0.2)
12 - 19.....	1105	6 (1.4)	4 (0.8)	2* (1.0)
2 - 19.....	1902	6 (0.9)	5 (0.7)	1* (0.5)
20 - 29.....	383	12 (2.3)	11 (2.3)	1* (0.4)
30 - 39.....	326	8 (1.3)	7 (1.0)	1* (0.6)
40 - 49.....	354	9 (1.6)	7 (1.4)	2 (0.6)
50 - 59.....	261	13 (2.0)	8 (1.4)	4 (0.9)
60 - 69.....	329	10 (1.6)	6 (1.1)	5* (1.7)
70 and over....	482	10 (1.3)	7 (1.0)	3 (0.8)
20 and over...	2135	10 (0.9)	8 (0.8)	3 (0.3)
Females:				
2 - 5.....	388	3* (1.2)	3* (1.2)	#
6 - 11.....	478	7 (2.0)	4* (1.4)	3* (1.9)
12 - 19.....	1057	7 (1.0)	5 (1.0)	1* (0.5)
2 - 19.....	1923	6 (0.8)	5 (0.5)	1* (0.6)
20 - 29.....	429	8 (2.0)	6* (1.9)	2* (0.5)
30 - 39.....	398	6 (1.0)	5 (0.9)	1* (0.3)
40 - 49.....	361	7 (0.9)	4 (0.8)	3 (0.4)
50 - 59.....	275	10 (2.8)	7* (2.3)	3* (1.1)
60 - 69.....	364	8 (1.6)	4 (0.8)	4* (1.3)
70 and over....	486	9 (1.8)	6 (1.6)	3 (0.9)
20 and over...	2313	8 (0.9)	5 (0.7)	3 (0.3)
Males and females:				
2 and over....	8273	8 (0.5)	6 (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: ¹ What We Eat in America, NHANES 2003-2004, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2003-2004.

Table 7. Vegetables: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2003-2004

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.....	375	211 (13.9)	6 (1.7)	5 (1.4)	5 (1.2)	1 (0.2)	3 (0.8)	10* (4.4)	3 (1.0)	3* (0.9)	
6 - 11.....	422	266 (18.0)	3 (0.8)	2* (0.7)	6 (1.7)	2 (0.4)	4* (2.2)	5* (2.1)	5 (1.0)	4 (1.0)	
12 - 19.....	1105	358 (19.6)	7 (1.5)	5 (1.2)	4 (0.6)	2 (0.4)	4 (0.6)	6 (1.3)	16 (2.0)	14 (1.7)	
2 - 19.....	1902	297 (11.0)	6 (0.8)	4 (0.6)	5 (0.8)	2 (0.2)	4 (0.8)	6 (1.1)	9 (1.0)	8 (0.9)	
20 - 29.....	383	433 (18.3)	14 (4.0)	11* (4.1)	7 (1.4)	4 (0.9)	8 (1.8)	8 (2.5)	26* (8.0)	18 (4.1)	
30 - 39.....	326	465 (27.1)	21 (4.8)	11 (2.2)	11 (2.6)	4 (0.8)	6 (1.8)	10 (3.1)	30 (4.4)	26 (3.5)	
40 - 49.....	354	437 (18.5)	16 (2.1)	7* (2.4)	10 (2.2)	5 (0.7)	8* (2.9)	6* (2.2)	27 (5.5)	22 (4.5)	
50 - 59.....	261	445 (26.6)	29 (7.4)	13 (4.0)	8* (2.4)	4 (1.2)	7 (1.8)	9* (3.2)	23 (3.2)	20 (2.8)	
60 - 69.....	329	396 (26.8)	25 (3.9)	14 (4.0)	6 (1.0)	4 (0.8)	7 (1.1)	12* (4.0)	27 (4.7)	19 (2.2)	
70 and over....	482	326 (21.1)	18 (2.4)	7 (1.3)	9 (1.7)	4 (0.8)	3 (0.6)	15 (3.2)	13 (2.2)	9 (1.6)	
20 and over...	2135	426 (9.5)	20 (2.2)	10 (1.2)	8 (0.8)	4 (0.4)	7 (1.1)	9 (1.4)	25 (2.1)	20 (1.4)	
Females:											
2 - 5.....	388	221 (19.1)	9 (2.3)	8 (2.3)	5 (1.3)	2* (0.5)	5* (1.8)	4 (0.6)	6 (1.6)	6 (1.5)	
6 - 11.....	478	277 (23.8)	8* (2.8)	6* (2.6)	4 (1.1)	2 (0.4)	5 (0.8)	2* (0.8)	5 (1.0)	5 (0.9)	
12 - 19.....	1057	287 (8.7)	10 (2.2)	7 (1.8)	5 (0.6)	3 (0.4)	6 (1.1)	6 (1.8)	15 (1.4)	12 (1.5)	
2 - 19.....	1923	269 (9.9)	9 (1.5)	7 (1.3)	5 (0.5)	2 (0.3)	6 (0.9)	4 (0.9)	10 (0.7)	9 (0.7)	
20 - 29.....	429	355 (24.9)	17 (3.9)	12 (3.5)	6 (1.2)	3 (0.4)	8 (1.8)	5 (0.8)	21 (2.4)	14 (2.5)	
30 - 39.....	398	366 (18.8)	13 (2.7)	10 (2.5)	11* (3.6)	3 (0.4)	8 (1.7)	9 (2.7)	30 (4.8)	22 (4.5)	
40 - 49.....	361	322 (18.0)	20 (4.3)	12 (2.2)	6 (0.7)	4 (0.7)	6 (1.2)	8* (2.8)	27 (4.7)	22 (4.2)	
50 - 59.....	275	318 (25.5)	23 (3.1)	15 (3.6)	7* (2.2)	4 (1.3)	6* (2.6)	5* (2.0)	30 (5.2)	23 (4.1)	
60 - 69.....	364	346 (19.3)	28 (4.3)	17 (3.9)	8 (1.4)	7* (2.9)	7* (2.2)	8 (2.1)	23 (3.6)	19 (3.1)	
70 and over....	486	302 (10.0)	22 (3.6)	7 (1.5)	12 (1.8)	4 (0.5)	5 (1.2)	8 (1.1)	24 (3.5)	16 (2.5)	
20 and over...	2313	336 (9.6)	20 (1.2)	12 (0.8)	8 (1.1)	4 (0.5)	7 (0.9)	7 (0.9)	26 (2.0)	20 (1.6)	
Males and females:											
2 and over....	8273	355 (5.1)	17 (1.1)	10 (0.5)	7 (0.4)	4 (0.3)	6 (0.6)	8 (0.8)	22 (1.1)	17 (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: ¹ What We Eat in America, NHANES 2003-2004, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2003-2004.

Table 7. Vegetables: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, WWEIA, NHANES 2003-2004 (*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.....	375	5 (0.6)	1 (0.2)	62 (4.6)	15 (2.8)	86 (8.6)	85 (8.7)	5* (1.5)	5 (0.7)	
6 - 11.....	422	9 (1.7)	3* (0.9)	105 (12.2)	12 (3.4)	99 (14.0)	99 (14.0)	4* (1.2)	6* (1.9)	
12 - 19.....	1105	12 (1.2)	6 (0.8)	139 (10.5)	12 (2.5)	137 (12.9)	136 (12.9)	3* (1.1)	6 (1.4)	
2 - 19.....	1902	10 (0.8)	4 (0.6)	111 (5.2)	13 (2.0)	114 (10.5)	113 (10.5)	4 (0.8)	6 (1.1)	
20 - 29.....	383	23 (2.9)	12 (2.7)	153 (12.6)	20 (3.8)	129 (13.4)	128 (13.5)	3* (1.2)	10 (1.8)	
30 - 39.....	326	24 (2.4)	14 (2.5)	149 (14.9)	19* (7.4)	140 (15.7)	139 (15.6)	7 (1.7)	13 (2.3)	
40 - 49.....	354	21 (1.7)	15 (2.3)	137 (13.1)	28* (10.8)	125 (14.8)	122 (15.0)	10 (2.8)	13 (2.2)	
50 - 59.....	261	20 (1.7)	14 (2.7)	120 (14.9)	43* (12.8)	132 (12.5)	129 (12.6)	13 (3.1)	8 (1.5)	
60 - 69.....	329	16 (2.0)	6 (1.3)	117 (13.7)	23 (5.5)	115 (9.2)	101 (7.1)	13 (2.8)	9 (1.7)	
70 and over....	482	13 (1.2)	7 (1.7)	99 (14.9)	22 (5.1)	91 (8.2)	85 (8.9)	9 (1.5)	7 (1.5)	
20 and over...	2135	20 (1.0)	12 (1.1)	133 (6.9)	26 (4.3)	125 (6.8)	122 (6.9)	9 (1.0)	10 (1.0)	
Females:										
2 - 5.....	388	5 (0.7)	3* (1.0)	74 (7.6)	18 (4.6)	79 (12.1)	79 (12.1)	3 (0.7)	4 (0.7)	
6 - 11.....	478	7 (1.0)	7* (3.9)	96 (9.7)	18 (4.4)	103 (15.1)	102 (15.1)	5 (1.4)	4 (0.9)	
12 - 19.....	1057	9 (0.6)	6 (0.7)	91 (4.3)	19* (7.0)	102 (8.2)	100 (8.0)	2 (0.5)	5 (0.6)	
2 - 19.....	1923	8 (0.4)	6 (1.4)	89 (5.3)	19 (3.8)	97 (9.0)	96 (9.0)	3 (0.6)	5 (0.4)	
20 - 29.....	429	14 (1.4)	9 (1.6)	118 (16.1)	16 (3.0)	108 (10.9)	108 (10.9)	5 (1.2)	8 (1.9)	
30 - 39.....	398	15 (1.9)	11 (1.6)	109 (16.1)	17 (3.8)	111 (14.7)	106 (14.8)	8 (1.4)	6 (1.0)	
40 - 49.....	361	13 (1.9)	9 (2.8)	95 (10.5)	14 (3.9)	94 (9.6)	87 (9.1)	4* (1.2)	5* (1.6)	
50 - 59.....	275	14 (2.7)	8 (1.4)	92 (14.2)	26 (6.7)	69 (11.5)	63 (10.1)	9 (2.1)	5 (0.8)	
60 - 69.....	364	14 (1.8)	6 (1.0)	94 (13.8)	29 (8.7)	81 (4.8)	74 (6.4)	14 (2.8)	4 (0.9)	
70 and over....	486	11 (0.9)	4 (0.5)	73 (8.1)	28 (5.5)	73 (6.6)	68 (6.5)	11 (1.5)	7 (1.5)	
20 and over...	2313	14 (0.6)	8 (0.8)	99 (6.2)	21 (2.6)	91 (5.7)	86 (5.8)	8 (0.7)	6 (0.7)	
Males and females:										
2 and over....	8273	15 (0.5)	9 (0.8)	111 (4.6)	21 (2.5)	107 (5.3)	104 (5.5)	7 (0.6)	7 (0.7)	

* 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 What We Eat in America, NHANES 2003-2004, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2003-2004.

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Appendix A: List of Foods in the Commodity Categories

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 Products Commodities	Foods Included
Total Dairy	Foods in the Dairy Product 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 buttermilk 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 buttermilk 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 listed in the Fats and Oils Commodities 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 listed in the Fruit Commodities 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 Fruit	Raw apples	Dried apples
	Baked apples	Apple sauce
Apples from Juice	Apples from apple cider, apple juice (single strength) and apple juice concentrate converted back to apples	
Bananas	Bananas	Plantains
Berries	Blackberries	Huckleberries
	Blueberries	Loganberries
	Boysenberries	Mulberries
	Cranberries	Raspberries
	Cranberry juice	Strawberries
	Currants	Strawberry juice
Grapes	Grapes	Raisins
	Grape juice	
Melons	Cantaloupe	Watermelon
	Casaba	Watermelon juice
	Honeydew	

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

Grain Commodities	Foods Included	
Total Grains	Foods listed in the Grain Commodities and the following: Amaranth Popcorn Barley Rye Buckwheat Triticale Millets	
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 Bulgur Wheat Macaroni Farina Spaghetti Semolina Noodles Couscous	

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: <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Bear</td> <td style="width: 50%;">Lamb</td> </tr> <tr> <td>Bison</td> <td>Moose</td> </tr> <tr> <td>Caribou</td> <td>Rabbit</td> </tr> <tr> <td>Deer</td> <td>Raccoon</td> </tr> <tr> <td>Frog legs</td> <td>Squirrel</td> </tr> <tr> <td>Goat</td> <td></td> </tr> </table>	Bear	Lamb	Bison	Moose	Caribou	Rabbit	Deer	Raccoon	Frog legs	Squirrel	Goat	
Bear	Lamb												
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Goat													
Beef	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Beef meat, boneless</td> <td style="width: 50%;">Luncheon meat (beef)</td> </tr> <tr> <td>Bacon (beef)</td> <td>Pastrami</td> </tr> <tr> <td>Beef sausage & hot dogs</td> <td>Veal</td> </tr> <tr> <td>Corned beef</td> <td>Organ meats</td> </tr> </table>	Beef meat, boneless	Luncheon meat (beef)	Bacon (beef)	Pastrami	Beef sausage & hot dogs	Veal	Corned beef	Organ meats				
Beef meat, boneless	Luncheon meat (beef)												
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Pork	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Pork meat, boneless</td> <td style="width: 50%;">Luncheon meat (pork)</td> </tr> <tr> <td>Bacon (pork)</td> <td>Pork sausage and hot dogs</td> </tr> <tr> <td>Cured ham</td> <td></td> </tr> </table>	Pork meat, boneless	Luncheon meat (pork)	Bacon (pork)	Pork sausage and hot dogs	Cured ham							
Pork meat, boneless	Luncheon meat (pork)												
Bacon (pork)	Pork sausage and hot dogs												
Cured ham													

Meat, Poultry, Fish, and Eggs Commodities (cont.)	Foods Included																
Total Poultry	Foods listed in the Chicken and Turkey Commodities and the following: <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Dove</td> <td style="width: 50%;">Goose</td> </tr> <tr> <td>Duck</td> <td>Quail</td> </tr> </table>	Dove	Goose	Duck	Quail												
Dove	Goose																
Duck	Quail																
Chicken	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Chicken meat, boneless</td> <td style="width: 50%;">Organ meats</td> </tr> <tr> <td>Luncheon meat (chicken)</td> <td>Cornish game hen</td> </tr> </table>	Chicken meat, boneless	Organ meats	Luncheon meat (chicken)	Cornish game hen												
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Turkey	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Turkey meat</td> <td style="width: 50%;">Organ meats</td> </tr> <tr> <td>Luncheon meat (turkey)</td> <td></td> </tr> </table>	Turkey meat	Organ meats	Luncheon meat (turkey)													
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Finfish and Shellfish	All types of finfish and shellfish including: <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Abalone</td> <td style="width: 50%;">Lobster</td> </tr> <tr> <td>Clams</td> <td>Mussels</td> </tr> <tr> <td>Crabs</td> <td>Octopus</td> </tr> <tr> <td>Crayfish</td> <td>Oysters</td> </tr> <tr> <td>Conch</td> <td>Scallops</td> </tr> <tr> <td>Fish roe</td> <td>Shrimp</td> </tr> <tr> <td>Finfish, freshwater and saltwater (includes tuna and salmon)</td> <td>Snails</td> </tr> <tr> <td></td> <td>Squid</td> </tr> </table>	Abalone	Lobster	Clams	Mussels	Crabs	Octopus	Crayfish	Oysters	Conch	Scallops	Fish roe	Shrimp	Finfish, freshwater and saltwater (includes tuna and salmon)	Snails		Squid
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	Squid																
Eggs, with shell	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	Hazelnuts (Filberts)
	Almond butter	Macadamias
	Brazil nuts	Pecans
	Chestnuts	Pine nuts
	Cashews	Pistachios
	Cashew butter	Walnuts

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

Vegetables Commodities	Foods Included
Total Vegetables	Foods listed in the Vegetable Commodities and the following: Alfalfa sprouts Olives Artichokes Palm hearts Asparagus Pumpkin Avocado Radicchio Bamboo shoots Seaweed Bean sprouts Soybeans (cooked) Breadfruit Soybean curd (tofu) Cactus Soy flour & meal Chayote Soy milk Chives Soy nuts (dry soybeans) Eggplant Summer squash Fennel Water chestnuts Garlic Winter squash Leeks Zucchini Mushrooms Okra
Total Brassica	Foods listed in the Broccoli and Cauliflower commodity and the following: Brussels sprouts Kohlrabi Cabbage Mustard greens Collards Radish Cress Rutabagas Horseradish leaves Turnips Kale Turnip greens
Broccoli and Cauliflower	Broccoli Cauliflower

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	Foods listed in the Lettuce (head and leaf) commodity and the following: Basil (fresh) Grape leaves Beet greens Jute Chard Parsley (fresh) Chicory greens Pumpkin leaves Cilantro (fresh) Spinach Dandelion greens Taro leaves Endive
Lettuce	Leaf and head lettuce
Onions	Onions
Peppers (Bell and Non-bell)	Banana peppers Pimento Bell peppers Non-bell peppers

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 listed in the Potatoes Commodity and the following: Beets Parsnips Burdock root Sweet potatoes Cassava Tapioca Celeriac Taro Jicama Yam Lotus root
Potatoes	Potatoes
Snap Beans (String beans)	Snap beans (String beans)
Legumes (Dry Beans and Peas)	Black beans Mung beans Chickpeas Navy beans Cowpeas Pigeon peas Fava beans Pink beans Kidney beans Pinto beans Lentils Split peas Lima beans White beans