

Retail Commodity Intakes: Mean Amounts of Retail Commodities per Individual, 2005-06

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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 8549 individuals, ages 2 years and over, in the What We Eat in America, National Health and Nutrition Examination Survey (WWEIA, NHANES), 2005-06 [1] and the Food Intakes Converted to Retail Commodities Database (FICRCD) 2005-06 [2]. These estimates are included for 23 age-gender groups. See reference 1 for a description of the WWEIA, NHANES 2005-06 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, Dry Beans and Peas (legumes). Each of the major commodity categories has several components. Hence, the FICRCD contains a total of 65 retail-level commodities. 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. Examples of the commodities in the FICRCD 2005-06 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 80% to the Total Dairy Products Commodity (309g).
- Salad and Cooking Oils contributed 61% to the Total Fats and Oils Commodity (33g).
- Oranges contributed 40%, Apples 19%, Bananas 9%, and Melons about 6%, to the Total Fruit Commodity (306g).
- Wheat flour was the major component of the Grains Commodity, contributing 75% to the Total Grains Commodity (124g).
- Beef contributed 35% and Chicken 32% to the Total Meat, Poultry, and Fish Commodity (179g).
- Tomatoes contributed 31%, Potatoes 27%, Sweet Corn 6%, and Total Leafy Vegetables about 6% to the Total Vegetables Commodity (345g).

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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 2005-2006

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.....	442	467 (23.6)	422 (23.2)	182 (13.9)	147 (15.8)	23* (7.6)	71* (23.1)	1 (0.1)	24 (2.4)	15 (2.4)	5 (0.6)		
6 - 11.....	489	446 (12.4)	384 (15.5)	113 (9.4)	165 (11.0)	53 (12.7)	53 (8.0)	2 (0.5)	36 (3.4)	13* (4.8)	12 (2.0)		
12 - 19.....	1052	406 (25.6)	333 (24.9)	104 (8.9)	134 (13.0)	46 (13.6)	50 (6.6)	2 (0.4)	50 (3.5)	9* (2.9)	11 (1.0)		
2 - 19.....	1983	432 (15.0)	368 (14.6)	123 (4.9)	147 (8.1)	43 (7.4)	55 (7.4)	2 (0.3)	40 (1.9)	12 (1.8)	10 (0.8)		
20 - 29.....	388	285 (21.7)	213 (18.6)	51 (9.9)	71 (19.2)	40* (17.2)	51 (14.3)	3 (0.5)	48 (4.1)	9 (2.8)	12 (2.7)		
30 - 39.....	371	354 (27.1)	269 (29.9)	95 (15.9)	79 (11.8)	16* (7.1)	79* (25.6)	3 (0.8)	45 (3.2)	16* (6.3)	21 (2.3)		
40 - 49.....	382	307 (27.1)	243 (27.6)	105 (20.2)	76 (17.5)	30* (9.3)	32 (5.2)	4 (0.6)	41 (2.9)	7* (2.5)	13 (1.6)		
50 - 59.....	303	291 (26.2)	229 (25.4)	68 (12.4)	66 (9.9)	37* (13.7)	58 (10.4)	5 (0.9)	30 (3.2)	9* (3.6)	18 (3.3)		
60 - 69.....	320	296 (28.5)	241 (26.9)	73 (16.7)	65 (14.2)	25 (6.0)	78 (14.0)	3 (0.4)	31 (3.7)	8* (2.6)	12 (2.0)		
70 and over....	399	311 (22.9)	269 (23.3)	77 (10.2)	99 (14.2)	26 (6.1)	67 (8.2)	4 (0.6)	19 (2.8)	5* (1.6)	15 (1.1)		
20 and over...	2163	308 (13.7)	242 (13.9)	79 (6.8)	75 (6.0)	29 (5.8)	59 (7.5)	4 (0.3)	38 (1.8)	9 (1.9)	15 (1.0)		
Females:													
2 - 5.....	460	411 (26.0)	364 (26.9)	163 (15.6)	134 (18.6)	24 (5.9)	42 (8.8)	2 (0.3)	21 (2.0)	19 (4.0)	5 (0.7)		
6 - 11.....	523	391 (31.6)	340 (29.0)	96 (12.2)	137 (11.4)	55* (21.3)	52 (8.1)	2 (0.3)	31 (3.3)	8* (2.9)	9 (1.5)		
12 - 19.....	1063	278 (15.6)	228 (13.7)	65 (4.3)	92 (13.6)	32* (9.8)	39 (7.5)	2 (0.2)	33 (2.4)	6 (1.7)	10 (0.9)		
2 - 19.....	2046	345 (15.3)	295 (14.8)	97 (5.9)	116 (9.0)	38 (8.8)	44 (5.4)	2 (0.2)	30 (1.7)	10 (1.3)	9 (0.8)		
20 - 29.....	582	287 (27.2)	223 (25.3)	89 (12.5)	51 (5.0)	31* (12.1)	52 (11.9)	2 (0.4)	38 (3.5)	14 (1.8)	11 (1.2)		
30 - 39.....	406	251 (14.0)	203 (11.7)	80 (11.4)	50 (4.8)	38 (10.7)	35 (4.1)	2 (0.5)	30 (2.4)	4* (1.9)	11 (2.2)		
40 - 49.....	390	278 (23.9)	207 (25.6)	61 (7.0)	62 (12.0)	14* (4.8)	71 (14.3)	3 (0.4)	34 (3.0)	19* (5.7)	15 (3.7)		
50 - 59.....	301	209 (17.5)	144 (17.8)	35 (4.7)	41 (6.5)	16* (5.6)	51 (12.8)	3 (0.4)	30 (3.2)	20 (4.4)	12 (1.9)		
60 - 69.....	315	242 (25.0)	189 (24.5)	44 (9.1)	60* (25.7)	33 (7.9)	52 (8.1)	5 (1.3)	23 (1.9)	15 (3.2)	10 (1.4)		
70 and over....	363	264 (12.2)	217 (12.4)	50 (4.6)	64 (8.7)	41 (9.4)	62 (9.3)	3 (0.7)	17 (2.2)	13 (2.9)	14 (1.7)		
20 and over...	2357	256 (12.3)	197 (11.3)	61 (4.3)	54 (7.1)	28 (5.5)	54 (5.1)	3 (0.2)	30 (1.2)	14 (1.5)	12 (1.3)		
Males and females:													
2 and over....	8549	309 (10.3)	248 (9.4)	80 (3.9)	81 (4.3)	32 (5.3)	55 (5.0)	3 (0.2)	34 (1.2)	12 (1.0)	13 (0.8)		

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

DATA SOURCES: ¹ What We Eat in America, NHANES 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2005-2006.

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 2005-2006

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.....	442	22 (1.1)	3 (0.4)	14 (0.8)	4 (0.4)	#	72 (2.7)
6 - 11.....	489	31 (1.3)	4 (0.7)	21 (1.2)	5 (0.5)	#	108 (4.6)
12 - 19.....	1052	38 (1.5)	4 (0.4)	24 (1.2)	9 (0.6)	#	158 (7.9)
2 - 19.....	1983	33 (1.1)	4 (0.3)	21 (0.8)	7 (0.5)	#	124 (4.2)
20 - 29.....	388	39 (1.7)	4 (0.6)	25 (1.5)	9 (0.8)	#	146 (9.8)
30 - 39.....	371	42 (1.8)	5 (0.6)	28 (1.8)	7 (0.7)	#	133 (7.2)
40 - 49.....	382	41 (2.0)	6 (0.4)	25 (1.6)	8 (0.9)	#	118 (4.7)
50 - 59.....	303	42 (1.7)	9 (1.5)	24 (1.4)	8 (0.8)	1* (0.3)	116 (6.8)
60 - 69.....	320	33 (2.1)	7 (0.6)	20 (1.8)	5 (0.4)	1 (0.2)	84 (3.7)
70 and over....	399	30 (1.3)	7 (0.6)	16 (0.8)	5 (0.5)	1 (0.1)	74 (5.0)
20 and over...	2163	39 (0.7)	6 (0.4)	24 (0.8)	7 (0.3)	1 (0.1)	117 (3.7)
Females:							
2 - 5.....	460	20 (1.1)	3 (0.4)	14 (0.8)	3 (0.1)	#	64 (3.1)
6 - 11.....	523	31 (1.1)	5 (0.5)	19 (1.1)	5 (0.4)	#	96 (3.2)
12 - 19.....	1063	32 (1.3)	3 (0.3)	22 (1.3)	6 (0.4)	#	106 (3.4)
2 - 19.....	2046	29 (0.9)	4 (0.2)	19 (0.8)	5 (0.3)	#	93 (2.8)
20 - 29.....	582	31 (1.7)	5 (0.7)	20 (1.5)	5 (0.5)	#	99 (3.9)
30 - 39.....	406	30 (1.5)	4 (0.5)	19 (1.2)	5 (0.5)	#	80 (4.3)
40 - 49.....	390	29 (1.7)	6 (1.1)	18 (1.0)	4 (0.4)	1 (0.2)	82 (4.5)
50 - 59.....	301	28 (1.8)	5 (0.8)	17 (1.3)	4 (0.5)	1 (0.1)	67 (5.4)
60 - 69.....	315	26 (1.3)	6 (0.5)	14 (1.0)	4 (0.5)	1 (0.1)	54 (2.6)
70 and over....	363	23 (0.6)	5 (0.6)	13 (0.3)	3 (0.3)	#	59 (2.1)
20 and over...	2357	28 (0.9)	5 (0.4)	17 (0.6)	4 (0.2)	1 (#)	75 (2.1)
Males and females:							
2 and over....	8549	33 (0.6)	5 (0.3)	20 (0.5)	6 (0.2)	#	99 (2.4)

* 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 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2005-2006.

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 2005-2006

Gender and Age (years)	Sample size	Apples								Melons
		†Total Fruit	Total	From Fruit	From Juice	Bananas	Berries	Grapes		
----- Mean (SE) in grams -----										
Males:										
2 - 5.....	442	438 (24.6)	183 (19.9)	27 (3.0)	155 (20.4)	34 (4.0)	11 (3.1)	47 (7.9)	17* (5.8)	
6 - 11.....	489	318 (16.0)	104 (12.4)	39 (7.5)	65 (10.2)	24 (4.2)	11 (1.1)	27 (4.7)	16 (3.2)	
12 - 19.....	1052	326 (15.7)	59 (7.8)	26 (3.8)	33 (7.3)	16 (3.9)	12 (1.8)	21* (8.4)	20 (5.2)	
2 - 19.....	1983	347 (11.9)	100 (9.0)	30 (3.0)	69 (8.5)	22 (2.9)	11 (1.2)	29 (5.5)	18 (3.1)	
20 - 29.....	388	307 (35.1)	44 (8.5)	21 (6.1)	23 (5.2)	11 (2.3)	8 (2.2)	22 (6.6)	4* (1.6)	
30 - 39.....	371	278 (27.1)	45 (10.5)	15 (3.4)	30* (10.5)	22 (5.4)	13* (4.3)	19 (5.6)	18* (10.1)	
40 - 49.....	382	289 (37.0)	57 (10.3)	28 (7.3)	29 (8.5)	25 (4.9)	9 (2.2)	19 (5.6)	11* (4.3)	
50 - 59.....	303	386 (39.6)	47 (6.5)	28 (6.4)	19* (8.3)	52 (8.7)	11* (3.4)	40 (5.9)	21* (10.3)	
60 - 69.....	320	346 (25.7)	38 (5.2)	21 (3.4)	17 (4.1)	40 (6.0)	14 (3.6)	22 (3.4)	13* (4.1)	
70 and over....	399	409 (35.4)	55 (7.8)	28 (3.6)	27 (6.8)	48 (6.2)	13 (2.8)	27 (3.5)	23* (10.1)	
20 and over...	2163	327 (20.0)	48 (4.7)	23 (2.5)	25 (4.9)	31 (2.2)	11 (1.1)	25 (1.9)	14 (2.4)	
Females:										
2 - 5.....	460	449 (32.6)	186 (16.9)	30 (6.6)	156 (13.9)	29 (5.5)	9 (1.2)	55 (10.2)	12* (7.1)	
6 - 11.....	523	304 (19.4)	96 (12.5)	25 (4.6)	70 (11.4)	21 (4.1)	11 (1.9)	22 (4.4)	31* (10.7)	
12 - 19.....	1063	281 (26.8)	68 (9.0)	23 (4.0)	45 (7.0)	14 (2.1)	9 (1.4)	20 (4.2)	9 (2.2)	
2 - 19.....	2046	326 (16.9)	103 (5.5)	25 (2.3)	78 (5.3)	20 (1.8)	10 (1.0)	28 (3.0)	17 (3.2)	
20 - 29.....	582	295 (32.3)	47 (7.6)	19 (5.0)	28 (5.6)	16 (1.9)	12 (2.5)	19 (5.1)	33* (22.3)	
30 - 39.....	406	241 (25.0)	43 (7.5)	13 (3.4)	30 (6.9)	23 (4.1)	10 (2.4)	13 (2.4)	13* (4.7)	
40 - 49.....	390	232 (27.8)	30 (8.1)	17* (5.4)	13* (5.9)	20 (4.6)	12 (3.0)	32* (9.8)	16* (5.8)	
50 - 59.....	301	242 (27.5)	30 (6.3)	23 (5.4)	7* (2.5)	37 (8.0)	21 (5.1)	16 (1.9)	16* (8.7)	
60 - 69.....	315	291 (31.2)	52* (17.1)	23 (4.6)	29* (17.8)	32 (5.9)	13 (3.0)	27* (8.2)	30 (9.0)	
70 and over....	363	317 (20.2)	40 (5.4)	28 (2.7)	12* (3.7)	38 (3.9)	18 (4.1)	21 (2.9)	22 (5.0)	
20 and over...	2357	266 (13.4)	40 (3.2)	20 (2.3)	20 (2.7)	27 (2.3)	14 (1.6)	21 (2.9)	21 (4.2)	
Males and females:										
2 and over....	8549	306 (10.2)	58 (2.9)	23 (1.4)	35 (3.0)	27 (1.6)	12 (1.0)	24 (1.1)	18 (2.1)	

* 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 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2005-2006.

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 2005-2006 (*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.....	442	94 (13.0)	8* (2.5)	87 (13.1)	8* (4.2)	7 (1.6)	29 (4.0)
6 - 11.....	489	93 (13.1)	10* (3.2)	83 (13.4)	4 (1.2)	5* (1.9)	27 (5.1)
12 - 19.....	1052	159 (13.1)	7 (1.8)	152 (12.5)	8* (2.8)	6* (2.9)	22 (5.7)
2 - 19.....	1983	125 (7.2)	8 (1.5)	116 (7.6)	7 (1.5)	6 (1.4)	25 (3.4)
20 - 29.....	388	171 (29.5)	7* (2.0)	164 (29.7)	14* (5.2)	3 (0.7)	27 (6.1)
30 - 39.....	371	133 (24.9)	7* (2.8)	125 (24.2)	10 (1.8)	7* (2.3)	11 (3.2)
40 - 49.....	382	123 (22.1)	6* (2.4)	116 (21.7)	18* (5.9)	14* (4.8)	10* (3.4)
50 - 59.....	303	177 (31.8)	13* (3.9)	164 (31.9)	14 (4.1)	7 (1.7)	8* (2.8)
60 - 69.....	320	176 (22.1)	13 (3.3)	164 (23.6)	12* (4.1)	10 (2.7)	13* (4.1)
70 and over....	399	174 (15.0)	15 (3.6)	159 (14.2)	17 (4.9)	32 (4.8)	10 (2.0)
20 and over...	2163	156 (12.3)	9 (1.4)	146 (12.5)	14 (1.9)	11 (1.6)	14 (2.1)
Females:							
2 - 5.....	460	106 (11.4)	12 (2.3)	94 (10.8)	7* (2.9)	9 (1.7)	31 (3.9)
6 - 11.....	523	88 (13.5)	7 (1.8)	81 (13.3)	4 (1.0)	8* (2.8)	18 (4.2)
12 - 19.....	1063	114 (18.0)	6* (1.7)	108 (18.0)	23* (15.9)	5* (1.6)	17 (2.9)
2 - 19.....	2046	103 (9.7)	7 (1.2)	96 (9.5)	13* (7.3)	7 (1.1)	20 (1.9)
20 - 29.....	582	125 (18.1)	8 (1.8)	117 (18.3)	14 (3.1)	12 (3.0)	13 (2.9)
30 - 39.....	406	103 (20.3)	13* (4.4)	90 (20.8)	14 (3.7)	8* (2.6)	13 (3.6)
40 - 49.....	390	63 (12.9)	7* (2.5)	56 (11.8)	33* (13.7)	5* (2.0)	13 (3.3)
50 - 59.....	301	85 (11.8)	12* (4.5)	73 (11.1)	19* (6.4)	9* (4.2)	3* (1.2)
60 - 69.....	315	88 (11.3)	14* (5.3)	74 (11.5)	15* (5.5)	21 (5.7)	7* (2.2)
70 and over....	363	134 (11.9)	15 (3.7)	120 (12.1)	10 (2.1)	18 (3.9)	10 (2.5)
20 and over...	2357	98 (8.5)	11 (1.9)	87 (8.4)	18 (2.9)	11 (1.8)	10 (1.4)
Males and females:							
2 and over....	8549	123 (5.6)	10 (1.0)	113 (5.7)	15 (1.8)	10 (1.1)	15 (1.2)

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

DATA SOURCES: ¹ What We Eat in America, NHANES 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2005-2006.

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 2005-2006

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.....	442	97 (4.0)	12 (1.1)	6 (0.9)	8 (1.4)	70 (3.5)
6 - 11.....	489	130 (3.4)	19 (1.8)	4 (0.9)	7 (1.4)	97 (2.9)
12 - 19.....	1052	160 (4.8)	17 (0.8)	3 (0.5)	9 (1.7)	129 (4.2)
2 - 19.....	1983	137 (3.1)	16 (1.0)	4 (0.4)	8 (1.2)	107 (2.9)
20 - 29.....	388	161 (6.2)	16 (1.9)	3 (0.7)	19 (2.5)	121 (6.6)
30 - 39.....	371	164 (8.2)	17 (2.0)	5* (1.7)	16 (2.7)	123 (6.8)
40 - 49.....	382	142 (7.8)	15 (1.9)	3 (0.6)	15 (2.8)	107 (6.5)
50 - 59.....	303	137 (5.6)	11 (1.4)	7 (1.9)	8 (1.7)	109 (5.9)
60 - 69.....	320	124 (3.9)	12 (1.6)	8 (0.8)	12 (1.8)	88 (4.0)
70 and over....	399	115 (5.3)	8 (1.1)	9 (0.7)	8 (1.4)	87 (4.9)
20 and over...	2163	144 (2.7)	14 (0.9)	5 (0.5)	13 (1.4)	109 (2.6)
Females:						
2 - 5.....	460	84 (3.2)	11 (1.3)	5 (0.7)	8 (1.3)	58 (2.8)
6 - 11.....	523	119 (3.8)	13 (1.1)	4 (0.9)	9 (1.7)	92 (3.0)
12 - 19.....	1063	118 (4.1)	15 (1.5)	3 (0.6)	7 (1.2)	91 (4.0)
2 - 19.....	2046	111 (2.9)	13 (0.8)	4 (0.4)	8 (1.0)	84 (1.9)
20 - 29.....	582	118 (3.4)	13 (1.2)	5 (1.0)	11 (1.2)	87 (2.2)
30 - 39.....	406	109 (3.8)	11 (1.6)	4 (0.9)	12 (1.6)	81 (4.0)
40 - 49.....	390	105 (6.5)	10 (1.3)	6 (1.3)	9 (1.3)	78 (5.2)
50 - 59.....	301	100 (6.5)	8 (1.4)	5 (1.0)	9 (1.8)	75 (6.0)
60 - 69.....	315	95 (3.0)	8 (2.0)	7 (1.6)	7 (1.6)	70 (3.7)
70 and over....	363	92 (4.7)	6 (0.7)	9 (1.4)	6 (1.0)	68 (3.5)
20 and over...	2357	104 (1.9)	10 (0.5)	6 (0.4)	9 (0.8)	77 (1.7)
Males and females:						
2 and over....	8549	124 (1.8)	13 (0.6)	5 (0.3)	10 (0.9)	93 (1.8)

* 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 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2005-2006.

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 2005-2006

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.....	442	89 (5.0)	45 (3.4)	28 (2.4)	17 (3.0)	39 (3.4)	36 (3.4)	3* (0.9)	5* (2.3)	15 (2.1)	13 (1.8)
6 - 11.....	489	122 (6.5)	64 (3.6)	40 (2.6)	23 (2.7)	51 (8.0)	45 (7.6)	6 (1.7)	7* (3.4)	21 (3.9)	18 (3.4)
12 - 19.....	1052	221 (8.2)	127 (4.3)	92 (2.9)	35 (2.7)	86 (5.8)	76 (6.5)	9 (2.4)	9 (0.8)	27 (2.5)	24 (2.2)
2 - 19.....	1983	162 (6.9)	90 (3.7)	62 (2.5)	27 (2.1)	65 (4.5)	58 (4.7)	7 (1.4)	8 (1.0)	23 (1.8)	20 (1.5)
20 - 29.....	388	259 (12.6)	150 (9.1)	109 (7.2)	41 (4.7)	88 (8.2)	81 (7.5)	7 (1.7)	21 (5.8)	28 (2.6)	24 (2.3)
30 - 39.....	371	292 (16.4)	164 (14.9)	104 (10.9)	55 (7.3)	102 (6.3)	85 (6.6)	17 (2.8)	26 (6.5)	37 (3.8)	32 (3.3)
40 - 49.....	382	258 (11.2)	150 (10.4)	95 (7.1)	47 (5.7)	78 (6.5)	73 (6.0)	5 (1.3)	30 (5.3)	40 (4.6)	35 (4.0)
50 - 59.....	303	223 (9.7)	124 (9.1)	72 (6.2)	49 (5.4)	75 (8.6)	65 (8.0)	10* (3.2)	24 (4.8)	41 (4.2)	36 (3.7)
60 - 69.....	320	205 (10.6)	110 (9.0)	64 (7.5)	43 (6.5)	63 (6.0)	55 (5.5)	8 (1.5)	32 (9.4)	32 (2.9)	28 (2.6)
70 and over....	399	165 (5.6)	98 (6.9)	62 (5.0)	34 (5.5)	47 (4.6)	41 (4.1)	6 (1.7)	20 (3.5)	39 (3.0)	34 (2.6)
20 and over...	2163	243 (6.4)	138 (4.6)	88 (3.6)	46 (3.1)	79 (3.7)	70 (3.1)	9 (1.0)	26 (2.5)	36 (0.9)	32 (0.8)
Females:											
2 - 5.....	460	81 (3.9)	41 (3.7)	26 (3.5)	15 (1.9)	30 (2.5)	27 (2.1)	3 (0.8)	9 (2.7)	18 (2.1)	15 (1.8)
6 - 11.....	523	109 (6.6)	55 (4.6)	37 (3.7)	18 (1.8)	44 (3.4)	38 (2.9)	6 (1.8)	10* (3.4)	29 (5.2)	26 (4.6)
12 - 19.....	1063	125 (4.7)	64 (3.2)	47 (2.7)	17 (1.9)	55 (3.3)	48 (3.7)	7 (1.3)	6 (1.7)	14 (1.1)	13 (0.9)
2 - 19.....	2046	110 (3.1)	56 (2.7)	39 (2.1)	17 (1.1)	46 (2.4)	40 (2.6)	6 (0.8)	8 (1.6)	20 (2.2)	18 (1.9)
20 - 29.....	582	148 (6.8)	71 (2.9)	51 (2.9)	19 (2.5)	63 (8.1)	57 (8.5)	6 (1.1)	14* (4.8)	23 (1.8)	20 (1.5)
30 - 39.....	406	164 (6.1)	87 (7.4)	60 (6.1)	27 (5.2)	58 (4.6)	51 (4.6)	6 (1.5)	20 (5.8)	22 (2.6)	19 (2.3)
40 - 49.....	390	168 (8.5)	72 (8.9)	47 (6.2)	21 (3.1)	74 (12.4)	66 (12.5)	7 (1.5)	23 (4.6)	26 (2.9)	23 (2.5)
50 - 59.....	301	149 (8.8)	77 (4.9)	58 (5.7)	18 (2.6)	53 (4.6)	49 (4.5)	4 (1.2)	19 (4.5)	28 (4.5)	25 (3.9)
60 - 69.....	315	131 (9.6)	60 (6.1)	36 (4.3)	22 (2.5)	43 (6.2)	36 (5.1)	7 (2.0)	28 (8.1)	24 (2.8)	21 (2.4)
70 and over....	363	110 (6.2)	55 (4.6)	35 (3.3)	20 (2.1)	33 (3.3)	30 (3.2)	3 (0.5)	22 (2.5)	24 (2.1)	21 (1.8)
20 and over...	2357	148 (3.8)	71 (1.8)	49 (1.2)	21 (1.3)	56 (4.3)	50 (4.1)	6 (0.8)	21 (2.3)	25 (1.0)	22 (0.9)
Males and females:											
2 and over....	8549	179 (3.0)	96 (2.2)	63 (1.4)	30 (1.5)	64 (2.6)	57 (2.5)	7 (0.6)	19 (1.7)	28 (0.6)	24 (0.5)

* 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 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2005-2006.

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 2005-2006

Gender and Age (years)	Sample size	Total Nuts	Peanuts	Tree Nuts
----- Mean (SE) in grams -----				
Males:				
2 - 5.....	442	4 (0.5)	4 (0.5)	1* (0.2)
6 - 11.....	489	8* (2.6)	7* (2.6)	1 (0.2)
12 - 19.....	1052	7 (1.4)	5 (1.2)	1* (0.6)
2 - 19.....	1983	7 (0.7)	6 (0.9)	1 (0.3)
20 - 29.....	388	7 (1.1)	5 (1.3)	2* (1.0)
30 - 39.....	371	10 (2.4)	7 (1.9)	3* (1.2)
40 - 49.....	382	13 (1.4)	8 (1.4)	4* (1.3)
50 - 59.....	303	18 (3.5)	13 (3.1)	4* (1.6)
60 - 69.....	320	12 (2.0)	8 (1.8)	4 (0.6)
70 and over....	399	12 (1.3)	9 (1.4)	2 (0.4)
20 and over...	2163	12 (1.0)	8 (0.8)	3 (0.5)
Females:				
2 - 5.....	460	4 (0.9)	4 (0.9)	#
6 - 11.....	523	4 (1.0)	4 (1.0)	#
12 - 19.....	1063	4 (0.9)	4 (0.8)	1 (0.2)
2 - 19.....	2046	4 (0.7)	4 (0.7)	1 (0.1)
20 - 29.....	582	5 (1.1)	3 (0.5)	2* (0.9)
30 - 39.....	406	7 (1.8)	4 (1.1)	3 (0.8)
40 - 49.....	390	8 (1.3)	6 (1.3)	3* (0.8)
50 - 59.....	301	7 (1.2)	3 (0.5)	4 (0.9)
60 - 69.....	315	10 (1.9)	6 (1.5)	4* (1.4)
70 and over....	363	6 (0.8)	4 (0.7)	2 (0.4)
20 and over...	2357	7 (0.5)	4 (0.4)	3 (0.3)
Males and females:				
2 and over....	8549	8 (0.4)	6 (0.3)	3 (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 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2005-2006.

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 2005-2006

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.....	442	202 (12.9)	7* (2.0)	6* (2.0)	6* (1.8)	1 (0.3)	3* (1.1)	8 (2.1)	3 (0.4)	3 (0.5)	
6 - 11.....	489	248 (16.0)	12 (3.1)	7* (2.6)	11* (3.7)	2 (0.4)	5 (1.0)	8* (3.1)	9 (2.2)	7 (1.3)	
12 - 19.....	1052	355 (13.5)	11 (2.1)	8 (1.9)	7 (1.8)	2 (0.7)	4 (1.0)	9 (2.4)	12 (1.1)	11 (0.9)	
2 - 19.....	1983	289 (7.0)	10 (1.6)	7 (1.3)	8 (1.3)	2 (0.4)	4 (0.5)	9 (1.6)	9 (0.6)	8 (0.5)	
20 - 29.....	388	434 (22.5)	12 (2.3)	7 (1.9)	7* (2.8)	5* (1.5)	5 (1.0)	8* (3.8)	27 (4.3)	20 (3.6)	
30 - 39.....	371	445 (17.9)	12 (1.2)	6 (1.6)	7 (1.0)	9* (2.7)	6 (1.3)	9 (1.9)	18 (2.7)	15 (2.7)	
40 - 49.....	382	453 (19.7)	22 (4.9)	14* (4.3)	9 (2.3)	7 (1.7)	7 (1.2)	6 (1.3)	26 (2.7)	22 (2.0)	
50 - 59.....	303	390 (25.6)	25 (4.7)	13* (4.0)	6 (1.7)	6 (1.6)	8 (1.9)	8 (2.2)	21 (4.0)	15 (3.3)	
60 - 69.....	320	388 (21.9)	24 (4.5)	16 (3.4)	14 (3.7)	6 (0.8)	12 (2.8)	10 (2.2)	21 (6.0)	15 (3.2)	
70 and over....	399	366 (19.1)	23 (3.7)	9* (2.8)	13 (1.1)	5 (0.7)	5 (0.8)	20 (4.0)	24 (3.1)	19 (2.2)	
20 and over...	2163	419 (10.6)	19 (2.1)	11 (1.9)	9 (0.8)	6 (0.6)	7 (0.6)	9 (1.4)	23 (1.9)	18 (1.3)	
Females:											
2 - 5.....	460	205 (9.3)	10* (3.1)	9* (2.9)	5 (1.0)	2* (0.7)	3 (0.7)	6 (0.8)	8* (2.7)	7* (2.4)	
6 - 11.....	523	226 (15.5)	10 (2.4)	8 (2.3)	4 (0.8)	1 (0.3)	5 (0.5)	5* (1.6)	9 (1.0)	8 (0.9)	
12 - 19.....	1063	276 (16.5)	13 (2.8)	10 (2.6)	5 (1.1)	2 (0.7)	3 (0.5)	4* (1.3)	15 (1.6)	12 (1.4)	
2 - 19.....	2046	244 (11.1)	11 (1.6)	9 (1.5)	5 (0.7)	2 (0.4)	4 (0.3)	5 (1.0)	11 (0.9)	9 (0.9)	
20 - 29.....	582	288 (12.1)	11 (2.1)	8 (1.8)	7 (1.6)	5 (0.9)	8* (2.8)	5 (1.5)	20 (2.1)	17 (1.9)	
30 - 39.....	406	376 (21.1)	41 (11.4)	27* (10.6)	8 (1.5)	5 (1.1)	9* (2.7)	13* (4.4)	35 (4.8)	26 (4.3)	
40 - 49.....	390	317 (19.7)	23 (4.4)	14 (3.6)	13 (2.2)	5 (1.1)	10 (1.9)	6 (1.4)	29 (5.2)	19 (2.5)	
50 - 59.....	301	360 (20.8)	19 (4.8)	10* (4.1)	12 (1.9)	6 (1.1)	5 (1.4)	15 (4.1)	35 (5.5)	27 (4.2)	
60 - 69.....	315	342 (21.4)	26 (4.0)	15 (1.6)	10 (2.4)	6 (1.7)	6 (1.6)	14* (6.4)	28 (5.1)	21 (3.9)	
70 and over....	363	287 (17.3)	20 (3.9)	11 (3.1)	10 (1.4)	6 (0.8)	6 (1.4)	15 (1.7)	21 (3.0)	14 (1.6)	
20 and over...	2357	329 (9.9)	23 (2.6)	14 (2.4)	10 (0.8)	5 (0.5)	8 (1.1)	11 (1.4)	28 (2.4)	21 (1.7)	
Males and females:											
2 and over....	8549	345 (7.1)	18 (1.5)	11 (1.4)	9 (0.6)	5 (0.3)	6 (0.6)	9 (0.8)	22 (1.3)	17 (1.0)	

* 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 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2005-2006.

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 2005-2006 (*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.....	442	4 (0.5)	1 (0.3)	65 (3.4)	14* (4.5)	78 (10.6)	77 (10.7)	7 (1.9)	2 (0.4)
6 - 11.....	489	8 (0.7)	2 (0.5)	95 (8.2)	18 (4.9)	64 (9.2)	63 (9.1)	5* (2.7)	3 (0.7)
12 - 19.....	1052	13 (1.1)	5 (0.7)	133 (11.6)	15 (3.7)	127 (11.5)	126 (11.3)	3 (0.9)	4 (0.6)
2 - 19.....	1983	9 (0.6)	3 (0.3)	106 (6.2)	16 (2.5)	96 (7.0)	96 (7.0)	4 (0.9)	3 (0.4)
20 - 29.....	388	22 (1.6)	14 (1.6)	159 (13.8)	18* (6.4)	122 (10.3)	122 (10.3)	5* (1.6)	8 (1.4)
30 - 39.....	371	24 (2.1)	16 (2.3)	160 (12.0)	23* (8.1)	128 (10.1)	117 (11.0)	4 (0.8)	12 (2.3)
40 - 49.....	382	21 (2.4)	10 (1.4)	144 (17.1)	34 (6.7)	133 (13.0)	132 (12.9)	7* (2.3)	10 (1.6)
50 - 59.....	303	16 (2.0)	8 (1.8)	97 (12.2)	27* (9.4)	133 (17.2)	132 (17.2)	9* (3.0)	7 (1.2)
60 - 69.....	320	16 (1.3)	9 (1.8)	112 (15.8)	44* (14.4)	91 (9.8)	88 (10.1)	6 (1.4)	11 (1.6)
70 and over....	399	15 (1.5)	7 (2.1)	85 (8.9)	28 (4.2)	106 (9.6)	101 (9.7)	12 (1.3)	5 (1.2)
20 and over...	2163	20 (1.0)	11 (1.0)	132 (6.5)	28 (5.7)	122 (7.6)	118 (7.9)	7 (0.9)	9 (0.6)
Females:									
2 - 5.....	460	4 (0.5)	1 (0.2)	65 (8.1)	24 (4.6)	64 (6.3)	62 (6.6)	5 (0.6)	4 (1.1)
6 - 11.....	523	6 (0.6)	3 (0.5)	81 (11.0)	20 (4.4)	74 (6.0)	73 (6.0)	4* (1.2)	2 (0.5)
12 - 19.....	1063	10 (1.4)	6 (1.3)	95 (11.5)	12 (2.4)	97 (13.9)	95 (14.3)	3 (0.7)	5* (1.6)
2 - 19.....	2046	7 (0.8)	4 (0.6)	84 (8.0)	17 (1.9)	82 (7.8)	81 (8.1)	4 (0.5)	4 (0.7)
20 - 29.....	582	12 (1.5)	5 (0.7)	88 (7.9)	17 (3.6)	86 (8.3)	85 (8.1)	6* (2.0)	5 (0.9)
30 - 39.....	406	16 (2.2)	8 (1.9)	91 (10.8)	11* (6.1)	100 (13.5)	95 (14.0)	6* (1.7)	5 (1.1)
40 - 49.....	390	10 (0.8)	6 (1.0)	97 (17.8)	19 (3.2)	69 (6.1)	65 (6.3)	7* (2.3)	6 (0.9)
50 - 59.....	301	15 (1.6)	7 (1.2)	113 (9.6)	23 (6.0)	70 (11.4)	65 (10.1)	8 (1.7)	8 (1.8)
60 - 69.....	315	13 (1.5)	9 (2.6)	103 (13.0)	27 (6.9)	73 (11.1)	69 (11.2)	9 (2.2)	5 (1.4)
70 and over....	363	12 (1.4)	4 (1.0)	71 (8.7)	23 (5.0)	73 (5.4)	67 (4.6)	9 (1.1)	3 (0.7)
20 and over...	2357	13 (0.7)	6 (0.7)	94 (5.4)	19 (3.3)	79 (4.0)	75 (4.4)	7 (0.7)	5 (0.7)
Males and females:									
2 and over....	8549	14 (0.5)	7 (0.4)	108 (3.4)	22 (3.3)	97 (3.9)	94 (4.1)	6 (0.6)	6 (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 What We Eat in America, NHANES 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2005-2006.

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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>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												
Bison	Moose												
Caribou	Rabbit												
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Frog legs	Squirrel												
Goat													
Beef	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Beef meat, boneless</td> <td>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)												
Bacon (beef)	Pastrami												
Beef sausage & hot dogs	Veal												
Corned beef	Organ meats												
Pork	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Pork meat, boneless</td> <td>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>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>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												
Chicken meat, boneless	Organ meats																
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Turkey	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Turkey meat</td> <td>Organ meats</td> </tr> <tr> <td>Luncheon meat (turkey)</td> <td></td> </tr> </table>	Turkey meat	Organ meats	Luncheon meat (turkey)													
Turkey meat	Organ meats																
Luncheon meat (turkey)																	
Finfish and Shellfish	All types of finfish and shellfish including: <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Abalone</td> <td>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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Crayfish	Oysters																
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Finfish, freshwater and saltwater (includes tuna and salmon)	Snails																
	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
	Maple syrup
	Corn syrup (including high fructose)
	Molasses
	Sorghum syrup
	Cane syrup
	Grenadine 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