

Retail Commodity Intakes: Mean Amounts of Retail Commodities per Individual, 2007-08

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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 8529 individuals, ages 2 years and over, in the What We Eat in America, National Health and Nutrition Examination Survey (WWEIA, NHANES), 2007-08 [1] and the Food Intakes Converted to Retail Commodities Database (FICRCD), 2007-08 [2]. These estimates are included for 23 age-gender groups. See reference 1 for a description of the WWEIA, NHANES 2007-08 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 2007-08 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 (288g).
- Salad and Cooking Oils contributed 65% to the Total Fats and Oils Commodity (31g).
- Oranges contributed 33%, Apples 21%, Bananas 9%, and Melons about 8%, to the Total Fruit Commodity (305g).
- Wheat flour was the major component of the Grains Commodity, contributing 74% to the Total Grains Commodity (117g).
- Beef contributed 35% and Chicken 33% to the Total Meat, Poultry, and Fish Commodity (170g).
- Tomatoes contributed 31%, Potatoes 28%, Sweet Corn 6%, and Total Leafy Vegetables about 6% to the Total Vegetables Commodity (341g).

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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 2007-2008

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.....	455	453 (24.5)	412 (23.6)	179 (21.3)	156 (17.0)	53 (15.3)	24 (5.6)	2 (0.2)	22 (2.1)	14 (2.3)	3 (0.4)
6 - 11.....	550	380 (18.4)	326 (16.7)	105 (10.3)	145 (9.9)	39* (13.2)	37 (4.6)	2 (0.3)	37 (6.7)	6 (1.5)	9 (1.0)
12 - 19.....	607	410 (31.2)	351 (30.4)	125 (23.3)	129 (19.6)	44 (8.9)	53 (12.1)	2 (0.4)	44 (3.3)	4* (1.5)	7 (1.7)
2 - 19.....	1612	411 (16.1)	358 (15.1)	132 (12.9)	140 (12.7)	44 (10.0)	41 (5.0)	2 (0.2)	37 (2.2)	7 (1.2)	7 (0.9)
20 - 29.....	409	295 (29.1)	218 (27.3)	80 (12.5)	83 (22.1)	14 (3.1)	41 (9.8)	2 (0.5)	49 (3.7)	14* (5.3)	12 (2.0)
30 - 39.....	451	270 (19.0)	206 (20.7)	46 (5.6)	76 (16.7)	18 (3.1)	66 (16.1)	3 (0.4)	40 (3.2)	8 (2.4)	13 (2.0)
40 - 49.....	412	317 (30.4)	249 (29.0)	115 (28.8)	73 (11.7)	23* (7.4)	38 (8.0)	4 (0.6)	44 (3.9)	7* (2.4)	14 (2.5)
50 - 59.....	431	273 (26.5)	213 (25.0)	57 (5.5)	49 (8.5)	30 (5.8)	76 (18.4)	4 (0.4)	34 (2.6)	10* (3.1)	13 (1.8)
60 - 69.....	459	252 (12.2)	201 (14.6)	54 (7.9)	72 (8.8)	32 (8.8)	43 (4.9)	3 (0.5)	27 (1.8)	9* (2.9)	12 (2.0)
70 and over....	500	296 (14.5)	254 (13.5)	63 (6.9)	93 (10.7)	31 (7.2)	67 (9.3)	3 (0.5)	20 (2.2)	7 (1.6)	13 (1.2)
20 and over...	2662	286 (13.8)	223 (13.7)	72 (6.7)	73 (7.7)	24 (2.6)	54 (7.6)	3 (0.2)	38 (1.5)	9 (1.1)	13 (0.9)
Females:											
2 - 5.....	377	427 (19.5)	384 (18.5)	139 (12.6)	167 (15.2)	41* (14.9)	37* (12.0)	2 (0.2)	25 (2.8)	12 (2.6)	4 (0.9)
6 - 11.....	571	334 (18.8)	287 (19.8)	80 (7.0)	134 (16.3)	39 (10.1)	34 (8.9)	2 (0.3)	27 (2.5)	8 (1.2)	11 (1.7)
12 - 19.....	549	265 (16.2)	215 (15.3)	62 (9.1)	82 (13.4)	25 (5.9)	46 (10.0)	2 (0.3)	36 (3.6)	4 (1.1)	8 (1.2)
2 - 19.....	1497	322 (11.2)	274 (11.3)	84 (4.4)	117 (11.2)	33 (6.7)	40 (6.2)	2 (0.2)	31 (1.8)	7 (0.7)	8 (0.9)
20 - 29.....	409	237 (19.2)	179 (19.9)	53 (4.6)	56 (12.0)	33* (12.3)	37 (6.5)	2 (0.4)	36 (3.0)	10 (2.4)	9 (1.2)
30 - 39.....	482	226 (17.8)	165 (16.2)	60 (8.7)	56 (8.2)	14 (3.3)	35 (6.8)	2 (0.2)	31 (3.1)	15 (3.6)	13 (1.6)
40 - 49.....	466	227 (15.7)	166 (12.5)	54 (5.9)	61 (7.2)	17* (5.6)	34 (5.7)	2 (0.3)	33 (3.1)	14 (2.9)	12 (3.1)
50 - 59.....	413	259 (19.4)	197 (16.7)	57 (11.5)	51 (10.6)	28 (6.5)	61 (11.9)	3 (0.5)	26 (3.1)	21 (5.2)	13 (1.7)
60 - 69.....	465	245 (17.2)	189 (13.9)	40 (4.1)	67 (9.5)	23 (3.7)	59 (7.7)	3 (0.3)	28 (3.0)	15 (4.2)	11 (1.8)
70 and over....	523	235 (10.0)	186 (11.2)	47 (3.9)	53 (6.9)	28 (3.6)	57 (7.5)	2 (0.3)	22 (1.5)	15 (3.2)	10 (0.8)
20 and over...	2758	238 (9.9)	180 (8.1)	53 (2.4)	57 (5.5)	24 (3.8)	46 (4.2)	2 (0.2)	30 (1.5)	15 (1.7)	11 (0.7)
Males and females:											
2 and over....	8529	288 (9.5)	230 (8.3)	73 (2.6)	81 (4.7)	28 (3.5)	48 (3.8)	2 (0.1)	34 (1.2)	11 (0.9)	11 (0.4)

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

DATA SOURCES: ¹ What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2007-2008.

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 2007-2008

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.....	455	20 (0.8)	3 (0.2)	13 (0.9)	3 (0.3)	#	65 (2.3)
6 - 11.....	550	27 (0.8)	4 (0.7)	18 (0.8)	4 (0.4)	#	112 (5.3)
12 - 19.....	607	34 (1.3)	3 (0.5)	25 (1.4)	5 (0.5)	#	131 (5.8)
2 - 19.....	1612	29 (0.7)	4 (0.3)	20 (0.7)	4 (0.3)	#	110 (3.3)
20 - 29.....	409	37 (1.1)	4 (0.6)	27 (0.8)	5 (0.7)	#	143 (8.8)
30 - 39.....	451	38 (1.7)	5 (0.5)	26 (1.4)	5 (0.6)	1 (0.2)	116 (6.0)
40 - 49.....	412	39 (1.5)	6 (0.5)	25 (1.3)	5 (0.6)	1 (0.1)	129 (8.6)
50 - 59.....	431	39 (1.9)	7 (0.5)	25 (1.6)	6 (0.7)	1 (0.2)	100 (6.3)
60 - 69.....	459	33 (1.8)	6 (0.6)	20 (1.4)	5 (0.5)	1 (0.1)	78 (4.2)
70 and over....	500	29 (1.1)	7 (0.6)	16 (1.1)	4 (0.2)	#	64 (3.4)
20 and over...	2662	37 (0.7)	6 (0.2)	24 (0.6)	5 (0.3)	1 (0.1)	111 (5.3)
Females:							
2 - 5.....	377	20 (1.0)	2 (0.3)	14 (0.8)	3 (0.2)	#	60 (2.2)
6 - 11.....	571	28 (0.6)	4 (0.6)	20 (0.9)	3 (0.4)	1 (0.1)	96 (2.6)
12 - 19.....	549	30 (1.7)	4 (0.5)	20 (1.1)	5 (0.7)	#	97 (2.8)
2 - 19.....	1497	27 (1.0)	3 (0.3)	19 (0.7)	4 (0.4)	#	89 (1.5)
20 - 29.....	409	28 (2.3)	4 (0.5)	19 (1.8)	4 (0.4)	1* (0.2)	90 (7.7)
30 - 39.....	482	28 (1.2)	5 (0.5)	18 (1.0)	4 (0.4)	1 (0.2)	92 (4.1)
40 - 49.....	466	29 (1.2)	5 (0.5)	18 (1.2)	4 (0.4)	1* (0.2)	90 (7.3)
50 - 59.....	413	30 (1.4)	5 (0.7)	19 (1.0)	4 (0.7)	1 (0.1)	74 (4.0)
60 - 69.....	465	27 (1.6)	6 (0.5)	15 (1.8)	4 (0.4)	1 (0.1)	60 (2.0)
70 and over....	523	25 (0.8)	6 (0.4)	13 (0.6)	4 (0.2)	1 (0.1)	55 (2.7)
20 and over...	2758	28 (0.5)	5 (0.3)	18 (0.5)	4 (0.2)	1 (0.1)	79 (3.5)
Males and females:							
2 and over....	8529	31 (0.5)	5 (0.2)	20 (0.3)	4 (0.2)	1 (#)	95 (3.3)

* 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 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2007-2008.

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 2007-2008

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.....	455	493 (27.1)	173 (17.3)	45 (6.9)	128 (15.5)	34 (6.6)	14 (4.2)	44 (5.2)	20* (6.7)	
6 - 11.....	550	363 (19.8)	107 (10.2)	43 (4.8)	64 (8.0)	22 (4.5)	12* (3.7)	30 (6.6)	22* (10.7)	
12 - 19.....	607	313 (27.8)	77 (13.6)	35 (6.9)	42 (8.7)	22 (4.7)	12 (3.2)	14 (2.8)	16* (7.6)	
2 - 19.....	1612	371 (19.1)	109 (6.5)	39 (3.6)	69 (4.6)	25 (3.4)	12 (2.2)	26 (2.8)	19* (6.0)	
20 - 29.....	409	319 (21.3)	74 (12.4)	34 (7.7)	40 (10.8)	27 (6.2)	11 (2.4)	14 (3.1)	23* (14.9)	
30 - 39.....	451	373 (41.2)	67 (12.6)	34 (6.2)	33* (10.7)	24 (5.8)	13 (1.7)	25 (5.1)	35* (17.9)	
40 - 49.....	412	249 (28.2)	49 (5.2)	29 (3.5)	20 (4.9)	22 (3.7)	13* (5.1)	40* (13.8)	15* (5.7)	
50 - 59.....	431	313 (43.4)	47 (8.7)	32 (7.7)	15 (3.7)	28 (4.9)	12 (1.5)	25 (7.3)	29* (16.9)	
60 - 69.....	459	310 (24.4)	43 (7.0)	34 (5.2)	10* (3.3)	41 (6.5)	11 (2.8)	27 (7.5)	34 (8.9)	
70 and over....	500	350 (21.4)	49 (10.5)	30 (7.8)	19 (5.0)	45 (4.3)	13 (2.5)	21 (3.5)	50* (16.3)	
20 and over...	2662	315 (15.7)	56 (6.1)	32 (3.3)	24 (4.2)	29 (2.7)	12 (1.7)	26 (3.0)	29 (7.1)	
Females:										
2 - 5.....	377	441 (32.4)	146 (15.2)	49 (8.1)	96 (9.6)	34 (6.1)	9 (1.7)	29 (5.1)	38* (22.0)	
6 - 11.....	571	327 (21.7)	98 (7.1)	40 (6.0)	58 (6.3)	17 (4.8)	13 (2.4)	32 (6.7)	25* (11.1)	
12 - 19.....	549	265 (28.9)	58 (8.7)	31 (6.3)	28 (3.8)	18 (3.4)	16 (4.3)	16 (2.6)	22* (7.5)	
2 - 19.....	1497	323 (21.9)	90 (7.1)	38 (4.9)	52 (3.6)	21 (3.5)	13 (2.5)	24 (3.5)	27* (9.0)	
20 - 29.....	409	255 (34.7)	49 (7.4)	27 (4.5)	22* (6.7)	27 (7.6)	9 (1.9)	15 (2.7)	8* (2.5)	
30 - 39.....	482	250 (26.8)	41 (7.4)	23 (4.3)	19 (5.6)	20 (3.3)	15 (2.4)	20 (3.3)	24* (7.4)	
40 - 49.....	466	216 (23.0)	36 (6.8)	24 (5.9)	12 (3.1)	31 (4.9)	12 (2.4)	19 (3.7)	15* (5.6)	
50 - 59.....	413	304 (32.0)	46 (10.7)	35 (7.8)	11* (4.5)	29 (5.3)	14 (3.3)	24 (4.8)	18 (4.9)	
60 - 69.....	465	283 (11.6)	46 (7.1)	37 (6.9)	9 (2.1)	41 (4.5)	17 (2.2)	21 (2.7)	34 (7.7)	
70 and over....	523	323 (14.7)	58 (7.0)	37 (4.9)	21 (5.3)	44 (5.0)	19 (3.2)	21 (3.8)	22 (5.4)	
20 and over...	2758	268 (16.1)	45 (4.1)	30 (3.2)	16 (1.6)	31 (2.4)	14 (1.4)	20 (2.0)	19 (2.6)	
Males and females:										
2 and over....	8529	305 (13.8)	63 (3.9)	33 (2.5)	30 (2.1)	28 (1.8)	13 (1.5)	23 (1.8)	23 (4.9)	

* 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 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2007-2008.

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 2007-2008 (*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.....	455	124 (16.6)	10 (1.9)	114 (16.4)	4 (1.2)	11* (3.5)	40 (5.9)
6 - 11.....	550	126 (9.7)	11 (1.9)	114 (10.0)	5 (1.0)	5* (1.5)	23 (5.8)
12 - 19.....	607	132 (20.5)	7* (2.4)	126 (21.9)	9 (2.5)	2* (0.8)	21 (6.1)
2 - 19.....	1612	128 (12.0)	9 (1.2)	119 (12.5)	7 (1.2)	5 (0.6)	26 (3.1)
20 - 29.....	409	127 (25.2)	4* (1.8)	123 (25.0)	7 (1.5)	10* (5.0)	17 (3.6)
30 - 39.....	451	156 (29.4)	12* (5.3)	144 (27.4)	22* (8.5)	6* (1.9)	12 (3.0)
40 - 49.....	412	55 (11.6)	11* (4.2)	45 (11.1)	19 (5.4)	12* (5.3)	14* (4.9)
50 - 59.....	431	107 (22.6)	10* (3.0)	97 (24.1)	34* (13.2)	17 (4.0)	4* (1.2)
60 - 69.....	459	102 (20.5)	9 (1.9)	92 (20.9)	16* (6.2)	16 (3.1)	8 (1.9)
70 and over....	500	105 (9.1)	11 (3.1)	94 (9.8)	20 (3.5)	22 (4.7)	8 (2.1)
20 and over...	2662	109 (9.1)	9 (2.0)	99 (8.7)	19 (2.5)	13 (2.1)	11 (1.3)
Females:							
2 - 5.....	377	137 (28.9)	12 (2.7)	124 (28.8)	3 (0.6)	7 (1.7)	23 (3.0)
6 - 11.....	571	97 (10.4)	4 (1.1)	93 (10.5)	8* (3.9)	8 (2.2)	17 (2.8)
12 - 19.....	549	88 (13.7)	6 (1.5)	82 (13.8)	5 (1.3)	11* (5.0)	20 (2.8)
2 - 19.....	1497	101 (8.6)	7 (1.2)	94 (8.4)	5 (1.2)	9 (2.8)	20 (1.8)
20 - 29.....	409	103 (17.4)	3* (1.1)	99 (17.2)	15 (4.4)	4* (1.3)	17* (7.7)
30 - 39.....	482	83 (14.0)	7* (2.4)	76 (14.4)	16 (4.3)	7* (2.7)	14 (3.2)
40 - 49.....	466	62 (10.2)	5* (2.1)	56 (9.8)	15* (6.5)	13* (4.3)	12 (3.3)
50 - 59.....	413	109 (27.2)	12* (4.8)	96 (26.1)	32 (7.8)	14* (4.7)	12 (3.5)
60 - 69.....	465	70 (9.2)	7* (2.3)	63 (8.1)	13 (3.7)	20* (6.6)	10 (2.1)
70 and over....	523	94 (10.5)	12 (1.8)	82 (9.7)	21 (4.5)	24 (4.0)	7 (1.5)
20 and over...	2758	87 (7.8)	7 (1.5)	80 (7.3)	19 (2.6)	13 (2.4)	13 (2.4)
Males and females:							
2 and over....	8529	102 (5.6)	8 (1.3)	94 (5.4)	16 (1.1)	11 (1.8)	15 (1.8)

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

DATA SOURCES: ¹ What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2007-2008.

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 2007-2008

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.....	455	86 (2.3)	10 (0.8)	6 (0.9)	8 (1.4)	61 (2.4)
6 - 11.....	550	122 (3.5)	15 (1.0)	4 (0.7)	9 (1.4)	92 (3.3)
12 - 19.....	607	146 (5.1)	16 (2.0)	4 (0.5)	13 (1.8)	110 (4.8)
2 - 19.....	1612	124 (2.5)	14 (1.0)	5 (0.4)	11 (1.4)	93 (2.4)
20 - 29.....	409	156 (5.6)	18 (1.5)	4 (0.9)	21 (3.8)	113 (6.0)
30 - 39.....	451	144 (4.6)	21 (3.3)	6 (0.9)	16 (2.6)	100 (5.5)
40 - 49.....	412	142 (6.2)	15 (1.4)	4 (1.1)	19 (2.7)	103 (4.9)
50 - 59.....	431	131 (5.5)	13 (1.8)	5 (1.0)	13 (2.7)	96 (5.0)
60 - 69.....	459	119 (4.4)	10 (1.2)	6 (1.0)	12 (1.8)	87 (3.9)
70 and over....	500	106 (4.2)	9 (0.6)	9 (1.0)	6 (1.0)	79 (3.3)
20 and over...	2662	137 (2.8)	15 (1.0)	5 (0.5)	16 (1.7)	99 (2.7)
Females:						
2 - 5.....	377	83 (3.7)	9 (1.2)	4 (0.7)	8 (1.2)	61 (2.9)
6 - 11.....	571	110 (2.8)	13 (1.3)	4 (0.7)	8 (1.8)	83 (3.6)
12 - 19.....	549	121 (9.1)	14 (1.6)	4 (0.7)	9 (1.4)	91 (8.7)
2 - 19.....	1497	109 (4.7)	13 (0.9)	4 (0.4)	9 (1.1)	82 (4.3)
20 - 29.....	409	107 (5.9)	14 (2.2)	3 (0.6)	13 (1.5)	75 (4.7)
30 - 39.....	482	105 (5.1)	12 (1.3)	4 (1.2)	12 (1.8)	76 (5.1)
40 - 49.....	466	107 (6.5)	11 (0.7)	4 (1.1)	10 (1.5)	80 (4.6)
50 - 59.....	413	96 (3.3)	9 (1.1)	5 (0.9)	10 (2.6)	68 (3.5)
60 - 69.....	465	89 (3.8)	8 (1.3)	7 (0.7)	8 (1.2)	64 (2.5)
70 and over....	523	91 (3.4)	7 (0.7)	8 (0.6)	6 (1.1)	67 (2.7)
20 and over...	2758	101 (2.2)	11 (0.6)	5 (0.5)	10 (1.0)	73 (1.5)
Males and females:						
2 and over....	8529	117 (1.9)	13 (0.6)	5 (0.3)	12 (1.2)	86 (1.6)

† 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 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2007-2008.

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 2007-2008

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.....	455	90 (3.7)	45 (2.1)	31 (2.3)	14 (1.6)	42 (3.9)	37 (3.2)	5 (1.1)	3* (1.0)	21 (2.4)	18 (2.1)
6 - 11.....	550	135 (8.9)	79 (6.1)	56 (5.0)	22 (2.8)	52 (5.6)	48 (5.2)	4 (1.0)	5 (1.0)	21 (2.2)	18 (1.9)
12 - 19.....	607	191 (8.8)	110 (5.3)	75 (6.2)	34 (5.1)	70 (7.8)	61 (6.7)	8* (3.4)	11 (2.9)	29 (4.1)	25 (3.6)
2 - 19.....	1612	150 (5.6)	85 (3.1)	59 (3.7)	25 (2.3)	58 (4.5)	52 (4.3)	6 (1.6)	7 (1.4)	25 (1.8)	21 (1.6)
20 - 29.....	409	247 (12.3)	133 (11.8)	90 (7.3)	38 (5.8)	91 (8.5)	83 (8.3)	9 (2.3)	22 (4.9)	32 (3.9)	28 (3.5)
30 - 39.....	451	244 (13.4)	141 (7.9)	94 (8.1)	42 (5.6)	79 (9.3)	67 (8.3)	12 (3.0)	24 (3.3)	42 (3.8)	37 (3.3)
40 - 49.....	412	251 (9.1)	140 (10.7)	84 (6.8)	53 (7.2)	89 (7.8)	81 (7.9)	8 (1.5)	22 (4.3)	47 (4.8)	41 (4.2)
50 - 59.....	431	253 (13.7)	130 (10.8)	76 (7.0)	52 (4.5)	87 (13.2)	78 (13.3)	9 (2.0)	36 (6.8)	39 (3.1)	34 (2.8)
60 - 69.....	459	195 (9.5)	114 (8.0)	74 (6.0)	37 (4.4)	61 (6.9)	50 (5.3)	10 (2.8)	20 (3.0)	39 (4.3)	34 (3.8)
70 and over....	500	152 (8.1)	89 (6.6)	53 (6.3)	35 (2.9)	41 (4.2)	32 (3.8)	9 (1.2)	21 (3.1)	38 (2.8)	33 (2.5)
20 and over...	2662	232 (5.2)	129 (5.0)	81 (4.0)	44 (2.6)	79 (4.8)	69 (4.5)	9 (0.8)	25 (1.7)	40 (1.5)	35 (1.3)
Females:											
2 - 5.....	377	82 (3.9)	41 (3.3)	27 (2.4)	14 (2.6)	36 (3.1)	32 (3.0)	5 (1.0)	5* (1.6)	19 (2.5)	17 (2.2)
6 - 11.....	571	121 (8.6)	67 (10.7)	51 (9.2)	16 (2.3)	46 (4.3)	40 (4.5)	5* (1.8)	8 (1.5)	17 (2.0)	15 (1.7)
12 - 19.....	549	129 (5.8)	53 (3.7)	38 (3.6)	14 (1.2)	71 (5.1)	64 (4.6)	7* (2.5)	5 (1.5)	20 (3.1)	17 (2.7)
2 - 19.....	1497	117 (4.6)	55 (4.5)	40 (4.1)	15 (0.9)	55 (3.4)	49 (3.4)	6 (1.4)	6 (0.6)	19 (1.7)	16 (1.5)
20 - 29.....	409	143 (8.1)	66 (6.0)	47 (3.7)	18 (3.2)	66 (4.5)	52 (3.6)	14 (2.5)	10 (2.7)	21 (2.7)	18 (2.4)
30 - 39.....	482	147 (10.9)	73 (6.6)	52 (6.9)	21 (2.0)	58 (4.2)	52 (4.2)	6 (1.6)	16 (2.6)	27 (3.6)	23 (3.1)
40 - 49.....	466	150 (8.0)	76 (5.0)	52 (4.8)	21 (2.2)	60 (5.9)	50 (4.3)	10 (2.6)	14 (2.1)	28 (2.3)	25 (2.1)
50 - 59.....	413	144 (8.2)	61 (4.3)	35 (3.4)	25 (4.1)	64 (5.2)	53 (5.3)	10 (2.5)	20 (4.4)	22 (2.4)	20 (2.1)
60 - 69.....	465	121 (5.8)	62 (4.4)	40 (3.9)	22 (3.1)	45 (4.4)	39 (3.8)	6 (1.4)	14 (2.7)	28 (3.3)	24 (2.9)
70 and over....	523	111 (3.9)	58 (4.2)	37 (3.5)	20 (2.2)	39 (3.6)	33 (3.2)	5 (1.4)	15 (2.1)	21 (1.4)	19 (1.2)
20 and over...	2758	138 (3.6)	67 (2.0)	45 (1.4)	21 (1.4)	57 (3.0)	48 (2.4)	9 (1.1)	15 (1.4)	24 (1.2)	21 (1.1)
Males and females:											
2 and over....	8529	170 (2.8)	89 (2.0)	59 (1.8)	29 (1.4)	65 (2.7)	56 (2.3)	8 (0.8)	16 (0.9)	29 (1.0)	25 (0.9)

* 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 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2007-2008.

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 2007-2008

Gender and Age (years)	Sample size	Total Nuts	Peanuts	Tree Nuts
----- Mean (SE) in grams -----				
Males:				
2 - 5.....	455	3 (0.5)	3 (0.4)	1 (0.2)
6 - 11.....	550	6 (1.4)	5 (1.2)	1* (0.3)
12 - 19.....	607	6 (1.5)	5 (1.4)	1* (0.6)
2 - 19.....	1612	5 (0.9)	4 (0.7)	1* (0.3)
20 - 29.....	409	5 (1.2)	4* (1.2)	1* (0.3)
30 - 39.....	451	12 (1.8)	5 (0.8)	6 (1.5)
40 - 49.....	412	8 (1.6)	6 (1.4)	2 (0.5)
50 - 59.....	431	11 (1.6)	7 (1.0)	5 (1.1)
60 - 69.....	459	12 (2.2)	7 (1.4)	4* (1.4)
70 and over....	500	9 (1.2)	6 (1.0)	4 (0.6)
20 and over...	2662	9 (0.9)	6 (0.7)	3 (0.5)
Females:				
2 - 5.....	377	4 (0.7)	3 (0.4)	1* (0.5)
6 - 11.....	571	5 (1.4)	4* (1.4)	1 (0.1)
12 - 19.....	549	3 (0.5)	2 (0.4)	1* (0.5)
2 - 19.....	1497	4 (0.6)	3 (0.5)	1* (0.3)
20 - 29.....	409	5 (1.5)	4* (1.1)	2* (0.7)
30 - 39.....	482	6 (1.3)	5 (1.0)	2* (0.6)
40 - 49.....	466	8 (1.1)	5 (0.8)	2 (0.4)
50 - 59.....	413	9 (1.4)	4 (0.5)	5 (1.3)
60 - 69.....	465	9 (1.4)	4 (0.6)	5 (1.3)
70 and over....	523	7 (0.6)	4 (0.3)	3 (0.4)
20 and over...	2758	7 (0.7)	4 (0.4)	3 (0.5)
Males and females:				
2 and over....	8529	7 (0.5)	5 (0.3)	3 (0.3)

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

DATA SOURCES: ¹ What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2007-2008.

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 2007-2008

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.....	455	200 (11.2)	8 (2.1)	6* (2.0)	9 (2.1)	1 (0.3)	2* (0.9)	9* (3.4)	5* (2.2)	2 (0.3)	
6 - 11.....	550	261 (14.8)	8 (2.4)	7* (2.4)	8 (2.0)	2 (0.5)	2* (0.8)	5 (1.6)	6 (0.9)	5 (1.2)	
12 - 19.....	607	345 (28.5)	9 (2.3)	5* (1.7)	6 (1.1)	3 (0.7)	4 (0.9)	7* (2.7)	17 (2.9)	12 (2.0)	
2 - 19.....	1612	285 (14.7)	9 (1.6)	6 (1.3)	7 (1.0)	2 (0.4)	3 (0.4)	7 (1.7)	11 (1.5)	7 (1.0)	
20 - 29.....	409	411 (15.8)	10 (2.6)	6* (2.2)	6 (1.0)	4 (0.4)	5 (0.7)	6 (1.3)	23 (2.8)	19 (2.9)	
30 - 39.....	451	419 (26.4)	17 (3.0)	8 (1.8)	11 (2.3)	12* (6.5)	6 (0.6)	7 (1.5)	24 (3.3)	16 (2.2)	
40 - 49.....	412	440 (22.4)	17 (3.7)	10 (2.6)	8 (1.4)	5 (0.9)	4 (0.7)	7 (1.5)	22 (4.4)	16 (2.7)	
50 - 59.....	431	426 (21.1)	26 (3.2)	15 (2.2)	7 (1.2)	4 (0.5)	5 (0.9)	8 (2.2)	33 (5.8)	23 (4.0)	
60 - 69.....	459	377 (22.4)	25 (3.4)	10 (1.8)	10 (1.3)	5 (0.8)	7 (1.2)	11 (2.2)	24 (3.4)	19 (2.1)	
70 and over....	500	378 (17.6)	27 (4.1)	12 (2.8)	13 (1.7)	4 (0.8)	4 (0.6)	19 (4.3)	19 (1.7)	14 (1.4)	
20 and over...	2662	414 (11.6)	19 (1.7)	10 (0.9)	9 (0.9)	6 (1.2)	5 (0.3)	9 (0.6)	24 (2.5)	18 (1.5)	
Females:											
2 - 5.....	377	187 (8.7)	11 (3.0)	7 (1.4)	7 (0.8)	4* (1.9)	1 (0.3)	5 (1.2)	3 (0.9)	2 (0.7)	
6 - 11.....	571	234 (13.3)	4 (1.0)	4 (0.9)	6 (1.2)	2* (0.6)	2 (0.7)	4 (0.8)	6 (1.5)	5 (1.4)	
12 - 19.....	549	261 (14.0)	13* (4.6)	11* (4.3)	5 (1.1)	2 (0.4)	3 (0.6)	6* (2.0)	13 (1.9)	10 (1.5)	
2 - 19.....	1497	236 (8.8)	10 (2.3)	8 (2.1)	6 (0.8)	2 (0.4)	2 (0.5)	5 (0.8)	9 (1.0)	7 (0.9)	
20 - 29.....	409	320 (11.4)	16 (2.8)	11 (3.1)	6 (1.0)	4 (0.7)	5 (1.1)	4 (1.3)	27 (4.9)	18 (3.8)	
30 - 39.....	482	331 (17.9)	16 (2.9)	10 (2.9)	9 (1.5)	5 (1.1)	5 (1.0)	8 (2.4)	22 (2.5)	17 (1.5)	
40 - 49.....	466	341 (21.1)	20 (4.4)	12 (2.9)	8* (2.4)	4 (0.6)	8 (2.1)	9 (2.4)	24 (4.9)	18 (3.6)	
50 - 59.....	413	343 (19.8)	24 (4.2)	13 (2.5)	10 (1.5)	5 (1.4)	5 (1.2)	7* (2.4)	30 (5.0)	23 (3.5)	
60 - 69.....	465	332 (15.2)	29 (4.7)	15 (3.2)	13 (2.1)	5 (0.8)	6 (1.8)	9 (2.1)	28 (2.2)	20 (1.4)	
70 and over....	523	290 (10.0)	25 (3.4)	14 (3.1)	10 (1.3)	5 (0.6)	5 (1.0)	10 (2.3)	18 (2.1)	11 (1.5)	
20 and over...	2758	328 (8.6)	21 (1.5)	12 (1.0)	9 (1.0)	5 (0.4)	6 (0.6)	8 (1.1)	25 (1.9)	18 (1.3)	
Males and females:											
2 and over....	8529	341 (7.8)	17 (1.1)	10 (0.6)	8 (0.7)	4 (0.5)	5 (0.3)	8 (0.7)	21 (1.4)	15 (0.9)	

* 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 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2007-2008.

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 2007-2008 (*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.....	455	3 (0.6)	2* (0.7)	59 (4.3)	18 (3.9)	69 (7.2)	68 (7.2)	4 (0.8)	2* (0.9)	
6 - 11.....	550	5 (0.6)	3 (0.8)	101 (6.0)	22 (4.4)	86 (8.4)	85 (8.4)	3* (1.2)	3 (0.7)	
12 - 19.....	607	11 (1.5)	8 (1.7)	139 (12.4)	10 (2.0)	109 (13.7)	109 (13.7)	4 (1.0)	5 (0.8)	
2 - 19.....	1612	7 (0.8)	5 (0.9)	108 (6.2)	16 (2.6)	92 (5.7)	92 (5.7)	4 (0.7)	4 (0.4)	
20 - 29.....	409	19 (1.5)	13 (2.1)	156 (11.2)	13 (4.0)	128 (12.4)	126 (12.5)	3 (1.0)	10 (1.9)	
30 - 39.....	451	21 (1.8)	12 (0.7)	146 (11.7)	11 (2.1)	116 (8.6)	114 (8.6)	4 (1.1)	13 (2.1)	
40 - 49.....	412	18 (2.4)	11 (3.1)	142 (11.5)	30 (8.2)	131 (10.2)	129 (10.2)	10* (4.4)	9 (1.8)	
50 - 59.....	431	17 (1.3)	11 (1.5)	115 (10.1)	34 (7.4)	129 (10.6)	127 (10.9)	11 (2.1)	9 (2.0)	
60 - 69.....	459	19 (1.9)	7 (1.8)	101 (9.6)	17 (3.8)	113 (9.3)	110 (9.5)	8 (1.9)	9 (1.8)	
70 and over....	500	13 (1.3)	5* (1.6)	101 (9.8)	35* (10.6)	107 (9.3)	105 (9.4)	11 (1.8)	7 (0.8)	
20 and over...	2662	18 (0.9)	10 (1.3)	132 (4.7)	23 (3.4)	122 (5.0)	120 (5.0)	7 (0.9)	10 (1.0)	
Females:										
2 - 5.....	377	4 (0.6)	1 (0.3)	62 (5.6)	16 (3.6)	60 (4.7)	59 (4.9)	6 (1.5)	2 (0.3)	
6 - 11.....	571	4 (0.6)	2 (0.5)	83 (7.5)	20* (6.0)	91 (10.8)	90 (10.8)	4 (1.0)	2 (0.5)	
12 - 19.....	549	8 (1.2)	3 (0.8)	79 (7.8)	15 (3.8)	94 (8.8)	94 (8.8)	3 (0.7)	8* (3.9)	
2 - 19.....	1497	6 (0.6)	3 (0.5)	77 (5.3)	17 (2.8)	86 (3.8)	86 (3.8)	4 (0.6)	5* (1.9)	
20 - 29.....	409	12 (1.4)	7 (1.9)	103 (12.2)	24* (7.9)	85 (9.4)	84 (9.5)	2* (1.0)	4 (0.7)	
30 - 39.....	482	13 (1.8)	7 (1.2)	109 (9.3)	12 (2.6)	90 (6.6)	87 (7.1)	8 (2.2)	6 (0.9)	
40 - 49.....	466	14 (1.5)	7 (1.1)	95 (8.5)	40* (14.4)	71 (7.7)	70 (7.5)	6 (1.2)	6 (1.6)	
50 - 59.....	413	16 (3.7)	6 (1.5)	87 (8.7)	18 (4.0)	91 (9.6)	86 (11.0)	9 (2.6)	6 (1.3)	
60 - 69.....	465	13 (0.9)	6 (1.8)	94 (9.3)	23 (5.3)	75 (7.8)	72 (8.1)	9 (1.9)	6 (1.4)	
70 and over....	523	11 (0.6)	3 (0.6)	70 (3.3)	30* (9.1)	75 (6.5)	69 (6.8)	10 (1.3)	5 (0.7)	
20 and over...	2758	13 (0.7)	6 (0.6)	94 (4.9)	25 (5.5)	82 (4.7)	79 (5.3)	7 (0.8)	6 (0.6)	
Males and females:										
2 and over....	8529	13 (0.7)	7 (0.8)	107 (3.6)	22 (2.9)	98 (2.5)	96 (2.6)	6 (0.5)	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 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 2007-2008.

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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												
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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												
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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												
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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																
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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>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