



Food Patterns Equivalents Database 2009-2010

USDA's Food Patterns Equivalents Database 2009-2010 (FPED 2009-10) converts foods and beverages in the Food and Nutrient Database for Dietary Studies 5 (FNDDS 5) to 37 Food Patterns (FP) components. The FPED (formerly the MyPyramid Equivalents Database) provides a unique research tool to evaluate food and beverage intakes of Americans compared to recommendations of the 2010 Dietary Guidelines for Americans. The FP components are defined as the number of cup equivalents of Fruit, Vegetables, and Dairy; ounce equivalents of Grains and Protein Foods; teaspoon equivalents of Added Sugars; gram equivalents of Solid Fats and Oils; and number of Alcoholic Drinks. Two new products are provided with the FPED release: the Food Patterns Equivalents Ingredient Database (FPID) that includes each unique ingredient used in FNDDS 5 converted to the 37 FP components; and listings of gram weights for one cup equivalents of fruits, vegetables, dairy, and legumes used in FPED 2009-10 (Methodology and User Guide, Appendices 8-11).

FPED 2009-10 Products

- Methodology and User Guide;
- The amount of 37 FP components present per 100 grams of each of the FNDDS 5 foods and beverages (FPED) and their unique ingredients (FPID), in MS Access and SAS;
- The amount of 37 FP components in each food and beverage reported by each respondent on day 1 and day 2, and the total per day in What We Eat in America, (WWEIA), NHANES 2009-10, and the respondents' demographic information, in SAS;
- Four table sets containing estimates of mean intakes of the 37 FP components on day 1, by demographic subgroups; and
- SAS codes file to create mean intake estimates of the 37 FP components on day 1, by demographic subgroups.

FPED and FPID Databases

- **fped_0910.mdb**: Food Patterns Equivalents Database in MS Access
- **fped_0910.sas7bdat**: Food Patterns Equivalents Database in SAS
- **fpid_0910.mdb**: Food Patterns Equivalents Ingredient Database in MS Access
- **fpid_0910.sas7bdat**: Food Patterns Equivalents Ingredient Database in SAS

Food Patterns Equivalents Dietary Intake SAS Files for WWEIA, NHANES 2009-10

- **fped_dr1tot_0910.sas7bdat**: Includes the total amount of each of the 37 FP components from foods and beverages reported by each respondent on day 1 and demographic variables.
- **fped_dr2tot_0910.sas7bdat**: Includes the total amount of each of the 37 FP components from foods and beverages reported by respondents on day 2 and demographic variables.
- **fped_dr1iff_0910.sas7bdat**: Includes each of the 37 FP components present in each of the foods and beverages reported by the respondents on day 1 and demographic variables.
- **fped_dr2iff_0910.sas7bdat**: Includes each of the 37 FP components present in each of the foods and beverages reported by the respondents on day 2 and demographic variables.

FPED 2009-10 is available at:

www.ars.usda.gov/ba/bhnrc/fsrg

37 Food Patterns Components in FPID and FPED

Main Components FPID/FPED Components

Fruit	1 Total fruit
	2 Citrus, melons, and berries
	3 Other fruits
	4 Fruit juice
Vegetables	5 Total vegetables
	6 Dark green vegetables
	7 Total red and orange vegetables
	8 Tomatoes
	9 Other red and orange vegetables (excludes, tomatoes)
	10 Total starchy vegetables
	11 Potatoes (white potatoes)
	12 Other starchy vegetables (excludes white potatoes)
	13 Other vegetables
	14 Beans and peas computed as vegetables
Grains	15 Total grains
	16 Whole grains
	17 Refined grains
Protein Foods	18 Total protein foods
	19 Total meat, poultry, and seafood
	20 Meat (beef, veal, pork, lamb, game)
	21 Cured meat (frankfurters, sausage, corned beef and luncheon meat made from beef, pork, poultry)
	22 Organ meat (from beef, veal, pork, lamb, game, poultry)
	23 Poultry (chicken, turkey, other fowl)
	24 Seafood high in <i>n</i> -3 fatty acids
	25 Seafood low in <i>n</i> -3 fatty acids
	26 Eggs
	27 Soybean products (excludes calcium fortified soy milk and immature soybeans)
	28 Nuts and seeds
29 Beans and peas computed as protein foods	
Dairy	30 Total dairy (milk, yogurt, cheese, whey)
	31 Milk (includes calcium fortified soy milk)
	32 Yogurt
	33 Cheese
Oils	34 Oils
Solid Fats	35 Solid fats
Added Sugars	36 Added sugars
Alcoholic Drinks	37 Alcoholic drinks