



Food Patterns Equivalents Database 2013-2014

USDA's Food Patterns Equivalents Database 2013-14 (FPED 2013-14) converts foods and beverages in the Food and Nutrient Database for Dietary Studies (FNDDS) 2013-14 to 37 USDA 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 2015-2020 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. The FPED release also includes: a Food Patterns Equivalents Ingredient Database (FPID) that includes the 37 FP components for each unique ingredient used in FNDDS 2013-14; and listings of gram weights for one cup equivalents of fruits, vegetables, legumes and dairy foods in FPED 2013-14 (see Methodology and User Guide, Appendices 8-11).

FPED 2013-14 Products

- Methodology and User Guide;
- The amounts of 37 FP components present per 100 grams of each of the FNDDS 2013-14 foods and beverages (FPED) and their unique ingredients (FPID), in MS Access and SAS;
- The amounts 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 2013-14, 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_1314.mdb**: Food Patterns Equivalents Database in MS Access
- **fped_1314.sas7bdat**: Food Patterns Equivalents Database in SAS
- **fpid_1314.mdb**: Food Patterns Equivalents Ingredient Database in MS Access
- **fpid_1314.sas7bdat**: Food Patterns Equivalents Ingredient Database in SAS

Food Patterns Equivalents Dietary Intake SAS Files for WWEIA, NHANES 2013-14

- **fped_dr1tot_1314.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_1314.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_1314.sas7bdat**: Includes the amount of each of the 37 FP components present in each food and beverage reported by the respondents on day 1 and demographic variables.
- **fped_dr2iff_1314.sas7bdat**: Includes the amount of each of the 37 FP components present in each food and beverage reported by the respondents on day 2 and demographic variables.

FPED 2013-14 is available at:
www.ars.usda.gov/nea/bhnrc/fsrg

37 Food Patterns Components in FPID and FPED

<u>Main Components</u>	<u>FPID/FPED Components</u>
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, cured ham 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 mature 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