



Food Patterns Equivalents Database 2021-2023

USDA's Food Patterns Equivalents Database 2021-2023 (FPED 2021-2023) is an extension of the characteristics of foods and beverages in the USDA Food and Nutrient Database for Dietary Studies (FNDDS), used in national dietary surveillance. FPED provides amounts of 37 USDA food patterns components for each FNDDS food.

Key Points

- Food patterns components (*detailed on page 2*) are aggregated into main components of Fruit, Vegetables, Grains, Protein Foods, Dairy, Oils, Solid Fats, and Added Sugars.
- Units of measurement of components vary depending on component (e.g. cup equivalent, ounce equivalent, grams).
- FPED defines different common portion amounts (e.g. glass of milk versus slice of cheese) in comparable component amounts.
- Beans, Peas, and Lentils can be categorized as either Vegetables or Protein Foods components.
- Accompanying Food Patterns Equivalents Ingredients Database (FPID) 2021-2023 includes 37 components for each ingredient used in FNDDS 2021-2023.

Changes for FPED 2021-2023

- Incorporates changes from both FNDDS 2019-2020 and FNDDS 2021-2023
- FPED components assigned based on associated FNDDS recipes of compiled ingredients with select adjustments.
- Removal of whey from Total Dairy component.
- Standardization of FPID profiles for 568 SR codes representing multi-part ingredients

FPED 2021-2023 Release Files

- Documentation
- Amounts of 37 components per 100 grams for each FNDDS 2021-2023 food/beverage (FPED) and their ingredients (FPID), in Excel®, Access®, and SAS®
- One cup equivalent weights for fruit, vegetables, and dairy foods in Excel®
- Amounts of 37 components in each food reported and total daily component amounts per respondent, Day 1 and Day 2, What We Eat in America (WWEIA), NHANES August 2021-August 2023, in SAS®
- Data dictionary with variable names/descriptions for WWEIA intake files
- Three table sets containing mean intake estimates of components by demographic subgroups
- SAS® code and instructions to produce mean intake estimates of components

FPED 2021-2023 is available at:

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

37 Food Patterns Components in FPID and FPED 2021-2023

<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 (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 (includes tofu, meat alternatives, soy in bars/powders) 28 Nuts and seeds 29 Beans and peas (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