



MyPyramid Equivalents Database for USDA Survey Foods 2003-2004, 2.0

USDA's MyPyramid Equivalents Database for USDA Survey Foods, 2003-2004, 2.0 (MPED 2.0) provides 32 MyPyramid food group equivalent amounts expressed as numbers of cups, ounces, teaspoons, or grams in the foods reported eaten in What We Eat in America (WWEIA), the dietary interview component of the National Health and Examination Survey (NHANES), 2003-2004. In addition, MyPyramid equivalent amounts for 100 grams of each survey food code are also provided for research purposes.

This database contains two types of data -- MyPyramid equivalents intake and MyPyramid equivalents food data. The intake data includes four SAS[®] files and the food data includes two ASCII text files, one Microsoft Access[®] database, and one SAS[®] file as shown below:

MyPyramid Equivalents Intake Files

There are 2 sets of intake data files for each day of intake in WWEIA, NHANES 2003-2004:

- **pyr_iff_d1.sas7bdat:** Number of MyPyramid food group equivalents present in each food reported eaten per person on day 1 of WWEIA, NHANES
- **pyr_tot_d1.sas7bdat:** Total number of MyPyramid food group equivalents from all foods eaten per person on day 1 of WWEIA, NHANES
- **pyr_iff_d2.sas7bdat:** Number of MyPyramid food group equivalents present in each food reported eaten per person on day 2 of WWEIA, NHANES
- **pyr_tot_d2.sas7bdat:** Total number of MyPyramid food group equivalents from all foods eaten per person on day 2 of WWEIA, NHANES

MyPyramid Equivalents Food Files

- MyPyramid equivalent amounts for 32 MyPyramid food groups and subgroups (**see other side of page**)
- **Equiv0304.txt, Equiv0304.mdb, and Equiv0304.sas7bdat:** Number of MyPyramid equivalents present in 100 grams of food for all food codes used to process WWEIA, NHANES
 - 6,940 food codes and 811 food modification codes
- **fddes.txt:** USDA survey food codes and descriptions

Other Supporting Data Files

- Documentation on the MyPyramid Equivalents Database development
- Model SAS[®] programs that can be used to:
 - merge the MyPyramid equivalents food data with dietary intakes from the NHANES
 - compare MyPyramid intakes to the MyPyramid recommendations

For more information or to download MPED 2.0, visit our web site:

<http://www.ars.usda.gov/ba/bhnrc/fsrg>

32 MyPyramid Groups

MyPyramid Major Groups

Grains

Vegetables

Fruits

Milk

Meat and Beans

Oils

Extras

Major Groups and Subgroups in MPED 2.0

- 1 Total grains
- 2 Whole grains
- 3 Non-whole / Refined grains

- 4 Total vegetables
- 5 Dark-green vegetables
- 6 Orange vegetables
- 7 White potatoes
- 8 Other starchy vegetables
- 9 Tomatoes
- 10 Other vegetables

- 11 Total fruits
- 12 Citrus fruits, melons, and berries
- 13 Other fruits

- 14 Total Milk (milk, yogurt, and cheese)
- 15 Milk
- 16 Yogurt
- 17 Cheese

- 18 Meat, poultry, and fish
- 19 Meat (beef, pork, veal, lamb, and game)
- 20 Organ meats (meat and poultry)
- 21 Frankfurters, sausage, and luncheon meats (made from meat or poultry)
- 22 Poultry (chicken, turkey, and other)
- 23 Fish and shellfish high in n-3 fatty acids
- 24 Fish and shellfish low in n-3 fatty acids
- 25 Eggs
- 26 Cooked dry beans and peas
- 27 Soybean products (tofu and meat analogs)
- 28 Nuts and seeds

- 29 Discretionary oil

- 30 Discretionary solid fat
- 31 Added sugars
- 32 Alcoholic beverages