

Table 1a. Fruit: Mean Daily Food Patterns Cup Equivalents Consumed per Individual, by Gender and Age, in the United States, 2007-2008

| Gender and age (years) | Sample size | <i>Fruit</i> | | | |
|-----------------------------------|-------------|--------------|---------------------------|---------------|--------------|
| | | Total Fruit | Citrus, Melons, Berries † | Other Fruit † | Fruit Juice |
| ----- Mean (Standard Error) ----- | | | | | |
| Males: | | | | | |
| 2 - 5..... | 455 | 1.55 (0.088) | 0.18 (0.013) | 0.69 (0.082) | 0.69 (0.058) |
| 6 - 11..... | 550 | 1.16 (0.061) | 0.18 (0.047) | 0.54 (0.037) | 0.43 (0.037) |
| 12 - 19..... | 607 | 0.94 (0.079) | 0.12 (0.028) | 0.41 (0.060) | 0.40 (0.054) |
| 20 - 29..... | 409 | 0.98 (0.067) | 0.14* (0.062) | 0.44 (0.051) | 0.40 (0.057) |
| 30 - 39..... | 451 | 1.14 (0.121) | 0.18* (0.063) | 0.46 (0.070) | 0.49 (0.056) |
| 40 - 49..... | 412 | 0.84 (0.096) | 0.15 (0.043) | 0.46 (0.071) | 0.23 (0.031) |
| 50 - 59..... | 431 | 1.06 (0.131) | 0.20* (0.065) | 0.52 (0.073) | 0.34 (0.064) |
| 60 - 69..... | 459 | 1.11 (0.066) | 0.23 (0.049) | 0.60 (0.067) | 0.29 (0.053) |
| 70 and over..... | 500 | 1.20 (0.088) | 0.30 (0.052) | 0.60 (0.087) | 0.30 (0.030) |
| 20 and over... | 2662 | 1.03 (0.053) | 0.19 (0.025) | 0.50 (0.035) | 0.35 (0.022) |
| Females: | | | | | |
| 2 - 5..... | 377 | 1.41 (0.103) | 0.22* (0.078) | 0.64 (0.078) | 0.55 (0.051) |
| 6 - 11..... | 571 | 1.06 (0.089) | 0.18 (0.043) | 0.50 (0.065) | 0.38 (0.039) |
| 12 - 19..... | 549 | 0.88 (0.111) | 0.15 (0.023) | 0.44 (0.074) | 0.29 (0.042) |
| 20 - 29..... | 409 | 0.80 (0.097) | 0.11 (0.026) | 0.37 (0.045) | 0.32 (0.064) |
| 30 - 39..... | 482 | 0.82 (0.082) | 0.18 (0.037) | 0.36 (0.041) | 0.28 (0.040) |
| 40 - 49..... | 466 | 0.75 (0.087) | 0.13 (0.027) | 0.45 (0.065) | 0.18 (0.028) |
| 50 - 59..... | 413 | 1.04 (0.103) | 0.22 (0.039) | 0.54 (0.056) | 0.28 (0.052) |
| 60 - 69..... | 465 | 1.09 (0.059) | 0.24 (0.017) | 0.67 (0.063) | 0.19 (0.017) |
| 70 and over..... | 523 | 1.14 (0.045) | 0.23 (0.032) | 0.61 (0.037) | 0.30 (0.032) |
| 20 and over... | 2758 | 0.92 (0.053) | 0.18 (0.018) | 0.48 (0.030) | 0.26 (0.022) |
| Males and females: | | | | | |
| 2 and over... | 8529 | 1.00 (0.046) | 0.18 (0.018) | 0.50 (0.029) | 0.33 (0.017) |

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

† Includes intact fruit (whole or cut) only; excludes fruit juice.

DATA SOURCES: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2007-2008.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1b. Vegetables: Mean Daily Food Patterns Cup Equivalents Consumed per Individual, by Gender and Age, in the United States, 2007-2008

| Gender and age (years) | Vegetables | | | | | | | | | |
|---------------------------|--------------------|--------------------|--------------|---------------|---------------------------|--------------|----------------------|---------------|--------------|--|
| | Total Vegetables † | Starchy Vegetables | | | Red and Orange Vegetables | | | | | |
| | | Total Starchy | Potatoes | Other Starchy | Total Red and Orange | Tomatoes | Other Red and Orange | Dark Green | Other | |
| Mean (Standard Error) | | | | | | | | | | |
| Males: | | | | | | | | | | |
| 2 - 5..... | 0.71 (0.056) | 0.31 (0.030) | 0.24 (0.026) | 0.06 (0.011) | 0.22 (0.024) | 0.15 (0.014) | 0.07 (0.018) | 0.05* (0.017) | 0.13 (0.023) | |
| 6 - 11..... | 0.90 (0.058) | 0.39 (0.039) | 0.32 (0.036) | 0.08 (0.015) | 0.28 (0.020) | 0.23 (0.014) | 0.06 (0.014) | 0.04* (0.015) | 0.18 (0.029) | |
| 12 - 19..... | 1.26 (0.114) | 0.43 (0.047) | 0.37 (0.046) | 0.05 (0.010) | 0.38 (0.044) | 0.33 (0.038) | 0.05 (0.009) | 0.06 (0.016) | 0.38 (0.043) | |
| 20 - 29..... | 1.59 (0.081) | 0.55 (0.060) | 0.49 (0.055) | 0.06 (0.011) | 0.43 (0.020) | 0.38 (0.022) | 0.05 (0.008) | 0.07 (0.010) | 0.54 (0.042) | |
| 30 - 39..... | 1.64 (0.093) | 0.47 (0.041) | 0.41 (0.039) | 0.06 (0.012) | 0.45 (0.036) | 0.38 (0.035) | 0.07 (0.012) | 0.12 (0.027) | 0.60 (0.051) | |
| 40 - 49..... | 1.73 (0.104) | 0.57 (0.050) | 0.47 (0.042) | 0.09 (0.016) | 0.45 (0.026) | 0.39 (0.028) | 0.06 (0.012) | 0.11 (0.029) | 0.61 (0.076) | |
| 50 - 59..... | 1.76 (0.094) | 0.57 (0.048) | 0.47 (0.039) | 0.10 (0.013) | 0.38 (0.026) | 0.32 (0.026) | 0.06 (0.009) | 0.21 (0.038) | 0.60 (0.051) | |
| 60 - 69..... | 1.66 (0.073) | 0.52 (0.038) | 0.43 (0.036) | 0.09 (0.010) | 0.39 (0.031) | 0.30 (0.020) | 0.10 (0.017) | 0.12 (0.019) | 0.63 (0.036) | |
| 70 and over..... | 1.58 (0.077) | 0.57 (0.049) | 0.44 (0.038) | 0.13 (0.023) | 0.41 (0.033) | 0.31 (0.027) | 0.10 (0.010) | 0.10 (0.016) | 0.50 (0.034) | |
| 20 and over... | 1.67 (0.054) | 0.54 (0.024) | 0.46 (0.019) | 0.08 (0.008) | 0.42 (0.014) | 0.35 (0.013) | 0.07 (0.007) | 0.12 (0.013) | 0.58 (0.035) | |
| Females: | | | | | | | | | | |
| 2 - 5..... | 0.69 (0.047) | 0.27 (0.022) | 0.22 (0.021) | 0.05 (0.009) | 0.21 (0.019) | 0.15 (0.017) | 0.05 (0.005) | 0.04 (0.012) | 0.17 (0.031) | |
| 6 - 11..... | 0.79 (0.047) | 0.37 (0.025) | 0.32 (0.027) | 0.06 (0.011) | 0.23 (0.024) | 0.19 (0.020) | 0.04 (0.008) | 0.03 (0.004) | 0.16 (0.014) | |
| 12 - 19..... | 0.98 (0.054) | 0.41 (0.029) | 0.35 (0.032) | 0.06 (0.013) | 0.25 (0.022) | 0.20 (0.014) | 0.05 (0.011) | 0.07* (0.023) | 0.26 (0.027) | |
| 20 - 29..... | 1.30 (0.061) | 0.36 (0.052) | 0.29 (0.042) | 0.07 (0.018) | 0.37 (0.036) | 0.30 (0.036) | 0.06 (0.016) | 0.14 (0.034) | 0.43 (0.041) | |
| 30 - 39..... | 1.40 (0.069) | 0.39 (0.021) | 0.33 (0.023) | 0.06 (0.008) | 0.38 (0.036) | 0.30 (0.031) | 0.08 (0.014) | 0.13 (0.026) | 0.50 (0.045) | |
| 40 - 49..... | 1.45 (0.111) | 0.39 (0.047) | 0.28 (0.033) | 0.12 (0.028) | 0.33 (0.041) | 0.27 (0.028) | 0.06 (0.015) | 0.13 (0.028) | 0.59 (0.075) | |
| 50 - 59..... | 1.58 (0.108) | 0.42 (0.054) | 0.35 (0.051) | 0.07 (0.010) | 0.37 (0.027) | 0.27 (0.023) | 0.10 (0.016) | 0.18 (0.036) | 0.61 (0.058) | |
| 60 - 69..... | 1.52 (0.071) | 0.38 (0.035) | 0.30 (0.033) | 0.08 (0.011) | 0.40 (0.032) | 0.30 (0.028) | 0.10 (0.013) | 0.15 (0.025) | 0.60 (0.034) | |
| 70 and over..... | 1.28 (0.045) | 0.40 (0.030) | 0.30 (0.030) | 0.10 (0.016) | 0.32 (0.016) | 0.23 (0.009) | 0.09 (0.013) | 0.11 (0.014) | 0.46 (0.026) | |
| 20 and over... | 1.42 (0.039) | 0.39 (0.026) | 0.31 (0.024) | 0.08 (0.010) | 0.36 (0.017) | 0.28 (0.013) | 0.08 (0.009) | 0.14 (0.013) | 0.53 (0.022) | |
| Males and females: | | | | | | | | | | |
| 2 and over... | 1.38 (0.039) | 0.44 (0.015) | 0.36 (0.013) | 0.08 (0.005) | 0.36 (0.012) | 0.29 (0.009) | 0.07 (0.005) | 0.11 (0.009) | 0.47 (0.022) | |

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

† Total Vegetables does not include legumes.

DATA SOURCES: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2007-2008.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1c. Grains: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Gender and Age, in the United States, 2007-2008

| Gender and age (years) | <i>Grains</i> | | |
|---------------------------|-----------------------------------|--------------|----------------|
| | Total Grains | Whole Grains | Refined Grains |
| | ----- Mean (Standard Error) ----- | | |
| Males: | | | |
| 2 - 5..... | 4.62 (0.121) | 0.50 (0.031) | 4.12 (0.124) |
| 6 - 11..... | 6.72 (0.219) | 0.57 (0.077) | 6.16 (0.216) |
| 12 - 19..... | 8.14 (0.297) | 0.60 (0.084) | 7.54 (0.302) |
| 20 - 29..... | 8.51 (0.281) | 0.54 (0.074) | 7.97 (0.265) |
| 30 - 39..... | 7.93 (0.284) | 0.62 (0.088) | 7.31 (0.296) |
| 40 - 49..... | 7.72 (0.322) | 0.61 (0.096) | 7.11 (0.281) |
| 50 - 59..... | 7.11 (0.333) | 0.79 (0.095) | 6.32 (0.309) |
| 60 - 69..... | 6.38 (0.195) | 0.82 (0.095) | 5.56 (0.215) |
| 70 and over..... | 5.59 (0.180) | 0.92 (0.096) | 4.68 (0.137) |
| 20 and over... | 7.43 (0.143) | 0.69 (0.049) | 6.74 (0.127) |
| Females: | | | |
| 2 - 5..... | 4.38 (0.194) | 0.43 (0.044) | 3.96 (0.181) |
| 6 - 11..... | 6.02 (0.133) | 0.51 (0.043) | 5.51 (0.138) |
| 12 - 19..... | 6.67 (0.518) | 0.51 (0.073) | 6.17 (0.504) |
| 20 - 29..... | 5.79 (0.352) | 0.61 (0.113) | 5.17 (0.278) |
| 30 - 39..... | 5.68 (0.310) | 0.53 (0.046) | 5.15 (0.309) |
| 40 - 49..... | 5.77 (0.344) | 0.60 (0.058) | 5.17 (0.307) |
| 50 - 59..... | 5.13 (0.155) | 0.78 (0.116) | 4.35 (0.231) |
| 60 - 69..... | 4.67 (0.211) | 0.85 (0.101) | 3.82 (0.162) |
| 70 and over..... | 4.87 (0.190) | 0.80 (0.044) | 4.07 (0.160) |
| 20 and over... | 5.39 (0.100) | 0.68 (0.055) | 4.71 (0.064) |
| Males and females: | | | |
| 2 and over... | 6.37 (0.091) | 0.64 (0.038) | 5.73 (0.067) |

DATA SOURCES: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2007-2008.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1d. Dairy: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Gender and Age, in the United States, 2007-2008

| Gender and age (years) | <i>Dairy</i> | | | |
|---------------------------|-----------------------------------|--------------|--------------|---------------|
| | Total Dairy † | Fluid Milk | Cheese | Yogurt |
| | ----- Mean (Standard Error) ----- | | | |
| Males: | | | | |
| 2 - 5..... | 2.27 (0.120) | 1.73 (0.096) | 0.46 (0.046) | 0.06 (0.009) |
| 6 - 11..... | 2.20 (0.161) | 1.38 (0.074) | 0.78 (0.145) | 0.03 (0.006) |
| 12 - 19..... | 2.40 (0.141) | 1.44 (0.125) | 0.94 (0.075) | 0.02* (0.006) |
| 20 - 29..... | 1.99 (0.153) | 0.89 (0.110) | 1.02 (0.080) | 0.06* (0.022) |
| 30 - 39..... | 1.73 (0.087) | 0.83 (0.084) | 0.85 (0.069) | 0.03 (0.010) |
| 40 - 49..... | 2.00 (0.164) | 1.04 (0.123) | 0.92 (0.085) | 0.03* (0.010) |
| 50 - 59..... | 1.64 (0.124) | 0.88 (0.097) | 0.71 (0.057) | 0.04* (0.014) |
| 60 - 69..... | 1.40 (0.055) | 0.85 (0.058) | 0.50 (0.044) | 0.04* (0.012) |
| 70 and over..... | 1.46 (0.084) | 1.06 (0.054) | 0.35 (0.045) | 0.03 (0.006) |
| 20 and over... | 1.75 (0.069) | 0.92 (0.055) | 0.78 (0.033) | 0.04 (0.005) |
| Females: | | | | |
| 2 - 5..... | 2.18 (0.099) | 1.59 (0.074) | 0.53 (0.068) | 0.05 (0.011) |
| 6 - 11..... | 1.82 (0.084) | 1.18 (0.079) | 0.59 (0.059) | 0.03 (0.005) |
| 12 - 19..... | 1.66 (0.104) | 0.88 (0.062) | 0.74 (0.072) | 0.02 (0.004) |
| 20 - 29..... | 1.53 (0.114) | 0.74 (0.081) | 0.73 (0.069) | 0.04 (0.010) |
| 30 - 39..... | 1.40 (0.107) | 0.69 (0.066) | 0.63 (0.068) | 0.06 (0.015) |
| 40 - 49..... | 1.44 (0.095) | 0.70 (0.048) | 0.67 (0.058) | 0.06 (0.012) |
| 50 - 59..... | 1.43 (0.103) | 0.83 (0.073) | 0.50 (0.064) | 0.09 (0.021) |
| 60 - 69..... | 1.34 (0.107) | 0.81 (0.057) | 0.45 (0.062) | 0.06 (0.017) |
| 70 and over..... | 1.19 (0.039) | 0.78 (0.047) | 0.34 (0.025) | 0.06 (0.013) |
| 20 and over... | 1.41 (0.058) | 0.75 (0.032) | 0.57 (0.032) | 0.06 (0.007) |
| Males and females: | | | | |
| 2 and over... | 1.70 (0.053) | 0.95 (0.033) | 0.68 (0.027) | 0.05 (0.004) |

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

† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

DATA SOURCES: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2007-2008.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Gender and Age, in the United States, 2007-2008

| Gender and age (years) | Total Protein Foods † | Protein Foods (continues on next page) | | | | | | | |
|---------------------------|-----------------------|--|--------------|--------------|--------------|-----------------|------------------|---------------|--|
| | | Meat, Poultry, and Seafood | | | | | | | |
| | | Total Meat, Poultry, and Seafood | Meat | Poultry | Cured Meat | Seafood Low n-3 | Seafood High n-3 | Organ Meat | |
| Mean (Standard Error) | | | | | | | | | |
| Males: | | | | | | | | | |
| 2 - 5..... | 3.03 (0.130) | 2.39 (0.102) | 0.68 (0.067) | 0.94 (0.108) | 0.69 (0.051) | 0.07* (0.027) | 0.01* (0.007) | 0.00 (0.000) | |
| 6 - 11..... | 4.30 (0.259) | 3.56 (0.229) | 1.24 (0.128) | 1.17 (0.132) | 1.00 (0.098) | 0.12 (0.027) | 0.02* (0.009) | 0.01* (0.006) | |
| 12 - 19..... | 6.06 (0.352) | 5.03 (0.248) | 1.92 (0.170) | 1.52 (0.182) | 1.25 (0.153) | 0.27 (0.071) | 0.05* (0.025) | 0.02* (0.017) | |
| 20 - 29..... | 7.51 (0.375) | 6.47 (0.326) | 2.54 (0.281) | 1.99 (0.180) | 1.25 (0.128) | 0.53 (0.120) | 0.15 (0.041) | 0.01* (0.005) | |
| 30 - 39..... | 8.06 (0.325) | 6.41 (0.332) | 2.41 (0.240) | 1.85 (0.213) | 1.47 (0.140) | 0.41 (0.075) | 0.28* (0.083) | # | |
| 40 - 49..... | 7.93 (0.237) | 6.51 (0.251) | 2.32 (0.194) | 2.00 (0.187) | 1.56 (0.217) | 0.48 (0.088) | 0.14* (0.075) | 0.02* (0.007) | |
| 50 - 59..... | 8.22 (0.368) | 6.72 (0.346) | 2.12 (0.239) | 2.01 (0.325) | 1.54 (0.138) | 0.70 (0.136) | 0.34* (0.128) | 0.01* (0.002) | |
| 60 - 69..... | 6.73 (0.340) | 5.19 (0.228) | 1.98 (0.190) | 1.42 (0.140) | 1.19 (0.135) | 0.51 (0.085) | 0.07* (0.032) | 0.01* (0.005) | |
| 70 and over..... | 5.37 (0.275) | 4.07 (0.226) | 1.47 (0.118) | 0.87 (0.095) | 1.10 (0.103) | 0.51 (0.077) | 0.12* (0.046) | 0.01* (0.005) | |
| 20 and over... | 7.52 (0.147) | 6.11 (0.133) | 2.22 (0.122) | 1.78 (0.110) | 1.39 (0.062) | 0.52 (0.046) | 0.19 (0.030) | 0.01 (0.002) | |
| Females: | | | | | | | | | |
| 2 - 5..... | 2.76 (0.115) | 2.17 (0.103) | 0.63 (0.090) | 0.75 (0.073) | 0.63 (0.088) | 0.14* (0.048) | 0.01* (0.008) | # | |
| 6 - 11..... | 3.84 (0.206) | 3.17 (0.207) | 1.15 (0.240) | 1.06 (0.114) | 0.73 (0.065) | 0.21 (0.045) | 0.02* (0.008) | # | |
| 12 - 19..... | 4.04 (0.130) | 3.40 (0.143) | 0.95 (0.100) | 1.56 (0.091) | 0.73 (0.111) | 0.11* (0.033) | 0.05* (0.023) | # | |
| 20 - 29..... | 4.67 (0.203) | 3.80 (0.220) | 1.16 (0.140) | 1.42 (0.105) | 0.91 (0.119) | 0.24 (0.046) | 0.07* (0.043) | # | |
| 30 - 39..... | 5.06 (0.275) | 3.86 (0.283) | 1.29 (0.170) | 1.27 (0.102) | 0.83 (0.097) | 0.37 (0.065) | 0.09 (0.024) | 0.01* (0.006) | |
| 40 - 49..... | 5.08 (0.237) | 3.98 (0.219) | 1.48 (0.132) | 1.30 (0.125) | 0.77 (0.067) | 0.33 (0.047) | 0.08* (0.033) | 0.01* (0.009) | |
| 50 - 59..... | 4.93 (0.247) | 3.80 (0.216) | 1.13 (0.120) | 1.45 (0.151) | 0.65 (0.072) | 0.33 (0.074) | 0.24* (0.089) | 0.01* (0.007) | |
| 60 - 69..... | 4.33 (0.176) | 3.17 (0.148) | 1.10 (0.099) | 1.03 (0.110) | 0.62 (0.087) | 0.29 (0.056) | 0.12* (0.043) | 0.01* (0.006) | |
| 70 and over..... | 3.85 (0.098) | 2.99 (0.107) | 0.98 (0.083) | 0.89 (0.085) | 0.66 (0.044) | 0.30 (0.060) | 0.13* (0.040) | 0.02* (0.011) | |
| 20 and over... | 4.72 (0.110) | 3.67 (0.094) | 1.21 (0.046) | 1.26 (0.069) | 0.75 (0.030) | 0.31 (0.027) | 0.12 (0.023) | 0.01 (0.003) | |
| Males and females: | | | | | | | | | |
| 2 and over... | 5.58 (0.098) | 4.49 (0.075) | 1.56 (0.050) | 1.44 (0.062) | 1.01 (0.038) | 0.35 (0.024) | 0.12 (0.013) | 0.01 (0.002) | |

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

Indicates a non-zero value that is too small to report.

† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

DATA SOURCES: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2007-2008.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents Consumed per Individual, by Gender and Age, in the United States, 2007-2008 (continued)

| Gender and age (years) | <i>Protein Foods</i> | | |
|---------------------------|---|----------------|--------------------|
| | <i>Eggs, Nuts and Seeds, and Soybean Products</i> | | |
| | Eggs | Nuts and Seeds | Soybean Products † |
| | ----- Mean (Standard Error) ----- | | |
| Males: | | | |
| 2 - 5..... | 0.36 (0.042) | 0.24 (0.031) | 0.04* (0.015) |
| 6 - 11..... | 0.36 (0.038) | 0.37 (0.084) | 0.01* (0.004) |
| 12 - 19..... | 0.50 (0.070) | 0.50 (0.134) | 0.04* (0.012) |
| 20 - 29..... | 0.55 (0.068) | 0.35 (0.074) | 0.14* (0.053) |
| 30 - 39..... | 0.72 (0.064) | 0.87 (0.150) | 0.06* (0.020) |
| 40 - 49..... | 0.80 (0.079) | 0.59 (0.125) | 0.03* (0.015) |
| 50 - 59..... | 0.65 (0.051) | 0.80 (0.115) | 0.04* (0.013) |
| 60 - 69..... | 0.65 (0.075) | 0.82 (0.150) | 0.07* (0.023) |
| 70 and over..... | 0.64 (0.048) | 0.63 (0.086) | 0.03* (0.008) |
| 20 and over... | 0.67 (0.025) | 0.67 (0.066) | 0.06 (0.014) |
| Females: | | | |
| 2 - 5..... | 0.33 (0.041) | 0.25 (0.049) | 0.02* (0.005) |
| 6 - 11..... | 0.29 (0.034) | 0.36 (0.089) | 0.03* (0.009) |
| 12 - 19..... | 0.34 (0.053) | 0.24 (0.034) | 0.06* (0.020) |
| 20 - 29..... | 0.35 (0.046) | 0.37 (0.098) | 0.15 (0.038) |
| 30 - 39..... | 0.45 (0.063) | 0.61 (0.116) | 0.13* (0.055) |
| 40 - 49..... | 0.48 (0.039) | 0.53 (0.072) | 0.09* (0.046) |
| 50 - 59..... | 0.37 (0.039) | 0.68 (0.106) | 0.07 (0.019) |
| 60 - 69..... | 0.47 (0.056) | 0.63 (0.096) | 0.06* (0.021) |
| 70 and over..... | 0.36 (0.024) | 0.46 (0.041) | 0.05 (0.010) |
| 20 and over... | 0.41 (0.021) | 0.54 (0.057) | 0.10 (0.014) |
| Males and females: | | | |
| 2 and over... | 0.49 (0.017) | 0.53 (0.038) | 0.07 (0.008) |

* Indicates an estimate with a relative standard error greater than 30%.
 † Soy products excluding calcium fortified soy milk and mature soybeans.

DATA SOURCES: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2007-2008.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1f. Legumes: Mean Daily Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Gender and Age, in the United States, 2007-2008

| Gender and age (years) | <i>Legumes</i> † | |
|---------------------------|-----------------------------|-------------------------|
| | Legumes as Vegetable (cups) | Legumes as Protein (oz) |
| | — Mean (Standard Error) — | |
| Males: | | |
| 2 - 5..... | 0.04* (0.014) | 0.15* (0.055) |
| 6 - 11..... | 0.05 (0.011) | 0.19 (0.043) |
| 12 - 19..... | 0.07 (0.012) | 0.29 (0.046) |
| 20 - 29..... | 0.14 (0.027) | 0.54 (0.108) |
| 30 - 39..... | 0.19 (0.031) | 0.78 (0.123) |
| 40 - 49..... | 0.14 (0.025) | 0.55 (0.100) |
| 50 - 59..... | 0.13 (0.028) | 0.53 (0.112) |
| 60 - 69..... | 0.13 (0.032) | 0.54 (0.128) |
| 70 and over..... | 0.11 (0.010) | 0.43 (0.038) |
| 20 and over... | 0.14 (0.015) | 0.57 (0.059) |
| Females: | | |
| 2 - 5..... | 0.03 (0.006) | 0.11 (0.023) |
| 6 - 11..... | 0.04 (0.009) | 0.14 (0.036) |
| 12 - 19..... | 0.11* (0.055) | 0.46* (0.217) |
| 20 - 29..... | 0.06 (0.010) | 0.23 (0.039) |
| 30 - 39..... | 0.09 (0.013) | 0.36 (0.052) |
| 40 - 49..... | 0.09 (0.023) | 0.37 (0.092) |
| 50 - 59..... | 0.10 (0.021) | 0.38 (0.081) |
| 60 - 69..... | 0.09 (0.023) | 0.38 (0.092) |
| 70 and over..... | 0.07 (0.011) | 0.29 (0.044) |
| 20 and over... | 0.08 (0.009) | 0.33 (0.036) |
| Males and females: | | |
| 2 and over... | 0.10 (0.010) | 0.40 (0.039) |

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

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

DATA SOURCES: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2007-2008.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1g. Oils and Other Components: Mean Daily Food Patterns Gram Equivalents of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual, by Gender and Age, in the United States, 2007-2008

| Gender and age (years) | <i>Oils and Other Components</i> | | | | | | | |
|---------------------------|-----------------------------------|---------|------------|---------|--------------|---------|------------------|---------|
| | Oils | | Solid Fats | | Added Sugars | | Alcoholic Drinks | |
| | ----- Mean (Standard Error) ----- | | | | | | | |
| Males: | | | | | | | | |
| 2 - 5..... | 13.47 | (0.927) | 30.17 | (1.092) | 13.54 | (0.542) | 0.00 | (0.000) |
| 6 - 11..... | 17.69 | (0.839) | 40.75 | (2.165) | 22.52 | (0.955) | 0.00 | (0.000) |
| 12 - 19..... | 22.33 | (1.376) | 47.25 | (1.410) | 25.64 | (1.078) | 0.17* | (0.059) |
| 20 - 29..... | 26.01 | (1.215) | 47.68 | (2.415) | 27.88 | (1.578) | 1.24 | (0.127) |
| 30 - 39..... | 27.08 | (1.823) | 51.07 | (2.739) | 22.74 | (1.068) | 1.16 | (0.147) |
| 40 - 49..... | 25.87 | (1.171) | 52.52 | (2.560) | 25.21 | (1.730) | 1.15 | (0.146) |
| 50 - 59..... | 26.28 | (1.596) | 49.28 | (2.244) | 19.28 | (1.294) | 0.98 | (0.154) |
| 60 - 69..... | 22.62 | (1.585) | 40.79 | (1.937) | 15.16 | (0.868) | 0.93 | (0.179) |
| 70 and over..... | 18.49 | (1.038) | 34.86 | (1.512) | 12.80 | (0.616) | 0.46 | (0.072) |
| 20 and over... | 25.05 | (0.830) | 47.46 | (1.168) | 21.71 | (0.924) | 1.04 | (0.071) |
| Females: | | | | | | | | |
| 2 - 5..... | 12.95 | (0.691) | 29.55 | (1.392) | 12.30 | (0.439) | 0.00 | (0.000) |
| 6 - 11..... | 17.95 | (0.803) | 36.33 | (1.475) | 19.23 | (0.540) | 0.00 | (0.000) |
| 12 - 19..... | 18.04 | (0.757) | 36.65 | (2.199) | 19.47 | (0.625) | 0.06* | (0.037) |
| 20 - 29..... | 19.85 | (1.423) | 32.72 | (1.747) | 17.97 | (1.267) | 0.45 | (0.103) |
| 30 - 39..... | 19.75 | (0.910) | 34.73 | (1.751) | 18.16 | (0.709) | 0.47 | (0.089) |
| 40 - 49..... | 19.52 | (0.925) | 35.56 | (1.620) | 17.94 | (1.188) | 0.55 | (0.098) |
| 50 - 59..... | 20.39 | (1.071) | 34.49 | (1.642) | 14.86 | (0.826) | 0.48 | (0.106) |
| 60 - 69..... | 17.78 | (1.761) | 30.69 | (1.439) | 11.85 | (0.497) | 0.33 | (0.056) |
| 70 and over..... | 15.46 | (0.536) | 27.27 | (0.876) | 11.08 | (0.434) | 0.18 | (0.046) |
| 20 and over... | 19.06 | (0.540) | 33.02 | (0.669) | 15.80 | (0.608) | 0.43 | (0.049) |
| Males and females: | | | | | | | | |
| 2 and over... | 20.86 | (0.478) | 39.40 | (0.757) | 18.91 | (0.567) | 0.55 | (0.042) |

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

DATA SOURCES: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2007-2008.

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Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPED/FPID Variable Names in Parenthesis

| Fruit Components (cup eq.) | Foods | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--|--------------|----------------|-------------|---------|---------------|-------|------------|--------------|------------|-----------|--------|------------------|-------------|--------------|------------|-------------|------------|--------------|----------|----------|---------------|---------------------|-------------|-----------------------|------------|--------------|
| Total Fruit (F_TOTAL) | Includes the sum of all foods in the Fruit components listed below: | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Citrus, Melons, and Berries (F_CITMLB) | <table border="0"> <tr><td>Blackberries</td><td>Kumquats</td></tr> <tr><td>Blueberries</td><td>Lemons</td></tr> <tr><td>Boysenberries</td><td>Limes</td></tr> <tr><td>Calamondin</td><td>Loganberries</td></tr> <tr><td>Cantaloupe</td><td>Mandarins</td></tr> <tr><td>Casaba</td><td>Mulberries</td></tr> <tr><td>Cranberries</td><td>Oranges</td></tr> <tr><td>Dewberries</td><td>Raspberries</td></tr> <tr><td>Grapefruit</td><td>Strawberries</td></tr> <tr><td>Honeydew</td><td>Tangelos</td></tr> <tr><td>Huckleberries</td><td>Tangerines</td></tr> <tr><td>Juneberries</td><td>Watermelon</td></tr> <tr><td>Kiwi fruit</td><td>Youngberries</td></tr> </table> | Blackberries | Kumquats | Blueberries | Lemons | Boysenberries | Limes | Calamondin | Loganberries | Cantaloupe | Mandarins | Casaba | Mulberries | Cranberries | Oranges | Dewberries | Raspberries | Grapefruit | Strawberries | Honeydew | Tangelos | Huckleberries | Tangerines | Juneberries | Watermelon | Kiwi fruit | Youngberries |
| Blackberries | Kumquats | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Blueberries | Lemons | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Boysenberries | Limes | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calamondin | Loganberries | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cantaloupe | Mandarins | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Casaba | Mulberries | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cranberries | Oranges | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dewberries | Raspberries | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Grapefruit | Strawberries | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Honeydew | Tangelos | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Huckleberries | Tangerines | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Juneberries | Watermelon | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kiwi fruit | Youngberries | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Other Fruits (F_OTHER) | <table border="0"> <tr><td>Apples</td><td>Passion fruits</td></tr> <tr><td>Apricots</td><td>Peaches</td></tr> <tr><td>Bananas</td><td>Pears</td></tr> <tr><td>Cherries</td><td>Persimmons</td></tr> <tr><td>Currants</td><td>Pineapple</td></tr> <tr><td>Dates</td><td>Plums (Ciruelas)</td></tr> <tr><td>Figs</td><td>Pomegranates</td></tr> <tr><td>Grapes</td><td>Prunes</td></tr> <tr><td>Guava</td><td>Raisins</td></tr> <tr><td>Lychees</td><td>Rhubarb</td></tr> <tr><td>Mangoes</td><td>Soursop (Guanabana)</td></tr> <tr><td>Nectarines</td><td>Starfruit (Carambola)</td></tr> <tr><td>Papayas</td><td>Tamarind</td></tr> </table> | Apples | Passion fruits | Apricots | Peaches | Bananas | Pears | Cherries | Persimmons | Currants | Pineapple | Dates | Plums (Ciruelas) | Figs | Pomegranates | Grapes | Prunes | Guava | Raisins | Lychees | Rhubarb | Mangoes | Soursop (Guanabana) | Nectarines | Starfruit (Carambola) | Papayas | Tamarind |
| Apples | Passion fruits | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Apricots | Peaches | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bananas | Pears | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cherries | Persimmons | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Currants | Pineapple | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dates | Plums (Ciruelas) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Figs | Pomegranates | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Grapes | Prunes | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Guava | Raisins | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lychees | Rhubarb | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mangoes | Soursop (Guanabana) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nectarines | Starfruit (Carambola) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Papayas | Tamarind | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Juice (F_JUICE) | Citrus and non-citrus fruit juices | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Vegetables Components (cup eq.) | Foods | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|--|--------------------|-----------------|--------------|--------------|---------------|---------------------|------------------------------------|----------|------------------------------|----------------------------|-------------------|-----------------------|---|-------|-----------------|----------------|----------------|----------------------|---------|----------|-------------|-------|---------|------------------|---------------|--------|------------|----------|--|--------|--|
| Total Vegetables (V_TOTAL) | Includes the sum of all foods in the Vegetables components listed below except beans and peas (legumes): | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dark Green Vegetables (V_DRKGR) | <table border="0"> <tr> <td>Arugula</td> <td>Horseradish leaves</td> </tr> <tr> <td>Basil</td> <td>Kale</td> </tr> <tr> <td>Beet greens</td> <td>Lambsquarters</td> </tr> <tr> <td>Bitter melon leaves</td> <td>Leaves of grapes, pumpkin, squash,</td> </tr> <tr> <td>Broccoli</td> <td>sweet potato, swamp cabbage,</td> </tr> <tr> <td>Chinese Cabbage (pak-choi)</td> <td>taro, and thistle</td> </tr> <tr> <td>Chrysanthemum garland</td> <td>Lettuce (Boston, butterhead, green or red leaf, Cos or Romaine)</td> </tr> <tr> <td>Chard</td> <td>Mustard cabbage</td> </tr> <tr> <td>Chicory leaves</td> <td>Mustard greens</td> </tr> <tr> <td>Cilantro (Coriander)</td> <td>Parsley</td> </tr> <tr> <td>Collards</td> <td>Poke greens</td> </tr> <tr> <td>Cress</td> <td>Spinach</td> </tr> <tr> <td>Dandelion greens</td> <td>Turnip greens</td> </tr> <tr> <td>Endive</td> <td>Watercress</td> </tr> <tr> <td>Escarole</td> <td></td> </tr> <tr> <td>Greens</td> <td></td> </tr> </table> | Arugula | Horseradish leaves | Basil | Kale | Beet greens | Lambsquarters | Bitter melon leaves | Leaves of grapes, pumpkin, squash, | Broccoli | sweet potato, swamp cabbage, | Chinese Cabbage (pak-choi) | taro, and thistle | Chrysanthemum garland | Lettuce (Boston, butterhead, green or red leaf, Cos or Romaine) | Chard | Mustard cabbage | Chicory leaves | Mustard greens | Cilantro (Coriander) | Parsley | Collards | Poke greens | Cress | Spinach | Dandelion greens | Turnip greens | Endive | Watercress | Escarole | | Greens | |
| Arugula | Horseradish leaves | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Basil | Kale | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Beet greens | Lambsquarters | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bitter melon leaves | Leaves of grapes, pumpkin, squash, | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Broccoli | sweet potato, swamp cabbage, | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chinese Cabbage (pak-choi) | taro, and thistle | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chrysanthemum garland | Lettuce (Boston, butterhead, green or red leaf, Cos or Romaine) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chard | Mustard cabbage | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicory leaves | Mustard greens | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cilantro (Coriander) | Parsley | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Collards | Poke greens | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cress | Spinach | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dandelion greens | Turnip greens | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Endive | Watercress | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Escarole | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Greens | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Red and Orange Vegetables (V_REDOR_TOTAL) | Includes the sum of all foods in the Tomatoes and Other Red and Orange Vegetables components listed below: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tomatoes (V_REDOR_TOMATO) | <table border="0"> <tr> <td>Tomatoes (canned, cooked, raw, stewed)</td> <td>Tomato paste</td> </tr> <tr> <td>Tomatoes, dried</td> <td>Tomato puree</td> </tr> <tr> <td>Tomato juice</td> <td>Tomato sauce</td> </tr> </table> | Tomatoes (canned, cooked, raw, stewed) | Tomato paste | Tomatoes, dried | Tomato puree | Tomato juice | Tomato sauce | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tomatoes (canned, cooked, raw, stewed) | Tomato paste | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tomatoes, dried | Tomato puree | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tomato juice | Tomato sauce | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Vegetables Components (cont.) (cup eq.) | Foods | | | | | | | | | | | | | | | | | | | | |
|---|---|----------------------------|---------------------|--------------------|--|-----------------------|--------------------------------|---------------------------------------|----------------|---------|---------|---------------|---------|--------|------|--------------------|-----------------|----------------------|------|------------|--|
| Other Red and Orange Vegetables (V_REDOR_OTHER) | <table border="0"> <tr> <td>Calabaza (Spanish pumpkin)</td> <td>Pimiento</td> </tr> <tr> <td>Carrots</td> <td>Pumpkin</td> </tr> <tr> <td>Carrot juice</td> <td>Squash (most winter varieties)</td> </tr> <tr> <td>Red colored bell, and nonbell peppers</td> <td>Sweet potatoes</td> </tr> </table> | Calabaza (Spanish pumpkin) | Pimiento | Carrots | Pumpkin | Carrot juice | Squash (most winter varieties) | Red colored bell, and nonbell peppers | Sweet potatoes | | | | | | | | | | | | |
| Calabaza (Spanish pumpkin) | Pimiento | | | | | | | | | | | | | | | | | | | | |
| Carrots | Pumpkin | | | | | | | | | | | | | | | | | | | | |
| Carrot juice | Squash (most winter varieties) | | | | | | | | | | | | | | | | | | | | |
| Red colored bell, and nonbell peppers | Sweet potatoes | | | | | | | | | | | | | | | | | | | | |
| Total Starchy Vegetables (V_STARCHY_TOTAL) | Includes the sum of all foods in the Potatoes and Other Starchy Vegetables components listed below: | | | | | | | | | | | | | | | | | | | | |
| Potatoes (V_STARCHY_POTATO) | <table border="0"> <tr> <td>White potatoes</td> <td>White potato flakes</td> </tr> <tr> <td>White potato flour</td> <td></td> </tr> </table> | White potatoes | White potato flakes | White potato flour | | | | | | | | | | | | | | | | | |
| White potatoes | White potato flakes | | | | | | | | | | | | | | | | | | | | |
| White potato flour | | | | | | | | | | | | | | | | | | | | | |
| Other Starchy Vegetables (V_STARCHY_OTHER) | <table border="0"> <tr> <td>Breadfruit</td> <td>Parsnips</td> </tr> <tr> <td>Burdock</td> <td>Immature peas (e.g., immature cowpeas, blackeye peas, green peas, pigeon peas)</td> </tr> <tr> <td>Cassava (Yuca blanca)</td> <td>Plantains</td> </tr> <tr> <td>Corn, sweet (raw)</td> <td>Salsify</td> </tr> <tr> <td>Dasheen</td> <td>Tannier</td> </tr> <tr> <td>Green bananas</td> <td>Tapioca</td> </tr> <tr> <td>Hominy</td> <td>Taro</td> </tr> <tr> <td>Jicama (Yam beans)</td> <td>Water chestnuts</td> </tr> <tr> <td>Lima beans, immature</td> <td>Yams</td> </tr> <tr> <td>Lotus root</td> <td></td> </tr> </table> | Breadfruit | Parsnips | Burdock | Immature peas (e.g., immature cowpeas, blackeye peas, green peas, pigeon peas) | Cassava (Yuca blanca) | Plantains | Corn, sweet (raw) | Salsify | Dasheen | Tannier | Green bananas | Tapioca | Hominy | Taro | Jicama (Yam beans) | Water chestnuts | Lima beans, immature | Yams | Lotus root | |
| Breadfruit | Parsnips | | | | | | | | | | | | | | | | | | | | |
| Burdock | Immature peas (e.g., immature cowpeas, blackeye peas, green peas, pigeon peas) | | | | | | | | | | | | | | | | | | | | |
| Cassava (Yuca blanca) | Plantains | | | | | | | | | | | | | | | | | | | | |
| Corn, sweet (raw) | Salsify | | | | | | | | | | | | | | | | | | | | |
| Dasheen | Tannier | | | | | | | | | | | | | | | | | | | | |
| Green bananas | Tapioca | | | | | | | | | | | | | | | | | | | | |
| Hominy | Taro | | | | | | | | | | | | | | | | | | | | |
| Jicama (Yam beans) | Water chestnuts | | | | | | | | | | | | | | | | | | | | |
| Lima beans, immature | Yams | | | | | | | | | | | | | | | | | | | | |
| Lotus root | | | | | | | | | | | | | | | | | | | | | |

| Vegetables Components (cont.) (cup eq.) | Foods | |
|---|--|--|
| Other Vegetables (V_OTHER) | Alfalfa sprouts | Jute |
| | Artichoke | Kohlrabi |
| | Asparagus | Leeks |
| | Avocado | Lettuce (varieties not |
| | Bamboo shoots | in dark green |
| | Beans (green, yellow, snap, string) | category) |
| | Bean sprouts | Mushrooms |
| | Beets | Okra |
| | Bitter melon (bitter gourd, balsam pear) | Olives |
| | Broccoflower | Onions |
| | Brussels sprouts | Palm hearts |
| | Cabbage | Peas, podded |
| | Cactus (Nopales) | Peppers, bell and nonbell peppers |
| | Capers | (not red or orange in color) |
| | Cauliflower | Pokeberry shoots |
| | Celeriac | Radicchio |
| | Celery | Radish |
| | Chayote (Christophine) | Rutabaga |
| | Chinese cabbage (Pei-tsai) | Scallions |
| | Chinese okra (Luffa) | Seaweed |
| | Chives | Snow peas |
| | Cucumber | Sprouted beans (e.g. mung, soybean) |
| | Eggplant | Squash (green, sequin, spaghetti, yellow, zucchini, most summer varieties) |
| | Fennel bulb | Tomatillos |
| | Flowers, edible | Tomatoes, green |
| | Garlic | Turnips |
| | Ginger root | Winter melon (Wax gourd) |
| | Horseradish pods | |

| Vegetables Components (cont.) (cup eq.) | Foods | |
|--|---|-------------------|
| Beans and Peas (Legumes) (V_LEGUMES) | Includes all mature beans and peas (legumes) such as: | |
| | Black beans | Kidney beans |
| | Blackeye peas | Lentils |
| | Brown beans | Mature lima beans |
| | Bayo beans | Mung beans |
| | Calico beans | Navy beans |
| | Carob | Pink beans |
| | Chickpeas (Garbanzo beans) | Pinto beans |
| | Cowpeas | Red Mexican beans |
| | Fava beans | Soybeans (raw) |
| | | Split peas |
| | | White beans |

| Grains Components (oz. eq.) | Foods | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------------------|---|-----------------|---------|---------------------------|----------------------|--------------------------------|------------------------------------|-------------------|---------------------|---------------------------------|---------------------------------|------------------|----------|------------------|--|----------|------------------|-------------------|-----------|-------------------------------------|-------|--|-------------------|--|-----------|
| Total Grains (G_TOTAL) | Includes the sum of all foods in the Grains components listed below: | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Grains (G_WHOLE) | <table border="0"> <tr> <td>Amaranth</td> <td>Millett</td> </tr> <tr> <td>Barley, whole</td> <td>Oats</td> </tr> <tr> <td>Barley flour (whole barley)</td> <td>Oat flour</td> </tr> <tr> <td>Barley meal</td> <td>Oatmeal</td> </tr> <tr> <td>Brown rice</td> <td>Popcorn</td> </tr> <tr> <td>Brown rice flour</td> <td>Quinoa</td> </tr> <tr> <td>Buckwheat groats</td> <td>Rye, whole grain</td> </tr> <tr> <td>Bulgur</td> <td>Rye flour (dark)</td> </tr> <tr> <td>Corn, whole grain</td> <td>Triticale</td> </tr> <tr> <td>Corn meal or flour (whole grain)</td> <td>Wheat</td> </tr> <tr> <td></td> <td>Whole wheat flour</td> </tr> <tr> <td></td> <td>Wild rice</td> </tr> </table> | Amaranth | Millett | Barley, whole | Oats | Barley flour (whole barley) | Oat flour | Barley meal | Oatmeal | Brown rice | Popcorn | Brown rice flour | Quinoa | Buckwheat groats | Rye, whole grain | Bulgur | Rye flour (dark) | Corn, whole grain | Triticale | Corn meal or flour (whole grain) | Wheat | | Whole wheat flour | | Wild rice |
| Amaranth | Millett | | | | | | | | | | | | | | | | | | | | | | | | |
| Barley, whole | Oats | | | | | | | | | | | | | | | | | | | | | | | | |
| Barley flour (whole barley) | Oat flour | | | | | | | | | | | | | | | | | | | | | | | | |
| Barley meal | Oatmeal | | | | | | | | | | | | | | | | | | | | | | | | |
| Brown rice | Popcorn | | | | | | | | | | | | | | | | | | | | | | | | |
| Brown rice flour | Quinoa | | | | | | | | | | | | | | | | | | | | | | | | |
| Buckwheat groats | Rye, whole grain | | | | | | | | | | | | | | | | | | | | | | | | |
| Bulgur | Rye flour (dark) | | | | | | | | | | | | | | | | | | | | | | | | |
| Corn, whole grain | Triticale | | | | | | | | | | | | | | | | | | | | | | | | |
| Corn meal or flour (whole grain) | Wheat | | | | | | | | | | | | | | | | | | | | | | | | |
| | Whole wheat flour | | | | | | | | | | | | | | | | | | | | | | | | |
| | Wild rice | | | | | | | | | | | | | | | | | | | | | | | | |
| Refined Grains (G_REFINED) | <table border="0"> <tr> <td>Barley, pearled</td> <td>Masa</td> </tr> <tr> <td>Barley, pearled, flour</td> <td>Oat flour, debranned</td> </tr> <tr> <td>Barley malt flour</td> <td>Rice (milled, not whole grain)</td> </tr> <tr> <td>Bran (all grains)</td> <td>Rice, milled, flour</td> </tr> <tr> <td>Corn flour or meal, degermed</td> <td>Rye flour (light and medium)</td> </tr> <tr> <td>Corn grits</td> <td>Semolina</td> </tr> <tr> <td>Cream of wheat</td> <td>Wheat flour (milled, not whole grain)</td> </tr> <tr> <td>Couscous</td> <td>Wheat germ</td> </tr> <tr> <td>Farina</td> <td></td> </tr> </table> | Barley, pearled | Masa | Barley, pearled, flour | Oat flour, debranned | Barley malt flour | Rice (milled, not whole grain) | Bran (all grains) | Rice, milled, flour | Corn flour or meal, degermed | Rye flour (light and medium) | Corn grits | Semolina | Cream of wheat | Wheat flour (milled, not whole grain) | Couscous | Wheat germ | Farina | | | | | | | |
| Barley, pearled | Masa | | | | | | | | | | | | | | | | | | | | | | | | |
| Barley, pearled, flour | Oat flour, debranned | | | | | | | | | | | | | | | | | | | | | | | | |
| Barley malt flour | Rice (milled, not whole grain) | | | | | | | | | | | | | | | | | | | | | | | | |
| Bran (all grains) | Rice, milled, flour | | | | | | | | | | | | | | | | | | | | | | | | |
| Corn flour or meal, degermed | Rye flour (light and medium) | | | | | | | | | | | | | | | | | | | | | | | | |
| Corn grits | Semolina | | | | | | | | | | | | | | | | | | | | | | | | |
| Cream of wheat | Wheat flour (milled, not whole grain) | | | | | | | | | | | | | | | | | | | | | | | | |
| Couscous | Wheat germ | | | | | | | | | | | | | | | | | | | | | | | | |
| Farina | | | | | | | | | | | | | | | | | | | | | | | | | |

| Protein Foods Components (oz. eq.) | Foods | | | | | | | | | | | | | | | | | | | | | | |
|---|--|-----------|------|-------------------|-------|------|---------|--------|--------|------|------|-------|--------|---------|---------|-------------------|----------|------|------|------------|---------|-----------------|----------|
| Total Protein Foods (PF_TOTAL) | Includes the sum of all foods in the Protein Foods components listed below except Beans and Peas: | | | | | | | | | | | | | | | | | | | | | | |
| Total Meat, Poultry, and Seafood (PF_MPS_TOTAL) | Includes the sum of all foods in the Meat, Cured Meat, Organ Meat, Poultry, Seafood High in n-3, and Seafood Low in n-3 components listed below: | | | | | | | | | | | | | | | | | | | | | | |
| Meat (PF_MEAT) | <table border="0"> <tr> <td>Armadillo</td> <td>Lamb</td> </tr> <tr> <td>Bacon (not cured)</td> <td>Moose</td> </tr> <tr> <td>Bear</td> <td>Opossum</td> </tr> <tr> <td>Beaver</td> <td>Oxtail</td> </tr> <tr> <td>Beef</td> <td>Pork</td> </tr> <tr> <td>Bison</td> <td>Rabbit</td> </tr> <tr> <td>Caribou</td> <td>Raccoon</td> </tr> <tr> <td>Game meat (other)</td> <td>Squirrel</td> </tr> <tr> <td>Goat</td> <td>Veal</td> </tr> <tr> <td>Ground hog</td> <td>Venison</td> </tr> <tr> <td>Ham (not cured)</td> <td>Wild pig</td> </tr> </table> | Armadillo | Lamb | Bacon (not cured) | Moose | Bear | Opossum | Beaver | Oxtail | Beef | Pork | Bison | Rabbit | Caribou | Raccoon | Game meat (other) | Squirrel | Goat | Veal | Ground hog | Venison | Ham (not cured) | Wild pig |
| Armadillo | Lamb | | | | | | | | | | | | | | | | | | | | | | |
| Bacon (not cured) | Moose | | | | | | | | | | | | | | | | | | | | | | |
| Bear | Opossum | | | | | | | | | | | | | | | | | | | | | | |
| Beaver | Oxtail | | | | | | | | | | | | | | | | | | | | | | |
| Beef | Pork | | | | | | | | | | | | | | | | | | | | | | |
| Bison | Rabbit | | | | | | | | | | | | | | | | | | | | | | |
| Caribou | Raccoon | | | | | | | | | | | | | | | | | | | | | | |
| Game meat (other) | Squirrel | | | | | | | | | | | | | | | | | | | | | | |
| Goat | Veal | | | | | | | | | | | | | | | | | | | | | | |
| Ground hog | Venison | | | | | | | | | | | | | | | | | | | | | | |
| Ham (not cured) | Wild pig | | | | | | | | | | | | | | | | | | | | | | |

| Protein Foods Components (cont.) (oz. eq.) | Foods | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|-------|---------|--------------|-----------------|--------------------|-------------------|---------------|----------|-----------|------------|---------|------------|-----------|--------------|----------------|-------------|----------|-----------|----------|------------|----------------|----------|-----------------------|-----------|------------------------|-------------|---------|----------------|--------------------|--------------------|-------------|--------------|--------------|--------------|------------------|--------|--------------|---------------|---|-------|-------------|-----------|------------|----------------------|--|----------------|--|----------------|--|---------------|--|-----------|--|----------------|
| Cured Meat (PF_CUREDMEAT) | <table border="0"> <tr> <td>Bacon</td> <td>Hotdogs</td> </tr> <tr> <td>Beef sausage</td> <td>Italian sausage</td> </tr> <tr> <td>Beef luncheon meat</td> <td>Jerky (all meats)</td> </tr> <tr> <td>Blood sausage</td> <td>Kielbasa</td> </tr> <tr> <td>Bockwurst</td> <td>Knockwurst</td> </tr> <tr> <td>Bologna</td> <td>Liverwurst</td> </tr> <tr> <td>Bratwurst</td> <td>Meat spreads</td> </tr> <tr> <td>Braunschweiger</td> <td>Meat sticks</td> </tr> <tr> <td>Capicola</td> <td>Mettwurst</td> </tr> <tr> <td>Cervelat</td> <td>Mortadella</td> </tr> <tr> <td>Chicken sticks</td> <td>Pastrami</td> </tr> <tr> <td>Chicken luncheon meat</td> <td>Pepperoni</td> </tr> <tr> <td>Chicken or turkey loaf</td> <td>Pepper loaf</td> </tr> <tr> <td>Chorizo</td> <td>Polish sausage</td> </tr> <tr> <td>Cold cut deli meat</td> <td>Pork luncheon meat</td> </tr> <tr> <td>Corned beef</td> <td>Pork sausage</td> </tr> <tr> <td>Chipped beef</td> <td>Potted meats</td> </tr> <tr> <td>Dutch brand loaf</td> <td>Salami</td> </tr> <tr> <td>Frankfurters</td> <td>Sandwich loaf</td> </tr> <tr> <td>Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced)</td> <td>Soupe</td> </tr> <tr> <td>Head cheese</td> <td>Thuringer</td> </tr> <tr> <td>Honey loaf</td> <td>Turkey luncheon meat</td> </tr> <tr> <td></td> <td>Turkey sausage</td> </tr> <tr> <td></td> <td>Turkey, smoked</td> </tr> <tr> <td></td> <td>Turkey sticks</td> </tr> <tr> <td></td> <td>Veal loaf</td> </tr> <tr> <td></td> <td>Vienna sausage</td> </tr> </table> | Bacon | Hotdogs | Beef sausage | Italian sausage | Beef luncheon meat | Jerky (all meats) | Blood sausage | Kielbasa | Bockwurst | Knockwurst | Bologna | Liverwurst | Bratwurst | Meat spreads | Braunschweiger | Meat sticks | Capicola | Mettwurst | Cervelat | Mortadella | Chicken sticks | Pastrami | Chicken luncheon meat | Pepperoni | Chicken or turkey loaf | Pepper loaf | Chorizo | Polish sausage | Cold cut deli meat | Pork luncheon meat | Corned beef | Pork sausage | Chipped beef | Potted meats | Dutch brand loaf | Salami | Frankfurters | Sandwich loaf | Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced) | Soupe | Head cheese | Thuringer | Honey loaf | Turkey luncheon meat | | Turkey sausage | | Turkey, smoked | | Turkey sticks | | Veal loaf | | Vienna sausage |
| Bacon | Hotdogs | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Beef sausage | Italian sausage | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Beef luncheon meat | Jerky (all meats) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Blood sausage | Kielbasa | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bockwurst | Knockwurst | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bologna | Liverwurst | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bratwurst | Meat spreads | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Braunschweiger | Meat sticks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Capicola | Mettwurst | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cervelat | Mortadella | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken sticks | Pastrami | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken luncheon meat | Pepperoni | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken or turkey loaf | Pepper loaf | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chorizo | Polish sausage | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cold cut deli meat | Pork luncheon meat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Corned beef | Pork sausage | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chipped beef | Potted meats | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dutch brand loaf | Salami | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Frankfurters | Sandwich loaf | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced) | Soupe | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Head cheese | Thuringer | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Honey loaf | Turkey luncheon meat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Turkey sausage | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Turkey, smoked | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Turkey sticks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Veal loaf | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Vienna sausage | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Organ Meat (PF_ORGAN) | <table border="0"> <tr> <td>Brain</td> <td>Liver</td> </tr> <tr> <td>Chitterlings</td> <td>Stomach</td> </tr> <tr> <td>Giblets</td> <td>Sweetbreads</td> </tr> <tr> <td>Gizzard</td> <td>Thymus</td> </tr> <tr> <td>Heart</td> <td>Tongue</td> </tr> <tr> <td>Kidney</td> <td>Tripe</td> </tr> </table> | Brain | Liver | Chitterlings | Stomach | Giblets | Sweetbreads | Gizzard | Thymus | Heart | Tongue | Kidney | Tripe | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brain | Liver | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chitterlings | Stomach | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Giblets | Sweetbreads | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gizzard | Thymus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Heart | Tongue | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kidney | Tripe | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Protein Foods Components (cont.) (oz. eq.) | Foods | |
|---|---|--|
| Poultry (PF_POULT) | Chicken Cornish game hen Dove Duck Goose | Ostrich Pheasant Quail Turkey |
| Seafood High in n-3 Fatty Acids (PF_SEAFD_HI) | Anchovy Barracuda Caviar (roe) Cisco Herring Mackerel Pompano Ray Salmon Sardine | Sea bass Shad Shark Squid Swordfish Trout Tuna (albacore and bluefin) Whitefish |
| Seafood Low in n-3 Fatty Acids (PF_SEAFD_LOW) | Abalone Carp Catfish Clams Cod Crab Crayfish Croaker Eel Flounder Frog legs Haddock Halibut Lobster Mullet Mussels Ocean perch Octopus | Oyster Perch Pike Pollock Porgy Scallop Scup Shrimp Snail Snapper Sole Sturgeon Tilapia Tuna (except albacore and bluefin) Turtle Whiting |

| Protein Foods Components (cont.) (oz. eq.) | Foods | |
|---|--|--|
| Eggs (PF_EGGS) | Eggs, whole (chicken, duck, goose, quail, and other birds) | Egg white Egg yolk Egg substitute Egg, dried |
| Soy Products (PF_SOY) | Miso Natto Soybean Soybean curd or tofu Soybean flour Soybean meal | Soybean protein isolate and concentrate Soy milk (not calcium fortified) Soy nuts |
| Nuts and Seeds (PF_NUTSDS) | Almonds Almond butter Almond paste Brazil nuts Cashew Cashew butter Chestnuts Flax seeds Hazelnuts Macadamia nuts Peanuts Peanut butter | Peanut flour Pecans Pine nuts Pistachios Pumpkin seeds Squash seeds Sesame butter (tahini) Sesame seeds Sesame paste Sunflower seeds Walnuts |
| Beans and Peas (Legumes) (PF_LEGUMES) | See under Vegetables, Beans and Peas component for the list of foods | |

| Dairy Components (cup eq.) | Foods |
|---------------------------------|--|
| Total Dairy (D_TOTAL) | Includes the sum of all foods in the Dairy components listed below, plus the following: Whey |
| Milk (D_MILK) | Includes fluid milk and calcium added soy milk of all fat-types such as: Buttermilk Milk, fluid Evaporated milk Goat milk, fluid Filled milk Soy milk, calcium Milk, dry added Milk, evaporated |
| Yogurt (D_YOGURT) | Includes yogurt of all fat-types and yogurt present in flavored and frozen yogurt |

| Dairy Components (cont.) (cup eq.) | Foods |
|------------------------------------|---|
| Cheese (D_CHEESE) | Includes natural and processed cheeses of all fat-types such as: American cheese Mexican blend Blue cheese Monterey cheese Brick cheese Mozzarella cheese Brie cheese Muenster cheese Camembert Parmesan cheese cheese Pasteurized cheese Cheddar cheese Port de salut cheese Colby cheese Provolone cheese Colby Jack cheese Ricotta cheese Cottage cheese Romano cheese Cream cheese, fat Roquefort free Swiss cheese Edam cheese Queso anejo Feta cheese Queso asadero Fontina cheese Queso Chihuahua Goat cheese Queso del pais, Gouda cheese blanco Gruyere cheese Queso fresco Limburger cheese |

| Oils Component (grams) | Foods | | | | | | | | | | | | | | | | | | |
|------------------------|--|------------|---------------|------------|------------|----------|---------|----------------|-------------|----------|---------------|--------------|---------------|-----------|------------|------------|----------------|--------------|--|
| Oils (OILS) | Includes fats naturally present in seafood, nuts, and seeds and the following: <table border="0"> <tr> <td>Almond oil</td> <td>Safflower oil</td> </tr> <tr> <td>Canola oil</td> <td>Sesame oil</td> </tr> <tr> <td>Corn oil</td> <td>Spreads</td> </tr> <tr> <td>Cottonseed oil</td> <td>Soybean oil</td> </tr> <tr> <td>Fish oil</td> <td>Sunflower oil</td> </tr> <tr> <td>Flaxseed oil</td> <td>Vegetable oil</td> </tr> <tr> <td>Olive oil</td> <td>Walnut oil</td> </tr> <tr> <td>Peanut oil</td> <td>Wheat germ oil</td> </tr> <tr> <td>Rapeseed oil</td> <td></td> </tr> </table> | Almond oil | Safflower oil | Canola oil | Sesame oil | Corn oil | Spreads | Cottonseed oil | Soybean oil | Fish oil | Sunflower oil | Flaxseed oil | Vegetable oil | Olive oil | Walnut oil | Peanut oil | Wheat germ oil | Rapeseed oil | |
| Almond oil | Safflower oil | | | | | | | | | | | | | | | | | | |
| Canola oil | Sesame oil | | | | | | | | | | | | | | | | | | |
| Corn oil | Spreads | | | | | | | | | | | | | | | | | | |
| Cottonseed oil | Soybean oil | | | | | | | | | | | | | | | | | | |
| Fish oil | Sunflower oil | | | | | | | | | | | | | | | | | | |
| Flaxseed oil | Vegetable oil | | | | | | | | | | | | | | | | | | |
| Olive oil | Walnut oil | | | | | | | | | | | | | | | | | | |
| Peanut oil | Wheat germ oil | | | | | | | | | | | | | | | | | | |
| Rapeseed oil | | | | | | | | | | | | | | | | | | | |

| Added Sugars Component (tsp. eq.) | Foods | | | | | | | | | | | | | | |
|-------------------------------------|---|-------------|-------|------------|-------------|-------------|----------|-------------------|----------------|----------|-----------|----------|----------------|--------------|-------------|
| Added Sugars (ADD_SUGARS) | <table border="0"> <tr> <td>Brown Sugar</td> <td>Honey</td> </tr> <tr> <td>Cane syrup</td> <td>Maple syrup</td> </tr> <tr> <td>Corn Syrups</td> <td>Molasses</td> </tr> <tr> <td>Corn syrup solids</td> <td>Pancake syrups</td> </tr> <tr> <td>Dextrose</td> <td>Raw sugar</td> </tr> <tr> <td>Fructose</td> <td>Sorghum syrups</td> </tr> <tr> <td>Fruit syrups</td> <td>White sugar</td> </tr> </table> | Brown Sugar | Honey | Cane syrup | Maple syrup | Corn Syrups | Molasses | Corn syrup solids | Pancake syrups | Dextrose | Raw sugar | Fructose | Sorghum syrups | Fruit syrups | White sugar |
| Brown Sugar | Honey | | | | | | | | | | | | | | |
| Cane syrup | Maple syrup | | | | | | | | | | | | | | |
| Corn Syrups | Molasses | | | | | | | | | | | | | | |
| Corn syrup solids | Pancake syrups | | | | | | | | | | | | | | |
| Dextrose | Raw sugar | | | | | | | | | | | | | | |
| Fructose | Sorghum syrups | | | | | | | | | | | | | | |
| Fruit syrups | White sugar | | | | | | | | | | | | | | |

| Solid Fats Component (grams) | Foods | | | | | | | | | | | | | | | | |
|-----------------------------------|--|--------|------|--------------|-------------------|-----------|------|---------------|----------|-------------|--------|-------|-----------------------------------|------------------|------------|-----------------------------------|--|
| Solid Fats (SOLID_FATS) | Includes fats naturally present in milk products, meat, poultry, eggs and the following: <table border="0"> <tr> <td>Butter</td> <td>Ghee</td> </tr> <tr> <td>Cocoa butter</td> <td>Hydrogenated oils</td> </tr> <tr> <td>Cocoa fat</td> <td>Lard</td> </tr> <tr> <td>Coconut cream</td> <td>Palm oil</td> </tr> <tr> <td>Coconut oil</td> <td>Tallow</td> </tr> <tr> <td>Cream</td> <td>Shortening (animal and vegetable)</td> </tr> <tr> <td>Cream substitute</td> <td>Sour cream</td> </tr> <tr> <td>Cream Cheese, regular and low-fat</td> <td></td> </tr> </table> | Butter | Ghee | Cocoa butter | Hydrogenated oils | Cocoa fat | Lard | Coconut cream | Palm oil | Coconut oil | Tallow | Cream | Shortening (animal and vegetable) | Cream substitute | Sour cream | Cream Cheese, regular and low-fat | |
| Butter | Ghee | | | | | | | | | | | | | | | | |
| Cocoa butter | Hydrogenated oils | | | | | | | | | | | | | | | | |
| Cocoa fat | Lard | | | | | | | | | | | | | | | | |
| Coconut cream | Palm oil | | | | | | | | | | | | | | | | |
| Coconut oil | Tallow | | | | | | | | | | | | | | | | |
| Cream | Shortening (animal and vegetable) | | | | | | | | | | | | | | | | |
| Cream substitute | Sour cream | | | | | | | | | | | | | | | | |
| Cream Cheese, regular and low-fat | | | | | | | | | | | | | | | | | |

| Alcoholic Drinks Component (no. of drinks) | Foods |
|--|--|
| Alcoholic Drinks (A_DRINKS) | Includes: <ul style="list-style-type: none"> Beer Wine Distilled spirits Alcohol (ethanol) present in cocktails and other alcoholic beverages Alcohol (ethanol) added to foods after cooking |