

**Table 1a. Fruit:** Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Gender and Age, in the United States, 2013-2014

Gender and age (years)	Sample size	<i>Fruit</i>			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
----- Mean (Standard Error) -----					
<b>Males:</b>					
2 - 5.....	337	1.46 (0.092)	0.24 (0.061)	0.63 (0.036)	0.58 (0.044)
6 - 11.....	537	1.11 (0.102)	0.26 (0.056)	0.48 (0.048)	0.38 (0.033)
12 - 19.....	646	0.98 (0.099)	0.19 (0.055)	0.43 (0.048)	0.36 (0.047)
20 - 29.....	424	0.79 (0.095)	0.11 (0.030)	0.36 (0.056)	0.32 (0.032)
30 - 39.....	429	0.86 (0.070)	0.21 (0.045)	0.39 (0.044)	0.27 (0.039)
40 - 49.....	410	0.78 (0.069)	0.12 (0.027)	0.43 (0.038)	0.23 (0.038)
50 - 59.....	398	1.01 (0.097)	0.25 (0.042)	0.48 (0.060)	0.27 (0.047)
60 - 69.....	395	0.89 (0.100)	0.21 (0.041)	0.47 (0.059)	0.21 (0.032)
70 and over....	358	1.10 (0.076)	0.22 (0.027)	0.58 (0.049)	0.31 (0.050)
2 - 19.....	1520	1.12 (0.074)	0.22 (0.020)	0.48 (0.035)	0.41 (0.033)
20 and over...	2414	0.89 (0.043)	0.18 (0.011)	0.44 (0.031)	0.27 (0.020)
2 and over...	3934	0.95 (0.034)	0.19 (0.009)	0.45 (0.025)	0.30 (0.017)
<b>Females:</b>					
2 - 5.....	339	1.20 (0.073)	0.17 (0.024)	0.54 (0.040)	0.49 (0.061)
6 - 11.....	510	1.00 (0.088)	0.20 (0.026)	0.43 (0.047)	0.37 (0.064)
12 - 19.....	650	0.70 (0.063)	0.19 (0.028)	0.32 (0.033)	0.19 (0.025)
20 - 29.....	430	0.86 (0.055)	0.21 (0.027)	0.39 (0.043)	0.27 (0.037)
30 - 39.....	463	0.93 (0.062)	0.21 (0.032)	0.47 (0.040)	0.26 (0.015)
40 - 49.....	487	0.85 (0.052)	0.26 (0.033)	0.43 (0.030)	0.16 (0.014)
50 - 59.....	439	0.84 (0.094)	0.20 (0.033)	0.45 (0.068)	0.18 (0.028)
60 - 69.....	433	0.88 (0.057)	0.27 (0.035)	0.45 (0.045)	0.15 (0.021)
70 and over....	381	1.16 (0.062)	0.27 (0.033)	0.61 (0.034)	0.28 (0.031)
2 - 19.....	1499	0.90 (0.033)	0.19 (0.015)	0.40 (0.018)	0.31 (0.029)
20 and over...	2633	0.91 (0.036)	0.23 (0.015)	0.46 (0.020)	0.21 (0.011)
2 and over...	4132	0.91 (0.029)	0.22 (0.013)	0.45 (0.017)	0.24 (0.012)
<b>Males and females:</b>					
2 - 19.....	3019	1.01 (0.041)	0.21 (0.014)	0.44 (0.021)	0.36 (0.023)
20 and over...	5047	0.90 (0.033)	0.21 (0.011)	0.45 (0.020)	0.24 (0.011)
2 and over...	8066	0.93 (0.026)	0.21 (0.010)	0.45 (0.016)	0.27 (0.011)

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

DATA SOURCES: *What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

Available at: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg)

**Table 1b. Vegetables:** Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Gender and Age, in the United States, 2013-2014

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)									
<b>Males:</b>										
2 - 5.....	0.67 (0.056)	0.23 (0.031)	0.17 (0.018)	0.06 (0.017)	0.21 (0.027)	0.14 (0.015)	0.07* (0.023)	0.06* (0.017)	0.17 (0.038)	
6 - 11.....	0.90 (0.057)	0.35 (0.049)	0.31 (0.044)	0.04 (0.009)	0.28 (0.019)	0.21 (0.016)	0.07 (0.013)	0.05 (0.012)	0.21 (0.017)	
12 - 19.....	1.15 (0.053)	0.40 (0.054)	0.35 (0.052)	0.05* (0.019)	0.32 (0.024)	0.26 (0.023)	0.06 (0.013)	0.07 (0.020)	0.35 (0.024)	
20 - 29.....	1.45 (0.114)	0.40 (0.054)	0.36 (0.048)	0.04 (0.007)	0.40 (0.022)	0.32 (0.018)	0.08 (0.014)	0.15 (0.028)	0.50 (0.046)	
30 - 39.....	1.54 (0.069)	0.46 (0.026)	0.41 (0.028)	0.05 (0.011)	0.44 (0.034)	0.32 (0.031)	0.12 (0.009)	0.13 (0.023)	0.50 (0.027)	
40 - 49.....	1.66 (0.074)	0.46 (0.054)	0.37 (0.047)	0.09* (0.028)	0.46 (0.032)	0.36 (0.028)	0.11 (0.023)	0.11 (0.025)	0.63 (0.034)	
50 - 59.....	1.68 (0.090)	0.59 (0.038)	0.49 (0.035)	0.10 (0.016)	0.40 (0.038)	0.31 (0.035)	0.09 (0.011)	0.15 (0.034)	0.54 (0.040)	
60 - 69.....	1.59 (0.081)	0.48 (0.028)	0.40 (0.031)	0.08 (0.015)	0.46 (0.045)	0.35 (0.050)	0.11 (0.016)	0.12 (0.021)	0.53 (0.027)	
70 and over....	1.71 (0.115)	0.53 (0.061)	0.45 (0.055)	0.08 (0.018)	0.46 (0.028)	0.35 (0.023)	0.11 (0.018)	0.16 (0.029)	0.56 (0.056)	
2 - 19.....	0.97 (0.020)	0.35 (0.021)	0.30 (0.020)	0.05 (0.011)	0.29 (0.012)	0.22 (0.011)	0.07 (0.010)	0.06 (0.013)	0.26 (0.012)	
20 and over...	1.59 (0.049)	0.48 (0.019)	0.41 (0.017)	0.07 (0.007)	0.43 (0.014)	0.33 (0.013)	0.10 (0.005)	0.14 (0.013)	0.54 (0.013)	
2 and over...	1.44 (0.038)	0.45 (0.017)	0.39 (0.016)	0.07 (0.006)	0.40 (0.009)	0.30 (0.010)	0.09 (0.004)	0.12 (0.010)	0.47 (0.010)	
<b>Females:</b>										
2 - 5.....	0.61 (0.054)	0.22 (0.032)	0.17 (0.022)	0.05* (0.016)	0.20 (0.022)	0.15 (0.021)	0.04 (0.005)	0.04 (0.012)	0.15 (0.020)	
6 - 11.....	0.79 (0.079)	0.26 (0.033)	0.21 (0.030)	0.05 (0.011)	0.25 (0.023)	0.20 (0.021)	0.05 (0.008)	0.06 (0.011)	0.22 (0.032)	
12 - 19.....	1.01 (0.073)	0.34 (0.028)	0.29 (0.024)	0.05 (0.007)	0.27 (0.022)	0.20 (0.009)	0.07 (0.021)	0.10 (0.026)	0.30 (0.030)	
20 - 29.....	1.31 (0.052)	0.38 (0.026)	0.32 (0.025)	0.06 (0.011)	0.30 (0.017)	0.23 (0.012)	0.08 (0.017)	0.14 (0.023)	0.49 (0.030)	
30 - 39.....	1.47 (0.078)	0.31 (0.035)	0.27 (0.035)	0.04 (0.006)	0.37 (0.039)	0.28 (0.030)	0.09 (0.019)	0.27 (0.060)	0.52 (0.041)	
40 - 49.....	1.59 (0.079)	0.38 (0.036)	0.31 (0.036)	0.07 (0.013)	0.40 (0.031)	0.27 (0.015)	0.13 (0.027)	0.17 (0.029)	0.64 (0.051)	
50 - 59.....	1.47 (0.074)	0.36 (0.041)	0.29 (0.035)	0.07 (0.013)	0.33 (0.022)	0.23 (0.015)	0.10 (0.010)	0.26 (0.051)	0.52 (0.029)	
60 - 69.....	1.32 (0.068)	0.31 (0.021)	0.23 (0.024)	0.08 (0.015)	0.34 (0.031)	0.24 (0.026)	0.10 (0.016)	0.17 (0.017)	0.50 (0.040)	
70 and over....	1.33 (0.048)	0.34 (0.047)	0.27 (0.037)	0.07 (0.016)	0.37 (0.040)	0.25 (0.025)	0.12 (0.021)	0.14 (0.015)	0.49 (0.042)	
2 - 19.....	0.85 (0.041)	0.29 (0.021)	0.24 (0.017)	0.05 (0.006)	0.25 (0.012)	0.19 (0.009)	0.06 (0.010)	0.08 (0.013)	0.24 (0.015)	
20 and over...	1.42 (0.032)	0.35 (0.014)	0.28 (0.012)	0.07 (0.005)	0.35 (0.017)	0.25 (0.012)	0.10 (0.010)	0.20 (0.014)	0.53 (0.017)	
2 and over...	1.29 (0.033)	0.34 (0.012)	0.27 (0.011)	0.06 (0.004)	0.33 (0.014)	0.24 (0.010)	0.09 (0.009)	0.17 (0.013)	0.46 (0.015)	
<b>Males and females:</b>										
2 - 19.....	0.91 (0.025)	0.32 (0.017)	0.27 (0.016)	0.05 (0.007)	0.27 (0.007)	0.21 (0.007)	0.06 (0.008)	0.07 (0.008)	0.25 (0.011)	
20 and over...	1.51 (0.029)	0.42 (0.013)	0.35 (0.012)	0.07 (0.005)	0.39 (0.011)	0.29 (0.009)	0.10 (0.005)	0.17 (0.010)	0.53 (0.012)	
2 and over...	1.36 (0.025)	0.39 (0.011)	0.33 (0.011)	0.06 (0.004)	0.36 (0.007)	0.27 (0.007)	0.09 (0.005)	0.14 (0.008)	0.47 (0.010)	

\* 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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

Available at: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg)

**Table 1c. Grains: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Gender and Age, in the United States, 2013-2014**

Gender and age (years)	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
	----- Mean (Standard Error) -----		
<b>Males:</b>			
2 - 5.....	5.76 (0.241)	0.94 (0.072)	4.83 (0.220)
6 - 11.....	7.34 (0.229)	0.87 (0.088)	6.47 (0.184)
12 - 19.....	8.09 (0.252)	0.95 (0.090)	7.14 (0.222)
20 - 29.....	8.26 (0.269)	0.77 (0.104)	7.49 (0.232)
30 - 39.....	7.93 (0.231)	0.77 (0.053)	7.16 (0.242)
40 - 49.....	7.69 (0.435)	0.89 (0.128)	6.80 (0.375)
50 - 59.....	7.16 (0.225)	1.04 (0.109)	6.12 (0.229)
60 - 69.....	7.02 (0.318)	1.11 (0.099)	5.91 (0.324)
70 and over....	5.99 (0.175)	1.39 (0.087)	4.60 (0.179)
2 - 19.....	7.38 (0.157)	0.92 (0.060)	6.46 (0.137)
20 and over...	7.46 (0.116)	0.96 (0.049)	6.51 (0.115)
2 and over...	7.44 (0.094)	0.95 (0.040)	6.49 (0.096)
<b>Females:</b>			
2 - 5.....	4.81 (0.228)	0.78 (0.078)	4.04 (0.210)
6 - 11.....	6.77 (0.275)	0.80 (0.082)	5.97 (0.280)
12 - 19.....	6.02 (0.219)	0.65 (0.077)	5.36 (0.200)
20 - 29.....	5.93 (0.211)	0.63 (0.051)	5.30 (0.226)
30 - 39.....	6.41 (0.219)	0.78 (0.062)	5.63 (0.206)
40 - 49.....	6.06 (0.221)	0.66 (0.061)	5.40 (0.259)
50 - 59.....	5.47 (0.190)	0.97 (0.088)	4.50 (0.163)
60 - 69.....	5.50 (0.253)	0.98 (0.078)	4.52 (0.252)
70 and over....	4.95 (0.150)	0.96 (0.064)	3.99 (0.167)
2 - 19.....	6.00 (0.126)	0.73 (0.061)	5.27 (0.126)
20 and over...	5.75 (0.100)	0.82 (0.022)	4.93 (0.099)
2 and over...	5.81 (0.088)	0.80 (0.024)	5.01 (0.088)
<b>Males and females:</b>			
2 - 19.....	6.71 (0.116)	0.83 (0.048)	5.88 (0.108)
20 and over...	6.58 (0.063)	0.89 (0.028)	5.69 (0.069)
2 and over...	6.61 (0.062)	0.87 (0.028)	5.74 (0.068)

DATA SOURCES: *What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

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**Table 1d. Dairy: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Gender and Age, in the United States, 2013-2014**

Gender and age (years)	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	----- Mean (Standard Error) -----			
<b>Males:</b>				
2 - 5.....	2.04 (0.095)	1.34 (0.101)	0.59 (0.068)	0.10 (0.022)
6 - 11.....	2.53 (0.118)	1.49 (0.081)	0.95 (0.096)	0.08 (0.016)
12 - 19.....	2.40 (0.126)	1.35 (0.079)	0.99 (0.080)	0.02* (0.008)
20 - 29.....	2.53 (0.206)	1.02 (0.211)	1.34 (0.127)	0.05 (0.014)
30 - 39.....	1.85 (0.084)	0.73 (0.072)	0.99 (0.040)	0.08* (0.025)
40 - 49.....	1.82 (0.103)	0.83 (0.062)	0.92 (0.074)	0.05 (0.011)
50 - 59.....	1.63 (0.080)	0.70 (0.051)	0.82 (0.082)	0.05 (0.011)
60 - 69.....	1.70 (0.099)	0.81 (0.084)	0.78 (0.080)	0.07* (0.021)
70 and over....	1.55 (0.089)	0.92 (0.065)	0.57 (0.066)	0.04 (0.013)
2 - 19.....	2.38 (0.082)	1.40 (0.043)	0.90 (0.050)	0.06 (0.010)
20 and over...	1.89 (0.049)	0.83 (0.042)	0.94 (0.029)	0.06 (0.006)
2 and over...	2.01 (0.036)	0.97 (0.033)	0.93 (0.020)	0.06 (0.005)
<b>Females:</b>				
2 - 5.....	2.03 (0.117)	1.37 (0.099)	0.57 (0.076)	0.08 (0.015)
6 - 11.....	1.90 (0.067)	1.07 (0.042)	0.75 (0.051)	0.07 (0.010)
12 - 19.....	1.61 (0.095)	0.79 (0.058)	0.76 (0.065)	0.05 (0.009)
20 - 29.....	1.51 (0.085)	0.60 (0.053)	0.84 (0.060)	0.05 (0.008)
30 - 39.....	1.53 (0.067)	0.58 (0.049)	0.84 (0.064)	0.05 (0.012)
40 - 49.....	1.40 (0.074)	0.57 (0.040)	0.72 (0.058)	0.08 (0.016)
50 - 59.....	1.25 (0.063)	0.52 (0.044)	0.62 (0.056)	0.09 (0.014)
60 - 69.....	1.29 (0.085)	0.58 (0.039)	0.55 (0.051)	0.13 (0.031)
70 and over....	1.34 (0.078)	0.74 (0.052)	0.46 (0.050)	0.09 (0.017)
2 - 19.....	1.79 (0.067)	1.01 (0.045)	0.71 (0.043)	0.06 (0.006)
20 and over...	1.39 (0.026)	0.59 (0.014)	0.68 (0.022)	0.08 (0.007)
2 and over...	1.48 (0.026)	0.69 (0.019)	0.69 (0.013)	0.08 (0.006)
<b>Males and females:</b>				
2 - 19.....	2.09 (0.052)	1.21 (0.026)	0.81 (0.038)	0.06 (0.007)
20 and over...	1.63 (0.030)	0.71 (0.022)	0.81 (0.024)	0.07 (0.006)
2 and over...	1.74 (0.027)	0.83 (0.021)	0.81 (0.015)	0.07 (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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

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**Table 1e. Protein Foods:** Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Gender and Age, in the United States, 2013-2014

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)									
<b>Males:</b>									
2 - 5.....	2.96 (0.246)	2.28 (0.235)	0.38 (0.043)	0.74 (0.090)	0.81 (0.106)	0.28* (0.195)	0.07* (0.036)	#	
6 - 11.....	3.99 (0.211)	3.30 (0.189)	1.14 (0.120)	1.20 (0.161)	0.82 (0.069)	0.11 (0.028)	0.02* (0.006)	0.01* (0.009)	
12 - 19.....	6.64 (0.435)	5.54 (0.428)	2.05 (0.191)	2.22 (0.464)	1.01 (0.069)	0.20* (0.078)	0.04* (0.015)	0.02* (0.010)	
20 - 29.....	8.08 (0.456)	6.56 (0.483)	2.14 (0.167)	2.35 (0.309)	1.37 (0.146)	0.58* (0.180)	0.12* (0.048)	#	
30 - 39.....	7.89 (0.285)	6.41 (0.285)	2.27 (0.155)	2.12 (0.190)	1.42 (0.252)	0.48* (0.172)	0.11 (0.026)	0.02* (0.016)	
40 - 49.....	8.02 (0.366)	6.48 (0.294)	2.03 (0.214)	1.89 (0.120)	1.36 (0.196)	0.70 (0.152)	0.40* (0.199)	0.10* (0.070)	
50 - 59.....	7.82 (0.352)	5.90 (0.270)	1.95 (0.200)	1.84 (0.162)	1.15 (0.116)	0.73* (0.231)	0.18* (0.061)	0.05* (0.033)	
60 - 69.....	6.43 (0.350)	4.84 (0.292)	1.48 (0.164)	1.58 (0.165)	1.11 (0.111)	0.46 (0.117)	0.18* (0.081)	0.02 (0.005)	
70 and over.....	6.38 (0.251)	4.66 (0.219)	1.51 (0.172)	1.25 (0.122)	1.18 (0.143)	0.45* (0.158)	0.26* (0.082)	0.02* (0.013)	
2 - 19.....	4.99 (0.247)	4.12 (0.255)	1.41 (0.099)	1.57 (0.252)	0.90 (0.049)	0.19 (0.056)	0.04 (0.010)	0.01* (0.006)	
20 and over...	7.56 (0.185)	5.94 (0.183)	1.94 (0.084)	1.90 (0.113)	1.28 (0.091)	0.58 (0.109)	0.20 (0.038)	0.04* (0.013)	
2 and over...	6.91 (0.165)	5.48 (0.164)	1.81 (0.066)	1.82 (0.099)	1.18 (0.066)	0.48 (0.089)	0.16 (0.028)	0.03* (0.011)	
<b>Females:</b>									
2 - 5.....	2.61 (0.145)	2.00 (0.158)	0.46 (0.039)	0.70 (0.108)	0.71 (0.078)	0.10* (0.030)	0.03* (0.021)	#	
6 - 11.....	3.49 (0.182)	2.75 (0.169)	0.81 (0.085)	1.01 (0.124)	0.70 (0.066)	0.19 (0.058)	0.04* (0.021)	#	
12 - 19.....	3.92 (0.248)	3.23 (0.215)	1.01 (0.125)	1.22 (0.120)	0.74 (0.092)	0.20* (0.060)	0.05* (0.016)	0.03* (0.018)	
20 - 29.....	4.97 (0.230)	3.93 (0.209)	1.12 (0.125)	1.41 (0.115)	0.84 (0.101)	0.40 (0.118)	0.15* (0.052)	0.02* (0.012)	
30 - 39.....	5.67 (0.293)	4.28 (0.234)	1.30 (0.165)	1.45 (0.143)	0.88 (0.079)	0.49 (0.084)	0.16 (0.041)	#	
40 - 49.....	5.29 (0.174)	3.97 (0.164)	1.33 (0.102)	1.37 (0.081)	0.57 (0.074)	0.49 (0.112)	0.20 (0.053)	0.02* (0.011)	
50 - 59.....	5.37 (0.161)	4.05 (0.226)	0.97 (0.108)	1.61 (0.227)	0.82 (0.133)	0.44 (0.122)	0.20* (0.090)	0.01* (0.006)	
60 - 69.....	5.26 (0.349)	3.73 (0.214)	1.10 (0.113)	0.99 (0.076)	0.77 (0.087)	0.57 (0.138)	0.27* (0.085)	0.02* (0.010)	
70 and over.....	4.18 (0.156)	3.05 (0.149)	0.93 (0.085)	0.93 (0.066)	0.64 (0.090)	0.38 (0.096)	0.13* (0.041)	0.03* (0.019)	
2 - 19.....	3.50 (0.147)	2.81 (0.127)	0.83 (0.069)	1.04 (0.078)	0.72 (0.057)	0.17 (0.037)	0.04* (0.013)	0.01* (0.009)	
20 and over...	5.16 (0.100)	3.87 (0.102)	1.13 (0.042)	1.32 (0.060)	0.76 (0.038)	0.46 (0.066)	0.19 (0.031)	0.02 (0.003)	
2 and over...	4.78 (0.091)	3.63 (0.096)	1.06 (0.038)	1.26 (0.060)	0.75 (0.036)	0.40 (0.055)	0.15 (0.024)	0.01 (0.004)	
<b>Males and females:</b>									
2 - 19.....	4.27 (0.164)	3.49 (0.168)	1.13 (0.059)	1.31 (0.139)	0.81 (0.044)	0.18 (0.041)	0.04 (0.009)	0.01* (0.006)	
20 and over...	6.32 (0.104)	4.87 (0.110)	1.52 (0.044)	1.60 (0.069)	1.01 (0.053)	0.52 (0.078)	0.19 (0.025)	0.03 (0.006)	
2 and over...	5.83 (0.100)	4.54 (0.109)	1.43 (0.040)	1.53 (0.069)	0.96 (0.043)	0.44 (0.066)	0.16 (0.020)	0.02 (0.006)	

\* 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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

Available at: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg)

**Table 1e. Protein Foods:** Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Gender and Age, in the United States, 2013-2014 (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) —————					
<b>Males:</b>						
2 - 5.....	0.34	(0.025)	0.31	(0.038)	0.03*	(0.014)
6 - 11.....	0.36	(0.046)	0.29	(0.063)	0.04	(0.011)
12 - 19.....	0.50	(0.042)	0.55	(0.141)	0.05	(0.012)
20 - 29.....	0.63	(0.074)	0.72	(0.180)	0.17	(0.041)
30 - 39.....	0.63	(0.063)	0.75	(0.147)	0.10	(0.024)
40 - 49.....	0.65	(0.043)	0.84	(0.139)	0.04	(0.013)
50 - 59.....	0.69	(0.079)	1.13	(0.250)	0.09*	(0.035)
60 - 69.....	0.57	(0.070)	1.00	(0.275)	0.03*	(0.011)
70 and over.....	0.69	(0.086)	0.99	(0.083)	0.04*	(0.013)
2 - 19.....	0.42	(0.024)	0.41	(0.081)	0.04	(0.007)
20 and over...	0.64	(0.029)	0.89	(0.076)	0.08	(0.013)
2 and over...	0.59	(0.024)	0.77	(0.064)	0.07	(0.010)
<b>Females:</b>						
2 - 5.....	0.31	(0.034)	0.28	(0.057)	0.03*	(0.015)
6 - 11.....	0.32	(0.026)	0.36	(0.065)	0.06*	(0.023)
12 - 19.....	0.26	(0.029)	0.35	(0.063)	0.08	(0.017)
20 - 29.....	0.49	(0.055)	0.46	(0.089)	0.08	(0.023)
30 - 39.....	0.52	(0.060)	0.77	(0.118)	0.10	(0.022)
40 - 49.....	0.46	(0.044)	0.80	(0.103)	0.05	(0.013)
50 - 59.....	0.49	(0.065)	0.78	(0.097)	0.05	(0.014)
60 - 69.....	0.48	(0.037)	1.00	(0.262)	0.05*	(0.016)
70 and over.....	0.41	(0.042)	0.66	(0.066)	0.06	(0.018)
2 - 19.....	0.29	(0.019)	0.33	(0.039)	0.07	(0.015)
20 and over...	0.48	(0.020)	0.74	(0.062)	0.07	(0.008)
2 and over...	0.44	(0.015)	0.65	(0.049)	0.07	(0.009)
<b>Males and females:</b>						
2 - 19.....	0.36	(0.010)	0.37	(0.045)	0.05	(0.010)
20 and over...	0.56	(0.021)	0.82	(0.060)	0.07	(0.007)
2 and over...	0.51	(0.016)	0.71	(0.050)	0.07	(0.007)

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

† Soy products excluding calcium fortified soy milk and raw soybeans.

DATA SOURCES: *What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

Available at: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg)

**Table 1f. Legumes:** Mean Amounts of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Gender and Age, in the United States, 2013-2014

Gender and age (years)	<i>Legumes</i> †			
	Legumes as Vegetable (cups)		Legumes as Protein (oz)	
	— Mean (Standard Error) —			
<b>Males:</b>				
2 - 5.....	0.06	(0.012)	0.23	(0.047)
6 - 11.....	0.07	(0.017)	0.26	(0.066)
12 - 19.....	0.09	(0.022)	0.35	(0.089)
20 - 29.....	0.11	(0.013)	0.46	(0.051)
30 - 39.....	0.18	(0.024)	0.71	(0.098)
40 - 49.....	0.15	(0.019)	0.61	(0.076)
50 - 59.....	0.14	(0.018)	0.56	(0.071)
60 - 69.....	0.15	(0.024)	0.61	(0.096)
70 and over.....	0.11	(0.025)	0.45	(0.100)
2 - 19.....	0.07	(0.007)	0.30	(0.027)
20 and over...	0.14	(0.007)	0.57	(0.028)
2 and over...	0.12	(0.006)	0.50	(0.024)
<b>Females:</b>				
2 - 5.....	0.04	(0.010)	0.17	(0.040)
6 - 11.....	0.08	(0.016)	0.33	(0.065)
12 - 19.....	0.07	(0.011)	0.29	(0.043)
20 - 29.....	0.10	(0.013)	0.41	(0.052)
30 - 39.....	0.12	(0.015)	0.49	(0.060)
40 - 49.....	0.10	(0.011)	0.42	(0.044)
50 - 59.....	0.07	(0.018)	0.30	(0.074)
60 - 69.....	0.07	(0.008)	0.28	(0.033)
70 and over.....	0.07	(0.012)	0.27	(0.047)
2 - 19.....	0.07	(0.008)	0.28	(0.032)
20 and over...	0.09	(0.005)	0.36	(0.021)
2 and over...	0.09	(0.005)	0.34	(0.022)
<b>Males and females:</b>				
2 - 19.....	0.07	(0.007)	0.29	(0.026)
20 and over...	0.12	(0.005)	0.46	(0.021)
2 and over...	0.11	(0.005)	0.42	(0.020)

† 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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

Available at: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg)

**Table 1g. Oils and Other Components:** Mean Amounts of Food Patterns Gram 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, 2013-2014

Gender and age (years)	<i>Oils and Other Components</i>							
	Oils		Solid Fats		Added Sugars		Alcoholic Drinks	
	Mean (Standard Error)							
<b>Males:</b>								
2 - 5.....	15.18	(0.562)	27.59	(0.834)	12.16	(0.514)	0.00	(0.000)
6 - 11.....	19.07	(1.160)	40.24	(1.678)	18.33	(0.784)	0.00	(0.000)
12 - 19.....	26.33	(1.690)	41.33	(1.561)	22.66	(0.995)	0.09*	(0.058)
20 - 29.....	30.79	(1.493)	46.90	(2.097)	23.93	(1.450)	1.14	(0.142)
30 - 39.....	31.12	(1.198)	41.53	(1.742)	23.92	(1.413)	1.26	(0.217)
40 - 49.....	29.25	(1.210)	40.33	(2.034)	21.48	(1.683)	1.19	(0.184)
50 - 59.....	30.75	(2.001)	41.35	(1.556)	18.56	(1.160)	1.30	(0.323)
60 - 69.....	30.70	(1.920)	38.33	(1.655)	15.64	(0.826)	0.98	(0.125)
70 and over....	24.66	(1.298)	36.11	(2.121)	13.61	(1.162)	0.52	(0.067)
2 - 19.....	21.62	(1.083)	38.30	(0.982)	19.11	(0.544)	0.04*	(0.025)
20 and over...	29.89	(0.668)	41.31	(0.678)	20.15	(0.592)	1.11	(0.091)
2 and over...	27.80	(0.587)	40.55	(0.549)	19.88	(0.552)	0.84	(0.075)
<b>Females:</b>								
2 - 5.....	14.42	(0.842)	25.02	(1.161)	10.18	(0.599)	0.00	(0.000)
6 - 11.....	19.90	(0.932)	33.01	(1.071)	15.54	(0.647)	0.00	(0.000)
12 - 19.....	20.88	(1.241)	28.84	(1.330)	16.29	(0.811)	0.04*	(0.019)
20 - 29.....	24.29	(1.166)	32.80	(1.544)	18.48	(0.878)	0.66	(0.166)
30 - 39.....	25.58	(1.017)	32.38	(1.119)	17.91	(0.746)	0.47	(0.076)
40 - 49.....	24.48	(0.674)	32.13	(1.261)	15.24	(0.828)	0.50	(0.062)
50 - 59.....	25.06	(1.068)	28.90	(1.103)	14.20	(0.897)	0.52	(0.085)
60 - 69.....	24.25	(1.510)	28.37	(1.303)	12.00	(0.690)	0.41	(0.051)
70 and over....	20.87	(0.451)	27.77	(1.296)	12.02	(0.664)	0.25	(0.040)
2 - 19.....	19.18	(0.644)	29.36	(0.534)	14.74	(0.541)	0.02*	(0.009)
20 and over...	24.24	(0.435)	30.53	(0.387)	15.16	(0.407)	0.48	(0.047)
2 and over...	23.07	(0.329)	30.26	(0.369)	15.06	(0.385)	0.38	(0.038)
<b>Males and females:</b>								
2 - 19.....	20.43	(0.792)	33.96	(0.700)	16.99	(0.430)	0.03*	(0.014)
20 and over...	26.98	(0.479)	35.76	(0.445)	17.58	(0.368)	0.79	(0.060)
2 and over...	25.40	(0.389)	35.32	(0.402)	17.43	(0.360)	0.60	(0.051)

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

DATA SOURCES: *What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

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**Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis**

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

**Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)**

<b>Vegetables Components (cup eq.)</b>	<b>Foods</b>	
<b>Total Vegetables</b> (V_TOTAL)	Includes the sum of all foods in the Vegetables components listed below except Beans and Peas (Legumes):	
<b>Dark Green Vegetables</b> (V_DRKGR)	Arugula Basil Beet greens Bitter melon leaves Broccoli Broccoli raab Chinese Cabbage (Pak-choi) Chrysanthemum garland Chard Chicory leaves Cilantro (Coriander) Collards Cress Dandelion greens Endive Escarole Greens	Horseradish leaves Kale Lambquarters Leaves of grapes, pumpkin, squash, sweet potato, swamp cabbage, taro, and thistle Lettuce (Boston, butterhead, green or red leaf, cos or romaine) Mustard cabbage Mustard greens Parsley Poke greens Spinach Turnip greens Watercress
<b>Total Red and Orange Vegetables</b> (V_REDOR_TOTAL)	Includes the sum of all foods in the Tomatoes and Other Red and Orange Vegetables components listed below:	
<b>Tomatoes</b> (V_REDOR_TOMATO)	Tomatoes (canned, cooked, raw, stewed) Tomatoes, dried Tomato juice	Tomato paste Tomato puree Tomato sauce

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

**Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)**

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

Vegetables Components (cont.) (cup eq.)	Foods	
<b>Beans and Peas (Legumes)</b> (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	Pinto beans
	(Garbanzo	Red Mexican beans
	beans)	Soybeans* (raw)
	Cowpeas	Split peas
	Fava beans	White beans

\*Products such as edamame made from raw soybeans are placed under Legumes.

**Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names  
in Parenthesis (Continued)**

<b>Grains Components (oz. eq.)</b>	<b>Foods</b>																										
<b>Total Grains</b> (G_TOTAL)	Includes the sum of all foods in the Grains components listed below:																										
<b>Whole Grains</b> (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 (from 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>Whole grain cracked wheat</td></tr> <tr><td></td><td>Wild rice</td></tr> </table>	Amaranth	Millett	Barley, whole	Oats	Barley flour (from 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		Whole grain cracked wheat		Wild rice
Amaranth	Millett																										
Barley, whole	Oats																										
Barley flour (from 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																										
	Whole grain cracked wheat																										
	Wild rice																										
<b>Refined Grains</b> (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 and cracked wheat (not whole grain)</td></tr> <tr><td>Couscous</td><td></td></tr> <tr><td>Farina</td><td>Wheat germ</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 and cracked wheat (not whole grain)	Couscous		Farina	Wheat germ								
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 and cracked wheat (not whole grain)																										
Couscous																											
Farina	Wheat germ																										

**Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)**

<b>Protein Foods Components (oz. eq.)</b>	<b>Foods</b>																						
<b>Total Protein Foods</b> (PF_TOTAL)	Includes the sum of all foods in the Protein Foods components listed below except Beans and Peas:																						
<b>Total Meat, Poultry, and Seafood</b> (PF_MPS_TOTAL)	Includes the sum of all foods in the Meat, Cured Meat, Organ Meat, Poultry, Seafood High in <i>n</i> -3, and Seafood Low in <i>n</i> -3 components listed below:																						
<b>Meat</b> (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
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<b>Protein Foods Components (cont.) (oz. eq.)</b>	<b>Foods</b>																																																								
<b>Cured Meat</b> (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 meat types)</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>Pork loaf</td> </tr> <tr> <td>Dutch brand loaf</td> <td>Potted meats</td> </tr> <tr> <td>Frankfurters</td> <td>Salami</td> </tr> <tr> <td>Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced)</td> <td>Sandwich loaf</td> </tr> <tr> <td>Head cheese</td> <td>Souse</td> </tr> <tr> <td>Honey loaf</td> <td>Thuringer</td> </tr> <tr> <td></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 meat types)	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	Pork loaf	Dutch brand loaf	Potted meats	Frankfurters	Salami	Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced)	Sandwich loaf	Head cheese	Souse	Honey loaf	Thuringer		Turkey luncheon meat		Turkey sausage		Turkey, smoked		Turkey sticks		Veal loaf		Vienna sausage
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**Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)**

<b>Protein Foods Components (cont.) (oz. eq.)</b>	<b>Foods</b>	
<b>Poultry</b> (PF_POULT)	Chicken Cornish game hen Dove Duck Goose	Ostrich Pheasant Quail Turkey
<b>Seafood High in n-3 Fatty Acids</b> (PF_SEAFD_HI)	Anchovy Barracuda Caviar (Roe) Cisco Herring Mackerel Pompano Ray Salmon	Sardine Sea bass Shad Shark Swordfish Trout Tuna (albacore & bluefin)
<b>Seafood Low in n-3 Fatty Acids</b> (PF_SEAFD_LOW)	Abalone Carp Cattfish 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 Squid Sturgeon Tilapia Tuna (excludes albacore & bluefin) Turtle Whitefish Whiting

<b>Protein Foods Components (cont.) (oz. eq.)</b>	<b>Foods</b>	
<b>Eggs</b> (PF_EGGS)	Eggs, whole (chicken, duck, goose, quail, and other birds)	Egg white Egg yolk Egg substitute Egg, dried
<b>Soy Products</b> (PF_SOY)	Miso Natto Soybean curd or tofu Soybean flour Soybean meal	Soybean protein isolate and concentrate Soy milk (soymilk), not calcium fortified Soy nuts
<b>Nuts and Seeds</b> (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
<b>Beans and Peas (Legumes)</b> (PF_LEGUMES)	See under Vegetables, Beans and Peas component for the list of foods	

**Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)**

<b>Dairy Components (cup eq.)</b>	<b>Foods</b>
<b>Total Dairy</b> (D_TOTAL)	Includes the sum of all foods in the Dairy components listed below, plus the following:  Whey
<b>Milk</b> (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 (soymilk), Milk, dry                calcium added Milk, evaporated
<b>Yogurt</b> (D_YOGURT)	Includes yogurt of all fat-types and yogurt present in flavored and frozen yogurt

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

**Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)**

Oils Component (grams)	Foods																		
<b>Oils</b> (OILS)	Includes fats naturally present in seafood, nuts, seeds, olives, avocados, 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	
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Added Sugars Component (tsp. eq.)	Foods																				
<b>Added Sugars</b> (ADD_SUGARS)	<table border="0"> <tr> <td>Brown Sugar</td> <td>Fruit syrups</td> </tr> <tr> <td>Cane syrup</td> <td>Granulated sugar</td> </tr> <tr> <td>Confectioners' sugar</td> <td>Honey</td> </tr> <tr> <td>Corn Syrups</td> <td>Maple syrup</td> </tr> <tr> <td>Corn syrup solids</td> <td>Molasses</td> </tr> <tr> <td>Dextrose</td> <td>Pancake syrups</td> </tr> <tr> <td>Fructose</td> <td>Powdered sugar</td> </tr> <tr> <td>Fruit juice concentrates (undiluted)</td> <td>Raw sugar</td> </tr> <tr> <td></td> <td>Sorghum syrups</td> </tr> <tr> <td></td> <td>White sugar (cane and beet)</td> </tr> </table>	Brown Sugar	Fruit syrups	Cane syrup	Granulated sugar	Confectioners' sugar	Honey	Corn Syrups	Maple syrup	Corn syrup solids	Molasses	Dextrose	Pancake syrups	Fructose	Powdered sugar	Fruit juice concentrates (undiluted)	Raw sugar		Sorghum syrups		White sugar (cane and beet)
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Solid Fats Component (grams)	Foods														
<b>Solid Fats</b> (SOLID_FATS)	Includes fats naturally present in milk products, meat, poultry, eggs and the following:  <table border="0"> <tr> <td>Butter</td> <td>Fully or partially hydrogenated oils</td> </tr> <tr> <td>Cocoa butter</td> <td>Ghee</td> </tr> <tr> <td>Cocoa fat</td> <td>Lard</td> </tr> <tr> <td>Coconut oil</td> <td>Palm oil</td> </tr> <tr> <td>Cream</td> <td>Tallow</td> </tr> <tr> <td>Cream substitute</td> <td>Shortening (animal and vegetable)</td> </tr> <tr> <td>Cream Cheese, regular and low-fat</td> <td>Sour cream</td> </tr> </table>	Butter	Fully or partially hydrogenated oils	Cocoa butter	Ghee	Cocoa fat	Lard	Coconut oil	Palm oil	Cream	Tallow	Cream substitute	Shortening (animal and vegetable)	Cream Cheese, regular and low-fat	Sour cream
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Cream Cheese, regular and low-fat	Sour cream														

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