

Table 1a. Fruit: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Gender and Age, in the United States, 2015-2016

Gender and age (years)	Sample size	<i>Fruit</i>			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
		----- Mean (Standard Error) -----			
Males:					
2 - 5.....	336	1.23 (0.076)	0.17 (0.030)	0.56 (0.046)	0.49 (0.062)
6 - 11.....	517	0.93 (0.103)	0.19 (0.037)	0.44 (0.056)	0.30 (0.041)
12 - 19.....	609	0.87 (0.068)	0.17 (0.036)	0.42 (0.057)	0.28 (0.032)
20 - 29.....	392	1.00 (0.095)	0.15 (0.036)	0.47 (0.058)	0.38 (0.060)
30 - 39.....	418	0.91 (0.086)	0.16 (0.033)	0.41 (0.054)	0.34 (0.058)
40 - 49.....	370	0.89 (0.148)	0.23 (0.047)	0.46 (0.112)	0.21 (0.023)
50 - 59.....	397	0.90 (0.068)	0.17 (0.042)	0.52 (0.039)	0.21 (0.032)
60 - 69.....	420	0.97 (0.110)	0.28 (0.057)	0.48 (0.053)	0.22 (0.054)
70 and over....	418	1.06 (0.086)	0.29 (0.054)	0.48 (0.042)	0.28 (0.031)
2 - 19.....	1462	0.96 (0.060)	0.18 (0.024)	0.46 (0.044)	0.33 (0.025)
20 and over...	2415	0.95 (0.039)	0.21 (0.020)	0.47 (0.032)	0.28 (0.015)
2 and over...	3877	0.95 (0.041)	0.20 (0.019)	0.47 (0.031)	0.29 (0.014)
Females:					
2 - 5.....	329	1.19 (0.097)	0.22 (0.040)	0.56 (0.067)	0.42 (0.063)
6 - 11.....	523	0.91 (0.057)	0.18 (0.022)	0.44 (0.038)	0.28 (0.035)
12 - 19.....	587	0.88 (0.079)	0.18 (0.046)	0.41 (0.043)	0.30 (0.036)
20 - 29.....	442	0.92 (0.073)	0.26 (0.056)	0.42 (0.043)	0.24 (0.030)
30 - 39.....	435	0.92 (0.108)	0.22 (0.039)	0.52 (0.068)	0.18 (0.033)
40 - 49.....	460	0.85 (0.075)	0.21 (0.037)	0.42 (0.049)	0.22 (0.027)
50 - 59.....	419	0.92 (0.121)	0.38 (0.088)	0.37 (0.067)	0.17 (0.033)
60 - 69.....	432	0.86 (0.071)	0.19 (0.032)	0.53 (0.067)	0.15 (0.032)
70 and over....	414	1.08 (0.071)	0.34 (0.049)	0.53 (0.055)	0.21 (0.027)
2 - 19.....	1439	0.96 (0.045)	0.19 (0.021)	0.45 (0.033)	0.32 (0.029)
20 and over...	2602	0.92 (0.045)	0.27 (0.029)	0.46 (0.029)	0.20 (0.014)
2 and over...	4041	0.93 (0.032)	0.25 (0.025)	0.46 (0.026)	0.22 (0.013)
Males and females:					
2 - 19.....	2901	0.96 (0.042)	0.18 (0.018)	0.45 (0.033)	0.33 (0.023)
20 and over...	5017	0.94 (0.039)	0.24 (0.024)	0.46 (0.025)	0.24 (0.011)
2 and over...	7918	0.94 (0.034)	0.23 (0.022)	0.46 (0.024)	0.26 (0.011)

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

DATA SOURCES: *What We Eat in America*, NHANES 2015-2016, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2015-2016.

Available at: 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, 2015-2016

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.....	0.70 (0.045)	0.26 (0.024)	0.23 (0.020)	0.04 (0.006)	0.23 (0.026)	0.17 (0.012)	0.06* (0.019)	0.06 (0.015)	0.14 (0.014)	
6 - 11.....	0.85 (0.037)	0.34 (0.030)	0.29 (0.021)	0.06 (0.012)	0.29 (0.023)	0.20 (0.016)	0.09 (0.016)	0.05* (0.018)	0.18 (0.019)	
12 - 19.....	1.06 (0.036)	0.41 (0.036)	0.36 (0.029)	0.05 (0.011)	0.31 (0.016)	0.25 (0.013)	0.06 (0.008)	0.06 (0.015)	0.27 (0.017)	
20 - 29.....	1.42 (0.092)	0.39 (0.046)	0.34 (0.045)	0.05 (0.011)	0.36 (0.028)	0.30 (0.027)	0.07 (0.011)	0.15 (0.031)	0.51 (0.049)	
30 - 39.....	1.72 (0.068)	0.59 (0.067)	0.53 (0.069)	0.06 (0.013)	0.39 (0.021)	0.33 (0.021)	0.06 (0.009)	0.14 (0.029)	0.59 (0.063)	
40 - 49.....	1.64 (0.101)	0.43 (0.053)	0.36 (0.049)	0.08 (0.012)	0.44 (0.049)	0.31 (0.040)	0.13 (0.032)	0.19 (0.032)	0.59 (0.036)	
50 - 59.....	1.68 (0.078)	0.50 (0.057)	0.42 (0.053)	0.08 (0.019)	0.45 (0.040)	0.32 (0.028)	0.12 (0.034)	0.12 (0.025)	0.61 (0.060)	
60 - 69.....	1.81 (0.123)	0.55 (0.126)	0.42 (0.083)	0.13* (0.064)	0.40 (0.027)	0.28 (0.027)	0.12 (0.023)	0.21 (0.045)	0.65 (0.087)	
70 and over.....	1.60 (0.068)	0.48 (0.045)	0.38 (0.043)	0.10 (0.018)	0.43 (0.032)	0.36 (0.028)	0.08 (0.016)	0.11 (0.024)	0.58 (0.053)	
2 - 19.....	0.92 (0.023)	0.36 (0.020)	0.31 (0.014)	0.05 (0.008)	0.29 (0.009)	0.22 (0.010)	0.07 (0.007)	0.06 (0.010)	0.21 (0.015)	
20 and over...	1.63 (0.031)	0.49 (0.027)	0.41 (0.024)	0.08 (0.010)	0.41 (0.016)	0.31 (0.012)	0.10 (0.011)	0.15 (0.013)	0.58 (0.021)	
2 and over...	1.46 (0.031)	0.46 (0.022)	0.38 (0.019)	0.07 (0.009)	0.38 (0.013)	0.29 (0.011)	0.09 (0.009)	0.13 (0.012)	0.49 (0.019)	
Females:										
2 - 5.....	0.66 (0.069)	0.29 (0.041)	0.22 (0.034)	0.06 (0.015)	0.18 (0.022)	0.12 (0.015)	0.06* (0.020)	0.05* (0.016)	0.15 (0.030)	
6 - 11.....	0.90 (0.065)	0.36 (0.045)	0.29 (0.041)	0.07 (0.017)	0.27 (0.022)	0.19 (0.023)	0.07 (0.018)	0.06 (0.010)	0.22 (0.025)	
12 - 19.....	0.96 (0.043)	0.37 (0.033)	0.33 (0.030)	0.04 (0.009)	0.24 (0.013)	0.20 (0.012)	0.04 (0.008)	0.06 (0.015)	0.29 (0.028)	
20 - 29.....	1.45 (0.091)	0.42 (0.041)	0.36 (0.044)	0.06 (0.008)	0.31 (0.030)	0.23 (0.023)	0.08 (0.015)	0.17 (0.027)	0.55 (0.059)	
30 - 39.....	1.54 (0.124)	0.38 (0.030)	0.27 (0.034)	0.12 (0.019)	0.41 (0.090)	0.23 (0.024)	0.18* (0.082)	0.25 (0.064)	0.50 (0.026)	
40 - 49.....	1.46 (0.078)	0.44 (0.036)	0.36 (0.031)	0.08 (0.017)	0.32 (0.023)	0.23 (0.019)	0.09 (0.017)	0.15 (0.022)	0.55 (0.044)	
50 - 59.....	1.54 (0.125)	0.37 (0.030)	0.28 (0.020)	0.09 (0.021)	0.36 (0.034)	0.27 (0.035)	0.09 (0.021)	0.21 (0.059)	0.60 (0.078)	
60 - 69.....	1.60 (0.079)	0.51 (0.053)	0.42 (0.053)	0.09 (0.018)	0.30 (0.035)	0.20 (0.024)	0.10 (0.022)	0.22 (0.033)	0.57 (0.062)	
70 and over.....	1.28 (0.092)	0.35 (0.047)	0.28 (0.046)	0.07 (0.011)	0.36 (0.025)	0.25 (0.025)	0.11 (0.010)	0.13 (0.022)	0.45 (0.034)	
2 - 19.....	0.87 (0.032)	0.35 (0.023)	0.29 (0.021)	0.05 (0.007)	0.23 (0.013)	0.18 (0.013)	0.06 (0.009)	0.06 (0.009)	0.23 (0.017)	
20 and over...	1.48 (0.066)	0.41 (0.021)	0.33 (0.018)	0.08 (0.006)	0.34 (0.023)	0.24 (0.013)	0.11 (0.016)	0.19 (0.022)	0.54 (0.028)	
2 and over...	1.34 (0.055)	0.40 (0.018)	0.32 (0.015)	0.08 (0.005)	0.32 (0.019)	0.22 (0.012)	0.10 (0.012)	0.16 (0.019)	0.47 (0.024)	
Males and females:										
2 - 19.....	0.90 (0.024)	0.35 (0.017)	0.30 (0.014)	0.05 (0.006)	0.26 (0.008)	0.20 (0.009)	0.06 (0.006)	0.06 (0.008)	0.22 (0.014)	
20 and over...	1.55 (0.038)	0.45 (0.021)	0.37 (0.019)	0.08 (0.006)	0.38 (0.013)	0.27 (0.010)	0.10 (0.010)	0.17 (0.015)	0.56 (0.020)	
2 and over...	1.40 (0.036)	0.42 (0.018)	0.35 (0.015)	0.07 (0.005)	0.35 (0.012)	0.26 (0.009)	0.09 (0.008)	0.14 (0.014)	0.48 (0.018)	

* 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 2015-2016, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2015-2016.

Available at: 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, 2015-2016

Gender and age (years)	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
	----- Mean (Standard Error) -----		
Males:			
2 - 5.....	5.34 (0.183)	0.83 (0.069)	4.52 (0.149)
6 - 11.....	7.42 (0.261)	1.03 (0.047)	6.39 (0.244)
12 - 19.....	8.18 (0.293)	0.92 (0.080)	7.26 (0.273)
20 - 29.....	8.13 (0.339)	0.95 (0.103)	7.18 (0.293)
30 - 39.....	8.11 (0.253)	0.91 (0.156)	7.20 (0.249)
40 - 49.....	7.44 (0.346)	0.95 (0.150)	6.49 (0.276)
50 - 59.....	7.00 (0.288)	1.10 (0.094)	5.90 (0.292)
60 - 69.....	6.75 (0.489)	1.25 (0.188)	5.51 (0.402)
70 and over....	6.20 (0.275)	1.21 (0.110)	4.99 (0.227)
2 - 19.....	7.34 (0.114)	0.94 (0.046)	6.40 (0.098)
20 and over...	7.36 (0.126)	1.05 (0.060)	6.31 (0.124)
2 and over...	7.35 (0.102)	1.02 (0.051)	6.34 (0.099)
Females:			
2 - 5.....	4.53 (0.159)	0.64 (0.066)	3.90 (0.190)
6 - 11.....	6.85 (0.198)	0.89 (0.076)	5.97 (0.170)
12 - 19.....	6.44 (0.167)	0.80 (0.057)	5.64 (0.198)
20 - 29.....	6.10 (0.199)	0.77 (0.102)	5.33 (0.246)
30 - 39.....	5.70 (0.314)	0.95 (0.102)	4.76 (0.267)
40 - 49.....	5.56 (0.158)	0.67 (0.065)	4.89 (0.169)
50 - 59.....	5.10 (0.202)	0.85 (0.076)	4.26 (0.215)
60 - 69.....	4.66 (0.181)	0.80 (0.072)	3.86 (0.197)
70 and over....	5.12 (0.246)	0.88 (0.059)	4.24 (0.247)
2 - 19.....	6.14 (0.129)	0.79 (0.046)	5.35 (0.148)
20 and over...	5.40 (0.090)	0.82 (0.038)	4.58 (0.098)
2 and over...	5.57 (0.064)	0.81 (0.036)	4.76 (0.078)
Males and females:			
2 - 19.....	6.75 (0.092)	0.87 (0.037)	5.88 (0.091)
20 and over...	6.34 (0.068)	0.93 (0.043)	5.41 (0.073)
2 and over...	6.44 (0.055)	0.91 (0.040)	5.53 (0.058)

DATA SOURCES: *What We Eat in America*, NHANES 2015-2016, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2015-2016.

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

Table 1d. Dairy: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Gender and Age, in the United States, 2015-2016

Gender and age (years)	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	----- Mean (Standard Error) -----			
Males:				
2 - 5.....	1.98 (0.093)	1.30 (0.088)	0.59 (0.039)	0.08 (0.018)
6 - 11.....	2.09 (0.150)	1.22 (0.111)	0.78 (0.063)	0.08 (0.013)
12 - 19.....	2.16 (0.123)	1.12 (0.071)	0.96 (0.072)	0.02*(0.009)
20 - 29.....	1.94 (0.170)	0.62 (0.079)	1.16 (0.099)	0.09 (0.018)
30 - 39.....	1.89 (0.113)	0.67 (0.086)	1.14 (0.109)	0.06*(0.021)
40 - 49.....	1.68 (0.122)	0.71 (0.085)	0.86 (0.068)	0.08*(0.027)
50 - 59.....	1.72 (0.130)	0.76 (0.087)	0.85 (0.106)	0.07 (0.020)
60 - 69.....	1.34 (0.133)	0.63 (0.091)	0.59 (0.091)	0.08*(0.039)
70 and over....	1.51 (0.116)	0.85 (0.101)	0.54 (0.045)	0.07 (0.019)
2 - 19.....	2.10 (0.101)	1.19 (0.061)	0.82 (0.046)	0.05 (0.010)
20 and over...	1.71 (0.057)	0.70 (0.040)	0.89 (0.033)	0.07 (0.009)
2 and over...	1.81 (0.058)	0.82 (0.037)	0.87 (0.032)	0.07 (0.007)
Females:				
2 - 5.....	1.90 (0.109)	1.27 (0.116)	0.53 (0.026)	0.09 (0.013)
6 - 11.....	1.91 (0.094)	1.18 (0.084)	0.68 (0.027)	0.04 (0.008)
12 - 19.....	1.60 (0.127)	0.79 (0.078)	0.77 (0.068)	0.03*(0.009)
20 - 29.....	1.31 (0.074)	0.53 (0.048)	0.69 (0.057)	0.07 (0.011)
30 - 39.....	1.32 (0.094)	0.48 (0.037)	0.70 (0.077)	0.09 (0.015)
40 - 49.....	1.35 (0.089)	0.61 (0.049)	0.59 (0.067)	0.10 (0.019)
50 - 59.....	1.32 (0.077)	0.60 (0.067)	0.61 (0.036)	0.08 (0.020)
60 - 69.....	1.19 (0.088)	0.60 (0.057)	0.44 (0.041)	0.13 (0.037)
70 and over....	1.22 (0.079)	0.59 (0.056)	0.47 (0.057)	0.11 (0.019)
2 - 19.....	1.76 (0.079)	1.02 (0.058)	0.68 (0.037)	0.05 (0.007)
20 and over...	1.29 (0.049)	0.57 (0.027)	0.59 (0.030)	0.10 (0.008)
2 and over...	1.40 (0.051)	0.67 (0.031)	0.61 (0.026)	0.08 (0.006)
Males and females:				
2 - 19.....	1.94 (0.085)	1.11 (0.057)	0.76 (0.034)	0.05 (0.007)
20 and over...	1.49 (0.046)	0.63 (0.027)	0.73 (0.029)	0.09 (0.006)
2 and over...	1.60 (0.051)	0.75 (0.030)	0.74 (0.026)	0.08 (0.005)

* 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 2015-2016, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2015-2016.

Available at: 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, 2015-2016

<i>Protein Foods (continues on next page)</i>									
<i>Meat, Poultry, and Seafood</i>									
Gender and age (years)	Total Protein Foods †	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.....	3.13 (0.188)	2.35 (0.154)	0.48 (0.051)	0.91 (0.090)	0.81 (0.117)	0.11* (0.050)	0.03* (0.020)	0.00 (0.000)	
6 - 11.....	4.19 (0.187)	3.28 (0.139)	0.85 (0.072)	1.10 (0.112)	1.12 (0.115)	0.16* (0.051)	0.05* (0.022)	0.01* (0.007)	
12 - 19.....	5.58 (0.292)	4.62 (0.257)	1.66 (0.163)	1.59 (0.171)	1.00 (0.074)	0.27 (0.044)	0.09* (0.035)	0.01* (0.006)	
20 - 29.....	8.22 (0.679)	6.51 (0.481)	1.96 (0.145)	2.69 (0.265)	1.14 (0.136)	0.56* (0.231)	0.14 (0.035)	0.03* (0.019)	
30 - 39.....	7.92 (0.510)	6.46 (0.483)	2.24 (0.257)	1.98 (0.209)	1.54 (0.285)	0.31 (0.063)	0.34* (0.256)	0.05* (0.041)	
40 - 49.....	8.05 (0.491)	6.32 (0.380)	2.04 (0.153)	2.14 (0.313)	1.31 (0.172)	0.63 (0.144)	0.17 (0.047)	0.03* (0.015)	
50 - 59.....	7.60 (0.606)	6.04 (0.623)	2.52 (0.268)	1.49 (0.159)	1.29 (0.145)	0.58* (0.316)	0.14* (0.059)	0.01* (0.008)	
60 - 69.....	7.06 (0.307)	5.28 (0.301)	2.28 (0.212)	1.38 (0.218)	1.13 (0.119)	0.33 (0.069)	0.15* (0.044)	0.01* (0.003)	
70 and over.....	5.55 (0.276)	4.11 (0.211)	1.50 (0.163)	1.01 (0.139)	1.09 (0.155)	0.32 (0.069)	0.18* (0.068)	0.02* (0.012)	
2 - 19.....	4.60 (0.165)	3.69 (0.128)	1.14 (0.096)	1.28 (0.086)	1.00 (0.081)	0.20 (0.027)	0.06* (0.021)	0.01* (0.004)	
20 and over...	7.52 (0.216)	5.90 (0.211)	2.12 (0.087)	1.85 (0.096)	1.26 (0.070)	0.47 (0.104)	0.19 (0.045)	0.02* (0.009)	
2 and over...	6.79 (0.185)	5.35 (0.170)	1.87 (0.076)	1.71 (0.079)	1.20 (0.057)	0.40 (0.076)	0.16 (0.036)	0.02* (0.007)	
Females:									
2 - 5.....	2.91 (0.127)	2.18 (0.104)	0.54 (0.078)	0.99 (0.134)	0.56 (0.049)	0.07* (0.037)	0.02* (0.011)	#	
6 - 11.....	3.77 (0.199)	2.99 (0.124)	1.12 (0.084)	0.88 (0.090)	0.77 (0.078)	0.15 (0.031)	0.06* (0.021)	0.01* (0.005)	
12 - 19.....	4.01 (0.170)	3.20 (0.137)	1.08 (0.086)	1.14 (0.125)	0.73 (0.061)	0.17 (0.046)	0.06* (0.026)	#	
20 - 29.....	5.42 (0.266)	4.12 (0.209)	1.20 (0.131)	1.71 (0.140)	0.62 (0.085)	0.47 (0.077)	0.12* (0.039)	0.01* (0.004)	
30 - 39.....	5.58 (0.246)	4.06 (0.231)	1.07 (0.100)	1.47 (0.188)	0.91 (0.102)	0.38* (0.115)	0.23* (0.085)	#	
40 - 49.....	5.49 (0.272)	4.14 (0.189)	1.23 (0.145)	1.42 (0.135)	0.77 (0.054)	0.47 (0.083)	0.23* (0.102)	0.01* (0.008)	
50 - 59.....	5.47 (0.260)	3.75 (0.321)	1.04 (0.179)	1.42 (0.224)	0.77 (0.116)	0.40 (0.071)	0.12* (0.063)	0.01* (0.004)	
60 - 69.....	4.92 (0.202)	3.72 (0.222)	1.56 (0.144)	0.87 (0.160)	0.78 (0.143)	0.29 (0.055)	0.21* (0.069)	0.01* (0.004)	
70 and over.....	4.14 (0.210)	3.03 (0.214)	1.02 (0.146)	0.94 (0.075)	0.55 (0.038)	0.31 (0.068)	0.20* (0.065)	0.01* (0.004)	
2 - 19.....	3.68 (0.099)	2.90 (0.083)	0.97 (0.061)	1.02 (0.087)	0.71 (0.039)	0.14 (0.023)	0.05 (0.014)	#	
20 and over...	5.21 (0.112)	3.82 (0.112)	1.18 (0.061)	1.33 (0.084)	0.73 (0.029)	0.39 (0.041)	0.18 (0.034)	0.01 (0.001)	
2 and over...	4.85 (0.105)	3.61 (0.104)	1.13 (0.052)	1.26 (0.076)	0.73 (0.026)	0.33 (0.032)	0.15 (0.028)	0.01 (0.001)	
Males and females:									
2 - 19.....	4.15 (0.111)	3.30 (0.091)	1.05 (0.067)	1.16 (0.070)	0.86 (0.047)	0.17 (0.021)	0.06 (0.015)	#	
20 and over...	6.32 (0.117)	4.82 (0.126)	1.63 (0.048)	1.58 (0.081)	0.99 (0.041)	0.43 (0.062)	0.18 (0.036)	0.02* (0.005)	
2 and over...	5.80 (0.107)	4.46 (0.106)	1.49 (0.041)	1.48 (0.072)	0.96 (0.037)	0.37 (0.046)	0.15 (0.029)	0.01 (0.004)	

* 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 2015-2016, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2015-2016.

Available at: 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, 2015-2016 (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.....	0.37 (0.061)	0.36 (0.062)	0.05* (0.036)
6 - 11.....	0.38 (0.034)	0.47 (0.090)	0.05 (0.011)
12 - 19.....	0.39 (0.036)	0.48 (0.058)	0.09 (0.025)
20 - 29.....	0.70 (0.100)	0.79 (0.184)	0.22* (0.073)
30 - 39.....	0.68 (0.094)	0.66 (0.122)	0.11* (0.050)
40 - 49.....	0.58 (0.054)	1.05 (0.206)	0.09* (0.032)
50 - 59.....	0.60 (0.079)	0.87 (0.224)	0.08* (0.032)
60 - 69.....	0.60 (0.094)	1.13 (0.140)	0.05* (0.026)
70 and over.....	0.54 (0.069)	0.86 (0.165)	0.04 (0.009)
2 - 19.....	0.38 (0.029)	0.45 (0.053)	0.07 (0.013)
20 and over...	0.62 (0.043)	0.88 (0.090)	0.11 (0.023)
2 and over...	0.56 (0.034)	0.77 (0.077)	0.10 (0.018)
Females:			
2 - 5.....	0.33 (0.043)	0.39 (0.092)	0.02* (0.010)
6 - 11.....	0.41 (0.063)	0.35 (0.062)	0.03 (0.006)
12 - 19.....	0.36 (0.030)	0.39 (0.077)	0.06 (0.018)
20 - 29.....	0.63 (0.060)	0.55 (0.082)	0.11 (0.030)
30 - 39.....	0.55 (0.060)	0.81 (0.126)	0.17* (0.059)
40 - 49.....	0.53 (0.058)	0.71 (0.120)	0.11* (0.041)
50 - 59.....	0.56 (0.055)	1.03 (0.307)	0.12* (0.038)
60 - 69.....	0.52 (0.070)	0.62 (0.084)	0.07* (0.020)
70 and over.....	0.45 (0.041)	0.61 (0.084)	0.05 (0.011)
2 - 19.....	0.37 (0.028)	0.38 (0.045)	0.04 (0.011)
20 and over...	0.54 (0.024)	0.73 (0.094)	0.11 (0.016)
2 and over...	0.50 (0.019)	0.65 (0.077)	0.09 (0.014)
Males and females:			
2 - 19.....	0.38 (0.020)	0.41 (0.038)	0.05 (0.006)
20 and over...	0.58 (0.026)	0.80 (0.070)	0.11 (0.013)
2 and over...	0.53 (0.021)	0.71 (0.060)	0.10 (0.010)

* 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 2015-2016, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2015-2016.

Available at: 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, 2015-2016

Gender and age (years)	<i>Legumes</i> †	
	Legumes as Vegetable (cups)	Legumes as Protein (oz)
	— Mean (Standard Error) —	
Males:		
2 - 5.....	0.04 (0.011)	0.18 (0.045)
6 - 11.....	0.06 (0.011)	0.25 (0.046)
12 - 19.....	0.07 (0.012)	0.28 (0.049)
20 - 29.....	0.15 (0.031)	0.59 (0.125)
30 - 39.....	0.18 (0.026)	0.70 (0.104)
40 - 49.....	0.14 (0.035)	0.58 (0.143)
50 - 59.....	0.15 (0.021)	0.60 (0.085)
60 - 69.....	0.16* (0.065)	0.63* (0.262)
70 and over.....	0.11 (0.021)	0.44 (0.083)
2 - 19.....	0.06 (0.008)	0.25 (0.034)
20 and over...	0.15 (0.016)	0.60 (0.062)
2 and over...	0.13 (0.012)	0.51 (0.048)
Females:		
2 - 5.....	0.05 (0.010)	0.20 (0.039)
6 - 11.....	0.07 (0.012)	0.27 (0.050)
12 - 19.....	0.09 (0.013)	0.34 (0.053)
20 - 29.....	0.07 (0.012)	0.28 (0.049)
30 - 39.....	0.14 (0.020)	0.56 (0.078)
40 - 49.....	0.12 (0.021)	0.50 (0.083)
50 - 59.....	0.08 (0.014)	0.34 (0.058)
60 - 69.....	0.11 (0.020)	0.44 (0.079)
70 and over.....	0.10 (0.019)	0.39 (0.075)
2 - 19.....	0.07 (0.007)	0.28 (0.027)
20 and over...	0.10 (0.008)	0.41 (0.033)
2 and over...	0.10 (0.007)	0.38 (0.027)
Males and females:		
2 - 19.....	0.07 (0.006)	0.27 (0.026)
20 and over...	0.13 (0.011)	0.50 (0.042)
2 and over...	0.11 (0.008)	0.45 (0.034)

* 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 2015-2016, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2015-2016.

Available at: 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, 2015-2016

Gender and age (years)	<i>Oils and Other Components</i>							
	Oils		Solid Fats		Added Sugars		Alcoholic Drinks	
	----- Mean (Standard Error) -----							
Males:								
2 - 5.....	17.63	(0.874)	27.47	(0.856)	11.34	(0.479)	0.00	(0.000)
6 - 11.....	23.54	(0.806)	35.61	(1.577)	17.74	(0.857)	0.00	(0.000)
12 - 19.....	27.51	(1.045)	40.36	(1.908)	19.81	(0.961)	0.08*	(0.029)
20 - 29.....	31.98	(1.610)	42.73	(2.221)	18.99	(1.137)	0.98	(0.116)
30 - 39.....	33.95	(1.996)	45.28	(2.536)	21.76	(1.282)	1.27	(0.174)
40 - 49.....	33.37	(1.191)	39.77	(2.292)	19.83	(1.719)	1.38	(0.177)
50 - 59.....	32.70	(1.520)	40.99	(2.456)	20.10	(2.114)	1.10	(0.211)
60 - 69.....	29.36	(1.880)	34.86	(1.247)	16.08	(1.246)	0.58	(0.115)
70 and over....	27.26	(1.844)	37.44	(1.562)	13.22	(0.810)	0.57	(0.126)
2 - 19.....	24.12	(0.635)	36.09	(1.234)	17.37	(0.613)	0.04*	(0.014)
20 and over...	31.71	(0.682)	40.60	(1.110)	18.68	(0.654)	1.01	(0.064)
2 and over...	29.82	(0.624)	39.48	(0.995)	18.35	(0.552)	0.77	(0.049)
Females:								
2 - 5.....	15.86	(0.729)	25.06	(0.923)	9.81	(0.673)	0.00	(0.000)
6 - 11.....	21.92	(0.651)	34.71	(1.362)	15.23	(0.816)	0.00	(0.000)
12 - 19.....	24.49	(0.870)	32.04	(1.767)	16.77	(0.680)	0.03*	(0.010)
20 - 29.....	28.19	(1.227)	30.79	(1.291)	16.20	(0.970)	0.37	(0.058)
30 - 39.....	25.45	(1.439)	30.69	(1.306)	13.27	(0.769)	0.73	(0.096)
40 - 49.....	26.13	(1.365)	29.93	(1.425)	14.87	(0.878)	0.46	(0.085)
50 - 59.....	27.64	(2.271)	29.44	(1.309)	13.71	(0.876)	0.58	(0.084)
60 - 69.....	22.49	(1.112)	31.52	(1.162)	13.69	(1.017)	0.23	(0.061)
70 and over....	20.93	(1.452)	29.18	(1.639)	11.68	(0.694)	0.17	(0.026)
2 - 19.....	21.71	(0.394)	31.31	(0.973)	14.70	(0.443)	0.01*	(0.005)
20 and over...	25.40	(0.797)	30.23	(0.699)	13.98	(0.439)	0.44	(0.041)
2 and over...	24.54	(0.638)	30.48	(0.501)	14.15	(0.369)	0.34	(0.033)
Males and females:								
2 - 19.....	22.93	(0.304)	33.72	(0.931)	16.05	(0.434)	0.02	(0.007)
20 and over...	28.44	(0.562)	35.22	(0.795)	16.24	(0.419)	0.71	(0.044)
2 and over...	27.11	(0.458)	34.86	(0.688)	16.19	(0.361)	0.55	(0.034)

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

DATA SOURCES: *What We Eat in America, NHANES 2015-2016, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2015-2016.*

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2018. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Gender and Age, *What We Eat in America, NHANES 2015-2016*. Available at: www.ars.usda.gov/nea/bhnrc/fsrg

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2015-16 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)	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
Other Fruits (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
Fruit Juice (F_JUICE)	Citrus and non-citrus fruit juices	

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2015-16 Variable Names in Parenthesis (Continued)

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)	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 Lambsquartars 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
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)	Tomatoes (canned, cooked, raw, stewed) Tomatoes, dried Tomato juice	Tomato paste Tomato puree Tomato sauce

Vegetables Components (cup eq.)	Foods	
Other Red and Orange Vegetables (V_REDOR_OTHER)	Calabaza (Spanish pumpkin) Carrots Carrot juice Red colored bell, and nonbell peppers	Pimiento Pumpkin Squash (most winter varieties) 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)	White potatoes White potato flour	White potato flakes
Other Starchy Vegetables (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 2015-16 Variable Names in Parenthesis (Continued)

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

*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 2015-16 Variable Names in Parenthesis (Continued)

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)	Amaranth Barley, whole Barley flour (from whole barley) Barley meal Brown rice Brown rice flour Buckwheat groats Bulgur Corn, whole grain Corn meal or flour (whole grain)	Millett Oats Oat flour Oatmeal Popcorn Quinoa Rye, whole grain Rye flour (dark) Triticale Wheat Whole wheat flour Whole grain cracked wheat Wild rice
Refined Grains (G_REFINED)	Barley, pearled Barley, pearled, flour Barley malt flour Bran (all grains) Corn flour or meal, degermed Corn grits Cream of wheat Couscous Farina	Masa Oat flour, debranned Rice (milled, not whole grain) Rice, milled, flour Rye flour (light and medium) Semolina Wheat flour and cracked wheat (not whole grain) Wheat germ

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2015-16 Variable Names in Parenthesis (Continued)

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 <i>n</i> -3, and Seafood Low in <i>n</i> -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 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>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>Souse</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 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	Potted meats	Dutch brand loaf	Salami	Frankfurters	Sandwich loaf	Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced)	Souse	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 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	Potted meats																																																						
Dutch brand loaf	Salami																																																						
Frankfurters	Sandwich loaf																																																						
Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced)	Souse																																																						
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																																																						

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2015-16 Variable Names in Parenthesis (Continued)

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 Swordfish Trout Tuna (albacore & bluefin)
Seafood Low in n-3 Fatty Acids (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

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 curd or tofu Soybean flour Soybean meal	Soybean protein isolate and concentrate Soy milk (soymilk), 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	

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2015-16 Variable Names in Parenthesis (Continued)

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 (soymilk), Milk, dry calcium 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 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 2015-16 Variable Names in Parenthesis (Continued)

Oils Component (grams)	Foods																		
Oils (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	
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>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)
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)																				

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>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
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														

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