

Table 1a. Fruit: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016

		Fruit					
Males/Females and age (years)	Sample size	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 Daily Food Patterns Cup Equivalents
Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016

Vegetables										
Males/Females and age (years)	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 Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016

Males/Females 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.

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Table 1d. Dairy: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016

Males/Females 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.
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Table 1e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016

Protein Foods (continues on next page)											
Males/Females and age (years)	Total Protein Foods †	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.....	3.13 (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 Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016 (*continued*)

Males/Females 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 Daily Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016

Males/Females 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 Daily Food Patterns Gram Equivalents of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016

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

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

Solid Fats Component (grams)	Foods
Solid Fats (SOLID_FATS)	Includes fats naturally present in milk products, meat, poultry, eggs and the following: Butter Fully or partially Cocoa butter hydrogenated oils Cocoa fat Ghee Coconut oil Lard Cream Palm oil Cream substitute Tallow Cream Cheese, Shortening (animal regular and and vegetable) low-fat Sour cream

Added Sugars Component (tsp. eq.)	Foods
Added Sugars (ADD_SUGARS)	Brown Sugar Fruit syrups Cane syrup Granulated sugar Confectioners' Honey sugar Maple syrup Corn Syrups Molasses Corn syrup solids Pancake syrups Dextrose Powdered sugar Fructose Raw sugar Fruit juice Sorghum syrups concentrates White sugar (cane (undiluted) and beet)

Alcoholic Drinks Component (no. of drinks)	Foods
Alcoholic Drinks (A_DRINKS)	Includes: Beer Wine Distilled spirits Alcohol (ethanol) present in cocktails and other alcoholic beverages Alcohol (ethanol) added to foods after cooking