MyPyramid Equivalents Database for USDA Survey Foods 1994-2002, 1.0

USDA's MyPyramid Equivalents Database for USDA Survey Foods, 1994-2002, Version 1.0 provides 32 MyPyramid food group equivalent amounts expressed as numbers of cups, ounces, teaspoons, or grams in the foods reported eaten in the USDA's Continuing Survey of Food Intakes by Individuals (CSFII) 1994-96, and 1998, and in the dietary recall data for the National Health and Examination Survey (NHANES), 1999-2002. In addition, MyPyramid equivalent amounts for 100 grams of each survey food code are also provided for research purposes.

This database contains two types of data -- MyPyramid equivalents intake and MyPyramid equivalents food data. The intake data includes four SAS files and the food data includes three ASCII text files, as shown below:

MyPyramid Equivalents Intake Files: (SAS data files)
There are 2 sets of intake data files; one each for the CSFII 1994-996, 1998 and the NHANES 1999-2002

- **rt32.sas7bdat:** Number of MyPyramid food group equivalents present in each food reported eaten per person on days 1 and 2 in the CSFII

- **rt42.sas7bdat:** Total number of MyPyramid food group equivalents from all foods eaten per person in the CSFII on days 1 and 2, and 2-day average

- **pyr_iff.sas7bdat:** Number of MyPyramid food group equivalents present in each food reported eaten per person in the NHANES (1 day)

- **pyr_tot.sas7bdat:** Total number of MyPyramid food group equivalents from all foods eaten per person in the NHANES (1 day)

MyPyramid Equivalents Food Files: (ASCII text files)

- MyPyramid equivalent amounts for 32 MyPryamid food groups and subgroups (see reverse)

- **equiv9400.txt** and **equiv0102.txt:** Number of MyPyramid equivalents present in 100 grams of food for all food codes used to process the CSFII and NHANES surveys
    - 11,200 food codes in the CSFII 1994-96, 98 and NHANES 1999-2000
    - 7,000 food codes in the What We Eat In America, NHANES 2001-2002

- **fddes.txt:** USDA survey food codes and descriptions

Other Supporting Data Files:

- Documentation on the MyPyramid Equivalents Database development

- Model SAS programs that can be used to:
    - merge the MyPyramid equivalents food data with dietary intakes from the respective surveys
    - compare MyPyramid intakes to the MyPyramid recommendations

For more information or to download the MyPyramid Equivalents Database for USDA Survey Foods 1994-2002, 1.0, visit the web site: http://www.ars.usda.gov/ba/bhnrc/fsrg

32 MyPyramid Groups

MyPyramid Major Groups	Major Groups and Subgroups in MPED 1.0
Grains	1 Total grains 2 Whole grains 3 Non-whole / Refined grains
Vegetables	4 Total vegetables 5 Dark-green vegetables 6 Orange vegetables 7 White potatoes 8 Other starchy vegetables 9 Tomatoes 10 Other vegetables
Fruits	11 Total fruits 12 Citrus fruits, melons, and berries 13 Other fruits
Milk	14 Total Milk (milk, yogurt & cheese) 15 Milk 16 Yogurt 17 Cheese
Meat and Beans	18 Meat, poultry, fish 19 Meat (beef, pork, veal, lamb, game) 20 Organ meats (meat, poultry) 21 Frankfurters, sausage, luncheon meats (made from meat or poultry) 22 Poultry (chicken, turkey, other) 23 Fish and shellfish high in n-3 fatty acids 24 Fish and shellfish low in n-3 fatty acids 25 Eggs 26 Cooked dry beans and peas 27 Soybean products (tofu, meat analogs) 28 Nuts and seeds
Oils	29 Discretionary oil
Extras	30 Discretionary solid fat 31 Added sugars 32 Alcohol