



What We Eat in America Food Categories: 2021-2023

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MILK AND DAIRY

Milk

Milk, whole
Milk, reduced fat
Milk, lowfat
Milk, nonfat

Flavored Milk

Flavored milk, whole
Flavored milk, reduced fat
Flavored milk, lowfat
Flavored milk, nonfat

Dairy Drinks

Milk shakes and other dairy drinks

Cheese

Cheese
Cottage/ricotta cheese

Yogurt

Yogurt, regular
Yogurt, Greek

Plant-based Dairy

Plant-based milk
Plant-based yogurt

PROTEIN FOODS

Meats

Beef, excludes ground
Ground beef
Pork
Lamb, goat, game
Liver and organ meats

Poultry

Chicken, whole pieces
Chicken patties, nuggets and tenders
Turkey, duck, other poultry

Seafood

Fish
Shellfish

Eggs

Eggs and omelets

Cured Meats/Poultry

Cold cuts and cured meats
Bacon
Frankfurters
Sausages

Plant-based Protein Foods

Beans, peas, legumes
Nuts and seeds
Soy and meat-alternative products

MIXED DISHES

Mixed Dishes – Meat, Poultry, Seafood

Meat mixed dishes
Poultry mixed dishes
Seafood mixed dishes

Mixed Dishes – Bean/Vegetable-based

Bean, pea, legume dishes
Vegetable dishes

Mixed Dishes – Grain-based

Rice mixed dishes
Pasta mixed dishes, excludes macaroni & cheese
Macaroni and cheese
Turnovers and other grain-based items

Mixed Dishes – Asian

Fried rice and lo/chow mein
Stir-fry and soy-based sauce mixtures
Egg rolls, dumplings, sushi

Mixed Dishes – Mexican

Burritos and tacos
Nachos
Other Mexican mixed dishes

Mixed Dishes – Pizza

Pizza

Mixed Dishes – Sandwiches

Burgers
Frankfurter sandwiches
Chicken fillet sandwiches
Egg/breakfast sandwiches
Cheese sandwiches
Peanut butter and jelly sandwiches
Seafood sandwiches
Deli and cured meat sandwiches
Meat and BBQ sandwiches
Vegetable sandwiches/burgers

Mixed Dishes – Soups

Soups, broth-based
Soups, cream-based
Ramen and Asian broth-based soups

GRAINS

Cooked Grains

Rice
Pasta, noodles, cooked grains

Breads, Rolls, Tortillas

Yeast breads
Rolls and buns
Bagels and English muffins
Tortillas

Quick Breads and Bread Products

Biscuits, muffins, quick breads
Pancakes, waffles, French toast

Ready-to-Eat Cereals

RTE cereal, higher sugar (>21.2g/100g)
RTE cereal, lower sugar (≤21.2g/100g)

Cooked Cereals

Oatmeal
Grits and other cooked cereals

SNACKS AND SWEETS

Savory Snacks

Potato chips
Tortilla, corn, other chips
Popcorn
Pretzels/snack mix

Crackers

Crackers, excludes saltines
Saltine crackers

Snack/Mean Bars

Cereal bars
Nutrition bars

Sweet Bakery Products

Cakes and pies
Cookies and brownies
Doughnuts, sweet rolls, pastries

Candy

Candy containing chocolate
Candy not containing chocolate

Other Desserts

Ice cream and frozen dairy desserts
Pudding
Gelatins, ices, sorbets

FRUIT

Fruits

Apple
Bananas
Grapes
Peaches and nectarines
Strawberries
Blueberries and other berries
Citrus fruits
Melons
Dried fruits
Other fruits and fruit salads
Pears
Pineapple
Mango and papaya

VEGETABLES

Vegetables, excluding potatoes

Tomatoes
Carrots
Other red and orange vegetables
Broccoli
Spinach
Lettuce and lettuce salads
Other dark green vegetables
String beans
Cabbage
Onions
Corn
Other starchy vegetables
Other vegetables and combinations
Fried vegetables
Coleslaw, non-lettuce salads
Vegetables on a sandwich

White Potatoes

White potatoes, baked or boiled
French fries and other fried white potatoes
Mashed potatoes and potato mixtures

BEVERAGES

100% Juice

Citrus juice
Apple juice
Other fruit juice
Vegetable juice

Diet Beverages

Diet soft drinks
Diet sport and energy drinks
Other diet drinks

Sweetened Beverages

Soft drinks
Fruit drinks
Sport and energy drinks
Nutritional beverages
Smoothies and grain drinks

Coffee and Tea

Coffee
Tea

ALCOHOLIC BEVERAGES

Alcoholic Beverages

Beer
Wine
Liquor and cocktails

WATER

Plain Water

Tap water
Bottled water

Flavored or Enhanced Water

Flavored or carbonated water
Enhanced water

FATS AND OILS

Fats and Oils

Butter and animal fats
Margarine
Cream cheese, sour cream, whipped cream
Cream and cream substitutes
Mayonnaise
Salad dressings and vegetable oils

CONDIMENTS AND SAUCES

Condiments and Sauces

Tomato-based condiments
Soy-based condiments
Mustard and other condiments
Olives, pickles, pickled vegetables
Pasta sauces, tomato-based
Dips, gravies, other sauces

SUGARS

Sugars

Sugars and honey
Sugar substitutes
Jams, syrups, toppings

BABY FOODS AND FORMULAS

Baby Foods

Baby food: cereals
Baby food: fruit
Baby food: vegetables
Baby food: mixtures
Baby food: meat and dinners
Baby food: yogurt
Baby food: snacks and sweets

Baby Beverages

Baby juice
Baby water

Infant Formulas

Formula, ready-to-feed
Formula, prepared from powder

Human Milk

Human milk

OTHER

Other

Protein and nutritional powders
Not included in a food category



Beltsville Human Nutrition
Research Center

Serving The Nation Since 1906. Improving Health Thru Research.

Food Surveys Research Group
Beltsville Human Nutrition Research Center
Agricultural Research Service, USDA
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