

What We Eat in America Food Categories August 2021 - August 2023.

Food category	Codes ²	Reports ¹	
		Day 1	Day 2
MILK AND DAIRY			
Milk			
1002 Milk, whole	7	1,239	1,030
1004 Milk, reduced fat	4	1,133	940
1006 Milk, lowfat	3	431	374
1008 Milk, nonfat	4	300	271
Flavored Milk			
1202 Flavored milk, whole	4	102	82
1204 Flavored milk, reduced fat	12	135	96
1206 Flavored milk, lowfat	7	139	121
1208 Flavored milk, nonfat	9	57	56
Dairy Drinks			
1402 Milk shakes and other dairy drinks	13	106	74
Cheese			
1602 Cheese	58	1,887	1,608
1604 Cottage/ricotta cheese	16	131	137
Yogurt			
1820 Yogurt, regular	17	415	363
1822 Yogurt, Greek	14	316	285
Plant-based Dairy			
1902 Plant-based milk	18	495	418
1904 Plant-based yogurt	3	15	14
PROTEIN FOODS			
Meats			
2002 Beef, excludes ground	34	428	363
2004 Ground beef	5	109	93
2006 Pork	26	354	313
2008 Lamb, goat, game	18	23	40
2010 Liver and organ meats	13	16	18
Poultry			
2202 Chicken, whole pieces	160	1,272	1,144
2204 Chicken patties, nuggets and tenders	15	509	461
2206 Turkey, duck, other poultry	46	102	96
Seafood			
2402 Fish	109	500	479
2404 Shellfish	41	210	170
Eggs			
2502 Eggs and omelets	147	1,510	1,436
Cured Meats/Poultry			
2602 Cold cuts and cured meats	44	433	344
2604 Bacon	12	378	367
2606 Frankfurters	5	50	59
2608 Sausages	21	359	360
Plant-based Protein Foods			
2802 Beans, peas, legumes	75	548	470
2804 Nuts and seeds	78	1,611	1,434
2806 Soy and meat-alternative products	18	102	87

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		Day 1	Day 2
MIXED DISHES			
Mixed Dishes - Meat, Poultry, Seafood			
3002 Meat mixed dishes	233	537	478
3004 Poultry mixed dishes	133	439	350
3006 Seafood mixed dishes	96	131	119
Mixed Dishes - Bean/Vegetable-based			
3102 Bean, pea, legume dishes	23	120	124
3104 Vegetable dishes	34	110	86
Mixed Dishes - Grain-based			
3202 Rice mixed dishes	132	329	280
3204 Pasta mixed dishes, excludes macaroni and cheese	174	798	750
3206 Macaroni and cheese	16	322	293
3208 Turnovers and other grain-based items	36	142	119
Mixed Dishes - Asian			
3402 Fried rice and lo/chow mein	44	172	174
3404 Stir-fry and soy-based sauce mixtures	70	211	157
3406 Egg rolls, dumplings, sushi	25	169	178
Mixed Dishes - Mexican			
3502 Burritos and tacos	48	546	437
3504 Nachos	7	52	54
3506 Other Mexican mixed dishes	52	324	327
Mixed Dishes - Pizza			
3602 Pizza	91	843	756
Mixed Dishes - Sandwiches			
3702 Burgers	62	574	487
3703 Frankfurter sandwiches	29	246	231
3704 Chicken fillet sandwiches	21	274	200
3706 Egg/breakfast sandwiches	47	476	469
3720 Cheese sandwiches	14	136	125
3722 Peanut butter and jelly sandwiches	22	309	301
3730 Seafood sandwiches	20	125	108
3740 Deli and cured meat sandwiches	63	936	828
3742 Meat and BBQ sandwiches	20	159	143
3744 Vegetable sandwiches/burgers	11	72	47
Mixed Dishes - Soups			
3804 Soups, broth-based	47	560	483
3806 Soups, cream-based	13	96	92
3808 Ramen and Asian broth-based soups	15	211	179

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GRAINS			
Cooked Grains			
4002 Rice	30	956	778
4004 Pasta, noodles, cooked grains	18	181	159
Breads, Rolls, Tortillas			
4202 Yeast breads	113	1,574	1,389
4204 Rolls and buns	37	249	221
4206 Bagels and English muffins	30	363	341
4208 Tortillas	7	257	202
Quick Breads and Bread Products			
4402 Biscuits, muffins, quick breads	48	495	462
4404 Pancakes, waffles, French toast	54	494	446
Ready-to-Eat Cereals			
4602 Ready-to-eat cereal, higher sugar (>21.2g/100g)	22	897	732
4604 Ready-to-eat cereal, lower sugar (≤21.2g/100g)	20	486	428
Cooked Cereals			
4802 Oatmeal	21	468	410
4804 Grits and other cooked cereals	26	106	83
SNACKS AND SWEETS			
Savory Snacks			
5002 Potato chips	27	914	773
5004 Tortilla, corn, other chips	32	1,045	852
5006 Popcorn	26	501	408
5008 Pretzels/snack mix	45	373	298
Crackers			
5202 Crackers, excludes saltines	56	1,212	1,008
5204 Saltine crackers	5	192	200
Snack/M Meal Bars			
5402 Cereal bars	33	382	353
5404 Nutrition bars	13	222	149
Sweet Bakery Products			
5502 Cakes and pies	89	743	666
5504 Cookies and brownies	102	1,699	1,462
5506 Doughnuts, sweet rolls, pastries	66	716	561
Candy			
5702 Candy containing chocolate	25	1,126	896
5704 Candy not containing chocolate	23	1,064	821
Other Desserts			
5802 Ice cream and frozen dairy desserts	60	918	813
5804 Pudding	26	99	101
5806 Gelatins, ices, sorbets	17	249	202

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		Day 1	Day 2
FRUIT			
Fruits			
6002 Apples	7	1,092	922
6004 Bananas	2	1,115	937
6006 Grapes	1	502	435
6008 Peaches and nectarines	6	177	157
6009 Strawberries	3	582	466
6011 Blueberries and other berries	11	695	616
6012 Citrus fruits	11	668	543
6014 Melons	4	383	345
6016 Dried fruits	18	305	279
6018 Other fruits and fruit salads	42	317	248
6020 Pears	5	121	107
6022 Pineapple	5	179	150
6024 Mango and papaya	5	113	86
VEGETABLES			
Vegetables, excluding Potatoes			
6402 Tomatoes	6	819	770
6404 Carrots	20	530	491
6406 Other red and orange vegetables	20	180	181
6407 Broccoli	15	326	298
6409 Spinach	15	194	159
6410 Lettuce and lettuce salads	14	1,196	1,136
6411 Other dark green vegetables	50	117	124
6412 String beans	20	300	272
6413 Cabbage	11	160	138
6414 Onions	7	427	435
6416 Corn	20	274	256
6418 Other starchy vegetables	39	162	179
6420 Other vegetables and combinations	147	1,865	1,759
6430 Fried vegetables	21	80	80
6432 Coleslaw, non-lettuce salads	17	172	170
6489 Vegetables on a sandwich	8	1,609	1,415
White Potatoes			
6802 White potatoes, baked or boiled	48	350	286
6804 French fries and other fried white potatoes	44	1,083	1,007
6806 Mashed potatoes and white potato mixtures	56	432	411

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BEVERAGES			
100% Juice			
7002 Citrus juice	12	583	541
7004 Apple juice	3	403	318
7006 Other fruit juice	19	377	307
7008 Vegetable juice	9	67	71
Diet Beverages			
7102 Diet soft drinks	13	981	876
7104 Diet sport and energy drinks	12	191	151
7106 Other diet drinks	6	174	139
Sweetened Beverages			
7202 Soft drinks	13	1,763	1,475
7204 Fruit drinks	49	1,040	738
7206 Sport and energy drinks	19	339	279
7208 Nutritional beverages	15	204	157
7220 Smoothies and grain drinks	25	282	265
Coffee and Tea			
7302 Coffee	109	3,822	3,453
7304 Tea	45	1,848	1,682
ALCOHOLIC BEVERAGES			
Alcoholic Beverages			
7502 Beer	8	526	433
7504 Wine	13	408	347
7506 Liquor and cocktails	69	319	291
WATER			
Plain Water			
7702 Tap water	2	7,176	6,620
7704 Bottled water	1	5,134	4,640
Flavored or Enhanced Water			
7802 Flavored or carbonated water	5	560	517
7804 Enhanced water	2	140	110
FATS AND OILS			
Fats and Oils			
8002 Butter and animal fats	10	1,077	923
8004 Margarine	8	277	261
8006 Cream cheese, sour cream, whipped cream	13	592	516
8008 Cream and cream substitutes	18	1,563	1,385
8010 Mayonnaise	10	955	811
8012 Salad dressings and vegetable oils	51	1,231	1,210
CONDIMENTS AND SAUCES			
Condiments and Sauces			
8402 Tomato-based condiments	12	1,508	1,343
8404 Soy-based condiments	10	158	144
8406 Mustard and other condiments	28	1,364	1,086
8408 Olives, pickles, pickled vegetables	30	532	458
8410 Pasta sauces, tomato-based	11	70	80
8412 Dips, gravies, other sauces	59	778	635

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SUGARS			
Sugars			
8802 Sugars and honey	8	1,324	1,175
8804 Sugar substitutes	10	548	517
8806 Jams, syrups, toppings	36	794	692
BABY FOODS AND FORMULAS			
Baby Foods			
9002 Baby food: cereals	14	67	42
9004 Baby food: fruit	13	31	28
9006 Baby food: vegetables	14	19	19
9007 Baby food: mixtures	12	41	29
9008 Baby food: meat and dinners	11	8	7
9010 Baby food: yogurt	2	13	10
9012 Baby food: snacks and sweets	11	75	65
Baby Beverages			
9202 Baby juice	6	8	3
9204 Baby water	1	20	8
Infant Formulas			
9402 Formula, ready-to-feed	17	33	28
9404 Formula, prepared from powder	50	372	289
Human Milk			
9602 Human milk	1	329	254
OTHER			
Other			
9802 Protein and nutritional powders	17	140	114
9999 Not included in a food category	77	512	440

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