



DIETARY INTAKE DATA

What We Eat in America

NHANES August 2021 - August 2023

Food and Nutrient-Related Variables

- For each food and beverage, including water, consumed by a survey participant:
 - ♦ Name, identified by a USDA food code and description
 - ♦ Amount consumed, in grams
 - ♦ Amounts of food energy and 64 nutrients/food components provided by each food/beverage
 - ♦ Identification of items eaten in combination (e.g., cereal with milk added)
 - ♦ Separate ingredients coded for many salads and sandwiches
 - ♦ Day of week
 - ♦ Eating occasion – name (breakfast, lunch, etc.)
 - ♦ Time when each item was consumed
 - ♦ Source of food/beverage (where obtained)
 - ♦ Whether the food/beverage was eaten at home or not
- For each survey participant:
 - ♦ Daily aggregates of energy and 64 nutrients/food components
 - ♦ Whether the day's intake was usual, much more than usual, or much less than usual
 - ♦ Salt type and use in food preparation and at the table
 - ♦ Whether on a special diet and type of diet
 - ♦ Frequency of fish/shellfish consumption in past 30 days (participants 1 year of age or older)

Sample and Data Collection

- Nationally representative sample of individuals of all ages that reside in households
- *What We Eat in America, NHANES Dietary Data: Notice to Users* developed by CDC/National Center for Health Statistics provides additional information on the changes that pertain to the dietary data collection: <https://www.cdc.gov/nchs/nhanes/continuousnhanes/dietarydatanotice.aspx?Cycle=2021-2023>
- Day 1 dietary recalls for 6,754 individuals, all ages (21 participants who had an unreliable day 1 intake, but a reliable day 2 intake were included in the data set as Day 1 intakes); Day 2 dietary recalls for 5,879 individuals, all ages
- Two nonconsecutive days of dietary intake using 24-hour recalls; Day 1 and Day 2 administered by telephone
- Five-step USDA Automated Multiple-Pass Method (AMPM) used for collecting interviewer-administered 24-hour dietary recalls
- Bilingual interviewers

USDA 2021-2023 Food and Nutrient Database for Dietary Studies (FNDDS)

- Database of foods and beverages, their nutrient values, and weights for typical portions
- Used to process What We Eat in America, NHANES August 2021-August 2023
- Used in research projects to analyze What We Eat in America data, and in other dietary intake studies
- For complete list of nutrients/food components, see other side...

For more information about What We Eat in America, NHANES August 2021-August 2023, visit our web site:

www.ars.usda.gov/nea/bhnrc/fsrg

2021-2023 FNDDS Nutrients and Food Components

Energy (kcal)	Vitamin A as retinol activity equivalents (µg)
Protein (g)	Retinol (µg)
Carbohydrate (g)	Carotenoids:
Fat, total (g)	Carotene, alpha (µg)
Alcohol (g)	Carotene, beta (µg)
	Cryptoxanthin, beta (µg)
	Lycopene (µg)
	Lutein + zeaxanthin (µg)
Sugars, total (g)	Vitamin E as alpha-tocopherol (mg)
Dietary fiber, total (g)	Added vitamin E (mg)
Water (g)	Vitamin D (D2 + D3) (µg)
	Vitamin K as phylloquinone (µg)
Saturated fatty acids, total (g)	Vitamin C (mg)
Monounsaturated fatty acids, total (g)	Thiamin (mg)
Polyunsaturated fatty acids, total (g)	Riboflavin (mg)
Cholesterol (mg)	Niacin (mg)
	Vitamin B-6 (mg)
Individual fatty acids:	Folate, total (µg)
4:0 (g)	Folate (DFE) (µg)
6:0 (g)	Folic acid (µg)
8:0 (g)	Food folate (µg)
10:0 (g)	Vitamin B-12 (µg)
12:0 (g)	Added vitamin B-12 (µg)
14:0 (g)	Choline, total (mg)
16:0 (g)	
18:0 (g)	Calcium (mg)
	Iron (mg)
16:1 (g)	Magnesium (mg)
18:1 (g)	Phosphorus (mg)
20:1 (g)	Potassium (mg)
22:1 (g)	Sodium (mg)
	Zinc (mg)
18:2 (g)	Copper (mg)
18:3 (g)	Selenium (µg)
18:4 (g)	
20:4 (g)	Caffeine (mg)
20:5 n-3 (g)	Theobromine (mg)
22:5 n-3 (g)	
22:6 n-3 (g)	

For more information about the Food and Nutrient Database for Dietary Studies, see:

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November 2024