Table 1a. Fruit: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Gender and Age, in the United States, 2005-2006

Gender and age (years)	Sample size	*Fruit (cup equivalents)*			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
		Mean (Standard Error)			
Males:					
2 - 5..............	442	1.37 (0.064)	0.14 (0.034)	0.49 (0.048)	0.73 (0.075)
6 - 11..............	489	1.06 (0.043)	0.15 (0.012)	0.51 (0.057)	0.41 (0.065)
12 - 19..............	1052	0.98 (0.054)	0.16 (0.024)	0.34 (0.026)	0.48 (0.035)
20 - 29..............	388	0.83 (0.095)	0.07 (0.014)	0.27 (0.052)	0.49 (0.067)
30 - 39..............	371	0.86 (0.079)	0.16 (0.047)	0.30 (0.043)	0.39 (0.052)
40 - 49..............	382	0.93 (0.116)	0.11 (0.021)	0.44 (0.070)	0.37 (0.053)
50 - 59..............	303	1.24 (0.107)	0.19 (0.053)	0.58 (0.059)	0.47 (0.082)
60 - 69..............	320	1.10 (0.070)	0.18 (0.026)	0.50 (0.047)	0.41 (0.049)
70 and over......	399	1.31 (0.103)	0.22 (0.041)	0.64 (0.048)	0.45 (0.047)
20 and over...	2163	1.01 (0.056)	0.15 (0.012)	0.43 (0.030)	0.43 (0.035)
Females:					
2 - 5..............	460	1.39 (0.111)	0.13 (0.021)	0.47 (0.070)	0.80 (0.057)
6 - 11..............	523	0.98 (0.050)	0.20 (0.036)	0.37 (0.026)	0.42 (0.037)
12 - 19..............	1063	0.84 (0.067)	0.09 (0.012)	0.32 (0.037)	0.43 (0.042)
20 - 29..............	582	0.89 (0.096)	0.19* (0.064)	0.32 (0.045)	0.38 (0.048)
30 - 39..............	406	0.76 (0.062)	0.15 (0.032)	0.31 (0.039)	0.30 (0.052)
40 - 49..............	390	0.77 (0.102)	0.15 (0.036)	0.36 (0.074)	0.26 (0.040)
50 - 59..............	301	0.89 (0.103)	0.24 (0.054)	0.44 (0.057)	0.21 (0.029)
60 - 69..............	315	1.02 (0.096)	0.25 (0.049)	0.52 (0.048)	0.26 (0.042)
70 and over......	363	1.07 (0.062)	0.24 (0.032)	0.53 (0.026)	0.30 (0.033)
20 and over...	2357	0.88 (0.040)	0.20 (0.019)	0.40 (0.025)	0.29 (0.020)
Males and females:					
2 and over...	8549	0.97 (0.031)	0.17 (0.010)	0.41 (0.018)	0.39 (0.018)

* Indicates an estimate with a relative standard error greater than 30%.
† Includes intact fruit (whole or cut) only; excludes fruit juice.

DATA SOURCES: *What We Eat in America*, NHANES 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
　　　　　　　 Food Patterns Equivalents Database (FPED) 2005-2006.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1b. Vegetables: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Gender and Age, in the United States, 2005-2006

Gender and age (years)	Total Vegetables †	Starchy Vegetables			Red and Orange Vegetables			Dark Green	Other
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange		
				Mean (Standard Error)					
Males:									
2 - 5..............	0.72 (0.047)	0.31 (0.036)	0.25 (0.034)	0.06 (0.014)	0.22 (0.013)	0.18 (0.011)	0.04 (0.011)	0.03 (0.008)	0.16 (0.020)
6 - 11..............	0.96 (0.075)	0.28 (0.026)	0.23 (0.024)	0.05 (0.010)	0.33 (0.035)	0.25 (0.019)	0.08* (0.026)	0.05 (0.013)	0.29 (0.043)
12 - 19..............	1.31 (0.045)	0.50 (0.036)	0.44 (0.039)	0.06 (0.010)	0.43 (0.020)	0.38 (0.023)	0.06 (0.013)	0.05 (0.009)	0.33 (0.025)
20 - 29..............	1.75 (0.081)	0.49 (0.034)	0.43 (0.037)	0.06 (0.015)	0.52 (0.045)	0.47 (0.038)	0.05* (0.019)	0.10 (0.024)	0.64 (0.055)
30 - 39..............	1.76 (0.063)	0.51 (0.044)	0.41 (0.036)	0.10 (0.018)	0.56 (0.039)	0.47 (0.036)	0.08 (0.021)	0.07 (0.010)	0.63 (0.048)
40 - 49..............	1.82 (0.072)	0.57 (0.045)	0.48 (0.046)	0.09 (0.014)	0.48 (0.037)	0.42 (0.037)	0.06 (0.013)	0.12 (0.024)	0.64 (0.052)
50 - 59..............	1.67 (0.111)	0.59 (0.072)	0.51 (0.071)	0.08 (0.021)	0.36 (0.045)	0.31 (0.040)	0.06 (0.014)	0.13 (0.026)	0.59 (0.061)
60 - 69..............	1.68 (0.081)	0.51 (0.058)	0.36 (0.041)	0.14 (0.036)	0.46 (0.052)	0.35 (0.050)	0.11 (0.029)	0.13 (0.030)	0.58 (0.050)
70 and over......	1.66 (0.073)	0.55 (0.056)	0.42 (0.042)	0.13 (0.019)	0.37 (0.023)	0.26 (0.025)	0.11 (0.009)	0.09 (0.018)	0.65 (0.046)
20 and over...	1.73 (0.042)	0.54 (0.029)	0.44 (0.027)	0.09 (0.012)	0.47 (0.019)	0.39 (0.017)	0.07 (0.006)	0.11 (0.014)	0.62 (0.028)
Females:									
2 - 5..............	0.77 (0.060)	0.31 (0.026)	0.23 (0.026)	0.09 (0.018)	0.21 (0.025)	0.18 (0.021)	0.03 (0.008)	0.05 (0.014)	0.20 (0.035)
6 - 11..............	0.83 (0.037)	0.31 (0.025)	0.25 (0.019)	0.06 (0.009)	0.25 (0.022)	0.21 (0.026)	0.03 (0.006)	0.05 (0.011)	0.23 (0.018)
12 - 19..............	1.06 (0.040)	0.38 (0.047)	0.34 (0.047)	0.04 (0.006)	0.31 (0.023)	0.26 (0.028)	0.04 (0.010)	0.06 (0.009)	0.31 (0.022)
20 - 29..............	1.24 (0.071)	0.38 (0.043)	0.32 (0.037)	0.06 (0.009)	0.32 (0.031)	0.27 (0.024)	0.05 (0.011)	0.08 (0.013)	0.45 (0.052)
30 - 39..............	1.73 (0.080)	0.42 (0.049)	0.35 (0.053)	0.07 (0.014)	0.35 (0.031)	0.27 (0.026)	0.08 (0.012)	0.16 (0.027)	0.80 (0.082)
40 - 49..............	1.44 (0.077)	0.31 (0.022)	0.24 (0.023)	0.07 (0.008)	0.40 (0.043)	0.29 (0.039)	0.11 (0.012)	0.17 (0.038)	0.56 (0.037)
50 - 59..............	1.65 (0.088)	0.39 (0.059)	0.28 (0.043)	0.11 (0.026)	0.44 (0.028)	0.34 (0.027)	0.10 (0.014)	0.17 (0.039)	0.66 (0.049)
60 - 69..............	1.52 (0.095)	0.39 (0.032)	0.27 (0.034)	0.12 (0.023)	0.40 (0.033)	0.31 (0.039)	0.09 (0.016)	0.15 (0.027)	0.58 (0.068)
70 and over......	1.31 (0.069)	0.39 (0.029)	0.30 (0.026)	0.09 (0.011)	0.32 (0.032)	0.23 (0.031)	0.08 (0.009)	0.11 (0.022)	0.49 (0.033)
20 and over...	1.48 (0.040)	0.38 (0.021)	0.29 (0.019)	0.08 (0.008)	0.37 (0.016)	0.29 (0.016)	0.08 (0.005)	0.14 (0.014)	0.59 (0.026)
Males and females:									
2 and over...	1.45 (0.029)	0.43 (0.018)	0.35 (0.017)	0.08 (0.007)	0.39 (0.012)	0.32 (0.011)	0.07 (0.004)	0.11 (0.007)	0.52 (0.019)

* 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 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2005-2006.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1c. Grains: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Gender and Age, in the United States, 2005-2006

Gender and age (years)	*Grains (ounce equivalents)*		
	Total Grains	Whole Grains	Refined Grains
	|——— Mean (Standard Error) ———|	
Males:			
2 - 5..............	5.08 (0.190)	0.55 (0.061)	4.53 (0.181)
6 - 11..............	7.14 (0.190)	0.55 (0.057)	6.59 (0.205)
12 - 19..............	9.05 (0.253)	0.51 (0.051)	8.53 (0.260)
20 - 29..............	8.79 (0.327)	0.69 (0.117)	8.10 (0.325)
30 - 39..............	9.00 (0.500)	0.73 (0.093)	8.28 (0.459)
40 - 49..............	7.84 (0.409)	0.74 (0.096)	7.11 (0.387)
50 - 59..............	7.67 (0.327)	0.98 (0.121)	6.68 (0.316)
60 - 69..............	6.70 (0.228)	0.92 (0.091)	5.78 (0.225)
70 and over......	5.86 (0.209)	0.95 (0.056)	4.90 (0.220)
20 and over...	7.89 (0.155)	0.81 (0.042)	7.07 (0.152)
Females:			
2 - 5..............	4.29 (0.164)	0.43 (0.060)	3.86 (0.142)
6 - 11..............	6.41 (0.195)	0.48 (0.065)	5.93 (0.165)
12 - 19..............	6.55 (0.231)	0.43 (0.035)	6.12 (0.220)
20 - 29..............	6.37 (0.190)	0.54 (0.079)	5.83 (0.167)
30 - 39..............	5.81 (0.208)	0.52 (0.055)	5.29 (0.216)
40 - 49..............	5.61 (0.319)	0.75 (0.138)	4.86 (0.240)
50 - 59..............	5.34 (0.333)	0.63 (0.048)	4.71 (0.317)
60 - 69..............	5.03 (0.177)	0.76 (0.103)	4.27 (0.214)
70 and over......	4.68 (0.215)	0.90 (0.079)	3.79 (0.170)
20 and over...	5.54 (0.109)	0.67 (0.036)	4.87 (0.085)
Males and females:			
2 and over...	6.71 (0.103)	0.68 (0.029)	6.03 (0.096)

Table 1d. Dairy: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Gender and Age, in the United States, 2005-2006

Gender and age (years)	*Dairy (cup equivalents)*			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	Mean (Standard Error)			
Males:				
2 - 5..............	2.34 (0.102)	1.75 (0.096)	0.51 (0.053)	0.06 (0.010)
6 - 11..............	2.40 (0.062)	1.59 (0.067)	0.74 (0.054)	0.05* (0.020)
12 - 19..............	2.47 (0.136)	1.35 (0.104)	1.06 (0.092)	0.04* (0.012)
20 - 29..............	1.94 (0.132)	0.87 (0.074)	1.02 (0.085)	0.04 (0.011)
30 - 39..............	2.19 (0.129)	1.14 (0.112)	0.97 (0.077)	0.06* (0.025)
40 - 49..............	1.93 (0.126)	1.03 (0.114)	0.84 (0.057)	0.03* (0.010)
50 - 59..............	1.65 (0.098)	0.94 (0.104)	0.65 (0.080)	0.04* (0.014)
60 - 69..............	1.60 (0.130)	0.99 (0.112)	0.57 (0.081)	0.03* (0.011)
70 and over......	1.52 (0.095)	1.12 (0.098)	0.37 (0.054)	0.02* (0.007)
20 and over...	1.85 (0.062)	1.01 (0.053)	0.79 (0.042)	0.04 (0.008)
Females:				
2 - 5..............	2.03 (0.111)	1.51 (0.101)	0.42 (0.039)	0.08 (0.016)
6 - 11..............	2.09 (0.148)	1.40 (0.119)	0.65 (0.066)	0.03* (0.012)
12 - 19..............	1.71 (0.094)	0.96 (0.069)	0.72 (0.049)	0.02 (0.007)
20 - 29..............	1.81 (0.147)	0.95 (0.101)	0.79 (0.081)	0.06 (0.007)
30 - 39..............	1.57 (0.087)	0.90 (0.055)	0.62 (0.044)	0.02* (0.008)
40 - 49..............	1.64 (0.070)	0.90 (0.089)	0.65 (0.055)	0.08* (0.023)
50 - 59..............	1.31 (0.082)	0.62 (0.081)	0.59 (0.056)	0.08 (0.018)
60 - 69..............	1.30 (0.113)	0.80 (0.101)	0.43 (0.030)	0.06 (0.013)
70 and over......	1.33 (0.066)	0.93 (0.051)	0.33 (0.044)	0.05 (0.012)
20 and over...	1.51 (0.055)	0.85 (0.045)	0.59 (0.022)	0.06 (0.006)
Males and females:				
2 and over...	1.80 (0.051)	1.04 (0.037)	0.70 (0.025)	0.05 (0.004)

* 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 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
            Food Patterns Equivalents Database (FPED) 2005-2006.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Gender and Age, in the United States, 2005-2006

Gender and age (years)	Total Protein Foods †	*Protein Foods (ounce equivalents)* (continues on next page)						
		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..............	2.94 (0.133)	2.41 (0.136)	0.59 (0.053)	0.88 (0.079)	0.79 (0.093)	0.13* (0.065)	0.01 (0.003)	#
6 - 11..............	4.07 (0.258)	3.17 (0.166)	0.96 (0.082)	1.11 (0.190)	0.88 (0.084)	0.18* (0.094)	0.05* (0.028)	#
12 - 19..............	6.52 (0.210)	5.55 (0.177)	2.17 (0.090)	1.89 (0.147)	1.22 (0.084)	0.22 (0.019)	0.05 (0.009)	0.01* (0.002)
20 - 29..............	7.82 (0.357)	6.76 (0.309)	2.85 (0.210)	1.96 (0.193)	1.32 (0.152)	0.50 (0.134)	0.12* (0.054)	0.01* (0.007)
30 - 39..............	9.01 (0.460)	7.56 (0.419)	3.01 (0.402)	2.21 (0.136)	1.58 (0.167)	0.56 (0.151)	0.18* (0.071)	0.03* (0.013)
40 - 49..............	8.39 (0.381)	6.78 (0.329)	2.63 (0.169)	1.81 (0.150)	1.41 (0.198)	0.78 (0.154)	0.10* (0.031)	0.05* (0.040)
50 - 59..............	7.79 (0.326)	5.85 (0.245)	2.09 (0.222)	1.71 (0.219)	1.34 (0.070)	0.58 (0.128)	0.11* (0.032)	0.03* (0.015)
60 - 69..............	6.85 (0.374)	5.46 (0.298)	1.88 (0.212)	1.43 (0.138)	1.21 (0.138)	0.63* (0.219)	0.30 (0.083)	0.02* (0.007)
70 and over......	5.75 (0.228)	4.30 (0.173)	1.59 (0.141)	1.04 (0.097)	1.07 (0.077)	0.40 (0.073)	0.16* (0.069)	0.04* (0.022)
20 and over...	7.84 (0.208)	6.35 (0.164)	2.45 (0.129)	1.78 (0.085)	1.35 (0.081)	0.59 (0.069)	0.15 (0.015)	0.03* (0.009)
Females:								
2 - 5..............	2.77 (0.159)	2.14 (0.105)	0.71 (0.099)	0.68 (0.055)	0.49 (0.045)	0.20* (0.075)	0.06 (0.011)	#
6 - 11..............	3.67 (0.248)	2.85 (0.187)	0.82 (0.099)	0.92 (0.075)	0.83 (0.088)	0.23* (0.083)	0.05* (0.019)	#
12 - 19..............	3.92 (0.150)	3.29 (0.129)	1.07 (0.069)	1.15 (0.076)	0.88 (0.093)	0.14* (0.045)	0.05* (0.017)	#
20 - 29..............	4.65 (0.234)	3.86 (0.180)	1.28 (0.089)	1.38 (0.193)	0.73 (0.099)	0.37* (0.122)	0.07* (0.039)	0.02* (0.021)
30 - 39..............	5.32 (0.288)	4.25 (0.172)	1.55 (0.187)	1.29 (0.107)	0.84 (0.162)	0.37* (0.129)	0.20* (0.086)	0.01* (0.003)
40 - 49..............	5.51 (0.254)	4.36 (0.219)	1.26 (0.212)	1.67 (0.301)	0.78 (0.108)	0.47 (0.097)	0.17* (0.078)	0.01* (0.007)
50 - 59..............	4.98 (0.326)	3.90 (0.238)	1.51 (0.116)	1.26 (0.114)	0.55 (0.054)	0.41 (0.069)	0.15* (0.082)	0.01* (0.004)
60 - 69..............	4.59 (0.347)	3.44 (0.246)	1.03 (0.139)	1.01 (0.140)	0.61 (0.080)	0.59* (0.191)	0.18* (0.095)	0.02* (0.007)
70 and over......	3.85 (0.218)	2.95 (0.156)	0.87 (0.098)	0.73 (0.080)	0.72 (0.050)	0.44 (0.054)	0.19* (0.061)	#
20 and over...	4.89 (0.133)	3.86 (0.097)	1.28 (0.046)	1.27 (0.095)	0.71 (0.045)	0.43 (0.055)	0.16 (0.034)	0.01* (0.004)
Males and females:								
2 and over...	5.79 (0.103)	4.66 (0.084)	1.67 (0.063)	1.43 (0.057)	0.99 (0.049)	0.42 (0.042)	0.13 (0.014)	0.02 (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 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2005-2006.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	*Protein Foods (ounce equivalents)*		
	Eggs, Nuts and Seeds, and Soybean Products		
	Eggs	Nuts and Seeds	Soybean Products †
	|———— Mean (Standard Error) ————|		
Males:			
2 - 5..............	0.26 (0.036)	0.26 (0.034)	0.01 (0.004)
6 - 11..............	0.36 (0.068)	0.53* (0.180)	0.01 (0.002)
12 - 19..............	0.46 (0.042)	0.46 (0.086)	0.04* (0.017)
20 - 29..............	0.47 (0.045)	0.51 (0.085)	0.08* (0.039)
30 - 39..............	0.62 (0.062)	0.73 (0.157)	0.10* (0.048)
40 - 49..............	0.68 (0.078)	0.86 (0.092)	0.07* (0.021)
50 - 59..............	0.68 (0.066)	1.22 (0.232)	0.03* (0.014)
60 - 69..............	0.54 (0.048)	0.80 (0.126)	0.05* (0.022)
70 and over......	0.65 (0.049)	0.77 (0.089)	0.03* (0.011)
20 and over...	0.61 (0.016)	0.82 (0.062)	0.06 (0.013)
Females:			
2 - 5..............	0.30 (0.034)	0.28 (0.060)	0.04* (0.015)
6 - 11..............	0.50 (0.088)	0.30 (0.051)	0.02 (0.006)
12 - 19..............	0.24 (0.018)	0.37 (0.068)	0.02 (0.006)
20 - 29..............	0.39 (0.031)	0.37 (0.089)	0.03* (0.016)
30 - 39..............	0.38 (0.044)	0.57 (0.130)	0.12* (0.055)
40 - 49..............	0.45 (0.048)	0.65 (0.104)	0.05* (0.021)
50 - 59..............	0.48 (0.077)	0.51 (0.091)	0.09 (0.027)
60 - 69..............	0.41 (0.047)	0.72 (0.127)	0.03* (0.010)
70 and over......	0.40 (0.036)	0.45 (0.071)	0.05 (0.012)
20 and over...	0.42 (0.017)	0.54 (0.036)	0.06 (0.011)
Males and females:			
2 and over...	0.47 (0.009)	0.60 (0.026)	0.05 (0.008)

* Indicates an estimate with a relative standard error greater than 30%.
† Soy products excluding calcium fortified soy milk and mature soybeans.

DATA SOURCES: *What We Eat in America*, NHANES 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) 2005-2006.

Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Table 1f. Legumes: Mean Daily Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Gender and Age, in the United States, 2005-2006

Gender and age (years)	*Legumes* [†]	
	as Vegetable (cup equivalents)	as Protein Food (ounce equivalents)
	|— Mean (Standard Error) —|	
Males:		
2 - 5..............	0.03 (0.006)	0.13 (0.026)
6 - 11..............	0.05 (0.014)	0.20 (0.056)
12 - 19..............	0.07 (0.010)	0.27 (0.041)
20 - 29..............	0.12 (0.021)	0.48 (0.085)
30 - 39..............	0.18 (0.035)	0.71 (0.141)
40 - 49..............	0.16 (0.025)	0.62 (0.098)
50 - 59..............	0.11 (0.021)	0.45 (0.085)
60 - 69..............	0.13 (0.017)	0.53 (0.070)
70 and over......	0.07 (0.015)	0.26 (0.060)
20 and over...	0.13 (0.010)	0.53 (0.041)
Females:		
2 - 5..............	0.06 (0.016)	0.23 (0.063)
6 - 11..............	0.04 (0.010)	0.14 (0.038)
12 - 19..............	0.08* (0.025)	0.33* (0.102)
20 - 29..............	0.08 (0.015)	0.31 (0.061)
30 - 39..............	0.07 (0.016)	0.28 (0.063)
40 - 49..............	0.08 (0.013)	0.33 (0.051)
50 - 59..............	0.11 (0.020)	0.43 (0.079)
60 - 69..............	0.07 (0.021)	0.30 (0.084)
70 and over......	0.05 (0.011)	0.20 (0.044)
20 and over...	0.08 (0.009)	0.31 (0.035)
Males and females:		
2 and over...	0.09 (0.007)	0.37 (0.030)

* 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 2005-2006, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
            Food Patterns Equivalents Database (FPED) 2005-2006.

Available at: www.ars.usda.gov/ba/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 Gender and Age, in the United States, 2005-2006

Gender and age (years)	*Oils and Other Components*			
	Oils (gram equivalents)	Solid Fats (gram equivalents)	Added Sugars (teaspoon equivalents)	Alcoholic Drinks (number of drinks)
	|———————— Mean (Standard Error) ————————|		
Males:				
2 - 5..............	14.16 (0.778)	31.45 (0.898)	14.72 (0.558)	0.00 (0.000)
6 - 11..............	20.63 (1.102)	42.55 (1.245)	21.61 (0.882)	0.00 (0.000)
12 - 19..............	23.26 (1.002)	55.31 (1.900)	31.09 (1.453)	0.20 (0.058)
20 - 29..............	26.09 (1.607)	50.73 (2.367)	28.48 (1.973)	1.41 (0.199)
30 - 39..............	27.93 (1.366)	59.34 (2.867)	25.72 (1.114)	1.41 (0.186)
40 - 49..............	28.19 (1.203)	51.87 (2.059)	23.37 (0.973)	1.64 (0.181)
50 - 59..............	29.29 (1.753)	49.20 (2.765)	22.60 (1.397)	0.97 (0.175)
60 - 69..............	22.25 (2.106)	41.26 (2.017)	16.35 (0.778)	0.92 (0.119)
70 and over......	20.08 (1.231)	38.80 (1.608)	13.99 (1.013)	0.56 (0.103)
20 and over...	26.38 (0.601)	50.05 (1.247)	22.89 (0.789)	1.23 (0.071)
Females:				
2 - 5..............	13.50 (0.670)	26.99 (1.194)	12.72 (0.564)	0.00 (0.000)
6 - 11..............	18.41 (1.128)	38.74 (0.860)	18.88 (0.700)	0.00 (0.000)
12 - 19..............	20.94 (1.111)	36.96 (0.985)	20.71 (0.684)	0.09* (0.032)
20 - 29..............	20.52 (1.729)	37.83 (2.033)	19.26 (0.873)	0.46 (0.100)
30 - 39..............	21.60 (1.641)	35.86 (1.307)	16.10 (0.836)	0.53 (0.154)
40 - 49..............	20.72 (1.066)	34.22 (1.635)	15.84 (0.765)	0.66 (0.124)
50 - 59..............	18.50 (1.403)	33.45 (1.454)	12.93 (0.962)	0.34 (0.075)
60 - 69..............	17.38 (1.173)	31.10 (2.006)	10.80 (0.608)	0.29 (0.056)
70 and over......	14.52 (0.475)	29.00 (0.953)	11.87 (0.511)	0.22 (0.051)
20 and over...	19.20 (0.760)	33.94 (0.818)	14.83 (0.418)	0.44 (0.041)
Males and females:				
2 and over...	21.84 (0.395)	41.47 (0.783)	19.43 (0.494)	0.62 (0.037)

* Indicates an estimate with a relative standard error greater than 30%.

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPED/FPID 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	

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 Chinese Cabbage (Pak-choi) Chrysanthemum garland Chard Chicory leaves Cilantro (Coriander) Collards Cress Dandelion greens Endive Escarole Greens	Horseradish leaves Kale Lambsquarters 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

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) Broccoflower 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 (mature) Split peas White beans

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
	  (whole barley)
	Barley meal
	Brown rice
	Brown rice flour
	Buckwheat groats
	Bulgur
	Corn, whole grain
	Corn meal or flour
	  (whole grain)
		Millett
		Oats
		Oat flour
		Oatmeal
		Popcorn
		Quinoa
		Rye, whole grain
		Rye flour (dark)
		Triticale
		Wheat
		Whole wheat flour
		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 (milled,
		  not whole grain)
		Wheat germ

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 n-3, and Seafood Low in n-3 components listed below:	
Meat (PF_MEAT)	Armadillo Bacon (not cured) Bear Beaver Beef Bison Caribou Game meat (other) Goat Ground hog Ham (not cured)	Lamb Moose Opossum Oxtail Pork Rabbit Raccoon Squirrel Veal Venison Wild pig

Protein Foods Components (cont.) (oz. eq.)	Foods	

Cured Meat (PF_CUREDMEAT)	Bacon
	Beef sausage
	Beef luncheon
	  meat
	Blood sausage
	Bockwurst
	Bologna
	Bratwurst
	Braunschweiger
	Capicola
	Cervelat
	Chicken sticks
	Chicken luncheon
	  meat
	Chicken or turkey
	  loaf
	Chorizo
	Cold cut deli meat
	Corned beef
	Chipped beef
	Dutch brand loaf
	Frankfurters
	Ham (cured,
	  smoked, deli,
	  deviled, loaf,
	  luncheon meat,
	  minced)
	Head cheese
	Honey loaf
		Hotdogs
		Italian sausage
		Jerky (all meats)
		Kielbasa
		Knockwurst
		Liverwurst
		Meat spreads
		Meat sticks
		Mettwurst
		Mortadella
		Pastrami
		Pepperoni
		Pepper loaf
		Polish sausage
		Pork luncheon meat
		Pork sausage
		Potted meats
		Salami
		Sandwich loaf
		Souse
		Thuringer
		Turkey luncheon
		  meat
		Turkey sausage
		Turkey, smoked
		Turkey sticks
		Veal loaf
		Vienna sausage

Organ Meat (PF_ORGAN)	Brain Chitterlings Giblets Gizzard Heart Kidney	Liver Stomach Sweetbreads Thymus Tongue Tripe

Protein Foods Components (cont.) (oz. eq.)	Foods	
Poultry (PF_POULT)	Chicken Cornish game hen Dove Duck Goose	Ostrich Pheasant Quail Turkey
Seafood High in *n*-3 Fatty Acids (PF_SEAFD_HI)	Anchovy Barracuda Caviar (roe) Cisco Herring Mackerel Pompano Ray Salmon Sardine	Sea bass Shad Shark Squid Swordfish Trout Tuna (albacore and bluefin) Whitefish
Seafood Low in *n*-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 Sturgeon Tilapia Tuna (except albacore and bluefin) Turtle 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 (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	

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, calcium Milk, dry — 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 blend Blue cheese — Monterey cheese Brick cheese — Mozzarella cheese Brie cheese — Muenster cheese Camembert 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 free — Romano cheese Edam cheese — Roquefort Feta cheese — Swiss cheese Fontina cheese — Queso anejo Goat cheese — Queso asadero Gouda cheese — Queso chihuahua Gruyere cheese — Queso del pais, blanco Limburger cheese — Queso fresco

Oils Component (grams)	Foods
Oils (OILS)	Includes fats naturally present in seafood, nuts, and seeds 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

Added Sugars Component (tsp. eq.)	Foods	
Added Sugars (ADD_SUGARS)	Brown Sugar Cane syrup Corn Syrups Corn syrup solids Dextrose Fructose Fruit syrups	Honey Maple syrup Molasses Pancake syrups Raw sugar Sorghum syrups White sugar

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

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