

Table 1a. Fruit: Mean Daily Food Patterns Cup Equivalents Consumed per Individual, by Gender and Age, in the United States, 2009-2010

Gender and age (years)	Sample size	<i>Fruit</i>			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
----- Mean (Standard Error) -----					
Males:					
2 - 5.....	452	1.49 (0.087)	0.21 (0.038)	0.66 (0.045)	0.62 (0.071)
6 - 11.....	588	1.03 (0.053)	0.19 (0.022)	0.47 (0.027)	0.37 (0.043)
12 - 19.....	672	1.13 (0.123)	0.21 (0.051)	0.49 (0.083)	0.43 (0.059)
20 - 29.....	450	1.08 (0.157)	0.11* (0.049)	0.40 (0.052)	0.57 (0.101)
30 - 39.....	455	0.93 (0.070)	0.14 (0.026)	0.41 (0.048)	0.38 (0.053)
40 - 49.....	481	1.10 (0.094)	0.13 (0.032)	0.66 (0.066)	0.31 (0.030)
50 - 59.....	470	1.08 (0.072)	0.27 (0.037)	0.57 (0.063)	0.24 (0.029)
60 - 69.....	449	1.16 (0.077)	0.18 (0.031)	0.59 (0.057)	0.40 (0.042)
70 and over.....	484	1.35 (0.077)	0.29 (0.064)	0.70 (0.065)	0.35 (0.034)
20 and over...	2789	1.09 (0.035)	0.18 (0.017)	0.54 (0.023)	0.38 (0.020)
Females:					
2 - 5.....	409	1.43 (0.106)	0.18 (0.019)	0.64 (0.059)	0.61 (0.059)
6 - 11.....	566	1.20 (0.082)	0.23 (0.036)	0.63 (0.070)	0.34 (0.028)
12 - 19.....	593	0.82 (0.068)	0.14 (0.034)	0.35 (0.029)	0.34 (0.049)
20 - 29.....	524	0.91 (0.082)	0.15 (0.020)	0.33 (0.038)	0.42 (0.061)
30 - 39.....	499	1.00 (0.068)	0.21 (0.046)	0.50 (0.040)	0.29 (0.030)
40 - 49.....	555	1.00 (0.108)	0.26 (0.056)	0.50 (0.054)	0.25 (0.039)
50 - 59.....	429	1.23 (0.074)	0.29 (0.050)	0.65 (0.089)	0.28 (0.036)
60 - 69.....	453	1.06 (0.078)	0.26 (0.040)	0.58 (0.058)	0.21 (0.027)
70 and over.....	513	1.21 (0.044)	0.26 (0.019)	0.65 (0.034)	0.30 (0.031)
20 and over...	2973	1.06 (0.028)	0.24 (0.014)	0.53 (0.021)	0.30 (0.012)
Males and females:					
2 and over...	9042	1.09 (0.024)	0.20 (0.009)	0.53 (0.018)	0.36 (0.014)

* 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 2009-2010, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2009-2010.

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, 2009-2010

Gender and age (years)	Vegetables									
	Total Vegetables †	Starchy Vegetables			Red and Orange Vegetables					
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other	
Mean (Standard Error)										
Males:										
2 - 5.....	0.66 (0.036)	0.27 (0.025)	0.23 (0.025)	0.04 (0.010)	0.20 (0.015)	0.15 (0.015)	0.05 (0.007)	0.03 (0.006)	0.16 (0.017)	
6 - 11.....	0.78 (0.037)	0.31 (0.018)	0.27 (0.015)	0.05 (0.007)	0.23 (0.012)	0.18 (0.008)	0.06 (0.012)	0.03 (0.007)	0.20 (0.028)	
12 - 19.....	1.19 (0.060)	0.46 (0.048)	0.40 (0.042)	0.06 (0.010)	0.34 (0.024)	0.29 (0.026)	0.05 (0.011)	0.04 (0.009)	0.36 (0.037)	
20 - 29.....	1.42 (0.078)	0.47 (0.047)	0.36 (0.038)	0.10 (0.025)	0.35 (0.020)	0.29 (0.016)	0.07 (0.008)	0.07 (0.011)	0.53 (0.039)	
30 - 39.....	1.76 (0.080)	0.52 (0.045)	0.44 (0.028)	0.08* (0.026)	0.47 (0.038)	0.39 (0.035)	0.08 (0.011)	0.12 (0.029)	0.65 (0.069)	
40 - 49.....	1.93 (0.200)	0.53 (0.048)	0.43 (0.039)	0.10 (0.017)	0.51 (0.038)	0.39 (0.039)	0.12 (0.030)	0.12 (0.028)	0.77 (0.162)	
50 - 59.....	1.86 (0.083)	0.65 (0.055)	0.55 (0.051)	0.10 (0.016)	0.39 (0.029)	0.30 (0.025)	0.09 (0.011)	0.15 (0.026)	0.68 (0.054)	
60 - 69.....	1.85 (0.139)	0.48 (0.039)	0.39 (0.040)	0.09 (0.022)	0.46 (0.047)	0.35 (0.036)	0.11 (0.024)	0.17* (0.053)	0.74 (0.077)	
70 and over.....	1.44 (0.062)	0.45 (0.040)	0.38 (0.034)	0.07 (0.010)	0.37 (0.037)	0.27 (0.034)	0.10 (0.011)	0.11 (0.016)	0.50 (0.049)	
20 and over...	1.72 (0.056)	0.52 (0.021)	0.43 (0.016)	0.09 (0.012)	0.43 (0.022)	0.34 (0.020)	0.09 (0.008)	0.12 (0.015)	0.65 (0.041)	
Females:										
2 - 5.....	0.69 (0.046)	0.28 (0.020)	0.20 (0.014)	0.08 (0.013)	0.20 (0.022)	0.16 (0.018)	0.04 (0.009)	0.04 (0.009)	0.18 (0.025)	
6 - 11.....	0.80 (0.050)	0.29 (0.016)	0.22 (0.014)	0.08 (0.010)	0.26 (0.035)	0.22 (0.030)	0.05 (0.009)	0.04 (0.005)	0.21 (0.033)	
12 - 19.....	1.02 (0.064)	0.32 (0.029)	0.29 (0.028)	0.03 (0.007)	0.28 (0.025)	0.22 (0.023)	0.06 (0.009)	0.06 (0.017)	0.35 (0.046)	
20 - 29.....	1.26 (0.065)	0.40 (0.030)	0.36 (0.027)	0.04 (0.010)	0.32 (0.027)	0.25 (0.023)	0.07 (0.008)	0.10 (0.016)	0.43 (0.030)	
30 - 39.....	1.42 (0.057)	0.34 (0.028)	0.27 (0.030)	0.07 (0.014)	0.39 (0.036)	0.31 (0.027)	0.09 (0.016)	0.14 (0.028)	0.55 (0.035)	
40 - 49.....	1.41 (0.062)	0.41 (0.037)	0.32 (0.031)	0.09 (0.019)	0.32 (0.028)	0.22 (0.020)	0.10 (0.021)	0.15 (0.020)	0.54 (0.032)	
50 - 59.....	1.69 (0.068)	0.43 (0.040)	0.33 (0.029)	0.10 (0.024)	0.38 (0.026)	0.26 (0.024)	0.12 (0.014)	0.30 (0.048)	0.59 (0.034)	
60 - 69.....	1.56 (0.047)	0.37 (0.035)	0.28 (0.027)	0.09 (0.013)	0.36 (0.020)	0.26 (0.024)	0.10 (0.015)	0.19 (0.028)	0.65 (0.057)	
70 and over.....	1.42 (0.052)	0.43 (0.028)	0.33 (0.027)	0.10 (0.011)	0.33 (0.021)	0.24 (0.019)	0.09 (0.009)	0.14 (0.018)	0.52 (0.041)	
20 and over...	1.46 (0.027)	0.40 (0.009)	0.32 (0.009)	0.08 (0.009)	0.35 (0.015)	0.26 (0.013)	0.09 (0.005)	0.17 (0.008)	0.54 (0.017)	
Males and females:										
2 and over...	1.41 (0.031)	0.43 (0.010)	0.35 (0.008)	0.08 (0.007)	0.36 (0.014)	0.27 (0.013)	0.08 (0.003)	0.12 (0.007)	0.51 (0.021)	

* 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 2009-2010, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2009-2010.

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, 2009-2010

Gender and age (years)	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
	----- Mean (Standard Error) -----		
Males:			
2 - 5.....	4.92 (0.168)	0.79 (0.101)	4.13 (0.145)
6 - 11.....	6.75 (0.176)	0.65 (0.035)	6.10 (0.180)
12 - 19.....	8.94 (0.431)	0.67 (0.043)	8.27 (0.434)
20 - 29.....	8.17 (0.283)	0.63 (0.097)	7.55 (0.255)
30 - 39.....	8.37 (0.253)	0.91 (0.179)	7.45 (0.264)
40 - 49.....	8.28 (0.350)	0.93 (0.093)	7.35 (0.381)
50 - 59.....	7.13 (0.286)	1.00 (0.170)	6.13 (0.345)
60 - 69.....	6.62 (0.168)	0.97 (0.091)	5.65 (0.148)
70 and over.....	5.72 (0.188)	0.91 (0.050)	4.81 (0.174)
20 and over...	7.58 (0.141)	0.88 (0.058)	6.70 (0.141)
Females:			
2 - 5.....	4.54 (0.139)	0.61 (0.055)	3.93 (0.143)
6 - 11.....	6.73 (0.202)	0.61 (0.035)	6.12 (0.205)
12 - 19.....	6.34 (0.170)	0.51 (0.052)	5.83 (0.186)
20 - 29.....	6.22 (0.198)	0.51 (0.037)	5.70 (0.214)
30 - 39.....	6.02 (0.104)	1.02 (0.095)	5.01 (0.110)
40 - 49.....	5.58 (0.250)	0.75 (0.085)	4.82 (0.214)
50 - 59.....	5.30 (0.246)	0.84 (0.071)	4.46 (0.247)
60 - 69.....	5.12 (0.180)	0.93 (0.081)	4.19 (0.139)
70 and over.....	4.82 (0.114)	0.89 (0.069)	3.93 (0.122)
20 and over...	5.56 (0.102)	0.81 (0.030)	4.75 (0.105)
Males and females:			
2 and over...	6.57 (0.083)	0.79 (0.029)	5.78 (0.089)

DATA SOURCES: *What We Eat in America, NHANES 2009-2010*, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2009-2010.

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Table 1d. Dairy: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Gender and Age, in the United States, 2009-2010

Gender and age (years)	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	----- Mean (Standard Error) -----			
Males:				
2 - 5.....	2.31 (0.125)	1.65 (0.084)	0.56 (0.057)	0.08 (0.016)
6 - 11.....	2.46 (0.135)	1.65 (0.091)	0.74 (0.054)	0.05 (0.012)
12 - 19.....	2.54 (0.189)	1.40 (0.152)	1.10 (0.098)	0.03 (0.008)
20 - 29.....	2.18 (0.101)	0.87 (0.073)	1.22 (0.068)	0.05* (0.017)
30 - 39.....	1.88 (0.092)	0.79 (0.064)	1.04 (0.091)	0.02 (0.007)
40 - 49.....	2.18 (0.145)	1.05 (0.118)	1.07 (0.115)	0.05* (0.016)
50 - 59.....	2.03 (0.107)	1.09 (0.079)	0.87 (0.079)	0.04 (0.012)
60 - 69.....	1.65 (0.112)	0.90 (0.080)	0.70 (0.054)	0.04 (0.009)
70 and over.....	1.40 (0.082)	1.00 (0.079)	0.35 (0.018)	0.04* (0.015)
20 and over...	1.95 (0.052)	0.95 (0.032)	0.94 (0.041)	0.04 (0.007)
Females:				
2 - 5.....	2.46 (0.129)	1.74 (0.098)	0.62 (0.058)	0.09 (0.013)
6 - 11.....	2.03 (0.082)	1.30 (0.073)	0.64 (0.043)	0.07 (0.014)
12 - 19.....	1.82 (0.074)	0.99 (0.070)	0.80 (0.040)	0.02* (0.008)
20 - 29.....	1.66 (0.068)	0.75 (0.047)	0.84 (0.044)	0.06 (0.015)
30 - 39.....	1.67 (0.076)	0.85 (0.058)	0.74 (0.036)	0.07 (0.010)
40 - 49.....	1.44 (0.058)	0.76 (0.047)	0.59 (0.040)	0.08 (0.013)
50 - 59.....	1.45 (0.080)	0.74 (0.053)	0.60 (0.056)	0.09 (0.014)
60 - 69.....	1.42 (0.075)	0.79 (0.055)	0.53 (0.049)	0.08 (0.011)
70 and over.....	1.34 (0.040)	0.84 (0.031)	0.42 (0.023)	0.07 (0.006)
20 and over...	1.50 (0.030)	0.78 (0.018)	0.63 (0.021)	0.08 (0.004)
Males and females:				
2 and over...	1.85 (0.025)	1.00 (0.011)	0.78 (0.022)	0.06 (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 2009-2010, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2009-2010.

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Table 1e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Gender and Age, in the United States, 2009-2010

Gender and age (years)	Total Protein Foods †	Protein Foods (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.....	3.05 (0.128)	2.32 (0.119)	0.64 (0.065)	0.86 (0.094)	0.68 (0.061)	0.10* (0.030)	0.03* (0.021)	#	
6 - 11.....	3.97 (0.087)	3.24 (0.106)	1.00 (0.086)	1.15 (0.114)	0.91 (0.091)	0.17 (0.034)	0.02 (0.003)	#	
12 - 19.....	6.46 (0.333)	5.50 (0.259)	1.90 (0.153)	1.96 (0.117)	1.33 (0.106)	0.23 (0.061)	0.07 (0.017)	0.01* (0.002)	
20 - 29.....	7.47 (0.358)	6.26 (0.302)	1.97 (0.210)	2.20 (0.192)	1.48 (0.174)	0.50 (0.113)	0.12 (0.031)	#	
30 - 39.....	8.25 (0.419)	6.87 (0.379)	2.48 (0.215)	2.09 (0.190)	1.53 (0.153)	0.58 (0.118)	0.18 (0.043)	0.01* (0.002)	
40 - 49.....	8.48 (0.274)	6.88 (0.277)	2.62 (0.198)	1.65 (0.146)	1.78 (0.230)	0.53 (0.160)	0.24* (0.136)	0.06* (0.036)	
50 - 59.....	7.95 (0.347)	6.43 (0.385)	2.09 (0.133)	1.86 (0.177)	1.56 (0.209)	0.75 (0.223)	0.15* (0.046)	0.02* (0.014)	
60 - 69.....	7.14 (0.239)	5.70 (0.224)	1.92 (0.212)	1.32 (0.149)	1.30 (0.141)	0.81 (0.166)	0.34 (0.089)	0.02* (0.010)	
70 and over.....	5.93 (0.169)	4.50 (0.193)	1.62 (0.208)	1.09 (0.108)	1.04 (0.062)	0.48 (0.075)	0.25 (0.067)	0.02* (0.010)	
20 and over...	7.70 (0.135)	6.28 (0.130)	2.17 (0.082)	1.79 (0.076)	1.49 (0.087)	0.61 (0.078)	0.20 (0.028)	0.02* (0.007)	
Females:									
2 - 5.....	2.93 (0.116)	2.35 (0.103)	0.54 (0.077)	0.93 (0.082)	0.72 (0.068)	0.15* (0.057)	0.02* (0.009)	#	
6 - 11.....	3.59 (0.137)	2.98 (0.133)	0.93 (0.118)	1.09 (0.149)	0.71 (0.079)	0.21* (0.063)	0.03* (0.012)	#	
12 - 19.....	4.09 (0.236)	3.23 (0.168)	0.96 (0.091)	1.38 (0.151)	0.67 (0.063)	0.16 (0.047)	0.06* (0.027)	#	
20 - 29.....	4.82 (0.140)	3.96 (0.124)	1.21 (0.089)	1.46 (0.135)	0.84 (0.072)	0.33 (0.055)	0.12* (0.050)	0.01* (0.008)	
30 - 39.....	4.88 (0.210)	3.68 (0.177)	1.18 (0.089)	1.09 (0.094)	0.81 (0.097)	0.44 (0.060)	0.15 (0.045)	#	
40 - 49.....	5.07 (0.254)	4.02 (0.260)	1.33 (0.146)	1.37 (0.117)	0.64 (0.050)	0.56* (0.214)	0.12 (0.033)	0.01* (0.007)	
50 - 59.....	5.13 (0.288)	3.82 (0.229)	1.21 (0.111)	1.23 (0.170)	0.67 (0.090)	0.48 (0.099)	0.22* (0.074)	0.01* (0.009)	
60 - 69.....	4.96 (0.144)	3.78 (0.173)	1.14 (0.113)	1.02 (0.113)	0.79 (0.078)	0.55 (0.091)	0.23 (0.041)	0.04* (0.016)	
70 and over.....	4.18 (0.201)	3.29 (0.189)	1.13 (0.113)	0.92 (0.088)	0.69 (0.044)	0.43 (0.057)	0.11* (0.037)	0.01 (0.003)	
20 and over...	4.87 (0.105)	3.79 (0.099)	1.21 (0.059)	1.21 (0.063)	0.74 (0.037)	0.46 (0.043)	0.15 (0.020)	0.01 (0.002)	
Males and females:									
2 and over...	5.74 (0.112)	4.61 (0.098)	1.52 (0.057)	1.44 (0.050)	1.04 (0.044)	0.44 (0.042)	0.14 (0.014)	0.01 (0.003)	

* 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 2009-2010, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2009-2010.

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, 2009-2010 (continued)

Gender and age (years)	<i>Protein Foods</i>		
	<i>Eggs, Nuts and Seeds, and Soybean Products</i>		
	Eggs	Nuts and Seeds	Soybean Products †
	----- Mean (Standard Error) -----		
Males:			
2 - 5.....	0.30 (0.031)	0.39 (0.070)	0.04* (0.016)
6 - 11.....	0.35 (0.043)	0.35 (0.067)	0.02 (0.003)
12 - 19.....	0.41 (0.062)	0.50 (0.112)	0.04 (0.007)
20 - 29.....	0.58 (0.065)	0.52 (0.089)	0.11* (0.035)
30 - 39.....	0.59 (0.073)	0.69 (0.085)	0.10 (0.027)
40 - 49.....	0.57 (0.053)	0.97 (0.117)	0.06* (0.021)
50 - 59.....	0.63 (0.071)	0.80 (0.134)	0.10 (0.025)
60 - 69.....	0.54 (0.053)	0.79 (0.106)	0.10* (0.037)
70 and over.....	0.55 (0.051)	0.83 (0.092)	0.04* (0.015)
20 and over...	0.58 (0.028)	0.76 (0.030)	0.09 (0.011)
Females:			
2 - 5.....	0.31 (0.026)	0.24 (0.046)	0.03 (0.008)
6 - 11.....	0.30 (0.024)	0.29 (0.039)	0.02 (0.004)
12 - 19.....	0.39 (0.043)	0.44 (0.098)	0.02 (0.006)
20 - 29.....	0.45 (0.054)	0.35 (0.067)	0.06* (0.018)
30 - 39.....	0.48 (0.059)	0.66 (0.117)	0.07 (0.015)
40 - 49.....	0.41 (0.032)	0.52 (0.050)	0.12* (0.039)
50 - 59.....	0.45 (0.059)	0.76 (0.084)	0.10* (0.031)
60 - 69.....	0.41 (0.030)	0.72 (0.076)	0.05* (0.016)
70 and over.....	0.35 (0.022)	0.48 (0.058)	0.06 (0.015)
20 and over...	0.43 (0.020)	0.58 (0.034)	0.08 (0.006)
Males and females:			
2 and over...	0.47 (0.020)	0.60 (0.024)	0.07 (0.004)

* 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 2009-2010, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2009-2010.

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, 2009-2010

Gender and age (years)	<i>Legumes</i> †	
	Legumes as Vegetable (cups)	Legumes as Protein (oz)
	— Mean (Standard Error) —	
Males:		
2 - 5.....	0.06 (0.015)	0.24 (0.062)
6 - 11.....	0.07 (0.006)	0.27 (0.026)
12 - 19.....	0.09 (0.021)	0.35 (0.084)
20 - 29.....	0.13 (0.022)	0.54 (0.089)
30 - 39.....	0.16 (0.023)	0.66 (0.090)
40 - 49.....	0.16 (0.036)	0.63 (0.145)
50 - 59.....	0.10 (0.019)	0.39 (0.077)
60 - 69.....	0.13 (0.023)	0.52 (0.094)
70 and over.....	0.11 (0.017)	0.44 (0.067)
20 and over...	0.13 (0.014)	0.54 (0.055)
Females:		
2 - 5.....	0.05 (0.011)	0.20 (0.043)
6 - 11.....	0.08 (0.017)	0.32 (0.067)
12 - 19.....	0.06 (0.009)	0.24 (0.035)
20 - 29.....	0.08 (0.015)	0.32 (0.058)
30 - 39.....	0.14 (0.034)	0.55 (0.134)
40 - 49.....	0.10 (0.016)	0.39 (0.065)
50 - 59.....	0.09 (0.014)	0.35 (0.056)
60 - 69.....	0.08 (0.016)	0.31 (0.063)
70 and over.....	0.08 (0.008)	0.30 (0.032)
20 and over...	0.09 (0.008)	0.38 (0.033)
Males and females:		
2 and over...	0.10 (0.009)	0.41 (0.035)

† 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 2009-2010, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2009-2010.

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, 2009-2010

Gender and age (years)	<i>Oils and Other Components</i>							
	Oils		Solid Fats		Added Sugars		Alcoholic Drinks	
	----- Mean (Standard Error) -----							
Males:								
2 - 5.....	13.54	(0.855)	28.19	(0.898)	12.85	(0.522)	0.00	(0.000)
6 - 11.....	17.96	(0.753)	37.26	(1.235)	18.72	(0.321)	#	
12 - 19.....	24.56	(1.262)	46.11	(2.732)	26.92	(1.257)	0.14*	(0.044)
20 - 29.....	24.97	(1.708)	46.00	(1.927)	24.31	(1.007)	1.31	(0.218)
30 - 39.....	27.72	(1.478)	45.71	(2.226)	24.37	(1.766)	1.53	(0.210)
40 - 49.....	27.55	(1.687)	50.84	(2.515)	22.41	(0.883)	1.27	(0.126)
50 - 59.....	25.57	(1.031)	48.23	(2.216)	18.57	(1.435)	1.29	(0.161)
60 - 69.....	24.49	(1.154)	39.25	(1.666)	15.16	(0.797)	1.02	(0.113)
70 and over.....	20.38	(1.213)	34.27	(1.420)	13.59	(0.566)	0.61	(0.107)
20 and over...	25.57	(0.591)	45.25	(1.237)	20.60	(0.556)	1.23	(0.090)
Females:								
2 - 5.....	12.44	(0.862)	29.83	(1.255)	12.01	(0.332)	0.00	(0.000)
6 - 11.....	16.74	(0.543)	33.74	(0.790)	17.68	(0.505)	0.00	(0.000)
12 - 19.....	18.91	(1.133)	34.60	(1.229)	19.32	(1.060)	0.06*	(0.023)
20 - 29.....	20.78	(0.849)	34.43	(1.854)	19.75	(1.079)	0.51	(0.097)
30 - 39.....	20.60	(1.161)	31.18	(1.096)	15.55	(0.801)	0.45	(0.051)
40 - 49.....	20.67	(1.014)	29.47	(1.006)	16.18	(1.004)	0.45	(0.098)
50 - 59.....	19.87	(1.027)	30.21	(1.502)	13.76	(0.712)	0.41	(0.061)
60 - 69.....	19.96	(0.910)	31.43	(1.471)	13.54	(0.851)	0.42	(0.067)
70 and over.....	16.78	(0.554)	27.89	(0.927)	10.96	(0.444)	0.19	(0.033)
20 and over...	19.92	(0.383)	30.84	(0.408)	15.24	(0.284)	0.42	(0.034)
Males and females:								
2 and over...	21.55	(0.379)	37.37	(0.541)	18.14	(0.310)	0.62	(0.039)

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

Indicates a non-zero value that is too small to report.

DATA SOURCES: *What We Eat in America*, NHANES 2009-2010, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2009-2010.

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2013. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Gender and Age, *What We Eat in America*, NHANES 2009-2010. Available at: www.ars.usda.gov/ba/bhnrc/fsrg

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)	<table border="0"> <tr><td>Blackberries</td><td>Kumquats</td></tr> <tr><td>Blueberries</td><td>Lemons</td></tr> <tr><td>Boysenberries</td><td>Limes</td></tr> <tr><td>Calamondin</td><td>Loganberries</td></tr> <tr><td>Cantaloupe</td><td>Mandarins</td></tr> <tr><td>Casaba</td><td>Mulberries</td></tr> <tr><td>Cranberries</td><td>Oranges</td></tr> <tr><td>Dewberries</td><td>Raspberries</td></tr> <tr><td>Grapefruit</td><td>Strawberries</td></tr> <tr><td>Honeydew</td><td>Tangelos</td></tr> <tr><td>Huckleberries</td><td>Tangerines</td></tr> <tr><td>Juneberries</td><td>Watermelon</td></tr> <tr><td>Kiwi fruit</td><td>Youngberries</td></tr> </table>	Blackberries	Kumquats	Blueberries	Lemons	Boysenberries	Limes	Calamondin	Loganberries	Cantaloupe	Mandarins	Casaba	Mulberries	Cranberries	Oranges	Dewberries	Raspberries	Grapefruit	Strawberries	Honeydew	Tangelos	Huckleberries	Tangerines	Juneberries	Watermelon	Kiwi fruit	Youngberries
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Other Fruits (F_OTHER)	<table border="0"> <tr><td>Apples</td><td>Passion fruits</td></tr> <tr><td>Apricots</td><td>Peaches</td></tr> <tr><td>Bananas</td><td>Pears</td></tr> <tr><td>Cherries</td><td>Persimmons</td></tr> <tr><td>Currants</td><td>Pineapple</td></tr> <tr><td>Dates</td><td>Plums (Ciruelas)</td></tr> <tr><td>Figs</td><td>Pomegranates</td></tr> <tr><td>Grapes</td><td>Prunes</td></tr> <tr><td>Guava</td><td>Raisins</td></tr> <tr><td>Lychees</td><td>Rhubarb</td></tr> <tr><td>Mangoes</td><td>Soursop (Guanabana)</td></tr> <tr><td>Nectarines</td><td>Starfruit (Carambola)</td></tr> <tr><td>Papayas</td><td>Tamarind</td></tr> </table>	Apples	Passion fruits	Apricots	Peaches	Bananas	Pears	Cherries	Persimmons	Currants	Pineapple	Dates	Plums (Ciruelas)	Figs	Pomegranates	Grapes	Prunes	Guava	Raisins	Lychees	Rhubarb	Mangoes	Soursop (Guanabana)	Nectarines	Starfruit (Carambola)	Papayas	Tamarind
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Papayas	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)	<table border="0"> <tr> <td>Arugula</td> <td>Horseradish leaves</td> </tr> <tr> <td>Basil</td> <td>Kale</td> </tr> <tr> <td>Beet greens</td> <td>Lambsquarters</td> </tr> <tr> <td>Bitter melon leaves</td> <td>Leaves of grapes, pumpkin, squash,</td> </tr> <tr> <td>Broccoli</td> <td>sweet potato, swamp cabbage,</td> </tr> <tr> <td>Chinese Cabbage (pak-choi)</td> <td>taro, and thistle</td> </tr> <tr> <td>Chrysanthemum garland</td> <td>Lettuce (Boston, butterhead, green or red leaf, Cos or Romaine)</td> </tr> <tr> <td>Chard</td> <td>Mustard cabbage</td> </tr> <tr> <td>Chicory leaves</td> <td>Mustard greens</td> </tr> <tr> <td>Cilantro (Coriander)</td> <td>Parsley</td> </tr> <tr> <td>Collards</td> <td>Poke greens</td> </tr> <tr> <td>Cress</td> <td>Spinach</td> </tr> <tr> <td>Dandelion greens</td> <td>Turnip greens</td> </tr> <tr> <td>Endive</td> <td>Watercress</td> </tr> <tr> <td>Escarole</td> <td></td> </tr> <tr> <td>Greens</td> <td></td> </tr> </table>	Arugula	Horseradish leaves	Basil	Kale	Beet greens	Lambsquarters	Bitter melon leaves	Leaves of grapes, pumpkin, squash,	Broccoli	sweet potato, swamp cabbage,	Chinese Cabbage (pak-choi)	taro, and thistle	Chrysanthemum garland	Lettuce (Boston, butterhead, green or red leaf, Cos or Romaine)	Chard	Mustard cabbage	Chicory leaves	Mustard greens	Cilantro (Coriander)	Parsley	Collards	Poke greens	Cress	Spinach	Dandelion greens	Turnip greens	Endive	Watercress	Escarole		Greens	
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Escarole																																	
Greens																																	
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)	<table border="0"> <tr> <td>Tomatoes (canned, cooked, raw, stewed)</td> <td>Tomato paste Tomato puree Tomato sauce</td> </tr> <tr> <td>Tomatoes, dried</td> <td></td> </tr> <tr> <td>Tomato juice</td> <td></td> </tr> </table>	Tomatoes (canned, cooked, raw, stewed)	Tomato paste Tomato puree Tomato sauce	Tomatoes, dried		Tomato juice																											
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Vegetables Components (cont.) (cup eq.)	Foods																				
Other Red and Orange Vegetables (V_REDOR_OTHER)	<table border="0"> <tr> <td>Calabaza (Spanish pumpkin)</td> <td>Pimiento Pumpkin Squash (most winter varieties)</td> </tr> <tr> <td>Carrots</td> <td>Sweet potatoes</td> </tr> <tr> <td>Carrot juice</td> <td></td> </tr> <tr> <td>Red colored bell, and nonbell peppers</td> <td></td> </tr> </table>	Calabaza (Spanish pumpkin)	Pimiento Pumpkin Squash (most winter varieties)	Carrots	Sweet potatoes	Carrot juice		Red colored bell, and nonbell peppers													
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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)	<table border="0"> <tr> <td>White potatoes</td> <td>White potato flakes</td> </tr> <tr> <td>White potato flour</td> <td></td> </tr> </table>	White potatoes	White potato flakes	White potato flour																	
White potatoes	White potato flakes																				
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Other Starchy Vegetables (V_STARCHY_OTHER)	<table border="0"> <tr> <td>Breadfruit</td> <td>Parsnips</td> </tr> <tr> <td>Burdock</td> <td>Immature peas (e.g., immature cowpeas, blackeye peas, green peas, pigeon peas)</td> </tr> <tr> <td>Cassava (Yuca blanca)</td> <td>Plantains</td> </tr> <tr> <td>Corn, sweet (raw)</td> <td>Salsify</td> </tr> <tr> <td>Dasheen</td> <td>Tannier</td> </tr> <tr> <td>Green bananas</td> <td>Tapioca</td> </tr> <tr> <td>Hominy</td> <td>Taro</td> </tr> <tr> <td>Jicama (Yam beans)</td> <td>Water chestnuts</td> </tr> <tr> <td>Lima beans, immature</td> <td>Yams</td> </tr> <tr> <td>Lotus root</td> <td></td> </tr> </table>	Breadfruit	Parsnips	Burdock	Immature peas (e.g., immature cowpeas, blackeye peas, green peas, pigeon peas)	Cassava (Yuca blanca)	Plantains	Corn, sweet (raw)	Salsify	Dasheen	Tannier	Green bananas	Tapioca	Hominy	Taro	Jicama (Yam beans)	Water chestnuts	Lima beans, immature	Yams	Lotus root	
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Jicama (Yam beans)	Water chestnuts																				
Lima beans, immature	Yams																				
Lotus root																					

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 (raw) 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)	<table border="0"> <tr> <td>Amaranth</td> <td>Millett</td> </tr> <tr> <td>Barley, whole</td> <td>Oats</td> </tr> <tr> <td>Barley flour (whole barley)</td> <td>Oat flour</td> </tr> <tr> <td>Barley meal</td> <td>Oatmeal</td> </tr> <tr> <td>Brown rice</td> <td>Popcorn</td> </tr> <tr> <td>Brown rice flour</td> <td>Quinoa</td> </tr> <tr> <td>Buckwheat groats</td> <td>Rye, whole grain</td> </tr> <tr> <td>Bulgur</td> <td>Rye flour (dark)</td> </tr> <tr> <td>Corn, whole grain</td> <td>Triticale</td> </tr> <tr> <td>Corn meal or flour (whole grain)</td> <td>Wheat</td> </tr> <tr> <td></td> <td>Whole wheat flour</td> </tr> <tr> <td></td> <td>Wild rice</td> </tr> </table>	Amaranth	Millett	Barley, whole	Oats	Barley flour (whole barley)	Oat flour	Barley meal	Oatmeal	Brown rice	Popcorn	Brown rice flour	Quinoa	Buckwheat groats	Rye, whole grain	Bulgur	Rye flour (dark)	Corn, whole grain	Triticale	Corn meal or flour (whole grain)	Wheat		Whole wheat flour		Wild rice
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	Wild rice																								
Refined Grains (G_REFINED)	<table border="0"> <tr> <td>Barley, pearled</td> <td>Masa</td> </tr> <tr> <td>Barley, pearled, flour</td> <td>Oat flour, debranned</td> </tr> <tr> <td>Barley malt flour</td> <td>Rice (milled, not whole grain)</td> </tr> <tr> <td>Bran (all grains)</td> <td>Rice, milled, flour</td> </tr> <tr> <td>Corn flour or meal, degermed</td> <td>Rye flour (light and medium)</td> </tr> <tr> <td>Corn grits</td> <td>Semolina</td> </tr> <tr> <td>Cream of wheat</td> <td>Wheat flour (milled, not whole grain)</td> </tr> <tr> <td>Couscous</td> <td>Wheat germ</td> </tr> <tr> <td>Farina</td> <td></td> </tr> </table>	Barley, pearled	Masa	Barley, pearled, flour	Oat flour, debranned	Barley malt flour	Rice (milled, not whole grain)	Bran (all grains)	Rice, milled, flour	Corn flour or meal, degermed	Rye flour (light and medium)	Corn grits	Semolina	Cream of wheat	Wheat flour (milled, not whole grain)	Couscous	Wheat germ	Farina							
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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)	<table border="0"> <tr> <td>Armadillo</td> <td>Lamb</td> </tr> <tr> <td>Bacon (not cured)</td> <td>Moose</td> </tr> <tr> <td>Bear</td> <td>Opossum</td> </tr> <tr> <td>Beaver</td> <td>Oxtail</td> </tr> <tr> <td>Beef</td> <td>Pork</td> </tr> <tr> <td>Bison</td> <td>Rabbit</td> </tr> <tr> <td>Caribou</td> <td>Raccoon</td> </tr> <tr> <td>Game meat (other)</td> <td>Squirrel</td> </tr> <tr> <td>Goat</td> <td>Veal</td> </tr> <tr> <td>Ground hog</td> <td>Venison</td> </tr> <tr> <td>Ham (not cured)</td> <td>Wild pig</td> </tr> </table>	Armadillo	Lamb	Bacon (not cured)	Moose	Bear	Opossum	Beaver	Oxtail	Beef	Pork	Bison	Rabbit	Caribou	Raccoon	Game meat (other)	Squirrel	Goat	Veal	Ground hog	Venison	Ham (not cured)	Wild pig
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Protein Foods Components (cont.) (oz. eq.)	Foods																																																						
Cured Meat (PF_CUREDMEAT)	<table border="0"> <tr> <td>Bacon</td> <td>Hotdogs</td> </tr> <tr> <td>Beef sausage</td> <td>Italian sausage</td> </tr> <tr> <td>Beef luncheon meat</td> <td>Jerky (all meats)</td> </tr> <tr> <td>Blood sausage</td> <td>Kielbasa</td> </tr> <tr> <td>Bockwurst</td> <td>Knockwurst</td> </tr> <tr> <td>Bologna</td> <td>Liverwurst</td> </tr> <tr> <td>Bratwurst</td> <td>Meat spreads</td> </tr> <tr> <td>Braunschweiger</td> <td>Meat sticks</td> </tr> <tr> <td>Capicola</td> <td>Mettwurst</td> </tr> <tr> <td>Cervelat</td> <td>Mortadella</td> </tr> <tr> <td>Chicken sticks</td> <td>Pastrami</td> </tr> <tr> <td>Chicken luncheon meat</td> <td>Pepperoni</td> </tr> <tr> <td>Chicken or turkey loaf</td> <td>Pepper loaf</td> </tr> <tr> <td>Chorizo</td> <td>Polish sausage</td> </tr> <tr> <td>Cold cut deli meat</td> <td>Pork luncheon meat</td> </tr> <tr> <td>Corned beef</td> <td>Pork sausage</td> </tr> <tr> <td>Chipped beef</td> <td>Potted meats</td> </tr> <tr> <td>Dutch brand loaf</td> <td>Salami</td> </tr> <tr> <td>Frankfurters</td> <td>Sandwich loaf</td> </tr> <tr> <td>Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced)</td> <td>Souse</td> </tr> <tr> <td>Head cheese</td> <td>Thuringer</td> </tr> <tr> <td>Honey loaf</td> <td>Turkey luncheon meat</td> </tr> <tr> <td></td> <td>Turkey sausage</td> </tr> <tr> <td></td> <td>Turkey, smoked</td> </tr> <tr> <td></td> <td>Turkey sticks</td> </tr> <tr> <td></td> <td>Veal loaf</td> </tr> <tr> <td></td> <td>Vienna sausage</td> </tr> </table>	Bacon	Hotdogs	Beef sausage	Italian sausage	Beef luncheon meat	Jerky (all meats)	Blood sausage	Kielbasa	Bockwurst	Knockwurst	Bologna	Liverwurst	Bratwurst	Meat spreads	Braunschweiger	Meat sticks	Capicola	Mettwurst	Cervelat	Mortadella	Chicken sticks	Pastrami	Chicken luncheon meat	Pepperoni	Chicken or turkey loaf	Pepper loaf	Chorizo	Polish sausage	Cold cut deli meat	Pork luncheon meat	Corned beef	Pork sausage	Chipped beef	Potted meats	Dutch brand loaf	Salami	Frankfurters	Sandwich loaf	Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced)	Souse	Head cheese	Thuringer	Honey loaf	Turkey luncheon meat		Turkey sausage		Turkey, smoked		Turkey sticks		Veal loaf		Vienna sausage
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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 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 Parmesan cheese cheese Pasteurized cheese Cheddar cheese Port de salut cheese Colby cheese Provolone cheese Colby Jack cheese Ricotta cheese Cottage cheese Romano cheese Cream cheese, fat Roquefort free Swiss cheese Edam cheese Queso anejo Feta cheese Queso asadero Fontina cheese Queso Chihuahua Goat cheese Queso del pais, Gouda cheese blanco Gruyere cheese Queso fresco Limburger cheese

Oils Component (grams)	Foods																		
Oils (OILS)	Includes fats naturally present in seafood, nuts, and seeds and the following: <table border="0"> <tr> <td>Almond oil</td> <td>Safflower oil</td> </tr> <tr> <td>Canola oil</td> <td>Sesame oil</td> </tr> <tr> <td>Corn oil</td> <td>Spreads</td> </tr> <tr> <td>Cottonseed oil</td> <td>Soybean oil</td> </tr> <tr> <td>Fish oil</td> <td>Sunflower oil</td> </tr> <tr> <td>Flaxseed oil</td> <td>Vegetable oil</td> </tr> <tr> <td>Olive oil</td> <td>Walnut oil</td> </tr> <tr> <td>Peanut oil</td> <td>Wheat germ oil</td> </tr> <tr> <td>Rapeseed oil</td> <td></td> </tr> </table>	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	
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Added Sugars Component (tsp. eq.)	Foods														
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Solid Fats Component (grams)	Foods																
Solid Fats (SOLID_FATS)	Includes fats naturally present in milk products, meat, poultry, eggs and the following: <table border="0"> <tr> <td>Butter</td> <td>Ghee</td> </tr> <tr> <td>Cocoa butter</td> <td>Hydrogenated oils</td> </tr> <tr> <td>Cocoa fat</td> <td>Lard</td> </tr> <tr> <td>Coconut cream</td> <td>Palm oil</td> </tr> <tr> <td>Coconut oil</td> <td>Tallow</td> </tr> <tr> <td>Cream</td> <td>Shortening (animal and vegetable)</td> </tr> <tr> <td>Cream substitute</td> <td>Sour cream</td> </tr> <tr> <td>Cream Cheese, regular and low-fat</td> <td></td> </tr> </table>	Butter	Ghee	Cocoa butter	Hydrogenated oils	Cocoa fat	Lard	Coconut cream	Palm oil	Coconut oil	Tallow	Cream	Shortening (animal and vegetable)	Cream substitute	Sour cream	Cream Cheese, regular and low-fat	
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Alcoholic Drinks Component (no. of drinks)	Foods
Alcoholic Drinks (A_DRINKS)	Includes: <ul style="list-style-type: none"> Beer Wine Distilled spirits Alcohol (ethanol) present in cocktails and other alcoholic beverages Alcohol (ethanol) added to foods after cooking