

**Table 1a. Fruit:** Mean Daily Food Patterns Cup Equivalents Consumed per Individual, by Gender and Age, in the United States, 2011-2012

Gender and age (years)	Sample size	<i>Fruit</i>			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
		----- Mean (Standard Error) -----			
<b>Males:</b>					
2 - 5.....	411	1.50 (0.093)	0.24 (0.049)	0.52 (0.045)	0.74 (0.083)
6 - 11.....	590	1.31 (0.098)	0.25 (0.042)	0.62 (0.073)	0.44 (0.046)
12 - 19.....	585	1.06 (0.168)	0.13 (0.038)	0.49 (0.071)	0.43 (0.095)
20 - 29.....	457	1.01 (0.080)	0.15 (0.026)	0.45 (0.057)	0.41 (0.063)
30 - 39.....	425	1.11 (0.092)	0.14* (0.045)	0.50 (0.064)	0.47 (0.110)
40 - 49.....	374	0.80 (0.080)	0.13 (0.027)	0.47 (0.053)	0.21 (0.036)
50 - 59.....	382	1.05 (0.057)	0.17 (0.042)	0.52 (0.051)	0.35 (0.062)
60 - 69.....	397	1.13 (0.136)	0.21 (0.030)	0.58 (0.053)	0.34 (0.094)
70 and over....	359	1.13 (0.074)	0.21 (0.042)	0.61 (0.060)	0.31 (0.056)
2 - 19.....	1586	1.24 (0.094)	0.20 (0.029)	0.54 (0.039)	0.50 (0.054)
20 and over...	2394	1.03 (0.050)	0.16 (0.017)	0.51 (0.027)	0.35 (0.052)
2 and over...	3980	1.08 (0.043)	0.17 (0.018)	0.52 (0.022)	0.39 (0.039)
<b>Females:</b>					
2 - 5.....	423	1.32 (0.078)	0.18 (0.022)	0.61 (0.045)	0.53 (0.050)
6 - 11.....	556	1.13 (0.090)	0.20 (0.024)	0.57 (0.074)	0.37 (0.041)
12 - 19.....	567	0.80 (0.077)	0.16 (0.044)	0.32 (0.041)	0.32 (0.042)
20 - 29.....	428	1.05 (0.103)	0.16 (0.023)	0.49 (0.054)	0.40 (0.073)
30 - 39.....	404	0.94 (0.120)	0.25* (0.079)	0.44 (0.043)	0.25 (0.034)
40 - 49.....	407	0.81 (0.092)	0.19 (0.042)	0.37 (0.053)	0.25 (0.062)
50 - 59.....	423	0.92 (0.098)	0.28 (0.052)	0.43 (0.052)	0.21 (0.035)
60 - 69.....	380	0.94 (0.100)	0.20 (0.031)	0.56 (0.060)	0.18 (0.026)
70 and over....	365	1.14 (0.087)	0.24 (0.032)	0.62 (0.053)	0.28 (0.041)
2 - 19.....	1546	1.02 (0.060)	0.18 (0.022)	0.46 (0.037)	0.38 (0.030)
20 and over...	2407	0.96 (0.051)	0.22 (0.023)	0.47 (0.025)	0.26 (0.025)
2 and over...	3953	0.97 (0.046)	0.21 (0.020)	0.47 (0.023)	0.29 (0.022)
<b>Males and females:</b>					
2 - 19.....	3132	1.13 (0.055)	0.19 (0.020)	0.50 (0.027)	0.44 (0.031)
20 and over...	4801	0.99 (0.042)	0.19 (0.017)	0.49 (0.019)	0.31 (0.033)
2 and over...	7933	1.03 (0.036)	0.19 (0.017)	0.49 (0.018)	0.34 (0.024)

\* 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 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: [www.ars.usda.gov/ba/bhnrc/fsrg](http://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, 2011-2012

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)									
<b>Males:</b>									
2 - 5.....	0.63 (0.030)	0.24 (0.028)	0.18 (0.027)	0.06 (0.011)	0.20 (0.022)	0.13 (0.015)	0.06 (0.013)	0.05* (0.016)	0.14 (0.015)
6 - 11.....	0.87 (0.062)	0.27 (0.015)	0.22 (0.015)	0.05 (0.006)	0.30 (0.026)	0.24 (0.023)	0.06 (0.015)	0.08 (0.020)	0.22 (0.028)
12 - 19.....	1.26 (0.050)	0.46 (0.034)	0.40 (0.032)	0.06 (0.009)	0.42 (0.018)	0.37 (0.022)	0.05 (0.013)	0.06* (0.025)	0.32 (0.019)
20 - 29.....	1.58 (0.094)	0.48 (0.043)	0.41 (0.035)	0.06 (0.013)	0.42 (0.024)	0.37 (0.019)	0.06 (0.010)	0.12 (0.033)	0.56 (0.051)
30 - 39.....	1.69 (0.062)	0.45 (0.033)	0.37 (0.027)	0.08 (0.016)	0.45 (0.026)	0.37 (0.021)	0.08 (0.015)	0.14 (0.027)	0.65 (0.052)
40 - 49.....	1.85 (0.113)	0.60 (0.051)	0.48 (0.044)	0.11 (0.023)	0.46 (0.047)	0.33 (0.024)	0.13* (0.042)	0.12 (0.025)	0.67 (0.067)
50 - 59.....	2.08 (0.150)	0.64 (0.069)	0.51 (0.071)	0.13 (0.032)	0.50 (0.049)	0.37 (0.043)	0.13 (0.027)	0.17 (0.022)	0.77 (0.066)
60 - 69.....	1.88 (0.110)	0.48 (0.082)	0.39 (0.078)	0.09 (0.018)	0.44 (0.049)	0.33 (0.042)	0.11 (0.023)	0.15* (0.057)	0.82 (0.145)
70 and over.....	1.51 (0.090)	0.48 (0.051)	0.38 (0.043)	0.10 (0.024)	0.37 (0.034)	0.27 (0.033)	0.09 (0.014)	0.11 (0.032)	0.55 (0.036)
2 - 19.....	0.99 (0.029)	0.35 (0.018)	0.29 (0.018)	0.05 (0.006)	0.33 (0.014)	0.27 (0.016)	0.06 (0.007)	0.06 (0.014)	0.25 (0.014)
20 and over...	1.78 (0.062)	0.52 (0.030)	0.43 (0.028)	0.10 (0.010)	0.44 (0.020)	0.34 (0.017)	0.10 (0.009)	0.14 (0.012)	0.67 (0.038)
2 and over...	1.58 (0.051)	0.48 (0.023)	0.39 (0.021)	0.09 (0.008)	0.42 (0.015)	0.33 (0.013)	0.09 (0.008)	0.12 (0.011)	0.56 (0.030)
<b>Females:</b>									
2 - 5.....	0.68 (0.078)	0.22 (0.024)	0.17 (0.025)	0.05 (0.011)	0.25 (0.039)	0.18 (0.032)	0.07 (0.016)	0.05* (0.020)	0.17 (0.021)
6 - 11.....	0.84 (0.054)	0.32 (0.033)	0.26 (0.026)	0.06 (0.012)	0.25 (0.023)	0.21 (0.023)	0.04 (0.007)	0.04 (0.006)	0.23 (0.030)
12 - 19.....	0.97 (0.091)	0.36 (0.040)	0.30 (0.030)	0.06 (0.016)	0.25 (0.025)	0.21 (0.021)	0.04 (0.011)	0.05* (0.018)	0.30 (0.034)
20 - 29.....	1.43 (0.064)	0.38 (0.043)	0.32 (0.041)	0.06 (0.009)	0.40 (0.035)	0.30 (0.028)	0.10 (0.017)	0.17 (0.030)	0.49 (0.028)
30 - 39.....	1.44 (0.066)	0.37 (0.028)	0.29 (0.027)	0.08 (0.016)	0.38 (0.025)	0.28 (0.018)	0.10 (0.014)	0.15 (0.030)	0.54 (0.037)
40 - 49.....	1.47 (0.079)	0.37 (0.033)	0.29 (0.026)	0.08 (0.015)	0.36 (0.031)	0.27 (0.021)	0.09 (0.018)	0.19 (0.031)	0.56 (0.046)
50 - 59.....	1.61 (0.089)	0.33 (0.030)	0.23 (0.020)	0.10 (0.015)	0.42 (0.038)	0.29 (0.020)	0.13 (0.025)	0.26 (0.068)	0.61 (0.033)
60 - 69.....	1.61 (0.094)	0.32 (0.036)	0.27 (0.033)	0.05 (0.014)	0.42 (0.057)	0.32 (0.054)	0.10 (0.022)	0.18 (0.034)	0.69 (0.069)
70 and over.....	1.46 (0.079)	0.40 (0.027)	0.31 (0.025)	0.10 (0.017)	0.35 (0.026)	0.25 (0.028)	0.10 (0.013)	0.15 (0.033)	0.56 (0.036)
2 - 19.....	0.86 (0.050)	0.32 (0.020)	0.26 (0.016)	0.06 (0.009)	0.25 (0.019)	0.20 (0.014)	0.05 (0.007)	0.05 (0.011)	0.25 (0.021)
20 and over...	1.51 (0.049)	0.36 (0.018)	0.28 (0.016)	0.08 (0.008)	0.39 (0.018)	0.28 (0.013)	0.11 (0.009)	0.19 (0.025)	0.57 (0.026)
2 and over...	1.35 (0.041)	0.35 (0.016)	0.28 (0.014)	0.07 (0.007)	0.36 (0.014)	0.26 (0.011)	0.09 (0.007)	0.15 (0.019)	0.49 (0.021)
<b>Males and females:</b>									
2 - 19.....	0.93 (0.031)	0.33 (0.014)	0.28 (0.013)	0.06 (0.006)	0.29 (0.012)	0.24 (0.012)	0.05 (0.005)	0.06 (0.008)	0.25 (0.010)
20 and over...	1.64 (0.049)	0.44 (0.020)	0.35 (0.017)	0.09 (0.007)	0.42 (0.016)	0.31 (0.012)	0.10 (0.008)	0.16 (0.017)	0.62 (0.030)
2 and over...	1.46 (0.041)	0.41 (0.016)	0.33 (0.014)	0.08 (0.006)	0.38 (0.012)	0.29 (0.009)	0.09 (0.006)	0.14 (0.013)	0.53 (0.024)

\* 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 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: [www.ars.usda.gov/ba/bhnrc/fsrg](http://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, 2011-2012

Gender and age (years)	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
	----- Mean (Standard Error) -----		
<b>Males:</b>			
2 - 5.....	5.19 (0.159)	0.62 (0.043)	4.56 (0.151)
6 - 11.....	7.46 (0.298)	0.80 (0.069)	6.66 (0.284)
12 - 19.....	8.85 (0.253)	0.88 (0.118)	7.97 (0.286)
20 - 29.....	8.80 (0.345)	0.82 (0.106)	7.97 (0.359)
30 - 39.....	8.58 (0.275)	1.16 (0.133)	7.42 (0.300)
40 - 49.....	8.34 (0.299)	1.00 (0.096)	7.34 (0.308)
50 - 59.....	6.95 (0.301)	1.05 (0.153)	5.90 (0.264)
60 - 69.....	7.28 (0.262)	1.25 (0.145)	6.03 (0.326)
70 and over....	6.10 (0.190)	1.19 (0.119)	4.91 (0.197)
2 - 19.....	7.58 (0.151)	0.80 (0.048)	6.79 (0.174)
20 and over...	7.82 (0.104)	1.06 (0.073)	6.77 (0.140)
2 and over...	7.76 (0.097)	0.99 (0.055)	6.77 (0.127)
<b>Females:</b>			
2 - 5.....	4.98 (0.096)	0.73 (0.071)	4.25 (0.091)
6 - 11.....	6.78 (0.266)	0.75 (0.071)	6.03 (0.271)
12 - 19.....	6.01 (0.156)	0.58 (0.057)	5.43 (0.145)
20 - 29.....	6.70 (0.220)	0.83 (0.085)	5.87 (0.206)
30 - 39.....	6.50 (0.222)	0.92 (0.095)	5.59 (0.192)
40 - 49.....	5.50 (0.146)	0.69 (0.065)	4.81 (0.131)
50 - 59.....	5.83 (0.275)	1.00 (0.095)	4.84 (0.249)
60 - 69.....	5.25 (0.312)	0.97 (0.136)	4.27 (0.313)
70 and over....	4.85 (0.162)	1.10 (0.091)	3.75 (0.158)
2 - 19.....	6.03 (0.129)	0.67 (0.032)	5.36 (0.123)
20 and over...	5.83 (0.101)	0.91 (0.042)	4.92 (0.093)
2 and over...	5.88 (0.089)	0.85 (0.035)	5.03 (0.080)
<b>Males and females:</b>			
2 - 19.....	6.83 (0.100)	0.73 (0.031)	6.09 (0.110)
20 and over...	6.80 (0.085)	0.98 (0.053)	5.82 (0.097)
2 and over...	6.81 (0.071)	0.92 (0.042)	5.89 (0.083)

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg)

**Table 1d. Dairy: Mean Daily Food Patterns Cup Equivalents**  
Consumed per Individual, by Gender and Age, in the United States, 2011-2012

Gender and age (years)	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	----- Mean (Standard Error) -----			
<b>Males:</b>				
2 - 5.....	2.43 (0.186)	1.74 (0.134)	0.55 (0.087)	0.13 (0.029)
6 - 11.....	2.37 (0.081)	1.48 (0.069)	0.82 (0.052)	0.06 (0.009)
12 - 19.....	2.65 (0.138)	1.46 (0.127)	1.16 (0.088)	0.01* (0.004)
20 - 29.....	2.04 (0.164)	0.68 (0.077)	1.28 (0.107)	0.04 (0.010)
30 - 39.....	1.99 (0.165)	0.78 (0.071)	1.07 (0.081)	0.07* (0.039)
40 - 49.....	2.17 (0.108)	0.93 (0.077)	1.16 (0.074)	0.06* (0.022)
50 - 59.....	1.53 (0.165)	0.78 (0.149)	0.70 (0.070)	0.03 (0.009)
60 - 69.....	1.73 (0.084)	0.98 (0.067)	0.67 (0.071)	0.06* (0.018)
70 and over....	1.44 (0.070)	0.89 (0.061)	0.45 (0.061)	0.06 (0.014)
2 - 19.....	2.51 (0.084)	1.53 (0.082)	0.91 (0.055)	0.05 (0.008)
20 and over...	1.85 (0.039)	0.83 (0.042)	0.94 (0.043)	0.05 (0.008)
2 and over...	2.02 (0.051)	1.01 (0.038)	0.93 (0.034)	0.05 (0.006)
<b>Females:</b>				
2 - 5.....	2.17 (0.073)	1.50 (0.045)	0.56 (0.058)	0.09 (0.016)
6 - 11.....	2.09 (0.105)	1.20 (0.062)	0.82 (0.078)	0.05 (0.013)
12 - 19.....	1.86 (0.080)	0.97 (0.079)	0.82 (0.061)	0.06* (0.023)
20 - 29.....	1.49 (0.055)	0.56 (0.041)	0.86 (0.051)	0.05 (0.014)
30 - 39.....	1.61 (0.135)	0.77 (0.081)	0.72 (0.063)	0.08 (0.016)
40 - 49.....	1.38 (0.084)	0.67 (0.077)	0.60 (0.058)	0.09 (0.019)
50 - 59.....	1.40 (0.109)	0.65 (0.067)	0.67 (0.063)	0.07 (0.020)
60 - 69.....	1.32 (0.100)	0.71 (0.062)	0.53 (0.075)	0.06* (0.021)
70 and over....	1.34 (0.080)	0.90 (0.072)	0.33 (0.035)	0.08 (0.010)
2 - 19.....	2.00 (0.056)	1.16 (0.042)	0.76 (0.032)	0.06 (0.014)
20 and over...	1.43 (0.052)	0.70 (0.033)	0.63 (0.026)	0.07 (0.009)
2 and over...	1.57 (0.042)	0.81 (0.029)	0.67 (0.020)	0.07 (0.008)
<b>Males and females:</b>				
2 - 19.....	2.26 (0.060)	1.35 (0.047)	0.84 (0.037)	0.06 (0.009)
20 and over...	1.63 (0.034)	0.76 (0.034)	0.78 (0.024)	0.06 (0.006)
2 and over...	1.79 (0.037)	0.91 (0.029)	0.80 (0.023)	0.06 (0.005)

\* 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 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012.

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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, 2011-2012**

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)									
<b>Males:</b>									
2 - 5.....	3.03 (0.100)	2.43 (0.104)	0.51 (0.082)	0.98 (0.127)	0.80 (0.151)	0.12 (0.027)	0.02* (0.010)	#	
6 - 11.....	4.20 (0.132)	3.37 (0.156)	0.99 (0.126)	1.04 (0.098)	1.06 (0.108)	0.21 (0.039)	0.06* (0.020)	#	
12 - 19.....	6.37 (0.331)	5.18 (0.320)	1.98 (0.230)	1.53 (0.265)	1.36 (0.238)	0.22 (0.058)	0.09* (0.040)	0.01* (0.006)	
20 - 29.....	7.73 (0.303)	6.26 (0.313)	2.53 (0.159)	1.89 (0.192)	1.38 (0.123)	0.32 (0.058)	0.14* (0.076)	#	
30 - 39.....	8.65 (0.281)	6.75 (0.314)	2.28 (0.221)	2.19 (0.269)	1.36 (0.239)	0.73 (0.118)	0.19 (0.048)	0.01* (0.004)	
40 - 49.....	7.83 (0.443)	6.21 (0.313)	2.37 (0.247)	1.80 (0.273)	1.39 (0.148)	0.45 (0.105)	0.20* (0.119)	#	
50 - 59.....	7.57 (0.379)	6.09 (0.395)	2.52 (0.330)	1.64 (0.169)	1.28 (0.131)	0.51 (0.108)	0.14* (0.067)	0.01* (0.004)	
60 - 69.....	6.74 (0.325)	4.95 (0.252)	1.73 (0.286)	1.22 (0.229)	1.08 (0.152)	0.60* (0.181)	0.17 (0.051)	0.16* (0.139)	
70 and over.....	6.22 (0.283)	4.77 (0.153)	1.80 (0.152)	1.19 (0.156)	0.95 (0.145)	0.64 (0.125)	0.15* (0.045)	0.05* (0.023)	
2 - 19.....	4.92 (0.186)	3.98 (0.166)	1.33 (0.094)	1.24 (0.144)	1.14 (0.136)	0.19 (0.035)	0.06* (0.021)	0.01* (0.004)	
20 and over...	7.59 (0.117)	5.97 (0.113)	2.26 (0.117)	1.71 (0.126)	1.27 (0.077)	0.53 (0.054)	0.17 (0.028)	0.03* (0.020)	
2 and over...	6.89 (0.116)	5.45 (0.099)	2.02 (0.099)	1.59 (0.125)	1.24 (0.076)	0.44 (0.044)	0.14 (0.019)	0.02* (0.015)	
<b>Females:</b>									
2 - 5.....	2.77 (0.179)	2.09 (0.170)	0.54 (0.084)	0.80 (0.109)	0.57 (0.070)	0.14* (0.057)	0.02* (0.007)	#	
6 - 11.....	3.75 (0.224)	3.05 (0.231)	0.83 (0.134)	1.17 (0.104)	0.85 (0.087)	0.18 (0.035)	0.02* (0.011)	0.00 (0.000)	
12 - 19.....	3.96 (0.287)	3.21 (0.216)	1.00 (0.127)	1.16 (0.136)	0.71 (0.087)	0.28* (0.106)	0.03 (0.008)	0.02* (0.009)	
20 - 29.....	4.90 (0.172)	3.95 (0.176)	1.48 (0.149)	1.21 (0.094)	0.83 (0.084)	0.31 (0.075)	0.10* (0.058)	0.02* (0.012)	
30 - 39.....	5.23 (0.122)	4.06 (0.167)	1.26 (0.138)	1.57 (0.145)	0.75 (0.063)	0.37 (0.077)	0.11 (0.031)	0.01* (0.005)	
40 - 49.....	4.84 (0.340)	3.60 (0.238)	1.13 (0.118)	1.16 (0.106)	0.83 (0.111)	0.36 (0.085)	0.12* (0.049)	#	
50 - 59.....	4.87 (0.262)	3.57 (0.261)	1.26 (0.138)	1.11 (0.111)	0.72 (0.123)	0.41 (0.058)	0.07 (0.019)	0.01* (0.008)	
60 - 69.....	4.92 (0.256)	3.39 (0.142)	0.97 (0.061)	1.04 (0.121)	0.69 (0.113)	0.55 (0.079)	0.14 (0.040)	0.01* (0.007)	
70 and over.....	3.98 (0.164)	3.02 (0.156)	0.94 (0.087)	0.92 (0.120)	0.54 (0.057)	0.41* (0.127)	0.21* (0.067)	0.01* (0.004)	
2 - 19.....	3.63 (0.180)	2.91 (0.162)	0.85 (0.076)	1.08 (0.087)	0.72 (0.050)	0.22 (0.052)	0.03 (0.005)	0.01* (0.004)	
20 and over...	4.82 (0.130)	3.63 (0.120)	1.19 (0.072)	1.18 (0.053)	0.74 (0.049)	0.39 (0.043)	0.12 (0.019)	0.01 (0.003)	
2 and over...	4.53 (0.094)	3.45 (0.103)	1.11 (0.064)	1.15 (0.051)	0.73 (0.037)	0.35 (0.037)	0.10 (0.014)	0.01 (0.002)	
<b>Males and females:</b>									
2 - 19.....	4.29 (0.132)	3.45 (0.124)	1.09 (0.053)	1.17 (0.104)	0.94 (0.081)	0.21 (0.041)	0.05 (0.012)	0.01* (0.004)	
20 and over...	6.17 (0.104)	4.77 (0.111)	1.72 (0.083)	1.44 (0.084)	1.00 (0.041)	0.46 (0.044)	0.14 (0.021)	0.02* (0.010)	
2 and over...	5.70 (0.086)	4.44 (0.087)	1.56 (0.067)	1.37 (0.086)	0.98 (0.038)	0.39 (0.037)	0.12 (0.014)	0.02* (0.007)	

\* 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 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: [www.ars.usda.gov/ba/bhnrc/fsrg](http://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, 2011-2012 (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) —————		
<b>Males:</b>			
2 - 5.....	0.31 (0.070)	0.25 (0.050)	0.04* (0.012)
6 - 11.....	0.35 (0.028)	0.40 (0.095)	0.08* (0.025)
12 - 19.....	0.52 (0.081)	0.63 (0.099)	0.04 (0.006)
20 - 29.....	0.57 (0.044)	0.84 (0.171)	0.05* (0.016)
30 - 39.....	0.60 (0.059)	1.20 (0.120)	0.10* (0.031)
40 - 49.....	0.72 (0.113)	0.82 (0.209)	0.08* (0.025)
50 - 59.....	0.63 (0.074)	0.78 (0.152)	0.06* (0.018)
60 - 69.....	0.65 (0.059)	1.08 (0.236)	0.05* (0.029)
70 and over.....	0.54 (0.063)	0.87 (0.175)	0.05* (0.014)
2 - 19.....	0.42 (0.041)	0.47 (0.063)	0.06 (0.009)
20 and over...	0.62 (0.034)	0.93 (0.092)	0.07 (0.009)
2 and over...	0.57 (0.025)	0.81 (0.074)	0.06 (0.007)
<b>Females:</b>			
2 - 5.....	0.33 (0.033)	0.32 (0.060)	0.03 (0.006)
6 - 11.....	0.30 (0.019)	0.33 (0.076)	0.07 (0.012)
12 - 19.....	0.36 (0.058)	0.32 (0.095)	0.07 (0.017)
20 - 29.....	0.44 (0.057)	0.44 (0.103)	0.06* (0.026)
30 - 39.....	0.40 (0.057)	0.67 (0.103)	0.10 (0.025)
40 - 49.....	0.45 (0.048)	0.66 (0.127)	0.12* (0.041)
50 - 59.....	0.36 (0.045)	0.85 (0.110)	0.07* (0.027)
60 - 69.....	0.56 (0.089)	0.96 (0.153)	0.02* (0.007)
70 and over.....	0.38 (0.034)	0.54 (0.047)	0.04 (0.010)
2 - 19.....	0.33 (0.025)	0.32 (0.066)	0.06 (0.008)
20 and over...	0.43 (0.022)	0.69 (0.050)	0.07 (0.011)
2 and over...	0.41 (0.016)	0.60 (0.040)	0.07 (0.009)
<b>Males and females:</b>			
2 - 19.....	0.37 (0.022)	0.40 (0.043)	0.06 (0.006)
20 and over...	0.52 (0.018)	0.80 (0.052)	0.07 (0.007)
2 and over...	0.49 (0.015)	0.70 (0.048)	0.07 (0.006)

\* 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 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: [www.ars.usda.gov/ba/bhnrc/fsrg](http://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, 2011-2012**

Gender and age (years)	<i>Legumes</i> †			
	Legumes as Vegetable (cups)		Legumes as Protein (oz)	
	— Mean (Standard Error) —			
<b>Males:</b>				
2 - 5.....	0.05	(0.012)	0.22	(0.047)
6 - 11.....	0.07	(0.017)	0.30	(0.068)
12 - 19.....	0.10	(0.028)	0.40	(0.111)
20 - 29.....	0.14	(0.020)	0.57	(0.080)
30 - 39.....	0.18	(0.029)	0.73	(0.114)
40 - 49.....	0.18	(0.025)	0.73	(0.100)
50 - 59.....	0.19	(0.036)	0.76	(0.145)
60 - 69.....	0.19	(0.031)	0.75	(0.122)
70 and over.....	0.13	(0.023)	0.51	(0.094)
2 - 19.....	0.08	(0.017)	0.32	(0.067)
20 and over...	0.17	(0.013)	0.68	(0.051)
2 and over...	0.15	(0.011)	0.59	(0.044)
<b>Females:</b>				
2 - 5.....	0.05	(0.011)	0.21	(0.044)
6 - 11.....	0.06	(0.013)	0.26	(0.054)
12 - 19.....	0.06	(0.007)	0.24	(0.027)
20 - 29.....	0.08	(0.015)	0.31	(0.062)
30 - 39.....	0.14	(0.025)	0.55	(0.100)
40 - 49.....	0.11	(0.013)	0.43	(0.054)
50 - 59.....	0.10	(0.017)	0.40	(0.068)
60 - 69.....	0.11	(0.020)	0.45	(0.079)
70 and over.....	0.07	(0.014)	0.29	(0.056)
2 - 19.....	0.06	(0.006)	0.24	(0.025)
20 and over...	0.10	(0.008)	0.41	(0.032)
2 and over...	0.09	(0.006)	0.37	(0.026)
<b>Males and females:</b>				
2 - 19.....	0.07	(0.009)	0.28	(0.036)
20 and over...	0.14	(0.008)	0.54	(0.033)
2 and over...	0.12	(0.007)	0.48	(0.029)

† 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 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012.

Available at: [www.ars.usda.gov/ba/bhnrc/fsrg](http://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, 2011-2012

Gender and age (years)	<i>Oils and Other Components</i>							
	Oils		Solid Fats		Added Sugars		Alcoholic Drinks	
	Mean (Standard Error)							
<b>Males:</b>								
2 - 5.....	14.91	(0.546)	31.26	(2.167)	13.58	(0.453)	0.00	(0.000)
6 - 11.....	19.83	(1.147)	40.57	(1.088)	20.45	(0.731)	0.00	(0.000)
12 - 19.....	28.49	(2.485)	43.89	(1.780)	24.21	(1.021)	0.13*	(0.052)
20 - 29.....	32.50	(1.423)	46.37	(2.276)	25.02	(1.338)	1.37	(0.177)
30 - 39.....	32.75	(1.225)	42.98	(1.886)	24.23	(1.542)	1.36	(0.248)
40 - 49.....	32.90	(1.992)	49.47	(2.525)	22.42	(2.034)	1.16	(0.148)
50 - 59.....	30.29	(1.841)	40.74	(2.343)	20.02	(1.432)	1.44	(0.396)
60 - 69.....	28.07	(2.792)	38.29	(1.827)	16.00	(0.724)	0.78	(0.116)
70 and over....	23.82	(0.951)	33.71	(1.971)	15.12	(0.737)	0.62	(0.091)
2 - 19.....	22.63	(1.373)	40.02	(1.008)	20.63	(0.551)	0.06*	(0.023)
20 and over...	30.66	(0.707)	42.78	(1.070)	21.15	(0.606)	1.18	(0.109)
2 and over...	28.57	(0.700)	42.06	(0.931)	21.02	(0.487)	0.89	(0.089)
<b>Females:</b>								
2 - 5.....	15.09	(0.819)	28.22	(1.082)	12.23	(0.642)	0.00	(0.000)
6 - 11.....	19.24	(1.038)	36.40	(1.495)	17.95	(0.639)	0.00	(0.000)
12 - 19.....	21.81	(1.297)	32.03	(1.219)	19.25	(0.858)	0.05*	(0.020)
20 - 29.....	24.70	(1.127)	34.40	(1.006)	18.01	(0.908)	0.59	(0.080)
30 - 39.....	23.65	(0.916)	34.37	(1.445)	17.95	(0.830)	0.53	(0.087)
40 - 49.....	22.14	(1.131)	30.97	(1.352)	17.23	(1.092)	0.59	(0.111)
50 - 59.....	22.94	(0.785)	30.34	(1.821)	14.16	(0.796)	0.83	(0.155)
60 - 69.....	23.52	(1.695)	26.71	(2.162)	11.43	(0.671)	0.44	(0.107)
70 and over....	19.31	(0.809)	25.09	(1.356)	12.10	(0.681)	0.25	(0.043)
2 - 19.....	19.49	(0.801)	32.59	(0.574)	17.28	(0.388)	0.02*	(0.010)
20 and over...	22.83	(0.393)	30.64	(0.841)	15.37	(0.446)	0.56	(0.047)
2 and over...	22.03	(0.350)	31.11	(0.653)	15.83	(0.340)	0.43	(0.039)
<b>Males and females:</b>								
2 - 19.....	21.10	(0.864)	36.40	(0.776)	19.00	(0.426)	0.04	(0.011)
20 and over...	26.65	(0.423)	36.56	(0.743)	18.19	(0.421)	0.86	(0.063)
2 and over...	25.26	(0.406)	36.52	(0.657)	18.39	(0.338)	0.66	(0.048)

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

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012.

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**Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2011-12 Variable Names in Parenthesis**

<b>Fruit Components (cup eq.)</b>	<b>Foods</b>																										
<b>Total Fruit</b> (F_TOTAL)	Includes the sum of all foods in the Fruit components listed below:																										
<b>Citrus, Melons, and Berries</b> (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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<b>Other Fruits</b> (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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<b>Fruit Juice</b> (F_JUICE)	Citrus and non-citrus fruit juices																										

Vegetables Components (cup eq.)	Foods																																		
<b>Total Vegetables</b> (V_TOTAL)	Includes the sum of all foods in the Vegetables components listed below except Beans and Peas (Legumes):																																		
<b>Dark Green Vegetables</b> (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,</td> </tr> <tr> <td>Broccoli raab</td> <td>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></td> </tr> <tr> <td>Chicory leaves</td> <td>Mustard cabbage</td> </tr> <tr> <td>Cilantro (Coriander)</td> <td>Mustard greens</td> </tr> <tr> <td>Collards</td> <td>Parsley</td> </tr> <tr> <td>Cress</td> <td>Poke greens</td> </tr> <tr> <td>Dandelion greens</td> <td>Spinach</td> </tr> <tr> <td>Endive</td> <td>Turnip greens</td> </tr> <tr> <td>Escarole</td> <td>Watercress</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,	Broccoli raab	swamp cabbage,	Chinese Cabbage (Pak-choi)	taro, and thistle	Chrysanthemum garland	Lettuce (Boston, butterhead, green or red leaf, cos or romaine)	Chard		Chicory leaves	Mustard cabbage	Cilantro (Coriander)	Mustard greens	Collards	Parsley	Cress	Poke greens	Dandelion greens	Spinach	Endive	Turnip greens	Escarole	Watercress	Greens	
Arugula	Horseradish leaves																																		
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Endive	Turnip greens																																		
Escarole	Watercress																																		
Greens																																			
<b>Total Red and Orange Vegetables</b> (V_REDOR_TOTAL)	Includes the sum of all foods in the Tomatoes and Other Red and Orange Vegetables components listed below:																																		
<b>Tomatoes</b> (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																													
Tomatoes (canned, cooked, raw, stewed)	Tomato paste Tomato puree Tomato sauce																																		
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Vegetables Components (cont.) (cup eq.)	Foods																				
<b>Other Red and Orange Vegetables</b> (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													
Calabaza (Spanish pumpkin)	Pimiento Pumpkin Squash (most winter varieties)																				
Carrots	Sweet potatoes																				
Carrot juice																					
Red colored bell, and nonbell peppers																					
<b>Total Starchy Vegetables</b> (V_STARCHY_TOTAL)	Includes the sum of all foods in the Potatoes and Other Starchy Vegetables components listed below:																				
<b>Potatoes</b> (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																				
White potato flour																					
<b>Other Starchy Vegetables</b> (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	
Breadfruit	Parsnips																				
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Vegetables Components (cont.) (cup eq.)	Foods	
<b>Other Vegetables</b> (V_OTHER)	Alfalfa sprouts	Jute
	Artichoke	Kohlrabi
	Asparagus	Leeks
	Avocado	Lettuce (varieties not
	Bamboo shoots	in dark green
	Beans (green, yellow, snap, string)	category)
	Bean sprouts	Mushrooms
	Beets	Okra
	Bitter melon (bitter gourd, balsam pear)	Olives
	Broccoflower	Onions
	Brussels sprouts	Palm hearts
	Cabbage	Peas, podded
	Cactus (Nopales)	Peppers, bell and nonbell peppers
	Capers	(not red or orange in color)
	Cauliflower	Pokeberry shoots
	Celeriac	Radicchio
	Celery	Radish
	Chayote (Christophine)	Rutabaga
	Chinese cabbage (Pei-tsai)	Scallions
	Chinese okra (Luffa)	Seaweed
	Chives	Snow peas
	Cucumber	Sprouted beans (e.g. mung, soybean)
	Eggplant	Squash (green, sequin, spaghetti, yellow, zucchini, most summer varieties)
	Fennel bulb	Tomatillos
	Flowers, edible	Tomatoes, green
	Garlic	Turnips
	Ginger root	Winter melon (Wax gourd)
	Horseradish pods	

Vegetables Components (cont.) (cup eq.)	Foods	
<b>Beans and Peas (Legumes)</b> (V_LEGUMES)	Includes all mature beans and peas (legumes) such as:	
	Black beans	Kidney beans
	Blackeye peas	Lentils
	Brown beans	Mature lima beans
	Bayo beans	Mung beans
	Calico beans	Navy beans
	Carob	Pink beans
	Chickpeas (Garbanzo beans)	Pinto beans
	Cowpeas	Red Mexican beans
	Fava beans	Soybeans (mature)
		Split peas
		White beans

<b>Grains Components (oz. eq.)</b>	<b>Foods</b>																								
<b>Total Grains</b> (G_TOTAL)	Includes the sum of all foods in the Grains components listed below:																								
<b>Whole Grains</b> (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 (from 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 (from 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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<b>Protein Foods Components (oz. eq.)</b>	<b>Foods</b>																						
<b>Total Protein Foods</b> (PF_TOTAL)	Includes the sum of all foods in the Protein Foods components listed below except Beans and Peas:																						
<b>Total Meat, Poultry, and Seafood</b> (PF_MPS_TOTAL)	Includes the sum of all foods in the Meat, Cured Meat, Organ Meat, Poultry, Seafood High in <i>n</i> -3, and Seafood Low in <i>n</i> -3 components listed below:																						
<b>Meat</b> (PF_MEAT)	<table> <tbody> <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> </tbody> </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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<b>Protein Foods Components (cont.) (oz. eq.)</b>	<b>Foods</b>	
<b>Poultry</b> (PF_POULT)	Chicken Cornish game hen Dove Duck Goose	Ostrich Pheasant Quail Turkey
<b>Seafood High in <i>n</i>-3 Fatty Acids</b> (PF_SEAFD_HI)	Anchovy Barracuda Caviar (Roe) Cisco Herring Mackerel Pompano Ray Salmon	Sardine Sea bass Shad Shark Swordfish Trout Tuna (albacore & bluefin)
<b>Seafood Low in <i>n</i>-3 Fatty Acids</b> (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 Squid Sturgeon Tilapia Tuna (excludes albacore & bluefin) Turtle Whitefish Whiting

<b>Protein Foods Components (cont.) (oz. eq.)</b>	<b>Foods</b>	
<b>Eggs</b> (PF_EGGS)	Eggs, whole (chicken, duck, goose, quail, and other birds)	Egg white Egg yolk Egg substitute Egg, dried
<b>Soy Products</b> (PF_SOY)	Miso Natto Soybean curd or tofu Soybean flour Soybean meal	Soybean protein isolate and concentrate Soy milk (soymilk), not calcium fortified Soy nuts
<b>Nuts and Seeds</b> (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
<b>Beans and Peas (Legumes)</b> (PF_LEGUMES)	See under Vegetables, Beans and Peas component for the list of foods	

Dairy Components (cup eq.)	Foods
<b>Total Dairy</b> (D_TOTAL)	Includes the sum of all foods in the Dairy components listed below, plus the following:  Whey
<b>Milk</b> (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 (soymilk), Milk, dry                calcium added Milk, evaporated
<b>Yogurt</b> (D_YOGURT)	Includes yogurt of all fat-types and yogurt present in flavored and frozen yogurt

Dairy Components (cont.) (cup eq.)	Foods
<b>Cheese</b> (D_CHEESE)	Includes natural and processed cheeses of all fat-types such as:  American cheese      Mexican cheese Blue cheese            blend Brick cheese            Monterey cheese Brie cheese             Mozzarella cheese Camembert              Muenster cheese 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     Romano cheese free                      Roquefort cheese Edam cheese            Swiss cheese Feta cheese              Queso anejo Fontina cheese         Queso asadero Goat cheese             Queso chihuahua Gouda cheese            Queso del pais, Gruyere cheese         blanco Limburger cheese      Queso fresco

Oils Component (grams)	Foods																		
<b>Oils</b> (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																		
<b>Added Sugars</b> (ADD_SUGARS)	<table border="0"> <tr> <td>Brown Sugar</td> <td>Granulated sugar</td> </tr> <tr> <td>Cane syrup</td> <td>Honey</td> </tr> <tr> <td>Confectioners' sugar</td> <td>Maple syrup</td> </tr> <tr> <td>Corn Syrups</td> <td>Molasses</td> </tr> <tr> <td>Corn syrup solids</td> <td>Pancake syrups</td> </tr> <tr> <td>Dextrose</td> <td>Powdered sugar</td> </tr> <tr> <td>Fructose</td> <td>Raw sugar</td> </tr> <tr> <td>Fruit juice concentrates</td> <td>Sorghum syrups</td> </tr> <tr> <td>Fruit syrups</td> <td>White sugar (cane and beet)</td> </tr> </table>	Brown Sugar	Granulated sugar	Cane syrup	Honey	Confectioners' sugar	Maple syrup	Corn Syrups	Molasses	Corn syrup solids	Pancake syrups	Dextrose	Powdered sugar	Fructose	Raw sugar	Fruit juice concentrates	Sorghum syrups	Fruit syrups	White sugar (cane and beet)
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Solid Fats Component (grams)	Foods														
<b>Solid Fats</b> (SOLID_FATS)	Includes fats naturally present in milk products, meat, poultry, eggs and the following:  <table border="0"> <tr> <td>Butter</td> <td>Fully or partially hydrogenated oils</td> </tr> <tr> <td>Cocoa butter</td> <td>Ghee</td> </tr> <tr> <td>Cocoa fat</td> <td>Lard</td> </tr> <tr> <td>Coconut oil</td> <td>Palm oil</td> </tr> <tr> <td>Cream</td> <td>Tallow</td> </tr> <tr> <td>Cream substitute</td> <td>Shortening (animal and vegetable)</td> </tr> <tr> <td>Cream Cheese, regular and low-fat</td> <td>Sour cream</td> </tr> </table>	Butter	Fully or partially hydrogenated oils	Cocoa butter	Ghee	Cocoa fat	Lard	Coconut oil	Palm oil	Cream	Tallow	Cream substitute	Shortening (animal and vegetable)	Cream Cheese, regular and low-fat	Sour cream
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Alcoholic Drinks Component (no. of drinks)	Foods
<b>Alcoholic Drinks</b> (A_DRINKS)	Includes: <ul style="list-style-type: none"> <li>Beer</li> <li>Wine</li> <li>Distilled spirits</li> <li>Alcohol (ethanol) present in cocktails and other alcoholic beverages</li> <li>Alcohol (ethanol) added to foods after cooking</li> </ul>