

Table 2a. Fruit: Mean Daily Food Patterns Cup Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years) ‡	Sample size	<i>Fruit</i>			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
		----- Mean (Standard Error) -----			
Non-Hispanic White:					
2 - 5.....	156	1.45 (0.107)	0.24 (0.048)	0.55 (0.063)	0.66 (0.108)
6 - 11.....	275	1.26 (0.112)	0.24 (0.042)	0.65 (0.082)	0.36 (0.072)
12 - 19.....	259	0.86 (0.158)	0.16* (0.050)	0.39 (0.058)	0.30* (0.111)
20 and over...	1842	0.96 (0.056)	0.19 (0.021)	0.50 (0.029)	0.27 (0.041)
2 and over...	2532	0.99 (0.046)	0.19 (0.021)	0.50 (0.026)	0.30 (0.030)
Non-Hispanic Black:					
2 - 5.....	249	1.50 (0.156)	0.09* (0.030)	0.57 (0.071)	0.84 (0.105)
6 - 11.....	335	0.99 (0.075)	0.12 (0.022)	0.43 (0.057)	0.44 (0.039)
12 - 19.....	352	0.84 (0.053)	0.07 (0.015)	0.34 (0.048)	0.44 (0.032)
20 and over...	1274	1.01 (0.041)	0.20 (0.019)	0.35 (0.029)	0.46 (0.027)
2 and over...	2210	1.02 (0.033)	0.17 (0.014)	0.37 (0.026)	0.48 (0.021)
Non-Hispanic Asian:					
2 - 5.....	102	1.18 (0.173)	0.25* (0.084)	0.50 (0.077)	0.43 (0.058)
6 - 11.....	115	1.22 (0.172)	0.36 (0.095)	0.45 (0.080)	0.40 (0.112)
12 - 19.....	158	1.02 (0.107)	0.18 (0.037)	0.51 (0.086)	0.33* (0.105)
20 and over...	610	1.31 (0.066)	0.29 (0.046)	0.70 (0.037)	0.33 (0.022)
2 and over...	985	1.27 (0.068)	0.28 (0.044)	0.65 (0.035)	0.34 (0.027)
Hispanic:					
2 - 5.....	282	1.32 (0.079)	0.23 (0.032)	0.59 (0.041)	0.51 (0.040)
6 - 11.....	356	1.36 (0.100)	0.25 (0.057)	0.62 (0.054)	0.50 (0.071)
12 - 19.....	325	1.24 (0.079)	0.17 (0.041)	0.52 (0.069)	0.55 (0.039)
20 and over...	932	1.02 (0.063)	0.18 (0.031)	0.51 (0.048)	0.33 (0.033)
2 and over...	1895	1.12 (0.054)	0.19 (0.028)	0.53 (0.041)	0.40 (0.021)

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

† Includes intact fruit (whole or cut) only; excludes fruit juice.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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

Table 2b. Vegetables: Mean Daily Food Patterns Cup Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity 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)									
Non-Hispanic White:										
2 - 5.....	0.64 (0.079)	0.21 (0.030)	0.16 (0.031)	0.05 (0.011)	0.23 (0.043)	0.15 (0.031)	0.08 (0.021)	0.06* (0.020)	0.15 (0.017)	
6 - 11.....	0.84 (0.081)	0.29 (0.026)	0.25 (0.022)	0.05 (0.012)	0.26 (0.033)	0.20 (0.027)	0.06 (0.017)	0.08 (0.018)	0.21 (0.032)	
12 - 19.....	1.11 (0.100)	0.43 (0.041)	0.37 (0.036)	0.06 (0.012)	0.35 (0.028)	0.31 (0.032)	0.04 (0.012)	0.05* (0.027)	0.28 (0.035)	
20 and over...	1.72 (0.064)	0.45 (0.025)	0.38 (0.023)	0.08 (0.009)	0.44 (0.022)	0.33 (0.017)	0.11 (0.010)	0.17 (0.022)	0.65 (0.042)	
2 and over...	1.55 (0.055)	0.43 (0.020)	0.36 (0.019)	0.07 (0.008)	0.41 (0.017)	0.31 (0.013)	0.10 (0.009)	0.15 (0.018)	0.56 (0.035)	
Non-Hispanic Black:										
2 - 5.....	0.74 (0.061)	0.36 (0.045)	0.28 (0.038)	0.08 (0.019)	0.18 (0.019)	0.14 (0.019)	0.04 (0.009)	0.05 (0.013)	0.15 (0.027)	
6 - 11.....	0.81 (0.056)	0.35 (0.035)	0.29 (0.031)	0.06 (0.009)	0.24 (0.018)	0.20 (0.019)	0.03 (0.004)	0.04 (0.011)	0.18 (0.019)	
12 - 19.....	1.02 (0.064)	0.43 (0.024)	0.37 (0.029)	0.05* (0.018)	0.31 (0.043)	0.26 (0.038)	0.04 (0.011)	0.05 (0.008)	0.23 (0.016)	
20 and over...	1.37 (0.040)	0.48 (0.031)	0.37 (0.024)	0.10 (0.017)	0.32 (0.019)	0.25 (0.013)	0.07 (0.010)	0.15 (0.024)	0.42 (0.014)	
2 and over...	1.22 (0.042)	0.45 (0.027)	0.36 (0.020)	0.09 (0.015)	0.30 (0.016)	0.24 (0.012)	0.06 (0.008)	0.12 (0.018)	0.35 (0.010)	
Non-Hispanic Asian:										
2 - 5.....	0.67 (0.078)	0.20 (0.039)	0.14 (0.028)	0.06* (0.026)	0.20 (0.034)	0.16 (0.030)	0.04 (0.012)	0.09* (0.051)	0.19 (0.040)	
6 - 11.....	0.84 (0.135)	0.19 (0.025)	0.14 (0.021)	0.05 (0.013)	0.28 (0.054)	0.22 (0.055)	0.06 (0.010)	0.13* (0.043)	0.23 (0.033)	
12 - 19.....	1.23 (0.081)	0.27 (0.034)	0.20 (0.035)	0.07 (0.018)	0.30 (0.025)	0.22 (0.019)	0.08 (0.022)	0.23 (0.033)	0.43 (0.059)	
20 and over...	1.65 (0.069)	0.31 (0.024)	0.21 (0.017)	0.09 (0.012)	0.35 (0.023)	0.21 (0.017)	0.14 (0.013)	0.28 (0.036)	0.72 (0.023)	
2 and over...	1.50 (0.060)	0.29 (0.019)	0.20 (0.014)	0.09 (0.010)	0.33 (0.019)	0.21 (0.015)	0.12 (0.011)	0.25 (0.030)	0.63 (0.021)	
Hispanic:										
2 - 5.....	0.64 (0.041)	0.21 (0.023)	0.15 (0.020)	0.06 (0.014)	0.25 (0.029)	0.17 (0.025)	0.07* (0.025)	0.02 (0.004)	0.17 (0.024)	
6 - 11.....	0.88 (0.049)	0.28 (0.017)	0.23 (0.019)	0.06 (0.008)	0.31 (0.027)	0.25 (0.022)	0.05 (0.013)	0.03 (0.007)	0.26 (0.020)	
12 - 19.....	1.12 (0.106)	0.38 (0.087)	0.32 (0.077)	0.06 (0.016)	0.33 (0.026)	0.27 (0.020)	0.07 (0.017)	0.03 (0.009)	0.37 (0.027)	
20 and over...	1.53 (0.044)	0.43 (0.025)	0.30 (0.024)	0.13 (0.017)	0.41 (0.024)	0.33 (0.020)	0.08 (0.008)	0.09 (0.019)	0.61 (0.035)	
2 and over...	1.32 (0.033)	0.39 (0.026)	0.28 (0.025)	0.10 (0.013)	0.37 (0.018)	0.30 (0.015)	0.07 (0.007)	0.07 (0.013)	0.50 (0.027)	

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

† Total Vegetables does not include legumes.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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

Table 2c. Grains: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years) ‡	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
	----- Mean (Standard Error) -----		
Non-Hispanic White:			
2 - 5.....	5.02 (0.105)	0.71 (0.081)	4.31 (0.071)
6 - 11.....	7.03 (0.312)	0.75 (0.081)	6.28 (0.320)
12 - 19.....	7.42 (0.276)	0.87 (0.084)	6.55 (0.252)
20 and over...	6.67 (0.112)	1.05 (0.066)	5.62 (0.108)
2 and over...	6.69 (0.105)	0.99 (0.054)	5.70 (0.102)
Non-Hispanic Black:			
2 - 5.....	5.21 (0.324)	0.65 (0.082)	4.56 (0.301)
6 - 11.....	7.22 (0.181)	0.81 (0.067)	6.41 (0.212)
12 - 19.....	6.62 (0.248)	0.47 (0.087)	6.16 (0.275)
20 and over...	6.28 (0.182)	0.83 (0.093)	5.45 (0.183)
2 and over...	6.34 (0.145)	0.77 (0.078)	5.58 (0.163)
Non-Hispanic Asian:			
2 - 5.....	5.04 (0.412)	0.86 (0.166)	4.18 (0.391)
6 - 11.....	6.87 (0.296)	1.18 (0.276)	5.69 (0.316)
12 - 19.....	7.16 (0.342)	0.68 (0.133)	6.48 (0.281)
20 and over...	6.89 (0.173)	1.34 (0.156)	5.55 (0.218)
2 and over...	6.82 (0.140)	1.24 (0.131)	5.58 (0.180)
Hispanic:			
2 - 5.....	5.05 (0.209)	0.52 (0.055)	4.54 (0.217)
6 - 11.....	7.65 (0.224)	0.77 (0.123)	6.88 (0.285)
12 - 19.....	8.31 (0.447)	0.62 (0.087)	7.69 (0.453)
20 and over...	7.72 (0.306)	0.68 (0.064)	7.04 (0.309)
2 and over...	7.58 (0.215)	0.67 (0.047)	6.91 (0.224)

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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.

Table 2d. Dairy: Mean Daily Food Patterns Cup Equivalents
Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years) ‡	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	----- Mean (Standard Error) -----			
Non-Hispanic White:				
2 - 5.....	2.44 (0.183)	1.67 (0.130)	0.62 (0.095)	0.14 (0.028)
6 - 11.....	2.32 (0.099)	1.38 (0.085)	0.87 (0.085)	0.06 (0.013)
12 - 19.....	2.48 (0.118)	1.37 (0.079)	1.05 (0.114)	0.05* (0.021)
20 and over...	1.78 (0.033)	0.85 (0.041)	0.84 (0.031)	0.07 (0.009)
2 and over...	1.92 (0.033)	0.97 (0.028)	0.85 (0.033)	0.07 (0.007)
Non-Hispanic Black:				
2 - 5.....	1.75 (0.071)	1.30 (0.080)	0.40 (0.046)	0.04 (0.011)
6 - 11.....	1.85 (0.104)	1.09 (0.099)	0.72 (0.044)	0.03* (0.008)
12 - 19.....	1.48 (0.105)	0.68 (0.088)	0.78 (0.060)	0.01* (0.005)
20 and over...	1.17 (0.054)	0.45 (0.040)	0.67 (0.046)	0.03 (0.004)
2 and over...	1.32 (0.063)	0.60 (0.055)	0.67 (0.039)	0.03 (0.003)
Non-Hispanic Asian:				
2 - 5.....	2.21 (0.226)	1.53 (0.164)	0.48* (0.167)	0.16* (0.061)
6 - 11.....	2.14 (0.170)	1.57 (0.128)	0.47 (0.081)	0.08 (0.012)
12 - 19.....	2.06 (0.185)	1.35 (0.147)	0.66 (0.080)	0.04* (0.017)
20 and over...	1.00 (0.050)	0.55 (0.039)	0.33 (0.032)	0.09 (0.016)
2 and over...	1.26 (0.054)	0.76 (0.033)	0.38 (0.028)	0.09 (0.015)
Hispanic:				
2 - 5.....	2.41 (0.124)	1.77 (0.122)	0.54 (0.070)	0.09 (0.018)
6 - 11.....	2.33 (0.097)	1.37 (0.077)	0.88 (0.050)	0.07 (0.020)
12 - 19.....	2.28 (0.195)	1.14 (0.133)	1.11 (0.105)	0.02* (0.008)
20 and over...	1.57 (0.050)	0.71 (0.032)	0.77 (0.056)	0.06 (0.014)
2 and over...	1.84 (0.044)	0.94 (0.028)	0.81 (0.046)	0.06 (0.011)

* 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.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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 2e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents
Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity 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)									
Non-Hispanic White:									
2 - 5.....	2.70 (0.118)	2.00 (0.153)	0.40 (0.067)	0.78 (0.149)	0.68 (0.173)	0.11* (0.043)	0.03* (0.012)	0.00 (0.000)	
6 - 11.....	3.84 (0.162)	2.97 (0.158)	0.74 (0.081)	1.02 (0.123)	0.98 (0.108)	0.16 (0.027)	0.07* (0.024)	0.00 (0.000)	
12 - 19.....	5.33 (0.365)	4.20 (0.319)	1.58 (0.169)	1.14 (0.267)	1.22 (0.221)	0.22* (0.130)	0.03* (0.009)	0.01* (0.006)	
20 and over...	5.93 (0.128)	4.47 (0.121)	1.67 (0.095)	1.24 (0.089)	1.06 (0.072)	0.35 (0.050)	0.13 (0.033)	0.02* (0.014)	
2 and over...	5.58 (0.113)	4.23 (0.096)	1.54 (0.080)	1.19 (0.097)	1.06 (0.067)	0.31 (0.044)	0.11 (0.025)	0.02* (0.011)	
Non-Hispanic Black:									
2 - 5.....	3.75 (0.226)	3.15 (0.176)	0.63 (0.081)	1.38 (0.098)	0.93 (0.089)	0.19* (0.071)	0.01* (0.007)	0.01* (0.006)	
6 - 11.....	4.75 (0.273)	4.21 (0.284)	1.21 (0.101)	1.40 (0.121)	1.24 (0.136)	0.34 (0.102)	0.01* (0.005)	0.00 (0.000)	
12 - 19.....	4.97 (0.222)	4.44 (0.224)	1.38 (0.192)	1.86 (0.223)	0.89 (0.083)	0.27* (0.093)	0.04* (0.014)	#	
20 and over...	6.86 (0.137)	5.57 (0.105)	1.52 (0.120)	2.14 (0.052)	1.12 (0.056)	0.63 (0.103)	0.14 (0.034)	0.03 (0.008)	
2 and over...	6.17 (0.106)	5.11 (0.079)	1.41 (0.103)	1.97 (0.067)	1.08 (0.047)	0.52 (0.084)	0.10 (0.026)	0.02 (0.006)	
Non-Hispanic Asian:									
2 - 5.....	2.75 (0.614)	2.17 (0.561)	0.60* (0.186)	0.55 (0.133)	0.40* (0.153)	0.60* (0.418)	0.02* (0.009)	0.00 (0.000)	
6 - 11.....	3.29 (0.348)	2.54 (0.365)	0.70 (0.162)	0.96 (0.199)	0.52 (0.118)	0.29* (0.089)	0.07 (0.020)	0.00 (0.000)	
12 - 19.....	5.17 (0.335)	4.35 (0.298)	1.25 (0.194)	1.77 (0.192)	0.72 (0.135)	0.52 (0.115)	0.11* (0.042)	0.00 (0.000)	
20 and over...	6.68 (0.312)	5.14 (0.247)	1.57 (0.092)	1.55 (0.126)	0.46 (0.053)	1.14 (0.124)	0.41 (0.066)	0.01* (0.006)	
2 and over...	6.06 (0.279)	4.71 (0.181)	1.42 (0.075)	1.48 (0.104)	0.49 (0.044)	0.99 (0.103)	0.33 (0.050)	0.01* (0.005)	
Hispanic:									
2 - 5.....	2.86 (0.110)	2.31 (0.116)	0.73 (0.060)	0.88 (0.094)	0.62 (0.066)	0.06 (0.016)	0.01 (0.002)	0.01* (0.005)	
6 - 11.....	3.92 (0.209)	3.20 (0.208)	1.04 (0.113)	1.13 (0.152)	0.83 (0.058)	0.18 (0.040)	0.01* (0.006)	0.01* (0.007)	
12 - 19.....	5.12 (0.305)	4.08 (0.269)	1.42 (0.135)	1.45 (0.176)	0.77 (0.099)	0.25 (0.049)	0.16* (0.102)	0.03* (0.027)	
20 and over...	6.63 (0.185)	5.45 (0.166)	2.15 (0.204)	1.77 (0.137)	0.83 (0.079)	0.56 (0.079)	0.12 (0.021)	0.02* (0.007)	
2 and over...	5.78 (0.111)	4.72 (0.114)	1.80 (0.141)	1.57 (0.097)	0.80 (0.062)	0.43 (0.055)	0.10 (0.019)	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.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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

Table 2e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 (continued)

Race/ethnicity 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) -----		
Non-Hispanic White:			
2 - 5.....	0.26 (0.067)	0.40 (0.062)	0.04* (0.013)
6 - 11.....	0.30 (0.027)	0.49 (0.092)	0.08* (0.026)
12 - 19.....	0.44 (0.087)	0.64 (0.107)	0.05* (0.020)
20 and over...	0.51 (0.027)	0.89 (0.074)	0.07 (0.010)
2 and over...	0.48 (0.024)	0.81 (0.072)	0.07 (0.009)
Non-Hispanic Black:			
2 - 5.....	0.35 (0.056)	0.22 (0.043)	0.03 (0.007)
6 - 11.....	0.30 (0.035)	0.16 (0.027)	0.08 (0.016)
12 - 19.....	0.30 (0.039)	0.16* (0.065)	0.06 (0.013)
20 and over...	0.54 (0.029)	0.70 (0.096)	0.05 (0.010)
2 and over...	0.47 (0.024)	0.54 (0.073)	0.05 (0.009)
Non-Hispanic Asian:			
2 - 5.....	0.34 (0.084)	0.18 (0.042)	0.06* (0.026)
6 - 11.....	0.37 (0.080)	0.27 (0.057)	0.11* (0.041)
12 - 19.....	0.33 (0.088)	0.29* (0.101)	0.20* (0.104)
20 and over...	0.44 (0.040)	0.94 (0.227)	0.15 (0.043)
2 and over...	0.42 (0.041)	0.78 (0.190)	0.15 (0.036)
Hispanic:			
2 - 5.....	0.41 (0.045)	0.12 (0.020)	0.02 (0.004)
6 - 11.....	0.41 (0.059)	0.25 (0.053)	0.05 (0.011)
12 - 19.....	0.59 (0.095)	0.40 (0.077)	0.05* (0.017)
20 and over...	0.60 (0.031)	0.52 (0.061)	0.06* (0.023)
2 and over...	0.56 (0.018)	0.44 (0.052)	0.05 (0.016)

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

† Soy products excluding calcium fortified soy milk and mature soybeans.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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

Table 2f. Legumes: Mean Daily Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years) ‡	<i>Legumes</i> †	
	Legumes as Vegetable (cups)	Legumes as Protein (oz)
	— Mean (Standard Error) —	
Non-Hispanic White:		
2 - 5.....	0.02* (0.006)	0.07* (0.024)
6 - 11.....	0.03* (0.011)	0.14* (0.046)
12 - 19.....	0.06 (0.012)	0.24 (0.047)
20 and over...	0.11 (0.009)	0.45 (0.035)
2 and over...	0.10 (0.007)	0.39 (0.029)
Non-Hispanic Black:		
2 - 5.....	0.05* (0.018)	0.21* (0.073)
6 - 11.....	0.06 (0.011)	0.23 (0.043)
12 - 19.....	0.04* (0.013)	0.17* (0.053)
20 and over...	0.09 (0.009)	0.36 (0.034)
2 and over...	0.08 (0.007)	0.31 (0.029)
Non-Hispanic Asian:		
2 - 5.....	0.12* (0.044)	0.48* (0.176)
6 - 11.....	0.04* (0.015)	0.16* (0.063)
12 - 19.....	0.08 (0.022)	0.32 (0.088)
20 and over...	0.16 (0.017)	0.63 (0.069)
2 and over...	0.14 (0.016)	0.55 (0.065)
Hispanic:		
2 - 5.....	0.12 (0.012)	0.49 (0.050)
6 - 11.....	0.16 (0.024)	0.63 (0.095)
12 - 19.....	0.13 (0.033)	0.53 (0.133)
20 and over...	0.26 (0.016)	1.05 (0.065)
2 and over...	0.22 (0.014)	0.87 (0.055)

* 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.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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

Table 2g. 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 Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years) ‡	<i>Oils and Other Components</i>							
	Oils		Solid Fats		Added Sugars		Alcoholic Drinks	
	----- Mean (Standard Error) -----							
Non-Hispanic White:								
2 - 5.....	14.61	(0.714)	30.67	(2.440)	13.62	(0.658)	0.00	(0.000)
6 - 11.....	18.97	(1.269)	40.72	(1.795)	20.96	(0.746)	0.00	(0.000)
12 - 19.....	25.65	(2.483)	38.30	(2.259)	23.70	(1.329)	0.09*	(0.047)
20 and over...	27.22	(0.640)	37.89	(1.030)	18.30	(0.615)	1.00	(0.100)
2 and over...	25.93	(0.576)	37.80	(0.949)	18.80	(0.515)	0.79	(0.080)
Non-Hispanic Black:								
2 - 5.....	17.45	(1.398)	29.98	(1.762)	12.90	(0.896)	0.00	(0.000)
6 - 11.....	21.91	(0.884)	39.88	(1.829)	19.13	(0.793)	0.00	(0.000)
12 - 19.....	25.86	(1.514)	34.78	(1.381)	22.61	(1.739)	0.11*	(0.071)
20 and over...	27.21	(0.744)	36.24	(1.026)	20.77	(0.676)	0.77	(0.083)
2 and over...	25.82	(0.649)	35.96	(0.891)	20.31	(0.670)	0.55	(0.053)
Non-Hispanic Asian:								
2 - 5.....	14.87	(1.316)	26.83	(2.864)	8.93	(0.697)	0.00	(0.000)
6 - 11.....	16.87	(1.034)	27.99	(1.693)	14.59	(0.916)	0.00	(0.000)
12 - 19.....	21.47	(1.264)	32.79	(2.813)	14.40	(1.362)	0.03*	(0.027)
20 and over...	24.55	(1.672)	23.44	(1.149)	10.85	(0.496)	0.49	(0.064)
2 and over...	23.15	(1.272)	24.92	(0.961)	11.39	(0.462)	0.38	(0.053)
Hispanic:								
2 - 5.....	13.87	(0.548)	28.73	(1.360)	12.37	(0.784)	0.00	(0.000)
6 - 11.....	20.29	(1.097)	36.14	(1.591)	17.40	(0.697)	0.00	(0.000)
12 - 19.....	24.91	(1.625)	40.17	(1.816)	19.07	(0.940)	0.10*	(0.039)
20 and over...	24.61	(0.721)	35.73	(1.077)	18.04	(0.607)	0.54	(0.052)
2 and over...	23.27	(0.572)	35.87	(0.926)	17.65	(0.510)	0.36	(0.032)

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

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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.

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2014. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2011-2012. Available at: www.ars.usda.gov/ba/bhnrc/fsrg

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2011-12 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,</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	
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Cress	Poke greens																																		
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Endive	Turnip greens																																		
Escarole	Watercress																																		
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</td> </tr> <tr> <td></td> <td>Tomato puree</td> </tr> <tr> <td>Tomatoes, dried</td> <td>Tomato sauce</td> </tr> <tr> <td>Tomato juice</td> <td></td> </tr> </table>	Tomatoes (canned, cooked, raw, stewed)	Tomato paste		Tomato puree	Tomatoes, dried	Tomato sauce	Tomato juice																											
Tomatoes (canned, cooked, raw, stewed)	Tomato paste																																		
	Tomato puree																																		
Tomatoes, dried	Tomato sauce																																		
Tomato juice																																			

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</td> </tr> <tr> <td>Carrots</td> <td>Pumpkin</td> </tr> <tr> <td>Carrot juice</td> <td>Squash (most winter varieties)</td> </tr> <tr> <td>Red colored bell, and nonbell peppers</td> <td>Sweet potatoes</td> </tr> </table>	Calabaza (Spanish pumpkin)	Pimiento	Carrots	Pumpkin	Carrot juice	Squash (most winter varieties)	Red colored bell, and nonbell peppers	Sweet potatoes												
Calabaza (Spanish pumpkin)	Pimiento																				
Carrots	Pumpkin																				
Carrot juice	Squash (most winter varieties)																				
Red colored bell, and nonbell peppers	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)	<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																					
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	
Breadfruit	Parsnips																				
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Green bananas	Tapioca																				
Hominy	Taro																				
Jicama (Yam beans)	Water chestnuts																				
Lima beans, immature	Yams																				
Lotus root																					

Vegetables Components (cont.) (cup eq.)	Foods	
Other Vegetables (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	
Beans and Peas (Legumes) (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

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 (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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Corn meal or flour (whole grain)	Wheat																								
	Whole wheat flour																								
	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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Couscous	Wheat germ																								
Farina																									

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 <i>n</i> -3, and Seafood Low in <i>n</i> -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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Ham (not cured)	Wild pig																						

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 meat types)</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 meat types)	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 <i>n</i>-3 Fatty Acids (PF_SEAFD_HI)	Anchovy Barracuda Caviar (Roe) Cisco Herring Mackerel Pompano Ray Salmon	Sardine Sea bass Shad Shark Swordfish Trout Tuna (albacore & bluefin)
Seafood Low in <i>n</i>-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 Squid Sturgeon Tilapia Tuna (excludes albacore & bluefin) Turtle Whitefish 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 (soymilk), 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 (soymilk), Milk, dry calcium 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 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																		
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>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
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