

Table 2a. Fruit: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014

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.....	184	1.27 (0.086)	0.24 (0.058)	0.59 (0.045)	0.45 (0.033)
6 - 11.....	290	1.02 (0.124)	0.26 (0.051)	0.41 (0.060)	0.35 (0.066)
12 - 19.....	337	0.80 (0.085)	0.20 (0.057)	0.37 (0.043)	0.23 (0.033)
20 and over...	2233	0.85 (0.044)	0.21 (0.013)	0.43 (0.028)	0.21 (0.011)
2 and over...	3044	0.87 (0.036)	0.22 (0.011)	0.43 (0.023)	0.23 (0.011)
Non-Hispanic Black:					
2 - 5.....	161	1.14 (0.107)	0.07 (0.013)	0.51 (0.070)	0.56 (0.062)
6 - 11.....	285	0.89 (0.100)	0.12 (0.025)	0.38 (0.062)	0.39 (0.046)
12 - 19.....	307	0.69 (0.101)	0.13* (0.055)	0.16 (0.023)	0.40 (0.060)
20 and over...	1009	0.92 (0.061)	0.15 (0.016)	0.39 (0.035)	0.37 (0.030)
2 and over...	1762	0.90 (0.057)	0.14 (0.015)	0.37 (0.030)	0.39 (0.026)
Non-Hispanic Asian:					
2 - 5.....	58	1.17* (0.222)	0.11* (0.066)	0.62* (0.113)	0.44* (0.118)
6 - 11.....	70	1.44 (0.213)	0.31* (0.113)	0.75* (0.240)	0.38 (0.105)
12 - 19.....	136	1.09 (0.177)	0.19 (0.035)	0.52 (0.069)	0.38* (0.170)
20 and over...	525	1.18 (0.057)	0.28 (0.033)	0.70 (0.049)	0.19 (0.019)
2 and over...	789	1.19 (0.042)	0.27 (0.030)	0.69 (0.027)	0.24 (0.021)
Hispanic:					
2 - 5.....	221	1.43 (0.143)	0.22* (0.082)	0.59 (0.087)	0.62 (0.071)
6 - 11.....	330	1.13 (0.061)	0.22 (0.034)	0.52 (0.038)	0.39 (0.032)
12 - 19.....	446	1.03 (0.076)	0.22 (0.035)	0.48 (0.066)	0.33 (0.051)
20 and over...	1125	1.05 (0.066)	0.21 (0.024)	0.52 (0.047)	0.33 (0.030)
2 and over...	2122	1.09 (0.049)	0.21 (0.021)	0.52 (0.039)	0.36 (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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

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

Table 2b. Vegetables: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014

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.....	0.63 (0.055)	0.19 (0.035)	0.15 (0.024)	0.05* (0.019)	0.21 (0.032)	0.12 (0.017)	0.09 (0.022)	0.06 (0.015)	0.17 (0.037)	
6 - 11.....	0.84 (0.058)	0.34 (0.059)	0.29 (0.051)	0.05 (0.011)	0.26 (0.018)	0.19 (0.012)	0.07 (0.013)	0.05* (0.017)	0.19 (0.022)	
12 - 19.....	1.07 (0.065)	0.36 (0.047)	0.32 (0.049)	0.04* (0.014)	0.29 (0.030)	0.22 (0.021)	0.07* (0.023)	0.11 (0.025)	0.31 (0.029)	
20 and over...	1.53 (0.038)	0.42 (0.020)	0.36 (0.019)	0.06 (0.006)	0.40 (0.015)	0.29 (0.012)	0.11 (0.007)	0.17 (0.015)	0.54 (0.016)	
2 and over...	1.41 (0.037)	0.40 (0.018)	0.34 (0.018)	0.06 (0.004)	0.37 (0.011)	0.27 (0.009)	0.10 (0.007)	0.15 (0.014)	0.48 (0.014)	
Non-Hispanic Black:										
2 - 5.....	0.67 (0.045)	0.33 (0.043)	0.27 (0.041)	0.05 (0.014)	0.17 (0.016)	0.14 (0.017)	0.03* (0.010)	0.04* (0.016)	0.14 (0.025)	
6 - 11.....	0.74 (0.044)	0.23 (0.020)	0.19 (0.027)	0.04 (0.013)	0.26 (0.012)	0.20 (0.022)	0.06 (0.012)	0.08 (0.023)	0.17 (0.018)	
12 - 19.....	0.99 (0.090)	0.46 (0.068)	0.37 (0.049)	0.09 (0.026)	0.26 (0.023)	0.23 (0.017)	0.03 (0.010)	0.06 (0.015)	0.20 (0.017)	
20 and over...	1.32 (0.050)	0.49 (0.036)	0.40 (0.030)	0.09 (0.015)	0.33 (0.023)	0.24 (0.022)	0.09 (0.013)	0.15 (0.012)	0.35 (0.022)	
2 and over...	1.18 (0.042)	0.45 (0.027)	0.37 (0.025)	0.08 (0.008)	0.30 (0.017)	0.23 (0.017)	0.08 (0.010)	0.12 (0.011)	0.30 (0.018)	
Non-Hispanic Asian:										
2 - 5.....	0.60* (0.092)	0.25* (0.072)	0.21* (0.070)	0.04* (0.016)	0.16* (0.038)	0.11* (0.040)	0.06* (0.023)	0.06* (0.020)	0.13* (0.031)	
6 - 11.....	0.87 (0.148)	0.27 (0.079)	0.23* (0.077)	0.04* (0.015)	0.24 (0.032)	0.16 (0.027)	0.09 (0.024)	0.08 (0.018)	0.28 (0.070)	
12 - 19.....	1.53 (0.209)	0.42 (0.078)	0.40 (0.079)	0.02* (0.006)	0.42 (0.075)	0.28 (0.059)	0.14 (0.038)	0.16 (0.043)	0.53 (0.127)	
20 and over...	1.75 (0.072)	0.32 (0.029)	0.24 (0.030)	0.08 (0.009)	0.36 (0.019)	0.20 (0.014)	0.16 (0.012)	0.27 (0.035)	0.80 (0.068)	
2 and over...	1.60 (0.060)	0.32 (0.029)	0.25 (0.031)	0.07 (0.008)	0.35 (0.018)	0.20 (0.013)	0.14 (0.009)	0.23 (0.028)	0.70 (0.062)	
Hispanic:										
2 - 5.....	0.72 (0.058)	0.25 (0.043)	0.18 (0.028)	0.06* (0.029)	0.26 (0.030)	0.23 (0.028)	0.03 (0.006)	0.04* (0.014)	0.18 (0.019)	
6 - 11.....	0.92 (0.069)	0.31 (0.031)	0.26 (0.029)	0.05 (0.009)	0.30 (0.025)	0.25 (0.018)	0.05 (0.012)	0.04* (0.013)	0.28 (0.038)	
12 - 19.....	1.09 (0.086)	0.35 (0.056)	0.30 (0.047)	0.05 (0.011)	0.33 (0.017)	0.26 (0.012)	0.06 (0.014)	0.04 (0.005)	0.38 (0.029)	
20 and over...	1.50 (0.050)	0.37 (0.016)	0.28 (0.018)	0.09 (0.009)	0.41 (0.015)	0.33 (0.017)	0.08 (0.009)	0.13 (0.018)	0.59 (0.027)	
2 and over...	1.32 (0.037)	0.35 (0.013)	0.28 (0.012)	0.08 (0.006)	0.37 (0.010)	0.31 (0.012)	0.07 (0.007)	0.10 (0.012)	0.49 (0.021)	

* 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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

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

Table 2c. Grains: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity and age (years) ‡	Grains		
	Total Grains	Whole Grains	Refined Grains
	————— Mean (Standard Error) —————		
Non-Hispanic White:			
2 - 5.....	4.90 (0.218)	0.95 (0.070)	3.95 (0.176)
6 - 11.....	7.15 (0.263)	0.87 (0.103)	6.28 (0.224)
12 - 19.....	6.72 (0.320)	0.87 (0.106)	5.85 (0.281)
20 and over...	6.39 (0.086)	0.93 (0.042)	5.46 (0.101)
2 and over...	6.41 (0.083)	0.92 (0.042)	5.49 (0.094)
Non-Hispanic Black:			
2 - 5.....	5.11 (0.321)	0.74 (0.113)	4.37 (0.266)
6 - 11.....	6.97 (0.353)	0.70 (0.057)	6.26 (0.375)
12 - 19.....	7.30 (0.444)	0.72 (0.096)	6.58 (0.370)
20 and over...	6.25 (0.143)	0.79 (0.036)	5.46 (0.149)
2 and over...	6.39 (0.096)	0.77 (0.030)	5.62 (0.101)
Non-Hispanic Asian:			
2 - 5.....	5.08* (0.414)	0.56* (0.128)	4.52* (0.444)
6 - 11.....	7.07 (0.471)	0.62 (0.071)	6.45 (0.478)
12 - 19.....	7.50 (0.694)	0.93* (0.319)	6.58 (0.550)
20 and over...	6.35 (0.205)	1.21 (0.102)	5.14 (0.170)
2 and over...	6.48 (0.158)	1.11 (0.100)	5.37 (0.148)
Hispanic:			
2 - 5.....	5.43 (0.265)	0.65 (0.056)	4.78 (0.282)
6 - 11.....	7.06 (0.259)	0.81 (0.078)	6.26 (0.261)
12 - 19.....	7.72 (0.403)	0.65 (0.066)	7.07 (0.405)
20 and over...	7.68 (0.218)	0.68 (0.065)	7.00 (0.200)
2 and over...	7.45 (0.169)	0.69 (0.047)	6.76 (0.153)

* 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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

Table 2d. Dairy: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity and age (years) ‡	Dairy			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	----- Mean (Standard Error) -----			
Non-Hispanic White:				
2 - 5.....	2.04 (0.123)	1.41 (0.094)	0.51 (0.060)	0.11 (0.025)
6 - 11.....	2.45 (0.095)	1.40 (0.064)	0.96 (0.097)	0.08 (0.012)
12 - 19.....	2.17 (0.135)	1.22 (0.074)	0.88 (0.087)	0.04 (0.010)
20 and over...	1.76 (0.040)	0.79 (0.024)	0.85 (0.031)	0.08 (0.008)
2 and over...	1.86 (0.034)	0.89 (0.025)	0.84 (0.020)	0.08 (0.006)
Non-Hispanic Black:				
2 - 5.....	1.64 (0.148)	1.04 (0.132)	0.53 (0.088)	0.06* (0.022)
6 - 11.....	1.76 (0.111)	0.95 (0.111)	0.77 (0.113)	0.03* (0.010)
12 - 19.....	1.66 (0.119)	0.68 (0.062)	0.93 (0.107)	0.02* (0.008)
20 and over...	1.17 (0.046)	0.46 (0.021)	0.67 (0.047)	0.03 (0.004)
2 and over...	1.32 (0.044)	0.57 (0.020)	0.70 (0.043)	0.03 (0.003)
Non-Hispanic Asian:				
2 - 5.....	2.34* (0.340)	1.79* (0.352)	0.47* (0.105)	0.08* (0.042)
6 - 11.....	2.14 (0.176)	1.53 (0.140)	0.44 (0.090)	0.16* (0.052)
12 - 19.....	1.81 (0.283)	1.17 (0.253)	0.53 (0.094)	0.09* (0.050)
20 and over...	1.00 (0.042)	0.55 (0.036)	0.36 (0.026)	0.07 (0.012)
2 and over...	1.23 (0.056)	0.75 (0.047)	0.39 (0.027)	0.08 (0.015)
Hispanic:				
2 - 5.....	2.34 (0.116)	1.47 (0.086)	0.78 (0.093)	0.10 (0.019)
6 - 11.....	2.08 (0.098)	1.20 (0.081)	0.79 (0.063)	0.08 (0.022)
12 - 19.....	1.93 (0.083)	0.96 (0.072)	0.92 (0.088)	0.02 (0.007)
20 and over...	1.62 (0.077)	0.62 (0.041)	0.89 (0.068)	0.05 (0.011)
2 and over...	1.77 (0.062)	0.80 (0.034)	0.87 (0.043)	0.05 (0.009)

* 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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

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Table 2e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014

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.....	2.69 (0.179)	2.03 (0.186)	0.37 (0.055)	0.52 (0.119)	0.81 (0.117)	0.28* (0.198)	0.05* (0.042)	#	
6 - 11.....	3.60 (0.220)	2.82 (0.208)	0.94 (0.157)	1.01 (0.188)	0.77 (0.059)	0.08* (0.023)	0.02* (0.006)	0.01* (0.009)	
12 - 19.....	5.50 (0.419)	4.59 (0.395)	1.61 (0.146)	1.87 (0.381)	0.99 (0.090)	0.09* (0.041)	0.02* (0.008)	0.01* (0.011)	
20 and over...	6.18 (0.106)	4.68 (0.108)	1.47 (0.048)	1.46 (0.079)	1.10 (0.068)	0.43 (0.073)	0.20 (0.038)	0.02* (0.009)	
2 and over...	5.80 (0.117)	4.45 (0.126)	1.40 (0.045)	1.43 (0.090)	1.06 (0.054)	0.37 (0.061)	0.17 (0.031)	0.02* (0.008)	
Non-Hispanic Black:									
2 - 5.....	3.24 (0.295)	2.69 (0.213)	0.61 (0.127)	1.10 (0.123)	0.89 (0.135)	0.09* (0.034)	0.00 (0.000)	0.00 (0.000)	
6 - 11.....	4.03 (0.185)	3.42 (0.164)	0.82 (0.074)	1.34 (0.108)	0.99 (0.100)	0.25 (0.029)	0.02* (0.017)	#	
12 - 19.....	4.97 (0.265)	4.19 (0.265)	1.23 (0.109)	1.72 (0.151)	0.79 (0.066)	0.39* (0.160)	0.03* (0.016)	0.03* (0.027)	
20 and over...	7.01 (0.260)	5.75 (0.237)	1.60 (0.068)	1.95 (0.107)	1.02 (0.055)	0.95 (0.218)	0.17 (0.024)	0.05 (0.015)	
2 and over...	6.25 (0.236)	5.16 (0.219)	1.43 (0.038)	1.82 (0.099)	0.98 (0.048)	0.76 (0.177)	0.13 (0.016)	0.04 (0.012)	
Non-Hispanic Asian:									
2 - 5.....	3.24* (0.517)	2.73* (0.536)	0.45* (0.129)	0.89* (0.266)	0.41* (0.163)	0.53* (0.273)	0.44* (0.249)	0.00* (0.000)	
6 - 11.....	4.09 (0.663)	3.31 (0.504)	1.07* (0.346)	1.06 (0.233)	0.57* (0.243)	0.50* (0.311)	0.11* (0.078)	#	
12 - 19.....	5.79 (0.674)	4.82 (0.677)	1.46 (0.399)	2.01 (0.476)	0.65 (0.095)	0.39* (0.245)	0.16* (0.111)	0.15* (0.132)	
20 and over...	6.55 (0.280)	5.01 (0.262)	1.55 (0.115)	1.79 (0.262)	0.55 (0.071)	0.73 (0.091)	0.36 (0.077)	0.03* (0.016)	
2 and over...	6.13 (0.289)	4.75 (0.242)	1.46 (0.112)	1.72 (0.186)	0.55 (0.067)	0.67 (0.072)	0.32 (0.064)	0.04* (0.018)	
Hispanic:									
2 - 5.....	2.66 (0.210)	2.02 (0.218)	0.48 (0.061)	0.94 (0.134)	0.54 (0.106)	0.04* (0.026)	0.02* (0.015)	0.01* (0.005)	
6 - 11.....	3.87 (0.198)	3.27 (0.177)	1.15 (0.205)	1.22 (0.126)	0.67 (0.050)	0.18* (0.060)	0.04* (0.026)	0.01* (0.008)	
12 - 19.....	5.18 (0.361)	4.30 (0.322)	1.67 (0.264)	1.50 (0.159)	0.71 (0.071)	0.33* (0.121)	0.08* (0.029)	0.01* (0.011)	
20 and over...	6.31 (0.172)	5.00 (0.140)	1.75 (0.115)	1.89 (0.140)	0.77 (0.055)	0.44 (0.055)	0.13 (0.028)	0.03* (0.010)	
2 and over...	5.59 (0.155)	4.48 (0.128)	1.58 (0.081)	1.69 (0.125)	0.73 (0.041)	0.36 (0.050)	0.10 (0.022)	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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

Table 2e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (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.....	0.23 (0.026)	0.41 (0.034)	0.02* (0.012)
6 - 11.....	0.33 (0.066)	0.42 (0.091)	0.03* (0.010)
12 - 19.....	0.33 (0.038)	0.52 (0.139)	0.06 (0.015)
20 and over...	0.52 (0.028)	0.91 (0.079)	0.07 (0.007)
2 and over...	0.48 (0.023)	0.82 (0.068)	0.06 (0.007)
Non-Hispanic Black:			
2 - 5.....	0.32 (0.080)	0.21 (0.047)	0.02* (0.009)
6 - 11.....	0.35 (0.067)	0.22 (0.042)	0.04 (0.006)
12 - 19.....	0.39 (0.038)	0.33 (0.060)	0.06 (0.013)
20 and over...	0.58 (0.027)	0.63 (0.077)	0.05 (0.007)
2 and over...	0.52 (0.018)	0.53 (0.059)	0.05 (0.005)
Non-Hispanic Asian:			
2 - 5.....	0.41* (0.102)	0.07* (0.022)	0.04* (0.030)
6 - 11.....	0.45* (0.183)	0.22* (0.094)	0.10* (0.076)
12 - 19.....	0.43 (0.102)	0.38* (0.130)	0.15* (0.092)
20 and over...	0.53 (0.053)	0.81 (0.088)	0.21 (0.041)
2 and over...	0.50 (0.058)	0.69 (0.078)	0.19 (0.039)
Hispanic:			
2 - 5.....	0.45 (0.038)	0.15 (0.035)	0.04* (0.026)
6 - 11.....	0.33 (0.042)	0.18 (0.039)	0.09* (0.045)
12 - 19.....	0.49 (0.059)	0.33 (0.077)	0.05 (0.009)
20 and over...	0.70 (0.061)	0.52 (0.076)	0.08* (0.032)
2 and over...	0.61 (0.038)	0.43 (0.054)	0.07* (0.022)

* Indicates an estimate with a relative standard error greater than 30%.
 † Soy products excluding calcium fortified soy milk and raw soybeans.
 ‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: *What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

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

Table 2f. Legumes: Mean Amounts of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity and age (years) ‡	<i>Legumes</i> †	
	Legumes as Vegetable (cups)	Legumes as Protein (oz)
	— Mean (Standard Error) —	
Non-Hispanic White:		
2 - 5.....	0.04 (0.009)	0.14 (0.035)
6 - 11.....	0.04* (0.014)	0.16* (0.057)
12 - 19.....	0.06* (0.025)	0.24* (0.103)
20 and over...	0.08 (0.007)	0.31 (0.029)
2 and over...	0.07 (0.007)	0.29 (0.026)
Non-Hispanic Black:		
2 - 5.....	0.04* (0.014)	0.17* (0.055)
6 - 11.....	0.08 (0.013)	0.32 (0.051)
12 - 19.....	0.05 (0.013)	0.21 (0.052)
20 and over...	0.11 (0.019)	0.45 (0.075)
2 and over...	0.10 (0.014)	0.39 (0.054)
Non-Hispanic Asian:		
2 - 5.....	0.05* (0.021)	0.22* (0.086)
6 - 11.....	0.16* (0.049)	0.64* (0.198)
12 - 19.....	0.06* (0.019)	0.23* (0.075)
20 and over...	0.18 (0.017)	0.74 (0.070)
2 and over...	0.16 (0.017)	0.65 (0.068)
Hispanic:		
2 - 5.....	0.09 (0.024)	0.36 (0.095)
6 - 11.....	0.13 (0.033)	0.53 (0.133)
12 - 19.....	0.16 (0.021)	0.66 (0.086)
20 and over...	0.25 (0.023)	1.01 (0.091)
2 and over...	0.21 (0.019)	0.86 (0.076)

* 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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

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

Table 2g. Oils and Other Components: Mean Amounts of Food Patterns Gram 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, 2013-2014

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.....	13.94	(0.687)	25.04	(1.056)	11.55	(0.482)	0.00	(0.000)
6 - 11.....	18.84	(1.308)	40.07	(1.429)	17.62	(1.071)	0.00	(0.000)
12 - 19.....	22.57	(1.624)	34.98	(1.638)	20.78	(1.230)	0.08*	(0.058)
20 and over...	27.01	(0.545)	36.56	(0.617)	17.20	(0.540)	0.87	(0.085)
2 and over...	25.51	(0.467)	36.20	(0.572)	17.35	(0.550)	0.70	(0.076)
Non-Hispanic Black:								
2 - 5.....	18.94	(1.599)	26.36	(2.574)	12.88	(0.790)	0.00	(0.000)
6 - 11.....	19.51	(0.782)	32.74	(2.191)	17.68	(1.052)	0.00	(0.000)
12 - 19.....	26.60	(2.177)	35.69	(2.018)	20.42	(1.021)	0.03*	(0.020)
20 and over...	28.89	(1.565)	36.62	(1.078)	21.29	(0.937)	0.83	(0.090)
2 and over...	27.16	(1.321)	35.56	(0.921)	20.37	(0.721)	0.60	(0.070)
Non-Hispanic Asian:								
2 - 5.....	15.52*	(2.028)	26.77*	(2.709)	10.03*	(2.265)	0.00*	(0.000)
6 - 11.....	18.76	(2.133)	29.27	(3.186)	12.35	(0.689)	0.00	(0.000)
12 - 19.....	28.17	(3.198)	26.91	(1.921)	12.87	(1.314)	0.07*	(0.057)
20 and over...	24.97	(1.059)	21.97	(1.203)	10.05	(0.550)	0.43	(0.090)
2 and over...	24.41	(1.123)	23.27	(0.988)	10.53	(0.442)	0.34	(0.076)
Hispanic:								
2 - 5.....	14.52	(0.918)	29.15	(1.632)	10.76	(0.701)	0.00	(0.000)
6 - 11.....	20.13	(1.089)	34.02	(2.511)	15.98	(0.914)	0.00	(0.000)
12 - 19.....	23.97	(1.680)	37.93	(2.411)	18.04	(0.944)	0.06*	(0.023)
20 and over...	26.08	(1.240)	35.86	(1.045)	17.88	(0.603)	0.57	(0.077)
2 and over...	24.22	(0.889)	35.45	(0.853)	17.16	(0.474)	0.39	(0.052)

* 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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2017. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2013-2014. Available at: www.ars.usda.gov/nea/bhnrc/fsrg

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis

Fruit Components (cup eq.)	Foods	
Total Fruit (F_TOTAL)	Includes the sum of all foods in the Fruit components listed below:	
Citrus, Melons, and Berries (F_CITMLB)	Blackberries Blueberries Boysenberries Calamondin Cantaloupe Casaba Cranberries Dewberries Grapefruit Honeydew Huckleberries Juneberries Kiwi fruit	Kumquats Lemons Limes Loganberries Mandarins Mulberries Oranges Raspberries Strawberries Tangelos Tangerines Watermelon Youngberries
Other Fruits (F_OTHER)	Apples Apricots Bananas Cherries Currants Dates Figs Grapes Guava Lychees Mangoes Nectarines Papayas	Passion fruits Peaches Pears Persimmons Pineapple Plums (Ciruelas) Pomegranates Prunes Raisins Rhubarb Soursop (Guanabana) Starfruit (Carambola) Tamarind
Fruit Juice (F_JUICE)	Citrus and non-citrus fruit juices	

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)

Vegetables Components (cup eq.)	Foods	
Total Vegetables (V_TOTAL)	Includes the sum of all foods in the Vegetables components listed below except Beans and Peas (Legumes):	
Dark Green Vegetables (V_DRKGR)	Arugula Basil Beet greens Bitter melon leaves Broccoli Broccoli raab Chinese Cabbage (Pak-choi) Chrysanthemum garland Chard Chicory leaves Cilantro (Coriander) Collards Cress Dandelion greens Endive Escarole Greens	Horseradish leaves Kale Lambquarters Leaves of grapes, pumpkin, squash, sweet potato, swamp cabbage, taro, and thistle Lettuce (Boston, butterhead, green or red leaf, cos or romaine) Mustard cabbage Mustard greens Parsley Poke greens Spinach Turnip greens Watercress
Total Red and Orange Vegetables (V_REDOR_TOTAL)	Includes the sum of all foods in the Tomatoes and Other Red and Orange Vegetables components listed below:	
Tomatoes (V_REDOR_TOMATO)	Tomatoes (canned, cooked, raw, stewed) Tomatoes, dried Tomato juice	Tomato paste Tomato puree Tomato sauce

Vegetables Components (cup eq.)	Foods	
Other Red and Orange Vegetables (V_REDOR_OTHER)	Calabaza (Spanish pumpkin) Carrots Carrot juice Red colored bell, and nonbell peppers	Pimiento Pumpkin Squash (most winter varieties) Sweet potatoes
Total Starchy Vegetables (V_STARCHY_TOTAL)	Includes the sum of all foods in the Potatoes and Other Starchy Vegetables components listed below:	
Potatoes (V_STARCHY_POTATO)	White potatoes White potato flour	White potato flakes
Other Starchy Vegetables (V_STARCHY_OTHER)	Breadfruit Burdock Cassava (Yuca blanca) Corn, sweet (raw) Dasheen Green bananas Hominy Jicama (Yam beans) Lima beans, immature Lotus root	Parsnips Immature peas (e.g., immature cowpeas, blackeye peas, green peas, pigeon peas) Plantains Salsify Tannier Tapioca Taro Water chestnuts Yams

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)

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: <table border="0" style="width: 100%;"> <tr> <td>Black beans</td> <td>Kidney beans</td> </tr> <tr> <td>Blackeye peas</td> <td>Lentils</td> </tr> <tr> <td>Brown beans</td> <td>Mature lima beans</td> </tr> <tr> <td>Bayo beans</td> <td>Mung beans</td> </tr> <tr> <td>Calico beans</td> <td>Navy beans</td> </tr> <tr> <td>Carob</td> <td>Pink beans</td> </tr> <tr> <td>Chickpeas (Garbanzo beans)</td> <td>Pinto beans</td> </tr> <tr> <td>Cowpeas</td> <td>Red Mexican beans</td> </tr> <tr> <td>Fava beans</td> <td>Soybeans* (raw)</td> </tr> <tr> <td></td> <td>Split peas</td> </tr> <tr> <td></td> <td>White beans</td> </tr> </table>		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* (raw)		Split peas		White beans
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Cowpeas	Red Mexican beans																							
Fava beans	Soybeans* (raw)																							
	Split peas																							
	White beans																							

*Products such as edamame made from raw soybeans are placed under Legumes.

**Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names
in Parenthesis (Continued)**

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>Whole grain cracked wheat</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		Whole grain cracked wheat		Wild rice
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	Whole wheat flour																										
	Whole grain cracked wheat																										
	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 and cracked wheat (not whole grain)</td></tr> <tr><td>Couscous</td><td></td></tr> <tr><td>Farina</td><td>Wheat germ</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 and cracked wheat (not whole grain)	Couscous		Farina	Wheat germ								
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Couscous																											
Farina	Wheat germ																										

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)

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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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>Pork loaf</td> </tr> <tr> <td>Dutch brand loaf</td> <td>Potted meats</td> </tr> <tr> <td>Frankfurters</td> <td>Salami</td> </tr> <tr> <td>Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced)</td> <td>Sandwich loaf</td> </tr> <tr> <td>Head cheese</td> <td>Souse</td> </tr> <tr> <td>Honey loaf</td> <td>Thuringer</td> </tr> <tr> <td></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	Pork loaf	Dutch brand loaf	Potted meats	Frankfurters	Salami	Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced)	Sandwich loaf	Head cheese	Souse	Honey loaf	Thuringer		Turkey luncheon meat		Turkey sausage		Turkey, smoked		Turkey sticks		Veal loaf		Vienna sausage
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Organ Meat (PF_ORGAN)	<table border="0"> <tr> <td>Brain</td> <td>Liver</td> </tr> <tr> <td>Chitterlings</td> <td>Stomach</td> </tr> <tr> <td>Giblets</td> <td>Sweetbreads</td> </tr> <tr> <td>Gizzard</td> <td>Thymus</td> </tr> <tr> <td>Heart</td> <td>Tongue</td> </tr> <tr> <td>Kidney</td> <td>Tripe</td> </tr> </table>	Brain	Liver	Chitterlings	Stomach	Giblets	Sweetbreads	Gizzard	Thymus	Heart	Tongue	Kidney	Tripe																																												
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Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)

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 Swordfish Trout Tuna (albacore & bluefin)
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 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	

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)

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

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)

Oils Component (grams)	Foods																		
Oils (OILS)	Includes fats naturally present in seafood, nuts, seeds, olives, avocados, 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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Rapeseed oil																			

Added Sugars Component (tsp. eq.)	Foods																				
Added Sugars (ADD_SUGARS)	<table border="0"> <tr> <td>Brown Sugar</td> <td>Fruit syrups</td> </tr> <tr> <td>Cane syrup</td> <td>Granulated sugar</td> </tr> <tr> <td>Confectioners' sugar</td> <td>Honey</td> </tr> <tr> <td>Corn Syrups</td> <td>Maple syrup</td> </tr> <tr> <td>Corn syrup solids</td> <td>Molasses</td> </tr> <tr> <td>Dextrose</td> <td>Pancake syrups</td> </tr> <tr> <td>Fructose</td> <td>Powdered sugar</td> </tr> <tr> <td>Fruit juice concentrates (undiluted)</td> <td>Raw sugar</td> </tr> <tr> <td></td> <td>Sorghum syrups</td> </tr> <tr> <td></td> <td>White sugar (cane and beet)</td> </tr> </table>	Brown Sugar	Fruit syrups	Cane syrup	Granulated sugar	Confectioners' sugar	Honey	Corn Syrups	Maple syrup	Corn syrup solids	Molasses	Dextrose	Pancake syrups	Fructose	Powdered sugar	Fruit juice concentrates (undiluted)	Raw sugar		Sorghum syrups		White sugar (cane and beet)
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	Sorghum syrups																				
	White sugar (cane and beet)																				

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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Coconut oil	Palm oil														
Cream	Tallow														
Cream substitute	Shortening (animal and vegetable)														
Cream Cheese, regular and low-fat	Sour cream														

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