

What We Eat in America Food Categories 2013-2014.

Food category	Codes ²	Reports ¹	
		Day 1	Day 2
MILK AND DAIRY			
Milk			
1002 Milk, whole	9	1,621	1,487
1004 Milk, reduced fat	6	2,499	2,242
1006 Milk, lowfat	7	675	685
1008 Milk, nonfat	7	550	492
Flavored Milk			
1202 Flavored milk, whole	12	138	109
1204 Flavored milk, reduced fat	23	258	253
1206 Flavored milk, lowfat	14	192	159
1208 Flavored milk, nonfat	17	165	100
Dairy Drinks and Substitutes			
1402 Milk shakes and other dairy drinks	14	156	93
1404 Milk substitutes	27	359	330
Cheese			
1602 Cheese	61	3,480	2,901
1604 Cottage/ricotta cheese	16	96	103
Yogurt			
1820 Yogurt, regular	21	515	566
1822 Yogurt, Greek	10	205	202
PROTEIN FOODS			
Meats			
2002 Beef, excludes ground	77	706	638
2004 Ground beef	11	579	535
2006 Pork	83	595	472
2008 Lamb, goat, game	45	58	26
2010 Liver and organ meats	15	39	11
Poultry			
2202 Chicken, whole pieces	268	1,915	1,908
2204 Chicken patties, nuggets and tenders	7	679	524
2206 Turkey, duck, other poultry	65	256	169
Seafood			
2402 Fish	340	661	616
2404 Shellfish	94	320	280
Eggs			
2502 Eggs and omelets	180	1,925	1,608
Cured Meats/Poultry			
2602 Cold cuts and cured meats	88	1,737	1,601
2604 Bacon	13	634	530
2606 Frankfurters	12	155	129
2608 Sausages	27	532	418
Plant-based Protein Foods			
2802 Beans, peas, legumes	138	871	716
2804 Nuts and seeds	70	1,716	1,455
2806 Processed soy products	25	101	83

1. Number of times reported in 2013-2014.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2013-2014, day 1 (n=8,661) and 2 (n=7,574), all individuals.

What We Eat in America Food Categories 2013-2014.

Food category	Codes ²	Reports ¹	
		Day 1	Day 2
MIXED DISHES			
Mixed Dishes - Meat, Poultry, Seafood			
3002 Meat mixed dishes	308	828	692
3004 Poultry mixed dishes	150	568	436
3006 Seafood mixed dishes	122	251	219
Mixed Dishes - Grain-based			
3202 Rice mixed dishes	148	745	484
3204 Pasta mixed dishes, excludes macaroni and cheese	120	811	723
3206 Macaroni and cheese	16	485	465
3208 Turnovers and other grain-based items	51	183	137
Mixed Dishes - Asian			
3402 Fried rice and lo/chow mein	45	318	188
3404 Stir-fry and soy-based sauce mixtures	74	372	204
3406 Egg rolls, dumplings, sushi	25	254	156
Mixed Dishes - Mexican			
3502 Burritos and tacos	54	802	642
3504 Nachos	7	73	66
3506 Other Mexican mixed dishes	63	494	381
Mixed Dishes - Pizza			
3602 Pizza	74	1,469	1,022
Mixed Dishes - Sandwiches (single code)			
3702 Burgers (single code)	58	378	316
3703 Frankfurter sandwiches (single code)	96	383	298
3704 Chicken/turkey sandwiches (single code)	32	301	230
3706 Egg/breakfast sandwiches (single code)	49	285	234
3708 Other sandwiches (single code)	84	162	142
Mixed Dishes - Soups			
3802 Soups	234	1,294	1,195
GRAINS			
Cooked Grains			
4002 Rice	26	1,382	1,365
4004 Pasta, noodles, cooked grains	52	305	343
Breads, Rolls, Tortillas			
4202 Yeast breads	120	3,733	3,634
4204 Rolls and buns	34	1,470	1,150
4206 Bagels and English muffins	30	348	344
4208 Tortillas	7	707	557
Quick Breads and Bread Products			
4402 Biscuits, muffins, quick breads	56	606	525
4404 Pancakes, waffles, French toast	40	653	559
Ready-to-Eat Cereals			
4602 Ready-to-eat cereal, higher sugar (>21.2g/100g)	121	1,428	1,302
4604 Ready-to-eat cereal, lower sugar (=<21.2g/100g)	75	843	819
Cooked Cereals			
4802 Oatmeal	30	432	517
4804 Grits and other cooked cereals	102	201	160

1. Number of times reported in 2013-2014.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2013-2014, day 1 (n=8,661) and 2 (n=7,574), all individuals.

What We Eat in America Food Categories 2013-2014.

Food category	Codes ²	Reports ¹	
		Day 1	Day 2
SNACKS AND SWEETS			
Savory Snacks			
5002 Potato chips	16	1,156	890
5004 Tortilla, corn, other chips	22	1,406	893
5006 Popcorn	11	554	356
5008 Pretzels/snack mix	16	395	294
Crackers			
5202 Crackers, excludes saltines	50	1,096	958
5204 Saltine crackers	5	271	301
Snack/M Meal Bars			
5402 Cereal bars	31	383	377
5404 Nutrition bars	15	93	100
Sweet Bakery Products			
5502 Cakes and pies	202	1,004	750
5504 Cookies and brownies	110	2,248	1,744
5506 Doughnuts, sweet rolls, pastries	73	1,064	770
Candy			
5702 Candy containing chocolate	69	1,137	837
5704 Candy not containing chocolate	66	1,518	962
Other Desserts			
5802 Ice cream and frozen dairy desserts	117	1,279	937
5804 Pudding	56	155	118
5806 Gelatins, ices, sorbets	38	317	299
FRUIT			
Fruits			
6002 Apples	14	1,331	1,294
6004 Bananas	11	1,267	1,382
6006 Grapes	6	557	564
6008 Peaches and nectarines	14	295	289
6010 Berries	45	832	718
6012 Citrus fruits	21	714	635
6014 Melons	6	474	420
6016 Dried fruits	42	217	229
6018 Other fruits and fruit salads	105	847	818

1. Number of times reported in 2013-2014.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2013-2014, day 1 (n=8,661) and 2 (n=7,574), all individuals.

What We Eat in America Food Categories 2013-2014.

Food category	Codes ²	Reports ¹	
		Day 1	Day 2
VEGETABLES			
Vegetables, excluding Potatoes			
6402 Tomatoes	22	1,354	1,315
6404 Carrots	35	655	683
6406 Other red and orange vegetables	77	231	186
6408 Dark green vegetables, excludes lettuce	287	838	764
6410 Lettuce and lettuce salads	17	1,869	1,866
6412 String beans	85	352	418
6414 Onions	35	700	595
6416 Corn	118	389	385
6418 Other starchy vegetables	155	190	170
6420 Other vegetables and combinations	534	1,973	1,835
6422 Vegetable mixed dishes	189	390	262
White Potatoes			
6802 White potatoes, baked or boiled	20	235	256
6804 French fries and other fried white potatoes	24	1,588	1,146
6806 Mashed potatoes and white potato mixtures	77	731	629
BEVERAGES, NONALCOHOLIC			
100% Juice			
7002 Citrus juice	13	1,096	1,092
7004 Apple juice	3	767	695
7006 Other fruit juice	20	666	603
7008 Vegetable juice	8	88	108
Diet Beverages			
7102 Diet soft drinks	13	970	872
7104 Diet sport and energy drinks	11	84	67
7106 Other diet drinks	6	172	137
Sweetened Beverages			
7202 Soft drinks	14	3,657	2,562
7204 Fruit drinks	55	2,215	1,542
7206 Sport and energy drinks	20	532	426
7208 Nutritional beverages	16	112	97
7220 Smoothies and grain drinks	19	320	259
Coffee and Tea			
7302 Coffee	113	3,639	3,195
7304 Tea	43	2,426	2,040
ALCOHOLIC BEVERAGES			
Alcoholic Beverages			
7502 Beer	9	814	468
7504 Wine	12	402	254
7506 Liquor and cocktails	78	365	182
WATER			
Plain Water			
7702 Tap water	1	8,095	7,872
7704 Bottled water	1	6,127	5,548
Flavored or Enhanced Water			
7802 Flavored or carbonated water	5	223	171
7804 Enhanced or fortified water	7	67	61

1. Number of times reported in 2013-2014.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2013-2014, day 1 (n=8,661) and 2 (n=7,574), all individuals.

What We Eat in America Food Categories 2013-2014.

Food category	Codes ²	Reports ¹	
		Day 1	Day 2
FATS AND OILS			
Fats and Oils			
8002 <i>Butter and animal fats</i>	17	884	799
8004 <i>Margarine</i>	31	676	571
8006 <i>Cream cheese, sour cream, whipped cream</i>	25	481	378
8008 <i>Cream and cream substitutes</i>	23	1,558	1,362
8010 <i>Mayonnaise</i>	11	1,150	1,032
8012 <i>Salad dressings and vegetable oils</i>	55	1,379	1,216
CONDIMENTS AND SAUCES			
Condiments and Sauces			
8402 <i>Tomato-based condiments</i>	12	2,446	1,659
8404 <i>Soy-based condiments</i>	8	258	153
8406 <i>Mustard and other condiments</i>	38	1,284	1,000
8408 <i>Olives, pickles, pickled vegetables</i>	42	506	446
8410 <i>Pasta sauces, tomato-based</i>	11	173	154
8412 <i>Dips, gravies, other sauces</i>	54	857	561
SUGARS			
Sugars			
8802 <i>Sugars and honey</i>	12	2,039	1,754
8804 <i>Sugar substitutes</i>	11	781	729
8806 <i>Jams, syrups, toppings</i>	49	1,269	1,004
INFANT FORMULA AND BABY FOOD			
Baby Foods			
9002 <i>Baby food: cereals</i>	20	392	311
9004 <i>Baby food: fruit</i>	52	161	153
9006 <i>Baby food: vegetable</i>	31	139	130
9008 <i>Baby food: meat and dinners</i>	61	62	50
9010 <i>Baby food: yogurt</i>	12	32	24
9012 <i>Baby food: snacks and sweets</i>	35	175	118
Baby Beverages			
9202 <i>Baby juice</i>	17	109	80
9204 <i>Baby water</i>	1	90	75
Infant Formulas			
9402 <i>Formula, ready-to-feed</i>	67	110	80
9404 <i>Formula, prepared from powder</i>	124	1,393	1,145
9406 <i>Formula, prepared from concentrate</i>	48	26	30
Human Milk			
9602 <i>Human milk</i>	1	696	647
OTHER			
Other			
9802 <i>Protein and nutritional powders</i>	18	130	126
9999 <i>Not included in a food category</i>	42	244	149

1. Number of times reported in 2013-2014.

2. Number of FNDDS codes in food category.

SOURCE: What We Eat in America, NHANES 2013-2014, day 1 (n=8,661) and 2 (n=7,574), all individuals.