Block 2014 Food Frequency Questionnaire
FILE DESCRIPTION: "RAW" QUESTIONNAIRE and NUTRIENT ANALYSIS DATA
Includes additional nutrients from USDA SR 27, USDA provisional tables

2014 FFQ: Database version three, past 12 months
FFQ#: 396

This is an ASCII or "Text" file with delimiters. Variables are separated by a comma. Each questionnaire and its analysis result are stored in one line of data, including both RAW scanned data and nutrient analysis results.

A respondent ID number identifies each respondent's data. The list of variable names and descriptions reflects the order of appearance in the data file. A description of coded values and their meaning follows the variable list.

General Coding Information: RAW DATA

MISSING and ERROR Codes

Missing Code = 'M'   If responses are omitted, marked in ink, or marked too lightly with pencil, they are seen by the scanner as missing and the field is given a code of "M".
These responses contribute nothing to the nutrient analysis.

Error Code = "E"   Indicates a scanning error, usually multiple marks in a field where only one filled bubble is allowed. These responses are treated as missing in the nutrient analysis.

SCANNED RAW DATA: Identifier and demographics

1.	RESPONDENTID	"Respondent ID", 10 characters max
2.	BOOKNUM	"Booklet Number" , 8 characters Unique serial number printed on each sheet of paper FFQ booklets. If your data was collected with scannable paper booklets, this could serve as an additional ID variable. If your data was collected electronically, on a laptop or online, the only value for this variable will be: 'MMMMMMMM' = Missing
3.	TODAYSDATE	"Date completed (MMDDYYYY)" , 8 characters
4.	SEX	"Sex" 1=M, 2=F
5.	PREGNANT	"Pregnant?" 1=No, 2=Yes, 3=Not female
6.	AGE	"Age, years" , 2 characters
7.	WEIGHT	"Weight, pounds" , 3 characters
8.	HEIGHTFEET	"Height, feet" , 1 character
9.	HEIGHTINCHES	"Height, inches" , 2 characters (00 – 11)

FOOD LIST CODING: Food Questions generate two variables:

(1) First variable is for food frequency response code. Frequency variables have a "FREQ" suffix for the food and beverage questions.

(2) Second variable is for portion size response code. Portion size variables have a "QUAN" suffix for the food and beverage questions.

Coding Scheme for Food Frequency questions *"How often did you eat or drink in the past year"*	Coding Scheme for Portion Sizes (Quantity) *"How much did you eat or drink"*
1 = 'Never' 2 = 'A few times per year' 3 = 'Once per month' 4 = '2 -3 times per month' 5 = 'Once per week' 6 = '2 times per week' 7 = '3-4 times per week' 8 = '5-6 times per week' 9 = 'Every day' NOTE: The standard reference period for a Block food frequency questionnaire (FFQ) is "in the past year". Questionnaires with shorter reference periods (6-month, 3-month or 1-month) either do not use frequency code #2, or their meaning is revised for the shorter reference period, or both.	"A" 1 = '1/4 cup of food' "B" 2 = '1/2 cup of food' "C" 3 = '1 cup of food' "D" 4 = '2 cups of food' For all other quantity codes, see specifics listed on the FFQ

RAW QUESTIONNAIRE RESPONSE DATA: Foods and Beverages

EGGS and DAIRY FOODS

10.	BREAKFASTSANDWICHFREQ	"Breakfast egg sandwich, frequency"
11.	BREAKFASTSANDWICHQUAN	"Breakfast egg sandwich, quantity" "How many sandwiches in a day" 1 = '1 sandwich' 2 = '2 sandwiches'
12.	EGGSFREQ	"Other eggs, frequency"
13.	EGGSQUAN	"Other eggs, quantity" "How many eggs a day" 1 = '1' 2 = '2' 3 = '3' 4 = '4'
14.	YOGURTFREQ	"Yogurt, frequency" (NOT frozen yogurt)
15.	YOGURTQUAN	"Yogurt, quantity" (NOT frozen yogurt) 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'

16.	COTTAGECHEESEFREQ	"Cottage cheese, ricotta cheese, frequency"
17.	COTTAGECHEESEQUAN	"Cottage cheese, ricotta cheese, quantity" 1 = '1/4 cup' 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
18.	CREAMCHEESEFREQ	"Cream cheese, frequency"
19.	CREAMCHEESEQUAN	"Cream cheese, quantity" 1 = '1 tablespoon 2 = '2 tablespoons' 3 = '3 tablespoons' 4 = '4 tablespoons'
20.	SLICEDCHEESEFREQ	"Cheese, frequency"
21.	SLICEDCHEESEQUAN	"Cheese, quantity" *"How many slices"* 1 = '1 slice' 2 = '2 slices' 3 = '3 slices' 4 = '4 slices'
22.	COLDCEREALFREQ	"Cold cereal, frequency"
23.	COLDCEREALQUAN	"Cold cereal, quantity" (Choices: B, C, D) 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
24.	WHOLEGRAINCEREALFREQ	"Oatmeal, whole grain cereal, frequency"
25.	WHOLEGRAINCEREALQUAN	"Oatmeal, whole grain cereal, quantity" 1 = '1/4 cup' 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
26.	GRITSFREQ	"Grits, cream of wheat, cornmeal mush, frequency"
27.	GRITSQUAN	"Grits, cream of wheat, cornmeal mush, quantity" 1 = '1/4 cup' 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
28.	MILKONCEREALFREQ	"Milk, or milk substitutes on cereal", frequency
29.	MILKONCEREALQUAN	Dummy placeholder, not asked on questionnaire
30.	BROWNRICEFREQ	"Brown rice, frequency"
31.	BROWNRICEQUAN	"Brown rice, quantity" (Choices: B,C,D) 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
32.	WHITERICEFREQ	"White rice, frequency"
33.	WHITERICEQUAN	"White rice, quantity" (Choices: B,C,D) 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'

34.	PANCAKEFREQ	"Pancakes, frequency"
35.	PANCAKEQUAN	"Pancakes, waffles, quantity" 1 = 'One' 2 = 'Two' 3 = 'Three' 4 = 'Four'
36.	PASTRIESFREQ	"Breakfast pastries, frequency"
37.	PASTRIESQUAN	"Breakfast pastries, quantity" 1 = '1 small piece' 2 = '1 medium piece' 3 = '2 pieces' 4 = '3 pieces'
38.	BISCUITFREQ	"Biscuits, frequency"
39.	BISCUITQUAN	"Biscuits, quantity" 1 = '1 small piece' 2 = '1 medium piece' 3 = '2 pieces' 4 = '3 pieces'
40.	CORNBREADFREQ	"Cornbread, frequency"
41.	CORNBREADQUAN	"Cornbread, quantity" 1 = '½ piece' 2 = '1 piece' 3 = '2 pieces' 4 = '3 pieces'
42.	BUNSFREQ	"Burger rolls, buns, frequency"
43.	BUNSQUAN	"Burger rolls, buns, quantity" 1 = '½ bun' 2 = '1 bun' 3 = '2 buns' 4 = '3 buns'
44.	BAGELFREQ	"Bagels, English muffin, frequency"
45.	BAGELQUAN	"Bagels, English muffin, quantity" 1 = '½ bagel' 2 = '1 bagel' 3 = '2 bagels' 4 = '3 bagels'
46.	TORTILLASFREQ	"Tortillas (flour), frequency"
47.	TORTILLASQUAN	"Flour tortillas, quantity" 1 = 'One' 2 = 'Two' 3 = 'Three' 4 = 'Four'
48.	OTHERBREADSFREQ	"Other bread, frequency"
49.	OTHERBREADSQUAN	"Other bread, quantity" - *How many slices?* 1 = 'One' 2 = 'Two' 3 = 'Three' 4 = 'Four'

50.	BROCCOLIFREQ	"Broccoli, frequency "
51.	BROCCOLIQUAN	"Broccoli, quantity" 　1 ='1/4 cup' 　2 ='1/2 cup' 　3 ='1 cup' 　4 ='2 cups'
52.	CARROTSFREQ	"Carrots, frequency"
53.	CARROTSQUAN	"Carrots, quantity" 　1 ='1/4 cup' 　2 ='1/2 cup' 　3 ='1 cup' 　4 ='2 cups'
54.	CORNFREQ	"Corn, frequency"
55.	CORNQUAN	"Corn, quantity" 　1 ='1/4 cup' 　2 ='1/2 cup' 　3 ='1 cup' 　4 ='2 cups'
56.	GREENBEANSFREQ	"Green beans, frequency"
57.	GREENBEANSQUAN	"Green beans, quantity" 　1 ='1/4 cup' 　2 ='1/2 cup' 　3 ='1 cup' 　4 ='2 cups'
58.	COOKEDGREENSFREQ	"Cooked greens, frequency"
59.	COOKEDGREENSQUAN	"Cooked greens, quantity" 　1 ='1/4 cup' 　2 ='1/2 cup' 　3 ='1 cup' 　4 ='2 cups'
60.	CABBAGEFREQ	"Cabbage, Cole slaw, frequency"
61.	CABBAGEQUAN	"Cabbage, Cole slaw, quantity" 　1 ='1/4 cup' 　2 ='1/2 cup' 　3 ='1 cup' 　4 ='2 cups'
62.	GREENSALADFREQ	"Green salad, frequency"
63.	GREENSALADQUAN	"Green salad, quantity" 　1 ='1/2 cup' 　2 ='1 cup' 　3 ='2 cups' 　4 ='3+ cups'
64.	RAWTOMATOESFREQ	"Tomatoes, frequency"
65.	RAWTOMATOESQUAN	"Tomatoes, quantity" 　1 ='1/4 tomato' 　2 ='1/2 tomato' 　3 ='1 tomato' 　4 ='2 tomatoes'

66.	SALADDRESSINGSFREQ	"Salad dressing, frequency"

67.	SALADDRESSINGSQUAN	"Salad dressing, quantity"
		  1 ='1 tablespoon'
		  2 = '2 tablespoons'
		  3 = '3 tablespoons'
		  4 = '4 tablespoons',

68.	AVOCADOFREQ	"Avocado, guacamole, frequency"

69.	AVOCADOQUAN	"Avocado, guacamole, quantity"
		  1 = '1 tablespoon'
		  2 = '2 tablespoons'
		  3 = '3 tablespoons'
		  4 = '4 tablespoons'

70.	SWEETPOTATOESFREQ	"Sweet potato, frequency"

71.	SWEETPOTATOESQUAN	"Sweet potato, quantity"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

72.	FRIESFREQ	"French Fries, frequency

73.	FRIESQUAN	"French Fries, quantity"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

74.	POTATOESFREQ	"Potato, (not fried), frequency"

75.	POTATOESQUAN	"Potato, (not fried), quantity"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

76.	OTHERVEGGIESFREQ	"Other vegetables, frequency"

77.	OTHERVEGGIESQUAN	"Other vegetables, quantity"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

78.	MELONSSEASONALFREQ	"Melons, in season, frequency"

79.	MELONSSEASONALQUAN	"Melons, in season, quantity"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

80.	BERRIESSEASONALFREQ	"Berries, in season, frequency"

81.	BERRIESSEASONALQUAN	"Berries, in season, quantity"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

82.	BANANASFREQ	"Bananas, frequency"

83.	BANANASQUAN	"Bananas, quantity"
		  1 = '½ banana'
		  2 = '1 banana'
		  3 = '2 bananas'

84.	APPLESFREQ	"Apples, frequency"

85.	APPLESQUAN	"Apples, quantity"
		  1 = '½'
		  2 = '1'
		  3 = '2'

86.	ORANGESFREQ	"Oranges, frequency"

87.	ORANGESQUAN	"Oranges, quantity"
		  1 = '½'
		  2 = '1'
		  3 = '2'

88.	PEACHESFREQ	"Peaches, frequency"

89.	PEACHESQUAN	"Peaches, quantity"
		  1 = '½
		  2 = '1'
		  3 = '2'

90.	OTHERFRESHFRUITFREQ	"Any other fresh fruit (grapes, plums, etc.), frequency"

91.	OTHERFRESHFRUITQUAN	"Any other fresh fruit (grapes, plums, etc.), quantity"
		  1 = '1/4 cup'
		  2 = '1/2 cup'
		  3 = '1 cup'
		  4 = '2 cups'

92.	DRIEDFRUITFREQ	"Dried fruit, frequency"

93.	DRIEDFRUITQUAN	"Dried fruit, quantity (Choices: A,B,C)"
		  1 = '1/4 cup'
		  2 = '1/2 cup'
		  3 = '1 cup'

94.	CANNEDFRUITFREQ	"Canned fruit, frequency"

95.	CANNEDFRUITQUAN	"Canned fruit, quantity"
		  1 = '1/4 cup'
		  2 = '1/2 cup'
		  3 = '1 cup'
		  4 = '2 cups'

96.	REFRIEDBEANSFREQ	"Refried beans, frequency"

97.	REFRIEDBEANSQUAN	"Refried beans, quantity"
		  1 = '1/4 cup'
		  2 = '1/2 cup'
		  3 = '1 cup'
		  4 = '2 cups'

98.	BEANSFREQ	"Other beans, frequency"

99.	BEANSQUAN	"Other beans, quantity"
		  1 = '1/4 cup'
		  2 = '1/2 cup'
		  3 = '1 cup'
		  4 = '2 cups'

100.	TOFUFREQ	"Tofu, frequency"

101.	TOFUQUAN	"Tofu, quantity"
		  1 = '1/4 cup'
		  2 = '1/2 cup'
		  3 = '1 cup'
		  4 = '2 cups'

102.	MEATSUBSTITUTESFREQ	"Meat substitutes, frequency"
103.	MEATSUBSTITUTESQUAN	"Meat substitutes, quantity" 1 = '1/4 cup' 2 = '1/2 cup, one patty or dog' 3 = '1 cup' 4 = '2 cups'
104.	LENTILSOUPFREQ	"Bean soup, frequency"
105.	LENTILSOUPQUAN	"Bean soup, quantity (Choices: B,C,D)" 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
106.	VEGETABLESOUPFREQ	"Vegetable soup, frequency"
107.	VEGETABLESOUPQUAN	"Vegetable soup, quantity (Choices: B,C,D)" 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
108.	OTHERSOUPFREQ	"Other soup, frequency"
109.	OTHERSOUPQUAN	"Other soup, quantity (Choices: B,C,D)" 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
110.	PIZZAFREQ	"Pizza, frequency"
111.	PIZZAQUAN	"Pizza, quantity" - *How many slices?* 1 = 'One' 2 = 'Two' 3 = 'Three' 4 = 'Four'
112.	MACANDCHEESEFREQ	"Mac N Cheese, frequency"
113.	MACANDCHEESEQUAN	"Mac N Cheese, quantity (Choices: B,C,D)" 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
114.	SPAGHETTIFREQ	"Spaghetti with meat sauce, frequency"
115.	SPAGHETTIQUAN	"Spaghetti with meat sauce, quantity (Choices: B,C,D)" 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
116.	OTHERNOODLESFREQ	"Other noodles, frequency"
117.	OTHERNOODLESQUAN	"Other noodles, quantity (Choices: B,C,D)" 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
118.	EGGROLLFREQ	"Egg roll, wontons, frequency"
119.	EGGROLLQUAN	"Egg roll, won tons, quantity" *How many pieces?* 1 = 'One' 2 = 'Two' 3 = 'Three' 4 = 'Four'

120.	EATMEAT	[Online only] "Did you ever eat chicken or meat in the past year?" 1 = 'Yes' 2 = 'No'
121.	HAMBURGERFREQ	"Hamburger (cheeseburger), frequency"
122.	HAMBURGERQUAN	"Hamburger (cheeseburger), quantity" 1 = 'One small burger' 2 = 'One large burger' 3 = 'Two burgers' 4 = 'Three burgers'
123.	HOTDOGFREQ	"Hot dogs, frequency"
124.	HOTDOGQUAN	"Hot dogs, quantity" *How many?* 1 = 'One' 2 = 'Two' 3 = 'Three' 4 = 'Four'
125.	BACONSAUSAGEFREQ	"Bacon or breakfast sausage, frequency"
126.	BACONSAUSAGEQUAN	"Bacon or breakfast sausage, quantity" *How many pieces?* 1 = 'One' 2 = 'Two' 3 = 'Three' 4 = 'Four'
127.	LUNCHMEATFREQ	"Lunch Meats, frequency"
128.	LUNCHMEATQUAN	"Lunch Meats, quantity" - *How many slices?* 1 = 'One' 2 = 'Two' 3 = 'Three' 4 = 'Four'
129.	MEATBALLSFREQ	"Meat loaf, frequency"
130.	MEATBALLSQUAN	"Meat loaf, quantity (Choices: B,C,D)" 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
131.	STEAKFREQ	"Beef, frequency"
132.	STEAKQUAN	"Beef, quantity" 1 = '1/4 cup' 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
133.	TACOFREQ	"Tacos, frequency"
134.	TACOQUAN	"Tacos, quantity" 1 = '1/4 cup' 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'
135.	RIBSFREQ	"Ribs, frequency"
136.	RIBSQUAN	"Ribs, quantity" 1 = '1/4 cup' 2 = '1/2 cup' 3 = '1 cup' 4 = '2 cups'

137.	PORKCHOPSFREQ	"Pork, frequency"

138.	PORKCHOPSQUAN	"Pork, quantity"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

139.	BEEFPORKDISHFREQ	"Other beef dish, frequency"

140.	BEEFPORKDISHQUAN	"Other beef dish, quantity (Choices: B,C,D)"
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

141.	LIVERFREQ	"Liver, frequency"

142.	LIVERQUAN	"Liver, quantity (Choices: A,B,C)"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'

143.	VARIETYMEATFREQ	"Pigs feet, variety meats, frequency"

144.	VARIETYMEATQUAN	"Pigs feet, variety meats, quantity (Choices: A,B,C)""
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'

145.	VEALLAMBGAMEFREQ	"Veal, lamb, frequency"

146.	VEALLAMBGAMEQUAN	"Veal, lamb, quantity (Choices: A,B,C)""
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'

147.	FRIEDORBREADEDCHICKENFREQ	"Fried chicken, frequency"

148.	FRIEDORBREADEDCHICKENQUAN	"Fried chicken, quantity"
		How many medium pieces do you eat?
		  1 = 'One piece'
		  2 = '2 pieces/6 nuggets'
		  3 = '3 pieces'
		  4 = '4 pieces'

149.	ROASTCHICKENFREQ	"Roast chicken, frequency"

150.	ROASTCHICKENQUAN	"Roast chicken, quantity"
		  1 ='1/4 cup'
		  2 ='1/2 cup or 1 medium piece'
		  3 ='1 cup'
		  4 ='2 cups or half chicken'

151.	OTHERCHICKENDISHFREQ	"Other chicken dishes, frequency"

152.	OTHERCHICKENDISHQUAN	"Other chicken dishes, quantity (choices: B,C,D)"
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

153.	EATFISH	[Online only]
		"Did you ever eat fish or seafood in the past year?"
		  1 = 'Yes'
		  2 = 'No'

154.	OYSTERSFREQ	"Oysters, frequency"

155.	OYSTERSQUAN	"Oysters, quantity (Choices: A,B,C)"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'

156.	SHELLFISHFREQ	"Shellfish, frequency"

157.	SHELLFISHQUAN	"Shellfish, quantity"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

158.	TUNAFREQ	"Tuna, frequency"

159.	TUNAQUAN	"Tuna, quantity (Choices: A,B,C)"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'

160.	SALMONFREQ	"Salmon, frequency"

161.	SALMONQUAN	"Salmon, frequency"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

162.	FRIEDORBREADEDFISHFREQ	"Fried fish, frequency"

163.	FRIEDORBREADEDFISHQUAN	"Fried fish, quantity"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

164.	OTHERFISHFREQ	"Other fish, frequency"

165.	OTHERFISHQUAN	"Other fish, quantity"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

166.	PEANUTBUTTERFREQ	"Peanut butter, frequency"

167.	PEANUTBUTTERQUAN	"Peanut butter, quantity"
		  1 = '1/2 tablespoon'
		  2 = '1 tablespoon'
		  3 = '2 tablespoons'
		  4 = '3 tablespoons'

168.	WALNUTSFREQ	"Walnuts, flax seed, frequency"

169.	WALNUTSQUAN	"Walnuts, flax seed, quantity"
		  1 = '1 tablespoon'
		  2 = '2 tablespoons'
		  3 = '1/4 cup'
		  4 = '1/2 cup'

170.	OTHERNUTSFREQ	"Other nuts, frequency"

171.	OTHERNUTSQUAN	"Other nuts, quantity"
		  1 ='1/4 cup'
		  2 ='1/2 cup'
		  3 ='1 cup'
		  4 ='2 cups'

172.	PROTEINBARSFREQ	"Protein bars, Energy bars, frequency"

173.	PROTEINBARSQUAN	"Protein bars, Energy bars, quantity"
		  1 = 'Small bar'
		  2 = 'Medium bar'
		  3 = 'Large bar'

174.	CEREALBARSFREQ	"Breakfast, cereal bars, frequency"
175.	CEREALBARSQUAN	"Breakfast, cereal bars, quantity" 1 = 'One bar' 2 = 'Two bars' 3 = 'Three bars'
176.	POPCORNFREQ	"Popcorn, frequency"
177.	POPCORNQUAN	"Popcorn, quantity" 1 = '1-2 cups' 2 = '3-6 cups' 3 = '7-9 cups' 4 = '10-12 cups'
178.	WHOLEGRAINCRACKERSFREQ	"Whole grain crackers, frequency"
179.	WHOLEGRAINCRACKERSQUAN	"Whole grain crackers, quantity" 1 ='1/4 cup' 2 ='1/2 cup' 3 ='1 cup' 4 ='2 cups'
180.	OTHERCRACKERSFREQ	"Other crackers, frequency"
181.	OTHERCRACKERSQUAN	"Other crackers, quantity" 1 ='1/4 cup' 2 ='1/2 cup' 3 ='1 cup' 4 ='2 cups'
182.	CORNCHIPSFREQ	"Tortilla, corn chips, frequency"
183.	CORNCHIPSQUAN	"Tortilla, corn chips, quantity" 1 ='1/4 cup' 2 ='1/2 cup' 3 ='1 cup' 4 ='2 cups'
184.	OTHERCHIPSFREQ	"Other chips, frequency"
185.	OTHERCHIPSQUAN	"Other chips, quantity" 1 ='1/4 cup' 2 ='1/2 cup' 3 ='1 cup' 4 ='2 cups'
186.	DONUTSFREQ	"Donuts, frequency"
187.	DONUTSQUAN	"Donuts, quantity" 1 = '1 mini donut' 2 = '1 medium donut' 3 = '2 donuts' 4 = '3 donuts'
188.	CAKESFREQ	"Cake, frequency"
189.	CAKESQUAN	"Cake, quantity" (pieces) 1 = '1 small' 2 = '1 medium' 3 = '2' 4 = '3'
190.	COOKIESFREQ	"Cookies, frequency"
191.	COOKIESQUAN	"Cookies, quantity" 1 = '1-2' 2 = '3-4' 3 = '5-6' 4 = '7+'

192.	PUMPKINPIEFREQ	"Pumpkin Pie, frequency"

193.	PUMPKINPIEQUAN	"Pumpkin Pie, quantity"
		How many pieces?
		  1 = '1/2'
		  2 = '1'
		  3 = '2'
		  4 = '3'

194.	OTHERPIESFREQ	"Other Pies, frequency"

195.	OTHERPIESQUAN	"Other Pies, quantity"
		How many pieces?
		  1 = '1/2'
		  2 = '1'
		  3 = '2'
		  4 = '3'

196.	ICECREAMFREQ	"Ice cream, frozen yogurt, frequency"

197.	ICECREAMQUAN	"Ice cream, frozen yogurt, quantity (Choices: B,C,D)"
		  2 = '1/2 cup'
		  3 = '1 cup'
		  4 = '2 cups'

198.	PUDDINGFREQ	"Pudding, frequency"

199.	PUDDINGQUAN	"Pudding, quantity (Choices: B,C,D)"
		  2 = '1/2 cup'
		  3 = '1 cup'
		  4 = '2 cups'

200.	SAUCEICECREAMFREQ	"Chocolate syrup, frequency"

201.	SAUCEICECREAMQUAN	"Chocolate syrup, quantity"
		  1 = '1-2 tablespoons'
		  2 = '3-4 tablespoons'
		  3 = '1/2 cup'

202.	POPSICLESFREQ	"Popsicles, jello, frozen fruit bars, frequency"

203.	POPSICLESQUAN	"Popsicles, jello, frozen fruit bars, quantity"
		  1 = '1/4 cup'
		  2 = '1/2 cup'
		  3 = '1 cup'
		  4 = '2 cups'

204.	CHOCOLATECANDYFREQ	"Chocolate candy, frequency"

205.	CHOCOLATECANDYQUAN	"Chocolate candy, quantity"
		  1 = '1 mini size'
		  2 = '1 medium size'
		  3 = '1 large size'
		  4 = '1 King size'

206.	OTHERCANDIESFREQ	"Any other candy (not chocolate), frequency"

207.	OTHERCANDIESQUAN	"Any other candy (not chocolate), quantity"
		  1 = '1-2 pieces'
		  2 = '½ package'
		  3 = '1 package'
		  4 = '2 packages'

208.	MARGARINEFREQ	"Margarine, frequency"

209.	MARGARINEQUAN	"Margarine, quantity" (pats/ teaspoons)
		  1 = 'One'
		  2 = 'Two'
		  3 = 'Three'
		  4 = 'Four'

210.	BUTTERFREQ	"Butter, frequency"

211.	BUTTERQUAN	"Butter, quantity" (pats/ teaspoons)
		  1 = 'One'
		  2 = 'Two'
		  3 = 'Three'
		  4 = 'Four'

212.	MAYOFREQ	"Mayonnaise, frequency"

213.	MAYOQUAN	"Mayonnaise, quantity"
		  1 = '½ tablespoon'
		  2 = '1 tablespoon'
		  3 = '2 tablespoons'
		  4 = '3 tablespoons'

214.	SALSAFREQ	"Ketchup, salsa frequency"

215.	SALSAQUAN	"Ketchup, salsa quantity"
		  1 ='½ tablespoon'
		  2 = '1 tablespoon'
		  3 = '2 tablespoons'
		  4 = '3 tablespoons'

216.	BARBECUESAUCEFREQ	"Mustard, BBQ sauce, frequency"

217.	BARBECUESAUCEQUAN	"Mustard, BBQ sauce, quantity"
		  1 ='½ tablespoon'
		  2 = '1 tablespoons'
		  3 = '2 tablespoons'
		  4 = '3 tablespoons'

218.	OTHERRICHSAUCESFREQ	"Gravy, rich sauces, frequency"

219.	OTHERRICHSAUCESQUAN	"Gravy, rich sauces, quantity"
		  1 ='1/4 cup'
		  2 = '1/2 cup'
		  3 = '1 cup'

220.	JAMFREQ	"Jelly, frequency"

221.	JAMQUAN	"Jelly, quantity"
		  1 = '½ tablespoon'
		  2 = '1 tablespoon'
		  3 = '2 tablespoons'
		  4 = '3 tablespoons'

222.	PICKLESFREQ	"Pickles, frequency"

223.	PICKLESQUAN	"Pickles, quantity"
		  1 = '1/4 cup'
		  2 = '1/2 cup'
		  3 = '1 cup'
		  4 = '2 cups'

224.	SALTFREQ	"Salt, frequency"

225.	SALTQUAN	"Salt, quantity"
		How many shakes from the salt shaker each day?
		  1 = '1-3'
		  2 = '4-5'
		  3 = '6-7'
		  4 = '8+'

226.	COCOAFREQ	"Chocolate milk, cocoa, frequency"

227.	COCOAQUAN	"Chocolate milk, cocoa, quantity" (12 ounce servings)
		  1 = '½ serving'
		  2 = '1 serving'
		  3 = '2 servings'
		  4 = '3 servings'

228.	MILKFREQ	"Milk (default 2%), frequency"
229.	MILKQUAN	"Milk , quantity" (8 ounce servings) 1 = '1 serving' 2 = '2 servings' 3 = '3 servings' 4 = '4 servings'
230.	MEALREPLACEMENTDRINKSFREQ	"Meal replacement drinks, frequency"
231.	MEALREPLACEMENTDRINKSQUAN	"Meal replacement drinks, quantity" (cans or glasses) 1 = 'One' 2 = 'Two' 3 = 'Three' 4 = 'Four'
232.	TOMATOJUICEFREQ	"Tomato juice, frequency"
233.	TOMATOJUICEQUAN	"Tomato juice, quantity" (8 ounce servings) 1 = '½ serving' 2 = '1 serving' 3 = '2 servings' 4 = '3 servings'
234.	ORANGEJUICEFREQ	"Real orange juice, frequency"
235.	ORANGEJUICEQUAN	"Real orange juice, quantity" (8 ounce servings) 1 = '½ serving' 2 = '1 serving' 3 = '2 servings' 4 = '3 servings'
236.	OTHERFRUITJUICESFREQ	"Other real juice, frequency"
237.	OTHERFRUITJUICESQUAN	"Other real juice, quantity" (8 ounce servings) 1 = '½ serving' 2 = '1 serving' 3 = '2 servings' 4 = '3 servings'
238.	HICFREQ	"Hi-C, frequency"
239.	HICQUAN	"Hi-C, quantity" (12 ounce servings) 1 = '½ serving' 2 = '1 serving' 3 = '2 servings' 4 = '3 servings'
240.	SOMEJUICEFREQ	"Drinks with some juice, frequency"
241.	SOMEJUICEQUAN	"Drinks with some juice, quantity" (12 ounce servings) 1 = '½ serving' 2 = '1 serving' 3 = '2 servings' 4 = '3 servings'
242.	ICEDTEAFREQ	"Ice tea, frequency"
243.	ICEDTEAQUAN	"Ice tea, quantity" (16 ounce glasses or bottles) 1 = '½ serving' 2 = '1 serving' 3 = '2 servings' 4 = '3 servings'

244.	SPORTSDRINKSFREQ	"Gatorade, sports drink, frequency"
245.	SPORTSDRINKSQUAN	"Gatorade, sports drink, quantity" 1 = '1 16-ounce bottle' 2 = '1 20-ounce bottle' 3 = '2 16-ounce bottles' 4 = '2 20-ounce bottles'
246.	ENERGYDRINKSFREQ	"Energy drinks, frequency"
247.	ENERGYDRINKSQUAN	"Energy drinks, quantity" 1 = '1 8-ounce can' 2 = '1 12-16 ounce can' 3 = '1 20-ounce can' 4 = '24 ounces or more'
248.	LEMONADEFREQ	"Kool-Aid, lemonade, etc. frequency"
249.	LEMONADEQUAN	"Kool-Aid, lemonade, etc. quantity" 1 = '1 8-ounce glass' 2 = '1 12-16 ounce glass or bottle' 3 = '1 20-ounce bottle' 4 = '30 ounces or more'
250.	SODAFREQ	"Sodas, frequency"
251.	SODAQUAN	"Sodas, quantity" 1 = '1 can' 2 = '1 20-ounce bottle' 3 = '2 cans' 4 = 'Big Gulp or 3 cans'
252.	BEERFREQ	"Beer, frequency"
253.	BEERQUAN	"Beer, quantity" 1 = '1 can' 2 = '2 cans' 3 = '3-4 cans or small pitcher' 4 = '5+ cans or large pitcher'
254.	WINEFREQ	"Wine, frequency"
255.	WINEQUAN	"Wine, quantity" 1 = '½ glass' 2 = '1 glass' 3 = '2 glasses, ½ bottle' 4 = '4+ glasses'
256.	COCKTAILSFREQ	"Liquor, frequency"
257.	COCKTAILSQUAN	"Liquor, quantity" *How many drinks?* 1 = 'One' 2= 'Two' 3 = 'Three' 4 = 'Four'
258.	WATERFREQ	Water, frequency"
259.	WATERQUAN	"Water, quantity" *How many glasses?* 1 = '1' 2= '2' 3 = '3-4' 4 = '5+'
260.	COFFEEDRINKSFREQ	"Milky coffee drinks, lattes, frequency"
261.	COFFEEDRINKSQUAN	" Milky coffee drinks, lattes, quantity" 1 = '12 ounces' 2= '16 ounces' 3 = '20 ounces ' 4 = '24+ ounces'

262.	COFFEEFREQ	"Coffee, frequency"

263.	COFFEEQUAN	"Coffee, quantity" *How many do you drink?*
		  1 = '1'
		  2 = '2'
		  3 = '3'
		  4 = '4+'

264.	HOTTEAFREQ	"Hot tea, frequency"

265.	HOTTEAQUAN	"Hot tea, quantity" *How many cups?*
		  1 = '1'
		  2 = '2'
		  3 = '3'
		  4 = '4+'

266.	COFFEEDRINKSKIND	"Type of Milky coffee drinks, lattes"
		  1 = 'Frappuccino'
		  2 = 'Mocha'
		  3 = 'Latte or cappuccino'
		  4 = 'Café con leche'
		  5 = 'Some of each' (default)
		  6 = 'Don't drink'

267.	COFFEEDRINKSTYPE	"Milk coffee drinks: Type of milk"
		  1 = 'Whole milk'
		  2 = '1 or 2% milk (reduced fat)' (default)
		  3 = 'Skim milk or non-fat'
		  4 = 'Soy milk'
		  5 = 'Something else'
		  6 = 'Don't drink'
		Coffee drink TYPE defaults depend on two TYPE questions. If only one is specified, the other is assigned a population mix. If both are unselected, the overall population mix is used.

	"Coffee: Is your coffee usually regular or decaf?"	
268.	DECAFCOFFEETYPE	'Coffee type: Decaf', 1 = selected
269.	REGULARCOFFEETYPE	'Coffee type: Regular', 1 = selected (default)
270.	BOTHKINDSCOFFEETYPE	'Coffee type: Both kinds', 1 = selected
271.	DONTDRINKCOFFEETYPE	'Coffee type: Don't drink coffee', 1 = selected

272.	CREAMINCOFFEE	"Type of cream in coffee"
		  1 = 'Cream or half-n-half'
		  2 = 'CoffeeMate, non-dairy creamer'
		  3 = 'Condensed milk'
		  4 = 'Any other milk'
		  5 = 'None of these'

273.	SUGARINCOFFEE	"Sugar added to coffee"
		  1= 'No'
		  2= 'Yes'

274.	COFFEESUGARTEASPOONS	"Sugar added to coffee, quantity"
		How many teaspoons?
		  1 = 'One'
		  2 = 'Two'
		  3 = 'Three'
		  4 = 'Four'

		"Hot tea: Is your hot tea usually regular or decaf?"
275.	DECAFHOTTEATYPE	'Hot tea type: Decaf', 1 = selected
276.	REGULARHOTTEATYPE	'Hot tea type: Regular', 1 = selected
277.	BOTHKINDSHOTTEATYPE	'Hot tea type: Both kinds', 1 = selected
278.	DONTDRINKHOTTEATYPE	'Hot tea type: Don't drink tea', 1 = selected Default is population mix.
279.	CREAMINTEA	"Type of cream added to tea" 1 = 'Cream or half-n-half' 2 = 'CoffeeMate, non-dairy creamer' 3 = 'Condensed milk' 4 = 'Any other milk' 5 = 'None of these'
280.	SUGARINTEA	"Sugar added to tea" 1= 'No' 2= 'Yes'
281.	TEASUGARTEASPOONS	"Sugar added to tea, quantity" *How many teaspoons?* 1 = 'One 2 = 'Two' 3 = 'Three' 4 = 'Four'

Food Type Questions

NOTE: Type variables are used by the nutrient analysis program to select the best nutrient match. The program moves the frequency and portion selected by the respondent to the selected type (low-fat, regular-fat, etc.). Each TYPE question has a default which is used if a TYPE is not selected or could not be read. If a respondent gives a valid frequency for a food item and does not select a TYPE, the default TYPE is used to assign nutrients. The default type is identified after the label, '(default)", or in a note after the set of labels.

282.	MILKTYPE	"What type of milk" (NOT buttermilk) 1 = 'Whole milk' 2 = '2% milk' (default) 3 = '1% milk (low-fat)' 4 = 'Skim milk, non-fat' 5 = 'Soy milk' 6 = 'Rice milk' 7 = 'Almond milk, other' 8 = 'Don't drink'
283.	MEALREPLACEMENTDRINKSTYPE	"Type of Slim Fast: low-carb, regular" 1 = 'Slim Fast, Ensure, regular' 2 = 'Slim Fast, Ensure, light or low-carb' 3 = 'High protein drinks, regular' 4 = 'High protein drinks, light or low-carb' 5 = 'Don't know / Don't drink' Default is population mix of all types
284.	ORANGEJUICETYPE	"Type of real orange juice" 1 = 'Calcium fortified' 2 = 'Not calcium fortified' (default) 3 = 'Don't know' 4 = 'Don't drink'

285.	ICEDTEATYPE	"Type of tea: home, bottled, sugar, not" 1 = 'Home-made, no sugar' 2 = 'Home-made, with sugar' (default) 3 = 'Bottled, no-sugar' 4 = 'Bottled, pre-sweetened' 5 = 'Don't drink'
286.	LEMONADETYPE	"Type of Kool-Aid, lemonade, etc. " 1 = 'Low-calorie, sugar-free' 2 = 'Regular' (default) 3 = 'Don't drink'
287.	ENERGYDRINKSTYPE	"Type of Energy Drink" 1 = 'Sugar-free' 2 = 'Regular' (default) 3 = 'Don't drink'
288.	SODATYPE	"Type of Soda: Diet/low-calorie, regular" 1 = 'Diet, low-calorie' 2 = 'Regular' (default) 3 = 'Don't drink/don't know'
289.	SODACAFFEINE	"Soda Type: Caffeine or Decaffeinated" 1 = 'Has caffeine' (default) 2= 'Does not have caffeine' 3 = 'Don't drink' Soda TYPE defaults depends on two TYPE questions. If only one is specified, the other is assigned a population mix. If both are unselected, the overall population mix is used
290.	BEERTYPE	"Type of Beer" 1 = 'Regular' (default) 2 = 'Light' 3 = 'Non-alcoholic' 4 = 'Don't drink'
291.	WINETYPE	"Type of Wine" 1 = 'Red wine' 2 = 'White wine' 3 = 'Both red and white wine' 4 = 'Don't drink' Default is population mix of red and white wine.
292.	SLICEDCHEESETYPE	"Type of Cheese: low-fat, regular" 1 = 'Low-fat' 2 = 'Regular-fat' (default) 3 = 'Don't eat'
293.	YOGURTKIND	"Kind of yogurt: plain, flavored" 1 = 'Plain (no sugar or fruit)' 2 = 'With fruit or other flavors' (default)
294.	YOGURTTYPE	"Kind of yogurt: low-fat, non-fat, regular" 1 = 'Low-fat' (default) 2 = 'Non-fat' 3 = 'Regular (whole milk)' 4 = 'Don't eat' Yogurt TYPE defaults depend on two TYPE questions. If only one is specified, the other is assigned a population mix. If both are unselected, the overall population mix is used.

295.	SALADDRESSINGSTYPE	"Type of Salad Dressing" 1 = 'Low-fat, lite' 2 = 'Fat free' 3 = 'Regular' (default) 4 = 'Oil and vinegar' 5 = 'Don't use'
296.	SPAGHETTITYPE	"Type of Spaghetti or lasagna" 1 = 'Meatless' 2 = 'With meat sauce or meatballs' (default) 3 = 'Don't eat'
297.	OTHERNOODLESTYPE	"Type of noodles or pasta" 1 = 'Rarely whole grain' (default) 2 = 'Sometimes whole grain' 3 = 'Usually whole grain' 4 = 'Don't know / don't eat' Default is population mix (mostly not whole grain).
298.	HAMBURGERTYPE	"Type Hamburger: beef, with cheese, turkey" 1 = 'Hamburger' 2 = 'Cheeseburger' (default) 3 = 'Turkey burger' 4 = 'Don't eat'
299.	FATONMEATTYPE	"How often eat fat on meat (beef or pork)" 1 = 'Avoid eating the fat' 2 = 'Sometimes eat the fat' 3 = 'Often eat the fat' 4 = 'Don't eat (beef or pork)' Default is population mix for beef and for pork (sometimes eat the fat)
300.	CHICKENSKINTYPE	"How often eat skin on chicken or turkey" 1 = 'Avoid eating the skin' 2 = 'Sometimes eat the skin' 3 = 'Often eat the skin' 4 = 'Don't eat (chicken or turkey)' Default is population mix for fried or breaded and for uncoated (sometimes eat the skin).
301.	HOTDOGTYPE	"Hot dogs: low-fat/turkey, regular" 1 = 'Beef or pork' 2 = 'Chicken or turkey, low-fat' 3 = 'Don't eat' Default is population mix.
302.	LUNCHMEATTYPE	"Type of lunch meat: low-fat/turkey, regular" 1 = 'Beef or pork' 2 = 'Chicken or turkey, low-fat' 3 = 'Don't eat' Default is population mix.
303.	CAKESTYPE	"Type of cakes: low-sugar, low-fat" 1 = 'Low-sugar, low-carb' 2 = 'Low-fat' 3 = 'Regular-fat' (default) 4 = 'Don't eat'.

304.	COOKIESTYPE	"Type of Cookies: low-carb, low-fat, reg." 1 = 'Low-sugar, low-carb 2 = 'Low-fat' 3 = 'Regular-fat' (default) 4 = 'Don't eat'
305.	ICECREAMTYPE	"Type of Ice Cream <u>or frozen yogurt</u>" 1 = 'Low-sugar, low-carb ice cream' 2 = 'Low-fat ice cream or <u>frozen yogurt</u>' 3 = 'Regular ice cream (default)' 4 = 'Don't eat ice cream or frozen yogurt'
306.	PROTEINBARSTYPE	"Type of protein bars, energy bars " 1 = 'High energy' 2 = 'High protein' 3 = 'Some of each' 4 = 'Don't know' 5 = 'Don't eat' Default is population mix.
307.	BAGELTYPE	"Type of Bagel, English muffin" 1 = 'White' 2 = 'Multi-grain' 3 = '100% whole wheat' 4 = 'Eat all kinds' 5 = 'Don't eat' Default is population mix.
308.	BUNSTYPE	"Type of buns, rolls" 1 = 'White' 2 = 'Multi-grain' 3 = '100% whole wheat' 4 = 'Eat all kinds' 5 = 'Don't eat' Default is population mix.
309.	OTHERBREADSTYPE	"Breads, type" 1 = 'White (<u>not</u> whole grain)' 2 = 'Multi-grain, rye or other brown bread' 3 = '100% whole wheat' 4 = 'Eat some of each' 5 = 'Don't eat' Default is population mix.
310.	TORTILLASTYPE	"Tortillas, type" 1 = 'Corn tortillas' 2 = 'Flour tortillas (wheat)' 3 = 'Eat all kinds or don't know' 4 = 'Don't eat' Default is population mix.
311.	POPCORNTYPE	"Type of Popcorn" 1 = 'Air popped, fat-free' 2 = 'Low-fat or Light', 3 = 'Regular', 4 = 'Caramel corn' 5 = 'Don't know' 6 = 'Don't eat' Default is population mix.

312.	CRACKERSTYPE	"Type of other crackers" 1= 'Low-fat, including RyeKrisp, rice cakes, or plain pretzels' 2= 'Regular-fat crackers or filled pretzels' (default) 3= 'Don't know' 4= 'Don't eat'
313.	MAYOTYPE	"Type of mayonnaise" 1 = 'Low-fat, light' 2 = 'Regular' (default) 3 = 'Don't eat'
	COLD CEREAL TYPES	
314.	ALLBRANORIGTYPE	'Cold cereal: All Bran Original', 1 = selected
315.	ALLBRANCOMPTYPE	'Cold cereal: All Bran Complete, Complete', 1 = selected
316.	APPLEJACKSTYPE	'Cold cereal: Apple Jacks, Cookie Crisp', 1 = selected
317.	BRANFLAKESTYPE	'Cold cereal: Bran Flakes', 1 = selected
318.	CAPNCRUNCHTYPE	'Cold cereal: Cap'n Crunch', 1 = selected
319.	CHEERIOSPLAINTYPE	'Cold cereal: Cheerios, plain or Multi-grain', 1 = selected
320.	CHEERIOSHONNUTTYPE	'Cold cereal: Cheerios, Honey Nut, flavors', 1 = selected
321.	CHEXWHEATTYPE	'Cold cereal: Chex, Wheat', 1 = selected
322.	CHEXOTHERTYPE	'Cold cereal: Chex, Other', 1 = selected
323.	CINNTOASTCRTYPE	'Cold cereal: Cinnamon Toast Crunch', 1 = selected
324.	COCOAKRISPIESTYPE	'Cold cereal: Cocoa Krispies, Pebbles, Puffs', 1 = selected
325.	CORNFLAKESTYPE	'Cold cereal: Corn Flakes, Corn Puffs', 1 = selected Default Cold cereal.
326.	CORNPOPSTYPE	'Cold cereal: Corn Pops', 1 = selected
327.	FIBERONETYPE	'Cold cereal: Fiber-One, Bran Buds', 1 = selected
328.	FROOTLOOPSTYPE	'Cold cereal: Froot Loops', 1 = selected
329.	FROSTEDFLAKESTYPE	'Cold cereal: Frosted Flakes', 1 = selected
330.	FROSTEDMINIWHEATSTYPE	'Cold cereal: Frosted Mini-Wheats', 1 = selected
331.	GRANOLATYPE	'Cold cereal: Granola', 1 = selected
332.	GRAPENUTSTYPE	'Cold cereal: Grape Nuts', 1 = selected
333.	HONBUNCHOATSTYPE	'Cold cereal: Honey Bunches of Oats', 1 = selected
334.	KASHIGOLNORHR2HRTYPE	'Cold cereal: Kashi GOLEAN, Heart to Heart', 1 = selected
335.	LIFETYPE	'Cold cereal: Life', 1 = selected
336.	LUCKYCHARMSTYPE	'Cold cereal: Lucky Charms, Fruity Pebbles', 1 = selected
337.	OATSQUARESTYPE	'Cold cereal: Oatmeal Squares, Oat Bran', 1 = selected
338.	RAISINBRANTYPE	'Cold cereal: Raisin Bran', 1 = selected
339.	RICEKRISPIESTYPE	'Cold cereal: Rice Krispies, puffed rice', 1 = selected
340.	SHREDDEDWHEATTYPE	'Cold cereal: Shredded Wheat', 1 = selected
341.	SPECIALKPLAINTYPE	'Cold cereal: Special K, plain', 1 = selected
342.	SPECIALKFLAVSTYPE	'Cold cereal: Special K, flavors', 1 = selected
343.	TOTALTYPE	'Cold cereal: Total', 1 = selected
344.	WHEATIESTYPE	'Cold cereal: Wheaties', 1 = selected
345.	OTHERSWEETCEREALTYPE	'Cold cereal: Other sweet cereal', 1 = selected
346.	OTHERUNSWEETCEREALTYPE	'Cold cereal: Other unsweetened cereal', 1 = selected
347.	OTHERWHOLEGRAINCEREALTYPE	'Cold cereal: Other whole grain cereal', 1 = selected
348.	OTHERFIBERCEREALTYPE	'Cold cereal: Other bran or fiber cereal', 1 = selected
349.	DONTEATORDONTKNOWCEREALTYPE	'Cold cereal: Don't know/eat', 1 = selected

	COOKING FAT TYPES	
350.	COOKINGFATPAMORNONE	Cooking Fat: 'Non-stick spray or none', 1 = selected
351.	COOKINGFATBUTTER	Cooking Fat: 'Butter or ghee', 1 = selected
352.	COOKINGFATHALF	Cooking Fat: 'Butter/margarine blend, 1 = selected
353.	COOKINGFATSTICKMARG	Cooking Fat: 'Stick margarine', 1 = selected
354.	COOKINGFATSOFTTUBMARG	Cooking Fat: 'Soft tub margarine', 1 = selected
355.	COOKINGFATLOWFATMARG	Cooking Fat: 'Low-fat margarine', 1 = selected
356.	COOKINGFATOLIVE	Cooking Fat: 'Olive oil', 1 = selected
357.	COOKINGFATCANOLA	"Cooking Fat: 'Canola or safflower oil', 1 = selected
358.	COOKINGFATCORN	"Cooking Fat: 'Corn, vegetable oil, blends', 1 = selected, Default Cooking fat.
359.	COOKINGFATPEANUT	"Cooking Fat: 'Peanut oil', 1 = selected
360.	COOKINGFATLARD	"Cooking Fat: 'Lard, fatback, bacon fat', 1 = selected
361.	COOKINGFATCRISCO	"Cooking Fat: 'Vegetable shortening, Crisco', 1 = selected
362.	COOKINGFATOTHER	"Cooking Fat: 'Other oil', 1 = selected
363.	COOKINGFATDONTKNOW	"Cooking Fat: 'Don't know', 1 = selected

Supplements – Coding Scheme

Frequency Questions	**Years Questions:**
"How often did you take these supplements" Supplement frequency variables have an "AMOUNT" suffix.	*"How many years did you take the supplements"*
1 = 'DIDN'T TAKE' 4 = 'A FEW DAYS per MONTH' 5 = '1 DAY per WEEK' 6 = '2 DAYS per WEEK' 7 = '3 – 4 DAYS per WEEK' 8 = '5 – 6 DAYS per WEEK' 9 = 'EVERY DAY'	1 = LESS THAN 1 YEAR 2 = 1-4 YEARS 3 = 5-9 YEARS 4 = 10+ YEARS

364.	USEVITSREGULARLY	[Online only] "Mark **Yes**, if you take vitamin pills at least once a month" 1 = 'No, not regularly' 2 = 'Yes, fairly regularly'
365.	PRENATALVITSAMOUNT	"How often Prenatal vitamins"
366.	PRENATALVITSYEARS	"Number of Years: Prenatal vitamins"
367.	ONEADAYAMOUNT	"How often One-A-Day type"
368.	ONEADAYYEARS	"Number of Years: One-A-Day"
369.	BCOMPLEXTYPEVITSAMOUNT	"How often Stress-Tabs, B-complex type"
370.	BCOMPLEXTYPEVITSYEARS	"Number of Years: Stress-Tabs/B-complex"
371.	ANTIOXIDANTCOMBOAMOUNT	"How often antioxidant combinations"
372.	ANTIOXIDANTCOMBOYEARS	"Number of Years: Antioxidants"
373.	VITAMINAAMOUNT	"How often Vitamin A"
374.	VITAMINAYEARS	"Number of Years: Vitamin A"
375.	VITAMINB6AMOUNT	"How often Vitamin B6"
376.	VITAMINB6YEARS	"Number of Years: Vitamin B6"

377.	VITAMINB12AMOUNT	"How often Vitamin B12?
378.	VITAMINB12YEARS	"Number of Years: Vitamin B12"
379.	VITAMINCAMOUNT	"How often Vitamin C"
380.	VITAMINCYEARS	"Number of Years: Vitamin C"
381.	VITAMINDAMOUNT	"How often Vitamin D"
382.	VITAMINDYEARS	"Number of Years: Vitamin D"
383.	VITAMINEAMOUNT	"How often Vitamin E"
384.	VITAMINEYEARS	"Number of Years: Vitamin E"
385.	FOLICACIDAMOUNT	How often Folic Acid"
386.	FOLICACIDYEARS	"Number of Years: Folic Acid"
387.	CALCIUMAMOUNT	"How often Calcium"
388.	CALCIUMYEARS	"Number of Years: Calcium"
389.	IRONAMOUNT	"How often Iron"
390.	IRONYEARS	"Number of Years: Iron"
391.	ZINCAMOUNT	"How often Zinc"
392.	ZINCYEARS	"Number of Years: Zinc"
393.	OMEGASUPPFREQ	"How often Omega 3 supplements?
394.	OMEGASUPPYEARS	"Number of Years: Omega 3 supplements"
395.	FIBERSUPPAMOUNT	"How often Fiber supplements?
396.	FIBERSUPPYEARS	"Number of Years: Fiber supplements"
397.	MINERALSYESORNO	"Multi-Vitamins, Contain minerals Y/N" 1 = 'Contain minerals, iron, zinc, etc.' 2 = 'Do not contain minerals' 3 = 'Don't know'
398.	VITAMINCQUAN	"How many mg of Vitamin C do you usually take?" 1= '100' 2= '250' 3= '500' 4= '750' 5= '1000' 6= '1500' 7= '2000' 8= '3000+' 9= 'Don't Know'
399.	VITAMINEQUAN	"How many IUs of Vitamin E do you usually take?" 1 = '100' 2 = '200' 3 = '300' 4 = '400' 5 = '600' 6 = '800' 7 = '1000' 8 = '2000+' 9 = 'Don't Know' NOTE: Conversion factor used by NHANES is 1.49 IU = 1 mg. Nutrient analysis output is in mg ATOC.
400.	CALCIUMQUAN	"How many milligrams of Calcium do you usually take?" 1= '100' 2= '350' 3= '650' 4= '1250+' 5= 'Don't Know'

401.	VITAMINDQUAN	"How many IUs of Vitamin D do you usually take?"
		  1 = '400'
		  2 = '600'
		  3 = '800'
		  4 = '1000'
		  5 = '2000'
		  6 = '3000'
		  7 = '4000'
		  8 = '5000+'
		  9 = 'Don't Know'
		NOTE: Conversion factor used by NHANES is 40 IU = 1 mcg. Nutrient analysis output is in mcg Vitamin D.

OMEGA3 SUPPLEMENT TYPE

NOTE: If multiple TYPES of Omega supplements are selected, the nutrient analysis program divides the frequency of use reported for Omega supplements among the selected TYPEs. The default type ("Don't know") assigns an average amount of omega-3 and omega-6 fatty acids.

402.	FISHOILTYPE	'Omega 3 Type: Fish Oil', 1 = selected
403.	FLAXHEMPSEEDOILTYPE	'Omega 3 Type: Flax oil, hemp oil, other seed oil', 1 = selected
404.	KRILLOILTYPE	'Omega 3 Type: Krill Oil', 1 = selected
405.	ALGAEOILTYPE	'Omega 3 Type: Algae Oil', 1 = selected
406.	OMEGA3DONTKNOWTYPE	'Omega 3 Type: Don't know type', 1 = selected
	Meal Pattern	

407.	VEGGIESFREQ	"How many vegetables eaten per day/week"
		  1 = 'Rarely'
		  2 = '1-2 per week'
		  3 = '3-4 per week'
		  4 = '5-6 per week'
		  5 = '1 per day'
		  6 = '1 1/2 per day'
		  7 = '2 per day'
		  8 = '3 per day'
		  9 = '4+ per day'

408.	FRUITSFREQ	"How many fruits eaten per day or week"
		  1 = 'Rarely'
		  2 = '1-2 per week'
		  3 = '3-4 per week'
		  4 = '5-6 per week'
		  5 = '1 per day'
		  6 = '1 1/2 per day'
		  7 = '2 per day'
		  8 = '3 per day'
		  9 = '4+ per day'

409.	FATOILFREQ	"How often use fat/oil in cooking" 1 = 'Rarely' 2 = '1-2 per week' 3 = '3-4 per week' 4 = '5-6 per week' 5 = '1 per day' 6 = '1 1/2 per day' 7 = '2 per day' 8 = '3 per day' 9 = '4+ per day'
410.	MEALS	"How many meals per day?" 1 = '1' 2 = '2' 3 = '3' 4 = '4' 5 = '5+'
411.	SNACKS	"How many snacks per day?" 1 = '1' 2 = '2' 3 = '3' 4 = '4' 5 = '5+'

PHYSICAL ACTIVITY – Coding Scheme

Frequency Questions *"Thinking about the past 12 months,* how often did you do these activities?" Physical activity frequency variables have a "FREQ" suffix.	Time Questions *"How much time on those days?"* Physical activity time variables have a "TIME" suffix.
1 = 'Rarely or Never' 2 = 'A few times a month' 3 = 'Once or twice a week' 4 = '3-4 times a week' 5 = '5-6 times a week' 6 = 'Almost every day'	1 = 'Less than 30 minutes' 2 = '30-60 minutes' 3 = '1-2 hours' 4 = '3 or more hours'

412.	LIGHTHOUSEFREQ	"Cooking, shopping, light cleaning, frequency"
413.	LIGHTHOUSETIME	"Cooking, shopping, light cleaning, quantity"
414.	SLOWWALKFREQ	"Slow walking, frequency"
415.	SLOWWALKTIME	"Slow walking, quantity"
416.	JOBSTANDFREQ	"Work on the job involving standing or driving,frequency"
417.	JOBSTANDTIME	"Work on the job involving standing or driving, quantity"
418.	CHILDCAREFREQ	"Childcare and moderate housework, frequency"
419.	CHILDCARETIME	"Childcare and moderate housework, quantity"
420.	WEEDYARDFREQ	"Weeding, raking, etc. frequency
421.	WEEDYARDTIME	"Weeding, raking, etc. quantity"
422.	BRISKWALKFREQ	"Brisk walking, dancing, etc. frequency"
423.	BRISKWALKTIME	"Brisk walking, dancing, etc. quantity"

424.	JOBWALKFREQ	"Factory, mechanic, restaurant, walking on job, frequency"
425.	JOBWALKTIME	"Factory, mechanic, restaurant, walking on job, quantity"
426.	HEAVYWORKFREQ	"Construction, painting, etc. frequency"
427.	HEAVYWORKTIME	"Construction, painting, etc. quantity"
428.	JOBLIFTFREQ	"Heavy work, moving boxes, digging, etc. frequency"
429.	JOBLIFTTIME	"Heavy work, moving boxes, digging, etc. quantity"
430.	EXERGYMFREQ	"Exercise at the gym, aerobics, jogging, etc. frequency"
431.	EXERGYMTIME	"Exercise at the gym, aerobics, jogging, etc. quantity"
432.	BIKESWIMFREQ	"Bicycling or swimming, frequency"
433.	BIKESWIMTIME	"Bicycling or swimming, quantity"
	ETHNICITY and RACE Note: These questions are structured as recommended in federal guidelines.	
434.	LATINO	1 = 'Hispanic or Latino' 2 = 'Not Hispanic or Latino' 3 = 'Do not wish to provide this information'
435.	WHITE	'White', 1 = selected
436.	BLACK	'Black or African American', 1 = selected
437.	ASIAN	'Asian', 1 = selected
438.	NATIVEAMER	'American Indian or Alaska Native', 1 = selected
439.	HAWAIIAN	'Native Hawaiian or Other Pacific Islander', 1 = selected
440.	NOTPROVIDED	'Do not wish to provide this information', 1 = selected

DIET ANALYSIS OUTPUT VARIABLES:

	Summary variables	
441.	GROUP_SOLID_COUNT	'Number of "solid" foods reported on FFQ' Note: Does not include beverages and condiments.
442.	GROUP_SOLID_TOTAL_FREQUENCY	'Average daily frequency of "solid" foods (decimal fraction)'
443.	GROUP_SOLID_TOTAL_GRAMS	'Grams of solid food average daily, gms'
444.	GROUP_ALCOHOLICBEVERAGES_TOTAL_KCAL	'Alcoholic beverages: Average daily calories, kcal'
445.	GROUP_ALCOHOLICBEVERAGES_TOTAL_GRAMS	'Alcoholic beverages: Average daily grams, gms'
446.	GROUP_ALCOHOLICBEVERAGES_TOTAL_FREQUENCY	'Alcoholic beverages: Average daily frequency (decimal fraction)'
447.	GROUP_SUGARYBEVG_TOTAL_KCAL	'Sugary beverages: Average daily calories, kcal'
448.	GROUP_SUGARYBEVG_TOTAL_GRAMS	'Sugary beverages: Average daily grams, gms'
449.	GROUP_SUGARYBEVG_TOTAL_FREQUENCY	'Sugary beverages: Average daily frequency (decimal fraction)'
450.	GROUP_A_SUGBEV_TOTAL_KCAL	'Sugary beverages including fruit juice: Average daily calories, kcal'
451.	GROUP_A_SUGBEV_TOTAL_FREQUENCY	'Sugary beverages including fruit juices: Average daily frequency (decimal fraction)'

452.	GROUP_SWEETS_TOTAL_KCAL	'Sweets group: Average daily calories, kcal' Note: Includes sweet beverages (not juice), pancakes, pastries, desserts, protein and cereal bars, jelly, candy, chocolate or flavored milk, sweet coffee drinks, condensed milk and sugar (added to coffee or tea)
453.	GROUP_SWEETS_TOTAL_GRAMS	'Sweets group: Average daily grams, gms'
454.	GROUP_SWEETS_TOTAL_FREQUENCY	'Sweets group: Average daily frequency (decimal fraction)'

NUTRIENTS FROM FOOD

455.	DT_KCAL	'Food energy, kcals'
456.	DT_PROT	'Protein, gms'
457.	DT_CARB	'Carbohydrate, gms'
458.	DT_TFAT	'Fat, gms'
459.	DT_ALCO	'Alcohol (ethanol), gms'
460.	DT_SUG_T	'Sugars, total, gms'
461.	DT_FIBE	'Dietary fiber, gms'
462.	DT_MOIS	'Water (moisture) in foods, gms'
463.	DT_SFAT	'Saturated fatty acids (saturated fat), gms'
464.	DT_MFAT	'Monounsaturated fatty acids, gms'
465.	DT_PFAT	'Polyunsaturated fatty acids, gms'
466.	DT_CHOL	'Cholesterol, mg'
	<u>INDIVIDUAL FATTY ACIDS</u>	'Variable description, units (systematic name, common name of most typical isomer)'
467.	DT_S040	'Saturated fat, 4:0, gms (butanoic, butyric)'
468.	DT_S060	'Saturated fat, 6:0, gms (hexanoic, caproic)'
469.	DT_S080	'Saturated fat, 8:0, gms (octanoic, caprylic)'
470.	DT_S100	'Saturated fat, 10:0, gms (decanoic, capric)'
471.	DT_S120	'Saturated fat, 12:0, gms (dodecanoic, lauric)'
472.	DT_S140	'Saturated fat, 14:0, gms (tetradecanoic, myristic)'
473.	DT_S160	'Saturated fat, 16:0, gms (hexadecanoic, palmitic)'
474.	DT_S180	'Saturated fat, 18:0, gms (octadecanoic, stearic)'
475.	DT_M161	'Mono-unsaturated fat,16:1 undifferentiated. gms (hexadecenoic, palmitoleic)'
476.	DT_M181	'Mono-unsaturated fat,18:1 undifferentiated, gms (octadecenoic,oleic)'
477.	DT_M201	'Mono-unsaturated fat,20:1, gms (eicosenoic, gadoleic)'
478.	DT_M221	'Mono-unsaturated fat,22:1 undifferentiated, gms (docosenoic, erucic)'
479.	DT_P182	'Poly-unsaturated fat,18:2 undifferentiated, gms (octadecadienoic, linoleic)'
480.	DT_P183	'Poly-unsaturated fat,18:3 undifferentiated, gms (octadecatrienoic, linolenic)'
481.	DT_P184	'Poly-unsaturated fat,18:4, gms (octadecatetraenoic, parinaric)'

482.	DT_P204	'Poly-unsaturated fat, 20:4 undifferentiated, gms (eicosatetraenoic)'
483.	DT_P205	'Poly-unsaturated fat, 20:5 (EPA), gms (eicosapentaenoic, timnodonic)'
484.	DT_P225	'Poly-unsaturated fat, 22:5, gms (docosapentaenoic, clupanodonic)'
485.	DT_P226	'Poly-unsaturated fat, 22:6 (DHA), gms (docosahexenoic)'
	Vitamin A and Carotenoids	
486.	DT_VARAE	'Vitamin A (RAE), mcg'
487.	DT_RET	'Retinol, mcg'
488.	DT_ACARO	'Alpha-carotene, mcg'
489.	DT_BCARO	'Beta-carotene, mcg'
490.	DT_CRYPT	'Cryptoxanthin, beta, mcg'
491.	DT_LYCO	'Lycopene, mcg'
492.	DT_LUTZE	'Lutein + Zeaxanthin, mcg'
493.	DT_ATOC	'Vitamin E as alpha-tocopherol, mg'
494.	DT_ATad	'Vitamin E, added (as fortification or enrichment), mg'
495.	DT_VITD	'Vitamin D (D2 + D3), mcg'
496.	DT_VITK	'Vitamin K as phylloquinone, mcg'
497.	DT_VITC	'Vitamin C, mg'
498.	DT_THIA	'Thiamin (Vitamin B1), mg'
499.	DT_RIBO	'Riboflavin (Vitamin B2), mg'
500.	DT_NIAC	'Niacin , mg'
501.	DT_VITB6	'Vitamin B6, mg'
502.	DT_TFOL	Total folate, mcg'
503.	FOL_DFE	'Folate DFE, mcg'
504.	DT_FOLAC	'Folic acid, mcg'
505.	DT_FOLFD	'Food folate, mcg'
506.	DT_VB12	'Vitamin B12, mcg'
507.	DT_B12ad	'Vitamin B12, added (fortification or enrichment), mcg'
508.	DT_CHLN	'Total choline, mg'
509.	DT_CALC	'Calcium, mg'
510.	DT_IRON	'Iron, mg'
511.	DT_MAGN	'Magnesium, mg'
512.	DT_PHOS	'Phosphorus, mg'
513.	DT_POTA	'Potassium, mg'
514.	DT_SODI	'Sodium, mg'
515.	DT_ZINC	'Zinc, total, mg'
516.	DT_COPP	'Copper, mg'
517.	DT_SEL	'Selenium, mcg'
518.	DT_CAFFN	'Caffeine, mg'
519.	DT_THEO	'Theobromine, mg'

	Flavonoids Flavonoid nutrients values were developed from USDA data released for NHANES 2007-2008 (based on USDA Flavonoids Sep 2014 expanded). NutritionQuest staff imputed values for missing foods reported by persons age 18 and over in NHANES 2009-2010, and followed usual development methods for FFQ food item nutrients.	
520.	CYAD	'Cyanidin, mg'
521.	DELPH	'Delphinidin, mg'
522.	MALVIDIN	'Malvidin, mg'
523.	PELARGDIN	'Pelargonidin, mg'
524.	PEONIDIN	'Peonidin, mg'
525.	PETUNIDIN	'Petunidin, mg'
526.	EPICATEC	'(-)-Epicatechin, mg'
527.	EPICATECG3	'(-)-Epicatechin 3-gallate, mg'
528.	EPICATEGC	'(-)-Epigallocatechin, mg'
529.	EPICATEGC3G	'(-)-Epigallocatechin 3-gallate, mg'
530.	CATECHIN	'(+)-Catechin, mg'
531.	GALCATEGC	'(+)-Gallocatechin, mg'
532.	THEAFLAVIN	'Theaflavin, mg'
533.	THEAFLV33D	'Theaflavin-3,3'-digallate, mg'
534.	THEAFLV3PG	'Theaflavin-3'-gallate, mg'
535.	THEAFLV3G	'Theaflavin-3-gallate, mg'
536.	THEARBIGN	'Thearubigins, mg'
537.	ERIODICTYL	'Eriodictyol, mg'
538.	HESPT	'Hesperetin, mg'
539.	NARING	'Naringenin, mg'
540.	APIGEN	'Apigenin, mg'
541.	LUTEOL	'Luteolin, mg'
542.	ISORHMNTN	'Isorhamnetin, mg'
543.	KAEMF	'Kaempferol, mg'
544.	MYRIC	'Myricetin, mg'
545.	QUERCE	'Quercetin, mg'
546.	DDZEIN	'Daidzein, mg'
547.	GNSTEIN	'Genistein, mg'
548.	GLYCTEIN	'Glycitein, mg'
549.	T_ANTHOCYADNS	'Total anthocyanidins, mg' SUM(Cyad, Petunidin, Delph, Malvidin, Pelargdin, Peonidin)
550.	T_FLAVAN3OLS	'Total flavan-3-ols, mg' SUM(Catechin, Epicategc, Epicatec, Epicatecg3, Epicategc3g, Theaflavin, Thearbign, Theaflv33d, Theaflv3pg, Theaflv3g, Galcategc)
551.	T_FLAVANONES	'Total flavanones, mg' SUM(Eriodictyl,Hespt, Naring)
552.	T_FLAVONES	'Total flavones, mg' SUM(Apigen, Luteol)
553.	T_FLAVONOLS	"Total flavonols, mg' SUM(Isorhmntn, Kaemf, Myric, Querce)
554.	T_ISOFLAVONES	"Total isoflavones, mg' SUM(Ddzein, Gnstein, Glyctein)

555.	T_FLAVONOIDS	"Total flavonoids, mg' SUM(Ddzein, Gnstein, Glyctein, Cyad, Petunidin, Delph, Malvidin, Pelargdin, Peonidin, Catechin, Epicategc, Epicatec, Epicatecg3, Epicategc3g, Theaflavin, Thearbign, Theaflv33d, Theaflv3pg, Theaflv3g, Galcategc, Eriodictyl,Hespt, Naring, Apigen, Luteol, Isorhmntn, Kaemf, Myric, Querce)
	Glycemic Index and Glycemic Load	
556.	GI	'Glycemic Index (glucose), average daily'
557.	GL	'Glycemic Load (glucose), average daily'
	USDA food groups derived from FPED values for NHANES 2007-2010 (http://www.ars.usda.gov/SP2UserFiles/Place/80400530/pdf/fped/FPED_0708.pdf)	
558.	F_TOTAL	'Fruit: Total fruit, cup equivalents (cup eq.) ' Total intact fruits (whole or cut) and fruit juices Note: include fruit and juice in drinks and recipes
559.	F_CITMLB	'Fruit: Citrus, melons, berries (not juice), cup eq.' Intact fruits (whole or cut) of citrus, melons, and berries
560.	F_OTHER	'Fruit: Other (not juice), cup eq.' Intact fruits (whole or cut); excluding citrus, melons, and berries
561.	F_JUICE	'Fruit juice, cup eq.' Fruit juices, citrus and non citrus Note: include juice in drinks and recipes
562.	F_WHOLE	Fruit: Whole fruit (not juice), cup eq.' (F_TOTAL – F_JUICE)
563.	V_TOTAL	'Vegetables: Total vegetables, cup equivalents (cup eq.)' Total dark green, red and orange, starchy, and other vegetables; excludes legumes
564.	V_DRKGR	'Vegetables: Dark green, cup eq.' Dark green vegetables
565.	V_REDOR_TOTAL	'Vegetables: Red-orange, total, cup eq.' Total red and orange vegetables (tomatoes and tomato products + other red and orange vegetables)
566.	V_REDOR_TOMATO	'Vegetables: Red-orange, tomato, cup eq.' Tomatoes and tomato products
567.	V_REDOR_OTHER	'Vegetables: Red-orange, other, cup eq.' Other red and orange vegetables, excluding tomatoes and tomato products
568.	V_STARCHY_TOTAL	'Vegetables: Starchy, total, cup eq.' Total starchy vegetables (white potatoes + other starchy vegetables) Note: Includes potatoes and other starchy vegetables
569.	V_STARCHY_POTATO	'Vegetables: Starchy, potato, cup eq.' White potatoes
570.	V_STARCHY_OTHER	'Vegetables: Starchy, other, cup eq.' Other starchy vegetables, excluding white potatoes
571.	V_OTHER	'Vegetables: Other vegetables, cup eq.' Other vegetables not in the vegetable components listed above
572.	V_LEGUMES	'Vegetables: Legumes, cup eq.' Beans and peas (legumes) computed as vegetables Beans and soy products are also given in Protein foods units (ounce-equivalents), below.

573.	G_TOTAL	'Grain: Total grain, ounce-equivalents (oz. eq.)' Total whole and refined grains Note: Includes whole and refined grain, including grains and flours, in baked goods and recipes.
574.	G_WHOLE	'Grain: Whole grains, oz. eq.' Grains defined as whole grains and contain the entire grain kernel — the bran, germ, and endosperm
575.	G_REFINED	'Grains: Refined grains, oz. eq.' Refined grains that do not contain all of the components of the entire grain kernel
576.	PF_TOTAL	'Protein foods: Total protein foods, ounce-equivalents' Note: an ounce-equivalent of protein foods approximates the protein in one ounce of very lean meat. Total meat, poultry, organ meat, cured meat, seafood, eggs, soy, and nuts and seeds; excludes legumes.
577.	PF_MPS_TOTAL	'Protein foods: Total meat, poultry, seafood, oz. eq.' Total of meat, poultry, seafood, organ meat, and cured meat
578.	PF_MEAT	'Protein foods: Meat (red meat), oz. eq.' Beef, veal, pork, lamb, and game meat; excludes organ meat and cured meat
579.	PF_CUREDMEAT	'Protein foods: Cured meats, oz. eq.' Frankfurters, sausages, corned beef, and luncheon meat that are made from beef, pork, or poultry
580.	PF_ORGAN	'Protein foods: Organ meats, oz.eq.' Organ meat from beef, veal, pork, lamb, game, and poultry (oz. eq.)
581.	PF_POULT	'Protein foods: Poultry, oz.eq.' Chicken, turkey, Cornish hens, duck, goose, quail, and pheasant (game birds); excludes organ meat and cured meat
582.	PF_SEAFD_HI	'Protein foods: Seafood (finfish, shellfish, and other seafood) high in n-3 fatty acids, oz. eq'
583.	PF_SEAFD_LOW	'Protein foods: Seafood (finfish, shellfish, and other seafood) low in n-3 fatty acids, oz.eq.'
584.	PF_EGGS	'Protein foods: Eggs, oz. eq.' (1 egg is an oz.eq.) Eggs (chicken, duck, goose, quail) and egg substitutes
585.	PF_SOY	'Protein foods: Soy products, oz.eq.' Soy products, excluding calcium fortified soy milk and mature soybeans
586.	PF_NUTSDS	'Protein foods: Nuts and seeds, oz.eq.' Peanuts, tree nuts, and seeds; excludes coconut
587.	PF_LEGUMES	'Protein foods: Legumes, oz.eq.' Beans and Peas (legumes) computed as protein foods
588.	D_TOTAL	'Dairy: Total dairy, cup equivalents (cup eq.)' Total milk, yogurt, cheese, and whey. For some foods, the total dairy values could be higher than the sum of D_MILK, D_YOGURT, and D_CHEESE because Miscellaneous dairy component composed of whey which is not included in FPED as a separate variable.
589.	D_MILK	'Dairy: Milk, cup eq.' Fluid milk, buttermilk, evaporated milk, dry milk, and calcium fortified soy milk
590.	D_YOGURT	'Dairy: Yogurt, cup eq.'
591.	D_CHEESE	'Dairy: Cheese, cup eq.'

592.	OILS	'Oils, grams' Fats naturally present in nuts, seeds, and seafood; unhydrogenated vegetable oils, except palm oil, palm kernel oil, and coconut oils; fat present in avocado and olives above the allowable amount; 50% of fat present in stick and tub margarines and margarine spreads
593.	SOLID_FATS	'Solid fats, grams' Fats naturally present in meat, poultry, eggs, and dairy (lard, tallow, and butter); hydrogenated or partially hydrogenated oils; shortening, palm, palm kernel and coconut oils; fats naturally present in coconut meat and cocoa butter; and 50% of fat present in stick and tub margarines and margarine spreads
594.	ADD_SUGARS	'Added sugars, teaspoon equivalents (tsp.eq.)' Foods defined as added sugars
595.	A_DRINKS	'Alcoholic drinks, number of drinks' Alcoholic beverages and DT_ALCO l (ethanol) added to foods after cooking Note: a drink contains about 14 grams of ethanol, the amount in 12 fluid ounces of beer, 5 fluid ounces of wine, or 1.5 fluid ounces of 80-proof distilled spirits.
	HEI and AHEI precursors: Modified variables needed for diet quality score components Note: HEI and AHEI component and total scores can be generated in a separate analysis.	
596.	D_SOY	'HEI precursor: Milk substitutes (calcium fortified) made from soy, cup eq.'
597.	M_SOY_ND	'HEI precursor: Soy products without (calcium fortified) milk substitutes made from soy, oz. eq.'
598.	ADSUG_NA	'HEI precursor: Added sugars, excluding sugars in alcoholic beverages, tsp. eq.'
599.	OILS_M	'Modified USDA FPED food group for HEI-2010: Oils (modified), grams' where all fats in margarines are categorized as "solid fats" and thus counted toward "empty calories" component.
600.	SOLID_FATS_M	'Modified USDA FPED food group for HEI-2010: Solid fats (modified), grams' where all fats in margarines are categorized as "solid fats" and thus counted toward "empty calories" component.
601.	A_BEV_KC	'HEI precursor: Alcoholic beverages calories, kcal'
602.	AA_BEV	'AHEI-2010 precursor: Alcoholic beverages, servings (svgs.)'
603.	AV_TOT_S	'AHEI-2010 precursor: Average daily vegetables, svgs.'
604.	AF_TOT_S	'AHEI-2010 precursor: Average daily fruit (not juice), svgs.'
605.	GROUP_A_SUGBEV_TOTAL_GRAMS	'AHEI-2010 precursor: Average daily sugary beverages (including juice), grams (to be converted to servings)'
606.	R_MEAT_S	'AHEI-2010 precursor: Average daily red meats, svgs.'
607.	A_NUT_S	'AHEI-2010 precursor: Average daily nuts, svgs.'
608.	A_BEAN_S	'AHEI-2010 precursor: Average daily beans, svgs.'
609.	DHA_EPA	'AHEI-2010 precursor: Average daily intake of DHA and EPA, grams'
610.	ADJ_PUFA	'AHEI-2010 precursor: Average daily intake of remaining poly-unsaturated fatty acids, without DHA and EPA, grams'
611.	DT_TRFAT	'AHEI-2010 precursor: Trans fat, total, grams' This variable will be added to standard nutrient output soon.

		Nutrition Report Variables: Food group servings adapted for individual Nutrition Reports
612.	PCTALCH	'Percent of calories from alcoholic beverages'
613.	PSGTOT	'My Plate: Grain (total), oz. eq.'
614.	PSGWHL	'My Plate: Grain, whole, oz. eq.'
615.	PSVEGNBP	'My Plate: Vegetables _Total (no legumes or potatoes), cup eq.'
616.	PSVEGDKG	'My Plate: Vegetables - Dark green, cup eq.'
617.	PSVEGORN	'My Plate: Vegetables - Orange, cup eq.'
618.	PSVEGOTH	'My Plate: Vegetables, other, cup eq.'
619.	PSVEGPOT	'My Plate: Vegetables, potatoes, cup eq.'
620.	PSFRUIT	'My Plate: Fruit – Total including juices, cup eq.'
621.	PSDAIRY	'My Plate: Dairy - Total milk, cheese, yogurt, cup eq.'
622.	PSMFP	'My Plate: Protein foods - Meat, fish (seafood), poultry, oz. eq.'
623.	PSNUTSD	'My Plate: Protein foods - Nuts and seeds, oz. eq.'
624.	PSEGGS	'My Plate: Protein foods - Eggs, oz. eq.' Note: 1 egg = 1 oz. eq.
625.	PSLEGSOY	'My Plate: Protein foods – Legumes and soy, oz. eq.'
626.	PSOILS	'My Plate: Beneficial oils, tsp. eq.' Note: Includes oils and fats in dressings, fish, nuts, avocados
		Nutrients from Supplements (Average daily intake)
627.	SUP_VITA	'From supplements: Vitamin A RAE, mcg'
628.	SUP_LZ	'From supplements: Lutein + Zeaxanthin, mcg'
629.	SUP_VITD	'From supplements: Vitamin D, mcg'
630.	SUP_VITE	'From supplements: Vitamin E, mg'
631.	SUP_VK	'From supplements: Vitamin K, mcg'
632.	SUP_B1	'From supplements: Vitamin B-1 (Thiamin), mg'
633.	SUP_B2	'From supplements: Vitamin B-2 (Riboflavin), mg'
634.	SUP_NIAC	'From supplements: Vitamin B-3 (Niacin), mg'
635.	SUP_B6	'From supplements: Vitamin B-6 (Pyridoxine), mg'
636.	SUP_FOL	'From supplements: Folate, mcg'
637.	SUP_B12	'From supplements: Vitamin B-12 (Cobalamin), mcg'
638.	SUP_VITC	'From supplements: Vitamin C, mg'
639.	SUP_CA	'From supplements: Calcium, mg'
640.	SUP_CU	'From supplements: Copper, mg'
641.	SUP_IRON	'From supplements: Iron, mg'
642.	SUP_MG	'From supplements: Magnesium, mg'
643.	SUP_SE	'From supplements: Selenium, mcg'
644.	SUP_ZINC	'From supplements: Zinc, mg'
645.	SUP_ALA	'From supplements: Alpha-linolenic acid (ALA), mg'
646.	SUP_OLEIC	'From supplements: Oleic acid, mg'
647.	SUP_OM_3	'From supplements: Omega-3 fatty acids, mg' Note: Includes ALA, DHA and EPA
648.	SUP_OM_6	'From supplements: Omega-6 fatty acids, mg'
649.	SUP_EPA	'From supplements: Eicosapentaenoic acid (EPA), mg'
650.	SUP_DHA	'From supplements: Docosahexaenoic acid (DHA), mg'
651.	SUP_FIBER	'From supplements: Fiber, grams'

PHYSICAL ACTIVITY OUTPUT VARIABLES

652.	KCAL_EXPENDITURE_ALL	Estimated energy expenditure (EE), all activities, kcals.
653.	KCAL_EXPENDITURE_RECR	Estimated recreational EE, excluding chores and work, kcals.
654.	LOWMINS	Estimated light activity minutes per day
655.	MODMINS	Estimated moderate activity minutes per day
656.	VIGMINS	Estimated vigorous activity minutes per day
657.	RECRMINS	Estimated minutes per day, excluding chores and job: NOTE: Recreational activities in this screener include Brisk walking, Exercise, and Biking, swimming, etc.
658.	METMINS	Estimated per day, MET minutes from all activities on questionnaire
659.	METMINRECR	Estimated per day, MET minutes from recreational activities on questionnaire

NOTE: One **MET** is **defined** as 1 kcal/kg/hour and is roughly equivalent to the energy cost of sitting quietly. A **MET** also is **defined** as oxygen uptake in ml/kg/min with one **MET** equal to the oxygen cost of sitting quietly, equivalent to 3.5 ml/kg/min. A **MET** is the ratio of the rate of energy expended during an activity to the rate of energy expended at rest.

MET minutes include the element of time. If you engage in a 5 MET activity for 30 minutes, the MET-minutes are calculated as follows:
5 METs x 30 minutes = 150 MET minutes

The current Physical Activity Guidelines For Americans reports substantial health benefits from physical activity totaling 500 – 1000 MET-minutes per week.

The minimum recommendations of physical activity per week are
- 150 minutes of moderate-intensity activity, or
- 75 minutes of vigorous-intensity activity

A rule of thumb is that 1 minute of vigorous-intensity activity counts the same as 2 minutes of moderate-intensity activity.

	GRAMS: _Average daily_ intake of questionnaire food items, grams	
660.	GROUP_BREAKFAST_SANDWICH_WITH_EGG_OR_MEAT_TOTAL_GRAMS	**'Breakfast sandwiches or breakfast burritos with eggs or meat (g/day)'**
661.	GROUP_OTHER_EGGS_OR_OMELETS_TOTAL_GRAMS	**'Other eggs like scrambled or boiled, or quiche (_not_ egg substitutes) (g/day)'**
662.	GROUP_YOGURT_TOTAL_GRAMS	**'Yogurt (_not_ frozen yogurt), population mix (g/day)'**
663.	GROUP_YOGURT_PLAIN_LOW_FAT_TOTAL_GRAMS	**'Yogurt, Plain, Low-fat (g/day)'**
664.	GROUP_YOGURT_PLAIN_NON_FAT_TOTAL_GRAMS	**'Yogurt, Plain, Non-fat (g/day)'**
665.	GROUP_YOGURT_PLAIN_FULL_FAT_TOTAL_GRAMS	**'Yogurt, Plain, Full-fat (whole milk) (g/day)'**
666.	GROUP_YOGURT_SWEET_LOW_FAT_TOTAL_GRAMS	**'Yogurt, Fruit or flavors, Low-fat (g/day)'**
667.	GROUP_YOGURT_SWEET_NON_FAT_TOTAL_GRAMS	**'Yogurt, Fruit or flavors, Non-fat (g/day)'**
668.	GROUP_YOGURT_SWEET_FULL_FAT_TOTAL_GRAMS	**'Yogurt, Fruit or flavors, Full-fat (whole milk) (g/day)'**
669.	GROUP_COTTAGE_CHEESE_RICOTTA_TOTAL_GRAMS	**'Cottage cheese, ricotta cheese (g/day)'**
670.	GROUP_CREAM_CHEESE_SOUR_CREAM_DIP_TOTAL_GRAMS	**'Cream cheese, sour cream, dips (g/day)'**
671.	GROUP_CHEESE_TOTAL_GRAMS	**'Cheese, sliced cheese, cheese spread, including in sandwiches and quesadillas, population mix (g/day)'**
672.	GROUP_CHEESE_LOW_FAT_TOTAL_GRAMS	**'Cheese, sliced cheese, cheese spread, Low-fat (g/day)'**
673.	GROUP_CHEESE_FULL_FAT_TOTAL_GRAMS	**'Cheese, sliced cheese, cheese spread, Regular-fat (g/day)'**
	Cold cereals, ANY KIND, like corn flakes, fiber cereals, sweetened cereals: GRAMS of Cold cereal are assigned by nutrient analysis program to the types of cereal select by respondents. If a valid Cold cereal frequency is selected and no cold cereal types are selected, the default cereal is Corn Flakes.	
674.	GROUP_ALL_BRAN_ORIGINAL_TOTAL_GRAMS	**'Cold cereal: All Bran Original (g/day)'**
675.	GROUP_ALL_BRAN_COMPLETE_COMPLETE_TOTAL_GRAMS	**'Cold cereal: All Bran Complete, Complete (g/day)'**
676.	GROUP_APPLE_JACKS_COOKIE_CRISP_TOTAL_GRAMS	**'Cold cereal: Apple Jacks, Cookie Crisp (g/day)'**
677.	GROUP_BRAN_FLAKES_TOTAL_GRAMS	**'Cold cereal: Bran Flakes (g/day)'**
678.	GROUP_CAP_N_CRUNCH_TOTAL_GRAMS	**'Cold cereal: Cap'n Crunch (g/day)'**
679.	GROUP_CHEERIOS_PLAIN_OR_MULTI_GRAIN_TOTAL_GRAMS	**'Cold cereal: Cheerios, plain or Multi-Grain (g/day)'**
680.	GROUP_CHEERIOS_HONEY_NUT_FLAVORS_TOTAL_GRAMS	**'Cold cereal: Cheerios, Honey Nut, flavors (g/day)'**
681.	GROUP_CHEX_WHEAT_TOTAL_GRAMS	**'Cold cereal: Chex, Wheat (g/day)'**
682.	GROUP_CHEX_OTHER_TOTAL_GRAMS	**'Cold cereal: Chex, other (g/day)'**
683.	GROUP_CINNAMON_TOAST_CRUNCH_TOTAL_GRAMS	**'Cold cereal: Cinnamon Toast Crunch (g/day)'**
684.	GROUP_COCOA_KRISPIES_PEBBLES_PUFFS_TOTAL_GRAMS	**'Cold cereal: Cocoa Krispies, Pebbles, Puffs (g/day)'**
685.	GROUP_CORN_FLAKES_CORN_PUFFS_TOTAL_GRAMS	**'Cold cereal: Corn Flakes, Corn Puffs (g/day)'**
686.	GROUP_CORN_POPS_TOTAL_GRAMS	**'Cold cereal: Corn Pops (g/day)'**
687.	GROUP_FIBER_ONE_BRAN_BUDS_TOTAL_GRAMS	**'Cold cereal: Fiber One, Bran Buds (g/day)'**

688.	GROUP_FROOT_LOOPS_TOTAL_GRAMS	'Cold cereal: Froot Loops (g/day)'
689.	GROUP_FROSTED_FLAKES_TOTAL_GRAMS	'Cold cereal: Frosted flakes (g/day)'
690.	GROUP_FROSTED_MINI_WHEATS_TOTAL_GRAMS	'Cold cereal: Frosted Mini-Wheats (g/day)'
691.	GROUP_GRANOLA_TOTAL_GRAMS	'Cold cereal: Granola (g/day)'
692.	GROUP_GRAPE_NUTS_TOTAL_GRAMS	'Cold cereal: Grape Nuts (g/day)'
693.	GROUP_HONEY_BUNCHES_OF_OATS_TOTAL_GRAMS	'Cold cereal: Honey Bunches of Oats (g/day)'
694.	GROUP_KASHI_GOLEAN_HEART_2_HEART_TOTAL_GRAMS	'Cold cereal: Kashi GOLEAN, Heart to Heart (g/day)'
695.	GROUP_LIFE_TOTAL_GRAMS	'Cold cereal: Life (g/day)'
696.	GROUP_LUCKY_CHARMS_FRUITY_PEBBLES_TOTAL_GRAMS	'Cold cereal: Lucky Charms, Fruity Pebbles (g/day)'
697.	GROUP_OATMEAL_SQUARES_OAT_BRAN_TOTAL_GRAMS	'Cold cereal: Oatmeal Squares, Oat Bran (g/day)'
698.	GROUP_RAISIN_BRAN_TOTAL_GRAMS	'Cold cereal: Raisin Bran (g/day)'
699.	GROUP_RICE_KRISPIES_PUFFED_RICE_TOTAL_GRAMS	'Cold cereal: Rice Krispies, puffed rice (g/day)'
700.	GROUP_SHREDDED_WHEAT_TOTAL_GRAMS	'Cold cereal: Shredded Wheat (g/day)'
701.	GROUP_SPECIAL_K_PLAIN_TOTAL_GRAMS	'Cold cereal: Special K, plain (g/day)'
702.	GROUP_SPECIAL_K_FLAVORS_TOTAL_GRAMS	'Cold cereal: Special K, flavors (g/day)'
703.	GROUP_TOTAL_PRODUCT_19_TOTAL_GRAMS	'Cold cereal: Total (g/day)'
704.	GROUP_WHEATIES_TOTAL_GRAMS	'Cold cereal: Wheaties (g/day)'
705.	GROUP_OTHER_NOT_WHOLEGRAIN_SWEET_CEREAL_TOTAL_GRAMS	'Cold cereal: *Other sweet cereal* (not whole grain) (g/day)'
706.	GROUP_OTHER_NOT_WHOLEGRAIN_UNSWEETENED_CEREAL_TOTAL_GRAMS	'Cold cereal: *Other unsweetened cereal*, (not whole grain) (g/day)'
707.	GROUP_OTHER_WHOLE_GRAIN_CEREAL_TOTAL_GRAMS	'Cold cereal: *Other whole grain cereal* (g/day)'
708.	GROUP_OTHER_FIBER_CEREAL_TOTAL_GRAMS	'Cold cereal: *Other bran or fiber cereal* (g/day)'
709.	GROUP_DONT_EAT_CEREAL_TOTAL_GRAMS	'Cold cereal: *Don't eat cereal* (g/day)' **Note: A default cereal (corn flakes) is assigned if the person gave a valid frequency for Cold cereal and also marked *Don't eat cereal***
710.	GROUP_OATMEAL_WHOLEGRAIN_COOKED_CEREAL_TOTAL_GRAMS	'Oatmeal, or whole grain cereal like Wheatena or Ralston (g/day)'
711.	GROUP_GRITS_CREAM_OF_WHEAT_MUSH_TOTAL_GRAMS	'Grits, cream of wheat, cornmeal mush (g/day)'
	Milk on cereal: GRAMS of **Milk on cereal** are calculated in the nutrient analysis program and added to the type of milk selected in MilkTYPE variable. The default is Reduced-fat 2% milk.	
712.	GROUP_BROWN_RICE_DISHES_WITH_TOTAL_GRAMS	'Brown Rice, or dishes made with brown rice (g/day)'
713.	GROUP_WHITE_RICE_DISHES_WITH_TOTAL_GRAMS	'White rice, or dishes made with rice, like rice and beans (g/day)'
714.	GROUP_PANCAKES_WAFFLES_FRENCH_TOAST_CREPES_WITH_SYRUP_TOTAL_GRAMS	'Pancakes, waffles, French toast, crepes (g/day)'
715.	GROUP_BREAKFAST_PASTRY_MUFFINS_QUICK_BREAD_TOTAL_GRAMS	'Breakfast pastries, like muffins, scones, sweet rolls, Danish, Pop Tarts, pan dulce (g/day)'
716.	GROUP_BISCUITS_SCONES_CROISSANTS_TOTAL_GRAMS	'Biscuits, <u>not</u> counting breakfast sandwiches (g/day)'
717.	GROUP_CORN_BREAD_HUSH_PUPPIES_TOTAL_GRAMS	'Corn bread, corn muffins, hush puppies (g/day)'

718.	GROUP_SANDWICH_BUNS_TOTAL_GRAMS	'Hamburger buns, hotdog buns, submarine or hoagie buns (g/day)'
719.	GROUP_SANDWICH_BUNS_WHITE_TOTAL_GRAMS	'Burger, hotdog, submarine buns: White (g/day)'
720.	GROUP_SANDWICH_BUNS_MULTIGRAIN_TOTAL_GRAMS	'Burger, hotdog, submarine buns: Multi-grain (g/day)'
721.	GROUP_SANDWICH_BUNS_WHOLEGRAIN_TOTAL_GRAMS	'Burger, hotdog, submarine buns: 100% whole wheat (g/day)'
722.	GROUP_SANDWICH_BUNS_MIX_TOTAL_GRAMS	'Burger, hotdog, submarine buns: Eat all kinds (g/day)'
723.	GROUP_BAGELS_ENG_MUFFIN_PITA_TOTAL_GRAMS	'Bagels or English muffins, dinner rolls, pita, naan (g/day)'
724.	GROUP_BAGELS_WHITE_TOTAL_GRAMS	'Bagels, English muffins, rolls: White (g/day)'
725.	GROUP_BAGELS_MULTIGRAIN_TOTAL_GRAMS	'Bagels, English muffins, rolls: Multi-grain (g/day)'
726.	GROUP_BAGELS_WHOLEGRAIN_TOTAL_GRAMS	'Bagels, English muffins, rolls: 100% whle wheat (g/day)'
727.	GROUP_BAGELS_MIX_TOTAL_GRAMS	'Bagels, English muffins, rolls: Eat all kinds (g/day)'
728.	GROUP_TORTILLAS_TOTAL_GRAMS	'Tortillas (**not** counting in tacos or burritos) (g/day)'
729.	GROUP_TORTILLAS_CORN_TOTAL_GRAMS	'Tortillas: Corn tortillas (g/day)'
730.	GROUP_TORTILLAS_FLOUR_WHEAT_TOTAL_GRAMS	'Tortillas: Flour tortillas (wheat) (g/day)'
731.	GROUP_TORTILLA_MIX_TOTAL_GRAMS	'Tortillas: Eat all kinds or don't know (g/day)'
732.	GROUP_BREAD_DINNER_ROLLS_TOTAL_GRAMS	'**Any other bread or toast**, including white, dark, whole wheat, and what you have in sandwiches (g/day)'
733.	GROUP_BREAD_WHITE_TOTAL_GRAMS	'Bread: White (not whole grain) (g/day)'
734.	GROUP_BREAD_MULTI_GRAIN_TOTAL_GRAMS	'Bread: Multi-grain, rye or other brown bread (g/day)'
735.	GROUP_BREAD_WHOLE_GRAIN_TOTAL_GRAMS	'Bread: 100% whole wheat (g/day)'
736.	GROUP_BREAD_MIX_TOTAL_GRAMS	'Bread: Eat some of each (g/day)'
737.	GROUP_BROCCOLI_BRUSSEL_SPROUTS_CHINESE_BROCCOLI_TOTAL_GRAMS	'Broccoli, Chinese broccoli, or Brussels sprouts (g/day)'
738.	GROUP_CARROTS_CARROT_MIXES_TOTAL_GRAMS	'Carrots, and mixed vegetables containing carrots (g/day)'
739.	GROUP_CORN_TOTAL_GRAMS	'Corn (g/day)'
740.	GROUP_GREEN_BEANS_PEAS_TOTAL_GRAMS	'Green beans, string beans, green peas (g/day)'
741.	GROUP_GREENS_SPINACH_COOKED_TOTAL_GRAMS	'**Cooked** greens like spinach, collards, turnip greens, kale, mustard greens (g/day)'
742.	GROUP_CABBAGE_SLAW_CHINESE_CABBAGES_TOTAL_GRAMS	'Cabbage, cole slaw, Chinese cabbage (g/day)'
743.	GROUP_GREEN_SALAD_RAW_SPINACH_TOTAL_GRAMS	'Green salad with lettuce or raw spinach (g/day)'
744.	GROUP_RAW_TOMATOES_TOTAL_GRAMS	'Raw tomatoes (g/day)'
745.	GROUP_SALAD_DRESSING_TOTAL_GRAMS	'Salad dressing (g/day)'
746.	GROUP_SALAD_DRESSING_LOW_FAT_TOTAL_GRAMS	'Salad dressing: Low-fat, lite (g/day)'
747.	GROUP_SALAD_DRESSING_FAT_FREE_TOTAL_GRAMS	'Salad dressing: Fat-free (g/day)'
748.	GROUP_SALAD_DRESSING_REGULAR_TOTAL_GRAMS	'Salad dressing: Regular (g/day)'
749.	GROUP_SALAD_DRESSING_OIL_AND_VINEGAR_TOTAL_GRAMS	'Salad dressing: Oil & vinegar (g/day)'

750.	GROUP_AVOCADO_GUACAMOLE_TOTAL_GRAMS	'Avocado, guacamole (g/day)'
751.	GROUP_SWEET_POTATO_YAM_TOTAL_GRAMS	'Sweet potatoes, yams (g/day)'
752.	GROUP_FRENCH_FRIES_FRIED_POTATOES_TOTAL_GRAMS	'French fries, home fries, hash browns, tater tots (g/day)'
753.	GROUP_WHITE_POTATOES_NOT_FRIED_TOTAL_GRAMS	'Potatoes <u>not fried,</u> like baked, boiled, mashed, or in stew or potato salad (g/day)'
754.	GROUP_ANY_OTHER_VEGETABLE_TOTAL_GRAMS	'Any other vegetable like squash, cauliflower, peppers, okra, nopales (g/day)'
755.	GROUP_MELONS_IN_SEASON_TOTAL_GRAMS	'Watermelon, cantaloupe, honeydew, other melons, <u>in season</u> (g/day)'
756.	GROUP_STRAWBERRIES_BERRIES_IN_SEASON_TOTAL_GRAMS	'Strawberries or other berries, <u>in season</u> (g/day)'
757.	GROUP_BANANAS_TOTAL_GRAMS	'Bananas (g/day)'
758.	GROUP_APPLES_PEARS_RAW_TOTAL_GRAMS	'Apples or pears (g/day)'
759.	GROUP_ORANGE_TANGERINE_GRAPEFRUIT_FRESH_TOTAL_GRAMS	'Oranges, tangerines, grapefruit (g/day)'
760.	GROUP_PEACH_NECTARINE_TOTAL_GRAMS	'Peaches and nectarines (g/day)'
761.	GROUP_OTHER_FRESH_FRUIT_FRUIT_SALAD_TOTAL_GRAMS	'Any other fresh fruit like grapes, plums, mango, fruit salad (g/day)'
762.	GROUP_RAISINS_DRIED_FRUIT_TOTAL_GRAMS	'Raisins, dates, other dried fruit (g/day)'
763.	GROUP_CANNED_FRUIT_APPLESAUCE_WITH_CANNED_CITRUS_TOTAL_GRAMS	'<u>Canned</u> fruit like applesauce, fruit cocktail, canned peaches or pineapple (g/day)'
764.	GROUP_REFRIED_BEANS_HUMMUS_TOTAL_GRAMS	'Refried beans, <u>bean</u> burritos, or hummus (g/day)'
765.	GROUP_OTHER_BEANS_LENTIL_CHILI_NOT_RICE_AND_BEANS_TOTAL_GRAMS	'Pinto beans, black beans, kidney beans, baked beans, lentils (g/day)'
766.	GROUP_TOFU_OR_TEMPEH_TOTAL_GRAMS	'Tofu or tempeh (g/day)'
767.	GROUP_MEAT_SUBSTITUTES_VEGETABLE_MEATS_TOTAL_GRAMS	'Meat substitutes, like veggie burgers, veggie chicken, vegetarian hot dogs or vegetarian lunch meats (g/day)'
768.	GROUP_BEAN_SPLIT_PEA_LENTIL_SOUP_TOTAL_GRAMS	'Split pea, bean, or lentil soup (g/day)'
769.	GROUP_VEGETABLE_SOUP_TOTAL_GRAMS	'Vegetable soup, vegetable beef soup, or tomato soup (g/day)'
770.	GROUP_OTHER_SOUP_TOTAL_GRAMS	'Any other soup including chicken noodle, cream soups, Cup-A-Soup, ramen (g/day)'
771.	GROUP_PIZZA_PIZZA_POCKETS_TOTAL_GRAMS	'Pizza or pizza pockets (g/day)'
772.	GROUP_MAC_AND_CHEESE_CHEESE_DISHES_TOTAL_GRAMS	'Macaroni and cheese (g/day)'
773.	GROUP_SPAGHETTI_PASTA_WITH_TOMATO_SAUCE_TOTAL_GRAMS	'Spaghetti, lasagna, other pasta <u>with tomato sauce</u> (g/day)'
774.	GROUP_SPAGHETTI_MEATLESS_TOTAL_GRAMS	'Spaghetti or lasagna: Meatless (g/day)'
775.	GROUP_SPAGHETTI_WITH_MEAT_TOTAL_GRAMS	'Spaghetti or lasagna: Withmeat sauce or meatballs (g/day)'

776.	GROUP_OTHER_NOODLES_PASTA_SOPA_SECA_TOTAL_GRAMS	'Other noodles like plain pasta, pasta salad, sopa seca (g/day)'
777.	GROUP_OTHER_NOODLES_WHITE_PASTA_TOTAL_GRAMS	'Noodles, pasta: Rarely whole grain (g/day)'
778.	GROUP_OTHER_NOODLES_PASTA_MIX_TOTAL_GRAMS	'Noodles, pasta: Sometimes whole grain (g/day)'
779.	GROUP_OTHER_NOODLES_WHOLE_GRAIN_TOTAL_GRAMS	'Noodles, pasta: Usually whole grain (g/day)'
780.	GROUP_EGG_ROLLS_WANTONS_DUMPLINGS_SAMOSAS_TOTAL_GRAMS	'Egg rolls, won tons, samosas, empanadas (g/day)'
781.	GROUP_BURGERS_GROUND_MEATS_TOTAL_GRAMS	'Hamburgers, cheeseburgers, turkey burger, at home or from a restaurant (g/day)'
782.	GROUP_HAMBURGER_PATTY_TOTAL_GRAMS	'Burgers: Hamburger patty (g/day)'
783.	GROUP_CHEESEBURGER_MEAT_AND_CHEESE_TOTAL_GRAMS	'Burgers: Cheeseburger (meat and cheese) (g/day)'
784.	GROUP_TURKEY_BURGER_THE_MEAT_TOTAL_GRAMS	'Burgers: Turkey burger patty (g/day)'
785.	GROUP_HOT_DOG_DINNER_SAUSAGE_TOTAL_GRAMS	'Hot dogs, or dinner sausage like Polish, Italian, chicken apple (g/day)'
786.	GROUP_HOT_DOG_BEEF_OR_PORK_TOTAL_GRAMS	'Hot dogs, dinner sausage: Beef or pork (g/day)'
787.	GROUP_HOT_DOG_POULTRY_LOW_FAT_TOTAL_GRAMS	'Hot dogs, dinner sausage: Chicken or turkey, low-fat (g/day)'
788.	GROUP_SAUSAGE_BACON_TOTAL_GRAMS	'Bacon or breakfast sausage (g/day)'
789.	GROUP_LUNCH_MEATS_TOTAL_GRAMS	'Lunch meats like bologna, sliced ham, sliced turkey, salami (g/day)'
790.	GROUP_LUNCH_MEATS_BEEF_OR_PORK_TOTAL_GRAMS	'Lunch meats: Beef or pork (g/day)'
791.	GROUP_LUNCH_MEATS_POULTRY_LOW_FAT_TOTAL_GRAMS	'Lunch meats: Chicken or turkey, low-fat (g/day)'
792.	GROUP_MEAT_LOAF_MEAT_BALLS_TOTAL_GRAMS	'Meat loaf, meat balls (g/day)'
793.	GROUP_STEAK_ROAST_TOTAL_GRAMS	'Steak, roast beef, pot roast, including in frozen dinners or sandwiches (g/day)' 'Beef or pork (beef): Sometimes eat the fat (g/day)' (population mix)
794.	GROUP_STEAK_ROAST_FAT_OFF_TOTAL_GRAMS	'Beef or pork (beef): Avoid eating the fat (g/day)'
795.	GROUP_STEAK_ROAST_FAT_ON_TOTAL_GRAMS	'Beef or pork (beef): Often eat the fat (g/day)'
796.	GROUP_TACOS_BURRITOS_ENCHILADAS_WITH_MEAT_TOTAL_GRAMS	'Tacos, burritos, enchiladas, tamales, tostadas, with meat or chicken (g/day)'
797.	GROUP_RIBS_SPARERIBS_BBQ_TOTAL_GRAMS	'Ribs, spareribs (g/day)'
798.	GROUP_PORK_CHOPS_ROAST_HAM_TOTAL_GRAMS	'Pork chops, pork roasts, cooked ham (including for breakfast) (g/day)' 'Beef or pork (pork): Sometimes eat the fat (g/day)' (population mix)
799.	GROUP_PORK_FAT_OFF_TOTAL_GRAMS	'Beef or pork (pork): Avoid eating the fat (g/day)'
800.	GROUP_PORK_FAT_ON_TOTAL_GRAMS	'Beef or pork (pork): Often eat the fat (g/day)'
801.	GROUP_MIXED_DISH_WITH_BEEF_PORK_TOTAL_GRAMS	'Any other beef or pork dish like stew, pot pie, corned beef hash, chili, Hamburger Helper, curry (g/day)'

802.	GROUP_LIVER_LIVERWURST_TOTAL_GRAMS	'Liver, including chicken livers or liverwurst (g/day)'
803.	GROUP_FEET_NECK_TAIL_TONGUE_CHITLINS_TOTAL_GRAMS	'Pigs feet, neck bones, oxtails, tongue, chitlins (g/day)'
804.	GROUP_VEAL_LAMB_GOAT_GAME_TOTAL_GRAMS	Veal, lamb, goat, deer meat, other game (g/day)'
805.	GROUP_FRIED_OR_COATED_CHICKEN_TURKEY_TOTAL_GRAMS	'Fried chicken, including chicken fingers, chicken nuggets, wings, chicken patty (g/day)'
806.	GROUP_FRIED_OR_COATED_CHIX_NO_SKIN_TOTAL_GRAMS	'Chicken or turkey (fried or coated): Avoid eating the skin (g/day)'
807.	GROUP_FRIED_OR_COATED_CHIX_ATE_SKIN_TOTAL_GRAMS	'Chicken or turkey (fried or coated): Often eat the skin (g/day)'
808.	GROUP_FRIED_OR_COATED_CHIX_ATE_SKIN_SOMETIMES_TOTAL_GRAMS	'Chicken or turkey (fried or coated): Sometimes eat the skin (g/day)' (population mix)
809.	GROUP_POULTRY_UNCOATED_TOTAL_GRAMS	'Roasted or broiled chicken or turkey (g/day)'
810.	GROUP_POULTRY_UNCOATED_NO_SKIN_TOTAL_GRAMS	'Chicken or turkey (uncoated): Avoid eating the skin (g/day)'
811.	GROUP_POULTRY_UNCOATED_ATE_SKIN_TOTAL_GRAMS	'Chicken or turkey (uncoated): Often eat the skin (g/day)'
812.	GROUP_POULTRY_UNCOATED_ATE_SKIN_SOMETIMES_TOTAL_GRAMS	'Chicken or turkey (uncoated): Sometimes eat the skin (g/day)' (population mix)
813.	GROUP_CHICKEN_OR_TURKEY_MIXED_DISH_TOTAL_GRAMS	'Any other chicken or turkey dish, like chicken stew or curry, chicken salad, stir-fry, Chinese chicken dishes (g/day)'
814.	GROUP_OYSTERS_TOTAL_GRAMS	'Oysters (g/day)'
815.	GROUP_SHELLFISH_EXCEPT_OYSTERS_TOTAL_GRAMS	'Shellfish like shrimp, scallops, crab (g/day)'
816.	GROUP_TUNA_TUNA_IN_DISHES_TOTAL_GRAMS	'Tuna, tuna salad, tuna casserole (g/day)'
817.	GROUP_HIGH_OMEGA3_FISH_TOTAL_GRAMS	'Salmon, mackerel, sea bass, trout, sardines, herring, without breading (g/day)'
818.	GROUP_FRIED_FISH_FISH_STICKS_SANDWICH_BREADED_FILLETS_TOTAL_GRAMS	'Fried fish, fish sticks, fish sandwich, breaded fillets (g/day)'
819.	GROUP_OTHER_FISH_DISHES_LOW_OMEGA3_TOTAL_GRAMS	'Any other fish (g/day)'
820.	GROUP_PEANUT_BUTTER_NUT_BUTTER_TOTAL_GRAMS	'Peanut butter or other nut butters (g/day)'
821.	GROUP_WALNUTS_FLAX_SEEDS_TOTAL_GRAMS	'Walnuts or flax seeds (don't count flax seed oil) (g/day)'
822.	GROUP_PEANUTS_OTHER_NUTS_SEEDS_TOTAL_GRAMS	'Peanuts, sunflower seeds, other nuts or seeds (g/day)'
823.	GROUP_PROTEIN_ENERGY_BARS_TOTAL_GRAMS	'Energy or protein bars like Power Bar, Clif, Balance, Luna, South Beach, Atkins (g/day)' 'Energy or protein bars: Some of each (g/day)'(population mix)
824.	GROUP_HIGH_ENERGY_BAR_TOTAL_GRAMS	'Energy or protein bars: High energy (g/day)'
825.	GROUP_HIGH_PROTEIN_BAR_TOTAL_GRAMS	'Energy or protein bars: High protein (g/day)'
826.	GROUP_CEREAL_GRANOLA_BARS_TOTAL_GRAMS	'Breakfast bars, cereal bars, granola bars (not energy or protein bars) (g/day)'

827.	GROUP_POPCORN_TOTAL_GRAMS	'Popcorn (g/day)'
828.	GROUP_POPCORN_AIR_POP_FAT_FREE_TOTAL_GRAMS	'Popcorn: Air popped, fat free (g/day)'
829.	GROUP_POPCORN_LOW-FAT_LIGHT_TOTAL_GRAMS	'Popcorn: Low-fat or Light (g/day)'
830.	GROUP_POPCORN_REGULAR_TOTAL_GRAMS	'Popcorn: Regular (g/day)'
831.	GROUP_POPCORN_CARAMEL_TOTAL_GRAMS	'Popcorn: Caramel corn (g/day)'
832.	GROUP_WHOLE_GRAIN_CRACKERS_TOTAL_GRAMS	'**Whole grain** crackers, like Wheat Thins, RyeKrisp, Ryvita, Wasa (g/day)'
833.	GROUP_WHOLE_GRAIN_CRACKERS_LOW_FAT_TOTAL_GRAMS	'Crackers, pretzels (whole grain): Low-fat, including Rye Crisp, rice cakes, or plain pretzels (g/day)'
834.	GROUP_WHOLE_GRAIN_CRACKERS_REGULAR_TOTAL_GRAMS	'Crackers, pretzels (whole grain): Regular fat cracker or filled pretzels (g/day)'
835.	GROUP_OTHER_CRACKERS_PRETZELS_NOT_WHOLEGRAIN_TOTAL_GRAMS	Any other crackers, like saltines, Ritz, Cheez-Its, cheese-filled pretzels
836.	GROUP_OTHER_CRACKERS_PRETZELS_LOW_FAT_TOTAL_GRAMS	'Crackers, pretzels (not whole grain): Low-fat, including Rye Crisp, rice cakes, or plain pretzels (g/day)'
837.	GROUP_OTHER_CRACKERS_FILLED_PRETZELS_REGULAR_TOTAL_GRAMS	'Crackers, pretzels (not whole grain): Regular fat cracker or filled pretzels (g/day)'
838.	GROUP_TORTILLA_OR_CORN_CHIPS_CORN_NUTS_TOTAL_GRAMS	'Tortilla chips or corn chips, like Fritos, Doritos, corn nuts (g/day)'
839.	GROUP_CORN_PUFFS_TWISTS_SOY_POTATO_CHIPS_TOTAL_GRAMS	'Any other snack chips, like potato chips, Cheetos, Chex mix (g/day)'
840.	GROUP_DONUTS_TOTAL_GRAMS	'Donuts (g/day)'
841.	GROUP_CAKE_CUPCAKES_TOTAL_GRAMS	'Cake or snack cakes like cupcakes, Twinkies, pound cake, banana bread (g/day)'
842.	GROUP_CAKE_LOW_SUGAR_TOTAL_GRAMS	'Cakes, snack cakes, cupcakes: Low-sugar, low-carb (g/day)'
843.	GROUP_CAKE_LOW_FAT_TOTAL_GRAMS	'Cakes, snack cakes, cupcakes: Low-fat (g/day)'
844.	GROUP_CAKE_REGULAR_TOTAL_GRAMS	'Cakes, snack cakes, cupcakes: Regular-fat (g/day)'
845.	GROUP_COOKIES_BROWNIES_TOTAL_GRAMS	'Cookies, brownies (g/day)'
846.	GROUP_COOKIES_LOW_SUGAR_TOTAL_GRAMS	'Cookies, brownies: Low-sugar, low-carb (g/day)'
847.	GROUP_COOKIES_LOW_FAT_TOTAL_GRAMS	'Cookies, brownies: Low-fat (g/day)'
848.	GROUP_COOKIES_REGULAR_TOTAL_GRAMS	'Cookies, brownies: Regular-fat (g/day)'
849.	GROUP_PUMPKIN_SWEET_POTATO_PIE_TOTAL_GRAMS	'Pumpkin pie, sweet potato pie (g/day)'
850.	GROUP_OTHER_PIE_OR_COBBLER_TOTAL_GRAMS	'Any other pie or cobbler, including fast food pies, snack pies (g/day)'
851.	GROUP_ICE_CREAM_FROZEN_YOGURT_TOTAL_GRAMS	'Ice cream, ice cream bars, frozen yogurt, fast food milkshakes (g/day)'
852.	GROUP_ICE_CREAM_LOW_SUGAR_TOTAL_GRAMS	'Ice cream, frozen yogurt: Low-sugar, low-carb (g/day)'
853.	GROUP_ICE_CREAM_FROZEN_YOGURT_LOW_FAT_TOTAL_GRAMS	'Ice cream, frozen yogurt: Low-fat or frozen yogurt (g/day)'
854.	GROUP_ICE_CREAM_REGULAR_TOTAL_GRAMS	'Ice cream, frozen yogurt: Regular (g/day)'
855.	GROUP_PUDDING_CUSTARD_FLAN_TOTAL_GRAMS	'Pudding, custard, rice pudding, flan (g/day)'
856.	GROUP_CHOCOLATE_SAUCE_TOPPINGS_TOTAL_GRAMS	'Chocolate or other flavored sauces or syrup, on ice cream (g/day)'
857.	GROUP_POPSICLES_SHERBET_ICES_JELLO_TOTAL_GRAMS	'Popsicles, Jello, frozen fruit bars, Slushies, sherbet (don't count sugar-free) (g/day)'

858.	GROUP_CHOCOLATE_CANDY_TOTAL_GRAMS	'Chocolate candy, candy bars like Snickers, Hershey's, M&Ms (g/day)'
859.	GROUP_CANDY_NOT_CHOCOLATE_TOTAL_GRAMS	'Any other candy, <u>not</u> chocolate, like hard candy, Lifesavers, Skittles, Starburst, breath mints, chewing gum (NOT sugar free) (g/day)'
860.	GROUP_MARGARINE_AT_TABLE_TOTAL_GRAMS	'Margarine (<u>not</u> butter) on bread, rice, vegetables, or other foods (g/day)'
861.	GROUP_BUTTER_AT_TABLE_TOTAL_GRAMS	'Butter (<u>not</u> margarine) on bread, rice, vegetables, or other foods (g/day)'
862.	GROUP_MAYO_SANDWICH_SPREAD_TOTAL_GRAMS	'Mayonnaise, sandwich spreads (g/day)'
863.	GROUP_MAYO_LIGHT_LOW_FAT_TOTAL_GRAMS	'Mayonnaise or sandwich spreads: Low-fat, light (g/day)'
864.	GROUP_MAYO_REGULAR_TOTAL_GRAMS	'Mayonnaise or sandwich spreads: Regular (g/day)'
865.	GROUP_KETCHUP_SALSA_TOTAL_GRAMS	'Ketchup, salsa, chili sauce, chili peppers (g/day)'
866.	GROUP_MUSTARD_BBQ_SAUCE_SOY_SAUCE_ETC_TOTAL_GRAMS	'Mustard, barbecue sauce, soy sauce (g/day)'
867.	GROUP_GRAVY_RICH_SAUCE_PEANUT_SAUCE_MOLE_TOTAL_GRAMS	'Gravy, or other rich sauces like Alfredo, white sauce, mole, peanut sauce (g/day)'
868.	GROUP_JAM_JELLY_MARMALADE_TOTAL_GRAMS	'Jam, jelly, marmalade (g/day)'
869.	GROUP_PICKLES_SAUERKRAUT_KIMCHI_TOTAL_GRAMS	'Pickles, picked vegetables, sauerkraut, kimchi (g/day)'
870.	GROUP_TABLE_SALT_TOTAL_GRAMS	'Salt, added to your food at the table (g/day)'
871.	GROUP_CHOCOLATE_MILK_COCOA_HOT_CHOCOLATE_TOTAL_GRAMS	'Chocolate milk, cocoa, hot chocolate (g/day)'
872.	GROUP_MILK_AND_MILK_SUBSTITUTES_TOTAL_GRAMS **NOTE:** GRAMS of milk are assigned to type of milk selected in MilkTYPE variable. GRAMS of Milk on cereal and GRAMS of Milk in Coffee and Milk in Hot Tea are also added to the type of milk selected in MilkTYPE variable.	'Glasses of milk or soy milk, <u>not</u> counting on cereal, in coffee, or chocolate milk (g/day)'
	Total GRAMS of Milk: GRAMS of milk are assigned to type of milk selected in MilkTYPE variable. GRAMS of Milk on cereal and GRAMS of Milk in Coffee and Milk in Hot Tea are also added to the type of milk selected in MilkTYPE variable.	
873.	GROUP_WHOLE_MILK_4_pct_FAT_TOTAL_GRAMS	'Milk: Whole milk (g/day)'
874.	GROUP_REDUCED_FAT_2_pct_MILK_TOTAL_GRAMS	'Milk: 2% milk (g/day)'
875.	GROUP_LOW_FAT_1_pct_MILK_TOTAL_GRAMS	'Milk: 1% milk (g/day)'
876.	GROUP_NON_FAT_SKIM_MILK_TOTAL_GRAMS	'Milk: Skim milk (g/day)'
877.	GROUP_SOY_MILK_TOTAL_GRAMS	'Milk: Soy milk (g/day)'
878.	GROUP_RICE_MILK_TOTAL_GRAMS	'Milk: Rice milk (g/day)'
879.	GROUP_OTHER_MILK_ALMOND_TOTAL_GRAMS	'Milk: Almond milk, other (g/day)'
880.	GROUP_MEAL_DRINKS_PROTEIN_DRINKS_TOTAL_GRAMS	'Meal replacement drinks like Slim Fast, Ensure, or high protein drinks or powders (g/day)'
881.	GROUP_SLIM_FAST_TYPE_REGULAR_TOTAL_GRAMS	'Slim Fast, Ensure, or high protein drinks: Slim Fast, Ensure, regular (g/day)'
882.	GROUP_SLIM_FAST_TYPE_LOW_CARB_TOTAL_GRAMS	'Slim Fast, Ensure, or high protein drinks: Slim Fast, Ensure, light or low-carb (g/day)'
883.	GROUP_HIGH_PROTEIN_DRINKS_REGULAR_TOTAL_GRAMS	'Slim Fast, Ensure, or high protein drinks: High protein drinks, regular (g/day)'
884.	GROUP_HIGH_PROTEIN_DRINKS_LOW_CARB_TOTAL_GRAMS	'Slim Fast, Ensure, or high protein drinks: High protein drinks, light or low-carb (g/day)'

885.	GROUP_TOMATO_VEGETABLE_JUICE_TOTAL_GRAMS	**'Tomato juice, V8, other vegetable juice (g/day)'**
886.	GROUP_ORANGE_GRAPEFRUIT_JUICE_TOTAL_GRAMS	**'Real 100% orange juice or grapefruit juice. Don't count orange soda or Sunny Delight (g/day)'** **'Real 100% orange juice or grapefruit juice: Don't know (if fortified (g/day)'** **(population mix)**
887.	GROUP_OJ_CALCIUM_FORTIFIED_TOTAL_GRAMS	**'Real 100% orange juice or grapefruit juice: Calcium-fortified (g/day)'**
888.	GROUP_OJ_GRAPEFRUIT_JUICE_NOT_CALCIUM_FORTIFIED_TOTAL_GRAMS	**'Real 100% orange juice or grapefruit juice: Not calcium-fortified (g/day)'**
889.	GROUP_OTHER_100_pct_JUICE_AND_BLENDS_TOTAL_GRAMS	**'Other 100% juices, like apple, grape, 100% fruit blends, or fruit smoothies (g/day)'**
890.	GROUP_HI_C_CRANBERRY_JUICE_TANG_TOTAL_GRAMS	**'Hi-C, cranberry juice cocktail, Hawaiian Punch, Tang (g/day)'**
891.	GROUP_DRINKS_WITH_SOME_JUICE_TOTAL_GRAMS	**'Drinks with some juice like Sunny Delight, Knudsen (g/day)'**
892.	GROUP_ICED_TEA_ALL_KINDS_TOTAL_GRAMS	**'Iced tea, homemade, instant or bottled, like Nestea, Lipton, Snapple, Tazo (g/day)'**
893.	GROUP_ICE_TEA_HOME_NO_SUGAR_TOTAL_GRAMS	**'Iced tea: Homemade, no sugar (g/day)'**
894.	GROUP_ICE_TEA_HOME_SUGAR_TOTAL_GRAMS	**'Iced tea: Homemade, regular (g/day)'**
895.	GROUP_ICE_TEA_BOTTLE_NO_SUGAR_TOTAL_GRAMS	**'Iced tea: Bottled, no sugar (g/day)' (g/day)'**
896.	GROUP_ICE_TEA_BOTTLE_SUGAR_TOTAL_GRAMS	**'Iced tea: Bottled, regular, (g/day)'**
897.	GROUP_GATORADE_POWERADE_TOTAL_GRAMS	**'Gatorade, PowerAde, or other sports drinks (g/day)'**
898.	GROUP_ENERGY_DRINKS_TOTAL_GRAMS	**'Energy drinks like Red Bull, Rockstar, Monster: Regular (g/day)'**
899.	GROUP_ENERGY_DRINKS_LOW_SUGAR_TOTAL_GRAMS	**'Energy drinks like Red Bull, Rockstar, Monster: Low- sugar (g/day)'**
900.	GROUP_ENERGY_DRINKS_SUGAR_TOTAL_GRAMS	**'Energy drinks: Regular (g/day)'**
901.	GROUP_KOOLAID_HORCHATA_TOTAL_GRAMS	**'Kool-Aid, lemonade, fruit-flavored drinks, like Crystal Light, atole, horchata (<u>not</u> iced tea) (g/day)'**
902.	GROUP_LOW_CAL_KOOLAID_TOTAL_GRAMS	**'Kool-Aid, lemonade: Low calorie (g/day)'**
903.	GROUP_REGULAR_KOOLAID_TOTAL_GRAMS	**'Kool-Aid, lemonade: Regular (g/day)'**
904.	GROUP_SODA_OR_POP_TOTAL_GRAMS	**'Soft drinks, soda, pop, like cola, 7-Up, orange soda, regular or diet (g/day)'**
905.	GROUP_SODA_DIET_NO_CAFFEINE_TOTAL_GRAMS	**'Soft drinks: decaf (g/day)'**
906.	GROUP_SODA_DIET_CAFFEINE_TOTAL_GRAMS	**'Soft drinks: diet, regular caffeine (g/day)'**
907.	GROUP_SODA_SUGAR_NO_CAFFEINE_TOTAL_GRAMS	**'Soft drinks: Sugar-free, decaf (g/day)'**
908.	GROUP_SODA_SUGAR_CAFFEINE_TOTAL_GRAMS	**'Soft drinks: Regular (g/day)'**
909.	GROUP_SODA_DIET_UNSURE_CAFFEINE_TOTAL_GRAMS	**'Soft drinks: Diet, don't know caffeine type (g/day)'**
910.	GROUP_SODA_SUGAR_UNSURE_CAFFEINE_TOTAL_GRAMS	**'Soft drink: Regular sugar, don't know caffeine type /day)'**
911.	GROUP_SODA_DECAF_UNSURE_SUGAR_TOTAL_GRAMS	**'Soft drinks: Decaf, don't know sugar type. (g/day)'**
912.	GROUP_SODA_CAFFEINE_UNSURE_SUGAR_TOTAL_GRAMS	**'Soft drinks: Regular caffeine, don't know sugar type. (g/day)'**

913.	GROUP_BEER_ANY_KIND_TOTAL_GRAMS	**'Beer or non-alcoholic beer (g/day)'**
914.	GROUP_BEER_REGULAR_TOTAL_GRAMS	**'Beer: Regular beer (g/day)'**
915.	GROUP_BEER_LIGHT_LOW_CARB_TOTAL_GRAMS	**'Beer: Light or Low-carb(g/day)'**
916.	GROUP_BEER_NON_ALCOHOLIC_TOTAL_GRAMS	**'Beer: Non-alcoholic (g/day)'**
917.	GROUP_WINE_WINE_COOLERS_ALL_KINDS_TOTAL_ GRAMS	**'Wine or wine coolers (g/day)'**
918.	GROUP_WINE_RED_TOTAL_GRAMS	**'Wine or wine coolers: Red (g/day)'**
919.	GROUP_WINE_WHITE_TOTAL_GRAMS	**'Wine or wine coolers: White (g/day)'**
920.	GROUP_BOTH_RED_AND_WHITE_WINE_TOTAL_GRA MS	**'Wine: Both red and white wine (g/day)'**
921.	GROUP_LIQUOR_COCKTAILS_TOTAL_GRAMS	**'Liquor or mixed drinks, cocktails (g/day)'**
922.	GROUP_WATER_BOTTLED_OR_TAP_TOTAL_GRAMS	**'Water, bottled or tap (g/day)'**
923.	GROUP_MILKY_COFFEE_DRINK_ANY_KIND_TOTAL_G RAMS	**'Milky coffee drinks like latte, mocha, cappuccino, Frappuccino (g/day)' (population mix)**
924.	GROUP_LATTE_CAPPUCCINO_1_pct_OR_2_pct_MILK_ TOTAL_GRAMS	**'Latte or cappuccino: 1% or 2% milk (g/day)'**
925.	GROUP_LATTE_CAPPUCCINO_WHOLE_MILK_TOTAL_ GRAMS	**'Latte or cappuccino: Whole milk (g/day)'**
926.	GROUP_LATTE_CAPPUCCINO_NON_FAT_MILK_TOTA L_GRAMS	**'Latte or cappuccino: Non-fat milk (g/day)'**
927.	GROUP_LATTE_CAPPUCCINO_SOY_MILK_TOTAL_GR AMS	**'Latte or cappuccino: Soy milk (g/day)'**
928.	GROUP_LATTE_CAPPUCCINO_SOMETHING_ELSE_TO TAL_GRAMS	**'Latte or cappuccino: 'Something else' type milk (g/day)'**
929.	GROUP_CAFE_LECHE_1_pct_OR_2_pct_MILK_TOTAL_ GRAMS	**'Café con leche: 1% or 2% milk (g/day)'**
930.	GROUP_CAFE_LECHE_WHOLE_MILK_TOTAL_GRAMS	**'Café con leche: Whole milk (g/day)'**
931.	GROUP_CAFE_LECHE_NON_FAT_MILK_TOTAL_GRAM S	**'Café con leche: Non-fat milk (g/day)'**
932.	GROUP_CAFE_LECHE_SOY_MILK_TOTAL_GRAMS	**'Café con leche: Soy milk (g/day)'**
933.	GROUP_CAFE_LECHE_SOMETHING_ELSE_TOTAL_GR AMS	**'Café con leche: 'Something else' type milk (g/day)'**
934.	GROUP_MOCHA_1_pct_OR_2_pct_MILK_TOTAL_GRAM S	**'Mocha: 1% or 2% milk (g/day)'**
935.	GROUP_MOCHA_WHOLE_MILK_TOTAL_GRAMS	**'Mocha: Whole milk (g/day)'**
936.	GROUP_MOCHA_NON_FAT_MILK_TOTAL_GRAMS	**'Mocha: Non-fat milk (g/day)'**
937.	GROUP_MOCHA_SOY_MILK_TOTAL_GRAMS	**'Mocha: Soy milk (g/day)'**
938.	GROUP_MOCHA_SOMETHING_ELSE_TOTAL_GRAMS	**'Mocha: 'Something else' type milk (g/day)'**
939.	GROUP_FRAPPUCCINO_1_pct_OR_2_pct_MILK_TOTAL _GRAMS	**'Frappuccino: 1% or 2% milk (g/day)'**
940.	GROUP_FRAPPUCCINO_WHOLE_MILK_TOTAL_GRAM S	**'Frappuccino: Whole milk (g/day)'**
941.	GROUP_FRAPPUCCINO_NON_FAT_MILK_TOTAL_GRA MS	**'Frappuccino: Non-fat milk (g/day)'**
942.	GROUP_FRAPPUCCINO_SOY_MILK_TOTAL_GRAMS	**'Frappuccino: Soy milk (g/day)'**
943.	GROUP_FRAPPUCCINO_SOMETHING_ELSE_TOTAL_G RAMS	**'Frappuccino: 'Something else' type milk (g/day)'**

Coffee (brewed or instant), regular or decaf: GRAMS of coffee are shown in the following coffee TYPES selected by respondent. If multiple TYPES were selected, the GRAMS are divided among the TYPES. The default TYPE is a population mix of Hot tea with and without caffeine.

944.	GROUP_COFFEE_DECAF_TOTAL_GRAMS	'Coffee: Decaf (g/day)'
945.	GROUP_COFFEE_CAFFEINE_TOTAL_GRAMS	'Coffee: Regular (g/day)'
946.	GROUP_COFFEE_BOTH_KINDS_TOTAL_GRAMS	'Coffee: Both kinds (decaf and regular) (g/day)'
947.	GROUP_COFFEE_DONT_DRINK_TOTAL_GRAMS	'Coffee: Don't drink (g/day)'

Hot tea (<u>not</u> including herbal tea): GRAMS of hot tea are shown in the following coffee TYPES selected by respondent. If multiple TYPES were selected, the GRAMS are divided among the TYPES. The default TYPE is a population mix of Hot tea with and without caffeine.

948.	GROUP_HOT_TEA_DECAF_TOTAL_GRAMS	'Hot tea: Decaf (g/day)'
949.	GROUP_HOT_TEA_CAFFEINE_TOTAL_GRAMS	'Hot tea: Regular (g/day)'
950.	GROUP_HOT_TEA_BOTH_KINDS_TOTAL_GRAMS	'Hot tea: Both kinds (reg. or decaf) (g/day)'
951.	GROUP_HOT_TEA_DONT_DRINK_TOTAL_GRAMS	'Hot tea: Don't drink (g/day)'
952.	GROUP_CREAM_OR_HALF_N_HALF_TOTAL_GRAMS	'Added to coffee or tea: Cream or half-n-half (g/day)'
953.	GROUP_NON_DAIRY_CREAMER_LIQUID_TOTAL_GRAMS	'Added to coffee or tea: Non-dairy creamer (g/day)'
954.	GROUP_CONDENSED_MILK_TOTAL_GRAMS	'Added to coffee or tea: Condensed milk (g/day)'

Milk in coffee or tea: GRAMS of Milk, other than condensed milk, added to Decaf or regular coffee and Hot tea is calculated in the nutrient analysis program and added to the type of milk selected in the MilkTYPE variable. The default is Reduced-fat 2_pct milk.

955.	GROUP_SUGAR_OR_HONEY_TOTAL_GRAMS	'Added coffee or tea: Sugar or honey, (g/day)'
956.	GROUP_COOKING_FAT_POP_MIX_TOTAL_GRAMS	'Fats or oils are used most often for cooking or frying (<u>not</u> baking) in your home, population mix (g/day)'
957.	GROUP_NON_STICK_SPRAY_SR27_TOTAL_GRAMS	'Fats/oils used in cooking: Non-stick spray (g/day)'
958.	GROUP_COOK_FAT_BUTTER_OR_GHEE_TOTAL_GRAMS	'Fats/oils used in cooking: Butter or ghee (g/day)'
959.	GROUP_COOK_FAT_BUTTER_MARGARINE_BLEND_TOTAL_GRAMS	'Fats/oils used in cooking: Butter/margarine blend (g/day)'
960.	GROUP_COOK_FAT_MARGARINE_STICK_TOTAL_GRAMS	'Fats/oils used in cooking: Stick margarine (g/day)'
961.	GROUP_COOK_FAT_MARGARINE_TUB_TOTAL_GRAMS	'Fats/oils used in cooking: Tub margarine (g/day)'
962.	GROUP_COOK_FAT_MARGARINE_LOW_FAT_TOTAL_GRAMS	'Fats/oils used in cooking: Low-fat margarine (g/day)'
963.	GROUP_COOK_FAT_OLIVE_OIL_TOTAL_GRAMS	'Fats/oils used in cooking: Olive oil g/day)'
964.	GROUP_COOK_FAT_CANOLA_SAFFLOWER_OILS_TOTAL_GRAMS	'Fats/oils used in cooking: Canola, safflower oil (g/day)'
965.	GROUP_COOK_FAT_CORN_VEGETABLE_OIL_BLENDS_TOTAL_GRAMS	'Fats/oils used in cooking: Corn oil, vegetable blends (g/day)'
966.	GROUP_COOK_FAT_PEANUT_OIL_TOTAL_GRAMS	'Fats/oils used in cooking: Peanut oil used in (g/day)'
967.	GROUP_COOK_FAT_ANIMAL_FAT_TOTAL_GRAMS	'Fats/oils used in cooking: Lard, fatback, bacon fat (g/day)'

968.	GROUP_COOK_FAT_VEG_SHORTENING_CRISCO_TOTAL_GRAMS	**'Fats/oils used in cooking: Vegetable shortening, Crisco (g/day)'**
969.	GROUP_COOK_FAT_OTHER_OIL_COCONUT_VARIOUS_NFS_VEGETABLE_OILS_TOTAL_GRAMS	**'Fats/oils used in cooking: Other oil (g/day)'**

	Additional Nutrients from Food **USDA SR-27, provisional tables for cholines and proanthocyanidins** Nutrient values in the output are from dietary intake (food, not supplements). Nutrient values in this database were developed from the most recently available USDA food composition data, SR 27 (late 2014), the PAC provisional tables from 2004 and the Cholines provisional table from 2008 (release 2). USDA food composition data do not contain complete nutrient data for all foods. NutritionQuest staff imputed otherwise missing values for some important nutrients, for some important foods. For example trans fats were imputed for whole milk, based on reported values for 2% and 1% milk. Amino acids values were imputed for cereals that did not have them, based on grain species. New releases or updates of USDA data might change the nutrient values we would assign in the future.	
970.	ASH	'Ash, grams'
971.	SUCS	'Sucrose, grams'
972.	GLUS	'Glucose (dextrose), grams'
973.	FRUS	'Fructose, grams'
974.	LACS	'Lactose, grams'
975.	MALS	'Maltose, grams'
976.	GALS	'Galactose, grams'
	Individual sugars values may not sum to equal the Total Sugars values derived from FNDDS. Sugars values are not provided for all foods in USDA SR data, so values developed for the Block 2014 were more coarsely matched and imputed.	
977.	STARCH	'Starch, grams'
978.	MN	'Manganese, mg'
979.	FLD	'Fluoride, mcg'
980.	NIACIN_EQUIV_NE	'Niacin equivalents, NE mg', calculated from values in this database mg NE = mg Niacin + (1000 * g Tryptophan)/ 60
981.	PANTAC	'Pantothenic acid, mg'
982.	B_CAROTENE_EQUIV	'Beta_carotene equivalents, mcg', calculated from values in this database mcg Bcar-eqiv = mcg beta-carotene + .5 (mcg alpha-carotene + mcg beta-cryptoxantin)
983.	VITA_IU	'Vitamin A, IU', recalculated from values in this database IU vitamin A = (mcg retinol/ .3) + (mcg **beta-carotene equivalents**/ .6)
984.	TOCPHB	'Tocopherol, beta, mg'
985.	TOCPHG	'Tocopherol, gamma, mg'
986.	TOCPHD	'Tocopherol, delta, mg'
987.	TOCTRA	'Tocotrienol, alpha, mg'
988.	TOCTRB	'Tocotrienol, beta, mg'
989.	TOCTRG	'Tocotrienol, gamma, mg'
990.	TOCTRD	'Tocotrienol, delta, mg'
991.	ERGCAL	'Vitamin D2 (ergocalciferol), mcg'
992.	CHOCAL	'Vitamin D3 (cholecalciferol), mcg'
993.	VITD_IU	'Vitamin D, IU', calculated from values in this database IU vitamin D = 40 * mcg vitamin D [0.025 mcg vitamin D = 1 IU]

994.	VITK1D	'Dihydrophylloquinone, mcg'
995.	MK4	'Menaquinone-4, mcg'
	Additional Fatty Acids	'Variable description, units (systematic name, common name of most typical isomer)'
996.	F13D0	'Saturated fat, 13:0, grams (tridecanoic)'
997.	F15D0	'Saturated fat, 15:0, grams (pentadecanoic)'
998.	F17D0	'Saturated fat, 17:0, grams (heptadecanoic)'
999.	F20D0	'Saturated fat, 20:0, grams (eicosanoic, arachidic)'
1000.	F22D0	'Saturated fat, 22:0, grams (docosanoic, behenic)'
1001.	F24D0	'Saturated fat, 24:0, grams (tetracosanoic, lignoceric)'
1002.	F14D1	'Mono-unsaturated fat, 14:1, grams (tetradecenoic, myristoleic)'
1003.	F15D1	'Mono-unsaturated fat, 15:1, grams (pentadecenoic)'
1004.	F16D1C	'Mono-unsaturated fat, 16:1 c, grams (cis-hexadecenoic)'
1005.	F17D1	'Mono-unsaturated fat, 17:1, grams (heptadecenoic)'
1006.	F18D1C	'Mono-unsaturated fat, 18:1 c, grams (cis-octadecenoic)'
1007.	F22D1C	'Mono-unsaturated fat, 22:1 c, grams (cis-docosenoic)'
1008.	F24D1C	'Mono-unsaturated fat, 24:1 c, grams (cis-tetracosenoic, nervonic'
1009.	F18D2CN6	'Poly-unsaturated fat, 18:2 c N-6, grams (cis–octadecadienoic N-6)'
1010.	F18D2CLA	'Poly-unsaturated fat, 18:2 CLA (conjugated linoleic acid), grams'
1011.	F18D2I	'Poly-unsaturated fat, 18:2 i, grams (mixed isomers)'
1012.	F18D3CN3	'Poly-unsaturated fat, 18:3 c N-3, grams (cis-cis-cis-octadecatrienoic N-3, alpha-linolenic)'
1013.	F18D3CN6	'Poly-unsaturated fat, 18:3 c N-6, grams (cis-cis-cis-octadecatrienoic N-6, gamma-linolenic)'
1014.	F18D3I	'Poly-unsaturated fat, 18:3 i, grams (mixed isomers)'
1015.	F20D2CN6	'Poly-unsaturated fat, 20:2 c N-6, grams (cic-cis-eicosadienoic)'
1016.	F20D3	'Poly-unsaturated fat, 20:3 undifferentiated, grams (eicosatrienoic)'
1017.	F20D3N3	'Poly-unsaturated fat, 20:3 N-3, grams (eicosatrienoic N-3)'
1018.	F20D3N6	'Poly-unsaturated fat, 20:3 N-6, grams (eicosatrienoic N-6)'
1019.	F20D4N6	'Poly-unsaturated fat, 20:4 N-6, grams (eicosatetraenoic N-6, arachidonic)'' Note: Sources for this nutrient have many missing values; all of the foods in the analysis database have missing or zero for this nutrient.
1020.	F21D5	'Poly-unsaturated fat, 21:5, grams' Note: Sources for this nutrient have many missing values; all of the foods in the analysis database have missing or zero for this nutrient.
1021.	F22D4	'Poly-unsaturated fat, 22:4, grams'

	Trans Fats	Total trans fat, DT_TRFAT, appears earlier in the data set.
1022.	F16D1T	'Trans fat, mono-unsaturated fat, 16:1 t, grams (trans-hexadecenoic)'
1023.	F18D1T	'Trans fat, mono-unsaturated fat, 18:1 t, grams (trans-octadecenoic)'
1024.	F18D1TN7	'Trans fat, mono-unsaturated fat, 18:1 t N-7, grams (trans-octadecenoic N-7)'
1025.	F22D1T	'Trans fat, mono-unsaturated fat, 22:1 t, grams (trans-docosenoic)'
1026.	F18D2TT	'Trans fat, poly-unsaturated fat, 18:2 tt, grams (trans-trans-octadecadienoic)'
1027.	F18D2T	'Trans fat, poly-unsaturated fat, 18:2 t, grams (trans-octadecadienoic)'
1028.	FATRNM	'Fatty acids, total trans-monoenoic, grams'
1029.	FATRNP	'Fatty acids, total trans-polyenoic, grams'
	Sterols	
1030.	PHYSTR	'Phytosterols, mg'
1031.	STID7	'Stigmasterol, mg'
1032.	CAMD5	'Campesterol, mg'
1033.	SITSTR	'Beta-sitosterol, mg'
	Amino Acids	
1034.	TRP_G	'Tryptophan, grams'
1035.	THR_G	'Threonine, grams'
1036.	ILE_G	'Isoleucine, grams'
1037.	LEU_G	'Leucine, grams'
1038.	LYS_G	'Lysine, grams'
1039.	MET_G	'Methionine, grams'
1040.	CYS_G	'Cystine, grams'
1041.	PHE_G	'Phenylalanine, grams'
1042.	TYR_G	'Tyrosine, grams'
1043.	VAL_G	'Valine, grams'
1044.	ARG_G	'Arginine, grams'
1045.	HISTN_G	'Histidine, grams'
1046.	ALA_G	'Alanine, grams'
1047.	ASP_G	'Aspartic acid, grams'
1048.	GLU_G	'Glutamic acid, grams'
1049.	GLY_G	'Glycine, grams'
1050.	PRO_G	'Proline, grams'
1051.	SER_G	'Serine, grams'
1052.	HYP	'Hydroxyproline, grams'
	Proanthocyanidins	
1053.	PAC_1	'Proanthocyanidin monomers, mg'
1054.	PAC_2	'Proanthocyanidin dimers, mg'
1055.	PAC_3	'Proanthocyanidin trimers, mg'
1056.	PAC_4	'Proanthocyanidin 4-6mers, mg'
1057.	PAC_7	'Proanthocyanidin 7-10mers, mg'
1058.	PAC10	'Proanthocyanidin polymers (>10mers), mg'

	Betaine and Cholines	
1059.	BETN_C	'Betaine, mg'
1060.	CHOLNFR	'Free Choline, mg'
1061.	CHOLNGPC	'Choline from glycerophoshocholine, mg'
1062.	CHOLNPC	'Choline from phosphocholine, mg'
1063.	CHOLNPTC	'Choline from phosphatidylcholine, mg'
1064.	CHOLNSM	'Choline from sphingomyelin, mg'
	Individual choline values may not sum to equal the Total Cholines values derived from FNDDS. Cholines are not provided for all foods in USDA SR data, so values developed for the Block 2014 were more coarsely matched and imputed.	
1065.	DT_FIBER_INSOL	'Dietary fiber, insoluble, grams'
1066.	DT_FIBER_SOL	'Dietary fiber, soluble, grams'
1067.	DT_PROT_ANIMAL	'Protein from animal sources, grams'
1068.	DT_PROT_VEGETABLE	'Protein from vegetable sources, grams'
1069.	DT_NITROGEN	'Nitrogen, grams'
1070.	PHYTIC_ACID	'Phytic acid, mg'
1071.	OXALIC_ACID	'Oxalic acid, mg'
1072.	COUMESTROL	'Coumestrol, mg'
1073.	BIOCHANIN_A	'Biochanin A, mg'
1074.	FORMONONETIN	'Formononetin, mg'

END OF FILE # #