

# What We Eat in America Food Categories 2017-2018.

		Reports <sup>1</sup>		
Food category		Codes <sup>2</sup>	Day 1	Day 2
<b>MILK AND DAIRY</b>				
<b>Milk</b>				
1002	Milk, whole	9	1,684	1,491
1004	Milk, reduced fat	6	1,591	1,433
1006	Milk, lowfat	7	579	568
1008	Milk, nonfat	7	199	185
<b>Flavored Milk</b>				
1202	Flavored milk, whole	12	149	128
1204	Flavored milk, reduced fat	22	155	124
1206	Flavored milk, lowfat	15	145	127
1208	Flavored milk, nonfat	17	154	70
<b>Dairy Drinks and Substitutes</b>				
1402	Milk shakes and other dairy drinks	13	115	89
1404	Milk substitutes	27	355	296
<b>Cheese</b>				
1602	Cheese	57	2,473	1,952
1604	Cottage/ricotta cheese	16	80	80
<b>Yogurt</b>				
1820	Yogurt, regular	17	408	432
1822	Yogurt, Greek	14	173	172
<b>PROTEIN FOODS</b>				
<b>Meats</b>				
2002	Beef, excludes ground	76	590	455
2004	Ground beef	5	118	100
2006	Pork	83	480	403
2008	Lamb, goat, game	45	39	44
2010	Liver and organ meats	15	18	14
<b>Poultry</b>				
2202	Chicken, whole pieces	161	1,730	1,676
2204	Chicken patties, nuggets and tenders	15	656	519
2206	Turkey, duck, other poultry	48	175	138
<b>Seafood</b>				
2402	Fish	340	515	461
2404	Shellfish	94	318	183
<b>Eggs</b>				
2502	Eggs and omelets	151	1,784	1,583
<b>Cured Meats/Poultry</b>				
2602	Cold cuts and cured meats	67	1,285	1,122
2604	Bacon	13	489	425
2606	Frankfurters	12	123	104
2608	Sausages	27	516	445
<b>Plant-based Protein Foods</b>				
2802	Beans, peas, legumes	74	697	548
2804	Nuts and seeds	78	1,271	1,092
2806	Processed soy products	21	77	71

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		Reports <sup>1</sup>		
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<b>MIXED DISHES</b>				
<b>Mixed Dishes - Meat, Poultry, Seafood</b>				
3002	Meat mixed dishes	299	575	525
3004	Poultry mixed dishes	145	466	357
3006	Seafood mixed dishes	120	167	110
<b>Mixed Dishes - Bean/Vegetable-based</b>				
3102	Bean, pea, legume dishes	24	170	200
3104	Vegetable dishes	36	124	78
<b>Mixed Dishes - Grain-based</b>				
3202	Rice mixed dishes	136	422	308
3204	Pasta mixed dishes, excludes macaroni and cheese	182	845	742
3206	Macaroni and cheese	17	348	318
3208	Turnovers and other grain-based items	50	179	130
<b>Mixed Dishes - Asian</b>				
3402	Fried rice and lo/chow mein	45	301	191
3404	Stir-fry and soy-based sauce mixtures	70	299	166
3406	Egg rolls, dumplings, sushi	25	217	110
<b>Mixed Dishes - Mexican</b>				
3502	Burritos and tacos	53	661	449
3504	Nachos	7	107	70
3506	Other Mexican mixed dishes	61	364	314
<b>Mixed Dishes - Pizza</b>				
3602	Pizza	91	1,181	891
<b>Mixed Dishes - Sandwiches (single code)</b>				
3702	Burgers (single code)	63	746	558
3703	Frankfurter sandwiches (single code)	97	339	233
3704	Chicken/turkey sandwiches (single code)	32	336	270
3706	Egg/breakfast sandwiches (single code)	46	283	252
3708	Other sandwiches (single code)	60	133	99
3720	Cheese sandwiches (single code)	50	128	137
3722	Peanut butter and jelly sandwiches (single code)	28	330	324
3730	Seafood sandwiches (single code)	20	120	119
<b>Mixed Dishes - Soups</b>				
3802	Soups	228	1,166	964

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			Day 1	Day 2
GRAINS				
Cooked Grains				
4002	Rice	30	1,166	1,090
4004	Pasta, noodles, cooked grains	25	202	156
Breads, Rolls, Tortillas				
4202	Yeast breads	122	2,640	2,416
4204	Rolls and buns	39	678	489
4206	Bagels and English muffins	30	271	259
4208	Tortillas	7	641	495
Quick Breads and Bread Products				
4402	Biscuits, muffins, quick breads	51	604	502
4404	Pancakes, waffles, French toast	75	556	400
Ready-to-Eat Cereals				
4602	Ready-to-eat cereal, higher sugar (>21.2g/100g)	86	1,153	1,056
4604	Ready-to-eat cereal, lower sugar (=<21.2g/100g)	48	546	587
Cooked Cereals				
4802	Oatmeal	44	502	523
4804	Grits and other cooked cereals	67	137	166
SNACKS AND SWEETS				
Savory Snacks				
5002	Potato chips	30	1,113	812
5004	Tortilla, corn, other chips	33	1,263	813
5006	Popcorn	33	481	313
5008	Pretzels/snack mix	45	330	233
Crackers				
5202	Crackers, excludes saltines	57	1,040	813
5204	Saltine crackers	5	189	195
Snack/M meal Bars				
5402	Cereal bars	33	303	308
5404	Nutrition bars	13	107	101
Sweet Bakery Products				
5502	Cakes and pies	186	783	579
5504	Cookies and brownies	107	2,058	1,402
5506	Doughnuts, sweet rolls, pastries	70	940	697
Candy				
5702	Candy containing chocolate	69	952	641
5704	Candy not containing chocolate	65	1,321	760
Other Desserts				
5802	Ice cream and frozen dairy desserts	61	980	712
5804	Pudding	27	108	83
5806	Gelatins, ices, sorbets	17	236	200

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<b>FRUIT</b>				
<b>Fruits</b>				
6002	Apples	7	1,003	963
6004	Bananas	2	1,113	1,135
6006	Grapes	1	463	430
6008	Peaches and nectarines	6	190	156
6009	Strawberries	3	395	352
6011	Blueberries and other berries	10	283	253
6012	Citrus fruits	11	681	600
6014	Melons	4	420	357
6016	Dried fruits	19	254	243
6018	Other fruits and fruit salads	41	277	274
6020	Pears	5	120	106
6022	Pineapple	5	188	151
6024	Mango and papaya	5	147	103
<b>VEGETABLES</b>				
<b>Vegetables, excluding Potatoes</b>				
6402	Tomatoes	6	765	623
6404	Carrots	20	551	491
6406	Other red and orange vegetables	34	188	176
6407	Broccoli	15	306	390
6409	Spinach	15	233	208
6410	Lettuce and lettuce salads	14	1,028	970
6411	Other dark green vegetables	65	136	161
6412	String beans	20	289	365
6413	Cabbage	11	198	217
6414	Onions	8	460	359
6416	Corn	20	297	323
6418	Other starchy vegetables	46	197	144
6420	Other vegetables and combinations	160	1,681	1,470
6430	Fried vegetables	30	123	82
6432	Coleslaw, non-lettuce salads	24	152	118
6489	Vegetables on a sandwich	8	1,680	1,284
<b>White Potatoes</b>				
6802	White potatoes, baked or boiled	48	341	310
6804	French fries and other fried white potatoes	44	1,420	1,023
6806	Mashed potatoes and white potato mixtures	57	515	473

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<b>BEVERAGES</b>				
<b>100% Juice</b>				
7002	Citrus juice	13	671	746
7004	Apple juice	3	601	583
7006	Other fruit juice	21	470	407
7008	Vegetable juice	9	63	61
<b>Diet Beverages</b>				
7102	Diet soft drinks	13	507	448
7104	Diet sport and energy drinks	12	72	44
7106	Other diet drinks	6	137	102
<b>Sweetened Beverages</b>				
7202	Soft drinks	14	2,858	1,951
7204	Fruit drinks	55	1,643	1,148
7206	Sport and energy drinks	19	479	358
7208	Nutritional beverages	16	112	99
7220	Smoothies and grain drinks	25	307	225
<b>Coffee and Tea</b>				
7302	Coffee	113	3,402	3,027
7304	Tea	42	2,346	1,919
<b>ALCOHOLIC BEVERAGES</b>				
<b>Alcoholic Beverages</b>				
7502	Beer	9	621	353
7504	Wine	12	294	239
7506	Liquor and cocktails	78	375	162
<b>WATER</b>				
<b>Plain Water</b>				
7702	Tap water	1	6,486	6,171
7704	Bottled water	1	7,016	6,146
<b>Flavored or Enhanced Water</b>				
7802	Flavored or carbonated water	5	278	152
7804	Enhanced or fortified water	5	58	36
<b>FATS AND OILS</b>				
<b>Fats and Oils</b>				
8002	Butter and animal fats	14	793	716
8004	Margarine	12	448	328
8006	Cream cheese, sour cream, whipped cream	14	409	298
8008	Cream and cream substitutes	19	1,497	1,333
8010	Mayonnaise	10	1,042	852
8012	Salad dressings and vegetable oils	51	1,146	961
<b>CONDIMENTS AND SAUCES</b>				
<b>Condiments and Sauces</b>				
8402	Tomato-based condiments	12	1,761	1,156
8404	Soy-based condiments	10	244	154
8406	Mustard and other condiments	29	1,746	1,202
8408	Olives, pickles, pickled vegetables	30	555	395
8410	Pasta sauces, tomato-based	11	110	97
8412	Dips, gravies, other sauces	61	717	436

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<b>SUGARS</b>				
<b>Sugars</b>				
8802	Sugars and honey	8	1,965	1,624
8804	Sugar substitutes	10	489	426
8806	Jams, syrups, toppings	37	807	620
<b>BABY FOODS AND FORMULAS</b>				
<b>Baby Foods</b>				
9002	Baby food: cereals	20	242	230
9004	Baby food: fruit	52	134	123
9006	Baby food: vegetable	31	110	84
9008	Baby food: meat and dinners	61	43	39
9010	Baby food: yogurt	12	32	23
9012	Baby food: snacks and sweets	35	118	100
<b>Baby Beverages</b>				
9202	Baby juice	17	14	27
9204	Baby water	1	65	80
<b>Infant Formulas</b>				
9402	Formula, ready-to-feed	57	80	62
9404	Formula, prepared from powder	82	1,167	970
9406	Formula, prepared from concentrate	34	6	6
<b>Human Milk</b>				
9602	Human milk	1	973	774
<b>OTHER</b>				
<b>Other</b>				
9802	Protein and nutritional powders	18	134	102
9999	Not included in a food category	74	498	349

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