## Data Repository: Top category sources of calories in adults (19+ years) in NHANES 2015-2016 and 2017-2018 cycles

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Food Categories** | **Consumers n** | **Weighted consumers**  **n** | **Rank** | **Mean Intake ± SE** | **% Daily Intake ± SE** |
| Pizza | 928 | 24,664,231 | 1 | 73.38 ± 3.68 | 3.45 ± 0.17 |
| Soft drinks | 2,961 | 63,461,416 | 2 | 70.40 ± 3.73 | 3.31 ± 0.17 |
| Yeast breads | 3,187 | 77,228,370 | 3 | 64.56 ± 2.77 | 3.03 ± 0.13 |
| Burritos and tacos | 818 | 19,396,804 | 4 | 59.94 ± 5.51 | 2.81 ± 0.25 |
| Chicken, whole pieces | 2,064 | 44,629,937 | 5 | 58.19 ± 2.86 | 2.73 ± 0.14 |
| Nuts and seeds | 1,627 | 45,865,140 | 6 | 53.48 ± 4.05 | 2.51 ± 0.19 |
| Pasta mixed dishes1 | 896 | 24,378,140 | 7 | 53.28 ± 3.70 | 2.50 ± 0.17 |
| Beer | 1,131 | 28,669,804 | 8 | 52.75 ± 3.40 | 2.48 ± 0.16 |
| Burgers | 886 | 22,813,141 | 9 | 52.25 ± 3.18 | 2.45 ± 0.15 |
| Cookies and brownies | 1,955 | 48,470,936 | 10 | 51.88 ± 2.12 | 2.44 ± 0.10 |
| Cakes and pies | 1,025 | 23,937,900 | 11 | 45.37 ± 2.68 | 2.13 ± 0.12 |
| Eggs and omelets | 2,423 | 54,858,550 | 12 | 45.18 ± 1.93 | 2.12 ± 0.09 |
| Cheese | 2,723 | 80,311,671 | 13 | 44.57 ± 2.72 | 2.09 ± 0.12 |
| French fries and other fried white potatoes | 1,496 | 35,720,444 | 14 | 41.03 ± 2.00 | 1.93 ± 0.09 |
| Meat mixed dishes | 907 | 23,743,307 | 15 | 37.83 ± 2.61 | 1.78 ± 0.13 |
| Ice cream and frozen dairy desserts | 1,217 | 31,114,373 | 16 | 36.74 ± 1.98 | 1.73 ± 0.09 |
| Doughnuts, sweet rolls, pastries | 1,081 | 24,029,549 | 17 | 33.52 ± 1.92 | 1.57 ± 0.09 |
| Soups | 1,310 | 28,547,455 | 18 | 30.45 ± 1.90 | 1.43 ± 0.09 |
| Rice | 1,507 | 27,032,465 | 19 | 29.31 ± 2.65 | 1.38 ± 0.13 |
| Tea | 2,526 | 62,151,778 | 20 | 28.83 ± 2.40 | 1.35 ± 0.12 |
| Tortilla, corn, other chips | 1,210 | 31,110,325 | 21 | 28.31 ± 1.98 | 1.33 ± 0.09 |
| Beef, excludes ground | 929 | 22,406,465 | 22 | 28.29 ± 2.49 | 1.33 ± 0.11 |
| Liquor and cocktails | 614 | 15,537,775 | 23 | 27.05 ± 1.75 | 1.27 ± 0.08 |
| Salad dressings and vegetable oils | 1,491 | 46,101,131 | 24 | 26.94 ± 1.60 | 1.27 ± 0.07 |
| Cold cuts and cured meats | 1,535 | 42,195,296 | 25 | 25.28 ± 1.40 | 1.19 ± 0.06 |
| Poultry mixed dishes | 577 | 14,728,134 | 26 | 24.53 ± 1.94 | 1.15 ± 0.09 |
| Candy containing chocolate | 1,087 | 31,019,363 | 27 | 23.74 ± 1.72 | 1.11 ± 0.08 |
| Biscuits, muffins, quick breads | 785 | 17,921,394 | 28 | 23.60 ± 1.89 | 1.11 ± 0.09 |
| Egg/breakfast sandwiches (single code) | 429 | 9,418,968 | 29 | 23.30 ± 2.37 | 1.09 ± 0.11 |
| Ready-to-eat cereal, higher sugar (>21.2g/100g) | 881 | 24,080,146 | 30 | 23.26 ± 1.14 | 1.09 ± 0.05 |
| Potato chips | 1,279 | 30,704,576 | 31 | 22.18 ± 0.99 | 1.04 ± 0.05 |
| Mashed potatoes and white potato mixtures | 726 | 18,810,559 | 32 | 21.21 ± 1.73 | 1.00 ± 0.08 |

1excludes macaroni and cheese; grey highlighting indicates category selected for recipe modification

## Data Repository: Top category sources of saturated fat in adults (19+ years) in NHANES 2015-2016 and 2017-2018 cycles

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Food Categories** | **Consumers n** | **Weighted consumers**  **n** | **Rank** | **Mean Intake ± SE** | **% Daily Intake ± SE** |
| Cheese | 2,721 | 80,278,340 | 1 | 1.98 ± 0.13 | 7.04 ± 0.43 |
| Pizza | 928 | 24,664,231 | 2 | 1.36 ± 0.07 | 4.85 ± 0.26 |
| Burritos and tacos | 818 | 19,396,804 | 3 | 1.28 ± 0.12 | 4.54 ± 0.41 |
| Burgers | 886 | 22,813,141 | 4 | 1.17 ± 0.08 | 4.17 ± 0.27 |
| Ice cream and frozen dairy desserts | 1,215 | 31,108,533 | 5 | 1.07 ± 0.06 | 3.82 ± 0.22 |
| Eggs and omelets | 2,397 | 54,385,849 | 6 | 1.07 ± 0.05 | 3.82 ± 0.16 |
| Cookies and brownies | 1,955 | 48,470,936 | 7 | 0.81 ± 0.04 | 2.89 ± 0.15 |
| Butter and animal fats | 988 | 29,580,676 | 8 | 0.74 ± 0.06 | 2.63 ± 0.20 |
| Chicken, whole pieces | 2,064 | 44,629,937 | 9 | 0.71 ± 0.05 | 2.53 ± 0.17 |
| Pasta mixed dishes1 | 896 | 24,378,140 | 10 | 0.68 ± 0.05 | 2.41 ± 0.19 |
| Nuts and seeds | 1,627 | 45,865,140 | 11 | 0.66 ± 0.05 | 2.34 ± 0.19 |
| Cakes and pies | 1,025 | 23,937,900 | 12 | 0.65 ± 0.05 | 2.31 ± 0.17 |
| Doughnuts, sweet rolls, pastries | 1,081 | 24,029,549 | 13 | 0.65 ± 0.04 | 2.30 ± 0.13 |
| Candy containing chocolate | 1,087 | 31,019,363 | 14 | 0.62 ± 0.04 | 2.22 ± 0.15 |
| Meat mixed dishes | 907 | 23,743,307 | 15 | 0.59 ± 0.05 | 2.12 ± 0.18 |
| Milk, whole | 1,063 | 24,080,375 | 16 | 0.54 ± 0.03 | 1.92 ± 0.11 |
| Beef, excludes ground | 929 | 22,406,465 | 17 | 0.53 ± 0.05 | 1.90 ± 0.18 |
| Sausages | 704 | 15,858,920 | 18 | 0.49 ± 0.05 | 1.75 ± 0.16 |
| Egg/breakfast sandwiches | 429 | 9,418,968 | 19 | 0.49 ± 0.05 | 1.73 ± 0.17 |
| Cold cuts and cured meats | 1,535 | 42,195,296 | 20 | 0.48 ± 0.03 | 1.70 ± 0.09 |
| Mashed potatoes and white potato mixtures | 726 | 18,810,559 | 21 | 0.43 ± 0.05 | 1.54 ± 0.17 |
| Milk, reduced fat | 1,323 | 30,439,867 | 22 | 0.43 ± 0.04 | 1.53 ± 0.13 |
| Salad dressings and vegetable oils | 1,491 | 46,101,131 | 23 | 0.43 ± 0.03 | 1.52 ± 0.11 |
| Other Mexican mixed dishes | 456 | 9,415,039 | 24 | 0.43 ± 0.05 | 1.52 ± 0.17 |
| Cream and cream substitutes | 2,281 | 59,456,582 | 25 | 0.43 ± 0.04 | 1.51 ± 0.13 |
| Soups | 1,296 | 28,102,193 | 26 | 0.38 ± 0.04 | 1.35 ± 0.16 |
| French fries and other fried white potatoes | 1,496 | 35,720,444 | 27 | 0.36 ± 0.02 | 1.28 ± 0.06 |
| Frankfurter sandwiches | 328 | 8,139,852 | 28 | 0.34 ± 0.03 | 1.21 ± 0.12 |
| Poultry mixed dishes | 577 | 14,728,134 | 29 | 0.33 ± 0.03 | 1.17 ± 0.11 |
| Biscuits, muffins, quick breads | 785 | 17,921,394 | 30 | 0.33 ± 0.02 | 1.16 ± 0.09 |
| Cream cheese, sour cream, whipped cream | 545 | 17,028,482 | 31 | 0.32 ± 0.03 | 1.15 ± 0.11 |
| Pork | 766 | 15,827,329 | 32 | 0.32 ± 0.03 | 1.13 ± 0.12 |
| Popcorn | 497 | 13,183,895 | 33 | 0.29 ± 0.03 | 1.03 ± 0.12 |
| Dips, gravies, other sauces | 778 | 22,976,891 | 34 | 0.28 ± 0.03 | 1.00 ± 0.09 |

1excludes macaroni and cheese; grey highlighting indicates category selected for recipe modification

## Data Repository: Top category sources of sodium in adults (19+ years) in NHANES 2015-2016 and 2017-2018 cycles

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Food Categories** | **Consumers n** | **Weighted consumers**  **n** | **Rank** | **Mean Intake ± SE** | **% Daily Intake ± SE** |
| Cold cuts and cured meats | 1,535 | 42,195,296 | 1 | 171.46 ± 10.21 | 4.85 ± 0.29 |
| Pizza | 928 | 24,664,231 | 2 | 163.09 ± 7.70 | 4.62 ± 0.22 |
| Soups | 1,310 | 28,547,455 | 3 | 157.79 ± 11.24 | 4.47 ± 0.32 |
| Burritos and tacos | 818 | 19,396,804 | 4 | 145.52 ± 13.22 | 4.12 ± 0.36 |
| Chicken, whole pieces | 2,064 | 44,629,937 | 5 | 132.03 ± 7.15 | 3.74 ± 0.21 |
| Yeast breads | 3,187 | 77,228,370 | 6 | 116.54 ± 4.95 | 3.30 ± 0.14 |
| Cheese | 2,723 | 80,311,671 | 7 | 106.05 ± 5.60 | 3.00 ± 0.16 |
| Pasta mixed dishes1 | 896 | 24,378,140 | 8 | 101.59 ± 6.95 | 2.88 ± 0.20 |
| Meat mixed dishes | 907 | 23,743,307 | 9 | 100.00 ± 7.35 | 2.83 ± 0.21 |
| Burgers | 886 | 22,813,141 | 10 | 92.00 ± 6.15 | 2.60 ± 0.17 |
| Eggs and omelets | 2,423 | 54,858,550 | 11 | 89.40 ± 3.88 | 2.53 ± 0.11 |
| Tomato-based condiments | 1,907 | 49,262,630 | 12 | 66.40 ± 4.61 | 1.88 ± 0.12 |
| Salad dressings and vegetable oils | 1,372 | 42,516,371 | 13 | 63.92 ± 4.16 | 1.81 ± 0.12 |
| Poultry mixed dishes | 577 | 14,728,134 | 14 | 62.64 ± 4.34 | 1.77 ± 0.13 |
| Rice | 1,507 | 27,032,465 | 15 | 53.94 ± 4.93 | 1.53 ± 0.14 |
| Egg/breakfast sandwiches | 429 | 9,418,968 | 16 | 53.35 ± 5.44 | 1.51 ± 0.15 |
| French fries and other fried white potatoes | 1,496 | 35,720,444 | 17 | 50.85 ± 2.99 | 1.44 ± 0.08 |
| Beef, excludes ground | 929 | 22,406,465 | 18 | 50.65 ± 4.26 | 1.43 ± 0.12 |
| Fish | 805 | 17,126,553 | 19 | 47.91 ± 3.89 | 1.36 ± 0.11 |
| Mashed potatoes and white potato mixtures | 726 | 18,810,559 | 20 | 47.84 ± 3.94 | 1.35 ± 0.11 |
| Sausages | 704 | 15,858,920 | 21 | 45.23 ± 4.36 | 1.28 ± 0.12 |
| Chicken patties, nuggets, and tenders | 476 | 11,991,373 | 22 | 44.92 ± 4.00 | 1.27 ± 0.12 |
| Dips, gravies, other sauces | 910 | 25,151,367 | 23 | 44.03 ± 4.38 | 1.25 ± 0.12 |
| Chicken/turkey sandwiches | 352 | 10,332,834 | 24 | 43.68 ± 4.06 | 1.24 ± 0.11 |
| Other Mexican mixed dishes | 456 | 9,415,039 | 25 | 42.78 ± 5.10 | 1.21 ± 0.14 |
| Biscuits, muffins, quick breads | 785 | 17,921,394 | 26 | 40.80 ± 3.55 | 1.16 ± 0.10 |
| Frankfurter sandwiches | 328 | 8,139,852 | 27 | 40.73 ± 4.08 | 1.15 ± 0.12 |
| Cakes and pies | 1,025 | 23,937,900 | 28 | 39.92 ± 2.45 | 1.13 ± 0.06 |
| Beans, peas, legumes | 1,107 | 21,273,473 | 29 | 38.83 ± 3.45 | 1.10 ± 0.10 |
| Cookies and brownies | 1,955 | 48,470,936 | 30 | 38.11 ± 1.54 | 1.08 ± 0.04 |
| Stir-fry and soy-based sauce mixtures | 316 | 7,844,613 | 31 | 38.10 ± 4.43 | 1.08 ± 0.12 |
| Fried rice and lo/chow mein | 348 | 7,581,273 | 32 | 35.84 ± 4.45 | 1.01 ± 0.12 |
| Pork | 766 | 15,827,329 | 33 | 35.80 ± 3.38 | 1.01 ± 0.10 |

1excludes macaroni and cheese; grey highlighting indicates category selected for recipe modification

## Data Repository: Top category sources of added sugars in adults (19+ years) in NHANES 2015-2016 and 2017-2018 cycles

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Food Categories** | **Consumers**  **n** | **Weighted consumers**  **n** | **Rank** | **Mean Intake ± SE** | **% Daily Intake ± SE** |
| Soft drinks | 2,961 | 63,461,416 | 1 | 4.04 ± 0.21 | 24.22 ± 0.96 |
| Tea | 1,128 | 27,765,880 | 2 | 1.49 ± 0.14 | 8.90 ± 0.77 |
| Sugars and honey | 2,633 | 55,854,323 | 3 | 0.88 ± 0.05 | 5.30 ± 0.25 |
| Cakes and pies | 1,025 | 23,937,900 | 4 | 0.88 ± 0.06 | 5.24 ± 0.31 |
| Cookies and brownies | 1,911 | 47,718,191 | 5 | 0.85 ± 0.04 | 5.12 ± 0.26 |
| Fruit drinks | 1,168 | 22,144,652 | 6 | 0.76 ± 0.05 | 4.55 ± 0.26 |
| Ice cream and frozen dairy desserts | 1,188 | 30,135,697 | 7 | 0.70 ± 0.04 | 4.21 ± 0.26 |
| Sport and energy drinks | 460 | 11,678,305 | 8 | 0.56 ± 0.04 | 3.34 ± 0.22 |
| Candy containing chocolate | 1,080 | 30,633,740 | 9 | 0.53 ± 0.04 | 3.16 ± 0.25 |
| Candy not containing chocolate | 954 | 24,280,771 | 10 | 0.44 ± 0.04 | 2.61 ± 0.26 |
| Ready-to-eat cereal, higher sugar (>21.2g/100g) | 881 | 24,080,146 | 11 | 0.39 ± 0.02 | 2.32 ± 0.11 |
| Doughnuts, sweet rolls, pastries | 1,077 | 23,872,488 | 12 | 0.39 ± 0.03 | 2.32 ± 0.15 |
| Jams, syrups, toppings | 798 | 20,499,281 | 13 | 0.38 ± 0.03 | 2.26 ± 0.19 |
| Liquor and cocktails | 285 | 7,866,763 | 14 | 0.35 ± 0.03 | 2.12 ± 0.19 |
| Cream and cream substitutes | 1,664 | 40,992,027 | 15 | 0.28 ± 0.03 | 1.70 ± 0.17 |
| Biscuits, muffins, quick breads | 731 | 16,982,155 | 16 | 0.22 ± 0.02 | 1.31 ± 0.14 |
| Coffee | 396 | 8,544,171 | 17 | 0.22 ± 0.03 | 1.29 ± 0.15 |
| Yeast breads | 3,000 | 73,861,331 | 18 | 0.19 ± 0.01 | 1.13 ± 0.05 |
| Tomato-based condiments | 1,121 | 29,352,186 | 19 | 0.17 ± 0.01 | 1.03 ± 0.05 |

Grey highlighting indicates category selected for recipe modification