

Appendix E-3.1.A2. USDA Food Patterns: Item clusters, representative foods, and percent of consumption

Subgroup and Item Clusters	% Food Group*	% Food Subgroup**	Representative Food (used to represent nutrient value of the item cluster)
FRUIT GROUP			
Whole fruit	69.5		
Apples, cooked or canned	0.8	1.1	Applesauce, canned, unsweetened, without vitamin C
Apples, dried	0.1	0.1	Apple, dried, sulfured, uncooked
Apples, raw	18.5	26.7	Apple, raw, with skin
Applesauce	1.0	1.4	Applesauce, canned, unsweetened, without vitamin C
Apricot, cooked or canned	0.0	0.0	Apricot, canned, water pack
Apricot, dried	0.0	0.1	Apricot, dried, sulfured, uncooked
Apricot, raw	0.1	0.1	Apricots, raw
Bananas, cooked or canned (Including red)	0.1	0.2	Bananas, raw
Bananas, dried	0.0	0.1	Bananas, dehydrated
Bananas, raw (Including white, red, Chinese, apple types)	12.8	18.5	Bananas, raw
Blackberries, cooked or canned	0.0	0.0	Blackberries, raw
Blackberries, raw	0.3	0.4	Blackberries, raw
Blueberries, cooked or canned	0.2	0.4	Blueberries, raw
Blueberries, dried	0.0	0.0	Blueberries, raw
Blueberries, raw	1.5	2.2	Blueberries, raw
Boysenberries, raw	0.0	0.0	Boysenberries, frozen, unsweetened
Cantaloupe, raw	2.0	2.9	Melons, cantaloupe, raw
Casaba Melon, raw	0.0	0.0	Melons, casaba, raw
Cherries, cooked or canned (Including maraschino)	0.1	0.1	Cherries, sour, red, canned, water pack
Cherries, raw	0.0	0.0	Cherries, sweet, raw
Cranberries, cooked or canned	0.1	0.2	Cranberries, canned, sweetened
Cranberries, dried	0.4	0.6	Cranberries, dried, sweetened
Cranberries, raw	0.0	0.0	Cranberries, raw
Dates, raw and cooked	0.1	0.1	Dates, deglet nour
Dewberries, raw	0.0	0.0	Blackberries, raw
Figs, cooked or canned	0.0	0.1	Figs, canned, water pack
Figs, dried	0.0	0.0	Figs, dried, uncooked
Figs, raw	0.0	0.0	Figs, raw
Grapefruit, cooked or canned	0.0	0.0	Grapefruit sections, canned, water pack
Grapefruit, raw	0.6	0.9	Grapefruit, raw, pink, red, and white
Grapes, cooked or canned	0.0	0.0	Grapes, canned, Thompson seedless, water pack

Grapes, raw	3.8	5.5	Grapes, red/green (European type), raw
Guava, cooked or canned	0.0	0.0	Guavas, common, raw
Guava, raw	0.0	0.0	Guavas, common, raw
Honeydew Melon, raw	0.4	0.5	Melons, honeydew, raw
Huckleberries, raw	0.0	0.0	Huckleberries, raw
Japanese Pears, raw	0.1	0.1	Pears, Asian, raw
Juneberry, raw	0.0	0.0	Blackberries, raw
Kiwifruit, raw	0.1	0.2	Kiwifruit, green, raw
Kumquat, cooked or canned	0.0	0.0	Kumquats, raw
Kumquat, raw	0.0	0.0	Kumquats, raw
Lemons, raw or cooked (Including lemon peel and citron)	0.0	0.0	Lemons, raw, without peel
Lime, raw (Including calamondin)	0.0	0.0	Limes, raw
Loganberries, raw	0.0	0.0	Loganberries, frozen
Lychee, cooked or canned	0.0	0.0	Litchis, raw
Lychee, raw	0.0	0.0	Litchis, raw
Lychee, dried	0.0	0.0	Litchis, raw
Mango, cooked or canned	0.0	0.0	Mangos, raw
Mango, dried	0.1	0.1	Mangos, raw
Mango, raw	0.8	1.2	Mangos, raw
Mixed Other Fruit (NOT citrus)	0.0	0.0	Applesauce, canned, unsweetened, without vitamin C
Mulberries, raw	0.0	0.0	Mulberries, raw
Nectarine, cooked or canned	0.0	0.0	Peaches, canned, water pack
Nectarine, raw	0.5	0.8	Nectarines, raw
Oranges, cooked or canned	0.0	0.0	Tangerines, mandarin oranges, canned, juice pack
Oranges, raw (Including orange peel)	3.5	5.0	Oranges, raw, all varieties
Papaya, cooked or canned (Including green)	0.0	0.0	Papayas, raw
Papaya, dried	0.0	0.0	Papayas, raw
Papaya, raw	0.2	0.2	Papayas, raw
Passion Fruit, raw	0.0	0.0	Passionfruit, (granadilla), purple, raw
Peaches, cooked or canned	0.6	0.9	Peaches, canned, water pack
Peaches, dried	0.0	0.0	Peach, dried, sulfured, uncooked
Peaches, raw	2.2	3.2	Peaches, raw
Pears, cooked or canned	0.4	0.6	Pears, canned, water pack
Pears, dried	0.0	0.0	Pears, dried, sulfured, uncooked
Pears, raw	1.5	2.2	Pears, raw
Persimmons, raw	0.2	0.3	Persimmons, native, raw
Pineapple, cooked or canned	0.4	0.6	Pineapples, canned, water pack
Pineapple, dried	0.0	0.0	Pineapples, raw, all varieties
Pineapple, raw	1.2	1.7	Pineapples, raw, all varieties
Plums, dried (include dried prunes)	0.1	0.2	Plums, dried (prunes), uncooked
Plums, raw	0.4	0.5	Plums, raw

Plums/Prunes, cooked or canned	0.0	0.0	Plums, canned, purple, water pack
Pomegranate, raw	0.1	0.1	Pomegranates, raw
Raisins, cooked or canned	0.4	0.6	Raisins, seedless
Raisins, raw (Including raw and dried currants)	1.4	2.0	Raisins, seedless
Raspberries, cooked or canned	0.0	0.0	Raspberries, raw
Raspberries, raw (Including black and red)	0.2	0.3	Raspberries, raw
Rhubarb, cooked or canned	0.0	0.0	Rhubarb, raw
Rhubarb, raw	0.0	0.0	Rhubarb, raw
Star Fruit (Carambola), cooked	0.0	0.0	Carambola (starfruit), raw
Star Fruit (Carambola), raw	0.0	0.0	Carambola (starfruit), raw
Strawberries, cooked, canned, dried	0.2	0.3	Strawberries, frozen, unsweetened
Strawberries, raw	3.6	5.1	Strawberries, raw
Tamarind, dried	0.0	0.0	Tamarinds, raw
Tamarind, raw or cooked	0.0	0.0	Tamarinds, raw
Tangerine, raw or canned/cooked	0.9	1.3	Tangerines (mandarin oranges), raw
Unknown Citrus Fruit	0.4	0.5	Strawberries, raw
Unknown Other Fruit	1.6	2.2	Applesauce, canned, unsweetened, without vitamin C
Watermelon, raw	5.2	7.5	Watermelon, raw
Youngberries, raw	0.0	0.0	Blackberries, raw
Fruit Juice	29.6		
Apple Juice	5.4	18.3	Apple juice, canned/bottled, unsweetened, without vitamin C
Apricot Juice/Nectar	0.0	0.0	Apricot nectar, canned, without vitamin C
Banana Juice/Nectar	0.0	0.0	Bananas, raw
Blackberry Juice	0.0	0.0	Blackberry juice, canned
Cantaloupe Juice/Nectar	0.0	0.0	Melons, cantaloupe, raw
Cherry Juice	0.0	0.0	Cherries, sweet, raw (Queen Anne, Bing)
Cranberry Juice	0.4	1.3	Cranberry juice, unsweetened
Grape Juice	1.2	4.1	Grape juice, canned, unsweetened, without vitamin C
Grapefruit Juice	0.5	1.7	Grapefruit juice, white, canned, unsweetened
Guava Juice/Nectar	0.0	0.1	Guava nectar, canned
Lemon Juice	0.4	1.5	Lemon juice, canned or bottled
Lime Juice	0.1	0.5	Lime juice, canned or bottled, unsweetened
Mango Juice/Nectar	0.1	0.3	Mango nectar, canned
Mixed Fruit Juice (Citrus)	0.0	0.0	Orange juice, chilled, including from concentrate
Mixed Fruit Juice (NOT citrus)	0.4	1.3	Apple juice, canned/bottled, unsweetened, without vitamin C
Orange Juice (Including tangerine and acerola)	17.2	58.2	Orange juice, chilled, including from concentrate
Papaya Juice/Nectar	0.1	0.2	Papaya nectar, canned
Passion Fruit Juice/Nectar	0.0	0.1	Passion fruit juice, yellow, raw

Peach Juice/Nectar	0.0	0.0	Peach nectar, canned, without vitamin C
Pear Juice/Nectar	0.0	0.0	Baby food, juice, pear
Pineapple Juice	0.4	1.4	Pineapple juice, canned, unsweetened, without vitamin C
Plum Juice	0.0	0.0	Prune juice, canned
Pomegranate Juice	0.2	0.6	Pomegranate juice, bottled
Prune Juice	0.1	0.4	Prune juice, canned
Raspberry Juice	0.0	0.0	Blackberry juice, canned
Soursop Juice/Nectar	0.0	0.0	Guanabana nectar, canned
Strawberry Juice	0.0	0.1	Blackberry juice, canned
Unknown Citrus Fruit Juice	1.2	4.2	Orange juice, chilled, including from concentrate
Unknown Other Fruit Juice	1.6	5.5	Apple juice, canned/bottled, unsweetened, without vitamin C
Watermelon Juice	0.0	0.1	Watermelon, raw
Vegetable Group			
Dark Green Vegetables	7.5		
Arugula Lettuce	0.1	0.8	Arugula, raw
Bak Choy (Chinese Cabbage)	0.2	2.3	Cabbage, Chinese (pak-choi), cooked, without salt
Broccoli, cooked	2.4	32.5	Broccoli, cooked, boiled, without salt
Broccoli, raw	0.5	6.8	Broccoli, raw
Butterhead Lettuce (Boston, Bibb)	0.0	0.0	Lettuce, butterhead (Bibb and Boston), raw
Chard, cooked (Including cooked escarole)	0.0	0.5	Chard, Swiss, cooked, boiled, without salt
Cilantro, raw and cooked	0.1	0.9	Coriander leaves (Cilantro), raw
Collard Greens	0.3	4.1	Collards, cooked, boiled, without salt
Grape Leaves	0.0	0.1	Grape leaves, raw
Kale (Including lambsquarters, mustard cabbage, beet greens, bitter melon, horseradish, and jute leaves)	0.1	1.4	Kale, cooked, boiled, without salt
Mixed Dark Leafy Greens, raw (Including Romaine, Chicory, Escarole, and Endive)	1.9	25.0	Lettuce, cos or romaine, raw
Mustard Greens (Including dandelion and poke greens)	0.1	1.0	Mustard greens, cooked, boiled, without salt
Parsley (Including epazote)	0.0	0.6	Parsley, raw
Seaweed (Laver), high in vitamin A	0.0	0.0	Seaweed, laver, raw
Spinach, cooked (Including taro leaves)	0.6	7.8	Spinach, cooked, boiled, without salt
Spinach, raw	1.1	15.2	Spinach, raw
Turnip Greens	0.1	1.1	Turnip greens, cooked, boiled, without salt
Unknown dark green vegetable	0.0	0.0	Parsley, raw
Watercress (Including thistle leaves)	0.0	0.1	Watercress, raw
Beans and Peas (legumes)	6.0		
Black beans	0.5	8.1	Beans, black, cooked, boiled, without salt

Chickpeas	0.3	4.8	Chickpeas, cooked, boiled, without salt
Cowpeas	0.0	0.2	Cowpeas, common, cooked, boiled, without salt
Kidney Beans	0.8	13.9	Beans, kidney, cooked, boiled, without salt
Lentils	0.4	6.3	Lentils, cooked, boiled, without salt
Lima beans, mature (Including fava and mung beans)	0.1	1.9	Lima beans, large, cooked, boiled, without salt
Pinto beans (Including pink beans)	2.3	37.8	Beans, pinto, cooked, boiled, without salt
Soybeans/Edamame	0.0	0.8	Soybeans, mature cooked, boiled, without salt
Split Peas	0.1	1.4	Peas, split, cooked, boiled, without salt
Unknown legume	0.0	0.2	Beans, small white, cooked, boiled, without salt
White beans (Including navy and pea beans)	1.5	24.7	Beans, small white, cooked, boiled, without salt
Red and Orange Vegetables	23.6		
Carrot Juice	0.0	0.0	Carrot juice, canned
Carrots, cooked	2.4	10.2	Carrots, cooked, boiled, drained, without salt
Carrots, raw	1.8	7.7	Carrots, raw
Chili Pepper, hot, red, (Including color non specified)	0.5	2.1	Peppers, hot chili, red, raw
Cooked Sweet Potatoes/orange yams	0.6	2.4	Sweet potato, cooked, baked in skin, without salt
Cooked Winter Squash	0.2	0.7	Squash, winter, all varieties, baked, without salt
Pumpkin	0.1	0.6	Pumpkin, canned, without salt
Red Peppers, sweet, bell (Including pimentos)	0.2	0.7	Peppers, sweet, red, cooked, boiled, without salt
Tomato Juice	1.2	5.1	Tomato juice, canned, without salt added
Tomatoes, cooked	11.2	47.5	Tomatoes, canned, puree, without salt added
Tomatoes, raw	5.4	23.0	Tomatoes, red, ripe, raw
Unknown red/orange vegetable	0.0	0.0	Carrots, cooked, boiled, without salt
Starchy Vegetables	26.8		
Cassava (Including taro, burdock root, and white yam)	0.1	0.5	Cassava, raw
Corn, white (Including hominy)	0.5	1.8	Corn, sweet, white, cooked, boiled, without salt
Corn, yellow	2.6	9.8	Corn, sweet, yellow, cooked, boiled, without salt
Cowpeas, Field Peas, Blackeye Peas, not dried (Including pigeon peas)	0.1	0.2	Cowpeas, immature, cooked, boiled, without salt
French Fries	4.0	14.9	Potatoes, French fried, frozen, without salt, oven heated
Green Peas	1.4	5.3	Peas, green, cooked, boiled, without salt
Home Fries/Hash Browns	2.6	9.7	Potatoes, hashed brown, frozen, plain, prepared
Lima Beans, immature	0.3	1.1	Lima beans, immature, cooked, boiled, without salt
Plantains	0.3	1.1	Plantains, cooked
Potato Chips/Puffs/Sticks	4.7	17.4	Potato chips, fat free, salted
Potatoes, baked	3.5	13.2	Potatoes, white, flesh and skin, baked
Potatoes, boiled (Including breadfruit)	6.6	24.5	Potatoes, boiled, flesh, cooked without skin or salt
Vegetable starches	0.1	0.2	Potato Flour
Waterchestnuts (Including lotus root)	0.1	0.3	Waterchestnuts, Chinese, canned

Other Vegetables	36.1		
Artichoke	0.1	0.2	Artichokes, cooked, boiled, drained, without salt
Asparagus	0.4	1.0	Asparagus, cooked, boiled, drained
Avocado	1.1	2.9	Avocados, raw, all commercial varieties
Bamboo Shoots	0.3	0.8	Bamboo shoots, cooked, drained, without salt
Beets	0.2	0.5	Beets, cooked, boiled, drained
Brussels Sprouts	0.2	0.7	Brussels sprouts, cooked, boiled, drained, without salt
Cactus (Nopales)	0.1	0.1	Nopales, cooked, without salt
Cauliflower (Including broccoflower)	0.5	1.4	Cauliflower, cooked, boiled, drained, without salt
Celery, cooked	1.2	3.3	Celery, cooked, boiled, drained, without salt
Celery, raw	0.9	2.4	Celery, raw
Chili Pepper, hot, green, cooked and raw (Including serrano and dwarf green)	0.1	0.2	Peppers, hot chili, green, raw
Chives	0.0	0.0	Chives, raw
Cucumber (Including flowers of sesbania, squash, lily, pumpkin)	2.3	6.4	Cucumber, peeled, raw
Cucumber Pickles (Including relish and capers)	1.3	3.6	Pickles, cucumber, dill, low sodium
Edible-pod Green Peas (Including snowpeas, fern shoots)	0.3	0.7	Peas, edible-podded, boiled, drained, without salt
Eggplant (Including hearts of palm)	0.5	1.4	Eggplant, cooked, boiled, drained, without salt
Garlic	0.5	1.4	Garlic, raw
Green Beans (Including snap and yellow beans)	3.8	10.5	Beans, snap, green, cooked, boiled, drained, without salt
Green Cabbage, cooked	0.7	2.0	Cabbage, cooked, boiled, drained, without salt
Green Cabbage, raw (Including savoy cabbage)	0.9	2.4	Cabbage, raw
Green Peppers, cooked, sweet, bell	1.1	2.9	Peppers, sweet, green, cooked, boiled, drained, without salt
Green Peppers, raw, sweet, bell (Including color NS)	0.7	2.0	Pepper, sweet, green, raw
Horseradish (Including ginger root)	0.1	0.2	Horseradish
Lettuce (Including Iceberg, manoa)	8.1	22.3	Lettuce, iceberg, raw
Miscellaneous Other Vegetables	0.0	0.1	Seaweed, wakame, raw
Mungbeans Sprouts (Including alfalfa and buckwheat sprouts)	0.5	1.4	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt
Mushrooms (Including shiitake)	1.4	3.8	Mushrooms, cooked, boiled, drained, without salt
Okra (Including horseradish pods)	0.1	0.3	Okra, cooked, boiled, drained, without salt
Olives	0.4	1.2	Olives, ripe, canned (small-extra large)
Onions, mature, cooked (includes Leeks)	4.0	11.2	Onions, cooked, boiled, drained, without salt
Onions, mature, raw	1.8	4.8	Onions, raw
Radishes	0.1	0.3	Radish, raw
Red Cabbage (Including radicchio)	0.1	0.4	Cabbage, red, raw

Spring Onions/Scallions	0.5	1.5	Onions, spring or scallions (includes tops and bulb), raw
Summer Squash, yellow and zucchini (Including spaghetti squash, chayote, bitter and winter melons)	1.0	2.9	Squash, summer, all varieties, cooked, boiled, drained, without salt
Tomatillos	0.2	0.4	Tomatillos, raw
Turnips (Including rutabaga, jicama, kohlrabi, celeriac, fennel bulb)	0.2	0.6	Turnips, cooked, boiled, drained, without salt
Unknown other vegetable	0.6	1.8	Onions, cooked, boiled, drained, without salt
Grain Group			
WHOLE GRAINS	11.8		
Brown rice	0.8	6.4	Brown rice, long-grain, cooked
Oatmeal and other cooked cereals	1.5	12.9	Oats, regular, quick, and instant, unenriched, cooked without salt
Popcorn	1.0	8.2	Popcorn, air-popped
Rye bread	0.0	0.2	Bread, rye
Snack bars containing whole grains	0.3	2.8	Crackers, whole wheat, reduced fat
Whole grain bagels and Eng. muffins	0.4	3.8	English muffins, whole-wheat
Whole Grain Corn RTE Cereals	0.4	3.6	Cereals ready-to-eat, Kix
Whole grain pasta	0.2	1.4	Spaghetti, whole wheat, cooked
Whole grain rolls (not sweet)	0.1	1.2	Rolls, dinner, whole wheat
Whole Grains in other foods, incl desserts	0.1	0.7	Oats, regular, quick, and instant, unenriched, dry
Whole Oat RTE cereals	1.2	10.6	Cereals ready-to-eat, Cheerios
Whole Wheat Bread	3.6	30.8	Oats, regular, quick, and instant, unenriched, dry
Whole wheat crackers	0.6	4.7	Crackers, whole wheat, reduced fat
Whole wheat quick bread	0.2	1.8	Pancakes, whole-wheat, dry mix, incomplete, prepared
Whole Wheat RTE Cereals	1.3	11.1	Cereals, RTE, wheat, shredded, plain, sugar and salt free
REFINED GRAINS	88.2		
Bagels and English Muffins	3.7	4.2	Bagels, plain, enriched
Biscuits	1.8	2.0	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked
Breadings and Stuffings/Dressings	4.0	4.6	Bread, white, commercially prepared
Cooked Cereal	0.3	0.3	Cereals, corn grits, white, regular and quick, enriched, cooked without salt
Corn Tortilla	7.6	8.7	Tortillas, ready-to-bake or -fry, corn
Flour Tortilla	5.4	6.2	Tortillas, ready-to-bake or -fry, flour
Flour-based Desserts (cakes, cookies, etc)	7.8	8.9	Cookies, animal crackers
French Bread	2.2	2.5	Bread, French or Vienna
Other Foods Containing Refined Grains	0.1	0.1	Rice, white, long-grain, regular, cooked
Pasta and noodles	9.8	11.1	Spaghetti, cooked, enriched, without salt

Pie and Pastry Crusts	1.7	1.9	Pie crust, standard-type, frozen, ready-to-bake, enriched
Pizza Crust	8.4	9.5	Bread, pita, white, enriched
Pretzels and Crackers	4.1	4.6	Pretzels, hard, plain, made with enriched flour, unsalted
Quick Breads	2.5	2.9	Pancakes, plain, frozen, ready-to-heat
Refined Grain as Thickener	0.5	0.5	Wheat flour, white, all-purpose, enriched, bleached
Refined grain RTE Cereal	1.9	2.1	Cereals ready-to-eat, Corn Flakes
Snack Bars containing refined grains	0.2	0.2	Cookies, animal crackers
White Bread	11.5	13.0	Bread, white, commercially prepared
White Rice	5.7	6.5	Rice, white, long-grain, regular, cooked
White Rolls and Buns	9.1	10.3	Rolls, hamburger or hotdog, plain
Dairy			
MILK	51.0		
Unflavored cow milks, whole	6.6	13.0	Milk, nonfat, fluid, added vitamin A and D
Unflavored cow milks, 2%	12.3	24.0	Milk, nonfat, fluid, added vitamin A and D
Unflavored cow milks, 1%	5.9	11.6	Milk, nonfat, fluid, added vitamin A and D
Unflavored cow milks, fat-free	6.9	13.6	Milk, nonfat, fluid, added vitamin A and D
Low lactose, calcium-fortified, acidophilus, buttermilk, goat's milk and imitation milks, whole and NFS	0.2	0.4	Milk, nonfat, fluid, added vitamin A and D
Low lactose, calcium-fortified, acidophilus, buttermilk, goat's milk and imitation milks, 2%	0.1	0.2	Milk, nonfat, fluid, added vitamin A and D
Low lactose, calcium-fortified, acidophilus, buttermilk, goat's milk and imitation milks, 1% and fat-free	0.2	0.4	Milk, nonfat, fluid, added vitamin A and D
Dry and evaporated milks, whole, reduced fat, and NFS	0.1	0.2	Milk, dry, nonfat, instant, added vitamin A and D
Dry and evaporated milks, 1% and fat-free	0.0	0.0	Milk, dry, nonfat, instant, added vitamin A and D
Milk NFS	0.3	0.6	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate, cocoa), whole	1.0	1.9	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate, cocoa), 2%	1.4	2.7	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate, cocoa), 1%	1.0	2.1	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate, cocoa), fat-free	0.3	0.6	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate, cocoa), NFS	0.6	1.1	Milk, nonfat, fluid, added vitamin A and D
Milk in coffee drinks, lattes, etc.	1.5	2.9	Milk, nonfat, fluid, added vitamin A and D
Skim milk in coffee drinks, lattes, etc.	0.0	0.0	Milk, nonfat, fluid, added vitamin A and D
Milk shakes, malted milk drinks, fruit-milk drinks/smoothies, fat-free	0.0	0.0	Milk, nonfat, fluid, added vitamin A and D

Milk shakes, malted milk drinks, fruit-milk drinks/smoothies, NFS	0.9	1.8	Milk, nonfat, fluid, added vitamin A and D
Meal supplements/replacements/diet drinks	0.3	0.6	Milk, dry, nonfat, instant, added vitamin A and D
Milk powder drinks, eggnog, other beverages	0.1	0.3	Milk, dry, nonfat, instant, added vitamin A and D
Milk in soups	0.5	1.0	Milk, nonfat, fluid, added vitamin A and D
Milk in casseroles, mixtures batters, frozen meals, man and other dishes	3.7	7.3	Milk, nonfat, fluid, added vitamin A and D
Milk in scrambled eggs/omelets	1.7	3.3	Milk, nonfat, fluid, added vitamin A and D
Milk in mashed potatoes, creamed vegetable, sauces, gravies, salad dressings	0.7	1.4	Milk, nonfat, fluid, added vitamin A and D
Milk in puddings custards, desserts, sweetened condensed milk	0.6	1.1	Milk, nonfat, fluid, added vitamin A and D
Milk in candies and bars and cookies	1.1	2.2	Milk, dry, nonfat, instant, added vitamin A and D
Milk in bread, baked products, cereals	0.8	1.6	Milk, nonfat, fluid, added vitamin A and D
Ice cream, light and fat-free	0.4	0.8	Ice creams, vanilla, fat-free
Ice cream, regular and rich	1.5	2.9	Ice creams, vanilla, fat-free
Ice cream sundaes, cones, sticks/bars/novelty, light and lowfat	0.2	0.3	Ice creams, vanilla, fat-free
Ice cream sundaes, cones, sticks/bars/novelty, regular, rich, NFS	0.2	0.4	Ice creams, vanilla, fat-free
YOGURT	2.6		
Frozen yogurt and sherbet, regular, lowfat, fat-free, and NFS	0.3	10.9	Frozen yogurts, choc, nonfat milk, sweetened w/o sugar
Unflavored Yogurts, whole and NFS	0.1	2.2	Yogurt, plain, skim milk, 13 grams protein per 8 oz
Unflavored Yogurts, lowfat	0.1	4.4	Yogurt, plain, skim milk, 13 grams protein per 8 oz
Unflavored Yogurts, fat-free	0.1	4.1	Yogurt, plain, skim milk, 13 grams protein per 8 oz
Flavored Yogurts (caloric sweeteners), lowfat	0.2	7.1	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Flavored Yogurts (caloric sweeteners), fat-free	0.1	2.7	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Flavored Yogurts (caloric sweeteners), NFS	0.1	2.7	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Flavored Yogurts (low calorie sweeteners), fat-free	0.1	3.2	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Flavored Yogurts (low calorie sweeteners), lowfat	0.1	5.2	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Fruit Yogurts (caloric sweeteners) Including yogurt NS, whole	0.1	5.7	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Fruit Yogurts (caloric sweeteners) Including yogurt NS, lowfat	0.7	26.6	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Fruit Yogurts (caloric sweeteners) Including yogurt NS, fat-free	0.2	7.2	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D

Fruit Yogurts (caloric sweeteners) Including yogurt NS, fat NFS	0.2	8.1	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Fruit Yogurts (low calorie sweeteners), fat-free	0.3	9.7	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Yogurt in other foods	0.0	0.4	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
CHEESE	44.8		
Natural cheeses (incl low sodium cheeses), regular	7.5	16.7	Cheese, mozzarella, nonfat or fat free
Natural cheeses (incl low sodium cheeses), reduced-fat	1.7	3.8	Cheese, mozzarella, nonfat or fat free
Natural cheeses (incl low sodium cheeses), lowfat and fat-free	0.2	0.5	Cheese, mozzarella, nonfat or fat free
Natural cheeses (incl low sodium cheeses), fat NFS	0.9	2.1	Cheese, mozzarella, nonfat or fat free
Cottage cheeses, regular	0.1	0.3	Cheese, cottage, lowfat, (1% milkfat) no sodium added
Cottage cheeses, lowfat and fat NFS	0.1	0.3	Cheese, cottage, lowfat, (1% milkfat) no sodium added
Processed cheeses (incl low sodium cheeses), regular	4.1	9.0	Cheese, pasteurized processed, American, lowfat
Processed cheeses (incl low sodium cheeses), reduced-fat	0.1	0.1	Cheese, pasteurized processed, American, lowfat
Processed cheeses (incl low sodium cheeses), lowfat and fat-free	0.2	0.5	Cheese, pasteurized processed, American, lowfat
Cheese spreads, dips, sauces, soups	0.9	2.1	Cheese, pasteurized processed, American, lowfat
Cheese on sandwiches	1.9	4.3	Cheese, pasteurized processed, American, lowfat
Cheese in grains products, snacks (incl breads and cereals), desserts/sweets, regular and NFS	0.4	0.8	Cheese, pasteurized processed, American, lowfat
Cheese in grains products (incl fried cheese, gnocchi), desserts/sweets, reduced fat, lowfat, nonfat	0.3	0.6	Cheese, mozzarella, nonfat or fat free
Cheese in Mexican dishes	1.7	3.8	Cheese, Mexican, blend, reduced fat
Cheese in egg or meat dishes and frozen meals	2.0	4.5	Cheese, Mexican, blend, reduced fat
Cheese on pizza and calzone, regular	8.0	17.9	cheese, mozzarella, nonfat or fat free
Cheese on pizza and calzone, reduced-fat and lowfat	8.2	18.3	cheese, mozzarella, nonfat or fat free
Cheese in pasta and Italian dishes, regular and NFS	2.3	5.1	Cheese, Mexican, blend, reduced fat
Cheese in pasta and Italian dishes, reduced fat, lowfat, and nonfat	0.3	0.6	Cheese, Mexican, blend, reduced fat
Cheese on vegetables (cheese sauce), in salads and dressings	0.8	1.8	Cheese, pasteurized processed, American, lowfat
Cheese NFS	3.0	6.7	Cheese, Mexican, blend, reduced fat
SOYMILK	1.5		
Soymilk	1.5	100.0	Soymilk (all flavors), unsweetened, added calcium, vitamins A and D

PROTEIN FOODS			
Eggs	7.31		
Eggs	7.31	100.00	Egg, whole, cooked, hard-boiled
High omega-3 fish	2.23		
Anchovy	0.01	0.31	Anchovy, European, canned in oil, drained
Herring	0.07	3.16	Herring, Atlantic, cooked, dry heat
Mackerel	0.01	0.35	Mackerel, Atlantic, cooked, dry heat
Salmon	1.36	61.08	Fish, salmon, Atlantic, farmed, cooked, dry heat
Sardines	0.05	2.23	Sardine, Atlantic, canned in oil, drained with bone
Sea bass	0.09	3.89	Sea bass, mixed species, cooked, dry heat
Swordfish	0.04	1.80	Swordfish, cooked, dry heat
Trout	0.17	7.34	Trout, rainbow, farmed, cooked, dry heat
Roe	0.00	0.00	Roe, mixed species, cooked dry heat
Mussels	0.02	0.79	Mussel, blue, cooked, moist heat
Tuna-high Omega 3	0.42	19.05	Tuna, white, canned in water, drained solids
Shark	0.00	0.00	Shark, mixed species, raw
Smelt	0.00	0.00	Smelt, rainbow, cooked, dry heat
Low omega-3 fish	8.09		
Shrimp	1.75	21.60	Shrimp, cooked, moist heat
Unknown Fish	0.52	6.39	Fish, pollock, Atlantic, cooked, dry heat
Fish sticks	0.21	2.55	Fish, pollock, Atlantic, cooked, dry heat
Restructured fish	0.02	0.30	Fish, pollock, Atlantic, cooked, dry heat
Carp	0.00	0.02	Carp, cooked, dry heat
Catfish	0.25	3.15	Catfish, channel, farmed, cooked, dry heat
Cod	0.70	8.61	Cod, Pacific, cooked, dry heat
Croaker	0.07	0.84	Croaker, Atlantic, raw
Tilapia	0.52	6.40	Tilapia, cooked, dry heat
Flounder	0.49	6.11	Flatfish (flounder and sole), cooked, dry heat
Haddock	0.13	1.58	Haddock, cooked, dry heat
Mullet	0.00	0.00	Mullet, striped, cooked, dry heat
Perch	0.24	2.99	Ocean perch, Atlantic, cooked, dry heat
Pike	0.08	1.03	Pike, northern, cooked, dry heat
Pompano	0.13	1.60	Pompano, Florida, cooked, dry heat
Porgy	0.04	0.46	sheepshead, cooked, dry heat
Tuna-low Omega3	1.42	17.51	Tuna, light, canned in water, drained solids
Whiting	0.11	1.36	Fish, whiting, mixed species, cooked, dry heat
Frog	0.00	0.00	Frog legs, raw
Octopus/squid	0.15	1.91	Octopus, common, cooked, moist heat
Clams	0.16	1.92	Clams, mixed species, cooked, moist heat
Crab	0.49	6.05	Crab, blue, cooked, moist heat
Lobster	0.09	1.15	Lobster, northern, cooked, moist heat

Oysters	0.22	2.66	Mollusks, oyster, Pacific, cooked, moist heat
Scallops	0.09	1.09	Scallops (bay and sea), cooked, steamed
Snapper	0.08	0.95	Snapper, mixed species, cooked, dry heat
Halibut	0.10	1.22	Halibut, Atlantic and Pacific, cooked, dry heat
Eel	0.00	0.00	Eel, mixed species, cooked, dry heat
Turtle/terrapin	0.00	0.00	Turtle, green, raw
Crayfish	0.05	0.57	Crayfish, mixed species, wild, cooked, moist heat
Snails	0.00	0.00	Snail, raw
Turbot	0.00	0.00	Flatfish (flounder and sole), cooked, dry heat
Nuts and Seeds	10.35		
Almonds	1.63	15.75	Almonds, dry roasted, without salt
Brazil nuts	0.00	0.03	Brazil nuts, dried, unblanched
Cashew nuts	0.59	5.74	Cashew nuts, dry roasted, without salt
Chestnuts	0.02	0.20	Chestnuts, European, roasted
Filberts/hazelnuts	0.02	0.22	Hazelnuts or filberts
Flax seeds	0.10	1.01	Flaxseed
Macadamia nuts	0.00	0.01	Macadamia nuts, dry roasted, without salt
Mixed nuts	1.07	10.33	Mixed nuts, dry roasted, with peanuts, without salt
Peanut butter	2.65	25.64	Peanut butter, smooth style, with salt
Peanuts	2.56	24.71	Peanuts, all types, dry-roasted, without salt
Pecans	0.17	1.65	Pecans
Pine nuts	0.04	0.42	Pine nuts, dried
Pistachio nuts	0.28	2.67	Pistachio nuts, dry roasted, without salt
Pumpkin/squash seed kernels	0.11	1.07	Pumpkin and squash seed kernels, roasted, without salt
Sesame seeds	0.06	0.54	Sesame seed kernels, toasted, without salt (decorticated)
Sunflower seeds	0.48	4.68	Sunflower seed kernels, dry roasted, without salt
Walnuts	0.55	5.33	Walnuts, English
Poultry	30.43		
Luncheon meats, poultry	3.72	12.24	Chicken roll, light meat
Chicken	25.09	82.45	Chicken, meat only, roasted
Turkey	1.62	5.31	Turkey, meat only, roasted
Red meats	40.56		
Beef	10.97	27.06	Beef, round, eye of round, separable lean only, roasted
Beef, ground	10.85	26.76	Ground beef, 95% lean, patty, pan-broiled
Game meat	0.21	0.52	Deer, loin, lean only, steak, bird
Lamb	0.28	0.68	Lamb, domestic, leg, separable lean only, choice, roasted
Liver	0.21	0.51	Beef, liver, pan-fried
Luncheon meats, beef	4.33	10.67	Frankfurter, beef, low fat
Luncheon meats, pork	5.25	12.95	Ham, sliced, extra lean

Pork, cured	3.19	7.88	Pork, cured, ham, whole, separable lean only, roasted
Pork, fresh	4.81	11.86	Pork, fresh, sirloin chops, boneless, lean, broiled
Sausage	0.45	1.10	Turkey sausage, reduced fat, brown and serve, cooked
Processed Soy Products	1.07		
Tofu	0.21	19.64	Tofu, firm, prepared with calcium sulfate and magnesium chloride
Processed Soy	0.86	80.36	Soy protein isolate
Oils and Solid Fats			
	Estimated %*		
Oils			
Unhydrogenated soy oil	53%		Oil, soybean, salad or cooking
Canola oil	22%		Oil, canola
Olive oil	4%		Oil, olive, salad or cooking
Corn oil	10%		Oil, corn, industrial and retail, all-purpose salad or cooking
Sunflower oil	3%		Oil, sunflower, linoleic (approx. 65%)
Cottonseed oil	4%		Oil, cottonseed, salad or cooking
Peanut oil	1%		Oil, peanut, salad or cooking
Safflower oil	0%		Oil, safflower, salad or cooking, high oleic
Margarine (1/2 total)	3%		Margarine-like, vegetable oil spread, 60% fat, tub, with salt, without vitamin D
Solid Fats			
Palm oil	8%		Palm oil
Palm Kernel oil	3%		Palm kernel oil
Coconut oil	4%		Coconut oil
Dairy fat (Including butter)	24%		Butter, salted
Pork fat (Including lard)	7%		Lard
Vegetable shortening	19%		Vegetable shortening, household, composite
Beef fat (Including tallow)	18%		Beef fat (tallow)
Hydrogenated soy oil	15%		Soy oil, hydrogenated
Margarine (1/2 total)	3%		60% fat stick margarine, without Vitamin D

*Percent used in estimating the nutrient profiles for oils or solid fats.

**Estimates calculated from Economic Research Service Food Availability and Loss-Adjusted Food Availability tables for fats and oils (added), 2010.

([http://www.ers.usda.gov/data-products/food-availability-\(per-capita\)-data-system/.aspx#26715](http://www.ers.usda.gov/data-products/food-availability-(per-capita)-data-system/.aspx#26715))

Additional data on fat content of beef, pork, and dairy foods from CNPP's Nutrient content of the food supply, 2010.