

Appendix E-2.8: Percent of total food group intake, 2009-10 for the U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of USDA Food Pattern food group intake from WWEIA Food Categories, regrouped into DGAC major categories and subcategories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from What We Eat in America, NHANES 2009-2010. Breastfed children have been excluded. The sample size is 9,042.

	Percent of total consumption from each major food category and subcategory						
	Total Vegetables	Total Fruits	Total Grains	Total Dairy	Total Protein Foods	Whole grains	Refined grains
DGAC Major category	%	%	%	%	%	%	%
DAIRY	0.0	0.4	0.2	53.9	0.0	0.0	0.2
PROTEIN FOODS	0.5	0.2	2.7	1.6	48.7	0.3	3.0
MIXED DISHES	30.6	0.5	44.7	29.6	45.2	19.5	48.2
GRAINS	0.2	1.1	32.6	2.0	1.2	60.0	28.9
SNACKS AND SWEETS	5.3	3.2	19.0	5.8	2.1	19.4	19.0
FRUITS+FRUIT JUICE	0.1	88.6	0.0	0.0	0.0	0.0	0.0
VEGETABLES	58.9	1.0	0.6	3.0	2.4	0.3	0.6
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	4.3	0.1	0.1	2.8	0.1	0.0	0.1
BEVERAGES (not incl. milk and 100% fruit juice)	0.1	4.7	0.0	1.0	0.1	0.0	0.0
Total*	100.0	100.0	99.9	99.7	99.7	99.6	100.0
DGAC Subcategory	%	%	%	%	%	%	%
LOWFAT MILK/YOGURT	0.0	0.3	0.0	18.5	0.0	0.0	0.0
HIGHER FAT MILK/YOGURT	0.0	0.1	0.0	25.4	0.0	0.0	0.0
CHEESE	0.0	0.0	0.2	10.0	0.0	0.0	0.2
MEATS (Not incl. Deli and Mixed Dishes)	0.0	0.0	0.1	0.0	10.7	0.0	0.1
DELI/CURED PRODUCTS (Meat and Poultry)	0.0	0.0	0.0	0.0	4.7	0.0	0.0
POULTRY (Not incl. Deli and Mixed Dishes)	0.1	0.0	1.8	0.1	14.5	0.0	2.1
SEAFOOD (Not incl. Mixed Dishes)	0.0	0.1	0.6	0.0	6.7	0.0	0.7
EGGS	0.4	0.0	0.0	1.5	5.1	0.0	0.0
NUTS, SEEDS, AND SOY	0.1	0.1	0.0	0.0	7.0	0.3	0.0
PIZZA	2.3	0.1	8.6	9.1	1.1	0.0	9.7
BURGERS, TACOS, AND SANDWICHES	8.8	0.3	23.1	13.8	26.4	17.7	23.9
MEAT, POULTRY, SEAFOOD MIXED DISHES	7.7	0.1	2.2	1.3	12.6	0.0	2.5
RICE, PASTA, AND OTHER GRAIN-BASED MIXED DISHES	7.3	0.1	9.4	4.7	3.3	1.8	10.4
SOUPS	4.5	0.0	1.4	0.7	1.7	0.0	1.6
RICE AND PASTA	0.0	0.0	4.2	0.0	0.0	4.6	4.2
YEAST BREADS AND TORTILLAS	0.0	0.1	17.0	0.2	0.0	16.8	17.0
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.1	0.3	4.8	0.7	0.5	1.7	5.3
BREAKFAST CEREALS AND BARS	0.1	0.7	6.6	1.0	0.6	36.9	2.5
CHIPS, CRACKERS, AND SAVORY SNACKS	5.1	0.0	10.1	0.5	0.3	18.6	8.9
DESSERTS AND SWEET SNACKS	0.2	1.7	8.9	4.0	0.9	0.8	10.1
CANDIES AND SUGARS	0.0	1.6	0.0	1.3	0.9	0.0	0.1

Appendix E-2.8: Percent of total food group intake, 2009-10 for the U.S. population ages 2 years and older, continued

	Percent of total consumption from each major food category and subcategory						
	Total Vegetables	Total Fruits	Total Grains	Total Dairy	Total Protein Foods	Whole grains	Refined grains
DGAC Subcategory, continued	%	%	%	%	%	%	%
FRUIT (non-juice)	0.0	60.0	0.0	0.0	0.0	0.0	0.0
100% FRUIT JUICE	0.1	28.7	0.0	0.0	0.0	0.0	0.0
VEGETABLES (Incl. Beans and Peas, not Starchy)	39.5	1.0	0.5	1.6	2.3	0.3	0.5
STARCHY VEGETABLES	19.5	0.0	0.1	1.4	0.1	0.0	0.1
SUGAR-SWEETENED AND DIET BEVERAGES	0.0	4.3	0.0	0.8	0.1	0.0	0.0
COFFEE AND TEA	0.0	0.0	0.0	2.0	0.0	0.0	0.0
ALCOHOLIC BEVERAGES	0.0	0.5	0.0	0.0	0.0	0.0	0.0
WATERS	0.0	0.0	0.0	0.0	0.0	0.0	0.0
CONDIMENTS AND GRAVIES	4.3	0.1	0.1	0.8	0.1	0.0	0.1
SPREADS	0.0	0.0	0.0	0.2	0.0	0.0	0.0
SALAD DRESSINGS	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Total*	100.0	100.0	99.9	99.7	99.7	99.6	100.0

*Totals are less than 100% because results do not include baby foods and infant formulas

	Percent of total consumption from each major food category and subcategory							
	Milk	Cheese	Red meat	Cured meat	Added sugars	Solid fats	Empty calories	Oils
DGAC Major category	%	%	%	%	%	%	%	%
DAIRY	76.4	23.6	0.0	0.0	3.8	10.4	7.3	0.5
PROTEIN FOODS	1.3	2.2	39.6	27.8	0.6	14.0	7.6	15.4
MIXED DISHES	3.4	65.7	59.0	70.7	5.8	35.6	21.4	29.3
GRAINS	3.4	0.2	0.0	0.0	7.8	4.5	6.1	6.0
SNACKS AND SWEETS	9.0	1.1	0.3	0.0	31.2	22.7	26.7	19.6
FRUITS+FRUIT JUICE	0.0	0.0	0.0	0.0	0.8	0.0	0.4	0.0
VEGETABLES	1.1	5.5	1.0	1.5	1.1	4.7	3.0	23.4
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	4.6	1.6	0.0	0.0	2.0	7.1	4.7	5.7
BEVERAGES (not incl. milk and 100% fruit juice)	0.6	0.0	0.0	0.0	46.5	0.8	22.5	0.2
Total*	99.7	100.0	100.0	100.0	99.6	99.9	99.7	99.9
DGAC Subcategory	%	%	%	%	%	%	%	%
LOWFAT MILK/YOGURT	29.9	0.0	0.0	0.0	1.7	0.5	1.1	0.2
HIGHER FAT MILK/YOGURT	46.5	0.0	0.0	0.0	2.1	5.8	4.1	0.0
CHEESE	0.0	23.6	0.0	0.0	0.0	4.2	2.2	0.3
MEATS (Not incl. Deli and Mixed Dishes)	0.0	0.0	39.5	0.1	0.1	2.5	1.4	0.2
DELI/CURED PRODUCTS (Meat and Poultry)	0.0	0.0	0.0	25.9	0.1	4.0	2.2	0.1
POULTRY (Not incl. Deli and Mixed Dishes)	0.1	0.0	0.0	0.0	0.2	3.2	1.8	3.7
SEAFOOD (Not incl. Mixed Dishes)	0.1	0.0	0.0	0.0	0.1	1.1	0.6	1.2
EGGS	1.1	2.1	0.0	1.8	0.0	3.1	1.6	1.8

Appendix E-2.8: Percent of total food group intake, 2009-10 for the U.S. population ages 2 years and older, continued

DGAC Subcategory, continued	Percent of total consumption from each major food category and subcategory							
	Milk	Cheese	Red meat	Cured meat	Added sugars	Solid fats	Empty calories	Oils
	%	%	%	%	%	%	%	%
NUTS, SEEDS, AND SOY	0.0	0.0	0.0	0.0	0.1	0.0	0.1	8.4
PIZZA	0.0	21.6	0.2	5.2	0.8	7.8	4.5	2.7
BURGERS, TACOS, AND SANDWICHES	0.4	32.2	32.0	60.0	4.1	17.4	11.1	15.3
MEAT, POULTRY, SEAFOOD MIXED DISHES	1.1	1.7	18.3	3.8	0.4	3.8	2.2	4.3
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	1.2	9.6	6.2	0.9	0.5	5.5	3.1	5.8
SOUPS	0.8	0.6	2.3	0.7	0.1	1.1	0.6	1.2
RICE AND PASTA	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.8
YEAST BREADS AND TORTILLAS	0.3	0.1	0.0	0.0	1.0	1.1	1.1	2.4
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.3	0.1	0.0	0.0	1.7	2.6	2.2	1.5
BREAKFAST CEREALS AND BARS	1.7	0.1	0.0	0.0	5.1	0.6	2.7	1.3
CHIPS, CRACKERS, AND SAVORY SNACKS	0.1	1.0	0.3	0.0	0.4	2.7	1.6	15.3
DESSERTS AND SWEET SNACKS	6.5	0.0	0.0	0.0	18.9	17.1	18.0	3.2
CANDIES AND SUGARS	2.4	0.0	0.0	0.0	11.8	2.9	7.1	1.1
FRUIT (non-juice)	0.0	0.0	0.0	0.0	0.8	0.0	0.4	0.0
100% FRUIT JUICE	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.3	3.3	1.0	1.4	1.0	2.3	1.7	12.2
STARCHY VEGETABLES	0.9	2.2	0.0	0.2	0.1	2.4	1.3	11.2
SUGAR-SWEETENED AND DIET BEVERAGES**	0.9	0.0	0.0	0.0	38.8	0.3	18.6	0.1
COFFEE AND TEA	3.7	0.0	0.0	0.0	6.7	0.5	3.4	0.0
ALCOHOLIC BEVERAGES	0.0	0.0	0.0	0.0	0.8	0.0	0.4	0.0
WATERS	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0
CONDIMENTS AND GRAVIES	0.2	1.6	0.0	0.0	0.9	0.9	0.9	1.3
SPREADS	0.4	0.0	0.0	0.0	1.0	6.2	3.7	1.4
SALAD DRESSINGS	0.0	0.0	0.0	0.0	0.1	0.0	0.1	3.0
Total*	99.7	100.0	100.0	100.0	99.6	99.9	99.7	99.9

*Totals less than 100% because results do not include baby foods and infant formulas

**Additional breakdown for SUGAR-SWEETENED AND DIET BEVERAGES

	% of Added sugars consumption
Diet soft drinks	0.0
Diet sport and energy drinks	0.0
Other diet drinks	0.0
Soft drinks	25.1
Fruit drinks	10.6
Sport and energy drinks	2.6
Nutritional beverages	0.2
Flavored or carbonated water	0.2