

Retail Food Commodity Intakes: Mean Amounts of Retail Commodities per Individual, 1999-2000

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ABSTRACT

The table set includes national estimates of the amounts of retail-level commodities per person estimated from day 1 dietary intake data of 8074 individuals, ages 2 years and over, in the National Health and Nutrition Examination Survey (NHANES), 1999-2000 [1] and Food Intakes Converted to Retail Commodities Database (FICRCD, 1999-2000 [2]. These estimates are included for 23 age-gender groups. See reference 1 for a description of the NHANES 1999-2000 methodology. In FICRCD, retail -level commodities are defined as that available for purchase in retail stores, supermarkets, or other retail food outlets with a few exceptions such as industrial shortening and corn syrup solids that are solely used by the food industry and game meats that are obtained elsewhere.

There are eight major retail-level commodity categories in FICRCD: Dairy Products; Fats and Oils; Fruits; Grains; Meat, Poultry, Fish and Eggs; Nuts; Caloric Sweeteners; and Vegetables, Dry Beans and Peas (legumes). Because each of these has several components, FICRCD has 65 retail-level commodities, in total. Foods within each commodity are converted into a single commodity type. For example, canned, frozen, and dried carrots consumed in the surveys are converted to raw carrots commodity. Some of the retail-level commodity types included in FICRCD are: fluid milk; yogurt; cheese; butter; oils; shortening; fruits and vegetables with refuse; grain products, except rice, as respective flours; uncooked rice; dry beans and peas; raw nuts without the shell; uncooked, boneless meat, fish, and poultry; and caloric sweeteners. Appendix A includes the list of foods within each commodity category. The average amounts of selected commodities estimated from the reported food intakes of individuals 2 years and over are listed below:

- Fluid milk contributed 85% to the total dairy products commodity (326g).
- Salad or cooking oils contributed 46% to the total fats and oils commodity (35g).
- Oranges contributed 41%, apples 16%, bananas about 9% and melons 8% to the total fruit commodity (319g).
- Wheat flour was the major component of grains commodity, contributing 73% to the total grains (125g).
- Beef contributed 37% and chicken 29% to the total meat, poultry, and fish commodity (169g).
- Potatoes contributed 30%, tomatoes 28%, sweet corn 7%, and total leafy vegetables about 7% to the total vegetables commodity (352g).

List of Tables and Appendices

	Page
Table 1: Dairy Products	4
Table 2: Fats, Oils, and Caloric Sweeteners	5
Table 3: Fruits	6-7
Table 4: Grains	8
Table 5: Meat, Poultry, Fish and Eggs	9
Table 6: Nuts	10
Table 7: Vegetables	11-12
References	13
Appendix A: List of Foods in the Food Commodity Groups	14-20

Table 1. Dairy Products: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, NHANES 1999-2000

Gender and Age (years)	Sample size	Total Dairy Products	Fluid Milk						Butter	Cheese	Yogurt	Other Dairy Products
			Total	Whole Milk	2% Milk	1% Milk	Skim Milk					
Mean (SE) in grams												
Males:												
2 - 5.....	343	493 (50.2)	457 (50.1)	241 (38.9)	162 (26.8)	24* (8.8)	30 (7.3)	1* (0.3)	20 (2.8)	13* (4.4)	3 (0.6)	
6 - 11.....	494	407 (23.2)	366 (21.1)	146 (12.9)	126 (19.9)	40* (13.2)	55 (8.5)	1* (0.3)	27 (2.3)	7* (3.1)	6 (1.1)	
12 - 19.....	1105	433 (21.9)	380 (23.4)	160 (13.2)	140 (18.5)	22 (5.5)	59 (12.5)	1 (0.3)	42 (3.2)	1* (0.5)	8 (0.7)	
2 - 19.....	1942	437 (14.4)	392 (13.7)	172 (8.9)	140 (11.6)	28 (6.4)	51 (7.9)	1 (0.2)	32 (1.6)	6 (1.6)	6 (0.6)	
20 - 29.....	310	310 (19.7)	249 (19.6)	100 (9.6)	85 (19.4)	15 (4.0)	48 (8.2)	1* (0.3)	49 (3.6)	3* (1.7)	8 (1.3)	
30 - 39.....	325	333 (32.0)	270 (32.8)	90 (15.5)	78 (18.1)	33* (13.5)	70 (15.2)	2 (0.3)	38 (3.4)	12* (5.0)	11 (1.9)	
40 - 49.....	327	368 (27.8)	301 (27.0)	93 (12.8)	91 (17.4)	39 (6.6)	78 (18.6)	2 (0.3)	38 (4.3)	13* (5.7)	15 (2.3)	
50 - 59.....	250	320 (15.3)	275 (13.5)	88 (10.2)	94 (16.9)	19* (6.8)	73 (13.6)	2 (0.3)	24 (2.5)	7* (3.5)	13 (1.4)	
60 - 69.....	366	276 (15.6)	238 (15.2)	76 (9.7)	65 (12.6)	22 (4.9)	74 (11.1)	2 (0.5)	19 (2.7)	4* (1.3)	13 (2.5)	
70 and over....	401	367 (17.9)	325 (15.8)	98 (16.5)	111 (7.8)	37 (9.5)	79 (7.9)	2 (0.4)	25 (3.2)	4* (1.3)	12 (1.2)	
20 and over...	1979	330 (8.6)	273 (8.1)	91 (6.1)	86 (8.7)	27 (3.4)	69 (5.4)	2 (0.1)	35 (1.6)	8 (1.6)	12 (1.0)	
Females:												
2 - 5.....	322	386 (21.3)	357 (20.8)	203 (23.6)	94 (14.3)	26 (4.0)	35 (7.0)	1* (0.2)	16 (1.9)	9 (2.4)	4 (0.7)	
6 - 11.....	468	402 (29.1)	358 (27.7)	174 (18.9)	105 (12.1)	27 (7.6)	52 (8.0)	1 (0.2)	28 (2.6)	6* (1.9)	9 (1.5)	
12 - 19.....	1103	302 (14.3)	251 (14.6)	104 (6.9)	73 (10.9)	22* (7.0)	53 (6.9)	1 (0.1)	35 (2.7)	5* (1.7)	9 (1.1)	
2 - 19.....	1893	353 (13.7)	309 (13.3)	148 (7.4)	88 (7.8)	24 (4.9)	49 (5.3)	1 (0.1)	29 (1.5)	6 (1.3)	8 (0.8)	
20 - 29.....	447	293 (21.0)	237 (19.1)	91 (9.6)	66 (15.1)	20 (5.3)	60 (9.8)	1 (0.2)	32 (3.7)	14 (3.8)	9 (0.9)	
30 - 39.....	402	266 (13.6)	214 (14.6)	68 (7.0)	53 (9.4)	17 (4.9)	76 (10.2)	1 (0.2)	35 (2.8)	7 (1.9)	9 (1.0)	
40 - 49.....	361	263 (18.6)	217 (19.4)	73 (14.3)	38 (5.6)	25* (11.4)	81 (8.1)	2 (0.4)	25 (1.4)	8* (3.4)	12 (2.6)	
50 - 59.....	280	279 (31.5)	233 (29.2)	80 (15.3)	51 (8.5)	19* (8.5)	83 (19.3)	2 (0.4)	24 (2.8)	11* (3.6)	10 (1.6)	
60 - 69.....	369	259 (19.2)	216 (18.6)	60 (8.0)	69 (12.0)	14* (8.0)	73 (10.7)	2 (0.4)	27 (3.1)	6* (2.0)	9 (1.5)	
70 and over....	401	273 (13.6)	237 (13.0)	62 (6.5)	59 (7.8)	29 (5.9)	88 (13.3)	1 (0.2)	20 (3.3)	7 (1.8)	8 (1.0)	
20 and over...	2260	273 (11.9)	225 (11.6)	74 (4.3)	55 (5.9)	21 (5.0)	76 (5.4)	1 (0.1)	28 (1.0)	9 (1.4)	9 (0.9)	
Males and females:												
2 and over....	8074	326 (8.1)	276 (7.4)	103 (3.9)	82 (6.1)	25 (3.8)	66 (4.1)	1 (0.1)	31 (0.8)	8 (1.2)	10 (0.4)	

* Indicates an estimate with a relative standard error greater than 30% of the mean.

DATA SOURCES: ¹ NHANES 1999-2000, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 1999-2000.

Table 2. Fats, Oils, and Caloric Sweeteners: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, NHANES 1999-2000

Gender and Age (years)	Sample size	†Total Fats and Oils	Mean (SE) in grams				Total Caloric Sweeteners
			Margarine	Salad and Cooking Oils	Shortening	Other Oils	
Males:							
2 - 5.....	343	25 (1.5)	6 (0.6)	11 (1.0)	5 (0.6)	3 (0.4)	79 (4.3)
6 - 11.....	494	35 (2.3)	9 (1.2)	15 (0.8)	8 (1.0)	3 (0.3)	121 (10.3)
12 - 19.....	1105	41 (1.6)	6 (0.5)	18 (1.3)	11 (0.6)	4 (0.4)	173 (7.7)
2 - 19.....	1942	36 (1.0)	7 (0.6)	15 (0.5)	9 (0.5)	4 (0.2)	135 (6.2)
20 - 29.....	310	42 (2.0)	7 (0.6)	19 (1.7)	10 (0.8)	4 (0.8)	163 (10.2)
30 - 39.....	325	42 (2.2)	8 (0.8)	20 (1.9)	8 (0.7)	3 (0.4)	157 (11.2)
40 - 49.....	327	41 (1.6)	9 (0.9)	19 (1.2)	9 (0.8)	3 (0.6)	113 (8.1)
50 - 59.....	250	42 (1.8)	9 (0.7)	19 (1.7)	10 (1.5)	3 (0.4)	98 (5.5)
60 - 69.....	366	36 (1.9)	10 (0.9)	17 (1.5)	7 (0.5)	2 (0.2)	84 (5.7)
70 and over....	401	31 (0.9)	10 (0.7)	11 (0.7)	7 (0.3)	1 (0.3)	69 (2.8)
20 and over...	1979	40 (0.7)	8 (0.3)	18 (0.6)	9 (0.4)	3 (0.3)	125 (5.1)
Females:							
2 - 5.....	322	22 (1.0)	6 (0.4)	10 (0.6)	4 (0.3)	2 (0.4)	71 (6.4)
6 - 11.....	468	30 (1.3)	7 (1.0)	14 (0.8)	6 (0.4)	3 (0.4)	110 (5.2)
12 - 19.....	1103	33 (1.4)	5 (0.7)	16 (0.7)	8 (0.5)	3 (0.2)	126 (5.4)
2 - 19.....	1893	30 (0.5)	6 (0.3)	14 (0.4)	6 (0.3)	3 (0.2)	109 (3.3)
20 - 29.....	447	32 (1.2)	6 (0.5)	15 (1.1)	7 (0.5)	2 (0.3)	128 (6.2)
30 - 39.....	402	36 (2.2)	8 (0.8)	17 (1.5)	7 (0.7)	3 (0.3)	116 (11.7)
40 - 49.....	361	31 (1.6)	7 (0.4)	16 (1.6)	6 (0.4)	2 (0.3)	86 (6.2)
50 - 59.....	280	33 (3.1)	9 (1.6)	14 (1.4)	6 (0.7)	2 (0.4)	77 (7.1)
60 - 69.....	369	28 (1.3)	9 (0.9)	12 (0.6)	5 (0.5)	1 (0.2)	58 (4.1)
70 and over....	401	25 (1.1)	8 (0.5)	10 (0.4)	5 (0.4)	1* (0.2)	57 (3.6)
20 and over...	2260	31 (0.9)	8 (0.4)	15 (0.7)	6 (0.2)	2 (0.1)	93 (4.7)
Males and females:							
2 and over....	8074	35 (0.4)	8 (0.3)	16 (0.4)	7 (0.2)	3 (0.2)	112 (4.2)

* Indicates an estimate with a relative standard error greater than 30% of the mean.

† Total Fats and Oils include miscellaneous fats and oils not assigned to any of the other commodities listed in the table.

DATA SOURCES: ¹ NHANES 1999-2000, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 1999-2000.

Table 3. Fruits: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, NHANES 1999-2000

Gender and Age (years)	Sample size	Apples								
		†Total Fruit	Total	From Fruit	From Juice	Bananas	Berries	Grapes	Melons	
Mean (SE) in grams										
Males:										
2 - 5.....	343	451 (25.7)	162 (20.3)	42 (6.1)	121 (20.6)	24 (4.5)	8* (3.2)	50 (8.9)	23* (11.4)	
6 - 11.....	494	321 (31.2)	69 (12.8)	34 (6.2)	35 (8.4)	14 (2.6)	3* (1.4)	23 (4.7)	15* (6.6)	
12 - 19.....	1105	312 (35.8)	42 (7.0)	15 (2.8)	27 (6.1)	10 (2.1)	7* (2.4)	22 (5.5)	9* (3.6)	
2 - 19.....	1942	345 (19.9)	77 (8.7)	27 (2.7)	50 (7.2)	14 (1.8)	6 (1.5)	29 (4.1)	14 (3.9)	
20 - 29.....	310	286 (35.0)	34 (9.2)	15* (4.5)	20* (7.3)	16 (3.2)	4* (1.3)	16 (4.7)	11* (6.2)	
30 - 39.....	325	279 (39.3)	30* (9.8)	10* (3.2)	20* (7.8)	39 (7.0)	6* (2.1)	18* (5.5)	17* (9.1)	
40 - 49.....	327	316 (43.3)	53 (10.2)	23 (4.6)	29 (7.9)	31 (5.1)	9* (4.3)	17 (4.0)	41* (16.3)	
50 - 59.....	250	328 (39.7)	40 (9.9)	19 (2.0)	20* (9.6)	39 (4.4)	10* (3.4)	32* (12.0)	33* (12.3)	
60 - 69.....	366	404 (47.7)	46 (12.4)	19 (2.3)	27* (12.9)	50 (6.9)	11* (3.6)	22 (5.4)	40* (14.3)	
70 and over....	401	429 (16.2)	54 (8.1)	35 (5.4)	19* (7.0)	62 (8.7)	10 (2.0)	23 (2.5)	41 (9.7)	
20 and over...	1979	323 (21.6)	41 (5.7)	18 (2.4)	23 (4.0)	36 (2.8)	8 (2.1)	20 (2.4)	27 (5.0)	
Females:										
2 - 5.....	322	417 (47.6)	137 (21.5)	31 (4.0)	105 (20.5)	26 (3.9)	11* (4.7)	43 (9.5)	8* (2.7)	
6 - 11.....	468	274 (16.2)	79 (11.2)	27 (3.7)	52 (10.2)	17 (3.2)	8* (2.6)	19 (2.7)	21 (5.5)	
12 - 19.....	1103	345 (26.6)	61 (8.9)	19 (2.8)	42 (7.0)	12 (2.4)	6 (1.1)	31 (3.3)	21* (7.1)	
2 - 19.....	1893	337 (18.6)	83 (7.7)	24 (2.5)	59 (5.9)	17 (2.0)	8 (1.6)	29 (3.1)	18 (4.0)	
20 - 29.....	447	278 (32.4)	46 (10.0)	9* (2.8)	37 (9.4)	23 (6.2)	8* (2.5)	17* (5.9)	26* (13.6)	
30 - 39.....	402	265 (32.4)	48* (16.0)	16 (4.1)	33* (16.2)	23 (3.6)	8 (2.0)	14 (2.3)	19* (6.2)	
40 - 49.....	361	275 (36.5)	38 (9.2)	21 (5.9)	17* (6.9)	26 (4.9)	9* (2.8)	15 (4.3)	26* (8.6)	
50 - 59.....	280	299 (39.7)	32 (4.4)	19 (3.8)	13* (4.7)	35 (5.7)	14* (6.8)	21 (5.3)	33* (12.2)	
60 - 69.....	369	390 (27.8)	47 (7.8)	31 (4.4)	16* (5.9)	40 (4.3)	12 (2.5)	22 (2.2)	58 (16.8)	
70 and over....	401	374 (21.6)	45 (5.4)	34 (5.9)	11* (4.4)	46 (5.8)	9 (2.1)	17 (3.4)	48 (10.4)	
20 and over...	2260	301 (20.9)	43 (4.4)	20 (2.9)	23 (3.8)	30 (2.8)	9 (2.0)	17 (1.8)	32 (5.0)	
Males and females:										
2 and over....	8074	319 (17.4)	52 (3.2)	21 (1.6)	31 (1.9)	28 (2.1)	8 (1.6)	21 (1.7)	26 (3.9)	

* Indicates an estimate with a relative standard error greater than 30% of the mean.

† Total Fruit includes miscellaneous fruits not assigned to any of the other commodities listed in the table.

DATA SOURCES: ¹ NHANES 1999-2000, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 1999-2000.

Table 3. Fruits: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, NHANES 1999-2000 (*continued*)

Gender and Age (years)	Sample size	Oranges						
		Total	From Fruit	From Juice	Other Citrus Fruits	Stone Fruits	Tropical Fruits	
		Mean (SE) in grams						
Males:								
2 - 5.....	343	133 (19.8)	8* (3.3)	125 (18.9)	10* (5.1)	6 (1.1)	26 (6.0)	
6 - 11.....	494	152 (24.5)	10 (2.7)	142 (25.2)	24* (11.9)	4* (1.6)	13 (2.2)	
12 - 19.....	1105	190 (27.5)	4* (1.5)	186 (27.1)	15* (4.5)	4 (1.0)	12 (2.8)	
2 - 19.....	1942	165 (12.6)	7 (1.8)	158 (13.0)	17 (4.8)	4 (0.6)	16 (1.9)	
20 - 29.....	310	158 (22.2)	5* (2.3)	153 (21.5)	17* (5.6)	6* (3.2)	22* (11.1)	
30 - 39.....	325	124 (26.7)	1* (0.8)	122 (26.8)	25* (8.0)	8* (2.6)	11* (4.3)	
40 - 49.....	327	112 (18.9)	6* (2.8)	106 (18.3)	34 (9.3)	11 (3.1)	5 (1.3)	
50 - 59.....	250	122 (22.1)	6* (2.4)	116 (21.0)	25 (5.8)	13* (4.7)	8* (4.7)	
60 - 69.....	366	154 (19.8)	6 (1.6)	147 (19.5)	45* (16.7)	15 (4.4)	19 (5.6)	
70 and over....	401	171 (15.3)	11 (3.1)	160 (16.3)	30 (6.7)	20 (3.4)	9* (3.3)	
20 and over...	1979	136 (8.5)	5 (0.8)	131 (8.4)	28 (4.1)	11 (1.7)	12 (1.2)	
Females:								
2 - 5.....	322	165 (35.4)	4 (0.9)	161 (35.0)	6* (2.4)	6* (2.0)	13 (2.0)	
6 - 11.....	468	88 (12.4)	6* (2.0)	83 (11.7)	9* (2.9)	7 (1.9)	21 (5.5)	
12 - 19.....	1103	172 (20.5)	9* (4.0)	163 (21.2)	19 (4.4)	6* (2.1)	15 (3.3)	
2 - 19.....	1893	143 (17.4)	7* (2.2)	136 (16.5)	13 (2.1)	7 (0.9)	16 (2.7)	
20 - 29.....	447	102 (14.8)	4* (1.3)	98 (14.7)	30 (5.1)	6* (2.2)	18* (6.2)	
30 - 39.....	402	105 (20.1)	6* (1.9)	100 (19.8)	25 (6.7)	6* (1.8)	13 (3.5)	
40 - 49.....	361	96 (17.8)	9* (3.2)	87 (17.1)	45 (8.0)	10 (2.6)	7 (1.8)	
50 - 59.....	280	98 (18.5)	4* (1.2)	94 (18.0)	34* (12.0)	11 (2.1)	17* (7.7)	
60 - 69.....	369	138 (11.6)	5* (2.2)	133 (11.6)	41 (9.8)	14 (3.9)	11 (2.6)	
70 and over....	401	144 (11.3)	5 (1.6)	139 (11.1)	16 (2.8)	27 (4.1)	17* (5.2)	
20 and over...	2260	110 (9.1)	6 (0.9)	104 (9.0)	32 (3.9)	11 (1.0)	13 (2.2)	
Males and females:								
2 and over....	8074	131 (7.1)	6 (0.7)	125 (7.2)	26 (2.5)	9 (1.0)	14 (1.1)	

* Indicates an estimate with a relative standard error greater than 30% of the mean.

DATA SOURCES: ¹ NHANES 1999-2000, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 1999-2000.

Table 4. Grains: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, NHANES 1999-2000

Gender and Age (years)	Sample size	†Total Grains	Corn Flour and Meal	Oats and Oat Flour	Rice (dry)	Wheat Flour
Mean (SE) in grams						
Males:						
2 - 5.....	343	109 (4.3)	13 (1.1)	6 (1.4)	9 (1.3)	78 (4.0)
6 - 11.....	494	148 (9.3)	16 (1.5)	5 (0.9)	15 (3.4)	110 (8.0)
12 - 19.....	1105	163 (6.0)	21 (2.6)	4 (0.8)	14 (1.9)	121 (4.7)
2 - 19.....	1942	146 (3.4)	18 (1.4)	5 (0.7)	13 (1.5)	108 (3.5)
20 - 29.....	310	149 (6.4)	18 (2.0)	3* (1.0)	19 (4.3)	107 (5.7)
30 - 39.....	325	146 (6.4)	14 (1.9)	3* (0.9)	22 (4.8)	105 (3.5)
40 - 49.....	327	147 (5.5)	16 (2.0)	3 (0.9)	17 (2.7)	108 (6.5)
50 - 59.....	250	140 (8.7)	8 (1.0)	5 (1.0)	21 (5.4)	103 (8.2)
60 - 69.....	366	122 (5.7)	10 (1.3)	6 (1.1)	15 (3.5)	88 (5.0)
70 and over....	401	119 (4.7)	9 (1.2)	10 (1.5)	12 (2.0)	85 (3.5)
20 and over...	1979	141 (3.4)	13 (0.8)	4 (0.5)	19 (2.9)	102 (3.0)
Females:						
2 - 5.....	322	94 (2.1)	12 (0.8)	6 (1.7)	8 (1.7)	67 (2.7)
6 - 11.....	468	118 (3.9)	13 (1.2)	4 (0.7)	9 (1.4)	89 (3.2)
12 - 19.....	1103	121 (4.2)	15 (1.0)	4 (0.7)	11 (2.3)	90 (3.0)
2 - 19.....	1893	114 (2.9)	14 (0.8)	4 (0.4)	9 (1.5)	85 (1.9)
20 - 29.....	447	115 (5.0)	13 (1.1)	4 (0.9)	15 (3.1)	81 (2.7)
30 - 39.....	402	112 (5.1)	11 (1.3)	4 (1.2)	13 (2.7)	81 (4.4)
40 - 49.....	361	107 (5.7)	8 (1.0)	5 (1.1)	15 (3.2)	77 (4.6)
50 - 59.....	280	100 (5.5)	7 (1.5)	3 (0.5)	12 (2.7)	75 (4.1)
60 - 69.....	369	96 (3.2)	6 (0.9)	7 (1.0)	11 (2.3)	69 (4.1)
70 and over....	401	89 (2.6)	7 (0.6)	7 (0.7)	8 (1.6)	66 (3.2)
20 and over...	2260	105 (2.8)	9 (0.5)	5 (0.3)	13 (2.1)	76 (2.2)
Males and females:						
2 and over....	8074	125 (2.4)	12 (0.5)	5 (0.3)	14 (2.0)	91 (1.9)

* Indicates an estimate with a relative standard error greater than 30% of the mean.

† Total Grains include miscellaneous grains not assigned to any of the other commodities listed in the table.

DATA SOURCES: ¹ NHANES 1999-2000, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 1999-2000.

Table 5. Meat, Poultry, Fish, and Eggs: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, NHANES 1999-2000

Gender and Age (years)	Sample size	†Total Meat, Poultry, and Fish	Meat			Poultry			Finfish and Shellfish	Eggs (with shell)	Eggs (without shell)
			†Total	Beef	Pork	†Total	Chicken	Turkey			
Mean (SE) in grams											
Males:											
2 - 5.....	343	86 (7.3)	49 (5.1)	33 (3.6)	15 (2.5)	33 (3.7)	29 (3.7)	3 (0.6)	4* (1.6)	18 (2.0)	16 (1.8)
6 - 11.....	494	127 (12.1)	77 (12.2)	51 (9.7)	25 (3.5)	42 (6.4)	37 (6.0)	5 (0.8)	7* (2.5)	19 (1.7)	17 (1.5)
12 - 19.....	1105	193 (9.8)	124 (9.0)	89 (8.0)	33 (3.0)	62 (5.4)	56 (5.7)	6 (1.5)	7 (1.7)	23 (2.0)	20 (1.8)
2 - 19.....	1942	147 (5.4)	92 (5.8)	64 (5.1)	26 (2.0)	49 (3.7)	44 (3.7)	5 (0.8)	7 (1.3)	21 (1.2)	18 (1.1)
20 - 29.....	310	237 (7.7)	135 (9.6)	94 (9.8)	40 (4.4)	74 (10.5)	64 (9.7)	10 (2.7)	28 (5.0)	29 (1.8)	25 (1.6)
30 - 39.....	325	248 (10.8)	151 (10.6)	89 (7.6)	58 (7.5)	76 (7.5)	68 (8.0)	8 (1.9)	21 (4.5)	33 (4.0)	29 (3.5)
40 - 49.....	327	228 (10.2)	132 (9.2)	95 (8.1)	36 (4.1)	72 (6.6)	64 (5.4)	8* (2.5)	24 (5.2)	30 (3.5)	26 (3.0)
50 - 59.....	250	239 (16.8)	133 (13.4)	74 (7.7)	57 (8.1)	77 (6.8)	68 (7.3)	9* (3.1)	30 (5.2)	41 (4.2)	36 (3.7)
60 - 69.....	366	199 (11.5)	128 (7.6)	84 (5.2)	41 (5.5)	51 (7.7)	41 (6.7)	9 (2.7)	21 (4.8)	30 (3.7)	26 (3.2)
70 and over....	401	158 (8.8)	90 (6.4)	57 (4.3)	32 (3.2)	45 (6.4)	36 (6.4)	9* (3.1)	23 (4.3)	29 (3.1)	25 (2.7)
20 and over...	1979	227 (4.2)	133 (4.1)	86 (3.6)	46 (2.2)	69 (4.1)	60 (4.0)	9 (0.9)	25 (1.9)	32 (1.4)	28 (1.3)
Females:											
2 - 5.....	322	77 (4.5)	44 (5.8)	32 (4.9)	11 (1.3)	32 (4.2)	29 (4.0)	3 (0.8)	2* (0.7)	13 (1.5)	12 (1.3)
6 - 11.....	468	114 (4.9)	69 (5.2)	43 (5.1)	26 (3.6)	38 (3.6)	34 (3.1)	5* (1.7)	7 (1.5)	17 (1.9)	15 (1.7)
12 - 19.....	1103	125 (5.5)	65 (5.2)	45 (4.4)	20 (2.9)	51 (5.0)	46 (5.5)	5 (1.3)	9 (1.4)	16 (2.1)	14 (1.8)
2 - 19.....	1893	111 (3.2)	62 (3.2)	41 (3.1)	20 (1.5)	43 (2.8)	38 (2.6)	5 (0.9)	7 (1.0)	15 (1.0)	14 (0.9)
20 - 29.....	447	153 (8.0)	82 (6.6)	57 (5.9)	24 (3.2)	58 (5.6)	52 (5.6)	7 (1.3)	12 (2.3)	23 (2.9)	20 (2.5)
30 - 39.....	402	161 (7.4)	85 (3.3)	52 (4.7)	32 (4.9)	59 (3.9)	55 (4.3)	3 (0.9)	17 (3.8)	23 (2.2)	20 (1.9)
40 - 49.....	361	141 (6.4)	84 (6.5)	50 (4.8)	33 (5.0)	44 (5.0)	38 (4.1)	3 (1.0)	14 (3.5)	25 (3.4)	22 (3.0)
50 - 59.....	280	145 (12.2)	68 (9.4)	42 (7.5)	26 (2.4)	52 (8.2)	47 (7.9)	5 (1.4)	25 (5.4)	27 (3.0)	24 (2.6)
60 - 69.....	369	126 (5.4)	70 (5.4)	44 (5.5)	25 (3.5)	40 (4.2)	36 (4.4)	3* (1.0)	17 (2.1)	33 (4.2)	29 (3.7)
70 and over....	401	110 (5.8)	55 (4.4)	35 (4.3)	18 (3.0)	40 (4.7)	34 (5.3)	6 (1.1)	16 (1.8)	25 (2.6)	22 (2.3)
20 and over...	2260	143 (3.4)	77 (3.5)	48 (3.5)	27 (2.2)	50 (2.2)	45 (2.4)	5 (0.5)	16 (1.9)	25 (1.1)	22 (1.0)
Males and females:											
2 and over....	8074	169 (2.8)	96 (2.8)	63 (2.8)	33 (1.5)	56 (2.2)	49 (2.1)	6 (0.3)	17 (1.3)	26 (0.6)	23 (0.5)

* Indicates an estimate with a relative standard error greater than 30% of the mean.

† Total Meat, Poultry, and Fish; Total Meat; and Total Poultry include miscellaneous meat and poultry not assigned to any of the other commodities listed in the table.

DATA SOURCES: ¹ NHANES 1999-2000, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.

Food Intakes Converted to Retail Commodities Database 1999-2000.

Table 6. Nuts: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, NHANES 1999-2000

Gender and Age (years)	Sample size	Total Nuts	Peanuts	Tree Nuts
----- Mean (SE) in grams -----				
Males:				
2 - 5.....	343	5 (1.5)	5* (1.4)	#
6 - 11.....	494	7 (1.5)	5 (1.0)	2* (1.1)
12 - 19.....	1105	4 (0.6)	4 (0.5)	1 (0.1)
2 - 19.....	1942	5 (0.7)	4 (0.5)	1* (0.4)
20 - 29.....	310	6* (2.1)	5* (2.1)	#
30 - 39.....	325	9 (1.1)	7 (1.1)	3* (1.2)
40 - 49.....	327	13 (2.1)	10 (1.7)	3* (1.0)
50 - 59.....	250	10 (1.6)	6 (1.5)	5 (0.9)
60 - 69.....	366	11 (1.5)	8 (0.9)	3 (0.8)
70 and over....	401	6 (1.3)	4 (1.1)	2 (0.4)
20 and over...	1979	9 (0.9)	7 (0.8)	2 (0.4)
Females:				
2 - 5.....	322	4 (0.8)	4 (0.7)	#
6 - 11.....	468	3 (0.5)	3 (0.5)	1* (0.3)
12 - 19.....	1103	4 (0.6)	3 (0.6)	1 (0.2)
2 - 19.....	1893	4 (0.4)	3 (0.4)	1 (0.1)
20 - 29.....	447	3 (0.7)	2 (0.5)	1* (0.4)
30 - 39.....	402	4 (1.1)	3 (0.7)	1* (0.5)
40 - 49.....	361	6 (1.1)	4 (0.7)	2 (0.7)
50 - 59.....	280	2 (0.5)	2 (0.4)	1* (0.2)
60 - 69.....	369	8 (1.6)	4 (0.9)	4 (1.0)
70 and over....	401	4 (0.6)	3 (0.7)	1 (0.2)
20 and over...	2260	5 (0.5)	3 (0.3)	2 (0.2)
Males and females:				
2 and over....	8074	6 (0.4)	5 (0.3)	2 (0.2)

* Indicates an estimate with a relative standard error greater than 30% of the mean.

Indicates a non-zero value that is too small to report.

DATA SOURCES: ¹ NHANES 1999-2000, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Intakes Converted to Retail Commodities Database 1999-2000.

Table 7. Vegetables: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, NHANES 1999-2000

Gender and Age (years)	Sample size	†Total Vegetables	Brassica						Leafy Vegetables		
			†Total	Broccoli and Cauliflower	Carrots	Celery	Cucumbers	Green Peas	†Total	Lettuce (head and leaf)	
Mean (SE) in grams											
Males:											
2 - 5.....	343	251 (22.7)	6 (1.8)	4 (1.0)	7 (1.6)	1 (0.3)	3* (1.5)	10 (2.4)	5 (1.2)	3 (0.7)	
6 - 11.....	494	257 (14.4)	12* (4.2)	11* (3.9)	9 (2.5)	3 (0.8)	3 (0.9)	4* (1.2)	6 (1.0)	6 (0.9)	
12 - 19.....	1105	356 (24.6)	8 (1.9)	5 (1.1)	8 (2.1)	2 (0.4)	5 (0.6)	6 (1.6)	14 (1.8)	12 (1.6)	
2 - 19.....	1942	300 (14.0)	9 (1.9)	7 (1.6)	8 (1.5)	2 (0.3)	4 (0.3)	6 (1.1)	9 (1.0)	8 (0.8)	
20 - 29.....	310	425 (15.5)	18 (3.8)	15 (4.0)	8* (2.8)	4 (0.6)	5 (1.0)	4* (1.3)	23 (2.7)	20 (2.5)	
30 - 39.....	325	411 (24.2)	12 (3.0)	7* (2.8)	9 (1.7)	3 (0.7)	6 (0.9)	9 (2.0)	23 (3.7)	18 (3.9)	
40 - 49.....	327	437 (24.9)	23 (5.0)	15* (4.8)	10 (2.2)	7 (1.8)	6 (1.0)	12* (3.9)	29 (5.5)	21 (2.6)	
50 - 59.....	250	439 (17.2)	37 (7.4)	27 (6.8)	13 (3.4)	10 (2.2)	7 (1.8)	17 (4.7)	25 (3.0)	23 (2.5)	
60 - 69.....	366	425 (21.8)	33 (6.9)	18* (6.1)	15 (2.6)	7 (1.7)	9 (2.1)	19 (3.3)	22 (3.1)	18 (2.7)	
70 and over....	401	364 (21.5)	24 (4.5)	13* (4.0)	11 (1.8)	5 (1.5)	5* (1.5)	20 (4.1)	22 (3.4)	17 (3.1)	
20 and over...	1979	421 (11.1)	22 (2.7)	15 (2.5)	10 (1.0)	6 (0.6)	6 (0.5)	12 (1.4)	24 (1.8)	20 (1.5)	
Females:											
2 - 5.....	322	201 (13.0)	10 (2.2)	8* (2.8)	9* (2.8)	1 (0.1)	1 (0.4)	6 (1.8)	3* (1.0)	3 (0.7)	
6 - 11.....	468	275 (26.1)	10 (2.1)	6 (1.0)	10 (1.5)	2 (0.4)	6 (1.5)	2 (0.5)	12 (2.5)	10 (2.2)	
12 - 19.....	1103	300 (14.3)	8 (1.2)	5 (1.1)	8 (1.5)	2 (0.5)	8 (1.8)	5* (1.9)	20 (2.5)	16 (2.2)	
2 - 19.....	1893	270 (10.1)	9 (1.1)	6 (0.9)	9 (1.3)	2 (0.3)	6 (1.2)	4 (1.1)	14 (1.6)	11 (1.4)	
20 - 29.....	447	331 (13.7)	14 (2.7)	9 (1.9)	15* (4.9)	3 (0.5)	6 (1.4)	10* (3.5)	22 (3.0)	21 (3.2)	
30 - 39.....	402	335 (25.6)	19 (3.6)	13 (3.1)	14* (5.0)	4 (1.1)	6* (1.9)	6 (1.3)	26 (5.3)	19 (3.1)	
40 - 49.....	361	372 (27.4)	22 (4.4)	12 (2.7)	14 (2.4)	5* (1.7)	8 (1.6)	13* (6.0)	39 (4.6)	25 (2.9)	
50 - 59.....	280	339 (18.5)	26 (3.6)	14 (3.0)	11 (2.6)	5 (0.7)	5 (1.4)	11 (2.8)	30 (3.8)	24 (2.0)	
60 - 69.....	369	338 (19.1)	33 (6.6)	21 (4.3)	10 (2.1)	4 (1.0)	11 (2.4)	8 (2.2)	42 (4.1)	27 (3.1)	
70 and over....	401	276 (17.2)	27 (4.5)	15 (4.1)	11 (1.3)	4 (0.4)	4 (0.8)	10 (1.3)	19 (1.7)	15 (1.4)	
20 and over...	2260	336 (10.7)	22 (2.0)	13 (1.4)	13 (1.6)	4 (0.5)	6 (0.9)	10 (1.5)	29 (2.5)	22 (1.7)	
Males and females:											
2 and over....	8074	352 (5.7)	19 (1.7)	12 (1.4)	11 (0.7)	4 (0.4)	6 (0.5)	9 (0.8)	23 (1.3)	18 (1.1)	

* Indicates an estimate with a relative standard error greater than 30% of the mean.

† Total Vegetables; Total Brassica; Total Leafy Vegetables; and Total Roots and Tubers include miscellaneous vegetables not assigned to any of the other commodities listed in the table.

DATA SOURCES: ¹ NHANES 1999-2000, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Intakes Converted to Retail Commodities Database 1999-2000.

Table 7. Vegetables: Mean Amounts of Retail Commodities Consumed per Individual¹, Estimated From Dietary Intake Data, by Gender and Age, in the United States, NHANES 1999-2000 (*continued*)

Gender and Age (years)	Sample size	Roots and Tubers							
		Onions	Peppers	Tomatoes	Sweet Corn	†Total	Potatoes	Snap Beans	Legumes (dry)
Mean (SE) in grams									
Males:									
2 - 5.....	343	4 (0.6)	1* (0.3)	63 (6.2)	48 (11.4)	93 (13.5)	92 (13.7)	2 (0.5)	4 (1.1)
6 - 11.....	494	7 (1.0)	2 (0.4)	93 (8.9)	15* (5.5)	94 (8.8)	93 (9.0)	3* (0.9)	4 (0.8)
12 - 19.....	1105	12 (1.1)	3 (0.6)	115 (7.1)	12* (4.7)	153 (14.4)	150 (12.7)	3* (1.3)	7 (2.0)
2 - 19.....	1942	8 (0.8)	2 (0.3)	96 (4.8)	21 (4.4)	120 (7.3)	118 (6.7)	3 (0.7)	5 (0.9)
20 - 29.....	310	18 (1.6)	9 (1.7)	124 (11.0)	32 (6.0)	154 (12.8)	152 (13.3)	4* (1.5)	8 (1.2)
30 - 39.....	325	21 (1.6)	10 (1.8)	127 (11.8)	15 (3.9)	146 (15.6)	142 (16.8)	3 (0.8)	10 (2.4)
40 - 49.....	327	20 (2.0)	11 (1.5)	128 (10.9)	35 (8.6)	119 (9.2)	116 (8.6)	4* (1.4)	10 (2.2)
50 - 59.....	250	22 (2.9)	9 (2.1)	106 (15.9)	31 (7.1)	123 (16.1)	114 (14.6)	7* (2.6)	11 (2.5)
60 - 69.....	366	22 (3.5)	7 (1.6)	96 (9.0)	53* (20.2)	111 (9.1)	109 (9.0)	8 (2.3)	11 (2.0)
70 and over....	401	15 (2.1)	6 (1.1)	84 (11.2)	32 (8.7)	99 (9.6)	91 (9.0)	13 (2.0)	10 (1.7)
20 and over...	1979	20 (1.0)	9 (0.8)	116 (6.2)	31 (4.0)	131 (7.8)	126 (8.0)	5 (0.7)	10 (1.0)
Females:									
2 - 5.....	322	5 (0.7)	1 (0.3)	58 (6.0)	15 (3.2)	79 (8.2)	78 (8.6)	5 (1.2)	4 (0.6)
6 - 11.....	468	7 (1.0)	4 (0.7)	75 (7.4)	37* (13.3)	96 (11.0)	96 (11.0)	4* (1.3)	5 (0.8)
12 - 19.....	1103	9 (0.5)	4 (0.8)	92 (7.4)	16 (3.1)	113 (12.3)	111 (11.9)	3 (0.8)	4 (0.5)
2 - 19.....	1893	7 (0.5)	3 (0.4)	79 (3.2)	23 (5.6)	100 (5.8)	99 (5.6)	4 (0.4)	4 (0.4)
20 - 29.....	447	12 (0.8)	5 (1.2)	102 (12.0)	18 (4.9)	97 (11.2)	94 (11.4)	5 (1.1)	7 (1.1)
30 - 39.....	402	13 (1.4)	5 (0.7)	81 (9.7)	22 (5.0)	108 (6.6)	96 (5.4)	5 (1.3)	7 (1.4)
40 - 49.....	361	18 (2.5)	10 (2.2)	110 (18.1)	18* (5.6)	90 (11.1)	84 (11.1)	5* (1.6)	8 (1.4)
50 - 59.....	280	17 (1.7)	7 (1.2)	71 (9.7)	29* (9.3)	86 (13.7)	80 (14.5)	12 (3.1)	8 (2.0)
60 - 69.....	369	16 (1.6)	7 (1.4)	78 (9.1)	20 (5.3)	77 (9.5)	72 (9.2)	11 (2.6)	5 (1.0)
70 and over....	401	14 (2.2)	6 (1.1)	61 (11.8)	22 (5.3)	66 (5.5)	60 (5.6)	14 (3.1)	4 (0.9)
20 and over...	2260	15 (0.8)	7 (0.7)	87 (5.9)	21 (2.7)	91 (3.5)	84 (4.4)	8 (0.9)	7 (0.6)
Males and females:									
2 and over....	8074	15 (0.6)	6 (0.5)	97 (3.1)	25 (2.2)	110 (4.0)	105 (4.5)	6 (0.6)	7 (0.5)

* Indicates an estimate with a relative standard error greater than 30% of the mean.

† Total Vegetables; Total Brassica; Total Leafy Vegetables; and Total Roots and Tubers include miscellaneous vegetables not assigned to any of the other commodities listed in the table.

DATA SOURCES: ¹ NHANES 1999-2000, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Intakes Converted to Retail Commodities Database 1999-2000.

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Appendix A: List of Foods in the Food Commodity Groups

This list identifies the majority of the foods (and ingredients) in each commodity group. Text in bold and parenthesis () identifies the form of the group reported.

Dairy Product Commodities	Foods Included
Total Dairy	Foods in the dairy commodities listed below:
Total Fluid Milk	All foods in the fluid milk commodities listed below:
Fluid Whole Milk	Fluid milk that contain 3.25% or more fat including: Cows' milk Evaporated milk Chocolate milk (diluted) Dry milk (reconstituted)
Fluid 2% Milk	Fluid cows' milk, flavored milk, and butter milk that contain 2% fat
Fluid 1% Milk	Fluid cows' milk and flavored milk that contain 1% fat
Fluid Skim Milk	Fluid cows' milk, flavored milk, and butter milk that contain less than 1% fat
Butter	Butter Ghee
Cheese	All types of cheese including: Cheese spreads Processed cheese Cottage cheese Ricotta cheese Hard natural cheese Soft cheese
Yogurt	All types of plain, flavored, and fruit yogurt
Other Dairy Products	Cream cheese Sour cream Fluid cream

Fats and Oils Commodities	Foods Included
Total Fats and Oils	Foods in the fats and oils commodities listed below and animal fats such as beef fat and lard.
Margarine	Margarine and margarine like spreads
Salad and Cooking Oils	Canola oil Safflower oil Corn oil Sesame oil Olive oil Soybean oil Peanut oil
Shortening	Household and industrial shortenings
Other Oils	Almond oil Flaxseed oil Coconut oil Palm oil

Fruit Commodities	Foods Included
Total Fruit	Foods in the fruit commodities listed below and the following: Dates Persimmon Figs Pomegranate Kiwi Rhubarb Pears Tamarind
Total Apples	Apples from juice converted back to fruit and apples consumed as fruit
Apples from Juice	Apples from apple cider, apple juice (single strength) and apple juice concentrate converted back to apples
Apples from Fruit	Raw apples Dried apples Baked apples Apple sauce
Bananas	Bananas Plantains
Berries	Blackberries Raspberries Blueberries Strawberries Cranberries Strawberry juice Cranberry juice
Grapes	Grapes Raisins Grape juice
Melons	Cantaloupe Watermelon Honeydew Watermelon juice

Fruit Commodities (cont.)	Foods Included
Total Oranges	Oranges from juice converted back to fruit and oranges consumed as fruit
Oranges from juice	Oranges from orange juice and orange juice concentrate converted back to oranges
Oranges from Fruit	Oranges consumed as fruit
Other Citrus Fruits	Grapefruits Lime juice Grapefruit juice Mandarin oranges Lemons Tangerines Lemon juice Tangerine juice Limes
Stone Fruits	Apricots Peaches Cherries Plums Nectarines Prune juice
Tropical Fruits	Genips Passion fruit juice Guava Pineapples Lychees Pineapple juice Mangoes Soursop Mango juice Sugar apples Papayas

Grain Commodities	Foods Included	
Total Grains	Foods in the grain commodities listed below and the following: Amaranth Couscous Barley Popcorn Buckwheat Rye	
Corn Flour and Meal	Corn flour Corn starch Corn grits Dried corn Corn meal Hominy	
Oats and Oat Flour	Oats and oat flour	
Rice (Dry)	Rice flour Brown rice Rice cereal Wild rice White rice	
Wheat Flour	Wheat flour Macaroni Wheat Spaghetti Semolina Noodles Bulgur	

Meat, Poultry, Fish, and Eggs Commodities	Foods Included
Total meat, poultry, and fish	Foods in the meat, poultry and fish commodities listed below:
Total Meat	Foods in the beef and pork commodities and the following: Deer Lamb Frog legs Moose Goat
Beef	Beef meat, boneless Luncheon meat (beef) Bacon (beef) Pastrami Beef sausage and Veal hot dogs Organ meats Corned beef
Pork	Pork meat, boneless Luncheon meat (pork) Bacon (pork) Pork sausage and hot Cured ham dogs

Meat, Poultry, Fish, and Eggs Commodities (cont.)	Foods Included
Total Poultry	Foods in the chicken and turkey commodities and the following: Duck Quail Goose
Chicken	Chicken meat, Organ meats boneless Cornish game hen Luncheon meat (chicken)
Turkey	Turkey meat Organ meats Luncheon meat (turkey)
Finfish and Shellfish	All types of finfish and shellfish including: Clams Lobster Crabs Mussels Crayfish Octopus Conch Oysters Finfish, freshwater Scallops and saltwater Shrimp (includes tuna and Snails salmon) Squid
Eggs, shell included	Chicken eggs (whole, yolk, and white)
Eggs, without shell	Chicken eggs (whole, yolk, and white)

Nuts Commodities	Foods Included	
Total Nuts	Foods in the nuts commodities listed below:	
Peanuts	Peanuts	Peanut butter
Tree nuts	Almonds	Macadamias
	Brazil nuts	Pecans
	Chestnuts	Pine nuts
	Cashews	Pistachios
	Filberts	Walnuts
	Hazelnuts	

Caloric Sweeteners Commodities	Foods Included	
Total Caloric Sweeteners	Includes the following caloric sweeteners:	
	Beet and cane sugar (brown and white)	Honey
	Corn syrup (including high fructose)	Maple syrup
	Cane syrup	Molasses

Vegetables Commodities	Foods Included																												
Total Vegetables	<p>Foods in the vegetable commodities listed below and the following:</p> <table> <tr> <td>Alfalfa sprouts</td> <td>Pumpkin</td> </tr> <tr> <td>Artichokes</td> <td>Radicchio</td> </tr> <tr> <td>Asparagus</td> <td>Seaweed</td> </tr> <tr> <td>Avocado</td> <td>Soybeans (cooked)</td> </tr> <tr> <td>Bean sprouts</td> <td>Soybean curd (tofu)</td> </tr> <tr> <td>Cactus</td> <td>Soy flour & meal</td> </tr> <tr> <td>Chives</td> <td>Soy milk</td> </tr> <tr> <td>Eggplant</td> <td>Soy nuts (dry soybeans)</td> </tr> <tr> <td>Garlic</td> <td>Summer squash</td> </tr> <tr> <td>Leeks</td> <td>Water chestnuts</td> </tr> <tr> <td>Mushrooms</td> <td>Winter squash</td> </tr> <tr> <td>Okra</td> <td>Zucchini</td> </tr> <tr> <td>Olives</td> <td></td> </tr> <tr> <td>Palm hearts</td> <td></td> </tr> </table>	Alfalfa sprouts	Pumpkin	Artichokes	Radicchio	Asparagus	Seaweed	Avocado	Soybeans (cooked)	Bean sprouts	Soybean curd (tofu)	Cactus	Soy flour & meal	Chives	Soy milk	Eggplant	Soy nuts (dry soybeans)	Garlic	Summer squash	Leeks	Water chestnuts	Mushrooms	Winter squash	Okra	Zucchini	Olives		Palm hearts	
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Total Brassica	<p>Foods in the broccoli and cauliflower commodity and the following:</p> <table> <tr> <td>Brussels sprouts</td> <td>Kale</td> </tr> <tr> <td>Cabbage</td> <td>Mustard greens</td> </tr> <tr> <td>Chard</td> <td>Radish</td> </tr> <tr> <td>Collards</td> <td>Turnips</td> </tr> <tr> <td>Horseradish leaves</td> <td>Turnip greens</td> </tr> </table>	Brussels sprouts	Kale	Cabbage	Mustard greens	Chard	Radish	Collards	Turnips	Horseradish leaves	Turnip greens																		
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Broccoli	Cauliflower																												

Vegetables Commodities (cont.)	Foods Included								
Carrots	Carrots and carrot juice								
Celery	Celery and celery juice								
Cucumbers	Cucumber								
Green peas	Green peas and edible pod peas								
Total Leafy Vegetables	<p>Foods in the lettuce (head and leaf) commodity and the following:</p> <table> <tr> <td>Beet greens</td> <td>Jute</td> </tr> <tr> <td>Chicory greens</td> <td>Parsley (fresh)</td> </tr> <tr> <td>Cilantro (fresh)</td> <td>Spinach</td> </tr> <tr> <td>Endive</td> <td>Taro leaves</td> </tr> </table>	Beet greens	Jute	Chicory greens	Parsley (fresh)	Cilantro (fresh)	Spinach	Endive	Taro leaves
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Chicory greens	Parsley (fresh)								
Cilantro (fresh)	Spinach								
Endive	Taro leaves								
Lettuce	Leaf and head lettuce								
Onions	Onions								
Peppers (Bell and Non-Bell)	<table> <tr> <td>Banana peppers</td> <td>Pimiento</td> </tr> <tr> <td>Sweet bell peppers</td> <td>Non-Bell peppers (chiles)</td> </tr> </table>	Banana peppers	Pimiento	Sweet bell peppers	Non-Bell peppers (chiles)				
Banana peppers	Pimiento								
Sweet bell peppers	Non-Bell peppers (chiles)								

Vegetables Commodities (cont.)	Foods Included
Tomatoes	Tomatoes, tomato paste, tomato puree, and tomato juice
Sweet Corn	White and yellow corn (excludes, mature, dry corn)
Total Roots and Tubers	All foods included in potatoes commodity and the following: Beets Sweet potatoes Cassava Tapioca Jicama Taro Parsnips Yam
Potatoes	Potatoes
Snap Beans	Snap beans
Dry Beans and Peas (legumes)	Black beans Mung beans Chickpeas Pigeonpeas Cowpeas Pink beans Fava beans Pinto beans Kidney beans Split peas Lentils White beans Lima beans