

File Description: Complete Pyramid Servings Database for NHANES III

The National Cancer Institute has developed a database to facilitate the examination of dietary data from the National Center for Health Statistics' Third National Health and Nutrition Examination Survey (NHANES III, 1988-94) in terms of servings from each of The Food Guide Pyramid's major and minor food groups. For more information regarding this project, please refer to appliedresearch.cancer.gov/NHANES.

The Complete PSDB contains 4542 records, one for each food reported in the NHANES III by persons age two and older who supplied complete and reliable 24-hour recalls. Each record contains the food code followed by 30 pyramid servings variables.

The file is in CSV (comma separated values) format. The order of the variables in each record is given below.

FOODCODE	7 digit NHANES III food code
ADD_SUG	Teaspoons of added sugars
A_BEV	Total drinks of alcohol
DISCFAT	Grams of discretionary fat
D_CHEESE	Number of cheese servings
D_MILK	Number of milk servings
D_TOTAL	Total number of dairy servings
D_YOGURT	Number of yogurt servings
F_CITMLB	Number of citrus, melon, berry servings
F_OTHER	Number of other fruit servings
F_TOTAL	Total number of fruit servings
G_NWHL	Number of non-whole grain servings
G_TOTAL	Total number of grain servings
G_WHL	Number of whole grain servings
M_EGG	Oz lean meat equivalent from eggs
M_FISH	Oz lean meat from fish, other seafood
M_FRANK	Oz lean meat from franks, luncheon meats
M_MEAT	Oz lean meat from beef, pork, lamb, etc
M_MPF	Oz lean meat from meat, poultry, fish
M_NUTSD	Oz lean meat equivalent from nuts, seeds
M_ORGAN	Oz lean meat from organ meats
M_POULT	Oz lean meat from poultry
M_SOY	Oz lean meat equivalent from soy product
V_DPYEL	Number of deep-yellow vegetable servings
V_DRKGR	Number of dark-green leafy veg. servings
V_LEGUME	Number of dry bean and pea servings
V_OTHER	Number of other vegetable servings
V_POTATO	Number of white potato servings
V_STARCY	Number other starchy vegetable servings
V_TOMATO	Number of tomato servings
V_TOTAL	Total number of vegetable servings