

**Table A-1. Item Clusters, Percent of Consumption, and Representative Foods for Typical Choices Food Patterns. Percent of total subgroup consumption is shown.**

Item Cluster	% of Consumption*	“Typical” Representative Food**
<b>GRAIN GROUP</b>		
<b>Non-whole Grain Subgroup</b>		
Bagels, English muffins	3.6	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)
Biscuits	2.0	<i>Biscuits, plain or buttermilk, commercially baked</i>
Bread, French	2.2	French or Vienna bread (includes sourdough)
Bread, white	14.5	Commercial white bread
Breading, stuffing	4.4	Commercial white bread
Cereal, cooked	0.5	<i>Corn grits, white, quick, enriched, cooked with salt</i>
Cereal, ready-to-eat	2.8	<i>Kellogg’s Frosted Flakes</i>
Cornstarch as thickener	1.6	Cornstarch
Flour as thickener	0.6	Wheat flour, white, all-purpose, enriched, bleached
Flour-based sweet snacks and desserts	9.1	<i>Sugar cookies, commercially prepared, regular (includes vanilla)</i>
Pasta	9.8	<i>Spaghetti, cooked, enriched, with added salt</i>
Pie crust	2.1	Pie crust, standard-type, frozen, enriched, baked
Pizza crust	10.8	Pita bread, white, enriched
Pretzels, crackers	4.5	<i>Saltine crackers</i>
Quick bread	2.3	Pancakes, plain, frozen, ready-to-heat (includes buttermilk)
Tortilla, corn	8.7	<i>Tortilla chips, plain, white corn</i>
Tortilla, wheat flour	4.5	Flour tortillas, ready-to-bake or -fry
White rice	4.9	<i>Rice, white, long-grain, regular, cooked with salt</i>
White rolls	11.1	Hamburger or hotdog rolls, plain
<b>Whole Grain Subgroup</b>		
Bagels and English muffins, whole grain	2.8	English muffins, whole wheat
Bread, rye	2.2	Rye bread
Bread, whole wheat	17.8	100% whole wheat bread
Brown rice	2.6	Brown rice, long grain, salt and fat not added
Cereals, cooked oatmeal & others	17.4	<i>Quaker, instant oatmeal, cinnamon spice, prepared with boiling water</i>
Cereals, oat, ready-to-eat	14.0	<i>Life cereal</i>
Cereals, whole wheat, ready-to-eat	13.8	<i>Kellogg’s Frosted Mini Wheats</i>
Crackers, whole wheat	5.6	<i>100% whole-wheat cracker</i>
Pasta, whole grain	1.1	Whole-wheat spaghetti, salt and fat not added in cooking
Popcorn	12.6	<i>Popcorn, oil-popped, microwave, regular flavor</i>
Quick bread, whole wheat	3.9	Pancakes, whole-wheat, dry mix, incomplete, prepared
Whole grain rolls (not sweet)	1.1	100% whole-wheat roll
Whole grains in snacks and desserts	5.0	<i>Breakfast bars, oats, sugar, raisins, coconut (include granola bar)</i>

\*Percent that this item cluster contributes to total consumption of the food group or subgroup.

\*\* “Typical” representative foods in italics indicate that they are different from the “nutrient-dense” representative food for that item cluster.

Item Cluster	% of Consumption*	“Typical” Representative Food**
<b>FRUIT GROUP</b>		
Blackberries, raw	0.0	Blackberries, raw
Blackberries, cooked or canned	0.0	<i>Blackberries, canned, heavy syrup, solids and liquids</i>
Blueberries, raw	0.4	Blueberries, raw
Blueberries, cooked or canned	0.4	Blueberries, raw
Boysenberries, raw	0.0	Boysenberries, frozen, unsweetened
Cantaloupe, raw	2.7	Cantaloupe, raw
Cranberries, raw	0.0	Cranberries, raw
Cranberries, cooked or canned	0.3	Cranberry sauce, canned, sweetened
Cranberries, dried	0.1	Cranberries, dried, sweetened
Grapefruit, raw	0.5	Grapefruit, raw, pink & red & white
Grapefruit, cooked or canned	0.1	<i>Grapefruit, canned, juice pack, solids and liquids</i>
Honeydew melon, raw	0.5	Honeydew melon, raw
Kiwifruit, raw	0.1	Kiwifruit, green, raw
Lemons, raw or cooked (includes lemon peel and citron)	0.1	Lemons, raw, without peel
Lime, raw (includes calamondin)	0.0	Limes, raw
Oranges, raw	2.7	Oranges, raw, all varieties
Raspberries, raw	0.1	Raspberries, raw
Raspberries, cooked or canned	0.1	<i>Raspberries, canned, red, heavy syrup, solids and liquids</i>
Strawberries, raw	2.6	Strawberries, raw
Strawberries, cooked or canned (includes dried)	0.3	<i>Strawberries, canned, heavy syrup, solids and liquids</i>
Tangerine, raw or cooked/canned	0.3	Tangerine, raw
Watermelon, raw	3.9	Watermelon, raw
Unknown citrus fruit	0.3	<i>Strawberries, frozen, unsweetened</i>
Blackberry juice	0.0	Blackberry juice, canned
Cantaloupe juice/nectar	0.0	<i>Apricot nectar, canned, without vitamin C</i>
Cranberry juice	0.7	<i>Cranberry juice cocktail, bottled</i>
Grapefruit juice	0.9	Grapefruit juice, white, canned, unsweetened
Lemon juice	1.2	<i>Lemonade, frozen concentrate, white, prepared with water</i>
Lime juice	0.3	Lime juice, canned or bottled, unsweetened
Mixed fruit juice (citrus)	0.1	Orange juice, chilled, includes from concentrate
Orange juice (includes tangerine and acerola juices)	23.1	<i>Orange juice, canned, unsweetened</i>
Raspberry juice	0.0	Blackberry juice, canned
Strawberry juice	0.0	Blackberry juice, canned
Watermelon juice	0.0	Watermelon, raw
Unknown citrus fruit juice	1.6	Orange juice, chilled, includes from concentrate
Apples, raw	14.2	Apples, raw, with skin
Apples, cooked or canned	0.9	<i>Applesauce, canned, sweetened, without salt (includes USDA commodity)</i>
Applesauce	1.1	<i>Applesauce, canned, sweetened, without salt (includes USDA commodity)</i>
Apples, dried	0.1	Apples, dried, sulfured, uncooked
Apricot, raw	0.0	Apricot, raw

Item Cluster	% of Consumption	“Typical” Representative Food
<b>FRUIT GROUP (CONTINUED)</b>		
Apricot, cooked or canned	0.0	Apricots, canned, heavy syrup pack, with skin, solids and liquids
Apricot, dried	0.1	Apricots, dried, sulfured, uncooked
Bananas, raw	12.2	Bananas, raw
Bananas, cooked or canned (includes red type)	0.1	Bananas, raw
Bananas, dried	0.1	<i>Banana chips</i>
Cherries, raw	0.3	Cherries, sweet, raw
Cherries, cooked or canned (includes maraschino)	0.2	<i>Cherry pie filling, canned</i>
Dates, raw and cooked	0.0	Dates, deglet noor
Figs, raw	0.0	Figs, raw
Figs, cooked or canned	0.1	<i>Figs, dried, uncooked</i>
Figs, dried	0.0	Figs, dried, uncooked
Grapes, raw	3.0	Grapes, red or green, European-type, raw
Grapes, cooked or canned	0.1	Grapes, canned, Thompson seedless, water pack, solids and liquids
Guava, raw	0.0	Guava, raw
Guava, cooked or canned	0.0	Guava, raw
Lychee, cooked or canned	0.0	Litchis, raw
Mango, raw	0.5	Mango, raw
Mango, cooked or canned	0.0	Mango, raw
Mango, dried	0.1	Mango, raw
Mixed other fruit (NOT citrus)	0.0	<i>Baby food bananas and pineapple with tapioca, junior</i>
Nectarine, raw	0.6	Nectarine, raw
Papaya, raw	0.1	Papaya, raw
Papaya, cooked or canned (includes green)	0.0	Papaya, raw
Papaya, dried	0.1	Papaya, raw
Peaches, raw	1.5	Peaches, raw
Peaches, cooked or canned	1.0	<i>Peaches, canned, light syrup pack, solids and liquids</i>
Peaches, dried	0.0	Peaches, dried, sulfured, uncooked
Pears, raw	1.6	Pears, raw
Pears, cooked or canned	0.5	<i>Pears, canned, heavy syrup, drained</i>
Pears, dried	0.0	Pears, dried, sulfured, uncooked
Japanese pears, raw	0.0	Pears, Asian, raw
Persimmons, raw	0.1	Persimmons, native, raw
Pineapple, raw	0.4	Pineapple, raw
Pineapple, cooked or canned	0.8	<i>Pineapple, canned, juice pack, drained</i>
Pineapple, dried	0.0	Pineapple, raw
Plums, raw	0.4	Plums, raw
Plums/Prunes, cooked or canned	0.1	<i>Plums, dried, (prunes), stewed, without added sugar</i>
Plums, dried	0.2	Plums, dried (prunes), uncooked
Pomegranate, raw	0.0	Pomegranate, raw
Raisins, raw (includes raw and dried currants)	1.1	Raisins, seedless
Raisins, cooked or canned	0.5	Raisins, seedless

ITEM CLUSTER	% of Consumption	“Typical” REPRESENTATIVE FOOD
<b>FRUIT GROUP (CONTINUED)</b>		
Rhubarb, cooked or canned	0.0	<i>Rhubarb, frozen, cooked, with sugar</i>
Star fruit (carambola), raw	0.0	Carambola, (starfruit), raw
Tamarind, raw or cooked	0.0	Tamarind, raw
Unknown other fruit	0.4	<i>Applesauce, canned, sweetened, without salt (includes USDA commodity)</i>
Apple juice	8.1	Apple juice, canned or bottled, unsweetened, without vitamin C
Apricot juice/nectar	0.1	Apricot nectar, canned, without added vitamin C
Banana juice/nectar	0.1	Bananas, raw
Cherry juice	0.0	<i>Cherries, sweet, canned juice pack, solids and liquids</i>
Grape juice	2.8	Grape juice, canned or bottled, unsweetened, without vitamin C
Guava juice/nectar	0.0	Guava nectar, canned
Mango juice/nectar	0.2	Mango nectar, canned
Mixed fruit juice (NOT citrus)	0.1	Apple juice, canned or bottled, unsweetened, without vitamin C
Papaya juice/nectar	0.1	Papaya nectar, canned
Passion fruit juice/nectar	0.1	Passion fruit juice, yellow, raw
Peach juice/nectar	0.1	Peach nectar, canned, without added vitamin C
Pear juice/nectar	0.0	<i>Pear nectar, canned, without added vitamin C</i>
Pineapple juice	0.6	<i>Pineapple juice, canned, unsweetened, with added vitamin C</i>
Prune juice	0.2	Prune juice, canned
Unknown other fruit juice	1.9	Apple juice, canned or bottled, unsweetened, without vitamin C

Item Cluster	% of Consumption*	"Typical" Representative Food**
<b>VEGETABLE GROUP</b>		
<b>Dry Beans and Peas Subgroup</b>		
Black beans	0.1	<i>Beans, black, mature seeds, cooked, boiled, with salt and animal fat added</i>
Chickpeas	0.0	<i>Chickpeas, mature seeds, canned, non-hydrogenated soy oil added</i>
Cowpeas	0.0	<i>Cowpeas, common, mature seeds, cooked, boiled, with salt and animal fat added</i>
Kidney beans	0.1	<i>Beans, kidney, red, mature seeds, cooked, boiled, with salt and animal fat added</i>
Lentils	0.0	<i>Lentils, mature seeds, cooked, boiled, with salt</i>
Lima beans, mature (includes fava and mung beans)	0.0	<i>Lima beans, large, mature seeds, cooked, boiled, with salt and animal fat added</i>
Pinto beans (includes pink beans)	0.4	<i>Frijoles rojos volteados (refried beans, red, canned)</i>
Soybeans/Edamame	0.0	<i>Soybeans, mature, dry roasted</i>
Split peas	0.0	<i>Peas, split, mature seeds, cooked, boiled, with salt</i>
White beans (includes navy and pea beans)	0.2	<i>Beans, baked, canned, plain or vegetarian</i>
Unknown	0.0	<i>Beans, navy, mature seeds, canned</i>
<b>Starchy Vegetables Subgroup</b>		
Cassava (tapioca) (includes taro, burdock root, and white yam)	0.0	<i>Cassava, raw</i>
Corn (white) (includes hominy)	0.0	<i>Corn, sweet, white, cooked, boiled, drained, with salt</i>
Corn (yellow)	0.1	<i>Corn, sweet, yellow, cooked, boiled, drained, with salt</i>
Cowpeas, field peas, blackeye peas, pigeon peas, cooked (NOT dried)	0.0	<i>Cowpeas, immature seeds, cooked, boiled, drained, with salt</i>
Green peas, cooked and raw	0.0	<i>Peas, green, frozen, cooked, boiled, drained, with salt</i>
Lima beans, immature	0.0	<i>Lima beans, immature seeds, cooked, boiled, drained, with salt and margarine added</i>
Plantains	0.0	<i>Plantains, green, fried</i>
Potatoes, baked	0.2	<i>Potatoes, baked, flesh, with salt</i>
Potatoes, boiled (includes breadfruit)	0.3	<i>Potatoes, boiled, cooked without skin, with salt and 3% margarine added</i>
Potato chips, puffs, and sticks	0.2	<i>Snacks, potato chips, salted</i>
French fries	0.2	<i>Fast food French Fries</i>
Home fries and hash browns	0.1	<i>Potatoes, hashed brown, frozen, plain, prepared</i>
Waterchestnuts, cooked (includes lotus root)	0.0	<i>Waterchestnuts, Chinese, canned, solids and liquids</i>
Vegetable starches and unknown starchy vegetables	0.0	<i>Potato flour</i>

Item Cluster	% of Consumption	“Typical” Representative Food
<b>VEGETABLE GROUP (CONTINUED)</b>		
<b>Dark Green Vegetables Subgroup</b>		
Arugula lettuce, raw	0.0	Arugula, raw
Bok choy (Chinese cabbage)	0.0	<i>Cabbage, Chinese (pak-choi), cooked, boiled, drained, with salt and animal fat added</i>
Broccoli, raw	0.1	Broccoli, raw
Broccoli, cooked	0.3	<i>Broccoli, cooked, boiled, drained, with salt</i>
Butterhead lettuce (Boston, bibb), raw	0.0	Lettuce, butterhead (includes Boston and bibb types), raw
Chard, cooked (includes escarole)	0.0	<i>Chard, Swiss, cooked, boiled, drained, with salt and non-hydrogenated soy oil added</i>
Cilantro, raw and cooked	0.0	Coriander (cilantro) leaves, raw
Collard greens, cooked	0.0	<i>Collards, cooked, boiled, drained, with salt and non-hydrogenated soy oil added</i>
Grape leaves, cooked and raw	0.0	<i>Grape leaves, canned</i>
Kale, cooked	0.0	<i>Kale, cooked, boiled, drained, with salt and animal fat added</i>
Mixed dark leafy greens (includes romaine, chicory, escarole, and endive)	0.2	Lettuce, cos or romaine, raw
Mustard greens, cooked (includes dandelion and poke greens)	0.0	<i>Mustard greens, cooked, boiled, drained, with salt and fat added</i>
Parsley, cooked and raw (includes epazote)	0.0	Parsley, raw
Seaweed (laver), high vitamin A, raw	0.0	Seaweed, laver, raw
Spinach, raw	0.2	Spinach, raw
Spinach, cooked (includes taro leaves)	0.1	<i>Spinach, cooked, boiled, drained, with salt and margarine added</i>
Turnip greens, cooked	0.0	<i>Turnip greens, cooked, boiled, drained, with salt and animal fat added</i>
Watercress (includes thistle leaves)	0.0	Watercress, raw
Unknown dark green vegetable	0.0	Parsley, raw
<b>Red and Orange Vegetables Subgroup</b>		
Carrots, raw	0.1	Carrots, raw
Carrots, cooked	0.1	<i>Carrots, cooked, boiled, drained, with salt</i>
Carrot juice	0.0	Carrot juice, canned
Chili pepper, hot, red, cooked and raw (includes color not specified)	0.0	Peppers, hot chili, red, raw
Peppers, red (sweet, bell), cooked and raw (includes pimientos)	0.0	<i>Peppers, sweet, red, raw</i>
Pumpkin, cooked	0.0	<i>Pumpkin, canned, with salt</i>
Squash, winter, cooked	0.0	<i>Squash, winter, all varieties, cooked, baked, with salt</i>
Sweet potatoes, cooked (includes orange yams)	0.0	<i>Sweet potato, cooked, baked in skin, with salt</i>
Tomatoes, raw	0.2	Tomatoes, red, ripe, raw, year round average
Tomatoes, cooked	0.6	<i>Sauce, pasta, spaghetti/marinara, ready-to-serve</i>
Tomato juice	0.0	<i>Tomato juice, canned, with salt added</i>
Unknown red and orange vegetables	0.0	<i>Carrots, cooked, boiled, drained, with salt</i>

Item Cluster	% of Consumption	"Typical" Representative Food
<b>VEGETABLE GROUP (CONTINUED)</b>		
<b>Other Vegetables Subgroup</b>		
Artichokes	0.0	<i>Artichokes, cooked, boiled, drained, with salt and non-hydrogenated soy oil added</i>
Asparagus, cooked and raw	0.0	<i>Asparagus, cooked, boiled, drained, with salt</i>
Avocado	0.0	Avocados, raw, all commercial varieties
Bamboo Shoots, cooked	0.0	<i>Bamboo shoots, canned, drained solids</i>
Beans, green, cooked and raw, (includes snap and yellow beans)	0.1	<i>Beans, snap, green, canned, regular pack, drained solids</i>
Beets, cooked	0.0	<i>Beets, cooked, boiled, drained, with salt</i>
Brussels sprouts	0.0	<i>Brussels sprouts, cooked, boiled, drained, with salt</i>
Cabbage, green, cooked	0.0	<i>Cabbage, cooked, boiled, drained, with salt</i>
Cabbage, green, raw (includes savoy cabbage)	0.0	Cabbage, raw
Cabbage, red, raw (includes radicchio)	0.0	Cabbage, red, raw
Cactus (nopales), cooked and raw	0.0	<i>Nopales, cooked, without salt, butter added</i>
Cauliflower, cooked and raw (includes broccoflower)	0.0	<i>Cauliflower, cooked, boiled, drained, with salt</i>
Celery, cooked	0.0	<i>Celery, cooked, boiled, drained, with salt</i>
Celery, raw	0.0	Celery, raw
Chives, cooked and raw	0.0	Chives, raw
Cucumber	0.0	Cucumber, peeled, raw
Eggplant, cooked (includes hearts of palm)	0.0	<i>Eggplant, cooked, boiled, drained, with salt and non-hydrogenated soy oil added</i>
Garlic, cooked and raw	0.0	Garlic, raw
Horseradish (includes ginger root)	0.0	Horseradish, prepared
Lettuce, iceberg (includes manoa)	0.3	Lettuce, iceberg, raw
Mung bean sprouts, cooked and raw (includes alfalfa sprouts)	0.0	<i>Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt</i>
Mushrooms, cooked and raw	0.0	Mushrooms, cooked, boiled, drained, without salt
Okra, cooked	0.0	<i>Okra, cooked, boiled, drained, with salt and non-hydrogenated soy oil added</i>
Olives, raw or cooked	0.0	Olives, ripe, canned
Onions, raw	0.0	Onions, raw
Onions, cooked (includes leeks)	0.1	<i>Onions, cooked, boiled, drained, with salt</i>
Onions, spring and scallions, cooked and raw	0.0	Onions, spring or scallions (includes tops and bulb), raw
Peas, edible-podded, cooked and raw (includes snowpeas)	0.0	<i>Peas, edible-podded, boiled, drained, with salt</i>
Peppers, green (sweet, bell), raw	0.0	Peppers, sweet, green, raw
Peppers, green (sweet, bell), cooked	0.0	<i>Peppers, sweet, green, cooked, boiled, drained, with salt</i>
Peppers, chili, hot, green, cooked and raw (includes serrano and dwarf green)	0.0	<i>Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids</i>
Pickles, cucumber (includes relish and capers)	0.0	<i>Pickles, cucumber, dill or kosher dill</i>
Radishes, raw	0.0	Radishes, raw
Squash, summer, cooked and raw (includes yellow, zucchini, spaghetti, chayote)	0.0	<i>Squash, summer, all varieties, cooked, boiled, drained, with salt and margarine added</i>
Tomatillos, cooked and raw	0.0	Tomatillos, raw

Item Cluster	% of Consumption	"Typical" Representative Food
<b>VEGETABLE GROUP (CONTINUED)</b>		
<b>Other Vegetables Subgroup</b>		
Turnips, cooked and raw (includes rutabaga, kohlrabi, jicama, celeriac, and fennel)	0.0	<i>Turnips, cooked, boiled, drained, with salt</i>
Miscellaneous other vegetables	0.0	Seaweed, wakame, raw
Unknown other vegetables	0.0	<i>Onions, cooked, boiled, drained, with salt</i>



Item Cluster	% of Consumption*	"Typical" Representative Food**
<b>PROTEIN FOODS GROUP</b>		
<b>Meats Subgroup</b>		
Beef	26.9	<i>Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, select, braised</i>
Beef, ground	29.8	<i>Ground beef, 85% lean meat/15% fat, patty, broiled</i>
Game meat	0.9	<i>Deer, loin, lean only, steak, broiled</i>
Lamb	0.8	<i>Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4", choice, cooked</i>
Liver	0.5	<i>Beef, liver, pan-fried</i>
Luncheon meats, beef	9.8	<i>Frankfurter, beef</i>
Luncheon meats, pork	14.8	<i>Pork sausage, fresh, cooked</i>
Pork, cured	5.6	<i>Pork, cured, ham, boneless, extra lean and regular, roasted</i>
Pork, fresh	10.8	<i>Pork, fresh, loin, whole, separable lean only, broiled</i>
<b>Poultry Subgroup</b>		
Chicken	79.5	<i>Chicken, broilers or fryers, meat and skin, fried, flour</i>
Luncheon meats, poultry	13.1	<i>Chicken roll, light meat</i>
Turkey	7.4	<i>Turkey, all classes, meat and skin, roasted</i>
<b>High Omega-3 Fish Subgroup</b>		
Anchovy	0.3	<i>Anchovy, European, canned in oil, drained</i>
Herring	0.6	<i>Herring, Atlantic, raw</i>
Mackerel	0.8	<i>Mackerel, Atlantic, baked or broiled</i>
Mussels	4.3	<i>Mussel, blue, cooked, moist heat</i>
Roe	0.1	<i>Roe, mixed species, cooked dry heat</i>
Salmon	53.8	<i>Salmon, baked or broiled</i>
Sardines	2.2	<i>Sardine, Atlantic, canned in oil, drained solids with bone</i>
Sea bass	4.0	<i>Croaker, Atlantic, breaded and fried</i>
Shark	0.6	<i>Shark, baked or broiled</i>
Smelt	0.4	<i>Croaker, Atlantic, breaded and fried</i>
Swordfish	0.2	<i>Shark, mixed species, batter-dipped and fried</i>
Trout	7.8	<i>Catfish, channel, farmed, breaded and fried</i>
Tuna-high Omega 3	24.9	<i>Tuna, white, canned in water, drained solids</i>
<b>Low Omega-3 Fish Subgroup</b>		
Carp	0.7	<i>Carp, baked or broiled</i>
Catfish	11.6	<i>Catfish, channel, farmed, breaded and fried</i>
Clams	2.0	<i>Clams, mixed species, canned, drained solids</i>
Cod	7.5	<i>Cod, Pacific, baked or broiled</i>
Crab	6.9	<i>Crab, blue, cooked, moist heat</i>
Crayfish	0.6	<i>Crayfish, mixed species, wild, cooked, moist heat</i>
Croaker	0.6	<i>Croaker, Atlantic, breaded and fried</i>
Fish sticks	4.3	<i>Fish portions and sticks, frozen, preheated</i>
Flounder	7.7	<i>Croaker, Atlantic, breaded and fried</i>
Frog	0.1	<i>Frog legs, raw</i>
Haddock	1.0	<i>Croaker, Atlantic, breaded and fried</i>
Halibut	0.4	<i>Halibut, Atlantic and Pacific, raw</i>
Lobster	0.8	<i>Lobster, northern, baked or broiled</i>

Item Cluster	% of Consumption*	“Typical” Representative Food**
<b>PROTEIN FOODS GROUP (CONTINUED)</b>		
<b>Low Omega-3 Fish Subgroup</b>		
Mullet	0.1	<i>Croaker, Atlantic, breaded and fried</i>
Octopus/squid	0.6	<i>Squid, mixed species, fried</i>
Oysters	1.6	<i>Oyster, Eastern, wild, cooked, moist heat</i>
Perch	5.1	<i>Croaker, Atlantic, breaded and fried</i>
Pike	0.1	<i>Gefiltefish, commercial, sweet recipe</i>
Pompano	0.6	<i>Pompano, Florida, baked or broiled</i>
Porgy	0.8	<i>Snapper, mixed species, baked or broiled</i>
Restructured fish	1.7	<i>Crustaceans, crab, Alaska king, imitation, made from surimi</i>
Scallops	1.1	<i>Scallops (bay and sea), baked or broiled</i>
Shrimp	20.6	<i>Shrimp, cooked, moist heat</i>
Snails	0.2	<i>Snail, raw</i>
Snapper	0.1	<i>Snapper, mixed species, raw</i>
Tuna-low Omega 3	15.6	<i>Tuna, light, canned in water, drained solids</i>
Turtle/terrapin	0.0	<i>Turtle, green, raw</i>
Whiting	1.0	<i>Croaker, Atlantic, breaded and fried</i>
Unknown fish	6.5	<i>Pollock, walleye, baked or broiled</i>
<b>Soy Subgroup</b>		
Tofu	14.5	<i>Tofu, firm, prepared with calcium sulfate and magnesium chloride</i>
Processed Soy	85.5	<i>Veggie burgers or soyburgers, unprepared</i>
<b>Eggs Subgroup</b>		
Eggs	100	<i>Egg, whole, cooked, fried</i>
<b>Nuts and Seeds Subgroup</b>		
Almonds	6.8	<i>Almonds</i>
Brazil nuts	0.0	<i>Brazilnuts, dried, unblanched</i>
Cashew nuts	5.4	<i>Cashew nuts, dry roasted, with salt added</i>
Chestnuts	0.7	<i>Chestnuts, European, roasted</i>
Filberts/hazelnuts	0.1	<i>Hazelnuts or filberts</i>
Flax seeds	0.2	<i>Flaxseed</i>
Macadamia nuts	0.6	<i>Macadamia nuts, dry roasted, with salt added</i>
Mixed nuts, with peanuts	11.1	<i>Mixed nuts, with peanuts, oil roasted, with salt added</i>
Peanut butter	36.0	<i>Peanut butter, smooth style, with salt</i>
Peanuts	25.0	<i>Peanuts, all types, oil-roasted, with salt</i>
Pecans	2.5	<i>Pecans</i>
Pine nuts	0.4	<i>Pine nuts, dried</i>
Pistachio nuts	1.4	<i>Pistachio nuts, dry roasted, with salt added</i>
Pumpkin/squash seed kernels	0.6	<i>Pumpkin and squash seed kernels, roasted, with salt</i>
Sesame seeds	0.6	<i>Sesame seed kernels, toasted, without salt added (decorticated)</i>
Sunflower seeds	4.4	<i>Sunflower seed kernels, oil roasted, with salt added</i>
Walnuts	4.0	<i>Walnuts, English</i>

Item Cluster	% of Consumption*	“Typical” Representative Food**
<b>DAIRY GROUP</b>		
Milk, whole, unflavored cow	11.5	<i>Milk, whole, 3.25% milkfat, with added vitamin D</i>
Milk, 2%, unflavored cow	16.5	<i>Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D</i>
Milk, 1%, unflavored cow	3.9	<i>Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D</i>
Milk, fat-free, unflavored cow	6.6	<i>Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)</i>
Milk, not further specified (NFS)	0.4	<i>Milk, reduced fat, fluid, 2% milkfat, w/ added vitamin A</i>
Flavored milks (chocolate milk, cocoa), whole	1.3	<i>Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D</i>
Flavored milks (chocolate milk, cocoa), 2%	1.4	<i>Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D</i>
Flavored milks (chocolate milk, cocoa), 1%	0.6	<i>Milk, chocolate, fluid, commercial, low fat, with added vitamin A and vitamin D</i>
Flavored milks (chocolate milk, cocoa), fat-free	0.3	<i>Milk, chocolate, fluid, commercial, low fat, with added vitamin A and vitamin D</i>
Flavored milks (chocolate milk, cocoa), NFS	0.6	<i>Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D</i>
Low lactose, calcium-fortified, acidopholus, buttermilk, goat’s milk and imitation milks, whole and NFS	0.0	<i>Milk, whole, 3.25% milkfat, with added vitamin D</i>
Low lactose, calcium-fortified, acidopholus, buttermilk, goat’s milk and imitation milks, 2%	0.1	<i>Milk, buttermilk, fluid, cultured, reduced fat</i>
Low lactose, calcium-fortified, acidopholus, buttermilk, goat’s milk and imitation milks, 1% and fat-free	0.2	<i>Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D</i>
Dry milks (reconstituted and not reconstituted) & evaporated milks, whole, reduced fat, and NFS	0.1	<i>Milk, canned, evaporated, with added vitamin D and without added vitamin A</i>
Dry milks (reconstituted and not reconstituted) & evaporated milks, low fat and fat-free	0.2	<i>Milk, dry, nonfat, instant, with added vitamin A and vitamin D</i>
Milk in coffee drinks, lattes, etc.	0.8	<i>Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D</i>
Milk shakes, malted milk drinks, fruit-milk drinks/smoothies, fat-free	0.1	<i>Milk, chocolate, fluid, commercial, low fat, with added vitamin A and vitamin D</i>
Milk shakes, malted milk drinks, fruit-milk drinks/smoothies, NFS	1.1	<i>Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk</i>
Milk powder drinks (recon + not recon), milk in eggnog or other beverage	0.2	<i>Milk, dry, nonfat, instant, with added vitamin A and vitamin D</i>
Meal supplements/replacement drinks/diet drinks	0.6	<i>Milk, dry, nonfat, instant, with added vitamin A and vitamin D</i>
Milk in soups	0.6	<i>Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D</i>
Milk in casseroles, mixtures, coatings/batters, frozen meals, main dishes and other dishes	1.4	<i>Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D</i>
Milk in scrambled eggs/omelets	0.8	<i>Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D</i>
Milk in mashed potatoes, creamed/sauced vegetables, cooked cereals, sauces, gravies, salad dressings	0.9	<i>Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D</i>
Milk in puddings (caloric & low calorie sweeteners), custards, milk-based desserts, other desserts, sweetened condensed milk	0.6	<i>Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D</i>
Milk in candies and “bars”	0.9	<i>Milk, dry, nonfat, instant, without added vitamin A and vitamin D</i>
Soy milk	1.1	<i>Soy milk, fluid, calcium fortified</i>
Ice cream (caloric and low calorie sweeteners), light and fat-free	0.5	<i>Ice cream, vanilla, light</i>

Item Cluster	% of Consumption*	“Typical” Representative Food**
<b>DAIRY GROUP (CONTINUED)</b>		
Ice cream (caloric sweeteners), regular and rich	1.5	Ice cream, vanilla, light
Ice cream sundaes, cones, sticks/bars/novelties (caloric and low calorie sweeteners), light and low fat	0.3	Ice cream, vanilla, light
Ice cream sundaes, cones, sticks/bars/novelties (caloric and low calorie sweeteners), regular, rich, and NFS	0.3	Ice cream, vanilla, light
Frozen yogurt (caloric and low calorie sweeteners), & sherbet, regular, low fat, fat-free, and NFS	0.4	<i>Frozen yogurt, flavors other than chocolate</i>
Yogurt, unflavored, whole and NFS	0.0	<i>Yogurt, plain, whole milk, 8 grams protein per 8 ounce</i>
Yogurt, unflavored, low fat	0.1	<i>Yogurt, plain, lowfat, 12 grams protein per 8 ounce</i>
Yogurt, unflavored, fat-free	0.0	Yogurt, plain, skim milk, 13 grams protein per 8 ounce
Yogurt, flavored (caloric sweeteners), low fat	0.1	<i>Yogurt, vanilla, lowfat, 11 grams protein per 8 ounce</i>
Yogurt, flavored (caloric sweeteners), fat-free	0.0	<i>Yogurt, vanilla, lowfat, 11 grams protein per 8 ounce</i>
Yogurt, flavored (caloric sweeteners), NFS	0.0	<i>Yogurt, vanilla, lowfat, 11 grams protein per 8 ounce</i>
Yogurt, flavored (low calorie sweeteners), fat-free	0.1	<i>Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener</i>
Yogurt, fruit (caloric sweeteners), includes yogurt not specified, whole	0.3	<i>Yogurt, plain, whole milk, 8 grams protein per 8 ounce</i>
Yogurt, fruit (caloric sweeteners), includes yogurt not specified, low fat	0.4	<i>Yogurt, vanilla, lowfat, 11 grams protein per 8 ounce</i>
Yogurt, fruit (caloric sweeteners), includes yogurt not specified, fat-free	0.1	<i>Yogurt, vanilla, lowfat, 11 grams protein per 8 ounce</i>
Yogurt, fruit (caloric sweeteners), includes yogurt not specified, fat NFS	0.1	<i>Yogurt, vanilla, lowfat, 11 grams protein per 8 ounce</i>
Yogurt, fruit (low calorie sweeteners), fat-free	0.3	<i>Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener</i>
Natural cheeses (includes low sodium cheeses), regular	7.0	<i>Cheese, cheddar</i>
Natural cheeses (includes low sodium cheeses), reduced-fat	0.5	<i>Cheese, mozzarella, part skim milk, low moisture</i>
Natural cheeses (includes low sodium cheeses), low fat and fat-free	0.2	<i>Cheese, Swiss, low fat</i>
Natural cheeses (includes low sodium cheeses), fat NFS	0.8	<i>Cheese, mozzarella, part skim milk, low moisture</i>
Cheese, NFS	2.9	<i>Cheese food, pasteurized process, American, without disodium phosphate</i>
Cottage cheese, regular	0.1	<i>Cheese, cottage, creamed, large or small curd</i>
Cottage cheese, low fat and fat NFS	0.2	<i>Cheese, cottage, low fat, 1% milk fat</i>
Processed cheeses (includes low sodium cheeses), regular	2.8	<i>Cheese food, pasteurized process, American, without disodium phosphate</i>
Processed cheeses (includes low sodium cheeses), reduced-fat	0.3	<i>Cheese product, pasteurized process, cheddar or American, reduced fat</i>
Processed cheeses (includes low sodium cheeses), low fat and fat-free	0.5	Cheese, pasteurized process, American, low fat
Cheese spreads, dips, sauces, soups	1.2	<i>Cheese spread, pasteurized process, American, without disodium phosphate</i>
Cheese on sandwiches, regular, low fat, NFS	1.6	<i>Cheese food, pasteurized process, American, without disodium phosphate</i>
Cheese in grain products, snacks (includes breads and cereals), desserts/sweets, regular and NFS	0.4	<i>Cheese food, pasteurized process, American, without disodium phosphate</i>

Item Cluster	% of Consumption*	“Typical” Representative Food**
<b>DAIRY GROUP (CONTINUED)</b>		
Cheese in grain products (includes fried cheese, gnocchi), dessert/sweets, reduced fat, low fat, and nonfat	0.6	<i>Cheese, mozzarella, part skim milk, low moisture</i>
Cheese in Mexican dishes	2.3	<i>Cheese, cheddar</i>
Cheese in egg or meat dishes and frozen meals	1.0	<i>Cheese food, pasteurized process, American, without disodium phosphate</i>
Cheese on pizza and calzone, regular	8.8	<i>Cheese, parmesan, grated</i>
Cheese on pizza and calzone, reduced-fat and low fat	8.9	<i>Cheese, mozzarella, part skim milk, low moisture</i>
Cheese in pasta and Italian dishes, regular and NFS	2.0	<i>Cheese food, pasteurized process, American, without disodium phosphate</i>
Cheese in pasta and Italian dishes, reduced-fat, low fat, and nonfat	0.2	<i>Cheese, mozzarella, part skim milk, low moisture</i>
Cheese on vegetables (cheese sauce), in salads and dressings	0.4	<i>Cheese food, pasteurized process, American, without disodium phosphate</i>

\*Percent that this item cluster contributes to total consumption of the food group or subgroup.

\*\* “Typical” representative foods in italics indicate that they are different from the “nutrient-dense” representative food for that item cluster.