

Item Clusters, Percent of Consumption, and Representative Foods for 2010 USDA Food Patterns

Item Cluster	% of Consumption*	“Nutrient-Dense” Representative Food
GRAIN GROUP		
Refined Grain Subgroup		
Bagels, English muffins	3.6	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)
Biscuits	2.0	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked
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	Corn grits, white, regular and quick, enriched, cooked without salt
Cereal, ready-to-eat	2.8	Kellogg's Corn Flakes
Cornstarch as thickener	1.6	Cornstarch
Flour as thickener	0.6	Wheat flour, white, all-purpose, enriched, bleached
Flour-based sweet snacks /desserts	9.1	Animal cracker (includes arrowroot, tea biscuits)
Pasta	9.8	Spaghetti, cooked, enriched, without added salt
Pie crust	2.1	Pie crust, standard-type, frozen, enriched, baked
Pizza crust	10.8	Pita bread, white, enriched
Pretzels, crackers	4.5	Pretzels, hard, plain, made with enriched flour, unsalted
Quick bread	2.3	Pancakes, plain, frozen, ready-to-heat (includes buttermilk)
Tortilla, corn	8.7	Corn tortilla, ready-to-bake or -fry
Tortilla, wheat flour	4.5	Flour tortilla, ready-to-bake or -fry
White rice	4.9	Rice, white, long-grain, regular, cooked without salt
White rolls	11.1	Hamburger or hotdog rolls, plain
Whole Grain Subgroup		
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, cooked, salt and fat not added
Cereals, cooked oatmeal & others	17.4	Oats, regular, quick & instant, unenriched, cooked without salt
Cereals, oat, ready-to-eat	14.0	<i>Cheerios</i>
Cereals, whole wheat, ready-to-eat	13.8	<i>100% Shredded Wheat, sugar and salt free</i>
Crackers, whole wheat	5.6	100% whole-wheat cracker, reduced fat
Pasta, whole grain	1.1	Whole-wheat spaghetti, salt and fat not added in cooking
Popcorn	12.6	Popcorn, air-popped (no butter or oil or salt)
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	Oats, regular, quick & instant, not fortified, dry

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

Item Cluster	% of Consumption	“Nutrient-Dense” Representative Food
FRUIT GROUP		
Blackberries, raw	0.0	Blackberries, raw
Blackberries, cooked or canned	0.0	Blackberries, raw
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	Grapefruit, canned, water pack, solids and liquids
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	Raspberries, raw
Strawberries, raw	2.6	Strawberries, raw
Strawberries, cooked or canned (includes dried)	0.3	Strawberries, frozen, unsweetened
Tangerine, raw or cooked/canned	0.3	Tangerine, raw
Watermelon, raw	3.9	Watermelon, raw
Unknown citrus fruit	0.3	Strawberries, raw
Blackberry juice	0.0	Blackberry juice, canned
Cantaloupe juice/nectar	0.0	Cantaloupe, raw
Cranberry juice	0.7	Cranberry juice, unsweetened
Grapefruit juice	0.9	Grapefruit juice, white, canned, unsweetened
Lemon juice	1.2	Lemon juice, canned or bottled
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	Orange juice, chilled, includes from concentrate
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	Applesauce, canned, unsweetened, w/o added vit C
Applesauce	1.1	Applesauce, canned, unsweetened, w/o added vit C

Item Cluster	% of Consumption	“Nutrient-Dense” Representative Food
FRUIT GROUP (CONTINUED)		
Apples, dried	0.1	Apples, dried, sulfured, uncooked
Apricot, raw	0.0	Apricot, raw
Apricot, cooked or canned	0.0	Apricots, canned, water pack, without 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	Bananas, dehydrated, or banana powder
Cherries, raw	0.3	Cherries, sweet, raw
Cherries, cooked or canned (includes maraschino)	0.2	Cherries, sour, red, canned, water pack, solids and liquids
Dates, raw and cooked	0.0	Dates, deglet noor
Figs, raw	0.0	Figs, raw
Figs, cooked or canned	0.1	Figs, canned, water pack, solids and liquids
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	Applesauce, canned, unsweetened, w/o added vit C
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	Peaches, canned, water pack, solids and liquids
Peaches, dried	0.0	Peaches, dried, sulfured, uncooked
Pears, raw	1.6	Pears, raw
Pears, cooked or canned	0.5	Pears, canned, water pack, solids and liquids
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	Pineapple, canned, water pack, solids and liquids
Pineapple, dried	0.0	Pineapple, raw
Plums, raw	0.4	Plums, raw

Item Cluster	% of Consumption	“Nutrient-Dense” Representative Food
FRUIT GROUP (CONTINUED)		
Plums/Prunes, cooked or canned	0.1	Plums, canned, purple, water pack, solids and liquids
Plums, dried	0.2	Plums, dried (prunes), uncooked
Pomegranate, raw	0.0	Pomegranate, raw
Raisins, raw (includes currants)	1.1	Raisins, seedless
Raisins, cooked or canned	0.5	Raisins, seedless
Rhubarb, cooked or canned	0.0	Rhubarb, raw
Star fruit (carambola), raw	0.0	Carambola, (starfruit), raw
Tamarind, raw or cooked	0.0	Tamarind, raw
Unknown other fruit	0.4	Applesauce, canned, unsweetened, w/o added vit C
Apple juice	8.1	Apple juice, canned or bottled, unsweetened, w/o added vit C
Apricot juice/nectar	0.1	Apricot nectar, canned, w/o added vit C
Banana juice/nectar	0.1	Bananas, raw
Cherry juice	0.0	Cherries, sweet, raw
Grape juice	2.8	Grape juice, canned or bottled, unsweetened, w/o added vit 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, w/o added vit 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, w/o added vit C
Pear juice/nectar	0.0	Baby food pear juice
Pineapple juice	0.6	Pineapple juice, canned, unsweetened, w/o added vit C
Prune juice	0.2	Prune juice, canned
Unknown other fruit juice	1.9	Apple juice, canned or bottled, unsweetened, w/o added vit C

Item Cluster	% of Consumption	“Nutrient-Dense” Representative Food
VEGETABLE GROUP		
Beans and Peas Subgroup		
Black beans	7.2	Beans, black, mature seeds, cooked, boiled, w/o salt
Chickpeas	2.3	Chickpeas, mature seeds, cooked, boiled, w/o salt
Cowpeas	0.8	Cowpeas, common, mature seeds, cooked, boiled, w/o salt
Kidney beans	12.9	Beans, kidney, all types, mature seeds, cooked, boiled, w/o salt
Lentils	4.4	Lentils, mature seeds, cooked, boiled, w/o salt
Lima beans, mature (includes fava and mung beans)	2.4	Lima beans, large, mature seeds, cooked, boiled, w/o salt
Pinto beans (includes pink beans)	44.3	Beans, pinto, mature seeds, cooked, boiled, w/o salt
Soybeans/Edamame	2.4	Soybeans, mature cooked, boiled, w/o salt
Split peas	0.2	Peas, split, mature seeds, cooked, boiled, w/o salt
White beans (includes navy and pea beans)	22.7	Beans, small white, mature seeds, cooked, boiled, w/o salt
Unknown	0.3	Beans, small white, mature seeds, cooked, boiled, w/o salt
Starchy Vegetables Subgroup		
Cassava (tapioca) (includes taro, burdock root, and white yam)	0.1	Cassava, raw
Corn (white) (includes hominy)	1.2	Corn, sweet, white, cooked, boiled, drained, w/o salt
Corn (yellow)	8.8	Corn, sweet, yellow, cooked, boiled, drained, w/o salt
Cowpeas, field peas, blackeye peas, pigeon peas, cooked (NOT dried)	0.4	Cowpeas, immature seeds, cooked, boiled, drained, w/o salt
Green peas, cooked and raw	4.0	Peas, green, cooked, boiled, drained, w/o salt
Lima beans, immature	0.6	Lima beans, immature seeds, cooked, boiled, drained, w/o salt
Plantains	1.3	Plantains, cooked
Potatoes, baked	15.2	Potatoes, white, flesh and skin, baked, w/o salt
Potatoes, boiled (includes breadfruit)	27.3	Potatoes, boiled, cooked w/o skin, flesh, w/o salt
Potato chips, puffs, and sticks	17.1	Potato chips, fat free, salted
French fries	17.4	Potatoes, French fried, all types, salt not added in processing, frozen, oven heated
Home fries and hash browns	6.0	Potatoes, hashed brown, frozen, plain, prepared
Waterchestnuts, cooked (includes lotus root)	0.4	Waterchestnuts, Chinese, canned, solids and liquids
Vegetable starches and unknown starchy vegetables	0.2	Potato flour

Item Cluster	% of Consumption	“Nutrient-Dense” Representative Food
VEGETABLE GROUP (CONTINUED)		
Dark Green Vegetables Subgroup		
Arugula lettuce, raw	0.2	Arugula, raw
Bok choy (Chinese cabbage)	1.2	Cabbage, Chinese (pak-choi), cooked, boiled, drained, w/o salt
Broccoli, raw	6.7	Broccoli, raw
Broccoli, cooked	31.0	Broccoli, cooked, boiled, drained, w/o salt
Butterhead lettuce (Boston, bibb), raw	1.0	Lettuce, butterhead (includes Boston and bibb types), raw
Chard, cooked (includes escarole)	0.2	Chard, Swiss, cooked, boiled, drained, w/o salt
Cilantro, raw and cooked	0.3	Coriander (cilantro) leaves, raw
Collard greens, cooked	4.8	Collards, cooked, boiled, drained, w/o salt
Grape leaves, cooked and raw	0.7	Grape leaves, raw
Kale, cooked	1.3	Kale, cooked, boiled, drained, w/o salt
Mixed dark leafy greens (includes romaine, chicory, escarole, and endive)	23.9	Lettuce, cos or romaine, raw
Mustard greens, cooked (includes dandelion and poke greens)	0.8	Mustard greens, cooked, boiled, drained, w/o salt
Parsley, cooked and raw (includes epazote)	1.1	Parsley, raw
Seaweed (laver), high vitamin A, raw	0.6	Seaweed, laver, raw
Spinach, raw	15.2	Spinach, raw
Spinach, cooked (includes taro leaves)	9.6	Spinach, cooked, boiled, drained, w/o salt
Turnip greens, cooked	1.3	Turnip greens, cooked, boiled, drained, w/o salt
Watercress (includes thistle leaves)	0.2	Watercress, raw
Unknown dark green vegetable	0.0	Parsley, raw
Red and Orange Vegetables Subgroup		
Carrots, raw	5.6	Carrots, raw
Carrots, cooked	7.0	Carrots, cooked, boiled, drained, w/o salt
Carrot juice	0.0	Carrot juice, canned
Chili pepper, hot, red, cooked and raw (includes color not specified)	1.7	Peppers, hot chili, red, raw
Peppers, red (sweet, bell), cooked and raw (includes pimientos)	0.8	Peppers, sweet, red, cooked, boiled, drained, w/o salt
Pumpkin, cooked	0.2	Pumpkin, canned, w/o salt
Squash, winter, cooked	0.4	Squash, winter, all varieties, cooked, baked, w/o salt
Sweet potatoes, cooked (includes orange yams)	1.9	Sweet potato, cooked, baked in skin, w/o salt
Tomatoes, raw	19.8	Tomatoes, red, ripe, raw, year round average
Tomatoes, cooked	59.1	Tomato products, canned, puree, w/o salt added
Tomato juice	3.5	Tomato juice, canned, w/o salt added
Unknown red and orange vegetables	0.0	Carrots, cooked, boiled, drained, w/o salt

Item Cluster	% of Consumption	“Nutrient-Dense” Representative Food
VEGETABLE GROUP (CONTINUED)		
Other Vegetables Subgroup		
Artichokes	0.4	Artichokes, cooked, boiled, drained, w/o salt
Asparagus, cooked and raw	0.9	Asparagus, cooked, boiled, drained, w/o salt
Avocado	3.0	Avocados, raw, all commercial varieties
Bamboo Shoots, cooked	0.4	Bamboo shoots, cooked, boiled, drained, w/o salt
Beans, green, cooked and raw, (includes snap and yellow beans)	10.4	Beans, snap, green, cooked, boiled, drained, w/o salt
Beets, cooked	0.9	Beets, cooked, boiled, drained, w/o salt
Brussels sprouts	0.3	Brussels sprouts, cooked, boiled, drained, w/o salt
Cabbage, green, cooked	2.7	Cabbage, cooked, boiled, drained, w/o salt
Cabbage, green, raw (includes savoy cabbage)	3.2	Cabbage, raw
Cabbage, red, raw (includes radicchio)	0.7	Cabbage, red, raw
Cactus (nopales), cooked and raw	0.1	Nopales, cooked, w/o salt
Cauliflower, cooked and raw (includes broccoflower)	1.6	Cauliflower, cooked, boiled, drained, w/o salt
Celery, cooked	2.5	Celery, cooked, boiled, drained, w/o salt
Celery, raw	2.1	Celery, raw
Chives, cooked and raw	0.0	Chives, raw
Cucumber	4.6	Cucumber, peeled, raw
Eggplant, cooked (includes hearts of palm)	0.8	Eggplant, cooked, boiled, drained, w/o salt
Garlic, cooked and raw	0.3	Garlic, raw
Horseradish (includes ginger root)	0.1	Horseradish, prepared
Lettuce, iceberg (includes manoa)	25.7	Lettuce, iceberg, raw
Mung bean sprouts, cooked and raw (includes alfalfa sprouts)	0.9	Mung beans, mature seeds, sprouted, cooked, boiled, drained, w/o salt
Mushrooms, cooked and raw	3.7	Mushrooms, cooked, boiled, drained, w/o salt
Okra, cooked	0.4	Okra, cooked, boiled, drained, w/o salt
Olives, raw or cooked	1.1	Olives, ripe, canned
Onions, raw	3.8	Onions, raw
Onions, cooked (includes leeks)	14.7	Onions, cooked, boiled, drained, w/o salt
Onions, spring and scallions, cooked and raw	0.7	Onions, spring or scallions (includes tops and bulb), raw
Peas, edible-podded, cooked and raw (includes snowpeas)	0.3	Peas, edible-podded, boiled, drained, w/o salt
Peppers, green (sweet, bell), raw	1.4	Peppers, sweet, green, raw
Peppers, green (sweet, bell), cooked	3.2	Peppers, sweet, green, cooked, boiled, drained, w/o salt
Peppers, chili, hot, green, cooked and raw (includes serrano and dwarf green)	0.4	Peppers, hot chili, green, raw
Pickles, cucumber (includes relish and capers)	3.9	Pickles, cucumber, dill, low sodium
Radishes, raw	0.2	Radishes, raw
Squash, summer, cooked and raw (includes yellow, zucchini, spaghetti, chayote)	2.2	Squash, summer, all varieties, cooked, boiled, drained, w/o salt
Tomatillos, cooked and raw	0.4	Tomatillos, raw
Turnips, cooked and raw (includes rutabaga, kohlrabi, jicama, celeriac, and fennel)	0.3	Turnips, cooked, boiled, drained, w/o salt
Miscellaneous other vegetables	0.1	Seaweed, wakame, raw
Unknown other vegetables	1.7	Onions, cooked, boiled, drained, w/o salt

Item Cluster	% of Consumption	“Nutrient-Dense” Representative Food
PROTEIN FOODS GROUP		
Meats Subgroup		
Beef	26.9	Beef, round, eye of round roast, separable lean only, all grades, roasted
Beef, ground	29.8	Ground beef, 95% lean, patty, pan-broiled
Game meat	0.9	Deer, loin, lean only, steak, broiled
Lamb	0.8	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, choice, roasted
Liver	0.5	Beef, liver, pan-fried
Luncheon meats, beef	9.8	Frankfurter, beef, low fat
Luncheon meats, pork	14.8	Ham, sliced, extra lean
Pork, cured	5.6	Pork, cured, ham, whole, separable lean only, roasted
Pork, fresh	10.8	Pork, fresh, loin, sirloin (chops), boneless, lean, broiled
Poultry Subgroup		
Chicken	79.5	Chicken, meat only, roasted
Luncheon meats, poultry	13.1	Chicken roll, light meat
Turkey	7.4	Turkey, meat only, roasted
High Omega-3 Fish Subgroup		
Anchovy	0.3	Anchovy, European, canned in oil, drained
Herring	0.6	Herring, Atlantic, cooked, dry heat
Mackerel	0.8	Mackerel, Atlantic, cooked, dry heat
Mussels	4.3	Mussel, blue, cooked, moist heat
Roe	0.1	Roe, mixed species, cooked, dry heat
Salmon	53.8	Salmon, Atlantic, farmed, cooked, dry heat
Sardines	2.2	Sardine, Atlantic, canned in oil, drained solids with bone
Sea bass	4.0	Sea bass, mixed species, cooked, dry heat
Shark	0.6	Shark, mixed species, raw
Smelt	0.4	Smelt, rainbow, cooked, dry heat
Swordfish	0.2	Swordfish, cooked, dry heat
Trout	7.8	Trout, rainbow, farmed, cooked, dry heat
Tuna-high Omega 3	24.9	Tuna, white, canned in water, drained solids
Low Omega-3 Fish Subgroup		
Carp	0.7	Carp, cooked, dry heat
Catfish	11.6	Catfish, channel, farmed, cooked, dry heat
Clams	2.0	Clams, mixed species, cooked, moist heat
Cod	7.5	Cod, Pacific, cooked, dry heat
Crab	6.9	Crab, blue, cooked, moist heat
Crayfish	0.6	Crayfish, mixed species, wild, cooked, moist heat
Croaker	0.6	Croaker, Atlantic, raw
Fish sticks	4.3	Pollock, Atlantic, cooked, dry heat
Flounder	7.7	Flatfish (flounder and sole), cooked, dry heat

Item Cluster	% of Consumption	“Nutrient-Dense” Representative Food
PROTEIN FOODS GROUP (CONTINUED)		
Frog	0.1	Frog legs, raw
Haddock	1.0	Haddock, cooked, dry heat
Halibut	0.4	Halibut, Atlantic and Pacific, cooked, dry heat
Lobster	0.8	Lobster, northern, cooked, moist heat
Mullet	0.1	Mullet, striped, cooked, dry heat
Octopus/squid	0.6	Octopus, common, cooked, moist heat
Oysters	1.6	Oyster, Pacific, cooked, moist heat
Perch	5.1	Ocean perch, Atlantic, cooked, dry heat
Pike	0.1	Pike, northern, cooked, dry heat
Pompano	0.6	Pompano, Florida, cooked, dry heat
Porgy	0.8	Sheepshead, cooked, dry heat
Restructured fish	1.7	Pollock, Atlantic, cooked dry heat
Scallops	1.1	Scallops (bay and sea), steamed
Shrimp	20.6	Shrimp, cooked, moist heat
Snails	0.2	Snail, raw
Snapper	0.1	Snapper, mixed species, cooked, dry heat
Tuna-low Omega 3	15.6	Tuna, light, canned in water, drained solids
Turtle/terrapin	0.0	Turtle, green, raw
Whiting	1.0	Whiting, mixed species, cooked, dry heat
Unknown fish	6.5	Pollock, Atlantic, cooked, dry heat

Item Cluster	% of Consumption	“Nutrient-Dense” Representative Food
PROTEIN FOODS GROUP (CONTINUED)		
Soy Subgroup		
Tofu	14.5	Tofu, firm, prepared with calcium sulfate and magnesium chloride
Processed Soy	85.5	Veggie burgers or soyburgers, unprepared
Eggs Subgroup		
Eggs	100.0	Egg, whole, cooked, hard-boiled
Nuts and Seeds Subgroup		
Almonds	6.8	Almonds, dry roasted, without salt added
Brazil nuts	0.0	Brazilnuts, dried, unblanched
Cashew nuts	5.4	Cashew nuts, dry roasted, without salt added
Chestnuts	0.7	Chestnuts, European, roasted
Filberts/hazelnuts	0.1	Hazelnuts or filberts
Flax seeds	0.2	Flaxseed
Macadamia nuts	0.6	Macadamia nuts, dry roasted, without salt added
Mixed nuts, with peanuts	11.1	Mixed nuts, dry roasted, with peanuts, without salt added
Peanut butter	36.0	Peanut butter, smooth style, with salt
Peanuts	25.0	Peanuts, all types, dry-roasted, without salt
Pecans	2.5	Pecans
Pine nuts	0.4	Pine nuts, dried
Pistachio nuts	1.4	Pistachio nuts, dry roasted, without salt added
Pumpkin/squash seed kernels	0.6	Pumpkin and squash seed kernels, roasted, without salt
Sesame seeds	0.6	Sesame seed kernels, toasted, without salt added (decorticated)
Sunflower seeds	4.4	Sunflower seed kernels, dry roasted, without salt
Walnuts	4.0	Walnuts, English

Item Cluster	% of Consumption	“Nutrient-Dense” Representative Food
DAIRY GROUP		
Milk, whole, unflavored cow	11.5	Milk, nonfat, fluid, with added vitamins A and D
Milk, 2%, unflavored cow	16.5	Milk, nonfat, fluid, with added vitamins A and D
Milk, 1%, unflavored cow	3.9	Milk, nonfat, fluid, with added vitamins A and D
Milk, fat-free, unflavored cow	6.6	Milk, nonfat, fluid, with added vitamins A and D
Milk, not further specified (NFS)	0.4	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), whole	1.3	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), 2%	1.4	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), 1%	0.6	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), fat-free	0.3	Milk, nonfat, fluid, with added vitamins A and D
Flavored milks (chocolate milk, cocoa), NFS	0.6	Milk, nonfat, fluid, with added vitamins A and D
Low lactose, calcium-fortified, acidophilus, buttermilk, goat, and imitation milks, whole and NFS	0.0	Milk, nonfat, fluid, with added vitamins A and D
Low lactose, calcium-fortified, acidophilus, buttermilk, goat, and imitation milks, 2%	0.1	Milk, nonfat, fluid, with added vitamins A and D
Low lactose, calcium-fortified, acidophilus, buttermilk, goat, and imitation milks, 1% and fat-free	0.2	Milk, nonfat, fluid, with added vitamins A and D
Dry milks (reconstituted and not reconstituted) & evaporated milks, whole, reduced fat, and NFS	0.1	Milk, dry, nonfat, instant, with added vitamins A and D
Dry milks (reconstituted and not reconstituted) & evaporated milks, low fat and fat-free	0.2	Milk, dry, nonfat, instant, with added vitamins A and D
Milk in coffee drinks, lattes, etc.	0.8	Milk, nonfat, fluid, with added vitamins A and D
Milk shakes, malted milk drinks, fruit-milk drinks/smoothies, fat-free	0.1	Milk, nonfat, fluid, with added vitamins A and D
Milk shakes, malted milk drinks, fruit-milk drinks/smoothies, NFS	1.1	Milk, nonfat, fluid, with added vitamins A and D
Milk powder drinks (recon + not recon), milk in eggnog or other beverage	0.2	Milk, dry, nonfat, instant, with added vitamins A and D
Meal supplements/replacement drinks/diet drinks	0.6	Milk, dry, nonfat, instant, with added vitamins A and D
Milk in soups	0.6	Milk, nonfat, fluid, with added vitamins A and D
Milk in casseroles, mixtures, coatings/batters, frozen meals, main dishes and other dishes	1.4	Milk, nonfat, fluid, with added vitamins A and D
Milk in scrambled eggs/omelets	0.8	Milk, nonfat, fluid, with added vitamins A and D
Milk in mashed potatoes, creamed/sauced vegetables, cooked cereals, sauces, gravies, salad dressings	0.9	Milk, nonfat, fluid, with added vitamins A and D
Milk in puddings (caloric & low calorie sweeteners), custards, milk-based desserts, other desserts, sweetened condensed milk	0.6	Milk, nonfat, fluid, with added vitamins A and D
Milk in candies and “bars”	0.9	Milk, dry, nonfat, instant, w/o added vitamins A and D
Soy milk	1.1	Soy milk (all flavors), unsweetened, with added calcium, vitamins A and D
Ice cream (caloric and low calorie sweeteners), light and fat-free	0.5	Ice cream, vanilla, light

Item Cluster	% of Consumption	“Nutrient-Dense” Representative Food
DAIRY GROUP (CONTINUED)		
Ice cream (caloric sweeteners), regular and rich	1.5	Ice cream, vanilla, light
Ice cream sundaes, cones, sticks/bars/novelty (caloric and low calorie sweeteners), light and low fat	0.3	Ice cream, vanilla, light
Ice cream sundaes, cones, sticks/bars/novelty (caloric and low calorie sweeteners), regular, rich, and NFS	0.3	Ice cream, vanilla, light
Frozen yogurt (caloric and low calorie sweeteners), & sherbet, low fat, fat-free, and NFS	0.4	Frozen yogurt, chocolate, nonfat milk, sweetened without sugar
Yogurt, unflavored, whole and NFS	0.0	Yogurt, plain, skim milk, 13 grams protein per 8 ounce
Yogurt, unflavored, low fat	0.1	Yogurt, plain, skim milk, 13 grams protein per 8 ounce
Yogurt, unflavored, fat-free	0.0	Yogurt, plain, skim milk, 13 grams protein per 8 ounce
Yogurt, flavored (caloric sweeteners), low fat	0.1	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, flavored (caloric sweeteners), fat-free	0.0	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, flavored (caloric sweeteners), NFS	0.0	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, flavored (low calorie sweeteners), fat-free	0.1	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, fruit (caloric sweeteners), includes yogurt not specified, whole	0.3	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, fruit (caloric sweeteners), includes yogurt not specified, low fat	0.4	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, fruit (caloric sweeteners), includes yogurt not specified, fat-free	0.1	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Yogurt, fruit (low calorie sweeteners), fat-free	0.3	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D
Natural cheeses (includes low sodium cheeses), regular	7.0	Cheese, Mexican, blend, reduced fat
Natural cheeses (includes low sodium cheeses), reduced-fat	0.5	Cheese, mozzarella, nonfat or fat-free
Natural cheeses (includes low sodium cheeses), low fat and fat-free	0.2	Cheese, Mexican, blend, reduced fat
Natural cheeses (includes low sodium cheeses), fat NFS	0.8	Cheese, mozzarella, nonfat or fat-free
Cheese, NFS	2.9	Cheese, Mexican, blend, reduced fat
Cottage cheese, regular	0.1	Cheese, cottage, lowfat, 1% milk fat, no sodium added
Cottage cheese, low fat and fat NFS	0.2	Cheese, cottage, lowfat, 1% milk fat, no sodium added
Processed cheeses (includes low sodium cheeses), regular	2.8	Cheese, pasteurized process, American, low fat
Processed cheeses (includes low sodium cheeses), reduced-fat	0.3	Cheese, pasteurized process, American, low fat
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	Cheese, pasteurized process, American, low fat
Cheese on sandwiches, regular, low fat, NFS	1.6	Cheese, pasteurized process, American, low fat

Item Cluster	% of Consumption	“Nutrient-Dense” Representative Food
DAIRY GROUP (CONTINUED)		
Cheese in grain products, snacks (includes breads and cereals), desserts/sweets, regular and NFS	0.4	Cheese, pasteurized process, American, low fat
Cheese in grain products (includes fried cheese, gnocchi), dessert/sweets, reduced fat, low fat, and nonfat	0.6	Cheese, mozzarella, nonfat or fat-free
Cheese in Mexican dishes	2.3	Cheese, Mexican, blend, reduced fat
Cheese in egg or meat dishes and frozen meals	1.0	Cheese, Mexican, blend, reduced fat
Cheese on pizza and calzone, regular	8.8	Cheese, mozzarella, nonfat or fat-free
Cheese on pizza and calzone, reduced-fat and low fat	8.9	Cheese, mozzarella, nonfat or fat-free
Cheese in pasta and Italian dishes, regular and NFS	2.0	Cheese, Mexican, blend, reduced fat
Cheese in pasta and Italian dishes, reduced-fat, low fat, and nonfat	0.2	Cheese, mozzarella, nonfat or fat-free
Cheese on vegetables (cheese sauce), in salads and dressings	0.4	Cheese, pasteurized process, American, low fat