



DIETARY INTAKE DATA

What We Eat in America

NHANES 2013-2014

Food and Nutrient-Related Variables

- For each food and beverage, including water, consumed by a survey participant:
 - ♦ Name, identified by a USDA food code and description
 - ♦ Amount consumed, in grams
 - ♦ Amounts of food energy and 64 nutrients/food components provided by each food/beverage
 - ♦ Identification of items eaten in combination (e.g., cereal with milk added)
 - ♦ Separate ingredients coded for many salads and sandwiches
 - ♦ Day of week
 - ♦ Eating occasion – name (breakfast, lunch, etc.)
 - ♦ Time when each item was consumed
 - ♦ Source of food/beverage (where obtained)
 - ♦ Whether the food/beverage was eaten at home or not
- For each survey participant:
 - ♦ Daily aggregates of energy and 64 nutrients/food components
 - ♦ Whether the day's intake was usual, much more than usual, or much less than usual
 - ♦ Salt type and use in food preparation and at the table
 - ♦ Whether on a special diet and type of diet
 - ♦ Frequency of fish/shellfish consumption in past 30 days (participants age 1 year or older)

Sample and Data Collection

- Nationally representative sample of individuals of all ages that reside in households
- Oversampled Asians; Hispanics; blacks; low-income whites/others; whites/others 80+ years
- Day 1 dietary recalls for 8,661 individuals, all ages; Day 2 dietary recalls for 7,574 individuals, all ages
- Two nonconsecutive days of dietary intake using 24-hour recalls
 - ♦ Day 1 in-person at the Mobile Exam Center
 - ♦ Day 2 from central NHANES telephone center
- Five-step USDA Automated Multiple-Pass Method (AMPM) used for collecting interviewer-administered 24-hour dietary recalls
- Bilingual interviewers

USDA Food and Nutrient Database for Dietary Studies 2013-2014

- Database of foods and beverages, their nutrient values, and weights for typical portions
- Used to process What We Eat in America, NHANES 2013-2014
- Used in research projects to analyze What We Eat in America data, and in other dietary intake studies
- For complete list of nutrients/food components, see other side...

For more information about What We Eat in America, NHANES 2013-2014, visit our web site:

www.ars.usda.gov/nea/bhnrc/fsrg

FNDDS 2013-2014 Nutrients and Food Components

| | |
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| Energy (kcal) | Vitamin A as retinol activity equivalents (µg) |
| Protein (g) | Retinol (µg) |
| Carbohydrate (g) | Carotenoids: |
| Fat, total (g) | Carotene, alpha (µg) |
| Alcohol (g) | Carotene, beta (µg) |
| | Cryptoxanthin, beta (µg) |
| | Lycopene (µg) |
| Sugars, total (g) | Lutein + zeaxanthin (µg) |
| Dietary fiber, total (g) | Vitamin E as alpha-tocopherol (mg) |
| Water (g) | Added vitamin E (mg) |
| | Vitamin D (D2 + D3) (µg) |
| Saturated fatty acids, total (g) | Vitamin K as phylloquinone (µg) |
| Monounsaturated fatty acids, total (g) | Vitamin C (mg) |
| Polyunsaturated fatty acids, total (g) | Thiamin (mg) |
| Cholesterol (mg) | Riboflavin (mg) |
| | Niacin (mg) |
| Individual fatty acids: | Vitamin B-6 (mg) |
| 4:0 (g) | Folate, total (µg) |
| 6:0 (g) | Folate (DFE) (µg) |
| 8:0 (g) | Folic acid (µg) |
| 10:0 (g) | Food folate (µg) |
| 12:0 (g) | Vitamin B-12 (µg) |
| 14:0 (g) | Added vitamin B-12 (µg) |
| 16:0 (g) | Choline, total (mg) |
| 18:0 (g) | |
| | Calcium (mg) |
| 16:1 (g) | Iron (mg) |
| 18:1 (g) | Magnesium (mg) |
| 20:1 (g) | Phosphorus (mg) |
| 22:1 (g) | Potassium (mg) |
| | Sodium (mg) |
| 18:2 (g) | Zinc (mg) |
| 18:3 (g) | Copper (mg) |
| 18:4 (g) | Selenium (µg) |
| 20:4 (g) | |
| 20:5 n-3 (g) | Caffeine (mg) |
| 22:5 n-3 (g) | Theobromine (mg) |
| 22:6 n-3 (g) | |

For more information about the Food and Nutrient Database for Dietary Studies, see:

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