DIETARY INTAKE DATA

What We Eat in America

NHANES 2017- March 2020 Prepandemic

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 1 year of age 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 12,634 individuals, all ages; Day 2 dietary recalls for 10,830 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 (FNDDS)

- Database of foods and beverages, their nutrient values, and weights for typical portions
- Intakes were processed separately using FNDDS 2019-2020 for foods/beverages reported by participants in NHANES 2019-March 2020 and then merged with data from NHANES 2017-2018.
- 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 2017- March 2020 Prepandemic, visit our web site:

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

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Energy (kcal)
Protein (g)
Carbohydrate (g)
Fat, total (g)
Alcohol (g)

Sugars, total (g)
Dietary fiber, total (g)
Water (g)

Saturated fatty acids, total (g)
Monounsaturated fatty acids, total (g)
Polyunsaturated fatty acids, total (g)
Cholesterol (mg)

Individual fatty acids:
    4:0 (g)
    6:0 (g)
    8:0 (g)
    10:0 (g)
    12:0 (g)
    14:0 (g)
    16:0 (g)
    18:0 (g)

    16:1 (g)
    18:1 (g)
    20:1 (g)
    22:1 (g)

    18:2 (g)
    18:3 (g)
    18:4 (g)
    20:4 (g)
    20:5 n-3 (g)
    22:5 n-3 (g)
    22:6 n-3 (g)

Vitamin A as retinol activity equivalents (µg)
Retinol (µg)
Carotenoids:
    Carotene, alpha (µg)
    Carotene, beta (µg)
    Cryptoxanthin, beta (µg)
    Lycopene (µg)
    Lutein + zeaxanthin (µg)
Vitamin E as alpha-tocopherol (mg)
    Added vitamin E (mg)
Vitamin D (D2 + D3) (µg)
Vitamin K as phylloquinone (µg)
Vitamin C (mg)
Thiamin (mg)
Riboflavin (mg)
Niacin (mg)
Vitamin B-6 (mg)
Folate, total (µg)
Folate (DFE) (µg)
    Folic acid (µg)
    Food folate (µg)
Vitamin B-12 (µg)
    Added vitamin B-12 (µg)
Choline, total (mg)

Calcium (mg)
Iron (mg)
Magnesium (mg)
Phosphorus (mg)
Potassium (mg)
Sodium (mg)
Zinc (mg)
Copper (mg)
Selenium (µg)

Caffeine (mg)
Theobromine (mg)

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

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