Supplemental Table 1: Food Categories Contributing to Saturated Fat Intakes

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Food** | **19-30 y** | **31-50 y** | **51-70 y** | **>70 yr** | **Male** | **Female** | **Total** |
| Cheese | 8.8% | 8.5% | 8.1% | 6.7% | 8.1% | 8.5% | 8.3% |
| Pizza | 7.8% | 5.6% | 3.7% | 2.2% | 6.0% | 4.3% | 5.2% |
| Ice cream and frozen dairy desserts | 3.3% | 3.7% | 5.1% | 7.9% | 4.3% | 4.6% | 4.4% |
| Eggs and omelets | 3.7% | 3.7% | 3.9% | 4.1% | 3.8% | 3.8% | 3.8% |
| Burritos and tacos | 5.0% | 4.1% | 2.4% | 1.2% | 4.0% | 2.9% | 3.5% |
| Chicken, whole pieces | 3.2% | 2.9% | 2.4% | 1.8% | 2.9% | 2.5% | 2.7% |
| Butter and animal fats | 1.4% | 2.3% | 3.5% | 4.6% | 2.4% | 3.0% | 2.7% |
| Burgers (single code) | 3.7% | 2.7% | 2.1% | 1.2% | 3.1% | 2.0% | 2.6% |
| Cakes and pies | 1.8% | 2.5% | 2.9% | 3.7% | 2.3% | 2.9% | 2.6% |
| Nuts and seeds | 1.6% | 2.3% | 3.3% | 2.7% | 2.5% | 2.5% | 2.5% |
| Candy containing chocolate | 1.9% | 2.5% | 2.8% | 2.4% | 2.0% | 3.0% | 2.4% |
| Cookies and brownies | 2.2% | 2.1% | 2.5% | 3.5% | 2.3% | 2.5% | 2.4% |
| Meat mixed dishes | 1.9% | 2.1% | 2.6% | 2.9% | 2.4% | 2.2% | 2.3% |
| Milk, reduced fat | 2.2% | 2.0% | 2.1% | 3.0% | 2.3% | 2.1% | 2.2% |
| Beef, excludes ground | 2.0% | 2.3% | 2.0% | 1.6% | 2.4% | 1.6% | 2.1% |
| Doughnuts, sweet rolls, pastries | 1.8% | 2.0% | 2.1% | 2.3% | 2.0% | 1.9% | 2.0% |
| Milk, whole | 2.2% | 1.9% | 1.8% | 2.0% | 2.0% | 1.9% | 2.0% |
| Pasta mixed dishes, excludes macaroni and cheese | 2.4% | 1.9% | 1.7% | 1.8% | 1.8% | 2.1% | 1.9% |
| Sausages | 1.4% | 1.8% | 1.8% | 1.8% | 2.0% | 1.4% | 1.7% |
| Cold cuts and cured meats | 1.4% | 1.6% | 1.9% | 2.0% | 1.9% | 1.4% | 1.7% |
| Other Mexican mixed dishes | 2.2% | 1.8% | 1.1% | 0.5% | 1.5% | 1.6% | 1.6% |
| Cream and cream substitutes | 0.8% | 1.7% | 1.9% | 1.7% | 1.3% | 1.9% | 1.6% |
| Salad dressings and vegetable oils | 1.4% | 1.5% | 1.6% | 1.6% | 1.3% | 1.8% | 1.5% |
| Ground beef | 1.7% | 1.5% | 1.5% | 1.1% | 1.7% | 1.2% | 1.5% |
| French fries and other fried white potatoes | 1.9% | 1.6% | 1.2% | 0.8% | 1.6% | 1.3% | 1.5% |
| Egg/breakfast sandwiches (single code) | 1.3% | 1.7% | 1.2% | 0.9% | 1.6% | 1.1% | 1.4% |
| Soups | 1.1% | 1.3% | 1.4% | 1.7% | 1.2% | 1.5% | 1.3% |
| Macaroni and cheese | 1.7% | 1.3% | 1.1% | 1.0% | 1.1% | 1.5% | 1.3% |
| Poultry mixed dishes | 1.1% | 1.2% | 1.3% | 1.3% | 1.1% | 1.3% | 1.2% |
| Cream cheese, sour cream, whipped cream | 1.3% | 1.2% | 1.2% | 1.3% | 1.0% | 1.4% | 1.2% |
| Pork | 1.0% | 1.2% | 1.2% | 1.1% | 1.3% | 0.9% | 1.1% |
| Yeast breads | 1.0% | 1.1% | 1.2% | 1.4% | 1.1% | 1.2% | 1.1% |
| Dips, gravies, other sauces | 0.9% | 1.1% | 1.0% | 1.0% | 0.8% | 1.2% | 1.0% |
| Biscuits, muffins, quick breads | 0.8% | 0.8% | 1.1% | 1.6% | 0.9% | 1.1% | 1.0% |
| Mashed potatoes and white potato mixtures | 0.8% | 0.8% | 1.1% | 1.5% | 0.9% | 1.0% | 1.0% |
| Potato chips | 0.8% | 0.9% | 0.8% | 0.6% | 0.8% | 0.8% | 0.8% |
| Frankfurters | 0.7% | 0.8% | 0.8% | 0.8% | 0.9% | 0.6% | 0.8% |
| Popcorn | 0.7% | 0.8% | 0.9% | 0.6% | 0.7% | 0.8% | 0.8% |
| Fish | 0.6% | 0.6% | 0.9% | 1.0% | 0.7% | 0.8% | 0.7% |
| Bacon | 0.6% | 0.7% | 0.8% | 0.9% | 0.7% | 0.7% | 0.7% |
| Mayonnaise | 0.6% | 0.7% | 0.7% | 0.8% | 0.7% | 0.6% | 0.7% |
| White potatoes, baked or boiled | \* | 0.6% | 0.8% | 1.1% | 0.6% | 0.7% | 0.7% |
| Frankfurter sandwiches (single code) | 0.7% | 0.7% | 0.7% | 0.6% | 0.7% | 0.6% | 0.7% |
| Tortilla, corn, other chips | 0.8% | 0.7% | 0.5% | \* | 0.7% | 0.6% | 0.7% |
| Other sandwiches (single code) | 0.9% | 0.6% | 0.5% | 0.4% | 0.7% | 0.5% | 0.6% |
| Chicken/turkey sandwiches (single code) | 1.1% | 0.7% | \* | \* | 0.6% | 0.6% | 0.6% |
| Chicken patties, nuggets and tenders | 1.0% | 0.6% | \* | \* | 0.6% | 0.6% | 0.6% |
| Turnovers and other grain-based items | 0.7% | 0.5% | 0.6% | 0.5% | 0.6% | 0.6% | 0.6% |
| Crackers, excludes saltines | 0.5% | 0.5% | 0.6% | 0.6% | 0.5% | 0.7% | 0.6% |
| Margarine | \* | \* | 0.7% | 1.3% | 0.5% | 0.6% | 0.5% |
| Stir-fry and soy-based sauce mixtures | 0.6% | 0.6% | 0.4% | \* | 0.5% | 0.5% | 0.5% |
| Coffee | 0.6% | 0.6% | \* | \* | \* | 0.7% | 0.5% |
| Milk shakes and other dairy drinks | 0.5% | 0.6% | 0.5% | \* | 0.6% | 0.4% | 0.5% |
| Milk, lowfat | \* | \* | 0.4% | 0.7% | \* | 0.5% | 0.4% |
| Rolls and buns | 0.5% | \* | \* | \* | \* | \* | \* |
| Beans, peas, legumes | \* | 0.4% | 0.4% | \* | \* | \* | \* |
| Seafood mixed dishes | \* | \* | 0.5% | 0.5% | \* | 0.4% | \* |
| Tortillas | \* | 0.5% | \* | \* | \* | \* | \* |
| Pancakes, waffles, French toast | \* | \* | \* | 0.4% | \* | \* | \* |
| Other vegetables and combinations | \* | \* | 0.4% | 0.4% | \* | 0.5% | \* |
| Yogurt, regular | \* | \* | \* | \* | \* | 0.5% | \* |
| Oatmeal | \* | \* | \* | 0.7% | \* | \* | \* |
| Vegetable dishes | \* | \* | \* | \* | \* | \* | \* |
| Rice mixed dishes | \* | \* | \* | \* | \* | \* | \* |
| Cheese sandwiches (single code) | \* | \* | \* | 0.5% | \* | \* | \* |
| Fried rice and lo/chow mein | \* | \* | \* | \* | \* | \* | \* |
| Turkey, duck, other poultry | \* | \* | \* | \* | \* | \* | \* |
| Rice | \* | \* | \* | \* | \* | \* | \* |
| Egg rolls, dumplings, sushi | \* | \* | \* | \* | \* | \* | \* |
| Milk substitutes | \* | \* | \* | \* | \* | \* | \* |
| Bean, pea, legume dishes | \* | \* | \* | \* | \* | \* | \* |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Food** | **Mexican American** | **Other Hispanic** | **Non-Hispanic White** | **Non-Hispanic Black** | **Non-Hispanic Asian** | **Other/Multiracial** |
| Cheese | 5.3% | 6.9% | 8.4% | 5.1% | 3.5% | 7.1% |
| Pizza | 4.3% | 5.5% | 5.2% | 5.4% | 4.3% | 5.0% |
| Ice cream and frozen dairy desserts | 2.5% | 4.1% | 4.7% | 3.7% | 3.3% | 3.8% |
| Eggs and omelets | 4.9% | 5.1% | 3.8% | 4.1% | 4.3% | 3.8% |
| Burritos and tacos | 12.4% | 4.5% | 4.1% | 2.6% | 2.5% | 4.2% |
| Chicken, whole pieces | 2.4% | 3.4% | 1.8% | 6.4% | 3.7% | 2.7% |
| Butter and animal fats | 1.1% | 1.7% | 3.0% | 1.4% | 1.6% | 2.1% |
| Burgers (single code) | 3.2% | 3.1% | 2.8% | 4.4% | 1.8% | 4.2% |
| Cakes and pies | 1.9% | 2.4% | 2.6% | 3.1% | 2.4% | 2.9% |
| Nuts and seeds | 1.6% | 1.7% | 2.9% | 1.9% | 4.4% | 2.5% |
| Candy containing chocolate | 1.2% | 1.4% | 2.5% | 2.1% | 2.1% | 2.0% |
| Cookies and brownies | 2.6% | 2.3% | 2.8% | 2.9% | 2.9% | 3.0% |
| Meat mixed dishes | 1.7% | 1.6% | 2.4% | 1.7% | 2.2% | 2.2% |
| Milk, reduced fat | 2.4% | 2.0% | 1.9% | 1.1% | 2.1% | 2.2% |
| Beef, excludes ground | 2.4% | 2.4% | 1.7% | 1.9% | 1.7% | 1.9% |
| Doughnuts, sweet rolls, pastries | 2.7% | 2.2% | 2.3% | 2.2% | 2.1% | 2.5% |
| Milk, whole | 2.0% | 1.9% | 1.8% | 1.9% | 2.6% | 1.5% |
| Pasta mixed dishes, excludes macaroni and cheese | 1.4% | 2.0% | 2.1% | 2.4% | 1.7% | 2.6% |
| Sausages | 1.1% | 1.4% | 1.6% | 2.4% | 0.9% | 1.5% |
| Cold cuts and cured meats | 0.8% | 1.5% | 1.7% | 1.4% | 1.1% | 1.6% |
| Other Mexican mixed dishes | 7.2% | 3.3% | 1.3% | 0.5% | 0.8% | 1.8% |
| Cream and cream substitutes | 1.3% | 1.2% | 1.7% | 1.0% | 1.2% | 1.4% |
| Salad dressings and vegetable oils | 0.9% | 1.1% | 1.5% | 1.6% | 1.1% | 1.4% |
| Ground beef | 0.8% | 1.0% | 1.2% | 0.9% | 0.6% | 1.3% |
| French fries and other fried white potatoes | 1.2% | 1.1% | 1.2% | 1.9% | 1.1% | 1.5% |
| Egg/breakfast sandwiches (single code) | 3.3% | 1.9% | 1.5% | 2.0% | 0.8% | 1.8% |
| Soups | 2.1% | 1.6% | 1.0% | 0.9% | 4.2% | 1.5% |
| Macaroni and cheese | 0.6% | 0.7% | 1.3% | 2.4% | \* | 1.5% |
| Poultry mixed dishes | 1.1% | 0.9% | 1.2% | 1.0% | 1.2% | 1.0% |
| Cream cheese, sour cream, whipped cream | 1.0% | 1.1% | 1.2% | 0.5% | 0.8% | 1.3% |
| Pork | 0.9% | 1.3% | 0.9% | 1.4% | 2.1% | 1.0% |
| Yeast breads | 0.7% | 1.0% | 1.1% | 1.0% | 2.7% | 1.3% |
| Dips, gravies, other sauces | 0.7% | \* | 1.0% | 0.8% | 0.9% | 1.0% |
| Biscuits, muffins, quick breads | 0.6% | 0.8% | 1.0% | 1.6% | 1.1% | 1.2% |
| Mashed potatoes and white potato mixtures | 0.6% | 1.1% | 1.2% | 1.0% | 0.4% | 1.0% |
| Potato chips | \* | \* | 0.6% | 1.0% | 0.5% | 0.6% |
| Frankfurters | \* | \* | \* | 0.4% | \* | \* |
| Popcorn | 0.6% | 0.6% | 0.9% | 1.1% | 0.7% | 0.7% |
| Fish | 0.6% | 0.8% | 0.6% | 1.5% | 1.7% | 0.8% |
| Bacon | \* | 0.4% | 0.7% | 1.1% | 0.4% | 0.7% |
| Mayonnaise | 0.6% | 0.7% | 0.7% | 0.7% | \* | 0.7% |
| White potatoes, baked or boiled | \* | 0.6% | 0.8% | 0.5% | \* | \* |
| Frankfurter sandwiches (single code) | 0.7% | 1.0% | 1.1% | 1.5% | 0.5% | 1.1% |
| Tortilla, corn, other chips | 0.8% | 0.6% | 0.6% | 0.8% | 0.5% | 1.1% |
| Other sandwiches (single code) | 0.5% | 0.6% | 0.7% | 0.5% | \* | 0.6% |
| Chicken/turkey sandwiches (single code) | 0.7% | 0.7% | 0.6% | 1.0% | 0.6% | \* |
| Chicken patties, nuggets and tenders | \* | 0.5% | 0.6% | 0.9% | 0.4% | 1.0% |
| Turnovers and other grain-based items | \* | 1.1% | 0.6% | 0.5% | 1.3% | 0.9% |
| Crackers, excludes saltines | \* | \* | 0.6% | 0.5% | 0.4% | 0.5% |
| Margarine | \* | \* | 0.5% | \* | \* | \* |
| Stir-fry and soy-based sauce mixtures | 0.5% | 0.5% | 0.4% | \* | 2.0% | 0.6% |
| Coffee | 0.6% | 1.0% | 0.5% | \* | 0.8% | 0.7% |
| Milk shakes and other dairy drinks | 0.5% | 0.7% | 0.6% | 0.6% | 0.5% | 0.7% |
| Milk, lowfat | \* | \* | 0.4% | \* | \* | \* |
| Rolls and buns | \* | \* | \* | \* | \* | \* |
| Beans, peas, legumes | 1.0% | 1.0% | \* | \* | 0.6% | \* |
| Seafood mixed dishes | \* | \* | \* | 0.5% | 0.6% | \* |
| Tortillas | 1.6% | 0.8% | \* | \* | 0.6% | \* |
| Pancakes, waffles, French toast | \* | 0.6% | \* | 0.6% | \* | \* |
| Other vegetables and combinations | 0.5% | 0.7% | \* | \* | 1.1% | \* |
| Yogurt, regular | \* | \* | \* | \* | 0.8% | \* |
| Oatmeal | \* | 0.5% | \* | \* | 0.7% | \* |
| Vegetable dishes | \* | \* | \* | \* | 0.5% | \* |
| Rice mixed dishes | \* | 0.5% | \* | \* | 0.8% | \* |
| Cheese sandwiches (single code) | \* | \* | 0.5% | \* | \* | \* |
| Fried rice and lo/chow mein | \* | \* | \* | \* | 0.9% | \* |
| Turkey, duck, other poultry | \* | \* | \* | \* | 0.4% | \* |
| Rice | \* | 0.7% | \* | \* | 0.9% | \* |
| Egg rolls, dumplings, sushi | \* | \* | \* | \* | 0.8% | \* |
| Milk substitutes | \* | \* | \* | \* | 0.4% | \* |
| Bean, pea, legume dishes | \* | 0.7% | \* | \* | 0.4% | \* |

Supplemental Table 2: Food Categories Contributing to Added Sugars Intakes

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Food** | **19-30 y** | **31-50 y** | **51-70 y** | **>70 yr** | **Male** | **Female** | **Total** |
| Soft drinks | 33.6% | 28.9% | 19.3% | 11.3% | 28.8% | 22.5% | 26.0% |
| Tea | 6.4% | 7.0% | 7.5% | 5.5% | 6.6% | 7.3% | 6.9% |
| Fruit drinks | 8.8% | 6.6% | 5.7% | 5.1% | 6.8% | 6.8% | 6.8% |
| Cakes and pies | 3.9% | 6.0% | 7.5% | 10.8% | 5.7% | 7.0% | 6.3% |
| Sugars and honey | 3.3% | 5.4% | 6.1% | 5.2% | 4.9% | 5.2% | 5.0% |
| Ice cream and frozen dairy desserts | 3.3% | 3.8% | 5.8% | 9.3% | 4.5% | 4.9% | 4.7% |
| Cookies and brownies | 3.6% | 3.9% | 5.2% | 7.6% | 4.2% | 4.8% | 4.5% |
| Candy containing chocolate | 2.4% | 3.2% | 4.1% | 3.6% | 2.8% | 3.9% | 3.3% |
| Sport and energy drinks | 4.5% | 3.3% | 1.4% | 0.6% | 4.0% | 1.3% | 2.8% |
| Ready-to-eat cereal, higher sugar (>21.2g/100g) | 3.2% | 2.4% | 2.4% | 3.2% | 2.6% | 2.8% | 2.7% |
| Jams, syrups, toppings | 2.0% | 2.4% | 3.1% | 4.0% | 2.7% | 2.5% | 2.6% |
| Candy not containing chocolate | 2.2% | 2.2% | 2.8% | 1.8% | 2.0% | 2.7% | 2.3% |
| Doughnuts, sweet rolls, pastries | 1.9% | 2.2% | 2.4% | 2.6% | 2.3% | 2.1% | 2.2% |
| Yeast breads | 1.1% | 1.3% | 1.9% | 2.6% | 1.5% | 1.6% | 1.5% |
| Cream and cream substitutes | 0.8% | 1.6% | 1.9% | 1.4% | 1.1% | 1.9% | 1.4% |
| Biscuits, muffins, quick breads | 1.1% | 1.1% | 1.6% | 2.5% | 1.2% | 1.6% | 1.4% |
| Liquor and cocktails | 1.1% | 1.0% | 1.1% | 0.7% | 1.0% | 1.2% | 1.0% |
| Yogurt, regular | 0.8% | 0.8% | 1.2% | 1.3% | 0.6% | 1.3% | 0.9% |
| Tomato-based condiments | 1.0% | 0.9% | 0.9% | 0.6% | 1.1% | 0.7% | 0.9% |
| Ready-to-eat cereal, lower sugar (=<21.2g/100g) | 0.7% | 0.7% | 1.0% | 1.6% | 0.8% | 0.9% | 0.9% |
| Coffee | 1.1% | 0.9% | 0.6% | \* | 0.6% | 1.1% | 0.8% |
| Salad dressings and vegetable oils | 0.5% | 0.7% | 1.0% | 1.0% | 0.7% | 0.9% | 0.8% |
| Cereal bars | 0.7% | 0.8% | 0.7% | 0.5% | 0.6% | 0.8% | 0.7% |
| Rolls and buns | 0.7% | 0.7% | 0.8% | 0.8% | 0.8% | 0.6% | 0.7% |
| Gelatins, ices, sorbets | 0.5% | 0.5% | 0.6% | 0.7% | 0.5% | 0.6% | 0.5% |
| Milk shakes and other dairy drinks | \* | 0.6% | 0.5% | \* | 0.6% | 0.5% | 0.5% |
| Pudding | \* | 0.4% | 0.6% | 1.1% | 0.4% | 0.6% | 0.5% |
| Burgers (single code) | 0.6% | 0.5% | 0.4% | \* | 0.5% | \* | 0.5% |
| Oatmeal | \* | \* | 0.5% | 0.9% | \* | 0.5% | 0.4% |
| Pizza | 0.5% | \* | \* | \* | 0.5% | \* | 0.4% |
| Pancakes, waffles, French toast | \* | \* | \* | 0.5% | \* | 0.4% | \* |
| Nutrition bars | \* | 0.4% | \* | \* | \* | 0.4% | \* |
| Meat mixed dishes | \* | \* | 0.4% | 0.5% | \* | \* | \* |
| Milk substitutes | \* | \* | 0.4% | \* | \* | 0.4% | \* |
| Nuts and seeds | \* | \* | 0.4% | \* | \* | \* | \* |
| Nutritional beverages | \* | \* | \* | 0.8% | \* | \* | \* |
| Stir-fry and soy-based sauce mixtures | \* | \* | \* | \* | \* | \* | \* |
| Yogurt, Greek | \* | \* | 0.4% | \* | \* | 0.4% | \* |
| Chicken, whole pieces | \* | \* | \* | \* | \* | \* | \* |
| Beans, peas, legumes | \* | \* | \* | 0.5% | \* | \* | \* |
| Smoothies and grain drinks | \* | \* | \* | \* | \* | \* | \* |
| Flavored milk, nonfat | \* | \* | \* | 0.5% | \* | \* | \* |
| Flavored milk, whole | \* | \* | \* | \* | \* | \* | \* |
| Peaches and nectarines | \* | \* | \* | 0.7% | \* | \* | \* |
| Other fruits and fruit salads | \* | \* | \* | 0.5% | \* | \* | \* |
| Soups | \* | \* | \* | \* | \* | \* | \* |
| Egg rolls, dumplings, sushi | \* | \* | \* | \* | \* | \* | \* |
| Mustard and other condiments | \* | \* | \* | \* | \* | \* | \* |
| Other red and orange vegetables | \* | \* | \* | \* | \* | \* | \* |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Food** | **Mexican American** | **Other Hispanic** | **Non-Hispanic White** | **Non-Hispanic Black** | **Non-Hispanic Asian** | **Other/Multiracial** |
| Soft drinks | 33.6% | 27.8% | 22.6% | 25.3% | 15.7% | 26.8% |
| Tea | 5.4% | 6.2% | 8.7% | 8.2% | 6.1% | 11.2% |
| Fruit drinks | 7.6% | 9.2% | 3.8% | 12.0% | 5.2% | 6.3% |
| Cakes and pies | 4.3% | 5.3% | 5.9% | 5.9% | 6.0% | 5.6% |
| Sugars and honey | 5.4% | 7.9% | 4.7% | 5.5% | 9.0% | 5.9% |
| Ice cream and frozen dairy desserts | 2.8% | 4.1% | 5.2% | 3.4% | 4.3% | 3.0% |
| Cookies and brownies | 4.5% | 4.0% | 5.1% | 4.4% | 6.3% | 4.7% |
| Candy containing chocolate | 1.8% | 1.8% | 3.6% | 2.6% | 3.3% | 2.2% |
| Sport and energy drinks | 4.3% | 2.7% | 3.2% | 2.8% | 2.1% | 3.5% |
| Ready-to-eat cereal, higher sugar (>21.2g/100g) | 2.4% | 1.8% | 2.8% | 2.7% | 2.1% | 2.7% |
| Jams, syrups, toppings | 1.3% | 2.1% | 2.9% | 2.3% | 2.2% | 1.7% |
| Candy not containing chocolate | 1.6% | 1.2% | 2.5% | 3.1% | 2.2% | 2.4% |
| Doughnuts, sweet rolls, pastries | 3.4% | 2.2% | 2.2% | 1.7% | 2.7% | 2.0% |
| Yeast breads | 1.2% | 1.4% | 1.5% | 1.2% | 2.0% | 1.3% |
| Cream and cream substitutes | 1.5% | 1.3% | 1.8% | 1.1% | 1.4% | 2.1% |
| Biscuits, muffins, quick breads | 0.6% | 1.0% | 1.5% | 1.2% | 1.8% | 0.8% |
| Liquor and cocktails | 0.9% | 0.9% | 1.5% | 1.2% | 1.1% | 0.9% |
| Yogurt, regular | 0.8% | 1.1% | 0.9% | \* | 1.0% | \* |
| Tomato-based condiments | 0.7% | 0.8% | 1.0% | 1.0% | 0.8% | 0.8% |
| Ready-to-eat cereal, lower sugar (=<21.2g/100g) | 0.9% | 0.6% | 1.0% | \* | 0.8% | 0.5% |
| Coffee | 1.0% | 1.5% | 0.9% | 0.5% | 2.3% | 1.7% |
| Salad dressings and vegetable oils | \* | \* | 0.9% | 0.6% | 0.7% | 0.5% |
| Cereal bars | 0.5% | 0.7% | 0.9% | 0.5% | 0.7% | 0.5% |
| Rolls and buns | \* | 0.5% | 0.7% | 0.4% | 0.5% | 0.5% |
| Gelatins, ices, sorbets | 0.8% | 0.6% | 0.4% | 0.5% | 0.5% | \* |
| Milk shakes and other dairy drinks | \* | 0.6% | 0.6% | 0.4% | 0.6% | 0.5% |
| Pudding | \* | 0.8% | 0.5% | \* | 0.8% | 0.5% |
| Burgers (single code) | 0.6% | \* | 0.5% | 0.7% | \* | 0.7% |
| Oatmeal | \* | \* | 0.4% | \* | 0.6% | \* |
| Pizza | \* | \* | \* | \* | \* | \* |
| Pancakes, waffles, French toast | \* | \* | \* | \* | \* | \* |
| Nutrition bars | \* | \* | 0.6% | \* | \* | \* |
| Meat mixed dishes | \* | \* | 0.5% | \* | 0.7% | \* |
| Milk substitutes | 0.4% | 0.6% | \* | \* | 1.5% | \* |
| Nuts and seeds | \* | \* | 0.5% | \* | 0.7% | \* |
| Nutritional beverages | \* | \* | \* | \* | \* | \* |
| Stir-fry and soy-based sauce mixtures | 0.5% | \* | \* | \* | 0.8% | \* |
| Yogurt, Greek | \* | \* | 0.7% | \* | \* | \* |
| Chicken, whole pieces | \* | \* | \* | 0.6% | 0.7% | 0.6% |
| Beans, peas, legumes | \* | \* | \* | \* | \* | \* |
| Smoothies and grain drinks | 1.2% | 1.4% | \* | \* | \* | \* |
| Flavored milk, nonfat | \* | \* | \* | \* | \* | \* |
| Flavored milk, whole | \* | \* | \* | \* | 0.7% | \* |
| Peaches and nectarines | \* | \* | \* | \* | \* | \* |
| Other fruits and fruit salads | \* | \* | \* | \* | \* | \* |
| Soups | \* | \* | \* | \* | 0.8% | \* |
| Egg rolls, dumplings, sushi | \* | \* | \* | \* | 0.6% | \* |
| Mustard and other condiments | \* | \* | \* | \* | 0.6% | \* |
| Other red and orange vegetables | \* | \* | \* | 0.5% | \* | \* |

**Supplemental Table 3: Percent of the sample reporting the foods or beverages from the Food Categories in the SF/AS food list by the day of record.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Both Days** | | | |
| **Food Category** | **Consumed** | **Consumed** | **Not Consumed on either day** | **Consumed on 1 day** | **Consumed on both days** | **Consumed on Any Day** |
| Coffee | 53.1% | 53.5% | 41.1% | 16.8% | 42.1% | 58.9% |
| Yeast breads | 39.3% | 41.8% | 43.5% | 36.3% | 20.3% | 56.5% |
| Cheese | 36.9% | 34.6% | 47.9% | 36.6% | 15.5% | 52.1% |
| Soft drinks | 30.9% | 27.2% | 61.7% | 22.1% | 16.2% | 38.3% |
| Tea | 27.1% | 26.9% | 64.3% | 20.6% | 15.1% | 35.7% |
| Eggs and omelets | 21.2% | 23.5% | 66.1% | 26.2% | 7.8% | 33.9% |
| Chicken, whole pieces | 20.1% | 21.6% | 66.1% | 28.5% | 5.4% | 33.9% |
| Other vegetables and combinations | 20.9% | 21.8% | 66.7% | 26.1% | 7.2% | 33.3% |
| Tomato-based condiments | 22.2% | 18.7% | 67.0% | 27.6% | 5.4% | 33.0% |
| Cookies and brownies | 21.8% | 19.2% | 67.7% | 25.6% | 6.7% | 32.3% |
| Salad dressings and vegetable oils | 20.0% | 20.6% | 68.1% | 25.4% | 6.6% | 31.9% |
| Cold cuts and cured meats | 19.4% | 19.8% | 68.7% | 25.4% | 5.9% | 31.3% |
| Sugars and honey | 23.4% | 22.1% | 70.2% | 16.8% | 13.0% | 29.8% |
| Nuts and seeds | 19.8% | 19.2% | 71.1% | 20.7% | 8.2% | 28.9% |
| Cream and cream substitutes | 22.8% | 22.4% | 72.5% | 12.3% | 15.3% | 27.5% |
| Mustard and other condiments | 17.4% | 16.3% | 72.5% | 23.1% | 4.3% | 27.5% |
| Rolls and buns | 16.8% | 15.4% | 73.5% | 22.7% | 3.8% | 26.5% |
| French fries and fried potatoes | 16.2% | 14.4% | 74.5% | 22.1% | 3.3% | 25.5% |
| Mayonnaise | 14.8% | 15.0% | 76.1% | 19.8% | 4.1% | 23.9% |
| Ice cream and frozen dairy desserts | 15.1% | 14.0% | 76.8% | 18.7% | 4.4% | 23.2% |
| Milk, reduced fat | 15.4% | 15.9% | 78.6% | 13.2% | 8.1% | 21.4% |
| Candy containing chocolate | 14.7% | 11.9% | 78.7% | 17.2% | 4.1% | 21.3% |
| Soups | 12.6% | 12.7% | 79.1% | 18.0% | 3.0% | 20.9% |
| Crackers, excludes saltines | 13.1% | 11.8% | 79.8% | 16.7% | 3.5% | 20.2% |
| Cakes and pies | 12.3% | 11.6% | 79.9% | 17.7% | 2.4% | 20.1% |
| Potato chips | 13.1% | 11.1% | 80.1% | 16.8% | 3.0% | 19.9% |
| Tortilla, corn, other chips | 13.2% | 10.2% | 80.5% | 16.8% | 2.7% | 19.5% |
| Butter and animal fats | 11.8% | 13.0% | 80.6% | 15.4% | 4.0% | 19.4% |
| Fruit drinks | 12.8% | 11.9% | 80.9% | 15.2% | 3.9% | 19.1% |
| Meat mixed dishes | 11.1% | 10.7% | 81.2% | 17.1% | 1.7% | 18.8% |
| Jams, syrups, toppings | 11.6% | 11.3% | 81.5% | 15.4% | 3.0% | 18.5% |
| Rice | 10.8% | 12.0% | 82.1% | 14.6% | 3.3% | 17.9% |
| Pizza | 10.8% | 9.6% | 82.3% | 16.4% | 1.3% | 17.7% |
| Ready-to-eat cereal, higher sugar (>21.2g/100g) | 11.2% | 11.5% | 82.6% | 13.5% | 4.0% | 17.4% |
| Beef, excludes ground | 9.9% | 10.0% | 82.6% | 16.1% | 1.3% | 17.4% |
| Dips, gravies, other sauces | 11.0% | 9.0% | 83.0% | 15.2% | 1.8% | 17.0% |
| Candy not containing chocolate | 11.2% | 8.8% | 83.6% | 13.7% | 2.7% | 16.4% |
| Pasta mixed dishes, excludes macaroni and cheese | 9.4% | 8.8% | 83.9% | 15.0% | 1.1% | 16.1% |
| Margarine | 10.2% | 10.5% | 84.0% | 12.2% | 3.8% | 16.0% |
| Doughnuts, sweet rolls, pastries | 10.1% | 8.9% | 84.2% | 13.8% | 2.0% | 15.8% |
| Ready-to-eat cereal, lower sugar (=<21.2g/100g) | 10.3% | 10.9% | 84.2% | 11.5% | 4.3% | 15.8% |
| Mashed potatoes and white potato mixtures | 9.0% | 8.7% | 84.5% | 14.3% | 1.2% | 15.5% |
| Beans, peas, legumes | 9.3% | 8.7% | 84.9% | 13.5% | 1.7% | 15.1% |
| Biscuits, muffins, quick breads | 8.6% | 8.6% | 85.6% | 12.6% | 1.8% | 14.4% |
| Bacon | 7.9% | 8.2% | 86.3% | 12.3% | 1.4% | 13.7% |
| Fish | 7.6% | 8.3% | 86.3% | 12.5% | 1.2% | 13.7% |
| Milk, whole | 9.7% | 9.6% | 86.7% | 8.5% | 4.8% | 13.3% |
| Cream cheese, sour cream, whipped cream | 7.6% | 6.9% | 87.8% | 10.8% | 1.4% | 12.2% |
| Poultry mixed dishes | 6.9% | 6.6% | 87.9% | 11.3% | 0.8% | 12.1% |
| Pork | 6.8% | 6.7% | 88.1% | 11.0% | 0.9% | 11.9% |
| Sausages | 6.9% | 7.0% | 88.2% | 10.6% | 1.2% | 11.8% |
| Tortillas | 7.6% | 7.3% | 88.6% | 8.9% | 2.6% | 11.4% |
| Burritos and tacos | 6.8% | 6.3% | 88.7% | 10.4% | 0.9% | 11.3% |
| Ground beef | 6.4% | 6.2% | 89.0% | 10.1% | 0.9% | 11.0% |
| White potatoes, baked or boiled | 5.4% | 6.5% | 89.5% | 9.8% | 0.7% | 10.5% |
| Burgers (single code) | 6.3% | 5.5% | 89.7% | 9.6% | 0.8% | 10.3% |
| Yogurt, regular | 5.9% | 7.0% | 90.2% | 7.3% | 2.5% | 9.8% |
| Oatmeal | 5.9% | 7.0% | 90.3% | 7.1% | 2.6% | 9.7% |
| Popcorn | 5.4% | 4.7% | 91.4% | 7.7% | 0.9% | 8.6% |
| Milk, lowfat | 6.0% | 6.5% | 91.4% | 5.3% | 3.3% | 8.6% |
| Liquor and cocktails | 6.5% | 4.3% | 91.6% | 6.7% | 1.8% | 8.4% |
| Pancakes, waffles, French toast | 4.6% | 4.9% | 92.0% | 7.3% | 0.7% | 8.0% |
| Rice mixed dishes | 4.9% | 4.0% | 92.1% | 7.5% | 0.4% | 7.9% |
| Other fruits and fruit salads | 4.3% | 4.9% | 92.3% | 6.7% | 1.0% | 7.7% |
| Cereal bars | 4.4% | 4.7% | 92.8% | 5.9% | 1.4% | 7.2% |
| Chicken patties, nuggets and tenders | 4.3% | 3.7% | 92.8% | 6.8% | 0.4% | 7.2% |
| Sport and energy drinks | 4.9% | 4.0% | 93.0% | 5.6% | 1.4% | 7.0% |
| Macaroni and cheese | 3.9% | 3.9% | 93.0% | 6.7% | 0.3% | 7.0% |
| Other Mexican mixed dishes | 3.9% | 3.5% | 93.5% | 6.1% | 0.4% | 6.5% |
| Seafood mixed dishes | 3.6% | 3.3% | 93.7% | 6.0% | 0.3% | 6.3% |
| Chicken/turkey sandwiches (single code) | 3.5% | 3.1% | 94.1% | 5.5% | 0.3% | 5.9% |
| Stir-fry and soy-based sauce mixtures | 3.7% | 2.8% | 94.1% | 5.5% | 0.3% | 5.9% |
| Egg/breakfast sandwiches (single code) | 3.2% | 3.5% | 94.3% | 5.1% | 0.5% | 5.7% |
| Peaches and nectarines | 3.3% | 3.4% | 94.5% | 4.6% | 0.8% | 5.5% |
| Other red and orange vegetables | 2.9% | 3.2% | 94.7% | 5.0% | 0.4% | 5.3% |
| Fried rice and lo/chow mein | 3.0% | 2.4% | 95.2% | 4.6% | 0.2% | 4.8% |
| Milk substitutes | 3.3% | 3.6% | 95.3% | 2.9% | 1.8% | 4.7% |
| Turkey, duck, other poultry | 2.7% | 2.5% | 95.4% | 4.3% | 0.3% | 4.6% |
| Frankfurters | 2.3% | 2.6% | 95.7% | 4.0% | 0.3% | 4.3% |
| Vegetable dishes | 2.5% | 1.8% | 96.0% | 3.8% | 0.2% | 4.0% |
| Turnovers and other grain-based items | 2.5% | 1.8% | 96.1% | 3.7% | 0.2% | 3.9% |
| Gelatins, ices, sorbets | 2.2% | 2.1% | 96.3% | 3.3% | 0.4% | 3.7% |
| Other sandwiches (single code) | 2.0% | 2.2% | 96.3% | 3.6% | 0.1% | 3.7% |
| Egg rolls, dumplings, sushi | 2.2% | 1.8% | 96.4% | 3.4% | 0.2% | 3.6% |
| Frankfurter sandwiches (single code) | 2.1% | 1.8% | 96.4% | 3.5% | 0.1% | 3.6% |
| Pudding | 2.1% | 1.9% | 96.5% | 3.3% | 0.3% | 3.5% |
| Nutrition bars | 1.9% | 2.1% | 96.9% | 2.4% | 0.7% | 3.1% |
| Yogurt, Greek | 2.0% | 2.0% | 97.0% | 2.3% | 0.7% | 3.0% |
| Smoothies and grain drinks | 1.9% | 1.8% | 97.1% | 2.3% | 0.5% | 2.9% |
| Bean, pea, legume dishes | 1.4% | 1.4% | 97.6% | 2.3% | 0.2% | 2.4% |
| Milk shakes and other dairy drinks | 1.3% | 1.1% | 97.8% | 2.2% | 0.1% | 2.2% |
| Nutritional beverages | 1.4% | 1.3% | 98.0% | 1.4% | 0.6% | 2.0% |
| Flavored milk, nonfat | 0.8% | 0.7% | 98.7% | 1.2% | 0.2% | 1.3% |
| Flavored milk, whole | 0.7% | 0.6% | 98.9% | 0.9% | 0.1% | 1.1% |
| Cheese sandwiches (single code) | 0.5% | 0.5% | 99.1% | 0.9% | 0.0% | 0.9% |

Supplemental Table 4: Nutrient contribution of food list vs total day

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Day 1 | n=36,355 |  |  | Day 2 | n=31,756 |  |  | Average 2 days | n=36,355 |  |  |
|  | SF/AS food list | Total | % of day | ≥90% from SF/AS food list | SF/AS fod list | Total | % of day | ≥90% from SF/AS food list | SF/AS food list | Total | % of day | ≥90% from SFAS food list |
|  | Mean (SE) | |  | % | Mean (SE) | |  |  | Mean (SE) | |  |  |
| Energy (kcal) | 1888 (8) | 2151 (8) | 87.3 (0.1) | 52.3% | 1780 (9) | 2030 (10) | 86.9 (0.2) | 51.1% | 1837 (8) | 2097 (8) | 87.3 (0.1) | 48.5% |
| Protein (gm) | 75.8 (0.4) | 83 (0.4) | 91 (0.1) | 71.5% | 74.1 (0.4) | 81.2 (0.4) | 90.5 (0.1) | 70.7% | 75 (0.3) | 82.3 (0.3) | 91.0 (0.1) | 69.3% |
| Carbohydrate (gm) | 215 (1) | 256 (1) | 83 (0.2) | 42.4% | 203 (1) | 244 (1) | 81.8 (0.2) | 39.9% | 209 (1) | 250 (1) | 82.6 (0.2) | 35.7% |
| Added sugars (tsp. eq.) | 17.3 (0.2) | 17.8 (0.2) | 95 (0.1) | 88.2% | 15.5 (0.2) | 15.9 (0.2) | 94.7 (0.2) | 88.4% | 16.5 (0.2) | 17 (0.2) | 95.8 (0.1) | 88.2% |
| Dietary fiber (gm) | 13.1 (0.1) | 16.9 (0.1) | 78.1 (0.2) | 37.3% | 12.9 (0.1) | 16.9 (0.1) | 76 (0.2) | 34.3% | 13 (0.09) | 16.9 (0.12) | 77.3 (0.2) | 28.3% |
| Total fat (gm) | 80.1 (0.4) | 83.2 (0.4) | 95.6 (0.1) | 87.3% | 75.3 (0.5) | 78.3 (0.5) | 95.3 (0.1) | 86.9% | 77.9 (0.4) | 81 (0.4) | 95.7 (0.1) | 87.5% |
| Saturated fat (gm) | 26.5 (0.2) | 27.2 (0.2) | 96.5 (0.1) | 90.3% | 24.9 (0.2) | 25.6 (0.2) | 96.1 (0.1) | 89.5% | 25.8 (0.1) | 26.5 (0.1) | 96.7 (0.1) | 91.4% |
| Monounsaturated fat (gm) | 28.7 (0.2) | 29.6 (0.2) | 96.3 (0.1) | 88.9% | 26.9 (0.2) | 27.8 (0.2) | 96 (0.1) | 88.7% | 27.9 (0.1) | 28.8 (0.1) | 96.4 (0.1) | 89.5% |
| Polyunsaturated fat (gm) | 17.9 (0.1) | 18.9 (0.1) | 94.0 (0.1) | 83.1% | 16.8 (0.1) | 17.8 (0.1) | 93.6 (0.1) | 82.5% | 17.4 (0.1) | 18.4 (0.1) | 94.1 (0.1) | 81.6% |
| Vitamin E (mg) | 7.5 (0.07) | 8.6 (0.07) | 87.0 (0.2) | 59.3% | 7.2 (0.07) | 8.3 (0.08) | 85.9 (0.2) | 57.0% | 7.3 (0.06) | 8.5 (0.07) | 86.6 (0.1) | 54.1% |
| Vitamin A, RAE (mcg) | 487 (5) | 639 (7) | 81.4 (0.3) | 55.6% | 494 (5) | 658 (7) | 80.1 (0.3) | 53.4% | 489 (4) | 647 (6) | 80.3 (0.3) | 48.2% |
| *Alpha-carotene (mcg)* | *175 (5)* | *401 (12)* | *46.1 (0.4)* | *35.5%* | *185 (6)* | *440 (13)* | *42.3 (0.5)* | *32.0%* | *180 (4)* | *422 (12)* | *47.4 (0.4)* | *30.2%* |
| *Beta-carotene (mcg)* | *1056 (25)* | *2230 (47)* | *62.4 (0.4)* | *40.4%* | *1050 (24)* | *2329 (45)* | *59.6 (0.5)* | *37.6%* | *1054 (19)* | *2283 (42)* | *58.5 (0.4)* | *29.6%* |
| *Beta-cryptoxanthin (mcg)* | *37.4 (1.4)* | *92.1 (2.1)* | *62 (0.4)* | *51.0%* | *35.8 (1.3)* | *92.1 (1.9)* | *58.4 (0.4)* | *46.8%* | *36.8 (1.3)* | *92.5 (1.8)* | *60.3 (0.4)* | *42.0%* |
| *Lycopene (mcg)* | *4037 (68)* | *5309 (82)* | *58.1 (0.4)* | *51.4%* | *3858 (74)* | *5286 (101)* | *54.7 (0.5)* | *48.6%* | *3940 (54)* | *5294 (68)* | *67.8 (0.4)* | *55.0%* |
| *Lutein + zeaxanthin (mcg)* | *682 (11)* | *1573 (37)* | *65.7 (0.4)* | *37.7%* | *671 (13)* | *1597 (33)* | *63.3 (0.3)* | *35.0%* | *677 (10)* | *1590 (28)* | *61.9 (0.3)* | *27.0%* |
| Thiamin (Vitamin B1) (mg) | 1.4 (0.01) | 1.6 (0.01) | 86.5 (0.2) | 55.6% | 1.4 (0.01) | 1.6 (0.01) | 85.4 (0.2) | 53.4% | 1.4 (0.01) | 1.6 (0.01) | 86.2 (0.2) | 50.3% |
| Riboflavin (Vitamin B2) (mg) | 1.9 (0.01) | 2.2 (0.01) | 86.7 (0.2) | 54.0% | 1.8 (0.01) | 2.1 (0.01) | 86.2 (0.2) | 53.0% | 1.9 (0.01) | 2.2 (0.01) | 86.6 (0.1) | 50.7% |
| Niacin (mg) | 23.1 (0.1) | 26 (0.1) | 88.9 (0.2) | 64.5% | 22.7 (0.1) | 25.6 (0.1) | 88.7 (0.2) | 63.8% | 22.9 (0.1) | 25.9 (0.1) | 89.0 (0.1) | 62.0% |
| Vitamin B6 (mg) | 1.7 (0.01) | 2.1 (0.02) | 82.1 (0.2) | 43.0% | 1.7 (0.01) | 2.1 (0.01) | 81.8 (0.2) | 42.4% | 1.7 (0.01) | 2.1 (0.01) | 82.1 (0.2) | 36.7% |
| Folate, DFE (mcg) | 447 (3) | 535 (3) | 82.4 (0.2) | 47.1% | 448 (4) | 537 (5) | 81.3 (0.2) | 45.6% | 446 (3) | 535 (3) | 82.2 (0.2) | 40.6% |
| Total choline (mg) | 286 (2) | 335 (2) | 85.8 (0.2) | 53.6% | 281 (2) | 326 (2) | 85.9 (0.2) | 53.1% | 283 (1) | 331 (1) | 86 (0.2) | 49.8% |
| Vitamin B12 (mcg) | 4.7 (0.04) | 5.2 (0.05) | 92.2 (0.2) | 80.8% | 4.6 (0.05) | 5.2 (0.07) | 92.2 (0.2) | 81.3% | 4.7 (0.03) | 5.2 (0.05) | 92.2 (0.2) | 78.2% |
| Vitamin C (mg) | 38 (0.5) | 82.7 (1) | 58 (0.4) | 31.9% | 36.3 (0.5) | 83 (1) | 55.6 (0.4) | 29.7% | 37.2 (0.4) | 83 (0.9) | 54.4 (0.4) | 21.2% |
| Vitamin K (mcg) | 63.4 (0.6) | 114.9 (2.1) | 74.6 (0.3) | 46.5% | 59.7 (0.6) | 113 (2) | 72.3 (0.3) | 43.7% | 61.8 (0.5) | 114.6 (1.9) | 70.5 (0.3) | 35.3% |
| Calcium (mg) | 766 (6) | 971 (6) | 77.7 (0.2) | 32.9% | 748 (7) | 948 (7) | 77.3 (0.2) | 33.4% | 756 (5) | 959 (6) | 78.1 (0.2) | 28.5% |
| Phosphorus (mg) | 1223 (6) | 1388 (7) | 88.2 (0.1) | 59.4% | 1190 (7) | 1350 (8) | 87.9 (0.1) | 58.5% | 1207 (6) | 1370 (6) | 88.2 (0.1) | 56.4% |
| Magnesium (mg) | 234 (1) | 305 (2) | 76.8 (0.2) | 23.6% | 227 (2) | 296 (2) | 76.8 (0.2) | 23.4% | 230 (1) | 301 (2) | 76.9 (0.2) | 17.9% |
| Iron (mg) | 13.1 (0.07) | 15 (0.07) | 87.1 (0.2) | 58.1% | 13.2 (0.09) | 15.1 (0.09) | 86.3 (0.2) | 56.4% | 13.1 (0.06) | 15 (0.07) | 87 (0.2) | 53.6% |
| Zinc (mg) | 10.5 (0.06) | 11.7 (0.07) | 90.1 (0.1) | 68.6% | 10.4 (0.08) | 11.5 (0.09) | 89.6 (0.1) | 66.8% | 10.4 (0.06) | 11.6 (0.06) | 90.2 (0.1) | 66.8% |
| Copper (mg) | 1 (0.01) | 1.3 (0.01) | 76 (0.2) | 22.0% | 1 (0.01) | 1.3 (0.01) | 75.4 (0.2) | 21.3% | 1 (0.01) | 1.3 (0.01) | 75.9 (0.2) | 16.9% |
| Sodium (mg) | 3193 (14) | 3542 (15) | 89.7 (0.1) | 65.0% | 3053 (16) | 3394 (17) | 89.2 (0.2) | 63.4% | 3127 (13) | 3475 (14) | 89.7 (0.1) | 61.3% |
| Potassium (mg) | 2121 (11) | 2691 (14) | 79.8 (0.2) | 34.4% | 2057 (12) | 2643 (16) | 78.7 (0.2) | 32.3% | 2089 (10) | 2669 (13) | 79.1 (0.2) | 26.8% |
| Selenium (mcg) | 106 (1) | 114 (1) | 92.6 (0.1) | 78.0% | 104 (1) | 113 (1) | 92 (0.1) | 77.5% | 105 (0) | 113 (1) | 92.5 (0.1) | 75.0% |
| Caffeine (mg) | 163 (3) | 175 (3) | 81 (0.4) | 76.0% | 144 (2) | 154 (3) | 78.7 (0.4) | 73.9% | 155 (2) | 166 (3) | 85.8 (0.3) | 79.2% |
| Alcohol (gm) | 3 (0.1) | 10.7 (0.3) | 6.7 (0.2) | 5.7% | 1.7 (0.1) | 7.5 (0.24) | 4.8 (0.2) | 4.0% | 2.5 (0.1) | 9.3 (0.2) | 8.2 (0.2) | 6.3% |

Supplemental Table 5: Complete list of What We Eat in America Food Categories

Milk, whole

Milk, reduced fat

Milk, lowfat

Milk, nonfat

Flavored milk, whole

Flavored milk, reduced fat

Flavored milk, lowfat

Flavored milk, nonfat

Milk shakes and other dairy drinks

Milk substitutes

Cheese

Cottage/ricotta cheese

Yogurt, lowfat and nonfat

Yogurt, regular

Yogurt, Greek

Beef, excludes ground

Ground beef

Pork

Lamb, goat, game

Liver and organ meats

Chicken, whole pieces

Chicken patties, nuggets and tenders

Turkey, duck, other poultry

Fish

Shellfish

Eggs and omelets

Cold cuts and cured meats

Bacon

Frankfurters

Sausages

Beans, peas, legumes

Nuts and seeds

Processed soy products

Meat mixed dishes

Poultry mixed dishes

Seafood mixed dishes

Bean, pea, legume dishes

Vegetable dishes

Rice mixed dishes

Pasta mixed dishes, excludes macaroni and cheese

Macaroni and cheese

Turnovers and other grain-based items

Fried rice and lo/chow mein

Stir-fry and soy-based sauce mixtures

Egg rolls, dumplings, sushi

Burritos and tacos

Nachos

Other Mexican mixed dishes

Pizza

Burgers (single code)

Frankfurter sandwiches (single code)

Chicken/turkey sandwiches (single code)

Egg/breakfast sandwiches (single code)

Other sandwiches (single code)

Cheese sandwiches (single code)

Peanut butter and jelly sandwiches (single code)

Seafood sandwiches (single code)

Soups

Rice

Pasta, noodles, cooked grains

Yeast breads

Rolls and buns

Bagels and English muffins

Tortillas

Biscuits, muffins, quick breads

Pancakes, waffles, French toast

Ready-to-eat cereal, higher sugar (>21.2g/100g)

Ready-to-eat cereal, lower sugar (=<21.2g/100g)

Oatmeal

Grits and other cooked cereals

Potato chips

Tortilla, corn, other chips

Popcorn

Pretzels/snack mix

Crackers, excludes saltines

Saltine crackers

Cereal bars

Nutrition bars

Cakes and pies

Cookies and brownies

Doughnuts, sweet rolls, pastries

Candy containing chocolate

Candy not containing chocolate

Ice cream and frozen dairy desserts

Pudding

Gelatins, ices, sorbets

Apples

Bananas

Grapes

Peaches and nectarines

Strawberries

Blueberries and other berries

Citrus fruits

Melons

Dried fruits

Other fruits and fruit salads

Pears

Pineapple

Mango and papaya

Tomatoes

Carrots

Other red and orange vegetables

Broccoli

Spinach

Lettuce and lettuce salads

Other dark green vegetables

String beans

Cabbage

Onions

Corn

Other starchy vegetables

Other vegetables and combinations

Fried vegetables

Coleslaw, non-lettuce salads

Vegetables on a sandwich

White potatoes, baked or boiled

French fries and other fried white potatoes

Mashed potatoes and white potato mixtures

Citrus juice

Apple juice

Other fruit juice

Vegetable juice

Diet soft drinks

Diet sport and energy drinks

Other diet drinks

Soft drinks

Fruit drinks

Sport and energy drinks

Nutritional beverages

Smoothies and grain drinks

Coffee

Tea

Beer

Wine

Liquor and cocktails

Tap water

Bottled water

Flavored or carbonated water

Enhanced or fortified water

Butter and animal fats

Margarine

Cream cheese, sour cream, whipped cream

Cream and cream substitutes

Mayonnaise

Salad dressings and vegetable oils

Tomato-based condiments

Soy-based condiments

Mustard and other condiments

Olives, pickles, pickled vegetables

Pasta sauces, tomato-based

Dips, gravies, other sauces

Sugars and honey

Sugar substitutes

Jams, syrups, toppings

Baby food: cereals

Baby food: fruit

Baby food: vegetable

Baby food: meat and dinners

Baby food: yogurt

Baby food: snacks and sweets

Baby juice

Baby water

Formula, ready-to-feed

Formula, prepared from powder

Formula, prepared from concentrate

Human milk

Protein and nutritional powders

Not included in a food category