
School Food Purchase Study-III Nutritional Characteristics of School Food Acquisitions

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CONTENTS

| | |
|--|------|
| ACKNOWLEDGEMENTS..... | III |
| EXECUTIVE SUMMARY..... | XIII |
| I. INTRODUCTION | 1 |
| A. Background on School Food Programs..... | 2 |
| 1. National School Lunch Program and School Breakfast Program | 2 |
| 2. Other Food Programs | 3 |
| 3. A la Carte Food Sales..... | 4 |
| 4. Catering and Other Food Service Functions | 4 |
| B. Overview of Food Acquisition Practices..... | 4 |
| C. Purpose and Objectives | 6 |
| D. Design of the SFPS-III Study..... | 7 |
| 1. Sample Design | 8 |
| 2. Data Collection and Processing | 8 |
| E. Overview of Analysis Methods | 10 |
| 1. Analysis Samples..... | 10 |
| 2. Measures of Nutrient and Food Group Availability and Nutritional Quality..... | 10 |
| 3. Food Acquisition and Food Use Categories | 11 |
| 4. SFPS-III Food Groups and Food Subgroups | 13 |
| F. Organization of the Report..... | 13 |
| II. Calories and nutrients available IN school food acquisitions | 15 |
| A. Calories and Nutrients Available in School Food Acquisitions..... | 15 |
| B. Contribution of Food Acquisition Categories to Available Calories and Nutrients..... | 20 |
| C. Contribution of SFPS-III Food Groups to Available Calories and Nutrients..... | 22 |
| 1. Calories and Macronutrients..... | 27 |
| 2. Vitamins, Minerals, and Other Dietary Components..... | 27 |
| III. MYPYRAMID FOOD GROUPS AVAILABLE IN SCHOOL FOOD ACQUISITIONS | 29 |
| A. Overview of MyPyramid Food Groups..... | 29 |

III (continued)

- B. MyPyramid Food Groups Available in School Food Acquisitions..... 31
- C. Contribution of Food Acquisition Categories to Available MyPyramid Food Groups 34
- D. Contribution of SFPS-III Food Groups to Available MyPyramid Food Groups 36
- IV. HEALTHY EATING INDEX-2005 SCORES FOR SCHOOL FOOD ACQUISITIONS 43
 - A. The Healthy Eating Index-2005 43
 - B. Healthy Eating Index-2005 Scores for School Food Acquisitions 45
 - 1. Scores for Fruits, Vegetables, and Grains..... 45
 - 2. Scores for Milk, Meat and Beans, Oils, Saturated Fat, and Sodium 47
 - 3. Scores for Calories from Solid Fats and Added Sugars 49
 - 4. Total Healthy Eating Index-2005 Scores..... 50
 - C. Healthy Eating Index-2005 Scores for Total Food Acquisitions, by School District Characteristics..... 50
 - 1. District Size..... 51
 - 2. Urbanicity 52
 - 3. Poverty Level 53
 - 4. Use of Food Service Management Companies 54
 - 5. Menu Planning Systems 55
- V. NUTRITIONAL CHARACTERISTICS OF A LA CARTE-ONLY, REIMBURSABLE, AND MIXED-USE FOOD ACQUISITIONS 59
 - A. Overview of the Analysis..... 59
 - B. Calories and Nutrients Available in a la Carte-Only, Reimbursable, and Mixed-Use Food Acquisitions 61
 - 1. Calorie Density..... 64
 - 2. Sources of Calories..... 64
 - 3. Nutrient Density 64
 - C. Leading Contributors to Available Calories and Nutrients in a la Carte-Only, Reimbursable, and Mixed-Use Food Acquisitions 65
 - 1. Calories and Macronutrients..... 66
 - 2. Vitamins, Minerals, and Other Dietary Components..... 70

V (continued)

- D. MyPyramid Food Groups Available in a la Carte-Only, Reimbursable, and Mixed-Use Food Acquisitions 71
 - 1. Overview of MyPyramid Food Groups..... 71
 - 2. Findings..... 73
- E. Leading Contributors to Available MyPyramid Food Groups in a la Carte-Only, Reimbursable, and Mixed-Use Food Acquisitions..... 75
- F. Healthy Eating Index-2005 Scores for a la Carte-Only, Reimbursable, and Mixed-Use Food Acquisitions 79
 - 1. The Healthy Eating Index-2005..... 79
 - 2. Findings..... 81
- REFERENCES..... 87
- APPENDIX A: METHODOLOGY
- APPENDIX B: SUPPLEMENTARY TABLES FOR CHAPTER II
- APPENDIX C: SUPPLEMENTARY TABLES FOR CHAPTER III
- APPENDIX D: SUPPLEMENTARY TABLES FOR CHAPTER IV
- APPENDIX E: SUPPLEMENTARY TABLES FOR CHAPTER V

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TABLES

| | | |
|-------|---|----|
| II.1 | Calorie Density, Sources of Calories, and Nutrient Density of Food Acquisitions by Public Unified NSLP School Districts, SY 2009-2010 | 17 |
| II.2 | Contribution of SFPS-III Food Groups and Subgroups to Available Calories and Nutrients in Food Acquisitions by Public Unified NSLP School Districts, SY 2009-2010 | 24 |
| III.1 | Total MyPyramid Food Group Availability of Food Acquisitions by Public Unified NSLP School Districts, SY 2009-2010..... | 32 |
| III.2 | Contribution of SFPS-III Food Groups and Subgroups to Available MyPyramid Food Groups in Food Acquisitions by Public Unified NSLP School Districts, SY 2009-2010 | 38 |
| IV.1 | Healthy Eating Index-2005 Components and Standards for Scoring..... | 44 |
| IV.2 | Total Healthy Eating Index-2005 Scores for Food Acquisitions, by District Size, for Public Unified NSLP School Districts, SY 2009-2010..... | 52 |
| IV.3 | Total Healthy Eating Index-2005 Scores for Food Acquisitions, by Urbanicity, for Public Unified NSLP School Districts, SY 2009-2010..... | 53 |
| IV.4 | Total Healthy Eating Index-2005 Scores for Food Acquisitions, by Poverty Level, for Public Unified NSLP School Districts, SY 2009-2010 | 54 |
| IV.5 | Total Healthy Eating Index-2005 Scores for Food Acquisitions, by Use of Food Service Management Company, for Public Unified NSLP School Districts, SY 2009-2010 | 55 |
| IV.6 | Total Healthy Eating Index-2005 Scores for Food Acquisitions, by Menu Planning System, for Public Unified NSLP School Districts, SY 2009-2010 | 57 |
| V.1 | Leading SFPS-III Food Subgroups by Volume for a la Carte-Only, Reimbursable, and Mixed-Use Food Acquisitions, SY 2009-2010 | 61 |
| V.2 | Calorie Density, Sources of Calories, and Nutrient Density of a la Carte-Only, Reimbursable, and Mixed-Use Food Acquisitions, SY 2009-2010 | 63 |
| V.3 | Contribution of SFPS-III Food Subgroups to Available Energy and Nutrients in a la Carte-Only, Reimbursable, and Mixed-Use Food Acquisitions, SY 2009-2010 | 67 |
| V.4 | Total MyPyramid Food Group Availability of a la Carte-Only, Reimbursable, and Mixed-Use Food Acquisitions, SY 2009-2010 | 74 |
| V.5 | Contribution of SFPS-III Food Subgroups to Available MyPyramid Food Groups in a la Carte-Only, Reimbursable, and Mixed-Use Food Acquisitions, SY 2009-2010 | 76 |
| V.6 | Healthy Eating Index-2005 Components and Standards for Scoring..... | 80 |

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FIGURES

| | | |
|-------|--|--------|
| 1 | Contribution of Food Acquisition Categories to Total Volume of Foods Acquired by Public Unified NSLP School Districts, SY 2009–2010 | xv |
| 2 | Contribution of Food Groups to Total Volume of Food Acquisitions by Public Unified NSLP School Districts, SY 2009–2010..... | xix |
| 3 | HEI-2005 Component Scores for Components with a Maximum Score of 5 | xxiii |
| 4 | HEI-2005 Component Scores for Components with a Maximum Score of 10 | xxiv |
| 5 | HEI-2005 Component Scores for Components with a Maximum Score of 5 | xxvii |
| 6 | HEI-2005 Component Scores for Components with a Maximum Score of 10 | xxviii |
| I.1 | Contribution of Food Acquisition Categories to Total Volume of Foods Acquired by Public Unified NSLP School Districts, SY 2009–2010 | 6 |
| II.1 | Contribution of Food Acquisition Categories to Total Calories and Nutrients Available in Food Acquisitions by Public Unified NSLP School Districts, SY 2009–2010 | 21 |
| II.2 | Contribution of SFPS-III Food Groups to Total Volume of Food Acquisitions by Public Unified NSLP School Districts, SY 2009–2010 | 23 |
| III.1 | Contribution of Food Acquisition Categories to Total MyPyramid Food Groups Available in Food Acquisitions by Public Unified NSLP School Districts, SY 2009–2010 | 35 |
| IV.1 | HEI-2005 Component Scores for Components with a Maximum Score of 5 | 46 |
| IV.2 | HEI-2005 Component Scores for Components with a Maximum Score of 10 | 48 |
| IV.3 | HEI-2005 Component Score for Calories from Solid Fats and Added Sugars (SoFAS)..... | 49 |
| IV.4 | Total HEI-2005 Scores | 50 |
| V.1 | HEI-2005 Component Scores for Components with a Maximum Score of 5 | 82 |
| V.2 | HEI-2005 Component Scores for Components with a Maximum Score of 10..... | 83 |

| | | |
|-----|---|----|
| V.3 | HEI-2005 Component Score for Calories from Solid Fats and Added Sugars (SoFAS)..... | 84 |
| V.4 | Total HEI-2005 Scores..... | 85 |

EXECUTIVE SUMMARY

The need to promote healthful eating behaviors and prevent hunger among the nation's youth is great. One of the vehicles through which schools may influence children's diets is the school meal programs—the National School Lunch Program (NSLP) and School Breakfast Program (SBP). The school meal programs, sponsored by the U.S. Department of Agriculture (USDA), have the dual goals of (1) ensuring that affordable (or free), nutritionally balanced meals are available to all children, and (2) supporting U.S. agricultural markets through the acquisition of donated USDA Foods¹ to use in preparing school lunches and breakfasts. Over the past two decades, program administrators and school food service professionals have been working to bring school meals in line with the *Dietary Guidelines for Americans*, as required by Federal regulations and reflected in nutrition standards for the programs (7 CFR Parts 210 and 220, January 26, 2012).

Nearly all public school districts in the United States acquire food for preparing and serving meals to students through the NSLP or SBP (Young et al. 2012). In fiscal year (FY) 2011, the NSLP served lunches to 31.8 million children, on average, each day.² The SBP served an average of 12.1 million children each day. Participating districts receive Federal assistance in the form of cash reimbursements and donated USDA Foods. Districts are eligible for reimbursement for meals served through the NSLP and SBP that meet defined nutrition standards. Under new standards beginning in school year (SY) 2012–2013, schools will be required to increase the availability of fruits, vegetables, and whole grains; limit milk to fat-free and unflavored low-fat milk; reduce sodium, saturated fat, and trans fat; and minimize calories (7 CFR Parts 210 and 220, January 26, 2012).

The USDA periodically sponsors the School Food Purchase Studies, which provide national estimates of the types, amounts, and costs of foods and ingredients used in meals and snacks provided to children at school. The third School Food Purchase Study (SFPS-III), conducted during SY 2009–2010, is the latest in this series of studies and the first to include a comprehensive analysis of the nutritional characteristics of foods acquired by public school districts participating in the NSLP. This report presents findings from that analysis. Information is provided about the calories, nutrients, and MyPyramid food groups available for use in school meals and other school food programs, including a la carte foods,³ and the extent to which school food acquisitions are consistent with the *Dietary Guidelines for Americans* recommendations (U.S. Department of Health and Human Services [DHHS] and USDA 2005) and the MyPyramid food guidance system (USDA, Center for Nutrition Policy and Promotion [CNPP] 2005).

¹ Formerly known as commodity foods.

² October 2011 Program Information Report available at www.fns.usda.gov/fns/data.htm.

³ A la carte foods can be purchased by students in school food service settings, but are not part of a reimbursable school meal.

A. Purpose and Objectives

The purpose of this component of the SFPS-III was to examine nutritional characteristics of the foods acquired by a national sample of school districts participating in the NSLP during SY 2009–2010. The three main objectives were to:

1. Develop national estimates of the calories, nutrients, and MyPyramid food groups available in school food acquisitions, overall and for different food acquisition categories and food groups.
2. Assess the nutritional quality of school food acquisitions relative to the 2005 *Dietary Guidelines for Americans* and MyPyramid food guidance system, as measured by the Healthy Eating Index-2005 (HEI-2005).
3. Describe the amounts of calories, nutrients, and MyPyramid food groups available and the nutritional quality of foods acquired exclusively for a la carte sales, for reimbursable meals, and for mixed uses.

The information establishes a baseline from which USDA and other stakeholders can monitor trends in the composition and nutritional quality of school food acquisitions over time.

B. Data and Methods

The data for this report were collected from 408 school food authorities (SFAs) in the 48 contiguous states and the District of Columbia as part of the SFPS-III. Data collection included two main activities: (1) collection of information on all foods acquired during a designated three-month period; and (2) a survey on food procurement practices. To address the specific objectives of this part of the study, we transformed the food acquisition data to measures of calories, nutrients, and MyPyramid food groups using USDA food and nutrient databases and methods adapted from studies of the U.S. food supply and household food availability (Kantor 1998; Hiza et al. 2008; Mabli et al. 2010). To estimate the nutrients and food groups available for consumption, adjustments were made to the amounts of some food acquisitions to account for inedible food parts (refuse) and changes in weight due to cooking or preparation. Appendix A provides detailed information on the methods used.

1. Measures

The nutrients and food groups selected for the analysis were either those included in the nutrition standards and recommendations for NSLP and SBP meals that were in place at the time of the SFPS-III, or other dietary components of concern due to the potential for inadequate or excessive intakes among school-age children. The following measures were constructed for the analysis:

- **Calorie density** – the amount of calories provided per gram of food available
- **Sources of calories** – percentages of total calories provided by protein, carbohydrate, fat, and saturated fat
- **Nutrient density** – amounts of vitamins, minerals, and other food components available per 1,000 calories

- **MyPyramid food group density** – MyPyramid food group and subgroup equivalents available per 1,000 calories
- **Healthy Eating Index-2005 scores** – total and component scores measuring dietary quality in relation to the *2005 Dietary Guidelines for Americans* and MyPyramid food guidance system (Guenther et al. 2007).

2. Analysis Methods

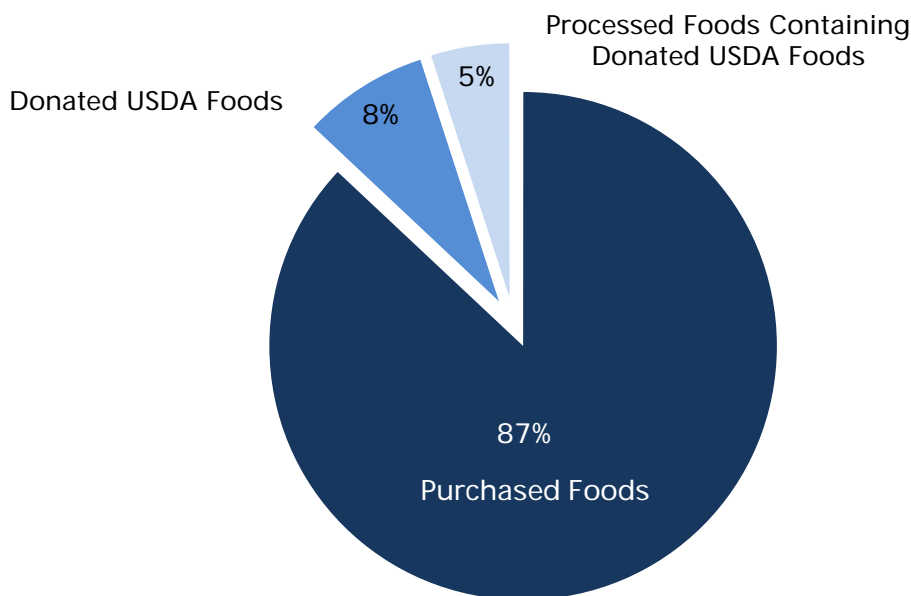
All analyses for this report were descriptive. Data for the full sample of SFAs were weighted to produce nationally representative, annual estimates of the nutritional characteristics of school food acquisitions. The results are generalizable to all public school districts in the contiguous United States that participate in the NSLP.

School Food Acquisitions

School food acquisitions were classified into three main categories—purchased foods, donated USDA Foods, and purchased foods containing donated USDA Foods. The SFA director is usually responsible for decisions about which vendors to use and what types and amounts of food to order (Young et al. 2012). Each year, states select USDA Foods for their districts from a list of more than 180 items purchased by USDA. States and school districts have the option of sending certain USDA Foods for further processing into ready-to-use menu items (USDA, FNS 2010).

Figure 1 shows the relative shares of the total volume (pounds) of foods acquired by school districts in SY 2009–2010 in each food acquisition category. Commercially purchased foods account for the largest share (87 percent). Together, donated USDA Foods and processed foods containing donated USDA Foods account for 13 percent of the total volume of foods acquired.

Figure 1. Contribution of Food Acquisition Categories to Total Volume of Foods Acquired by Public Unified NSLP School Districts, SY 2009–2010



Source: School Food Purchase Study-III, food acquisition data, SY 2009–2010.
NSLP = National School Lunch Program; SY = school year.

We examined the nutritional characteristics of all foods combined and separately for the three food acquisition categories. For context in interpreting the results presented in this summary, we describe the types of foods included in each acquisition category:

- **Purchased foods** include the full range of foods acquired by NSLP school districts. The top five contributors by volume include milk and other dairy products; fruits and juices; bakery products; vegetables; and poultry.
- **Donated USDA Foods** acquired in the largest volumes include fruits, vegetables, cheese, poultry, and red meats, as well as considerable amounts of grain products, and legumes, nuts and seeds.
- **Processed foods containing donated USDA Foods** include large shares (by volume) of poultry, prepared foods (such as pizza, prepared sandwiches, other foods containing meat and/or cheese), red meats, potatoes and potato products, and cheese.

In considering the analysis results highlighted below, it is important to recognize that differences observed for the three categories of food acquisitions reflect the differences in the types and volumes of foods acquired within each category. It is also important to note that the results presented on the nutritional characteristics of donated USDA Foods are not comparable to those reported for NSLP USDA Foods in the *Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs* report (Zimmerman et al. 2012). The two studies had different research objectives and used data from different sources and school years, different methods for adjusting food weights, diverse metrics for standardizing the nutrient values, and for some foods, different sources of nutrient values.

We also examined the contribution of specific food groups and subgroups to the total nutrients and MyPyramid food groups available in school food acquisitions. The food classification system had been created specifically for the School Food Purchase Studies (and updated for SFPS-III). All food acquisitions were first assigned one of 865 general food item descriptions. The food items were aggregated into 16 food groups and 72 food subgroups (referred to as SFPS-III food groups) based on product features and nutritional characteristics of interest to USDA. A complete listing of the food items included in the various SFPS-III food groups and subgroups is provided in Appendix A (Table A.1).

Subsample for Analysis of A La Carte, Reimbursable, and Mixed-Use Foods

A second set of analyses was conducted for a non-random subsample of SFAs that provided complete information on foods used exclusively for a la carte sales. All school districts that participated in the SFPS-III were asked to identify foods that were acquired for a la carte sales and to estimate the proportion of the food item that was acquired for this purpose. However, only 128 school districts provided this information (see Chapter I for more details). A la carte foods include foods and beverages offered and sold to students in school as an alternative, or in addition, to the reimbursable meal. A la carte foods can be sold during meal periods in the cafeteria or in other locations, such as snack bars, snack windows, kiosks, or carts. A la carte and other competitive foods tend to be low in nutrients and relatively high in calories, fat, added sugars, and sodium, such as snack chips, candy bars, and sweetened fruit drinks (Gordon et al. 2007; Fox et al. 2009).

The data for this subsample of SFAs were not weighted. We examined the nutritional characteristics of all foods combined and separately for three food use categories:

- **A la carte-only foods** are foods reported as used exclusively for a la carte sales.
- **Foods used in reimbursable meals** include foods used for reimbursable meals and snacks, but exclude any foods used for both reimbursable meals and a la carte sales.
- **Mixed-use foods** consist of all foods used for both a la carte sales and reimbursable meals and snacks.

Foods used in reimbursable meals (but not sold a la carte) accounted for 84 percent of the total volume of the foods acquired; a la carte-only and mixed-use foods accounted for another 6 and 10 percent, respectively. It is important to use caution in interpreting the results of these analyses as the estimates may not be representative of food acquisitions by public SFAs nationally or for the full school year.

C. Calories and Nutrients Available in School Food Acquisitions

We examined the calories and nutrients available in the foods acquired by school districts in SY 2009–2010 using the calorie density, nutrient density, and sources of calories measures defined previously. We also assessed the relative contributions of different types of food acquisitions to the available calories and nutrients. To provide some context for interpreting the data, the findings are discussed in relation to the Dietary Reference Intakes (DRIs) standards for school-age children (Institute of Medicine [IOM] 2006) and the 2005 *Dietary Guidelines* (DHHS and USDA 2005). Key findings are described below.

1. Calories and Nutrients Available in All Foods

- The calorie density of all foods and beverages acquired by school districts was 1.27 calories per gram. Calorie density was slightly higher (1.98 calories per gram) when beverages were excluded, consistent with the lower calorie density of beverages compared with other foods.
- For all foods acquired, the percentage of calories from total fat (33 percent) was consistent with the Acceptable Macronutrient Distribution Range (AMDR)⁴ of 25 to 35 percent of calories. The percentage of calories from saturated fat was 10 percent, slightly higher than the *Dietary Guidelines*-recommended limit of less than 10 percent.
- Overall, the mix of foods acquired was nutrient dense and met or exceeded the average concentrations assumed in the DRIs for vitamins A and C, calcium, and iron per 1,000 calories. Potassium and fiber density were lower and fell below the average concentrations assumed in the DRIs (61 and 57 percent of the DRI standard, respectively).
- The sodium density of school food acquisitions exceeded the average concentrations assumed in the DRIs by approximately 75 percent, while the cholesterol density was consistent with recommendations.

⁴ The DRIs define Acceptable Macronutrient Distribution Ranges (AMDRs) for total fat. The AMDRs reflect the ranges of intake that are associated with reduced risk of chronic disease while providing adequate amounts of essential nutrients (IOM 2006).

2. Calories and Nutrients Available by Food Acquisition Category

- **Purchased foods** had the lowest percentages of calories from fat (30 percent) and saturated fat (9 percent) relative to the other acquisition categories. This distribution of fat calories is consistent with the AMDR for total fat and the *Dietary Guidelines* recommendation for saturated fat. Foods in this category also had the lowest levels of sodium and cholesterol per 1,000 calories.
- **Donated USDA Foods** had the lowest calorie density (1.51 calories per gram, excluding beverages) among the food acquisition categories and the highest concentration of dietary fiber per 1,000 calories, consistent with the relatively large volumes of fruits and vegetables acquired. Donated USDA Foods, which also include relatively large amounts of cheese and red meats, had high percentages of calories from both total fat and saturated fat (44 and 18 percent, respectively).
- **Processed foods containing donated USDA Foods** had the highest calorie density (2.23 calories per gram, without beverages) and high percentages of calories from total fat (45 percent) and saturated fat (14 percent), relative to other acquisition categories. Foods in this category had the highest levels of sodium and cholesterol per 1,000 calories and the lowest concentrations of all other nutrients and dietary components examined except iron. The leading food acquisitions by volume in this category were processed poultry and red meat products and prepared foods.

3. Contribution of Food Acquisition Categories to Calories and Nutrients

- **Purchased foods** generally contributed 75 percent or more of the calories and nutrients available in school food acquisitions, compared with 87 percent of the total volume of foods acquired. Purchased foods contributed only 64 percent of the available cholesterol.
- **Donated USDA Foods** supplied 7 to 11 percent of the available calories, vitamins A and C, calcium, iron, potassium, and dietary fiber. Compared with their 8 percent contribution to the total volume of foods acquired, donated USDA Foods accounted for a disproportionate share of several nutrients that are of concern due to overconsumption: 12 percent of the available fat, 15 percent of the available saturated fat, and 17 percent of the available cholesterol.
- **Processed foods containing donated USDA Foods** made small contributions to the amounts of vitamins A and C, calcium, potassium, and dietary fiber available in school food acquisitions (3 to 7 percent). Relative to their overall contribution by volume (5 percent), these foods contributed disproportionately large shares of the available calories, fat, saturated fat, iron, sodium, and cholesterol (10 to 19 percent).

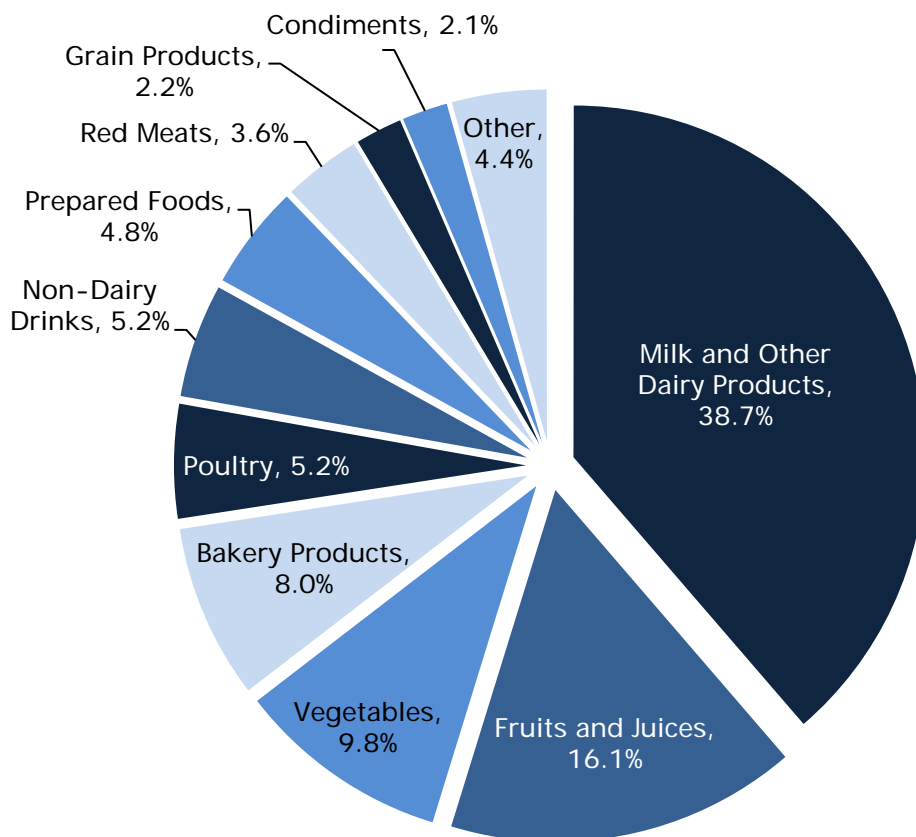
4. Contribution of SFPS-III Food Groups to Calories and Nutrients

To gain additional insights about the sources of calories and nutrients in foods acquired by school districts, we examined the relative contributions of the 16 specific food groups and 72 subgroups (SFPS-III food groups) used to classify food acquisitions to the total calories and nutrients available. As expected, based on its relative share of total volume, as shown in Figure 2, the milk and other dairy products group was the leading contributor of several nutrients and food

components. Bakery products, vegetables, and poultry contributed larger shares of several nutrients than would be expected based on volume alone. Key findings are as follows:

- **Calories.** Milk/other dairy products and bakery products accounted for the largest shares of the calories available in school food acquisitions (more than 20 percent each). Together with prepared foods (primarily pizza) and poultry, these four food groups contributed over 60 percent of the available calories.
- **Saturated fat.** Milk/other dairy products were also the leading source of saturated fat, with cheese contributing the largest share from this group (18 percent) followed by milk (13 percent). Bakery products, red meats, and prepared foods together accounted for another one-third of the saturated fat available in the foods acquired by districts.
- **Vitamins A and C.** Most of the vitamin A in school food acquisitions was provided by milk (38 percent) and vegetables, specifically the yellow, mixed, and green vegetable subgroups (27 percent). Fruits/juices and vegetables supplied more than 80 percent of the vitamin C available. Among the food subgroups, juices were the leading contributor of vitamin C, followed by fruits and potato/potato products.

Figure 2. Contribution of Food Groups to Total Volume of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010



Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: "Other" includes fats and oils; sugar and desserts; legumes, nuts, and seeds; eggs; soups and gravies; and fish.

NSLP = National School Lunch Program; SY = school year.

- **Potassium.** Together, milk/other dairy products, vegetables, and fruits/juices accounted for three-quarters of the potassium available in the food acquisitions. The leading source of potassium among the food subgroups was milk (36 percent), followed by potato/potato products (9 percent).
- **Sodium.** Bakery products, milk/other dairy products, and condiments were leading contributors to the sodium available in school food acquisitions (18, 14, and 14 percent, respectively). Leading sources of sodium among the food subgroups included breads/rolls, chicken, milk, cheese, and pizza (7 to 9 percent). Flavorings and catsup/other sauces each provided 6 percent of the available sodium.
- **Cholesterol.** Poultry, milk/other dairy products, red meats, and eggs supplied over 80 percent of the cholesterol in foods acquired by school districts. Chicken provided a larger share of available cholesterol than beef, cheese, or milk, although all of these food subgroups were important sources.
- **Dietary fiber.** Vegetables and bakery products each contributed approximately one-fifth of the dietary fiber available in school food acquisitions, with fruits/juices providing a slightly smaller share. Among the food subgroups, whole fruit was the leading source of dietary fiber.

D. MyPyramid Food Groups Available in School Food Acquisitions

The USDA MyPyramid food guidance system translates the 2005 *Dietary Guidelines for Americans* into suggested daily amounts of foods to eat from five major food groups, vegetable and grain subgroups, and oils; and provides a maximum number of discretionary calories to consume from solid fats and added sugars (USDA, CNPP 2005).⁵ We assessed the MyPyramid food groups and subgroups available in foods acquired by school districts, as well as the contributions of different types of food acquisitions to the total amount of MyPyramid food groups available. A density approach was used, similar to the approach used to describe nutrient availability. Reference standards to facilitate interpretation of the MyPyramid food group data were based on criteria for assigning maximum scores on the HEI-2005. Key findings are as follows:

1. MyPyramid Food Groups Available in All Foods

- School food acquisitions provided relatively high concentrations of total grains (3.8 ounces compared with the HEI-2005 criterion of at least 3.0 ounces per 1,000 calories), but supplied only 0.3 ounces of whole grains per 1,000 calories compared with the HEI-2005 criterion of 1.5 ounces per 1,000 calories). *Dietary Guidelines* recommendations state that at least half of all grains consumed should be whole grains (DHHS and USDA 2005).
- For all foods acquired, the concentration of milk/dairy foods was above the HEI-2005 criterion (1.6 cups compared with 1.3 cups or more per 1,000 calories). The

⁵ In June 2011, the MyPyramid Food Guidance System was replaced by MyPlate (USDA, CNPP 2011). Differences between the two systems are relatively minor.

concentrations of fruit, vegetables, and meat (including poultry, fish, eggs, soy products, and nuts and seeds) were slightly below the HEI-2005 reference standards.

- The full mix of food acquisitions had a slightly low concentration of oils relative to the HEI-2005 standard. The percentage of calories from solid fats and added sugars for all school food acquisitions (30 percent) exceeded the HEI-2005 standard of no more than 20 percent of calories from these components.

2. MyPyramid Food Groups Available by Food Acquisition Category

- **Purchased foods** had the highest concentrations of total grains and milk/dairy among the three acquisition categories, with levels that exceeded the HEI-2005 reference standards. Purchased foods had the lowest concentrations of meat, oils, and solid fats, but the concentration of added sugars was more than three times as high as the other categories (approximately 145 calories from added sugars per 1,000 calories).
- **Donated USDA Foods** had concentrations of fruit, vegetables, milk/dairy, meat, and oils that met or exceeded the HEI-2005 reference standards. Foods in this category had relatively low levels of added sugars; however, the concentration of solid fats (241 calories per 1,000 calories) was the highest among the three acquisition categories.
- **Processed foods containing donated USDA Foods** had the highest concentrations of meat and oils, with levels that exceeded the HEI-2005 reference standards. Foods in this acquisition category also had relatively high levels of total grains but the lowest concentrations of whole grains, fruit, vegetables, and milk/dairy; and they had a high level of solid fats, similar to donated USDA Foods.

3. Contribution of Food Acquisition Categories to MyPyramid Food Groups

- **Purchased foods** accounted for 80 percent or more of almost all major MyPyramid food groups available and roughly three-quarters of the available oils and solid fats. Purchased foods also contributed a little more than half (54 percent) of the meat (including meat alternatives) and almost all (94 percent) of the available added sugars.
- **Donated USDA Foods** contributed very small proportions of the total grains and added sugars available in school food acquisitions, and less than 10 percent of the available whole grains, milk/dairy, and oils. Relative to the total volume of foods acquired as donated USDA Foods (8 percent), this category contributed disproportionately large shares of the available fruit and meat (18 and 19 percent, respectively).
- **Processed foods containing donated USDA Foods** provided 5 to 8 percent of the milk/dairy, vegetables, and whole grains available in school food acquisitions. The contribution of processed foods containing donated USDA Foods to the available total grains, oils, and solid fats was at least double this category's 5 percent contribution to the total volume of foods acquired and more than one quarter of the total meat available.

E. Healthy Eating Index- 2005 Scores for School Food Acquisitions

HEI-2005 scores were estimated for all foods acquired by school districts, for the three categories of food acquisitions, and for school districts with different characteristics. The HEI-2005 includes twelve component scores as well as a total score. The maximum possible scores vary for different components: (1) total fruit; whole fruit; total vegetables; dark green and orange vegetables and legumes; total grains; and whole grains have a maximum score of 5; (2) milk, meat and beans, oils, saturated fat, and sodium have a maximum score of 10; and (3) calories from solid fat and added sugars (SoFAS) has a maximum score of 20. Higher scores always reflect higher diet quality. For saturated fat, sodium, and calories from SoFAS, higher scores indicate lower levels of these dietary components. Key findings are summarized here:

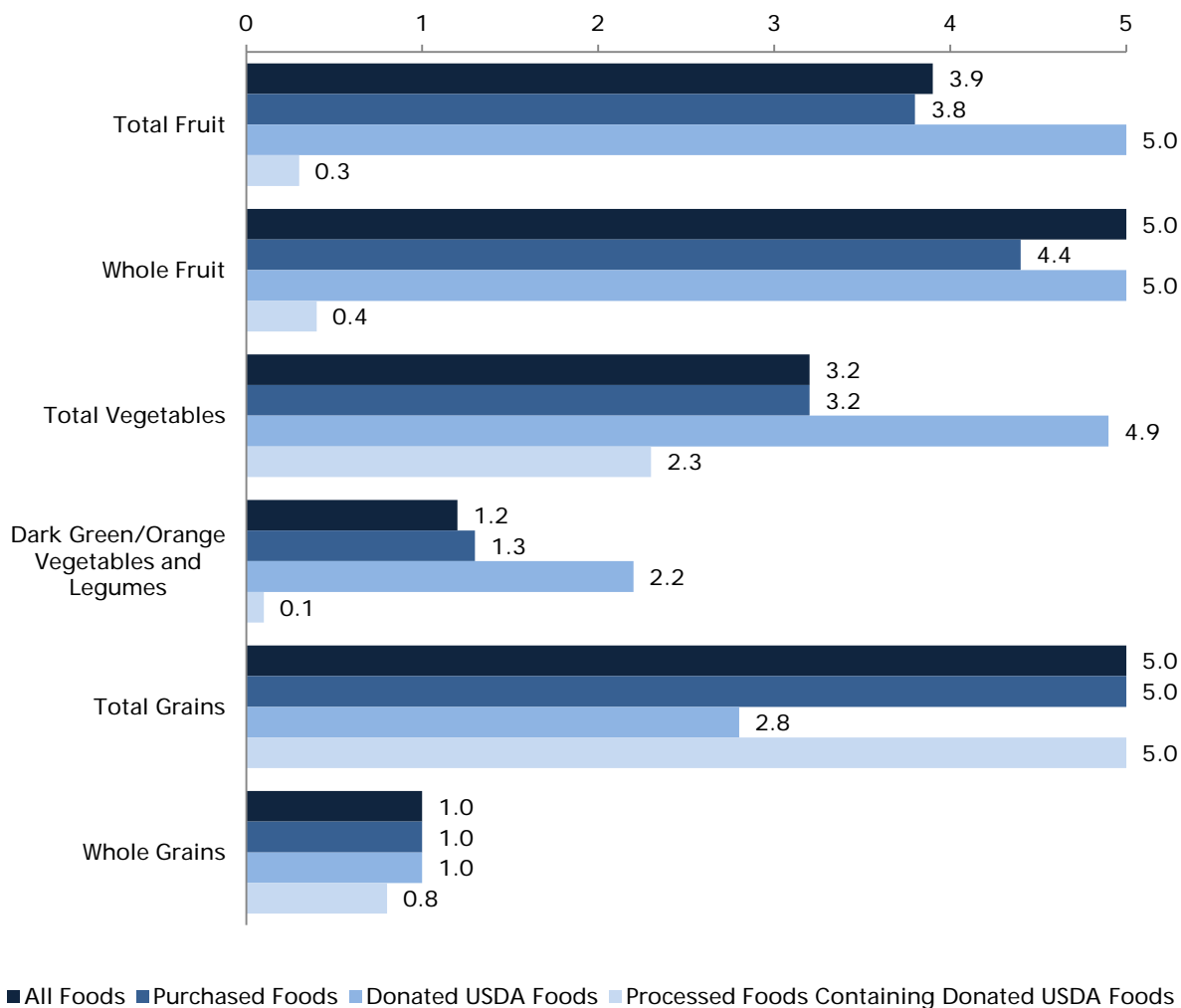
1. Healthy Eating Index-2005 Scores, All Foods and by Acquisition Category

School food acquisitions as a whole had comparatively favorable HEI-2005 scores relative to the 2005 U.S. food supply. We first focus on scores for the three HEI-2005 component groups and then on the total score.

Scores for Fruits, Vegetables, and Grains

- School food acquisitions received a perfect score of 5.0 for whole fruit and total grains (Figure 3). Scores for the other HEI-2005 components in this group ranged from a low of 1.0 for whole grains to a high of 3.9 for total fruit. Relative to scores for the U.S. food supply in 2005 (Reedy et al. 2010), scores for school food acquisitions in SY 2009–2010 were notably higher for total fruit (3.9 versus 2.0), whole fruit (5.0 versus 2.6), and total vegetables (3.2 versus 2.7).
- **Purchased foods** had scores for the fruit and vegetable components that were lower than scores for donated USDA Foods and higher than scores for processed foods containing donated USDA Foods. **Donated USDA Foods** received perfect or near-perfect scores (5.0 or 4.9) for total fruit, whole fruit, and total vegetables, and the lowest score for total grains relative to the other acquisition categories (2.8 versus 5.0). **Processed foods containing donated USDA Foods** had dramatically lower scores for total fruit, whole fruit, and dark green and orange vegetables and legumes than the other two food acquisition categories (less than 0.5 points).

Figure 3. HEI- 2005 Component Scores for Components with a Maximum Score of 5

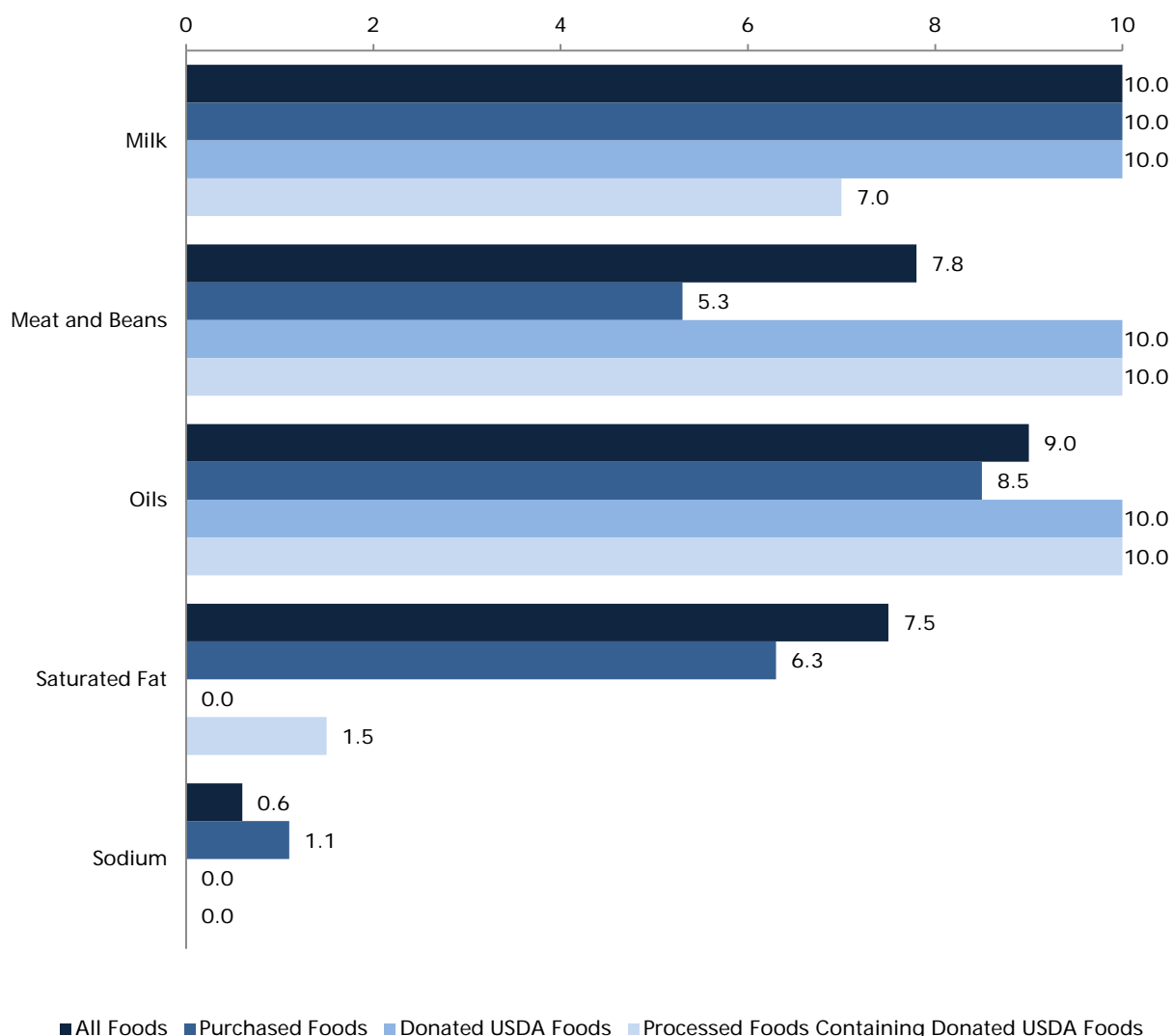


Source: School Food Purchase Study-III, food acquisition data, school year 2009-2010.

Scores for Milk, Meat and Beans, Oils, Saturated Fat, and Sodium

- School food acquisitions received a perfect score of 10.0 for milk (Figure 4). Scores for the other HEI-2005 components in this group ranged from a low of 0.6 for sodium to a high of 9.0 for oils, and were somewhat lower relative to scores for the 2005 U.S. food supply for meat and beans (7.8 versus 9.4) and oils (9.0 versus 9.8). HEI-2005 scores for school food acquisitions were notably higher than scores for the 2005 U.S. food supply for milk (10.0 versus 5.0) and saturated fat (7.5 versus 5.4) (Reedy et al. 2010).

Figure 4. HEI- 2005 Component Scores for Components with a Maximum Score of 10



Source: School Food Purchase Study-III, food acquisition data, school year 2009-2010.

- Relative to the other two acquisition categories, **purchased foods** had the lowest scores for meat and beans (5.3 versus 10.0) and oils (8.2 versus 10.0) and the highest scores for saturated fat (6.3 versus 0.0 to 1.5) and sodium (1.1 versus 0.0). **Donated USDA Foods** had perfect scores for milk, meat and beans, and oils and the lowest score (0.0) on the saturated fat component. **Processed foods containing donated USDA Foods** received the lowest score for milk (7.0 versus 10.0) and low scores for the saturated fat and sodium components.

Scores for Calories from Solid Fats and Added Sugars (SoFAS)

- All food acquisitions received a score of 13.5 (out of 20) for the calories-from-SoFAS component. This is higher than the 10.9 score for the 2005 U.S. food supply (the

analysis of the U.S. food supply includes alcoholic beverages in this measure). Processed foods containing donated USDA Foods had the highest score for calories from SoFAS and purchased foods had the lowest score (15.7 versus 13.1). The difference in scores largely reflects the lower levels of added sugars in the processed foods.

Total Healthy Eating Index-Score

- The total HEI-2005 score provides an overall measure of dietary quality relative to the 2005 *Dietary Guidelines* recommendations and food intake patterns. All school food acquisitions in SY 2009–2010 received a score of 67.7 out of a possible 100, compared to a score of 54.9 for the 2005 U.S. food supply (Reedy et al. 2010). School food acquisitions include smaller shares of total calories contributed by saturated fat and by SoFAS, as well as greater concentrations of milk and milk products, fruit, and total vegetables. Both school food acquisitions and the U.S. food supply were low in whole grains and dark green and orange vegetables and legumes, relative to recommendations, and high in sodium.

2. Healthy Eating Index-2005 Scores, by School District Characteristics

We examined variation in HEI-2005 scores for total food acquisitions among school districts with different characteristics. These characteristics include district size (number of students), level of urbanicity (urban or rural), level of student poverty (based on percentage of students approved for free or reduced-price meals), whether the school district used a food service management company (FSMC), and menu planning system (traditional or enhanced food-based or nutrient standard menu planning). No statistical tests were performed to test the significance of observed differences across subgroups of districts, so the discussion is purely descriptive. Notable findings are as follows:

- **District size.** Scores were generally comparable for districts of all sizes for dark green and orange vegetables and legumes, total grains, milk, meat and beans, and oils. For total fruit, whole fruit, saturated fat, sodium, and calories from SoFAS, there was a modest increase in HEI-2005 scores with increasing district size. Total HEI-2005 scores ranged from 61.9 for the smallest districts (fewer than 1,000 students) to 69.7 for very large districts (25,000 or more students).
- **Urbanicity.** Scores for urban and rural districts differed by more than 10 percent for: total fruit, whole fruit, dark green and orange vegetables and legumes, whole grains, and sodium. In all cases, urban districts had higher scores than rural districts. The mix of foods acquired by urban districts received a total HEI-2005 score of 68.4, compared with 65.9 for rural districts.
- **Poverty level.** Scores for total fruit and whole fruit were notably lower (by more than 10 percent) for districts with low levels of student poverty, relative to districts with higher levels of poverty (3.1 versus 3.7 to 5.0 for total fruit; and 4.0 versus 4.8 to 5.0 for whole fruit). The opposite pattern was observed for scores on oils and saturated fat. Total HEI-2005 scores increased slightly as the level of poverty increased, from a low of 65.3 for districts with less than 30 percent of students approved for free and reduced-price meals to a high of 68.7 for districts with 60 percent or more of students approved for free or reduced-price meal benefits.

- There were very few differences in the HEI-scores for districts that did and did not use an FSMC or among districts that used different types of menu planning.

F. Nutritional Characteristics of A La Carte, Reimbursable, and Mixed- Use Food Acquisitions

For the subsample of 128 school districts, we examined the nutritional characteristics of food acquisitions for the three food use categories—foods used exclusively for a la carte sales, foods used in reimbursable meals, and foods acquired for mixed uses. Estimates for this subsample are not weighted, and therefore, cannot be considered nationally representative of school districts' acquisitions in these food use categories or of the full school year. Key findings presented below focus on a la carte-only foods and foods used in reimbursable meals (findings on mixed-use foods are not discussed in this summary but are included in Chapter V). Differences observed for the categories reflect differences in the types and volumes of foods acquired within each category, as summarized below:

- **A la carte-only foods** include large volumes of water, enriched drinks (which include sports drinks and energy drinks), cakes/other bakery desserts, pretzels/snack chips, vegetables (mainly processed potato products such as french fries and tater tots), and beef (mainly beef patties).
- **Foods used in reimbursable meals** include large volumes of milk, fruits, vegetables, juices, breads/rolls, chicken, and pizza.

1. Calories and Nutrients Available, by Food Use Category

- **A la carte-only foods** had a higher energy density (2.76 calories per gram, excluding beverages), compared to foods used in reimbursable meals (1.88 calories per gram, excluding beverages). The percentages of calories from fat (37 percent) and saturated fat (12 percent) in a la carte-only foods were high, relative to the AMDR and *Dietary Guidelines*.
- **Foods used in reimbursable meals** had percentages of calories from fat (30 percent) and saturated fat (9 percent) that are consistent with the AMDR and *Dietary Guidelines* recommendations. Foods in this category had high concentrations of vitamins A and C, calcium, potassium, and dietary fiber, which is consistent with the large volumes of milk, vegetables, fruits, and juices acquired for use in reimbursable meals.

2. MyPyramid Food Groups Available, by Food Use Category

- **A la carte-only foods** had concentrations of whole grains, fruits, vegetables, milk/dairy, and meat that were lower, relative to foods used in reimbursable meals. Foods in this category had a high percentage of calories from SoFAS (41 percent) relative to HEI-2005 standard of no more than 20 percent. These calories can be attributed to the large volumes of cakes/other bakery desserts, ice cream, beef, and enriched drinks, which are high in fat and/or added sugars.
- **Foods used in reimbursable meals** had much higher concentrations of whole grains, fruits, vegetables, and milk/dairy, relative to a la carte-only foods, but concentrations for these MyPyramid groups (excluding milk/dairy) fell slightly below

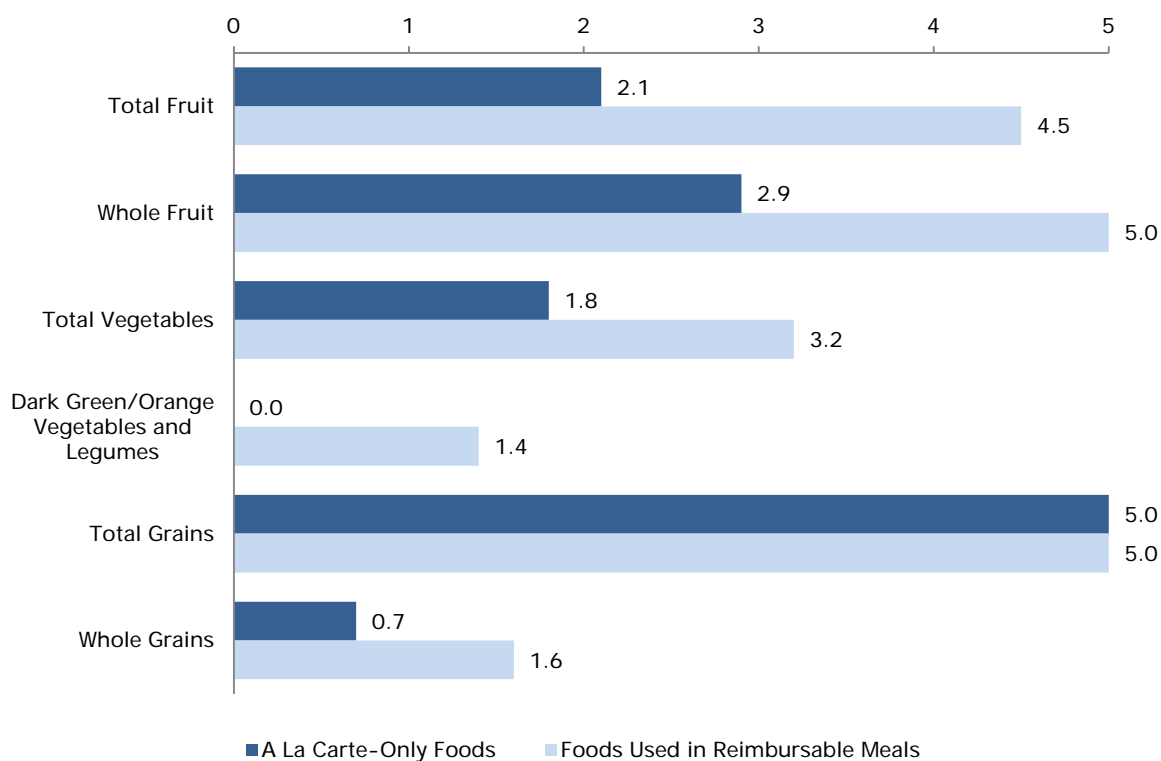
recommendations. Foods in this category had a lower percentage of calories from SoFAS (28 percent), relative to a la carte-only foods. These findings are consistent with the fact that foods acquired for use in reimbursable meals include relatively large volumes of milk, fruits, vegetables, and juices.

3. Healthy Eating Index-2005 Scores, by Food Use Category

Scores for Fruits, Vegetables, and Grains

- **A la carte-only foods** had lower scores for all components in this group, except for total grains (both categories received the maximum score of 5.0), compared to foods used in reimbursable meals (Figure 5). Scores for dark green and orange vegetables and legumes and whole grains were very low (0.0 and 0.7), and scores for total fruit, whole fruit, and total vegetables did not exceed 2.9 (the score for whole fruit).

Figure 5. HEI- 2005 Component Scores for Components with a Maximum Score of 5



Source: School Food Purchase Study-III, food acquisition data, school year 2009–2010.

- **Foods used in reimbursable meals** received a perfect score for whole fruit and a high score for total fruit (4.5). Although foods in this category had higher scores for dark green and orange vegetables and legumes and whole grains compared to a la carte-only foods, scores were low relative to the maximum score (1.4 and 1.6, respectively).

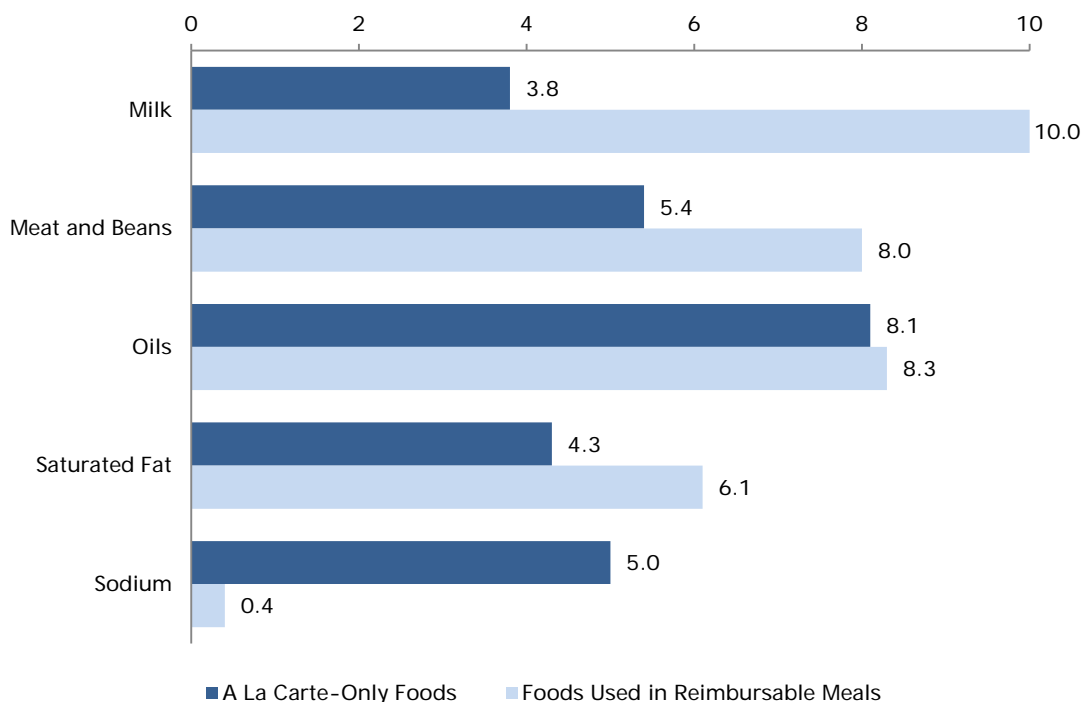
Scores for Milk, Meat and Beans, Oils, Saturated Fat, and Sodium

- **A la carte-only foods** received scores of 5.0 or less (out of a maximum of 10.0) for all components in this group, except for oils (8.1; Figure 6). Relative to foods used in reimbursable meals, a la carte-only foods had a much higher score for sodium (5.0 versus 0.4), and a considerably lower score for milk (3.8 versus 10.0).
- **Foods used in reimbursable meals** received a perfect score (10.0) for the milk component and relatively high scores for meat and beans and oils (8.0 and 8.3, respectively). Foods in this category had a higher score for saturated fat (6.1) compared to a la carte-only foods (4.3).

Scores for Calories from Solid Fats and Added Sugars (SoFAS)

- A la carte-only foods had a score of 6.6 (out of a maximum of 20) for calories from SoFAS, compared to a score of 14.9 for foods used in reimbursable meals. The lower score for a la carte-only foods is consistent with the relatively large volumes of foods with high concentrations of solid fats and added sugars acquired in this category (specifically, enriched drinks, cakes/other bakery desserts, beef, and ice cream).

Figure 6. HEI- 2005 Component Scores for Components with a Maximum Score of 10



Source: School Food Purchase Study-III, food acquisition data, school year 2009–2010.

Total Healthy Eating Index-Score

- The total HEI-2005 score provides an overall measure of nutritional quality for foods used exclusively in a la carte sales and foods used in reimbursable meals. As one might expect based on component scores, a la carte-only foods received a considerably lower total HEI-2005 score (45.7 out of a possible 100) compared to foods used in reimbursable meals (68.4). The higher nutritional quality of foods used in reimbursable meals largely reflects the relatively smaller share of calories contributed by SoFAS, as well as higher concentrations of milk, whole grains, and fruit, and, to a lesser degree, vegetables and meat and beans.

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I. INTRODUCTION

The need to promote healthful eating behaviors and prevent hunger among the nation's youth is great. Overweight and obesity are major health concerns, yet increasing numbers of households with children are food insecure (Nord et al. 2009). Experts have identified schools as the most important setting for positively influencing children's dietary intakes (Centers for Disease Control and Prevention 2011; Institute of Medicine [IOM] 2004, 2007). Two of the vehicles through which schools may influence children's diets are the school meal programs—the National School Lunch Program (NSLP) and School Breakfast Program (SBP)—and competitive foods, foods that are offered to children in school but not as part of a school meal.

The school meal programs, sponsored by the U.S. Department of Agriculture (USDA), have the dual goals of (1) ensuring that affordable (or free), nutritionally balanced meals are available to all children in school; and (2) supporting U.S. agricultural markets through the acquisition of donated USDA Foods to use in preparing school lunches and breakfasts. Over the past two decades, program administrators and school food service professionals have been working to bring school meals in line with the *Dietary Guidelines for Americans*, as required by Federal regulations and reflected in nutrition standards for the programs (7 CFR Parts 210 and 220, January 26, 2012). Policymakers have also enacted legislation requiring school districts to set local wellness policies that include nutrition criteria for competitive foods.⁶ The Healthy, Hunger-Free Kids Act of 2010 (P.L. 111-296) strengthened this legislation and charged USDA with establishing nutrition standards for all foods available on school campuses.

The USDA periodically assesses the nutritional characteristics of school meals and other aspects of school food environments through the School Nutrition Dietary Assessment studies. Policymakers have used findings from these national studies to establish and update nutrition standards for the programs; program staff have used them to develop new training and technical assistance to ensure the nutritional integrity of the programs. The School Lunch and Breakfast Cost Studies examine the costs associated with producing school meals. USDA also regularly sponsors the School Food Purchase Studies, which provide national estimates of the types, amounts, and costs of foods and ingredients (both purchased and donated) used in meals and snacks provided to children at school.

The third School Food Purchase Study (SFPS-III), conducted during school year (SY) 2009–2010, is the latest in this series of studies and the first to include an in-depth nutrient and food group analysis of the foods acquired by public unified school districts participating in the NSLP.⁷ This report presents findings from that analysis. The analysis was conducted for USDA's Food and Nutrition Service (FNS) by Mathematica Policy Research, under contract with Agralytica, who conducted the SFPS-III and provided the food acquisition data that were used in the analysis.

The report provides information about the calories (food energy), nutrients, and MyPyramid food groups available for use in meals and snacks offered through the NSLP, SBP, and other school food programs. Also presented are the results of an assessment of the nutritional quality of food

⁶ Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265).

⁷ Unified districts are those that include both primary schools (kindergarten through grade 8) and high schools (grades 9 through 12).

acquisitions relative to the 2005 *Dietary Guidelines for Americans* recommendations (U.S. Department of Health and Human Services [DHHS] and USDA 2005) and the MyPyramid food guidance system (USDA, Center for Nutrition Policy and Promotion [CNPP] 2005), based on the Healthy Eating Index-2005⁸ (Guenther et al. 2007). These findings provide unique information about all foods acquired by school districts and serve as a baseline for monitoring the nutritional characteristics of school food acquisitions over time, including donated USDA Foods. The Healthy, Hunger-Free Kids Act of 2010 included a provision that USDA continue to improve the nutritional quality of donated USDA Foods. The report also includes findings from a parallel set of analyses for a subset of school districts that focuses on the nutritional characteristics of foods used only for a la carte sales,⁹ foods used in reimbursable meals, and foods used for both a la carte sales and reimbursable meals.

A. Background on School Food Programs

Virtually all public school districts participate in and acquire food for preparing and serving meals to students through the NSLP or SBP. The SFPS-III estimated that in SY 2009–2010 the vast majority of districts also acquired food for one or more smaller programs or food service functions in addition to the NSLP or SBP (95 percent) (Young et al. 2012). In this section, we describe the NSLP and SBP and the wide variety of programs and other functions for which districts purchase food. It is important to note that proportion of foods acquired by SFAs for these other programs is relatively small compared to the foods acquired for the NSLP and SBP.

1. National School Lunch Program and School Breakfast Program

The NSLP and SBP ensure that all children have access to nutritious meals and snacks throughout the school year. Nearly all public schools and 94 percent of all schools (public and private combined) in the United States participate in the NSLP (Ralston et al. 2008)¹⁰. The SBP is available in almost 90 percent of schools that offer the NSLP (Young et al. 2012). Any child in a participating school is eligible to obtain school meals, and children from low-income households are eligible to receive meals for free or at a reduced price. In fiscal year (FY) 2011, the NSLP served lunches to 31.8 million children, on average, each day.¹¹ The SBP served an average of 12.1 million children each day. Two-thirds (67 percent) of the lunches and 84 percent of the breakfasts were served free or at a reduced price.

FNS administers the NSLP and SBP at the Federal level. At the State level, Child Nutrition (CN) agencies oversee the programs. Local school food authorities (SFAs)¹² have responsibility for providing meals for children and for establishing children's eligibility for free and reduced-price

⁸ The *Dietary Guidelines* were updated in 2010. Differences between the 2005 and 2010 versions are relatively minor, so the Healthy Eating Index-2005 (HEI-2005) remains the optimal tool for assessing diet quality.

⁹ A la carte foods can be purchased by students in school food service settings, but are not part of a reimbursable school meal.

¹⁰ Nonprofit residential child care institutions are also eligible to participate in the NSLP and SBP.

¹¹ The FY 2011 statistics reported in this chapter were obtained from the October 2011 Program Information Report available at www.fns.usda.gov/fns/data.htm.

¹² SFAs are individual school districts or small groups of districts that have legal authority to operate the NSLP and SBP. Throughout this report, the terms *school district* and *SFA* are used interchangeably.

meals. Children are eligible to receive free meals if their household incomes are no more than 130 percent of the federal poverty level; those with household incomes between 130 and 185 percent of poverty are eligible to receive reduced-price meals.

SFAs participating in the NSLP and SBP receive Federal assistance in the form of cash reimbursements and donated USDA Foods.¹³ USDA provides a cash reimbursement for every eligible lunch and breakfast served, with higher rates of reimbursement for meals served to children from low-income households. SFAs receive an annual entitlement of USDA Foods, at a set rate per meal, based on the total number of reimbursable lunches served the preceding school year (USDA, FNS 2010). Periodically, SFAs may also be offered bonus USDA Foods that do not count against their entitlement. The types and amounts of bonus foods vary based on agricultural surpluses and USDA's purchasing decisions.

Nutrition Standards for School Meals

To be eligible for reimbursement, meals served through the NSLP and SBP must meet defined nutrition standards. The School Meals Initiative for Healthy Children (SMI), implemented in 1995, established nutrition standards to bring school meals more in line with the 1995 *Dietary Guidelines for Americans* (USDA and DHHS 1995). The SMI standards in place at the time of this study required that meals provide no more than 30 percent of calories from total fat and less than 10 percent of calories from saturated fat. In addition, lunches had to provide one-third of children's daily requirements for calories and key nutrients; breakfasts had to provide one-fourth of daily requirements. The SMI also encouraged schools to offer meals with reduced levels of sodium and cholesterol and more fiber.

New nutrition standards for school meals will be implemented beginning in SY 2012–2013 (7 CFR Parts 210 and 220, January 26, 2012). Changes to the standards incorporate updates to nutrition guidance in the 2005 and 2010 *Dietary Guidelines* and the nutrient requirements established in the Dietary Reference Intakes (DRIs) (IOM 2006).¹⁴ Schools will be required to increase the availability of fruits, vegetables, and whole grains; limit milk to fat-free and unflavored low-fat milk; reduce sodium, saturated fat, and trans fat; and meet children's nutrient needs within their calorie requirements. It is important to note that although the SMI standards were in place at the time the SFPS-III was conducted, they applied only to full meals—no standards exist for the individual food items or the mix of foods acquired by school districts participating in the NSLP or SBP.

2. Other Food Programs

Although the largest share of foods acquired by school districts is used for preparing and serving meals to students through the NSLP or SBP, up to one-third of school districts use a portion of their food acquisitions for another federally subsidized food program serving children. For example, in SY 2009–2010, the Afterschool Snack Program, also administered by FNS, operated in about 28 percent of SFAs (Young et al. 2012). The Afterschool Snack Program is available to school districts or individual schools participating in the NSLP, provided they offer children

¹³ USDA Foods were formerly known as commodity foods.

¹⁴ The new requirements are based on recommendations from IOM, which are included in the 2010 report, "School Meals: Building Blocks for Healthy Children."

supervised educational or enrichment activities outside of the regular school day. Participating school districts receive cash reimbursements from USDA for snacks served to children that meet specific food requirements.

Other subsidized food programs offered by school districts include the Summer Food Service Program, which provides meals (and snacks) to children from low-income households during the summer; the Fresh Fruit and Vegetable Program, which provides children with a variety of free fresh fruits and vegetables throughout the school day; and the Child and Adult Care Food Program, which provides meals and snacks to preschool children, including those in the Head Start centers. Approximately one in five school districts acquired food for one or more of these programs in SY 2009–2010 (Young et al. 2012).

3. A la Carte Food Sales

The great majority (80 percent) of districts acquire foods for a la carte sales (Young et al. 2012). A la carte sales include foods and beverages offered and sold to students in school as an alternative, or in addition, to the reimbursable meal. Although some foods sold on an a la carte basis are the same items included in reimbursable meals (referred to as mixed-use foods), others tend to be low in nutrients and relatively high in calories, fat, added sugars, and sodium (Gordon et al. 2007; Fox et al. 2009), such as snack chips, candy bars, and sweetened fruit drinks. USDA prohibits the sale of foods of minimal nutritional value in the food service area during meal periods (7 CFR Parts 210 and 220, Appendix B)¹⁵; however, a la carte and other competitive foods are not currently subject to other Federal nutrition standards. At the time of the SFPS-III study, the Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265) required that all districts participating in the NSLP have a local wellness policy that includes nutrition criteria for all foods available on school campuses.

4. Catering and Other Food Service Functions

Schools frequently sell food to teachers and administrators and provide meals for food service staff. Eight in 10 districts reported providing staff meals in SY 2009–2010. Another common school food service function is catering for school-related events, reported by half of all districts. Public catering, day care, disaster feeding, and other nonreimbursable uses of school food acquisitions were also mentioned.

B. Overview of Food Acquisition Practices

Many factors can influence the nutritional characteristics of foods acquired by school districts. The SFPS-III provides a comprehensive picture of district characteristics, food acquisition practices, and food service operations and how they relate to food costs. To provide additional background for the findings presented in this report, we repeat some of the findings related to acquisition practices here.

Food acquisition is typically centralized within a school district. For commercial purchases, the SFA director is responsible for decisions about which vendors to use and what types and amounts

¹⁵ Foods of minimal nutritional value are defined as having less than 5 percent of the Recommended Daily Allowance per serving for eight key nutrients and include soft drinks, water ices, chewing gum, and some candies.

of food to order (Young et al. 2012).¹⁶ Price is a deciding factor for most districts. Program regulations stipulate that SFAs use specific procurement methods to ensure that they receive products at the lowest price (USDA, FNS 2011a). To ensure quality, most districts used product specifications when purchasing food in SY 2009–2010. Product specifications often indicated the type or variety of food desired, the packaging unit, use of CN label, and/or quality/grade standards. Specifications for whole grain content and the type or amount of fat were also used by an estimated two-thirds of districts (Young et al. 2012). Calories and sodium, the only other nutrient specifications that respondents were asked about, were used somewhat less frequently (46 percent of districts).

In response to mounting interest among school districts to incorporate regionally and locally produced foods into the school nutrition programs, the 2008 Farm Bill allowed districts to include a preference for local vendors in their bid specifications.¹⁷ Soon after, USDA established the Know Your Farmer, Know Your Food initiative and a Farm to School Team to support state and local efforts to connect schools with local farmers (USDA, FNS 2011b). The SFPS-III found that slightly more than one-third of districts, mostly those smaller in size, were in states with a Farm to School program available in 2009–2010. Although only 21 percent of districts reported buying locally grown produce at that time, another 13 percent were developing programs to do so (Young et al. 2012).

In addition to food acquisitions from commercial vendors and local farmers, school districts use their annual entitlement to obtain donated USDA Foods. Each year, states select USDA Foods for their school districts from a list of items purchased by USDA.¹⁸ In SY 2009–2010, there were more than 180 products available as donated USDA Foods, including fruits, vegetables, meats, fish, poultry, cheese, beans, rice, pasta, and flour and other grain products (USDA, FNS 2009). USDA has been working over the past 20 years to ensure that donated foods and ingredients are consistent with the *Dietary Guidelines* and MyPyramid food guidance. Specifically, lower-fat meats, poultry, and cheeses are available; more fruits, vegetables, and whole grain products are offered; butter, shortening, trans fats in potato products, and canned fruits packed in heavy syrup were eliminated; and the sodium content of canned vegetables and some processed products was reduced (USDA, FNS 2009).

States and school districts also have the option of sending certain USDA Foods for further processing into ready-to-use menu items. For example, USDA whole chickens can be processed into precooked chicken patties and chicken nuggets, and part-skim mozzarella cheese can be used in frozen pizza. Although there are no specific nutrition standards for processed foods containing USDA Foods, school districts can review the nutritional profile of the processed products before purchasing them (Food Research and Action Center 2008).

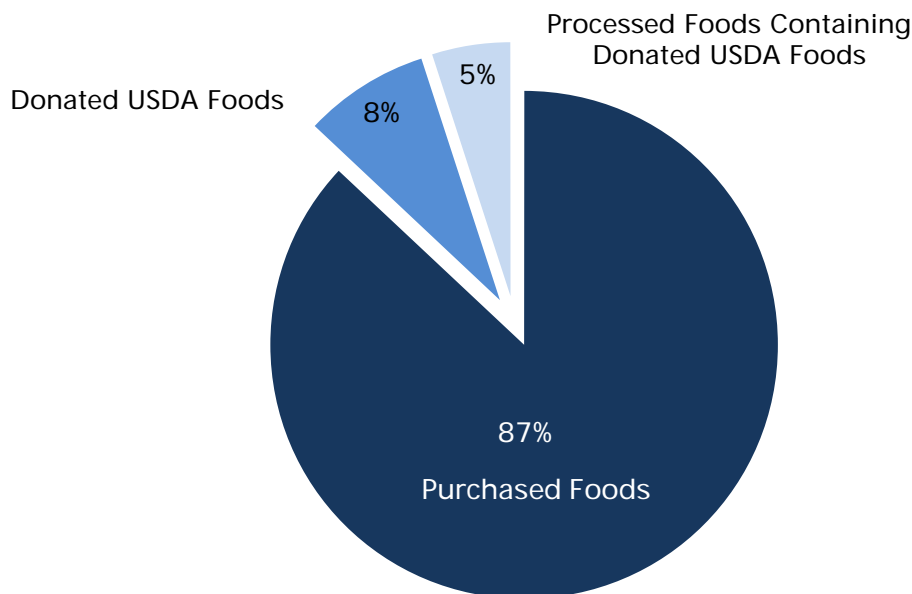
¹⁶ Kitchen managers or head cooks, who may also serve as the SFA director, are often the key decision makers in very small districts (those with fewer than 1,000 students).

¹⁷ Food, Conservation, and Energy Act of 2008 (P.L. 110-246).

¹⁸ Entitlement dollars may also be used to purchase a wide variety of fresh fruits and vegetables available through the Department of Defense Fresh Fruit and Vegetable Program (DoD Fresh). An average of 30 percent of SFAs' entitlement funds were used for this purpose in SY 2009–2010 (Young et al. 2012).

School food acquisitions can be classified into three categories—purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods. Figure I.1 shows the relative shares of the total volume (pounds) of foods acquired by school districts in SY 2009–2010 by food acquisition category. Commercially purchased foods represented the largest share (87 percent), donated USDA Foods represented 8 percent, and processed foods containing donated USDA Foods represented just 5 percent of the total volume of foods acquired.

Figure I.1. Contribution of Food Acquisition Categories to Total Volume of Foods Acquired by Public Unified NSLP School Districts, SY 2009–2010



Source: School Food Purchase Study-III, food acquisition data, SY 2009–2010.

NSLP = National School Lunch Program; SY = school year.

C. Purpose and Objectives

The purpose of this component of the SFPS-III study was threefold: (1) to develop national estimates of the calories, nutrients, and MyPyramid food groups available for preparing and serving reimbursable meals and other foods to children in U.S. public schools during SY 2009–2010; (2) to examine the nutritional quality of school food acquisitions relative to the 2005 *Dietary Guidelines for Americans* and MyPyramid food guidance system using the Healthy Eating Index-2005 (HEI-2005); and (3) to describe the nutritional characteristics of food acquisitions used strictly for a la carte sales, foods used for reimbursable meals (but not a la carte), and foods used for both purposes (mixed-used foods). Together, the information used to address these three objectives establishes a baseline from which USDA and other stakeholders can monitor trends in the composition and nutritional quality of school food acquisitions over time.

The study addresses the following specific research questions under the three broad objectives:

Objective 1. Develop estimates of the calories, nutrients, and MyPyramid food groups available in the foods acquired by a national sample of public school districts participating in the NSLP during SY 2009–2010.

- What amounts of calories, nutrients, and MyPyramid food groups are available in the foods acquired by school districts, for all foods and for the three main food acquisition categories—purchased foods, donated USDA Foods, and purchased foods containing donated USDA Foods?
- What are the relative contributions of the three food acquisition categories to the total calories, nutrients, and MyPyramid food groups available in the foods acquired by districts?
- What are the relative contributions of specific food groups and subgroups to the calories, nutrients, and MyPyramid food groups available in the foods acquired by districts?

Objective 2. Assess the extent to which foods acquired by a national sample of school districts are consistent with the *2005 Dietary Guidelines for Americans* and MyPyramid food guidance system, as measured by the HEI-2005.

- What are the HEI-2005 scores for the foods acquired by school districts, for all foods and for the three food acquisition categories? How do they compare with the maximum HEI-2005 scores?
- What are the HEI-2005 scores for the foods acquired by subgroups of school districts defined by district size, urban or rural location, poverty level of students, use of a food service management company (FSMC), and menu planning system?

Objective 3. Describe the amounts of calories, nutrients, and MyPyramid food groups available in and conformance to the *2005 Dietary Guidelines* and MyPyramid food guidance system of foods acquired exclusively for a la carte sales, for reimbursable meals, and for mixed uses.

- What amounts of calories, nutrients, and MyPyramid food groups are available in the foods acquired by school districts, for all foods and for three food use categories—a la carte-only foods, foods used for reimbursable meals (excluding a la carte foods), and mixed-use foods?
- What are the relative contributions of specific food groups and subgroups to the calories, nutrients, and MyPyramid food groups available in the foods acquired by districts, for all foods and for the three food use categories?
- What are the HEI-2005 scores for the foods acquired by districts for all foods and for the three food use categories? How do they compare with the maximum HEI-2005 scores?

D. Design of the SFPS- III Study

Here we provide an overview of the sampling, data collection, and nutrition coding procedures used for the SFPS-III. Additional details of the study design and methods are provided in Appendix A.

1. Sample Design

The SFPS-III was designed to provide national, annual estimates of the quantity and value of food acquisitions by public SFAs that participate in the NSLP. The sample frame was obtained from Quality Education Data, Inc. (QED) and included information for all SFAs in the 48 contiguous states and the District of Columbia.¹⁹ The sample of SFAs was selected using a modified probability proportional to size (PPS) method, stratifying on the 10 USDA Farm Production Regions and the SFAs' use of an FSMC. To ensure that the design measured annual food acquisitions and minimized the burden on individual respondents, the sampled districts were assigned evenly and randomly to one of four quarters of SY 2009–2010 and were asked to provide data for that three-month period.

2. Data Collection and Processing

Data were collected from SFA directors or their designees for the school year beginning July 1, 2009, through June 30, 2010. Data collection included two main activities: (1) collection of information on all foods acquired during the designated three-month period, including purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods; and (2) a survey on food procurement practices.

- **Food acquisition data.** SFAs were asked to submit copies of documents (or electronic files) that included detailed information about the types, amounts, and prices of all food purchases and donated USDA Foods received during the specified three months. They could choose to supply the data through monthly vendor summaries, copies of invoices, or tally sheets supplemented with bid specifications, when available.
- **Food procurement practices.** The procurement practices survey (sent to respondents by email) collected data on school district characteristics; food procurement methods; use of donated USDA Foods, foods from DoD Fresh, and locally grown produce; menu planning methods; food programs offered; and other aspects of food service operations.

Of the initial sample of 600 SFAs, 408 provided food acquisition data and 416 completed the procurement practices survey, yielding response rates of 68 and 69 percent, respectively.

To address FNS's interest in learning more about the types, amounts, and nutritional characteristics of foods acquired strictly for a la carte sales, the SFPS-III was designed to collect data to distinguish these foods from foods used for reimbursable meals and other purposes. After SFAs submitted all of their food acquisition data, respondents were provided with a summary of all acquisitions reported for the quarter and were asked to identify any items that were used for a la carte sales. Because many foods and ingredients are used for both a la carte sales and reimbursable meals, respondents were also asked to estimate the percentage of each food that was used for a la carte sales. Thus, foods used exclusively for a la carte sales would be marked as 100 percent a la carte.

¹⁹ Data were also collected from SFAs in Hawaii and Alaska. The food acquisition data have been linked to USDA nutrient and MyPyramid databases but were not analyzed for this report. These data are available in a separate restricted use data file.

Providing the requested detail about foods used for a la carte sales proved to be a difficult task for many SFAs. Several factors contributed to this difficulty: (1) the decision about how foods are used was often made by food service staff at the individual schools, rather than by the individuals who procured (acquired) the foods; (2) some foods were ingredients that were used in multiple end products; and (3) the task was felt to be too burdensome. Ultimately, 128 of the full sample of 408 SFAs (31 percent) provided the data needed to identify foods that were used exclusively for a la carte sales (or a la carte-only foods).

The food acquisition data were coded, transcribed onto standardized forms, and entered into a central database by staff at Ender York, Inc. The details of this process are available in the SFPS-III final report (Young et al. 2012). The final data files containing each SFA's food acquisitions, along with data on district characteristics from the procurement practices survey, were sent to Mathematica for further processing and analysis.

To estimate calories and nutrients, the food acquisition data were linked to values included in USDA's Food and Nutrient Database for Dietary Studies (FNDDS), version 3.0 (USDA and Agricultural Research Service, Food Surveys Research Group 2008). For a small number of food items, it was necessary to obtain nutrient data directly from the National Nutrient Database for Standard Reference (SR), Release 22 (USDA and Agricultural Research Service 2009). The MyPyramid Equivalents Database for USDA Survey Codes (MPED), version 2.0 (Bowman et al. 2008), provided most of the data used to estimate the MyPyramid food groups and subgroups. Food purchases and donated USDA Foods include a mix of raw ingredients and prepared foods. To more closely assess the nutrients and food groups available for consumption, we adjusted the values for some foods to account for inedible food parts (refuse) and changes in weight due to cooking or other method of preparation.²⁰ Appendix A provides detailed information on the methods used to transform the food acquisition data to the measures of nutrients and MyPyramid food groups used in the analysis.

Two other methodological considerations are important to mention here.

1. The precision of the food and nutrient coding was limited by the food descriptions available in the data files. In coding the raw food acquisition data, Ender York staff assigned each unique food to one of 865 general food item descriptions, based on the descriptions available in a school district's food acquisition records. Characteristics related to nutrient content (for example, whether a product was reduced-fat, whole-grain, or low-sodium) were also captured when available. Mathematica's nutritionists then used the general food item descriptions and available nutrition characteristics to identify the closest match in the nutrient databases. Defaults were used when necessary details were not available.
2. All reported foods and ingredients were included in the analyses, including water, salt, and cooking fats. The SFPS-III pretest indicated that SFAs would not be able to identify the amounts of fats and oils that were used exclusively for deep frying. Thus, it was not possible to adjust for the amounts discarded. The result is that the fat (and calories) available for consumption in some food acquisitions might be overestimated.

²⁰ Data on food waste or spoilage were not available.

E. Overview of Analysis Methods

This section describes the final samples of school districts used for the analysis, provides an overview of the measures of nutrient and food group availability and nutritional quality, and presents additional information about the major categories of food acquisitions used to tabulate and describe the findings.

1. Analysis Samples

We used the full sample of 408 SFAs to describe the nutritional characteristics of foods acquired by school districts. This includes all foods acquired in each of the three food acquisition categories (Objectives 1 and 2). All analyses were weighted to produce estimates that are nationally representative of public NSLP school districts during SY 2009–2010. The sampling weights adjust for the probabilities of selection and nonresponse and convert the quarterly food acquisition data to annual estimates. Findings from selected analyses are presented for subgroups of SFAs based on their demographic and operational characteristics. A separate weight that accounts for the slightly smaller sample of SFAs ($n = 404$) that provided both food acquisition and procurement practices data was used for these analyses. Additional details about the weighting procedures are provided in Appendix A.

All of the tables in the main text that are based on the full sample of SFAs present results of descriptive analyses conducted at the population level. We refer to these data as national, annualized estimates of the *total* calories/nutrients and MyPyramid food groups available in, or total HEI-2005 scores for, foods acquired across the universe of public school districts. The same set of analyses was conducted at the SFA level producing national, annual estimates of the *mean* calories/nutrients, MyPyramid food groups, and HEI-2005 scores for food acquisitions within SFAs. The latter set of tables are provided in appendices, but are not discussed in the report.

Subsample for analyses by food use categories. As described previously, the sample available for analyses of the foods acquired exclusively for a la carte sales, for reimbursable meals, and for mixed uses (Objective 3) was a nonrandom subsample of 128 SFAs that provided the information required to identify a la carte-only foods. These data are not weighted; therefore, the estimates cannot be considered nationally representative of school districts' acquisitions in these food use categories or of the full school year. The findings reported are based on the types and amounts of foods acquired over a three-month period. Nonetheless, this report provides useful information about a broad range of nutritional characteristics of a la carte foods that has not previously been available to USDA. In interpreting the findings from these analyses, it is important to recognize that there is variability across districts and many similar food items appeared in different food use categories in different districts.

2. Measures of Nutrient and Food Group Availability and Nutritional Quality

To examine various aspects of the nutritional characteristics of school food acquisitions, we selected measures of calories, nutrients, and food groups, as well as a composite measure of nutritional quality. The measures reflect nutrients and food groups of concern in the diets of school-age children because of both inadequate and excessive intakes. It was also important that the specific measures chosen include those covered in the current *Dietary Guidelines for Americans* and standards for the NSLP and SBP. Moreover, to be most useful, the set of measures had to be comprehensive enough for monitoring the characteristics of school food acquisitions in relation to future nutrition guidelines and standards.

Method for standardizing the data. The calories, nutrients, and food group equivalents available in an SFA's annual food acquisitions are greatly influenced by its size, the number of programs serviced, and the proportions of students and other customers that participate in the programs and other food service activities. To account for these differences, and to convert extremely large estimates into values suitable for presentation in tables, all nutrient and MyPyramid food group amounts were standardized to a common unit of measure using a density approach.²¹ The estimates presented in tables represent nutrient/MyPyramid amounts per 1,000 calories of food available across SFAs, with calories presented per gram of available food. This approach allowed us to answer all research questions using a consistent set of metrics and it provides the most comparable and reproducible baseline measures for future analyses.

The measures used in the report include the following:

- **Calorie density**, measuring calories provided per gram of food available
- **Sources of calories**, measured as the percentage of total calories provided by protein, carbohydrate, fat, and saturated fat
- **Nutrient density**, including essential vitamins, minerals, and other food components, measured on a per-1,000-calorie basis
- **MyPyramid food group density**, including major food group and subgroup equivalents per 1,000 calories
- **Healthy Eating Index-2005 scores**, measuring dietary quality in relation to the *2005 Dietary Guidelines* and MyPyramid food guidance system

Each of the measures is described in detail in the chapters in which it appears.

3. Food Acquisition and Food Use Categories

All of the tables that present data for the full sample of SFAs include separate estimates for the three *food acquisition categories*. Foods were assigned to one of these categories based on how they were reported in food acquisition records.²² For context in interpreting the results, we describe the types of foods included in each acquisition category below:

²¹ We considered the approach used by USDA's Center for Nutrition Policy and Promotion (CNPP) for the U.S. Food Supply data, which is to standardize on a *per capita* per-day basis (Hiza et al. 2008). Other approaches are the *Adult Male Equivalent* and *Equivalent Nutrition Unit* adjustments used in studies of nutrient availability at the household level (Mabli et al. 2010). These adjustments either would not account for the variability across SFAs that was expected to affect the estimates or could not be applied to school food acquisitions without additional information on the mix of students in each district. Methods for standardizing by *meal equivalent* have been applied in other studies of the NSLP/SBP (St. Pierre et al. 1991, Bartlett et al. 2008, Young et al. 2012) and in calculating FSMC fees. However, a fundamental drawback of these methods for our analysis is the fact that they were developed on the basis of meal *cost*, rather than food or nutrient content.

²² SFAs sometimes had trouble differentiating between donated USDA Foods or processed foods containing USDA Foods and commercial purchases, if the foods were delivered together. In these cases State food distribution agencies were contacted and provided the missing information.

- **Purchased foods** consist of the full range of foods acquired by school districts in SY 2009–2010, represented by all 865 different food item descriptions. The top five contributors (by volume) include milk and other dairy products; fruits and juices; bakery products; vegetables, and poultry. Branded fast food products—such as pizza, tacos, and sub sandwiches—are included in this category, although they were purchased by only 10 percent of districts.
- **Donated USDA Foods** include 165 food items from 12 food groups: fruits/juices; vegetables; milk/other dairy products; poultry; red meats; grain products; legumes, nuts, or seeds; condiments; bakery products; fats and oils; eggs; and fish.²³ Fruits, vegetables, cheese, poultry, and red meats were acquired in the largest volumes.
- **Processed foods containing donated USDA Foods** are comprised of 232 food items from 10 groups: poultry; prepared foods; red meats; milk/other dairy products; vegetables; bakery products; eggs; fats/oils; grain products; and condiments. Processed foods with USDA ingredients acquired in the largest volumes include poultry, prepared foods (such as pizza, prepared sandwiches, and other foods containing meat or cheese), red meats, potatoes and potato products, and cheese.

An important limitation of the analyses of food acquisitions by school districts is that the data include foods used for purposes other than the school meal programs, as described previously. Although this is less likely to be a problem for donated USDA Foods and processed foods containing donated USDA Foods, which are earmarked for reimbursable meals, some commercially purchased foods are used to prepare meals and snacks for other subsidized food programs, a la carte sales, staff meals, and catered events. As noted for a la carte-only foods, most districts were unable to identify foods used exclusively for other non-reimbursable purposes.

Tabulations for the subsample of SFAs that provided information to identify a la carte-only foods include separate estimates for three *food use categories*:

- **A la carte-only foods** are foods used exclusively for a la carte sales (identified as used 100 percent for a la carte).
- **Foods used in reimbursable meals** include foods used for reimbursable meals and snacks, *excluding foods used for both reimbursable meals and a la carte sales* (identified as 0 percent a la carte).
- **Mixed-use foods** consist of all foods used for both a la carte sales and reimbursable meals and snacks (1 to 99 percent a la carte).

Foods used in reimbursable meals (but not sold a la carte) accounted for 84 percent of the total volume of the foods acquired by the subsample of SFAs; a la carte-only and mixed-use foods accounted for another 6 and 10 percent, respectively. Note that food acquisitions included in the reimbursable meals and mixed-use categories also include foods used for subsidized food programs other than the NSLP or SBP, as well as some foods for non-reimbursable uses.

²³ This category includes fresh produce purchased through the DoD Fresh Fruit and Vegetable Program.

4. SFPS-III Food Groups and Food Subgroups

A key focus of the analysis was to examine school food acquisitions overall and in the three acquisition categories described earlier. It is also useful to know more about the nutritional characteristics of the specific foods in each category and their relative contributions to the nutrients and MyPyramid food groups available. To facilitate this analysis, we used a food grouping scheme created specifically for the School Food Purchase Studies (and updated for SFPS-III). As noted previously, all food acquisitions were first assigned one of 865 general food item descriptions. The food items are aggregated into 16 food groups and 72 food subgroups (referred to as SFPS-III food groups) based on product features and nutritional characteristics of interest to USDA. A complete listing of the food items included in the various food groups and subgroups is provided in Appendix A (Table A.1).

When considering the results of analyses for specific SFPS-III food groups, the reader should note that the manner in which similar food items are grouped influences estimates of their relative contributions to the nutrients and MyPyramid food groups available. Food groups that are less disaggregated than others will usually contribute more to the totals. The SFPS-III food groups and subgroups were designed to describe the total volume and costs of food acquisitions, with the specific types of food identified sometimes reflecting groupings for procurement. In addition, some food groups are less disaggregated than others. For example, fruit includes all types of fruit and fruit juice, whereas vegetables are broken down by type into seven subgroups. We considered alternative food grouping schemes for this study, but most other systems are designed only to describe foods as served or eaten. Using the SFPS-III food groups provides the opportunity for future analyses that relate the cost data to nutrition measures.

F. Organization of the Report

The remainder of this report contains three chapters that present nutritional characteristics of school food acquisitions for the national sample of public NSLP school districts and a single chapter that presents a similar set of findings for the subsample of districts that were able to identify foods purchased and used only for a la carte sales. Chapters II and III describe the calories and nutrients (Chapter II) and MyPyramid food groups (Chapter III) available in school food acquisitions, including the relative contributions of purchased foods, donated USDA Foods, processed foods containing donated USDA Foods, and the SFPS-III food groups and subgroups. Chapter IV compares the HEI-2005 total and component scores with the maximum scores for all foods, for the food acquisition categories, and by selected district characteristics. The final chapter (Chapter V) describes, for the limited sample of school districts, the nutrients and MyPyramid food groups available and the nutritional quality of foods acquired for a la carte sales only, reimbursable meals only, and for mixed uses.

An appendix to this report (Appendix A) includes a more in-depth description of the methodology for coding the reported food items, linking them to the nutrient and MyPyramid food group databases, and creating the final analytic database for this study. It also discusses the SFPS-III sampling, data collection, and weighting procedures. Supplementary tabulations of the nutrient and MyPyramid food group measures presented in the main chapters can be found in Appendix B through E. For further details about the SFPS-III, the reader is referred to the *School Food Purchase Study-III: Final Report*, available at <http://www.fns.usda.gov/ora/MENU/Published/CNP/cnp.htm>.

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II. CALORIES AND NUTRIENTS AVAILABLE IN SCHOOL FOOD ACQUISITIONS

The School Food Purchase Studies provide information about the types, amounts, and cost of foods acquired by school districts for use in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other school food programs.²⁴ The third School Food Purchase Study (SFPS-III) adds to this knowledge base by providing, for the first time, information about the calories and nutrients available in school food acquisitions. This information provides policymakers and other stakeholders in the school meal programs with important insights into the nutrient content of foods acquired by school districts and the relative contributions of various types of food acquisitions.

In this chapter, we present data on the calories and nutrients available in the foods acquired by school districts during school year (SY) 2009–2010. The nutrients and dietary components selected for this analysis are those included in the nutrition standards for NSLP and SBP meals that were in effect during SY 2009–2010 (7 CFR Parts 210 and 220, June 13, 1995). These include calories, protein, total fat, saturated fat, vitamin A, vitamin C, calcium, and iron, as well as sodium, cholesterol, and dietary fiber.^{25,26} Potassium was also included because it is a nutrient of concern due to the potential for inadequate intakes among school-age children (Institute of Medicine [IOM] 2010).

The chapter is organized into three sections. The first describes the calories and nutrients available in school food acquisitions using a variety of measures. The second and third sections describe the relative contributions of different types of food acquisitions to the available calories and nutrients. All of the findings reported in this chapter are based on records of food acquisitions collected from 408 school districts during SY 2009–2010. All estimates are weighted to provide national, annualized estimates of the total calories and nutrients available in these food acquisitions.^{27,28}

A. Calories and Nutrients Available in School Food Acquisitions

We used three different measures to describe the calories and nutrients available in foods acquired by school districts:

²⁴ Some SFAs acquired food for the USDA-sponsored Afterschool Snack Program, Summer Food Service Program, and Child and Adult Care Food Program, as well as a la carte sales, staff meals, and catering for school-related activities.

²⁵ The nutrition standards in effect in SY 2009–2010 were implemented in 1995 as part of the School Meals Initiative for Healthy Children (SMI). The SMI standards do not include quantitative targets for sodium, cholesterol, or dietary fiber, but they encourage schools to lower levels of sodium and cholesterol in school meals and increase dietary fiber.

²⁶ Data for an expanded set of nutrients are provided in Appendix Table B.1.

²⁷ An additional set of tables presenting estimates of the mean calories and nutrients available in school food acquisitions is provided in Appendix B.

²⁸ Detailed information on the methods used to transform the food acquisition data into estimates of calories and nutrients is provided in Appendix A.

1. **Calorie density.** Calorie density is the amount of calories provided in a given amount of food. The *Dietary Guidelines for Americans* recommend eating patterns that are low in calorie density. Such eating patterns emphasize fruits, vegetables, and whole grains, which are low in calorie density, and include minimal amounts of foods high in fat and added sugars, which are higher in calorie density (U.S. Department of Health and Human Services [DHHS] and U.S. Department of Agriculture [USDA] 2005). As recommended by Ledikwe and colleagues (2005), we used two different measures to assess the calorie density of school food acquisitions. One measure considers all foods and beverages and the other is based on foods only (no beverages of any type).²⁹ Calorie density is expressed as calories available per gram of food, and we computed it by dividing the total calories available in all foods (and beverages, as appropriate) by the total weight of those foods (and beverages) measured in grams.
2. **Sources of calories.** Most of the calories in foods come from the macronutrients carbohydrate, protein, and fat.³⁰ The Dietary Reference Intakes (DRIs) define Acceptable Macronutrient Distribution Ranges (AMDRs) for each of these nutrients (IOM 2006). The AMDRs reflect the ranges of intake that are associated with reduced risk of chronic disease while providing adequate amounts of essential nutrients. In addition, the *Dietary Guidelines for Americans* recommend that less than 10 percent of calories come from saturated fat (DHHS and USDA 2005). We estimated the proportion of calories in school food acquisitions provided by total fat, saturated fat, and protein by computing the total amount of calories from each of these sources and dividing by the total calories.³¹
3. **Nutrient density.** The healthy eating patterns recommended in the *Dietary Guidelines for Americans* focus on nutrient-dense foods—those with a high nutrient contribution in relation to energy contribution (DHHS and USDA 2005). We assessed the nutrient density of school food acquisitions by measuring the amounts of nutrients available per 1,000 calories. We computed the total amount of each nutrient available in all foods, divided by the total amount of calories available in all foods, and then multiplied by 1,000.

For each of these measures, we generated separate estimates for all foods acquired and for the three categories of food acquisitions—purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods.³² As described in Chapter I, purchased foods include the full range of foods acquired by school districts. Donated USDA Foods include large volumes of fruits, vegetables, cheese, poultry, and red meats, as well as considerable amounts of grain products

²⁹ Beverages have a high water content and therefore tend to have a lower calorie density than other foods. Beverages might have a disproportionate influence on calorie density values.

³⁰ Alcohol is an additional source of calories.

³¹ Fat provides nine calories per gram and protein provides four calories per gram.

³² Due to a number of differences in the methodologies employed, results presented on the calories and nutrients available in donated USDA Foods are not comparable to those reported for NSLP USDA Foods in the *Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs* report (Zimmerman et al. 2012). The two studies had different research objectives and used data from different sources and school years, different methods for adjusting food weights, diverse metrics for standardizing the nutrient values, and for some foods, different sources of nutrient values.

and legumes/nuts/seeds (Young et al. 2012). Processed foods containing donated USDA Foods include large volumes of poultry; red meats; cheese; potatoes and potato products; and a variety of prepared foods, such as pizza, prepared sandwiches, and other foods containing meat and/or cheese.

Findings

Table II.1 presents data on the calorie density, sources of calories, and nutrient density of foods acquired by school districts in SY 2009–2010.³³ In reviewing the data, it is important to keep in mind that differences observed for the three categories of food acquisitions reflect differences in the types and volumes of foods acquired within each category, as summarized previously.

Table II.1. Calorie Density, Sources of Calories, and Nutrient Density of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

| | Reference Standard ^a | All Foods | Purchased Foods | Donated USDA Foods | Processed Foods Containing Donated USDA Foods |
|--|---------------------------------|-----------|-----------------|--------------------|---|
| Calorie Density (Calories per Gram) | | | | | |
| All Foods and Beverages | n.a. | 1.27 | 1.19 | 1.48 | 2.22 |
| Foods Only | n.a. | 1.98 | 2.03 | 1.51 | 2.23 |
| Sources of Calories (Percentage of Total Calories from ...) | | | | | |
| Total Fat | 25-35 | 32.5 | 29.8 | 44.4 | 45.0 |
| Saturated Fat | < 10 | 10.3 | 9.1 | 17.9 | 14.0 |
| Protein | 10-30 | 15.7 | 14.2 | 21.7 | 22.9 |
| Nutrient Density (Nutrients per 1,000 Calories) | | | | | |
| Vitamin A (mcg RAE) | 300 | 379 | 403 | 333 | 215 |
| Vitamin C (mg) | 23 | 37 | 40 | 36 | 11 |
| Calcium (mg) | 616 | 640 | 670 | 609 | 412 |
| Iron (mg) | 5 | 6.9 | 7.0 | 5.5 | 7.2 |
| Potassium (mg) | 2,228 | 1,362 | 1,417 | 1,264 | 976 |
| Sodium (mg) | < 1,098 | 1,936 | 1,872 | 2,049 | 2,371 |
| Cholesterol (mg) | < 156 | 85 | 66 | 167 | 170 |
| Dietary Fiber (g) | 14 | 8.0 | 8.1 | 9.9 | 5.6 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009–2010.

^a Reference standards for total fat and protein are based on AMDRs defined in the DRIs for children and adolescents 4 to 18 years of age (IOM 2006).

The reference standards for saturated fat and cholesterol are based on the 2005 *Dietary Guidelines* (DHHS and USDA 2005).

Reference standards for vitamins and minerals are based on the DRIs and represent the average intakes recommended for school-age children, expressed on a per-1,000-calorie basis. See the text for additional details.

AMDR = Acceptable Macronutrient Distribution Ranges; DHHS = U.S. Department of Health and Human Services; DRI = Dietary Reference Intake; IOM = Institute of Medicine; NSLP = National School Lunch Program; RAE = retinol activity equivalent; SY = school year.

n.a. = not applicable.

³³ Data on the calorie density, sources of calories, and nutrient density of specific food groups and subgroups are provided in Appendix Table B.2.

Table II.1 includes reference standards to provide some context for interpreting the data. The standards for total fat and protein are the AMDRs for children and adolescents 4 to 18 years of age. The standards for saturated fat and cholesterol are 2005 *Dietary Guidelines* recommendations.³⁴ Standards for vitamins A and C, calcium, iron, potassium, sodium, and dietary fiber are based on the DRIs and represent the average intakes recommended for school-age children (based on recommendations for 4- to 8-year-olds, 9- to 13-year-olds, and 14- to 18-year-olds).³⁵ Values were standardized to a “per-1,000-calorie” basis using the calorie levels recommended by IOM for each age group.³⁶ It is important to note that the reference standards are based on recommendations for individuals’ dietary intakes. The mix of foods acquired by school districts represents foods available for use in meals and snacks and is not necessarily comparable to the mix of foods consumed by students at school.

Calorie density. The calorie density of all foods and beverages acquired by schools in SY 2009–2010 was 1.27 calories per gram. As expected, calorie density was slightly higher (1.98 calories per gram) when beverages were excluded. Calorie density, without beverages, was highest for processed foods containing donated USDA Foods (2.23 calories per gram) and lowest for donated USDA Foods (1.51 calories per gram). These findings are consistent with the types and relative volumes of foods acquired in these two categories. Donated USDA Foods include large volumes of fruits and vegetables, which are low in calorie density, whereas processed foods containing donated USDA Foods include large volumes of foods that are higher in calorie density, such as processed poultry, red meats, potatoes and potato products, cheese, and a variety of prepared foods. Purchased foods include a mix of all of these types of foods, so it makes sense that calorie density for this category is between the two extremes.

Sources of calories. For all foods acquired by school districts in SY 2009–2010, fat provided 33 percent of the available calories, saturated fat provided 10 percent, and protein provided 16 percent. The percentage of calories from fat and protein are consistent with the AMDRs and the percentage of calories from saturated fat was slightly higher than the *Dietary Guidelines*-recommended limit of less than 10 percent.

The relative contributions of fat, saturated fat, and protein to the calories available in the three different food acquisition categories varied considerably. Key findings include the following:

- **Purchased foods** had the lowest percentages of calories from total fat (30 percent), saturated fat (9 percent), and protein (14 percent), relative to the other acquisition categories. This distribution of calories is consistent with the AMDRs for total fat and protein and the *Dietary Guidelines* recommendation for saturated fat.

³⁴ The standard for saturated fat is consistent with the nutrition standards for school meals that were in effect at the time this report was prepared.

³⁵ Estimated Average Requirements were used for vitamin A, vitamin C, and iron; Adequate Intakes were used for calcium, potassium, and dietary fiber; Tolerable Upper Intake Levels were used for sodium.

³⁶ IOM recommendations assume a 1,700 calorie diet for 4- to 8-year-olds; a 1,900 calorie diet for 9- to 13-year-olds; a 2,600 calorie diet for 14- to 18-year-old males; and a 2,000 calorie diet for 14- to 18-year-old females. These calorie levels represent weighted averages for each age group, assuming an active level of physical activity for 4-to 8-year-olds and a moderately active level of physical activity for 9-to 13- and 14- to 18-year-olds (IOM 2010).

- **Donated USDA Foods** had the highest percentage of calories from saturated fat (18 percent) and the second highest percentages of calories from total fat (44 percent) and protein (22 percent). Although donated USDA Foods include large volumes of fruits and vegetables, this category also includes large volumes of foods that are concentrated sources of fat and saturated fat, such as cheese and red meats. The percentages of calories from fat and saturated fat in donated USDA Foods were high, relative to the AMDR and the *Dietary Guidelines* recommendation.
- **Processed foods containing donated USDA Foods** had the highest percentages of calories from total fat (45 percent) and protein (23 percent) among the acquisition categories. The percentages of calories from fat and saturated fat (14 percent) in this category of foods were also high, relative to the AMDR and the *Dietary Guidelines* recommendation.

Nutrient density. Overall, the mix of foods acquired by school districts in SY 2009–2010 was nutrient dense. Concentrations of vitamins A and C, calcium, and iron per 1,000 calories met or exceeded the average concentrations assumed in the DRIs. Concentrations of potassium and fiber were lower and fell below the average concentrations assumed in the DRIs.

Findings on the sodium and cholesterol density of school food acquisitions have to be interpreted differently than findings for vitamins, minerals, and dietary fiber because recommendations for these two dietary components focus on limiting intake. For this reason, a mix of foods that was consistent with the recommendations would have concentrations of sodium and cholesterol per 1,000 calories that were equal to or less than the average concentrations assumed in the recommendations. Using this lens, we see that, overall, the cholesterol density of school food acquisitions was consistent with the average concentration assumed in the 2005 *Dietary Guidelines*. However, the sodium density of this mix of foods exceeded the average concentration assumed in the DRIs.

Virtually all Americans consume more sodium than they need, and most sodium comes from processed foods. For the first time in the history of the school meal programs, the new nutrition standards for school meals establish a quantitative standard for sodium (7 CFR Parts 210 and 220, January 26, 2012). In light of this new standard, school districts may need to pay particular attention to the sodium content of processed foods to help align school meals with the new standards. Achieving recommended levels of sodium will also require a deliberate reduction in the sodium content of foods available in the marketplace (USDA and DHHS 2010; IOM 2010).

Key findings on the nutrient density of foods acquired in the three different acquisition categories follow:

- **Purchased foods** had high concentrations of vitamins A and C, calcium, and iron per 1,000 calories, relative to the average concentrations assumed in the DRIs. Foods in this category had the highest concentrations of vitamins A and C and calcium per 1,000 calories and the lowest concentrations of sodium and cholesterol.
- **Donated USDA Foods** had high concentrations of vitamins A and C and iron per 1,000 calories, relative to the average concentrations assumed in the DRIs, but were comparatively lower in calcium density. Foods in this category had the highest concentration of fiber per 1,000 calories and the lowest concentration of iron. Findings for vitamins A and C and dietary fiber are consistent with the fact that this food acquisition category includes large volumes of fruits and vegetables (Young et al. 2012).

- **Processed foods containing donated USDA Foods** were lowest in nutrient density overall. The concentration of iron per 1,000 calories was high, relative to the average concentration assumed in the DRIs, and was the highest of all three food acquisition categories. However, concentrations of vitamins A and C, calcium, potassium, and dietary fiber were low, relative to the concentrations assumed in the DRIs.³⁷ Processed foods containing donated USDA Foods had the highest concentrations of sodium and cholesterol per 1,000 calories and the lowest concentrations of all other nutrients and dietary components examined except iron. This pattern of findings is consistent with the fact that the leading food acquisitions by volume in this category were processed poultry and red meat products and prepared foods (Young et al. 2012).

B. Contribution of Food Acquisition Categories to Available Calories and Nutrients

To provide additional information on nutritional characteristics of school food acquisitions, we assessed the relative contributions of the three food acquisition categories (purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods) to the total calories and nutrients available in all foods acquired. As reported in Chapter I, the three food acquisition categories accounted for the following shares of the total volume of foods acquired (in pounds) in SY 2009–2010:

- Purchased foods: 87 percent of total volume
- Donated USDA Foods: 8 percent of total volume
- Processed foods containing donated USDA Foods: 5 percent of total volume (Young et al. 2012)

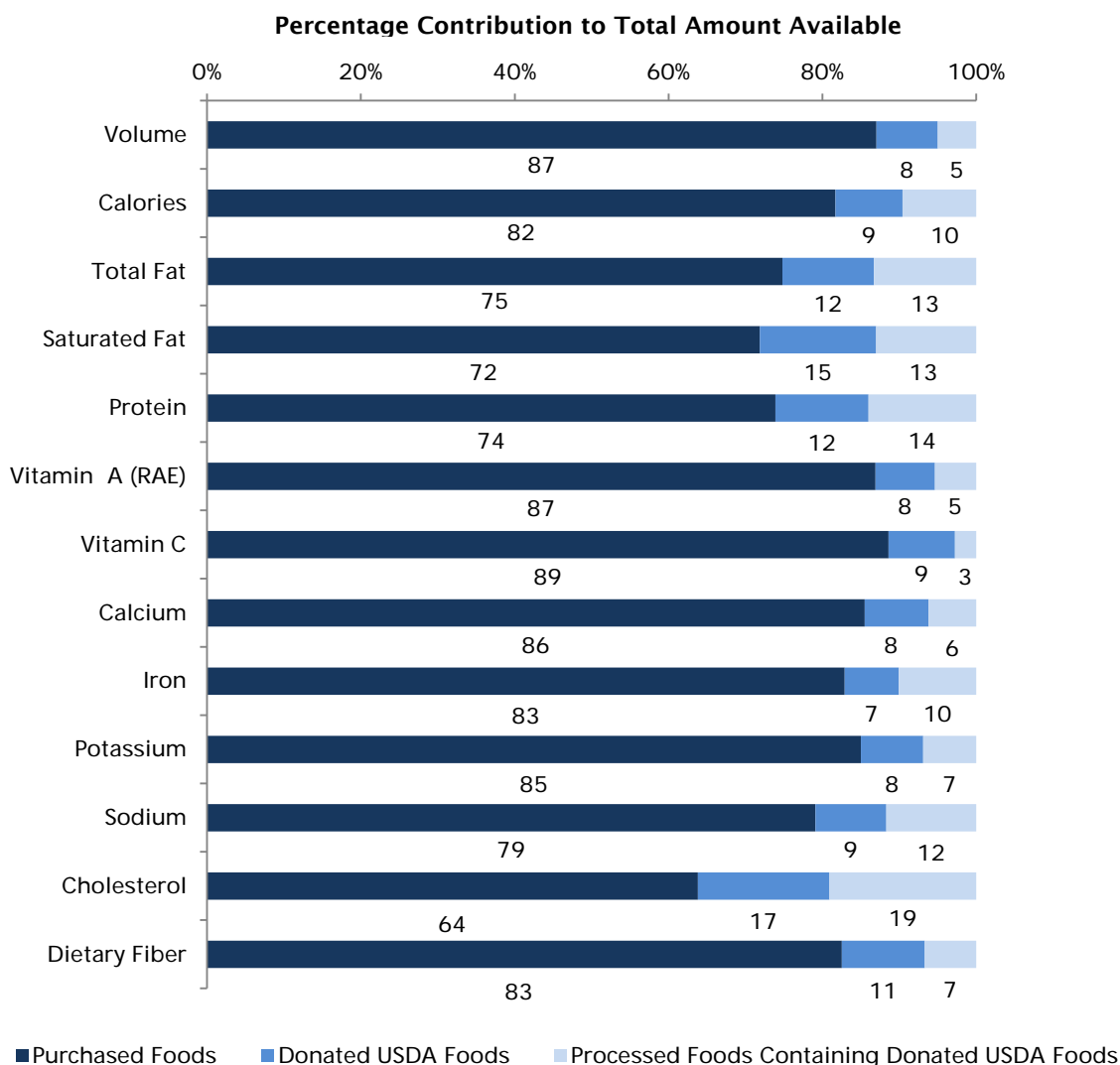
We computed the percentage contribution of each food acquisition category to the total amount of calories and nutrients available in school food acquisitions by summing the amount of calories and each nutrient available from all foods in a given acquisition category and dividing by the total amount of calories and nutrients available from all foods combined. The percentage contribution of a food acquisition category to the available calories and nutrients is driven primarily by the relative contribution of that category to the overall volume of foods acquired and somewhat less by the calorie and nutrient content of foods in that category.

Findings

Figure II.1 shows the contribution of each food acquisition category to the total amount of calories and nutrients available in school food acquisitions. The figure also presents the contribution of each acquisition category to the total volume of foods acquired, as a point of reference (the first bar). As expected, purchased foods accounted for the largest share of available calories as well as the largest shares of all available nutrients. Other key findings follow:

³⁷ Foods in the other two food acquisition categories were also low in potassium and fiber density.

Figure II.1. Contribution of Food Acquisition Categories to Total Calories and Nutrients Available in Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010



Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Some bars might not sum to 100 percent due to rounding.

NSLP = National School Lunch Program; RAE = retinol activity equivalent; SY = school year.

- Purchased foods** generally contributed 75 percent or more of the calories and nutrients available in foods acquired by school districts in SY 2009–2010. The only exceptions were saturated fat and cholesterol. Purchased foods accounted for a slightly smaller proportion of the saturated fat available in school food acquisitions (72 percent) and only 64 percent of the available cholesterol.
- Donated USDA Foods** contributed approximately 11 to 12 percent of the available protein and dietary fiber and supplied 7 to 9 percent of the available calories, vitamins A and C, calcium, iron, and potassium. Foods in this acquisition category contributed 12 percent of the available fat, 15 percent of the available saturated fat, and 17 percent of the available cholesterol. Compared with this category’s 8 percent contribution to the total volume of foods acquired, donated USDA Foods accounted for a disproportionate

share of several nutrients that are of concern due to overconsumption (total fat, saturated fat, and cholesterol). This finding is consistent with the relatively large volumes of cheese, poultry, beef, and vegetable oils acquired as donated USDA Foods (Young et al. 2012) and the amounts of fat, saturated fat, and cholesterol in these types of foods.

- **Processed foods containing donated USDA Foods** made small contributions to the amounts of vitamins A and C available in school food acquisitions (5 and 3 percent, respectively), which is consistent with the relatively small contribution of these foods to the total volume of foods acquired. Foods in this category also provided 6 to 7 percent of the available calcium, potassium, and dietary fiber, and about 10 percent of the available calories and iron. Relative to their overall contribution to the volume of foods acquired by school districts (5 percent), processed foods containing donated USDA Foods contributed disproportionately large shares of the available calories, fat, saturated fat, protein, iron, sodium, and cholesterol (10 to 19 percent). These findings are consistent with the relatively large volumes of poultry, prepared foods (specifically, pizza and prepared sandwiches), red meats, and cheese included in this category (Young et al. 2012) and the nutrient content of these foods.

Together, donated USDA Foods and processed foods containing donated USDA Foods contributed approximately 25 percent of the total fat and saturated fat available in foods acquired by school districts, 20 percent of the available sodium, and 36 percent of the available cholesterol.

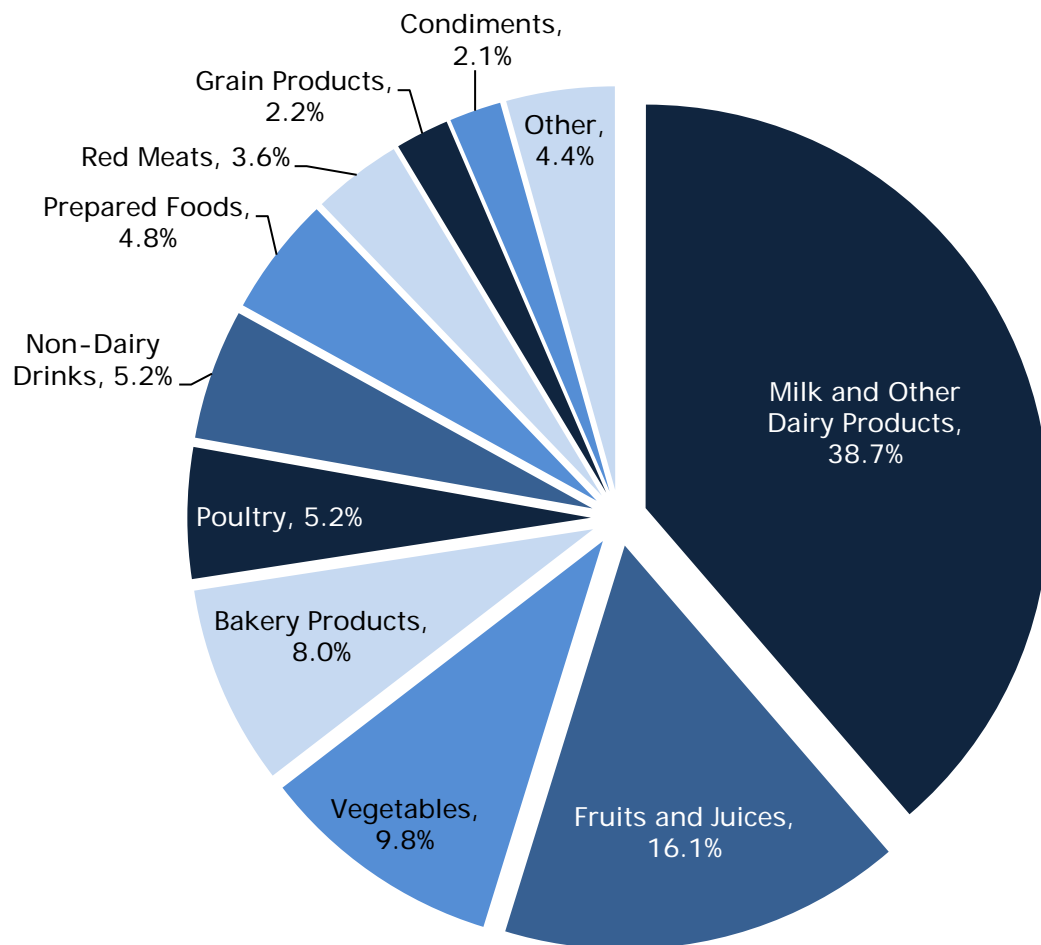
C. Contribution of SFPS- III Food Groups to Available Calories and Nutrients

In addition to assessing the relative contribution of the major food acquisition categories to the calories and nutrients available in foods acquired by school districts, it is useful to examine the contribution of specific groups of foods. Information about the relative contributions of specific food groups and subgroups to the total calories and nutrients available in school food acquisitions can be useful to school food service professionals, policymakers, and other stakeholders in devising strategies to improve the nutritional characteristics of foods acquired.

This analysis parallels the analysis reported in the previous section but uses the 16 food groups and 72 food subgroups (SFPS-III food groups) described in Chapter I rather than the three food acquisitions categories.³⁸ The relative contribution of a food group or subgroup to a particular nutrient is determined not only by the concentration of the nutrient in the food group or subgroup, but also by the volume of food acquired in each food group. Thus, SFPS-III food groups that accounted for a large proportion of the total volume of foods acquired (for example, milk, which is a required component in all reimbursable meals and was the leading acquisition by volume [Young et al. 2012]), might make more substantial contributions to some nutrients than one would anticipate based on nutrient content alone. Figure II.2 presents the relative shares of the total volume contributed by each SFPS-III food group to provide context for the findings discussed in this section.

³⁸ The complete classification system for food items reported in the SFPS-III and their categorization within different food groups and subgroups is provided in Appendix A.

Figure II.2. Contribution of SFPS- III Food Groups to Total Volume of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010



Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: "Other" includes fats and oils; sugar and desserts; legumes, nuts, and seeds; eggs; soups and gravies; and fish.

NSLP = National School Lunch Program; SY = school year.

Table II.2 shows the relative contributions of the 16 food groups and 72 food subgroups to the total amounts of calories and nutrients available in foods acquired by school districts in SY 2009–2010. Key findings follow.

Table II.2. Contribution of SFPS- III Food Groups and Subgroups to Available Calories and Nutrients in Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|--|-------------|-------------|---------------|-------------|------------|-------------|------------|-------------|-------------|-------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Bakery Products | 21.3 | 18.4 | 13.6 | 12.4 | 2.4 | 1.1 | 9.9 | 29.0 | 6.3 | 17.7 | 5.4 | 20.2 |
| Biscuits, muffins, pancakes, and waffles | 3.4 | 3.7 | 2.7 | 1.7 | 0.5 | 0.4 | 1.4 | 4.2 | 1.0 | 2.7 | 3.3 | 2.6 |
| Breads and rolls | 9.7 | 5.4 | 3.9 | 7.7 | 0.2 | 0.1 | 6.3 | 16.8 | 2.8 | 9.2 | 1.3 | 10.2 |
| Cakes and other bakery desserts | 3.6 | 4.2 | 4.2 | 1.1 | 1.5 | 0.2 | 0.7 | 4.0 | 0.8 | 1.4 | 0.7 | 2.2 |
| Crackers | 1.5 | 1.3 | 1.0 | 0.7 | 0.0 | 0.0 | 0.3 | 2.0 | 0.4 | 1.3 | 0.1 | 1.2 |
| Pretzels and snack chips | 3.1 | 3.8 | 1.8 | 1.2 | 0.1 | 0.5 | 1.2 | 2.1 | 1.4 | 3.0 | 0.1 | 3.9 |
| Condiments | 1.4 | 0.5 | 0.2 | 0.6 | 2.3 | 5.3 | 0.6 | 1.4 | 3.2 | 14.1 | 0.0 | 1.7 |
| Catsup and other sauces | 1.2 | 0.4 | 0.2 | 0.5 | 2.0 | 3.3 | 0.4 | 1.0 | 2.8 | 6.3 | 0.0 | 1.0 |
| Flavorings | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 6.4 | 0.0 | 0.2 |
| Pickles and olives | 0.1 | 0.1 | 0.0 | 0.1 | 0.3 | 2.0 | 0.2 | 0.3 | 0.3 | 1.4 | 0.0 | 0.5 |
| Eggs | 0.6 | 1.1 | 1.1 | 1.0 | 1.1 | 0.0 | 0.4 | 0.8 | 0.4 | 0.6 | 13.6 | 0.1 |
| Eggs | 0.2 | 0.5 | 0.5 | 0.5 | 0.5 | 0.0 | 0.1 | 0.4 | 0.2 | 0.1 | 8.3 | 0.0 |
| Mixtures with egg | 0.3 | 0.6 | 0.6 | 0.5 | 0.5 | 0.0 | 0.3 | 0.4 | 0.2 | 0.4 | 5.3 | 0.1 |
| Fats and Oils | 5.6 | 16.8 | 9.6 | 0.1 | 4.4 | 0.0 | 0.2 | 0.2 | 0.2 | 4.0 | 1.4 | 0.0 |
| Butter | 0.1 | 0.4 | 0.7 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 |
| Margarine | 1.2 | 3.8 | 2.3 | 0.0 | 3.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.8 | 0.1 | 0.0 |
| Salad dressings and mayonnaise | 2.4 | 6.6 | 3.3 | 0.1 | 0.3 | 0.0 | 0.1 | 0.2 | 0.1 | 3.0 | 0.9 | 0.0 |
| Vegetable oils and shortenings | 1.9 | 6.0 | 3.3 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |
| Fish | 0.5 | 0.6 | 0.3 | 0.9 | 0.1 | 0.0 | 0.1 | 0.5 | 0.3 | 0.6 | 1.2 | 0.3 |
| Fish | 0.4 | 0.5 | 0.3 | 0.7 | 0.1 | 0.0 | 0.1 | 0.4 | 0.3 | 0.5 | 1.0 | 0.2 |
| Shellfish | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.2 | 0.0 |
| Fruits and Juices | 6.7 | 0.5 | 0.3 | 1.4 | 4.2 | 57.0 | 1.8 | 5.5 | 12.4 | 0.3 | 0.0 | 16.0 |
| Fruits | 4.2 | 0.3 | 0.2 | 0.9 | 3.2 | 22.4 | 1.1 | 2.6 | 6.7 | 0.2 | 0.0 | 14.9 |
| Juices | 2.5 | 0.2 | 0.1 | 0.5 | 1.0 | 34.7 | 0.7 | 2.9 | 5.7 | 0.1 | 0.0 | 1.1 |
| Grain Products | 5.8 | 2.4 | 2.0 | 4.2 | 4.4 | 2.3 | 2.6 | 14.2 | 2.1 | 4.7 | 1.8 | 7.5 |
| Breakfast cereals | 1.1 | 0.4 | 0.2 | 0.5 | 3.6 | 1.8 | 1.1 | 7.7 | 0.5 | 0.8 | 0.0 | 1.8 |
| Flour and other milled grains | 1.3 | 0.1 | 0.1 | 1.0 | 0.0 | 0.0 | 0.1 | 2.4 | 0.4 | 0.1 | 0.0 | 1.9 |
| Flour mix ^a | 0.5 | 0.4 | 0.2 | 0.2 | 0.0 | 0.0 | 0.2 | 0.5 | 0.2 | 0.5 | 0.0 | 0.4 |
| Mixtures with grain | 1.0 | 1.1 | 1.2 | 1.1 | 0.7 | 0.5 | 0.9 | 1.2 | 0.6 | 1.4 | 1.8 | 0.9 |
| Pasta and noodles | 1.1 | 0.2 | 0.1 | 1.0 | 0.0 | 0.0 | 0.1 | 1.3 | 0.2 | 0.8 | 0.0 | 1.6 |
| Rice, barley, and other grains | 0.8 | 0.2 | 0.1 | 0.4 | 0.0 | 0.0 | 0.1 | 1.2 | 0.2 | 1.1 | 0.0 | 0.8 |

Table II.2 (continued)

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|---|-------------|-------------|---------------|-------------|-------------|------------|-------------|-------------|-------------|-------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 1.2 | 1.6 | 1.0 | 1.5 | 0.1 | 0.2 | 0.5 | 1.8 | 1.7 | 1.1 | 0.1 | 3.9 |
| Dry beans and peas | 0.5 | 0.1 | 0.1 | 0.8 | 0.1 | 0.2 | 0.3 | 1.4 | 1.2 | 0.8 | 0.1 | 3.0 |
| Other nuts | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Peanuts and peanut butter | 0.5 | 1.1 | 0.7 | 0.5 | 0.0 | 0.0 | 0.1 | 0.2 | 0.4 | 0.2 | 0.0 | 0.6 |
| Seeds | 0.1 | 0.2 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.2 |
| Soybeans and soy products | 0.0 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 |
| Milk and Other Dairy Products | 22.0 | 17.6 | 34.1 | 32.8 | 45.3 | 3.4 | 66.8 | 9.4 | 38.7 | 14.4 | 24.5 | 14.0 |
| Cheese | 4.6 | 9.4 | 17.8 | 7.5 | 6.5 | 0.0 | 12.6 | 1.0 | 1.8 | 6.7 | 11.3 | 0.2 |
| Cream | 0.1 | 0.3 | 0.6 | 0.1 | 0.2 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.3 | 0.0 |
| Ice cream and ice milk | 0.8 | 1.2 | 2.3 | 0.4 | 0.8 | 0.1 | 0.7 | 0.2 | 0.6 | 0.1 | 1.4 | 0.6 |
| Milk | 16.0 | 6.6 | 13.2 | 24.3 | 37.6 | 3.2 | 52.3 | 8.2 | 35.6 | 7.4 | 11.3 | 13.3 |
| Yogurt | 0.4 | 0.1 | 0.3 | 0.5 | 0.1 | 0.1 | 1.1 | 0.1 | 0.7 | 0.1 | 0.2 | 0.0 |
| Non- Dairy Drinks | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 | 2.1 | 0.5 | 0.2 | 0.6 | 0.3 | 0.0 | 0.1 |
| Carbonated | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Coffee and tea | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 | 0.0 | 0.1 |
| Dry beverage | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Enriched drinks | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 0.1 | 0.1 | 0.2 | 0.0 | 0.0 |
| Fruit drinks | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 1.3 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 |
| Water | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Poultry | 8.4 | 11.9 | 8.6 | 17.2 | 0.9 | 1.2 | 1.8 | 8.8 | 5.6 | 12.0 | 25.3 | 3.3 |
| Chicken | 6.6 | 9.5 | 6.7 | 12.8 | 0.8 | 0.4 | 1.2 | 6.3 | 3.7 | 8.1 | 18.2 | 2.7 |
| Game birds | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixed poultry | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Recipe mix ^b | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Turkey | 1.8 | 2.3 | 1.9 | 4.4 | 0.1 | 0.8 | 0.5 | 2.5 | 1.9 | 3.9 | 7.0 | 0.6 |
| Prepared Foods | 9.4 | 10.1 | 12.0 | 11.2 | 5.2 | 1.4 | 10.8 | 12.1 | 6.0 | 9.9 | 7.2 | 10.1 |
| Burritos and tacos | 0.8 | 0.7 | 0.8 | 0.9 | 0.2 | 0.2 | 0.5 | 1.1 | 0.5 | 0.8 | 0.6 | 1.3 |
| Meat- or cheese-filled pastry | 1.2 | 1.2 | 1.6 | 1.4 | 0.8 | 0.3 | 1.7 | 1.5 | 0.8 | 1.2 | 1.0 | 1.2 |
| Mixtures with fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pizza | 5.7 | 6.0 | 7.7 | 7.2 | 3.6 | 0.3 | 7.8 | 7.5 | 3.8 | 6.6 | 4.7 | 5.9 |
| Prepared meals | 0.2 | 0.2 | 0.1 | 0.1 | 0.3 | 0.6 | 0.2 | 0.7 | 0.2 | 0.2 | 0.1 | 0.2 |
| Prepared sandwiches | 1.4 | 2.0 | 1.8 | 1.5 | 0.3 | 0.0 | 0.6 | 1.2 | 0.8 | 1.3 | 0.9 | 1.4 |

Table II.2 (continued)

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|---|------------|-------------|---------------|-------------|-------------|-------------|------------|------------|-------------|------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Red Meats | 6.3 | 11.7 | 12.9 | 12.3 | 0.3 | 0.5 | 1.1 | 7.6 | 4.8 | 8.4 | 18.7 | 1.3 |
| Beef and veal | 3.9 | 7.0 | 8.1 | 8.4 | 0.2 | 0.3 | 0.8 | 5.8 | 3.0 | 4.2 | 12.2 | 0.9 |
| Lamb | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixed meats | 0.7 | 1.6 | 1.7 | 0.8 | 0.0 | 0.0 | 0.1 | 0.5 | 0.3 | 1.2 | 1.7 | 0.1 |
| Pork | 1.7 | 3.1 | 3.1 | 3.0 | 0.1 | 0.1 | 0.3 | 1.3 | 1.4 | 3.0 | 4.7 | 0.3 |
| Recipe mix ^e | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups and Gravies | 0.4 | 0.3 | 0.4 | 0.4 | 0.2 | 0.3 | 0.2 | 0.9 | 0.5 | 3.4 | 0.3 | 0.5 |
| Gravies | 0.2 | 0.1 | 0.2 | 0.1 | 0.0 | 0.0 | 0.1 | 0.5 | 0.1 | 1.0 | 0.1 | 0.2 |
| Soups | 0.2 | 0.2 | 0.2 | 0.3 | 0.2 | 0.3 | 0.1 | 0.4 | 0.3 | 2.3 | 0.2 | 0.3 |
| Sugar and Desserts | 2.5 | 0.5 | 0.7 | 0.2 | 0.2 | 0.3 | 0.4 | 0.4 | 0.4 | 0.4 | 0.1 | 0.4 |
| Candies and toppings | 0.3 | 0.2 | 0.4 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 |
| Gelatins | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |
| Jellies, jams, and preserves | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Puddings and pie filling | 0.2 | 0.2 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.2 | 0.1 | 0.1 | 0.0 | 0.0 |
| Sherbet and ices | 0.2 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.2 |
| Sugars | 1.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 |
| Syrups | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |
| Vegetables | 7.2 | 6.0 | 3.1 | 3.9 | 29.1 | 24.9 | 2.5 | 7.1 | 16.8 | 8.3 | 0.4 | 20.8 |
| Green vegetables ^d | 0.3 | 0.1 | 0.0 | 0.6 | 3.8 | 6.1 | 0.7 | 1.4 | 1.8 | 0.8 | 0.0 | 3.9 |
| Mixed vegetables | 0.2 | 0.0 | 0.0 | 0.3 | 7.4 | 2.9 | 0.5 | 1.1 | 1.3 | 0.3 | 0.0 | 2.3 |
| Mixtures with vegetables ^e | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 |
| Other vegetables ^f | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.6 | 0.1 | 0.1 | 0.2 | 0.0 | 0.0 | 0.4 |
| Potato and potato products | 5.3 | 5.1 | 2.6 | 2.0 | 0.1 | 12.4 | 0.6 | 2.7 | 9.4 | 4.9 | 0.1 | 8.6 |
| Tomato and tomato products | 0.6 | 0.4 | 0.3 | 0.4 | 1.3 | 1.8 | 0.3 | 1.1 | 2.3 | 1.2 | 0.1 | 2.5 |
| Yellow vegetables ^g | 0.6 | 0.2 | 0.1 | 0.4 | 16.4 | 1.1 | 0.3 | 0.7 | 1.7 | 0.9 | 0.0 | 2.9 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

NSLP = National School Lunch Program; SY = school year.

1. Calories and Macronutrients

Calories. Milk/other dairy products and bakery products accounted for the largest share of the calories available in school food acquisitions (more than 20 percent each). Prepared foods and poultry contributed 9 percent and 8 percent, respectively. Together, these four food groups contributed 61 percent of the calories available in school food acquisitions. At the subgroup level, the top contributors to available calories were milk (16 percent), breads/rolls (10 percent), chicken (7 percent), pizza (6 percent), and potato/potato products (5 percent).

Total fat. Bakery products and milk/other dairy products were the leading sources of fat in school food acquisitions. The subgroups that were leading contributors of fat were chicken (10 percent) and cheese (9 percent). Beef, milk, and salad dressings/mayonnaise each contributed 7 percent to the total amount of fat available. Other food subgroups that made small but noteworthy contributions (5 to 6 percent) included pizza, vegetable oils/shortening, breads/rolls, and potato/potato products.

Saturated fat. Milk and other dairy products contributed about one-third (34 percent) of the saturated fat available in school food acquisitions. Bakery products, red meats, and prepared foods each provided 12 to 14 percent of the available saturated fat and together accounted for more than one-third (39 percent) of the available saturated fat. Food subgroups containing animal products were among the top contributors to saturated fat, including cheese (18 percent), milk (13 percent), beef (8 percent), pizza (which includes cheese and may include meat) (8 percent), and chicken (7 percent).

Protein. Milk and other dairy products were leading contributors to protein, accounting for one-third of the protein available in school food acquisitions. Poultry (17 percent), bakery products (12 percent), and red meats (12 percent) were also major contributors to protein. Milk (24 percent) was the single most important source of protein among the food subgroups, followed by chicken (13 percent), beef (8 percent), breads/rolls (8 percent), and cheese (8 percent).

2. Vitamins, Minerals, and Other Dietary Components

Vitamin A. Milk/other dairy products and vegetables provided a substantial share of the vitamin A available in school food acquisitions, contributing 57 percent and 29 percent, respectively. Milk was the leading source among the subgroups (38 percent). Cheese was also an important source of vitamin A, contributing 7 percent of the total amount available. Most of the vitamin A contributed by vegetables was provided by the yellow, mixed, and green vegetable subgroups (16, 7, and 4 percent, respectively).

Vitamin C. Fruits/juices (57 percent) and vegetables (25 percent) supplied more than 80 percent of the vitamin C available in school food acquisitions. Among the food subgroups, juices contributed the largest share of vitamin C (35 percent), followed by fruits (22 percent). The leading vegetable sources of vitamin C included potato/potato products (12 percent) and green vegetables (6 percent).

Calcium. Milk and other dairy products provided approximately two-thirds (67 percent) of the calcium available in school food acquisitions. Prepared foods, many of which included cheese as a main ingredient, accounted for another 11 percent of the available calcium, followed by bakery products, which provided 10 percent. Among the food subgroups, the leading contributors to calcium were milk (52 percent), cheese (13 percent), pizza (8 percent), and breads/rolls (6 percent).

Iron. Leading contributors to the iron available in school food acquisitions were bakery products (29 percent), grain products (14 percent), and prepared foods (12 percent). Breads/rolls provided the largest share of iron among the food subgroups (17 percent). Milk and breakfast cereals each contributed 8 percent of the available iron, and chicken and beef each contributed 6 percent.

Potassium. Together, milk/other dairy products (39 percent), vegetables (17 percent), and fruits and juices (12 percent) accounted for three-quarters of the potassium available in school food acquisitions. The leading source of potassium among the food subgroups was milk (36 percent), followed by potato/potato products, fruits, and juices (9, 7, and 6 percent, respectively).

Sodium. Bakery products, milk/other dairy products, and condiments were leading contributors to the sodium available in school food acquisitions (18, 14, and 14 percent, respectively). Leading sources of sodium among the food subgroups included breads/rolls, chicken, milk, cheese, and pizza (7 to 9 percent). Flavorings and catsup/other sauces each provided 6 percent of the available sodium.

Cholesterol. Poultry and milk/other dairy products each contributed 25 percent of the cholesterol available in school food acquisitions. Red meats contributed another 19 percent of the available cholesterol, followed by eggs (14 percent) and prepared foods (7 percent). Among the food subgroups, chicken provided the largest share of cholesterol among the food subgroups (18 percent). Beef (12 percent), cheese (11 percent), milk (11 percent), and eggs (8 percent) were also important sources of cholesterol.

Dietary fiber. Vegetables and bakery products each contributed approximately one-fifth of the dietary fiber available in school food acquisitions (21 and 20 percent, respectively). Fruits and juices also provided a substantial share of dietary fiber (16 percent). Among the food subgroups, fruit (15 percent) and milk (13 percent) made the largest contribution to dietary fiber. Breads/rolls, potato/potato products, and pizza also made notable contributions to dietary fiber (10, 9, and 6 percent, respectively).

III. MYPYRAMID FOOD GROUPS AVAILABLE IN SCHOOL FOOD ACQUISITIONS

This chapter presents data on the MyPyramid food groups available in foods acquired by school districts in school year (SY) 2009–2010 for use in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other school food programs.³⁹ These data provide insights about how foods acquired by school districts fit with the food-based recommendations of the MyPyramid food guidance system. The nutrition standards for school meals in place at the time of this study did not include specific criteria for MyPyramid food groups; however, food-based meal patterns are the basis for the new nutrition standards for school meals (7 CFR Parts 210 and 220, January 26, 2012).

The chapter is organized into three sections. The first describes the MyPyramid food groups and the data source used in this analysis. The second section describes the amounts of MyPyramid food groups and subgroups available in school food acquisitions using a density measure (amounts per 1,000 calories). The third and fourth sections describe the relative contributions of different types of food acquisitions to the available amounts of MyPyramid food groups and subgroups. All of the findings reported in this chapter are based on records of food acquisitions collected from 408 school districts during SY 2009–2010. All estimates are weighted to provide national, annualized estimates of the total amounts of MyPyramid food groups available in these food acquisitions.^{40,41}

A. Overview of MyPyramid Food Groups

The *Dietary Guidelines for Americans* provide recommendations to help individuals choose foods that comprise a healthy eating pattern. Specifically, the recommendations focus on increasing the consumption of nutrient-dense foods, including fruits, vegetables, whole grains, fat-free or low-fat dairy products, and lean meats and meat alternatives, as well as reducing the consumption of foods high in sodium, saturated fats, trans fats, cholesterol, added sugars, and refined grains (U.S. Department of Health and Human Service [DHHS] and U.S. Department of Agriculture [USDA] 2005). USDA's MyPyramid food guidance system translates the *Dietary Guidelines* into 12 suggested food intake patterns, each designed to provide a different level of calories (from 1,000 to 3,200) to accommodate different age/gender groups (USDA, Center for Nutrition Policy and Promotion [CNPP] 2005). Each pattern describes the daily amounts of foods to eat from five major food groups, the vegetable and grain subgroups, and oils; and provides a maximum number of calories to consume from solid fats and added sugars combined. The food patterns are designed to help individuals meet their nutrient needs while not exceeding calorie requirements.⁴²

³⁹ Some SFAs acquired food for the USDA-sponsored Afterschool Snack Program, Summer Food Service Program, and Child and Adult Care Food Program, as well as a la carte sales, staff meals, and catering for school-related activities.

⁴⁰ An additional set of tables presenting estimates of the mean MyPyramid food groups available in school food acquisitions is provided in Appendix C.

⁴¹ Detailed information on the methods used to transform the food acquisition data into estimates of MyPyramid food group equivalents is provided in Appendix A.

⁴² In June 2011, the MyPlate food guidance system replaced MyPyramid (USDA, CNPP 2011). Differences between the two systems are relatively minor, including slight modifications to the names of the major food groups and different categorizations of red vegetables and soy beverages. The only differences in recommended amounts include,

In MyPyramid, all foods are assumed to be in their most nutrient-dense forms—that is, foods that are lean or low in fat and prepared without added sugars, fats, or salt. Foods included in each of the major food groups are summarized as follows:⁴³

- The **Grain** group includes all sources of refined and whole grains, including foods such as flours, breads, cereals, rice, pasta, pancakes, crackers, pretzels, cakes, cookies, and pastries.
- The **Fruit** and **Vegetable** groups include all fresh, canned, frozen, dried, and juiced forms of the foods. The vegetable group also includes legumes (dry beans and peas).
- The **Milk/Dairy** group includes all milk products (including soy milk and fluid, dry, and evaporated milk); cheeses; yogurts; and milk-based desserts (for example, ice cream and pudding).
- The **Meat and Beans** group includes all lean meat, poultry, and fish, plus meat alternatives including eggs, soy-based products, legumes, nuts and seeds.^{44,45}
- **Oils** include fats from plant sources (for example, olive, canola, and sunflower oils), fish, and nuts and seeds. Mayonnaise, some salad dressings, and soft tub/squeeze margarine are mainly oil.

MyPyramid recommends a daily maximum number of calories from solid fats, added sugars, and alcohol combined since these calories often displace those needed to obtain the recommended amounts of the food groups and oils. Major sources of solid fats and added sugars are summarized below:⁴⁶

- **Solid fats** come from animal sources (other than fish) and from vegetable oils that have been hydrogenated. Solid fats include butter, cream cheese, shortening and margarine (and other hydrogenated fats), and fats from foods in the meat and milk/dairy groups that exceed the allowable amounts of fats (Bowman et al. 2008).
- **Added sugars** include white or brown sugar, syrups (for example, corn or pancake syrup), molasses, and all sugars used as ingredients in processed and prepared foods such as cookies, muffins, ice cream, soft drinks, and breakfast cereals. Added sugars do

(continued)

for some calorie levels, an increase in the milk group and, for all calorie levels, a slight decrease in the maximum calories from solid fats and added sugars.

⁴³ Technically, oils, solid fats, and added sugars are not food groups, but we use this term to simplify the discussion.

⁴⁴ MyPyramid counts only the lean portion of foods in the meat group. If a food exceeds the amount of fat allowed per ounce of meat (maximum of 9.28 grams per 100 grams), the fat is counted as solid fat if the food source is meat or poultry, and as oils if the food source is fish, nuts, or seeds (Bowman et al. 2008).

⁴⁵ Under MyPyramid, legumes can be counted in either the vegetable or meat group. For this analysis, legumes were included in the vegetable group because they are counted as vegetables in the MyPyramid Equivalents Database (MPED).

⁴⁶ Alcohol is included in MPED but it is not reported since school food acquisitions did not include alcohol.

not include naturally occurring sugar in milk or fruit unless sugar is added to the food (for example, flavored milks or fruit canned in heavy syrup).

In order to estimate the MyPyramid food groups available in school food acquisitions, foods were linked to USDA's MyPyramid Equivalents Database (MPED) (version 2.0) (Bowman et al. 2008). The MPED provides data on the amounts of 32 MyPyramid food groups and subgroups included in 100 grams of food.⁴⁷ The data are provided in cup equivalents for the fruit, vegetable, and milk/dairy groups, and in ounce equivalents for the grain and meat groups. Data on oils and solid fats are provided in grams, and added sugars are reported in teaspoons. The MPED also provides the underlying data that are needed to estimate the Healthy Eating Index-2005 (HEI-2005) (see Chapter IV).

In the MPED, single-ingredient foods (for example, apples and milk) that are in their lowest-fat, lowest-sugar form are assigned to a single MyPyramid food group. Foods that have more than one ingredient are disaggregated, and individual ingredients are assigned to appropriate food groups. For example in a cheese pizza, the crust contributes to the grain group, the tomato sauce contributes to the vegetable group, and the cheese contributes to the milk group. Values for oils, solid fats, and added sugars are assigned based on the amounts of these food components in various foods and ingredients.

B. MyPyramid Food Groups Available in School Food Acquisitions

We measured the MyPyramid food groups available in school food acquisitions using a density approach that mirrors the approach used in Chapter II to assess nutrient availability. The availability of MyPyramid food groups and subgroups was expressed on a per-1,000-calorie basis. We computed the total number of MyPyramid equivalents available for a given food group, divided by the total calories available in all foods, and then multiplied by 1,000. We also estimated the percentage of calories from solid fats and added sugars by computing the amounts of calories from each of these components and dividing by the total calories available in all foods. We generated separate estimates for all foods acquired and for the three categories of food acquisitions—purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods.⁴⁸ As described in Chapter I, purchased foods include the full range of foods acquired by school districts. Donated USDA Foods include large volumes of fruits, vegetables, cheese, poultry, vegetables, and red meats, as well as considerable amounts of grain products and legumes/nuts/seeds (Young et al. 2012). Processed foods containing donated USDA Foods include large volumes of processed poultry, red meats, potatoes and potato products, cheese, and a variety of prepared foods.

⁴⁷ A supplementary database from the Center for Nutrition Policy and Promotion (CNPP) was used to obtain data for two additional MyPyramid groups, whole fruits and fruit juices. Data on whole fruits were needed to estimate the HEI-2005. (See <http://www.cnpp.usda.gov/HealthyEatingIndex.htm>.)

⁴⁸ Due to a number of differences in the methodologies employed, results presented on the MyPyramid food groups available in donated USDA Foods are not comparable to those reported for NSLP USDA Foods in the *Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs* report (Zimmerman et al. 2012). The two studies had different research objectives and used data from different sources and school years, different methods for adjusting food weights, and diverse metrics for standardizing the MyPyramid food group values.

Findings

Table III.1 presents data on the concentrations of MyPyramid food groups in foods acquired by school districts in SY 2009–2010.^{49,50} The table includes reference standards to provide some context for interpreting the findings. The standards, expressed on a per-1,000-calorie basis, are based on the criteria used in the HEI-2005 for assigning the maximum score for a given food group (for example, the standard for the maximum score for total fruit in the HEI-2005 is at least 0.8 cup equivalents per 1,000 calories). The standard for the percentage of calories from solid fats and added sugars used in the HEI-2005 for assigning the maximum score is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

Table III.1. Total MyPyramid Food Group Availability of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

| | Reference Standard ^a | All Foods | Purchased Foods | Donated USDA Foods | Processed Foods Containing Donated USDA Foods |
|--|---------------------------------|-----------|-----------------|--------------------|---|
| MyPyramid Equivalents per 1,000 Calories | | | | | |
| Total Grains (oz equiv) | ≥ 3.0 | 3.83 | 4.07 | 1.67 | 3.79 |
| Whole grains | ≥ 1.5 | 0.30 | 0.31 | 0.29 | 0.25 |
| Total Fruit (cup equiv) | ≥ 0.8 | 0.62 | 0.61 | 1.30 | 0.05 |
| Total Vegetables (cup equiv) | ≥ 1.1 | 0.74 | 0.72 | 1.09 | 0.51 |
| Total Milk/Dairy (cup equiv) | ≥ 1.3 | 1.64 | 1.72 | 1.70 | 0.91 |
| Total Meat ^b (oz equiv) | ≥ 2.5 | 1.87 | 1.24 | 4.10 | 5.20 |
| Oils (grams) | ≥ 12 | 10.8 | 10.2 | 12.8 | 13.9 |
| Solid Fats (grams) | n.a. | 19.8 | 18.3 | 26.8 | 25.4 |
| Added Sugars (teaspoons) | n.a. | 7.5 | 8.6 | 2.4 | 2.3 |
| Percent of Calories from Solid Fats and Added Sugars | ≤ 20 | 30.4 | 31.0 | 28.1 | 26.6 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Reference standards are based on the criteria used in the Healthy Eating Index-2005 (HEI-2005) for assigning the maximum score for a given food group and are expressed on a per-1,000-calorie basis. The HEI-2005 standard for the percentage of calories from solid fats, added sugars, and alcohol (no more than 20 percent) is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

^b Excluding legumes, which are counted in the vegetable group.

equiv= equivalent; NSLP = National School Lunch Program; oz = ounce; SY = school year.

n.a. = not applicable.

⁴⁹ Findings presented and discussed in this chapter focus on the five main MyPyramid food groups, the whole grain subgroup, oils, solid fats, and added sugars. Data for the full set of MyPyramid food groups and subgroups included in the MPED are provided in Appendix Table C.1.

⁵⁰ Data on the availability of MyPyramid food groups in the third School Food Purchase Study (SFPS-III) food groups and subgroups are provided in Appendix Table C.2.

The reference standards reflect the minimum balance of food group and calorie intakes needed to meet *Dietary Guidelines* recommendations without exceeding recommended calorie levels. It is important to note that the reference standards are based on recommendations for individuals' dietary intakes. The mix of foods acquired by school districts represents foods available for use in meals and snacks and is not necessarily comparable to the mix of foods consumed by students at school.

Key findings for the overall mix of foods acquired by school districts in SY 2009–2010 are as follows:

- School food acquisitions provided relatively high concentrations of total grains (3.8 ounces per 1,000 calories) and milk/dairy foods (1.6 cups per 1,000 calories).
- The mix of foods acquired had relatively low concentrations of whole grains, supplying only 0.3 ounces of whole grains per 1,000 calories. The *Dietary Guidelines* stipulate that at least half of all grains should come from whole grains. However, on a per-1,000-calorie basis, only 8 percent of the total grains available in school food acquisitions were from whole grains.
- Overall, the concentrations of fruits, vegetables, and meats (all sources, including meat, poultry, fish, eggs, soy products, and nuts and seeds) in school food acquisitions were slightly below the HEI-2005 reference standards. School food acquisitions provided 0.6 cups of fruit per 1,000 calories, 0.7 cups of vegetables per 1,000 calories, and 1.9 ounces of meat per 1,000 calories.
- The full mix of foods acquired by school districts provided 10.8 grams of oils per 1,000 calories, 19.8 grams of solid fats per 1,000 calories, and 7.5 teaspoons of added sugars per 1,000 calories. The percentage of calories from solid fats and added sugars for all school food acquisitions (30 percent) exceeded the HEI-2005 standard of no more than 20 percent of calories from these components.

Table III.1 also presents the availability of MyPyramid food groups for purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods. Major findings are summarized below. In reviewing these data, it is important to keep in mind that differences observed for the three categories of food acquisitions reflect differences in the types and volumes of foods acquired in each category, as summarized earlier.

Purchased foods. Foods in this acquisition category had the highest concentrations of total grains and milk/dairy, with levels that exceeded the HEI-2005 reference standards. Purchased foods had the lowest concentrations of meat, oils, and solid fats among the three acquisition categories, but had the highest concentration of added sugars. The concentration of added sugars in purchased foods (8.6 teaspoons per 1,000 calories) is equivalent to 145 calories from added sugars per 1,000 calories. Foods in this acquisition category had the highest percentage of calories from solid fats and added sugars (31 percent), which can be attributed mostly to the high concentration of added sugars in purchased foods. As noted in Chapter II, purchased foods include the full range of foods acquired by school districts and include foods from all SFPS-III food groups and subgroups. The milk subgroup, which includes flavored and unflavored milk, was the leading source of added sugars among purchased foods (data not shown in Table III.1) and was the leading acquisition by volume in SY 2009–2010 (Young et al. 2012).

Donated USDA Foods. Concentrations of fruits, vegetables, milk/dairy, meat, and oils in donated USDA Foods met or exceeded the relevant HEI-2005 reference standards. Foods in this category had relatively low concentrations of added sugars; however, the concentration of solid fats in donated USDA Foods (26.8 grams per 1,000 calories) was the highest among the three acquisition categories and equivalent to 241 calories from solid fats per 1,000 calories. These findings are consistent with the types of foods acquired as donated USDA Foods (large volumes of fruits, vegetables, cheese, poultry, vegetables, red meats, and legumes/nuts/seeds) (Young et al. 2012).

Processed foods containing donated USDA Foods. Foods in this acquisition category had the highest concentrations of meat and oils, with levels that exceeded the HEI-2005 reference standards. The concentration of total grains in processed foods containing donated USDA Foods also exceeded HEI-2005 reference standards. Foods in this acquisition category had the lowest concentrations of whole grains, fruit, vegetables, milk/dairy, and added sugars, and the second highest concentration of solid fats, relative to donated USDA Foods and purchased foods. The relatively high concentrations of meat, oils, and solid fats are consistent with the large volumes of poultry, prepared foods, red meats, potato/potato products, and cheese that were acquired as processed foods containing donated USDA Foods (Young et al. 2012). Foods in this acquisition category had the lowest percentage of calories from solid fats and added sugars (27 percent), although they still exceeded the HEI-2005 reference standard of no more than 20 percent calories.

C. Contribution of Food Acquisition Categories to Available MyPyramid Food Groups

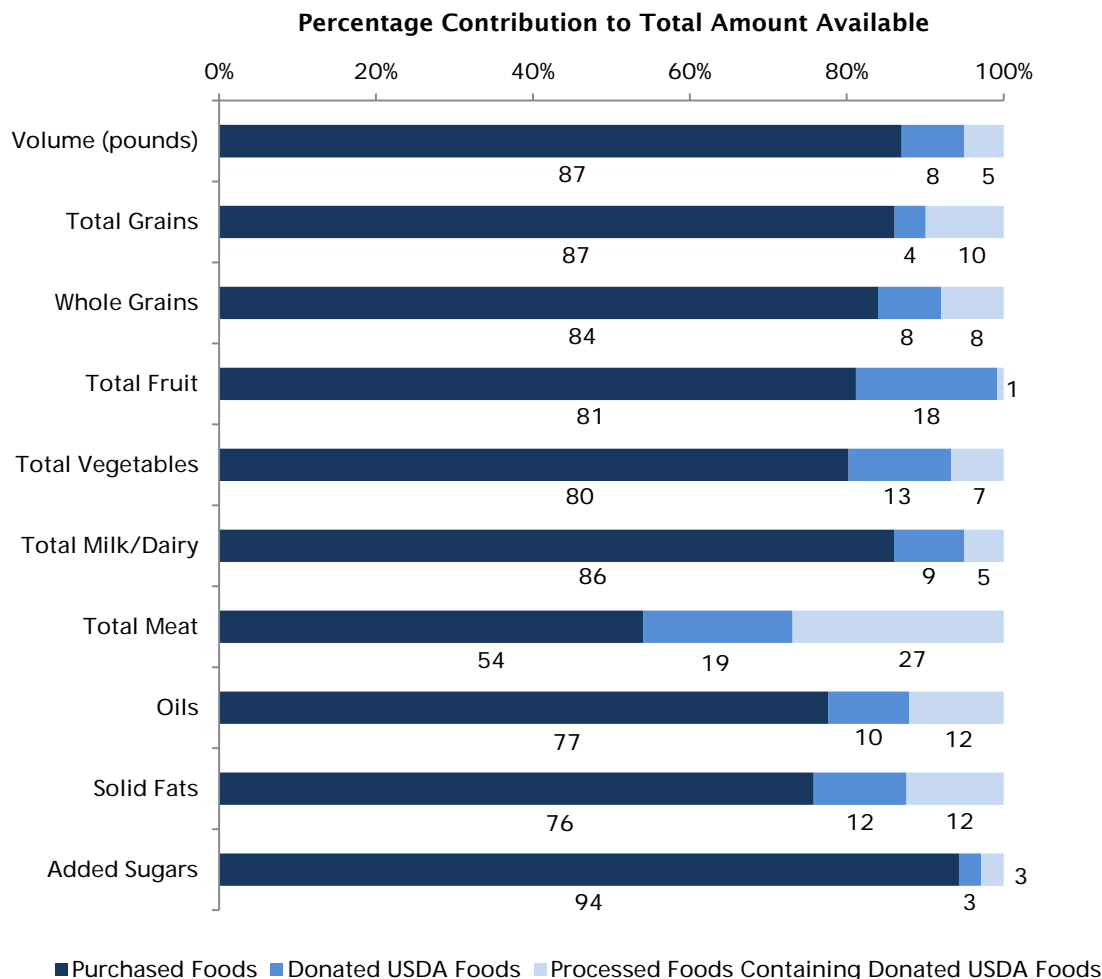
In addition to describing the concentrations of MyPyramid food groups in each food acquisition category, we assessed the relative contribution of the three food acquisition categories to the total amounts of MyPyramid food groups available in all foods acquired. This information provides additional insight into the nutritional characteristics of the mix of foods acquired by school districts in SY 2009–2010.

We computed the percentage contribution of each food acquisition category by summing the amount of each MyPyramid food group available from all foods in a given acquisition category and dividing by the total amount of each MyPyramid food group available from all foods combined. The percentage contribution of a food acquisition category to a particular MyPyramid food group is driven mostly by the volume of foods acquired from that category and somewhat less by the concentration of the MyPyramid food group in the acquisition category. As reported in Chapter I, purchased foods accounted for 87 percent of the total volume of foods acquired (in pounds) in SY 2009–2010, and donated USDA Foods and processed foods containing donated USDA Foods contributed 8 and 5 percent, respectively (Young et al. 2012).

Findings

Figure III.1 presents the contribution of each food acquisition category to the total amounts of MyPyramid food groups available in school food acquisitions. In the first bar of the figure, we show the relative contribution of each food acquisition category to the total volume of foods acquired as a point of reference. Overall, purchased foods contributed the largest share of all available MyPyramid food groups. With the exception of total fruit and total meat, donated USDA Foods and processed foods containing donated USDA Foods contributed less than 15 percent of the amounts of MyPyramid food groups available. However, for several food groups, the contribution of foods from these two categories was disproportionately large, relative to their contribution to the overall volume of foods acquired. Other major findings follow:

Figure III.1. Contribution of Food Acquisition Categories to Total MyPyramid Food Groups Available in Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010



Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Some bars might not sum to 100 percent due to rounding.

NSLP = National School Lunch Program; SY = school year.

- Purchased foods** accounted for 84 to 87 percent of the total grains, whole grains, and milk/dairy available in school food acquisitions. Foods in this acquisition category contributed 80 to 81 percent of the available fruit and vegetables, roughly three-quarters (77 percent) of the available oils, and just over half (54 percent) of the available meat. Purchased foods also contributed more than three-quarters (76 percent) of the available solid fats and almost all (94 percent) of the available added sugars. Milk, which includes all varieties of flavored and unflavored milk, accounted for 36 percent of the added sugars available in purchased foods (data not shown in Figure III.1).
- Donated USDA Foods** contributed small proportions of the total grains and added sugars available in school food acquisitions (4 and 3 percent, respectively). Foods in this acquisition category contributed 8 to 10 percent of the available whole grains, milk/dairy, and oils. Relative to their overall contribution to the total volume of foods acquired (8 percent), donated USDA Foods contributed disproportionately large shares of the available fruit and meat (18 and 19 percent, respectively) and, to a lesser degree,

the available solid fats and vegetables (12 and 13 percent, respectively). This finding is consistent with the relatively large volumes of fruit, vegetables, poultry, and red meats acquired as donated USDA Foods.

- **Processed foods containing donated USDA Foods** contributed a very small share of the fruit and added sugars available in all school food acquisitions (1 to 3 percent). Foods in this acquisition category also contributed 5 percent of the available milk/dairy, 7 percent of the available vegetables, and 8 percent of the available whole grains. The contribution of processed foods containing donated USDA Foods to the available total grains (10 percent), oils (12 percent), and solid fats (12 percent) was at least double this category's contribution to the total volume of foods acquired (5 percent) (Young et al. 2012). Most notably, processed foods containing donated USDA Foods contributed more than a quarter (27 percent) of the meat available in all school food acquisitions.

Together, donated USDA Foods and processed foods containing donated USDA Foods contributed almost half (46 percent) of the available meat and almost a quarter of the available oils and solid fats (22 and 24 percent, respectively). In contrast, these two food acquisition categories contributed only 6 percent of the added sugars available in school food acquisitions.

D. Contribution of SFPS- III Food Groups to Available MyPyramid Food Groups

In this section, we describe SFPS-III food groups and subgroups that are major contributors to the MyPyramid food groups available in school food acquisitions. Information on how specific foods contribute to MyPyramid food groups can be useful to school food service professionals, policymakers, and other stakeholders in devising strategies to improve the nutritional characteristics of foods acquired by school districts.

The key outcome for this analysis is the percentage contribution of a particular SFPS-III food group or subgroup to the total amount of each MyPyramid food group available in school food acquisitions. The analysis here parallels the analysis described in the previous section but uses the SFPS-III food groups and subgroups described in Chapter I rather than the three food acquisition categories.⁵¹ The relative contribution of an SFPS-III food group or subgroup to a particular MyPyramid food group is determined by both the volume of food acquired for a given food group or subgroup and the concentration of the MyPyramid food group in that food group or subgroup. For this reason, SFPS-III food groups or subgroups that are acquired in large volumes might make more substantial contributions to some MyPyramid food groups than one would expect based on the MyPyramid food group content alone. As shown in Chapter II (Figure II.2), the food groups that contributed the largest share of the total volume of foods acquired in SY 2009–2010 were milk and other dairy products, fruits and juices, vegetables, bakery products, poultry, nondairy drinks, and prepared foods.

⁵¹ The complete classification system for food items reported in SFPS-III and their categorization within different food groups and subgroups is provided in Appendix A.

Findings

Table III.2 shows the relative contribution of each SFPS-III food group and subgroup to the MyPyramid food groups available in foods acquired by school districts in SY 2009–2010. Major findings are summarized below.

Total grains. Bakery products were the leading contributor to total grains and accounted for more than half (54 percent) of the grains available in school food acquisitions. Prepared foods and grain products (other than bakery products) each contributed 15 to 16 percent of the available grains, and poultry (specifically, breaded chicken and turkey products) contributed another 7 percent. Among the food subgroups, breads and rolls contributed the largest share of the available grains (31 percent), followed by pizza (10 percent). Pretzels/snack chips; biscuits/muffins/pancakes/waffles; flour/other milled grains; chicken; and cakes/bakery desserts each contributed 6 to 7 percent of the grains available in school food acquisitions.

Whole grains. Bakery products were the leading contributor to the whole grains available in school food acquisitions (44 percent). Other grain products and prepared foods were also important sources of whole grains, contributing 27 and 23 percent, respectively, of the total amount of whole grains available in school food acquisitions. Among the food subgroups, breads/rolls and pizza provided the largest share of whole grains (16 and 15 percent, respectively), followed by crackers (12 percent), breakfast cereals (10 percent), biscuits/muffins/pancakes/waffles (9 percent), and flour/other milled grains (9 percent).

Total fruit. As one might expect, fruits and juices contributed almost all of the fruit available in school food acquisitions (98 percent). Fresh, canned, frozen, and dried fruits accounted for a larger share of the available fruit than juices (64 versus 34 percent).

Total vegetables. Vegetables, which include fresh, canned, frozen, dried, and juiced vegetables, as well as legumes, accounted for 77 percent of the total vegetables available in school food acquisitions. Condiments (11 percent), prepared foods (4 percent), and legumes/nuts/seeds (3 percent) also made notable contributions to the available vegetables. Among the food subgroups, potato/potato products contributed the largest share of vegetables (35 percent), followed by green vegetables (16 percent). Yellow vegetables, tomato/tomato products, mixed vegetables, and catsup/other sauces each contributed 7 to 8 percent of the available vegetables.

Total milk/dairy. Milk and other dairy products were the leading contributors to the milk/dairy group and accounted for 88 percent of the total amount of milk/dairy available in school food acquisitions. Prepared foods (many of which include cheese) was the only other food group that made a substantial contribution (10 percent) to the available milk/dairy. Milk was the leading contributor to milk/dairy among the food subgroups (70 percent), followed by cheese (16 percent) and pizza (8 percent).

Total meat (excluding legumes). Together, poultry (48 percent) and red meats (34 percent) contributed 82 percent of the total meat available in school food acquisitions. The major contributors among the food subgroups were chicken (32 percent), beef (22 percent), turkey (15 percent), and pork (9 percent).

Table III.2. Contribution of SFPS- III Food Groups and Subgroups to Available MyPyramid Food Groups in Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|--|--------------|--------------|-------------|------------------|------------|------------|-------------|-------------|--------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | |
| Bakery Products | 54.4 | 44.2 | 0.9 | 1.9 | 0.3 | 0.5 | 21.8 | 17.6 | 18.7 |
| Biscuits, muffins, pancakes, and waffles | 6.8 | 9.4 | 0.5 | 0.0 | 0.0 | 0.3 | 1.7 | 4.2 | 3.9 |
| Breads and rolls | 31.3 | 16.4 | 0.1 | 0.0 | 0.0 | 0.0 | 8.4 | 3.9 | 5.0 |
| Cakes and other bakery desserts | 5.8 | 4.8 | 0.3 | 0.0 | 0.1 | 0.1 | 0.9 | 6.7 | 7.6 |
| Crackers | 3.4 | 12.4 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 2.2 | 2.2 |
| Pretzels and snack chips | 7.1 | 1.2 | 0.0 | 1.9 | 0.1 | 0.0 | 10.7 | 0.6 | 0.0 |
| Condiments | 0.2 | 0.0 | 0.0 | 11.0 | 0.0 | 0.0 | 0.9 | 0.0 | 5.4 |
| Catsup and other sauces | 0.1 | 0.0 | 0.0 | 7.6 | 0.0 | 0.0 | 0.9 | 0.0 | 5.4 |
| Flavorings | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pickles and olives | 0.0 | 0.0 | 0.0 | 3.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Eggs | 0.2 | 0.0 | 0.0 | 0.0 | 0.2 | 3.1 | 0.1 | 1.1 | 0.0 |
| Eggs | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.8 | 0.0 | 0.4 | 0.0 |
| Mixtures with egg | 0.2 | 0.0 | 0.0 | 0.0 | 0.2 | 1.4 | 0.1 | 0.7 | 0.0 |
| Fats and Oils | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 | 34.1 | 11.9 | 0.9 |
| Butter | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 0.0 |
| Margarine | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 6.5 | 0.0 |
| Salad dressings and mayonnaise | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 | 19.9 | 1.1 | 0.9 |
| Vegetable oils and shortenings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 13.6 | 3.7 | 0.0 |
| Fish | 0.7 | 0.1 | 0.0 | 0.0 | 0.0 | 2.5 | 1.6 | 0.1 | 0.0 |
| Fish | 0.5 | 0.1 | 0.0 | 0.0 | 0.0 | 2.1 | 1.3 | 0.1 | 0.0 |
| Shellfish | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.3 | 0.0 | 0.0 |
| Fruits and Juices | 0.3 | 0.0 | 97.7 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 6.7 |
| Fruits | 0.3 | 0.0 | 63.8 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 5.9 |
| Juices | 0.0 | 0.0 | 33.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 |
| Grain Products | 14.7 | 27.1 | 0.0 | 0.7 | 0.8 | 0.8 | 0.9 | 2.5 | 4.0 |
| Breakfast cereals | 1.7 | 10.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.3 | 2.7 |
| Flour and other milled grains | 6.1 | 9.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Flour mix ^a | 0.7 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 1.2 |
| Mixtures with grain | 1.7 | 0.4 | 0.0 | 0.7 | 0.8 | 0.8 | 0.7 | 1.3 | 0.1 |
| Pasta and noodles | 2.5 | 2.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| Rice, barley, and other grains | 1.9 | 4.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 |
| Legumes, Nuts, and Seeds | 0.0 | 0.0 | 0.0 | 3.1 | 0.0 | 3.6 | 3.2 | 0.1 | 0.5 |
| Dry beans and peas | 0.0 | 0.0 | 0.0 | 3.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 |
| Other nuts | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.3 | 0.0 | 0.0 |
| Peanuts and peanut butter | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.6 | 2.3 | 0.0 | 0.1 |
| Seeds | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 0.5 | 0.0 | 0.0 |
| Soybeans and soy products | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 |

Table III.2 (continued)

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|--------------------------------------|--------------|--------------|-------------|------------------|-------------|-------------|-------------|-------------|--------------|
| Milk and Other Dairy Products | 0.8 | 0.4 | 0.1 | 0.0 | 87.8 | 0.2 | 0.4 | 30.5 | 37.2 |
| Cheese | 0.5 | 0.4 | 0.0 | 0.0 | 16.0 | 0.0 | 0.2 | 16.7 | 0.0 |
| Cream | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 0.0 |
| Ice cream and ice milk | 0.3 | 0.0 | 0.0 | 0.0 | 0.6 | 0.2 | 0.2 | 2.0 | 2.1 |
| Milk | 0.0 | 0.0 | 0.0 | 0.0 | 70.1 | 0.0 | 0.0 | 11.0 | 33.5 |
| Yogurt | 0.0 | 0.0 | 0.1 | 0.0 | 1.1 | 0.0 | 0.0 | 0.2 | 1.6 |
| Non- Dairy Drinks | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 4.2 |
| Carbonated | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 |
| Coffee and tea | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.3 |
| Dry beverage | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 |
| Enriched drinks | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.7 |
| Fruit drinks | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.8 |
| Water | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Poultry | 7.0 | 4.1 | 0.0 | 0.2 | 0.0 | 47.5 | 13.9 | 7.9 | 1.6 |
| Chicken | 6.1 | 2.8 | 0.0 | 0.2 | 0.0 | 32.4 | 12.7 | 6.4 | 0.8 |
| Game birds | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixed poultry | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Recipe mix ^b | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Turkey | 0.9 | 1.3 | 0.0 | 0.1 | 0.0 | 15.0 | 1.1 | 1.4 | 0.8 |
| Prepared Foods | 16.2 | 22.9 | 0.7 | 3.9 | 10.4 | 7.2 | 8.1 | 11.4 | 3.6 |
| Burritos and tacos | 1.8 | 2.1 | 0.0 | 0.5 | 0.4 | 0.7 | 0.6 | 0.8 | 0.0 |
| Meat- or cheese-filled pastry | 2.5 | 1.8 | 0.0 | 0.4 | 1.5 | 0.4 | 0.3 | 1.9 | 0.2 |
| Mixtures with fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pizza | 9.9 | 14.5 | 0.0 | 3.0 | 8.0 | 2.2 | 4.2 | 7.5 | 2.0 |
| Prepared meals | 0.3 | 1.5 | 0.6 | 0.0 | 0.0 | 0.2 | 0.1 | 0.1 | 0.3 |
| Prepared sandwiches | 1.6 | 3.1 | 0.1 | 0.0 | 0.5 | 3.7 | 2.9 | 1.1 | 1.1 |
| Red Meats | 1.5 | 1.0 | 0.0 | 0.6 | 0.0 | 34.1 | 2.2 | 12.4 | 0.8 |
| Beef and veal | 0.7 | 0.0 | 0.0 | 0.4 | 0.0 | 22.3 | 1.1 | 6.9 | 0.2 |
| Lamb | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixed meats | 0.3 | 0.5 | 0.0 | 0.0 | 0.0 | 2.8 | 0.4 | 2.1 | 0.2 |
| Pork | 0.6 | 0.5 | 0.0 | 0.1 | 0.0 | 8.9 | 0.7 | 3.4 | 0.4 |
| Recipe mix ^c | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups and Gravies | 0.9 | 0.0 | 0.0 | 1.0 | 0.0 | 0.3 | 0.1 | 0.4 | 0.1 |
| Gravies | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 |
| Soups | 0.2 | 0.0 | 0.0 | 1.0 | 0.0 | 0.3 | 0.0 | 0.2 | 0.1 |
| Sugar and Desserts | 0.2 | 0.1 | 0.2 | 0.0 | 0.3 | 0.0 | 0.6 | 0.5 | 15.6 |
| Candies and toppings | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.2 | 1.1 |
| Gelatins | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 |
| Jellies, jams, and preserves | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 |
| Puddings and pie filling | 0.1 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.2 | 0.1 | 0.9 |
| Sherbet and ices | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.8 |
| Sugars | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 8.2 |
| Syrups | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.8 |

Table III.2 (continued)

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|---------------------------------------|--------------|--------------|-------------|------------------|------------|------------|-------------|------------|--------------|
| Vegetables | 2.8 | 0.2 | 0.0 | 77.3 | 0.1 | 0.1 | 11.9 | 3.5 | 0.7 |
| Green vegetables ^d | 0.0 | 0.0 | 0.0 | 16.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixed vegetables | 0.0 | 0.0 | 0.0 | 7.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixtures with vegetables ^e | 0.1 | 0.2 | 0.0 | 0.2 | 0.0 | 0.0 | 0.2 | 0.2 | 0.0 |
| Other vegetables ^f | 0.0 | 0.0 | 0.0 | 1.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Potato and potato products | 2.6 | 0.0 | 0.0 | 35.1 | 0.0 | 0.0 | 11.5 | 2.8 | 0.5 |
| Tomato and tomato products | 0.0 | 0.0 | 0.0 | 8.3 | 0.0 | 0.0 | 0.1 | 0.5 | 0.1 |
| Yellow vegetables ^g | 0.1 | 0.0 | 0.0 | 8.4 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^d Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^e Includes onion rings, coleslaw, breaded vegetables, and bean salads.

^f Includes onions, cauliflower, radishes, squash, mushrooms, and beets.

^g Includes carrots, corn, sweet potatoes, and pumpkin.

NSLP = National School Lunch Program; SY = school year.

Oils. Fats/oils accounted for approximately a third (34 percent) of oils available in school food acquisitions, and bakery products accounted for almost a quarter (22 percent) of available oils. Other food groups that made smaller, but notable, contributions included poultry (14 percent), vegetables (12 percent), and prepared foods (8 percent). Salad dressings/mayonnaise was the leading contributor among the food subgroups, providing 20 percent of the available oils. Vegetable oils/shortenings, chicken, potato/potato products, and pretzels/snack chips also made important contributions to the oils available in school food acquisitions (each contributed 11 to 14 percent).

Solid fats. Milk and other dairy products contributed almost a third (31 percent) of the solid fats available in school food acquisitions. Bakery products contributed another 18 percent. Red meats, fats/oils, and prepared foods each contributed 11 to 12 percent of the available solid fats. Among the food subgroups, cheese, milk, and pizza provided the largest shares of solid fats (17, 11, and 8 percent, respectively), and beef, cakes/other bakery desserts, margarine, and chicken each contributed 6 to 7 percent.

Added sugars. Milk/other dairy products contributed more than a third (37 percent) of the added sugars available in school food acquisitions. Bakery products contributed another 19 percent, followed by sugars/desserts, which contributed 16 percent. Milk, which includes flavored and unflavored milk, was the leading contributor among the food subgroups (34 percent). Sugars and cakes/other bakery desserts each contributed 8 percent of the available added sugars. Other food subgroups that made small but noteworthy contributions to the added sugars available in school food acquisitions were fruits, catsup/other sauces, and breads/rolls (5 to 6 percent).

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IV. HEALTHY EATING INDEX- 2005 SCORES FOR SCHOOL FOOD ACQUISITIONS

In Chapters II and III, we described the calorie, nutrient, and MyPyramid food group content of foods acquired by school districts in school year (SY) 2009–2010. In this chapter, we use the Healthy Eating Index-2005 (HEI-2005) to assess the dietary quality of school food acquisitions. The HEI-2005 was designed to measure the diet quality of population groups and to monitor change over time. Diet quality is assessed by measuring how well diets conform to the eating patterns recommended in the 2005 *Dietary Guidelines for Americans* and the MyPyramid food guidance system (Guenther et al. 2007; USDA, Center for Nutrition Policy and Promotion [CNPP] 2005).⁵²

The chapter is organized into three sections. The first describes the HEI-2005 and associated estimation methods. The second section describes HEI-2005 scores for all school districts. The third section describes HEI-2005 scores in different subgroups of school districts. Scores are examined by district size, level of urbanicity, level of student poverty, whether the school district used a food service management company (FSMC), and by menu planning system.

A. The Healthy Eating Index- 2005

The HEI-2005 includes 12 component scores and an overall score. Nine components are food-based and assess intakes of MyPyramid food groups and subgroups: total fruit; whole fruit; total vegetables; dark green vegetables, orange vegetables, and legumes; total grains; whole grains; milk; meats and beans; and oils. The remaining three components assess intakes of saturated fat; sodium; and calories from solid fats, alcohol, and added sugars (SoFAAS). In this chapter, we refer to this component as calories from solid fats and added sugars (SoFAS) because school food acquisitions did not include alcohol.

The standards used in assigning HEI-2005 component scores are expressed on a density basis (per 1,000 calories). The use of such standards in assessing diet quality reflects the overarching recommendation that individuals should strive to meet food group and nutrient recommendations while maintaining energy balance, rather than meeting these recommendations simply by consuming large quantities of food. The density-based standards make it possible to use the HEI-2005 to assess the quality of any mix of foods. Although the tool has primarily been used to assess the quality of diets consumed by individuals (Fox et al. 2010; Guenther et al. 2008a; Cole and Fox 2008; Beydoun et al. 2008; Reedy et al. 2008), it has also been used to assess the quality of menus (Guenther et al. 2007; Reedy et al. 2010), food packages offered and delivered through the Food Distribution Program on Indian Reservations (FDPIR) (Harper et al. 2008), USDA Foods distributed through various other programs (Zimmerman et al. 2012), household food supplies (Mabli et al. 2010), and the U.S. food supply (Krebs-Smith et al. 2010; Reedy et al. 2010).

Scoring criteria, shown in Table IV.1, assign higher scores for greater concentrations (per 1,000 calories) of food-based components and lower scores for greater concentrations of sodium, saturated fat, and calories from SoFAS, because recommendations for the latter components emphasize reduced or moderate intakes. Maximum scores for each component range from 5 to 20,

⁵² The *Dietary Guidelines* were updated in 2010. Differences between the 2005 and 2010 versions are relatively minor, so the HEI-2005 remains the optimal tool for assessing diet quality.

leading to a maximum overall score of 100. The standards for maximum scores reflect the concentrations of MyPyramid food groups and nutrients required in a diet that would meet recommendations without exceeding calorie requirements. Applying the HEI-2005 to school food acquisitions allows us to assess whether the mix of foods acquired by schools is sufficiently balanced to provide recommended amounts of MyPyramid food groups and nutrients per calorie (Krebs-Smith et al. 2010).

Table IV.1. Healthy Eating Index- 2005 Components and Standards for Scoring

| Component | Maximum Score | Standard for Maximum Score | Standard for Minimum Score of Zero |
|--|-----------------|--------------------------------------|---|
| Total Fruit | 5 | ≥ 0.8 cup per 1,000 calories | No fruit |
| Whole Fruit (not juice) | 5 | ≥ 0.4 cup per 1,000 calories | No whole fruit |
| Total Vegetables | 5 | ≥ 1.1 cup per 1,000 calories | No vegetables |
| Dark Green and Orange Vegetables and Legumes ^a | 5 | ≥ 0.4 cup per 1,000 calories | No dark green or orange vegetables or legumes |
| Total Grains | 5 | ≥ 3.0 oz per 1,000 calories | No grains |
| Whole Grains | 5 | ≥ 1.5 oz per 1,000 calories | No whole grains |
| Milk ^b | 10 | ≥ 1.3 cup per 1,000 calories | No milk/dairy |
| Meat and Beans | 10 | ≥ 2.5 oz per 1,000 calories | No meat or beans |
| Oils ^c | 10 | ≥ 12 gm per 1,000 calories | No oil |
| Saturated Fat | 10 ^d | ≤ 7% of total calories | ≥ 15% of total calories |
| Sodium | 10 ^d | ≤ 0.7 gm per 1,000 calories | ≥ 2.0 gm per 1,000 calories |
| Calories from Solid Fats, Alcohol, and Added Sugars (SoFAAS) | 20 | ≤ 20% of total calories ^e | ≥ 50% of total calories |
| Total Score | 100 | | |

Source: Healthy Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion (CNPP) Fact Sheet No. 1, December 2006.

Note: With the exception of saturated fat and sodium, amounts between the minimum and maximum are scored proportionately.

^a Following MyPyramid, legumes were first allocated to the meat and beans group. If any amount remained after the meat and beans group recommendation was met, legumes were counted toward the total vegetables and dark green and orange vegetables and legumes groups.

^b Includes all dairy products, including fluid milks, yogurt and cheese.

^c Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

^d Saturated fat and sodium get a score of 8 for levels that reflect 2005 *Dietary Guidelines* recommendations: less than 10 percent of energy from saturated fat and 1.1 grams of sodium per 1,000 calories, respectively.

^e The most generous allowance for discretionary calories in the MyPyramid food intake patterns (based on age, gender, and level of physical activity) is 20 percent of total energy.

gm = gram; oz = ounce.

We estimated HEI-2005 scores at the population level, based on total food acquisitions across all school districts. This is consistent with the approach used to estimate the measures reported in the previous two chapters and with the approach used in estimating HEI-2005 scores for the U.S.

food supply (Krebs-Smith et al. 2010), USDA Foods distributed through various programs (Zimmerman et al. 2012), and the FDIPIR food package (Harper et al. 2008).⁵³ The variables used in this analysis include the measures of MyPyramid food group content discussed in Chapter III and the measures of saturated fat and sodium content discussed in Chapter II (all estimated on a per-1,000-calorie basis). Details on variable creation are available in these chapters and Appendix A.

HEI-2005 scores were estimated for all foods acquired by school districts and for the three categories of food acquisitions—purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods. As described in Chapter I, purchased foods include the full range of foods acquired by school districts. Donated USDA Foods include large volumes of fruits, vegetables, cheese, poultry, and red meats, as well as considerable amounts of grain products and legumes/nuts/seeds (Young et al. 2012). Processed foods containing donated USDA Foods include large volumes of processed poultry, red meats, potatoes and potato products, as well as a variety of prepared foods, such as pizza, prepared sandwiches, and other foods containing meat and/or cheese.

B. Healthy Eating Index- 2005 Scores for School Food Acquisitions

We based all of the findings reported in this section on records of food acquisitions collected from 408 school districts during SY 2009–2010. All estimates are weighted to provide national, annualized estimates of the total HEI-2005 scores for school food acquisitions.^{54,55}

In presenting results, we focus first on scores for each component of the HEI-2005 and then on the total score. Because the maximum scores vary for different components of the index, we review component scores in three subgroups based on the reference maximum score: (1) fruits, vegetables, and grains (which each have a maximum score of 5); (2) milk, meat and beans, oils, saturated fat, and sodium (which each have a maximum score of 10); and (3) calories from SoFAS (which has a maximum score of 20). Higher scores always reflect higher dietary quality. For the saturated fat, sodium, and calories from SoFAS components, higher scores indicate lower levels of these dietary components. In the discussions that follow, any comments we make about the types or relative volumes of foods acquired in a given category are based on data presented in the *School Food Purchase Study-III: Final Report* (Young et al. 2012) and summarized in Chapter I of this report.

1. Scores for Fruits, Vegetables, and Grains

School food acquisitions received a perfect score of 5.0 for whole fruit and total grains (Figure IV.1). This indicates that the relative concentration of whole fruit and grains in school food

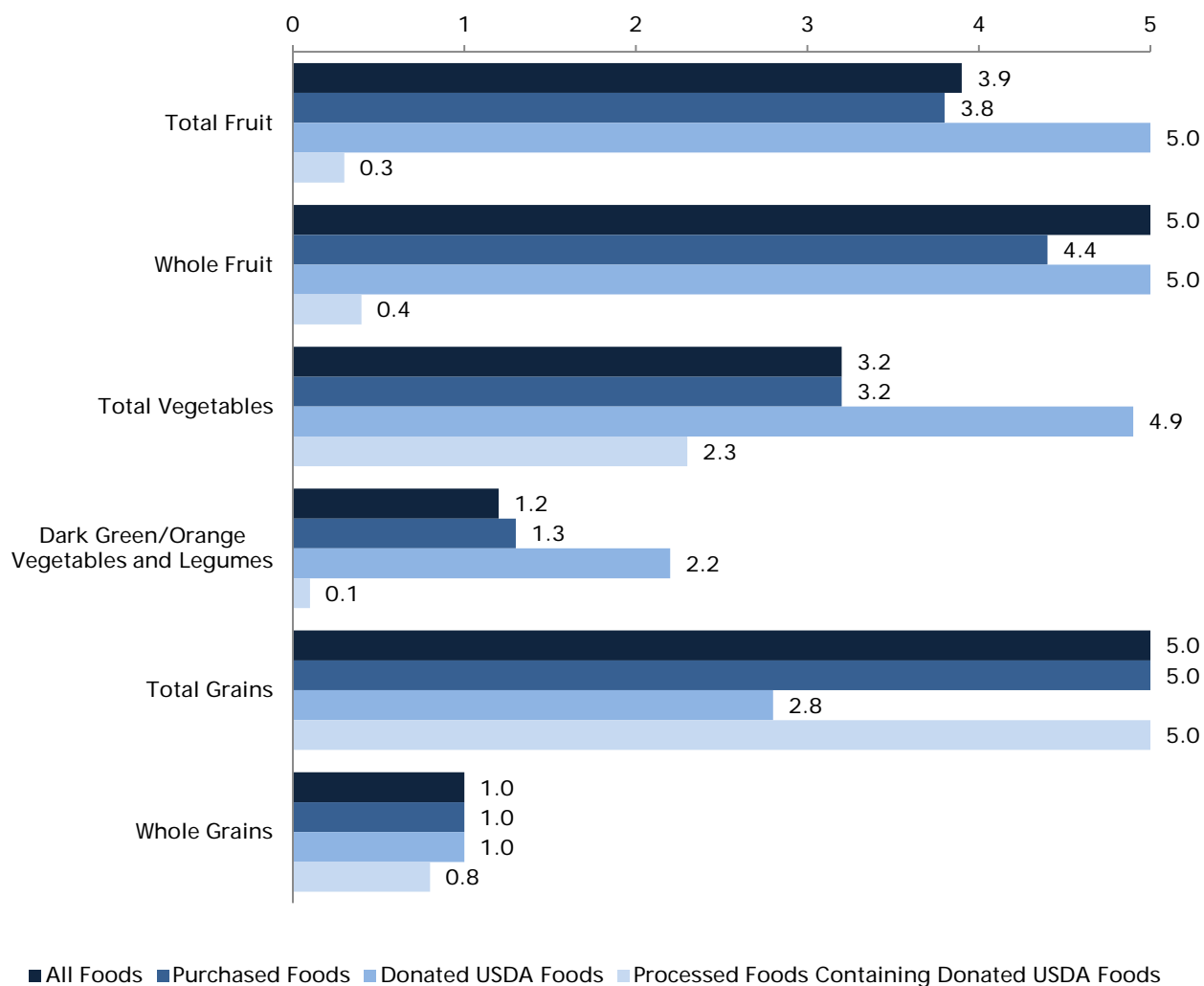
⁵³ We also estimated mean HEI-2005 scores by estimating scores for each individual school district and averaging across all school districts. These data are presented in Appendix D.

⁵⁴ Detailed information on the methods used to transform the food acquisition data into estimates of available calories, nutrients, and MyPyramid food groups is provided in Appendix A.

⁵⁵ Due to a number of differences in the methodologies employed, results presented on HEI-2005 scores for donated USDA Foods are not comparable to those reported for NSLP USDA Foods in the *Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs* report (Zimmerman et al. 2012). The two studies had different research objectives and used data from different sources and school years, different methods for adjusting food weights, and for some foods, different sources of nutrient values.

acquisitions per available calorie met (or exceeded) recommended amounts. Scores for the other HEI-2005 components in this group ranged from a low of 1.0 for whole grains to a high of 3.9 for total fruit. Relative to scores for the U.S. food supply in 2005 (Reedy et al. 2010), scores for school food acquisitions in SY 2009–2010 were comparable for dark green and orange vegetables and legumes (1.2 versus 1.4), total grains (5.0 versus 4.7), and whole grains (1.0 versus 1.2). However, scores for school food acquisitions were notably higher than the U.S. food supply for total fruit (3.9 versus 2.0), whole fruit (5.0 versus 2.6), and total vegetables (3.2 versus 2.7).

Figure IV.1. HEI- 2005 Component Scores for Components with a Maximum Score of 5



Source: School Food Purchase Study-III, food acquisition data, school year 2009-2010.

As expected, based on differences in the types of food acquired and findings presented in Chapters II and III, HEI-2005 component scores for the three food acquisition categories varied considerably. Key findings are illustrated in Figure IV.1 and summarized below:

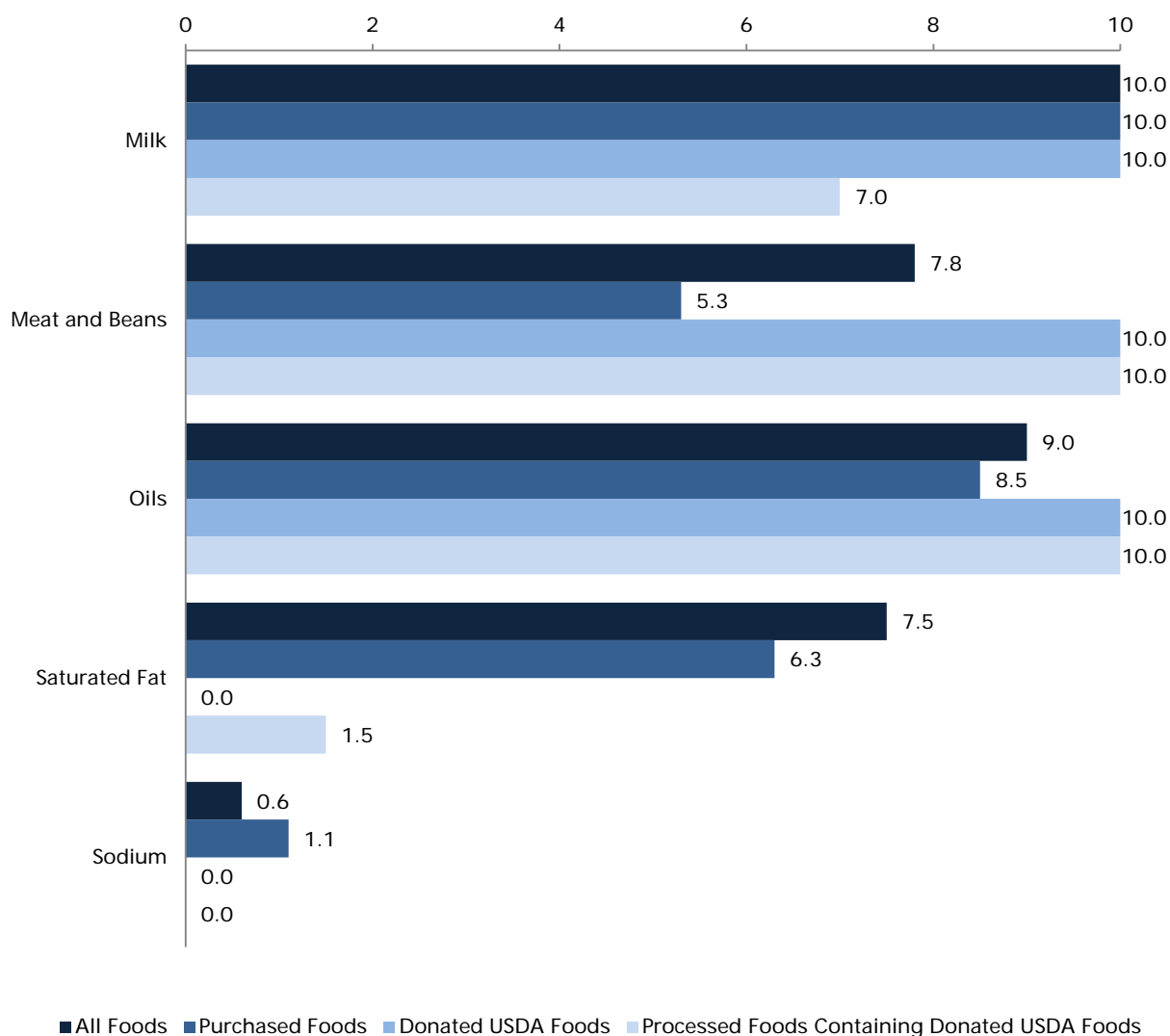
- **Purchased foods** generally had the second highest scores, relative to scores for donated USDA Foods and processed foods containing donated USDA Foods. The only exceptions were total grains, in which both purchased foods and processed foods containing donated USDA Foods had equivalent scores of 5.0, and whole grains, in which both purchased foods and donated USDA Foods had equivalent scores of 1.0.
- **Donated USDA Foods** had the highest scores for five of the six HEI-2005 components in this group (tied with one other food acquisition category for the whole fruit and whole grains components). Donated USDA Foods had perfect or near-perfect scores (5.0 or 4.9) for total fruit, whole fruit, and total vegetables. These findings are consistent with the fact that donated USDA Foods include large volumes of fruits and vegetables. Donated USDA Foods also had the highest score for dark green and orange vegetables and legumes (2.2 versus 0.1 to 1.3). However, this score indicates that donated USDA Foods provided less than half of the recommended amounts of these types of vegetables per calorie. Donated USDA Foods had the lowest score for total grains (2.8 versus 5.0). This is consistent with the fact that, relative to purchased foods and processed foods containing donated USDA Foods, donated USDA Foods include smaller volumes of grain and grain-based foods.
- **Processed foods containing donated USDA Foods** had the lowest scores for all of the HEI-2005 component scores in this group except total grains. Scores for total fruit, whole fruit, and dark green and orange vegetables and legumes were dramatically lower, relative to scores for the other two food acquisition categories, and were consistently less than 0.5 points. The score for total vegetables was notably higher than these other component scores, although still well below scores for the other two groups (2.3 versus 3.2 and 4.9). The higher score for total vegetables is consistent with the fact that this food acquisition category includes large volumes of processed potatoes and potato products as well as large volumes of pizza (which includes tomato sauce).

2. Scores for Milk, Meat and Beans, Oils, Saturated Fat, and Sodium

School food acquisitions received a perfect score (10.0) for milk (Figure IV.2). Scores for the other HEI-2005 components in this group ranged from a low of 0.6 for sodium to a high of 9.0 for oils. Relative to scores for the 2005 U.S. food supply (Reedy et al. 2010), scores for school food acquisitions in SY 2009–2010 were lower for meat and beans (7.8 versus 9.4) and oils (9.0 versus 9.8). HEI-2005 scores for school food acquisitions were notably higher than scores for the 2005 U.S. food supply for milk (10.0 versus 5.0) and saturated fat (7.5 versus 5.4). The score for sodium was also higher (0.6 versus 0.0), but sodium scores for both food supplies were very low.

The low scores for sodium are not surprising given that, as noted in Chapter II, sodium is ubiquitous in the U.S. food supply (mostly from processed foods) and virtually all Americans consume more sodium than they need. For the first time in the history of the school meal programs, the new nutrition standards for school meals establish a quantitative standard for sodium (7 CFR Parts 210 and 220, January 26, 2012). In light of this new standard, school districts may need to pay particular attention to the sodium content of processed foods to help align school meals with the new standards. Achieving recommended levels of sodium will also require a deliberate reduction in the sodium content of foods available in the marketplace (U.S. Department of Agriculture [USDA] and U.S. Department of Health and Human Services [DHHS] 2010; Institute of Medicine [IOM] 2010).

Figure IV.2. HEI- 2005 Component Scores for Components with a Maximum Score of 10



Source: School Food Purchase Study-III, food acquisition data, school year 2009-2010.

Key findings for the three food acquisition categories are summarized below and shown in Figure IV.2:

- Purchased foods** had lower scores than either donated USDA Foods or processed foods containing donated USDA Foods for meat and beans (5.3 versus 10.0) and oils (8.2 versus 10.0). Foods in this category had the highest scores for saturated fat (6.3 versus 0.0 to 1.5) and sodium (1.1 versus 0.0). This pattern of findings is consistent with the mix of foods acquired in each category.
- Donated USDA Foods** had the highest scores for milk (tied with purchased foods), meat and beans, and oils (tied for both with processed foods containing donated USDA Foods). Although donated USDA Foods include large volumes of fruits and vegetables, this category also includes large volumes of cheese, poultry, and red meats, as well as appreciable volumes of nuts and seeds, which contribute healthy oils. The large volumes

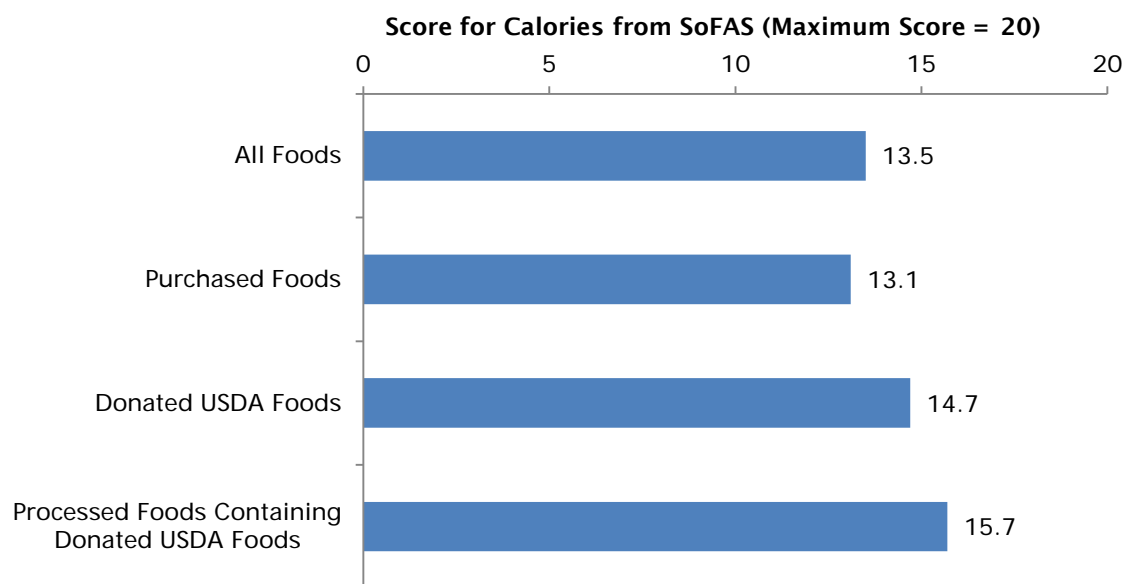
of cheese and red meats also explain why donated USDA Foods had the lowest score (0.0) on the saturated fat component. As noted in Chapter II, this food acquisition category had the highest percentage of calories from saturated fat.

- **Processed foods containing donated USDA Foods** had the highest scores for meat and beans (10.0 versus 5.3) and oils (10.0 versus 8.5) (tied for both with donated USDA Foods) and the lowest score for milk (7.0 versus 10.0). This pattern of findings, coupled with low scores for the saturated fat and sodium components, is consistent with the types of food acquired in this category.

3. Scores for Calories from Solid Fats and Added Sugars

As shown in Figure IV.3, all school food acquisitions for SY 2009–2010 received a score of 13.5 (out of 20) for the calories-from-SoFAS component.⁵⁶ This is notably higher than the 10.9 score for the 2005 U.S. food supply (Reedy et al. 2010). Some of the discrepancy between these two scores is likely due to the fact that the analysis of the U.S. food supply includes alcoholic beverages, which also contribute to this measure.

Figure IV.3. HEI- 2005 Component Score for Calories from Solid Fats and Added Sugars (SoFAS)



Source: School Food Purchase Study-III, food acquisition data, school year 2009-2010.

Among the three food acquisition categories, processed foods containing donated USDA Foods had the highest score for calories from SoFAS and purchased foods had the lowest score (15.7 versus 13.1). This indicates that these two food acquisition categories had the lowest and highest levels, respectively, of calories from solid fats and added sugars. The difference in scores for calories from SoFAS appears to be driven largely by the lower levels of added sugars in processed

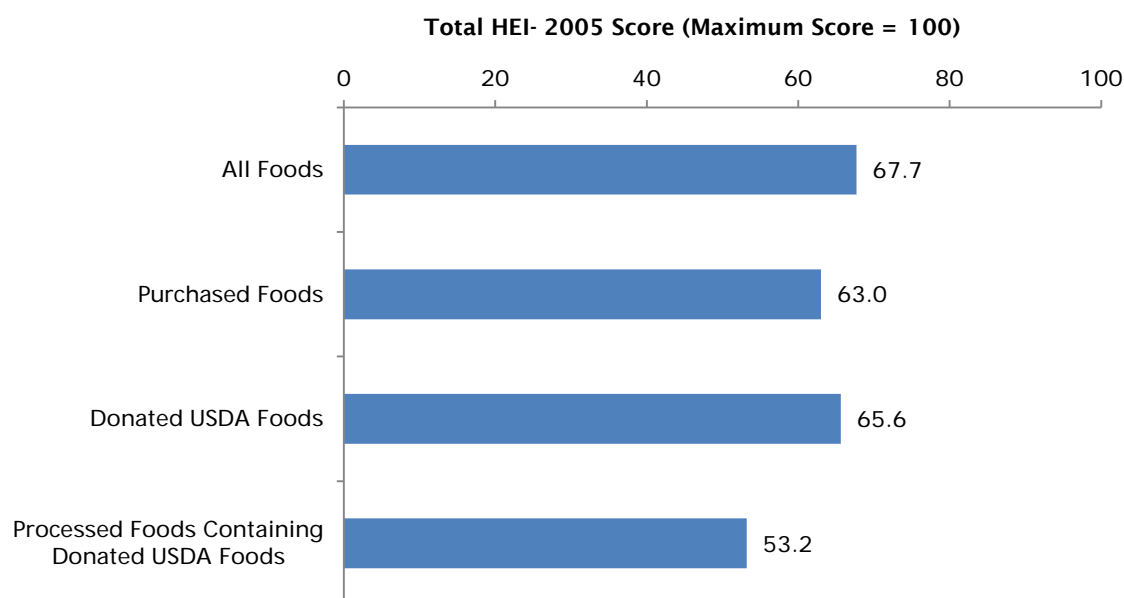
⁵⁶ The calories-from-SoFAS component is weighted twice as heavily as any other component (maximum score = 20) because it addresses two issues: (1) the selection of low-fat and low-sugar forms of foods, as recommended by the *Dietary Guidelines*; and (2) the fact that foods high in SoFAS might displace more nutrient-dense foods in the diet, adding calories but very few nutrients, and might contribute to excess calorie intake (Guenther et al. 2008b).

foods containing donated USDA Foods. As shown in Chapter III (Table III.1), processed foods containing donated USDA Foods had 2.3 teaspoons of added sugars per 1,000 calories (equivalent to 39 calories from added sugars per 1,000 calories) and purchased foods had 8.6 teaspoons of added sugars (equivalent to 145 calories from added sugars per 1,000 calories).

4. Total Healthy Eating Index-2005 Scores

Overall, school food acquisitions in SY 2009–2010 received a score of 67.7 out of a possible 100 (Figure IV.4). By comparison, the 2005 U.S. food supply received a score of 54.9 points (Reedy et al. 2010). As noted in the discussion of results for the individual component scores, major contributors to the higher dietary quality of school food acquisitions include smaller shares of total calories contributed by saturated fat and by SoFAAS, as well as greater concentrations (per 1,000 calories) of milk and milk products, total fruit, whole fruit, and total vegetables. Both school food acquisitions and the U.S. food supply were low in whole grains and dark green and orange vegetables and legumes, relative to recommendations, and high in sodium.

Figure IV.4. Total HEI- 2005 Scores



Source: School Food Purchase Study-III, food acquisition data, school year 2009-2010.

Donated USDA Foods had the highest total HEI-2005 score and processed foods containing donated USDA Foods had the lowest total score (65.6 versus 53.2). These scores are consistent with findings for the individual components and the types of food acquired in each category. In particular, the fact that processed foods containing donated USDA Foods include essentially no fruit, whole fruit, or vegetables other than potatoes and tomato sauce has a major impact on the total HEI-2005 score.

C. Healthy Eating Index- 2005 Scores for Total Food Acquisitions, by School District Characteristics

In this section, we examine variation in HEI-2005 scores for total food acquisitions among school districts with different characteristics. These characteristics include district size, level of urbanicity, level of student poverty, whether the school district used an FSMC, and menu planning system. All of the district characteristics variables were created by Young et al. (2012) as part of the

main SFPS-III analysis. Findings are based on the 404 school districts that provided both food acquisition and procurement practices data, and estimates are weighted to provide national, annualized estimates of HEI-2005 scores.⁵⁷ No statistical tests were performed to test the significance of observed differences across subgroups of schools, so the discussion is purely descriptive. Discussion of component scores generally focuses on situations in which scores differ by 10 percent or more.

1. District Size

School districts were divided into four strata based on total student enrollment: (1) small (fewer than 1,000 students); (2) medium (1,000 to 4,999 students); (3) large (5,000 to 24,999 students); and (4) very large (25,000 or more students).⁵⁸ HEI-2005 scores for total food acquisitions are summarized for each stratum in Table IV.2. Scores for total grains and milk were perfect for all strata. For most components, but not all, there was a modest increase in HEI-2005 scores with increasing district size. Scores were generally comparable for districts of all sizes for dark green and orange vegetables and legumes, meat and beans, and oils.

Variations in HEI-2005 scores for districts of different sizes were more notable for the other components. In every case, scores were lowest for the smallest districts and highest for the largest districts, and increased in a linear fashion. This was true for scores for total fruit, which ranged from 2.8 among the smallest districts to 4.7 among the largest districts; whole fruit (4.0 to 5.0); saturated fat (5.7 to 7.8); sodium (0.0 to 0.9); calories from SoFAS (11.9 to 14.0); and total HEI-2005 scores (61.9 to 69.7).

⁵⁷ A separate weight was used for these analyses to account for the slightly smaller sample of school districts that provided both sets of data. Additional information on weighting procedures is provided in Appendix A.

⁵⁸ Districts are not evenly distributed across these size categories. About a third (34 percent) of all districts are small; 48 percent are medium-sized; 16 percent are large; and 3 percent are very large (see Young et al. 2012, Table 3-1).

Table IV.2. Total Healthy Eating Index- 2005 Scores for Food Acquisitions, by District Size, for Public Unified NSLP School Districts, SY 2009- 2010

| | Maximum Score | All | District Size (in students) | | | |
|---|---------------|-------------|-----------------------------|-------------------------|-------------------------|-----------------------------|
| | | | Small (fewer than 1,000) | Medium (1,000 to 4,999) | Large (5,000 to 24,999) | Very Large (25,000 or more) |
| Total Fruit | 5 | 3.9 | 2.8 | 3.3 | 3.7 | 4.7 |
| Whole Fruit (not juice) | 5 | 5.0 | 4.0 | 4.4 | 4.8 | 5.0 |
| Total Vegetables | 5 | 3.2 | 3.6 | 3.5 | 3.2 | 3.1 |
| Dark Green and Orange Vegetables and Legumes ^a | 5 | 1.2 | 1.2 | 1.1 | 1.2 | 1.3 |
| Total Grains | 5 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 |
| Whole Grains | 5 | 1.0 | 0.7 | 0.9 | 1.0 | 1.2 |
| Milk ^b | 10 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 |
| Meat and Beans | 10 | 7.8 | 7.8 | 7.9 | 7.6 | 8.1 |
| Oils ^c | 10 | 9.0 | 9.0 | 9.4 | 9.0 | 8.7 |
| Saturated Fat | 10 | 7.4 | 5.7 | 6.9 | 7.7 | 7.8 |
| Sodium | 10 | 0.6 | 0.0 | 0.1 | 0.6 | 0.9 |
| Calories from Solid Fats and Added Sugars | 20 | 13.5 | 11.9 | 13.0 | 13.6 | 14.0 |
| Total Score | 100 | 67.7 | 61.9 | 65.5 | 67.4 | 69.7 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Legumes are counted as vegetables only after meat and beans standard is met.

^b Includes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^c Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

2. Urbanicity

We compared districts that were located in urban and rural areas.⁵⁹ Results are presented in Table IV.3. Scores for urban and rural districts differed by more than 10 percent for five HEI-2005 components: total fruit, whole fruit, dark green and orange vegetables and legumes, whole grains, and sodium. In all cases, urban districts had higher scores than rural districts. With the exception of meat and beans and oils, scores for all of the other components were consistently higher for urban districts, although the differences were smaller. The mix of foods acquired by urban districts in SY 2009–2010 received a total HEI-2005 score of 68.4, compared with 65.9 for rural districts.

⁵⁹ Districts were categorized as urban or rural using the classification system employed by the National Center for Education Statistics (NCES). NCES classifies schools into one of four major locale categories: city and suburban (urban) and town and rural (rural).

Table IV.3. Total Healthy Eating Index- 2005 Scores for Food Acquisitions, by Urbanicity, for Public Unified NSLP School Districts, SY 2009- 2010

| | Maximum Score | All | Urban | Rural |
|---|---------------|-------------|-------------|-------------|
| Total Fruit | 5 | 3.9 | 4.2 | 3.4 |
| Whole Fruit (not juice) | 5 | 5.0 | 5.0 | 4.4 |
| Total Vegetables | 5 | 3.2 | 3.2 | 3.4 |
| Dark Green and Orange Vegetables and Legumes ^a | 5 | 1.2 | 1.3 | 1.1 |
| Total Grains | 5 | 5.0 | 5.0 | 5.0 |
| Whole Grains | 5 | 1.0 | 1.1 | 0.9 |
| Milk ^b | 10 | 10.0 | 10.0 | 10.0 |
| Meat and Beans | 10 | 7.8 | 7.6 | 8.3 |
| Oils ^c | 10 | 9.0 | 8.8 | 9.3 |
| Saturated Fat | 10 | 7.4 | 7.7 | 7.0 |
| Sodium | 10 | 0.6 | 0.8 | 0.1 |
| Calories from Solid Fats and Added Sugars | 20 | 13.5 | 13.8 | 13.1 |
| Total Score | 100 | 67.7 | 68.4 | 65.9 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Legumes are counted as vegetables only after meat and beans standard is met.

^b Includes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^c Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

3. Poverty Level

To examine variation in HEI-2005 scores by district poverty level, we compared districts based on the percentage of students approved for free and reduced-price meal benefits using the following definitions: (1) low poverty (less than 30 percent of students approved for free and reduced-price meal benefits), (2) higher poverty (30 to 59 percent of students approved), and (3) highest poverty (60 percent or more of students approved). Results are shown in Table IV.4.

Scores for total fruit and whole fruit were notably lower (by more than 10 percent) for districts with low levels of student poverty, relative to districts with higher levels of poverty (3.1 versus 3.7 to 5.0 for total fruit; and 4.0 versus 4.8 to 5.0 for whole fruit). In addition, scores for five components differed by more than 10 percent between districts with the lowest and highest levels of poverty. Relative to scores for the highest-poverty districts, scores for total vegetables and saturated fat were higher and scores for dark green and orange vegetables and legumes, whole grains, and sodium were lower. Total HEI-2005 scores increased in a linear fashion as the level of poverty increased, although differences were relatively minor (2 to 5 percent). Scores ranged from a low of 65.3 for districts with the lowest level of poverty (less than 30 percent of students approved for free and reduced-price meals) to a high of 68.7 for districts with the highest level of poverty (60 percent or more of students approved for free or reduced-price meal benefits).

Table IV.4. Total Healthy Eating Index- 2005 Scores for Food Acquisitions, by Poverty Level, for Public Unified NSLP School Districts, SY 2009- 2010

| | Maximum Score | All | Poverty Level | | |
|---|---------------|-------------|----------------|--------------------|----------------------|
| | | | Low (0 to 29%) | Higher (30 to 59%) | Highest (60 to 100%) |
| Total Fruit | 5 | 3.9 | 3.1 | 3.7 | 5.0 |
| Whole Fruit (not juice) | 5 | 5.0 | 4.0 | 4.8 | 5.0 |
| Total Vegetables | 5 | 3.2 | 3.5 | 3.2 | 3.1 |
| Dark Green and Orange Vegetables and Legumes ^a | 5 | 1.2 | 1.2 | 1.1 | 1.4 |
| Total Grains | 5 | 5.0 | 5.0 | 5.0 | 5.0 |
| Whole Grains | 5 | 1.0 | 0.9 | 0.9 | 1.3 |
| Milk ^b | 10 | 10.0 | 10.0 | 10.0 | 10.0 |
| Meat and Beans | 10 | 7.8 | 7.4 | 8.0 | 8.0 |
| Oils ^c | 10 | 9.0 | 9.3 | 9.0 | 8.6 |
| Saturated Fat | 10 | 7.4 | 7.1 | 7.2 | 5.8 |
| Sodium | 10 | 0.6 | 0.6 | 0.3 | 1.0 |
| Calories from Solid Fats and Added Sugars | 20 | 13.5 | 13.2 | 13.1 | 14.5 |
| Total Score | 100 | 67.7 | 65.3 | 66.4 | 68.7 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009–2010.

^a Legumes are counted as vegetables only after meat and beans standard is met.

^b Includes all milk products, such as fluid milk, yogurt, and cheese, and soy beverages.

^c Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

4. Use of Food Service Management Companies

Some school districts contract with FSMCs to operate all or part of the school meal programs. In SY 2009–2010, about 14 percent of school districts used an FSMC (Young et al. 2012). In most SFAs that use FSMCs (67 percent), FSMC staff (as opposed to district staff) have all or most of the responsibility for food purchasing (which would include ordering donated USDA Foods and processed foods containing donated USDA Foods) (Gordon et al. 2007).

Table IV.5 shows HEI-2005 scores for total food acquisitions in SFAs that did and did not use an FSMC. There were few notable differences in HEI-2005 scores for the two groups of SFAs. Only the scores for whole grains and sodium differed by more than 10 percent, and scores for both groups of districts were low. Total HEI-2005 scores were very similar (66.8 versus 67.7).

Table IV.5. Total Healthy Eating Index- 2005 Scores for Food Acquisitions, by Use of Food Service Management Company, for Public Unified NSLP School Districts, SY 2009- 2010

| | Maximum Score | Use of Food Service Management Company | | |
|---|---------------|--|-------------|-------------|
| | | All | Yes | No |
| Total Fruit | 5 | 3.9 | 3.6 | 3.9 |
| Whole Fruit (not juice) | 5 | 5.0 | 4.7 | 5.0 |
| Total Vegetables | 5 | 3.2 | 3.3 | 3.2 |
| Dark Green and Orange Vegetables and Legumes ^a | 5 | 1.2 | 1.2 | 1.2 |
| Total Grains | 5 | 5.0 | 5.0 | 5.0 |
| Whole Grains | 5 | 1.0 | 0.8 | 1.0 |
| Milk ^b | 10 | 10.0 | 10.0 | 10.0 |
| Meat and Beans | 10 | 7.8 | 7.3 | 7.9 |
| Oils ^c | 10 | 9.0 | 9.4 | 8.9 |
| Saturated Fat | 10 | 7.4 | 7.0 | 7.5 |
| Sodium | 10 | 0.6 | 0.7 | 0.5 |
| Calories from Solid Fats and Added Sugars | 20 | 13.5 | 13.9 | 13.4 |
| Total Score | 100 | 67.7 | 66.8 | 67.7 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009–2010.

^a Legumes are counted as vegetables only after meat and beans standard is met.

^b Includes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^c Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

5. Menu Planning Systems

SFAs participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) in SY 2009–2010 had five options for planning menus that meet the School Meals Initiative for Healthy Children (SMI) nutrition standards:

1. **Traditional food-based menu planning.** This menu planning system identifies food groups (or meal components) that must be included in the meal, as well as minimum acceptable serving sizes for children in different grades. For example, lunches must include milk (as a beverage), meat or meat alternate, bread or other grain product, and two servings of fruit and/or vegetables.
2. **Enhanced food-based menu planning.** This system, which is similar to the traditional food-based system, requires more servings of bread or grain products over the course of a week, and larger serving sizes of fruit and vegetables.
3. **Nutrient standard menu planning (NSMP).** NSMP requires that SFAs use one of several USDA-approved, computerized nutrient analysis systems to plan menus. The only food-based menu planning requirements imposed under NSMP, for lunch, are that milk be offered as a beverage and that at least one entree and one side dish be offered.

Within these broad guidelines, menu planners are free to use whatever portions and combinations of food they wish to meet the nutrition standards. Thus, in theory, NSMP provides more flexibility in menu planning than the two food-based systems while providing a greater degree of assurance that meals meet nutrition standards.

4. **Assisted nutrient standard menu planning (ANSMP).** ANSMP is similar to NSMP, but it allows SFAs to arrange for external sources to assist with menu planning and/or nutrient analysis.
5. **Other reasonable approaches.** Schools may use any other reasonable approach to planning menus, as long as the menus meet the nutrition standards. State agencies may establish guidelines for using a modified approach to menu planning and may require that SFAs receive prior approval before implementing such a system.

In SY 2009–2010, more than three-quarters of school districts used food-based menu planning (Young et al. 2012). Almost two-thirds (63 percent) used the traditional food-based menu-planning system, and 18 percent used the enhanced food-based menu-planning system. Less than one fifth of school districts (17 percent) used NSMP and less than 1 percent used ANSMP.

Table IV.6 presents HEI-2005 scores for SFAs that used different types of menu planning.⁶⁰ There were few notable differences in HEI-2005 scores for districts that used different types of menu planning. Only the scores for total fruit and sodium differed by more than 10 percent. For total fruit, districts that used enhanced food-based menu planning had a lower score than districts that used traditional food-based menu planning or nutrient-based menu planning (3.4 versus 4.0 and 3.8, respectively). For sodium, scores for all types of districts were low, but districts that used traditional food-based menu planning had a lower score than districts that used enhanced food-based menu planning or nutrient-based menu planning (0.5 versus 0.6). Total HEI-2005 scores were similar, ranging from 66.7 for districts that used nutrient-based menu planning to 67.4 and 67.9, respectively, for districts that used traditional food-based menu planning and districts that used enhanced food-based menu planning.

⁶⁰ School districts that reported using an “other” type of menu planning (n = 5) or more than one type of menu planning (n = 17) were excluded from the analysis.

Table IV.6. Total Healthy Eating Index- 2005 Scores for Food Acquisitions, by Menu Planning System, for Public Unified NSLP School Districts, SY 2009- 2010

| | Maximum Score | Menu Planning System | | | |
|---|---------------|----------------------|------------------------|---------------------|--------------------------------|
| | | All | Traditional Food-Based | Enhanced Food-Based | Nutrient Standard ^a |
| Total Fruit | 5 | 3.9 | 4.0 | 3.4 | 3.8 |
| Whole Fruit (not juice) | 5 | 5.0 | 5.0 | 4.8 | 5.0 |
| Total Vegetables | 5 | 3.2 | 3.4 | 3.2 | 3.1 |
| Dark Green and Orange Vegetables and Legumes ^b | 5 | 1.2 | 1.2 | 1.1 | 1.2 |
| Total Grains | 5 | 5.0 | 5.0 | 5.0 | 5.0 |
| Whole Grains | 5 | 1.0 | 1.0 | 1.1 | 1.1 |
| Milk ^c | 10 | 10.0 | 10.0 | 10.0 | 10.0 |
| Meat and Beans | 10 | 7.8 | 7.8 | 7.9 | 7.7 |
| Oils ^d | 10 | 9.0 | 9.0 | 9.3 | 8.9 |
| Saturated Fat | 10 | 7.4 | 7.5 | 7.5 | 7.2 |
| Sodium | 10 | 0.6 | 0.5 | 0.6 | 0.6 |
| Calories from Solid Fats and Added Sugars | 20 | 13.5 | 13.5 | 13.4 | 13.2 |
| Total Score | 100 | 67.7 | 67.9 | 67.4 | 66.7 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: School districts that reported using an "other" type of menu planning (n = 5) or more than one type of menu planning (n = 17) were excluded from the analysis.

^a Includes school districts that use assisted nutrient standard menu planning.

^b Legumes are counted as vegetables only after meat and beans standard is met.

^c Includes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^d Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

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V. NUTRITIONAL CHARACTERISTICS OF A LA CARTE- ONLY, REIMBURSABLE, AND MIXED- USE FOOD ACQUISITIONS

Foods acquired by school districts can be used in reimbursable meals served to students through the National School Lunch Program (NSLP) and School Breakfast Program (SBP), sold to students on an a la carte basis, or used in other school food programs. A la carte foods and beverages may be offered in the cafeteria alongside reimbursable meals or in other locations, such as snack bars, snack windows, kiosks, or carts. A la carte foods, as well as foods available through vending machines, school stores, and fundraisers are referred to as competitive foods because they compete with reimbursable meals. Competitive foods are often calorie-dense and low in nutritional quality (Gordon et al. 2007; Fox et al. 2009). In school year (SY) 2009–2010, foods sold on an a la carte basis were not required to meet federal nutrition standards.^{61,62} However the Healthy, Hunger-Free Kids Act (P.L. 111-296) passed in late 2010 now gives the U.S. Department of Agriculture (USDA) the authority to set nutrition standards for all foods regularly sold in schools during the school day.

In this chapter, we examine the nutritional characteristics of foods acquired by school districts in SY 2009–2010 for different uses. We look at three different food use categories—foods acquired exclusively for a la carte sales, foods acquired for use in reimbursable meals, and foods acquired for mixed uses. This analysis provides unique information about the nutritional characteristics of foods acquired for a la carte sales. We present data on the calories, nutrients, and MyPyramid food groups available in foods acquired in each food use category, as well as Healthy Eating Index-2005 (HEI-2005) scores.⁶³ Estimates are based on a nonrandom subsample of the school districts included in the third School Food Purchase Study (SFPS-III).

The chapter is organized into six sections. The first provides an overview of the analysis, including details about the analysis sample and the foods included in each of the food use categories. The second and third sections describe the calories and nutrients available in foods acquired in each food use category and the leading contributors to available calories and nutrients. The fourth and fifth sections describe the MyPyramid food groups available in each food use category and the leading contributors to each MyPyramid food group. The last section describes HEI-2005 scores.

A. Overview of the Analysis

All school districts that participated in the SFPS-III were asked to identify foods that were acquired for a la carte sales and to estimate the proportion of the food item that was acquired for this purpose. Only 128 school districts provided this information (see Chapter I for more details). All of the data presented in this chapter are based on this subsample, which includes approximately

⁶¹ The USDA does prohibit the sale of foods of minimal nutritional value (FMNV) in the food service area during meal periods (7 CFR Parts 210 and 220, Appendix B). FMNV are defined as having less than 5 percent of the Recommended Daily Allowance per serving for eight key nutrients and include soft drinks, water ices, chewing gum, and some candies.

⁶² Starting in SY 2006–2007, all school districts participating in the NSLP were required by law to implement a comprehensive school wellness policy that included nutrition guidelines for competitive foods.

⁶³ Detailed information on the methods used to transform the food acquisition data into estimates of calories, nutrients, and MyPyramid food groups is provided in Appendix A.

30 percent of all districts that provided food acquisition data and slightly under-represents very small districts (Young et al. 2012). Estimates are not weighted, and therefore, cannot be considered nationally representative of school districts' acquisitions or of the full school year. Thus, the findings provide a snapshot of the nutritional characteristics of foods acquired over a three-month period in SY 2009–2010. The methods used to estimate the calories, nutrients, and MyPyramid food groups available in school food acquisitions by this subsample of districts were identical to the methods used for the full sample of districts.⁶⁴

We grouped all food acquisitions into one of three food use categories based on (1) whether the food was identified as being used for a la carte sales and (2) the percentage of the food used for this purpose. We defined the food use categories as follows:

- **A la carte-only foods** are foods used exclusively for a la carte sales (identified as 100 percent for a la carte).
- **Foods used in reimbursable meals** include foods used for reimbursable meals and snacks, *excluding foods used for both reimbursable meals and a la carte sales* (identified as 0 percent a la carte).⁶⁵
- **Mixed-use foods** consist of all foods used for both a la carte sales and reimbursable meals and snacks (1 to 99 percent a la carte).⁶⁶

The actual food items reported as a la carte-only foods varied greatly, and few food items were consistently reported as a la carte-only foods across the 128 districts. Food items that were identified as a la carte-only in some school districts were identified as mixed-use or foods used in reimbursable meals in other districts.

Findings for each food use category are driven by the types and volumes of foods acquired in a given category. Foods acquired for use in reimbursable meals account for 84 percent of the total volume of foods acquired by the subsample of districts. A la carte-only foods and mixed-use foods represent 6 and 10 percent, respectively, of the total volume. The SFPS-III food subgroups acquired in the largest volumes within each food use category are summarized in Table V.1.

⁶⁴ In this chapter, we provide estimates of the total calories, nutrients, MyPyramid food groups, and HEI-2005 scores. An additional set of tables presenting mean estimates for each analysis is provided in Appendix E.

⁶⁵ This category also includes foods used for subsidized food programs other than the NSLP or SBP, as well as some foods for non-reimbursable uses.

⁶⁶ This category also includes foods used for subsidized food programs other than the NSLP or SBP, as well as some foods for non-reimbursable uses.

Table V.1. Leading SFPS- III Food Subgroups by Volume for a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009–2010

| A La Carte-Only Foods | | Foods Used in Reimbursable Meals | | Mixed-Use Foods | |
|---------------------------------|-------------------------|----------------------------------|-------------------------|---------------------------------|-------------------------|
| Food Subgroup | Percentage Contribution | Food Subgroup | Percentage Contribution | Food Subgroup | Percentage Contribution |
| Water | 25.6 | Milk | 38.3 | Milk | 35.5 |
| Enriched drinks ^a | 17.4 | Fruits | 10.8 | Vegetables | 9.8 |
| Fruits | 8.1 | Vegetables | 9.4 | Juices | 8.0 |
| Cakes and other bakery desserts | 7.9 | Juices | 7.5 | Fruits | 7.1 |
| Pretzels and snack chips | 5.8 | Breads and rolls | 4.7 | Chicken | 7.0 |
| Vegetables ^b | 5.8 | Chicken | 3.9 | Breads and rolls | 4.0 |
| Beef and veal | 5.4 | Pizza | 3.4 | Pizza | 3.4 |
| Ice cream and ice milk | 4.0 | Beef and veal | 2.2 | Water | 3.3 |
| Fruit drinks | 3.4 | | | Beef and veal | 2.5 |
| Pizza | 2.9 | | | Cakes and other bakery desserts | 2.2 |
| Juices | 2.7 | | | | |

Source: School Food Purchase Study-III, food acquisition data, SY 2009–2010.

Note: Includes food subgroups that contributed at least 2 percent to the total volume of foods acquired in each food use category.

^a Includes sports drinks and energy drinks that are often fortified with vitamins and/or minerals.

^b Includes potato and potato products only (mainly french fries and tater tots).

SY = school year.

B. Calories and Nutrients Available in a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions

In this section, we present data on the calories and nutrients available within the three food use categories. The nutrients and dietary components selected for this analysis are those included in the nutrition standards for NSLP and SBP meals that were in effect during SY 2009–2010 (7 CFR Parts 210 and 220, June 13, 1995). These are calories, protein, total fat, saturated fat, vitamin A, vitamin C, calcium, and iron, as well as sodium, cholesterol, and dietary fiber.^{67,68} Potassium was also included because it is a nutrient of concern due to the potential for inadequate intakes among school-age children (Institute of Medicine [IOM] 2010).

⁶⁷ The nutrition standards in effect in SY 2009–2010 were implemented in 1995 as part of the School Meals Initiative for Healthy Children (SMI). The SMI standards do not include quantitative targets for sodium, cholesterol, or dietary fiber, but they encourage schools to lower levels of sodium and cholesterol in school meals and increase dietary fiber.

⁶⁸ Data for an expanded set of nutrients are provided in Appendix Table E.1.

We used three measures to estimate the calories and nutrients available in each food use category:

1. **Calorie density.** Calorie density is the amount of calories (or energy) provided in a given amount of food. The *Dietary Guidelines for Americans* recommends eating patterns that are low in calorie density. Such eating patterns emphasize fruits, vegetables, and whole grains and include minimal amounts of fats and added sugars (U.S. Department of Health and Human Services [DHHS] and USDA 2005). As recommended by Ledikwe and colleagues (2005), we used two different measures to assess the calorie density of school food acquisitions. One measure considers all foods and beverages and the other is based on foods only (no beverages of any type).⁶⁹ Calorie density is expressed as calories available per gram of food and was computed by dividing the total calories available in all foods (and beverages, as appropriate) by the total weight of those foods (and beverages) measured in grams.
2. **Sources of calories.** Most of the calories in foods come from carbohydrate, protein, and fat.⁷⁰ The Dietary Reference Intakes (DRIs) define Acceptable Macronutrient Distribution Ranges (AMDRs) for each of these nutrients (IOM 2006). The AMDRs reflect the ranges of intake that are associated with reduced risk of chronic disease while providing adequate amounts of essential nutrients. In addition, the *Dietary Guidelines for Americans* recommends that less than 10 percent of calories come from saturated fat (DHHS and USDA 2005). We estimated the proportion of calories in school food acquisitions provided by total fat, saturated fat, and protein by computing the total amount of calories from each of these sources and dividing by the total calories.⁷¹
3. **Nutrient density.** The healthy eating patterns recommended in the *Dietary Guidelines for Americans* focus on nutrient-dense foods—those with a high nutrient contribution in relation to energy contribution (DHHS and USDA 2005). We assessed the nutrient density of school food acquisitions by measuring the amounts of nutrients available per 1,000 calories. We computed the total amount of each nutrient available in all foods, divided by the total amount of calories available in all foods, and then multiplied by 1,000.

For each of these measures, we generated separate estimates for all foods acquired and for each of the three food use categories.

Findings

Table V.2 presents data on the calorie density, sources of calories, and nutrient density of a la carte-only foods, foods used in reimbursable meals, and mixed-use foods acquired by the subsample of school districts in SY 2009–2010.⁷² The table includes reference standards to provide some

⁶⁹ Beverages have a high water content and therefore tend to have a lower calorie density than other foods. Beverages might have a disproportionate influence on calorie density values.

⁷⁰ Alcohol is an additional source of calories.

⁷¹ Fat provides nine calories per gram and protein provides four calories per gram.

⁷² Data on the calorie density, sources of calories, and nutrient density of specific food groups and subgroups for all foods and within each food use category are provided in Appendix Table E.2.

context for interpreting the data. The standards for total fat and protein are the AMDRs for children and adolescents ages 4 to 18. The standards for saturated fat and cholesterol are 2005 *Dietary Guidelines* recommendations.⁷³ Standards for vitamins A and C, calcium, iron, potassium, sodium, and dietary fiber are based on the DRIs and represent the average intakes recommended for school-age children (based on recommendations for 4- to 8-year-olds, 9- to 13-year-olds, and 14- to 18-year-olds).⁷⁴ Values were standardized to a per-1,000-calorie basis using the calorie levels recommended by the IOM for each age group.⁷⁵ It is important to note that the reference standards are based on recommendations for individuals' dietary intakes. The mix of foods acquired by school districts represents foods available for use in meals and snacks and is not necessarily comparable to the mix of foods consumed by students at school.

Table V.2. Calorie Density, Sources of Calories, and Nutrient Density of a la Carte- Only, Reimbursable, and Mixed-Use Food Acquisitions, SY 2009- 2010

| | Reference Standard ^a | All Foods | A La Carte Only-Foods | Foods Used in Reimbursable Meals | Mixed-Use Foods |
|---|---------------------------------|-----------|-----------------------|----------------------------------|-----------------|
| Calorie Density (Calories per Gram) | | | | | |
| All Foods and Beverages | n.a. | 1.25 | 1.34 | 1.23 | 1.34 |
| Foods Only | n.a. | 1.95 | 2.76 | 1.88 | 2.14 |
| Sources of Calories (Percentage of Total Calories from...) | | | | | |
| Total Fat | 25-35 | 31.0 | 37.2 | 30.3 | 32.3 |
| Saturated Fat | < 10 | 9.6 | 12.3 | 9.4 | 9.9 |
| Protein | 10-30 | 15.9 | 10.5 | 16.4 | 15.5 |
| Nutrient Density (Nutrients per 1,000 Calories) | | | | | |
| Vitamin A (mcg RAE) | 300 | 383 | 143 | 407 | 332 |
| Vitamin C (mg) | 23 | 39 | 43 | 39 | 35 |
| Calcium (mg) | 616 | 648 | 322 | 680 | 590 |
| Iron (mg) | 5 | 7.2 | 6.2 | 7.4 | 6.8 |
| Potassium (mg) | 2,228 | 1,391 | 832 | 1,441 | 1,329 |
| Sodium (mg) | < 1,098 | 1,913 | 1,434 | 1,957 | 1,848 |
| Cholesterol (mg) | < 156 | 82 | 56 | 85 | 79 |
| Dietary Fiber (g) | 14 | 8.4 | 7.1 | 8.7 | 7.5 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Reference standards for total fat and protein are based on AMDRs defined in the DRIs for children and adolescents 4 to 18 years of age (IOM 2006).

The reference standards for saturated fat and cholesterol are based on the 2005 *Dietary Guidelines* (DHHS and USDA 2005).

Reference standards for vitamins and minerals are based on the DRIs and represent the average intakes recommended for school-age children, expressed on a per-1,000-calorie basis. See the text for additional details.

AMDR = Acceptable Macronutrient Distribution Ranges; DHHS = U.S. Department of Health and Human Services; DRI = Dietary Reference Intake; IOM = Institute of Medicine; RAE = retinol activity equivalent; SY = school year.

n.a. = not applicable.

⁷³ The standard for saturated fat is consistent with the nutrition standards for school meals that were in effect at the time this report was prepared.

⁷⁴ Estimated Average Requirements were used for vitamins A and C and iron; Adequate Intakes were used for calcium, potassium, and dietary fiber; Tolerable Upper Intake Levels were used for sodium.

⁷⁵ IOM recommendations assume a 1,700 calorie diet for 4- to 8-year-olds; a 1,900 calorie diet for 9- to 13-year-olds; a 2,600 calorie diet for 14- to 18-year-old males; and a 2,000 calorie diet for 14- to 18-year-old females. These calorie levels represent weighted averages for each age group, assuming an active level of physical activity for 4- to 8-year-olds and a moderately active level of physical activity for 9- to 13- and 14- to 18-year-olds (IOM 2010).

1. Calorie Density

The calorie density of all foods and beverages acquired by this subgroup of school districts in SY 2009–2010 was 1.25 calories per gram. As expected, calorie density was slightly higher (1.95 calories per gram) when beverages were excluded. Calorie density, without beverages, was lowest for foods used in reimbursable meals (1.88 calories per gram) and highest for a la carte-only foods (2.76 calories per gram). This finding is consistent with the fact that the a la carte-only category includes relatively large volumes of foods that have high calorie densities—specifically, cakes/other bakery desserts, pretzels/snack chips, and ice cream.

2. Sources of Calories

- **A la carte-only foods** had the highest percentages of calories from fat (37 percent) and saturated fat (12 percent), and the lowest percentage of calories from protein (11 percent) of any food use category. The proportion of calories from fat and saturated fat in the mix of foods acquired exclusively for a la carte sales was high, relative to the AMDR and *Dietary Guidelines* recommendation.
- **Foods used in reimbursable meals** had the lowest percentages of calories from fat (30 percent) and saturated fat (9 percent) of any food use category. This category of foods had the highest percentage of calories from protein (16 percent). The distribution of calories in foods used in reimbursable meals is consistent with the AMDRs for total fat and protein and the *Dietary Guidelines* recommendation for saturated fat.
- **Mixed-use foods** had percentages of calories from fat (32 percent) and saturated fat (9.9 percent) that were slightly higher than foods used in reimbursable meals but still substantially lower than a la carte-only foods. The percentage of calories from protein was comparable to foods used in reimbursable meals (16 percent).

3. Nutrient Density

In all three food use categories, the concentrations of vitamin C and iron per 1,000 calories exceeded the average concentrations assumed in the DRIs. The concentration of cholesterol in all food use categories was consistent with the average concentration assumed in the *Dietary Guidelines*. Conversely, concentrations of potassium and dietary fiber in each food use category fell below the average concentrations assumed in the DRIs, and concentrations of sodium exceeded the average concentrations assumed in the *Dietary Guidelines*.⁷⁶

Other key findings on the nutrient density of foods acquired in the three food use categories include the following:

⁷⁶ As noted in Chapters II and IV, the high concentration of sodium in the mix of foods acquired is not surprising given that virtually all Americans consume more sodium than they need. For the first time in the history of the school meal programs, the new nutrition standards for school meals establish a quantitative standard for sodium (7 CFR Parts 210 and 220, January 26, 2012). In light of this new standard, school districts may need to pay particular attention to the sodium content of processed foods to help align school meals with the new standards. Achieving recommended levels of sodium will also require a deliberate reduction in the sodium content of foods available in the marketplace (U.S. Department of Agriculture [USDA] and U.S. Department of Health and Human Services [DHHS] 2010; Institute of Medicine [IOM] 2010).

- **A la carte-only foods** had the lowest concentrations of vitamin A, calcium, iron, potassium, and dietary fiber per 1,000 calories, relative to foods used in reimbursable meals and mixed-use foods. Foods in this category had the highest concentrations of vitamin C and the lowest concentrations of sodium and cholesterol compared with the other categories.⁷⁷ The relatively high concentration of vitamin C can be attributed to the fact that many of the leading acquisitions by volume in the a la carte-only category include foods that are good sources of vitamin C—for example, fruits, potato/potato products, fruit drinks, and juices. Findings for sodium and cholesterol reflect the fact that the leading acquisitions by volume in this category (water and enriched drinks) are lower in sodium and cholesterol relative to milk, the leading acquisition by volume in foods used in reimbursable meals and mixed-use foods.
- **Foods used in reimbursable meals** had the highest concentrations of vitamins A and C, calcium, iron, potassium, and dietary fiber, relative to a la carte-only and mixed-use foods. Concentrations of vitamins A and C, calcium, and iron were higher than the average concentrations assumed in the DRIs. Foods in this category also had the highest concentrations of sodium and cholesterol. The findings for vitamins A and C, calcium, potassium, and dietary fiber are consistent with the fact that milk, fruits, and juices were among the leading acquisitions by volume in this food use category. Breads/rolls, chicken, pizza, and potato/potato products were also acquired in large volumes for reimbursable meals and are likely to be driving the high concentrations of iron, sodium, and cholesterol.
- **Mixed-use foods** had concentrations of vitamins and minerals that were between those found for a la carte-only foods and foods used in reimbursable meals, but typically closer to the concentrations of foods in the latter category. This reflects the fact that the leading acquisitions (by volume) for mixed-use foods and foods used in reimbursable meals were similar (milk, fruit, juices, breads/rolls, and chicken), and that mixed-use foods are used both for a la carte sales and reimbursable meals.

C. Leading Contributors to Available Calories and Nutrients in a la Carte-Only, Reimbursable, and Mixed- Use Food Acquisitions

We examined the relative contribution of specific SFPS-III food subgroups *within each food use category* to the calories and nutrients available in food acquisitions.⁷⁸ For each food use category, we summed the amount of calories and nutrients available from all foods in a given SFPS-III food subgroup and divided by the total amount of calories and nutrients available from all foods in the food use category.⁷⁹ The percentage contribution of a SFPS-III food subgroup to a particular

⁷⁷ Findings on the sodium and cholesterol density of foods acquired in the three food use categories have to be interpreted differently than findings for vitamins, minerals, and dietary fiber because recommendations for these two dietary components focus on limiting intake.

⁷⁸ The complete classification system for food items reported in the SFPS-III and their categorization within different food groups and subgroups is provided in Appendix A.

⁷⁹ We also computed the percentage contribution of each SFPS-III food group and subgroup to the total amount of calories and nutrients available in *all foods*, separately for a la carte-only foods, foods used in reimbursable meals, and mixed-use foods (see Appendix E). Appendix Table E.9 presents data on the contribution of each SFPS-III food group and subgroup (for *all foods*) to the available calories and nutrients for *all foods* and is comparable to the analysis described in Chapter II (Table II.2).

nutrient is determined not only by the concentration of the nutrient in that subgroup, but also by the volume of food acquired in the subgroup (see Table V.1). SFPS-III food subgroups that accounted for a large proportion of the total volume of foods acquired (within a particular food use category) might make more substantial contributions to some nutrients than one would anticipate based on nutrient content alone.

Findings

Table V.3 presents the five SFPS-III food subgroups that made the largest contributions to the calories and nutrients available in each food use category. The leading contributors for foods used in reimbursable meals and mixed-use foods are typically similar because the same food subgroups were among the leading acquisitions by volume for both categories, as shown in Table V.1. The major differences in the leading contributors to the available calories and nutrients between these two food use categories are in rank order (and this reflects differences in the relative volumes of foods acquired in each category). Key findings are summarized below.

1. Calories and Macronutrients

Calories. For a la carte-only foods, the top two sources of calories were cakes/other bakery desserts (26 percent) and pretzels/snack chips (20 percent). For foods used in reimbursable meals, milk (17 percent) and breads/rolls (11 percent) made the largest contributions to calories. Milk (15 percent) was also the leading contributor among mixed-use foods, followed by chicken (12 percent).

Total fat. The same subgroups that were the leading contributors to calories for a la carte-only foods were also the leading contributors to total fat. Together, cakes/other bakery desserts, pretzels/snack chips, and beef contributed 62 percent of the total fat available in foods purchased exclusively for a la carte sales. Chicken was the top contributor to fat among foods used in reimbursable meals (10 percent). Pizza, cheese, salad dressings/mayonnaise, and beef each contributed 7 percent of the fat available in foods used in reimbursable meals. For mixed-use foods, chicken was also the top contributor (18 percent) to the available fat, followed by potato/potato products, cakes/other bakery desserts, beef, and milk (each contributing 7 to 9 percent).

Saturated fat. Cakes/other bakery desserts (28 percent), ice cream (17 percent), and beef (16 percent) provided the largest shares of the saturated fat available in a la carte-only foods. For foods used in reimbursable meals and mixed-use foods, the top contributors to saturated fat were the same five food subgroups—cheese, milk, pizza, beef, and chicken—although the rank order of the subgroups varied slightly for the two categories.

Table V.3. Contribution of SFPS- III Food Subgroups to Available Energy and Nutrients in a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009- 2010

| A la Carte-Only Foods | | Foods Used in Reimbursable Meals | | Mixed-Use Foods | |
|---------------------------------|-------------------------|--|-------------------------|---|-------------------------|
| Food Subgroup | Percentage Contribution | Food Subgroup | Percentage Contribution | Food Subgroup | Percentage Contribution |
| Calories | | | | | |
| Cakes and other bakery desserts | 26.4 | Milk | 17.1 | Milk | 15.1 |
| Pretzels and snack chips | 19.8 | Breads and rolls | 10.7 | Chicken | 12.0 |
| Beef and veal | 8.6 | Chicken | 6.7 | Potato and potato products | 8.8 |
| Ice cream and ice milk | 7.0 | Pizza | 6.7 | Breads and rolls | 8.5 |
| Potato and potato products | 6.7 | Biscuits, muffins, pancakes, and waffles; and Fruits (tie) | 4.6 | Cakes and other bakery desserts | 7.1 |
| Total Fat | | | | | |
| Cakes and other bakery desserts | 29.7 | Chicken | 10.4 | Chicken | 17.6 |
| Pretzels and snack chips | 18.1 | Pizza | 7.4 | Potato and potato products | 9.1 |
| Beef and veal | 14.0 | Cheese | 7.4 | Cakes and other bakery desserts | 8.1 |
| Ice cream and ice milk | 8.4 | Salad dressings and mayonnaise | 7.2 | Beef and veal | 7.6 |
| Potato and potato products | 6.3 | Beef and veal | 7.0 | Milk | 7.4 |
| Saturated Fat | | | | | |
| Cakes and other bakery desserts | 28.1 | Cheese | 14.1 | Milk | 15.3 |
| Ice cream and ice milk | 16.9 | Milk | 13.0 | Cheese | 12.1 |
| Beef and veal | 15.8 | Pizza | 10.0 | Chicken | 12.0 |
| Pretzels and snack chips | 9.3 | Beef and veal | 8.3 | Beef and veal | 8.9 |
| Cheese | 7.0 | Chicken | 7.5 | Pizza and Cakes and other bakery desserts (tie) | 8.7 |
| Protein | | | | | |
| Beef and veal | 29.9 | Milk | 25.9 | Milk | 22.8 |
| Pretzels and snack chips | 12.9 | Chicken | 12.7 | Chicken | 21.1 |
| Cakes and other bakery desserts | 11.8 | Breads and rolls | 8.4 | Beef and veal | 8.6 |
| Pizza | 10.2 | Pizza | 8.1 | Pizza | 7.8 |
| Chicken | 6.9 | Beef and veal | 8.0 | Breads and rolls | 7.1 |
| Vitamin A | | | | | |
| Ice cream and ice milk | 23.5 | Milk | 37.8 | Milk | 44.5 |
| Fruits | 15.4 | Yellow vegetables ^a | 18.4 | Yellow vegetables ^a | 12.8 |
| Cheese | 12.1 | Mixed vegetables | 6.4 | Cheese | 5.5 |
| Pizza | 11.2 | Cheese | 4.8 | Mixed vegetables | 5.0 |
| Cakes and other bakery desserts | 10.0 | Green vegetables ^b | 4.8 | Pizza | 4.8 |

Table V.3 (continued)

| A la Carte-Only Foods | | Foods Used in Reimbursable Meals | | Mixed-Use Foods | |
|---------------------------------|-------------------------|----------------------------------|-------------------------|---------------------------------|-------------------------|
| Food Subgroup | Percentage Contribution | Food Subgroup | Percentage Contribution | Food Subgroup | Percentage Contribution |
| Vitamin C | | | | | |
| Fruits | 51.8 | Fruits | 39.2 | Juices | 41.9 |
| Juices | 12.6 | Juices | 22.0 | Potato and potato products | 18.4 |
| Fruit drinks | 11.7 | Potato and potato products | 10.3 | Fruits | 16.0 |
| Potato and potato products | 9.7 | Green vegetables ^b | 7.0 | Milk | 4.0 |
| Pretzels and snack chips | 4.7 | Catsup and other sauces | 3.3 | Catsup and other sauces | 4.0 |
| Calcium | | | | | |
| Pretzels and snack chips | 16.7 | Milk | 54.7 | Milk | 53.1 |
| Pizza | 15.3 | Cheese | 9.5 | Pizza | 9.0 |
| Ice cream and ice milk | 11.5 | Pizza | 8.9 | Cheese | 8.8 |
| Cheese | 9.5 | Breads and rolls | 7.2 | Breads and rolls | 6.6 |
| Cakes and other bakery desserts | 8.9 | Meat or cheese filled pastry | 1.8 | Chicken | 2.7 |
| Iron | | | | | |
| Cakes and other bakery desserts | 29.7 | Breads and rolls | 17.7 | Breads and rolls | 14.9 |
| Pretzels and snack chips | 18.0 | Breakfast cereals | 11.3 | Chicken | 12.1 |
| Beef and veal | 15.8 | Milk | 8.5 | Cakes and other bakery desserts | 8.3 |
| Pizza | 7.5 | Pizza | 8.1 | Pizza | 8.1 |
| Potato and potato products | 3.6 | Chicken | 5.9 | Milk | 7.0 |
| Potassium | | | | | |
| Potato and potato products | 17.1 | Milk | 37.5 | Milk | 33.4 |
| Pretzels and snack chips | 16.2 | Potato and potato products | 7.5 | Potato and potato products | 15.2 |
| Beef and veal | 11.3 | Fruits | 7.4 | Juices | 6.7 |
| Fruits | 10.6 | Juices | 6.3 | Chicken | 6.5 |
| Cakes and other bakery desserts | 10.0 | Pizza | 4.1 | Fruits | 5.3 |
| Sodium | | | | | |
| Pretzels and snack chips | 30.4 | Breads and rolls | 10.1 | Chicken | 15.6 |
| Cakes and other bakery desserts | 13.0 | Chicken | 8.1 | Potato and potato products | 8.9 |
| Beef and veal | 11.9 | Milk | 7.6 | Milk | 7.7 |
| Potato and potato products | 8.8 | Pizza | 7.5 | Breads and rolls | 7.6 |
| Pizza | 8.0 | Catsup and other sauces | 6.6 | Pizza | 7.3 |

Table V.3 (continued)

| A la Carte-Only Foods | | Foods Used in Reimbursable Meals | | Mixed-Use Foods | |
|---------------------------------|-------------------------|----------------------------------|-------------------------|----------------------------|-------------------------|
| Food Subgroup | Percentage Contribution | Food Subgroup | Percentage Contribution | Food Subgroup | Percentage Contribution |
| Cholesterol | | | | | |
| Beef and veal | 39.2 | Chicken | 19.1 | Chicken | 30.5 |
| Ice cream and ice milk | 15.4 | Beef and veal | 11.7 | Beef and veal | 13.1 |
| Chicken | 11.1 | Milk | 11.5 | Milk | 12.4 |
| Cheese | 7.9 | Cheese | 8.5 | Turkey | 8.0 |
| Cakes and other bakery desserts | 7.3 | Mixtures with eggs | 8.3 | Cheese | 8.0 |
| Dietary Fiber | | | | | |
| Pretzels and snack chips | 29.9 | Fruits | 15.7 | Potato and potato products | 14.6 |
| Cakes and other bakery desserts | 19.9 | Milk | 13.1 | Milk | 12.2 |
| Potato and potato products | 11.4 | Breads and rolls | 12.5 | Fruits | 10.9 |
| Fruits | 11.2 | Potato and potato products | 6.7 | Breads and rolls | 9.6 |
| Pizza | 5.6 | Pizza | 6.4 | Chicken | 6.8 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Includes carrots, corn, sweet potatoes, and pumpkin.

^b Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

SY = school year.

Protein. Beef (30 percent), pretzels/snack chips (13 percent), and cakes/other bakery desserts (12 percent) were the leading sources of protein among a la carte-only foods. For foods used in reimbursable meals and mixed-use foods, milk and chicken were the leading contributors to the available protein (26 and 13 percent, respectively, for foods used in reimbursable meals; and 23 and 21 percent, respectively, for mixed-use foods). Other leading sources of protein in these two categories were breads/rolls, pizza, and beef (7 to 8 percent for both categories).

2. Vitamins, Minerals, and Other Dietary Components

Vitamin A. The leading source of vitamin A among a la carte-only foods was ice cream, which provided almost a quarter (24 percent) of the available vitamin A. The other food subgroups included in the top five sources of vitamin A were fruits (15 percent), cheese (12 percent), pizza (11 percent), and cakes/other bakery desserts (10 percent). For both foods used in reimbursable meals and mixed-use foods, milk and yellow vegetables were the two most important sources of vitamin A. Together, these two foods accounted for more than 50 percent of the vitamin A available in each food use category (38 and 18 percent, respectively, for foods used in reimbursable meals; and 45 and 13 percent, respectively, for mixed-use foods).

Vitamin C. In all three food use categories, fruits, juices, and potato/potato products were among the leading contributors to vitamin C. For a la carte-only foods, fruit drinks and pretzels/snack chips (which include potato chips) also made notable contributions to the available vitamin C (12 percent and 5 percent, respectively). For foods used in reimbursable meals, green vegetables and catsup/other sauces were among the leading sources of vitamin C (7 and 3 percent, respectively).

Calcium. For a la carte-only foods, pretzels/snack chips (17 percent), pizza (15 percent), and ice cream (12 percent) were the leading contributors to calcium. Milk provided more than half of the calcium available in foods used in reimbursable meals (55 percent) and mixed-use foods (53 percent). Cheese, pizza, and bread/rolls were other important sources of calcium in these two food use categories, each contributing 7 to 10 percent of the available calcium.

Iron. Cakes/other bakery desserts were the most important source of iron among a la carte-only foods (30 percent), followed by pretzels/snack chips (18 percent) and beef (16 percent). Breads and rolls accounted for 18 percent of the iron available in foods used in reimbursable meals and 15 percent for mixed-use foods. Breakfast cereals also contributed a notable share of the iron available in foods used in reimbursable meals (11 percent), followed by milk, pizza, and chicken (each contributing 6 to 9 percent). For mixed-use foods, chicken was the second-leading source of iron (12 percent), followed by cakes/other bakery desserts, pizza, and milk (each contributing 7 to 8 percent).

Potassium. A third of the potassium available in a la carte-only foods was contributed by potato/potato products (17 percent) and pretzels/snack chips (which include potato chips) (16 percent) combined. Beef, fruits, and cakes/other bakery desserts each contributed 10 to 11 percent of the potassium available in a la carte-only foods. For both foods used in reimbursable meals and mixed-use foods, milk provided the largest share of the available potassium (38 and 33 percent, respectively). Potato/potato products, fruits, and juices were among the top five contributors to potassium in both of these food use categories.

Sodium. For a la carte-only foods, pretzels/snack chips contributed 30 percent of the available sodium, and cakes/other bakery desserts and beef each contributed 12 to 13 percent. Chicken, milk,

bread/rolls, and pizza were among the leading contributors to the sodium available in foods used in reimbursable meals and mixed-use foods. Catsup/other sauces rounded out the top five contributors to sodium in the foods used in the reimbursable meals category (7 percent), and potato/potato products completed the top five for the mixed-use foods category (9 percent).

Cholesterol. Beef provided almost 40 percent of the cholesterol available in a la carte-only foods. Ice cream (15 percent) and chicken (11 percent) also contributed large shares of the available cholesterol. The leading contributors to cholesterol among foods used in reimbursable meals and mixed-use foods were chicken (19 and 31 percent, respectively), beef (12 and 13 percent, respectively), milk (12 percent), and cheese (9 and 8 percent, respectively). Mixtures with eggs were an important source of cholesterol among foods used in reimbursable meals (8 percent); turkey was among the leading contributors to cholesterol for mixed-use foods (8 percent).

Dietary fiber. Together, pretzels/snack chips (30 percent) and cakes/other bakery desserts (20 percent) accounted for half of the dietary fiber available in foods purchased exclusively for a la carte sales. Other leading sources of dietary fiber in this category include potato/potato products (11 percent), fruits (11 percent), and pizza (6 percent). In contrast, fruits and milk were the leading sources of dietary fiber among foods used in reimbursable meals, contributing 16 and 13 percent, respectively.⁸⁰ Breads and rolls were also a major contributor of dietary fiber (13 percent), as well as potato/potato products (7 percent) and pizza (6 percent). For mixed-use foods, potato/potato products, milk, and fruits were the major contributors to the available dietary fiber (15, 12, and 11 percent, respectively). Bread/rolls (10 percent) and chicken (7 percent) also made important contributions to the dietary fiber available in mixed-use foods.

D. MyPyramid Food Groups Available in a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions

In this section, we present data on the MyPyramid food groups available in a la carte-only foods, foods used in reimbursable meals, and mixed-use foods acquired by school districts in SY 2009–2010. We measured the availability of MyPyramid food groups using a density approach (per 1,000 calories) that parallels the approach used for vitamins and minerals in Section B. We computed the total number of MyPyramid equivalents available for a given food group, divided by the total number of calories available in all foods, and then multiplied by 1,000. We also estimated the percentage of calories from solid fats and added sugars by computing the amounts of calories from each of these components and dividing by the total calories available in all foods. We generated separate estimates for all foods acquired and for the three food use categories.

1. Overview of MyPyramid Food Groups

The *Dietary Guidelines for Americans* provides recommendations to help individuals choose foods that comprise a healthy eating pattern. Specifically, the recommendations focus on increasing the consumption of nutrient-dense foods, including fruits, vegetables, whole grains, fat-free or low-fat dairy products, and lean meats and meat alternatives, as well as reducing the consumption of foods

⁸⁰ Some of the ingredients added to flavored milks include dietary fiber. USDA's FNDDS (version 3.0), which was used to obtain nutrient information for fluid milk, indicates that the dietary fiber content of chocolate milk ranges from 0.5 grams of dietary fiber per 100 grams for skim milk to 0.8 grams per 100 grams for whole milk. All varieties of unflavored milk in FNDDS contain 0 grams of dietary fiber (per 100 grams).

high in sodium, saturated fats, trans fats, cholesterol, added sugars, and refined grains (DHHS and USDA 2005). USDA's MyPyramid food guidance system translates the *Dietary Guidelines* into 12 suggested food intake patterns, each designed to provide a different level of calories (from 1,000 to 3,200) to accommodate different age/gender groups (USDA, Center for Nutrition Policy and Promotion [CNPP] 2005). Each pattern describes the daily amounts of foods to eat from five major food groups, the vegetable and grain subgroups, and oils; and provides a maximum number of calories to consume from solid fats and added sugars combined. The food patterns are designed to help individuals meet their nutrient needs while not exceeding calorie requirements.⁸¹

In MyPyramid, all foods are assumed to be in their most nutrient-dense forms—that is, foods that are lean or low in fat and prepared without added sugars, fats, or salt. Foods included in each of the major food groups are summarized as follows:⁸²

- The **Grain** group includes all sources of refined and whole grains, including foods such as flours, breads, cereals, rice, pasta, pancakes, crackers, pretzels, cakes, cookies, and pastries.
- The **Fruit** and **Vegetable** groups include all fresh, canned, frozen, dried, and juiced forms of the foods. The vegetable group also includes legumes (dry beans and peas).
- The **Milk/Dairy** group includes all milk products (including soy milk and fluid, dry, and evaporated milk); cheeses; yogurts; and milk-based desserts (for example, ice cream and pudding).
- The **Meat and Beans** group includes all lean meat, poultry, and fish, plus meat alternates including eggs, soy-based products, legumes, and nuts and seeds.^{83,84}
- **Oils** include fats from plant sources (for example, olive, canola, and sunflower oils); fish; and nuts and seeds. Mayonnaise, some salad dressings, and soft tub/squeeze margarine are mainly oil.

MyPyramid recommends a daily maximum number of calories from solid fats, added sugars, and alcohol combined because these calories often displace those needed to obtain the

⁸¹ In June 2011, the MyPlate food guidance system replaced MyPyramid (USDA, CNPP 2011). Differences between the two systems are relatively minor, including slight modifications to the names of the major food groups and different categorizations of red vegetables and soy beverages. The only differences in recommended amounts include, for some calorie levels, an increase in the milk group and, for all calorie levels, a slight decrease in the maximum calories from solid fats and added sugars.

⁸² Technically, oils, solid fats, and added sugars are not food groups, but we use this term to simplify the discussion.

⁸³ MyPyramid counts only the lean portion of foods in the meat group. If a food in the meat group exceeds the amount of fat allowed per ounce of meat (a maximum of 9.28 grams per 100 grams), the fat is counted as solid fat if the food source is meat or poultry, and as oils if the food source is fish, nuts, or seeds (Bowman et al. 2008).

⁸⁴ Under MyPyramid, legumes can be counted in either the vegetable or meat group. For this analysis, legumes were included in the vegetable group because they are counted as vegetables in the MyPyramid Equivalents Database (MPED).

recommended amounts of the food groups and oils. Major sources of solid fats and added sugars are summarized below:⁸⁵

- **Solid fats** come from animal sources (other than fish) and from hydrogenated vegetable oils. Solid fats include butter, cream cheese, shortening, and margarine (and other hydrogenated fats), and fats from foods in the meat and milk/dairy groups that exceed the allowable amounts of fats (Bowman et al. 2008).
- **Added sugars** include white or brown sugar, syrups (for example, corn or pancake syrup), molasses, and all sugars used as ingredients in processed and prepared foods such as cookies, muffins, ice cream, soft drinks, and breakfast cereals. Added sugars do not include naturally occurring sugar in milk or fruit unless sugar is added to the food (for example, flavored milks or fruit canned in heavy syrup).

In order to estimate the MyPyramid food groups available in school food acquisitions, foods were linked to USDA's MyPyramid Equivalents Database (MPED) (version 2.0) (Bowman et al. 2008). The MPED provides data on the amounts of 32 MyPyramid food groups and subgroups included in 100 grams of food.⁸⁶ The data are provided in cup equivalents for the fruit, vegetable, and milk/dairy groups, and in ounce equivalents for the grain and meat groups. Data on oils and solid fats are provided in grams, and added sugars are reported in teaspoons. The MPED also provides the underlying data that are needed to estimate the HEI-2005 (see Section F).

In the MPED, single-ingredient foods (for example, apples and milk) that are in their lowest-fat, lowest-sugar form are assigned to a single MyPyramid food group. Foods that have more than one ingredient are disaggregated, and individual ingredients are assigned to appropriate food groups. For example, in a cheese pizza the crust contributes to the grain group, the tomato sauce contributes to the vegetable group, and the cheese contributes to the milk group. Values for oils, solid fats, and added sugars are assigned based on the amounts of these food components in various foods and ingredients.

2. Findings

Table V.4 shows the concentrations of MyPyramid food groups (on a per-1,000-calorie basis) in a la carte-only foods, foods used in reimbursable meals, and mixed-use foods acquired by school districts in SY 2009–2010. The table includes reference standards to provide some context for interpreting the findings. The standards, expressed on a per-1,000-calorie basis, are based on the criteria used in the HEI-2005 for assigning the maximum score for a given food group. The standard for the percentage of calories from solid fats and added sugars used in the HEI-2005 for assigning the maximum score is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns. The reference standards reflect the minimum food group and calorie intakes needed to meet *Dietary Guidelines* recommendations while maintaining energy balance. It is important to note that the reference standards are based on recommendations for individuals' dietary intakes. The mix of foods acquired by school districts represents foods available for use in

⁸⁵ Alcohol is included in MPED but it is not reported because school food acquisitions do not include alcohol.

⁸⁶ A supplementary database from the Center for Nutrition Policy and Promotion (CNPP) was used to obtain data for two additional MyPyramid groups, whole fruits and fruit juices. Data on whole fruits were needed to estimate the HEI-2005. (See <http://www.cnpp.usda.gov/HealthyEatingIndex.htm>.)

meals and snacks and is not necessarily comparable to the mix of foods consumed by students at school.

Table V.4. Total MyPyramid Food Group Availability of a la Carte- Only, Reimbursable, and Mixed-Use Food Acquisitions, SY 2009- 2010

| | Reference Standard ^a | All Foods | A La Carte- Only Foods | Foods Used in Reimbursable Meals | Mixed-Use Foods |
|--|---------------------------------|-----------|------------------------|----------------------------------|-----------------|
| MyPyramid Equivalents per 1,000 Calories | | | | | |
| Total Grains (oz equiv) | ≥ 3.0 | 4.02 | 4.76 | 3.94 | 4.24 |
| Whole grains | ≥ 1.5 | 0.46 | 0.20 | 0.49 | 0.35 |
| Total Fruit (cup equiv) | ≥ 0.8 | 0.67 | 0.33 | 0.72 | 0.52 |
| Total Vegetables (cup equiv) | ≥ 1.1 | 0.70 | 0.40 | 0.73 | 0.70 |
| Total Milk/Dairy (cup equiv) | ≥ 1.3 | 1.65 | 0.49 | 1.76 | 1.48 |
| Total Meat ^b (oz equiv) | ≥ 2.5 | 1.90 | 1.35 | 1.92 | 2.00 |
| Oils (grams) | ≥ 12 | 10.2 | 9.7 | 10.0 | 11.6 |
| Solid Fats (grams) | n.a. | 18.2 | 26.7 | 17.4 | 19.2 |
| Added Sugars (teaspoons) | n.a. | 7.6 | 10.1 | 7.5 | 7.0 |
| Percent of Calories from Solid Fats and Added Sugars | ≤ 20 | 29.2 | 40.9 | 28.3 | 29.1 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Reference standards are based on the criteria used in the Healthy Eating Index-2005 (HEI-2005) for assigning the maximum score for a given food group and are expressed on a per-1,000-calorie basis. The HEI-2005 standard for the percentage of calories from solid fats, added sugars, and alcohol (no more than 20 percent) is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

^b Excluding legumes, which are counted in the vegetable group.

equiv = equivalent; oz = ounce; SY = school year.

n.a. = not applicable.

Major findings for each of the food use categories are summarized below. In reviewing the data, it is important to keep in mind that differences observed in MyPyramid food group concentrations in the three food use categories reflect differences in the mix of foods acquired in each category, as shown in Table V.1.

- **A la carte-only foods** had the highest concentration of total grains (4.8 ounces per 1,000 calories) among the three food use categories, with levels that exceeded the HEI-2005 reference standard of 3.0 or more ounces per 1,000 calories. A la carte-only foods had the lowest concentrations of whole grains, fruit, vegetables, milk/dairy, and meat, with concentrations that were well below the relevant HEI-2005 reference standards. A la carte-only foods had the highest concentrations of solid fats and added sugars, with 41 percent of calories provided by these components (more than twice the HEI-2005 reference standard). The relatively high concentrations of solid fats and added sugars are consistent with the large volumes of a la carte-only foods that are high in fat and/or added sugars (specifically, cakes/other bakery desserts, ice cream/ice milk, beef, and enriched drinks).

- **Foods used in reimbursable meals** had the highest concentrations of whole grains, fruit, vegetables, and milk/dairy. The concentrations of total grains and milk exceeded the HEI-2005 reference standards, but the concentrations of fruit, vegetables, meat, and oils fell slightly below the relevant standards. The *Dietary Guidelines* focus on limiting refined (or non-whole) grains and recommend that half of all grains should come from whole grains. On a per-1,000-calorie basis, only 12 percent of the total grains available in foods used in reimbursable meals were from whole grains. Foods used in reimbursable meals had the lowest percentage of calories from solid fats and added sugars (28 percent) relative to the other food use categories. Foods in this category provided the lowest concentration of solid fats (17.4 grams per 1,000 calories) and had the second-lowest concentration of added sugars (7.5 teaspoons per 1,000 calories).
- **Mixed-use foods** had high concentrations of total grains and milk, relative to the HEI-2005 reference standards, and the concentration of oils was consistent with the HEI-2005 standard. Foods in this category had the highest concentrations of meat and oils. This is consistent with the large volumes of chicken, beef, and potato products acquired as mixed-use foods and the relative concentrations of meat and oils in these foods. Mixed-use foods also had the lowest concentration of added sugars and the second-lowest concentration of solid fats.

E. Leading Contributors to Available MyPyramid Food Groups in a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions

This analysis parallels the analysis summarized in Section C but describes the leading contributors to the MyPyramid food groups available in the three food use categories (rather than nutrients). For each food use category, we summed the amount of each MyPyramid food group available from all foods in a given SFPS-III food subgroup and divided by the total amount of the MyPyramid food group available from all foods in the food use category.⁸⁷ The percentage contribution of a SFPS-III food subgroup to a particular MyPyramid food group is driven primarily by the relative contribution of that subgroup to the volume of foods acquired in a given food use category and somewhat less by the MyPyramid food group content of foods in that category.

Findings

Table V.5 presents the leading (top five) contributors to the MyPyramid food group content of foods acquired in the three food use categories. In general, the leading contributors for foods used in reimbursable meals and mixed-use foods are similar because the same food subgroups were among the leading acquisitions by volume in both categories, as shown in Table V.1. The differences between these two food use categories in the leading contributors to the available MyPyramid food groups are mainly in rank order, reflecting the differences in the relative volumes of foods acquired in each category. Key findings are summarized below.

⁸⁷ We also computed the percentage contribution of each SFPS-III food group and subgroup to the total amount of MyPyramid food groups available in *all foods*, separately for a la carte-only foods, foods used in reimbursable meals, and mixed-use foods (see Appendix E). Appendix Table E.18 presents data on the contribution of each SFPS-III food group and subgroup (for *all foods*) to the available MyPyramid food groups for *all foods* and is comparable to the analysis described in Chapter III (Table III.2).

Table V.5. Contribution of SFPS- III Food Subgroups to Available MyPyramid Food Groups in a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009- 2010

| A La Carte-Only Foods | | Foods Used in Reimbursable Meals | | Mixed-Use Foods | |
|--|-------------------------|--|-------------------------|--|-------------------------|
| Food Subgroup | Percentage Contribution | Food Subgroup | Percentage Contribution | Food Subgroup | Percentage Contribution |
| Total Grains | | | | | |
| Pretzels and snack chips | 37.5 | Breads and rolls | 34.6 | Breads and rolls | 25.1 |
| Cakes and other bakery desserts | 29.9 | Pizza | 11.4 | Chicken | 11.8 |
| Pizza | 7.6 | Biscuits, muffins, pancakes, and waffles | 9.1 | Cakes and other bakery desserts | 10.4 |
| Potato and potato products | 4.0 | Chicken | 5.6 | Pizza | 9.7 |
| Meat- or cheese-filled pastry | 2.8 | Flour and other milled grains | 4.0 | Flour and other milled grains | 8.2 |
| Whole Grains | | | | | |
| Cakes and other bakery desserts | 20.2 | Breads and rolls | 32.1 | Flour and other milled grains | 30.3 |
| Rice, barley, and other grains | 20.1 | Pizza | 11.5 | Breads and rolls | 14.9 |
| Prepared sandwiches | 20.0 | Biscuits, muffins, pancakes, and waffles | 11.1 | Chicken | 14.0 |
| Pretzels and snack chips | 11.9 | Crackers | 9.7 | Pizza | 11.6 |
| Crackers | 11.4 | Breakfast cereals | 7.8 | Biscuits, muffins, pancakes, and waffles | 5.2 |
| Total Fruit | | | | | |
| Fruits | 71.6 | Fruits | 63.3 | Fruits | 53.1 |
| Juices | 24.5 | Juices | 34.3 | Juices | 45.4 |
| Fruit drinks | 1.8 | Biscuits, muffins, pancakes and waffles | 0.9 | Biscuits, muffins, pancakes, and waffles | 0.5 |
| Cakes and other bakery desserts | 0.8 | Prepared meals | 0.4 | Cakes and other bakery deserts | 0.3 |
| Biscuits, muffins, pancakes, and waffles | 0.6 | Jellies, jams, and preserves | 0.3 | Fruit drinks | 0.3 |
| Total Vegetables | | | | | |
| Potato and potato products | 64.6 | Potato and potato products | 30.3 | Potato and potato products | 55.9 |
| Pretzels and snack chips | 24.9 | Green vegetables ^a | 18.4 | Catsup and other sauces | 8.4 |
| Pizza | 5.1 | Yellow vegetables ^b | 9.9 | Green vegetables ^a | 7.7 |
| Pickles and olives | 2.0 | Tomatoes and tomato products | 9.2 | Mixed vegetables | 4.4 |
| Meat- or cheese-filled pastry | 1.0 | Catsup and other sauces | 8.6 | Tomato and tomato products | 4.3 |
| Milk/Dairy | | | | | |
| Pizza | 28.2 | Milk | 72.5 | Milk | 72.8 |
| Ice cream and ice milk | 20.2 | Cheese | 12.0 | Cheese | 11.3 |
| Cheese | 19.4 | Pizza | 9.3 | Pizza | 9.6 |
| Prepared sandwiches | 10.0 | Meat- or cheese-filled pastry | 1.5 | Meat- or cheese-filled pastry | 1.9 |
| Meat- or cheese-filled pastry | 6.7 | Prepared sandwiches | 1.2 | Yogurt; and Ice cream and ice milk | 0.8 |

Table V.5 (continued)

| A La Carte-Only Foods | | Foods Used in Reimbursable Meals | | Mixed-Use Foods | |
|---------------------------------|-------------------------|---|-------------------------|---------------------------------|-------------------------|
| Food Subgroup | Percentage Contribution | Food Subgroup | Percentage Contribution | Food Subgroup | Percentage Contribution |
| Total Meat | | | | | |
| Beef and veal | 75.0 | Chicken | 33.1 | Chicken | 49.1 |
| Chicken | 14.6 | Beef and veal | 20.7 | Beef and veal | 21.2 |
| Pizza | 1.9 | Turkey | 15.2 | Turkey | 13.9 |
| Prepared sandwiches | 1.8 | Pork | 6.3 | Pork | 3.7 |
| Ice cream and ice milk | 1.3 | Prepared sandwiches; and Peanuts and peanut butter (tie) | 4.8 | Prepared sandwiches | 2.2 |
| Oils | | | | | |
| Pretzels and snack chips | 61.6 | Salad dressings and mayonnaise | 21.9 | Chicken | 25.5 |
| Potato and potato products | 16.9 | Chicken | 13.0 | Potato and potato products | 18.7 |
| Pizza | 4.2 | Vegetables oils and shortenings | 10.9 | Vegetable oils and shortenings | 10.9 |
| Cakes and other bakery desserts | 4.2 | Potato and potato products | 10.6 | Pretzels and snack chips | 10.8 |
| Rice, barley, and other grain | 2.8 | Bread and rolls | 7.4 | Salad dressing and mayonnaise | 7.9 |
| Solid Fats | | | | | |
| Cakes and other bakery desserts | 42.7 | Cheese | 13.7 | Cakes and other bakery desserts | 14.2 |
| Ice cream and ice milk | 12.4 | Milk | 10.9 | Milk | 12.5 |
| Beef and veal | 11.8 | Pizza | 9.8 | Chicken | 11.7 |
| Cheese | 6.0 | Chicken | 7.3 | Cheese | 11.4 |
| Pizza | 5.3 | Beef and veal | 7.1 | Pizza | 8.4 |
| Added Sugars | | | | | |
| Cakes and other bakery desserts | 44.1 | Milk | 36.9 | Milk | 30.0 |
| Enriched drinks | 15.1 | Sugars | 6.7 | Cakes and other bakery desserts | 16.2 |
| Ice cream and ice milk | 12.6 | Fruits | 5.8 | Sugars | 7.0 |
| Fruits | 5.1 | Catsup and other sauces | 5.7 | Catsup and other sauces | 6.8 |
| Fruit drinks | 3.7 | Breads and rolls; and Biscuits muffins, pancakes, and waffles (tie) | 5.3 | Breads and rolls | 4.9 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^b Includes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Total grains. Together, pretzels/snack chips (38 percent) and cakes/other bakery desserts (30 percent) contributed roughly two-thirds of the grains available in a la carte-only foods. Pizza was another leading source of grains among the a la carte-only foods, accounting for another 8 percent of available grains. For both foods used in reimbursable meals and mixed-use foods, breads and rolls were the leading contributor to grains (35 and 25 percent, respectively), as well as pizza and chicken. Biscuits/muffins/pancakes/waffles (9 percent) were among the leading sources of grains for foods used in reimbursable meals; cakes/other bakery desserts were an additional source of grains for mixed-use foods (10 percent).

Whole grains. Cakes/other bakery desserts, rice/barley/other grains, and prepared sandwiches each contributed 20 percent of the whole grains available in a la carte-only foods. Pretzels/snack chips and crackers each contributed another 11 to 12 percent of the available whole grains. For foods used in reimbursable meals, breads/rolls made the largest contribution to the available whole grains (32 percent), followed by pizza (12 percent) and biscuits/muffins/pancakes/waffles (11 percent). Although crackers and breakfast cereals were not among the leading contributors to total grains, these subgroups were among the top five contributors to whole grains in foods used in reimbursable meals (10 and 8 percent, respectively). For mixed-use foods, flour/other milled grains was the single most important source of whole grains (30 percent), followed by breads/rolls (15 percent), chicken (14 percent), and pizza (12 percent).

Total fruit. For all three food use categories, fruits and juices (combined) contributed the majority of the available fruit (96 to 99 percent).

Total vegetables. Together, potato/potato products (65 percent) and pretzels/snack chips (25 percent) accounted for 80 percent of the vegetables available in a la carte-only foods. Potato/potato products were also the leading source of vegetables in the foods used in reimbursable meals and mixed-use categories, contributing 30 and 56 percent, respectively, of the available vegetables. For foods used in reimbursable meals, green vegetables (18 percent) also made important contributions to the available vegetables, as did yellow vegetables, tomato/tomato products, and catsup/other sauces (each contributing 9 to 10 percent). Catsup/other sauces and green vegetables made noteworthy contributions to the vegetables available in mixed-use foods (9 percent each).

Milk/dairy. For a la carte-only foods, pizza made the largest contributions to the milk/dairy group (28 percent), followed by ice cream (20 percent), and cheese (19 percent). The leading contributors to the milk/dairy group among foods used in reimbursable meals and mixed-use foods were milk, which contributed almost three-fourths (73 percent) of the available milk/dairy in both categories, and cheese and pizza.

Total meat (excluding legumes). In all three food use categories, the leading contributors to meat were beef and chicken. Beef was the leading contributor for a la carte-only foods, providing more than three-fourths of the available meat. Chicken was the leading contributor among foods used in reimbursable meals and mixed-use foods, contributing 33 and 49 percent, respectively, of the available meat. Turkey was also among the leading sources of meat for foods used in reimbursable meals and mixed-use foods (14 to 15 percent).

Oils. Pretzels/snack chips were the single most important source of oils in a la carte-only foods (62 percent). Potato/potato products accounted for another 17 percent of the available oils. Salad dressings/mayonnaise (22 percent) provided the largest share of the oils available in foods used in reimbursable meals; for mixed-use foods, chicken (26 percent) was the leading contributor to the available oils. Vegetable oils and potato/potato products were also leading sources of oils in both of

these food use categories. Breads/rolls and pretzels/snack chips rounded out the top five sources of oils in foods used in reimbursable meals and mixed-use foods, respectively.

Solid fats. For a la carte-only foods, cakes/other bakery desserts provided 43 percent of the available solid fats. Ice cream and beef each accounted for another 12 percent of the available solid fats, followed by cheese (6 percent) and pizza (5 percent). For foods used in reimbursable meals, cheese was the leading source of solid fats (14 percent), followed by milk and pizza (11 and 10 percent, respectively). The leading contributors to solid fats for mixed-use foods were very similar to those in the foods used in reimbursable foods category, but the major difference was that cakes/other bakery desserts (14 percent) were the leading source of solid fats for mixed-use foods but were not a top source for foods used in reimbursable meals.

Added sugars. Cakes/other bakery desserts were the leading contributor of added sugars for a la carte-only foods (44 percent). Enriched drinks (15 percent) and ice cream (13 percent) were also top sources of added sugars for a la carte-only foods. Milk (which includes flavored and unflavored milk) was the leading source of added sugars in foods used in reimbursable meals and mixed-use foods (37 and 30 percent, respectively). For both categories, sugars, catsup/other sauces, and breads/rolls each contributed another 5 to 7 percent of the available added sugars. Fruits (6 percent) were among the top five contributors to added sugars for foods used in reimbursable meals, and cakes/other bakery desserts (16 percent) were among the leading contributors for mixed-use foods.

F. Healthy Eating Index- 2005 Scores for a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions

In this section, we use the HEI-2005 to assess the nutritional quality of foods acquired in the three food use categories. The HEI-2005 is a measure of diet quality that assesses how well diets conform to the eating patterns recommended in the 2005 *Dietary Guidelines for Americans* and the MyPyramid food guidance system (Guenther et al. 2007; USDA, CNPP 2005).⁸⁸

1. The Healthy Eating Index-2005

The HEI-2005 includes 12 component scores and an overall score. Nine components are food-based and assess intakes of MyPyramid food groups and subgroups: total fruit; whole fruit; total vegetables; dark green vegetables, orange vegetables, and legumes; total grains; whole grains; milk; meats and beans; and oils. The remaining three components assess intakes of saturated fat; sodium; and calories from solid fats, alcohol, and added sugars (SoFAAS). In this chapter, we refer to this component as calories from solid fats and added sugars (SoFAS) because school food acquisitions did not include alcohol.

The standards used in assigning HEI-2005 component scores are expressed on a density basis (per 1,000 calories). The use of such standards in assessing diet quality reflects the overarching recommendation that individuals should strive to meet food group and nutrient recommendations while maintaining energy balance, rather than meeting these recommendations simply by consuming large quantities of food. The density-based standards make it possible to use the HEI-2005 to assess the quality of any mix of foods. Although the tool has been used primarily to assess the quality of

⁸⁸ The *Dietary Guidelines* were updated in 2010. Differences between the 2005 and 2010 versions are relatively minor, so the HEI-2005 remains the optimal tool for assessing diet quality.

diets consumed by individuals (Fox et al. 2010; Guenther et al. 2008a; Cole and Fox 2008; Beydoun et al. 2008; Reedy et al. 2008), it has also been used to assess the quality of menus (Guenther et al. 2007; Reedy et al. 2010),), USDA Foods distributed through various programs (Zimmerman et al. 2012), food packages offered and delivered through the Food Distribution Program on Indian Reservations (FDPIR) (Harper et al. 2008), household food supplies (Mabli et al. 2010), and the U.S. food supply (Krebs-Smith et al. 2010; Reedy et al. 2010).

The scoring criteria used in the HEI-205 (Table V.6) assign higher scores for greater concentrations (per 1,000 calories) of food-based components and lower scores for greater concentrations of sodium, saturated fat, and calories from SoFAAS because recommendations for the latter components emphasize reduced or moderate intakes. Maximum scores for each component range from 5 to 20, leading to a maximum overall score of 100. The standards for maximum scores reflect the concentrations of MyPyramid food groups and nutrients required in a diet that would meet recommendations without exceeding calorie requirements.

Table V.6. Healthy Eating Index- 2005 Components and Standards for Scoring

| Component | Maximum Score | Standard for Maximum Score | Standard for Minimum Score of Zero |
|--|-----------------|--------------------------------------|---|
| Total Fruit | 5 | ≥ 0.8 cup per 1,000 calories | No fruit |
| Whole Fruit (not juice) | 5 | ≥ 0.4 cup per 1,000 calories | No whole fruit |
| Total Vegetables | 5 | ≥ 1.1 cup per 1,000 calories | No vegetables |
| Dark Green and Orange Vegetables and Legumes ^a | 5 | ≥ 0.4 cup per 1,000 calories | No dark green or orange vegetables or legumes |
| Total Grains | 5 | ≥ 3.0 oz per 1,000 calories | No grains |
| Whole Grains | 5 | ≥ 1.5 oz per 1,000 calories | No whole grains |
| Milk ^b | 10 | ≥ 1.3 cup per 1,000 calories | No milk/dairy |
| Meat and Beans | 10 | ≥ 2.5 oz per 1,000 calories | No meat or beans |
| Oils ^c | 10 | ≥ 12 gm per 1,000 calories | No oil |
| Saturated Fat | 10 ^d | ≤ 7% of total calories | ≥ 15% of total calories |
| Sodium | 10 ^d | ≤ 0.7 gm per 1,000 calories | ≥ 2.0 gm per 1,000 calories |
| Calories from Solid Fats, Alcohol, and Added Sugars (SoFAAS) | 20 | ≤ 20% of total calories ^e | ≥ 50% of total calories |
| Total Score | 100 | | |

Source: Healthy Eating Index-2005, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, CNPP Fact Sheet No. 1, December 2006.

Note: With the exception of saturated fat and sodium, amounts between the minimum and maximum are scored proportionately.

^aFollowing MyPyramid, legumes were first allocated to the meat and beans group. If any amount remained after the meat and beans group recommendation was met, legumes were counted toward the total vegetables and dark green and orange vegetables and legumes groups.

^bIncludes all dairy products, including fluid milks, yogurt, and cheese.

^cIncludes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

^dSaturated fat and sodium get a score of 8 for levels that reflect 2005 *Dietary Guidelines* recommendations: less than 10 percent of calories from saturated fat and 1.1 grams of sodium per 1,000 calories, respectively.

^eThe most generous allowance for discretionary calories in the MyPyramid food intake patterns (based on age, gender, and level of physical activity) is 20 percent of total calories.

gm = gram; oz = ounce.

2. Findings

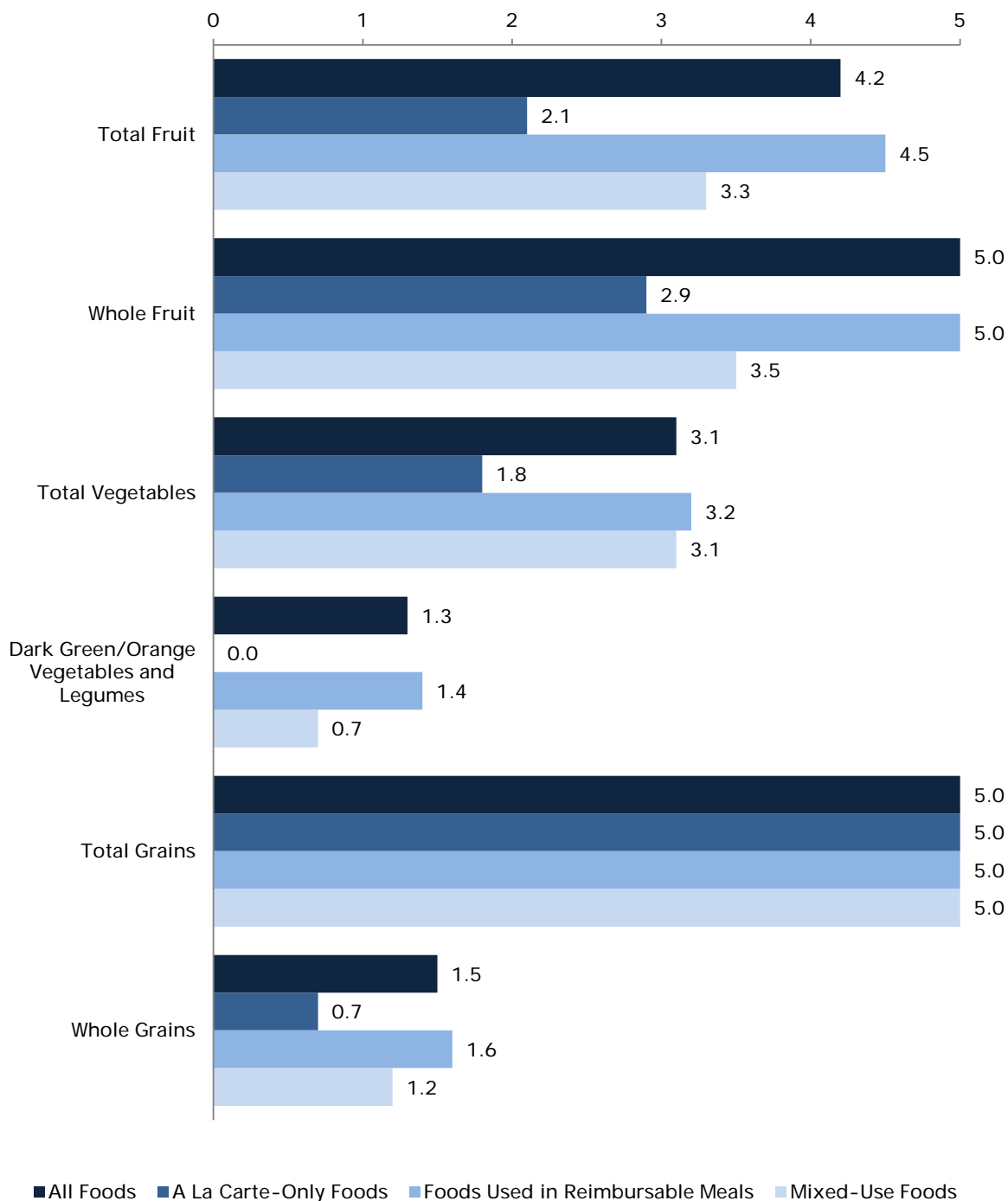
Because the maximum scores vary for different components of the index, we review component scores in three groups based on the reference maximum score: (1) fruits, vegetables, and grains (which each have a maximum score of 5); (2) milk, meat and beans, oils, saturated fat, and sodium (which each have a maximum score of 10); and (3) calories from SoFAS (which has a maximum score of 20). Higher scores always reflect higher dietary quality. For the saturated fat, sodium, and calories from SoFAS components, higher scores indicate lower levels of these dietary components.

a. Scores for Fruits, Vegetables, and Grains

All three food use categories received a perfect score (5) for total grains, as shown in Figure V.1. This indicates that the relative concentration of grains per available calorie met or exceeded the recommended amount. For the other components in this group, HEI-2005 component scores for the three food use categories varied considerably, as summarized below.

- **A la carte-only foods** had the lowest HEI-2005 scores for all components in this group (excluding grains), and scores for dark green and orange vegetables and legumes and whole grains were less than one (0.0 and 0.7, respectively). Scores for total fruit, whole fruit, and total vegetables were slightly higher but never exceeded 2.9 (the score for whole fruit). These findings are consistent with the fact that fruits were acquired in relatively large volumes as a la carte-only foods, and few vegetables (with the exception of potato/potato products) were acquired exclusively for a la carte sales.
- **Foods used in reimbursable meals** had the highest scores for all HEI-2005 components in this group (except for grains). Foods in this food use category received a perfect score for whole fruit; the score for total fruit was also high (4.5 out of 5). The high scores for whole fruit and total fruit are consistent with the fact that foods used in reimbursable meals include large volumes of fruits and juices. Foods used in reimbursable meals also had the highest scores for dark green and orange vegetables and legumes and whole grains. However, scores for these components were low for all three food use categories.
- **Mixed-use foods** had HEI-2005 scores for components in this group that were consistently higher than scores for a la carte-only foods but lower than foods used in reimbursable meals. This trend reflects the fact that mixed-use foods include foods that are used for both a la carte sales and reimbursable meals. Mixed-use foods received a score for total vegetables that was comparable to the score for foods used in reimbursable meals (3.1 versus 3.2), but the score for dark green and orange vegetables and legumes was notably lower for mixed-use foods than for foods used in reimbursable meals (0.7 versus 1.4).

Figure V.1. HEI- 2005 Component Scores for Components with a Maximum Score of 5



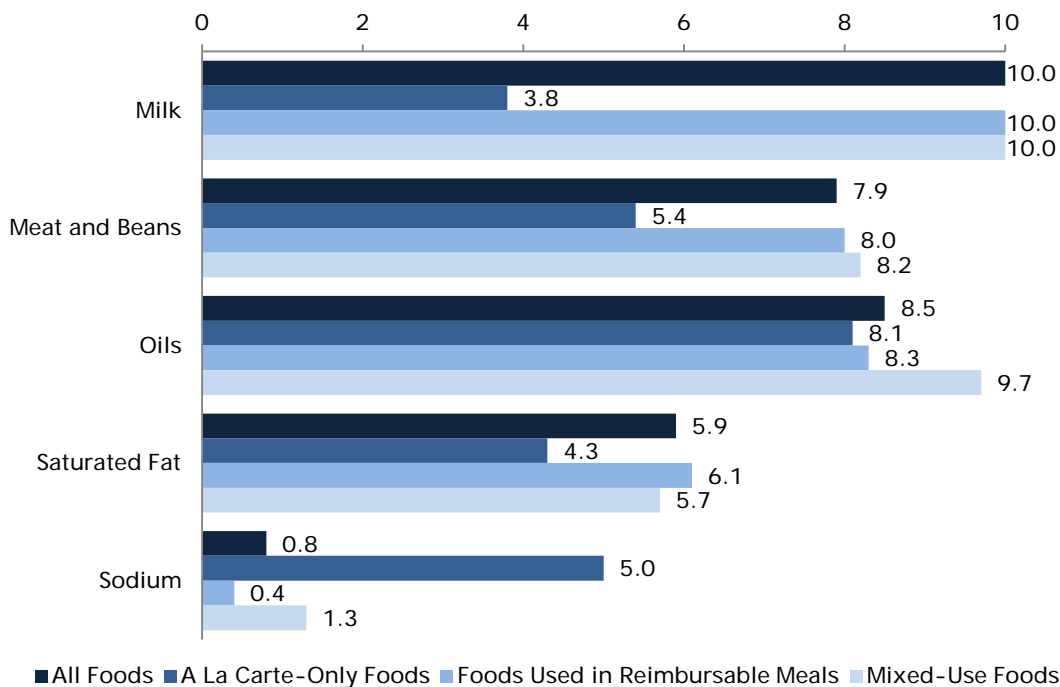
Source: School Food Purchase Study-III, food acquisition data, school year 2009–2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

b. Scores for Milk, Meat and Beans, Oils, Saturated Fat, and Sodium

- A la carte-only foods** received scores of 5 or less (out of a maximum of 10) for all components in this group, except for oils (8.1) (Figure V.2). Relative to foods used in reimbursable meals and mixed-use foods, a la carte-only foods had the lowest scores for all HEI-2005 components in this group, except for sodium. A la carte-only foods received a considerably higher score for sodium than foods used in reimbursable meals or mixed-use foods (5.0 versus 0.4 to 1.3, respectively) and a considerably lower score for milk (3.8 versus 10). The high sodium score for a la carte-only foods can be attributed to the fact that the leading acquisitions by volume were water and enriched drinks, which have lower sodium concentrations relative to the leading contributors in the other categories. Milk was the leading acquisition by volume for both foods used in reimbursable meals and mixed-use foods.

Figure V.2. HEI- 2005 Component Scores for Components with a Maximum Score of 10



Source: School Food Purchase Study-III, food acquisition data, school year 2009–2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

- Foods used in reimbursable meals** received a perfect score (10) for the milk component, which is consistent with the large volume of milk acquired in this category. Scores for meat and beans and oils were also relatively high (8.0 and 8.3, respectively) but were less than the scores received by mixed-use foods for these components (8.2 and 9.7, respectively). Foods used in reimbursable meals had the highest score for saturated fat (6.1 versus 4.3 for a la carte-only foods and 5.7 for mixed-use foods) but also had the lowest score for sodium (0.4 versus 5.0 and 1.3). These findings align with those reported in Section B—foods used in reimbursable meals had had the lowest percentage

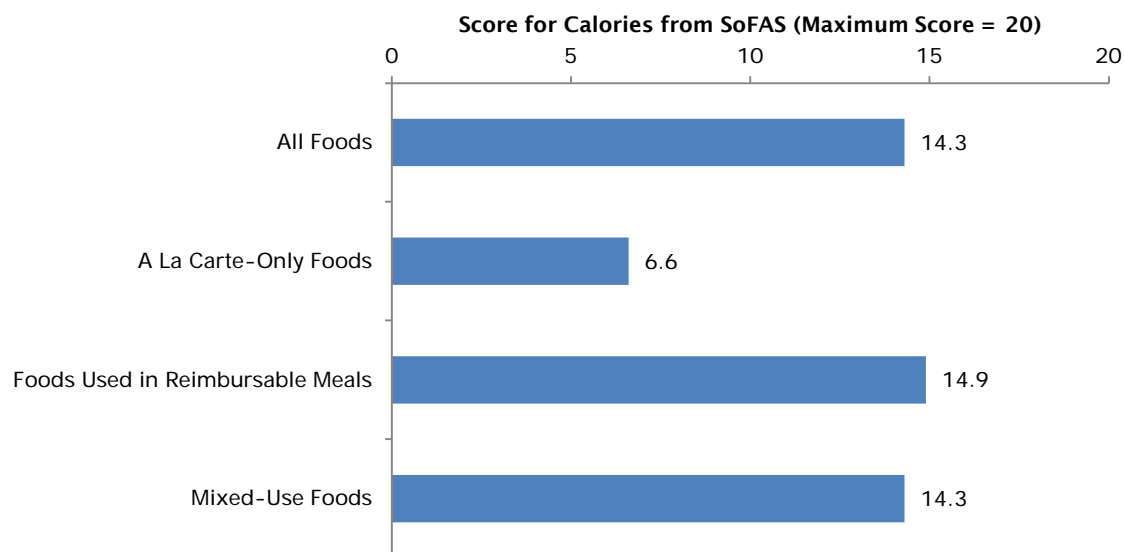
of calories from saturated fat and the highest concentration (per 1,000 calories) of sodium of any of the food use categories.

- **Mixed-use foods** also received a perfect score (10) for the milk component. Mixed-use foods had the highest scores for meat and beans and oils, a finding that can be attributed to the large volumes of chicken and potato/potato products that were acquired in this category.

c. Scores for Calories from Solid Fats and Added Sugars (SoFAS)

As shown in Figure V.3, a la carte-only foods received a score of 6.6 (out of 20) for the calories-from-SoFAS component,⁸⁹ which was the lowest score among the three food use categories. Foods used in reimbursable meals and mixed-use foods received comparable scores for the SoFAS component (14.9 and 14.3, respectively). The low score for a la carte-only foods is driven by the high concentrations of both solids fats and added sugars in the foods acquired in this category (see Table V.3). A la carte-only foods had 240 calories from solid fats per 1,000 calories and 170 calories from added sugars, reflecting the large volumes of enriched drinks, cakes/other bakery desserts, beef, and ice cream acquired and the relatively high concentration of solid fats and/or added sugars in these foods.

Figure V.3. HEI- 2005 Component Score for Calories from Solid Fats and Added Sugars (SoFAS)



Source: School Food Purchase Study-III, food acquisition data, school year 2009–2010.

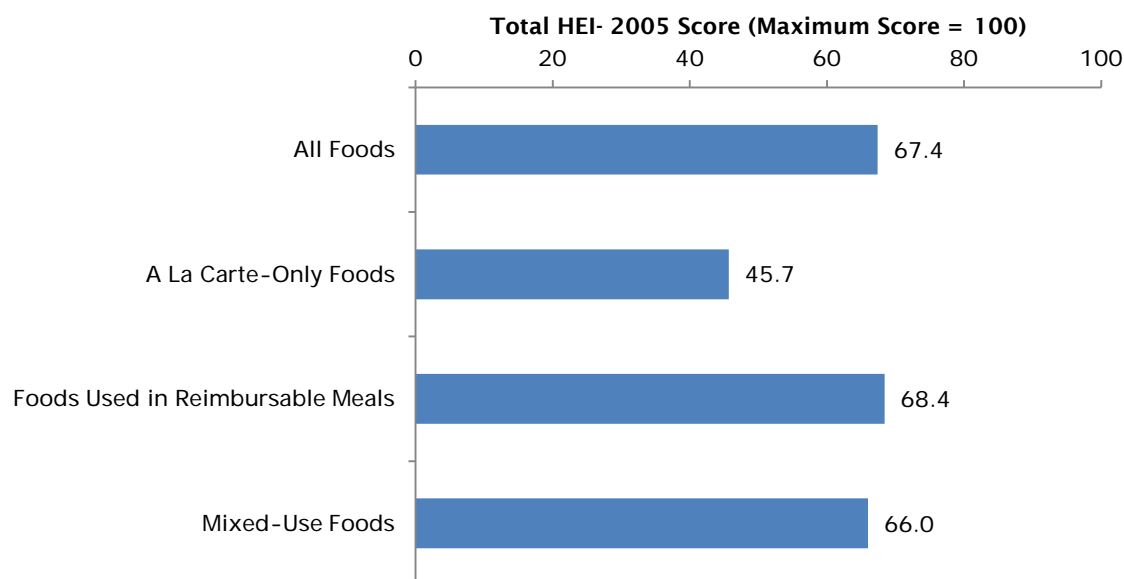
Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

⁸⁹ The calories-from-SoFAS component is weighted more than any other component in the HEI-2005 (maximum score of 20) because it addresses two issues: (1) the selection of low-fat and low-sugar forms of foods, as recommended by the *Dietary Guidelines*, and (2) the fact that foods high in SoFAS may displace more nutrient-dense foods in the diet, adding calories but very few nutrients, and may contribute to excess calorie intake (Guenther et al. 2008b).

d. Total Healthy Eating Index-2005 Scores

The total HEI-2005 score provides an overall measure of nutritional quality for the three food use categories. As one would expect based on component scores, a la carte-only foods had the lowest total HEI-2005 score (45.7 of a possible 100) (Figure V.4). The total HEI-2005 score for foods used in reimbursable meals was 68.4, and was only a few points lower for mixed-use foods (66.0). The higher nutritional quality of foods used in reimbursable meals and mixed-use foods was driven largely by the relatively smaller share of calories contributed by SoFAS, as well as higher concentrations (per 1,000 calories) of milk, whole grains, and fruit and, to a lesser degree, vegetables and meat.

Figure V.4. Total HEI- 2005 Scores



Source: School Food Purchase Study-III, food acquisition data, school year 2009–2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

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APPENDIX A
METHODOLOGY

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APPENDIX A

METHODOLOGY

The School Food Purchase Studies provide information on the types, amounts, and costs of foods acquired by school districts for use in meals and snacks offered primarily through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The third School Food Purchase Study (SFPS-III) was expanded to include a comprehensive assessment of the nutritional characteristics of foods acquired by school districts during school year (SY) 2009–2010. To enable this assessment, we developed a database of nutrient values and MyPyramid food group equivalents for the food acquisition data collected in the main study. We first linked food acquisitions to U.S. Department of Agriculture (USDA) nutrient and MyPyramid equivalent databases and then adjusted the values to reflect the amount of food available for consumption. This appendix describes the complex procedures we used to produce estimates of the calorie, nutrient, and MyPyramid food group content of individual school food acquisitions and to create the final database for the analysis. We also provide a brief overview of the SFPS-III data collection, sample design, and weighting procedures.

A. Overview of Data Collection and Processing

We collected data for the SFPS-III from school food authority (SFA) directors or their designees during SY 2009–2010 in the 48 contiguous states and the District of Columbia.⁹⁰ Recruitment began in April 2009 and the data collection period ended in October 2010. Two types of data were collected:

1. **Food acquisition data.** Respondents provided copies of records containing detailed information on the types, amounts, and prices of all foods they purchased or received as donated USDA Foods for a three-month period.
2. **Food procurement practices.** A procurement practices survey (sent to respondents by email) collected data on school district characteristics; food procurement methods; use of donated USDA Foods (including fresh produce obtained through the Department of Defense [DoD] Fresh Fruit and Vegetable program) and locally grown produce; menu planning methods; food programs offered; and other aspects of food service operations.

Ultimately, data were obtained from a nationally representative sample of 420 school districts. Among the 420 districts that participated in the study, 408 provided food acquisition data and 416 completed the procurement practices survey (Young et al. 2012).

There was no standard form used to collect the food acquisition data. Instead, school districts were asked to provide monthly vendor summaries, copies of invoices, or tally sheets, and bid specifications, when available. The following data elements were included in these documents:⁹¹

⁹⁰ Data were also collected from SFAs in Hawaii and Alaska. The food acquisition data have been linked to USDA nutrient and MyPyramid databases but were not analyzed for this report. These data are available in a separate restricted use data file.

⁹¹ Other data elements were collected for the SFPS-III but not used in the nutritional analysis.

- Type of food
- Volume acquired (unit size and number of units acquired)
- Nutritional characteristics of food (such as form, variety, and nutrient modifications)
- Manufacturer, brand, and/or product code, if applicable
- Indicator for donated USDA Foods and processed foods containing donated USDA Foods

The information from the food acquisition documents was reviewed, transcribed onto standardized forms, and entered into a central database by trained staff at Ender York, Inc. During data transcription, each food acquisition was assigned one of 865 general food item codes and descriptions (referred to as *food items*). These food items were aggregated into 16 food groups and 72 food subgroups based on product features and nutritional characteristics of interest to USDA. The food classification system was based on the scheme that was used in the previous School Food Purchase Study (SFPS-II), but new food codes and subgroups were created to accommodate new foods that were reported in the current study. The complete list of SFPS-III food item codes and descriptions and their categorization within SFPS-III food groups and subgroups is provided in Table A.1.

When available, nutritional characteristics of the food acquisitions were transcribed from the districts' records and entered into the database using uniform "nutrition" and "highlite" codes. After additional checks were performed on the data, each district was sent a data summary form and asked to review their food acquisitions for the whole quarter for accuracy and to identify foods used in a la carte sales. Respondents were also asked to estimate the percentage of each food that was used for a la carte sales. For example, foods used exclusively for a la carte sales would be marked as 100 percent a la carte; those used only for reimbursable meals would be marked as 0 percent a la carte.⁹²

When the data were considered final, each food was assigned to both a food acquisition category and food use category, as follows:

- **Food acquisition categories:** purchased foods, donated USDA Foods, and processed foods containing donated USDA Foods
- **Food use categories:** a la carte-only foods, foods used in reimbursable meals, and mixed-use foods.

These categorizations are fully described in Chapter I.

The food acquisition database was then sent to Mathematica's Cambridge office for nutrition coding and analysis.

⁹² Providing the requested detail about foods used for a la carte sales proved to be a difficult task for many districts. Several factors contributed to this difficulty: (1) food service staff at the individual schools, rather than the individuals who procured (acquired) the foods, often made the decision about how foods are used; (2) some foods were ingredients that were used in multiple end products; and (3) the task was felt to be too burdensome. Ultimately, 128 of the full sample of 408 districts (31 percent) provided the data needed to identify foods that were used for a la carte sales.

B. Coding Foods for Nutrient and MyPyramid Food Group Analysis

In this section, we describe the data sources and methods used to produce nutrient and MyPyramid food group data for the analysis. The nutrition coding process involved matching the food acquisitions to food codes and descriptions included in USDA food and nutrient databases. We consulted additional resources to ensure that the nutrient and MyPyramid food group values reflected the types of foods typically acquired for use in school food programs. We also developed special coding procedures for foods that were not available in the food and nutrient databases or lacked information on specific characteristics needed to appropriately match the item to a food in the database.

1. Nutrient and MyPyramid Food Group Data

For most school food acquisitions, we obtained nutrient values from the USDA Food and Nutrient Database for Dietary Studies (FNDDS), version 3.0 (USDA and Agricultural Research Service [ARS], Food Surveys Research Group 2008). FNDDS provides complete profiles for 64 nutrients and dietary components for more than 6,900 foods. The nutrient values are based on USDA's National Nutrient Database for Standard Reference, which is the standard for all food composition data in the United States. A small number of food items ($n = 18$) were assigned nutrient values using the National Nutrient Database for Standard Reference (SR), Release 22 (USDA and ARS 2009).

The MyPyramid Equivalents Database for USDA Survey Codes (MPED), version 2.0, provided data on the amounts of 32 MyPyramid food groups and subgroups included in 100 grams of food (Bowman et al. 2008). The MPED provides data in cup equivalents for the fruit, vegetable, and milk/dairy groups, and in ounce equivalents for the grain and meat groups. Data on oils and solid fats are provided in grams, and added sugars are reported in teaspoons. We used a supplementary database from the Center for Nutrition Policy and Promotion (CNPP) to obtain data for two additional MyPyramid subgroups, whole fruits and fruit juice. Data on whole fruits (as well as other MyPyramid food groups and food components) were needed to estimate scores on the Healthy Eating Index-2005 (HEI-2005), one of the measures of nutritional characteristics used in the analysis. (See <http://www.cnpp.usda.gov/HealthyEatingIndex.htm>.)

In the MPED, single-ingredient foods (for example, apples and milk) that are in their lowest-fat, lowest-sugar form are assigned to a single MyPyramid food group. Foods that have more than one ingredient are disaggregated and the individual ingredients are assigned to their appropriate food groups. For example in a cheese pizza, the crust contributes to the grain group, the tomato sauce contributes to the vegetable group, and the cheese contributes to the milk group. Values for oils, solid fats, and added sugars are assigned based on the amounts of these food components in various foods and ingredients (for example, cheese contributes to solid fats).

The databases used to provide nutrient and MyPyramid food group data were selected based on guidance from the Food Surveys Research Group at the USDA Agricultural Research Service (ARS). The FNDDS was recommended as the primary source of nutrient data for two main reasons: (1) nutrient values in FNDDS (for most foods) represent the nutrients in foods available for consumption—that is, the edible portion of the food; and (2) the foods and food codes included in FNDDS are also used in the MPED, so FNDDS would provide a direct link to MyPyramid food

group data.⁹³ SR was not recommended as the primary source of nutrient values since it includes missing nutrient values and does not link directly to the MPED. However, a small number of food items (n = 18) did not exist in FNDDS (for example, dry bakery mixes, spices, and seasonings) and were matched to an appropriate code in SR.

Nutrient and MyPyramid Estimates for Donated USDA Foods. Donated USDA Foods were assigned nutrient values from FNDDS version 3.0. USDA Fact Sheets for donated USDA Foods were reviewed to identify the closest match in FNDDS, but the nutrient values from the USDA Fact Sheets were not incorporated into the analysis file. It is important to note that the USDA Fact Sheets available at the time of the study (USDA, FNS 2001) did not reflect current specifications for donated USDA Foods. Thus, the nutritional improvements in USDA Foods that were made in 2009, which included reductions in the total fat, saturated fat, and sodium content of foods, were not captured in this study. As a result, estimates of calorie density and the total fat, saturated fat, and sodium available in USDA Foods acquired by school districts in SY 2009-2010 may be overstated.

The approach used in the SFPS-III to obtain nutrient and MyPyramid food group data for NSLP USDA Foods differs from the approach employed in the *Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs* study (Zimmerman et al. 2012). For the latter study, FNDDS version 4.1 and SR version 23 were used as the sources of nutrient values. Sodium and vitamin C values from USDA Fact Sheets were incorporated into the database, and when a USDA Fact Sheet did not exist for a food, sodium values from SR23 were used if the value was lower than the value in FNDDS.

In addition to the different sources of nutrient values, results presented in this report on the calories, nutrients and MyPyramid food groups available in donated USDA Foods are not comparable to those reported in the *Nutrient and MyPyramid Analysis of USDA Foods in Five of Its Food and Nutrition Programs* report for several other reasons. The two studies had different research objectives and used data from different sources and school years, different methods for adjusting food weights, and diverse metrics for standardizing the nutrient and MyPyramid values.

2. Coding Procedures

The coding of food acquisitions involved linking more than 2,500 unique food items to the closest match in FNDDS.⁹⁴ For foods acquired in their raw, dry, or unprepared form, we matched the food to the *as consumed* form in FNDDS and assumed the simplest cooking method, with no added fats (for example, vegetables boiled without fat). We used the food item description and additional characteristics provided by the nutrition and highlite codes to select the most appropriate match in FNDDS. The nutrition and highlite codes (when available) provided information on the following characteristics of the foods:

⁹³ Although an updated version of the FNDDS was available (version 4.0, which incorporates nutrient values from SR 23), it was uncertain whether the corresponding version of the MPED (version 3.0) would be available in time for coding the food acquisition data for this study.

⁹⁴ This number is higher than the 865 general food item codes and descriptions included in the SFPS-III food classification system. Additional characteristics of the foods provided by the nutrition and highlight codes, as well as the manufacturer/brand for some foods, were used to expand the specificity of the SFPS-III food items.

- **Form.** For example, raw versus cooked turkey breast; ready-to-drink juice versus juice concentrate
- **Type or variety.** For example, blueberry versus corn muffin; fruited versus plain yogurt
- **Nutrient content or modifications.** For example, regular versus reduced-fat cheese; regular versus low-sodium green beans

The SFPS-III food classification system was not designed specifically to support nutrient analysis, so the descriptive details available for each food acquisition varied across the food items identified in the coding scheme.⁹⁵ For example, most food codes for vegetables include the form of the food in the description (fresh, canned, frozen, or dried), which was required to code the vegetables in FNDDS. On the other hand, the food codes and descriptions do not provide any indication as to the type or variety of the cereal (for example, Lucky Charms or Bran Flakes). All ready-to-eat cereals are grouped into two food codes based on how they are acquired—in bulk or individual packages. In the latter case, we used the information provided by the nutrition and highlight codes, as well as the manufacturer/brand and sometimes the product code, in the coding of food acquisitions.

Throughout the coding process, we consulted two additional resources to ensure that food acquisitions were matched to an appropriate food in FNDDS and reflected the types of foods acquired by school districts for use in school meals and snacks. As noted above, we used the USDA Commodity Food Fact Sheets for Schools & Child Nutrition Institutions (USDA, FNS 2001) to obtain additional information on the type and/or form of the donated USDA Food and relevant nutrition information in order to identify the closest match in FNDDS. We also used the descriptions of foods and the underlying assumptions included in the Food Buying Guide for Child Nutrition Programs (USDA, FNS 2001) to more accurately code some foods.

Despite the available information, selecting the closest match in FNDDS for the food acquisitions was not always a straightforward process. Difficulties arose when the food acquisition data did not include the level of detail needed to select a match in FNDDS or the specific food item was not available in FNDDS. To facilitate the coding of these foods, we developed a set of coding guidelines. For some food items, the guidelines call for using the default food code that was established for a similar food reported in the School Nutrition Dietary Assessment Study-IV (SNDA-IV).⁹⁶ For example, fluid milk with an unknown fat content was coded as low-fat (1%) milk, the default established for SNDA-IV. In other cases in which the food item lacked the necessary descriptive detail, we selected the “not further specified” (NFS) option available in the FNDDS. The NFS codes typically represent a composite food that is representative of several varieties of the food not specified. For example, salad dressing without further details was coded as “Salad dressing, NFS, for salads.” The underlying recipe for this food in FNDDS is composed of six different types of salad dressing.

⁹⁵ The precision of the coding was also limited by the information available in a school district’s food acquisition records.

⁹⁶ SNDA-IV involved the coding of foods included in NSLP and SBP meals during SY 2009–2010, the same school year for which the data for SFPS-III were collected.

3. Special Coding Procedures

Although the FNDDS and MPED were the optimal databases for obtaining nutrient and MyPyramid food group data for school food acquisitions, several types of foods required special coding procedures. These included (a) dry mixes and spices that were not available in FNDDS; (b) most commercially prepared school foods (for example, pizza, chicken nuggets, and burritos); and (c) meal component kits—prepared meals that include several foods packaged together as a meal. In the sections that follow, we describe the rationale for and special coding procedures that we used to obtain nutrient and MyPyramid food group data for these foods.

a. Dry Mixes and Spices

There were 16 reported food acquisitions that could not be coded in FNDDS and, therefore, were matched to an appropriate food in SR.^{97,98} These foods included dry bakery mixes (such as cake/brownie, cookie, and muffin mixes) and gravy mix that typically have additional ingredients added during preparation; and spices and seasonings (such as salt and dried onions). Because these foods did not have an associated FNDDS code, they could not be directly linked to the MPED to obtain MyPyramid food group data. Instead, we used imputed MyPyramid food group data for similar foods from a study sponsored by the Food and Nutrition Service (FNS) that examined relationships between diet quality and food expenditures by low-income households (Mabli et al. 2010).

b. Commercially Prepared School Foods

The food acquisition data collected for the SFPS-III included a variety of commercially prepared school foods. Commercially prepared school foods are often specially formulated for school food service and differ in nutrient content from similar versions marketed to the general population. Consequently, these foods also differ from the most similar food in FNDDS. Examples of commercially prepared school foods include beef patties, chicken nuggets, or french fries that are lower in fat; and pizza, corndogs, or bakery items that include whole grain ingredients.

In order to more accurately represent the nutrient and MyPyramid food group content of commercially prepared school foods, Mathematica contracted with the Food Surveys Research Group (FSRG) at USDA's Agricultural Research Service (ARS) to provide nutrient and MyPyramid food group values for a representative sample of 100 commercially prepared school foods commonly acquired by a subsample of school districts in SY 2009–2010. ARS provided the same data for a sample of 200 commercially prepared school foods reported in school lunch and breakfast menus in the SNDA-IV study. To maximize the information available on commercially prepared school foods for the SFPS-III, we used both sets of data.

The manufacturer and/or brand name and product code were transcribed from food acquisition records for the following categories of foods:

⁹⁷ For several of the food acquisitions coded using SR, the most similar food in the database had missing nutrient values. In these cases, we selected the next closest match that had no missing values.

⁹⁸ If the dry or unprepared version of a food was available in FNDDS, we selected that food instead of matching the food item to SR.

- Chicken, beef, pork, and fish products (nuggets, patties, strips, and crumbles)
- Pizza and pizza products, such as cheese and/or meat pizza, pizza pockets, and pizza breadsticks
- Mexican entrees, including burritos, quesadillas, tacos, and enchiladas
- Breakfast sandwiches with egg, meat, and/or cheese
- Other pre-packaged sandwiches, such as peanut butter and jelly and turkey with cheese
- Bakery products, including muffins, doughnuts, and cinnamon rolls (whole grain and/or lower-fat products only); and french toast and waffle sticks
- Corndogs, egg rolls, and other Asian-style entrees

To prepare the food acquisition data for ARS, we grouped commercially prepared school foods into approximately 70 categories. We defined the categories by the type of food and available information on nutritional characteristics, typically fat and/or whole grain content. Within each category, we selected a representative sample of commercially prepared food products to send to ARS for nutrient and MyPyramid food group imputation. If a product had already been selected for the SNDA-IV study, it was not included in the 100 products for this study. Only products for which “Nutrition Facts” label nutrients and ingredient information were available from manufacturers were chosen, because ARS needed this information to impute a full set of nutrient and MyPyramid food group values.

ARS provided complete nutrient and MyPyramid food group profiles for the 100 commercially prepared school foods selected from the SFPS-III data. For each category of foods, we used the ARS information to create average nutrient and MyPyramid profiles that represented the products included in that group. Data for the commercially prepared school foods from SNDA-IV were included in the average profiles if the product was also reported in SFPS-III.⁹⁹ We then used these profiles to represent the nutrient and MyPyramid food group content of all food items reported within a category of foods. Ultimately, 13 percent of foods (or observations) in the final analytic database received imputed nutrients and MyPyramid equivalents.

c. Meal Component Kits

A number of school districts acquired prepared meals (referred to as meal component kits) that contained several single-portion items packaged into an individual meal. The types of foods included in a meal component kit vary, and the kits are typically designed to be served at breakfast or lunch. For example, a meal component kit for breakfast might include juice, cereal, and graham crackers, whereas a kit for lunch might include a peanut butter and jelly sandwich, string cheese, fruit, and animal crackers. The food acquisition data included a total of 86 unique meal component kits.

⁹⁹ Processed potato products, including french fries, tater tots, and hash browns, were excluded from the 100 commercially prepared school foods selected from the SFPS-III because transcribing product codes was too burdensome. However, we did create categories for these types of commercially prepared foods, and nutrient and MyPyramid food group values from SNDA-IV products were used to create the average profiles.

The food acquisition data did not capture information on the individual items packaged in each meal component kit; however, manufacturer/brand names and product codes were usually available. We used the available information to locate the meal component kits online and obtain details on the individual foods included in the kits, including their associated portion sizes. We then categorized each meal component kit as a lunch or breakfast kit, and the three most commonly reported kits were identified for each meal. We manually linked each component of the representative breakfast and lunch kits to the closest foods in FNDDS. The nutrient and MyPyramid food group values for each component within each breakfast and lunch kit were summed and the total amounts averaged across the three kits for lunch and for breakfast to create profiles for two average meal component kits. We used these two average profiles to represent all meal component kits in the food acquisition data.

C. Adjustments for the Amount of Food Available for Consumption

The food acquisition data represent foods in the form in which school districts purchased or acquired them. Some foods are received in their ready-to-eat or prepared form (for example, fruit juice or cereal), whereas other foods are in a raw, dry, or unprepared form (for example, raw meat or dry pasta). Food acquisitions in the unprepared form may include parts of the food that are not edible or available for consumption (for example, the core of an apple or a bone in chicken). In order to more closely represent the nutrients and MyPyramid food groups available for consumption in school food acquisitions overall, we made adjustments to the values for (1) foods that had inedible parts (or refuse); and (2) foods acquired in their raw, dry, or unprepared form but that are typically consumed in the cooked or prepared form. We based the methods that we used for these adjustments on previous CNPP and USDA Economic Research Service studies of food and nutrient availability in the U.S. food supply (Kantor 1998; Hiza et al 2008).

1. Adjustments for Refuse

The word *refuse* refers to the inedible parts of food that are discarded before consumption, such as peels, rinds, seeds, skins, bones, cores, and stems. To adjust the food acquisition data so that inedible parts of foods were not included in the weights used to calculate nutrient and food group content, we applied refuse factors (as percentages) that reduced the weight of some foods. This adjustment was also needed because the nutrient and MyPyramid values in FNDDS and MPED are based on the edible portion of the food. Refuse factors were applied to fresh fruits, fresh vegetables, and nuts with shells.¹⁰⁰ We used the SR database to obtain refuse percentages and applied these factors to the weight of the acquired food to represent the amount of food available for consumption.

2. Adjustments for Losses or Gains in Cooking or Preparation

We also made adjustments to food acquisitions to reflect changes in weight due to cooking or other methods of preparation. We applied yield factors to foods acquired in the raw, dry, or unprepared form. The yield factor for some foods, such as dry rice or juice concentrate, accounted for gains in weight due to cooking or preparation. For other foods, such as ground beef or frozen

¹⁰⁰ Other types of food acquisitions also have refuse, including some meats and canned vegetables. For these foods, we applied one yield factor that accounted for both refuse and losses due to cooking or preparation, as described in Section C.2.

green beans, the yield factors accounted for losses in weight due to cooking or preparation. For foods such as raw meat with bone or canned vegetables, the yield factors adjusted for changes in weight due to losses during cooking as well as discarding inedible parts of the food (that is, bone or canning liquid). We applied yield factors (as percentages) to the following types of foods:

- Fresh vegetables not normally eaten raw¹⁰¹
- Frozen and canned vegetables
- Meat, poultry, and fish
- Dry rice, pasta, and similar dry grains; and dry beans or peas
- Powdered and concentrated beverages
- Raw dough and batters

Because no single data source provides yield factors for all types of foods, we used several sources to obtain the yield factors needed to adjust the food acquisition data. The Food Buying Guide for Child Nutrition Programs and the FNDDS were the primary source of yield factors. We also used the USDA Commodity Food Fact Sheets for Schools & Child Nutrition Institutions to obtain yield factors for some donated USDA Foods, and online information for a small number of food acquisitions.

We did not make adjustments for foods or ingredients that might be used in cooking but are not usually consumed (for example, water, salt, and cooking fats), or for amounts of food that might be wasted or spoiled. (School districts were not expected to be able to quantify foods or amounts that were wasted or spoiled across individual schools.) Although we attempted to obtain some information on fats and oils used exclusively for deep frying, the SFPS-III pretest indicated that school districts would not be able to provide the data. Because it was not possible to adjust for these losses, the levels of calories, nutrients, and MyPyramid food groups used in the analysis might be overestimated.

D. Quality Control Procedures

We took several steps to ensure the quality of the nutrition data. An experienced nutrition coder with a Master's degree in Nutrition coded the foods. A nutrition researcher at Mathematica reviewed the coded foods at multiple stages throughout the coding process. During the coding of food acquisitions, the coder flagged and made notes about foods that were difficult to match to a similar food in FNDDS. The nutrition researcher established new coding guidelines as issues arose and met with the coder regularly to discuss the guidelines and resolve other coding issues. When necessary, the nutrition researcher discussed coding guidelines for special cases with Mathematica's senior nutrition researcher. The nutrition researcher trained the coder on all of the special procedures described previously and oversaw their implementation. After coding all foods, we performed several automated quality control checks and resolved any remaining data issues.

¹⁰¹ The decision to adjust only specific fresh vegetables was based on the method used by the Economic Research Service (Kantor 1998; Hiza et al 2008).

E. Creation of Analytic Database for Nutrient and MyPyramid Analysis

After all unique school food acquisitions were coded and checked for accuracy, we merged the foods with the various sources of nutrient and MyPyramid food group data. The data sources included FNDDS, MPED, SR, and the supplementary data files for dry mixes/spices, commercially prepared school foods, and meal component kits. The merged data generated a database of calorie, nutrient, and MyPyramid food group values for each food acquisition on a per-100-gram basis. We then used the total weight of the foods acquired (and, in some cases, the adjusted weight) to compute the nutrients and MyPyramid food groups for the amounts of food acquired by each school district. The final analytic database is a food-level file that includes, for each school district, one observation per food acquisition with the associated nutrient and MyPyramid food group values per amount of food acquired.

F. Sampling and Weighting

SFPS-III was designed to provide national, annual estimates of the quantity and value of food acquisitions by public SFAs that participated in the NSLP during SY 2009–2010. Selecting the sample of SFAs and weighting the sample to be nationally representative involved several steps. This section describes the sampling frame; stratification; selection of SFAs; and the weighting procedures used to create nationally representative, annualized estimates of school food acquisitions. *The source of information about the SFPS-III sampling and weighing procedures is the main study report by Young and colleagues (2012) and additional details are provided there.*

1. Sample Design

The sample frame included all public unified school districts in the contiguous 48 states and District of Columbia that participated in the NSLP. School districts that did not participate in NSLP as well as private schools, charter schools, and other special school types were excluded. The sample frame was obtained from Quality Education Data Inc. (QED). The QED database provided details on student enrollment, participation in the NSLP, participation of food service management companies (FSMCs) in managing school food service, the percentage of students approved for free or reduced-price lunches, and details on school district food service contacts.

Three key factors were considered in the sampling procedure: national representation of SFAs, measurement of annual food acquisitions, and power to detect differences for subgroup analyses. In order to fulfill these requirements, it was decided that a final sample of 400 school districts would be required for the study (Young et al. 2012). Based on the response rate in the previous School Food Purchase Study, conducted in SY 1996–1997, the initial sample for SFPS-III included 600 SFAs.

The sample of SFAs was selected using a modified probability proportional to size (PPS) method, stratifying by the 10 USDA Farm Production Regions and the SFAs' use of an FSMC. Food acquisition data were collected for the entire school year (July 1, 2009, through June 30, 2010) to account for seasonal differences. Because providing information on foods acquired over an entire year would be a large burden, each SFA provided food acquisition data for one quarter (three months) of the school year. To facilitate estimates of total and average annual purchases, SFAs were randomly assigned to one of the four quarters of the school year, with 150 districts in each quarter. The four quarters were defined as follows:

- Quarter 1: July 1 to September 30, 2009
- Quarter 2: October 1 to December 31, 2009

- Quarter 3: January 1 to March 31, 2010
- Quarter 4: April 1 to June 30, 2010

Of the initial sample of 600 SFAs, 408 provided food acquisition data and 416 completed the procurement practices survey for response rates of 68 and 69 percent, respectively.

2. Sample Weights

All analyses of the SFPS-III food acquisition data for the full sample of SFAs were weighted to produce estimates that are nationally representative of school districts participating in the NSLP in SY 2009–2010. The weights adjust for the probabilities of selection and nonresponse and convert the quarterly food acquisition data to annual estimates. Because of slightly different response rates for the food acquisition data and the procurement practices survey, three sets of weights were constructed: one for the 408 SFAs that provided food acquisition data, another for the 416 SFAs that completed the procurement practices survey, and a third for the 404 SFAs that provided both food acquisition and survey data (Young et al. 2012).

Most of the analyses presented in Chapters II, III, and IV of this report used the food acquisition weight. In Chapter IV, we describe HEI-2005 scores for subgroups of SFAs based on demographic and operational characteristics supplied by the procurement practices survey. For these analyses, we used the weight that accounts for the slightly smaller sample of SFAs that provided both sets of data. We also conducted analyses for a subsample of SFAs ($n = 128$) that provided information on food acquisitions used strictly for a la carte sales. None of the analyses for this subsample of SFAs (presented in Chapter V) are weighted; therefore, the estimates cannot be considered nationally representative, nor do they represent food acquisitions for the full year.

Table A.1. School Food Purchase Study- III: Food Classification System

| Food Code | Food Description | Food Group | Food Subgroup |
|------------------|--|--------------------|-------------------------|
| 100058 | Fish, Unbreaded | Fish | Fish |
| 100157 | Fish, Nuggets/Patties, Breaded | Fish | Fish |
| 100256 | Fish, Breaded, w/Cheese | Fish | Fish |
| 101056 | Catfish Fillet/Catfish Nuggets | Fish | Fish |
| 102054 | Pollock Patties/Nuggets, Breaded | Fish | Fish |
| 102153 | Pollock Patties/Nuggets with Cheese | Fish | Fish |
| 102252 | Pollock Fillet | Fish | Fish |
| 103151 | Salmon Patties/Nuggets | Fish | Fish |
| 103259 | Salmon Fillet | Fish | Fish |
| 103341 | Fish, Dried | Fish | Fish |
| 103357 | Fish Cakes/Fish Paste | Fish | Fish |
| 104059 | Seafood, Imitation | Fish | Fish |
| 104158 | Seafood Salad, Imitation | Fish | Shellfish |
| 105057 | Shellfish, Unbreaded | Fish | Shellfish |
| 105156 | Shellfish, Breaded | Fish | Shellfish |
| 105255 | Shellfish Salad | Fish | Shellfish |
| 106014 | Tuna, Fresh | Fish | Fish |
| 106055 | Tuna, Canned | Fish | Fish |
| 106154 | Tuna Salad | Fish | Fish |
| 106254 | Tuna Salad Kit | Fish | Fish |
| 110016 | Dry Beans, Bagged, Miscellaneous | Legumes/nuts/seeds | Dry beans/peas |
| 110024 | Dry Beans, Canned, Miscellaneous | Legumes/nuts/seeds | Dry beans/peas |
| 110032 | Dry Beans, Miscellaneous, Frozen | Legumes/nuts/seeds | Dry beans/peas |
| 110115 | Black-eye Peas/Field Peas/Purple, Bagged | Legumes/nuts/seeds | Dry beans/peas |
| 110123 | Black-eye Peas/Field Peas/Purple, Canned | Legumes/nuts/seeds | Dry beans/peas |
| 110131 | Black-eye Peas/Field Peas/Purple, Frozen | Legumes/nuts/seeds | Dry beans/peas |
| 110222 | Chili Beans, Canned | Legumes/nuts/seeds | Dry beans/peas |
| 110313 | Kidney Beans, Bagged | Legumes/nuts/seeds | Dry beans/peas |
| 110321 | Garbanzo Beans/Chick Peas, Canned | Legumes/nuts/seeds | Dry beans/peas |
| 110412 | Lima Beans, Bagged | Legumes/nuts/seeds | Dry beans/peas |
| 110429 | Kidney Beans, Canned | Legumes/nuts/seeds | Dry beans/peas |
| 110511 | Pinto Beans, Bagged | Legumes/nuts/seeds | Dry beans/peas |
| 110528 | Lima Beans, Canned | Legumes/nuts/seeds | Dry beans/peas |
| 110536 | Lima Beans, Frozen | Legumes/nuts/seeds | Dry beans/peas |
| 110627 | Pinto Beans, Canned | Legumes/nuts/seeds | Dry beans/peas |
| 111022 | Refried Beans, Canned | Legumes/nuts/seeds | Dry beans/peas |
| 111047 | Refried Beans, Dried | Legumes/nuts/seeds | Dry beans/peas |
| 111352 | Egg Rolls, Vegetarian | Grain products | Mixtures with grain |
| 112029 | Pork and Beans, Canned | Legumes/nuts/seeds | Dry beans/peas |
| 112128 | Vegetarian Beans, Canned | Legumes/nuts/seeds | Dry beans/peas |
| 113051 | Vegetarian Burger | Legumes/nuts/seeds | Soybeans & soy products |
| 113159 | Vegetarian Sausage | Legumes/nuts/seeds | Soybeans & soy products |
| 113357 | Vegetarian Chix | Legumes/nuts/seeds | Soybeans & soy products |
| 114058 | Hummus | Legumes/nuts/seeds | Dry beans/peas |
| 120015 | Egg, Fresh | Eggs | Eggs |
| 120031 | Egg, Raw, No Shells | Eggs | Eggs |
| 120048 | Egg, Dry | Eggs | Eggs |
| 120133 | Egg, Raw, with Milk | Eggs | Mixtures with eggs |
| 120155 | Egg, Hard Cooked | Eggs | Eggs |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|---|------------|--------------------|
| 120254 | Egg Whites/Egg Substitute | Eggs | Eggs |
| 121054 | Egg Patties, Cooked | Eggs | Mixtures with eggs |
| 121153 | Egg Patties w/Cheese | Eggs | Mixtures with eggs |
| 121259 | Egg Patties with Cheese&Meat | Eggs | Mixtures with eggs |
| 122052 | Egg Entree, Crust/Cheese/Meat | Eggs | Mixtures with eggs |
| 122151 | Egg Entree, Crust/Cheese | Eggs | Mixtures with eggs |
| 122358 | Egg Entree, with Crust | Eggs | Mixtures with eggs |
| 123059 | Egg Salad | Eggs | Mixtures with eggs |
| 140054 | Beef, Ground | Red meats | Beef & veal |
| 140153 | Beef, Ground, Cooked | Red meats | Beef & veal |
| 140252 | Beef, Patties, Raw | Red meats | Beef & veal |
| 140351 | Beef, Patties, Cooked | Red meats | Beef & veal |
| 140657 | Meatballs/Meatloaf/Salisbury Stk, No Sce | Red meats | Beef & veal |
| 141052 | Wafer Steaks | Red meats | Beef & veal |
| 141127 | Beef, Canned | Red meats | Beef & veal |
| 141259 | Beef, Cuts, Raw | Red meats | Beef & veal |
| 141358 | Beef, Roasts, Cooked/Deli Meat | Red meats | Beef & veal |
| 141457 | Corned Beef/Pastrami | Red meats | Beef & veal |
| 141559 | Cubed Steak | Red meats | Beef & veal |
| 141657 | Beef Fajita Strips | Red meats | Beef & veal |
| 142141 | Beef Jerkey/Slim Jims/Dried Beef | Red meats | Beef & veal |
| 143057 | Hot Dogs, Beef | Red meats | Beef & veal |
| 144055 | Corn Dogs/Nuggets, Beef | Red meats | Beef & veal |
| 144154 | Beef, Breaded, Patties/Nuggets | Red meats | Beef & veal |
| 144256 | Beef,Nuggets or Patties w Sauce or Glaze | Red meats | Beef & veal |
| 145053 | Beef Barbeque/Sloppy Joes | Red meats | Beef & veal |
| 146051 | Lunchmeat/Bologna, Beef | Red meats | Beef & veal |
| 148056 | Beef Ribettes | Red meats | Beef & veal |
| 149059 | Beef, Organs | Red meats | Beef & veal |
| 150053 | Chicken, Whole, Raw | Poultry | Chicken |
| 150152 | Chicken, Cut up/Parts, Raw | Poultry | Chicken |
| 150251 | Chicken, Rotisserie | Poultry | Chicken |
| 150359 | Chicken, Parts, Breaded, Raw | Poultry | Chicken |
| 150458 | Chicken Roll | Poultry | Chicken |
| 150557 | Chicken, Parts, Breaded, Cooked | Poultry | Chicken |
| 151258 | Chicken, Parts, Boneless, Raw | Poultry | Chicken |
| 151357 | Chicken, Pulled or Diced | Poultry | Chicken |
| 151456 | Chicken, Ground | Poultry | Chicken |
| 151555 | Chicken,Grill Strips/Patties,Dark/White,Mixed | Poultry | Chicken |
| 151654 | Chicken,Grill Strips/Patties,White Meat | Poultry | Chicken |
| 151757 | Chicken,Grill Strips/Patties,Dark/White Mix,U | Poultry | Chicken |
| 151858 | Chicken Grill Strips/Patties,Dark Meat | Poultry | Chicken |
| 151955 | Chicken Sausage | Poultry | Chicken |
| 152058 | Chicken, Patties, Breaded, Mixed Meat | Poultry | Chicken |
| 152157 | Chicken, Patties, Breaded, White Meat | Poultry | Chicken |
| 152256 | Chicken, Patties, White/dark Meat, Unkn | Poultry | Chicken |
| 153056 | Chicken, Nuggets, Mixed Meat | Poultry | Chicken |
| 153155 | Chicken, Nuggets, White Meat | Poultry | Chicken |
| 153254 | Chicken, Nuggets, White/dark Mix, | Poultry | Chicken |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|--|------------|---------------|
| | Unknow | | |
| 154021 | Chicken, Canned | Poultry | Chicken |
| 156158 | Hot Dogs, Chicken | Poultry | Chicken |
| 156257 | Corn Dogs/Nuggets, Chicken | Poultry | Chicken |
| 156752 | Chicken Barbeque | Poultry | Chicken |
| 156851 | Chicken, Organ Meats | Poultry | Chicken |
| 156959 | Chicken Salad | Poultry | Recipe mix |
| 157057 | Chicken Breast, Specialty | Poultry | Chicken |
| 158058 | Baby Food, Poultry | Poultry | Mixed poultry |
| 158155 | Chicken Nuggets/Patties w Sauce or Glaze | Poultry | Chicken |
| 158253 | Chicken Salad Kit | Poultry | Recipe mix |
| 160028 | Pork, Canned(Include Spam) | Red meats | Pork |
| 160052 | Pork, Ground, Uncooked | Red meats | Pork |
| 160151 | Pork, Sausage, Uncooked | Red meats | Pork |
| 160259 | Pork, Sausage, Cooked | Red meats | Pork |
| 160358 | Pork, Cuts, Boneless, Raw | Red meats | Pork |
| 160457 | Pork Roll | Red meats | Pork |
| 161059 | Ham,Boneless/Canadian Bacon | Red meats | Pork |
| 161158 | Ham Patties | Red meats | Pork |
| 161257 | Ham Shanks/Hocks | Red meats | Pork |
| 161356 | Ham Salad | Red meats | Pork |
| 162057 | Pork Ribettes | Red meats | Pork |
| 162156 | Pork Barbeque | Red meats | Pork |
| 163055 | Bacon, Uncooked | Red meats | Pork |
| 163154 | Bacon, Cooked | Red meats | Pork |
| 164053 | Pork,Shredded/Crumbles/Seasoned,Ckd | Red meats | Pork |
| 165051 | Pork, Breaded | Red meats | Pork |
| 166058 | Sausage in Batter/Blanket | Red meats | Pork |
| 166253 | Sausage and Biscuit | Red meats | Pork |
| 167056 | Pork/Ham, Cuts, Bone-in | Red meats | Pork |
| 168353 | Pork, Nuggets/Patties w/Glaze or Sauce | Red meats | Pork |
| 170051 | Turkey, Whole | Poultry | Turkey |
| 170159 | Turkey, Parts, Raw, Bone-in | Poultry | Turkey |
| 170258 | Turkey, Boneless, Parts | Poultry | Turkey |
| 170357 | Turkey Rolls | Poultry | Turkey |
| 170456 | Turkey Breasts | Poultry | Turkey |
| 170555 | Turkey, Mixed Roasts | Poultry | Turkey |
| 170654 | Turkey, Pulled/Sliced/Diced/Deli Meat | Poultry | Turkey |
| 170753 | Turkey, Ground | Poultry | Turkey |
| 170854 | Turkey, Patties/Nuggets | Poultry | Turkey |
| 170951 | Turkey Sausage | Poultry | Turkey |
| 171058 | Lunchmeat, Turkey | Poultry | Turkey |
| 171157 | Turkey Ham/Turkey Canadian Bacon | Poultry | Turkey |
| 172056 | Hot Dogs, Turkey | Poultry | Turkey |
| 173054 | Bacon, Turkey | Poultry | Turkey |
| 174052 | Corn Dogs/Nuggets, Turkey | Poultry | Turkey |
| 175051 | Turkey with Gravy | Poultry | Turkey |
| 176057 | Turkey BBQ/Sloppy Joes/Taco Filling | Poultry | Turkey |
| 181057 | Buffalo, Ground | Red meats | Buffalo |
| 182055 | Game Birds | Poultry | Game birds |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|--------------------------------------|-----------------|----------------------|
| 183053 | Veal Patties, Breaded | Red meats | Beef & veal |
| 184051 | Mixed Meats,Beef and Veal | Red meats | Beef & veal |
| 185058 | Lamb, Retail Cuts | Red meats | Lamb |
| 190058 | Lunchmeat/Bologna, All Meat | Red meats | Mixed meats |
| 190157 | Hot Dogs, All Meat | Red meats | Mixed meats |
| 190256 | Smoked Sausage | Red meats | Mixed meats |
| 190355 | Smoked Sausage w/Cheese | Red meats | Mixed meats |
| 190454 | Hot Dog w/Chili | Red meats | Mixed meats |
| 190553 | Corn Dogs/Nuggets, All Meat | Red meats | Mixed meats |
| 190652 | Pepperoni | Red meats | Mixed meats |
| 191353 | Meat Mixtures, Miscellaneous | Red meats | Recipe mix |
| 191456 | Mixed Meats,Beef & Chicken, Ckd | Red meats | Mixed meats |
| 191551 | Mixed Meats, Beef & Turkey, Ckd | Red meats | Mixed meats |
| 192054 | Gyro Strips | Red meats | Mixed meats |
| 194059 | Baby Food, Meat | Red meats | Mixed meats |
| 195156 | Gravy | Soups & gravies | Gravies |
| 200015 | Apples, Fresh | Fruits/juices | Fruits |
| 200023 | Apples, Canned | Fruits/juices | Fruits |
| 200031 | Apples, Frozen | Fruits/juices | Fruits |
| 200048 | Apples, Dry | Fruits/juices | Fruits |
| 200056 | Apple Butter | Fruits/juices | Fruits |
| 200073 | Apples, Fresh, Individual | Fruits/juices | Fruits |
| 200122 | Applesauce, Unsweetened | Fruits/juices | Fruits |
| 200171 | Applesauce, Individual, Unsweetened | Fruits/juices | Fruits |
| 200221 | Pie Filling, Apple | Sugar/desserts | Puddings/pie filling |
| 200254 | Apple Juice, Single Strength, Bulk | Fruits/juices | Juices |
| 200279 | Apple Juice, Individual | Fruits/juices | Juices |
| 200353 | Apple Juice, Concentrate | Fruits/juices | Juices |
| 200452 | Apple Rings | Fruits/juices | Fruits |
| 200529 | Applesauce, Canned, Sweetened | Fruits/juices | Fruits |
| 200574 | Applesauce, Individual, Sweetened | Fruits/juices | Fruits |
| 200659 | Apple Cider | Fruits/juices | Juices |
| 200758 | Apples, Caramel | Fruits/juices | Fruits |
| 202011 | Apricots, Fresh | Fruits/juices | Fruits |
| 202028 | Apricots, Canned, Syrup Pack Unknown | Fruits/juices | Fruits |
| 202033 | Apricots, Frozen | Fruits/juices | Fruits |
| 202044 | Apricots, Dry | Fruits/juices | Fruits |
| 202226 | Apricots, Canned, Light Syrup | Fruits/juices | Fruits |
| 202325 | Apricots, Canned, Juice Pack | Fruits/juices | Fruits |
| 203018 | Avocado, Fresh | Fruits/juices | Fruits |
| 203117 | Guacamole | Fruits/juices | Fruits |
| 204016 | Bananas, Fresh | Fruits/juices | Fruits |
| 204024 | Bananas, Canned | Fruits/juices | Fruits |
| 204032 | Bananas, Frozen | Fruits/juices | Fruits |
| 204049 | Bananas, Dried/Dehydrated | Fruits/juices | Fruits |
| 204115 | Plantains, Fresh | Fruits/juices | Fruits |
| 204131 | Plantains, Frozen | Fruits/juices | Fruits |
| 205014 | Blackberries, Fresh | Fruits/juices | Fruits |
| 205039 | Blackberries, Frozen | Fruits/juices | Fruits |
| 206012 | Blueberries, Fresh | Fruits/juices | Fruits |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|--|------------------|----------------------|
| 206029 | Blueberries, Canned | Fruits/juices | Fruits |
| 206037 | Blueberries, Frozen | Fruits/juices | Fruits |
| 206044 | Blueberries, Dry/Dehydrated | Fruits/juices | Fruits |
| 206128 | Pie Filling, Blueberry | Sugar/desserts | Puddings/pie filling |
| 210014 | Cherries, Fresh | Fruits/juices | Fruits |
| 210022 | Cherries, Tart, Canned | Fruits/juices | Fruits |
| 210039 | Cherries, Red Tart, Frozen | Fruits/juices | Fruits |
| 210047 | Cherries, Tart, Dry | Fruits/juices | Fruits |
| 210121 | Cherries, Sweet, Canned | Fruits/juices | Fruits |
| 210229 | Cherries, Maraschino, Canned | Fruits/juices | Fruits |
| 210237 | Cherries, Sweet, Frozen | Fruits/juices | Fruits |
| 210328 | Pie Filling, Cherry | Sugar/desserts | Puddings/pie filling |
| 211012 | Coconut, Fresh | Fruits/juices | Fruits |
| 211022 | Coconut Milk | Fruits/juices | Juices |
| 211045 | Coconut, Dry | Fruits/juices | Fruits |
| 212019 | Cranberries, Fresh | Fruits/juices | Fruits |
| 212035 | Cranberries, Frozen | Fruits/juices | Fruits |
| 212043 | Cranberries, Dry | Fruits/juices | Fruits |
| 212159 | Cranberry, Juice, Single Strength Cocktl | Non-dairy drinks | Fruit drinks |
| 212258 | Cranberry Juice, Concentrate | Non-dairy drinks | Fruit drinks |
| 212357 | Cranberry Sauce | Fruits/juices | Fruits |
| 214048 | Dates | Fruits/juices | Fruits |
| 216044 | Figs | Fruits/juices | Fruits |
| 222018 | Grapefruit, Fresh | Fruits/juices | Fruits |
| 222026 | Grapefruit, Canned | Fruits/juices | Fruits |
| 222158 | Grapefruit Juice, Concentrate | Fruits/juices | Juices |
| 222257 | Grapefruit Juice, Single Strength, Bulk | Fruits/juices | Juices |
| 222273 | Grapefruit Juice, Individual | Fruits/juices | Juices |
| 223011 | Guava | Fruits/juices | Fruits |
| 223157 | Guava Nectar | Fruits/juices | Juices |
| 224014 | Grapes, Fresh | Fruits/juices | Fruits |
| 224077 | Grapes, Fresh, Individual | Fruits/juices | Fruits |
| 224154 | Grape Juice, Concentrate | Fruits/juices | Juices |
| 224253 | Grape Juice, Single Strength, Bulk | Fruits/juices | Juices |
| 224278 | Grape Juice, Individual | Fruits/juices | Juices |
| 225012 | Jicama | Fruits/juices | Fruits |
| 226019 | Kiwi | Fruits/juices | Fruits |
| 226118 | Kumquats | Fruits/juices | Fruits |
| 227017 | Lemons, Fresh | Fruits/juices | Fruits |
| 227157 | Lemon Juice | Fruits/juices | Juices |
| 227355 | Lemonade, Concentrate | Non-dairy drinks | Fruit drinks |
| 227454 | Lemonade, Single Strength Bulk | Non-dairy drinks | Fruit drinks |
| 227479 | Lemonade, Individual | Non-dairy drinks | Fruit drinks |
| 227751 | Lemon Extract | Condiments | Flavorings |
| 227859 | Pie Filling, Lemon | Sugar/desserts | Puddings/pie filling |
| 228015 | Limes, Fresh | Fruits/juices | Fruits |
| 228155 | Lime Juice, Single Strength | Fruits/juices | Juices |
| 229013 | Mangoes, Fresh | Fruits/juices | Fruits |
| 229038 | Mango, Frozen | Fruits/juices | Fruits |
| 229047 | Mangoes, Dried | Fruits/juices | Fruits |

| Food Code | Food Description | Food Group | Food Subgroup |
|------------------|---------------------------------------|-------------------|----------------------|
| 230012 | Melons, Watermelons | Fruits/juices | Fruits |
| 230037 | Melons, Frozen | Fruits/juices | Fruits |
| 230111 | Melons, Cantaloupes | Fruits/juices | Fruits |
| 230219 | Melons, Honeydew | Fruits/juices | Fruits |
| 230318 | Melons, Other | Fruits/juices | Fruits |
| 231019 | Mineolas, Fresh | Fruits/juices | Fruits |
| 232017 | Nectarines, Fresh | Fruits/juices | Fruits |
| 233015 | Oranges, Fresh | Fruits/juices | Fruits |
| 233023 | Oranges, Peeled/Sectioned | Fruits/juices | Fruits |
| 233056 | Orange Juice, Concentrate | Fruits/juices | Juices |
| 233112 | Oranges, Mandarin, Fresh | Fruits/juices | Fruits |
| 233122 | Oranges, Mandarin, Canned | Fruits/juices | Fruits |
| 233155 | Orange Juice, Single Strength, | Fruits/juices | Juices |
| 233171 | Orange Juice, Individual | Fruits/juices | Juices |
| 233177 | Oranges, Mandarin, Individual | Fruits/juices | Fruits |
| 234013 | Peaches, Fresh | Fruits/juices | Fruits |
| 234021 | Peaches, Canned, Syrup Pack Unknown | Fruits/juices | Fruits |
| 234038 | Peaches, Frozen | Fruits/juices | Fruits |
| 234079 | Peaches, Individual Serving | Fruits/juices | Fruits |
| 234228 | Peaches, Canned, Light Syrup | Fruits/juices | Fruits |
| 234252 | Pie Filling, Peach | Sugar/desserts | Puddings/pie filling |
| 234327 | Peaches, Canned, Juice Pack | Fruits/juices | Fruits |
| 234521 | Peaches, Canned, Water Pack | Fruits/juices | Fruits |
| 236018 | Papayas | Fruits/juices | Fruits |
| 238014 | Pears, Fresh | Fruits/juices | Fruits |
| 238022 | Pears, Canned, Syrup Pack Unknown | Fruits/juices | Fruits |
| 238071 | Pears, Canned, Individual | Fruits/juices | Fruits |
| 238229 | Pears, Canned, Light Syrup | Fruits/juices | Fruits |
| 238328 | Pears, Canned, Juice Pack | Fruits/juices | Fruits |
| 240011 | Pineapple, Fresh | Fruits/juices | Fruits |
| 240028 | Pineapple, Canned, Syrup Pack Unknown | Fruits/juices | Fruits |
| 240037 | Pineapple, Frozen | Fruits/juices | Fruits |
| 240044 | Pineapple, Dry | Fruits/juices | Fruits |
| 240077 | Pineapple, Canned, Individual | Fruits/juices | Fruits |
| 240127 | Pineapple, Canned, Heavy Syrup | Fruits/juices | Fruits |
| 240151 | Pineapple Juice, Concentrate | Fruits/juices | Juices |
| 240226 | Pineapple, Canned, Light Syrup | Fruits/juices | Fruits |
| 240259 | Pineapple Juice, Single Streng | Fruits/juices | Juices |
| 240275 | Pineapple Juice, Individual | Fruits/juices | Juices |
| 240325 | Pineapple, Canned, Juice Pack | Fruits/juices | Fruits |
| 241016 | Pluot, Fresh | Fruits/juices | Fruits |
| 242016 | Plums, Fresh | Fruits/juices | Fruits |
| 243154 | Prune Juice, Single Strength, Bulk | Fruits/juices | Juices |
| 243179 | Prune Juice, Individual | Fruits/juices | Juices |
| 243423 | Plums, Canned, Water Pack | Fruits/juices | Fruits |
| 244012 | Pomegranates, Fresh | Fruits/juices | Fruits |
| 245043 | Raisins, Bulk | Fruits/juices | Fruits |
| 245076 | Raisins, Individual Pack | Fruits/juices | Fruits |
| 246017 | Raspberries, Fresh | Fruits/juices | Fruits |
| 246025 | Raspberries, Canned | Fruits/juices | Fruits |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|--|------------------|-------------------------------|
| 246033 | Raspberries, Frozen | Fruits/juices | Fruits |
| 247015 | Rhubarb, Fresh | Fruits/juices | Fruits |
| 247031 | Rhubarb, Frozen | Fruits/juices | Fruits |
| 250019 | Starfruit | Fruits/juices | Fruits |
| 251017 | Strawberries, Fresh | Fruits/juices | Fruits |
| 251033 | Strawberries, Frozen | Fruits/juices | Fruits |
| 251075 | Strawberries, Individual Serv | Fruits/juices | Fruits |
| 252015 | Tangeloes, Fresh | Fruits/juices | Fruits |
| 253013 | Tangerines, Fresh | Fruits/juices | Fruits |
| 260034 | Fruit Juice, Bars, Frozen | Fruits/juices | Juices |
| 260059 | Fruit Juice,Mixed Fruit,Single Strength,Bulk | Fruits/juices | Juices |
| 260075 | Fruit Juice, Mixed, Individual | Fruits/juices | Juices |
| 260158 | Fruit Juice, Mixed Fruit, Concentrate | Fruits/juices | Juices |
| 260233 | Popsicles/Fruit Ices | Sugar/desserts | Sherbet/ices |
| 260258 | Fruit Drinks, Single Strength | Non-dairy drinks | Fruit drinks |
| 260274 | Fruit Drinks, Individual | Non-dairy drinks | Fruit drinks |
| 260357 | Fruit Drink, Concentrate | Non-dairy drinks | Fruit drinks |
| 260447 | Fruit Drink Mix, Dry, w/Sugar | Non-dairy drinks | Dry beverage |
| 260458 | Fruit Juice, Other | Fruits/juices | Juices |
| 260477 | Fruit Juice, Other, Individual | Fruits/juices | Juices |
| 260546 | Fruit Drink Mix, Dry, w/Artificial Sweet | Non-dairy drinks | Dry beverage |
| 260653 | Jams/Jellies, Bulk | Sugar/desserts | Jellies, jams & preserves |
| 260678 | Jams/Jellies, Individual | Sugar/desserts | Jellies, jams & preserves |
| 260752 | Fruit Rolls/Snacks | Fruits/juices | Fruits |
| 260851 | Pies or Cobblers, Fruit, Whole | Bakery products | Cakes & other bakery desserts |
| 260876 | Pies/Tarts/Turnovers, Fruit, Individual | Bakery products | Cakes & other bakery desserts |
| 260959 | Baby Food, Fruit | Fruits/juices | Fruits |
| 261016 | Mixed Fruit, Fresh | Fruits/juices | Fruits |
| 261024 | Mixed Fruit, Canned, Syrup Pack Unknown | Fruits/juices | Fruits |
| 261032 | Mixed Fruit, Frozen | Fruits/juices | Fruits |
| 261041 | Mixed Fruit,Dry/Dehydrated | Fruits/juices | Fruits |
| 261222 | Mixed Fruit, Canned, Light Syrup | Fruits/juices | Fruits |
| 261270 | Mixed Fruit, Individual | Fruits/juices | Fruits |
| 262229 | Mixed Fruit, Canned, Juice Pack | Fruits/juices | Fruits |
| 262324 | Mixed Fruit, Canned, Water Pack | Fruits/juices | Fruits |
| 263227 | Mixed Fruit, Tropical | Fruits/juices | Fruits |
| 264059 | Salad, Fruit, Specialty, Other | Fruits/juices | Fruits |
| 265058 | Fruit, Breaded | Fruits/juices | Fruits |
| 266056 | Mixed Fruit, Citrus Salad | Fruits/juices | Fruits |
| 268019 | Tropical Fruit, Fresh | Fruits/juices | Fruits |
| 300013 | Asparagus, Fresh | Vegetables | Green vegetables |
| 300038 | Asparagus, Frozen | Vegetables | Green vegetables |
| 301011 | Artichoke, Fresh | Vegetables | Green vegetables |
| 301028 | Artichokes, Canned | Vegetables | Green vegetables |
| 302018 | Bean Sprouts, Fresh | Vegetables | Green vegetables |
| 302026 | Bean Sprouts, Canned | Vegetables | Green vegetables |
| 304014 | Green Beans, Fresh | Vegetables | Green vegetables |
| 304022 | Green Beans, Canned | Vegetables | Green vegetables |
| 304039 | Green Beans, Frozen | Vegetables | Green vegetables |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|---------------------------------------|---------------|--------------------------|
| 308023 | Wax Beans, Canned | Vegetables | Yellow vegetables |
| 310012 | Beets, Fresh | Vegetables | Other vegetables |
| 310029 | Beets, Canned | Vegetables | Other vegetables |
| 314013 | Broccoli, Fresh | Vegetables | Green vegetables |
| 314038 | Broccoli, Frozen | Vegetables | Green vegetables |
| 314117 | Broccoli Florettes | Vegetables | Green vegetables |
| 314137 | Broccoli w/Cheese | Vegetables | Mixtures with vegetables |
| 316018 | Brussel Sprouts, Fresh | Vegetables | Green vegetables |
| 316034 | Brussel Sprouts, Frozen | Vegetables | Green vegetables |
| 318014 | Cabbage, Head | Vegetables | Green vegetables |
| 318022 | Sauerkraut | Vegetables | Other vegetables |
| 318113 | Cabbage, Shredded | Vegetables | Green vegetables |
| 318212 | Cabbage, Shredded w/Other Veg. | Vegetables | Mixed vegetables |
| 318352 | Cole Slaw | Vegetables | Mixtures with vegetables |
| 320011 | Carrots, Fresh | Vegetables | Yellow vegetables |
| 320028 | Carrots, Canned | Vegetables | Yellow vegetables |
| 320036 | Carrots, Frozen | Vegetables | Yellow vegetables |
| 320077 | Carrots, Individual Serving, Fresh | Vegetables | Yellow vegetables |
| 320085 | Carrot Juice | Fruits/juices | Juices |
| 320119 | Carrots Sticks/Baby Carrots/Shrd,Bulk | Vegetables | Yellow vegetables |
| 320178 | Carrots w/dip, individual pack | Vegetables | Yellow vegetables |
| 322016 | Cauliflower, Heads | Vegetables | Other vegetables |
| 322032 | Cauliflower, Frozen | Vegetables | Other vegetables |
| 322115 | Cauliflower, Florettes | Vegetables | Other vegetables |
| 324012 | Celery, Fresh | Vegetables | Green vegetables |
| 324038 | Celery, Frozen | Vegetables | Green vegetables |
| 324045 | Celery, Dry/Dehydrated | Vegetables | Green vegetables |
| 324111 | Celery Sticks/Diced Celery | Vegetables | Green vegetables |
| 326017 | Chard, Fresh | Vegetables | Green vegetables |
| 327016 | Cilantro | Vegetables | Green vegetables |
| 328013 | Collards, Fresh | Vegetables | Green vegetables |
| 328021 | Collards, Canned | Vegetables | Green vegetables |
| 328038 | Collards, Frozen | Vegetables | Green vegetables |
| 330019 | Corn on the Cob, Fresh | Vegetables | Yellow vegetables |
| 330035 | Corn on the Cob, Frozen | Vegetables | Yellow vegetables |
| 330225 | Corn, Whole Kernel, Canned | Vegetables | Yellow vegetables |
| 330233 | Corn, Whole Kernel, Frozen | Vegetables | Yellow vegetables |
| 330324 | Corn, Creamed, Canned | Vegetables | Yellow vegetables |
| 330332 | Corn, Creamed, Frozen | Vegetables | Yellow vegetables |
| 330423 | Corn, Baby | Vegetables | Yellow vegetables |
| 330654 | Mixed Vegetables, Chuckwagon/Mexican | Vegetables | Mixed vegetables |
| 334011 | Cucumbers, Fresh | Vegetables | Green vegetables |
| 334028 | Pickles | Condiments | Pickles/olives |
| 334127 | Relish, Pickle | Condiments | Pickles/olives |
| 336016 | Eggplant, Fresh | Vegetables | Other vegetables |
| 336338 | Eggplant, Breaded | Vegetables | Mixtures with vegetables |
| 338012 | Kale, Fresh | Vegetables | Green vegetables |
| 338029 | Kale, Canned | Vegetables | Green vegetables |
| 338037 | Kale, Frozen | Vegetables | Green vegetables |
| 340018 | Lettuce, Heads | Vegetables | Green vegetables |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|--------------------------------------|-----------------|------------------------------|
| 340117 | Lettuce, Shredded/Chopped | Vegetables | Green vegetables |
| 340216 | Lettuce, Salad Mix | Vegetables | Mixed vegetables |
| 342014 | Mushrooms, Fresh | Vegetables | Other vegetables |
| 342022 | Mushrooms, Canned | Vegetables | Other vegetables |
| 344019 | Mustard Greens, Fresh | Vegetables | Green vegetables |
| 344027 | Mustard Greens, Canned | Vegetables | Green vegetables |
| 344035 | Mustard Greens, Frozen | Vegetables | Green vegetables |
| 346015 | Okra, Fresh | Vegetables | Green vegetables |
| 346023 | Okra, Canned | Vegetables | Green vegetables |
| 346031 | Okra, Frozen | Vegetables | Green vegetables |
| 346139 | Okra, Breaded | Vegetables | Mixtures with vegetables |
| 347021 | Olives | Condiments | Pickles/olives |
| 347129 | Oil, Olive | Fats/oils | Vegetable oils & shortenings |
| 348011 | Onions, Green, Fresh | Vegetables | Other vegetables |
| 349018 | Onions, Fresh | Vegetables | Other vegetables |
| 349034 | Onions, Frozen | Vegetables | Other vegetables |
| 349042 | Onions, Dried | Vegetables | Other vegetables |
| 349158 | Onion Rings | Vegetables | Mixtures with vegetables |
| 363019 | Parsley, Fresh | Vegetables | Green vegetables |
| 364025 | Peas, Green, Canned | Vegetables | Green vegetables |
| 364033 | Peas, Green, Frozen | Vegetables | Green vegetables |
| 364157 | Peas, Snow/Pods | Vegetables | Green vegetables |
| 364256 | Mixed Vegetables, Peas and Carrots | Vegetables | Mixed vegetables |
| 364355 | Mixed Vegetables, Peas and Onions | Vegetables | Mixed vegetables |
| 366013 | Peppers, Fresh | Vegetables | Green vegetables |
| 366021 | Peppers, Bell, Canned | Vegetables | Green vegetables |
| 366038 | Peppers, Frozen | Vegetables | Green vegetables |
| 366046 | Peppers, Bell, Dry | Vegetables | Green vegetables |
| 366129 | Peppers, Hot or Sweet, Canned | Condiments | Pickles/olives |
| 366144 | Peppers, Hot, Dry | Condiments | Pickles/olives |
| 367028 | Pimentos | Vegetables | Other vegetables |
| 369057 | Root Vegetable, Other | Vegetables | Other vegetables |
| 370015 | Potatoes, Fresh | Vegetables | Potato & potato products |
| 370023 | Potatoes, Canned | Vegetables | Potato & potato products |
| 370031 | Potatoes, Whole/Sliced/Diced, Frozen | Vegetables | Potato & potato products |
| 370048 | Potatoes, Dry | Vegetables | Potato & potato products |
| 370139 | Potatoes, Formed, Frozen | Vegetables | Potato & potato products |
| 370147 | Potatoes, Dry, w/Milk | Vegetables | Potato & potato products |
| 370234 | Potatoes, Fries, Battered | Vegetables | Potato & potato products |
| 370246 | Potatoes, Hash Browns, Dry | Vegetables | Potato & potato products |
| 370278 | Potato, Fries, Individual | Vegetables | Potato & potato products |
| 370353 | Potato, Pierogies | Vegetables | Potato & potato products |
| 370436 | Potatoes, Baked, Frozen | Vegetables | Potato & potato products |
| 370535 | Potatoes, French Fries | Vegetables | Potato & potato products |
| 370633 | Potatoes, Wedges, Frozen | Vegetables | Potato & potato products |
| 370659 | Chips, Potato or Potato Sticks | Bakery products | Pretzels & snack chips |
| 370733 | Potato Skins | Vegetables | Potato & potato products |
| 370832 | Potatoes w/Sauce, Prepared | Vegetables | Potato & potato products |
| 370840 | Potatoes w/ Sauce, Dry | Vegetables | Potato & potato products |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|---|--------------------|----------------------------|
| 370931 | Potatoes, Stuffed | Vegetables | Potato & potato products |
| 370956 | Potatoes, Mashed (Knish) | Vegetables | Potato & potato products |
| 371013 | Pumpkin, Fresh | Vegetables | Yellow vegetables |
| 371021 | Pumpkin, Canned | Vegetables | Yellow vegetables |
| 371129 | Pie Filling, Pumpkin | Sugar/desserts | Puddings/pie filling |
| 371256 | Pumpkin Seeds | Legumes/nuts/seeds | Seeds |
| 372011 | Radishes, Fresh | Vegetables | Other vegetables |
| 373018 | Rutabagas, Fresh | Vegetables | Other vegetables |
| 374016 | Spinach, Fresh | Vegetables | Green vegetables |
| 374024 | Spinach, Canned | Vegetables | Green vegetables |
| 374032 | Spinach, Frozen | Vegetables | Green vegetables |
| 374131 | Spinach, Creamed/Spinach Dip | Vegetables | Mixtures with vegetables |
| 374437 | Spinach Filled Pastry | Vegetables | Mixtures with vegetables |
| 375014 | Alfalfa Sprouts | Vegetables | Other vegetables |
| 376012 | Squash, Fresh | Vegetables | Other vegetables |
| 376029 | Squash, Canned | Vegetables | Yellow vegetables |
| 376037 | Squash, Frozen | Vegetables | Other vegetables |
| 377019 | Sweet Potatoes, Fresh | Vegetables | Yellow vegetables |
| 377027 | Sweet Potatoes, Canned, Pk Unk | Vegetables | Yellow vegetables |
| 377035 | Sweet Potatoes, Frozen | Vegetables | Yellow vegetables |
| 377126 | Sweet Potatoes, Canned, HS | Vegetables | Yellow vegetables |
| 377159 | Sweet Potato, Mashed | Vegetables | Yellow vegetables |
| 377225 | Sweet Potatoes, Canned, Light Syrup | Vegetables | Yellow vegetables |
| 377357 | Sweet Potato Patties | Vegetables | Yellow vegetables |
| 377456 | Sweet Potato Fries | Vegetables | Yellow vegetables |
| 377555 | Potatoes, Medley | Vegetables | Potato & potato products |
| 378017 | Tomatoes, Fresh | Vegetables | Tomatoes & tomato products |
| 378041 | Tomatoes, Dried | Vegetables | Tomatoes & tomato products |
| 378116 | Tomatoes, Cherry or Grape, Fresh | Vegetables | Tomatoes & tomato products |
| 378124 | Tomatoes, Canned | Vegetables | Tomatoes & tomato products |
| 378157 | Tomato Juice, Single Strength, Bulk | Vegetables | Tomatoes & tomato products |
| 378173 | Tomato Juice, Individual | Vegetables | Tomatoes & tomato products |
| 378223 | Tomato Paste, Canned | Vegetables | Tomatoes & tomato products |
| 378322 | Tomato Sauce, Canned | Vegetables | Tomatoes & tomato products |
| 378421 | Catsup or Chili Sauce, Bulk | Condiments | Catsup & other sauces |
| 378470 | Catsup, Individual Pack | Condiments | Catsup & other sauces |
| 378520 | Tomato, Puree | Vegetables | Tomatoes & tomato products |
| 378553 | Tomato Recipe Sauce | Vegetables | Tomatoes & tomato products |
| 378652 | Tomato Recipe Sauce w/Meat or Mushrooms | Vegetables | Tomatoes & tomato products |
| 378850 | Tomatoes, V-8 Juice | Vegetables | Tomatoes & tomato products |
| 378958 | Salsa | Condiments | Catsup & other sauces |
| 379017 | Tomatillo, Fresh | Vegetables | Tomatoes & tomato products |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|---------------------------------------|-----------------|------------------------------|
| 380014 | Turnips, Fresh | Vegetables | Other vegetables |
| 381029 | Turnip Greens, Canned | Vegetables | Green vegetables |
| 381037 | Turnip Greens, Frozen | Vegetables | Green vegetables |
| 382027 | Water Chestnuts | Vegetables | Other vegetables |
| 382118 | Watercress | Vegetables | Green vegetables |
| 383132 | Mixed Vegetables, Winter Blend | Vegetables | Mixed vegetables |
| 383231 | Mixed Vegetables, Stew or Soup | Vegetables | Mixed vegetables |
| 383330 | Mixed Vegetables, California/Normandy | Vegetables | Mixed vegetables |
| 383438 | Mixed Vegetables, Italian Blend | Vegetables | Mixed vegetables |
| 383537 | Mixed Vegetables, Scandinavian Blend | Vegetables | Mixed vegetables |
| 383636 | Mixed Vegetables, Succotash | Vegetables | Mixed vegetables |
| 383735 | Mixed Vegetables/w Pasta Blend | Vegetables | Mixtures with vegetables |
| 383834 | Mixed Vegetables, Oriental | Vegetables | Mixed vegetables |
| 390013 | Mixed Vegetables, Fresh | Vegetables | Mixed vegetables |
| 390021 | Mixed Vegetables, Canned | Vegetables | Mixed vegetables |
| 390038 | Mixed Vegetables, Frozen | Vegetables | Mixed vegetables |
| 390046 | Mixed Vegetables, Riviera Blend | Vegetables | Mixed vegetables |
| 390054 | Mixed Vegetables, Sicilian Blend | Vegetables | Mixed vegetables |
| 390060 | Mixed Vegetables, Key West Blend | Vegetables | Mixed vegetables |
| 390083 | Mixed Vegetables, Caribbean Blend | Vegetables | Mixed vegetables |
| 390112 | Tropical Vegetables | Vegetables | Mixed vegetables |
| 390153 | Potato Salad, Ready to Eat | Vegetables | Potato & potato products |
| 390252 | Bean Salad, Ready to Eat | Vegetables | Mixtures with vegetables |
| 390351 | Mixed Vegetables, Grilled | Vegetables | Mixed vegetables |
| 390434 | Baby Food, Vegetable | Vegetables | Other vegetables |
| 390533 | Vegetables, Breaded | Vegetables | Mixtures with vegetables |
| 390616 | Vegetable Salad, Specialty | Vegetables | Mixtures with vegetables |
| 391077 | Juice Mixed, Veg&Fruit, Individual | Fruits/juices | Juices |
| 392042 | Nori/Dried Seaweed | Vegetables | Other vegetables |
| 410051 | Corn Meal | Grain products | Flour & other milled grains |
| 410126 | Corn Hominy, Canned | Grain products | Rice, barley & other grains |
| 410258 | Corn Grits | Grain products | Flour & other milled grains |
| 410357 | Corn Syrup | Sugar/desserts | Syrups |
| 410456 | Corn Starch | Grain products | Flour & other milled grains |
| 410555 | Oil, Corn | Fats/oils | Vegetable oils & shortenings |
| 410654 | Chips, Tortilla/Corn | Bakery products | Pretzels & snack chips |
| 410753 | Taco Shells or Taco Bowls | Bakery products | Bread & rolls |
| 420050 | Rolled Oats | Grain products | Breakfast cereals |
| 430058 | Rice, Brown | Grain products | Rice, barley & other grains |
| 430157 | Rice, White | Grain products | Rice, barley & other grains |
| 430256 | Rice, Wild Mix | Grain products | Mixtures with grain |
| 430355 | Rice Recipe Mix (Pilaf, Spanish) | Grain products | Mixtures with grain |
| 430454 | Rice Cakes | Bakery products | Pretzels & snack chips |
| 430553 | Rice and Beans | Grain products | Mixtures with grain |
| 430651 | Rice, Fried | Grain products | Mixtures with grain |
| 430751 | Rice Milk | Grain products | Rice, barley & other |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|--------------------------------|--------------------|---------------------------------------|
| | | | grains |
| 440057 | Vegetable protein product | Legumes/nuts/seeds | Soybeans & soy products |
| 440156 | Cheese Substitute | Legumes/nuts/seeds | Soybeans & soy products |
| 440255 | Oil, Soybean | Fats/oils | Vegetable oils & shortenings |
| 440354 | Shortening, Soybean | Fats/oils | Vegetable oils & shortenings |
| 440552 | Bacon Bits, Imitation | Legumes/nuts/seeds | Soybeans & soy products |
| 440651 | Tofu | Legumes/nuts/seeds | Soybeans & soy products |
| 440759 | Soy Sauce | Condiments | Flavorings |
| 440852 | Milk, Soy | Legumes/nuts/seeds | Soybeans & soy products |
| 440955 | Soybeans | Legumes/nuts/seeds | Soybeans & soy products |
| 450056 | Flour, All Purpose | Grain products | Flour & other milled grains |
| 450155 | Flour, Whole Wheat | Grain products | Flour & other milled grains |
| 450452 | Flour, Bread | Grain products | Flour & other milled grains |
| 450551 | Flour, Self-Rising | Grain products | Flour & other milled grains |
| 450659 | Stuffing Mix | Grain products | Mixtures with grain |
| 450758 | Crumbs/Breading Mix | Grain products | Mixtures with grain |
| 450857 | Cereal, Cream of Wheat/Farina | Grain products | Breakfast cereals |
| 452052 | Pasta, Dry | Grain products | Pasta & noodles |
| 452151 | Pasta, Refrigerated or Frozen | Grain products | Pasta & noodles |
| 452259 | Pasta, Chinese Noodles | Grain products | Pasta & noodles |
| 453059 | Bulgar | Grain products | Rice, barley & other grains |
| 453158 | Couscous | Grain products | Rice, barley & other grains |
| 454453 | Vinegar | Condiments | Flavorings |
| 455055 | Tortillas, Flour | Bakery products | Bread & rolls |
| 455154 | Croutons and Bread Sticks | Bakery products | Crackers |
| 455253 | Bread/Biscuit/Pastry Dough | Bakery products | Bread & rolls |
| 455352 | Bread/Biscuit Mixes | Grain products | Flour mix |
| 455451 | Cake/Brownie Mixes | Grain products | Flour mix |
| 455559 | Cookie Dough | Bakery products | Cakes & other bakery desserts |
| 455658 | Cookie Mix | Grain products | Flour mix |
| 455757 | Ice Cream Cones | Bakery products | Cakes & other bakery desserts |
| 455851 | Muffin Batter | Bakery products | Bread & rolls |
| 455852 | Cinnamon Rolls/Honey Bun | Bakery products | Biscuits, muffins, pancakes & waffles |
| 455956 | Muffin Mix | Grain products | Flour mix |
| 456053 | Bread, White | Bakery products | Bread & rolls |
| 456152 | Bread, French/Sourdough | Bakery products | Bread & rolls |
| 456251 | Bread, Whole Wheat/Whole Grain | Bakery products | Bread & rolls |
| 456257 | Bread, Wheat | Bakery products | Bread & rolls |
| 456359 | Bread, Raisin | Bakery products | Bread & rolls |
| 456458 | Bread, Pita | Bakery products | Bread & rolls |
| 456557 | Bread, Sweetened | Bakery products | Bread & rolls |
| 456656 | Bread, Type Unspecified | Bakery products | Bread & rolls |
| 456755 | Bread w/Cheese | Bakery products | Bread & rolls |

| Food Code | Food Description | Food Group | Food Subgroup |
|------------------|--|-------------------|---------------------------------------|
| 456854 | Garlic Bread | Bakery products | Bread & rolls |
| 456953 | Bread, Other | Bakery products | Bread & rolls |
| 457051 | Bagels | Bakery products | Bread & rolls |
| 457159 | Bagels with Filling | Bakery products | Bread & rolls |
| 457258 | Biscuits | Bakery products | Biscuits, muffins, pancakes & waffles |
| 457357 | Hamburger, Hot Dog Buns, Steak, Sub & Dinner Rls | Bakery products | Bread & rolls |
| 457456 | English Muffins | Bakery products | Biscuits, muffins, pancakes & waffles |
| 457555 | Muffins | Bakery products | Biscuits, muffins, pancakes & waffles |
| 457654 | Danish | Bakery products | Biscuits, muffins, pancakes & waffles |
| 457753 | Donuts/Churros | Bakery products | Biscuits, muffins, pancakes & waffles |
| 457852 | Croissants | Bakery products | Biscuits, muffins, pancakes & waffles |
| 457951 | Croissants, Filled | Bakery products | Biscuits, muffins, pancakes & waffles |
| 458058 | Cookies Bulk | Bakery products | Cakes & other bakery desserts |
| 458074 | Cookies, Individual | Bakery products | Cakes & other bakery desserts |
| 458157 | Crackers, Bulk | Bakery products | Crackers |
| 458173 | Crackers, Individual | Bakery products | Crackers |
| 458256 | Cakes/Brownies, Prepared | Bakery products | Cakes & other bakery desserts |
| 458272 | Cakes/Brownies, Prepared, Individual | Bakery products | Cakes & other bakery desserts |
| 458355 | Granola Bars/Trail Mix | Bakery products | Cakes & other bakery desserts |
| 458454 | Pancakes | Bakery products | Biscuits, muffins, pancakes & waffles |
| 458553 | Waffles | Bakery products | Biscuits, muffins, pancakes & waffles |
| 458652 | French Toast/Sticks/French Toast Bagels | Bakery products | Biscuits, muffins, pancakes & waffles |
| 458751 | Hushpuppies | Bakery products | Biscuits, muffins, pancakes & waffles |
| 458855 | Chips, Misc. Snack (Cheetos, Sun Chips) | Bakery products | Pretzels & snack chips |
| 458950 | Pretzels, Soft | Bakery products | Pretzels & snack chips |
| 458958 | Pretzels | Bakery products | Pretzels & snack chips |
| 459056 | Shells, Pie/Tart/Edibowls | Bakery products | Cakes & other bakery desserts |
| 459155 | Pizza Shells/Pizza Dough | Bakery products | Bread & rolls |
| 459254 | Poptarts | Bakery products | Cakes & other bakery desserts |
| 459353 | Pies, Non Fruit | Bakery products | Cakes & other bakery desserts |
| 459452 | Cereals, Bulk | Grain products | Breakfast cereals |
| 459477 | Cereals, Individual | Grain products | Breakfast cereals |
| 459576 | Cereals, Assorted, Individual | Grain products | Breakfast cereals |
| 459650 | Crumb Shell/Topping Mix | Sugar/desserts | Candies/toppings |
| 459675 | Crackers and Cheese | Bakery products | Crackers |
| 459774 | Crackers and Peanut Butter | Bakery products | Crackers |
| 459857 | Crackers, Graham, Bulk | Bakery products | Crackers |
| 459873 | Crackers, Graham, Individual | Bakery products | Crackers |

| Food Code | Food Description | Food Group | Food Subgroup |
|------------------|---|--------------------|------------------------------|
| 459956 | Cereals, Baby | Grain products | Breakfast cereals |
| 460055 | Peanuts in the Shell | Legumes/nuts/seeds | Peanuts/peanut butter |
| 460154 | Peanuts, Shelled | Legumes/nuts/seeds | Peanuts/peanut butter |
| 460352 | Peanut Butter | Legumes/nuts/seeds | Peanuts/peanut butter |
| 460377 | Peanut Butter, Individual Pack | Legumes/nuts/seeds | Peanuts/peanut butter |
| 460658 | Peanut Granules | Legumes/nuts/seeds | Peanuts/peanut butter |
| 460757 | Oil, Peanut | Fats/oils | Vegetable oils & shortenings |
| 460955 | Peanut Butter and Jelly | Legumes/nuts/seeds | Peanuts/peanut butter |
| 470054 | Popcorn, Unpopped | Grain products | Rice, barley & other grains |
| 470153 | Popcorn, Popped | Grain products | Rice, barley & other grains |
| 470351 | Bread, Pumpernickel/Rye | Bakery products | Bread & rolls |
| 470459 | Barley | Grain products | Rice, barley & other grains |
| 471052 | Oil, Cottonseed | Fats/oils | Vegetable oils & shortenings |
| 471151 | Oil, Canola | Fats/oils | Vegetable oils & shortenings |
| 471259 | Oil, Sunflower | Fats/oils | Vegetable oils & shortenings |
| 471358 | Oil, Vegetable | Fats/oils | Vegetable oils & shortenings |
| 471457 | Shortening, Vegetable | Fats/oils | Vegetable oils & shortenings |
| 471556 | Oil, Spray | Fats/oils | Vegetable oils & shortenings |
| 471655 | Oil, Sesame | Fats/oils | Vegetable oils & shortenings |
| 472059 | Mayonnaise, Bulk | Fats/oils | Salad dressings & mayonnaise |
| 472075 | Mayonnaise, Individual | Fats/oils | Salad dressings & mayonnaise |
| 472158 | Mayonnaise, Bulk, Lite | Fats/oils | Salad dressings & mayonnaise |
| 472174 | Mayonnaise, Individual, Lite | Fats/oils | Salad dressings & mayonnaise |
| 472257 | Salad Dressing, Bulk | Fats/oils | Salad dressings & mayonnaise |
| 472273 | Salad Dressing, Individual | Fats/oils | Salad dressings & mayonnaise |
| 472356 | Salad Dressing, Bulk, Lo Fat or Lite | Fats/oils | Salad dressings & mayonnaise |
| 472372 | Salad Dressing, Individual, Low Fat or Lite | Fats/oils | Salad dressings & mayonnaise |
| 472455 | Salad Dressing Mix | Condiments | Flavorings |
| 472550 | Mayonnaise, Bulk, Fat Free | Fats/oils | Salad dressings & mayonnaise |
| 472751 | Salad Dressing, Bulk, Fat Free | Fats/oils | Salad dressings & mayonnaise |
| 472766 | Mayonnaise, Individual, Fat Free | Fats/oils | Salad dressings & mayonnaise |
| 472879 | Salad Dressing, Individual, Fat Free | Fats/oils | Salad dressings & mayonnaise |
| 473057 | Margarine | Fats/oils | Margarine |
| 473073 | Margarine, Individual | Fats/oils | Margarine |
| 473156 | Margarine/Butter Blend | Fats/oils | Margarine |
| 473179 | Margarine/Butter Blend, Individual | Fats/oils | Margarine |
| 474055 | Tartar Sauce | Condiments | Catsup & other sauces |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|--|-----------------------------|-----------------------------|
| 475053 | Pasta Salad | Grain products | Mixtures with grain |
| 476159 | Nuts (Not Peanuts), Shelled | Legumes/nuts/seeds | Other nuts |
| 477256 | Almond Paste | Legumes/nuts/seeds | Other nuts |
| 478353 | Sunflower Seeds | Legumes/nuts/seeds | Seeds |
| 478455 | Sesame Seeds | Legumes/nuts/seeds | Seeds |
| 478555 | Butter, Legume/nut/seed | Legumes/nuts/seeds | Seeds |
| 479054 | Flours/Starches, Miscellaneous | Grain products | Flour & other milled grains |
| 500059 | Milk, Whole | Milk & other dairy products | Milk |
| 500158 | Milk, Lo Fat, .5% | Milk & other dairy products | Milk |
| 500257 | Milk, Lo Fat, 1% | Milk & other dairy products | Milk |
| 500455 | Milk, Lo Fat, 2% | Milk & other dairy products | Milk |
| 500554 | Milk, Lo Fat, Fat Solids Unkno | Milk & other dairy products | Milk |
| 500653 | Milk, Skim/Nonfat | Milk & other dairy products | Milk |
| 500752 | Milk, Flavored, Whole | Milk & other dairy products | Milk |
| 500851 | Milk, Flavored, Lo Fat, .5% | Milk & other dairy products | Milk |
| 500959 | Milk, Flavored, Lo Fat, 1% | Milk & other dairy products | Milk |
| 501156 | Milk, Flavored, Lo Fat, 2% | Milk & other dairy products | Milk |
| 501255 | Milk, Flavored, Lo Fat, Fat Solids Unkwn | Milk & other dairy products | Milk |
| 501354 | Milk, Flavored, Skim/Nonfat | Milk & other dairy products | Milk |
| 501453 | Milk, Lactose Free | Milk & other dairy products | Milk |
| 501552 | Milk, Acidopholous | Milk & other dairy products | Milk |
| 501651 | Milk, Eggnog | Milk & other dairy products | Milk |
| 501759 | Milk, Buttermilk | Milk & other dairy products | Milk |
| 501858 | Milk, Evaporated | Milk & other dairy products | Milk |
| 501957 | Milk, Condensed Sweetened | Milk & other dairy products | Milk |
| 502055 | Milk, Dry, Non Fat | Milk & other dairy products | Milk |
| 502154 | Milk, Buttermilk, Dry | Milk & other dairy products | Milk |
| 502253 | Cream, Whipping | Milk & other dairy products | Cream |
| 502352 | Cream, Table | Milk & other dairy products | Cream |
| 502451 | Cream, Half and Half | Milk & other dairy products | Cream |
| 502559 | Cream, Whipped | Milk & other dairy products | Cream |
| 502658 | Milk, Dry, Whole | Milk & other dairy products | Milk |
| 503053 | Ice Cream | Milk & other dairy products | Ice cream & ice milk |
| 503152 | Ice Cream Novelties | Milk & other dairy products | Ice cream & ice milk |

| Food Code | Food Description | Food Group | Food Subgroup |
|------------------|------------------------------------|-----------------------------|-------------------------|
| 503251 | Ice Cream Shakes | Milk & other dairy products | Ice cream & ice milk |
| 503359 | Sherbet/Push Ups | Sugar/desserts | Sherbet/ices |
| 503458 | Sorbet | Sugar/desserts | Sherbet/ices |
| 503532 | Yogurt, Frozen | Milk & other dairy products | Yogurt |
| 503557 | Yogurt | Milk & other dairy products | Yogurt |
| 504051 | Sour Cream | Milk & other dairy products | Cream |
| 504159 | Sour Cream, Lo Fat or Lite | Milk & other dairy products | Cream |
| 504258 | Sour Cream, Imitation | Legumes/nuts/seeds | Soybeans & soy products |
| 504351 | Sour Cream, Fat Free | Milk & other dairy products | Cream |
| 505058 | Pudding Mix/ Cheesecake Mix | Sugar/desserts | Puddings/pie filling |
| 505157 | Pudding, Ready to Eat | Sugar/desserts | Puddings/pie filling |
| 505231 | Pudding, Frozen | Sugar/desserts | Puddings/pie filling |
| 505955 | Cheese, Provolone | Milk & other dairy products | Cheese |
| 506056 | Cheese, American/Processed | Milk & other dairy products | Cheese |
| 506155 | Cheese, Cheddar | Milk & other dairy products | Cheese |
| 506254 | Cheese, Cottage/Ricotta | Milk & other dairy products | Cheese |
| 506353 | Cheese, Cream | Milk & other dairy products | Cheese |
| 506452 | Cheese, Feta | Milk & other dairy products | Cheese |
| 506551 | Cheese, Monteray Jack | Milk & other dairy products | Cheese |
| 506659 | Cheese, Mozzarella/String | Milk & other dairy products | Cheese |
| 506758 | Cheese, Parmesan/Romano | Milk & other dairy products | Cheese |
| 506857 | Cheese, Swiss | Milk & other dairy products | Cheese |
| 506956 | Cheese, Miscellaneous | Milk & other dairy products | Cheese |
| 507054 | Butter | Fats/oils | Butter |
| 507153 | Butter Oil | Fats/oils | Butter |
| 508052 | Cheese/Substitute Cheese Blend | Milk & other dairy products | Cheese |
| 508259 | Cheese Food | Milk & other dairy products | Cheese |
| 508358 | Cheese Sauce or Soup, Ready to Use | Milk & other dairy products | Cheese |
| 508457 | Cheese Sauce, Mix | Milk & other dairy products | Cheese |
| 508556 | Cheese, Breaded | Milk & other dairy products | Cheese |
| 509059 | Baby Formula, Milk Based | Milk & other dairy products | Milk |
| 509158 | Baby Formula, Soy Based | Legumes/nuts/seeds | Soybeans & soy products |
| 513033 | Ice Milk | Milk & other dairy products | Ice cream & ice milk |
| 513153 | Ice Milk Novelties | Milk & other dairy products | Ice cream & ice milk |
| 513257 | Yogurt Shakes | Milk & other dairy products | Yogurt |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|--|-----------------------------|-------------------------------|
| 514259 | Shake Mix or Ice Cream Mix | Milk & other dairy products | Ice cream & ice milk |
| 600057 | Sugar, Granulated | Sugar/desserts | Sugars |
| 600156 | Sugar, Confectioner | Sugar/desserts | Sugars |
| 600255 | Sugar, Brown | Sugar/desserts | Sugars |
| 600453 | Syrup, Real Maple | Sugar/desserts | Syrups |
| 600552 | Syrup, Imitation Flavored | Sugar/desserts | Syrups |
| 600651 | Frosting, Ready to Spread | Sugar/desserts | Candies/toppings |
| 600759 | Frosting Mix or RTW Frosting | Sugar/desserts | Candies/toppings |
| 600858 | Marshmallows | Sugar/desserts | Candies/toppings |
| 600957 | Molasses | Sugar/desserts | Syrups |
| 601055 | Marshmallow Fluff | Sugar/desserts | Candies/toppings |
| 601113 | Sugar Cane, Fresh | Sugar/desserts | Sugars |
| 601154 | Honey, Bulk | Sugar/desserts | Syrups |
| 601179 | Honey, Individual | Sugar/desserts | Syrups |
| 601253 | Cake Mix with Frosting | Bakery products | Cakes & other bakery desserts |
| 601352 | Sodas, Carbonated | Non-dairy drinks | Carbonated |
| 601451 | Sodas, Syrup | Non-dairy drinks | Carbonated |
| 601552 | Gelatin with Fruit | Sugar/desserts | Gelatins |
| 601658 | Whipped Topping | Milk & other dairy products | Milk |
| 601757 | Gelatin, Dry | Sugar/desserts | Gelatins |
| 601856 | Gelatin, Prepared | Sugar/desserts | Gelatins |
| 601955 | Candy | Sugar/desserts | Candies/toppings |
| 602053 | Baking Chips | Sugar/desserts | Candies/toppings |
| 602152 | Toppings,Ice Cream (Not Syrups) | Sugar/desserts | Candies/toppings |
| 602251 | Tea, Prepared | Non-dairy drinks | Coffee & tea |
| 602350 | Tea, Concentrate | Non-dairy drinks | Coffee & tea |
| 602458 | Flavored Dairy Drink (Yoo-Hoo, Ensure) | Milk & other dairy products | Milk |
| 602551 | Toppings,Ice Cream (Syrups) | Sugar/desserts | Candies/toppings |
| 602658 | Tea Bags/Instant | Non-dairy drinks | Coffee & tea |
| 602753 | Non Dairy Creamer | Non-dairy drinks | Coffee & tea |
| 602854 | Coffee Beans/Ground/Instant | Non-dairy drinks | Coffee & tea |
| 602955 | Coffee, Prepared | Non-dairy drinks | Coffee & tea |
| 603051 | Sweetener, Artificial | Sugar/desserts | Sugars |
| 603157 | Coffee Concentrate | Non-dairy drinks | Coffee & tea |
| 603233 | Cocoa | Condiments | Flavorings |
| 603357 | Chocolate, Baking | Condiments | Flavorings |
| 604157 | Cocoa Mix w/Artificial Sweet & NFDm | Sugar/desserts | Sugars |
| 604256 | Cocoa Mix w/Sugar and NFDm | Sugar/desserts | Sugars |
| 700055 | Soup, Condensed, Tomato | Soups & gravies | Soups |
| 700154 | Soup, Condensed, Chicken | Soups & gravies | Soups |
| 700253 | Soup, Condensed, Vegetable | Soups & gravies | Soups |
| 700352 | Soup, Condensed, Dry Bean | Soups & gravies | Soups |
| 700451 | Soup, Condensed, Cr. of Mushroom | Soups & gravies | Soups |
| 700559 | Soup, Condensed, Miscellaneous | Soups & gravies | Soups |
| 700757 | Soup,Ready to Eat | Soups & gravies | Soups |
| 701054 | Soup, Dry Mix | Soups & gravies | Soups |
| 701152 | Soup,Dry Noodle Mix | Soups & gravies | Soups |
| 702051 | Soup, Chili | Soups & gravies | Soups |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|---|-----------------|------------------------------|
| 703059 | Broth/Stock | Soups & gravies | Soups |
| 800053 | Sauce, Barbeque | Condiments | Catsup & other sauces |
| 800152 | Mustard, Bulk | Condiments | Catsup & other sauces |
| 800177 | Mustard, Individual | Condiments | Catsup & other sauces |
| 800250 | Sauce, Pesto | Condiments | Catsup & other sauces |
| 800359 | Sauce, Steak | Condiments | Catsup & other sauces |
| 800458 | Sauce, Hot (Taco, Enchilada) | Condiments | Catsup & other sauces |
| 800557 | Sauce, Sweet and Sour | Condiments | Catsup & other sauces |
| 800656 | Sauce, Horseradish/Cocktail | Condiments | Catsup & other sauces |
| 800755 | Sauce, Honey Mustard | Condiments | Catsup & other sauces |
| 800854 | Sauce, Worcestershire | Condiments | Catsup & other sauces |
| 800953 | Sauce, White | Soups & gravies | Gravies |
| 801051 | Salt and Seasoned Salt | Condiments | Flavorings |
| 801076 | Salt, Individual | Condiments | Flavorings |
| 801159 | Mix, Spaghetti, Taco, Sloppy Joe, Chili | Condiments | Flavorings |
| 801258 | Gravy Mix | Soups & gravies | Gravies |
| 801357 | Base/Boullion, Poultry | Soups & gravies | Soups |
| 801456 | Base/Boullion, Meat | Soups & gravies | Soups |
| 801555 | Base/Boullion, Vegetable | Soups & gravies | Soups |
| 801654 | Base, Cream Sauce | Soups & gravies | Gravies |
| 801752 | Juice, Clam or Clam Base | Soups & gravies | Soups |
| 900056 | Poultry Filled Pastry/Hot Pockets | Prepared foods | Meat or cheese filled pastry |
| 900233 | Vegetable Filled Pastry/Hot Pockets | Vegetables | Mixtures with vegetables |
| 900241 | Pasta and Sauce, Dry | Grain products | Mixtures with grain |
| 900258 | Pasta, Cheese, and Tomato Prod | Grain products | Mixtures with grain |
| 900349 | Pasta and Cheese, Dry | Grain products | Mixtures with grain |
| 900357 | Pasta and Cheese Products | Grain products | Mixtures with grain |
| 900456 | Pasta, Meat, Tomato, & Cheese | Red meats | Recipe mix |
| 900555 | Meat in Cream Sauce | Red meats | Recipe mix |
| 900654 | Meat Filled Pastry/Hot Pockets | Prepared foods | Meat or cheese filled pastry |
| 900753 | Poultry and Cream Sauce | Poultry | Recipe mix |
| 900852 | Cheese Filled Pastry(Includes Hot Pocket) | Prepared foods | Meat or cheese filled pastry |
| 901058 | Casserole, Poultry | Poultry | Recipe mix |
| 901157 | Stuffed Peppers or Cabbage | Red meats | Recipe mix |
| 901256 | Beef Stew | Red meats | Recipe mix |
| 901355 | Pot Pie, Poultry | Poultry | Recipe mix |
| 901455 | Pasta, Meat, and Tomato | Grain products | Mixtures with grain |
| 901553 | Pepper Steak | Red meats | Beef & veal |
| 901652 | Beef Stroganoff/Swedish Meatballs | Red meats | Beef & veal |
| 901751 | Vegetable Lasagna | Grain products | Mixtures with grain |
| 902056 | Egg Rolls | Grain products | Mixtures with grain |
| 902155 | Pasta and Tomato Sauce | Grain products | Mixtures with grain |
| 902254 | Oriental Entree | Prepared foods | Prepared meals |
| 902353 | Hash | Red meats | Beef & veal |
| 902452 | Dumplings in Gravy | Grain products | Mixtures with grain |
| 902618 | Sushi | Prepared foods | Mixtures with fish |
| 903054 | Pizza, w/Real Cheese | Prepared foods | Pizza |
| 903153 | Pizza, Cheese Blend | Prepared foods | Pizza |

| Food Code | Food Description | Food Group | Food Subgroup |
|-----------|---|----------------|---------------------|
| 903252 | Pizza, Sausage w/Real Cheese | Prepared foods | Pizza |
| 903351 | Pizza, Sausage w/Cheese Blend | Prepared foods | Pizza |
| 903459 | Pizza, Cheese, Type Unknown | Prepared foods | Pizza |
| 903558 | Pizza, Sausage, Cheese Unknown | Prepared foods | Pizza |
| 904151 | Pizza, Pepperoni w/Real Cheese | Prepared foods | Pizza |
| 904259 | Pizza,Pepperoni w/Cheese Blend | Prepared foods | Pizza |
| 904457 | Pizza, Misc.(Veg,Sup,Fiest) w Real Chse | Prepared foods | Pizza |
| 904556 | Pizza, Misc.(Veg,Sup,Fiest)w Chse Blend | Prepared foods | Pizza |
| 904655 | Pizza, Pepperoni, Cheese Unknown | Prepared foods | Pizza |
| 904754 | Pizza, Misc.(Veg,Sup,Fiest)w Chse Unkn | Prepared foods | Pizza |
| 905059 | Burrito, Bean | Prepared foods | Burritos/tacos |
| 905158 | Burrito, Beef and Bean | Prepared foods | Burritos/tacos |
| 905257 | Burrito, Beef | Prepared foods | Burritos/tacos |
| 905356 | Burrito, Poultry | Prepared foods | Burritos/tacos |
| 905455 | Burrito, Poultry and Bean | Prepared foods | Burritos/tacos |
| 905554 | Burrito, Poultry and Beef | Prepared foods | Burritos/tacos |
| 905653 | Burrito, Miscellaneous | Prepared foods | Burritos/tacos |
| 905757 | Breakfast Burrito or Eggroll | Grain products | Mixtures with grain |
| 906057 | Enchilada, Cheese | Prepared foods | Burritos/tacos |
| 906156 | Enchilada, Beef | Prepared foods | Burritos/tacos |
| 906255 | Enchilada or Crispito, Chicken | Prepared foods | Burritos/tacos |
| 906354 | Enchilada, Miscellaneous | Prepared foods | Burritos/tacos |
| 906453 | Quesadilla, Cheese | Grain products | Mixtures with grain |
| 906552 | Taco or Chalupa, Beef | Prepared foods | Burritos/tacos |
| 906651 | Taco or Chalupa, Chicken | Prepared foods | Burritos/tacos |
| 906858 | Canapes | Grain products | Mixtures with grain |
| 906958 | Quesadilla, Meat | Grain products | Mixtures with grain |
| 910059 | Assorted Sandwiches | Prepared foods | Prepared sandwiches |
| 910257 | Bacon, Cheese Chicken Sandwich | Prepared foods | Prepared sandwiches |
| 910752 | Cheeseburger Sandwich | Prepared foods | Prepared sandwiches |
| 910851 | Chicken Sandwich | Prepared foods | Prepared sandwiches |
| 910959 | Chili Dog Sandwich | Prepared foods | Prepared sandwiches |
| 911057 | Club Sandwich | Prepared foods | Prepared sandwiches |
| 911156 | Cold Cut Sandwich | Prepared foods | Prepared sandwiches |
| 911255 | Double Cheeseburger Sandwich | Prepared foods | Prepared sandwiches |
| 911354 | Cheese Sandwich | Prepared foods | Prepared sandwiches |
| 911552 | Ham Sandwich | Prepared foods | Prepared sandwiches |
| 911651 | Ham and Cheese Sandwich | Prepared foods | Prepared sandwiches |
| 911759 | Hamburger Sandwich | Prepared foods | Prepared sandwiches |
| 911957 | Hotdog Sandwich | Prepared foods | Prepared sandwiches |
| 912154 | Peanut Butter and Jelly Sandwich | Prepared foods | Prepared sandwiches |
| 912352 | Roast Beef Sandwich | Prepared foods | Prepared sandwiches |
| 912451 | Roast Beef and Cheese Sandwich | Prepared foods | Prepared sandwiches |
| 912757 | Steak Sandwich | Prepared foods | Prepared sandwiches |
| 912856 | Tuna Sandwich | Prepared foods | Prepared sandwiches |
| 912955 | Turkey Sandwich | Prepared foods | Prepared sandwiches |
| 913053 | Turkey and Cheese Sandwich | Prepared foods | Prepared sandwiches |
| 913250 | Turkey Bologna and Cheese Sand | Prepared foods | Prepared sandwiches |
| 913359 | Turkey Ham Sandwich | Prepared foods | Prepared sandwiches |
| 913458 | Turkey Ham and Cheese Sandwich | Prepared foods | Prepared sandwiches |

| Food Code | Food Description | Food Group | Food Subgroup |
|------------------|--|-------------------|----------------------|
| 913557 | Turkey Salami and Cheese Sandwich | Prepared foods | Prepared sandwiches |
| 913656 | Prepared Sandwich, Type Unknown | Prepared foods | Prepared sandwiches |
| 913755 | Vegetable Sandwich | Prepared foods | Prepared sandwiches |
| 925450 | Meal Component Kit | Prepared foods | Prepared meals |
| 926014 | Chips & Dip | Prepared foods | Prepared meals |
| 999933 | Ice | Non-dairy drinks | Water |
| 999968 | Energy Shots/Protein Drinks (RedBull,Monster) | Non-dairy drinks | Enriched drinks |
| 999974 | Water, Flavored | Non-dairy drinks | Water |
| 999984 | Sport Drink, e.g. Gatorade | Non-dairy drinks | Enriched drinks |
| 999999 | Water | Non-dairy drinks | Water |

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APPENDIX B
SUPPLEMENTARY TABLES FOR CHAPTER II

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Table B.1. Calorie Density, Sources of Calories, and Nutrient Density of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

| | Reference Standard ^a | All Foods | Purchased Foods | Donated USDA Foods | Processed Foods Containing Donated USDA Foods |
|--|---------------------------------|-----------|-----------------|--------------------|---|
| Calorie Density (Calories per Gram) | | | | | |
| All Foods and Beverages | n.a. | 1.27 | 1.19 | 1.48 | 2.22 |
| Foods Only | n.a. | 1.98 | 2.03 | 1.51 | 2.23 |
| Sources of Calories (Percentage of Total Calories from ...) | | | | | |
| Total Fat | 25-35 | 32.5 | 29.8 | 44.4 | 45.0 |
| Saturated Fat | < 10 | 10.3 | 9.1 | 17.9 | 14.0 |
| Monounsaturated Fat | n.a. | 12.1 | 11.2 | 15.4 | 17.4 |
| Polyunsaturated Fat | n.a. | 7.6 | 7.3 | 7.9 | 9.6 |
| Linoleic Acid | n.a. | 6.8 | 6.6 | 6.8 | 8.6 |
| Alpha-linolenic Acid | n.a. | 0.7 | 0.7 | 0.9 | 0.8 |
| Carbohydrate | 45-65 | 53.3 | 57.6 | 35.6 | 32.4 |
| Protein | 10-30 | 15.7 | 14.2 | 21.7 | 22.9 |
| Nutrient Density (Nutrients per 1,000 Calories) | | | | | |
| Vitamins | | | | | |
| Vitamin A (mcg RAE) | 300 | 379 | 403 | 333 | 215 |
| Vitamin C (mg) | 23 | 37 | 40 | 36 | 11 |
| Vitamin E (mg AT) | 6 | 3.2 | 3.1 | 4.2 | 3.9 |
| Vitamin B ₆ (mg) | 0.5 | 0.8 | 0.7 | 0.8 | 0.8 |
| Vitamin B ₁₂ (mcg) | 0.9 | 2.3 | 2.4 | 2.3 | 1.9 |
| Folate, DFE (mcg) | 151 | 232 | 245 | 156 | 188 |
| Niacin (mg) | 6 | 10 | 9 | 10 | 15 |
| Riboflavin (mg) | 0.4 | 1.2 | 1.3 | 0.8 | 0.8 |
| Thiamin (mg) | 0.4 | 0.8 | 0.8 | 0.6 | 0.8 |
| Minerals | | | | | |
| Calcium (mg) | 616 | 640 | 670 | 609 | 412 |
| Iron (mg) | 5 | 6.9 | 7.0 | 5.5 | 7.2 |
| Magnesium (mg) | 124 | 130 | 134 | 124 | 105 |
| Phosphorus (mg) | 502 | 744 | 738 | 833 | 715 |
| Potassium (mg) | 2,228 | 1,362 | 1,417 | 1,264 | 976 |
| Sodium (mg) | < 1,098 | 1,936 | 1,872 | 2,049 | 2,371 |
| Zinc (mg) | 4 | 5.2 | 4.8 | 7.4 | 6.5 |
| Other Dietary Components | | | | | |
| Cholesterol (mg) | < 156 | 85 | 66 | 167 | 170 |
| Dietary Fiber (g) | 14 | 8.0 | 8.1 | 9.9 | 5.6 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aReference standards for total fat and protein are based on AMDRs defined in the DRIs for children and adolescents 4 to 18 years of age (IOM 2006).

The reference standards for saturated fat and cholesterol are based on the 2005 *Dietary Guidelines* (DHHS and USDA 2005).

Reference standards for vitamins and minerals are based on the DRIs and represent the average intakes recommended for school-age children, expressed on a per-1,000-calorie basis. See the text for additional details.

AMDR = Acceptable Macronutrient Distribution Ranges; AT = alpha-tocopherol; DFE = dietary folate equivalent; DHHS = U.S. Department of Health and Human Services; DRI = Dietary Reference Intake; NSLP = National School Lunch Program; RAE = retinol activity equivalent; SY = school year.

n.a. = not applicable.

Table B.2. Calorie Density, Sources of Calories, and Nutrient Density of Food Acquisitions, by SFPS- III Food Groups and Subgroups, by Public Unified NSLP School Districts, SY 2009- 2010

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|---|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Bakery Products | 3.40 | 28.0 | 6.6 | 11.6 | 7.8 | 7.2 | 0.6 | 63.1 | 9.1 | |
| Biscuits, muffins, pancakes and waffles | 3.14 | 36.1 | 8.4 | 14.2 | 10.9 | 9.7 | 1.1 | 56.7 | 7.7 | |
| Breads and rolls | 2.89 | 18.1 | 4.1 | 7.4 | 5.5 | 5.0 | 0.5 | 68.6 | 12.4 | |
| Cakes and other bakery desserts | 4.35 | 37.3 | 11.9 | 18.1 | 4.5 | 4.3 | 0.2 | 59.5 | 4.8 | |
| Crackers | 4.43 | 28.6 | 7.0 | 12.8 | 6.9 | 6.4 | 0.4 | 64.7 | 7.1 | |
| Pretzels and snack chips | 4.69 | 38.9 | 6.0 | 13.4 | 15.7 | 15.0 | 0.7 | 56.4 | 6.1 | |
| Condiments | 0.82 | 12.4 | 1.7 | 4.6 | 4.9 | 4.2 | 0.7 | 90.1 | 7.0 | |
| Catsup and other sauces | 0.99 | 11.8 | 1.5 | 4.0 | 5.2 | 4.5 | 0.7 | 91.7 | 6.3 | |
| Flavorings | 0.70 | 4.7 | 2.5 | 1.4 | 0.5 | 0.5 | 0.0 | 78.9 | 14.5 | |
| Pickles and olives | 0.25 | 26.2 | 3.9 | 15.6 | 4.0 | 2.8 | 1.2 | 75.5 | 12.0 | |
| Eggs | 1.65 | 60.8 | 19.5 | 23.7 | 9.3 | 8.0 | 0.4 | 10.1 | 29.0 | |
| Eggs | 1.45 | 62.4 | 19.4 | 23.9 | 8.5 | 7.2 | 0.2 | 2.3 | 34.9 | |
| Mixtures with egg | 1.84 | 59.6 | 19.5 | 23.5 | 9.8 | 8.6 | 0.6 | 16.0 | 24.7 | |
| Fats and Oils | 5.48 | 97.3 | 17.7 | 35.3 | 39.7 | 35.3 | 4.3 | 4.2 | 0.3 | |
| Butter | 7.17 | 100.0 | 64.5 | 26.4 | 3.8 | 3.4 | 0.4 | 0.0 | 0.5 | |
| Margarine | 6.98 | 100.0 | 19.5 | 46.9 | 31.5 | 28.8 | 2.7 | 0.3 | 0.2 | |
| Salad dressings and mayonnaise | 3.93 | 91.5 | 14.6 | 28.2 | 43.3 | 38.2 | 5.1 | 9.7 | 0.6 | |
| Vegetable oils and shortenings | 8.19 | 100.0 | 17.5 | 37.2 | 42.5 | 37.8 | 4.7 | 0.1 | 0.1 | |
| Fish | 2.16 | 41.3 | 7.2 | 14.3 | 17.6 | 14.6 | 1.9 | 29.3 | 28.4 | |
| Fish | 2.13 | 40.6 | 7.1 | 14.0 | 17.3 | 14.3 | 1.9 | 28.7 | 29.6 | |
| Shellfish | 2.36 | 44.6 | 7.7 | 15.5 | 19.1 | 16.0 | 2.1 | 32.2 | 22.6 | |
| Fruits and Juices | 0.55 | 2.4 | 0.4 | 0.4 | 0.7 | 0.5 | 0.2 | 100.0 | 3.2 | |
| Fruits | 0.61 | 2.6 | 0.5 | 0.5 | 0.8 | 0.6 | 0.2 | 100.0 | 3.2 | |
| Juices | 0.48 | 2.2 | 0.3 | 0.3 | 0.6 | 0.5 | 0.1 | 97.1 | 3.1 | |
| Grain Products | 2.16 | 13.3 | 3.5 | 4.6 | 3.6 | 3.3 | 0.3 | 75.0 | 11.4 | |
| Breakfast cereals | 3.86 | 10.8 | 1.7 | 3.9 | 3.2 | 3.0 | 0.2 | 83.6 | 7.0 | |
| Flour and other milled grains | 2.88 | 3.1 | 0.5 | 0.4 | 1.3 | 1.3 | 0.1 | 84.3 | 11.5 | |
| Flour mix ^a | 4.20 | 25.3 | 5.2 | 11.6 | 7.0 | 6.6 | 0.5 | 70.4 | 6.0 | |
| Mixtures with grain | 1.83 | 35.0 | 12.5 | 12.6 | 7.0 | 6.3 | 0.6 | 48.2 | 17.2 | |
| Pasta and noodles | 1.59 | 7.2 | 1.3 | 1.2 | 3.0 | 2.7 | 0.3 | 77.1 | 14.5 | |
| Rice, barley, and other grains | 1.30 | 7.1 | 1.6 | 2.5 | 2.1 | 2.0 | 0.1 | 81.7 | 8.9 | |

Table B.2 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|--------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|-------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Legumes, Nuts, and Seeds | 1.92 | 44.0 | 8.9 | 19.5 | 14.0 | 13.4 | 0.4 | 42.4 | 19.5 | |
| Dry beans and peas | 1.07 | 4.7 | 1.2 | 1.4 | 1.6 | 0.9 | 0.6 | 76.6 | 23.3 | |
| Other nuts | 6.16 | 82.5 | 12.9 | 47.8 | 18.1 | 17.4 | 0.6 | 14.2 | 10.1 | |
| Peanuts and peanut butter | 5.81 | 76.3 | 15.8 | 36.7 | 21.5 | 21.4 | 0.1 | 14.2 | 16.9 | |
| Seeds | 5.97 | 78.7 | 10.1 | 23.4 | 42.0 | 41.7 | 0.2 | 15.2 | 13.1 | |
| Soybeans and soy products | 2.51 | 52.7 | 20.3 | 10.3 | 18.1 | 15.7 | 2.0 | 22.1 | 26.2 | |
| Milk and Other Dairy Products | 0.71 | 26.1 | 16.0 | 7.6 | 1.2 | 0.9 | 0.3 | 52.6 | 23.4 | |
| Cheese | 3.03 | 66.7 | 40.2 | 19.6 | 3.3 | 2.5 | 0.8 | 7.6 | 25.8 | |
| Cream | 1.93 | 84.8 | 52.8 | 24.5 | 3.1 | 1.9 | 1.2 | 10.6 | 6.6 | |
| Ice cream and ice milk | 2.27 | 45.2 | 27.8 | 11.7 | 2.7 | 2.2 | 0.5 | 50.7 | 7.5 | |
| Milk | 0.56 | 13.5 | 8.5 | 3.9 | 0.5 | 0.4 | 0.1 | 65.3 | 23.7 | |
| Yogurt | 0.93 | 10.3 | 6.6 | 2.8 | 0.3 | 0.2 | 0.1 | 71.1 | 20.0 | |
| Non- Dairy Drinks | 0.16 | 2.3 | 0.6 | 1.3 | 0.3 | 0.2 | 0.0 | 98.6 | 1.0 | |
| Carbonated | 0.54 | 0.6 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 100.0 | 0.6 | |
| Coffee and tea | 0.20 | 18.6 | 5.2 | 11.2 | 1.5 | 1.3 | 0.1 | 76.2 | 7.4 | |
| Dry beverage | 3.70 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.0 | |
| Enriched drinks | 0.24 | 0.3 | 0.1 | 0.1 | 0.2 | 0.1 | 0.0 | 99.4 | 0.0 | |
| Fruit drinks | 0.42 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.3 | |
| Water | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 97.8 | 0.0 | |
| Poultry | 2.13 | 45.9 | 10.5 | 18.0 | 13.3 | 11.8 | 0.9 | 20.8 | 32.1 | |
| Chicken | 2.25 | 47.0 | 10.4 | 19.0 | 13.9 | 12.4 | 1.0 | 21.7 | 30.3 | |
| Game birds | 2.59 | 63.0 | 17.5 | 27.7 | 12.5 | 11.1 | 0.6 | 0.0 | 34.3 | |
| Mixed poultry | 1.31 | 55.5 | 14.4 | 24.3 | 13.9 | 12.3 | 0.3 | 1.2 | 40.4 | |
| Recipe mix ^b | 1.69 | 48.2 | 12.9 | 18.2 | 13.3 | 11.7 | 1.1 | 24.1 | 26.7 | |
| Turkey | 1.80 | 42.2 | 11.0 | 14.0 | 11.4 | 9.9 | 0.6 | 17.5 | 38.4 | |
| Prepared Foods | 2.46 | 35.0 | 13.2 | 12.1 | 7.1 | 6.4 | 0.6 | 47.1 | 18.7 | |
| Burritos and tacos | 2.24 | 29.9 | 10.7 | 10.2 | 6.6 | 5.7 | 0.8 | 52.7 | 17.5 | |
| Meat- or cheese-filled pastry | 2.52 | 32.7 | 13.7 | 11.0 | 5.6 | 5.1 | 0.5 | 49.2 | 18.7 | |
| Mixtures with fish | 1.43 | 2.6 | 0.5 | 0.8 | 0.8 | 0.3 | 0.1 | 82.7 | 12.0 | |
| Pizza | 2.37 | 34.1 | 13.9 | 10.8 | 6.6 | 5.9 | 0.7 | 46.4 | 19.8 | |
| Prepared meals | 1.53 | 20.9 | 4.7 | 7.3 | 6.9 | 6.4 | 0.5 | 71.4 | 9.4 | |
| Prepared sandwiches | 3.42 | 46.0 | 13.1 | 19.8 | 10.4 | 10.0 | 0.4 | 41.3 | 16.3 | |

Table B.2 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | |
|---------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|-------------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | Carbohydrate | Protein |
| Red Meats | 2.42 | 59.9 | 21.1 | 25.5 | 5.5 | 4.8 | 0.4 | 8.5 | 30.4 |
| Beef and veal | 2.30 | 58.5 | 21.5 | 25.1 | 3.1 | 2.7 | 0.3 | 6.2 | 34.1 |
| Lamb | 2.03 | 42.8 | 15.8 | 17.9 | 3.3 | 2.6 | 0.5 | 0.0 | 53.3 |
| Mixed meats | 3.14 | 69.3 | 23.4 | 29.2 | 9.4 | 8.5 | 0.7 | 11.9 | 17.7 |
| Pork | 2.50 | 59.4 | 19.1 | 25.2 | 9.1 | 8.0 | 0.4 | 11.9 | 27.3 |
| Recipe mix ^c | 0.97 | 27.7 | 10.1 | 9.1 | 3.7 | 3.3 | 0.4 | 51.7 | 20.7 |
| Soups and Gravies | 1.25 | 30.1 | 10.8 | 11.9 | 5.5 | 5.0 | 0.4 | 54.7 | 16.2 |
| Gravies | 3.21 | 29.6 | 12.8 | 12.2 | 4.4 | 4.0 | 0.4 | 60.2 | 10.2 |
| Soups | 0.85 | 30.4 | 9.3 | 11.6 | 6.4 | 5.8 | 0.4 | 50.5 | 20.7 |
| Sugar and Desserts | 2.69 | 6.1 | 2.8 | 2.3 | 0.4 | 0.4 | 0.0 | 95.6 | 1.4 |
| Candies and toppings | 4.28 | 30.4 | 16.9 | 8.5 | 3.1 | 2.9 | 0.2 | 69.2 | 2.4 |
| Gelatins | 3.19 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 95.2 | 8.2 |
| Jellies, jams, and preserves | 2.60 | 0.5 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 100.0 | 0.8 |
| Puddings and pie filling | 1.37 | 23.2 | 6.3 | 13.8 | 0.6 | 0.6 | 0.0 | 71.5 | 5.1 |
| Sherbet and ices | 1.25 | 10.7 | 5.9 | 2.8 | 0.4 | 0.4 | 0.1 | 86.8 | 2.5 |
| Sugars | 3.86 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.1 |
| Syrups | 2.66 | 0.3 | 0.1 | 0.1 | 0.2 | 0.2 | 0.0 | 100.0 | 0.0 |
| Vegetables | 1.02 | 26.8 | 4.5 | 11.7 | 9.3 | 7.9 | 1.4 | 68.3 | 8.3 |
| Green vegetables ^d | 0.25 | 6.7 | 1.1 | 0.4 | 2.8 | 1.4 | 1.4 | 78.0 | 27.0 |
| Mixed vegetables | 0.30 | 6.6 | 1.1 | 0.3 | 3.1 | 1.4 | 1.7 | 79.1 | 25.0 |
| Mixtures with vegetables ^e | 2.23 | 46.1 | 9.2 | 17.2 | 16.6 | 15.3 | 1.0 | 45.5 | 9.6 |
| Other vegetables ^f | 0.49 | 3.4 | 0.8 | 0.4 | 1.2 | 0.8 | 0.4 | 91.2 | 15.4 |
| Potato and potato products | 1.80 | 31.2 | 4.9 | 14.6 | 10.4 | 8.7 | 1.7 | 64.7 | 5.8 |
| Tomato and tomato products | 0.61 | 23.7 | 6.1 | 5.2 | 10.2 | 9.9 | 0.3 | 68.6 | 10.9 |
| Yellow vegetables ^g | 0.66 | 10.0 | 1.5 | 2.9 | 4.6 | 4.2 | 0.3 | 90.9 | 10.7 |

Table B.2 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Bakery Products | 49 | 57 | 2 | 2.5 | 0.3 | 0.4 | 243 | 365 | 10 | 0.9 | 1.0 |
| Biscuits, muffins, pancakes, and waffles | 68 | 126 | 4 | 4.2 | 0.3 | 0.6 | 199 | 298 | 8 | 0.9 | 0.9 |
| Breads and rolls | 9 | 8 | 0 | 1.1 | 0.3 | 0.4 | 360 | 547 | 14 | 1.1 | 1.5 |
| Cakes and other bakery desserts | 179 | 179 | 2 | 2.7 | 0.4 | 0.3 | 133 | 207 | 7 | 0.6 | 0.7 |
| Crackers | 10 | 9 | 0 | 1.1 | 0.3 | 0.1 | 167 | 251 | 10 | 0.8 | 0.6 |
| Pretzels and snack chips | 18 | 15 | 6 | 5.2 | 0.5 | 0.4 | 92 | 111 | 6 | 0.8 | 0.4 |
| Condiments | 738 | 373 | 144 | 11.6 | 1.4 | 0.0 | 75 | 75 | 10 | 1.0 | 0.4 |
| Catsup and other sauces | 729 | 369 | 100 | 12.2 | 1.3 | 0.0 | 74 | 75 | 10 | 1.0 | 0.3 |
| Flavorings | 4 | 2 | 8 | 0.4 | 1.8 | 0.0 | 36 | 36 | 8 | 1.1 | 0.8 |
| Pickles and olives | 1,357 | 671 | 857 | 11.4 | 1.8 | 0.0 | 114 | 114 | 8 | 1.4 | 1.2 |
| Eggs | 824 | 812 | 0 | 6.0 | 0.8 | 6.4 | 238 | 250 | 3 | 2.6 | 0.5 |
| Eggs | 995 | 985 | 0 | 6.8 | 1.0 | 8.7 | 322 | 322 | 0 | 3.3 | 0.5 |
| Mixtures with egg | 696 | 683 | 0 | 5.3 | 0.7 | 4.6 | 175 | 195 | 4 | 2.1 | 0.5 |
| Fats and Oils | 344 | 325 | 0 | 9.9 | 0.1 | 0.1 | 3 | 3 | 0 | 0.0 | 0.0 |
| Butter | 972 | 954 | 0 | 3.2 | 0.0 | 0.2 | 4 | 4 | 0 | 0.0 | 0.0 |
| Margarine | 1,245 | 1,173 | 0 | 12.0 | 0.0 | 0.1 | 2 | 2 | 0 | 0.1 | 0.0 |
| Salad dressings and mayonnaise | 61 | 57 | 0 | 9.8 | 0.3 | 0.2 | 6 | 6 | 0 | 0.1 | 0.1 |
| Vegetable oils and shortenings | 82 | 77 | 0 | 9.1 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Fish | 72 | 71 | 1 | 5.6 | 0.5 | 7.5 | 134 | 190 | 18 | 0.6 | 0.7 |
| Fish | 74 | 74 | 1 | 5.6 | 0.6 | 7.9 | 132 | 187 | 20 | 0.6 | 0.7 |
| Shellfish | 61 | 61 | 2 | 5.9 | 0.3 | 5.8 | 143 | 205 | 9 | 0.6 | 0.7 |
| Fruits and Juices | 276 | 138 | 314 | 3.2 | 1.1 | 0.0 | 153 | 153 | 5 | 0.5 | 0.6 |
| Fruits | 339 | 170 | 198 | 4.0 | 1.1 | 0.0 | 119 | 119 | 5 | 0.5 | 0.5 |
| Juices | 172 | 85 | 505 | 2.0 | 1.2 | 0.0 | 208 | 208 | 5 | 0.5 | 0.8 |
| Grain Products | 332 | 335 | 14 | 1.4 | 1.3 | 2.8 | 521 | 846 | 19 | 1.5 | 1.9 |
| Breakfast cereals | 1,419 | 1,426 | 59 | 2.4 | 4.7 | 12.9 | 1,195 | 1,997 | 47 | 4.1 | 3.8 |
| Flour and other milled grains | 4 | 2 | 0 | 0.5 | 0.3 | 0.0 | 422 | 661 | 16 | 1.2 | 1.9 |
| Flour mix ^a | 13 | 11 | 0 | 1.6 | 0.2 | 0.2 | 223 | 353 | 6 | 0.6 | 0.7 |
| Mixtures with grain | 310 | 322 | 16 | 2.7 | 0.5 | 1.4 | 201 | 294 | 9 | 1.0 | 1.0 |
| Pasta and noodles | 0 | 0 | 0 | 0.7 | 0.3 | 0.0 | 432 | 696 | 10 | 0.8 | 1.7 |
| Rice, barley, and other grains | 4 | 3 | 0 | 0.3 | 1.0 | 0.0 | 441 | 738 | 14 | 0.2 | 1.3 |

Table B.2 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 28 | 16 | 6 | 11.6 | 0.9 | 0.2 | 324 | 324 | 11 | 0.4 | 0.7 |
| Dry beans and peas | 54 | 26 | 13 | 1.3 | 1.0 | 0.0 | 531 | 531 | 4 | 0.5 | 1.1 |
| Other nuts | 1 | 0 | 1 | 13.6 | 0.3 | 0.0 | 90 | 90 | 3 | 0.8 | 0.8 |
| Peanuts and peanut butter | 0 | 0 | 0 | 15.0 | 0.9 | 0.0 | 127 | 127 | 23 | 0.2 | 0.1 |
| Seeds | 3 | 1 | 2 | 53.3 | 1.0 | 0.0 | 307 | 307 | 7 | 0.6 | 0.5 |
| Soybeans and soy products | 111 | 109 | 2 | 9.1 | 1.2 | 4.2 | 249 | 249 | 9 | 1.0 | 1.5 |
| Milk and Other Dairy Products | 907 | 900 | 6 | 0.6 | 0.6 | 6.3 | 77 | 78 | 2 | 2.6 | 0.5 |
| Cheese | 629 | 613 | 0 | 1.2 | 0.2 | 3.8 | 41 | 45 | 1 | 1.1 | 0.2 |
| Cream | 840 | 823 | 4 | 2.7 | 0.1 | 1.6 | 52 | 52 | 0 | 0.8 | 0.2 |
| Ice cream and ice milk | 432 | 428 | 3 | 2.7 | 0.2 | 1.5 | 34 | 38 | 1 | 1.1 | 0.2 |
| Milk | 1,032 | 1,027 | 7 | 0.3 | 0.7 | 7.4 | 89 | 89 | 2 | 3.1 | 0.7 |
| Yogurt | 111 | 108 | 8 | 0.2 | 0.5 | 5.4 | 108 | 108 | 1 | 2.0 | 0.4 |
| Non- Dairy Drinks | 20 | 19 | 115 | 4.6 | 2.2 | 4.3 | 54 | 54 | 19 | 0.3 | 0.3 |
| Carbonated | 3 | 2 | 3 | 0.2 | 0.0 | 0.0 | 2 | 2 | 0 | 0.2 | 0.1 |
| Coffee and tea | 1 | 0 | 0 | 1.5 | 0.3 | 0.2 | 260 | 260 | 12 | 1.3 | 0.1 |
| Dry beverage | 0 | 0 | 414 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.1 | 0.0 |
| Enriched drinks | 0 | 0 | 61 | 8.6 | 4.6 | 10.6 | 1 | 1 | 38 | 0.0 | 0.4 |
| Fruit drinks | 52 | 49 | 186 | 0.4 | 0.3 | 0.0 | 66 | 66 | 1 | 0.4 | 0.3 |
| Water | 0 | 0 | 1,556 | 294.9 | 98.4 | 3.1 | 0 | 0 | 725 | 0.0 | 0.0 |
| Poultry | 48 | 118 | 5 | 3.8 | 1.2 | 1.0 | 103 | 137 | 23 | 0.8 | 0.9 |
| Chicken | 52 | 139 | 2 | 3.9 | 1.2 | 0.8 | 111 | 149 | 25 | 0.7 | 1.0 |
| Game birds | 124 | 124 | 2 | 1.4 | 1.2 | 1.1 | 8 | 8 | 23 | 0.8 | 0.3 |
| Mixed poultry | 45 | 45 | 11 | 2.0 | 1.1 | 4.5 | 55 | 55 | 24 | 1.2 | 0.1 |
| Recipe mix ^b | 534 | 435 | 5 | 3.5 | 0.9 | 1.4 | 146 | 217 | 18 | 1.0 | 0.7 |
| Turkey | 33 | 41 | 16 | 3.6 | 1.2 | 1.5 | 74 | 95 | 15 | 1.1 | 0.6 |
| Prepared Foods | 242 | 349 | 5 | 3.2 | 0.5 | 1.3 | 258 | 335 | 12 | 1.1 | 0.9 |
| Burritos and tacos | 126 | 703 | 10 | 2.5 | 0.5 | 1.0 | 299 | 395 | 11 | 0.9 | 1.1 |
| Meat- or cheese-filled pastry | 278 | 468 | 8 | 2.4 | 0.3 | 1.1 | 237 | 325 | 9 | 1.2 | 1.0 |
| Mixtures with fish | 192 | 112 | 13 | 1.0 | 0.6 | 0.7 | 385 | 608 | 13 | 0.3 | 1.0 |
| Pizza | 277 | 327 | 2 | 2.9 | 0.5 | 1.4 | 256 | 326 | 11 | 1.2 | 0.9 |
| Prepared meals | 610 | 598 | 87 | 2.9 | 1.6 | 3.8 | 491 | 798 | 21 | 1.6 | 1.6 |
| Prepared sandwiches | 76 | 99 | 1 | 5.7 | 0.6 | 0.7 | 222 | 266 | 16 | 0.7 | 0.6 |

Table B.2 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|---------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Red Meats | 23 | 64 | 3 | 2.3 | 1.0 | 5.5 | 67 | 77 | 17 | 0.7 | 0.7 |
| Beef and veal | 18 | 69 | 3 | 2.3 | 1.0 | 7.3 | 79 | 86 | 17 | 0.7 | 0.3 |
| Lamb | 0 | 0 | 0 | 0.9 | 0.8 | 13.0 | 113 | 113 | 30 | 1.4 | 0.5 |
| Mixed meats | 15 | 13 | 0 | 2.1 | 0.6 | 2.9 | 44 | 60 | 10 | 0.6 | 0.6 |
| Pork | 34 | 72 | 2 | 2.6 | 1.2 | 2.6 | 49 | 63 | 19 | 0.8 | 1.7 |
| Recipe mix ^c | 322 | 201 | 67 | 3.3 | 0.9 | 2.7 | 223 | 330 | 13 | 0.9 | 1.0 |
| Soups and Gravies | 225 | 124 | 29 | 3.1 | 0.8 | 1.8 | 119 | 154 | 10 | 1.1 | 0.7 |
| Gravies | 15 | 15 | 3 | 1.1 | 0.6 | 1.1 | 136 | 188 | 5 | 1.1 | 0.5 |
| Soups | 388 | 207 | 49 | 4.6 | 1.0 | 2.3 | 105 | 128 | 15 | 1.1 | 0.8 |
| Sugar and Desserts | 28 | 25 | 4 | 0.4 | 0.0 | 0.2 | 7 | 8 | 0 | 0.2 | 0.0 |
| Candies and toppings | 128 | 124 | 3 | 1.4 | 0.0 | 0.5 | 17 | 21 | 1 | 0.2 | 0.1 |
| Gelatins | 1 | 0 | 2 | 0.0 | 0.0 | 0.0 | 10 | 10 | 0 | 0.1 | 0.0 |
| Jellies, jams, and preserves | 39 | 27 | 34 | 0.5 | 0.1 | 0.0 | 23 | 23 | 0 | 0.2 | 0.0 |
| Puddings and pie filling | 75 | 62 | 3 | 1.9 | 0.1 | 0.9 | 19 | 19 | 1 | 0.5 | 0.2 |
| Sherbet and ices | 71 | 68 | 15 | 0.1 | 0.1 | 0.7 | 23 | 23 | 0 | 0.6 | 0.2 |
| Sugars | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 1 | 1 | 0 | 0.0 | 0.0 |
| Syrups | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.1 | 0.0 |
| Vegetables | 1,763 | 883 | 127 | 7.6 | 1.9 | 0.0 | 286 | 292 | 13 | 0.5 | 1.0 |
| Green vegetables ^d | 4,795 | 2,400 | 652 | 16.0 | 3.0 | 0.0 | 1,755 | 1,755 | 14 | 2.3 | 2.3 |
| Mixed vegetables | 15,520 | 7,751 | 504 | 18.2 | 3.0 | 0.0 | 2,642 | 2,642 | 18 | 3.1 | 2.3 |
| Mixtures with vegetables ^e | 483 | 291 | 30 | 4.2 | 0.5 | 0.7 | 247 | 328 | 7 | 0.9 | 0.9 |
| Other vegetables ^f | 251 | 125 | 377 | 1.8 | 3.5 | 0.0 | 620 | 620 | 8 | 1.2 | 1.4 |
| Potato and potato products | 5 | 4 | 86 | 4.4 | 1.8 | 0.0 | 90 | 96 | 10 | 0.2 | 0.9 |
| Tomato and tomato products | 991 | 496 | 118 | 30.5 | 2.4 | 0.1 | 213 | 213 | 43 | 0.9 | 0.5 |
| Yellow vegetables ^g | 11,504 | 5,751 | 64 | 6.3 | 1.6 | 0.0 | 402 | 402 | 14 | 0.8 | 0.6 |

Table B.2 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|--|---|-------------|------------|--------------|--------------|---------------|------------|--------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Bakery Products | 297 | 9.3 | 85 | 384 | 405 | 1,602 | 2.5 | 22 | 7.5 |
| Biscuits, muffins, pancakes, and waffles | 257 | 8.5 | 61 | 578 | 386 | 1,564 | 2.3 | 83 | 6.2 |
| Breads and rolls | 418 | 11.9 | 85 | 381 | 392 | 1,840 | 2.7 | 12 | 8.4 |
| Cakes and other bakery desserts | 116 | 7.5 | 77 | 260 | 314 | 742 | 1.6 | 16 | 4.8 |
| Crackers | 132 | 9.0 | 74 | 303 | 344 | 1,693 | 2.0 | 4 | 6.5 |
| Pretzels and snack chips | 251 | 4.5 | 128 | 368 | 598 | 1,859 | 3.0 | 2 | 10.0 |
| Condiments | 304 | 7.0 | 202 | 378 | 3,196 | 20,116 | 3.0 | 1 | 10.2 |
| Catsup and other sauces | 198 | 5.5 | 181 | 331 | 3,112 | 10,006 | 2.7 | 1 | 6.5 |
| Flavorings | 577 | 13.5 | 411 | 1,020 | 3,054 | 213,192 | 6.5 | 0 | 28.1 |
| Pickles and olives | 1,605 | 22.9 | 349 | 606 | 4,466 | 31,732 | 5.3 | 0 | 50.2 |
| Eggs | 470 | 9.8 | 84 | 1,144 | 907 | 1,936 | 6.8 | 2,062 | 0.8 |
| Eggs | 365 | 12.1 | 82 | 1,306 | 924 | 1,088 | 7.6 | 2,924 | 0.0 |
| Mixtures with egg | 548 | 8.1 | 86 | 1,022 | 894 | 2,573 | 6.2 | 1,415 | 1.4 |
| Fats and Oils | 18 | 0.2 | 3 | 23 | 43 | 1,369 | 0.1 | 21 | 0.1 |
| Butter | 33 | 0.0 | 3 | 33 | 34 | 788 | 0.1 | 299 | 0.0 |
| Margarine | 11 | 0.1 | 4 | 12 | 32 | 1,311 | 0.0 | 5 | 0.0 |
| Salad dressings and mayonnaise | 32 | 0.5 | 5 | 45 | 80 | 2,488 | 0.3 | 34 | 0.2 |
| Vegetable oils and shortenings | 4 | 0.1 | 0 | 3 | 5 | 80 | 0.0 | 0 | 0.0 |
| Fish | 91 | 7.0 | 158 | 965 | 936 | 2,521 | 2.8 | 218 | 4.1 |
| Fish | 92 | 7.2 | 160 | 975 | 962 | 2,526 | 2.9 | 219 | 4.1 |
| Shellfish | 89 | 6.5 | 149 | 920 | 817 | 2,498 | 2.4 | 215 | 4.5 |
| Fruits and Juices | 168 | 5.6 | 144 | 214 | 2,513 | 77 | 1.3 | 0 | 19.0 |
| Fruits | 164 | 4.3 | 135 | 204 | 2,178 | 87 | 1.4 | 0 | 28.5 |
| Juices | 174 | 7.9 | 160 | 230 | 3,064 | 61 | 1.0 | 0 | 3.4 |
| Grain Products | 285 | 16.7 | 122 | 519 | 501 | 1,552 | 8.1 | 26 | 10.3 |
| Breakfast cereals | 648 | 47.2 | 149 | 506 | 580 | 1,405 | 27.1 | 0 | 13.1 |
| Flour and other milled grains | 46 | 12.1 | 118 | 393 | 424 | 120 | 2.8 | 0 | 11.2 |
| Flour mix ^a | 311 | 6.5 | 64 | 853 | 437 | 2,189 | 1.3 | 3 | 6.9 |
| Mixtures with grain | 557 | 7.8 | 112 | 722 | 853 | 2,549 | 5.2 | 145 | 7.2 |
| Pasta and noodles | 48 | 8.2 | 120 | 384 | 282 | 1,472 | 3.4 | 0 | 11.9 |
| Rice, barley, and other grains | 117 | 10.5 | 139 | 465 | 390 | 2,654 | 3.8 | 1 | 8.4 |

Table B.2 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|--------------------------------------|---|-------------|------------|--------------|--------------|--------------|-------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Legumes, Nuts, and Seeds | 248 | 10.3 | 322 | 906 | 1,992 | 1,802 | 11.8 | 6 | 26.6 |
| Dry beans and peas | 384 | 18.3 | 380 | 1,046 | 3,147 | 2,980 | 19.4 | 13 | 45.9 |
| Other nuts | 178 | 4.3 | 402 | 723 | 884 | 481 | 7.4 | 0 | 9.3 |
| Peanuts and peanut butter | 75 | 3.2 | 261 | 610 | 1,097 | 756 | 5.1 | 0 | 10.2 |
| Seeds | 211 | 7.4 | 305 | 1,626 | 943 | 690 | 7.9 | 0 | 14.5 |
| Soybeans and soy products | 597 | 5.1 | 196 | 1,033 | 1,238 | 2,741 | 5.8 | 18 | 16.5 |
| Milk and Other Dairy Products | 1,947 | 2.9 | 205 | 1,671 | 2,397 | 1,271 | 7.7 | 95 | 5.1 |
| Cheese | 1,764 | 1.4 | 81 | 1,428 | 526 | 2,838 | 8.2 | 210 | 0.3 |
| Cream | 602 | 0.3 | 55 | 443 | 751 | 298 | 1.7 | 215 | 0.0 |
| Ice cream and ice milk | 533 | 2.0 | 101 | 490 | 949 | 308 | 3.2 | 136 | 5.2 |
| Milk | 2,089 | 3.5 | 248 | 1,819 | 3,024 | 898 | 7.8 | 60 | 6.6 |
| Yogurt | 1,736 | 0.8 | 169 | 1,369 | 2,238 | 667 | 8.5 | 46 | 0.2 |
| Non- Dairy Drinks | 463 | 2.1 | 123 | 214 | 1,212 | 758 | 0.6 | 0 | 0.7 |
| Carbonated | 50 | 1.9 | 11 | 159 | 103 | 139 | 0.7 | 0 | 0.4 |
| Coffee and tea | 182 | 2.9 | 360 | 538 | 6,802 | 649 | 2.2 | 1 | 6.1 |
| Dry beverage | 558 | 1.3 | 1 | 239 | 108 | 183 | 0.3 | 0 | 0.0 |
| Enriched drinks | 43 | 2.3 | 1 | 281 | 618 | 1,336 | 0.4 | 0 | -0.0 |
| Fruit drinks | 259 | 1.7 | 55 | 60 | 516 | 179 | 0.4 | 0 | 0.0 |
| Water | 116,105 | 5.6 | 23,195 | 35 | 2,891 | 25,720 | 0.3 | 0 | 0.0 |
| Poultry | 133 | 7.1 | 97 | 692 | 911 | 2,754 | 5.9 | 256 | 3.1 |
| Chicken | 118 | 6.5 | 92 | 613 | 759 | 2,376 | 4.7 | 235 | 3.3 |
| Game birds | 50 | 3.5 | 69 | 560 | 942 | 873 | 5.7 | 502 | 0.0 |
| Mixed poultry | 420 | 8.2 | 92 | 765 | 1,015 | 370 | 9.8 | 454 | 0.0 |
| Recipe mix ^b | 334 | 5.2 | 97 | 659 | 914 | 1,620 | 5.6 | 210 | 3.0 |
| Turkey | 185 | 9.4 | 115 | 985 | 1,469 | 4,146 | 10.3 | 333 | 2.5 |
| Prepared Foods | 732 | 8.9 | 125 | 840 | 875 | 2,045 | 5.5 | 65 | 8.6 |
| Burritos and tacos | 395 | 9.8 | 129 | 621 | 863 | 1,916 | 5.1 | 65 | 12.7 |
| Meat- or cheese-filled pastry | 905 | 8.7 | 105 | 887 | 874 | 1,856 | 4.9 | 67 | 8.2 |
| Mixtures with fish | 126 | 9.7 | 112 | 399 | 664 | 4,399 | 2.9 | 21 | 2.8 |
| Pizza | 870 | 9.0 | 124 | 941 | 907 | 2,221 | 5.6 | 69 | 8.2 |
| Prepared meals | 427 | 21.0 | 108 | 447 | 959 | 1,325 | 12.3 | 38 | 7.9 |
| Prepared sandwiches | 282 | 5.8 | 143 | 589 | 742 | 1,697 | 4.8 | 52 | 7.9 |

Table B.2 (continued)

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|---------------------------------------|--|-------------|-------------------|--------------------|-------------------|----------------|-------------|---------------------|----------------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Red Meats | 115 | 8.3 | 78 | 698 | 1,030 | 2,576 | 13.8 | 251 | 1.6 |
| Beef and veal | 127 | 10.3 | 83 | 723 | 1,066 | 2,110 | 18.0 | 268 | 1.9 |
| Lamb | 76 | 10.3 | 126 | 1,018 | 1,522 | 1,434 | 25.6 | 441 | 0.0 |
| Mixed meats | 93 | 4.7 | 54 | 439 | 615 | 3,118 | 6.0 | 197 | 1.2 |
| Pork | 98 | 5.3 | 77 | 754 | 1,122 | 3,390 | 7.6 | 237 | 1.3 |
| Recipe mix ^c | 222 | 8.8 | 127 | 628 | 1,495 | 4,079 | 9.0 | 156 | 8.2 |
| Soups and Gravies | 320 | 15.9 | 139 | 631 | 1,652 | 17,573 | 5.5 | 71 | 11.4 |
| Gravies | 309 | 19.6 | 84 | 552 | 972 | 12,296 | 2.9 | 39 | 9.2 |
| Soups | 328 | 13.1 | 180 | 691 | 2,177 | 21,638 | 7.5 | 96 | 13.2 |
| Sugar and Desserts | 93 | 1.1 | 22 | 95 | 217 | 281 | 0.8 | 2 | 1.1 |
| Candies and toppings | 120 | 1.5 | 50 | 160 | 295 | 316 | 1.7 | 13 | 2.9 |
| Gelatins | 10 | 0.4 | 8 | 374 | 62 | 1,212 | 0.0 | 0 | 0.3 |
| Jellies, jams, and preserves | 77 | 1.9 | 15 | 42 | 296 | 138 | 0.2 | 0 | 2.7 |
| Puddings and pie filling | 341 | 5.2 | 81 | 346 | 915 | 1,150 | 1.8 | 6 | 0.7 |
| Sherbet and ices | 306 | 2.0 | 48 | 227 | 580 | 277 | 3.1 | 6 | 7.4 |
| Sugars | 45 | 0.4 | 6 | 4 | 76 | 19 | 0.1 | 0 | 0.1 |
| Syrups | 23 | 0.4 | 11 | 37 | 50 | 223 | 0.9 | 0 | 0.0 |
| Vegetables | 219 | 6.8 | 211 | 475 | 3,150 | 2,216 | 3.5 | 5 | 22.9 |
| Green vegetables ^d | 1,313 | 26.7 | 573 | 1,304 | 7,134 | 4,538 | 11.3 | 0 | 89.8 |
| Mixed vegetables | 1,367 | 34.9 | 800 | 1,226 | 8,648 | 3,060 | 13.4 | 0 | 86.5 |
| Mixtures with vegetables ^e | 309 | 7.1 | 110 | 434 | 893 | 1,789 | 2.9 | 114 | 10.6 |
| Other vegetables ^f | 889 | 13.7 | 372 | 1,022 | 4,974 | 1,545 | 9.4 | 0 | 55.4 |
| Potato and potato products | 76 | 3.5 | 147 | 341 | 2,394 | 1,776 | 1.9 | 2 | 12.9 |
| Tomato and tomato products | 341 | 13.2 | 310 | 572 | 5,483 | 4,081 | 6.8 | 20 | 35.4 |
| Yellow vegetables ^g | 262 | 7.3 | 272 | 778 | 3,597 | 2,828 | 6.0 | 0 | 37.2 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce, beef stew mixes, and pasta with meat, tomato, and/or cheese

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; NSLP = National School Lunch Program; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table B.3. Mean Calorie Density, Sources of Calories, and Nutrient Density of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

| | Reference Standard ^a | All Foods | Purchased Foods | Donated USDA Foods | Processed Foods Containing Donated USDA Foods |
|--|---------------------------------|-----------|-----------------|--------------------|---|
| Calorie Density (Calories per Gram) | | | | | |
| All Foods and Beverages | n.a. | 1.29 | 1.21 | 1.52 | 2.23 |
| Foods Only | n.a. | 2.00 | 2.04 | 1.54 | 2.24 |
| Sources of Calories (Percentage of Total Calories from ...) | | | | | |
| Total Fat | 25-35 | 32.7 | 30.0 | 39.1 | 45.9 |
| Saturated Fat | < 10 | 10.4 | 9.2 | 16.1 | 13.8 |
| Monounsaturated Fat | n.a. | 12.2 | 11.2 | 13.5 | 17.7 |
| Polyunsaturated Fat | n.a. | 7.6 | 7.3 | 6.5 | 10.3 |
| Linoleic acid | n.a. | 6.8 | 6.5 | 5.5 | 9.1 |
| Alpha-linolenic acid | n.a. | 0.7 | 0.7 | 0.8 | 0.9 |
| Carbohydrate | 45-65 | 53.2 | 57.5 | 41.3 | 30.0 |
| Protein | 10-30 | 15.5 | 14.1 | 21.7 | 24.3 |
| Nutrient Density (Nutrients per 1,000 Calories) | | | | | |
| Vitamins | | | | | |
| Vitamin A (mcg RAE) | 300 | 378 | 406 | 336 | 205 |
| Vitamin C (mg) | 23 | 36 | 39 | 40 | 13 |
| Vitamin E (mg AT) | 6 | 3.2 | 3.0 | 4.0 | 4.0 |
| Vitamin B ₆ (mg) | 0.5 | 0.8 | 0.7 | 0.9 | 0.9 |
| Vitamin B ₁₂ (mcg) | 0.9 | 2.3 | 2.4 | 2.1 | 1.9 |
| Folate, DFE (mcg) | 151 | 231 | 244 | 152 | 165 |
| Niacin (mg) | 6 | 10 | 9 | 11 | 15 |
| Riboflavin (mg) | 0.4 | 1.2 | 1.3 | 0.8 | 0.8 |
| Thiamin (mg) | 0.4 | 0.8 | 0.8 | 0.7 | 0.8 |
| Minerals | | | | | |
| Calcium (mg) | 616 | 637 | 670 | 559 | 360 |
| Iron (mg) | 5 | 6.8 | 6.9 | 5.7 | 7.1 |
| Magnesium (mg) | 124 | 129 | 133 | 126 | 103 |
| Phosphorus (mg) | 502 | 739 | 734 | 814 | 713 |
| Potassium (mg) | 2,228 | 1,354 | 1,411 | 1,377 | 1,004 |
| Sodium (mg) | < 1,098 | 1,952 | 1,882 | 2,075 | 2,523 |
| Zinc (mg) | 4 | 5.2 | 4.8 | 7.3 | 6.7 |
| Other Dietary Components | | | | | |
| Cholesterol (mg) | < 156 | 84 | 67 | 156 | 191 |
| Dietary fiber (g) | 14 | 7.9 | 8.0 | 11.7 | 5.2 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aReference standards for total fat and protein are based on AMDRs defined in the DRIs for children and adolescents 4 to 18 years of age (IOM 2006).

The reference standards for saturated fat and cholesterol are based on the 2005 *Dietary Guidelines* (DHHS and USDA 2005).

Reference standards for vitamins and minerals are based on the DRIs and represent the average intakes recommended for school-age children, expressed on a per-1,000-calorie basis. See the text for additional details.

AMDR = Acceptable Macronutrient Distribution Range; DHHS = U.S. Department of Health and Human Services; DRI = dietary reference intake; IOM = Institute of Medicine; NSLP = National School Lunch Program; RAE = retinol activity equivalent; SY = school year.

n.a. = not applicable.

Table B.4. Mean Calorie Density, Sources of Calories, and Nutrient Density of Food Acquisitions, by SFPS- III Food Groups and Subgroups, by Public Unified NSLP School Districts, SY 2009- 2010

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|--|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Bakery Products | 3.40 | 28.0 | 6.6 | 11.5 | 7.9 | 7.3 | 0.6 | 63.0 | 9.1 | |
| Biscuits, muffins, pancakes, and waffles | 3.12 | 35.3 | 8.2 | 13.9 | 10.6 | 9.5 | 1.0 | 57.3 | 7.9 | |
| Breads and rolls | 2.89 | 17.8 | 4.1 | 7.1 | 5.5 | 5.0 | 0.5 | 68.9 | 12.4 | |
| Cakes and other bakery desserts | 4.35 | 36.8 | 11.9 | 17.5 | 4.8 | 4.5 | 0.3 | 59.9 | 4.9 | |
| Crackers | 4.48 | 29.9 | 7.2 | 14.0 | 6.6 | 6.2 | 0.4 | 62.7 | 7.4 | |
| Pretzels and snack chips | 4.79 | 40.5 | 6.3 | 13.9 | 16.5 | 15.8 | 0.7 | 55.0 | 5.9 | |
| Condiments | 0.82 | 11.5 | 1.6 | 4.5 | 4.3 | 3.7 | 0.6 | 90.7 | 7.3 | |
| Catsup and other sauces | 0.98 | 10.6 | 1.3 | 3.7 | 4.6 | 4.0 | 0.6 | 92.6 | 6.7 | |
| Flavorings | 0.83 | 4.0 | 2.1 | 1.2 | 0.4 | 0.4 | 0.0 | 69.0 | 15.3 | |
| Pickles and olives | 0.33 | 21.5 | 3.4 | 11.8 | 3.8 | 2.5 | 1.3 | 79.8 | 12.8 | |
| Eggs | 1.60 | 61.8 | 19.6 | 24.0 | 9.3 | 8.0 | 0.4 | 7.7 | 30.4 | |
| Eggs | 1.47 | 62.2 | 19.3 | 23.8 | 8.5 | 7.1 | 0.2 | 2.4 | 34.7 | |
| Mixtures with egg | 1.75 | 61.5 | 19.7 | 24.2 | 10.1 | 8.8 | 0.6 | 12.4 | 26.4 | |
| Fats and Oils | 5.23 | 95.6 | 17.6 | 34.6 | 38.6 | 34.3 | 4.2 | 5.9 | 0.4 | |
| Butter | 7.18 | 100.0 | 64.5 | 26.4 | 3.8 | 3.4 | 0.4 | 0.0 | 0.5 | |
| Margarine | 6.88 | 100.0 | 19.8 | 45.7 | 32.0 | 29.1 | 2.8 | 0.3 | 0.2 | |
| Salad dressings and mayonnaise | 3.93 | 88.5 | 14.5 | 27.5 | 41.3 | 36.3 | 4.9 | 12.7 | 0.7 | |
| Vegetable oils and shortenings | 6.08 | 93.7 | 15.3 | 34.1 | 40.4 | 36.7 | 3.6 | 4.8 | 2.9 | |
| Fish | 2.03 | 36.0 | 6.4 | 12.2 | 15.3 | 12.3 | 1.6 | 24.6 | 37.8 | |
| Fish | 2.00 | 35.4 | 6.3 | 12.0 | 15.0 | 12.1 | 1.6 | 24.0 | 38.8 | |
| Shellfish | 2.25 | 41.9 | 7.2 | 14.1 | 17.9 | 14.6 | 1.9 | 29.0 | 28.1 | |
| Fruits and Juices | 0.56 | 2.5 | 0.4 | 0.4 | 0.7 | 0.6 | 0.2 | 100.0 | 3.2 | |
| Fruits | 0.62 | 2.7 | 0.5 | 0.5 | 0.8 | 0.6 | 0.2 | 100.0 | 3.2 | |
| Juices | 0.48 | 2.1 | 0.3 | 0.2 | 0.6 | 0.5 | 0.1 | 97.1 | 3.1 | |
| Grain Products | 2.19 | 13.8 | 3.7 | 4.8 | 3.6 | 3.4 | 0.3 | 74.5 | 11.4 | |
| Breakfast cereals | 3.90 | 10.6 | 1.7 | 3.9 | 3.1 | 2.9 | 0.2 | 83.8 | 6.9 | |
| Flour and other milled grains | 3.17 | 2.9 | 0.5 | 0.4 | 1.3 | 1.2 | 0.1 | 85.2 | 10.4 | |
| Flour mix ^a | 4.20 | 25.6 | 5.4 | 11.8 | 6.8 | 6.4 | 0.4 | 70.1 | 6.0 | |
| Mixtures with grain | 1.85 | 32.9 | 11.0 | 12.1 | 7.0 | 6.3 | 0.6 | 50.9 | 16.7 | |
| Pasta and noodles | 1.64 | 6.9 | 1.2 | 1.2 | 2.8 | 2.6 | 0.3 | 77.3 | 14.5 | |
| Rice, barley, and other grains | 1.66 | 12.3 | 2.7 | 4.7 | 3.7 | 3.6 | 0.2 | 77.3 | 8.8 | |

Table B.4 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|--------------------------------------|--------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|-------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Legumes, Nuts, and Seeds | 2.04 | 33.3 | 7.0 | 13.6 | 11.2 | 10.5 | 0.6 | 51.5 | 20.6 | |
| Dry beans and peas | 1.09 | 5.6 | 1.4 | 1.9 | 1.9 | 1.1 | 0.5 | 76.5 | 23.1 | |
| Other nuts | 6.30 | 84.8 | 10.7 | 45.8 | 24.3 | 22.4 | 1.8 | 12.3 | 9.9 | |
| Peanuts and peanut butter | 5.84 | 76.5 | 15.6 | 36.9 | 21.7 | 21.6 | 0.1 | 14.0 | 17.0 | |
| Seeds | 5.91 | 77.8 | 10.4 | 20.4 | 43.9 | 43.7 | 0.2 | 15.7 | 13.5 | |
| Soybeans and soy products | 3.00 | 49.7 | 14.1 | 10.6 | 21.4 | 18.3 | 2.3 | 25.0 | 25.6 | |
| Milk and Other Dairy Products | 0.74 | 26.6 | 16.3 | 7.7 | 1.2 | 0.9 | 0.3 | 52.2 | 23.2 | |
| Cheese | 2.94 | 66.0 | 39.1 | 19.6 | 3.7 | 2.9 | 0.8 | 8.8 | 25.3 | |
| Cream | 1.96 | 82.9 | 51.6 | 24.0 | 3.1 | 1.9 | 1.2 | 12.1 | 6.9 | |
| Ice cream and ice milk | 2.26 | 44.0 | 27.4 | 11.2 | 2.4 | 1.9 | 0.5 | 51.7 | 7.6 | |
| Milk | 0.57 | 13.9 | 8.8 | 4.0 | 0.5 | 0.4 | 0.1 | 64.8 | 23.7 | |
| Yogurt | 0.93 | 10.5 | 6.8 | 2.9 | 0.3 | 0.2 | 0.1 | 70.6 | 20.2 | |
| Non- Dairy Drinks | 0.27 | 1.1 | 0.5 | 0.2 | 0.4 | 0.3 | 0.0 | 98.2 | 2.6 | |
| Carbonated | 0.32 | 1.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 2.5 | |
| Coffee and tea | 1.82 | 18.1 | 4.9 | 11.4 | 1.5 | 1.1 | 0.2 | 75.6 | 9.5 | |
| Dry beverage | 3.23 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.3 | |
| Enriched drinks | 0.26 | 0.3 | 0.1 | 0.1 | 0.2 | 0.1 | 0.0 | 99.4 | 0.0 | |
| Fruit drinks | 0.43 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 100.0 | 0.4 | |
| Water | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 97.9 | 0.0 | |
| Poultry | 2.13 | 45.7 | 10.5 | 17.8 | 13.3 | 11.8 | 0.9 | 20.9 | 32.2 | |
| Chicken | 2.24 | 46.6 | 10.3 | 18.9 | 13.8 | 12.3 | 1.0 | 21.7 | 30.7 | |
| Game birds | 2.59 | 63.0 | 17.5 | 27.7 | 12.5 | 11.1 | 0.6 | 0.0 | 34.3 | |
| Mixed poultry | 1.33 | 55.9 | 14.4 | 24.6 | 13.9 | 12.5 | 0.3 | 1.0 | 40.4 | |
| Recipe mix ^b | 1.99 | 56.8 | 12.7 | 18.3 | 21.1 | 18.6 | 2.0 | 15.5 | 26.8 | |
| Turkey | 1.81 | 40.7 | 10.6 | 13.5 | 10.9 | 9.4 | 0.5 | 16.7 | 40.5 | |
| Prepared Foods | 2.47 | 35.0 | 13.2 | 12.0 | 7.1 | 6.4 | 0.6 | 47.0 | 18.8 | |
| Burritos and tacos | 2.24 | 31.7 | 10.8 | 11.3 | 7.1 | 6.2 | 0.8 | 50.6 | 17.8 | |
| Meat- or cheese-filled pastry | 2.52 | 32.7 | 13.7 | 11.0 | 5.6 | 5.1 | 0.5 | 49.2 | 18.7 | |
| Mixtures with fish | 1.43 | 2.6 | 0.5 | 0.8 | 0.8 | 0.3 | 0.1 | 82.7 | 12.0 | |
| Pizza | 2.37 | 34.2 | 13.7 | 10.9 | 6.7 | 6.0 | 0.7 | 46.4 | 19.7 | |
| Prepared meals | 1.55 | 25.4 | 5.6 | 7.7 | 9.9 | 8.9 | 0.8 | 61.2 | 14.3 | |
| Prepared sandwiches | 3.55 | 45.8 | 12.5 | 20.1 | 10.7 | 10.3 | 0.3 | 41.3 | 16.4 | |

Table B.4 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | Carbohydrate | Protein |
|---------------------------------------|--------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|-------------|
| | (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | |
| Red Meats | 2.44 | 60.2 | 21.2 | 25.7 | 5.4 | 4.7 | 0.4 | 8.1 | 30.5 |
| Beef and veal | 2.31 | 58.6 | 21.6 | 25.1 | 3.0 | 2.6 | 0.3 | 6.0 | 34.3 |
| Lamb | 2.06 | 43.0 | 15.9 | 18.0 | 3.3 | 2.6 | 0.5 | 0.0 | 53.1 |
| Mixed meats | 3.45 | 71.8 | 24.5 | 30.1 | 8.6 | 7.7 | 0.7 | 8.7 | 18.4 |
| Pork | 2.56 | 59.1 | 19.0 | 25.2 | 8.8 | 7.5 | 0.4 | 11.1 | 28.4 |
| Recipe mix ^c | 1.11 | 28.9 | 10.5 | 9.8 | 3.8 | 3.4 | 0.4 | 48.9 | 22.2 |
| Soups and Gravies | 1.71 | 31.3 | 11.0 | 12.3 | 6.2 | 5.6 | 0.4 | 53.3 | 16.3 |
| Gravies | 3.44 | 31.2 | 12.8 | 12.5 | 5.2 | 4.8 | 0.4 | 58.4 | 10.7 |
| Soups | 1.11 | 32.8 | 9.9 | 12.5 | 7.3 | 6.7 | 0.4 | 47.0 | 21.6 |
| Sugar and Desserts | 2.72 | 5.9 | 2.5 | 2.3 | 0.5 | 0.4 | 0.0 | 96.0 | 1.4 |
| Candies and toppings | 4.12 | 24.7 | 13.4 | 6.9 | 2.7 | 2.5 | 0.2 | 75.9 | 2.2 |
| Gelatins | 3.64 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 96.2 | 8.6 |
| Jellies, jams, and preserves | 2.60 | 0.5 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 100.0 | 0.8 |
| Puddings and pie filling | 1.57 | 22.0 | 6.0 | 12.9 | 0.6 | 0.6 | 0.0 | 73.5 | 4.8 |
| Sherbet and ices | 1.22 | 9.6 | 5.2 | 2.5 | 0.4 | 0.3 | 0.1 | 88.2 | 2.2 |
| Sugars | 3.86 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.1 |
| Syrups | 2.67 | 0.3 | 0.1 | 0.1 | 0.2 | 0.2 | 0.0 | 100.0 | 0.0 |
| Vegetables | 0.99 | 25.8 | 4.4 | 11.0 | 9.1 | 7.7 | 1.3 | 69.2 | 8.8 |
| Green vegetables ^d | 0.24 | 7.0 | 1.2 | 0.4 | 2.8 | 1.4 | 1.4 | 78.3 | 26.8 |
| Mixed vegetables | 0.33 | 7.1 | 1.2 | 0.3 | 3.4 | 1.5 | 1.9 | 79.0 | 25.8 |
| Mixtures with vegetables ^e | 2.09 | 50.3 | 9.4 | 16.9 | 20.3 | 18.4 | 1.6 | 42.1 | 9.3 |
| Other vegetables ^f | 0.60 | 3.5 | 0.9 | 0.4 | 1.2 | 0.7 | 0.4 | 90.7 | 16.3 |
| Potato and potato products | 1.80 | 30.1 | 4.8 | 14.0 | 10.1 | 8.5 | 1.6 | 65.7 | 6.0 |
| Tomato and tomato products | 0.56 | 21.7 | 5.4 | 4.7 | 9.3 | 9.1 | 0.2 | 71.3 | 12.0 |
| Yellow vegetables ^g | 0.65 | 9.5 | 1.5 | 2.6 | 4.4 | 4.0 | 0.3 | 91.3 | 10.6 |

Table B.4 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Bakery Products | 49 | 58 | 2 | 2.5 | 0.3 | 0.4 | 246 | 370 | 10 | 0.9 | 1.0 |
| Biscuits, muffins, pancakes, and waffles | 72 | 120 | 4 | 4.0 | 0.3 | 0.5 | 204 | 305 | 8 | 0.9 | 0.9 |
| Breads and rolls | 9 | 9 | 0 | 1.1 | 0.3 | 0.4 | 363 | 553 | 14 | 1.1 | 1.5 |
| Cakes and other bakery desserts | 197 | 197 | 2 | 2.6 | 0.5 | 0.3 | 136 | 211 | 8 | 0.7 | 0.7 |
| Crackers | 12 | 12 | 0 | 1.3 | 0.3 | 0.1 | 196 | 298 | 10 | 0.8 | 0.6 |
| Pretzels and snack chips | 16 | 13 | 6 | 5.3 | 0.5 | 0.4 | 83 | 99 | 5 | 0.8 | 0.4 |
| Condiments | 773 | 390 | 147 | 11.8 | 1.4 | 0.0 | 77 | 77 | 10 | 1.0 | 0.4 |
| Catsup and other sauces | 781 | 395 | 103 | 12.4 | 1.4 | 0.0 | 77 | 77 | 10 | 1.0 | 0.3 |
| Flavorings | 3 | 2 | 6 | 0.3 | 1.6 | 0.0 | 49 | 49 | 10 | 1.1 | 0.6 |
| Pickles and olives | 1,387 | 686 | 838 | 10.6 | 1.9 | 0.0 | 115 | 115 | 8 | 1.5 | 1.3 |
| Eggs | 898 | 885 | 0 | 6.3 | 0.8 | 6.9 | 248 | 256 | 2 | 2.8 | 0.5 |
| Eggs | 1,006 | 996 | 0 | 6.7 | 0.9 | 8.5 | 317 | 317 | 0 | 3.3 | 0.5 |
| Mixtures with egg | 814 | 797 | 0 | 5.9 | 0.7 | 5.3 | 183 | 196 | 3 | 2.3 | 0.5 |
| Fats and Oils | 381 | 359 | 0 | 10.0 | 0.1 | 0.2 | 4.0 | 4.0 | 0.0 | 0.1 | 0.0 |
| Butter | 973 | 954 | 0 | 3.2 | 0.0 | 0.2 | 4.0 | 4.0 | 0.0 | 0.0 | 0.0 |
| Margarine | 1,279 | 1,206 | 0 | 11.8 | 0.0 | 0.1 | 2.0 | 2.0 | 0.0 | 0.1 | 0.0 |
| Salad dressings and mayonnaise | 57 | 52 | 0 | 9.6 | 0.2 | 0.2 | 7.0 | 7.0 | 0.0 | 0.1 | 0.1 |
| Vegetable oils and shortenings | 4,189 | 3,945 | 1 | 31.5 | 0.0 | 0.5 | 10.0 | 10.0 | 0.0 | 0.2 | 0.1 |
| Fish | 89 | 88 | 1 | 5.2 | 0.9 | 10.3 | 117 | 164 | 32 | 0.6 | 0.6 |
| Fish | 90 | 89 | 1 | 5.2 | 1.0 | 10.6 | 116 | 162 | 34 | 0.6 | 0.6 |
| Shellfish | 103 | 103 | 3 | 6.3 | 0.4 | 5.9 | 129 | 183 | 10 | 0.5 | 0.6 |
| Fruits and Juices | 282 | 141 | 306 | 3.2 | 1.1 | 0.0 | 146 | 146 | 5 | 0.5 | 0.6 |
| Fruits | 344 | 173 | 199 | 3.9 | 1.1 | 0.0 | 116 | 116 | 5 | 0.5 | 0.5 |
| Juices | 168 | 83 | 500 | 2.0 | 1.2 | 0.0 | 205 | 205 | 5 | 0.5 | 0.8 |
| Grain Products | 368 | 370 | 17 | 1.4 | 1.4 | 3.1 | 532 | 867 | 19 | 1.5 | 1.9 |
| Breakfast cereals | 1,424 | 1,431 | 61 | 2.3 | 4.8 | 13.3 | 1,194 | 1,995 | 48 | 4.1 | 3.8 |
| Flour and other milled grains | 5 | 2 | 0 | 0.4 | 0.2 | 0.0 | 389 | 613 | 14 | 1.1 | 1.8 |
| Flour mix ^a | 16 | 14 | 0 | 1.5 | 0.2 | 0.2 | 218 | 349 | 6 | 0.6 | 0.7 |
| Mixtures with grain | 271 | 281 | 23 | 2.9 | 0.6 | 1.4 | 216 | 314 | 10 | 1.0 | 1.0 |
| Pasta and noodles | 0 | 0 | 0 | 0.7 | 0.3 | 0.0 | 433 | 699 | 10 | 0.8 | 1.7 |
| Rice, barley, and other grains | 10 | 7 | 0 | 0.5 | 0.9 | 0.0 | 371 | 615 | 13 | 0.2 | 1.2 |

Table B.4 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 43 | 25 | 9 | 9.3 | 1.0 | 0.5 | 373 | 373 | 9 | 0.5 | 0.8 |
| Dry beans and peas | 53 | 25 | 14 | 1.3 | 1.0 | 0.0 | 506 | 506 | 4 | 0.5 | 1.0 |
| Other nuts | 2 | 1 | 1 | 14.8 | 0.3 | 0.0 | 79 | 79 | 3 | 0.7 | 0.7 |
| Peanuts and peanut butter | 0 | 0 | 0 | 15.0 | 0.9 | 0.0 | 132 | 132 | 23 | 0.2 | 0.1 |
| Seeds | 4 | 1 | 2 | 51.2 | 1.0 | 0.0 | 319 | 319 | 8 | 0.6 | 0.6 |
| Soybeans and soy products | 214 | 212 | 3 | 9.9 | 1.4 | 6.8 | 250 | 250 | 12 | 1.5 | 1.5 |
| Milk and Other Dairy Products | 900 | 894 | 6 | 0.6 | 0.6 | 6.3 | 77 | 78 | 2 | 2.6 | 0.5 |
| Cheese | 634 | 618 | 0 | 1.3 | 0.2 | 3.8 | 43 | 48 | 1 | 1.2 | 0.2 |
| Cream | 838 | 821 | 4 | 2.6 | 0.1 | 1.7 | 54 | 54 | 0 | 0.8 | 0.2 |
| Ice cream and ice milk | 453 | 449 | 3 | 2.1 | 0.2 | 1.6 | 32 | 35 | 1 | 1.2 | 0.2 |
| Milk | 1,029 | 1,025 | 8 | 0.3 | 0.7 | 7.3 | 89 | 89 | 2 | 3.1 | 0.7 |
| Yogurt | 114 | 110 | 8 | 0.2 | 0.5 | 5.4 | 109 | 109 | 1 | 2.1 | 0.4 |
| Non- Dairy Drinks | 33 | 31 | 149 | 7.9 | 3.4 | 3.8 | 90 | 90 | 29 | 0.5 | 0.3 |
| Carbonated | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 1.0 | 0.2 |
| Coffee and tea | 1 | 1 | 0 | 1.5 | 0.3 | 0.2 | 497 | 497 | 14 | 2.1 | 0.1 |
| Dry beverage | 0 | 0 | 1,053 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Enriched drinks | 0 | 0 | 104 | 16.8 | 7.2 | 10.3 | 2 | 2 | 58 | 0.0 | 0.4 |
| Fruit drinks | 207 | 202 | 273 | 0.6 | 0.5 | 0.0 | 68 | 68 | 3 | 0.6 | 0.3 |
| Water | 0 | 0 | 85 | 16.1 | 5.4 | 0.2 | 0 | 0 | 40 | 0.0 | 0.0 |
| Poultry | 46 | 114 | 5 | 3.9 | 1.2 | 1.0 | 103 | 136 | 23 | 0.8 | 0.9 |
| Chicken | 49 | 136 | 2 | 3.9 | 1.2 | 0.8 | 111 | 148 | 25 | 0.7 | 1.0 |
| Game birds | 124 | 124 | 2 | 1.4 | 1.2 | 1.1 | 8 | 8 | 23 | 0.8 | 0.3 |
| Mixed poultry | 48 | 48 | 11 | 2.0 | 1.2 | 4.1 | 54 | 54 | 24 | 1.2 | 0.1 |
| Recipe mix ^b | 380 | 302 | 5 | 4.0 | 1.0 | 1.1 | 112 | 154 | 17 | 0.8 | 0.5 |
| Turkey | 37 | 44 | 19 | 3.3 | 1.2 | 1.6 | 70 | 88 | 14 | 1.2 | 0.6 |
| Prepared Foods | 244 | 363 | 5 | 3.2 | 0.5 | 1.3 | 254 | 328 | 11 | 1.1 | 0.9 |
| Burritos and tacos | 119 | 858 | 9 | 2.7 | 0.6 | 1.2 | 279 | 370 | 11 | 0.9 | 1.0 |
| Meat- or cheese-filled pastry | 278 | 468 | 8 | 2.4 | 0.3 | 1.1 | 237 | 325 | 9 | 1.2 | 1.0 |
| Mixtures with fish | 192 | 112 | 13 | 1.0 | 0.6 | 0.7 | 385 | 608 | 13 | 0.3 | 1.0 |
| Pizza | 277 | 328 | 2 | 2.9 | 0.5 | 1.4 | 256 | 326 | 11 | 1.2 | 0.9 |
| Prepared meals | 447 | 417 | 87 | 3.6 | 1.5 | 2.7 | 339 | 537 | 21 | 1.3 | 1.1 |
| Prepared sandwiches | 67 | 91 | 1 | 5.9 | 0.6 | 0.7 | 219 | 264 | 16 | 0.7 | 0.6 |

Table B.4 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|---------------------------------------|---|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Red Meats | 22 | 65 | 3 | 2.2 | 1.0 | 5.5 | 65 | 74 | 17 | 0.7 | 0.8 |
| Beef and veal | 17 | 71 | 3 | 2.2 | 1.1 | 7.3 | 79 | 85 | 17 | 0.7 | 0.3 |
| Lamb | 0 | 0 | 0 | 0.9 | 0.7 | 12.8 | 110 | 110 | 30 | 1.3 | 0.5 |
| Mixed meats | 12 | 11 | 1 | 1.5 | 0.6 | 3.2 | 34 | 45 | 11 | 0.6 | 0.6 |
| Pork | 35 | 72 | 2 | 2.4 | 1.2 | 2.7 | 46 | 58 | 20 | 0.8 | 1.9 |
| Recipe mix ^c | 294 | 185 | 66 | 3.2 | 1.0 | 3.1 | 208 | 303 | 14 | 0.9 | 0.9 |
| Soups and Gravies | 224 | 123 | 29 | 3.0 | 0.8 | 1.8 | 120 | 154 | 10 | 1.1 | 0.6 |
| Gravies | 18 | 18 | 3 | 1.2 | 0.5 | 1.1 | 124 | 169 | 4 | 1.0 | 0.5 |
| Soups | 379 | 202 | 47 | 4.5 | 0.9 | 2.3 | 114 | 137 | 16 | 1.2 | 0.7 |
| Sugar and Desserts | 29 | 26 | 5 | 0.4 | 0.0 | 0.2 | 8 | 8 | 0 | 0.2 | 0.0 |
| Candies and toppings | 111 | 107 | 3 | 1.1 | 0.0 | 0.4 | 13 | 15 | 1 | 0.2 | 0.1 |
| Gelatins | 1 | 0 | 1 | 0.0 | 0.0 | 0.0 | 9 | 9 | 0 | 0.1 | 0.0 |
| Jellies, jams, and preserves | 39 | 27 | 34 | 0.5 | 0.1 | 0.0 | 23 | | 230 | 0.2 | 0.0 |
| Puddings and pie filling | 122 | 83 | 3 | 1.9 | 0.1 | 0.8 | 18 | 19 | 1 | 0.5 | 0.1 |
| Sherbet and ices | 62 | 59 | 15 | 0.0 | 0.1 | 0.6 | 20 | 20 | 0 | 0.5 | 0.1 |
| Sugars | 0 | 0 | 1 | 0.0 | 0.0 | 0.0 | 1 | 1 | 0 | 0.0 | 0.0 |
| Syrups | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.1 | 0.0 |
| Vegetables | 2,197 | 1,100 | 140 | 8.1 | 2.0 | 0.0 | 327 | 332 | 14 | 0.6 | 1.0 |
| Green vegetables ^d | 4,572 | 2,288 | 686 | 16.1 | 3.2 | 0.0 | 1,806 | 1,806 | 14 | 2.4 | 2.3 |
| Mixed vegetables | 16,693 | 8,337 | 556 | 19.4 | 3.2 | 0.0 | 2,904 | 2,904 | 18 | 3.2 | 2.4 |
| Mixtures with vegetables ^e | 692 | 382 | 54 | 5.2 | 0.7 | 0.6 | 248 | 305 | 6 | 0.9 | 0.8 |
| Other vegetables ^f | 236 | 118 | 441 | 1.7 | 3.9 | 0.0 | 744 | 744 | 10 | 1.4 | 1.4 |
| Potato and potato products | 5 | 4 | 90 | 4.2 | 1.8 | 0.0 | 94 | 100 | 10 | 0.2 | 1.0 |
| Tomato and tomato products | 1,339 | 672 | 187 | 30.9 | 2.7 | 0.1 | 278 | 278 | 42 | 1.0 | 0.7 |
| Yellow vegetables ^g | 14,346 | 7,171 | 70 | 7.3 | 1.8 | 0.0 | 414 | 414 | 14 | 0.9 | 0.7 |

Table B.4 (continued)

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|--|--|-------------|-------------------|--------------------|-------------------|----------------|------------|---------------------|----------------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Bakery Products | 304 | 9.4 | 85 | 387 | 413 | 1,615 | 2.5 | 21 | 7.5 |
| Biscuits, muffins, pancakes, and waffles | 270 | 8.9 | 60 | 571 | 386 | 1,595 | 2.3 | 87 | 6.3 |
| Breads and rolls | 423 | 12.0 | 85 | 376 | 393 | 1,855 | 2.7 | 11 | 8.4 |
| Cakes and other bakery desserts | | 1297.5 | 76 | 267 | 324 | 746 | 1.7 | 17 | 4.8 |
| Crackers | 155 | 9.2 | 72 | 318 | 351 | 1,853 | 2.0 | 5 | 6.6 |
| Pretzels and snack chips | 252 | 4.2 | 131 | 364 | 632 | 1,753 | 3.0 | 2 | 10.0 |
| Condiments | 329 | 7.5 | 212 | 398 | 3,302 | 23,651 | 3.1 | 1 | 11.1 |
| Catsup and other sauces | 211 | 6.0 | 193 | 353 | 3,244 | 10,477 | 2.8 | 1 | 7.1 |
| Flavorings | 758 | 18.1 | 428 | 1,024 | 3,202 | 569,579 | 7.1 | 0 | 23.2 |
| Pickles and olives | 1,747 | 23.2 | 373 | 651 | 4,803 | 35,085 | 5.7 | 0 | 53.0 |
| Eggs | 467 | 10.2 | 84 | 1,191 | 931 | 1,908 | 7.0 | 2,276 | 0.5 |
| Eggs | 359 | 11.6 | 80 | 1,281 | 916 | 1,179 | 7.5 | 2,897 | 0.0 |
| Mixtures with egg | 557 | 8.7 | 86 | 1,099 | 944 | 2,632 | 6.4 | 1,715 | 0.9 |
| Fats and Oils | 23 | 0.3 | 4 | 30 | 58 | 1,720 | 0.2 | 27 | 0.1 |
| Butter | 33 | 0.0 | 3 | 33 | 33 | 778 | 0.1 | 300 | 0.0 |
| Margarine | 14 | 0.1 | 4 | 14 | 35 | 1,321 | 0.0 | 8 | 0.0 |
| Salad dressings and mayonnaise | 37 | 0.5 | 6 | 56 | 104 | 2,773 | 0.3 | 38 | 0.3 |
| Vegetable oils and shortenings | 183 | 0.2 | 19 | 145 | 241 | 4,014 | 0.7 | 5 | 0.0 |
| Fish | 96 | 8.0 | 172 | 1,036 | 1,120 | 2,578 | 3.4 | 232 | 3.5 |
| Fish | 95 | 8.0 | 173 | 1,045 | 1,145 | 2,568 | 3.4 | 227 | 3.4 |
| Shellfish | 132 | 7.8 | 165 | 958 | 864 | 2,714 | 3.2 | 340 | 4.0 |
| Fruits and Juices | 166 | 5.5 | 142 | 210 | 2,452 | 90 | 1.3 | 0 | 18.7 |
| Fruits | 162 | 4.3 | 134 | 202 | 2,143 | 105 | 1.4 | 0 | 27.5 |
| Juices | 176 | 7.8 | 159 | 227 | 3,026 | 61 | 1.0 | 0 | 3.3 |
| Grain Products | 300 | 17.3 | 122 | 516 | 499 | 1,650 | 8.7 | 27 | 10.3 |
| Breakfast cereals | 640 | 47.5 | 143 | 490 | 562 | 1,416 | 26.8 | 0 | 12.7 |
| Flour and other milled grains | 42 | 11.1 | 105 | 345 | 374 | 253 | 2.4 | 0 | 9.7 |
| Flour mix ^a | 318 | 6.5 | 63 | 917 | 429 | 2,198 | 1.4 | 3 | 7.8 |
| Mixtures with grain | 470 | 8.4 | 113 | 666 | 908 | 2,777 | 5.2 | 142 | 7.5 |
| Pasta and noodles | 48 | 8.1 | 120 | 384 | 282 | 1,475 | 3.4 | 0 | 11.9 |
| Rice, barley, and other grains | 113 | 9.4 | 159 | 487 | 399 | 2,519 | 4.1 | 2 | 10.1 |

Table B.4 (continued)

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|--------------------------------------|--|-------------|-------------------|--------------------|-------------------|----------------|-------------|---------------------|----------------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Legumes, Nuts, and Seeds | 314 | 12.9 | 331 | 978 | 2,249 | 2,204 | 15.0 | 10 | 31.8 |
| Dry beans and peas | 385 | 19.0 | 368 | 1,041 | 3,042 | 3,000 | 21.3 | 15 | 45.8 |
| Other nuts | 208 | 4.6 | 358 | 660 | 860 | 373 | 6.6 | 0 | 11.3 |
| Peanuts and peanut butter | 77 | 3.2 | 264 | 618 | 1,102 | 749 | 5.2 | 0 | 10.3 |
| Seeds | 188 | 7.9 | 305 | 1,691 | 907 | 624 | 8.8 | 0 | 16.2 |
| Soybeans and soy products | 699 | 4.9 | 191 | 869 | 1,221 | 2,529 | 4.9 | 5 | 16.1 |
| Milk and Other Dairy Products | 1,930 | 2.9 | 203 | 1,654 | 2,379 | 1,266 | 7.6 | 96 | 5.0 |
| Cheese | 1,716 | 1.5 | 82 | 1,404 | 580 | 2,896 | 8.0 | 206 | 0.4 |
| Cream | 632 | 0.3 | 58 | 463 | 787 | 332 | 1.8 | 215 | 0.0 |
| Ice cream and ice milk | 552 | 1.9 | 97 | 498 | 972 | 324 | 3.2 | 142 | 5.2 |
| Milk | 2,087 | 3.4 | 247 | 1,815 | 3,014 | 899 | 7.8 | 61 | 6.5 |
| Yogurt | 1,754 | 0.8 | 170 | 1,383 | 2,259 | 674 | 8.6 | 47 | 0.1 |
| Non- Dairy Drinks | 461 | 2.5 | 175 | 289 | 2,515 | 741 | 0.9 | 0 | 2.4 |
| Carbonated | 175 | 7.2 | 43 | 612 | 389 | 438 | 0.9 | 0 | 0.3 |
| Coffee and tea | 194 | 4.4 | 572 | 609 | 9,995 | 753 | 3.6 | 1 | 8.3 |
| Dry beverage | 1,817 | 1.0 | 4 | 1,853 | 754 | 678 | 0.2 | 0 | 0.1 |
| Enriched drinks | 49 | 2.4 | 2 | 274 | 688 | 1,363 | 0.4 | 0 | 0.0 |
| Fruit drinks | 328 | 2.0 | 68 | 120 | 669 | 174 | 0.4 | 0 | 0.2 |
| Water | 3,331 | 0.3 | 664 | 2 | 158 | 800 | 0.0 | 0 | 0.0 |
| Poultry | 140 | 7.2 | 98 | 701 | 933 | 2,812 | 5.9 | 257 | 3.2 |
| Chicken | 120 | 6.5 | 93 | 622 | 768 | 2,389 | 4.7 | 236 | 3.3 |
| Game birds | 50 | 3.5 | 69 | 560 | 942 | 873 | 5.7 | 502 | 0.0 |
| Mixed poultry | 423 | 8.3 | 91 | 746 | 1,002 | 367 | 9.4 | 450 | 0.0 |
| Recipe mix ^b | 218 | 4.5 | 83 | 546 | 830 | 1,217 | 5.4 | 219 | 2.7 |
| Turkey | 188 | 9.8 | 121 | 1,033 | 1,580 | 4,526 | 10.6 | 343 | 2.6 |
| Prepared Foods | 749 | 8.8 | 127 | 858 | 897 | 2,057 | 5.4 | 65 | 8.6 |
| Burritos and tacos | 375 | 9.7 | 130 | 613 | 868 | 1,915 | 5.4 | 70 | 12.2 |
| Meat- or cheese-filled pastry | 905 | 8.7 | 105 | 887 | 874 | 1,856 | 4.9 | 67 | 8.2 |
| Mixtures with fish | 126 | 9.7 | 112 | 399 | 664 | 4,399 | 2.9 | 21 | 2.8 |
| Pizza | 856 | 9.0 | 126 | 939 | 924 | 2,235 | 5.6 | 69 | 8.3 |
| Prepared meals | 322 | 15.0 | 104 | 499 | 929 | 1,725 | 9.3 | 97 | 6.4 |
| Prepared sandwiches | 270 | 5.9 | 147 | 581 | 758 | 1,617 | 4.8 | 50 | 8.2 |

Table B.4 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|---------------------------------------|---|-------------|------------|------------|--------------|---------------|-------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Red Meats | 114 | 8.2 | 79 | 712 | 1,045 | 2,700 | 13.6 | 253 | 1.6 |
| Beef and veal | 128 | 10.3 | 84 | 734 | 1,080 | 2,170 | 18.0 | 269 | 1.9 |
| Lamb | 77 | 10.2 | 126 | 1,015 | 1,522 | 1,521 | 24.9 | 440 | 0.0 |
| Mixed meats | 83 | 4.4 | 52 | 434 | 627 | 3,186 | 6.2 | 207 | 0.8 |
| Pork | 94 | 5.2 | 79 | 809 | 1,171 | 3,666 | 7.9 | 243 | 1.2 |
| Recipe mix ^c | 214 | 8.8 | 129 | 654 | 1,586 | 3,870 | 10.2 | 167 | 8.0 |
| Soups and Gravies | 331 | 15.8 | 138 | 629 | 1,586 | 19,931 | 4.9 | 66 | 10.2 |
| Gravies | 305 | 19.1 | 82 | 545 | 989 | 11,961 | 3.3 | 39 | 9.1 |
| Soups | 346 | 12.6 | 182 | 714 | 2,088 | 27,243 | 6.3 | 89 | 10.6 |
| Sugar and Desserts | 96 | 1.2 | 22 | 96 | 222 | 295 | 0.9 | 2 | 1.2 |
| Candies and toppings | 91 | 1.4 | 42 | 129 | 241 | 299 | 1.4 | 11 | 2.5 |
| Gelatins | 18 | 0.4 | 10 | 475 | 44 | 1,277 | 0.0 | 0 | 0.1 |
| Jellies, jams, and preserves | 77 | 1.9 | 15 | 42 | 296 | 138 | 0.2 | 0 | 2.7 |
| Puddings and pie filling | 322 | 5.0 | 80 | 327 | 870 | 1,135 | 1.7 | 7 | 1.4 |
| Sherbet and ices | 265 | 2.7 | 43 | 196 | 529 | 251 | 2.9 | 5 | 6.5 |
| Sugars | 63 | 0.6 | 11 | 10 | 112 | 34 | 0.3 | 0 | 0.3 |
| Syrups | 23 | 0.4 | 12 | 37 | 55 | 221 | 0.9 | 0 | 0.0 |
| Vegetables | 246 | 7.3 | 224 | 500 | 3,349 | 2,278 | 3.8 | 5 | 24.8 |
| Green vegetables ^d | 1,337 | 26.8 | 589 | 1,338 | 7,592 | 4,335 | 11.4 | 0 | 89.9 |
| Mixed vegetables | 1,484 | 37.5 | 853 | 1,270 | 9,330 | 2,977 | 14.0 | 0 | 88.7 |
| Mixtures with vegetables ^e | 294 | 7.2 | 124 | 424 | 1,140 | 2,118 | 3.6 | 97 | 16.0 |
| Other vegetables ^f | 817 | 13.6 | 379 | 1,049 | 5,512 | 1,566 | 8.8 | 0 | 57.3 |
| Potato and potato products | 76 | 3.6 | 151 | 350 | 2,485 | 1,769 | 1.9 | 2 | 13.2 |
| Tomato and tomato products | 395 | 14.6 | 349 | 661 | 6,430 | 3,828 | 7.1 | 17 | 39.0 |
| Yellow vegetables ^g | 316 | 7.5 | 270 | 778 | 3,969 | 2,807 | 5.9 | 0 | 40.2 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009–2010.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce, beef stew mixes, and pasta with meat, tomato, and/or cheese.

^d Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^e Includes onion rings, coleslaw, breaded vegetables, and bean salads.

^f Includes onions, cauliflower, radishes, squash, mushrooms, and beets.

^g Includes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; NSLP = National School Lunch Program; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

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APPENDIX C
SUPPLEMENTARY TABLES FOR CHAPTER III

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Table C.1. Total MyPyramid Food Group Availability of Food Acquisitions by Public Unified NSL School Districts, SY 2009- 2010

| | Reference Standard ^a | All Foods | Purchased Foods | Donated USDA Foods | Processed Foods Containing Donated USDA Foods |
|--|---------------------------------|-----------|-----------------|--------------------|---|
| MyPyramid Equivalents per 1,000 Calories | | | | | |
| Total Grains (oz equiv) | ≥ 3.0 | 3.83 | 4.07 | 1.67 | 3.79 |
| Whole grains | ≥ 1.5 | 0.30 | 0.31 | 0.29 | 0.25 |
| Non-whole grains | n.a. | 3.53 | 3.75 | 1.38 | 3.55 |
| Total Fruit (cup equiv) | ≥ 0.8 | 0.62 | 0.61 | 1.30 | 0.05 |
| Citrus fruits, melons, and berries | n.a. | 0.18 | 0.19 | 0.21 | 0.01 |
| Other fruits | n.a. | 0.44 | 0.42 | 1.09 | 0.04 |
| Whole fruit | ≥ 0.4 | 0.40 | 0.35 | 1.26 | 0.03 |
| Fruit juice | n.a. | 0.22 | 0.26 | 0.03 | 0.02 |
| Total Vegetables (cup equiv) | ≥ 1.1 | 0.74 | 0.72 | 1.09 | 0.51 |
| Dark green | n.a. | 0.06 | 0.06 | 0.08 | 0.00 |
| Orange | n.a. | 0.04 | 0.04 | 0.05 | 0.00 |
| Tomato | n.a. | 0.15 | 0.14 | 0.18 | 0.20 |
| Legumes | n.a. | 0.02 | 0.02 | 0.06 | 0.01 |
| Starchy | n.a. | 0.04 | 0.04 | 0.17 | 0.00 |
| Potato | n.a. | 0.27 | 0.26 | 0.34 | 0.28 |
| Other | n.a. | 0.16 | 0.16 | 0.21 | 0.03 |
| Total Milk (cup equiv) | ≥ 1.3 | 1.64 | 1.72 | 1.70 | 0.91 |
| Milk | n.a. | 1.18 | 1.44 | 0.04 | 0.04 |
| Soy beverage | n.a. | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | n.a. | 0.02 | 0.02 | 0.00 | 0.00 |
| Cheese | n.a. | 0.44 | 0.26 | 1.65 | 0.87 |
| Total Meat (oz equiv) | ≥ 2.5 | 1.87 | 1.24 | 4.10 | 5.20 |
| Meat ^b | n.a. | 0.44 | 0.25 | 1.12 | 1.45 |
| Organ meats | n.a. | 0.00 | 0.00 | 0.00 | 0.00 |
| Frankfurters, sausages, and luncheon meats | n.a. | 0.42 | 0.33 | 1.23 | 0.53 |
| Poultry | n.a. | 0.68 | 0.42 | 1.08 | 2.46 |
| Fish and shellfish high in Omega-3 | n.a. | 0.00 | 0.00 | 0.02 | 0.00 |
| Fish and shellfish low in Omega-3 | n.a. | 0.04 | 0.04 | 0.07 | 0.00 |
| Eggs | n.a. | 0.08 | 0.06 | 0.12 | 0.19 |
| Soybean products ^c | n.a. | 0.08 | 0.06 | 0.02 | 0.28 |
| Nuts and seeds | n.a. | 0.13 | 0.08 | 0.44 | 0.29 |
| Oils (grams) | ≥ 12 | 10.8 | 10.2 | 12.8 | 13.9 |
| Solid Fats (grams) | n.a. | 19.8 | 18.3 | 26.8 | 25.4 |
| Added Sugars (teaspoons) | n.a. | 7.5 | 8.6 | 2.4 | 2.3 |
| Percent of Calories from Solid Fats and Added Sugars | ≤ 20 | 30.4 | 31.0 | 28.1 | 26.6 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Reference standards are based on the criteria used in the Healthy Eating Index-2005 (HEI-2005) for assigning the maximum score for a given food group and are expressed on a per-1,000-calorie basis. The HEI-2005 standard for the percentage of calories from solid fats, added sugars, and alcohol (no more than 20 percent) is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

^b Includes beef, pork, veal, lamb and game.

^c Excludes soy beverages.

equiv= equivalent; NSLP = National School Lunch Program; oz = ounce; SY = school year.

n.a. = not applicable.

Table C.2. Total MyPyramid Food Group Availability of Food Acquisitions, by SFPS- III Food Groups and Subgroups, by Public Unified NSLP School Districts, SY 2009- 2010

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--|---|-------------------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Bakery Products | 0.03 | 0.02 | 0.01 | 0.02 | 0.01 | 0.07 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.06 |
| Biscuits, muffins, pancakes, and waffles | 0.10 | 0.08 | 0.01 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Breads and rolls | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cakes and other bakery desserts | 0.05 | 0.02 | 0.03 | 0.01 | 0.04 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Crackers | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pretzels and snack chips | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.44 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.44 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.96 | 0.00 | 0.00 | 3.56 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.59 | 0.00 | 0.00 | 3.99 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.07 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 27.71 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with egg | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fats and Oils | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Shellfish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 |
| Fruits and Juices | 9.02 | 2.53 | 6.49 | 5.87 | 3.15 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Fruits | 9.47 | 1.68 | 7.79 | 9.44 | 0.03 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Juices | 8.28 | 3.94 | 4.35 | 0.00 | 8.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.09 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.00 |
| Breakfast cereals | 0.02 | 0.00 | 0.02 | 0.02 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.19 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.48 | 0.00 | 0.00 | 0.27 | 0.00 | 0.01 | 0.02 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table C.2 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.97 | 0.00 | 0.00 | 0.17 | 1.73 | 0.07 | 0.00 |
| Dry beans and peas | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.42 | 0.00 | 0.00 | 0.39 | 3.88 | 0.15 | 0.00 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 |
| Milk and Other Dairy Products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.17 | 0.17 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.29 | 0.21 | 0.07 | 0.01 | 0.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.09 | 0.09 | 0.00 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.01 | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.72 | 0.54 | 0.18 | 0.00 | 0.72 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Chicken | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Game birds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^b | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.30 | 0.00 | 0.08 | 0.00 | 0.00 | 0.08 | 0.00 |
| Turkey | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 |
| Prepared Foods | 0.04 | 0.00 | 0.04 | 0.01 | 0.04 | 0.31 | 0.00 | 0.00 | 0.25 | 0.03 | 0.00 | 0.00 |
| Burritos and tacos | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.47 | 0.00 | 0.00 | 0.02 | 0.38 | 0.00 | 0.00 |
| Meat- or cheese-filled pastry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.24 | 0.00 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 |
| Mixtures with fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.13 | 0.37 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.38 | 0.00 | 0.00 | 0.37 | 0.00 | 0.00 | 0.00 |
| Prepared meals | 1.62 | 0.01 | 1.62 | 0.15 | 1.48 | 0.11 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 0.02 | 0.00 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table C.2 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|---------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Red Meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.00 |
| Beef and veal | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 0.00 | 0.00 | 0.06 | 0.00 | 0.00 | 0.00 |
| Lamb | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pork | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^c | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.43 | 0.00 | 0.00 | 0.99 | 0.00 | 0.00 | 0.28 |
| Soups and Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.00 | 0.00 | 0.02 | 1.42 | 0.16 | 0.00 | 0.06 |
| Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.53 | 0.00 | 0.03 | 2.51 | 0.29 | 0.00 | 0.11 |
| Sugar and Desserts | 0.06 | 0.04 | 0.02 | 0.05 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Candies and toppings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Gelatins | 0.11 | 0.00 | 0.11 | 0.11 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.50 | 0.40 | 0.09 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.06 | 0.00 | 0.06 | 0.06 | 0.00 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.17 | 0.14 | 0.03 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7.85 | 0.81 | 0.49 | 0.84 | 0.00 | 0.58 | 3.56 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 34.03 | 9.01 | 0.00 | 0.00 | 0.00 | 2.15 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 27.44 | 12.94 | 1.48 | 0.11 | 0.00 | 2.40 | 0.00 |
| Mixtures with vegetables ^e | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.93 | 0.01 | 0.14 | 0.02 | 0.04 | 0.12 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 19.28 | 0.00 | 0.04 | 0.00 | 0.00 | 0.08 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.82 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.82 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.68 | 0.00 | 0.00 | 10.66 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.86 | 0.00 | 5.14 | 0.00 | 0.00 | 4.72 | 0.00 |

Table C.2 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|--|---|------|-------------|---|---------|------------------------------------|-----------------------------------|-------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Bakery Products | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.01 | 0.01 |
| Biscuits, muffins, pancakes, and waffles | 0.16 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.13 | 0.03 | 0.00 |
| Breads and rolls | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Cakes and other bakery desserts | 0.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.06 |
| Crackers | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 |
| Pretzels and snack chips | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 10.45 | 0.06 | 0.00 | 0.39 | 0.04 | 0.00 | 0.00 | 9.78 | 0.02 | 0.15 |
| Eggs | 13.83 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 13.83 | 0.00 | 0.00 |
| Mixtures with egg | 7.91 | 0.11 | 0.00 | 0.68 | 0.07 | 0.00 | 0.00 | 6.75 | 0.04 | 0.27 |
| Fats and Oils | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.09 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 9.54 | 0.00 | 0.00 | 0.00 | 0.00 | 0.68 | 8.67 | 0.05 | 0.14 | 0.00 |
| Fish | 9.98 | 0.00 | 0.00 | 0.00 | 0.00 | 0.81 | 8.98 | 0.05 | 0.14 | 0.00 |
| Shellfish | 7.53 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 | 7.26 | 0.05 | 0.16 | 0.00 |
| Fruits and Juices | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Fruits | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.27 | 0.10 | 0.00 | 0.02 | 0.06 | 0.00 | 0.00 | 0.06 | 0.02 | 0.01 |
| Breakfast cereals | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 1.49 | 0.55 | 0.00 | 0.14 | 0.34 | 0.00 | 0.00 | 0.32 | 0.14 | 0.00 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table C.2 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|--------------------------------------|---|------|-------------|---|---------|------------------------------------|-----------------------------------|------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Legumes, Nuts, and Seeds | 5.78 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.18 | 5.57 |
| Dry beans and peas | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Other nuts | 11.45 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.45 |
| Peanuts and peanut butter | 10.56 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.56 |
| Seeds | 11.42 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.42 |
| Soybeans and soy products | 5.30 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.90 | 0.00 |
| Milk and Other Dairy Products | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.45 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.45 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 10.56 | 0.03 | 0.00 | 2.40 | 7.74 | 0.00 | 0.00 | 0.14 | 0.25 | 0.00 |
| Chicken | 9.19 | 0.01 | 0.01 | 0.13 | 8.58 | 0.00 | 0.00 | 0.17 | 0.29 | 0.00 |
| Game birds | 12.29 | 0.00 | 0.00 | 0.00 | 12.29 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed poultry | 26.95 | 0.00 | 0.00 | 0.00 | 26.95 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^b | 5.94 | 0.00 | 0.00 | 0.00 | 5.93 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Turkey | 15.62 | 0.09 | 0.00 | 10.73 | 4.66 | 0.00 | 0.00 | 0.03 | 0.11 | 0.00 |
| Prepared Foods | 1.43 | 0.15 | 0.00 | 0.24 | 0.20 | 0.00 | 0.00 | 0.03 | 0.24 | 0.57 |
| Burritos and tacos | 1.60 | 0.83 | 0.00 | 0.00 | 0.53 | 0.00 | 0.00 | 0.00 | 0.24 | 0.00 |
| Meat- or cheese-filled pastry | 0.61 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 | 0.05 | 0.42 | 0.00 |
| Mixtures with fish | 2.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.71 | 0.01 | 0.00 | 0.28 | 0.12 | 0.00 | 0.00 | 0.04 | 0.28 | 0.00 |
| Prepared meals | 1.62 | 0.08 | 0.00 | 0.00 | 1.17 | 0.00 | 0.00 | 0.00 | 0.00 | 0.37 |
| Prepared sandwiches | 4.83 | 0.47 | 0.00 | 0.36 | 0.32 | 0.00 | 0.00 | 0.00 | 0.01 | 3.67 |

Meat

| Food Group/Subgroup | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
|---|-------|-------|-------------|---|---------|------------------------------------|-----------------------------------|------|------------------|----------------|
| MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Red Meats | 10.08 | 6.56 | 0.00 | 3.09 | 0.01 | 0.00 | 0.00 | 0.03 | 0.38 | 0.01 |
| Beef and veal | 10.76 | 9.71 | 0.00 | 0.45 | 0.01 | 0.00 | 0.00 | 0.03 | 0.56 | 0.00 |
| Lamb | 17.26 | 17.26 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed meats | 7.20 | 0.36 | 0.00 | 6.78 | 0.00 | 0.00 | 0.00 | 0.02 | 0.04 | 0.00 |
| Pork | 9.82 | 2.08 | 0.00 | 7.54 | 0.01 | 0.00 | 0.00 | 0.03 | 0.14 | 0.02 |
| Recipe mix ^c | 4.67 | 4.47 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.19 | 0.01 | 0.00 |
| Soups and Gravies | 1.42 | 0.93 | 0.00 | 0.00 | 0.28 | 0.00 | 0.00 | 0.01 | 0.19 | 0.00 |
| Gravies | 0.18 | 0.03 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.11 | 0.00 |
| Soups | 2.39 | 1.63 | 0.00 | 0.00 | 0.47 | 0.00 | 0.01 | 0.02 | 0.26 | 0.00 |
| Sugar and Desserts | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Candies and toppings | 0.14 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.10 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with vegetables ^e | 0.34 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.28 | 0.05 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Tomato and tomato products | 0.09 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table C.2 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Bakery Products | 9.76 | 0.63 | 9.14 | 0.02 | 0.01 | 0.00 | 0.00 | 0.01 | 11 | 16 | 6.6 |
| Biscuits, muffins, pancakes, and waffles | 7.77 | 0.84 | 6.93 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 24 | 8.6 |
| Breads and rolls | 12.35 | 0.51 | 11.83 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9 | 8 | 3.9 |
| Cakes and other bakery desserts | 6.07 | 0.40 | 5.68 | 0.04 | 0.04 | 0.00 | 0.00 | 0.00 | 3 | 36 | 15.6 |
| Crackers | 8.81 | 2.52 | 6.29 | 0.06 | 0.00 | 0.00 | 0.00 | 0.06 | 0 | 30 | 11.0 |
| Pretzels and snack chips | 8.65 | 0.11 | 8.54 | 0.06 | 0.00 | 0.00 | 0.00 | 0.06 | 37 | 4 | 0.1 |
| Condiments | 0.56 | 0.00 | 0.56 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 0 | 30.1 |
| Catsup and other sauces | 0.41 | 0.00 | 0.41 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8 | 0 | 33.2 |
| Flavorings | 4.56 | 0.00 | 4.56 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 4 | 1.7 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 5.6 |
| Eggs | 1.05 | 0.03 | 1.02 | 0.59 | 0.31 | 0.00 | 0.00 | 0.28 | 1 | 39 | 0.4 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 33 | 0.0 |
| Mixtures with egg | 1.84 | 0.04 | 1.79 | 1.03 | 0.54 | 0.00 | 0.00 | 0.49 | 3 | 43 | 0.7 |
| Fats and Oils | 0.13 | 0.00 | 0.13 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 65 | 42 | 1.2 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 113 | 0.0 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 104 | 0.0 |
| Salad dressings and mayonnaise | 0.32 | 0.00 | 0.32 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 91 | 10 | 2.8 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 76 | 37 | 0.0 |
| Fish | 5.42 | 0.09 | 5.33 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 35 | 6 | 0.5 |
| Fish | 5.30 | 0.09 | 5.22 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 34 | 6 | 0.5 |
| Shellfish | 5.95 | 0.10 | 5.86 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 39 | 6 | 0.6 |
| Fruits and Juices | 0.15 | 0.00 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 7.5 |
| Fruits | 0.23 | 0.00 | 0.23 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 10.7 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 2.2 |
| Grain Products | 9.67 | 1.41 | 8.26 | 0.24 | 0.05 | 0.00 | 0.00 | 0.19 | 2 | 8 | 5.1 |
| Breakfast cereals | 5.82 | 2.80 | 3.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 5 | 17.9 |
| Flour and other milled grains | 17.24 | 2.02 | 15.22 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Flour mix ^a | 5.96 | 0.21 | 5.75 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 26 | 18.4 |
| Mixtures with grain | 6.52 | 0.12 | 6.40 | 1.33 | 0.26 | 0.00 | 0.00 | 1.07 | 7 | 26 | 0.7 |
| Pasta and noodles | 9.20 | 0.58 | 8.62 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 2 | 0.0 |
| Rice, barley, and other grains | 9.19 | 1.93 | 7.26 | 0.02 | 0.00 | 0.00 | 0.00 | 0.02 | 1 | 2 | 0.2 |

Table C.2 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.15 | 0.00 | 0.15 | 0.03 | 0.00 | 0.01 | 0.00 | 0.03 | 30 | 2 | 3.0 |
| Dry beans and peas | 0.33 | 0.00 | 0.33 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 2 | 5.1 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 59 | 3 | 0.0 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 54 | 2 | 1.8 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 59 | 0 | 0.1 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.87 | 0.00 | 0.40 | 0.00 | 0.87 | 33 | 21 | 0.3 |
| Milk and Other Dairy Products | 0.14 | 0.01 | 0.13 | 6.56 | 5.33 | 0.00 | 0.08 | 1.15 | 0 | 27 | 12.7 |
| Cheese | 0.44 | 0.03 | 0.37 | 5.73 | 0.19 | 0.00 | 0.00 | 5.54 | 0 | 72 | 0.1 |
| Cream | 0.00 | 0.00 | 0.00 | 0.12 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 94 | 0.0 |
| Ice cream and ice milk | 1.29 | 0.00 | 1.29 | 1.18 | 1.17 | 0.00 | 0.00 | 0.00 | 3 | 46 | 18.7 |
| Milk | 0.00 | 0.00 | 0.00 | 7.19 | 7.19 | 0.00 | 0.00 | 0.00 | 0 | 14 | 15.6 |
| Yogurt | 0.00 | 0.00 | 0.00 | 4.38 | 0.16 | 0.00 | 4.23 | 0.00 | 0 | 10 | 28.4 |
| Non- Dairy Drinks | 0.06 | 0.00 | 0.06 | 0.03 | 0.03 | 0.00 | 0.00 | 0.00 | 0 | 2 | 45.4 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 38.2 |
| Coffee and tea | 0.21 | 0.00 | 0.21 | 0.24 | 0.24 | 0.00 | 0.00 | 0.00 | 0 | 20 | 25.2 |
| Dry beverage | 0.78 | 0.00 | 0.78 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 56.9 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 46.3 |
| Fruit drinks | 0.02 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 50.7 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 5.5 |
| Poultry | 3.19 | 0.15 | 3.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 18 | 19 | 1.5 |
| Chicken | 3.55 | 0.13 | 3.42 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 21 | 19 | 0.9 |
| Game birds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 38 | 0.0 |
| Mixed poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 29 | 0.0 |
| Recipe mix ^b | 3.00 | 0.00 | 3.00 | 0.93 | 0.93 | 0.00 | 0.00 | 0.00 | 7 | 32 | 0.0 |
| Turkey | 1.90 | 0.22 | 1.68 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 16 | 3.4 |
| Prepared Foods | 6.59 | 0.74 | 5.85 | 1.82 | 0.00 | 0.00 | 0.00 | 1.81 | 9 | 24 | 2.8 |
| Burritos and tacos | 8.68 | 0.78 | 7.91 | 0.75 | 0.00 | 0.00 | 0.00 | 0.75 | 8 | 19 | 0.1 |
| Meat- or cheese-filled pastry | 7.96 | 0.44 | 7.52 | 1.99 | 0.00 | 0.00 | 0.00 | 1.99 | 3 | 30 | 1.2 |
| Mixtures with fish | 6.78 | 0.00 | 6.78 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 9.3 |
| Pizza | 6.66 | 0.77 | 5.89 | 2.30 | 0.00 | 0.00 | 0.00 | 2.30 | 8 | 26 | 2.6 |
| Prepared meals | 4.94 | 1.92 | 3.02 | 0.21 | 0.05 | 0.00 | 0.00 | 0.16 | 6 | 12 | 8.5 |
| Prepared sandwiches | 4.29 | 0.65 | 3.63 | 0.62 | 0.00 | 0.00 | 0.00 | 0.62 | 22 | 16 | 5.7 |

Table C.2 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|---------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Red Meats | 0.92 | 0.05 | 0.87 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 39 | 0.9 |
| Beef and veal | 0.64 | 0.00 | 0.64 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3 | 35 | 0.5 |
| Lamb | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 5 | 0.0 |
| Mixed meats | 1.44 | 0.20 | 1.24 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 56 | 1.6 |
| Pork | 1.28 | 0.08 | 1.20 | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 4 | 40 | 1.7 |
| Recipe mix ^c | 3.81 | 0.00 | 3.81 | 0.21 | 0.10 | 0.00 | 0.00 | 0.11 | 2 | 16 | 2.5 |
| Soups and Gravies | 9.34 | 0.00 | 9.34 | 0.04 | 0.01 | 0.00 | 0.00 | 0.00 | 2 | 19 | 1.4 |
| Gravies | 17.84 | 0.00 | 17.84 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 23 | 0.1 |
| Soups | 2.80 | 0.00 | 2.80 | 0.07 | 0.01 | 0.00 | 0.00 | 0.00 | 1 | 16 | 2.5 |
| Sugar and Desserts | 0.24 | 0.01 | 0.23 | 0.19 | 0.16 | 0.00 | 0.00 | 0.00 | 3 | 4 | 46.3 |
| Candies and toppings | 0.77 | 0.09 | 0.68 | 0.26 | 0.26 | 0.00 | 0.00 | 0.00 | 15 | 18 | 31.8 |
| Gelatins | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 53.1 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 37.8 |
| Puddings and pie filling | 1.55 | 0.00 | 1.55 | 1.21 | 1.21 | 0.00 | 0.00 | 0.00 | 10 | 13 | 29.8 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.75 | 0.44 | 0.00 | 0.00 | 0.00 | 2 | 7 | 35.3 |
| Sugars | 0.06 | 0.00 | 0.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 60.7 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 38.4 |
| Vegetables | 1.50 | 0.01 | 1.49 | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 18 | 10 | 0.7 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixtures with vegetables ^e | 5.75 | 0.52 | 5.23 | 0.43 | 0.23 | 0.00 | 0.00 | 0.19 | 19 | 35 | 0.9 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Potato and potato products | 1.90 | 0.00 | 1.90 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 23 | 10 | 0.7 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.03 | 1 | 19 | 1.0 |
| Yellow vegetables ^g | 0.32 | 0.00 | 0.32 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 3 | 0 | 1.0 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

NSLP = National School Lunch Program; SY = school year.

Table C.3. Mean MyPyramid Food Group Availability of Food Acquisitions by Public Unified NSLP School Districts, SY 2009- 2010

| | Reference Standard ^a | All Foods | Purchased Foods | Donated USDA Foods | Processed Foods Containing Donated USDA Foods |
|--|---------------------------------|-----------|-----------------|--------------------|---|
| MyPyramid Equivalents per 1,000 Calories | | | | | |
| Total Grains (oz equiv) | ≥ 3.0 | 3.86 | 4.07 | 1.48 | 3.33 |
| Whole grains | ≥ 1.5 | 0.30 | 0.30 | 0.24 | 0.21 |
| Non-whole grains | n.a. | 3.57 | 3.77 | 1.25 | 3.12 |
| Total Fruit (cup equiv) | ≥ 0.8 | 0.58 | 0.59 | 1.89 | 0.17 |
| Citrus fruits, melons, and berries | n.a. | 0.17 | 0.18 | 0.25 | 0.02 |
| Other fruits | n.a. | 0.42 | 0.41 | 1.64 | 0.16 |
| Whole fruit | ≥ 0.4 | 0.38 | 0.35 | 1.85 | 0.15 |
| Fruit juice | n.a. | 0.20 | 0.24 | 0.03 | 0.02 |
| Total Vegetables (cup equiv) | ≥ 1.1 | 0.74 | 0.74 | 1.12 | 0.47 |
| Dark green | n.a. | 0.06 | 0.07 | 0.05 | 0.00 |
| Orange | n.a. | 0.04 | 0.04 | 0.08 | 0.00 |
| Tomato | n.a. | 0.15 | 0.14 | 0.22 | 0.20 |
| Legumes | n.a. | 0.02 | 0.02 | 0.07 | 0.01 |
| Starchy | n.a. | 0.04 | 0.03 | 0.22 | 0.00 |
| Potato | n.a. | 0.27 | 0.27 | 0.26 | 0.24 |
| Other | n.a. | 0.16 | 0.17 | 0.23 | 0.03 |
| Total Milk (cup equiv) | ≥ 1.3 | 1.63 | 1.72 | 1.51 | 0.76 |
| Milk | n.a. | 1.19 | 1.44 | 0.05 | 0.04 |
| Soy beverage | n.a. | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | n.a. | 0.02 | 0.02 | 0.00 | 0.00 |
| Cheese | n.a. | 0.42 | 0.25 | 1.46 | 0.72 |
| Total Meat (oz equiv) | ≥ 2.5 | 1.85 | 1.22 | 4.34 | 6.16 |
| Meat ^b | n.a. | 0.43 | 0.26 | 1.07 | 1.52 |
| Organ meats | n.a. | 0.00 | 0.00 | 0.00 | 0.00 |
| Frankfurters, sausages, and luncheon meats | n.a. | 0.45 | 0.34 | 1.46 | 0.92 |
| Poultry | n.a. | 0.65 | 0.39 | 1.32 | 3.04 |
| Fish and shellfish high in Omega-3 | n.a. | 0.00 | 0.00 | 0.01 | 0.00 |
| Fish and shellfish low in Omega-3 | n.a. | 0.04 | 0.04 | 0.04 | 0.00 |
| Eggs | n.a. | 0.08 | 0.07 | 0.07 | 0.21 |
| Soybean products ^c | n.a. | 0.07 | 0.05 | 0.02 | 0.29 |
| Nuts and seeds | n.a. | 0.12 | 0.07 | 0.35 | 0.19 |
| Oils (grams) | ≥ 12 | 10.9 | 10.2 | 9.1 | 14.8 |
| Solid Fats (grams) | n.a. | 19.9 | 18.6 | 24.2 | 24.4 |
| Added Sugars (teaspoons) | n.a. | 7.5 | 8.7 | 3.1 | 2.4 |
| Percent of Calories from Solid Fats and Added Sugars | ≤ 20 | 30.6 | 31.4 | 27.0 | 25.9 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Reference standards are based on the criteria used in the Healthy Eating Index-2005 (HEI-2005) for assigning the maximum score for a given food group and are expressed on a per-1,000-calorie basis. The HEI-2005 standard for the percentage of calories from solid fats, added sugars, and alcohol (no more than 20 percent) is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

^b Includes beef, pork, veal, lamb and game.

^cExcludes soy beverages.

equiv= equivalent; NSLP = National School Lunch Program; SY = school year.

n.a. = not applicable.

Table C.4. Mean MyPyramid Food Group Availability of Food Acquisitions, by SFPS- III Food Groups and Subgroups, by Public Unified NSLP School Districts, SY 2009-2010

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--|---|-------------------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Bakery Products | 0.03 | 0.02 | 0.01 | 0.02 | 0.01 | 0.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 |
| Biscuits, muffins, pancakes, and waffles | 0.09 | 0.08 | 0.01 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Breads and rolls | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cakes and other bakery desserts | 0.06 | 0.02 | 0.04 | 0.02 | 0.04 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Crackers | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pretzels and snack chips | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.50 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6.33 | 0.00 | 0.00 | 3.62 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.85 | 0.00 | 0.00 | 4.12 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.56 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30.30 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with egg | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fats and Oils | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Shellfish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Fruits and Juices | 8.85 | 2.47 | 6.39 | 5.90 | 2.96 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Fruits | 9.30 | 1.72 | 7.58 | 9.25 | 0.05 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Juices | 8.19 | 3.83 | 4.36 | 0.00 | 8.19 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.11 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 |
| Breakfast cereals | 0.02 | 0.00 | 0.02 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.69 | 0.00 | 0.00 | 0.40 | 0.00 | 0.01 | 0.02 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 |

Table C.4 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.56 | 0.00 | 0.00 | 0.24 | 2.25 | 0.08 | 0.00 |
| Dry beans and peas | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.31 | 0.00 | 0.00 | 0.41 | 3.80 | 0.10 | 0.00 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 |
| Milk and Other Dairy Products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.16 | 0.16 | 0.00 | 0.16 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.28 | 0.21 | 0.07 | 0.00 | 0.27 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.01 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.02 | 0.01 | 0.01 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.86 | 0.68 | 0.18 | 0.00 | 0.86 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Chicken | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Game birds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^b | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.66 | 0.00 | 0.05 | 0.00 | 0.00 | 0.05 | 0.00 |
| Turkey | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 |
| Prepared Foods | 0.03 | 0.00 | 0.03 | 0.01 | 0.02 | 0.32 | 0.00 | 0.00 | 0.27 | 0.03 | 0.00 | 0.00 |
| Burritos and tacos | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.40 | 0.00 | 0.00 | 0.02 | 0.31 | 0.00 | 0.00 |
| Meat- or cheese-filled pastry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.24 | 0.00 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 |
| Mixtures with fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.13 | 0.37 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.38 | 0.00 | 0.00 | 0.37 | 0.00 | 0.00 | 0.00 |
| Prepared meals | 1.08 | 0.01 | 1.07 | 0.15 | 0.93 | 0.33 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 0.02 | 0.00 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table C.4 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|---------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Red Meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.00 |
| Beef and veal | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 0.00 | 0.00 | 0.06 | 0.00 | 0.00 | 0.00 |
| Lamb | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pork | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^c | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.52 | 0.00 | 0.00 | 0.91 | 0.00 | 0.00 | 0.41 |
| Soups and Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.83 | 0.00 | 0.02 | 1.39 | 0.12 | 0.00 | 0.07 |
| Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.14 | 0.00 | 0.03 | 2.41 | 0.23 | 0.00 | 0.11 |
| Sugar and Desserts | 0.06 | 0.04 | 0.02 | 0.05 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Candies and toppings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Gelatins | 0.06 | 0.00 | 0.06 | 0.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.50 | 0.40 | 0.09 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.10 | 0.01 | 0.10 | 0.10 | 0.00 | 0.05 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.19 | 0.13 | 0.05 | 0.00 | 0.19 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.61 | 0.97 | 0.63 | 1.01 | 0.00 | 0.64 | 3.44 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 36.50 | 9.19 | 0.00 | 0.00 | 0.00 | 1.80 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 29.63 | 14.33 | 1.42 | 0.10 | 0.00 | 2.17 | 0.00 |
| Mixtures with vegetables ^e | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.40 | 0.07 | 0.22 | 0.01 | 0.25 | 0.22 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 21.28 | 0.00 | 0.07 | 0.00 | 0.00 | 0.09 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.02 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 12.81 | 0.00 | 0.00 | 12.79 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.84 | 0.00 | 6.51 | 0.00 | 0.00 | 4.32 | 0.00 |

Meat

| Food Group/Subgroup | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
|--------------------------------------|--|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| Legumes, Nuts, and Seeds | 4.11 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.38 | 3.66 |
| Dry beans and peas | 0.04 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 |
| Other nuts | 11.21 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.21 |
| Peanuts and peanut butter | 10.65 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.65 |
| Seeds | 11.65 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.65 |
| Soybeans and soy products | 6.38 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.79 | 0.00 |
| Milk and Other Dairy Products | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.30 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.30 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 10.72 | 0.03 | 0.00 | 2.69 | 7.61 | 0.00 | 0.00 | 0.13 | 0.25 | 0.00 |
| Chicken | 9.30 | 0.01 | 0.00 | 0.13 | 8.69 | 0.00 | 0.00 | 0.17 | 0.30 | 0.00 |
| Game birds | 12.29 | 0.00 | 0.00 | 0.00 | 12.29 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed poultry | 26.64 | 0.00 | 0.00 | 0.00 | 26.64 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^p | 7.12 | 0.00 | 0.00 | 0.00 | 7.06 | 0.00 | 0.00 | 0.06 | 0.00 | 0.00 |
| Turkey | 17.00 | 0.08 | 0.00 | 12.27 | 4.52 | 0.00 | 0.00 | 0.02 | 0.10 | 0.00 |
| Prepared Foods | 1.37 | 0.12 | 0.00 | 0.25 | 0.19 | 0.00 | 0.00 | 0.03 | 0.27 | 0.50 |
| Burritos and tacos | 2.03 | 1.10 | 0.00 | 0.00 | 0.68 | 0.00 | 0.00 | 0.00 | 0.26 | 0.00 |
| Meat- or cheese-filled pastry | 0.61 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 | 0.05 | 0.42 | 0.00 |
| Mixtures with fish | 2.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.78 | 0.00 | 0.00 | 0.31 | 0.13 | 0.00 | 0.00 | 0.04 | 0.30 | 0.00 |
| Prepared meals | 3.89 | 0.08 | 0.00 | 0.00 | 3.43 | 0.00 | 0.00 | 0.00 | 0.00 | 0.37 |
| Prepared sandwiches | 5.09 | 0.42 | 0.00 | 0.35 | 0.47 | 0.00 | 0.00 | 0.00 | 0.00 | 3.85 |

Meat

| Food Group/Subgroup | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
|---------------------------------------|--|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| Red Meats | 10.26 | 6.32 | 0.00 | 3.52 | 0.01 | 0.00 | 0.00 | 0.03 | 0.38 | 0.01 |
| Beef and veal | 10.91 | 9.64 | 0.00 | 0.66 | 0.01 | 0.00 | 0.00 | 0.03 | 0.57 | 0.00 |
| Lamb | 17.05 | 17.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed meats | 7.26 | 0.49 | 0.00 | 6.74 | 0.00 | 0.00 | 0.00 | 0.01 | 0.02 | 0.00 |
| Pork | 10.39 | 2.04 | 0.00 | 8.16 | 0.01 | 0.00 | 0.00 | 0.03 | 0.13 | 0.02 |
| Recipe mix ^c | 5.40 | 5.21 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.19 | 0.01 | 0.00 |
| Soups and Gravies | 1.23 | 0.74 | 0.00 | 0.00 | 0.26 | 0.00 | 0.01 | 0.01 | 0.22 | 0.00 |
| Gravies | 0.26 | 0.07 | 0.00 | 0.00 | 0.08 | 0.00 | 0.00 | 0.00 | 0.11 | 0.00 |
| Soups | 2.10 | 1.30 | 0.00 | 0.00 | 0.43 | 0.00 | 0.01 | 0.02 | 0.35 | 0.00 |
| Sugar and Desserts | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Candies and toppings | 0.18 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.10 | 0.00 | 0.09 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with vegetables ^e | 0.30 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.28 | 0.02 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Tomato and tomato products | 0.06 | 0.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table C.4 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Bakery Products | 9.81 | 0.56 | 9.25 | 0.02 | 0.01 | 0.00 | 0.00 | 0.01 | 11 | 16 | 6.3 |
| Biscuits, muffins, pancakes, and waffles | 7.95 | 0.78 | 7.17 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 23 | 8.4 |
| Breads and rolls | 12.37 | 0.48 | 11.89 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9 | 8 | 3.9 |
| Cakes and other bakery desserts | 6.07 | 0.48 | 5.59 | 0.06 | 0.06 | 0.00 | 0.00 | 0.00 | 3 | 35 | 15.5 |
| Crackers | 9.30 | 1.94 | 7.36 | 0.08 | 0.00 | 0.00 | 0.00 | 0.08 | 0 | 31 | 8.2 |
| Pretzels and snack chips | 8.26 | 0.10 | 8.16 | 0.05 | 0.00 | 0.00 | 0.00 | 0.05 | 38 | 4 | 0.1 |
| Condiments | 0.58 | 0.00 | 0.58 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 0 | 29.5 |
| Catsup and other sauces | 0.42 | 0.00 | 0.42 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 0 | 32.8 |
| Flavorings | 3.44 | 0.00 | 3.44 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 4 | 1.3 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 6.1 |
| Eggs | 0.63 | 0.02 | 0.62 | 0.54 | 0.33 | 0.00 | 0.00 | 0.21 | 1 | 38 | 0.3 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 33 | 0.0 |
| Mixtures with egg | 1.18 | 0.03 | 1.15 | 1.02 | 0.66 | 0.00 | 0.00 | 0.36 | 2 | 43 | 0.5 |
| Fats and Oils | 0.20 | 0.00 | 0.20 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 64 | 42 | 1.6 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 113 | 0.0 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8 | 103 | 0.0 |
| Salad dressings and mayonnaise | 0.47 | 0.00 | 0.47 | 0.03 | 0.03 | 0.00 | 0.00 | 0.00 | 85 | 12 | 3.4 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 77 | 27 | 0.0 |
| Fish | 4.51 | 0.07 | 4.44 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30 | 5 | 0.5 |
| Fish | 4.42 | 0.07 | 4.35 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 29 | 5 | 0.4 |
| Shellfish | 5.23 | 0.09 | 5.15 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 35 | 6 | |
| Fruits and Juices | 0.22 | 0.00 | 0.22 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 8.0 |
| Fruits | 0.34 | 0.00 | 0.34 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 0 | 11.0 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 2.5 |
| Grain Products | 9.07 | 1.34 | 7.73 | 0.25 | 0.04 | 0.00 | 0.00 | 0.20 | 2 | 8 | 5.6 |
| Breakfast cereals | 5.76 | 2.68 | 3.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 5 | 18.1 |
| Flour and other milled grains | 17.44 | 1.25 | 16.19 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Flour mix ^a | 5.96 | 0.20 | 5.76 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 26 | 18.9 |
| Mixtures with grain | 6.90 | 0.20 | 6.70 | 1.02 | 0.17 | 0.00 | 0.00 | 0.85 | 8 | 22 | 1.0 |
| Pasta and noodles | 9.20 | 0.57 | 8.63 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 2 | 0.0 |
| Rice, barley, and other grains | 8.78 | 2.79 | 5.99 | 0.05 | 0.01 | 0.00 | 0.00 | 0.04 | 3 | 6 | 0.3 |

Table C.4 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.21 | 0.00 | 0.21 | 0.04 | 0.00 | 0.05 | 0.00 | 0.04 | 22 | 3 | 3.6 |
| Dry beans and peas | 0.35 | 0.00 | 0.35 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 2 | 5.5 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 62 | 4 | 0.0 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 54 | 2 | 1.6 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 58 | 0 | 0.1 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.27 | 0.00 | 1.58 | 0.00 | 0.27 | 39 | 10 | 0.5 |
| Milk and Other Dairy Products | 0.16 | 0.01 | 0.14 | 6.50 | 5.29 | 0.00 | 0.08 | 1.13 | 0 | 28 | 12.5 |
| Cheese | 0.53 | 0.03 | 0.45 | 5.58 | 0.27 | 0.00 | 0.00 | 5.31 | 1 | 72 | 0.1 |
| Cream | 0.00 | 0.00 | 0.00 | 0.22 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 92 | 0.0 |
| Ice cream and ice milk | 1.24 | 0.00 | 1.24 | 1.26 | 1.25 | 0.00 | 0.00 | 0.00 | 2 | 45 | 19.1 |
| Milk | 0.00 | 0.00 | 0.00 | 7.19 | 7.19 | 0.00 | 0.00 | 0.00 | 0 | 14 | 15.4 |
| Yogurt | 0.00 | 0.00 | 0.00 | 4.41 | 0.15 | 0.00 | 4.27 | 0.00 | 0 | 11 | 28.1 |
| Non- Dairy Drinks | 0.18 | 0.00 | 0.18 | 0.04 | 0.04 | 0.00 | 0.00 | 0.00 | 0 | 1 | 39.7 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 50.8 |
| Coffee and tea | 0.38 | 0.00 | 0.38 | 0.19 | 0.19 | 0.00 | 0.00 | 0.00 | 0 | 20 | 18.7 |
| Dry beverage | 6.04 | 0.00 | 6.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 40.1 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 45.1 |
| Fruit drinks | 0.10 | 0.00 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 48.8 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.4 |
| Poultry | 3.17 | 0.17 | 3.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 18 | 19 | 1.5 |
| Chicken | 3.54 | 0.15 | 3.39 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 21 | 19 | 0.9 |
| Game birds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 38 | 0.0 |
| Mixed poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 30 | 0.0 |
| Recipe mix ^b | 1.87 | 0.00 | 1.87 | 0.49 | 0.49 | 0.00 | 0.00 | 0.00 | 28 | 19 | 0.0 |
| Turkey | 1.65 | 0.20 | 1.45 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 15 | 3.6 |
| Prepared Foods | 6.62 | 0.77 | 5.85 | 1.84 | 0.00 | 0.00 | 0.00 | 1.84 | 9 | 24 | 2.8 |
| Burritos and tacos | 8.45 | 0.98 | 7.47 | 0.66 | 0.00 | 0.00 | 0.00 | 0.66 | 9 | 19 | 0.1 |
| Meat- or cheese- filled pastry | 7.96 | 0.44 | 7.52 | 1.99 | 0.00 | 0.00 | 0.00 | 1.99 | 3 | 30 | 1.2 |
| Mixtures with fish | 6.78 | 0.00 | 6.78 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 9.3 |
| Pizza | 6.62 | 0.81 | 5.81 | 2.23 | 0.00 | 0.00 | 0.00 | 2.22 | 8 | 26 | 2.7 |
| Prepared meals | 3.79 | 1.22 | 2.58 | 0.22 | 0.05 | 0.00 | 0.00 | 0.17 | 12 | 9 | 7.8 |
| Prepared sandwiches | 4.30 | 0.67 | 3.63 | 0.57 | 0.00 | 0.00 | 0.00 | 0.57 | 22 | 14 | 5.8 |

Table C.4 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|---------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Red Meats | 0.83 | 0.04 | 0.79 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 3 | 39 | 0.9 |
| Beef and veal | 0.57 | 0.00 | 0.57 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3 | 35 | 0.5 |
| Lamb | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 5 | 0.0 |
| Mixed meats | 0.98 | 0.15 | 0.83 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 60 | 1.1 |
| Pork | 1.13 | 0.07 | 1.06 | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 4 | 39 | 1.6 |
| Recipe mix ^c | 3.46 | 0.00 | 3.46 | 0.19 | 0.09 | 0.00 | 0.00 | 0.10 | 2 | 16 | 2.2 |
| Soups and Gravies | 9.36 | 0.00 | 9.36 | 0.04 | 0.01 | 0.00 | 0.00 | 0.00 | 2 | 18 | 1.5 |
| Gravies | 17.22 | 0.00 | 17.22 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 24 | 0.1 |
| Soups | 2.49 | 0.00 | 2.49 | 0.07 | 0.01 | 0.00 | 0.00 | 0.00 | 2 | 14 | 2.8 |
| Sugar and Desserts | 0.23 | 0.01 | 0.22 | 0.18 | 0.16 | 0.00 | 0.00 | 0.00 | 2 | 4 | 45.1 |
| Candies and toppings | 0.73 | 0.10 | 0.62 | 0.19 | 0.19 | 0.00 | 0.00 | 0.00 | 10 | 16 | 33.6 |
| Gelatins | 0.20 | 0.00 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 52.6 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 37.8 |
| Puddings and pie filling | 1.45 | 0.00 | 1.45 | 1.11 | 1.11 | 0.00 | 0.00 | 0.00 | 10 | 12 | 31.1 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.65 | 0.38 | 0.00 | 0.00 | 0.00 | 2 | 6 | 35.8 |
| Sugars | 0.10 | 0.00 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 60.1 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 38.6 |
| Vegetables | 1.34 | 0.01 | 1.33 | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 16 | 9 | 0.7 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixtures with vegetables ^e | 3.91 | 0.28 | 3.63 | 0.30 | 0.20 | 0.00 | 0.00 | 0.10 | 28 | 28 | 1.3 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Potato and potato products | 1.71 | 0.00 | 1.71 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 22 | 10 | 0.7 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.03 | 1 | 16 | 0.9 |
| Yellow vegetables ^g | 0.26 | 0.00 | 0.26 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 2 | 0 | 0.9 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

NSLP = National School Lunch Program; SY = school year.

APPENDIX D
SUPPLEMENTARY TABLES FOR CHAPTER IV

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Table D.1. Mean Healthy Eating Index- 2005 Scores for Food Acquisitions for Public Unified NSLP School Districts, SY 2009- 2010

| | Maximum Score | All Foods | Purchased Foods | Donated USDA Foods | Processed Foods Containing Donated USDA Foods |
|---|---------------|-------------|-----------------|--------------------|---|
| Total Fruit | 5 | 3.7 | 3.7 | 5.0 | 1.1 |
| Whole Fruit (not juice) | 5 | 4.8 | 4.4 | 5.0 | 1.9 |
| Total Vegetables | 5 | 3.3 | 3.3 | 5.0 | 2.2 |
| Dark Green and Orange Vegetables and Legumes ^a | 5 | 1.2 | 1.3 | 2.2 | 0.1 |
| Total Grains | 5 | 5.0 | 5.0 | 2.5 | 5.0 |
| Whole Grains | 5 | 1.0 | 1.0 | 0.8 | 0.7 |
| Milk ^b | 10 | 10.0 | 10.0 | 10.0 | 5.8 |
| Meat and Beans | 10 | 7.7 | 5.2 | 10.0 | 10.0 |
| Oils ^c | 10 | 9.0 | 8.5 | 7.6 | 10.0 |
| Saturated Fat | 10 | 6.2 | 6.7 | 3.0 | 2.9 |
| Sodium | 10 | 1.0 | 1.6 | 2.3 | 0.4 |
| Calories from Solid Fats and Added Sugars | 20 | 13.4 | 12.9 | 13.9 | 15.6 |
| Total Score | 100 | 66.2 | 63.4 | 67.3 | 55.6 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Legumes are counted as vegetables only after meat and beans standard is met.

^b Includes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^c Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

Table D.2. Mean Healthy Eating Index- 2005 Scores for Food Acquisitions, by District Size, for Public Unified NSLP School Districts, SY 2009- 2010

| | Maximum Score | District Size | | | | |
|--|---------------|---------------|--------------------------------|-------------------------------|-------------------------------|-----------------------------------|
| | | All | Small (fewer than 1,000) | Medium (1,000 to 4,999) | Large (5,000 to 24,999) | Very Large (25,000 or more) |
| Total Fruit | 5 | 3.6 | 3.2 | 3.4 | 3.6 | 4.3 |
| Whole Fruit (not juice) | 5 | 4.8 | 4.7 | 4.6 | 4.8 | 5.0 |
| Total Vegetables | 5 | 3.3 | 3.6 | 3.4 | 3.2 | 3.0 |
| Dark Green and Orange Vegetables and Legumes ^a | 5 | 1.2 | 1.3 | 1.2 | 1.2 | 1.2 |
| Total Grains | 5 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 |
| Whole Grains | 5 | 1.0 | 0.8 | 0.9 | 1.0 | 1.2 |
| Milk ^b | 10 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 |
| Meat and Beans | 10 | 7.7 | 8.3 | 7.8 | 7.6 | 7.7 |
| Oils ^c | 10 | 9.1 | 9.3 | 9.1 | 9.3 | 8.5 |
| Saturated Fat | 10 | 6.2 | 5.5 | 6.2 | 6.3 | 6.3 |
| Sodium | 10 | 1.0 | 1.1 | 0.8 | 1.0 | 1.4 |
| Calories from Solid Fats and Added Sugars | 20 | 13.3 | 12.4 | 13.1 | 13.6 | 13.8 |
| Total Score | 100 | 66.2 | 65.2 | 65.4 | 66.5 | 67.4 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Legumes counted as vegetables only after meat and beans standard is met.

^b Includes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^c Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

Table D.3. Mean Healthy Eating Index- 2005 Scores for Food Acquisitions, by Urbanicity, for Public Unified NSLP School Districts, SY 2009- 2010

| | Maximum Score | All | Urban | Rural |
|---|---------------|-------------|-------------|-------------|
| Total Fruit | 5 | 3.6 | 3.9 | 3.4 |
| Whole Fruit (not juice) | 5 | 4.8 | 4.9 | 4.6 |
| Total Vegetables | 5 | 3.3 | 3.2 | 3.4 |
| Dark Green and Orange Vegetables and Legumes ^a | 5 | 1.2 | 1.3 | 1.1 |
| Total Grains | 5 | 5.0 | 5.0 | 5.0 |
| Whole Grains | 5 | 1.0 | 1.1 | 0.9 |
| Milk ^b | 10 | 10.0 | 10.0 | 10.0 |
| Meat and Beans | 10 | 7.7 | 7.4 | 8.1 |
| Oils ^c | 10 | 9.1 | 8.9 | 9.2 |
| Saturated Fat | 10 | 6.2 | 6.3 | 6.1 |
| Sodium | 10 | 1.0 | 1.1 | 0.9 |
| Calories from Solid Fats and Added Sugars | 20 | 13.3 | 13.6 | 13.1 |
| Total Score | 100 | 66.2 | 66.7 | 65.8 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aLegumes counted as vegetables only after meat and beans standard is met.

^bIncludes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^cIncludes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

Table D.4. Mean Healthy Eating Index- 2005 Scores for Food Acquisitions, by Poverty Level, for Public Unified NSLP School Districts, SY 2009- 2010

| | Maximum Score | All | Poverty Level | | |
|---|---------------|-------------|---------------|-------------------|---------------------|
| | | | Low (0 – 29%) | Higher (30 – 59%) | Highest (60 – 100%) |
| Total Fruit | 5 | 3.6 | 3.1 | 3.8 | 4.3 |
| Whole Fruit (not juice) | 5 | 4.8 | 4.0 | 5.0 | 5.0 |
| Total Vegetables | 5 | 3.3 | 3.5 | 3.3 | 3.0 |
| Dark Green and Orange Vegetables and Legumes ^a | 5 | 1.2 | 1.3 | 1.2 | 1.2 |
| Total Grains | 5 | 5.0 | 5.0 | 5.0 | 5.0 |
| Whole Grains | 5 | 1.0 | 0.9 | 1.0 | 1.2 |
| Milk ^b | 10 | 10.0 | 10.0 | 10.0 | 10.0 |
| Meat and Beans | 10 | 7.7 | 7.4 | 7.8 | 8.1 |
| Oils ^c | 10 | 9.1 | 9.3 | 9.1 | 8.6 |
| Saturated Fat | 10 | 6.2 | 6.8 | 7.2 | 7.4 |
| Sodium | 10 | 1.0 | 0.8 | 1.0 | 1.2 |
| Calories from Solid Fats and Added Sugars | 20 | 13.3 | 13.2 | 13.2 | 13.9 |
| Total Score | 100 | 66.2 | 65.3 | 67.4 | 68.9 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^aLegumes counted as vegetables only after meat and beans standard is met.

^bIncludes all milk products, such as fluid milk, yogurt, and cheese, and soy beverages.

^cIncludes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

Table D.5. Mean Healthy Eating Index- 2005 Scores for Food Acquisitions, by Use of Food Service Management Company, for Public Unified NSLP School Districts, SY 2009- 2010

| | Maximum Score | All | Use of Food Service Management Company | |
|---|---------------|-------------|--|-------------|
| | | | Yes | No |
| Total Fruit | 5 | 3.6 | 3.7 | 3.6 |
| Whole Fruit (not juice) | 5 | 4.8 | 5.0 | 4.7 |
| Total Vegetables | 5 | 3.3 | 3.3 | 3.3 |
| Dark Green and Orange Vegetables and Legumes ^a | 5 | 1.2 | 1.3 | 1.2 |
| Total Grains | 5 | 5.0 | 5.0 | 5.0 |
| Whole Grains | 5 | 1.0 | 0.8 | 1.0 |
| Milk ^b | 10 | 10.0 | 10.0 | 10.0 |
| Meat and Beans | 10 | 7.7 | 7.3 | 7.8 |
| Oils ^c | 10 | 9.1 | 9.1 | 9.0 |
| Saturated Fat | 10 | 6.2 | 6.1 | 6.2 |
| Sodium | 10 | 1.0 | 1.0 | 1.0 |
| Calories from Solid Fats and Added Sugars | 20 | 13.3 | 13.7 | 13.3 |
| Total Score | 100 | 66.2 | 66.2 | 66.2 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

^a Legumes counted as vegetables only after meat and beans standard is met.

^b Includes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^c Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

Table D.6. Mean Healthy Eating Index- 2005 Scores for Food Acquisitions, by Menu Planning System, for Public Unified NSLP School Districts, SY 2009- 2010

| | Maximum Score | Menu Planning System | | | |
|---|---------------|----------------------|------------------------|---------------------|--------------------------------|
| | | All | Traditional Food-Based | Enhanced Food-Based | Nutrient Standard ^a |
| Total Fruit | 5 | 3.6 | 3.6 | 3.5 | 3.7 |
| Whole Fruit (not juice) | 5 | 4.8 | 4.6 | 4.9 | 5.0 |
| Total Vegetables | 5 | 3.3 | 3.4 | 3.3 | 3.2 |
| Dark Green and Orange Vegetables and Legumes ^b | 5 | 1.2 | 1.2 | 1.2 | 1.3 |
| Total Grains | 5 | 5.0 | 5.0 | 5.0 | 5.0 |
| Whole Grains | 5 | 1.0 | 0.9 | 1.1 | 1.0 |
| Milk ^c | 10 | 10.0 | 10.0 | 10.0 | 10.0 |
| Meat and Beans | 10 | 7.7 | 7.7 | 7.9 | 7.7 |
| Oils ^d | 10 | 9.1 | 9.2 | 9.2 | 8.9 |
| Saturated Fat | 10 | 6.2 | 6.2 | 6.3 | 6.2 |
| Sodium | 10 | 1.0 | 1.0 | 1.0 | 1.0 |
| Calories from Solid Fats and Added Sugars | 20 | 13.3 | 13.2 | 13.6 | 13.4 |
| Total Score | 100 | 66.2 | 65.9 | 66.9 | 66.4 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: School districts that reported using an "other" type of menu planning (n = 5) or more than one type of menu planning (n = 17) were excluded from the analysis.

^a Includes school districts that use assisted nutrient standard menu planning.

^b Legumes counted as vegetables only after meat and beans standard is met.

^c Includes all milk products, such as fluid milk, yogurt, and cheese and soy beverages.

^d Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

NSLP = National School Lunch Program; SY = school year.

APPENDIX E

SUPPLEMENTARY TABLES FOR CHAPTER V

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Table E.1. Calorie Density, Sources of Calories, and Nutrient Density of a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009- 2010

| | Reference Standard ^a | All Foods | A la Carte-Only Foods | Primarily Reimbursable Foods | Mixed-Use Foods |
|--|---------------------------------|-----------|-----------------------|------------------------------|-----------------|
| Calorie Density (Calories per Gram) | | | | | |
| All Foods and Beverages | n.a. | 1.25 | 1.34 | 1.23 | 1.34 |
| Foods Only | n.a. | 1.95 | 2.76 | 1.88 | 2.14 |
| Sources of Calories (Percentage of Total Calories from ...) | | | | | |
| Total Fat | 25-35 | 31.0 | 37.2 | 30.3 | 32.3 |
| Saturated Fat | < 10 | 9.6 | 12.3 | 9.4 | 9.9 |
| Monounsaturated Fat | n.a. | 11.6 | 15.1 | 11.2 | 12.7 |
| Polyunsaturated Fat | n.a. | 7.3 | 6.4 | 7.4 | 7.3 |
| Linoleic acid | n.a. | 6.5 | 5.8 | 6.6 | 6.5 |
| Alpha-linolenic acid | n.a. | 0.7 | 0.5 | 0.7 | 0.7 |
| Carbohydrate | 45-65 | 54.8 | 53.8 | 55.1 | 53.3 |
| Protein | 10-30 | 15.9 | 10.5 | 16.4 | 15.5 |
| Nutrient Density (Nutrients per 1,000 Calories) | | | | | |
| Vitamins | | | | | |
| Vitamin A (mcg RAE) | 300 | 383 | 143 | 407 | 332 |
| Vitamin C (mg) | 23 | 39 | 43 | 39 | 35 |
| Vitamin E (mg AT) | 6 | 3.2 | 3.6 | 3.2 | 3.2 |
| Vitamin B ₆ (mg) | 0.5 | 0.8 | 0.7 | 0.8 | 0.8 |
| Vitamin B ₁₂ (mcg) | 0.9 | 2.4 | 1.6 | 2.5 | 2.0 |
| Folate, DFE (mcg) | 151 | 238 | 172 | 246 | 217 |
| Niacin (mg) | 6 | 10 | 9 | 10 | 10 |
| Riboflavin (mg) | 0.4 | 1.2 | 0.7 | 1.3 | 1.1 |
| Thiamin (mg) | 0.4 | 0.8 | 0.6 | 0.8 | 0.8 |
| Minerals | | | | | |
| Calcium (mg) | 616 | 648 | 322 | 680 | 590 |
| Iron (mg) | 5 | 7.2 | 6.2 | 7.4 | 6.8 |
| Magnesium (mg) | 124 | 136 | 104 | 140 | 125 |
| Phosphorus (mg) | 502 | 764 | 457 | 795 | 700 |
| Potassium (mg) | 2,228 | 1,391 | 832 | 1,441 | 1,329 |
| Sodium (mg) | < 1,098 | 1,913 | 1,434 | 1,957 | 1,848 |
| Zinc (mg) | 4 | 5.3 | 4.1 | 5.5 | 4.8 |
| Other Dietary Components | | | | | |
| Cholesterol (mg) | < 156 | 82 | 56 | 85 | 79 |
| Dietary Fiber (g) | 14 | 8.4 | 7.1 | 8.7 | 7.5 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^aReference standards for total fat and protein are based on AMDRs defined in the DRIs for children and adolescents 4 to 18 years of age (IOM 2006).

The reference standards for saturated fat and cholesterol are based on the 2005 *Dietary Guidelines* (DHHS and USDA 2005).

Reference standards for vitamins and minerals are based on the DRIs and represent the average intakes recommended for school-age children, expressed on a per-1,000-calorie basis. See the text for additional details.

AMDR = Acceptable Macronutrient Distribution Ranges; AT = alpha-tocopherol; DFE = dietary folate equivalent; DHHS = U.S. Department of Health and Human Services; DRI = Dietary Reference Intake; IOM = Institute of Medicine; RAE = retinol activity equivalent; SY = school year.

n.a. = not applicable.

Table E.2. Calorie Density, Sources of Calories, and Nutrient Density of a La Carte- Only Foods, by Food Subgroups, SY 2009- 2010

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|--|--------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|-------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Bakery Products | 4.48 | 38.0 | 9.8 | 17.1 | 7.7 | 7.3 | 0.4 | 57.8 | 5.8 | |
| Biscuits, muffins, pancakes, and waffles | 3.92 | 44.5 | 11.6 | 20.1 | 10.8 | 9.8 | 1.0 | 49.7 | 6.1 | |
| Breads and rolls | 2.63 | 7.9 | 1.8 | 2.5 | 3.2 | 2.9 | 0.3 | 77.1 | 15.0 | |
| Cakes and other bakery desserts | 4.64 | 41.8 | 13.1 | 21.2 | 4.1 | 3.9 | 0.2 | 55.8 | 4.7 | |
| Crackers | 4.49 | 30.4 | 7.9 | 13.2 | 7.4 | 6.9 | 0.5 | 62.2 | 7.5 | |
| Pretzels and snack chips | 4.48 | 34.1 | 5.8 | 12.2 | 12.3 | 11.7 | 0.6 | 60.1 | 6.8 | |
| Condiments | 0.22 | 23.1 | 9.1 | 6.1 | 4.7 | 3.6 | 1.1 | 85.2 | 21.9 | |
| Catsup and other sauces | 0.31 | 18.6 | 2.4 | 3.0 | 9.4 | 9.0 | 0.4 | 76.3 | 16.4 | |
| Flavorings | 2.31 | 51.6 | 30.4 | 17.2 | 1.7 | 1.7 | 0.0 | 94.6 | 33.2 | |
| Pickles and olives | 0.14 | 12.4 | 2.7 | 2.5 | 4.1 | 2.1 | 2.0 | 84.9 | 19.3 | |
| Eggs | 1.55 | 59.6 | 18.6 | 23.1 | 8.7 | 7.4 | 0.3 | 8.2 | 32.1 | |
| Eggs | 1.43 | 62.5 | 19.5 | 24.0 | 8.6 | 7.2 | 0.2 | 2.2 | 35.1 | |
| Mixtures with egg | 2.45 | 46.8 | 14.4 | 19.2 | 9.0 | 8.1 | 0.6 | 34.7 | 18.8 | |
| Fats and Oils | 6.70 | 100.0 | 46.5 | 27.2 | 19.7 | 17.6 | 2.1 | 1.2 | 0.5 | |
| Butter | 7.17 | 100.0 | 64.5 | 26.4 | 3.8 | 3.4 | 0.4 | 0.0 | 0.5 | |
| Margarine | - | - | - | - | - | - | - | - | - | |
| Salad dressings and mayonnaise | 5.59 | 97.1 | 14.5 | 24.7 | 51.0 | 45.2 | 5.8 | 4.2 | 0.5 | |
| Vegetable oils and shortenings | 8.39 | 100.0 | 25.4 | 41.9 | 28.6 | 26.7 | 1.9 | 0.1 | 0.0 | |
| Fish | 2.16 | 39.7 | 6.8 | 13.4 | 17.2 | 14.3 | 1.9 | 35.0 | 24.5 | |
| Fish | 1.56 | 17.6 | 3.0 | 4.2 | 8.7 | 6.8 | 0.8 | 47.1 | 33.4 | |
| Shellfish | 2.36 | 44.7 | 7.7 | 15.5 | 19.1 | 16.1 | 2.1 | 32.3 | 22.5 | |
| Fruits and Juices | 0.72 | 4.3 | 0.9 | 1.7 | 0.9 | 0.7 | 0.2 | 96.5 | 3.8 | |
| Fruits | 0.83 | 5.0 | 1.1 | 2.1 | 1.1 | 0.8 | 0.3 | 96.3 | 4.1 | |
| Juices | 0.51 | 1.8 | 0.3 | 0.2 | 0.5 | 0.4 | 0.1 | 97.4 | 3.1 | |
| Grain Products | 4.30 | 38.2 | 7.5 | 12.7 | 15.0 | 14.4 | 0.7 | 58.2 | 6.9 | |
| Breakfast cereals | 3.84 | 5.0 | 0.8 | 1.9 | 1.3 | 1.2 | 0.1 | 88.4 | 6.6 | |
| Flour and other milled grains | 3.64 | 2.4 | 0.4 | 0.2 | 1.0 | 1.0 | 0.1 | 83.9 | 11.4 | |
| Flour mix ^a | 4.12 | 22.9 | 4.5 | 9.3 | 7.7 | 7.1 | 0.5 | 75.1 | 6.1 | |
| Mixtures with grain | 2.14 | 35.5 | 11.3 | 14.0 | 7.4 | 6.7 | 0.6 | 45.7 | 20.2 | |
| Pasta and noodles | 1.57 | 5.3 | 1.0 | 0.7 | 1.8 | 1.7 | 0.1 | 78.2 | 14.7 | |
| Rice, barley, and other grains | 5.44 | 59.8 | 11.1 | 17.7 | 26.0 | 25.2 | 1.0 | 37.3 | 5.9 | |

Table E.2 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Protein |
|--------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|-------------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | Carbohydrate | |
| Legumes, Nuts, and Seeds | 4.66 | 73.4 | 11.8 | 21.1 | 37.9 | 37.7 | 0.2 | 18.0 | 15.4 |
| Dry beans and peas | 1.26 | 2.8 | 0.6 | 0.3 | 1.3 | 0.7 | 0.6 | 72.5 | 27.5 |
| Other nuts | 6.17 | 82.6 | 12.9 | 48.8 | 17.3 | 16.8 | 0.4 | 14.2 | 10.1 |
| Peanuts and peanut butter | 5.88 | 77.1 | 15.9 | 37.1 | 21.8 | 21.7 | 0.1 | 13.3 | 17.1 |
| Seeds | 5.90 | 77.8 | 10.8 | 12.5 | 51.6 | 51.5 | 0.1 | 15.3 | 13.9 |
| Soybeans and soy products | 1.05 | 37.1 | 5.7 | 9.0 | 19.8 | 16.3 | 2.0 | 40.3 | 22.2 |
| Milk and Other Dairy Products | 2.10 | 48.1 | 30.8 | 11.8 | 2.5 | 2.0 | 0.5 | 43.0 | 11.4 |
| Cheese | 2.58 | 69.9 | 41.2 | 21.0 | 4.1 | 3.2 | 0.9 | 8.0 | 22.4 |
| Cream | 1.84 | 86.2 | 53.7 | 24.9 | 3.2 | 1.9 | 1.3 | 9.2 | 6.6 |
| Ice cream and ice milk | 2.33 | 44.8 | 29.6 | 9.8 | 2.2 | 1.8 | 0.4 | 50.8 | 7.4 |
| Milk | 0.64 | 15.7 | 11.8 | 2.7 | 0.4 | 0.3 | 0.1 | 69.0 | 20.3 |
| Yogurt | 1.04 | 12.1 | 7.7 | 3.4 | 0.4 | 0.3 | 0.1 | 74.1 | 18.5 |
| Non- Dairy Drinks | 0.12 | 0.7 | 0.2 | 0.3 | 0.2 | 0.1 | 0.0 | 100.0 | 0.5 |
| Carbonated | 0.26 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 1.3 |
| Coffee and tea | 0.16 | 9.3 | 2.7 | 5.6 | 0.9 | 0.7 | 0.1 | 86.7 | 6.9 |
| Dry beverage | 3.75 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.0 |
| Enriched drinks | 0.24 | 0.3 | 0.1 | 0.1 | 0.2 | 0.1 | 0.0 | 99.4 | 0.0 |
| Fruit drinks | 0.28 | 0.2 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 100.0 | 0.5 |
| Water | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 97.6 | 0.0 |
| Poultry | 2.68 | 51.8 | 12.8 | 20.9 | 13.7 | 12.3 | 0.8 | 17.5 | 29.2 |
| Chicken | 2.68 | 51.8 | 12.8 | 20.9 | 13.7 | 12.3 | 0.8 | 17.5 | 29.2 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 2.29 | 68.8 | 12.2 | 18.7 | 32.1 | 28.2 | 3.3 | 2.2 | 28.2 |
| Turkey | 2.78 | 45.9 | 12.6 | 15.4 | 14.5 | 13.5 | 0.7 | 39.8 | 14.1 |
| Prepared Foods | 2.44 | 34.0 | 14.6 | 10.7 | 6.1 | 5.5 | 0.6 | 46.4 | 20.0 |
| Burritos and tacos | 2.24 | 32.3 | 10.5 | 11.9 | 7.1 | 6.2 | 0.8 | 49.9 | 17.8 |
| Meat- or cheese-filled pastry | 2.52 | 32.7 | 13.7 | 11.0 | 5.6 | 5.1 | 0.5 | 49.2 | 18.7 |
| Mixtures with fish | 1.43 | 2.6 | 0.5 | 0.8 | 0.8 | 0.3 | 0.1 | 82.7 | 12.0 |
| Pizza | 2.38 | 34.0 | 14.6 | 10.4 | 6.4 | 5.7 | 0.7 | 45.9 | 20.0 |
| Prepared meals | 4.28 | 32.7 | 9.4 | 12.5 | 9.7 | 9.0 | 0.6 | 57.5 | 11.1 |
| Prepared sandwiches | 2.68 | 35.9 | 17.0 | 10.9 | 5.6 | 5.0 | 0.5 | 43.7 | 22.2 |

Table E.2 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories From ...) | | | | | | | |
|---------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|-------------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | Carbohydrate | Protein |
| Red Meats | 2.11 | 60.6 | 22.7 | 25.0 | 2.8 | 2.3 | 0.3 | 2.8 | 36.2 |
| Beef and veal | 2.10 | 60.4 | 22.7 | 24.9 | 2.7 | 2.3 | 0.3 | 2.7 | 36.4 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 2.97 | 73.6 | 25.3 | 32.8 | 9.6 | 8.5 | 0.9 | 8.0 | 17.2 |
| Pork | 4.75 | 69.1 | 22.7 | 30.6 | 7.7 | 0.8 | 0.3 | 1.1 | 27.8 |
| Recipe mix ^c | 1.40 | 51.8 | 20.2 | 20.1 | 1.9 | 1.6 | 0.2 | 23.9 | 22.6 |
| Soups and Gravies | 0.92 | 26.0 | 7.2 | 9.6 | 7.6 | 6.8 | 0.6 | 63.0 | 12.0 |
| Gravies | 4.08 | 32.1 | 11.0 | 11.6 | 9.5 | 8.5 | 0.9 | 56.6 | 11.4 |
| Soups | 0.87 | 25.6 | 6.9 | 9.5 | 7.4 | 6.7 | 0.6 | 63.5 | 12.1 |
| Sugar and Desserts | 1.72 | 14.8 | 8.3 | 4.0 | 0.8 | 0.7 | 0.1 | 83.5 | 2.7 |
| Candies and toppings | 4.45 | 32.7 | 20.4 | 6.9 | 2.2 | 2.2 | 0.0 | 65.7 | 3.6 |
| Gelatins | 1.04 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 97.2 | 8.8 |
| Jellies, jams, and preserves | 2.60 | 0.5 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 100.0 | 0.8 |
| Puddings and pie filling | 1.31 | 20.2 | 5.4 | 11.7 | 0.5 | 0.5 | 0.0 | 74.8 | 5.4 |
| Sherbet and ices | 1.32 | 11.4 | 6.4 | 3.0 | 0.5 | 0.4 | 0.1 | 85.9 | 2.7 |
| Sugars | 3.88 | 0.5 | 0.3 | 0.1 | 0.1 | 0.1 | 0.0 | 100.0 | 0.2 |
| Syrups | 2.83 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.0 |
| Vegetables | 1.76 | 35.3 | 5.5 | 18.0 | 10.5 | 8.6 | 1.8 | 61.0 | 5.2 |
| Green vegetables ^d | 0.15 | 9.8 | 1.3 | 0.4 | 2.8 | 1.1 | 1.7 | 80.0 | 24.2 |
| Mixed vegetables | 0.65 | 2.1 | 0.4 | 0.1 | 1.0 | 0.7 | 0.3 | 80.1 | 17.5 |
| Mixtures with vegetables ^e | 3.14 | 53.0 | 9.9 | 20.9 | 19.0 | 17.8 | 0.9 | 38.9 | 8.4 |
| Other vegetables ^f | 0.44 | 1.6 | 0.5 | 0.1 | 0.5 | 0.3 | 0.2 | 96.1 | 9.5 |
| Potato and potato products | 1.76 | 35.1 | 5.5 | 18.0 | 10.4 | 8.5 | 1.8 | 61.2 | 5.1 |
| Tomato and tomato products | 0.30 | 18.3 | 4.3 | 3.8 | 8.0 | 7.8 | 0.2 | 76.4 | 13.4 |
| Yellow vegetables ^g | 0.41 | 5.3 | 0.8 | 0.3 | 2.6 | 2.5 | 0.0 | 93.5 | 9.1 |

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--|--|---------------------------|-------------------|----------------------|--------------------------------|----------------------------------|--------------------------|-------------------------|----------------|--------------------|-----------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Bakery Products | 41 | 41 | 5 | 4.2 | 0.3 | 0.5 | 141 | 203 | 7 | 0.6 | 0.6 |
| Biscuits, muffins, pancakes, and waffles | 42 | 45 | 3 | 4.3 | 0.1 | 0.3 | 207 | 300 | 6 | 0.5 | 0.7 |
| Breads and rolls | 7 | 7 | 4 | 0.7 | 0.3 | 0.0 | 531 | 823 | 15 | 1.0 | 2.2 |
| Cakes and other bakery desserts | 50 | 53 | 1 | 2.9 | 0.2 | 0.2 | 131 | 208 | 5 | 0.5 | 0.5 |
| Crackers | 25 | 23 | 1 | 1.3 | 0.3 | 0.1 | 182 | 278 | 10 | 0.8 | 0.7 |
| Pretzels and snack chips | 31 | 27 | 10 | 6.1 | 0.6 | 0.9 | 127 | 156 | 8 | 0.7 | 0.6 |
| Condiments | 1,782 | 885 | 462 | 7.6 | 2.5 | 0.0 | 121 | 126 | 9 | 2.0 | 1.5 |
| Catsup and other sauces | 3,819 | 1,913 | 125 | 10.9 | 4.6 | 0.0 | 65 | 87 | 7 | 2.2 | 1.1 |
| Flavorings | 0 | 0 | 0 | 0.4 | 0.6 | 0.0 | 134 | 134 | 9 | 1.0 | 0.4 |
| Pickles and olives | 1,670 | 822 | 818 | 9.4 | 2.5 | 0.0 | 139 | 139 | 10 | 2.3 | 2.1 |
| Eggs | 855 | 848 | 0 | 6.3 | 0.9 | 7.7 | 302 | 313 | 2 | 3.0 | 0.5 |
| Eggs | 991 | 981 | 0 | 6.8 | 1.0 | 9.0 | 328 | 328 | 0 | 3.3 | 0.5 |
| Mixtures with egg | 256 | 259 | 1 | 4.0 | 0.5 | 2.0 | 190 | 248 | 9 | 1.3 | 0.8 |
| Fats and Oils | 639 | 626 | 0 | 4.4 | 0.2 | 0.3 | 5 | 5 | 0 | 0.1 | 0.0 |
| Butter | 973 | 954 | 0 | 3.2 | 0.0 | 0.2 | 4 | 4 | 0 | 0.0 | 0.0 |
| Margarine | - | - | - | - | - | - | - | - | - | - | - |
| Salad dressings and mayonnaise | 102 | 100 | 0 | 7.8 | 0.7 | 0.4 | 7 | 7 | 0 | 0.1 | 0.1 |
| Vegetable oils and shortenings | 56 | 53 | 0 | 1.2 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Fish | 69 | 63 | 2 | 5.2 | 0.5 | 6.5 | 149 | 214 | 13 | 0.6 | 0.7 |
| Fish | 109 | 79 | 3 | 2.2 | 1.2 | 9.7 | 170 | 248 | 33 | 0.9 | 0.7 |
| Shellfish | 60 | 60 | 2 | 5.9 | 0.3 | 5.8 | 144 | 206 | 9 | 0.6 | 0.7 |
| Fruits and Juices | 460 | 231 | 575 | 2.4 | 1.1 | 0.0 | 268 | 268 | 4 | 0.5 | 0.9 |
| Fruits | 553 | 279 | 602 | 2.5 | 1.1 | 0.0 | 277 | 277 | 4 | 0.5 | 0.9 |
| Juices | 155 | 73 | 487 | 1.9 | 1.1 | 0.0 | 238 | 238 | 4 | 0.5 | 0.8 |
| Grain Products | 97 | 99 | 5 | 2.4 | 0.4 | 1.0 | 178 | 275 | 6 | 0.6 | 0.6 |
| Breakfast cereals | 1,412 | 1,416 | 90 | 0.7 | 5.8 | 17.6 | 1,318 | 2,221 | 56 | 5.4 | 4.4 |
| Flour and other milled grains | 0 | 0 | 0 | 0.2 | 0.1 | 0.0 | 503 | 799 | 16 | 1.4 | 2.2 |
| Flour mix ^a | 2 | 2 | 0 | 1.8 | 0.1 | 0.2 | 183 | 290 | 3 | 0.5 | 0.4 |
| Mixtures with grain | 277 | 397 | 14 | 2.6 | 0.7 | 1.3 | 219 | 304 | 11 | 1.0 | 1.2 |
| Pasta and noodles | 0 | 0 | 0 | 0.4 | 0.3 | 0.0 | 465 | 752 | 11 | 0.9 | 1.7 |
| Rice, barley, and other grains | 37 | 25 | 0 | 3.1 | 0.2 | 0.1 | 42 | 42 | 3 | 0.1 | 0.2 |

Table E.2 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 11 | 10 | 1 | 40.5 | 1.1 | 0.1 | 310 | 310 | 11 | 0.4 | 0.5 |
| Dry beans and peas | 1 | 0 | 2 | 3.6 | 1.0 | 0.0 | 718 | 718 | 3 | 0.4 | 1.1 |
| Other nuts | 1 | 0 | 1 | 14.0 | 0.3 | 0.0 | 87 | 87 | 3 | 0.8 | 0.8 |
| Peanuts and peanut butter | 0 | 0 | 0 | 15.1 | 0.9 | 0.0 | 130 | 130 | 23 | 0.2 | 0.1 |
| Seeds | 3 | 1 | 2 | 59.7 | 1.3 | 0.0 | 388 | 388 | 7 | 0.5 | 0.5 |
| Soybeans and soy products | 526 | 523 | 11 | 8.5 | 0.6 | 7.3 | 229 | 229 | 6 | 2.0 | 0.9 |
| Milk and Other Dairy Products | 514 | 508 | 3 | 1.8 | 0.2 | 2.4 | 37 | 38 | 1 | 1.1 | 0.2 |
| Cheese | 764 | 751 | 0 | 2.2 | 0.2 | 4.4 | 42 | 45 | 2 | 1.1 | 0.2 |
| Cream | 843 | 826 | 5 | 2.7 | 0.1 | 1.6 | 38 | 38 | 0 | 0.8 | 0.2 |
| Ice cream and ice milk | 443 | 439 | 3 | 1.8 | 0.2 | 1.5 | 30 | 32 | 1 | 1.0 | 0.2 |
| Milk | 859 | 856 | 3 | 0.6 | 0.5 | 6.9 | 73 | 73 | 2 | 2.6 | 0.6 |
| Yogurt | 105 | 102 | 7 | 0.3 | 0.4 | 4.7 | 99 | 99 | 1 | 1.9 | 0.4 |
| Non- Dairy Drinks | 194 | 193 | 168 | 8.1 | 4.2 | 7.8 | 23 | 23 | 35 | 0.4 | 0.3 |
| Carbonated | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.3 | 0.1 |
| Coffee and tea | 0 | 0 | 0 | 0.8 | 0.3 | 0.1 | 282 | 282 | 10 | 1.4 | 0.0 |
| Dry beverage | 0 | 0 | 371 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.1 | 0.0 |
| Enriched drinks | 0 | 0 | 60 | 8.4 | 4.5 | 10.7 | 1 | 1 | 38 | 0.0 | 0.4 |
| Fruit drinks | 1,068 | 1,066 | 610 | 0.3 | 1.6 | 0.0 | 51 | 51 | 15 | 1.5 | 0.2 |
| Water | 0 | 0 | 1,760 | 334.0 | 111.2 | 2.0 | 0 | 0 | 819 | 0.0 | 0.0 |
| Poultry | 97 | 155 | 1 | 2.1 | 1.1 | 0.8 | 93 | 131 | 22 | 0.6 | 0.5 |
| Chicken | 97 | 155 | 1 | 2.1 | 1.1 | 0.8 | 93 | 131 | 23 | 0.6 | 0.5 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 146 | 122 | 3 | 4.9 | 1.2 | 0.8 | 57 | 57 | 16 | 0.5 | 0.2 |
| Turkey | 12 | 10 | 0 | 6.9 | 0.4 | 0.7 | 142 | 210 | 9 | 0.7 | 0.9 |
| Prepared Foods | 262 | 397 | 3 | 2.6 | 0.4 | 1.3 | 242 | 316 | 10 | 1.1 | 0.9 |
| Burritos and tacos | 104 | 650 | 10 | 2.7 | 0.5 | 1.5 | 276 | 368 | 12 | 0.9 | 1.0 |
| Meat- or cheese-filled pastry | 278 | 468 | 8 | 2.4 | 0.3 | 1.1 | 237 | 325 | 9 | 1.2 | 1.0 |
| Mixtures with fish | 192 | 112 | 13 | 1.0 | 0.6 | 0.7 | 385 | 608 | 13 | 0.3 | 1.0 |
| Pizza | 277 | 324 | 2 | 2.8 | 0.4 | 1.4 | 257 | 333 | 11 | 1.2 | 0.9 |
| Prepared meals | 173 | 110 | 2 | 3.2 | 0.3 | 0.5 | 311 | 474 | 9 | 1.0 | 0.9 |
| Prepared sandwiches | 226 | 526 | 1 | 2.1 | 0.5 | 1.2 | 178 | 222 | 11 | 0.9 | 0.7 |

Table E.2 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|---------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Red Meats | 2 | 113 | 2 | 1.6 | 0.9 | 6.5 | 101 | 101 | 17 | 0.6 | 0.3 |
| Beef and veal | 1 | 114 | 1 | 1.6 | 0.9 | 6.6 | 102 | 102 | 17 | 0.6 | 0.3 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 22 | 21 | 0 | 1.4 | 0.5 | 2.9 | 29 | 40 | 10 | 0.6 | 0.4 |
| Pork | 22 | 22 | 0 | 0.7 | 0.7 | 2.4 | 5 | 5 | 21 | 0.5 | 0.9 |
| Recipe mix ^c | 185 | 121 | 196 | 3.2 | 1.2 | 4.4 | 107 | 143 | 14 | 0.7 | 0.4 |
| Soups and Gravies | 617 | 364 | 33 | 3.1 | 0.9 | 0.4 | 81 | 100 | 9 | 0.9 | 0.8 |
| Gravies | 41 | 42 | 2 | 1.8 | 0.5 | 0.9 | 113 | 142 | 3 | 0.7 | 0.3 |
| Soups | 659 | 387 | 35 | 3.2 | 0.9 | 0.3 | 79 | 97 | 9 | 0.9 | 0.8 |
| Sugar and Desserts | 55 | 53 | 13 | 0.4 | 0.1 | 0.6 | 23 | 24 | 1 | 0.4 | 0.1 |
| Candies and toppings | 35 | 35 | 18 | 1.2 | 0.1 | 0.4 | 34 | 39 | 3 | 0.2 | 0.1 |
| Gelatins | 1 | 0 | 1 | 0.0 | 0.0 | 0.0 | 9 | 9 | 0 | 0.1 | 0.0 |
| Jellies, jams, and preserves | 39 | 27 | 34 | 0.5 | 0.1 | 0.0 | 23 | 23 | 0 | 0.2 | 0.0 |
| Puddings and pie filling | 39 | 39 | 1 | 1.6 | 0.1 | 1.0 | 20 | 20 | 1 | 0.5 | 0.2 |
| Sherbet and ices | 77 | 74 | 15 | 0.1 | 0.1 | 0.8 | 25 | 25 | 0 | 0.6 | 0.2 |
| Sugars | 0 | 0 | 1 | 0.0 | 0.1 | 0.0 | 1 | 1 | 0 | 0.1 | 0.0 |
| Syrups | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.2 |
| Vegetables | 8 | 4 | 62 | 5.3 | 1.7 | 0.0 | 81 | 91 | 8 | 0.2 | 0.6 |
| Green vegetables ^d | 3,798 | 1,901 | 882 | 14.3 | 4.7 | 0.0 | 1,905 | 1,905 | 11 | 2.4 | 2.6 |
| Mixed vegetables | 6,545 | 3,277 | 49 | 5.8 | 1.1 | 0.0 | 292 | 292 | 13 | 1.8 | 1.1 |
| Mixtures with vegetables ^e | 40 | 30 | 9 | 4.9 | 0.3 | 1.0 | 155 | 224 | 6 | 0.9 | 0.7 |
| Other vegetables ^f | 4 | 2 | 165 | 6.4 | 3.4 | 0.0 | 341 | 341 | 6 | 0.6 | 0.6 |
| Potato and potato products | 3 | 2 | 62 | 5.2 | 1.7 | 0.0 | 79 | 89 | 8 | 0.2 | 0.6 |
| Tomato and tomato products | 2,210 | 1,115 | 399 | 27.2 | 3.4 | 0.0 | 522 | 522 | 40 | 1.0 | 1.2 |
| Yellow vegetables ^g | 40,746 | 20,366 | 144 | 16.1 | 3.4 | 0.0 | 463 | 463 | 24 | 1.4 | 1.6 |

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|--|-----------------|-------------|-------------------|--------------------|-------------------|----------------|-------------|---------------------|----------------------|
| Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | |
| Bakery Products | 179 | 6.8 | 98 | 330 | 458 | 1,353 | 2.3 | 13 | 7.5 |
| Biscuits, muffins, pancakes, and waffles | 115 | 7.0 | 41 | 406 | 270 | 1,090 | 2.3 | 82 | 4.8 |
| Breads and rolls | 326 | 21.8 | 86 | 348 | 310 | 1,716 | 6.9 | 9 | 8.7 |
| Cakes and other bakery desserts | 108 | 7.0 | 86 | 262 | 314 | 703 | 1.5 | 16 | 5.3 |
| Crackers | 183 | 8.8 | 73 | 368 | 376 | 1,804 | 2.0 | 3 | 5.8 |
| Pretzels and snack chips | 273 | 5.7 | 123 | 412 | 681 | 2,204 | 3.3 | 3 | 10.7 |
| Condiments | 1,805 | 36.7 | 896 | 1,445 | 6,807 | 37,077 | 12.9 | 0 | 82.1 |
| Catsup and other sauces | 505 | 29.4 | 429 | 821 | 5,579 | 22,147 | 6.6 | 0 | 26.4 |
| Flavorings | 556 | 58.1 | 2,095 | 3,099 | 6,476 | 1,257 | 28.6 | 0 | 139.8 |
| Pickles and olives | 2,940 | 30.3 | 569 | 985 | 7,501 | 59,687 | 8.6 | 0 | 81.2 |
| Eggs | 374 | 11.7 | 85 | 1,222 | 897 | 1,260 | 7.2 | 2,505 | 0.7 |
| Eggs | 370 | 12.7 | 84 | 1,331 | 935 | 994 | 7.7 | 2,954 | 0.0 |
| Mixtures with egg | 391 | 7.4 | 90 | 741 | 732 | 2,431 | 5.0 | 525 | 4.0 |
| Fats and Oils | 26 | 0.2 | 3 | 33 | 34 | 873 | 0.2 | 201 | 0.1 |
| Butter | 33 | 0.0 | 3 | 33 | 33 | 803 | 0.1 | 300 | 0.0 |
| Margarine | - | - | - | - | - | - | - | - | - |
| Salad dressings and mayonnaise | 16 | 0.4 | 3 | 40 | 45 | 1,267 | 0.3 | 50 | 0.2 |
| Vegetable oils and shortenings | 4 | 0.1 | 0 | 2 | 3 | 58 | 0.0 | 0 | 0.0 |
| Fish | 132 | 6.9 | 155 | 891 | 880 | 2,754 | 2.5 | 203 | 4.6 |
| Fish | 327 | 8.8 | 183 | 765 | 1,164 | 3,913 | 3.2 | 165 | 4.5 |
| Shellfish | 88 | 6.5 | 149 | 919 | 816 | 2,491 | 2.4 | 212 | 4.6 |
| Fruits and Juices | 319 | 3.8 | 135 | 204 | 2,491 | 414 | 1.1 | 0 | 17.3 |
| Fruits | 367 | 2.8 | 131 | 197 | 2,389 | 518 | 1.2 | 0 | 21.4 |
| Juices | 158 | 7.1 | 150 | 225 | 2,829 | 66 | 0.9 | 0 | 3.5 |
| Grain Products | 234 | 8.5 | 110 | 578 | 520 | 1,821 | 3.6 | 13 | 9.1 |
| Breakfast cereals | 277 | 69.8 | 86 | 354 | 386 | 1,994 | 13.0 | 0 | 5.8 |
| Flour and other milled grains | 41 | 12.7 | 60 | 297 | 294 | 5 | 1.9 | 0 | 7.4 |
| Flour mix ^a | 349 | 6.7 | 74 | 726 | 613 | 1,893 | 1.4 | 0 | 4.2 |
| Mixtures with grain | 548 | 9.1 | 139 | 834 | 989 | 2,315 | 5.1 | 174 | 8.6 |
| Pasta and noodles | 45 | 8.1 | 115 | 369 | 280 | 1,478 | 3.2 | 0 | 11.5 |
| Rice, barley, and other grains | 54 | 3.7 | 149 | 397 | 364 | 1,653 | 4.8 | 6 | 15.3 |

Table E.2 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|--------------------------------------|---|------------|------------|--------------|--------------|--------------|------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Legumes, Nuts, and Seeds | 157 | 7.0 | 263 | 1,413 | 1,084 | 769 | 7.7 | 0 | 16.8 |
| Dry beans and peas | 382 | 24.0 | 404 | 931 | 4,002 | 1,885 | 9.4 | 1 | 53.9 |
| Other nuts | 181 | 4.2 | 402 | 720 | 884 | 482 | 7.4 | 0 | 9.4 |
| Peanuts and peanut butter | 76 | 3.2 | 264 | 621 | 1,107 | 748 | 5.2 | 0 | 10.3 |
| Seeds | 145 | 7.8 | 236 | 1,933 | 835 | 666 | 8.9 | 0 | 17.6 |
| Soybeans and soy products | 1,123 | 4.8 | 234 | 648 | 1,303 | 2,372 | 4.6 | 0 | 14.3 |
| Milk and Other Dairy Products | 804 | 2.0 | 96 | 667 | 931 | 684 | 4.1 | 137 | 3.7 |
| Cheese | 1,456 | 2.0 | 66 | 1,118 | 498 | 2,014 | 6.6 | 211 | 0.2 |
| Cream | 593 | 0.3 | 56 | 475 | 737 | 256 | 1.9 | 245 | 0.0 |
| Ice cream and ice milk | 530 | 1.8 | 91 | 461 | 913 | 291 | 3.1 | 124 | 4.5 |
| Milk | 1,795 | 4.1 | 258 | 1,563 | 2,729 | 706 | 7.1 | 41 | 7.7 |
| Yogurt | 1,529 | 3.2 | 221 | 1,306 | 2,342 | 581 | 8.4 | 44 | 5.0 |
| Non- Dairy Drinks | 630 | 2.5 | 122 | 310 | 932 | 1,140 | 0.5 | 0 | 0.3 |
| Carbonated | 88 | 4.2 | 12 | 369 | 147 | 199 | 0.6 | 0 | 0.0 |
| Coffee and tea | 167 | 2.9 | 377 | 393 | 6,677 | 473 | 2.3 | 1 | 6.1 |
| Dry beverage | 474 | 1.3 | 0 | 132 | 66 | 150 | 0.3 | 0 | 0.0 |
| Enriched drinks | 43 | 2.3 | 1 | 284 | 619 | 1,344 | 0.4 | 0 | 0.0 |
| Fruit drinks | 891 | 2.6 | 108 | 405 | 846 | 196 | 0.5 | 0 | 0.0 |
| Water | 72,485 | 6.0 | 14,457 | 0 | 3,200 | 17,057 | 0.0 | 0 | 0.0 |
| Poultry | 88 | 5.8 | 75 | 535 | 670 | 1,990 | 4.9 | 254 | 2.1 |
| Chicken | 88 | 5.8 | 75 | 535 | 671 | 1,990 | 4.9 | 254 | 2.1 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 83 | 3.4 | 66 | 424 | 747 | 690 | 5.3 | 240 | 1.7 |
| Turkey | 131 | 6.4 | 63 | 416 | 536 | 2,259 | 4.1 | 112 | 3.5 |
| Prepared Foods | 907 | 8.4 | 114 | 920 | 794 | 2,202 | 5.7 | 75 | 7.9 |
| Burritos and tacos | 309 | 9.9 | 123 | 575 | 855 | 1,879 | 5.8 | 70 | 11.7 |
| Meat- or cheese-filled pastry | 905 | 8.7 | 105 | 887 | 874 | 1,856 | 4.9 | 67 | 8.2 |
| Mixtures with fish | 126 | 9.7 | 112 | 399 | 664 | 4,399 | 2.9 | 21 | 2.8 |
| Pizza | 921 | 8.8 | 109 | 933 | 816 | 2,140 | 5.5 | 71 | 7.4 |
| Prepared meals | 430 | 9.4 | 91 | 526 | 643 | 2,694 | 3.6 | 28 | 5.8 |
| Prepared sandwiches | 1,026 | 6.1 | 144 | 1,007 | 593 | 2,953 | 7.5 | 103 | 8.9 |

Table E.2 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|---------------------------------------|--|-------------|------------|------------|--------------|---------------|-------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Red Meats | 154 | 11.4 | 100 | 792 | 1,091 | 2,013 | 17.4 | 257 | 2.4 |
| Beef and veal | 155 | 11.5 | 100 | 794 | 1,094 | 1,984 | 17.6 | 257 | 2.5 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 104 | 4.4 | 50 | 441 | 584 | 3,256 | 5.7 | 209 | 0.6 |
| Pork | 23 | 2.9 | 62 | 970 | 1,065 | 4,248 | 6.7 | 212 | 0.0 |
| Recipe mix ^c | 179 | 8.4 | 100 | 636 | 1,450 | 4,721 | 12.4 | 307 | 7.9 |
| Soups and Gravies | 306 | 11.0 | 123 | 508 | 1,816 | 13,250 | 4.2 | 75 | 12.7 |
| Gravies | 282 | 23.2 | 74 | 499 | 757 | 10,134 | 2.8 | 58 | 9.3 |
| Soups | 308 | 10.1 | 126 | 509 | 1,893 | 13,476 | 4.3 | 76 | 13.0 |
| Sugar and Desserts | 250 | 1.8 | 52 | 211 | 523 | 310 | 2.4 | 6 | 5.5 |
| Candies and toppings | 119 | 1.6 | 70 | 191 | 375 | 252 | 1.8 | 11 | 3.5 |
| Gelatins | 30 | 0.4 | 14 | 548 | 60 | 1,320 | 0.0 | 0 | 0.2 |
| Jellies, jams, and preserves | 77 | 1.9 | 15 | 42 | 296 | 138 | 0.2 | 0 | 2.7 |
| Puddings and pie filling | 351 | 7.2 | 95 | 377 | 1,105 | 1,147 | 2.0 | 7 | 1.2 |
| Sherbet and ices | 332 | 1.6 | 51 | 246 | 612 | 293 | 3.2 | 6 | 8.0 |
| Sugars | 54 | 0.5 | 13 | 19 | 114 | 46 | 0.4 | 0 | 0.6 |
| Syrups | 46 | 0.0 | 4 | 0 | 4 | 219 | 1.6 | 0 | 0.0 |
| Vegetables | 85 | 3.4 | 133 | 319 | 2,128 | 1,904 | 1.8 | 2 | 12.0 |
| Green vegetables ^d | 1,394 | 26.9 | 787 | 1,538 | 10,954 | 1,078 | 11.7 | 0 | 79.0 |
| Mixed vegetables | 385 | 12.6 | 338 | 785 | 2,585 | 3,662 | 7.5 | 0 | 67.7 |
| Mixtures with vegetables ^e | 278 | 5.5 | 57 | 375 | 679 | 1,482 | 2.1 | 105 | 5.2 |
| Other vegetables ^f | 286 | 13.3 | 174 | 561 | 3,250 | 187 | 6.6 | 0 | 49.7 |
| Potato and potato products | 83 | 3.4 | 133 | 318 | 2,136 | 1,905 | 1.8 | 1 | 12.0 |
| Tomato and tomato products | 402 | 12.9 | 422 | 814 | 8,216 | 4,740 | 7.7 | 12 | 41.5 |
| Yellow vegetables ^g | 805 | 7.3 | 293 | 854 | 7,805 | 1,683 | 5.9 | 0 | 68.3 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for a la carte sales.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^d Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.3. Calorie Density, Sources of Calories, and Nutrient Density of Foods Used in Reimbursable Meals, by Food Subgroups, SY 2009- 2010

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | |
|--|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|-------------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | Carbohydrate | Protein |
| Bakery Products | 3.21 | 25.8 | 5.9 | 10.2 | 7.8 | 7.1 | 0.6 | 64.5 | 9.8 |
| Biscuits, muffins, pancakes, and waffles | 3.18 | 36.1 | 8.1 | 12.8 | 12.3 | 11.0 | 1.3 | 57.1 | 7.4 |
| Breads and rolls | 2.84 | 17.6 | 4.1 | 7.1 | 5.0 | 4.6 | 0.4 | 69.0 | 12.8 |
| Cakes and other bakery desserts | 4.18 | 33.7 | 10.6 | 16.3 | 4.5 | 4.2 | 0.3 | 63.0 | 4.9 |
| Crackers | 4.38 | 27.0 | 5.6 | 11.9 | 7.8 | 7.3 | 0.5 | 66.4 | 6.9 |
| Pretzels and snack chips | 4.81 | 39.8 | 5.6 | 13.6 | 17.2 | 16.6 | 0.6 | 55.8 | 6.0 |
| Condiments | 0.79 | 11.7 | 1.6 | 4.4 | 4.6 | 3.9 | 0.7 | 90.8 | 7.2 |
| Catsup and other sauces | 0.94 | 11.1 | 1.4 | 3.9 | 4.8 | 4.2 | 0.6 | 92.2 | 6.7 |
| Flavorings | 0.54 | 4.2 | 2.2 | 1.3 | 0.5 | 0.4 | 0.0 | 74.1 | 13.3 |
| Pickles and olives | 0.26 | 24.0 | 3.6 | 14.2 | 3.7 | 2.5 | 1.2 | 78.8 | 10.8 |
| Eggs | 1.69 | 61.7 | 19.9 | 24.1 | 9.7 | 8.4 | 0.5 | 10.4 | 27.9 |
| Eggs | 1.44 | 62.3 | 19.4 | 23.9 | 8.5 | 7.2 | 0.2 | 2.2 | 35.1 |
| Mixtures with egg | 1.81 | 61.5 | 20.1 | 24.3 | 10.1 | 8.9 | 0.6 | 13.8 | 25.0 |
| Fats and Oils | 5.17 | 96.5 | 18.1 | 33.5 | 40.1 | 35.7 | 4.4 | 4.9 | 0.3 |
| Butter | 7.17 | 100.0 | 64.5 | 26.4 | 3.8 | 3.4 | 0.4 | 0.0 | 0.5 |
| Margarine | 6.98 | 100.0 | 19.1 | 47.4 | 31.5 | 28.7 | 2.7 | 0.4 | 0.1 |
| Salad dressings and mayonnaise | 3.88 | 91.4 | 14.6 | 27.8 | 43.4 | 38.2 | 5.1 | 9.9 | 0.6 |
| Vegetable oils and shortenings | 8.20 | 100.0 | 17.6 | 35.0 | 44.8 | 39.9 | 4.9 | 0.1 | 0.1 |
| Fish | 2.20 | 42.0 | 7.3 | 14.5 | 17.9 | 14.9 | 2.0 | 30.0 | 27.1 |
| Fish | 2.16 | 41.3 | 7.2 | 14.2 | 17.6 | 14.6 | 1.9 | 29.4 | 28.4 |
| Shellfish | 2.36 | 44.7 | 7.7 | 15.5 | 19.1 | 16.0 | 2.1 | 32.3 | 22.5 |
| Fruits and Juices | 0.54 | 2.2 | 0.4 | 0.3 | 0.6 | 0.5 | 0.1 | 100.0 | 3.3 |
| Fruits | 0.58 | 2.4 | 0.4 | 0.4 | 0.7 | 0.6 | 0.1 | 100.0 | 3.5 |
| Juices | 0.49 | 2.0 | 0.3 | 0.2 | 0.5 | 0.4 | 0.1 | 97.2 | 3.0 |
| Grain Products | 2.01 | 13.7 | 4.0 | 4.7 | 3.3 | 3.0 | 0.3 | 74.9 | 11.9 |
| Breakfast cereals | 3.67 | 9.1 | 1.5 | 3.2 | 2.8 | 2.6 | 0.1 | 86.8 | 7.6 |
| Flour and other milled grains | 2.94 | 3.3 | 0.5 | 0.4 | 1.4 | 1.3 | 0.1 | 84.5 | 12.1 |
| Flour mix ^a | 4.19 | 25.6 | 5.7 | 12.4 | 6.0 | 5.7 | 0.4 | 69.6 | 6.1 |
| Mixtures with grain | 1.71 | 34.5 | 12.4 | 12.5 | 6.9 | 6.1 | 0.6 | 49.0 | 16.6 |
| Pasta and noodles | 1.52 | 5.6 | 1.0 | 0.9 | 2.1 | 1.9 | 0.2 | 78.8 | 14.9 |
| Rice, barley, and other grains | 1.24 | 3.9 | 0.8 | 1.2 | 1.1 | 1.0 | 0.1 | 84.3 | 9.1 |

Table E.3 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|--------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|-------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Legumes, Nuts, and Seeds | 2.53 | 55.0 | 11.0 | 25.5 | 16.5 | 16.1 | 0.3 | 33.2 | 18.3 | |
| Dry beans and peas | 1.09 | 5.3 | 1.1 | 1.6 | 1.9 | 1.1 | 0.6 | 76.5 | 22.9 | |
| Other nuts | 6.18 | 82.9 | 12.5 | 47.0 | 19.7 | 18.6 | 1.0 | 13.8 | 10.2 | |
| Peanuts and peanut butter | 5.72 | 75.4 | 15.7 | 36.2 | 21.2 | 21.1 | 0.1 | 15.4 | 16.7 | |
| Seeds | 6.00 | 79.0 | 9.6 | 30.9 | 35.0 | 34.7 | 0.3 | 15.4 | 12.6 | |
| Soybeans and soy products | 2.08 | 53.0 | 19.1 | 12.4 | 17.9 | 15.5 | 2.0 | 20.2 | 27.0 | |
| Milk and Other Dairy Products | 0.64 | 20.3 | 12.4 | 6.0 | 1.0 | 0.8 | 0.2 | 57.7 | 24.7 | |
| Cheese | 2.85 | 62.1 | 36.6 | 18.3 | 3.8 | 3.0 | 0.8 | 11.9 | 26.0 | |
| Cream | 1.84 | 83.1 | 51.7 | 24.0 | 3.1 | 1.9 | 1.2 | 11.5 | 7.3 | |
| Ice cream and ice milk | 2.09 | 43.0 | 24.1 | 13.1 | 2.9 | 2.4 | 0.5 | 52.4 | 8.0 | |
| Milk | 0.54 | 11.4 | 7.2 | 3.3 | 0.4 | 0.3 | 0.1 | 67.2 | 24.8 | |
| Yogurt | 0.96 | 9.3 | 6.0 | 2.6 | 0.3 | 0.2 | 0.1 | 73.0 | 18.9 | |
| Non- Dairy Drinks | 0.22 | 6.2 | 1.8 | 3.5 | 0.6 | 0.5 | 0.0 | 94.0 | 2.1 | |
| Carbonated | 0.27 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 1.3 | |
| Coffee and tea | 0.54 | 22.7 | 6.6 | 13.0 | 2.0 | 1.8 | 0.1 | 71.1 | 7.0 | |
| Dry beverage | 3.74 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.0 | |
| Enriched drinks | 0.13 | 0.3 | 0.1 | 0.1 | 0.2 | 0.1 | 0.0 | 99.0 | 0.0 | |
| Fruit drinks | 0.43 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.3 | |
| Water | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| Poultry | 2.13 | 46.5 | 10.8 | 18.1 | 13.3 | 11.7 | 0.9 | 19.7 | 32.6 | |
| Chicken | 2.23 | 47.1 | 10.6 | 19.1 | 13.6 | 12.1 | 0.9 | 20.7 | 31.2 | |
| Game birds | - | - | - | - | - | - | - | - | - | |
| Mixed poultry | 1.34 | 56.2 | 14.5 | 24.9 | 13.9 | 12.7 | 0.3 | 0.8 | 40.3 | |
| Recipe mix ^b | 1.67 | 50.8 | 12.5 | 18.9 | 15.4 | 13.6 | 1.3 | 19.0 | 29.1 | |
| Turkey | 1.86 | 44.4 | 11.4 | 14.6 | 12.1 | 10.5 | 0.6 | 16.5 | 37.4 | |
| Prepared Foods | 2.51 | 35.7 | 13.9 | 12.2 | 7.1 | 6.4 | 0.6 | 46.7 | 18.5 | |
| Burritos and tacos | 2.23 | 27.3 | 10.5 | 8.8 | 5.9 | 5.1 | 0.8 | 55.6 | 17.1 | |
| Meat- or cheese-filled pastry | 2.52 | 32.7 | 13.7 | 11.0 | 5.6 | 5.1 | 0.5 | 49.2 | 18.7 | |
| Mixtures with fish | 1.43 | 2.6 | 0.5 | 0.8 | 0.8 | 0.3 | 0.1 | 82.7 | 12.0 | |
| Pizza | 2.36 | 33.8 | 14.2 | 10.5 | 6.5 | 5.8 | 0.7 | 46.5 | 20.0 | |
| Prepared meals | 1.52 | 21.4 | 4.6 | 7.2 | 7.5 | 6.9 | 0.6 | 69.5 | 10.5 | |
| Prepared sandwiches | 3.53 | 48.0 | 15.3 | 20.0 | 10.1 | 9.6 | 0.4 | 40.2 | 15.5 | |

Table E.3 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | |
|---------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|-------------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | Carbohydrate | Protein |
| Red Meats | 2.31 | 58.5 | 20.7 | 24.9 | 5.2 | 4.5 | 0.4 | 8.9 | 31.6 |
| Beef and veal | 2.18 | 57.0 | 20.9 | 24.3 | 3.2 | 2.7 | 0.3 | 7.0 | 35.0 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 2.98 | 66.2 | 22.6 | 27.8 | 9.5 | 8.5 | 0.8 | 13.8 | 19.0 |
| Pork | 2.47 | 59.0 | 18.9 | 25.1 | 9.1 | 7.9 | 0.4 | 12.1 | 27.6 |
| Recipe mix ^c | 1.07 | 32.8 | 11.3 | 11.9 | 4.5 | 4.0 | 0.5 | 40.3 | 26.2 |
| Soups and Gravies | 1.21 | 30.0 | 10.4 | 12.1 | 5.3 | 4.8 | 0.4 | 52.3 | 18.6 |
| Gravies | 2.29 | 33.5 | 13.1 | 13.8 | 5.9 | 5.4 | 0.4 | 56.1 | 10.8 |
| Soups | 0.99 | 28.3 | 9.1 | 11.3 | 5.0 | 4.5 | 0.4 | 50.6 | 22.2 |
| Sugar and Desserts | 2.83 | 5.2 | 2.1 | 2.0 | 0.6 | 0.5 | 0.0 | 97.1 | 1.2 |
| Candies and toppings | 4.43 | 32.6 | 14.9 | 10.6 | 4.7 | 4.4 | 0.3 | 66.4 | 2.6 |
| Gelatins | 3.79 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 95.0 | 8.2 |
| Jellies, jams, and preserves | 2.60 | 0.5 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 100.0 | 0.8 |
| Puddings and pie filling | 1.35 | 22.4 | 6.1 | 13.2 | 0.5 | 0.5 | 0.0 | 71.8 | 5.3 |
| Sherbet and ices | 1.35 | 11.7 | 6.7 | 3.1 | 0.5 | 0.4 | 0.1 | 85.5 | 2.8 |
| Sugars | 3.86 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.0 |
| Syrups | 2.66 | 0.3 | 0.1 | 0.1 | 0.2 | 0.2 | 0.0 | 100.0 | 0.0 |
| Vegetables | 0.95 | 26.1 | 4.4 | 10.7 | 9.5 | 8.1 | 1.4 | 68.8 | 8.9 |
| Green vegetables ^d | 0.25 | 6.7 | 1.2 | 0.3 | 2.9 | 1.4 | 1.5 | 78.3 | 27.8 |
| Mixed vegetables | 0.37 | 5.0 | 0.9 | 0.2 | 2.4 | 1.2 | 1.2 | 79.5 | 22.3 |
| Mixtures with vegetables ^e | 1.98 | 52.1 | 10.8 | 16.4 | 21.2 | 19.2 | 1.9 | 40.1 | 9.7 |
| Other vegetables ^f | 0.48 | 3.6 | 0.9 | 0.5 | 1.3 | 0.8 | 0.4 | 91.2 | 15.1 |
| Potato and potato products | 1.81 | 30.7 | 4.8 | 14.1 | 10.7 | 8.9 | 1.7 | 65.2 | 5.8 |
| Tomato and tomato products | 0.63 | 25.5 | 6.7 | 5.9 | 10.5 | 10.3 | 0.3 | 65.9 | 10.8 |
| Yellow vegetables ^g | 0.66 | 10.4 | 1.5 | 3.1 | 4.7 | 4.3 | 0.4 | 90.4 | 10.5 |

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Bakery Products | 49 | 58 | 1 | 2.1 | 0.3 | 0.3 | 249 | 374 | 11 | 0.9 | 1.1 |
| Biscuits, muffins, pancakes, and waffles | 80 | 125 | 3 | 3.8 | 0.3 | 0.5 | 182 | 272 | 8 | 0.9 | 0.8 |
| Breads and rolls | 6 | 6 | 0 | 1.0 | 0.3 | 0.3 | 342 | 516 | 14 | 1.0 | 1.5 |
| Cakes and other bakery desserts | 260 | 259 | 1 | 2.4 | 0.6 | 0.2 | 130 | 201 | 8 | 0.7 | 0.7 |
| Crackers | 6 | 6 | 0 | 1.2 | 0.2 | 0.1 | 153 | 228 | 10 | 0.8 | 0.6 |
| Pretzels and snack chips | 11 | 7 | 2 | 4.5 | 0.3 | 0.2 | 66 | 82 | 3 | 0.9 | 0.3 |
| Condiments | 742 | 374 | 129 | 12.1 | 1.4 | 0.0 | 76 | 76 | 10 | 1.0 | 0.4 |
| Catsup and other sauces | 735 | 372 | 101 | 12.6 | 1.4 | 0.0 | 76 | 77 | 10 | 1.0 | 0.3 |
| Flavorings | 3 | 2 | 8 | 0.3 | 1.6 | 0.0 | 33 | 33 | 8 | 1.0 | 0.7 |
| Pickles and olives | 1,239 | 613 | 614 | 10.3 | 1.5 | 0.0 | 90 | 90 | 6 | 1.2 | 1.1 |
| Eggs | 816 | 803 | 0 | 5.9 | 0.8 | 6.0 | 215 | 227 | 3 | 2.5 | 0.5 |
| Eggs | 990 | 980 | 0 | 6.8 | 1.0 | 8.8 | 324 | 324 | 0 | 3.3 | 0.5 |
| Mixtures with egg | 744 | 729 | 0 | 5.5 | 0.7 | 4.8 | 170 | 187 | 4 | 2.1 | 0.5 |
| Fats and Oils | 326 | 308 | 0 | 9.8 | 0.2 | 0.2 | 3 | 3 | 0 | 0.0 | 0.0 |
| Butter | 973 | 954 | 0 | 3.2 | 0.0 | 0.2 | 4 | 4 | 0 | 0.0 | 0.0 |
| Margarine | 1,246 | 1,173 | 0 | 12.2 | 0.0 | 0.1 | 1 | 1 | 0 | 0.1 | 0.0 |
| Salad dressings and mayonnaise | 63 | 58 | 0 | 9.7 | 0.3 | 0.2 | 5 | 5 | 0 | 0.1 | 0.1 |
| Vegetable oils and shortenings | 81 | 77 | 0 | 9.1 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Fish | 66 | 66 | 2 | 5.7 | 0.5 | 7.2 | 136 | 194 | 16 | 0.6 | 0.7 |
| Fish | 68 | 68 | 1 | 5.6 | 0.5 | 7.6 | 134 | 191 | 18 | 0.6 | 0.7 |
| Shellfish | 60 | 60 | 2 | 5.9 | 0.3 | 5.8 | 144 | 206 | 9 | 0.6 | 0.7 |
| Fruits and Juices | 263 | 131 | 308 | 3.3 | 1.1 | 0.0 | 157 | 157 | 5 | 0.5 | 0.6 |
| Fruits | 338 | 169 | 187 | 4.3 | 1.1 | 0.0 | 123 | 123 | 6 | 0.5 | 0.5 |
| Juices | 152 | 75 | 485 | 1.8 | 1.1 | 0.0 | 206 | 206 | 4 | 0.5 | 0.8 |
| Grain Products | 475 | 475 | 21 | 1.6 | 1.7 | 4.1 | 583 | 953 | 22 | 1.7 | 2.1 |
| Breakfast cereals | 1,603 | 1,608 | 69 | 2.6 | 5.5 | 15.3 | 1,316 | 2,201 | 54 | 4.6 | 4.3 |
| Flour and other milled grains | 3 | 1 | 0 | 0.7 | 0.4 | 0.0 | 386 | 597 | 16 | 1.1 | 1.9 |
| Flour mix ^a | 23 | 20 | 0 | 1.2 | 0.2 | 0.3 | 213 | 344 | 6 | 0.6 | 0.8 |
| Mixtures with grain | 323 | 318 | 18 | 2.8 | 0.5 | 1.5 | 198 | 296 | 9 | 1.0 | 0.9 |
| Pasta and noodles | 0 | 0 | 0 | 0.7 | 0.4 | 0.0 | 405 | 650 | 10 | 0.8 | 1.6 |
| Rice, barley, and other grains | 1 | 1 | 0 | 0.2 | 1.1 | 0.0 | 501 | 841 | 16 | 0.2 | 1.4 |

Table E.3 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 21 | 12 | 3 | 13.3 | 0.9 | 0.1 | 252 | 252 | 15 | 0.3 | 0.5 |
| Dry beans and peas | 56 | 27 | 11 | 1.4 | 1.0 | 0.0 | 532 | 532 | 4 | 0.5 | 1.1 |
| Other nuts | 1 | 0 | 1 | 14.2 | 0.3 | 0.0 | 90 | 90 | 3 | 0.8 | 0.8 |
| Peanuts and peanut butter | 0 | 0 | 0 | 14.9 | 0.9 | 0.0 | 124 | 124 | 22 | 0.2 | 0.1 |
| Seeds | 3 | 1 | 1 | 48.5 | 0.8 | 0.0 | 249 | 249 | 7 | 0.7 | 0.4 |
| Soybeans and soy products | 209 | 205 | 2 | 8.5 | 1.7 | 6.4 | 210 | 211 | 14 | 1.7 | 1.6 |
| Milk and Other Dairy Products | 969 | 963 | 4 | 0.5 | 0.6 | 7.2 | 86 | 88 | 2 | 2.9 | 0.6 |
| Cheese | 634 | 619 | 0 | 1.3 | 0.2 | 3.6 | 56 | 67 | 1 | 1.3 | 0.3 |
| Cream | 816 | 800 | 5 | 2.6 | 0.1 | 1.7 | 53 | 53 | 0 | 0.8 | 0.2 |
| Ice cream and ice milk | 470 | 467 | 2 | 3.3 | 0.2 | 1.5 | 34 | 37 | 1 | 1.5 | 0.2 |
| Milk | 1,067 | 1,064 | 5 | 0.3 | 0.7 | 8.1 | 92 | 92 | 2 | 3.3 | 0.7 |
| Yogurt | 101 | 97 | 8 | 0.3 | 0.4 | 5.1 | 100 | 100 | 1 | 1.9 | 0.4 |
| Non- Dairy Drinks | 9 | 7 | 156 | 5.0 | 1.7 | 0.6 | 71 | 71 | 15 | 0.4 | 0.2 |
| Carbonated | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.3 | 0.1 |
| Coffee and tea | 0 | 0 | 0 | 1.8 | 0.2 | 0.3 | 124 | 124 | 13 | 0.8 | 0.1 |
| Dry beverage | 0 | 0 | 380 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.1 | 0.0 |
| Enriched drinks | 0 | 0 | 417 | 77.1 | 27.0 | 9.0 | 0 | 0 | 203 | 0.0 | 0.3 |
| Fruit drinks | 17 | 13 | 173 | 0.6 | 0.3 | 0.0 | 75 | 75 | 1 | 0.4 | 0.3 |
| Water | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Poultry | 50 | 117 | 5 | 3.7 | 1.2 | 1.0 | 97 | 128 | 23 | 0.8 | 1.0 |
| Chicken | 57 | 142 | 2 | 3.8 | 1.2 | 0.8 | 106 | 140 | 25 | 0.7 | 1.1 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 51 | 51 | 11 | 2.1 | 1.3 | 3.8 | 53 | 53 | 24 | 1.2 | 0.1 |
| Recipe mix ^b | 449 | 414 | 2 | 4.1 | 1.0 | 1.6 | 118 | 172 | 19 | 1.1 | 0.6 |
| Turkey | 27 | 32 | 14 | 3.3 | 1.2 | 1.6 | 68 | 87 | 16 | 1.0 | 0.5 |
| Prepared Foods | 241 | 317 | 5 | 3.3 | 0.5 | 1.2 | 256 | 329 | 11 | 1.1 | 0.9 |
| Burritos and tacos | 131 | 397 | 11 | 2.3 | 0.5 | 0.8 | 324 | 426 | 10 | 1.0 | 1.1 |
| Meat- or cheese-filled pastry | 278 | 468 | 8 | 2.4 | 0.3 | 1.1 | 237 | 325 | 9 | 1.2 | 1.0 |
| Mixtures with fish | 192 | 112 | 13 | 1.0 | 0.6 | 0.7 | 385 | 608 | 13 | 0.3 | 1.0 |
| Pizza | 281 | 327 | 2 | 2.9 | 0.4 | 1.4 | 255 | 326 | 11 | 1.2 | 0.9 |
| Prepared meals | 586 | 569 | 90 | 2.8 | 1.6 | 3.6 | 464 | 754 | 22 | 1.6 | 1.5 |
| Prepared sandwiches | 121 | 141 | 1 | 5.5 | 0.5 | 0.6 | 220 | 258 | 14 | 0.7 | 0.5 |

Table E.3 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|---------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Red Meats | 30 | 65 | 4 | 2.5 | 1.0 | 5.8 | 74 | 84 | 17 | 0.7 | 0.7 |
| Beef and veal | 32 | 73 | 4 | 2.5 | 1.1 | 7.2 | 85 | 92 | 17 | 0.7 | 0.3 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 10 | 9 | 0 | 2.4 | 0.6 | 3.3 | 52 | 71 | 12 | 0.7 | 0.7 |
| Pork | 34 | 69 | 2 | 2.6 | 1.2 | 2.7 | 49 | 64 | 20 | 0.8 | 1.8 |
| Recipe mix ^c | 193 | 124 | 86 | 3.1 | 1.4 | 4.1 | 154 | 205 | 17 | 0.8 | 0.7 |
| Soups and Gravies | 271 | 142 | 26 | 3.3 | 1.0 | 2.1 | 113 | 142 | 11 | 1.0 | 0.7 |
| Gravies | 18 | 18 | 3 | 1.3 | 0.5 | 1.1 | 124 | 168 | 5 | 1.0 | 0.5 |
| Soups | 391 | 200 | 37 | 4.2 | 1.2 | 2.6 | 108 | 130 | 14 | 1.1 | 0.8 |
| Sugar and Desserts | 31 | 28 | 7 | 0.4 | 0.0 | 0.1 | 9 | 9 | 0 | 0.1 | 0.0 |
| Candies and toppings | 183 | 176 | 3 | 2.0 | 0.0 | 0.5 | 20 | 25 | 1 | 0.3 | 0.1 |
| Gelatins | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 8 | 8 | 0 | 0.1 | 0.0 |
| Jellies, jams, and preserves | 39 | 27 | 34 | 0.5 | 0.1 | 0.0 | 23 | 23 | 0 | 0.2 | 0.0 |
| Puddings and pie filling | 59 | 55 | 3 | 1.8 | 0.1 | 0.9 | 19 | 19 | 1 | 0.5 | 0.2 |
| Sherbet and ices | 81 | 77 | 15 | 0.1 | 0.1 | 0.8 | 26 | 26 | 0 | 0.6 | 0.2 |
| Sugars | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 1 | 1 | 0 | 0.0 | 0.0 |
| Syrups | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.1 | 0.0 |
| Vegetables | 2,232 | 1,120 | 134 | 8.1 | 1.9 | 0.0 | 316 | 321 | 14 | 0.6 | 1.0 |
| Green vegetables ^d | 5,834 | 2,921 | 689 | 19.0 | 3.1 | 0.0 | 1,964 | 1,964 | 15 | 2.6 | 2.3 |
| Mixed vegetables | 12,047 | 6,020 | 346 | 14.0 | 2.3 | 0.0 | 1,769 | 1,769 | 16 | 2.7 | 1.8 |
| Mixtures with vegetables ^e | 614 | 415 | 68 | 4.4 | 0.7 | 0.7 | 255 | 321 | 6 | 0.8 | 0.8 |
| Other vegetables ^f | 307 | 153 | 358 | 1.8 | 3.5 | 0.0 | 601 | 601 | 7 | 1.2 | 1.4 |
| Potato and potato products | 4 | 3 | 90 | 4.4 | 1.8 | 0.0 | 89 | 94 | 10 | 0.2 | 1.0 |
| Tomato and tomato products | 899 | 450 | 101 | 28.9 | 2.3 | 0.3 | 206 | 206 | 43 | 0.9 | 0.5 |
| Yellow vegetables ^g | 12,436 | 6,216 | 66 | 6.7 | 1.6 | 0.0 | 401 | 401 | 14 | 0.8 | 0.6 |

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|--|--|-------------|-------------------|--------------------|-------------------|----------------|------------|---------------------|----------------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Bakery Products | 326 | 9.8 | 92 | 428 | 403 | 1,636 | 2.7 | 24 | 8.5 |
| Biscuits, muffins, pancakes, and waffles | 224 | 7.7 | 60 | 591 | 387 | 1,506 | 2.5 | 83 | 6.6 |
| Breads and rolls | 455 | 12.2 | 104 | 416 | 433 | 1,857 | 3.1 | 7 | 10.1 |
| Cakes and other bakery desserts | 98 | 7.9 | 72 | 259 | 314 | 751 | 1.7 | 13 | 4.6 |
| Crackers | 112 | 8.8 | 73 | 294 | 335 | 1,644 | 2.0 | 2 | 6.6 |
| Pretzels and snack chips | 272 | 3.8 | 150 | 389 | 431 | 1,677 | 2.9 | 2 | 10.3 |
| Condiments | 306 | 7.0 | 205 | 383 | 3,277 | 19,779 | 3.1 | 1 | 10.4 |
| Catsup and other sauces | 214 | 5.8 | 190 | 351 | 3,239 | 10,220 | 2.9 | 1 | 7.4 |
| Flavorings | 600 | 13.7 | 396 | 966 | 3,095 | 263,569 | 6.3 | 0 | 25.7 |
| Pickles and olives | 1,522 | 21.2 | 313 | 545 | 3,950 | 31,196 | 4.9 | 0 | 46.9 |
| Eggs | 503 | 9.3 | 84 | 1,119 | 910 | 2,123 | 6.7 | 1,907 | 0.8 |
| Eggs | 367 | 12.3 | 83 | 1,316 | 932 | 1,051 | 7.7 | 2,932 | 0.0 |
| Mixtures with egg | 559 | 8.0 | 84 | 1,038 | 901 | 2,566 | 6.3 | 1,484 | 1.1 |
| Fats and Oils | 19 | 0.3 | 4 | 24 | 49 | 1,519 | 0.2 | 28 | 0.1 |
| Butter | 33 | 0.0 | 3 | 33 | 33 | 801 | 0.1 | 300 | 0.0 |
| Margarine | 9 | 0.1 | 4 | 10 | 29 | 1,323 | 0.0 | 2 | 0.0 |
| Salad dressings and mayonnaise | 30 | 0.5 | 6 | 42 | 84 | 2,474 | 0.3 | 35 | 0.2 |
| Vegetable oils and shortenings | 4 | 0.1 | 0 | 3 | 5 | 79 | 0.0 | 0 | 0.0 |
| Fish | 89 | 6.9 | 155 | 954 | 904 | 2,519 | 2.7 | 215 | 4.2 |
| Fish | 89 | 7.1 | 157 | 964 | 929 | 2,526 | 2.8 | 216 | 4.1 |
| Shellfish | 88 | 6.5 | 149 | 919 | 816 | 2,492 | 2.4 | 212 | 4.6 |
| Fruits and Juices | 167 | 5.6 | 147 | 218 | 2,568 | 56 | 1.3 | 0 | 19.0 |
| Fruits | 164 | 4.3 | 144 | 216 | 2,332 | 52 | 1.5 | 0 | 29.8 |
| Juices | 172 | 7.5 | 153 | 222 | 2,912 | 61 | 1.0 | 0 | 3.2 |
| Grain Products | 314 | 21.6 | 135 | 557 | 578 | 1,784 | 9.5 | 32 | 11.5 |
| Breakfast cereals | 553 | 58.9 | 173 | 561 | 689 | 1,522 | 26.1 | 0 | 16.0 |
| Flour and other milled grains | 54 | 12.0 | 153 | 470 | 519 | 105 | 3.5 | 0 | 14.3 |
| Flour mix ^a | 267 | 6.0 | 59 | 955 | 391 | 2,233 | 1.3 | 3 | 8.9 |
| Mixtures with grain | 541 | 7.7 | 104 | 693 | 839 | 2,688 | 5.4 | 130 | 6.9 |
| Pasta and noodles | 55 | 8.2 | 132 | 415 | 290 | 1,528 | 3.7 | 0 | 12.9 |
| Rice, barley, and other grains | 125 | 11.6 | 126 | 463 | 401 | 2,719 | 3.7 | 0 | 7.8 |

Table E.3 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|--------------------------------------|--|------------|------------|--------------|--------------|--------------|------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Legumes, Nuts, and Seeds | 190 | 7.3 | 295 | 788 | 1,633 | 1,391 | 8.4 | 3 | 20.6 |
| Dry beans and peas | 367 | 16.4 | 365 | 993 | 2,994 | 2,794 | 16.3 | 6 | 45.8 |
| Other nuts | 188 | 4.3 | 396 | 713 | 882 | 464 | 7.2 | 0 | 9.6 |
| Peanuts and peanut butter | 72 | 3.1 | 257 | 597 | 1,084 | 762 | 4.9 | 0 | 10.1 |
| Seeds | 254 | 6.9 | 349 | 1,397 | 1,022 | 721 | 7.1 | 0 | 12.2 |
| Soybeans and soy products | 947 | 4.2 | 145 | 1,459 | 1,203 | 3,169 | 6.3 | 39 | 13.0 |
| Milk and Other Dairy Products | 2,086 | 3.3 | 235 | 1,828 | 2,693 | 1,284 | 8.2 | 82 | 5.5 |
| Cheese | 1,785 | 1.8 | 91 | 1,661 | 640 | 3,366 | 8.4 | 199 | 0.8 |
| Cream | 649 | 0.3 | 58 | 458 | 840 | 317 | 1.9 | 220 | 0.0 |
| Ice cream and ice milk | 578 | 2.2 | 108 | 535 | 1,016 | 354 | 3.5 | 157 | 6.2 |
| Milk | 2,176 | 3.6 | 269 | 1,891 | 3,162 | 868 | 8.3 | 57 | 6.6 |
| Yogurt | 1,641 | 0.7 | 160 | 1,289 | 2,106 | 629 | 8.0 | 41 | 0.0 |
| Non- Dairy Drinks | 445 | 2.0 | 140 | 234 | 1,858 | 438 | 0.6 | 0 | 1.6 |
| Carbonated | 85 | 4.0 | 13 | 346 | 149 | 205 | 0.7 | 0 | 1.0 |
| Coffee and tea | 202 | 2.2 | 251 | 594 | 5,520 | 700 | 1.5 | 2 | 5.6 |
| Dry beverage | 492 | 1.3 | 0 | 155 | 75 | 157 | 0.3 | 0 | 0.0 |
| Enriched drinks | 75 | 3.1 | 0 | 228 | 1,166 | 1,626 | 0.3 | 0 | 0.0 |
| Fruit drinks | 213 | 1.8 | 58 | 55 | 595 | 176 | 0.3 | 0 | 0.1 |
| Water | 0 | 0.0 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0.0 |
| Poultry | 132 | 7.0 | 97 | 703 | 919 | 2,734 | 6.1 | 265 | 3.0 |
| Chicken | 118 | 6.5 | 93 | 621 | 772 | 2,357 | 4.9 | 241 | 3.1 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 426 | 8.4 | 90 | 729 | 990 | 364 | 9.1 | 446 | 0.0 |
| Recipe mix ^b | 371 | 4.6 | 98 | 705 | 971 | 1,590 | 6.0 | 227 | 1.9 |
| Turkey | 183 | 9.1 | 114 | 987 | 1,426 | 4,030 | 10.3 | 346 | 2.5 |
| Prepared Foods | 745 | 8.5 | 126 | 849 | 852 | 2,034 | 5.4 | 64 | 8.6 |
| Burritos and tacos | 408 | 10.0 | 127 | 632 | 860 | 1,912 | 4.7 | 58 | 13.6 |
| Meat- or cheese-filled pastry | 905 | 8.7 | 105 | 887 | 874 | 1,856 | 4.9 | 67 | 8.2 |
| Mixtures with fish | 126 | 9.7 | 112 | 399 | 664 | 4,399 | 2.9 | 21 | 2.8 |
| Pizza | 909 | 9.0 | 125 | 960 | 893 | 2,193 | 5.7 | 68 | 8.3 |
| Prepared meals | 394 | 20.0 | 106 | 446 | 951 | 1,428 | 11.8 | 53 | 7.4 |
| Prepared sandwiches | 363 | 5.4 | 140 | 640 | 707 | 1,785 | 4.7 | 53 | 7.9 |

Table E.3 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|---------------------------------------|--|-------------|------------|------------|--------------|---------------|-------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Red Meats | 120 | 9.0 | 81 | 720 | 1,068 | 2,605 | 14.6 | 252 | 2.0 |
| Beef and veal | 133 | 10.9 | 86 | 745 | 1,119 | 2,205 | 18.2 | 265 | 2.3 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 90 | 5.0 | 57 | 465 | 665 | 3,118 | 6.8 | 203 | 1.3 |
| Pork | 94 | 5.3 | 77 | 780 | 1,122 | 3,583 | 7.6 | 240 | 1.2 |
| Recipe mix ^c | 177 | 8.8 | 143 | 739 | 2,019 | 3,341 | 13.9 | 201 | 8.1 |
| Soups and Gravies | 323 | 14.7 | 151 | 664 | 1,832 | 17,209 | 7.8 | 88 | 13.8 |
| Gravies | 292 | 18.7 | 76 | 527 | 990 | 11,535 | 4.0 | 40 | 8.6 |
| Soups | 338 | 12.8 | 186 | 729 | 2,230 | 19,888 | 9.6 | 110 | 16.2 |
| Sugar and Desserts | 78 | 1.2 | 20 | 83 | 203 | 272 | 0.7 | 2 | 1.1 |
| Candies and toppings | 113 | 1.8 | 50 | 166 | 292 | 425 | 1.7 | 13 | 3.1 |
| Gelatins | 8 | 0.3 | 5 | 372 | 18 | 1,224 | 0.0 | 0 | 0.0 |
| Jellies, jams, and preserves | 77 | 1.9 | 15 | 42 | 296 | 138 | 0.2 | 0 | 2.7 |
| Puddings and pie filling | 346 | 5.9 | 90 | 365 | 998 | 1,165 | 1.9 | 7 | 0.8 |
| Sherbet and ices | 346 | 1.4 | 52 | 256 | 629 | 301 | 3.2 | 6 | 8.3 |
| Sugars | 46 | 0.4 | 5 | 3 | 75 | 17 | 0.0 | 0 | 0.0 |
| Syrups | 23 | 0.4 | 12 | 37 | 56 | 221 | 0.9 | 0 | 0.0 |
| Vegetables | 250 | 7.1 | 221 | 500 | 3,214 | 2,328 | 3.8 | 6 | 25.3 |
| Green vegetables ^d | 1,432 | 28.2 | 619 | 1,336 | 7,407 | 4,930 | 11.8 | 0 | 95.2 |
| Mixed vegetables | 999 | 26.6 | 627 | 1,073 | 6,406 | 3,346 | 11.3 | 0 | 79.6 |
| Mixtures with vegetables ^e | 405 | 6.4 | 106 | 456 | 945 | 1,768 | 2.8 | 95 | 11.3 |
| Other vegetables ^f | 894 | 13.4 | 372 | 1,013 | 4,921 | 1,591 | 9.4 | 0 | 54.9 |
| Potato and potato products | 74 | 3.5 | 148 | 340 | 2,410 | 1,744 | 1.9 | 1 | 13.0 |
| Tomato and tomato products | 324 | 11.8 | 291 | 545 | 4,975 | 4,164 | 7.0 | 27 | 33.7 |
| Yellow vegetables ^g | 279 | 7.2 | 269 | 775 | 3,699 | 2,747 | 5.9 | 0 | 38.0 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.4. Calorie Density, Sources of Calories, and Nutrient Density of Mixed- Use Foods, by Food Subgroups, SY 2009- 2010

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|--|--------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Bakery Products | 3.59 | 29.3 | 7.4 | 12.7 | 7.1 | 6.5 | 0.6 | 62.6 | 8.4 | |
| Biscuits, muffins, pancakes, and waffles | 3.28 | 37.5 | 9.0 | 15.4 | 10.5 | 9.4 | 1.0 | 55.7 | 7.4 | |
| Breads and rolls | 2.86 | 16.9 | 3.9 | 6.2 | 5.9 | 5.3 | 0.6 | 69.2 | 12.9 | |
| Cakes and other bakery desserts | 4.43 | 36.7 | 12.0 | 17.9 | 4.2 | 3.9 | 0.2 | 60.1 | 4.8 | |
| Crackers | 4.54 | 32.0 | 7.6 | 15.6 | 6.6 | 6.2 | 0.4 | 60.0 | 7.7 | |
| Pretzels and snack chips | 4.61 | 36.3 | 5.5 | 14.5 | 13.0 | 12.0 | 0.9 | 58.2 | 6.3 | |
| Condiments | 0.91 | 12.3 | 1.6 | 4.9 | 4.8 | 4.0 | 0.7 | 91.6 | 6.7 | |
| Catsup and other sauces | 1.05 | 11.3 | 1.4 | 4.1 | 4.8 | 4.1 | 0.7 | 92.8 | 6.3 | |
| Flavorings | 0.46 | 12.8 | 7.3 | 4.2 | 0.7 | 0.7 | 0.0 | 78.6 | 20.8 | |
| Pickles and olives | 0.26 | 32.5 | 4.8 | 20.6 | 4.4 | 3.2 | 1.2 | 69.2 | 11.2 | |
| Eggs | 1.53 | 64.7 | 21.0 | 25.0 | 9.7 | 8.3 | 0.5 | 4.5 | 30.7 | |
| Eggs | 1.43 | 62.1 | 19.3 | 23.8 | 8.5 | 7.1 | 0.2 | 2.3 | 35.0 | |
| Mixtures with egg | 1.60 | 66.6 | 22.2 | 25.9 | 10.6 | 9.2 | 0.6 | 6.2 | 27.5 | |
| Fats and Oils | 5.04 | 95.6 | 13.8 | 42.4 | 35.0 | 30.0 | 4.9 | 6.0 | 0.3 | |
| Butter | 7.17 | 100.0 | 64.5 | 26.4 | 3.8 | 3.4 | 0.4 | 0.0 | 0.5 | |
| Margarine | 6.80 | 100.0 | 18.8 | 46.7 | 32.3 | 29.3 | 2.9 | 0.3 | 0.1 | |
| Salad dressings and mayonnaise | 3.14 | 85.7 | 14.1 | 24.8 | 42.0 | 36.7 | 5.3 | 15.6 | 0.7 | |
| Vegetable oils and shortenings | 8.75 | 100.0 | 9.5 | 56.9 | 30.9 | 25.3 | 5.7 | 0.0 | 0.0 | |
| Fish | 2.14 | 40.8 | 7.1 | 14.0 | 17.4 | 14.4 | 1.9 | 29.1 | 29.1 | |
| Fish | 2.02 | 38.5 | 6.8 | 13.2 | 16.4 | 13.5 | 1.8 | 27.1 | 33.1 | |
| Shellfish | 2.36 | 44.7 | 7.7 | 15.5 | 19.1 | 16.1 | 2.1 | 32.3 | 22.5 | |
| Fruits and Juices | 0.54 | 2.4 | 0.4 | 0.4 | 0.7 | 0.5 | 0.1 | 100.0 | 3.3 | |
| Fruits | 0.62 | 2.7 | 0.6 | 0.5 | 0.8 | 0.6 | 0.2 | 100.0 | 3.5 | |
| Juices | 0.49 | 2.1 | 0.3 | 0.2 | 0.5 | 0.4 | 0.1 | 97.1 | 3.1 | |
| Grain Products | 2.48 | 11.1 | 3.0 | 3.7 | 2.9 | 2.7 | 0.2 | 77.1 | 11.9 | |
| Breakfast cereals | 3.97 | 11.9 | 1.8 | 4.4 | 3.7 | 3.5 | 0.2 | 83.6 | 5.9 | |
| Flour and other milled grains | 3.57 | 3.2 | 0.5 | 0.3 | 1.3 | 1.3 | 0.1 | 84.6 | 12.6 | |
| Flour mix ^a | 4.26 | 29.8 | 6.2 | 12.9 | 8.8 | 8.2 | 0.6 | 68.7 | 5.5 | |
| Mixtures with grain | 1.92 | 36.0 | 13.0 | 13.2 | 7.0 | 6.3 | 0.6 | 46.7 | 17.8 | |
| Pasta and noodles | 1.56 | 5.6 | 1.0 | 0.9 | 2.1 | 1.9 | 0.2 | 78.3 | 14.7 | |
| Rice, barley, and other grains | 1.36 | 6.9 | 1.7 | 2.8 | 1.7 | 1.6 | 0.1 | 82.1 | 8.4 | |

Table E.4 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|--------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|-------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Legumes, Nuts, and Seeds | 1.66 | 36.1 | 8.0 | 15.3 | 11.5 | 11.0 | 0.4 | 48.9 | 20.5 | |
| Dry beans and peas | 1.08 | 4.2 | 1.1 | 1.2 | 1.4 | 0.7 | 0.5 | 76.6 | 23.4 | |
| Other nuts | 6.07 | 81.8 | 6.2 | 51.6 | 20.0 | 20.0 | 0.0 | 11.7 | 14.0 | |
| Peanuts and peanut butter | 5.88 | 77.1 | 16.0 | 37.1 | 21.7 | 21.6 | 0.1 | 13.3 | 17.1 | |
| Seeds | 5.82 | 78.0 | 10.8 | 23.1 | 41.0 | 40.7 | 0.3 | 14.3 | 14.9 | |
| Soybeans and soy products | 1.79 | 66.6 | 45.0 | 7.8 | 9.8 | 8.4 | 1.1 | 17.4 | 16.8 | |
| Milk and Other Dairy Products | 0.68 | 25.2 | 15.6 | 7.3 | 1.1 | 0.8 | 0.3 | 53.3 | 22.8 | |
| Cheese | 2.99 | 67.7 | 40.6 | 20.0 | 3.3 | 2.5 | 0.7 | 7.2 | 25.2 | |
| Cream | 1.98 | 86.7 | 54.0 | 25.0 | 3.2 | 2.0 | 1.3 | 8.8 | 6.5 | |
| Ice cream and ice milk | 2.08 | 41.6 | 25.6 | 11.0 | 2.1 | 1.4 | 0.6 | 53.9 | 7.9 | |
| Milk | 0.56 | 15.9 | 10.0 | 4.5 | 0.6 | 0.4 | 0.1 | 62.2 | 23.4 | |
| Yogurt | 0.93 | 10.8 | 7.0 | 3.0 | 0.3 | 0.2 | 0.1 | 70.5 | 20.0 | |
| Non- Dairy Drinks | 0.09 | 2.8 | 0.7 | 1.5 | 0.3 | 0.2 | 0.0 | 97.6 | 1.0 | |
| Carbonated | 0.23 | 0.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 1.5 | |
| Coffee and tea | 0.24 | 24.4 | 6.9 | 14.4 | 2.0 | 1.8 | 0.1 | 69.5 | 6.0 | |
| Dry beverage | 3.82 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.0 | |
| Enriched drinks | 0.27 | 0.3 | 0.1 | 0.1 | 0.2 | 0.1 | 0.0 | 99.4 | 0.0 | |
| Fruit drinks | 0.46 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.4 | |
| Water | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| Poultry | 2.27 | 47.2 | 10.3 | 18.3 | 14.8 | 13.2 | 1.0 | 25.2 | 27.0 | |
| Chicken | 2.30 | 47.6 | 9.9 | 19.1 | 15.1 | 13.5 | 1.1 | 24.6 | 27.4 | |
| Game birds | - | - | - | - | - | - | - | - | - | |
| Mixed poultry | - | - | - | - | - | - | - | - | - | |
| Recipe mix ^b | 2.34 | 52.9 | 9.6 | 14.2 | 24.4 | 21.4 | 2.5 | 21.6 | 24.4 | |
| Turkey | 2.14 | 45.5 | 11.7 | 15.0 | 13.1 | 12.0 | 0.7 | 27.7 | 25.7 | |
| Prepared Foods | 2.47 | 35.2 | 13.7 | 11.9 | 6.9 | 6.3 | 0.6 | 46.3 | 19.1 | |
| Burritos and tacos | 2.25 | 33.3 | 11.2 | 12.0 | 7.7 | 6.8 | 0.8 | 49.4 | 17.4 | |
| Meat- or cheese-filled pastry | 2.52 | 32.7 | 13.7 | 11.0 | 5.6 | 5.1 | 0.5 | 49.2 | 18.7 | |
| Mixtures with fish | - | - | - | - | - | - | - | - | - | |
| Pizza | 2.38 | 34.3 | 14.1 | 10.8 | 6.5 | 5.8 | 0.7 | 46.1 | 19.8 | |
| Prepared meals | 1.70 | 31.5 | 6.5 | 8.7 | 14.0 | 12.2 | 1.4 | 46.6 | 21.1 | |
| Prepared sandwiches | 3.58 | 47.1 | 12.5 | 21.0 | 11.2 | 10.9 | 0.3 | 41.3 | 15.5 | |

Table E.4 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | |
|---------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|-------------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | Carbohydrate | Protein |
| Red Meats | 2.43 | 59.7 | 21.1 | 25.3 | 5.0 | 4.4 | 0.4 | 8.8 | 30.5 |
| Beef and veal | 2.35 | 59.0 | 21.2 | 25.0 | 3.8 | 3.3 | 0.4 | 7.7 | 32.2 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 3.17 | 68.6 | 23.0 | 28.9 | 9.5 | 8.6 | 0.7 | 12.9 | 17.4 |
| Pork | 2.51 | 57.9 | 19.0 | 24.7 | 8.4 | 7.3 | 0.4 | 12.0 | 28.6 |
| Recipe mix ^c | 1.41 | 45.1 | 17.0 | 16.1 | 3.3 | 2.8 | 0.5 | 22.1 | 31.5 |
| Soups and Gravies | 1.16 | 33.4 | 11.8 | 13.4 | 6.1 | 5.5 | 0.5 | 47.6 | 19.5 |
| Gravies | 3.40 | 30.2 | 12.0 | 11.6 | 6.2 | 5.6 | 0.6 | 59.1 | 10.8 |
| Soups | 0.81 | 35.4 | 11.7 | 14.6 | 6.1 | 5.5 | 0.4 | 40.3 | 25.1 |
| Sugar and Desserts | 2.18 | 7.9 | 3.6 | 3.1 | 0.4 | 0.4 | 0.0 | 92.6 | 1.9 |
| Candies and toppings | 3.75 | 20.6 | 11.1 | 5.9 | 2.0 | 1.8 | 0.2 | 80.9 | 1.9 |
| Gelatins | 3.74 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 95.0 | 8.2 |
| Jellies, jams, and preserves | 2.60 | 0.5 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 100.0 | 0.8 |
| Puddings and pie filling | 1.43 | 26.0 | 7.2 | 15.5 | 0.6 | 0.6 | 0.0 | 69.5 | 5.0 |
| Sherbet and ices | 1.30 | 11.3 | 6.4 | 3.0 | 0.5 | 0.4 | 0.1 | 86.1 | 2.7 |
| Sugars | 3.86 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.0 |
| Syrups | 2.66 | 0.3 | 0.1 | 0.1 | 0.2 | 0.2 | 0.0 | 100.0 | 0.0 |
| Vegetables | 1.40 | 31.4 | 5.0 | 14.8 | 10.3 | 8.6 | 1.7 | 64.3 | 6.4 |
| Green vegetables ^d | 0.22 | 7.4 | 1.3 | 0.4 | 3.1 | 1.6 | 1.5 | 78.5 | 27.3 |
| Mixed vegetables | 0.32 | 6.1 | 1.0 | 0.3 | 2.9 | 1.3 | 1.6 | 79.0 | 24.6 |
| Mixtures with vegetables ^e | 3.09 | 53.8 | 10.0 | 20.9 | 19.7 | 18.4 | 1.0 | 38.3 | 8.2 |
| Other vegetables ^f | 1.17 | 3.0 | 0.6 | 0.5 | 1.0 | 0.7 | 0.2 | 92.3 | 13.6 |
| Potato and potato products | 1.76 | 33.2 | 5.2 | 16.0 | 10.7 | 8.9 | 1.8 | 62.9 | 5.5 |
| Tomato and tomato products | 0.64 | 25.2 | 6.6 | 5.8 | 10.5 | 10.2 | 0.3 | 66.4 | 10.8 |
| Yellow vegetables ^g | 0.73 | 10.6 | 1.6 | 3.5 | 4.7 | 4.1 | 0.5 | 88.8 | 9.9 |

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Bakery Products | 70 | 79 | 4 | 2.7 | 0.4 | 0.5 | 222 | 334 | 10 | 0.8 | 1.0 |
| Biscuits, muffins, pancakes, and waffles | 49 | 140 | 16 | 4.2 | 0.3 | 0.6 | 196 | 288 | 8 | 0.8 | 0.9 |
| Breads and rolls | 5 | 4 | 0 | 0.8 | 0.3 | 0.5 | 363 | 551 | 14 | 1.1 | 1.4 |
| Cakes and other bakery desserts | 189 | 184 | 3 | 2.5 | 0.4 | 0.4 | 136 | 216 | 8 | 0.7 | 0.7 |
| Crackers | 18 | 17 | 0 | 1.7 | 0.4 | 0.2 | 228 | 351 | 10 | 0.9 | 0.7 |
| Pretzels and snack chips | 25 | 20 | 6 | 6.2 | 0.5 | 0.6 | 91 | 107 | 7 | 0.6 | 0.5 |
| Condiments | 729 | 368 | 132 | 12.1 | 1.2 | 0.0 | 78 | 79 | 10 | 1.0 | 0.3 |
| Catsup and other sauces | 715 | 361 | 107 | 12.3 | 1.2 | 0.0 | 78 | 78 | 11 | 1.0 | 0.3 |
| Flavorings | 3 | 2 | 6 | 0.3 | 1.6 | 0.0 | 75 | 75 | 12 | 1.2 | 0.7 |
| Pickles and olives | 1,195 | 591 | 677 | 12.0 | 1.6 | 0.0 | 96 | 96 | 6 | 1.2 | 1.1 |
| Eggs | 982 | 965 | 0 | 6.5 | 0.8 | 7.1 | 233 | 234 | 1 | 2.9 | 0.4 |
| Eggs | 1,005 | 995 | 0 | 6.7 | 1.0 | 8.7 | 320 | 320 | 0 | 3.4 | 0.5 |
| Mixtures with egg | 966 | 944 | 0 | 6.3 | 0.7 | 5.9 | 170 | 170 | 1 | 2.5 | 0.4 |
| Fats and Oils | 267 | 251 | 0 | 12.4 | 0.1 | 0.1 | 2 | 2 | 0 | 0.0 | 0.0 |
| Butter | 973 | 954 | 0 | 3.2 | 0.0 | 0.2 | 4 | 4 | 0 | 0.0 | 0.0 |
| Margarine | 1,279 | 1,205 | 0 | 12.1 | 0.0 | 0.1 | 1 | 1 | 0 | 0.1 | 0.0 |
| Salad dressings and mayonnaise | 45 | 42 | 0 | 9.3 | 0.2 | 0.2 | 5 | 5 | 0 | 0.1 | 0.0 |
| Vegetable oils and shortenings | 11 | 11 | 0 | 15.7 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Fish | 69 | 68 | 1 | 5.6 | 0.6 | 7.8 | 133 | 189 | 19 | 0.6 | 0.7 |
| Fish | 74 | 74 | 1 | 5.4 | 0.7 | 9.1 | 126 | 178 | 26 | 0.6 | 0.6 |
| Shellfish | 60 | 60 | 2 | 5.9 | 0.3 | 5.8 | 144 | 206 | 9 | 0.6 | 0.7 |
| Fruits and Juices | 262 | 131 | 347 | 3.0 | 1.3 | 0.0 | 172 | 172 | 5 | 0.5 | 0.7 |
| Fruits | 357 | 179 | 195 | 3.9 | 1.4 | 0.0 | 130 | 130 | 6 | 0.6 | 0.5 |
| Juices | 170 | 84 | 494 | 2.0 | 1.2 | 0.0 | 212 | 212 | 4 | 0.5 | 0.8 |
| Grain Products | 322 | 327 | 13 | 1.4 | 1.1 | 2.3 | 482 | 772 | 19 | 1.5 | 1.9 |
| Breakfast cereals | 1,684 | 1,691 | 64 | 2.8 | 4.7 | 12.9 | 1,148 | 1,919 | 51 | 4.3 | 4.0 |
| Flour and other milled grains | 1 | 0 | 0 | 0.8 | 0.4 | 0.0 | 384 | 589 | 17 | 1.1 | 1.9 |
| Flour mix ^a | 12 | 10 | 0 | 2.0 | 0.1 | 0.1 | 178 | 281 | 5 | 0.5 | 0.5 |
| Mixtures with grain | 321 | 349 | 14 | 2.7 | 0.5 | 1.4 | 199 | 288 | 9 | 1.0 | 1.0 |
| Pasta and noodles | 0 | 0 | 0 | 0.6 | 0.3 | 0.0 | 439 | 708 | 10 | 0.8 | 1.7 |
| Rice, barley, and other grains | 6 | 4 | 0 | 0.4 | 0.8 | 0.0 | 413 | 691 | 12 | 0.1 | 1.2 |

Table E.4 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 42 | 23 | 8 | 9.2 | 0.9 | 0.1 | 384 | 384 | 11 | 0.4 | 0.7 |
| Dry beans and peas | 66 | 32 | 14 | 1.3 | 0.9 | 0.0 | 566 | 566 | 4 | 0.5 | 1.1 |
| Other nuts | 0 | 0 | 0 | 42.8 | 0.2 | 0.0 | 44 | 44 | 6 | 1.3 | 0.2 |
| Peanuts and peanut butter | 0 | 0 | 0 | 15.2 | 0.9 | 0.0 | 128 | 128 | 23 | 0.2 | 0.1 |
| Seeds | 15 | 7 | 2 | 42.1 | 0.8 | 0.0 | 273 | 273 | 6 | 0.6 | 0.6 |
| Soybeans and soy products | 162 | 160 | 1 | 5.6 | 1.5 | 5.3 | 120 | 120 | 12 | 1.4 | 1.1 |
| Milk and Other Dairy Products | 932 | 925 | 8 | 0.5 | 0.6 | 6.2 | 78 | 79 | 2 | 2.7 | 0.6 |
| Cheese | 650 | 633 | 0 | 1.3 | 0.2 | 3.7 | 39 | 42 | 1 | 1.2 | 0.2 |
| Cream | 831 | 814 | 5 | 2.8 | 0.1 | 1.5 | 48 | 48 | 0 | 0.8 | 0.2 |
| Ice cream and ice milk | 500 | 496 | 3 | 1.3 | 0.2 | 1.8 | 36 | 40 | 1 | 1.1 | 0.2 |
| Milk | 1,029 | 1,024 | 9 | 0.3 | 0.7 | 7.0 | 88 | 88 | 2 | 3.1 | 0.6 |
| Yogurt | 118 | 114 | 8 | 0.2 | 0.5 | 5.4 | 107 | 107 | 1 | 2.0 | 0.4 |
| Non- Dairy Drinks | 3 | 0 | 67 | 0.6 | 0.6 | 2.9 | 71 | 71 | 6 | 0.4 | 0.4 |
| Carbonated | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.4 | 0.1 |
| Coffee and tea | 1 | 0 | 0 | 2.0 | 0.2 | 0.3 | 182 | 182 | 12 | 1.2 | 0.2 |
| Dry beverage | 0 | 0 | 319 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.1 | 0.0 |
| Enriched drinks | 0 | 0 | 17 | 0.0 | 1.8 | 10.9 | 2 | 2 | 18 | 0.0 | 0.4 |
| Fruit drinks | 5 | 1 | 124 | 0.7 | 0.3 | 0.0 | 104 | 104 | 1 | 0.5 | 0.5 |
| Water | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Poultry | 32 | 125 | 4 | 4.4 | 1.0 | 0.8 | 119 | 159 | 20 | 0.7 | 0.7 |
| Chicken | 35 | 149 | 3 | 4.3 | 1.1 | 0.7 | 123 | 164 | 22 | 0.6 | 0.7 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 108 | 90 | 3 | 3.8 | 1.0 | 0.6 | 152 | 213 | 16 | 0.7 | 0.6 |
| Turkey | 19 | 20 | 9 | 4.9 | 0.7 | 1.3 | 100 | 140 | 11 | 0.9 | 0.7 |
| Prepared Foods | 244 | 423 | 3 | 3.1 | 0.5 | 1.2 | 248 | 322 | 11 | 1.1 | 0.9 |
| Burritos and tacos | 129 | 1,748 | 9 | 2.7 | 0.6 | 0.6 | 270 | 363 | 12 | 0.9 | 1.0 |
| Meat- or cheese-filled pastry | 278 | 468 | 8 | 2.4 | 0.3 | 1.1 | 237 | 325 | 9 | 1.2 | 1.0 |
| Mixtures with fish | - | - | - | - | - | - | - | - | - | - | - |
| Pizza | 274 | 326 | 2 | 2.8 | 0.4 | 1.4 | 254 | 326 | 11 | 1.2 | 0.9 |
| Prepared meals | 196 | 129 | 79 | 3.6 | 1.1 | 1.0 | 136 | 191 | 20 | 0.7 | 0.6 |
| Prepared sandwiches | 56 | 75 | 1 | 6.4 | 0.6 | 0.6 | 216 | 257 | 16 | 0.6 | 0.5 |

Table E.4 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|---------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Red Meats | 11 | 70 | 1 | 2.4 | 0.9 | 5.7 | 76 | 88 | 16 | 0.7 | 0.6 |
| Beef and veal | 7 | 72 | 1 | 2.4 | 0.9 | 6.7 | 85 | 96 | 17 | 0.6 | 0.4 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 11 | 11 | 0 | 2.3 | 0.6 | 2.8 | 49 | 69 | 10 | 0.6 | 0.6 |
| Pork | 29 | 92 | 2 | 2.4 | 1.1 | 2.5 | 43 | 55 | 19 | 0.9 | 1.8 |
| Recipe mix ^c | 169 | 164 | 21 | 1.9 | 1.2 | 5.7 | 83 | 97 | 18 | 1.1 | 0.7 |
| Soups and Gravies | 267 | 147 | 21 | 3.5 | 0.8 | 3.0 | 136 | 172 | 11 | 1.1 | 0.7 |
| Gravies | 25 | 26 | 3 | 1.4 | 0.5 | 1.0 | 124 | 166 | 4 | 0.9 | 0.4 |
| Soups | 422 | 225 | 33 | 4.9 | 1.0 | 4.2 | 144 | 176 | 16 | 1.2 | 0.8 |
| Sugar and Desserts | 37 | 35 | 5 | 0.3 | 0.1 | 0.3 | 10 | 10 | 0 | 0.3 | 0.1 |
| Candies and toppings | 104 | 101 | 1 | 0.8 | 0.0 | 0.4 | 7 | 7 | 0 | 0.2 | 0.1 |
| Gelatins | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 8 | 8 | 0 | 0.1 | 0.0 |
| Jellies, jams, and preserves | 39 | 27 | 34 | 0.5 | 0.1 | 0.0 | 23 | 23 | 0 | 0.2 | 0.0 |
| Puddings and pie filling | 55 | 55 | 2 | 2.1 | 0.1 | 0.8 | 18 | 18 | 1 | 0.5 | 0.1 |
| Sherbet and ices | 76 | 73 | 15 | 0.1 | 0.1 | 0.8 | 24 | 24 | 0 | 0.6 | 0.2 |
| Sugars | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Syrups | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.1 | 0.0 |
| Vegetables | 749 | 375 | 88 | 6.0 | 1.8 | 0.0 | 157 | 165 | 10 | 0.3 | 0.8 |
| Green vegetables ^d | 6,350 | 3,177 | 696 | 20.2 | 3.2 | 0.0 | 2,156 | 2,156 | 14 | 2.6 | 2.3 |
| Mixed vegetables | 14,165 | 7,076 | 459 | 17.8 | 2.8 | 0.0 | 2,398 | 2,398 | 18 | 3.0 | 2.2 |
| Mixtures with vegetables ^e | 78 | 50 | 14 | 4.9 | 0.3 | 0.9 | 156 | 225 | 6 | 0.8 | 0.7 |
| Other vegetables ^f | 118 | 59 | 187 | 1.4 | 2.6 | 0.0 | 391 | 391 | 3 | 0.6 | 1.4 |
| Potato and potato products | 4 | 3 | 73 | 4.8 | 1.7 | 0.0 | 86 | 94 | 9 | 0.2 | 0.8 |
| Tomato and tomato products | 873 | 437 | 99 | 29.3 | 2.3 | 0.2 | 199 | 199 | 43 | 0.9 | 0.5 |
| Yellow vegetables ^g | 12,784 | 6,393 | 87 | 6.9 | 1.7 | 0.0 | 325 | 325 | 11 | 0.8 | 0.7 |

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|--|--|-------------|-------------------|--------------------|-------------------|----------------|------------|---------------------|----------------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Bakery Products | 287 | 9.0 | 84 | 338 | 401 | 1,438 | 2.2 | 16 | 7.1 |
| Biscuits, muffins, pancakes, and waffles | 232 | 8.5 | 58 | 576 | 389 | 1,527 | 2.2 | 80 | 5.6 |
| Breads and rolls | 461 | 11.9 | 89 | 303 | 392 | 1,671 | 2.7 | 8 | 8.6 |
| Cakes and other bakery desserts | 144 | 7.9 | 71 | 254 | 301 | 759 | 1.5 | 11 | 4.4 |
| Crackers | 185 | 9.7 | 69 | 353 | 351 | 1,952 | 2.0 | 5 | 5.9 |
| Pretzels and snack chips | 236 | 4.7 | 118 | 396 | 628 | 1,973 | 2.7 | 3 | 9.9 |
| Condiments | 261 | 6.3 | 195 | 353 | 3,146 | 16,703 | 2.8 | 0 | 8.1 |
| Catsup and other sauces | 189 | 5.2 | 182 | 328 | 3,093 | 9,958 | 2.6 | 0 | 5.6 |
| Flavorings | 748 | 26.5 | 765 | 1,518 | 3,860 | 482,309 | 11.6 | 0 | 47.0 |
| Pickles and olives | 1,599 | 23.0 | 320 | 548 | 4,040 | 31,206 | 5.0 | 0 | 49.0 |
| Eggs | 526 | 9.9 | 82 | 1,226 | 951 | 2,060 | 7.1 | 2,334 | 0.0 |
| Eggs | 361 | 11.8 | 81 | 1,290 | 927 | 1,140 | 7.6 | 2,904 | 0.0 |
| Mixtures with egg | 646 | 8.4 | 83 | 1,180 | 968 | 2,734 | 6.8 | 1,915 | 0.1 |
| Fats and Oils | 13 | 0.2 | 3 | 20 | 40 | 1,212 | 0.1 | 26 | 0.0 |
| Butter | 33 | 0.0 | 3 | 33 | 33 | 803 | 0.1 | 300 | 0.0 |
| Margarine | 10 | 0.1 | 4 | 10 | 30 | 1,342 | 0.0 | 0 | 0.0 |
| Salad dressings and mayonnaise | 28 | 0.4 | 5 | 45 | 88 | 2,503 | 0.4 | 55 | 0.1 |
| Vegetable oils and shortenings | 1 | 0.0 | 0 | 0 | 1 | 11 | 0.0 | 0 | 0.0 |
| Fish | 89 | 7.1 | 157 | 968 | 940 | 2,538 | 2.8 | 217 | 4.1 |
| Fish | 89 | 7.5 | 163 | 998 | 1,015 | 2,567 | 3.1 | 220 | 3.8 |
| Shellfish | 88 | 6.5 | 149 | 919 | 816 | 2,491 | 2.4 | 212 | 4.6 |
| Fruits and Juices | 153 | 6.0 | 155 | 221 | 2,703 | 76 | 1.2 | 0 | 15.6 |
| Fruits | 147 | 4.2 | 153 | 215 | 2,423 | 92 | 1.5 | 0 | 28.3 |
| Juices | 160 | 7.8 | 156 | 227 | 2,975 | 61 | 1.0 | 0 | 3.2 |
| Grain Products | 271 | 16.7 | 135 | 506 | 532 | 1,162 | 8.3 | 22 | 12.0 |
| Breakfast cereals | 807 | 50.1 | 109 | 390 | 445 | 1,519 | 31.0 | 0 | 12.0 |
| Flour and other milled grains | 58 | 12.2 | 162 | 506 | 555 | 9 | 3.9 | 0 | 15.8 |
| Flour mix ^a | 309 | 8.3 | 84 | 764 | 570 | 2,014 | 1.6 | 2 | 7.0 |
| Mixtures with grain | 587 | 7.5 | 118 | 751 | 870 | 2,474 | 5.2 | 137 | 7.1 |
| Pasta and noodles | 49 | 8.1 | 122 | 388 | 284 | 1,495 | 3.4 | 0 | 12.1 |
| Rice, barley, and other grains | 92 | 9.2 | 115 | 388 | 320 | 2,702 | 3.9 | 1 | 5.7 |

Table E.4 (continued)

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|--------------------------------------|--|-------------|-------------------|--------------------|-------------------|----------------|-------------|---------------------|----------------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Legumes, Nuts, and Seeds | 278 | 11.8 | 342 | 931 | 2,259 | 1,844 | 12.3 | 6 | 30.5 |
| Dry beans and peas | 397 | 17.5 | 388 | 1,012 | 3,171 | 2,694 | 17.3 | 10 | 46.0 |
| Other nuts | 479 | 6.1 | 451 | 768 | 1,152 | 558 | 5.1 | 0 | 17.3 |
| Peanuts and peanut butter | 75 | 3.2 | 263 | 614 | 1,105 | 765 | 5.1 | 0 | 10.2 |
| Seeds | 192 | 11.5 | 442 | 1,747 | 1,018 | 459 | 9.7 | 0 | 14.5 |
| Soybeans and soy products | 619 | 3.7 | 84 | 1,012 | 1,280 | 1,646 | 6.1 | 21 | 6.6 |
| Milk and Other Dairy Products | 1,943 | 2.8 | 198 | 1,663 | 2,463 | 1,194 | 7.4 | 93 | 5.0 |
| Cheese | 1,748 | 1.4 | 80 | 1,406 | 545 | 2,808 | 8.2 | 214 | 0.2 |
| Cream | 579 | 0.3 | 55 | 439 | 723 | 259 | 1.6 | 215 | 0.0 |
| Ice cream and ice milk | 598 | 1.6 | 89 | 523 | 1,027 | 352 | 3.4 | 170 | 4.7 |
| Milk | 2,074 | 3.1 | 228 | 1,794 | 2,939 | 944 | 7.5 | 65 | 6.1 |
| Yogurt | 1,733 | 0.8 | 167 | 1,363 | 2,223 | 665 | 8.4 | 47 | 0.0 |
| Non- Dairy Drinks | 878 | 2.4 | 213 | 226 | 1,101 | 698 | 0.5 | 0 | 0.4 |
| Carbonated | 105 | 4.8 | 18 | 419 | 193 | 245 | 0.7 | 0 | 0.0 |
| Coffee and tea | 193 | 2.3 | 267 | 591 | 5,266 | 753 | 1.6 | 2 | 3.9 |
| Dry beverage | 372 | 1.3 | 0 | 0 | 13 | 110 | 0.3 | 0 | 0.0 |
| Enriched drinks | 40 | 2.2 | 1 | 292 | 559 | 1,312 | 0.4 | 0 | 0.0 |
| Fruit drinks | 168 | 1.8 | 65 | 65 | 761 | 188 | 0.2 | 0 | 0.1 |
| Water | 0 | 0.0 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0.0 |
| Poultry | 146 | 7.1 | 93 | 619 | 796 | 2,639 | 4.8 | 207 | 4.1 |
| Chicken | 131 | 6.8 | 93 | 595 | 722 | 2,413 | 4.3 | 202 | 4.3 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 212 | 6.2 | 72 | 420 | 667 | 1,324 | 4.8 | 182 | 3.6 |
| Turkey | 212 | 8.0 | 92 | 726 | 1,119 | 3,631 | 7.2 | 230 | 3.1 |
| Prepared Foods | 782 | 8.6 | 121 | 862 | 857 | 2,057 | 5.3 | 68 | 8.3 |
| Burritos and tacos | 418 | 9.0 | 129 | 601 | 824 | 1,853 | 4.4 | 73 | 11.7 |
| Meat- or cheese-filled pastry | 905 | 8.7 | 105 | 887 | 874 | 1,856 | 4.9 | 67 | 8.2 |
| Mixtures with fish | - | - | - | - | - | - | - | - | - |
| Pizza | 870 | 8.9 | 119 | 927 | 870 | 2,216 | 5.5 | 71 | 8.0 |
| Prepared meals | 156 | 6.3 | 94 | 535 | 825 | 2,563 | 4.4 | 178 | 3.8 |
| Prepared sandwiches | 239 | 5.5 | 152 | 559 | 759 | 1,409 | 4.6 | 40 | 8.4 |

Table E.4 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|---------------------------------------|---|-------------|------------|------------|--------------|---------------|-------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Red Meats | 121 | 8.9 | 77 | 673 | 969 | 2,242 | 14.5 | 245 | 1.7 |
| Beef and veal | 128 | 10.0 | 80 | 688 | 978 | 2,018 | 16.6 | 250 | 1.9 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 101 | 4.7 | 52 | 430 | 591 | 3,167 | 5.6 | 196 | 1.1 |
| Pork | 98 | 5.3 | 76 | 734 | 1,141 | 2,895 | 8.4 | 247 | 1.2 |
| Recipe mix ^c | 282 | 8.6 | 126 | 893 | 1,832 | 2,725 | 16.2 | 348 | 3.6 |
| Soups and Gravies | 319 | 16.8 | 145 | 688 | 1,576 | 18,219 | 7.2 | 104 | 11.5 |
| Gravies | 301 | 20.9 | 82 | 537 | 900 | 11,564 | 2.8 | 45 | 9.3 |
| Soups | 331 | 14.3 | 185 | 784 | 2,008 | 22,474 | 10.0 | 141 | 12.9 |
| Sugar and Desserts | 149 | 1.3 | 29 | 139 | 306 | 310 | 1.3 | 4 | 2.5 |
| Candies and toppings | 96 | 1.1 | 37 | 122 | 218 | 255 | 1.5 | 14 | 2.3 |
| Gelatins | 8 | 0.3 | 6 | 370 | 24 | 1,221 | 0.0 | 0 | 0.0 |
| Jellies, jams, and preserves | 77 | 1.9 | 15 | 42 | 296 | 138 | 0.2 | 0 | 2.7 |
| Puddings and pie filling | 351 | 5.0 | 89 | 348 | 888 | 1,072 | 1.9 | 7 | 0.9 |
| Sherbet and ices | 328 | 1.7 | 50 | 243 | 606 | 290 | 3.2 | 6 | 7.9 |
| Sugars | 25 | 0.2 | 3 | 2 | 42 | 9 | 0.0 | 0 | 0.0 |
| Syrups | 23 | 0.4 | 11 | 37 | 49 | 225 | 0.9 | 0 | 0.0 |
| Vegetables | 135 | 4.7 | 164 | 377 | 2,565 | 2,015 | 2.5 | 3 | 16.0 |
| Green vegetables ^d | 1,552 | 29.5 | 615 | 1,362 | 8,336 | 4,321 | 12.3 | 0 | 97.5 |
| Mixed vegetables | 1,244 | 32.7 | 747 | 1,206 | 8,006 | 3,324 | 13.0 | 0 | 84.8 |
| Mixtures with vegetables ^e | 278 | 5.3 | 57 | 362 | 658 | 1,478 | 2.0 | 104 | 5.4 |
| Other vegetables ^f | 1,091 | 14.3 | 364 | 981 | 3,776 | 656 | 11.4 | 0 | 49.4 |
| Potato and potato products | 80 | 3.5 | 141 | 332 | 2,289 | 1,864 | 1.9 | 2 | 12.5 |
| Tomato and tomato products | 332 | 12.3 | 293 | 544 | 5,023 | 4,209 | 6.9 | 26 | 33.8 |
| Yellow vegetables ^g | 289 | 7.7 | 229 | 624 | 3,480 | 2,919 | 4.4 | 0 | 33.7 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used for both a la carte sales and reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.5. Calorie Density, Sources of Calories, and Nutrient Density of All Food Acquisitions, by Food Subgroups, SY 2009-2010

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|--|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Bakery Products | 3.38 | 27.8 | 6.6 | 11.4 | 7.7 | 7.1 | 0.6 | 63.4 | 9.1 | |
| Biscuits, muffins, pancakes, and waffles | 3.20 | 36.4 | 8.3 | 13.2 | 12.2 | 10.8 | 1.3 | 56.8 | 7.4 | |
| Breads and rolls | 2.84 | 17.4 | 4.1 | 7.0 | 5.1 | 4.7 | 0.5 | 69.0 | 12.9 | |
| Cakes and other bakery desserts | 4.40 | 37.4 | 11.8 | 18.5 | 4.3 | 4.0 | 0.2 | 59.6 | 4.8 | |
| Crackers | 4.40 | 27.6 | 5.9 | 12.2 | 7.7 | 7.1 | 0.5 | 65.7 | 7.0 | |
| Pretzels and snack chips | 4.64 | 36.9 | 5.6 | 13.1 | 14.6 | 13.9 | 0.6 | 57.9 | 6.4 | |
| Condiments | 0.80 | 11.8 | 1.6 | 4.5 | 4.6 | 3.9 | 0.7 | 90.9 | 7.1 | |
| Catsup and other sauces | 0.95 | 11.2 | 1.4 | 3.9 | 4.8 | 4.2 | 0.6 | 92.3 | 6.6 | |
| Flavorings | 0.54 | 5.1 | 2.7 | 1.6 | 0.5 | 0.5 | 0.0 | 74.6 | 13.9 | |
| Pickles and olives | 0.26 | 24.6 | 3.7 | 14.6 | 3.8 | 2.6 | 1.2 | 78.0 | 10.9 | |
| Eggs | 1.68 | 61.8 | 19.9 | 24.2 | 9.7 | 8.4 | 0.5 | 10.2 | 28.0 | |
| Eggs | 1.44 | 62.3 | 19.4 | 23.9 | 8.5 | 7.2 | 0.2 | 2.2 | 35.1 | |
| Mixtures with egg | 1.81 | 61.6 | 20.2 | 24.3 | 10.1 | 8.9 | 0.6 | 13.6 | 25.0 | |
| Fats and Oils | 5.16 | 96.5 | 17.8 | 34.1 | 39.7 | 35.2 | 4.5 | 5.0 | 0.3 | |
| Butter | 7.17 | 100.0 | 64.5 | 26.4 | 3.8 | 3.4 | 0.4 | 0.0 | 0.5 | |
| Margarine | 6.96 | 100.0 | 19.1 | 47.4 | 31.6 | 28.8 | 2.7 | 0.4 | 0.1 | |
| Salad dressings and mayonnaise | 3.83 | 91.1 | 14.6 | 27.6 | 43.3 | 38.1 | 5.1 | 10.2 | 0.6 | |
| Vegetable oils and shortenings | 8.25 | 100.0 | 16.7 | 37.2 | 43.4 | 38.4 | 5.0 | 0.1 | 0.1 | |
| Fish | 2.20 | 42.0 | 7.3 | 14.5 | 17.9 | 14.9 | 2.0 | 30.0 | 27.1 | |
| Fish | 2.16 | 41.2 | 7.2 | 14.2 | 17.6 | 14.6 | 1.9 | 29.3 | 28.6 | |
| Shellfish | 2.36 | 44.7 | 7.7 | 15.5 | 19.1 | 16.0 | 2.1 | 32.3 | 22.5 | |
| Fruits and Juices | 0.55 | 2.3 | 0.4 | 0.4 | 0.6 | 0.5 | 0.1 | 100.0 | 3.3 | |
| Fruits | 0.60 | 2.6 | 0.5 | 0.5 | 0.7 | 0.6 | 0.2 | 100.0 | 3.5 | |
| Juices | 0.49 | 2.0 | 0.3 | 0.2 | 0.5 | 0.4 | 0.1 | 97.2 | 3.0 | |
| Grain Products | 2.07 | 14.0 | 4.0 | 4.8 | 3.5 | 3.3 | 0.3 | 74.8 | 11.8 | |
| Breakfast cereals | 3.69 | 9.2 | 1.5 | 3.2 | 2.9 | 2.7 | 0.1 | 86.6 | 7.4 | |
| Flour and other milled grains | 3.06 | 3.3 | 0.5 | 0.4 | 1.4 | 1.3 | 0.1 | 84.5 | 12.2 | |
| Flour mix ^a | 4.18 | 25.2 | 5.4 | 11.7 | 6.5 | 6.1 | 0.4 | 70.8 | 6.0 | |
| Mixtures with grain | 1.73 | 34.6 | 12.4 | 12.6 | 6.9 | 6.2 | 0.6 | 48.9 | 16.7 | |
| Pasta and noodles | 1.53 | 5.6 | 1.0 | 0.9 | 2.1 | 1.9 | 0.2 | 78.8 | 14.9 | |
| Rice, barley, and other grains | 1.31 | 7.6 | 1.5 | 2.3 | 2.7 | 2.5 | 0.2 | 81.2 | 8.8 | |

Table E.5 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|--------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|-------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Legumes, Nuts, and Seeds | 2.46 | 54.0 | 10.9 | 24.8 | 16.3 | 16.0 | 0.3 | 34.0 | 18.4 | |
| Dry beans and peas | 1.09 | 5.2 | 1.1 | 1.5 | 1.8 | 1.1 | 0.6 | 76.5 | 23.0 | |
| Other nuts | 6.18 | 82.8 | 12.5 | 47.1 | 19.6 | 18.5 | 1.0 | 13.8 | 10.2 | |
| Peanuts and peanut butter | 5.73 | 75.5 | 15.7 | 36.3 | 21.2 | 21.1 | 0.1 | 15.3 | 16.7 | |
| Seeds | 5.98 | 78.8 | 9.8 | 29.4 | 36.3 | 35.9 | 0.3 | 15.3 | 12.8 | |
| Soybeans and soy products | 2.04 | 53.9 | 21.0 | 12.0 | 17.3 | 14.9 | 2.0 | 20.2 | 26.2 | |
| Milk and Other Dairy Products | 0.66 | 21.6 | 13.2 | 6.3 | 1.0 | 0.8 | 0.2 | 56.8 | 24.1 | |
| Cheese | 2.85 | 62.9 | 37.2 | 18.5 | 3.7 | 2.9 | 0.8 | 11.3 | 25.8 | |
| Cream | 1.86 | 83.4 | 51.9 | 24.1 | 3.1 | 1.9 | 1.2 | 11.2 | 7.2 | |
| Ice cream and ice milk | 2.25 | 44.0 | 28.2 | 10.4 | 2.3 | 1.8 | 0.5 | 51.5 | 7.6 | |
| Milk | 0.54 | 11.8 | 7.5 | 3.5 | 0.4 | 0.3 | 0.1 | 66.7 | 24.6 | |
| Yogurt | 0.96 | 9.5 | 6.1 | 2.6 | 0.3 | 0.2 | 0.1 | 72.9 | 19.0 | |
| Non- Dairy Drinks | 0.14 | 3.0 | 0.8 | 1.6 | 0.3 | 0.3 | 0.0 | 97.5 | 1.1 | |
| Carbonated | 0.26 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 1.3 | |
| Coffee and tea | 0.36 | 20.4 | 5.9 | 11.8 | 1.8 | 1.6 | 0.1 | 73.9 | 7.0 | |
| Dry beverage | 3.74 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.0 | |
| Enriched drinks | 0.24 | 0.3 | 0.1 | 0.1 | 0.2 | 0.1 | 0.0 | 99.4 | 0.0 | |
| Fruit drinks | 0.37 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.4 | |
| Water | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 97.6 | 0.0 | |
| Poultry | 2.17 | 46.7 | 10.7 | 18.2 | 13.5 | 12.0 | 0.9 | 20.7 | 31.5 | |
| Chicken | 2.25 | 47.3 | 10.5 | 19.1 | 13.9 | 12.4 | 1.0 | 21.4 | 30.4 | |
| Game birds | - | - | - | - | - | - | - | - | - | |
| Mixed poultry | 1.34 | 56.2 | 14.5 | 24.9 | 13.9 | 12.7 | 0.3 | 0.8 | 40.3 | |
| Recipe mix ^b | 1.74 | 51.1 | 12.1 | 18.2 | 16.7 | 14.7 | 1.5 | 19.3 | 28.5 | |
| Turkey | 1.90 | 44.5 | 11.5 | 14.7 | 12.2 | 10.7 | 0.6 | 18.3 | 35.5 | |
| Prepared Foods | 2.50 | 35.6 | 13.9 | 12.1 | 7.0 | 6.4 | 0.6 | 46.7 | 18.6 | |
| Burritos and tacos | 2.24 | 27.9 | 10.6 | 9.1 | 6.0 | 5.2 | 0.8 | 55.0 | 17.1 | |
| Meat- or cheese-filled pastry | 2.52 | 32.7 | 13.7 | 11.0 | 5.6 | 5.1 | 0.5 | 49.2 | 18.7 | |
| Mixtures with fish | 1.43 | 2.6 | 0.5 | 0.8 | 0.8 | 0.3 | 0.1 | 82.7 | 12.0 | |
| Pizza | 2.36 | 33.9 | 14.2 | 10.5 | 6.5 | 5.8 | 0.7 | 46.4 | 19.9 | |
| Prepared meals | 1.52 | 21.5 | 4.7 | 7.2 | 7.6 | 6.9 | 0.6 | 69.2 | 10.7 | |
| Prepared sandwiches | 3.49 | 47.5 | 15.3 | 19.7 | 10.0 | 9.5 | 0.4 | 40.4 | 15.8 | |

Table E.5 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|---------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|-------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Red Meats | 2.30 | 58.8 | 20.9 | 24.9 | 4.9 | 4.3 | 0.4 | 8.3 | 31.9 | |
| Beef and veal | 2.19 | 57.7 | 21.2 | 24.5 | 3.2 | 2.7 | 0.3 | 6.6 | 34.9 | |
| Lamb | - | - | - | - | - | - | - | - | - | |
| Mixed meats | 3.00 | 66.5 | 22.6 | 28.0 | 9.5 | 8.5 | 0.8 | 13.6 | 18.8 | |
| Pork | 2.47 | 59.0 | 18.9 | 25.0 | 9.1 | 7.9 | 0.4 | 12.0 | 27.7 | |
| Recipe mix ^c | 1.12 | 36.2 | 12.9 | 13.4 | 4.0 | 3.5 | 0.5 | 37.3 | 25.6 | |
| Soups and Gravies | 1.20 | 30.1 | 10.4 | 12.1 | 5.4 | 4.9 | 0.4 | 52.3 | 18.5 | |
| Gravies | 2.35 | 33.3 | 13.0 | 13.6 | 6.0 | 5.5 | 0.5 | 56.3 | 10.8 | |
| Soups | 0.97 | 28.6 | 9.2 | 11.4 | 5.2 | 4.7 | 0.4 | 50.4 | 22.1 | |
| Sugar and Desserts | 2.68 | 5.8 | 2.5 | 2.2 | 0.6 | 0.5 | 0.0 | 96.1 | 1.4 | |
| Candies and toppings | 4.36 | 31.6 | 15.0 | 9.9 | 4.3 | 4.0 | 0.2 | 67.6 | 2.6 | |
| Gelatins | 3.78 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 95.0 | 8.2 | |
| Jellies, jams, and preserves | 2.60 | 0.5 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 100.0 | 0.8 | |
| Puddings and pie filling | 1.36 | 22.9 | 6.2 | 13.5 | 0.5 | 0.5 | 0.0 | 71.5 | 5.3 | |
| Sherbet and ices | 1.32 | 11.5 | 6.5 | 3.0 | 0.5 | 0.4 | 0.1 | 85.8 | 2.7 | |
| Sugars | 3.86 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.0 | |
| Syrups | 2.67 | 0.3 | 0.1 | 0.1 | 0.2 | 0.2 | 0.0 | 100.0 | 0.0 | |
| Vegetables | 1.03 | 27.4 | 4.6 | 11.8 | 9.7 | 8.2 | 1.4 | 67.6 | 8.3 | |
| Green vegetables ^d | 0.25 | 6.8 | 1.2 | 0.4 | 2.9 | 1.4 | 1.5 | 78.3 | 27.7 | |
| Mixed vegetables | 0.37 | 5.1 | 0.9 | 0.2 | 2.4 | 1.2 | 1.2 | 79.5 | 22.5 | |
| Mixtures with vegetables ^e | 2.03 | 52.2 | 10.8 | 16.7 | 21.1 | 19.1 | 1.8 | 40.0 | 9.6 | |
| Other vegetables ^f | 0.51 | 3.5 | 0.9 | 0.5 | 1.2 | 0.8 | 0.4 | 91.3 | 14.9 | |
| Potato and potato products | 1.80 | 31.5 | 4.9 | 14.8 | 10.7 | 8.9 | 1.7 | 64.4 | 5.7 | |
| Tomato and tomato products | 0.63 | 25.5 | 6.7 | 5.9 | 10.5 | 10.3 | 0.3 | 65.9 | 10.8 | |
| Yellow vegetables ^g | 0.66 | 10.4 | 1.5 | 3.1 | 4.7 | 4.3 | 0.4 | 90.3 | 10.5 | |

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--|--------------------|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | | |
| Bakery Products | 50 | 58 | 2 | 2.4 | 0.3 | 0.3 | 231 | 346 | 10 | 0.9 | 1.0 |
| Biscuits, muffins, pancakes, and waffles | 76 | 124 | 4 | 3.9 | 0.3 | 0.5 | 184 | 274 | 8 | 0.9 | 0.8 |
| Breads and rolls | 6 | 6 | 0 | 1.0 | 0.3 | 0.3 | 345 | 521 | 14 | 1.0 | 1.5 |
| Cakes and other bakery desserts | 164 | 164 | 1 | 2.6 | 0.4 | 0.2 | 132 | 207 | 7 | 0.6 | 0.7 |
| Crackers | 8 | 8 | 0 | 1.2 | 0.2 | 0.1 | 160 | 240 | 10 | 0.8 | 0.6 |
| Pretzels and snack chips | 21 | 17 | 6 | 5.4 | 0.5 | 0.5 | 95 | 116 | 6 | 0.8 | 0.5 |
| Condiments | 742 | 374 | 130 | 12.1 | 1.4 | 0.0 | 76 | 77 | 10 | 1.0 | 0.4 |
| Catsup and other sauces | 734 | 371 | 101 | 12.6 | 1.4 | 0.0 | 76 | 77 | 10 | 1.0 | 0.3 |
| Flavorings | 3 | 2 | 8 | 0.3 | 1.6 | 0.0 | 36 | 36 | 8 | 1.0 | 0.7 |
| Pickles and olives | 1,240 | 613 | 622 | 10.5 | 1.5 | 0.0 | 91 | 91 | 6 | 1.2 | 1.1 |
| Eggs | 823 | 809 | 0 | 5.9 | 0.8 | 6.0 | 216 | 227 | 3 | 2.5 | 0.5 |
| Eggs | 991 | 981 | 0 | 6.8 | 1.0 | 8.8 | 324 | 324 | 0 | 3.3 | 0.5 |
| Mixtures with egg | 751 | 736 | 0 | 5.6 | 0.7 | 4.8 | 170 | 186 | 4 | 2.1 | 0.5 |
| Fats and Oils | 322 | 304 | 0 | 10.0 | 0.1 | 0.1 | 3 | 3 | 0 | 0.0 | 0.0 |
| Butter | 973 | 954 | 0 | 3.2 | 0.0 | 0.2 | 4 | 4 | 0 | 0.0 | 0.0 |
| Margarine | 1,248 | 1,175 | 0 | 12.2 | 0.0 | 0.1 | 1 | 1 | 0 | 0.1 | 0.0 |
| Salad dressings and mayonnaise | 62 | 57 | 0 | 9.7 | 0.3 | 0.2 | 5 | 5 | 0 | 0.1 | 0.1 |
| Vegetable oils and shortenings | 74 | 70 | 0 | 9.8 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Fish | 66 | 66 | 2 | 5.7 | 0.5 | 7.2 | 136 | 194 | 16 | 0.6 | 0.7 |
| Fish | 68 | 68 | 1 | 5.6 | 0.6 | 7.7 | 134 | 190 | 18 | 0.6 | 0.7 |
| Shellfish | 60 | 60 | 2 | 5.9 | 0.3 | 5.8 | 144 | 206 | 9 | 0.6 | 0.7 |
| Fruits and Juices | 270 | 135 | 322 | 3.2 | 1.1 | 0.0 | 163 | 163 | 5 | 0.5 | 0.6 |
| Fruits | 351 | 175 | 209 | 4.2 | 1.1 | 0.0 | 131 | 131 | 5 | 0.5 | 0.5 |
| Juices | 154 | 76 | 486 | 1.9 | 1.1 | 0.0 | 208 | 208 | 4 | 0.5 | 0.8 |
| Grain Products | 453 | 452 | 20 | 1.6 | 1.7 | 3.9 | 564 | 921 | 22 | 1.7 | 2.0 |
| Breakfast cereals | 1,608 | 1,613 | 69 | 2.6 | 5.4 | 15.2 | 1,305 | 2,183 | 53 | 4.6 | 4.3 |
| Flour and other milled grains | 3 | 1 | 0 | 0.7 | 0.4 | 0.0 | 386 | 595 | 16 | 1.1 | 1.9 |
| Flour mix ^a | 18 | 16 | 0 | 1.3 | 0.2 | 0.2 | 205 | 329 | 5 | 0.6 | 0.7 |
| Mixtures with grain | 323 | 320 | 17 | 2.8 | 0.5 | 1.4 | 198 | 295 | 9 | 1.0 | 0.9 |
| Pasta and noodles | 0 | 0 | 0 | 0.7 | 0.4 | 0.0 | 407 | 654 | 10 | 0.8 | 1.6 |
| Rice, barley, and other grains | 4 | 2 | 0 | 0.4 | 1.0 | 0.0 | 466 | 780 | 15 | 0.1 | 1.3 |

Table E.5 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 22 | 13 | 4 | 13.2 | 0.9 | 0.1 | 261 | 261 | 15 | 0.4 | 0.5 |
| Dry beans and peas | 57 | 28 | 11 | 1.4 | 1.0 | 0.0 | 536 | 536 | 4 | 0.5 | 1.1 |
| Other nuts | 1 | 0 | 1 | 14.4 | 0.3 | 0.0 | 89 | 89 | 3 | 0.8 | 0.8 |
| Peanuts and peanut butter | 0 | 0 | 0 | 14.9 | 0.9 | 0.0 | 124 | 124 | 22 | 0.2 | 0.1 |
| Seeds | 3 | 1 | 2 | 48.7 | 0.8 | 0.0 | 258 | 258 | 7 | 0.6 | 0.4 |
| Soybeans and soy products | 207 | 203 | 2 | 8.3 | 1.7 | 6.4 | 203 | 204 | 13 | 1.6 | 1.5 |
| Milk and Other Dairy Products | 952 | 946 | 5 | 0.5 | 0.6 | 6.9 | 84 | 85 | 2 | 2.8 | 0.6 |
| Cheese | 640 | 625 | 0 | 1.3 | 0.2 | 3.6 | 54 | 63 | 1 | 1.2 | 0.3 |
| Cream | 818 | 801 | 5 | 2.7 | 0.1 | 1.7 | 53 | 53 | 0 | 0.8 | 0.2 |
| Ice cream and ice milk | 456 | 452 | 3 | 1.9 | 0.2 | 1.6 | 32 | 34 | 1 | 1.1 | 0.2 |
| Milk | 1,063 | 1,059 | 6 | 0.3 | 0.7 | 7.9 | 92 | 92 | 2 | 3.2 | 0.7 |
| Yogurt | 102 | 99 | 8 | 0.3 | 0.4 | 5.1 | 100 | 100 | 1 | 1.9 | 0.4 |
| Non- Dairy Drinks | 108 | 107 | 156 | 6.4 | 3.0 | 4.6 | 45 | 45 | 25 | 0.4 | 0.3 |
| Carbonated | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.3 | 0.1 |
| Coffee and tea | 0 | 0 | 0 | 1.6 | 0.2 | 0.3 | 156 | 156 | 12 | 0.9 | 0.1 |
| Dry beverage | 0 | 0 | 379 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.1 | 0.0 |
| Enriched drinks | 0 | 0 | 75 | 11.4 | 5.5 | 10.6 | 1 | 1 | 45 | 0.0 | 0.4 |
| Fruit drinks | 327 | 323 | 297 | 0.5 | 0.7 | 0.0 | 71 | 71 | 5 | 0.7 | 0.3 |
| Water | 0 | 0 | 1,760 | 334.0 | 111.2 | 2.0 | 0 | 0 | 819 | 0.0 | 0.0 |
| Poultry | 48 | 119 | 5 | 3.8 | 1.2 | 1.0 | 101 | 134 | 22 | 0.7 | 0.9 |
| Chicken | 54 | 143 | 2 | 3.9 | 1.2 | 0.8 | 109 | 145 | 24 | 0.7 | 1.0 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 51 | 51 | 11 | 2.1 | 1.3 | 3.8 | 53 | 53 | 24 | 1.2 | 0.1 |
| Recipe mix ^b | 399 | 368 | 2 | 4.0 | 1.0 | 1.5 | 123 | 178 | 19 | 1.0 | 0.6 |
| Turkey | 26 | 30 | 13 | 3.6 | 1.1 | 1.6 | 73 | 95 | 15 | 1.0 | 0.6 |
| Prepared Foods | 242 | 330 | 5 | 3.3 | 0.5 | 1.2 | 254 | 327 | 11 | 1.1 | 0.9 |
| Burritos and tacos | 130 | 505 | 10 | 2.3 | 0.5 | 0.8 | 319 | 420 | 10 | 1.0 | 1.1 |
| Meat- or cheese-filled pastry | 278 | 468 | 8 | 2.4 | 0.3 | 1.1 | 237 | 325 | 9 | 1.2 | 1.0 |
| Mixtures with fish | 192 | 112 | 13 | 1.0 | 0.6 | 0.7 | 385 | 608 | 13 | 0.3 | 1.0 |
| Pizza | 280 | 327 | 2 | 2.9 | 0.4 | 1.4 | 255 | 326 | 11 | 1.2 | 0.9 |
| Prepared meals | 581 | 563 | 89 | 2.8 | 1.6 | 3.6 | 460 | 747 | 21 | 1.6 | 1.5 |
| Prepared sandwiches | 122 | 153 | 1 | 5.4 | 0.5 | 0.6 | 218 | 257 | 14 | 0.7 | 0.6 |

Table E.5 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|---------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Red Meats | 25 | 70 | 3 | 2.4 | 1.0 | 5.9 | 76 | 86 | 17 | 0.7 | 0.6 |
| Beef and veal | 25 | 78 | 4 | 2.4 | 1.0 | 7.1 | 87 | 94 | 17 | 0.7 | 0.3 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 10 | 9 | 0 | 2.4 | 0.6 | 3.3 | 52 | 71 | 11 | 0.7 | 0.7 |
| Pork | 34 | 71 | 2 | 2.6 | 1.2 | 2.7 | 49 | 64 | 20 | 0.8 | 1.8 |
| Recipe mix ^c | 192 | 124 | 104 | 3.1 | 1.4 | 4.2 | 145 | 194 | 16 | 0.8 | 0.7 |
| Soups and Gravies | 279 | 147 | 26 | 3.3 | 1.0 | 2.1 | 114 | 143 | 11 | 1.0 | 0.7 |
| Gravies | 19 | 19 | 3 | 1.3 | 0.5 | 1.0 | 124 | 168 | 5 | 1.0 | 0.5 |
| Soups | 401 | 207 | 37 | 4.2 | 1.2 | 2.6 | 109 | 131 | 14 | 1.1 | 0.8 |
| Sugar and Desserts | 33 | 30 | 7 | 0.4 | 0.0 | 0.2 | 9 | 10 | 0 | 0.2 | 0.0 |
| Candies and toppings | 165 | 158 | 4 | 1.8 | 0.0 | 0.5 | 20 | 24 | 1 | 0.3 | 0.1 |
| Gelatins | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 8 | 8 | 0 | 0.1 | 0.0 |
| Jellies, jams, and preserves | 39 | 27 | 34 | 0.5 | 0.1 | 0.0 | 23 | 23 | 0 | 0.2 | 0.0 |
| Puddings and pie filling | 57 | 54 | 2 | 1.8 | 0.1 | 0.9 | 19 | 19 | 1 | 0.5 | 0.2 |
| Sherbet and ices | 78 | 74 | 15 | 0.1 | 0.1 | 0.8 | 25 | 25 | 0 | 0.6 | 0.2 |
| Sugars | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 1 | 1 | 0 | 0.0 | 0.0 |
| Syrups | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.1 | 0.0 |
| Vegetables | 1,871 | 938 | 123 | 7.6 | 1.9 | 0.0 | 277 | 283 | 13 | 0.5 | 0.9 |
| Green vegetables ^d | 5,857 | 2,932 | 689 | 19.1 | 3.1 | 0.0 | 1,973 | 1,973 | 15 | 2.6 | 2.3 |
| Mixed vegetables | 12,173 | 6,083 | 352 | 14.2 | 2.4 | 0.0 | 1,807 | 1,807 | 16 | 2.7 | 1.9 |
| Mixtures with vegetables ^e | 579 | 392 | 64 | 4.4 | 0.7 | 0.7 | 249 | 315 | 6 | 0.8 | 0.8 |
| Other vegetables ^f | 287 | 143 | 339 | 1.8 | 3.4 | 0.0 | 579 | 579 | 7 | 1.1 | 1.4 |
| Potato and potato products | 4 | 3 | 84 | 4.5 | 1.8 | 0.0 | 87 | 94 | 10 | 0.2 | 0.9 |
| Tomato and tomato products | 899 | 450 | 101 | 28.9 | 2.3 | 0.3 | 206 | 206 | 43 | 0.9 | 0.5 |
| Yellow vegetables ^g | 12,458 | 6,227 | 67 | 6.8 | 1.7 | 0.0 | 396 | 396 | 14 | 0.8 | 0.6 |

Table E.5 (continued)

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|--|--|-------------|-------------------|--------------------|-------------------|----------------|------------|---------------------|----------------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Bakery Products | 302 | 9.3 | 92 | 404 | 410 | 1,575 | 2.6 | 22 | 8.2 |
| Biscuits, muffins, pancakes, and waffles | 221 | 7.7 | 60 | 584 | 383 | 1,496 | 2.4 | 83 | 6.5 |
| Breads and rolls | 455 | 12.2 | 102 | 404 | 428 | 1,838 | 3.1 | 7 | 10.0 |
| Cakes and other bakery desserts | 111 | 7.6 | 77 | 259 | 311 | 734 | 1.6 | 14 | 4.8 |
| Crackers | 122 | 8.9 | 73 | 303 | 338 | 1,677 | 2.0 | 2 | 6.5 |
| Pretzels and snack chips | 267 | 4.7 | 134 | 399 | 563 | 1,936 | 3.0 | 2 | 10.4 |
| Condiments | 303 | 7.0 | 204 | 381 | 3,266 | 19,435 | 3.1 | 1 | 10.2 |
| Catsup and other sauces | 211 | 5.8 | 189 | 349 | 3,222 | 10,192 | 2.8 | 1 | 7.2 |
| Flavorings | 606 | 14.8 | 431 | 1,015 | 3,167 | 271,260 | 6.8 | 0 | 27.9 |
| Pickles and olives | 1,547 | 21.5 | 317 | 551 | 4,001 | 31,545 | 5.0 | 0 | 47.5 |
| Eggs | 503 | 9.3 | 84 | 1,124 | 912 | 2,119 | 6.7 | 1,925 | 0.8 |
| Eggs | 366 | 12.3 | 83 | 1,314 | 932 | 1,056 | 7.7 | 2,931 | 0.0 |
| Mixtures with egg | 562 | 8.0 | 84 | 1,043 | 903 | 2,571 | 6.3 | 1,497 | 1.1 |
| Fats and Oils | 18 | 0.3 | 4 | 24 | 49 | 1,496 | 0.2 | 28 | 0.1 |
| Butter | 33 | 0.0 | 3 | 33 | 33 | 801 | 0.1 | 300 | 0.0 |
| Margarine | 9 | 0.1 | 4 | 10 | 30 | 1,324 | 0.0 | 1 | 0.0 |
| Salad dressings and mayonnaise | 30 | 0.5 | 5 | 42 | 84 | 2,475 | 0.3 | 36 | 0.2 |
| Vegetable oils and shortenings | 4 | 0.1 | 0 | 3 | 4 | 72 | 0.0 | 0 | 0.0 |
| Fish | 89 | 6.9 | 155 | 954 | 905 | 2,520 | 2.7 | 215 | 4.2 |
| Fish | 89 | 7.1 | 157 | 965 | 932 | 2,529 | 2.8 | 216 | 4.1 |
| Shellfish | 88 | 6.5 | 149 | 919 | 816 | 2,492 | 2.4 | 212 | 4.6 |
| Fruits and Juices | 172 | 5.6 | 147 | 218 | 2,577 | 72 | 1.3 | 0 | 18.6 |
| Fruits | 173 | 4.2 | 144 | 215 | 2,342 | 79 | 1.5 | 0 | 29.2 |
| Juices | 170 | 7.6 | 153 | 222 | 2,917 | 61 | 1.0 | 0 | 3.2 |
| Grain Products | 308 | 20.8 | 134 | 552 | 572 | 1,725 | 9.3 | 30 | 11.5 |
| Breakfast cereals | 569 | 58.4 | 169 | 549 | 672 | 1,524 | 26.4 | 0 | 15.7 |
| Flour and other milled grains | 55 | 12.1 | 155 | 479 | 527 | 83 | 3.6 | 0 | 14.7 |
| Flour mix ^a | 287 | 6.2 | 64 | 898 | 446 | 2,151 | 1.3 | 2 | 7.8 |
| Mixtures with grain | 544 | 7.7 | 105 | 698 | 842 | 2,672 | 5.4 | 131 | 7.0 |
| Pasta and noodles | 55 | 8.2 | 131 | 414 | 290 | 1,526 | 3.7 | 0 | 12.9 |
| Rice, barley, and other grains | 118 | 10.9 | 126 | 453 | 392 | 2,652 | 3.7 | 1 | 8.1 |

Table E.5 (continued)

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|--------------------------------------|--|------------|-------------------|--------------------|-------------------|----------------|------------|---------------------|----------------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Legumes, Nuts, and Seeds | 195 | 7.6 | 297 | 801 | 1,668 | 1,415 | 8.6 | 3 | 21.2 |
| Dry beans and peas | 371 | 16.5 | 367 | 995 | 3,015 | 2,782 | 16.4 | 7 | 45.8 |
| Other nuts | 190 | 4.3 | 397 | 714 | 884 | 465 | 7.2 | 0 | 9.7 |
| Peanuts and peanut butter | 72 | 3.1 | 257 | 598 | 1,085 | 762 | 4.9 | 0 | 10.1 |
| Seeds | 244 | 7.2 | 349 | 1,447 | 1,012 | 702 | 7.3 | 0 | 12.6 |
| Soybeans and soy products | 923 | 4.1 | 141 | 1,420 | 1,210 | 3,047 | 6.2 | 37 | 12.5 |
| Milk and Other Dairy Products | 2,033 | 3.2 | 227 | 1,777 | 2,617 | 1,257 | 8.0 | 84 | 5.4 |
| Cheese | 1,769 | 1.8 | 89 | 1,616 | 626 | 3,262 | 8.3 | 201 | 0.7 |
| Cream | 642 | 0.3 | 57 | 456 | 828 | 311 | 1.9 | 220 | 0.0 |
| Ice cream and ice milk | 547 | 1.8 | 93 | 480 | 945 | 309 | 3.2 | 136 | 4.8 |
| Milk | 2,164 | 3.6 | 264 | 1,881 | 3,138 | 876 | 8.2 | 58 | 6.6 |
| Yogurt | 1,642 | 0.9 | 163 | 1,295 | 2,124 | 629 | 8.0 | 42 | 0.3 |
| Non- Dairy Drinks | 577 | 2.3 | 136 | 275 | 1,301 | 837 | 0.5 | 0 | 0.8 |
| Carbonated | 90 | 4.2 | 13 | 370 | 157 | 211 | 0.7 | 0 | 0.4 |
| Coffee and tea | 195 | 2.4 | 275 | 557 | 5,717 | 662 | 1.6 | 1 | 5.6 |
| Dry beverage | 490 | 1.3 | 0 | 152 | 74 | 157 | 0.3 | 0 | 0.0 |
| Enriched drinks | 44 | 2.3 | 1 | 282 | 643 | 1,357 | 0.4 | 0 | 0.0 |
| Fruit drinks | 409 | 2.0 | 73 | 159 | 688 | 183 | 0.4 | 0 | 0.1 |
| Water | 116,305 | 6.0 | 23,225 | 0 | 3,200 | 25,851 | 0.1 | 0 | 0.0 |
| Poultry | 134 | 7.0 | 96 | 685 | 892 | 2,704 | 5.9 | 254 | 3.2 |
| Chicken | 120 | 6.5 | 92 | 614 | 760 | 2,360 | 4.8 | 234 | 3.3 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 426 | 8.4 | 90 | 729 | 990 | 364 | 9.1 | 446 | 0.0 |
| Recipe mix ^b | 348 | 4.9 | 95 | 664 | 927 | 1,551 | 5.8 | 221 | 2.1 |
| Turkey | 187 | 8.9 | 110 | 945 | 1,376 | 3,966 | 9.8 | 327 | 2.6 |
| Prepared Foods | 756 | 8.5 | 125 | 854 | 849 | 2,044 | 5.4 | 65 | 8.6 |
| Burritos and tacos | 406 | 9.9 | 127 | 628 | 857 | 1,906 | 4.7 | 59 | 13.4 |
| Meat- or cheese-filled pastry | 905 | 8.7 | 105 | 887 | 874 | 1,856 | 4.9 | 67 | 8.2 |
| Mixtures with fish | 126 | 9.7 | 112 | 399 | 664 | 4,399 | 2.9 | 21 | 2.8 |
| Pizza | 905 | 9.0 | 124 | 955 | 887 | 2,193 | 5.7 | 68 | 8.2 |
| Prepared meals | 392 | 19.9 | 106 | 447 | 949 | 1,443 | 11.7 | 54 | 7.4 |
| Prepared sandwiches | 383 | 5.4 | 140 | 651 | 705 | 1,814 | 4.8 | 54 | 7.9 |

Table E.5 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|---------------------------------------|--|-------------|------------|------------|--------------|---------------|-------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Red Meats | 123 | 9.2 | 82 | 722 | 1,060 | 2,512 | 14.9 | 252 | 2.0 |
| Beef and veal | 135 | 10.8 | 87 | 745 | 1,100 | 2,155 | 18.0 | 262 | 2.3 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 91 | 5.0 | 56 | 462 | 658 | 3,123 | 6.7 | 202 | 1.2 |
| Pork | 94 | 5.3 | 77 | 777 | 1,123 | 3,529 | 7.7 | 240 | 1.2 |
| Recipe mix ^c | 178 | 8.7 | 135 | 723 | 1,918 | 3,576 | 13.7 | 221 | 8.0 |
| Soups and Gravies | 323 | 14.8 | 150 | 662 | 1,816 | 17,181 | 7.7 | 89 | 13.6 |
| Gravies | 293 | 18.9 | 76 | 527 | 982 | 11,530 | 3.9 | 41 | 8.7 |
| Soups | 336 | 12.8 | 184 | 725 | 2,207 | 19,832 | 9.4 | 111 | 15.9 |
| Sugar and Desserts | 91 | 1.2 | 22 | 93 | 226 | 277 | 0.8 | 2 | 1.4 |
| Candies and toppings | 112 | 1.7 | 51 | 164 | 292 | 396 | 1.7 | 13 | 3.0 |
| Gelatins | 8 | 0.3 | 5 | 372 | 19 | 1,224 | 0.0 | 0 | 0.0 |
| Jellies, jams, and preserves | 77 | 1.9 | 15 | 42 | 296 | 138 | 0.2 | 0 | 2.7 |
| Puddings and pie filling | 347 | 5.8 | 90 | 363 | 985 | 1,150 | 1.9 | 7 | 0.9 |
| Sherbet and ices | 335 | 1.6 | 51 | 248 | 616 | 295 | 3.2 | 6 | 8.1 |
| Sugars | 43 | 0.4 | 5 | 3 | 72 | 17 | 0.0 | 0 | 0.0 |
| Syrups | 23 | 0.4 | 12 | 37 | 56 | 221 | 0.9 | 0 | 0.0 |
| Vegetables | 222 | 6.5 | 207 | 471 | 3,049 | 2,254 | 3.5 | 5 | 23.1 |
| Green vegetables ^d | 1,437 | 28.3 | 619 | 1,337 | 7,449 | 4,903 | 11.8 | 0 | 95.3 |
| Mixed vegetables | 1,014 | 27.0 | 634 | 1,081 | 6,501 | 3,344 | 11.4 | 0 | 79.9 |
| Mixtures with vegetables ^e | 397 | 6.3 | 103 | 451 | 928 | 1,750 | 2.8 | 95 | 10.9 |
| Other vegetables ^f | 915 | 13.5 | 371 | 1,010 | 4,799 | 1,492 | 9.6 | 0 | 54.3 |
| Potato and potato products | 76 | 3.5 | 145 | 337 | 2,365 | 1,780 | 1.9 | 1 | 12.8 |
| Tomato and tomato products | 325 | 11.8 | 292 | 545 | 4,980 | 4,167 | 7.0 | 27 | 33.7 |
| Yellow vegetables ^g | 279 | 7.2 | 267 | 766 | 3,686 | 2,758 | 5.8 | 0 | 37.8 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were not reported by the 128 school districts included in this analysis.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^d Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^e Includes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.6. Contribution of SFPS- III Food Groups and Subgroups for a la Carte- Only Foods to Available Calories and Nutrients, SY 2009- 2010

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|---|------------|------------|---------------|------------|------------|------------|------------|------------|------------|------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Bakery Products | 3.1 | 3.8 | 3.1 | 1.1 | 0.3 | 0.4 | 0.8 | 2.9 | 1.0 | 2.2 | 0.5 | 2.7 |
| Biscuits, muffins, pancakes, and waffles | 0.1 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.1 |
| Breads and rolls | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.1 |
| Cakes and other bakery desserts | 1.6 | 2.2 | 2.2 | 0.5 | 0.2 | 0.0 | 0.3 | 1.6 | 0.4 | 0.6 | 0.3 | 1.0 |
| Crackers | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.1 |
| Pretzels and snack chips | 1.2 | 1.3 | 0.7 | 0.5 | 0.1 | 0.3 | 0.5 | 1.0 | 0.6 | 1.4 | 0.0 | 1.5 |
| Condiments | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Catsup and other sauces | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Flavorings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pickles and olives | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Eggs | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Eggs | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixtures with egg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fats and Oils | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Butter | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Margarine | - | - | - | - | - | - | - | - | - | - | - | - |
| Salad dressings and mayonnaise | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Vegetable oils and shortenings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Shellfish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fruits and Juices | 0.3 | 0.0 | 0.0 | 0.1 | 0.3 | 4.4 | 0.1 | 0.2 | 0.5 | 0.1 | 0.0 | 0.6 |
| Fruits | 0.2 | 0.0 | 0.0 | 0.1 | 0.3 | 3.5 | 0.1 | 0.1 | 0.4 | 0.1 | 0.0 | 0.6 |
| Juices | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 |
| Grain Products | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.1 |
| Breakfast cereals | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 |
| Flour and other milled grains | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Flour mix ^a | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 |
| Mixtures with grain | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pasta and noodles | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Rice, barley, and other grains | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |

Table E.6 (continued)

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|--|------------|------------|---------------|------------|------------|------------|------------|------------|------------|------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Dry beans and peas | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Other nuts | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Peanuts and peanut butter | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Seeds | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soybeans and soy products | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Milk and Other Dairy Products | 0.6 | 0.9 | 1.9 | 0.4 | 0.7 | 0.0 | 0.7 | 0.2 | 0.4 | 0.2 | 1.0 | 0.3 |
| Cheese | 0.1 | 0.3 | 0.5 | 0.2 | 0.2 | 0.0 | 0.3 | 0.0 | 0.0 | 0.1 | 0.3 | 0.0 |
| Cream | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Ice cream and ice milk | 0.4 | 0.6 | 1.3 | 0.2 | 0.4 | 0.0 | 0.4 | 0.1 | 0.3 | 0.1 | 0.6 | 0.2 |
| Milk | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Yogurt | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Non- Dairy Drinks | 0.3 | 0.0 | 0.0 | 0.0 | 0.1 | 1.2 | 0.3 | 0.1 | 0.2 | 0.2 | 0.0 | 0.0 |
| Carbonated | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Coffee and tea | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 |
| Dry beverage | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Enriched drinks | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 |
| Fruit drinks | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.8 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Water | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Poultry | 0.2 | 0.3 | 0.2 | 0.3 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.2 | 0.5 | 0.0 |
| Chicken | 0.2 | 0.3 | 0.2 | 0.3 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.2 | 0.5 | 0.0 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Turkey | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Prepared Foods | 0.5 | 0.6 | 0.8 | 0.7 | 0.3 | 0.0 | 0.7 | 0.6 | 0.3 | 0.6 | 0.5 | 0.5 |
| Burritos and tacos | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Meat- or cheese-filled pastry | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 |
| Mixtures with fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pizza | 0.3 | 0.4 | 0.5 | 0.4 | 0.2 | 0.0 | 0.5 | 0.4 | 0.2 | 0.4 | 0.3 | 0.3 |
| Prepared meals | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Prepared sandwiches | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.1 |

Table E.6 (continued)

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|--|------------|------------|---------------|------------|------------|------------|------------|------------|------------|------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Red Meats | 0.5 | 1.0 | 1.3 | 1.2 | 0.0 | 0.0 | 0.1 | 0.8 | 0.4 | 0.6 | 1.7 | 0.2 |
| Beef and veal | 0.5 | 1.0 | 1.2 | 1.2 | 0.0 | 0.0 | 0.1 | 0.8 | 0.4 | 0.5 | 1.6 | 0.2 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pork | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Recipe mix ^c | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups and Gravies | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Gravies | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Sugar and Desserts | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Candies and toppings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Gelatins | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Jellies, jams, and preserves | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Puddings and pie filling | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Sherbet and ices | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Sugars | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Syrups | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Vegetables | 0.4 | 0.5 | 0.2 | 0.1 | 0.0 | 0.7 | 0.1 | 0.2 | 0.6 | 0.4 | 0.0 | 0.6 |
| Green vegetables ^d | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixed vegetables | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixtures with vegetables ^e | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Other vegetables ^f | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Potato and potato products | 0.4 | 0.5 | 0.2 | 0.1 | 0.0 | 0.7 | 0.1 | 0.2 | 0.6 | 0.4 | 0.0 | 0.6 |
| Tomato and tomato products | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Yellow vegetables ^g | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for a la carte sales.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.7. Contribution of SFPS- III Food Groups and Subgroups for Foods Used in Reimbursable Meals to Available Calories and Nutrients, SY 2009- 2010

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|--|-------------|-------------|---------------|-------------|------------|-------------|------------|-------------|-------------|-------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Bakery Products | 17.0 | 14.1 | 10.4 | 10.5 | 1.9 | 0.5 | 8.6 | 23.1 | 4.9 | 14.5 | 4.9 | 17.2 |
| Biscuits, muffins, pancakes, and waffles | 3.8 | 4.4 | 3.2 | 1.8 | 0.7 | 0.3 | 1.3 | 4.0 | 1.1 | 3.0 | 3.9 | 3.0 |
| Breads and rolls | 8.8 | 5.0 | 3.8 | 7.1 | 0.1 | 0.1 | 6.2 | 14.9 | 2.7 | 8.6 | 0.7 | 10.6 |
| Cakes and other bakery desserts | 1.7 | 1.9 | 1.9 | 0.5 | 1.0 | 0.1 | 0.3 | 1.9 | 0.4 | 0.7 | 0.3 | 0.9 |
| Crackers | 1.3 | 1.1 | 0.8 | 0.6 | 0.0 | 0.0 | 0.2 | 1.6 | 0.3 | 1.1 | 0.0 | 1.0 |
| Pretzels and snack chips | 1.3 | 1.7 | 0.8 | 0.5 | 0.0 | 0.1 | 0.5 | 0.7 | 0.4 | 1.1 | 0.0 | 1.6 |
| Condiments | 1.2 | 0.4 | 0.2 | 0.5 | 1.9 | 3.9 | 0.5 | 1.1 | 2.7 | 12.0 | 0.0 | 1.4 |
| Catsup and other sauces | 1.1 | 0.4 | 0.2 | 0.4 | 1.7 | 2.7 | 0.3 | 0.8 | 2.4 | 5.6 | 0.0 | 0.9 |
| Flavorings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 5.2 | 0.0 | 0.1 |
| Pickles and olives | 0.1 | 0.1 | 0.0 | 0.0 | 0.2 | 1.1 | 0.2 | 0.2 | 0.2 | 1.1 | 0.0 | 0.4 |
| Eggs | 0.6 | 1.1 | 1.1 | 1.0 | 1.0 | 0.0 | 0.4 | 0.7 | 0.4 | 0.6 | 12.8 | 0.1 |
| Eggs | 0.2 | 0.3 | 0.3 | 0.4 | 0.4 | 0.0 | 0.1 | 0.3 | 0.1 | 0.1 | 5.7 | 0.0 |
| Mixtures with egg | 0.4 | 0.8 | 0.8 | 0.6 | 0.7 | 0.0 | 0.3 | 0.4 | 0.3 | 0.5 | 7.0 | 0.1 |
| Fats and Oils | 4.0 | 12.6 | 7.6 | 0.1 | 3.0 | 0.0 | 0.1 | 0.2 | 0.1 | 3.2 | 1.4 | 0.1 |
| Butter | 0.1 | 0.5 | 1.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.5 | 0.0 |
| Margarine | 0.8 | 2.5 | 1.5 | 0.0 | 2.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 0.0 |
| Salad dressings and mayonnaise | 2.0 | 5.9 | 3.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.1 | 0.1 | 2.6 | 0.9 | 0.1 |
| Vegetable oils and shortenings | 1.1 | 3.7 | 2.1 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fish | 0.5 | 0.7 | 0.4 | 0.9 | 0.1 | 0.0 | 0.1 | 0.5 | 0.3 | 0.7 | 1.4 | 0.3 |
| Fish | 0.4 | 0.5 | 0.3 | 0.7 | 0.1 | 0.0 | 0.1 | 0.4 | 0.3 | 0.5 | 1.1 | 0.2 |
| Shellfish | 0.1 | 0.2 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.2 | 0.3 | 0.1 |
| Fruits and Juices | 6.4 | 0.5 | 0.3 | 1.3 | 3.8 | 50.8 | 1.6 | 5.0 | 11.8 | 0.2 | 0.0 | 14.3 |
| Fruits | 3.8 | 0.3 | 0.2 | 0.8 | 2.9 | 18.3 | 1.0 | 2.3 | 6.3 | 0.1 | 0.0 | 13.4 |
| Juices | 2.6 | 0.2 | 0.1 | 0.5 | 0.9 | 32.5 | 0.7 | 2.7 | 5.4 | 0.1 | 0.0 | 1.0 |
| Grain Products | 4.7 | 2.1 | 1.9 | 3.5 | 5.0 | 2.6 | 2.3 | 14.1 | 2.0 | 4.4 | 1.8 | 6.5 |
| Breakfast cereals | 1.2 | 0.3 | 0.2 | 0.6 | 4.2 | 2.1 | 1.0 | 9.5 | 0.6 | 0.9 | 0.0 | 2.2 |
| Flour and other milled grains | 0.7 | 0.1 | 0.0 | 0.6 | 0.0 | 0.0 | 0.1 | 1.2 | 0.3 | 0.0 | 0.0 | 1.3 |
| Flour mix ^a | 0.2 | 0.2 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.2 | 0.1 | 0.2 | 0.0 | 0.2 |
| Mixtures with grain | 1.1 | 1.3 | 1.5 | 1.2 | 0.8 | 0.5 | 1.0 | 1.2 | 0.7 | 1.6 | 1.8 | 0.9 |
| Pasta and noodles | 0.8 | 0.1 | 0.1 | 0.7 | 0.0 | 0.0 | 0.1 | 0.9 | 0.2 | 0.6 | 0.0 | 1.2 |
| Rice, barley, and other grains | 0.7 | 0.1 | 0.1 | 0.4 | 0.0 | 0.0 | 0.1 | 1.1 | 0.2 | 1.0 | 0.0 | 0.6 |

Table E.7 (continued)

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|--|-------------|-------------|---------------|-------------|-------------|------------|-------------|-------------|-------------|-------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 1.2 | 2.1 | 1.4 | 1.4 | 0.1 | 0.1 | 0.4 | 1.2 | 1.4 | 0.9 | 0.0 | 3.0 |
| Dry beans and peas | 0.4 | 0.1 | 0.0 | 0.5 | 0.0 | 0.1 | 0.2 | 0.8 | 0.8 | 0.5 | 0.0 | 1.9 |
| Other nuts | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Peanuts and peanut butter | 0.7 | 1.8 | 1.2 | 0.8 | 0.0 | 0.0 | 0.1 | 0.3 | 0.6 | 0.3 | 0.0 | 0.9 |
| Seeds | 0.1 | 0.2 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 |
| Soybeans and soy products | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Milk and Other Dairy Products | 17.6 | 11.6 | 22.6 | 27.4 | 38.4 | 2.0 | 56.8 | 7.9 | 34.2 | 11.8 | 17.5 | 11.5 |
| Cheese | 3.0 | 6.0 | 11.4 | 4.9 | 4.3 | 0.0 | 8.3 | 0.7 | 1.4 | 5.3 | 7.3 | 0.3 |
| Cream | 0.1 | 0.2 | 0.3 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 |
| Ice cream and ice milk | 0.1 | 0.1 | 0.2 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 |
| Milk | 14.1 | 5.2 | 10.5 | 22.0 | 33.8 | 1.9 | 47.4 | 7.1 | 32.1 | 6.4 | 9.7 | 11.1 |
| Yogurt | 0.4 | 0.1 | 0.2 | 0.5 | 0.1 | 0.1 | 1.0 | 0.0 | 0.6 | 0.1 | 0.2 | 0.0 |
| Non- Dairy Drinks | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.8 | 0.1 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 |
| Carbonated | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Coffee and tea | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 |
| Dry beverage | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Enriched drinks | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fruit drinks | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Water | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Poultry | 7.1 | 10.7 | 8.0 | 14.6 | 0.8 | 0.9 | 1.5 | 7.0 | 4.7 | 10.2 | 23.0 | 2.5 |
| Chicken | 5.5 | 8.4 | 6.1 | 10.8 | 0.7 | 0.3 | 1.0 | 4.9 | 3.1 | 6.8 | 16.2 | 2.1 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Recipe mix ^b | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Turkey | 1.6 | 2.3 | 1.9 | 3.8 | 0.1 | 0.6 | 0.5 | 2.0 | 1.6 | 3.4 | 6.8 | 0.5 |
| Prepared Foods | 9.5 | 11.0 | 13.7 | 11.1 | 5.1 | 1.2 | 11.0 | 11.2 | 5.8 | 10.1 | 7.4 | 9.8 |
| Burritos and tacos | 0.8 | 0.7 | 0.9 | 0.9 | 0.2 | 0.2 | 0.5 | 1.2 | 0.5 | 0.8 | 0.6 | 1.4 |
| Meat- or cheese-filled pastry | 1.1 | 1.2 | 1.6 | 1.3 | 0.7 | 0.2 | 1.5 | 1.3 | 0.7 | 1.1 | 0.9 | 1.1 |
| Mixtures with fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pizza | 5.5 | 6.0 | 8.1 | 6.9 | 3.5 | 0.3 | 7.7 | 6.9 | 3.5 | 6.3 | 4.5 | 5.4 |
| Prepared meals | 0.2 | 0.1 | 0.1 | 0.1 | 0.2 | 0.4 | 0.1 | 0.5 | 0.1 | 0.1 | 0.1 | 0.1 |
| Prepared sandwiches | 1.9 | 3.0 | 3.0 | 1.9 | 0.5 | 0.0 | 1.1 | 1.4 | 1.0 | 1.8 | 1.2 | 1.8 |

Table E.7 (continued)

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|--|------------|------------|---------------|------------|-------------|-------------|------------|------------|-------------|------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Red Meats | 4.6 | 8.7 | 9.9 | 9.1 | 0.3 | 0.4 | 0.8 | 5.7 | 3.5 | 6.3 | 14.1 | 1.1 |
| Beef and veal | 3.1 | 5.7 | 6.7 | 6.8 | 0.2 | 0.4 | 0.6 | 4.6 | 2.5 | 3.6 | 9.9 | 0.8 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.5 | 1.1 | 1.3 | 0.6 | 0.0 | 0.0 | 0.1 | 0.4 | 0.3 | 0.9 | 1.3 | 0.1 |
| Pork | 1.0 | 1.9 | 1.9 | 1.7 | 0.1 | 0.0 | 0.1 | 0.7 | 0.8 | 1.8 | 2.8 | 0.1 |
| Recipe mix ^c | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups and Gravies | 0.3 | 0.3 | 0.3 | 0.3 | 0.2 | 0.2 | 0.1 | 0.6 | 0.4 | 2.6 | 0.3 | 0.5 |
| Gravies | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.2 | 0.1 | 0.6 | 0.0 | 0.1 |
| Soups | 0.2 | 0.2 | 0.2 | 0.3 | 0.2 | 0.2 | 0.1 | 0.3 | 0.3 | 2.0 | 0.3 | 0.4 |
| Sugar and Desserts | 2.2 | 0.4 | 0.5 | 0.2 | 0.2 | 0.4 | 0.3 | 0.4 | 0.3 | 0.3 | 0.0 | 0.3 |
| Candies and toppings | 0.2 | 0.2 | 0.3 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 |
| Gelatins | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |
| Jellies, jams, and preserves | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 |
| Puddings and pie filling | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 |
| Sherbet and ices | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Sugars | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Syrups | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |
| Vegetables | 5.5 | 4.7 | 2.5 | 3.1 | 27.8 | 19.3 | 2.1 | 5.5 | 12.8 | 6.7 | 0.4 | 16.6 |
| Green vegetables ^d | 0.3 | 0.1 | 0.0 | 0.6 | 4.3 | 5.8 | 0.7 | 1.3 | 1.7 | 0.8 | 0.0 | 3.7 |
| Mixed vegetables | 0.2 | 0.0 | 0.0 | 0.3 | 5.7 | 1.9 | 0.3 | 0.8 | 1.0 | 0.4 | 0.0 | 2.0 |
| Mixtures with vegetables ^e | 0.2 | 0.3 | 0.2 | 0.1 | 0.2 | 0.3 | 0.1 | 0.1 | 0.1 | 0.1 | 0.2 | 0.2 |
| Other vegetables ^f | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.3 |
| Potato and potato products | 3.7 | 3.7 | 1.8 | 1.4 | 0.0 | 8.6 | 0.4 | 1.8 | 6.4 | 3.4 | 0.1 | 5.7 |
| Tomato and tomato products | 0.5 | 0.4 | 0.4 | 0.4 | 1.1 | 1.4 | 0.3 | 0.9 | 1.9 | 1.1 | 0.2 | 2.1 |
| Yellow vegetables ^g | 0.6 | 0.2 | 0.1 | 0.4 | 16.5 | 1.0 | 0.3 | 0.6 | 1.6 | 0.8 | 0.0 | 2.7 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.8. Contribution of SFPS- III Food Groups and Subgroups for Mixed- Use Foods to Available Calories and Nutrients, SY 2009- 2010

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|--|------------|------------|---------------|------------|------------|------------|------------|------------|------------|------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Bakery Products | 2.6 | 2.5 | 2.0 | 1.4 | 0.4 | 0.3 | 1.2 | 3.2 | 0.8 | 2.0 | 0.5 | 2.2 |
| Biscuits, muffins, pancakes, and waffles | 0.3 | 0.4 | 0.3 | 0.1 | 0.0 | 0.1 | 0.1 | 0.4 | 0.1 | 0.2 | 0.3 | 0.2 |
| Breads and rolls | 0.9 | 0.5 | 0.4 | 0.8 | 0.0 | 0.0 | 0.7 | 1.6 | 0.3 | 0.8 | 0.1 | 1.0 |
| Cakes and other bakery desserts | 0.8 | 0.9 | 1.0 | 0.2 | 0.3 | 0.1 | 0.2 | 0.9 | 0.2 | 0.3 | 0.1 | 0.4 |
| Crackers | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 | 0.0 | 0.1 |
| Pretzels and snack chips | 0.4 | 0.5 | 0.2 | 0.2 | 0.0 | 0.1 | 0.2 | 0.3 | 0.2 | 0.4 | 0.0 | 0.5 |
| Condiments | 0.2 | 0.1 | 0.0 | 0.1 | 0.3 | 0.5 | 0.1 | 0.1 | 0.4 | 1.4 | 0.0 | 0.2 |
| Catsup and other sauces | 0.1 | 0.1 | 0.0 | 0.1 | 0.2 | 0.4 | 0.0 | 0.1 | 0.3 | 0.8 | 0.0 | 0.1 |
| Flavorings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 0.0 |
| Pickles and olives | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |
| Eggs | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 0.0 |
| Eggs | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 |
| Mixtures with egg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 |
| Fats and Oils | 0.3 | 1.0 | 0.4 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.1 | 0.0 |
| Butter | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Margarine | 0.1 | 0.2 | 0.1 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Salad dressings and mayonnaise | 0.1 | 0.3 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.1 | 0.0 |
| Vegetable oils and shortenings | 0.1 | 0.4 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| Fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Shellfish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fruits and Juices | 0.7 | 0.0 | 0.0 | 0.1 | 0.4 | 5.9 | 0.2 | 0.5 | 1.3 | 0.0 | 0.0 | 1.2 |
| Fruits | 0.3 | 0.0 | 0.0 | 0.1 | 0.3 | 1.6 | 0.1 | 0.2 | 0.6 | 0.0 | 0.0 | 1.1 |
| Juices | 0.3 | 0.0 | 0.0 | 0.1 | 0.1 | 4.3 | 0.1 | 0.4 | 0.7 | 0.0 | 0.0 | 0.1 |
| Grain Products | 0.5 | 0.2 | 0.2 | 0.4 | 0.4 | 0.2 | 0.2 | 1.2 | 0.2 | 0.3 | 0.1 | 0.7 |
| Breakfast cereals | 0.1 | 0.0 | 0.0 | 0.0 | 0.3 | 0.1 | 0.1 | 0.6 | 0.0 | 0.1 | 0.0 | 0.1 |
| Flour and other milled grains | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.4 | 0.1 | 0.0 | 0.0 | 0.4 |
| Flour mix ^a | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixtures with grain | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.1 |
| Pasta and noodles | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 |
| Rice, barley, and other grains | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 |

Table E.8 (continued)

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|--|------------|------------|---------------|------------|------------|------------|------------|------------|------------|------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.0 | 0.3 |
| Dry beans and peas | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.0 | 0.2 |
| Other nuts | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Peanuts and peanut butter | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Seeds | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soybeans and soy products | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Milk and Other Dairy Products | 2.2 | 1.8 | 3.5 | 3.1 | 4.5 | 0.4 | 6.5 | 0.8 | 3.8 | 1.4 | 2.5 | 1.3 |
| Cheese | 0.3 | 0.7 | 1.4 | 0.5 | 0.5 | 0.0 | 0.9 | 0.1 | 0.1 | 0.5 | 0.9 | 0.0 |
| Cream | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Ice cream and ice milk | 0.1 | 0.1 | 0.3 | 0.1 | 0.1 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.2 | 0.1 |
| Milk | 1.7 | 0.9 | 1.8 | 2.5 | 3.9 | 0.4 | 5.4 | 0.7 | 3.6 | 0.8 | 1.3 | 1.2 |
| Yogurt | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Non- Dairy Drinks | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Carbonated | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Coffee and tea | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Dry beverage | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Enriched drinks | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fruit drinks | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Water | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Poultry | 1.6 | 2.5 | 1.8 | 2.8 | 0.1 | 0.2 | 0.4 | 1.6 | 0.9 | 2.3 | 4.1 | 0.8 |
| Chicken | 1.3 | 2.1 | 1.4 | 2.3 | 0.1 | 0.1 | 0.3 | 1.3 | 0.7 | 1.7 | 3.3 | 0.7 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Turkey | 0.3 | 0.4 | 0.4 | 0.5 | 0.0 | 0.1 | 0.1 | 0.3 | 0.2 | 0.6 | 0.9 | 0.1 |
| Prepared Foods | 1.0 | 1.2 | 1.4 | 1.2 | 0.6 | 0.1 | 1.2 | 1.2 | 0.6 | 1.1 | 0.8 | 1.0 |
| Burritos and tacos | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.1 |
| Meat- or cheese-filled pastry | 0.2 | 0.2 | 0.2 | 0.2 | 0.1 | 0.0 | 0.2 | 0.2 | 0.1 | 0.2 | 0.1 | 0.2 |
| Mixtures with fish | - | - | - | - | - | - | - | - | - | - | - | - |
| Pizza | 0.7 | 0.8 | 1.0 | 0.9 | 0.4 | 0.0 | 0.9 | 0.8 | 0.4 | 0.8 | 0.6 | 0.6 |
| Prepared meals | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Prepared sandwiches | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.0 | 0.1 |

Table E.8 (continued)

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|---|------------|------------|---------------|------------|------------|------------|------------|------------|------------|------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Red Meats | 0.6 | 1.2 | 1.3 | 1.2 | 0.0 | 0.0 | 0.1 | 0.7 | 0.4 | 0.7 | 1.8 | 0.1 |
| Beef and veal | 0.5 | 0.9 | 1.0 | 0.9 | 0.0 | 0.0 | 0.1 | 0.6 | 0.3 | 0.5 | 1.4 | 0.1 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 |
| Pork | 0.1 | 0.2 | 0.2 | 0.2 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.3 | 0.0 |
| Recipe mix ^c | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups and Gravies | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 |
| Gravies | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |
| Sugar and Desserts | 0.2 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 |
| Candies and toppings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Gelatins | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Jellies, jams, and preserves | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Puddings and pie filling | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Sherbet and ices | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Sugars | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Syrups | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Vegetables | 1.1 | 1.1 | 0.6 | 0.4 | 1.8 | 2.5 | 0.2 | 0.7 | 2.0 | 1.2 | 0.0 | 2.1 |
| Green vegetables ^d | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.3 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.2 |
| Mixed vegetables | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.2 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 |
| Mixtures with vegetables ^e | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Other vegetables ^f | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Potato and potato products | 1.0 | 1.1 | 0.5 | 0.3 | 0.0 | 1.9 | 0.1 | 0.5 | 1.6 | 1.0 | 0.0 | 1.5 |
| Tomato and tomato products | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 | 0.1 | 0.0 | 0.1 |
| Yellow vegetables ^g | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.2 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used for both a la carte sales and reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.9. Contribution of SFPS- III Food Groups and Subgroups for All Food Acquisitions to Available Calories and Nutrients, SY 2009- 2010

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|--|-------------|-------------|---------------|-------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Bakery Products | 22.7 | 20.4 | 15.5 | 13.0 | 2.6 | 1.1 | 10.6 | 29.3 | 6.7 | 18.7 | 5.9 | 22.1 |
| Biscuits, muffins, pancakes, and waffles | 4.2 | 5.0 | 3.6 | 2.0 | 0.7 | 0.4 | 1.4 | 4.5 | 1.2 | 3.3 | 4.3 | 3.3 |
| Breads and rolls | 9.8 | 5.5 | 4.1 | 8.0 | 0.1 | 0.1 | 6.9 | 16.6 | 3.0 | 9.5 | 0.8 | 11.6 |
| Cakes and other bakery desserts | 4.1 | 5.0 | 5.1 | 1.2 | 1.5 | 0.1 | 0.7 | 4.3 | 0.9 | 1.6 | 0.7 | 2.4 |
| Crackers | 1.5 | 1.3 | 0.9 | 0.7 | 0.0 | 0.0 | 0.3 | 1.9 | 0.4 | 1.3 | 0.0 | 1.2 |
| Pretzels and snack chips | 2.9 | 3.5 | 1.7 | 1.2 | 0.1 | 0.5 | 1.2 | 1.9 | 1.2 | 3.0 | 0.1 | 3.6 |
| Condiments | 1.3 | 0.5 | 0.2 | 0.6 | 2.2 | 4.4 | 0.6 | 1.3 | 3.1 | 13.4 | 0.0 | 1.6 |
| Catsup and other sauces | 1.2 | 0.4 | 0.2 | 0.5 | 2.0 | 3.2 | 0.4 | 1.0 | 2.8 | 6.4 | 0.0 | 1.0 |
| Flavorings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 5.7 | 0.0 | 0.1 |
| Pickles and olives | 0.1 | 0.1 | 0.0 | 0.1 | 0.2 | 1.3 | 0.2 | 0.2 | 0.2 | 1.3 | 0.0 | 0.4 |
| Eggs | 0.6 | 1.1 | 1.2 | 1.0 | 1.1 | 0.0 | 0.4 | 0.7 | 0.4 | 0.6 | 13.4 | 0.1 |
| Eggs | 0.2 | 0.3 | 0.3 | 0.4 | 0.4 | 0.0 | 0.1 | 0.3 | 0.1 | 0.1 | 6.1 | 0.0 |
| Mixtures with egg | 0.4 | 0.8 | 0.8 | 0.6 | 0.7 | 0.0 | 0.3 | 0.4 | 0.3 | 0.5 | 7.3 | 0.1 |
| Fats and Oils | 4.4 | 13.6 | 8.0 | 0.1 | 3.2 | 0.0 | 0.1 | 0.2 | 0.2 | 3.4 | 1.5 | 0.1 |
| Butter | 0.2 | 0.5 | 1.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.6 | 0.0 |
| Margarine | 0.8 | 2.7 | 1.6 | 0.0 | 2.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 0.0 | 0.0 |
| Salad dressings and mayonnaise | 2.1 | 6.2 | 3.2 | 0.1 | 0.3 | 0.0 | 0.1 | 0.1 | 0.1 | 2.7 | 0.9 | 0.1 |
| Vegetable oils and shortenings | 1.3 | 4.2 | 2.2 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fish | 0.5 | 0.7 | 0.4 | 0.9 | 0.1 | 0.0 | 0.1 | 0.5 | 0.4 | 0.7 | 1.4 | 0.3 |
| Fish | 0.4 | 0.6 | 0.3 | 0.7 | 0.1 | 0.0 | 0.1 | 0.4 | 0.3 | 0.6 | 1.1 | 0.2 |
| Shellfish | 0.1 | 0.2 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.2 | 0.3 | 0.1 |
| Fruits and Juices | 7.3 | 0.6 | 0.3 | 1.5 | 4.4 | 61.0 | 1.9 | 5.7 | 13.6 | 0.3 | 0.0 | 16.1 |
| Fruits | 4.3 | 0.4 | 0.2 | 1.0 | 3.4 | 23.4 | 1.2 | 2.5 | 7.3 | 0.2 | 0.0 | 15.0 |
| Juices | 3.0 | 0.2 | 0.1 | 0.6 | 1.0 | 37.6 | 0.8 | 3.1 | 6.3 | 0.1 | 0.0 | 1.1 |
| Grain Products | 5.3 | 2.4 | 2.2 | 3.9 | 5.4 | 2.8 | 2.5 | 15.4 | 2.2 | 4.8 | 2.0 | 7.3 |
| Breakfast cereals | 1.2 | 0.4 | 0.2 | 0.6 | 4.5 | 2.2 | 1.1 | 10.1 | 0.6 | 1.0 | 0.0 | 2.3 |
| Flour and other milled grains | 1.0 | 0.1 | 0.1 | 0.7 | 0.0 | 0.0 | 0.1 | 1.6 | 0.4 | 0.0 | 0.0 | 1.7 |
| Flour mix ^a | 0.3 | 0.2 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.2 | 0.1 | 0.3 | 0.0 | 0.2 |
| Mixtures with grain | 1.2 | 1.4 | 1.6 | 1.3 | 0.9 | 0.6 | 1.0 | 1.3 | 0.7 | 1.7 | 1.9 | 1.0 |
| Pasta and noodles | 0.8 | 0.1 | 0.1 | 0.8 | 0.0 | 0.0 | 0.1 | 0.9 | 0.2 | 0.7 | 0.0 | 1.3 |
| Rice, barley, and other grains | 0.8 | 0.2 | 0.1 | 0.4 | 0.0 | 0.0 | 0.1 | 1.2 | 0.2 | 1.1 | 0.0 | 0.8 |

Table E.9 (continued)

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|--|-------------|-------------|---------------|-------------|-------------|------------|-------------|-------------|-------------|-------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 1.3 | 2.3 | 1.5 | 1.5 | 0.1 | 0.1 | 0.4 | 1.4 | 1.6 | 1.0 | 0.0 | 3.3 |
| Dry beans and peas | 0.4 | 0.1 | 0.0 | 0.6 | 0.1 | 0.1 | 0.2 | 0.9 | 0.9 | 0.6 | 0.0 | 2.2 |
| Other nuts | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Peanuts and peanut butter | 0.8 | 1.9 | 1.2 | 0.8 | 0.0 | 0.0 | 0.1 | 0.3 | 0.6 | 0.3 | 0.0 | 0.9 |
| Seeds | 0.1 | 0.3 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 |
| Soybeans and soy products | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Milk and Other Dairy Products | 20.4 | 14.3 | 28.0 | 31.0 | 43.6 | 2.4 | 64.0 | 8.9 | 38.4 | 13.4 | 20.9 | 13.0 |
| Cheese | 3.5 | 7.0 | 13.3 | 5.6 | 5.0 | 0.0 | 9.4 | 0.8 | 1.6 | 5.9 | 8.5 | 0.3 |
| Cream | 0.1 | 0.2 | 0.4 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 |
| Ice cream and ice milk | 0.6 | 0.9 | 1.8 | 0.3 | 0.6 | 0.0 | 0.5 | 0.2 | 0.4 | 0.1 | 1.0 | 0.3 |
| Milk | 15.8 | 6.1 | 12.3 | 24.5 | 37.8 | 2.3 | 52.9 | 7.9 | 35.7 | 7.3 | 11.1 | 12.3 |
| Yogurt | 0.4 | 0.1 | 0.3 | 0.5 | 0.1 | 0.1 | 1.1 | 0.1 | 0.7 | 0.1 | 0.2 | 0.0 |
| Non- Dairy Drinks | 0.5 | 0.0 | 0.0 | 0.0 | 0.1 | 2.1 | 0.5 | 0.2 | 0.5 | 0.2 | 0.0 | 0.0 |
| Carbonated | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Coffee and tea | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 |
| Dry beverage | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Enriched drinks | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 | 0.1 | 0.1 | 0.2 | 0.0 | 0.0 |
| Fruit drinks | 0.2 | 0.0 | 0.0 | 0.0 | 0.1 | 1.3 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 |
| Water | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Poultry | 8.9 | 13.5 | 9.9 | 17.7 | 1.0 | 1.0 | 1.9 | 8.7 | 5.7 | 12.6 | 27.6 | 3.4 |
| Chicken | 7.0 | 10.7 | 7.7 | 13.4 | 0.8 | 0.4 | 1.3 | 6.3 | 3.8 | 8.7 | 20.0 | 2.8 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Recipe mix ^b | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Turkey | 1.9 | 2.8 | 2.3 | 4.3 | 0.1 | 0.6 | 0.6 | 2.4 | 1.9 | 4.0 | 7.6 | 0.6 |
| Prepared Foods | 11.1 | 12.7 | 15.9 | 13.0 | 6.0 | 1.3 | 12.9 | 13.1 | 6.8 | 11.8 | 8.7 | 11.3 |
| Burritos and tacos | 0.9 | 0.8 | 1.0 | 1.0 | 0.3 | 0.3 | 0.6 | 1.3 | 0.6 | 0.9 | 0.7 | 1.5 |
| Meat- or cheese-filled pastry | 1.4 | 1.4 | 1.9 | 1.6 | 0.8 | 0.3 | 1.9 | 1.6 | 0.9 | 1.3 | 1.1 | 1.3 |
| Mixtures with fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pizza | 6.5 | 7.1 | 9.6 | 8.2 | 4.1 | 0.3 | 9.1 | 8.1 | 4.2 | 7.5 | 5.4 | 6.3 |
| Prepared meals | 0.2 | 0.1 | 0.1 | 0.1 | 0.2 | 0.4 | 0.1 | 0.5 | 0.1 | 0.1 | 0.1 | 0.2 |
| Prepared sandwiches | 2.1 | 3.2 | 3.3 | 2.1 | 0.6 | 0.0 | 1.2 | 1.6 | 1.1 | 2.0 | 1.4 | 2.0 |

Table E.9 (continued)

| Food Group/Subgroup | Calories | Total Fat | Saturated Fat | Protein | Vitamin A | Vitamin C | Calcium | Iron | Potassium | Sodium | Cholesterol | Dietary Fiber |
|--|------------|-------------|---------------|-------------|-------------|-------------|------------|------------|-------------|------------|-------------|---------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | | | | |
| Red Meats | 5.7 | 10.9 | 12.4 | 11.5 | 0.3 | 0.5 | 1.1 | 7.3 | 4.4 | 7.5 | 17.6 | 1.3 |
| Beef and veal | 4.1 | 7.6 | 8.9 | 8.9 | 0.2 | 0.4 | 0.8 | 6.1 | 3.2 | 4.6 | 13.0 | 1.1 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.6 | 1.3 | 1.4 | 0.7 | 0.0 | 0.0 | 0.1 | 0.4 | 0.3 | 1.0 | 1.5 | 0.1 |
| Pork | 1.1 | 2.0 | 2.1 | 1.9 | 0.1 | 0.1 | 0.2 | 0.8 | 0.9 | 2.0 | 3.1 | 0.2 |
| Recipe mix ^c | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups and Gravies | 0.3 | 0.3 | 0.3 | 0.4 | 0.2 | 0.2 | 0.2 | 0.6 | 0.4 | 2.8 | 0.3 | 0.5 |
| Gravies | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.3 | 0.1 | 0.6 | 0.0 | 0.1 |
| Soups | 0.2 | 0.2 | 0.2 | 0.3 | 0.2 | 0.2 | 0.1 | 0.4 | 0.3 | 2.2 | 0.3 | 0.4 |
| Sugar and Desserts | 2.5 | 0.5 | 0.6 | 0.2 | 0.2 | 0.5 | 0.4 | 0.4 | 0.4 | 0.4 | 0.1 | 0.4 |
| Candies and toppings | 0.3 | 0.3 | 0.4 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.0 | 0.1 |
| Gelatins | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |
| Jellies, jams, and preserves | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 |
| Puddings and pie filling | 0.2 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | 0.0 |
| Sherbet and ices | 0.2 | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 |
| Sugars | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Syrups | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 |
| Vegetables | 7.1 | 6.2 | 3.3 | 3.7 | 29.6 | 22.5 | 2.4 | 6.4 | 15.5 | 8.3 | 0.5 | 19.3 |
| Green vegetables ^d | 0.3 | 0.1 | 0.0 | 0.6 | 4.5 | 6.1 | 0.8 | 1.3 | 1.8 | 0.9 | 0.0 | 3.8 |
| Mixed vegetables | 0.2 | 0.0 | 0.0 | 0.3 | 6.2 | 2.1 | 0.4 | 0.8 | 1.1 | 0.4 | 0.0 | 2.1 |
| Mixtures with vegetables ^e | 0.2 | 0.3 | 0.2 | 0.1 | 0.2 | 0.3 | 0.1 | 0.1 | 0.1 | 0.2 | 0.2 | 0.2 |
| Other vegetables ^f | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.1 | 0.1 | 0.2 | 0.0 | 0.0 | 0.3 |
| Potato and potato products | 5.1 | 5.2 | 2.6 | 1.8 | 0.0 | 11.1 | 0.6 | 2.4 | 8.7 | 4.7 | 0.1 | 7.7 |
| Tomato and tomato products | 0.6 | 0.5 | 0.4 | 0.4 | 1.1 | 1.5 | 0.3 | 0.9 | 2.0 | 1.2 | 0.2 | 2.2 |
| Yellow vegetables ^g | 0.6 | 0.2 | 0.1 | 0.4 | 17.6 | 1.1 | 0.3 | 0.6 | 1.7 | 0.9 | 0.0 | 2.8 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were not reported by the 128 school districts included in this analysis.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^d Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^e Includes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.10. Total MyPyramid Food Group Availability of a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009- 2010

| | Reference Standard ^a | All Foods | A la Carte-Only Foods | Foods Used in Reimbursable Meals | Mixed-Use Foods |
|--|---------------------------------|-----------|-----------------------|----------------------------------|-----------------|
| MyPyramid Equivalents per 1,000 Calories | | | | | |
| Total Grains (oz equiv) | ≥ 3.0 | 4.02 | 4.76 | 3.94 | 4.24 |
| Whole grains | ≥ 1.5 | 0.46 | 0.20 | 0.49 | 0.35 |
| Non-whole grains | n.a. | 3.56 | 4.55 | 3.45 | 3.89 |
| Total Fruit (cup equiv) | ≥ 0.8 | 0.67 | 0.33 | 0.72 | 0.52 |
| Citrus fruits, melons, and berries | n.a. | 0.20 | 0.25 | 0.20 | 0.17 |
| Other fruits | n.a. | 0.47 | 0.08 | 0.52 | 0.35 |
| Whole fruit | ≥ 0.4 | 0.43 | 0.23 | 0.46 | 0.28 |
| Fruit juice | n.a. | 0.24 | 0.11 | 0.25 | 0.24 |
| Total Vegetables (cup equiv) | ≥ 1.1 | 0.70 | 0.40 | 0.73 | 0.70 |
| Dark green | n.a. | 0.06 | 0.00 | 0.07 | 0.03 |
| Orange | n.a. | 0.04 | 0.00 | 0.04 | 0.02 |
| Tomato | n.a. | 0.15 | 0.03 | 0.16 | 0.11 |
| Legumes | n.a. | 0.02 | 0.00 | 0.02 | 0.02 |
| Starchy | n.a. | 0.04 | 0.00 | 0.05 | 0.02 |
| Potato | n.a. | 0.25 | 0.36 | 0.22 | 0.41 |
| Other | n.a. | 0.14 | 0.01 | 0.16 | 0.08 |
| Total Milk (cup equiv) | ≥ 1.3 | 1.65 | 0.49 | 1.76 | 1.48 |
| Milk | n.a. | 1.20 | 0.15 | 1.29 | 1.12 |
| Soy beverage | n.a. | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | n.a. | 0.02 | 0.00 | 0.02 | 0.01 |
| Cheese | n.a. | 0.43 | 0.33 | 0.44 | 0.35 |
| Total Meat (oz equiv) | ≥ 2.5 | 1.90 | 1.35 | 1.92 | 2.00 |
| Meat ^b | n.a. | 0.45 | 0.92 | 0.42 | 0.44 |
| Organ meats | n.a. | 0.00 | 0.00 | 0.00 | 0.00 |
| Frankfurters, sausages, and luncheon meats | n.a. | 0.36 | 0.04 | 0.39 | 0.34 |
| Poultry | n.a. | 0.71 | 0.21 | 0.71 | 0.97 |
| Fish and shellfish high in Omega-3 | n.a. | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish and shellfish low in Omega-3 | n.a. | 0.05 | 0.00 | 0.05 | 0.02 |
| Eggs | n.a. | 0.08 | 0.01 | 0.09 | 0.06 |
| Soybean products ^c | n.a. | 0.08 | 0.12 | 0.08 | 0.10 |
| Nuts and seeds | n.a. | 0.17 | 0.06 | 0.19 | 0.07 |
| Oils (grams) | ≥ 12 | 10.2 | 9.7 | 10.0 | 11.6 |
| Solid Fats (grams) | n.a. | 18.2 | 26.7 | 17.4 | 19.2 |
| Added Sugars (teaspoons) | n.a. | 7.6 | 10.1 | 7.5 | 7.0 |
| Percent of Calories from Solid Fats and Added Sugars | ≤ 20 | 29.2 | 40.9 | 28.3 | 29.1 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Reference standards are based on the criteria used in the Healthy Eating Index-2005 (HEI-2005) for assigning the maximum score for a given food group and are expressed on a per-1,000-calorie basis. The HEI-2005 standard for the percentage of calories from solid fats, added sugars, and alcohol (no more than 20 percent) is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

^b Includes beef, pork, veal, lamb, and game.

^c Excludes soy beverages.

equiv = equivalent; oz = ounce; SY = school year.

n.a. = not applicable.

Table E.11. Total MyPyramid Food Group Availability of a la Carte- Only Foods, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--|---|-------------------------|--------------|--------------|-------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Bakery Products | 0.01 | 0.00 | 0.01 | 0.01 | 0.00 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.20 |
| Biscuits, muffins, pancakes, and waffles | 0.10 | 0.06 | 0.04 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Breads and rolls | 0.01 | 0.01 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cakes and other bakery desserts | 0.01 | 0.00 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Crackers | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pretzels and snack chips | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.51 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.51 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 29.82 | 0.00 | 0.00 | 0.77 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 13.67 | 0.00 | 0.00 | 3.28 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.12 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 50.24 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with egg | 0.01 | 0.00 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fats and Oils | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | - | - | - | - | - | - | - | - | - | - | - | - |
| Salad dressings and mayonnaise | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.12 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Shellfish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 |
| Fruits and Juices | 6.69 | 5.02 | 1.66 | 4.69 | 2.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruits | 6.48 | 5.39 | 1.09 | 6.10 | 0.38 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Juices | 7.36 | 3.80 | 3.56 | 0.00 | 7.36 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Breakfast cereals | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.47 | 0.00 | 0.00 | 0.05 | 0.00 | 0.01 | 0.06 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.11 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.23 | 0.00 | 0.00 | 0.00 | 0.23 | 0.00 | 0.00 |
| Dry beans and peas | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.52 | 0.00 | 0.00 | 0.00 | 4.52 | 0.00 | 0.00 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk and Other Dairy Products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.07 | 0.07 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.14 | 0.12 | 0.03 | 0.00 | 0.14 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.01 | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.75 | 0.62 | 0.13 | 0.00 | 0.75 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Chicken | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^p | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Turkey | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared Foods | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.30 | 0.00 | 0.00 | 0.26 | 0.01 | 0.00 | 0.00 |
| Burritos and tacos | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.37 | 0.00 | 0.00 | 0.03 | 0.28 | 0.00 | 0.00 |
| Meat- or cheese-filled pastry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.24 | 0.00 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 |
| Mixtures with fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.13 | 0.37 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.38 | 0.00 | 0.00 | 0.38 | 0.00 | 0.00 | 0.00 |
| Prepared meals | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 |

Table E.11 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|---------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Red Meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Beef and veal | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pork | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^c | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.19 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 |
| Soups and Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.97 | 0.00 | 0.12 | 1.41 | 0.02 | 0.00 | 0.49 |
| Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.18 | 0.00 | 0.13 | 1.51 | 0.02 | 0.00 | 0.53 |
| Sugar and Desserts | 0.09 | 0.09 | 0.00 | 0.00 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Candies and toppings | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Gelatins | 0.09 | 0.00 | 0.09 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.50 | 0.40 | 0.09 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.15 | 0.15 | 0.00 | 0.00 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.92 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 3.88 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 56.76 | 6.22 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.46 | 0.00 | 2.42 | 0.00 | 0.00 | 4.32 | 0.00 |
| Mixtures with vegetables ^e | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.85 | 0.00 | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.93 | 0.00 | 0.00 | 0.00 | 0.00 | 7.75 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.93 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.93 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 18.43 | 0.00 | 0.00 | 18.41 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 19.05 | 0.00 | 19.05 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.11 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|--------------------------------------|--|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Legumes, Nuts, and Seeds | 10.87 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.06 | 10.75 |
| Dry beans and peas | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Other nuts | 11.43 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.43 |
| Peanuts and peanut butter | 10.69 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.69 |
| Seeds | 11.96 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.96 |
| Soybeans and soy products | 6.66 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.16 | 0.00 |
| Milk and Other Dairy Products | 0.18 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.18 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.25 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.25 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 8.01 | 0.00 | 0.00 | 0.00 | 7.73 | 0.00 | 0.00 | 0.13 | 0.14 | 0.00 |
| Chicken | 8.01 | 0.00 | 0.00 | 0.00 | 7.74 | 0.00 | 0.00 | 0.13 | 0.14 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 9.07 | 0.00 | 0.00 | 0.00 | 8.94 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 |
| Turkey | 3.21 | 0.32 | 0.00 | 2.65 | 0.00 | 0.00 | 0.00 | 0.09 | 0.16 | 0.00 |
| Prepared Foods | 0.79 | 0.09 | 0.00 | 0.21 | 0.16 | 0.00 | 0.00 | 0.03 | 0.21 | 0.09 |
| Burritos and tacos | 2.32 | 1.61 | 0.00 | 0.00 | 0.44 | 0.00 | 0.00 | 0.00 | 0.28 | 0.00 |
| Meat- or cheese-filled pastry | 0.61 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 | 0.05 | 0.42 | 0.00 |
| Mixtures with fish | 2.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.47 | 0.00 | 0.00 | 0.16 | 0.09 | 0.00 | 0.00 | 0.03 | 0.19 | 0.00 |
| Prepared meals | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 1.81 | 0.14 | 0.00 | 0.55 | 0.52 | 0.01 | 0.02 | 0.00 | 0.00 | 0.57 |

Table E.11 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|---------------------------------------|---|--------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Red Meats | 11.71 | 10.41 | 0.00 | 0.22 | 0.00 | 0.00 | 0.00 | 0.00 | 1.08 | 0.00 |
| Beef and veal | 11.78 | 10.55 | 0.00 | 0.14 | 0.00 | 0.00 | 0.00 | 0.00 | 1.09 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 8.76 | 0.04 | 0.00 | 8.70 | 0.00 | 0.00 | 0.00 | 0.01 | 0.02 | 0.00 |
| Pork | 5.17 | 3.73 | 0.00 | 1.44 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^c | 7.91 | 7.34 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.56 | 0.00 | 0.00 |
| Soups and Gravies | 0.70 | 0.09 | 0.00 | 0.00 | 0.25 | 0.00 | 0.00 | 0.13 | 0.24 | 0.00 |
| Gravies | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.10 | 0.00 |
| Soups | 0.75 | 0.10 | 0.00 | 0.00 | 0.27 | 0.00 | 0.00 | 0.13 | 0.25 | 0.00 |
| Sugar and Desserts | 0.16 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.14 |
| Candies and toppings | 0.76 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 | 0.00 | 0.69 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with vegetables ^e | 0.46 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.46 | 0.00 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Bakery Products | 7.05 | 0.18 | 6.87 | 0.06 | 0.01 | 0.00 | 0.00 | 0.04 | 13 | 27 | 9.7 |
| Biscuits, muffins, pancakes, and waffles | 5.09 | 0.03 | 5.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 44 | 12.8 |
| Breads and rolls | 14.26 | 0.19 | 14.07 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 2 | 4.9 |
| Cakes and other bakery desserts | 5.38 | 0.16 | 5.22 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 2 | 43 | 16.8 |
| Crackers | 9.09 | 1.85 | 7.24 | 0.07 | 0.00 | 0.00 | 0.00 | 0.07 | 0 | 32 | 8.7 |
| Pretzels and snack chips | 9.04 | 0.12 | 8.92 | 0.11 | 0.00 | 0.00 | 0.00 | 0.11 | 30 | 5 | 0.1 |
| Condiments | 0.24 | 0.00 | 0.24 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 14 | 1.6 |
| Catsup and other sauces | 0.77 | 0.00 | 0.77 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 6.9 |
| Flavorings | 0.27 | 0.00 | 0.27 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 57 | 0.1 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Eggs | 0.96 | 0.02 | 0.94 | 0.09 | 0.04 | 0.00 | 0.00 | 0.05 | 1 | 32 | 0.4 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 33 | 0.0 |
| Mixtures with egg | 5.18 | 0.13 | 5.06 | 0.50 | 0.20 | 0.00 | 0.00 | 0.29 | 7 | 31 | 2.1 |
| Fats and Oils | 0.04 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 31 | 80 | 0.3 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 113 | 0.0 |
| Margarine | - | - | - | - | - | - | - | - | - | - | - |
| Salad dressings and mayonnaise | 0.14 | 0.00 | 0.14 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 105 | 1 | 0.9 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 113 | 0.0 |
| Fish | 5.85 | 0.08 | 5.77 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 35 | 5 | 1.0 |
| Fish | 5.28 | 0.00 | 5.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15 | 0 | 3.1 |
| Shellfish | 5.98 | 0.10 | 5.88 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 39 | 6 | 0.6 |
| Fruits and Juices | 2.18 | 0.00 | 2.18 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3 | 0 | 12.5 |
| Fruits | 2.83 | 0.00 | 2.83 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 0 | 13.9 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 7.7 |
| Grain Products | 5.44 | 2.18 | 3.26 | 0.12 | 0.01 | 0.00 | 0.00 | 0.11 | 15 | 23 | 12.5 |
| Breakfast cereals | 6.94 | 0.92 | 6.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 2 | 11.1 |
| Flour and other milled grains | 17.17 | 0.00 | 17.17 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Flour mix ^a | 5.42 | 0.00 | 5.41 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 33 | 23.2 |
| Mixtures with grain | 6.78 | 0.16 | 6.61 | 1.14 | 0.01 | 0.00 | 0.00 | 1.13 | 14 | 17 | 0.1 |
| Pasta and noodles | 9.10 | 0.00 | 9.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Rice, barley, and other grains | 5.10 | 5.10 | 0.00 | 0.13 | 0.01 | 0.00 | 0.00 | 0.11 | 33 | 15 | 2.2 |

Table E.11 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.06 | 0.00 | 0.00 | 54 | 1 | 0.5 |
| Dry beans and peas | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.1 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 59 | 3 | 0.0 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 54 | 2 | 1.4 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 58 | 0 | 0.0 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.50 | 0.00 | 0.00 | 33 | 1 | 5.2 |
| Milk and Other Dairy Products | 0.98 | 0.00 | 0.98 | 2.32 | 1.39 | 0.00 | 0.04 | 0.87 | 1 | 51 | 14.7 |
| Cheese | 0.33 | 0.00 | 0.33 | 4.53 | 0.50 | 0.00 | 0.00 | 4.04 | 0 | 76 | 0.5 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 96 | 0.1 |
| Ice cream and ice milk | 1.26 | 0.00 | 1.26 | 1.41 | 1.39 | 0.00 | 0.00 | 0.00 | 2 | 47 | 18.1 |
| Milk | 0.00 | 0.00 | 0.00 | 5.89 | 5.87 | 0.00 | 0.00 | 0.00 | 0 | 14 | 20.9 |
| Yogurt | 0.00 | 0.00 | 0.00 | 4.08 | 2.76 | 0.00 | 1.32 | 0.00 | 0 | 13 | 28.8 |
| Non- Dairy Drinks | 0.11 | 0.00 | 0.11 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0 | 0 | 45.4 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 56.4 |
| Coffee and tea | 0.32 | 0.00 | 0.32 | 0.12 | 0.12 | 0.00 | 0.00 | 0.00 | 0 | 10 | 26.5 |
| Dry beverage | 0.43 | 0.00 | 0.43 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 58.0 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 46.3 |
| Fruit drinks | 0.51 | 0.00 | 0.51 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 45.3 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Poultry | 3.25 | 0.02 | 3.23 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 9 | 32 | 0.2 |
| Chicken | 3.24 | 0.02 | 3.23 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 9 | 32 | 0.2 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^p | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 58 | 0 | 0.0 |
| Turkey | 5.87 | 0.43 | 5.44 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 21 | 21 | 6.0 |
| Prepared Foods | 7.04 | 0.81 | 6.23 | 2.53 | 0.00 | 0.00 | 0.00 | 2.53 | 7 | 27 | 2.2 |
| Burritos and tacos | 8.52 | 0.84 | 7.68 | 0.50 | 0.00 | 0.00 | 0.00 | 0.50 | 9 | 19 | 0.0 |
| Meat- or cheese-filled pastry | 7.96 | 0.44 | 7.52 | 1.99 | 0.00 | 0.00 | 0.00 | 1.99 | 3 | 30 | 1.2 |
| Mixtures with fish | 6.78 | 0.00 | 6.78 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 9.3 |
| Pizza | 6.76 | 0.36 | 6.40 | 2.58 | 0.00 | 0.00 | 0.00 | 2.58 | 8 | 26 | 2.4 |
| Prepared meals | 9.24 | 0.00 | 9.24 | 0.85 | 0.00 | 0.00 | 0.00 | 0.85 | 0 | 35 | 0.0 |
| Prepared sandwiches | 6.60 | 3.01 | 3.59 | 3.60 | 0.00 | 0.00 | 0.00 | 3.60 | 8 | 26 | 3.7 |

Table E.11 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|---------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Red Meats | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 37 | 0.3 |
| Beef and veal | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 37 | 0.3 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.68 | 0.05 | 0.63 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3 | 66 | 0.8 |
| Pork | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 64 | 0.0 |
| Recipe mix ^c | 1.69 | 0.00 | 1.69 | 0.19 | 0.00 | 0.00 | 0.00 | 0.19 | 0 | 36 | 0.4 |
| Soups and Gravies | 4.84 | 0.00 | 4.84 | 0.18 | 0.01 | 0.00 | 0.00 | 0.00 | 0 | 21 | 1.3 |
| Gravies | 17.36 | 0.00 | 17.36 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 20 | 0.0 |
| Soups | 3.93 | 0.00 | 3.93 | 0.20 | 0.01 | 0.00 | 0.00 | 0.00 | 0 | 21 | 1.4 |
| Sugar and Desserts | 0.24 | 0.00 | 0.24 | 0.63 | 0.44 | 0.00 | 0.00 | 0.00 | 6 | 9 | 36.4 |
| Candies and toppings | 0.55 | 0.00 | 0.54 | 0.28 | 0.28 | 0.00 | 0.00 | 0.00 | 18 | 15 | 29.5 |
| Gelatins | 0.33 | 0.00 | 0.33 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 51.8 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 37.8 |
| Puddings and pie filling | 1.75 | 0.00 | 1.75 | 1.47 | 1.47 | 0.00 | 0.00 | 0.00 | 10 | 11 | 30.7 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.81 | 0.48 | 0.00 | 0.00 | 0.00 | 2 | 8 | 35.1 |
| Sugars | 0.13 | 0.00 | 0.13 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 58.7 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 0 | 22.5 |
| Vegetables | 2.89 | 0.00 | 2.89 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 24 | 14 | 0.9 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixtures with vegetables ^e | 6.18 | 0.02 | 6.17 | 0.44 | 0.44 | 0.00 | 0.00 | 0.00 | 0 | 56 | 0.0 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Potato and potato products | 2.86 | 0.00 | 2.86 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 25 | 13 | 0.9 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.02 | 1 | 12 | 0.7 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009–2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for a la carte sales.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.12. Total MyPyramid Food Group Availability of Foods Used in Reimbursable Meals, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--|---|-------------------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Bakery Products | 0.04 | 0.03 | 0.01 | 0.03 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Biscuits, muffins, pancakes, and waffles | 0.13 | 0.13 | 0.01 | 0.13 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Breads and rolls | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cakes and other bakery desserts | 0.07 | 0.03 | 0.04 | 0.02 | 0.06 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Crackers | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pretzels and snack chips | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.16 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.16 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6.14 | 0.00 | 0.00 | 3.81 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.94 | 0.00 | 0.00 | 4.20 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.91 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 26.21 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with egg | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fats and Oils | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Shellfish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 |
| Fruits and Juices | 9.07 | 2.45 | 6.61 | 5.88 | 3.19 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Fruits | 9.91 | 1.63 | 8.29 | 9.91 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Juices | 7.83 | 3.66 | 4.18 | 0.00 | 7.83 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.08 | 0.00 | 0.00 | 0.00 |
| Breakfast cereals | 0.01 | 0.00 | 0.01 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.34 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.55 | 0.00 | 0.00 | 0.33 | 0.01 | 0.01 | 0.01 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.12 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.01 | 0.00 | 0.01 | 0.00 | 0.01 | 1.30 | 0.00 | 0.00 | 0.14 | 1.11 | 0.04 | 0.00 |
| Dry beans and peas | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.48 | 0.00 | 0.00 | 0.49 | 3.84 | 0.15 | 0.00 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Peanuts and peanut butter | 0.01 | 0.00 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Milk and Other Dairy Products | 0.01 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.24 | 0.24 | 0.00 | 0.24 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.42 | 0.31 | 0.11 | 0.00 | 0.42 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.01 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.82 | 0.61 | 0.21 | 0.00 | 0.82 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Chicken | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^p | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.25 | 0.00 | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 |
| Turkey | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 |
| Prepared Foods | 0.03 | 0.00 | 0.03 | 0.01 | 0.02 | 0.30 | 0.00 | 0.00 | 0.24 | 0.04 | 0.00 | 0.00 |
| Burritos and tacos | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.55 | 0.00 | 0.00 | 0.01 | 0.46 | 0.00 | 0.00 |
| Meat- or cheese-filled pastry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.24 | 0.00 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 |
| Mixtures with fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.13 | 0.37 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.39 | 0.00 | 0.00 | 0.38 | 0.00 | 0.00 | 0.00 |
| Prepared meals | 1.49 | 0.00 | 1.49 | 0.11 | 1.38 | 0.17 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 0.02 | 0.00 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.12 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|---------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Red Meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.10 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 |
| Beef and veal | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.10 | 0.00 | 0.00 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pork | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^c | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.20 | 0.00 | 0.00 | 0.61 | 0.00 | 0.00 | 1.02 |
| Soups and Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.20 | 0.00 | 0.03 | 1.14 | 0.28 | 0.00 | 0.14 |
| Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.23 | 0.00 | 0.05 | 1.68 | 0.42 | 0.00 | 0.20 |
| Sugar and Desserts | 0.10 | 0.08 | 0.02 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Candies and toppings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.50 | 0.40 | 0.09 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.05 | 0.00 | 0.05 | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.16 | 0.15 | 0.00 | 0.00 | 0.16 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.37 | 1.01 | 0.67 | 1.00 | 0.00 | 0.71 | 3.29 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 34.14 | 11.91 | 0.00 | 0.00 | 0.00 | 1.80 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 20.47 | 8.23 | 1.82 | 0.06 | 0.00 | 3.12 | 0.00 |
| Mixtures with vegetables ^e | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.78 | 0.00 | 0.19 | 0.04 | 0.00 | 0.06 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 19.20 | 0.00 | 0.03 | 0.00 | 0.00 | 0.03 | 0.01 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.94 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.93 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.52 | 0.00 | 0.00 | 10.49 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.10 | 0.00 | 5.58 | 0.00 | 0.00 | 4.52 | 0.00 |

Meat

| Food Group/Subgroup | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
|--|--|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| Bakery Products | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.01 | 0.01 |
| Biscuits, muffins, pancakes, and waffles | 0.11 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.09 | 0.02 | 0.00 |
| Breads and rolls | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Cakes and other bakery desserts | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 |
| Crackers | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Pretzels and snack chips | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 9.79 | 0.06 | 0.00 | 0.44 | 0.04 | 0.00 | 0.00 | 9.08 | 0.02 | 0.15 |
| Eggs | 13.92 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 13.92 | 0.00 | 0.00 |
| Mixtures with egg | 8.09 | 0.09 | 0.00 | 0.62 | 0.06 | 0.00 | 0.00 | 7.09 | 0.03 | 0.21 |
| Fats and Oils | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.10 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 9.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.54 | 8.35 | 0.04 | 0.15 | 0.00 |
| Fish | 9.55 | 0.00 | 0.00 | 0.00 | 0.00 | 0.70 | 8.67 | 0.04 | 0.14 | 0.00 |
| Shellfish | 7.49 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 7.27 | 0.05 | 0.16 | 0.00 |
| Fruits and Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruits | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.34 | 0.17 | 0.00 | 0.03 | 0.05 | 0.00 | 0.00 | 0.07 | 0.02 | 0.01 |
| Breakfast cereals | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 1.38 | 0.72 | 0.00 | 0.11 | 0.20 | 0.00 | 0.00 | 0.27 | 0.08 | 0.00 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.12 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|--------------------------------------|--|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Legumes, Nuts, and Seeds | 7.36 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.09 | 7.25 |
| Dry beans and peas | 0.05 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Other nuts | 11.41 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.41 |
| Peanuts and peanut butter | 10.40 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.40 |
| Seeds | 11.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.03 |
| Soybeans and soy products | 5.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.36 | 0.00 |
| Milk and Other Dairy Products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.54 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.54 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 10.76 | 0.03 | 0.00 | 2.39 | 7.99 | 0.00 | 0.00 | 0.12 | 0.24 | 0.00 |
| Chicken | 9.52 | 0.01 | 0.00 | 0.12 | 8.96 | 0.00 | 0.00 | 0.15 | 0.28 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 26.35 | 0.00 | 0.00 | 0.00 | 26.35 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^b | 6.93 | 0.00 | 0.00 | 0.00 | 6.90 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 |
| Turkey | 15.02 | 0.08 | 0.00 | 10.18 | 4.65 | 0.00 | 0.00 | 0.02 | 0.09 | 0.00 |
| Prepared Foods | 1.34 | 0.10 | 0.00 | 0.17 | 0.12 | 0.00 | 0.00 | 0.02 | 0.21 | 0.71 |
| Burritos and tacos | 1.06 | 0.60 | 0.00 | 0.00 | 0.22 | 0.00 | 0.00 | 0.00 | 0.23 | 0.00 |
| Meat- or cheese-filled pastry | 0.61 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 | 0.05 | 0.42 | 0.00 |
| Mixtures with fish | 2.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.56 | 0.01 | 0.00 | 0.20 | 0.09 | 0.00 | 0.00 | 0.03 | 0.24 | 0.00 |
| Prepared meals | 2.18 | 0.06 | 0.00 | 0.00 | 1.83 | 0.00 | 0.00 | 0.00 | 0.00 | 0.29 |
| Prepared sandwiches | 4.02 | 0.20 | 0.00 | 0.21 | 0.09 | 0.00 | 0.00 | 0.00 | 0.01 | 3.51 |

Table E.12 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|---------------------------------------|--|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Red Meats | 10.24 | 6.95 | 0.00 | 2.79 | 0.01 | 0.00 | 0.00 | 0.03 | 0.47 | 0.01 |
| Beef and veal | 10.70 | 9.73 | 0.00 | 0.28 | 0.01 | 0.00 | 0.00 | 0.03 | 0.65 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 7.67 | 0.87 | 0.00 | 6.73 | 0.00 | 0.00 | 0.00 | 0.02 | 0.04 | 0.00 |
| Pork | 10.22 | 1.50 | 0.00 | 8.54 | 0.01 | 0.00 | 0.00 | 0.03 | 0.11 | 0.03 |
| Recipe mix ^c | 7.83 | 7.62 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.20 | 0.00 | 0.00 |
| Soups and Gravies | 2.19 | 1.64 | 0.00 | 0.00 | 0.38 | 0.00 | 0.00 | 0.00 | 0.17 | 0.00 |
| Gravies | 0.37 | 0.10 | 0.00 | 0.00 | 0.16 | 0.00 | 0.00 | 0.00 | 0.11 | 0.00 |
| Soups | 3.05 | 2.36 | 0.00 | 0.00 | 0.49 | 0.00 | 0.00 | 0.01 | 0.20 | 0.00 |
| Sugar and Desserts | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Candies and toppings | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.12 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.04 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with vegetables ^e | 0.34 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.20 | 0.11 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Tomato and tomato products | 0.30 | 0.30 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Bakery Products | 10.43 | 1.32 | 9.11 | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 8 | 15 | 6.4 |
| Biscuits, muffins, pancakes, and waffles | 7.79 | 1.18 | 6.61 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5 | 21 | 8.6 |
| Breads and rolls | 12.73 | 1.47 | 11.27 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 10 | 3.7 |
| Cakes and other bakery desserts | 6.57 | 0.46 | 6.11 | 0.03 | 0.03 | 0.00 | 0.00 | 0.00 | 3 | 32 | 15.5 |
| Crackers | 8.84 | 3.00 | 5.84 | 0.05 | 0.00 | 0.00 | 0.00 | 0.05 | 0 | 28 | 12.1 |
| Pretzels and snack chips | 9.15 | 0.17 | 8.98 | 0.02 | 0.00 | 0.00 | 0.00 | 0.02 | 39 | 2 | 0.0 |
| Condiments | 0.55 | 0.00 | 0.55 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 0 | 31.2 |
| Catsup and other sauces | 0.45 | 0.00 | 0.45 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 0 | 33.8 |
| Flavorings | 4.22 | 0.00 | 4.22 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 4 | 1.6 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 7.9 |
| Eggs | 1.04 | 0.03 | 1.01 | 0.76 | 0.40 | 0.00 | 0.00 | 0.36 | 1 | 42 | 0.4 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 33 | 0.0 |
| Mixtures with egg | 1.46 | 0.04 | 1.43 | 1.08 | 0.57 | 0.00 | 0.00 | 0.51 | 2 | 45 | 0.6 |
| Fats and Oils | 0.16 | 0.00 | 0.16 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 67 | 39 | 1.5 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 113 | 0.0 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 108 | 0.0 |
| Salad dressings and mayonnaise | 0.33 | 0.00 | 0.33 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 91 | 9 | 3.0 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 79 | 34 | 0.0 |
| Fish | 5.55 | 0.09 | 5.46 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 36 | 6 | 0.5 |
| Fish | 5.43 | 0.09 | 5.34 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 35 | 6 | 0.5 |
| Shellfish | 5.97 | 0.10 | 5.88 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 39 | 6 | 0.6 |
| Fruits and Juices | 0.02 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 7.5 |
| Fruits | 0.04 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 9.5 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 4.7 |
| Grain Products | 9.08 | 1.85 | 7.23 | 0.30 | 0.07 | 0.00 | 0.00 | 0.23 | 2 | 9 | 4.9 |
| Breakfast cereals | 6.50 | 2.73 | 3.76 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 4 | 15.8 |
| Flour and other milled grains | 17.44 | 4.18 | 13.26 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Flour mix ^a | 5.56 | 0.06 | 5.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 25 | 19.4 |
| Mixtures with grain | 6.37 | 0.18 | 6.19 | 1.23 | 0.27 | 0.00 | 0.00 | 0.96 | 6 | 27 | 0.7 |
| Pasta and noodles | 9.43 | 1.57 | 7.87 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 1 | 0.0 |
| Rice, barley, and other grains | 9.43 | 1.41 | 8.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 1 | 0.0 |

Table E.12 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.08 | 0.00 | 0.08 | 0.04 | 0.00 | 0.01 | 0.00 | 0.04 | 38 | 2 | 2.9 |
| Dry beans and peas | 0.29 | 0.00 | 0.29 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 1 | 5.2 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 60 | 3 | 0.0 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 53 | 2 | 2.3 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 60 | 0 | 0.1 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 1.90 | 0.00 | 0.67 | 0.00 | 1.90 | 34 | 21 | 0.0 |
| Milk and Other Dairy Products | 0.18 | 0.01 | 0.16 | 7.05 | 6.00 | 0.00 | 0.09 | 0.96 | 0 | 21 | 13.7 |
| Cheese | 1.02 | 0.08 | 0.92 | 5.82 | 0.18 | 0.00 | 0.00 | 5.63 | 2 | 66 | 0.1 |
| Cream | 0.00 | 0.00 | 0.00 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 92 | 0.0 |
| Ice cream and ice milk | 1.31 | 0.00 | 1.31 | 1.25 | 1.25 | 0.00 | 0.00 | 0.00 | 5 | 41 | 19.2 |
| Milk | 0.00 | 0.00 | 0.00 | 7.45 | 7.45 | 0.00 | 0.00 | 0.00 | 0 | 11 | 16.2 |
| Yogurt | 0.00 | 0.00 | 0.00 | 4.25 | 0.02 | 0.00 | 4.22 | 0.00 | 0 | 9 | 30.1 |
| Non- Dairy Drinks | 0.09 | 0.00 | 0.09 | 0.09 | 0.09 | 0.00 | 0.00 | 0.00 | 0 | 7 | 43.5 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 53.0 |
| Coffee and tea | 0.10 | 0.00 | 0.10 | 0.34 | 0.34 | 0.00 | 0.00 | 0.00 | 0 | 25 | 24.7 |
| Dry beverage | 0.50 | 0.00 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 57.8 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 36.5 |
| Fruit drinks | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 49.9 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Poultry | 2.97 | 0.18 | 2.79 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 17 | 18 | 1.4 |
| Chicken | 3.31 | 0.12 | 3.18 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 20 | 19 | 1.0 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 31 | 0.0 |
| Recipe mix ^p | 2.10 | 0.00 | 2.10 | 1.10 | 1.10 | 0.00 | 0.00 | 0.00 | 11 | 29 | 0.0 |
| Turkey | 1.82 | 0.37 | 1.45 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 17 | 3.1 |
| Prepared Foods | 6.50 | 0.78 | 5.72 | 1.91 | 0.00 | 0.00 | 0.00 | 1.91 | 10 | 24 | 2.9 |
| Burritos and tacos | 9.06 | 0.56 | 8.50 | 0.85 | 0.00 | 0.00 | 0.00 | 0.85 | 8 | 18 | 0.1 |
| Meat- or cheese-filled pastry | 7.96 | 0.44 | 7.52 | 1.99 | 0.00 | 0.00 | 0.00 | 1.99 | 3 | 30 | 1.2 |
| Mixtures with fish | 6.78 | 0.00 | 6.78 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 9.3 |
| Pizza | 6.74 | 0.85 | 5.89 | 2.46 | 0.00 | 0.00 | 0.00 | 2.45 | 8 | 26 | 2.5 |
| Prepared meals | 4.71 | 1.79 | 2.93 | 0.16 | 0.04 | 0.00 | 0.00 | 0.13 | 7 | 11 | 8.4 |
| Prepared sandwiches | 4.02 | 0.78 | 3.24 | 0.93 | 0.00 | 0.00 | 0.00 | 0.93 | 20 | 20 | 5.5 |

Table E.12 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|---------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Red Meats | 0.95 | 0.04 | 0.91 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 36 | 0.9 |
| Beef and veal | 0.69 | 0.00 | 0.69 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3 | 33 | 0.5 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 1.70 | 0.21 | 1.48 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 49 | 1.8 |
| Pork | 1.36 | 0.09 | 1.27 | 0.02 | 0.00 | 0.00 | 0.00 | 0.01 | 4 | 39 | 1.7 |
| Recipe mix ^c | 2.16 | 0.00 | 2.16 | 0.12 | 0.05 | 0.00 | 0.00 | 0.08 | 6 | 14 | 1.2 |
| Soups and Gravies | 7.01 | 0.00 | 7.01 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 18 | 1.4 |
| Gravies | 16.50 | 0.00 | 16.50 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 26 | 0.1 |
| Soups | 2.53 | 0.00 | 2.53 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 14 | 2.0 |
| Sugar and Desserts | 0.24 | 0.03 | 0.21 | 0.13 | 0.12 | 0.00 | 0.00 | 0.00 | 2 | 3 | 44.8 |
| Candies and toppings | 1.21 | 0.33 | 0.88 | 0.24 | 0.24 | 0.00 | 0.00 | 0.00 | 13 | 22 | 31.7 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 53.8 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 37.8 |
| Puddings and pie filling | 1.74 | 0.00 | 1.74 | 1.30 | 1.30 | 0.00 | 0.00 | 0.00 | 8 | 14 | 29.2 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.84 | 0.50 | 0.00 | 0.00 | 0.00 | 2 | 8 | 34.8 |
| Sugars | 0.04 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 60.9 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 38.8 |
| Vegetables | 1.33 | 0.01 | 1.32 | 0.02 | 0.00 | 0.00 | 0.00 | 0.02 | 17 | 9 | 0.7 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixtures with vegetables ^e | 4.49 | 0.43 | 4.06 | 0.61 | 0.10 | 0.00 | 0.00 | 0.51 | 38 | 22 | 1.7 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Potato and potato products | 1.75 | 0.00 | 1.75 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 24 | 9 | 0.7 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.03 | 1 | 20 | 1.1 |
| Yellow vegetables ^g | 0.40 | 0.00 | 0.40 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 0 | 0.9 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.13. Total MyPyramid Food Group Availability of Mixed- Use Foods, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--|---|-------------------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Bakery Products | 0.02 | 0.01 | 0.00 | 0.01 | 0.01 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.09 |
| Biscuits, muffins, pancakes, and waffles | 0.09 | 0.07 | 0.02 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Breads and rolls | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cakes and other bakery desserts | 0.03 | 0.02 | 0.01 | 0.01 | 0.02 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Crackers | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pretzels and snack chips | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.54 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.54 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.38 | 0.00 | 0.00 | 3.85 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.39 | 0.00 | 0.00 | 4.08 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.48 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 26.64 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with egg | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fats and Oils | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.01 | 0.01 | 0.00 | 0.00 | 0.01 | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Shellfish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 |
| Fruits and Juices | 8.75 | 2.80 | 5.95 | 4.70 | 4.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruits | 9.58 | 1.61 | 7.97 | 9.54 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Juices | 7.94 | 3.95 | 3.99 | 0.00 | 7.94 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 |
| Breakfast cereals | 0.01 | 0.00 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.24 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.42 | 0.00 | 0.00 | 0.19 | 0.00 | 0.01 | 0.03 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.13 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.57 | 0.00 | 0.00 | 0.20 | 2.21 | 0.17 | 0.00 |
| Dry beans and peas | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.60 | 0.00 | 0.00 | 0.36 | 3.94 | 0.30 | 0.00 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk and Other Dairy Products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.18 | 0.18 | 0.00 | 0.18 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.48 | 0.33 | 0.15 | 0.00 | 0.48 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.02 | 0.01 | 0.01 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.96 | 0.66 | 0.30 | 0.00 | 0.96 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Chicken | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^p | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.83 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Turkey | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared Foods | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.32 | 0.00 | 0.00 | 0.27 | 0.02 | 0.00 | 0.00 |
| Burritos and tacos | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.39 | 0.00 | 0.00 | 0.01 | 0.31 | 0.00 | 0.00 |
| Meat- or cheese-filled pastry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.24 | 0.00 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 |
| Mixtures with fish | - | - | - | - | - | - | - | - | - | - | - | - |
| Pizza | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.38 | 0.00 | 0.00 | 0.37 | 0.00 | 0.00 | 0.00 |
| Prepared meals | 0.02 | 0.00 | 0.02 | 0.00 | 0.02 | 0.63 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 0.03 | 0.00 | 0.03 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.13 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|---------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Red Meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 |
| Beef and veal | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pork | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^c | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.97 | 0.00 | 0.00 | 0.12 | 0.00 | 0.00 | 0.59 |
| Soups and Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.51 | 0.00 | 0.02 | 0.89 | 0.28 | 0.01 | 0.04 |
| Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.47 | 0.00 | 0.03 | 1.45 | 0.46 | 0.01 | 0.07 |
| Sugar and Desserts | 0.04 | 0.04 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Candies and toppings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Gelatins | 0.01 | 0.00 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.50 | 0.40 | 0.09 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.15 | 0.15 | 0.00 | 0.00 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.51 | 0.33 | 0.20 | 0.31 | 0.00 | 0.17 | 3.97 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 39.49 | 13.06 | 0.00 | 0.00 | 0.00 | 1.26 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 25.22 | 11.85 | 1.47 | 0.00 | 0.00 | 2.66 | 0.00 |
| Mixtures with vegetables ^e | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.96 | 0.01 | 0.02 | 0.00 | 0.00 | 0.02 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.01 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.42 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.42 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.34 | 0.00 | 0.00 | 10.32 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.49 | 0.00 | 5.06 | 0.00 | 0.00 | 3.43 | 0.00 |

Meat

| Food Group/Subgroup | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
|--|--|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|--------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| Bakery Products | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.01 | 0.02 |
| Biscuits, muffins, pancakes, and waffles | 0.18 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.14 | 0.04 | 0.00 |
| Breads and rolls | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cakes and other bakery desserts | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Crackers | 0.16 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.16 |
| Pretzels and snack chips | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 11.31 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 11.28 | 0.00 | 0.01 |
| Eggs | 13.94 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 13.94 | 0.00 | 0.00 |
| Mixtures with egg | 9.38 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 9.33 | 0.00 | 0.01 |
| Fats and Oils | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.09 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 9.79 | 0.00 | 0.00 | 0.00 | 0.00 | 0.76 | 8.85 | 0.04 | 0.14 | 0.00 |
| Fish | 11.20 | 0.00 | 0.00 | 0.00 | 0.00 | 1.22 | 9.81 | 0.04 | 0.13 | 0.00 |
| Shellfish | 7.48 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7.28 | 0.05 | 0.16 | 0.00 |
| Fruits and Juices | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Fruits | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.24 | 0.09 | 0.00 | 0.01 | 0.08 | 0.00 | 0.00 | 0.04 | 0.03 | 0.00 |
| Breakfast cereals | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 1.51 | 0.55 | 0.00 | 0.05 | 0.48 | 0.00 | 0.00 | 0.25 | 0.17 | 0.00 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.13 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|--------------------------------------|--|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Legumes, Nuts, and Seeds | 4.60 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.06 | 4.52 |
| Dry beans and peas | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Other nuts | 11.62 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.62 |
| Peanuts and peanut butter | 10.66 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.66 |
| Seeds | 11.88 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.88 |
| Soybeans and soy products | 2.92 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.22 | 0.00 |
| Milk and Other Dairy Products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 8.59 | 0.03 | 0.00 | 1.66 | 6.41 | 0.00 | 0.00 | 0.15 | 0.32 | 0.00 |
| Chicken | 8.22 | 0.00 | 0.00 | 0.08 | 7.58 | 0.00 | 0.00 | 0.18 | 0.38 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 6.88 | 0.00 | 0.00 | 0.00 | 6.79 | 0.00 | 0.00 | 0.09 | 0.00 | 0.00 |
| Turkey | 10.20 | 0.17 | 0.00 | 8.57 | 1.30 | 0.00 | 0.00 | 0.05 | 0.10 | 0.00 |
| Prepared Foods | 1.20 | 0.07 | 0.00 | 0.21 | 0.23 | 0.00 | 0.00 | 0.03 | 0.25 | 0.41 |
| Burritos and tacos | 2.01 | 0.30 | 0.00 | 0.00 | 1.52 | 0.00 | 0.00 | 0.00 | 0.18 | 0.00 |
| Meat- or cheese-filled pastry | 0.61 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 | 0.05 | 0.42 | 0.00 |
| Mixtures with fish | - | - | - | - | - | - | - | - | - | - |
| Pizza | 0.69 | 0.01 | 0.00 | 0.27 | 0.12 | 0.00 | 0.00 | 0.04 | 0.25 | 0.00 |
| Prepared meals | 6.65 | 0.00 | 0.00 | 0.00 | 6.65 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 5.11 | 0.43 | 0.00 | 0.07 | 0.34 | 0.00 | 0.00 | 0.00 | 0.01 | 4.26 |

Table E.13 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|---------------------------------------|--|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Red Meats | 9.88 | 7.93 | 0.00 | 1.44 | 0.00 | 0.00 | 0.00 | 0.02 | 0.49 | 0.00 |
| Beef and veal | 10.27 | 9.41 | 0.00 | 0.23 | 0.00 | 0.00 | 0.00 | 0.02 | 0.60 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 6.91 | 0.09 | 0.00 | 6.76 | 0.00 | 0.00 | 0.00 | 0.02 | 0.04 | 0.00 |
| Pork | 9.54 | 4.59 | 0.00 | 4.80 | 0.00 | 0.00 | 0.00 | 0.02 | 0.13 | 0.00 |
| Recipe mix ^c | 10.67 | 10.19 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.46 | 0.01 | 0.00 |
| Soups and Gravies | 2.31 | 1.70 | 0.00 | 0.00 | 0.29 | 0.00 | 0.02 | 0.01 | 0.28 | 0.00 |
| Gravies | 0.14 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.10 | 0.00 |
| Soups | 3.69 | 2.77 | 0.00 | 0.00 | 0.48 | 0.00 | 0.03 | 0.02 | 0.40 | 0.00 |
| Sugar and Desserts | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Candies and toppings | 0.11 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.11 | 0.00 | 0.00 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with vegetables ^e | 0.45 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.45 | 0.00 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Tomato and tomato products | 0.26 | 0.26 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.13 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Bakery Products | 9.23 | 0.42 | 8.81 | 0.04 | 0.03 | 0.00 | 0.00 | 0.01 | 10 | 19 | 7.8 |
| Biscuits, muffins, pancakes, and waffles | 7.26 | 0.66 | 6.60 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5 | 28 | 9.8 |
| Breads and rolls | 12.61 | 0.62 | 11.99 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11 | 5 | 4.0 |
| Cakes and other bakery desserts | 6.19 | 0.14 | 6.05 | 0.09 | 0.09 | 0.00 | 0.00 | 0.00 | 1 | 38 | 15.9 |
| Crackers | 9.76 | 1.19 | 8.57 | 0.06 | 0.00 | 0.00 | 0.00 | 0.06 | 1 | 33 | 5.2 |
| Pretzels and snack chips | 8.73 | 0.11 | 8.62 | 0.07 | 0.00 | 0.00 | 0.00 | 0.07 | 32 | 5 | 0.1 |
| Condiments | 0.28 | 0.00 | 0.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 0 | 34.0 |
| Catsup and other sauces | 0.26 | 0.00 | 0.26 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 0 | 35.8 |
| Flavorings | 3.26 | 0.00 | 3.26 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 14 | 1.2 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 4.8 |
| Eggs | 0.04 | 0.00 | 0.04 | 0.78 | 0.42 | 0.00 | 0.00 | 0.35 | 0 | 43 | 0.0 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 33 | 0.0 |
| Mixtures with egg | 0.07 | 0.00 | 0.07 | 1.35 | 0.73 | 0.00 | 0.00 | 0.61 | 0 | 50 | 0.0 |
| Fats and Oils | 0.40 | 0.00 | 0.40 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 78 | 27 | 1.4 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 113 | 0.0 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 110 | 0.0 |
| Salad dressings and mayonnaise | 1.04 | 0.00 | 1.04 | 0.03 | 0.02 | 0.00 | 0.00 | 0.00 | 86 | 9 | 3.8 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 107 | 6 | 0.0 |
| Fish | 5.37 | 0.09 | 5.29 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 35 | 6 | 0.5 |
| Fish | 5.01 | 0.08 | 4.92 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 33 | 5 | 0.5 |
| Shellfish | 5.98 | 0.10 | 5.88 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 39 | 6 | 0.6 |
| Fruits and Juices | 0.13 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 7.4 |
| Fruits | 0.26 | 0.00 | 0.26 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 0 | 10.3 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 4.5 |
| Grain Products | 11.78 | 2.91 | 8.87 | 0.23 | 0.05 | 0.00 | 0.00 | 0.19 | 2 | 6 | 3.5 |
| Breakfast cereals | 5.77 | 2.16 | 3.61 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 8 | 18.1 |
| Flour and other milled grains | 17.59 | 5.41 | 12.18 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Flour mix ^a | 5.07 | 0.02 | 5.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 26 | 21.8 |
| Mixtures with grain | 6.28 | 0.09 | 6.19 | 1.45 | 0.29 | 0.00 | 0.00 | 1.16 | 8 | 26 | 0.6 |
| Pasta and noodles | 9.23 | 0.64 | 8.59 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 1 | 0.0 |
| Rice, barley, and other grains | 9.36 | 0.98 | 8.38 | 0.03 | 0.00 | 0.00 | 0.00 | 0.03 | 1 | 4 | 0.0 |

Table E.13 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.14 | 0.00 | 0.14 | 0.03 | 0.00 | 0.02 | 0.00 | 0.03 | 23 | 3 | 2.9 |
| Dry beans and peas | 0.25 | 0.00 | 0.25 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 1 | 4.3 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 53 | 10 | 0.0 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 54 | 2 | 1.4 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 57 | 0 | 0.0 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 1.03 | 0.00 | 0.70 | 0.00 | 1.03 | 18 | 54 | 0.6 |
| Milk and Other Dairy Products | 0.12 | 0.00 | 0.11 | 6.58 | 5.69 | 0.00 | 0.06 | 0.83 | 0 | 26 | 12.3 |
| Cheese | 0.32 | 0.01 | 0.27 | 5.67 | 0.23 | 0.00 | 0.00 | 5.44 | 0 | 74 | 0.1 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 96 | 0.0 |
| Ice cream and ice milk | 1.46 | 0.00 | 1.46 | 1.21 | 1.21 | 0.00 | 0.00 | 0.00 | 0 | 45 | 20.2 |
| Milk | 0.00 | 0.00 | 0.00 | 7.16 | 7.16 | 0.00 | 0.00 | 0.00 | 0 | 16 | 14.0 |
| Yogurt | 0.00 | 0.00 | 0.00 | 4.38 | 0.02 | 0.00 | 4.36 | 0.00 | 0 | 11 | 28.5 |
| Non- Dairy Drinks | 0.10 | 0.00 | 0.10 | 0.03 | 0.03 | 0.00 | 0.00 | 0.00 | 0 | 3 | 46.3 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 55.8 |
| Coffee and tea | 0.99 | 0.00 | 0.99 | 0.33 | 0.33 | 0.00 | 0.00 | 0.00 | 0 | 26 | 22.8 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 59.4 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 47.5 |
| Fruit drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 48.0 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Poultry | 4.07 | 0.43 | 3.64 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 23 | 20 | 1.4 |
| Chicken | 4.17 | 0.41 | 3.76 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 25 | 19 | 0.7 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 3.94 | 0.00 | 3.94 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 44 | 0 | 1.0 |
| Turkey | 3.64 | 0.50 | 3.14 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 13 | 23 | 4.6 |
| Prepared Foods | 6.77 | 0.65 | 6.13 | 1.99 | 0.00 | 0.00 | 0.00 | 1.99 | 9 | 25 | 2.4 |
| Burritos and tacos | 8.21 | 0.95 | 7.26 | 0.71 | 0.00 | 0.00 | 0.00 | 0.71 | 9 | 22 | 0.0 |
| Meat- or cheese-filled pastry | 7.96 | 0.44 | 7.52 | 1.99 | 0.00 | 0.00 | 0.00 | 1.99 | 3 | 30 | 1.2 |
| Mixtures with fish | - | - | - | - | - | - | - | - | - | - | - |
| Pizza | 6.74 | 0.67 | 6.08 | 2.33 | 0.00 | 0.00 | 0.00 | 2.33 | 8 | 26 | 2.4 |
| Prepared meals | 3.31 | 0.03 | 3.29 | 0.19 | 0.00 | 0.00 | 0.00 | 0.19 | 20 | 8 | 5.4 |
| Prepared sandwiches | 4.04 | 0.65 | 3.39 | 0.49 | 0.00 | 0.00 | 0.00 | 0.49 | 24 | 13 | 6.2 |

Table E.13 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|---------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Red Meats | 1.08 | 0.02 | 1.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5 | 37 | 0.8 |
| Beef and veal | 1.02 | 0.00 | 1.02 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 5 | 35 | 0.5 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 1.60 | 0.12 | 1.48 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 57 | 1.8 |
| Pork | 1.08 | 0.07 | 1.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 39 | 1.9 |
| Recipe mix ^c | 1.49 | 0.00 | 1.49 | 0.11 | 0.11 | 0.00 | 0.00 | 0.00 | 3 | 23 | 1.1 |
| Soups and Gravies | 8.00 | 0.00 | 8.00 | 0.06 | 0.03 | 0.00 | 0.00 | 0.00 | 2 | 19 | 1.5 |
| Gravies | 17.67 | 0.00 | 17.67 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 22 | 0.0 |
| Soups | 1.81 | 0.00 | 1.81 | 0.09 | 0.05 | 0.00 | 0.00 | 0.00 | 2 | 17 | 2.4 |
| Sugar and Desserts | 0.21 | 0.00 | 0.21 | 0.36 | 0.27 | 0.00 | 0.00 | 0.00 | 3 | 5 | 45.2 |
| Candies and toppings | 0.52 | 0.01 | 0.51 | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 10 | 13 | 34.2 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 53.7 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 37.8 |
| Puddings and pie filling | 1.36 | 0.00 | 1.36 | 1.11 | 1.11 | 0.00 | 0.00 | 0.00 | 12 | 14 | 29.5 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.80 | 0.47 | 0.00 | 0.00 | 0.00 | 2 | 8 | 35.1 |
| Sugars | 0.03 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 61.0 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 38.0 |
| Vegetables | 2.13 | 0.00 | 2.13 | 0.01 | 0.01 | 0.00 | 0.00 | 0.01 | 22 | 11 | 0.8 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixtures with vegetables ^e | 5.98 | 0.00 | 5.98 | 0.43 | 0.43 | 0.00 | 0.00 | 0.00 | 2 | 55 | 0.1 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Potato and potato products | 2.31 | 0.00 | 2.31 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 25 | 11 | 0.8 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.03 | 1 | 20 | 1.0 |
| Yellow vegetables ^g | 0.54 | 0.00 | 0.54 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 5 | 1 | 1.6 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used for both a la carte sales and reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.14. Total MyPyramid Food Group Availability of All Food Acquisitions, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--|---|-------------------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Bakery Products | 0.03 | 0.03 | 0.01 | 0.03 | 0.01 | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 |
| Biscuits, muffins, pancakes, and waffles | 0.13 | 0.12 | 0.01 | 0.13 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Breads and rolls | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cakes and other bakery desserts | 0.04 | 0.02 | 0.02 | 0.01 | 0.03 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Crackers | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pretzels and snack chips | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.36 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.36 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6.08 | 0.00 | 0.00 | 3.81 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.88 | 0.00 | 0.00 | 4.19 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.87 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 26.54 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with egg | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fats and Oils | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Shellfish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 |
| Fruits and Juices | 8.94 | 2.59 | 6.36 | 5.72 | 3.22 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Fruits | 9.71 | 1.82 | 7.89 | 9.68 | 0.03 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Juices | 7.84 | 3.69 | 4.14 | 0.00 | 7.84 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 |
| Breakfast cereals | 0.01 | 0.00 | 0.01 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.26 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.54 | 0.00 | 0.00 | 0.32 | 0.01 | 0.01 | 0.02 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.14 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--------------------------------------|---|-------------------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.01 | 0.00 | 0.01 | 0.00 | 0.01 | 1.37 | 0.00 | 0.00 | 0.15 | 1.17 | 0.05 | 0.00 |
| Dry beans and peas | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.50 | 0.00 | 0.00 | 0.48 | 3.85 | 0.16 | 0.00 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Peanuts and peanut butter | 0.01 | 0.00 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Milk and Other Dairy Products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.23 | 0.23 | 0.00 | 0.23 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.27 | 0.21 | 0.07 | 0.00 | 0.27 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.01 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.01 | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.81 | 0.62 | 0.20 | 0.00 | 0.81 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Chicken | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^o | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.34 | 0.00 | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 |
| Turkey | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 |
| Prepared Foods | 0.03 | 0.00 | 0.03 | 0.01 | 0.02 | 0.30 | 0.00 | 0.00 | 0.24 | 0.04 | 0.00 | 0.00 |
| Burritos and tacos | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.53 | 0.00 | 0.00 | 0.01 | 0.45 | 0.00 | 0.00 |
| Meat- or cheese-filled pastry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.24 | 0.00 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 |
| Mixtures with fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.13 | 0.37 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.39 | 0.00 | 0.00 | 0.38 | 0.00 | 0.00 | 0.00 |
| Prepared meals | 1.47 | 0.00 | 1.47 | 0.11 | 1.36 | 0.18 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 0.02 | 0.00 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.14 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|---------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Red Meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 0.00 | 0.00 | 0.06 | 0.00 | 0.00 | 0.00 |
| Beef and veal | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.10 | 0.00 | 0.00 | 0.08 | 0.00 | 0.00 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pork | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^c | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.19 | 0.00 | 0.00 | 0.52 | 0.00 | 0.00 | 0.83 |
| Soups and Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.17 | 0.00 | 0.03 | 1.13 | 0.28 | 0.00 | 0.14 |
| Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.19 | 0.00 | 0.05 | 1.67 | 0.41 | 0.00 | 0.20 |
| Sugar and Desserts | 0.09 | 0.07 | 0.02 | 0.08 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Candies and toppings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.50 | 0.40 | 0.09 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.04 | 0.00 | 0.04 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.15 | 0.15 | 0.00 | 0.00 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7.66 | 0.85 | 0.56 | 0.83 | 0.00 | 0.58 | 3.43 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 34.39 | 11.96 | 0.00 | 0.00 | 0.00 | 1.78 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 20.75 | 8.45 | 1.80 | 0.05 | 0.00 | 3.09 | 0.00 |
| Mixtures with vegetables ^e | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.67 | 0.00 | 0.18 | 0.04 | 0.00 | 0.06 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 18.75 | 0.00 | 0.03 | 0.00 | 0.00 | 0.03 | 0.01 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.76 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.75 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.51 | 0.00 | 0.00 | 10.49 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | 5.55 | 0.00 | 0.00 | 4.45 | 0.00 |

Table E.14 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|--------------------------------------|---|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Legumes, Nuts, and Seeds | 7.21 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 7.11 |
| Dry beans and peas | 0.05 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Other nuts | 11.41 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.41 |
| Peanuts and peanut butter | 10.41 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.41 |
| Seeds | 11.13 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.13 |
| Soybeans and soy products | 4.88 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.19 | 0.00 |
| Milk and Other Dairy Products | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.25 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.25 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 10.31 | 0.03 | 0.00 | 2.21 | 7.69 | 0.00 | 0.00 | 0.13 | 0.25 | 0.00 |
| Chicken | 9.24 | 0.01 | 0.00 | 0.11 | 8.67 | 0.00 | 0.00 | 0.16 | 0.29 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 26.35 | 0.00 | 0.00 | 0.00 | 26.35 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^a | 6.92 | 0.00 | 0.00 | 0.00 | 6.89 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 |
| Turkey | 14.25 | 0.09 | 0.00 | 9.93 | 4.11 | 0.00 | 0.00 | 0.03 | 0.09 | 0.00 |
| Prepared Foods | 1.30 | 0.10 | 0.00 | 0.18 | 0.13 | 0.00 | 0.00 | 0.02 | 0.21 | 0.65 |
| Burritos and tacos | 1.16 | 0.61 | 0.00 | 0.00 | 0.33 | 0.00 | 0.00 | 0.00 | 0.23 | 0.00 |
| Meat- or cheese-filled pastry | 0.61 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 | 0.05 | 0.42 | 0.00 |
| Mixtures with fish | 2.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.57 | 0.01 | 0.00 | 0.21 | 0.09 | 0.00 | 0.00 | 0.03 | 0.24 | 0.00 |
| Prepared meals | 2.22 | 0.06 | 0.00 | 0.00 | 1.87 | 0.00 | 0.00 | 0.00 | 0.00 | 0.28 |
| Prepared sandwiches | 3.98 | 0.21 | 0.00 | 0.22 | 0.12 | 0.00 | 0.00 | 0.00 | 0.01 | 3.43 |

Table E.14 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|---------------------------------------|---|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Red Meats | 10.34 | 7.37 | 0.00 | 2.41 | 0.01 | 0.00 | 0.00 | 0.02 | 0.53 | 0.01 |
| Beef and veal | 10.79 | 9.80 | 0.00 | 0.25 | 0.01 | 0.00 | 0.00 | 0.02 | 0.70 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 7.61 | 0.79 | 0.00 | 6.75 | 0.00 | 0.00 | 0.00 | 0.02 | 0.04 | 0.00 |
| Pork | 10.15 | 1.76 | 0.00 | 8.21 | 0.01 | 0.00 | 0.00 | 0.03 | 0.11 | 0.03 |
| Recipe mix ^c | 7.87 | 7.60 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.27 | 0.00 | 0.00 |
| Soups and Gravies | 2.17 | 1.60 | 0.00 | 0.00 | 0.38 | 0.00 | 0.00 | 0.01 | 0.18 | 0.00 |
| Gravies | 0.35 | 0.10 | 0.00 | 0.00 | 0.15 | 0.00 | 0.00 | 0.00 | 0.11 | 0.00 |
| Soups | 3.02 | 2.31 | 0.00 | 0.00 | 0.48 | 0.00 | 0.00 | 0.01 | 0.21 | 0.00 |
| Sugar and Desserts | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 |
| Candies and toppings | 0.19 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.15 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.03 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with vegetables ^e | 0.35 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.21 | 0.11 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Tomato and tomato products | 0.30 | 0.30 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Bakery Products | 9.83 | 1.06 | 8.77 | 0.02 | 0.01 | 0.00 | 0.00 | 0.01 | 9 | 17 | 7.0 |
| Biscuits, muffins, pancakes, and waffles | 7.68 | 1.11 | 6.57 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5 | 22 | 8.8 |
| Breads and rolls | 12.73 | 1.38 | 11.35 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 9 | 3.8 |
| Cakes and other bakery desserts | 6.03 | 0.28 | 5.75 | 0.04 | 0.04 | 0.00 | 0.00 | 0.00 | 2 | 38 | 16.1 |
| Crackers | 8.92 | 2.79 | 6.13 | 0.05 | 0.00 | 0.00 | 0.00 | 0.05 | 0 | 29 | 11.4 |
| Pretzels and snack chips | 9.04 | 0.14 | 8.90 | 0.06 | 0.00 | 0.00 | 0.00 | 0.06 | 34 | 4 | 0.1 |
| Condiments | 0.52 | 0.00 | 0.52 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 0 | 31.5 |
| Catsup and other sauces | 0.43 | 0.00 | 0.43 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 0 | 34.1 |
| Flavorings | 4.13 | 0.00 | 4.13 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 5 | 1.5 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 7.5 |
| Eggs | 1.00 | 0.02 | 0.97 | 0.76 | 0.40 | 0.00 | 0.00 | 0.36 | 1 | 42 | 0.4 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 33 | 0.0 |
| Mixtures with egg | 1.42 | 0.03 | 1.39 | 1.08 | 0.57 | 0.00 | 0.00 | 0.51 | 2 | 45 | 0.6 |
| Fats and Oils | 0.18 | 0.00 | 0.18 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 68 | 38 | 1.5 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 113 | 0.0 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 108 | 0.0 |
| Salad dressings and mayonnaise | 0.37 | 0.00 | 0.37 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 91 | 9 | 3.0 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 82 | 31 | 0.0 |
| Fish | 5.55 | 0.09 | 5.46 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 36 | 6 | 0.5 |
| Fish | 5.42 | 0.09 | 5.33 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 35 | 6 | 0.5 |
| Shellfish | 5.97 | 0.10 | 5.88 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 39 | 6 | 0.6 |
| Fruits and Juices | 0.12 | 0.00 | 0.12 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 7.7 |
| Fruits | 0.20 | 0.00 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 9.8 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 4.7 |
| Grain Products | 9.26 | 1.96 | 7.30 | 0.29 | 0.06 | 0.00 | 0.00 | 0.23 | 2 | 9 | 4.9 |
| Breakfast cereals | 6.45 | 2.69 | 3.76 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 4 | 16.0 |
| Flour and other milled grains | 17.47 | 4.46 | 13.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Flour mix ^a | 5.50 | 0.05 | 5.46 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 27 | 20.3 |
| Mixtures with grain | 6.37 | 0.18 | 6.19 | 1.25 | 0.27 | 0.00 | 0.00 | 0.98 | 6 | 26 | 0.7 |
| Pasta and noodles | 9.42 | 1.51 | 7.91 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 1 | 0.0 |
| Rice, barley, and other grains | 9.15 | 1.61 | 7.55 | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 2 | 2 | 0.2 |

Table E.14 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.09 | 0.00 | 0.09 | 0.04 | 0.00 | 0.01 | 0.00 | 0.04 | 37 | 2 | 2.9 |
| Dry beans and peas | 0.29 | 0.00 | 0.29 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 1 | 5.1 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 59 | 4 | 0.0 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 53 | 2 | 2.3 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 60 | 0 | 0.1 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 1.83 | 0.00 | 0.69 | 0.00 | 1.83 | 33 | 24 | 0.1 |
| Milk and Other Dairy Products | 0.20 | 0.01 | 0.18 | 6.86 | 5.83 | 0.00 | 0.09 | 0.94 | 0 | 22 | 13.6 |
| Cheese | 0.93 | 0.07 | 0.84 | 5.75 | 0.20 | 0.00 | 0.00 | 5.55 | 1 | 67 | 0.1 |
| Cream | 0.00 | 0.00 | 0.00 | 0.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 93 | 0.0 |
| Ice cream and ice milk | 1.30 | 0.00 | 1.30 | 1.35 | 1.34 | 0.00 | 0.00 | 0.00 | 2 | 46 | 18.6 |
| Milk | 0.00 | 0.00 | 0.00 | 7.42 | 7.42 | 0.00 | 0.00 | 0.00 | 0 | 12 | 16.0 |
| Yogurt | 0.00 | 0.00 | 0.00 | 4.25 | 0.15 | 0.00 | 4.10 | 0.00 | 0 | 10 | 30.0 |
| Non- Dairy Drinks | 0.10 | 0.00 | 0.10 | 0.04 | 0.04 | 0.00 | 0.00 | 0.00 | 0 | 3 | 44.7 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 54.9 |
| Coffee and tea | 0.19 | 0.00 | 0.19 | 0.30 | 0.30 | 0.00 | 0.00 | 0.00 | 0 | 22 | 24.9 |
| Dry beverage | 0.50 | 0.00 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 57.8 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 45.9 |
| Fruit drinks | 0.15 | 0.00 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 48.3 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Poultry | 3.18 | 0.22 | 2.96 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 18 | 19 | 1.4 |
| Chicken | 3.47 | 0.18 | 3.29 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 20 | 19 | 0.9 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 31 | 0.0 |
| Recipe mix ^p | 2.37 | 0.00 | 2.37 | 0.94 | 0.94 | 0.00 | 0.00 | 0.00 | 16 | 24 | 0.1 |
| Turkey | 2.11 | 0.39 | 1.72 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 18 | 3.3 |
| Prepared Foods | 6.55 | 0.77 | 5.79 | 1.95 | 0.00 | 0.00 | 0.00 | 1.95 | 10 | 24 | 2.8 |
| Burritos and tacos | 8.98 | 0.60 | 8.39 | 0.83 | 0.00 | 0.00 | 0.00 | 0.83 | 8 | 18 | 0.0 |
| Meat- or cheese-filled pastry | 7.96 | 0.44 | 7.52 | 1.99 | 0.00 | 0.00 | 0.00 | 1.99 | 3 | 30 | 1.2 |
| Mixtures with fish | 6.78 | 0.00 | 6.78 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 9.3 |
| Pizza | 6.74 | 0.80 | 5.94 | 2.45 | 0.00 | 0.00 | 0.00 | 2.45 | 8 | 26 | 2.5 |
| Prepared meals | 4.71 | 1.76 | 2.95 | 0.16 | 0.03 | 0.00 | 0.00 | 0.13 | 7 | 11 | 8.3 |
| Prepared sandwiches | 4.13 | 0.87 | 3.26 | 1.01 | 0.00 | 0.00 | 0.00 | 1.01 | 20 | 20 | 5.4 |

Table E.14 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|---------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Red Meats | 0.88 | 0.04 | 0.84 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 36 | 0.8 |
| Beef and veal | 0.64 | 0.00 | 0.64 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3 | 34 | 0.5 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 1.68 | 0.20 | 1.48 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 50 | 1.8 |
| Pork | 1.33 | 0.08 | 1.24 | 0.02 | 0.00 | 0.00 | 0.00 | 0.01 | 4 | 39 | 1.7 |
| Recipe mix ^c | 2.07 | 0.00 | 2.07 | 0.13 | 0.04 | 0.00 | 0.00 | 0.09 | 5 | 18 | 1.0 |
| Soups and Gravies | 7.02 | 0.00 | 7.02 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 18 | 1.4 |
| Gravies | 16.60 | 0.00 | 16.60 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 26 | 0.1 |
| Soups | 2.54 | 0.00 | 2.54 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 14 | 2.0 |
| Sugar and Desserts | 0.24 | 0.03 | 0.21 | 0.17 | 0.15 | 0.00 | 0.00 | 0.00 | 2 | 4 | 44.5 |
| Candies and toppings | 1.10 | 0.28 | 0.82 | 0.24 | 0.24 | 0.00 | 0.00 | 0.00 | 14 | 21 | 31.8 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 53.8 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 37.8 |
| Puddings and pie filling | 1.68 | 0.00 | 1.68 | 1.28 | 1.28 | 0.00 | 0.00 | 0.00 | 9 | 14 | 29.3 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.82 | 0.48 | 0.00 | 0.00 | 0.00 | 2 | 8 | 35.0 |
| Sugars | 0.04 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 60.8 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 38.7 |
| Vegetables | 1.55 | 0.01 | 1.54 | 0.02 | 0.00 | 0.00 | 0.00 | 0.02 | 19 | 9 | 0.7 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixtures with vegetables ^e | 4.59 | 0.40 | 4.19 | 0.60 | 0.12 | 0.00 | 0.00 | 0.48 | 36 | 24 | 1.6 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Potato and potato products | 1.95 | 0.00 | 1.95 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 24 | 10 | 0.8 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.03 | 1 | 20 | 1.0 |
| Yellow vegetables ^g | 0.41 | 0.00 | 0.41 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 0 | 0.9 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were not reported by the 128 school districts included in this analysis.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^d Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.15. Contribution of SFPS- III Food Groups and Subgroups for a la Carte- Only Foods to Available MyPyramid Food Groups, SY 2009- 2010

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|---|--------------|--------------|-------------|------------------|------------|------------|------------|------------|--------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | |
| Bakery Products | 5.4 | 1.2 | 0.0 | 0.9 | 0.1 | 0.0 | 3.9 | 4.6 | 3.9 |
| Biscuits, muffins, pancakes, and waffles | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.2 |
| Breads and rolls | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Cakes and other bakery desserts | 2.2 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 3.8 | 3.6 |
| Crackers | 0.2 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 |
| Pretzels and snack chips | 2.7 | 0.3 | 0.0 | 0.9 | 0.1 | 0.0 | 3.6 | 0.3 | 0.0 |
| Condiments | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Catsup and other sauces | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Flavorings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pickles and olives | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Eggs | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Eggs | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixtures with egg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fats and Oils | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Butter | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Margarine | - | - | - | - | - | - | - | - | - |
| Salad dressings and mayonnaise | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Vegetable oils and shortenings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Shellfish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fruits and Juices | 0.2 | 0.0 | 2.9 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.5 |
| Fruits | 0.2 | 0.0 | 2.2 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.4 |
| Juices | 0.0 | 0.0 | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Grain Products | 0.2 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.2 | 0.2 |
| Breakfast cereals | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Flour and other milled grains | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Flour mix ^a | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 |
| Mixtures with grain | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pasta and noodles | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Rice, barley, and other grains | 0.1 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 |

Table E.15 (continued)

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|---|--------------|--------------|-------------|------------------|------------|------------|------------|------------|--------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 |
| Dry beans and peas | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Other nuts | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Peanuts and peanut butter | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Seeds | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soybeans and soy products | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Milk and Other Dairy Products | 0.1 | 0.0 | 0.0 | 0.0 | 0.8 | 0.1 | 0.1 | 1.7 | 1.2 |
| Cheese | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 | 0.0 | 0.5 | 0.0 |
| Cream | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Ice cream and ice milk | 0.1 | 0.0 | 0.0 | 0.0 | 0.4 | 0.1 | 0.1 | 1.1 | 1.0 |
| Milk | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 |
| Yogurt | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Non- Dairy Drinks | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.6 |
| Carbonated | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Coffee and tea | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Dry beverage | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Enriched drinks | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.2 |
| Fruit drinks | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 |
| Water | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Poultry | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 0.1 | 0.3 | 0.0 |
| Chicken | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 0.1 | 0.3 | 0.0 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Turkey | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Prepared Foods | 0.9 | 0.9 | 0.0 | 0.2 | 0.8 | 0.2 | 0.4 | 0.8 | 0.2 |
| Burritos and tacos | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Meat- or cheese-filled pastry | 0.2 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 |
| Mixtures with fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pizza | 0.5 | 0.3 | 0.0 | 0.2 | 0.5 | 0.1 | 0.2 | 0.5 | 0.1 |
| Prepared meals | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Prepared sandwiches | 0.1 | 0.5 | 0.0 | 0.0 | 0.2 | 0.1 | 0.1 | 0.1 | 0.0 |

Table E.15 (continued)

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|---|--------------|--------------|-------------|------------------|------------|------------|------------|------------|--------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | |
| Red Meats | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.3 | 0.1 | 1.1 | 0.0 |
| Beef and veal | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.3 | 0.1 | 1.1 | 0.0 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pork | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Recipe mix ^c | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups and Gravies | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Gravies | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Sugar and Desserts | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.5 |
| Candies and toppings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Gelatins | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Jellies, jams, and preserves | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Puddings and pie filling | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Sherbet and ices | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 |
| Sugars | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Syrups | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Vegetables | 0.3 | 0.0 | 0.0 | 2.3 | 0.0 | 0.0 | 1.0 | 0.3 | 0.0 |
| Green vegetables ^d | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixed vegetables | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixtures with vegetables ^e | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Other vegetables ^f | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Potato and potato products | 0.3 | 0.0 | 0.0 | 2.3 | 0.0 | 0.0 | 1.0 | 0.3 | 0.0 |
| Tomato and tomato products | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Yellow vegetables ^g | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for a la carte sales.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.16. Contribution of SFPS- III Food Groups and Subgroups for Foods Used in Reimbursable Meals to Available MyPyramid Food Groups, SY 2009- 2010

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|---|--------------|--------------|-------------|------------------|------------|------------|-------------|-------------|--------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | |
| Bakery Products | 44.0 | 49.1 | 1.0 | 0.3 | 0.1 | 0.3 | 13.5 | 14.1 | 14.2 |
| Biscuits, muffins, pancakes, and waffles | 7.4 | 9.8 | 0.8 | 0.0 | 0.0 | 0.2 | 2.0 | 4.3 | 4.3 |
| Breads and rolls | 28.0 | 28.4 | 0.1 | 0.0 | 0.0 | 0.0 | 6.0 | 4.7 | 4.3 |
| Cakes and other bakery desserts | 2.8 | 1.7 | 0.2 | 0.0 | 0.0 | 0.0 | 0.5 | 3.0 | 3.5 |
| Crackers | 2.9 | 8.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.0 | 2.1 |
| Pretzels and snack chips | 3.0 | 0.5 | 0.0 | 0.3 | 0.0 | 0.0 | 5.0 | 0.1 | 0.0 |
| Condiments | 0.2 | 0.0 | 0.0 | 10.1 | 0.0 | 0.0 | 0.7 | 0.0 | 4.8 |
| Catsup and other sauces | 0.1 | 0.0 | 0.0 | 7.4 | 0.0 | 0.0 | 0.7 | 0.0 | 4.7 |
| Flavorings | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pickles and olives | 0.0 | 0.0 | 0.0 | 2.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Eggs | 0.1 | 0.0 | 0.0 | 0.0 | 0.3 | 2.8 | 0.1 | 1.3 | 0.0 |
| Eggs | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.2 | 0.0 | 0.3 | 0.0 |
| Mixtures with egg | 0.1 | 0.0 | 0.0 | 0.0 | 0.3 | 1.7 | 0.1 | 1.0 | 0.0 |
| Fats and Oils | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 26.8 | 8.6 | 0.8 |
| Butter | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 | 0.0 |
| Margarine | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 4.6 | 0.0 |
| Salad dressings and mayonnaise | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 17.8 | 1.0 | 0.8 |
| Vegetable oils and shortenings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 8.9 | 2.1 | 0.0 |
| Fish | 0.7 | 0.1 | 0.0 | 0.0 | 0.0 | 2.5 | 1.9 | 0.2 | 0.0 |
| Fish | 0.5 | 0.1 | 0.0 | 0.0 | 0.0 | 2.0 | 1.4 | 0.1 | 0.0 |
| Shellfish | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.5 | 0.0 | 0.0 |
| Fruits and Juices | 0.0 | 0.0 | 86.2 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 6.3 |
| Fruits | 0.0 | 0.0 | 55.9 | 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 4.7 |
| Juices | 0.0 | 0.0 | 30.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.6 |
| Grain Products | 10.6 | 19.1 | 0.0 | 0.9 | 0.9 | 0.8 | 0.7 | 2.2 | 3.0 |
| Breakfast cereals | 1.9 | 7.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 | 2.4 |
| Flour and other milled grains | 3.2 | 6.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Flour mix ^a | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.5 |
| Mixtures with grain | 1.8 | 0.5 | 0.0 | 0.9 | 0.9 | 0.8 | 0.7 | 1.7 | 0.1 |
| Pasta and noodles | 1.8 | 2.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Rice, barley, and other grains | 1.6 | 2.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Table E.16 (continued)

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/ Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|---|--------------|--------------|-------------|------------------|-------------|-------------|-------------|-------------|--------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.0 | 0.0 | 0.0 | 2.2 | 0.0 | 4.7 | 4.5 | 0.1 | 0.5 |
| Dry beans and peas | 0.0 | 0.0 | 0.0 | 2.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 |
| Other nuts | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 |
| Peanuts and peanut butter | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.0 | 3.8 | 0.1 | 0.2 |
| Seeds | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.5 | 0.0 | 0.0 |
| Soybeans and soy products | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 |
| Milk and Other Dairy Products | 0.8 | 0.5 | 0.1 | 0.0 | 75.5 | 0.0 | 0.5 | 20.2 | 31.8 |
| Cheese | 0.8 | 0.5 | 0.0 | 0.0 | 10.6 | 0.0 | 0.5 | 10.9 | 0.0 |
| Cream | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 |
| Ice cream and ice milk | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | 0.2 |
| Milk | 0.0 | 0.0 | 0.0 | 0.0 | 63.9 | 0.0 | 0.0 | 8.7 | 30.1 |
| Yogurt | 0.0 | 0.0 | 0.1 | 0.0 | 1.0 | 0.0 | 0.0 | 0.2 | 1.5 |
| Non- Dairy Drinks | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 1.1 |
| Carbonated | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Coffee and tea | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 |
| Dry beverage | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 |
| Enriched drinks | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Fruit drinks | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 |
| Water | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Poultry | 5.3 | 2.8 | 0.0 | 0.2 | 0.0 | 40.5 | 11.6 | 7.2 | 1.4 |
| Chicken | 4.5 | 1.5 | 0.0 | 0.1 | 0.0 | 27.8 | 10.6 | 5.8 | 0.7 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Recipe mix ^b | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Turkey | 0.7 | 1.3 | 0.0 | 0.1 | 0.0 | 12.7 | 1.0 | 1.5 | 0.7 |
| Prepared Foods | 15.4 | 16.2 | 0.4 | 4.1 | 11.1 | 6.7 | 9.2 | 12.7 | 3.6 |
| Burritos and tacos | 1.9 | 1.0 | 0.0 | 0.7 | 0.4 | 0.5 | 0.6 | 0.8 | 0.0 |
| Meat- or cheese-filled pastry | 2.2 | 1.1 | 0.0 | 0.4 | 1.3 | 0.4 | 0.3 | 1.8 | 0.2 |
| Mixtures with fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pizza | 9.2 | 10.2 | 0.0 | 3.0 | 8.2 | 1.6 | 4.2 | 7.8 | 1.8 |
| Prepared meals | 0.2 | 0.7 | 0.4 | 0.0 | 0.0 | 0.2 | 0.1 | 0.1 | 0.2 |
| Prepared sandwiches | 1.9 | 3.3 | 0.1 | 0.0 | 1.1 | 4.1 | 3.8 | 2.1 | 1.4 |

Table E.16 (continued)

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/ Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|---|--------------|--------------|-------------|------------------|-------------|-------------|------------|------------|--------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | |
| Red Meats | 1.1 | 0.4 | 0.0 | 0.7 | 0.0 | 24.8 | 1.7 | 9.1 | 0.5 |
| Beef and veal | 0.5 | 0.0 | 0.0 | 0.6 | 0.0 | 17.4 | 1.0 | 5.6 | 0.2 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.2 | 0.3 | 0.0 | 0.0 | 0.0 | 2.2 | 0.3 | 1.4 | 0.1 |
| Pork | 0.3 | 0.2 | 0.0 | 0.1 | 0.0 | 5.3 | 0.4 | 2.1 | 0.2 |
| Recipe mix ^c | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups and Gravies | 0.5 | 0.0 | 0.0 | 0.9 | 0.0 | 0.3 | 0.0 | 0.3 | 0.1 |
| Gravies | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| Soups | 0.1 | 0.0 | 0.0 | 0.9 | 0.0 | 0.3 | 0.0 | 0.1 | 0.1 |
| Sugar and Desserts | 0.1 | 0.2 | 0.3 | 0.0 | 0.2 | 0.0 | 0.4 | 0.4 | 12.9 |
| Candies and toppings | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.3 | 0.9 |
| Gelatins | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 |
| Jellies, jams, and preserves | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.0 |
| Puddings and pie filling | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.5 |
| Sherbet and ices | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 |
| Sugars | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.5 |
| Syrups | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.0 |
| Vegetables | 1.8 | 0.1 | 0.0 | 65.8 | 0.1 | 0.1 | 9.5 | 2.7 | 0.5 |
| Green vegetables ^d | 0.0 | 0.0 | 0.0 | 15.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixed vegetables | 0.0 | 0.0 | 0.0 | 6.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixtures with vegetables ^e | 0.2 | 0.1 | 0.0 | 0.6 | 0.1 | 0.0 | 0.6 | 0.2 | 0.0 |
| Other vegetables ^f | 0.0 | 0.0 | 0.0 | 1.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Potato and potato products | 1.6 | 0.0 | 0.0 | 25.9 | 0.0 | 0.0 | 8.7 | 1.9 | 0.4 |
| Tomato and tomato products | 0.0 | 0.0 | 0.0 | 7.9 | 0.0 | 0.1 | 0.1 | 0.6 | 0.1 |
| Yellow vegetables ^g | 0.1 | 0.0 | 0.0 | 8.5 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for reimbursable meals.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.17. Contribution of SFPS- III Food Groups and Subgroups for Mixed- Use Foods to Available MyPyramid Food Groups, SY 2009- 2010

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|---|--------------|--------------|-------------|------------------|------------|------------|------------|------------|--------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | |
| Bakery Products | 6.0 | 2.4 | 0.1 | 0.3 | 0.1 | 0.1 | 2.6 | 2.8 | 2.7 |
| Biscuits, muffins, pancakes, and waffles | 0.6 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.5 | 0.4 |
| Breads and rolls | 3.0 | 1.3 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 0.3 | 0.5 |
| Cakes and other bakery desserts | 1.2 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 1.7 | 1.7 |
| Crackers | 0.3 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.1 |
| Pretzels and snack chips | 0.9 | 0.1 | 0.0 | 0.3 | 0.0 | 0.0 | 1.4 | 0.1 | 0.0 |
| Condiments | 0.0 | 0.0 | 0.0 | 1.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.7 |
| Catsup and other sauces | 0.0 | 0.0 | 0.0 | 0.9 | 0.0 | 0.0 | 0.1 | 0.0 | 0.7 |
| Flavorings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pickles and olives | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Eggs | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 |
| Eggs | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 |
| Mixtures with egg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 |
| Fats and Oils | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.4 | 0.5 | 0.1 |
| Butter | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Margarine | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 |
| Salad dressings and mayonnaise | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 0.1 | 0.1 |
| Vegetable oils and shortenings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.4 | 0.0 | 0.0 |
| Fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 |
| Fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 |
| Shellfish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fruits and Juices | 0.0 | 0.0 | 8.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 |
| Fruits | 0.0 | 0.0 | 4.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 |
| Juices | 0.0 | 0.0 | 4.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 |
| Grain Products | 1.5 | 3.2 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.2 | 0.2 |
| Breakfast cereals | 0.1 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 |
| Flour and other milled grains | 1.0 | 2.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Flour mix ^a | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixtures with grain | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 |
| Pasta and noodles | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Rice, barley, and other grains | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Table E.17 (continued)

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|---|--------------|--------------|-------------|------------------|------------|------------|------------|------------|--------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.2 | 0.2 | 0.0 | 0.0 |
| Dry beans and peas | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Other nuts | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Peanuts and peanut butter | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.1 | 0.0 | 0.0 |
| Seeds | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soybeans and soy products | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Milk and Other Dairy Products | 0.1 | 0.0 | 0.0 | 0.0 | 8.6 | 0.0 | 0.0 | 3.1 | 3.5 |
| Cheese | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 | 0.0 | 0.0 | 1.3 | 0.0 |
| Cream | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Ice cream and ice milk | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.3 | 0.3 |
| Milk | 0.0 | 0.0 | 0.0 | 0.0 | 7.3 | 0.0 | 0.0 | 1.5 | 3.1 |
| Yogurt | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 |
| Non- Dairy Drinks | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 |
| Carbonated | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Coffee and tea | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Dry beverage | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Enriched drinks | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Fruit drinks | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Water | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Poultry | 1.7 | 1.5 | 0.0 | 0.0 | 0.0 | 7.5 | 3.7 | 1.8 | 0.3 |
| Chicken | 1.4 | 1.2 | 0.0 | 0.0 | 0.0 | 5.8 | 3.3 | 1.4 | 0.1 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Turkey | 0.3 | 0.3 | 0.0 | 0.0 | 0.0 | 1.6 | 0.4 | 0.4 | 0.2 |
| Prepared Foods | 1.7 | 1.4 | 0.0 | 0.5 | 1.2 | 0.6 | 0.9 | 1.4 | 0.3 |
| Burritos and tacos | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.0 |
| Meat- or cheese-filled pastry | 0.3 | 0.2 | 0.0 | 0.1 | 0.2 | 0.1 | 0.0 | 0.3 | 0.0 |
| Mixtures with fish | - | - | - | - | - | - | - | - | - |
| Pizza | 1.2 | 1.0 | 0.0 | 0.4 | 1.0 | 0.2 | 0.5 | 1.0 | 0.2 |
| Prepared meals | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Prepared sandwiches | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.3 | 0.2 | 0.1 | 0.1 |

Table E.17 (continued)

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|---|--------------|--------------|-------------|------------------|------------|------------|------------|------------|--------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | |
| Red Meats | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 3.1 | 0.3 | 1.2 | 0.1 |
| Beef and veal | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 2.5 | 0.2 | 0.9 | 0.0 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.2 | 0.0 |
| Pork | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 | 0.2 | 0.0 |
| Recipe mix ^c | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups and Gravies | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Gravies | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Sugar and Desserts | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 1.5 |
| Candies and toppings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Gelatins | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Jellies, jams, and preserves | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Puddings and pie filling | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Sherbet and ices | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 |
| Sugars | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 |
| Syrups | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Vegetables | 0.6 | 0.0 | 0.0 | 8.6 | 0.0 | 0.0 | 2.4 | 0.7 | 0.1 |
| Green vegetables ^d | 0.0 | 0.0 | 0.0 | 0.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixed vegetables | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixtures with vegetables ^e | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Other vegetables ^f | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Potato and potato products | 0.6 | 0.0 | 0.0 | 6.2 | 0.0 | 0.0 | 2.4 | 0.6 | 0.1 |
| Tomato and tomato products | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Yellow vegetables ^g | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used for both a la carte sales and reimbursable meals.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.18. Contribution of SFPS- III Food Groups and Subgroups for All Foods to Available MyPyramid Food Groups, SY 2009- 2010

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|--|--------------|--------------|-------------|------------------|------------|------------|-------------|-------------|--------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | |
| Bakery Products | 55.4 | 52.7 | 1.1 | 1.5 | 0.3 | 0.4 | 20.0 | 21.5 | 20.8 |
| Biscuits, muffins, pancakes, and waffles | 8.1 | 10.3 | 0.8 | 0.0 | 0.0 | 0.3 | 2.1 | 5.1 | 4.9 |
| Breads and rolls | 31.1 | 29.7 | 0.1 | 0.0 | 0.0 | 0.0 | 7.0 | 4.9 | 4.9 |
| Cakes and other bakery desserts | 6.2 | 2.5 | 0.2 | 0.0 | 0.1 | 0.1 | 0.8 | 8.5 | 8.7 |
| Crackers | 3.4 | 9.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.4 | 2.3 |
| Pretzels and snack chips | 6.6 | 0.9 | 0.0 | 1.5 | 0.1 | 0.0 | 10.0 | 0.6 | 0.0 |
| Condiments | 0.2 | 0.0 | 0.0 | 11.4 | 0.0 | 0.0 | 0.8 | 0.0 | 5.5 |
| Catsup and other sauces | 0.1 | 0.0 | 0.0 | 8.3 | 0.0 | 0.0 | 0.8 | 0.0 | 5.4 |
| Flavorings | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pickles and olives | 0.0 | 0.0 | 0.0 | 3.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 |
| Eggs | 0.1 | 0.0 | 0.0 | 0.0 | 0.3 | 3.0 | 0.1 | 1.3 | 0.0 |
| Eggs | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.3 | 0.0 | 0.3 | 0.0 |
| Mixtures with egg | 0.1 | 0.0 | 0.0 | 0.0 | 0.3 | 1.7 | 0.1 | 1.0 | 0.0 |
| Fats and Oils | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 | 29.3 | 9.1 | 0.8 |
| Butter | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.9 | 0.0 |
| Margarine | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 4.9 | 0.0 |
| Salad dressings and mayonnaise | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 | 18.8 | 1.1 | 0.8 |
| Vegetable oils and shortenings | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 10.3 | 2.2 | 0.0 |
| Fish | 0.8 | 0.1 | 0.0 | 0.0 | 0.0 | 2.6 | 1.9 | 0.2 | 0.0 |
| Fish | 0.6 | 0.1 | 0.0 | 0.0 | 0.0 | 2.1 | 1.5 | 0.1 | 0.0 |
| Shellfish | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.5 | 0.0 | 0.0 |
| Fruits and Juices | 0.2 | 0.0 | 97.7 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 7.4 |
| Fruits | 0.2 | 0.0 | 62.7 | 0.1 | 0.0 | 0.0 | 0.2 | 0.0 | 5.6 |
| Juices | 0.0 | 0.0 | 35.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.9 |
| Grain Products | 12.3 | 22.9 | 0.0 | 0.9 | 0.9 | 0.9 | 1.0 | 2.6 | 3.5 |
| Breakfast cereals | 2.0 | 7.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.3 | 2.6 |
| Flour and other milled grains | 4.2 | 9.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Flour mix ^a | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.7 |
| Mixtures with grain | 1.9 | 0.5 | 0.0 | 0.9 | 0.9 | 0.9 | 0.7 | 1.8 | 0.1 |
| Pasta and noodles | 1.9 | 2.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Rice, barley, and other grains | 1.8 | 2.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0.1 | 0.0 |

Table E.18 (continued)

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|---|--------------|--------------|-------------|------------------|-------------|-------------|-------------|-------------|--------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.0 | 0.0 | 0.0 | 2.5 | 0.0 | 4.9 | 4.8 | 0.1 | 0.5 |
| Dry beans and peas | 0.0 | 0.0 | 0.0 | 2.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 |
| Other nuts | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 |
| Peanuts and peanut butter | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.2 | 4.0 | 0.1 | 0.2 |
| Seeds | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.6 | 0.6 | 0.0 | 0.0 |
| Soybeans and soy products | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 | 0.0 |
| Milk and Other Dairy Products | 1.0 | 0.5 | 0.2 | 0.0 | 85.0 | 0.1 | 0.6 | 25.0 | 36.5 |
| Cheese | 0.8 | 0.5 | 0.0 | 0.0 | 12.1 | 0.0 | 0.5 | 12.7 | 0.0 |
| Cream | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 |
| Ice cream and ice milk | 0.2 | 0.0 | 0.0 | 0.0 | 0.5 | 0.1 | 0.1 | 1.5 | 1.5 |
| Milk | 0.0 | 0.0 | 0.0 | 0.0 | 71.3 | 0.0 | 0.0 | 10.2 | 33.2 |
| Yogurt | 0.0 | 0.0 | 0.2 | 0.0 | 1.1 | 0.0 | 0.0 | 0.2 | 1.7 |
| Non- Dairy Drinks | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 3.0 |
| Carbonated | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 |
| Coffee and tea | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.2 |
| Dry beverage | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 |
| Enriched drinks | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.3 |
| Fruit drinks | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 |
| Water | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Poultry | 7.1 | 4.3 | 0.0 | 0.2 | 0.0 | 48.6 | 15.4 | 9.3 | 1.7 |
| Chicken | 6.1 | 2.7 | 0.0 | 0.2 | 0.0 | 34.2 | 14.0 | 7.4 | 0.8 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Recipe mix ^b | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Turkey | 1.0 | 1.6 | 0.0 | 0.1 | 0.0 | 14.4 | 1.4 | 1.9 | 0.8 |
| Prepared Foods | 18.1 | 18.6 | 0.4 | 4.8 | 13.1 | 7.6 | 10.4 | 14.9 | 4.1 |
| Burritos and tacos | 2.1 | 1.2 | 0.0 | 0.7 | 0.5 | 0.6 | 0.7 | 0.9 | 0.0 |
| Meat- or cheese-filled pastry | 2.7 | 1.3 | 0.0 | 0.5 | 1.6 | 0.4 | 0.4 | 2.3 | 0.2 |
| Mixtures with fish | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Pizza | 10.9 | 11.5 | 0.0 | 3.6 | 9.7 | 2.0 | 5.0 | 9.2 | 2.2 |
| Prepared meals | 0.2 | 0.7 | 0.4 | 0.0 | 0.0 | 0.2 | 0.1 | 0.1 | 0.2 |
| Prepared sandwiches | 2.2 | 4.0 | 0.1 | 0.0 | 1.3 | 4.4 | 4.1 | 2.3 | 1.5 |

Table E.18 (continued)

| Food Group/Subgroup | Total Grains | Whole Grains | Total Fruit | Total Vegetables | Milk/Dairy | Total Meat | Oils | Solid Fats | Added Sugars |
|---|--------------|--------------|-------------|------------------|------------|-------------|-------------|-------------|--------------|
| Percentage Contribution to Total Amount Available | | | | | | | | | |
| Red Meats | 1.3 | 0.5 | 0.0 | 0.7 | 0.0 | 31.3 | 2.1 | 11.5 | 0.6 |
| Beef and veal | 0.6 | 0.0 | 0.0 | 0.6 | 0.0 | 23.2 | 1.2 | 7.6 | 0.3 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.2 | 0.3 | 0.0 | 0.0 | 0.0 | 2.4 | 0.4 | 1.6 | 0.1 |
| Pork | 0.4 | 0.2 | 0.0 | 0.1 | 0.0 | 5.7 | 0.4 | 2.3 | 0.2 |
| Recipe mix ^c | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Soups and Gravies | 0.5 | 0.0 | 0.0 | 1.0 | 0.0 | 0.4 | 0.0 | 0.3 | 0.1 |
| Gravies | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 |
| Soups | 0.1 | 0.0 | 0.0 | 1.0 | 0.0 | 0.3 | 0.0 | 0.2 | 0.1 |
| Sugar and Desserts | 0.2 | 0.2 | 0.4 | 0.0 | 0.3 | 0.0 | 0.5 | 0.5 | 14.8 |
| Candies and toppings | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0.3 | 1.1 |
| Gelatins | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.8 |
| Jellies, jams, and preserves | 0.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.0 |
| Puddings and pie filling | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.2 | 0.1 | 0.7 |
| Sherbet and ices | 0.0 | 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.8 |
| Sugars | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 6.3 |
| Syrups | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 3.1 |
| Vegetables | 2.7 | 0.1 | 0.0 | 76.7 | 0.1 | 0.1 | 12.9 | 3.6 | 0.7 |
| Green vegetables ^d | 0.0 | 0.0 | 0.0 | 16.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixed vegetables | 0.0 | 0.0 | 0.0 | 6.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Mixtures with vegetables ^e | 0.2 | 0.1 | 0.0 | 0.6 | 0.1 | 0.0 | 0.6 | 0.2 | 0.0 |
| Other vegetables ^f | 0.0 | 0.0 | 0.0 | 1.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Potato and potato products | 2.5 | 0.0 | 0.0 | 34.4 | 0.0 | 0.0 | 12.1 | 2.8 | 0.5 |
| Tomato and tomato products | 0.0 | 0.0 | 0.0 | 8.3 | 0.0 | 0.1 | 0.1 | 0.6 | 0.1 |
| Yellow vegetables ^g | 0.1 | 0.0 | 0.0 | 8.9 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were not reported by the 128 school districts included in this analysis.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.19. Mean Calorie Density, Sources of Calories, and Nutrient Density of a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009- 2010

| | Reference Standard ^a | All Foods | A La Carte- Only Foods | Foods Used in Reimbursable Meals | Mixed-Use Foods |
|--|---------------------------------|-----------|------------------------|----------------------------------|-----------------|
| Calorie Density (Calories per Gram) | | | | | |
| All Foods and Beverages | n.a. | 1.27 | 1.32 | 1.36 | 2.35 |
| Foods Only | n.a. | 1.99 | 3.38 | 1.93 | 2.83 |
| Sources of Calories (Percentage of Total Calories from ...) | | | | | |
| Total Fat | 25-35 | 32.0 | 32.7 | 32.6 | 33.6 |
| Saturated Fat | < 10 | 10.1 | 11.7 | 10.2 | 10.4 |
| Monounsaturated Fat | n.a. | 11.9 | 11.8 | 12.0 | 12.8 |
| Polyunsaturated Fat | n.a. | 7.5 | 6.6 | 7.9 | 7.8 |
| Linoleic Acid | n.a. | 6.7 | 6.1 | 7.1 | 7.1 |
| Alpha-linolenic Acid | n.a. | 0.7 | 0.5 | 0.8 | 0.6 |
| Carbohydrate | 45-65 | 53.9 | 59.6 | 53.2 | 54.0 |
| Protein | 10-30 | 15.6 | 7.6 | 15.8 | 13.6 |
| Nutrient Density (Nutrients per 1,000 Calories) | | | | | |
| Vitamins | | | | | |
| Vitamin A (mcg RAE) | 300 | 377 | 160 | 389 | 259 |
| Vitamin C (mg) | 23 | 36 | 40 | 37 | 31 |
| Vitamin E (mg AT) | 6 | 3.2 | 4.2 | 3.3 | 3.3 |
| Vitamin B ₆ (mg) | 0.5 | 0.8 | 0.9 | 0.8 | 0.7 |
| Vitamin B ₁₂ (mcg) | 0.9 | 2.3 | 1.6 | 2.3 | 1.9 |
| Folate, DFE (mcg) | 151 | 229 | 145 | 230 | 195 |
| Niacin (mg) | 6 | 10 | 9 | 10 | 9 |
| Riboflavin (mg) | 0.4 | 1.2 | 0.7 | 1.2 | 1.1 |
| Thiamin (mg) | 0.4 | 0.8 | 0.5 | 0.8 | 0.7 |
| Minerals | | | | | |
| Calcium (mg) | 616 | 641 | 404 | 622 | 555 |
| Iron (mg) | 5 | 6.9 | 5.4 | 6.9 | 6.5 |
| Magnesium (mg) | 124 | 131 | 122 | 130 | 123 |
| Phosphorus (mg) | 502 | 741 | 436 | 735 | 649 |
| Potassium (mg) | 2,228 | 1,363 | 820 | 1,366 | 1,115 |
| Sodium (mg) | < 1,098 | 1,930 | 1,383 | 1,977 | 1,661 |
| Zinc (mg) | 4 | 5.2 | 3.1 | 5.3 | 4.5 |
| Other Dietary Components | | | | | |
| Cholesterol (mg) | < 156 | 83 | 43 | 89 | 69 |
| Dietary Fiber (g) | 14 | 8.0 | 6.2 | 8.4 | 7.1 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Reference standards for total fat and protein are based on AMDRs defined in the DRIs for children and adolescents 4 to 18 years of age (IOM 2006).

The reference standards for saturated fat and cholesterol are based on the 2005 *Dietary Guidelines* (DHHS and USDA 2005).

Reference standards for vitamins and minerals are based on the DRIs and represent the average intakes recommended for school-age children, expressed on a per-1,000-calorie basis. See the text for additional details.

AMDR = Acceptable Macronutrient Distribution Ranges; AT = Alpha-tocopherol; DHHS = U.S. Department of Health and Human Services; DFE = dietary folate equivalent; DRI = Dietary Reference Intake; IOM = Institute of Medicine; RAE = retinol activity equivalent; SY = school year.

n.a. = not applicable.

Table E.20. Mean Calorie Density, Sources of Calories, and Nutrient Density of a la Carte- Only Foods, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories From...) | | | | | | | Carbohydrate | Protein |
|--|-----------------------------|--|---------------|----------------------|----------------------|---------------|----------------------|-------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Bakery Products | 4.37 | 35.1 | 8.4 | 14.3 | 9.5 | 8.9 | 0.5 | 59.8 | 6.2 | |
| Biscuits, muffins, pancakes, and waffles | 3.74 | 41.1 | 10.7 | 15.3 | 12.6 | 11.4 | 1.2 | 52.5 | 6.8 | |
| Breads and rolls | 2.84 | 14.0 | 3.0 | 4.6 | 5.4 | 5.0 | 0.4 | 72.5 | 13.3 | |
| Cakes and other bakery desserts | 4.34 | 35.3 | 12.4 | 15.4 | 5.0 | 4.7 | 0.3 | 61.1 | 5.2 | |
| Crackers | 4.56 | 32.4 | 8.4 | 16.4 | 5.5 | 5.1 | 0.3 | 59.1 | 8.1 | |
| Pretzels and snack chips | 4.53 | 34.4 | 6.0 | 12.8 | 12.3 | 11.6 | 0.7 | 59.8 | 6.8 | |
| Condiments | 0.93 | 26.6 | 9.4 | 9.8 | 4.8 | 3.6 | 1.2 | 82.6 | 21.1 | |
| Catsup and other sauces | 0.81 | 19.8 | 2.0 | 7.3 | 7.7 | 6.4 | 1.2 | 76.2 | 16.0 | |
| Flavorings | 2.42 | 43.3 | 25.4 | 14.4 | 1.5 | 1.5 | 0.0 | 93.6 | 29.4 | |
| Pickles and olives | 0.26 | 20.3 | 3.6 | 9.2 | 4.4 | 2.6 | 1.7 | 78.0 | 17.6 | |
| Eggs | 1.93 | 56.1 | 17.3 | 22.2 | 9.1 | 8.0 | 0.4 | 16.9 | 27.1 | |
| Eggs | 1.47 | 62.3 | 19.3 | 23.9 | 8.5 | 7.1 | 0.2 | 2.4 | 34.3 | |
| Mixtures with egg | 2.38 | 50.7 | 15.5 | 20.7 | 9.5 | 8.5 | 0.6 | 29.0 | 20.7 | |
| Fats and Oils | 6.42 | 99.4 | 31.6 | 27.5 | 33.5 | 29.9 | 3.6 | 2.2 | 0.4 | |
| Butter | 7.17 | 100.0 | 64.5 | 26.4 | 3.8 | 3.4 | 0.4 | 0.0 | 0.5 | |
| Margarine | - | - | - | - | - | - | - | - | - | |
| Salad dressings and mayonnaise | 5.38 | 95.8 | 14.3 | 24.6 | 49.8 | 44.1 | 5.7 | 5.5 | 0.6 | |
| Vegetable oils and shortenings | 8.39 | 100.0 | 25.4 | 41.9 | 28.6 | 26.7 | 1.9 | 0.1 | 0.0 | |
| Fish | 1.86 | 27.2 | 4.8 | 8.5 | 12.1 | 9.6 | 1.2 | 34.5 | 36.4 | |
| Fish | 1.49 | 14.2 | 2.6 | 3.3 | 6.9 | 4.7 | 0.6 | 36.1 | 46.8 | |
| Shellfish | 2.36 | 44.7 | 7.7 | 15.5 | 19.1 | 16.1 | 2.1 | 32.3 | 22.5 | |
| Fruits and Juices | 1.65 | 5.6 | 1.1 | 2.7 | 1.1 | 0.9 | 0.2 | 94.0 | 1.9 | |
| Fruits | 3.30 | 8.4 | 1.8 | 4.6 | 1.5 | 1.2 | 0.3 | 91.4 | 1.0 | |
| Juices | 0.53 | 1.8 | 0.3 | 0.2 | 0.5 | 0.4 | 0.1 | 97.6 | 3.0 | |
| Grain Products | 4.31 | 43.2 | 10.4 | 18.1 | 11.3 | 11.1 | 0.5 | 49.6 | 9.4 | |
| Breakfast cereals | 3.81 | 5.3 | 0.9 | 1.7 | 1.7 | 1.6 | 0.1 | 87.5 | 7.8 | |
| Flour and other milled grains | 3.64 | 2.4 | 0.4 | 0.2 | 1.0 | 1.0 | 0.1 | 83.9 | 11.4 | |
| Flour mix ^a | 4.13 | 23.3 | 4.9 | 10.0 | 6.8 | 6.4 | 0.5 | 73.1 | 6.8 | |
| Mixtures with grain | 2.15 | 39.2 | 11.2 | 16.5 | 8.4 | 7.6 | 0.6 | 43.3 | 17.5 | |
| Pasta and noodles | 1.57 | 5.3 | 1.0 | 0.7 | 1.8 | 1.7 | 0.1 | 78.2 | 14.7 | |
| Rice, barley, and other grains | 5.12 | 51.6 | 11.7 | 20.7 | 15.2 | 15.2 | 0.6 | 44.1 | 7.2 | |

Table E20 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from...) | | | | | | | Carbohydrate | Protein |
|--------------------------------------|-----------------------------|--|---------------|----------------------|----------------------|---------------|----------------------|-------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Legumes, Nuts, and Seeds | 5.30 | 70.0 | 10.3 | 22.4 | 34.4 | 33.9 | 0.3 | 20.0 | 16.3 | |
| Dry beans and peas | 1.26 | 2.8 | 0.6 | 0.3 | 1.3 | 0.7 | 0.6 | 72.5 | 27.5 | |
| Other nuts | 6.38 | 85.9 | 9.2 | 51.1 | 21.7 | 21.1 | 0.5 | 11.4 | 9.8 | |
| Peanuts and peanut butter | 5.85 | 76.8 | 13.9 | 37.4 | 22.7 | 22.6 | 0.1 | 13.2 | 17.5 | |
| Seeds | 5.85 | 77.5 | 11.0 | 13.3 | 50.2 | 50.1 | 0.1 | 14.9 | 14.7 | |
| Soybeans and soy products | 3.36 | 40.7 | 6.3 | 9.9 | 21.6 | 18.3 | 2.3 | 35.4 | 23.6 | |
| Milk and Other Dairy Products | 2.17 | 44.8 | 27.2 | 11.9 | 2.9 | 2.3 | 0.5 | 46.8 | 11.1 | |
| Cheese | 2.46 | 62.3 | 34.0 | 19.5 | 5.5 | 4.6 | 0.9 | 13.4 | 24.3 | |
| Cream | 1.83 | 85.4 | 53.2 | 24.7 | 3.2 | 1.9 | 1.2 | 9.7 | 6.9 | |
| Ice cream and ice milk | 2.34 | 43.8 | 27.2 | 11.0 | 2.6 | 2.1 | 0.5 | 52.0 | 7.5 | |
| Milk | 1.02 | 25.6 | 18.7 | 4.5 | 0.8 | 0.5 | 0.2 | 60.6 | 16.3 | |
| Yogurt | 0.97 | 11.1 | 7.1 | 3.1 | 0.3 | 0.2 | 0.1 | 71.5 | 19.6 | |
| Non- Dairy Drinks | 0.13 | 1.2 | 0.3 | 0.7 | 0.2 | 0.1 | 0.0 | 86.8 | 1.2 | |
| Carbonated | 0.24 | 1.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 1.6 | |
| Coffee and tea | 1.16 | 12.9 | 3.7 | 8.2 | 1.4 | 0.9 | 0.3 | 83.7 | 7.9 | |
| Dry beverage | 3.14 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.3 | |
| Enriched drinks | 0.25 | 0.3 | 0.1 | 0.1 | 0.2 | 0.1 | 0.0 | 99.4 | 0.0 | |
| Fruit drinks | 0.43 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.4 | |
| Water | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.1 | 0.0 | |
| Poultry | 2.30 | 46.0 | 11.0 | 18.4 | 12.8 | 11.4 | 0.8 | 18.6 | 34.0 | |
| Chicken | 2.25 | 45.9 | 10.8 | 18.7 | 12.6 | 11.1 | 0.8 | 16.2 | 36.3 | |
| Game birds | - | - | - | - | - | - | - | - | - | |
| Mixed poultry | - | - | - | - | - | - | - | - | - | |
| Recipe mix ^b | 2.29 | 68.8 | 12.2 | 18.7 | 32.1 | 28.2 | 3.3 | 2.2 | 28.2 | |
| Turkey | 2.78 | 45.9 | 12.6 | 15.4 | 14.5 | 13.5 | 0.7 | 39.8 | 14.1 | |
| Prepared Foods | 2.55 | 33.4 | 12.9 | 11.4 | 6.5 | 5.8 | 0.6 | 48.6 | 18.5 | |
| Burritos and tacos | 2.24 | 33.6 | 11.1 | 12.2 | 7.5 | 6.6 | 0.8 | 48.3 | 18.2 | |
| Meat- or cheese-filled pastry | 2.52 | 32.7 | 13.7 | 11.0 | 5.6 | 5.1 | 0.5 | 49.2 | 18.7 | |
| Mixtures with fish | 1.43 | 2.6 | 0.5 | 0.8 | 0.8 | 0.3 | 0.1 | 82.7 | 12.0 | |
| Pizza | 2.40 | 34.8 | 13.7 | 11.3 | 6.7 | 6.0 | 0.7 | 45.6 | 19.6 | |
| Prepared meals | 4.28 | 32.7 | 9.4 | 12.5 | 9.7 | 9.0 | 0.6 | 57.5 | 11.1 | |
| Prepared sandwiches | 2.79 | 39.9 | 14.8 | 14.4 | 7.6 | 6.8 | 0.6 | 38.5 | 22.0 | |

Table E.20 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from...) | | | | | | | |
|---------------------------------------|-----------------------------|--|---------------|----------------------|----------------------|---------------|----------------------|--------------|-------------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | Carbohydrate | Protein |
| Red Meats | 3.43 | 58.1 | 22.8 | 25.5 | 3.5 | 2.5 | 0.4 | 8.4 | 32.3 |
| Beef and veal | 3.30 | 54.9 | 22.2 | 24.0 | 2.4 | 2.0 | 0.3 | 9.2 | 34.7 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 3.00 | 72.9 | 24.8 | 31.9 | 10.2 | 9.1 | 0.8 | 9.4 | 16.6 |
| Pork | 4.41 | 70.0 | 22.9 | 30.9 | 8.1 | 2.4 | 0.3 | 1.0 | 27.1 |
| Recipe mix ^c | 1.40 | 51.8 | 20.2 | 20.1 | 1.9 | 1.6 | 0.2 | 23.9 | 22.6 |
| Soups and Gravies | 1.16 | 24.5 | 7.0 | 9.4 | 6.8 | 6.1 | 0.6 | 62.2 | 14.3 |
| Gravies | 4.08 | 32.1 | 11.0 | 11.6 | 9.5 | 8.5 | 0.9 | 56.6 | 11.4 |
| Soups | 1.06 | 22.5 | 6.3 | 8.6 | 6.3 | 5.6 | 0.6 | 65.0 | 14.3 |
| Sugar and Desserts | 2.18 | 15.3 | 8.5 | 4.4 | 0.6 | 0.6 | 0.1 | 82.3 | 3.0 |
| Candies and toppings | 4.53 | 31.5 | 21.6 | 5.8 | 1.5 | 1.5 | 0.0 | 68.0 | 2.8 |
| Gelatins | 1.50 | 0.4 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 100.0 | 16.3 |
| Jellies, jams, and preserves | 2.60 | 0.5 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 100.0 | 0.8 |
| Puddings and pie filling | 1.49 | 23.4 | 6.3 | 13.8 | 0.6 | 0.5 | 0.0 | 71.8 | 5.1 |
| Sherbet and ices | 1.31 | 10.9 | 6.1 | 2.9 | 0.4 | 0.4 | 0.1 | 86.6 | 2.6 |
| Sugars | 3.93 | 4.5 | 3.2 | 1.0 | 0.1 | 0.1 | 0.0 | 92.3 | 3.6 |
| Syrups | 2.83 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.0 |
| Vegetables | 1.51 | 34.3 | 7.0 | 14.1 | 11.4 | 9.9 | 1.4 | 60.5 | 7.6 |
| Green vegetables ^d | 0.17 | 10.1 | 1.3 | 0.4 | 2.4 | 1.1 | 1.3 | 77.6 | 24.2 |
| Mixed vegetables | 0.65 | 2.1 | 0.4 | 0.1 | 1.0 | 0.7 | 0.3 | 80.1 | 17.5 |
| Mixtures with vegetables ^e | 2.54 | 49.1 | 9.1 | 18.8 | 18.0 | 16.8 | 0.9 | 43.6 | 9.3 |
| Other vegetables ^f | 0.39 | 2.3 | 0.7 | 0.2 | 0.7 | 0.3 | 0.4 | 92.5 | 15.2 |
| Potato and potato products | 1.70 | 34.1 | 7.1 | 14.6 | 10.8 | 9.2 | 1.6 | 61.5 | 6.3 |
| Tomato and tomato products | 0.31 | 11.1 | 2.2 | 2.1 | 4.8 | 4.7 | 0.1 | 86.6 | 16.7 |
| Yellow vegetables ^g | 0.41 | 5.3 | 0.8 | 0.3 | 2.6 | 2.5 | 0.0 | 93.5 | 9.1 |

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Bakery Products | 67 | 69 | 6 | 4.5 | 0.5 | 0.5 | 135 | 184 | 8 | 0.7 | 0.7 |
| Biscuits, muffins, pancakes, and waffles | 93 | 100 | 3 | 3.8 | 0.2 | 0.3 | 191 | 280 | 6 | 0.6 | 0.7 |
| Breads and rolls | 25 | 24 | 3 | 1.3 | 0.3 | 0.2 | 437 | 667 | 14 | 1.0 | 1.8 |
| Cakes and other bakery desserts | 160 | 168 | 4 | 2.5 | 0.5 | 0.6 | 150 | 223 | 8 | 0.7 | 0.7 |
| Crackers | 28 | 27 | 0 | 1.2 | 0.3 | 0.2 | 234 | 362 | 10 | 1.0 | 0.8 |
| Pretzels and snack chips | 32 | 28 | 9 | 6.0 | 0.6 | 0.8 | 121 | 146 | 9 | 0.7 | 0.7 |
| Condiments | 1,379 | 688 | 289 | 9.2 | 2.3 | 0.0 | 113 | 117 | 9 | 1.6 | 1.4 |
| Catsup and other sauces | 2,420 | 1,215 | 109 | 12.5 | 3.4 | 0.0 | 82 | 94 | 9 | 1.7 | 1.5 |
| Flavorings | 1 | 1 | 2 | 0.4 | 0.8 | 0.0 | 112 | 112 | 9 | 1.0 | 0.5 |
| Pickles and olives | 1,573 | 775 | 926 | 10.9 | 2.4 | 0.0 | 140 | 140 | 10 | 2.0 | 1.9 |
| Eggs | 677 | 671 | 0 | 5.6 | 0.8 | 5.5 | 249 | 274 | 4 | 2.4 | 0.6 |
| Eggs | 1,027 | 1,016 | 0 | 6.8 | 0.9 | 8.4 | 314 | 314 | 0 | 3.3 | 0.5 |
| Mixtures with egg | 407 | 405 | 1 | 4.6 | 0.6 | 2.8 | 190 | 237 | 8 | 1.5 | 0.7 |
| Fats and Oils | 369 | 361 | 0 | 5.6 | 0.4 | 0.3 | 5 | 5 | 0 | 0.1 | 0.0 |
| Butter | 973 | 954 | 0 | 3.2 | 0.0 | 0.2 | 4 | 4 | 0 | 0.0 | 0.0 |
| Margarine | - | - | - | - | - | - | - | - | - | - | - |
| Salad dressings and mayonnaise | 98 | 94 | 0 | 8.1 | 0.6 | 0.4 | 7 | 7 | 0 | 0.1 | 0.1 |
| Vegetable oils and shortenings | 56 | 53 | 0 | 1.2 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Fish | 91 | 79 | 2 | 3.8 | 1.1 | 10.5 | 135 | 193 | 33 | 0.7 | 0.6 |
| Fish | 114 | 93 | 2 | 2.3 | 1.6 | 14.0 | 128 | 182 | 51 | 0.8 | 0.6 |
| Shellfish | 60 | 60 | 2 | 5.9 | 0.3 | 5.8 | 144 | 206 | 9 | 0.6 | 0.7 |
| Fruits and Juices | 320 | 163 | 383 | 3.6 | 0.9 | 0.0 | 118 | 118 | 2 | 0.3 | 0.5 |
| Fruits | 60 | 38 | 253 | 1.9 | 0.9 | 0.0 | 36 | 36 | 1 | 0.2 | 0.2 |
| Juices | 449 | 221 | 512 | 4.1 | 1.0 | 0.0 | 211 | 211 | 4 | 0.5 | 0.7 |
| Grain Products | 156 | 174 | 6 | 2.0 | 0.6 | 1.2 | 156 | 228 | 7 | 0.6 | 0.6 |
| Breakfast cereals | 1,386 | 1,383 | 72 | 0.9 | 6.1 | 18.4 | 1,279 | 2,146 | 53 | 5.2 | 4.4 |
| Flour and other milled grains | 0 | 0 | 0 | 0.2 | 0.1 | 0.0 | 503 | 799 | 16 | 1.4 | 2.2 |
| Flour mix ^a | 9 | 8 | 0 | 1.7 | 0.2 | 0.1 | 216 | 327 | 6 | 0.6 | 0.7 |
| Mixtures with grain | 313 | 448 | 20 | 3.5 | 0.7 | 0.9 | 232 | 326 | 11 | 1.0 | 1.1 |
| Pasta and noodles | 0 | 0 | 0 | 0.4 | 0.3 | 0.0 | 465 | 752 | 11 | 0.9 | 1.7 |
| Rice, barley, and other grains | 50 | 38 | 0 | 2.0 | 0.2 | 0.1 | 42 | 42 | 3 | 0.2 | 0.2 |

Table E.20 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 66 | 63 | 2 | 34.0 | 0.9 | 0.8 | 286 | 286 | 10 | 0.6 | 0.5 |
| Dry beans and peas | 1 | 0 | 2 | 3.6 | 1.0 | 0.0 | 718 | 718 | 3 | 0.4 | 1.1 |
| Other nuts | 3 | 1 | 1 | 19.4 | 0.3 | 0.0 | 56 | 56 | 4 | 0.8 | 0.6 |
| Peanuts and peanut butter | 0 | 0 | 0 | 13.9 | 0.7 | 0.0 | 162 | 162 | 24 | 0.2 | 0.2 |
| Seeds | 9 | 4 | 2 | 55.2 | 1.2 | 0.0 | 367 | 367 | 7 | 0.5 | 0.5 |
| Soybeans and soy products | 366 | 364 | 9 | 10.3 | 0.5 | 5.9 | 241 | 241 | 5 | 1.4 | 1.0 |
| Milk and Other Dairy Products | 470 | 464 | 3 | 2.1 | 0.2 | 2.2 | 41 | 45 | 1 | 1.2 | 0.2 |
| Cheese | 652 | 635 | 0 | 2.2 | 0.3 | 4.3 | 62 | 74 | 2 | 1.2 | 0.3 |
| Cream | 827 | 811 | 5 | 2.7 | 0.2 | 1.7 | 38 | 38 | 0 | 0.8 | 0.2 |
| Ice cream and ice milk | 441 | 437 | 3 | 2.2 | 0.2 | 1.5 | 33 | 35 | 1 | 1.1 | 0.2 |
| Milk | 694 | 687 | 11 | 0.9 | 0.5 | 4.6 | 58 | 58 | 2 | 2.1 | 0.5 |
| Yogurt | 113 | 110 | 8 | 0.2 | 0.4 | 5.2 | 105 | 105 | 1 | 2.0 | 0.4 |
| Non- Dairy Drinks | 83 | 83 | 179 | 16.4 | 6.5 | 6.0 | 42 | 42 | 52 | 0.3 | 0.3 |
| Carbonated | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.4 | 0.1 |
| Coffee and tea | 1 | 0 | 0 | 1.1 | 0.3 | 0.1 | 733 | 733 | 12 | 2.7 | 0.0 |
| Dry beverage | 0 | 0 | 1,239 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Enriched drinks | 0 | 0 | 114 | 18.7 | 7.9 | 10.3 | 2 | 2 | 62 | 0.0 | 0.4 |
| Fruit drinks | 305 | 301 | 284 | 0.6 | 0.7 | 0.0 | 78 | 78 | 5 | 0.7 | 0.4 |
| Water | 0 | 0 | 128 | 24.4 | 8.1 | 0.1 | 0 | 0 | 60 | 0.0 | 0.0 |
| Poultry | 70 | 141 | 2 | 3.5 | 1.4 | 0.9 | 95 | 128 | 29 | 0.7 | 1.1 |
| Chicken | 76 | 156 | 2 | 3.1 | 1.5 | 0.9 | 90 | 118 | 31 | 0.7 | 1.2 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 146 | 122 | 3 | 4.9 | 1.2 | 0.8 | 57 | 57 | 16 | 0.5 | 0.2 |
| Turkey | 12 | 10 | 0 | 6.9 | 0.4 | 0.7 | 142 | 210 | 9 | 0.7 | 0.9 |
| Prepared Foods | 241 | 423 | 5 | 2.8 | 0.4 | 1.2 | 249 | 336 | 10 | 1.1 | 0.9 |
| Burritos and tacos | 122 | 1,067 | 9 | 2.7 | 0.6 | 1.3 | 259 | 348 | 12 | 0.9 | 1.0 |
| Meat- or cheese-filled pastry | 278 | 468 | 8 | 2.4 | 0.3 | 1.1 | 237 | 325 | 9 | 1.2 | 1.0 |
| Mixtures with fish | 192 | 112 | 13 | 1.0 | 0.6 | 0.7 | 385 | 608 | 13 | 0.3 | 1.0 |
| Pizza | 265 | 327 | 2 | 2.8 | 0.4 | 1.4 | 251 | 325 | 11 | 1.2 | 0.9 |
| Prepared meals | 173 | 110 | 2 | 3.2 | 0.3 | 0.5 | 311 | 474 | 9 | 1.0 | 0.9 |
| Prepared sandwiches | 159 | 203 | 2 | 2.5 | 0.8 | 1.7 | 212 | 287 | 16 | 0.9 | 1.0 |

Table E.20 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|---------------------------------------|---|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Red Meats | 13 | 15 | 3 | 1.5 | 0.8 | 4.4 | 192 | 194 | 11 | 0.5 | 0.4 |
| Beef and veal | 10 | 14 | 2 | 1.6 | 0.8 | 5.1 | 216 | 218 | 11 | 0.6 | 0.3 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 26 | 24 | 0 | 1.6 | 0.5 | 2.6 | 33 | 46 | 10 | 0.5 | 0.5 |
| Pork | 25 | 25 | 1 | 0.9 | 0.8 | 2.7 | 6 | 6 | 21 | 0.5 | 0.9 |
| Recipe mix ^c | 185 | 121 | 196 | 3.2 | 1.2 | 4.4 | 107 | 143 | 14 | 0.7 | 0.4 |
| Soups and Gravies | 699 | 384 | 30 | 2.6 | 1.0 | 0.7 | 111 | 146 | 11 | 1.0 | 0.9 |
| Gravies | 41 | 42 | 2 | 1.8 | 0.5 | 0.9 | 113 | 142 | 3 | 0.7 | 0.3 |
| Soups | 755 | 410 | 48 | 3.0 | 1.1 | 0.6 | 102 | 135 | 12 | 1.0 | 1.0 |
| Sugar and Desserts | 53 | 51 | 12 | 0.4 | 0.2 | 0.6 | 21 | 22 | 1 | 0.5 | 0.1 |
| Candies and toppings | 37 | 37 | 6 | 0.7 | 0.1 | 0.4 | 25 | 31 | 2 | 0.2 | 0.1 |
| Gelatins | 12 | 5 | 17 | 0.3 | 0.4 | 0.0 | 23 | 23 | 1 | 0.2 | 0.1 |
| Jellies, jams, and preserves | 39 | 27 | 34 | 0.5 | 0.1 | 0.0 | 23 | 23 | 0 | 0.2 | 0.0 |
| Puddings and pie filling | 43 | 43 | 2 | 1.9 | 0.1 | 0.9 | 18 | 18 | 1 | 0.5 | 0.1 |
| Sherbet and ices | 73 | 70 | 15 | 0.1 | 0.1 | 0.8 | 23 | 23 | 0 | 0.6 | 0.2 |
| Sugars | 1 | 1 | 18 | 0.4 | 0.7 | 0.2 | 10 | 10 | 1 | 0.4 | 0.1 |
| Syrups | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.2 |
| Vegetables | 443 | 252 | 104 | 6.5 | 1.8 | 0.3 | 201 | 219 | 11 | 0.5 | 0.7 |
| Green vegetables ^d | 3,967 | 1,989 | 795 | 14.4 | 4.6 | 0.0 | 1,976 | 1,976 | 11 | 2.6 | 2.5 |
| Mixed vegetables | 6,545 | 3,277 | 49 | 5.8 | 1.1 | 0.0 | 292 | 292 | 13 | 1.8 | 1.1 |
| Mixtures with vegetables ^e | 394 | 227 | 18 | 5.7 | 0.7 | 1.3 | 189 | 250 | 15 | 1.3 | 0.8 |
| Other vegetables ^f | 15 | 10 | 563 | 3.6 | 4.5 | 0.0 | 838 | 838 | 9 | 1.1 | 1.2 |
| Potato and potato products | 101 | 92 | 67 | 4.4 | 1.9 | 0.2 | 115 | 126 | 9 | 0.3 | 0.7 |
| Tomato and tomato products | 3,141 | 1,590 | 694 | 25.8 | 4.7 | 0.0 | 812 | 812 | 38 | 1.2 | 1.9 |
| Yellow vegetables ^g | 40,746 | 20,366 | 144 | 16.1 | 3.4 | 0.0 | 463 | 463 | 24 | 1.4 | 1.6 |

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|--|--|-------------|----------------|-----------------|----------------|---------------|-------------|------------------|-------------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Bakery Products | 196 | 6.6 | 93 | 343 | 534 | 1,611 | 2.5 | 14 | 7.7 |
| Biscuits, muffins, pancakes, and waffles | 162 | 6.4 | 43 | 332 | 297 | 1,142 | 2.3 | 103 | 5.3 |
| Breads and rolls | 322 | 16.0 | 87 | 355 | 370 | 1,751 | 4.8 | 26 | 9.5 |
| Cakes and other bakery desserts | 177 | 7.8 | 89 | 306 | 380 | 730 | 2.0 | 18 | 5.2 |
| Crackers | 283 | 8.7 | 70 | 481 | 508 | 2,287 | 1.9 | 5 | 5.5 |
| Pretzels and snack chips | 238 | 5.9 | 107 | 385 | 707 | 2,257 | 3.1 | 3 | 9.9 |
| Condiments | 1,252 | 32.5 | 876 | 1,439 | 5,968 | 26,276 | 12.6 | 0 | 71.3 |
| Catsup and other sauces | 514 | 22.1 | 428 | 844 | 4,891 | 18,824 | 6.5 | 0 | 26.5 |
| Flavorings | 545 | 49.3 | 1,784 | 2,708 | 5,816 | 5,555 | 24.6 | 0 | 120.5 |
| Pickles and olives | 2,573 | 29.3 | 514 | 886 | 6,729 | 51,359 | 7.8 | 0 | 73.2 |
| Eggs | 396 | 9.8 | 85 | 1,046 | 850 | 1,847 | 6.4 | 1,786 | 1.7 |
| Eggs | 355 | 11.1 | 78 | 1,261 | 897 | 1,254 | 7.4 | 2,885 | 0.0 |
| Mixtures with egg | 415 | 7.8 | 88 | 825 | 783 | 2,463 | 5.3 | 847 | 3.2 |
| Fats and Oils | 19 | 0.2 | 2 | 32 | 34 | 954 | 0.2 | 122 | 0.1 |
| Butter | 33 | 0.0 | 3 | 33 | 33 | 803 | 0.1 | 300 | 0.0 |
| Margarine | - | - | - | - | - | - | - | - | - |
| Salad dressings and mayonnaise | 20 | 0.5 | 4 | 47 | 60 | 1,442 | 0.3 | 47 | 0.4 |
| Vegetable oils and shortenings | 4 | 0.1 | 0 | 2 | 3 | 58 | 0.0 | 0 | 0.0 |
| Fish | 196 | 8.1 | 184 | 938 | 1,170 | 3,323 | 3.3 | 208 | 3.8 |
| Fish | 277 | 9.4 | 211 | 953 | 1,435 | 3,947 | 3.9 | 205 | 3.2 |
| Shellfish | 88 | 6.5 | 149 | 919 | 816 | 2,491 | 2.4 | 212 | 4.6 |
| Fruits and Juices | 126 | 4.6 | 97 | 150 | 1,718 | 532 | 0.8 | 0 | 2.9 |
| Fruits | 85 | 2.6 | 56 | 92 | 815 | 910 | 0.7 | 0 | 2.7 |
| Juices | 164 | 6.8 | 148 | 216 | 2,745 | 92 | 0.9 | 0 | 3.1 |
| Grain Products | 180 | 8.3 | 151 | 533 | 538 | 1,687 | 4.7 | 56 | 14.3 |
| Breakfast cereals | 223 | 69.6 | 114 | 426 | 454 | 1,875 | 10.4 | 0 | 8.3 |
| Flour and other milled grains | 41 | 12.7 | 60 | 297 | 294 | 5 | 1.9 | 0 | 7.4 |
| Flour mix ^a | 303 | 7.8 | 84 | 716 | 602 | 2,327 | 1.6 | 1 | 6.7 |
| Mixtures with grain | 320 | 9.1 | 109 | 596 | 921 | 2,409 | 4.3 | 249 | 7.0 |
| Pasta and noodles | 45 | 8.1 | 115 | 369 | 280 | 1,478 | 3.2 | 0 | 11.5 |
| Rice, barley, and other grains | 104 | 4.2 | 172 | 479 | 439 | 1,480 | 4.5 | 11 | 17.5 |

Table E.20 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|--------------------------------------|--|------------|------------|--------------|--------------|--------------|------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Legumes, Nuts, and Seeds | 278 | 7.9 | 311 | 1,341 | 1,180 | 764 | 8.2 | 0 | 16.6 |
| Dry beans and peas | 382 | 24.0 | 404 | 931 | 4,002 | 1,885 | 9.4 | 1 | 53.9 |
| Other nuts | 251 | 4.6 | 345 | 633 | 876 | 352 | 6.4 | 0 | 13.4 |
| Peanuts and peanut butter | 104 | 3.2 | 285 | 721 | 1,132 | 472 | 7.5 | 0 | 10.9 |
| Seeds | 141 | 9.4 | 295 | 1,956 | 889 | 573 | 9.3 | 0 | 16.9 |
| Soybeans and soy products | 846 | 3.8 | 224 | 590 | 1,000 | 2,781 | 4.4 | 0 | 16.4 |
| Milk and Other Dairy Products | 794 | 2.0 | 104 | 677 | 999 | 627 | 4.2 | 134 | 4.3 |
| Cheese | 1,525 | 2.1 | 80 | 1,218 | 629 | 2,131 | 7.0 | 171 | 0.8 |
| Cream | 623 | 0.4 | 59 | 507 | 773 | 265 | 2.1 | 245 | 0.0 |
| Ice cream and ice milk | 521 | 2.1 | 100 | 481 | 944 | 301 | 3.2 | 133 | 5.2 |
| Milk | 1,620 | 3.4 | 198 | 1,249 | 2,214 | 945 | 5.5 | 58 | 6.9 |
| Yogurt | 1,682 | 1.3 | 177 | 1,345 | 2,237 | 645 | 8.4 | 46 | 1.1 |
| Non- Dairy Drinks | 4,262 | 2.4 | 877 | 310 | 1,541 | 1,745 | 0.6 | 0 | 1.1 |
| Carbonated | 110 | 5.0 | 19 | 434 | 207 | 259 | 0.7 | 0 | 0.0 |
| Coffee and tea | 153 | 5.2 | 712 | 552 | 10,904 | 832 | 4.6 | 1 | 6.6 |
| Dry beverage | 2,184 | 0.9 | 6 | 2,323 | 941 | 823 | 0.2 | 0 | 0.2 |
| Enriched drinks | 49 | 2.4 | 1 | 273 | 703 | 1,374 | 0.4 | 0 | 0.0 |
| Fruit drinks | 382 | 2.1 | 75 | 157 | 741 | 183 | 0.3 | 0 | 0.1 |
| Water | 1,191 | 0.4 | 235 | 0 | 233 | 425 | 0.0 | 0 | 0.0 |
| Poultry | 108 | 6.3 | 95 | 658 | 814 | 2,264 | 5.0 | 258 | 2.5 |
| Chicken | 105 | 6.3 | 98 | 686 | 846 | 2,267 | 5.1 | 275 | 2.4 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 83 | 3.4 | 66 | 424 | 747 | 690 | 5.3 | 240 | 1.7 |
| Turkey | 131 | 6.4 | 63 | 416 | 536 | 2,259 | 4.1 | 112 | 3.5 |
| Prepared Foods | 757 | 8.9 | 114 | 827 | 841 | 2,139 | 5.2 | 68 | 8.1 |
| Burritos and tacos | 389 | 9.4 | 126 | 607 | 847 | 1,959 | 5.6 | 76 | 11.0 |
| Meat- or cheese-filled pastry | 905 | 8.7 | 105 | 887 | 874 | 1,856 | 4.9 | 67 | 8.2 |
| Mixtures with fish | 126 | 9.7 | 112 | 399 | 664 | 4,399 | 2.9 | 21 | 2.8 |
| Pizza | 809 | 9.2 | 115 | 896 | 863 | 2,274 | 5.4 | 77 | 7.8 |
| Prepared meals | 430 | 9.4 | 91 | 526 | 643 | 2,694 | 3.6 | 28 | 5.8 |
| Prepared sandwiches | 539 | 7.5 | 108 | 709 | 723 | 2,569 | 6.2 | 125 | 6.2 |

Table E.20 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|---------------------------------------|--|-------------|------------|------------|--------------|---------------|-------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Red Meats | 66 | 10.8 | 104 | 905 | 1,316 | 4,509 | 17.6 | 189 | 2.8 |
| Beef and veal | 69 | 12.2 | 111 | 945 | 1,386 | 4,658 | 20.1 | 193 | 3.1 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 94 | 4.1 | 49 | 428 | 576 | 3,108 | 5.3 | 197 | 0.7 |
| Pork | 26 | 3.1 | 61 | 884 | 1,039 | 3,899 | 6.6 | 220 | 0.0 |
| Recipe mix ^c | 179 | 8.4 | 100 | 636 | 1,450 | 4,721 | 12.4 | 307 | 7.9 |
| Soups and Gravies | 303 | 13.8 | 141 | 569 | 1,846 | 13,272 | 5.7 | 87 | 14.1 |
| Gravies | 282 | 23.2 | 74 | 499 | 757 | 10,134 | 2.8 | 58 | 9.3 |
| Soups | 297 | 13.4 | 155 | 568 | 2,111 | 13,191 | 5.9 | 82 | 15.0 |
| Sugar and Desserts | 288 | 2.5 | 68 | 254 | 678 | 395 | 2.9 | 6 | 6.0 |
| Candies and toppings | 105 | 2.1 | 64 | 171 | 367 | 195 | 1.6 | 10 | 3.6 |
| Gelatins | 278 | 0.7 | 121 | 2,564 | 587 | 2,404 | 0.2 | 0 | 3.1 |
| Jellies, jams, and preserves | 77 | 1.9 | 15 | 42 | 296 | 138 | 0.2 | 0 | 2.7 |
| Puddings and pie filling | 351 | 5.2 | 80 | 350 | 914 | 1,131 | 1.8 | 7 | 0.7 |
| Sherbet and ices | 314 | 1.9 | 49 | 232 | 589 | 282 | 3.1 | 6 | 7.5 |
| Sugars | 424 | 3.9 | 163 | 321 | 1,189 | 581 | 6.5 | 0 | 8.9 |
| Syrups | 46 | 0.0 | 4 | 0 | 4 | 219 | 1.6 | 0 | 0.0 |
| Vegetables | 186 | 6.1 | 175 | 438 | 2,816 | 2,159 | 2.9 | 35 | 16.4 |
| Green vegetables ^d | 1,516 | 26.9 | 875 | 1,598 | 11,419 | 1,426 | 12.3 | 0 | 77.7 |
| Mixed vegetables | 385 | 12.6 | 338 | 785 | 2,585 | 3,662 | 7.5 | 0 | 67.7 |
| Mixtures with vegetables ^e | 236 | 8.8 | 85 | 505 | 1,335 | 2,167 | 3.6 | 76 | 10.6 |
| Other vegetables ^f | 528 | 11.4 | 300 | 898 | 5,445 | 390 | 6.8 | 0 | 58.8 |
| Potato and potato products | 102 | 4.5 | 153 | 381 | 2,555 | 2,060 | 2.1 | 31 | 12.6 |
| Tomato and tomato products | 506 | 17.1 | 549 | 1,057 | 11,362 | 6,396 | 8.6 | 5 | 44.8 |
| Yellow vegetables ^g | 805 | 7.3 | 293 | 854 | 7,805 | 1,683 | 5.9 | 0 | 68.3 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for a la carte sales.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce, beef stew mixes, and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.21. Mean Calorie Density, Sources of Calories, and Nutrient Density of Foods Used in Reimbursable Meals, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

| Food Group/Subgroup | Energy Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|--|----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Bakery Products | 3.26 | 25.8 | 5.9 | 10.2 | 7.7 | 7.1 | 0.6 | 64.5 | 9.8 | |
| Biscuits, muffins, pancakes, and waffles | 3.02 | 34.1 | 7.7 | 13.2 | 10.4 | 9.4 | 1.0 | 58.4 | 8.1 | |
| Breads and rolls | 2.87 | 17.4 | 4.1 | 6.8 | 5.4 | 4.9 | 0.5 | 69.2 | 12.6 | |
| Cakes and other bakery desserts | 4.15 | 35.8 | 11.6 | 16.5 | 5.2 | 4.9 | 0.3 | 61.0 | 4.9 | |
| Crackers | 4.46 | 29.5 | 7.1 | 13.6 | 6.8 | 6.4 | 0.4 | 63.3 | 7.4 | |
| Pretzels and snack chips | 4.83 | 40.5 | 6.0 | 12.9 | 17.7 | 17.2 | 0.5 | 55.4 | 5.9 | |
| Condiments | 0.80 | 11.6 | 1.6 | 4.6 | 4.4 | 3.8 | 0.6 | 89.9 | 7.8 | |
| Catsup and other sauces | 0.95 | 10.6 | 1.3 | 3.6 | 4.7 | 4.1 | 0.6 | 92.4 | 7.4 | |
| Flavorings | 0.80 | 3.8 | 2.0 | 1.2 | 0.4 | 0.4 | 0.0 | 62.4 | 14.3 | |
| Pickles and olives | 0.33 | 22.8 | 3.6 | 12.7 | 3.9 | 2.6 | 1.3 | 78.4 | 12.7 | |
| Eggs | 1.61 | 61.6 | 19.5 | 24.0 | 9.3 | 8.0 | 0.4 | 7.9 | 30.4 | |
| Eggs | 1.47 | 61.9 | 19.2 | 23.7 | 8.4 | 7.1 | 0.2 | 2.4 | 35.0 | |
| Mixtures with egg | 1.77 | 61.1 | 19.4 | 24.2 | 10.2 | 8.9 | 0.6 | 13.1 | 26.1 | |
| Fats and Oils | 5.01 | 94.5 | 17.5 | 34.1 | 38.2 | 34.0 | 4.2 | 6.8 | 0.5 | |
| Butter | 7.21 | 100.0 | 64.4 | 26.5 | 3.8 | 3.4 | 0.4 | 0.0 | 0.5 | |
| Margarine | 6.80 | 100.0 | 20.0 | 45.8 | 31.8 | 29.0 | 2.7 | 0.3 | 0.2 | |
| Salad dressings and mayonnaise | 3.84 | 86.9 | 14.2 | 26.7 | 40.8 | 35.9 | 4.9 | 14.3 | 0.8 | |
| Vegetable oils and shortenings | 5.77 | 92.9 | 15.5 | 33.7 | 40.0 | 36.5 | 3.4 | 5.3 | 3.2 | |
| Fish | 2.03 | 35.8 | 6.3 | 12.1 | 15.2 | 12.2 | 1.6 | 24.5 | 38.0 | |
| Fish | 2.02 | 35.5 | 6.3 | 12.1 | 15.1 | 12.2 | 1.6 | 24.4 | 38.4 | |
| Shellfish | 2.25 | 42.6 | 7.3 | 14.3 | 18.4 | 15.1 | 2.0 | 29.3 | 27.2 | |
| Fruits and Juices | 0.56 | 2.3 | 0.4 | 0.3 | 0.7 | 0.5 | 0.1 | 100.0 | 3.2 | |
| Fruits | 0.60 | 2.4 | 0.4 | 0.4 | 0.7 | 0.6 | 0.2 | 100.0 | 3.3 | |
| Juices | 0.49 | 2.2 | 0.3 | 0.2 | 0.6 | 0.5 | 0.1 | 97.3 | 3.2 | |
| Grain Products | 2.23 | 14.6 | 4.0 | 5.1 | 3.8 | 3.5 | 0.3 | 73.7 | 11.6 | |
| Breakfast cereals | 3.90 | 11.2 | 1.9 | 4.0 | 3.2 | 3.0 | 0.2 | 83.0 | 7.2 | |
| Flour and other milled grains | 3.24 | 2.8 | 0.4 | 0.4 | 1.2 | 1.2 | 0.1 | 85.3 | 10.3 | |
| Flour mix ^a | 4.22 | 26.5 | 5.7 | 12.5 | 6.8 | 6.4 | 0.4 | 69.3 | 5.8 | |
| Mixtures with grain | 1.91 | 32.8 | 11.3 | 12.0 | 6.9 | 6.2 | 0.6 | 50.9 | 17.0 | |
| Pasta and noodles | 1.62 | 6.6 | 1.2 | 1.1 | 2.7 | 2.4 | 0.2 | 77.6 | 14.6 | |
| Rice, barley, and other grains | 1.37 | 7.5 | 1.6 | 2.6 | 2.4 | 2.3 | 0.1 | 81.6 | 9.1 | |

Table E.21 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | |
|--------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|-------------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | Carbohydrate | Protein |
| Legumes, Nuts, and Seeds | 2.19 | 34.5 | 7.1 | 13.7 | 12.2 | 11.5 | 0.5 | 50.3 | 20.6 |
| Dry beans and peas | 1.11 | 5.6 | 1.3 | 1.9 | 1.9 | 1.2 | 0.5 | 76.1 | 23.3 |
| Other nuts | 6.36 | 85.8 | 10.5 | 45.9 | 25.4 | 23.2 | 2.2 | 11.7 | 9.6 |
| Peanuts and peanut butter | 5.78 | 75.7 | 15.5 | 36.4 | 21.4 | 21.3 | 0.1 | 15.0 | 16.8 |
| Seeds | 5.91 | 77.9 | 10.3 | 22.6 | 41.7 | 41.4 | 0.2 | 15.5 | 13.7 |
| Soybeans and soy products | 2.63 | 48.0 | 12.8 | 10.5 | 21.5 | 18.0 | 2.3 | 26.5 | 25.7 |
| Milk and Other Dairy Products | 0.92 | 28.4 | 17.4 | 8.2 | 1.3 | 1.0 | 0.3 | 49.2 | 24.3 |
| Cheese | 2.91 | 65.1 | 38.5 | 19.3 | 3.7 | 2.9 | 0.8 | 9.3 | 25.7 |
| Cream | 1.99 | 83.0 | 51.7 | 24.0 | 3.1 | 1.9 | 1.2 | 12.1 | 6.8 |
| Ice cream and ice milk | 2.11 | 44.3 | 27.8 | 11.4 | 2.1 | 1.5 | 0.6 | 51.2 | 7.6 |
| Milk | 0.63 | 15.6 | 10.1 | 4.1 | 0.6 | 0.4 | 0.1 | 62.7 | 24.3 |
| Yogurt | 0.93 | 10.4 | 6.7 | 2.9 | 0.3 | 0.2 | 0.1 | 70.7 | 20.2 |
| Non- Dairy Drinks | 0.85 | 6.2 | 1.8 | 3.5 | 0.6 | 0.5 | 0.1 | 91.2 | 3.7 |
| Carbonated | 0.33 | 1.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 2.1 |
| Coffee and tea | 2.02 | 19.0 | 5.2 | 11.8 | 1.6 | 1.3 | 0.3 | 75.5 | 8.8 |
| Dry beverage | 3.11 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.3 |
| Enriched drinks | 0.24 | 0.3 | 0.1 | 0.1 | 0.2 | 0.1 | 0.0 | 99.2 | 0.0 |
| Fruit drinks | 0.43 | 0.2 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 100.0 | 0.5 |
| Water | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Poultry | 2.11 | 45.3 | 10.4 | 17.6 | 13.2 | 11.7 | 0.9 | 20.8 | 32.6 |
| Chicken | 2.23 | 46.7 | 10.4 | 19.0 | 13.7 | 12.2 | 1.0 | 21.5 | 30.8 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 1.32 | 55.8 | 14.4 | 24.6 | 13.9 | 12.5 | 0.3 | 1.0 | 40.4 |
| Recipe mix ^b | 1.91 | 55.0 | 12.3 | 18.0 | 20.2 | 17.8 | 1.9 | 16.3 | 27.7 |
| Turkey | 1.80 | 40.3 | 10.4 | 13.3 | 10.8 | 9.4 | 0.5 | 16.6 | 41.1 |
| Prepared Foods | 2.49 | 35.1 | 13.3 | 12.1 | 6.9 | 6.3 | 0.6 | 46.9 | 18.8 |
| Burritos and tacos | 2.24 | 31.8 | 10.8 | 11.2 | 7.1 | 6.2 | 0.8 | 50.6 | 17.8 |
| Meat- or cheese-filled pastry | 2.52 | 32.7 | 13.7 | 11.0 | 5.6 | 5.1 | 0.5 | 49.2 | 18.7 |
| Mixtures with fish | 1.43 | 2.6 | 0.5 | 0.8 | 0.8 | 0.3 | 0.1 | 82.7 | 12.0 |
| Pizza | 2.37 | 34.2 | 13.8 | 10.9 | 6.6 | 5.9 | 0.7 | 46.3 | 19.8 |
| Prepared meals | 1.55 | 27.5 | 6.3 | 8.0 | 10.9 | 9.8 | 0.9 | 57.2 | 16.0 |
| Prepared sandwiches | 3.53 | 45.6 | 12.6 | 19.9 | 10.6 | 10.2 | 0.4 | 41.3 | 16.6 |

Table E.21 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from...) | | | | | | | |
|---------------------------------------|-----------------------------|--|---------------|----------------------|----------------------|---------------|----------------------|--------------|-------------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | Carbohydrate | Protein |
| Red Meats | 2.44 | 60.1 | 21.1 | 25.7 | 5.6 | 4.8 | 0.4 | 8.2 | 30.5 |
| Beef and veal | 2.28 | 58.0 | 21.5 | 24.9 | 2.9 | 2.5 | 0.3 | 6.0 | 34.8 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 3.37 | 70.0 | 23.8 | 29.2 | 8.8 | 7.8 | 0.7 | 10.2 | 18.7 |
| Pork | 2.58 | 59.3 | 19.1 | 25.3 | 8.9 | 7.6 | 0.4 | 11.1 | 28.2 |
| Recipe mix ^c | 1.02 | 25.7 | 9.4 | 8.2 | 3.7 | 3.4 | 0.3 | 55.3 | 19.3 |
| Soups and Gravies | 1.66 | 31.5 | 10.8 | 12.3 | 6.4 | 5.9 | 0.4 | 53.3 | 16.5 |
| Gravies | 3.32 | 32.9 | 12.9 | 13.0 | 5.9 | 5.5 | 0.4 | 56.6 | 10.8 |
| Soups | 1.17 | 32.4 | 9.6 | 12.3 | 7.5 | 6.9 | 0.4 | 48.2 | 21.1 |
| Sugar and Desserts | 2.87 | 5.7 | 2.4 | 2.1 | 0.5 | 0.5 | 0.0 | 96.6 | 1.2 |
| Candies and toppings | 4.11 | 24.6 | 12.3 | 7.2 | 3.3 | 3.1 | 0.2 | 76.5 | 1.8 |
| Gelatins | 3.72 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 96.0 | 8.5 |
| Jellies, jams, and preserves | 2.60 | 0.5 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 100.0 | 0.8 |
| Puddings and pie filling | 1.66 | 20.3 | 5.6 | 11.9 | 0.6 | 0.6 | 0.0 | 75.3 | 4.6 |
| Sherbet and ices | 1.15 | 8.3 | 4.2 | 2.1 | 0.4 | 0.3 | 0.1 | 89.9 | 1.9 |
| Sugars | 3.86 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.1 |
| Syrups | 2.67 | 0.3 | 0.1 | 0.1 | 0.2 | 0.2 | 0.0 | 100.0 | 0.0 |
| Vegetables | 1.00 | 25.0 | 4.4 | 10.3 | 8.9 | 7.6 | 1.2 | 69.8 | 9.1 |
| Green vegetables ^d | 0.25 | 7.0 | 1.2 | 0.4 | 2.8 | 1.4 | 1.4 | 78.1 | 27.0 |
| Mixed vegetables | 0.34 | 7.2 | 1.2 | 0.3 | 3.4 | 1.5 | 1.9 | 79.0 | 26.0 |
| Mixtures with vegetables ^e | 2.20 | 51.0 | 9.7 | 17.5 | 20.1 | 18.3 | 1.5 | 41.4 | 9.2 |
| Other vegetables ^f | 0.61 | 3.7 | 0.9 | 0.4 | 1.3 | 0.8 | 0.5 | 90.3 | 16.8 |
| Potato and potato products | 1.88 | 29.4 | 4.8 | 13.5 | 9.9 | 8.3 | 1.5 | 66.3 | 6.1 |
| Tomato and tomato products | 0.61 | 22.8 | 5.7 | 5.0 | 9.8 | 9.5 | 0.2 | 69.9 | 11.5 |
| Yellow vegetables ^g | 0.65 | 10.3 | 1.5 | 2.9 | 4.7 | 4.3 | 0.4 | 90.3 | 10.4 |

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Bakery Products | 39 | 51 | 2 | 2.1 | 0.3 | 0.4 | 263 | 398 | 11 | 1.0 | 1.1 |
| Biscuits, muffins, pancakes, and waffles | 80 | 127 | 3 | 3.9 | 0.3 | 0.5 | 208 | 310 | 8 | 1.0 | 1.0 |
| Breads and rolls | 9 | 8 | 0 | 1.0 | 0.3 | 0.3 | 360 | 549 | 14 | 1.1 | 1.5 |
| Cakes and other bakery desserts | 212 | 213 | 3 | 2.8 | 0.5 | 0.3 | 133 | 203 | 7 | 0.7 | 0.7 |
| Crackers | 12 | 11 | 0 | 1.2 | 0.3 | 0.1 | 186 | 280 | 10 | 0.8 | 0.6 |
| Pretzels and snack chips | 7 | 5 | 3 | 4.2 | 0.4 | 0.1 | 75 | 94 | 4 | 0.9 | 0.3 |
| Condiments | 771 | 389 | 144 | 12.9 | 1.6 | 0.0 | 78 | 79 | 9 | 1.0 | 0.4 |
| Catsup and other sauces | 818 | 414 | 100 | 13.7 | 1.6 | 0.0 | 78 | 79 | 10 | 1.0 | 0.4 |
| Flavorings | 2 | 2 | 6 | 0.2 | 1.4 | 0.0 | 49 | 49 | 9 | 1.0 | 0.6 |
| Pickles and olives | 1,351 | 667 | 774 | 10.6 | 1.8 | 0.0 | 110 | 110 | 7 | 1.5 | 1.3 |
| Eggs | 887 | 874 | 0 | 6.2 | 0.8 | 6.8 | 246 | 253 | 2 | 2.8 | 0.5 |
| Eggs | 999 | 989 | 0 | 6.7 | 0.9 | 8.5 | 317 | 317 | 0 | 3.4 | 0.5 |
| Mixtures with egg | 795 | 780 | 0 | 5.9 | 0.7 | 5.2 | 183 | 198 | 3 | 2.3 | 0.5 |
| Fats and Oils | 550 | 518 | 0 | 10.9 | 0.1 | 0.2 | 4 | 4 | 0 | 0.1 | 0.0 |
| Butter | 973 | 954 | 0 | 3.2 | 0.0 | 0.2 | 4 | 4 | 0 | 0.0 | 0.0 |
| Margarine | 1,317 | 1,242 | 0 | 11.9 | 0.0 | 0.1 | 2 | 2 | 0 | 0.1 | 0.0 |
| Salad dressings and mayonnaise | 56 | 51 | 0 | 9.4 | 0.2 | 0.2 | 8 | 8 | 0 | 0.1 | 0.1 |
| Vegetable oils and shortenings | 4,625 | 4,355 | 2 | 33.7 | 0.1 | 0.6 | 11 | 11 | 0 | 0.2 | 0.1 |
| Fish | 87 | 86 | 1 | 5.3 | 0.9 | 10.2 | 117 | 164 | 32 | 0.6 | 0.6 |
| Fish | 83 | 83 | 1 | 5.2 | 1.0 | 10.5 | 117 | 164 | 34 | 0.6 | 0.6 |
| Shellfish | 98 | 97 | 3 | 6.3 | 0.4 | 5.9 | 129 | 184 | 9 | 0.5 | 0.6 |
| Fruits and Juices | 290 | 145 | 308 | 3.6 | 1.1 | 0.0 | 149 | 149 | 5 | 0.5 | 0.6 |
| Fruits | 355 | 178 | 206 | 4.3 | 1.0 | 0.0 | 119 | 119 | 5 | 0.5 | 0.5 |
| Juices | 167 | 83 | 504 | 2.0 | 1.2 | 0.0 | 212 | 212 | 4 | 0.5 | 0.8 |
| Grain Products | 383 | 384 | 17 | 1.5 | 1.4 | 3.2 | 521 | 849 | 19 | 1.6 | 1.9 |
| Breakfast cereals | 1,381 | 1,389 | 58 | 2.3 | 4.6 | 12.7 | 1,159 | 1,934 | 46 | 3.9 | 3.7 |
| Flour and other milled grains | 4 | 2 | 0 | 0.4 | 0.2 | 0.0 | 390 | 615 | 14 | 1.1 | 1.8 |
| Flour mix ^a | 20 | 17 | 0 | 1.4 | 0.2 | 0.2 | 209 | 336 | 6 | 0.6 | 0.7 |
| Mixtures with grain | 279 | 288 | 20 | 2.8 | 0.6 | 1.4 | 208 | 302 | 10 | 1.0 | 1.0 |
| Pasta and noodles | 0 | 0 | 0 | 0.7 | 0.3 | 0.0 | 429 | 692 | 10 | 0.8 | 1.7 |
| Rice, barley, and other grains | 4 | 3 | 0 | 0.3 | 1.1 | 0.0 | 353 | 585 | 14 | 0.2 | 1.2 |

Table E.21 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 34 | 19 | 8 | 10.4 | 1.0 | 0.4 | 382 | 382 | 9 | 0.5 | 0.8 |
| Dry beans and peas | 46 | 22 | 13 | 1.3 | 1.0 | 0.0 | 522 | 522 | 4 | 0.5 | 1.0 |
| Other nuts | 2 | 1 | 1 | 14.5 | 0.4 | 0.0 | 78 | 78 | 3 | 0.7 | 0.7 |
| Peanuts and peanut butter | 0 | 0 | 0 | 14.8 | 0.9 | 0.0 | 130 | 130 | 22 | 0.2 | 0.1 |
| Seeds | 6 | 2 | 2 | 48.8 | 0.9 | 0.0 | 298 | 298 | 7 | 0.6 | 0.5 |
| Soybeans and soy products | 305 | 303 | 3 | 9.1 | 1.6 | 8.7 | 252 | 253 | 14 | 1.9 | 1.6 |
| Milk and Other Dairy Products | 900 | 893 | 5 | 0.6 | 0.6 | 6.5 | 78 | 80 | 2 | 2.6 | 0.5 |
| Cheese | 626 | 610 | 0 | 1.3 | 0.2 | 3.8 | 45 | 51 | 1 | 1.2 | 0.2 |
| Cream | 842 | 826 | 4 | 2.6 | 0.1 | 1.6 | 54 | 54 | 0 | 0.8 | 0.2 |
| Ice cream and ice milk | 528 | 524 | 3 | 1.5 | 0.2 | 1.7 | 30 | 31 | 1 | 1.3 | 0.2 |
| Milk | 1,017 | 1,013 | 7 | 0.4 | 0.7 | 7.6 | 90 | 90 | 2 | 3.2 | 0.7 |
| Yogurt | 113 | 109 | 8 | 0.3 | 0.5 | 5.4 | 109 | 109 | 1 | 2.1 | 0.4 |
| Non- Dairy Drinks | 59 | 56 | 191 | 2.2 | 0.9 | 0.7 | 179 | 179 | 11 | 0.9 | 0.2 |
| Carbonated | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.7 | 0.2 |
| Coffee and tea | 1 | 1 | 0 | 1.6 | 0.3 | 0.2 | 547 | 547 | 13 | 2.2 | 0.1 |
| Dry beverage | 0 | 0 | 1,252 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Enriched drinks | 0 | 0 | 248 | 44.5 | 16.4 | 9.9 | 0 | 0 | 125 | 0.0 | 0.4 |
| Fruit drinks | 223 | 217 | 303 | 0.7 | 0.5 | 0.0 | 65 | 65 | 3 | 0.6 | 0.3 |
| Water | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Poultry | 46 | 112 | 6 | 3.8 | 1.2 | 1.0 | 102 | 135 | 22 | 0.8 | 0.9 |
| Chicken | 50 | 133 | 2 | 3.9 | 1.2 | 0.8 | 110 | 146 | 25 | 0.7 | 1.1 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 48 | 48 | 11 | 2.0 | 1.2 | 4.2 | 55 | 55 | 24 | 1.2 | 0.1 |
| Recipe mix ^b | 358 | 304 | 3 | 4.0 | 1.0 | 1.2 | 119 | 169 | 17 | 0.9 | 0.5 |
| Turkey | 40 | 49 | 19 | 3.2 | 1.2 | 1.5 | 69 | 86 | 14 | 1.3 | 0.6 |
| Prepared Foods | 244 | 353 | 5 | 3.1 | 0.5 | 1.3 | 251 | 326 | 11 | 1.1 | 0.9 |
| Burritos and tacos | 119 | 920 | 9 | 2.7 | 0.6 | 1.1 | 277 | 367 | 11 | 0.9 | 1.0 |
| Meat- or cheese-filled pastry | 278 | 468 | 8 | 2.4 | 0.3 | 1.1 | 237 | 325 | 9 | 1.2 | 1.0 |
| Mixtures with fish | 192 | 112 | 13 | 1.0 | 0.6 | 0.7 | 385 | 608 | 13 | 0.3 | 1.0 |
| Pizza | 273 | 327 | 2 | 2.9 | 0.5 | 1.4 | 254 | 324 | 11 | 1.2 | 0.9 |
| Prepared meals | 378 | 343 | 84 | 4.2 | 1.4 | 2.3 | 278 | 430 | 20 | 1.1 | 1.0 |
| Prepared sandwiches | 64 | 98 | 1 | 5.7 | 0.6 | 0.8 | 216 | 262 | 16 | 0.7 | 0.6 |

Table E.21 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|---------------------------------------|---|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Red Meats | 25 | 65 | 3 | 2.3 | 1.0 | 5.5 | 64 | 73 | 17 | 0.7 | 0.8 |
| Beef and veal | 22 | 74 | 3 | 2.2 | 1.1 | 7.4 | 77 | 83 | 17 | 0.7 | 0.3 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 11 | 10 | 1 | 1.8 | 0.7 | 3.3 | 38 | 51 | 11 | 0.6 | 0.6 |
| Pork | 35 | 73 | 2 | 2.4 | 1.2 | 2.7 | 46 | 59 | 20 | 0.8 | 1.8 |
| Recipe mix ^c | 342 | 209 | 73 | 3.5 | 0.9 | 2.3 | 240 | 357 | 13 | 0.9 | 1.0 |
| Soups and Gravies | 258 | 139 | 34 | 3.1 | 0.8 | 1.6 | 115 | 148 | 10 | 1.1 | 0.6 |
| Gravies | 21 | 21 | 3 | 1.4 | 0.5 | 1.1 | 117 | 158 | 4 | 1.0 | 0.5 |
| Soups | 396 | 208 | 51 | 4.4 | 0.9 | 2.1 | 111 | 133 | 14 | 1.2 | 0.7 |
| Sugar and Desserts | 30 | 27 | 4 | 0.4 | 0.0 | 0.1 | 7 | 8 | 0 | 0.1 | 0.0 |
| Candies and toppings | 134 | 129 | 2 | 1.4 | 0.0 | 0.3 | 12 | 15 | 1 | 0.2 | 0.1 |
| Gelatins | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 8 | 8 | 0 | 0.1 | 0.0 |
| Jellies, jams, and preserves | 39 | 27 | 34 | 0.5 | 0.1 | 0.0 | 23 | 23 | 0 | 0.2 | 0.0 |
| Puddings and pie filling | 66 | 56 | 3 | 1.7 | 0.1 | 0.8 | 18 | 18 | 1 | 0.5 | 0.1 |
| Sherbet and ices | 50 | 48 | 15 | 0.0 | 0.1 | 0.5 | 18 | 18 | 0 | 0.4 | 0.1 |
| Sugars | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 1 | 1 | 0 | 0.0 | 0.0 |
| Syrups | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.1 | 0.0 |
| Vegetables | 2,587 | 1,295 | 142 | 8.8 | 2.0 | 0.0 | 340 | 345 | 15 | 0.6 | 1.0 |
| Green vegetables ^d | 4,675 | 2,340 | 693 | 16.5 | 3.1 | 0.0 | 1,833 | 1,833 | 14 | 2.4 | 2.3 |
| Mixed vegetables | 16,611 | 8,296 | 568 | 19.8 | 3.2 | 0.0 | 2,925 | 2,925 | 18 | 3.3 | 2.4 |
| Mixtures with vegetables ^e | 669 | 372 | 49 | 5.0 | 0.7 | 0.6 | 245 | 305 | 6 | 0.8 | 0.8 |
| Other vegetables ^f | 234 | 116 | 461 | 1.6 | 3.9 | 0.0 | 777 | 777 | 11 | 1.6 | 1.4 |
| Potato and potato products | 7 | 5 | 96 | 4.1 | 1.8 | 0.0 | 94 | 99 | 10 | 0.2 | 1.1 |
| Tomato and tomato products | 1,197 | 601 | 161 | 30.4 | 2.6 | 0.1 | 257 | 257 | 42 | 1.0 | 0.7 |
| Yellow vegetables ^g | 15,425 | 7,710 | 71 | 7.9 | 1.8 | 0.0 | 408 | 408 | 14 | 0.9 | 0.7 |

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|--|--|-------------|----------------|-----------------|----------------|---------------|------------|------------------|-------------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Bakery Products | 332 | 9.9 | 88 | 398 | 400 | 1,674 | 2.5 | 21 | 7.9 |
| Biscuits, muffins, pancakes, and waffles | 278 | 9.0 | 62 | 587 | 396 | 1,627 | 2.3 | 90 | 6.6 |
| Breads and rolls | 437 | 12.1 | 89 | 384 | 405 | 1,884 | 2.8 | 9 | 8.8 |
| Cakes and other bakery desserts | 129 | 7.3 | 74 | 269 | 338 | 791 | 1.7 | 19 | 4.9 |
| Crackers | 146 | 9.1 | 74 | 310 | 346 | 1,822 | 2.0 | 4 | 6.8 |
| Pretzels and snack chips | 262 | 4.1 | 146 | 365 | 534 | 1,696 | 3.0 | 2 | 10.0 |
| Condiments | 358 | 8.0 | 224 | 424 | 3,586 | 19,247 | 3.5 | 1 | 13.1 |
| Catsup and other sauces | 248 | 6.7 | 209 | 389 | 3,590 | 11,054 | 3.3 | 1 | 9.6 |
| Flavorings | 990 | 21.8 | 443 | 1,009 | 3,367 | 955,715 | 8.0 | 0 | 21.8 |
| Pickles and olives | 1,786 | 23.3 | 371 | 645 | 4,764 | 35,819 | 5.7 | 0 | 53.6 |
| Eggs | 465 | 10.1 | 84 | 1,184 | 937 | 1,917 | 7.0 | 2,244 | 0.5 |
| Eggs | 359 | 11.6 | 81 | 1,278 | 930 | 1,182 | 7.5 | 2,884 | 0.0 |
| Mixtures with egg | 538 | 8.6 | 86 | 1,080 | 935 | 2,602 | 6.4 | 1,677 | 1.0 |
| Fats and Oils | 30 | 0.3 | 5 | 36 | 69 | 1,964 | 0.2 | 29 | 0.1 |
| Butter | 33 | 0.0 | 3 | 33 | 33 | 779 | 0.1 | 299 | 0.0 |
| Margarine | 12 | 0.1 | 4 | 14 | 34 | 1,359 | 0.0 | 9 | 0.0 |
| Salad dressings and mayonnaise | 40 | 0.6 | 7 | 64 | 120 | 2,853 | 0.4 | 39 | 0.3 |
| Vegetable oils and shortenings | 202 | 0.2 | 21 | 160 | 266 | 4,431 | 0.7 | 5 | 0.0 |
| Fish | 98 | 8.1 | 175 | 1,039 | 1,122 | 2,586 | 3.4 | 236 | 3.5 |
| Fish | 94 | 8.0 | 174 | 1,043 | 1,135 | 2,567 | 3.4 | 224 | 3.4 |
| Shellfish | 128 | 7.5 | 163 | 945 | 862 | 2,716 | 3.1 | 320 | 4.1 |
| Fruits and Juices | 169 | 5.6 | 143 | 215 | 2,472 | 64 | 1.3 | 0 | 19.6 |
| Fruits | 163 | 4.5 | 136 | 208 | 2,197 | 65 | 1.5 | 0 | 28.4 |
| Juices | 186 | 7.7 | 160 | 228 | 3,013 | 68 | 1.0 | 0 | 3.3 |
| Grain Products | 313 | 17.3 | 126 | 536 | 500 | 1,647 | 8.8 | 28 | 10.5 |
| Breakfast cereals | 614 | 45.3 | 154 | 519 | 586 | 1,337 | 26.2 | 0 | 13.4 |
| Flour and other milled grains | 42 | 11.1 | 101 | 339 | 367 | 218 | 2.4 | 0 | 9.6 |
| Flour mix ^a | 286 | 6.3 | 62 | 911 | 407 | 2,156 | 1.3 | 3 | 8.2 |
| Mixtures with grain | 529 | 8.4 | 122 | 721 | 920 | 2,629 | 5.3 | 134 | 7.8 |
| Pasta and noodles | 49 | 8.1 | 122 | 389 | 284 | 1,485 | 3.4 | 0 | 12.1 |
| Rice, barley, and other grains | 112 | 9.2 | 194 | 533 | 401 | 2,615 | 4.4 | 1 | 10.9 |

Table E.21 (continued)

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|--------------------------------------|--|-------------|-------------------|--------------------|-------------------|----------------|-------------|---------------------|----------------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Legumes, Nuts, and Seeds | 290 | 12.7 | 327 | 990 | 2,188 | 2,078 | 13.9 | 8 | 31.6 |
| Dry beans and peas | 375 | 18.8 | 364 | 1,027 | 3,016 | 2,849 | 20.0 | 14 | 46.2 |
| Other nuts | 210 | 4.5 | 342 | 632 | 837 | 350 | 6.3 | 0 | 11.6 |
| Peanuts and peanut butter | 76 | 3.1 | 261 | 612 | 1,092 | 735 | 5.2 | 0 | 10.2 |
| Seeds | 198 | 8.3 | 337 | 1,644 | 949 | 623 | 8.6 | 0 | 15.2 |
| Soybeans and soy products | 865 | 5.9 | 199 | 928 | 1,478 | 2,203 | 4.9 | 3 | 15.2 |
| Milk and Other Dairy Products | 1,996 | 2.8 | 204 | 1,702 | 2,338 | 1,416 | 8.0 | 103 | 4.5 |
| Cheese | 1,735 | 1.6 | 83 | 1,450 | 590 | 2,989 | 8.1 | 204 | 0.4 |
| Cream | 624 | 0.3 | 57 | 458 | 774 | 331 | 1.8 | 214 | 0.0 |
| Ice cream and ice milk | 600 | 1.7 | 90 | 520 | 1,017 | 364 | 3.3 | 166 | 4.6 |
| Milk | 2,134 | 3.2 | 250 | 1,835 | 3,049 | 909 | 8.0 | 65 | 5.7 |
| Yogurt | 1,753 | 0.8 | 170 | 1,381 | 2,254 | 673 | 8.5 | 46 | 0.1 |
| Non- Dairy Drinks | 1,125 | 2.7 | 378 | 405 | 3,800 | 645 | 1.4 | 0 | 3.2 |
| Carbonated | 142 | 6.1 | 32 | 518 | 301 | 353 | 0.8 | 0 | 0.5 |
| Coffee and tea | 188 | 4.5 | 591 | 624 | 9,982 | 824 | 3.8 | 1 | 7.5 |
| Dry beverage | 2,209 | 0.9 | 6 | 2,355 | 954 | 833 | 0.2 | 0 | 0.2 |
| Enriched drinks | 59 | 2.7 | 0 | 257 | 908 | 1,502 | 0.3 | 0 | 0.0 |
| Fruit drinks | 337 | 2.1 | 70 | 126 | 698 | 168 | 0.4 | 0 | 0.3 |
| Water | 0 | 0.0 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0.0 |
| Poultry | 134 | 7.3 | 99 | 713 | 956 | 2,880 | 6.1 | 263 | 3.2 |
| Chicken | 119 | 6.5 | 93 | 618 | 768 | 2,394 | 4.7 | 239 | 3.3 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 423 | 8.3 | 91 | 748 | 1,003 | 367 | 9.5 | 451 | 0.0 |
| Recipe mix ^b | 250 | 4.6 | 88 | 584 | 855 | 1,312 | 5.6 | 226 | 2.5 |
| Turkey | 173 | 9.8 | 124 | 1,041 | 1,589 | 4,543 | 10.7 | 353 | 2.8 |
| Prepared Foods | 760 | 8.8 | 124 | 857 | 884 | 2,051 | 5.4 | 66 | 8.5 |
| Burritos and tacos | 379 | 9.6 | 132 | 617 | 870 | 1,911 | 5.4 | 70 | 12.3 |
| Meat- or cheese-filled pastry | 905 | 8.7 | 105 | 887 | 874 | 1,856 | 4.9 | 67 | 8.2 |
| Mixtures with fish | 126 | 9.7 | 112 | 399 | 664 | 4,399 | 2.9 | 21 | 2.8 |
| Pizza | 858 | 9.1 | 126 | 939 | 912 | 2,232 | 5.6 | 70 | 8.4 |
| Prepared meals | 295 | 12.5 | 104 | 532 | 925 | 1,831 | 8.2 | 115 | 6.0 |
| Prepared sandwiches | 282 | 5.9 | 146 | 581 | 748 | 1,612 | 4.9 | 51 | 8.1 |

Table E.21 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|---------------------------------------|--|-------------|------------|------------|--------------|---------------|-------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Red Meats | 114 | 8.2 | 79 | 706 | 1,047 | 2,653 | 13.6 | 252 | 1.6 |
| Beef and veal | 129 | 10.5 | 85 | 744 | 1,106 | 2,208 | 18.4 | 271 | 1.9 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 88 | 4.7 | 56 | 451 | 642 | 3,155 | 6.5 | 206 | 1.1 |
| Pork | 94 | 5.3 | 79 | 797 | 1,158 | 3,634 | 7.8 | 242 | 1.2 |
| Recipe mix ^c | 219 | 8.8 | 127 | 600 | 1,459 | 4,265 | 8.1 | 135 | 8.8 |
| Soups and Gravies | 326 | 15.4 | 142 | 617 | 1,663 | 20,024 | 5.2 | 67 | 10.5 |
| Gravies | 297 | 18.7 | 79 | 534 | 994 | 11,639 | 3.7 | 39 | 8.8 |
| Soups | 356 | 12.7 | 185 | 678 | 2,074 | 27,021 | 6.3 | 88 | 11.1 |
| Sugar and Desserts | 83 | 1.1 | 20 | 85 | 197 | 288 | 0.8 | 2 | 1.0 |
| Candies and toppings | 74 | 1.4 | 35 | 108 | 204 | 352 | 1.2 | 9 | 2.1 |
| Gelatins | 9 | 0.3 | 5 | 462 | 19 | 1,270 | 0.0 | 0 | 0.0 |
| Jellies, jams, and preserves | 77 | 1.9 | 15 | 42 | 296 | 138 | 0.2 | 0 | 2.7 |
| Puddings and pie filling | 303 | 5.3 | 81 | 315 | 873 | 1,156 | 1.7 | 9 | 1.6 |
| Sherbet and ices | 216 | 3.4 | 38 | 160 | 472 | 220 | 2.7 | 4 | 5.4 |
| Sugars | 61 | 0.5 | 8 | 6 | 103 | 27 | 0.1 | 0 | 0.1 |
| Syrups | 22 | 0.4 | 11 | 37 | 50 | 221 | 0.9 | 0 | 0.0 |
| Vegetables | 272 | 7.7 | 230 | 518 | 3,421 | 2,364 | 4.1 | 7 | 26.5 |
| Green vegetables ^d | 1,341 | 27.2 | 597 | 1,341 | 7,557 | 4,402 | 11.5 | 0 | 90.1 |
| Mixed vegetables | 1,489 | 37.7 | 855 | 1,282 | 9,368 | 3,030 | 14.1 | 0 | 88.9 |
| Mixtures with vegetables ^e | 301 | 6.9 | 122 | 416 | 1,080 | 1,938 | 3.3 | 107 | 15.1 |
| Other vegetables ^f | 837 | 14.1 | 384 | 1,070 | 5,721 | 2,003 | 8.9 | 0 | 59.6 |
| Potato and potato products | 74 | 3.5 | 151 | 349 | 2,481 | 1,697 | 1.9 | 3 | 13.3 |
| Tomato and tomato products | 383 | 13.9 | 332 | 624 | 5,977 | 3,972 | 7.0 | 19 | 37.6 |
| Yellow vegetables ^g | 337 | 7.5 | 265 | 767 | 4,047 | 2,765 | 5.8 | 0 | 40.9 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce, beef stew mixes, and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.22. Mean Calorie Density, Sources of Calories, and Nutrient Density of Mixed- Use Foods, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|--|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Bakery Products | 3.87 | 29.6 | 6.9 | 11.9 | 8.7 | 8.1 | 0.6 | 62.6 | 8.2 | |
| Biscuits, muffins, pancakes, and waffles | 3.43 | 37.8 | 8.7 | 14.2 | 12.6 | 11.3 | 1.3 | 55.5 | 7.3 | |
| Breads and rolls | 2.81 | 14.7 | 3.2 | 5.7 | 5.0 | 4.4 | 0.5 | 71.2 | 13.4 | |
| Cakes and other bakery desserts | 4.31 | 34.7 | 12.2 | 15.3 | 4.8 | 4.5 | 0.3 | 61.4 | 5.2 | |
| Crackers | 4.58 | 33.0 | 8.6 | 16.2 | 6.1 | 5.7 | 0.3 | 59.2 | 7.8 | |
| Pretzels and snack chips | 4.58 | 34.5 | 5.4 | 12.6 | 13.3 | 12.6 | 0.7 | 59.8 | 6.7 | |
| Condiments | 0.78 | 12.8 | 1.4 | 5.8 | 4.5 | 3.6 | 0.9 | 89.0 | 11.4 | |
| Catsup and other sauces | 0.89 | 12.4 | 1.3 | 5.4 | 4.6 | 3.6 | 0.9 | 89.7 | 11.0 | |
| Flavorings | 0.93 | 3.9 | 2.0 | 1.2 | 0.5 | 0.4 | 0.0 | 72.1 | 15.7 | |
| Pickles and olives | 0.29 | 17.4 | 3.0 | 7.9 | 3.7 | 2.3 | 1.5 | 82.1 | 14.8 | |
| Eggs | 1.54 | 64.2 | 20.5 | 24.8 | 9.5 | 8.1 | 0.4 | 4.2 | 30.9 | |
| Eggs | 1.46 | 61.6 | 19.1 | 23.6 | 8.3 | 7.0 | 0.2 | 2.5 | 34.5 | |
| Mixtures with egg | 1.61 | 66.9 | 22.0 | 26.1 | 10.7 | 9.3 | 0.6 | 5.9 | 27.5 | |
| Fats and Oils | 5.02 | 92.4 | 18.5 | 32.9 | 36.0 | 31.5 | 4.4 | 8.8 | 0.7 | |
| Butter | 7.17 | 100.0 | 64.5 | 26.4 | 3.8 | 3.4 | 0.4 | 0.0 | 0.5 | |
| Margarine | 6.18 | 100.0 | 18.1 | 41.8 | 36.4 | 32.5 | 3.5 | 0.2 | 0.3 | |
| Salad dressings and mayonnaise | 4.04 | 86.2 | 14.0 | 26.3 | 40.7 | 35.8 | 4.8 | 14.7 | 0.9 | |
| Vegetable oils and shortenings | 8.67 | 100.0 | 10.1 | 55.3 | 32.2 | 26.8 | 5.4 | 0.0 | 0.0 | |
| Fish | 1.85 | 28.8 | 5.3 | 9.6 | 12.3 | 9.4 | 1.2 | 19.1 | 49.5 | |
| Fish | 1.83 | 28.5 | 5.2 | 9.5 | 12.1 | 9.3 | 1.2 | 18.8 | 50.0 | |
| Shellfish | 2.36 | 44.7 | 7.7 | 15.5 | 19.1 | 16.1 | 2.1 | 32.3 | 22.5 | |
| Fruits and Juices | 0.79 | 2.8 | 0.5 | 0.5 | 0.8 | 0.6 | 0.2 | 100.0 | 3.2 | |
| Fruits | 0.86 | 3.3 | 0.7 | 0.7 | 0.9 | 0.7 | 0.2 | 100.0 | 3.4 | |
| Juices | 0.52 | 2.0 | 0.3 | 0.2 | 0.5 | 0.4 | 0.1 | 97.1 | 3.1 | |
| Grain Products | 2.89 | 24.1 | 6.4 | 9.7 | 5.6 | 5.2 | 0.4 | 65.3 | 12.0 | |
| Breakfast cereals | 3.91 | 11.4 | 1.6 | 4.3 | 3.2 | 3.1 | 0.2 | 83.0 | 7.5 | |
| Flour and other milled grains | 3.68 | 2.4 | 0.4 | 0.4 | 1.0 | 1.0 | 0.0 | 88.3 | 7.5 | |
| Flour mix ^a | 4.25 | 28.8 | 5.9 | 12.5 | 8.7 | 8.1 | 0.6 | 69.4 | 5.4 | |
| Mixtures with grain | 1.98 | 32.9 | 11.1 | 12.7 | 6.4 | 5.7 | 0.5 | 49.3 | 18.5 | |
| Pasta and noodles | 1.54 | 5.3 | 1.0 | 0.8 | 1.9 | 1.7 | 0.1 | 78.9 | 14.9 | |
| Rice, barley, and other grains | 2.22 | 19.4 | 4.6 | 8.6 | 4.6 | 4.6 | 0.2 | 70.9 | 8.7 | |

Table E.22 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|--------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|-------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Legumes, Nuts, and Seeds | 2.64 | 39.1 | 8.5 | 12.8 | 15.9 | 14.7 | 0.9 | 42.4 | 22.7 | |
| Dry beans and peas | 1.11 | 5.4 | 1.3 | 2.0 | 1.6 | 1.0 | 0.5 | 75.8 | 23.4 | |
| Other nuts | 6.07 | 81.8 | 6.2 | 51.6 | 20.0 | 20.0 | 0.0 | 11.7 | 14.0 | |
| Peanuts and peanut butter | 5.87 | 77.0 | 15.2 | 37.2 | 22.1 | 22.0 | 0.1 | 13.3 | 17.2 | |
| Seeds | 5.84 | 78.1 | 10.8 | 26.0 | 38.1 | 37.8 | 0.3 | 13.8 | 15.4 | |
| Soybeans and soy products | 2.39 | 53.3 | 20.5 | 11.2 | 18.1 | 15.4 | 2.0 | 21.4 | 25.5 | |
| Milk and Other Dairy Products | 1.48 | 34.2 | 20.8 | 9.7 | 1.8 | 1.4 | 0.4 | 46.6 | 20.6 | |
| Cheese | 3.06 | 66.6 | 39.4 | 19.5 | 4.0 | 3.1 | 0.8 | 11.6 | 22.2 | |
| Cream | 1.85 | 84.4 | 52.5 | 24.4 | 3.1 | 1.9 | 1.2 | 10.1 | 7.5 | |
| Ice cream and ice milk | 2.12 | 44.2 | 27.4 | 11.6 | 2.1 | 1.5 | 0.6 | 51.7 | 7.5 | |
| Milk | 0.56 | 14.5 | 9.1 | 4.2 | 0.5 | 0.4 | 0.1 | 64.2 | 23.1 | |
| Yogurt | 0.96 | 9.7 | 6.3 | 2.7 | 0.3 | 0.2 | 0.1 | 72.5 | 19.2 | |
| Non- Dairy Drinks | 0.61 | 6.8 | 1.3 | 5.0 | 0.1 | 0.1 | 0.0 | 67.9 | 2.7 | |
| Carbonated | 0.23 | 1.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 99.6 | 2.5 | |
| Coffee and tea | 1.55 | 23.4 | 5.2 | 16.8 | 0.8 | 0.6 | 0.2 | 66.8 | 11.6 | |
| Dry beverage | 3.82 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.0 | |
| Enriched drinks | 0.27 | 0.3 | 0.1 | 0.1 | 0.2 | 0.1 | 0.0 | 99.4 | 0.0 | |
| Fruit drinks | 0.46 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 100.0 | 0.3 | |
| Water | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| Poultry | 2.15 | 45.0 | 9.9 | 17.6 | 13.4 | 11.9 | 0.9 | 21.9 | 32.1 | |
| Chicken | 2.25 | 46.5 | 10.0 | 18.9 | 14.2 | 12.7 | 1.0 | 23.5 | 29.3 | |
| Game birds | - | - | - | - | - | - | - | - | - | |
| Mixed poultry | - | - | - | - | - | - | - | - | - | |
| Recipe mix ^b | 2.33 | 56.3 | 10.1 | 15.1 | 26.0 | 22.9 | 2.7 | 17.5 | 25.2 | |
| Turkey | 1.82 | 41.4 | 10.2 | 13.5 | 10.6 | 9.4 | 0.5 | 15.5 | 40.9 | |
| Prepared Foods | 2.61 | 36.2 | 13.1 | 12.9 | 7.5 | 6.9 | 0.6 | 46.4 | 18.4 | |
| Burritos and tacos | 2.24 | 30.4 | 10.7 | 10.5 | 6.8 | 5.9 | 0.8 | 52.4 | 17.2 | |
| Meat- or cheese-filled pastry | 2.52 | 32.7 | 13.7 | 11.0 | 5.6 | 5.1 | 0.5 | 49.2 | 18.7 | |
| Mixtures with fish | - | - | - | - | - | - | - | - | - | |
| Pizza | 2.38 | 34.3 | 14.1 | 10.8 | 6.5 | 5.8 | 0.7 | 46.0 | 19.8 | |
| Prepared meals | 1.78 | 31.5 | 6.5 | 8.6 | 14.1 | 12.3 | 1.4 | 46.3 | 21.3 | |
| Prepared sandwiches | 3.70 | 47.4 | 12.3 | 21.3 | 11.3 | 11.0 | 0.3 | 42.2 | 14.7 | |

Table E.22 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | |
|---------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|-------------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | Carbohydrate | Protein |
| Red Meats | 2.61 | 61.1 | 21.8 | 26.0 | 5.2 | 4.5 | 0.4 | 7.7 | 29.9 |
| Beef and veal | 2.37 | 58.9 | 21.9 | 25.3 | 2.8 | 2.4 | 0.3 | 4.7 | 35.1 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 3.44 | 72.6 | 24.8 | 31.0 | 8.7 | 7.8 | 0.7 | 8.1 | 18.1 |
| Pork | 2.63 | 56.5 | 18.2 | 23.7 | 8.9 | 7.3 | 0.4 | 14.2 | 28.0 |
| Recipe mix ^c | 1.41 | 45.1 | 17.0 | 16.1 | 3.3 | 2.8 | 0.5 | 22.1 | 31.5 |
| Soups and Gravies | 1.67 | 35.6 | 11.8 | 14.7 | 7.5 | 6.9 | 0.5 | 50.6 | 15.2 |
| Gravies | 2.72 | 37.6 | 13.8 | 15.6 | 7.1 | 6.6 | 0.5 | 51.2 | 12.1 |
| Soups | 1.31 | 32.7 | 11.1 | 13.1 | 6.3 | 5.7 | 0.4 | 46.1 | 22.5 |
| Sugar and Desserts | 2.15 | 10.6 | 3.8 | 4.6 | 0.9 | 0.8 | 0.1 | 89.8 | 1.7 |
| Candies and toppings | 3.81 | 18.9 | 9.0 | 5.9 | 2.6 | 2.4 | 0.2 | 83.1 | 1.2 |
| Gelatins | 3.67 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 95.1 | 8.2 |
| Jellies, jams, and preserves | 2.60 | 0.5 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 100.0 | 0.8 |
| Puddings and pie filling | 1.38 | 27.4 | 7.5 | 16.3 | 0.6 | 0.6 | 0.0 | 67.6 | 5.2 |
| Sherbet and ices | 1.09 | 7.4 | 3.5 | 1.9 | 0.3 | 0.3 | 0.0 | 91.2 | 1.5 |
| Sugars | 3.86 | 0.7 | 0.5 | 0.1 | 0.0 | 0.0 | 0.0 | 100.0 | 0.5 |
| Syrups | 2.72 | 0.3 | 0.0 | 0.1 | 0.1 | 0.1 | 0.0 | 100.0 | 0.1 |
| Vegetables | 1.33 | 30.8 | 4.8 | 14.1 | 10.5 | 8.7 | 1.8 | 64.9 | 7.6 |
| Green vegetables ^d | 0.21 | 8.5 | 1.4 | 0.5 | 3.4 | 1.7 | 1.7 | 79.6 | 25.8 |
| Mixed vegetables | 0.29 | 9.0 | 1.4 | 0.3 | 4.3 | 1.6 | 2.6 | 77.7 | 29.3 |
| Mixtures with vegetables ^e | 2.78 | 56.4 | 10.4 | 22.2 | 20.5 | 19.1 | 1.0 | 36.7 | 7.8 |
| Other vegetables ^f | 0.55 | 3.8 | 0.9 | 0.5 | 1.5 | 0.7 | 0.8 | 89.3 | 19.2 |
| Potato and potato products | 1.75 | 34.5 | 5.3 | 16.3 | 11.7 | 9.7 | 1.9 | 61.8 | 5.3 |
| Tomato and tomato products | 0.44 | 17.9 | 4.1 | 3.7 | 7.5 | 7.3 | 0.2 | 76.4 | 14.8 |
| Yellow vegetables ^g | 0.66 | 10.3 | 1.5 | 3.1 | 4.6 | 4.1 | 0.4 | 89.1 | 9.4 |

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--|--------------------|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| Bakery Products | 69 | 79 | 4 | 3.0 | 0.5 | 0.5 | 204 | 297 | 10 | 0.9 | 0.9 |
| Biscuits, muffins, pancakes, and waffles | 48 | 77 | 10 | 3.7 | 0.2 | 0.3 | 197 | 284 | 7 | 0.7 | 0.8 |
| Breads and rolls | 7 | 6 | 1 | 1.0 | 0.3 | 0.3 | 408 | 622 | 15 | 1.1 | 1.7 |
| Cakes and other bakery desserts | 239 | 254 | 3 | 2.5 | 0.6 | 0.6 | 137 | 205 | 8 | 0.7 | 0.7 |
| Crackers | 19 | 19 | 0 | 1.2 | 0.4 | 0.2 | 217 | 332 | 10 | 0.9 | 0.8 |
| Pretzels and snack chips | 21 | 17 | 7 | 5.4 | 0.5 | 0.6 | 103 | 123 | 7 | 0.8 | 0.6 |
| Condiments | 954 | 482 | 286 | 16.6 | 2.3 | 0.0 | 109 | 109 | 11 | 1.2 | 0.8 |
| Catsup and other sauces | 896 | 453 | 109 | 16.7 | 2.1 | 0.0 | 96 | 97 | 10 | 1.1 | 0.8 |
| Flavorings | 3 | 2 | 7 | 0.3 | 1.7 | 0.0 | 50 | 50 | 10 | 1.1 | 0.7 |
| Pickles and olives | 1,490 | 736 | 911 | 10.0 | 2.1 | 0.0 | 129 | 129 | 9 | 1.7 | 1.6 |
| Eggs | 1,004 | 988 | 0 | 6.5 | 0.8 | 7.0 | 238 | 238 | 1 | 3.0 | 0.4 |
| Eggs | 1,031 | 1,021 | 0 | 6.7 | 0.9 | 8.1 | 306 | 306 | 0 | 3.4 | 0.5 |
| Mixtures with egg | 970 | 947 | 0 | 6.4 | 0.7 | 6.0 | 170 | 170 | 1 | 2.5 | 0.4 |
| Fats and Oils | 280 | 267 | 0 | 10.3 | 0.2 | 0.2 | 6 | 6 | 0 | 0.1 | 0.1 |
| Butter | 973 | 954 | 0 | 3.2 | 0.0 | 0.2 | 4 | 4 | 0 | 0.0 | 0.0 |
| Margarine | 1,434 | 1,350 | 0 | 11.0 | 0.0 | 0.1 | 2 | 2 | 0 | 0.1 | 0.0 |
| Salad dressings and mayonnaise | 53 | 49 | 0 | 9.8 | 0.2 | 0.2 | 9 | 9 | 0 | 0.1 | 0.1 |
| Vegetable oils and shortenings | 22 | 20 | 0 | 15.7 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Fish | 96 | 95 | 1 | 4.6 | 1.4 | 14.1 | 98 | 135 | 52 | 0.6 | 0.5 |
| Fish | 96 | 96 | 1 | 4.6 | 1.4 | 14.2 | 98 | 134 | 53 | 0.6 | 0.5 |
| Shellfish | 60 | 60 | 2 | 5.9 | 0.3 | 5.8 | 144 | 206 | 9 | 0.6 | 0.7 |
| Fruits and Juices | 251 | 126 | 329 | 2.7 | 1.2 | 0.0 | 162 | 162 | 4 | 0.5 | 0.6 |
| Fruits | 335 | 169 | 241 | 3.3 | 1.4 | 0.0 | 145 | 145 | 4 | 0.6 | 0.5 |
| Juices | 161 | 79 | 486 | 1.9 | 1.2 | 0.0 | 205 | 205 | 4 | 0.5 | 0.8 |
| Grain Products | 447 | 471 | 20 | 2.0 | 1.6 | 4.2 | 512 | 829 | 20 | 1.7 | 1.8 |
| Breakfast cereals | 1,272 | 1,276 | 56 | 2.7 | 4.6 | 12.9 | 1,167 | 1,948 | 45 | 3.9 | 3.6 |
| Flour and other milled grains | 5 | 3 | 0 | 0.3 | 0.2 | 0.0 | 261 | 407 | 10 | 0.8 | 1.2 |
| Flour mix ^a | 9 | 8 | 0 | 2.0 | 0.1 | 0.1 | 183 | 290 | 5 | 0.5 | 0.6 |
| Mixtures with grain | 278 | 338 | 21 | 2.6 | 0.6 | 1.4 | 222 | 316 | 11 | 1.0 | 1.1 |
| Pasta and noodles | 0 | 0 | 0 | 0.6 | 0.3 | 0.0 | 418 | 673 | 10 | 0.8 | 1.6 |
| Rice, barley, and other grains | 20 | 15 | 0 | 0.6 | 0.8 | 0.1 | 329 | 541 | 11 | 0.2 | 1.0 |

Table E.22 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 104 | 90 | 6 | 10.1 | 1.6 | 3.4 | 361 | 361 | 14 | 1.1 | 1.2 |
| Dry beans and peas | 49 | 23 | 14 | 1.4 | 1.0 | 0.0 | 545 | 545 | 4 | 0.5 | 1.1 |
| Other nuts | 0 | 0 | 0 | 42.8 | 0.2 | 0.0 | 44 | 44 | 6 | 1.3 | 0.2 |
| Peanuts and peanut butter | 0 | 0 | 0 | 14.7 | 0.8 | 0.0 | 141 | 141 | 23 | 0.2 | 0.2 |
| Seeds | 19 | 9 | 2 | 38.9 | 0.7 | 0.0 | 243 | 243 | 6 | 0.6 | 0.5 |
| Soybeans and soy products | 268 | 264 | 1 | 7.7 | 2.4 | 9.1 | 218 | 218 | 19 | 2.2 | 1.9 |
| Milk and Other Dairy Products | 701 | 695 | 5 | 0.9 | 0.4 | 4.9 | 73 | 77 | 2 | 2.0 | 0.4 |
| Cheese | 663 | 652 | 0 | 1.5 | 0.2 | 3.3 | 52 | 62 | 2 | 1.1 | 0.3 |
| Cream | 808 | 792 | 5 | 2.7 | 0.1 | 1.8 | 43 | 43 | 0 | 0.9 | 0.2 |
| Ice cream and ice milk | 499 | 494 | 3 | 1.6 | 0.2 | 1.7 | 35 | 37 | 1 | 1.2 | 0.2 |
| Milk | 1,049 | 1,044 | 10 | 0.3 | 0.7 | 7.1 | 87 | 87 | 2 | 3.1 | 0.6 |
| Yogurt | 105 | 101 | 8 | 0.3 | 0.4 | 5.1 | 102 | 102 | 1 | 2.0 | 0.4 |
| Non- Dairy Drinks | 2 | 1 | 51 | 0.7 | 0.4 | 1.7 | 66 | 66 | 6 | 0.5 | 0.2 |
| Carbonated | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.9 | 0.2 |
| Coffee and tea | 3 | 2 | 0 | 2.1 | 0.4 | 0.1 | 476 | 476 | 15 | 2.3 | 0.0 |
| Dry beverage | 0 | 0 | 319 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.1 | 0.0 |
| Enriched drinks | 0 | 0 | 16 | 0.0 | 1.8 | 11.0 | 1 | 1 | 18 | 0.0 | 0.4 |
| Fruit drinks | 4 | 1 | 109 | 0.4 | 0.2 | 0.0 | 71 | 71 | 1 | 0.4 | 0.3 |
| Water | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Poultry | 36 | 125 | 6 | 4.0 | 1.2 | 0.9 | 105 | 138 | 21 | 0.8 | 0.9 |
| Chicken | 37 | 152 | 2 | 4.2 | 1.2 | 0.7 | 117 | 154 | 24 | 0.7 | 1.1 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 116 | 97 | 3 | 4.0 | 1.0 | 0.6 | 132 | 180 | 16 | 0.7 | 0.5 |
| Turkey | 34 | 36 | 21 | 2.7 | 1.1 | 1.7 | 58 | 73 | 13 | 1.4 | 0.6 |
| Prepared Foods | 216 | 391 | 3 | 3.6 | 0.5 | 1.1 | 246 | 316 | 12 | 1.0 | 0.9 |
| Burritos and tacos | 124 | 1,020 | 10 | 2.5 | 0.5 | 0.8 | 296 | 393 | 11 | 0.9 | 1.1 |
| Meat- or cheese-filled pastry | 278 | 468 | 8 | 2.4 | 0.3 | 1.1 | 237 | 325 | 9 | 1.2 | 1.0 |
| Mixtures with fish | - | - | - | - | - | - | - | - | - | - | - |
| Pizza | 273 | 326 | 2 | 2.8 | 0.4 | 1.4 | 253 | 326 | 11 | 1.2 | 0.9 |
| Prepared meals | 196 | 129 | 81 | 3.6 | 1.2 | 1.0 | 131 | 183 | 20 | 0.7 | 0.5 |
| Prepared sandwiches | 64 | 100 | 1 | 6.6 | 0.6 | 0.5 | 207 | 246 | 15 | 0.6 | 0.5 |

Table E.22 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|---------------------------------------|---|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Red Meats | 12 | 62 | 2 | 2.1 | 1.0 | 5.7 | 64 | 73 | 16 | 0.7 | 0.6 |
| Beef and veal | 12 | 64 | 2 | 2.1 | 1.1 | 7.7 | 73 | 77 | 17 | 0.6 | 0.3 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 12 | 11 | 0 | 1.4 | 0.6 | 3.1 | 32 | 43 | 10 | 0.6 | 0.6 |
| Pork | 30 | 83 | 2 | 2.7 | 1.1 | 2.3 | 55 | 71 | 18 | 0.8 | 1.8 |
| Recipe mix ^c | 169 | 164 | 21 | 1.9 | 1.2 | 5.7 | 83 | 97 | 18 | 1.1 | 0.7 |
| Soups and Gravies | 308 | 170 | 29 | 2.9 | 0.7 | 2.5 | 117 | 153 | 10 | 1.0 | 0.6 |
| Gravies | 18 | 19 | 2 | 1.3 | 0.4 | 1.2 | 102 | 136 | 5 | 0.9 | 0.4 |
| Soups | 437 | 235 | 40 | 5.1 | 0.9 | 3.8 | 133 | 159 | 16 | 1.2 | 0.7 |
| Sugar and Desserts | 54 | 52 | 6 | 0.6 | 0.1 | 0.3 | 9 | 9 | 0 | 0.2 | 0.1 |
| Candies and toppings | 125 | 120 | 19 | 1.2 | 0.0 | 0.3 | 5 | 5 | 0 | 0.1 | 0.1 |
| Gelatins | 0 | 0 | 1 | 0.0 | 0.0 | 0.0 | 8 | 8 | 0 | 0.1 | 0.0 |
| Jellies, jams, and preserves | 39 | 27 | 34 | 0.5 | 0.1 | 0.0 | 23 | 23 | 0 | 0.2 | 0.0 |
| Puddings and pie filling | 60 | 60 | 2 | 2.2 | 0.1 | 0.9 | 18 | 18 | 1 | 0.5 | 0.2 |
| Sherbet and ices | 42 | 40 | 12 | 0.0 | 0.1 | 0.4 | 13 | 13 | 0 | 0.3 | 0.1 |
| Sugars | 0 | 0 | 3 | 0.1 | 0.1 | 0.0 | 2 | 2 | 0 | 0.1 | 0.0 |
| Syrups | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 1 | 1 | 0 | 0.1 | 0.0 |
| Vegetables | 1,486 | 742 | 174 | 7.0 | 2.1 | 0.0 | 324 | 331 | 11 | 0.5 | 0.8 |
| Green vegetables ^d | 5,404 | 2,699 | 914 | 20.3 | 3.9 | 0.0 | 2,176 | 2,176 | 15 | 2.6 | 2.4 |
| Mixed vegetables | 20,998 | 10,481 | 678 | 25.2 | 3.8 | 0.0 | 4,114 | 4,114 | 20 | 3.9 | 3.0 |
| Mixtures with vegetables ^e | 40 | 28 | 10 | 4.5 | 0.3 | 0.8 | 158 | 220 | 6 | 0.8 | 0.7 |
| Other vegetables ^f | 298 | 150 | 772 | 2.5 | 5.0 | 0.0 | 1,191 | 1,191 | 11 | 1.8 | 1.5 |
| Potato and potato products | 4 | 2 | 70 | 5.0 | 1.7 | 0.0 | 82 | 90 | 9 | 0.2 | 0.7 |
| Tomato and tomato products | 2,590 | 1,305 | 379 | 29.9 | 3.3 | 0.1 | 490 | 490 | 39 | 1.0 | 1.2 |
| Yellow vegetables ^g | 22,790 | 11,394 | 99 | 10.6 | 2.3 | 0.0 | 384 | 384 | 16 | 1.0 | 1.0 |

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|--|-----------------|-------------|-------------------|--------------------|-------------------|----------------|-------------|---------------------|----------------------|
| Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | |
| Bakery Products | 277 | 8.6 | 94 | 361 | 437 | 1,575 | 2.7 | 18 | 8.1 |
| Biscuits, muffins, pancakes, and waffles | 210 | 7.5 | 52 | 455 | 339 | 1,287 | 2.5 | 87 | 6.0 |
| Breads and rolls | 397 | 14.6 | 90 | 336 | 387 | 1,711 | 3.9 | 11 | 8.9 |
| Cakes and other bakery desserts | 165 | 8.1 | 80 | 292 | 342 | 792 | 1.7 | 19 | 4.8 |
| Crackers | 195 | 8.9 | 75 | 373 | 369 | 1,961 | 2.0 | 8 | 6.3 |
| Pretzels and snack chips | 253 | 5.1 | 122 | 398 | 614 | 2,084 | 3.0 | 3 | 10.4 |
| Condiments | 417 | 10.4 | 309 | 600 | 4,546 | 15,303 | 5.1 | 0 | 18.9 |
| Catsup and other sauces | 371 | 9.3 | 295 | 574 | 4,406 | 13,102 | 4.9 | 0 | 16.9 |
| Flavorings | 1,007 | 21.3 | 445 | 1,066 | 3,325 | 940,452 | 8.3 | 0 | 24.6 |
| Pickles and olives | 2,097 | 25.0 | 436 | 763 | 5,694 | 41,404 | 6.6 | 0 | 60.7 |
| Eggs | 486 | 9.3 | 79 | 1,191 | 932 | 2,057 | 7.0 | 2,377 | 0.0 |
| Eggs | 347 | 10.3 | 77 | 1,220 | 908 | 1,388 | 7.2 | 2,826 | 0.0 |
| Mixtures with egg | 632 | 8.5 | 83 | 1,175 | 970 | 2,703 | 6.8 | 1,930 | 0.0 |
| Fats and Oils | 40 | 0.4 | 6 | 66 | 116 | 2,179 | 0.3 | 47 | 0.0 |
| Butter | 33 | 0.0 | 3 | 33 | 33 | 803 | 0.1 | 300 | 0.0 |
| Margarine | 22 | 0.0 | 4 | 19 | 41 | 1,404 | 0.0 | 1 | 0.0 |
| Salad dressings and mayonnaise | 54 | 0.6 | 8 | 91 | 165 | 3,060 | 0.4 | 33 | 0.0 |
| Vegetable oils and shortenings | 1 | 0.1 | 0 | 1 | 1 | 21 | 0.0 | 0 | 0.0 |
| Fish | 92 | 9.2 | 184 | 1,120 | 1,324 | 2,682 | 4.1 | 232 | 2.7 |
| Fish | 92 | 9.3 | 185 | 1,124 | 1,334 | 2,685 | 4.2 | 232 | 2.6 |
| Shellfish | 88 | 6.5 | 149 | 919 | 816 | 2,491 | 2.4 | 212 | 4.6 |
| Fruits and Juices | 167 | 4.9 | 144 | 214 | 2,525 | 131 | 1.1 | 0 | 19.8 |
| Fruits | 175 | 3.4 | 146 | 216 | 2,440 | 157 | 1.3 | 0 | 30.5 |
| Juices | 158 | 7.6 | 155 | 223 | 2,905 | 61 | 1.0 | 0 | 3.2 |
| Grain Products | 484 | 19.4 | 132 | 615 | 661 | 1,867 | 11.2 | 62 | 10.6 |
| Breakfast cereals | 680 | 46.6 | 163 | 528 | 625 | 1,359 | 27.4 | 0 | 14.7 |
| Flour and other milled grains | 30 | 8.3 | 91 | 285 | 298 | 21 | 2.0 | 0 | 8.7 |
| Flour mix ^a | 333 | 8.0 | 78 | 763 | 553 | 1,963 | 1.5 | 1 | 6.4 |
| Mixtures with grain | 488 | 8.8 | 122 | 725 | 954 | 2,698 | 5.3 | 154 | 7.7 |
| Pasta and noodles | 53 | 8.1 | 129 | 407 | 289 | 1,522 | 3.6 | 0 | 12.7 |
| Rice, barley, and other grains | 118 | 8.6 | 154 | 483 | 406 | 2,413 | 4.1 | 4 | 10.8 |

Table E.22 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|--------------------------------------|---|-------------|------------|--------------|--------------|--------------|-------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Legumes, Nuts, and Seeds | 450 | 12.6 | 321 | 1,178 | 2,230 | 1,842 | 12.0 | 9 | 27.1 |
| Dry beans and peas | 383 | 18.4 | 374 | 1,006 | 3,078 | 2,652 | 18.3 | 12 | 45.7 |
| Other nuts | 479 | 6.1 | 451 | 768 | 1,152 | 558 | 5.1 | 0 | 17.3 |
| Peanuts and peanut butter | 86 | 3.2 | 271 | 656 | 1,115 | 652 | 6.0 | 0 | 10.5 |
| Seeds | 204 | 12.5 | 496 | 1,711 | 1,090 | 630 | 9.5 | 0 | 12.7 |
| Soybeans and soy products | 967 | 5.1 | 139 | 1,390 | 1,601 | 2,356 | 5.9 | 26 | 12.4 |
| Milk and Other Dairy Products | 1,643 | 2.5 | 154 | 1,363 | 1,780 | 1,372 | 7.0 | 118 | 3.5 |
| Cheese | 1,472 | 2.3 | 74 | 1,209 | 551 | 2,941 | 6.9 | 208 | 0.9 |
| Cream | 639 | 0.4 | 60 | 506 | 805 | 277 | 2.1 | 230 | 0.0 |
| Ice cream and ice milk | 579 | 1.7 | 90 | 511 | 1,001 | 351 | 3.3 | 168 | 4.7 |
| Milk | 2,104 | 3.4 | 238 | 1,773 | 2,948 | 963 | 7.5 | 61 | 6.4 |
| Yogurt | 1,662 | 0.8 | 163 | 1,309 | 2,142 | 637 | 8.1 | 43 | 0.2 |
| Non- Dairy Drinks | 382 | 1.8 | 161 | 187 | 2,238 | 409 | 0.7 | 0 | 2.4 |
| Carbonated | 173 | 7.3 | 41 | 620 | 380 | 430 | 0.9 | 0 | 0.0 |
| Coffee and tea | 196 | 4.7 | 604 | 615 | 11,128 | 660 | 3.9 | 0 | 10.4 |
| Dry beverage | 372 | 1.3 | 0 | 0 | 13 | 110 | 0.3 | 0 | 0.0 |
| Enriched drinks | 39 | 2.2 | 1 | 293 | 558 | 1,319 | 0.4 | 0 | 0.0 |
| Fruit drinks | 127 | 1.8 | 57 | 49 | 569 | 147 | 0.3 | 0 | 0.1 |
| Water | 0 | 0.0 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0.0 |
| Poultry | 149 | 7.4 | 103 | 725 | 974 | 2,979 | 5.7 | 243 | 3.7 |
| Chicken | 131 | 6.8 | 96 | 624 | 757 | 2,404 | 4.5 | 216 | 4.0 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 185 | 5.6 | 71 | 421 | 683 | 1,191 | 4.9 | 194 | 3.2 |
| Turkey | 228 | 9.7 | 122 | 1,045 | 1,748 | 5,151 | 10.4 | 360 | 2.5 |
| Prepared Foods | 714 | 8.4 | 127 | 819 | 857 | 1,949 | 5.1 | 61 | 8.7 |
| Burritos and tacos | 389 | 9.6 | 128 | 606 | 843 | 1,862 | 4.7 | 65 | 12.7 |
| Meat- or cheese-filled pastry | 905 | 8.7 | 105 | 887 | 874 | 1,856 | 4.9 | 67 | 8.2 |
| Mixtures with fish | - | - | - | - | - | - | - | - | - |
| Pizza | 871 | 9.0 | 118 | 927 | 863 | 2,214 | 5.5 | 72 | 7.9 |
| Prepared meals | 149 | 6.2 | 94 | 535 | 829 | 2,562 | 4.4 | 182 | 3.7 |
| Prepared sandwiches | 296 | 5.5 | 158 | 562 | 756 | 1,446 | 4.5 | 30 | 8.9 |

Table E.22 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|---------------------------------------|---|-------------|------------|------------|--------------|---------------|-------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Red Meats | 116 | 8.1 | 76 | 667 | 974 | 2,393 | 14.1 | 250 | 1.4 |
| Beef and veal | 124 | 10.2 | 84 | 732 | 1,081 | 2,015 | 18.7 | 276 | 1.6 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 88 | 4.3 | 50 | 429 | 609 | 3,312 | 5.8 | 209 | 0.7 |
| Pork | 106 | 5.4 | 81 | 796 | 1,151 | 3,416 | 8.0 | 230 | 1.5 |
| Recipe mix ^c | 282 | 8.6 | 126 | 893 | 1,832 | 2,725 | 16.2 | 348 | 3.6 |
| Soups and Gravies | 297 | 15.5 | 121 | 616 | 1,584 | 15,867 | 6.0 | 70 | 9.7 |
| Gravies | 276 | 16.8 | 68 | 512 | 1,077 | 10,931 | 5.8 | 40 | 8.2 |
| Soups | 344 | 12.1 | 192 | 841 | 1,991 | 35,172 | 5.4 | 93 | 8.7 |
| Sugar and Desserts | 143 | 2.4 | 29 | 128 | 324 | 369 | 1.5 | 5 | 1.8 |
| Candies and toppings | 68 | 0.7 | 23 | 78 | 139 | 302 | 1.1 | 10 | 1.3 |
| Gelatins | 9 | 0.4 | 6 | 370 | 33 | 1,218 | 0.0 | 0 | 0.1 |
| Jellies, jams, and preserves | 77 | 1.9 | 15 | 42 | 296 | 138 | 0.2 | 0 | 2.7 |
| Puddings and pie filling | 363 | 5.2 | 84 | 356 | 924 | 1,078 | 1.9 | 7 | 0.2 |
| Sherbet and ices | 179 | 4.0 | 33 | 132 | 417 | 199 | 2.6 | 3 | 4.3 |
| Sugars | 92 | 0.8 | 25 | 33 | 191 | 87 | 1.0 | 0 | 1.2 |
| Syrups | 22 | 0.5 | 11 | 33 | 69 | 191 | 0.9 | 0 | 0.1 |
| Vegetables | 254 | 6.0 | 206 | 467 | 3,504 | 1,940 | 3.4 | 2 | 22.7 |
| Green vegetables ^d | 1,512 | 26.5 | 608 | 1,440 | 9,801 | 2,853 | 11.7 | 0 | 92.5 |
| Mixed vegetables | 1,947 | 48.2 | 1,090 | 1,463 | 11,977 | 2,504 | 17.0 | 0 | 99.0 |
| Mixtures with vegetables ^e | 260 | 5.1 | 67 | 354 | 857 | 1,196 | 1.9 | 106 | 9.0 |
| Other vegetables ^f | 1,005 | 16.7 | 471 | 1,208 | 8,051 | 1,515 | 10.4 | 0 | 71.3 |
| Potato and potato products | 77 | 3.4 | 140 | 325 | 2,263 | 1,923 | 1.9 | 1 | 12.2 |
| Tomato and tomato products | 445 | 14.0 | 442 | 909 | 8,830 | 2,441 | 8.0 | 13 | 49.2 |
| Yellow vegetables ^g | 476 | 7.3 | 253 | 726 | 4,981 | 2,344 | 5.2 | 0 | 46.6 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used for both a la carte sales and reimbursable meals.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce, beef stew mixes, and pasta with meat, tomato, and/or cheese.

^d Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.23. Mean Calorie Density, Sources of Calories, and Nutrient Density of All Food Acquisitions, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

| Food Group/Subgroup | Calorie Density | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | Carbohydrate | Protein |
|--|-----------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|-------------|
| | (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | |
| Bakery Products | 3.40 | 27.6 | 6.5 | 11.1 | 7.9 | 7.3 | 0.6 | 63.4 | 9.2 |
| Biscuits, muffins, pancakes, and waffles | 3.09 | 34.7 | 8.0 | 13.5 | 10.7 | 9.6 | 1.0 | 57.8 | 7.9 |
| Breads and rolls | 2.87 | 17.4 | 4.0 | 6.7 | 5.5 | 5.0 | 0.5 | 69.2 | 12.6 |
| Cakes and other bakery desserts | 4.34 | 36.8 | 12.0 | 17.4 | 4.7 | 4.5 | 0.3 | 59.9 | 4.9 |
| Crackers | 4.48 | 29.9 | 7.3 | 13.9 | 6.7 | 6.2 | 0.4 | 62.7 | 7.4 |
| Pretzels and snack chips | 4.73 | 39.3 | 6.3 | 13.4 | 15.9 | 15.2 | 0.6 | 56.0 | 6.1 |
| Condiments | 0.83 | 11.7 | 1.6 | 4.6 | 4.3 | 3.7 | 0.6 | 90.7 | 7.4 |
| Catsup and other sauces | 0.97 | 10.5 | 1.3 | 3.6 | 4.6 | 3.9 | 0.6 | 92.7 | 6.8 |
| Flavorings | 0.82 | 4.6 | 2.5 | 1.4 | 0.4 | 0.4 | 0.0 | 64.2 | 14.8 |
| Pickles and olives | 0.31 | 22.3 | 3.5 | 12.2 | 3.9 | 2.5 | 1.3 | 78.7 | 13.1 |
| Eggs | 1.61 | 61.7 | 19.5 | 24.0 | 9.4 | 8.1 | 0.4 | 8.0 | 30.2 |
| Eggs | 1.47 | 61.8 | 19.2 | 23.7 | 8.4 | 7.1 | 0.2 | 2.4 | 35.0 |
| Mixtures with egg | 1.78 | 61.2 | 19.4 | 24.2 | 10.2 | 9.0 | 0.6 | 13.1 | 26.0 |
| Fats and Oils | 5.00 | 94.5 | 17.5 | 34.1 | 38.2 | 33.9 | 4.2 | 6.9 | 0.4 |
| Butter | 7.20 | 100.0 | 64.4 | 26.5 | 3.8 | 3.4 | 0.4 | 0.0 | 0.5 |
| Margarine | 6.78 | 100.0 | 19.9 | 45.7 | 31.9 | 29.0 | 2.8 | 0.3 | 0.2 |
| Salad dressings and mayonnaise | 3.81 | 87.0 | 14.2 | 26.7 | 40.8 | 35.9 | 4.9 | 14.2 | 0.8 |
| Vegetable oils and shortenings | 5.96 | 93.5 | 15.4 | 34.7 | 39.6 | 36.0 | 3.5 | 4.9 | 3.0 |
| Fish | 2.03 | 35.7 | 6.3 | 12.1 | 15.2 | 12.3 | 1.6 | 24.6 | 38.0 |
| Fish | 2.00 | 35.0 | 6.2 | 11.9 | 14.9 | 11.9 | 1.6 | 24.0 | 39.2 |
| Shellfish | 2.30 | 43.8 | 7.5 | 14.9 | 18.9 | 15.7 | 2.1 | 30.6 | 24.9 |
| Fruits and Juices | 0.56 | 2.4 | 0.4 | 0.4 | 0.7 | 0.5 | 0.2 | 100.0 | 3.2 |
| Fruits | 0.62 | 2.7 | 0.5 | 0.5 | 0.8 | 0.6 | 0.2 | 100.0 | 3.2 |
| Juices | 0.49 | 2.1 | 0.3 | 0.2 | 0.6 | 0.5 | 0.1 | 97.1 | 3.1 |
| Grain Products | 2.18 | 15.0 | 4.1 | 5.3 | 3.9 | 3.6 | 0.3 | 73.5 | 11.6 |
| Breakfast cereals | 3.90 | 10.8 | 1.8 | 3.9 | 3.1 | 2.9 | 0.2 | 83.5 | 7.0 |
| Flour and other milled grains | 3.27 | 2.8 | 0.4 | 0.4 | 1.2 | 1.1 | 0.1 | 85.5 | 10.2 |
| Flour mix ^a | 4.22 | 26.4 | 5.6 | 12.2 | 7.1 | 6.6 | 0.5 | 69.7 | 5.8 |
| Mixtures with grain | 1.88 | 33.0 | 11.3 | 12.1 | 6.9 | 6.2 | 0.6 | 50.6 | 17.2 |
| Pasta and noodles | 1.61 | 6.5 | 1.2 | 1.1 | 2.6 | 2.4 | 0.2 | 77.7 | 14.6 |
| Rice, barley, and other grains | 1.75 | 15.1 | 3.3 | 5.7 | 4.6 | 4.5 | 0.2 | 75.2 | 8.7 |

Table E.23 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | |
|--------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|--------------|-------------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | Carbohydrate | Protein |
| Legumes, Nuts, and Seeds | 2.13 | 35.1 | 7.3 | 13.8 | 12.4 | 11.8 | 0.5 | 49.9 | 20.5 |
| Dry beans and peas | 1.11 | 5.7 | 1.4 | 1.9 | 1.9 | 1.2 | 0.5 | 76.2 | 23.2 |
| Other nuts | 6.34 | 85.5 | 10.1 | 46.8 | 24.7 | 22.8 | 1.9 | 11.6 | 9.9 |
| Peanuts and peanut butter | 5.80 | 75.9 | 15.4 | 36.5 | 21.5 | 21.4 | 0.1 | 14.8 | 16.9 |
| Seeds | 5.91 | 77.9 | 10.4 | 21.0 | 43.3 | 43.1 | 0.2 | 15.5 | 13.7 |
| Soybeans and soy products | 2.63 | 48.7 | 13.8 | 10.6 | 21.1 | 17.8 | 2.2 | 26.0 | 25.5 |
| Milk and Other Dairy Products | 0.72 | 25.0 | 15.3 | 7.3 | 1.2 | 0.9 | 0.3 | 53.8 | 23.4 |
| Cheese | 2.90 | 66.0 | 38.8 | 19.7 | 3.9 | 3.0 | 0.8 | 9.3 | 24.8 |
| Cream | 1.99 | 83.3 | 51.9 | 24.1 | 3.1 | 1.9 | 1.2 | 11.8 | 6.8 |
| Ice cream and ice milk | 2.28 | 44.3 | 27.6 | 11.2 | 2.4 | 1.9 | 0.5 | 51.5 | 7.5 |
| Milk | 0.56 | 12.9 | 8.2 | 3.8 | 0.5 | 0.4 | 0.1 | 65.8 | 24.0 |
| Yogurt | 0.94 | 10.3 | 6.6 | 2.8 | 0.3 | 0.2 | 0.1 | 71.2 | 19.9 |
| Non- Dairy Drinks | 0.16 | 3.2 | 0.9 | 1.9 | 0.3 | 0.2 | 0.0 | 91.0 | 2.2 |
| Carbonated | 0.27 | 1.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 2.0 |
| Coffee and tea | 1.66 | 18.0 | 5.0 | 11.3 | 1.5 | 1.2 | 0.2 | 76.4 | 8.8 |
| Dry beverage | 3.16 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.3 |
| Enriched drinks | 0.25 | 0.3 | 0.1 | 0.1 | 0.2 | 0.1 | 0.0 | 99.3 | 0.0 |
| Fruit drinks | 0.43 | 0.2 | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 100.0 | 0.4 |
| Water | 0.00 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5.5 | 0.0 |
| Poultry | 2.14 | 45.8 | 10.4 | 17.9 | 13.4 | 12.0 | 0.9 | 21.6 | 31.5 |
| Chicken | 2.25 | 46.9 | 10.2 | 19.1 | 14.0 | 12.5 | 1.0 | 22.5 | 29.7 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 1.32 | 55.8 | 14.4 | 24.6 | 13.9 | 12.5 | 0.3 | 1.0 | 40.4 |
| Recipe mix ^b | 1.98 | 57.3 | 12.3 | 18.1 | 22.2 | 19.6 | 2.2 | 14.2 | 27.6 |
| Turkey | 1.79 | 39.9 | 10.2 | 13.1 | 10.7 | 9.4 | 0.5 | 17.3 | 40.7 |
| Prepared Foods | 2.49 | 35.2 | 13.4 | 12.1 | 7.0 | 6.3 | 0.6 | 46.7 | 18.9 |
| Burritos and tacos | 2.24 | 31.8 | 10.8 | 11.3 | 7.2 | 6.3 | 0.8 | 50.5 | 17.8 |
| Meat- or cheese-filled pastry | 2.52 | 32.7 | 13.7 | 11.0 | 5.6 | 5.1 | 0.5 | 49.2 | 18.7 |
| Mixtures with fish | 1.43 | 2.6 | 0.5 | 0.8 | 0.8 | 0.3 | 0.1 | 82.7 | 12.0 |
| Pizza | 2.37 | 34.1 | 13.8 | 10.8 | 6.6 | 5.9 | 0.7 | 46.3 | 19.8 |
| Prepared meals | 1.61 | 28.0 | 6.4 | 8.2 | 11.2 | 10.0 | 1.0 | 56.2 | 16.4 |
| Prepared sandwiches | 3.53 | 45.7 | 12.6 | 20.0 | 10.6 | 10.2 | 0.3 | 41.3 | 16.5 |

Table E.23 (continued)

| Food Group/Subgroup | Calorie Density (kcal/g) | Sources of Calories (Percentage of Total Calories from ...) | | | | | | | Carbohydrate | Protein |
|---------------------------------------|-----------------------------|---|---------------|----------------------|----------------------|---------------|----------------------|-------------|--------------|---------|
| | | Total Fat | Saturated Fat | Monoun-saturated Fat | Polyun-saturated Fat | Linoleic Acid | Alpha-linolenic Acid | | | |
| Red Meats | 2.43 | 60.0 | 21.1 | 25.6 | 5.4 | 4.7 | 0.4 | 8.2 | 30.6 | |
| Beef and veal | 2.28 | 58.2 | 21.5 | 24.9 | 3.0 | 2.5 | 0.3 | 6.0 | 34.6 | |
| Lamb | - | - | - | - | - | - | - | - | - | |
| Mixed meats | 3.38 | 70.9 | 24.1 | 29.8 | 8.7 | 7.8 | 0.7 | 9.5 | 18.6 | |
| Pork | 2.55 | 58.8 | 18.9 | 25.0 | 8.9 | 7.6 | 0.4 | 11.7 | 28.2 | |
| Recipe mix ^c | 1.06 | 28.4 | 10.5 | 9.4 | 3.6 | 3.2 | 0.4 | 51.3 | 20.4 | |
| Soups and Gravies | 1.63 | 30.6 | 10.5 | 11.9 | 6.2 | 5.7 | 0.4 | 54.2 | 16.4 | |
| Gravies | 3.35 | 32.5 | 12.8 | 12.8 | 5.9 | 5.4 | 0.4 | 57.1 | 10.7 | |
| Soups | 1.10 | 31.7 | 9.5 | 12.0 | 7.2 | 6.6 | 0.4 | 49.2 | 20.8 | |
| Sugar and Desserts | 2.68 | 6.5 | 2.9 | 2.4 | 0.5 | 0.5 | 0.0 | 95.4 | 1.3 | |
| Candies and toppings | 4.11 | 24.5 | 12.9 | 6.9 | 2.9 | 2.7 | 0.2 | 76.4 | 2.0 | |
| Gelatins | 3.66 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 96.9 | 8.8 | |
| Jellies, jams, and preserves | 2.60 | 0.5 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 100.0 | 0.8 | |
| Puddings and pie filling | 1.59 | 21.7 | 5.9 | 12.7 | 0.6 | 0.6 | 0.0 | 73.8 | 4.8 | |
| Sherbet and ices | 1.26 | 10.1 | 5.5 | 2.6 | 0.4 | 0.3 | 0.1 | 87.6 | 2.4 | |
| Sugars | 3.86 | 0.2 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 100.0 | 0.1 | |
| Syrups | 2.66 | 0.3 | 0.1 | 0.1 | 0.2 | 0.2 | 0.0 | 100.0 | 0.0 | |
| Vegetables | 1.02 | 26.8 | 4.6 | 11.5 | 9.3 | 7.9 | 1.3 | 68.1 | 8.5 | |
| Green vegetables ^d | 0.24 | 7.0 | 1.2 | 0.4 | 2.9 | 1.4 | 1.4 | 78.2 | 27.0 | |
| Mixed vegetables | 0.33 | 7.1 | 1.2 | 0.3 | 3.4 | 1.5 | 1.9 | 79.0 | 25.9 | |
| Mixtures with vegetables ^e | 2.26 | 51.3 | 9.7 | 17.9 | 20.0 | 18.3 | 1.5 | 41.0 | 9.1 | |
| Other vegetables ^f | 0.61 | 3.6 | 0.9 | 0.4 | 1.3 | 0.7 | 0.5 | 90.5 | 16.7 | |
| Potato and potato products | 1.82 | 30.8 | 5.0 | 14.4 | 10.2 | 8.6 | 1.6 | 65.1 | 5.9 | |
| Tomato and tomato products | 0.62 | 23.2 | 5.9 | 5.1 | 9.9 | 9.7 | 0.2 | 69.4 | 11.3 | |
| Yellow vegetables ^g | 0.65 | 10.4 | 1.6 | 3.0 | 4.7 | 4.3 | 0.4 | 90.2 | 10.3 | |

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--|--------------------|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| Bakery Products | 49 | 55 | 2 | 2.4 | 0.3 | 0.4 | 243 | 365 | 10 | 0.9 | 1.0 |
| Biscuits, muffins, pancakes, and waffles | 71 | 113 | 4 | 3.9 | 0.3 | 0.5 | 205 | 304 | 8 | 0.9 | 0.9 |
| Breads and rolls | 9 | 8 | 0 | 1.0 | 0.3 | 0.4 | 363 | 553 | 14 | 1.1 | 1.5 |
| Cakes and other bakery desserts | 187 | 187 | 2 | 2.6 | 0.4 | 0.4 | 136 | 209 | 7 | 0.7 | 0.7 |
| Crackers | 13 | 13 | 0 | 1.3 | 0.3 | 0.2 | 194 | 294 | 10 | 0.8 | 0.7 |
| Pretzels and snack chips | 17 | 14 | 6 | 5.3 | 0.5 | 0.4 | 89 | 106 | 6 | 0.8 | 0.4 |
| Condiments | 768 | 387 | 134 | 12.1 | 1.4 | 0.0 | 76 | 77 | 10 | 1.0 | 0.4 |
| Catsup and other sauces | 802 | 405 | 103 | 12.6 | 1.4 | 0.0 | 77 | 78 | 10 | 1.0 | 0.3 |
| Flavorings | 3 | 2 | 6 | 0.3 | 1.4 | 0.0 | 51 | 51 | 10 | 1.0 | 0.6 |
| Pickles and olives | 1,373 | 678 | 798 | 10.6 | 1.9 | 0.0 | 113 | 113 | 8 | 1.5 | 1.4 |
| Eggs | 887 | 873 | 0 | 6.2 | 0.8 | 6.7 | 243 | 251 | 2 | 2.8 | 0.5 |
| Eggs | 1,000 | 990 | 0 | 6.7 | 0.9 | 8.5 | 316 | 316 | 0 | 3.4 | 0.5 |
| Mixtures with egg | 796 | 780 | 0 | 5.9 | 0.7 | 5.2 | 183 | 197 | 3 | 2.3 | 0.5 |
| Fats and Oils | 370 | 349 | 0 | 10.1 | 0.1 | 0.2 | 4 | 4 | 0 | 0.1 | 0.0 |
| Butter | 973 | 954 | 0 | 3.2 | 0.0 | 0.2 | 4 | 4 | 0 | 0.0 | 0.0 |
| Margarine | 1,320 | 1,245 | 0 | 11.9 | 0.0 | 0.1 | 2 | 2 | 0 | 0.1 | 0.0 |
| Salad dressings and mayonnaise | 55 | 50 | 0 | 9.5 | 0.2 | 0.2 | 8 | 8 | 0 | 0.1 | 0.1 |
| Vegetable oils and shortenings | 4,279 | 4,029 | 1 | 32.1 | 0.0 | 0.5 | 10 | 10 | 0 | 0.2 | 0.1 |
| Fish | 83 | 83 | 1 | 5.2 | 0.9 | 10.4 | 118 | 165 | 33 | 0.6 | 0.6 |
| Fish | 84 | 84 | 1 | 5.1 | 1.0 | 10.8 | 116 | 162 | 35 | 0.6 | 0.6 |
| Shellfish | 81 | 79 | 2 | 6.1 | 0.4 | 5.9 | 135 | 193 | 9 | 0.6 | 0.7 |
| Fruits and Juices | 283 | 142 | 314 | 3.2 | 1.1 | 0.0 | 150 | 150 | 5 | 0.5 | 0.6 |
| Fruits | 347 | 174 | 207 | 3.9 | 1.1 | 0.0 | 119 | 119 | 5 | 0.5 | 0.5 |
| Juices | 170 | 84 | 500 | 2.0 | 1.2 | 0.0 | 209 | 209 | 4 | 0.5 | 0.8 |
| Grain Products | 386 | 388 | 17 | 1.5 | 1.4 | 3.2 | 518 | 843 | 19 | 1.5 | 1.9 |
| Breakfast cereals | 1,421 | 1,428 | 60 | 2.3 | 4.7 | 13.0 | 1,187 | 1,982 | 47 | 4.1 | 3.8 |
| Flour and other milled grains | 4 | 2 | 0 | 0.4 | 0.2 | 0.0 | 384 | 605 | 14 | 1.1 | 1.7 |
| Flour mix ^a | 17 | 15 | 0 | 1.5 | 0.2 | 0.2 | 208 | 333 | 6 | 0.5 | 0.7 |
| Mixtures with grain | 282 | 296 | 20 | 2.9 | 0.6 | 1.4 | 209 | 303 | 10 | 1.0 | 1.0 |
| Pasta and noodles | 0 | 0 | 0 | 0.7 | 0.3 | 0.0 | 428 | 690 | 10 | 0.8 | 1.7 |
| Rice, barley, and other grains | 12 | 9 | 0 | 0.6 | 0.9 | 0.0 | 312 | 512 | 12 | 0.2 | 1.1 |

Table E.23 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|--------------------------------------|--|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 37 | 22 | 8 | 10.9 | 1.0 | 0.4 | 377 | 377 | 9 | 0.5 | 0.8 |
| Dry beans and peas | 48 | 23 | 13 | 1.3 | 1.0 | 0.0 | 515 | 515 | 4 | 0.5 | 1.0 |
| Other nuts | 2 | 1 | 1 | 16.9 | 0.3 | 0.0 | 73 | 73 | 3 | 0.7 | 0.6 |
| Peanuts and peanut butter | 0 | 0 | 0 | 14.8 | 0.9 | 0.0 | 131 | 131 | 23 | 0.2 | 0.1 |
| Seeds | 5 | 2 | 2 | 50.5 | 1.0 | 0.0 | 312 | 312 | 7 | 0.6 | 0.5 |
| Soybeans and soy products | 288 | 286 | 4 | 9.1 | 1.6 | 8.4 | 247 | 248 | 14 | 1.9 | 1.6 |
| Milk and Other Dairy Products | 917 | 910 | 5 | 0.6 | 0.6 | 6.5 | 79 | 80 | 2 | 2.6 | 0.6 |
| Cheese | 644 | 628 | 0 | 1.4 | 0.2 | 3.7 | 44 | 50 | 1 | 1.2 | 0.2 |
| Cream | 841 | 824 | 4 | 2.6 | 0.1 | 1.6 | 53 | 53 | 0 | 0.8 | 0.2 |
| Ice cream and ice milk | 463 | 460 | 3 | 2.0 | 0.2 | 1.5 | 33 | 35 | 1 | 1.1 | 0.2 |
| Milk | 1,041 | 1,037 | 7 | 0.3 | 0.7 | 7.5 | 90 | 90 | 2 | 3.1 | 0.7 |
| Yogurt | 111 | 107 | 8 | 0.3 | 0.5 | 5.3 | 107 | 107 | 1 | 2.0 | 0.4 |
| Non- Dairy Drinks | 77 | 76 | 175 | 10.6 | 4.3 | 4.0 | 66 | 66 | 36 | 0.5 | 0.3 |
| Carbonated | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.7 | 0.2 |
| Coffee and tea | 1 | 1 | 0 | 1.5 | 0.3 | 0.2 | 526 | 526 | 13 | 2.2 | 0.1 |
| Dry beverage | 0 | 0 | 1,198 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 |
| Enriched drinks | 0 | 0 | 127 | 21.3 | 8.7 | 10.3 | 2 | 2 | 69 | 0.0 | 0.4 |
| Fruit drinks | 274 | 270 | 289 | 0.6 | 0.6 | 0.0 | 71 | 71 | 4 | 0.7 | 0.3 |
| Water | 0 | 0 | 99 | 18.7 | 6.2 | 0.1 | 0 | 0 | 46 | 0.0 | 0.0 |
| Poultry | 42 | 116 | 5 | 3.9 | 1.2 | 0.9 | 106 | 141 | 22 | 0.8 | 0.9 |
| Chicken | 44 | 135 | 2 | 4.0 | 1.2 | 0.8 | 114 | 153 | 24 | 0.7 | 0.9 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 48 | 48 | 11 | 2.0 | 1.2 | 4.2 | 55 | 55 | 24 | 1.2 | 0.1 |
| Recipe mix ^b | 322 | 272 | 4 | 4.2 | 1.0 | 1.1 | 109 | 149 | 17 | 0.8 | 0.4 |
| Turkey | 40 | 48 | 19 | 3.3 | 1.2 | 1.5 | 70 | 88 | 14 | 1.3 | 0.6 |
| Prepared Foods | 243 | 366 | 4 | 3.2 | 0.5 | 1.2 | 250 | 323 | 11 | 1.1 | 0.9 |
| Burritos and tacos | 120 | 969 | 9 | 2.7 | 0.6 | 1.1 | 277 | 368 | 11 | 0.9 | 1.0 |
| Meat- or cheese-filled pastry | 278 | 468 | 8 | 2.4 | 0.3 | 1.1 | 237 | 325 | 9 | 1.2 | 1.0 |
| Mixtures with fish | 192 | 112 | 13 | 1.0 | 0.6 | 0.7 | 385 | 608 | 13 | 0.3 | 1.0 |
| Pizza | 274 | 327 | 2 | 2.9 | 0.5 | 1.4 | 254 | 324 | 11 | 1.2 | 0.9 |
| Prepared meals | 356 | 317 | 82 | 4.2 | 1.3 | 2.1 | 265 | 408 | 20 | 1.1 | 0.9 |
| Prepared sandwiches | 67 | 101 | 1 | 5.8 | 0.6 | 0.7 | 216 | 261 | 16 | 0.7 | 0.6 |

Table E.23 (continued)

| Food Group/Subgroup | Vitamin A (mcg RE) | Vitamin A (mcg RAE) | Vitamin C (mg) | Vitamin E (mg AT) | Vitamin B ₆ (mg) | Vitamin B ₁₂ (mcg) | Total Folate (mcg) | Folate, DFE (mcg) | Niacin (mg) | Riboflavin (mg) | Thiamin (mg) |
|---------------------------------------|---|---------------------|----------------|-------------------|-----------------------------|-------------------------------|--------------------|-------------------|-------------|-----------------|--------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | | | |
| Red Meats | 23 | 66 | 3 | 2.3 | 1.0 | 5.5 | 67 | 76 | 17 | 0.7 | 0.8 |
| Beef and veal | 19 | 73 | 3 | 2.2 | 1.1 | 7.3 | 81 | 86 | 17 | 0.7 | 0.3 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 11 | 11 | 1 | 1.6 | 0.6 | 3.3 | 36 | 48 | 11 | 0.6 | 0.6 |
| Pork | 34 | 72 | 2 | 2.5 | 1.2 | 2.7 | 47 | 61 | 20 | 0.8 | 1.8 |
| Recipe mix ^c | 321 | 201 | 76 | 3.4 | 0.9 | 2.6 | 222 | 327 | 13 | 0.9 | 1.0 |
| Soups and Gravies | 282 | 152 | 34 | 3.1 | 0.8 | 1.7 | 119 | 153 | 11 | 1.1 | 0.7 |
| Gravies | 21 | 21 | 3 | 1.4 | 0.5 | 1.1 | 118 | 161 | 4 | 1.0 | 0.5 |
| Soups | 423 | 223 | 51 | 4.4 | 0.9 | 2.1 | 112 | 136 | 15 | 1.2 | 0.8 |
| Sugar and Desserts | 32 | 29 | 5 | 0.4 | 0.0 | 0.2 | 8 | 9 | 0 | 0.2 | 0.0 |
| Candies and toppings | 116 | 112 | 5 | 1.2 | 0.0 | 0.3 | 13 | 17 | 1 | 0.2 | 0.1 |
| Gelatins | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 8 | 8 | 0 | 0.1 | 0.0 |
| Jellies, jams, and preserves | 39 | 27 | 34 | 0.5 | 0.1 | 0.0 | 23 | 23 | 0 | 0.2 | 0.0 |
| Puddings and pie filling | 64 | 56 | 3 | 1.8 | 0.1 | 0.8 | 18 | 18 | 1 | 0.5 | 0.1 |
| Sherbet and ices | 66 | 63 | 15 | 0.1 | 0.1 | 0.7 | 22 | 22 | 0 | 0.5 | 0.1 |
| Sugars | 0 | 0 | 1 | 0.0 | 0.0 | 0.0 | 1 | 1 | 0 | 0.0 | 0.0 |
| Syrups | 0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.1 | 0.0 |
| Vegetables | 2,156 | 1,080 | 130 | 8.3 | 1.9 | 0.0 | 308 | 314 | 14 | 0.6 | 1.0 |
| Green vegetables ^d | 4,755 | 2,380 | 686 | 16.7 | 3.2 | 0.0 | 1,867 | 1,867 | 14 | 2.4 | 2.3 |
| Mixed vegetables | 16,497 | 8,239 | 563 | 19.7 | 3.2 | 0.0 | 2,899 | 2,899 | 18 | 3.3 | 2.4 |
| Mixtures with vegetables ^e | 594 | 333 | 44 | 5.0 | 0.6 | 0.7 | 236 | 296 | 7 | 0.9 | 0.8 |
| Other vegetables ^f | 247 | 124 | 485 | 1.7 | 4.0 | 0.0 | 801 | 801 | 10 | 1.5 | 1.4 |
| Potato and potato products | 7 | 6 | 89 | 4.3 | 1.8 | 0.0 | 91 | 98 | 10 | 0.2 | 1.0 |
| Tomato and tomato products | 1,119 | 561 | 147 | 30.3 | 2.5 | 0.1 | 244 | 244 | 43 | 1.0 | 0.6 |
| Yellow vegetables ^g | 15,343 | 7,669 | 72 | 7.8 | 1.8 | 0.0 | 405 | 405 | 14 | 0.9 | 0.7 |

| Food Group/Subgroup | Calcium (mg) | Iron (mg) | Magnesium (mg) | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Zinc (mg) | Cholesterol (mg) | Dietary Fiber (g) |
|--|--|-------------|-------------------|--------------------|-------------------|----------------|------------|---------------------|----------------------|
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Bakery Products | 308 | 9.4 | 88 | 385 | 416 | 1,627 | 2.5 | 21 | 7.7 |
| Biscuits, muffins, pancakes, and waffles | 264 | 8.8 | 60 | 558 | 385 | 1,568 | 2.3 | 89 | 6.4 |
| Breads and rolls | 435 | 12.2 | 88 | 373 | 401 | 1,848 | 2.9 | 10 | 8.7 |
| Cakes and other bakery desserts | 135 | 7.5 | 77 | 272 | 330 | 751 | 1.7 | 18 | 4.8 |
| Crackers | 155 | 9.2 | 73 | 318 | 349 | 1,850 | 2.0 | 5 | 6.6 |
| Pretzels and snack chips | 254 | 4.5 | 130 | 373 | 630 | 1,851 | 3.0 | 2 | 10.0 |
| Condiments | 328 | 7.5 | 213 | 397 | 3,355 | 18,899 | 3.2 | 1 | 11.2 |
| Catsup and other sauces | 219 | 6.2 | 197 | 361 | 3,325 | 10,646 | 2.9 | 1 | 7.6 |
| Flavorings | 1,008 | 22.7 | 472 | 1,052 | 3,439 | 972,736 | 8.5 | 0 | 24.1 |
| Pickles and olives | 1,841 | 23.7 | 382 | 665 | 4,923 | 36,814 | 5.8 | 0 | 54.9 |
| Eggs | 467 | 10.0 | 84 | 1,178 | 936 | 1,947 | 6.9 | 2,224 | 0.5 |
| Eggs | 358 | 11.5 | 81 | 1,275 | 930 | 1,192 | 7.5 | 2,880 | 0.0 |
| Mixtures with egg | 539 | 8.6 | 85 | 1,077 | 932 | 2,601 | 6.3 | 1,669 | 1.0 |
| Fats and Oils | 25 | 0.3 | 5 | 34 | 66 | 1,851 | 0.2 | 29 | 0.1 |
| Butter | 33 | 0.0 | 3 | 33 | 33 | 782 | 0.1 | 299 | 0.0 |
| Margarine | 12 | 0.1 | 4 | 14 | 34 | 1,361 | 0.0 | 9 | 0.0 |
| Salad dressings and mayonnaise | 40 | 0.5 | 7 | 64 | 119 | 2,857 | 0.4 | 40 | 0.3 |
| Vegetable oils and shortenings | 187 | 0.2 | 20 | 148 | 246 | 4,099 | 0.7 | 5 | 0.0 |
| Fish | 94 | 8.0 | 173 | 1,039 | 1,126 | 2,576 | 3.4 | 225 | 3.5 |
| Fish | 94 | 8.1 | 175 | 1,049 | 1,149 | 2,578 | 3.5 | 225 | 3.4 |
| Shellfish | 109 | 7.0 | 156 | 928 | 842 | 2,628 | 2.7 | 267 | 4.3 |
| Fruits and Juices | 167 | 5.6 | 143 | 211 | 2,470 | 92 | 1.3 | 0 | 18.4 |
| Fruits | 161 | 4.3 | 135 | 202 | 2,161 | 111 | 1.4 | 0 | 27.5 |
| Juices | 184 | 7.7 | 158 | 228 | 3,020 | 60 | 1.0 | 0 | 3.3 |
| Grain Products | 321 | 17.3 | 127 | 536 | 510 | 1,673 | 8.8 | 29 | 10.5 |
| Breakfast cereals | 636 | 47.3 | 147 | 498 | 569 | 1,396 | 26.8 | 0 | 13.1 |
| Flour and other milled grains | 41 | 11.0 | 100 | 337 | 363 | 191 | 2.4 | 0 | 9.6 |
| Flour mix ^a | 297 | 6.6 | 64 | 873 | 435 | 2,137 | 1.4 | 2 | 7.7 |
| Mixtures with grain | 526 | 8.4 | 122 | 724 | 924 | 2,637 | 5.3 | 137 | 7.8 |
| Pasta and noodles | 50 | 8.1 | 123 | 391 | 284 | 1,488 | 3.5 | 0 | 12.1 |
| Rice, barley, and other grains | 111 | 8.4 | 184 | 514 | 404 | 2,454 | 4.3 | 3 | 11.4 |

Table E.23 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|--------------------------------------|--|-------------|------------|--------------|--------------|--------------|-------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Legumes, Nuts, and Seeds | 294 | 12.4 | 326 | 989 | 2,166 | 2,049 | 13.7 | 8 | 31.2 |
| Dry beans and peas | 377 | 18.8 | 363 | 1,022 | 3,013 | 2,850 | 20.2 | 14 | 46.1 |
| Other nuts | 232 | 4.6 | 350 | 641 | 862 | 364 | 6.2 | 0 | 12.1 |
| Peanuts and peanut butter | 77 | 3.1 | 262 | 617 | 1,095 | 725 | 5.3 | 0 | 10.3 |
| Seeds | 189 | 8.3 | 321 | 1,692 | 930 | 597 | 8.7 | 0 | 15.6 |
| Soybeans and soy products | 843 | 5.7 | 191 | 957 | 1,436 | 2,274 | 5.0 | 6 | 15.1 |
| Milk and Other Dairy Products | 1,956 | 3.0 | 211 | 1,683 | 2,452 | 1,248 | 7.7 | 92 | 5.2 |
| Cheese | 1,705 | 1.6 | 82 | 1,410 | 589 | 2,893 | 8.0 | 204 | 0.4 |
| Cream | 619 | 0.3 | 57 | 455 | 769 | 324 | 1.7 | 213 | 0.0 |
| Ice cream and ice milk | 539 | 1.9 | 97 | 491 | 962 | 320 | 3.2 | 143 | 5.0 |
| Milk | 2,112 | 3.5 | 253 | 1,838 | 3,058 | 892 | 7.9 | 59 | 6.6 |
| Yogurt | 1,727 | 0.8 | 169 | 1,361 | 2,226 | 663 | 8.4 | 46 | 0.2 |
| Non- Dairy Drinks | 2,370 | 2.4 | 530 | 314 | 2,179 | 1,168 | 0.8 | 0 | 2.0 |
| Carbonated | 139 | 6.0 | 30 | 514 | 289 | 340 | 0.8 | 0 | 0.2 |
| Coffee and tea | 186 | 4.4 | 578 | 603 | 9,829 | 784 | 3.7 | 1 | 7.6 |
| Dry beverage | 2,103 | 0.9 | 5 | 2,220 | 900 | 791 | 0.2 | 0 | 0.2 |
| Enriched drinks | 50 | 2.5 | 1 | 272 | 723 | 1,389 | 0.3 | 0 | 0.0 |
| Fruit drinks | 369 | 2.1 | 72 | 144 | 701 | 178 | 0.4 | 0 | 0.2 |
| Water | 3,234 | 0.3 | 645 | 0 | 179 | 791 | 0.0 | 0 | 0.0 |
| Poultry | 135 | 7.2 | 97 | 685 | 906 | 2,771 | 5.7 | 250 | 3.3 |
| Chicken | 121 | 6.6 | 92 | 607 | 752 | 2,401 | 4.5 | 228 | 3.5 |
| Game birds | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 423 | 8.3 | 91 | 748 | 1,003 | 367 | 9.5 | 451 | 0.0 |
| Recipe mix ^b | 224 | 4.4 | 83 | 553 | 834 | 1,211 | 5.5 | 226 | 2.4 |
| Turkey | 179 | 9.8 | 124 | 1,029 | 1,600 | 4,621 | 10.5 | 344 | 2.9 |
| Prepared Foods | 768 | 8.7 | 125 | 863 | 882 | 2,051 | 5.4 | 66 | 8.5 |
| Burritos and tacos | 381 | 9.6 | 131 | 615 | 866 | 1,906 | 5.3 | 70 | 12.2 |
| Meat- or cheese-filled pastry | 905 | 8.7 | 105 | 887 | 874 | 1,856 | 4.9 | 67 | 8.2 |
| Mixtures with fish | 126 | 9.7 | 112 | 399 | 664 | 4,399 | 2.9 | 21 | 2.8 |
| Pizza | 864 | 9.1 | 125 | 940 | 907 | 2,227 | 5.6 | 70 | 8.3 |
| Prepared meals | 285 | 11.9 | 103 | 532 | 908 | 1,922 | 7.7 | 119 | 5.8 |
| Prepared sandwiches | 290 | 5.9 | 147 | 584 | 753 | 1,623 | 4.9 | 51 | 8.2 |

Table E.23 (continued)

| Food Group/Subgroup | Calcium | Iron | Magnesium | Phosphorus | Potassium | Sodium | Zinc | Cholesterol | Dietary |
|---------------------------------------|---|-------------|------------|------------|--------------|---------------|-------------|-------------|-------------|
| | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | Fiber (g) |
| | Nutrient Density (Nutrients per 1,000 Calories) | | | | | | | | |
| Red Meats | 115 | 8.3 | 79 | 708 | 1,046 | 2,651 | 13.8 | 252 | 1.6 |
| Beef and veal | 129 | 10.5 | 86 | 743 | 1,102 | 2,208 | 18.2 | 268 | 1.9 |
| Lamb | - | - | - | - | - | - | - | - | - |
| Mixed meats | 86 | 4.6 | 54 | 442 | 633 | 3,199 | 6.3 | 207 | 1.0 |
| Pork | 95 | 5.3 | 79 | 797 | 1,155 | 3,611 | 7.8 | 241 | 1.2 |
| Recipe mix ^c | 221 | 8.7 | 126 | 623 | 1,488 | 4,173 | 8.9 | 159 | 8.4 |
| Soups and Gravies | 326 | 15.7 | 144 | 625 | 1,668 | 19,880 | 5.1 | 68 | 10.7 |
| Gravies | 299 | 18.9 | 80 | 535 | 986 | 11,682 | 3.5 | 39 | 8.8 |
| Soups | 345 | 12.9 | 184 | 687 | 2,089 | 26,190 | 6.4 | 89 | 11.4 |
| Sugar and Desserts | 99 | 1.2 | 23 | 97 | 228 | 292 | 0.9 | 2 | 1.4 |
| Candies and toppings | 82 | 1.4 | 39 | 118 | 223 | 320 | 1.3 | 10 | 2.3 |
| Gelatins | 19 | 0.3 | 9 | 539 | 24 | 1,317 | 0.0 | 0 | 0.0 |
| Jellies, jams, and preserves | 77 | 1.9 | 15 | 42 | 296 | 138 | 0.2 | 0 | 2.7 |
| Puddings and pie filling | 319 | 5.4 | 83 | 328 | 903 | 1,136 | 1.8 | 9 | 1.4 |
| Sherbet and ices | 283 | 2.4 | 45 | 210 | 553 | 262 | 3.0 | 5 | 6.9 |
| Sugars | 65 | 0.6 | 10 | 9 | 114 | 33 | 0.2 | 0 | 0.3 |
| Syrups | 22 | 0.4 | 11 | 37 | 49 | 223 | 0.9 | 0 | 0.0 |
| Vegetables | 239 | 7.1 | 216 | 483 | 3,240 | 2,296 | 3.7 | 6 | 24.0 |
| Green vegetables ^d | 1,351 | 27.2 | 596 | 1,346 | 7,693 | 4,336 | 11.6 | 0 | 90.6 |
| Mixed vegetables | 1,478 | 37.4 | 850 | 1,278 | 9,302 | 3,036 | 14.0 | 0 | 88.7 |
| Mixtures with vegetables ^e | 297 | 7.0 | 116 | 422 | 1,098 | 1,895 | 3.3 | 106 | 14.5 |
| Other vegetables ^f | 852 | 14.1 | 388 | 1,061 | 5,740 | 1,965 | 8.9 | 0 | 60.2 |
| Potato and potato products | 75 | 3.5 | 148 | 343 | 2,422 | 1,755 | 1.9 | 3 | 13.0 |
| Tomato and tomato products | 373 | 13.6 | 324 | 605 | 5,782 | 4,060 | 6.9 | 20 | 36.8 |
| Yellow vegetables ^g | 335 | 7.4 | 263 | 760 | 4,031 | 2,736 | 5.7 | 0 | 40.6 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were not reported by the 128 school districts included in this analysis.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce, beef stew mixes, and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

AT = alpha-tocopherol; DFE = dietary folate equivalent; RAE = retinol activity equivalent; RE = retinol equivalent; SY = school year.

Table E.24. Mean MyPyramid Food Group Availability of a la Carte- Only, Reimbursable, and Mixed- Use Food Acquisitions, SY 2009- 2010

| | Reference Standard ^a | All Foods | A La Carte- Only Foods | Foods Used in Reimbursable Meals | Mixed-Use Foods |
|--|---------------------------------|-----------|------------------------|----------------------------------|-----------------|
| MyPyramid Equivalents per 1,000 Calories | | | | | |
| Total Grains (oz equiv) | ≥ 3.0 | 3.94 | 4.42 | 3.74 | 4.82 |
| Whole grains | ≥ 1.5 | 0.33 | 0.24 | 0.37 | 0.20 |
| Nonwhole grains | n.a. | 3.61 | 4.18 | 3.37 | 4.62 |
| Total Fruit (cup equiv) | ≥ 0.8 | 0.59 | 0.32 | 0.69 | 0.56 |
| Citrus fruits, melons, and berries | n.a. | 0.17 | 0.18 | 0.18 | 0.16 |
| Other fruits | n.a. | 0.42 | 0.14 | 0.51 | 0.40 |
| Whole fruit | ≥ 0.4 | 0.38 | 0.02 | 0.49 | 0.29 |
| Fruit juice | n.a. | 0.21 | 0.30 | 0.20 | 0.27 |
| Total Vegetables (cup equiv) | ≥ 1.1 | 0.73 | 0.24 | 0.81 | 0.47 |
| Dark green | n.a. | 0.05 | 0.00 | 0.06 | 0.01 |
| Orange | n.a. | 0.04 | 0.00 | 0.05 | 0.01 |
| Tomato | n.a. | 0.16 | 0.03 | 0.18 | 0.08 |
| Legumes | n.a. | 0.02 | 0.00 | 0.02 | 0.01 |
| Starchy | n.a. | 0.04 | 0.00 | 0.06 | 0.00 |
| Potato | n.a. | 0.27 | 0.17 | 0.26 | 0.30 |
| Other | n.a. | 0.15 | 0.04 | 0.17 | 0.06 |
| Total Milk (cup equiv) | ≥ 1.3 | 1.63 | 0.51 | 1.57 | 1.26 |
| Milk | n.a. | 1.19 | 0.24 | 1.12 | 0.72 |
| Soy beverage | n.a. | 0.00 | 0.00 | 0.00 | 0.09 |
| Yogurt | n.a. | 0.02 | 0.01 | 0.02 | 0.07 |
| Cheese | n.a. | 0.42 | 0.26 | 0.43 | 0.46 |
| Total Meat (oz equiv) | ≥ 2.5 | 1.83 | 0.60 | 2.00 | 1.64 |
| Meat ^b | n.a. | 0.43 | 0.15 | 0.46 | 0.40 |
| Organ meats | n.a. | 0.00 | 0.00 | 0.00 | 0.00 |
| Frankfurters, sausages, and luncheon meats | n.a. | 0.43 | 0.06 | 0.48 | 0.20 |
| Poultry | n.a. | 0.66 | 0.07 | 0.71 | 0.50 |
| Fish and shellfish high in Omega-3 | n.a. | 0.00 | 0.00 | 0.01 | 0.00 |
| Fish and shellfish low in Omega-3 | n.a. | 0.04 | 0.00 | 0.05 | 0.02 |
| Eggs | n.a. | 0.08 | 0.01 | 0.09 | 0.06 |
| Soybean products ^c | n.a. | 0.07 | 0.04 | 0.07 | 0.06 |
| Nuts and seeds | n.a. | 0.11 | 0.26 | 0.13 | 0.31 |
| Oils (grams) | ≥ 12 | 10.7 | 10.9 | 11.0 | 12.6 |
| Solid Fats (grams) | n.a. | 19.3 | 22.3 | 19.2 | 19.3 |
| Added Sugars (teaspoons) | n.a. | 7.7 | 13.6 | 7.5 | 6.8 |
| Percent of Calories from Solid Fats and Added Sugars | ≤ 20 | 30.3 | 42.9 | 29.9 | 28.7 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Reference standards are based on the criteria used in the Healthy Eating Index-2005 (HEI-2005) for assigning the maximum score for a given food group and are expressed on a per-1,000-calorie basis. The HEI-2005 standard for the percentage of calories from solid fats, added sugars, and alcohol (no more than 20 percent) is based on the most generous allowance for discretionary calories in the MyPyramid food intake patterns.

^bIncludes beef, pork, veal, lamb, and game.

^cExcludes soy beverages.

equiv = equivalent; oz = ounce; SY = school year.

n.a. = not applicable.

Table E.25. Mean MyPyramid Food Group Availability of a la Carte- Only Foods, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--|---|-------------------------|--------------|--------------|-------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Bakery Products | 0.03 | 0.01 | 0.02 | 0.01 | 0.01 | 0.31 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.30 |
| Biscuits, muffins, pancakes, and waffles | 0.16 | 0.11 | 0.05 | 0.16 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Breads and rolls | 0.03 | 0.00 | 0.03 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cakes and other bakery desserts | 0.06 | 0.01 | 0.05 | 0.02 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Crackers | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pretzels and snack chips | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.60 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.60 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 19.33 | 0.00 | 0.00 | 1.91 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.34 | 0.00 | 0.00 | 3.89 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.57 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 43.88 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with egg | 0.01 | 0.00 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fats and Oils | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | - | - | - | - | - | - | - | - | - | - | - | - |
| Salad dressings and mayonnaise | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.22 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.35 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Shellfish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 |
| Fruits and Juices | 4.09 | 1.83 | 2.26 | 0.33 | 3.76 | 0.02 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruits | 1.41 | 0.38 | 1.03 | 0.70 | 0.71 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Juices | 7.21 | 3.59 | 3.62 | 0.00 | 7.21 | 0.02 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.09 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.01 |
| Breakfast cereals | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.69 | 0.00 | 0.00 | 0.17 | 0.00 | 0.01 | 0.06 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.25 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.24 | 0.00 | 0.00 | 0.00 | 0.24 | 0.00 | 0.00 |
| Dry beans and peas | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.52 | 0.00 | 0.00 | 0.00 | 4.52 | 0.00 | 0.00 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk and Other Dairy Products | 0.01 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.11 | 0.11 | 0.00 | 0.11 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.12 | 0.09 | 0.03 | 0.00 | 0.12 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.02 | 0.01 | 0.01 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.87 | 0.65 | 0.22 | 0.00 | 0.87 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Chicken | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Turkey | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared Foods | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.29 | 0.01 | 0.00 | 0.20 | 0.02 | 0.00 | 0.00 |
| Burritos and tacos | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.34 | 0.00 | 0.00 | 0.03 | 0.25 | 0.00 | 0.00 |
| Meat- or cheese-filled pastry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.24 | 0.00 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 |
| Mixtures with fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.13 | 0.37 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.37 | 0.00 | 0.00 | 0.36 | 0.00 | 0.00 | 0.00 |
| Prepared meals | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 0.01 | 0.00 | 0.01 | 0.01 | 0.00 | 0.09 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 |

Table E.25 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|---------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Red Meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.09 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 |
| Beef and veal | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.09 | 0.00 | 0.00 | 0.06 | 0.00 | 0.00 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pork | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^c | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.19 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 |
| Soups and Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.80 | 0.00 | 0.14 | 1.26 | 0.09 | 0.02 | 0.40 |
| Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.87 | 0.00 | 0.14 | 2.33 | 0.09 | 0.02 | 0.40 |
| Sugar and Desserts | 0.09 | 0.08 | 0.01 | 0.01 | 0.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Candies and toppings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Gelatins | 1.24 | 0.00 | 1.24 | 1.24 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.50 | 0.40 | 0.09 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.14 | 0.14 | 0.00 | 0.00 | 0.14 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6.42 | 0.29 | 0.06 | 0.97 | 0.00 | 0.19 | 3.28 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 56.12 | 8.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.46 | 0.00 | 2.42 | 0.00 | 0.00 | 4.32 | 0.00 |
| Mixtures with vegetables ^e | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.22 | 0.00 | 0.12 | 0.00 | 0.00 | 0.11 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 20.98 | 0.00 | 0.00 | 0.00 | 0.00 | 3.17 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.52 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.44 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 24.22 | 0.00 | 0.00 | 24.22 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 19.05 | 0.00 | 19.05 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.25 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|--------------------------------------|---|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Legumes, Nuts, and Seeds | 10.67 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.26 | 10.00 |
| Dry beans and peas | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Other nuts | 11.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.10 |
| Peanuts and peanut butter | 11.23 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.23 |
| Seeds | 12.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 12.08 |
| Soybeans and soy products | 6.48 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.04 | 0.00 |
| Milk and Other Dairy Products | 0.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.27 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.36 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.36 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 10.18 | 0.03 | 0.00 | 0.27 | 9.55 | 0.00 | 0.00 | 0.11 | 0.22 | 0.00 |
| Chicken | 10.97 | 0.00 | 0.00 | 0.00 | 10.63 | 0.00 | 0.00 | 0.11 | 0.23 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 9.07 | 0.00 | 0.00 | 0.00 | 8.94 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 |
| Turkey | 3.21 | 0.32 | 0.00 | 2.65 | 0.00 | 0.00 | 0.00 | 0.09 | 0.16 | 0.00 |
| Prepared Foods | 1.11 | 0.17 | 0.00 | 0.20 | 0.18 | 0.00 | 0.05 | 0.04 | 0.29 | 0.17 |
| Burritos and tacos | 2.38 | 1.19 | 0.00 | 0.00 | 0.92 | 0.00 | 0.00 | 0.00 | 0.27 | 0.00 |
| Meat- or cheese-filled pastry | 0.61 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 | 0.05 | 0.42 | 0.00 |
| Mixtures with fish | 2.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.92 | 0.00 | 0.00 | 0.37 | 0.21 | 0.00 | 0.00 | 0.06 | 0.27 | 0.00 |
| Prepared meals | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 4.58 | 0.96 | 0.00 | 1.44 | 1.28 | 0.00 | 0.01 | 0.01 | 0.00 | 0.89 |

Table E.25 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|---------------------------------------|---|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Red Meats | 9.11 | 6.83 | 0.00 | 2.21 | 0.00 | 0.00 | 0.00 | 0.01 | 0.06 | 0.00 |
| Beef and veal | 9.96 | 8.41 | 0.00 | 1.47 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 8.34 | 0.05 | 0.00 | 8.25 | 0.00 | 0.00 | 0.00 | 0.01 | 0.02 | 0.00 |
| Pork | 5.97 | 2.98 | 0.00 | 2.99 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^c | 7.91 | 7.34 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.56 | 0.00 | 0.00 |
| Soups and Gravies | 1.21 | 0.44 | 0.00 | 0.00 | 0.51 | 0.00 | 0.00 | 0.06 | 0.19 | 0.00 |
| Gravies | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.10 | 0.00 |
| Soups | 1.21 | 0.44 | 0.00 | 0.00 | 0.52 | 0.00 | 0.00 | 0.06 | 0.18 | 0.00 |
| Sugar and Desserts | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.08 |
| Candies and toppings | 0.37 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.32 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.13 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with vegetables ^e | 0.34 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.33 | 0.01 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Potato and potato products | 0.11 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.10 | 0.00 | 0.00 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Bakery Products | 7.74 | 0.31 | 7.43 | 0.08 | 0.02 | 0.00 | 0.00 | 0.06 | 17 | 19 | 7.2 |
| Biscuits, muffins, pancakes, and waffles | 5.99 | 0.04 | 5.95 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 34 | 11.8 |
| Breads and rolls | 12.46 | 0.67 | 11.79 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 9 | 5.5 |
| Cakes and other bakery desserts | 5.59 | 0.74 | 4.85 | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 3 | 33 | 16.8 |
| Crackers | 9.98 | 0.81 | 9.17 | 0.09 | 0.00 | 0.00 | 0.00 | 0.09 | 1 | 33 | 3.8 |
| Pretzels and snack chips | 8.97 | 0.15 | 8.82 | 0.10 | 0.00 | 0.00 | 0.00 | 0.10 | 30 | 6 | 0.1 |
| Condiments | 0.33 | 0.00 | 0.33 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 14 | 6.4 |
| Catsup and other sauces | 0.47 | 0.00 | 0.47 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 13.2 |
| Flavorings | 1.25 | 0.00 | 1.25 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 48 | 0.5 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Eggs | 2.27 | 0.06 | 2.21 | 0.32 | 0.19 | 0.00 | 0.00 | 0.13 | 3 | 34 | 0.9 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 33 | 0.0 |
| Mixtures with egg | 4.17 | 0.10 | 4.06 | 0.56 | 0.33 | 0.00 | 0.00 | 0.24 | 6 | 34 | 1.7 |
| Fats and Oils | 0.07 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 59 | 50 | 0.5 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 113 | 0.0 |
| Margarine | - | - | - | - | - | - | - | - | - | - | - |
| Salad dressings and mayonnaise | 0.19 | 0.00 | 0.19 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 103 | 2 | 1.5 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 113 | 0.0 |
| Fish | 4.66 | 0.04 | 4.62 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 23 | 3 | 1.5 |
| Fish | 3.68 | 0.00 | 3.68 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10 | 0 | 2.2 |
| Shellfish | 5.98 | 0.10 | 5.88 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 39 | 6 | 0.6 |
| Fruits and Juices | 2.79 | 0.00 | 2.79 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 0 | 16.9 |
| Fruits | 5.27 | 0.00 | 5.27 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 0 | 26.3 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 6.7 |
| Grain Products | 5.70 | 3.60 | 2.10 | 0.29 | 0.02 | 0.00 | 0.00 | 0.26 | 10 | 29 | 5.0 |
| Breakfast cereals | 7.85 | 1.63 | 6.22 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 1 | 8.1 |
| Flour and other milled grains | 17.17 | 0.00 | 17.17 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Flour mix ^a | 5.90 | 0.39 | 5.51 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 28 | 19.4 |
| Mixtures with grain | 6.45 | 0.03 | 6.42 | 0.49 | 0.01 | 0.00 | 0.00 | 0.48 | 13 | 22 | 0.1 |
| Pasta and noodles | 9.10 | 0.00 | 9.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Rice, barley, and other grains | 5.25 | 5.25 | 0.00 | 0.27 | 0.03 | 0.00 | 0.00 | 0.23 | 15 | 31 | 3.6 |

Table E.25 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.41 | 0.00 | 0.00 | 50 | 1 | 0.8 |
| Dry beans and peas | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.1 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 63 | 4 | 0.0 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 53 | 2 | 0.9 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 57 | 0 | 0.0 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.44 | 0.00 | 0.00 | 39 | 1 | 3.6 |
| Milk and Other Dairy Products | 1.27 | 0.01 | 1.26 | 2.16 | 1.22 | 0.00 | 0.21 | 0.72 | 2 | 46 | 16.1 |
| Cheese | 1.16 | 0.07 | 1.09 | 4.89 | 0.70 | 0.00 | 0.00 | 4.18 | 1 | 66 | 0.2 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 95 | 0.0 |
| Ice cream and ice milk | 1.47 | 0.00 | 1.47 | 1.24 | 1.22 | 0.00 | 0.00 | 0.00 | 3 | 45 | 18.7 |
| Milk | 0.00 | 0.00 | 0.00 | 4.79 | 4.71 | 0.00 | 0.00 | 0.00 | 0 | 26 | 15.7 |
| Yogurt | 0.00 | 0.00 | 0.00 | 4.36 | 1.51 | 0.00 | 2.85 | 0.00 | 0 | 11 | 28.4 |
| Non- Dairy Drinks | 0.24 | 0.00 | 0.24 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0 | 1 | 37.0 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 55.5 |
| Coffee and tea | 1.08 | 0.00 | 1.08 | 0.14 | 0.14 | 0.00 | 0.00 | 0.00 | 0 | 14 | 19.6 |
| Dry beverage | 7.57 | 0.00 | 7.57 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 35.2 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 44.9 |
| Fruit drinks | 0.14 | 0.00 | 0.14 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 47.8 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Poultry | 2.92 | 0.06 | 2.86 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 16 | 18 | 1.2 |
| Chicken | 2.59 | 0.02 | 2.57 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15 | 18 | 0.6 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 58 | 0 | 0.0 |
| Turkey | 5.87 | 0.43 | 5.44 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 21 | 21 | 6.0 |
| Prepared Foods | 7.38 | 0.62 | 6.76 | 1.82 | 0.00 | 0.00 | 0.00 | 1.82 | 6 | 26 | 1.9 |
| Burritos and tacos | 8.12 | 0.94 | 7.18 | 0.65 | 0.00 | 0.00 | 0.00 | 0.65 | 9 | 20 | 0.1 |
| Meat- or cheese-filled pastry | 7.96 | 0.44 | 7.52 | 1.99 | 0.00 | 0.00 | 0.00 | 1.99 | 3 | 30 | 1.2 |
| Mixtures with fish | 6.78 | 0.00 | 6.78 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 9.3 |
| Pizza | 6.71 | 0.54 | 6.17 | 2.15 | 0.01 | 0.00 | 0.00 | 2.14 | 8 | 26 | 2.3 |
| Prepared meals | 9.24 | 0.00 | 9.24 | 0.85 | 0.00 | 0.00 | 0.00 | 0.85 | 0 | 35 | 0.0 |
| Prepared sandwiches | 6.18 | 0.65 | 5.53 | 1.21 | 0.00 | 0.00 | 0.00 | 1.21 | 11 | 22 | 3.0 |

Table E.25 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|---------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Red Meats | 0.15 | 0.01 | 0.14 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 46 | 3.1 |
| Beef and veal | 0.21 | 0.00 | 0.21 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 41 | 3.4 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.93 | 0.07 | 0.87 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 64 | 1.1 |
| Pork | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 63 | 0.0 |
| Recipe mix ^c | 1.69 | 0.00 | 1.69 | 0.19 | 0.00 | 0.00 | 0.00 | 0.19 | 0 | 36 | 0.4 |
| Soups and Gravies | 5.38 | 0.00 | 5.38 | 0.11 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 18 | 1.5 |
| Gravies | 17.36 | 0.00 | 17.36 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 20 | 0.0 |
| Soups | 4.28 | 0.00 | 4.28 | 0.11 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 17 | 2.1 |
| Sugar and Desserts | 0.45 | 0.00 | 0.45 | 0.66 | 0.44 | 0.00 | 0.00 | 0.00 | 5 | 10 | 33.9 |
| Candies and toppings | 1.08 | 0.00 | 1.08 | 0.23 | 0.23 | 0.00 | 0.00 | 0.00 | 13 | 20 | 30.1 |
| Gelatins | 4.08 | 0.00 | 4.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 28.2 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 37.8 |
| Puddings and pie filling | 1.45 | 0.00 | 1.45 | 1.27 | 1.27 | 0.00 | 0.00 | 0.00 | 13 | 11 | 30.4 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.77 | 0.45 | 0.00 | 0.00 | 0.00 | 2 | 8 | 35.4 |
| Sugars | 0.83 | 0.00 | 0.83 | 0.16 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 3 | 41.3 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 0 | 22.5 |
| Vegetables | 2.41 | 0.02 | 2.40 | 0.06 | 0.06 | 0.00 | 0.00 | 0.00 | 16 | 20 | 0.6 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixtures with vegetables ^e | 6.15 | 0.31 | 5.84 | 0.32 | 0.32 | 0.00 | 0.00 | 0.00 | 0 | 52 | 0.1 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Potato and potato products | 2.08 | 0.00 | 2.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 21 | 15 | 0.6 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 0 | 5 | 0.3 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for a la carte sales.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.26. Mean MyPyramid Food Group Availability of Foods Used in Reimbursable Meals, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--|---|-------------------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Bakery Products | 0.03 | 0.02 | 0.01 | 0.02 | 0.01 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Biscuits, muffins, pancakes, and waffles | 0.08 | 0.07 | 0.01 | 0.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Breads and rolls | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cakes and other bakery desserts | 0.11 | 0.02 | 0.09 | 0.02 | 0.09 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Crackers | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pretzels and snack chips | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.35 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.35 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7.16 | 0.00 | 0.00 | 4.02 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.87 | 0.00 | 0.00 | 4.58 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.37 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30.67 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with egg | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fats and Oils | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Shellfish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Fruits and Juices | 8.92 | 2.53 | 6.40 | 6.12 | 2.81 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Fruits | 9.46 | 1.81 | 7.65 | 9.45 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Juices | 8.16 | 4.00 | 4.16 | 0.00 | 8.16 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.10 | 0.00 | 0.00 | 0.06 | 0.00 | 0.00 | 0.00 |
| Breakfast cereals | 0.02 | 0.00 | 0.02 | 0.02 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.22 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.61 | 0.00 | 0.00 | 0.36 | 0.00 | 0.01 | 0.02 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 0.00 |

Table E.26 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.51 | 0.00 | 0.00 | 0.23 | 2.24 | 0.05 | 0.00 |
| Dry beans and peas | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.33 | 0.00 | 0.00 | 0.40 | 3.88 | 0.06 | 0.00 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Peanuts and peanut butter | 0.01 | 0.00 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 |
| Milk and Other Dairy Products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.17 | 0.17 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.35 | 0.28 | 0.08 | 0.00 | 0.35 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.01 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.88 | 0.71 | 0.16 | 0.00 | 0.88 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 |
| Chicken | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^b | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.57 | 0.00 | 0.03 | 0.00 | 0.00 | 0.03 | 0.00 |
| Turkey | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 |
| Prepared Foods | 0.02 | 0.00 | 0.02 | 0.00 | 0.02 | 0.31 | 0.00 | 0.00 | 0.26 | 0.02 | 0.00 | 0.00 |
| Burritos and tacos | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.40 | 0.00 | 0.00 | 0.02 | 0.31 | 0.00 | 0.00 |
| Meat- or cheese-filled pastry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.24 | 0.00 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 |
| Mixtures with fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.13 | 0.37 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.38 | 0.00 | 0.00 | 0.37 | 0.00 | 0.00 | 0.00 |
| Prepared meals | 0.92 | 0.01 | 0.91 | 0.19 | 0.73 | 0.39 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 0.02 | 0.00 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.26 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|---------------------------------------|---|-------------------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Red Meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.00 |
| Beef and veal | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.10 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pork | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^c | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.49 | 0.00 | 0.00 | 1.09 | 0.00 | 0.00 | 0.24 |
| Soups and Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.20 | 0.00 | 0.02 | 1.73 | 0.13 | 0.00 | 0.09 |
| Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.43 | 0.00 | 0.04 | 2.67 | 0.23 | 0.00 | 0.13 |
| Sugar and Desserts | 0.06 | 0.05 | 0.01 | 0.05 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Candies and toppings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.50 | 0.40 | 0.09 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.15 | 0.02 | 0.13 | 0.15 | 0.00 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 |
| Sherbet and ices | 0.29 | 0.14 | 0.15 | 0.00 | 0.29 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.01 | 1.04 | 0.81 | 1.23 | 0.00 | 0.70 | 3.19 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 36.21 | 9.62 | 0.00 | 0.00 | 0.00 | 1.79 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 29.80 | 14.54 | 1.39 | 0.05 | 0.00 | 2.16 | 0.00 |
| Mixtures with vegetables ^e | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.18 | 0.08 | 0.21 | 0.01 | 0.19 | 0.22 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 21.98 | 0.00 | 0.10 | 0.00 | 0.00 | 0.02 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.17 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.16 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 12.17 | 0.00 | 0.00 | 12.14 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.01 | 0.00 | 6.97 | 0.00 | 0.00 | 4.04 | 0.00 |

Table E.26 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|--|---|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|--------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Bakery Products | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.01 | 0.01 |
| Biscuits, muffins, pancakes, and waffles | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.18 | 0.02 | 0.00 |
| Breads and rolls | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Cakes and other bakery desserts | 0.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 |
| Crackers | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pretzels and snack chips | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 11.27 | 0.04 | 0.00 | 0.23 | 0.03 | 0.00 | 0.00 | 10.87 | 0.01 | 0.10 |
| Eggs | 13.93 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 13.93 | 0.00 | 0.00 |
| Mixtures with egg | 8.99 | 0.08 | 0.00 | 0.44 | 0.05 | 0.00 | 0.00 | 8.21 | 0.03 | 0.19 |
| Fats and Oils | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.09 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 12.92 | 0.00 | 0.00 | 0.00 | 0.00 | 1.94 | 10.82 | 0.04 | 0.12 | 0.00 |
| Fish | 13.04 | 0.00 | 0.00 | 0.00 | 0.00 | 1.78 | 11.11 | 0.04 | 0.12 | 0.00 |
| Shellfish | 9.26 | 0.00 | 0.00 | 0.00 | 0.00 | 2.28 | 6.79 | 0.05 | 0.14 | 0.00 |
| Fruits and Juices | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Fruits | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.29 | 0.11 | 0.00 | 0.02 | 0.07 | 0.00 | 0.00 | 0.06 | 0.03 | 0.01 |
| Breakfast cereals | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.09 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 1.52 | 0.59 | 0.00 | 0.13 | 0.36 | 0.00 | 0.00 | 0.29 | 0.15 | 0.00 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.26 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|--------------------------------------|---|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Legumes, Nuts, and Seeds | 4.28 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.36 | 3.89 |
| Dry beans and peas | 0.04 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Other nuts | 11.11 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.11 |
| Peanuts and peanut butter | 10.53 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.53 |
| Seeds | 11.58 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.58 |
| Soybeans and soy products | 6.79 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.35 | 0.00 |
| Milk and Other Dairy Products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.09 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 11.00 | 0.03 | 0.00 | 3.03 | 7.56 | 0.00 | 0.00 | 0.13 | 0.25 | 0.00 |
| Chicken | 9.38 | 0.01 | 0.00 | 0.13 | 8.78 | 0.00 | 0.00 | 0.17 | 0.29 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 26.68 | 0.00 | 0.00 | 0.00 | 26.68 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^b | 7.20 | 0.00 | 0.00 | 0.00 | 7.15 | 0.00 | 0.00 | 0.06 | 0.00 | 0.00 |
| Turkey | 17.20 | 0.07 | 0.00 | 12.44 | 4.55 | 0.00 | 0.00 | 0.02 | 0.11 | 0.00 |
| Prepared Foods | 1.33 | 0.12 | 0.00 | 0.27 | 0.16 | 0.00 | 0.00 | 0.03 | 0.27 | 0.48 |
| Burritos and tacos | 2.03 | 1.04 | 0.00 | 0.00 | 0.74 | 0.00 | 0.00 | 0.00 | 0.26 | 0.00 |
| Meat- or cheese-filled pastry | 0.61 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 | 0.05 | 0.42 | 0.00 |
| Mixtures with fish | 2.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.77 | 0.00 | 0.00 | 0.30 | 0.13 | 0.00 | 0.00 | 0.04 | 0.28 | 0.00 |
| Prepared meals | 4.66 | 0.11 | 0.00 | 0.00 | 4.07 | 0.00 | 0.00 | 0.00 | 0.00 | 0.49 |
| Prepared sandwiches | 5.04 | 0.47 | 0.00 | 0.35 | 0.51 | 0.00 | 0.00 | 0.00 | 0.01 | 3.71 |

Table E.26 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|---------------------------------------|---|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Red Meats | 10.13 | 6.27 | 0.00 | 3.44 | 0.01 | 0.00 | 0.00 | 0.03 | 0.38 | 0.00 |
| Beef and veal | 10.99 | 9.70 | 0.00 | 0.67 | 0.01 | 0.00 | 0.00 | 0.03 | 0.58 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 7.29 | 0.71 | 0.00 | 6.54 | 0.00 | 0.00 | 0.00 | 0.02 | 0.03 | 0.00 |
| Pork | 10.30 | 2.01 | 0.00 | 8.11 | 0.01 | 0.00 | 0.00 | 0.03 | 0.13 | 0.02 |
| Recipe mix ^c | 3.95 | 3.78 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.17 | 0.00 | 0.00 |
| Soups and Gravies | 1.29 | 0.76 | 0.00 | 0.00 | 0.32 | 0.00 | 0.00 | 0.01 | 0.20 | 0.00 |
| Gravies | 0.32 | 0.09 | 0.00 | 0.00 | 0.12 | 0.00 | 0.00 | 0.00 | 0.11 | 0.00 |
| Soups | 2.04 | 1.25 | 0.00 | 0.00 | 0.50 | 0.00 | 0.01 | 0.01 | 0.27 | 0.00 |
| Sugar and Desserts | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Candies and toppings | 0.11 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 0.00 | 0.03 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.02 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with vegetables ^e | 0.33 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.30 | 0.02 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Potato and potato products | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Tomato and tomato products | 0.08 | 0.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.26 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Bakery Products | 10.32 | 0.84 | 9.48 | 0.02 | 0.01 | 0.00 | 0.00 | 0.01 | 10 | 15 | 6.1 |
| Biscuits, muffins, pancakes, and waffles | 8.20 | 0.92 | 7.29 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7 | 22 | 8.0 |
| Breads and rolls | 12.46 | 0.68 | 11.78 | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 8 | 8 | 3.8 |
| Cakes and other bakery desserts | 6.04 | 0.55 | 5.49 | 0.06 | 0.06 | 0.00 | 0.00 | 0.00 | 5 | 32 | 15.5 |
| Crackers | 9.17 | 2.16 | 7.01 | 0.09 | 0.00 | 0.00 | 0.00 | 0.09 | 0 | 31 | 8.9 |
| Pretzels and snack chips | 8.68 | 0.12 | 8.57 | 0.02 | 0.00 | 0.00 | 0.00 | 0.02 | 39 | 3 | 0.0 |
| Condiments | 0.54 | 0.00 | 0.54 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5 | 0 | 27.5 |
| Catsup and other sauces | 0.40 | 0.00 | 0.40 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 0 | 30.7 |
| Flavorings | 3.03 | 0.00 | 3.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 4 | 1.1 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 5.8 |
| Eggs | 0.67 | 0.02 | 0.65 | 0.54 | 0.34 | 0.00 | 0.00 | 0.20 | 1 | 38 | 0.3 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 33 | 0.0 |
| Mixtures with egg | 1.32 | 0.03 | 1.29 | 0.96 | 0.65 | 0.00 | 0.00 | 0.31 | 2 | 43 | 0.5 |
| Fats and Oils | 0.25 | 0.00 | 0.25 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 61 | 42 | 1.8 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 113 | 0.0 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5 | 105 | 0.0 |
| Salad dressings and mayonnaise | 0.52 | 0.00 | 0.52 | 0.04 | 0.04 | 0.00 | 0.00 | 0.00 | 84 | 12 | 3.7 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 75 | 28 | 0.0 |
| Fish | 4.51 | 0.07 | 4.43 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30 | 5 | 0.4 |
| Fish | 4.50 | 0.07 | 4.43 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 29 | 5 | 0.4 |
| Shellfish | 5.23 | 0.09 | 5.14 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 36 | 6 | 0.5 |
| Fruits and Juices | 0.06 | 0.00 | 0.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 8.2 |
| Fruits | 0.09 | 0.00 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 10.8 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 3.4 |
| Grain Products | 8.91 | 1.50 | 7.41 | 0.29 | 0.05 | 0.00 | 0.00 | 0.25 | 2 | 9 | 5.7 |
| Breakfast cereals | 5.83 | 3.04 | 2.79 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 5 | 17.4 |
| Flour and other milled grains | 17.54 | 1.35 | 16.19 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Flour mix ^a | 5.62 | 0.08 | 5.54 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 26 | 20.1 |
| Mixtures with grain | 6.90 | 0.40 | 6.50 | 1.17 | 0.17 | 0.00 | 0.00 | 1.00 | 8 | 22 | 1.0 |
| Pasta and noodles | 9.24 | 0.73 | 8.51 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 2 | 0.0 |
| Rice, barley, and other grains | 9.14 | 3.55 | 5.59 | 0.02 | 0.00 | 0.00 | 0.00 | 0.02 | 1 | 2 | 0.1 |

Table E.26 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.18 | 0.00 | 0.18 | 0.03 | 0.00 | 0.03 | 0.00 | 0.03 | 23 | 3 | 3.4 |
| Dry beans and peas | 0.31 | 0.00 | 0.31 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 2 | 5.1 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 64 | 3 | 0.0 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 53 | 2 | 2.1 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 58 | 0 | 0.1 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.16 | 0.00 | 2.43 | 0.00 | 0.16 | 37 | 8 | 0.4 |
| Milk and Other Dairy Products | 0.17 | 0.01 | 0.15 | 6.72 | 5.16 | 0.00 | 0.08 | 1.47 | 0 | 30 | 11.3 |
| Cheese | 0.60 | 0.03 | 0.52 | 5.64 | 0.27 | 0.00 | 0.00 | 5.38 | 1 | 70 | 0.1 |
| Cream | 0.00 | 0.00 | 0.00 | 0.23 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 92 | 0.0 |
| Ice cream and ice milk | 0.69 | 0.00 | 0.69 | 1.40 | 1.39 | 0.00 | 0.00 | 0.00 | 2 | 47 | 19.9 |
| Milk | 0.00 | 0.00 | 0.00 | 7.34 | 7.34 | 0.00 | 0.00 | 0.00 | 0 | 16 | 14.1 |
| Yogurt | 0.00 | 0.00 | 0.00 | 4.42 | 0.07 | 0.00 | 4.34 | 0.00 | 0 | 11 | 28.0 |
| Non- Dairy Drinks | 0.54 | 0.00 | 0.54 | 0.09 | 0.09 | 0.00 | 0.00 | 0.00 | 0 | 7 | 36.7 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 52.0 |
| Coffee and tea | 0.50 | 0.00 | 0.50 | 0.22 | 0.22 | 0.00 | 0.00 | 0.00 | 0 | 21 | 18.4 |
| Dry beverage | 7.68 | 0.00 | 7.68 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 34.9 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 41.1 |
| Fruit drinks | 0.10 | 0.00 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 48.7 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Poultry | 3.11 | 0.16 | 2.95 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 17 | 18 | 1.6 |
| Chicken | 3.48 | 0.12 | 3.36 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 21 | 19 | 1.0 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 30 | 0.0 |
| Recipe mix ^b | 1.87 | 0.00 | 1.87 | 0.62 | 0.62 | 0.00 | 0.00 | 0.00 | 26 | 19 | 0.0 |
| Turkey | 1.60 | 0.24 | 1.36 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 13 | 3.7 |
| Prepared Foods | 6.71 | 0.76 | 5.95 | 1.87 | 0.00 | 0.00 | 0.00 | 1.86 | 9 | 25 | 2.7 |
| Burritos and tacos | 8.46 | 1.07 | 7.39 | 0.67 | 0.00 | 0.00 | 0.00 | 0.67 | 9 | 19 | 0.1 |
| Meat- or cheese-filled pastry | 7.96 | 0.44 | 7.52 | 1.99 | 0.00 | 0.00 | 0.00 | 1.99 | 3 | 30 | 1.2 |
| Mixtures with fish | 6.78 | 0.00 | 6.78 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 9.3 |
| Pizza | 6.68 | 0.85 | 5.83 | 2.25 | 0.01 | 0.00 | 0.00 | 2.24 | 8 | 26 | 2.6 |
| Prepared meals | 3.28 | 0.96 | 2.32 | 0.28 | 0.06 | 0.00 | 0.00 | 0.22 | 15 | 9 | 7.5 |
| Prepared sandwiches | 4.43 | 0.72 | 3.71 | 0.61 | 0.00 | 0.00 | 0.00 | 0.61 | 22 | 15 | 5.7 |

Table E.26 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|---------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Red Meats | 0.83 | 0.06 | 0.77 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 3 | 39 | 1.0 |
| Beef and veal | 0.52 | 0.00 | 0.52 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 35 | 0.6 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 1.23 | 0.28 | 0.95 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5 | 56 | 1.3 |
| Pork | 1.15 | 0.07 | 1.07 | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 4 | 39 | 1.6 |
| Recipe mix ^c | 4.10 | 0.00 | 4.10 | 0.22 | 0.10 | 0.00 | 0.00 | 0.12 | 1 | 16 | 2.6 |
| Soups and Gravies | 8.54 | 0.00 | 8.54 | 0.04 | 0.01 | 0.00 | 0.00 | 0.00 | 2 | 18 | 1.6 |
| Gravies | 16.59 | 0.00 | 16.59 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 26 | 0.1 |
| Soups | 2.54 | 0.00 | 2.54 | 0.06 | 0.01 | 0.00 | 0.00 | 0.00 | 1 | 13 | 2.6 |
| Sugar and Desserts | 0.23 | 0.02 | 0.21 | 0.15 | 0.13 | 0.00 | 0.00 | 0.00 | 2 | 4 | 44.5 |
| Candies and toppings | 0.76 | 0.19 | 0.56 | 0.15 | 0.15 | 0.00 | 0.00 | 0.00 | 8 | 19 | 34.0 |
| Gelatins | 0.17 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 53.0 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 37.8 |
| Puddings and pie filling | 1.53 | 0.00 | 1.53 | 1.07 | 1.07 | 0.00 | 0.00 | 0.00 | 8 | 12 | 31.9 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.52 | 0.31 | 0.00 | 0.00 | 0.00 | 2 | 5 | 36.0 |
| Sugars | 0.09 | 0.00 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 60.4 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 38.7 |
| Vegetables | 1.18 | 0.01 | 1.18 | 0.02 | 0.01 | 0.00 | 0.00 | 0.01 | 15 | 10 | 0.7 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixtures with vegetables ^e | 3.96 | 0.25 | 3.72 | 0.32 | 0.21 | 0.00 | 0.00 | 0.11 | 28 | 30 | 1.2 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Potato and potato products | 1.54 | 0.00 | 1.54 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 22 | 10 | 0.7 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.03 | 1 | 17 | 0.9 |
| Yellow vegetables ^g | 0.39 | 0.00 | 0.39 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3 | 0 | 0.7 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used exclusively for reimbursable meals.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^d Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.27. Mean MyPyramid Food Group Availability of Mixed- Use Foods, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--|---|-------------------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Bakery Products | 0.03 | 0.02 | 0.01 | 0.02 | 0.01 | 0.16 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.16 |
| Biscuits, muffins, pancakes, and waffles | 0.14 | 0.12 | 0.02 | 0.14 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Breads and rolls | 0.01 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cakes and other bakery desserts | 0.04 | 0.03 | 0.02 | 0.02 | 0.03 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Crackers | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pretzels and snack chips | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.48 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.48 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.74 | 0.00 | 0.00 | 5.45 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7.82 | 0.00 | 0.00 | 5.80 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.74 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 35.96 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with egg | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fats and Oils | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.12 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 |
| Shellfish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 |
| Fruits and Juices | 9.54 | 2.54 | 7.00 | 6.63 | 2.91 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruits | 10.95 | 2.11 | 8.84 | 10.85 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Juices | 7.75 | 3.75 | 4.00 | 0.00 | 7.75 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.12 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.02 |
| Breakfast cereals | 0.03 | 0.00 | 0.03 | 0.02 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.56 | 0.01 | 0.00 | 0.27 | 0.00 | 0.00 | 0.04 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.27 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--------------------------------------|---|-------------------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.92 | 0.00 | 0.00 | 0.15 | 1.71 | 0.07 | 0.00 |
| Dry beans and peas | 0.01 | 0.01 | 0.00 | 0.00 | 0.01 | 4.47 | 0.00 | 0.00 | 0.37 | 3.97 | 0.14 | 0.00 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk and Other Dairy Products | 0.04 | 0.04 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.22 | 0.22 | 0.00 | 0.22 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.33 | 0.27 | 0.06 | 0.00 | 0.33 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.01 | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.97 | 0.79 | 0.18 | 0.00 | 0.97 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Chicken | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.89 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Turkey | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared Foods | 0.01 | 0.00 | 0.01 | 0.01 | 0.00 | 0.30 | 0.00 | 0.00 | 0.24 | 0.04 | 0.00 | 0.00 |
| Burritos and tacos | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.46 | 0.00 | 0.00 | 0.01 | 0.38 | 0.00 | 0.00 |
| Meat- or cheese-filled pastry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.24 | 0.00 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 |
| Mixtures with fish | - | - | - | - | - | - | - | - | - | - | - | - |
| Pizza | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.38 | 0.00 | 0.00 | 0.37 | 0.00 | 0.00 | 0.00 |
| Prepared meals | 0.02 | 0.00 | 0.02 | 0.00 | 0.02 | 0.65 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 0.03 | 0.00 | 0.03 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.27 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|---------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Red Meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 |
| Beef and veal | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pork | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^c | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.97 | 0.00 | 0.00 | 0.12 | 0.00 | 0.00 | 0.59 |
| Soups and Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.75 | 0.00 | 0.03 | 1.42 | 0.10 | 0.01 | 0.07 |
| Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.59 | 0.00 | 0.04 | 2.05 | 0.18 | 0.01 | 0.10 |
| Sugar and Desserts | 0.04 | 0.04 | 0.00 | 0.02 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Candies and toppings | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Gelatins | 0.04 | 0.00 | 0.04 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.50 | 0.40 | 0.09 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.08 | 0.08 | 0.00 | 0.00 | 0.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.19 | 0.92 | 0.39 | 0.75 | 0.00 | 0.08 | 3.43 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 46.06 | 11.33 | 0.00 | 0.00 | 0.00 | 0.65 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 37.76 | 20.96 | 0.84 | 0.00 | 0.00 | 1.46 | 0.00 |
| Mixtures with vegetables ^e | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.39 | 0.00 | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 29.16 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.32 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.31 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 19.87 | 0.00 | 0.00 | 19.85 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 12.52 | 0.00 | 10.24 | 0.00 | 0.00 | 2.28 | 0.00 |

Table E.27 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|--|---|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|--------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Bakery Products | 0.07 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.05 |
| Biscuits, muffins, pancakes, and waffles | 0.16 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.11 | 0.05 | 0.00 |
| Breads and rolls | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cakes and other bakery desserts | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.04 |
| Crackers | 0.19 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.19 |
| Pretzels and snack chips | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 11.62 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 11.57 | 0.00 | 0.00 |
| Eggs | 13.81 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 13.81 | 0.00 | 0.00 |
| Mixtures with egg | 9.50 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | 9.42 | 0.00 | 0.00 |
| Fats and Oils | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 16.97 | 0.00 | 0.00 | 0.00 | 0.00 | 3.12 | 13.73 | 0.03 | 0.09 | 0.00 |
| Fish | 17.16 | 0.00 | 0.00 | 0.00 | 0.00 | 3.18 | 13.86 | 0.03 | 0.09 | 0.00 |
| Shellfish | 7.48 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7.28 | 0.05 | 0.16 | 0.00 |
| Fruits and Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruits | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.75 | 0.16 | 0.00 | 0.05 | 0.27 | 0.00 | 0.00 | 0.14 | 0.11 | 0.02 |
| Breakfast cereals | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.10 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 2.17 | 0.83 | 0.00 | 0.09 | 0.68 | 0.00 | 0.00 | 0.31 | 0.26 | 0.00 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.27 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|--------------------------------------|---|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Legumes, Nuts, and Seeds | 5.41 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.28 | 3.56 |
| Dry beans and peas | 0.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.06 |
| Other nuts | 11.62 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.62 |
| Peanuts and peanut butter | 10.88 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.88 |
| Seeds | 11.82 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.82 |
| Soybeans and soy products | 5.49 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.00 | 0.00 |
| Milk and Other Dairy Products | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 11.00 | 0.01 | 0.00 | 3.39 | 7.19 | 0.00 | 0.00 | 0.13 | 0.27 | 0.00 |
| Chicken | 8.84 | 0.00 | 0.00 | 0.11 | 8.24 | 0.00 | 0.00 | 0.16 | 0.34 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 7.34 | 0.00 | 0.00 | 0.00 | 7.24 | 0.00 | 0.00 | 0.10 | 0.00 | 0.00 |
| Turkey | 18.79 | 0.06 | 0.00 | 15.71 | 2.96 | 0.00 | 0.00 | 0.02 | 0.04 | 0.00 |
| Prepared Foods | 1.63 | 0.07 | 0.00 | 0.19 | 0.21 | 0.00 | 0.00 | 0.03 | 0.23 | 0.90 |
| Burritos and tacos | 1.62 | 0.61 | 0.00 | 0.00 | 0.80 | 0.00 | 0.00 | 0.00 | 0.21 | 0.00 |
| Meat- or cheese-filled pastry | 0.61 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 | 0.05 | 0.42 | 0.00 |
| Mixtures with fish | - | - | - | - | - | - | - | - | - | - |
| Pizza | 0.68 | 0.01 | 0.00 | 0.27 | 0.13 | 0.00 | 0.00 | 0.04 | 0.24 | 0.00 |
| Prepared meals | 6.82 | 0.00 | 0.00 | 0.00 | 6.82 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 4.90 | 0.16 | 0.00 | 0.29 | 0.12 | 0.00 | 0.00 | 0.00 | 0.02 | 4.32 |

Table E.27 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|---------------------------------------|---|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Red Meats | 9.74 | 6.94 | 0.00 | 2.40 | 0.00 | 0.00 | 0.00 | 0.02 | 0.38 | 0.00 |
| Beef and veal | 11.14 | 10.11 | 0.00 | 0.46 | 0.00 | 0.00 | 0.00 | 0.01 | 0.55 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 7.38 | 0.05 | 0.00 | 7.30 | 0.00 | 0.00 | 0.00 | 0.01 | 0.02 | 0.00 |
| Pork | 9.26 | 3.36 | 0.00 | 5.70 | 0.00 | 0.00 | 0.00 | 0.02 | 0.18 | 0.00 |
| Recipe mix ^c | 10.67 | 10.19 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.46 | 0.01 | 0.00 |
| Soups and Gravies | 1.47 | 0.60 | 0.00 | 0.00 | 0.54 | 0.00 | 0.03 | 0.01 | 0.29 | 0.00 |
| Gravies | 0.70 | 0.28 | 0.00 | 0.00 | 0.31 | 0.00 | 0.00 | 0.00 | 0.11 | 0.00 |
| Soups | 2.34 | 1.05 | 0.00 | 0.00 | 0.40 | 0.00 | 0.04 | 0.02 | 0.83 | 0.00 |
| Sugar and Desserts | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Candies and toppings | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.01 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with vegetables ^e | 0.47 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.47 | 0.00 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Tomato and tomato products | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.27 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Bakery Products | 9.30 | 0.57 | 8.73 | 0.05 | 0.02 | 0.00 | 0.00 | 0.03 | 14 | 15 | 5.9 |
| Biscuits, muffins, pancakes, and waffles | 7.04 | 0.54 | 6.51 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 26 | 10.1 |
| Breads and rolls | 13.05 | 0.68 | 12.37 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8 | 4 | 3.8 |
| Cakes and other bakery desserts | 6.34 | 0.73 | 5.61 | 0.08 | 0.08 | 0.00 | 0.00 | 0.00 | 2 | 34 | 15.0 |
| Crackers | 9.10 | 1.38 | 7.72 | 0.12 | 0.00 | 0.00 | 0.00 | 0.12 | 1 | 33 | 6.0 |
| Pretzels and snack chips | 9.15 | 0.15 | 9.00 | 0.07 | 0.00 | 0.00 | 0.00 | 0.07 | 31 | 4 | 0.1 |
| Condiments | 0.17 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3 | 0 | 27.7 |
| Catsup and other sauces | 0.15 | 0.00 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 0 | 29.8 |
| Flavorings | 3.83 | 0.00 | 3.83 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 3 | 1.4 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 4.6 |
| Eggs | 0.01 | 0.00 | 0.01 | 0.64 | 0.36 | 0.00 | 0.00 | 0.28 | 0 | 42 | 0.0 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 33 | 0.0 |
| Mixtures with egg | 0.02 | 0.00 | 0.02 | 1.30 | 0.74 | 0.00 | 0.00 | 0.56 | 0 | 50 | 0.0 |
| Fats and Oils | 0.15 | 0.00 | 0.15 | 0.05 | 0.05 | 0.00 | 0.00 | 0.00 | 72 | 30 | 2.1 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 113 | 0.0 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 111 | 0.0 |
| Salad dressings and mayonnaise | 0.38 | 0.00 | 0.38 | 0.07 | 0.07 | 0.00 | 0.00 | 0.00 | 84 | 11 | 3.5 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 110 | 3 | 0.0 |
| Fish | 3.50 | 0.06 | 3.45 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 23 | 4 | 0.3 |
| Fish | 3.45 | 0.06 | 3.40 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 23 | 4 | 0.3 |
| Shellfish | 5.98 | 0.10 | 5.88 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 39 | 6 | 0.6 |
| Fruits and Juices | 0.50 | 0.00 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 0 | 7.5 |
| Fruits | 0.70 | 0.00 | 0.70 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 0 | 7.6 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 5.1 |
| Grain Products | 6.90 | 1.32 | 5.58 | 0.49 | 0.04 | 0.00 | 0.00 | 0.45 | 4 | 17 | 8.4 |
| Breakfast cereals | 5.85 | 2.84 | 3.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 5 | 17.1 |
| Flour and other milled grains | 18.28 | 1.24 | 17.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Flour mix ^a | 5.20 | 0.08 | 5.12 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 30 | 21.3 |
| Mixtures with grain | 6.98 | 0.09 | 6.88 | 1.04 | 0.11 | 0.00 | 0.00 | 0.92 | 9 | 20 | 0.8 |
| Pasta and noodles | 9.37 | 1.26 | 8.11 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Rice, barley, and other grains | 8.28 | 2.91 | 5.38 | 0.12 | 0.01 | 0.00 | 0.00 | 0.10 | 3 | 13 | 0.0 |

Table E.27 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--------------------------------------|--|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories: | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.11 | 0.00 | 0.11 | 0.13 | 0.00 | 0.57 | 0.00 | 0.13 | 28 | 4 | 2.3 |
| Dry beans and peas | 0.25 | 0.00 | 0.25 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 1 | 4.5 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 53 | 10 | 0.0 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 54 | 2 | 1.2 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 57 | 0 | 0.0 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 1.27 | 0.00 | 1.49 | 0.00 | 1.27 | 34 | 22 | 0.5 |
| Milk and Other Dairy Products | 0.51 | 0.04 | 0.46 | 5.20 | 3.11 | 0.00 | 0.56 | 1.52 | 1 | 36 | 12.7 |
| Cheese | 1.08 | 0.07 | 0.87 | 4.75 | 0.18 | 0.00 | 0.00 | 4.57 | 1 | 72 | 0.3 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 94 | 0.0 |
| Ice cream and ice milk | 1.12 | 0.00 | 1.12 | 1.16 | 1.16 | 0.00 | 0.00 | 0.00 | 1 | 47 | 20.0 |
| Milk | 0.00 | 0.00 | 0.00 | 7.01 | 6.98 | 0.00 | 0.00 | 0.00 | 0 | 15 | 14.3 |
| Yogurt | 0.00 | 0.00 | 0.00 | 4.28 | 0.16 | 0.00 | 4.13 | 0.00 | 0 | 10 | 29.5 |
| Non- Dairy Drinks | 0.10 | 0.00 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 7 | 29.7 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 53.0 |
| Coffee and tea | 1.19 | 0.00 | 1.19 | 0.09 | 0.09 | 0.00 | 0.00 | 0.00 | 0 | 26 | 10.9 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 59.4 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 47.5 |
| Fruit drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 48.2 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Poultry | 3.36 | 0.36 | 3.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 19 | 18 | 1.5 |
| Chicken | 3.85 | 0.37 | 3.47 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 23 | 18 | 0.9 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | - | - | - | - | - | - | - | - | - | - | - |
| Recipe mix ^b | 3.11 | 0.00 | 3.11 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 47 | 0 | 0.8 |
| Turkey | 1.29 | 0.20 | 1.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5 | 19 | 3.8 |
| Prepared Foods | 6.54 | 0.67 | 5.87 | 1.76 | 0.00 | 0.00 | 0.00 | 1.76 | 11 | 23 | 2.8 |
| Burritos and tacos | 8.68 | 0.78 | 7.90 | 0.72 | 0.00 | 0.00 | 0.00 | 0.72 | 9 | 19 | 0.0 |
| Meat- or cheese-filled pastry | 7.96 | 0.44 | 7.52 | 1.99 | 0.00 | 0.00 | 0.00 | 1.99 | 3 | 30 | 1.2 |
| Mixtures with fish | - | - | - | - | - | - | - | - | - | - | - |
| Pizza | 6.76 | 0.65 | 6.11 | 2.35 | 0.00 | 0.00 | 0.00 | 2.35 | 8 | 26 | 2.4 |
| Prepared meals | 3.17 | 0.03 | 3.14 | 0.17 | 0.00 | 0.00 | 0.00 | 0.17 | 20 | 7 | 5.6 |
| Prepared sandwiches | 4.11 | 0.93 | 3.18 | 0.59 | 0.00 | 0.00 | 0.00 | 0.59 | 24 | 14 | 6.3 |

Table E.27 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|---------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Red Meats | 0.81 | 0.04 | 0.77 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3 | 41 | 1.0 |
| Beef and veal | 0.42 | 0.00 | 0.42 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 35 | 0.4 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.86 | 0.06 | 0.79 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 62 | 1.0 |
| Pork | 1.48 | 0.10 | 1.37 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5 | 36 | 2.2 |
| Recipe mix ^c | 1.49 | 0.00 | 1.49 | 0.11 | 0.11 | 0.00 | 0.00 | 0.00 | 3 | 23 | 1.1 |
| Soups and Gravies | 8.86 | 0.00 | 8.86 | 0.09 | 0.05 | 0.00 | 0.00 | 0.00 | 2 | 26 | 1.9 |
| Gravies | 14.87 | 0.00 | 14.87 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 32 | 0.3 |
| Soups | 2.06 | 0.00 | 2.06 | 0.10 | 0.07 | 0.00 | 0.00 | 0.00 | 5 | 11 | 4.9 |
| Sugar and Desserts | 0.28 | 0.00 | 0.27 | 0.37 | 0.31 | 0.00 | 0.00 | 0.00 | 4 | 7 | 38.8 |
| Candies and toppings | 0.67 | 0.03 | 0.64 | 0.14 | 0.14 | 0.00 | 0.00 | 0.00 | 7 | 14 | 35.4 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 53.6 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 37.8 |
| Puddings and pie filling | 1.40 | 0.00 | 1.40 | 1.18 | 1.18 | 0.00 | 0.00 | 0.00 | 12 | 15 | 28.0 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.44 | 0.26 | 0.00 | 0.00 | 0.00 | 2 | 4 | 37.5 |
| Sugars | 0.59 | 0.00 | 0.59 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 56.9 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 42.2 |
| Vegetables | 1.98 | 0.00 | 1.98 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 23 | 10 | 0.7 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixtures with vegetables ^e | 5.45 | 0.00 | 5.45 | 0.36 | 0.36 | 0.00 | 0.00 | 0.00 | 2 | 58 | 0.0 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Potato and potato products | 2.27 | 0.00 | 2.27 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 27 | 11 | 0.8 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.02 | 1 | 10 | 0.6 |
| Yellow vegetables ^g | 0.52 | 0.00 | 0.52 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 4 | 1 | 0.7 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were either not reported by the 128 school districts included in this analysis or were never reported as being used for both a la carte sales and reimbursable meals.

^aIncludes cake, brownie, muffin, bread, and biscuit mixes.

^bIncludes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^cIncludes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^dIncludes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.28. Mean MyPyramid Food Group Availability of All Food Acquisitions, by SFPS- III Food Groups and Subgroups, SY 2009- 2010

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--|---|-------------------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Bakery Products | 0.03 | 0.02 | 0.01 | 0.02 | 0.01 | 0.07 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 |
| Biscuits, muffins, pancakes, and waffles | 0.09 | 0.08 | 0.01 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Breads and rolls | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cakes and other bakery desserts | 0.06 | 0.02 | 0.04 | 0.02 | 0.04 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Crackers | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pretzels and snack chips | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.48 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.48 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6.43 | 0.00 | 0.00 | 3.77 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.08 | 0.00 | 0.00 | 4.21 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.40 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 31.60 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with egg | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fats and Oils | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Shellfish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 |
| Fruits and Juices | 8.83 | 2.54 | 6.30 | 5.80 | 3.03 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruits | 9.30 | 1.79 | 7.51 | 9.25 | 0.05 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Juices | 8.15 | 3.85 | 4.30 | 0.00 | 8.15 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.11 | 0.00 | 0.00 | 0.06 | 0.00 | 0.00 | 0.00 |
| Breakfast cereals | 0.02 | 0.00 | 0.02 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.19 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.62 | 0.00 | 0.00 | 0.36 | 0.00 | 0.01 | 0.03 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.28 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|--------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.49 | 0.00 | 0.00 | 0.23 | 2.20 | 0.05 | 0.00 |
| Dry beans and peas | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.33 | 0.00 | 0.00 | 0.41 | 3.85 | 0.07 | 0.00 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Peanuts and peanut butter | 0.01 | 0.00 | 0.01 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 |
| Milk and Other Dairy Products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.18 | 0.18 | 0.00 | 0.18 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.25 | 0.18 | 0.06 | 0.00 | 0.24 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.01 | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.85 | 0.66 | 0.19 | 0.00 | 0.85 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 |
| Chicken | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^b | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.66 | 0.00 | 0.03 | 0.00 | 0.00 | 0.03 | 0.00 |
| Turkey | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 |
| Prepared Foods | 0.01 | 0.00 | 0.01 | 0.00 | 0.01 | 0.31 | 0.00 | 0.00 | 0.27 | 0.02 | 0.00 | 0.00 |
| Burritos and tacos | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.40 | 0.00 | 0.00 | 0.02 | 0.32 | 0.00 | 0.00 |
| Meat- or cheese-filled pastry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.24 | 0.00 | 0.00 | 0.17 | 0.00 | 0.00 | 0.00 |
| Mixtures with fish | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.13 | 0.37 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.38 | 0.00 | 0.00 | 0.37 | 0.00 | 0.00 | 0.00 |
| Prepared meals | 0.81 | 0.01 | 0.80 | 0.17 | 0.64 | 0.40 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Prepared sandwiches | 0.02 | 0.00 | 0.02 | 0.02 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.28 (continued)

| Food Group/Subgroup | Fruits | | | | | Vegetables | | | | | | |
|---------------------------------------|---|-------------------------------|-----------------|-----------------|----------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|
| | Total | Citrus, Melons, Berries | Other Fruits | Whole Fruits | Fruit Juice | Total | Dark Green | Orange | Tomato | Legumes | Starchy | Potato |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Red Meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.00 |
| Beef and veal | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.09 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pork | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^c | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.49 | 0.00 | 0.00 | 0.97 | 0.00 | 0.00 | 0.26 |
| Soups and Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.22 | 0.00 | 0.03 | 1.70 | 0.13 | 0.00 | 0.11 |
| Gravies | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Soups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.46 | 0.00 | 0.04 | 2.66 | 0.23 | 0.00 | 0.15 |
| Sugar and Desserts | 0.06 | 0.05 | 0.01 | 0.05 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Candies and toppings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.50 | 0.40 | 0.09 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.12 | 0.01 | 0.10 | 0.11 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sherbet and ices | 0.22 | 0.15 | 0.07 | 0.00 | 0.22 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.26 | 0.92 | 0.64 | 1.05 | 0.00 | 0.57 | 3.38 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 37.01 | 9.78 | 0.00 | 0.00 | 0.00 | 1.74 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 29.59 | 14.40 | 1.39 | 0.04 | 0.00 | 2.19 | 0.00 |
| Mixtures with vegetables ^e | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.10 | 0.07 | 0.18 | 0.01 | 0.17 | 0.19 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 21.87 | 0.00 | 0.10 | 0.00 | 0.00 | 0.02 | 0.00 |
| Potato and potato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.93 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.93 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.71 | 0.00 | 0.00 | 11.68 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.92 | 0.00 | 6.91 | 0.00 | 0.00 | 4.00 | 0.00 |

Table E.28 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|--|---|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|--------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Bakery Products | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 | 0.01 | 0.01 |
| Biscuits, muffins, pancakes, and waffles | 0.19 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.17 | 0.03 | 0.00 |
| Breads and rolls | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 |
| Cakes and other bakery desserts | 0.07 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.07 |
| Crackers | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Pretzels and snack chips | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Condiments | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Catsup and other sauces | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flavorings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Eggs | 11.20 | 0.04 | 0.00 | 0.23 | 0.03 | 0.00 | 0.00 | 10.79 | 0.01 | 0.10 |
| Eggs | 13.94 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 13.94 | 0.00 | 0.00 |
| Mixtures with egg | 8.95 | 0.08 | 0.00 | 0.44 | 0.05 | 0.00 | 0.00 | 8.16 | 0.03 | 0.19 |
| Fats and Oils | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0.00 |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Salad dressings and mayonnaise | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.09 | 0.00 | 0.00 |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fish | 12.92 | 0.00 | 0.00 | 0.00 | 0.00 | 1.75 | 11.01 | 0.04 | 0.12 | 0.00 |
| Fish | 13.34 | 0.00 | 0.00 | 0.00 | 0.00 | 1.88 | 11.31 | 0.04 | 0.12 | 0.00 |
| Shellfish | 8.44 | 0.00 | 0.00 | 0.00 | 0.00 | 1.16 | 7.08 | 0.05 | 0.14 | 0.00 |
| Fruits and Juices | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Fruits | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Grain Products | 0.30 | 0.10 | 0.00 | 0.02 | 0.08 | 0.00 | 0.00 | 0.06 | 0.03 | 0.01 |
| Breakfast cereals | 0.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.06 |
| Flour and other milled grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Flour mix ^a | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with grain | 1.59 | 0.61 | 0.00 | 0.13 | 0.40 | 0.00 | 0.00 | 0.30 | 0.16 | 0.00 |
| Pasta and noodles | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Rice, barley, and other grains | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.28 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|--------------------------------------|---|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Legumes, Nuts, and Seeds | 4.36 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.31 | 4.00 |
| Dry beans and peas | 0.04 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Other nuts | 11.15 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.15 |
| Peanuts and peanut butter | 10.57 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.57 |
| Seeds | 11.65 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 11.65 |
| Soybeans and soy products | 6.55 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.36 | 0.00 |
| Milk and Other Dairy Products | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.02 |
| Cheese | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Cream | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Ice cream and ice milk | 0.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.28 |
| Milk | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yogurt | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Non- Dairy Drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Coffee and tea | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Dry beverage | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fruit drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Poultry | 10.38 | 0.03 | 0.00 | 2.42 | 7.52 | 0.00 | 0.00 | 0.14 | 0.26 | 0.00 |
| Chicken | 9.00 | 0.01 | 0.00 | 0.12 | 8.39 | 0.00 | 0.00 | 0.18 | 0.31 | 0.00 |
| Game birds | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 26.68 | 0.00 | 0.00 | 0.00 | 26.68 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Recipe mix ^b | 7.48 | 0.00 | 0.00 | 0.00 | 7.41 | 0.00 | 0.00 | 0.07 | 0.00 | 0.00 |
| Turkey | 17.17 | 0.08 | 0.00 | 12.68 | 4.28 | 0.00 | 0.00 | 0.02 | 0.11 | 0.00 |
| Prepared Foods | 1.31 | 0.09 | 0.00 | 0.24 | 0.17 | 0.00 | 0.00 | 0.03 | 0.27 | 0.49 |
| Burritos and tacos | 2.02 | 0.99 | 0.00 | 0.00 | 0.78 | 0.00 | 0.00 | 0.00 | 0.25 | 0.00 |
| Meat- or cheese-filled pastry | 0.61 | 0.00 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 | 0.05 | 0.42 | 0.00 |
| Mixtures with fish | 2.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.08 | 0.00 | 0.00 | 0.00 |
| Pizza | 0.74 | 0.01 | 0.00 | 0.29 | 0.13 | 0.00 | 0.00 | 0.04 | 0.28 | 0.00 |
| Prepared meals | 4.75 | 0.09 | 0.00 | 0.00 | 4.22 | 0.00 | 0.00 | 0.00 | 0.00 | 0.43 |
| Prepared sandwiches | 5.04 | 0.44 | 0.00 | 0.37 | 0.47 | 0.00 | 0.00 | 0.00 | 0.01 | 3.75 |

Table E.28 (continued)

| Food Group/Subgroup | Meat | | | | | | | | | |
|---------------------------------------|---|-------------|-------------|---|-------------|------------------------------------|-----------------------------------|-------------|------------------|----------------|
| | Total | Meat | Organ Meats | Frank-furters, Sausages, and Luncheon Meats | Poultry | Fish and Shellfish High in Omega-3 | Fish and Shellfish Low in Omega-3 | Eggs | Soybean Products | Nuts and Seeds |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | |
| Red Meats | 10.16 | 6.45 | 0.00 | 3.27 | 0.01 | 0.00 | 0.00 | 0.02 | 0.40 | 0.00 |
| Beef and veal | 10.96 | 9.69 | 0.00 | 0.64 | 0.01 | 0.00 | 0.00 | 0.03 | 0.59 | 0.00 |
| Lamb | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 7.35 | 0.54 | 0.00 | 6.76 | 0.00 | 0.00 | 0.00 | 0.01 | 0.03 | 0.00 |
| Pork | 10.24 | 2.13 | 0.00 | 7.93 | 0.00 | 0.00 | 0.00 | 0.03 | 0.13 | 0.02 |
| Recipe mix ^c | 4.65 | 4.43 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.21 | 0.01 | 0.00 |
| Soups and Gravies | 1.29 | 0.72 | 0.00 | 0.00 | 0.33 | 0.00 | 0.01 | 0.01 | 0.22 | 0.00 |
| Gravies | 0.29 | 0.08 | 0.00 | 0.00 | 0.11 | 0.00 | 0.00 | 0.00 | 0.11 | 0.00 |
| Soups | 2.07 | 1.23 | 0.00 | 0.00 | 0.50 | 0.00 | 0.01 | 0.01 | 0.31 | 0.00 |
| Sugar and Desserts | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 |
| Candies and toppings | 0.16 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 0.00 | 0.08 |
| Gelatins | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Puddings and pie filling | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Sugars | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vegetables | 0.02 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Mixtures with vegetables ^e | 0.34 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.32 | 0.02 | 0.00 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Potato and potato products | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 |
| Tomato and tomato products | 0.09 | 0.09 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Yellow vegetables ^g | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

Table E.28 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | | Oils | Solid Fats | Added Sugars |
|--|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|-----------|-------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | | |
| Bakery Products | 9.87 | 0.67 | 9.20 | 0.03 | 0.01 | 0.00 | 0.00 | 0.02 | 11 | 16 | 6.4 | |
| Biscuits, muffins, pancakes, and waffles | 7.98 | 0.81 | 7.17 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 23 | 8.6 | |
| Breads and rolls | 12.48 | 0.65 | 11.83 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9 | 8 | 3.9 | |
| Cakes and other bakery desserts | 6.00 | 0.49 | 5.52 | 0.07 | 0.07 | 0.00 | 0.00 | 0.00 | 3 | 35 | 15.7 | |
| Crackers | 9.25 | 1.99 | 7.26 | 0.09 | 0.00 | 0.00 | 0.00 | 0.09 | 0 | 31 | 8.3 | |
| Pretzels and snack chips | 8.50 | 0.11 | 8.39 | 0.06 | 0.00 | 0.00 | 0.00 | 0.06 | 37 | 4 | 0.0 | |
| Condiments | 0.54 | 0.00 | 0.54 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5 | 0 | 29.5 | |
| Catsup and other sauces | 0.40 | 0.00 | 0.40 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 0 | 32.5 | |
| Flavorings | 3.08 | 0.00 | 3.08 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 4 | 1.2 | |
| Pickles and olives | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 5.4 | |
| Eggs | 0.68 | 0.02 | 0.66 | 0.56 | 0.35 | 0.00 | 0.00 | 0.21 | 1 | 39 | 0.3 | |
| Eggs | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 33 | 0.0 | |
| Mixtures with egg | 1.32 | 0.03 | 1.29 | 0.96 | 0.64 | 0.00 | 0.00 | 0.32 | 2 | 43 | 0.5 | |
| Fats and Oils | 0.25 | 0.00 | 0.25 | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 63 | 41 | 1.8 | |
| Butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 113 | 0.0 | |
| Margarine | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5 | 105 | 0.0 | |
| Salad dressings and mayonnaise | 0.53 | 0.00 | 0.53 | 0.04 | 0.04 | 0.00 | 0.00 | 0.00 | 84 | 12 | 3.7 | |
| Vegetable oils and shortenings | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 76 | 28 | 0.0 | |
| Fish | 4.52 | 0.07 | 4.45 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30 | 5 | 0.4 | |
| Fish | 4.43 | 0.07 | 4.35 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 29 | 5 | 0.4 | |
| Shellfish | 5.52 | 0.09 | 5.43 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 38 | 6 | 0.5 | |
| Fruits and Juices | 0.23 | 0.00 | 0.23 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 8.1 | |
| Fruits | 0.37 | 0.00 | 0.37 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 0 | 11.1 | |
| Juices | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 2.8 | |
| Grain Products | 8.75 | 1.53 | 7.22 | 0.30 | 0.05 | 0.00 | 0.00 | 0.26 | 2 | 10 | 5.9 | |
| Breakfast cereals | 5.81 | 2.81 | 2.99 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 5 | 17.8 | |
| Flour and other milled grains | 17.57 | 1.35 | 16.22 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 | |
| Flour mix ^a | 5.64 | 0.11 | 5.52 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 27 | 20.1 | |
| Mixtures with grain | 6.83 | 0.35 | 6.49 | 1.17 | 0.16 | 0.00 | 0.00 | 1.00 | 8 | 22 | 0.9 | |
| Pasta and noodles | 9.25 | 0.77 | 8.48 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 2 | 0.0 | |
| Rice, barley, and other grains | 8.53 | 3.68 | 4.86 | 0.06 | 0.01 | 0.00 | 0.00 | 0.05 | 4 | 7 | 0.7 | |

Table E.28 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|--------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Legumes, Nuts, and Seeds | 0.17 | 0.00 | 0.17 | 0.04 | 0.00 | 0.04 | 0.00 | 0.04 | 23 | 3 | 3.3 |
| Dry beans and peas | 0.31 | 0.00 | 0.31 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1 | 2 | 5.2 |
| Other nuts | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 63 | 4 | 0.0 |
| Peanuts and peanut butter | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 53 | 2 | 2.0 |
| Seeds | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 58 | 0 | 0.1 |
| Soybeans and soy products | 0.00 | 0.00 | 0.00 | 0.28 | 0.00 | 2.19 | 0.00 | 0.28 | 37 | 10 | 0.6 |
| Milk and Other Dairy Products | 0.18 | 0.01 | 0.17 | 6.59 | 5.45 | 0.00 | 0.08 | 1.05 | 0 | 26 | 13.0 |
| Cheese | 0.62 | 0.03 | 0.54 | 5.53 | 0.31 | 0.00 | 0.00 | 5.22 | 1 | 71 | 0.1 |
| Cream | 0.00 | 0.00 | 0.00 | 0.21 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 93 | 0.0 |
| Ice cream and ice milk | 1.23 | 0.00 | 1.23 | 1.25 | 1.23 | 0.00 | 0.00 | 0.00 | 2 | 46 | 19.1 |
| Milk | 0.00 | 0.00 | 0.00 | 7.26 | 7.26 | 0.00 | 0.00 | 0.00 | 0 | 13 | 15.8 |
| Yogurt | 0.00 | 0.00 | 0.00 | 4.38 | 0.14 | 0.00 | 4.23 | 0.00 | 0 | 10 | 28.5 |
| Non- Dairy Drinks | 0.23 | 0.00 | 0.23 | 0.04 | 0.04 | 0.00 | 0.00 | 0.00 | 0 | 3 | 38.9 |
| Carbonated | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 53.3 |
| Coffee and tea | 0.52 | 0.00 | 0.52 | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0 | 20 | 19.1 |
| Dry beverage | 7.24 | 0.00 | 7.24 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 36.3 |
| Enriched drinks | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 44.5 |
| Fruit drinks | 0.13 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 48.3 |
| Water | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Poultry | 3.32 | 0.19 | 3.14 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 19 | 18 | 1.5 |
| Chicken | 3.69 | 0.15 | 3.55 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 22 | 19 | 0.9 |
| Game birds | - | - | - | - | - | - | - | - | - | - | - |
| Mixed poultry | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 30 | 0.0 |
| Recipe mix ^b | 1.64 | 0.00 | 1.64 | 0.51 | 0.51 | 0.00 | 0.00 | 0.00 | 31 | 15 | 0.0 |
| Turkey | 1.68 | 0.26 | 1.43 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 6 | 14 | 3.8 |
| Prepared Foods | 6.69 | 0.76 | 5.93 | 1.91 | 0.00 | 0.00 | 0.00 | 1.91 | 9 | 25 | 2.7 |
| Burritos and tacos | 8.45 | 1.04 | 7.41 | 0.67 | 0.00 | 0.00 | 0.00 | 0.67 | 9 | 19 | 0.0 |
| Meat- or cheese-filled pastry | 7.96 | 0.44 | 7.52 | 1.99 | 0.00 | 0.00 | 0.00 | 1.99 | 3 | 30 | 1.2 |
| Mixtures with fish | 6.78 | 0.00 | 6.78 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 9.3 |
| Pizza | 6.69 | 0.83 | 5.86 | 2.28 | 0.00 | 0.00 | 0.00 | 2.27 | 8 | 26 | 2.6 |
| Prepared meals | 3.42 | 0.85 | 2.57 | 0.28 | 0.05 | 0.00 | 0.00 | 0.23 | 15 | 9 | 7.2 |
| Prepared sandwiches | 4.41 | 0.74 | 3.67 | 0.63 | 0.00 | 0.00 | 0.00 | 0.63 | 22 | 15 | 5.8 |

Table E.28 (continued)

| Food Group/Subgroup | Grains | | | Milk/Dairy | | | | | Oils | Solid Fats | Added Sugars |
|---------------------------------------|---|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-----------|------------|--------------|
| | Total | Whole Grains | Refined Grains | Total | Milk | Soy Beverage | Yogurt | Cheese | | | |
| | MyPyramid Equivalents per 1,000 Calories | | | | | | | | | | |
| Red Meats | 0.82 | 0.05 | 0.77 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 3 | 39 | 1.0 |
| Beef and veal | 0.53 | 0.00 | 0.53 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3 | 35 | 0.6 |
| Lamb | - | - | - | - | - | - | - | - | - | - | - |
| Mixed meats | 1.09 | 0.20 | 0.89 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4 | 58 | 1.2 |
| Pork | 1.22 | 0.08 | 1.14 | 0.01 | 0.00 | 0.00 | 0.00 | 0.01 | 4 | 39 | 1.7 |
| Recipe mix ^c | 3.79 | 0.00 | 3.79 | 0.21 | 0.10 | 0.00 | 0.00 | 0.11 | 1 | 17 | 2.4 |
| Soups and Gravies | 8.58 | 0.00 | 8.58 | 0.04 | 0.01 | 0.00 | 0.00 | 0.00 | 2 | 17 | 1.7 |
| Gravies | 16.75 | 0.00 | 16.75 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 2 | 26 | 0.1 |
| Soups | 2.63 | 0.00 | 2.63 | 0.06 | 0.02 | 0.00 | 0.00 | 0.00 | 2 | 13 | 2.7 |
| Sugar and Desserts | 0.23 | 0.01 | 0.22 | 0.20 | 0.17 | 0.00 | 0.00 | 0.00 | 2 | 4 | 43.8 |
| Candies and toppings | 0.81 | 0.13 | 0.68 | 0.17 | 0.17 | 0.00 | 0.00 | 0.00 | 9 | 17 | 33.6 |
| Gelatins | 0.31 | 0.00 | 0.31 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 52.3 |
| Jellies, jams, and preserves | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 37.8 |
| Puddings and pie filling | 1.52 | 0.00 | 1.52 | 1.12 | 1.12 | 0.00 | 0.00 | 0.00 | 9 | 13 | 31.0 |
| Sherbet and ices | 0.00 | 0.00 | 0.00 | 0.69 | 0.41 | 0.00 | 0.00 | 0.00 | 2 | 7 | 35.4 |
| Sugars | 0.11 | 0.00 | 0.11 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 60.2 |
| Syrups | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 38.4 |
| Vegetables | 1.41 | 0.01 | 1.40 | 0.02 | 0.00 | 0.00 | 0.00 | 0.01 | 17 | 10 | 0.7 |
| Green vegetables ^d | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixed vegetables | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Mixtures with vegetables ^e | 4.15 | 0.22 | 3.93 | 0.33 | 0.23 | 0.00 | 0.00 | 0.10 | 25 | 33 | 1.0 |
| Other vegetables ^f | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0.0 |
| Potato and potato products | 1.75 | 0.00 | 1.75 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 22 | 11 | 0.7 |
| Tomato and tomato products | 0.00 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 0.00 | 0.03 | 1 | 18 | 1.0 |
| Yellow vegetables ^g | 0.41 | 0.00 | 0.41 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 4 | 0 | 0.7 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Notes: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

Dashes (-) indicate food subgroups that were not reported by the 128 school districts included in this analysis.

^a Includes cake, brownie, muffin, bread, and biscuit mixes.

^b Includes chicken salad, poultry casserole, poultry cream sauce, and pot pie mixes.

^c Includes meat cream sauce; beef stew mixes; and pasta with meat, tomato, and/or cheese.

^d Includes lettuce, cucumbers, celery, peppers, green beans, peas, spinach, cabbage, and broccoli.

^eIncludes onion rings, coleslaw, breaded vegetables, and bean salads.

^fIncludes onions, cauliflower, radishes, squash, mushrooms, and beets.

^gIncludes carrots, corn, sweet potatoes, and pumpkin.

SY = school year.

Table E.29. Mean Healthy Eating Index- 2005 Scores of a la Carte- Only, Reimbursable, and Mixed-Use Food Acquisitions, SY 2009- 2010

| | Maximum Score | All Foods | A La Carte- Only Foods | Foods Used in Reimbursable Meals | Mixed-Use Foods |
|---|---------------|-------------|------------------------|----------------------------------|-----------------|
| Total Fruit | 5 | 3.7 | 2.0 | 4.3 | 3.5 |
| Whole Fruit (not juice) | 5 | 4.8 | 0.2 | 5.0 | 3.6 |
| Total Vegetables | 5 | 3.3 | 1.1 | 3.6 | 2.1 |
| Dark Green and Orange Vegetables and Legumes ^a | 5 | 1.2 | 0.0 | 1.5 | 0.3 |
| Total Grains | 5 | 5.0 | 5.0 | 5.0 | 5.0 |
| Whole Grains | 5 | 1.1 | 0.8 | 1.3 | 0.7 |
| Milk ^b | 10 | 10.0 | 4.0 | 10.0 | 10.0 |
| Meat and Beans | 10 | 7.6 | 2.5 | 8.3 | 6.3 |
| Oils ^c | 10 | 8.9 | 9.2 | 9.2 | 10.0 |
| Saturated Fat | 10 | 6.3 | 5.1 | 6.0 | 6.1 |
| Sodium | 10 | 1.0 | 5.9 | 1.0 | 3.9 |
| Calories from Solid Fats and Added Sugars | 20 | 13.6 | 7.2 | 13.8 | 13.2 |
| Total Score | 100 | 66.5 | 43.1 | 68.9 | 64.7 |

Source: School Food Purchase Study-III, food acquisition data, SY 2009-2010.

Note: Estimates are unweighted and based on data from the 128 school districts that were able to identify foods used for a la carte sales.

^a Legumes are counted as vegetables only after meat and beans standard is met.

^b Includes all milk products, such as fluid milk, yogurt, cheese, and soy beverages.

^c Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

SY = school year.