

CENTER FOR NUTRITION POLICY AND PROMOTION
ADDENDUM TO THE MYPYRAMID EQUIVALENTS DATABASE 2.0

DOCUMENTATION

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Purpose: The USDA Center for Nutrition Policy and Promotion (CNPP) undertook the development of an addendum to the MyPyramid Equivalents Database (MPED) 2.0 because several of the Center's projects required food group equivalents data for foods not found in that database. Version 2.0 is the most recent one issued by the USDA Agricultural Research Service (ARS). It was created by ARS for use with the National Health and Nutrition Examination Survey (NHANES) 2003-04. The foods in the CNPP addendum were needed in order to include more up-to-date food items in CNPP's new web-based diet assessment tool, the SuperTracker, for use in updating the USDA Food Plans, including the Thrifty Food Plan, and for calculating Healthy Eating Index scores. CNPP will use the addendum until the next database is released by ARS.

Foods and Variables Included in the CNPP Addendum to MPED 2.0: This file contains 820 food codes. The food codes were reported in Day One of NHANES 2005-06 and 2007-08 data cycles for individuals age 2 years and older (excluding breastfed children) who had complete recalls.

The MPED includes cup or ounce equivalents per 100 grams of food for each USDA food group and subgroup, grams of discretionary solid fats and oils, teaspoons of added sugars, alcoholic beverages, as well as whole fruit and fruit juice equivalents, as listed below. Units of measure are those used in the USDA Food Patterns.

Food code (or modification code)

Food code description

Total grains (oz eq)

Whole grains (oz eq)

Nonwhole grains (oz eq)

Total veg. (C eq)

Dark green veg. (C eq)

Orange veg. (C eq)

Potatoes (C eq)

Starchy veg. (C eq)

Tomatoes (C eq)

Other veg. (C eq)

Total fruit (C eq)
Citrus fruits, melons, berries (C eq)
Other fruit (C eq)
Total dairy (C eq)
Milk (C eq)
Yogurt (C eq)
Cheese (C eq)
Total meat, poultry, fish (oz)
Meat (oz)
Organ meats (oz)
Franks, sausages, lunchmeats (oz)
Poultry (oz)
Fish high in omega-3 f.a. (oz)
Fish low in omega-3 f.a. (oz)
Egg (oz eq)
Soybean products (oz eq)
Nuts and seeds (oz eq)
Legumes (C eq)
Discretionary fat – oil (grams)
Discretionary solid fat (grams)
Added sugars (teaspoons)
Alcoholic beverages (drink eq)
Whole fruit (C eq)
Fruit juice (C eq)

Methods: The general approach described in the documentation for the MPED 2.0 for calculation of cup and ounce equivalents was followed (see <http://www.ars.usda.gov/Services/docs.htm?docid=17558>). Equivalents data for 70 formulated foods found in the addendum (e.g., new ready-to-eat cereals and energy bars), were provided by ARS. Food codes found in the MPED 2.0 that had modifications made to them for 2005-06 and/or 2007-08 (e.g., different type of fats and milk) are included in the addendum. The USDA National Nutrient Database for Standard Reference (SR), Release 23 (2010) was used for calculations when necessary. CNPP staff calculated cup and ounce equivalents per common portions of foods and reviewed the results for reasonableness.

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