|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Supplemental Table 1** – Main group, subgroups and categories and food codes for food sources analyses. | | | | | |
| **#** | **Main group** | **#** | **Subgroups** | **#** | **Category (food code)** |
| 1 | Milk and Dairy | 1 | Milk | 1 | Milk, whole (1002) |
|  |  |  |  | 2 | Milk, reduced fat (1004) |
|  |  |  |  | 3 | Milk, low fat (1006) |
|  |  |  |  | 4 | Milk, nonfat (1008) |
|  |  | 2 | Flavored Milk | 5 | Flavored milk, whole (1202) |
|  |  |  |  | 6 | Flavored milk, reduced fat (1204) |
|  |  |  |  | 7 | Flavored milk, low-fat (1206) |
|  |  |  |  | 8 | Flavored milk, nonfat (1208) |
|  |  | 3 | Cheese | 9 | Cheese (1602) |
|  |  |  |  | 10 | Cottage/ ricotta cheese (1604) |
|  |  | 4 | Dairy Drinks and Substitutes | 11 | Milk shakes and other dairy drinks (1402) |
|  |  |  |  | 12 | Milk substitutes (1404) |
|  |  | 5 | Yoghurt | 13 | Yoghurt, regular (1820) |
|  |  |  |  | 14 | Yoghurt, Greek (1822) |
| 2 | Fruit | 6 | Fruits | 15 | Apple (6002) |
|  |  |  |  | 16 | Bananas (6004) |
|  |  |  |  | 17 | Grapes (6006) |
|  |  |  |  | 18 | Peaches and nectarines (6008) |
|  |  |  |  | 19 | Berries (6010) |
|  |  |  |  | 20 | Citrus Fruits (6012) |
|  |  |  |  | 21 | Melons (6014) |
|  |  |  |  | 22 | Dried fruits (6016) |
|  |  |  |  | 23 | Other fruits and fruit salads (6018) |
| 3 | Vegetables | 7 | Vegetables, excluding Potatoes | 24 | Tomatoes (6402) |
|  |  |  |  | 25 | Carrots (6404) |
|  |  |  |  | 26 | Other red and orange vegetables (6406) |
|  |  |  |  | 27 | Dark green vegetables, excludes lettuce (6408) |
|  |  |  |  | 28 | Lettuce and lettuce salads (6410) |
|  |  |  |  | 29 | String beans (6412) |
|  |  |  |  | 30 | Onions (6414) |
|  |  |  |  | 31 | Corn (6416) |
|  |  |  |  | 32 | Other starchy vegetables (6418) |
|  |  |  |  | 33 | Other vegetables and combinations (6420) |
|  |  |  |  | 34 | Vegetable mixed dishes (6422) |
|  |  | 8 | White Potatoes | 35 | White potatoes, baked or boiled (6802) |
|  |  |  |  | 36 | French fries and other fried white potatoes (6804) |
|  |  |  |  | 37 | Mashed potatoes and white potato mixtures (6806) |
| 4 | Protein Foods | 9 | Meats | 38 | Beef, excludes ground (2002) |
|  |  |  |  | 39 | Ground beef (2004) |
|  |  |  |  | 40 | Pork (2006) |
|  |  |  |  | 41 | Lamb, goat, game (2008) |
|  |  |  |  | 42 | Liver and organ meats (2010) |
|  |  | 10 | Poultry | 43 | Chicken, whole pieces (2202) |
|  |  |  |  | 44 | Chicken patties, nuggets and tenders (2204) |
|  |  |  |  | 45 | Turkey, duck, other poultry (2206) |
|  |  | 11 | Seafood | 46 | Fish (2402) |
|  |  |  |  | 47 | Shellfish (2404) |
|  |  | 12 | Eggs | 48 | Eggs and omelets (2502) |
|  |  | 13 | Cured Meats/Poultry | 49 | Cold cuts and cured meats (2602) |
|  |  |  |  | 50 | Bacon (2604) |
|  |  |  |  | 51 | Frankfurters (2606) |
|  |  |  |  | 52 | Sausages (2608) |
|  |  | 14 | Plant-based Protein Foods | 53 | Beans, peas, legumes (2802) |
|  |  |  |  | 54 | Nuts and seeds (2804) |
|  |  |  |  | 55 | Processed soy products (2806) |
| 5 | Mixed Dishes | 15 | Mixed Dishes – M/P/F | 56 | Meat mixed dishes (3002) |
|  |  |  |  | 57 | Poultry mixed dishes (3004) |
|  |  |  |  | 58 | Seafood mixed dishes (3006) |
|  |  | 16 | Mixed Dishes – Grain-based | 59 | Rice mixed dishes (3202) |
|  |  |  |  | 60 | Pasta mixed dishes, excludes macaroni and cheese (3204) |
|  |  |  |  | 61 | Macaroni and cheese (3206) |
|  |  |  |  | 62 | Turnovers and other grain-based items (3208) |
|  |  | 17 | Mixed Dishes - Asian | 63 | Fried rice and lo/chow mein (3402) |
|  |  |  |  | 64 | Stir-fry and soy-based sauce mixtures (3404) |
|  |  |  |  | 65 | Egg rolls, dumplings, sushi (3406) |
|  |  | 18 | Mixed Dishes - Mexican | 66 | Burritos and tacos (3502) |
|  |  |  |  | 67 | Nachos (3504) |
|  |  |  |  | 68 | Other Mexican mixed dishes (3506) |
|  |  | 19 | Mixed Dishes - Pizza | 69 | Pizza (3602) |
|  |  | 20 | Mixed Dishes - Sandwiches | 70 | Burgers (3702) |
|  |  |  |  | 71 | Frankfurters (3703) |
|  |  |  |  | 72 | Chicken/turkey sandwiches (3704) |
|  |  |  |  | 73 | Egg/ Breakfast sandwiches (3706) |
|  |  |  |  | 74 | Other sandwiches (3708) |
|  |  | 21 | Mixed Dishes - Soups | 75 | Soups (3802) |
| 6 | Grains | 22 | Cooked Grains | 76 | Rice (4002) |
|  |  |  |  | 77 | Pasta, noodles, cooked grains (4004) |
|  |  | 23 | Bread, Rolls, Tortillas | 78 | Yeast breads (4202) |
|  |  |  |  | 79 | Rolls and buns (4204) |
|  |  |  |  | 80 | Bagels and English muffins (4206) |
|  |  |  |  | 81 | Tortillas (4208) |
|  |  | 24 | Quick Breads and Bread Products | 82 | Biscuits, muffins, quick breads (4402) |
|  |  |  |  | 83 | Pancakes, waffles, French toast (4404) |
|  |  | 25 | Ready-to-Eat Cereals | 84 | Ready-to-eat cereal, higher sugar (>21.2g/100g) (4602) |
|  |  |  |  | 85 | Ready-to-eat cereal, lower sugar (≤21.2g/100g) (4604) |
|  |  | 26 | Cooked Cereals | 86 | Oatmeal (4802) |
|  |  |  |  | 87 | Grits and other cooked cereals (4804) |
| 7 | Snack and Sweets | 27 | Savory Snacks | 88 | Potato chips (5002) |
|  |  |  |  | 89 | Tortilla, corn, other chips (5004) |
|  |  |  |  | 90 | Popcorn (5006) |
|  |  |  |  | 91 | Pretzels/snack mix (5508) |
|  |  | 28 | Crackers | 92 | Crackers, excludes saltines (5202) |
|  |  |  |  | 93 | Saltine crackers (5204) |
|  |  | 29 | Snack/Meal Bars | 94 | Cereal bars (5402) |
|  |  |  |  | 95 | Nutrition bars (5404) |
|  |  | 30 | Sweet Bakery Products | 96 | Cakes and pies (5502) |
|  |  |  |  | 97 | Cookies and brownies (5504) |
|  |  |  |  | 98 | Doughnuts, sweet rolls, pastries (5506) |
|  |  | 31 | Candy | 99 | Candy containing chocolate (5702) |
|  |  |  |  | 100 | Candy not containing chocolate (5704) |
|  |  | 32 | Other Desserts | 101 | Ice cream and frozen dairy desserts (5802) |
|  |  |  |  | 102 | Pudding (5804) |
|  |  |  |  | 103 | Gelatins, ices, sorbets (5806) |
| 8 | Beverages, Nonalcoholic | 33 | 100% Juice | 104 | Citrus juice (7002) |
|  |  |  |  | 105 | Apple juice (7004) |
|  |  |  |  | 106 | Other fruit juice (7006) |
|  |  |  |  | 107 | Vegetable juice (7008) |
|  |  | 34 | Diet Beverages | 108 | Diet soft drinks (7102) |
|  |  |  |  | 109 | Diet sport and energy drinks (7104) |
|  |  |  |  | 110 | Other diet drinks (7106) |
|  |  | 35 | Sweetened Beverages | 111 | Soft drinks (7202) |
|  |  |  |  | 112 | Fruits drinks (7204) |
|  |  |  |  | 113 | Sport and energy drinks (7206) |
|  |  |  |  | 114 | Nutritional beverages (7208) |
|  |  |  |  | 115 | Smoothies and grain drinks (7220) |
|  |  | 36 | Coffee and Tea | 116 | Coffee (7302) |
|  |  |  |  | 117 | Tea (7304) |
| 9 | Fats and Oils | 37 | Fats and Oils | 118 | Butter and animal fats (8002) |
|  |  |  |  | 119 | Margarine (8004) |
|  |  |  |  | 120 | Cream cheese, sour cream, whipped cream (8006) |
|  |  |  |  | 121 | Cream and cream substitutes (8008) |
|  |  |  |  | 122 | Mayonnaise (8010) |
|  |  |  |  | 123 | Salad dressings and vegetable oils (8012) |
| 10 | Condiments and Sauces | 38 | Condiments and Sauces | 124 | Tomato-based condiments (8402) |
|  |  |  |  | 125 | Soy-based condiments (8404) |
|  |  |  |  | 126 | Mustard and other condiments (8406) |
|  |  |  |  | 127 | Olives, pickles, pickled vegetables (8408) |
|  |  |  |  | 128 | Pasta sauces, tomato-based (8410) |
|  |  |  |  | 129 | Dips, gravies, other sauces (8412) |
| 11 | Sugars | 39 | Sugars | 130 | Sugars and honey (8802) |
|  |  |  |  | 131 | Sugar substitutes (8804) |
|  |  |  |  | 132 | Jams, syrups, toppings (8806) |
| 12 | Water | 38 | Plain Water | 133 | Tap water (7702) |
|  |  |  |  | 134 | Bottled water (7704) |
|  |  | 39 | Flavored or Enhanced Water | 135 | Flavored or carbonated water (7802) |
|  |  |  |  | 136 | Enhanced or fortified water (7804) |

M/P/F: Meat/Poultry/Fish

|  |
| --- |
| **Supplemental Table 2** – Food sources of mean and percentage of energy (kcal) † intake among US adolescents aged 10-19 years (N=3,156): NHANES 2011-2014 |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Main Group** | **Subgroup** | **Category** | **Cons** | **Mean** | **SE** | **PCT** | **SE** |
| 1 | Mixed Dishes | Mixed Dishes - Pizza | Pizza | 705 | 138.7 | 11.5 | 6.6 | 0.5 |
| 2 | Beverages, Nonalcoholic | Sweetened Beverages | Soft drinks | 1,302 | 91.3 | 5.1 | 4.4 | 0.2 |
| 3 | Mixed Dishes | Mixed Dishes - Mexican | Burritos and tacos | 310 | 67.7 | 7.0 | 3.2 | 0.3 |
| 4 | Grains | Breads, Rolls, Tortillas | Yeast breads | 971 | 61.9 | 3.4 | 3.0 | 0.2 |
| 5 | Snacks and Sweets | Sweet Bakery Products | Cookies and brownies | 780 | 58.7 | 4.3 | 2.8 | 0.2 |
| 6 | Milk and Dairy | Milk | Milk, reduced fat | 785 | 51.3 | 4.2 | 2.4 | 0.2 |
| 7 | Mixed Dishes | Mixed Dishes - Grain-based | Pasta mixed dishes, excludes macaroni and cheese | 295 | 48.1 | 5.0 | 2.3 | 0.2 |
| 8 | Vegetables | White Potatoes | French fries and other fried white potatoes | 639 | 46.3 | 3.9 | 2.2 | 0.2 |
| 9 | Protein Foods | Poultry | Chicken, whole pieces | 610 | 45.9 | 4.2 | 2.2 | 0.2 |
| 10 | Snacks and Sweets | Sweet Bakery Products | Doughnuts, sweet rolls, pastries | 368 | 44.8 | 3.5 | 2.1 | 0.2 |
| 11 | Milk and Dairy | Cheese | Cheese | 1,013 | 44.5 | 3.4 | 2.1 | 0.2 |
| 12 | Snacks and Sweets | Other Desserts | Ice cream and frozen dairy desserts | 489 | 44.5 | 4.2 | 2.1 | 0.2 |
| 13 | Beverages, Nonalcoholic | Sweetened Beverages | Fruit drinks | 915 | 43.7 | 2.7 | 2.1 | 0.1 |
| 14 | Grains | Ready-to-Eat Cereals | Ready-to-eat cereal, higher sugar (>21.2g/100g) | 698 | 41.9 | 2.6 | 2.0 | 0.1 |
| 15 | Snacks and Sweets | Savory Snacks | Tortilla, corn, other chips | 701 | 41.6 | 3.9 | 2.0 | 0.2 |
| 16 | Snacks and Sweets | Sweet Bakery Products | Cakes and pies | 300 | 40.7 | 4.8 | 1.9 | 0.2 |
| 17 | Grains | Breads, Rolls, Tortillas | Rolls and buns | 584 | 38.2 | 3.1 | 1.8 | 0.1 |
| 18 | Mixed Dishes | Mixed Dishes - Grain-based | Macaroni and cheese | 191 | 38.0 | 5.1 | 1.8 | 0.2 |
| 19 | Protein Foods | Poultry | Chicken patties, nuggets and tenders | 344 | 36.2 | 4.7 | 1.7 | 0.2 |
| 20 | Mixed Dishes | Mixed Dishes - Mexican | Other Mexican mixed dishes | 167 | 32.2 | 3.7 | 1.5 | 0.2 |
| 21 | Mixed Dishes | Mixed Dishes - M/P/F | Meat mixed dishes | 226 | 30.5 | 4.3 | 1.5 | 0.2 |
| 22 | Protein Foods | Eggs | Eggs and omelets | 473 | 30.4 | 2.6 | 1.4 | 0.1 |
| 23 | Protein Foods | Plant-based Protein Foods | Nuts and seeds | 305 | 28.8 | 3.2 | 1.4 | 0.2 |
| 24 | Grains | Quick Breads and Bread Products | Pancakes, waffles, French toast | 298 | 27.4 | 2.7 | 1.3 | 0.1 |
| 25 | Beverages, Nonalcoholic | Coffee and Tea | Tea | 512 | 25.5 | 4.3 | 1.2 | 0.2 |
| 26 | Mixed Dishes | Mixed Dishes - Sandwiches | Burgers | 163 | 24.3 | 3.2 | 1.2 | 0.1 |
| 27 | Mixed Dishes | Mixed Dishes - Sandwiches | Chicken/turkey sandwiches | 133 | 24.1 | 5.2 | 1.1 | 0.2 |
| 28 | Snacks and Sweets | Savory Snacks | Potato chips | 458 | 23.8 | 1.8 | 1.1 | 0.1 |
| 29 | Snacks and Sweets | Candy | Candy containing chocolate | 356 | 22.7 | 2.8 | 1.1 | 0.1 |
| 30 | Snacks and Sweets | Candy | Candy not containing chocolate | 629 | 22.5 | 2.2 | 1.1 | 0.1 |
| 31 | Mixed Dishes | Mixed Dishes - Asian | Stir-fry and soy-based sauce mixtures | 124 | 22.2 | 5.3 | 1.1 | 0.3 |
| 32 | Grains | Cooked Grains | Rice | 383 | 22.2 | 2.5 | 1.1 | 0.1 |
| 33 | Snacks and Sweets | Crackers | Crackers, excludes saltines | 300 | 21.7 | 2.7 | 1.0 | 0.1 |
| 34 | Grains | Quick Breads and Bread Products | Biscuits, muffins, quick breads | 195 | 21.5 | 3.8 | 1.0 | 0.2 |
| 35 | Protein Foods | Cured Meats/Poultry | Cold cuts and cured meats | 532 | 21.3 | 2.0 | 1.0 | 0.1 |
| 36 | Mixed Dishes | Mixed Dishes - Sandwiches | Frankfurter sandwiches | 173 | 21.2 | 3.3 | 1.0 | 0.2 |
| 37 | Protein Foods | Meats | Beef, excludes ground | 239 | 21.1 | 2.9 | 1.0 | 0.1 |
| 38 | Protein Foods | Meats | Ground beef | 248 | 20.8 | 2.2 | 1.0 | 0.1 |
| 39 | Beverages, Nonalcoholic | Sweetened Beverages | Sport and energy drinks | 259 | 19.8 | 3.1 | 0.9 | 0.1 |
| 40 | Mixed Dishes | Mixed Dishes - Soups | Soups | 337 | 19.7 | 2.0 | 0.9 | 0.1 |
| 41 | Fats and Oils | Fats and Oils | Salad dressings and vegetable oils | 352 | 19.6 | 2.6 | 0.9 | 0.1 |
| 42 | Sugars | Sugars | Jams, syrups, toppings | 470 | 18.6 | 2.7 | 0.9 | 0.1 |
| 43 | Vegetables | White Potatoes | Mashed potatoes and white potato mixtures | 207 | 18.3 | 2.6 | 0.9 | 0.1 |
| 44 | Beverages, Nonalcoholic | 100% Juice | Citrus juice | 389 | 17.9 | 1.5 | 0.9 | 0.1 |
| 45 | Snacks and Sweets | Savory Snacks | Popcorn | 228 | 17.5 | 2.7 | 0.8 | 0.1 |
| 46 | Milk and Dairy | Milk | Milk, whole | 316 | 16.5 | 1.6 | 0.8 | 0.1 |
| 47 | Mixed Dishes | Mixed Dishes - M/P/F | Poultry mixed dishes | 162 | 16.0 | 2.2 | 0.8 | 0.1 |
| 48 | Mixed Dishes | Mixed Dishes - Sandwiches | Other sandwiches | 53 | 15.5 | 3.3 | 0.7 | 0.2 |
| 49 | Milk and Dairy | Milk | Milk, lowfat | 263 | 15.5 | 1.8 | 0.7 | 0.1 |
| 50 | Grains | Ready-to-Eat Cereals | Ready-to-eat cereal, lower sugar (=<21.2g/100g) | 196 | 14.5 | 1.6 | 0.7 | 0.1 |
| 51 | Snacks and Sweets | Savory Snacks | Pretzels/snack mix | 169 | 14.5 | 2.3 | 0.7 | 0.1 |
| 52 | Grains | Breads, Rolls, Tortillas | Tortillas | 234 | 13.7 | 1.5 | 0.7 | 0.1 |
| 53 | Mixed Dishes | Mixed Dishes - Grain-based | Rice mixed dishes | 192 | 13.3 | 1.6 | 0.6 | 0.1 |
| 54 | Snacks and Sweets | Snack/Meal Bars | Cereal bars | 157 | 12.3 | 2.0 | 0.6 | 0.1 |
| 55 | Mixed Dishes | Mixed Dishes - Sandwiches | Egg/breakfast sandwiches | 85 | 12.1 | 2.4 | 0.6 | 0.1 |
| 56 | Milk and Dairy | Dairy Drinks and Substitutes | Milk shakes and other dairy drinks | 77 | 12.0 | 2.2 | 0.6 | 0.1 |
| 57 | Fruit | Fruits | Apples | 447 | 11.7 | 1.2 | 0.6 | 0.1 |
| 58 | Protein Foods | Cured Meats/Poultry | Sausages | 180 | 11.0 | 1.9 | 0.5 | 0.1 |
| 59 | Protein Foods | Meats | Pork | 147 | 10.9 | 1.9 | 0.5 | 0.1 |
| 60 | Mixed Dishes | Mixed Dishes - Grain-based | Turnovers and other grain-based items | 86 | 10.8 | 1.8 | 0.5 | 0.1 |
| 61 | Protein Foods | Plant-based Protein Foods | Beans, peas, legumes | 212 | 10.5 | 2.0 | 0.5 | 0.1 |
| 62 | Fruit | Fruits | Bananas | 243 | 9.2 | 1.3 | 0.4 | 0.1 |
| 63 | Mixed Dishes | Mixed Dishes - Asian | Fried rice and lo/chow mein | 105 | 8.6 | 1.5 | 0.4 | 0.1 |
| 64 | Grains | Cooked Grains | Pasta, noodles, cooked grains | 90 | 8.5 | 1.7 | 0.4 | 0.1 |
| 65 | Beverages, Nonalcoholic | 100% Juice | Apple juice | 224 | 8.5 | 1.3 | 0.4 | 0.1 |
| 66 | Grains | Breads, Rolls, Tortillas | Bagels and English muffins | 104 | 8.4 | 1.4 | 0.4 | 0.1 |
| 67 | Beverages, Nonalcoholic | 100% Juice | Other fruit juice | 164 | 8.2 | 2.2 | 0.4 | 0.1 |
| 68 | Milk and Dairy | Flavored Milk | Flavored milk, lowfat | 112 | 8.1 | 1.6 | 0.4 | 0.1 |
| 69 | Milk and Dairy | Milk | Milk, nonfat | 124 | 8.0 | 1.9 | 0.4 | 0.1 |
| 70 | Milk and Dairy | Flavored Milk | Flavored milk, reduced fat | 96 | 7.8 | 1.5 | 0.4 | 0.1 |
| 71 | Beverages, Nonalcoholic | Sweetened Beverages | Smoothies and grain drinks | 87 | 7.6 | 2.0 | 0.4 | 0.1 |
| 72 | Protein Foods | Seafood | Fish | 139 | 7.4 | 1.3 | 0.4 | 0.1 |
| 73 | Fats and Oils | Fats and Oils | Mayonnaise | 358 | 7.0 | 1.3 | 0.3 | 0.1 |
| 74 | Condiments and Sauces | Condiments and Sauces | Tomato-based condiments | 823 | 7.0 | 0.7 | 0.3 | 0.0 |
| 75 | Protein Foods | Cured Meats/Poultry | Bacon | 213 | 6.9 | 1.0 | 0.3 | 0.0 |
| 76 | Condiments and Sauces | Condiments and Sauces | Dips, gravies, other sauces | 218 | 6.9 | 0.9 | 0.3 | 0.0 |
| 77 | Beverages, Nonalcoholic | Coffee and Tea | Coffee | 220 | 6.6 | 1.0 | 0.3 | 0.0 |
| 78 | Milk and Dairy | Flavored Milk | Flavored milk, nonfat | 102 | 6.5 | 1.2 | 0.3 | 0.1 |
| 79 | Mixed Dishes | Mixed Dishes - Mexican | Nachos | 48 | 6.0 | 1.3 | 0.3 | 0.1 |
| 80 | Snacks and Sweets | Other Desserts | Pudding | 43 | 5.0 | 1.8 | 0.2 | 0.1 |
| 81 | Fats and Oils | Fats and Oils | Cream cheese, sour cream, whipped cream | 149 | 4.9 | 0.9 | 0.2 | 0.0 |
| 82 | Fruit | Fruits | Other fruits and fruit salads | 229 | 4.8 | 0.7 | 0.2 | 0.0 |
| 83 | Milk and Dairy | Flavored Milk | Flavored milk, whole | 84 | 4.8 | 0.9 | 0.2 | 0.0 |
| 84 | Vegetables | Vegetables, excluding Potatoes | Corn | 132 | 4.7 | 0.9 | 0.2 | 0.0 |
| 85 | Milk and Dairy | Yogurt | Yogurt, regular | 110 | 4.7 | 0.8 | 0.2 | 0.0 |
| 86 | Fats and Oils | Fats and Oils | Butter and animal fats | 196 | 4.5 | 0.6 | 0.2 | 0.0 |
| 87 | Fruit | Fruits | Citrus fruits | 236 | 4.4 | 0.7 | 0.2 | 0.0 |
| 88 | Mixed Dishes | Mixed Dishes - M/P/F | Seafood mixed dishes | 59 | 4.3 | 1.2 | 0.2 | 0.1 |
| 89 | Sugars | Sugars | Sugars and honey | 252 | 4.0 | 1.1 | 0.2 | 0.1 |
| 90 | Fats and Oils | Fats and Oils | Margarine | 101 | 3.7 | 1.6 | 0.2 | 0.1 |
| 91 | Protein Foods | Seafood | Shellfish | 82 | 3.5 | 0.9 | 0.2 | 0.0 |
| 92 | Vegetables | Vegetables, excluding Potatoes | Other vegetables and combinations | 318 | 3.5 | 0.6 | 0.2 | 0.0 |
| 93 | Grains | Cooked Cereals | Oatmeal | 55 | 3.2 | 0.8 | 0.2 | 0.0 |
| 94 | Fruit | Fruits | Melons | 108 | 3.2 | 0.7 | 0.2 | 0.0 |
| 95 | Mixed Dishes | Mixed Dishes - Asian | Egg rolls, dumplings, sushi | 56 | 3.1 | 0.8 | 0.1 | 0.0 |
| 96 | Protein Foods | Cured Meats/Poultry | Frankfurters | 49 | 3.1 | 0.6 | 0.1 | 0.0 |
| 97 | Vegetables | White Potatoes | White potatoes, baked or boiled | 55 | 3.0 | 1.1 | 0.1 | 0.1 |
| 98 | Snacks and Sweets | Snack/Meal Bars | Nutrition bars | 26 | 2.9 | 0.9 | 0.1 | 0.0 |
| 99 | Fruit | Fruits | Peaches and nectarines | 79 | 2.8 | 0.8 | 0.1 | 0.0 |
| 100 | Protein Foods | Poultry | Turkey, duck, other poultry | 54 | 2.8 | 0.9 | 0.1 | 0.0 |
| 101 | Fruit | Fruits | Berries | 169 | 2.7 | 0.5 | 0.1 | 0.0 |
| 102 | Fruit | Fruits | Grapes | 142 | 2.6 | 0.4 | 0.1 | 0.0 |
| 103 | Snacks and Sweets | Other Desserts | Gelatins, ices, sorbets | 100 | 2.6 | 0.6 | 0.1 | 0.0 |
| 104 | Vegetables | Vegetables, excluding Potatoes | Vegetable mixed dishes | 60 | 2.4 | 0.5 | 0.1 | 0.0 |
| 105 | Fats and Oils | Fats and Oils | Cream and cream substitutes | 82 | 2.2 | 0.4 | 0.1 | 0.0 |
| 106 | Snacks and Sweets | Crackers | Saltine crackers | 57 | 2.1 | 0.5 | 0.1 | 0.0 |
| 107 | Vegetables | Vegetables, excluding Potatoes | Dark green vegetables, excludes lettuce | 197 | 2.1 | 0.5 | 0.1 | 0.0 |
| 108 | Vegetables | Vegetables, excluding Potatoes | Carrots | 206 | 1.8 | 0.3 | 0.1 | 0.0 |
| 109 | Other | Other | Protein and nutritional powders | 22 | 1.7 | 0.6 | 0.1 | 0.0 |
| 110 | Vegetables | Vegetables, excluding Potatoes | Other starchy vegetables | 48 | 1.5 | 0.4 | 0.1 | 0.0 |
| 111 | Protein Foods | Plant-based Protein Foods | Processed soy products | 27 | 1.4 | 0.6 | 0.1 | 0.0 |
| 112 | Milk and Dairy | Dairy Drinks and Substitutes | Milk substitutes | 44 | 1.4 | 0.4 | 0.1 | 0.0 |
| 113 | Condiments and Sauces | Condiments and Sauces | Pasta sauces, tomato-based | 68 | 1.3 | 0.3 | 0.1 | 0.0 |
| 114 | Grains | Cooked Cereals | Grits and other cooked cereals | 31 | 1.3 | 0.5 | 0.1 | 0.0 |
| 115 | Vegetables | Vegetables, excluding Potatoes | Lettuce and lettuce salads | 555 | 1.1 | 0.1 | 0.1 | 0.0 |
| 116 | Condiments and Sauces | Condiments and Sauces | Mustard and other condiments | 326 | 1.1 | 0.2 | 0.1 | 0.0 |
| 117 | Milk and Dairy | Yogurt | Yogurt, Greek | 18 | 1.1 | 0.5 | 0.1 | 0.0 |
| 118 | Vegetables | Vegetables, excluding Potatoes | Tomatoes | 299 | 1.0 | 0.1 | 0.0 | 0.0 |
| 119 | Vegetables | Vegetables, excluding Potatoes | String beans | 83 | 0.9 | 0.1 | 0.0 | 0.0 |
| 120 | Water | Flavored or Enhanced Water | Flavored or carbonated water | 43 | 0.8 | 0.3 | 0.0 | 0.0 |
| 121 | Vegetables | Vegetables, excluding Potatoes | Other red and orange vegetables | 33 | 0.7 | 0.2 | 0.0 | 0.0 |
| 122 | Water | Flavored or Enhanced Water | Enhanced or fortified water | 30 | 0.7 | 0.2 | 0.0 | 0.0 |
| 123 | Vegetables | Vegetables, excluding Potatoes | Onions | 148 | 0.7 | 0.1 | 0.0 | 0.0 |
| 124 | Beverages, Nonalcoholic | Sweetened Beverages | Nutritional beverages | 9 | 0.7 | 0.3 | 0.0 | 0.0 |
| 125 | Fruit | Fruits | Dried fruits | 28 | 0.6 | 0.2 | 0.0 | 0.0 |
| 126 | Protein Foods | Meats | Lamb, goat, game | 8 | 0.5 | 0.2 | 0.0 | 0.0 |
| 127 | Condiments and Sauces | Condiments and Sauces | Olives, pickles, pickled vegetables | 111 | 0.5 | 0.1 | 0.0 | 0.0 |
| 128 | Milk and Dairy | Cheese | Cottage/ricotta cheese | 9 | 0.4 | 0.2 | 0.0 | 0.0 |
| 129 | Beverages, Nonalcoholic | Diet Beverages | Diet soft drinks | 153 | 0.3 | 0.1 | 0.0 | 0.0 |
| 130 | Protein Foods | Meats | Liver and organ meats | 7 | 0.3 | 0.2 | 0.0 | 0.0 |
| 131 | Beverages, Nonalcoholic | Diet Beverages | Other diet drinks | 64 | 0.2 | 0.0 | 0.0 | 0.0 |
| 132 | Beverages, Nonalcoholic | Diet Beverages | Diet sport and energy drinks | 26 | 0.2 | 0.1 | 0.0 | 0.0 |
| 133 | Beverages, Nonalcoholic | 100% Juice | Vegetable juice | 8 | 0.2 | 0.1 | 0.0 | 0.0 |
| 134 | Condiments and Sauces | Condiments and Sauces | Soy-based condiments | 54 | 0.1 | 0.0 | 0.0 | 0.0 |
| 135 | Sugars | Sugars | Sugar substitutes | 13 | 0.0 | 0.0 | 0.0 | 0.0 |
| 136 | Water | Plain Water | Tap water | 1,442 | 0.0 | 0.0 | 0.0 | 0.0 |
| 137 | Water | Plain Water | Bottled water | 1,247 | 0.0 | 0.0 | 0.0 | 0.0 |

NHANES, National Health and Nutrition Examination Survey; Cons, number of consumers; PCT, percentage contribution; M/P/F = meat/poultry/fish

†To convert to kJ, multiply kcal values by 4.184

**Supplemental Table 3.** Food sources of mean and percentage of total gram intake among US adolescents aged 10-19 years (N=3,156): NHANES 2011-2014

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Main Group** | **Subgroup** | **Category** | **Cons** | **Mean** | **SE** | **PCT** | **SE** |
| 1 | Water | Plain Water | Tap water | 1,442 | 514.6 | 35.0 | 19.5 | 1.1 |
| 2 | Water | Plain Water | Bottled water | 1,247 | 361.0 | 29.3 | 13.7 | 1.1 |
| 3 | Beverages, Nonalcoholic | Sweetened Beverages | Soft drinks | 1,302 | 227.8 | 12.7 | 8.6 | 0.5 |
| 4 | Beverages, Nonalcoholic | Sweetened Beverages | Fruit drinks | 915 | 112.8 | 5.7 | 4.3 | 0.2 |
| 5 | Milk and Dairy | Milk | Milk, reduced fat | 785 | 102.6 | 8.4 | 3.9 | 0.3 |
| 6 | Beverages, Nonalcoholic | Coffee and Tea | Tea | 512 | 99.5 | 11.2 | 3.8 | 0.4 |
| 7 | Beverages, Nonalcoholic | Sweetened Beverages | Sport and energy drinks | 259 | 66.4 | 9.6 | 2.5 | 0.4 |
| 8 | Mixed Dishes | Mixed Dishes - Pizza | Pizza | 705 | 48.9 | 4.0 | 1.9 | 0.2 |
| 9 | Mixed Dishes | Mixed Dishes - Grain-based | Pasta mixed dishes, excludes macaroni and cheese | 295 | 37.5 | 3.5 | 1.4 | 0.1 |
| 10 | Beverages, Nonalcoholic | 100% Juice | Citrus juice | 389 | 37.3 | 3.1 | 1.4 | 0.1 |
| 11 | Milk and Dairy | Milk | Milk, lowfat | 263 | 36.9 | 4.4 | 1.4 | 0.2 |
| 12 | Mixed Dishes | Mixed Dishes - Soups | Soups | 337 | 34.0 | 3.3 | 1.3 | 0.1 |
| 13 | Mixed Dishes | Mixed Dishes - Mexican | Burritos and tacos | 310 | 31.0 | 3.1 | 1.2 | 0.1 |
| 14 | Beverages, Nonalcoholic | Coffee and Tea | Coffee | 220 | 30.0 | 4.1 | 1.1 | 0.2 |
| 15 | Beverages, Nonalcoholic | Diet Beverages | Diet soft drinks | 153 | 28.0 | 4.4 | 1.1 | 0.2 |
| 16 | Milk and Dairy | Milk | Milk, whole | 316 | 27.0 | 2.7 | 1.0 | 0.1 |
| 17 | Milk and Dairy | Milk | Milk, nonfat | 124 | 23.6 | 5.6 | 0.9 | 0.2 |
| 18 | Snacks and Sweets | Other Desserts | Ice cream and frozen dairy desserts | 489 | 22.8 | 2.4 | 0.9 | 0.1 |
| 19 | Fruit | Fruits | Apples | 447 | 22.4 | 2.3 | 0.8 | 0.1 |
| 20 | Grains | Breads, Rolls, Tortillas | Yeast breads | 971 | 22.3 | 1.2 | 0.8 | 0.0 |
| 21 | Mixed Dishes | Mixed Dishes - M/P/F | Meat mixed dishes | 226 | 21.3 | 3.1 | 0.8 | 0.1 |
| 22 | Protein Foods | Poultry | Chicken, whole pieces | 610 | 21.1 | 1.8 | 0.8 | 0.1 |
| 23 | Mixed Dishes | Mixed Dishes - Grain-based | Macaroni and cheese | 191 | 19.8 | 2.6 | 0.7 | 0.1 |
| 24 | Beverages, Nonalcoholic | 100% Juice | Apple juice | 224 | 18.4 | 2.8 | 0.7 | 0.1 |
| 25 | Vegetables | White Potatoes | Mashed potatoes and white potato mixtures | 207 | 17.9 | 2.7 | 0.7 | 0.1 |
| 26 | Vegetables | White Potatoes | French fries and other fried white potatoes | 639 | 16.9 | 1.4 | 0.6 | 0.1 |
| 27 | Protein Foods | Eggs | Eggs and omelets | 473 | 16.6 | 1.4 | 0.6 | 0.1 |
| 28 | Grains | Cooked Grains | Rice | 383 | 16.4 | 1.8 | 0.6 | 0.1 |
| 29 | Beverages, Nonalcoholic | 100% Juice | Other fruit juice | 164 | 15.1 | 3.8 | 0.6 | 0.1 |
| 30 | Protein Foods | Cured Meats/Poultry | Cold cuts and cured meats | 532 | 13.8 | 1.2 | 0.5 | 0.0 |
| 31 | Milk and Dairy | Cheese | Cheese | 1,013 | 13.4 | 1.0 | 0.5 | 0.0 |
| 32 | Grains | Breads, Rolls, Tortillas | Rolls and buns | 584 | 13.3 | 1.0 | 0.5 | 0.0 |
| 33 | Protein Foods | Poultry | Chicken patties, nuggets and tenders | 344 | 13.0 | 1.7 | 0.5 | 0.1 |
| 34 | Milk and Dairy | Flavored Milk | Flavored milk, lowfat | 112 | 12.9 | 2.5 | 0.5 | 0.1 |
| 35 | Snacks and Sweets | Sweet Bakery Products | Cookies and brownies | 780 | 12.5 | 0.9 | 0.5 | 0.0 |
| 36 | Mixed Dishes | Mixed Dishes - Mexican | Other Mexican mixed dishes | 167 | 12.0 | 1.5 | 0.5 | 0.1 |
| 37 | Mixed Dishes | Mixed Dishes - M/P/F | Poultry mixed dishes | 162 | 11.7 | 1.5 | 0.4 | 0.1 |
| 38 | Snacks and Sweets | Sweet Bakery Products | Cakes and pies | 300 | 11.6 | 1.4 | 0.4 | 0.1 |
| 39 | Protein Foods | Meats | Beef, excludes ground | 239 | 11.4 | 1.5 | 0.4 | 0.1 |
| 40 | Mixed Dishes | Mixed Dishes - Asian | Stir-fry and soy-based sauce mixtures | 124 | 11.2 | 2.4 | 0.4 | 0.1 |
| 41 | Snacks and Sweets | Sweet Bakery Products | Doughnuts, sweet rolls, pastries | 368 | 11.2 | 0.9 | 0.4 | 0.0 |
| 42 | Grains | Ready-to-Eat Cereals | Ready-to-eat cereal, higher sugar (>21.2g/100g) | 698 | 11.0 | 0.7 | 0.4 | 0.0 |
| 43 | Grains | Quick Breads and Bread Products | Pancakes, waffles, French toast | 298 | 10.8 | 1.1 | 0.4 | 0.0 |
| 44 | Fruit | Fruits | Bananas | 243 | 10.4 | 1.4 | 0.4 | 0.1 |
| 45 | Fruit | Fruits | Melons | 108 | 10.3 | 2.3 | 0.4 | 0.1 |
| 46 | Mixed Dishes | Mixed Dishes - Grain-based | Rice mixed dishes | 192 | 10.3 | 1.2 | 0.4 | 0.0 |
| 47 | Milk and Dairy | Flavored Milk | Flavored milk, reduced fat | 96 | 10.1 | 2.0 | 0.4 | 0.1 |
| 48 | Beverages, Nonalcoholic | Sweetened Beverages | Smoothies and grain drinks | 87 | 9.8 | 2.6 | 0.4 | 0.1 |
| 49 | Mixed Dishes | Mixed Dishes - Sandwiches | Chicken/turkey sandwiches | 133 | 9.7 | 1.9 | 0.4 | 0.1 |
| 50 | Milk and Dairy | Flavored Milk | Flavored milk, nonfat | 102 | 9.6 | 1.8 | 0.4 | 0.1 |
| 51 | Fruit | Fruits | Citrus fruits | 236 | 9.3 | 1.4 | 0.4 | 0.1 |
| 52 | Beverages, Nonalcoholic | Diet Beverages | Other diet drinks | 64 | 9.3 | 2.6 | 0.4 | 0.1 |
| 53 | Milk and Dairy | Dairy Drinks and Substitutes | Milk shakes and other dairy drinks | 77 | 9.3 | 1.6 | 0.4 | 0.1 |
| 54 | Mixed Dishes | Mixed Dishes - Sandwiches | Burgers | 163 | 9.3 | 1.2 | 0.4 | 0.0 |
| 55 | Condiments and Sauces | Condiments and Sauces | Tomato-based condiments | 823 | 9.2 | 1.0 | 0.3 | 0.0 |
| 56 | Snacks and Sweets | Savory Snacks | Tortilla, corn, other chips | 701 | 8.4 | 0.8 | 0.3 | 0.0 |
| 57 | Fruit | Fruits | Other fruits and fruit salads | 229 | 8.1 | 1.3 | 0.3 | 0.0 |
| 58 | Vegetables | Vegetables, excluding Potatoes | Other vegetables and combinations | 318 | 8.1 | 0.8 | 0.3 | 0.0 |
| 59 | Protein Foods | Meats | Ground beef | 248 | 8.0 | 0.8 | 0.3 | 0.0 |
| 60 | Mixed Dishes | Mixed Dishes - Sandwiches | Frankfurter sandwiches | 173 | 7.6 | 1.2 | 0.3 | 0.0 |
| 61 | Vegetables | Vegetables, excluding Potatoes | Lettuce and lettuce salads | 555 | 7.2 | 0.6 | 0.3 | 0.0 |
| 62 | Mixed Dishes | Mixed Dishes - Sandwiches | Other sandwiches | 53 | 7.1 | 1.6 | 0.3 | 0.1 |
| 63 | Sugars | Sugars | Jams, syrups, toppings | 470 | 7.0 | 1.1 | 0.3 | 0.0 |
| 64 | Fruit | Fruits | Berries | 169 | 6.5 | 1.1 | 0.2 | 0.0 |
| 65 | Protein Foods | Plant-based Protein Foods | Beans, peas, legumes | 212 | 6.5 | 1.1 | 0.2 | 0.0 |
| 66 | Grains | Quick Breads and Bread Products | Biscuits, muffins, quick breads | 195 | 6.2 | 1.1 | 0.2 | 0.0 |
| 67 | Fruit | Fruits | Peaches and nectarines | 79 | 6.2 | 1.8 | 0.2 | 0.1 |
| 68 | Water | Flavored or Enhanced Water | Flavored or carbonated water | 43 | 6.0 | 1.3 | 0.2 | 0.0 |
| 69 | Condiments and Sauces | Condiments and Sauces | Dips, gravies, other sauces | 218 | 5.8 | 0.9 | 0.2 | 0.0 |
| 70 | Snacks and Sweets | Candy | Candy not containing chocolate | 629 | 5.8 | 0.6 | 0.2 | 0.0 |
| 71 | Vegetables | Vegetables, excluding Potatoes | Dark green vegetables, excludes lettuce | 197 | 5.8 | 1.3 | 0.2 | 0.0 |
| 72 | Mixed Dishes | Mixed Dishes - Asian | Fried rice and lo/chow mein | 105 | 5.7 | 1.0 | 0.2 | 0.0 |
| 73 | Milk and Dairy | Flavored Milk | Flavored milk, whole | 84 | 5.6 | 1.0 | 0.2 | 0.0 |
| 74 | Beverages, Nonalcoholic | Diet Beverages | Diet sport and energy drinks | 26 | 5.6 | 1.3 | 0.2 | 0.0 |
| 75 | Grains | Cooked Grains | Pasta, noodles, cooked grains | 90 | 5.5 | 1.2 | 0.2 | 0.0 |
| 76 | Vegetables | Vegetables, excluding Potatoes | Tomatoes | 299 | 5.4 | 0.5 | 0.2 | 0.0 |
| 77 | Vegetables | Vegetables, excluding Potatoes | Corn | 132 | 5.4 | 1.0 | 0.2 | 0.0 |
| 78 | Fats and Oils | Fats and Oils | Salad dressings and vegetable oils | 352 | 5.3 | 0.7 | 0.2 | 0.0 |
| 79 | Milk and Dairy | Yogurt | Yogurt, regular | 110 | 5.0 | 0.9 | 0.2 | 0.0 |
| 80 | Protein Foods | Plant-based Protein Foods | Nuts and seeds | 305 | 5.0 | 0.6 | 0.2 | 0.0 |
| 81 | Water | Flavored or Enhanced Water | Enhanced or fortified water | 30 | 5.0 | 1.2 | 0.2 | 0.0 |
| 82 | Grains | Breads, Rolls, Tortillas | Tortillas | 234 | 4.7 | 0.6 | 0.2 | 0.0 |
| 83 | Protein Foods | Meats | Pork | 147 | 4.7 | 0.8 | 0.2 | 0.0 |
| 84 | Snacks and Sweets | Candy | Candy containing chocolate | 356 | 4.6 | 0.6 | 0.2 | 0.0 |
| 85 | Snacks and Sweets | Savory Snacks | Potato chips | 458 | 4.5 | 0.3 | 0.2 | 0.0 |
| 86 | Snacks and Sweets | Crackers | Crackers, excludes saltines | 300 | 4.5 | 0.6 | 0.2 | 0.0 |
| 87 | Mixed Dishes | Mixed Dishes - Grain-based | Turnovers and other grain-based items | 86 | 4.4 | 0.7 | 0.2 | 0.0 |
| 88 | Mixed Dishes | Mixed Dishes - Sandwiches | Egg/breakfast sandwiches | 85 | 4.3 | 0.9 | 0.2 | 0.0 |
| 89 | Vegetables | Vegetables, excluding Potatoes | Carrots | 206 | 4.2 | 0.7 | 0.2 | 0.0 |
| 90 | Protein Foods | Seafood | Fish | 139 | 4.1 | 0.7 | 0.2 | 0.0 |
| 91 | Grains | Ready-to-Eat Cereals | Ready-to-eat cereal, lower sugar (=<21.2g/100g) | 196 | 3.9 | 0.4 | 0.1 | 0.0 |
| 92 | Snacks and Sweets | Savory Snacks | Pretzels/snack mix | 169 | 3.7 | 0.6 | 0.1 | 0.0 |
| 93 | Fruit | Fruits | Grapes | 142 | 3.7 | 0.6 | 0.1 | 0.0 |
| 94 | Grains | Cooked Cereals | Oatmeal | 55 | 3.4 | 0.9 | 0.1 | 0.0 |
| 95 | Snacks and Sweets | Other Desserts | Pudding | 43 | 3.3 | 1.0 | 0.1 | 0.0 |
| 96 | Snacks and Sweets | Savory Snacks | Popcorn | 228 | 3.3 | 0.5 | 0.1 | 0.0 |
| 97 | Grains | Breads, Rolls, Tortillas | Bagels and English muffins | 104 | 3.3 | 0.6 | 0.1 | 0.0 |
| 98 | Milk and Dairy | Dairy Drinks and Substitutes | Milk substitutes | 44 | 3.3 | 0.8 | 0.1 | 0.0 |
| 99 | Protein Foods | Cured Meats/Poultry | Sausages | 180 | 3.2 | 0.6 | 0.1 | 0.0 |
| 100 | Vegetables | White Potatoes | White potatoes, baked or boiled | 55 | 3.1 | 1.1 | 0.1 | 0.0 |
| 101 | Mixed Dishes | Mixed Dishes - M/P/F | Seafood mixed dishes | 59 | 3.0 | 0.9 | 0.1 | 0.0 |
| 102 | Snacks and Sweets | Other Desserts | Gelatins, ices, sorbets | 100 | 2.9 | 0.5 | 0.1 | 0.0 |
| 103 | Snacks and Sweets | Snack/Meal Bars | Cereal bars | 157 | 2.9 | 0.4 | 0.1 | 0.0 |
| 104 | Vegetables | Vegetables, excluding Potatoes | String beans | 83 | 2.5 | 0.4 | 0.1 | 0.0 |
| 105 | Protein Foods | Seafood | Shellfish | 82 | 2.4 | 0.8 | 0.1 | 0.0 |
| 106 | Vegetables | Vegetables, excluding Potatoes | Vegetable mixed dishes | 60 | 2.4 | 0.5 | 0.1 | 0.0 |
| 107 | Condiments and Sauces | Condiments and Sauces | Pasta sauces, tomato-based | 68 | 2.4 | 0.6 | 0.1 | 0.0 |
| 108 | Mixed Dishes | Mixed Dishes - Asian | Egg rolls, dumplings, sushi | 56 | 2.3 | 0.7 | 0.1 | 0.0 |
| 109 | Mixed Dishes | Mixed Dishes - Mexican | Nachos | 48 | 2.1 | 0.5 | 0.1 | 0.0 |
| 110 | Protein Foods | Poultry | Turkey, duck, other poultry | 54 | 1.8 | 0.6 | 0.1 | 0.0 |
| 111 | Fats and Oils | Fats and Oils | Cream cheese, sour cream, whipped cream | 149 | 1.8 | 0.3 | 0.1 | 0.0 |
| 112 | Condiments and Sauces | Condiments and Sauces | Olives, pickles, pickled vegetables | 111 | 1.7 | 0.4 | 0.1 | 0.0 |
| 113 | Grains | Cooked Cereals | Grits and other cooked cereals | 31 | 1.7 | 0.7 | 0.1 | 0.0 |
| 114 | Protein Foods | Cured Meats/Poultry | Bacon | 213 | 1.5 | 0.2 | 0.1 | 0.0 |
| 115 | Condiments and Sauces | Condiments and Sauces | Mustard and other condiments | 326 | 1.3 | 0.2 | 0.1 | 0.0 |
| 116 | Fats and Oils | Fats and Oils | Mayonnaise | 358 | 1.3 | 0.2 | 0.0 | 0.0 |
| 117 | Vegetables | Vegetables, excluding Potatoes | Onions | 148 | 1.2 | 0.2 | 0.0 | 0.0 |
| 118 | Vegetables | Vegetables, excluding Potatoes | Other starchy vegetables | 48 | 1.1 | 0.2 | 0.0 | 0.0 |
| 119 | Fats and Oils | Fats and Oils | Cream and cream substitutes | 82 | 1.1 | 0.2 | 0.0 | 0.0 |
| 120 | Milk and Dairy | Yogurt | Yogurt, Greek | 18 | 1.1 | 0.5 | 0.0 | 0.0 |
| 121 | Sugars | Sugars | Sugars and honey | 252 | 1.1 | 0.3 | 0.0 | 0.0 |
| 122 | Protein Foods | Cured Meats/Poultry | Frankfurters | 49 | 1.1 | 0.2 | 0.0 | 0.0 |
| 123 | Beverages, Nonalcoholic | 100% Juice | Vegetable juice | 8 | 0.9 | 0.5 | 0.0 | 0.0 |
| 124 | Beverages, Nonalcoholic | Sweetened Beverages | Nutritional beverages | 9 | 0.9 | 0.5 | 0.0 | 0.0 |
| 125 | Snacks and Sweets | Snack/Meal Bars | Nutrition bars | 26 | 0.8 | 0.2 | 0.0 | 0.0 |
| 126 | Protein Foods | Plant-based Protein Foods | Processed soy products | 27 | 0.7 | 0.3 | 0.0 | 0.0 |
| 127 | Vegetables | Vegetables, excluding Potatoes | Other red and orange vegetables | 33 | 0.7 | 0.2 | 0.0 | 0.0 |
| 128 | Fats and Oils | Fats and Oils | Margarine | 101 | 0.6 | 0.2 | 0.0 | 0.0 |
| 129 | Fats and Oils | Fats and Oils | Butter and animal fats | 196 | 0.6 | 0.1 | 0.0 | 0.0 |
| 130 | Snacks and Sweets | Crackers | Saltine crackers | 57 | 0.5 | 0.1 | 0.0 | 0.0 |
| 131 | Milk and Dairy | Cheese | Cottage/ricotta cheese | 9 | 0.5 | 0.2 | 0.0 | 0.0 |
| 132 | Protein Foods | Meats | Lamb, goat, game | 8 | 0.2 | 0.1 | 0.0 | 0.0 |
| 133 | Fruit | Fruits | Dried fruits | 28 | 0.2 | 0.1 | 0.0 | 0.0 |
| 134 | Condiments and Sauces | Condiments and Sauces | Soy-based condiments | 54 | 0.2 | 0.0 | 0.0 | 0.0 |
| 135 | Protein Foods | Meats | Liver and organ meats | 7 | 0.2 | 0.1 | 0.0 | 0.0 |
| 136 | Other | Other | Not included in a food category | 49 | 0.2 | 0.1 | 0.0 | 0.0 |
| 137 | Sugars | Sugars | Sugar substitutes | 13 | 0.1 | 0.1 | 0.0 | 0.0 |

NHANES, National Health and Nutrition Examination Survey; Cons, number of consumers; PCT, percentage contribution; M/P/F = meat/poultry/fish

**Supplemental Table 4** – Food sources of mean and percentage of sodium (mg) intake among US adolescents aged 10-19 years (N=3,156): NHANES 2011-2014

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Main Group** | **Subgroup** | **Category** | **Cons** | **Mean** | **SE** | **PCT** | **SE** |
| 1 | Mixed Dishes | Mixed Dishes - Pizza | Pizza | 705 | 300.5 | 25.5 | 8.7 | 0.7 |
| 2 | Protein Foods | Cured Meats/Poultry | Cold cuts and cured meats | 532 | 162.8 | 13.7 | 4.7 | 0.4 |
| 3 | Mixed Dishes | Mixed Dishes - Mexican | Burritos and tacos | 310 | 160.4 | 17.1 | 4.6 | 0.5 |
| 4 | Milk and Dairy | Cheese | Cheese | 1,013 | 123.3 | 10.2 | 3.6 | 0.3 |
| 5 | Grains | Breads, Rolls, Tortillas | Yeast breads | 971 | 113.7 | 5.8 | 3.3 | 0.2 |
| 6 | Mixed Dishes | Mixed Dishes - Grain-based | Pasta mixed dishes, excludes macaroni and cheese | 295 | 107.5 | 10.1 | 3.1 | 0.3 |
| 7 | Protein Foods | Poultry | Chicken, whole pieces | 610 | 103.0 | 9.1 | 3.0 | 0.3 |
| 8 | Mixed Dishes | Mixed Dishes - Soups | Soups | 337 | 100.3 | 9.7 | 2.9 | 0.3 |
| 9 | Mixed Dishes | Mixed Dishes - M/P/F | Meat mixed dishes | 226 | 88.2 | 15.4 | 2.6 | 0.4 |
| 10 | Protein Foods | Poultry | Chicken patties, nuggets and tenders | 344 | 77.9 | 10.8 | 2.3 | 0.3 |
| 11 | Condiments and Sauces | Condiments and Sauces | Tomato-based condiments | 823 | 75.2 | 8.4 | 2.2 | 0.2 |
| 12 | Protein Foods | Eggs | Eggs and omelets | 473 | 73.2 | 6.5 | 2.1 | 0.2 |
| 13 | Grains | Breads, Rolls, Tortillas | Rolls and buns | 584 | 68.5 | 5.6 | 2.0 | 0.1 |
| 14 | Mixed Dishes | Mixed Dishes - Mexican | Other Mexican mixed dishes | 167 | 63.8 | 7.1 | 1.8 | 0.2 |
| 15 | Mixed Dishes | Mixed Dishes - Sandwiches | Chicken/turkey sandwiches | 133 | 57.3 | 12.4 | 1.7 | 0.4 |
| 16 | Grains | Ready-to-Eat Cereals | Ready-to-eat cereal, higher sugar (>21.2g/100g) | 698 | 56.4 | 3.3 | 1.6 | 0.1 |
| 17 | Mixed Dishes | Mixed Dishes - Sandwiches | Frankfurter sandwiches | 173 | 56.2 | 8.6 | 1.6 | 0.2 |
| 18 | Grains | Quick Breads and Bread Products | Pancakes, waffles, French toast | 298 | 55.9 | 5.5 | 1.6 | 0.2 |
| 19 | Mixed Dishes | Mixed Dishes - Grain-based | Macaroni and cheese | 191 | 52.9 | 6.5 | 1.5 | 0.2 |
| 20 | Mixed Dishes | Mixed Dishes - Asian | Stir-fry and soy-based sauce mixtures | 124 | 50.6 | 12.4 | 1.5 | 0.4 |
| 21 | Mixed Dishes | Mixed Dishes - Sandwiches | Burgers | 163 | 50.2 | 6.6 | 1.5 | 0.2 |
| 22 | Vegetables | White Potatoes | French fries and other fried white potatoes | 639 | 49.2 | 4.6 | 1.4 | 0.1 |
| 23 | Vegetables | White Potatoes | Mashed potatoes and white potato mixtures | 207 | 48.8 | 7.4 | 1.4 | 0.2 |
| 24 | Fats and Oils | Fats and Oils | Salad dressings and vegetable oils | 352 | 48.3 | 6.6 | 1.4 | 0.2 |
| 25 | Milk and Dairy | Milk | Milk, reduced fat | 785 | 48.0 | 3.9 | 1.4 | 0.1 |
| 26 | Protein Foods | Meats | Beef, excludes ground | 239 | 45.4 | 6.1 | 1.3 | 0.2 |
| 27 | Snacks and Sweets | Savory Snacks | Tortilla, corn, other chips | 701 | 42.9 | 4.5 | 1.2 | 0.1 |
| 28 | Snacks and Sweets | Sweet Bakery Products | Cookies and brownies | 780 | 41.4 | 2.8 | 1.2 | 0.1 |
| 29 | Grains | Cooked Grains | Rice | 383 | 39.4 | 4.4 | 1.1 | 0.1 |
| 30 | Snacks and Sweets | Sweet Bakery Products | Cakes and pies | 300 | 36.6 | 4.7 | 1.1 | 0.1 |
| 31 | Grains | Quick Breads and Bread Products | Biscuits, muffins, quick breads | 195 | 36.5 | 6.4 | 1.1 | 0.2 |
| 32 | Snacks and Sweets | Crackers | Crackers, excludes saltines | 300 | 36.1 | 4.8 | 1.0 | 0.1 |
| 33 | Mixed Dishes | Mixed Dishes - M/P/F | Poultry mixed dishes | 162 | 35.9 | 4.8 | 1.0 | 0.1 |
| 34 | Snacks and Sweets | Sweet Bakery Products | Doughnuts, sweet rolls, pastries | 368 | 35.5 | 2.9 | 1.0 | 0.1 |
| 35 | Protein Foods | Meats | Ground beef | 248 | 31.8 | 3.4 | 0.9 | 0.1 |
| 36 | Mixed Dishes | Mixed Dishes - Sandwiches | Other sandwiches | 53 | 30.9 | 7.4 | 0.9 | 0.2 |
| 37 | Snacks and Sweets | Savory Snacks | Pretzels/snack mix | 169 | 30.5 | 5.2 | 0.9 | 0.1 |
| 38 | Condiments and Sauces | Condiments and Sauces | Dips, gravies, other sauces | 218 | 30.2 | 4.7 | 0.9 | 0.1 |
| 39 | Beverages, Nonalcoholic | Sweetened Beverages | Sport and energy drinks | 259 | 29.4 | 4.6 | 0.9 | 0.1 |
| 40 | Mixed Dishes | Mixed Dishes - Sandwiches | Egg/breakfast sandwiches | 85 | 28.3 | 5.9 | 0.8 | 0.2 |
| 41 | Mixed Dishes | Mixed Dishes - Grain-based | Rice mixed dishes | 192 | 28.1 | 3.6 | 0.8 | 0.1 |
| 42 | Protein Foods | Cured Meats/Poultry | Sausages | 180 | 27.8 | 5.0 | 0.8 | 0.1 |
| 43 | Protein Foods | Cured Meats/Poultry | Bacon | 213 | 27.5 | 3.9 | 0.8 | 0.1 |
| 44 | Protein Foods | Meats | Pork | 147 | 25.5 | 5.3 | 0.7 | 0.2 |
| 45 | Snacks and Sweets | Savory Snacks | Popcorn | 228 | 22.4 | 3.4 | 0.7 | 0.1 |
| 46 | Snacks and Sweets | Savory Snacks | Potato chips | 458 | 22.2 | 1.7 | 0.6 | 0.0 |
| 47 | Grains | Breads, Rolls, Tortillas | Tortillas | 234 | 21.6 | 2.3 | 0.6 | 0.1 |
| 48 | Mixed Dishes | Mixed Dishes - Asian | Fried rice and lo/chow mein | 105 | 21.3 | 3.4 | 0.6 | 0.1 |
| 49 | Mixed Dishes | Mixed Dishes - Grain-based | Turnovers and other grain-based items | 86 | 20.7 | 3.1 | 0.6 | 0.1 |
| 50 | Water | Plain Water | Tap water | 1,442 | 20.6 | 1.4 | 0.6 | 0.0 |
| 51 | Protein Foods | Plant-based Protein Foods | Nuts and seeds | 305 | 18.8 | 1.8 | 0.5 | 0.1 |
| 52 | Grains | Ready-to-Eat Cereals | Ready-to-eat cereal, lower sugar (=<21.2g/100g) | 196 | 18.6 | 2.3 | 0.5 | 0.1 |
| 53 | Snacks and Sweets | Other Desserts | Ice cream and frozen dairy desserts | 489 | 17.7 | 1.7 | 0.5 | 0.0 |
| 54 | Beverages, Nonalcoholic | Sweetened Beverages | Fruit drinks | 915 | 16.4 | 1.3 | 0.5 | 0.0 |
| 55 | Protein Foods | Seafood | Fish | 139 | 16.4 | 2.9 | 0.5 | 0.1 |
| 56 | Milk and Dairy | Milk | Milk, lowfat | 263 | 16.2 | 1.9 | 0.5 | 0.1 |
| 57 | Protein Foods | Seafood | Shellfish | 82 | 16.2 | 5.5 | 0.5 | 0.2 |
| 58 | Protein Foods | Plant-based Protein Foods | Beans, peas, legumes | 212 | 15.6 | 2.5 | 0.5 | 0.1 |
| 59 | Beverages, Nonalcoholic | Sweetened Beverages | Soft drinks | 1,302 | 14.8 | 1.0 | 0.4 | 0.0 |
| 60 | Grains | Breads, Rolls, Tortillas | Bagels and English muffins | 104 | 13.9 | 2.4 | 0.4 | 0.1 |
| 61 | Vegetables | Vegetables, excluding Potatoes | Corn | 132 | 13.1 | 2.7 | 0.4 | 0.1 |
| 62 | Vegetables | Vegetables, excluding Potatoes | Dark green vegetables, excludes lettuce | 197 | 13.1 | 3.3 | 0.4 | 0.1 |
| 63 | Condiments and Sauces | Condiments and Sauces | Olives, pickles, pickled vegetables | 111 | 12.9 | 2.9 | 0.4 | 0.1 |
| 64 | Grains | Cooked Grains | Pasta, noodles, cooked grains | 90 | 12.1 | 2.7 | 0.4 | 0.1 |
| 65 | Milk and Dairy | Milk | Milk, whole | 316 | 11.6 | 1.2 | 0.3 | 0.0 |
| 66 | Protein Foods | Cured Meats/Poultry | Frankfurters | 49 | 10.7 | 2.1 | 0.3 | 0.1 |
| 67 | Mixed Dishes | Mixed Dishes - M/P/F | Seafood mixed dishes | 59 | 10.3 | 2.8 | 0.3 | 0.1 |
| 68 | Milk and Dairy | Milk | Milk, nonfat | 124 | 9.9 | 2.4 | 0.3 | 0.1 |
| 69 | Vegetables | Vegetables, excluding Potatoes | Other vegetables and combinations | 318 | 9.6 | 1.3 | 0.3 | 0.0 |
| 70 | Mixed Dishes | Mixed Dishes - Asian | Egg rolls, dumplings, sushi | 56 | 9.3 | 2.7 | 0.3 | 0.1 |
| 71 | Condiments and Sauces | Condiments and Sauces | Soy-based condiments | 54 | 9.0 | 1.9 | 0.3 | 0.1 |
| 72 | Condiments and Sauces | Condiments and Sauces | Pasta sauces, tomato-based | 68 | 9.0 | 2.1 | 0.3 | 0.1 |
| 73 | Snacks and Sweets | Snack/Meal Bars | Cereal bars | 157 | 8.7 | 1.4 | 0.3 | 0.0 |
| 74 | Protein Foods | Poultry | Turkey, duck, other poultry | 54 | 8.6 | 3.0 | 0.2 | 0.1 |
| 75 | Fats and Oils | Fats and Oils | Mayonnaise | 358 | 8.5 | 1.4 | 0.2 | 0.0 |
| 76 | Milk and Dairy | Flavored Milk | Flavored milk, lowfat | 112 | 8.1 | 1.6 | 0.2 | 0.0 |
| 77 | Vegetables | White Potatoes | White potatoes, baked or boiled | 55 | 7.8 | 2.8 | 0.2 | 0.1 |
| 78 | Snacks and Sweets | Candy | Candy not containing chocolate | 629 | 7.5 | 1.0 | 0.2 | 0.0 |
| 79 | Milk and Dairy | Flavored Milk | Flavored milk, nonfat | 102 | 7.2 | 1.3 | 0.2 | 0.0 |
| 80 | Mixed Dishes | Mixed Dishes - Mexican | Nachos | 48 | 7.2 | 1.6 | 0.2 | 0.0 |
| 81 | Water | Plain Water | Bottled water | 1,247 | 7.2 | 0.6 | 0.2 | 0.0 |
| 82 | Snacks and Sweets | Candy | Candy containing chocolate | 356 | 6.8 | 0.8 | 0.2 | 0.0 |
| 83 | Milk and Dairy | Dairy Drinks and Substitutes | Milk shakes and other dairy drinks | 77 | 6.8 | 1.2 | 0.2 | 0.0 |
| 84 | Vegetables | Vegetables, excluding Potatoes | Vegetable mixed dishes | 60 | 6.7 | 1.3 | 0.2 | 0.0 |
| 85 | Vegetables | Vegetables, excluding Potatoes | String beans | 83 | 6.7 | 1.0 | 0.2 | 0.0 |
| 86 | Milk and Dairy | Flavored Milk | Flavored milk, reduced fat | 96 | 6.3 | 1.2 | 0.2 | 0.0 |
| 87 | Snacks and Sweets | Other Desserts | Pudding | 43 | 6.0 | 1.9 | 0.2 | 0.1 |
| 88 | Condiments and Sauces | Condiments and Sauces | Mustard and other condiments | 326 | 5.7 | 0.9 | 0.2 | 0.0 |
| 89 | Snacks and Sweets | Crackers | Saltine crackers | 57 | 4.8 | 1.2 | 0.1 | 0.0 |
| 90 | Sugars | Sugars | Jams, syrups, toppings | 470 | 4.7 | 0.6 | 0.1 | 0.0 |
| 91 | Grains | Cooked Cereals | Oatmeal | 55 | 4.5 | 1.3 | 0.1 | 0.0 |
| 92 | Fats and Oils | Fats and Oils | Margarine | 101 | 4.2 | 1.6 | 0.1 | 0.0 |
| 93 | Vegetables | Vegetables, excluding Potatoes | Carrots | 206 | 4.2 | 0.7 | 0.1 | 0.0 |
| 94 | Beverages, Nonalcoholic | Coffee and Tea | Tea | 512 | 4.0 | 0.4 | 0.1 | 0.0 |
| 95 | Fats and Oils | Fats and Oils | Butter and animal fats | 196 | 3.9 | 0.5 | 0.1 | 0.0 |
| 96 | Grains | Cooked Cereals | Grits and other cooked cereals | 31 | 3.6 | 1.4 | 0.1 | 0.0 |
| 97 | Beverages, Nonalcoholic | Coffee and Tea | Coffee | 220 | 3.4 | 0.4 | 0.1 | 0.0 |
| 98 | Milk and Dairy | Flavored Milk | Flavored milk, whole | 84 | 3.2 | 0.6 | 0.1 | 0.0 |
| 99 | Milk and Dairy | Yogurt | Yogurt, regular | 110 | 3.0 | 0.5 | 0.1 | 0.0 |
| 100 | Protein Foods | Plant-based Protein Foods | Processed soy products | 27 | 2.7 | 1.0 | 0.1 | 0.0 |
| 101 | Beverages, Nonalcoholic | Diet Beverages | Diet sport and energy drinks | 26 | 2.6 | 0.6 | 0.1 | 0.0 |
| 102 | Fats and Oils | Fats and Oils | Cream cheese, sour cream, whipped cream | 149 | 2.5 | 0.6 | 0.1 | 0.0 |
| 103 | Snacks and Sweets | Snack/Meal Bars | Nutrition bars | 26 | 2.4 | 0.7 | 0.1 | 0.0 |
| 104 | Vegetables | Vegetables, excluding Potatoes | Other starchy vegetables | 48 | 2.1 | 0.5 | 0.1 | 0.0 |
| 105 | Beverages, Nonalcoholic | Sweetened Beverages | Smoothies and grain drinks | 87 | 2.0 | 0.6 | 0.1 | 0.0 |
| 106 | Beverages, Nonalcoholic | Diet Beverages | Diet soft drinks | 153 | 1.8 | 0.3 | 0.1 | 0.0 |
| 107 | Milk and Dairy | Dairy Drinks and Substitutes | Milk substitutes | 44 | 1.8 | 0.5 | 0.1 | 0.0 |
| 108 | Milk and Dairy | Cheese | Cottage/ricotta cheese | 9 | 1.6 | 0.9 | 0.0 | 0.0 |
| 109 | Beverages, Nonalcoholic | 100% Juice | Vegetable juice | 8 | 1.5 | 0.8 | 0.0 | 0.0 |
| 110 | Vegetables | Vegetables, excluding Potatoes | Other red and orange vegetables | 33 | 1.2 | 0.3 | 0.0 | 0.0 |
| 111 | Vegetables | Vegetables, excluding Potatoes | Lettuce and lettuce salads | 555 | 1.0 | 0.1 | 0.0 | 0.0 |
| 112 | Beverages, Nonalcoholic | 100% Juice | Other fruit juice | 164 | 1.0 | 0.2 | 0.0 | 0.0 |
| 113 | Water | Flavored or Enhanced Water | Flavored or carbonated water | 43 | 0.8 | 0.2 | 0.0 | 0.0 |
| 114 | Protein Foods | Meats | Lamb, goat, game | 8 | 0.8 | 0.3 | 0.0 | 0.0 |
| 115 | Beverages, Nonalcoholic | 100% Juice | Apple juice | 224 | 0.7 | 0.1 | 0.0 | 0.0 |
| 116 | Beverages, Nonalcoholic | 100% Juice | Citrus juice | 389 | 0.7 | 0.1 | 0.0 | 0.0 |
| 117 | Protein Foods | Meats | Liver and organ meats | 7 | 0.7 | 0.4 | 0.0 | 0.0 |
| 118 | Fats and Oils | Fats and Oils | Cream and cream substitutes | 82 | 0.7 | 0.1 | 0.0 | 0.0 |
| 119 | Beverages, Nonalcoholic | Sweetened Beverages | Nutritional beverages | 9 | 0.7 | 0.4 | 0.0 | 0.0 |
| 120 | Snacks and Sweets | Other Desserts | Gelatins, ices, sorbets | 100 | 0.7 | 0.1 | 0.0 | 0.0 |
| 121 | Vegetables | Vegetables, excluding Potatoes | Onions | 148 | 0.6 | 0.2 | 0.0 | 0.0 |
| 122 | Beverages, Nonalcoholic | Diet Beverages | Other diet drinks | 64 | 0.6 | 0.2 | 0.0 | 0.0 |
| 123 | Vegetables | Vegetables, excluding Potatoes | Tomatoes | 299 | 0.6 | 0.2 | 0.0 | 0.0 |
| 124 | Water | Flavored or Enhanced Water | Enhanced or fortified water | 30 | 0.4 | 0.2 | 0.0 | 0.0 |
| 125 | Milk and Dairy | Yogurt | Yogurt, Greek | 18 | 0.4 | 0.2 | 0.0 | 0.0 |
| 126 | Fruit | Fruits | Melons | 108 | 0.4 | 0.1 | 0.0 | 0.0 |
| 127 | Fruit | Fruits | Apples | 447 | 0.3 | 0.1 | 0.0 | 0.0 |
| 128 | Fruit | Fruits | Other fruits and fruit salads | 229 | 0.3 | 0.1 | 0.0 | 0.0 |
| 129 | Fruit | Fruits | Peaches and nectarines | 79 | 0.1 | 0.0 | 0.0 | 0.0 |
| 130 | Fruit | Fruits | Berries | 169 | 0.1 | 0.0 | 0.0 | 0.0 |
| 131 | Fruit | Fruits | Bananas | 243 | 0.1 | 0.0 | 0.0 | 0.0 |
| 132 | Fruit | Fruits | Grapes | 142 | 0.1 | 0.0 | 0.0 | 0.0 |
| 133 | Fruit | Fruits | Citrus fruits | 236 | 0.1 | 0.0 | 0.0 | 0.0 |
| 134 | Fruit | Fruits | Dried fruits | 28 | 0.0 | 0.0 | 0.0 | 0.0 |
| 135 | Sugars | Sugars | Sugars and honey | 252 | 0.0 | 0.0 | 0.0 | 0.0 |
| 136 | Sugars | Sugars | Sugar substitutes | 13 | 0.0 | 0.0 | 0.0 | 0.0 |

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| NHANES, National Health and Nutrition Examination Survey; Cons, number of consumers; PCT, percentage contribution; M/P/F = meat/poultry/fish |
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| **Supplemental Table 5**– Food sources of mean and percentage of saturated fat (gm) intake among US adolescents aged 10-19 years (N=3,156): NHANES 2011-2014 | | | | | | | | |
|  | **Main Group** | **Subgroup** | **Category** | **Cons** | **Mean** | **SE** | **PCT** | **SE** |
| 1 | Mixed Dishes | Mixed Dishes - Pizza | Pizza | 705 | 2.4 | 0.2 | 9.1 | 0.7 |
| 2 | Milk and Dairy | Cheese | Cheese | 1,013 | 1.8 | 0.1 | 6.8 | 0.4 |
| 3 | Mixed Dishes | Mixed Dishes - Mexican | Burritos and tacos | 310 | 1.4 | 0.1 | 5.2 | 0.5 |
| 4 | Milk and Dairy | Milk | Milk, reduced fat | 785 | 1.3 | 0.1 | 4.8 | 0.4 |
| 5 | Snacks and Sweets | Other Desserts | Ice cream and frozen dairy desserts | 489 | 1.2 | 0.1 | 4.6 | 0.4 |
| 6 | Snacks and Sweets | Sweet Bakery Products | Cookies and brownies | 780 | 0.9 | 0.1 | 3.4 | 0.3 |
| 7 | Mixed Dishes | Mixed Dishes - Grain-based | Macaroni and cheese | 191 | 0.8 | 0.1 | 2.9 | 0.4 |
| 8 | Snacks and Sweets | Sweet Bakery Products | Doughnuts, sweet rolls, pastries | 368 | 0.8 | 0.1 | 2.8 | 0.2 |
| 9 | Protein Foods | Eggs | Eggs and omelets | 473 | 0.7 | 0.1 | 2.7 | 0.2 |
| 10 | Mixed Dishes | Mixed Dishes - Mexican | Other Mexican mixed dishes | 167 | 0.6 | 0.1 | 2.4 | 0.3 |
| 11 | Snacks and Sweets | Sweet Bakery Products | Cakes and pies | 300 | 0.6 | 0.1 | 2.1 | 0.2 |
| 12 | Snacks and Sweets | Candy | Candy containing chocolate | 356 | 0.6 | 0.1 | 2.1 | 0.2 |
| 13 | Protein Foods | Poultry | Chicken, whole pieces | 610 | 0.6 | 0.1 | 2.1 | 0.2 |
| 14 | Protein Foods | Meats | Ground beef | 248 | 0.5 | 0.1 | 2.0 | 0.2 |
| 15 | Mixed Dishes | Mixed Dishes - Sandwiches | Burgers | 163 | 0.5 | 0.1 | 2.0 | 0.3 |
| 16 | Milk and Dairy | Milk | Milk, whole | 316 | 0.5 | 0.1 | 1.9 | 0.2 |
| 17 | Mixed Dishes | Mixed Dishes - Meat, Poultry, Fish | Meat mixed dishes | 226 | 0.5 | 0.1 | 1.7 | 0.2 |
| 18 | Mixed Dishes | Mixed Dishes - Sandwiches | Frankfurter sandwiches | 173 | 0.4 | 0.1 | 1.6 | 0.3 |
| 19 | Mixed Dishes | Mixed Dishes - Grain-based | Pasta mixed dishes, excludes macaroni and cheese | 295 | 0.4 | 0.1 | 1.6 | 0.2 |
| 20 | Vegetables | White Potatoes | French fries and other fried white potatoes | 639 | 0.4 | 0.0 | 1.5 | 0.1 |
| 21 | Protein Foods | Poultry | Chicken patties, nuggets and tenders | 344 | 0.4 | 0.0 | 1.5 | 0.2 |
| 22 | Protein Foods | Plant-based Protein Foods | Nuts and seeds | 305 | 0.4 | 0.0 | 1.5 | 0.1 |
| 23 | Snacks and Sweets | Savory Snacks | Popcorn | 228 | 0.4 | 0.1 | 1.4 | 0.2 |
| 24 | Protein Foods | Cured Meats/Poultry | Cold cuts and cured meats | 532 | 0.3 | 0.0 | 1.3 | 0.2 |
| 25 | Protein Foods | Meats | Beef, excludes ground | 239 | 0.3 | 0.1 | 1.2 | 0.2 |
| 26 | Protein Foods | Cured Meats/Poultry | Sausages | 180 | 0.3 | 0.1 | 1.2 | 0.2 |
| 27 | Milk and Dairy | Dairy Drinks and Substitutes | Milk shakes and other dairy drinks | 77 | 0.3 | 0.1 | 1.2 | 0.2 |
| 28 | Fats and Oils | Fats and Oils | Butter and animal fats | 196 | 0.3 | 0.0 | 1.2 | 0.2 |
| 29 | Snacks and Sweets | Savory Snacks | Tortilla, corn, other chips | 701 | 0.3 | 0.0 | 1.1 | 0.1 |
| 30 | Fats and Oils | Fats and Oils | Salad dressings and vegetable oils | 352 | 0.3 | 0.0 | 1.1 | 0.2 |
| 31 | Fats and Oils | Fats and Oils | Cream cheese, sour cream, whipped cream | 149 | 0.3 | 0.1 | 1.1 | 0.2 |
| 32 | Mixed Dishes | Mixed Dishes - Soups | Soups | 337 | 0.3 | 0.0 | 1.0 | 0.1 |
| 33 | Grains | Breads, Rolls, Tortillas | Yeast breads | 971 | 0.3 | 0.0 | 0.9 | 0.1 |
| 34 | Mixed Dishes | Mixed Dishes - Sandwiches | Egg/breakfast sandwiches | 85 | 0.2 | 0.0 | 0.9 | 0.2 |
| 35 | Mixed Dishes | Mixed Dishes - Sandwiches | Other sandwiches | 53 | 0.2 | 0.1 | 0.9 | 0.2 |
| 36 | Mixed Dishes | Mixed Dishes - Sandwiches | Chicken/turkey sandwiches | 133 | 0.2 | 0.0 | 0.9 | 0.2 |
| 37 | Milk and Dairy | Milk | Milk, lowfat | 263 | 0.2 | 0.0 | 0.9 | 0.1 |
| 38 | Grains | Quick Breads and Bread Products | Biscuits, muffins, quick breads | 195 | 0.2 | 0.0 | 0.9 | 0.2 |
| 39 | Vegetables | White Potatoes | Mashed potatoes and white potato mixtures | 207 | 0.2 | 0.0 | 0.9 | 0.1 |
| 40 | Grains | Quick Breads and Bread Products | Pancakes, waffles, French toast | 298 | 0.2 | 0.0 | 0.8 | 0.1 |
| 41 | Snacks and Sweets | Crackers | Crackers, excludes saltines | 300 | 0.2 | 0.0 | 0.8 | 0.1 |
| 42 | Snacks and Sweets | Savory Snacks | Potato chips | 458 | 0.2 | 0.0 | 0.7 | 0.1 |
| 43 | Mixed Dishes | Mixed Dishes - Asian | Stir-fry and soy-based sauce mixtures | 124 | 0.2 | 0.0 | 0.7 | 0.2 |
| 44 | Mixed Dishes | Mixed Dishes - Meat, Poultry, Fish | Poultry mixed dishes | 162 | 0.2 | 0.0 | 0.7 | 0.1 |
| 45 | Condiments and Sauces | Condiments and Sauces | Dips, gravies, other sauces | 218 | 0.2 | 0.0 | 0.7 | 0.1 |
| 46 | Protein Foods | Cured Meats/Poultry | Bacon | 213 | 0.2 | 0.0 | 0.6 | 0.1 |
| 47 | Protein Foods | Meats | Pork | 147 | 0.2 | 0.0 | 0.6 | 0.1 |
| 48 | Mixed Dishes | Mixed Dishes - Grain-based | Turnovers and other grain-based items | 86 | 0.2 | 0.0 | 0.6 | 0.1 |
| 49 | Grains | Ready-to-Eat Cereals | Ready-to-eat cereal, higher sugar (>21.2g/100g) | 698 | 0.1 | 0.0 | 0.5 | 0.0 |
| 50 | Grains | Breads, Rolls, Tortillas | Rolls and buns | 584 | 0.1 | 0.0 | 0.5 | 0.0 |
| 51 | Milk and Dairy | Flavored Milk | Flavored milk, reduced fat | 96 | 0.1 | 0.0 | 0.5 | 0.1 |
| 52 | Fats and Oils | Fats and Oils | Mayonnaise | 358 | 0.1 | 0.0 | 0.4 | 0.1 |
| 53 | Milk and Dairy | Flavored Milk | Flavored milk, whole | 84 | 0.1 | 0.0 | 0.4 | 0.1 |
| 54 | Beverages, Nonalcoholic | Coffee and Tea | Coffee | 220 | 0.1 | 0.0 | 0.4 | 0.1 |
| 55 | Grains | Breads, Rolls, Tortillas | Tortillas | 234 | 0.1 | 0.0 | 0.4 | 0.0 |
| 56 | Snacks and Sweets | Candy | Candy not containing chocolate | 629 | 0.1 | 0.0 | 0.4 | 0.1 |
| 57 | Protein Foods | Cured Meats/Poultry | Frankfurters | 49 | 0.1 | 0.0 | 0.3 | 0.1 |
| 58 | Milk and Dairy | Flavored Milk | Flavored milk, lowfat | 112 | 0.1 | 0.0 | 0.3 | 0.1 |
| 59 | Snacks and Sweets | Snack/Meal Bars | Cereal bars | 157 | 0.1 | 0.0 | 0.3 | 0.0 |
| 60 | Fats and Oils | Fats and Oils | Margarine | 101 | 0.1 | 0.0 | 0.3 | 0.1 |
| 61 | Mixed Dishes | Mixed Dishes - Grain-based | Rice mixed dishes | 192 | 0.1 | 0.0 | 0.3 | 0.0 |
| 62 | Protein Foods | Seafood | Fish | 139 | 0.1 | 0.0 | 0.3 | 0.1 |
| 63 | Mixed Dishes | Mixed Dishes - Mexican | Nachos | 48 | 0.1 | 0.0 | 0.3 | 0.1 |
| 64 | Milk and Dairy | Flavored Milk | Flavored milk, nonfat | 102 | 0.1 | 0.0 | 0.2 | 0.1 |
| 65 | Sugars | Sugars | Jams, syrups, toppings | 470 | 0.1 | 0.0 | 0.2 | 0.1 |
| 66 | Snacks and Sweets | Other Desserts | Pudding | 43 | 0.1 | 0.0 | 0.2 | 0.1 |
| 67 | Snacks and Sweets | Savory Snacks | Pretzels/snack mix | 169 | 0.1 | 0.0 | 0.2 | 0.1 |
| 68 | Fats and Oils | Fats and Oils | Cream and cream substitutes | 82 | 0.1 | 0.0 | 0.2 | 0.0 |
| 69 | Protein Foods | Plant-based Protein Foods | Beans, peas, legumes | 212 | 0.1 | 0.0 | 0.2 | 0.0 |
| 70 | Beverages, Nonalcoholic | Sweetened Beverages | Smoothies and grain drinks | 87 | 0.1 | 0.0 | 0.2 | 0.1 |
| 71 | Mixed Dishes | Mixed Dishes - Meat, Poultry, Fish | Seafood mixed dishes | 59 | 0.0 | 0.0 | 0.2 | 0.0 |
| 72 | Mixed Dishes | Mixed Dishes - Asian | Fried rice and lo/chow mein | 105 | 0.0 | 0.0 | 0.2 | 0.0 |
| 73 | Milk and Dairy | Yogurt | Yogurt, regular | 110 | 0.0 | 0.0 | 0.2 | 0.0 |
| 74 | Grains | Cooked Grains | Rice | 383 | 0.0 | 0.0 | 0.2 | 0.0 |
| 75 | Vegetables | Vegetables, excluding Potatoes | Vegetable mixed dishes | 60 | 0.0 | 0.0 | 0.2 | 0.0 |
| 76 | Grains | Ready-to-Eat Cereals | Ready-to-eat cereal, lower sugar (=<21.2g/100g) | 196 | 0.0 | 0.0 | 0.1 | 0.0 |
| 77 | Vegetables | Vegetables, excluding Potatoes | Other vegetables and combinations | 318 | 0.0 | 0.0 | 0.1 | 0.0 |
| 78 | Grains | Cooked Cereals | Oatmeal | 55 | 0.0 | 0.0 | 0.1 | 0.0 |
| 79 | Protein Foods | Seafood | Shellfish | 82 | 0.0 | 0.0 | 0.1 | 0.0 |
| 80 | Snacks and Sweets | Snack/Meal Bars | Nutrition bars | 26 | 0.0 | 0.0 | 0.1 | 0.0 |
| 81 | Vegetables | Vegetables, excluding Potatoes | Corn | 132 | 0.0 | 0.0 | 0.1 | 0.0 |
| 82 | Grains | Cooked Grains | Pasta, noodles, cooked grains | 90 | 0.0 | 0.0 | 0.1 | 0.0 |
| 83 | Protein Foods | Poultry | Turkey, duck, other poultry | 54 | 0.0 | 0.0 | 0.1 | 0.0 |
| 84 | Mixed Dishes | Mixed Dishes - Asian | Egg rolls, dumplings, sushi | 56 | 0.0 | 0.0 | 0.1 | 0.0 |
| 85 | Milk and Dairy | Yogurt | Yogurt, Greek | 18 | 0.0 | 0.0 | 0.1 | 0.0 |
| 86 | Vegetables | Vegetables, excluding Potatoes | Dark green vegetables, excludes lettuce | 197 | 0.0 | 0.0 | 0.1 | 0.0 |
| 87 | Grains | Cooked Cereals | Grits and other cooked cereals | 31 | 0.0 | 0.0 | 0.1 | 0.0 |
| 88 | Milk and Dairy | Milk | Milk, nonfat | 124 | 0.0 | 0.0 | 0.0 | 0.0 |
| 89 | Vegetables | White Potatoes | White potatoes, baked or boiled | 55 | 0.0 | 0.0 | 0.0 | 0.0 |
| 90 | Fruit | Fruits | Bananas | 243 | 0.0 | 0.0 | 0.0 | 0.0 |
| 91 | Condiments and Sauces | Condiments and Sauces | Pasta sauces, tomato-based | 68 | 0.0 | 0.0 | 0.0 | 0.0 |
| 92 | Beverages, Nonalcoholic | Sweetened Beverages | Fruit drinks | 915 | 0.0 | 0.0 | 0.0 | 0.0 |
| 93 | Protein Foods | Plant-based Protein Foods | Processed soy products | 27 | 0.0 | 0.0 | 0.0 | 0.0 |
| 94 | Protein Foods | Meats | Lamb, goat, game | 8 | 0.0 | 0.0 | 0.0 | 0.0 |
| 95 | Vegetables | Vegetables, excluding Potatoes | String beans | 83 | 0.0 | 0.0 | 0.0 | 0.0 |
| 96 | Grains | Breads, Rolls, Tortillas | Bagels and English muffins | 104 | 0.0 | 0.0 | 0.0 | 0.0 |
| 97 | Vegetables | Vegetables, excluding Potatoes | Other starchy vegetables | 48 | 0.0 | 0.0 | 0.0 | 0.0 |
| 98 | Milk and Dairy | Cheese | Cottage/ricotta cheese | 9 | 0.0 | 0.0 | 0.0 | 0.0 |
| 99 | Snacks and Sweets | Crackers | Saltine crackers | 57 | 0.0 | 0.0 | 0.0 | 0.0 |
| 100 | Fruit | Fruits | Apples | 447 | 0.0 | 0.0 | 0.0 | 0.0 |
| 101 | Beverages, Nonalcoholic | 100% Juice | Citrus juice | 389 | 0.0 | 0.0 | 0.0 | 0.0 |
| 102 | Vegetables | Vegetables, excluding Potatoes | Other red and orange vegetables | 33 | 0.0 | 0.0 | 0.0 | 0.0 |
| 103 | Condiments and Sauces | Condiments and Sauces | Tomato-based condiments | 823 | 0.0 | 0.0 | 0.0 | 0.0 |
| 104 | Condiments and Sauces | Condiments and Sauces | Mustard and other condiments | 326 | 0.0 | 0.0 | 0.0 | 0.0 |
| 105 | Beverages, Nonalcoholic | 100% Juice | Apple juice | 224 | 0.0 | 0.0 | 0.0 | 0.0 |
| 106 | Other | Other | Protein and nutritional powders | 22 | 0.0 | 0.0 | 0.0 | 0.0 |
| 107 | Fruit | Fruits | Other fruits and fruit salads | 229 | 0.0 | 0.0 | 0.0 | 0.0 |
| 108 | Milk and Dairy | Dairy Drinks and Substitutes | Milk substitutes | 44 | 0.0 | 0.0 | 0.0 | 0.0 |
| 109 | Beverages, Nonalcoholic | 100% Juice | Other fruit juice | 164 | 0.0 | 0.0 | 0.0 | 0.0 |
| 110 | Beverages, Nonalcoholic | Sweetened Beverages | Nutritional beverages | 9 | 0.0 | 0.0 | 0.0 | 0.0 |
| 111 | Vegetables | Vegetables, excluding Potatoes | Lettuce and lettuce salads | 555 | 0.0 | 0.0 | 0.0 | 0.0 |
| 112 | Vegetables | Vegetables, excluding Potatoes | Carrots | 206 | 0.0 | 0.0 | 0.0 | 0.0 |
| 113 | Vegetables | Vegetables, excluding Potatoes | Onions | 148 | 0.0 | 0.0 | 0.0 | 0.0 |
| 114 | Other | Other | Not included in a food category | 49 | 0.0 | 0.0 | 0.0 | 0.0 |
| 115 | Protein Foods | Meats | Liver and organ meats | 7 | 0.0 | 0.0 | 0.0 | 0.0 |
| 116 | Condiments and Sauces | Condiments and Sauces | Olives, pickles, pickled vegetables | 111 | 0.0 | 0.0 | 0.0 | 0.0 |
| 117 | Beverages, Nonalcoholic | Coffee and Tea | Tea | 512 | 0.0 | 0.0 | 0.0 | 0.0 |
| 118 | Fruit | Fruits | Melons | 108 | 0.0 | 0.0 | 0.0 | 0.0 |
| 119 | Fruit | Fruits | Grapes | 142 | 0.0 | 0.0 | 0.0 | 0.0 |
| 120 | Fruit | Fruits | Dried fruits | 28 | 0.0 | 0.0 | 0.0 | 0.0 |
| 121 | Fruit | Fruits | Citrus fruits | 236 | 0.0 | 0.0 | 0.0 | 0.0 |
| 122 | Beverages, Nonalcoholic | Sweetened Beverages | Sport and energy drinks | 259 | 0.0 | 0.0 | 0.0 | 0.0 |
| 123 | Vegetables | Vegetables, excluding Potatoes | Tomatoes | 299 | 0.0 | 0.0 | 0.0 | 0.0 |
| 124 | Fruit | Fruits | Berries | 169 | 0.0 | 0.0 | 0.0 | 0.0 |
| 125 | Fruit | Fruits | Peaches and nectarines | 79 | 0.0 | 0.0 | 0.0 | 0.0 |
| 126 | Beverages, Nonalcoholic | 100% Juice | Vegetable juice | 8 | 0.0 | 0.0 | 0.0 | 0.0 |
| 127 | Condiments and Sauces | Condiments and Sauces | Soy-based condiments | 54 | 0.0 | 0.0 | 0.0 | 0.0 |
| 128 | Snacks and Sweets | Other Desserts | Gelatins, ices, sorbets | 100 | 0.0 | 0.0 | 0.0 | 0.0 |
| 129 | Beverages, Nonalcoholic | Diet Beverages | Other diet drinks | 64 | 0.0 | 0.0 | 0.0 | 0.0 |
| 130 | Beverages, Nonalcoholic | Sweetened Beverages | Soft drinks | 1,302 | 0.0 | 0.0 | 0.0 | 0.0 |
| 131 | Beverages, Nonalcoholic | Diet Beverages | Diet soft drinks | 153 | 0.0 | 0.0 | 0.0 | 0.0 |
| 132 | Sugars | Sugars | Sugar substitutes | 13 | 0.0 | 0.0 | 0.0 | 0.0 |
| 133 | Beverages, Nonalcoholic | Diet Beverages | Diet sport and energy drinks | 26 | 0.0 | 0.0 | 0.0 | 0.0 |
| 134 | Water | Plain Water | Tap water | 1,442 | 0.0 | 0.0 | 0.0 | 0.0 |
| 135 | Water | Flavored or Enhanced Water | Enhanced or fortified water | 30 | 0.0 | 0.0 | 0.0 | 0.0 |
| 136 | Water | Plain Water | Bottled water | 1,247 | 0.0 | 0.0 | 0.0 | 0.0 |

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| NHANES, National Health and Nutrition Examination Survey; Cons, number of consumers; PCT = percentage contribution; M/P/F = meat/poultry/fish |

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| **Supplemental Table 6**– Food sources of mean and percentage of added sugar (tsp) intake among US adolescents aged 10-19 years (N=3,156): NHANES 2011-2014 | | | | | | | | |
|  | **Main Group** | **Subgroup** | **Category** | **Cons** | **Mean** | **SE** | **PCT** | **SE** |
| 1 | Beverages, Nonalcoholic | Sweetened Beverages | Soft drinks | 1,302 | 5.2 | 0.3 | 25.6 | 1.3 |
| 2 | Beverages, Nonalcoholic | Sweetened Beverages | Fruit drinks | 915 | 2.2 | 0.1 | 11.0 | 0.8 |
| 3 | Beverages, Nonalcoholic | Coffee and Tea | Tea | 512 | 1.4 | 0.2 | 6.9 | 1.1 |
| 4 | Snacks and Sweets | Sweet Bakery Products | Cookies and brownies | 780 | 1.0 | 0.1 | 5.0 | 0.4 |
| 5 | Beverages, Nonalcoholic | Sweetened Beverages | Sport and energy drinks | 259 | 1.0 | 0.2 | 4.8 | 0.7 |
| 6 | Grains | Ready-to-Eat Cereals | Ready-to-eat cereal, higher sugar (>21.2g/100g) | 698 | 0.9 | 0.1 | 4.3 | 0.3 |
| 7 | Snacks and Sweets | Sweet Bakery Products | Cakes and pies | 300 | 0.9 | 0.1 | 4.3 | 0.5 |
| 8 | Snacks and Sweets | Other Desserts | Ice cream and frozen dairy desserts | 489 | 0.9 | 0.1 | 4.3 | 0.4 |
| 9 | Sugars | Sugars | Jams, syrups, toppings | 470 | 0.8 | 0.1 | 3.7 | 0.5 |
| 10 | Snacks and Sweets | Candy | Candy not containing chocolate | 629 | 0.7 | 0.1 | 3.5 | 0.3 |
| 11 | Snacks and Sweets | Sweet Bakery Products | Doughnuts, sweet rolls, pastries | 368 | 0.6 | 0.1 | 2.9 | 0.3 |
| 12 | Snacks and Sweets | Candy | Candy containing chocolate | 356 | 0.5 | 0.1 | 2.6 | 0.3 |
| 13 | Sugars | Sugars | Sugars and honey | 252 | 0.2 | 0.1 | 1.2 | 0.3 |
| 14 | Grains | Quick Breads and Bread Products | Biscuits, muffins, quick breads | 195 | 0.2 | 0.0 | 1.1 | 0.2 |
| 15 | Condiments and Sauces | Condiments and Sauces | Tomato-based condiments | 823 | 0.2 | 0.0 | 1.1 | 0.1 |
| 16 | Grains | Breads, Rolls, Tortillas | Yeast breads | 971 | 0.2 | 0.0 | 1.0 | 0.1 |
| 17 | Snacks and Sweets | Snack/Meal Bars | Cereal bars | 157 | 0.2 | 0.0 | 0.9 | 0.1 |
| 18 | Milk and Dairy | Dairy Drinks and Substitutes | Milk shakes and other dairy drinks | 77 | 0.2 | 0.0 | 0.9 | 0.2 |
| 19 | Grains | Breads, Rolls, Tortillas | Rolls and buns | 584 | 0.2 | 0.0 | 0.7 | 0.1 |
| 20 | Beverages, Nonalcoholic | Coffee and Tea | Coffee | 220 | 0.1 | 0.0 | 0.7 | 0.1 |
| 21 | Grains | Quick Breads and Bread Products | Pancakes, waffles, French toast | 298 | 0.1 | 0.0 | 0.7 | 0.1 |
| 22 | Beverages, Nonalcoholic | Sweetened Beverages | Smoothies and grain drinks | 87 | 0.1 | 0.0 | 0.6 | 0.2 |
| 23 | Milk and Dairy | Flavored Milk | Flavored milk, reduced fat | 96 | 0.1 | 0.0 | 0.6 | 0.1 |
| 24 | Grains | Ready-to-Eat Cereals | Ready-to-eat cereal, lower sugar (=<21.2g/100g) | 196 | 0.1 | 0.0 | 0.6 | 0.1 |
| 25 | Snacks and Sweets | Other Desserts | Gelatins, ices, sorbets | 100 | 0.1 | 0.0 | 0.6 | 0.2 |
| 26 | Milk and Dairy | Flavored Milk | Flavored milk, lowfat | 112 | 0.1 | 0.0 | 0.6 | 0.1 |
| 27 | Mixed Dishes | Mixed Dishes - Asian | Stir-fry and soy-based sauce mixtures | 124 | 0.1 | 0.0 | 0.6 | 0.2 |
| 28 | Snacks and Sweets | Other Desserts | Pudding | 43 | 0.1 | 0.0 | 0.6 | 0.2 |
| 29 | Milk and Dairy | Flavored Milk | Flavored milk, nonfat | 102 | 0.1 | 0.0 | 0.6 | 0.1 |
| 30 | Mixed Dishes | Mixed Dishes - Pizza | Pizza | 705 | 0.1 | 0.0 | 0.5 | 0.1 |
| 31 | Mixed Dishes | Mixed Dishes - Meat, Poultry, Fish | Meat mixed dishes | 226 | 0.1 | 0.0 | 0.5 | 0.2 |
| 32 | Milk and Dairy | Yogurt | Yogurt, regular | 110 | 0.1 | 0.0 | 0.5 | 0.1 |
| 33 | Fats and Oils | Fats and Oils | Salad dressings and vegetable oils | 352 | 0.1 | 0.0 | 0.3 | 0.1 |
| 34 | Milk and Dairy | Flavored Milk | Flavored milk, whole | 84 | 0.1 | 0.0 | 0.3 | 0.1 |
| 35 | Mixed Dishes | Mixed Dishes - Sandwiches | Burgers | 163 | 0.1 | 0.0 | 0.3 | 0.0 |
| 36 | Mixed Dishes | Mixed Dishes - Sandwiches | Frankfurter sandwiches | 173 | 0.1 | 0.0 | 0.3 | 0.0 |
| 37 | Snacks and Sweets | Crackers | Crackers, excludes saltines | 300 | 0.1 | 0.0 | 0.3 | 0.0 |
| 38 | Mixed Dishes | Mixed Dishes - Sandwiches | Chicken/turkey sandwiches | 133 | 0.1 | 0.0 | 0.3 | 0.1 |
| 39 | Water | Flavored or Enhanced Water | Flavored or carbonated water | 43 | 0.0 | 0.0 | 0.2 | 0.1 |
| 40 | Mixed Dishes | Mixed Dishes - Grain-based | Pasta mixed dishes, excludes macaroni and cheese | 295 | 0.0 | 0.0 | 0.2 | 0.0 |
| 41 | Water | Flavored or Enhanced Water | Enhanced or fortified water | 30 | 0.0 | 0.0 | 0.2 | 0.1 |
| 42 | Fruit | Fruits | Peaches and nectarines | 79 | 0.0 | 0.0 | 0.2 | 0.1 |
| 43 | Snacks and Sweets | Snack/Meal Bars | Nutrition bars | 26 | 0.0 | 0.0 | 0.2 | 0.1 |
| 44 | Fruit | Fruits | Other fruits and fruit salads | 229 | 0.0 | 0.0 | 0.2 | 0.1 |
| 45 | Grains | Breads, Rolls, Tortillas | Bagels and English muffins | 104 | 0.0 | 0.0 | 0.2 | 0.0 |
| 46 | Protein Foods | Poultry | Chicken, whole pieces | 610 | 0.0 | 0.0 | 0.2 | 0.0 |
| 47 | Fats and Oils | Fats and Oils | Cream and cream substitutes | 82 | 0.0 | 0.0 | 0.2 | 0.0 |
| 48 | Protein Foods | Plant-based Protein Foods | Nuts and seeds | 305 | 0.0 | 0.0 | 0.2 | 0.0 |
| 49 | Milk and Dairy | Dairy Drinks and Substitutes | Milk substitutes | 44 | 0.0 | 0.0 | 0.2 | 0.0 |
| 50 | Mixed Dishes | Mixed Dishes - Sandwiches | Other sandwiches | 53 | 0.0 | 0.0 | 0.2 | 0.0 |
| 51 | Protein Foods | Cured Meats/Poultry | Cold cuts and cured meats | 532 | 0.0 | 0.0 | 0.2 | 0.0 |
| 52 | Mixed Dishes | Mixed Dishes - Grain-based | Turnovers and other grain-based items | 86 | 0.0 | 0.0 | 0.2 | 0.0 |
| 53 | Fruit | Fruits | Berries | 169 | 0.0 | 0.0 | 0.1 | 0.1 |
| 54 | Snacks and Sweets | Savory Snacks | Popcorn | 228 | 0.0 | 0.0 | 0.1 | 0.1 |
| 55 | Snacks and Sweets | Savory Snacks | Pretzels/snack mix | 169 | 0.0 | 0.0 | 0.1 | 0.0 |
| 56 | Fruit | Fruits | Apples | 447 | 0.0 | 0.0 | 0.1 | 0.0 |
| 57 | Condiments and Sauces | Condiments and Sauces | Mustard and other condiments | 326 | 0.0 | 0.0 | 0.1 | 0.0 |
| 58 | Milk and Dairy | Yogurt | Yogurt, Greek | 18 | 0.0 | 0.0 | 0.1 | 0.0 |
| 59 | Mixed Dishes | Mixed Dishes - Mexican | Burritos and tacos | 310 | 0.0 | 0.0 | 0.1 | 0.0 |
| 60 | Mixed Dishes | Mixed Dishes - Sandwiches | Egg/breakfast sandwiches | 85 | 0.0 | 0.0 | 0.1 | 0.0 |
| 61 | Mixed Dishes | Mixed Dishes - Mexican | Other Mexican mixed dishes | 167 | 0.0 | 0.0 | 0.1 | 0.0 |
| 62 | Fats and Oils | Fats and Oils | Cream cheese, sour cream, whipped cream | 149 | 0.0 | 0.0 | 0.1 | 0.0 |
| 63 | Vegetables | White Potatoes | Mashed potatoes and white potato mixtures | 207 | 0.0 | 0.0 | 0.1 | 0.0 |
| 64 | Grains | Breads, Rolls, Tortillas | Tortillas | 234 | 0.0 | 0.0 | 0.0 | 0.0 |
| 65 | Protein Foods | Plant-based Protein Foods | Beans, peas, legumes | 212 | 0.0 | 0.0 | 0.0 | 0.0 |
| 66 | Mixed Dishes | Mixed Dishes - Asian | Egg rolls, dumplings, sushi | 56 | 0.0 | 0.0 | 0.0 | 0.0 |
| 67 | Grains | Cooked Cereals | Oatmeal | 55 | 0.0 | 0.0 | 0.0 | 0.0 |
| 68 | Mixed Dishes | Mixed Dishes - Asian | Fried rice and lo/chow mein | 105 | 0.0 | 0.0 | 0.0 | 0.0 |
| 69 | Beverages, Nonalcoholic | Diet Beverages | Diet sport and energy drinks | 26 | 0.0 | 0.0 | 0.0 | 0.0 |
| 70 | Vegetables | Vegetables, excluding Potatoes | Other red and orange vegetables | 33 | 0.0 | 0.0 | 0.0 | 0.0 |
| 71 | Mixed Dishes | Mixed Dishes - Meat, Poultry, Fish | Seafood mixed dishes | 59 | 0.0 | 0.0 | 0.0 | 0.0 |
| 72 | Fats and Oils | Fats and Oils | Mayonnaise | 358 | 0.0 | 0.0 | 0.0 | 0.0 |
| 73 | Condiments and Sauces | Condiments and Sauces | Olives, pickles, pickled vegetables | 111 | 0.0 | 0.0 | 0.0 | 0.0 |
| 74 | Vegetables | Vegetables, excluding Potatoes | Vegetable mixed dishes | 60 | 0.0 | 0.0 | 0.0 | 0.0 |
| 75 | Condiments and Sauces | Condiments and Sauces | Pasta sauces, tomato-based | 68 | 0.0 | 0.0 | 0.0 | 0.0 |
| 76 | Mixed Dishes | Mixed Dishes - Grain-based | Macaroni and cheese | 191 | 0.0 | 0.0 | 0.0 | 0.0 |
| 77 | Fruit | Fruits | Citrus fruits | 236 | 0.0 | 0.0 | 0.0 | 0.0 |
| 78 | Snacks and Sweets | Savory Snacks | Tortilla, corn, other chips | 701 | 0.0 | 0.0 | 0.0 | 0.0 |
| 79 | Protein Foods | Meats | Pork | 147 | 0.0 | 0.0 | 0.0 | 0.0 |
| 80 | Mixed Dishes | Mixed Dishes - Meat, Poultry, Fish | Poultry mixed dishes | 162 | 0.0 | 0.0 | 0.0 | 0.0 |
| 81 | Protein Foods | Seafood | Fish | 139 | 0.0 | 0.0 | 0.0 | 0.0 |
| 82 | Mixed Dishes | Mixed Dishes - Soups | Soups | 337 | 0.0 | 0.0 | 0.0 | 0.0 |
| 83 | Beverages, Nonalcoholic | Sweetened Beverages | Nutritional beverages | 9 | 0.0 | 0.0 | 0.0 | 0.0 |
| 84 | Mixed Dishes | Mixed Dishes - Grain-based | Rice mixed dishes | 192 | 0.0 | 0.0 | 0.0 | 0.0 |
| 85 | Protein Foods | Cured Meats/Poultry | Sausages | 180 | 0.0 | 0.0 | 0.0 | 0.0 |
| 86 | Fruit | Fruits | Dried fruits | 28 | 0.0 | 0.0 | 0.0 | 0.0 |
| 87 | Protein Foods | Cured Meats/Poultry | Frankfurters | 49 | 0.0 | 0.0 | 0.0 | 0.0 |
| 88 | Protein Foods | Seafood | Shellfish | 82 | 0.0 | 0.0 | 0.0 | 0.0 |
| 89 | Condiments and Sauces | Condiments and Sauces | Soy-based condiments | 54 | 0.0 | 0.0 | 0.0 | 0.0 |
| 90 | Protein Foods | Meats | Beef, excludes ground | 239 | 0.0 | 0.0 | 0.0 | 0.0 |
| 91 | Snacks and Sweets | Crackers | Saltine crackers | 57 | 0.0 | 0.0 | 0.0 | 0.0 |
| 92 | Beverages, Nonalcoholic | 100% Juice | Other fruit juice | 164 | 0.0 | 0.0 | 0.0 | 0.0 |
| 93 | Vegetables | White Potatoes | French fries and other fried white potatoes | 639 | 0.0 | 0.0 | 0.0 | 0.0 |
| 94 | Vegetables | Vegetables, excluding Potatoes | Onions | 148 | 0.0 | 0.0 | 0.0 | 0.0 |
| 95 | Condiments and Sauces | Condiments and Sauces | Dips, gravies, other sauces | 218 | 0.0 | 0.0 | 0.0 | 0.0 |
| 96 | Fats and Oils | Fats and Oils | Butter and animal fats | 196 | 0.0 | 0.0 | 0.0 | 0.0 |
| 97 | Milk and Dairy | Milk | Milk, nonfat | 124 | 0.0 | 0.0 | 0.0 | 0.0 |
| 98 | Beverages, Nonalcoholic | 100% Juice | Vegetable juice | 8 | 0.0 | 0.0 | 0.0 | 0.0 |
| 99 | Fruit | Fruits | Melons | 108 | 0.0 | 0.0 | 0.0 | 0.0 |
| 100 | Vegetables | Vegetables, excluding Potatoes | Tomatoes | 299 | 0.0 | 0.0 | 0.0 | 0.0 |
| 101 | Snacks and Sweets | Savory Snacks | Potato chips | 458 | 0.0 | 0.0 | 0.0 | 0.0 |
| 102 | Protein Foods | Meats | Liver and organ meats | 7 | 0.0 | 0.0 | 0.0 | 0.0 |
| 103 | Protein Foods | Eggs | Eggs and omelets | 473 | 0.0 | 0.0 | 0.0 | 0.0 |
| 104 | Water | Plain Water | Bottled water | 1,247 | 0.0 | 0.0 | 0.0 | 0.0 |
| 105 | Protein Foods | Cured Meats/Poultry | Bacon | 213 | 0.0 | 0.0 | 0.0 | 0.0 |
| 106 | Fruit | Fruits | Bananas | 243 | 0.0 | 0.0 | 0.0 | 0.0 |
| 107 | Vegetables | Vegetables, excluding Potatoes | Carrots | 206 | 0.0 | 0.0 | 0.0 | 0.0 |
| 108 | Vegetables | Vegetables, excluding Potatoes | Dark green vegetables, excludes lettuce | 197 | 0.0 | 0.0 | 0.0 | 0.0 |
| 109 | Protein Foods | Meats | Lamb, goat, game | 8 | 0.0 | 0.0 | 0.0 | 0.0 |
| 110 | Protein Foods | Poultry | Chicken patties, nuggets and tenders | 344 | 0.0 | 0.0 | 0.0 | 0.0 |
| 111 | Milk and Dairy | Cheese | Cottage/ricotta cheese | 9 | 0.0 | 0.0 | 0.0 | 0.0 |
| 112 | Fruit | Fruits | Grapes | 142 | 0.0 | 0.0 | 0.0 | 0.0 |
| 113 | Fats and Oils | Fats and Oils | Margarine | 101 | 0.0 | 0.0 | 0.0 | 0.0 |
| 114 | Sugars | Sugars | Sugar substitutes | 13 | 0.0 | 0.0 | 0.0 | 0.0 |
| 115 | Protein Foods | Meats | Ground beef | 248 | 0.0 | 0.0 | 0.0 | 0.0 |
| 116 | Milk and Dairy | Milk | Milk, reduced fat | 785 | 0.0 | 0.0 | 0.0 | 0.0 |
| 117 | Milk and Dairy | Milk | Milk, whole | 316 | 0.0 | 0.0 | 0.0 | 0.0 |
| 118 | Milk and Dairy | Cheese | Cheese | 1,013 | 0.0 | 0.0 | 0.0 | 0.0 |
| 119 | Mixed Dishes | Mixed Dishes - Mexican | Nachos | 48 | 0.0 | 0.0 | 0.0 | 0.0 |
| 120 | Beverages, Nonalcoholic | 100% Juice | Apple juice | 224 | 0.0 | 0.0 | 0.0 | 0.0 |
| 121 | Vegetables | Vegetables, excluding Potatoes | String beans | 83 | 0.0 | 0.0 | 0.0 | 0.0 |
| 122 | Protein Foods | Plant-based Protein Foods | Processed soy products | 27 | 0.0 | 0.0 | 0.0 | 0.0 |
| 123 | Grains | Cooked Grains | Pasta, noodles, cooked grains | 90 | 0.0 | 0.0 | 0.0 | 0.0 |
| 124 | Grains | Cooked Cereals | Grits and other cooked cereals | 31 | 0.0 | 0.0 | 0.0 | 0.0 |
| 125 | Vegetables | Vegetables, excluding Potatoes | Other vegetables and combinations | 318 | 0.0 | 0.0 | 0.0 | 0.0 |
| 126 | Milk and Dairy | Milk | Milk, lowfat | 263 | 0.0 | 0.0 | 0.0 | 0.0 |
| 127 | Vegetables | White Potatoes | White potatoes, baked or boiled | 55 | 0.0 | 0.0 | 0.0 | 0.0 |
| 128 | Vegetables | Vegetables, excluding Potatoes | Lettuce and lettuce salads | 555 | 0.0 | 0.0 | 0.0 | 0.0 |
| 129 | Water | Plain Water | Tap water | 1,442 | 0.0 | 0.0 | 0.0 | 0.0 |
| 130 | Protein Foods | Poultry | Turkey, duck, other poultry | 54 | 0.0 | 0.0 | 0.0 | 0.0 |
| 131 | Beverages, Nonalcoholic | Diet Beverages | Other diet drinks | 64 | 0.0 | 0.0 | 0.0 | 0.0 |
| 132 | Vegetables | Vegetables, excluding Potatoes | Other starchy vegetables | 48 | 0.0 | 0.0 | 0.0 | 0.0 |
| 133 | Grains | Cooked Grains | Rice | 383 | 0.0 | 0.0 | 0.0 | 0.0 |
| 134 | Beverages, Nonalcoholic | Diet Beverages | Diet soft drinks | 153 | 0.0 | 0.0 | 0.0 | 0.0 |
| 135 | Beverages, Nonalcoholic | 100% Juice | Citrus juice | 389 | 0.0 | 0.0 | 0.0 | 0.0 |
| 136 | Vegetables | Vegetables, excluding Potatoes | Corn | 132 | 0.0 | 0.0 | 0.0 | 0.0 |

NHANES, National Health and Nutrition Examination Survey; Cons, number of consumers; PCT, percentage contribution; M/P/F = meat/poultry/fish