

Appendix 1: Foods Measured in Food Supply Servings Estimates and CSFII Servings Data

Grains

Food supply servings:

White and whole wheat flour; durum flour; rye flour; rice; corn flour and meal; corn hominy and grits; corn starch; oat products (rolled oats, ready-to-eat cereals, oat flour, and oat bran); and barley products (barley flour, pearl barley, and malt and malt extract used in food processing).

CSFII servings:

Yeast breads and rolls; quick breads such as muffins, biscuits, pancakes, and tortillas; rice; pasta; breakfast cereals; grain-based snacks; such as crackers, pretzels, popcorn, and corn chips; and baked goods made from flour, such as cakes, cookies, croissants, doughnuts, pastries, and pie crust.

Vegetables

Food supply servings:

Fresh: Artichokes, asparagus, bell peppers, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, sweet corn, cucumbers, eggplant, escarole/endive, garlic, head lettuce, romaine and leaf lettuce, mushrooms, onions, potatoes, radishes, snap beans, spinach, sweet potatoes, and tomatoes.

For freezing: Asparagus, snap beans, broccoli, carrots, cauliflower, sweet corn, green peas, potatoes, other (lima beans, spinach, collards, kale, mustard greens, okra, blackeyed peas, pumpkin, and rhubarb, summer squash, turnip greens, turnips, and other miscellaneous vegetables).

For canning: Asparagus, snap beans, cabbage (for sauerkraut), carrots, chile peppers, sweet corn, cucumbers, green peas, mushrooms, potatoes, tomatoes, and other (lima beans, beets, and spinach).

Legumes, and vegetables for dehydrating and chips: Dry edible beans (large and baby lima, navy, Great Northern, small white, pinto, light and dark red kidney, pink, small red, cranberry, black beans, black-

eyed peas, garbanzo, other), dry field peas and lentils (whole green peas, split green peas, whole yellow peas, split yellow peas, Austrian winter peas, regular lentils, other lentils); and dehydrating (onions, potatoes), for chips and shoestrings (potatoes).

CSFII servings:

Dark-green leafy vegetables: Arugula, beet greens, broccoli, chard, chicory, collard greens, dandelion greens, endive, escarole, grape leaves, kale, lambs-quarters, mustard greens, parsley, poke greens, romaine lettuce, spinach, taro leaves, turnip greens, and watercress.

Deep-yellow vegetables: Carrots, carrot juice, pumpkin, sweetpotato, and winter squash.

Starchy vegetables: Blackeyed peas (not dried), breadfruit, cassava, sweet corn, cowpeas (not dried), green peas, hominy, lima beans (immature), parsnips, white potato, rutabaga, and taro.

Dry beans and peas: Bayo beans, black beans, black-eyed peas, broadbeans, calico beans, chickpeas (garbanzos), cowpeas, kidney beans, lentils, lima beans (mature), mung beans, navy beans, pinto beans, pink beans, red Mexican beans, split peas, soybeans (mature), and white beans.

Other vegetables: Artichoke, asparagus, balsam-pear pods, bamboo shoots, bean and alfalfa sprouts, broccoflower, beets, Brussels sprouts, cabbage (green and red), cactus, capers, cauliflower, celery, chayote, Chinese cabbage, chives, christophene, coriander, cucumber, eggplant, garlic, ginger root, green beans, horseradish, leek, lettuce, mushrooms, okra, olives, onions (mature and green), peppers (green, red, hot, banana), pimiento, radicchio, radishes, sauerkraut, seaweed, snow peas, summer squash, tomatillos, tomatoes, tomato juice, turnips, water chestnuts, wax beans, and zucchini.

Fruit

Food supply servings:

Fresh: Apples, apricots, avocados, bananas, cantaloupe, cherries, cranberries, grapes, grapefruit, honeydew, kiwifruit, lemons, limes, mangoes, nectarines, oranges and temples, peaches, pears, pineapples,

papayas, plums, prunes, strawberries, tangerines, and watermelon.

Frozen: Apples, apricots, blackberries, blueberries, cherries, peaches, raspberries, strawberries, and other berries (boysenberries, loganberries).

Canned: Apples and applesauce, apricots, cherries (tart and sweet), olives, peaches, pears, pineapples, and plums and prunes.

Dried: Apples, apricots, dates, figs, peaches, pears, prunes, and raisins.

Fruit juices: Orange, grapefruit, lemon, lime, apple, grape, pineapple, and prune.

CSFII servings:

Citrus fruits, melons, and berries: Acerola, blackberries, blueberries, boysenberries, calamondin, cantaloupe, cassaba, melon, cranberries, elderberries, gooseberries, grapefruit, honeydew melon, juneberries, kiwifruit, kumquat, lemon, lime, loganberries, mulberries, orange, raspberries, strawberries, tangelo, tangerine, ugli fruit, watermelon, and juices made from these fruits.

Other fruits: Apple, apricot, asian pear, avocado, banana, cherries, currants, dates, figs, genip, guava, quince, grapes, jackfruit, japanese pear, jobo, lychee, mamey, mango, nectarine, papaya, passion fruit, peach, pear, persimmon, plantain, pineapple, plum, pomegranate, prickly pear, prunes, raisins, rhubarb, sapodilla, soursop, star fruit sweetsop, tamarind, wi- apple, and juices made from these fruits.

Milk, Yogurt, and Cheese

Food supply servings:

Fluid milk products: Whole, plain; 2% reduced fat, plain; light (0.5 - 1%), plain; fat free (skim), plain; whole, flavored; lower fat, flavored; buttermilk, and yogurt.

Cheese: Cheddar, Colby, washed curd, stirred curd, Monterey Jack, Provolone, Mozzarella, Ricotta, Other Italian; Swiss (includes Gruyere and Emmenthaler); Brick, Muenster, Blue, Other Misc; and processed cheese, foods and spreads.

Other dairy products: Cottage cheese, regular; cottage cheese, lowfat; ice cream, ice milk; sherbet; other frozen dairy products (mellorine, frozen yogurt and other nonstandardized dairy products); canned whole milk; bulk whole milk; bulk and canned skim milk; dry whole milk; and dry buttermilk.

CSFII servings:

Includes most dairy foods except those that are primarily fat—butter, cream, sour cream, and cream cheese.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

Food supply servings:

Meat, poultry, and fish: Beef; veal; pork; lamb; chicken; turkey; fish, fresh and frozen; fresh and frozen shellfish; salmon, canned; sardines, pitchards and herrings, canned; tuna, canned; shellfish, canned; other fish, canned; and cured fish.

Eggs and nuts: Eggs (fresh and shell-egg equivalent of processed eggs); peanuts, snack; peanuts cleaned in shell; peanut butter; almonds; filberts; pecans; walnuts; macadamias; pistachios; other tree nuts (Brazil nuts, pignolias, chestnuts, cashews, and miscellaneous); and coconuts, dessicated.

CSFII servings:

Meat, poultry, fish/shellfish, organ meat, frankfurters, luncheon meats, eggs, tofu, and simulated meat products made from soy, nuts, seeds.

Fats and Oils

Food supply servings:

Dairy and animal fats: Butter, lard (direct use and in baking and frying fats), edible beef tallow (direct use and in baking and frying fats), half and half, light cream, heavy cream, sour cream, cream cheese, and baking and frying fats (lard and edible tallow, indirect use).

Vegetable fats: Margarine, baking and frying fats (soybean oil, cottonseed oil, palm oil), salad and cooking oils (soybean oil, cottonseed oil, canola oil, corn oil, peanut oil, olive oil), other edible fats and oils (includes specialty fats used mainly in confectionary products and nondairy creamers).

CSFII servings:

All “excess” fat from the five major Pyramid food groups beyond amounts that would be consumed if only the lowest fat forms were eaten and fats added to foods in preparation or at the table, including cream, butter, margarine, regular or lowfat cream cheese, oil, lard, meat drippings, cocoa, and chocolate.

Added Sugars

Food supply servings:

Cane and beet sugars, high fructose corn syrup, glucose, dextrose, honey, and edible syrups (sorgo, maple

and sugarcane syrup, edible molasses, and edible refiner’s syrup).

CSFII servings:

Brown sugar, raw sugar, corn syrup, corn syrup solids, high fructose corn syrup, malt syrup, maple syrup, pancake syrup, fructose sweetener, liquid fructose, honey, molasses, anhydrous dextrose, crystal dextrose, saccharin, and aspartame.