



Estimated Daily Intake of Select Commodities

Consumption Data

- What We Eat in America (WWEIA) – dietary component of National Health and Nutrition Examination Survey (NHANES) conducted in 2011-2014
 - Provides nationally representative nutrition and health data and prevalence estimates for nutrition and health status measures of the civilian U.S. population
- Trained interviewers ask respondents to recall all foods consumed in previous 24 hours
 - A second dietary recall is administered by telephone 3 to 10 days after the first dietary interview, but not on the same day of the week as the first interview
- N=15,179 individuals in NHANES 2011-2014 provided 2 complete days of dietary recalls.

NHANES Food Selection

- Over 6,000 food codes were reported consumed in NHANES 2011-2014; those food codes that contain any of the following five commodities were identified by Exponent using NHANES/USDA recipes:
 - Almonds
 - Carrots
 - Citrus fruit
 - Garlic
 - Grapes
- Selection included all available food forms including whole fruit, juice, cooked, canned, frozen

NHANES Food Selection – all commodities

- USDA's Food and Nutrient Database for Dietary Studies (FNDDS) 2013-2014 and 2011-2012
 - Translates the NHANES food as consumed into its ingredients
 - Include primarily single component foods though some FNDDS codes represent mixtures.
 - Single ingredients as well as ingredients representing mixtures that contain any of the commodities of interest (i.e., sugar-coated almonds, canned peas and carrots, grape and apple salad with yogurt and candied walnuts) were identified.
 - FNDDS was supplemented with USDA's Food Patterns Equivalents Ingredients Database (FPID) 2013-2014 and 2011-2012 as needed
 - Excluded:
 - NHANES food codes with <1% commodity of interest
 - Baby food

Analysis parameters

- Two-day average estimates
- Total U.S. population
- Mean and 90th percentile
 - Per capita
 - Per user
- Estimates in units of g/day and g/kg-bw/day (body-weight basis)

Results

Food Category	N user*	% User	Per Capita		Per User		Per Capita		Per User	
			90th		90th		90th		90th	
			Mean	percentile	Mean	percentile	Mean	percentile	Mean	percentile
			--- g/day ---				--- g/kg bw/day ---			
Almonds	1,375	11	1.4	1.2	12.5	30.3	0.02	0.02	0.18	0.40
Carrots	4,852	34	8.3	27.5	24.9	54.8	0.14	0.43	0.43	0.91
Citrus	6,711	44	48.0	169.7	108.9	260.3	0.86	2.71	1.94	4.51
Garlic	4,709	30	0.3	0.8	1.0	2.0	0.005	0.01	0.02	0.03
Grapes	3,299	20	13.1	41.4	66.8	145.3	0.30	0.77	1.52	3.65

* Unweighted number of users; % user, per capita, and per user estimates for NHANES derived using the statistical weights provided by the National Center for Health Statistics (NCHS).

References

- National Center for Health Statistics (NCHS). 2016. National Health and Nutrition Examination Survey Data 2013-2014. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Available via: <https://wwwn.cdc.gov/nchs/nhanes/ContinuousNhanes/Default.aspx?BeginYear=2013>.
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