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 90\textsuperscript{th} percentile
  - Per capita
  - Per user
- Estimates in units of g/day and g/kg-bw/day (body-weight basis)
## Results

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

* Un-weighted 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


