

IDATA DHQ FOOD FREQUENCY ADMIN 2: DATA DICTIONARY

TABLE OF CONTENTS

Document Summary	2
IDATA DHQ Food Frequency Admin 2: Data Dictionary	3
Section 1: Identifiers	3
Section 2: Food	4
Section 3: Food Type	11
Section 4: Demographics	20
Section 5: Carbohydrate constituents	21
Section 6: Vitamins	22
Section 7: Minerals	23
Section 8: Carotenoids and Tocopherols	24
Section 9: Other	25
Section 10: Macronutrients & energy	26
Section 11: Fats, fatty acids, & cholesterol	27
Section 12: Protein Constituents	29
Section 14: My Pyramid Equivalents	30
Section 15: Food Pyramid Equivalents (an update to the My Pyramid Equivalents)	32

Document Summary

Property	Value
Document Title	IDATA DHQ Food Frequency Admin 2: Data Dictionary
Date Created	07/19/2019
For Dataset	dhq_foodfreq_dhq2
Sections	14
Entries	222
Document Filename	dictionary_idata_dhq_foodfreq_dhq2.071919.rtf

IDATA DHQ Food Frequency Admin 2: Data Dictionary
07/19/2019
Dataset: dhq_foodfreq_dhq2

IDATA DHQ Food Frequency Admin 2: Data Dictionary

Section 1: Identifiers

Variable	Label	Description	Format Text
admin	Administration	Administration	.M="Missing" .N="Not Applicable" 1="Administration 1" 2="Administration 2"
admin_date_dhq_2	Administration Date	Administration Date	SAS Date .M="Missing" .N="Not Applicable"
build	Build Date	Build Date	SAS Date
iid	IDATA ID	IDATA ID	Char

Section 2: Food

Variable	Label	Description	Format Text
food_id_dhq_2	Food ID	Food ID	1="Tomato Juice, Veg Juice" 2="Orange juice or grapefruit juice" 3="Other fruit juice" 4="Fruit drinks: Hi-C, lemonade" 5="Milk (as a beverage)" 6="Meal Replacement, Energy/High-Protein Beverage" 7="Soda in the summer" 8="Beer in the summer" 9="Wine, wine coolers" 10="Liquor" 11="Oatmeal in the winter" 12="Cold cereal" 13="Milk on cereal" 14="Applesauce" 15="Apples" 16="Pears" 17="Bananas" 18="Dried fruit" 19="Peaches, nectarines, plums in season" 20="Grapes" 21="Cantaloupe in season" 22="Other melon in season" 23="Strawberries in season" 24="Oranges, tangerines, tangelos in season" 25="Grapefruit in season" 26="Other Fruits" 27="Cooked greens" 28="Raw greens" 29="Coleslaw" 30="Sauerkraut or cabbage" 31="Carrots" 32="String beans" 33="Peas" 34="Corn in season" [continued...]

Variable	Label	Description	Format Text
[...continued]			[...continued]
food_id_dhq_2			35="Broccoli" 36="Cauliflower or Brussels sprouts" 37="Mixed vegetables" 38="Onions" 39="Sweet Peppers" 40="Tomatoes in season" 41="Lettuce Salads" 42="Salad Dressing" 43="Sweet Potatoes/Yams" 44="French Fries, Fried Potatoes" 45="Potato Salad" 46="Baked/Boiled/Mashed Potatoes" 47="Sour Cream on Potatoes" 48="Margarine on Potatoes" 49="Butter on Potatoes" 50="Cheese Sauce on Potatoes" 51="Salsa" 52="Catsup" 53="Stuffing/Dumplings" 54="Chili" 55="Mexican Foods" 56="Dried, Cooked Beans" 57="Other Vegetables" 58="Rice, Other Cooked Grains" 59="Pancakes/Waffles/French Toast" 60="Margarine on Pancakes, etc" 61="Butter on Pancakes, etc" 62="Syrup on Pancakes, etc" 63="Lasagna, etc" 64="Macaroni & Cheese" [continued...]

Variable	Label	Description	Format Text
[...continued]			[...continued]
food_id_dhq_2			65="Pasta/Macaroni Salad" 66="Other pastas, spaghetti" 67="Bagels/English Muffins" 68="Margarine on Bagels/English Muffins" 69="Butter on Bagels/English Muffins" 70="Cream Cheese on Bagels/English Muffins" 71="Sandwich Bread/Rolls" 72="Mayonnaise on sandwich bread" 73="Margarine on sandwich bread" 74="Butter on sandwich bread" 75="Bread/Rolls not in sandwiches" 76="Margarine on bread not in sandwiches" 77="Butter on bread not in sandwiches" 78="Cream Cheese on bread not in sandwiches" 79="Jam/Jelly/Honey" 80="Peanut Butter/Other Nut Butter" 81="Roast Beef/Steak in Sandwiches" 82="Turkey/Chicken Cold Cuts" 83="Luncheon/Deli Ham" 84="Other Cold Cuts" 85="Tuna" 86="Mayonnaise added to Tuna" 87="Ground Chicken/Turkey" 88="Ground Beef in Mixtures" [continued...]

Variable	Label	Description	Format Text
[...continued]			[...continued]
food_id_dhq_2			89="Hot Dogs" 90="Beef Stew/Pot Pie & Veg" 91="Roast Beef/Pot Roast" 92="Steak" 93="Pork/Beef Spareribs" 94="Roast Turkey" 95="Chicken Salads/Mixtures" 96="Chicken (not in salad/mixtures)" 97="Baked Ham/Ham Steak" 98="Pork" 99="Gravy" 100="Liver/Liverwurst" 101="Bacon" 102="Sausage" 103="Fried Fish/Fish Sticks" 104="Fish, Not Fried" 105="Tofu, Soy burgers/Soy meat substitute" 106="Soup in the winter" 107="Pizza" 108="Crackers" 109="Corn Bread/Muffins" 110="Biscuits" 111="Potato Chips" 112="Popcorn" 113="Pretzels" 114="Peanuts/Walnuts/Seeds/Other Nuts" 115="High Energy/Protein/Breakfast Bars" 116="Yogurt" 117="Cottage Cheese" 118="Cheese or Cheese Spreads" 119="Frozen Yogurt, Ices/Sorbet" [continued...]

Variable	Label	Description	Format Text
[...continued]			[...continued]
food_id_dhq_2			120="Ice Cream/Ice Cream Bars/Sherbert" 121="Cake" 122="Cookies/brownies" 123="Doughnuts/Sweet Rolls/Danish/Pop Tarts" 124="Sweet Muffins/Dessert Breads" 125="Fruit Crisp/Cobbler" 126="Pies" 127="Chocolate Candy" 128="Other Candy" 129="Eggs" 130="Coffee" 131="Iced Tea" 132="Hot Tea" 133="Sugar/Honey added to Other Foods" 134="Carrot juice" 135="Chocolate milk" 136="Sports drinks in the summer" 137="Energy drinks in the summer" 138="Water in the summer" 139="Pinepple" 140="Asparagus" 141="Winter squash" 142="Fried Shellfish" 143="Shellfish" 144="Salmon/Fresh tuna/Trout" 145="Beef Hamburgers/Cheeseburgers Not From Fast Food/Restaurant" 146="Corn Chips/Tortilla Chips" 147="Beef Hamburgers/Cheeseburgers" 148="Soda rest of the year" [continued...]

Variable	Label	Description	Format Text
[...continued]			[...continued]
food_id_dhq_2			149="Sports drinks rest of the year" 150="Energy drinks rest of the year" 151="Beer rest of the year" 152="Water rest of the year" 153="Peaches, nectarines, plums out of season" 154="Cantaloupe out of season" 155="Other melon out of season" 156="Strawberries out of season" 157="Oranges, tangerines, tangelos out of season" 158="Grapefruit out of season" 159="Corn out of season" 160="Tomatoes out of season" 161="Soup rest of the year" 162="Oatmeal rest of the year" 163="Sugar/Honey added to Coffee" 164="Artificial Sweetener added to Coffee" 165="Non-Dairy Creamer added to Coffee" 166="Cream/Half&Half added to Coffee" 167="Milk added to Coffee" 168="Sugar/Honey added to Hot Tea" 169="Artificial Sweetener added to Hot Tea" [continued...]

Variable	Label	Description	Format Text
<p>[...continued]</p> <p>food_id_dhq_2</p>			<p>[...continued]</p> <p>170="Non-Dairy Creamer added to Hot Tea"</p> <p>171="Cream/Half&Half added to Hot Tea"</p> <p>172="Milk added to Hot Tea"</p> <p>173="Fat Used to Cook Vegetables"</p> <p>174="Fat Added to Vegetables"</p> <p>175="Fat for Cooking Meat"</p> <p>176="Which of these foods did you eat at least..."</p>

Section 3: Food Type

Variable	Label	Description	Format Text
daily_freq_dhq_2	Daily Frequency	Daily Frequency	Num .N="Not Applicable"
food_component_id_dhq_2	Food Component ID	Food Component ID	1="Milk, whole, in cereal" 2="Milk, 2%, in cereal" 3="Milk, 1%, in cereal" 4="Milk, nonfat/skim, in cereal" 5="Milk, evap/cond, in cereal" 6="Milk, soy, in cereal" 7="Milk, rice, in cereal" 8="Non-dairy crm, powdrd, reg in coffee or tea" 9="Non-dairy crm, powdrd, diet in coffee or tea" 10="Non-dairy crm, liquid, reg in coffee or tea" 11="Non-dairy crm, liquid, diet in coffee or tea" 12="Cream/ reg or 1/2&1/2 in coffee/tea" 13="Milk/ whole to drink" 14="Milk/ 2% to drink" 15="Milk/ 1% to drink" 16="Milk/ nonfat to drink" 17="Milk/ evap/cond to drink" 18="Milk/ soy/ to drink" 19="Milk/ rice/ to drink" 20="Milk/ chocolate, whole to drink" 21="Milk/ chocolate, reduced fat to drink" 22="Milk, whole, in coffee or tea" 23="Milk, 2%, in coffee or tea" 24="Milk, 1%, in coffee or tea" 25="Milk, nonfat/skim, in coffee or tea" 26="Milk, evap/cond, in coffee or tea" 27="Milk, soy, in coffee or tea" 28="Milk, rice, in coffee or tea" [continued...]

Variable	Label	Description	Format Text
[...continued]			[...continued]
food_component_id_dh q_2			29="Milk, other, in coffee or tea" 30="Milkshakes/sodas" 31="Meal repl/ liquid" 32="Yogurt/ whole milk" 33="Yogurt/ lowfat/nonfat" 34="Cot/ricot cheese" 35="Sour cream/ reg" 36="Sour cream/ lowfat" 37="Cheese/ reg" 38="Cheese/ lowfat" 39="Cheese sauce" 40="White sauce" 41="Cream cheese/ reg" 42="Cream cheese/ lowfat" 43="Cream/ reg/ whipped" 44="Cream sub/ whipped" 45="Ice cream/ reg" 46="Ice cream/ice milk/ lowfat" 47="Frozen yogurt/ ices/ sorbet/ etc" 48="Puddings/custards" 49="Veal/ venison/ lamb/ plain" 50="Beef/ steaks/ reg" 51="Beef/ steaks/ lean" 52="Beef/ roast" 53="Beef/ roast in sandwich" 54="Beef stews/pot pies/mixtures" 55="Beef/ burgers/ lean" 56="Beef/ burgers / reg" 57="Beef/ gr/ meatballs/loaf/mixtures" 58="Beef/ burgers/ regular/ w bun" 59="Beef/ burgers/ cheeseburgers/ w bun" 60="Ham/ not luncheon" 61="Pork" 62="Pork/ neck/ feet/etc" 63="Bacon/ regular" 64="Bacon/ lean/Canadian" [continued...]

Variable	Label	Description	Format Text
[...continued]			[...continued]
food_component_id_dh q_2			65="Sausage/ reg" 66="Sausage/ turk/lowfat" 67="Hot dogs/ regular" 68="Hot dogs/ turky/lowfat" 69="Shortribs/spareribs" 70="Liver/ liverwurst" 71="Cold cuts/ poultry" 72="Cold cuts/ regular" 73="Cold cuts/ lowfat" 74="Ham/ cold cut/ lunch meat/ reg" 75="Ham/ cold cut/ lunch meat/ lowfat" 76="Chicken/ fr/ light w/skin" 77="Chicken/ fr/ light wo/skin" 78="Chicken/ fr/ dark w/skin" 79="Chicken fr/ dark wo/skin" 80="Chicken/ light w/skin" 81="Chicken/ light wo/skin" 82="Chicken/ dark w/skin" 83="Chicken/ dark wo/skin" 84="Chicken/turkey ground" 85="Chicken/ mixtures" 86="Turkey" 87="Tofu/ soy meats" 88="Tuna canned, water packed" 89="Tuna canned, oil packed" 90="Tuna salad" 91="Fish fried" 92="Fish/ not fried" 93="Salmon, fresh tuna,trout" 94="Shellfish, not fried, NFA" 95="Shellfish, fried, FA" 96="Eggs/ regular" 97="Eggs/ whites, substitutes" [continued...]

Variable	Label	Description	Format Text
[...continued]			[...continued]
food_component_id_dh q_2			98="Eggs/ salad" 99="Soups/ broth w ndles/rice" 100="Soups/ w veggies" 101="Soups/ bean-type" 102="Soups/ creamed" 103="Eng muf/bagel, white" 104="Eng muf/bagel, whole gr" 105="Breads/rolls/ white" 106="Bread,whole gr" 107="Croissants" 108="Crackers" 109="Stuffing/dumplings" 110="Cornbread/muffins" 111="Biscuits/ all" 112="Donuts/ swt rolls/ danish/ pop tarts" 113="Muffins/dessert breads" 114="Cookies/ brownies" 115="Granola bars" 116="Cakes" 117="Cheesecake" 118="Pies/ fruit" 119="Pies/ cream" 120="Pies/ pumkin" 121="Pies/ pecan" 122="Crisps/cobblers" 123="Potato/othr chips (not corn)" 124="Potato/othr chips fat free (not corn)" 125="Corn chips" 126="Corn chips, fat free" 127="Popcorn" 128="Pretzels" 129="Nuts/seeds/ whole" 130="Nuts/seeds/ butters" 131="Pancke/ waff/ Fr tst" 132="Meal replacement bar" 133="Hot brkfst cereals, NFA" 134="Hot brkfst cereals, fat added, FA" [continued...]

Variable	Label	Description	Format Text
[...continued]			[...continued]
food_component_id_dh q_2			135="RTE cereal, hi-fiber" 136="RTE cereal, highly fort" 137="RTE cereal, good fiber" 138="RTE cereal, other" 139="Chow mein noodles" 140="Rice/grains/ NFA" 141="Rice/grains/ FA" 142="Pasta/ no fat added" 143="Pasta/ fat added" 144="Pasta/ meatless red sauce" 145="Pasta/ meat/fish sauce" 146="Lasagna/ rav/ shells/ etc" 147="Macaroni and cheese" 148="Pasta salad" 149="Pizza/ with meat" 150="Pizza/ without meat" 151="Egg rolls/ all" 152="Mexican mixtures/ all" 153="Oranges/ tangelo etc" 154="Grapefruit" 155="Apples" 156="Applesauce/ckd apples" 157="Pears" 158="Peaches/nectarines/plums" 159="Avocado/ guacamole" 160="Bananas" 161="Plantains" 162="Cantaloupe" 163="Melon, other" 164="Strawberries" 165="Grapes/ all" 166="Mango" 167="Dried fruit" 168="Dried fruit, apricot" 169="Pineapple" 170="Other fruits" 171="Orange/grpfrt jce"
			[continued...]

Variable	Label	Description	Format Text
<p data-bbox="94 321 248 348">[...continued]</p> <p data-bbox="94 375 370 432">food_component_id_dh q_2</p>			<p data-bbox="1136 321 1274 348">[...continued]</p> <p data-bbox="1136 375 1511 403">172="Orange/grpfrt jce Ca fortified"</p> <p data-bbox="1136 405 1321 432">173="Other juice"</p> <p data-bbox="1136 434 1406 462">174="Other juice, Ca fort"</p> <p data-bbox="1136 464 1321 491">175="Carrot juice"</p> <p data-bbox="1136 493 1425 520">176="Tomato/veg juice/ all"</p> <p data-bbox="1136 522 1321 550">177="Beans/NFA"</p> <p data-bbox="1136 552 1321 579">178="Beans/ FA"</p> <p data-bbox="1136 581 1252 609">179="Chili"</p> <p data-bbox="1136 611 1511 638">180="Potatoes/ white, no fat added"</p> <p data-bbox="1136 640 1360 667">181="Potatoes/ fried"</p> <p data-bbox="1136 669 1349 697">182="Potato salads"</p> <p data-bbox="1136 699 1511 726">183="Sweet potatoes, no fat added"</p> <p data-bbox="1136 728 1451 756">184="Lettuce, not dark green"</p> <p data-bbox="1136 758 1409 785">185="Lettuce/ dark green"</p> <p data-bbox="1136 787 1349 814">186="Pickled veg/frt"</p> <p data-bbox="1136 816 1419 844">187="Raw spinach/greens"</p> <p data-bbox="1136 846 1484 873">188="Ckd spinach/greens, no fat added"</p> <p data-bbox="1136 875 1435 903">189="Broccoli, no fat added"</p> <p data-bbox="1136 905 1430 932">190="Carrots, no fat added"</p> <p data-bbox="1136 934 1360 961">191="Tomatoes/ raw"</p> <p data-bbox="1136 963 1349 991">192="Tomato salsa"</p> <p data-bbox="1136 993 1360 1020">193="Tomato catsup"</p> <p data-bbox="1136 1022 1484 1050">194="String beans, no fat added"</p> <p data-bbox="1136 1052 1419 1079">195="Cabbage/sauerkraut"</p> <p data-bbox="1136 1081 1300 1108">196="Coleslaw"</p> <p data-bbox="1136 1110 1403 1138">197="Peas, no fat added"</p> <p data-bbox="1136 1140 1403 1167">198="Corn, no fat added"</p> <p data-bbox="1136 1169 1495 1197">199="Caulifl/Br Spr, no fat added"</p> <p data-bbox="1136 1199 1435 1226">200="Peppers, no fat added"</p> <p data-bbox="1136 1228 1338 1255">201="Peppers, hot"</p> <p data-bbox="1136 1257 1419 1285">202="Onions, no fat added"</p> <p data-bbox="1136 1287 1305 1314">203="Olives/ all"</p> <p data-bbox="1136 1316 1446 1344">204="Veg med, no fat added"</p> <p data-bbox="1136 1346 1274 1373">[continued...]</p>

Variable	Label	Description	Format Text
[...continued]			[...continued]
food_component_id_dh q_2			205="Asparagus, no fat added" 206="Winter squash no fat added" 207="Other vegetables, no fat added" 208="Margarine/ other uses/ reg" 209="Margarine/ other uses/ diet" 210="Butter/ other uses/reg" 211="Butter/ other uses/ reduced fat" 212="Margarine/ reg/ on bread" 213="Margarine/ diet/ on bread" 214="Butter/ reg/ on bread" 215="Butter/ reduced fat/ on bread" 216="Margarine/ reg/ on pancakes or waffles" 217="Margarine/ diet/ on pancakes or waffles" 218="Butter/ reg/ on pancakes or waffles" 219="Butter/ reduced fat/ on pancakes or waffles" 220="Margarine/ reg/ on potatoes" 221="Margarine/ diet/ on potatoes" 222="Butter/ reg/ on potatoes" 223="Butter/ reduced fat/ on potatoes" 224="Margarine/ reg/ on veg" 225="Margarine/ diet/ on veg" 226="Butter/ reg/ on veg" 227="Butter/ reduced fat/ on veg" [continued...]

Variable	Label	Description	Format Text
[...continued] food_component_id_dh q_2			[...continued] 228="Oils/ olive" 229="Oils/ corn" 230="Oils/ canola" 231="Oils/ other" 232="Salad drsg/ reg/ on salad or veg" 233="Salad drsg/ lowfat/fat free/ on salad or veg" 234="Mayonnaise/ reg on sandwich" 235="Mayonnaise/ diet on sandwich" 236="Mayonnaise/ reg on salad" 237="Mayonnaise/ diet on salad" 238="Lard/ fatback/ bacon fat" 239="Maple syrups on pancakes, etc" 240="Misc syrups/ toppings" 241="Sugars/honey/ not in coffee/tea" 242="Sugars/honey/ all in coffee/tea" 243="Gelatins" 244="Candy/ chocolate" 245="Candy/ not chocolate" 246="Jams/ jelly/ frt butters" 247="Coffee/ reg/ no cr/sug" 248="Coffee/ decaf/ no cr/sug" 249="Tea/ reg/ no cr/sug" 250="Tea/ reg preswt" 251="Tea/ reg/ preswt diet" 252="Tea/ decaf/ no cr/sug" 253="Tea/ decaf preswt" 254="Tea/ decaf/ preswt diet" 255="Soft drinks/ reg/ caff" [continued...]

Variable	Label	Description	Format Text
[...continued] food_component_id_dh q_2			[...continued] 256="Soft drinks/ reg/ decaf" 257="Soft drinks/ diet/ caff" 258="Soft drinks/ diet/ decaf" 259="Energy drinks/caff" 260="Fruit drinks/ reg" 261="Frt drinks/ diet" 262="Sports drinks" 263="Water, tap" 264="Water, bottled, unsweet" 265="Water, bottled, sweet" 266="Alc bev/ liquor" 267="Beer" 268="Wine" 269="Gravy" 270="Artificial sweeteners/ sacharin-based, not in coffee/tea" 271="Artificial sweeteners/ aspartame-based, not in coffee/tea" 272="Artificial sweeteners/ sucralose-based, not in coffee/tea" 273="Artificial sweeteners/ other, not in coffee/tea" 274="Artificial sweeteners/ sacharin-based, in coffee/tea" 275="Artificial sweeteners/ aspartame-based, in coffee/tea" 276="Artificial sweeteners/ sucralose-based, in coffee/tea" 277=""Artificial sweeteners/ other, in coffee/tea"F7"
size_dhq_2	Size	Portion Size	.M="Missing" .N="Not Applicable" 0="Small" 1="Medium" 2="Large"

Section 4: Demographics

Variable	Label	Description	Format Text
sex_dhq	Sex from DHQ-II	Sex from DHQ-II	0="Male" 1="Female"

Section 5: Carbohydrate constituents

Variable	Label	Description	Format Text
available_carb_ndsr_dhq_2	Available carbohydrate(grams)	Available carbohydrate	Num
erythritol_ndsr_dhq_2	Erythritol (grams)	Erythritol	Num
fibe_dhq_2	Dietary fiber(grams)	Dietary fiber	Num
fructose_ndsr_dhq_2	Fructose(grams)	Fructose	Num
galactose_ndsr_dhq_2	Galactose(grams)	Galactose	Num
gl_bread_ref_ndsr_dhq_2	Glycemic load (bread reference)	Glycemic load (bread reference)	Num
gl_glucose_ref_ndsr_dhq_2	Glycemic load (glucose reference)	Glycemic load (glucose reference)	Num
glucose_ndsr_dhq_2	Glucose(grams)	Glucose	Num
inositol_ndsr_dhq_2	Inositol (grams)	Inositol	Num
insoluble_fibe_ndsr_dhq_2	Insoluble dietary fiber(grams)	Insoluble dietary fiber	Num
lactitol_ndsr_dhq_2	Lactitol (grams)	Lactitol	Num
lactose_ndsr_dhq_2	Lactose(grams)	Lactose	Num
maltitol_ndsr_dhq_2	Maltitol (grams)	Maltitol	Num
maltose_ndsr_dhq_2	Maltose(grams)	Maltose	Num
mannitol_ndsr_dhq_2	Mannitol (grams)	Mannitol	Num
pinitol_ndsr_dhq_2	Pinitol (grams)	Pinitol	Num
soluble_fibe_ndsr_dhq_2	Soluble dietary fiber(grams)	Soluble dietary fiber	Num
sorbitol_ndsr_dhq_2	Sorbitol (grams)	Sorbitol	Num
starch_ndsr_dhq_2	Starch (grams)	Starch	Num
sucralose_ndsr_dhq_2	Sucralose (milligrams)	Sucralose	Num
sucrose_ndsr_dhq_2	Sucrose(grams)	Sucrose	Num
sucrose_polyester_ndsr_dhq_2	Sucrose polyester(grams)	Sucrose polyester	Num
sugr_usda_dhq_2	Total sugars (grams)	Total sugars	Num
total_fibe_ndsr_dhq_2	Total dietary fiber(grams)	Total dietary fiber	Num
xylitol_ndsr_dhq_2	Xylitol (grams)	Xylitol	Num

Section 6: Vitamins

Variable	Label	Description	Format Text
fa_dhq_2	Folic acid (DFE)	Folic acid	Num
fdfe_dhq_2	Folate, dietary folate equivalents(micrograms)	Folate, dietary folate equivalents	Num
ff_dhq_2	Food folate(micrograms)	Food folate	Num
niac_dhq_2	Niacin(milligrams)	Niacin	Num
niacin_equiv_mg_ndsr_dhq_2	Niacin equivalents (milligrams)	Niacin equivalents	Num
pantothenic_acid_mg_ndsr_dhq_2	Pantothenic acid (milligrams)	Pantothenic acid	Num
ret_mcg_dhq_2	Retinol(micrograms)	Retinol	Num
total_fola_mcg_dhq_2	Total folate (micrograms)	Total folate	Num
total_va_activity_iu_ndsr_dhq_2	Total vitamin A activity (International Units)	Total vitamin A activity (International Units)	Num
total_va_activity_mcg_ndsr_dhq_2	Total vitamin A activity (Retinol Equivalents)(micrograms)	Total vitamin A activity (Retinol Equivalents)	Num
vara_dhq_2	Vitamin A, retinol activity equivalents(micrograms)	Vitamin A, retinol activity equivalents	Num
vb12_dhq_2	Vitamin B12 (micrograms)	Vitamin B12	Num
vb1_dhq_2	Thiamin (Vitamin B1)(milligrams)	Thiamin (Vitamin B1)	Num
vb2_dhq_2	Riboflavin (Vitamin B2) (milligrams)	Riboflavin (Vitamin B2)	Num
vb6_dhq_2	Vitamin B6(milligrams)	Vitamin B6	Num
vc_dhq_2	Vitamin C(milligrams)	Vitamin C	Num
vit_e_atoc_dhq_2	Vitamin E as alpha-tocopherol(milligrams)	Vitamin E as alpha-tocopherol	Num
vitamin_e_iu_ndsr_dhq_2	Vitamin E (International Units)	Vitamin E (International Units)	Num
vitd_dhq_2	Vitamin D (calciferol)(micrograms)	Vitamin D (calciferol)	Num
vk_dhq_2	Vitamin K (micrograms)	Vitamin K	Num

Section 7: Minerals

Variable	Label	Description	Format Text
calc_dhq_2	Calcium (milligrams)	Calcium	Num
copp_dhq_2	Copper(milligrams)	Copper	Num
iron_dhq_2	Iron(milligrams)	Iron	Num
magn_dhq_2	Magnesium(milligrams)	Magnesium	Num
manganese_dhq_2	Manganese(milligrams)	Manganese	Num
phos_dhq_2	Phosphorus(milligrams)	Phosphorus	Num
pota_dhq_2	Potassium(milligrams)	Potassium	Num
sele_dhq_2	Selenium (micrograms)	Selenium	Num
sodi_dhq_2	Sodium(milligrams)	Sodium	Num
zinc_dhq_2	Zinc(milligrams)	Zinc	Num

Section 8: Carotenoids and Tocopherols

Variable	Label	Description	Format Text
acar_dhq_2	Alpha-carotene (micrograms)	Alpha-carotene	Num
bcar_dhq_2	Beta-carotene(micrograms)	Beta-carotene	Num
bcar_equiv_mcg_ndsr_dhq_2	Beta-carotene equivalents(micrograms)	Beta-carotene equivalents	Num
btoc_mg_ndsr_dhq_2	Beta-tocopherol(milligrams)	Beta-tocopherol	Num
cryp_dhq_2	Beta-cryptoxanthin (micrograms)	Beta-cryptoxanthin	Num
dtoc_mg_ndsr_dhq_2	Delta-tocopherol(milligrams)	Delta-tocopherol	Num
gtoc_mg_ndsr_dhq_2	Gamma-tocopherol(milligrams)	Gamma-tocopherol	Num
lyco_dhq_2	Lycopene(micrograms)	Lycopene	Num
lz_dhq_2	Lutein(micrograms)	Lutein + zeaxanthin	Num
natural_atoc_mg_ndsr_dhq_2	Natural alpha-tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)(milligrams)	Natural alpha-tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	Num
synthetic_atoc_mg_ndsr_dhq_2	Synthetic alpha-tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)(milligrams)	Synthetic alpha-tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	Num
tot_atoc_equiv_mg_ndsr_dhq_2	Total alpha-tocopherol equivalents(milligrams)	Total alpha-tocopherol equivalents	Num

Section 9: Other

Variable	Label	Description	Format Text
acesulfame_pota_mg_n dsr_dhq_2	Acesulfame potassium(milligrams)	Acesulfame potassium	Num
ash_g_ndsr_dhq_2	Ash(grams)	Ash	Num
aspartame_ndsr_dhq_2	Aspartame(milligrams)	Aspartame	Num
betaine_ndsr_dhq_2	Betaine(milligrams)	Betaine	Num
biochanin_a_mg_ndsr_ dhq_2	Biochanin A(milligrams)	Biochanin A	Num
caff_dhq_2	Caffeine(milligrams)	Caffeine	Num
choln_ndsr_dhq_2	Choline(milligrams)	Choline	Num
coumestrol_ndsr_dhq_2	Coumestrol(milligrams)	Coumestrol	Num
daidzein_ndsr_dhq_2	Daidzein(milligrams)	Daidzein	Num
formononetin_ndsr_dhq_ _2	Formononetin(milligrams)	Formononetin	Num
genistein_ndsr_dhq_2	Genistein(milligrams)	Genistein	Num
glycitein_ndsr_dhq_2	Glycitein(milligrams)	Glycitein	Num
gramwt_dhq_2	Gram weight(grams)	Gram weight	Num
mois_g_ndsr_dhq_2	Water(grams)	Water	Num
oxalic_acid_ndsr_dhq_2	Oxalic acid(milligrams)	Oxalic acid	Num
phytic_acid_ndsr_dhq_ _2	Phytic acid(milligrams)	Phytic acid	Num
saccharin_ndsr_dhq_2	Saccharin(milligrams)	Saccharin	Num

Section 10: Macronutrients & energy

Variable	Label	Description	Format Text
alc_dhq_2	Alcohol(grams)	Alcohol	Num
carb_dhq_2	Carbohydrate(grams)	Carbohydrate	Num
kcal_dhq_2	Energy(kilocalorie)	Energy	Num
prot_dhq_2	Protein(grams)	Protein	Num
tfat_dhq_2	Total fat(grams)	Total fat	Num

Section 11: Fats, fatty acids, & cholesterol

Variable	Label	Description	Format Text
chole_dhq_2	Cholesterol(milligrams)	Cholesterol	Num
m141_ndsr_dhq_2	MUFA 14:1 (myristoleic acid)(grams)	MUFA 14:1 (myristoleic acid)	Num
m161_dhq_2	MFA 16:1 (Hexadecenoic)(grams)	MFA 16:1 (Hexadecenoic)	Num
m181_dhq_2	MFA 18:1 (Octadecenoic)(grams)	MFA 18:1 (Octadecenoic)	Num
m201_dhq_2	MFA 20:1 (Eicosenoic)(grams)	MFA 20:1 (Eicosenoic)	Num
m221_dhq_2	MFA 22:1 (Docosenoic)(grams)	MFA 22:1 (Docosenoic)	Num
mfat_dhq_2	Total monounsaturated fatty acids(grams)	Total monounsaturated fatty acids	Num
n3fa_ndsr_dhq_2	Omega-3 fatty acids (grams)	Omega-3 fatty acids	Num
p182_dhq_2	PFA 18:2 (Octadecadienoic)(grams)	PFA 18:2 (Octadecadienoic)	Num
p183_dhq_2	PFA 18:3 (Octadecatrienoic)(grams)	PFA 18:3 (Octadecatrienoic)	Num
p184_dhq_2	PFA 18:4 (Octadecatetraenoic)(grams)	PFA 18:4 (Octadecatetraenoic)	Num
p204_dhq_2	PFA 20:4 (Eicosatetraenoic)(grams)	PFA 20:4 (Eicosatetraenoic)	Num
p205_dhq_2	PFA 20:5 (Eicosapentaenoic)(grams)	PFA 20:5 (Eicosapentaenoic)	Num
p225_dhq_2	PFA 22:5 (Docosapentaenoic)(grams)	PFA 22:5 (Docosapentaenoic)	Num
p226_dhq_2	PFA 22:6 (Docosahexaenoic)(grams)	PFA 22:6 (Docosahexaenoic)	Num
pfat_dhq_2	Total polyunsaturated fatty acids(grams)	Total polyunsaturated fatty acids	Num
s040_dhq_2	SFA 4:0 (Butanoic)(grams)	SFA 4:0 (Butanoic)	Num
s060_dhq_2	SFA 6:0 (Hexanoic)(grams)	SFA 6:0 (Hexanoic)	Num
s080_dhq_2	SFA 8:0 (Octanoic)(grams)	SFA 8:0 (Octanoic)	Num
s100_dhq_2	SFA 10:0 (Decanoic)(grams)	SFA 10:0 (Decanoic)	Num
s120_dhq_2	SFA 12:0 (Dodecanoic)(grams)	SFA 12:0 (Dodecanoic)	Num
s140_dhq_2	SFA 14:0 (Tetradecanoic)(grams)	SFA 14:0 (Tetradecanoic)	Num
s160_dhq_2	SFA 16:0 (Hexadecanoic)(grams)	SFA 16:0 (Hexadecanoic)	Num
s170_ndsr_dhq_2	SFA 17:0 (margaric acid)(grams)	SFA 17:0 (margaric acid)	Num
s180_dhq_2	SFA 18:0 (Octadecanoic)(grams)	SFA 18:0 (Octadecanoic)	Num

Variable	Label	Description	Format Text
s200_ndsr_dhq_2	SFA 20:0 (arachidic acid)(grams)	SFA 20:0 (arachidic acid)	Num
s220_ndsr_dhq_2	SFA 22:0 (behenic acid)(grams)	SFA 22:0 (behenic acid)	Num
sfat_dhq_2	Total saturated fatty acids(grams)	Total saturated fatty acids	Num
trans161_ndsr_dhq_2	Trans 16:1 (trans-hexadecenoic acid)(grams)	Trans 16:1 (trans-hexadecenoic acid)	Num
trans181_ndsr_dhq_2	Trans 18:1 (trans-octadecenoic acid [elaidic acid])(grams)	Trans 18:1 (trans-octadecenoic acid [elaidic acid])	Num
trans182_ndsr_dhq_2	Trans 18:2 (trans-octadecadienoic acid [linolelaidic acid]; incl. c-t, t-c, t-t)(grams)	Trans 18:2 (trans-octadecadienoic acid [linolelaidic acid]; incl. c-t, t-c, t-t)	Num
transfa_ndsr_dhq_2	Total trans fatty acids(grams)	Total trans fatty acids	Num

Section 12: Protein Constituents

Variable	Label	Description	Format Text
alanine_g_ndsr_dhq_2	Alanine(grams)	Alanine	Num
animal_protein_g_ndsr_dhq_2	Animal protein(grams)	Animal protein	Num
arginine_g_ndsr_dhq_2	Arginine(grams)	Arginine	Num
aspartic_acid_g_ndsr_dhq_2	Aspartic acid(grams)	Aspartic acid	Num
cystine_g_ndsr_dhq_2	Cystine(grams)	Cystine	Num
glutamic_acid_g_ndsr_dhq_2	Glutamin acid(grams)	Glutamin acid	Num
glycine_g_ndsr_dhq_2	Glycine (grams)	Glycine	Num
histidine_g_ndsr_dhq_2	Histidine(grams)	Histidine	Num
isoleucine_g_ndsr_dhq_2	Isoleucine(grams)	Isoleucine	Num
leucine_g_ndsr_dhq_2	Leucine(grams)	Leucine	Num
lysine_g_ndsr_dhq_2	Lysine(grams)	Lysine	Num
methionine_g_ndsr_dhq_2	Methionine(grams)	Methionine	Num
methylhistidine_mg_ndsr_dhq_2	3-Methylhistidine(milligrams)	3-Methylhistidine	Num
nitrogen_g_ndsr_dhq_2	Nitrogen(grams)	Nitrogen	Num
phenylalanine_g_ndsr_dhq_2	Phenylalanine(grams)	Phenylalanine	Num
proline_g_ndsr_dhq_2	Proline(grams)	Proline	Num
serine_g_ndsr_dhq_2	Serine(grams)	Serine	Num
threonine_g_ndsr_dhq_2	Threonine(grams)	Threonine	Num
total_protein_g_ndsr_dhq_2	Total protein(grams)	Total protein	Num
tryptophan_g_ndsr_dhq_2	Tryptophan(grams)	Tryptophan	Num
tyrosine_g_ndsr_dhq_2	Tyrosine(grams)	Tyrosine	Num
valine_g_ndsr_dhq_2	Valine(grams)	Valine	Num
veg_protein_g_ndsr_dhq_2	Vegetable protein(grams)	Vegetable protein	Num

Section 14: My Pyramid Equivalents

Variable	Label	Description	Format Text
mped_a_bev_drinks_dhq_2	Total drinks of alcohol	Total drinks of alcohol	Num
mped_add_sug_dhq_2	Teaspoon equivalents of added sugars	Teaspoon equivalents of added sugars	Num
mped_dairy_cheese_dhq_2	Number of cheese cup equivalents	Number of cheese cup equivalents	Num
mped_dairy_milk_dhq_2	Number of milk cup equivalents	Number of milk cup equivalents	Num
mped_dairy_total_dhq_2	Total number of milk group (milk, yogurt & cheese) cup equivalents	Total number of milk group (milk, yogurt & cheese) cup equivalents	Num
mped_dairy_yogurt_dhq_2	Number of yogurt cup equivalents	Number of yogurt cup equivalents	Num
mped_discfat_oil_dhq_2	Grams of discretionary oil	Grams of discretionary oil	Num
mped_discfat_sol_dhq_2	Grams of discretionary solid fat	Grams of discretionary solid fat	Num
mped_frt_citmlb_dhq_2	Number of citrus, melon, berry cup equivalents	Number of citrus, melon, berry cup equivalents	Num
mped_frt_other_dhq_2	Number of other fruit cup equivalents	Number of other fruit cup equivalents	Num
mped_frt_total_dhq_2	Total number of fruit cup equivalents	Total number of fruit cup equivalents	Num
mped_grain_nwhl_dhq_2	Number of non-whole grain ounce equivalents	Number of non-whole grain ounce equivalents	Num
mped_grain_total_dhq_2	Total number of grain ounce equivalents	Total number of grain ounce equivalents	Num
mped_grain_whl_dhq_2	Number of whole grain ounce equivalents	Number of whole grain ounce equivalents	Num
mped_legumes_dhq_2	Number of cooked dry beans and peas cup equivalents	Number of cooked dry beans and peas cup equivalents	Num
mped_m_egg_dhq_2	Oz equivalents of lean meat from eggs	Oz equivalents of lean meat from eggs	Num
mped_m_fish_hi_dhq_2	Oz cooked lean meat from fish, other seafood high in omega-3	Oz cooked lean meat from fish, other seafood high in omega-3	Num
mped_m_fish_lo_dhq_2	Oz cooked lean meat from fish, other seafood low in omega-3	Oz cooked lean meat from fish, other seafood low in omega-3	Num
mped_m_frnk_dhq_2	Oz cooked lean meat from franks, sausages, luncheon meats	Oz cooked lean meat from franks, sausages, luncheon meats	Num
mped_m_meat_dhq_2	Oz cooked lean meat from beef, pork, veal, lamb, and game	Oz cooked lean meat from beef, pork, veal, lamb, and game	Num

Variable	Label	Description	Format Text
mped_m_mpf_dhq_2	Oz cooked lean meat from meat, poultry, fish	Oz cooked lean meat from meat, poultry, fish	Num
mped_m_nutsd_dhq_2	Oz equivalents of lean meat from nuts and seeds	Oz equivalents of lean meat from nuts and seeds	Num
mped_m_organ_dhq_2	Oz cooked lean meat from organ meats	Oz cooked lean meat from organ meats	Num
mped_m_poult_dhq_2	Oz cooked lean meat from chicken, poultry, and other poultry	Oz cooked lean meat from chicken, poultry, and other poultry	Num
mped_m_soy_dhq_2	Oz equivalents of lean meat from soy product	Oz equivalents of lean meat from soy product	Num
mped_veg_dpyel_dhq_2	Number of orange vegetable cup equivalents	Number of orange vegetable cup equivalents	Num
mped_veg_drkgr_dhq_2	Number of dark-green vegetable cup equivalents	Number of dark-green vegetable cup equivalents	Num
mped_veg_other_dhq_2	Number of other vegetable cup equivalents	Number of other vegetable cup equivalents	Num
mped_veg_potato_dhq_2	Number of white potato cup equivalents	Number of white potato cup equivalents	Num
mped_veg_starcy_dhq_2	Number of other starchy vegetable cup equivalents	Number of other starchy vegetable cup equivalents	Num
mped_veg_tomato_dhq_2	Number of tomato cup equivalents	Number of tomato cup equivalents	Num
mped_veg_total_dhq_2	Total number of vegetable cup equivalents, excl legumes	Total number of vegetable cup equivalents, excl legumes	Num

Section 15: Food Pyramid Equivalents (an update to the My Pyramid Equivalents)

Variable	Label	Description	Format Text
fped_a_drinks_dhq_2	Alcohol drinks.	Alcohol drinks.	Char
fped_add_sugars_dhq_2	Added sugars teaspoon equivalents;	Added sugars teaspoon equivalents;	Num
fped_d_cheese_dhq_2	Cheese cup equivalents;	Cheese cup equivalents;	Num
fped_d_milk_dhq_2	Milk cup equivalents;	Milk cup equivalents;	Num
fped_d_total_dhq_2	Total milk cup equivalents;	Total milk cup equivalents;	Num
fped_d_yogurt_dhq_2	Yogurt cup equivalents;	Yogurt cup equivalents;	Num
fped_f_citmlb_dhq_2	Citrus, melon, berry fruit cup equivalents;	Citrus, melon, berry fruit cup equivalents;	Num
fped_f_juice_dhq_2	Juice fruit cup equivalents;	Juice fruit cup equivalents;	Num
fped_f_other_dhq_2	Other fruit cup equivalents;	Other fruit cup equivalents;	Num
fped_f_total_dhq_2	Total fruit cup equivalents;	Total fruit cup equivalents;	Num
fped_g_refined_dhq_2	Refined grain ounce equivalents;	Refined grain ounce equivalents;	Num
fped_g_total_dhq_2	Total number of grain ounce equivalents;	Total number of grain ounce equivalents;	Num
fped_g_whole_dhq_2	Whole grain ounce equivalents;	Whole grain ounce equivalents;	Num
fped_oils_dhq_2	Oil gram equivalents;	Oil gram equivalents;	Num
fped_pf_curedmeat_dhq_2	Cured meat protein foods ounce equivalents;	Cured meat protein foods ounce equivalents;	Num
fped_pf_eggs_dhq_2	Eggs protein foods ounce equivalents;	Eggs protein foods ounce equivalents;	Num
fped_pf_legumes_dhq_2	Legumes protein foods ounce equivalents;;	Legumes protein foods ounce equivalents;;	Num
fped_pf_meat_dhq_2	Meat from beef, pork, veal, lamb, and game protein foods ounce equivalents;	Meat from beef, pork, veal, lamb, and game protein foods ounce equivalents;	Num
fped_pf_mps_total_dhq_2	Total meat, poultry, seafood protein foods ounce equivalents;	Total meat, poultry, seafood protein foods ounce equivalents;	Num
fped_pf_nutsds_dhq_2	Nuts and seeds protein foods ounce equivalents;	Nuts and seeds protein foods ounce equivalents;	Num
fped_pf_organ_dhq_2	Meat from organ meat protein foods ounce equivalents;	Meat from organ meat protein foods ounce equivalents;	Num
fped_pf_poult_dhq_2	Poultry protein foods ounce equivalents;	Poultry protein foods ounce equivalents;	Num
fped_pf_seafd_hi_dhq_2	Seafood high in omega-3 protein foods ounce equivalents;	Seafood high in omega-3 protein foods ounce equivalents;	Num
fped_pf_seafd_low_dhq_2	Seafood low in omega-3 protein foods ounce equivalents;	Seafood low in omega-3 protein foods ounce equivalents;	Num

Variable	Label	Description	Format Text
fped_pf_soy_dhq_2	Soy products protein foods ounce equivalents;	Soy products protein foods ounce equivalents;	Num
fped_protein_food_total_dhq_2	Total protein foods ounce equivalents	Total protein foods ounce equivalents	Num
fped_solid_fats_dhq_2	Solid fat gram equivalents;	Solid fat gram equivalents;	Num
fped_v_drkgr_dhq_2	Dark-green vegetable cup equivalents;	Dark-green vegetable cup equivalents;	Num
fped_v_legumes_dhq_2	Legumes vegetable cup equivalents;	Legumes vegetable cup equivalents;	Num
fped_v_other_dhq_2	Other vegetable cup equivalents;	Other vegetable cup equivalents;	Num
fped_v_redor_othr_dhq_2	Red/orange other vegetable cup equivalents	Red/orange other vegetable cup equivalents	Num
fped_v_redor_tom_dhq_2	Red/orange tomato vegetable cup equivalents;	Red/orange tomato vegetable cup equivalents;	Num
fped_v_redor_tot_dhq_2	Total red/orange vegetable cup equivalents	Total red/orange vegetable cup equivalents	Num
fped_v_starch_oth_dhq_2	Other starchy vegetable cup equivalents;	Other starchy vegetable cup equivalents;	Num
fped_v_starch_pot_dhq_2	White potato starchy vegetable cup equivalents;	White potato starchy vegetable cup equivalents;	Num
fped_v_starch_tot_dhq_2	Total starchy vegetable cup equivalents	Total starchy vegetable cup equivalents	Num
fped_v_total_dhq_2	Total vegetable cup equivalents	Total vegetable cup equivalents	Num