

## **COMPARISON OF FOOD PATTERN/GROUP DATA AVAILABLE IN NDSR AND ASA24 OUTPUT (DATA) FILES**

### NDSR

The NDSR output files provide food serving counts for 165 food categories, which nest within 9 major food groups. In addition, summary estimates of total grains, whole grains, and refined grains are available. The food categorization system was designed so that researchers have flexibility in creating food categories. For example, within the beverage food group there are four categories of alcoholic beverages (beers and ales; cordial and liqueur; distilled liquor; and wine). By including multiple categories of alcoholic beverages researchers may create an estimate of servings of alcoholic beverages of any type (sum the four alcoholic beverage categories) while also having servings of each of these types of alcoholic beverages available for use in study analyses. The NDSR food serving counts also facilitate calculation of a variety of food pattern indices. For example, Healthy Eating Index 2010 (HEI 2010) scores may be calculated using the food serving count variables in conjunction with nutrient data available in NDSR output files.

### ASA24

The ASA24 output files provide food serving counts for 9 major food groups and 28 food categories within those groups. The food categorization system was designed to facilitate calculation of Healthy Eating Index 2010 scores. It may be possible to use the food categories for calculating scores for additional food pattern indices, but this ability may be limited by the number of food categories available.

## Comparison of Food Categories in NDSR and ASA24

| Food Category       | NDSR   | ASA24   |
|---------------------|--|---|
| Fruit               | 7 subgroups<br>(e.g. citrus juice; fruit juice excluding citrus; citrus; citrus fruit; avocado; etc.)                | total and 3 subgroups<br>(citrus melons, and berries; other fruits; fruit juices)               |
| Vegetables          | 10 subgroups<br>(e.g. dark green; deep-yellow; tomato; fried potatoes; legumes; etc.)                                | total and 10 subgroups<br>(e.g. dark green; total red and orange; tomato; beans and peas; etc.) |
| Grains              | Total, whole, refined and 35 subgroups<br>(e.g. breads; crackers; pasta; ready-to-eat cereal; etc. by type of grain) | total and 2 subgroups<br>(whole grains and refined grains)                                      |
| Protein Foods       | 28 subgroups<br>(e.g. beef; veal; lamb; fresh pork; poultry; eggs; nuts and seeds; etc.)                             | total and 11 subgroups<br>(e.g. meat; cured meat; poultry; eggs; nuts and seeds; etc.)          |
| Dairy               | 28 subgroups<br>(e.g. milk; cheese; yogurt; ice cream; etc. by fat level and whether sweetened)                      | total and 3 subgroups<br>(milk; yogurt; cheese)   |
| Fats/Oils           | 14 subgroups<br>(e.g. margarine; butter; oil; shortening; cream; salad dressing; etc.)                               | total oils  |
| Solid fats          | total  | total   |
| Added sugars        | total  | total   |
| Alcoholic drinks    | 4 subgroups within the 'beverage' category<br>(beers and ales; cordial and liqueur; distilled liquor; and wine)      | total   |
| Sweets              | 8 subgroups<br>(e.g. chocolate candy; non-chocolate candy; etc.)   | not available   |
| Beverages           | 26 subgroups<br>(e.g. soft drinks; tea; coffee; etc. by how sweetened (e.g. sugar sweetened or artificial)           | alcoholic drinks available only   |
| Miscellaneous foods | 10 subgroups<br>(e.g. pickled foods; sugar substitute; etc.)   | not available   |