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**Final Report on Cognitive Research on the Food List
for the Household Food Consumption Survey**

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Abstract

The household component of the Nationwide Food Consumption Survey (NFCS) collected data on the foods that a sample household used in a given seven-day period. The basic vehicle for collecting this information was a food list that was organized at three levels for most food items. First, respondents are asked if they used any foods from a broad grouping of foods, such as vegetables. We refer to this as the food group level. Respondents who report using the food group are asked if they used any foods from narrower, more specific categories within that group, such as corn or lettuce. We refer to this as the food category level. Finally, respondents who report using these categories are asked to report the specific foods they used, such as iceberg, Boston, or leaf lettuce. We refer to this as the food item level.

Our initial research was based on the premise that foods were being under-reported because the list was not organized in a way that respondents thought about foods. Our goal was to improve the accuracy and completeness of respondents' reporting of foods, and an important way to achieve that goal was to make it easier to recall foods. Another advantage of simplifying the respondents' task is that it would reduce respondent burden. Our focus was on the content and organization of the food list.

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Final Report on Cognitive Research on the Food List for the Household Food Consumption Survey

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U.S. Bureau of the Census
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BACKGROUND

The household component of the Nationwide Food Consumption Survey (NFCS) collected data on the foods that a sample household used in a given seven-day period. The basic vehicle for collecting this information was a food list that was organized at three levels for most food items. First, respondents are asked if they used any foods from a broad grouping of foods, such as vegetables. We refer to this as the food group level. Respondents who report using the food group are asked if they used any foods from narrower, more specific categories within that group, such as corn or lettuce. We refer to this as the food category level. Finally, respondents who report using these categories are asked to report the specific foods they used, such as iceberg, Boston, or leaf lettuce. We refer to this as the food item level.

Our initial research was based on the premise that foods were being under-reported because the list was not organized in a way that respondents thought about foods. Our goal was to improve the accuracy and completeness of respondents' reporting of foods, and an important way to achieve that goal was to make it easier to recall foods. Another advantage of simplifying the respondents' task is that it would reduce respondent burden. Our focus was on the content and organization of the food list.

REVISION OF THE FOOD LIST

We began our research by reorganizing the list of food items contained in Section II of the 1987-88 NFCS questionnaire. We used our expertise in how respondents would organize foods as well as that of the nutritionists at HNIS in how foods are nutritionally similar. In reorganizing the food list, we adopted several general principles:

- 1) Group similar categories of foods together into one food group. The task of searching one's memory for all the foods used by the household in the past seven days is a very complicated one. One way to simplify it is to restrict the scope of the information that the respondent must consider in response to a single screener question. In order to accomplish this, we made some changes to the food groups. The changes were intended to narrow the kinds of foods that were queried at one time. For example, the original food group "Puddings, Ice Cream, Butter, Mayonnaise, Fats, Oils, or Salad Dressings" contains a wide variety of foods, and their inclusion in a single food group is not likely to make much sense to respondents. We separated these into three more homogenous food groups: one that deals with fats for cooking or spreading on bread, etc. ("Butter, Fats, Oil, or Shortening"), another that deals with sweet things ("Pudding, Gelatin, Frozen Desserts, Whipped or Other

Dessert Toppings"), and another that deals with condiment-type ingredients ("Salad Dressing, Ketchup, Mayonnaise, Pickles, Olives, or Other Condiments").

In addition to separating food groups into their constituent parts, we also combined categories to group similar kinds of foods together. For example, we created a single food group, "Beverages", that included food categories from several other food groups ("Juices, Drinks, Ades, Punches, Nectars"; "Nuts, Beverages"; as well as breakfast drinks from the "Eggs, Milk Products, Cheese" food group and chocolate syrup from the "Sugar, Syrup and Sweets" food group).

2) Use the broadest possible terminology in labelling the food groups. The major purpose of the food group screener is to eliminate respondents who have not used any of the food items contained within the food group (e.g., households with no small children, vegetarians). Once respondents have answered the screener positively, they will be asked more specifically about food categories within the food group. Therefore, in order to get respondents into the food group, it is important to ask the broadest possible questions. We followed this principle in titling our "Beverages" food group as well as "Bread and Bread Products."

This is not a universal principle, however, because there are not always simple phrases that capture the content of a food group. In fact, many of the titles of our food groups contain lists of kinds of foods that are contained within (e.g., "Cookies, Cakes, Pies, or Breakfast Sweets"; "Sugars, Sweeteners, Jelly, Syrup, or Honey"; "Baby Food, including Formula, Food, Snacks, or Desserts"). However, even in these situations, it is not possible to include complete enumerations of the contents of a food group in the title without overburdening the respondent. We felt the key was to include in the title a fair representation of the contents of the food group, so respondents would use those as triggers to spur recall of other similar items.

Another aspect of using the broadest terminology possible involves making sure the entire range of items contained in the food group is referenced in the title. In the 1987-88 questionnaire, this principle was violated in the descriptions of the food groups that had "substitutes," since the term "substitutes" was not included in the title. We revised the title of the "Eggs, Milk Products, Cheese" food group to "Eggs, Dairy Products, or Their Substitutes" to alert respondents that egg replacements, etc. are included in this food group.

3) Place the "Frozen, Prepackaged, or Carryout Foods" food group first to minimize confusion about where to report its contents. For the most part, we maintained the same sequence of food groups as the 1987-88 questionnaire. However, we moved the "Frozen, Prepackaged, or Carryout Foods" section to the front of the list to stimulate more accurate recall. For the most part, the frozen or prepared food items that get reported in this section might also be viewed by respondents as fitting into some of the other food groups on the questionnaire (for example, carryout fried chicken might get reported under the "Poultry, Game or Organ Meat" food group or frozen macaroni and cheese might get reported in the "Rice, Pasta or Other Noodles" food group.) In fact, foods might get reported incorrectly in these categories without interviewers ever knowing that respondents have categorized them incorrectly.

In order to minimize this type of error, we moved this food group to the beginning. Our logic in doing this was that once respondents had reported about these foods, they could forget about them, and concern themselves only with foods that should be reported in the remaining food groups.

4) Include as food categories, foods that are qualitatively different from others in the food group. Respondents who report having used the food group in the past seven days are asked explicitly whether they have used each of the food categories. In developing the list of food categories, we combined some categories from the 1987-88 questionnaire for which recall could be stimulated by the same trigger (e.g., tuna canned in water, tuna canned in oil and tuna spreads can all be recalled by the category "tuna"). However, for foods that are qualitatively different from others in the category (e.g., sardines, salmon), we included them as food categories. The main criteria for this decision was how necessary we felt the trigger was to stimulate recall of the food. We did not make a decision based on the frequency of reports of the food in past surveys because there are many factors that influence whether foods will be reported. The frequency reports from previous surveys may be affected by poor placement of food items in earlier questionnaires. Items that were hidden in inappropriate categories may have low frequency reports due to their location on the questionnaire rather than their actual rates of usage in the population.

A copy of the revised food list used for the interviews is included as Appendix A.

METHODOLOGY

As we were developing the revised food list, we identified two types of problems. First, some of the terms may not be common or may not be understood by all respondents. We called these terms "ambiguous." Second, there was potential overlap between the categorization of some food items. We called these food items "hard-to-classify."

There were ambiguous terms at all three levels of the food list. During interviewing, we presented these terms to respondents and asked them to define the terms. When we asked about ambiguous terms in the food group, the respondents had cards with the names of the food groups spread out in front of them. In this way, they saw the terms in the context of the other food groups. When we asked about ambiguous terms in the food category, we handed the respondent a sheet of paper which contained the name of the food group as well as all of the food categories in that food group. Again, this presented the term in the context of the other categories. When asking the respondent to define terms in the third level of the food list, the food items, we handed the respondent a sheet of paper with the food group name, the food category in which the food item had been placed, and the other food items within that food category. A copy of the ambiguous terms is included as Appendix B.

There were hard-to-classify foods at the food category and food item levels. For these foods, we chose to have the respondents sort cards with the name of the food into the food group that they felt was appropriate. We began each of

these two tasks by asking the respondents to review the foods on the cards and to put aside any that they were not familiar with. We asked them to sort the cards into the food groups, talking aloud as they were doing this task. For the hard-to-classify foods at the food item level, after the cards had been sorted into food groups, we handed the respondent a sheet of paper that had the food group and food categories listed. We then asked the respondent in which category the food should be classified. A list of the hard-to-classify terms is included as Appendix C.

There was one other card sorting task that we asked respondents to do. The revised food list contains well over 100 cold cereals. We felt unsure of how to organize these so that they would be easy for the respondent to select. We found several options for ways to present the list: alphabetically, by grain in the cereal, or by cereal shape. On the food list, we organized them by cereal shape. To see if there was a standard way that respondents organized cold cereals, we chose 29 cereals from the list, presented them on cards to the respondent, and asked them to sort the cards on what they thought of as similar characteristics.

Initially, we began the interview by handing respondents the cards with the name of each food group and asking them to give us examples of foods that they thought should be included in each food group. We thought that this would put respondents at ease and get an unbiased view of how the respondent thought about the food group. This, however, was abandoned after the first several interviews because this took too much time and did not allow us to complete the interviews in the allotted time frame (two hours). Instead, we just placed the cards on the table in front of respondents and asked them to look over the food groups.

The interview proceeded as follows: the respondents' definition of ambiguous terms in the food group titles, card sort of hard-to-classify foods from the food categories, the respondents' definition of ambiguous terms from the food categories, card sort of hard-to-classify food items, card sort of cold cereals, and finally, the respondents' definition of ambiguous terms in the food item description.

Staff from the Center for Survey Methods Research (CSMR) conducted 17 interviews from approximately the middle of July through the middle of August. All interviews were conducted within the Washington, D.C. metropolitan area. Respondents were recruited from a variety of sources. They fell into four categories: low income, farmers, southerners, and Hispanics. The low income category was included because HNIS is planning to oversample households in low income areas and we wanted to insure input from this group in questionnaire development. The other three categories were chosen to include respondents who we thought would be familiar with the foods on the ambiguous and hard-to-classify lists. Low income respondents were recruited from a local food stamp office. Farmers were recruited from the Farm Bureau. To get respondents from the southern United States, we contacted alumni associations from southern universities. We recruited Hispanic respondents through a community-based organization that has a variety of contacts in the Hispanic community.

The interviews lasted an average of two hours. They were held in a variety of places ranging from respondents' homes, to a variety of public facilities, to the CSMR and Bureau of Labor Statistics cognitive labs. All interviews were audio-taped and those conducted in the CSMR lab were also video-taped. Respondents received monetary compensation for their time and travel expenses. Summary reports were written for each interview.

The remainder of the report is organized as follows: results related to ambiguous terms included in the names of the food group (level 1); results related to hard-to-classify terms and ambiguous terms included in the names of the food categories (level 2); results related to hard-to-classify terms and ambiguous terms contained in the names of the food items (level 3); results regarding the classification of cold cereals (level 3); and recommendations.

RESULTS

LEVEL 1: FOOD GROUPS

Ambiguous Terms

Respondents were probed for their interpretation of ambiguous terms that were contained in the title of the food groups. In addition to definitions, they were asked to give examples of relevant food items.

Frozen, Prepackaged, or Carryout Foods (Group 1)

Respondents were probed for their interpretation of "prepackaged" and "carryout" foods.

The initial thought of many respondents was that prepackaged food was frozen, but the specific contents of the frozen food varied across these respondents. Frozen dinners were mentioned by most of them, but frozen vegetables, frozen chicken, and frozen pizza were also mentioned. When probed about whether prepackaged foods were always frozen, most said no, and gave a wide variety of examples of non-frozen prepackaged food, ranging from cookies to jello and pudding to apples.

Other respondents thought the food had been prepared and just needed to be warmed up. This definition was broader and included things like ravioli, canned beans, and pork and beans. Even broader definitions were interpreted by a small number of respondents. These included food that is packaged at the manufacturers (almost all food), food packaged by a restaurant and then picked up as carryout. In summary, this term did not evoke the wide range of food items that the food group includes.

Respondents were more on track in their definitions of carryout food. Most respondents defined this term to include fast food or food prepared by restaurants and eaten away from the restaurant. Examples included McDonalds, Kentucky Fried Chicken, Chinese restaurants, Mexican restaurants, pizza places, and delis. In addition, respondents were asked what the term takeout meant because we thought the term might be regionally applied. Almost all

respondents thought that carryout and takeout were synonymous. Two other interpretations were noted: takeout means doggie bags taken home from restaurants, and takeout includes food that you take out of restaurants while carryout is food that is delivered by the restaurant itself.

Lunch Meat/Cold Cuts, Hot Dogs, Sausage, or Meat or Poultry Spreads (Group 5)

Due to an oversight, the wording of this food group in the materials for the cognitive interviews was slightly different than the revised food list. While the revised food list includes Meat or Poultry Spreads as part of the food group title, the materials for the cognitive interviews referred to part of the food group title as Canned Meats or Spreads. Therefore, throughout the rest of this report, we refer to this food group as "Lunch Meat/Cold Cuts, Hot Dogs, Sausage, or Canned Meats or Spreads."

Respondents had varying levels of knowledge about this food group. Only a few could give definitions of the terms, while many more could give examples. Definitions involved meat that was ground or pureed, with something added to it. Additions included water, preservatives and whey. The purpose of the processing was to make the meat spreadable. Potted meat, vienna sausages, deviled ham, chipped beef, chopped ham, and chopped turkey were mentioned as canned meats. Respondents did not interpret this food group to be strictly limited to meats. Canned tuna was frequently reported as belonging in this food group; some respondents also reported canned salmon and sardines.

Eggs, Dairy Products, or Their Substitutes (Group 7)

All respondents except one were familiar with the term dairy products. Most were able to define it as either milk-based products or things that come from a cow. Examples included milk, cheese, ice cream, yogurt, cottage cheese, and butter. However, in spite of the correct definition, a fair number of respondents still included eggs as dairy products. Surprisingly, two respondents included juice in this category.

Respondents were slightly less familiar with the term their substitutes, also contained in the name of the food group. While many respondents could give examples of substitutes, only a few gave definitions: replacements, products that are human-made to taste like the real thing, not the actual product but appear to be, missing things that the real product has, or anything with artificial ingredients. Some respondents recognized that the purpose of the substitutes was health-related, but this was not true for the majority. Examples given include foods that are both correctly and incorrectly categorized as dairy substitutes: Egg Beaters, powdered eggs, non-dairy creamer, powdered milk, Lactaid milk, Latex, low-fat cheese, non-dairy fat-free cheese (Alpine Lace), and no-fat ice cream.

Vegetables or Fresh Herbs (Group 8)

For the most part, respondents defined fresh herbs as plants that were grown like vegetables and found either in the vegetable section of the grocery store or in a garden. A key factor was that the plants were not processed or dried. Examples included garlic, parsley, thyme, basil, and ginger. Some of the

things identified as fresh herbs are not the kind of herbs included in the survey. One respondent thought this category included mushrooms, bean sprouts, and alfalfa. Another respondent (who was foreign-born) thought it included medicinal herbs such as dormilona and magetti. Still another respondent thought the term referred to ingredients of herbal teas such as sassafras, peppermint and spearmint. There was general recognition that the difference between fresh herbs and spices is that fresh herbs have not been processed, while spices are either dried or powdered and found in jars.

Beverages (Group 9)

Respondents had no trouble understanding the term beverages. Almost every definition that was provided contained one of the following two words: drinks or liquid. Examples scanned the range of possible beverages, from water, to milk, fruit juices, sodas, to coffee and tea, to alcoholic beverages. The term elicited all kinds of alcoholic beverages--beer, wine, and alcohol.

Rice, Pasta or Other Noodles (Group 11)

There seemed to be very little consensus as to the meaning of the terms pasta and noodles among our respondents. First of all, some respondents were not familiar with the term pasta at all. Second, some respondents thought pasta and noodles were distinguished by how they were used (e.g., whether or what kind of sauce was used, whether they were used in a salad or soup). Third, many respondents tried to differentiate the two by shape, and the distinctions were not consistent. One respondent thought elbow-shaped macaroni was a noodle, and all other shapes were pasta; another respondent thought long, flat shapes were noodles, and all other shapes were pasta; many respondents thought macaroni and spaghetti were noodles, while similar numbers thought these items were pasta. A couple of respondents made distinctions based on ingredients (egg vs. no egg, amount of carbohydrates).

Bread or Bread Products (Group 14)

The concept of bread products was not well-understood by respondents. To some respondents it was not a meaningful term at all. A few respondents gave definitions, which covered a wide range of products: things made from bread, things made with bread, things that come from bread, types of bread, things containing yeast, or things made from wheat or dough. In addition, some respondents did not think there was any difference between bread and bread products. The examples provided contained a large degree of overlap between the food items listed under bread and under bread products, and also with the foods contained in other food groups. Examples included the following: white bread, wheat bread, hamburger rolls, tortillas, croutons, corn bread, muffins, doughnuts, crackers, pastries, sweet breads, English muffins, bagels, cakes, and cookies.

Cookies, Cakes, Pies, or Breakfast Pastries (Group 15)

As with terms contained in other food groups, there was no consensus as to the meaning of breakfast pastries. There were three general categories of foods: foods that are sweet and associated with breakfast, foods that are quick and

easy to prepare, and foods that go in the toaster. Examples of the first category include doughnuts, danish, cinnamon rolls, coffee cake, pancakes, and waffles. Examples of the second include croissants, muffins, bagels, and granola bars. Examples of the third include Pop Tarts, toaster strudel, and frozen donuts.

Candy or Dietetic Candy (Group 16)

The term dietetic candy was much more familiar to respondents than previous ones. Only a couple of respondents had never heard of dietetic candy. There was uniform agreement that lack of sugar was the distinguishing characteristic of dietetic candy--it had either low sugar or no sugar. Some respondents thought this was for diabetics, while others thought it was for people who were trying to lose weight.

Pudding, Gelatin, Frozen Dessert, Whipped or Other Dessert Toppings (Group 17)

Most respondents interpreted the term frozen desserts to mean desserts that were found in the frozen food section of the grocery store. Examples given included ice cream, popsicles, sherbet, frozen pies, frozen cakes, and frozen strawberries. One respondent thought ice cream did not belong here, since it is a dairy product. A minority of respondents thought that frozen pies were not frozen desserts, they belonged with the pies.

Soups, Gravies, Sauces, or Seasoning Mixes (Group 22)

There were two general interpretations of the term seasoning mixes. One involved packets of dry seasoning mixes that get added to water or milk. (Examples included meat loaf seasoning mix, hamburger helper seasoning mix, chili seasoning, spaghetti seasoning, and taco mix.) The other was a combination of seasonings contained in a single plastic bottle that are shaken onto the food. (Examples included seasoned salt, lemon seasoning, Italian seasoning.) When providing examples of seasoning mixes, some respondents included both of these kinds of mixes. This suggests that there is not a clear distinction between them.

Baking Ingredients, Mixes, or Doughs (Group 23)

When probed about baking ingredients, almost all respondents were familiar with the term, and answered that this included ingredients that were used for baking. Most respondents limited their interpretation to baking bread, cakes, pies, cookies, etc., but others had a wider interpretation, including such things as tuna casserole, lasagna, and baked chicken. Regardless of whether respondents had a broad or narrow interpretation of the term, quite a few of them included such things as flour, sugar, milk, eggs, and butter, which are included in other food groups in the food list. Baking powder, baking soda, and vanilla extract were also mentioned.

Several respondents did not have a clear understanding of the term mixes. They either were totally unfamiliar with the term or thought that ingredients were bought individually and then blended together at home. However, a majority of respondents identified mixes as prepackaged in boxes, with a few

ingredients like water, eggs, or oil needing to be added at home. Examples of mixes included cake mixes, pancake and waffle mixes, bread mixes, brownie mixes, and Bisquick.

All except two respondents were familiar with the term dough. However, several of these did not identify the term with prepackaged products. Instead they defined it in terms of having to mix ingredients together and let them sit to make a sticky substance used for making bread, rolls, noodles, pie crust, etc. About half of the respondents gave examples of products that were either frozen or in the refrigerated section of the grocery store, that were ready to be baked into biscuits, cookies, pie crusts, or taco shells.

LEVEL 2: FOOD CATEGORIES

Hard-to-Classify Food Categories

We used a card sort to get respondents to suggest a placement for food categories that were noted as hard to classify during the food list revision process. This card sort consisted of 13 hard-to-classify food categories that each respondent was instructed to classify into the 24 food groups.

It was very difficult for respondents to find a location for sugar or wafer cones. This food category was placed in 7 different food groups. The majority of respondents could accurately describe this item and stated that it was used for ice cream; however, very few respondents actually placed this with ice cream in the " pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings" food group. Several respondents classified this item in the "Cookies, Cakes, Pies, or Breakfast Pastries" food group because of the consistency of the item. Other respondents classified this item in the "Sugars, Sweeteners, Jelly, Syrup, or Honey" food group either because it was made with sugar or because they viewed sugar and wafer cones as two separate items and decided that sugar easily belonged in this food group. On our revised food list, sugar or wafer cones were classified with ice cream in the " pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings" food group.

There appear to be two food groups that were used for classifying chocolate syrup. The majority of respondents placed this in the " pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings" food group because they use it as a topping for ice cream. Of the remaining respondents, a large number placed chocolate syrup in the "Sugars, Sweeteners, Jelly, Syrup, or Honey" food group because it is a syrup that is made from sugar and is sweet. One respondent mentioned that she used chocolate syrup with her milk but that she did not think it would be classified with dairy products. Another respondent stated that chocolate syrup should be placed in the "Hot or Cold Cereals, Pancakes, or Waffles" food group because it is used as a topping for waffles and pancakes. Our revised food list classified chocolate syrup in the cocoa and cocoa mix food category in the "Beverages" food group.

The vast majority of respondents classified muffins in the "Bread or Bread Products" food group because either they were made out of bread or made out of

the same ingredients as bread. A few respondents also classified muffins with the "Cookies, Cakes, Pies, or Breakfast Pastries" food group because they were sweet and eaten at breakfast. Our revised food list classified muffins in the breakfast pastries food category in the "Cookies, Cakes, Pies, or Breakfast Pastries" food group.

All respondents who could classify alcohol unanimously placed it in the "Beverages" food group. This was easy to classify because this item clearly matched respondents' definition of "beverage" which was "something to drink." Our revised food list also included alcohol in this food group.

Hominy grits were classified in 4 different food groups. The majority of respondents were split between the "Flour, Cornmeal, Cornstarch, or Other Grains" food group which represented to respondents what it was made from, and the "Hot or Cold Cereals, Pancakes, or Waffles" food group which represented how it was eaten. On our revised food list, hominy grits were classified in terms of how it was eaten in the "Hot or Cold Cereals, Pancakes, or Waffles" food group.

Most respondents placed barbecue sauce in the "Salad Dressing, Ketchup, Mayonnaise, Pickles, Olives, or Other Condiments" food group because of how it is used. Many respondents stated that it belonged in this food group because it is used to enhance the flavor of foods like other condiments. A few respondents placed this item in the "Soups, Gravies, Sauces, or Seasoning Mixes" food group because it had the word sauce in it. One respondent classified barbecue sauce with the "Vegetables or Fresh Herbs" food group because it was made from tomatoes and two other respondents classified it with the "Beef, Pork, Veal, or Lamb" food group because those were the meats that were likely to be used in conjunction with the barbecue sauce. The revised food list placed barbecue sauce with sauces in the "Soups, Gravies, Sauces, or Seasoning Mixes" food group.

The overwhelming consensus was that spaghetti belonged in the "Rice, Pasta or Other Noodles" food group since it fit the definition of either pasta or noodles. One respondent placed spaghetti in the "Soups, Gravies, Sauces, or Seasoning Mixes" food group because the image that came to mind was spaghetti as an entree served with sauce so it therefore belonged with sauces. The revised food list classified spaghetti in the "Rice, Pasta or Other Noodles" food group.

Flaked coconut was difficult for respondents to classify, which was evidenced by the overall use of six different food groups by respondents. "Baking Ingredients, Mixes, or Doughs" was used most often for classifying flaked coconut. Respondents stated that flaked coconut was a baking ingredient. The next most frequent food group used was "Pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings" because, for these respondents, flaked coconut was a dessert topping. A couple of respondents also placed this in the "Fruits" food group because coconut is a fruit. It should be noted that other respondents also stated that coconuts were fruits but did not think that flaked coconut fit well in that food group because it was somehow dried or processed. Our revised food list classified flaked coconut in the "Baking Ingredients, Mixes or Doughs" food group.

The classification of ice cream was divided between the " pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings" and the "Eggs, Dairy Products, or Their Substitutes" food groups. Although many respondents stated that ice cream was a dairy product, the majority of respondents classified this item with frozen desserts. Our revised food list classified ice cream in the " pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings" food group.

Pure pork sausage was classified with about equal frequency with either the "Lunch Meat/Cold Cuts, Hot Dogs, Sausage, or Canned Meats or Spreads" food group because it was a sausage or with the "Beef, Pork, Veal, or Lamb" food group because it is made from pork. A couple of respondents placed this item with the "Poultry, Game, or Organ Meat" food group because organ meat is used when making sausage. One respondent categorized this item with the "Hot or Cold Cereals, Pancakes, or Waffles" food group because it is eaten at breakfast like the other items in this category. The revised food list classified pure pork sausage with the "Lunch Meat/Cold Cuts, Hot Dogs, Sausage, or Canned Meats or Spreads" food group.

Tortillas were also difficult for respondents to classify. Six separate food groups were employed by respondents for this item. Several respondents placed tortillas with the "Flour, Cornmeal, Cornstarch, or Other Grains" food group because tortillas are made from the ingredients in this food group. Several other respondents placed this item with the "Bread or Bread Products" food group because they are either used like bread, made from bread, or made from the same ingredients as bread. It should be noted that some people described tortillas as a "chip-like" food and said that they were packaged like potato chips. Some of these respondents classified tortillas with the "Crackers, Chips, Popcorn, Other Snacks or Dips" food group. Tortillas were classified on the revised food list in the "Bread or Bread Products" food group.

The majority of respondents placed ice milk with the "Eggs, Dairy Products, or Their Substitutes" food group because they considered ice milk to be either a dairy product or an ice cream substitute. For some respondents, ice milk and ice cream belonged in separate groups because ice milk was a substitute for ice cream. Several respondents placed ice milk with the " pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings" food group because it was a frozen dessert. Our revised food list classified ice milk with ice cream in the " pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings" food group.

Bacon bits were classified by about one half of the respondents as belonging to the "Salad Dressing, Ketchup, Mayonnaise, Pickles, Olives, or Other Condiments" food group because it was an item that was thought of as a topping for a salad or a salad/sandwich condiment. One respondent even put bacon bits with the "Vegetables or Fresh Herbs" food group because he said they were used with salads. A few respondents classified this item with the "Soups, Gravies, Sauces, or Seasoning Mixes" food group because it could be used as an ingredient in a sauce or as a seasoning or a seasoning mix. One respondent put this item with the "Cookies, Cakes, Pies, or Breakfast Pastries" food group because he considered it a breakfast pastry because bacon bits are cut

up bacon, and bacon is eaten at breakfast. Another respondent placed bacon bits with the "Lunch Meats/Cold Cuts, Hot Dogs, Sausage, or Canned Meats or Spreads" food group because bacon bits were thought of as canned meat. Our revised food list classified bacon bits with the "Salad Dressing, Ketchup, Mayonnaise, Pickles, Olives, or Other Condiments" food group.

Ambiguous Terms

Baby Food including Formula, Food, Snacks, or Desserts (Group 2)

Defining the term meat, not in mixtures was difficult for respondents. Many acknowledged that they were guessing when asked about this term. Several indicated that they simply did not know what it meant. The definitions that were provided ranged from items that did not contain any meat which could include fruits, vegetables, or other meat substitutes, to finger foods such as vienna sausages or hot dogs cut into pieces (not pureed). Several people suggested that these items would be fed to older babies as they developed teeth. Finally, several respondents suggested that this term referred to meat and only meat, and that they would expect to see things in jars like chicken, turkey, beef, or meatballs which would be pureed or in some consistency for babies to eat.

Explaining ready-to-eat baby cereal gave respondents some difficulties. Many respondents began by discussing something that was in powdered form. For some respondents this created some confusion, because in order for something to be "ready-to-eat" it meant that no preparation was required. Since one would have to add milk or water to this powder to obtain baby cereal it did not conform to the "ready-to-eat" definition. Some respondents then focused on jarred baby cereals such as oatmeal or rice cereal which were prepared. One respondent also described boxed oatmeal or rice cereal that you would add to baby formula.

Respondents tended to find the term snack goods relatively ambiguous and uncommon in the context of baby food. Often the interviewer had to remind the respondent that the category was "baby food." Several respondents stated that they did not know what this was and that they thought it could be just about anything. Several respondents also suggested that these snack goods could be used for teething. The following examples of snack goods were provided: cookies, toast, bread sticks, crackers, vienna sausages, raisins, dried fruit, zwieback, teething biscuits, wafers, and "fruits, vegetables or cereals in small jars."

Beef Pork, Veal or Lamb (Group 3)

When asked to describe pork seasonings, respondents tended to make suggestions along two lines. First, many respondents were attempting to determine what type of seasonings one would use to season pork. This concept reflected a flavoring that would be added to pork, including such things as salt, pepper, or onions. The second line of thought attempted to explain parts of the pig that were used to season other foods. Initially, respondents were equally split between the above two definitions of this term. After probing, a few respondents who had originally attempted to describe the spices they used to

flavor pork, also broadened their definition to include parts of the pig that were used to season other foods. The following examples were suggested by those respondents who stated that pork seasonings were pig products used to season other foods: fatback, bacon bits, bacon, ham, hamhocks, pork meat or grease drippings, shoulder meat, sausage, neck, dried pork skins, ham bone, pig feet, pig tails, pig ears. One respondent also stated that for many people these things were not just seasonings because they were eaten as meat.

Poultry, Game or Organ Meat (Group 4)

Respondents had little trouble defining cooked chicken. This term tended to mean chicken that was prepared or precooked in some way (e.g., fried, baked, broiled, boiled, stewed or barbecued). Respondents mentioned that it could be bought in a variety of places, such as the deli section of a grocery store, the frozen section of a grocery store, a restaurant, a carryout place, or in fast food restaurants.

Seafood including Fish or Shellfish (Group 6)

The term fish spreads was difficult for respondents to define. There were three main themes that surfaced with regard to this term. First, several respondents initially stated that they had never heard of this term and they did not know what it meant. Second, several respondents guessed that a fish spread was fish with something added to it (e.g., mayonnaise) or processed in some way to make it spreadable. Tuna fish was mentioned by some of these respondents as an example of a fish spread. The final group of respondents characterized "fish spreads" as something that would be put on fish, such as tartar sauce or some other type of sauce.

Many respondents were able to infer the meaning of imitation seafood, even if they were not familiar with the products. Respondents sometimes had difficulty finding synonyms for imitation, but they were all able to explain that this product was not the original (although made to taste like it) and that it may contain some of the original food item but that it also had other ingredients that were not contained in the real food item. The vast majority of respondents mentioned imitation crab as an example.

Eggs, Dairy Products, or Their Substitutes (Group 7)

When asked for a definition of egg substitutes, respondents tended to mention powdered eggs or eggs in a liquid form with the cholesterol taken out of them. Most respondents realized that these were not real eggs and that they would be used instead of real eggs. Several people discussed removing the yolk to decrease cholesterol and provided the brand name "Egg Beaters" as an example.

The term cheese spreads tended to be described in terms of its spreadable consistency. Respondents stated that it was soft, creamy and spreadable. It was also described as coming in jars, cans, loafs, or small tubs. It should be noted that cream cheese was cited by several respondents as an example of a cheese spread.

The term cheese products was confusing for respondents. Several respondents described this term as meaning products "made from cheese." Examples ranged from grilled cheese sandwiches to ricotta cheese and sour cream. Fewer respondents stated that cheese products were artificial cheese that was made in some way to taste like cheese. One respondent believed that anything used to make cheese (e.g., milk) was a cheese product.

Beverages (Group 9)

In order to determine if respondents made distinctions between carbonated or bottled water, respondents were probed for examples and definitions. Many respondents knew that carbonated water had something added to it to create bubbles. Several respondents referred to this additional ingredient as acid. What was particularly interesting was that soda was considered to be carbonated water by several respondents. A few respondents did not know what carbonated water was.

Most respondents tended to describe instant breakfast drinks as drinks in a powdered form that was added to milk or water and generally consumed at breakfast instead of eating a meal. The brand names of Carnation, Tang, Ovaltine and Slimfast were mentioned.

Meal replacement or supplement drinks were described often as including diet drinks such as Slimfast or Nutri-system. Several respondents also stated that there was not a difference between these and instant breakfast drinks. For those respondents who discussed a difference between these two types of drinks, they suggested that meal replacement or supplement drinks may come in a "ready-to-drink" form and have more vitamins and nutrients than the instant breakfast drinks.

Respondents were probed about all of the juice categories (i.e., 100% fruit juice, fruit juice drinks or juice cocktails, fruit flavored drinks, punches or ades) to determine whether respondents understood the differences between those food categories. Only two respondents stated that there were not any differences between these types of juices. All other respondents discussed a dimension of the amount of juice actually contained in the beverage. For the most part, respondents realized that 100% fruit juice contained the most juice and fruit juice drinks and fruit flavored drinks contained much less. Some respondents even knew the differences between fruit juice drinks and fruit flavored drinks. It is important to note that in general, respondents did not seem to spontaneously provide examples of these types of juices and when they did there was some uncertainty associated with their responses.

The vast majority of respondents described a non-alcoholic cocktail mix as something that comes either in a bottle, can, or frozen carton. This product was also described in both liquid and powdered forms. Some respondents also stated that alcohol can be added but is not necessary. Many people mentioned Daiquiri mixes, Bloody Mary mixes, and Whiskey Sour mixes. There were a substantial number of people who included anything that could be mixed with alcohol as a non-alcoholic cocktail mix (e.g., fruit juice, soda, egg nog). In addition, one respondent stated that non-alcoholic beer would fit in this category.

When probed about malt beverages, several respondents described something similar to a milkshake or a malt. It was clear that they were describing a non-alcoholic beverage that was not what this category intended to focus on. The majority of respondents called this "malt liquor" and stated that it was a type of beer with malt (or something) added. Many also stated that there was more alcohol in malt liquor than in beer.

Crackers, Chips, Popcorn, Other Snacks, or Dips (Group 18)

For most respondents, snack mixes or assortments were defined as a combination of snacks (e.g., pretzels, chips, chex, nuts, cheese) that can either be purchased in one bag or made at home. Some respondents also included mixed nuts and trail mix in this category. A few respondents only thought of mixed nuts and did not mention any of the other possibilities. One respondent suggested using the term variety pack instead of snack mixes. Another respondent also included cheese assortment packs.

Sugars, Sweeteners, Jelly, Syrup, or Honey (Group 19)

Sugar substitutes were described by the majority of respondents as being a substitute for sugar. Most respondents included the following examples: Equal, Sweet 'N Low, Nutrasweet, or saccharin. For a few respondents, the definition was broader and included things such as: brown sugar, honey, syrup, or molasses.

Salad Dressing, Ketchup, Mayonnaise, Pickles, Olives or Other Condiments (Group 20)

Many respondents described imitation mayonnaise as being in some way different from mayonnaise. Respondents knew that imitation meant that it was artificial and different from the original, but they were not certain about the specific differences. Some ventured theories about differences in ingredients (e.g., eggs and oil), calories, cholesterol, fat, taste, or price. Several respondents indicated that imitation mayonnaise is labelled "imitation." A few respondents offered Miracle Whip as an example of imitation mayonnaise and one respondent stated that it was an example of real mayonnaise.

Butter, Fats, Oil, or Shortening (Group 21)

Once again, respondents tended to focus on the term imitation when discussing imitation butter. They tended to note that this was artificial and different from real butter but they had difficulty explaining exactly what these differences were. Theories included differences in cholesterol, fat, oil content, caloric content, and taste. Many respondents believed that margarine was an example of imitation butter. Other examples which were provided much less frequently were I Can't Believe It's Not Butter, Mrs. Dash, Parkay, and Country Crock.

Respondents seemed able to infer from the food item names that margarine spread was spreadable margarine and that a "margarine-butter blend" was a combination of margarine and butter. They expected these products to come in

either sticks or tubs. Overall, respondents did not provide specific examples but often stated that they had never heard of a margarine-butter blend.

The vast majority of respondents referred to lard as fat. Several respondents stated that it came from pork and a few thought that it could also come from poultry or beef. Most respondents described a white substance that was packaged as a solid brick or square. They stated that it was used for cooking, particularly frying. Several respondents referred to Crisco in their descriptions but they were not equating the two items, just discussing the similarity in use and texture. Only one respondent noted total unfamiliarity with the product.

Soups, Gravies, Sauces, or Seasoning Mixes (Group 22)

In order to determine whether distinctions were made between a ready-to-eat gravy and a dry gravy mix, respondents were probed about these two terms. Most respondents explained that ready-to-eat would come in a liquid form and would have to be heated before eaten while a dry mix would come in a dry powdered form and must be prepared.

In general, respondents also made distinctions between tomato sauce and spaghetti sauce. These differences were in terms of taste, ingredients, and consistency. Specifically, respondents expected to find additional ingredients in spaghetti sauce such as, mushrooms, onions, green peppers, or seasonings. Tomato sauce, on the other hand, consisted of only tomatoes.

Baking Ingredients, Mixes, or Doughs (Group 23)

Icing was described as a sweet substance, high in sugar, that was spread on top of such things as cakes, cupcakes, cookies, etc. Several respondents stated that it may come prepared in a can or jar or in a dry powdered form.

LEVEL 3: FOOD ITEMS

Hard-to-Classify Food Items

Again, we used a card sort to get respondents to suggest a placement for food items that were noted as hard to classify during the food list revision process. This card sort consisted of 22 hard-to-classify food items that each respondent was instructed to classify into food categories. This was done in two steps. After respondents removed any card containing a food item that they were not familiar with, they were instructed to sort the remaining cards into the 24 food groups. Then, taking each food one at a time, they were handed a piece of paper that contained all of the food categories in the food group they had selected for that food. They were then asked to place the food item into one of the food categories. Respondents were able to classify the majority of food items into categories. However, in some cases, they could not narrow the choice down into only one category. In other cases, the respondent did not feel that any of the categories were appropriate. Note that three of our respondents (including both of the Hispanic respondents) classified less than half of the food items into food groups either because

they didn't know what the food item was or because time ran out in the interview before they finished the task.

Chopped beef was described in many different ways. Only one respondent said it was finely chopped beef that comes in a can and classified it in the canned meat or spread food category. (This was its classification on our revised food list.) Most respondents classified it in the "Beef, Pork, Veal or Lamb" food group. It was described as beef that is used for stew or beef barbecue. In a few cases, it was classified in the ground beef food category even though the respondents did not think it was the same--chopped beef was not as finely chopped or ground as ground beef. One respondent classified it in the pork chops or pork ribs food category because of the word "chop" and said that pork was beef.

Most respondents seemed to know what chicken or turkey spreads were, and classified them as we did on our revised food list in the meat or poultry spreads food category of the "Lunch Meats/Cold Cuts, Hot Dogs, Sausage, or Canned Meats or Spreads" food group. The fact that there was a food category that had the word "spread" in the name may be at least partially responsible for this correct classification.

Of the respondents who classified fatback, all seemed to have pretty much the same idea of what it was. However, it was classified very differently. Four respondents classified it in the pork seasoning food category. It seemed as though the term "pork seasoning" came into a different light for a couple of respondents when they considered fatback. Previously these respondents had thought of pork seasoning as something you put on pork. Given this food item to classify, however, they saw that it could be a pork that was used to season something else. One respondent said that it was the fat off a pig that was used when cooking vegetables. She classified it in the "Vegetables or Fresh Herb" food group. A couple more said that fatback reminds them of bacon, so this is the food category they gave it. Others said that it is a blob of fat or shortening packed like butter. These respondents classified it in the "Butter, Fats, Oil, or Shortening" food group. Even the respondent that classified fatback in the other poultry or wild fowl food category described it as a piece of pork that consists mostly of fat. On our revised food list, fatback was classified in the pork seasonings food category in the "Poultry, Game or Organ Meat" food group.

All respondents who chose to classify hamhocks put them in the "Beef, Pork, Veal or Lamb" food group. The specific food category, however, varied from ham to pork seasonings to pigs' parts. The majority went in the pigs' parts food category. The difference in classification seemed to be whether the respondent chose to put it with what it was or how it was used. Our revised food list classified them in the pork seasonings food category.

Diet meal bars was a food item that was not on our revised food list because we were not sure where to classify it. At least one of our respondents had the same problem and would not classify it. It seemed that most of the other respondents focused on the word "diet" and tried to use that word to classify it. The food group "Candy or Dietetic Candy" got most of the classifications. However, when it came to putting the food item into one of the food

categories, only half of those who chose this food group would put it in the dietetic candy food category. The other half said that none of the categories applied. One respondent actually classified it with the vegetable combinations food category because, he said, people on diets eat only vegetables. All of this gave the impression that respondents were not really confident with their choice of categories.

Respondents were almost equally split on whether whipping cream was a dessert topping or a dairy product. One person said that it was a dairy product that was better classified with dessert toppings because it is used on the other foods in the food group (pudding, gelatin and frozen desserts). A couple of respondents asked if there was a difference between whipping cream and whipped cream or whip cream. Those who thought they were the same were more likely to classify whipping cream as a dessert topping, while those who thought they were different were more likely to classify whipping cream as a dairy product. Once grouped as a dairy product, most respondents classified whipping cream in the cream food category. There were a couple of respondents, however, who classified it in the powdered milk or sweetened condensed milk food categories. Our revised food list classified whipping cream in the cream food category in the "Eggs, Dairy Products or Their Substitutes" food group.

As with fatback, respondents who classified gyros all seemed to describe the same food item, but classified them very differently. Only one respondent put them in the burgers, subs and sandwiches food category of the "Frozen, Prepackaged or Carryout Foods" food group (which is the category that it was in on our revised food list). Most respondents classified them in the lamb, mutton or goat food category. A respondent who described gyros as "strips of beef or chicken served in a funny looking round bread that looks like it has a pocket" classified them in the beef steak food category. Another said it was bread filled with beef and classified it in the tortillas or taco shells food category because the bread looks like a tortilla or taco shell.

Most of the respondents grouped steak-umms or other sandwich steaks in the "Beef, Pork, Veal or Lamb" food group. However, they were almost equally divided on whether the category should be beef steak or other beef. Those respondents who classified them in the other beef food category said they thought of beef steaks as a larger piece of meat. Other respondents grouped them with lunch meats because they thought of steak-umm as a processed meat, much like lunch meat. Still others thought they belonged in the "Frozen, Prepackaged or Carryout Foods" food group because they come frozen and prepackaged and could not be grouped with beef because they are imitation meat. One respondent explained that steak-umms and sandwich steaks are different. She said that steak-umms are imitation meat whereas sandwich steaks are pure beef. We initially classified them in the beef steaks food category on our revised food list.

Only four of our respondents classified blintzes. Two of those thought they were a dessert, and two thought they were a breakfast pastry. One of the persons who thought they were a breakfast pastry classified them in the pancakes, waffles or french toast food category of the "Hot or Cold Cereals, Pancakes or Waffles" food group because she said they are a thin pancake with filling. The other classified them in the pastries, breakfast pastries, sweet

rolls or danish food category in the "Cookies, Cakes, Pies, or Breakfast Pastries" food group because they are eaten for breakfast. Those who thought of them as a dessert also classified them in the pastries, breakfast pastries, sweet rolls or danish food category. Therefore, the data look like three of the four respondents classified blintzes in the pastries, breakfast pastries, sweet rolls or danish food category. This is another food item that was not classified on our revised food list.

Respondents described hush puppies as bread made from cornmeal. A little over half of the respondents classified them in the other bread food category and the rest classified them in the cornmeal food category. Our revised food list classified hushpuppies in the other bread food category of the "Bread or Bread Products" food group.

About half of the respondents did not classify sausage made from game. Of those who did classify it, half put it in the game food category of the "Poultry, Game, or Organ Meat" food group because they said it was made from game. The other half put it in the "Lunch Meat/Cold Cuts, Hot Dogs, Sausage or Canned Meats or Spreads" food group in the other sausage food category because it was a type of sausage. Our revised food list classified it as game.

About half of the respondents grouped turkey ham in the "Lunch Meats/Cold Cuts, Hot Dogs, Sausage or Canned Meats or Spreads" food group. Once in there, however, they were pretty equally divided as to whether it should be in the ham lunch meat, turkey lunch meat, or other lunch meat food category. Some chose the ham food category because they said it had more ham than turkey. Others chose the turkey food category because they said it had more turkey than ham. Still others said that it could not go in either one because it had both ham and turkey, so they put it in the other lunch meat food category. Our revised food list classified it as a ham lunch meat.

Most respondents grouped banana bread in the "Bread or Bread Products" food group. They said that it is "just bread with nuts," or that you "use bananas and make it into a bread," or "even though it isn't a sandwich bread, it's still eaten as a bread." Once in this food group, they classified it in the other bread food category because there was not any other category that seemed to fit. Only two respondents agreed with our classification on the revised food list that banana bread should be classified in the coffee cake, doughnut, muffin or bread food category in the "Cookies, Cakes, Pies and Breakfast Pastries" food group.

There were three equally popular choices for granola: grain, cereal and snacks. Respondents who classified it as a grain seemed to be thinking of what it is made of. Those who classified it as cereal and snacks seemed to be thinking of what it is used for. A couple of respondents admitted to classifying the food item based on thinking about granola bars even though they knew that was not technically what the card said. Most respondents recognized that this was not an easy food item to classify because it could fit into various categories depending on how one chose to look at it. Our revised food list classified granola in the cold cereal food category of the "Hot or Cold Cereals, Pancakes or Waffles" food group.

The respondents who classified beef jerky were divided on whether it should be classified as other beef or as an other snack. As with granola, the respondents seemed to classify it based on whether they thought about how it was used or what it was made of. Our revised food list classified it in the other snack food category of the "Crackers, Chips, Popcorn, Other Snacks or Dips" food group.

Although most respondents grouped coleslaw dressing in the "Salad Dressing, Ketchup, Mayonnaise, Pickles, Olives or Other Condiment" food group, only one agreed with our classification on the revised food list as it being in the mayonnaise or imitation mayonnaise food category. The remaining respondents were divided between salad dressing and salad dressing mixes food categories. It was unclear why respondents chose one of these categories over the other.

There were two different descriptions given for sandwich spread. One was a finely chopped meat which is used as a spread. Respondents who described it this way classified it as a meat or poultry spread. Most of the remainder of the respondents described it as a salad dressing/mayonnaise with pickles/relish. When described as such, the classification varied. One respondent placed it in the salad dressing mix food category because something was mixed with the salad dressing. Others just placed it in either the salad dressing or the mayonnaise food category. Some could not choose just one category. On our revised food list, we classified sandwich spread in the mayonnaise or imitation mayonnaise food category.

Almost half of the respondents who classified bacon drippings put them in the lard or meat dripping food category of the "Butter, Fats, Oil or Shortening" food group. This is where it was classified on the revised food list. Others described it as a seasoning for things like greens but each classified it differently. One person classified it with vegetables (but could not place it in a category); another classified it with pork seasoning; another classified it with seasoning mixes. Only one respondent classified it with bacon.

Marshmallows was a difficult food item for respondents to classify. Most of them resorted to what the food was made of, and when they did not really know, they guessed. They were put in the "Sugars, Sweeteners, Jelly, Syrup or Honey" food group because they are sweet. They were put in the "Candy or Dietetic Candy" food group because they are sweet. Others wanted to classify them with snacks, dessert toppings or baking ingredients because that is how they use them. The revised food list classified marshmallows in the other candy without chocolate food category of the "Candy or Dietetic Candy" food group.

Two thirds of our respondents did not classify fruit leathers. Those who did classify them were divided between fruits, snacks, or candy. A couple of respondents said that it is dried fruit that is eaten as a snack; another said that there is no fruit in them at all, so they are some type of candy. Those who classified them as a fruit probably did so because the word "fruit" is in the food name. The revised food list classified fruit leathers in the other snack food category of the "Crackers, Chips, Popcorn, Other Snacks or Dips" food group.

Almost two thirds of our respondents did not classify mock "chicken" legs either. All of those who did classify them put them in the "Poultry, Game or Organ Meat" food group. Within the food group, however, respondents chose four different categories: uncooked chicken or chicken parts, cooked chicken, other poultry or wild fowl, and game. Since mock "chicken" legs are actually veal, it is obvious that none of our respondents really knew what they were but were just guessing. Our revised food list put them in the veal food category of the "Beef, Pork, Veal or Lamb" food group.

All respondents grouped non-alcoholic beer in the "Beverages" food group, but there was some variation on the classification. No one, however, classified it in the malt beverage food category, which was its classification on the revised food list. Most respondents classified it in the beer food category because "in the store it is with regular beer" or "it still has the beer taste" or for lack of a better category. A few chose not to put it into any classification. A couple of respondents chose the non-alcoholic cocktail mixes food category because they both had non-alcoholic in the title.

Ambiguous Terms

In the final task, respondents were probed for their definition of terms that we used for food items on the revised food list. We presented the respondent with the food group as well as the food category in which the food item fell. Other food items in the same category were also included. We felt that by giving the respondent the food item in the context that he/she would see it in the actual survey, we would get a more realistic definition of the terms.

Since this was the last task in a long interview, none of our initial respondents actually did this task. After we revised the protocol to shorten the interview, only one respondent did not have enough time to do this task. This summary, therefore, is based on 10 interviews.

Beef, Pork, Veal, or Lamb (Group 3)

Food items in each of the pork chop or pork ribs, pork roast, ham, and pork seasonings food categories made a distinction between the food being fresh or uncured versus cured or smoked. Most respondents said that fresh or uncured meant the meat had not been processed or that no preservatives had been added. One respondent said that this meant that it could be frozen, just that it did not have any seasonings added to it and that it had not gone through the aging process. A couple of respondents thought that it meant the meat had not been cooked.

In defining cured or smoked, most respondents said it was meat that has been aged, cured with salt or sugar, or otherwise processed. One respondent thought that it was darker and more brown. He said that it had a liquid that was put on it with a brush like barbecue sauce. Those respondents who thought that fresh or uncured meant uncooked, thought that cured or smoked meant precooked. One respondent also described it as meat that was sitting in the grocery store for a long time.

Lunch Meat/Cold Cuts, Hot Dogs, Sausage, or Canned Meats or Spreads (Group 5)

In many cases, the term chopped beef had been discussed earlier when the respondent was asked to sort it in the second card sort. Most respondents described it as pieces of beef that had been cut into pieces. Various respondents said it was used for stews, barbecue sandwiches, and cheese steak sandwiches from a carryout restaurant. Only one respondent said that it was chopped fine and put into a can to make a spread.

Seafood including Fish and Shellfish (Group 6)

To get the respondent's definition of the word fresh as it referred to fish, we gave the respondent the food categories cod, haddock, and salmon. For cod, the food items were "salted" or "fresh or other;" for haddock, the items were "smoked, finnan haddie" or "fresh or other;" for salmon, the items were "canned," "fresh" or "smoked or lox." In all cases, the respondents described fresh as just caught and not frozen or preserved in any way. Respondents varied on how long the fish could be out of the water and still considered fresh. Some said it was no longer fresh by the time it made it to the grocery store. Others said that it was fresh if it just recently arrived at the grocery store. One respondent defined fresh as meaning uncooked.

Eggs, Dairy Products or Their Substitutes (Group 7)

We probed the terms imitation versus processed versus natural in the American or cheddar cheese category. Most of the respondents seemed to be defining the terms by the amount of dairy products that they contained. Natural contained all dairy products; processed contained some dairy products and some "extra ingredients;" and imitation contained no dairy products, it used chemicals to imitate what is natural. About half of the respondents could not define processed. They just put imitation and natural on opposite ends of the spectrum. One respondent said that processed was a way of checking out cheese to make sure it doesn't contain any bacteria. He did not understand the items processed block or processed American and Swiss. He said that processed slices was a way of checking cheese for bacteria by slicing it.

About half of the respondents described boxed shelf as powdered milk that comes in a box to which you add water to make a liquid. There were two respondents who described this as milk that is vacuum packed in a liquid form that can be stored on a shelf for an extended period. They said that once it is opened, it must be refrigerated. The other respondents said they did not know what boxed shelf milk was or gave definitions that indicated they were guessing what it was from the title.

Vegetables or Fresh Herbs (Group 8)

We probed the terms trimmed versus not trimmed as they applied to the green bean and collards category. Only one respondent admitted to not knowing what these terms meant. The others described trimmed green beans as having the ends cut off. With collards, however, there were a couple of definitions for the term trimmed: the stems (or part of the stems) were removed, or the individual stems were pulled from the bunch.

Hot or Cold Cereals, Pancakes, or Waffles (Group 12)

We handed respondents a piece of paper that listed the subcategories used in the revised food list to classify cold cereals and asked them to describe each term. Most respondents had some concept of the term flakes. However, granules and shredded chex or squares could only be described by a couple of respondents. Shaped cereals were described as kid's cereal, but beyond this, many of the respondent were not really able to describe the term. About half of the respondents seemed to know the term puffed, and described it as cereal that is usually round with air puffed into it. Mixed grains, nut and fruit was described as natural-type cereal or health cereal. It was a mixture of grains, nuts and little bits of dried fruit.

Bread or Bread Products (Group 14)

In the rolls food category of this food group, we probed the terms brown-n-serve versus ready-to-eat. Both of our Hispanic respondents said that they didn't know the term brown-n-serve. They did, however, describe ready-to-eat as bread that can be taken out of the package and used right away. All but one other respondent described brown-n-serve as already cooked bread that is placed in the oven to heat it up, brown it and make it more appetizing. The respondent who did not think it was precooked described it as the dough that came in a can that you must cook.

Cookies, Cakes, Pies or Breakfast Pastries (Group 15)

We gave the respondents the ready-to-eat or frozen pies or snack pies category and probed the term dietetic or reduced calorie pies. Many of the respondents said that the sugar has been reduced or replaced with an artificial sweetener. A couple also said that the fat has been removed or reduced.

We probed the terms cake-type versus yeast-type doughnuts in the coffee cake, doughnuts, muffins or breads food category. Again, our Hispanic respondents did not even guess at the meaning of these terms. About half of the other respondents described cake-type doughnuts as heavier and baked in the oven while yeast-type doughnuts were more puffy and light. One respondent said that all doughnuts have yeast in them, so yeast-type refers to all doughnuts. He described cake-type doughnuts as a subset of these that were "plain." A couple of respondents thought there were more than two types of doughnuts. One said the third type was like honey dipped that is fried to make it puff and light on the inside.

Pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings (Group 17)

We probed the terms regular mixes versus instant mixes versus ready-to-eat in the pudding category. All of our respondents seemed to know what ready-to-eat meant. On the other hand, less than half knew the terms regular and instant. Most of the respondents admitted to not knowing the terms but took a guess at what they may mean. A couple respondents described regular as the pudding that one makes from scratch using milk and eggs and flavoring. It may be that

the respondents who described these two types of pudding correctly were the ones that actually use them.

Baking Ingredients, Mixes, or Doughs (Group 23)

We asked respondents to define Stir 'N Frost Cake Mixes that include Ready-to-Use Icing, which was in the cake mix category. Again, about half of the respondents (including both Hispanic respondents) admitted that they did not know what this was. The other respondents described this as a cake that one adds liquid (milk or water), mixes it up in the pan that is provided in the package, and bakes (either in the microwave or oven). The frosting is also included in the package.

Classification of Cold Cereals

Respondents were asked to sort a list of 29 cold cereals into groups with similar characteristics. They were not given any guidance about the kind of characteristics to use. The purpose of this exercise was to see if the subgroups that were included in the revised food list were ones that would come naturally to respondents when they tried to find cereals they had used during the survey week. If not, we were hoping that other, more feasible categories would emerge.

Due to time constraints and the length of the protocol, six of the 17 respondents were not administered the card sort, which occurred near the end of the interview.

The first thing to note was that respondents were highly variable in their knowledge of the different kinds of cereals. After reviewing the cards containing the names of the cereals, respondents were asked to put aside any that they were not familiar with. While several respondents reported that they knew all the cereals, other respondents set aside fifteen to twenty before beginning the card sort task.

There was no consensus in the categories that respondents chose. Two respondents created categories that had some resemblance to the subgroups on the revised food list (i.e., flakes, puffy cereals, puffy squares, shapes). However, more commonly, respondents created categories that distinguished fruit cereals (fruit, raisin), high sugar cereals (sugar-coated, presweetened, kids cereals), healthy cereals (low sugar, high fiber, low calories, natural pure cereal), and categories based on the type of grain used in the cereal (wheat, corn, oat). However, respondents were not accurate in their identification of cereals by grain type. For example, Cheerios and Wheaties were both listed under corn cereals on different lists. The lack of agreement about how cold cereals should be categorized suggests that creating cereal subgroups is not a feasible technique to use in eliciting cereals used in the survey period.

RECOMMENDATIONS

Our initial task of reorganizing the NFCS food groups, food categories, and food items has demonstrated that this method of collecting the information that HNIS needs is problematic. After completing the cognitive interviews on the revised food list, we found that there are multiple ways that respondents can organize information about foods. We have identified several general organizational strategies that focus on how foods are used, prepared, bought, or even what they are made from. In addition, the strategies that respondents employed tended to change from group to group, category to category and item to item. This method of utilizing an inflexible questionnaire with preset food groupings does not allow one to anticipate the multiple organizational strategies that are naturally used by respondents.

To illustrate a few of the major problems we found in classifying foods, several examples are presented. In terms of classifying foods, chocolate syrup creates a major problem. This item was grouped according to its use in either the " pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings" food group (by respondents) or the "Beverages" food group (by the researchers), by its ingredients in the "Sugars, Sweeteners, Jelly, Syrup, or Honey" food group and even by its name in the "Sugars, Sweeteners, Jelly, Syrup, or Honey" food group. Similarly, ice cream was classified with dairy products in the "Eggs, Dairy Products, or Their Substitutes" food group and with frozen desserts in the " pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings" food group with close to equal likelihood.

Another problem we noted with the food list is the lack of common understanding of some of the terminology. For example, the term "poultry," which is used extensively in the revised version of the food list, was interpreted by many respondents to include fish. In some cases, the definitions used by respondents were too narrow (e.g., frozen desserts) and in other cases they were too broad (e.g., prepackaged). And in still other cases the terms used were basically meaningless to several respondents in the context used in the questionnaire (e.g., snack goods, and meats, not in mixtures).

These problems may hinder respondents' ability to accurately report their food use. Two types of problems may occur. First, if respondents either do not understand the terminology or do not consider foods in the same categories as the questionnaire uses, they may fail to report the affected foods entirely. Second, they may remember the food items at the wrong place in the questionnaire and try to report them, causing additional burden on both the respondent and the interviewer conducting the interview.

Based on the significant amount of variability and disagreement we found in terms of the classification of foods and the meaning of terms used to describe foods, we suggest that the next stage of research should focus on developing new methodologies to collect this information. Ideally, these new methodologies would not depend upon predefined categories to elicit reports.

If such research does not take place or if recommendations of such research are not accepted, we will make specific recommendations for improving the

revised food list based on our Phase 1 cognitive interviews. However, we would like to note that in some cases because there was such variability in respondents' food classifications it will be difficult to find locations for food categories and food items that would represent all opinions. Similarly, in some cases it will be difficult to develop terminology which will refer to the same foods and be understood by all respondents.

June 18, 1993

REVISED FOOD LIST

1) Frozen, Prepackaged or Carryout Foods**BEEF, PORK OR VEAL****Beef**

U1/T6 Beef with or without gravy
 U15 Beef hash, corned beef or roast beef hash
 U4 Beef stew
 T4 Beef stroganoff
 T12/T11 Meatloaf
 T7/T8/U9 Salisbury steak with or without gravy
 T2 Sirloin tips
 T10 Swedish meatballs
 (*) Other

Ham/Pork

U43 Franks and beans, or hot dogs and beans
 T17 Ham dinner
 T15 Pork dinner
 (*) Other

Veal

U13/T14 Veal parmigiana
 (*) Other

CHICKEN OR TURKEY**Chicken**

U24/T29 Chicken a la king
 T30 Chicken cordon bleu
 U25/T27 Chicken parmigiana
 U30/T18-23 Fried chicken
 T28 Chicken nuggets
 T32 Chicken with pasta
 T25/T24 Boneless chicken dinner
 U19/U20 Chicken with vegetables
 U23/U28 Chicken dumpling mixture
 (*) Other

Turkey

T34/T33/U31 Turkey with or without gravy
 (*) Other

POT PIES

T84 Beef
 T85 Chicken
 T86 Turkey
 (*) Other

SEAFOOD INCLUDING FISH OR SHELLFISH

Fish

T38/T36 Fried fish
T37/U38 Fish fillet
(* Fish cakes or crab cakes
(* Other

Shellfish

T40 Fried scallop
T39 Fried shrimp
(* Other

Other Seafood

T41 Seafood newburg
U40 Seafood with vegetables
(* Other

PASTA

Lasagna

U100/T50 Lasagna with meat
(* Lasagna without meat

Macaroni

T47 Macaroni dinner
T48/U50 Macaroni and cheese

Ravioli

U92 Cheese ravioli with sauce
U96 Cheese ravioli without sauce
U94 Meat-filled ravioli with sauce
(* Other

Spaghetti

U46/T45 Spaghetti with tomato sauce or cheese sauce
U47 Spaghetti with meat sauce or meatballs
(* Other

Other Pasta

U108 Cheese manicotti, cannelloni or shells
U114 Noodles with chicken
(* Other pasta dish

Dry Mixes

U147(9) Lasagna dinner from dry mix
U153/L243 Noodles/Pasta with sauce from dry mix
L246 Macaroni and cheese from dry mix
(* Other

BURGERS, SUBS AND SANDWICHES

Burgers

- T67/T69 Hamburger, regular
- T68/(*) Hamburger, large, (Whopper, Quarter Pounder or Double)
- T70/T72 Cheeseburger, regular
- T71 Cheeseburger, large, (Big Mac or Cheese Whopper)
- (*) Other

Subs, Hoagies or Grinders

- T75 Without meat, poultry or fish
- T74 With meat or poultry
- (*) With fish

Other Sandwiches

- T78 Barbecue, beef or pork
- T73 Hot dog or frankfurter, beef or pork
- T79 Roast beef
- T77 Ham or pork
- T96 Gyros
- T76 Chicken
- T80 Turkey
- T81 Crab cake
- T82 Fish
- T83 Tuna salad
- (*) Other sandwich

PIZZA

- U83 Cheese
- U85 Pepperoni
- U84 Sausage
- U87 Vegetable only
- U86 Deluxe or combination
- U89 French bread pizza with meat
- U90 Mini pizza snacks, such as pizza rolls or mini pizza bagels
- (*) Other

Dry Mixes

- U145(9) Pizza without meat from dry mix
- U144(9) Pizza with meat from dry mix

MEXICAN

- U53/T54 Beef and bean burrito
 - U59/T51 Beef enchiladas
 - T53 Cheese enchilada
 - T52 Chicken enchilada
 - U5 Chili beans without meat
 - U57 Chili con carne with beans
 - U58 Chili Con carne without beans
 - T56 Combination dinner
 - U62 Tacos with filling
 - (*) Other
- ### Dry Mixes
- U155(9) Mexican dinner mix (taco, burrito, enchilada, tamale)

ORIENTAL**Chow Mein or Chop Suey**

U72 With vegetables

T60/U73 With meat, poultry or seafood

Beef

T57/T59 With vegetables

(*) Other beef dish

Pork

U71 Sweet and sour

U78/T63/T65 With vegetables

(*) Other pork dish

Chicken

U70/T64 Sweet and sour

U68 With vegetables

(*) Other chicken dish

Seafood

T62 With vegetables

(*) Other seafood dish

Other Oriental

U74/(*) Egg rolls/spring rolls

U79/L238-240 Fried rice

(*) Other

TOSSED SALAD

U133 With vegetables only

(*) With egg or cheese

(*) With meat, poultry or seafood

COLESLAW OR OTHER SALADS

U127 Coleslaw

U126 Chicken salad

U134 Tuna salad

U129 Macaroni salad

U131 Pasta salad with vegetables

U199 Potato salad

(*) Other salad

BREAKFAST ITEMS

T88 Egg, meat(bacon/sausage/ham) & cheese breakfast sandwich

T89 Egg, meat(bacon/sausage/ham) & potatoes (home fries)

T92 French toast & sausage

T93 Pancakes & sausage

T91 Sausage with biscuit or muffin

(*) Other

2) Baby Food, including Formula, Food, Snacks or Desserts

FORMULAS

82/93/107 Enfamil
83/94/108 Enfamil Iron
119 Enfamil Nursette
84/95/110 Isomil
112 Nursoy
126 Nutramigen
86/100/113 Prosobee
87/101/114/121 Similac
88/102/115 Similac Iron
89/103/116 SMA Iron
(* Other

PEDIALYTE

124 Pedialyte

INSTANT BABY CEREAL

1 Barley
2 High protein cereal
4 Mixed cereal
5 Mixed cereal with fruit
6 Oatmeal
7 Oatmeal with fruit
8 Rice
9 Rice with fruit
(* Other

JARRED BABY CEREAL WITH APPLES AND BANANAS

10 Mixed
11 Oatmeal
12 Rice
(* Other

READY-TO-EAT BABY CEREAL

15 Toasted oat rings
(* Other

MEATS, NOT IN MIXTURES

1 Beef
2 Chicken
3 Veal
4 Ham
5 Lamb
7 Turkey
9 Chicken sticks
11 Turkey sticks
10 Meat sticks
(* Other

EGG YOLKS

12 Egg yolks

JARRED DINNERS

Beef

- 19/20 Beef noodle dinner
- 13/21/34/40 Beef and vegetables
- (* Other

Bacon or Ham

- 39 Vegetable bacon dinner
- 31/42/16 Ham with split peas or other vegetables
- (* Apples and ham
- (* Other

Lamb

- 43 Vegetables and lamb
- (* Other

Chicken

- 23/37/47 Chicken noodle dinner
- 41/24/15 Chicken and vegetables
- (* Other

Turkey

- 33 Turkey rice dinner
- (* Apples and turkey
- 45/17 Turkey and vegetables
- (* Other

Pasta

- 25 Pasta with tomato sauce or cheese
- 26/29 Macaroni with tomato and meat
- (* Other

Other

- 44 Vegetables and liver
- 22 Cereal egg yolk bacon dinner
- (* Other

SOUPS

- 35 Chicken
- (* Cream of vegetable
- (* Other

JARRED VEGETABLES

- 54 Beets
- 55 Carrots
- 56 Carrots and peas
- 57 Creamed corn
- 58 Creamed spinach
- 59 Garden vegetables
- 60 Green beans or creamed green beans
- 61 Mixed vegetables
- 62 Peas or creamed peas
- 64 Squash
- 65 Sweet potatoes
- (* Other

JARRED FRUIT

- 16 Applesauce
- 17 Apples and strawberries
- 18 Apples, oranges and bananas
- 19 Apples, peaches, and strawberries
- * Apricots
- 34 Apricots with tapioca
- 20 Apricots with pears and apples or applesauce
- 21 Bananas
- 35 Bananas with tapioca
- 36 Bananas and pineapple with tapioca
- 22 Bananas with pears and apples/applesauce
- 23 Bananas and pineapple
- 28 Peaches
- 29 Pears
- 30 Pears with pineapple
- 37 Plums with tapioca
- 39 Prunes with tapioca
- 32 Tropical fruit medley
- (* Other

FRUIT JUICE

- 48 Apple
- 49 Apple with other fruit
- 51 Grape
- 53 Mixed fruit
- 54 Orange
- 56 Pear
- * Prune
- 57 Tropical blend
- 58 Variety pack
- (* Fruit juice with yogurt
- (* Other

PUDDINGS AND OTHER DESSERTS

- 59 Banana pudding
- 60 Banana custard pudding
- * Other banana
- 63 Cherry vanilla pudding
- 64 Chocolate custard pudding
- 77 Vanilla custard pudding
- 66 Custard pudding
- 67 Dutch apple dessert
- 68 Fruit dessert with pineapple
- 69 Hawaiian Delight with tapioca
- 72 Peach cobbler
- 76 Tutti frutti
- (* Other

TEETHING OR SNACK GOODS

- 81 Teething biscuits
- P61 Zwieback
- 78 Animal cookies
- 79 Arrowroot cookies
- (* Other

3) Beef, Pork, Veal or Lamb

BEEF STEAKS

- 1* Chuck or arm
- 2/3 Club, shell, delmonico, spenser or beauty
- 4/20 Filet mignon, tenderloin
- 5 Flank, london broil, jiffy or plank
- 7 Plate steak
- 8/19 Porterhouse, T-bone
- 9* Rib
- 10 Rib eye
- 11* Round steak
- 12* Shoulder
- 14* New York sirloin steak
- 15 Strip sirloin
- 13 Skirt
- 16 Strip
- 17 Swiss, "minute" or cube
- 18* Top loin
- 21 Steak-umm or other sandwich steaks
- (* Other

BEEF ROASTS

- 22 Brisket, not corned
- 24* Chuck roast
- 25* Cross-cut
- 27* Pot roast
- 28* Rib roast or eye of rib
- 29* Round roast or eye of round
- 30* Rump roast
- 31* Shoulder
- 32 Sirloin or top sirloin
- (* Other

GROUND BEEF

- (* Extra lean
- 37 Lean
- 38 Regular
- 41 Ground chuck
- 42 Ground round
- 44 Meat loaf mix (meat only)
- 40 Meat patties with cheese or vegetables
- (* Other

OTHER BEEF

- 36(8) Chipped beef
- 34 Corned beef or corned brisket
- 51 Oxtail
- 48 Ribs or short ribs
- 47 Shank
- 49* Stew beef, tip kabobs or beef for soup
- (* Other

PORK CHOPS or PORK RIBS

- 52* Fresh or uncured chops
- 53* Cured or smoked chops
- 81 Backbone or country style ribs
- 78 Fresh or uncured spareribs
- (* Cured or smoked spareribs
- (* Baby back ribs
- (* Other

PORK ROAST

- Fresh or Uncured
- 58* Boston butt
- 54* Loin
- 56* Shoulder
- 60* Picnic
- (* Other
- Cured or Smoked
- 57* Shoulder
- 61* Picnic
- (* Other

GROUND PORK

- 62 Ground pork

HAM

- 63* Fresh or uncured
- 64* Cured or smoked
- 65 Patties
- (* Other

BACON

- 70 Bacon
- 71 Slab With rind
- 76 Sizzlean or other pork lean strips
- 73 Canadian bacon
- 50 Beef bacon
- (* Turkey bacon
- (* Other

SCRAPPLE or SOUSE

- 77 Scrapple
- E55 Souse

PORK SEASONINGS

- 75 Fresh or uncured fatback
- 115 Salted or cured fatback
- 74 Salt pork
- 85* Cured or smoked ham hocks
- (* Fresh or uncured jowl
- 72 Cured or smoked jowl
- 84 Cracklings
- 80 Fresh or uncured neckbones
- (* Cured or smoked neckbones
- (* Other

PIGS' PARTS

- 82/83 Fresh or uncured pigs' parts, such as feet, ears, tails, knuckles or snouts
- (*) Smoked or cured pigs' parts, such as feet, ears, tails, knuckles or snouts
- 88 Pickled pigs' feet or tail
- (*) Other

VEAL

- 96* Breast, plate or stew meat
- 92* Cutlets or steak
- 97 Ground
- 94* Leg roast, round roast or rump roast
- 89* Loin chops
- 98 Mock "chicken" legs
- 90 Shoulder chops
- 93* Shoulder or arm roast
- (*) Other

LAMB, MUTTON OR GOAT

Chops

- 099* Loin
- 100 Rib
- 101 Shoulder
- (*) Other

Roasts

- 104* Leg
- 103* Shoulder
- 105 Crown rib
- (*) Other

Other

- 108 Breast or shank
- 109 Ground, including patties
- 102* Steak
- 107* Stew or soup meat
- (*) Other

4) Poultry, Game or Organ Meat

UNCOOKED CHICKEN OR CHICKEN PARTS

Whole or half, cut up or not cut up

1 Fryer, broiler

2 Roaster

3 Stewer

(* Other

Chicken Parts, packaged separately

4 Breasts

5 Backs, backs and necks

6 Drumsticks

7 Thighs

8 Legs (thighs and drumsticks)

9 Wings

(* Other

Other

(* Ground chicken

12 Nuggets

(* Fingers

(* Other

COOKED CHICKEN

13 Whole chicken

14/17 White meat

15/18 Dark meat

16/19 White and dark meat

* Cutlet

* Fingers

20 Nuggets

(* Other

UNCOOKED TURKEY OR TURKEY PARTS

Whole or half

21 Self-basting

22 Not self-basting

Turkey parts

23 Breasts

24 Drumsticks

25 Thighs

26 Legs

27 Necks

29 Wings

(* Other

Other

31 Ground turkey

(* Other

COOKED TURKEY

32 Whole turkey

33/36 White meat

34/37 Dark meat

35/38 White and dark meat

(* Other

OTHER POULTRY OR WILD FOUL

- 40 Capon
- 41 Cornish game hen
- 42 Duck
- 46 Pheasant
- 47 Quail, grouse, partridge
- (* Other

GAME

- 49 Domesticated rabbit
- 50 Wild rabbit
- 53 Venison, moose, elk, antelope, mule deer
- 54 Squirrel, groundhog, woodchuck, all other small game
- 55 Sausage made from game
- (* Other

LIVER

- 56 Chicken
- 59 Beef
- 60 Calf
- 62 Pork
- (* Other

OTHER ORGAN MEATS

- 81/82 Chitterlings or stomach (maws)
- 11 Chicken gizzard
- (* Turkey gizzard
- 67 Chicken or turkey heart
- 64 Beef heart
- 69 Beef kidney
- 72 Beef tongue
- 75 Pork tongue
- 80 Tripe
- (* Other

5) Lunch Meat/Cold Cuts, Hot Dogs, Sausage or Meat or Poultry Spreads

BOLOGNA

Beef or Pork

7/8 Beef or pork

9 Lower fat beef or pork

Poultry

10/11 Poultry

11 Lower fat poultry

SALAMI

35/36/61E Hard or dry, such as German or Italian

37/38/39/62 Soft, such as cotto, Kosher or Lebanon Bologna

59 Turkey salami

ROAST BEEF or CORNED BEEF

33 C Roast beef

34 Corned beef

PASTRAMI

35 C Pastrami

(*) Turkey pastrami

HAM LUNCH MEATS/COLD CUTS

66 Boiled

33 Minced or spiced

39 Turkey ham

(*) Other

TURKEY LUNCH MEATS/COLD CUTS

(*) Honey roasted breast

(*) Oven roasted breast

(*) Smoked breast

(*) Other smoked turkey

(*) Other

LUNCHEON ROLLS

23 Chicken

48 Ham

24 Turkey

(*) Other

LUNCHEON LOAF

26/30 Chicken or turkey

27 Ham or ham and cheese

28/29 Olive, pimienta or pickle

51 Liver

(*) Other

OTHER LUNCH MEATS/COLD CUTS

54 Pepperoni

49 Head cheese

22/51 Liverwurst or liver pudding

(*) Other

HOT DOGS

- 1 Regular, not canned
- 5 Beef or kosher
- 4/6 Chicken or turkey
- 3 Canned cocktail franks
- 63 Corn dogs
- 2 Hot dogs with fillings
- (*) Other

VIENNA SAUSAGE

- 12 Regular
- 13 Poultry

PURE PORK SAUSAGE

- 67 Bulk, link, rolls or fresh
- 68 Brown-and-serve
- 69 Cured
- (*) Other

POLISH SAUSAGE or KIELBASA

- 40/50 Polish sausage or kielbasa

OTHER SAUSAGE

- 47 Half-smoked
- 56/58 Summer farmer sausage or thuringer cervelat
- 60 Turkey sausage
- 42 Bockwurst or bratwurst
- 43/22 Liver sausage or braunschweiger
- 46 Chorizos
- (*) Other

MEAT OR POULTRY SPREADS**Canned**

- 19 Chopped beef
- 32 Luncheon loaf
- 16 Ham, deviled ham or beef
- 14 Pork lunch meat, such as Spam
- 20 Chicken or turkey
- (*) Other

Refrigerated

- 15 Chicken or turkey
- 17 Meat or ham
- (*) Other

6) Seafood including Fish and Shellfish

CATFISH

- 1 Store-bought (farm raised)
- (*) Caught (wild)

COD

- 2(9) Salted
- 3 Fresh or other

FLOUNDER OR SOLE

- 6 Flounder or sole

HADDOCK

- 7(9) Smoked, finnan haddie
- 8 Fresh or other

PERCH

- 18 Ocean
- 19 Fresh water

SALMON

- 20(4) Canned
- 21 Fresh
- 64 Smoked or lox

SARDINES

- 22 Sardines

TUNA

- Canned**
- 25(4) In oil
- 26(4) In oil, low salt (sodium)
- 27(4) In water
- 28(4) In water, low salt (sodium)
- Other**
- (*) Fresh or other

FISH STICKS OR FISH CAKES

- 5 Fish sticks, fish cakes

FISH SPREADS

- (*) Tuna
- (*) Salmon

OTHER FISH

34 Sea bass
35 Striped bass
36 Other bass
38 Bluefish
39 Bluegill
41 Bream
42 Buffalo fish
44 Carp
46 Crappie
47 Croaker
56 Grouper
09 Halibut
11(9) Pickled herring
12(9) Salted herring
15 Fresh herring and other herring
61 Kingfish
17 Fresh mackerel
16(9) Salted mackerel
67 Mullet
69 Orange roughy
71 Pike
72 Pollock
74 Porgy
75 Redfish
76 Rockfish, eastern U.S.
77 Rockfish, western U.S.
80 Scrod
83 Shark
86 Smelts
87 Snapper
88 Spot
93 Swordfish
23 Sea Trout
24 Fresh water trout
95 Turbot
97 Walleye
100 Whitefish
101 Whiting
(* Other

CRAB OR CRAB CAKES

105 Crabs in shell
106 Crabmeat not in shell
122 Crab cakes

SHRIMP

112 Shrimp

SCALLOPS

111 Scallops

OTHER SHELLFISH

- 103 Clams
- (* Crayfish
- 107 Whole lobster in shell
- 109 Lobster tails
- 115 Mussels
- 110 Oysters
- (* Other

IMITATION SEAFOOD

- 119 Crabmeat
- 120 Lobster
- 121 Shrimp
- (* Other

7) Eggs, Dairy Products or Their Substitutes

EGGS

Fresh

- 2 Extra large or jumbo
- 1 Large
- 4 Medium
- 3 Small, pullet or pee wee
- 5 Assorted sizes

Hard-Boiled

- 6 In shell
- 7 Not in shell

EGG SUBSTITUTES

Frozen

- (*) Egg Beaters
- (*) Morning Star Farms Scramblers
- (*) Morning Star Farms Better'n Eggs
- (*) Other

Refrigerated

- (*) Second Nature regular
- (*) Second Nature with garden vegetables
- (*) Simply Eggs
- (*) Other

Powdered

- (*) Powdered

Other

- (*) Other

MILK

Whole

- 14 Regular
- 15 Low salt (sodium)
- 16 Home-produced
- 17 Boxed shelf

Lowfat (1% or 2%)

- 20 Regular, 2%
- (*) Regular, 1%
- 21 Boxed shelf

Skim or Non-fat

- 19 Regular

BUTTERMILK

- *18 Buttermilk

OTHER MILK

- 24 Chocolate, whole
- 25 Chocolate, lowfat
- 22 Acidophilus
- 27 Goat
- 23 Lactaid
- 26* Soy
- (*) Other

EGG NOG

34* Regular
(* Light)

EVAPORATED MILK

43 Whole
44 Skim

SWEETENED CONDENSED MILK

47 Sweetened condensed milk

DRY OR POWDERED MILK

54 Whole
53 Low-Fat
52 Nonfat

YOGURT**Whole or Lowfat**

35 Plain
38 Vanilla or coffee
37 With fruit
36 With fruit and nuts

Non-Fat

(* Plain
(* Vanilla or coffee
(* With fruit
(* With artificial sweetener or reduced sugar

Other

(* Other

CREAM

56 Coffee cream, table cream or light cream
57 Whipping cream or heavy cream
(* Other

HALF AND HALF

60 Sweet
61 Sour

SOUR CREAM

58 Regular
(* Lower fat
(* Non-fat
59 Imitation

NONDAIRY CREAMERS

62 Dry
64 Frozen
63 Liquid

COTTAGE CHEESE

- **101 Plain
- 102 With fruit
- 103 With vegetables
- 105 Dry curd, uncreamed

RICOTTA CHEESE

- 179 Ricotta cheese

CREAM CHEESE

- 106 Plain
- 108 Whipped, all flavors
- (*) Other

CHEESE SPREADS OR LOGS

- 129 Cheese log or cheese ball
- 132 Wine and other flavor cold pack
- 124 American or cheddar-based spreads
- 118 Cheez Whiz, all kinds
- (*) Other

PARMESAN OR ROMANO CHEESE

- 116 Parmesan or romano cheese

AMERICAN OR CHEDDAR CHEESE

- **111 Natural cheddar
- 130 Processed slices or singles
- 112 Processed block
- 114 Processed american and swiss
- 113 Imitation american or cheddar
- (*) Other

SWISS CHEESE

- 115 Natural
- 131 Singles
- 138 Imitation

MOZZARELLA CHEESE

- **172 Natural
- 142 Imitation

MUENSTER CHEESE

- **173 Natural
- 143 Imitation

OTHER CHEESE OR CHEESE PRODUCTS

- 117 Velveeta
- **146 Blue
- **148 Brick
- 149 Brie
- **152 Camembert
- **154 Colby
- **159 Edam
- 160 Feta or goat
- 161 Fontina
- **163 Gouda
- 164 Gruyere
- 165 Harvarti
- 167 Jarlsberg
- 168 Longhorn
- **171 Monterey jack
- 174 New York
- **178 Provolone
- 183 String cheese
- 184 Tillamook
- (*) Other cheese or cheese product

8) Vegetables or Fresh Herbs

ASPARAGUS

H4 Asparagus

BAKED BEANS

H6 Baked beans

GREEN BEANS

H8 Trimmed

H7 Not trimmed

KIDNEY BEANS

H20 Kidney beans

OTHER BEANS

H16/17 Black or brown

H18 Calico

H76 Lentils

H10 Lima or butter beans, in pod

H11 Lima or butter beans, not in the pod

H19 Fava

H22 Pinto

H23 Red or mexe-beans

H24 Refried

H13 Wax or yellow, trimmed

H12 Wax or yellow, not trimmed

H14 White including navy, pea, great northern or marrow

H21 Mixed beans

(* Other

BROCCOLI

H31 Broccoli

CABBAGE

H35 Chinese or celery cabbage, such as bok choy

H33 Green or white

H34 Red

(* Other

CARROTS

H38 With tops

H37 Without tops

CAULIFLOWER

H39 Cauliflower

CELERY

H40 Celery

H41 Celeriac or knob celery

COLLARDS

H44 Trimmed

H45 Not trimmed

CORN

Yellow

- H47 On-the-cob and in the husk
- H48 On-the-cob and not in the husk
- H49 Off-the-cob
- (*) Baby Chinese corn, on-the-cob
- H50 Creamed corn

White

- H51 On-the-cob and in the husk
- H52 On-the-cob and not in the husk
- H54 Creamed corn

CUCUMBERS

- H57 Cucumbers

LETTUCE

- H77 Iceberg or New York
- H78 Boston or bibb
- H79 Leaf, such as cos or romaine
- (*) Mixed with other vegetables
- (*) Other

MUSHROOMS

- H80 Mushrooms

OKRA

- H84 Okra

ONIONS

- H85 Yellow, white, red, bermuda, vidalia or shallots
- H86 Spanish
- H88 Onion rings or fried onions, such as Durkee
- (*) Other

GREEN ONIONS

- H89 With tops
- H90 Without tops or scallions

PEAS

Blackeye, Cowpeas, Field, Pigeon or Crowder

- I3 In pod
- I4 Other

Green, English or Sweet

- I1 In pod
- I2 Other

Other Peas

- I8 Chickpeas or garbanzos
- I6 Snowpeas or peapods
- I9 Split peas
- (*) Other

HOT PEPPERS

I13 Green or yellow
I12 Red
(* Other

SWEET PEPPERS

I10 Green or yellow
I11 Red
(* Other

RED PIMENTOS

I14 Red pimentos

POTATOES**White Potatoes**

I15 Whole with skin, uncooked
I16 Whole or cut up, peeled
I18 Instant or dry flakes
I17 Baked or stuffed
I19 French fries or potato skins
I20 French fries, reduced fat
I22 Hash browns
(* Mashed potatoes
I23 Potato pancakes
I22 Potato puffs, such as Tater Tots or Tasti Puffs
I24 Scalloped or au gratin
(* Other

Sweet Potatoes or Yams

I44 Whole with skin
I48 Candied
I45 Canned in syrup
I46 Canned without syrup

PUMPKIN

I27 Pumpkin

RADISHES

I28 With tops
I29 Without tops

SAUERKRAUT

I33 Sauerkraut

SPINACH

I40 Leaves with stems, not trimmed
I39/I41 Other

SQUASH

I43 Summer squash, such as zucchini or crookneck
I42 Winter squash, such as acorn, butternut or hubbard

TOFU OR SOYBEANS

- I37 Tofu or soybean curd
- I34 Green soybeans, in pod
- I35 Green soybeans, not in pod
- (*) Other

TOMATOES

- I51 Red
- I52 Green
- (*) Other

TURNIPS OR TURNIP GREENS

- I58 Turnips with greens
- I59 Turnips without greens
- I60 Turnip greens only

VEGETABLE COMBINATIONS

- I63 Broccoli mixtures
- I65 Cauliflower mixture
- I64 Peas and carrots
- I68 Corn, peas, carrots and green beans
- I74 Three bean salad
- I62 Green bean mixture
- I67 International style
- I69 Oriental vegetable mixture
- I71 Soups and stew vegetables
- (*) Other

OTHER VEGETABLES

- H1 Artichokes, globe or french
- H2 Artichokes, jerusalem
- H27 Alfalfa sprouts
- H26 Bean sprouts or other sprouts
- H29 Beets with tops
- H28 Beets without tops
- H5 Bamboo shoots
- H32 Brussels sprouts
- H42 Chard or New England spinach
- H55 Cress
- H58 Dandelion greens
- H60 Eggplant
- H61 Endive or chicory, curly green leaf
- H63 Escarole
- H66 Hominy, large
- H70 Kale, trimmed
- H71 Kale, other
- (*) Leeks
- H81 Mustard greens, trimmed
- H82 Mustard greens, not trimmed
- H92 Parsnips
- I31 Rutabagas
- I61 Water chestnuts
- H56 Watercress
- (*) Other

FRESH HERBS

H64 Garlic, fresh
(* Garlic, minced in liquid
H65 Ginger root
(* Chives
H91 Parsley, fresh
H59 Dill, fresh
(* Other

9) Beverages

VEGETABLE JUICE

- 9 Carrot juice
- 3/5 Mixed vegetable juice, such as V-8
- 4/6 Low sodium mixed vegetable juice, such as V-8
- 8 Mott's Beefamato or Clamato
- 1 Tomato juice
- 2 Low sodium tomato juice
- (* Other

NECTARS

- 66 Apricot
- 69 Guava
- 67 Peach
- 68 Pear
- (* Other

100% FRUIT JUICE

Single Fruit Juice

- (* Boxed liquid concentrate
- 12 Apple or apple cider
- 19 Apricot
- 21 Blackberry
- 13 Grape
- 14* Grapefruit
- 15/16 Lemon juice or Realemon
- 17/18 Lime juice or Realime
- 11* Orange
- 29 Papaya
- 30 Peach
- 32 Pineapple
- 35 Prune
- (* Other

Mixed Fruit Juice

- (* Boxed liquid concentrate
- (* Apple plus any other fruit
- 27 Orange-grapefruit
- 28 Orange-pineapple
- 29 Papaya juice blends
- 34 Pineapple-grapefruit
- 26/23/24/(*) Other

FRUIT JUICE DRINKS OR JUICE COCKTAILS

- 72 Boxed liquid concentrate
- 37/38* Cranberry juice cocktail or blends, such as Ocean Spray
- (* Cranberry juice cocktail or blends, reduced calorie
- 41* Grape juice drink or cocktail, such as Welch's
- 44 Grapefruit juice cocktail
- 45/46 Pineapple or pineapple blend juice drink
- 40/39* Other fruit juice drinks or cocktails, such as Five Alive
- (* Other

FRUIT FLAVORED DRINKS, PUNCHES OR ADES

- 59 Any "less sugar" drink, ade or punch
- 62 Hi-C Cooler drinks
- 42 Kool-Aid Coolers
- 64(6) Sippis
- 55(6) Capri Sun
- (*) Boku
- (*) Rocket Drinks
- 56/76 Gatorade
- 57 Grapeade or grape drink (noncarbonated)
- 49 Orangeade or orange drink (noncarbonated)
- 47* Lemonade
- 48* Limeade
- 58/60 Fruit punch, Hawaiian Punch or tropical punch
- 65/73/74/75 Other

FRUIT FLAVORED BREAKFAST DRINKS

- 77/78 Tang instant breakfast drink
- 53(2) Awake
- 54 Bright & Early breakfast beverage
- (*) Other

DIET SOFT DRINKS

- 92 Diet colas, all kinds
- 94 Diet 7-Up, Mountain Dew or cream soda
- 102 Diet gingerale
- 104 Diet root beer
- (*) Fruit flavored, such as diet orange or diet grape
- 97 With fruit juice, such as diet Slice or diet Orangina
- (*) Other

REGULAR SOFT DRINKS

- 91 Colas, all kinds
- 93 7-Up, Mountain Dew or cream soda
- 101 Gingerale
- 103 Root beer
- 93 Fruit flavored, such as orange or grape
- 95 With fruit juice, such as Slice or Orangina
- 96 Fortified, such as Sunkist Plus
- (*) Other

CARBONATED or BOTTLED WATER

- 99/100 Carbonated water, seltzer water or club soda
- 106 Tonic water or quinine water
- (*) Bottled drinking water
- (*) Other

COFFEE OR COFFEE SUBSTITUTES

Regular

- 65 Ground
- 66 Ground with chicory
- 67 Powdered instant
- 68 Freeze-dried instant
- 69 Instant with chicory
- 70 International Styles instant
- (*) Other

Decaffeinated

- 72 Ground
- 73 Powdered instant
- 74 Freeze-dried instant
- (*) Other

Coffee Substitute

- 75 Coffee substitute, such as Postum

TEA or ICED TEA

- 77 Regular, either leaf, loose or in a bag
- 78 Herbal, either leaf, loose or in a bag
- 79 Instant
- 81/82 Iced tea mix with lemon
- 80/83 Iced tea mix without lemon
- 84-89 Ready-to-drink iced tea
- (*) Other

COCOA, COCOA MIX or CHOCOLATE SYRUP

- 48 Plain cocoa
- 57 Carnation instant hot cocoa mix
- 62 Carnation sugar free cocoa mix
- 50 Hershey's instant
- 51/54 Nestle's Quik
- 63 Ovaltine sugar free cocoa mix
- 55 Swiss Miss Milk Maker sugar free
- 58 Swiss Miss hot cocoa mix
- 64 Swiss Miss sugar free cocoa mix
- Q25 Chocolate syrup
- (*) Other

INSTANT BREAKFAST DRINKS

- 41/42 Instant breakfast drink
- 55 Malted milk instant breakfast drink
- (*) Other

MEAL REPLACEMENT OR SUPPLEMENT DRINKS

- 50/51 High calorie supplement, such as Nutrament
- 48/49 Low calorie supplement, such as Slim Fast or Slender
- 71 Protein powder
- (*) Other

BEER

- 114 Regular
- 115 Light
- (*) Other

MALT BEVERAGES

- 107 Malt beverage or non-alcoholic beer

WINE or CHAMPAGNE

- 121 Burgundy
- 122 Chablis
- 139 Rhine wine
- 156 Other dry table wine
- 157 Sweet dessert wine
- 158 Wine cooler
- 123 Champagne
- (*) Other

COOKING WINE OR COOKING SHERRY

- 129 Cooking wine or sherry

OTHER ALCOHOLIC BEVERAGES

- 119 Bourbon
- 120 Brandy or cognac
- 134 Gin
- 136 Kahlua
- 137 Liqueurs or cordials
- 140 Rum
- 144 Scotch
- 120 Tequila
- 154 Vodka
- 155 Whiskey
- 118 Blended whiskey
- (*) Other

NONALCOHOLIC COCKTAIL MIXES

- 52 Liquid concentrated
- 50/51/79 Other

10) Fruits

APPLES

1 Apples

APPLESAUCE

2 Applesauce

AVOCADOS

9 Avocados

BANANAS

3 Bananas

APRICOTS

8 Apricots

STRAWBERRIES OR OTHER BERRIES

22 Strawberries

11 Blackberries

12 Blueberries

14 Cranberries

20 Raspberries, black

21 Raspberries, red

(*) Other

CRANBERRY SAUCE

14 Cranberry sauce

CANTALOUPE OR MUSKMELON

37 Cantaloupe or muskmelon

WATERMELON

38 Watermelon

OTHER MELONS

41 Honeydew, honey ball, sharlyn or other melons

CHERRIES

26 Maraschino

24 Sour

25 Sweet

(*) Other

GRAPEFRUIT

30 Grapefruit

31 Grapefruit sections

GRAPES

34 Store bought, such as Thompson Seedless

33 Home grown, such as Concord, Delaware or Niagara

LEMONS

35 Lemons

LIMES

36 Limes

ORANGES4 Oranges
5 Mandarin oranges
6 Tangelos
7 Temple
(* Other**PEACHES**

47 Peaches

PEARS(*) Cactus or prickly
48 Other**PINEAPPLE**

49 Pineapple

PLUMS

50 Plums

PRUNES51 With pits
52 Without pits**RAISINS**

53 Raisins

FRUIT COCKTAIL OR MIXED FRUIT44 Fruit cocktail
32 Grapefruit and orange sections
92 Mixed fruit, fresh
(* Other**OTHER FRUITS**60 Cherimoya
13 Coconuts
28 Dates with pits
27 Dates without pits
29 Figs
66 Kumquats
70 Mangoes
72 Papayas
73 Persimmons
75 Plantains
76 Pomegranates
54 Rhubarb with leaves
55 Rhubarb without leaves
78 Star fruit
(* Other

11) Rice, Pasta or Other Noodles

RICE

White

- 228 Regular
- 229 Converted or parboiled
- 230 Instant
- (* Other

Brown

- 236 Regular
- (* Instant
- (* Other

Other Rice

- 234 Brown and white mix
- 237 Wild rice, plain
- 235 Wild rice mixes
- 231 Rice mixes with spice or pilaf
- 232 Rice mixes with vegetables only
- 233 Rice mixes with vegetables and cheese
- (* Other

PASTA, SUCH AS MACARONI OR SPAGHETTI

- 242/245 Regular, dry
- 249 High protein
- (* Vegetable
- 248 Whole wheat
- 247 Pastina
- (* Other

EGG NOODLES

- 251 Egg noodles

OTHER NOODLES

- 260 Chow mein
- (* Translucent, such as bai or mai fun, ning fun or fun see
- (* Somen
- (* Soba or buckwheat
- (* Other

12) Hot or Cold Cereals, Pancakes or Waffles

HOT CEREALS

Farina or Cream of Wheat

- 7 Regular
- 8 Quick
- 9 Instant, plain
- 10 Instant, with fruit or spices
- (* Other

Oatmeal

- 1 Regular
- 2 Quick
- 3 Instant, plain
- 4 Instant with fruit, nuts or spices
- (* Instant plus fiber
- (* Other

Other Hot Cereals

- 15 7-Grain cereal or granola
- 13 Maltex
- 14 Maypo
- 5 Oatbran
- 17 Ralston
- 11 Cream of Rice
- 19 Roman Meal
- 20 Rolled Wheat
- 21 Wheatena
- (* Other

HOMINY GRITS

- 225 White, quick
- 226 White, instant
- 227 Yellow

COLD CEREALS

Flakes

- 35 Bran Flakes
- 68 40% Bran Flakes
- 112 100% Bran Flakes
- (*) Clusters
- (*) Common Sense with raisins
- (*) Common Sense without raisins
- 51 Corn Flakes, all brands
- 58 Crispy Wheats'n Raisins
- (*) Frosted Bran
- 72 Frosted Flakes, all brands
- 84 Grape-Nuts Flakes
- 92 Honey and Nut Corn Flakes
- (*) Kenmei Rice Bran
- (*) Lightly Frosted Bran
- 115 Post Toasties
- 116 Product 19
- (*) Raisin Bran
- 132 Special K
- (*) Team Flakes
- (*) Toasted Oatmeal, original
- (*) Toasted Oatmeal, honey nut
- 143 Total
- (*) Total Raisin Bran
- 145 Wheaties, original
- (*) Wheaties, honey gold
- (*) Other

Granules

- 33 Bran Buds
- 83 Grape-Nuts
- (*) Other

Shredded Chex or Squares

- (*) Apple Cinnamon Squares
- (*) Blueberry Squares
- 34 Bran Chex
- 50 Corn Chex
- 59 Crispix
- (*) Double Chex
- 74 Frosted Mini-Wheats
- (*) Frosted Wheat Squares
- (*) Fruit Wheats, all fruits
- (*) Graham Chex
- 100 Life, all kinds
- (*) Oat Squares, original
- (*) Oat Squares, cinnamon
- 125 Raisin Squires
- 126 Rice Chex
- 130 Shredded Wheat, original
- (*) Shredded Wheat 'N Bran
- 131 Shredded Wheat Spoon-Size
- (*) Strawberry Squares
- 147 Wheat Chex
- (*) Other

Shaped (ring, alphabet or other)

- 22 All-Bran, original
- 24 All-Bran with extra fiber
- 27 Alpha-Bits, plain
- (*) Alpha-Bits with marshmallow
- 28 Apple Jacks
- 38 Cap'n Crunch, original
- 40 Cap'n Crunch, crunch berries
- 41 Cap'n Crunch, peanut butter
- 42 Cheerios, original
- (*) Cheerios, honey nut
- (*) Cheerios, apple cinnamon
- (*) Cheerios, multigrain
- (*) Cinnamon Mini Buns
- 43 Cinnamon Toast Crunch
- 56 Cracklin' Oat Bran
- (*) Double Dip Crunch
- 67 Fiber One
- (*) Fingos, cinnamon
- (*) Fingos, honey toasted oat
- (*) Fingos, singles
- 71 Froot Loops
- 82 Golden Grahams
- (*) Graham Crackos
- 90 Honeycomb
- 101 Lucky Charms
- (*) Oatios
- (*) Tasteeos
- (*) Other

Puffed

- 47 Cocoa Puffs
- 52 Corn Pops
- 118 Puffed Rice
- 119 Puffed Wheat
- (*) Other

Mixed grain, nuts and fruits

- 25 Almond Delight
- 29 Apple Raisin Crisp
- (*) Banana Nut Crunch
- (*) Basic 4
- 61 C.W. Post, with raisins
- 66 Familia, regular
- (*) Familia, no sugar added
- 75 Fruit & Fibre, with tropical fruit
- 79 Fruit & Fibre, without fruits and nuts
- 77 Fruitful Bran
- (*) Granola, plain
- (*) Granola, lowfat with raisins
- (*) Granola, lowfat without raisins
- (*) Great Grains, with double pecans
- (*) Great Grains, with raisins, dates and pecans
- (*) Honey Bunch of Oats, honey roasted
- (*) Honey Bunch of Oats, with almonds
- 95 Just Right, crunchy nuggets
- 96 Just Right, fruit and nuts
- (*) Mueslix, crispy blend
- (*) Mueslix, fruit
- (*) Mueslix, golden crunch
- 105 Nature Valley Granola Cinnamon and Raisins
- 106 Nature Valley Granola Coconut and Honey
- 104 Nature Valley Granola Fruit and Nut
- (*) Nutri-Grain, almond raisin
- (*) Nutri-Grain, raisin bran
- 108 Nutri-Grain, wheat
- (*) Oatmeal Raisin Crisp
- (*) Raisin Nut Bran
- (*) Other
- Other Type**
- 43 Cocoa Krispies
- 46 Cocoa Pebbles
- 53 Corn Total
- 73 Frosted Krispies
- 79 Fruity Pebbles
- 99 Kix, original
- (*) Kix, berry berry
- (*) Marshmallow Krispies
- 128 Rice Krispies
- (*) Rice Krispies Treats
- (*) Super Golden Crisp
- 146 Toasted Wheat Bran
- (*) Triples
- 144 Trix
- 148 Wheat Germ, plain
- (*) Other

Variety Packs

- 151 Kellogg's Handi-Pak
- 155 Kellogg's Snack-Pak
- 156 Kellogg's Variety Assortment
- (* General Mills Singlepak
- (* General Mills Bowlpak
- (* Other

PANCAKES, WAFFLES OR FRENCH TOAST

Dry pancake or waffle mix

- 117(9) Plain, buttermilk
- 118(9) Blueberry or other fruits
- 119(9) Buckwheat
- 120(9) Whole wheat

Frozen batter

- 115 Plain or buttermilk
- 116 Blueberry

Frozen or Ready-to-Eat Pancakes

- 113 Plain or fruits, regular
- (* Plain or fruits, lite

Frozen or Ready-to-Eat Waffles

- 111 Plain or fruit
- 112 Bran or roman meal

Frozen or Ready-to-Eat French Toast

- 114 French toast

13) Flour, Cornmeal, Cornstarch or Other Grains

FLOUR

- 201 White, all-purpose
- 202 White, instantized or shake and blend
- 203 White, self-rising
- 204 Bread
- 205 Cake or pastry
- 213 Corn
- 206 Pasta
- 211 Soy
- 261 Tortilla flour mix, such as Masa Trigo
- 207 Whole wheat or graham
- (*) Other

CORNMEAL

Yellow

- 221 Degerminated, non-rising
- 222 Degerminated, self-rising
- 223 Whole or ground, non-rising
- 224 Whole or ground, self-rising
- 216 Masa harina de maiz

White

- 217 Degerminated, non-rising
- 218 Degerminated, self-rising
- 219 Whole or ground, non-rising
- 220 Whole or ground, self-rising
- (*) Masa harina de maiz

CORNSTARCH

- 255 Cornstarch

OTHER GRAINS

- 257 Barley or pearl barley
- 252 Buckwheat groats or grits, such as Kasha
- (*) Couscous
- (*) Quinoa
- (*) Other

14) Bread or Bread Products

WHITE BREAD

- 1 White (regular, sandwich, thin, diet slice)
- 49 Brown-n-serve

WHEAT BREAD

- 13 100% whole wheat
- 14 With fruit or nuts
- (*) Other wheat
- (*) Other wheat with fruit or nuts

PUMPERNICKEL OR RYE BREAD

- 17 Pumpernickel, dark polish, russian rye or black bread
- 16 Swedish, Jewish, corn or other rye

MULTIGRAIN BREAD

- 46 Roman Meal
- 39 Milk and Honey
- 3 Hillbilly
- 12 Other

OTHER BREAD

- 9/11 Bran, such as Bran'nola or Country Oat
- 30 Cornbread
- 77 Hushpuppies
- 32 Egg, cheese or challah
- 3 French or Vienna
- 48 French or Italian brown-n-serve
- 34 Garlic
- 2 Italian or Grecian
- 43/40 Oatmeal, such as Milk and Honey Oat
- 44 Onion
- 25 Wheat pita, sahara pocket or Syrian
- 15 Raisin
- 47 Sourdough
- (*) Other ready-to-eat bread

ROLLS

Brown-n-Serve

- 64 White
- 65 Wheat
- 66 French or Vienna

Ready-to-eat

- 60 White
- 63 100% whole wheat
- 62 Wheat
- 61 Pumpernickel or rye

ENGLISH MUFFINS

- 70 Plain
- 73 100% whole wheat
- 72 Wheat, roman meal or bran
- 71 With raisins or other fruit

BAGELS

- 85 Plain
- (*) 100% whole wheat
- 86 Pumpernickel or rye
- (*) Other

CROISSANTS

- 87 Plain
- (*) Other

BISCUITS

- 82 Ready-to-eat

BREAD STICKS

- 54 Bread sticks

BREAD CRUMBS, STUFFING OR COATINGS

- 55 Bread crumbs, all kinds
- 58 Stuffing mixes, all kinds
- 59 Coating mixtures, such as Shake 'N Bake or Oven Fry
- (*) Other

CROUTONS

- 56 Croutons

TORTILLAS OR TACO SHELLS

- 127 Corn tortillas
- 128 Flour tortillas
- 129 Taco or tostado shells

"CLASSIFY BREAD OR BISCUIT DOUGH UNDER CATEGORY 23 - BAKING INGREDIENTS, MIXES OR DOUGHS."

15) Cookies, Cakes, Pies or Breakfast Pastries

ANIMAL CRACKERS

3 Animal crackers

CHOCOLATE OR VANILLA SANDWICH COOKIES

12/15/28/61/78/ Chocolate or vanilla, such as Oreos or Vienna Fingers
87/97/125/127-130/
132/144/148

SHORTBREAD OR PECAN SANDIES

2/53/65/70/88/ Shortbread or pecan sandies
118/134

BUTTER OR SUGAR COOKIES

9-11/14/16/31/ Butter or sugar
45/80/82/85/121/
135/139/145

VANILLA WAFERS

147 Vanilla wafers

CREME-FILLED SUGAR WAFERS

50/52/100/105/140 With chocolate coating
27/83/141/149 Without chocolate coating
142 With peanut butter

LADYFINGERS OR PIZELLES

1/4/41/124 Ladyfingers, pizelles waffles, almond toast or mandel cuts

FORTUNE COOKIES

84/119 Fortune cookies

COCONUT MACAROONS

32/90/91 Coconut macaroons, all types

OATMEAL COOKIES

79/106/109 Plain, iced or with cream filling
58/64/67/107/ With fruits or nuts
111/112
18/108/110 With chocolate

GINGERSNAPS OR MOLASSES COOKIES

56/101 Gingersnap or molasses

GRAHAM CRACKERS

P20 Graham crackers

GRANOLA COOKIES

73 Plain
74 With chocolate coating or filling
75 Other flavor coating or filling, such as peanut butter or vanilla

MARSHMALLOW COOKIES OR MOON PIES

20/93/95/102/120 Chocolate covered
92/96 Other toppings

FIG OR FRUIT-FILLED COOKIES OR BARS

6/34/39/43/ Fig or fruit-filled, such as apple, Fig Newtons or date nut
44/71/72 bars

PEANUT BUTTER COOKIES

23/47/63/103/ With chocolate
116/117
115 Without chocolate
63/104/131 Sandwich cookie, such as Nutter Butter

CHOCOLATE COVERED OR FUDGE-COVERED COOKIES

42/54/62/ Chocolate or fudge-covered, such as mint wafers or
76/77/98/ E. L. Fudge
114/138/P21

CHOCOLATE CHIP COOKIES

17/19/22/ Chocolate chip, such as Toll House, M&M cookies, Chippy
33/89/122/ Chews
143

OTHER CHOCOLATE COOKIES

25/29 Chocolate, such as fudge cookies or rocky road

ASSORTED COOKIES

8 Not sandwich type

OTHER COOKIES

5/30/40/46/ Other
86/126/133

READY-TO-EAT SNACK CAKES, CUPCAKES OR BROWNIES

Chocolate

- 13 Brownies
- 35/36 Cake, including devil's food
- 40(9) Choco-Diles
- 42(9) Devil Dogs
- 43(9) Devil Twins, Squares
- 44(9) Ding Dong
- 46(9) Ho Ho's
- 47(9) Kandy Kake
- 53(9) Suzy Q, chocolate cream filled
- 53(9) Suzy Q, other flavor cream filled
- 55(9) Yodels
- 50(9) Krimpet
- 102 Moon Pies
- (*) Other

Other Flavors

- 37 Cake, other than chocolate
- 38(9) Banana Twins or Banana Treats
- 41(9) Dessert Squares, Peanut Butter
- 48(9) Peanut Butter Kandy Kake
- 51(9) Sno Balls
- 52(9) Banana Suzy Q
- 54(9) Twinkies
- (*) Other

READY-TO-EAT OR FROZEN CAKES

- 1 Angel food
- 2 Apple or banana
- 3 Boston cream pie
- 4 Carrot
- 9 Chocolate, devil's food or fudge
- 10 Chocolate chip
- 11 Coconut
- 13 Crumb
- 12 Crunch
- 20 Fruit
- 21 German chocolate
- 23 Jelly roll
- 25 Marble
- 26 Yellow pound
- 27 Chocolate pound
- 28 Shortcake dessert shell
- 29 Spice
- 31 Sponge
- 18 Strawberry shortcake
- 32 White
- 34 Yellow
- 35 Yellow with fruits or nuts
- (*) Other

Cheesecake

- 5 Plain
 - 6 Fruit
 - 7 Chocolate
- Dietetic or Reduced Calorie**
- 15 Cheesecake
 - 16 Chocolate cheesecake
 - (*) Fruit cheesecake
 - 17 Low cholesterol pound
 - 19 Yellow, white or spice
 - (*) Other

READY-TO-EAT OR FROZEN PIES OR SNACK PIES**Fruit Pies**

- 99 Apple
- 101 Blackberry
- 102 Blueberry
- 103 Berry, unspecified
- 104 Cherry
- 112 Lemon
- 116 Peach
- 121 Rhubarb
- 122 Strawberry
- 115 Mince (includes fried pies)
- (*) Other

Chocolate Pies

- 105 Chocolate chiffon
- 107 Chocolate cream pudding or chocolate mousse
- 113 Chocolate meringue

Dietetic or Reduced Calorie Pies

- 110 Apple
- 111 Cherry
- (*) Other

Other Pies

- 108 Cream pudding or mousse, other than chocolate
- 109 Custard
- 106 Chiffon, other than chocolate
- 114 Lemon meringue or other meringue
- 117 Pecan
- 119 Pumpkin
- 123 Sweet potato
- (*) Other

PASTRIES, BREAKFAST PASTRIES, SWEET ROLLS OR DANISH

- 126 Cream puff or éclair
- 127 Napoleon, French pastry
- 102 Plain or cinnamon sweet rolls or honey buns
- 103 Raisin or fruit sweet rolls or honey buns
- 106 Danish pastry, all kinds
- 91 Breakfast bars, such as Kellogg's Nutrigrain Bars or Figurines
- 92 Toaster pastries, such as Pop Tarts
- 93 Toaster strudel
- (*) Other

COFFEE CAKE, DOUGHNUTS, MUFFINS OR BREADS

Coffee Cake

- 104 Plain or spiced
- 105 With fruits or nuts
- (*) With cream cheese

Cake-type Doughnuts

- 95 Plain, powdered or glazed
- 96 Chocolate
- 97 Filled

Yeast-type Doughnuts

- 98 Plain or glazed
- 99 Chocolate
- 100 Filled

Muffins

- 75 Blueberry, fruit or nuts
- 76 Bran, all kinds
- 77 Corn
- (*) Other

Bread

- 26 Banana
- 29 Cinnamon swirl
- 31 Date-nut
- 33 Fruit-nut or cranberry-nut
- 28 Carrot or pumpkin
- (*) Other

GRANOLA BARS

- (*) Without coating, crunchy
- (*) Without coating, chewy
- 150/152 With coating
- 153 Granola Dippis

16) Candy or Dietetic Candy

CANDY BARS

Q102 Almond Joy
Q104 Alpine White with Almonds (Hershey)
Q106 Baby Ruth
(* Bar None
Q107 Bit-O-Honey
(* Bounty milk chocolate bar
Q111 Butterfinger
Q120 Cadbury Caramello
(* Cadbury Milk Chocolate
(* Cadbury Fruit and Nut
(* Cadbury Roasted Almond
Q121 Charleston Chew
Q236 Hershey Special Dark or Bounty
Q136 Chunky
Q138 Clark Bar
Q144 Fifth Avenue, 5th Avenue
(* Golden III Chocolate Bar
Q163 Heath Bar
Q164 Hershey Bar, Plain
Q165 Hershey Golden Almond Bar
Q177 Krackel Bar
Q174 KitKat
Q187 Mars Bar
Q196 Milky Way
(* Milky Way Dark
Q198 Mounds
Q199 Mr. Goodbar
Q201 Nestle Crunch
Q205 Oh Henry!
Q207 \$100,000 Bar, Hundred Thousand Dollar Bar
Q208 PayDay
Q213 Reese's Peanut Butter Cups
Q215 Peanut Butter Meltaway Bars
Q220 Peppermint Patties
Q231 Skor
Q234 Snickers, regular
(* Snickers, peanut butter
(* Symphony Milk Choc Bar
(* Symphony Almond Butterchip Bar
Q245 Three (3) Musketeers
Q251 Twix Caramel Cookie Bar
(* Twix Chocolate Cookie and Cream
(* Twix Chocolate Fudge
(* Twix Peanut Butter Cookie Bar
Q255 Whatchamacallit
Q259 Zero
(* Other

HARD CANDY, SUCH AS LOLLIPOPS OR LIFESAVERS

- Q113 Candy canes
- Q139 Cough drops or lozenges
- Q179 Life savers
- Q180 Lollipops
- Q249 Tootsie Roll pop
- Q246 Tic Tacs
- Q161 Hard candy, all flavors such as fruit, peppermint or butterscotch
- (* Other

FUDGE

- Q151 Chocolate, plain
- Q152 Chocolate, with nuts
- (* Other

CARAMEL APPLE OR CANDIED APPLE

- K59 Caramel apple or candied apple

CANDY MADE WITH CHOCOLATE

- (* After Eight mints
- Q103 Almond Roca
- Q105 Andes mint wafers
- Q109 Bridge mix, assortment
- Q117 Caramel, chocolate
- Q118 Caramel, chocolate with nuts
- Q124 Cherries, chocolate covered
- Q125 Easter Eggs, chocolate covered
- Q155 Goobers
- Q166 Hershey-ets
- Q176 Hershey Kisses, plain
- (* Hershey Kisses, w/almond center
- Q173 Junior Mints
- Q184 M&M's, plain
- Q185 M&M's, peanut
- Q186 Malted milk balls
- Q127 Marshmallows, chocolate covered
- Q194 Milk Duds
- Q128 Mints, chocolate covered
- Q203 Nonpareils, including Snocaps
- Q155 Peanuts, chocolate covered
- Q131 Raisins, chocolate covered, including Raisinets
- Q225 Reese's Pieces
- Q226 Rolo
- Q248 Tootsie Roll
- Q250 Turtles
- Q257 Whoppers
- (* Other

OTHER CANDY WITHOUT CHOCOLATE

Q108 Bonkers!
Q114 Candy corn
Q115 Caramel, plain
Q119 Caramel creams
Q137 Circus peanuts
Q134 Coconut candy
Q158 Gum drops, leaves, slices, such as Chuckles
Q159 Gummi bears, worms or fish
Q168 Jelly beans
Q171 Jujufruits
(* Jolly Rancher
Q170 Jordan Almonds
Q178 Licorice
Q188 Marshmallows
Q189 Mary Janes
Q162 Mints, hard or soft
Q202 Nerds
(* Nibs, cherry
Q204 Nougat
Q211 Peanut brittle
Q216 Peanut chews
Q253 Peanuts, yogurt or carob covered
(* Peanuts, French burnt
Q254 Raisins, yogurt or carob covered
(* Pixy Stix
Q230 Skittles
(* Slurpys
Q233 Smarties
Q237 Starburst
Q238 Sugar Babies
Q239 Sugar Daddy
Q241 Sweet Tarts
Q243 Taffy
Q247 Toffee
Q252 Twizzlers
(* Other

DIETETIC CANDY**Chocolate**

(* Bar with almonds
(* Crunch bar
(* Peanut butter cups
Q143 Other

Other

Q140 Hard candy
Q142 Gum drops
(* Other

17) pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings

PUDDING

Regular Mixes

- 6 Chocolate
- 7 Other flavors
- 8 Low calorie or reduced sugar

Instant Mixes

- 10 Chocolate
- 11 Other flavors
- 13 Low calorie or reduced sugar

Ready-to-eat

- 16 Chocolate, canned
- 17 Other flavors, canned
- 14 Chocolate, refrigerated
- 15 Other flavors, refrigerated

GELATIN

Powdered

- 1 Unflavored
- 2 Flavored
- 3 Sugar free

Ready-to-eat

- 4 With fruit
- 5 Without fruit

EGG CUSTARD

- 18 Egg custard

ICE CREAM

- 30 Chocolate
- 31 Other flavors
- 36 Low fat
- 35 Imitation

ICE MILK

- 39 Chocolate
- 40 Other flavors

SHERBET OR SORBET

- 45 Sherbet
- 56 Sorbet

FROZEN YOGURT

- (*) Chocolate
- (*) Other flavor

OTHER FROZEN DESSERTS

- (*) Disney Paradise Pops
- (*) Disney Treat Pops
- (*) Dole Fruit'n Cream Bars
- (*) Eskimo Pies
- 49 Frozen dietary dessert, such as Weight Watchers or Sugar Lo
- 51 Fruit and juice bars
- 44 Fudgesicles
- 52 Gelatin Pops
- (*) Haagen Daz Bars
- (*) Heath
- 34 Ice cream sandwiches, such as Chipwiches
- (*) Ice cream cake, roll or pie, all flavors
- (*) Jello Pudding Pumps
- (*) Klondike
- (*) Milky Way
- 53 Popsicles, Pop-ice, or frozen ices
- 54 Chocolate pudding pops, bars or sticks
- 55 Other flavor pudding pops, bars or sticks
- (*) Rhodos
- 38 Fruit sundaes
- 37 Chocolate sundaes
- (*) Three Musketeers
- (*) Tofu frozen desserts
- (*) Other

DESSERT OR WHIPPED TOPPINGS**Dairy**

- G69 Frozen, such as Le Creme or X-tra Creamy Cool Whip
- G70 In pressurized can, such as Reddiwip (red can)

Nondairy

- G67 Frozen, such as Cool Whip or Handi-Whip
- G68 In pressurized can, such as Reddiwip (blue can)
- G65 Dry mixes, such as Dream Whip

Other

- 29 Butterscotch
- 30 Caramel
- 32 Chocolate fudge
- 31 Marshmallow
- (*) Other

SUGAR OR WAFER CONES

- 146 Sugar or wafer cones

18) Crackers, Chips, Popcorn, Other Snacks or Dips

CRACKERS

Saltines, Soda, Matzo or Oyster Crackers

P*40 Saltines or soda crackers

(*) Saltines, bite-size

P52 Uneeda Biscuit

P*26 Matzo crackers

P27 Matzo, whole wheat

P32 Oyster crackers

(*) Other

Sandwich Crackers with Cheese or Peanut Butter Filling

P41 Cheese filling

P41 Peanut butter filling

P7 Cheese spread with crackers in plastic container

(*) Other

Cheese Crackers

P5 Cheese Ritz

P6 Cheese Snack Thins

(*) SnackWell's Cheese Crackers

(*) Better Cheddars

P85 Cheese-its

P86 Cheese Nips

P87 Cheese Tid-bits

(*) Other

Wheat, Pumpernickel or Rye Crackers

100% Whole Wheat Crackers

P*46 100% stoned wheat crackers

P*60 100% whole wheat crackers

P*50 Triscuits

(*) Other

Other Wheat, Pumpernickel or Rye

P*45/*57 Wheat Thins, Nutty Wheat Thins or Stoned Wheat Thins

P59 Wheatsworth

(*) SnackWell's Wheat Crackers

(*) Wheatables

P58 Wheatbury (?)

P*33 Pumpernickel

P*38 Rye, all flavors

(*) Other

Rice Crackers or Rice Cakes

P35 Rice crackers, all flavors

P*34 Rice cakes, all flavors

Melba Toast or Rounds

P29 All kinds

Flatbread or Crispbread Crackers

P54 Wasa Flatbread Crackers

P39 Ry-Krisp

(*) Other

Other Snack Crackers

- P1 Bacon crackers
- P*3 Butter type crackers
- P9 Chicken in a Biskit
- P10 Club
- P14 Escort
- P17 Goldfish crackers, all flavors
- P25 Hi-Ho
- P30 Milk Lunch crackers
- (* Munch'ems Toast Thins
- P31 Onion crackers
- P*37 Ritz
- (* Ritz Bits
- P44 Sociables
- P*49 Townhouse
- P53 Vegetable Thins
- P55 Water biscuits
- P56 Waverly
- (* Zings Cracker Chips
- (* Other

POTATO CHIPS OR POTATO SNACKS

- 65 Munchos
- (* O'Boisies
- 63 Pringles, regular
- (* Pringles Light
- (* Ruffles Light
- 66 Tato Skins
- 69 Potato sticks
- 62 Other potato chips
- (* Other

POPCORN

Unpopped

- 69 Corn kernels only
- 70 Corn kernels with oil
- 71 Microwave, regular or butter flavored
- (* Microwave, less fat or light
- (* Microwave, low salt
- (* Microwave, low fat and low salt

Popped

- 78 Plain, no butter or seasonings
- 72 Butter, cheese or seasoned
- 74 Cracker Jacks or Crunch N' Munch
- 73 Caramel or candy coated
- (* Other

PRETZELS

- 81 Combos
- (* Mr. Phipps pretzel chips
- 79 Other

SNACK MIXES OR ASSORTMENTS

- P100 Party mix, such as Cheez-Its, Rold Gold snack mix or Chex Mix
- P107 Variety pack, individually packaged

OTHER SNACKS

- 104 Beef Jerky, Slim Jims or meat sticks
- 82 Bugles
- 83/84/88/89 Cheese balls, curls, puffs or twists
- (*) Cheese puffs, fat free, such as Health Valley
- 90/96 Corn chips, such as Fritos
- 91 Corn nuts
- 94 Doritos
- (*) Doritos Nacho Cheesier
- Q149 Fruit leathers, such as Roll-ups or Wrinkles
- 98 Nacho chips
- 97 Onion flavored rings, such as Funyans
- (*) Pizza flavored chips, such as Keebler Pizzarias
- 102 Fried pork rinds
- (*) Quangles
- (*) Multigrain chips, such as Sun Chips
- (*) Taco chips
- 108 Tortilla chips, such as Tostitos
- (*) Tortilla chips, low fat
- (*) Other

DIPS

- G137 Cheese based
- (*) Bean
- G136 Sour cream based
- G135 Cream cheese based
- (*) Salsa
- K10 Avocado or guacamole
- (*) Other

19) Sugars, Sweeteners, Jelly, Syrup or Honey

WHITE SUGAR

1 Granulated or cubes

CONFECTIONERS SUGAR

2 Confectioners or powdered

BROWN SUGAR

3 Light or dark

SUGAR SUBSTITUTE

Dry

9 Equal

14 Fructose

8 Sweet-n-Low

10 Sugar Twin

(*) Other

Liquid

(*) Fructose

(*) Other

HONEY

16 Regular

17 In comb

18 Whipped, churned or creamed

(*) Other

SYRUPS

20/21 Maple, cane or corn syrup blends

19 Corn syrup, light or dark

22 Maple syrup, pure

23 Reduced sugar or reduced calorie syrups, any flavor

24 Sorghum

28 Fruit syrups

(*) Other

MOLASSES

37 Blackstrap or dark

35 Light

36 Medium

JAMS, PRESERVES OR FRUIT SPREADS

39 Any flavor, regular

40 Low sugar or reduced sugar

53 Imitation or no sugar

JELLY

41 Any flavor, regular

42 Low sugar or reduced sugar

54 Imitation or no sugar

MARMALADE

43 Marmalade

FRUIT BUTTER

45 Fruit butter

20) Salad Dressing, Ketchup, Mayonnaise, Pickles, Olives or Other Condiments

SALAD DRESSING

- *130 Blue cheese or roquefort
- *133 Buttermilk or sour cream or yogurt
- *134 Caesar
- *135 Catalina
- *137 Creamy cucumber
- *128 French
- *129 Italian
- *141 Ranch
- *143 Russian
- *131 Thousand island
- *142 Vinegar and oil
- (*) Other

SALAD DRESSING MIXES

- S130(8) Salad dressing mix

VINEGAR (Used with food)

- 1 Vinegar

KETCHUP

- U157 Regular
- U158 Low sodium

MUSTARD

- 8 Wet mustard

MAYONNAISE or IMITATION MAYONNAISE

- 111/112 Mayonnaise
- 120 Imitation mayonnaise
- 118/119 Miracle Whip
- 116 Safflower oil mayonnaise
- 123 Coleslaw dressing
- 126 Sandwich spread
- (*) Other

HORSERADISH

- 125 Horseradish

PICKLES

- 177 Sour or dill
- 179 Sweet

RELISH

- 182 Sweet
- 181 Sour

TARTAR SAUCE

- 127 Tartar sauce

OLIVES

Green

184 With pit

185 Without pit

Black

186 With pit

187 Without pit

BACON BITS

(*) Real

(*) Imitation

21) Butter, Fats, Oil or Shortening

BUTTER

- 58 Salted
- 59 Unsalted

IMITATION BUTTER

- 63(*) Imitation Butter, such as Butter Buds or Molly McButter

MARGARINE

- 64 Salted
- 65 Unsalted

MARGARINE SPREAD

- 67 Extra Light Promise
- 68 Fleischmann's Light Spread
- 69 I Can't Believe It's Not Butter
- 70 Imperial Spread
- 71/81 Shedd's Spread Country Crock
- 78 Light Imperial Spread
- 79 Mrs. Filbert's Family Spread
- 80 Promise Soft Spread
- (*) Other

MARGARINE-BUTTER BLEND

- 85 Blue Bonnet Butter Spread
- (*) Country Morning Blend
- (*) Canola Sunrise
- (*) Fleishmann's Canola Choice Blend
- (*) Other

LARD OR MEAT DRIPPING

- 88 Lard
- 89 Bacon drippings
- 90 Meat fat or suet

SOLID SHORTENING

- 92/98 Vegetable shortening, such as Crisco
- 91 Buttered flavored Crisco
- 97 Swift'ning
- (*) Other

SALAD or COOKING OIL

- 99 Corn
- 100 Vegetable
- 101 Olive
- 102 Peanut
- 103 Safflower
- 104 Soybean
- 105 Sunflower
- 107 Sesame
- 108/109 Nut or seed blend, such as Balbo or Cottonseed
- 110 Popcorn popping oil
- (*) Other

22) Soups, Gravies, Sauces or Seasoning Mixes

SOUPS

Beef

- 8 Beef bouillon, broth or consomme
- 30 Beef soup
- 38 Chili beef soup
- 10/12 Beef barley or beef noodle
- 13 Beef vegetable
- 48 Steak and potato
- 46 Sirloin burger
- (* Other

Chicken or Turkey

- 17 Chicken or turkey bouillon, broth or consomme
- 18 Chicken soup
- 23 Chicken gumbo
- 25/34/19 Chicken noodle, alphabet or stars
- 26 Chicken rice
- 28/36 Chicken vegetable
- (* Creamy chicken mushroom
- 99 Turkey noodle
- 100 Turkey vegetable
- (* Other

Vegetable, Bean or Noodle

- 1 Alphabet
- 6/29/4 Bean with or without bacon, ham or pork
- (* Creole style
- (* Gazpacho
- 41 Ham and butter beans
- 73 Lentil
- 76/44 Minestrone
- 77/24 Mushroom or chicken mushroom
- 83 Noodles, such as Ramen Noodles or Oodles of Noodles
- 82 Noodles in a cup, such as Cup o' Noodles or Lunch in a Cup
- 86/85 Onion mushroom, french onion or beefy onion
- 89 Green pea
- 90/47 Split pea, with or without ham
- 94/95 Tomato or tomato with rice
- 101/50 Vegetable
- 103/51 Vegetable beef
- 106 Vegetarian or mediterranean vegetable
- 107 Wonton
- (* Other

Cheese

- 16 Cheddar cheese or nacho cheese
- (* Broccoli cheese
- (* Other

Cream Soups

- 55 Cream of asparagus
- 56 Cream of broccoli
- 58 Cream of celery
- 59 Cream of chicken
- 63 Cream of mushroom
- 65 Cream of potato or vichyssoise
- 70 Cream of tomato or bisque
- (* Other

Chowders

- 53/42 Manhattan clam chowder
- 52 New England clam chowder
- (* Corn chowder or chicken corn chowder
- (* Other

Other

- (* Other

BOUILLON

- 108(8) Cubes or granules, any flavor
- (* Liquid concentrate

SOUP OR STEW STARTERS

- 112 Chicken noodle soup
- 111 Beef vegetable soup
- 115 Beef or chicken stew
- (* Other

READY-TO-EAT GRAVY

- 116 Beef
- 117 Chicken
- 118 Mushroom
- (* Other

DRY GRAVY MIX

- 129(8) Dry gravy mix

TOMATO SAUCE

- 56 Tomato sauce
- 54 Tomato paste
- 55 Tomato puree

SPAGHETTI SAUCE**Sauce**

- 167 Spaghetti sauce with meat
- 168 Spaghetti sauce without meat
- 169 Low sodium spaghetti sauce

Dry Sauce Mix

- 127(8) Dry spaghetti sauce, not tomato (French's, Crown Colony)
- 128(8) Dry spaghetti sauce, with tomato (Boy-ar-dee, Lawry's)

BARBECUE SAUCE

- 159 Barbecue sauce

CHILI SAUCE

- 163 Regular chili sauce
- 164 Chili sauce with meat
- 165 Green chili sauce

OTHER SAUCES

- 171 Hot enchilada sauce
- 174 Taco sauce
- 173 Sweet and sour sauce
- 172 Mustard sauce
- 170 Pizza sauce
- 161 Sloppy joe, Manwich, sandwich sauce
- (*) Other

OTHER SAUCE MIXES

- S125 Cheese
- S126 Hollandaise
- (*) Other

SEASONING MIXES

- 121(8) Hamburger/meatloaf seasoning mix
- 124(8) Meat marinade
- 122(8) Sloppy joe mix
- 123(8) Taco seasoning mix
- 119(8) Beef stew seasoning mix
- 120(8) Chili mix
- (*) Other

HAMBURGER, CHICKEN OR TUNA HELPER DRY MIXES

- U149(9) With macaroni/lasagna
- U150(9) With noodles
- U151(9) With rice
- U152(9) With potato and/or vegetable
- (*) Other

23) Baking Ingredients, Mixes or Doughs

YEAST

- 190(8) Dry baker's yeast
- (*) Other yeast

BAKING POWDER

- 192/194/193 Calumet, Davis OK or Clabber Girl
- 198 Rumford
- 195 Low sodium, such as Featherweight
- (*) Other

BREAD MIXES

- 51(9) Plain or yeast-type
- 52(9) With fruits or nuts, quick-type
- 53(9) Cornbread or spoonbread

CAKE MIXES

Bundt or Streusel

- 61(9) Chocolate
- 63(9) Pound
- 62(9) Spice
- 62(9) White or yellow
- (*) Other

Dietetic or Reduced Calorie

- 68(9) Cheesecake
- 72(9) Chocolate
- 73(9) Pound
- 74(9) White or yellow
- (*) Other

Other

- 56(9) Angel food
- 57(9) Applesauce
- 59(9) Banana
- 64(9) Boston cream
- 65(9) Carrot
- 66(9) Cheesecake, plain or fruit-flavored
- 69(9) Chocolate, devil's food, fudge
- 70(9) Chocolate chip
- 82(9) Chocolate snacking cake
- 84(9) Other flavor snacking cake
- 75(9) Gingerbread
- 76(9) Lemon, orange, strawberry, other fruit
- 77(9) Marble
- 78(9) Pineapple upside-down cake
- 79(9) Pound
- 80(9) Chocolate pudding pockets
- 81(9) Yellow pudding pockets
- 91(9) Sour cream chocolate
- 85(9) Plain spice
- 95(9) Plain white
- 97(9) Plain yellow
- (*) Other

Stir 'N Frost Cake Mixes that include Ready-to-Use Icing

- 87(9) Carrot
- 88(9) Chocolate
- 89(9) Chocolate chip
- 90(9) Yellow, white or spice
- (*) Other

COOKIE OR BROWNIE MIXES

Cookie

- 168(9) Chocolate chip
- 169(9) Chocolate chip oatmeal
- 173(9) Oatmeal
- 174(9) Oatmeal with raisins
- 175(9) Peanut butter
- 177(9) Sugar
- (*) Other

Brownie

- 164(9) Brownie
- 165(9) Dietetic brownie

MUFFIN MIXES

- 78(9) Corn (hush puppies)
- 80(9) Blueberry, fruits, nuts
- 81(9) Bran
- 79(9) Plain or spiced
- (*) Other

OTHER MIXES

- (*) No-Bake pie mix with filling
- 84 Dry biscuit baking mix, such as Bisquick or Jiffy
- (*) Other

ICINGS

Dry Mix

- 21 Creamy chocolate
- 22 Creamy, other flavors

Ready-to-use

- 25 Creamy chocolate
- 26 Creamy, other flavors

BAKING CHIPS OR BARS

Baking Chips

- 46 Semi-sweet chocolate
- 47 Milk chocolate
- 48 Butterscotch chips
- (*) Other

Baking Bars

- 50 Bitter chocolate
- 51 Sweet chocolate
- (*) Other

FLAKED COCONUT

- V15 Canned
- V16 Other, not in can

FRUIT PIE FILLING

- 81(4) Apple
- 83(4) Blueberry
- 84(4) Cherry
- 85(4) Lemon
- 87(4) Peach
- 89(4) Pumpkin
- 91(4) Strawberry
- (*) Other

CAKE OR PASTRY FILLINGS

- 34 Almond, apricot, poppy or prune
- (*) Other

BREAD OR BISCUIT DOUGH

- 50 Bread dough
- 83 Biscuit dough
- 67 Frozen roll dough
- 68 Refrigerated roll dough

PASTRY DOUGH

- 107 Danish or sweet roll, plain or cinnamon
- 108 Danish or sweet roll, with fruits or nuts
- 125 Phyllo strudel dough
- (*) Other

PIZZA DOUGH

- 121 Refrigerated
- 122 Frozen
- 123(9) Dry pizza crust mix

COOKIE DOUGH

- 160 Chocolate chip
- 161 Oatmeal raisin
- 163 Sugar
- (*) Other

PIE CRUST DOUGH OR READY-TO-USE PIE CRUSTS**Pie Crust Dough**

- 130 Refrigerated
- 131 Frozen

Other Pie Crusts

- 128 Ready-to-use graham cracker
- 136(9) Graham cracker crumbs mix
- 133 Pie crust dry mix, including sticks

24) Peanut Butter, Nuts or Seeds

PEANUT BUTTER or OTHER NUT BUTTER

Peanut Butter

- 2 Homemade or purchased freshly ground
- 1 Commercially prepared, smooth or chunky
- 4 Low sodium
- 3 Mixed with jelly

Other Nut Butters

- 5 Almond, cashew or other nut butter

PEANUTS

- 25 Roasted or dry roasted
- 26 Honey roasted
- 23 Raw
- (* Boiled
- (* Other

CHESTNUTS

- 11 Raw, in shell
- 12 Canned

OTHER NUTS

- 7 Roasted or dry roasted almonds
- 6 Other almonds
- 9 Roasted or dry roasted cashews
- 41 Macadamia nuts
- 28 Pecans
- 31 Pistachios
- 32 English or Persian walnuts
- 33 Black walnuts
- (* Other

MIXED NUTS OR MIXED NUTS WITH FRUIT OR SEED

- 20 Honey roasted mixed nuts
- 21 Nut mixtures with fruit or seeds, such as trail mix
- 18 Other mixed nuts

SEEDS

- 47 Sunflower
- 46 Pumpkin or squash
- (* Other

25) There are a few items, such as salt, pepper, and other condiments which I will now ask about. For these, think about how much you purchased rather than how much you used. In the past seven days, did you buy any:

SALT OR SALT SUBSTITUTES

Salt

- 2 Iodized
- 3 Non-iodized
- 6 Seasoned, such as garlic or celery salt

Salt Substitutes

- 5 Sodium-free
- 4 Sodium-reduced
- (*) Mixed herb types, such as Mrs. Dash

PEPPER

- 7 Pepper

DRY HERBS OR SPICES

- 11/H93/H87 Dry herbs or spices, such as dry mustard, cinnamon, paprika or oregano

CREAM OF TARTAR

- 9 Cream of tartar

BAKING SODA

- 10 Baking soda

DRY MEAT TENDERIZERS, SUCH AS ACCENT

- 12 Dry meat tenderizers, such as Accent, Adolphs or others

SEASONING SAUCES OR MARINADES

- 12/14 Seasoning sauces or marinades, such as soy sauce, steak sauce or worchestershire sauce

SPRAY COOKING OIL

- 13 Spray cooking oil

FOOD COLORING OR LIQUID EXTRACTS

- 14 Food coloring or liquid extracts, such as vanilla

AMBIGUOUS FOOD GROUP TERMS - Level 1

Frozen, Prepackaged or Carryout Foods

Prepackaged

Carryout vs. Takeout

Lunch Meat/Cold Cuts, Hot Dogs, Sausage, or Canned Meats or Spreads

Canned Meats or Spreads

Eggs, Dairy Products or Their Substitutes

Dairy Products

Their Substitutes

Vegetables or Fresh Herbs

Fresh Herbs

Beverages

Beverages

Rice, Pasta or Other Noodles

Pasta

Noodles

Bread or Bread Products

Bread Products

Cookies, Cakes, Pies, or Breakfast Pastries

Breakfast Pastries

Candy or Dietetic Candy

Dietetic

Pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings

Frozen Desserts

Soups, Gravies, Sauces, or Seasoning Mixes

Seasoning Mixes

Baking Ingredients, Mixes or Doughs

Baking Ingredients

Mixes

Doughs

AMBIGUOUS FOOD CATEGORY TERMS - Level 2

Baby Food, including Formula, Food, Snacks, or Desserts

- Meat, not in mixtures
- Ready-to-Eat Baby Cereal
- Snack Goods

Beef, Pork, Veal, or Lamb

- Pork Seasonings

Poultry, Game, or Organ Meat

- Cooked Chicken

Seafood including Fish or Shellfish

- Fish Spreads
- Imitation Seafood

Eggs, Dairy Products or Their Substitutes

- Egg Substitutes
- Cheese Spreads
- Cheese Products

Beverages

- Carbonated or Bottled Water
- Instant Breakfast Drinks
- Meal Replacement or Supplement Drinks
- 100% Fruit Juice vs. Fruit Juice Drinks or Juice Cocktails vs. Fruit Flavored Drinks, Punches, or Ades
- Non-alcoholic Cocktail Mixes
- Malt Beverage vs. Beer

Crackers, Chips, Popcorn, Other Snacks or Dips

- Snack mixes or assortments

Sugars, Sweeteners, Jelly, Syrup, or Honey

- Sugar Substitutes

Salad Dressing, Ketchup, Mayonnaise, Pickles, Olives, or Other Condiments

- Imitation Mayonnaise

Butter, Fats, Oil, or Shortening

- Imitation Butter
- Margarine Spread vs. Margarine-Butter Blend
- Lard

Soups, Gravies, Sauces, or Seasoning Mixes

- Ready-To-Eat Gravy vs. Dry Gravy Mix
- Tomato Sauce vs. Spaghetti Sauce

Baking Ingredients, Mixes or Doughs

- Icing

AMBIGUOUS FOOD ITEM TERMS - Level 3

Beef, Pork, Veal, or Lamb

Fresh or Uncured vs. Cured or Smoked

Lunch Meat/Cold Cuts, Hot Dogs, Sausage, or Canned Meats or Spreads

Chopped Beef (Canned)

Seafood including Fish or Shellfish

Fresh

Eggs, Dairy Products or Their Substitutes

Imitation vs. Processed vs. Natural

Boxed Shelf

Vegetables or Fresh Herbs

Trimmed vs. Not trimmed

Hot or Cold Cereals, Pancakes, or Waffles

Flakes

Granules

Shredded Chex or Squares

Shaped

Puffed

Mixed grain, nuts and fruits

Bread or Bread Products

Brown-N-Serve vs. Ready-to-Eat

Cookies, Cakes, Pies, or Breakfast Pastries

Dietetic or Reduced Calorie Pies

Cake-type vs. Yeast-type Doughnuts

Pudding, Gelatin, Frozen Desserts, Whipped or Other Dessert Toppings

Regular vs. Instant Mixes vs. Ready-To-Eat

Baking Ingredients, Mixes or Doughs

Stir 'N Frost Cake Mixes that include Ready-to-Use Icing

HARD-TO-CLASSIFY TERMS

A. Hard-to-classify food categories: to be sorted into the Food Groups

- 1) Pure pork sausage
- 2) Ice cream
- 3) Ice milk
- 4) Tortillas
- 5) Flaked coconut
- 6) Barbecue sauce
- 7) Spaghetti
- 8) Hominy grits
- 9) Alcohol
- 10) Sugar or wafer cones
- 11) Muffins
- 12) Chocolate syrup
- 13) Bacon bits

B. Hard-to-classify food items: to be sorted into Food Categories

- 1) Chopped beef
- 2) Chicken or turkey spreads
- 3) Fatback
- 4) Hamhocks
- 5) Diet meal bars
- 6) Whipping cream
- 7) Gyros
- 8) Steak-umm or other sandwich steaks
- 9) Blintzes
- 10) Hush puppies
- 11) Sausage made from game
- 12) Turkey ham
- 13) Banana bread
- 14) Granola
- 15) Beef jerky
- 16) Coleslaw dressing
- 17) Sandwich spread
- 18) Bacon drippings
- 19) Marshmallows
- 20) Fruit leathers
- 21) Mock "chicken" legs
- 22) Non-alcoholic beer