

For the WHI FFQ: My Pyramid Equivalents Database 2.0 (MPED 2.0)

The Nutrition Assessment Shared Resource (NASR) of the Fred Hutchinson Cancer Research Center has added the MyPyramid Equivalents 2.0 to the nutrient database for the WHI FFQ as additional “nutrients”.

Appending MyPyramid Equivalents to the WHI FFQ Nutrient Database

The *MyPyramid Equivalents Database 2.0* (MPED) includes 32 *per 100 grams* equivalent measures (see Table) for 7,752 different foods. For more information on the dataset see *MyPyramid Equivalents Database, 2.0 for USDA Survey Foods, 2003-2004: Documentation and User Guide*. It is currently available on the USDA website as of August 2016 (http://www.ars.usda.gov/SP2UserFiles/Place/80400530/pdf/mped/mped2_doc.pdf). Each food has a food code and a modification code that together uniquely define the food in the dataset.

The listing below summarizes NASR coding rules that were used in the matching process when direct matches were not available.

Issue	Coding Rule
No MPED food available for many spices and seasonings.	If spice/seasoning has minimal nutritional value, code as “missing”.
No MPED food available for several dry ingredients (e.g. corn flour, pudding mix).	Match these foods at the “recipe” level rather than at the component-level.
MPED foods often have information about whether and what type of fat was added in cooking.	The NDSR component-level data has fat as a separate component so use the MPED food with “no fat added” where this is an option. The fat in the line item is matched separately.
MPED provides information about specific cooking method, but no cooking method is noted for the NDSR component (e.g. the NDSR component “steak – beef, chuck, no visible fat eaten” does not include information about how the steak was cooked).	Where available, choose “no fat added” or “NS as to cooking method” for the MPED food.

Table: MPED 2.0 Variables

Field Name	Description.
G_TOTAL	Total number of ounce equivalents from the grains group
G_WHL	Number of ounce equivalents of whole grains from the grains group
G_NWHL	Number of ounce equivalents of non-whole grains (refined grains) from the grains group
V_TOTAL	Total number of cup equivalents from the vegetables group. Includes cup equivalents from: V_DRKGR, V_ORANGE, V_POTATO, V_STARCHY, V_TOMATO, and V_OTHER NOTE: V_TOTAL does not include cup equivalents from dry beans and peas (variable LEGUMES). Dry beans and peas can count toward equivalents from either the vegetables or meat and beans group (but not double counted in both) according to USDA's MyPyramid Food Guidance System
V_DRKGR	Number of cup equivalents of dark-green vegetables
V_ORANGE	Number of cup equivalents of orange vegetables
V_POTATO	Number of cup equivalents of white potatoes

Field Name	Description.
V_STARCHY	Number of cup equivalents of other starchy vegetables, excluding dry beans and peas (LEGUMES) and white potatoes (V_POTATO)
V_TOMATO	Number of cup equivalents of tomatoes
V_OTHER	Number of cup equivalents of other vegetables, not dark-green (V_DRKGR), orange (V_ORANGE), white potatoes (V_POTATO), other starchy vegetables (V_STARCHY), tomatoes (V_TOMATO), or dry beans or peas (LEGUMES)
F_TOTAL	Total number of cup equivalents from the fruits group
F_CITMLB	Number of cup equivalents of citrus fruits, melons, berries, and their juices
F_OTHER	Number of cup equivalents of fruits and juices, which are not citrus fruits, melons, berries, or their juices
D_TOTAL	Total number of cup equivalents from the milk group (Milk, Yogurt, Cheese)
D_MILK	Number of cup equivalents of milk
D_YOGURT	Number of cup equivalents of yogurt
D_CHEESE	Number of cup equivalents of cheese. Includes natural and processed cheese
M_MPF	Ounces of cooked lean meat from beef, pork, veal, lamb, and game (M_MEAT); organ meats (M_ORGAN); frankfurters, sausages, and luncheon meat (M_FRANK); poultry (M_POULT); and fish and shellfish (M_FISH_HI and M_FISH_LO)
M_MEAT	Ounces of cooked lean meat from beef, pork, veal, lamb, and game, excludes lean meat organ meats (M_ORGAN) and frankfurters, sausages, and luncheon meat (M_FRANK)
M_ORGAN	Ounces of cooked lean meat from all types of organ meats, including that from beef, pork, veal, lamb, game, poultry, and fish
M_FRANK	Ounces of cooked lean meat from frankfurters, sausages, and luncheon meats
M_POULT	Ounces of cooked lean meat from chicken, turkey, and other poultry. Excludes poultry organ meats and poultry present in frankfurters, sausages, and luncheon meats
M_FISH_HI	Ounces of cooked lean meat from fish, shellfish, and other seafood that are high in the n-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)
M_FISH_LO	Ounces of cooked lean meat from fish, shellfish, and other seafood that are low in the n-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)
M_EGG	Number of ounce equivalents, where one egg is one ounce equivalent of cooked lean meat. Includes eggs and egg substitutes
M_SOY	Number of ounce equivalents from soybean products where one cup of soy milk, 1/4 cup of cubed tofu, 1/4 cup of soy nuts, and one ounce of meat analog are one ounce equivalent of cooked lean meat each
M_NUTSD	Number of ounce equivalents of cooked lean meat from nuts and seeds, where 1/2 ounce of nuts and seeds is one ounce equivalent of cooked lean meat
LEGUMES	Number of cup equivalents of cooked dry beans and peas [In MPED 2.0, legumes are placed under vegetables and expressed in terms of cup equivalents. They can also be counted meat alternate. See Chapter 1 for guidelines and conversion factors for analyzing legumes as meat alternate.]

Field Name	Description.
DISCFAT_OIL	Grams of discretionary oil from the foods in each of the five major MyPyramid food groups and oils
DISCFAT_SOL	Grams of discretionary solid fat from the foods in each of the five major MyPyramid food groups
ADD_SUG	Teaspoon equivalents of added sugars, where one teaspoon is the quantity of sweetener that contains the same amount of total nutrient sugar as one teaspoon of table sugar. [Added sugars are defined as white sugar, brown sugar, raw sugar, corn syrup, corn syrup solids, high fructose corn syrup, malt syrup, maple syrup, pancake syrup, fructose sweetener, liquid fructose, honey, molasses, dextrose, and dextrin that are eaten separately or as ingredients from processed or prepared foods.]
A_BEV	Total drinks of alcohol, where one drink is defined as 12 fluid ounces of beer, five fluid ounces of wine, and 1-1/2 fluid ounces of 80-proof distilled spirits

Additional Equivalent Variables

Three “non-juice” fruit variables were added to the WHI nutrient database to facilitate calculations for the Healthy Eating Index-2005. These variables are listed below.

Field Name	Description
F_NJ_TOTAL	Total number of cup equivalents from the non-juice fruits group
F_NJ_CITMLB	Number of cup equivalents of non-juice citrus fruits, melons, and berries
F_NJ_OTHER	Number of cup equivalents of non-juice fruits, which are not citrus fruits, melons, or berries