

TABLE 2. Top 25 Sources of Calories Among Americans Ages 2 Years and Older, NHANES 2005-2006^a

Rank	Overall, Ages 2+ yrs (Mean kcal/d; Total daily calories = 2,157)	Children and Adolescents, Ages 2-18 yrs (Mean kcal/d; Total daily calories = 2,027)	Adults and Older Adults, Ages 19+ yrs (Mean kcal/d; Total daily calories = 2,199)
1	Grain-based desserts ^b (138 kcal)	Grain-based desserts (138 kcal)	Grain-based desserts (138 kcal)
2	Yeast breads ^c (129 kcal)	Pizza (136 kcal)	Yeast breads (134 kcal)
3	Chicken and chicken mixed dishes ^d (121 kcal)	Soda/energy/sports drinks (118 kcal)	Chicken and chicken mixed dishes (123 kcal)
4	Soda/energy/sports drinks ^e (114 kcal)	Yeast breads (114 kcal)	Soda/energy/sports drinks (112 kcal)
5	Pizza (98 kcal)	Chicken and chicken mixed dishes (113 kcal)	Alcoholic beverages (106 kcal)
6	Alcoholic beverages (82 kcal)	Pasta and pasta dishes (91 kcal)	Pizza (86 kcal)
7	Pasta and pasta dishes ^f (81 kcal)	Reduced fat milk (86 kcal)	Tortillas, burritos, tacos (85 kcal)
8	Tortillas, burritos, tacos ^g (80 kcal)	Dairy desserts (76 kcal)	Pasta and pasta dishes (78 kcal)
9	Beef and beef mixed dishes ^h (64 kcal)	Potato/corn/other chips (70 kcal)	Beef and beef mixed dishes (71 kcal)
10	Dairy desserts ⁱ (62 kcal)	Ready-to-eat cereals (65 kcal)	Dairy desserts (58 kcal)
11	Potato/corn/other chips (56 kcal)	Tortillas, burritos, tacos (63 kcal)	Burgers (53 kcal)
12	Burgers (53 kcal)	Whole milk (60 kcal)	Regular cheese (51 kcal)
13	Reduced fat milk (51 kcal)	Candy (56 kcal)	Potato/corn/other chips (51 kcal)
14	Regular cheese (49 kcal)	Fruit drinks (55 kcal)	Sausage, franks, bacon, and ribs (49 kcal)
15	Ready-to-eat cereals (49 kcal)	Burgers (55 kcal)	Nuts/seeds and nut/seed mixed dishes (47 kcal)
16	Sausage, franks, bacon, and ribs (49 kcal)	Fried white potatoes (52 kcal)	Fried white potatoes (46 kcal)
17	Fried white potatoes (48 kcal)	Sausage, franks, bacon, and ribs (47 kcal)	Ready-to-eat cereals (44 kcal)
18	Candy (47 kcal)	Regular cheese (43 kcal)	Candy (44 kcal)
19	Nuts/seeds and nut/seed mixed dishes ^j (42 kcal)	Beef and beef mixed dishes (43 kcal)	Eggs and egg mixed dishes (42 kcal)
20	Eggs and egg mixed dishes ^k (39 kcal)	100% fruit juice, not orange/grapefruit (35 kcal)	Rice and rice mixed dishes (41 kcal)
21	Rice and rice mixed dishes ^l (36 kcal)	Eggs and egg mixed dishes (30 kcal)	Reduced fat milk (39 kcal)
22	Fruit drinks ^m (36 kcal)	Pancakes, waffles, and French toast (29 kcal)	Quickbreads (36 kcal)
23	Whole milk (33 kcal)	Crackers (28 kcal)	Other fish and fish mixed dishes ⁿ (30 kcal)
24	Quickbreads ^o (32 kcal)	Nuts/seeds and nut/seed mixed dishes (27 kcal)	Fruit drinks (29 kcal)
25	Cold cuts (27 kcal)	Cold cuts (24 kcal)	Salad dressing (29 kcal)

a. Data are drawn from analyses of usual dietary intakes conducted by the National Cancer Institute. Foods and beverages consumed were divided into 97 categories and ranked according to calorie contribution to the diet. Table shows each food category and its mean calorie contribution for each age group. Additional information on calorie contribution by age, gender, and race/ethnicity is available at <http://riskfactor.cancer.gov/diet/foodsources/>.

b. Includes cake, cookies, pie, cobbler, sweet rolls, pastries, and donuts.

c. Includes white bread or rolls, mixed-grain bread, flavored bread, whole-wheat bread, and bagels.

d. Includes fried or baked chicken parts and chicken strips/patties, chicken stir-fries, chicken casseroles, chicken sandwiches, chicken salads, stewed chicken, and other chicken mixed dishes.

e. Sodas, energy drinks, sports drinks, and sweetened bottled water including vitamin water.

f. Includes macaroni and cheese, spaghetti, other pasta with or without sauces, filled pasta (e.g., lasagna and ravioli), and noodles.

g. Also includes nachos, quesadillas, and other Mexican mixed dishes.

h. Includes steak, meatloaf, beef with noodles, and beef stew.

i. Includes ice cream, frozen yogurt, sherbet, milk shakes, and pudding.

j. Includes peanut butter, peanuts, and mixed nuts.

k. Includes scrambled eggs, omelets, fried eggs, egg breakfast sandwiches/biscuits, boiled and poached eggs, egg salad, deviled eggs, quiche, and egg substitutes.

l. Includes white rice, Spanish rice, and fried rice.

m. Includes fruit-flavored drinks, fruit juice drinks, and fruit punch.

n. Includes muffins, biscuits, and cornbread.

o. Fish other than tuna or shrimp.

Source: National Cancer Institute. Food sources of energy among U.S. population, 2005-2006. Risk Factor Monitoring and Methods. Control and Population Sciences. National Cancer Institute; 2010. <http://riskfactor.cancer.gov/diet/foodsources/>. Updated May 21, 2010. Accessed May 21, 2010.