

Appendix I

Foods Consumed by 1999-2004 NHANES Participants in Five Eligible Categories for the Proposed Claims

Foods that meet eligibility criteria	Food Description	Frequency of consumption
	<u>Crackers</u>	1,920
*	Crackers, NS as to sweet or nonsweet	51
	Crackers, saltine, low sodium	107
	Crackers, saltine, fat free, low sodium	35
	Crackers, toast thins (rye, wheat, white flour), low sodium	4
	Cracker, 100% whole wheat, low sodium	5
*	Cracker, snack, low sodium	15
	Cracker, cheese, low sodium	3
	Cracker, snack, lowfat, low sodium	12
	Cracker, multigrain, salt free	2
*	Cracker, snack	390
	Cracker, snack, reduced fat	45
	Cracker, snack, fat free	6
	Cracker, cheese	144
	Cracker, cheese, reduced fat	14
	Cracker, high fiber, no added fat	6
	Crispbread, wheat, no added fat	4
	Crispbread, wheat or rye, extra crispy	2
	Crackers, matzo	5
	Crackers, milk	2
	Crackers, oat	1
	Crackers, oyster	18
	Crackers, saltine	585
	Crackers, saltine, whole wheat	8
*	Crackers, cylindrical, peanut-butter filled	5
*	Crackers, sandwich-type, NFS	9
	Cracker, sandwich-type, peanut butter filled	157
	Cracker, sandwich-type, cheese-filled	46
	Crackers, toast thins (rye, pumpernickel, white flour)	11
	Crackers, water biscuits	19
	Cracker, 100% whole wheat	38
	Cracker, 100% whole wheat, reduced fat	23
	Crackers, wheat	107
	Crackers, wheat, reduced fat	40
	Crackers, baby food	1
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	Crackers, wheat	107
	Crackers, wheat, reduced fat	40
	Crackers, baby food	1
	<u>Salad dressing</u>	4,850
	Sandwich spread	21
	Salad dressing, NFS	127
	Blue or roquefort cheese dressing	143
*	Bacon dressing (hot)	5
	Bacon and tomato dressing	4
	Caesar dressing	118
*	Coleslaw dressing	4
	Feta Cheese Dressing	1
*	French dressing	143
*	Fruit dressing, made with honey, oil, and water	1
	Honey mustard dressing	91
	Italian dressing, made with vinegar and oil	577
	Mayonnaise, regular	1,392
	Mayonnaise, made with yogurt	2
	Mayonnaise, made with tofu	2
	Mayonnaise, imitation	3
*	Mayonnaise, imitation, cholesterol free	1
*	Russian dressing	15
	Mayonnaise-type salad dressing	474
*	Green Goddess dressing	1
	Creamy dressing, made with sour cream and/or buttermilk and oil	693
	Cream cheese dressing	2
*	Poppy seed dressing	17
	Peppercorn Dressing	9
*	Celery seed dressing	1
	Sesame dressing	5
	Sweet and sour dressing	4
*	Thousand Island dressing	121

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	Yogurt dressing	17
	Salad dressing, low-calorie, NFS	16
	Blue or roquefort cheese dressing, low-calorie	9
	Blue or roquefort cheese dressing, reduced calorie	6
	Blue or roquefort cheese dressing, reduced calorie, fat-free, cholesterol-free	5
	French dressing, low-calorie	14
	French dressing, reduced calorie, fat-free, cholesterol-free	25
	French dressing, reduced calorie	15
	Caesar dressing, low-calorie	30
	Mayonnaise-type salad dressing, fat-free	64
	Mayonnaise, low-calorie or diet	174
	Mayonnaise, reduced calorie or diet, cholesterol-free	15
	Mayonnaise-type salad dressing, low-calorie or diet	97
	Mayonnaise-type salad dressing, low-calorie or diet, cholesterol-free	7
	Italian dressing, low calorie	40
	Italian dressing, reduced calorie	41
	Italian dressing, reduced calorie, fat-free	48
	Russian dressing, low-calorie	3
	Thousand Island dressing, low-calorie	15
	Thousand Island dressing, reduced calorie, fat-free, cholesterol-free	24
	Vinegar, sugar, and water dressing	14
	Creamy dressing, made with sour cream and/or buttermilk and oil, diet, NS as to low or reduced calorie	3
	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	120
	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free, cholesterol-free	70
	Salad dressing, low calorie, oil-free	1
	Salads	1,132
	Egg salad	50
	Kidney bean salad	2
	Taco or tostada salad, meatless, with cheese, fried flour tortilla	6
	Macaroni or pasta salad	85
	Macaroni or pasta salad with egg	32
	Macaroni or pasta salad with cheese	19
	Pasta or macaroni salad with oil and vinegar-type dressing	41
	Pasta or macaroni salad with meat and oil and vinegar-type dressing	18
	Rice dessert or salad with fruit	3
	Fruit salad, Puerto Rican style (Mixture includes bananas, papayas, oranges, grapefruit, etc.) (Ensalada de frutas tropicales)	1
*	Apple salad with dressing	4
*	Apple and cabbage salad with dressing	1
	Apple and fruit salad with dressing	2
	Fruit salad (excluding citrus fruits) with salad dressing or mayonnaise	5
	Fruit salad (excluding citrus fruits) with cream	2
	Fruit salad (excluding citrus fruits) with cream substitute	1
	Fruit salad (excluding citrus fruits) with marshmallows	2
	Fruit salad (excluding citrus fruits) with pudding	2

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	Fruit salad (including citrus fruits) with salad dressing or mayonnaise	2
	Fruit salad (including citrus fruit) with cream	1
	Fruit salad (including citrus fruits) with marshmallows	4
	Potato salad with egg	223
	Potato salad, German style	4
	Potato salad	162
*	Caesar salad (with romaine)	4
*	Carrots, raw, salad	17
*	Carrots, raw, salad with apples	2
*	Tomato and cucumber salad made with tomato, cucumber, oil, and vinegar	14
	Broccoli salad with cauliflower, cheese, bacon bits, and dressing	2
*	Cabbage salad or coleslaw, with dressing	313
*	Cabbage salad or coleslaw with apples and/or raisins, with dressing	10
*	Cabbage salad or coleslaw with pineapple, with dressing	2
	Cucumber salad with creamy dressing	12
*	Cucumber salad made with cucumber, oil, and vinegar	10
	Cucumber salad made with cucumber and vinegar	13
	Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing	6
	Lettuce, salad with cheese, tomato and/or carrots, with or without other vegetables, no dressing	3
	Lettuce, salad with egg, tomato, and/or carrots, with or without other vegetables, no dressing	1
	Lettuce salad with egg, cheese, tomato, and/or carrots, with or without other vegetables, no dressing	3
*	Artichoke salad in oil	6
	Bean salad, yellow and/or green string beans	29
*	Pea salad	6
	Pea salad with cheese	5
	Gelatin salad with vegetables	2
	<u>Sauces and dips</u>	3,174
	Dip, sour cream base	111
	Dip, sour cream base, reduced calorie	12
	Spinach dip, sour cream base	18
	White sauce, milk sauce	54
	Milk gravy, quick gravy	138
	Dip, cream cheese base	13
	Shrimp dip, cream cheese base	12
	Dip, cheese with chili pepper (chili con queso)	27
	Dip, cheese base other than cream cheese	42
	Cheese sauce	19
	Alfredo sauce	11
*	Clam sauce, white	2
	Lobster sauce (broth-based)	3
	Oyster sauce (white sauce-based)	1
	Fish sauce (bagoong)	26
	Gravy, mushroom	28
	Gravy or sauce, Chinese (soy sauce, stock or bouillon, cornstarch)	7
	Oyster-flavored sauce	3

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	Mole poblano (sauce)	47
	Mole verde (sauce)	5
	Bean dip, made with refried beans	16
	Hummus	41
	Black bean sauce	7
	Peanut sauce	17
*	Brown nut gravy, meatless	2
*	Sesame sauce	3
	Flour and water gravy	5
	Guacamole with tomatoes	8
	Guacamole with tomatoes and chili peppers	6
	Guacamole, NFS	131
	Salsa, NFS	188
	Salsa, red, uncooked	201
	Salsa, red, cooked, not homemade	830
	Salsa, red, cooked, homemade	265
	Enchilada sauce, red	20
*	Spaghetti sauce, meatless, low sodium	2
	Spaghetti sauce, meatless, fat free	11
	Barbecue sauce	379
	Barbecue sauce, low sodium	1
	Cocktail sauce	97
	Eggplant dip	2
	Mustard sauce	31
	Lemon-butter sauce	18
	Hollandaise sauce	8
	Bernaise sauce	3
	Orange sauce (for duck)	3
*	Tartar sauce	163
	Horseradish sauce	22
	Pesto sauce	17
	Sweet and sour sauce	69
	Duck sauce	29
	<u>Grain, Vegetable and Fruit Based Snacks</u>	2,958
*	Salty snacks, corn or cornmeal base, corn chips, corn-cheese chips	278
	Salty snacks, corn or cornmeal base, corn puffs and twists; corn-cheese puffs and twists	241
*	Salty snacks, corn or cornmeal base, tortilla chips	762
*	Salty snacks, corn or cornmeal base, corn chips, corn-cheese chips, unsalted	8
	Salty snacks, corn or cornmeal base, tortilla chips, light (baked with less oil)	41
	Salty snacks, corn or cornmeal base, tortilla chips, fat free, made with Olean	11
	Salty snacks, corn or cornmeal base, tortilla chips, lowfat, baked without fat	23
	Salty snacks, corn or cornmeal base, tortilla chips, lowfat, baked without fat, unsalted	1
	Salty snacks, corn based puffs and twists, cheese puffs and twists, lowfat	3
*	Salty snacks, corn or cornmeal base, tortilla chips, unsalted	2
*	Salty snack mixture, mostly corn or cornmeal based, with pretzels,	14

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	without nuts	
*	Salty snacks, multigrain, chips	29
	Yogurt chips	2
	Bagel chip	6
	White potato, chips	1,290
	White potato, chips, reduced fat	52
	White potato, chips, fat free	12
	White potato chips, fat free, made with Olean	22
	White potato, chips, restructured	61
	White potato, chips, restructured, reduced fat and reduced sodium	20
	White potato, chips, restructured, fat free, made with Olean	4
	White potato, chips, restructured, baked	55
	White potato, chips, unsalted	6
	White potato, chips, unsalted, reduced fat	2
	White potato, sticks	5
	White potato skins, chips	2
	Plantain chips	1
	Taro chips	5