E

Appendix E

Olive Oil-Containing Foods Consumed by Participants in the 1994-96 and 1998 Continuing Survey of Food Intake by Individuals Meeting the General Health Claim Requirements

Olive Oil-Containing Products Consumed by Participants of the 1994-96 and 1998 CSFII that Meet the General Criteria for Health Claims

Fat per RACC (g)	OO per RACC (g)	Claim Eligible	Description
12.88	10.43	*	Caesar salad (with romaine)
9.29	8.99	*	Plantain, fried, NS as to green or ripe W/ OLIVE OIL
9.00	8.45	*	Black, brown, or Bayo beans, dry, cooked, fat added in cooking W/ OLIVE OIL
8.87	8.45	*	Pinto, calico, or red Mexican beans, dry, cooked, fat added in cooking W/ OLIVE OIL
9.03	8.38	*	Shrimp and vegetables, soy-based sauce (mixture) W/ OLIVE OIL
9.30	7.96	*	Grits, cooked, corn or hominy, instant, fat added in cooking W/ 1% MILK AND W/ OLIVE OIL
7.80	7.59	*	Couscous, plain, cooked, fat added in cooking W/ OLIVE OIL
9.37	7.41	*	Flounder, breaded or battered, baked W/ OLIVE OIL
7.47	7.10	*	Rice with beans W/ OLIVE OIL
8.47	6.66	*	Macaroni, creamed W/ OLIVE OIL
6.75	6.66	*	White potato, from fresh, mashed, made with fat W/ OLIVE OIL
6.02	5.84	*	Stewed potatoes with tomatoes W/ OLIVE OIL
8.22	5.66	*	Pork and vegetables (excluding carrots, broccoli, and dark- green leafy), soy-based sauce (mixture) W/ OLIVE OIL
6.00	5.61	*	Spaghetti sauce, low sodium
5.04	4.98	*	White potato, home fries W/ OLIVE OIL
4.88	4.72	*	Macaroni, cooked, vegetable, fat added in cooking W/ OLIVE OIL
4.78	4.62	*	Vegetables, stew type (including potatoes, carrots, onions, celery) cooked, fat added in cooking W/ OLIVE OIL
5.11	4.48	*	Dandelion greens, cooked, fat added in cooking W/ OLIVE OIL
7.37	4.39	*	Beef with soy-based sauce (mixture) W/ OLIVE OIL
5.25	4.36	*	Macaroni, cooked, fat added in cooking W/ OLIVE OIL
5.25	4.36	*	Spaghetti, cooked, fat added in cooking W/ OLIVE OIL
4.26	4.14	*	Sweetpotato, baked, peel not eaten, fat added in cooking W/ OLIVE OIL
5.81	3.82	*	Noodles, cooked, fat added in cooking W/ OLIVE OIL
5.06	3.80	*	White potato, scalloped W/ OLIVE OIL
4.98	3.79	*	White potato, scalloped W/ 2% MILK AND W/ OLIVE OIL
7.11	3.56	*	Salmon, baked or broiled W/ OLIVE OIL
7.67	3.56	*	Swordfish, baked or broiled W/ OLIVE OIL
3.48	3.18		Sweetpotato, boiled, without peel, fat added in cooking W/ OLIVE OIL
3.48	3.18		Sweetpotato, boiled, with peel, fat added in cooking W/ OLIVE OIL
3.50	3.14		Red beans and rice W/ OLIVE OIL
3.17	3.08		White potato, boiled, with peel, fat added in cooking W/ OLIVE OIL
3.17	3.06		White potato, boiled, without peel, fat added in cooking W/ OLIVE OIL
3.13	3.00		Cabbage, Chinese, cooked, fat added in cooking W/ OLIVE OIL
4.60	2.97		Ocean perch, baked or broiled W/ OLIVE OIL
8.36	2.97		Trout, baked or broiled W/ OLIVE OIL
3.60	2.97		Cod, baked or broiled W/ OLIVE OIL
3.16	2.95		Beans, string, cooked, from fresh, NS as to color, fat added in cooking W/ OLIVE OIL
3.18	2.95		Beans, string, green, cooked, NS as to form, fat added in cooking W/ OLIVE OIL

Olive Oil-Containing Products Consumed by Participants of the 1994-96 and 1998 CSFII that Meet the General Criteria for Health Claims

3.17	2.95	Beans, string, green, cooked, from fresh, fat added in cooking W/ OLIVE OIL
3.35	2.88	Lentils, dry, cooked, fat added in cooking W/ OLIVE OIL
3.16	2.84	Kale, cooked, from fresh, fat added in cooking W/ OLIVE OIL
2.88	2.72	Peppers, green, cooked, fat added in cooking W/ OLIVE OIL
2.88	2.72	Peppers, red, cooked, fat added in cooking W/ OLIVE OIL
2.82	2.48	Cabbage, green, cooked, fat added in cooking W/ OLIVE OIL
2.64	2.48	Vegetable combinations (broccoli, carrots, corn, cauliflower, etc.), cooked, fat added in cooking W/ OLIVE OIL
2.64	2.47	Vegetable combinations, Oriental style, cooked, fat added in cooking W/ OLIVE OIL
2.63	2.47	Cabbage, red, cooked, fat added in cooking W/ OLIVE OIL
2.66	2.40	Greens, cooked, from fresh, fat added in cooking W/ OLIVE OIL
2.53	2.39	Carrots, cooked, NS as to form, fat added in cooking W/ OLIVE OIL
2.54	2.39	Carrots, cooked, from fresh, fat added in cooking W/ OLIVE OIL
2.44	2.38	Turnip, cooked, NS as to form, fat added in cooking W/ OLIVE OIL
2.66	2.38	Broccoli, cooked, NS as to form, fat added in cooking W/ OLIVE OIL
2.66	2.38	Broccoli, cooked, from fresh, fat added in cooking W/ OLIVE OIL
2.49	2.38	White potato, baked, peel eaten, fat added in cooking W/ OLIVE OIL
2.79	2.38	Brussels sprouts, cooked, from fresh, fat added in cooking W/ OLIVE OIL
2.49	2.33	Peas, green, cooked, NS as to form, fat added in cooking W/ OLIVE OIL
2.49	2.33	Peas, green, cooked, from fresh, fat added in cooking W/ OLIVE OIL
2.45	2.32	Okra, cooked, from fresh, fat added in cooking W/ OLIVE OIL
2.66	2.32	Peas and carrots, cooked, NS as to form, fat added in cooking W/ OLIVE OIL
2.48	2.19	Peas, green, cooked, from canned, fat added in cooking W/ OLIVE OIL
2.30	2.14	Green peppers and onions, cooked, fat added in cooking W/ OLIVE OIL
2.19	2.13	Chard, cooked, fat added in cooking W/ OLIVE OIL
2.32	2.07	Asparagus, cooked, from fresh, fat added in cooking W/ OLIVE OIL
2.28	2.07	Spinach, cooked, from fresh, fat added in cooking W/ OLIVE OIL
2.41	2.07	Asparagus, cooked, from frozen, fat added in cooking W/ OLIVE OIL
2.27	1.96	Collards, cooked, from fresh, fat added in cooking W/ OLIVE OIL
2.14	1.96	Spinach, cooked, from frozen, fat added in cooking W/ OLIVE OIL
2.17	1.74	Spinach, cooked, from canned, fat added in cooking W/ OLIVE OIL
1.91	1.61	Tomato and onion, cooked, fat added in cooking W/ OLIVE OIL
1.75	1.59	Beans, green, and potatoes, cooked, fat added in cooking W/ OLIVE OIL
2.03	1.49	Spanish rice W/ CONVERTED RICE AND W/ OLIVE OIL
1.03	0.94	White potato, home fries, with green or red peppers, and onins W/ OLIVE OIL