

GDD Variable Label	Numeric Code	GDD Variable Unit	GDD Definition	GDD Alternative Definitions Considered
Fruits	v01	grams per day	Total fruit intake, including fresh, frozen, cooked, canned, or dried fruit, excluding fruit juices and salted or pickled fruits.	Total fruit intake including fruit juices, nuts/seeds, vegetables, salted/pickled, preserved and processed fruits (jams).
Non-starchy vegetables	v02	grams per day	Total vegetable intake, including fresh, frozen, cooked, canned, or dried vegetables. This definition excludes salted or pickled vegetables, vegetable juices, starchy vegetables (e.g., potatoes, taro, cassava, manioc, yucca,	Total vegetable intake including vegetable juices, starchy vegetables, nuts/legumes, nuts/beans, beans/legumes, salted/pickled vegetables and salted/pickled beans/legumes.
Potatoes	v03	grams per day	Total intake of white potatoes, including cooked (e.g. boiled, baked, mashed, fried), frozen, canned, dehydrated potatoes. This definition includes french fries, chips, and crisps.	Includes other starchy vegetables.
Other starchy vegetables	v04	grams per day	Total intake of non-potato starchy vegetables, including fresh, frozen, cooked, canned, or dehydrated starchy vegetables. Examples of starchy vegetables include green peas, corn (including corn flour/corn meal), yam, sweet potatoes, taro, plantain, cassava,	Includes starchy fruits or potatoes and starches refined from starchy vegetables. May include non starchy vegetables such as carrots and/or fruits such as mangos, sweet potatoes and hard squashes.
Beans and legumes	v05	grams per day	Total intake of beans and legumes (beans, lentils), including fresh, frozen, cooked, canned, or dried beans/legumes. This definition excludes peanuts and peanut butter. This	Includes nuts/seeds, soy protein, soy products, peanuts and peas.
Nuts and seeds	v06	grams per day	Total intake of tree nuts (e.g. walnuts, almonds, hazelnuts, pecans, cashews, pistachios), seeds (e.g. sesame seeds, sunflower seeds, pumpkin seeds), and	Includes pulses, beans, legumes and foods primarily (>51%) from nuts or seeds.

Refined grains	v07	grams per day	Total intake of refined grains, defined as grains which have been milled to remove the bran and germ. Examples include white or polished rice, and products made with refined (white) flour, including white bread, pasta/noodles, cereals, crackers, and bakery products/desserts containing	Includes corn products, soybeans, sweetened cakes and breads with grain as the main ingredient. May include whole grains.
Whole grains	v08	grams per day	Total intake of whole grains, defined as a food with $\geq 1.0$ g of fiber per 10 g of carbohydrate, in which all components of the kernel (i.e. bran, germ, and endosperm) are present in the same relative proportions as the intact grain. Examples include whole grain bread, brown rice, whole grain pasta, whole grain breakfast cereals, oats, rye, barley, millet, sorghum, and bulgur.	Includes wholegrain breads, cereals, rice/pasta, bread and other products such as biscuits.
Total processed meats	v09	grams per day	Total intake of processed meat, defined as any meat (including poultry) that has been cured, smoked, dried, or chemically preserved. Examples include bacon, salami, sausages, hot dogs, and processed deli or luncheon	Includes sausages and unprocessed meats.
Unprocessed red meats	v10	grams per day	Total intake of unprocessed red meat, defined as beef, pork, lamb, mutton, or game that has not been cured, smoked, dried, or chemically preserved. This	Includes processed red meats, poultry, fish and organ meats.
Total seafoods	v11	grams per day	Total intake of fish and shellfish. Examples include salmon, tuna, trout, tilapia, shrimp, crab, oysters, and	Includes salted fish, processed fish and other animal products.
Eggs	v12	grams per day	Total intake of eggs produced by poultry/birds, including chicken, goose, or duck eggs. This definition excludes	

Cheese	v13	grams per day	Total intake of cheese derived from the milk of livestock (e.g. cows, buffalo, yak), including hard cheese (e.g., cheddar, mozzarella, Swiss), soft cheese (e.g. ricotta, cottage cheese,	Includes yogurt, milk products and cheese.
Yoghurt (including fermented milk)	v14	grams per day	Total intake of yogurt and fermented milk, including reduced-fat and full-fat	Includes dairy curd, buttermilk, paneer, cheese and milk.
Sugar-sweetened beverages	v15	grams per day	Total sugar-sweetened beverage intake, defined as any beverage with added sugars having $\geq 50$ kcal per 8 oz (236.5 g) serving, including commercial or homemade beverages, soft drinks, energy drinks, fruit drinks, punch, lemonade, and frescas. This definition	Includes fruit and vegetable juices. May also include coffee, tea and milk.
Fruit juices	v16	grams per day	Total intake of 100% fruit juice, excluding sugar-sweetened fruit juice	Includes fruit juices, vegetable juices and sweetened juices.
Coffee	v17	cups/day (1 cup=8 oz)	Total coffee intake including caffeinated, decaffeinated, sweetened,	Includes tea.
Tea	v18	cups/day (1 cup=8 oz)	Total green or black tea intake, including caffeinated, decaffeinated, sweetened or unsweetened tea. This	Includes coffee.
Reduced fat milk	v19	grams per day	Total reduced-fat dairy milk intake, including non-fat, low-fat milk and skim milk. This definition excludes yogurt, fermented milk, and soy or plant-	Includes sweetened reduced fat flavored milk.
Whole fat milk	v20	grams per day	Total whole-fat dairy milk intake. This definition excludes yogurt, fermented milk, and soy or other plant-derived	Includes sweetened whole fat flavored milk.
Total Milk	v57	grams per day	Total intake of dairy milk including non-fat, low-fat, skim, and whole-fat milk. This definition excludes yogurt, fermented milk, and soy or other plant	Includes yogurt, dairy drinks, cheese and dairy products.
Total energy	v21	kcal per day	Total energy intake.	

Total carbohydrates	v22	% of total kcal per day (energy contribution)	Total carbohydrate intake.	
Total protein	v23	grams per day	Total protein intake from all sources.	
Animal protein (not including dairy protein)	v24	grams per day	Total protein intake from all animal sources, excluding dairy products.	Includes protein from meat, fish, poultry, milk, eggs or dairy protein.
Dairy protein	v25	grams per day	Total protein intake from dairy	
Plant protein	v26	grams per day	Total protein intake from plant sources.	
Saturated fat	v27	% of total kcal per day (energy contribution)	Total saturated fat intake from all sources (primarily meat and dairy products, and tropical oils).	
Monounsaturated fat	v28	% of total kcal per day (energy contribution)	Total monounsaturated fat intake from all sources.	
Total omega-6 fatty acids	v29	% of total kcal per day (energy contribution)	Total omega-6 fatty acid intake from all sources (primarily liquid vegetable oils, including soybean oil, corn oil and safflower oil), excluding dietary	Includes total polyunsaturated fat or linoleic acid.
Seafood omega-3 (n-3) fat	v30	milligrams (mg) per day	Total dietary EPA+DHA (eicosapentaenoic acid + docosahexaenoic acid) intake, excluding dietary supplements.	Includes total dietary EPA+DPA+DHA (eicosapentaenoic acid + docosahexaenoic acid + docosapentaenoic acid), long chain omega-3 only, excluding ALA (alpha-linolenic acid) and total seafood intake (fish & shellfish).
Plant omega-3 (n-3) fat	v31	milligrams (mg) per day	Total dietary ALA (alpha-linolenic acid) intake, excluding dietary supplements.	Includes ALA (alpha-linolenic acid) + long chain omega-3 (EPA, DPA, DHA) (eicosapentaenoic acid, docosahexaenoic acid, docosapentaenoic acid)
Trans fatty acid	v32	% of total kcal per day (energy contribution)	Total trans fatty acid intake from all dietary sources (mainly partially hydrogenated vegetable oils, and ruminant products).	Includes calculated TFA (trans fatty acids) based on other kinds of measurements and PHVO (partially hydrogenated vegetable oil). Does not include TFA plasma measurements.

Dietary cholesterol	v33	milligrams (mg) per day	Total dietary cholesterol from all sources.	
Dietary fiber	v34	grams per day	Total dietary fiber intake from all sources (fruits, vegetables, grains, legumes, pulses), defined as the carbohydrate polymers which are not hydrolyzed by the endogenous enzymes in the small intestine of	
Added sugars	v35	% of total kcal per day (energy contribution)	Total intake of sugars added during the preparation or processing of foods and beverages. Examples include the sugars added in sugar-sweetened beverages, desserts, candy, breakfast cereals, and sweetened milk. This definition excludes non-caloric	Includes all dietary sugar.
Calcium	v36	milligrams (mg) per day	Total intake of calcium from all sources, excluding dietary supplements.	Includes intake from supplements in a population with relatively low supplement use.
Dietary sodium	v37	milligrams (mg) per day	Total intake of sodium from all sources.	Includes urinary sodium.
Iodine	v38	micrograms ( $\mu\text{g}$ ) per day	Total intake of iodine from all sources, excluding dietary supplements.	Includes intake from supplements in a population with relatively low supplement use.
Iron	v39	milligrams (mg) per day	Total intake of heme and non-heme iron from all sources, excluding dietary supplements.	Includes intake from supplements in a population with relatively low supplement use.
Magnesium	v40	milligrams (mg) per day	Total intake of magnesium from all sources, excluding dietary supplements.	Includes intake from supplements in a population with relatively low supplement use.
Potassium	v41	milligrams (mg) per day	Total intake of potassium from all sources, excluding dietary	
Selenium	v42	micrograms ( $\mu\text{g}$ ) per day	Total intake of selenium from all sources, excluding dietary supplements.	Includes intake from supplements in a population with relatively low supplement use.

Vitamin A with supplements	v43	µg RAE/day (RAE=retinol activity equivalent)	Total intake of vitamin A (including retinol, retinal, retinoic acid, and retinyl esters) and provitamin A carotenoids from all sources, including dietary	
Vitamin A without supplements	v44	µg RAE/day (RAE=retinol activity equivalent)	Total intake of vitamin A (including retinol, retinal, retinoic acid, and retinyl esters) and provitamin A carotenoids from all sources, excluding dietary	May include only retinol or carotenes.
Vitamin B1	v45	milligrams (mg) per day	Total intake of thiamin from all sources, excluding dietary supplements.	Includes intake from supplements in a population with relatively low supplement use.
Vitamin B2	v46	milligrams (mg) per day	Total intake of vitamin B2 from all sources, excluding dietary supplements.	Includes intake from supplements in a population with relatively low supplement use.
Vitamin B3	v47	milligrams (mg) per day	Total intake of niacin from all sources, excluding dietary supplements.	Includes intake from supplements in a population with relatively low supplement use.
Vitamin B6	v48	milligrams (mg) per day	Total intake of vitamin B6 (including 2-methyl, 3-hydroxy, 5-hydroxymethyl pyridine derivatives that exhibit the nutritional activity of pyridoxine) from	Includes intake from supplements in a population with relatively low supplement use.
Vitamin B9 (Folate)	v49	micrograms (µg) per day DFE	Total intake of folic acid from all sources, excluding dietary supplements.	Includes food fortification and supplements in a population with relatively low supplement use.
Vitamin B12	v50	micrograms (µg) per day	Total dietary intake of cobalamins (including cyanocobalamin, hydroxocobalamin, aquocobalamin, sulfitecobalamin, etc.) from all sources,	Includes intake from supplements in a population with relatively low supplement use.
Vitamin C	v51	milligrams (mg) per day	Total intake of vitamin C from all sources, excluding dietary supplements.	Includes intake from supplements in a population with relatively low supplement use.

Vitamin D	v52	micrograms ( $\mu\text{g}$ ) per day	Total intake of vitamin D from dietary sources only, including vitamin D2, vitamin D3, and vitamin D provitamins and previtamins, excluding dietary	Includes intake from supplements in a population with relatively low supplement use.
Vitamin E	v53	milligrams (mg) per day	Total intake of vitamin E tocopherols and tocotrienols from all sources, excluding dietary supplements.	Includes intake from supplements in a population with relatively low supplement use and alpha tocopherol.
Zinc	v54	milligrams (mg) per day	Total intake of zinc from all sources, excluding dietary supplements.	Includes intake from supplements in a population with relatively low supplement use.