

Table 1

Table 1: The 20 most common types of food items in the US diet (based on USDA data)

Item	Calories	Protein	Fat	Carb	Source
1	1000	20	10	200	Meat
2	800	15	5	150	Grain
3	600	10	5	100	Vegetable
4	500	5	2	50	Fruit
5	400	3	1	30	Dairy
6	300	2	0.5	20	Oil
7	200	1	0.5	10	Egg
8	150	0.5	0.2	5	Nut
9	100	0.5	0.1	5	Herb
10	50	0.2	0.1	2	Spice
11	40	0.1	0.05	1	Tea
12	30	0.1	0.05	1	Coffee
13	20	0.05	0.02	0.5	Alcohol
14	15	0.05	0.02	0.5	Sweetener
15	10	0.05	0.02	0.5	Flavoring
16	5	0.02	0.01	0.2	Preservative
17	5	0.02	0.01	0.2	Coloring
18	5	0.02	0.01	0.2	Stabilizer
19	5	0.02	0.01	0.2	Emulsifier
20	5	0.02	0.01	0.2	Acidulant