

**Bureau of Nutritional Sciences (BNS) Food Group Codes and Descriptions --
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BNS food groups*	BNS Food Group Description (variable name FDCD_FGE in FDC File)
	PASTA, RICE, CEREAL GRAINS AND FLOUR - 01
1A	pasta
1B	rice
1C	cereal grains and flours
	WHITE BREADS - 02
2A	white bread
	WHOLEMEAL BREADS - 03
3A	whole wheat breads
3B	other whole grain breads
	OTHER BREADS - 04
4A	rolls, bagels, pita bread, croutons, dumplings, matzo, tortilla
4B	crackers and crispbreads
4C	muffins and english muffins
4D	pancakes and waffles
4E	croissants, piecrusts & phyllo dough
4F	dry mixes (cakes, muffins, pancakes)
	WHOLEGRAIN AND HIGH FIBRE BREAKFAST CEREALS - 05
5A	whole grain, oats and high fibre breakfast cereals
	OTHER BREAKFAST CEREALS - 06
6A	breakfast cereal (other)
	COOKIES AND BISCUITS - 07
7A	cookies, commercial
7B	biscuits, commercial
	CAKES, PIES, DANISHES AND OTHER PASTRIES, COMMERCIAL - 08
8A	pies, commercial (pop tarts)
8B	cakes, commercial (frozen cake)
8C	danishes, doughnuts and other pastries, commercial
	FROZEN DAIRY PRODUCTS - 09
9A	ice cream
9B	ice milk
9C	frozen yoghurt
	MILKS - 10
10A	milk, whole
10B	milk, 2%
10C	milk, 1%
10D	milk, skim
10E	milk, evaporated, whole
10F	milk, evaporated, 2%
10G	milk, evaporated, skim
10H	milk, condensed
10I	other types of milk (soya, goat, whey, buttermilk)
	CREAMS - 13
13A	whipping
13B	table
13C	half & half
13D	sour

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	CHEESES - 14
14A	cottage cheese
14B	cheese, less than 10% b.f.
14C	cheese, 10% b.f. to 25% b.f.
14D	cheese, more than 25% b.f.
	YOGHURTS (NATURAL AND WITH FRUIT) - 15
15A	yoghurts, less than 2% b.f.
15B	yoghurts, more than 2.1% b.f.
	EGGS - 16
16A	egg
16B	frozen egg substitutes
	BUTTERS - 17
17A	butter
	MARGARINES, TUB - 18
18A	regular tub margarine
18B	calorie-reduced tub margarine
	MARGARINES, BLOCK - 19
20A	block margarine
	OTHER FATS & SPREADS - 21
21A	vegetable oils
21B	animal fats
21C	shortening
	BEEF - 22
22A	beef, lean only
22B	beef, lean + fat
22C	beef, ground
	VEAL - 23
23A	veal, lean only
23B	veal, lean + fat (incl ground veal)
	LAMB - 24
24A	lamb, lean only
24B	lamb, lean + fat (incl ground lamb)
	PORK, FRESH AND HAM - 25
25A	pork, fresh, lean only
25B	pork, fresh, lean + fat (incl ground pork)
25C	bacon
25D	ham, cured, lean only
25E	ham, cured, lean + fat
	CHICKEN AND TURKEY (POULTRY) - 27
27A	chicken, meat only
27B	chicken, meat + skin
27C	turkey, meat only
27D	turkey, meat + skin (incl ground turkey)
27E	other birds (duck, pheasant, pigeon)
27F	birds, skin only
	LIVERS AND LIVER PÂTES - 28
28A	liver
28B	liver pâté
	OFFALS (EXCLUDING LIVER) - 29
29A	offal

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	SAUSAGES (FRESH AND CURED) - 30
30A	sausage
	GAME MEATS - 31
31A	game meat
	LUNCHEON MEATS (CANNED AND COLD CUTS) - 32
32A	luncheon meat
	NUTS, SEEDS AND PEANUT BUTTER - 33
33A	nuts
33B	seeds
33C	peanut butter and other nut spreads
	FISH - 34
34A	fish, less than 6% total fat
34B	fish, superior or equal to 6% total fat
	SHELLFISHES - 35
35A	shellfish
	VEGETABLES (EXCLUDING POTATOES) - 36
36A	beans
36B	broccoli
36C	cabbage and kale
36D	cauliflower
36E	carrots
36F	celery
36G	corn
36H	lettuces & leafy greens (spinach, mustard greens, etc)
36I	mushrooms
36J	onion, green onions, leeks, garlic
36K	peas and snow peas
36L	peppers, red & green
36M	squashes
36N	tomatoes
36O	juices, tomato & vegetable
36P	other veg (cucumber, immature beans, brussel sprouts, beets, turnips)
	LEGUMES - 37
37A	legume
37B	foods made with vegetable proteins (tofu)
	POTATOES, FRIED - 38
38A	potato chips
38B	fried or roasted potatoes
	POTATOES, RAW AND COOKED (EXCLUDING FRIED) - 39
39A	potato
	FRUITS, RAW, COOKED, FROZEN AND CANNED - 40
40A	citrus fruits (oranges, grapefruits, lemons, etc)
40B	apple
40C	banana
40D	cherries
40E	grapes and raisins
40F	melons (cantaloup, honeydew, watermelon)
40G	peaches, nectarines
40H	pears
40I	pineapple
40J	plums and prunes
40K	strawberries
40L	other fruits (blueberries, dates, kiwis, fruit salads, dry fruits etc)

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	SUGARS, SYRUPS AND PRESERVES - 41
41A	sugars (white and brown)
41B	jams, jellies and marmalade
41C	other sugars (syrups, molasses, honey, etc)
41D	sugar substitutes (aspartame, dextrose)
	SAVORY SNACKS - 42
42A	popcorn, plain & pretzels
42B	salty and high-fat snacks (incl tortilla chips)
	CONFECTIONARY - 43
43A	candies, gums, etc
43B	popsicle, sherbert
43C	jello, dessert toppings and pudding mixes, commercial
	CONFECTIONARY, CHOCOLATE BARS - 44
44A	chocolate bar
	FRUIT JUICES - 45
45A	fruit juice
	NON-ALCOHOLIC BEVERAGES (SOFT AND FRUIT DRINKS, ETC) - 46
46A	soft drinks - regular
46B	soft drinks - aspartame
46C	fruit drinks
46D	other beverages (malted milk, instant breakfast)
	SPIRITS AND LIQUEURS - 47
47A	spirits (gin, whisky, vodka, etc)
47B	liqueurs (mint cream, etc.)
	WINES - 48
48A	wine
	BEERS AND COOLERS - 49
49A	beer
49B	coolers
	MISCELLANEOUS - 50
50A	soups with vegetables
50B	soups without vegetables
50C	gravies
50D	sauces (white, bearnaise, soya, tartar, ketchup, etc)
50E	salad dressings (with or without oil)
50F	seasonings (salt, pepper, vinegar, etc)
50G	meal replacements
	TEA, COFFEE, WATER - 51
51A	tea (incl iced tea)
51B	coffee
51C	water (well & mineral)
	BABYFOOD PRODUCTS - 52
52A	babyfood product
52B	infant formula
	OTHER INGREDIENTS FOR RECIPES - 53
53A	spices
53B	others (baking soda, baking powder, yeast, etc)
	UNCLASSIFIED RECIPES IN CANADIAN NUTRIENT FILE (CNF) - 99
99A	mexican recipes

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	PASTA AND RICE DISHES - 130
130A	spaghetti
130B	macaroni
130C	lasagna
130D	noodles (egg noodles)
130E	other types of pasta (raviola, manicotti, gnocchi, knish, perogis, etc)
130F	rice (recipe sub-group)
	BREADS, ROLLS, CRACKERS, BISCUITS, DUMPLINGS, BANNOCKS, ETC - 140
140A	white
140B	whole grain and whole wheat
140C	other breads, crackers, rolls, dumplings, bannocks, bagels, english muffins
140D	biscuits
140E	pancakes & waffles
140F	croissants
	SWEET BAKED GOODS - 150
150A	cakes, cheesecakes, shortcakes and brownies
150B	cookie
150C	danishes, turnovers & pastries
150D	donuts
150E	muffins
150F	pies (including pie shell)
150G	squares & bars
150H	sweet rolls and breads
150I	filled crepes, blintzes, cobblers
	CEREALS AND GRAINS - 160
160A	cereals, dry and cooked
160B	grain dishes (tapioca, rice pudding)
	BREAKFAST COMBINATIONS (WITH EGG, CHEESE, HAM, ETC) - 170
170A	english muffins
170B	biscuits (baking powder)
170C	croissant
170D	pancakes and french toast
	MILKS (DRY AND/OR CANNED) - 200
200A	reconstituted from powder
200B	evaporated
200C	condensed
	CREAMS (RECIPES) - 201
201A	cream (recipe sub-group)
	FROZEN DAIRY PRODUCT (RECIPES) - 202
202A	ice cream (recipe sub-group)
202B	ice milk (recipe sub-group)
	YOGHURT (RECIPES) - 203
203A	yoghurt (recipe sub-group)
	CHEESE (RECIPES) - 204
204A	cheese (recipe sub-group)
	MILK DESSERTS (CUSTARDS, BLANCMANGE) - 205
205A	milk dessert (recipe sub-group)

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	MEAT DISHES (EXCLUDING FROZEN DINNERS) - 210
210A	beef (recipe sub-group)
210B	fresh pork and ham (recipe sub-group)
210C	lamb (recipe sub-group)
210D	veal (recipe sub-group)
210E	game meat (recipe sub-group)
210F	organ meat (recipe sub-group)
	POULTRY DISHES - 211
211A	chicken (recipe sub-group)
211B	turkey (recipe sub-group)
211C	other bird dishes (duck, pheasant, quail)
	FISH AND SHELLFISH DISHES - 212
212A	fish, with less than 6% fat before cooking
212B	fish, with more than 6% fat before cooking
212C	shellfish (recipe sub-group)
	SAUSAGE, CURED AND LUNCHEON MEATS - 213
213A	sausage, with cured and luncheon meat (recipe sub-group)
	FROZEN DINNERS - 214
214A	regular frozen dinner
214B	light frozen dinner
	CHINESE DISHES - 215
215A	chinese (recipe sub-group)
	MEXICAN DISHES - 216
216A	mexican dish
	LEGUME (RECIPES) - 217
217A	legume dishes without meat
217B	legume dishes with meat
	EGG DISHES - 218
218A	egg dish
	PIZZA, SANDWICH, SUBMARINE, HAMBURGER AND HOT DOG DISHES - 219
219A	pizza
219B	sandwiches
219C	submarines
219D	hamburgers & cheeseburgers
219E	other types of burger (chicken, fish)
219F	hotdogs
	VEGETABLE DISHES - 220
220A	potatoes (boiled, mashed, baked, etc)
220B	french fries and hash brown potatoes
220C	salads
220D	leafy greens
220E	other vegetables (boiled, baked)
220F	vegetables (mixed with other stuff)
	FRUIT DISHES - 225
225A	fruit dish
	NUTS AND SEEDS (RECIPES) - 226
226A	nuts and seeds (recipe sub-group)

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	FATS, OILS, GRAVIES, SAUCES, SALAD DRESSINGS (RECIPES) - 227
227A	fats and oils (recipe sub-group)
227B	saucés and gravies (recipe sub-group)
227C	salad dressing (recipe sub-group)
	SWEET SNACKS, SUGAR, CANDIES, ETC (RECIPES) - 229
229A	sweet snacks, sugar, candies (recipe sub-group)
	SOUPS (RECIPES) - 230
230A	canned
230B	dehydrated
230C	homemade
	BEVERAGES (RECIPES) - 231
231A	water (tap and mineral)
231B	tea (recipe sub-group)
231C	coffee (recipe sub-group)
231D	milk-based bev. (milk shakes, malted milk, hot cocoa, instant breakfast, etc)
231E	fruit juices (recipe sub-group)
231F	fruit drinks (recipe sub-group)
231G	alcoholic beverages

*Note: The FIDD_FGR variable, in the FDC, FID, and FRL files, represents a unique identifier which identifies the BNS food group to which the food item belongs. The "BNS food and recipe groups" were developed by the Bureau of Nutritional Sciences (BNS) at Health Canada in the early 1990's. This food group system contains two types of classifications, one for basic foods and one for recipes. Other variables that use BNS food groups are FIDD_GR1, FIDD_GR2, FIDD_GR3 and FIDD_GR4, in the FID file and FRL files. Additional information can be found in the User Guide and in the documentation on derived variables.