

# Epidemiology and Genomics Research Program

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## Identification of Top Food Sources of Various Dietary Components





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**Table 4. Food sources of arachidonic acid (PFA 20:4), listed in descending order by percentages of their contribution to intake, based on data from the National Health and Nutrition Examination Survey 2005-2006**

Rank	Food item	Contribution to intake (%)	Cumulative contribution (%)
1	Chicken and chicken mixed dishes	26.9	26.9
2	Eggs and egg mixed dishes	17.8	44.7
3	Beef and beef mixed dishes	7.3	52.0
4	Sausage, franks, bacon, and ribs	6.7	58.7
5	Other fish and fish mixed dishes	5.8	64.5
6	Burgers	4.6	69.1
7	Cold cuts	3.3	72.4
8	Pork and pork mixed dishes	3.1	75.5
9	Mexican mixed dishes	3.1	78.7
10	Pizza	2.8	81.5
11	Turkey and turkey mixed dishes	2.7	84.2
12	Pasta and pasta dishes	2.3	86.5
13	Grain-based desserts	2.0	88.5

Specific foods contributing at least 1% of eicosatetraenoic acid in descending order: shrimp and shrimp mixed dishes, soups, regular cheese.