

Table 10. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Race/Ethnicity and Age, One Day, 2001-2002

Race/ethnicity and age (years)	Food energy (%)	Protein (%)	Carbo-hydrate (%)	Total sugars (%)	Dietary fiber (%)	Total fat (%)	Saturated fat (%)	Monoun-saturated fat (%)	Polyun-saturated fat (%)	Chole-sterol (%)
Non-Hispanic White:										
2 - 5.....	18	19	20	21	18	16	17	14	15	31
6 - 11.....	18	17	20	21	18	14	16	13	13	27
12 - 19.....	14	14	16	17	15	12	13	11	12	26
20 and over.....	15	14	18	18	17	15	14	13	13	24
2 and over.....	15	14	18	18	17	14	14	13	13	25
Non-Hispanic Black:										
2 - 5.....	19	19	19	21	18	17	20	15	14	37
6 - 11.....	19	17	20	23	15	17	19	15	14	28
12 - 19.....	15	15	16	16	14	14	16	14	13	25
20 and over.....	15	15	16	16	15	16	18	16	13	27
2 and over.....	16	15	17	17	15	16	18	15	13	27
Mexican American:										
2 - 5.....	24	26	24	25	23	23	25	22	21	43
6 - 11.....	20	21	21	22	19	18	21	17	16	35
12 - 19.....	17	17	17	18	16	16	17	15	15	29
20 and over.....	20	20	21	23	20	21	21	20	19	32
2 and over.....	20	20	21	22	19	20	21	19	18	33
All individuals ⁵ :										
2 - 5.....	20	20	21	22	20	18	19	16	16	34
6 - 11.....	18	18	20	22	18	16	17	14	14	29
12 - 19.....	15	15	17	17	15	13	14	12	12	26
20 and over.....	16	15	18	18	17	15	15	14	14	26
2 and over.....	16	15	18	19	17	15	15	14	14	26

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

⁵ "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

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Table 10. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Vitamin E (alpha-toc) (%)	Retinol (%)	Vitamin A (RAE) (%)	Alpha-carotene (%)	Beta-carotene (%)	Beta-cryptoxanthin (%)	Lycopene (%)	Lutein + zeaxanthin (%)
Non-Hispanic White:								
2 - 5.....	17	41	35	2	5	32	1	17
6 - 11.....	12	46	38	2	6	37	1	18
12 - 19.....	14	38	33	4	7	40	3	16
20 and over.....	18	34	25	3	5	37	5	9
2 and over.....	17	36	28	3	6	37	4	10
Non-Hispanic Black:								
2 - 5.....	15	50	42	6	6	28	1	19
6 - 11.....	12	50	43	5	6	38	2	17
12 - 19.....	12	39	33	6	5	44	4	15
20 and over.....	14	26	19	3	4	37	7	9
2 and over.....	14	32	24	3	4	38	5	10
Mexican American:								
2 - 5.....	20	45	39	15	16	20	12	26
6 - 11.....	15	40	35	5	8	23	6	21
12 - 19.....	14	40	33	4	8	34	7	18
20 and over.....	21	36	29	12	14	25	16	15
2 and over.....	19	39	31	10	13	26	13	16
All individuals ⁵ :								
2 - 5.....	17	42	36	7	8	31	3	21
6 - 11.....	13	44	38	5	13	35	2	18
12 - 19.....	14	38	33	5	8	39	4	16
20 and over.....	18	33	25	5	7	35	6	10
2 and over.....	17	35	28	5	7	35	5	11

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SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

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Table 10. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Thiamin (%)	Ribo- flavin (%)	Niacin (%)	Vit. B6 (%)	Folic acid (%)	Food folate (%)	Folate (DFE) (%)	Vit. B12 (%)	Vit. C (%)	Vit. K (%)
Non-Hispanic White:										
2 - 5.....	30	33	27	35	46	22	40	36	22	9
6 - 11.....	31	34	26	34	48	22	42	39	25	9
12 - 19.....	26	29	21	27	39	20	33	30	28	8
20 and over.....	23	27	18	23	37	18	29	23	25	6
2 and over.....	24	28	19	25	38	18	31	25	25	7
Non-Hispanic Black:										
2 - 5.....	31	36	26	33	43	22	37	39	17	7
6 - 11.....	31	35	25	32	42	22	36	39	24	7
12 - 19.....	26	28	21	26	36	20	32	31	24	6
20 and over.....	21	25	16	19	32	16	26	19	21	5
2 and over.....	24	28	18	22	35	17	29	23	22	5
Mexican American:										
2 - 5.....	32	37	30	34	44	25	38	39	19	17
6 - 11.....	30	35	25	31	41	22	35	33	20	12
12 - 19.....	25	30	21	26	32	21	29	30	23	11
20 and over.....	26	29	20	23	29	21	26	25	23	12
2 and over.....	27	31	21	25	33	21	28	28	23	12
All individuals ⁵ :										
2 - 5.....	31	34	27	35	45	24	39	37	21	10
6 - 11.....	30	34	26	33	45	22	39	37	24	9
12 - 19.....	26	29	21	26	38	20	33	30	27	8
20 and over.....	23	27	18	23	35	18	28	23	24	7
2 and over.....	24	28	19	25	37	19	30	26	24	7

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SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

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Table 10. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Calcium (%)	Phosphorus (%)	Magnesium (%)	Iron (%)	Zinc (%)	Copper (%)	Sodium (%)	Potassium (%)	Selenium (%)
Non-Hispanic White:									
2 - 5.....	27	24	22	33	29	16	16	22	21
6 - 11.....	28	24	21	35	29	16	16	21	20
12 - 19.....	23	19	18	29	21	14	14	18	16
20 and over.....	21	18	19	27	18	15	14	19	16
2 and over.....	22	19	19	28	20	15	14	19	16
Non-Hispanic Black:									
2 - 5.....	30	25	22	35	26	16	18	20	22
6 - 11.....	29	25	20	32	24	14	17	21	20
12 - 19.....	21	20	17	26	19	16	16	18	17
20 and over.....	22	19	17	24	18	13	16	18	18
2 and over.....	23	20	17	26	19	14	16	18	18
Mexican American:									
2 - 5.....	32	30	26	37	33	23	24	25	29
6 - 11.....	31	26	23	32	26	17	19	23	24
12 - 19.....	24	21	19	26	20	16	16	20	19
20 and over.....	26	23	22	25	20	20	21	23	23
2 and over.....	27	24	22	27	22	19	20	23	23
All individuals ⁵ :									
2 - 5.....	28	26	23	34	29	18	18	23	23
6 - 11.....	29	25	21	33	27	16	17	21	21
12 - 19.....	23	20	18	29	21	15	14	18	17
20 and over.....	22	19	19	26	19	15	15	19	17
2 and over.....	23	20	19	27	20	15	15	20	18

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² SFA = saturated fatty acid.

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Table 10. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	SFA ² 4:0 (%)	SFA 6:0 (%)	SFA 8:0 (%)	SFA 10:0 (%)	SFA 12:0 (%)	SFA 14:0 (%)	SFA 16:0 (%)	SFA 18:0 (%)
Non-Hispanic White:								
2 - 5.....	20	24	25	22	21	19	17	15
6 - 11.....	20	24	24	21	18	17	15	15
12 - 19.....	15	18	19	16	15	14	13	12
20 and over.....	15	17	18	16	18	14	14	13
2 and over.....	16	18	19	17	18	14	14	13
Non-Hispanic Black:								
2 - 5.....	25	31	34	28	27	24	19	17
6 - 11.....	25	32	34	28	29	23	18	17
12 - 19.....	18	23	25	21	22	18	16	15
20 and over.....	20	24	27	23	28	20	17	17
2 and over.....	21	26	28	24	27	20	17	17
Mexican American:								
2 - 5.....	27	32	33	30	28	27	25	24
6 - 11.....	26	31	33	28	28	24	20	19
12 - 19.....	18	22	24	21	22	18	17	16
20 and over.....	22	26	27	24	22	21	21	21
2 and over.....	23	27	28	25	23	22	20	20
All individuals ⁵ :								
2 - 5.....	22	26	27	24	23	21	19	17
6 - 11.....	21	26	27	23	21	20	17	16
12 - 19.....	16	19	20	18	17	15	14	13
20 and over.....	16	19	20	18	19	15	15	14
2 and over.....	17	20	21	19	19	16	15	14

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² SFA = saturated fatty acid.

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Table 10. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	MFA ³ 16:1 (%)	MFA 18:1 (%)	MFA 20:1 (%)	MFA 22:1 (%)	PFA ⁴ 18:2 (%)	PFA 18:3 (%)	PFA 18:4 (%)	PFA 20:4 (%)	PFA 20:5 (%)	PFA 22:5 (%)	PFA 22:6 (%)
Non-Hispanic White:											
2 - 5.....	12	14	11	6	15	16	5	28	10	2	16
6 - 11.....	12	13	10	5	14	14	7	21	7	2	13
12 - 19.....	10	12	10	5	12	11	3	19	7	1	16
20 and over.....	12	13	11	3	13	12	1	19	3	1	8
2 and over.....	11	13	11	3	13	12	1	19	3	1	8
Non-Hispanic Black:											
2 - 5.....	14	15	15	8	14	16	1	28	6	2	15
6 - 11.....	14	15	13	10	14	16	3	21	7	3	14
12 - 19.....	15	14	15	18	13	13	30	20	22	12	16
20 and over.....	16	16	13	11	13	12	7	19	6	4	10
2 and over.....	16	15	13	12	13	13	8	20	7	5	10
Mexican American:											
2 - 5.....	23	22	20	16	20	23	8	39	18	8	27
6 - 11.....	16	17	12	13	16	19	6	27	8	5	21
12 - 19.....	15	15	17	12	15	15	7	24	11	8	17
20 and over.....	19	20	18	14	19	20	6	27	14	12	18
2 and over.....	18	19	17	14	18	19	6	27	13	11	19
All individuals ⁵ :											
2 - 5.....	15	16	14	15	16	18	32	30	27	14	29
6 - 11.....	13	14	11	9	14	16	6	22	8	3	15
12 - 19.....	12	12	12	9	12	12	13	21	13	6	17
20 and over.....	13	14	12	5	14	13	3	20	5	3	9
2 and over.....	13	14	12	5	14	14	4	20	6	3	10

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² SFA = saturated fatty acid.

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⁵ "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

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Table 10. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Caffeine (%)	Theo- bromine (%)	Alcohol (%)
Non-Hispanic White:			
2 - 5.....	9	21	0
6 - 11.....	9	16	0
12 - 19.....	6	9	0
20 and over.....	32	9	*
2 and over.....	30	10	*
Non-Hispanic Black:			
2 - 5.....	3	8	0
6 - 11.....	6	11	18
12 - 19.....	8	7	*
20 and over.....	27	10	1
2 and over.....	25	9	1
Mexican American:			
2 - 5.....	20	33	
6 - 11.....	9	21	0
12 - 19.....	16	20	0
20 and over.....	39	29	1
2 and over.....	35	26	1
All individuals ⁵ :			
2 - 5.....	10	21	0
6 - 11.....	9	17	4
12 - 19.....	7	10	*
20 and over.....	32	11	*
2 and over.....	30	12	*

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Table 10se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, by Race/Ethnicity and Age, One Day, 2001-2002

Race/ethnicity and age (years)	Food energy (%)	Protein (%)	Carbo- hydrate (%)	Total sugars (%)	Dietary fiber (%)	Total fat (%)	Saturated fat (%)	Monoun- saturated fat (%)	Polyun- saturated fat (%)	Chole- sterol (%)
Non-Hispanic White:										
2 - 5.....	0.5	0.7	0.4	0.7	1.0	0.7	0.7	0.8	1.2	2.6
6 - 11.....	0.6	0.7	0.6	0.7	0.9	0.8	0.9	0.9	1.0	2.6
12 - 19.....	0.7	0.6	0.8	1.0	1.0	0.7	0.7	0.7	0.7	1.8
20 and over.....	0.3	0.4	0.5	0.7	0.7	0.5	0.5	0.5	0.5	1.8
2 and over.....	0.3	0.4	0.4	0.5	0.6	0.4	0.4	0.4	0.3	1.4
Non-Hispanic Black:										
2 - 5.....	1.2	1.6	1.3	1.4	1.1	1.2	1.3	1.3	1.3	3.7
6 - 11.....	0.7	0.8	0.9	1.2	0.9	0.7	0.9	0.8	1.0	2.1
12 - 19.....	0.7	0.8	0.9	1.0	0.8	0.7	0.8	0.7	0.7	2.1
20 and over.....	0.9	1.0	0.9	1.0	1.0	1.0	1.2	1.1	0.9	1.9
2 and over.....	0.7	0.8	0.8	0.9	0.9	0.8	0.8	0.8	0.7	1.5
Mexican American:										
2 - 5.....	1.6	2.2	1.3	1.6	1.6	2.2	2.4	2.4	1.6	3.2
6 - 11.....	0.8	0.8	1.0	1.3	0.9	1.0	0.9	1.1	1.3	3.2
12 - 19.....	0.7	1.0	0.7	1.0	0.7	0.9	0.8	0.8	1.0	2.6
20 and over.....	1.1	1.2	1.0	1.3	1.1	1.3	1.3	1.5	1.3	1.6
2 and over.....	0.8	0.9	0.8	0.9	0.8	0.9	0.9	1.0	1.0	1.1
All individuals ⁵ :										
2 - 5.....	0.5	0.7	0.5	0.6	0.9	0.6	0.7	0.7	0.8	1.8
6 - 11.....	0.6	0.6	0.7	0.8	0.9	0.6	0.7	0.7	0.7	1.8
12 - 19.....	0.4	0.4	0.6	0.7	0.8	0.4	0.5	0.4	0.5	1.1
20 and over.....	0.3	0.3	0.4	0.5	0.5	0.4	0.4	0.4	0.4	1.3
2 and over.....	0.2	0.3	0.3	0.4	0.4	0.3	0.3	0.3	0.3	0.9

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Race/ethnicity and age (years)	Vitamin E (alpha-toc) (%)	Retinol (%)	Vitamin A (RAE) (%)	Alpha- carotene (%)	Beta- carotene (%)	Beta-crypto- xanthin (%)	Lycopene (%)	Lutein + zeaxanthin (%)
Non-Hispanic White:								
2 - 5.....	2.7	1.7	1.3	0.8	1.3	4.9	0.6	1.5
6 - 11.....	0.8	1.5	1.3	0.3	2.0	5.8	1.2	2.1
12 - 19.....	1.5	3.0	2.0	1.4	1.0	3.2	1.0	1.6
20 and over.....	0.9	1.2	1.0	0.9	0.5	1.9	0.7	0.8
2 and over.....	0.8	0.9	0.7	0.7	0.4	1.3	0.6	0.8
Non-Hispanic Black:								
2 - 5.....	1.3	2.3	1.9	3.6	2.1	4.6	0.5	3.0
6 - 11.....	1.0	2.5	2.8	0.9	1.0	3.5	1.0	2.7
12 - 19.....	0.7	3.3	2.5	0.7	0.4	3.1	1.3	2.0
20 and over.....	1.0	3.4	1.7	0.5	0.6	3.5	1.7	1.2
2 and over.....	0.8	2.9	1.8	0.5	0.5	2.6	1.0	1.3
Mexican American:								
2 - 5.....	1.3	3.3	2.5	2.8	3.1	3.1	2.4	2.4
6 - 11.....	0.9	4.7	3.6	1.8	1.6	3.6	1.1	3.2
12 - 19.....	0.9	1.0	0.9	0.9	0.8	4.1	1.3	2.0
20 and over.....	1.4	1.0	1.1	2.5	1.6	2.6	1.8	1.0
2 and over.....	1.0	1.4	1.2	1.9	1.3	1.6	1.3	1.0
All individuals ⁵ :								
2 - 5.....	1.6	1.5	1.2	1.8	1.0	2.3	0.6	1.7
6 - 11.....	0.6	1.5	1.3	1.4	5.3	3.6	0.9	1.3
12 - 19.....	1.1	2.1	1.5	1.1	0.9	2.7	0.8	1.3
20 and over.....	0.6	0.9	0.8	1.0	0.6	1.5	0.7	0.8
2 and over.....	0.5	0.6	0.6	0.8	0.6	1.1	0.6	0.8

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Table 10se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Thiamin (%)	Ribo- flavin (%)	Niacin (%)	Vit. B6 (%)	Folic acid (%)	Food folate (%)	Folate (DFE) (%)	Vit. B12 (%)	Vit. C (%)	Vit. K (%)
Non-Hispanic White:										
2 - 5.....	0.8	1.1	0.8	1.3	2.1	0.7	1.7	1.6	2.2	0.7
6 - 11.....	1.0	1.0	1.1	1.2	2.7	1.1	2.3	0.9	2.7	1.0
12 - 19.....	1.0	1.4	1.2	1.5	2.1	1.0	1.7	1.8	1.5	1.4
20 and over.....	0.6	0.7	0.7	1.1	2.2	0.6	1.4	1.1	1.2	0.4
2 and over.....	0.5	0.6	0.6	0.9	1.8	0.5	1.2	0.9	0.9	0.4
Non-Hispanic Black:										
2 - 5.....	1.5	1.6	2.0	2.0	2.3	1.4	2.0	2.4	2.3	1.1
6 - 11.....	1.6	1.9	1.4	2.0	3.5	1.5	2.7	2.6	1.8	1.2
12 - 19.....	1.2	1.2	1.0	1.3	3.0	1.2	2.4	2.4	1.6	0.6
20 and over.....	1.6	1.4	1.2	1.4	3.5	0.9	2.3	1.8	1.7	0.6
2 and over.....	1.4	1.2	1.0	1.2	2.6	0.9	2.0	1.7	1.2	0.6
Mexican American:										
2 - 5.....	1.8	2.2	1.8	1.8	2.8	1.9	2.0	2.2	1.6	3.4
6 - 11.....	1.1	1.1	1.0	1.2	2.2	1.3	1.8	3.6	1.7	1.9
12 - 19.....	1.0	1.2	1.1	1.3	2.3	1.1	1.6	1.6	1.7	1.5
20 and over.....	0.7	0.7	0.8	0.8	1.7	0.8	1.0	1.2	1.3	0.9
2 and over.....	0.6	0.7	0.7	0.7	1.1	0.6	0.7	1.2	1.1	0.9
All individuals ⁵ :										
2 - 5.....	0.8	0.9	0.7	0.9	1.4	0.7	1.1	1.1	1.2	1.0
6 - 11.....	0.8	0.8	0.6	0.7	2.0	1.0	1.6	0.9	2.0	0.7
12 - 19.....	0.7	1.0	0.8	1.0	1.8	0.8	1.4	1.2	1.4	1.0
20 and over.....	0.5	0.5	0.5	0.8	1.7	0.5	1.1	0.7	0.9	0.5
2 and over.....	0.4	0.5	0.4	0.6	1.3	0.4	0.9	0.5	0.7	0.5

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

⁵ "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 10se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Calcium (%)	Phosphorus (%)	Magnesium (%)	Iron (%)	Zinc (%)	Copper (%)	Sodium (%)	Potassium (%)	Selenium (%)
Non-Hispanic White:									
2 - 5.....	1.1	0.8	0.7	1.2	1.5	0.8	0.7	0.7	1.0
6 - 11.....	1.0	0.7	0.8	1.5	1.5	0.9	0.8	0.7	0.9
12 - 19.....	1.7	1.1	0.9	1.9	0.9	0.6	0.7	1.0	0.8
20 and over.....	0.6	0.5	0.5	1.0	0.8	0.4	0.4	0.5	0.6
2 and over.....	0.6	0.5	0.5	0.9	0.7	0.4	0.4	0.5	0.4
Non-Hispanic Black:									
2 - 5.....	1.8	1.5	1.1	2.1	1.5	1.1	1.5	1.3	1.9
6 - 11.....	2.0	1.2	0.8	2.0	1.8	0.5	0.8	1.1	0.9
12 - 19.....	1.2	0.8	0.8	1.3	1.2	1.9	0.7	0.9	1.0
20 and over.....	1.3	1.2	1.0	1.7	1.4	1.1	1.1	0.8	1.1
2 and over.....	1.0	1.0	0.8	1.5	1.2	1.0	0.8	0.7	0.9
Mexican American:									
2 - 5.....	2.3	2.0	1.7	2.2	2.2	1.5	1.7	1.7	2.0
6 - 11.....	1.4	1.0	0.7	1.3	1.1	1.8	1.0	0.9	1.0
12 - 19.....	0.8	0.9	0.8	1.2	1.0	0.8	0.7	0.9	1.1
20 and over.....	1.1	1.1	1.1	0.8	1.1	1.2	1.3	1.0	1.5
2 and over.....	0.8	0.8	0.8	0.7	0.9	1.0	0.9	0.8	1.1
All individuals ⁵ :									
2 - 5.....	1.0	0.7	0.7	1.1	0.9	0.7	0.6	0.6	0.9
6 - 11.....	0.9	0.7	0.7	0.9	0.8	0.8	0.7	0.8	0.7
12 - 19.....	1.2	0.8	0.7	1.4	0.7	0.6	0.4	0.7	0.5
20 and over.....	0.4	0.3	0.3	0.8	0.6	0.3	0.3	0.4	0.4
2 and over.....	0.5	0.3	0.3	0.7	0.5	0.3	0.3	0.4	0.3

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

⁵ "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 10se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	SFA ² 4:0 (%)	SFA 6:0 (%)	SFA 8:0 (%)	SFA 10:0 (%)	SFA 12:0 (%)	SFA 14:0 (%)	SFA 16:0 (%)	SFA 18:0 (%)
Non-Hispanic White:								
2 - 5.....	1.1	1.3	1.7	1.4	2.4	1.1	0.7	0.6
6 - 11.....	1.4	1.3	1.2	1.1	1.6	1.1	0.9	0.9
12 - 19.....	1.4	1.8	1.8	1.5	1.4	1.1	0.7	0.7
20 and over.....	0.6	0.7	0.7	0.6	1.0	0.5	0.5	0.5
2 and over.....	0.6	0.7	0.8	0.6	0.8	0.5	0.4	0.4
Non-Hispanic Black:								
2 - 5.....	2.2	2.4	3.0	2.3	4.8	1.9	1.3	1.3
6 - 11.....	2.1	2.5	2.8	2.2	2.2	1.6	0.8	0.8
12 - 19.....	1.4	1.5	1.6	1.3	1.7	1.0	0.8	0.7
20 and over.....	1.5	1.8	1.8	1.6	2.1	1.3	1.1	1.2
2 and over.....	1.1	1.3	1.4	1.2	1.3	1.0	0.8	0.8
Mexican American:								
2 - 5.....	2.5	2.8	3.1	2.6	2.7	2.5	2.3	2.5
6 - 11.....	1.9	1.6	1.5	1.6	2.4	1.3	0.9	1.0
12 - 19.....	0.8	1.1	1.1	0.8	1.2	0.8	0.8	0.8
20 and over.....	1.3	1.4	1.3	1.2	1.5	1.3	1.3	1.4
2 and over.....	1.0	1.0	0.9	0.9	1.1	0.9	0.9	1.0
All individuals ⁵ :								
2 - 5.....	1.0	1.2	1.4	1.1	1.7	0.9	0.6	0.6
6 - 11.....	1.1	1.2	0.9	0.9	1.0	1.0	0.7	0.7
12 - 19.....	1.0	1.3	1.3	1.1	1.1	0.8	0.5	0.4
20 and over.....	0.5	0.5	0.6	0.5	0.7	0.5	0.4	0.4
2 and over.....	0.5	0.6	0.6	0.5	0.7	0.5	0.3	0.3

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

⁵ "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 10se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	MFA ³ 16:1 (%)	MFA 18:1 (%)	MFA 20:1 (%)	MFA 22:1 (%)	PFA ⁴ 18:2 (%)	PFA 18:3 (%)	PFA 18:4 (%)	PFA 20:4 (%)	PFA 20:5 (%)	PFA 22:5 (%)	PFA 22:6 (%)
Non-Hispanic White:											
2 - 5.....	1.3	0.8	1.4	1.5	1.2	0.8	2.5	4.1	2.4	1.3	2.4
6 - 11.....	1.2	0.9	1.2	1.2	1.0	1.0	3.3	2.5	2.6	1.1	4.3
12 - 19.....	0.7	0.7	1.3	0.9	0.7	0.7	0.9	2.1	1.2	0.7	1.4
20 and over.....	0.7	0.5	1.0	0.8	0.5	0.5	0.2	1.6	0.3	0.2	0.9
2 and over.....	0.5	0.4	0.7	0.8	0.4	0.3	0.2	1.2	0.4	0.2	0.8
Non-Hispanic Black:											
2 - 5.....	1.5	1.3	1.9	1.7	1.3	1.1	0.4	4.3	2.1	1.0	4.2
6 - 11.....	1.3	0.8	1.9	2.8	1.0	1.1	1.4	2.0	1.8	1.8	2.1
12 - 19.....	1.2	0.7	1.7	3.9	0.7	0.7	8.7	2.1	3.6	2.6	3.2
20 and over.....	1.4	1.0	2.0	3.4	0.9	0.9	1.2	1.4	0.9	0.8	1.1
2 and over.....	1.0	0.8	1.6	3.1	0.7	0.7	1.1	1.3	0.8	0.7	1.0
Mexican American:											
2 - 5.....	3.2	2.4	1.7	2.4	1.5	1.8	5.2	3.4	5.3	2.1	5.8
6 - 11.....	1.1	1.1	1.3	3.0	1.3	1.5	2.3	4.0	2.4	2.6	4.2
12 - 19.....	1.1	0.8	1.4	2.3	1.0	1.0	3.4	2.5	3.9	4.7	2.9
20 and over.....	1.4	1.5	1.8	2.0	1.3	1.4	1.8	1.3	4.7	2.2	2.4
2 and over.....	1.0	1.0	1.2	1.6	1.0	1.2	1.8	0.8	4.0	2.2	2.0
All individuals⁵:											
2 - 5.....	1.1	0.7	1.2	4.4	0.8	0.7	23.2	2.7	14.7	10.2	9.8
6 - 11.....	0.9	0.7	1.1	1.7	0.7	0.7	2.2	1.8	1.5	0.8	2.5
12 - 19.....	0.5	0.4	1.0	1.1	0.5	0.5	2.8	1.4	2.4	1.7	1.6
20 and over.....	0.5	0.4	0.8	1.2	0.4	0.5	0.6	1.1	0.8	0.4	0.9
2 and over.....	0.4	0.3	0.5	1.2	0.3	0.4	0.9	0.8	0.9	0.6	0.8

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

⁵ "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 10se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Caffeine (%)	Theo- bromine (%)	Alcohol (%)
Non-Hispanic White:			
2 - 5.....	2.6	5.4	
6 - 11.....	2.6	2.6	
12 - 19.....	1.1	2.3	
20 and over.....	1.4	1.1	0.1
2 and over.....	1.2	0.9	0.1
Non-Hispanic Black:			
2 - 5.....	1.2	2.3	
6 - 11.....	2.2	3.1	16.5
12 - 19.....	1.7	1.7	0.1
20 and over.....	2.6	3.0	0.8
2 and over.....	2.3	2.1	0.8
Mexican American:			
2 - 5.....	7.9	6.1	0.0
6 - 11.....	2.0	2.4	
12 - 19.....	2.9	2.9	
20 and over.....	2.2	5.6	0.5
2 and over.....	1.8	2.5	0.5
All individuals⁵:			
2 - 5.....	1.9	3.7	
6 - 11.....	2.0	1.5	3.1
12 - 19.....	0.8	1.8	0.0
20 and over.....	1.1	1.1	0.1
2 and over.....	1.0	0.9	0.1

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

⁵ "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

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