

Table 12. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002

Family income as % of Federal poverty threshold ² and age (years)	Food energy (%)	Protein (%)	Carbo-hydrate (%)	Total sugars (%)	Dietary fiber (%)	Total fat (%)	Saturated fat (%)	Monoun-saturated fat (%)	Polyun-saturated fat (%)	Chole-sterol (%)
Under 131% poverty:										
2 - 5.....	20	22	21	22	20	19	20	17	17	38
6 - 11.....	20	20	21	22	18	18	20	16	16	31
12 - 19.....	15	16	15	15	14	14	15	13	12	26
20 and over.....	17	17	17	16	17	18	18	17	17	30
2 and over.....	17	18	17	17	17	17	18	17	16	30
131-185% poverty:										
2 - 5.....	18	18	20	22	17	14	17	12	11	25
6 - 11.....	17	16	20	22	16	13	15	11	11	19
12 - 19.....	14	13	16	16	15	11	12	10	10	20
20 and over.....	14	13	15	15	15	14	14	13	12	22
2 and over.....	15	14	16	17	15	14	14	12	12	22
Over 185% poverty:										
2 - 5.....	20	20	21	22	20	17	19	15	16	34
6 - 11.....	18	17	20	21	17	15	16	14	14	30
12 - 19.....	15	15	17	18	16	13	14	12	12	28
20 and over.....	15	14	18	19	17	15	14	13	13	25
2 and over.....	16	14	18	19	17	15	14	13	13	26
All individuals ⁶ :										
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 Thresholds for specific family sizes are defined by the U. S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

³ SFA = saturated fatty acid.

⁴ MFA = monounsaturated fatty acid.

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⁶ "All individuals" includes individuals for whom income was not reported.

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 12. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ² and age (years)	Vitamin E (alpha-toc) (%)	Retinol (%)	Vitamin A (RAE) (%)	Alpha-carotene (%)	Beta-carotene (%)	Beta-crypto-xanthin (%)	Lycopene (%)	Lutein + zeaxanthin (%)
Under 131% poverty:								
2 - 5.....	17	42	36	9	10	26	5	24
6 - 11.....	15	43	38	5	21	33	4	19
12 - 19.....	12	39	33	5	11	31	4	16
20 and over.....	18	33	25	7	9	30	11	14
2 and over.....	16	36	29	7	11	30	9	15
131-185% poverty:								
2 - 5.....	10	42	32	1	2	26	1	12
6 - 11.....	10	50	41	7	7	41	1	21
12 - 19.....	10	36	31	5	9	28	1	17
20 and over.....	15	29	22	4	4	25	5	8
2 and over.....	14	33	26	4	5	27	4	9
Over 185% poverty:								
2 - 5.....	19	43	38	4	7	33	2	20
6 - 11.....	13	44	39	4	9	35	1	17
12 - 19.....	14	38	33	5	6	45	4	16
20 and over.....	18	33	25	4	6	37	5	9
2 and over.....	17	35	27	4	6	38	4	10
All individuals ⁶ :								
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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Table 12. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ² and age (years)	Thiamin (%)	Ribo-flavin (%)	Niacin (%)	Vit. B6 (%)	Folic acid (%)	Food folate (%)	Folate (DFE) (%)	Vit. B12 (%)	Vit. C (%)	Vit. K (%)
Under 131% poverty:										
2 - 5.....	30	34	27	32	44	23	38	36	19	11
6 - 11.....	31	35	26	32	42	23	37	37	22	12
12 - 19.....	24	28	20	24	36	19	31	30	22	10
20 and over.....	23	27	19	22	30	19	26	25	20	10
2 and over.....	25	29	20	24	34	20	29	28	20	10
131-185% poverty:										
2 - 5.....	30	34	26	35	49	18	40	37	17	5
6 - 11.....	32	36	27	38	46	21	40	41	26	7
12 - 19.....	24	26	20	27	32	18	28	32	26	6
20 and over.....	21	25	16	22	34	15	27	22	18	6
2 and over.....	23	27	18	25	36	16	29	26	20	6
Over 185% poverty:										
2 - 5.....	32	34	28	37	46	25	41	38	24	10
6 - 11.....	30	33	25	32	46	22	40	37	25	8
12 - 19.....	27	30	21	27	39	20	34	30	29	7
20 and over.....	23	27	18	23	36	18	29	23	25	7
2 and over.....	24	28	19	25	38	19	31	25	26	7
All individuals ⁶ :										
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.

Table 12. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ² and age (years)	Calcium (%)	Phosphorus (%)	Magnesium (%)	Iron (%)	Zinc (%)	Copper (%)	Sodium (%)	Potassium (%)	Selenium (%)
Under 131% poverty:									
2 - 5.....	28	26	23	33	29	18	19	22	25
6 - 11.....	30	26	22	33	26	17	18	23	22
12 - 19.....	24	20	17	26	20	14	15	18	18
20 and over.....	23	21	19	25	19	17	18	20	20
2 and over.....	25	22	19	27	21	16	18	20	20
131-185% poverty:									
2 - 5.....	28	23	22	36	29	14	15	21	20
6 - 11.....	31	24	21	35	29	14	15	21	18
12 - 19.....	20	18	17	25	19	13	12	17	15
20 and over.....	20	17	17	24	18	13	14	17	15
2 and over.....	22	18	18	26	20	13	14	18	16
Over 185% poverty:									
2 - 5.....	29	26	24	35	30	18	18	23	22
6 - 11.....	28	24	21	33	27	16	16	20	20
12 - 19.....	24	20	19	30	22	15	15	19	17
20 and over.....	22	19	19	26	19	15	14	20	16
2 and over.....	23	20	19	28	20	15	14	20	17
All individuals ⁶ :									
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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Table 12. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ² and age (years)	SFA ³ 4:0 (%)	SFA 6:0 (%)	SFA 8:0 (%)	SFA 10:0 (%)	SFA 12:0 (%)	SFA 14:0 (%)	SFA 16:0 (%)	SFA 18:0 (%)
Under 131% poverty:								
2 - 5.....	22	26	28	25	25	22	20	19
6 - 11.....	23	29	31	26	26	22	19	18
12 - 19.....	16	22	25	20	18	17	15	14
20 and over.....	19	22	24	21	22	19	18	18
2 and over.....	19	24	26	22	22	19	18	17
131-185% poverty:								
2 - 5.....	25	29	30	26	21	22	17	14
6 - 11.....	23	29	30	25	23	19	14	13
12 - 19.....	13	18	20	15	19	14	12	11
20 and over.....	17	19	21	19	20	16	14	13
2 and over.....	18	21	22	19	20	16	14	13
Over 185% poverty:								
2 - 5.....	21	25	26	23	23	21	19	17
6 - 11.....	20	24	25	22	19	18	16	15
12 - 19.....	16	18	18	17	15	14	14	13
20 and over.....	15	17	18	17	18	14	14	13
2 and over.....	16	18	19	17	18	15	14	14
All individuals ⁶ :								
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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Table 12. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ² and age (years)	MFA ⁴ 16:1 (%)	MFA 18:1 (%)	MFA 20:1 (%)	MFA 22:1 (%)	PFA ⁵ 18:2 (%)	PFA 18:3 (%)	PFA 18:4 (%)	PFA 20:4 (%)	PFA 20:5 (%)	PFA 22:5 (%)	PFA 22:6 (%)
Under 131% poverty:											
2 - 5.....	17	17	18	20	17	19	53	35	47	29	45
6 - 11.....	15	17	13	12	17	19	8	23	13	5	19
12 - 19.....	13	13	14	15	12	13	34	21	26	14	20
20 and over.....	17	17	16	11	17	16	6	24	10	7	15
2 and over.....	16	17	15	13	16	16	12	24	14	9	17
131-185% poverty:											
2 - 5.....	10	12	8	11	11	16	*	16	8	1	8
6 - 11.....	8	11	6	4	11	13	5	12	9	2	10
12 - 19.....	10	10	14	6	11	10	7	17	10	6	14
20 and over.....	12	13	10	6	13	12	4	16	9	3	11
2 and over.....	11	12	10	6	12	12	4	16	9	3	11
Over 185% poverty:											
2 - 5.....	14	15	12	10	16	17	2	30	7	*	16
6 - 11.....	13	14	11	8	14	14	5	25	6	2	14
12 - 19.....	12	12	11	6	12	11	3	22	8	2	16
20 and over.....	12	13	10	3	13	12	2	19	3	2	7
2 and over.....	12	13	11	4	13	12	2	20	3	2	8
All individuals ⁶ :											
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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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 12. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ² and age (years)	Caffeine (%)	Theo-bromine (%)	Alcohol (%)
Under 131% poverty:			
2 - 5.....	9	20	0
6 - 11.....	10	17	16
12 - 19.....	8	12	*
20 and over.....	24	14	2
2 and over.....	21	15	1
131-185% poverty:			
2 - 5.....	17	16	
6 - 11.....	11	17	0
12 - 19.....	10	10	0
20 and over.....	32	20	*
2 and over.....	30	17	*
Over 185% poverty:			
2 - 5.....	8	25	0
6 - 11.....	7	18	0
12 - 19.....	6	9	*
20 and over.....	34	9	*
2 and over.....	32	11	*
All individuals ⁶ :			
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 12se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002

Family income as % of Federal poverty threshold ² and age (years)	Food energy (%)	Protein (%)	Carbo-hydrate (%)	Total sugars (%)	Dietary fiber (%)	Total fat (%)	Saturated fat (%)	Monoun-saturated fat (%)	Polyun-saturated fat (%)	Chole-sterol (%)
Under 131% poverty:										
2 - 5.....	1.1	1.4	1.0	1.2	1.5	1.3	1.5	1.3	1.4	3.3
6 - 11.....	1.1	1.1	1.1	1.3	1.6	1.2	1.3	1.3	1.6	3.9
12 - 19.....	0.6	0.9	0.7	0.9	1.1	0.7	1.0	0.7	0.7	1.7
20 and over.....	1.0	1.3	0.9	0.9	1.3	1.2	1.3	1.3	1.3	2.3
2 and over.....	0.7	1.0	0.6	0.7	0.9	0.9	0.9	0.9	0.9	2.0
131-185% poverty:										
2 - 5.....	1.2	1.4	1.6	1.9	2.4	1.2	1.5	1.2	1.5	2.9
6 - 11.....	1.4	1.6	1.6	2.3	1.8	1.4	1.5	1.4	1.3	4.2
12 - 19.....	1.4	1.5	1.6	1.7	2.3	1.5	1.3	1.5	2.0	3.6
20 and over.....	0.6	0.7	0.7	1.0	1.3	0.6	0.8	0.6	0.8	1.9
2 and over.....	0.5	0.6	0.7	0.9	1.1	0.4	0.7	0.5	0.7	1.5
Over 185% poverty:										
2 - 5.....	0.6	0.7	0.7	1.1	1.2	0.8	0.7	0.9	1.1	2.7
6 - 11.....	0.8	1.0	0.8	1.0	1.2	0.9	1.1	0.8	1.1	2.7
12 - 19.....	0.7	0.7	1.0	1.1	1.3	0.7	0.8	0.7	0.7	1.9
20 and over.....	0.4	0.4	0.5	0.6	0.7	0.6	0.5	0.5	0.5	1.6
2 and over.....	0.3	0.4	0.4	0.5	0.7	0.4	0.4	0.4	0.4	1.1
All individuals ⁶ :										
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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Family income as % of Federal poverty threshold ² and age (years)	Vitamin E (alpha-toc) (%)	Retinol (%)	Vitamin A (RAE) (%)	Alpha-carotene (%)	Beta-carotene (%)	Beta-cryptoxanthin (%)	Lycopene (%)	Lutein + zeaxanthin (%)
Under 131% poverty:								
2 - 5.....	1.6	2.5	1.8	4.3	2.7	4.4	1.5	2.6
6 - 11.....	1.6	2.9	3.1	2.1	11.8	3.6	2.3	2.3
12 - 19.....	0.9	3.4	2.5	1.1	2.4	4.9	0.6	1.8
20 and over.....	1.3	2.6	2.2	1.6	1.3	2.8	2.9	2.2
2 and over.....	1.0	1.8	1.6	1.3	1.9	2.1	1.9	1.9
131-185% poverty:								
2 - 5.....	1.2	2.8	4.5	1.2	1.0	12.3	1.4	3.0
6 - 11.....	1.1	5.5	7.2	6.4	4.5	11.9	0.5	4.3
12 - 19.....	2.5	3.5	2.8	1.3	2.6	5.6	0.4	2.4
20 and over.....	1.3	3.2	2.0	1.0	0.7	4.5	1.4	1.1
2 and over.....	1.0	2.5	2.0	1.2	0.8	4.0	0.9	1.2
Over 185% poverty:								
2 - 5.....	3.0	2.8	2.5	1.3	1.5	3.8	1.0	2.8
6 - 11.....	0.9	1.8	1.5	1.5	2.5	4.6	0.5	1.7
12 - 19.....	1.6	2.0	1.4	1.5	1.8	3.6	1.2	1.7
20 and over.....	0.8	1.3	1.0	1.2	0.7	2.0	0.7	0.8
2 and over.....	0.7	1.0	0.8	1.0	0.6	1.6	0.6	0.8
All individuals ⁶ :								
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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SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

Table 12se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ² and age (years)	Thiamin (%)	Ribo-flavin (%)	Niacin (%)	Vit. B6 (%)	Folic acid (%)	Food folate (%)	Folate (DFE) (%)	Vit. B12 (%)	Vit. C (%)	Vit. K (%)
Under 131% poverty:										
2 - 5.....	1.3	1.5	1.5	1.3	2.5	1.3	2.1	1.8	2.2	1.9
6 - 11.....	1.3	1.4	1.3	1.5	2.8	1.9	2.0	2.6	3.1	2.4
12 - 19.....	1.4	1.8	1.0	1.3	2.8	1.5	2.2	2.2	2.0	2.4
20 and over.....	1.4	1.6	1.2	1.5	2.3	1.3	1.9	1.7	1.3	1.5
2 and over.....	1.0	1.1	0.9	1.0	1.7	1.0	1.4	1.4	0.9	1.3
131-185% poverty:										
2 - 5.....	2.0	1.8	1.9	2.7	4.1	2.0	3.4	2.1	4.4	1.1
6 - 11.....	2.7	3.0	3.5	4.7	4.0	2.7	3.6	3.9	4.7	1.2
12 - 19.....	1.5	2.0	2.0	2.0	3.1	2.9	2.4	3.0	3.0	1.2
20 and over.....	1.3	1.0	0.9	1.3	3.0	1.1	2.1	1.4	2.0	0.8
2 and over.....	1.0	0.9	1.1	1.5	1.6	1.0	1.2	1.2	1.7	0.7
Over 185% poverty:										
2 - 5.....	1.0	1.7	1.2	1.9	2.9	1.1	2.3	2.2	2.1	1.2
6 - 11.....	1.2	1.5	1.0	1.5	3.1	1.0	2.5	1.6	2.4	0.8
12 - 19.....	1.2	1.4	1.4	1.7	2.5	1.0	1.9	1.7	1.6	0.8
20 and over.....	0.7	0.8	0.6	0.9	2.2	0.5	1.4	1.1	0.9	0.5
2 and over.....	0.5	0.6	0.5	0.7	1.7	0.4	1.2	0.8	0.7	0.4
All individuals ⁶ :										
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 Thresholds for specific family sizes are defined by the U. S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

³ SFA = saturated fatty acid.

⁴ MFA = monounsaturated fatty acid.

⁵ PFA = polyunsaturated fatty acid.

⁶ "All individuals" includes individuals for whom income was not reported.

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 12se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ² and age (years)	Calcium (%)	Phosphorus (%)	Magnesium (%)	Iron (%)	Zinc (%)	Copper (%)	Sodium (%)	Potassium (%)	Selenium (%)
Under 131% poverty:									
2 - 5.....	1.6	1.4	1.4	1.5	1.6	1.5	1.2	1.2	1.8
6 - 11.....	1.5	1.1	1.2	1.7	1.5	1.7	1.0	1.3	1.4
12 - 19.....	1.9	1.0	0.9	1.4	1.3	0.7	0.7	0.8	1.1
20 and over.....	1.8	1.4	1.3	1.4	1.8	1.3	1.3	1.2	1.4
2 and over.....	1.2	1.0	0.9	1.0	1.3	1.0	0.9	0.9	1.0
131-185% poverty:									
2 - 5.....	2.0	1.6	1.6	2.6	2.1	1.3	1.2	1.7	1.8
6 - 11.....	2.9	2.1	1.7	3.7	3.7	1.3	1.6	1.8	1.6
12 - 19.....	3.2	2.0	2.1	1.9	2.1	1.9	1.6	1.6	2.0
20 and over.....	1.3	0.6	0.7	1.3	1.3	0.7	0.6	0.8	0.9
2 and over.....	1.1	0.6	0.7	1.1	1.2	0.6	0.6	0.7	0.8
Over 185% poverty:									
2 - 5.....	1.7	1.1	0.8	1.6	1.9	0.9	0.9	0.9	0.9
6 - 11.....	1.7	1.3	1.1	1.4	1.6	1.0	0.8	1.2	1.1
12 - 19.....	1.2	1.0	1.1	2.3	1.2	0.8	0.7	1.0	0.8
20 and over.....	0.5	0.5	0.5	1.0	0.8	0.4	0.5	0.6	0.6
2 and over.....	0.5	0.4	0.4	0.9	0.6	0.3	0.4	0.5	0.5
All individuals ⁶ :									
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 Thresholds for specific family sizes are defined by the U. S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

³ SFA = saturated fatty acid.

⁴ MFA = monounsaturated fatty acid.

⁵ PFA = polyunsaturated fatty acid.

⁶ "All individuals" includes individuals for whom income was not reported.

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 12se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ² and age (years)	SFA ³ 4:0 (%)	SFA 6:0 (%)	SFA 8:0 (%)	SFA 10:0 (%)	SFA 12:0 (%)	SFA 14:0 (%)	SFA 16:0 (%)	SFA 18:0 (%)
Under 131% poverty:								
2 - 5.....	1.9	2.1	2.2	2.0	2.6	1.9	1.4	1.4
6 - 11.....	1.9	2.5	2.7	2.1	2.0	1.7	1.2	1.2
12 - 19.....	2.6	3.3	3.8	2.8	2.2	2.0	0.9	0.9
20 and over.....	1.7	1.8	1.7	1.6	1.9	1.7	1.2	1.2
2 and over.....	1.2	1.3	1.4	1.3	1.5	1.2	0.9	0.9
131-185% poverty:								
2 - 5.....	2.9	3.2	3.5	2.8	3.0	2.3	1.3	1.5
6 - 11.....	2.8	3.2	3.4	2.8	3.0	2.2	1.4	1.6
12 - 19.....	1.5	2.1	2.6	1.8	2.5	1.4	1.4	1.3
20 and over.....	1.2	1.4	1.4	1.3	1.2	1.1	0.8	0.8
2 and over.....	0.9	1.2	1.5	1.1	1.1	0.9	0.7	0.7
Over 185% poverty:								
2 - 5.....	1.3	1.8	2.2	1.6	2.5	1.1	0.7	0.7
6 - 11.....	1.7	1.9	1.8	1.6	2.0	1.5	1.0	0.9
12 - 19.....	1.2	1.4	1.2	1.2	1.3	0.9	0.8	0.8
20 and over.....	0.8	0.8	0.7	0.7	0.9	0.6	0.5	0.5
2 and over.....	0.6	0.7	0.7	0.6	0.7	0.5	0.4	0.4
All individuals ⁶ :								
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."

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³ SFA = saturated fatty acid.

⁴ MFA = monounsaturated fatty acid.

⁵ PFA = polyunsaturated fatty acid.

⁶ "All individuals" includes individuals for whom income was not reported.

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 12se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ² and age (years)	MFA ⁴ 16:1 (%)	MFA 18:1 (%)	MFA 20:1 (%)	MFA 22:1 (%)	PFA ⁵ 18:2 (%)	PFA 18:3 (%)	PFA 18:4 (%)	PFA 20:4 (%)	PFA 20:5 (%)	PFA 22:5 (%)	PFA 22:6 (%)
Under 131% poverty:											
2 - 5.....	1.6	1.3	2.5	7.8	1.4	1.4	29.9	2.2	21.8	18.5	16.0
6 - 11.....	1.1	1.3	1.5	1.9	1.6	1.4	4.1	3.6	3.4	2.0	4.2
12 - 19.....	1.2	0.7	1.3	2.7	0.7	0.7	9.2	1.5	6.0	3.6	3.4
20 and over.....	1.4	1.3	1.4	2.0	1.3	1.5	2.9	1.9	3.3	1.2	2.8
2 and over.....	1.0	0.9	1.1	1.9	0.9	1.1	4.4	1.6	3.8	1.9	2.8
131-185% poverty:											
2 - 5.....	2.0	1.2	1.8	3.0	1.6	1.5	0.1	4.1	3.2	0.8	3.1
6 - 11.....	1.5	1.4	1.6	1.6	1.3	1.8	5.0	3.6	6.7	1.4	5.1
12 - 19.....	1.4	1.5	5.3	1.1	2.2	1.3	8.6	4.1	7.3	5.3	6.3
20 and over.....	1.1	0.6	1.2	1.6	0.8	0.9	0.9	1.7	3.4	1.2	1.6
2 and over.....	0.8	0.5	1.3	1.3	0.7	0.7	0.8	1.6	3.0	1.2	1.5
Over 185% poverty:											
2 - 5.....	1.3	0.9	1.6	2.0	1.1	0.9	2.2	3.9	1.7	0.1	2.4
6 - 11.....	1.2	0.8	1.3	3.4	1.1	1.2	3.0	2.2	1.9	1.0	3.7
12 - 19.....	0.9	0.7	1.0	0.9	0.7	0.6	0.9	1.8	1.3	1.3	1.4
20 and over.....	0.7	0.5	0.9	1.0	0.5	0.6	0.4	1.4	0.3	0.5	0.8
2 and over.....	0.6	0.4	0.7	1.0	0.4	0.4	0.4	1.1	0.3	0.5	0.7
All individuals ⁶ :											
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

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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 12se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ² and age (years)	Caffeine (%)	Theo- bromine (%)	Alcohol (%)
Under 131% poverty:			
2 - 5.....	2.6	6.4	*
6 - 11.....	4.6	3.8	13.4
12 - 19.....	2.0	2.4	0.1
20 and over.....	0.9	3.8	0.8
2 and over.....	0.9	2.6	0.8
131-185% poverty:			
2 - 5.....	8.4	3.6	0.0
6 - 11.....	4.9	5.1	*
12 - 19.....	2.6	4.7	*
20 and over.....	3.4	4.7	0.3
2 and over.....	3.0	3.6	0.3
Over 185% poverty:			
2 - 5.....	2.2	5.9	*
6 - 11.....	2.2	2.7	*
12 - 19.....	1.1	2.2	0.0
20 and over.....	1.7	1.3	0.0
2 and over.....	1.6	0.9	0.0
All individuals ⁶ :			
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 Thresholds for specific family sizes are defined by the U. S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

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