

Table 4. Nutrient Intakes: Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002

Family income as % of Federal poverty threshold ¹ and age (years)	N	Food	Carbo-	Total	Dietary	Total	Saturated	Monoun-	Polyun-	Chole-	
		energy (kcal)	Protein (g)	hydrate (g)	sugars (g)	fiber (g)	fat (g)	fat (g)	saturated fat (g)	saturated fat (g)	sterol (mg)
Under 131% poverty:											
2 - 5.....	399	1701	58.2	232	126	10.7	62.2	23.0	23.1	10.8	206
6 - 11.....	459	1975	68.6	264	138	11.9	74.0	26.4	28.3	13.3	232
12 - 19.....	852	2249	73.5	307	164	12.9	82.2	27.6	32.1	15.8	251
20 and over.....	1203	2075	75.5	266	131	14.1	76.2	24.4	28.4	15.6	281
2 and over.....	2913	2056	72.9	269	136	13.4	75.6	25.0	28.5	14.9	264
131-185% poverty:											
2 - 5.....	103	1661	58.0	226	130	10.5	60.6	22.6	23.2	10.1	178
6 - 11.....	135	1928	64.5	262	136	11.4	71.5	25.9	27.6	12.3	226
12 - 19.....	300	2289	75.7	313	171	14.1	80.4	29.0	30.8	14.2	233
20 and over.....	564	2205	79.2	282	139	15.8	81.0	26.3	30.1	16.2	261
2 and over.....	1102	2147	75.7	280	142	14.7	78.5	26.3	29.4	15.1	248
Over 185% poverty:											
2 - 5.....	301	1580	53.9	223	125	10.3	54.9	20.4	20.3	9.8	172
6 - 11.....	483	2006	66.3	280	149	12.7	72.1	25.2	27.8	13.6	208
12 - 19.....	1006	2400	82.7	326	177	14.4	86.2	30.3	32.8	16.4	281
20 and over.....	2662	2278	84.9	278	135	16.6	86.6	27.9	31.8	17.5	296
2 and over.....	4452	2241	81.9	281	140	15.8	84.1	27.7	31.1	16.8	282
All individuals ⁵ :											
2 - 5.....	856	1644	56.3	228	126	10.5	58.8	21.8	22.0	10.2	186
6 - 11.....	1136	1986	67.0	272	144	12.3	72.7	25.8	28.0	13.3	219
12 - 19.....	2297	2336	79.4	317	171	13.8	84.1	29.3	32.3	15.9	267
20 and over.....	4744	2216	82.0	275	134	16.0	83.2	26.8	30.6	16.9	287
2 and over.....	9033	2178	78.9	277	139	15.1	81.0	26.7	30.1	16.1	273

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² SFA = saturated fatty acid.

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⁵ "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.

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Table 4. Nutrient Intakes: Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ¹ and age (years)	Vitamin E (alpha-toc) (mg)	Retinol (mcg)	Vitamin A (mcg RAE)	Alpha-carotene (mcg)	Beta-carotene (mcg)	Beta-crypto-xanthin (mcg)	Lycopene (mcg)	Lutein + zeaxanthin (mcg)
Under 131% poverty:								
2 - 5.....	4.4	403	509	295	1050	134	3808	706
6 - 11.....	5.3	455	597	262	1519	105	4815	791
12 - 19.....	6.2	358	449	154	949	116	7236	795
20 and over.....	6.0	346	515	357	1773	127	6235	1267
2 and over.....	5.8	366	515	309	1556	123	5996	1089
131-185% poverty:								
2 - 5.....	4.2	454	603	#491	#1468	135	4295	749
6 - 11.....	5.0	448	570	#395	#1200	93	7011	564
12 - 19.....	6.0	426	535	196	1098	169	8321	786
20 and over.....	6.5	401	561	301	1714	109	6424	1390
2 and over.....	6.1	413	562	312	1568	116	6567	1183
Over 185% poverty:								
2 - 5.....	4.3	472	555	185	831	125	4418	593
6 - 11.....	5.5	489	589	196	1030	120	6154	743
12 - 19.....	6.9	550	677	305	1286	148	6268	934
20 and over.....	7.6	458	663	422	2147	160	6564	1603
2 and over.....	7.2	471	654	382	1911	154	6411	1421
All individuals ⁵ :								
2 - 5.....	4.3	445	545	263	995	134	4079	653
6 - 11.....	5.4	470	586	243	1209	114	5761	736
12 - 19.....	6.6	477	592	247	1165	143	6713	878
20 and over.....	7.1	422	613	394	2008	148	6466	1505
2 and over.....	6.7	434	605	355	1779	144	6299	1313

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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 4. Nutrient Intakes: Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ¹ and age (years)	Thiamin (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (mcg)	Food folate (mcg)	Folate (mcg DFE)	Vit. B12 (mcg)	Vit. C (mg)	Vit. K (mcg)
Under 131% poverty:										
2 - 5.....	1.33	1.99	16.0	1.44	209	136	490	4.67	94.7	37.3
6 - 11.....	1.51	2.10	19.0	1.52	221	147	523	4.97	80.2	46.1
12 - 19.....	1.54	1.89	21.0	1.65	224	156	537	4.67	83.6	53.0
20 and over.....	1.48	1.89	20.6	1.65	180	188	495	4.41	86.1	75.1
2 and over.....	1.48	1.93	20.1	1.61	194	174	504	4.54	85.7	64.9
131-185% poverty:										
2 - 5.....	1.30	2.07	15.8	1.40	197	144	478	4.83	91.8	34.3
6 - 11.....	1.53	2.10	19.3	1.52	241	132	541	5.04	74.6	35.6
12 - 19.....	1.66	2.13	21.7	1.75	226	170	554	4.75	96.0	45.0
20 and over.....	1.58	2.11	22.1	1.73	201	209	550	5.01	79.9	86.4
2 and over.....	1.56	2.11	21.3	1.69	208	191	545	4.97	82.0	72.3
Over 185% poverty:										
2 - 5.....	1.25	1.99	14.8	1.37	200	126	465	4.53	78.9	31.9
6 - 11.....	1.52	2.14	19.1	1.55	229	145	534	4.78	78.8	43.9
12 - 19.....	1.79	2.47	23.7	1.96	265	176	626	6.05	92.6	56.6
20 and over.....	1.68	2.32	23.7	1.98	201	233	574	5.94	99.7	95.9
2 and over.....	1.66	2.31	23.0	1.92	210	215	572	5.81	96.4	84.9
All individuals ⁵ :										
2 - 5.....	1.29	2.01	15.4	1.41	204	133	480	4.65	87.5	34.0
6 - 11.....	1.52	2.12	19.2	1.54	233	144	540	4.87	79.3	43.4
12 - 19.....	1.70	2.25	22.7	1.86	247	170	589	5.51	90.9	54.5
20 and over.....	1.62	2.20	22.9	1.88	197	221	555	5.48	94.3	90.2
2 and over.....	1.60	2.19	22.1	1.82	206	203	554	5.39	92.2	78.5

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Table 4. Nutrient Intakes: Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ¹ and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium [†] (mg)	Potassium (mg)	Selenium (mcg)
Under 131% poverty:									
2 - 5.....	908	1097	198	12.6	9.2	0.9	2574	2130	73.7
6 - 11.....	958	1207	214	14.2	10.5	1.0	3017	2159	90.0
12 - 19.....	814	1195	227	14.9	11.4	1.1	3250	2225	93.0
20 and over.....	737	1198	243	14.3	10.8	1.2	3183	2389	97.9
2 and over.....	791	1190	233	14.3	10.7	1.1	3119	2314	94.0
131-185% poverty:									
2 - 5.....	1015	1114	200	12.4	9.3	0.8	2340	2164	67.9
6 - 11.....	931	1144	197	14.7	10.5	0.9	3180	1995	81.9
12 - 19.....	1002	1336	250	15.0	11.2	1.2	3260	2449	95.6
20 and over.....	847	1306	265	15.1	11.4	1.3	3287	2590	107.7
2 and over.....	886	1278	251	14.8	11.2	1.2	3207	2478	100.7
Over 185% poverty:									
2 - 5.....	959	1093	196	11.8	8.9	0.8	2254	2010	70.6
6 - 11.....	968	1229	224	14.2	10.3	1.0	3059	2212	85.9
12 - 19.....	1108	1451	262	17.5	13.3	1.2	3553	2554	107.1
20 and over.....	909	1395	296	16.0	12.6	1.4	3544	2891	112.3
2 and over.....	937	1376	282	15.9	12.3	1.3	3453	2764	108.0
All individuals ⁵ :									
2 - 5.....	954	1102	198	12.3	9.1	0.8	2399	2087	71.7
6 - 11.....	958	1212	218	14.3	10.5	1.0	3065	2172	86.9
12 - 19.....	1005	1362	251	16.4	12.5	1.2	3416	2450	101.7
20 and over.....	859	1336	281	15.6	12.0	1.3	3418	2745	108.2
2 and over.....	891	1315	267	15.4	11.8	1.3	3329	2621	103.5

†Sodium estimate adjusted for salt used in food preparation. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.

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Table 4. Nutrient Intakes: Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ¹ and age (years)	SFA ² 4:0 (g)	SFA 6:0 (g)	SFA 8:0 (g)	SFA 10:0 (g)	SFA 12:0 (g)	SFA 14:0 (g)	SFA 16:0 (g)	SFA 18:0 (g)
Under 131% poverty:								
2 - 5.....	0.56	0.37	0.32	0.47	0.64	2.26	12.19	5.64
6 - 11.....	0.62	0.36	0.29	0.47	0.64	2.39	14.16	6.77
12 - 19.....	0.55	0.30	0.24	0.41	0.61	2.26	15.12	7.34
20 and over.....	0.46	0.25	0.21	0.36	0.64	1.97	13.41	6.40
2 and over.....	0.50	0.28	0.23	0.39	0.64	2.09	13.65	6.52
131-185% poverty:								
2 - 5.....	0.57	0.35	0.29	0.45	0.68	2.14	11.83	5.71
6 - 11.....	0.60	0.31	0.24	0.44	0.61	2.32	14.05	6.68
12 - 19.....	0.73	0.39	0.30	0.58	0.74	2.62	15.28	7.42
20 and over.....	0.55	0.29	0.24	0.42	0.70	2.22	14.29	6.81
2 and over.....	0.58	0.31	0.25	0.44	0.69	2.27	14.21	6.79
Over 185% poverty:								
2 - 5.....	0.59	0.35	0.27	0.45	0.59	2.06	10.55	4.88
6 - 11.....	0.61	0.33	0.25	0.46	0.69	2.22	13.40	6.45
12 - 19.....	0.75	0.39	0.30	0.55	0.84	2.75	16.08	7.69
20 and over.....	0.60	0.32	0.26	0.47	0.79	2.39	15.10	7.16
2 and over.....	0.62	0.33	0.26	0.48	0.78	2.40	14.89	7.07
All individuals ⁵ :								
2 - 5.....	0.58	0.36	0.29	0.46	0.62	2.16	11.41	5.31
6 - 11.....	0.61	0.34	0.26	0.46	0.68	2.30	13.77	6.60
12 - 19.....	0.69	0.37	0.28	0.51	0.75	2.58	15.67	7.54
20 and over.....	0.56	0.30	0.24	0.44	0.74	2.26	14.54	6.90
2 and over.....	0.58	0.31	0.25	0.45	0.73	2.29	14.43	6.86

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Table 4. Nutrient Intakes: Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ¹ and age (years)	MFA ³ 16:1 (g)	MFA 18:1 (g)	MFA 20:1 (g)	MFA 22:1 (g)	PFA ⁴ 18:2 (g)	PFA 18:3 (g)	PFA 18:4 (g)	PFA 20:4 (g)	PFA 20:5 (g)	PFA 22:5 (g)	PFA 22:6 (g)
Under 131% poverty:											
2 - 5.....	0.94	21.69	0.14	0.03	9.49	1.01	#*	0.07	#0.02	0.01	#0.04
6 - 11.....	1.14	26.52	0.16	0.02	11.76	1.16	#*	0.10	0.01	0.01	0.03
12 - 19.....	1.30	30.04	0.20	0.04	13.82	1.35	*	0.12	0.02	0.01	0.04
20 and over.....	1.25	26.48	0.20	0.03	13.75	1.38	0.01	0.14	0.04	0.02	0.07
2 and over.....	1.22	26.60	0.19	0.03	13.14	1.32	*	0.12	0.03	0.01	0.06
131-185% poverty:											
2 - 5.....	0.89	21.92	0.12	0.02	8.84	0.87	#*	0.07	0.01	#0.01	#0.03
6 - 11.....	1.26	25.75	0.16	0.03	10.87	1.09	#*	0.09	#0.01	0.01	0.03
12 - 19.....	1.32	28.66	0.18	0.02	12.48	1.27	#*	0.10	#0.01	0.01	0.04
20 and over.....	1.29	28.15	0.20	0.04	14.26	1.43	0.01	0.13	0.03	0.02	0.07
2 and over.....	1.26	27.51	0.19	0.03	13.30	1.34	*	0.12	0.03	0.02	0.06
Over 185% poverty:											
2 - 5.....	0.75	19.16	0.12	0.02	8.62	0.86	#*	0.06	0.01	0.01	0.03
6 - 11.....	1.04	26.24	0.16	0.02	12.08	1.13	#*	0.08	0.02	0.01	0.04
12 - 19.....	1.35	30.70	0.19	0.03	14.38	1.43	*	0.12	0.02	0.01	0.04
20 and over.....	1.37	29.65	0.23	#0.07	15.43	1.58	0.01	0.13	0.05	0.02	0.08
2 and over.....	1.32	29.06	0.22	0.06	14.77	1.49	0.01	0.13	0.04	0.02	0.07
All individuals ⁵ :											
2 - 5.....	0.85	20.67	0.13	0.02	9.00	0.92	#*	0.06	0.02	0.01	0.03
6 - 11.....	1.11	26.29	0.16	0.02	11.77	1.13	*	0.09	0.02	0.01	0.03
12 - 19.....	1.33	30.20	0.19	0.03	13.93	1.38	*	0.12	0.02	0.01	0.04
20 and over.....	1.33	28.57	0.22	0.06	14.86	1.51	0.01	0.13	0.05	0.02	0.08
2 and over.....	1.28	28.12	0.21	0.05	14.15	1.43	*	0.12	0.04	0.02	0.07

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Table 4. Nutrient Intakes: Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ¹ and age (years)	Caffeine (mg)	Theo-bromine (mg)	Alcohol (g)
Under 131% poverty:			
2 - 5.....	19.5	58.3	#0.1
6 - 11.....	24.9	68.9	#*
12 - 19.....	69.2	47.6	1.9
20 and over.....	144.0	32.3	7.6
2 and over.....	107.3	41.4	5.1
131-185% poverty:			
2 - 5.....	15.5	46.2	0.0
6 - 11.....	30.0	39.8	#*
12 - 19.....	61.7	76.7	#5.4
20 and over.....	169.0	35.8	9.6
2 and over.....	130.4	41.8	7.4
Over 185% poverty:			
2 - 5.....	9.2	51.1	#*
6 - 11.....	23.7	70.8	#*
12 - 19.....	59.5	64.4	2.4
20 and over.....	193.1	48.7	13.0
2 and over.....	157.6	52.3	10.3
All individuals ⁵ :			
2 - 5.....	13.7	54.9	#*
6 - 11.....	24.6	67.5	#*
12 - 19.....	61.8	61.0	2.7
20 and over.....	179.4	44.0	11.5
2 and over.....	142.1	48.8	8.8

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Table 4se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002

Family income as % of Federal poverty threshold ¹ and age (years)	N	Food energy (kcal)	Protein (g)	Carbo- hydrate (g)	Total sugars (g)	Dietary fiber (g)	Total fat (g)	Saturated fat (g)	Monoun- saturated fat (g)	Polyun- saturated fat (g)	Chole- sterol (mg)
Under 131% poverty:											
2 - 5.....	399	49.2	1.44	8.0	5.8	0.45	1.95	0.72	0.84	0.37	12.5
6 - 11.....	459	50.8	1.55	10.0	6.3	0.49	1.87	0.75	0.83	0.41	15.4
12 - 19.....	852	64.3	2.43	9.8	9.4	0.61	2.82	1.21	0.90	0.67	9.7
20 and over.....	1203	28.8	1.01	4.3	3.2	0.54	1.51	0.55	0.69	0.52	8.3
2 and over.....	2913	23.9	0.79	4.0	3.2	0.43	1.02	0.34	0.49	0.34	7.1
131-185% poverty:											
2 - 5.....	103	61.1	2.91	11.9	8.4	0.63	1.72	0.79	0.76	0.47	15.1
6 - 11.....	135	80.3	3.00	11.2	8.6	0.41	3.97	1.52	1.48	0.93	29.4
12 - 19.....	300	71.9	3.16	9.8	8.4	0.76	3.17	1.70	1.24	0.38	13.9
20 and over.....	564	73.8	3.76	8.9	4.2	0.60	3.43	1.24	1.19	0.87	12.6
2 and over.....	1102	54.2	2.78	7.2	3.3	0.51	2.15	0.75	0.72	0.65	9.6
Over 185% poverty:											
2 - 5.....	301	23.8	0.94	4.4	3.0	0.26	1.14	0.48	0.45	0.38	7.8
6 - 11.....	483	32.1	1.41	5.1	3.5	0.37	1.37	0.50	0.44	0.50	7.9
12 - 19.....	1006	45.5	1.58	6.1	4.9	0.41	2.32	0.83	0.98	0.52	11.3
20 and over.....	2662	25.4	1.23	3.1	2.4	0.29	1.01	0.43	0.39	0.23	6.2
2 and over.....	4452	19.4	0.96	2.3	1.8	0.27	0.75	0.34	0.30	0.15	4.3
All individuals ⁵ :											
2 - 5.....	856	21.1	0.67	4.0	3.1	0.24	0.69	0.28	0.29	0.23	4.5
6 - 11.....	1136	31.7	1.10	5.0	3.5	0.23	1.13	0.35	0.40	0.40	8.7
12 - 19.....	2297	27.8	1.09	4.1	3.6	0.35	1.66	0.65	0.62	0.38	7.2
20 and over.....	4744	21.3	0.91	3.0	2.1	0.31	0.76	0.32	0.32	0.21	3.7
2 and over.....	9033	16.1	0.76	2.1	1.4	0.28	0.54	0.25	0.22	0.13	2.7

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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.

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 4se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ¹ and age (years)	Vitamin E (alpha-toc) (mg)	Retinol (mcg)	Vitamin A (mcg RAE)	Alpha- carotene (mcg)	Beta- carotene (mcg)	Beta-crypto- xanthin (mcg)	Lycopene (mcg)	Lutein + zeaxanthin (mcg)
Under 131% poverty:								
2 - 5.....	0.17	22.8	30.5	55.0	126.2	16.7	306.7	64.7
6 - 11.....	0.20	32.0	47.4	38.9	315.0	12.0	505.6	67.6
12 - 19.....	0.22	24.0	31.0	33.7	111.5	15.0	873.5	50.6
20 and over.....	0.21	19.9	26.0	26.7	117.4	9.0	537.4	153.0
2 and over.....	0.15	11.6	13.9	20.6	69.7	7.3	381.4	104.3
131-185% poverty:								
2 - 5.....	0.17	29.9	60.7	312.8	714.6	23.7	734.9	172.8
6 - 11.....	0.31	54.8	67.5	214.6	462.9	17.7	939.4	88.2
12 - 19.....	0.26	35.6	45.4	47.3	179.8	22.3	1832.2	72.0
20 and over.....	0.27	56.9	61.2	36.4	138.3	15.5	817.8	144.1
2 and over.....	0.23	43.7	50.2	57.2	177.2	12.9	475.1	116.7
Over 185% poverty:								
2 - 5.....	0.17	27.7	25.4	25.6	74.1	14.1	599.2	50.1
6 - 11.....	0.22	17.5	19.4	36.2	102.6	14.8	819.6	56.2
12 - 19.....	0.23	31.9	32.2	59.9	134.4	12.2	413.5	118.9
20 and over.....	0.18	16.8	22.1	28.9	128.0	7.8	431.5	106.3
2 and over.....	0.14	13.2	18.2	26.7	110.9	6.8	309.5	84.5
All individuals ⁵ :								
2 - 5.....	0.11	19.2	16.2	27.7	89.3	12.2	342.5	45.7
6 - 11.....	0.17	13.6	19.3	24.7	146.5	10.8	532.8	49.9
12 - 19.....	0.15	17.0	18.2	39.2	102.5	9.7	448.6	72.7
20 and over.....	0.15	14.3	19.4	23.5	98.5	6.8	316.8	91.6
2 and over.....	0.12	11.3	16.4	21.6	84.4	6.2	230.9	73.1

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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 4se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ¹ and age (years)	Thiamin (mg)	Ribo- flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (mcg)	Food folate (mcg)	Folate (mcg DFE)	Vit. B12 (mcg)	Vit. C (mg)	Vit. K (mcg)
Under 131% poverty:										
2 - 5.....	0.032	0.061	0.44	0.043	14.6	6.1	26.5	0.180	6.69	2.79
6 - 11.....	0.051	0.068	0.65	0.062	10.0	5.8	20.1	0.272	4.30	3.72
12 - 19.....	0.047	0.081	0.54	0.063	8.6	8.1	20.3	0.168	5.77	2.72
20 and over.....	0.034	0.042	0.44	0.032	6.5	4.1	12.9	0.094	4.10	7.16
2 and over.....	0.023	0.030	0.36	0.030	5.0	3.5	10.6	0.061	3.17	4.95
131-185% poverty:										
2 - 5.....	0.057	0.089	0.84	0.088	16.2	7.7	32.1	0.249	6.99	7.11
6 - 11.....	0.100	0.146	0.95	0.090	26.4	9.3	45.7	0.384	6.38	4.37
12 - 19.....	0.080	0.102	0.92	0.082	13.6	6.4	25.4	0.284	8.04	3.83
20 and over.....	0.065	0.103	1.03	0.075	13.1	12.2	32.1	0.520	6.10	7.72
2 and over.....	0.054	0.073	0.84	0.060	10.9	10.4	25.9	0.378	5.32	6.64
Over 185% poverty:										
2 - 5.....	0.020	0.059	0.30	0.047	11.2	3.4	19.4	0.181	5.10	2.65
6 - 11.....	0.044	0.042	0.52	0.037	9.8	4.4	18.9	0.111	5.58	3.19
12 - 19.....	0.045	0.078	0.46	0.050	10.7	4.9	21.1	0.173	3.31	4.87
20 and over.....	0.038	0.052	0.49	0.049	5.9	4.6	12.8	0.241	3.61	5.05
2 and over.....	0.033	0.045	0.39	0.039	4.8	4.1	10.7	0.181	2.91	3.92
All individuals ⁵ :										
2 - 5.....	0.020	0.042	0.33	0.034	9.8	3.2	17.8	0.128	4.49	2.05
6 - 11.....	0.033	0.043	0.44	0.038	11.0	4.2	21.7	0.108	3.97	2.46
12 - 19.....	0.030	0.050	0.35	0.045	7.8	4.9	16.5	0.111	3.53	3.36
20 and over.....	0.032	0.043	0.41	0.042	5.1	4.1	11.8	0.170	3.24	4.34
2 and over.....	0.028	0.038	0.35	0.037	4.6	4.0	10.9	0.126	2.76	3.41

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Table 4se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ¹ and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium [†] (mg)	Potassium (mg)	Selenium (mcg)
Under 131% poverty:									
2 - 5.....	42.0	32.3	6.7	0.47	0.26	0.03	75.4	80.7	2.01
6 - 11.....	34.6	29.3	7.2	0.48	0.25	0.05	104.6	83.7	3.94
12 - 19.....	51.2	47.5	9.6	0.38	0.30	0.04	120.7	93.9	3.68
20 and over.....	21.2	19.8	5.7	0.37	0.19	0.02	62.9	41.8	1.69
2 and over.....	15.3	14.6	4.6	0.28	0.17	0.02	52.4	41.5	1.43
131-185% poverty:									
2 - 5.....	61.7	49.0	9.2	0.55	0.51	0.05	69.5	102.6	3.96
6 - 11.....	79.9	67.0	7.6	0.95	0.56	0.03	175.8	106.2	4.13
12 - 19.....	73.9	68.6	14.3	0.63	0.48	0.06	117.8	141.8	4.08
20 and over.....	50.8	59.1	10.1	0.66	0.45	0.10	109.2	117.3	4.62
2 and over.....	36.9	42.2	8.2	0.53	0.30	0.07	85.6	88.8	3.31
Over 185% poverty:									
2 - 5.....	45.1	33.1	4.6	0.36	0.26	0.02	46.5	38.2	1.41
6 - 11.....	25.2	24.1	4.3	0.24	0.22	0.02	76.8	55.6	2.57
12 - 19.....	42.9	38.1	7.0	0.44	0.33	0.03	83.0	66.6	2.15
20 and over.....	20.8	23.5	5.5	0.33	0.20	0.03	43.4	47.8	2.07
2 and over.....	17.4	20.1	4.8	0.25	0.16	0.02	30.3	43.3	1.64
All individuals ⁵ :									
2 - 5.....	32.6	18.8	3.6	0.31	0.17	0.02	34.9	40.5	0.93
6 - 11.....	19.4	20.1	4.2	0.27	0.21	0.02	64.4	53.0	2.35
12 - 19.....	27.9	24.6	4.9	0.28	0.21	0.02	60.2	48.4	1.58
20 and over.....	17.7	17.0	4.5	0.28	0.16	0.03	35.8	41.1	1.64
2 and over.....	15.3	15.2	4.2	0.24	0.14	0.02	28.5	40.7	1.39

†Sodium estimate adjusted for salt used in food preparation. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.

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Table 4se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ¹ and age (years)	SFA ² 4:0 (g)	SFA 6:0 (g)	SFA 8:0 (g)	SFA 10:0 (g)	SFA 12:0 (g)	SFA 14:0 (g)	SFA 16:0 (g)	SFA 18:0 (g)
Under 131% poverty:								
2 - 5.....	0.028	0.022	0.024	0.025	0.043	0.097	0.382	0.193
6 - 11.....	0.030	0.019	0.015	0.021	0.032	0.095	0.397	0.217
12 - 19.....	0.058	0.033	0.028	0.042	0.059	0.170	0.561	0.252
20 and over.....	0.019	0.010	0.008	0.014	0.051	0.055	0.279	0.162
2 and over.....	0.012	0.008	0.007	0.009	0.028	0.036	0.191	0.105
131-185% poverty:								
2 - 5.....	0.034	0.027	0.026	0.027	0.075	0.120	0.366	0.234
6 - 11.....	0.059	0.030	0.021	0.041	0.062	0.195	0.857	0.342
12 - 19.....	0.075	0.043	0.042	0.100	0.094	0.196	0.769	0.457
20 and over.....	0.047	0.025	0.020	0.031	0.049	0.151	0.647	0.288
2 and over.....	0.034	0.017	0.014	0.025	0.039	0.102	0.401	0.163
Over 185% poverty:								
2 - 5.....	0.025	0.019	0.018	0.022	0.040	0.080	0.216	0.104
6 - 11.....	0.024	0.014	0.013	0.019	0.057	0.056	0.285	0.148
12 - 19.....	0.034	0.019	0.016	0.026	0.062	0.107	0.430	0.225
20 and over.....	0.017	0.009	0.005	0.011	0.011	0.054	0.229	0.106
2 and over.....	0.014	0.007	0.005	0.009	0.012	0.043	0.185	0.087
All individuals ⁵ :								
2 - 5.....	0.016	0.011	0.007	0.012	0.023	0.046	0.145	0.079
6 - 11.....	0.016	0.010	0.011	0.014	0.039	0.046	0.197	0.074
12 - 19.....	0.027	0.016	0.013	0.021	0.041	0.083	0.320	0.160
20 and over.....	0.013	0.007	0.005	0.009	0.017	0.042	0.163	0.077
2 and over.....	0.011	0.006	0.005	0.008	0.014	0.035	0.129	0.058

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Table 4se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ¹ and age (years)	MFA ³ 16:1 (g)	MFA 18:1 (g)	MFA 20:1 (g)	MFA 22:1 (g)	PFA ⁴ 18:2 (g)	PFA 18:3 (g)	PFA 18:4 (g)	PFA 20:4 (g)	PFA 20:5 (g)	PFA 22:5 (g)	PFA 22:6 (g)
Under 131% poverty:											
2 - 5.....	0.051	0.793	0.009	0.004	0.323	0.039	0.002	0.007	0.009	0.002	0.013
6 - 11.....	0.048	0.734	0.005	0.003	0.361	0.039	*	0.007	0.002	0.001	0.003
12 - 19.....	0.039	0.841	0.008	0.006	0.594	0.074	*	0.004	0.002	0.001	0.002
20 and over.....	0.031	0.656	0.007	0.004	0.460	0.051	0.001	0.007	0.007	0.002	0.010
2 and over.....	0.026	0.468	0.005	0.003	0.300	0.038	0.001	0.004	0.004	0.001	0.007
131-185% poverty:											
2 - 5.....	0.087	0.739	0.010	0.003	0.434	0.038	0.002	0.016	0.004	0.004	0.011
6 - 11.....	0.126	1.331	0.012	0.004	0.825	0.082	*	0.019	0.004	0.001	0.007
12 - 19.....	0.071	1.088	0.009	0.004	0.348	0.039	0.001	0.006	0.005	0.002	0.011
20 and over.....	0.055	1.131	0.013	0.008	0.765	0.093	0.002	0.010	0.009	0.004	0.015
2 and over.....	0.043	0.699	0.009	0.006	0.573	0.067	0.001	0.010	0.006	0.003	0.010
Over 185% poverty:											
2 - 5.....	0.025	0.449	0.004	0.002	0.340	0.030	0.001	0.004	0.003	0.001	0.005
6 - 11.....	0.028	0.420	0.008	0.003	0.442	0.051	0.001	0.004	0.004	0.001	0.008
12 - 19.....	0.045	0.899	0.007	0.003	0.453	0.053	*	0.005	0.002	0.001	0.004
20 and over.....	0.023	0.362	0.018	0.022	0.193	0.023	0.001	0.003	0.005	0.001	0.006
2 and over.....	0.018	0.276	0.014	0.017	0.128	0.016	*	0.002	0.004	0.001	0.005
All individuals ⁵ :											
2 - 5.....	0.026	0.278	0.005	0.002	0.208	0.020	0.001	0.004	0.004	0.001	0.005
6 - 11.....	0.023	0.369	0.005	0.002	0.348	0.032	*	0.004	0.003	*	0.005
12 - 19.....	0.025	0.577	0.004	0.002	0.327	0.043	*	0.003	0.002	0.001	0.003
20 and over.....	0.017	0.310	0.012	0.014	0.189	0.020	*	0.002	0.004	0.001	0.005
2 and over.....	0.013	0.210	0.009	0.011	0.118	0.014	*	0.001	0.003	0.001	0.004

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Table 4se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Family Income (as % of Poverty Threshold) and Age, One Day, 2001-2002 -- continued

Family income as % of Federal poverty threshold ¹ and age (years)	Caffeine (mg)	Theo- bromine (mg)	Alcohol (g)
Under 131% poverty:			
2 - 5.....	5.35	5.60	0.05
6 - 11.....	2.76	7.77	0.01
12 - 19.....	9.76	5.15	0.47
20 and over.....	9.19	2.96	1.66
2 and over.....	6.08	2.37	1.04
131-185% poverty:			
2 - 5.....	4.09	4.81	0.00
6 - 11.....	7.77	8.22	*
12 - 19.....	4.83	13.77	3.34
20 and over.....	16.81	4.13	1.34
2 and over.....	12.25	3.68	1.32
Over 185% poverty:			
2 - 5.....	1.66	6.31	*
6 - 11.....	2.10	6.10	0.01
12 - 19.....	5.06	7.09	0.60
20 and over.....	7.08	3.49	1.12
2 and over.....	6.04	3.12	0.94
All individuals ⁵ :			
2 - 5.....	2.55	4.75	0.02
6 - 11.....	2.05	4.24	0.01
12 - 19.....	3.92	5.75	0.60
20 and over.....	7.30	2.64	0.93
2 and over.....	5.96	2.34	0.79

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