

**Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2003-2004**

Gender and age (years)	N	Food energy (kcal)	Protein (g)	Carbo- hydrate (g)	Total sugars (g)	Dietary fiber (g)	Total fat (g)	Saturated fat (g)	Mono- unsaturated fat (g)	Poly- unsaturated fat (g)	Choles- terol (mg)
<b>Males:</b>											
2 - 5.....	375	1679	57.7	231	128	10.6	60.4	22.3	22.1	10.9	187
6 - 11.....	422	2256	76.5	310	161	13.8	81.7	29.3	29.9	15.5	240
12 - 19.....	1105	2652	94.0	350	176	15.0	97.5	33.7	36.5	19.4	284
20 - 29.....	383	2969	111.2	367	179	17.7	107.5	36.9	41.1	20.8	357
30 - 39.....	326	2888	109.0	353	162	18.3	104.0	34.0	39.2	21.9	368
40 - 49.....	354	2873	103.0	336	161	18.0	106.6	35.6	40.1	22.0	375
50 - 59.....	261	2388	94.6	274	121	17.5	95.4	30.6	36.1	20.4	352
60 - 69.....	329	2109	81.0	244	107	16.2	83.6	26.9	31.5	18.0	304
70 and over....	482	1868	73.0	229	105	16.0	70.5	23.5	26.4	14.7	272
20 and over...	2135	2612	98.6	312	145	17.5	97.7	32.3	36.9	20.2	347
<b>Females:</b>											
2 - 5.....	388	1759	60.8	241	129	11.0	63.7	23.9	23.4	11.2	194
6 - 11.....	478	1964	65.3	266	132	12.5	73.8	25.7	27.9	14.4	211
12 - 19.....	1057	2007	67.8	267	136	12.3	76.1	25.6	28.2	16.3	205
20 - 29.....	429	2103	74.9	271	136	13.8	77.8	25.5	29.3	16.7	247
30 - 39.....	398	1956	71.9	241	114	13.8	77.1	25.7	28.6	16.5	240
40 - 49.....	361	1934	67.8	238	117	13.2	73.5	24.5	27.5	15.7	239
50 - 59.....	275	1728	67.0	207	95	13.6	69.3	22.6	26.0	15.1	237
60 - 69.....	364	1668	65.9	205	95	14.0	65.4	20.6	24.3	14.7	243
70 and over....	486	1548	59.8	198	93	14.1	58.7	18.7	22.0	13.1	199
20 and over...	2313	1850	68.5	230	110	13.7	71.3	23.3	26.7	15.5	235
<b>Males and females:</b>											
2 and over...	8273	2195	80.4	274	133	14.8	82.7	27.7	31.0	17.2	273

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**Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2003-2004--continued**

Gender and age (years)	Vitamin E (alpha-toc) (mg)	Added Vitamin E (alpha-toc) (mg)	Retinol (µg)	Vitamin A (µg RAE)	Alpha- carotene (µg)	Beta- carotene (µg)	Beta-crypto- xanthin (µg)	Lycopene (µg)	Lutein + zeaxanthin (µg)
<b>Males:</b>									
2 - 5.....	4.1	#0.1	456	535	186	801	136	3814	592
6 - 11.....	5.8	#0.1	519	609	225	925	114	5585	646
12 - 19.....	7.5	#0.1	502	601	172	1015	173	8245	881
20 - 29.....	8.3	#0.4	507	666	277	1705	155	9261	1439
30 - 39.....	8.2	#0.2	459	636	417	1854	141	8098	1265
40 - 49.....	8.0	#0.2	480	672	408	2026	158	8192	1583
50 - 59.....	8.4	0.2	417	594	354	1880	138	7542	1456
60 - 69.....	7.3	0.4	473	690	256	2407	145	6707	1743
70 and over....	6.5	0.7	560	747	377	1990	134	5027	1225
20 and over...	7.9	0.3	478	660	352	1941	146	7769	1450
<b>Females:</b>									
2 - 5.....	4.4	#0.3	471	557	204	871	141	4157	585
6 - 11.....	5.4	#0.2	447	538	173	923	#173	5531	730
12 - 19.....	6.2	#0.3	382	488	197	1112	127	4881	871
20 - 29.....	6.5	#0.3	344	472	253	1351	126	6682	1194
30 - 39.....	6.6	#0.5	413	614	#453	2127	110	6202	1338
40 - 49.....	6.3	#0.4	352	507	248	1669	136	5254	1188
50 - 59.....	6.3	#0.6	344	527	341	1957	145	5129	1410
60 - 69.....	5.8	#0.3	362	563	338	2175	146	4996	1439
70 and over....	6.0	0.8	383	618	493	2494	154	3888	1730
20 and over...	6.3	0.5	367	547	349	1923	134	5466	1360
<b>Males and females:</b>									
2 and over...	6.8	0.3	431	589	309	1680	141	6348	1234

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**Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2003-2004--continued**

Gender and age (years)	Thiamin (mg)	Ribo- flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (µg)	Food folate (µg)	Folate (µg DFE)	Vit. B12 (µg)	Added Vit. B12 (µg)	Vit. C (mg)	Vit. K (µg)
<b>Males:</b>											
2 - 5.....	1.33	2.05	16.1	1.48	180	137	443	4.89	1.09	104.4	36.5
6 - 11.....	1.79	2.54	23.3	1.92	308	159	683	6.13	1.50	77.1	42.3
12 - 19.....	2.05	2.60	27.0	2.08	273	196	660	6.22	1.12	101.8	65.2
20 - 29.....	2.14	2.72	32.4	2.37	250	245	670	6.54	0.94	94.9	96.3
30 - 39.....	2.11	2.78	32.9	2.41	243	266	680	6.55	0.91	102.8	96.6
40 - 49.....	1.94	2.75	29.2	2.14	209	259	614	6.20	0.49	95.9	100.3
50 - 59.....	1.85	2.58	27.9	2.10	194	241	571	6.14	0.75	82.3	99.5
60 - 69.....	1.74	2.37	24.4	1.91	188	225	545	5.40	0.87	95.2	114.9
70 and over....	1.63	2.34	22.6	1.92	197	197	533	6.11	1.15	84.7	75.8
20 and over...	1.94	2.63	29.1	2.18	218	244	614	6.22	0.82	93.3	97.7
<b>Females:</b>											
2 - 5.....	1.44	2.18	17.3	1.62	201	135	478	5.11	1.32	103.4	40.1
6 - 11.....	1.52	2.06	19.6	1.55	217	143	513	4.59	0.96	87.4	50.4
12 - 19.....	1.49	1.91	20.0	1.52	212	152	513	4.31	0.86	77.5	61.3
20 - 29.....	1.47	1.88	21.7	1.62	174	178	474	4.04	0.64	82.2	81.4
30 - 39.....	1.51	2.07	21.4	1.68	185	182	496	4.29	0.69	83.0	89.6
40 - 49.....	1.37	1.90	19.6	1.56	167	183	467	4.04	0.68	84.4	79.6
50 - 59.....	1.34	1.90	19.7	1.49	167	179	464	3.84	0.67	75.1	91.5
60 - 69.....	1.35	1.88	19.2	1.52	154	187	451	4.11	0.69	83.5	88.3
70 and over....	1.34	1.84	18.5	1.56	159	181	452	4.05	1.05	83.2	99.3
20 and over...	1.40	1.92	20.2	1.58	169	181	470	4.07	0.72	81.8	87.7
<b>Males and females:</b>											
2 and over...	1.66	2.26	23.7	1.83	205	198	546	5.14	0.86	88.1	82.0

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**Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2003-2004--continued**

Gender and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium† (mg)	Potassium (mg)	Selenium (µg)
<b>Males:</b>									
2 - 5.....	970	1108	198	12.2	9.4	0.9	2409	2184	73.1
6 - 11.....	1110	1399	248	17.2	13.5	1.2	3313	2388	100.0
12 - 19.....	1175	1553	279	18.9	14.5	1.3	4059	2745	121.0
20 - 29.....	1202	1755	338	20.0	15.8	1.5	4560	3102	143.4
30 - 39.....	1070	1693	349	19.9	15.5	1.5	4552	3295	142.3
40 - 49.....	1030	1630	340	18.5	14.9	1.5	4313	3290	132.9
50 - 59.....	866	1482	322	18.0	13.9	1.4	3895	3165	124.2
60 - 69.....	821	1296	285	16.0	11.8	1.3	3477	2911	108.7
70 and over....	831	1225	273	15.8	11.3	1.3	2929	2691	98.1
20 and over...	998	1559	324	18.4	14.3	1.5	4090	3121	128.8
<b>Females:</b>									
2 - 5.....	1038	1174	208	13.0	9.4	0.9	2631	2240	78.8
6 - 11.....	946	1185	213	13.9	9.9	1.0	3017	2148	87.1
12 - 19.....	874	1155	215	14.0	10.3	1.0	3020	2088	88.9
20 - 29.....	806	1222	242	13.8	10.8	1.1	3184	2330	99.6
30 - 39.....	851	1189	245	14.0	10.8	1.1	3143	2414	90.7
40 - 49.....	757	1123	243	13.1	9.9	1.1	2929	2385	93.8
50 - 59.....	733	1100	235	12.6	9.5	1.0	2793	2295	88.1
60 - 69.....	724	1066	236	13.1	9.8	1.1	2753	2372	93.4
70 and over....	715	995	235	13.0	9.0	1.0	2468	2336	79.7
20 and over...	771	1126	240	13.3	10.0	1.1	2911	2357	91.3
<b>Males and females:</b>									
2 and over...	918	1323	268	15.7	11.9	1.2	3408	2622	105.7

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

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**Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2003-2004--continued**

Gender and age (years)	SFA <sup>1</sup> (g)	SFA (g)	SFA (g)	SFA (g)	SFA (g)	SFA (g)	SFA (g)	SFA (g)
	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0
Males:								
2 - 5.....	0.59	0.36	0.30	0.46	0.59	2.16	11.80	5.42
6 - 11.....	0.75	0.43	0.35	0.58	0.81	2.77	15.52	7.30
12 - 19.....	0.79	0.41	0.31	0.57	0.82	2.99	18.12	8.70
20 - 29.....	0.82	0.42	0.32	0.57	0.83	3.15	19.93	9.63
30 - 39.....	0.68	0.35	0.28	0.51	0.83	2.76	18.74	8.86
40 - 49.....	0.73	0.37	0.29	0.54	0.86	2.91	19.41	9.40
50 - 59.....	0.55	0.30	0.24	0.45	0.80	2.39	16.95	7.99
60 - 69.....	0.53	0.29	0.23	0.42	0.79	2.17	14.66	6.99
70 and over....	0.51	0.29	0.23	0.41	0.67	1.98	12.67	6.03
20 and over...	0.66	0.35	0.27	0.50	0.81	2.65	17.68	8.45
Females:								
2 - 5.....	0.67	0.40	0.34	0.53	0.67	2.37	12.45	5.85
6 - 11.....	0.62	0.33	0.26	0.46	0.61	2.27	13.75	6.66
12 - 19.....	0.61	0.32	0.24	0.45	0.64	2.24	13.90	6.47
20 - 29.....	0.54	0.29	0.24	0.41	0.69	2.14	13.85	6.56
30 - 39.....	0.58	0.30	0.24	0.43	0.70	2.23	13.87	6.57
40 - 49.....	0.51	0.26	0.23	0.41	0.85	2.07	12.97	6.40
50 - 59.....	0.51	0.27	0.21	0.40	0.64	1.93	12.26	5.66
60 - 69.....	0.41	0.21	0.17	0.32	0.55	1.66	11.31	5.40
70 and over....	0.40	0.22	0.17	0.32	0.55	1.52	10.16	4.85
20 and over...	0.50	0.26	0.21	0.39	0.68	1.96	12.61	6.01
Males and females:								
2 and over...	0.60	0.32	0.26	0.46	0.73	2.35	14.97	7.13

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**Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2003-2004--continued**

Gender and age (years)	MFA <sup>2</sup> 16:1 (g)	MFA 18:1 (g)	MFA 20:1 (g)	MFA 22:1 (g)	PFA <sup>3</sup> 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)
<b>Males:</b>											
2 - 5.....	0.92	20.61	0.16	0.03	9.67	0.97	0.01	0.07	0.01	0.01	0.03
6 - 11.....	1.21	27.97	0.21	0.03	13.71	1.26	0.02	0.10	0.01	0.01	0.03
12 - 19.....	1.58	34.01	0.25	0.04	17.27	1.63	0.01	0.13	0.02	0.01	0.05
20 - 29.....	1.80	38.13	0.31	0.05	18.14	1.74	0.01	0.18	0.04	0.02	0.09
30 - 39.....	1.74	36.48	0.31	0.06	19.02	1.88	0.01	0.19	#0.06	0.03	0.09
40 - 49.....	1.81	37.20	0.29	0.04	19.24	1.87	0.01	0.18	0.05	0.02	0.09
50 - 59.....	1.65	33.55	0.29	0.05	17.89	1.71	0.01	0.17	0.05	0.02	0.10
60 - 69.....	1.35	29.33	0.25	0.05	15.57	1.71	#0.01	0.14	0.06	0.02	0.11
70 and over....	1.08	24.64	0.19	0.04	12.93	1.33	0.01	0.11	0.04	0.01	0.07
20 and over...	1.63	34.34	0.28	0.05	17.63	1.74	0.01	0.17	0.05	0.02	0.09
<b>Females:</b>											
2 - 5.....	0.95	21.91	0.15	0.02	9.93	1.05	0.01	0.07	0.01	0.01	0.02
6 - 11.....	1.08	26.16	0.18	0.02	12.80	1.23	0.01	0.09	0.01	0.01	0.03
12 - 19.....	1.14	26.28	0.20	0.03	14.45	1.37	0.01	0.10	0.02	0.01	0.04
20 - 29.....	1.22	27.27	0.22	0.03	14.63	1.46	0.01	0.13	0.03	0.01	0.05
30 - 39.....	1.20	26.58	0.20	0.03	14.35	1.47	0.01	0.11	0.03	0.01	0.06
40 - 49.....	1.11	25.72	0.18	0.03	13.93	1.35	0.01	0.11	0.03	0.01	0.05
50 - 59.....	1.09	24.22	0.21	0.03	13.10	1.31	#0.01	0.12	#0.05	0.02	0.08
60 - 69.....	1.04	22.70	0.17	0.04	12.85	1.37	#0.01	0.11	#0.04	0.02	0.08
70 and over....	0.85	20.69	0.16	0.02	11.58	1.15	0.01	0.09	0.03	0.01	0.06
20 and over...	1.10	24.87	0.19	0.03	13.55	1.36	0.01	0.11	0.03	0.01	0.06
<b>Males and females:</b>											
2 and over...	1.32	28.87	0.23	0.04	15.05	1.48	0.01	0.13	0.03	0.02	0.07

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Gender and age (years)	Caffeine (mg)	Theo- bromine (mg)	Alcohol (g)
Males:			
2 - 5.....	14.9	47.1	#*
6 - 11.....	35.4	73.2	#*
12 - 19.....	63.1	54.3	#3.6
20 - 29.....	135.6	43.5	17.0
30 - 39.....	236.9	59.9	18.8
40 - 49.....	294.1	56.4	27.1
50 - 59.....	273.0	40.4	12.6
60 - 69.....	238.5	32.0	12.5
70 and over....	171.5	36.4	8.0
20 and over...	227.0	46.5	17.0
Females:			
2 - 5.....	#13.2	56.6	#*
6 - 11.....	26.9	69.2	#*
12 - 19.....	55.1	42.0	0.8
20 - 29.....	103.3	39.3	6.4
30 - 39.....	162.1	62.1	5.0
40 - 49.....	190.4	58.1	10.8
50 - 59.....	174.2	28.9	4.7
60 - 69.....	163.3	40.1	3.3
70 and over....	133.3	31.2	2.3
20 and over...	155.1	44.6	5.7
Males and females:			
2 and over...	150.8	48.4	8.5

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**Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2003-2004**

Gender and age (years)	N	Food energy (kcal)	Protein (g)	Carbo- hydrate (g)	Total sugars (g)	Dietary fiber (g)	Total fat (g)	Saturated fat (g)	Mono- unsaturated fat (g)	Poly- unsaturated fat (g)	Choles- terol (mg)
<b>Males:</b>											
2 - 5.....	375	28.6	1.42	4.7	3.6	0.55	1.85	0.80	0.69	0.39	8.6
6 - 11.....	422	56.8	2.03	10.9	8.7	0.61	1.93	1.01	0.69	0.55	13.1
12 - 19.....	1105	66.5	3.08	8.3	4.7	0.50	2.89	1.12	1.11	0.69	8.4
20 - 29.....	383	87.3	2.73	14.7	10.8	0.92	4.04	1.44	1.57	0.86	12.7
30 - 39.....	326	86.6	3.41	14.6	9.6	0.96	4.06	1.31	1.57	1.26	23.6
40 - 49.....	354	70.9	2.51	9.9	7.4	0.68	2.40	0.95	0.78	0.94	17.6
50 - 59.....	261	76.7	3.08	9.7	5.3	0.67	3.94	1.09	1.61	1.36	20.1
60 - 69.....	329	60.3	2.52	8.2	3.9	0.71	1.77	0.96	0.78	1.05	12.3
70 and over....	482	38.1	2.52	4.5	2.8	0.53	1.81	0.77	0.66	0.46	16.2
20 and over...	2135	24.8	1.11	3.3	2.5	0.34	1.41	0.46	0.52	0.50	10.8
<b>Females:</b>											
2 - 5.....	388	51.6	2.07	6.5	3.6	0.41	2.83	0.98	1.27	0.58	10.2
6 - 11.....	478	66.9	2.46	8.5	5.8	0.59	3.26	0.92	1.27	0.99	8.7
12 - 19.....	1057	32.6	1.33	5.8	3.9	0.38	1.65	0.58	0.65	0.46	8.3
20 - 29.....	429	67.3	2.66	9.3	5.6	0.80	3.32	1.29	1.30	0.72	15.9
30 - 39.....	398	46.1	1.48	5.7	4.8	0.51	2.64	0.86	1.08	0.81	9.1
40 - 49.....	361	55.3	2.30	7.8	5.6	0.57	2.10	0.95	0.86	0.42	9.8
50 - 59.....	275	75.8	3.41	8.6	5.6	0.80	3.99	1.37	1.65	0.88	10.7
60 - 69.....	364	41.3	3.19	5.2	2.8	0.57	1.95	0.81	0.86	0.62	14.3
70 and over....	486	36.3	1.22	4.6	2.4	0.46	2.14	0.67	0.83	0.64	11.3
20 and over...	2313	18.3	1.32	2.9	2.3	0.42	0.71	0.33	0.31	0.18	4.2
<b>Males and females:</b>											
2 and over...	8273	15.6	0.94	2.6	1.6	0.33	0.71	0.24	0.29	0.25	4.6

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

<sup>1</sup>SFA = saturated fatty acid.

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**Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2003-2004--continued**

Gender and age (years)	Vitamin E (alpha-toc) (mg)	Added Vitamin E (alpha-toc) (mg)	Retinol (µg)	Vitamin A (µg RAE)	Alpha- carotene (µg)	Beta- carotene (µg)	Beta-crypto- xanthin (µg)	Lycopene (µg)	Lutein + zeaxanthin (µg)
<b>Males:</b>									
2 - 5.....	0.15	0.03	28.6	34.4	47.1	123.3	17.4	335.2	61.5
6 - 11.....	0.22	0.06	39.0	43.0	54.3	131.2	14.9	690.0	37.8
12 - 19.....	0.47	0.05	22.2	24.1	20.6	89.4	27.6	614.9	59.6
20 - 29.....	0.36	0.20	38.5	37.8	42.7	256.7	18.4	767.0	331.9
30 - 39.....	0.47	0.13	39.8	45.7	90.4	274.3	13.3	994.2	128.2
40 - 49.....	0.28	0.10	50.4	57.4	88.8	247.5	24.8	889.8	211.1
50 - 59.....	0.78	0.05	30.8	42.8	82.1	269.5	12.9	1074.0	293.8
60 - 69.....	0.36	0.09	47.7	55.4	35.7	373.9	21.2	986.0	338.8
70 and over....	0.37	0.20	90.2	93.8	62.7	253.1	7.8	757.9	113.6
20 and over...	0.19	0.06	25.2	27.1	28.9	87.3	8.2	452.9	72.3
<b>Females:</b>									
2 - 5.....	0.18	0.11	26.2	31.8	41.6	94.8	18.7	428.3	44.3
6 - 11.....	0.36	0.14	27.5	33.8	31.8	94.2	59.6	554.8	105.8
12 - 19.....	0.12	0.09	20.3	23.3	20.6	120.3	11.8	348.7	100.2
20 - 29.....	0.42	0.11	22.9	27.2	46.5	149.3	17.6	1150.1	132.1
30 - 39.....	0.37	0.26	53.8	60.0	138.5	343.7	12.6	990.4	165.7
40 - 49.....	0.18	0.17	20.9	20.4	25.1	173.7	24.8	443.8	114.2
50 - 59.....	0.51	0.27	19.5	28.3	91.6	212.3	16.4	714.5	131.2
60 - 69.....	0.23	0.11	20.9	36.7	50.9	269.2	12.9	937.9	204.4
70 and over....	0.31	0.18	17.0	25.6	72.3	271.3	13.6	497.1	283.8
20 and over...	0.12	0.07	12.0	13.9	41.5	136.7	10.3	426.0	83.9
<b>Males and females:</b>									
2 and over...	0.09	0.03	13.7	14.9	16.6	56.3	8.9	313.5	52.2

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**Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2003-2004--continued**

Gender and age (years)	Thiamin (mg)	Ribo- flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (µg)	Food folate (µg)	Folate (µg DFE)	Vit. B12 (µg)	Added Vit. B12 (µg)	Vit. C (mg)	Vit. K (µg)
<b>Males:</b>											
2 - 5.....	0.031	0.066	0.43	0.056	8.4	5.3	16.5	0.325	0.141	9.04	2.21
6 - 11.....	0.065	0.093	1.02	0.100	21.4	5.8	38.3	0.392	0.149	5.56	2.16
12 - 19.....	0.056	0.081	0.83	0.067	11.9	6.3	23.8	0.256	0.089	8.35	3.33
20 - 29.....	0.055	0.084	0.88	0.077	12.7	8.5	25.5	0.328	0.183	7.19	15.68
30 - 39.....	0.088	0.120	1.00	0.098	18.9	12.3	36.9	0.488	0.172	13.72	8.50
40 - 49.....	0.047	0.108	0.68	0.076	9.9	7.3	20.2	0.555	0.093	6.38	10.60
50 - 59.....	0.070	0.087	0.96	0.069	14.1	10.8	26.2	0.512	0.164	6.43	18.68
60 - 69.....	0.074	0.067	0.84	0.067	8.5	8.6	18.8	0.440	0.069	6.45	16.44
70 and over....	0.044	0.109	0.75	0.077	7.0	6.6	15.2	0.892	0.112	4.42	6.24
20 and over...	0.016	0.053	0.29	0.028	4.4	3.3	7.9	0.262	0.063	3.82	3.71
<b>Females:</b>											
2 - 5.....	0.044	0.074	0.68	0.065	14.3	6.0	25.7	0.283	0.204	6.18	2.48
6 - 11.....	0.056	0.080	1.04	0.110	20.8	5.8	37.6	0.203	0.118	5.64	3.49
12 - 19.....	0.052	0.064	0.62	0.052	9.6	3.6	17.7	0.196	0.082	3.80	5.49
20 - 29.....	0.053	0.070	0.86	0.071	9.2	9.8	20.6	0.257	0.153	6.23	5.98
30 - 39.....	0.083	0.100	1.03	0.087	22.7	7.5	42.2	0.235	0.190	6.76	7.71
40 - 49.....	0.047	0.075	0.79	0.084	12.6	5.9	22.6	0.264	0.157	8.35	5.42
50 - 59.....	0.061	0.069	1.17	0.094	14.0	9.5	27.1	0.266	0.149	7.88	6.81
60 - 69.....	0.050	0.073	1.02	0.084	17.5	9.4	32.3	0.305	0.165	4.38	8.56
70 and over....	0.048	0.047	0.46	0.045	10.2	5.2	17.4	0.234	0.132	2.89	12.66
20 and over...	0.030	0.036	0.49	0.047	6.9	4.4	14.4	0.110	0.067	3.95	3.87
<b>Males and females:</b>											
2 and over...	0.022	0.038	0.34	0.033	4.9	2.9	10.3	0.145	0.048	2.97	2.21

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**Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2003-2004--continued**

Gender and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium† (mg)	Potassium (mg)	Selenium (µg)
<b>Males:</b>									
2 - 5.....	29.2	26.9	6.0	0.24	0.30	0.06	39.5	75.8	3.03
6 - 11.....	48.8	43.0	6.0	0.63	0.42	0.07	59.2	81.9	3.20
12 - 19.....	47.4	50.0	9.2	0.54	0.49	0.05	151.1	104.1	3.94
20 - 29.....	51.4	53.9	10.3	0.65	0.66	0.05	166.9	82.4	3.55
30 - 39.....	57.0	59.4	14.4	0.74	0.62	0.07	173.4	136.8	5.19
40 - 49.....	49.3	48.1	8.8	0.64	0.43	0.07	83.5	108.4	3.12
50 - 59.....	36.8	58.1	11.3	0.66	0.41	0.06	126.7	91.6	4.78
60 - 69.....	35.6	42.5	10.9	0.55	0.45	0.09	112.7	87.2	5.11
70 and over....	41.7	46.9	8.3	0.41	0.39	0.15	86.1	88.1	3.18
20 and over...	21.8	22.4	4.1	0.19	0.22	0.03	53.0	41.2	1.78
<b>Females:</b>									
2 - 5.....	46.0	50.0	7.7	0.45	0.32	0.03	83.1	91.4	2.46
6 - 11.....	48.3	54.3	9.7	0.65	0.46	0.05	97.9	103.5	3.29
12 - 19.....	32.9	28.6	5.7	0.45	0.32	0.02	71.4	42.0	2.35
20 - 29.....	43.8	43.6	11.8	0.56	0.62	0.06	133.5	98.2	3.97
30 - 39.....	37.0	29.8	8.3	0.61	0.41	0.04	74.2	68.2	2.43
40 - 49.....	39.2	38.3	6.6	0.47	0.51	0.02	101.7	68.7	2.78
50 - 59.....	42.2	50.8	11.4	0.54	0.49	0.06	119.8	102.2	4.17
60 - 69.....	27.2	40.4	7.9	0.60	0.57	0.04	91.3	76.8	4.62
70 and over....	27.6	25.0	5.2	0.42	0.28	0.03	66.4	39.0	1.15
20 and over...	15.3	17.0	5.2	0.25	0.29	0.02	38.1	40.1	1.46
<b>Males and females:</b>									
2 and over...	16.6	16.1	4.0	0.19	0.18	0.02	30.5	35.9	1.30

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

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

<sup>1</sup>SFA = saturated fatty acid.

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**Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2003-2004--continued**

Gender and age (years)	SFA <sup>1</sup> 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)
Males:								
2 - 5.....	0.028	0.020	0.024	0.025	0.036	0.099	0.405	0.195
6 - 11.....	0.048	0.030	0.023	0.034	0.065	0.151	0.483	0.264
12 - 19.....	0.040	0.018	0.011	0.025	0.044	0.122	0.586	0.285
20 - 29.....	0.056	0.028	0.020	0.031	0.060	0.154	0.808	0.381
30 - 39.....	0.041	0.022	0.019	0.031	0.117	0.137	0.746	0.340
40 - 49.....	0.045	0.024	0.016	0.027	0.067	0.138	0.451	0.258
50 - 59.....	0.034	0.021	0.015	0.024	0.073	0.089	0.688	0.322
60 - 69.....	0.061	0.027	0.015	0.033	0.050	0.162	0.446	0.212
70 and over....	0.036	0.021	0.015	0.026	0.051	0.108	0.361	0.185
20 and over...	0.021	0.011	0.007	0.013	0.031	0.057	0.267	0.130
Females:								
2 - 5.....	0.030	0.018	0.017	0.020	0.040	0.099	0.505	0.301
6 - 11.....	0.034	0.015	0.014	0.019	0.030	0.095	0.489	0.273
12 - 19.....	0.028	0.016	0.007	0.017	0.041	0.067	0.295	0.142
20 - 29.....	0.039	0.023	0.019	0.029	0.060	0.145	0.678	0.339
30 - 39.....	0.029	0.015	0.013	0.022	0.066	0.091	0.457	0.238
40 - 49.....	0.028	0.013	0.023	0.026	0.125	0.132	0.429	0.222
50 - 59.....	0.052	0.027	0.020	0.038	0.077	0.153	0.659	0.342
60 - 69.....	0.035	0.018	0.012	0.024	0.052	0.108	0.406	0.202
70 and over....	0.019	0.011	0.010	0.015	0.044	0.068	0.372	0.173
20 and over...	0.013	0.006	0.007	0.009	0.033	0.044	0.150	0.087
Males and females:								
2 and over...	0.012	0.005	0.004	0.007	0.020	0.030	0.127	0.076

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

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**Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2003-2004--continued**

Gender and age (years)	MFA <sup>2</sup> 16:1 (g)	MFA 18:1 (g)	MFA 20:1 (g)	MFA 22:1 (g)	PFA <sup>3</sup> 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)
Males:											
2 - 5.....	0.037	0.650	0.011	0.009	0.345	0.045	0.001	0.003	0.003	0.001	0.004
6 - 11.....	0.036	0.633	0.010	0.005	0.657	0.044	0.001	0.007	0.003	0.001	0.004
12 - 19.....	0.054	1.047	0.009	0.004	0.674	0.047	0.002	0.006	0.006	0.002	0.008
20 - 29.....	0.090	1.489	0.017	0.004	0.713	0.070	0.002	0.013	0.010	0.004	0.016
30 - 39.....	0.078	1.466	0.025	0.014	1.054	0.107	0.002	0.012	0.019	0.005	0.017
40 - 49.....	0.048	0.714	0.013	0.006	0.761	0.127	0.002	0.010	0.011	0.003	0.013
50 - 59.....	0.091	1.524	0.020	0.014	1.287	0.092	0.003	0.015	0.010	0.005	0.020
60 - 69.....	0.089	0.709	0.016	0.007	0.873	0.155	0.004	0.007	0.016	0.005	0.021
70 and over....	0.038	0.632	0.006	0.003	0.418	0.052	0.002	0.007	0.006	0.001	0.009
20 and over...	0.028	0.481	0.007	0.004	0.441	0.036	0.001	0.007	0.006	0.002	0.009
Females:											
2 - 5.....	0.047	1.177	0.012	0.002	0.541	0.048	0.002	0.005	0.001	0.001	0.004
6 - 11.....	0.038	1.223	0.014	0.003	0.890	0.097	0.004	0.005	0.002	0.001	0.003
12 - 19.....	0.023	0.615	0.009	0.003	0.408	0.049	0.001	0.004	0.002	0.001	0.004
20 - 29.....	0.068	1.206	0.015	0.004	0.652	0.062	0.001	0.009	0.005	0.001	0.006
30 - 39.....	0.038	1.002	0.012	0.005	0.670	0.072	0.001	0.005	0.005	0.001	0.008
40 - 49.....	0.046	0.794	0.010	0.004	0.378	0.038	0.001	0.004	0.004	0.001	0.006
50 - 59.....	0.053	1.528	0.022	0.004	0.804	0.071	0.003	0.007	0.015	0.004	0.021
60 - 69.....	0.057	0.822	0.009	0.008	0.577	0.099	0.003	0.007	0.015	0.004	0.021
70 and over....	0.034	0.788	0.012	0.003	0.597	0.060	0.001	0.006	0.006	0.002	0.010
20 and over...	0.018	0.287	0.006	0.002	0.157	0.027	0.001	0.003	0.003	0.001	0.005
Males and females:											
2 and over...	0.014	0.272	0.003	0.001	0.218	0.020	0.001	0.003	0.003	0.001	0.005

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

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**Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2003-2004--continued**

Gender and age (years)	Caffeine (mg)	Theo- bromine (mg)	Alcohol (g)
Males:			
2 - 5.....	3.61	7.34	*
6 - 11.....	4.18	8.73	0.01
12 - 19.....	4.86	6.70	1.56
20 - 29.....	12.20	7.86	1.82
30 - 39.....	18.35	8.47	1.88
40 - 49.....	29.14	7.75	3.98
50 - 59.....	24.01	6.54	2.24
60 - 69.....	16.30	6.46	2.42
70 and over....	12.12	6.12	1.19
20 and over...	13.12	2.78	0.97
Females:			
2 - 5.....	4.66	6.79	*
6 - 11.....	2.99	7.96	0.01
12 - 19.....	4.68	2.31	0.15
20 - 29.....	9.96	7.25	0.64
30 - 39.....	11.86	8.04	0.85
40 - 49.....	17.16	8.52	1.78
50 - 59.....	11.95	4.07	0.73
60 - 69.....	9.04	6.97	0.77
70 and over....	12.68	2.94	0.54
20 and over...	6.86	3.74	0.54
Males and females:			
2 and over...	7.19	2.24	0.43

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

<sup>1</sup>SFA = saturated fatty acid.

<sup>2</sup>MFA = monounsaturated fatty acid.

<sup>3</sup>PFA = polyunsaturated fatty acid.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2003-2004.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).