

**Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2003-2004**

Race/ethnicity 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)	Cholesterol (mg)
Non-Hispanic White:											
2 - 5.....	234	1694	58.2	233	129	10.4	61.1	23.2	22.5	10.5	177
6 - 11.....	237	2141	69.7	295	152	12.9	79.0	28.2	29.4	15.1	207
12 - 19.....	596	2345	82.1	309	159	13.4	87.6	30.5	32.4	17.8	238
20 and over....	2391	2226	83.1	269	127	15.7	85.4	28.4	32.0	17.9	281
2 and over...	3458	2208	80.8	274	133	15.0	84.0	28.4	31.4	17.4	266
Non-Hispanic Black:											
2 - 5.....	230	1762	59.4	235	119	10.3	66.9	23.1	25.1	12.7	186
6 - 11.....	312	2068	69.8	279	141	11.4	77.1	26.6	28.8	15.0	246
12 - 19.....	780	2341	78.1	314	162	12.4	87.1	28.9	33.0	17.9	264
20 and over....	867	2125	77.1	257	129	12.3	81.5	25.9	31.0	17.7	306
2 and over...	2189	2127	75.3	267	135	12.1	80.9	26.2	30.6	17.1	286
Mexican American:											
2 - 5.....	215	1733	59.0	243	133	12.5	61.1	22.4	21.9	11.6	229
6 - 11.....	279	2193	76.9	295	149	16.0	81.2	29.0	29.9	15.5	284
12 - 19.....	645	2333	81.3	308	150	15.7	86.9	28.6	32.7	18.5	276
20 and over....	882	2386	90.6	303	138	19.2	85.7	28.2	32.6	17.6	349
2 and over...	2021	2296	84.7	297	141	17.7	83.1	27.9	31.3	16.9	319
All Individuals <sup>4</sup> :											
2 - 5.....	763	1719	59.2	236	129	10.8	62.0	23.1	22.7	11.1	190
6 - 11.....	900	2115	71.1	289	147	13.1	77.9	27.6	28.9	15.0	226
12 - 19.....	2162	2341	81.4	310	157	13.7	87.2	29.8	32.5	17.9	246
20 and over....	4448	2216	82.9	269	127	15.5	84.0	27.7	31.6	17.7	289
2 and over...	8273	2195	80.4	274	133	14.8	82.7	27.7	31.0	17.2	273

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

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**Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2003-2004--continued**

Race/ethnicity 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>Non-Hispanic White:</b>									
2 - 5.....	3.9	#0.1	481	565	214	862	115	3934	537
6 - 11.....	5.5	#0.2	500	583	193	858	88	5392	623
12 - 19.....	6.9	0.2	480	577	166	1013	140	6498	840
20 and over....	7.3	0.5	452	635	347	1957	132	6783	1385
2 and over...	7.0	0.4	460	621	309	1718	129	6511	1228
<b>Non-Hispanic Black:</b>									
2 - 5.....	4.5	#0.1	388	469	161	810	162	3373	755
6 - 11.....	5.5	#*	388	478	131	940	162	4800	917
12 - 19.....	6.5	#*	378	488	169	1160	145	7258	1055
20 and over....	6.2	0.1	317	484	281	1800	138	4648	1600
2 and over...	6.1	0.1	338	483	241	1548	143	4965	1391
<b>Mexican American:</b>									
2 - 5.....	4.8	#0.1	481	564	173	838	178	5189	577
6 - 11.....	6.1	#0.1	574	662	179	896	170	6535	636
12 - 19.....	6.7	0.2	373	479	254	1067	169	7045	763
20 and over....	7.0	0.2	337	499	353	1682	181	8505	1199
2 and over...	6.6	0.2	385	523	300	1418	177	7749	1009
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	4.3	#0.2	463	546	195	835	139	3982	589
6 - 11.....	5.6	#0.2	484	575	200	924	142	5559	686
12 - 19.....	6.8	0.2	444	547	184	1062	151	6623	876
20 and over....	7.1	0.4	420	601	350	1931	140	6573	1403
2 and over...	6.8	0.3	431	589	309	1680	141	6348	1234

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**Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2003-2004--continued**

Race/ethnicity 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>Non-Hispanic White:</b>											
2 - 5.....	1.35	2.14	16.2	1.46	181	129	437	4.92	1.16	93.0	36.2
6 - 11.....	1.66	2.37	21.1	1.65	278	145	618	5.22	1.16	68.2	43.1
12 - 19.....	1.82	2.38	23.6	1.82	251	174	601	5.56	1.06	80.1	61.1
20 and over....	1.70	2.38	24.8	1.90	196	216	550	5.21	0.84	82.4	92.2
2 and over...	1.69	2.37	24.0	1.85	208	202	555	5.23	0.90	81.6	82.4
<b>Non-Hispanic Black:</b>											
2 - 5.....	1.42	1.93	18.4	1.61	213	127	489	4.35	1.11	112.7	41.7
6 - 11.....	1.68	2.12	22.3	1.77	270	152	612	4.99	1.25	111.2	55.7
12 - 19.....	1.67	2.03	23.2	1.76	225	157	539	4.66	0.89	115.5	73.7
20 and over....	1.42	1.75	22.1	1.65	157	176	443	4.27	0.54	99.7	100.3
2 and over...	1.49	1.84	22.0	1.68	183	168	479	4.41	0.71	104.1	87.8
<b>Mexican American:</b>											
2 - 5.....	1.41	2.14	16.5	1.67	186	159	475	5.50	1.12	115.8	42.1
6 - 11.....	1.72	2.37	21.5	1.92	220	188	561	6.42	1.32	112.1	43.7
12 - 19.....	1.73	2.09	22.7	1.87	221	190	565	5.25	0.96	104.5	56.7
20 and over....	1.76	2.17	24.6	2.02	196	227	561	4.93	0.64	111.5	79.4
2 and over...	1.72	2.18	23.3	1.96	202	210	554	5.22	0.82	110.9	68.2
<b>All Individuals<sup>4</sup>:</b>											
2 - 5.....	1.39	2.12	16.7	1.55	190	136	460	5.00	1.20	103.9	38.3
6 - 11.....	1.66	2.31	21.5	1.74	264	152	601	5.38	1.24	82.1	46.2
12 - 19.....	1.78	2.27	23.6	1.81	243	175	589	5.30	1.00	90.1	63.3
20 and over....	1.66	2.26	24.4	1.87	192	211	539	5.10	0.77	87.3	92.5
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 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2003-2004--continued**

Race/ethnicity and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium <sup>†</sup> (mg)	Potassium (mg)	Selenium (µg)
<b>Non-Hispanic White:</b>									
2 - 5.....	1049	1166	201	12.1	9.2	0.9	2524	2188	73.8
6 - 11.....	1081	1344	231	15.4	11.4	1.1	3153	2211	93.4
12 - 19.....	1113	1412	250	16.8	12.7	1.2	3607	2447	105.6
20 and over....	922	1364	287	16.0	12.3	1.3	3530	2804	109.3
2 and over...	961	1358	275	15.9	12.1	1.2	3462	2691	106.0
<b>Non-Hispanic Black:</b>									
2 - 5.....	788	1000	188	13.7	9.8	0.9	2692	2003	74.8
6 - 11.....	867	1127	211	16.4	13.0	1.1	3398	2135	92.0
12 - 19.....	845	1209	225	15.6	11.8	1.1	3478	2261	103.3
20 and over....	665	1119	228	13.8	11.0	1.1	3194	2226	102.1
2 and over...	722	1125	223	14.3	11.2	1.1	3225	2207	99.4
<b>Mexican American:</b>									
2 - 5.....	1012	1142	213	13.2	9.6	1.1	2351	2345	78.0
6 - 11.....	1105	1370	259	16.4	12.2	1.4	3121	2572	97.7
12 - 19.....	949	1330	258	16.6	12.4	1.2	3477	2495	105.4
20 and over....	931	1470	301	16.9	13.1	1.3	3576	2856	115.5
2 and over...	963	1408	282	16.5	12.6	1.3	3396	2722	108.5
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	1003	1140	203	12.6	9.4	0.9	2518	2212	75.9
6 - 11.....	1031	1296	231	15.6	11.7	1.1	3170	2272	93.8
12 - 19.....	1030	1361	248	16.5	12.5	1.2	3558	2429	105.5
20 and over....	880	1334	281	15.8	12.1	1.3	3478	2724	109.3
2 and over...	918	1323	268	15.7	11.9	1.2	3408	2622	105.7

<sup>†</sup>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 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2003-2004--continued**

Race/ethnicity 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)
Non-Hispanic White:								
2 - 5.....	0.67	0.40	0.31	0.52	0.67	2.34	12.02	5.66
6 - 11.....	0.75	0.40	0.32	0.56	0.78	2.65	14.75	7.16
12 - 19.....	0.77	0.39	0.29	0.56	0.78	2.78	16.25	7.74
20 and over....	0.62	0.33	0.26	0.47	0.79	2.41	15.32	7.35
2 and over...	0.65	0.34	0.27	0.49	0.78	2.47	15.22	7.30
Non-Hispanic Black:								
2 - 5.....	0.46	0.30	0.27	0.40	0.58	1.99	12.66	5.84
6 - 11.....	0.55	0.32	0.27	0.43	0.59	2.25	14.73	6.72
12 - 19.....	0.59	0.32	0.26	0.44	0.68	2.36	15.93	7.51
20 and over....	0.43	0.24	0.19	0.34	0.56	1.91	14.59	6.87
2 and over...	0.47	0.26	0.22	0.37	0.58	2.02	14.68	6.88
Mexican American:								
2 - 5.....	0.59	0.38	0.33	0.47	0.55	2.21	11.94	5.41
6 - 11.....	0.70	0.41	0.34	0.54	0.72	2.72	15.54	7.28
12 - 19.....	0.58	0.31	0.24	0.42	0.60	2.35	15.88	7.51
20 and over....	0.53	0.28	0.24	0.41	0.72	2.29	15.59	7.47
2 and over...	0.56	0.31	0.26	0.43	0.68	2.35	15.30	7.27
All Individuals <sup>4</sup> :								
2 - 5.....	0.62	0.38	0.32	0.50	0.63	2.26	12.12	5.63
6 - 11.....	0.69	0.38	0.30	0.52	0.71	2.53	14.67	6.99
12 - 19.....	0.71	0.37	0.28	0.51	0.73	2.63	16.09	7.63
20 and over....	0.58	0.30	0.24	0.44	0.74	2.29	15.04	7.18
2 and over...	0.60	0.32	0.26	0.46	0.73	2.35	14.97	7.13

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Race/ethnicity 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)
Non-Hispanic White:											
2 - 5.....	0.92	21.02	0.15	0.03	9.32	0.95	0.01	0.06	0.01	*	0.02
6 - 11.....	1.11	27.55	0.19	0.03	13.35	1.26	0.02	0.08	0.01	*	0.02
12 - 19.....	1.35	30.20	0.22	0.04	15.83	1.51	0.01	0.11	0.01	0.01	0.03
20 and over....	1.35	29.84	0.23	0.04	15.67	1.57	0.01	0.13	0.04	0.02	0.07
2 and over...	1.31	29.29	0.22	0.04	15.21	1.51	0.01	0.12	0.03	0.01	0.06
Non-Hispanic Black:											
2 - 5.....	1.08	23.47	0.19	0.03	11.28	1.04	0.01	0.09	0.01	0.01	0.03
6 - 11.....	1.29	26.82	0.22	0.04	13.14	1.23	0.01	0.11	0.02	0.01	0.05
12 - 19.....	1.42	30.79	0.24	0.04	15.90	1.45	0.01	0.14	0.02	0.01	0.05
20 and over....	1.46	28.71	0.27	0.04	15.54	1.50	0.01	0.16	0.05	0.03	0.10
2 and over...	1.41	28.47	0.25	0.04	15.05	1.44	0.01	0.15	0.04	0.02	0.08
Mexican American:											
2 - 5.....	0.84	20.57	0.14	0.02	10.17	1.15	0.01	0.07	#0.01	0.01	0.03
6 - 11.....	1.25	27.95	0.20	0.03	13.79	1.33	0.01	0.11	#0.02	0.01	0.03
12 - 19.....	1.40	30.54	0.23	0.05	16.41	1.58	0.01	0.12	0.03	0.01	0.05
20 and over....	1.45	30.32	0.23	0.03	15.49	1.53	*	0.16	0.03	0.01	0.06
2 and over...	1.37	29.19	0.22	0.03	14.94	1.48	0.01	0.14	0.02	0.01	0.05
All Individuals <sup>4</sup> :											
2 - 5.....	0.93	21.25	0.16	0.03	9.80	1.01	0.01	0.07	0.01	0.01	0.02
6 - 11.....	1.14	27.10	0.20	0.03	13.27	1.25	0.02	0.09	0.01	0.01	0.03
12 - 19.....	1.37	30.28	0.23	0.04	15.91	1.51	0.01	0.11	0.02	0.01	0.04
20 and over....	1.36	29.42	0.24	0.04	15.51	1.54	0.01	0.14	0.04	0.02	0.08
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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Race/ethnicity and age (years)	Caffeine (mg)	Theo- bromine (mg)	Alcohol (g)
Non-Hispanic White:			
2 - 5.....	#17.1	54.8	#*
6 - 11.....	38.8	77.0	#*
12 - 19.....	67.7	46.9	#2.5
20 and over....	217.8	50.7	11.3
2 and over...	178.3	52.5	9.0
Non-Hispanic Black:			
2 - 5.....	5.2	41.5	#*
6 - 11.....	15.4	44.3	#*
12 - 19.....	25.2	44.2	#1.2
20 and over....	82.9	30.0	10.5
2 and over...	62.0	34.4	7.3
Mexican American:			
2 - 5.....	10.4	57.3	#*
6 - 11.....	21.7	68.0	#*
12 - 19.....	52.8	55.6	#2.6
20 and over....	114.2	38.1	9.9
2 and over...	84.3	46.1	6.7
All Individuals <sup>4</sup> :			
2 - 5.....	14.1	51.7	#*
6 - 11.....	31.3	71.3	#*
12 - 19.....	59.2	48.4	#2.2
20 and over....	189.7	45.5	11.2
2 and over...	150.8	48.4	8.5

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**Table 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2003-2004**

Race/ethnicity 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)
Non-Hispanic White:											
2 - 5.....	234	37.6	1.36	5.0	4.2	0.35	2.60	1.10	1.11	0.38	12.1
6 - 11.....	237	59.9	2.29	7.6	6.0	0.45	3.23	1.37	1.24	0.86	13.8
12 - 19.....	596	56.1	2.49	7.7	4.3	0.50	2.65	1.03	0.99	0.59	7.5
20 and over....	2391	22.0	1.27	3.4	2.2	0.40	1.02	0.38	0.40	0.34	5.8
2 and over...	3458	21.2	1.14	3.5	2.0	0.37	0.85	0.26	0.34	0.30	4.2
Non-Hispanic Black:											
2 - 5.....	230	72.1	2.94	8.7	3.4	0.63	3.28	1.30	1.44	0.66	15.6
6 - 11.....	312	68.8	2.08	9.8	5.8	0.37	3.03	0.92	1.18	0.84	9.2
12 - 19.....	780	63.3	2.97	8.3	5.4	0.38	2.26	0.81	0.90	0.68	12.6
20 and over....	867	54.7	2.53	8.2	5.1	0.46	2.49	0.83	0.97	0.62	11.8
2 and over...	2189	38.2	1.75	5.7	3.5	0.36	1.96	0.60	0.75	0.53	8.6
Mexican American:											
2 - 5.....	215	64.4	3.70	10.0	7.3	0.82	2.37	1.17	0.79	0.46	13.0
6 - 11.....	279	96.3	3.46	14.0	7.1	1.12	3.69	1.29	1.49	0.85	23.0
12 - 19.....	645	82.0	2.96	10.5	6.8	0.51	3.25	1.14	1.40	0.61	18.0
20 and over....	882	55.6	2.65	8.9	4.0	0.64	2.85	1.09	1.20	0.73	23.0
2 and over...	2021	39.1	2.01	5.6	2.9	0.41	2.09	0.80	0.90	0.47	16.8
All Individuals <sup>4</sup> :											
2 - 5.....	763	25.7	1.32	3.0	2.2	0.32	1.85	0.75	0.78	0.32	7.5
6 - 11.....	900	48.0	1.64	6.6	5.2	0.40	2.27	0.86	0.89	0.66	9.1
12 - 19.....	2162	40.3	1.86	5.4	2.8	0.37	1.85	0.67	0.75	0.44	5.7
20 and over....	4448	16.5	1.09	2.6	1.8	0.36	0.85	0.33	0.34	0.28	6.3
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.

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

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

<sup>4</sup>"All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

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**Table 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2003-2004--continued**

Race/ethnicity 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-cryptoxanthin (µg)	Lycopene (µg)	Lutein + zeaxanthin (µg)
<b>Non-Hispanic White:</b>									
2 - 5.....	0.10	0.04	23.3	35.3	53.8	152.7	14.6	483.8	55.1
6 - 11.....	0.32	0.11	30.3	35.6	45.7	119.9	13.4	537.2	71.7
12 - 19.....	0.38	0.04	29.1	33.8	19.5	110.0	20.8	539.4	79.5
20 and over....	0.15	0.05	13.3	18.3	28.8	109.3	7.4	535.8	68.2
2 and over...	0.12	0.04	13.5	17.8	22.1	88.9	7.0	416.5	61.9
<b>Non-Hispanic Black:</b>									
2 - 5.....	0.26	0.05	15.1	20.2	42.8	120.1	32.8	397.3	87.1
6 - 11.....	0.23	0.01	19.0	26.0	35.8	133.1	43.0	559.2	176.7
12 - 19.....	0.32	0.02	13.0	17.5	26.3	176.6	18.1	754.5	179.5
20 and over....	0.24	0.03	16.9	19.0	46.7	155.6	11.3	340.5	123.6
2 and over...	0.22	0.02	14.2	13.7	34.1	124.6	8.3	250.8	113.9
<b>Mexican American:</b>									
2 - 5.....	0.26	0.06	80.9	89.4	19.6	95.3	42.7	499.1	61.2
6 - 11.....	0.23	0.10	106.7	107.3	27.6	93.3	12.8	1066.7	19.8
12 - 19.....	0.36	0.04	18.2	29.1	76.3	182.0	21.7	659.6	57.0
20 and over....	0.32	0.06	15.3	23.2	44.7	179.1	23.3	753.7	136.1
2 and over...	0.18	0.04	27.8	31.4	33.4	125.0	17.2	616.0	85.6
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	0.12	0.06	22.4	28.4	35.9	90.9	14.5	241.1	30.6
6 - 11.....	0.21	0.08	27.8	32.0	37.1	89.2	30.0	431.1	67.2
12 - 19.....	0.24	0.03	19.9	21.6	15.4	80.3	17.2	420.5	65.5
20 and over....	0.11	0.04	14.5	15.8	22.7	77.8	7.9	411.7	59.6
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 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2003-2004--continued**

Race/ethnicity 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>Non-Hispanic White:</b>											
2 - 5.....	0.038	0.081	0.53	0.047	10.2	3.8	18.2	0.245	0.166	7.18	2.26
6 - 11.....	0.064	0.096	1.11	0.094	22.1	4.6	37.3	0.211	0.113	5.17	3.48
12 - 19.....	0.067	0.097	0.80	0.071	12.3	5.2	24.8	0.285	0.101	5.52	4.98
20 and over....	0.029	0.043	0.49	0.047	7.4	4.1	15.2	0.195	0.080	3.29	2.85
2 and over...	0.032	0.043	0.51	0.046	7.8	3.4	15.7	0.169	0.074	2.58	2.49
<b>Non-Hispanic Black:</b>											
2 - 5.....	0.062	0.087	0.81	0.083	14.4	9.0	31.0	0.212	0.076	10.21	5.18
6 - 11.....	0.106	0.104	0.92	0.144	30.2	5.6	54.8	0.249	0.189	11.05	7.39
12 - 19.....	0.058	0.064	1.24	0.099	13.3	5.9	26.7	0.189	0.101	9.03	10.06
20 and over....	0.056	0.061	0.68	0.059	9.6	5.2	20.5	0.209	0.092	4.37	6.82
2 and over...	0.044	0.047	0.49	0.050	7.8	4.3	16.3	0.143	0.067	3.30	6.46
<b>Mexican American:</b>											
2 - 5.....	0.057	0.102	0.75	0.098	6.1	11.5	14.3	0.846	0.132	14.22	5.74
6 - 11.....	0.061	0.116	0.81	0.067	9.5	13.1	25.7	1.092	0.101	9.67	3.18
12 - 19.....	0.049	0.064	0.65	0.076	8.0	8.3	18.0	0.195	0.080	6.70	3.79
20 and over....	0.048	0.060	0.68	0.069	10.0	8.7	19.9	0.234	0.106	7.37	7.41
2 and over...	0.033	0.054	0.47	0.053	6.8	6.4	14.7	0.311	0.084	5.77	4.68
<b>All Individuals<sup>4</sup>:</b>											
2 - 5.....	0.028	0.061	0.41	0.051	9.4	4.1	17.5	0.236	0.142	6.16	1.59
6 - 11.....	0.046	0.072	0.73	0.072	13.8	4.2	23.8	0.240	0.092	4.36	1.90
12 - 19.....	0.047	0.069	0.64	0.054	9.4	3.7	19.0	0.215	0.070	5.50	3.90
20 and over....	0.021	0.040	0.33	0.034	5.1	3.5	10.6	0.170	0.055	3.40	2.62
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

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

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**Table 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2003-2004--continued**

Race/ethnicity and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium <sup>†</sup> (mg)	Potassium (mg)	Selenium (µg)
<b>Non-Hispanic White:</b>									
2 - 5.....	34.1	34.0	4.2	0.36	0.28	0.02	72.8	67.2	2.54
6 - 11.....	54.7	49.3	5.9	0.67	0.47	0.03	88.0	90.6	2.79
12 - 19.....	47.0	43.9	8.7	0.63	0.47	0.04	124.7	96.7	3.45
20 and over....	17.9	19.5	5.5	0.28	0.22	0.03	41.8	44.0	1.57
2 and over...	16.1	17.7	4.8	0.28	0.21	0.02	41.5	42.2	1.54
<b>Non-Hispanic Black:</b>									
2 - 5.....	48.5	47.7	9.8	0.76	0.73	0.05	143.1	126.1	3.70
6 - 11.....	44.6	36.3	7.7	0.89	1.07	0.04	147.1	75.7	3.69
12 - 19.....	21.5	33.2	8.4	0.74	0.56	0.04	120.1	80.3	3.63
20 and over....	27.3	35.2	7.4	0.54	0.61	0.04	109.7	67.6	3.12
2 and over...	18.8	27.0	6.0	0.38	0.38	0.03	70.3	54.3	2.57
<b>Mexican American:</b>									
2 - 5.....	77.0	67.7	12.3	0.53	0.44	0.17	90.2	151.9	4.89
6 - 11.....	59.0	60.7	8.9	0.96	0.54	0.20	114.6	74.6	4.25
12 - 19.....	33.0	47.1	10.2	0.43	0.47	0.05	126.4	94.6	4.05
20 and over....	43.6	41.2	7.0	0.52	0.51	0.03	102.8	80.8	3.38
2 and over...	37.6	32.2	4.8	0.40	0.32	0.04	69.5	59.0	2.66
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	31.4	29.6	4.6	0.27	0.24	0.03	46.0	62.8	2.13
6 - 11.....	41.8	37.9	5.2	0.51	0.31	0.04	67.6	65.5	2.32
12 - 19.....	36.5	33.7	6.1	0.45	0.38	0.03	95.2	68.4	2.66
20 and over....	16.7	17.2	4.5	0.19	0.20	0.02	33.1	34.8	1.35
2 and over...	16.6	16.1	4.0	0.19	0.18	0.02	30.5	35.9	1.30

<sup>†</sup>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 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2003-2004--continued**

Race/ethnicity 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
<b>Non-Hispanic White:</b>								
2 - 5.....	0.033	0.022	0.026	0.028	0.050	0.129	0.542	0.307
6 - 11.....	0.057	0.033	0.026	0.039	0.069	0.180	0.674	0.389
12 - 19.....	0.040	0.020	0.013	0.028	0.043	0.116	0.523	0.240
20 and over....	0.022	0.010	0.007	0.013	0.030	0.057	0.195	0.109
2 and over...	0.015	0.007	0.005	0.010	0.029	0.038	0.150	0.088
<b>Non-Hispanic Black:</b>								
2 - 5.....	0.037	0.024	0.027	0.032	0.075	0.124	0.738	0.363
6 - 11.....	0.023	0.014	0.017	0.021	0.044	0.088	0.545	0.239
12 - 19.....	0.026	0.016	0.014	0.020	0.052	0.093	0.442	0.207
20 and over....	0.021	0.012	0.009	0.014	0.033	0.067	0.470	0.230
2 and over...	0.014	0.009	0.007	0.010	0.023	0.044	0.349	0.162
<b>Mexican American:</b>								
2 - 5.....	0.047	0.037	0.039	0.039	0.038	0.183	0.581	0.242
6 - 11.....	0.048	0.024	0.011	0.025	0.063	0.147	0.740	0.328
12 - 19.....	0.027	0.014	0.012	0.019	0.043	0.108	0.590	0.333
20 and over....	0.043	0.022	0.017	0.028	0.056	0.140	0.583	0.295
2 and over...	0.032	0.017	0.012	0.020	0.028	0.098	0.439	0.223
<b>All Individuals<sup>4</sup>:</b>								
2 - 5.....	0.024	0.015	0.016	0.017	0.030	0.082	0.380	0.207
6 - 11.....	0.037	0.020	0.016	0.024	0.040	0.111	0.426	0.247
12 - 19.....	0.027	0.013	0.008	0.018	0.021	0.078	0.349	0.165
20 and over....	0.016	0.007	0.006	0.010	0.023	0.043	0.164	0.093
2 and over...	0.012	0.005	0.004	0.007	0.020	0.030	0.127	0.076

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**Table 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2003-2004--continued**

Race/ethnicity 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>Non-Hispanic White:</b>											
2 - 5.....	0.054	1.020	0.011	0.007	0.344	0.049	0.002	0.005	0.002	0.001	0.004
6 - 11.....	0.051	1.167	0.014	0.004	0.885	0.077	0.003	0.005	0.001	0.001	0.003
12 - 19.....	0.041	0.933	0.009	0.003	0.561	0.051	0.002	0.004	0.003	0.001	0.005
20 and over....	0.021	0.368	0.004	0.003	0.294	0.029	0.001	0.005	0.004	0.002	0.006
2 and over...	0.018	0.318	0.003	0.002	0.255	0.024	0.001	0.004	0.003	0.001	0.005
<b>Non-Hispanic Black:</b>											
2 - 5.....	0.098	1.297	0.018	0.007	0.581	0.070	0.001	0.007	0.001	0.001	0.003
6 - 11.....	0.069	1.102	0.012	0.004	0.636	0.051	0.004	0.009	0.005	0.002	0.007
12 - 19.....	0.052	0.809	0.012	0.005	0.629	0.048	0.001	0.007	0.004	0.001	0.006
20 and over....	0.057	0.915	0.012	0.004	0.559	0.043	0.002	0.006	0.007	0.002	0.012
2 and over...	0.033	0.705	0.010	0.003	0.467	0.036	0.001	0.005	0.005	0.002	0.009
<b>Mexican American:</b>											
2 - 5.....	0.047	0.749	0.008	0.003	0.426	0.060	0.001	0.005	0.005	0.001	0.009
6 - 11.....	0.073	1.429	0.012	0.003	0.759	0.080	0.001	0.009	0.007	0.002	0.007
12 - 19.....	0.068	1.286	0.014	0.009	0.559	0.053	0.002	0.008	0.007	0.001	0.008
20 and over....	0.069	1.138	0.010	0.003	0.639	0.078	0.001	0.008	0.002	0.001	0.004
2 and over...	0.055	0.851	0.008	0.003	0.409	0.053	0.001	0.007	0.002	0.001	0.003
<b>All Individuals<sup>4</sup>:</b>											
2 - 5.....	0.036	0.724	0.009	0.005	0.292	0.037	0.001	0.003	0.002	0.001	0.003
6 - 11.....	0.029	0.844	0.010	0.003	0.645	0.058	0.002	0.004	0.002	0.001	0.003
12 - 19.....	0.029	0.712	0.007	0.002	0.412	0.037	0.001	0.004	0.003	0.001	0.005
20 and over....	0.018	0.319	0.004	0.002	0.242	0.025	0.001	0.004	0.004	0.001	0.006
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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<sup>4</sup>"All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

**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, by Race/Ethnicity and Age, One Day, 2003-2004. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2003-2004--continued**

Race/ethnicity and age (years)	Caffeine (mg)	Theo-bromine (mg)	Alcohol (g)
<b>Non-Hispanic White:</b>			
2 - 5.....	5.95	7.41	*
6 - 11.....	5.05	8.65	*
12 - 19.....	5.43	5.16	1.21
20 and over....	9.20	2.76	0.75
2 and over...	7.05	2.77	0.52
<b>Non-Hispanic Black:</b>			
2 - 5.....	0.59	7.06	*
6 - 11.....	1.76	7.01	*
12 - 19.....	2.65	3.91	0.44
20 and over....	4.58	4.35	1.34
2 and over...	3.61	3.06	0.90
<b>Mexican American:</b>			
2 - 5.....	1.61	8.02	*
6 - 11.....	4.49	6.84	*
12 - 19.....	5.51	10.96	0.97
20 and over....	8.49	5.36	1.20
2 and over...	6.75	4.48	0.79
<b>All Individuals<sup>4</sup>:</b>			
2 - 5.....	3.86	5.67	*
6 - 11.....	3.14	6.23	0.01
12 - 19.....	3.31	3.56	0.81
20 and over....	8.89	2.34	0.68
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.

<sup>4</sup>"All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

**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, by Race/Ethnicity and Age, One Day, 2003-2004. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).