

Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2003-2004

Family income in dollars 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)
\$0 - \$24,999:											
2 - 5.....	393	1836	62.9	249	137	12.0	68.0	25.5	24.9	11.7	217
6 - 11.....	392	2277	77.1	305	155	14.8	86.2	30.5	31.7	16.9	242
12 - 19.....	964	2368	81.8	312	157	13.8	88.5	30.2	32.9	18.0	251
20 and over....	1848	2139	77.9	269	130	14.6	79.1	26.0	29.7	16.6	280
2 and over...	3597	2160	77.3	276	137	14.3	80.2	26.9	30.0	16.5	268
\$25,000 - \$74,999:											
2 - 5.....	256	1625	54.9	224	125	9.1	58.6	21.8	21.6	10.5	170
6 - 11.....	345	2019	66.9	280	143	12.2	72.8	25.5	27.6	13.7	220
12 - 19.....	755	2295	78.4	307	156	13.6	84.4	29.0	31.7	17.0	232
20 and over....	1734	2191	82.8	266	126	15.4	83.1	27.5	31.3	17.3	291
2 and over...	3090	2159	79.6	269	131	14.6	81.1	27.2	30.5	16.7	273
\$75,000 and higher:											
2 - 5.....	93	1628	58.9	227	119	11.4	55.9	20.6	20.2	10.7	164
6 - 11.....	136	2008	67.4	277	143	12.0	72.9	25.9	26.7	14.3	209
12 - 19.....	361	2386	84.9	314	158	13.9	90.0	30.8	33.3	19.0	257
20 and over....	688	2332	88.6	274	124	17.2	90.7	29.4	34.0	19.9	296
2 and over...	1278	2279	84.8	278	130	16.0	87.5	28.9	32.7	18.9	277
All Individuals⁴:											
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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Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2003-2004--continued

Family income in dollars 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)
\$0 - \$24,999:									
2 - 5.....	4.6	#0.3	452	532	168	814	150	4357	729
6 - 11.....	6.5	#0.3	509	614	#245	1094	117	4863	744
12 - 19.....	6.6	#0.1	393	498	192	1074	184	6473	930
20 and over....	6.5	0.3	389	541	323	1606	138	6371	1101
2 and over...	6.4	0.3	405	542	289	1437	142	6100	1020
\$25,000 - \$74,999:									
2 - 5.....	4.1	#0.1	470	551	#223	812	112	3311	461
6 - 11.....	5.1	#0.1	457	550	#205	923	#181	7321	641
12 - 19.....	6.5	#0.3	443	541	185	1017	128	7488	823
20 and over....	6.9	0.4	427	616	353	2039	131	6790	1420
2 and over...	6.6	0.3	433	600	317	1781	134	6724	1247
\$75,000 and higher:									
2 - 5.....	3.8	#*	457	548	197	932	140	4100	528
6 - 11.....	5.2	#0.1	477	541	110	661	108	3760	681
12 - 19.....	7.7	0.3	506	612	192	1103	149	5826	791
20 and over....	8.3	#0.5	441	651	381	2248	158	6414	1876
2 and over...	7.7	0.5	454	631	321	1883	152	5991	1552
All Individuals⁴:									
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 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2003-2004--continued

Family income in dollars 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. C (mg)	Vit. K (µg)
									Vit. B12 (µg)		
\$0 - \$24,999:											
2 - 5.....	1.46	2.20	17.5	1.73	202	153	497	5.74	1.45	119.5	41.5
6 - 11.....	1.81	2.49	23.5	1.97	298	172	679	5.96	1.36	92.6	50.4
12 - 19.....	1.73	2.15	22.9	1.79	223	182	561	4.99	0.79	103.5	63.4
20 and over....	1.57	2.13	22.9	1.75	184	194	507	4.73	0.71	84.5	76.5
2 and over...	1.61	2.18	22.6	1.78	201	187	529	4.95	0.83	90.0	70.0
\$25,000 - \$74,999:											
2 - 5.....	1.34	2.04	16.2	1.44	192	120	446	4.54	1.17	95.7	36.3
6 - 11.....	1.59	2.19	21.2	1.67	240	140	549	5.35	1.30	73.1	46.6
12 - 19.....	1.74	2.23	23.0	1.77	256	165	600	5.22	1.07	83.5	61.4
20 and over....	1.62	2.20	24.1	1.86	188	212	533	5.10	0.72	86.3	92.1
2 and over...	1.62	2.19	23.3	1.81	200	197	536	5.10	0.83	85.5	82.4
\$75,000 and higher:											
2 - 5.....	1.29	2.03	15.7	1.37	162	128	405	4.21	0.78	87.5	34.8
6 - 11.....	1.51	2.20	18.9	1.51	250	137	562	4.55	0.99	78.0	40.0
12 - 19.....	1.92	2.46	25.0	1.89	257	181	619	5.73	1.12	81.7	61.9
20 and over....	1.83	2.50	26.6	2.02	209	235	592	5.62	0.95	93.0	119.2
2 and over...	1.79	2.45	25.2	1.92	218	214	585	5.48	0.97	89.8	100.1
All Individuals⁴:											
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 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2003-2004--continued

Family income in dollars and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium [†] (mg)	Potassium (mg)	Selenium (µg)
\$0 - \$24,999:									
2 - 5.....	1010	1175	215	14.0	10.6	1.0	2670	2400	77.9
6 - 11.....	1118	1401	260	17.4	12.9	1.3	3298	2537	99.4
12 - 19.....	978	1330	249	15.9	12.5	1.2	3523	2475	105.1
20 and over....	833	1260	262	15.1	11.2	1.2	3288	2567	103.7
2 and over...	891	1276	257	15.3	11.5	1.2	3275	2542	101.7
\$25,000 - \$74,999:									
2 - 5.....	978	1084	185	11.5	8.7	0.8	2413	1983	69.4
6 - 11.....	951	1201	212	14.8	11.3	1.0	3124	2123	89.6
12 - 19.....	1002	1313	238	16.7	12.4	1.1	3550	2330	100.8
20 and over....	864	1315	274	15.4	12.2	1.3	3435	2692	108.6
2 and over...	891	1294	260	15.3	11.9	1.2	3369	2572	104.2
\$75,000 and higher:									
2 - 5.....	1010	1147	208	11.7	8.2	0.9	2338	2212	80.1
6 - 11.....	1000	1269	216	14.0	10.5	1.0	3010	2093	90.4
12 - 19.....	1142	1468	263	17.2	12.4	1.2	3674	2513	112.7
20 and over....	958	1452	317	17.1	12.8	1.4	3794	2961	117.5
2 and over...	990	1424	295	16.6	12.4	1.3	3641	2786	112.7
All Individuals⁴:									
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

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

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Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2003-2004--continued

Family income in dollars and age (years)	SFA ¹ 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)
\$0 - \$24,999:								
2 - 5.....	0.65	0.42	0.38	0.54	0.68	2.50	13.45	6.23
6 - 11.....	0.75	0.43	0.36	0.58	0.77	2.81	16.32	7.63
12 - 19.....	0.68	0.37	0.30	0.51	0.79	2.63	16.37	7.71
20 and over....	0.52	0.29	0.23	0.40	0.66	2.13	14.27	6.78
2 and over...	0.57	0.32	0.26	0.44	0.69	2.28	14.67	6.94
\$25,000 - \$74,999:								
2 - 5.....	0.61	0.36	0.28	0.46	0.57	2.14	11.46	5.33
6 - 11.....	0.61	0.33	0.26	0.46	0.67	2.26	13.56	6.65
12 - 19.....	0.69	0.35	0.26	0.49	0.66	2.57	15.66	7.44
20 and over....	0.57	0.30	0.24	0.44	0.76	2.30	14.93	7.15
2 and over...	0.59	0.31	0.25	0.45	0.74	2.31	14.72	7.04
\$75,000 and higher:								
2 - 5.....	0.61	0.34	0.27	0.47	0.66	2.06	10.64	4.94
6 - 11.....	0.69	0.37	0.28	0.52	0.70	2.43	13.63	6.47
12 - 19.....	0.77	0.39	0.28	0.56	0.73	2.74	16.46	7.84
20 and over....	0.64	0.32	0.25	0.48	0.81	2.44	15.90	7.59
2 and over...	0.66	0.34	0.26	0.49	0.78	2.47	15.54	7.41
All Individuals⁴:								
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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Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2003-2004--continued

Family income in dollars and age (years)	MFA ² 16:1 (g)	MFA 18:1 (g)	MFA 20:1 (g)	MFA 22:1 (g)	PFA ³ 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)
\$0 - \$24,999:											
2 - 5.....	1.06	23.22	0.16	0.03	10.31	1.11	0.01	0.08	0.01	0.01	0.02
6 - 11.....	1.23	29.75	0.23	0.03	15.03	1.44	#0.02	0.10	#0.01	0.01	0.03
12 - 19.....	1.38	30.68	0.23	0.04	15.96	1.53	0.01	0.12	0.02	0.01	0.04
20 and over....	1.26	27.68	0.22	0.03	14.60	1.42	0.01	0.13	0.03	0.02	0.07
2 and over...	1.26	27.94	0.22	0.03	14.51	1.42	0.01	0.12	0.03	0.01	0.06
\$25,000 - \$74,999:											
2 - 5.....	0.86	20.20	0.16	0.03	9.33	0.92	#0.01	0.06	0.01	*	0.02
6 - 11.....	1.09	25.86	0.17	0.02	12.26	1.12	0.01	0.09	0.01	0.01	0.03
12 - 19.....	1.36	29.52	0.22	0.04	15.15	1.48	0.01	0.11	0.01	0.01	0.03
20 and over....	1.38	29.10	0.23	0.04	15.14	1.54	0.01	0.14	0.05	0.02	0.08
2 and over...	1.33	28.42	0.22	0.04	14.61	1.47	0.01	0.13	0.04	0.02	0.07
\$75,000 and higher:											
2 - 5.....	0.79	18.88	0.13	0.01	9.59	0.95	0.01	0.07	0.01	#0.01	0.03
6 - 11.....	1.07	24.93	0.18	0.03	12.31	1.14	0.02	0.09	0.01	0.01	0.03
12 - 19.....	1.40	31.08	0.24	0.04	16.91	1.54	0.01	0.12	#0.03	0.01	0.06
20 and over....	1.41	31.66	0.26	0.04	17.32	1.71	0.01	0.15	0.05	0.02	0.09
2 and over...	1.35	30.40	0.25	0.04	16.47	1.60	0.01	0.13	0.04	0.02	0.07
All Individuals⁴:											
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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Family income in dollars and age (years)	Caffeine (mg)	Theo- bromine (mg)	Alcohol (g)
\$0 - \$24,999:			
2 - 5.....	#25.0	45.8	0.0
6 - 11.....	32.1	80.1	#*
12 - 19.....	48.6	48.6	#3.0
20 and over....	180.6	35.4	9.4
2 and over...	139.5	42.1	7.1
\$25,000 - \$74,999:			
2 - 5.....	7.6	54.3	#*
6 - 11.....	31.8	65.7	#*
12 - 19.....	61.3	44.6	#2.5
20 and over....	180.1	46.5	10.5
2 and over...	147.1	48.3	8.3
\$75,000 and higher:			
2 - 5.....	5.4	48.8	#*
6 - 11.....	31.5	70.7	#*
12 - 19.....	72.2	49.4	#1.1
20 and over....	219.9	56.8	14.1
2 and over...	172.1	56.6	10.3
All Individuals⁴:			
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 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2003-2004

Family income in dollars 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)
\$0 - \$24,999:											
2 - 5.....	393	47.5	2.31	5.4	3.0	0.41	3.20	1.36	1.30	0.45	12.6
6 - 11.....	392	99.7	3.24	11.5	6.1	1.00	5.30	1.79	2.08	1.39	9.0
12 - 19.....	964	62.5	3.26	7.5	3.9	0.45	3.05	1.06	1.09	0.79	7.4
20 and over....	1848	35.6	1.75	4.3	2.6	0.55	1.66	0.63	0.64	0.38	7.0
2 and over...	3597	31.4	1.49	3.9	2.2	0.50	1.48	0.55	0.55	0.31	4.8
\$25,000 - \$74,999:											
2 - 5.....	256	49.1	1.68	7.9	5.5	0.40	2.56	0.85	1.18	0.55	8.0
6 - 11.....	345	54.1	1.68	9.6	8.5	0.34	2.21	0.86	0.95	0.63	11.9
12 - 19.....	755	65.4	2.48	8.2	4.0	0.74	3.28	1.24	1.23	0.76	5.5
20 and over....	1734	38.6	1.75	4.2	2.6	0.38	2.24	0.80	0.90	0.45	12.3
2 and over...	3090	29.3	1.40	3.8	2.5	0.35	1.65	0.57	0.68	0.35	9.0
\$75,000 and higher:											
2 - 5.....	93	53.1	2.76	7.0	4.6	0.85	2.65	0.66	1.13	0.79	10.2
6 - 11.....	136	95.7	3.09	13.6	7.7	0.42	4.31	2.06	1.58	0.73	24.2
12 - 19.....	361	55.9	2.70	8.3	5.2	0.64	2.64	1.00	1.23	0.89	12.5
20 and over....	688	34.2	1.45	5.9	3.7	0.63	1.70	0.49	0.56	0.85	8.1
2 and over...	1278	27.3	1.29	5.1	3.5	0.46	1.31	0.31	0.44	0.72	7.2
All Individuals⁴:											
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

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Table 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2003-2004--continued

Family income in dollars 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)
\$0 - \$24,999:									
2 - 5.....	0.22	0.13	31.1	34.1	28.8	75.0	23.6	350.5	41.5
6 - 11.....	0.55	0.19	50.2	54.4	78.7	193.2	16.2	581.0	76.5
12 - 19.....	0.34	0.02	19.0	21.3	20.6	142.8	37.2	403.8	159.4
20 and over....	0.18	0.07	13.9	25.5	59.2	172.9	10.1	608.0	83.5
2 and over...	0.14	0.06	12.4	19.4	40.5	122.4	9.1	463.9	69.6
\$25,000 - \$74,999:									
2 - 5.....	0.16	0.08	35.9	44.6	78.9	177.1	21.5	487.0	24.7
6 - 11.....	0.17	0.03	38.2	42.9	66.9	154.6	81.3	859.1	73.1
12 - 19.....	0.25	0.08	26.9	31.0	24.8	90.0	14.4	640.4	70.9
20 and over....	0.15	0.06	21.6	21.6	37.1	152.6	10.0	470.2	104.8
2 and over...	0.12	0.05	20.9	20.1	30.2	114.1	10.5	391.1	86.6
\$75,000 and higher:									
2 - 5.....	0.28	0.02	37.3	46.3	54.2	212.3	26.6	875.3	103.0
6 - 11.....	0.40	0.12	45.4	45.7	22.9	91.8	26.8	621.0	152.5
12 - 19.....	0.73	0.09	33.6	43.7	32.9	172.8	21.8	715.6	59.0
20 and over....	0.45	0.19	17.3	35.9	58.2	259.4	21.0	578.3	155.9
2 and over...	0.31	0.13	15.0	28.7	44.2	191.8	16.5	457.1	124.4
All Individuals⁴:									
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 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2003-2004--continued

Family income in dollars 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)
\$0 - \$24,999:											
2 - 5.....	0.039	0.062	0.48	0.079	16.3	7.0	30.5	0.463	0.188	6.79	3.01
6 - 11.....	0.088	0.117	1.22	0.084	28.3	10.7	51.3	0.519	0.124	7.87	5.04
12 - 19.....	0.072	0.075	1.02	0.088	14.2	8.9	31.1	0.229	0.078	11.07	8.45
20 and over....	0.037	0.059	0.50	0.053	4.8	4.4	10.9	0.137	0.067	5.05	3.78
2 and over...	0.033	0.047	0.43	0.044	5.1	4.4	11.5	0.136	0.052	4.59	3.47
\$25,000 - \$74,999:											
2 - 5.....	0.051	0.090	0.77	0.065	16.0	5.1	30.0	0.265	0.185	10.29	2.07
6 - 11.....	0.074	0.121	0.88	0.127	15.0	3.4	26.5	0.327	0.222	8.01	3.19
12 - 19.....	0.064	0.087	0.80	0.066	14.9	7.1	29.2	0.236	0.142	3.99	4.38
20 and over....	0.032	0.041	0.41	0.044	7.3	5.4	15.0	0.225	0.061	3.99	5.00
2 and over...	0.027	0.040	0.40	0.042	6.7	4.0	13.2	0.185	0.068	3.43	3.86
\$75,000 and higher:											
2 - 5.....	0.056	0.142	0.81	0.061	11.1	8.5	21.9	0.363	0.144	9.14	3.67
6 - 11.....	0.085	0.141	0.82	0.085	22.9	8.1	40.7	0.278	0.153	5.30	3.51
12 - 19.....	0.081	0.112	0.81	0.087	17.8	7.9	32.9	0.401	0.154	6.11	4.88
20 and over....	0.051	0.099	0.76	0.057	10.9	5.7	23.0	0.284	0.156	4.78	8.18
2 and over...	0.040	0.081	0.61	0.045	9.5	4.6	18.6	0.228	0.119	3.75	6.12
All Individuals⁴:											
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

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Table 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2003-2004--continued

Family income in dollars and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium [†] (mg)	Potassium (mg)	Selenium (µg)
\$0 - \$24,999:									
2 - 5.....	45.4	45.2	7.2	0.55	0.38	0.07	89.7	96.0	2.14
6 - 11.....	67.3	70.7	12.1	0.89	0.51	0.10	140.6	121.1	4.71
12 - 19.....	40.4	46.0	9.7	0.63	0.48	0.06	150.3	89.9	4.61
20 and over....	24.8	31.8	7.9	0.27	0.27	0.03	68.6	66.6	2.43
2 and over...	21.3	26.9	7.1	0.24	0.22	0.03	55.8	57.1	2.22
\$25,000 - \$74,999:									
2 - 5.....	50.3	43.1	5.6	0.38	0.35	0.03	90.1	74.1	2.32
6 - 11.....	51.4	42.2	6.1	0.47	0.44	0.03	83.3	73.1	2.62
12 - 19.....	47.8	46.2	8.4	0.66	0.44	0.04	157.7	78.5	3.85
20 and over....	16.6	23.4	4.9	0.23	0.31	0.03	77.2	52.7	2.08
2 and over...	16.7	21.0	4.3	0.20	0.26	0.03	56.9	46.4	1.73
\$75,000 and higher:									
2 - 5.....	92.8	77.2	9.0	0.46	0.27	0.04	60.4	144.1	4.91
6 - 11.....	76.0	64.1	8.7	0.71	0.46	0.04	216.4	78.7	5.65
12 - 19.....	58.6	44.4	9.5	0.77	0.66	0.05	116.2	133.0	3.65
20 and over....	39.3	41.9	8.7	0.58	0.40	0.04	69.2	58.0	2.18
2 and over...	31.7	33.1	6.2	0.45	0.32	0.03	51.2	54.8	2.02
All Individuals⁴:									
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

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

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Table 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2003-2004--continued

Family income in dollars and age (years)	SFA ¹ 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)
\$0 - \$24,999:								
2 - 5.....	0.042	0.025	0.029	0.032	0.047	0.152	0.688	0.344
6 - 11.....	0.059	0.032	0.030	0.042	0.050	0.198	0.924	0.489
12 - 19.....	0.044	0.026	0.017	0.031	0.037	0.127	0.553	0.253
20 and over....	0.030	0.016	0.010	0.020	0.018	0.084	0.326	0.149
2 and over...	0.024	0.013	0.008	0.016	0.016	0.069	0.287	0.132
\$25,000 - \$74,999:								
2 - 5.....	0.036	0.020	0.018	0.024	0.035	0.091	0.433	0.271
6 - 11.....	0.044	0.023	0.019	0.029	0.084	0.113	0.407	0.258
12 - 19.....	0.042	0.022	0.014	0.027	0.039	0.131	0.646	0.313
20 and over....	0.020	0.012	0.011	0.016	0.042	0.075	0.444	0.222
2 and over...	0.016	0.009	0.008	0.012	0.036	0.054	0.318	0.160
\$75,000 and higher:								
2 - 5.....	0.025	0.015	0.028	0.018	0.115	0.074	0.443	0.202
6 - 11.....	0.091	0.053	0.043	0.071	0.115	0.292	0.966	0.463
12 - 19.....	0.043	0.022	0.016	0.029	0.065	0.130	0.530	0.227
20 and over....	0.027	0.013	0.007	0.016	0.047	0.072	0.246	0.117
2 and over...	0.019	0.010	0.006	0.012	0.040	0.049	0.171	0.073
All Individuals⁴:								
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 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2003-2004--continued

Family income in dollars and age (years)	MFA ² 16:1 (g)	MFA 18:1 (g)	MFA 20:1 (g)	MFA 22:1 (g)	PFA ³ 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)
\$0 - \$24,999:											
2 - 5.....	0.068	1.176	0.010	0.003	0.384	0.058	0.001	0.005	0.002	0.001	0.004
6 - 11.....	0.050	2.006	0.024	0.005	1.278	0.121	0.006	0.008	0.003	0.002	0.005
12 - 19.....	0.048	1.043	0.008	0.004	0.734	0.071	0.003	0.006	0.002	0.001	0.004
20 and over....	0.031	0.591	0.006	0.002	0.308	0.029	0.001	0.004	0.003	0.001	0.005
2 and over...	0.024	0.515	0.006	0.002	0.267	0.024	0.001	0.003	0.002	0.001	0.004
\$25,000 - \$74,999:											
2 - 5.....	0.043	1.134	0.018	0.004	0.519	0.043	0.002	0.006	0.002	0.001	0.003
6 - 11.....	0.048	0.891	0.010	0.003	0.580	0.045	0.002	0.006	0.003	0.001	0.005
12 - 19.....	0.052	1.161	0.011	0.004	0.698	0.074	0.002	0.005	0.003	0.001	0.004
20 and over....	0.048	0.829	0.008	0.004	0.355	0.045	0.001	0.007	0.006	0.002	0.009
2 and over...	0.037	0.628	0.006	0.003	0.276	0.033	0.001	0.005	0.005	0.002	0.007
\$75,000 and higher:											
2 - 5.....	0.055	1.073	0.010	0.003	0.728	0.070	0.002	0.004	0.003	0.002	0.008
6 - 11.....	0.079	1.470	0.016	0.006	0.670	0.064	0.003	0.012	0.003	0.002	0.004
12 - 19.....	0.057	1.170	0.017	0.007	0.866	0.071	0.003	0.008	0.011	0.002	0.016
20 and over....	0.028	0.530	0.012	0.003	0.763	0.069	0.002	0.006	0.009	0.002	0.012
2 and over...	0.024	0.431	0.009	0.002	0.654	0.055	0.002	0.005	0.008	0.002	0.011
All Individuals⁴:											
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

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Table 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2003-2004--continued

Family income in dollars and age (years)	Caffeine (mg)	Theo- bromine (mg)	Alcohol (g)
\$0 - \$24,999:			
2 - 5.....	7.89	4.44	0.00
6 - 11.....	4.46	11.36	*
12 - 19.....	3.38	3.59	0.93
20 and over....	13.29	3.56	0.86
2 and over...	10.94	3.09	0.58
\$25,000 - \$74,999:			
2 - 5.....	1.05	8.39	*
6 - 11.....	2.73	8.34	0.02
12 - 19.....	5.23	6.12	1.61
20 and over....	8.99	2.61	0.94
2 and over...	7.53	2.59	0.62
\$75,000 and higher:			
2 - 5.....	1.54	10.40	*
6 - 11.....	7.01	17.18	*
12 - 19.....	7.96	6.86	0.48
20 and over....	18.47	6.31	1.33
2 and over...	13.86	4.93	1.01
All Individuals⁴:			
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

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