Table 18. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2005-2006

Race/ethnicity and age (years)	Percent reporting[3] % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Non-Hispanic White:										
2 - 5.....	96* (0.9)	26 (1.4)	28 (1.5)	23 (1.4)	21 (1.7)	27 (1.3)	29 (2.0)	27 (1.6)	30 (2.4)	32 (2.7)
6 - 11.....	91 (2.2)	27 (0.8)	29 (1.0)	25 (0.9)	23 (1.0)	30 (3.0)	29 (1.0)	29 (1.1)	30 (0.9)	31 (1.8)
12 - 19.....	80 (2.0)	25 (1.0)	27 (1.1)	23 (0.9)	20 (0.8)	24 (1.2)	27 (1.4)	26 (1.3)	27 (1.5)	29 (1.7)
20 and over...	82 (1.1)	24 (0.3)	28 (0.5)	23 (0.4)	19 (0.5)	25 (0.6)	27 (0.4)	25 (0.5)	27 (0.5)	29 (0.4)
2 and over...	83 (1.1)	25 (0.4)	28 (0.5)	23 (0.4)	20 (0.3)	25 (0.6)	27 (0.4)	26 (0.5)	27 (0.5)	29 (0.4)
Non-Hispanic Black:										
2 - 5.....	85 (4.6)	25 (1.6)	29 (1.7)	22 (1.5)	20 (1.7)	29 (2.2)	27 (2.0)	26 (1.8)	28 (2.0)	25 (2.6)
6 - 11.....	85 (2.3)	25 (1.1)	29 (1.4)	24 (1.1)	23 (1.3)	29 (1.9)	26 (1.3)	27 (1.6)	26 (1.4)	23 (1.2)
12 - 19.....	74 (3.4)	24 (1.1)	27 (1.4)	23 (1.1)	20 (1.5)	25 (1.3)	26 (1.2)	26 (1.4)	26 (1.1)	26 (1.7)
20 and over...	68 (1.5)	22 (0.8)	25 (1.1)	21 (0.8)	19 (0.9)	23 (0.9)	23 (0.9)	23 (1.0)	23 (0.9)	25 (1.1)
2 and over...	71 (1.4)	23 (0.8)	26 (1.0)	21 (0.7)	20 (0.9)	24 (0.9)	24 (0.9)	24 (0.9)	24 (0.9)	25 (1.0)
Mexican American:										
2 - 5.....	88 (2.9)	24 (1.1)	25 (1.2)	23 (1.3)	19 (1.4)	30 (2.0)	24 (1.1)	20 (1.0)	26 (1.1)	30 (2.4)
6 - 11.....	88 (2.7)	26 (2.2)	31 (2.5)	24 (2.2)	21 (1.5)	27 (2.7)	28 (2.3)	28 (2.1)	29 (2.4)	28 (2.8)
12 - 19.....	82 (1.6)	28 (0.9)	30 (1.5)	26 (0.8)	23 (0.9)	28 (1.3)	29 (1.0)	29 (1.2)	30 (0.9)	29 (1.0)
20 and over...	77 (1.8)	26 (1.1)	30 (1.1)	24 (1.0)	21 (0.7)	28 (1.5)	27 (1.5)	25 (1.4)	27 (1.5)	28 (2.0)
2 and over...	80 (1.2)	26 (0.7)	29 (0.8)	25 (0.7)	21 (0.5)	28 (1.1)	27 (1.0)	26 (0.9)	28 (1.0)	28 (1.3)
All Individuals[4]:										
2 - 5.....	91 (1.5)	25 (1.0)	28 (0.9)	23 (1.1)	20 (1.3)	28 (1.0)	28 (1.2)	25 (1.0)	29 (1.4)	30 (1.7)
6 - 11.....	88 (2.0)	26 (0.8)	29 (1.1)	24 (0.7)	22 (0.8)	30 (2.3)	28 (1.1)	28 (1.1)	29 (1.0)	29 (1.7)
12 - 19.....	79 (1.5)	25 (0.7)	27 (0.7)	24 (0.6)	20 (0.5)	25 (0.9)	27 (1.0)	26 (0.9)	27 (1.1)	29 (1.2)
20 and over...	79 (0.9)	24 (0.3)	28 (0.4)	23 (0.3)	19 (0.3)	25 (0.5)	26 (0.4)	25 (0.4)	27 (0.5)	28 (0.5)
2 and over...	80 (1.0)	25 (0.3)	28 (0.4)	23 (0.3)	20 (0.3)	26 (0.5)	27 (0.4)	25 (0.4)	27 (0.4)	29 (0.4)

Table 18. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2005-2006 *(continued)*

Race/ethnicity and age (years)	Choles-terol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Ribo-flavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	24 (1.4)	20 (1.7)	37 (4.7)	40 (7.2)	23 (0.9)	21 (1.2)	26 (0.9)	20 (1.2)	19 (1.5)
6 - 11.....	26 (2.9)	18 (1.3)	20 (4.4)	32 (6.4)	25 (1.1)	23 (1.0)	26 (0.9)	20 (0.9)	20 (1.4)
12 - 19.....	23 (1.4)	19 (2.1)	30 (8.9)	22 (3.4)	25 (1.7)	21 (1.1)	25 (1.4)	20 (1.0)	21 (1.5)
20 and over...	24 (0.6)	20 (0.8)	31 (2.2)	31 (2.7)	24 (0.8)	20 (0.5)	26 (0.6)	22 (0.6)	21 (0.5)
2 and over...	24 (0.6)	20 (0.8)	31 (2.0)	31 (2.2)	24 (0.7)	20 (0.4)	26 (0.5)	22 (0.5)	21 (0.5)
Non-Hispanic Black:									
2 - 5.....	23 (2.9)	17 (1.6)	35 (4.2)	45 (5.1)	22 (1.6)	20 (1.4)	24 (1.5)	21 (1.9)	17 (2.4)
6 - 11.....	23 (2.0)	25 (3.0)	38 (7.2)	35 (4.9)	22 (0.9)	25 (1.5)	24 (1.0)	20 (1.3)	18 (0.9)
12 - 19.....	24 (2.5)	19 (2.0)	22 (4.2)	38 (3.6)	23 (0.8)	22 (1.6)	25 (1.1)	21 (1.2)	20 (1.2)
20 and over...	22 (1.2)	20 (1.4)	30 (3.3)	24 (2.1)	22 (0.8)	19 (0.8)	24 (1.0)	22 (1.0)	21 (0.8)
2 and over...	22 (1.0)	20 (1.3)	30 (3.0)	28 (2.1)	22 (0.7)	20 (0.8)	24 (0.9)	22 (0.9)	20 (0.6)
Mexican American:									
2 - 5.....	23 (2.0)	15 (1.0)	42 (4.3)	49 (7.6)	20 (0.8)	15 (0.7)	25 (1.3)	20 (1.1)	17 (0.8)
6 - 11.....	26 (2.4)	24 (3.4)	42 (10.8)	30 (3.4)	22 (2.1)	23 (1.7)	25 (2.2)	21 (2.1)	19 (2.4)
12 - 19.....	27 (2.0)	20 (1.4)	28 (2.9)	37 (2.8)	26 (1.2)	23 (1.1)	29 (1.3)	25 (1.8)	23 (1.6)
20 and over...	27 (1.2)	21 (2.1)	39 (4.0)	37 (3.1)	25 (1.2)	20 (1.0)	28 (1.3)	25 (1.5)	24 (1.2)
2 and over...	27 (0.9)	21 (1.4)	38 (3.5)	37 (2.6)	25 (0.9)	20 (0.6)	28 (1.1)	24 (1.1)	23 (0.9)
All Individuals[4]:									
2 - 5.....	24 (1.0)	18 (1.2)	33 (4.0)	43 (3.9)	22 (0.7)	20 (0.9)	25 (0.6)	20 (0.8)	18 (1.1)
6 - 11.....	25 (2.2)	20 (1.1)	28 (3.0)	31 (4.8)	24 (1.0)	23 (0.9)	25 (1.1)	21 (0.8)	20 (1.2)
12 - 19.....	24 (0.8)	19 (1.6)	28 (6.7)	26 (2.2)	25 (1.2)	22 (0.7)	25 (0.9)	21 (0.7)	21 (1.0)
20 and over...	24 (0.7)	20 (0.7)	31 (1.8)	31 (2.0)	24 (0.6)	20 (0.4)	26 (0.5)	22 (0.5)	22 (0.4)
2 and over...	24 (0.5)	20 (0.6)	31 (1.6)	31 (1.6)	24 (0.5)	20 (0.4)	26 (0.4)	22 (0.4)	21 (0.5)

Table 18. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2005-2006 *(continued)*

Race/ethnicity and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)
Non-Hispanic White:								
2 - 5.....	25 (1.8)	20 (1.9)	18 (1.8)	30 (2.4)	29 (3.5)	23 (1.5)	26 (1.5)	25 (1.4)
6 - 11.....	26 (1.3)	22 (1.6)	21 (2.6)	27 (1.6)	26 (2.5)	26 (1.5)	28 (1.1)	27 (1.4)
12 - 19.....	23 (0.7)	20 (1.4)	16 (2.1)	25 (1.4)	26 (2.1)	23 (1.1)	25 (1.1)	23 (0.9)
20 and over...	23 (0.4)	22 (0.9)	19 (0.9)	24 (0.7)	30 (1.3)	22 (0.4)	25 (0.4)	21 (0.4)
2 and over...	23 (0.4)	22 (0.7)	19 (0.8)	25 (0.6)	30 (1.1)	23 (0.4)	25 (0.4)	22 (0.3)
Non-Hispanic Black:								
2 - 5.....	26 (2.4)	20 (1.7)	19 (2.8)	28 (2.7)	30 (4.3)	23 (1.6)	26 (1.4)	26 (2.0)
6 - 11.....	26 (1.6)	24 (2.6)	15 (2.1)	24 (1.6)	22 (3.2)	30 (2.1)	30 (1.8)	26 (1.5)
12 - 19.....	25 (1.9)	23 (1.7)	20 (1.5)	26 (3.7)	24 (3.1)	25 (1.7)	26 (1.6)	24 (1.2)
20 and over...	21 (1.2)	20 (1.6)	18 (1.8)	22 (1.0)	26 (2.9)	19 (0.9)	22 (0.9)	20 (0.8)
2 and over...	22 (1.1)	21 (1.3)	18 (1.4)	23 (1.0)	26 (2.2)	21 (0.9)	24 (0.9)	21 (0.8)
Mexican American:								
2 - 5.....	23 (1.3)	11 (0.6)	29 (5.5)	30 (2.4)	37 (3.9)	16 (1.1)	21 (1.1)	24 (1.3)
6 - 11.....	28 (2.1)	22 (2.1)	21 (2.3)	26 (2.4)	28 (3.2)	25 (1.9)	28 (1.9)	25 (1.8)
12 - 19.....	26 (1.6)	24 (2.2)	23 (3.0)	27 (0.7)	30 (1.3)	25 (1.4)	27 (1.1)	25 (0.8)
20 and over...	26 (1.0)	24 (2.4)	24 (2.0)	27 (1.2)	34 (2.1)	20 (1.2)	26 (1.1)	25 (1.1)
2 and over...	26 (0.6)	23 (1.5)	24 (1.4)	27 (0.9)	33 (1.7)	21 (0.7)	26 (0.8)	25 (0.8)
All Individuals[4]:								
2 - 5.....	25 (1.1)	18 (1.3)	20 (1.8)	29 (1.6)	30 (2.5)	21 (1.1)	25 (1.0)	25 (1.0)
6 - 11.....	26 (1.3)	22 (1.6)	20 (1.9)	27 (1.5)	27 (2.1)	26 (1.1)	28 (1.0)	26 (1.2)
12 - 19.....	24 (0.4)	21 (0.9)	18 (1.3)	25 (0.9)	26 (1.1)	24 (0.8)	26 (0.7)	24 (0.5)
20 and over...	23 (0.4)	22 (0.7)	20 (0.7)	24 (0.6)	30 (1.0)	22 (0.4)	24 (0.3)	21 (0.3)
2 and over...	24 (0.4)	22 (0.6)	19 (0.6)	25 (0.6)	30 (0.9)	22 (0.4)	25 (0.3)	22 (0.3)

Table 18. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2005-2006 *(continued)*

Race/ethnicity and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium[†] (adjusted) %	(SE)	Caffeine %	(SE)	Alcohol[5] %	(SE)
Non-Hispanic White:																
2 - 5.....	20	(1.0)	23	(1.5)	26	(1.1)	30	(1.4)	25	(1.7)	31	(1.4)	17	(4.4)	--	--
6 - 11.....	23	(1.0)	24	(1.1)	29	(1.5)	31	(1.6)	27	(1.2)	32	(1.2)	21	(3.2)	--	--
12 - 19.....	22	(1.3)	23	(0.8)	24	(1.1)	28	(1.7)	23	(0.5)	29	(1.9)	17	(1.7)	--	--
20 and over...	23	(0.5)	25	(1.4)	23	(0.7)	28	(0.6)	23	(0.5)	30	(0.5)	10	(0.8)	6	(1.4)
2 and over...	22	(0.4)	25	(1.2)	23	(0.6)	29	(0.6)	23	(0.4)	30	(0.4)	11	(0.8)	--	--
Non-Hispanic Black:																
2 - 5.....	19	(1.5)	23	(2.0)	27	(2.0)	31	(2.0)	27	(2.1)	30	(1.6)	19*	(7.0)	--	--
6 - 11.....	20	(1.0)	25	(1.4)	27	(1.5)	27	(1.2)	28	(1.6)	29	(1.2)	21	(4.3)	--	--
12 - 19.....	23	(1.1)	24	(1.5)	25	(1.7)	27	(1.3)	26	(1.5)	28	(1.3)	19	(2.9)	--	--
20 and over...	21	(0.8)	23	(1.0)	21	(0.9)	25	(1.1)	22	(0.9)	26	(1.0)	11	(1.2)	2*	(0.9)
2 and over...	21	(0.7)	24	(0.9)	22	(0.9)	26	(0.9)	23	(0.9)	27	(1.0)	12	(1.0)	--	--
Mexican American:																
2 - 5.....	19	(0.7)	20	(1.0)	27	(1.4)	25	(1.2)	24	(1.4)	29	(1.8)	34	(5.3)	--	--
6 - 11.....	21	(2.3)	26	(2.4)	28	(2.3)	30	(2.6)	27	(2.0)	30	(2.3)	22	(3.7)	--	--
12 - 19.....	26	(1.0)	27	(1.5)	28	(0.7)	30	(1.1)	27	(1.0)	32	(1.1)	24	(2.8)	--	--
20 and over...	26	(1.2)	29	(1.3)	25	(1.6)	29	(1.0)	25	(1.1)	30	(1.4)	12	(1.2)	8*	(4.5)
2 and over...	25	(1.0)	28	(0.9)	26	(1.1)	29	(0.8)	26	(0.8)	30	(1.0)	13	(1.2)	--	--
All Individuals[4]:																
2 - 5.....	20	(0.8)	23	(1.2)	27	(0.9)	29	(0.9)	25	(1.2)	31	(0.8)	20	(3.7)	--	--
6 - 11.....	22	(1.0)	24	(1.0)	28	(1.3)	30	(1.5)	27	(1.2)	31	(1.0)	20	(2.2)	--	--
12 - 19.....	23	(0.9)	24	(0.5)	25	(0.6)	28	(1.1)	24	(0.5)	29	(1.2)	19	(1.1)	--	--
20 and over...	23	(0.4)	25	(1.1)	23	(0.6)	28	(0.4)	23	(0.4)	30	(0.5)	10	(0.7)	6	(1.0)
2 and over...	23	(0.4)	25	(0.9)	24	(0.5)	28	(0.4)	23	(0.4)	30	(0.4)	11	(0.7)	--	--

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated percentages and ratios are as follows:

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

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

Footnotes

[1] Lunch includes eating occasions designated by the respondent as "brunch", "lunch" or the Spanish equivalent "comida." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2005-2006.

[3] The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as lunch.

[4] Includes persons of all races and Hispanic origins, not just those presented separately.

[5] Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are suppressed due to extreme variability and/or inadequate sample size.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 2005-2006

The statistics in this table are estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2005-2006. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intake information was coded using the USDA Food and Nutrient Database for Dietary Studies 3.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 20 (Agricultural Research Service, Nutrient Data Laboratory, 2008).

Intakes of nutrients and other dietary components are based on the consumption of food and beverages, including water, and do not include intake from supplements or medications.

The table includes data from individuals 2 years and over. Breast-fed children were excluded because breast milk was not quantified in dietary recall interviews.

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