

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2005-2006

Gender and age (years)	Sample size	Food energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:																			
2 - 5.....	442	1641	(28.4)	56.3	(0.99)	228	(5.3)	122	(3.3)	11.0	(0.45)	58.4	(1.19)	21.4	(0.57)	21.4	(0.55)	10.8	(0.25)
6 - 11.....	489	2092	(43.2)	70.9	(1.66)	280	(6.2)	142	(4.7)	14.1	(0.49)	79.4	(1.83)	28.3	(0.69)	29.1	(0.72)	15.4	(0.54)
12 - 19.....	1052	2707	(63.2)	99.1	(3.12)	352	(10.0)	177	(6.5)	15.2	(0.41)	100.9	(2.07)	35.6	(0.93)	37.5	(0.76)	19.1	(0.44)
20 - 29.....	388	2821	(70.4)	106.2	(3.28)	344	(13.1)	160	(8.7)	16.6	(0.68)	100.6	(3.35)	33.7	(1.30)	37.9	(1.20)	20.2	(0.95)
30 - 39.....	371	2978	(69.7)	118.0	(4.21)	342	(8.7)	153	(5.6)	18.9	(0.94)	114.1	(4.16)	38.7	(1.56)	42.5	(1.49)	22.9	(0.86)
40 - 49.....	382	2753	(65.5)	106.6	(2.80)	313	(9.5)	141	(5.6)	18.2	(0.84)	104.9	(3.01)	35.2	(1.03)	39.2	(1.15)	21.4	(0.90)
50 - 59.....	303	2597	(72.7)	97.4	(3.14)	307	(9.3)	143	(6.0)	18.3	(0.84)	102.3	(4.60)	33.3	(1.64)	38.1	(1.83)	22.2	(1.10)
60 - 69.....	320	2202	(77.2)	88.3	(3.68)	258	(7.0)	114	(4.7)	17.5	(0.61)	84.2	(4.12)	27.9	(1.23)	30.7	(1.48)	18.2	(1.35)
70 and over.....	399	1984	(49.7)	76.9	(1.71)	239	(6.9)	109	(5.2)	16.8	(0.57)	77.3	(2.10)	25.8	(0.83)	28.5	(0.81)	16.3	(0.65)
20 and over...	2163	2638	(43.0)	101.9	(1.77)	310	(5.4)	141	(3.4)	17.8	(0.38)	100.1	(2.07)	33.4	(0.68)	37.3	(0.77)	20.7	(0.53)
Females:																			
2 - 5.....	460	1486	(38.9)	51.9	(1.79)	207	(5.8)	112	(3.6)	10.4	(0.50)	52.2	(1.83)	19.1	(0.86)	18.7	(0.58)	10.0	(0.48)
6 - 11.....	523	1879	(35.8)	63.4	(2.22)	251	(3.6)	124	(3.4)	12.0	(0.39)	71.6	(2.18)	25.4	(0.70)	26.4	(0.80)	14.0	(0.60)
12 - 19.....	1063	1906	(32.7)	64.2	(1.69)	253	(4.4)	124	(2.7)	12.3	(0.48)	72.3	(1.69)	24.6	(0.47)	26.2	(0.73)	15.5	(0.54)
20 - 29.....	582	1959	(65.5)	72.2	(2.72)	246	(7.4)	118	(4.7)	12.9	(0.74)	73.9	(3.41)	25.6	(1.36)	26.8	(1.28)	15.2	(0.77)
30 - 39.....	406	1923	(36.3)	75.4	(2.32)	231	(5.5)	104	(4.3)	14.6	(0.68)	74.5	(2.49)	24.4	(0.69)	27.6	(0.90)	16.2	(1.08)
40 - 49.....	390	1873	(51.0)	75.9	(2.07)	221	(7.1)	103	(3.5)	14.4	(0.60)	71.6	(2.70)	24.3	(1.02)	25.6	(1.10)	15.5	(0.58)
50 - 59.....	301	1718	(50.9)	70.3	(2.46)	205	(7.7)	90	(4.4)	14.9	(0.73)	67.6	(2.54)	22.7	(0.89)	24.5	(0.86)	14.6	(0.83)
60 - 69.....	315	1598	(48.0)	63.5	(2.66)	194	(4.5)	85	(3.4)	14.3	(0.54)	63.1	(2.72)	21.0	(1.12)	22.9	(1.04)	13.8	(0.59)
70 and over.....	363	1495	(39.4)	57.2	(1.85)	192	(5.9)	90	(3.6)	13.6	(0.67)	56.1	(1.11)	19.2	(0.53)	19.9	(0.42)	12.4	(0.26)
20 and over...	2357	1785	(27.6)	70.1	(1.35)	217	(3.3)	100	(1.9)	14.1	(0.34)	68.7	(1.60)	23.2	(0.56)	24.9	(0.54)	14.8	(0.47)
Males and females:																			
2 and over...	8549	2157	(29.0)	81.8	(1.15)	265	(3.6)	124	(2.3)	15.1	(0.26)	81.9	(1.35)	27.8	(0.49)	30.1	(0.48)	17.0	(0.31)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-cryptoxanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Males:																		
2 - 5.....	174	(10.0)	454	(16.3)	545	(19.8)	222	(62.1)	935	(174.4)	90	(8.4)	3576	(350.9)	558	(41.0)	1.38	(0.033)
6 - 11.....	223	(15.0)	559	(21.6)	703	(33.5)	399	(113.9)	1491	(300.4)	90	(9.1)	4285	(352.0)	779	(83.2)	1.64	(0.040)
12 - 19.....	320	(11.5)	520	(19.5)	651	(25.4)	295	(66.6)	1342	(157.9)	139	(9.6)	6661	(495.1)	826	(38.5)	2.05	(0.061)
20 - 29.....	340	(15.1)	417	(28.0)	560	(34.2)	276*	(94.2)	1506	(173.5)	149	(23.1)	7998	(856.0)	1336	(233.2)	2.05	(0.090)
30 - 39.....	406	(21.6)	564	(42.5)	751	(63.1)	273	(38.7)	2041	(500.0)	131	(20.1)	8090	(825.1)	1099	(79.2)	2.26	(0.148)
40 - 49.....	388	(14.7)	568	(84.7)	728	(82.3)	348	(73.7)	1681	(210.2)	135	(17.9)	6864	(797.0)	1230	(119.3)	2.04	(0.071)
50 - 59.....	350	(20.6)	495	(28.0)	654	(21.8)	281	(63.4)	1685	(185.6)	159	(20.9)	5273	(905.5)	1494	(165.9)	1.96	(0.073)
60 - 69.....	314	(16.5)	463	(28.2)	687	(44.3)	544	(140.2)	2336	(414.4)	170	(19.9)	5559	(697.7)	1390	(215.5)	1.85	(0.110)
70 and over.....	306	(10.8)	583	(47.5)	814	(41.3)	515	(41.1)	2418	(127.3)	182	(14.6)	4021	(454.1)	1606	(162.6)	1.69	(0.034)
20 and over...	358	(5.9)	513	(25.9)	690	(26.6)	347	(30.3)	1875	(103.9)	150	(8.8)	6592	(372.1)	1330	(89.1)	2.01	(0.038)
Females:																		
2 - 5.....	164	(8.2)	407	(24.3)	493	(30.3)	199	(38.5)	879	(100.5)	113	(10.5)	2755	(311.6)	640	(61.6)	1.25	(0.057)
6 - 11.....	237	(22.3)	492	(36.1)	579	(43.8)	154	(26.5)	918	(101.4)	93	(13.9)	3997	(449.3)	658	(60.2)	1.48	(0.042)
12 - 19.....	189	(3.8)	367	(20.0)	474	(28.5)	210	(45.3)	1130	(127.8)	107	(13.7)	4652	(478.2)	805	(83.0)	1.38	(0.039)
20 - 29.....	238	(12.3)	399	(23.3)	520	(33.5)	255	(49.9)	1248	(151.3)	139	(18.9)	4724	(616.5)	860	(51.6)	1.45	(0.047)
30 - 39.....	238	(12.3)	387	(43.1)	573	(54.1)	339	(58.7)	2014	(178.5)	109	(15.0)	3962	(606.5)	1542	(213.7)	1.55	(0.080)
40 - 49.....	255	(8.7)	409	(20.7)	623	(25.9)	499	(61.9)	2277	(217.4)	84	(11.7)	4440	(582.6)	1374	(234.0)	1.40	(0.055)
50 - 59.....	245	(18.2)	345	(25.6)	558	(28.3)	439	(54.0)	2288	(214.6)	113	(10.5)	5282	(482.3)	1463	(157.8)	1.40	(0.072)
60 - 69.....	224	(14.7)	395	(23.7)	597	(26.3)	412	(77.9)	2163	(180.8)	113	(12.8)	5566	(611.4)	1419	(148.2)	1.30	(0.041)
70 and over.....	205	(8.6)	424	(16.5)	624	(27.0)	384	(52.8)	2130	(173.2)	146	(14.4)	3408	(450.8)	1420	(169.3)	1.29	(0.042)
20 and over...	237	(5.6)	392	(13.5)	581	(16.3)	389	(25.6)	2009	(79.2)	115	(7.2)	4554	(214.7)	1338	(59.7)	1.41	(0.024)
Males and females:																		
2 and over...	278	(3.3)	455	(13.2)	620	(14.1)	339	(21.6)	1742	(62.3)	126	(3.7)	5305	(172.4)	1181	(34.8)	1.67	(0.024)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Ribo- flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
Males:																		
2 - 5.....	2.04	(0.049)	17.0	(0.48)	1.51	(0.041)	202	(9.3)	128	(3.1)	472	(17.3)	212	(6.4)	4.73	(0.172)	1.23	(0.097)
6 - 11.....	2.30	(0.056)	21.9	(0.85)	1.74	(0.056)	238	(9.8)	155	(4.1)	559	(17.3)	251	(8.3)	5.12	(0.148)	1.19	(0.078)
12 - 19.....	2.65	(0.083)	31.1	(1.16)	2.34	(0.094)	269	(9.0)	199	(6.2)	658	(19.5)	340	(11.9)	7.31	(0.278)	1.97	(0.176)
20 - 29.....	2.56	(0.093)	34.3	(2.00)	2.67	(0.273)	236	(16.6)	240	(6.9)	641	(27.4)	401	(10.6)	6.25	(0.271)	1.13	(0.234)
30 - 39.....	2.96	(0.120)	36.2	(1.82)	2.69	(0.157)	245	(20.6)	255	(7.8)	672	(37.2)	452	(19.5)	7.70	(0.437)	1.50	(0.259)
40 - 49.....	2.84	(0.091)	32.3	(0.93)	2.43	(0.063)	205	(12.5)	267	(9.9)	615	(23.6)	448	(12.2)	7.91	(0.971)	0.93	(0.100)
50 - 59.....	2.67	(0.109)	29.8	(1.22)	2.39	(0.110)	204	(15.3)	267	(9.1)	614	(32.6)	400	(16.2)	6.30	(0.527)	0.94	(0.166)
60 - 69.....	2.50	(0.143)	27.2	(1.56)	2.18	(0.151)	208	(16.7)	236	(7.1)	590	(31.4)	361	(16.3)	6.62	(0.763)	1.22	(0.244)
70 and over.....	2.39	(0.056)	24.0	(0.37)	2.08	(0.055)	206	(9.7)	214	(7.7)	564	(15.1)	340	(8.4)	6.09	(0.477)	1.28	(0.087)
20 and over...	2.69	(0.048)	31.6	(0.74)	2.46	(0.080)	220	(6.4)	250	(3.8)	623	(11.8)	409	(5.4)	6.91	(0.171)	1.16	(0.083)
Females:																		
2 - 5.....	1.84	(0.076)	15.5	(0.72)	1.44	(0.081)	186	(13.9)	128	(4.8)	444	(25.1)	202	(8.0)	4.27	(0.193)	1.07	(0.113)
6 - 11.....	2.05	(0.087)	18.9	(0.74)	1.53	(0.093)	210	(11.7)	139	(5.1)	497	(20.5)	245	(15.7)	4.75	(0.296)	1.05	(0.182)
12 - 19.....	1.75	(0.057)	19.3	(0.42)	1.47	(0.039)	197	(9.0)	148	(6.2)	482	(18.6)	217	(4.4)	3.96	(0.164)	0.79	(0.087)
20 - 29.....	1.90	(0.082)	21.3	(0.73)	1.71	(0.063)	200	(11.3)	167	(8.4)	508	(21.3)	257	(10.8)	4.57	(0.211)	1.00	(0.070)
30 - 39.....	2.06	(0.088)	22.8	(0.87)	1.81	(0.086)	172	(8.6)	209	(13.6)	501	(19.2)	291	(10.7)	4.52	(0.258)	0.83	(0.117)
40 - 49.....	2.07	(0.055)	22.4	(0.76)	1.67	(0.046)	151	(10.9)	194	(7.3)	450	(19.8)	290	(5.6)	4.65	(0.199)	0.71	(0.152)
50 - 59.....	1.94	(0.077)	20.3	(0.77)	1.60	(0.061)	145	(15.2)	202	(10.9)	448	(24.1)	278	(15.5)	4.03	(0.232)	0.66	(0.124)
60 - 69.....	1.83	(0.057)	18.7	(0.79)	1.56	(0.073)	154	(10.9)	186	(6.5)	449	(17.9)	260	(9.8)	4.69	(0.403)	0.84	(0.130)
70 and over.....	1.80	(0.039)	18.0	(0.59)	1.59	(0.044)	160	(5.5)	171	(6.8)	443	(13.5)	241	(7.0)	4.38	(0.171)	1.14	(0.071)
20 and over...	1.95	(0.036)	20.9	(0.42)	1.66	(0.032)	164	(3.8)	189	(4.8)	468	(6.8)	272	(5.2)	4.47	(0.071)	0.85	(0.046)
Males and females:																		
2 and over...	2.26	(0.039)	24.9	(0.38)	1.97	(0.036)	199	(3.8)	202	(2.8)	540	(7.7)	316	(3.8)	5.53	(0.110)	1.06	(0.045)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Vitamin C		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males:														
2 - 5.....	83.4	(5.58)	4.4	(0.11)	0.2*	(0.06)	39.9	(2.19)	955	(28.2)	1107	(25.8)	202	(4.4)
6 - 11.....	80.2	(6.18)	5.8	(0.25)	#		61.2	(4.05)	1079	(29.1)	1305	(30.5)	241	(5.8)
12 - 19.....	96.9	(4.59)	7.3	(0.26)	0.3*	(0.14)	67.8	(2.54)	1186	(45.5)	1586	(47.4)	287	(8.6)
20 - 29.....	104.3	(8.77)	8.5	(0.75)	1.0*	(0.76)	95.6	(9.52)	1103	(41.7)	1624	(47.0)	327	(7.6)
30 - 39.....	96.7	(6.86)	9.5	(0.63)	0.9*	(0.39)	93.1	(5.78)	1227	(50.9)	1811	(61.3)	381	(15.2)
40 - 49.....	91.3	(6.03)	8.8	(0.41)	0.5*	(0.20)	106.8	(10.06)	1099	(41.2)	1677	(31.4)	373	(7.1)
50 - 59.....	98.5	(8.03)	8.9	(0.59)	0.2*	(0.08)	112.5	(9.23)	1020	(35.9)	1552	(43.0)	354	(12.7)
60 - 69.....	99.3	(5.80)	7.7	(0.59)	0.5*	(0.22)	97.0	(10.59)	963	(45.5)	1434	(60.0)	324	(11.4)
70 and over.....	97.4	(6.74)	7.1	(0.30)	0.3	(0.09)	100.3	(9.12)	881	(27.2)	1274	(27.1)	289	(6.9)
20 and over...	97.9	(3.05)	8.6	(0.30)	0.6*	(0.19)	101.0	(5.18)	1073	(22.5)	1600	(24.9)	348	(5.3)
Females:														
2 - 5.....	87.9	(5.02)	4.2	(0.25)	0.2*	(0.11)	45.2	(4.23)	853	(34.1)	997	(34.0)	187	(6.1)
6 - 11.....	69.8	(3.56)	5.5	(0.22)	0.2*	(0.10)	54.5	(3.88)	946	(50.2)	1173	(47.5)	210	(6.8)
12 - 19.....	75.2	(4.30)	6.1	(0.29)	0.2*	(0.10)	65.9	(4.02)	849	(40.5)	1077	(25.7)	216	(7.5)
20 - 29.....	80.8	(4.09)	6.1	(0.32)	0.4	(0.09)	71.9	(5.13)	933	(49.4)	1194	(55.0)	251	(13.7)
30 - 39.....	82.9	(7.53)	7.0	(0.60)	0.7*	(0.37)	115.2	(11.46)	896	(44.6)	1207	(37.9)	283	(10.5)
40 - 49.....	69.9	(6.87)	7.0	(0.29)	0.7*	(0.27)	105.6	(11.21)	923	(27.0)	1223	(29.7)	285	(9.0)
50 - 59.....	75.3	(5.47)	6.4	(0.34)	0.4	(0.10)	103.7	(9.72)	799	(40.0)	1134	(45.1)	267	(10.4)
60 - 69.....	79.7	(4.93)	6.5	(0.38)	0.6	(0.12)	95.5	(7.06)	783	(34.4)	1061	(38.7)	258	(10.7)
70 and over.....	81.8	(4.08)	5.7	(0.23)	0.6	(0.13)	84.6	(7.39)	752	(28.7)	993	(30.8)	235	(8.3)
20 and over...	78.0	(2.80)	6.5	(0.16)	0.6	(0.10)	96.8	(4.20)	858	(22.1)	1148	(22.0)	265	(5.2)
Males and females:														
2 and over...	86.3	(1.70)	7.1	(0.15)	0.5	(0.08)	88.5	(2.59)	970	(18.9)	1334	(19.6)	286	(3.8)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium [†] (adjusted)		Caffeine		Theobromine		Alcohol [‡]	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Males:																		
2 - 5.....	13.0	(0.52)	9.0	(0.20)	0.9	(0.02)	72.3	(1.51)	2083	(56.8)	2395	(29.4)	8.4	(0.72)	42.7	(4.92)	--	--
6 - 11.....	15.4	(0.33)	10.8	(0.22)	1.1	(0.02)	93.6	(2.78)	2258	(48.9)	3202	(81.9)	19.7	(2.74)	80.2	(9.28)	--	--
12 - 19.....	19.6	(0.57)	14.7	(0.43)	1.3	(0.04)	130.0	(3.81)	2730	(75.8)	4266	(108.4)	69.5	(6.70)	50.7	(4.60)	--	--
20 - 29.....	19.3	(0.71)	15.4	(0.42)	1.5	(0.05)	139.3	(4.19)	2951	(73.9)	4476	(127.4)	133.4	(14.46)	34.8	(5.79)	--	--
30 - 39.....	20.4	(0.85)	16.9	(0.93)	1.7	(0.07)	155.2	(5.93)	3377	(75.3)	4715	(140.0)	201.1	(12.21)	42.5	(5.47)	--	--
40 - 49.....	19.0	(0.64)	17.5	(1.37)	2.0	(0.16)	138.1	(4.54)	3311	(76.7)	4350	(147.6)	263.6	(14.78)	47.1	(6.00)	--	--
50 - 59.....	18.2	(0.71)	14.0	(0.61)	1.6	(0.06)	128.1	(3.91)	3283	(101.4)	3956	(150.6)	295.6	(26.51)	41.0	(4.44)	--	--
60 - 69.....	17.9	(1.00)	15.0	(1.93)	1.5	(0.11)	114.1	(5.23)	3077	(110.6)	3738	(134.8)	228.0	(16.17)	30.0	(5.13)	--	--
70 and over.....	16.9	(0.37)	12.0	(0.27)	1.4	(0.08)	102.9	(2.88)	2863	(75.9)	3142	(68.6)	156.9	(12.81)	37.4	(6.24)	--	--
20 and over...	18.9	(0.25)	15.5	(0.43)	1.6	(0.04)	133.5	(2.42)	3174	(43.2)	4178	(67.1)	216.1	(8.23)	39.6	(1.81)	17.2	(0.99)
Females:																		
2 - 5.....	11.6	(0.47)	8.3	(0.38)	0.8	(0.03)	68.3	(2.59)	1977	(64.2)	2146	(63.4)	6.9	(0.90)	40.5	(4.13)	--	--
6 - 11.....	13.8	(0.65)	9.8	(0.42)	1.0	(0.03)	89.8	(2.87)	2016	(75.9)	2966	(100.3)	17.0	(1.26)	76.6	(7.87)	--	--
12 - 19.....	13.3	(0.38)	9.6	(0.26)	1.0	(0.03)	86.2	(2.27)	1976	(56.1)	2950	(88.9)	46.6	(4.18)	39.0	(3.03)	--	--
20 - 29.....	14.4	(0.50)	10.6	(0.33)	1.2	(0.06)	96.9	(3.88)	2205	(115.1)	3107	(122.4)	82.2	(8.14)	40.5	(4.66)	--	--
30 - 39.....	14.9	(0.62)	11.0	(0.35)	1.3	(0.07)	97.7	(3.09)	2453	(69.5)	3187	(98.4)	165.2	(19.30)	34.4	(5.03)	--	--
40 - 49.....	13.9	(0.46)	11.1	(0.51)	1.3	(0.03)	97.1	(3.42)	2443	(39.7)	3059	(90.0)	219.8	(10.24)	56.7	(8.33)	--	--
50 - 59.....	13.2	(0.60)	10.4	(0.53)	1.2	(0.05)	93.3	(3.58)	2458	(91.5)	3001	(70.2)	225.3	(15.33)	38.8	(5.76)	--	--
60 - 69.....	12.8	(0.53)	10.0	(0.92)	1.2	(0.07)	86.2	(4.05)	2376	(84.8)	2606	(78.7)	163.7	(19.05)	30.6	(4.43)	--	--
70 and over.....	12.8	(0.47)	8.8	(0.49)	1.0	(0.04)	78.3	(3.04)	2223	(74.9)	2395	(53.6)	120.8	(7.61)	30.5	(3.24)	--	--
20 and over...	13.8	(0.19)	10.4	(0.13)	1.2	(0.02)	92.6	(1.94)	2366	(37.6)	2933	(50.4)	165.3	(4.91)	39.8	(1.90)	6.1	(0.58)
Males and females:																		
2 and over...	15.9	(0.19)	12.3	(0.21)	1.3	(0.02)	107.8	(1.57)	2617	(33.9)	3436	(47.5)	149.8	(5.27)	43.7	(1.40)	--	--

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	SFA 4:0 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
Males:								
2 - 5.....	0.56 (0.027)	0.33 (0.018)	0.29 (0.015)	0.45 (0.020)	0.61 (0.051)	2.05 (0.083)	11.12 (0.256)	5.36 (0.156)
6 - 11.....	0.72 (0.036)	0.39 (0.022)	0.31 (0.013)	0.55 (0.023)	0.88 (0.052)	2.59 (0.103)	14.72 (0.343)	7.32 (0.156)
12 - 19.....	0.81 (0.034)	0.42 (0.018)	0.33 (0.022)	0.60 (0.030)	0.99 (0.086)	3.12 (0.122)	18.90 (0.442)	9.31 (0.231)
20 - 29.....	0.70 (0.045)	0.35 (0.023)	0.27 (0.018)	0.50 (0.030)	0.81 (0.071)	2.78 (0.151)	18.34 (0.645)	8.93 (0.346)
30 - 39.....	0.83 (0.052)	0.44 (0.032)	0.33 (0.023)	0.61 (0.037)	0.97 (0.089)	3.26 (0.164)	20.91 (0.808)	10.17 (0.412)
40 - 49.....	0.75 (0.039)	0.40 (0.020)	0.30 (0.016)	0.55 (0.024)	0.80 (0.047)	2.88 (0.092)	19.07 (0.539)	9.30 (0.338)
50 - 59.....	0.69 (0.045)	0.37 (0.021)	0.29 (0.022)	0.54 (0.032)	0.98 (0.136)	2.67 (0.158)	17.90 (0.867)	8.69 (0.406)
60 - 69.....	0.58 (0.037)	0.32 (0.023)	0.27 (0.020)	0.47 (0.027)	0.87 (0.075)	2.33 (0.127)	15.02 (0.635)	7.13 (0.291)
70 and over.....	0.56 (0.036)	0.32 (0.023)	0.25 (0.017)	0.46 (0.031)	0.76 (0.051)	2.14 (0.113)	13.87 (0.413)	6.69 (0.214)
20 and over...	0.70 (0.021)	0.37 (0.012)	0.29 (0.010)	0.53 (0.016)	0.87 (0.047)	2.76 (0.073)	18.06 (0.360)	8.76 (0.177)
Females:								
2 - 5.....	0.53 (0.038)	0.32 (0.024)	0.27 (0.023)	0.42 (0.032)	0.61 (0.086)	1.85 (0.121)	9.89 (0.391)	4.70 (0.183)
6 - 11.....	0.63 (0.033)	0.34 (0.016)	0.27 (0.012)	0.48 (0.020)	0.75 (0.066)	2.26 (0.083)	13.30 (0.403)	6.59 (0.206)
12 - 19.....	0.57 (0.022)	0.29 (0.011)	0.24 (0.011)	0.42 (0.013)	0.74 (0.069)	2.13 (0.055)	13.08 (0.287)	6.39 (0.146)
20 - 29.....	0.62 (0.048)	0.34 (0.030)	0.27 (0.022)	0.47 (0.037)	0.78 (0.059)	2.33 (0.163)	13.58 (0.681)	6.43 (0.319)
30 - 39.....	0.52 (0.035)	0.28 (0.019)	0.23 (0.013)	0.40 (0.026)	0.63 (0.043)	2.04 (0.095)	13.30 (0.379)	6.31 (0.198)
40 - 49.....	0.59 (0.032)	0.30 (0.015)	0.24 (0.012)	0.43 (0.022)	0.76 (0.068)	2.11 (0.115)	12.91 (0.519)	6.23 (0.303)
50 - 59.....	0.51 (0.035)	0.26 (0.019)	0.22 (0.021)	0.40 (0.028)	0.75 (0.090)	1.96 (0.119)	12.07 (0.446)	5.84 (0.203)
60 - 69.....	0.50 (0.050)	0.28 (0.029)	0.22 (0.018)	0.40 (0.036)	0.68 (0.070)	1.82 (0.124)	11.17 (0.555)	5.32 (0.271)
70 and over.....	0.50 (0.029)	0.28 (0.016)	0.20 (0.011)	0.39 (0.024)	0.58 (0.052)	1.75 (0.085)	10.09 (0.227)	4.85 (0.116)
20 and over...	0.55 (0.021)	0.29 (0.011)	0.23 (0.008)	0.42 (0.015)	0.70 (0.026)	2.03 (0.064)	12.36 (0.283)	5.91 (0.136)
Males and females:								
2 and over...	0.63 (0.017)	0.34 (0.009)	0.27 (0.007)	0.48 (0.012)	0.79 (0.026)	2.39 (0.055)	14.87 (0.246)	7.20 (0.122)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	MFA 16:1 g (SE)	MFA 18:1 g (SE)	MFA 20:1 g (SE)	MFA 22:1 g (SE)	PFA 18:2 g (SE)	PFA 18:3 g (SE)	PFA 18:4 g (SE)
Males:							
2 - 5.....	0.80 (0.024)	20.05 (0.525)	0.15 (0.005)	0.02 (0.003)	9.68 (0.236)	0.91 (0.030)	0.01 (0.001)
6 - 11.....	1.11 (0.037)	27.31 (0.695)	0.21 (0.014)	0.02 (0.003)	13.85 (0.534)	1.21 (0.065)	0.02 (0.004)
12 - 19.....	1.65 (0.047)	35.03 (0.715)	0.27 (0.011)	0.03 (0.003)	17.07 (0.410)	1.54 (0.032)	0.02 (0.004)
20 - 29.....	1.72 (0.069)	35.28 (1.123)	0.29 (0.017)	0.03 (0.005)	18.01 (0.829)	1.68 (0.087)	0.02 (0.003)
30 - 39.....	1.93 (0.076)	39.55 (1.376)	0.34 (0.015)	0.05 (0.009)	20.33 (0.764)	1.88 (0.073)	0.02 (0.003)
40 - 49.....	1.66 (0.045)	36.51 (1.092)	0.31 (0.015)	0.03 (0.004)	18.96 (0.810)	1.80 (0.090)	0.02 (0.003)
50 - 59.....	1.49 (0.085)	35.70 (1.708)	0.33 (0.027)	0.06 (0.009)	19.80 (1.022)	1.87 (0.087)	0.01 (0.002)
60 - 69.....	1.33 (0.050)	28.58 (1.399)	0.29 (0.026)	0.06* (0.018)	16.04 (1.189)	1.58 (0.118)	0.02 (0.004)
70 and over.....	1.18 (0.050)	26.69 (0.763)	0.24 (0.012)	0.03 (0.006)	14.49 (0.600)	1.44 (0.054)	0.01 (0.003)
20 and over...	1.60 (0.033)	34.77 (0.734)	0.31 (0.010)	0.04 (0.003)	18.39 (0.472)	1.74 (0.042)	0.02 (0.001)
Females:							
2 - 5.....	0.67 (0.025)	17.52 (0.527)	0.13 (0.009)	0.01 (0.003)	8.91 (0.421)	0.87 (0.046)	0.01 (0.001)
6 - 11.....	1.00 (0.047)	24.77 (0.755)	0.18 (0.010)	0.02 (0.003)	12.57 (0.550)	1.12 (0.054)	0.02 (0.002)
12 - 19.....	1.03 (0.021)	24.56 (0.678)	0.18 (0.009)	0.02 (0.005)	13.93 (0.485)	1.26 (0.050)	0.01 (0.001)
20 - 29.....	1.11 (0.056)	25.12 (1.208)	0.19 (0.013)	0.02 (0.004)	13.51 (0.697)	1.34 (0.069)	0.01 (0.002)
30 - 39.....	1.14 (0.034)	25.76 (0.860)	0.21 (0.014)	0.03 (0.005)	14.25 (0.936)	1.47 (0.140)	0.02 (0.004)
40 - 49.....	1.07 (0.057)	23.88 (1.055)	0.20 (0.011)	0.03 (0.004)	13.72 (0.551)	1.35 (0.050)	0.01 (0.003)
50 - 59.....	1.05 (0.044)	22.79 (0.800)	0.18 (0.007)	0.03 (0.007)	12.86 (0.698)	1.36 (0.131)	0.01 (0.003)
60 - 69.....	0.90 (0.047)	21.46 (0.981)	0.20 (0.017)	0.04* (0.017)	12.14 (0.515)	1.28 (0.081)	0.01* (0.003)
70 and over.....	0.80 (0.026)	18.49 (0.417)	0.15 (0.005)	0.03 (0.006)	10.79 (0.232)	1.24 (0.045)	0.01 (0.001)
20 and over...	1.03 (0.022)	23.22 (0.510)	0.19 (0.006)	0.03 (0.003)	13.03 (0.416)	1.35 (0.053)	0.01 (0.001)
Males and females:							
2 and over...	1.26 (0.019)	28.14 (0.457)	0.23 (0.005)	0.03 (0.002)	15.05 (0.279)	1.45 (0.029)	0.01 (0.001)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
Males:				
2 - 5.....	0.07 (0.005)	0.01 (0.003)	0.01 (0.001)	0.02 (0.004)
6 - 11.....	0.09 (0.006)	0.01 (0.004)	0.01 (0.001)	0.03 (0.009)
12 - 19.....	0.15 (0.007)	0.02 (0.002)	0.01 (0.001)	0.05 (0.003)
20 - 29.....	0.17 (0.011)	0.05 (0.014)	0.02 (0.004)	0.09 (0.021)
30 - 39.....	0.22 (0.016)	0.06 (0.016)	0.03 (0.004)	0.10 (0.019)
40 - 49.....	0.19 (0.008)	0.06 (0.011)	0.02 (0.003)	0.10 (0.012)
50 - 59.....	0.17 (0.010)	0.04 (0.007)	0.02 (0.003)	0.08 (0.010)
60 - 69.....	0.16 (0.011)	0.07 (0.016)	0.03 (0.008)	0.12 (0.027)
70 and over.....	0.13 (0.004)	0.04 (0.011)	0.02 (0.003)	0.08 (0.016)
20 and over...	0.18 (0.006)	0.05 (0.005)	0.02 (0.002)	0.10 (0.007)
Females:				
2 - 5.....	0.06 (0.003)	0.02 (0.003)	0.01 (0.001)	0.03 (0.005)
6 - 11.....	0.10 (0.009)	0.02 (0.004)	0.01 (0.002)	0.04 (0.006)
12 - 19.....	0.09 (0.003)	0.01 (0.002)	0.01 (0.001)	0.03 (0.005)
20 - 29.....	0.11 (0.007)	0.03 (0.006)	0.01 (0.001)	0.05 (0.011)
30 - 39.....	0.12 (0.007)	0.05 (0.013)	0.02 (0.003)	0.08 (0.020)
40 - 49.....	0.12 (0.005)	0.05 (0.011)	0.02 (0.003)	0.09 (0.016)
50 - 59.....	0.11 (0.008)	0.04* (0.015)	0.02 (0.003)	0.07 (0.019)
60 - 69.....	0.10 (0.007)	0.05 (0.013)	0.02 (0.004)	0.09 (0.020)
70 and over.....	0.08 (0.005)	0.05 (0.007)	0.01 (0.001)	0.08 (0.009)
20 and over...	0.11 (0.003)	0.04 (0.005)	0.02 (0.001)	0.08 (0.007)
Males and females:				
2 and over...	0.13 (0.002)	0.04 (0.003)	0.02 (0.001)	0.07 (0.004)

Symbol Legend

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

Mean: An estimated mean 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. The VIF used in this table is 2.51.

Indicates a non-zero value too small to report.

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

Footnotes

¹ Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

² 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. SFA = saturated fatty acid; MFA = monounsaturated fatty acid; PFA = polyunsaturated fatty acid.

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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