

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2007-2008

Gender and age (years)	Sample size	Food energy kcal (SE)	Protein g (SE)	Carbo- hydrate g (SE)	Total sugars g (SE)	Dietary fiber g (SE)	Total fat g (SE)	Saturated fat g (SE)	Mono- unsaturated fat g (SE)	Poly- unsaturated fat g (SE)
Males:										
2 - 5.....	455	1570 (24.3)	55.0 (1.34)	215 (3.0)	116 (2.9)	11.3 (0.34)	56.7 (1.50)	20.8 (0.62)	20.5 (0.57)	10.5 (0.37)
6 - 11.....	550	2042 (56.5)	70.8 (3.12)	276 (7.2)	141 (4.9)	13.7 (0.36)	75.2 (2.61)	26.9 (1.22)	27.6 (1.01)	14.1 (0.35)
12 - 19.....	607	2424 (48.5)	90.7 (2.29)	313 (6.0)	152 (4.6)	14.9 (0.63)	90.6 (2.71)	31.6 (1.02)	33.2 (0.98)	17.9 (0.79)
20 - 29.....	409	2756 (75.5)	105.3 (3.70)	342 (11.6)	158 (7.6)	16.9 (0.71)	96.4 (3.07)	32.6 (1.42)	34.9 (1.10)	20.1 (0.65)
30 - 39.....	451	2654 (67.7)	101.6 (3.10)	309 (6.1)	139 (3.9)	18.7 (1.01)	102.8 (3.78)	33.6 (1.27)	39.2 (1.55)	21.0 (0.96)
40 - 49.....	412	2692 (78.0)	104.7 (2.80)	317 (10.6)	147 (7.5)	17.6 (0.85)	102.7 (3.42)	35.2 (1.51)	37.9 (1.25)	20.6 (0.66)
50 - 59.....	431	2493 (69.3)	100.1 (2.93)	281 (7.4)	123 (6.0)	18.4 (1.06)	100.0 (3.71)	32.4 (1.14)	37.7 (1.29)	21.5 (1.06)
60 - 69.....	459	2140 (61.7)	84.5 (2.73)	246 (5.4)	105 (4.4)	17.4 (0.64)	83.7 (3.38)	27.1 (1.08)	31.8 (1.30)	17.7 (0.93)
70 and over.....	500	1837 (56.5)	72.7 (2.68)	225 (5.2)	100 (2.8)	17.0 (0.73)	70.1 (2.84)	22.8 (1.03)	26.1 (1.02)	15.0 (0.60)
20 and over...	2662	2507 (35.3)	97.7 (1.52)	296 (4.1)	133 (3.7)	17.7 (0.60)	95.3 (1.77)	31.6 (0.67)	35.6 (0.68)	19.8 (0.41)
Females:										
2 - 5.....	377	1475 (40.5)	52.0 (1.77)	199 (4.7)	105 (2.4)	10.5 (0.41)	54.6 (1.86)	20.0 (0.77)	19.6 (0.66)	10.2 (0.46)
6 - 11.....	571	1824 (31.3)	61.9 (2.07)	245 (4.6)	123 (3.3)	12.0 (0.36)	68.6 (1.61)	24.0 (0.71)	24.8 (0.55)	14.0 (0.41)
12 - 19.....	549	1861 (61.8)	65.6 (1.80)	248 (9.0)	116 (3.0)	13.3 (0.84)	69.2 (2.62)	23.6 (0.96)	25.7 (1.27)	14.2 (0.40)
20 - 29.....	409	1828 (58.0)	68.3 (1.75)	231 (6.7)	109 (4.2)	13.3 (0.73)	67.5 (3.07)	22.5 (0.94)	24.3 (1.18)	14.6 (0.84)
30 - 39.....	482	1858 (60.4)	69.2 (3.55)	232 (6.2)	110 (3.0)	13.8 (0.65)	70.4 (2.83)	23.6 (1.15)	25.4 (1.12)	15.3 (0.48)
40 - 49.....	466	1879 (65.8)	70.9 (3.13)	231 (7.6)	108 (4.6)	14.1 (0.69)	71.7 (2.88)	24.1 (0.97)	26.2 (1.13)	15.3 (0.73)
50 - 59.....	413	1793 (44.0)	68.2 (2.14)	218 (4.3)	102 (3.5)	15.6 (0.88)	70.4 (2.29)	22.9 (0.84)	25.3 (0.86)	16.2 (0.67)
60 - 69.....	465	1597 (47.1)	61.4 (1.40)	195 (5.1)	89 (3.1)	14.9 (0.59)	62.8 (2.87)	20.6 (0.99)	23.0 (1.21)	13.8 (0.84)
70 and over.....	523	1491 (25.8)	56.9 (1.02)	193 (4.4)	87 (2.3)	14.1 (0.32)	55.7 (1.25)	18.2 (0.45)	20.1 (0.52)	12.5 (0.37)
20 and over...	2758	1766 (24.6)	66.7 (1.12)	220 (2.5)	103 (1.9)	14.3 (0.47)	67.3 (1.22)	22.3 (0.45)	24.4 (0.47)	14.8 (0.30)
Males and females:										
2 and over...	8529	2070 (24.5)	78.1 (1.08)	256 (2.5)	120 (1.9)	15.2 (0.44)	78.3 (1.20)	26.3 (0.46)	28.8 (0.45)	16.4 (0.27)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Choles- terol mg (SE)	Retinol µg (SE)	Vitamin A (RAE) µg (SE)	Alpha- carotene µg (SE)	Beta- carotene µg (SE)	Beta-crypto- xanthin µg (SE)	Lycopene µg (SE)	Lutein + zeaxanthin µg (SE)	Thiamin mg (SE)
Males:									
2 - 5.....	189 (9.8)	487 (16.9)	619 (31.7)	336 (78.7)	1376 (259.2)	74 (9.5)	3556 (219.2)	893 (231.1)	1.27 (0.035)
6 - 11.....	234 (13.0)	499 (21.6)	614 (29.1)	289 (69.5)	1201 (155.0)	73 (10.3)	5197 (309.7)	666 (60.1)	1.58 (0.045)
12 - 19.....	312 (16.2)	551 (38.7)	680 (47.1)	252 (41.9)	1368 (183.7)	68 (12.8)	6708 (748.2)	1082 (203.3)	1.88 (0.061)
20 - 29.....	355 (20.2)	463 (27.6)	597 (28.6)	238 (36.9)	1452 (147.8)	69 (7.3)	7886 (988.8)	1022 (109.6)	2.18 (0.187)
30 - 39.....	377 (16.0)	444 (17.2)	637 (26.6)	408 (84.4)	2075 (267.1)	83 (13.9)	7714(1004.6)	1455 (208.6)	1.85 (0.047)
40 - 49.....	406 (21.5)	498 (31.8)	669 (35.9)	340 (51.0)	1848 (237.6)	65 (8.3)	7036 (493.7)	1536 (260.6)	1.97 (0.081)
50 - 59.....	375 (18.6)	465 (25.2)	660 (26.2)	303 (37.5)	2142 (229.2)	83 (11.8)	6064 (817.9)	1822 (218.9)	1.86 (0.060)
60 - 69.....	319 (17.7)	452 (25.7)	650 (30.4)	424 (45.5)	2099 (185.2)	133* (49.3)	5313 (489.6)	1276 (148.5)	1.69 (0.055)
70 and over.....	285 (14.0)	475 (19.6)	706 (25.1)	521 (46.6)	2463 (201.6)	92 (10.3)	5488 (591.9)	1427 (110.9)	1.59 (0.048)
20 and over...	362 (7.5)	467 (13.4)	649 (14.5)	354 (30.7)	1958 (133.7)	83 (7.3)	6787 (306.9)	1428 (115.1)	1.90 (0.045)
Females:									
2 - 5.....	178 (8.8)	446 (24.0)	556 (27.3)	263 (32.9)	1146 (111.0)	85 (12.8)	3936 (450.9)	575 (58.2)	1.19 (0.033)
6 - 11.....	195 (10.6)	431 (16.8)	523 (22.1)	206 (41.4)	973 (118.8)	67 (12.4)	4874 (341.9)	605 (53.4)	1.39 (0.055)
12 - 19.....	212 (10.3)	422 (25.9)	528 (33.5)	242 (50.3)	1114 (152.9)	56 (8.8)	4265 (491.5)	740 (103.5)	1.45 (0.091)
20 - 29.....	216 (12.0)	383 (30.3)	532 (32.7)	274 (33.2)	1606 (226.5)	76 (18.1)	5219 (804.6)	1362 (209.7)	1.38 (0.044)
30 - 39.....	248 (20.5)	375 (20.9)	553 (31.8)	357 (51.1)	1919 (257.8)	67 (10.7)	5577 (509.5)	1217 (124.6)	1.37 (0.034)
40 - 49.....	256 (14.5)	393 (29.8)	555 (55.2)	333 (82.4)	1753 (302.5)	66 (9.0)	4332 (427.7)	1406 (220.5)	1.40 (0.070)
50 - 59.....	227 (11.7)	394 (20.4)	614 (26.2)	412 (52.4)	2379 (197.6)	105* (38.5)	4113 (532.6)	1514 (183.0)	1.43 (0.086)
60 - 69.....	228 (16.6)	415 (31.6)	651 (36.1)	515 (76.3)	2540 (208.0)	87 (11.7)	4957 (614.2)	1572 (181.0)	1.29 (0.049)
70 and over.....	192 (5.4)	409 (15.3)	616 (28.1)	429 (53.1)	2223 (225.1)	87 (8.0)	3459 (268.2)	1441 (145.7)	1.33 (0.041)
20 and over...	230 (6.7)	393 (12.9)	580 (21.5)	374 (35.6)	2024 (152.9)	81 (10.7)	4638 (255.4)	1410 (85.0)	1.37 (0.035)
Males and females:									
2 and over...	276 (5.4)	440 (10.0)	607 (15.1)	338 (25.2)	1790 (105.6)	78 (7.1)	5472 (186.3)	1257 (77.2)	1.59 (0.027)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Ribo- flavin mg (SE)	Niacin mg (SE)	Vitamin B6 mg (SE)	Folic acid µg (SE)	Food folate µg (SE)	Folate (DFE) µg (SE)	Choline mg (SE)	Vitamin B12 µg (SE)	Added Vitamin B12 µg (SE)
Males:									
2 - 5.....	1.93 (0.059)	15.8 (0.35)	1.46 (0.033)	174 (11.5)	131 (4.3)	427 (21.5)	222 (7.2)	4.50 (0.188)	0.97 (0.073)
6 - 11.....	2.15 (0.073)	21.7 (0.93)	1.74 (0.074)	222 (7.3)	153 (4.7)	530 (14.3)	254 (9.1)	5.21 (0.205)	1.27 (0.142)
12 - 19.....	2.58 (0.105)	28.9 (1.34)	2.29 (0.132)	242 (7.6)	198 (8.3)	610 (15.9)	326 (12.5)	6.68 (0.277)	1.46 (0.193)
20 - 29.....	2.60 (0.139)	34.2 (1.61)	2.57 (0.140)	264 (19.8)	243 (8.4)	692 (39.5)	398 (14.2)	6.95 (0.382)	1.28 (0.198)
30 - 39.....	2.53 (0.093)	30.5 (1.18)	2.39 (0.085)	217 (16.9)	257 (15.0)	625 (34.2)	411 (12.4)	6.39 (0.363)	0.75 (0.122)
40 - 49.....	2.76 (0.116)	31.7 (0.61)	2.43 (0.053)	227 (21.2)	247 (11.5)	633 (40.1)	428 (18.8)	6.46 (0.460)	1.03 (0.170)
50 - 59.....	2.55 (0.108)	29.9 (0.96)	2.25 (0.085)	195 (10.5)	254 (7.3)	586 (22.7)	408 (15.0)	6.13 (0.487)	0.76 (0.111)
60 - 69.....	2.33 (0.080)	25.7 (0.80)	2.06 (0.086)	186 (11.3)	229 (5.8)	546 (19.1)	356 (11.0)	6.01 (0.456)	0.94 (0.129)
70 and over.....	2.20 (0.075)	21.9 (0.75)	1.97 (0.057)	188 (7.7)	202 (7.1)	521 (15.3)	323 (10.9)	5.40 (0.317)	1.14 (0.104)
20 and over...	2.54 (0.058)	29.9 (0.47)	2.32 (0.034)	218 (7.6)	243 (7.3)	613 (16.7)	396 (7.0)	6.32 (0.245)	0.98 (0.061)
Females:									
2 - 5.....	1.81 (0.053)	14.2 (0.52)	1.31 (0.052)	165 (7.9)	120 (3.9)	401 (15.9)	204 (6.5)	4.12 (0.188)	0.74 (0.097)
6 - 11.....	1.81 (0.069)	18.9 (0.61)	1.57 (0.052)	200 (10.8)	130 (4.1)	470 (18.6)	221 (9.4)	4.52 (0.279)	0.88 (0.082)
12 - 19.....	1.78 (0.074)	20.8 (0.77)	1.63 (0.059)	209 (17.1)	154 (8.7)	509 (32.6)	224 (7.3)	4.14 (0.227)	1.08 (0.147)
20 - 29.....	1.81 (0.099)	21.0 (0.68)	1.66 (0.089)	168 (7.9)	174 (8.2)	460 (19.2)	246 (9.9)	4.17 (0.226)	0.95 (0.172)
30 - 39.....	1.87 (0.079)	21.2 (0.98)	1.69 (0.048)	168 (7.1)	184 (7.1)	471 (14.3)	267 (12.4)	4.38 (0.219)	0.77 (0.106)
40 - 49.....	1.94 (0.086)	21.0 (0.96)	1.63 (0.089)	164 (11.6)	192 (12.1)	470 (28.0)	275 (11.9)	4.39 (0.292)	0.76 (0.117)
50 - 59.....	1.97 (0.054)	21.2 (0.76)	1.78 (0.130)	155 (11.8)	207 (12.6)	470 (28.1)	269 (10.5)	4.32 (0.259)	0.87 (0.185)
60 - 69.....	1.90 (0.074)	18.5 (0.38)	1.60 (0.038)	150 (8.8)	192 (9.3)	446 (20.9)	258 (9.9)	4.31 (0.351)	0.87 (0.087)
70 and over.....	1.80 (0.044)	17.8 (0.40)	1.54 (0.054)	165 (7.6)	172 (5.7)	451 (12.2)	236 (3.9)	4.37 (0.262)	0.94 (0.097)
20 and over...	1.88 (0.042)	20.4 (0.36)	1.66 (0.045)	162 (5.5)	187 (6.0)	463 (13.9)	260 (5.5)	4.32 (0.131)	0.85 (0.066)
Males and females:									
2 and over...	2.16 (0.042)	23.9 (0.34)	1.91 (0.037)	193 (3.5)	198 (5.1)	527 (9.9)	305 (5.3)	5.19 (0.118)	0.96 (0.034)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Vitamin C mg (SE)	Vitamin D µg (SE)	Vitamin E (alpha- tocopherol) mg (SE)	Added Vitamin E mg (SE)	Vitamin K µg (SE)	Calcium mg (SE)	Phosphorus mg (SE)	Magnesium mg (SE)
Males:								
2 - 5.....	104.5 (4.96)	6.5 (0.34)	4.6 (0.13)	0.4 (0.08)	54.1 (9.35)	1009 (38.2)	1086 (30.2)	201 (4.0)
6 - 11.....	87.0 (4.54)	5.5 (0.31)	6.0 (0.19)	0.3* (0.12)	52.2 (4.15)	1034 (55.0)	1257 (48.3)	227 (6.5)
12 - 19.....	86.6 (5.67)	5.9 (0.44)	7.7 (0.49)	0.5 (0.12)	76.5 (9.43)	1173 (52.8)	1516 (42.1)	282 (10.8)
20 - 29.....	93.1 (7.08)	4.9 (0.21)	7.9 (0.27)	0.4* (0.13)	83.5 (5.24)	1150 (52.7)	1647 (60.2)	336 (12.1)
30 - 39.....	102.4 (8.91)	4.9 (0.36)	9.1 (0.67)	0.4* (0.14)	108.4 (10.57)	1077 (36.7)	1615 (43.1)	353 (16.2)
40 - 49.....	87.0 (6.13)	5.2 (0.52)	8.4 (0.33)	0.4* (0.14)	105.0 (10.86)	1093 (58.9)	1670 (55.5)	346 (12.9)
50 - 59.....	91.1 (8.72)	5.3 (0.46)	8.8 (0.29)	0.3 (0.07)	127.2 (10.60)	1005 (42.7)	1548 (51.0)	345 (9.5)
60 - 69.....	83.2 (4.37)	4.4 (0.18)	7.6 (0.38)	0.5* (0.15)	97.7 (7.76)	916 (27.7)	1349 (37.7)	310 (9.8)
70 and over.....	86.1 (3.71)	4.9 (0.16)	7.1 (0.30)	0.6 (0.13)	96.6 (5.91)	837 (31.0)	1239 (45.5)	280 (10.1)
20 and over...	91.3 (4.23)	5.0 (0.22)	8.3 (0.24)	0.4 (0.03)	103.7 (5.91)	1038 (24.2)	1550 (26.1)	334 (7.0)
Females:								
2 - 5.....	86.7 (4.76)	6.1 (0.26)	4.4 (0.19)	0.2* (0.10)	44.0 (5.13)	957 (44.6)	1027 (31.7)	185 (5.9)
6 - 11.....	75.4 (6.07)	4.6 (0.21)	6.0 (0.29)	0.5* (0.16)	48.3 (2.53)	885 (24.8)	1116 (28.4)	204 (4.6)
12 - 19.....	73.8 (5.64)	3.8 (0.20)	6.0 (0.35)	0.5 (0.15)	59.0 (5.53)	878 (40.8)	1127 (38.8)	223 (9.7)
20 - 29.....	80.8 (8.49)	3.6 (0.25)	6.5 (0.47)	0.4* (0.17)	92.7 (10.32)	869 (36.5)	1128 (38.9)	246 (11.7)
30 - 39.....	77.6 (6.18)	3.6 (0.26)	7.3 (0.36)	0.7 (0.21)	86.5 (5.67)	850 (36.3)	1158 (43.1)	260 (8.9)
40 - 49.....	68.6 (6.46)	3.6 (0.23)	6.6 (0.49)	0.4* (0.16)	92.0 (10.82)	838 (46.4)	1166 (50.3)	264 (13.2)
50 - 59.....	87.3 (9.44)	4.4 (0.39)	7.8 (0.52)	1.0 (0.23)	105.8 (11.82)	865 (46.4)	1178 (36.4)	282 (12.6)
60 - 69.....	75.6 (4.72)	3.9 (0.22)	6.5 (0.32)	0.5 (0.12)	104.5 (9.81)	786 (38.4)	1067 (36.3)	253 (8.3)
70 and over.....	76.9 (3.62)	3.8 (0.18)	6.2 (0.17)	0.8 (0.16)	95.0 (7.86)	743 (18.8)	978 (18.0)	233 (4.7)
20 and over...	77.9 (4.31)	3.8 (0.12)	6.9 (0.26)	0.6 (0.08)	95.7 (5.06)	833 (24.2)	1123 (22.5)	258 (7.4)
Males and females:								
2 and over...	84.2 (3.49)	4.6 (0.11)	7.2 (0.19)	0.5 (0.04)	88.9 (4.24)	946 (20.2)	1297 (21.2)	277 (6.1)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2007-2008 (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.....	11.6	(0.45)	8.7	(0.21)	0.9	(0.02)	69.3	(1.75)	2059	(48.1)	2265	(39.5)	7.8	(0.80)	45.5	(3.99)	--	--
6 - 11.....	14.3	(0.46)	11.2	(0.54)	1.1	(0.03)	93.4	(3.21)	2170	(56.8)	3169	(104.4)	29.9	(3.59)	62.1	(5.62)	--	--
12 - 19.....	16.6	(0.40)	13.2	(0.36)	1.3	(0.06)	125.2	(4.36)	2587	(108.4)	3990	(129.2)	73.6	(10.18)	42.7	(4.21)	--	--
20 - 29.....	18.1	(0.73)	15.2	(0.69)	1.6	(0.06)	143.1	(3.79)	2939	(117.3)	4363	(174.1)	139.6	(14.39)	39.0	(6.05)	--	--
30 - 39.....	17.6	(0.68)	15.2	(0.76)	1.6	(0.08)	136.8	(4.14)	3080	(96.4)	4231	(89.3)	187.8	(18.29)	35.9	(5.13)	--	--
40 - 49.....	18.0	(0.96)	14.7	(0.54)	1.5	(0.05)	139.9	(4.78)	3162	(77.6)	4391	(156.9)	259.6	(20.99)	57.2	(10.08)	--	--
50 - 59.....	17.6	(0.65)	15.0	(1.69)	1.6	(0.08)	133.9	(4.77)	3169	(78.6)	4030	(175.9)	273.4	(22.40)	46.6	(4.26)	--	--
60 - 69.....	16.8	(0.64)	13.0	(0.76)	1.4	(0.06)	113.4	(4.38)	2891	(78.1)	3517	(123.1)	228.3	(17.81)	36.1	(4.66)	--	--
70 and over.....	15.6	(0.58)	11.5	(0.84)	1.3	(0.05)	98.7	(4.09)	2728	(89.7)	3012	(116.8)	162.7	(8.23)	30.9	(3.73)	--	--
20 and over...	17.5	(0.43)	14.4	(0.43)	1.5	(0.03)	131.4	(2.08)	3026	(50.4)	4043	(80.3)	211.0	(10.78)	42.4	(2.83)	14.6	(0.99)
Females:																		
2 - 5.....	10.2	(0.47)	7.9	(0.30)	0.8	(0.03)	70.4	(2.65)	1896	(49.8)	2189	(67.4)	8.9	(1.63)	40.8	(3.82)	--	--
6 - 11.....	12.7	(0.51)	9.4	(0.45)	1.0	(0.02)	81.8	(3.60)	1946	(53.7)	2717	(95.9)	19.0	(3.29)	50.6	(3.91)	--	--
12 - 19.....	13.8	(0.80)	9.6	(0.46)	1.0	(0.04)	88.3	(3.78)	1957	(54.2)	3013	(143.6)	60.4	(4.40)	47.4	(4.61)	--	--
20 - 29.....	12.6	(0.42)	9.7	(0.24)	1.1	(0.04)	90.0	(2.35)	2094	(67.5)	3009	(119.6)	105.8	(13.35)	38.4	(4.11)	--	--
30 - 39.....	13.1	(0.36)	10.2	(0.46)	1.2	(0.04)	93.8	(4.86)	2230	(74.1)	3058	(154.7)	153.5	(15.04)	38.7	(4.29)	--	--
40 - 49.....	13.4	(0.91)	10.3	(0.48)	1.2	(0.06)	96.1	(4.46)	2299	(97.4)	3027	(121.4)	194.4	(11.96)	41.7	(3.52)	--	--
50 - 59.....	13.2	(0.54)	10.0	(0.42)	1.3	(0.08)	90.4	(3.51)	2552	(101.0)	2936	(105.9)	207.2	(32.17)	48.6	(6.94)	--	--
60 - 69.....	12.9	(0.51)	9.6	(0.42)	1.2	(0.04)	81.7	(3.14)	2378	(79.6)	2674	(71.6)	180.7	(17.96)	34.7	(3.87)	--	--
70 and over.....	12.6	(0.34)	9.0	(0.28)	1.1	(0.05)	77.5	(1.57)	2189	(40.4)	2364	(57.5)	139.1	(10.39)	31.3	(2.51)	--	--
20 and over...	13.0	(0.32)	9.9	(0.20)	1.2	(0.04)	89.3	(1.67)	2290	(49.6)	2884	(40.1)	163.8	(8.51)	39.7	(1.87)	6.0	(0.69)
Males and females:																		
2 and over...	14.7	(0.26)	11.6	(0.22)	1.3	(0.03)	104.9	(1.51)	2509	(46.2)	3330	(52.1)	148.8	(7.44)	42.8	(1.57)	--	--

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2007-2008 (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 (0.029)	0.33 (0.015)	0.31 (0.026)	0.47 (0.027)	0.65 (0.042)	2.00 (0.082)	10.75 (0.278)	5.15 (0.183)
6 - 11.....	0.68 (0.057)	0.35 (0.022)	0.29 (0.014)	0.52 (0.032)	0.77 (0.050)	2.50 (0.174)	14.15 (0.600)	6.82 (0.280)
12 - 19.....	0.74 (0.047)	0.37 (0.028)	0.33 (0.021)	0.58 (0.031)	0.96 (0.065)	2.83 (0.128)	16.83 (0.517)	8.08 (0.239)
20 - 29.....	0.71 (0.050)	0.35 (0.029)	0.29 (0.020)	0.53 (0.035)	0.82 (0.058)	2.80 (0.173)	17.72 (0.729)	8.32 (0.352)
30 - 39.....	0.68 (0.043)	0.34 (0.023)	0.27 (0.015)	0.52 (0.028)	0.86 (0.061)	2.73 (0.129)	18.37 (0.673)	8.76 (0.317)
40 - 49.....	0.79 (0.054)	0.42 (0.032)	0.34 (0.028)	0.61 (0.042)	0.98 (0.092)	2.99 (0.186)	18.84 (0.744)	9.18 (0.381)
50 - 59.....	0.65 (0.034)	0.35 (0.017)	0.27 (0.013)	0.50 (0.023)	0.80 (0.065)	2.57 (0.104)	17.65 (0.637)	8.55 (0.336)
60 - 69.....	0.51 (0.031)	0.28 (0.017)	0.24 (0.019)	0.43 (0.027)	0.79 (0.082)	2.14 (0.114)	14.68 (0.574)	7.15 (0.282)
70 and over.....	0.49 (0.037)	0.27 (0.020)	0.21 (0.014)	0.39 (0.027)	0.60 (0.030)	1.84 (0.111)	12.39 (0.545)	5.98 (0.263)
20 and over...	0.66 (0.020)	0.34 (0.012)	0.28 (0.009)	0.51 (0.015)	0.83 (0.029)	2.60 (0.073)	17.15 (0.342)	8.24 (0.177)
Females:								
2 - 5.....	0.55 (0.032)	0.32 (0.016)	0.27 (0.017)	0.44 (0.025)	0.65 (0.060)	1.97 (0.114)	10.38 (0.364)	4.88 (0.163)
6 - 11.....	0.58 (0.034)	0.31 (0.017)	0.27 (0.018)	0.47 (0.027)	0.80 (0.079)	2.17 (0.103)	12.58 (0.354)	6.07 (0.167)
12 - 19.....	0.57 (0.031)	0.29 (0.015)	0.23 (0.012)	0.42 (0.021)	0.68 (0.049)	2.05 (0.094)	12.52 (0.467)	6.11 (0.318)
20 - 29.....	0.53 (0.030)	0.27 (0.013)	0.22 (0.010)	0.40 (0.018)	0.67 (0.087)	1.96 (0.090)	12.04 (0.498)	5.74 (0.263)
30 - 39.....	0.54 (0.035)	0.28 (0.019)	0.24 (0.020)	0.42 (0.028)	0.77 (0.103)	2.08 (0.134)	12.56 (0.585)	5.96 (0.262)
40 - 49.....	0.56 (0.033)	0.28 (0.016)	0.25 (0.012)	0.45 (0.021)	0.76 (0.080)	2.11 (0.106)	12.79 (0.556)	6.09 (0.254)
50 - 59.....	0.51 (0.036)	0.27 (0.020)	0.24 (0.020)	0.41 (0.027)	0.80 (0.081)	1.94 (0.114)	12.08 (0.423)	5.89 (0.202)
60 - 69.....	0.46 (0.042)	0.25 (0.018)	0.22 (0.021)	0.38 (0.031)	0.75 (0.088)	1.78 (0.136)	10.94 (0.478)	5.25 (0.225)
70 and over.....	0.39 (0.017)	0.21 (0.009)	0.18 (0.008)	0.32 (0.014)	0.59 (0.035)	1.52 (0.054)	9.70 (0.247)	4.72 (0.129)
20 and over...	0.51 (0.018)	0.26 (0.008)	0.23 (0.007)	0.40 (0.012)	0.73 (0.041)	1.93 (0.057)	11.85 (0.224)	5.69 (0.107)
Males and females:								
2 and over...	0.59 (0.016)	0.31 (0.009)	0.26 (0.006)	0.46 (0.011)	0.77 (0.024)	2.26 (0.054)	14.09 (0.229)	6.77 (0.111)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2007-2008 (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.....	0.81 (0.017)	19.23 (0.552)	0.15 (0.006)	0.02 (0.001)	9.32 (0.347)	0.89 (0.029)	0.01 (0.002)
6 - 11.....	1.20 (0.068)	25.72 (0.926)	0.21 (0.008)	0.03 (0.004)	12.63 (0.335)	1.12 (0.038)	0.02 (0.002)
12 - 19.....	1.41 (0.039)	30.98 (0.941)	0.26 (0.016)	0.04 (0.005)	15.90 (0.724)	1.42 (0.068)	0.04 (0.004)
20 - 29.....	1.63 (0.075)	32.47 (1.013)	0.29 (0.012)	0.05 (0.008)	17.75 (0.591)	1.76 (0.066)	0.03 (0.004)
30 - 39.....	1.77 (0.080)	36.58 (1.455)	0.32 (0.016)	0.05 (0.006)	18.53 (0.864)	1.75 (0.080)	0.03 (0.003)
40 - 49.....	1.69 (0.067)	35.26 (1.166)	0.32 (0.013)	0.05 (0.011)	18.18 (0.590)	1.78 (0.083)	0.02 (0.004)
50 - 59.....	1.66 (0.086)	35.14 (1.178)	0.35 (0.017)	0.06 (0.007)	18.90 (0.949)	1.83 (0.100)	0.03 (0.005)
60 - 69.....	1.32 (0.058)	29.79 (1.223)	0.27 (0.014)	0.04 (0.008)	15.67 (0.826)	1.56 (0.082)	0.02 (0.003)
70 and over.....	1.05 (0.057)	24.52 (0.941)	0.24 (0.028)	0.07* (0.041)	13.20 (0.543)	1.34 (0.053)	0.01 (0.002)
20 and over...	1.58 (0.031)	33.17 (0.632)	0.30 (0.008)	0.05 (0.006)	17.48 (0.363)	1.71 (0.041)	0.02 (0.001)
Females:							
2 - 5.....	0.80 (0.035)	18.41 (0.623)	0.14 (0.005)	0.02 (0.004)	9.08 (0.414)	0.84 (0.041)	0.01 (0.003)
6 - 11.....	0.99 (0.036)	23.28 (0.518)	0.19 (0.010)	0.02 (0.003)	12.57 (0.380)	1.08 (0.043)	0.02 (0.002)
12 - 19.....	1.02 (0.036)	24.07 (1.225)	0.19 (0.008)	0.02 (0.001)	12.66 (0.371)	1.16 (0.030)	0.02 (0.002)
20 - 29.....	1.03 (0.044)	22.66 (1.108)	0.18 (0.009)	0.02 (0.002)	12.97 (0.758)	1.31 (0.071)	0.01 (0.002)
30 - 39.....	1.07 (0.070)	23.79 (1.028)	0.20 (0.012)	0.02 (0.004)	13.55 (0.469)	1.32 (0.051)	0.01 (0.002)
40 - 49.....	1.12 (0.062)	24.45 (1.051)	0.22 (0.013)	0.03* (0.010)	13.50 (0.639)	1.36 (0.078)	0.01 (0.003)
50 - 59.....	0.99 (0.042)	23.73 (0.807)	0.21 (0.013)	0.04 (0.006)	14.38 (0.601)	1.38 (0.052)	0.01 (0.004)
60 - 69.....	0.92 (0.041)	21.59 (1.162)	0.18 (0.013)	0.02 (0.004)	12.11 (0.760)	1.26 (0.075)	0.01 (0.002)
70 and over.....	0.78 (0.024)	18.89 (0.485)	0.16 (0.006)	0.02 (0.003)	10.98 (0.335)	1.19 (0.041)	0.01 (0.002)
20 and over...	1.00 (0.020)	22.80 (0.438)	0.19 (0.004)	0.03 (0.003)	13.08 (0.263)	1.31 (0.035)	0.01 (0.001)
Males and females:							
2 and over...	1.22 (0.018)	26.90 (0.416)	0.23 (0.003)	0.04 (0.002)	14.50 (0.240)	1.40 (0.027)	0.02 (0.001)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2007-2008 (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 (0.001)	0.01 (0.001)	0.02 (0.003)
6 - 11.....	0.10 (0.007)	0.01 (0.002)	0.01 (0.001)	0.03 (0.003)
12 - 19.....	0.15 (0.009)	0.02 (0.005)	0.01 (0.002)	0.05 (0.008)
20 - 29.....	0.17 (0.011)	0.04 (0.006)	0.02 (0.004)	0.08 (0.010)
30 - 39.....	0.19 (0.009)	0.06 (0.008)	0.03 (0.003)	0.11 (0.014)
40 - 49.....	0.20 (0.009)	0.04 (0.010)	0.02 (0.004)	0.09 (0.017)
50 - 59.....	0.19 (0.013)	0.08 (0.021)	0.03 (0.005)	0.14 (0.028)
60 - 69.....	0.15 (0.008)	0.04 (0.007)	0.02 (0.002)	0.07 (0.010)
70 and over.....	0.12 (0.006)	0.04 (0.010)	0.01 (0.002)	0.08 (0.011)
20 and over...	0.18 (0.003)	0.05 (0.004)	0.02 (0.001)	0.10 (0.006)
Females:				
2 - 5.....	0.06 (0.003)	0.01 (0.002)	0.01 (#)	0.02 (0.004)
6 - 11.....	0.08 (0.006)	0.02 (0.003)	0.01 (0.001)	0.03 (0.006)
12 - 19.....	0.10 (0.005)	0.02 (0.004)	0.01 (0.001)	0.03 (0.006)
20 - 29.....	0.11 (0.006)	0.02 (0.005)	0.01 (0.003)	0.05 (0.008)
30 - 39.....	0.11 (0.008)	0.03 (0.003)	0.02 (0.001)	0.06 (0.006)
40 - 49.....	0.12 (0.008)	0.03 (0.004)	0.01 (0.001)	0.06 (0.007)
50 - 59.....	0.11 (0.007)	0.05* (0.017)	0.02 (0.004)	0.09 (0.021)
60 - 69.....	0.10 (0.007)	0.04 (0.008)	0.01 (0.002)	0.06 (0.011)
70 and over.....	0.09 (0.003)	0.04 (0.007)	0.01 (0.002)	0.06 (0.008)
20 and over...	0.11 (0.003)	0.03 (0.004)	0.02 (0.001)	0.06 (0.006)
Males and females:				
2 and over...	0.13 (0.002)	0.04 (0.002)	0.02 (0.001)	0.07 (0.003)

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 2.16.

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 not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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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