

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2009-2010

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.....	452	1553	(25.6)	55.7	(1.24)	216	(3.4)	111	(1.9)	12.1	(0.25)	54.4	(1.74)	19.6	(0.76)	19.0	(0.61)	10.8	(0.38)
6 - 11.....	588	1922	(32.6)	68.3	(1.40)	259	(4.5)	126	(1.9)	13.6	(0.24)	70.3	(1.56)	24.7	(0.70)	24.8	(0.56)	14.5	(0.41)
12 - 19.....	672	2539	(72.8)	95.2	(3.14)	335	(11.0)	161	(5.1)	16.4	(0.70)	91.9	(3.25)	31.3	(1.37)	32.7	(1.25)	19.4	(0.65)
20 - 29.....	450	2626	(79.4)	101.0	(3.75)	320	(9.7)	146	(6.2)	17.2	(0.80)	93.0	(3.49)	30.7	(1.10)	33.5	(1.36)	20.3	(0.97)
30 - 39.....	455	2736	(44.9)	106.4	(3.47)	327	(7.6)	143	(6.7)	19.7	(0.86)	97.6	(2.33)	31.5	(1.10)	35.9	(0.83)	21.2	(0.57)
40 - 49.....	481	2730	(73.2)	107.9	(3.04)	320	(7.8)	141	(4.3)	20.3	(0.98)	103.1	(4.32)	34.2	(1.67)	37.9	(1.60)	21.5	(0.82)
50 - 59.....	470	2482	(55.3)	99.8	(3.13)	279	(8.9)	122	(7.0)	18.9	(0.82)	96.6	(2.92)	32.3	(1.29)	34.6	(0.98)	21.0	(0.66)
60 - 69.....	449	2206	(40.0)	89.3	(1.68)	254	(4.7)	108	(4.1)	18.2	(0.49)	84.5	(2.07)	27.2	(0.80)	31.0	(0.90)	18.6	(0.66)
70 and over.....	484	1907	(41.1)	74.4	(1.79)	232	(5.1)	104	(3.8)	17.1	(0.58)	72.4	(1.73)	23.0	(0.64)	27.0	(0.69)	16.1	(0.55)
20 and over...	2789	2512	(30.7)	98.9	(1.37)	296	(3.5)	131	(2.4)	18.7	(0.39)	93.3	(1.71)	30.6	(0.71)	34.0	(0.57)	20.2	(0.39)
Females:																			
2 - 5.....	409	1520	(36.7)	55.6	(1.49)	206	(5.2)	108	(3.3)	11.3	(0.41)	54.9	(1.72)	20.6	(0.91)	18.8	(0.61)	10.5	(0.52)
6 - 11.....	566	1812	(24.5)	63.2	(1.35)	252	(4.9)	120	(2.5)	14.5	(0.46)	63.9	(0.97)	22.1	(0.45)	22.5	(0.39)	13.5	(0.33)
12 - 19.....	593	1821	(43.9)	64.0	(1.48)	242	(6.6)	117	(4.4)	12.6	(0.35)	67.9	(1.72)	23.1	(0.63)	23.6	(0.64)	15.2	(0.63)
20 - 29.....	524	1949	(54.7)	70.1	(1.90)	250	(7.0)	120	(4.6)	13.6	(0.40)	70.8	(2.70)	23.6	(1.08)	25.0	(0.96)	15.7	(0.58)
30 - 39.....	499	1831	(31.5)	69.6	(1.68)	232	(3.4)	104	(3.2)	16.6	(0.63)	67.8	(1.95)	22.2	(0.61)	24.3	(0.74)	15.1	(0.57)
40 - 49.....	555	1794	(59.2)	69.0	(2.04)	228	(8.3)	105	(5.0)	15.1	(0.70)	65.3	(2.14)	21.2	(0.70)	22.9	(0.73)	15.3	(0.65)
50 - 59.....	429	1759	(38.4)	69.6	(1.99)	219	(5.6)	100	(3.4)	17.0	(0.57)	66.0	(1.84)	21.0	(0.78)	23.6	(0.69)	15.4	(0.46)
60 - 69.....	453	1717	(35.4)	66.8	(1.55)	209	(4.6)	96	(3.3)	15.6	(0.38)	66.7	(2.21)	21.9	(0.85)	23.8	(0.82)	15.1	(0.61)
70 and over.....	513	1535	(34.4)	60.1	(1.51)	196	(4.1)	89	(2.2)	15.2	(0.39)	57.8	(1.42)	19.0	(0.48)	20.2	(0.55)	13.5	(0.38)
20 and over...	2973	1778	(15.0)	68.0	(0.68)	224	(2.1)	103	(1.0)	15.5	(0.21)	66.0	(0.59)	21.6	(0.22)	23.4	(0.18)	15.1	(0.22)
Males and females:																			
2 and over...	9042	2081	(12.9)	79.5	(0.70)	259	(1.7)	119	(1.1)	16.2	(0.20)	76.8	(0.75)	25.5	(0.30)	27.5	(0.24)	16.8	(0.23)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2009-2010 (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.....	170	(8.5)	491	(16.4)	593	(20.4)	207	(28.5)	1086	(84.0)	71	(10.7)	3344	(344.5)	610	(41.9)	1.30	(0.032)
6 - 11.....	206	(8.5)	529	(24.2)	638	(23.7)	285	(52.6)	1131	(138.5)	68	(7.6)	4043	(185.3)	649	(50.0)	1.58	(0.046)
12 - 19.....	286	(15.1)	541	(38.9)	647	(42.4)	234	(45.8)	1114	(121.7)	77	(8.4)	6353	(710.3)	847	(72.6)	1.98	(0.102)
20 - 29.....	331	(13.4)	480	(26.6)	613	(33.4)	327	(33.8)	1403	(121.1)	67	(8.6)	6263	(486.2)	985	(84.3)	1.99	(0.090)
30 - 39.....	345	(17.7)	479	(23.8)	650	(28.4)	374	(47.2)	1828	(172.0)	87	(8.2)	7889	(953.9)	1358	(117.7)	2.07	(0.067)
40 - 49.....	357	(11.4)	478	(17.2)	734	(40.1)	555	(160.9)	2747	(429.6)	100	(15.6)	7479	(1146.8)	1660	(341.1)	2.07	(0.063)
50 - 59.....	351	(19.3)	502	(24.7)	695	(25.5)	388	(53.4)	2081	(177.0)	91	(7.6)	5515	(385.1)	1650	(131.9)	1.90	(0.054)
60 - 69.....	305	(12.5)	448	(27.6)	694	(41.1)	481	(80.3)	2669	(404.6)	90	(9.7)	6308	(838.8)	1920	(346.6)	1.82	(0.057)
70 and over.....	265	(13.8)	517	(31.1)	738	(48.5)	426	(58.0)	2391	(272.6)	98	(9.8)	4546	(441.6)	1466	(126.3)	1.68	(0.047)
20 and over...	333	(6.8)	483	(11.1)	682	(18.6)	421	(39.5)	2132	(126.2)	88	(3.3)	6489	(451.9)	1480	(117.8)	1.95	(0.031)
Females:																		
2 - 5.....	178	(5.9)	489	(23.6)	591	(26.5)	261	(73.4)	1061	(166.3)	74	(8.7)	3162	(254.8)	695	(64.9)	1.23	(0.035)
6 - 11.....	185	(5.6)	443	(19.4)	544	(20.5)	233	(43.0)	1059	(113.6)	67	(6.0)	4973	(697.2)	771	(65.7)	1.50	(0.040)
12 - 19.....	211	(9.6)	400	(21.5)	516	(26.0)	252	(36.7)	1237	(81.5)	49	(6.6)	4690	(439.7)	854	(85.1)	1.41	(0.048)
20 - 29.....	238	(12.1)	398	(21.8)	548	(26.1)	349	(44.2)	1598	(163.3)	64	(8.1)	5034	(432.9)	1113	(83.3)	1.45	(0.026)
30 - 39.....	228	(9.9)	397	(16.6)	590	(25.7)	367	(49.8)	2087	(262.7)	96	(10.7)	5026	(421.5)	1448	(184.8)	1.44	(0.032)
40 - 49.....	221	(10.0)	343	(16.0)	556	(30.7)	475	(107.6)	2278	(312.6)	77	(10.2)	4359	(524.9)	1604	(221.3)	1.38	(0.056)
50 - 59.....	228	(13.9)	420	(29.5)	702	(49.9)	490	(65.3)	3097	(375.1)	98	(14.7)	4238	(318.5)	2428	(350.6)	1.41	(0.043)
60 - 69.....	232	(8.6)	425	(23.7)	648	(24.0)	445	(65.0)	2406	(208.7)	107	(16.8)	4580	(566.2)	1615	(128.7)	1.34	(0.047)
70 and over.....	190	(6.5)	395	(12.6)	612	(18.3)	434	(40.3)	2349	(168.4)	97	(13.1)	3651	(371.5)	1533	(125.6)	1.34	(0.039)
20 and over...	224	(3.6)	394	(8.3)	606	(11.0)	427	(26.6)	2295	(84.2)	88	(6.1)	4510	(192.8)	1628	(90.2)	1.40	(0.012)
Males and females:																		
2 and over...	261	(4.3)	448	(5.8)	628	(9.4)	379	(16.8)	1942	(49.4)	82	(3.2)	5263	(214.4)	1356	(77.7)	1.63	(0.012)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2009-2010 (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.....	1.83	(0.054)	16.4	(0.39)	1.47	(0.038)	173	(6.9)	134	(4.2)	428	(11.7)	222	(6.4)	4.41	(0.160)	1.00	(0.079)
6 - 11.....	2.05	(0.057)	21.0	(0.61)	1.65	(0.054)	226	(11.6)	156	(4.5)	540	(23.3)	256	(6.7)	4.90	(0.158)	1.03	(0.071)
12 - 19.....	2.41	(0.126)	29.9	(1.08)	2.31	(0.120)	262	(24.9)	193	(6.4)	639	(46.1)	333	(13.2)	6.30	(0.264)	1.28	(0.121)
20 - 29.....	2.33	(0.109)	32.4	(1.28)	2.56	(0.156)	230	(10.9)	244	(10.6)	635	(23.3)	390	(14.1)	6.03	(0.323)	1.27	(0.188)
30 - 39.....	2.58	(0.096)	35.0	(1.09)	2.85	(0.106)	245	(14.6)	270	(8.4)	687	(27.0)	427	(13.8)	6.64	(0.397)	1.48	(0.241)
40 - 49.....	2.71	(0.086)	33.9	(1.14)	2.68	(0.105)	234	(13.8)	277	(13.5)	675	(27.8)	446	(11.0)	6.86	(0.206)	1.08	(0.154)
50 - 59.....	2.58	(0.083)	29.8	(0.83)	2.32	(0.090)	181	(7.6)	269	(9.7)	577	(12.9)	430	(15.4)	5.90	(0.333)	0.77	(0.095)
60 - 69.....	2.34	(0.088)	27.0	(0.80)	2.20	(0.069)	191	(11.9)	255	(10.0)	580	(24.8)	384	(9.6)	6.11	(0.260)	0.95	(0.127)
70 and over.....	2.24	(0.066)	24.4	(0.67)	2.11	(0.084)	213	(12.5)	207	(5.6)	569	(25.5)	332	(12.4)	5.98	(0.326)	1.47	(0.147)
20 and over...	2.49	(0.038)	31.2	(0.42)	2.50	(0.039)	218	(4.9)	258	(3.9)	628	(11.5)	409	(4.8)	6.28	(0.124)	1.16	(0.051)
Females:																		
2 - 5.....	1.85	(0.060)	15.3	(0.28)	1.38	(0.033)	174	(9.4)	128	(3.8)	423	(16.9)	224	(5.5)	4.42	(0.184)	0.91	(0.065)
6 - 11.....	1.83	(0.052)	19.7	(0.49)	1.52	(0.056)	208	(10.3)	148	(3.5)	502	(19.0)	231	(5.0)	4.32	(0.168)	0.98	(0.101)
12 - 19.....	1.72	(0.054)	20.0	(0.68)	1.53	(0.059)	206	(12.2)	152	(6.1)	502	(22.2)	237	(7.6)	4.01	(0.238)	0.75	(0.088)
20 - 29.....	1.79	(0.061)	22.6	(0.68)	1.80	(0.080)	183	(6.3)	174	(6.1)	485	(12.3)	269	(9.3)	4.69	(0.251)	0.94	(0.083)
30 - 39.....	1.93	(0.054)	21.1	(0.36)	1.81	(0.070)	184	(7.5)	197	(7.4)	509	(18.1)	277	(7.8)	4.73	(0.203)	1.19	(0.144)
40 - 49.....	1.78	(0.048)	20.5	(0.57)	1.63	(0.052)	153	(13.2)	195	(5.9)	456	(24.6)	277	(10.2)	4.57	(0.820)	0.55	(0.104)
50 - 59.....	1.92	(0.056)	21.5	(0.63)	1.82	(0.076)	157	(10.4)	220	(7.4)	487	(20.5)	291	(13.1)	4.82	(0.372)	1.01	(0.159)
60 - 69.....	1.90	(0.062)	19.9	(0.55)	1.64	(0.049)	144	(9.2)	204	(7.1)	448	(18.5)	282	(8.0)	4.60	(0.245)	0.78	(0.092)
70 and over.....	1.76	(0.045)	18.6	(0.58)	1.66	(0.066)	160	(8.0)	178	(5.2)	450	(16.5)	249	(6.2)	4.18	(0.240)	0.99	(0.115)
20 and over...	1.85	(0.024)	20.8	(0.24)	1.73	(0.026)	164	(4.2)	195	(2.1)	474	(7.7)	275	(4.0)	4.61	(0.148)	0.90	(0.045)
Males and females:																		
2 and over...	2.11	(0.017)	24.7	(0.20)	2.00	(0.021)	196	(4.0)	208	(2.0)	541	(7.6)	319	(3.7)	5.26	(0.068)	1.02	(0.029)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males:																
2 - 5.....	82.9	(4.41)	6.8	(0.29)	5.0	(0.20)	0.5	(0.09)	40.6	(2.38)	1034	(38.3)	1137	(32.1)	213	(3.1)
6 - 11.....	73.7	(5.07)	6.7	(0.24)	6.0	(0.15)	0.6	(0.10)	52.2	(3.52)	1127	(38.1)	1321	(35.6)	236	(5.8)
12 - 19.....	87.7	(6.94)	6.4	(0.40)	7.8	(0.36)	0.5	(0.09)	65.8	(3.30)	1260	(58.6)	1640	(62.2)	299	(8.9)
20 - 29.....	102.4	(8.81)	5.5	(0.27)	8.3	(0.48)	0.6*	(0.19)	81.8	(8.87)	1240	(41.9)	1686	(53.5)	334	(14.0)
30 - 39.....	95.9	(4.47)	5.3	(0.36)	9.7	(0.34)	1.0	(0.23)	101.4	(6.62)	1179	(31.0)	1759	(44.4)	370	(11.6)
40 - 49.....	99.0	(9.28)	6.3	(0.60)	9.6	(0.35)	0.6*	(0.30)	102.5	(8.84)	1235	(39.0)	1815	(44.1)	386	(10.9)
50 - 59.....	91.9	(5.05)	6.1	(0.32)	8.7	(0.31)	0.7*	(0.30)	117.4	(5.48)	1142	(34.9)	1669	(51.3)	353	(8.1)
60 - 69.....	89.4	(3.43)	6.0	(0.33)	8.5	(0.29)	0.4*	(0.13)	126.3	(16.16)	1022	(45.9)	1498	(29.6)	331	(5.8)
70 and over.....	90.0	(7.02)	5.8	(0.40)	8.2	(0.37)	0.8	(0.13)	99.1	(6.57)	895	(34.9)	1272	(31.3)	290	(7.5)
20 and over...	95.6	(2.29)	5.9	(0.18)	8.9	(0.16)	0.7	(0.12)	103.8	(5.37)	1146	(14.5)	1655	(18.7)	349	(4.6)
Females:																
2 - 5.....	83.4	(4.69)	6.9	(0.32)	4.6	(0.14)	0.4	(0.08)	44.8	(3.69)	1030	(41.5)	1136	(34.4)	205	(5.9)
6 - 11.....	73.8	(4.23)	5.4	(0.23)	5.7	(0.18)	0.5	(0.10)	54.0	(2.94)	963	(31.2)	1201	(34.1)	226	(6.9)
12 - 19.....	77.8	(6.15)	4.7	(0.31)	6.5	(0.27)	0.5*	(0.15)	60.3	(4.04)	948	(26.8)	1192	(33.4)	224	(5.7)
20 - 29.....	78.5	(4.99)	4.3	(0.25)	6.4	(0.22)	0.5	(0.09)	79.2	(4.37)	935	(24.6)	1222	(31.2)	252	(7.9)
30 - 39.....	78.8	(3.53)	4.8	(0.29)	7.6	(0.37)	0.8	(0.11)	90.9	(9.06)	960	(32.3)	1260	(29.6)	282	(8.2)
40 - 49.....	79.0	(5.78)	4.1	(0.22)	6.8	(0.27)	0.3	(0.09)	108.6	(11.76)	874	(17.9)	1181	(28.1)	270	(6.9)
50 - 59.....	99.4	(10.81)	4.6	(0.51)	8.2	(0.39)	1.2	(0.29)	151.5	(16.75)	890	(30.3)	1202	(31.4)	283	(6.1)
60 - 69.....	79.5	(4.45)	4.7	(0.26)	7.3	(0.26)	0.6	(0.10)	107.8	(8.09)	872	(23.9)	1183	(29.7)	268	(5.6)
70 and over.....	79.5	(3.33)	4.4	(0.14)	6.3	(0.26)	0.6	(0.12)	102.2	(6.60)	813	(12.9)	1061	(18.4)	243	(5.2)
20 and over...	82.7	(2.40)	4.5	(0.15)	7.1	(0.10)	0.7	(0.05)	106.9	(3.97)	895	(11.3)	1190	(11.8)	267	(2.6)
Males and females:																
2 and over...	86.6	(1.40)	5.3	(0.11)	7.5	(0.10)	0.6	(0.05)	92.7	(3.52)	1029	(7.1)	1386	(7.6)	290	(2.0)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium ²		Caffeine		Theobromine		Alcohol ³	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Males:																		
2 - 5.....	11.6	(0.26)	8.8	(0.18)	0.8	(0.02)	73.8	(1.02)	2092	(37.3)	2331	(70.6)	6.0	(0.70)	43.4	(4.12)	--	--
6 - 11.....	14.0	(0.38)	10.3	(0.29)	1.0	(0.01)	93.6	(2.00)	2248	(50.2)	3062	(62.4)	18.2	(1.78)	64.8	(4.78)	--	--
12 - 19.....	17.6	(0.60)	13.9	(0.41)	1.3	(0.06)	129.8	(5.54)	2750	(112.5)	4211	(156.9)	66.3	(11.12)	51.3	(5.42)	--	--
20 - 29.....	17.5	(0.76)	13.7	(0.72)	1.4	(0.06)	138.3	(4.85)	2911	(121.5)	4376	(111.7)	124.0	(13.82)	36.0	(6.60)	--	--
30 - 39.....	18.9	(0.73)	15.3	(0.60)	1.6	(0.05)	145.0	(3.97)	3207	(80.3)	4533	(105.3)	187.9	(18.79)	38.8	(3.50)	--	--
40 - 49.....	18.6	(0.60)	15.6	(0.43)	1.6	(0.06)	144.2	(4.38)	3504	(106.9)	4588	(162.5)	253.3	(22.34)	50.0	(4.85)	--	--
50 - 59.....	16.6	(0.50)	14.3	(0.67)	1.5	(0.06)	131.3	(4.28)	3311	(93.4)	4253	(151.7)	282.0	(19.41)	52.4	(6.00)	--	--
60 - 69.....	16.3	(0.54)	12.8	(0.32)	1.4	(0.03)	123.4	(3.34)	3119	(84.5)	3900	(80.2)	220.5	(15.75)	36.8	(6.05)	--	--
70 and over.....	16.4	(0.55)	12.1	(0.32)	1.3	(0.06)	102.0	(2.43)	2797	(74.8)	3205	(72.7)	174.8	(15.93)	39.0	(3.48)	--	--
20 and over...	17.5	(0.21)	14.2	(0.22)	1.5	(0.02)	133.7	(1.98)	3172	(43.9)	4243	(42.9)	208.6	(10.70)	42.7	(2.09)	17.2	(1.26)
Females:																		
2 - 5.....	11.3	(0.37)	8.4	(0.25)	0.8	(0.03)	73.2	(1.74)	2046	(53.1)	2283	(57.0)	5.7	(0.56)	45.7	(5.82)	--	--
6 - 11.....	13.5	(0.34)	9.5	(0.25)	1.0	(0.03)	87.6	(2.17)	2092	(54.2)	2875	(66.1)	16.1	(0.99)	68.1	(6.81)	--	--
12 - 19.....	12.9	(0.45)	9.3	(0.29)	1.0	(0.03)	91.1	(1.69)	2008	(55.8)	2958	(95.5)	48.4	(4.28)	50.2	(3.64)	--	--
20 - 29.....	13.5	(0.33)	10.0	(0.26)	1.1	(0.05)	96.3	(2.29)	2227	(56.8)	3217	(74.3)	107.6	(7.62)	34.4	(4.58)	--	--
30 - 39.....	14.1	(0.38)	10.2	(0.26)	1.2	(0.04)	94.6	(2.06)	2420	(40.5)	3050	(63.1)	155.8	(12.22)	38.2	(3.76)	--	--
40 - 49.....	12.9	(0.49)	9.9	(0.33)	1.1	(0.04)	96.5	(3.66)	2391	(69.1)	3014	(74.1)	168.8	(12.22)	42.5	(4.09)	--	--
50 - 59.....	13.1	(0.44)	9.8	(0.30)	1.2	(0.04)	95.8	(3.21)	2592	(53.8)	2992	(79.9)	186.1	(15.95)	38.7	(4.12)	--	--
60 - 69.....	12.7	(0.53)	9.6	(0.26)	1.3	(0.05)	93.0	(3.35)	2488	(52.0)	2891	(79.1)	166.8	(14.61)	44.5	(4.60)	--	--
70 and over.....	12.6	(0.37)	9.5	(0.32)	1.1	(0.03)	81.4	(2.38)	2339	(36.5)	2588	(65.3)	121.9	(11.93)	33.5	(2.79)	--	--
20 and over...	13.2	(0.18)	9.8	(0.17)	1.2	(0.02)	93.6	(1.12)	2408	(22.2)	2980	(29.9)	152.2	(7.79)	38.7	(1.92)	5.8	(0.48)
Males and females:																		
2 and over...	14.9	(0.11)	11.5	(0.11)	1.2	(0.01)	108.5	(0.99)	2640	(18.0)	3463	(19.4)	142.4	(6.33)	44.1	(1.66)	--	--

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2009-2010 (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.....	0.51 (0.035)	0.31 (0.022)	0.27 (0.016)	0.45 (0.022)	0.59 (0.038)	1.86 (0.111)	10.16 (0.352)	4.68 (0.155)
6 - 11.....	0.57 (0.034)	0.33 (0.020)	0.26 (0.018)	0.49 (0.028)	0.75 (0.056)	2.20 (0.104)	12.94 (0.334)	6.16 (0.160)
12 - 19.....	0.67 (0.047)	0.36 (0.020)	0.29 (0.019)	0.54 (0.032)	0.87 (0.068)	2.68 (0.145)	16.89 (0.726)	7.85 (0.363)
20 - 29.....	0.62 (0.027)	0.35 (0.016)	0.27 (0.015)	0.52 (0.022)	0.77 (0.072)	2.60 (0.105)	16.71 (0.615)	7.78 (0.292)
30 - 39.....	0.60 (0.036)	0.33 (0.019)	0.26 (0.014)	0.51 (0.025)	0.79 (0.072)	2.59 (0.142)	17.26 (0.511)	7.98 (0.296)
40 - 49.....	0.68 (0.044)	0.37 (0.027)	0.30 (0.025)	0.57 (0.043)	0.97 (0.130)	2.84 (0.198)	18.42 (0.827)	8.86 (0.402)
50 - 59.....	0.67 (0.043)	0.38 (0.024)	0.30 (0.020)	0.57 (0.036)	0.90 (0.112)	2.74 (0.170)	17.48 (0.589)	8.15 (0.313)
60 - 69.....	0.55 (0.037)	0.30 (0.021)	0.23 (0.011)	0.46 (0.026)	0.73 (0.036)	2.23 (0.098)	14.80 (0.424)	6.89 (0.217)
70 and over.....	0.44 (0.015)	0.25 (0.008)	0.20 (0.008)	0.38 (0.014)	0.63 (0.027)	1.78 (0.049)	12.52 (0.338)	5.97 (0.218)
20 and over...	0.61 (0.019)	0.34 (0.010)	0.26 (0.008)	0.51 (0.015)	0.82 (0.049)	2.54 (0.076)	16.62 (0.355)	7.80 (0.186)
Females:								
2 - 5.....	0.57 (0.051)	0.35 (0.029)	0.28 (0.015)	0.47 (0.032)	0.67 (0.026)	2.07 (0.138)	10.51 (0.412)	4.89 (0.202)
6 - 11.....	0.49 (0.021)	0.29 (0.012)	0.23 (0.011)	0.42 (0.014)	0.66 (0.040)	1.94 (0.066)	11.78 (0.255)	5.51 (0.107)
12 - 19.....	0.54 (0.023)	0.30 (0.013)	0.24 (0.012)	0.44 (0.019)	0.77 (0.074)	2.06 (0.072)	12.19 (0.320)	5.77 (0.159)
20 - 29.....	0.51 (0.031)	0.29 (0.019)	0.22 (0.013)	0.42 (0.023)	0.65 (0.042)	2.04 (0.113)	12.61 (0.578)	5.97 (0.272)
30 - 39.....	0.49 (0.018)	0.27 (0.011)	0.22 (0.012)	0.43 (0.020)	0.72 (0.051)	1.96 (0.056)	11.78 (0.322)	5.57 (0.170)
40 - 49.....	0.46 (0.023)	0.25 (0.014)	0.21 (0.011)	0.39 (0.017)	0.65 (0.045)	1.80 (0.070)	11.41 (0.371)	5.29 (0.176)
50 - 59.....	0.46 (0.032)	0.25 (0.015)	0.20 (0.012)	0.38 (0.024)	0.63 (0.047)	1.74 (0.096)	11.36 (0.408)	5.30 (0.174)
60 - 69.....	0.51 (0.030)	0.29 (0.017)	0.22 (0.015)	0.42 (0.025)	0.66 (0.050)	1.90 (0.098)	11.75 (0.411)	5.49 (0.225)
70 and over.....	0.42 (0.014)	0.23 (0.008)	0.19 (0.010)	0.36 (0.011)	0.60 (0.057)	1.59 (0.045)	10.20 (0.253)	4.80 (0.140)
20 and over...	0.48 (0.011)	0.26 (0.006)	0.21 (0.004)	0.40 (0.009)	0.65 (0.019)	1.85 (0.030)	11.56 (0.116)	5.42 (0.051)
Males and females:								
2 and over...	0.55 (0.010)	0.31 (0.006)	0.24 (0.005)	0.46 (0.008)	0.73 (0.023)	2.18 (0.037)	13.71 (0.145)	6.43 (0.081)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2009-2010 (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.....	0.73 (0.024)	17.81 (0.570)	0.18 (0.010)	0.01 (0.003)	9.69 (0.357)	0.88 (0.027)	0.01 (0.001)
6 - 11.....	0.97 (0.037)	23.24 (0.527)	0.23 (0.008)	0.01 (0.001)	13.07 (0.371)	1.17 (0.041)	0.01 (0.002)
12 - 19.....	1.38 (0.059)	30.50 (1.173)	0.32 (0.016)	0.03 (0.004)	17.42 (0.578)	1.55 (0.063)	0.02 (0.005)
20 - 29.....	1.44 (0.054)	31.19 (1.286)	0.33 (0.015)	0.03 (0.004)	17.95 (0.860)	1.78 (0.099)	0.02 (0.002)
30 - 39.....	1.58 (0.067)	33.49 (0.775)	0.36 (0.013)	0.04 (0.004)	18.80 (0.540)	1.77 (0.034)	0.02 (0.002)
40 - 49.....	1.59 (0.081)	35.37 (1.505)	0.39 (0.028)	0.03 (0.004)	19.07 (0.757)	1.80 (0.077)	0.02 (0.005)
50 - 59.....	1.49 (0.062)	32.25 (0.897)	0.33 (0.018)	0.04* (0.014)	18.49 (0.590)	1.95 (0.091)	0.01 (0.002)
60 - 69.....	1.27 (0.047)	28.98 (0.852)	0.33 (0.019)	0.07 (0.019)	16.41 (0.579)	1.70 (0.083)	0.02 (0.002)
70 and over.....	1.04 (0.034)	25.36 (0.646)	0.25 (0.008)	0.03 (0.008)	14.13 (0.487)	1.48 (0.060)	0.01 (0.001)
20 and over...	1.44 (0.030)	31.75 (0.539)	0.34 (0.008)	0.04 (0.004)	17.84 (0.345)	1.77 (0.039)	0.02 (0.001)
Females:							
2 - 5.....	0.75 (0.034)	17.65 (0.580)	0.16 (0.008)	0.01 (0.001)	9.36 (0.478)	0.92 (0.037)	0.01 (0.001)
6 - 11.....	0.84 (0.022)	21.08 (0.370)	0.21 (0.009)	0.01 (0.002)	12.13 (0.290)	1.12 (0.041)	0.01 (0.001)
12 - 19.....	0.91 (0.035)	22.05 (0.587)	0.21 (0.012)	0.02 (0.004)	13.69 (0.594)	1.22 (0.037)	0.01 (0.002)
20 - 29.....	1.05 (0.052)	23.40 (0.887)	0.25 (0.010)	0.01 (0.002)	13.93 (0.515)	1.39 (0.056)	0.01 (0.002)
30 - 39.....	0.96 (0.035)	22.69 (0.703)	0.22 (0.007)	0.02 (0.002)	13.44 (0.507)	1.31 (0.066)	0.01 (0.001)
40 - 49.....	0.92 (0.030)	21.35 (0.686)	0.24 (0.021)	0.02 (0.005)	13.55 (0.579)	1.37 (0.069)	0.01 (0.004)
50 - 59.....	0.88 (0.029)	22.15 (0.659)	0.24 (0.018)	0.03 (0.004)	13.51 (0.433)	1.47 (0.041)	0.01 (0.003)
60 - 69.....	0.91 (0.046)	22.30 (0.759)	0.24 (0.020)	0.02 (0.002)	13.27 (0.529)	1.39 (0.079)	0.01 (0.002)
70 and over.....	0.78 (0.027)	19.04 (0.520)	0.18 (0.009)	0.02 (0.005)	11.89 (0.321)	1.34 (0.051)	0.01 (0.001)
20 and over...	0.92 (0.008)	21.91 (0.179)	0.23 (0.007)	0.02 (0.002)	13.33 (0.197)	1.38 (0.029)	0.01 (0.001)
Males and females:							
2 and over...	1.12 (0.013)	25.73 (0.232)	0.27 (0.004)	0.03 (0.002)	14.93 (0.200)	1.48 (0.023)	0.01 (0.001)

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Gender and Age, in the United States, 2009-2010 (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.....	0.08 (0.005)	0.01 (0.003)	0.01 (0.001)	0.03 (0.006)
6 - 11.....	0.10 (0.005)	0.01 (0.002)	0.01 (0.001)	0.03 (0.004)
12 - 19.....	0.15 (0.009)	0.02 (0.002)	0.02 (0.001)	0.04 (0.005)
20 - 29.....	0.19 (0.011)	0.04 (0.005)	0.03 (0.002)	0.07 (0.008)
30 - 39.....	0.19 (0.009)	0.04 (0.006)	0.03 (0.003)	0.09 (0.012)
40 - 49.....	0.19 (0.008)	0.04 (0.011)	0.03 (0.003)	0.09 (0.019)
50 - 59.....	0.18 (0.009)	0.04 (0.005)	0.03 (0.002)	0.08 (0.007)
60 - 69.....	0.16 (0.009)	0.06 (0.006)	0.03 (0.002)	0.10 (0.013)
70 and over.....	0.14 (0.008)	0.04 (0.006)	0.02 (0.003)	0.08 (0.012)
20 and over...	0.18 (0.004)	0.04 (0.003)	0.03 (0.001)	0.08 (0.005)
Females:				
2 - 5.....	0.08 (0.005)	0.01 (0.002)	0.01 (0.001)	0.02 (0.003)
6 - 11.....	0.09 (0.004)	0.01 (0.002)	0.01 (0.001)	0.03 (0.003)
12 - 19.....	0.11 (0.006)	0.02 (0.002)	0.01 (0.001)	0.03 (0.003)
20 - 29.....	0.13 (0.007)	0.03 (0.004)	0.02 (0.002)	0.05 (0.008)
30 - 39.....	0.11 (0.005)	0.03 (0.006)	0.02 (0.002)	0.06 (0.009)
40 - 49.....	0.12 (0.008)	0.04* (0.017)	0.02 (0.003)	0.07* (0.022)
50 - 59.....	0.12 (0.008)	0.03 (0.005)	0.02 (0.003)	0.07 (0.011)
60 - 69.....	0.12 (0.007)	0.04 (0.004)	0.02 (0.001)	0.07 (0.006)
70 and over.....	0.09 (0.005)	0.02 (0.004)	0.02 (0.002)	0.05 (0.006)
20 and over...	0.12 (0.003)	0.03 (0.004)	0.02 (0.001)	0.06 (0.006)
Males and females:				
2 and over...	0.14 (0.002)	0.03 (0.003)	0.02 (0.001)	0.06 (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 2.04.

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 Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.

³ 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 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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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Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹, by Race/Ethnicity and Age, in the United States, 2009-2010

Race/ethnicity 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)
Non-Hispanic White:																			
2 - 5.....	305	1538	(37.8)	54.8	(2.00)	211	(5.6)	112	(3.4)	11.7	(0.45)	55.4	(2.25)	21.0	(1.34)	19.0	(0.75)	10.4	(0.52)
6 - 11.....	371	1845	(30.2)	64.3	(1.50)	255	(5.4)	127	(2.5)	13.6	(0.45)	65.8	(1.08)	23.2	(0.50)	23.0	(0.38)	13.6	(0.29)
12 - 19.....	425	2181	(59.1)	79.3	(2.49)	289	(8.2)	142	(3.5)	14.3	(0.63)	80.0	(2.97)	27.7	(1.25)	27.9	(1.22)	17.0	(0.85)
20 and over...	2786	2150	(21.8)	83.3	(1.18)	257	(2.2)	117	(1.1)	17.3	(0.31)	81.4	(1.12)	26.9	(0.42)	29.2	(0.36)	17.9	(0.35)
2 and over...	3887	2104	(15.3)	80.2	(0.83)	258	(2.1)	120	(1.2)	16.4	(0.28)	79.0	(0.84)	26.5	(0.31)	28.2	(0.27)	17.2	(0.32)
Non-Hispanic Black:																			
2 - 5.....	150	1622	(52.1)	57.1	(1.75)	220	(8.5)	109	(6.4)	11.2	(0.45)	58.8	(2.54)	19.8	(0.70)	21.1	(1.00)	12.6	(0.76)
6 - 11.....	229	1921	(56.0)	67.8	(3.27)	260	(8.2)	128	(4.5)	14.0	(0.49)	70.1	(2.22)	23.7	(0.84)	24.9	(0.81)	15.3	(0.66)
12 - 19.....	275	2142	(85.1)	74.2	(3.44)	280	(9.4)	139	(4.6)	13.0	(0.51)	82.5	(4.38)	27.2	(1.57)	29.4	(1.55)	18.6	(1.08)
20 and over...	1025	2102	(48.8)	79.7	(1.89)	254	(6.3)	121	(4.0)	13.6	(0.37)	78.8	(2.51)	25.2	(0.81)	28.7	(0.88)	17.6	(0.65)
2 and over...	1679	2061	(30.2)	76.5	(1.56)	256	(3.9)	123	(2.8)	13.4	(0.28)	77.3	(1.72)	25.0	(0.55)	28.0	(0.56)	17.2	(0.49)
Hispanic²:																			
<i>Mexican American</i>																			
2 - 5.....	237	1512	(31.1)	57.3	(1.86)	206	(3.9)	105	(3.7)	12.1	(0.49)	53.0	(2.08)	19.4	(0.77)	18.3	(0.80)	10.5	(0.40)
6 - 11.....	337	1834	(45.3)	67.0	(1.84)	249	(6.1)	114	(2.2)	15.3	(0.58)	65.8	(2.67)	22.6	(0.71)	23.5	(1.10)	13.7	(0.76)
12 - 19.....	340	2148	(60.2)	80.5	(2.92)	284	(9.7)	134	(7.6)	16.1	(0.68)	77.3	(2.76)	25.4	(1.08)	27.8	(1.03)	17.3	(0.55)
20 and over...	1062	2138	(38.5)	84.8	(1.46)	277	(5.6)	119	(3.6)	20.0	(0.56)	73.7	(1.81)	23.7	(0.76)	26.9	(0.69)	16.1	(0.49)
2 and over...	1976	2046	(28.6)	79.5	(1.23)	268	(3.6)	120	(1.9)	18.1	(0.47)	71.4	(1.34)	23.4	(0.48)	25.9	(0.50)	15.5	(0.45)
<i>All Hispanic</i>																			
2 - 5.....	332	1497	(26.0)	57.0	(1.75)	206	(4.0)	107	(3.0)	11.7	(0.40)	51.4	(1.73)	18.7	(0.60)	17.7	(0.71)	10.2	(0.33)
6 - 11.....	474	1860	(33.9)	67.2	(0.94)	252	(4.8)	115	(1.4)	14.7	(0.35)	66.9	(1.71)	23.1	(0.73)	23.7	(0.68)	14.0	(0.46)
12 - 19.....	482	2128	(37.3)	80.2	(2.10)	282	(6.5)	131	(5.1)	15.9	(0.54)	76.3	(2.19)	25.3	(0.81)	27.2	(0.84)	17.1	(0.53)
20 and over...	1647	2124	(34.2)	84.2	(1.11)	273	(5.1)	119	(3.3)	18.4	(0.53)	73.1	(1.63)	23.6	(0.64)	26.7	(0.64)	16.1	(0.39)
2 and over...	2935	2038	(22.7)	79.3	(1.09)	266	(3.1)	119	(1.6)	17.0	(0.42)	71.0	(1.09)	23.3	(0.39)	25.6	(0.43)	15.5	(0.33)

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 5.....	163	(10.7)	504	(27.7)	606	(29.8)	214	(54.3)	1077	(135.8)	68	(11.1)	3326	(343.8)	642	(60.4)	1.24	(0.042)
6 - 11.....	179	(4.7)	506	(21.4)	618	(27.1)	297	(52.8)	1176	(137.1)	62	(8.1)	4556	(510.4)	646	(53.0)	1.53	(0.051)
12 - 19.....	234	(12.8)	494	(43.8)	611	(51.6)	284	(55.4)	1229	(122.3)	57	(7.0)	5944	(557.4)	748	(84.4)	1.71	(0.095)
20 and over...	268	(4.8)	470	(8.5)	682	(14.7)	434	(30.2)	2295	(91.5)	80	(4.9)	5658	(322.0)	1607	(114.1)	1.70	(0.018)
2 and over...	254	(4.2)	476	(7.1)	667	(13.4)	399	(26.4)	2050	(83.0)	76	(4.0)	5502	(261.9)	1406	(100.7)	1.67	(0.016)
Non-Hispanic Black:																		
2 - 5.....	189	(11.2)	465	(22.5)	537	(19.8)	146*	(48.7)	764	(133.1)	49	(3.9)	3451	(314.3)	671	(93.6)	1.36	(0.041)
6 - 11.....	201	(13.3)	471	(32.2)	582	(31.1)	206*	(64.4)	1188	(151.2)	66	(6.7)	4367	(449.2)	1086	(145.1)	1.58	(0.050)
12 - 19.....	266	(28.7)	416	(27.7)	502	(34.6)	126	(31.5)	939	(94.7)	51	(7.9)	4270	(511.6)	1038	(163.3)	1.53	(0.073)
20 and over...	311	(8.1)	383	(29.6)	555	(36.8)	309	(38.4)	1873	(159.9)	81	(10.0)	4138	(342.4)	1524	(165.9)	1.46	(0.025)
2 and over...	287	(8.1)	401	(24.2)	549	(29.7)	265	(29.5)	1615	(123.9)	73	(7.2)	4136	(262.0)	1366	(140.8)	1.47	(0.018)
Hispanic²:																		
<i>Mexican American</i>																		
2 - 5.....	202	(15.4)	503	(28.9)	644	(49.6)	456	(135.9)	1429	(304.4)	89	(12.9)	3042	(415.3)	537	(33.2)	1.28	(0.032)
6 - 11.....	230	(23.1)	447	(15.3)	545	(15.3)	281	(38.3)	991	(97.5)	82	(11.4)	3906	(626.5)	673	(30.1)	1.48	(0.049)
12 - 19.....	274	(23.2)	404	(29.6)	518	(28.7)	235	(27.4)	1209	(190.6)	88	(9.7)	4713	(606.5)	828	(105.1)	1.60	(0.054)
20 and over...	305	(10.8)	364	(22.5)	537	(31.7)	408	(48.0)	1813	(149.0)	119	(13.9)	6093	(600.0)	1046	(63.1)	1.61	(0.037)
2 and over...	282	(13.8)	393	(14.8)	545	(21.8)	371	(34.1)	1589	(104.0)	107	(8.4)	5345	(406.5)	923	(49.5)	1.56	(0.029)
<i>All Hispanic</i>																		
2 - 5.....	196	(16.9)	487	(20.7)	606	(35.9)	346	(88.8)	1228	(202.9)	85	(10.4)	3333	(285.2)	546	(31.7)	1.25	(0.034)
6 - 11.....	221	(18.0)	457	(17.5)	550	(17.5)	246	(29.1)	955	(82.8)	80	(10.0)	3951	(358.9)	647	(22.0)	1.52	(0.054)
12 - 19.....	263	(16.7)	436	(23.9)	540	(23.1)	213	(21.1)	1109	(131.1)	78	(4.7)	5293	(623.7)	801	(75.3)	1.64	(0.048)
20 and over...	298	(10.2)	360	(14.4)	525	(20.3)	393	(41.9)	1720	(104.8)	112	(10.5)	5677	(459.9)	1024	(47.8)	1.63	(0.035)
2 and over...	275	(12.2)	393	(9.7)	537	(14.3)	346	(28.5)	1501	(68.3)	101	(6.7)	5213	(305.7)	906	(34.1)	1.58	(0.023)

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity 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)
Non-Hispanic White:																		
2 - 5.....	1.85	(0.078)	14.9	(0.40)	1.34	(0.041)	164	(7.4)	127	(4.5)	405	(13.7)	217	(9.2)	4.34	(0.236)	0.80	(0.095)
6 - 11.....	1.99	(0.057)	19.9	(0.65)	1.55	(0.079)	218	(14.7)	148	(4.6)	519	(27.5)	238	(5.0)	4.64	(0.124)	0.92	(0.059)
12 - 19.....	2.17	(0.134)	25.3	(0.75)	1.95	(0.090)	243	(24.3)	165	(4.9)	578	(41.3)	281	(9.6)	5.50	(0.345)	1.04	(0.139)
20 and over...	2.30	(0.030)	26.2	(0.34)	2.14	(0.031)	194	(3.8)	230	(2.9)	559	(8.0)	341	(4.5)	5.73	(0.148)	1.13	(0.043)
2 and over...	2.24	(0.022)	25.2	(0.23)	2.04	(0.027)	199	(5.6)	213	(3.1)	551	(10.4)	322	(4.1)	5.56	(0.102)	1.09	(0.035)
Non-Hispanic Black:																		
2 - 5.....	1.76	(0.078)	18.5	(0.80)	1.55	(0.054)	192	(9.0)	121	(5.8)	447	(17.1)	221	(10.0)	4.25	(0.216)	1.21	(0.145)
6 - 11.....	1.92	(0.087)	22.2	(0.53)	1.74	(0.059)	220	(11.4)	152	(6.0)	526	(20.1)	240	(11.4)	4.79	(0.239)	1.36	(0.188)
12 - 19.....	1.75	(0.104)	23.0	(1.10)	1.70	(0.083)	194	(12.4)	167	(8.0)	498	(26.3)	266	(20.9)	4.42	(0.314)	0.99	(0.181)
20 and over...	1.73	(0.047)	24.1	(0.48)	1.91	(0.043)	162	(4.9)	189	(4.9)	464	(8.9)	333	(7.6)	4.90	(0.295)	0.71	(0.079)
2 and over...	1.75	(0.036)	23.4	(0.39)	1.84	(0.035)	173	(4.9)	178	(4.0)	473	(8.0)	308	(6.5)	4.79	(0.232)	0.84	(0.075)
Hispanic²:																		
<i>Mexican American</i>																		
2 - 5.....	1.92	(0.071)	16.2	(0.56)	1.55	(0.070)	181	(9.8)	142	(4.7)	450	(17.1)	244	(11.1)	4.77	(0.202)	1.17	(0.150)
6 - 11.....	1.85	(0.051)	19.7	(0.78)	1.60	(0.065)	203	(12.8)	155	(5.6)	501	(22.0)	262	(13.9)	4.59	(0.232)	1.05	(0.127)
12 - 19.....	1.85	(0.085)	24.5	(0.92)	1.96	(0.100)	206	(14.2)	188	(9.1)	538	(23.1)	299	(16.8)	4.58	(0.257)	0.98	(0.143)
20 and over...	1.96	(0.065)	25.4	(0.64)	2.15	(0.074)	173	(7.5)	232	(6.5)	525	(17.2)	354	(7.8)	4.79	(0.155)	0.85	(0.058)
2 and over...	1.92	(0.046)	23.7	(0.52)	2.00	(0.054)	182	(4.3)	208	(6.0)	518	(11.6)	324	(9.7)	4.73	(0.121)	0.92	(0.041)
<i>All Hispanic</i>																		
2 - 5.....	1.87	(0.055)	16.3	(0.47)	1.54	(0.055)	176	(11.3)	140	(4.2)	439	(20.8)	240	(11.2)	4.70	(0.152)	1.08	(0.123)
6 - 11.....	1.86	(0.048)	20.1	(0.67)	1.61	(0.044)	213	(16.2)	156	(5.1)	518	(30.7)	254	(9.7)	4.51	(0.144)	1.04	(0.121)
12 - 19.....	1.90	(0.070)	24.8	(0.65)	1.94	(0.069)	223	(10.9)	185	(7.9)	565	(22.6)	291	(10.8)	4.69	(0.193)	1.04	(0.099)
20 and over...	1.94	(0.042)	25.4	(0.40)	2.11	(0.046)	181	(5.3)	223	(5.8)	530	(14.2)	346	(7.9)	4.68	(0.124)	0.82	(0.065)
2 and over...	1.92	(0.028)	23.9	(0.35)	1.98	(0.036)	190	(4.9)	202	(4.6)	526	(12.0)	318	(8.6)	4.66	(0.086)	0.90	(0.045)

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																
2 - 5.....	77.3	(5.70)	6.9	(0.39)	4.8	(0.23)	0.4	(0.07)	42.3	(4.02)	1081	(60.9)	1170	(49.3)	214	(6.3)
6 - 11.....	64.9	(4.31)	6.3	(0.23)	5.9	(0.14)	0.6	(0.14)	51.8	(2.81)	1083	(35.7)	1272	(39.7)	231	(7.7)
12 - 19.....	67.5	(5.25)	5.9	(0.47)	7.2	(0.34)	0.6	(0.11)	57.8	(2.15)	1142	(59.0)	1455	(50.3)	262	(8.6)
20 and over...	86.0	(2.67)	5.4	(0.23)	8.4	(0.13)	0.8	(0.08)	109.2	(5.35)	1070	(16.2)	1456	(18.9)	315	(3.8)
2 and over...	82.2	(2.20)	5.6	(0.20)	8.0	(0.12)	0.8	(0.06)	96.8	(4.69)	1079	(13.2)	1429	(12.6)	299	(3.3)
Non-Hispanic Black:																
2 - 5.....	86.5	(5.23)	5.8	(0.54)	5.5	(0.43)	0.8*	(0.30)	43.5	(4.08)	879	(54.3)	1050	(38.7)	196	(5.9)
6 - 11.....	96.1	(4.15)	5.3	(0.34)	6.2	(0.28)	0.5	(0.13)	71.8	(7.91)	981	(66.5)	1212	(55.0)	227	(7.2)
12 - 19.....	106.7	(11.80)	4.1	(0.41)	7.2	(0.46)	0.3*	(0.11)	75.6	(5.31)	974	(51.0)	1266	(60.4)	234	(9.3)
20 and over...	92.4	(4.25)	4.1	(0.17)	6.8	(0.20)	0.3	(0.06)	97.6	(7.37)	828	(25.3)	1235	(31.2)	261	(5.9)
2 and over...	94.3	(2.92)	4.3	(0.14)	6.7	(0.18)	0.4	(0.05)	88.9	(6.21)	865	(16.0)	1226	(23.2)	251	(4.0)
Hispanic²:																
<i>Mexican American</i>																
2 - 5.....	84.8	(6.04)	7.3	(0.39)	4.3	(0.16)	0.4	(0.11)	35.1	(1.73)	1057	(36.2)	1138	(27.3)	210	(4.8)
6 - 11.....	78.9	(2.74)	6.0	(0.24)	5.5	(0.25)	0.4*	(0.15)	42.2	(2.81)	970	(25.3)	1256	(25.0)	230	(6.4)
12 - 19.....	103.7	(11.57)	5.0	(0.28)	6.7	(0.25)	0.5	(0.14)	60.3	(5.41)	1074	(62.6)	1376	(38.7)	267	(8.0)
20 and over...	97.8	(4.71)	4.9	(0.22)	6.8	(0.21)	0.3	(0.07)	73.9	(5.03)	975	(25.9)	1469	(26.0)	320	(6.8)
2 and over...	95.2	(4.26)	5.3	(0.16)	6.4	(0.16)	0.3	(0.04)	64.6	(3.61)	997	(25.0)	1400	(18.8)	291	(5.6)
<i>All Hispanic</i>																
2 - 5.....	92.2	(5.54)	7.2	(0.28)	4.4	(0.11)	0.4	(0.11)	37.4	(2.13)	1031	(26.7)	1125	(25.9)	209	(3.4)
6 - 11.....	78.4	(3.25)	5.9	(0.21)	5.5	(0.18)	0.4	(0.10)	46.1	(2.79)	985	(33.4)	1248	(19.2)	231	(6.8)
12 - 19.....	97.9	(7.88)	5.3	(0.31)	6.9	(0.21)	0.5	(0.10)	60.6	(3.63)	1081	(51.4)	1374	(33.3)	265	(6.4)
20 and over...	100.9	(5.53)	4.8	(0.13)	6.7	(0.17)	0.3	(0.05)	73.4	(3.78)	969	(20.4)	1422	(21.5)	307	(5.6)
2 and over...	97.1	(4.07)	5.2	(0.08)	6.4	(0.12)	0.3	(0.04)	65.2	(2.66)	992	(19.4)	1369	(15.7)	284	(4.3)

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium ³		Caffeine		Theobromine		Alcohol ⁴	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Non-Hispanic White:																		
2 - 5.....	11.2	(0.44)	8.4	(0.23)	0.9	(0.03)	72.7	(2.14)	2070	(63.3)	2295	(71.4)	5.4	(0.35)	50.0	(6.71)	--	--
6 - 11.....	13.4	(0.42)	9.8	(0.22)	1.0	(0.02)	88.0	(2.01)	2151	(67.0)	2920	(75.7)	20.1	(2.01)	76.9	(6.44)	--	--
12 - 19.....	15.2	(0.57)	11.7	(0.39)	1.1	(0.04)	110.7	(4.58)	2364	(92.2)	3584	(133.5)	70.5	(9.13)	53.3	(3.90)	--	--
20 and over...	15.6	(0.19)	12.3	(0.16)	1.3	(0.02)	112.8	(1.67)	2868	(29.0)	3627	(35.8)	215.2	(8.28)	44.6	(1.91)	12.3	(1.00)
2 and over...	15.2	(0.15)	11.9	(0.10)	1.3	(0.01)	109.0	(1.11)	2728	(27.0)	3511	(19.8)	176.8	(6.38)	48.1	(1.83)	--	--
Non-Hispanic Black:																		
2 - 5.....	12.6	(0.43)	8.9	(0.43)	0.8	(0.04)	75.5	(2.18)	1956	(54.5)	2492	(63.0)	4.5	(1.28)	33.0	(5.85)	--	--
6 - 11.....	14.4	(0.46)	10.6	(0.56)	0.9	(0.02)	90.1	(3.29)	2216	(94.6)	3032	(100.0)	12.2	(1.72)	44.7	(5.75)	--	--
12 - 19.....	14.1	(0.79)	10.8	(0.69)	1.0	(0.06)	100.0	(4.90)	2204	(90.2)	3348	(135.7)	24.4	(2.29)	45.6	(7.50)	--	--
20 and over...	14.0	(0.28)	10.9	(0.30)	1.2	(0.05)	108.3	(2.32)	2364	(52.5)	3358	(59.8)	80.2	(3.85)	34.8	(3.59)	11.4	(1.51)
2 and over...	14.0	(0.25)	10.8	(0.28)	1.1	(0.04)	103.5	(1.91)	2304	(41.0)	3273	(48.4)	61.6	(3.02)	37.1	(3.35)	--	--
Hispanic²:																		
<i>Mexican American</i>																		
2 - 5.....	11.8	(0.37)	8.9	(0.26)	0.8	(0.01)	73.6	(2.88)	2141	(58.8)	2157	(73.2)	7.9	(1.28)	31.7	(2.95)	--	--
6 - 11.....	13.9	(0.54)	9.6	(0.27)	0.9	(0.03)	91.7	(2.71)	2175	(64.5)	2824	(96.5)	13.9	(1.27)	58.4	(3.64)	--	--
12 - 19.....	15.4	(0.69)	11.3	(0.33)	1.1	(0.03)	106.9	(4.46)	2431	(85.2)	3454	(133.6)	40.8	(4.72)	46.0	(8.76)	--	--
20 and over...	15.1	(0.36)	11.5	(0.24)	1.3	(0.03)	114.2	(2.36)	2758	(50.4)	3368	(73.4)	104.8	(9.48)	29.1	(3.41)	7.9	(0.75)
2 and over...	14.7	(0.28)	11.0	(0.15)	1.2	(0.02)	106.7	(2.34)	2583	(47.3)	3206	(74.1)	75.4	(7.27)	35.4	(3.40)	--	--
<i>All Hispanic</i>																		
2 - 5.....	11.5	(0.33)	8.7	(0.21)	0.8	(0.01)	73.9	(2.75)	2144	(47.9)	2189	(72.7)	7.1	(0.95)	38.2	(3.24)	--	--
6 - 11.....	13.9	(0.53)	9.7	(0.21)	0.9	(0.03)	93.9	(2.63)	2180	(38.6)	2913	(84.3)	14.3	(1.21)	55.1	(3.65)	--	--
12 - 19.....	15.7	(0.55)	11.3	(0.24)	1.1	(0.03)	108.4	(2.97)	2411	(69.2)	3434	(81.5)	38.9	(3.17)	43.7	(6.67)	--	--
20 and over...	14.8	(0.30)	11.2	(0.18)	1.3	(0.02)	114.5	(1.89)	2711	(45.4)	3417	(50.5)	108.7	(6.47)	28.2	(2.75)	8.9	(0.72)
2 and over...	14.5	(0.23)	10.8	(0.13)	1.2	(0.02)	107.6	(1.94)	2556	(34.3)	3252	(49.3)	78.9	(4.53)	34.4	(2.64)	--	--

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity 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)
Non-Hispanic White:								
2 - 5.....	0.60 (0.072)	0.37 (0.043)	0.28 (0.023)	0.50 (0.047)	0.71 (0.048)	2.15 (0.210)	10.57 (0.596)	4.96 (0.273)
6 - 11.....	0.54 (0.024)	0.31 (0.013)	0.25 (0.016)	0.46 (0.020)	0.77 (0.050)	2.09 (0.067)	12.13 (0.308)	5.81 (0.106)
12 - 19.....	0.65 (0.039)	0.35 (0.018)	0.28 (0.013)	0.52 (0.028)	0.87 (0.063)	2.47 (0.125)	14.59 (0.696)	6.94 (0.343)
20 and over...	0.59 (0.017)	0.32 (0.009)	0.25 (0.007)	0.49 (0.014)	0.78 (0.033)	2.33 (0.054)	14.41 (0.214)	6.79 (0.098)
2 and over...	0.60 (0.014)	0.33 (0.008)	0.26 (0.006)	0.50 (0.012)	0.79 (0.028)	2.32 (0.044)	14.09 (0.146)	6.65 (0.076)
Non-Hispanic Black:								
2 - 5.....	0.41 (0.034)	0.26 (0.021)	0.27 (0.049)	0.39 (0.043)	0.54 (0.054)	1.66 (0.076)	10.66 (0.406)	4.85 (0.153)
6 - 11.....	0.50 (0.038)	0.31 (0.024)	0.26 (0.020)	0.44 (0.030)	0.62 (0.054)	2.04 (0.125)	12.81 (0.395)	5.85 (0.203)
12 - 19.....	0.52 (0.044)	0.29 (0.022)	0.25 (0.032)	0.45 (0.038)	0.90 (0.172)	2.27 (0.168)	14.77 (0.775)	6.81 (0.356)
20 and over...	0.42 (0.019)	0.24 (0.012)	0.19 (0.010)	0.36 (0.017)	0.63 (0.047)	1.90 (0.076)	13.96 (0.430)	6.58 (0.227)
2 and over...	0.44 (0.016)	0.26 (0.009)	0.21 (0.010)	0.38 (0.014)	0.66 (0.046)	1.95 (0.058)	13.77 (0.297)	6.43 (0.146)
Hispanic²:								
<i>Mexican American</i>								
2 - 5.....	0.52 (0.025)	0.33 (0.016)	0.27 (0.026)	0.45 (0.020)	0.53 (0.021)	1.89 (0.088)	10.16 (0.389)	4.57 (0.219)
6 - 11.....	0.49 (0.013)	0.29 (0.009)	0.23 (0.009)	0.42 (0.008)	0.55 (0.024)	1.95 (0.059)	12.29 (0.443)	5.65 (0.201)
12 - 19.....	0.51 (0.043)	0.28 (0.025)	0.20 (0.015)	0.40 (0.033)	0.55 (0.043)	2.04 (0.126)	14.22 (0.578)	6.39 (0.261)
20 and over...	0.43 (0.023)	0.25 (0.013)	0.20 (0.012)	0.37 (0.018)	0.58 (0.048)	1.86 (0.079)	13.23 (0.385)	6.01 (0.198)
2 and over...	0.46 (0.018)	0.27 (0.010)	0.21 (0.007)	0.39 (0.014)	0.57 (0.032)	1.90 (0.059)	12.99 (0.245)	5.89 (0.125)
<i>All Hispanic</i>								
2 - 5.....	0.49 (0.018)	0.31 (0.011)	0.25 (0.020)	0.42 (0.017)	0.52 (0.018)	1.80 (0.062)	9.89 (0.313)	4.42 (0.169)
6 - 11.....	0.51 (0.041)	0.30 (0.024)	0.23 (0.018)	0.43 (0.031)	0.60 (0.039)	2.03 (0.120)	12.39 (0.390)	5.74 (0.154)
12 - 19.....	0.53 (0.036)	0.30 (0.019)	0.22 (0.010)	0.42 (0.024)	0.59 (0.028)	2.11 (0.096)	13.99 (0.433)	6.31 (0.194)
20 and over...	0.44 (0.020)	0.25 (0.011)	0.21 (0.009)	0.38 (0.015)	0.60 (0.042)	1.89 (0.067)	13.07 (0.335)	5.97 (0.157)
2 and over...	0.47 (0.014)	0.27 (0.009)	0.22 (0.006)	0.39 (0.011)	0.59 (0.026)	1.93 (0.047)	12.84 (0.206)	5.85 (0.093)

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Non-Hispanic White:														
2 - 5.....	0.73	(0.044)	17.84	(0.704)	0.17	(0.010)	0.01	(0.001)	9.30	(0.490)	0.88	(0.036)	0.01	(0.001)
6 - 11.....	0.85	(0.034)	21.62	(0.357)	0.21	(0.010)	0.01	(0.002)	12.21	(0.248)	1.11	(0.039)	0.01	(0.001)
12 - 19.....	1.11	(0.061)	26.09	(1.126)	0.26	(0.018)	0.02	(0.003)	15.32	(0.785)	1.37	(0.062)	0.02	(0.004)
20 and over...	1.16	(0.019)	27.32	(0.345)	0.29	(0.007)	0.03	(0.003)	15.87	(0.307)	1.62	(0.038)	0.01	(0.001)
2 and over...	1.11	(0.016)	26.35	(0.262)	0.28	(0.007)	0.03	(0.002)	15.25	(0.281)	1.52	(0.033)	0.01	(0.001)
Non-Hispanic Black:														
2 - 5.....	0.87	(0.053)	19.77	(0.957)	0.19	(0.018)	0.01	(0.002)	11.30	(0.710)	0.96	(0.045)	0.01	(0.002)
6 - 11.....	0.99	(0.041)	23.29	(0.774)	0.23	(0.011)	0.02	(0.002)	13.78	(0.592)	1.23	(0.083)	0.01	(0.002)
12 - 19.....	1.21	(0.061)	27.50	(1.468)	0.29	(0.015)	0.03	(0.007)	16.80	(0.984)	1.39	(0.080)	0.01	(0.002)
20 and over...	1.30	(0.028)	26.77	(0.834)	0.29	(0.008)	0.02	(0.002)	15.55	(0.573)	1.49	(0.054)	0.01	(0.001)
2 and over...	1.24	(0.021)	26.12	(0.533)	0.28	(0.006)	0.02	(0.002)	15.29	(0.434)	1.42	(0.040)	0.01	(0.001)
Hispanic²:														
<i>Mexican American</i>														
2 - 5.....	0.74	(0.041)	17.11	(0.746)	0.15	(0.007)	0.01	(0.001)	9.37	(0.350)	0.93	(0.046)	0.01	(0.001)
6 - 11.....	0.98	(0.059)	21.93	(1.019)	0.20	(0.011)	0.01	(0.002)	12.25	(0.678)	1.10	(0.059)	0.01	(0.002)
12 - 19.....	1.20	(0.057)	25.91	(0.976)	0.25	(0.010)	0.01	(0.001)	15.44	(0.495)	1.32	(0.038)	0.01	(0.003)
20 and over...	1.20	(0.043)	25.10	(0.654)	0.26	(0.007)	0.02	(0.003)	14.25	(0.436)	1.36	(0.047)	0.01	(0.001)
2 and over...	1.13	(0.021)	24.12	(0.484)	0.24	(0.007)	0.02	(0.002)	13.75	(0.394)	1.29	(0.041)	0.01	(0.001)
<i>All Hispanic</i>														
2 - 5.....	0.72	(0.037)	16.62	(0.664)	0.16	(0.014)	0.01*	(0.005)	9.03	(0.280)	0.89	(0.034)	0.01	(0.002)
6 - 11.....	0.99	(0.047)	22.16	(0.625)	0.22	(0.015)	0.01	(0.002)	12.51	(0.413)	1.14	(0.046)	0.01	(0.001)
12 - 19.....	1.16	(0.054)	25.30	(0.777)	0.25	(0.009)	0.01	(0.002)	15.25	(0.509)	1.36	(0.029)	0.01	(0.002)
20 and over...	1.19	(0.032)	24.83	(0.603)	0.25	(0.006)	0.02	(0.002)	14.22	(0.348)	1.43	(0.047)	0.01	(0.001)
2 and over...	1.12	(0.019)	23.86	(0.405)	0.24	(0.006)	0.02	(0.001)	13.71	(0.289)	1.34	(0.038)	0.01	(0.001)

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
Non-Hispanic White:				
2 - 5.....	0.06 (0.004)	0.01 (0.003)	0.01 (0.001)	0.02 (0.006)
6 - 11.....	0.08 (0.004)	0.01 (0.003)	0.01 (0.001)	0.03 (0.005)
12 - 19.....	0.11 (0.008)	0.02 (0.002)	0.02 (0.001)	0.03 (0.004)
20 and over...	0.14 (0.002)	0.04 (0.005)	0.02 (0.001)	0.07 (0.006)
2 and over...	0.13 (0.002)	0.03 (0.004)	0.02 (0.001)	0.06 (0.005)
Non-Hispanic Black:				
2 - 5.....	0.10 (0.007)	0.01 (0.003)	0.01 (0.002)	0.03 (0.006)
6 - 11.....	0.11 (0.007)	0.02 (0.002)	0.02 (0.001)	0.03 (0.004)
12 - 19.....	0.15 (0.014)	0.02 (0.002)	0.02 (0.002)	0.04 (0.005)
20 and over...	0.19 (0.007)	0.03 (0.002)	0.03 (0.001)	0.08 (0.004)
2 and over...	0.17 (0.006)	0.03 (0.002)	0.03 (0.001)	0.06 (0.004)
Hispanic²:				
<i>Mexican American</i>				
2 - 5.....	0.09 (0.008)	0.01 (0.002)	0.01 (0.001)	0.03 (0.004)
6 - 11.....	0.12 (0.013)	0.01 (0.001)	0.02 (0.001)	0.04 (0.005)
12 - 19.....	0.16 (0.015)	0.01 (0.002)	0.02 (0.002)	0.04 (0.005)
20 and over...	0.17 (0.007)	0.04 (0.004)	0.03 (0.001)	0.08 (0.007)
2 and over...	0.16 (0.008)	0.03 (0.002)	0.02 (0.001)	0.06 (0.005)
<i>All Hispanic</i>				
2 - 5.....	0.09 (0.009)	0.01* (0.004)	0.01 (0.001)	0.03 (0.007)
6 - 11.....	0.11 (0.010)	0.01 (0.001)	0.02 (0.001)	0.03 (0.003)
12 - 19.....	0.16 (0.011)	0.02 (0.002)	0.02 (0.001)	0.04 (0.005)
20 and over...	0.17 (0.006)	0.03 (0.003)	0.03 (0.001)	0.08 (0.007)
2 and over...	0.15 (0.007)	0.03 (0.002)	0.02 (0.001)	0.06 (0.005)

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 2.04.

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 A new sampling methodology was implemented for NHANES 2007-2010; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.
- ³ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁴ 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 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (in Dollars) and Age, in the United States, 2009-2010

Family income in dollars 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)
\$0 - \$24,999:																			
2 - 5.....	347	1577	(26.7)	56.9	(1.12)	215	(4.9)	111	(3.6)	11.2	(0.42)	56.3	(1.17)	20.3	(0.50)	19.7	(0.43)	11.0	(0.34)
6 - 11.....	373	1939	(45.2)	70.5	(1.90)	258	(6.6)	125	(3.4)	14.1	(0.56)	71.8	(2.29)	25.0	(0.94)	25.2	(0.74)	15.2	(0.61)
12 - 19.....	384	2128	(65.5)	76.9	(2.58)	280	(9.2)	135	(5.1)	13.6	(0.53)	78.6	(2.54)	26.3	(0.90)	27.8	(0.98)	17.5	(0.85)
20 and over...	1884	2097	(32.9)	79.0	(1.53)	261	(4.5)	123	(3.6)	15.5	(0.42)	76.1	(1.16)	25.2	(0.54)	27.5	(0.42)	16.4	(0.27)
2 and over...	2988	2052	(26.7)	76.6	(1.32)	260	(3.6)	124	(2.7)	14.9	(0.33)	74.7	(0.96)	25.0	(0.43)	26.8	(0.33)	16.1	(0.23)
\$25,000 - \$74,999:																			
2 - 5.....	308	1579	(57.5)	56.3	(2.65)	219	(6.9)	115	(3.6)	12.1	(0.47)	55.7	(3.12)	21.0	(1.70)	19.0	(1.08)	10.7	(0.65)
6 - 11.....	449	1830	(27.4)	63.2	(0.98)	251	(3.9)	122	(2.6)	13.7	(0.48)	66.3	(1.64)	23.4	(0.59)	23.4	(0.80)	13.3	(0.30)
12 - 19.....	499	2098	(67.1)	75.6	(2.20)	280	(10.7)	140	(6.7)	14.2	(0.69)	76.6	(2.96)	25.8	(1.03)	27.1	(1.12)	16.9	(0.71)
20 and over...	2215	2130	(32.1)	83.2	(1.32)	259	(3.7)	117	(1.8)	16.8	(0.40)	79.2	(1.48)	25.7	(0.50)	28.8	(0.60)	17.6	(0.39)
2 and over...	3471	2072	(22.1)	79.3	(0.93)	258	(2.8)	119	(1.6)	16.0	(0.32)	76.6	(1.12)	25.3	(0.37)	27.6	(0.46)	16.8	(0.31)
\$75,000 and higher:																			
2 - 5.....	150	1445	(33.4)	52.7	(1.46)	198	(6.2)	101	(3.4)	12.0	(0.59)	51.9	(1.69)	18.9	(0.81)	18.1	(0.69)	10.3	(0.24)
6 - 11.....	253	1844	(49.7)	65.0	(2.68)	258	(7.0)	125	(3.2)	14.2	(0.74)	64.0	(1.68)	22.1	(0.77)	22.4	(0.56)	13.8	(0.55)
12 - 19.....	280	2247	(92.3)	84.5	(4.11)	297	(11.4)	140	(6.9)	15.1	(0.69)	81.8	(4.50)	28.4	(1.85)	28.7	(1.76)	17.1	(1.01)
20 and over...	1198	2164	(24.7)	86.0	(2.33)	255	(3.4)	111	(2.1)	18.3	(0.44)	82.0	(1.49)	26.9	(0.46)	29.2	(0.47)	18.5	(0.51)
2 and over...	1881	2112	(17.2)	82.4	(1.65)	258	(3.4)	115	(2.1)	17.2	(0.31)	79.0	(0.98)	26.3	(0.35)	28.0	(0.29)	17.5	(0.43)
All Individuals²:																			
2 - 5.....	861	1537	(24.5)	55.6	(1.11)	211	(3.2)	110	(2.0)	11.7	(0.22)	54.6	(1.39)	20.1	(0.75)	18.9	(0.47)	10.7	(0.33)
6 - 11.....	1154	1869	(20.4)	65.8	(0.81)	256	(3.7)	123	(1.7)	14.0	(0.28)	67.2	(0.69)	23.4	(0.33)	23.7	(0.30)	14.1	(0.21)
12 - 19.....	1265	2167	(43.7)	79.1	(2.04)	287	(5.9)	138	(2.5)	14.4	(0.39)	79.4	(2.13)	27.0	(0.88)	28.0	(0.84)	17.3	(0.54)
20 and over...	5762	2132	(19.6)	82.9	(0.93)	259	(2.3)	117	(1.3)	17.1	(0.24)	79.2	(1.00)	25.9	(0.40)	28.5	(0.33)	17.6	(0.26)
2 and over...	9042	2081	(12.9)	79.5	(0.70)	259	(1.7)	119	(1.1)	16.2	(0.20)	76.8	(0.75)	25.5	(0.30)	27.5	(0.24)	16.8	(0.23)

Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
\$0 - \$24,999:																		
2 - 5.....	188	(7.8)	479	(22.2)	576	(29.3)	254	(70.4)	1003	(158.8)	82	(13.7)	3498	(330.2)	610	(46.2)	1.31	(0.040)
6 - 11.....	224	(11.9)	487	(23.0)	597	(19.0)	272	(48.8)	1146	(105.5)	69	(7.2)	4365	(727.6)	732	(58.9)	1.56	(0.049)
12 - 19.....	237	(12.8)	446	(30.5)	537	(30.7)	186	(40.2)	978	(123.1)	55	(10.3)	5445	(832.9)	797	(110.7)	1.64	(0.074)
20 and over...	274	(7.3)	406	(15.2)	581	(15.8)	383	(26.4)	1861	(92.3)	86	(8.8)	5171	(431.7)	1298	(99.2)	1.57	(0.025)
2 and over...	260	(7.5)	423	(12.2)	577	(12.0)	343	(20.1)	1646	(66.2)	81	(5.9)	5020	(396.2)	1149	(76.7)	1.56	(0.020)
\$25,000 - \$74,999:																		
2 - 5.....	169	(11.7)	510	(33.2)	606	(35.4)	217	(50.1)	1016	(127.1)	70	(12.2)	3239	(316.8)	569	(32.5)	1.28	(0.051)
6 - 11.....	197	(6.5)	484	(22.7)	566	(28.4)	176	(39.1)	857	(106.0)	66	(7.3)	4046	(279.7)	772	(81.6)	1.50	(0.035)
12 - 19.....	244	(17.8)	425	(27.5)	519	(34.0)	188	(35.1)	1003	(114.9)	65	(7.4)	4862	(505.6)	767	(92.8)	1.56	(0.086)
20 and over...	282	(5.4)	437	(15.2)	634	(21.7)	370	(26.5)	2141	(121.2)	78	(5.4)	5353	(342.7)	1691	(164.8)	1.64	(0.031)
2 and over...	265	(4.8)	443	(12.1)	615	(17.5)	327	(23.2)	1857	(96.9)	75	(3.8)	5080	(265.9)	1460	(128.9)	1.60	(0.023)
\$75,000 and higher:																		
2 - 5.....	155	(14.6)	473	(20.5)	601	(22.7)	264*(103.1)		1376	(219.7)	65	(8.8)	3039	(545.4)	842	(103.8)	1.22	(0.043)
6 - 11.....	168	(7.8)	492	(37.6)	622	(46.9)	348	(72.9)	1356	(186.2)	65	(12.3)	4730	(853.0)	603	(36.8)	1.55	(0.093)
12 - 19.....	244	(14.7)	510	(25.1)	655	(31.2)	354	(89.4)	1532	(185.7)	54	(7.9)	5796	(766.9)	956	(152.4)	1.83	(0.071)
20 and over...	270	(7.9)	455	(11.0)	683	(20.2)	462	(36.0)	2468	(157.9)	93	(5.7)	5776	(436.7)	1648	(128.8)	1.75	(0.032)
2 and over...	252	(6.7)	465	(7.4)	671	(16.5)	430	(33.6)	2211	(143.8)	85	(4.9)	5557	(399.7)	1438	(117.0)	1.72	(0.025)
All Individuals²:																		
2 - 5.....	174	(5.7)	490	(16.0)	592	(19.2)	232	(40.1)	1074	(97.9)	72	(6.9)	3259	(183.8)	650	(27.8)	1.27	(0.024)
6 - 11.....	196	(4.9)	487	(16.6)	592	(19.1)	260	(34.9)	1096	(86.6)	67	(6.0)	4495	(346.0)	708	(42.9)	1.54	(0.036)
12 - 19.....	247	(10.7)	468	(24.5)	579	(28.7)	243	(31.9)	1178	(73.9)	62	(5.5)	5491	(389.9)	851	(51.7)	1.68	(0.061)
20 and over...	276	(4.5)	437	(7.9)	643	(11.0)	424	(20.2)	2216	(53.0)	88	(4.0)	5464	(275.2)	1557	(92.9)	1.66	(0.018)
2 and over...	261	(4.3)	448	(5.8)	628	(9.4)	379	(16.8)	1942	(49.4)	82	(3.2)	5263	(214.4)	1356	(77.7)	1.63	(0.012)

Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars 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)
\$0 - \$24,999:																		
2 - 5.....	1.86	(0.058)	16.9	(0.50)	1.50	(0.061)	195	(16.4)	126	(3.3)	456	(28.3)	229	(6.2)	4.63	(0.184)	1.11	(0.113)
6 - 11.....	1.98	(0.063)	22.1	(0.65)	1.71	(0.072)	209	(11.2)	155	(5.1)	510	(23.0)	260	(8.3)	4.75	(0.164)	1.06	(0.107)
12 - 19.....	1.92	(0.084)	23.5	(1.20)	1.80	(0.108)	217	(10.4)	165	(8.6)	533	(21.8)	271	(12.2)	4.95	(0.242)	1.04	(0.154)
20 and over...	2.02	(0.057)	24.4	(0.55)	2.00	(0.068)	174	(6.0)	205	(5.5)	502	(11.4)	330	(7.1)	5.04	(0.188)	0.87	(0.055)
2 and over...	2.00	(0.040)	23.6	(0.44)	1.92	(0.050)	183	(5.9)	191	(4.3)	503	(11.3)	311	(6.5)	4.98	(0.142)	0.92	(0.048)
\$25,000 - \$74,999:																		
2 - 5.....	1.89	(0.091)	15.6	(0.56)	1.41	(0.052)	168	(7.7)	137	(7.5)	422	(17.4)	220	(10.0)	4.55	(0.230)	0.97	(0.065)
6 - 11.....	1.90	(0.052)	19.6	(0.64)	1.57	(0.072)	216	(13.3)	146	(3.1)	513	(22.5)	240	(5.8)	4.74	(0.176)	1.09	(0.090)
12 - 19.....	1.90	(0.117)	24.1	(1.07)	1.83	(0.132)	222	(26.4)	170	(9.2)	547	(49.6)	273	(14.1)	4.90	(0.307)	0.93	(0.110)
20 and over...	2.12	(0.041)	25.9	(0.30)	2.11	(0.024)	188	(5.7)	223	(3.8)	542	(11.3)	344	(5.4)	5.33	(0.189)	1.01	(0.057)
2 and over...	2.07	(0.026)	24.6	(0.20)	2.00	(0.024)	192	(6.6)	207	(2.8)	534	(11.9)	321	(4.2)	5.19	(0.160)	1.00	(0.045)
\$75,000 and higher:																		
2 - 5.....	1.77	(0.069)	15.2	(0.57)	1.36	(0.067)	161	(6.9)	130	(4.9)	404	(12.7)	214	(11.0)	4.00	(0.232)	0.85	(0.106)
6 - 11.....	1.94	(0.107)	19.6	(1.00)	1.49	(0.082)	217	(14.8)	155	(9.3)	523	(33.2)	234	(9.9)	4.39	(0.240)	0.84	(0.106)
12 - 19.....	2.28	(0.064)	26.8	(1.02)	2.11	(0.110)	251	(15.1)	173	(8.0)	600	(25.3)	294	(11.9)	5.70	(0.320)	1.21	(0.157)
20 and over...	2.32	(0.043)	26.9	(0.75)	2.18	(0.069)	200	(8.3)	242	(5.7)	583	(17.2)	341	(9.7)	5.85	(0.409)	1.18	(0.090)
2 and over...	2.26	(0.028)	25.7	(0.54)	2.07	(0.051)	206	(6.4)	221	(5.2)	571	(13.8)	320	(8.1)	5.62	(0.287)	1.14	(0.063)
All Individuals²:																		
2 - 5.....	1.84	(0.045)	15.9	(0.29)	1.43	(0.030)	173	(5.5)	131	(2.9)	426	(10.5)	223	(4.8)	4.42	(0.135)	0.96	(0.056)
6 - 11.....	1.94	(0.037)	20.4	(0.47)	1.59	(0.053)	217	(9.5)	152	(3.2)	522	(18.3)	244	(3.8)	4.62	(0.096)	1.00	(0.064)
12 - 19.....	2.05	(0.077)	24.8	(0.57)	1.91	(0.062)	233	(13.6)	172	(3.7)	568	(23.7)	283	(8.4)	5.12	(0.201)	1.01	(0.070)
20 and over...	2.16	(0.028)	25.8	(0.29)	2.10	(0.025)	190	(3.6)	225	(2.2)	548	(7.4)	340	(3.9)	5.42	(0.097)	1.03	(0.036)
2 and over...	2.11	(0.017)	24.7	(0.20)	2.00	(0.021)	196	(4.0)	208	(2.0)	541	(7.6)	319	(3.7)	5.26	(0.068)	1.02	(0.029)

Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																
2 - 5.....	86.2	(4.20)	6.8	(0.27)	4.9	(0.23)	0.6	(0.16)	38.5	(2.07)	988	(27.4)	1099	(24.9)	203	(4.8)
6 - 11.....	79.1	(3.54)	6.3	(0.34)	5.7	(0.16)	0.3	(0.07)	52.3	(3.46)	1046	(47.4)	1305	(38.1)	229	(7.4)
12 - 19.....	82.8	(10.47)	5.3	(0.31)	7.0	(0.62)	0.6*	(0.22)	60.9	(5.09)	1059	(56.4)	1353	(43.6)	250	(8.5)
20 and over...	84.8	(3.47)	4.8	(0.20)	6.9	(0.18)	0.3	(0.05)	88.6	(5.43)	948	(25.4)	1342	(27.8)	288	(5.7)
2 and over...	84.2	(2.20)	5.1	(0.14)	6.7	(0.16)	0.4	(0.04)	79.1	(3.92)	971	(20.4)	1324	(20.9)	273	(4.5)
\$25,000 - \$74,999:																
2 - 5.....	81.5	(6.56)	7.0	(0.36)	4.6	(0.21)	0.4	(0.05)	40.7	(3.61)	1086	(73.2)	1180	(64.2)	216	(8.0)
6 - 11.....	72.7	(4.20)	6.0	(0.31)	5.9	(0.24)	0.8	(0.15)	55.1	(4.97)	1021	(27.9)	1220	(24.8)	220	(4.6)
12 - 19.....	83.3	(8.70)	5.0	(0.31)	7.1	(0.30)	0.5	(0.12)	58.0	(4.32)	1028	(37.3)	1329	(38.2)	250	(8.2)
20 and over...	86.7	(3.63)	4.9	(0.20)	8.0	(0.17)	0.8	(0.09)	110.5	(7.20)	988	(20.3)	1405	(21.0)	303	(4.8)
2 and over...	85.0	(2.84)	5.1	(0.15)	7.5	(0.11)	0.7	(0.07)	96.7	(5.49)	1001	(14.3)	1369	(14.4)	286	(3.6)
\$75,000 and higher:																
2 - 5.....	78.0	(5.28)	6.6	(0.35)	5.1	(0.30)	0.5	(0.12)	50.3	(5.41)	1009	(42.9)	1114	(25.0)	208	(4.4)
6 - 11.....	69.1	(5.08)	5.9	(0.47)	5.9	(0.20)	0.6	(0.12)	53.0	(3.06)	1077	(68.7)	1284	(73.5)	243	(13.4)
12 - 19.....	76.7	(6.27)	6.0	(0.33)	7.2	(0.56)	0.5	(0.16)	72.3	(5.15)	1171	(60.0)	1517	(70.8)	275	(10.6)
20 and over...	91.4	(3.81)	5.6	(0.35)	8.8	(0.21)	0.8	(0.13)	114.1	(7.32)	1109	(20.4)	1489	(32.8)	325	(6.1)
2 and over...	87.1	(2.71)	5.8	(0.28)	8.2	(0.18)	0.8	(0.10)	100.9	(6.26)	1109	(14.4)	1456	(20.2)	307	(4.2)
All Individuals²:																
2 - 5.....	83.1	(3.76)	6.8	(0.21)	4.8	(0.16)	0.5	(0.07)	42.5	(2.24)	1032	(34.3)	1136	(26.6)	210	(3.4)
6 - 11.....	73.8	(2.97)	6.1	(0.15)	5.9	(0.10)	0.5	(0.08)	53.1	(2.24)	1048	(23.7)	1263	(21.4)	231	(4.9)
12 - 19.....	82.6	(5.79)	5.5	(0.26)	7.1	(0.23)	0.5	(0.08)	62.9	(1.59)	1099	(34.3)	1408	(34.0)	260	(5.5)
20 and over...	88.9	(1.67)	5.1	(0.14)	8.0	(0.10)	0.7	(0.06)	105.4	(4.23)	1016	(10.1)	1414	(13.7)	307	(2.8)
2 and over...	86.6	(1.40)	5.3	(0.11)	7.5	(0.10)	0.6	(0.05)	92.7	(3.52)	1029	(7.1)	1386	(7.6)	290	(2.0)

Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium ³		Caffeine		Theobromine		Alcohol ⁴	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
\$0 - \$24,999:																		
2 - 5.....	12.1	(0.49)	9.1	(0.31)	0.8	(0.02)	75.2	(1.69)	2051	(41.7)	2383	(36.1)	6.6	(1.14)	39.3	(2.95)	--	--
6 - 11.....	13.6	(0.47)	10.1	(0.39)	0.9	(0.03)	95.7	(2.80)	2280	(68.6)	3176	(109.1)	17.5	(0.93)	58.2	(4.94)	--	--
12 - 19.....	14.4	(0.54)	11.4	(0.41)	1.1	(0.05)	105.5	(4.01)	2313	(100.7)	3439	(108.9)	47.9	(3.36)	45.1	(5.45)	--	--
20 and over...	14.3	(0.26)	11.3	(0.30)	1.2	(0.02)	107.2	(2.09)	2596	(55.5)	3452	(49.6)	158.5	(10.66)	35.0	(2.48)	10.6	(1.24)
2 and over...	14.1	(0.23)	11.1	(0.25)	1.2	(0.02)	103.9	(1.93)	2501	(44.6)	3355	(43.7)	124.2	(7.42)	38.4	(2.51)	--	--
\$25,000 - \$74,999:																		
2 - 5.....	11.6	(0.57)	8.7	(0.34)	0.9	(0.04)	73.4	(2.81)	2130	(83.2)	2316	(112.5)	6.7	(0.57)	49.6	(7.37)	--	--
6 - 11.....	13.6	(0.39)	9.9	(0.23)	0.9	(0.02)	87.2	(1.71)	2074	(39.0)	2849	(57.4)	18.8	(2.24)	69.2	(5.44)	--	--
12 - 19.....	14.6	(0.70)	10.9	(0.37)	1.0	(0.04)	102.8	(3.53)	2256	(112.7)	3376	(137.4)	63.8	(6.86)	54.9	(7.39)	--	--
20 and over...	15.3	(0.35)	12.0	(0.27)	1.3	(0.02)	113.6	(1.99)	2764	(43.0)	3583	(45.2)	182.1	(11.97)	40.5	(2.08)	10.7	(1.16)
2 and over...	14.9	(0.27)	11.5	(0.17)	1.2	(0.01)	108.1	(1.46)	2621	(33.0)	3432	(31.3)	147.0	(9.07)	44.8	(2.32)	--	--
\$75,000 and higher:																		
2 - 5.....	10.9	(0.47)	8.0	(0.25)	0.8	(0.03)	70.2	(1.21)	1995	(58.5)	2198	(71.3)	3.8	(0.42)	44.5	(3.67)	--	--
6 - 11.....	13.7	(0.74)	9.5	(0.38)	1.0	(0.04)	89.4	(4.13)	2197	(107.2)	2922	(152.2)	15.2	(2.05)	72.3	(10.14)	--	--
12 - 19.....	16.2	(0.51)	12.4	(0.49)	1.2	(0.06)	119.7	(6.02)	2502	(85.9)	3861	(187.7)	57.5	(14.69)	49.0	(4.24)	--	--
20 and over...	16.0	(0.30)	12.5	(0.33)	1.4	(0.03)	116.7	(2.91)	2919	(58.3)	3729	(69.9)	199.3	(10.22)	43.0	(2.54)	13.3	(0.81)
2 and over...	15.6	(0.22)	12.0	(0.25)	1.3	(0.02)	112.5	(1.97)	2764	(43.1)	3601	(42.6)	157.5	(9.05)	46.3	(2.68)	--	--
All Individuals²:																		
2 - 5.....	11.5	(0.24)	8.6	(0.12)	0.8	(0.02)	73.5	(1.09)	2071	(36.0)	2308	(43.5)	5.9	(0.45)	44.5	(3.29)	--	--
6 - 11.....	13.7	(0.31)	9.9	(0.16)	1.0	(0.01)	90.7	(1.42)	2172	(39.6)	2971	(49.0)	17.2	(1.06)	66.4	(4.71)	--	--
12 - 19.....	15.1	(0.39)	11.5	(0.28)	1.1	(0.03)	109.7	(3.26)	2366	(63.7)	3562	(109.4)	57.0	(6.01)	50.8	(2.98)	--	--
20 and over...	15.3	(0.16)	11.9	(0.16)	1.3	(0.01)	112.9	(1.34)	2776	(23.6)	3589	(29.2)	179.4	(7.97)	40.6	(1.70)	11.3	(0.73)
2 and over...	14.9	(0.11)	11.5	(0.11)	1.2	(0.01)	108.5	(0.99)	2640	(18.0)	3463	(19.4)	142.4	(6.33)	44.1	(1.66)	--	--

Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars 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)
\$0 - \$24,999:								
2 - 5.....	0.50 (0.022)	0.31 (0.015)	0.28 (0.028)	0.44 (0.022)	0.60 (0.036)	1.87 (0.067)	10.70 (0.266)	4.88 (0.128)
6 - 11.....	0.55 (0.030)	0.34 (0.022)	0.26 (0.017)	0.48 (0.030)	0.67 (0.044)	2.22 (0.121)	13.33 (0.474)	6.25 (0.235)
12 - 19.....	0.58 (0.060)	0.32 (0.030)	0.24 (0.019)	0.46 (0.035)	0.71 (0.071)	2.26 (0.130)	14.14 (0.439)	6.64 (0.206)
20 and over...	0.51 (0.017)	0.29 (0.011)	0.23 (0.008)	0.43 (0.015)	0.71 (0.035)	2.10 (0.068)	13.65 (0.253)	6.44 (0.138)
2 and over...	0.52 (0.014)	0.30 (0.009)	0.24 (0.007)	0.44 (0.011)	0.70 (0.029)	2.11 (0.054)	13.48 (0.208)	6.34 (0.111)
\$25,000 - \$74,999:								
2 - 5.....	0.60 (0.086)	0.37 (0.050)	0.28 (0.030)	0.50 (0.058)	0.64 (0.073)	2.13 (0.260)	10.68 (0.746)	4.97 (0.351)
6 - 11.....	0.55 (0.017)	0.31 (0.011)	0.25 (0.016)	0.46 (0.018)	0.68 (0.031)	2.09 (0.064)	12.34 (0.266)	5.91 (0.176)
12 - 19.....	0.54 (0.029)	0.31 (0.016)	0.24 (0.012)	0.45 (0.020)	0.70 (0.035)	2.18 (0.092)	13.97 (0.566)	6.48 (0.253)
20 and over...	0.52 (0.016)	0.28 (0.009)	0.22 (0.004)	0.43 (0.011)	0.70 (0.027)	2.11 (0.048)	13.93 (0.274)	6.61 (0.147)
2 and over...	0.53 (0.010)	0.29 (0.006)	0.23 (0.004)	0.44 (0.008)	0.70 (0.022)	2.12 (0.034)	13.63 (0.196)	6.45 (0.108)
\$75,000 and higher:								
2 - 5.....	0.50 (0.031)	0.30 (0.021)	0.26 (0.017)	0.44 (0.023)	0.68 (0.031)	1.84 (0.101)	9.51 (0.360)	4.47 (0.231)
6 - 11.....	0.51 (0.042)	0.30 (0.023)	0.24 (0.019)	0.44 (0.032)	0.80 (0.087)	1.97 (0.116)	11.55 (0.383)	5.47 (0.153)
12 - 19.....	0.65 (0.049)	0.34 (0.018)	0.29 (0.017)	0.54 (0.029)	0.97 (0.119)	2.56 (0.172)	14.98 (1.033)	7.08 (0.520)
20 and over...	0.60 (0.016)	0.32 (0.009)	0.25 (0.007)	0.50 (0.015)	0.78 (0.049)	2.34 (0.060)	14.46 (0.231)	6.65 (0.122)
2 and over...	0.59 (0.015)	0.32 (0.009)	0.26 (0.007)	0.49 (0.013)	0.80 (0.047)	2.31 (0.054)	14.03 (0.140)	6.50 (0.091)
All Individuals²:								
2 - 5.....	0.54 (0.039)	0.33 (0.023)	0.27 (0.011)	0.46 (0.024)	0.63 (0.027)	1.96 (0.114)	10.32 (0.342)	4.78 (0.154)
6 - 11.....	0.53 (0.021)	0.31 (0.012)	0.25 (0.012)	0.46 (0.017)	0.71 (0.032)	2.07 (0.058)	12.38 (0.169)	5.84 (0.071)
12 - 19.....	0.60 (0.027)	0.33 (0.011)	0.26 (0.010)	0.49 (0.017)	0.82 (0.046)	2.36 (0.086)	14.45 (0.484)	6.77 (0.234)
20 and over...	0.54 (0.012)	0.30 (0.007)	0.24 (0.005)	0.45 (0.010)	0.73 (0.028)	2.18 (0.044)	14.00 (0.201)	6.57 (0.106)
2 and over...	0.55 (0.010)	0.31 (0.006)	0.24 (0.005)	0.46 (0.008)	0.73 (0.023)	2.18 (0.037)	13.71 (0.145)	6.43 (0.081)

Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
\$0 - \$24,999:														
2 - 5.....	0.82	(0.028)	18.50	(0.410)	0.17	(0.009)	0.01*	(0.004)	9.84	(0.324)	0.92	(0.022)	0.01	(0.001)
6 - 11.....	1.05	(0.057)	23.57	(0.690)	0.23	(0.010)	0.02	(0.002)	13.56	(0.537)	1.28	(0.070)	0.01	(0.001)
12 - 19.....	1.13	(0.035)	26.03	(0.934)	0.25	(0.011)	0.03	(0.003)	15.75	(0.781)	1.35	(0.061)	0.02	(0.002)
20 and over...	1.16	(0.025)	25.71	(0.384)	0.27	(0.005)	0.02	(0.003)	14.51	(0.246)	1.45	(0.031)	0.01	(0.001)
2 and over...	1.12	(0.022)	25.08	(0.303)	0.26	(0.004)	0.02	(0.002)	14.25	(0.207)	1.39	(0.029)	0.01	(0.001)
\$25,000 - \$74,999:														
2 - 5.....	0.74	(0.060)	17.86	(1.000)	0.16	(0.012)	0.01	(0.001)	9.61	(0.598)	0.91	(0.050)	0.01	(0.001)
6 - 11.....	0.92	(0.037)	21.94	(0.741)	0.21	(0.015)	0.01	(0.001)	11.94	(0.266)	1.07	(0.033)	0.01	(0.002)
12 - 19.....	1.09	(0.039)	25.31	(1.029)	0.26	(0.021)	0.02	(0.003)	15.22	(0.656)	1.30	(0.055)	0.01	(0.001)
20 and over...	1.17	(0.021)	26.91	(0.574)	0.28	(0.007)	0.03	(0.004)	15.55	(0.343)	1.56	(0.039)	0.01	(0.001)
2 and over...	1.12	(0.016)	25.84	(0.441)	0.26	(0.007)	0.02	(0.003)	14.89	(0.274)	1.46	(0.030)	0.01	(#)
\$75,000 and higher:														
2 - 5.....	0.65	(0.035)	16.98	(0.655)	0.18	(0.007)	0.01	(0.002)	9.23	(0.228)	0.84	(0.030)	0.01	(0.001)
6 - 11.....	0.77	(0.037)	21.11	(0.530)	0.22	(0.011)	0.01	(0.003)	12.48	(0.481)	1.13	(0.067)	0.01	(0.002)
12 - 19.....	1.20	(0.096)	26.78	(1.619)	0.28	(0.015)	0.03	(0.003)	15.27	(0.933)	1.41	(0.072)	0.02*	(0.006)
20 and over...	1.19	(0.029)	27.23	(0.433)	0.30	(0.017)	0.03	(0.004)	16.34	(0.437)	1.66	(0.061)	0.02	(0.002)
2 and over...	1.13	(0.020)	26.16	(0.265)	0.29	(0.013)	0.03	(0.003)	15.54	(0.365)	1.55	(0.050)	0.02	(0.002)
All Individuals²:														
2 - 5.....	0.74	(0.026)	17.74	(0.441)	0.17	(0.006)	0.01	(0.001)	9.53	(0.308)	0.90	(0.019)	0.01	(0.001)
6 - 11.....	0.91	(0.022)	22.19	(0.280)	0.22	(0.006)	0.01	(0.001)	12.61	(0.184)	1.15	(0.032)	0.01	(0.001)
12 - 19.....	1.14	(0.043)	26.12	(0.777)	0.26	(0.012)	0.02	(0.002)	15.48	(0.488)	1.38	(0.040)	0.01	(0.002)
20 and over...	1.17	(0.016)	26.65	(0.316)	0.28	(0.004)	0.03	(0.002)	15.51	(0.229)	1.57	(0.027)	0.01	(0.001)
2 and over...	1.12	(0.013)	25.73	(0.232)	0.27	(0.004)	0.03	(0.002)	14.93	(0.200)	1.48	(0.023)	0.01	(0.001)

Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
\$0 - \$24,999:				
2 - 5.....	0.09 (0.005)	0.01 (0.004)	0.01 (0.001)	0.03 (0.005)
6 - 11.....	0.11 (0.007)	0.01 (0.002)	0.02 (0.001)	0.03 (0.004)
12 - 19.....	0.13 (0.008)	0.01 (0.002)	0.02 (0.001)	0.03 (0.004)
20 and over...	0.15 (0.004)	0.03 (0.003)	0.02 (0.001)	0.06 (0.004)
2 and over...	0.14 (0.004)	0.03 (0.003)	0.02 (0.001)	0.05 (0.004)
\$25,000 - \$74,999:				
2 - 5.....	0.07 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.003)
6 - 11.....	0.09 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)
12 - 19.....	0.13 (0.010)	0.02 (0.002)	0.02 (0.001)	0.04 (0.005)
20 and over...	0.15 (0.004)	0.03 (0.002)	0.02 (0.001)	0.07 (0.003)
2 and over...	0.14 (0.003)	0.03 (0.001)	0.02 (#)	0.06 (0.002)
\$75,000 and higher:				
2 - 5.....	0.07 (0.009)	0.01 (0.002)	0.01 (0.002)	0.03* (0.011)
6 - 11.....	0.08 (0.005)	0.01 (0.003)	0.01 (0.001)	0.03 (0.005)
12 - 19.....	0.13 (0.010)	0.02 (0.003)	0.02 (0.001)	0.04 (0.007)
20 and over...	0.14 (0.006)	0.05 (0.010)	0.03 (0.002)	0.09 (0.015)
2 and over...	0.13 (0.004)	0.04 (0.008)	0.02 (0.002)	0.08 (0.013)
All Individuals²:				
2 - 5.....	0.08 (0.003)	0.01 (0.002)	0.01 (0.001)	0.02 (0.004)
6 - 11.....	0.10 (0.004)	0.01 (0.002)	0.01 (#)	0.03 (0.003)
12 - 19.....	0.13 (0.006)	0.02 (0.001)	0.02 (0.001)	0.04 (0.003)
20 and over...	0.15 (0.002)	0.04 (0.003)	0.02 (0.001)	0.07 (0.005)
2 and over...	0.14 (0.002)	0.03 (0.003)	0.02 (0.001)	0.06 (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 2.04.

Indicates a non-zero value too small to report.

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 Includes persons of all income levels or with unknown family income.

³ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.

⁴ 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 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹, by Family Income (as % of Federal Poverty Threshold²) and Age, in the United States, 2009-2010

Family income as % of Federal poverty threshold 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)	
Under 131% poverty:											
2 - 5.....	431	1566 (27.8)	57.0 (0.96)	212 (4.8)	110 (3.5)	10.9 (0.33)	56.2 (1.16)	20.4 (0.49)	19.6 (0.43)	11.0 (0.30)	
6 - 11.....	496	1936 (42.2)	70.9 (1.72)	257 (6.4)	125 (3.0)	13.9 (0.53)	71.7 (1.84)	25.3 (0.71)	25.1 (0.65)	14.8 (0.52)	
12 - 19.....	503	2146 (57.6)	77.9 (2.04)	284 (8.6)	138 (3.5)	14.1 (0.46)	78.0 (2.50)	26.2 (0.84)	27.5 (1.00)	17.3 (0.68)	
20 and over...	1755	2099 (34.0)	79.3 (1.55)	265 (4.7)	124 (3.3)	15.5 (0.37)	74.9 (1.06)	24.8 (0.44)	27.1 (0.37)	16.1 (0.33)	
2 and over...	3185	2042 (26.4)	76.3 (1.15)	262 (3.5)	125 (2.2)	14.8 (0.29)	73.4 (0.94)	24.7 (0.36)	26.3 (0.32)	15.7 (0.27)	
131-185% poverty:											
2 - 5.....	93	1576 (46.5)	58.2 (3.79)	215 (9.7)	115 (8.4)	12.3 (0.98)	56.3 (5.29)	21.9 (3.63)	19.1 (1.66)	10.3 (0.71)	
6 - 11.....	145	1834 (46.8)	59.4 (2.06)	257 (6.3)	132 (4.9)	12.9 (0.71)	65.9 (2.65)	23.1 (1.38)	23.0 (0.90)	13.9 (0.50)	
12 - 19.....	162	1998 (132.7)	65.7 (3.27)	273 (23.7)	136 (20.7)	13.4 (0.99)	73.4 (3.97)	24.5 (1.40)	25.7 (1.60)	16.9 (1.08)	
20 and over...	743	2080 (46.3)	78.5 (2.84)	261 (6.6)	126 (4.7)	15.6 (0.85)	76.2 (2.43)	25.2 (0.97)	27.7 (0.90)	16.6 (0.50)	
2 and over...	1143	2019 (31.6)	74.1 (2.22)	259 (4.0)	127 (3.2)	14.9 (0.68)	73.8 (1.94)	24.7 (0.90)	26.6 (0.71)	16.1 (0.31)	
Over 185% poverty:											
2 - 5.....	266	1514 (42.4)	53.8 (1.98)	210 (6.1)	109 (3.6)	12.3 (0.44)	53.5 (1.99)	19.6 (0.92)	18.5 (0.71)	10.6 (0.42)	
6 - 11.....	422	1825 (36.3)	63.8 (1.72)	253 (5.4)	122 (2.8)	14.2 (0.54)	64.5 (1.35)	22.3 (0.60)	22.8 (0.51)	13.6 (0.38)	
12 - 19.....	482	2188 (75.8)	82.1 (3.01)	289 (11.5)	139 (6.2)	14.6 (0.61)	80.0 (3.26)	27.6 (1.33)	28.3 (1.28)	16.9 (0.76)	
20 and over...	2730	2149 (21.5)	85.0 (1.18)	255 (2.7)	112 (1.6)	17.7 (0.28)	81.2 (1.11)	26.5 (0.47)	29.2 (0.41)	18.2 (0.31)	
2 and over...	3900	2102 (16.2)	81.9 (0.91)	256 (2.5)	115 (1.8)	16.9 (0.23)	78.7 (0.87)	26.0 (0.37)	28.2 (0.32)	17.4 (0.30)	
All Individuals³:											
2 - 5.....	861	1537 (24.5)	55.6 (1.11)	211 (3.2)	110 (2.0)	11.7 (0.22)	54.6 (1.39)	20.1 (0.75)	18.9 (0.47)	10.7 (0.33)	
6 - 11.....	1154	1869 (20.4)	65.8 (0.81)	256 (3.7)	123 (1.7)	14.0 (0.28)	67.2 (0.69)	23.4 (0.33)	23.7 (0.30)	14.1 (0.21)	
12 - 19.....	1265	2167 (43.7)	79.1 (2.04)	287 (5.9)	138 (2.5)	14.4 (0.39)	79.4 (2.13)	27.0 (0.88)	28.0 (0.84)	17.3 (0.54)	
20 and over...	5762	2132 (19.6)	82.9 (0.93)	259 (2.3)	117 (1.3)	17.1 (0.24)	79.2 (1.00)	25.9 (0.40)	28.5 (0.33)	17.6 (0.26)	
2 and over...	9042	2081 (12.9)	79.5 (0.70)	259 (1.7)	119 (1.1)	16.2 (0.20)	76.8 (0.75)	25.5 (0.30)	27.5 (0.24)	16.8 (0.23)	

Table 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (as % of Federal Poverty Threshold²) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 5.....	188	(7.7)	479	(21.6)	559	(20.6)	182	(27.4)	838	(77.3)	71	(7.5)	2975	(241.5)	567	(38.8)	1.29	(0.035)
6 - 11.....	228	(9.2)	490	(17.8)	600	(16.7)	249	(42.6)	1154	(102.6)	73	(7.9)	4533	(623.5)	815	(64.7)	1.57	(0.054)
12 - 19.....	245	(14.8)	455	(25.2)	558	(27.1)	225	(41.3)	1102	(120.2)	57	(8.5)	5671	(762.1)	826	(99.2)	1.67	(0.080)
20 and over...	275	(10.3)	383	(8.4)	556	(12.3)	394	(27.8)	1827	(93.4)	92	(9.8)	4942	(320.1)	1230	(79.2)	1.57	(0.028)
2 and over...	258	(9.3)	413	(8.4)	561	(10.0)	337	(20.5)	1568	(68.1)	84	(6.0)	4833	(277.4)	1072	(60.5)	1.56	(0.022)
131-185% poverty:																		
2 - 5.....	168	(15.6)	525	(67.8)	610	(69.1)	158*	(48.9)	889	(167.6)	99	(29.1)	3722	(482.6)	638	(78.7)	1.30	(0.113)
6 - 11.....	186	(14.6)	473	(30.4)	553	(36.1)	192	(55.2)	838	(168.5)	52	(8.9)	3574	(433.2)	772	(175.0)	1.47	(0.056)
12 - 19.....	177	(14.2)	364	(18.5)	453	(29.2)	235*	(80.7)	940	(196.5)	45	(10.5)	4153	(726.3)	600	(45.1)	1.37	(0.066)
20 and over...	269	(15.4)	413	(24.4)	578	(23.3)	318	(29.7)	1780	(134.5)	75	(10.0)	5191	(607.7)	1311	(159.4)	1.56	(0.053)
2 and over...	246	(12.5)	420	(20.0)	564	(18.4)	288	(24.3)	1551	(109.9)	71	(7.7)	4844	(454.1)	1145	(132.9)	1.51	(0.038)
Over 185% poverty:																		
2 - 5.....	159	(9.3)	490	(26.2)	614	(29.2)	278	(56.9)	1322	(135.3)	67	(8.9)	3307	(391.1)	739	(58.0)	1.25	(0.044)
6 - 11.....	174	(5.5)	489	(24.1)	598	(32.5)	284	(60.0)	1140	(150.7)	65	(9.0)	4500	(585.4)	615	(36.6)	1.51	(0.060)
12 - 19.....	253	(12.9)	484	(28.3)	605	(33.7)	264	(61.1)	1295	(145.9)	62	(6.3)	5289	(559.7)	909	(93.8)	1.74	(0.088)
20 and over...	276	(4.3)	456	(13.9)	674	(18.4)	423	(17.6)	2362	(73.2)	84	(4.2)	5634	(357.3)	1731	(120.5)	1.71	(0.022)
2 and over...	261	(4.2)	463	(10.6)	659	(15.0)	391	(14.2)	2127	(67.2)	80	(3.4)	5419	(313.7)	1529	(103.4)	1.68	(0.017)
All Individuals³:																		
2 - 5.....	174	(5.7)	490	(16.0)	592	(19.2)	232	(40.1)	1074	(97.9)	72	(6.9)	3259	(183.8)	650	(27.8)	1.27	(0.024)
6 - 11.....	196	(4.9)	487	(16.6)	592	(19.1)	260	(34.9)	1096	(86.6)	67	(6.0)	4495	(346.0)	708	(42.9)	1.54	(0.036)
12 - 19.....	247	(10.7)	468	(24.5)	579	(28.7)	243	(31.9)	1178	(73.9)	62	(5.5)	5491	(389.9)	851	(51.7)	1.68	(0.061)
20 and over...	276	(4.5)	437	(7.9)	643	(11.0)	424	(20.2)	2216	(53.0)	88	(4.0)	5464	(275.2)	1557	(92.9)	1.66	(0.018)
2 and over...	261	(4.3)	448	(5.8)	628	(9.4)	379	(16.8)	1942	(49.4)	82	(3.2)	5263	(214.4)	1356	(77.7)	1.63	(0.012)

Table 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (as % of Federal Poverty Threshold²) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold 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)
Under 131% poverty:									
2 - 5.....	1.85 (0.057)	16.7 (0.45)	1.47 (0.054)	187 (13.5)	126 (2.6)	443 (23.4)	230 (5.4)	4.62 (0.178)	1.05 (0.107)
6 - 11.....	1.99 (0.056)	21.9 (0.66)	1.69 (0.060)	221 (14.5)	154 (5.0)	530 (27.6)	263 (6.8)	4.86 (0.150)	1.03 (0.074)
12 - 19.....	1.98 (0.087)	24.3 (0.70)	1.84 (0.069)	222 (10.7)	165 (7.9)	543 (22.5)	278 (12.3)	5.06 (0.247)	1.05 (0.120)
20 and over...	1.97 (0.041)	24.6 (0.50)	1.97 (0.054)	177 (7.1)	202 (4.6)	503 (12.8)	328 (8.9)	4.90 (0.110)	0.86 (0.072)
2 and over...	1.97 (0.028)	23.6 (0.34)	1.88 (0.036)	189 (6.7)	185 (3.7)	507 (12.2)	306 (7.4)	4.89 (0.082)	0.92 (0.058)
131-185% poverty:									
2 - 5.....	1.86 (0.123)	15.2 (0.83)	1.42 (0.097)	153 (13.4)	143 (13.8)	402 (33.3)	224 (7.8)	4.67 (0.285)	0.97 (0.185)
6 - 11.....	1.88 (0.092)	20.0 (1.50)	1.68 (0.176)	210 (12.6)	137 (6.8)	495 (23.5)	229 (12.5)	4.86 (0.284)	1.36 (0.247)
12 - 19.....	1.62 (0.083)	20.5 (0.91)	1.54 (0.084)	192 (11.7)	156 (9.6)	483 (27.2)	216 (13.1)	3.78 (0.242)	0.94 (0.135)
20 and over...	2.04 (0.093)	23.7 (0.85)	1.96 (0.090)	173 (8.0)	209 (9.8)	503 (19.4)	323 (10.8)	5.14 (0.334)	0.96 (0.130)
2 and over...	1.97 (0.067)	22.5 (0.63)	1.85 (0.068)	177 (6.8)	193 (7.3)	494 (16.4)	297 (8.7)	4.93 (0.255)	0.99 (0.105)
Over 185% poverty:									
2 - 5.....	1.84 (0.087)	15.5 (0.49)	1.39 (0.056)	168 (7.1)	133 (4.7)	419 (13.0)	214 (9.1)	4.19 (0.251)	0.90 (0.083)
6 - 11.....	1.91 (0.065)	19.2 (0.61)	1.48 (0.057)	210 (12.3)	152 (6.5)	510 (25.4)	233 (6.9)	4.42 (0.148)	0.89 (0.059)
12 - 19.....	2.16 (0.098)	26.0 (0.90)	2.04 (0.101)	244 (22.0)	174 (5.0)	588 (35.9)	294 (9.1)	5.59 (0.333)	1.10 (0.119)
20 and over...	2.25 (0.035)	26.6 (0.33)	2.17 (0.032)	195 (5.6)	235 (3.1)	567 (11.6)	345 (4.3)	5.66 (0.161)	1.10 (0.059)
2 and over...	2.20 (0.024)	25.6 (0.26)	2.08 (0.028)	200 (5.8)	219 (3.2)	558 (11.2)	327 (4.2)	5.50 (0.110)	1.08 (0.048)
All Individuals³:									
2 - 5.....	1.84 (0.045)	15.9 (0.29)	1.43 (0.030)	173 (5.5)	131 (2.9)	426 (10.5)	223 (4.8)	4.42 (0.135)	0.96 (0.056)
6 - 11.....	1.94 (0.037)	20.4 (0.47)	1.59 (0.053)	217 (9.5)	152 (3.2)	522 (18.3)	244 (3.8)	4.62 (0.096)	1.00 (0.064)
12 - 19.....	2.05 (0.077)	24.8 (0.57)	1.91 (0.062)	233 (13.6)	172 (3.7)	568 (23.7)	283 (8.4)	5.12 (0.201)	1.01 (0.070)
20 and over...	2.16 (0.028)	25.8 (0.29)	2.10 (0.025)	190 (3.6)	225 (2.2)	548 (7.4)	340 (3.9)	5.42 (0.097)	1.03 (0.036)
2 and over...	2.11 (0.017)	24.7 (0.20)	2.00 (0.021)	196 (4.0)	208 (2.0)	541 (7.6)	319 (3.7)	5.26 (0.068)	1.02 (0.029)

Table 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (as % of Federal Poverty Threshold²) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold 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)
Under 131% poverty:								
2 - 5.....	82.4 (4.12)	6.9 (0.27)	4.8 (0.19)	0.6 (0.13)	36.9 (1.68)	992 (26.6)	1103 (23.2)	202 (4.2)
6 - 11.....	78.6 (4.58)	6.3 (0.31)	5.8 (0.21)	0.5 (0.10)	56.4 (4.48)	1073 (49.4)	1312 (37.0)	229 (7.4)
12 - 19.....	86.0 (10.40)	5.4 (0.26)	6.9 (0.32)	0.6* (0.20)	61.4 (4.95)	1060 (41.2)	1367 (32.5)	251 (7.2)
20 and over...	83.3 (3.03)	4.7 (0.15)	6.7 (0.11)	0.3 (0.06)	84.1 (4.65)	942 (18.4)	1338 (23.0)	286 (4.3)
2 and over...	83.1 (1.88)	5.2 (0.10)	6.5 (0.09)	0.4 (0.04)	73.9 (3.15)	977 (15.5)	1319 (14.6)	268 (3.4)
131-185% poverty:								
2 - 5.....	83.1 (13.26)	6.8 (0.69)	4.4 (0.30)	0.4 (0.11)	42.3 (6.68)	1090 (143.3)	1200 (85.5)	227 (12.1)
6 - 11.....	74.5 (8.38)	5.8 (0.41)	6.0 (0.57)	0.8* (0.37)	57.8 (12.74)	955 (47.9)	1158 (43.8)	215 (7.8)
12 - 19.....	72.9 (7.28)	3.8 (0.26)	6.6 (0.35)	0.4* (0.16)	56.2 (4.75)	939 (71.1)	1236 (94.8)	235 (13.0)
20 and over...	87.0 (6.65)	4.7 (0.30)	7.2 (0.38)	0.4 (0.10)	93.6 (9.22)	971 (45.3)	1336 (48.1)	289 (12.1)
2 and over...	84.1 (5.53)	4.8 (0.22)	6.9 (0.25)	0.4 (0.08)	83.2 (7.90)	973 (37.9)	1301 (40.2)	273 (8.9)
Over 185% poverty:								
2 - 5.....	81.7 (4.80)	6.8 (0.39)	5.0 (0.24)	0.4 (0.07)	47.6 (3.72)	1057 (59.2)	1150 (50.0)	213 (7.2)
6 - 11.....	68.8 (3.87)	5.9 (0.28)	5.9 (0.12)	0.6 (0.10)	51.2 (2.57)	1052 (42.0)	1258 (44.5)	234 (9.1)
12 - 19.....	79.2 (6.28)	5.8 (0.39)	7.1 (0.38)	0.6 (0.11)	67.1 (3.71)	1126 (49.3)	1449 (56.3)	266 (8.7)
20 and over...	89.6 (2.75)	5.3 (0.22)	8.6 (0.11)	0.9 (0.09)	115.3 (5.25)	1053 (16.9)	1456 (20.4)	316 (3.3)
2 and over...	86.8 (1.91)	5.5 (0.20)	8.1 (0.11)	0.8 (0.08)	103.1 (4.56)	1061 (13.5)	1428 (13.7)	301 (2.6)
All Individuals³:								
2 - 5.....	83.1 (3.76)	6.8 (0.21)	4.8 (0.16)	0.5 (0.07)	42.5 (2.24)	1032 (34.3)	1136 (26.6)	210 (3.4)
6 - 11.....	73.8 (2.97)	6.1 (0.15)	5.9 (0.10)	0.5 (0.08)	53.1 (2.24)	1048 (23.7)	1263 (21.4)	231 (4.9)
12 - 19.....	82.6 (5.79)	5.5 (0.26)	7.1 (0.23)	0.5 (0.08)	62.9 (1.59)	1099 (34.3)	1408 (34.0)	260 (5.5)
20 and over...	88.9 (1.67)	5.1 (0.14)	8.0 (0.10)	0.7 (0.06)	105.4 (4.23)	1016 (10.1)	1414 (13.7)	307 (2.8)
2 and over...	86.6 (1.40)	5.3 (0.11)	7.5 (0.10)	0.6 (0.05)	92.7 (3.52)	1029 (7.1)	1386 (7.6)	290 (2.0)

Table 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (as % of Federal Poverty Threshold²) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium ⁴		Caffeine		Theobromine		Alcohol ⁵	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Under 131% poverty:																		
2 - 5.....	11.9	(0.43)	8.9	(0.25)	0.8	(0.02)	75.0	(1.54)	2036	(37.6)	2373	(44.5)	6.8	(1.04)	39.6	(3.35)	--	--
6 - 11.....	13.9	(0.57)	10.5	(0.35)	0.9	(0.03)	96.7	(2.45)	2254	(71.2)	3203	(114.5)	18.6	(2.15)	61.9	(6.57)	--	--
12 - 19.....	14.8	(0.48)	11.5	(0.34)	1.1	(0.03)	107.4	(4.12)	2319	(76.5)	3467	(107.4)	51.8	(5.57)	51.0	(4.00)	--	--
20 and over...	14.4	(0.29)	11.2	(0.25)	1.2	(0.02)	108.1	(2.61)	2564	(43.4)	3467	(46.7)	158.4	(12.30)	34.8	(1.84)	10.2	(1.35)
2 and over...	14.2	(0.24)	11.0	(0.20)	1.1	(0.02)	104.0	(2.01)	2451	(31.0)	3346	(39.3)	115.2	(8.13)	40.5	(2.20)	--	--
131-185% poverty:																		
2 - 5.....	11.1	(0.64)	9.2	(0.62)	0.9	(0.06)	71.4	(5.03)	2160	(128.8)	2303	(98.6)	8.1	(1.45)	57.9	(10.27)	--	--
6 - 11.....	13.4	(0.57)	9.7	(0.34)	0.9	(0.04)	81.1	(3.43)	2062	(90.9)	2669	(60.5)	21.0	(3.72)	72.0	(7.77)	--	--
12 - 19.....	14.0	(0.86)	9.7	(0.45)	1.0	(0.05)	85.1	(4.11)	2096	(91.2)	3171	(179.6)	65.6	(14.85)	49.9	(7.21)	--	--
20 and over...	14.0	(0.48)	11.2	(0.43)	1.3	(0.06)	105.7	(3.46)	2638	(94.5)	3336	(76.8)	165.5	(14.87)	36.9	(2.85)	8.8	(1.80)
2 and over...	13.8	(0.35)	10.8	(0.33)	1.2	(0.04)	99.2	(2.73)	2499	(65.8)	3196	(57.4)	132.2	(11.43)	42.7	(2.49)	--	--
Over 185% poverty:																		
2 - 5.....	11.3	(0.55)	8.3	(0.34)	0.8	(0.03)	72.1	(1.58)	2070	(81.1)	2254	(75.8)	4.3	(0.40)	46.6	(5.50)	--	--
6 - 11.....	13.5	(0.50)	9.5	(0.26)	1.0	(0.03)	88.1	(2.87)	2134	(78.0)	2881	(98.7)	15.4	(1.60)	69.9	(7.10)	--	--
12 - 19.....	15.5	(0.55)	11.9	(0.46)	1.2	(0.05)	115.4	(4.96)	2417	(84.0)	3684	(163.7)	59.0	(10.57)	49.1	(4.29)	--	--
20 and over...	15.8	(0.26)	12.4	(0.20)	1.4	(0.02)	115.8	(1.44)	2866	(31.5)	3685	(34.8)	193.3	(9.19)	42.1	(1.78)	12.4	(0.94)
2 and over...	15.4	(0.18)	11.9	(0.15)	1.3	(0.02)	111.9	(1.03)	2735	(28.9)	3566	(25.8)	159.4	(7.26)	44.9	(1.95)	--	--
All Individuals³:																		
2 - 5.....	11.5	(0.24)	8.6	(0.12)	0.8	(0.02)	73.5	(1.09)	2071	(36.0)	2308	(43.5)	5.9	(0.45)	44.5	(3.29)	--	--
6 - 11.....	13.7	(0.31)	9.9	(0.16)	1.0	(0.01)	90.7	(1.42)	2172	(39.6)	2971	(49.0)	17.2	(1.06)	66.4	(4.71)	--	--
12 - 19.....	15.1	(0.39)	11.5	(0.28)	1.1	(0.03)	109.7	(3.26)	2366	(63.7)	3562	(109.4)	57.0	(6.01)	50.8	(2.98)	--	--
20 and over...	15.3	(0.16)	11.9	(0.16)	1.3	(0.01)	112.9	(1.34)	2776	(23.6)	3589	(29.2)	179.4	(7.97)	40.6	(1.70)	11.3	(0.73)
2 and over...	14.9	(0.11)	11.5	(0.11)	1.2	(0.01)	108.5	(0.99)	2640	(18.0)	3463	(19.4)	142.4	(6.33)	44.1	(1.66)	--	--

Table 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (as % of Federal Poverty Threshold²) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold 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)
Under 131% poverty:								
2 - 5.....	0.50 (0.025)	0.32 (0.015)	0.28 (0.023)	0.44 (0.020)	0.61 (0.032)	1.89 (0.067)	10.76 (0.273)	4.89 (0.115)
6 - 11.....	0.56 (0.030)	0.34 (0.019)	0.27 (0.017)	0.48 (0.026)	0.67 (0.038)	2.27 (0.101)	13.44 (0.369)	6.30 (0.170)
12 - 19.....	0.57 (0.046)	0.31 (0.025)	0.24 (0.017)	0.45 (0.029)	0.68 (0.066)	2.21 (0.107)	14.18 (0.449)	6.64 (0.186)
20 and over...	0.48 (0.013)	0.28 (0.008)	0.23 (0.008)	0.41 (0.012)	0.69 (0.038)	2.05 (0.055)	13.45 (0.211)	6.34 (0.118)
2 and over...	0.51 (0.013)	0.29 (0.008)	0.24 (0.007)	0.43 (0.011)	0.68 (0.028)	2.08 (0.047)	13.33 (0.181)	6.25 (0.094)
131-185% poverty:								
2 - 5.....	0.66 (0.188)	0.39 (0.108)	0.31 (0.067)	0.54 (0.133)	0.74 (0.171)	2.26 (0.568)	11.02 (1.565)	5.25 (0.735)
6 - 11.....	0.54 (0.060)	0.30 (0.032)	0.26 (0.024)	0.46 (0.041)	0.65 (0.094)	2.03 (0.177)	12.25 (0.605)	5.87 (0.377)
12 - 19.....	0.53 (0.066)	0.32 (0.038)	0.23 (0.022)	0.45 (0.045)	0.66 (0.046)	2.14 (0.188)	13.18 (0.634)	5.97 (0.352)
20 and over...	0.53 (0.038)	0.30 (0.021)	0.23 (0.013)	0.44 (0.026)	0.70 (0.058)	2.11 (0.119)	13.57 (0.508)	6.39 (0.214)
2 and over...	0.54 (0.040)	0.31 (0.022)	0.24 (0.013)	0.45 (0.027)	0.70 (0.049)	2.11 (0.120)	13.25 (0.435)	6.23 (0.192)
Over 185% poverty:								
2 - 5.....	0.54 (0.040)	0.33 (0.026)	0.26 (0.018)	0.46 (0.029)	0.65 (0.030)	1.95 (0.134)	9.91 (0.392)	4.63 (0.212)
6 - 11.....	0.52 (0.031)	0.30 (0.018)	0.24 (0.017)	0.44 (0.026)	0.77 (0.069)	1.98 (0.090)	11.69 (0.263)	5.57 (0.128)
12 - 19.....	0.62 (0.039)	0.33 (0.014)	0.27 (0.013)	0.51 (0.023)	0.89 (0.073)	2.43 (0.126)	14.63 (0.747)	6.92 (0.368)
20 and over...	0.56 (0.018)	0.31 (0.010)	0.24 (0.007)	0.47 (0.015)	0.75 (0.032)	2.24 (0.060)	14.29 (0.235)	6.68 (0.116)
2 and over...	0.56 (0.016)	0.31 (0.009)	0.24 (0.007)	0.47 (0.014)	0.76 (0.028)	2.23 (0.053)	13.95 (0.171)	6.54 (0.091)
All Individuals³:								
2 - 5.....	0.54 (0.039)	0.33 (0.023)	0.27 (0.011)	0.46 (0.024)	0.63 (0.027)	1.96 (0.114)	10.32 (0.342)	4.78 (0.154)
6 - 11.....	0.53 (0.021)	0.31 (0.012)	0.25 (0.012)	0.46 (0.017)	0.71 (0.032)	2.07 (0.058)	12.38 (0.169)	5.84 (0.071)
12 - 19.....	0.60 (0.027)	0.33 (0.011)	0.26 (0.010)	0.49 (0.017)	0.82 (0.046)	2.36 (0.086)	14.45 (0.484)	6.77 (0.234)
20 and over...	0.54 (0.012)	0.30 (0.007)	0.24 (0.005)	0.45 (0.010)	0.73 (0.028)	2.18 (0.044)	14.00 (0.201)	6.57 (0.106)
2 and over...	0.55 (0.010)	0.31 (0.006)	0.24 (0.005)	0.46 (0.008)	0.73 (0.023)	2.18 (0.037)	13.71 (0.145)	6.43 (0.081)

Table 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (as % of Federal Poverty Threshold²) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold 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)
Under 131% poverty:							
2 - 5.....	0.80 (0.024)	18.37 (0.405)	0.17 (0.008)	0.01 (0.003)	9.81 (0.286)	0.91 (0.022)	0.01 (0.001)
6 - 11.....	1.07 (0.052)	23.49 (0.611)	0.22 (0.009)	0.02 (0.002)	13.20 (0.464)	1.24 (0.060)	0.01 (0.001)
12 - 19.....	1.14 (0.035)	25.72 (0.944)	0.26 (0.013)	0.03 (0.004)	15.51 (0.592)	1.34 (0.060)	0.02 (0.001)
20 and over...	1.17 (0.028)	25.27 (0.346)	0.27 (0.006)	0.03 (0.005)	14.21 (0.297)	1.40 (0.030)	0.01 (0.001)
2 and over...	1.12 (0.022)	24.56 (0.301)	0.25 (0.005)	0.02 (0.003)	13.91 (0.238)	1.33 (0.028)	0.01 (0.001)
131-185% poverty:							
2 - 5.....	0.78 (0.116)	17.92 (1.523)	0.15 (0.013)	0.01 (0.001)	9.23 (0.669)	0.88 (0.059)	#
6 - 11.....	0.90 (0.085)	21.55 (0.804)	0.19 (0.013)	0.01 (0.002)	12.50 (0.454)	1.12 (0.052)	0.01* (0.005)
12 - 19.....	0.99 (0.069)	24.03 (1.479)	0.25 (0.019)	0.01 (0.002)	15.35 (1.002)	1.25 (0.092)	0.01 (0.002)
20 and over...	1.14 (0.053)	25.96 (0.842)	0.25 (0.009)	0.02 (0.002)	14.68 (0.438)	1.52 (0.058)	0.01 (0.002)
2 and over...	1.08 (0.049)	24.87 (0.656)	0.24 (0.006)	0.02 (0.001)	14.23 (0.266)	1.41 (0.041)	0.01 (0.002)
Over 185% poverty:							
2 - 5.....	0.67 (0.033)	17.39 (0.664)	0.17 (0.007)	0.01 (0.001)	9.51 (0.385)	0.88 (0.039)	0.01 (0.001)
6 - 11.....	0.81 (0.026)	21.44 (0.486)	0.22 (0.010)	0.01 (0.002)	12.22 (0.324)	1.10 (0.049)	0.01 (0.002)
12 - 19.....	1.17 (0.068)	26.39 (1.174)	0.27 (0.016)	0.02 (0.003)	15.08 (0.694)	1.38 (0.052)	0.02 (0.005)
20 and over...	1.18 (0.019)	27.25 (0.385)	0.29 (0.007)	0.03 (0.003)	16.11 (0.272)	1.63 (0.036)	0.01 (0.001)
2 and over...	1.13 (0.015)	26.32 (0.300)	0.28 (0.007)	0.03 (0.003)	15.45 (0.265)	1.54 (0.032)	0.01 (0.001)
All Individuals³:							
2 - 5.....	0.74 (0.026)	17.74 (0.441)	0.17 (0.006)	0.01 (0.001)	9.53 (0.308)	0.90 (0.019)	0.01 (0.001)
6 - 11.....	0.91 (0.022)	22.19 (0.280)	0.22 (0.006)	0.01 (0.001)	12.61 (0.184)	1.15 (0.032)	0.01 (0.001)
12 - 19.....	1.14 (0.043)	26.12 (0.777)	0.26 (0.012)	0.02 (0.002)	15.48 (0.488)	1.38 (0.040)	0.01 (0.002)
20 and over...	1.17 (0.016)	26.65 (0.316)	0.28 (0.004)	0.03 (0.002)	15.51 (0.229)	1.57 (0.027)	0.01 (0.001)
2 and over...	1.12 (0.013)	25.73 (0.232)	0.27 (0.004)	0.03 (0.002)	14.93 (0.200)	1.48 (0.023)	0.01 (0.001)

Table 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Family Income (as % of Federal Poverty Threshold²) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
Under 131% poverty:				
2 - 5.....	0.09 (0.004)	0.01 (0.003)	0.01 (0.001)	0.03 (0.005)
6 - 11.....	0.11 (0.006)	0.01 (0.002)	0.02 (0.001)	0.03 (0.004)
12 - 19.....	0.13 (0.009)	0.02 (0.002)	0.02 (0.001)	0.04 (0.005)
20 and over...	0.15 (0.006)	0.03 (0.004)	0.02 (0.001)	0.07 (0.005)
2 and over...	0.14 (0.005)	0.03 (0.003)	0.02 (0.001)	0.06 (0.004)
131-185% poverty:				
2 - 5.....	0.06 (0.006)	0.01 (0.002)	0.01 (0.001)	0.02 (0.002)
6 - 11.....	0.10 (0.008)	0.01 (0.002)	0.01 (0.002)	0.02 (0.004)
12 - 19.....	0.10 (0.009)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)
20 and over...	0.14 (0.008)	0.03 (0.005)	0.02 (0.002)	0.05 (0.007)
2 and over...	0.13 (0.006)	0.02 (0.003)	0.02 (0.001)	0.04 (0.005)
Over 185% poverty:				
2 - 5.....	0.07 (0.005)	0.01 (0.002)	0.01 (0.001)	0.02* (0.007)
6 - 11.....	0.08 (0.004)	0.01 (0.002)	0.01 (0.001)	0.03 (0.003)
12 - 19.....	0.13 (0.009)	0.02 (0.002)	0.02 (0.001)	0.04 (0.004)
20 and over...	0.15 (0.002)	0.04 (0.005)	0.02 (0.001)	0.08 (0.008)
2 and over...	0.14 (0.002)	0.03 (0.004)	0.02 (0.001)	0.07 (0.007)
All Individuals³:				
2 - 5.....	0.08 (0.003)	0.01 (0.002)	0.01 (0.001)	0.02 (0.004)
6 - 11.....	0.10 (0.004)	0.01 (0.002)	0.01 (#)	0.03 (0.003)
12 - 19.....	0.13 (0.006)	0.02 (0.001)	0.02 (0.001)	0.04 (0.003)
20 and over...	0.15 (0.002)	0.04 (0.003)	0.02 (0.001)	0.07 (0.005)
2 and over...	0.14 (0.002)	0.03 (0.003)	0.02 (0.001)	0.06 (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 2.04.

Indicates a non-zero value too small to report.

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 Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

³ Includes persons of all income levels or with unknown family income.

⁴ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDSS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.

⁵ 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 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 5. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, 2009-2010

Gender and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol ²	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
Males:																	
2 - 5.....	452	1553	(25.6)	14	(0.2)	56	(0.8)	31	(0.7)	11	(0.3)	11	(0.2)	6	(0.1)	--	--
6 - 11.....	588	1922	(32.6)	14	(0.1)	55	(0.4)	32	(0.4)	11	(0.2)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	672	2539	(72.8)	15	(0.2)	53	(0.7)	32	(0.6)	11	(0.3)	11	(0.3)	7	(0.2)	--	--
20 - 29.....	450	2626	(79.4)	16	(0.3)	50	(0.5)	31	(0.4)	10	(0.2)	11	(0.2)	7	(0.1)	--	--
30 - 39.....	455	2736	(44.9)	16	(0.5)	48	(0.6)	32	(0.6)	10	(0.3)	12	(0.2)	7	(0.2)	--	--
40 - 49.....	481	2730	(73.2)	16	(0.3)	47	(0.6)	33	(0.6)	11	(0.3)	12	(0.2)	7	(0.1)	--	--
50 - 59.....	470	2482	(55.3)	16	(0.5)	46	(1.1)	34	(0.7)	11	(0.3)	12	(0.3)	8	(0.2)	--	--
60 - 69.....	449	2206	(40.0)	16	(0.3)	47	(0.5)	34	(0.5)	11	(0.2)	12	(0.3)	8	(0.2)	--	--
70 and over.....	484	1907	(41.1)	16	(0.2)	49	(0.6)	34	(0.5)	11	(0.2)	12	(0.2)	7	(0.2)	--	--
20 and over...	2789	2512	(30.7)	16	(0.2)	48	(0.3)	33	(0.3)	11	(0.2)	12	(0.1)	7	(0.1)	4	(0.3)
Females:																	
2 - 5.....	409	1520	(36.7)	15	(0.3)	55	(0.6)	32	(0.4)	12	(0.4)	11	(0.2)	6	(0.3)	--	--
6 - 11.....	566	1812	(24.5)	14	(0.3)	56	(0.6)	32	(0.4)	11	(0.2)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	593	1821	(43.9)	14	(0.2)	53	(0.6)	33	(0.5)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
20 - 29.....	524	1949	(54.7)	15	(0.2)	52	(0.6)	32	(0.5)	11	(0.2)	11	(0.2)	7	(0.2)	--	--
30 - 39.....	499	1831	(31.5)	16	(0.3)	51	(0.8)	33	(0.5)	11	(0.2)	12	(0.2)	7	(0.2)	--	--
40 - 49.....	555	1794	(59.2)	16	(0.2)	51	(0.7)	32	(0.3)	10	(0.1)	11	(0.1)	8	(0.2)	--	--
50 - 59.....	429	1759	(38.4)	16	(0.4)	50	(0.7)	33	(0.5)	10	(0.3)	12	(0.2)	8	(0.2)	--	--
60 - 69.....	453	1717	(35.4)	16	(0.3)	49	(0.7)	34	(0.5)	11	(0.2)	12	(0.2)	8	(0.2)	--	--
70 and over.....	513	1535	(34.4)	16	(0.3)	52	(0.5)	33	(0.3)	11	(0.2)	12	(0.1)	8	(0.1)	--	--
20 and over...	2973	1778	(15.0)	16	(0.1)	51	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	2	(0.2)
Males and females:																	
2 and over...	9042	2081	(12.9)	16	(0.1)	51	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--

Footnotes

¹ Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake. 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.

Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2009-2010*

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 6. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, in the United States, 2009-2010

Race/ethnicity and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol ³	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
Non-Hispanic White:																	
2 - 5.....	305	1538	(37.8)	14	(0.3)	55	(1.0)	32	(0.8)	12	(0.6)	11	(0.3)	6	(0.2)	--	--
6 - 11.....	371	1845	(30.2)	14	(0.2)	56	(0.5)	32	(0.3)	11	(0.2)	11	(0.2)	7	(0.1)	--	--
12 - 19.....	425	2181	(59.1)	15	(0.2)	53	(0.8)	33	(0.7)	11	(0.3)	11	(0.3)	7	(0.3)	--	--
20 and over...	2786	2150	(21.8)	16	(0.2)	49	(0.3)	33	(0.3)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.3)
2 and over...	3887	2104	(15.3)	16	(0.1)	50	(0.3)	33	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--
Non-Hispanic Black:																	
2 - 5.....	150	1622	(52.1)	14	(0.4)	55	(0.9)	32	(0.8)	11*	(0.3)	11	(0.3)	7*	(0.3)	--	--
6 - 11.....	229	1921	(56.0)	14	(0.3)	55	(0.7)	32	(0.6)	11	(0.3)	12	(0.2)	7*	(0.2)	--	--
12 - 19.....	275	2142	(85.1)	14	(0.3)	53	(0.8)	34	(0.6)	11	(0.2)	12	(0.2)	8	(0.3)	--	--
20 and over...	1025	2102	(48.8)	16	(0.3)	49	(0.4)	33	(0.5)	10	(0.2)	12	(0.2)	7	(0.1)	3	(0.3)
2 and over...	1679	2061	(30.2)	15	(0.2)	51	(0.3)	33	(0.4)	11	(0.2)	12	(0.1)	7	(0.1)	--	--
Hispanic²:																	
<i>Mexican American</i>																	
2 - 5.....	237	1512	(31.1)	15	(0.3)	55	(1.1)	31	(0.8)	11	(0.3)	11	(0.3)	6*	(0.2)	--	--
6 - 11.....	337	1834	(45.3)	15	(0.3)	54	(0.8)	32	(0.8)	11	(0.2)	11	(0.4)	7	(0.2)	--	--
12 - 19.....	340	2148	(60.2)	15	(0.5)	54	(0.8)	32	(0.6)	10	(0.2)	11	(0.3)	7	(0.2)	--	--
20 and over...	1062	2138	(38.5)	16	(0.2)	53	(0.3)	30	(0.3)	10	(0.2)	11	(0.1)	7	(0.2)	2	(0.2)
2 and over...	1976	2046	(28.6)	16	(0.2)	53	(0.3)	31	(0.3)	10	(0.1)	11	(0.1)	7	(0.1)	--	--
<i>All Hispanic</i>																	
2 - 5.....	332	1497	(26.0)	15	(0.4)	55	(1.3)	30	(0.8)	11	(0.3)	10	(0.4)	6	(0.2)	--	--
6 - 11.....	474	1860	(33.9)	15	(0.2)	54	(0.5)	32	(0.5)	11	(0.2)	11	(0.2)	7	(0.1)	--	--
12 - 19.....	482	2128	(37.3)	15	(0.4)	54	(0.7)	31	(0.5)	10	(0.2)	11	(0.2)	7	(0.2)	--	--
20 and over...	1647	2124	(34.2)	16	(0.2)	52	(0.3)	31	(0.2)	10	(0.1)	11	(0.1)	7	(0.1)	2	(0.2)
2 and over...	2935	2038	(22.7)	16	(0.2)	53	(0.3)	31	(0.2)	10	(0.1)	11	(0.1)	7	(0.1)	--	--

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means and percentages 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 2.04.

Percent: 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 2.04.

Footnotes

- ¹ Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake. Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.
- ² A new sampling methodology was implemented for NHANES 2007-2010; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.
- ³ 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.

Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2009-2010*

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, in the United States, 2009-2010

Family income in dollars and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat		Alcohol ³		
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	
\$0 - \$24,999:																		
2 - 5.....	347	1577	(26.7)	15	(0.3)	55	(0.6)	32	(0.5)	11	(0.2)	11	(0.2)	6	(0.1)	--	--	
6 - 11.....	373	1939	(45.2)	15	(0.3)	53	(0.5)	33	(0.5)	11	(0.2)	12	(0.2)	7	(0.2)	--	--	
12 - 19.....	384	2128	(65.5)	15	(0.3)	53	(0.7)	33	(0.7)	11	(0.3)	11	(0.3)	7	(0.3)	--	--	
20 and over...	1884	2097	(32.9)	15	(0.1)	51	(0.3)	32	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.3)	
2 and over...	2988	2052	(26.7)	15	(0.1)	51	(0.2)	32	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--	
\$25,000 - \$74,999:																		
2 - 5.....	308	1579	(57.5)	14	(0.4)	56	(1.0)	31	(0.7)	12	(0.7)	11	(0.2)	6	(0.3)	--	--	
6 - 11.....	449	1830	(27.4)	14	(0.2)	55	(0.5)	32	(0.4)	11	(0.2)	11	(0.3)	6	(0.1)	--	--	
12 - 19.....	499	2098	(67.1)	15	(0.4)	54	(0.8)	32	(0.6)	11	(0.3)	11	(0.3)	7	(0.1)	--	--	
20 and over...	2215	2130	(32.1)	16	(0.1)	49	(0.3)	33	(0.3)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.3)	
2 and over...	3471	2072	(22.1)	16	(0.1)	51	(0.3)	33	(0.3)	11	(0.1)	12	(0.1)	7	(0.1)	--	--	
\$75,000 and higher:																		
2 - 5.....	150	1445	(33.4)	15	(0.3)	55	(1.0)	32	(0.8)	12	(0.4)	11	(0.4)	6*	(0.1)	--	--	
6 - 11.....	253	1844	(49.7)	14	(0.2)	56	(0.5)	31	(0.4)	11	(0.2)	11	(0.2)	7	(0.2)	--	--	
12 - 19.....	280	2247	(92.3)	15	(0.3)	53	(0.9)	33	(0.9)	11	(0.4)	11	(0.3)	7	(0.4)	--	--	
20 and over...	1198	2164	(24.7)	16	(0.3)	48	(0.5)	33	(0.4)	11	(0.2)	12	(0.1)	8	(0.2)	4	(0.3)	
2 and over...	1881	2112	(17.2)	16	(0.2)	50	(0.4)	33	(0.3)	11	(0.1)	12	(0.1)	7	(0.2)	--	--	
All Individuals²:																		
2 - 5.....	861	1537	(24.5)	15	(0.2)	55	(0.5)	31	(0.4)	12	(0.3)	11	(0.2)	6	(0.1)	--	--	
6 - 11.....	1154	1869	(20.4)	14	(0.1)	55	(0.3)	32	(0.2)	11	(0.1)	11	(0.1)	7	(0.1)	--	--	
12 - 19.....	1265	2167	(43.7)	15	(0.2)	53	(0.6)	33	(0.5)	11	(0.2)	11	(0.2)	7	(0.2)	--	--	
20 and over...	5762	2132	(19.6)	16	(0.1)	50	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.2)	
2 and over...	9042	2081	(12.9)	16	(0.1)	51	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--	

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means and percentages 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 2.04.

Percent: 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 2.04.

Footnotes

¹ Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake. Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

² Includes persons of all income levels or with unknown family income.

³ 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.

Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2009-2010*

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 8. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold²) and Age, in the United States, 2009-2010

Family income as % of Federal poverty threshold and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol ⁴		
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	
Under 131% poverty:																		
2 - 5.....	431	1566	(27.8)	15	(0.2)	55	(0.6)	32	(0.4)	12	(0.2)	11	(0.2)	6	(0.1)	--	--	
6 - 11.....	496	1936	(42.2)	15	(0.3)	53	(0.5)	33	(0.5)	12	(0.2)	12	(0.2)	7	(0.2)	--	--	
12 - 19.....	503	2146	(57.6)	15	(0.3)	54	(0.6)	32	(0.4)	11	(0.1)	11	(0.2)	7	(0.2)	--	--	
20 and over...	1755	2099	(34.0)	16	(0.2)	51	(0.3)	32	(0.2)	10	(0.1)	11	(0.1)	7	(0.1)	3	(0.3)	
2 and over...	3185	2042	(26.4)	15	(0.1)	52	(0.2)	32	(0.2)	11	(0.1)	11	(0.1)	7	(0.1)	--	--	
131-185% poverty:																		
2 - 5.....	93	1576	(46.5)	15*	(0.6)	55	(2.4)	32	(2.0)	12*	(1.7)	11*	(0.6)	6*	(0.5)	--	--	
6 - 11.....	145	1834	(46.8)	13	(0.4)	56	(0.8)	32	(0.6)	11*	(0.4)	11*	(0.2)	7*	(0.2)	--	--	
12 - 19.....	162	1998	(132.7)	14	(0.6)	55	(1.8)	33	(1.4)	11	(0.5)	11	(0.5)	7*	(0.4)	--	--	
20 and over...	743	2080	(46.3)	15	(0.2)	51	(0.6)	32	(0.6)	11	(0.3)	12	(0.3)	7	(0.1)	2	(0.4)	
2 and over...	1143	2019	(31.6)	15	(0.2)	52	(0.5)	32	(0.5)	11	(0.3)	12	(0.2)	7	(#)	--	--	
Over 185% poverty:																		
2 - 5.....	266	1514	(42.4)	14	(0.3)	56	(0.8)	31	(0.7)	11	(0.3)	11	(0.3)	6	(0.2)	--	--	
6 - 11.....	422	1825	(36.3)	14	(0.2)	56	(0.4)	32	(0.3)	11	(0.2)	11	(0.2)	7	(0.1)	--	--	
12 - 19.....	482	2188	(75.8)	15	(0.3)	53	(1.0)	33	(0.8)	11	(0.4)	12	(0.3)	7	(0.3)	--	--	
20 and over...	2730	2149	(21.5)	16	(0.2)	48	(0.3)	33	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	4	(0.3)	
2 and over...	3900	2102	(16.2)	16	(0.2)	50	(0.3)	33	(0.3)	11	(0.1)	12	(0.1)	7	(0.1)	--	--	
All Individuals³:																		
2 - 5.....	861	1537	(24.5)	15	(0.2)	55	(0.5)	31	(0.4)	12	(0.3)	11	(0.2)	6	(0.1)	--	--	
6 - 11.....	1154	1869	(20.4)	14	(0.1)	55	(0.3)	32	(0.2)	11	(0.1)	11	(0.1)	7	(0.1)	--	--	
12 - 19.....	1265	2167	(43.7)	15	(0.2)	53	(0.6)	33	(0.5)	11	(0.2)	11	(0.2)	7	(0.2)	--	--	
20 and over...	5762	2132	(19.6)	16	(0.1)	50	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.2)	
2 and over...	9042	2081	(12.9)	16	(0.1)	51	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--	

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means and percentages 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 2.04.

Percent: 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 2.04.

Indicates a non-zero value too small to report.

Footnotes

¹ Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake. Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

² Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

³ Includes persons of all income levels or with unknown family income.

⁴ 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.

Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2009-2010*

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 9. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, in the United States, 2009-2010

Gender 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)
Males:										
2 - 5.....	66 (3.2)	27 (2.2)	24 (2.2)	28 (2.0)	28 (1.9)	25 (2.7)	26 (2.7)	25 (2.4)	26 (2.8)	29 (3.2)
6 - 11.....	77 (3.1)	35 (2.5)	33 (2.4)	36 (2.6)	38 (2.9)	33 (2.5)	34 (2.5)	34 (2.5)	34 (2.5)	35 (2.7)
12 - 19.....	70 (4.0)	35 (2.9)	33 (2.6)	34 (2.8)	35 (2.8)	32 (2.8)	37 (3.1)	37 (3.2)	38 (3.0)	39 (3.4)
20 - 29.....	76 (2.8)	40 (1.6)	39 (1.6)	40 (1.8)	42 (1.9)	35 (1.7)	41 (1.6)	38 (1.8)	41 (1.8)	44 (2.3)
30 - 39.....	77 (2.0)	40 (2.1)	38 (2.5)	39 (2.4)	41 (2.9)	33 (2.8)	40 (2.0)	39 (2.0)	40 (2.0)	42 (2.4)
40 - 49.....	73 (3.5)	35 (2.2)	33 (2.4)	35 (2.0)	36 (2.3)	31 (2.8)	36 (2.7)	36 (2.7)	35 (2.8)	37 (2.8)
50 - 59.....	69 (3.1)	34 (2.5)	32 (2.9)	34 (2.5)	34 (2.8)	32 (2.8)	34 (3.0)	33 (3.1)	35 (3.0)	36 (3.1)
60 - 69.....	60 (2.8)	30 (2.1)	31 (2.3)	29 (1.9)	29 (2.1)	25 (2.0)	31 (2.7)	30 (2.8)	31 (2.7)	32 (3.2)
70 and over.....	44 (2.6)	18 (1.5)	19 (1.7)	15 (1.3)	14 (1.5)	13 (1.1)	20 (1.7)	19 (1.5)	21 (2.0)	21 (1.8)
20 and over...	69 (1.3)	35 (1.0)	34 (1.2)	34 (1.0)	35 (1.0)	30 (1.2)	36 (1.0)	34 (1.1)	36 (1.1)	38 (1.0)
Females:										
2 - 5.....	64 (3.8)	29 (2.0)	28 (2.1)	29 (2.0)	29 (2.0)	30 (2.7)	30 (2.1)	29 (2.3)	31 (2.2)	33 (2.3)
6 - 11.....	85 (2.2)	42 (1.8)	39 (1.8)	42 (1.9)	45 (2.2)	39 (2.1)	42 (2.0)	43 (2.0)	41 (2.0)	40 (2.2)
12 - 19.....	76 (3.0)	39 (2.2)	35 (2.8)	39 (2.2)	41 (2.1)	36 (1.8)	40 (2.0)	38 (1.8)	40 (2.1)	42 (2.7)
20 - 29.....	71 (2.3)	37 (1.6)	34 (1.8)	37 (1.5)	39 (2.1)	34 (1.2)	37 (1.5)	35 (2.0)	37 (1.6)	41 (1.4)
30 - 39.....	71 (2.5)	35 (2.2)	33 (2.5)	34 (2.0)	34 (2.1)	32 (2.3)	36 (2.5)	36 (2.6)	36 (2.7)	35 (2.4)
40 - 49.....	64 (2.8)	31 (2.3)	30 (2.3)	30 (2.4)	30 (2.6)	29 (2.6)	31 (2.3)	29 (2.4)	32 (2.6)	34 (2.1)
50 - 59.....	60 (3.7)	26 (2.1)	26 (2.1)	25 (2.2)	25 (2.4)	22 (2.2)	28 (2.2)	26 (1.7)	29 (2.2)	30 (3.4)
60 - 69.....	61 (3.6)	27 (1.7)	27 (1.9)	25 (1.6)	25 (1.8)	21 (1.6)	29 (2.1)	27 (2.1)	29 (2.2)	31 (2.5)
70 and over.....	37 (2.6)	16 (1.7)	16 (1.9)	15 (1.5)	14 (1.3)	12 (1.4)	18 (2.1)	18 (1.9)	17 (2.2)	18 (2.4)
20 and over...	62 (0.9)	30 (0.9)	28 (1.0)	29 (1.0)	29 (1.2)	26 (1.0)	31 (0.8)	29 (0.9)	31 (0.9)	33 (0.8)
Males and females:										
2 and over...	67 (1.0)	33 (0.8)	32 (0.8)	33 (0.8)	34 (0.9)	29 (0.9)	34 (0.8)	33 (0.8)	34 (0.9)	36 (0.8)

Table 9. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	21 (2.1)	21 (2.2)	34 (6.3)	26 (5.8)	23 (2.1)	21 (2.0)	24 (2.3)	22 (1.9)	22 (2.5)
6 - 11.....	32 (2.1)	28 (3.2)	29 (6.0)	36 (3.4)	30 (2.5)	30 (2.5)	31 (2.3)	28 (2.1)	28 (2.9)
12 - 19.....	34 (2.5)	28 (2.7)	37 (8.4)	34 (3.1)	29 (2.3)	29 (2.7)	33 (2.8)	30 (2.9)	28 (3.1)
20 - 29.....	37 (2.2)	32 (2.3)	40 (3.3)	31 (4.2)	35 (2.5)	36 (1.9)	40 (1.8)	41 (2.9)	34 (2.3)
30 - 39.....	39 (3.3)	31 (3.2)	38 (5.7)	32 (4.8)	34 (2.2)	33 (2.7)	37 (2.3)	37 (2.6)	31 (2.5)
40 - 49.....	35 (3.4)	26 (2.1)	22 (3.6)	31 (2.6)	31 (2.5)	32 (2.4)	33 (2.5)	31 (2.5)	29 (2.1)
50 - 59.....	30 (3.2)	30 (4.0)	33 (4.1)	33 (6.4)	34 (3.3)	30 (2.9)	33 (3.1)	31 (2.9)	33 (3.3)
60 - 69.....	32 (3.2)	19 (2.6)	20 (4.8)	38 (4.8)	26 (2.7)	24 (2.1)	28 (1.9)	26 (1.6)	24 (2.7)
70 and over.....	23 (2.4)	12 (1.1)	17 (2.5)	19 (4.0)	16 (1.4)	14 (1.4)	18 (1.7)	15 (1.9)	13 (1.2)
20 and over...	34 (1.7)	26 (1.5)	28 (1.8)	32 (1.5)	31 (1.2)	30 (1.0)	34 (1.0)	32 (1.1)	29 (1.1)
Females:									
2 - 5.....	25 (2.1)	24 (2.5)	25 (5.4)	31 (2.2)	26 (2.4)	26 (2.3)	27 (2.0)	23 (1.9)	24 (2.7)
6 - 11.....	41 (2.7)	42 (1.6)	43 (4.2)	36 (6.2)	38 (1.8)	40 (1.7)	37 (1.8)	35 (2.0)	36 (2.2)
12 - 19.....	31 (2.2)	29 (2.4)	35 (4.8)	37 (5.7)	31 (2.7)	29 (2.1)	33 (2.9)	30 (2.7)	29 (2.6)
20 - 29.....	33 (2.3)	29 (2.0)	40 (4.7)	31 (3.4)	33 (1.5)	30 (1.7)	34 (2.0)	34 (2.6)	30 (1.7)
30 - 39.....	37 (3.0)	29 (2.3)	33 (3.9)	30 (5.4)	30 (2.7)	30 (2.3)	34 (2.6)	33 (3.1)	28 (2.6)
40 - 49.....	30 (2.1)	25 (2.3)	30 (4.9)	29 (6.2)	27 (2.9)	27 (2.3)	33 (2.4)	30 (2.0)	28 (2.2)
50 - 59.....	26 (2.1)	20 (3.1)	16 (3.8)	24 (4.1)	24 (2.5)	22 (2.0)	26 (2.0)	23 (2.0)	22 (2.4)
60 - 69.....	28 (2.6)	22 (1.7)	25 (1.9)	31 (7.1)	25 (2.1)	23 (1.6)	27 (2.0)	22 (2.0)	24 (2.1)
70 and over.....	19 (2.1)	12 (0.9)	13 (1.8)	16 (2.9)	14 (1.4)	12 (1.3)	15 (2.0)	12 (1.9)	11 (1.3)
20 and over...	30 (1.0)	23 (1.1)	25 (1.9)	28 (2.2)	26 (1.1)	25 (0.9)	29 (0.9)	27 (1.0)	25 (1.1)
Males and females:									
2 and over...	32 (1.1)	26 (0.9)	28 (1.3)	31 (1.0)	29 (0.8)	28 (0.8)	32 (0.7)	30 (0.8)	27 (0.8)

Table 9. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	22	(2.0)	20	(1.8)	24	(2.3)	18	(1.8)	26	(2.5)	28	(4.1)	22	(2.0)	24	(2.3)	23	(2.1)
6 - 11.....	32	(2.3)	29	(2.6)	33	(2.4)	31	(3.2)	32	(2.5)	32	(2.7)	32	(2.8)	33	(2.6)	31	(2.5)
12 - 19.....	31	(2.4)	29	(2.5)	28	(3.1)	22	(2.1)	35	(3.7)	34	(2.4)	31	(2.8)	33	(2.8)	31	(2.7)
20 - 29.....	38	(1.6)	37	(2.0)	38	(4.3)	23	(1.8)	40	(2.3)	44	(3.5)	34	(2.3)	37	(1.8)	37	(1.7)
30 - 39.....	37	(2.7)	38	(3.3)	29	(2.7)	28	(2.5)	37	(3.0)	36	(4.3)	35	(2.5)	36	(2.3)	36	(2.2)
40 - 49.....	33	(3.0)	31	(2.9)	25	(2.9)	19	(2.4)	32	(2.3)	34	(4.5)	32	(1.8)	33	(2.4)	32	(2.3)
50 - 59.....	30	(2.7)	27	(3.3)	31	(4.0)	22	(3.9)	37	(3.5)	33	(5.1)	29	(3.4)	31	(2.9)	31	(2.9)
60 - 69.....	29	(2.3)	28	(3.1)	22	(2.8)	22	(3.6)	28	(2.4)	27	(6.2)	25	(2.6)	28	(2.3)	26	(1.8)
70 and over.....	20	(2.0)	14	(1.4)	11	(1.7)	12	(1.6)	16	(1.6)	20	(3.9)	13	(1.0)	17	(1.3)	15	(1.3)
20 and over...	33	(1.4)	31	(1.4)	28	(1.5)	22	(1.2)	33	(1.1)	33	(2.3)	30	(1.2)	32	(1.2)	31	(1.1)
Females:																		
2 - 5.....	26	(2.2)	25	(2.6)	28	(2.2)	24	(2.6)	28	(2.5)	30	(3.0)	27	(2.6)	28	(2.3)	27	(2.2)
6 - 11.....	40	(1.9)	40	(2.4)	37	(2.8)	41	(2.0)	38	(2.4)	35	(3.4)	43	(1.7)	41	(1.8)	38	(1.5)
12 - 19.....	32	(2.5)	33	(5.5)	31	(3.6)	22	(2.9)	38	(3.7)	34	(3.2)	31	(2.3)	35	(2.6)	34	(2.1)
20 - 29.....	33	(1.8)	30	(2.6)	37	(3.6)	24	(1.5)	36	(2.0)	41	(2.7)	32	(1.7)	34	(1.6)	34	(1.4)
30 - 39.....	34	(2.8)	32	(3.2)	31	(3.9)	28	(4.0)	31	(3.4)	40	(4.8)	30	(2.5)	32	(2.5)	32	(2.4)
40 - 49.....	29	(1.9)	21	(4.6)	24	(2.3)	22	(3.2)	34	(2.9)	25	(3.8)	25	(2.5)	29	(2.2)	29	(2.6)
50 - 59.....	23	(2.1)	29	(7.0)	19	(4.4)	15	(2.3)	28	(3.1)	17	(3.8)	22	(2.6)	24	(2.3)	23	(1.9)
60 - 69.....	26	(1.8)	22	(1.8)	22	(3.2)	18	(2.0)	26	(2.0)	31	(3.9)	23	(1.8)	26	(1.8)	23	(1.4)
70 and over.....	16	(1.8)	11	(1.2)	11	(1.3)	12	(1.7)	14	(1.7)	16	(2.3)	13	(1.3)	15	(1.7)	12	(1.4)
20 and over...	27	(0.9)	25	(2.8)	24	(1.8)	20	(1.1)	29	(1.3)	27	(1.4)	25	(1.1)	28	(1.0)	26	(0.9)
Males and females:																		
2 and over...	31	(0.9)	29	(1.4)	27	(1.1)	22	(1.0)	32	(1.0)	30	(1.3)	29	(0.8)	31	(0.9)	30	(0.8)

Table 9. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁴ % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
Males:								
2 - 5.....	22 (2.2)	22 (2.3)	25 (2.3)	24 (2.3)	25 (2.2)	27 (2.8)	38 (6.8)	-- --
6 - 11.....	30 (2.4)	30 (2.3)	32 (2.1)	32 (2.4)	33 (2.4)	34 (2.5)	49 (4.0)	-- --
12 - 19.....	29 (2.7)	31 (2.6)	32 (2.6)	33 (2.5)	31 (2.6)	34 (2.9)	40 (6.8)	-- --
20 - 29.....	35 (2.2)	36 (2.1)	37 (2.6)	37 (1.4)	38 (1.8)	39 (1.5)	55 (3.4)	-- --
30 - 39.....	33 (2.6)	36 (2.6)	36 (2.6)	37 (2.6)	36 (2.3)	38 (2.3)	44 (3.3)	-- --
40 - 49.....	32 (2.2)	33 (2.6)	32 (2.3)	33 (2.5)	32 (2.5)	36 (2.7)	46 (7.0)	-- --
50 - 59.....	33 (3.4)	30 (3.2)	33 (2.9)	31 (2.8)	31 (2.8)	34 (2.9)	32 (4.2)	-- --
60 - 69.....	25 (2.6)	29 (2.7)	27 (2.2)	32 (2.6)	26 (1.9)	32 (2.6)	28 (3.4)	-- --
70 and over.....	14 (1.3)	17 (1.6)	16 (1.7)	20 (1.7)	15 (1.4)	21 (1.7)	20 (2.7)	-- --
20 and over...	30 (1.2)	32 (1.3)	32 (1.2)	33 (1.2)	31 (1.1)	35 (1.2)	38 (1.9)	39 (3.6)
Females:								
2 - 5.....	25 (1.8)	27 (2.4)	28 (3.0)	28 (2.3)	28 (2.2)	30 (2.2)	29 (5.9)	-- --
6 - 11.....	37 (2.0)	39 (2.1)	39 (1.6)	38 (1.7)	40 (1.8)	40 (2.0)	38 (2.8)	-- --
12 - 19.....	31 (2.7)	32 (2.9)	35 (2.4)	33 (3.0)	35 (2.4)	38 (2.8)	47 (6.0)	-- --
20 - 29.....	32 (1.5)	33 (2.0)	34 (1.8)	34 (1.8)	34 (1.5)	36 (1.5)	38 (2.3)	-- --
30 - 39.....	29 (2.1)	32 (2.2)	33 (2.4)	33 (2.4)	32 (2.4)	35 (2.6)	38 (3.9)	-- --
40 - 49.....	28 (2.5)	28 (2.2)	30 (2.3)	29 (2.5)	28 (2.4)	31 (2.4)	35 (4.3)	-- --
50 - 59.....	23 (2.3)	23 (1.8)	25 (3.1)	25 (2.5)	22 (2.1)	27 (2.5)	23 (2.3)	-- --
60 - 69.....	23 (2.0)	24 (1.8)	23 (1.9)	28 (2.2)	24 (1.2)	30 (2.0)	23 (3.1)	-- --
70 and over.....	12 (1.4)	13 (1.7)	13 (1.4)	17 (2.0)	13 (1.6)	17 (2.1)	15 (2.4)	-- --
20 and over...	25 (1.0)	26 (1.0)	27 (1.1)	28 (1.0)	26 (0.9)	30 (0.9)	29 (1.0)	36 (3.1)
Males and females:								
2 and over...	29 (0.9)	30 (0.9)	30 (0.9)	31 (0.8)	30 (0.8)	33 (0.8)	35 (1.0)	-- --

Footnotes

- ¹ Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- ² Percentages are estimated as a ratio of total nutrients from foods eaten away from home 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 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2009-2010.
- ³ The percentage of respondents in the gender/age group who reported consuming at least one item away from home.
- ⁴ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁵ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 10. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, in the United States, 2009-2010

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.....	70 (3.8)	30 (2.0)	27 (2.2)	30 (1.7)	31 (1.7)	28 (2.6)	30 (2.5)	29 (2.6)	29 (2.6)	32 (2.5)
6 - 11.....	79 (3.6)	38 (2.6)	34 (2.7)	39 (2.6)	41 (3.1)	34 (2.7)	37 (2.6)	37 (2.8)	37 (2.6)	37 (2.5)
12 - 19.....	77 (3.2)	39 (3.0)	36 (3.0)	38 (2.9)	38 (2.9)	36 (2.8)	41 (3.1)	39 (3.0)	41 (3.0)	44 (3.7)
20 and over...	67 (1.0)	33 (0.8)	32 (0.9)	32 (0.9)	33 (1.0)	28 (1.0)	34 (0.8)	32 (0.8)	34 (0.9)	36 (0.7)
2 and over...	69 (1.2)	34 (0.8)	33 (0.9)	33 (0.9)	34 (1.1)	29 (0.9)	35 (0.9)	33 (0.9)	35 (1.1)	37 (0.9)
Non-Hispanic Black:										
2 - 5.....	58 (4.8)	26 (3.3)	26 (3.6)	27 (3.5)	27 (4.0)	28 (3.2)	26 (3.0)	24 (2.5)	26 (3.0)	28 (4.0)
6 - 11.....	81 (5.2)	38 (3.4)	39 (3.1)	39 (4.0)	42 (4.6)	38 (3.8)	37 (2.9)	39 (3.1)	37 (3.0)	32 (2.9)
12 - 19.....	68 (4.6)	36 (3.7)	34 (3.5)	36 (3.8)	38 (4.3)	33 (3.6)	35 (3.9)	35 (3.8)	35 (3.9)	36 (4.4)
20 and over...	56 (2.1)	29 (1.1)	27 (1.1)	29 (1.1)	29 (1.3)	26 (1.1)	30 (1.3)	29 (1.1)	30 (1.3)	32 (1.8)
2 and over...	60 (1.9)	31 (1.2)	29 (1.0)	31 (1.2)	32 (1.2)	28 (1.2)	31 (1.2)	31 (0.9)	31 (1.3)	32 (1.6)
Hispanic⁴:										
<i>Mexican American</i>										
2 - 5.....	55 (4.5)	25 (4.2)	23 (4.2)	25 (4.0)	24 (3.6)	25 (5.5)	26 (4.6)	26 (4.5)	26 (4.6)	27 (5.0)
6 - 11.....	83 (2.3)	38 (2.4)	37 (2.0)	38 (2.7)	41 (2.6)	34 (2.5)	37 (2.7)	38 (3.0)	36 (2.8)	39 (2.7)
12 - 19.....	70 (4.0)	32 (3.2)	30 (4.0)	32 (2.7)	33 (3.1)	28 (2.9)	33 (3.9)	33 (4.0)	33 (4.0)	34 (4.0)
20 and over...	64 (2.3)	31 (1.6)	30 (1.7)	31 (1.6)	34 (2.0)	26 (1.3)	31 (1.8)	30 (1.8)	31 (1.7)	32 (2.2)
2 and over...	66 (2.2)	32 (1.5)	30 (1.6)	32 (1.4)	33 (1.8)	27 (1.3)	31 (1.8)	31 (1.6)	31 (1.7)	33 (2.2)
<i>All Hispanic</i>										
2 - 5.....	58 (4.1)	25 (3.0)	23 (2.9)	25 (2.8)	24 (2.5)	25 (3.9)	26 (3.3)	25 (3.3)	27 (3.4)	27 (3.6)
6 - 11.....	83 (1.5)	38 (1.9)	36 (1.7)	38 (2.2)	41 (2.1)	35 (2.0)	38 (1.8)	38 (2.2)	37 (1.7)	38 (1.8)
12 - 19.....	68 (3.6)	31 (2.5)	29 (3.1)	31 (2.2)	32 (2.5)	27 (2.4)	31 (3.1)	31 (3.2)	32 (3.1)	32 (3.1)
20 and over...	66 (2.0)	33 (1.6)	32 (1.7)	33 (1.5)	36 (1.5)	28 (1.6)	34 (1.8)	33 (1.7)	33 (1.6)	35 (2.3)
2 and over...	67 (1.7)	33 (1.2)	31 (1.3)	33 (1.2)	35 (1.2)	29 (1.3)	33 (1.4)	33 (1.3)	33 (1.3)	34 (1.8)

Table 10. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	23 (2.1)	22 (1.7)	29 (4.3)	30 (5.3)	24 (2.0)	23 (1.8)	25 (1.9)	22 (1.6)	22 (2.3)
6 - 11.....	35 (3.2)	32 (3.4)	37 (6.8)	34 (5.7)	32 (2.3)	32 (2.8)	33 (2.5)	30 (3.0)	29 (2.5)
12 - 19.....	35 (2.6)	28 (2.5)	41 (6.1)	37 (5.2)	32 (2.8)	28 (2.6)	35 (3.6)	31 (3.6)	29 (3.6)
20 and over...	33 (1.3)	25 (1.1)	27 (2.1)	30 (2.0)	30 (0.9)	28 (0.7)	32 (0.8)	30 (1.0)	27 (0.9)
2 and over...	33 (1.2)	25 (1.0)	28 (1.8)	31 (1.6)	30 (0.8)	28 (0.8)	32 (0.8)	30 (1.0)	27 (0.8)
Non-Hispanic Black:									
2 - 5.....	26 (3.9)	27 (3.7)	39 (6.7)	26 (5.2)	26 (3.9)	27 (4.2)	26 (3.9)	26 (3.7)	26 (4.4)
6 - 11.....	39 (2.9)	40 (4.2)	24 (4.2)	28 (6.5)	39 (4.3)	43 (3.9)	36 (3.6)	35 (4.0)	39 (5.1)
12 - 19.....	32 (2.5)	31 (3.1)	26 (5.4)	35 (5.4)	31 (3.6)	32 (3.4)	32 (3.6)	29 (3.3)	30 (4.0)
20 and over...	26 (1.5)	24 (1.6)	26 (2.7)	24 (3.7)	25 (1.2)	25 (0.9)	28 (1.3)	27 (1.2)	25 (1.3)
2 and over...	28 (1.2)	27 (1.4)	27 (2.1)	26 (3.6)	27 (1.2)	28 (1.0)	29 (1.2)	28 (1.0)	27 (1.4)
Hispanic⁴:									
<i>Mexican American</i>									
2 - 5.....	21 (3.7)	21 (4.3)	27 (8.0)	20 (4.8)	23 (4.7)	21 (4.2)	22 (4.6)	20 (4.2)	22 (4.9)
6 - 11.....	34 (2.5)	38 (3.4)	40 (8.1)	39 (6.8)	35 (2.6)	37 (2.5)	34 (1.8)	29 (2.0)	33 (2.2)
12 - 19.....	29 (4.3)	25 (2.7)	19 (3.5)	29 (4.7)	27 (2.7)	29 (2.7)	29 (3.7)	29 (4.2)	25 (2.5)
20 and over...	29 (2.6)	25 (2.4)	28 (2.9)	30 (2.7)	29 (1.6)	29 (1.7)	32 (1.3)	32 (1.4)	30 (1.6)
2 and over...	29 (2.2)	26 (1.6)	27 (2.0)	30 (2.3)	29 (1.3)	29 (1.3)	31 (1.2)	30 (1.1)	29 (1.2)
<i>All Hispanic</i>									
2 - 5.....	22 (2.2)	20 (3.3)	26 (6.8)	23 (5.0)	24 (3.3)	22 (2.9)	23 (3.2)	20 (3.0)	22 (3.4)
6 - 11.....	35 (1.8)	35 (2.9)	37 (5.4)	41 (5.3)	33 (2.2)	35 (2.3)	33 (1.4)	30 (1.3)	30 (2.5)
12 - 19.....	27 (3.5)	24 (2.4)	22 (2.6)	27 (4.8)	26 (2.4)	26 (2.4)	28 (2.8)	27 (3.3)	24 (2.0)
20 and over...	31 (2.2)	28 (2.0)	31 (2.4)	32 (3.2)	30 (1.6)	30 (1.4)	33 (1.2)	33 (1.5)	30 (1.7)
2 and over...	30 (1.5)	27 (1.2)	30 (1.6)	32 (2.5)	29 (1.2)	29 (0.9)	32 (0.9)	31 (1.0)	28 (1.2)

Table 10. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	24	(2.0)	22	(2.3)	26	(1.9)	21	(2.2)	28	(2.3)	31	(2.9)	25	(2.0)	27	(2.2)	26	(2.2)
6 - 11.....	34	(2.8)	31	(3.2)	33	(3.0)	30	(3.4)	34	(2.9)	33	(2.9)	34	(3.1)	35	(2.9)	33	(2.4)
12 - 19.....	34	(2.7)	32	(3.5)	35	(4.2)	20	(2.5)	40	(4.8)	39	(2.9)	31	(2.7)	35	(3.3)	34	(2.8)
20 and over...	31	(1.0)	28	(1.7)	25	(1.4)	21	(1.1)	32	(1.1)	30	(1.5)	28	(1.0)	31	(0.8)	30	(0.8)
2 and over...	31	(1.0)	28	(1.8)	26	(1.2)	22	(1.2)	32	(1.2)	31	(1.4)	29	(0.9)	31	(0.9)	30	(0.8)
Non-Hispanic Black:																		
2 - 5.....	27	(3.7)	26	(3.9)	27	(4.2)	27	(5.2)	25	(3.4)	29	(5.5)	27	(5.5)	27	(4.0)	26	(3.2)
6 - 11.....	40	(3.1)	43	(4.3)	36	(4.1)	53	(4.9)	32	(4.0)	28	(6.2)	46	(3.7)	42	(3.5)	37	(3.5)
12 - 19.....	34	(3.0)	33	(4.2)	29	(4.1)	30	(3.9)	31	(4.2)	26	(4.5)	35	(3.4)	36	(3.6)	32	(3.5)
20 and over...	26	(1.6)	27	(2.5)	24	(2.3)	20	(1.6)	29	(1.7)	28	(2.8)	25	(1.1)	27	(1.0)	25	(1.0)
2 and over...	28	(1.2)	30	(2.1)	26	(1.5)	26	(1.2)	29	(1.7)	27	(2.6)	29	(0.9)	29	(1.0)	27	(1.1)
Hispanic⁴:																		
<i>Mexican American</i>																		
2 - 5.....	21	(3.5)	20	(4.1)	22	(2.9)	18	(3.1)	24	(4.5)	28	(5.4)	22	(4.2)	23	(4.2)	22	(3.9)
6 - 11.....	36	(2.2)	34	(2.0)	37	(2.9)	40	(2.6)	35	(2.7)	40	(3.3)	41	(2.8)	39	(2.4)	35	(2.1)
12 - 19.....	28	(3.1)	29	(3.0)	22	(2.4)	25	(2.9)	30	(3.1)	32	(2.6)	30	(2.8)	31	(3.4)	28	(2.6)
20 and over...	29	(1.9)	30	(1.9)	27	(1.0)	23	(2.4)	32	(2.2)	32	(2.8)	26	(1.7)	28	(1.7)	28	(1.3)
2 and over...	29	(1.7)	29	(1.4)	27	(0.8)	25	(1.5)	31	(1.9)	32	(2.4)	28	(1.3)	29	(1.5)	28	(1.2)
<i>All Hispanic</i>																		
2 - 5.....	22	(2.3)	20	(2.9)	23	(2.5)	19	(2.2)	24	(3.3)	26	(3.6)	22	(3.0)	23	(2.8)	22	(2.8)
6 - 11.....	36	(1.6)	32	(1.9)	37	(2.0)	37	(2.8)	35	(1.7)	38	(2.6)	38	(2.9)	37	(2.1)	34	(1.7)
12 - 19.....	27	(2.7)	26	(2.8)	23	(1.9)	21	(2.9)	27	(2.6)	30	(2.3)	28	(2.5)	29	(2.8)	27	(2.1)
20 and over...	30	(1.8)	32	(1.9)	32	(2.2)	23	(1.9)	33	(1.9)	35	(3.0)	29	(1.7)	30	(1.7)	30	(1.5)
2 and over...	30	(1.3)	30	(1.3)	30	(1.8)	24	(1.2)	32	(1.5)	34	(2.3)	29	(1.2)	30	(1.2)	29	(1.1)

Table 10. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁵ % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
Non-Hispanic White:								
2 - 5.....	22 (1.5)	24 (2.5)	28 (2.9)	26 (2.3)	27 (2.2)	30 (2.5)	37 (5.2)	-- --
6 - 11.....	32 (2.5)	31 (2.9)	35 (2.4)	33 (2.4)	34 (2.8)	36 (2.5)	47 (3.4)	-- --
12 - 19.....	32 (3.0)	33 (3.1)	36 (2.8)	35 (2.7)	34 (3.2)	38 (3.3)	44 (6.0)	-- --
20 and over...	29 (1.0)	30 (1.0)	30 (0.9)	32 (0.9)	29 (0.8)	34 (0.8)	34 (1.2)	39 (3.3)
2 and over...	29 (1.0)	30 (1.1)	31 (1.0)	32 (0.9)	30 (0.9)	34 (0.8)	35 (1.1)	-- --
Non-Hispanic Black:								
2 - 5.....	26 (3.5)	25 (3.4)	26 (2.9)	27 (3.7)	27 (3.3)	27 (3.3)	13* (5.6)	-- --
6 - 11.....	39 (4.4)	41 (3.5)	35 (3.1)	38 (3.3)	39 (3.5)	36 (2.7)	36*(10.9)	-- --
12 - 19.....	30 (4.0)	35 (4.5)	33 (4.1)	33 (3.2)	35 (3.5)	35 (3.6)	45 (6.4)	-- --
20 and over...	25 (1.1)	26 (1.1)	26 (2.5)	27 (1.3)	26 (1.0)	27 (1.3)	34 (1.8)	33 (5.6)
2 and over...	27 (1.1)	28 (1.1)	28 (2.1)	29 (1.1)	28 (1.0)	29 (1.3)	34 (1.9)	-- --
Hispanic⁴:								
<i>Mexican American</i>								
2 - 5.....	22 (4.6)	23 (4.8)	24 (4.4)	24 (4.1)	23 (3.9)	27 (4.8)	40 (11.2)	-- --
6 - 11.....	33 (2.3)	33 (1.9)	36 (2.4)	37 (1.9)	38 (2.2)	39 (2.5)	38 (4.9)	-- --
12 - 19.....	26 (2.9)	28 (3.5)	29 (2.7)	29 (3.8)	29 (2.6)	30 (4.2)	39 (5.6)	-- --
20 and over...	28 (1.5)	30 (2.1)	30 (1.8)	31 (1.9)	29 (1.2)	31 (1.8)	40 (4.3)	43 (5.5)
2 and over...	28 (1.2)	30 (1.6)	30 (1.5)	31 (1.7)	29 (1.1)	32 (1.7)	40 (3.8)	-- --
<i>All Hispanic</i>								
2 - 5.....	23 (3.3)	23 (3.4)	24 (3.1)	24 (2.7)	23 (2.7)	27 (3.3)	35 (9.9)	-- --
6 - 11.....	32 (1.9)	32 (1.7)	35 (1.9)	35 (1.7)	37 (1.8)	37 (1.9)	41 (4.2)	-- --
12 - 19.....	25 (2.3)	27 (2.8)	27 (2.1)	28 (3.0)	28 (2.2)	30 (3.1)	37 (4.2)	-- --
20 and over...	29 (1.7)	31 (2.1)	31 (1.8)	32 (1.8)	31 (1.3)	33 (1.8)	40 (3.2)	41 (5.4)
2 and over...	28 (1.1)	30 (1.4)	31 (1.3)	31 (1.3)	30 (1.0)	33 (1.4)	40 (3.0)	-- --

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 2.04.

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 2.04.

Footnotes

- ¹ Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- ² Percentages are estimated as a ratio of total nutrients from foods eaten away from home 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, 2009-2010.
- ³ The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item away from home.
- ⁴ A new sampling methodology was implemented for NHANES 2007-2010; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.
- ⁵ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁶ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Away from Home: Percentages of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 11. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (in Dollars) and Age, in the United States, 2009-2010

Family income in dollars 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)
\$0 - \$24,999:										
2 - 5.....	48 (3.0)	21 (2.1)	21 (2.2)	21 (2.1)	21 (2.3)	21 (2.6)	22 (2.4)	21 (2.2)	22 (2.5)	24 (3.2)
6 - 11.....	75 (2.7)	36 (2.3)	35 (2.3)	36 (2.4)	38 (2.8)	35 (1.9)	36 (2.7)	37 (2.8)	36 (2.9)	36 (2.6)
12 - 19.....	66 (3.9)	33 (3.7)	30 (3.9)	33 (3.5)	34 (3.5)	32 (3.7)	34 (3.9)	32 (3.9)	34 (3.8)	36 (4.4)
20 and over...	56 (1.2)	29 (1.0)	27 (0.9)	28 (1.1)	29 (1.5)	25 (0.8)	29 (1.0)	27 (0.9)	29 (1.1)	31 (1.2)
2 and over...	58 (0.8)	29 (1.0)	28 (0.9)	29 (1.0)	30 (1.3)	26 (0.9)	30 (1.0)	28 (0.9)	30 (1.1)	31 (1.3)
\$25,000 - \$74,999:										
2 - 5.....	75 (3.4)	33 (2.7)	29 (3.0)	34 (2.2)	33 (2.1)	32 (3.7)	34 (3.5)	32 (3.5)	34 (3.6)	37 (3.7)
6 - 11.....	84 (3.3)	41 (3.1)	39 (3.2)	42 (2.9)	45 (3.2)	39 (3.3)	41 (3.4)	41 (3.4)	41 (3.7)	39 (2.7)
12 - 19.....	71 (3.3)	36 (2.5)	34 (2.9)	35 (2.7)	36 (3.1)	32 (2.4)	37 (2.6)	35 (2.1)	38 (2.7)	38 (3.4)
20 and over...	66 (1.8)	33 (1.4)	32 (1.7)	32 (1.4)	34 (1.6)	27 (1.5)	34 (1.4)	32 (1.3)	34 (1.5)	36 (1.5)
2 and over...	68 (1.9)	34 (1.4)	32 (1.6)	34 (1.5)	35 (1.6)	28 (1.5)	35 (1.4)	33 (1.3)	35 (1.5)	36 (1.5)
\$75,000 and higher:										
2 - 5.....	70 (4.7)	28 (2.7)	27 (3.1)	29 (2.4)	29 (2.2)	26 (2.6)	28 (3.2)	27 (3.7)	28 (3.2)	29 (2.7)
6 - 11.....	83 (3.7)	37 (3.3)	33 (3.5)	38 (3.2)	42 (4.0)	34 (2.8)	37 (3.6)	36 (3.8)	36 (3.4)	37 (3.7)
12 - 19.....	80 (3.9)	41 (3.4)	38 (3.2)	39 (3.1)	42 (2.6)	37 (3.3)	44 (4.2)	43 (3.6)	43 (3.9)	48 (6.1)
20 and over...	74 (1.2)	36 (1.2)	35 (1.4)	35 (1.3)	36 (1.3)	32 (1.5)	38 (1.4)	37 (1.2)	38 (1.5)	40 (1.7)
2 and over...	75 (1.2)	37 (1.0)	35 (1.1)	36 (1.0)	37 (1.2)	33 (1.3)	38 (1.3)	37 (1.2)	38 (1.4)	40 (1.6)
All Individuals⁴:										
2 - 5.....	65 (2.9)	28 (1.6)	26 (1.6)	29 (1.5)	28 (1.5)	27 (2.1)	28 (1.9)	27 (1.8)	28 (1.9)	31 (2.1)
6 - 11.....	81 (2.4)	38 (1.8)	36 (1.8)	39 (2.0)	42 (2.3)	36 (1.9)	38 (1.9)	38 (1.9)	38 (1.9)	37 (1.9)
12 - 19.....	73 (2.5)	37 (2.2)	34 (2.1)	36 (2.2)	37 (2.1)	33 (2.1)	38 (2.3)	37 (2.2)	38 (2.2)	40 (2.7)
20 and over...	65 (0.9)	33 (0.8)	31 (0.9)	32 (0.8)	33 (0.8)	28 (0.9)	34 (0.7)	32 (0.8)	34 (0.8)	35 (0.7)
2 and over...	67 (1.0)	33 (0.8)	32 (0.8)	33 (0.8)	34 (0.9)	29 (0.9)	34 (0.8)	33 (0.8)	34 (0.9)	36 (0.8)

Table 11. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars 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)
\$0 - \$24,999:									
2 - 5.....	18 (2.1)	18 (2.4)	18 (4.5)	26 (5.9)	21 (2.5)	20 (2.3)	21 (2.6)	18 (2.3)	19 (2.9)
6 - 11.....	34 (2.6)	37 (3.0)	34 (5.6)	34 (4.9)	35 (2.4)	37 (2.6)	32 (2.5)	30 (2.6)	32 (2.6)
12 - 19.....	28 (3.8)	29 (4.0)	41 (6.7)	40 (8.0)	28 (3.9)	27 (3.7)	30 (3.7)	29 (4.0)	27 (3.3)
20 and over...	27 (1.0)	20 (1.3)	22 (1.9)	22 (2.1)	25 (1.1)	24 (1.3)	29 (1.3)	29 (2.3)	23 (1.0)
2 and over...	27 (1.0)	23 (1.0)	24 (1.6)	25 (2.3)	26 (1.0)	26 (1.1)	29 (1.1)	29 (1.9)	24 (0.9)
\$25,000 - \$74,999:									
2 - 5.....	25 (3.0)	27 (2.6)	44 (5.7)	31 (5.6)	28 (2.5)	26 (2.6)	28 (2.5)	26 (1.9)	27 (2.7)
6 - 11.....	39 (4.2)	38 (2.6)	45 (5.6)	42 (4.8)	37 (2.5)	38 (2.6)	36 (3.3)	33 (3.4)	34 (2.8)
12 - 19.....	31 (3.3)	30 (2.5)	38 (6.5)	34 (5.2)	31 (2.3)	28 (2.2)	32 (3.4)	27 (3.6)	28 (3.0)
20 and over...	33 (1.9)	25 (1.6)	26 (1.9)	29 (2.9)	29 (1.3)	28 (1.4)	31 (1.6)	29 (1.6)	27 (1.5)
2 and over...	33 (1.9)	26 (1.4)	28 (1.7)	31 (2.5)	30 (1.3)	28 (1.4)	32 (1.5)	29 (1.4)	28 (1.4)
\$75,000 and higher:									
2 - 5.....	29 (5.3)	20 (2.9)	24 (6.4)	31 (5.6)	23 (2.6)	22 (2.4)	24 (2.7)	22 (2.3)	20 (2.2)
6 - 11.....	36 (3.4)	28 (4.2)	31 (6.9)	27 (6.0)	30 (3.4)	30 (3.6)	33 (3.6)	31 (4.1)	29 (3.8)
12 - 19.....	37 (3.1)	27 (2.6)	34 (9.1)	33 (3.6)	32 (3.0)	30 (2.5)	37 (3.8)	34 (3.8)	30 (4.4)
20 and over...	37 (2.9)	28 (1.6)	31 (2.8)	36 (2.4)	32 (1.3)	30 (1.3)	36 (1.3)	33 (1.3)	30 (1.3)
2 and over...	36 (2.1)	28 (1.2)	31 (2.4)	35 (1.8)	32 (0.9)	30 (1.0)	35 (1.0)	33 (1.2)	29 (1.1)
All Individuals⁴:									
2 - 5.....	23 (1.4)	22 (1.7)	30 (3.7)	28 (3.4)	24 (1.8)	23 (1.6)	25 (1.7)	22 (1.6)	23 (2.0)
6 - 11.....	36 (2.0)	34 (2.4)	36 (4.6)	36 (4.1)	34 (1.8)	35 (2.0)	34 (1.7)	31 (1.9)	32 (2.1)
12 - 19.....	33 (1.9)	28 (1.9)	36 (4.8)	35 (3.5)	30 (2.1)	29 (2.0)	33 (2.4)	30 (2.4)	28 (2.5)
20 and over...	32 (1.2)	25 (1.0)	27 (1.5)	30 (1.3)	29 (0.8)	28 (0.8)	32 (0.8)	30 (0.9)	27 (0.9)
2 and over...	32 (1.1)	26 (0.9)	28 (1.3)	31 (1.0)	29 (0.8)	28 (0.8)	32 (0.7)	30 (0.8)	27 (0.8)

Table 11. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	19	(2.1)	19	(2.3)	19	(1.9)	19	(2.1)	20	(2.6)	24	(2.5)	21	(2.4)	21	(2.2)	19	(2.1)
6 - 11.....	36	(2.3)	36	(3.5)	37	(2.9)	42	(3.6)	32	(2.5)	33	(3.2)	40	(2.7)	38	(2.3)	35	(2.2)
12 - 19.....	29	(3.7)	26	(4.0)	27	(5.0)	23	(3.7)	33	(5.4)	33	(4.9)	29	(3.8)	30	(3.9)	31	(3.8)
20 and over...	26	(1.0)	25	(1.8)	26	(2.6)	17	(1.1)	28	(1.4)	28	(2.1)	24	(1.1)	26	(0.9)	25	(1.1)
2 and over...	27	(1.0)	26	(1.5)	26	(2.4)	20	(1.1)	29	(1.4)	29	(1.8)	26	(0.9)	27	(0.8)	26	(1.0)
\$25,000 - \$74,999:																		
2 - 5.....	27	(2.7)	25	(2.7)	30	(2.8)	22	(3.0)	35	(3.2)	36	(5.1)	27	(2.9)	30	(2.9)	30	(3.0)
6 - 11.....	39	(3.3)	36	(2.7)	35	(3.4)	38	(2.4)	37	(3.0)	34	(4.2)	41	(2.6)	41	(3.0)	37	(2.7)
12 - 19.....	32	(3.1)	33	(5.2)	27	(3.2)	25	(2.3)	33	(2.7)	35	(4.5)	33	(1.9)	34	(2.2)	32	(2.5)
20 and over...	31	(1.9)	30	(2.3)	25	(2.0)	23	(1.5)	30	(1.7)	28	(1.9)	28	(1.3)	31	(1.6)	29	(1.4)
2 and over...	31	(1.8)	31	(2.3)	26	(1.5)	24	(1.4)	31	(1.5)	29	(1.9)	30	(1.3)	32	(1.5)	30	(1.4)
\$75,000 and higher:																		
2 - 5.....	25	(3.3)	21	(2.5)	26	(2.7)	20	(2.7)	24	(2.7)	25	(2.4)	24	(3.0)	25	(3.0)	24	(2.3)
6 - 11.....	33	(3.3)	29	(5.0)	33	(4.7)	27	(5.3)	34	(3.3)	32	(4.9)	31	(4.5)	32	(3.6)	32	(2.7)
12 - 19.....	35	(2.8)	32	(3.4)	37	(5.6)	19	(2.1)	44	(7.0)	35	(4.6)	33	(2.4)	37	(3.5)	36	(3.5)
20 and over...	34	(2.0)	29	(1.4)	29	(1.9)	22	(1.9)	35	(1.8)	34	(2.8)	30	(1.1)	34	(1.3)	33	(1.2)
2 and over...	34	(1.4)	29	(1.5)	30	(1.5)	22	(1.6)	36	(1.9)	33	(2.3)	30	(1.0)	34	(1.1)	33	(0.9)
All Individuals⁴:																		
2 - 5.....	24	(1.5)	22	(1.7)	26	(1.5)	21	(1.7)	27	(1.8)	29	(2.3)	25	(1.7)	26	(1.7)	25	(1.7)
6 - 11.....	36	(1.8)	34	(2.2)	35	(2.2)	35	(2.5)	35	(2.1)	33	(2.2)	37	(2.2)	37	(2.0)	34	(1.7)
12 - 19.....	32	(1.8)	31	(2.7)	30	(2.6)	22	(1.8)	36	(3.3)	34	(2.3)	31	(1.9)	34	(2.3)	32	(2.1)
20 and over...	30	(1.0)	28	(1.4)	26	(1.3)	21	(1.0)	31	(1.0)	30	(1.4)	28	(0.9)	30	(0.9)	29	(0.8)
2 and over...	31	(0.9)	29	(1.4)	27	(1.1)	22	(1.0)	32	(1.0)	30	(1.3)	29	(0.8)	31	(0.9)	30	(0.8)

Table 11. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁵ % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
\$0 - \$24,999:								
2 - 5.....	20 (2.6)	20 (2.6)	20 (2.2)	21 (2.0)	21 (2.1)	22 (2.3)	24 (6.8)	-- --
6 - 11.....	32 (2.3)	34 (3.0)	34 (2.0)	35 (1.9)	37 (2.1)	35 (2.2)	23 (2.5)	-- --
12 - 19.....	28 (4.0)	29 (4.3)	31 (3.6)	29 (3.9)	30 (3.5)	32 (3.7)	32 (3.6)	-- --
20 and over...	25 (0.9)	26 (1.0)	26 (1.1)	27 (0.9)	25 (1.0)	29 (1.1)	28 (2.4)	35 (5.2)
2 and over...	25 (0.8)	26 (1.0)	27 (1.0)	27 (0.8)	27 (1.0)	29 (1.1)	28 (2.2)	-- --
\$25,000 - \$74,999:								
2 - 5.....	27 (1.7)	28 (2.8)	32 (3.9)	29 (3.4)	30 (3.0)	33 (3.2)	35 (6.1)	-- --
6 - 11.....	37 (2.8)	36 (3.3)	38 (3.0)	38 (2.8)	40 (3.0)	41 (3.2)	53 (4.9)	-- --
12 - 19.....	31 (2.5)	31 (2.8)	33 (2.4)	34 (3.0)	33 (3.0)	35 (2.9)	44 (5.9)	-- --
20 and over...	28 (1.6)	30 (1.7)	30 (1.6)	31 (1.6)	29 (1.5)	33 (1.4)	33 (2.2)	42 (4.7)
2 and over...	29 (1.5)	30 (1.6)	31 (1.6)	32 (1.6)	30 (1.5)	34 (1.4)	34 (2.1)	-- --
\$75,000 and higher:								
2 - 5.....	22 (2.4)	23 (2.6)	26 (2.3)	26 (3.6)	26 (2.3)	29 (3.2)	47 (8.4)	-- --
6 - 11.....	30 (3.0)	32 (3.7)	34 (2.7)	31 (3.3)	32 (3.2)	34 (3.3)	57 (6.3)	-- --
12 - 19.....	33 (3.4)	35 (3.4)	38 (3.9)	35 (3.0)	35 (3.2)	40 (4.4)	47 (8.4)	-- --
20 and over...	31 (1.3)	32 (1.4)	33 (1.5)	35 (1.4)	33 (1.3)	37 (1.4)	41 (2.7)	38 (5.2)
2 and over...	31 (1.0)	32 (1.2)	33 (1.2)	34 (1.0)	33 (1.0)	37 (1.2)	42 (2.6)	-- --
All Individuals⁴:								
2 - 5.....	23 (1.5)	24 (1.9)	27 (2.0)	26 (1.7)	26 (1.8)	28 (1.9)	34 (4.9)	-- --
6 - 11.....	33 (1.9)	34 (1.9)	36 (1.7)	35 (1.7)	36 (1.8)	37 (1.8)	44 (2.6)	-- --
12 - 19.....	30 (2.2)	32 (2.1)	33 (2.1)	33 (2.1)	32 (2.1)	35 (2.4)	43 (4.8)	-- --
20 and over...	28 (0.9)	29 (1.0)	30 (0.9)	31 (0.9)	29 (0.8)	33 (0.8)	34 (1.1)	38 (2.9)
2 and over...	29 (0.9)	30 (0.9)	30 (0.9)	31 (0.8)	30 (0.8)	33 (0.8)	35 (1.0)	-- --

Footnotes

- ¹ Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- ² Percentages are estimated as a ratio of total nutrients from foods eaten away from home 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 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2009-2010.
- ³ The percentage of respondents in the income/age group who reported consuming at least one item away from home.
- ⁴ Includes persons of all income levels or with unknown family income.
- ⁵ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁶ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 12. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010

Family income as % of Federal poverty threshold and age (years)	Percent reporting ⁴ % (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)
Under 131% poverty:										
2 - 5.....	49 (3.1)	21 (2.1)	20 (2.2)	21 (2.1)	21 (2.3)	21 (2.7)	20 (2.2)	20 (2.0)	20 (2.2)	22 (2.8)
6 - 11.....	78 (1.7)	37 (1.5)	37 (1.6)	37 (1.6)	39 (1.9)	36 (1.3)	37 (1.8)	38 (1.8)	37 (2.0)	37 (1.9)
12 - 19.....	64 (3.8)	31 (2.7)	28 (3.0)	31 (2.7)	31 (2.8)	29 (2.9)	31 (2.9)	31 (2.9)	31 (2.8)	32 (3.3)
20 and over...	55 (1.6)	29 (1.0)	27 (0.9)	29 (1.0)	30 (1.2)	25 (1.0)	29 (1.0)	28 (0.9)	29 (1.1)	31 (1.3)
2 and over...	58 (1.1)	29 (0.8)	28 (0.8)	29 (0.8)	30 (0.8)	27 (0.9)	30 (0.9)	29 (0.8)	30 (1.0)	31 (1.2)
131-185% poverty:										
2 - 5.....	73 (4.5)	28 (2.6)	24 (2.3)	28 (2.6)	30 (2.6)	26 (3.6)	29 (3.2)	29 (2.4)	28 (3.3)	32 (5.4)
6 - 11.....	80 (2.8)	36 (2.9)	33 (2.7)	37 (2.8)	39 (3.0)	36 (3.1)	35 (3.1)	35 (2.9)	34 (3.5)	35 (3.3)
12 - 19.....	75 (5.4)	37 (3.5)	35 (4.0)	38 (2.8)	39 (2.8)	33 (4.2)	38 (4.6)	37 (5.2)	39 (5.0)	38 (5.7)
20 and over...	59 (2.3)	27 (2.1)	24 (1.7)	28 (2.3)	30 (2.6)	22 (1.7)	26 (1.9)	24 (2.2)	27 (2.0)	28 (1.7)
2 and over...	64 (2.1)	29 (1.9)	25 (1.7)	30 (2.0)	32 (2.2)	24 (1.7)	28 (1.8)	26 (1.9)	29 (1.8)	30 (1.7)
Over 185% poverty:										
2 - 5.....	75 (4.2)	34 (2.1)	31 (2.3)	34 (1.9)	34 (2.0)	32 (2.7)	34 (2.8)	33 (2.9)	34 (3.1)	37 (2.7)
6 - 11.....	84 (3.5)	40 (3.1)	36 (3.2)	41 (3.0)	44 (3.6)	37 (3.1)	40 (3.4)	40 (3.6)	40 (3.4)	38 (3.0)
12 - 19.....	77 (3.4)	40 (3.0)	38 (2.8)	39 (3.0)	41 (3.1)	37 (2.8)	43 (3.3)	41 (2.9)	42 (3.1)	46 (4.5)
20 and over...	71 (1.1)	35 (1.0)	34 (1.2)	34 (1.0)	35 (1.1)	30 (1.3)	37 (1.1)	35 (1.0)	37 (1.2)	39 (1.2)
2 and over...	72 (1.2)	36 (1.1)	35 (1.2)	35 (1.1)	36 (1.3)	31 (1.2)	37 (1.2)	36 (1.2)	37 (1.3)	39 (1.4)
All Individuals⁵:										
2 - 5.....	65 (2.9)	28 (1.6)	26 (1.6)	29 (1.5)	28 (1.5)	27 (2.1)	28 (1.9)	27 (1.8)	28 (1.9)	31 (2.1)
6 - 11.....	81 (2.4)	38 (1.8)	36 (1.8)	39 (2.0)	42 (2.3)	36 (1.9)	38 (1.9)	38 (1.9)	38 (1.9)	37 (1.9)
12 - 19.....	73 (2.5)	37 (2.2)	34 (2.1)	36 (2.2)	37 (2.1)	33 (2.1)	38 (2.3)	37 (2.2)	38 (2.2)	40 (2.7)
20 and over...	65 (0.9)	33 (0.8)	31 (0.9)	32 (0.8)	33 (0.8)	28 (0.9)	34 (0.7)	32 (0.8)	34 (0.8)	35 (0.7)
2 and over...	67 (1.0)	33 (0.8)	32 (0.8)	33 (0.8)	34 (0.9)	29 (0.9)	34 (0.8)	33 (0.8)	34 (0.9)	36 (0.8)

Table 12. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Under 131% poverty:									
2 - 5.....	17 (2.1)	19 (2.1)	22 (3.2)	21 (3.3)	20 (2.4)	20 (2.2)	20 (2.5)	18 (2.2)	19 (2.7)
6 - 11.....	35 (2.5)	38 (2.3)	36 (5.2)	35 (4.9)	35 (1.7)	37 (1.9)	33 (1.7)	31 (1.9)	31 (2.4)
12 - 19.....	27 (2.8)	28 (3.3)	37 (6.0)	32 (7.0)	26 (2.8)	25 (3.0)	28 (2.9)	26 (3.2)	25 (2.6)
20 and over...	27 (1.4)	21 (1.4)	23 (2.9)	23 (2.0)	25 (1.0)	24 (1.1)	28 (1.1)	28 (2.0)	23 (1.1)
2 and over...	27 (1.3)	24 (0.9)	26 (2.3)	26 (2.0)	26 (0.8)	25 (0.9)	28 (0.9)	28 (1.5)	24 (0.8)
131-185% poverty:									
2 - 5.....	23 (2.4)	23 (3.6)	27 (7.0)	30*(11.2)	23 (3.3)	23 (2.9)	24 (2.9)	23 (2.7)	23 (2.8)
6 - 11.....	34 (3.8)	32 (2.6)	54 (7.9)	35 (4.7)	31 (2.6)	31 (2.3)	28 (3.6)	25 (2.8)	28 (3.3)
12 - 19.....	34 (5.1)	34 (6.6)	44 (12.3)	29 (7.9)	34 (2.9)	33 (4.7)	34 (4.2)	31 (4.2)	31 (2.9)
20 and over...	24 (2.2)	18 (1.4)	22 (3.3)	23 (3.7)	24 (1.9)	22 (2.3)	25 (1.8)	24 (1.6)	22 (2.1)
2 and over...	26 (2.1)	21 (1.4)	25 (3.2)	24 (3.6)	26 (1.7)	24 (2.0)	27 (1.6)	25 (1.3)	24 (1.9)
Over 185% poverty:									
2 - 5.....	29 (2.9)	25 (2.0)	35 (5.0)	34 (5.2)	28 (2.1)	26 (2.0)	28 (1.9)	25 (1.7)	26 (2.4)
6 - 11.....	39 (3.5)	33 (4.0)	34 (6.2)	34 (5.2)	34 (3.0)	35 (3.4)	36 (3.3)	33 (3.8)	33 (3.3)
12 - 19.....	36 (2.7)	28 (2.5)	35 (8.3)	38 (3.5)	32 (2.7)	30 (2.2)	37 (3.0)	32 (3.1)	30 (3.7)
20 and over...	36 (1.6)	27 (1.2)	28 (1.8)	33 (2.1)	31 (1.0)	30 (0.9)	34 (1.1)	32 (1.1)	29 (1.1)
2 and over...	36 (1.4)	27 (1.1)	29 (1.6)	33 (1.8)	31 (1.0)	30 (1.0)	35 (1.1)	32 (1.2)	29 (1.1)
All Individuals⁵:									
2 - 5.....	23 (1.4)	22 (1.7)	30 (3.7)	28 (3.4)	24 (1.8)	23 (1.6)	25 (1.7)	22 (1.6)	23 (2.0)
6 - 11.....	36 (2.0)	34 (2.4)	36 (4.6)	36 (4.1)	34 (1.8)	35 (2.0)	34 (1.7)	31 (1.9)	32 (2.1)
12 - 19.....	33 (1.9)	28 (1.9)	36 (4.8)	35 (3.5)	30 (2.1)	29 (2.0)	33 (2.4)	30 (2.4)	28 (2.5)
20 and over...	32 (1.2)	25 (1.0)	27 (1.5)	30 (1.3)	29 (0.8)	28 (0.8)	32 (0.8)	30 (0.9)	27 (0.9)
2 and over...	32 (1.1)	26 (0.9)	28 (1.3)	31 (1.0)	29 (0.8)	28 (0.8)	32 (0.7)	30 (0.8)	27 (0.8)

Table 12. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
Under 131% poverty:										
2 - 5.....	19 (2.0)	19 (2.2)	19 (1.5)	19 (2.0)	19 (2.3)	23 (2.3)	20 (2.3)	21 (2.2)	19 (2.0)	
6 - 11.....	37 (1.8)	37 (2.3)	35 (2.7)	43 (2.7)	33 (1.6)	33 (3.5)	41 (2.1)	39 (1.6)	35 (1.4)	
12 - 19.....	27 (2.7)	24 (3.2)	23 (3.7)	22 (3.3)	28 (3.0)	31 (4.1)	28 (3.1)	29 (3.0)	28 (2.8)	
20 and over...	26 (1.1)	26 (1.5)	27 (2.1)	18 (1.2)	27 (1.3)	26 (2.3)	25 (1.0)	26 (0.8)	25 (0.9)	
2 and over...	27 (1.0)	27 (1.1)	27 (1.8)	22 (1.2)	27 (1.2)	27 (1.8)	27 (0.8)	28 (0.8)	26 (0.8)	
131-185% poverty:										
2 - 5.....	23 (2.2)	25 (4.1)	26 (4.3)	22 (4.1)	29 (4.2)	21 (5.0)	23 (3.2)	25 (2.8)	25 (2.9)	
6 - 11.....	33 (3.1)	27 (2.3)	33 (3.7)	29 (2.9)	31 (3.0)	28 (5.6)	34 (2.0)	34 (2.6)	32 (2.6)	
12 - 19.....	34 (4.6)	29 (3.5)	32 (6.1)	30 (5.0)	32 (5.7)	32 (7.8)	34 (5.7)	36 (4.5)	33 (3.4)	
20 and over...	24 (2.2)	21 (2.5)	22 (3.3)	16 (1.7)	27 (2.1)	25 (3.2)	22 (1.7)	23 (1.7)	24 (1.9)	
2 and over...	26 (2.1)	22 (2.0)	24 (2.8)	19 (1.7)	28 (1.6)	26 (2.8)	25 (1.5)	25 (1.6)	25 (1.6)	
Over 185% poverty:										
2 - 5.....	28 (2.5)	24 (2.2)	30 (2.7)	22 (2.6)	31 (2.7)	34 (3.5)	28 (2.3)	30 (2.4)	29 (2.3)	
6 - 11.....	37 (3.2)	33 (4.2)	36 (3.4)	33 (4.7)	37 (3.5)	35 (3.9)	36 (4.1)	37 (3.5)	35 (2.8)	
12 - 19.....	34 (2.7)	35 (4.1)	34 (4.1)	21 (2.1)	42 (4.7)	36 (3.5)	34 (2.4)	37 (3.1)	35 (2.9)	
20 and over...	33 (1.3)	30 (1.9)	27 (1.7)	23 (1.4)	34 (1.4)	31 (1.9)	30 (1.1)	33 (1.1)	31 (1.0)	
2 and over...	33 (1.2)	31 (2.1)	28 (1.5)	23 (1.3)	34 (1.5)	32 (1.8)	30 (1.1)	34 (1.2)	32 (1.0)	
All Individuals⁵:										
2 - 5.....	24 (1.5)	22 (1.7)	26 (1.5)	21 (1.7)	27 (1.8)	29 (2.3)	25 (1.7)	26 (1.7)	25 (1.7)	
6 - 11.....	36 (1.8)	34 (2.2)	35 (2.2)	35 (2.5)	35 (2.1)	33 (2.2)	37 (2.2)	37 (2.0)	34 (1.7)	
12 - 19.....	32 (1.8)	31 (2.7)	30 (2.6)	22 (1.8)	36 (3.3)	34 (2.3)	31 (1.9)	34 (2.3)	32 (2.1)	
20 and over...	30 (1.0)	28 (1.4)	26 (1.3)	21 (1.0)	31 (1.0)	30 (1.4)	28 (0.9)	30 (0.9)	29 (0.8)	
2 and over...	31 (0.9)	29 (1.4)	27 (1.1)	22 (1.0)	32 (1.0)	30 (1.3)	29 (0.8)	31 (0.9)	30 (0.8)	

Table 12. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁶ % (SE)	Caffeine % (SE)	Alcohol ⁷ % (SE)
Under 131% poverty:								
2 - 5.....	20 (2.3)	19 (2.5)	19 (2.2)	21 (2.1)	20 (2.0)	21 (2.2)	26 (6.1)	-- --
6 - 11.....	33 (1.9)	36 (1.9)	35 (1.2)	36 (1.3)	38 (1.3)	36 (1.4)	36 (4.9)	-- --
12 - 19.....	25 (2.7)	27 (3.2)	28 (2.6)	27 (3.0)	29 (2.7)	29 (2.8)	27 (3.1)	-- --
20 and over...	25 (0.9)	27 (0.8)	27 (0.9)	26 (1.1)	26 (1.0)	28 (1.2)	27 (1.7)	33 (3.8)
2 and over...	26 (0.7)	27 (0.7)	27 (0.8)	27 (1.0)	27 (0.9)	29 (1.0)	27 (1.5)	-- --
131-185% poverty:								
2 - 5.....	23 (3.0)	24 (3.6)	26 (2.9)	24 (2.1)	24 (2.5)	25 (2.7)	23* (4.4)	-- --
6 - 11.....	30 (2.8)	28 (2.6)	32 (2.8)	32 (2.7)	35 (2.8)	35 (3.7)	32 (6.9)	-- --
12 - 19.....	30 (2.7)	32 (3.8)	33 (3.9)	35 (4.2)	35 (4.4)	36 (4.0)	44 (7.4)	-- --
20 and over...	23 (2.0)	22 (2.1)	24 (1.8)	24 (1.9)	23 (1.9)	27 (1.9)	29 (4.7)	42 (11.5)
2 and over...	24 (1.7)	24 (1.9)	25 (1.5)	25 (1.8)	25 (1.7)	28 (1.9)	30 (4.5)	-- --
Over 185% poverty:								
2 - 5.....	26 (1.7)	27 (2.4)	32 (2.7)	30 (2.6)	31 (2.3)	35 (2.6)	49 (8.6)	-- --
6 - 11.....	35 (3.0)	35 (3.4)	37 (2.8)	35 (3.1)	36 (3.2)	38 (3.2)	59 (4.7)	-- --
12 - 19.....	33 (2.9)	35 (2.9)	37 (2.9)	36 (2.8)	35 (3.0)	40 (3.6)	49 (8.7)	-- --
20 and over...	30 (1.2)	32 (1.3)	32 (1.2)	34 (1.2)	31 (1.1)	36 (1.1)	38 (1.4)	39 (3.6)
2 and over...	31 (1.2)	32 (1.3)	33 (1.2)	34 (1.1)	32 (1.1)	36 (1.2)	39 (1.3)	-- --
All Individuals⁵:								
2 - 5.....	23 (1.5)	24 (1.9)	27 (2.0)	26 (1.7)	26 (1.8)	28 (1.9)	34 (4.9)	-- --
6 - 11.....	33 (1.9)	34 (1.9)	36 (1.7)	35 (1.7)	36 (1.8)	37 (1.8)	44 (2.6)	-- --
12 - 19.....	30 (2.2)	32 (2.1)	33 (2.1)	33 (2.1)	32 (2.1)	35 (2.4)	43 (4.8)	-- --
20 and over...	28 (0.9)	29 (1.0)	30 (0.9)	31 (0.9)	29 (0.8)	33 (0.8)	34 (1.1)	38 (2.9)
2 and over...	29 (0.9)	30 (0.9)	30 (0.9)	31 (0.8)	30 (0.8)	33 (0.8)	35 (1.0)	-- --

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 2.04.

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 2.04.

Footnotes

- ¹ Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- ² Percentages are estimated as a ratio of total nutrients from foods eaten away from home 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 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2009-2010.
- ³ Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.
- ⁴ The percentage of respondents in the income/age group who reported consuming at least one item away from home.
- ⁵ Includes persons of all income levels or with unknown family income.
- ⁶ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁷ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Away from Home: Percentages of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 13. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, in the United States, 2009-2010

Gender 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)
Males:										
2 - 5.....	94 (1.1)	20 (0.7)	20 (0.7)	21 (0.8)	22 (0.7)	20 (0.8)	18 (0.7)	20 (0.9)	19 (0.8)	15 (0.7)
6 - 11.....	87 (1.9)	19 (0.6)	18 (0.6)	20 (0.7)	21 (0.9)	17 (0.4)	17 (0.7)	18 (0.6)	17 (0.7)	15 (1.1)
12 - 19.....	74 (3.0)	15 (0.9)	14 (1.1)	16 (0.8)	17 (1.0)	15 (0.9)	14 (1.3)	15 (1.3)	15 (1.5)	13 (1.5)
20 - 29.....	72 (2.3)	15 (1.1)	14 (1.4)	17 (1.0)	18 (1.2)	16 (1.5)	15 (1.3)	16 (1.2)	16 (1.4)	14 (1.5)
30 - 39.....	81 (1.9)	15 (1.0)	15 (1.0)	17 (1.2)	19 (1.5)	17 (1.3)	15 (1.3)	16 (1.4)	15 (1.3)	14 (1.4)
40 - 49.....	84 (2.4)	15 (1.0)	15 (1.1)	18 (1.2)	19 (1.5)	17 (1.6)	15 (1.3)	16 (1.4)	15 (1.6)	14 (1.2)
50 - 59.....	88 (1.8)	16 (0.5)	14 (0.7)	19 (0.8)	20 (1.2)	18 (1.3)	15 (0.8)	16 (0.9)	15 (0.9)	14 (1.0)
60 - 69.....	91 (1.4)	19 (0.7)	16 (0.7)	23 (0.9)	25 (1.0)	22 (1.3)	18 (1.0)	19 (1.2)	18 (1.0)	16 (0.9)
70 and over.....	95 (0.9)	22 (0.7)	19 (0.7)	27 (0.9)	27 (1.3)	27 (1.4)	19 (1.2)	20 (1.1)	20 (1.3)	19 (1.3)
20 and over...	84 (0.8)	16 (0.5)	15 (0.5)	19 (0.6)	20 (0.7)	19 (0.7)	16 (0.6)	17 (0.5)	16 (0.7)	15 (0.7)
Females:										
2 - 5.....	95 (2.3)	19 (0.7)	19 (0.8)	21 (0.9)	22 (1.1)	19 (0.8)	16 (0.9)	18 (1.1)	16 (1.0)	14 (0.8)
6 - 11.....	86 (1.9)	19 (0.7)	17 (0.8)	20 (0.8)	21 (1.2)	17 (1.1)	17 (0.7)	18 (1.0)	17 (0.7)	14 (0.7)
12 - 19.....	75 (2.7)	16 (0.8)	15 (0.6)	17 (0.9)	18 (1.4)	16 (0.7)	15 (1.3)	17 (1.6)	15 (1.3)	11 (1.3)
20 - 29.....	78 (2.1)	16 (0.7)	17 (0.8)	18 (0.8)	19 (1.1)	17 (1.1)	16 (1.0)	17 (1.0)	16 (1.0)	14 (1.1)
30 - 39.....	86 (1.8)	18 (0.7)	17 (0.8)	20 (0.7)	21 (1.2)	21 (1.0)	16 (1.0)	18 (0.9)	17 (1.2)	14 (0.9)
40 - 49.....	87 (3.0)	17 (1.1)	16 (1.2)	19 (1.0)	20 (1.2)	18 (0.9)	17 (1.4)	18 (1.6)	17 (1.4)	16 (1.6)
50 - 59.....	92 (2.3)	18 (0.9)	17 (0.9)	22 (1.2)	24 (1.7)	20 (1.5)	16 (1.0)	17 (1.3)	16 (1.1)	15 (1.3)
60 - 69.....	94 (0.9)	18 (0.6)	17 (0.8)	21 (0.7)	21 (1.2)	20 (1.2)	15 (0.8)	17 (0.9)	15 (1.0)	14 (0.8)
70 and over.....	96 (0.6)	21 (0.6)	17 (0.9)	25 (0.7)	26 (1.0)	26 (1.0)	16 (0.6)	17 (0.7)	16 (0.7)	16 (0.8)
20 and over...	88 (0.8)	18 (0.4)	17 (0.5)	20 (0.4)	22 (0.4)	20 (0.5)	16 (0.5)	17 (0.5)	16 (0.6)	15 (0.5)
Males and females:										
2 and over...	85 (0.5)	17 (0.4)	16 (0.4)	19 (0.3)	20 (0.4)	19 (0.4)	16 (0.4)	17 (0.4)	16 (0.5)	14 (0.4)

Table 13. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	33 (1.7)	38 (2.0)	7 (1.9)	3* (1.3)	32 (1.2)	36 (1.2)	27 (1.3)	33 (1.5)	39 (1.6)
6 - 11.....	30 (2.1)	33 (1.7)	5 (1.2)	4 (0.9)	27 (0.9)	32 (1.0)	23 (0.9)	29 (1.6)	35 (1.5)
12 - 19.....	23 (3.1)	33 (1.3)	6 (1.5)	6* (3.2)	23 (1.4)	29 (1.3)	18 (1.1)	23 (1.6)	30 (2.6)
20 - 29.....	25 (2.1)	25 (2.4)	9 (2.2)	6* (2.3)	21 (1.4)	26 (2.1)	16 (1.5)	20 (2.8)	23 (1.7)
30 - 39.....	26 (2.4)	28 (1.6)	7 (1.3)	5* (1.4)	21 (1.1)	27 (1.3)	17 (0.9)	20 (1.6)	24 (1.9)
40 - 49.....	25 (1.7)	28 (2.7)	13* (6.7)	8* (3.7)	23 (1.6)	28 (1.9)	16 (1.6)	20 (2.0)	26 (2.1)
50 - 59.....	23 (1.9)	22 (1.9)	5 (1.6)	5* (1.9)	23 (1.8)	29 (1.5)	16 (0.9)	18 (1.4)	24 (2.3)
60 - 69.....	28 (2.4)	27 (1.7)	4 (0.6)	7 (1.9)	26 (1.2)	33 (0.9)	20 (1.1)	26 (1.8)	33 (2.1)
70 and over.....	31 (2.1)	34 (1.8)	9 (1.6)	9 (2.0)	35 (1.3)	39 (1.6)	27 (1.1)	35 (2.0)	43 (1.4)
20 and over...	25 (1.0)	27 (0.9)	8 (1.8)	6 (1.3)	23 (0.7)	29 (0.8)	17 (0.7)	22 (1.1)	27 (1.0)
Females:									
2 - 5.....	31 (2.5)	36 (1.8)	17* (7.7)	3* (1.2)	31 (1.3)	34 (1.2)	27 (1.3)	34 (1.3)	39 (2.3)
6 - 11.....	28 (1.9)	37 (1.5)	7 (1.6)	3* (1.3)	28 (1.5)	34 (1.7)	23 (1.1)	31 (1.5)	33 (1.9)
12 - 19.....	25 (3.0)	31 (2.4)	5 (1.4)	4 (1.2)	25 (1.1)	30 (1.7)	18 (1.5)	22 (1.9)	29 (2.3)
20 - 29.....	28 (2.2)	28 (1.4)	5 (1.1)	8 (1.6)	25 (1.3)	30 (0.9)	19 (0.7)	23 (0.9)	28 (1.5)
30 - 39.....	29 (2.1)	28 (1.6)	6 (1.6)	4* (0.9)	26 (1.2)	33 (1.2)	21 (1.2)	26 (1.2)	31 (1.1)
40 - 49.....	25 (2.6)	24 (1.6)	9* (2.8)	7 (1.9)	22 (1.1)	29 (1.6)	18 (1.5)	19 (1.7)	22 (2.0)
50 - 59.....	26 (2.6)	22 (2.7)	5* (1.7)	6* (1.9)	24 (1.5)	31 (1.5)	19 (1.0)	23 (1.7)	27 (2.1)
60 - 69.....	25 (3.0)	25 (1.1)	5 (1.0)	10* (3.2)	27 (1.1)	31 (1.1)	21 (0.9)	26 (1.4)	32 (1.9)
70 and over.....	22 (2.0)	29 (1.0)	8 (2.1)	6* (1.8)	31 (1.1)	36 (1.2)	26 (0.9)	32 (1.5)	39 (1.4)
20 and over...	26 (1.2)	26 (0.7)	6 (1.0)	7 (1.0)	25 (0.5)	32 (0.6)	20 (0.5)	24 (0.7)	29 (0.8)
Males and females:									
2 and over...	26 (1.0)	28 (0.6)	7 (0.9)	6 (0.7)	25 (0.4)	30 (0.5)	19 (0.5)	24 (0.6)	29 (0.7)

Table 13. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
Males:										
2 - 5.....	29 (0.9)	36 (1.6)	22 (1.5)	37 (1.6)	17 (0.8)	14 (2.5)	28 (1.1)	25 (0.9)	22 (0.7)	
6 - 11.....	26 (1.5)	32 (1.1)	20 (2.1)	35 (1.5)	17 (1.2)	12 (1.3)	25 (1.1)	22 (0.8)	19 (0.6)	
12 - 19.....	22 (2.1)	26 (1.6)	22 (2.0)	35 (2.2)	14 (1.5)	9 (1.1)	21 (1.0)	19 (1.1)	16 (0.9)	
20 - 29.....	21 (1.7)	21 (2.4)	23 (2.5)	31 (3.1)	16 (1.8)	10 (1.1)	19 (1.6)	17 (1.3)	15 (1.3)	
30 - 39.....	21 (1.6)	23 (1.6)	21 (2.3)	33 (2.4)	15 (1.2)	7 (1.4)	21 (1.4)	18 (1.2)	17 (1.0)	
40 - 49.....	21 (1.3)	22 (2.5)	20 (2.9)	32 (4.1)	18 (3.4)	9 (1.3)	22 (2.3)	18 (1.3)	18 (1.2)	
50 - 59.....	20 (1.3)	20 (1.7)	23 (3.8)	28 (2.0)	16 (1.4)	7 (0.5)	21 (1.1)	18 (0.9)	18 (1.1)	
60 - 69.....	24 (1.4)	25 (2.2)	31 (2.8)	30 (2.2)	20 (1.1)	7 (0.9)	25 (1.0)	21 (0.9)	22 (0.7)	
70 and over.....	28 (1.2)	34 (2.4)	35 (2.0)	41 (2.3)	27 (1.6)	8 (0.4)	33 (1.5)	27 (0.8)	27 (1.0)	
20 and over...	22 (0.7)	23 (1.0)	24 (1.5)	32 (1.4)	18 (1.1)	8 (0.6)	22 (0.7)	19 (0.5)	19 (0.6)	
Females:										
2 - 5.....	28 (1.3)	36 (1.3)	22 (3.5)	34 (1.3)	18 (2.1)	9 (1.1)	25 (1.0)	23 (0.8)	21 (0.5)	
6 - 11.....	25 (1.2)	36 (2.6)	21 (2.1)	39 (2.5)	16 (1.2)	9 (0.7)	27 (1.4)	23 (1.0)	20 (1.3)	
12 - 19.....	23 (1.9)	28 (3.3)	18 (2.5)	37 (2.3)	11 (1.4)	8 (1.3)	23 (0.9)	19 (0.9)	16 (0.7)	
20 - 29.....	25 (1.6)	27 (1.5)	21 (2.3)	37 (1.5)	17 (1.2)	8 (0.9)	23 (1.0)	20 (0.7)	18 (0.7)	
30 - 39.....	26 (1.4)	29 (1.2)	21 (2.3)	36 (2.5)	17 (1.5)	8 (1.2)	24 (0.9)	21 (0.7)	21 (0.9)	
40 - 49.....	23 (1.8)	18 (2.8)	18 (2.2)	33 (2.3)	17 (2.5)	6 (1.0)	23 (1.5)	20 (1.3)	20 (1.0)	
50 - 59.....	24 (1.4)	30 (4.2)	23 (3.8)	33 (2.9)	18 (2.7)	5 (0.9)	25 (1.6)	21 (1.0)	22 (1.2)	
60 - 69.....	24 (1.7)	28 (1.7)	25 (1.8)	34 (2.3)	19 (1.5)	5 (0.6)	27 (1.2)	21 (0.8)	22 (0.7)	
70 and over.....	23 (1.5)	34 (1.5)	31 (1.8)	38 (2.1)	23 (1.1)	9 (1.8)	29 (1.1)	24 (0.9)	26 (0.9)	
20 and over...	24 (0.9)	27 (0.9)	23 (0.9)	35 (1.0)	18 (1.0)	6 (0.6)	25 (0.5)	21 (0.4)	21 (0.4)	
Males and females:										
2 and over...	23 (0.7)	26 (0.6)	23 (0.8)	34 (0.8)	17 (0.7)	8 (0.5)	24 (0.5)	20 (0.4)	20 (0.4)	

Table 13. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁴ % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
Males:								
2 - 5.....	37 (1.1)	28 (1.2)	18 (0.7)	21 (0.7)	21 (0.6)	18 (0.7)	10 (2.0)	-- --
6 - 11.....	31 (1.1)	25 (1.0)	16 (0.5)	19 (0.9)	19 (0.6)	16 (0.7)	8 (1.5)	-- --
12 - 19.....	26 (1.5)	18 (1.3)	13 (1.1)	15 (1.4)	17 (1.0)	13 (1.2)	13 (3.1)	-- --
20 - 29.....	23 (1.9)	17 (1.6)	14 (1.3)	15 (1.3)	18 (1.5)	14 (1.3)	28 (3.2)	-- --
30 - 39.....	24 (1.7)	18 (1.2)	15 (1.1)	16 (1.1)	18 (1.0)	14 (0.9)	34 (3.8)	-- --
40 - 49.....	25 (1.9)	18 (1.9)	16 (1.2)	16 (1.1)	19 (1.3)	14 (1.1)	37 (4.3)	-- --
50 - 59.....	23 (2.2)	16 (1.2)	15 (0.9)	16 (1.0)	19 (1.0)	13 (0.7)	43 (3.2)	-- --
60 - 69.....	31 (2.1)	21 (1.2)	18 (0.9)	18 (0.8)	22 (0.7)	15 (0.9)	43 (3.6)	-- --
70 and over.....	39 (1.2)	27 (1.8)	21 (1.1)	22 (0.9)	26 (1.1)	18 (0.7)	41 (4.2)	-- --
20 and over...	26 (0.9)	19 (0.9)	16 (0.7)	16 (0.4)	19 (0.7)	14 (0.4)	38 (1.8)	1* (0.3)
Females:								
2 - 5.....	39 (1.4)	29 (1.4)	16 (0.8)	20 (0.9)	20 (0.7)	16 (0.7)	9 (1.8)	-- --
6 - 11.....	32 (1.9)	25 (1.7)	16 (0.9)	18 (0.9)	19 (1.0)	17 (0.6)	14 (2.6)	-- --
12 - 19.....	27 (1.4)	22 (1.8)	13 (0.9)	16 (0.7)	17 (0.6)	14 (0.6)	15 (2.1)	-- --
20 - 29.....	27 (1.5)	21 (1.5)	16 (0.9)	18 (1.0)	19 (0.7)	15 (0.8)	35 (2.1)	-- --
30 - 39.....	31 (2.1)	22 (1.3)	17 (0.9)	19 (0.8)	21 (1.0)	14 (0.8)	42 (5.1)	-- --
40 - 49.....	23 (1.4)	18 (1.6)	18 (1.2)	17 (0.9)	20 (1.2)	14 (1.1)	46 (2.9)	-- --
50 - 59.....	25 (2.0)	21 (1.7)	21 (2.3)	19 (1.2)	22 (1.0)	14 (1.0)	44 (4.5)	-- --
60 - 69.....	29 (1.3)	23 (0.9)	17 (1.1)	18 (1.1)	21 (0.8)	15 (0.9)	43 (4.1)	-- --
70 and over.....	37 (0.9)	27 (1.2)	20 (1.0)	20 (1.2)	24 (1.1)	15 (0.7)	46 (5.3)	-- --
20 and over...	28 (0.7)	21 (0.6)	18 (0.5)	18 (0.5)	21 (0.5)	14 (0.5)	43 (1.7)	#
Males and females:								
2 and over...	28 (0.6)	20 (0.7)	16 (0.4)	17 (0.4)	20 (0.4)	14 (0.4)	39 (1.4)	-- --

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 2.04.

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 2.04.

Indicates a non-zero value too small to report.

Footnotes

¹ Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

² Percentages are estimated as a ratio of total nutrients from breakfast 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 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2009-2010.

³ The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as breakfast.

⁴ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.

⁵ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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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Table 14. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, in the United States, 2009-2010

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* (2.0)	19 (0.7)	19 (1.0)	21 (1.0)	21 (1.0)	19 (0.9)	16 (0.8)	18 (1.2)	17 (0.9)	13 (0.8)
6 - 11.....	88 (2.5)	18 (0.5)	17 (0.6)	19 (0.6)	20 (0.9)	17 (0.8)	16 (0.6)	17 (0.9)	16 (0.7)	14 (0.6)
12 - 19.....	75 (3.5)	14 (0.5)	13 (0.6)	16 (0.7)	17 (1.1)	15 (0.6)	13 (0.9)	14 (1.2)	13 (1.0)	11 (0.8)
20 and over...	88 (0.7)	16 (0.2)	14 (0.3)	19 (0.3)	21 (0.4)	19 (0.6)	14 (0.4)	15 (0.3)	14 (0.4)	13 (0.5)
2 and over...	87 (0.7)	16 (0.2)	14 (0.3)	19 (0.3)	20 (0.4)	19 (0.4)	14 (0.3)	15 (0.3)	14 (0.4)	13 (0.4)
Non-Hispanic Black:										
2 - 5.....	91* (2.6)	18 (1.0)	17 (1.1)	19 (0.8)	20 (1.3)	17 (1.3)	16 (1.6)	18 (1.6)	16 (1.7)	13 (1.7)
6 - 11.....	83 (2.4)	18 (1.1)	16 (1.5)	21 (1.1)	22 (1.5)	19 (1.4)	14 (1.2)	16 (1.2)	14 (1.3)	12 (1.5)
12 - 19.....	68 (6.1)	17 (2.4)	16 (2.7)	18 (2.0)	19 (2.1)	16 (1.9)	15 (2.9)	17 (3.0)	16 (3.1)	12 (2.5)
20 and over...	75 (1.7)	17 (0.7)	16 (0.9)	18 (0.7)	18 (0.7)	17 (1.1)	17 (1.1)	19 (1.2)	18 (1.1)	15 (1.2)
2 and over...	76 (1.8)	17 (0.8)	16 (1.0)	18 (0.8)	19 (0.8)	17 (0.9)	17 (1.1)	18 (1.1)	17 (1.1)	14 (1.0)
Hispanic⁴:										
<i>Mexican American</i>										
2 - 5.....	95* (2.0)	22 (1.0)	25 (1.7)	22 (1.0)	23 (1.3)	19 (1.1)	22 (1.3)	24 (1.3)	22 (1.5)	18 (1.3)
6 - 11.....	88 (2.7)	23 (1.0)	23 (1.2)	23 (0.8)	25 (1.2)	18 (0.9)	23 (1.4)	25 (1.5)	23 (1.7)	20 (1.2)
12 - 19.....	76 (3.6)	19 (0.9)	18 (1.0)	19 (1.0)	20 (1.3)	17 (1.3)	19 (0.9)	20 (1.2)	19 (1.1)	17 (1.0)
20 and over...	88 (1.5)	24 (0.6)	23 (0.7)	25 (0.7)	25 (1.1)	23 (0.7)	25 (0.6)	26 (0.7)	25 (0.5)	22 (0.8)
2 and over...	87 (1.3)	23 (0.4)	22 (0.5)	23 (0.4)	24 (0.6)	21 (0.5)	23 (0.5)	25 (0.6)	24 (0.6)	21 (0.5)
<i>All Hispanic</i>										
2 - 5.....	95* (1.7)	23 (0.8)	24 (1.2)	23 (0.9)	23 (1.0)	21 (1.2)	22 (1.0)	24 (1.0)	22 (1.2)	18 (1.0)
6 - 11.....	87 (2.3)	22 (0.5)	22 (0.8)	22 (0.6)	24 (0.9)	18 (0.7)	21 (0.8)	23 (0.8)	22 (1.0)	18 (0.8)
12 - 19.....	78 (2.7)	19 (0.7)	18 (0.9)	19 (0.8)	20 (0.9)	17 (1.1)	19 (0.8)	21 (1.0)	19 (0.9)	16 (1.1)
20 and over...	88 (1.1)	25 (1.1)	24 (1.2)	26 (1.2)	25 (1.2)	24 (1.4)	25 (1.0)	26 (1.0)	25 (1.0)	23 (1.3)
2 and over...	87 (1.1)	23 (0.8)	23 (0.9)	24 (0.8)	24 (0.7)	23 (1.0)	23 (0.7)	25 (0.7)	24 (0.7)	21 (0.8)

Table 14. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	31 (2.9)	34 (2.1)	7* (3.9)	#	30 (1.4)	33 (1.5)	26 (0.9)	32 (1.1)	39 (2.9)
6 - 11.....	28 (1.8)	33 (1.6)	4* (1.1)	1* (0.7)	27 (1.1)	32 (1.3)	22 (1.0)	30 (1.5)	35 (2.1)
12 - 19.....	20 (2.1)	31 (1.7)	4 (1.1)	4* (2.3)	24 (1.8)	29 (1.5)	18 (1.5)	23 (2.1)	30 (3.3)
20 and over...	23 (0.8)	25 (0.6)	5 (1.3)	5 (0.9)	24 (0.5)	30 (0.6)	18 (0.5)	23 (0.7)	29 (0.9)
2 and over...	23 (0.8)	27 (0.6)	5 (1.1)	4 (0.7)	24 (0.4)	30 (0.5)	19 (0.5)	23 (0.7)	29 (0.9)
Non-Hispanic Black:									
2 - 5.....	30 (4.0)	42 (1.1)	4* (1.2)	2* (0.9)	32 (1.5)	37 (1.4)	26 (1.3)	34 (1.3)	37 (1.9)
6 - 11.....	21 (3.2)	40 (2.4)	3* (0.5)	3* (1.7)	31 (1.9)	37 (2.6)	25 (2.2)	33 (3.0)	38 (1.9)
12 - 19.....	31 (7.3)	35 (4.2)	8 (2.1)	7* (2.8)	24 (2.4)	32 (3.4)	19 (2.1)	25 (2.8)	28 (2.9)
20 and over...	31 (2.2)	28 (1.1)	6 (1.3)	9* (2.8)	23 (1.1)	30 (1.3)	18 (0.9)	23 (1.4)	25 (1.2)
2 and over...	30 (2.3)	31 (1.0)	6 (1.0)	8 (1.8)	25 (1.0)	31 (1.2)	19 (0.7)	25 (1.1)	27 (0.8)
Hispanic⁴:									
<i>Mexican American</i>									
2 - 5.....	40 (3.3)	39 (2.3)	23*(11.0)	11 (3.1)	33 (1.6)	37 (1.2)	29 (2.0)	34 (1.5)	39 (1.4)
6 - 11.....	37 (2.6)	36 (2.0)	10 (1.7)	7 (0.7)	29 (1.3)	36 (1.5)	24 (1.3)	30 (2.0)	32 (1.3)
12 - 19.....	30 (3.2)	34 (1.9)	9 (1.8)	10* (3.2)	25 (1.2)	32 (1.2)	19 (2.0)	23 (2.0)	29 (2.2)
20 and over...	38 (0.9)	33 (1.7)	17 (2.8)	11 (2.3)	29 (0.9)	34 (1.7)	22 (1.0)	23 (1.4)	29 (1.1)
2 and over...	36 (0.9)	34 (1.2)	16 (1.7)	10 (1.7)	29 (0.6)	34 (1.2)	22 (0.9)	24 (1.1)	30 (0.9)
<i>All Hispanic</i>									
2 - 5.....	38 (2.7)	41 (2.1)	23* (8.0)	10 (2.3)	35 (1.4)	38 (1.3)	30 (1.4)	35 (1.4)	42 (1.8)
6 - 11.....	34 (2.2)	36 (1.8)	11 (2.6)	7 (1.0)	28 (1.0)	35 (1.2)	24 (1.0)	29 (1.6)	31 (1.2)
12 - 19.....	29 (3.1)	35 (1.2)	9 (1.3)	9* (2.8)	25 (0.8)	32 (1.0)	19 (1.5)	24 (1.3)	28 (1.5)
20 and over...	37 (1.0)	33 (1.2)	18 (2.4)	15 (3.2)	29 (1.4)	34 (1.4)	23 (1.5)	24 (1.5)	31 (1.5)
2 and over...	36 (1.1)	34 (1.0)	17 (1.7)	13 (2.2)	29 (0.9)	34 (1.0)	23 (1.2)	25 (1.2)	31 (1.1)

Table 14. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	27	(1.6)	33	(1.5)	21	(3.0)	33	(2.0)	16	(1.8)	11	(1.9)	26	(1.3)	23	(1.2)	21	(0.7)
6 - 11.....	24	(1.2)	32	(1.4)	18	(2.1)	34	(1.6)	16	(0.7)	10	(0.8)	24	(0.8)	22	(0.8)	19	(1.0)
12 - 19.....	20	(1.5)	25	(2.4)	19	(2.4)	34	(2.7)	12	(0.7)	8	(1.0)	20	(1.0)	18	(0.7)	16	(0.7)
20 and over...	21	(0.5)	24	(0.6)	25	(1.0)	31	(1.1)	18	(1.0)	6	(0.4)	22	(0.5)	18	(0.3)	19	(0.4)
2 and over...	21	(0.6)	25	(0.7)	24	(1.0)	32	(1.1)	17	(0.9)	6	(0.4)	22	(0.4)	19	(0.3)	19	(0.4)
Non-Hispanic Black:																		
2 - 5.....	27	(2.0)	39	(1.9)	18	(2.6)	40	(2.4)	16	(2.0)	8*	(1.6)	28	(1.0)	22	(0.8)	19	(0.8)
6 - 11.....	23	(1.9)	38	(3.9)	22	(2.7)	46	(3.2)	14	(1.6)	8	(1.7)	27	(2.0)	22	(1.7)	21	(1.7)
12 - 19.....	28	(5.4)	30	(3.3)	24	(3.5)	44	(4.6)	14	(2.5)	8	(1.5)	25	(3.0)	21	(3.2)	17	(1.9)
20 and over...	26	(1.9)	27	(1.5)	21	(1.7)	39	(2.2)	18	(1.2)	8	(0.8)	24	(1.2)	21	(1.2)	18	(0.9)
2 and over...	26	(1.8)	29	(1.2)	21	(1.8)	40	(1.8)	17	(1.0)	8	(0.6)	25	(1.1)	21	(1.2)	18	(0.8)
Hispanic⁴:																		
<i>Mexican American</i>																		
2 - 5.....	35	(2.3)	40	(1.4)	22	(2.9)	39	(1.4)	21	(1.9)	16	(2.4)	29	(1.3)	27	(1.3)	24	(1.2)
6 - 11.....	32	(2.3)	36	(2.3)	27	(3.6)	42	(2.2)	20	(1.2)	17	(2.1)	31	(1.4)	27	(1.0)	22	(0.8)
12 - 19.....	27	(2.1)	31	(2.4)	21	(3.4)	41	(2.1)	18	(1.5)	12	(1.1)	24	(1.9)	22	(1.0)	19	(0.8)
20 and over...	32	(0.6)	28	(2.4)	23	(1.3)	42	(2.7)	21	(1.0)	17	(1.9)	29	(1.1)	26	(0.7)	23	(0.6)
2 and over...	31	(0.6)	31	(1.8)	23	(1.2)	41	(1.6)	20	(0.7)	16	(1.5)	28	(0.7)	26	(0.5)	23	(0.5)
<i>All Hispanic</i>																		
2 - 5.....	34	(1.7)	39	(1.6)	23	(2.2)	39	(1.4)	22	(1.5)	16	(1.8)	30	(1.1)	27	(0.9)	25	(1.1)
6 - 11.....	30	(1.8)	35	(1.8)	26	(2.8)	41	(1.5)	18	(0.8)	15	(1.7)	30	(1.1)	26	(0.6)	22	(0.5)
12 - 19.....	27	(2.0)	31	(1.6)	24	(1.9)	40	(2.0)	17	(1.6)	13	(1.7)	25	(1.1)	22	(0.8)	19	(0.7)
20 and over...	32	(0.6)	29	(1.8)	24	(1.7)	41	(1.9)	23	(1.4)	18	(2.2)	29	(1.2)	27	(1.0)	25	(1.1)
2 and over...	31	(0.7)	31	(1.4)	24	(1.3)	41	(1.2)	21	(0.9)	17	(1.6)	29	(0.7)	26	(0.7)	24	(0.8)

Table 14. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁵ % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
Non-Hispanic White:								
2 - 5.....	39 (1.3)	26 (1.7)	15 (0.8)	19 (1.2)	20 (0.8)	16 (0.9)	9 (2.7)	-- --
6 - 11.....	31 (1.5)	24 (1.7)	15 (0.7)	18 (0.8)	18 (0.8)	15 (0.6)	10 (2.3)	-- --
12 - 19.....	26 (1.9)	19 (1.8)	12 (0.8)	13 (0.7)	16 (0.8)	12 (0.8)	12 (2.3)	-- --
20 and over...	27 (0.7)	19 (0.7)	16 (0.4)	16 (0.3)	19 (0.4)	12 (0.3)	40 (1.8)	#
2 and over...	28 (0.7)	20 (0.8)	15 (0.4)	16 (0.3)	19 (0.3)	13 (0.3)	38 (1.8)	-- --
Non-Hispanic Black:								
2 - 5.....	36 (2.3)	29 (1.7)	16 (0.9)	18 (1.3)	18 (1.0)	15 (1.2)	9* (4.6)	-- --
6 - 11.....	35 (2.3)	26 (2.3)	17 (1.3)	17 (1.8)	19 (1.6)	15 (1.2)	9* (2.9)	-- --
12 - 19.....	26 (2.4)	20 (2.9)	14 (2.2)	17 (3.1)	18 (2.2)	16 (2.5)	21 (5.7)	-- --
20 and over...	25 (1.5)	18 (0.7)	17 (1.6)	18 (1.0)	19 (1.0)	17 (1.0)	38 (2.6)	#
2 and over...	27 (1.2)	19 (0.8)	16 (1.4)	18 (1.0)	19 (1.0)	16 (1.0)	37 (2.3)	-- --
Hispanic⁴:								
<i>Mexican American</i>								
2 - 5.....	38 (1.6)	32 (2.4)	21 (1.3)	27 (1.7)	24 (1.1)	21 (1.6)	14 (3.7)	-- --
6 - 11.....	31 (2.2)	26 (1.4)	20 (1.1)	25 (1.6)	24 (1.0)	22 (1.8)	17 (3.2)	-- --
12 - 19.....	28 (2.2)	21 (1.3)	17 (0.9)	19 (1.0)	20 (1.0)	18 (1.1)	23 (3.9)	-- --
20 and over...	29 (1.1)	24 (0.7)	22 (0.6)	26 (1.0)	25 (0.7)	23 (0.6)	45 (4.1)	1* (0.5)
2 and over...	30 (0.8)	24 (0.6)	21 (0.5)	25 (0.7)	24 (0.4)	22 (0.4)	42 (3.6)	-- --
<i>All Hispanic</i>								
2 - 5.....	40 (1.6)	32 (1.7)	21 (1.1)	26 (1.3)	25 (0.9)	21 (1.1)	11 (2.7)	-- --
6 - 11.....	30 (1.7)	25 (0.9)	19 (0.8)	23 (1.0)	23 (0.7)	21 (1.0)	16 (2.4)	-- --
12 - 19.....	28 (1.5)	22 (1.0)	17 (0.9)	19 (0.9)	20 (0.7)	18 (1.0)	23 (2.8)	-- --
20 and over...	30 (1.4)	26 (1.4)	24 (1.1)	27 (1.2)	26 (1.2)	24 (1.1)	45 (3.3)	2* (1.1)
2 and over...	30 (1.0)	26 (1.0)	22 (0.8)	25 (0.8)	25 (0.8)	23 (0.8)	43 (2.9)	-- --

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 2.04.

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 2.04.

Indicates a non-zero value too small to report.

Footnotes

¹ Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

² Percentages are estimated as a ratio of total nutrients from breakfast 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, 2009-2010.

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

⁴ A new sampling methodology was implemented for NHANES 2007-2010; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.

⁵ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.

⁶ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 15. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2009-2010

Family income in dollars 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)
\$0 - \$24,999:										
2 - 5.....	95 (1.4)	20 (0.7)	20 (0.9)	21 (0.5)	21 (0.8)	18 (0.9)	19 (1.1)	21 (1.1)	19 (1.2)	16 (1.3)
6 - 11.....	83 (2.9)	19 (1.1)	18 (1.5)	20 (1.1)	22 (1.2)	18 (1.3)	17 (1.2)	19 (1.6)	17 (1.2)	14 (1.0)
12 - 19.....	71 (3.3)	16 (0.9)	16 (1.1)	18 (1.1)	19 (1.3)	17 (1.4)	15 (1.1)	17 (1.2)	16 (1.2)	13 (1.2)
20 and over...	79 (1.4)	17 (0.8)	16 (0.9)	19 (0.8)	19 (0.8)	19 (0.9)	17 (0.8)	18 (0.9)	17 (0.9)	15 (0.9)
2 and over...	80 (1.3)	17 (0.7)	17 (0.8)	19 (0.7)	19 (0.7)	19 (0.9)	17 (0.8)	18 (0.8)	17 (0.8)	15 (0.7)
\$25,000 - \$74,999:										
2 - 5.....	94 (1.5)	19 (0.8)	19 (0.8)	21 (1.1)	23 (1.1)	20 (1.4)	16 (0.8)	17 (1.4)	16 (1.0)	13 (0.8)
6 - 11.....	87 (2.3)	19 (0.7)	18 (0.8)	20 (0.7)	20 (1.0)	16 (1.4)	17 (1.0)	19 (1.1)	17 (1.1)	14 (1.2)
12 - 19.....	70 (3.5)	16 (1.1)	15 (1.2)	16 (1.1)	16 (1.5)	16 (1.1)	16 (1.5)	17 (1.6)	16 (1.7)	13 (1.5)
20 and over...	88 (0.6)	18 (0.5)	16 (0.6)	20 (0.5)	21 (0.6)	19 (0.7)	17 (0.6)	18 (0.6)	18 (0.7)	16 (0.7)
2 and over...	87 (0.6)	18 (0.5)	16 (0.6)	20 (0.5)	20 (0.5)	18 (0.4)	17 (0.6)	18 (0.6)	17 (0.7)	15 (0.6)
\$75,000 and higher:										
2 - 5.....	96* (1.9)	19 (0.8)	20 (1.0)	21 (0.8)	21 (0.9)	20 (1.0)	17 (1.0)	19 (1.2)	17 (1.2)	14 (1.1)
6 - 11.....	89 (3.4)	19 (1.1)	17 (1.0)	20 (1.2)	21 (1.6)	19 (1.2)	16 (1.2)	17 (1.6)	17 (1.1)	15 (1.3)
12 - 19.....	81 (2.7)	15 (0.8)	13 (0.8)	17 (0.9)	18 (0.7)	14 (1.0)	12 (1.0)	13 (0.9)	13 (1.3)	10 (1.1)
20 and over...	89 (1.5)	15 (0.5)	13 (0.6)	19 (0.5)	22 (0.8)	20 (0.5)	13 (0.6)	14 (0.8)	13 (0.7)	12 (0.7)
2 and over...	88 (1.1)	16 (0.4)	14 (0.5)	19 (0.5)	21 (0.6)	19 (0.5)	13 (0.5)	14 (0.6)	14 (0.5)	12 (0.5)
All Individuals⁴:										
2 - 5.....	95 (1.2)	20 (0.5)	20 (0.6)	21 (0.6)	22 (0.6)	19 (0.6)	17 (0.6)	19 (0.9)	18 (0.7)	14 (0.5)
6 - 11.....	87 (1.6)	19 (0.4)	18 (0.5)	20 (0.5)	21 (0.6)	17 (0.7)	17 (0.4)	18 (0.5)	17 (0.5)	14 (0.5)
12 - 19.....	74 (2.1)	16 (0.6)	14 (0.7)	17 (0.5)	18 (0.8)	16 (0.5)	14 (1.0)	16 (1.1)	15 (1.1)	12 (1.0)
20 and over...	86 (0.6)	17 (0.4)	16 (0.5)	20 (0.4)	21 (0.4)	19 (0.5)	16 (0.5)	17 (0.4)	16 (0.5)	15 (0.5)
2 and over...	85 (0.5)	17 (0.4)	16 (0.4)	19 (0.3)	20 (0.4)	19 (0.4)	16 (0.4)	17 (0.4)	16 (0.5)	14 (0.4)

Table 15. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars 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)
\$0 - \$24,999:									
2 - 5.....	34 (2.9)	41 (1.8)	19*(10.0)	4* (1.8)	34 (1.1)	37 (1.0)	28 (1.3)	35 (1.2)	43 (2.0)
6 - 11.....	25 (1.7)	35 (2.4)	6 (1.0)	4* (1.0)	29 (2.0)	34 (2.1)	23 (1.7)	30 (1.9)	34 (2.1)
12 - 19.....	26 (3.0)	33 (1.7)	10* (3.0)	10* (4.9)	24 (1.2)	31 (1.4)	19 (1.3)	24 (1.9)	28 (2.0)
20 and over...	27 (1.8)	27 (1.1)	8 (1.1)	9 (2.2)	23 (0.9)	29 (1.1)	19 (1.0)	22 (1.5)	26 (1.4)
2 and over...	27 (1.5)	29 (1.0)	8 (1.1)	9 (1.7)	24 (0.9)	30 (1.0)	19 (0.9)	24 (1.3)	28 (1.2)
\$25,000 - \$74,999:									
2 - 5.....	29 (2.6)	35 (2.5)	9* (3.2)	4* (1.3)	30 (1.5)	34 (1.5)	27 (1.4)	34 (1.8)	37 (3.1)
6 - 11.....	31 (2.1)	37 (1.3)	7* (2.6)	2* (0.5)	27 (0.9)	34 (0.7)	23 (0.7)	31 (1.3)	34 (2.6)
12 - 19.....	26 (4.5)	34 (2.0)	6 (1.6)	5 (1.2)	24 (1.3)	30 (2.1)	18 (1.2)	22 (2.2)	31 (3.9)
20 and over...	28 (1.2)	27 (1.2)	7 (0.9)	7 (1.1)	24 (0.7)	30 (0.8)	19 (0.8)	22 (0.9)	28 (1.0)
2 and over...	28 (1.3)	29 (1.1)	7 (0.9)	6 (1.0)	25 (0.6)	31 (0.8)	19 (0.7)	23 (0.8)	29 (1.3)
\$75,000 and higher:									
2 - 5.....	31 (3.9)	34 (2.1)	9* (5.5)	1* (0.7)	30 (2.0)	34 (1.7)	25 (2.0)	32 (1.5)	39 (2.4)
6 - 11.....	28 (2.7)	32 (2.9)	5* (1.9)	3* (1.6)	27 (1.2)	32 (1.9)	23 (1.4)	31 (2.0)	34 (1.6)
12 - 19.....	20 (2.4)	30 (1.4)	4* (1.1)	2* (1.7)	24 (2.6)	29 (1.5)	18 (2.0)	23 (2.3)	30 (3.9)
20 and over...	20 (1.5)	24 (1.4)	3 (0.5)	4* (1.5)	24 (0.8)	30 (0.9)	18 (0.9)	22 (0.9)	28 (1.2)
2 and over...	21 (1.2)	26 (1.2)	3 (0.4)	4 (1.1)	25 (0.6)	30 (0.7)	18 (0.7)	23 (0.7)	29 (0.7)
All Individuals⁴:									
2 - 5.....	32 (1.4)	37 (1.5)	12* (4.1)	3 (0.9)	31 (1.0)	35 (1.0)	27 (0.8)	33 (0.8)	39 (1.8)
6 - 11.....	29 (1.1)	35 (1.1)	6 (1.0)	4 (0.9)	28 (0.8)	33 (0.9)	23 (0.7)	30 (1.0)	34 (1.4)
12 - 19.....	24 (2.6)	32 (1.3)	6 (1.0)	5* (1.9)	24 (1.1)	29 (1.1)	18 (1.0)	23 (1.3)	29 (2.2)
20 and over...	26 (1.0)	26 (0.6)	7 (0.9)	7 (1.0)	24 (0.5)	30 (0.5)	19 (0.5)	23 (0.7)	28 (0.8)
2 and over...	26 (1.0)	28 (0.6)	7 (0.9)	6 (0.7)	25 (0.4)	30 (0.5)	19 (0.5)	24 (0.6)	29 (0.7)

Table 15. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	30	(1.8)	38	(1.8)	20	(1.9)	38	(1.4)	18	(1.3)	12	(1.1)	28	(1.1)	24	(0.9)	21	(0.6)
6 - 11.....	24	(1.5)	36	(3.1)	22	(2.6)	40	(2.7)	15	(1.2)	12	(1.7)	27	(2.4)	22	(1.7)	20	(1.4)
12 - 19.....	24	(2.2)	29	(1.7)	25	(4.1)	39	(2.3)	13	(1.2)	9	(1.8)	24	(1.1)	20	(1.0)	18	(0.9)
20 and over...	23	(1.4)	24	(1.1)	20	(1.1)	35	(1.6)	17	(1.2)	9	(1.1)	23	(1.0)	20	(1.0)	19	(0.9)
2 and over...	24	(1.3)	27	(1.1)	21	(1.1)	36	(1.3)	17	(1.0)	9	(1.0)	24	(0.9)	21	(0.9)	19	(0.8)
\$25,000 - \$74,999:																		
2 - 5.....	26	(1.5)	35	(1.6)	25	(2.4)	35	(2.1)	17	(1.4)	10	(1.0)	26	(1.3)	22	(1.0)	21	(0.6)
6 - 11.....	27	(1.4)	34	(1.0)	20	(1.8)	39	(1.1)	16	(1.0)	9	(1.4)	26	(0.9)	23	(0.7)	19	(0.5)
12 - 19.....	24	(3.0)	26	(3.1)	20	(2.1)	37	(3.2)	14	(1.6)	9	(1.0)	23	(1.7)	20	(1.4)	17	(1.1)
20 and over...	24	(0.9)	25	(1.7)	24	(1.4)	35	(1.2)	18	(1.1)	7	(0.5)	24	(0.7)	20	(0.6)	20	(0.5)
2 and over...	25	(0.9)	27	(1.6)	23	(1.2)	36	(1.1)	18	(1.0)	8	(0.5)	24	(0.6)	21	(0.6)	20	(0.5)
\$75,000 and higher:																		
2 - 5.....	28	(2.3)	37	(2.3)	20	(4.0)	34	(2.1)	18	(2.8)	13	(2.9)	27	(1.6)	25	(1.4)	22	(1.2)
6 - 11.....	25	(1.6)	33	(1.9)	21	(3.3)	33	(2.7)	17	(1.6)	12	(2.3)	25	(1.6)	23	(1.6)	21	(1.9)
12 - 19.....	20	(1.6)	27	(2.4)	18	(3.5)	35	(3.0)	12	(1.4)	8	(1.1)	21	(0.9)	17	(0.7)	15	(0.9)
20 and over...	20	(1.0)	24	(1.6)	25	(1.4)	30	(1.8)	18	(1.1)	5	(0.3)	22	(0.6)	18	(0.7)	20	(0.6)
2 and over...	21	(0.9)	25	(1.3)	24	(1.3)	31	(1.7)	17	(0.8)	6	(0.3)	22	(0.5)	19	(0.6)	19	(0.6)
All Individuals⁴:																		
2 - 5.....	28	(0.8)	36	(0.9)	22	(2.1)	36	(1.1)	18	(1.2)	11	(1.3)	27	(0.9)	24	(0.7)	22	(0.4)
6 - 11.....	26	(0.7)	34	(1.2)	20	(1.6)	37	(1.0)	16	(0.5)	11	(0.7)	26	(0.8)	23	(0.6)	20	(0.8)
12 - 19.....	22	(1.7)	27	(1.8)	20	(1.7)	36	(2.0)	13	(0.9)	9	(0.8)	22	(0.8)	19	(0.8)	16	(0.6)
20 and over...	23	(0.7)	25	(0.6)	23	(0.8)	33	(0.9)	18	(0.9)	7	(0.5)	23	(0.5)	20	(0.4)	20	(0.4)
2 and over...	23	(0.7)	26	(0.6)	23	(0.8)	34	(0.8)	17	(0.7)	8	(0.5)	24	(0.5)	20	(0.4)	20	(0.4)

Table 15. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁵ % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
\$0 - \$24,999:								
2 - 5.....	39 (1.5)	30 (1.3)	17 (0.7)	22 (1.1)	21 (0.7)	18 (0.9)	8* (1.6)	-- --
6 - 11.....	30 (2.0)	25 (2.1)	17 (1.2)	19 (1.4)	20 (1.3)	17 (1.2)	15* (5.5)	-- --
12 - 19.....	27 (2.0)	19 (1.1)	15 (1.2)	16 (1.1)	19 (1.2)	15 (1.2)	16 (4.7)	-- --
20 and over...	26 (1.1)	18 (0.8)	16 (0.9)	18 (1.0)	20 (0.9)	16 (0.9)	34 (2.2)	1* (0.5)
2 and over...	27 (1.0)	20 (0.9)	16 (0.8)	18 (0.8)	20 (0.8)	16 (0.8)	33 (2.1)	-- --
\$25,000 - \$74,999:								
2 - 5.....	38 (2.0)	26 (1.7)	17 (0.8)	19 (0.9)	21 (0.8)	15 (0.9)	9* (3.2)	-- --
6 - 11.....	31 (1.3)	24 (1.6)	16 (0.8)	19 (1.2)	19 (0.7)	17 (1.0)	11* (3.4)	-- --
12 - 19.....	27 (1.8)	22 (1.8)	14 (1.0)	16 (1.4)	17 (1.1)	15 (0.9)	13 (3.8)	-- --
20 and over...	27 (0.9)	20 (1.0)	17 (0.7)	18 (0.7)	20 (0.5)	15 (0.6)	40 (2.3)	1* (0.5)
2 and over...	28 (0.9)	21 (1.0)	17 (0.6)	18 (0.7)	20 (0.5)	15 (0.5)	39 (2.1)	-- --
\$75,000 and higher:								
2 - 5.....	38 (2.7)	29 (1.7)	17 (1.1)	20 (1.3)	21 (1.1)	18 (1.9)	12* (2.2)	-- --
6 - 11.....	33 (1.5)	25 (1.7)	16 (1.2)	19 (1.2)	19 (1.4)	16 (1.1)	9* (4.1)	-- --
12 - 19.....	26 (2.5)	18 (2.4)	11 (1.0)	13 (1.2)	16 (0.8)	11 (1.2)	13* (4.4)	-- --
20 and over...	27 (0.9)	20 (0.8)	16 (0.5)	15 (0.8)	20 (0.6)	11 (0.6)	44 (2.3)	#
2 and over...	28 (0.7)	20 (0.6)	16 (0.4)	15 (0.7)	19 (0.6)	12 (0.5)	43 (2.2)	-- --
All Individuals⁴:								
2 - 5.....	38 (1.0)	28 (1.1)	17 (0.5)	21 (0.6)	21 (0.5)	17 (0.6)	10 (1.4)	-- --
6 - 11.....	32 (1.2)	25 (1.2)	16 (0.6)	19 (0.7)	19 (0.5)	17 (0.5)	11 (1.3)	-- --
12 - 19.....	27 (1.2)	20 (1.3)	13 (0.7)	15 (0.8)	17 (0.7)	14 (0.8)	14 (2.1)	-- --
20 and over...	27 (0.6)	20 (0.6)	17 (0.4)	17 (0.5)	20 (0.5)	14 (0.4)	40 (1.4)	1* (0.2)
2 and over...	28 (0.6)	20 (0.7)	16 (0.4)	17 (0.4)	20 (0.4)	14 (0.4)	39 (1.4)	-- --

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 2.04.

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 2.04.

Indicates a non-zero value too small to report.

Footnotes

¹ Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

² Percentages are estimated as a ratio of total nutrients from breakfast 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 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2009-2010.

³ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as breakfast.

⁴ Includes persons of all income levels or with unknown family income.

⁵ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.

⁶ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 16. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010

Family income as % of Federal poverty threshold and age (years)	Percent reporting ⁴ % (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)
Under 131% poverty:										
2 - 5.....	95 (1.2)	20 (0.8)	21 (1.0)	21 (0.6)	22 (0.9)	19 (0.9)	19 (1.2)	21 (1.2)	19 (1.3)	16 (1.3)
6 - 11.....	84 (2.5)	19 (0.9)	18 (1.1)	20 (0.9)	21 (1.1)	18 (1.0)	17 (1.0)	19 (1.2)	17 (1.0)	14 (0.9)
12 - 19.....	73 (2.4)	17 (0.9)	16 (1.0)	18 (0.9)	19 (1.2)	17 (1.1)	16 (1.2)	18 (1.1)	16 (1.4)	14 (1.5)
20 and over...	78 (1.4)	18 (0.9)	17 (0.9)	19 (0.8)	20 (0.8)	19 (0.9)	18 (0.8)	19 (0.8)	18 (0.9)	16 (0.9)
2 and over...	80 (1.2)	18 (0.7)	17 (0.8)	19 (0.7)	20 (0.7)	19 (0.8)	18 (0.7)	19 (0.7)	18 (0.8)	16 (0.7)
131-185% poverty:										
2 - 5.....	91* (5.5)	17* (1.3)	18 (1.9)	19 (1.8)	20 (2.7)	19 (2.3)	15* (1.2)	16* (2.7)	15* (1.1)	13* (1.7)
6 - 11.....	87 (3.1)	20 (1.5)	19 (2.0)	21 (1.3)	21 (1.8)	18 (1.7)	18 (1.9)	19 (2.0)	18 (1.9)	16 (2.1)
12 - 19.....	63 (6.8)	16 (1.5)	16 (1.7)	16 (1.5)	15 (1.9)	17 (2.5)	17 (2.5)	19 (2.5)	18 (2.8)	14 (3.7)
20 and over...	83 (3.0)	17 (1.1)	16 (1.3)	18 (1.2)	18 (1.4)	17 (1.1)	17 (1.3)	17 (1.4)	17 (1.3)	15 (1.3)
2 and over...	82 (2.9)	17 (1.0)	16 (1.1)	18 (1.0)	18 (1.0)	18 (0.9)	17 (1.2)	17 (1.3)	17 (1.2)	15 (1.1)
Over 185% poverty:										
2 - 5.....	96* (1.5)	19 (0.8)	19 (0.7)	21 (1.0)	22 (0.9)	19 (1.2)	16 (1.0)	18 (1.2)	17 (1.2)	13 (0.8)
6 - 11.....	89 (2.7)	18 (0.8)	17 (0.7)	20 (1.0)	20 (1.3)	17 (1.0)	16 (0.9)	18 (1.2)	17 (0.8)	14 (1.0)
12 - 19.....	77 (2.5)	15 (0.7)	14 (0.7)	17 (0.7)	17 (0.8)	14 (0.7)	13 (0.9)	14 (0.8)	13 (1.1)	11 (1.2)
20 and over...	90 (0.7)	16 (0.2)	15 (0.3)	20 (0.3)	22 (0.5)	19 (0.5)	15 (0.4)	16 (0.4)	15 (0.4)	14 (0.5)
2 and over...	89 (0.6)	16 (0.2)	15 (0.3)	19 (0.3)	21 (0.4)	19 (0.4)	15 (0.3)	16 (0.3)	15 (0.3)	14 (0.4)
All Individuals⁵:										
2 - 5.....	95 (1.2)	20 (0.5)	20 (0.6)	21 (0.6)	22 (0.6)	19 (0.6)	17 (0.6)	19 (0.9)	18 (0.7)	14 (0.5)
6 - 11.....	87 (1.6)	19 (0.4)	18 (0.5)	20 (0.5)	21 (0.6)	17 (0.7)	17 (0.4)	18 (0.5)	17 (0.5)	14 (0.5)
12 - 19.....	74 (2.1)	16 (0.6)	14 (0.7)	17 (0.5)	18 (0.8)	16 (0.5)	14 (1.0)	16 (1.1)	15 (1.1)	12 (1.0)
20 and over...	86 (0.6)	17 (0.4)	16 (0.5)	20 (0.4)	21 (0.4)	19 (0.5)	16 (0.5)	17 (0.4)	16 (0.5)	15 (0.5)
2 and over...	85 (0.5)	17 (0.4)	16 (0.4)	19 (0.3)	20 (0.4)	19 (0.4)	16 (0.4)	17 (0.4)	16 (0.5)	14 (0.4)

Table 16. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Under 131% poverty:									
2 - 5.....	34 (2.9)	40 (1.1)	9 (1.6)	5* (1.9)	34 (0.9)	37 (0.9)	28 (1.2)	35 (0.9)	44 (1.6)
6 - 11.....	27 (1.6)	34 (2.0)	7 (1.7)	4 (0.9)	28 (1.5)	34 (1.6)	23 (1.3)	29 (1.6)	34 (1.7)
12 - 19.....	29 (3.4)	34 (1.9)	9 (2.6)	9* (3.9)	24 (1.1)	31 (1.3)	18 (1.1)	24 (1.6)	29 (1.8)
20 and over...	29 (1.6)	29 (1.3)	8 (1.0)	9 (1.4)	24 (1.0)	30 (1.4)	19 (1.1)	22 (1.6)	27 (1.4)
2 and over...	29 (1.5)	31 (1.0)	8 (0.9)	8 (1.1)	25 (0.8)	31 (1.0)	20 (1.0)	24 (1.3)	29 (1.1)
131-185% poverty:									
2 - 5.....	25 (2.7)	36 (5.0)	15* (6.2)	5* (3.1)	27 (2.0)	31 (3.6)	27 (2.5)	31 (3.2)	34 (3.3)
6 - 11.....	33 (4.0)	38 (1.9)	10* (5.0)	3* (1.2)	31 (1.8)	36 (1.8)	25 (1.4)	32 (2.8)	37 (1.8)
12 - 19.....	21 (3.4)	31 (3.1)	6* (2.8)	4* (1.3)	25 (2.1)	29 (2.0)	20 (2.6)	24 (2.1)	28 (2.9)
20 and over...	26 (1.9)	24 (2.0)	11 (3.2)	10* (3.0)	23 (1.8)	26 (1.9)	18 (1.5)	20 (2.0)	26 (2.1)
2 and over...	26 (1.8)	27 (1.6)	11 (2.8)	8 (2.4)	24 (1.4)	28 (1.5)	19 (1.3)	22 (1.6)	27 (1.7)
Over 185% poverty:									
2 - 5.....	31 (1.7)	34 (2.1)	7* (3.9)	1* (0.5)	30 (1.6)	34 (1.4)	25 (1.3)	33 (1.5)	37 (2.7)
6 - 11.....	29 (1.7)	34 (2.1)	4* (1.4)	3* (1.1)	27 (1.1)	33 (1.5)	23 (1.1)	31 (1.8)	34 (2.4)
12 - 19.....	22 (2.9)	31 (1.0)	4 (1.0)	3* (1.0)	24 (1.6)	29 (1.2)	18 (1.5)	22 (1.9)	31 (3.8)
20 and over...	24 (0.9)	25 (0.9)	5 (0.5)	5 (0.9)	24 (0.4)	30 (0.5)	18 (0.3)	23 (0.5)	28 (0.8)
2 and over...	24 (0.9)	27 (0.8)	5 (0.4)	5 (0.7)	25 (0.4)	31 (0.5)	19 (0.4)	24 (0.5)	29 (0.9)
All Individuals⁵:									
2 - 5.....	32 (1.4)	37 (1.5)	12* (4.1)	3 (0.9)	31 (1.0)	35 (1.0)	27 (0.8)	33 (0.8)	39 (1.8)
6 - 11.....	29 (1.1)	35 (1.1)	6 (1.0)	4 (0.9)	28 (0.8)	33 (0.9)	23 (0.7)	30 (1.0)	34 (1.4)
12 - 19.....	24 (2.6)	32 (1.3)	6 (1.0)	5* (1.9)	24 (1.1)	29 (1.1)	18 (1.0)	23 (1.3)	29 (2.2)
20 and over...	26 (1.0)	26 (0.6)	7 (0.9)	7 (1.0)	24 (0.5)	30 (0.5)	19 (0.5)	23 (0.7)	28 (0.8)
2 and over...	26 (1.0)	28 (0.6)	7 (0.9)	6 (0.7)	25 (0.4)	30 (0.5)	19 (0.5)	24 (0.6)	29 (0.7)

Table 16. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
Under 131% poverty:										
2 - 5.....	30 (1.8)	38 (1.4)	23 (1.7)	38 (1.3)	18 (1.3)	12 (1.1)	29 (1.1)	25 (0.9)	22 (0.7)	
6 - 11.....	25 (1.2)	34 (2.3)	22 (2.1)	39 (2.2)	17 (1.0)	10 (1.6)	26 (1.7)	22 (1.3)	20 (1.1)	
12 - 19.....	26 (2.3)	29 (1.9)	24 (3.2)	40 (2.1)	14 (1.4)	9 (1.5)	25 (0.9)	21 (1.1)	18 (0.9)	
20 and over...	24 (1.3)	25 (1.5)	22 (1.2)	37 (2.2)	18 (1.1)	10 (1.2)	24 (1.2)	22 (1.0)	20 (0.8)	
2 and over...	25 (1.2)	28 (1.2)	23 (1.0)	38 (1.4)	17 (0.7)	10 (1.0)	25 (0.8)	22 (0.9)	20 (0.7)	
131-185% poverty:										
2 - 5.....	24 (1.9)	30 (4.9)	19 (5.4)	32 (4.9)	19 (1.6)	9* (1.6)	25 (2.9)	20 (2.1)	19 (1.8)	
6 - 11.....	28 (3.1)	37 (2.7)	23 (4.6)	40 (2.5)	16 (2.4)	10* (3.5)	27 (2.2)	23 (1.7)	20 (1.5)	
12 - 19.....	20 (2.4)	31 (3.1)	20 (3.6)	37 (4.4)	17 (4.7)	9* (2.6)	22 (2.0)	20 (1.6)	18 (2.1)	
20 and over...	22 (1.5)	22 (2.0)	19 (2.6)	32 (3.2)	16 (1.7)	8 (1.5)	21 (1.9)	19 (1.5)	18 (1.2)	
2 and over...	23 (1.4)	24 (1.6)	19 (2.3)	33 (2.5)	16 (1.5)	8 (1.4)	22 (1.5)	19 (1.2)	18 (1.1)	
Over 185% poverty:										
2 - 5.....	28 (0.9)	36 (1.5)	23 (2.9)	34 (2.0)	17 (2.0)	12 (1.9)	26 (1.2)	24 (1.1)	22 (0.8)	
6 - 11.....	25 (1.1)	33 (1.6)	20 (2.8)	35 (2.0)	16 (1.3)	11 (1.6)	25 (1.2)	23 (1.0)	20 (1.3)	
12 - 19.....	21 (2.0)	25 (2.4)	18 (2.2)	35 (2.3)	12 (1.3)	8 (0.9)	21 (0.8)	18 (0.7)	15 (0.7)	
20 and over...	22 (0.6)	25 (0.8)	25 (1.0)	32 (1.2)	18 (0.8)	6 (0.4)	23 (0.6)	19 (0.4)	20 (0.4)	
2 and over...	22 (0.6)	26 (0.7)	24 (0.9)	33 (1.2)	17 (0.6)	7 (0.4)	23 (0.5)	19 (0.4)	20 (0.4)	
All Individuals⁵:										
2 - 5.....	28 (0.8)	36 (0.9)	22 (2.1)	36 (1.1)	18 (1.2)	11 (1.3)	27 (0.9)	24 (0.7)	22 (0.4)	
6 - 11.....	26 (0.7)	34 (1.2)	20 (1.6)	37 (1.0)	16 (0.5)	11 (0.7)	26 (0.8)	23 (0.6)	20 (0.8)	
12 - 19.....	22 (1.7)	27 (1.8)	20 (1.7)	36 (2.0)	13 (0.9)	9 (0.8)	22 (0.8)	19 (0.8)	16 (0.6)	
20 and over...	23 (0.7)	25 (0.6)	23 (0.8)	33 (0.9)	18 (0.9)	7 (0.5)	23 (0.5)	20 (0.4)	20 (0.4)	
2 and over...	23 (0.7)	26 (0.6)	23 (0.8)	34 (0.8)	17 (0.7)	8 (0.5)	24 (0.5)	20 (0.4)	20 (0.4)	

Table 16. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁶ % (SE)	Caffeine % (SE)	Alcohol ⁷ % (SE)
Under 131% poverty:								
2 - 5.....	40 (1.3)	30 (1.2)	18 (0.9)	22 (1.2)	21 (0.8)	18 (1.0)	10 (1.1)	-- --
6 - 11.....	30 (2.0)	24 (1.6)	18 (0.9)	19 (1.1)	20 (1.0)	16 (1.0)	12* (4.0)	-- --
12 - 19.....	28 (1.6)	20 (1.4)	15 (1.3)	16 (1.2)	20 (1.2)	15 (1.3)	15 (3.5)	-- --
20 and over...	26 (1.3)	19 (1.0)	17 (0.8)	19 (0.9)	21 (0.9)	17 (0.9)	34 (1.9)	#
2 and over...	28 (1.0)	20 (0.9)	17 (0.7)	19 (0.8)	21 (0.8)	17 (0.8)	32 (1.9)	-- --
131-185% poverty:								
2 - 5.....	34 (2.2)	24 (2.8)	15* (1.8)	20 (2.0)	18 (2.2)	14* (1.1)	8* (4.8)	-- --
6 - 11.....	36 (2.6)	30 (1.6)	16 (1.6)	20 (2.2)	20 (1.9)	18 (2.0)	11* (3.2)	-- --
12 - 19.....	30 (2.9)	21 (3.1)	15 (2.2)	15 (1.5)	17 (1.8)	14 (2.0)	22*(10.5)	-- --
20 and over...	25 (1.7)	19 (1.3)	15 (1.2)	18 (1.3)	18 (1.4)	15 (1.3)	32 (2.8)	1* (1.3)
2 and over...	27 (1.5)	20 (1.0)	15 (1.1)	18 (1.2)	18 (1.3)	15 (1.2)	31 (2.7)	-- --
Over 185% poverty:								
2 - 5.....	38 (2.1)	28 (1.4)	17 (0.9)	19 (0.8)	21 (0.8)	16 (1.3)	10* (2.4)	-- --
6 - 11.....	32 (1.0)	24 (1.8)	16 (1.0)	19 (1.0)	18 (1.0)	17 (0.7)	10 (1.3)	-- --
12 - 19.....	26 (1.5)	19 (2.1)	12 (0.8)	14 (1.0)	16 (0.8)	13 (0.9)	11 (2.5)	-- --
20 and over...	27 (0.6)	20 (0.7)	17 (0.4)	16 (0.4)	20 (0.4)	13 (0.3)	43 (1.8)	#
2 and over...	28 (0.6)	20 (0.8)	16 (0.4)	16 (0.4)	20 (0.4)	13 (0.3)	42 (1.8)	-- --
All Individuals⁵:								
2 - 5.....	38 (1.0)	28 (1.1)	17 (0.5)	21 (0.6)	21 (0.5)	17 (0.6)	10 (1.4)	-- --
6 - 11.....	32 (1.2)	25 (1.2)	16 (0.6)	19 (0.7)	19 (0.5)	17 (0.5)	11 (1.3)	-- --
12 - 19.....	27 (1.2)	20 (1.3)	13 (0.7)	15 (0.8)	17 (0.7)	14 (0.8)	14 (2.1)	-- --
20 and over...	27 (0.6)	20 (0.6)	17 (0.4)	17 (0.5)	20 (0.5)	14 (0.4)	40 (1.4)	1* (0.2)
2 and over...	28 (0.6)	20 (0.7)	16 (0.4)	17 (0.4)	20 (0.4)	14 (0.4)	39 (1.4)	-- --

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 2.04.

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 2.04.

Indicates a non-zero value too small to report.

Footnotes

¹ Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

² Percentages are estimated as a ratio of total nutrients from breakfast 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 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2009-2010.

³ Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

⁴ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as breakfast.

⁵ Includes persons of all income levels or with unknown family income.

⁶ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.

⁷ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 17. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, in the United States, 2009-2010

Gender 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)
Males:										
2 - 5.....	93 (1.3)	26 (1.1)	27 (1.4)	24 (1.2)	21 (1.6)	27 (1.3)	29 (1.2)	27 (1.2)	29 (1.3)	32 (1.9)
6 - 11.....	87 (3.0)	26 (1.0)	28 (1.3)	25 (0.9)	22 (0.8)	29 (1.1)	26 (1.1)	25 (1.2)	26 (1.3)	28 (1.3)
12 - 19.....	81 (2.4)	25 (1.3)	28 (1.1)	24 (1.4)	19 (1.2)	27 (1.6)	27 (1.6)	27 (1.7)	27 (1.6)	28 (1.8)
20 - 29.....	77 (2.9)	25 (0.8)	30 (1.6)	23 (0.7)	19 (1.0)	25 (1.5)	30 (1.3)	28 (1.2)	30 (1.3)	32 (1.7)
30 - 39.....	78 (3.4)	24 (1.3)	28 (1.8)	22 (1.2)	18 (1.6)	25 (1.6)	28 (1.8)	27 (1.8)	28 (1.9)	30 (2.1)
40 - 49.....	75 (3.4)	22 (1.6)	25 (2.2)	21 (1.2)	18 (1.4)	24 (1.1)	23 (2.3)	22 (2.3)	22 (2.2)	25 (2.4)
50 - 59.....	77 (3.8)	22 (1.3)	26 (1.6)	21 (1.5)	17 (1.4)	23 (1.6)	24 (1.3)	23 (1.9)	24 (1.3)	25 (1.2)
60 - 69.....	82 (2.3)	23 (1.0)	27 (1.3)	21 (0.9)	19 (1.3)	23 (0.9)	25 (1.4)	24 (1.6)	24 (1.3)	27 (1.4)
70 and over.....	72 (3.2)	20 (1.1)	24 (1.3)	19 (0.9)	16 (1.1)	19 (0.9)	22 (1.6)	21 (1.8)	21 (1.4)	23 (1.9)
20 and over...	77 (1.7)	23 (0.7)	27 (1.0)	22 (0.5)	18 (0.7)	24 (0.5)	26 (1.0)	25 (1.1)	25 (1.0)	27 (1.0)
Females:										
2 - 5.....	93 (1.4)	24 (1.1)	27 (1.2)	22 (1.1)	19 (1.0)	26 (1.5)	26 (1.5)	25 (1.6)	26 (1.6)	28 (1.6)
6 - 11.....	84 (2.0)	24 (1.0)	27 (1.2)	23 (1.0)	22 (1.1)	25 (1.3)	25 (1.2)	25 (1.0)	24 (1.4)	25 (1.5)
12 - 19.....	75 (2.5)	25 (1.2)	28 (1.5)	23 (1.3)	20 (1.5)	25 (1.7)	26 (1.2)	26 (1.4)	26 (1.1)	27 (1.3)
20 - 29.....	76 (1.8)	23 (0.9)	26 (1.1)	23 (0.8)	18 (0.9)	25 (1.2)	25 (1.0)	23 (1.1)	25 (1.1)	27 (1.2)
30 - 39.....	83 (1.7)	25 (0.9)	29 (0.9)	23 (0.9)	18 (0.8)	25 (1.6)	27 (1.1)	27 (1.0)	26 (1.1)	28 (1.5)
40 - 49.....	78 (1.8)	23 (0.8)	25 (0.7)	22 (1.0)	19 (1.4)	26 (1.4)	24 (0.9)	22 (0.9)	24 (1.0)	27 (1.7)
50 - 59.....	81 (2.0)	23 (0.8)	27 (1.4)	22 (0.9)	18 (1.1)	24 (1.3)	25 (1.2)	25 (1.1)	24 (1.4)	26 (1.9)
60 - 69.....	82 (2.6)	22 (0.9)	25 (1.2)	20 (0.7)	18 (1.0)	23 (1.0)	23 (1.5)	22 (1.9)	22 (1.6)	26 (1.5)
70 and over.....	79 (3.1)	24 (1.1)	28 (1.1)	21 (1.0)	18 (1.0)	22 (1.2)	26 (1.4)	26 (1.1)	26 (1.5)	27 (1.8)
20 and over...	80 (1.1)	23 (0.4)	27 (0.5)	22 (0.3)	18 (0.4)	24 (0.4)	25 (0.5)	24 (0.4)	25 (0.6)	27 (0.7)
Males and females:										
2 and over...	80 (1.2)	24 (0.5)	27 (0.6)	22 (0.4)	19 (0.4)	25 (0.4)	26 (0.6)	25 (0.7)	25 (0.6)	27 (0.7)

Table 17. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	23 (1.6)	18 (1.8)	25 (5.0)	32 (4.9)	23 (1.2)	20 (1.1)	25 (1.2)	20 (0.9)	21 (1.4)
6 - 11.....	22 (1.7)	20 (1.1)	31 (4.8)	35 (3.7)	26 (1.2)	22 (0.8)	27 (1.1)	21 (1.1)	22 (1.5)
12 - 19.....	23 (1.1)	20 (1.6)	24 (4.1)	35 (2.9)	27 (1.1)	22 (1.4)	27 (1.2)	21 (1.6)	23 (1.4)
20 - 29.....	27 (2.1)	21 (1.2)	29 (3.1)	29 (4.4)	27 (1.5)	19 (1.1)	27 (1.5)	22 (1.4)	23 (1.2)
30 - 39.....	27 (2.4)	20 (1.9)	35 (4.4)	25 (2.9)	25 (1.7)	18 (1.3)	25 (1.5)	20 (1.6)	22 (1.3)
40 - 49.....	22 (2.2)	21 (2.2)	29 (4.8)	28 (5.1)	22 (2.0)	17 (1.3)	23 (1.9)	20 (1.4)	20 (1.5)
50 - 59.....	24 (2.0)	22 (2.0)	28 (2.8)	33 (6.3)	24 (1.8)	19 (1.3)	25 (1.5)	23 (1.5)	23 (1.5)
60 - 69.....	24 (1.8)	20 (2.4)	29 (4.8)	26 (3.1)	22 (1.4)	19 (1.3)	24 (1.6)	21 (1.4)	20 (1.3)
70 and over.....	20 (1.2)	19 (1.9)	25 (1.8)	24 (4.2)	19 (1.1)	16 (1.3)	21 (1.3)	17 (0.9)	17 (0.8)
20 and over...	24 (1.4)	21 (1.0)	29 (1.8)	28 (2.2)	24 (0.8)	18 (0.8)	25 (0.9)	21 (0.8)	21 (0.5)
Females:									
2 - 5.....	23 (2.0)	17 (1.3)	21 (3.8)	40 (4.6)	23 (1.1)	19 (1.0)	25 (1.1)	20 (1.1)	19 (1.0)
6 - 11.....	22 (1.2)	22 (1.1)	31 (3.2)	30 (4.1)	24 (1.2)	22 (1.0)	24 (1.2)	19 (1.1)	20 (0.7)
12 - 19.....	24 (1.6)	21 (2.2)	22 (3.6)	29 (4.1)	24 (1.5)	21 (1.6)	26 (1.7)	22 (1.3)	22 (2.1)
20 - 29.....	23 (1.5)	23 (3.1)	31 (4.0)	27 (3.6)	25 (0.8)	21 (1.9)	27 (1.5)	23 (2.1)	24 (0.9)
30 - 39.....	26 (1.6)	26 (2.2)	44 (5.4)	33 (5.4)	25 (0.9)	19 (0.8)	26 (1.4)	22 (1.1)	22 (0.9)
40 - 49.....	23 (1.1)	21 (1.5)	27 (3.1)	21 (3.0)	24 (1.4)	18 (0.9)	25 (0.9)	24 (1.0)	25 (1.2)
50 - 59.....	25 (1.8)	22 (1.8)	25 (3.4)	39 (3.3)	24 (1.8)	20 (0.9)	25 (1.1)	22 (1.4)	22 (1.3)
60 - 69.....	22 (2.2)	21 (2.0)	28 (2.1)	27 (3.6)	22 (1.2)	19 (1.5)	24 (1.5)	21 (1.0)	19 (0.8)
70 and over.....	26 (1.2)	19 (1.1)	26 (2.4)	42 (2.5)	24 (1.5)	19 (1.0)	25 (1.3)	20 (1.2)	20 (1.0)
20 and over...	24 (0.8)	22 (0.8)	30 (1.7)	31 (1.5)	24 (0.6)	19 (0.6)	25 (0.6)	22 (0.5)	22 (0.4)
Males and females:									
2 and over...	24 (0.8)	21 (0.6)	29 (1.0)	30 (1.0)	24 (0.5)	19 (0.5)	25 (0.5)	21 (0.4)	22 (0.3)

Table 17. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	23	(1.2)	20	(1.4)	22	(4.1)	19	(1.2)	29	(1.6)	30	(2.8)	22	(1.7)	25	(1.5)	25	(1.4)
6 - 11.....	24	(1.2)	22	(1.3)	22	(2.3)	23	(1.5)	27	(1.3)	28	(2.6)	26	(1.3)	27	(1.1)	26	(0.8)
12 - 19.....	23	(0.9)	23	(1.5)	18	(2.6)	20	(1.8)	24	(1.8)	24	(1.9)	26	(1.2)	27	(1.1)	24	(1.0)
20 - 29.....	24	(1.4)	22	(1.7)	17	(2.0)	18	(2.2)	26	(1.4)	29	(3.2)	23	(1.5)	26	(1.2)	22	(0.9)
30 - 39.....	23	(1.6)	21	(2.4)	21	(2.6)	18	(2.3)	21	(1.2)	28	(3.1)	22	(1.4)	25	(1.6)	21	(1.3)
40 - 49.....	20	(1.5)	21	(2.3)	21	(1.6)	13	(2.6)	22	(1.4)	26	(2.3)	21	(2.0)	23	(1.9)	20	(1.1)
50 - 59.....	21	(1.6)	22	(1.7)	20	(1.7)	19	(2.4)	23	(2.1)	19	(2.0)	24	(2.3)	24	(1.9)	20	(1.4)
60 - 69.....	22	(1.1)	25	(2.2)	18	(2.0)	21	(2.8)	22	(1.5)	29	(4.4)	23	(1.3)	25	(1.3)	21	(0.9)
70 and over.....	20	(1.1)	19	(2.1)	16	(1.4)	18	(3.0)	18	(1.0)	27	(1.6)	20	(1.8)	21	(1.3)	18	(1.0)
20 and over...	22	(1.0)	22	(1.1)	19	(1.0)	18	(1.1)	22	(0.9)	26	(1.1)	22	(0.9)	24	(0.9)	20	(0.6)
Females:																		
2 - 5.....	23	(1.4)	20	(1.0)	20	(1.5)	18	(1.4)	25	(2.2)	27	(3.9)	22	(1.5)	24	(1.2)	23	(1.1)
6 - 11.....	23	(1.1)	21	(1.5)	22	(2.6)	24	(1.6)	23	(1.5)	23	(1.6)	26	(1.1)	26	(1.0)	23	(1.3)
12 - 19.....	24	(1.5)	26	(5.3)	18	(2.4)	20	(2.3)	22	(2.4)	23	(2.1)	23	(1.7)	25	(1.6)	24	(1.6)
20 - 29.....	22	(1.3)	25	(3.3)	19	(2.0)	17	(2.1)	24	(1.4)	34	(3.6)	22	(1.1)	25	(1.0)	22	(1.0)
30 - 39.....	24	(0.9)	24	(2.0)	19	(2.0)	18	(1.8)	21	(1.0)	40	(4.7)	23	(0.9)	26	(0.7)	21	(0.8)
40 - 49.....	22	(0.8)	16	(3.7)	20	(1.8)	15	(1.6)	23	(2.0)	23	(2.9)	20	(1.1)	23	(0.7)	21	(0.7)
50 - 59.....	23	(1.2)	27	(6.8)	20	(3.1)	17	(2.6)	26	(2.8)	23	(3.2)	24	(1.7)	25	(1.4)	21	(1.0)
60 - 69.....	21	(1.3)	20	(1.7)	19	(1.6)	19	(3.0)	21	(1.1)	27	(2.7)	21	(1.7)	23	(1.1)	20	(0.9)
70 and over.....	24	(1.1)	19	(1.2)	20	(1.1)	17	(1.4)	23	(1.6)	28	(3.3)	23	(1.0)	25	(0.9)	21	(0.9)
20 and over...	23	(0.5)	22	(2.5)	20	(0.7)	17	(0.9)	23	(0.8)	28	(1.5)	22	(0.5)	24	(0.4)	21	(0.3)
Males and females:																		
2 and over...	23	(0.6)	22	(1.1)	19	(0.5)	18	(0.8)	23	(0.6)	27	(1.0)	23	(0.5)	25	(0.5)	21	(0.4)

Table 17. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁴ % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
Males:								
2 - 5.....	21 (1.1)	23 (1.5)	26 (1.1)	28 (1.2)	25 (1.2)	29 (1.5)	23 (3.7)	-- --
6 - 11.....	23 (1.0)	24 (1.2)	27 (0.9)	29 (1.6)	27 (0.8)	30 (1.3)	21 (3.7)	-- --
12 - 19.....	24 (1.1)	25 (1.6)	26 (1.6)	29 (1.4)	25 (1.0)	30 (1.2)	15 (2.9)	-- --
20 - 29.....	25 (1.2)	27 (1.4)	23 (0.8)	30 (1.8)	24 (0.8)	31 (1.3)	13 (2.2)	-- --
30 - 39.....	23 (1.4)	24 (1.6)	21 (1.3)	29 (1.5)	23 (1.5)	30 (1.5)	11 (1.1)	-- --
40 - 49.....	22 (1.4)	24 (2.0)	21 (1.2)	25 (2.3)	21 (1.3)	27 (2.5)	8 (0.8)	-- --
50 - 59.....	23 (1.7)	23 (2.1)	20 (1.6)	27 (1.5)	22 (1.6)	29 (1.9)	8 (0.8)	-- --
60 - 69.....	21 (1.0)	26 (1.4)	22 (1.0)	29 (1.4)	22 (1.1)	28 (1.2)	10 (2.1)	-- --
70 and over.....	17 (0.8)	21 (1.2)	20 (1.8)	25 (1.7)	19 (1.0)	27 (1.7)	9 (0.8)	-- --
20 and over...	22 (0.6)	24 (1.0)	21 (0.6)	28 (1.0)	22 (0.7)	29 (0.9)	10 (0.5)	3 (0.5)
Females:								
2 - 5.....	19 (1.0)	22 (1.0)	25 (1.6)	28 (1.2)	24 (1.2)	31 (1.5)	20 (5.0)	-- --
6 - 11.....	20 (1.0)	22 (1.2)	24 (1.0)	27 (1.3)	26 (1.2)	27 (1.3)	16 (2.2)	-- --
12 - 19.....	22 (1.7)	24 (1.9)	25 (1.6)	29 (1.7)	24 (1.3)	28 (1.4)	13 (1.6)	-- --
20 - 29.....	23 (0.9)	24 (1.1)	25 (1.9)	27 (1.1)	24 (1.1)	29 (0.9)	13 (1.9)	-- --
30 - 39.....	23 (1.2)	26 (1.1)	22 (0.9)	29 (1.2)	24 (1.1)	32 (1.1)	8 (1.1)	-- --
40 - 49.....	24 (1.1)	24 (1.3)	22 (1.1)	25 (1.1)	22 (0.9)	28 (0.9)	8 (0.9)	-- --
50 - 59.....	24 (1.2)	24 (1.2)	21 (1.1)	27 (1.6)	22 (1.2)	29 (1.3)	8 (2.2)	-- --
60 - 69.....	20 (1.0)	22 (1.1)	21 (1.5)	25 (1.3)	22 (0.7)	27 (1.1)	9 (1.5)	-- --
70 and over.....	20 (1.1)	23 (1.0)	22 (1.2)	28 (1.2)	23 (0.9)	30 (1.5)	10 (1.8)	-- --
20 and over...	22 (0.4)	24 (0.5)	22 (0.6)	27 (0.5)	23 (0.4)	29 (0.5)	9 (0.7)	2* (0.4)
Males and females:								
2 and over...	22 (0.4)	24 (0.5)	22 (0.5)	28 (0.6)	23 (0.4)	29 (0.6)	10 (0.5)	-- --

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 2.04.

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 2.04.

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 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2009-2010.
- ³ The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as lunch.
- ⁴ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁵ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 18. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2009-2010

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.....	95* (1.5)	25 (1.1)	26 (1.3)	23 (1.2)	21 (1.5)	26 (1.2)	28 (1.6)	26 (1.7)	28 (1.8)	31 (1.7)
6 - 11.....	84 (4.0)	24 (1.2)	26 (1.4)	23 (1.1)	20 (1.0)	26 (1.1)	26 (1.5)	24 (1.3)	26 (1.8)	28 (2.0)
12 - 19.....	80 (3.5)	26 (1.8)	29 (1.7)	24 (1.9)	20 (1.6)	27 (2.3)	28 (2.0)	27 (2.2)	28 (2.0)	29 (1.8)
20 and over...	81 (1.7)	23 (0.6)	27 (0.8)	21 (0.4)	18 (0.5)	23 (0.5)	25 (0.9)	25 (0.9)	25 (0.8)	27 (0.9)
2 and over...	82 (1.7)	23 (0.6)	27 (0.8)	22 (0.6)	19 (0.6)	24 (0.6)	26 (0.9)	25 (0.9)	25 (0.9)	27 (1.0)
Non-Hispanic Black:										
2 - 5.....	90* (2.5)	25 (1.9)	28 (2.2)	22 (2.1)	19 (2.1)	28 (2.6)	27 (1.6)	27 (1.1)	27 (2.0)	28 (2.5)
6 - 11.....	88 (3.1)	27 (2.0)	31 (2.1)	25 (1.9)	24 (1.8)	30 (2.5)	27 (2.1)	29 (2.4)	27 (2.3)	24 (2.0)
12 - 19.....	72 (3.2)	23 (1.6)	25 (2.1)	22 (1.4)	19 (1.3)	24 (1.9)	24 (1.9)	23 (2.0)	24 (2.0)	25 (1.9)
20 and over...	70 (2.2)	23 (1.0)	28 (1.4)	22 (1.1)	19 (1.1)	23 (0.9)	24 (0.9)	24 (0.8)	24 (0.9)	25 (1.2)
2 and over...	73 (1.9)	23 (0.9)	28 (1.2)	22 (0.9)	20 (0.9)	24 (0.8)	25 (0.8)	24 (0.7)	24 (0.8)	25 (1.0)
Hispanic⁴:										
<i>Mexican American</i>										
2 - 5.....	87 (2.7)	26 (1.7)	28 (1.8)	24 (1.4)	20 (1.0)	28 (2.4)	28 (2.2)	26 (2.5)	29 (2.3)	30 (1.8)
6 - 11.....	86 (2.1)	28 (1.2)	32 (1.5)	28 (1.4)	26 (1.1)	30 (0.9)	27 (1.3)	27 (1.1)	25 (1.3)	28 (2.0)
12 - 19.....	75 (3.5)	23 (1.5)	30 (2.1)	21 (1.4)	17 (1.6)	24 (2.6)	25 (1.5)	24 (1.1)	26 (1.7)	26 (2.0)
20 and over...	73 (1.9)	24 (0.9)	29 (0.8)	23 (1.2)	19 (1.6)	27 (0.9)	26 (0.9)	25 (1.0)	26 (1.0)	27 (1.2)
2 and over...	76 (1.6)	25 (0.6)	29 (0.6)	23 (0.8)	19 (1.2)	27 (0.7)	26 (0.6)	25 (0.7)	26 (0.7)	27 (0.7)
<i>All Hispanic</i>										
2 - 5.....	86 (2.6)	25 (1.7)	27 (1.7)	22 (1.5)	19 (1.5)	25 (2.0)	28 (2.0)	26 (2.3)	28 (2.1)	30 (1.7)
6 - 11.....	86 (1.9)	27 (1.0)	30 (1.1)	26 (1.2)	25 (1.4)	29 (0.8)	26 (1.0)	26 (1.1)	26 (1.0)	27 (1.4)
12 - 19.....	77 (3.0)	24 (1.3)	28 (2.0)	22 (1.2)	18 (1.5)	24 (2.0)	25 (1.3)	25 (1.1)	25 (1.3)	26 (1.6)
20 and over...	68 (3.0)	23 (1.0)	27 (1.1)	21 (1.1)	17 (1.2)	25 (1.1)	24 (1.1)	23 (1.1)	24 (1.1)	26 (1.3)
2 and over...	73 (2.4)	23 (0.9)	27 (1.1)	22 (0.9)	18 (1.1)	25 (0.9)	25 (0.9)	24 (1.0)	25 (0.9)	27 (1.0)

Table 18. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	21 (1.5)	18 (1.4)	21 (3.6)	36 (6.0)	24 (1.1)	20 (0.7)	25 (1.1)	20 (0.7)	21 (1.3)
6 - 11.....	20 (1.4)	20 (1.2)	33 (4.6)	27 (4.0)	24 (1.4)	21 (0.9)	25 (1.4)	19 (1.0)	20 (1.4)
12 - 19.....	23 (1.2)	21 (1.9)	23 (4.9)	34 (3.5)	27 (1.7)	22 (1.6)	27 (1.6)	21 (1.7)	24 (2.0)
20 and over...	24 (1.3)	22 (0.9)	29 (1.2)	28 (1.9)	24 (0.7)	19 (0.8)	24 (0.7)	21 (0.6)	21 (0.4)
2 and over...	24 (1.1)	21 (0.7)	29 (1.3)	29 (1.4)	24 (0.6)	19 (0.6)	25 (0.6)	21 (0.5)	21 (0.3)
Non-Hispanic Black:									
2 - 5.....	21 (2.2)	19 (1.6)	29 (3.7)	35 (7.2)	22 (1.4)	20 (1.5)	25 (2.0)	21 (1.5)	20 (1.8)
6 - 11.....	27 (3.1)	21 (1.7)	25 (4.1)	42 (6.0)	24 (2.1)	23 (1.5)	25 (2.0)	20 (2.0)	21 (1.9)
12 - 19.....	20 (1.6)	21 (1.9)	23 (2.8)	30 (3.8)	24 (2.2)	22 (2.3)	25 (2.1)	21 (2.2)	22 (2.2)
20 and over...	23 (1.6)	19 (1.3)	27 (2.0)	28 (2.1)	24 (1.2)	20 (1.2)	26 (1.7)	22 (1.9)	23 (1.2)
2 and over...	23 (1.3)	19 (0.9)	26 (1.7)	30 (1.9)	24 (0.9)	21 (0.8)	26 (1.4)	22 (1.5)	22 (0.9)
Hispanic⁴:									
<i>Mexican American</i>									
2 - 5.....	25 (3.3)	18 (1.7)	28 (4.7)	32 (5.1)	23 (2.4)	18 (1.2)	27 (1.9)	21 (1.5)	20 (2.2)
6 - 11.....	23 (2.7)	25 (1.9)	40 (4.7)	44 (8.0)	28 (2.2)	24 (1.5)	29 (1.7)	23 (1.5)	25 (2.0)
12 - 19.....	26 (1.9)	18 (1.0)	22 (3.0)	29 (2.3)	23 (1.5)	21 (1.4)	29 (2.6)	26 (3.2)	20 (1.8)
20 and over...	25 (1.3)	20 (1.6)	31 (3.9)	30 (2.5)	24 (0.9)	18 (1.1)	27 (0.8)	24 (0.7)	22 (1.2)
2 and over...	25 (1.0)	20 (1.1)	30 (3.0)	31 (2.1)	24 (0.7)	19 (0.8)	27 (0.7)	24 (0.8)	22 (0.8)
<i>All Hispanic</i>									
2 - 5.....	27 (2.6)	17 (1.5)	26 (3.2)	34 (3.9)	21 (1.8)	18 (1.2)	26 (1.6)	19 (1.5)	18 (1.8)
6 - 11.....	24 (1.6)	23 (1.6)	32 (4.5)	42 (6.0)	27 (1.4)	24 (1.0)	28 (1.2)	23 (1.4)	24 (1.2)
12 - 19.....	25 (1.6)	18 (1.2)	24 (1.6)	30 (4.1)	24 (1.4)	20 (1.4)	28 (2.2)	24 (2.5)	21 (1.6)
20 and over...	23 (1.4)	19 (1.2)	30 (2.8)	27 (1.5)	23 (1.1)	17 (1.0)	25 (1.0)	22 (1.0)	21 (1.2)
2 and over...	24 (1.1)	19 (1.0)	29 (2.4)	29 (1.7)	23 (0.8)	18 (0.8)	26 (1.0)	23 (0.9)	21 (0.9)

Table 18. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	22	(1.0)	20	(1.5)	23	(4.1)	19	(1.0)	29	(1.3)	30	(4.1)	22	(1.5)	24	(1.3)	24	(1.2)
6 - 11.....	22	(1.2)	19	(1.5)	23	(3.0)	21	(2.0)	26	(2.0)	26	(3.1)	25	(1.5)	25	(1.0)	24	(1.3)
12 - 19.....	24	(1.3)	25	(3.6)	22	(3.5)	20	(2.4)	24	(2.6)	24	(1.8)	26	(1.9)	27	(1.8)	25	(1.9)
20 and over...	22	(0.8)	22	(1.6)	19	(0.9)	18	(1.0)	23	(0.8)	26	(1.1)	23	(0.7)	24	(0.7)	20	(0.5)
2 and over...	22	(0.7)	22	(1.6)	20	(0.9)	19	(1.0)	23	(0.8)	26	(1.0)	23	(0.7)	25	(0.7)	21	(0.5)
Non-Hispanic Black:																		
2 - 5.....	23	(1.8)	22	(2.2)	14	(2.4)	21	(2.7)	24	(2.1)	27	(5.2)	25	(2.6)	27	(2.2)	25	(1.9)
6 - 11.....	28	(2.3)	25	(2.5)	22	(3.8)	29	(2.0)	25	(1.9)	22	(2.8)	31	(2.3)	30	(2.3)	27	(1.8)
12 - 19.....	22	(1.9)	24	(2.5)	14	(2.2)	23	(2.1)	21	(2.1)	23	(1.9)	25	(2.0)	25	(2.0)	22	(1.8)
20 and over...	22	(1.3)	22	(1.7)	19	(1.0)	19	(1.6)	22	(0.8)	26	(1.8)	22	(0.7)	25	(1.1)	21	(1.2)
2 and over...	23	(1.0)	22	(1.2)	19	(0.7)	21	(1.4)	22	(0.7)	25	(1.7)	24	(0.7)	25	(1.0)	22	(1.0)
Hispanic⁴:																		
<i>Mexican American</i>																		
2 - 5.....	24	(2.2)	17	(1.6)	23	(2.4)	17	(1.5)	25	(1.7)	33	(2.7)	22	(1.9)	25	(1.6)	24	(1.5)
6 - 11.....	26	(2.2)	24	(1.6)	25	(3.6)	25	(1.9)	25	(1.8)	31	(3.2)	28	(1.5)	29	(1.2)	28	(1.1)
12 - 19.....	25	(1.8)	21	(2.0)	16	(2.6)	16	(1.4)	23	(1.6)	26	(2.6)	21	(1.2)	26	(1.6)	23	(1.6)
20 and over...	24	(0.9)	20	(1.3)	23	(1.6)	14	(1.4)	25	(1.1)	30	(2.0)	19	(1.3)	26	(0.9)	23	(0.9)
2 and over...	24	(0.7)	20	(0.9)	22	(1.5)	16	(0.9)	25	(0.7)	30	(1.8)	21	(0.8)	26	(0.6)	24	(0.6)
<i>All Hispanic</i>																		
2 - 5.....	24	(1.9)	17	(1.6)	21	(1.7)	17	(1.7)	25	(1.8)	30	(2.2)	21	(1.8)	25	(1.6)	23	(1.5)
6 - 11.....	26	(1.5)	25	(1.5)	23	(2.9)	26	(1.6)	25	(1.4)	26	(2.1)	27	(1.4)	28	(0.9)	27	(1.0)
12 - 19.....	24	(1.6)	20	(1.7)	16	(2.2)	15	(1.6)	22	(2.0)	26	(1.9)	22	(1.5)	25	(1.6)	22	(1.5)
20 and over...	22	(1.1)	19	(1.1)	19	(1.8)	14	(1.4)	23	(1.1)	30	(2.1)	19	(1.3)	24	(1.0)	21	(1.0)
2 and over...	23	(0.9)	20	(0.9)	19	(1.6)	16	(1.1)	23	(1.0)	29	(1.9)	20	(1.1)	25	(0.9)	22	(0.9)

Table 18. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁵ % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
Non-Hispanic White:								
2 - 5.....	20 (0.9)	22 (1.1)	26 (1.4)	27 (1.2)	24 (1.2)	29 (1.6)	18 (3.3)	-- --
6 - 11.....	20 (1.2)	22 (1.1)	25 (1.2)	26 (1.6)	25 (0.8)	28 (1.5)	16 (2.9)	-- --
12 - 19.....	23 (1.9)	24 (2.1)	27 (2.1)	30 (2.0)	25 (1.5)	30 (1.9)	12 (1.5)	-- --
20 and over...	22 (0.6)	23 (0.7)	21 (0.6)	27 (0.8)	22 (0.5)	29 (0.8)	9 (0.6)	2* (0.4)
2 and over...	22 (0.6)	23 (0.6)	22 (0.7)	27 (0.8)	23 (0.5)	29 (0.8)	9 (0.6)	-- --
Non-Hispanic Black:								
2 - 5.....	21 (1.7)	23 (1.4)	25 (2.2)	27 (2.4)	26 (1.7)	30 (1.9)	31* (9.7)	-- --
6 - 11.....	22 (1.9)	26 (2.4)	27 (2.0)	31 (2.8)	29 (1.9)	30 (2.9)	23 (3.4)	-- --
12 - 19.....	22 (2.0)	25 (3.5)	24 (2.8)	26 (1.6)	24 (2.1)	27 (1.4)	21 (3.2)	-- --
20 and over...	23 (1.2)	26 (1.6)	20 (1.5)	27 (1.3)	24 (1.1)	28 (1.2)	14 (1.6)	3* (1.5)
2 and over...	23 (0.9)	26 (1.1)	21 (1.2)	27 (1.1)	24 (0.9)	28 (1.0)	15 (1.4)	-- --
Hispanic⁴:								
<i>Mexican American</i>								
2 - 5.....	20 (2.1)	22 (2.3)	26 (2.0)	30 (1.7)	25 (1.0)	31 (2.4)	18 (4.9)	-- --
6 - 11.....	25 (1.9)	27 (1.7)	30 (1.1)	32 (2.1)	30 (1.2)	33 (2.0)	33 (4.2)	-- --
12 - 19.....	21 (1.6)	25 (1.6)	22 (1.5)	28 (1.8)	24 (1.9)	28 (1.7)	20 (3.1)	-- --
20 and over...	24 (0.8)	26 (0.8)	24 (0.9)	28 (0.9)	24 (0.8)	29 (0.9)	13 (1.0)	6* (1.6)
2 and over...	23 (0.6)	26 (0.7)	25 (0.7)	29 (0.6)	25 (0.7)	30 (0.6)	14 (1.0)	-- --
<i>All Hispanic</i>								
2 - 5.....	19 (1.8)	22 (1.9)	24 (1.8)	28 (1.6)	23 (1.3)	30 (2.2)	22 (4.0)	-- --
6 - 11.....	25 (1.7)	27 (1.3)	28 (1.1)	30 (1.4)	29 (1.1)	30 (1.5)	28 (2.8)	-- --
12 - 19.....	21 (1.4)	24 (1.6)	22 (1.4)	28 (1.8)	23 (1.7)	28 (1.6)	20 (2.7)	-- --
20 and over...	22 (0.9)	24 (1.1)	22 (1.0)	26 (1.1)	23 (1.1)	27 (1.1)	11 (1.2)	7* (3.1)
2 and over...	22 (0.7)	24 (1.0)	23 (0.9)	27 (1.0)	23 (1.0)	28 (1.0)	12 (1.1)	-- --

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 2.04.

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 2.04.

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, 2009-2010.
- 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 A new sampling methodology was implemented for NHANES 2007-2010; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.
- ⁵ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁶ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 19. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, in the United States, 2009-2010

Family income in dollars 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)
\$0 - \$24,999:										
2 - 5.....	89 (2.3)	25 (1.3)	28 (1.3)	23 (1.3)	19 (1.6)	27 (1.5)	28 (1.5)	27 (1.6)	29 (1.6)	29 (1.7)
6 - 11.....	85 (2.1)	26 (1.2)	29 (1.5)	25 (1.3)	24 (1.6)	29 (1.4)	26 (1.3)	26 (1.6)	26 (1.3)	27 (1.5)
12 - 19.....	77 (2.5)	25 (1.0)	29 (2.0)	23 (0.9)	20 (0.8)	25 (1.5)	26 (1.5)	26 (1.7)	26 (1.4)	27 (1.6)
20 and over...	71 (1.7)	22 (0.7)	26 (0.8)	21 (0.7)	17 (0.6)	24 (0.8)	24 (0.8)	23 (0.8)	24 (0.9)	25 (1.2)
2 and over...	74 (1.4)	23 (0.6)	26 (0.7)	21 (0.6)	18 (0.6)	25 (0.7)	25 (0.7)	24 (0.6)	25 (0.7)	26 (1.0)
\$25,000 - \$74,999:										
2 - 5.....	92 (1.8)	24 (1.3)	26 (1.5)	22 (1.3)	19 (1.8)	24 (1.6)	27 (1.7)	25 (1.6)	27 (1.8)	30 (2.4)
6 - 11.....	85 (1.4)	24 (0.9)	27 (1.1)	23 (0.9)	21 (0.9)	25 (1.5)	25 (1.0)	25 (1.2)	24 (1.0)	25 (1.3)
12 - 19.....	75 (3.1)	24 (1.7)	27 (1.7)	22 (1.6)	17 (1.6)	26 (1.9)	25 (1.9)	24 (2.1)	25 (2.0)	26 (2.0)
20 and over...	77 (1.5)	23 (0.4)	26 (0.8)	21 (0.4)	18 (0.6)	23 (0.5)	25 (0.6)	23 (0.7)	24 (0.6)	27 (0.7)
2 and over...	79 (1.3)	23 (0.4)	26 (0.7)	22 (0.3)	18 (0.6)	24 (0.4)	25 (0.6)	24 (0.6)	24 (0.6)	27 (0.7)
\$75,000 and higher:										
2 - 5.....	96* (1.7)	26 (0.9)	26 (1.2)	25 (1.0)	23 (1.3)	28 (1.9)	28 (1.5)	27 (1.7)	29 (1.6)	31 (1.5)
6 - 11.....	87 (6.5)	25 (2.1)	27 (2.1)	24 (2.2)	22 (2.3)	28 (2.3)	27 (2.2)	25 (2.1)	27 (2.5)	29 (2.4)
12 - 19.....	84 (3.9)	27 (1.8)	29 (1.8)	26 (1.9)	23 (2.2)	28 (2.3)	29 (1.9)	29 (2.1)	29 (2.0)	30 (2.0)
20 and over...	86 (2.0)	25 (0.9)	29 (1.1)	24 (0.8)	20 (1.0)	25 (1.0)	28 (1.3)	27 (1.4)	27 (1.3)	29 (1.3)
2 and over...	87 (2.3)	25 (0.9)	29 (1.0)	24 (0.9)	21 (1.1)	26 (1.1)	28 (1.3)	27 (1.4)	27 (1.2)	29 (1.3)
All Individuals⁴:										
2 - 5.....	93 (1.2)	25 (0.9)	27 (1.0)	23 (0.9)	20 (1.0)	26 (1.0)	28 (1.1)	26 (1.2)	28 (1.3)	30 (1.2)
6 - 11.....	86 (2.3)	25 (0.8)	28 (1.0)	24 (0.8)	22 (0.8)	27 (0.7)	26 (0.9)	25 (0.9)	25 (1.1)	27 (1.2)
12 - 19.....	78 (2.1)	25 (1.1)	28 (1.1)	23 (1.2)	20 (1.1)	26 (1.6)	27 (1.2)	26 (1.4)	27 (1.2)	27 (1.1)
20 and over...	78 (1.2)	23 (0.4)	27 (0.6)	22 (0.3)	18 (0.4)	24 (0.4)	25 (0.6)	24 (0.7)	25 (0.6)	27 (0.7)
2 and over...	80 (1.2)	24 (0.5)	27 (0.6)	22 (0.4)	19 (0.4)	25 (0.4)	26 (0.6)	25 (0.7)	25 (0.6)	27 (0.7)

Table 19. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars 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)	
\$0 - \$24,999:										
2 - 5.....	25 (2.0)	19 (1.4)	32 (4.1)	37 (4.1)	22 (1.4)	19 (1.2)	26 (1.3)	20 (1.2)	19 (1.6)	
6 - 11.....	23 (1.9)	23 (2.0)	31 (4.0)	38 (5.3)	25 (1.3)	24 (1.4)	24 (1.3)	20 (1.4)	22 (1.1)	
12 - 19.....	26 (1.9)	22 (2.2)	29 (5.2)	31 (2.0)	25 (1.5)	23 (1.6)	28 (2.3)	24 (2.3)	26 (2.0)	
20 and over...	22 (0.9)	19 (0.9)	26 (2.4)	28 (2.9)	24 (1.0)	17 (0.8)	24 (0.8)	20 (0.9)	21 (0.9)	
2 and over...	23 (0.7)	19 (0.7)	27 (2.1)	30 (2.0)	24 (0.8)	19 (0.6)	24 (0.8)	21 (0.8)	22 (0.7)	
\$25,000 - \$74,999:										
2 - 5.....	23 (1.9)	16 (1.1)	21 (3.6)	34 (3.4)	23 (1.3)	19 (0.9)	25 (1.1)	19 (1.1)	20 (1.7)	
6 - 11.....	22 (1.4)	20 (1.4)	28 (3.7)	30 (2.8)	24 (1.4)	21 (0.9)	24 (1.2)	19 (1.1)	20 (1.7)	
12 - 19.....	21 (2.5)	20 (2.0)	31 (4.9)	39 (4.6)	26 (1.8)	19 (1.6)	25 (1.3)	19 (1.5)	21 (1.4)	
20 and over...	23 (1.1)	19 (0.8)	26 (1.3)	28 (2.4)	23 (0.6)	18 (0.6)	24 (0.8)	21 (0.7)	21 (0.6)	
2 and over...	23 (1.0)	19 (0.6)	26 (1.2)	30 (1.9)	24 (0.5)	19 (0.4)	24 (0.7)	20 (0.6)	21 (0.6)	
\$75,000 and higher:										
2 - 5.....	23 (2.2)	19 (2.2)	18 (3.9)	41 (9.0)	24 (1.6)	21 (1.2)	26 (1.4)	21 (1.1)	22 (1.1)	
6 - 11.....	21 (2.4)	21 (2.4)	34 (7.4)	28 (5.6)	25 (2.2)	21 (1.7)	28 (2.5)	22 (1.8)	23 (2.7)	
12 - 19.....	25 (1.8)	19 (1.9)	14 (2.9)	34 (4.9)	26 (1.5)	23 (1.7)	28 (1.9)	22 (1.9)	23 (2.3)	
20 and over...	28 (1.9)	25 (1.2)	35 (1.7)	30 (1.6)	26 (1.0)	20 (1.0)	27 (1.1)	23 (1.0)	23 (0.8)	
2 and over...	27 (1.6)	24 (0.9)	33 (1.7)	31 (1.1)	26 (0.9)	21 (0.9)	27 (0.9)	23 (0.9)	23 (0.8)	
All Individuals⁴:										
2 - 5.....	23 (1.4)	18 (0.9)	23 (2.5)	35 (3.8)	23 (0.9)	20 (0.6)	25 (0.7)	20 (0.6)	20 (0.9)	
6 - 11.....	22 (1.2)	21 (0.8)	31 (2.8)	32 (3.0)	25 (1.0)	22 (0.7)	25 (0.9)	20 (0.8)	21 (1.0)	
12 - 19.....	23 (1.0)	20 (1.5)	23 (3.1)	32 (3.0)	26 (1.2)	22 (1.1)	26 (1.1)	22 (1.1)	23 (1.4)	
20 and over...	24 (1.0)	21 (0.7)	30 (1.1)	29 (1.4)	24 (0.5)	19 (0.6)	25 (0.6)	21 (0.5)	21 (0.4)	
2 and over...	24 (0.8)	21 (0.6)	29 (1.0)	30 (1.0)	24 (0.5)	19 (0.5)	25 (0.5)	21 (0.4)	22 (0.3)	

Table 19. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	24	(1.5)	19	(1.5)	18	(1.9)	19	(1.7)	26	(1.3)	30	(2.1)	23	(1.8)	26	(1.4)	24	(1.3)
6 - 11.....	26	(1.4)	23	(1.8)	23	(2.9)	28	(2.3)	25	(1.2)	25	(2.4)	29	(2.0)	28	(1.4)	27	(1.2)
12 - 19.....	25	(1.5)	25	(2.5)	17	(3.4)	21	(2.5)	22	(1.5)	27	(2.8)	24	(1.8)	26	(1.5)	23	(1.2)
20 and over...	21	(0.8)	21	(0.9)	18	(0.9)	16	(1.0)	21	(1.0)	25	(2.2)	20	(0.6)	23	(0.7)	20	(0.8)
2 and over...	22	(0.6)	21	(0.7)	18	(1.0)	18	(1.0)	22	(0.8)	25	(1.8)	22	(0.6)	24	(0.6)	21	(0.6)
\$25,000 - \$74,999:																		
2 - 5.....	22	(1.3)	19	(1.3)	20	(3.5)	18	(1.1)	25	(1.8)	28	(3.9)	21	(1.6)	24	(1.5)	23	(1.4)
6 - 11.....	24	(1.0)	21	(1.0)	22	(3.7)	23	(1.4)	23	(1.6)	23	(3.8)	25	(1.1)	26	(1.0)	24	(1.0)
12 - 19.....	22	(2.2)	25	(6.0)	15	(2.1)	18	(2.2)	23	(1.9)	26	(2.3)	23	(1.9)	25	(2.0)	23	(1.6)
20 and over...	21	(0.8)	22	(1.8)	20	(1.3)	18	(1.3)	21	(0.7)	26	(1.9)	22	(0.8)	24	(0.7)	20	(0.5)
2 and over...	22	(0.7)	22	(1.9)	19	(1.2)	19	(0.9)	22	(0.6)	26	(1.7)	22	(0.6)	24	(0.6)	21	(0.5)
\$75,000 and higher:																		
2 - 5.....	23	(1.3)	19	(1.1)	25	(2.4)	20	(1.9)	32	(1.8)	29	(4.7)	23	(0.9)	24	(1.1)	24	(1.0)
6 - 11.....	23	(2.3)	20	(2.2)	23	(2.6)	20	(3.2)	29	(3.2)	27	(2.7)	24	(2.4)	25	(1.8)	24	(2.1)
12 - 19.....	24	(1.5)	22	(2.1)	24	(5.7)	19	(2.2)	25	(3.2)	19	(2.6)	27	(2.0)	28	(1.8)	26	(2.0)
20 and over...	24	(1.2)	22	(1.6)	20	(1.2)	18	(1.0)	25	(1.2)	31	(1.6)	24	(1.0)	26	(1.1)	22	(0.7)
2 and over...	24	(1.0)	22	(1.3)	21	(1.4)	18	(1.1)	26	(1.4)	30	(1.5)	24	(0.9)	26	(1.0)	23	(0.8)
All Individuals⁴:																		
2 - 5.....	23	(0.9)	20	(0.9)	21	(2.5)	19	(0.9)	27	(0.9)	29	(2.5)	22	(1.1)	24	(1.1)	24	(0.9)
6 - 11.....	24	(0.9)	21	(1.0)	22	(1.9)	23	(1.4)	25	(1.1)	25	(1.7)	26	(1.1)	26	(0.8)	25	(0.8)
12 - 19.....	24	(1.0)	24	(2.5)	18	(2.2)	20	(1.7)	23	(1.8)	24	(1.2)	25	(1.3)	26	(1.2)	24	(1.2)
20 and over...	22	(0.7)	22	(1.2)	19	(0.6)	18	(0.8)	23	(0.6)	27	(1.1)	22	(0.5)	24	(0.6)	21	(0.4)
2 and over...	23	(0.6)	22	(1.1)	19	(0.5)	18	(0.8)	23	(0.6)	27	(1.0)	23	(0.5)	25	(0.5)	21	(0.4)

Table 19. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁵ % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
\$0 - \$24,999:								
2 - 5.....	20 (1.2)	22 (1.5)	27 (1.4)	28 (1.4)	25 (1.1)	31 (1.7)	25 (5.3)	-- --
6 - 11.....	22 (1.1)	25 (1.7)	27 (1.3)	29 (1.5)	28 (1.4)	28 (1.6)	18 (3.0)	-- --
12 - 19.....	24 (1.9)	28 (2.8)	24 (1.1)	30 (1.7)	24 (1.4)	28 (1.1)	18 (2.1)	-- --
20 and over...	23 (0.9)	24 (0.9)	21 (0.8)	26 (0.8)	21 (0.8)	27 (0.9)	8 (0.6)	2* (0.7)
2 and over...	23 (0.7)	24 (0.7)	22 (0.7)	27 (0.7)	22 (0.7)	28 (0.8)	8 (0.6)	-- --
\$25,000 - \$74,999:								
2 - 5.....	19 (1.2)	21 (1.5)	24 (1.6)	28 (1.2)	23 (1.5)	29 (1.3)	24 (4.0)	-- --
6 - 11.....	20 (0.9)	22 (1.0)	25 (1.2)	27 (1.1)	26 (1.0)	28 (1.2)	14 (3.1)	-- --
12 - 19.....	22 (1.6)	23 (1.5)	24 (2.1)	28 (2.2)	25 (1.7)	29 (2.1)	13 (2.3)	-- --
20 and over...	22 (0.5)	23 (0.7)	21 (0.5)	26 (0.9)	22 (0.6)	28 (0.8)	10 (1.0)	3* (1.0)
2 and over...	22 (0.5)	23 (0.6)	21 (0.4)	27 (0.8)	23 (0.5)	28 (0.7)	10 (0.9)	-- --
\$75,000 and higher:								
2 - 5.....	22 (0.9)	23 (0.8)	27 (1.3)	26 (1.4)	25 (1.1)	29 (1.9)	10* (4.0)	-- --
6 - 11.....	22 (2.1)	24 (1.8)	26 (2.2)	27 (2.2)	26 (1.8)	29 (2.3)	28 (5.6)	-- --
12 - 19.....	23 (2.1)	24 (2.3)	28 (2.0)	30 (2.0)	26 (1.7)	31 (2.4)	14 (4.2)	-- --
20 and over...	23 (0.8)	26 (1.1)	23 (0.7)	30 (1.1)	24 (0.8)	31 (1.2)	10 (1.0)	2* (0.5)
2 and over...	23 (0.9)	25 (1.0)	24 (0.9)	29 (1.0)	24 (0.8)	31 (1.2)	11 (0.9)	-- --
All Individuals⁴:								
2 - 5.....	20 (0.8)	22 (0.9)	26 (1.1)	28 (1.0)	24 (0.9)	30 (1.2)	21 (2.8)	-- --
6 - 11.....	21 (0.9)	23 (0.8)	26 (0.7)	28 (1.1)	26 (0.6)	29 (1.0)	19 (2.5)	-- --
12 - 19.....	23 (1.3)	25 (1.5)	25 (1.3)	29 (1.2)	25 (1.0)	29 (1.2)	14 (1.8)	-- --
20 and over...	22 (0.4)	24 (0.6)	22 (0.5)	27 (0.6)	23 (0.4)	29 (0.6)	9 (0.5)	2 (0.4)
2 and over...	22 (0.4)	24 (0.5)	22 (0.5)	28 (0.6)	23 (0.4)	29 (0.6)	10 (0.5)	-- --

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 2.04.

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 2.04.

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 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2009-2010.
- ³ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as lunch.
- ⁴ Includes persons of all income levels or with unknown family income.
- ⁵ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁶ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 20. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010

Family income as % of Federal poverty threshold and age (years)	Percent reporting ⁴ % (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)
Under 131% poverty:										
2 - 5.....	90 (1.7)	25 (1.2)	27 (1.3)	23 (1.2)	19 (1.4)	27 (1.5)	27 (1.4)	26 (1.7)	28 (1.6)	29 (1.4)
6 - 11.....	86 (2.2)	26 (1.1)	28 (1.3)	25 (1.2)	23 (1.4)	29 (1.3)	26 (1.2)	26 (1.3)	26 (1.4)	27 (1.4)
12 - 19.....	79 (2.8)	25 (1.0)	28 (1.7)	23 (1.0)	20 (0.8)	25 (2.3)	27 (1.4)	26 (1.5)	26 (1.5)	28 (1.6)
20 and over...	71 (1.6)	22 (0.7)	27 (0.9)	21 (0.6)	17 (0.5)	24 (0.9)	25 (1.0)	24 (1.0)	25 (1.1)	26 (1.2)
2 and over...	75 (1.3)	23 (0.5)	27 (0.8)	22 (0.5)	18 (0.5)	25 (0.7)	25 (0.8)	24 (0.8)	25 (0.9)	26 (1.0)
131-185% poverty:										
2 - 5.....	93* (2.4)	26 (2.7)	25 (3.1)	25 (3.1)	21 (4.7)	25 (2.5)	28 (3.3)	26 (2.9)	28 (3.6)	30 (3.6)
6 - 11.....	88 (3.4)	25 (1.5)	28 (1.2)	25 (1.7)	21 (2.1)	28 (1.9)	25 (2.0)	25 (1.8)	24 (2.0)	26 (2.7)
12 - 19.....	71 (5.9)	22 (4.2)	27 (4.4)	20 (4.3)	16 (4.7)	25 (3.8)	23 (4.0)	22 (4.4)	23 (4.1)	25 (3.9)
20 and over...	73 (2.4)	23 (0.9)	25 (1.3)	21 (1.0)	16 (1.1)	25 (1.1)	25 (0.8)	23 (0.8)	25 (0.7)	27 (1.5)
2 and over...	75 (2.1)	23 (0.9)	25 (1.3)	21 (0.9)	17 (1.0)	25 (0.9)	25 (0.8)	23 (0.7)	25 (0.8)	27 (1.3)
Over 185% poverty:										
2 - 5.....	95* (1.8)	25 (0.9)	26 (1.2)	23 (0.7)	21 (0.6)	26 (1.1)	28 (1.4)	26 (1.4)	28 (1.5)	31 (2.0)
6 - 11.....	85 (3.8)	24 (1.3)	27 (1.4)	23 (1.3)	21 (1.4)	26 (1.3)	25 (1.5)	24 (1.6)	26 (1.7)	26 (1.8)
12 - 19.....	81 (3.1)	26 (1.4)	28 (1.5)	25 (1.5)	21 (1.7)	27 (1.7)	28 (1.3)	27 (1.5)	28 (1.3)	29 (1.5)
20 and over...	83 (1.8)	24 (0.6)	28 (0.9)	22 (0.5)	19 (0.6)	24 (0.6)	26 (1.0)	25 (1.0)	25 (0.9)	27 (1.0)
2 and over...	83 (1.8)	24 (0.6)	28 (0.8)	23 (0.5)	20 (0.5)	24 (0.7)	26 (0.9)	25 (1.0)	26 (0.9)	28 (1.0)
All Individuals⁵:										
2 - 5.....	93 (1.2)	25 (0.9)	27 (1.0)	23 (0.9)	20 (1.0)	26 (1.0)	28 (1.1)	26 (1.2)	28 (1.3)	30 (1.2)
6 - 11.....	86 (2.3)	25 (0.8)	28 (1.0)	24 (0.8)	22 (0.8)	27 (0.7)	26 (0.9)	25 (0.9)	25 (1.1)	27 (1.2)
12 - 19.....	78 (2.1)	25 (1.1)	28 (1.1)	23 (1.2)	20 (1.1)	26 (1.6)	27 (1.2)	26 (1.4)	27 (1.2)	27 (1.1)
20 and over...	78 (1.2)	23 (0.4)	27 (0.6)	22 (0.3)	18 (0.4)	24 (0.4)	25 (0.6)	24 (0.7)	25 (0.6)	27 (0.7)
2 and over...	80 (1.2)	24 (0.5)	27 (0.6)	22 (0.4)	19 (0.4)	25 (0.4)	26 (0.6)	25 (0.7)	25 (0.6)	27 (0.7)

Table 20. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Under 131% poverty:									
2 - 5.....	23 (1.9)	19 (1.1)	36 (2.8)	34 (4.1)	22 (1.3)	19 (1.0)	26 (1.3)	20 (1.1)	18 (1.4)
6 - 11.....	23 (1.6)	22 (1.5)	28 (3.7)	37 (4.5)	25 (1.3)	24 (1.2)	24 (1.3)	20 (1.5)	21 (1.3)
12 - 19.....	23 (1.7)	22 (2.1)	33 (6.3)	30 (3.4)	24 (1.3)	22 (1.4)	27 (2.1)	23 (2.3)	25 (1.5)
20 and over...	24 (0.9)	19 (0.8)	27 (2.4)	28 (2.3)	24 (0.9)	18 (0.8)	25 (0.9)	21 (0.9)	21 (0.9)
2 and over...	23 (0.7)	20 (0.7)	28 (2.3)	29 (1.4)	24 (0.7)	19 (0.6)	25 (0.8)	21 (0.9)	22 (0.8)
131-185% poverty:									
2 - 5.....	26 (3.7)	14* (2.0)	23 (5.5)	38 (8.4)	25 (3.3)	18 (2.0)	25 (1.8)	20 (2.9)	24 (3.4)
6 - 11.....	22 (1.5)	22 (2.4)	37 (9.2)	32 (4.1)	27 (2.1)	22 (1.7)	23 (2.2)	18 (2.0)	23 (1.9)
12 - 19.....	23 (3.8)	18 (4.5)	26 (5.6)	36 (7.6)	24 (4.0)	19 (4.0)	25 (3.9)	21 (2.7)	20 (3.6)
20 and over...	21 (1.3)	18 (1.2)	27 (3.0)	27 (4.9)	24 (1.3)	16 (1.0)	24 (1.3)	22 (1.4)	22 (1.0)
2 and over...	22 (1.1)	18 (1.1)	28 (2.8)	28 (3.9)	24 (1.1)	17 (1.0)	24 (1.4)	21 (1.3)	22 (0.8)
Over 185% poverty:									
2 - 5.....	23 (1.6)	19 (1.3)	18 (3.1)	39 (5.6)	23 (1.2)	21 (0.8)	26 (1.3)	20 (0.6)	21 (1.0)
6 - 11.....	21 (1.6)	20 (1.6)	32 (5.8)	27 (3.9)	24 (1.6)	21 (1.1)	26 (1.6)	21 (1.3)	21 (1.6)
12 - 19.....	23 (1.5)	19 (1.4)	16 (2.4)	37 (4.2)	27 (1.3)	22 (1.4)	27 (1.5)	21 (1.6)	22 (2.0)
20 and over...	25 (1.3)	22 (1.0)	30 (1.0)	30 (1.5)	24 (0.7)	19 (0.8)	25 (0.8)	22 (0.6)	22 (0.4)
2 and over...	25 (1.1)	22 (0.8)	29 (1.0)	30 (1.1)	25 (0.7)	20 (0.6)	26 (0.7)	21 (0.5)	22 (0.3)
All Individuals⁵:									
2 - 5.....	23 (1.4)	18 (0.9)	23 (2.5)	35 (3.8)	23 (0.9)	20 (0.6)	25 (0.7)	20 (0.6)	20 (0.9)
6 - 11.....	22 (1.2)	21 (0.8)	31 (2.8)	32 (3.0)	25 (1.0)	22 (0.7)	25 (0.9)	20 (0.8)	21 (1.0)
12 - 19.....	23 (1.0)	20 (1.5)	23 (3.1)	32 (3.0)	26 (1.2)	22 (1.1)	26 (1.1)	22 (1.1)	23 (1.4)
20 and over...	24 (1.0)	21 (0.7)	30 (1.1)	29 (1.4)	24 (0.5)	19 (0.6)	25 (0.6)	21 (0.5)	21 (0.4)
2 and over...	24 (0.8)	21 (0.6)	29 (1.0)	30 (1.0)	24 (0.5)	19 (0.5)	25 (0.5)	21 (0.4)	22 (0.3)

Table 20. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
Under 131% poverty:										
2 - 5.....	23 (1.4)	19 (1.5)	18 (1.8)	18 (1.5)	25 (1.2)	30 (1.6)	22 (1.6)	25 (1.3)	24 (1.2)	
6 - 11.....	26 (1.3)	23 (1.5)	24 (2.7)	26 (1.9)	24 (1.3)	27 (2.5)	28 (1.7)	28 (1.2)	26 (1.0)	
12 - 19.....	24 (1.4)	23 (2.1)	16 (3.0)	20 (2.1)	23 (1.3)	28 (2.6)	24 (1.6)	26 (1.4)	24 (1.5)	
20 and over...	22 (0.8)	22 (1.1)	18 (1.0)	16 (1.2)	21 (1.0)	27 (2.0)	21 (0.8)	24 (0.9)	20 (0.8)	
2 and over...	23 (0.6)	22 (0.9)	18 (1.0)	18 (1.1)	22 (0.8)	27 (1.5)	22 (0.7)	25 (0.7)	22 (0.7)	
131-185% poverty:										
2 - 5.....	23 (2.4)	18 (2.5)	27* (9.0)	14* (2.4)	26 (2.4)	25 (6.8)	17* (3.5)	22 (3.0)	22 (2.7)	
6 - 11.....	24 (1.4)	19 (1.7)	23 (3.5)	24 (2.6)	23 (2.3)	21 (3.3)	26 (1.5)	27 (1.1)	25 (1.2)	
12 - 19.....	23 (3.9)	20 (3.9)	17 (2.6)	18* (5.8)	21 (2.7)	23 (3.8)	21 (5.0)	23 (4.9)	22 (3.6)	
20 and over...	20 (1.1)	17 (1.4)	18 (1.7)	14 (1.0)	22 (1.4)	25 (2.7)	19 (0.9)	22 (0.9)	20 (0.8)	
2 and over...	21 (1.1)	17 (1.2)	19 (1.7)	15 (1.0)	22 (1.2)	24 (2.4)	20 (0.8)	23 (1.0)	21 (0.8)	
Over 185% poverty:										
2 - 5.....	23 (1.0)	20 (1.3)	21 (1.7)	21 (1.2)	30 (1.1)	29 (4.0)	24 (0.8)	25 (1.1)	24 (0.9)	
6 - 11.....	23 (1.4)	20 (1.7)	22 (2.8)	21 (2.2)	27 (2.5)	25 (2.0)	24 (1.6)	25 (1.2)	24 (1.5)	
12 - 19.....	24 (1.4)	25 (4.1)	21 (3.5)	19 (1.7)	24 (2.4)	21 (1.8)	26 (1.4)	27 (1.3)	25 (1.5)	
20 and over...	23 (0.9)	22 (1.9)	20 (0.9)	18 (1.0)	23 (0.8)	28 (1.3)	23 (0.8)	25 (0.8)	21 (0.6)	
2 and over...	23 (0.7)	22 (1.9)	20 (0.9)	19 (0.8)	24 (0.9)	27 (1.2)	23 (0.6)	25 (0.7)	21 (0.6)	
All Individuals⁵:										
2 - 5.....	23 (0.9)	20 (0.9)	21 (2.5)	19 (0.9)	27 (0.9)	29 (2.5)	22 (1.1)	24 (1.1)	24 (0.9)	
6 - 11.....	24 (0.9)	21 (1.0)	22 (1.9)	23 (1.4)	25 (1.1)	25 (1.7)	26 (1.1)	26 (0.8)	25 (0.8)	
12 - 19.....	24 (1.0)	24 (2.5)	18 (2.2)	20 (1.7)	23 (1.8)	24 (1.2)	25 (1.3)	26 (1.2)	24 (1.2)	
20 and over...	22 (0.7)	22 (1.2)	19 (0.6)	18 (0.8)	23 (0.6)	27 (1.1)	22 (0.5)	24 (0.6)	21 (0.4)	
2 and over...	23 (0.6)	22 (1.1)	19 (0.5)	18 (0.8)	23 (0.6)	27 (1.0)	23 (0.5)	25 (0.5)	21 (0.4)	

Table 20. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁶ % (SE)	Caffeine % (SE)	Alcohol ⁷ % (SE)
Under 131% poverty:								
2 - 5.....	20 (1.2)	22 (1.6)	26 (1.3)	27 (1.2)	25 (1.0)	30 (1.5)	26 (4.3)	-- --
6 - 11.....	22 (1.4)	24 (1.7)	27 (1.3)	28 (1.3)	28 (1.3)	28 (1.3)	19 (4.7)	-- --
12 - 19.....	23 (1.5)	27 (2.2)	24 (1.4)	29 (1.4)	25 (1.7)	28 (1.2)	17 (3.4)	-- --
20 and over...	23 (0.8)	25 (1.1)	22 (0.8)	27 (0.9)	22 (0.8)	28 (0.9)	9 (0.8)	2* (0.7)
2 and over...	22 (0.6)	25 (0.8)	23 (0.6)	27 (0.7)	23 (0.7)	28 (0.7)	9 (0.7)	-- --
131-185% poverty:								
2 - 5.....	22 (1.5)	21 (2.2)	27 (2.6)	30 (1.5)	23 (3.5)	29 (2.4)	19* (8.1)	-- --
6 - 11.....	21 (1.5)	23 (1.5)	28 (2.1)	29 (1.3)	27 (1.5)	30 (1.7)	12* (4.7)	-- --
12 - 19.....	19 (3.2)	23 (4.1)	23 (4.0)	28 (4.2)	23 (3.3)	26 (4.5)	8* (3.4)	-- --
20 and over...	22 (0.8)	23 (1.1)	20 (1.1)	25 (1.4)	21 (1.1)	28 (1.3)	8 (1.3)	7* (4.3)
2 and over...	22 (0.8)	23 (1.1)	21 (1.1)	26 (1.3)	22 (1.1)	28 (1.2)	8 (1.2)	-- --
Over 185% poverty:								
2 - 5.....	20 (0.9)	23 (1.3)	25 (1.1)	28 (1.5)	25 (0.8)	29 (1.6)	18 (4.6)	-- --
6 - 11.....	21 (1.5)	23 (1.5)	25 (1.4)	26 (1.4)	25 (1.2)	28 (1.4)	21 (3.7)	-- --
12 - 19.....	24 (1.8)	24 (1.9)	27 (1.7)	30 (1.8)	25 (1.2)	31 (1.7)	15 (3.4)	-- --
20 and over...	22 (0.6)	24 (0.9)	22 (0.6)	28 (0.9)	23 (0.6)	30 (0.9)	10 (0.7)	2* (0.3)
2 and over...	22 (0.6)	24 (0.7)	22 (0.7)	28 (0.9)	23 (0.5)	30 (0.9)	10 (0.7)	-- --
All Individuals⁵:								
2 - 5.....	20 (0.8)	22 (0.9)	26 (1.1)	28 (1.0)	24 (0.9)	30 (1.2)	21 (2.8)	-- --
6 - 11.....	21 (0.9)	23 (0.8)	26 (0.7)	28 (1.1)	26 (0.6)	29 (1.0)	19 (2.5)	-- --
12 - 19.....	23 (1.3)	25 (1.5)	25 (1.3)	29 (1.2)	25 (1.0)	29 (1.2)	14 (1.8)	-- --
20 and over...	22 (0.4)	24 (0.6)	22 (0.5)	27 (0.6)	23 (0.4)	29 (0.6)	9 (0.5)	2 (0.4)
2 and over...	22 (0.4)	24 (0.5)	22 (0.5)	28 (0.6)	23 (0.4)	29 (0.6)	10 (0.5)	-- --

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 2.04.

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 2.04.

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 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2009-2010.
- ³ Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.
- ⁴ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as lunch.
- ⁵ Includes persons of all income levels or with unknown family income.
- ⁶ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁷ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 21. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, in the United States, 2009-2010

Gender 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)
Males:										
2 - 5.....	96 (1.1)	26 (0.8)	34 (1.4)	23 (0.7)	19 (0.6)	29 (1.2)	28 (1.2)	27 (1.4)	29 (1.2)	28 (1.4)
6 - 11.....	94 (0.9)	31 (1.2)	39 (1.7)	27 (1.0)	21 (1.0)	32 (1.4)	34 (1.5)	33 (1.6)	35 (1.6)	35 (1.4)
12 - 19.....	93 (0.9)	33 (1.2)	44 (1.4)	29 (1.2)	22 (1.3)	34 (1.8)	36 (1.7)	36 (1.6)	36 (1.6)	35 (2.5)
20 - 29.....	88 (2.1)	34 (1.0)	42 (1.5)	30 (1.2)	22 (1.6)	37 (1.9)	37 (1.0)	37 (1.1)	37 (1.0)	37 (1.6)
30 - 39.....	92 (1.3)	36 (1.1)	45 (1.4)	31 (1.2)	22 (1.4)	40 (1.8)	40 (1.2)	39 (1.4)	40 (1.4)	38 (1.3)
40 - 49.....	94 (0.9)	37 (2.5)	47 (2.9)	32 (1.9)	24 (1.2)	37 (2.1)	41 (3.1)	41 (3.1)	41 (3.2)	41 (2.8)
50 - 59.....	93 (2.2)	37 (1.4)	46 (1.4)	32 (1.6)	24 (1.9)	38 (1.8)	40 (1.4)	38 (1.1)	39 (1.6)	42 (2.1)
60 - 69.....	94 (1.1)	39 (1.5)	46 (1.6)	34 (1.4)	27 (2.1)	39 (1.7)	41 (1.7)	40 (1.7)	41 (2.0)	43 (1.9)
70 and over.....	93 (1.5)	39 (1.9)	47 (1.8)	34 (1.8)	28 (2.3)	38 (1.9)	41 (2.3)	40 (2.6)	41 (2.0)	41 (2.3)
20 and over...	92 (0.7)	36 (0.9)	45 (1.1)	32 (0.7)	24 (0.8)	38 (1.0)	40 (1.0)	39 (1.1)	40 (1.1)	40 (0.9)
Females:										
2 - 5.....	95 (1.4)	27 (1.3)	33 (1.5)	23 (1.2)	17 (1.0)	27 (1.6)	30 (1.5)	28 (1.5)	31 (1.7)	33 (1.9)
6 - 11.....	95 (1.1)	33 (1.5)	42 (1.9)	29 (1.3)	24 (1.3)	33 (2.1)	35 (1.8)	34 (2.2)	36 (2.0)	36 (1.5)
12 - 19.....	89 (1.6)	33 (0.9)	41 (1.3)	29 (0.8)	23 (1.3)	34 (1.0)	35 (1.5)	33 (1.4)	36 (1.3)	35 (2.0)
20 - 29.....	93 (1.4)	35 (1.0)	43 (1.1)	30 (0.9)	23 (1.3)	37 (1.5)	38 (1.4)	37 (1.7)	38 (1.4)	39 (1.4)
30 - 39.....	91 (1.4)	33 (0.9)	41 (1.4)	29 (0.9)	21 (1.2)	32 (1.6)	35 (1.1)	35 (1.1)	34 (1.3)	36 (1.5)
40 - 49.....	92 (1.0)	35 (1.0)	45 (1.0)	30 (1.2)	22 (1.1)	37 (1.2)	37 (1.3)	36 (1.5)	37 (1.5)	37 (0.9)
50 - 59.....	92 (2.3)	36 (1.3)	44 (1.3)	30 (1.2)	22 (1.4)	36 (1.4)	38 (1.6)	37 (1.6)	38 (1.8)	40 (1.8)
60 - 69.....	94 (1.1)	37 (1.5)	44 (1.4)	32 (1.6)	25 (2.3)	38 (1.3)	40 (1.9)	38 (2.1)	40 (2.0)	41 (2.0)
70 and over.....	94 (1.0)	38 (1.3)	45 (1.6)	33 (1.4)	28 (1.6)	36 (1.3)	41 (1.3)	40 (1.9)	41 (1.3)	42 (0.9)
20 and over...	93 (0.6)	35 (0.6)	44 (0.6)	30 (0.6)	23 (0.8)	36 (0.8)	38 (0.8)	37 (0.9)	38 (0.8)	39 (0.6)
Males and females:										
2 and over...	93 (0.5)	35 (0.7)	44 (0.8)	30 (0.5)	23 (0.5)	36 (0.7)	38 (0.8)	37 (0.9)	38 (0.9)	38 (0.7)

Table 21. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	30 (2.0)	24 (2.1)	54 (5.9)	54 (5.0)	26 (1.4)	21 (1.4)	32 (1.5)	27 (1.4)	22 (1.3)
6 - 11.....	36 (1.6)	27 (1.6)	54 (5.4)	51 (3.6)	30 (1.4)	25 (1.2)	35 (1.5)	30 (1.4)	27 (1.5)
12 - 19.....	44 (2.4)	28 (1.3)	51 (6.2)	49 (4.5)	34 (1.6)	27 (1.1)	39 (1.5)	35 (1.7)	30 (2.2)
20 - 29.....	40 (2.8)	30 (1.6)	50 (2.7)	53 (5.7)	34 (1.5)	28 (1.3)	37 (1.5)	31 (2.1)	33 (1.9)
30 - 39.....	40 (1.6)	34 (1.8)	52 (4.5)	60 (5.0)	37 (1.6)	30 (1.5)	39 (1.6)	34 (1.6)	37 (1.8)
40 - 49.....	42 (2.5)	34 (3.2)	49 (9.0)	59 (8.1)	40 (3.6)	29 (2.7)	42 (3.5)	39 (3.0)	35 (2.6)
50 - 59.....	42 (1.9)	37 (1.9)	58 (2.5)	49 (7.4)	36 (1.8)	28 (1.2)	42 (1.8)	42 (1.2)	35 (1.8)
60 - 69.....	41 (1.9)	39 (2.2)	61 (3.6)	57 (6.0)	38 (1.9)	28 (1.3)	42 (1.8)	39 (1.4)	34 (1.6)
70 and over.....	43 (1.9)	37 (3.3)	60 (3.2)	59 (5.5)	35 (2.0)	28 (1.4)	40 (1.8)	37 (2.1)	29 (1.1)
20 and over...	41 (1.4)	35 (0.9)	54 (2.1)	56 (2.8)	37 (1.1)	28 (0.9)	40 (1.2)	37 (1.1)	35 (0.7)
Females:									
2 - 5.....	30 (2.1)	21 (2.1)	38 (7.7)	46 (5.2)	26 (1.5)	21 (1.3)	32 (2.0)	26 (1.6)	24 (1.9)
6 - 11.....	40 (2.0)	27 (2.3)	50 (4.4)	58 (4.4)	31 (1.9)	26 (2.1)	37 (1.7)	33 (1.6)	29 (2.0)
12 - 19.....	39 (2.3)	31 (1.6)	62 (3.7)	54 (5.5)	33 (0.7)	27 (0.9)	39 (1.1)	34 (1.3)	29 (0.9)
20 - 29.....	38 (2.2)	29 (1.8)	46 (3.2)	49 (7.1)	34 (0.9)	27 (0.8)	38 (0.7)	32 (1.1)	32 (0.9)
30 - 39.....	37 (1.6)	29 (2.3)	39 (5.3)	52 (3.6)	33 (1.4)	26 (1.5)	37 (1.5)	34 (2.0)	33 (1.5)
40 - 49.....	41 (2.5)	36 (1.7)	52 (3.3)	53 (5.4)	38 (1.7)	29 (0.8)	41 (1.2)	39 (1.4)	35 (2.2)
50 - 59.....	40 (1.8)	38 (2.5)	63 (4.8)	43 (4.2)	35 (1.5)	26 (0.9)	40 (1.3)	38 (1.2)	34 (1.1)
60 - 69.....	43 (2.6)	40 (2.1)	58 (2.3)	59 (3.5)	36 (1.5)	28 (0.8)	41 (1.9)	39 (1.5)	35 (1.7)
70 and over.....	44 (2.2)	39 (2.1)	59 (4.3)	48 (3.3)	34 (1.2)	28 (0.9)	39 (1.4)	38 (1.5)	31 (1.2)
20 and over...	40 (1.0)	35 (0.9)	54 (2.4)	51 (2.2)	35 (0.6)	27 (0.4)	40 (0.5)	36 (0.6)	33 (0.6)
Males and females:									
2 and over...	40 (1.2)	33 (0.7)	54 (1.5)	53 (1.8)	35 (0.6)	27 (0.5)	39 (0.7)	36 (0.6)	33 (0.6)

Table 21. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	29	(1.4)	23	(1.6)	22	(2.0)	20	(1.1)	28	(1.8)	38	(2.6)	22	(1.5)	28	(1.4)	27	(1.0)
6 - 11.....	33	(1.5)	30	(2.0)	26	(2.2)	21	(1.2)	30	(1.6)	45	(2.5)	26	(1.4)	32	(1.3)	30	(1.2)
12 - 19.....	40	(1.5)	33	(1.5)	32	(3.0)	28	(1.8)	33	(2.7)	50	(2.6)	30	(1.1)	37	(1.1)	34	(0.9)
20 - 29.....	37	(1.6)	34	(2.2)	24	(2.2)	29	(2.5)	34	(1.6)	48	(2.7)	31	(1.2)	37	(1.1)	31	(1.3)
30 - 39.....	39	(1.2)	38	(3.0)	30	(2.3)	32	(2.8)	36	(1.6)	55	(3.1)	33	(1.9)	39	(1.3)	34	(1.2)
40 - 49.....	39	(2.7)	39	(4.1)	35	(3.1)	35	(6.2)	38	(2.9)	52	(3.9)	31	(2.6)	39	(2.5)	34	(2.0)
50 - 59.....	41	(1.1)	41	(1.7)	36	(2.6)	36	(2.3)	38	(2.4)	65	(2.4)	31	(1.5)	39	(1.5)	35	(1.5)
60 - 69.....	41	(1.4)	39	(3.5)	34	(2.3)	34	(3.9)	39	(2.3)	58	(4.1)	30	(1.5)	39	(1.5)	34	(1.4)
70 and over.....	42	(1.5)	38	(3.2)	34	(1.2)	32	(3.8)	36	(1.0)	58	(1.2)	29	(1.9)	38	(1.8)	34	(1.2)
20 and over...	40	(1.1)	38	(1.5)	32	(1.1)	33	(1.7)	37	(0.9)	56	(1.4)	31	(0.8)	39	(0.9)	34	(0.8)
Females:																		
2 - 5.....	29	(1.7)	21	(1.5)	21	(2.2)	18	(1.5)	29	(1.8)	43	(5.1)	21	(1.2)	27	(1.1)	26	(1.3)
6 - 11.....	37	(2.0)	29	(3.0)	29	(2.8)	24	(3.5)	34	(1.7)	49	(3.1)	28	(2.2)	34	(1.6)	32	(1.7)
12 - 19.....	37	(1.6)	29	(2.1)	29	(2.7)	24	(3.0)	32	(1.8)	51	(4.1)	28	(1.4)	34	(1.1)	31	(1.1)
20 - 29.....	37	(1.2)	31	(1.5)	24	(1.8)	28	(3.4)	33	(1.4)	48	(3.5)	30	(1.0)	37	(1.0)	32	(0.8)
30 - 39.....	36	(1.3)	33	(2.4)	25	(1.9)	29	(2.5)	32	(2.3)	42	(4.0)	29	(1.6)	35	(1.3)	29	(1.3)
40 - 49.....	41	(1.4)	52	(9.1)	35	(2.6)	35	(2.0)	35	(1.1)	61	(4.1)	29	(1.2)	38	(0.9)	32	(0.5)
50 - 59.....	40	(1.2)	30	(3.6)	31	(1.3)	35	(3.9)	34	(1.6)	67	(3.8)	29	(1.5)	36	(1.3)	33	(1.1)
60 - 69.....	41	(1.6)	40	(2.9)	33	(2.2)	31	(2.7)	36	(1.4)	60	(2.7)	27	(1.3)	36	(1.0)	32	(0.6)
70 and over.....	41	(1.6)	37	(2.1)	30	(1.6)	32	(2.3)	38	(1.3)	55	(4.2)	28	(1.4)	37	(1.3)	33	(1.1)
20 and over...	39	(0.6)	37	(3.3)	30	(0.9)	32	(1.3)	34	(0.6)	57	(1.8)	29	(0.7)	36	(0.5)	32	(0.4)
Males and females:																		
2 and over...	39	(0.9)	36	(1.4)	30	(0.7)	30	(0.9)	35	(0.5)	55	(1.3)	29	(0.6)	37	(0.6)	32	(0.5)

Table 21. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁴ % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
Males:								
2 - 5.....	23 (1.0)	30 (1.5)	29 (1.1)	36 (1.3)	28 (0.8)	34 (0.9)	31 (5.5)	-- --
6 - 11.....	28 (1.2)	34 (1.9)	32 (1.4)	40 (1.9)	32 (1.3)	37 (1.8)	30 (5.2)	-- --
12 - 19.....	32 (1.3)	41 (1.7)	34 (1.2)	44 (1.7)	37 (0.9)	41 (1.5)	12 (2.5)	-- --
20 - 29.....	32 (1.4)	38 (1.5)	33 (1.8)	43 (1.4)	34 (1.3)	41 (1.4)	10 (2.2)	-- --
30 - 39.....	36 (1.8)	44 (2.0)	37 (1.3)	45 (1.3)	38 (1.0)	43 (1.0)	10 (1.7)	-- --
40 - 49.....	37 (3.1)	43 (3.2)	37 (2.7)	48 (2.7)	37 (2.4)	46 (2.9)	7 (1.0)	-- --
50 - 59.....	36 (1.5)	44 (2.6)	39 (2.2)	46 (1.6)	38 (1.5)	44 (1.9)	5 (1.3)	-- --
60 - 69.....	35 (1.6)	41 (1.8)	38 (1.6)	46 (1.9)	38 (1.5)	46 (1.7)	10 (0.8)	-- --
70 and over.....	32 (1.9)	40 (2.2)	39 (1.9)	46 (1.6)	38 (1.6)	46 (1.7)	9 (1.0)	-- --
20 and over...	35 (1.0)	42 (1.4)	37 (1.0)	45 (1.1)	37 (0.9)	44 (1.0)	8 (0.7)	27 (1.8)
Females:								
2 - 5.....	22 (1.4)	28 (1.8)	29 (1.7)	36 (1.7)	26 (1.3)	36 (1.7)	27 (3.4)	-- --
6 - 11.....	29 (1.8)	36 (2.7)	34 (1.9)	43 (2.3)	35 (1.7)	40 (1.6)	30 (3.7)	-- --
12 - 19.....	30 (0.7)	36 (1.6)	31 (1.0)	41 (1.3)	35 (1.0)	39 (1.1)	25 (3.4)	-- --
20 - 29.....	33 (0.8)	39 (1.0)	33 (1.5)	44 (0.9)	35 (0.7)	41 (0.7)	13 (2.2)	-- --
30 - 39.....	31 (1.3)	36 (1.5)	30 (1.1)	42 (1.3)	32 (1.1)	41 (1.0)	9 (1.9)	-- --
40 - 49.....	35 (1.3)	41 (1.4)	33 (0.7)	47 (1.5)	36 (0.6)	44 (1.0)	6 (0.7)	-- --
50 - 59.....	34 (1.1)	39 (1.6)	31 (1.4)	44 (1.5)	36 (1.0)	44 (1.6)	6 (1.1)	-- --
60 - 69.....	36 (1.7)	40 (1.0)	38 (3.0)	46 (1.6)	35 (0.6)	45 (1.3)	6 (0.8)	-- --
70 and over.....	32 (1.0)	39 (1.5)	37 (1.5)	45 (1.6)	37 (1.3)	45 (1.6)	8 (1.3)	-- --
20 and over...	33 (0.5)	39 (0.7)	33 (0.8)	45 (0.6)	35 (0.4)	43 (0.5)	8 (0.7)	44 (3.7)
Males and females:								
2 and over...	33 (0.7)	40 (1.0)	35 (0.7)	44 (0.8)	36 (0.6)	43 (0.7)	9 (0.5)	-- --

Footnotes

- ¹ Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.
- ² Percentages are estimated as a ratio of total nutrients from dinner 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 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2009-2010.
- ³ The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as dinner.
- ⁴ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁵ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 22. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, in the United States, 2009-2010

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.....	98* (1.2)	28 (1.0)	35 (1.1)	24 (1.2)	19 (1.0)	29 (2.0)	30 (1.2)	29 (1.3)	31 (1.4)	31 (1.5)
6 - 11.....	98* (0.9)	33 (1.7)	43 (2.4)	28 (1.4)	23 (1.6)	34 (2.2)	36 (2.1)	35 (2.2)	37 (2.4)	36 (1.9)
12 - 19.....	94 (1.1)	32 (0.9)	44 (1.4)	27 (0.9)	20 (0.6)	34 (1.5)	35 (1.7)	34 (1.6)	36 (1.6)	35 (2.0)
20 and over...	95 (0.3)	37 (0.8)	47 (0.9)	32 (0.7)	23 (0.8)	38 (0.9)	41 (1.0)	40 (1.1)	40 (1.1)	41 (0.8)
2 and over...	95 (0.3)	36 (0.9)	46 (0.9)	31 (0.7)	23 (0.7)	37 (0.9)	40 (1.1)	39 (1.1)	40 (1.1)	40 (0.9)
Non-Hispanic Black:										
2 - 5.....	95* (1.9)	29 (1.8)	37 (2.3)	25 (1.8)	18 (1.5)	28 (2.5)	31 (1.9)	29 (2.2)	32 (2.0)	32 (2.0)
6 - 11.....	94* (1.6)	33 (1.7)	41 (2.2)	28 (1.4)	23 (1.5)	31 (2.2)	36 (2.1)	33 (2.4)	37 (2.0)	38 (3.0)
12 - 19.....	83 (1.9)	33 (2.1)	43 (2.6)	28 (1.9)	23 (1.9)	32 (2.4)	35 (2.7)	37 (3.1)	35 (2.6)	32 (3.1)
20 and over...	89 (1.3)	34 (0.8)	42 (1.2)	30 (0.8)	24 (1.0)	37 (1.2)	36 (1.3)	34 (1.3)	36 (1.2)	36 (1.5)
2 and over...	89 (1.0)	33 (0.7)	42 (1.1)	30 (0.6)	24 (0.7)	35 (1.0)	35 (1.2)	34 (1.3)	36 (1.2)	36 (1.4)
Hispanic⁴:										
<i>Mexican American</i>										
2 - 5.....	89 (2.2)	24 (1.2)	27 (1.9)	22 (1.1)	17 (1.1)	24 (1.9)	25 (1.2)	22 (1.5)	25 (1.4)	29 (1.3)
6 - 11.....	85 (2.5)	27 (1.5)	32 (1.7)	24 (1.5)	20 (1.5)	29 (1.7)	29 (1.5)	27 (1.8)	30 (1.5)	29 (1.8)
12 - 19.....	84 (2.1)	35 (2.0)	41 (1.7)	33 (2.0)	28 (2.1)	36 (2.7)	37 (2.2)	37 (2.5)	37 (2.1)	36 (2.7)
20 and over...	84 (1.9)	32 (0.8)	37 (0.8)	29 (0.9)	25 (1.4)	33 (1.2)	33 (1.0)	32 (1.0)	34 (1.0)	33 (1.3)
2 and over...	85 (1.4)	31 (0.5)	37 (0.6)	29 (0.5)	24 (0.9)	33 (0.8)	33 (0.7)	32 (0.8)	33 (0.7)	33 (0.9)
<i>All Hispanic</i>										
2 - 5.....	90 (2.0)	24 (1.0)	29 (1.5)	22 (0.9)	17 (0.9)	25 (1.6)	26 (1.1)	23 (1.3)	26 (1.3)	29 (1.3)
6 - 11.....	87 (1.8)	28 (1.2)	34 (1.4)	25 (1.4)	20 (1.3)	29 (1.3)	30 (1.2)	28 (1.6)	30 (1.1)	31 (1.2)
12 - 19.....	86 (1.9)	34 (1.6)	41 (1.4)	32 (1.6)	26 (1.8)	36 (2.1)	36 (1.9)	35 (2.1)	37 (1.9)	36 (2.2)
20 and over...	83 (2.0)	31 (0.7)	37 (0.9)	28 (0.8)	23 (1.1)	32 (1.1)	33 (0.7)	32 (0.6)	34 (0.7)	33 (1.0)
2 and over...	84 (1.3)	31 (0.6)	36 (0.7)	28 (0.6)	23 (0.7)	32 (0.8)	33 (0.6)	32 (0.6)	33 (0.6)	33 (0.7)

Table 22. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	33 (2.6)	26 (2.2)	56 (7.3)	53 (4.9)	27 (1.5)	22 (0.9)	33 (1.2)	27 (0.8)	23 (2.0)
6 - 11.....	40 (2.2)	30 (1.9)	55 (4.7)	63 (3.2)	32 (1.8)	27 (1.9)	38 (2.2)	33 (1.6)	29 (2.5)
12 - 19.....	45 (2.5)	30 (1.4)	59 (5.1)	49 (3.9)	32 (1.3)	27 (1.0)	38 (0.9)	34 (1.3)	29 (1.6)
20 and over...	44 (1.3)	36 (0.9)	56 (2.2)	58 (2.6)	37 (0.7)	28 (0.6)	41 (1.0)	38 (1.0)	35 (0.5)
2 and over...	43 (1.4)	34 (0.8)	57 (2.0)	57 (2.2)	36 (0.7)	28 (0.6)	40 (1.0)	37 (0.8)	33 (0.7)
Non-Hispanic Black:									
2 - 5.....	35 (2.9)	18 (1.9)	44 (8.0)	54 (8.4)	27 (2.4)	21 (1.7)	32 (2.7)	26 (2.0)	25 (3.2)
6 - 11.....	42 (1.6)	24 (3.1)	54 (9.0)	44 (7.1)	29 (2.5)	24 (2.5)	35 (2.0)	31 (2.1)	26 (1.8)
12 - 19.....	38 (4.8)	29 (2.1)	51 (2.9)	49 (6.4)	33 (2.4)	28 (2.2)	38 (2.3)	35 (1.9)	31 (2.7)
20 and over...	35 (1.4)	38 (2.8)	57 (3.8)	49 (4.2)	35 (0.7)	29 (0.9)	39 (0.8)	36 (0.9)	34 (0.7)
2 and over...	36 (1.4)	34 (2.1)	56 (2.8)	49 (3.5)	33 (0.6)	28 (0.7)	38 (0.6)	35 (0.6)	32 (0.7)
Hispanic⁴:									
<i>Mexican American</i>									
2 - 5.....	21 (1.6)	19 (2.6)	30* (9.5)	40 (6.2)	23 (1.6)	19 (1.8)	28 (2.1)	24 (2.5)	22 (1.5)
6 - 11.....	30 (1.8)	21 (1.6)	34 (3.8)	42 (8.4)	25 (1.8)	21 (1.3)	32 (1.2)	30 (1.6)	24 (1.7)
12 - 19.....	37 (1.6)	31 (2.9)	56 (5.8)	54 (5.0)	34 (2.4)	28 (1.8)	37 (2.2)	32 (2.1)	31 (2.5)
20 and over...	30 (1.4)	30 (2.1)	37 (2.9)	41 (3.5)	32 (1.1)	28 (1.0)	36 (0.8)	34 (1.4)	33 (1.8)
2 and over...	31 (1.1)	28 (1.4)	39 (2.0)	43 (2.3)	31 (0.7)	26 (0.7)	36 (0.8)	32 (1.2)	31 (1.0)
<i>All Hispanic</i>									
2 - 5.....	22 (1.6)	18 (2.1)	30 (7.1)	44 (4.3)	23 (1.4)	19 (1.5)	30 (1.6)	25 (1.7)	22 (1.4)
6 - 11.....	32 (1.7)	21 (1.4)	40 (3.8)	38 (6.1)	26 (1.2)	21 (1.1)	32 (1.1)	29 (1.4)	26 (1.4)
12 - 19.....	37 (2.1)	29 (1.7)	55 (3.1)	53 (5.7)	32 (1.8)	27 (1.4)	37 (1.9)	33 (1.7)	29 (1.9)
20 and over...	32 (1.5)	29 (1.7)	36 (2.7)	42 (2.7)	32 (1.0)	26 (1.0)	35 (1.0)	32 (1.2)	31 (1.5)
2 and over...	32 (1.3)	27 (1.2)	38 (2.2)	43 (1.9)	31 (0.7)	25 (0.6)	35 (0.8)	31 (1.0)	29 (1.0)

Table 22. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	31	(1.4)	24	(1.2)	22	(2.9)	23	(1.3)	29	(2.3)	40	(4.6)	24	(1.4)	29	(1.1)	27	(1.0)
6 - 11.....	38	(2.3)	33	(2.8)	28	(2.9)	26	(3.0)	32	(2.3)	49	(3.2)	30	(1.7)	34	(1.8)	32	(1.9)
12 - 19.....	41	(1.4)	31	(1.8)	33	(3.3)	29	(2.4)	33	(1.5)	53	(3.1)	30	(1.2)	35	(1.0)	32	(0.9)
20 and over...	42	(1.0)	39	(2.3)	32	(1.1)	34	(1.6)	37	(0.7)	59	(1.4)	31	(0.7)	39	(0.7)	33	(0.6)
2 and over...	41	(1.0)	37	(2.0)	31	(0.9)	32	(1.5)	36	(0.6)	58	(1.4)	31	(0.6)	38	(0.7)	33	(0.6)
Non-Hispanic Black:																		
2 - 5.....	32	(2.3)	21	(2.3)	24	(2.6)	16	(2.8)	27	(2.5)	46	(6.7)	20	(2.0)	29	(1.9)	28	(1.6)
6 - 11.....	37	(1.7)	25	(2.4)	26	(3.9)	13	(2.4)	32	(1.8)	48	(7.2)	24	(2.3)	33	(2.3)	31	(1.7)
12 - 19.....	36	(3.0)	35	(2.5)	24	(3.5)	21	(2.8)	29	(2.7)	52	(3.0)	29	(3.1)	35	(2.5)	32	(1.8)
20 and over...	35	(1.3)	38	(3.0)	30	(2.1)	27	(2.0)	35	(1.3)	56	(2.9)	29	(1.1)	36	(0.9)	33	(0.6)
2 and over...	35	(1.1)	35	(2.3)	28	(1.5)	24	(1.3)	33	(1.3)	55	(2.4)	28	(0.9)	35	(0.8)	32	(0.5)
Hispanic⁴:																		
<i>Mexican American</i>																		
2 - 5.....	21	(1.8)	19	(2.4)	18	(1.6)	14	(1.8)	27	(1.3)	31	(2.6)	18	(1.3)	23	(1.4)	23	(1.6)
6 - 11.....	28	(1.4)	25	(2.0)	23	(1.8)	17	(1.9)	30	(1.8)	36	(2.6)	21	(1.7)	27	(1.4)	28	(1.6)
12 - 19.....	35	(1.0)	32	(2.9)	23	(2.0)	21	(2.0)	32	(1.9)	49	(3.3)	28	(2.4)	36	(1.9)	33	(2.0)
20 and over...	31	(0.9)	35	(1.8)	27	(2.0)	28	(1.9)	33	(1.1)	43	(2.9)	27	(1.0)	33	(0.8)	30	(1.0)
2 and over...	30	(0.7)	32	(1.3)	25	(1.4)	24	(1.6)	32	(0.7)	42	(2.3)	26	(0.7)	32	(0.6)	30	(0.7)
<i>All Hispanic</i>																		
2 - 5.....	23	(1.5)	19	(2.0)	20	(1.3)	14	(1.6)	27	(1.0)	34	(2.1)	18	(1.2)	23	(1.2)	24	(1.3)
6 - 11.....	29	(1.3)	23	(1.7)	25	(2.1)	15	(1.5)	30	(1.4)	39	(2.6)	20	(1.5)	28	(1.2)	28	(1.3)
12 - 19.....	35	(1.4)	30	(2.1)	24	(1.6)	19	(1.6)	32	(1.8)	47	(2.5)	27	(1.7)	35	(1.5)	33	(1.6)
20 and over...	31	(1.0)	33	(1.6)	24	(1.8)	27	(1.5)	32	(1.1)	40	(2.8)	26	(0.9)	33	(0.8)	29	(0.9)
2 and over...	31	(0.8)	30	(1.1)	24	(1.3)	23	(1.1)	32	(0.8)	41	(2.2)	25	(0.6)	32	(0.6)	29	(0.7)

Table 22. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁵ % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
Non-Hispanic White:								
2 - 5.....	22 (1.4)	31 (1.4)	30 (1.2)	38 (1.1)	29 (0.7)	37 (0.9)	34 (5.6)	-- --
6 - 11.....	30 (1.9)	37 (3.1)	34 (2.2)	44 (2.6)	36 (2.0)	41 (2.2)	32 (4.9)	-- --
12 - 19.....	31 (1.1)	39 (2.0)	32 (1.2)	43 (1.7)	36 (0.7)	40 (1.4)	17 (1.9)	-- --
20 and over...	35 (0.9)	42 (1.2)	36 (0.9)	48 (0.9)	38 (0.7)	46 (0.8)	7 (0.6)	35 (2.1)
2 and over...	34 (0.9)	41 (1.2)	35 (0.9)	47 (0.9)	37 (0.7)	45 (0.8)	8 (0.6)	-- --
Non-Hispanic Black:								
2 - 5.....	24 (2.2)	30 (2.7)	31 (2.0)	40 (2.4)	28 (1.8)	36 (2.0)	22* (5.5)	-- --
6 - 11.....	27 (1.8)	33 (2.5)	34 (1.8)	41 (2.6)	32 (1.9)	39 (2.4)	25 (5.8)	-- --
12 - 19.....	32 (2.1)	38 (2.3)	32 (2.0)	42 (2.6)	33 (2.1)	38 (2.7)	20 (4.3)	-- --
20 and over...	33 (0.4)	40 (1.6)	37 (2.2)	41 (1.2)	35 (0.9)	40 (0.8)	13 (1.6)	27 (3.1)
2 and over...	32 (0.5)	38 (1.2)	36 (1.6)	41 (1.0)	34 (0.7)	40 (0.8)	13 (1.6)	-- --
Hispanic⁴:								
<i>Mexican American</i>								
2 - 5.....	22 (2.2)	25 (2.4)	25 (1.7)	27 (1.7)	22 (1.5)	28 (1.3)	32 (7.6)	-- --
6 - 11.....	26 (1.5)	31 (1.7)	27 (1.6)	32 (2.0)	27 (1.3)	29 (2.2)	25 (2.6)	-- --
12 - 19.....	33 (2.6)	39 (2.1)	34 (2.4)	41 (1.9)	34 (1.8)	40 (2.3)	24 (4.4)	-- --
20 and over...	33 (1.4)	37 (1.0)	31 (1.3)	37 (0.8)	32 (0.8)	36 (1.1)	14 (1.5)	19 (2.7)
2 and over...	31 (0.9)	36 (0.7)	31 (0.8)	36 (0.6)	31 (0.6)	36 (0.7)	15 (1.4)	-- --
<i>All Hispanic</i>								
2 - 5.....	22 (1.6)	25 (1.8)	26 (1.4)	29 (1.4)	23 (1.1)	30 (1.2)	29 (5.2)	-- --
6 - 11.....	26 (1.2)	31 (1.7)	28 (1.3)	34 (1.7)	27 (1.2)	31 (1.9)	26 (3.9)	-- --
12 - 19.....	31 (2.0)	37 (1.6)	35 (1.9)	41 (1.7)	34 (1.4)	40 (1.9)	22 (3.9)	-- --
20 and over...	32 (1.3)	36 (0.9)	31 (1.0)	37 (0.9)	31 (0.8)	36 (1.1)	12 (1.3)	19 (2.2)
2 and over...	30 (0.9)	35 (0.7)	31 (0.8)	37 (0.8)	30 (0.6)	36 (0.8)	13 (1.2)	-- --

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 2.04.

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 2.04.

Footnotes

- ¹ Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.
- ² Percentages are estimated as a ratio of total nutrients from dinner 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, 2009-2010.
- ³ The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as dinner.
- ⁴ A new sampling methodology was implemented for NHANES 2007-2010; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.
- ⁵ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁶ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Dinner: Percentages of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 23. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, in the United States, 2009-2010

Family income in dollars 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)
\$0 - \$24,999:										
2 - 5.....	94 (1.6)	26 (0.9)	33 (1.4)	22 (0.8)	17 (0.9)	27 (1.1)	27 (1.2)	25 (1.3)	28 (1.3)	30 (1.7)
6 - 11.....	92 (1.2)	31 (1.6)	38 (1.9)	27 (1.3)	22 (1.1)	32 (1.5)	34 (2.0)	32 (2.4)	35 (1.9)	36 (2.1)
12 - 19.....	85 (1.6)	32 (1.2)	41 (1.9)	28 (1.5)	21 (1.8)	32 (1.7)	35 (1.6)	35 (1.9)	36 (1.6)	33 (1.8)
20 and over...	89 (0.9)	35 (0.5)	44 (0.9)	30 (0.6)	24 (0.8)	37 (1.0)	38 (0.6)	37 (0.7)	38 (0.8)	38 (0.8)
2 and over...	89 (0.8)	34 (0.5)	42 (0.9)	29 (0.5)	23 (0.6)	36 (0.9)	37 (0.7)	36 (0.8)	37 (0.8)	37 (0.7)
\$25,000 - \$74,999:										
2 - 5.....	95* (1.9)	27 (1.0)	33 (1.3)	24 (1.1)	18 (1.2)	29 (2.1)	29 (1.2)	27 (1.7)	30 (1.2)	30 (1.1)
6 - 11.....	94 (1.4)	33 (1.1)	41 (1.2)	29 (1.0)	23 (1.2)	33 (2.4)	35 (1.5)	34 (1.5)	36 (1.6)	36 (1.5)
12 - 19.....	93 (1.6)	34 (1.2)	44 (1.8)	29 (0.9)	21 (0.8)	35 (1.8)	37 (1.6)	36 (1.8)	37 (1.5)	37 (1.9)
20 and over...	93 (0.7)	36 (0.9)	45 (1.0)	31 (0.7)	24 (0.9)	38 (1.1)	39 (0.9)	38 (1.1)	38 (1.0)	39 (0.7)
2 and over...	93 (0.6)	35 (0.8)	44 (1.0)	31 (0.6)	23 (0.7)	37 (1.0)	38 (0.9)	37 (1.0)	38 (0.9)	38 (0.6)
\$75,000 and higher:										
2 - 5.....	98* (0.9)	29 (1.5)	36 (1.7)	25 (1.4)	21 (1.5)	27 (1.8)	31 (2.5)	31 (2.9)	31 (2.5)	30 (2.7)
6 - 11.....	98* (0.7)	32 (1.6)	41 (2.8)	28 (1.6)	22 (1.9)	32 (2.1)	35 (1.4)	35 (1.7)	36 (1.7)	35 (1.3)
12 - 19.....	93 (1.9)	34 (1.2)	44 (1.6)	29 (1.5)	23 (1.5)	35 (2.0)	36 (1.2)	34 (1.6)	37 (1.2)	36 (1.7)
20 and over...	95 (0.8)	37 (1.0)	45 (1.1)	31 (0.9)	22 (1.0)	36 (1.0)	40 (1.2)	38 (1.3)	39 (1.3)	40 (1.2)
2 and over...	95 (0.6)	36 (0.9)	44 (1.0)	30 (0.8)	22 (0.8)	36 (0.9)	39 (1.0)	37 (1.1)	38 (1.1)	39 (1.1)
All Individuals⁴:										
2 - 5.....	96 (1.0)	27 (0.7)	34 (0.8)	23 (0.8)	18 (0.7)	28 (1.2)	29 (0.9)	27 (1.0)	30 (0.9)	30 (1.1)
6 - 11.....	94 (0.9)	32 (1.2)	40 (1.6)	28 (1.1)	22 (1.1)	32 (1.5)	35 (1.4)	33 (1.5)	35 (1.6)	36 (1.3)
12 - 19.....	91 (0.8)	33 (0.7)	43 (1.1)	29 (0.6)	22 (0.6)	34 (1.2)	36 (1.1)	35 (1.2)	36 (1.1)	35 (1.4)
20 and over...	92 (0.5)	36 (0.7)	44 (0.8)	31 (0.6)	23 (0.7)	37 (0.8)	39 (0.8)	38 (0.9)	39 (0.9)	39 (0.7)
2 and over...	93 (0.5)	35 (0.7)	44 (0.8)	30 (0.5)	23 (0.5)	36 (0.7)	38 (0.8)	37 (0.9)	38 (0.9)	38 (0.7)

Table 23. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars 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)
\$0 - \$24,999:									
2 - 5.....	28 (1.9)	18 (1.6)	32 (5.9)	45 (3.7)	24 (1.2)	19 (1.3)	30 (1.2)	25 (1.4)	20 (1.2)
6 - 11.....	40 (2.1)	24 (2.2)	52 (6.2)	46 (6.0)	27 (1.6)	22 (1.4)	35 (1.7)	32 (1.8)	24 (1.7)
12 - 19.....	38 (2.5)	25 (2.5)	52 (6.8)	45 (4.8)	34 (2.6)	26 (1.3)	37 (2.1)	32 (2.7)	29 (1.8)
20 and over...	40 (1.6)	35 (1.3)	56 (3.2)	49 (4.3)	36 (0.9)	28 (0.9)	39 (0.8)	35 (1.1)	34 (0.9)
2 and over...	39 (1.4)	32 (1.2)	54 (2.8)	48 (3.0)	34 (0.9)	27 (0.8)	38 (0.8)	34 (1.1)	32 (0.8)
\$25,000 - \$74,999:									
2 - 5.....	30 (2.7)	23 (2.2)	50 (6.0)	51 (6.3)	28 (1.6)	21 (1.2)	33 (1.6)	27 (1.6)	26 (1.9)
6 - 11.....	37 (1.8)	26 (1.2)	49 (4.6)	61 (3.1)	32 (1.2)	26 (1.0)	37 (1.4)	31 (1.5)	29 (2.3)
12 - 19.....	43 (3.5)	30 (1.6)	55 (5.1)	50 (4.2)	34 (1.8)	28 (1.2)	39 (1.2)	34 (1.3)	31 (2.5)
20 and over...	40 (1.2)	36 (1.9)	58 (3.1)	58 (3.6)	37 (1.0)	29 (0.8)	41 (0.8)	38 (0.9)	35 (0.9)
2 and over...	40 (1.3)	34 (1.5)	57 (2.9)	57 (2.9)	36 (0.8)	28 (0.7)	40 (0.8)	37 (0.8)	34 (0.8)
\$75,000 and higher:									
2 - 5.....	34 (3.4)	28 (2.8)	56 (8.4)	49 (7.4)	26 (1.5)	24 (1.8)	33 (1.4)	27 (1.1)	22 (1.7)
6 - 11.....	39 (2.9)	30 (3.5)	51 (7.0)	57 (3.4)	32 (2.3)	27 (2.9)	36 (2.5)	32 (2.1)	30 (2.4)
12 - 19.....	42 (1.5)	32 (2.4)	62 (7.9)	54 (5.6)	33 (2.2)	27 (1.4)	39 (1.6)	36 (2.4)	29 (2.1)
20 and over...	43 (1.7)	35 (1.0)	53 (1.5)	53 (2.3)	35 (1.2)	27 (0.7)	39 (1.2)	36 (1.3)	34 (0.8)
2 and over...	42 (1.4)	34 (1.0)	53 (1.5)	54 (1.6)	35 (1.0)	27 (0.7)	39 (1.2)	36 (1.2)	32 (0.8)
All Individuals⁴:									
2 - 5.....	30 (1.4)	23 (1.6)	47 (5.7)	50 (3.5)	26 (1.1)	21 (0.9)	32 (0.9)	27 (0.8)	23 (1.3)
6 - 11.....	38 (1.6)	27 (1.2)	52 (3.1)	55 (2.9)	30 (1.3)	25 (1.2)	36 (1.4)	32 (1.2)	28 (1.5)
12 - 19.....	42 (2.1)	29 (1.1)	57 (3.0)	51 (4.1)	33 (0.9)	27 (0.7)	39 (0.5)	35 (1.0)	30 (1.2)
20 and over...	41 (1.2)	35 (0.8)	54 (1.6)	54 (2.2)	36 (0.6)	28 (0.5)	40 (0.7)	37 (0.7)	34 (0.6)
2 and over...	40 (1.2)	33 (0.7)	54 (1.5)	53 (1.8)	35 (0.6)	27 (0.5)	39 (0.7)	36 (0.6)	33 (0.6)

Table 23. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	26	(1.4)	20	(1.4)	21	(1.4)	16	(1.8)	26	(1.2)	39	(2.0)	19	(1.3)	26	(1.5)	26	(1.2)
6 - 11.....	35	(1.5)	24	(2.1)	28	(2.1)	16	(1.8)	33	(1.7)	48	(3.4)	24	(2.7)	31	(1.9)	30	(1.5)
12 - 19.....	36	(2.5)	30	(1.6)	29	(4.8)	19	(2.6)	29	(2.7)	47	(4.2)	27	(1.7)	34	(1.4)	30	(1.6)
20 and over...	38	(1.2)	37	(1.6)	30	(1.7)	29	(2.2)	36	(0.8)	55	(2.9)	30	(0.9)	37	(0.8)	32	(0.6)
2 and over...	37	(1.1)	34	(1.5)	29	(1.6)	25	(1.7)	34	(0.6)	54	(2.5)	29	(0.8)	36	(0.8)	31	(0.6)
\$25,000 - \$74,999:																		
2 - 5.....	29	(1.6)	22	(1.7)	20	(2.1)	18	(1.6)	29	(1.7)	42	(4.5)	21	(1.8)	27	(1.4)	26	(1.3)
6 - 11.....	35	(1.6)	32	(1.6)	22	(3.2)	22	(1.7)	31	(1.9)	49	(5.2)	28	(1.0)	34	(1.0)	31	(1.2)
12 - 19.....	40	(2.1)	31	(2.0)	28	(2.6)	26	(1.7)	33	(1.9)	52	(2.7)	29	(1.5)	36	(1.5)	33	(1.3)
20 and over...	39	(1.0)	37	(1.3)	31	(1.3)	31	(1.1)	37	(0.7)	58	(2.8)	30	(0.9)	38	(0.8)	33	(0.9)
2 and over...	39	(1.0)	35	(1.1)	29	(1.2)	29	(0.8)	36	(0.5)	57	(2.6)	29	(0.7)	37	(0.7)	33	(0.7)
\$75,000 and higher:																		
2 - 5.....	31	(2.0)	26	(2.0)	24	(3.4)	26	(2.2)	28	(3.2)	41	(6.9)	25	(1.7)	30	(1.4)	27	(1.0)
6 - 11.....	36	(3.0)	32	(4.1)	31	(4.9)	28	(5.0)	32	(1.9)	44	(1.7)	29	(2.4)	34	(2.7)	31	(2.5)
12 - 19.....	40	(1.4)	33	(3.0)	34	(3.7)	31	(3.5)	36	(2.2)	53	(3.6)	30	(2.1)	36	(1.5)	33	(1.1)
20 and over...	41	(1.3)	40	(4.1)	31	(1.8)	36	(3.4)	35	(0.8)	56	(2.0)	30	(0.9)	38	(0.9)	32	(1.0)
2 and over...	40	(1.1)	38	(3.4)	31	(1.5)	34	(3.0)	35	(0.7)	55	(1.8)	30	(0.9)	37	(0.9)	32	(0.9)
All Individuals⁴:																		
2 - 5.....	29	(1.0)	22	(1.1)	21	(1.6)	19	(0.9)	28	(1.6)	41	(3.1)	22	(1.1)	28	(0.9)	26	(0.8)
6 - 11.....	35	(1.6)	29	(2.0)	27	(2.1)	22	(1.9)	32	(1.5)	47	(2.4)	27	(1.4)	33	(1.3)	31	(1.3)
12 - 19.....	39	(1.3)	31	(1.2)	31	(2.2)	26	(1.5)	33	(1.2)	51	(2.1)	29	(0.9)	35	(0.8)	32	(0.7)
20 and over...	39	(0.9)	38	(1.7)	31	(0.8)	32	(1.1)	36	(0.6)	57	(1.4)	30	(0.6)	38	(0.7)	33	(0.6)
2 and over...	39	(0.9)	36	(1.4)	30	(0.7)	30	(0.9)	35	(0.5)	55	(1.3)	29	(0.6)	37	(0.6)	32	(0.5)

Table 23. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁵ % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
\$0 - \$24,999:								
2 - 5.....	21 (0.8)	28 (1.5)	28 (1.2)	34 (1.5)	26 (1.1)	33 (1.2)	19 (5.1)	-- --
6 - 11.....	27 (1.7)	32 (2.3)	32 (1.3)	38 (2.3)	32 (1.4)	38 (2.2)	36 (7.7)	-- --
12 - 19.....	30 (1.1)	36 (1.7)	32 (2.1)	41 (2.2)	33 (1.8)	40 (1.5)	15 (1.6)	-- --
20 and over...	34 (0.6)	41 (0.9)	35 (1.3)	44 (1.0)	36 (0.8)	43 (0.8)	10 (1.2)	22 (2.9)
2 and over...	33 (0.6)	39 (0.9)	34 (1.2)	43 (1.0)	34 (0.8)	41 (0.9)	10 (1.1)	-- --
\$25,000 - \$74,999:								
2 - 5.....	25 (1.4)	30 (1.7)	30 (1.5)	36 (1.5)	27 (1.2)	37 (1.3)	33 (3.8)	-- --
6 - 11.....	31 (1.3)	38 (2.2)	33 (1.5)	43 (1.4)	34 (1.3)	39 (1.2)	35 (5.6)	-- --
12 - 19.....	32 (1.4)	39 (2.0)	33 (1.4)	44 (2.1)	35 (1.4)	41 (1.7)	17 (1.9)	-- --
20 and over...	35 (1.0)	42 (1.2)	35 (0.9)	45 (1.1)	37 (0.9)	44 (1.0)	9 (0.7)	30 (3.1)
2 and over...	34 (0.8)	41 (1.2)	35 (0.8)	45 (1.0)	36 (0.8)	43 (0.8)	9 (0.8)	-- --
\$75,000 and higher:								
2 - 5.....	22 (2.0)	30 (1.8)	28 (1.9)	39 (1.5)	29 (1.2)	35 (0.9)	37 (11.0)	-- --
6 - 11.....	28 (2.2)	35 (3.2)	33 (2.4)	44 (3.0)	34 (2.7)	39 (2.6)	21 (4.7)	-- --
12 - 19.....	32 (1.7)	42 (2.4)	33 (2.0)	43 (2.0)	38 (1.0)	40 (2.1)	20 (4.6)	-- --
20 and over...	34 (1.1)	40 (1.3)	35 (1.0)	46 (1.2)	36 (1.1)	44 (1.4)	6 (0.7)	39 (3.1)
2 and over...	33 (0.9)	39 (1.2)	35 (0.9)	45 (1.1)	36 (1.0)	43 (1.3)	7 (0.8)	-- --
All Individuals⁴:								
2 - 5.....	23 (1.0)	29 (1.1)	29 (1.0)	36 (0.9)	27 (0.6)	35 (0.7)	29 (2.7)	-- --
6 - 11.....	29 (1.3)	35 (2.1)	33 (1.5)	41 (1.8)	33 (1.3)	39 (1.6)	30 (3.5)	-- --
12 - 19.....	32 (0.8)	39 (1.5)	33 (0.9)	43 (1.1)	36 (0.6)	40 (1.0)	18 (1.6)	-- --
20 and over...	34 (0.7)	41 (1.0)	35 (0.9)	45 (0.8)	36 (0.6)	44 (0.7)	8 (0.5)	31 (1.5)
2 and over...	33 (0.7)	40 (1.0)	35 (0.7)	44 (0.8)	36 (0.6)	43 (0.7)	9 (0.5)	-- --

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 2.04.

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 2.04.

Footnotes

- ¹ Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.
- ² Percentages are estimated as a ratio of total nutrients from dinner 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 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2009-2010.
- ³ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as dinner.
- ⁴ Includes persons of all income levels or with unknown family income.
- ⁵ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁶ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 24. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010

Family income as % of Federal poverty threshold and age (years)	Percent reporting ⁴ % (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)
Under 131% poverty:										
2 - 5.....	96 (1.2)	27 (0.9)	33 (1.1)	23 (0.9)	17 (1.0)	29 (1.2)	29 (1.0)	26 (1.3)	30 (1.1)	32 (1.5)
6 - 11.....	91 (1.3)	31 (1.7)	38 (1.9)	28 (1.5)	23 (1.5)	32 (1.3)	34 (2.2)	32 (2.4)	35 (2.2)	35 (2.1)
12 - 19.....	88 (1.7)	34 (1.4)	43 (1.4)	30 (1.5)	23 (1.4)	34 (2.1)	36 (1.4)	35 (1.1)	37 (1.5)	34 (1.9)
20 and over...	88 (1.1)	34 (0.5)	42 (0.7)	30 (0.6)	23 (0.7)	36 (1.1)	37 (0.6)	36 (0.6)	37 (0.6)	37 (0.6)
2 and over...	89 (1.0)	33 (0.5)	41 (0.7)	29 (0.5)	23 (0.6)	35 (0.7)	36 (0.6)	35 (0.7)	36 (0.6)	36 (0.6)
131-185% poverty:										
2 - 5.....	97* (1.5)	24 (1.9)	31 (2.6)	23 (1.4)	18 (1.8)	28 (2.4)	24 (3.3)	22 (4.0)	25 (3.0)	26 (2.3)
6 - 11.....	95* (2.1)	31 (2.0)	41 (2.1)	27 (1.5)	22 (1.4)	33 (3.1)	35 (2.9)	33 (2.6)	36 (3.3)	37 (3.2)
12 - 19.....	90* (2.7)	32 (1.7)	42 (2.5)	27 (1.6)	19 (2.3)	34 (2.1)	35 (2.3)	34 (2.5)	36 (2.4)	33 (2.8)
20 and over...	91 (0.8)	35 (1.1)	45 (2.0)	31 (1.1)	25 (1.1)	39 (1.6)	39 (1.2)	38 (1.3)	39 (1.4)	39 (1.3)
2 and over...	91 (0.8)	34 (0.8)	44 (1.7)	30 (0.8)	23 (0.8)	37 (1.2)	37 (0.9)	36 (1.1)	38 (1.1)	37 (1.2)
Over 185% poverty:										
2 - 5.....	96* (1.5)	28 (1.5)	35 (1.6)	24 (1.4)	20 (1.0)	28 (2.1)	31 (2.1)	31 (2.3)	31 (2.1)	30 (2.3)
6 - 11.....	97* (0.7)	33 (1.5)	42 (2.1)	29 (1.5)	23 (1.7)	33 (2.0)	36 (1.4)	35 (1.7)	36 (1.5)	36 (1.1)
12 - 19.....	93 (1.1)	34 (0.8)	44 (1.5)	29 (1.0)	22 (1.0)	34 (1.5)	37 (1.1)	35 (1.2)	37 (1.1)	37 (1.4)
20 and over...	95 (0.3)	37 (0.7)	45 (0.9)	31 (0.6)	23 (0.7)	37 (0.8)	40 (0.9)	39 (1.1)	39 (1.0)	40 (0.7)
2 and over...	95 (0.3)	36 (0.7)	45 (0.9)	31 (0.6)	23 (0.6)	36 (0.8)	39 (0.9)	38 (1.0)	39 (0.9)	39 (0.7)
All Individuals⁵:										
2 - 5.....	96 (1.0)	27 (0.7)	34 (0.8)	23 (0.8)	18 (0.7)	28 (1.2)	29 (0.9)	27 (1.0)	30 (0.9)	30 (1.1)
6 - 11.....	94 (0.9)	32 (1.2)	40 (1.6)	28 (1.1)	22 (1.1)	32 (1.5)	35 (1.4)	33 (1.5)	35 (1.6)	36 (1.3)
12 - 19.....	91 (0.8)	33 (0.7)	43 (1.1)	29 (0.6)	22 (0.6)	34 (1.2)	36 (1.1)	35 (1.2)	36 (1.1)	35 (1.4)
20 and over...	92 (0.5)	36 (0.7)	44 (0.8)	31 (0.6)	23 (0.7)	37 (0.8)	39 (0.8)	38 (0.9)	39 (0.9)	39 (0.7)
2 and over...	93 (0.5)	35 (0.7)	44 (0.8)	30 (0.5)	23 (0.5)	36 (0.7)	38 (0.8)	37 (0.9)	38 (0.9)	38 (0.7)

Table 24. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Under 131% poverty:									
2 - 5.....	29 (1.5)	18 (1.5)	35 (3.1)	52 (4.0)	26 (1.3)	20 (1.2)	32 (1.0)	26 (1.4)	22 (1.4)
6 - 11.....	38 (2.1)	24 (2.0)	51 (6.0)	50 (5.4)	28 (1.5)	23 (1.6)	36 (1.5)	33 (1.7)	24 (1.6)
12 - 19.....	39 (2.1)	26 (2.2)	50 (5.8)	50 (3.6)	35 (2.2)	27 (1.4)	39 (1.6)	34 (2.0)	32 (1.9)
20 and over...	37 (1.2)	34 (0.9)	56 (2.4)	49 (3.2)	36 (0.7)	28 (0.8)	38 (0.5)	34 (0.8)	34 (0.9)
2 and over...	37 (1.1)	31 (0.8)	54 (2.0)	49 (2.0)	34 (0.7)	26 (0.7)	38 (0.5)	33 (0.8)	31 (0.8)
131-185% poverty:									
2 - 5.....	27 (2.9)	18 (3.6)	45 (9.0)	32 (6.3)	28 (4.6)	19 (2.5)	32 (1.9)	26 (2.2)	25 (2.3)
6 - 11.....	35 (3.2)	26 (2.0)	45 (7.0)	58 (4.4)	29 (1.9)	26 (1.6)	37 (2.7)	30 (3.1)	29 (1.7)
12 - 19.....	41 (2.8)	29 (3.1)	54 (5.3)	56 (8.0)	33 (2.8)	27 (1.8)	39 (2.9)	35 (2.1)	32 (2.1)
20 and over...	42 (2.7)	36 (2.1)	48 (4.8)	57 (4.9)	37 (2.1)	30 (1.3)	41 (1.8)	38 (1.9)	36 (1.7)
2 and over...	41 (2.3)	33 (1.8)	48 (4.3)	56 (4.1)	36 (1.8)	29 (1.1)	40 (1.6)	37 (1.6)	34 (1.4)
Over 185% poverty:									
2 - 5.....	33 (2.3)	28 (1.8)	56 (6.7)	51 (5.7)	26 (1.5)	23 (1.3)	33 (1.5)	27 (1.0)	24 (2.4)
6 - 11.....	39 (2.4)	30 (2.3)	53 (5.2)	59 (3.3)	32 (1.9)	27 (2.2)	37 (1.7)	32 (1.3)	30 (2.5)
12 - 19.....	43 (2.4)	32 (1.5)	62 (6.1)	50 (4.5)	33 (1.4)	28 (0.7)	39 (0.8)	35 (1.5)	29 (1.9)
20 and over...	42 (1.3)	36 (0.9)	56 (2.0)	55 (2.5)	36 (0.6)	28 (0.6)	40 (0.9)	37 (0.9)	34 (0.6)
2 and over...	42 (1.3)	35 (0.9)	57 (1.9)	55 (1.9)	35 (0.6)	28 (0.5)	40 (0.9)	36 (0.8)	33 (0.7)
All Individuals⁵:									
2 - 5.....	30 (1.4)	23 (1.6)	47 (5.7)	50 (3.5)	26 (1.1)	21 (0.9)	32 (0.9)	27 (0.8)	23 (1.3)
6 - 11.....	38 (1.6)	27 (1.2)	52 (3.1)	55 (2.9)	30 (1.3)	25 (1.2)	36 (1.4)	32 (1.2)	28 (1.5)
12 - 19.....	42 (2.1)	29 (1.1)	57 (3.0)	51 (4.1)	33 (0.9)	27 (0.7)	39 (0.5)	35 (1.0)	30 (1.2)
20 and over...	41 (1.2)	35 (0.8)	54 (1.6)	54 (2.2)	36 (0.6)	28 (0.5)	40 (0.7)	37 (0.7)	34 (0.6)
2 and over...	40 (1.2)	33 (0.7)	54 (1.5)	53 (1.8)	35 (0.6)	27 (0.5)	39 (0.7)	36 (0.6)	33 (0.6)

Table 24. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
Under 131% poverty:										
2 - 5.....	27 (1.2)	21 (1.8)	21 (1.4)	16 (1.7)	28 (1.3)	40 (1.8)	19 (1.3)	27 (1.3)	26 (1.1)	
6 - 11.....	34 (1.8)	26 (2.4)	25 (1.5)	16 (1.8)	32 (1.3)	43 (4.5)	24 (2.5)	32 (1.8)	30 (1.4)	
12 - 19.....	37 (1.9)	30 (1.8)	29 (4.4)	21 (2.7)	32 (2.1)	49 (3.5)	28 (1.1)	36 (1.4)	33 (1.7)	
20 and over...	36 (0.9)	36 (0.9)	30 (2.0)	29 (1.5)	35 (0.6)	53 (2.6)	30 (0.8)	36 (0.6)	31 (0.6)	
2 and over...	35 (0.9)	32 (0.9)	29 (1.8)	25 (1.4)	34 (0.4)	51 (2.1)	28 (0.7)	35 (0.6)	31 (0.6)	
131-185% poverty:										
2 - 5.....	28 (2.0)	20 (3.5)	18 (2.0)	16* (3.4)	25 (1.9)	49 (9.8)	19 (3.7)	26 (3.1)	25 (2.4)	
6 - 11.....	34 (2.7)	33 (3.0)	26 (6.0)	23 (3.2)	31 (4.3)	56 (8.6)	27 (2.1)	34 (2.2)	31 (1.7)	
12 - 19.....	39 (2.3)	33 (3.1)	28 (4.0)	21 (3.2)	28 (1.7)	52 (5.0)	26 (2.1)	33 (1.9)	30 (1.7)	
20 and over...	40 (2.3)	42 (2.4)	29 (3.1)	31 (3.2)	36 (1.2)	57 (3.8)	30 (1.5)	38 (1.8)	34 (1.2)	
2 and over...	39 (2.0)	39 (2.0)	28 (2.6)	28 (2.3)	35 (1.0)	56 (3.6)	29 (1.2)	37 (1.4)	33 (1.0)	
Over 185% poverty:										
2 - 5.....	31 (1.4)	25 (1.5)	23 (3.1)	24 (1.1)	29 (2.7)	39 (4.7)	24 (1.6)	29 (1.5)	27 (1.2)	
6 - 11.....	36 (2.3)	32 (3.0)	27 (3.6)	26 (3.2)	32 (1.6)	47 (1.3)	29 (1.9)	34 (1.9)	32 (1.8)	
12 - 19.....	40 (1.3)	32 (2.0)	31 (2.7)	30 (2.8)	35 (1.5)	53 (2.9)	29 (1.5)	36 (1.1)	33 (0.8)	
20 and over...	41 (0.9)	38 (2.6)	31 (1.1)	34 (1.7)	36 (0.6)	57 (1.7)	30 (0.8)	38 (0.7)	33 (0.6)	
2 and over...	40 (0.9)	37 (2.3)	31 (1.0)	32 (1.6)	35 (0.5)	56 (1.6)	30 (0.7)	37 (0.7)	33 (0.6)	
All Individuals⁵:										
2 - 5.....	29 (1.0)	22 (1.1)	21 (1.6)	19 (0.9)	28 (1.6)	41 (3.1)	22 (1.1)	28 (0.9)	26 (0.8)	
6 - 11.....	35 (1.6)	29 (2.0)	27 (2.1)	22 (1.9)	32 (1.5)	47 (2.4)	27 (1.4)	33 (1.3)	31 (1.3)	
12 - 19.....	39 (1.3)	31 (1.2)	31 (2.2)	26 (1.5)	33 (1.2)	51 (2.1)	29 (0.9)	35 (0.8)	32 (0.7)	
20 and over...	39 (0.9)	38 (1.7)	31 (0.8)	32 (1.1)	36 (0.6)	57 (1.4)	30 (0.6)	38 (0.7)	33 (0.6)	
2 and over...	39 (0.9)	36 (1.4)	30 (0.7)	30 (0.9)	35 (0.5)	55 (1.3)	29 (0.6)	37 (0.6)	32 (0.5)	

Table 24. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁶ % (SE)	Caffeine % (SE)	Alcohol ⁷ % (SE)
Under 131% poverty:								
2 - 5.....	23 (1.3)	29 (1.3)	29 (1.2)	35 (1.3)	26 (1.1)	35 (1.1)	21 (4.5)	-- --
6 - 11.....	28 (1.5)	34 (2.7)	32 (1.4)	39 (2.0)	32 (1.6)	38 (1.9)	39 (5.8)	-- --
12 - 19.....	32 (1.1)	37 (1.1)	34 (1.7)	43 (1.7)	35 (1.5)	41 (1.3)	17 (2.3)	-- --
20 and over...	34 (0.6)	40 (0.8)	33 (0.7)	43 (0.9)	35 (0.7)	41 (0.8)	10 (1.1)	20 (2.8)
2 and over...	32 (0.5)	38 (0.7)	33 (0.6)	42 (0.8)	34 (0.7)	41 (0.7)	11 (0.9)	-- --
131-185% poverty:								
2 - 5.....	25 (1.1)	31 (2.7)	27 (3.0)	31 (2.4)	26 (2.1)	36 (2.4)	38* (9.8)	-- --
6 - 11.....	29 (2.0)	35 (1.5)	30 (2.3)	41 (2.5)	32 (2.1)	38 (2.4)	33 (8.1)	-- --
12 - 19.....	31 (1.7)	37 (2.3)	32 (2.1)	42 (3.6)	34 (2.0)	40 (2.4)	9* (3.4)	-- --
20 and over...	37 (1.5)	43 (1.5)	38 (2.3)	45 (2.2)	37 (1.8)	43 (1.9)	11 (1.8)	19* (6.2)
2 and over...	35 (1.2)	41 (1.1)	36 (2.0)	44 (1.9)	36 (1.5)	42 (1.7)	11 (1.9)	-- --
Over 185% poverty:								
2 - 5.....	23 (1.9)	30 (1.7)	30 (1.9)	38 (1.5)	29 (0.8)	36 (1.4)	36 (6.8)	-- --
6 - 11.....	29 (1.7)	36 (2.9)	34 (2.1)	44 (2.3)	35 (2.0)	40 (1.8)	25 (4.9)	-- --
12 - 19.....	32 (1.4)	41 (2.1)	33 (1.4)	44 (1.7)	37 (0.6)	40 (1.6)	19 (2.9)	-- --
20 and over...	34 (0.9)	41 (1.2)	35 (0.8)	46 (0.8)	37 (0.6)	45 (0.8)	7 (0.5)	37 (2.2)
2 and over...	33 (0.9)	40 (1.2)	35 (0.7)	45 (0.9)	36 (0.6)	44 (0.8)	7 (0.6)	-- --
All Individuals⁵:								
2 - 5.....	23 (1.0)	29 (1.1)	29 (1.0)	36 (0.9)	27 (0.6)	35 (0.7)	29 (2.7)	-- --
6 - 11.....	29 (1.3)	35 (2.1)	33 (1.5)	41 (1.8)	33 (1.3)	39 (1.6)	30 (3.5)	-- --
12 - 19.....	32 (0.8)	39 (1.5)	33 (0.9)	43 (1.1)	36 (0.6)	40 (1.0)	18 (1.6)	-- --
20 and over...	34 (0.7)	41 (1.0)	35 (0.9)	45 (0.8)	36 (0.6)	44 (0.7)	8 (0.5)	31 (1.5)
2 and over...	33 (0.7)	40 (1.0)	35 (0.7)	44 (0.8)	36 (0.6)	43 (0.7)	9 (0.5)	-- --

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 2.04.

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 2.04.

Footnotes

- ¹ Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.
- ² Percentages are estimated as a ratio of total nutrients from dinner 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 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2009-2010.
- ³ Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.
- ⁴ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as dinner.
- ⁵ Includes persons of all income levels or with unknown family income.
- ⁶ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁷ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 25. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, in the United States, 2009-2010

Gender 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)
Males:										
2 - 5.....	97* (0.7)	28 (1.0)	19 (1.6)	32 (0.9)	39 (1.2)	25 (1.2)	25 (1.4)	26 (2.0)	24 (1.5)	25 (1.4)
6 - 11.....	96 (0.9)	25 (0.9)	15 (1.0)	29 (1.2)	37 (1.4)	22 (1.1)	22 (0.9)	24 (1.1)	21 (0.9)	22 (1.0)
12 - 19.....	92 (1.3)	26 (1.3)	14 (0.6)	31 (1.7)	42 (2.4)	23 (1.5)	23 (1.3)	23 (1.1)	22 (1.3)	24 (2.0)
20 - 29.....	96* (0.9)	26 (1.4)	14 (1.1)	31 (1.6)	41 (1.8)	22 (1.9)	18 (1.3)	18 (1.5)	18 (1.1)	17 (1.7)
30 - 39.....	96 (1.1)	25 (0.8)	12 (0.7)	29 (1.5)	41 (2.2)	19 (1.2)	17 (0.7)	17 (0.8)	17 (0.8)	18 (1.3)
40 - 49.....	97* (1.1)	25 (1.3)	14 (1.1)	29 (1.5)	39 (2.0)	21 (1.3)	20 (1.4)	21 (1.9)	21 (1.5)	20 (1.0)
50 - 59.....	97 (1.1)	25 (1.9)	14 (1.5)	28 (2.0)	39 (2.6)	21 (1.9)	21 (2.3)	23 (2.7)	21 (2.5)	19 (2.2)
60 - 69.....	94 (1.3)	20 (1.2)	11 (1.0)	22 (1.4)	30 (1.8)	16 (1.3)	16 (1.1)	17 (1.3)	17 (1.3)	15 (1.3)
70 and over.....	94 (1.6)	19 (0.9)	10 (0.7)	20 (1.1)	29 (2.2)	16 (0.8)	17 (1.1)	18 (1.6)	18 (1.0)	16 (1.1)
20 and over...	96 (0.5)	24 (0.6)	13 (0.5)	28 (0.8)	38 (1.0)	20 (0.6)	19 (0.6)	19 (0.7)	19 (0.5)	18 (0.7)
Females:										
2 - 5.....	97* (0.6)	29 (0.8)	21 (1.0)	33 (0.9)	42 (1.2)	28 (1.4)	27 (1.4)	30 (1.7)	26 (1.3)	25 (1.4)
6 - 11.....	98* (0.9)	24 (0.8)	14 (1.0)	28 (0.9)	34 (1.4)	25 (2.2)	23 (1.0)	23 (1.4)	23 (1.0)	25 (0.9)
12 - 19.....	94 (1.6)	26 (1.6)	16 (1.2)	31 (1.9)	39 (2.7)	26 (1.8)	24 (1.8)	24 (1.8)	23 (1.7)	27 (2.5)
20 - 29.....	95 (1.0)	25 (1.3)	14 (0.8)	29 (1.4)	40 (2.0)	21 (1.2)	21 (1.2)	23 (1.3)	21 (1.4)	20 (1.5)
30 - 39.....	97* (0.8)	24 (1.1)	13 (1.0)	29 (1.3)	41 (1.9)	22 (1.6)	21 (1.4)	20 (1.1)	22 (1.7)	22 (1.7)
40 - 49.....	94 (1.1)	24 (1.0)	14 (0.6)	28 (1.5)	39 (2.3)	19 (1.1)	22 (1.3)	24 (1.4)	22 (1.4)	21 (1.4)
50 - 59.....	97* (1.1)	23 (1.4)	13 (1.1)	27 (1.3)	36 (1.7)	20 (1.5)	21 (1.7)	22 (1.7)	22 (1.9)	20 (2.5)
60 - 69.....	97* (1.1)	23 (1.1)	14 (0.8)	26 (1.5)	36 (2.5)	19 (1.2)	22 (1.2)	24 (1.2)	23 (1.4)	20 (1.4)
70 and over.....	94 (1.1)	18 (0.7)	10 (0.6)	21 (0.9)	28 (1.4)	15 (0.8)	17 (0.9)	18 (1.3)	17 (1.1)	15 (1.0)
20 and over...	96 (0.5)	23 (0.6)	13 (0.4)	27 (0.6)	37 (0.8)	19 (0.5)	21 (0.7)	22 (0.7)	22 (0.8)	20 (0.9)
Males and females:										
2 and over...	96 (0.3)	24 (0.3)	14 (0.2)	28 (0.4)	38 (0.5)	21 (0.4)	21 (0.3)	21 (0.4)	21 (0.3)	20 (0.4)

Table 25. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	13 (1.8)	20 (2.1)	14 (2.3)	11 (2.9)	19 (1.0)	23 (1.6)	16 (1.2)	19 (1.3)	18 (1.0)
6 - 11.....	12 (1.2)	20 (1.8)	10 (2.2)	10* (4.5)	17 (0.9)	21 (1.4)	16 (1.4)	20 (1.9)	17 (1.0)
12 - 19.....	10 (0.9)	19 (2.2)	20* (9.3)	11 (2.5)	16 (0.5)	22 (2.0)	16 (1.5)	21 (3.1)	17 (0.9)
20 - 29.....	8 (0.8)	24 (2.9)	11 (2.1)	12* (4.8)	19 (1.9)	27 (2.9)	20 (2.2)	27 (3.7)	21 (2.6)
30 - 39.....	7 (0.6)	17 (1.9)	6 (1.0)	11* (4.0)	16 (1.8)	25 (2.2)	20 (1.8)	26 (3.0)	17 (1.4)
40 - 49.....	11 (1.3)	17 (1.8)	9 (2.7)	5* (1.8)	16 (1.1)	27 (2.5)	18 (1.6)	21 (2.3)	19 (1.0)
50 - 59.....	11 (1.7)	19 (2.1)	9 (1.4)	13* (4.5)	16 (1.4)	24 (1.6)	17 (1.7)	18 (2.2)	18 (1.9)
60 - 69.....	7 (0.9)	14 (1.4)	6 (1.3)	10* (5.2)	14 (1.1)	21 (1.7)	13 (0.9)	14 (1.5)	13 (0.8)
70 and over.....	7 (0.6)	10 (1.1)	7 (1.4)	9* (4.2)	11 (0.8)	17 (1.5)	12 (0.8)	11 (1.3)	11 (1.0)
20 and over...	9 (0.5)	17 (1.0)	8 (0.8)	10 (1.7)	16 (0.8)	24 (1.2)	18 (1.0)	21 (1.4)	17 (1.1)
Females:									
2 - 5.....	16 (1.3)	25 (1.5)	23 (3.4)	11* (3.5)	20 (0.8)	26 (1.3)	15 (0.6)	21 (0.8)	17 (1.1)
6 - 11.....	10 (1.0)	15 (1.7)	13 (2.8)	9* (2.7)	17 (1.3)	18 (1.6)	15 (1.1)	16 (1.4)	17 (1.3)
12 - 19.....	12 (1.3)	18 (1.2)	11 (2.6)	13* (4.9)	18 (1.2)	22 (1.1)	17 (0.9)	21 (1.2)	20 (2.2)
20 - 29.....	12 (1.2)	20 (1.8)	18 (3.3)	16* (7.7)	17 (1.5)	22 (1.8)	16 (1.7)	22 (2.4)	16 (1.3)
30 - 39.....	9 (0.9)	16 (1.5)	11 (2.8)	11 (2.4)	16 (0.7)	22 (1.6)	16 (1.2)	18 (2.0)	14 (1.0)
40 - 49.....	11 (0.9)	19 (0.8)	13 (2.8)	18* (6.5)	16 (1.0)	24 (1.1)	15 (1.0)	18 (1.3)	18 (2.5)
50 - 59.....	9 (1.3)	17 (2.8)	7 (1.8)	12* (4.0)	16 (1.0)	23 (1.4)	16 (1.3)	17 (1.5)	17 (1.2)
60 - 69.....	10 (0.8)	15 (1.2)	8 (1.6)	4* (1.5)	15 (1.1)	22 (1.5)	14 (1.2)	14 (1.2)	14 (1.3)
70 and over.....	8 (0.6)	13 (1.4)	7 (1.8)	4* (1.2)	11 (0.8)	17 (1.3)	10 (1.0)	10 (1.1)	11 (0.8)
20 and over...	10 (0.5)	17 (0.8)	10 (1.4)	12 (2.3)	15 (0.3)	22 (0.6)	15 (0.5)	17 (0.8)	15 (0.5)
Males and females:									
2 and over...	10 (0.3)	18 (0.4)	10 (1.0)	11 (1.4)	16 (0.3)	23 (0.5)	16 (0.5)	19 (0.8)	17 (0.4)

Table 25. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	19	(1.5)	22	(1.9)	34	(4.0)	24	(2.6)	26	(1.9)	17	(1.7)	27	(2.2)	23	(1.8)	27	(1.0)
6 - 11.....	16	(1.5)	17	(1.6)	32	(2.8)	21	(2.1)	27	(1.7)	15	(1.3)	23	(1.6)	19	(1.3)	25	(1.4)
12 - 19.....	15	(1.0)	18	(2.5)	27	(2.6)	17	(1.7)	28	(2.3)	16	(1.6)	23	(1.1)	18	(0.8)	26	(1.1)
20 - 29.....	19	(1.3)	23	(3.2)	36	(3.9)	22	(3.2)	24	(2.5)	13	(2.0)	28	(2.2)	20	(1.6)	31	(2.1)
30 - 39.....	17	(0.7)	18	(2.8)	28	(2.2)	17	(2.5)	28	(1.2)	10	(1.7)	24	(1.8)	18	(0.9)	28	(1.0)
40 - 49.....	19	(1.7)	18	(2.7)	23	(2.6)	20	(5.2)	22	(1.3)	13	(3.0)	25	(2.3)	19	(1.5)	28	(1.4)
50 - 59.....	17	(1.5)	16	(1.9)	21	(2.5)	17	(2.4)	23	(3.0)	9	(0.9)	24	(1.9)	19	(1.8)	27	(1.8)
60 - 69.....	13	(1.2)	11	(1.4)	17	(2.0)	14	(2.5)	18	(2.1)	6	(0.9)	22	(1.6)	15	(1.3)	23	(1.4)
70 and over.....	11	(0.6)	9	(1.3)	15	(1.5)	9	(1.2)	19	(1.8)	7	(0.7)	19	(1.3)	14	(0.7)	21	(0.9)
20 and over...	17	(0.7)	17	(1.3)	25	(1.6)	18	(1.4)	23	(1.0)	10	(0.6)	25	(1.1)	18	(0.7)	27	(0.7)
Females:																		
2 - 5.....	21	(0.7)	23	(1.4)	37	(2.6)	29	(1.7)	28	(2.2)	21	(2.9)	32	(1.9)	25	(1.2)	31	(1.0)
6 - 11.....	14	(0.9)	14	(2.1)	28	(1.9)	14	(2.2)	27	(1.1)	19	(3.5)	19	(1.4)	17	(1.1)	24	(0.7)
12 - 19.....	16	(1.3)	16	(1.8)	35	(2.7)	19	(1.7)	34	(4.1)	18	(3.7)	26	(2.1)	22	(2.0)	29	(1.9)
20 - 29.....	16	(1.0)	17	(2.1)	35	(2.7)	18	(2.1)	26	(2.0)	11	(0.8)	25	(1.3)	19	(0.8)	28	(1.1)
30 - 39.....	15	(1.1)	14	(1.6)	34	(4.1)	16	(1.7)	30	(3.9)	9	(1.9)	24	(1.6)	18	(1.2)	29	(1.9)
40 - 49.....	15	(0.6)	14	(3.3)	28	(3.3)	17	(1.3)	25	(2.0)	11	(2.2)	28	(0.6)	19	(0.8)	27	(0.7)
50 - 59.....	13	(0.9)	13	(1.6)	26	(6.0)	15	(1.9)	22	(2.3)	5	(1.0)	23	(1.9)	17	(1.3)	25	(1.5)
60 - 69.....	14	(0.7)	13	(1.5)	24	(3.1)	16	(1.4)	23	(1.8)	7	(0.9)	26	(0.9)	19	(0.7)	26	(0.9)
70 and over.....	11	(0.7)	10	(0.7)	19	(2.2)	13	(1.1)	16	(1.3)	8	(1.6)	20	(0.9)	14	(0.6)	20	(0.8)
20 and over...	14	(0.5)	14	(1.0)	28	(1.5)	16	(0.6)	24	(1.3)	8	(0.4)	25	(0.7)	18	(0.5)	26	(0.7)
Males and females:																		
2 and over...	16	(0.3)	16	(0.6)	28	(0.4)	18	(0.5)	25	(0.6)	10	(0.4)	25	(0.4)	19	(0.3)	27	(0.4)

Table 25. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁴ % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
Males:								
2 - 5.....	18 (0.8)	19 (1.4)	27 (0.8)	15 (1.3)	26 (1.5)	18 (1.3)	36 (3.9)	-- --
6 - 11.....	18 (1.1)	17 (0.9)	25 (1.2)	12 (0.8)	22 (1.6)	16 (0.9)	41 (3.2)	-- --
12 - 19.....	18 (0.9)	16 (0.8)	27 (1.1)	12 (0.7)	21 (1.3)	16 (1.0)	60 (7.1)	-- --
20 - 29.....	20 (2.4)	18 (2.1)	30 (2.3)	12 (1.3)	24 (1.8)	15 (1.0)	48 (4.9)	-- --
30 - 39.....	17 (1.6)	14 (1.0)	27 (1.1)	10 (1.0)	21 (0.9)	13 (0.8)	45 (3.5)	-- --
40 - 49.....	17 (0.9)	16 (1.3)	26 (1.4)	11 (0.9)	22 (1.6)	14 (0.9)	48 (4.9)	-- --
50 - 59.....	17 (1.8)	16 (2.0)	26 (2.3)	11 (1.3)	21 (1.4)	13 (1.3)	43 (3.6)	-- --
60 - 69.....	13 (1.0)	12 (1.0)	22 (1.4)	8 (0.8)	18 (1.5)	11 (0.9)	37 (4.1)	-- --
70 and over.....	11 (0.8)	12 (1.7)	21 (1.4)	7 (0.6)	17 (1.2)	9 (0.6)	41 (4.8)	-- --
20 and over...	17 (0.9)	15 (0.9)	26 (0.7)	10 (0.5)	21 (0.7)	13 (0.4)	44 (2.1)	70 (2.0)
Females:								
2 - 5.....	19 (0.8)	22 (1.1)	30 (1.4)	17 (0.7)	29 (1.1)	18 (0.8)	44 (3.5)	-- --
6 - 11.....	19 (1.2)	17 (1.3)	26 (1.0)	12 (1.0)	20 (1.0)	16 (0.9)	39 (3.9)	-- --
12 - 19.....	21 (1.5)	18 (1.6)	31 (2.7)	14 (1.0)	24 (1.3)	19 (1.2)	47 (4.1)	-- --
20 - 29.....	17 (1.2)	16 (0.9)	27 (1.0)	11 (0.8)	22 (1.0)	15 (1.1)	39 (2.6)	-- --
30 - 39.....	15 (0.9)	16 (1.1)	31 (1.7)	11 (0.7)	22 (1.4)	14 (0.8)	42 (5.2)	-- --
40 - 49.....	18 (1.4)	17 (1.3)	28 (0.9)	11 (0.8)	22 (0.6)	14 (0.7)	40 (3.2)	-- --
50 - 59.....	17 (0.8)	16 (1.2)	26 (1.9)	10 (0.9)	20 (1.3)	13 (1.4)	42 (5.0)	-- --
60 - 69.....	15 (1.2)	16 (0.7)	24 (1.8)	11 (1.1)	21 (1.1)	13 (0.8)	42 (4.8)	-- --
70 and over.....	11 (0.7)	11 (0.6)	21 (0.8)	7 (0.5)	16 (0.9)	10 (0.5)	35 (7.6)	-- --
20 and over...	16 (0.4)	15 (0.5)	27 (0.7)	10 (0.3)	21 (0.6)	13 (0.4)	40 (2.0)	54 (3.7)
Males and females:								
2 and over...	17 (0.3)	16 (0.4)	27 (0.4)	11 (0.2)	21 (0.3)	14 (0.2)	43 (1.6)	-- --

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 2.04.

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 2.04.

Footnotes

- ¹ Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 22 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".
- ² Percentages are estimated as a ratio of total nutrients from snacks 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 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2009-2010.
- ³ The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as snack.
- ⁴ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁵ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Snacks: Percentages of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 26. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2009-2010

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.....	99* (0.6)	28 (0.8)	21 (1.8)	32 (0.6)	39 (0.9)	26 (1.6)	26 (1.6)	28 (2.5)	25 (1.5)	26 (1.5)
6 - 11.....	98* (0.9)	25 (0.6)	14 (1.0)	30 (0.7)	37 (1.4)	24 (2.1)	22 (0.9)	24 (1.3)	21 (0.8)	22 (1.1)
12 - 19.....	95 (1.3)	27 (1.4)	15 (1.1)	33 (1.9)	43 (2.4)	24 (1.4)	24 (1.1)	24 (1.4)	23 (1.2)	25 (1.2)
20 and over...	97 (0.4)	24 (0.4)	13 (0.4)	28 (0.5)	38 (0.7)	19 (0.5)	20 (0.4)	21 (0.6)	20 (0.4)	18 (0.6)
2 and over...	97 (0.4)	25 (0.4)	13 (0.3)	29 (0.5)	39 (0.6)	20 (0.6)	20 (0.4)	22 (0.5)	21 (0.4)	19 (0.5)
Non-Hispanic Black:										
2 - 5.....	96* (1.6)	29 (2.7)	18 (2.3)	34 (2.9)	43 (3.7)	27 (1.8)	26 (2.7)	26 (2.8)	25 (3.2)	27 (2.5)
6 - 11.....	93* (2.6)	23 (1.8)	12 (1.1)	26 (1.8)	32 (2.3)	20 (1.4)	23 (2.2)	22 (1.7)	22 (2.3)	25 (3.6)
12 - 19.....	93 (1.5)	27 (2.3)	15 (1.9)	32 (2.3)	38 (2.4)	28 (2.9)	25 (2.9)	23 (2.3)	25 (3.3)	31 (3.9)
20 and over...	93 (1.0)	27 (1.0)	14 (0.8)	30 (1.3)	38 (1.5)	23 (1.4)	23 (0.9)	23 (1.0)	23 (0.9)	23 (1.1)
2 and over...	93 (0.8)	26 (0.8)	14 (0.6)	30 (1.0)	38 (1.2)	24 (1.0)	23 (0.8)	23 (0.9)	23 (0.8)	25 (0.9)
Hispanic⁴:										
<i>Mexican American</i>										
2 - 5.....	92 (2.3)	28 (1.5)	20 (0.9)	32 (1.6)	41 (1.5)	29 (1.9)	25 (1.9)	28 (2.5)	23 (1.8)	22 (1.8)
6 - 11.....	94 (2.2)	22 (1.0)	13 (0.8)	25 (1.1)	30 (1.0)	23 (1.7)	22 (1.4)	21 (1.7)	22 (1.5)	24 (1.9)
12 - 19.....	91 (0.9)	23 (1.7)	12 (1.4)	28 (1.6)	36 (2.3)	22 (1.4)	19 (2.2)	19 (2.4)	18 (2.2)	21 (2.4)
20 and over...	93 (1.3)	20 (0.6)	11 (0.4)	23 (0.6)	32 (0.8)	17 (0.7)	16 (0.6)	17 (0.9)	16 (0.7)	17 (0.6)
2 and over...	93 (0.8)	21 (0.5)	12 (0.3)	25 (0.6)	33 (0.7)	19 (0.5)	18 (0.6)	19 (0.8)	17 (0.6)	19 (0.7)
<i>All Hispanic</i>										
2 - 5.....	94 (1.6)	28 (1.5)	20 (1.1)	33 (1.5)	41 (1.8)	29 (1.5)	25 (1.9)	28 (2.2)	23 (1.8)	23 (1.7)
6 - 11.....	95 (1.8)	24 (0.9)	15 (0.8)	27 (1.0)	32 (1.2)	23 (1.2)	23 (1.3)	23 (1.5)	23 (1.3)	25 (1.5)
12 - 19.....	91 (1.0)	23 (1.5)	13 (1.5)	28 (1.2)	36 (1.7)	22 (1.3)	20 (2.0)	20 (2.1)	19 (1.9)	22 (2.5)
20 and over...	93 (1.0)	22 (0.4)	12 (0.5)	25 (0.6)	35 (0.9)	18 (0.7)	17 (0.4)	18 (0.7)	17 (0.5)	18 (0.4)
2 and over...	93 (0.6)	23 (0.5)	13 (0.5)	26 (0.6)	35 (0.8)	20 (0.6)	19 (0.6)	20 (0.8)	18 (0.6)	19 (0.6)

Table 26. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	15 (2.5)	22 (2.8)	16 (3.4)	11* (4.1)	19 (1.0)	25 (1.8)	16 (1.1)	20 (1.2)	17 (1.1)
6 - 11.....	12 (1.4)	18 (1.5)	8 (1.1)	9 (2.0)	17 (1.0)	20 (1.4)	15 (0.9)	18 (2.0)	16 (1.4)
12 - 19.....	12 (1.2)	18 (2.1)	14* (7.4)	12* (4.2)	17 (1.0)	22 (1.8)	17 (1.3)	22 (2.8)	18 (2.0)
20 and over...	9 (0.4)	17 (0.6)	9 (1.4)	9 (2.0)	15 (0.5)	24 (0.7)	16 (0.8)	19 (1.3)	16 (0.8)
2 and over...	10 (0.3)	18 (0.5)	9 (1.5)	10 (1.9)	16 (0.4)	23 (0.6)	16 (0.7)	19 (1.1)	16 (0.6)
Non-Hispanic Black:									
2 - 5.....	14 (2.7)	21 (1.3)	23 (6.4)	9* (3.7)	19 (1.3)	22 (1.5)	17 (2.2)	20 (1.8)	18 (2.1)
6 - 11.....	10 (1.1)	15 (1.6)	18* (7.1)	11* (4.3)	15 (1.8)	15 (1.5)	15 (1.8)	15 (2.0)	15 (1.9)
12 - 19.....	11 (2.2)	16 (2.1)	18 (4.0)	14 (3.9)	19 (1.6)	18 (1.8)	18 (2.3)	18 (1.6)	19 (1.8)
20 and over...	11 (1.4)	15 (1.6)	10 (2.0)	13 (3.7)	18 (1.1)	22 (1.3)	17 (0.9)	18 (1.3)	18 (0.7)
2 and over...	11 (1.1)	16 (1.2)	12 (1.5)	13 (2.9)	18 (0.9)	21 (1.1)	17 (0.7)	18 (1.0)	18 (0.7)
Hispanic⁴:									
<i>Mexican American</i>									
2 - 5.....	14 (1.2)	24 (1.3)	20 (3.1)	17 (4.6)	21 (1.0)	26 (1.1)	16 (1.0)	21 (1.2)	20 (1.0)
6 - 11.....	10 (1.2)	18 (1.6)	17 (4.5)	6* (2.1)	18 (1.8)	19 (1.4)	15 (1.5)	17 (2.0)	19 (2.7)
12 - 19.....	8 (1.7)	17 (2.4)	12 (2.6)	8 (2.0)	18 (1.8)	19 (1.8)	15 (1.8)	18 (1.8)	20 (2.6)
20 and over...	7 (0.8)	17 (1.0)	15 (1.4)	19 (5.4)	15 (0.6)	21 (1.0)	15 (0.7)	20 (1.0)	16 (0.8)
2 and over...	8 (0.7)	18 (0.7)	15 (1.0)	16 (3.9)	16 (0.5)	21 (0.8)	15 (0.4)	19 (0.7)	17 (0.6)
<i>All Hispanic</i>									
2 - 5.....	14 (1.4)	24 (1.1)	21 (2.6)	12 (3.0)	20 (1.1)	25 (1.0)	15 (1.0)	20 (1.1)	18 (1.1)
6 - 11.....	10 (0.8)	20 (1.7)	17 (3.6)	13* (4.3)	19 (1.6)	20 (1.3)	16 (1.5)	18 (1.6)	20 (2.1)
12 - 19.....	8 (1.4)	19 (2.4)	12 (2.1)	8 (2.2)	19 (1.5)	21 (2.0)	16 (1.5)	19 (1.5)	22 (2.3)
20 and over...	8 (0.6)	19 (1.3)	16 (1.3)	16 (3.9)	16 (0.6)	23 (1.0)	17 (0.6)	22 (1.2)	17 (0.9)
2 and over...	9 (0.7)	19 (1.0)	16 (1.0)	14 (3.0)	17 (0.5)	23 (0.8)	17 (0.5)	21 (0.8)	18 (0.7)

Table 26. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	20	(1.5)	22	(1.9)	34	(4.1)	25	(2.9)	25	(2.1)	19	(2.9)	29	(2.8)	24	(2.1)	29	(1.1)
6 - 11.....	16	(1.5)	16	(2.0)	30	(2.0)	19	(2.5)	26	(1.4)	15	(1.4)	21	(1.4)	19	(1.1)	25	(1.0)
12 - 19.....	16	(1.2)	18	(2.5)	25	(2.7)	17	(1.8)	30	(2.2)	15	(1.7)	24	(2.1)	20	(1.7)	28	(1.7)
20 and over...	16	(0.5)	15	(1.2)	25	(1.1)	17	(1.2)	23	(0.9)	9	(0.5)	24	(0.6)	18	(0.4)	27	(0.5)
2 and over...	16	(0.3)	16	(0.9)	25	(0.8)	17	(0.8)	24	(0.8)	10	(0.5)	24	(0.5)	19	(0.3)	27	(0.4)
Non-Hispanic Black:																		
2 - 5.....	18	(2.3)	18	(2.0)	44	(5.2)	23	(1.6)	33	(4.3)	19	(4.1)	27	(1.9)	22	(2.1)	28	(1.8)
6 - 11.....	13	(1.0)	12	(2.3)	30	(2.6)	12	(2.2)	29	(3.0)	22*	(9.7)	18	(1.2)	15	(1.1)	21	(1.7)
12 - 19.....	15	(2.1)	12	(1.7)	38	(2.5)	13	(1.4)	36	(4.1)	17	(2.7)	21	(1.7)	19	(2.2)	29	(2.7)
20 and over...	17	(1.7)	13	(1.3)	30	(2.6)	15	(1.4)	26	(1.3)	10	(1.4)	25	(1.0)	19	(1.0)	28	(1.4)
2 and over...	16	(1.3)	13	(1.0)	32	(1.8)	15	(1.0)	28	(1.1)	12	(1.3)	24	(0.9)	19	(0.8)	28	(1.1)
Hispanic⁴:																		
<i>Mexican American</i>																		
2 - 5.....	20	(1.1)	24	(1.2)	37	(2.9)	29	(1.8)	26	(1.7)	19	(2.3)	31	(1.7)	25	(1.0)	29	(1.0)
6 - 11.....	13	(1.0)	16	(2.1)	25	(2.1)	17	(1.5)	26	(1.6)	16	(1.8)	20	(1.0)	16	(0.8)	22	(1.3)
12 - 19.....	13	(1.8)	15	(2.2)	41	(6.2)	22	(3.3)	26	(2.0)	13	(2.3)	27	(3.6)	17	(1.5)	26	(1.6)
20 and over...	14	(0.5)	16	(1.2)	27	(1.5)	17	(0.9)	21	(1.7)	10	(1.2)	25	(1.1)	15	(0.5)	23	(0.8)
2 and over...	14	(0.5)	17	(0.9)	30	(1.1)	19	(0.7)	23	(1.2)	12	(0.6)	25	(0.9)	16	(0.4)	24	(0.6)
<i>All Hispanic</i>																		
2 - 5.....	20	(1.4)	24	(1.1)	36	(2.0)	29	(1.4)	26	(2.0)	21	(2.9)	31	(1.5)	24	(1.2)	29	(1.2)
6 - 11.....	14	(0.7)	17	(1.7)	26	(1.5)	18	(1.5)	27	(1.5)	20	(1.5)	23	(1.1)	18	(0.8)	24	(1.1)
12 - 19.....	14	(1.5)	19	(2.6)	36	(3.9)	25	(3.7)	28	(3.9)	14	(2.0)	27	(2.7)	18	(1.9)	26	(1.4)
20 and over...	15	(0.5)	19	(1.3)	33	(2.7)	18	(1.0)	22	(1.2)	12	(1.0)	26	(1.0)	16	(0.5)	25	(0.7)
2 and over...	15	(0.5)	19	(1.0)	33	(1.7)	20	(1.1)	23	(1.1)	13	(0.8)	26	(0.9)	17	(0.5)	25	(0.6)

Table 26. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁵ % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
Non-Hispanic White:								
2 - 5.....	19 (0.9)	21 (1.8)	29 (1.4)	15 (1.4)	27 (1.4)	18 (1.1)	39 (5.1)	-- --
6 - 11.....	19 (1.1)	17 (1.3)	26 (1.1)	12 (1.0)	21 (1.5)	15 (0.7)	42 (3.3)	-- --
12 - 19.....	19 (1.4)	17 (1.4)	30 (2.3)	13 (1.0)	22 (1.4)	18 (1.4)	59 (4.4)	-- --
20 and over...	16 (0.5)	15 (0.6)	27 (0.6)	10 (0.4)	21 (0.4)	13 (0.3)	44 (1.9)	63 (2.1)
2 and over...	17 (0.4)	16 (0.5)	27 (0.6)	10 (0.3)	21 (0.3)	14 (0.3)	45 (1.9)	-- --
Non-Hispanic Black:								
2 - 5.....	19 (1.9)	18 (2.1)	28 (2.0)	15 (2.0)	28 (2.4)	19 (2.9)	38 (6.7)	-- --
6 - 11.....	16 (1.7)	15 (2.1)	22 (1.8)	11 (1.3)	20 (1.4)	16 (1.7)	43 (7.9)	-- --
12 - 19.....	20 (2.0)	17 (2.8)	31 (3.8)	15 (1.9)	25 (2.2)	18 (1.8)	38 (4.8)	-- --
20 and over...	19 (1.1)	17 (1.1)	26 (1.7)	13 (1.0)	22 (1.1)	15 (0.9)	35 (3.3)	70 (4.2)
2 and over...	19 (1.0)	17 (1.0)	26 (1.4)	13 (0.7)	22 (0.9)	16 (0.7)	35 (3.1)	-- --
Hispanic⁴:								
<i>Mexican American</i>								
2 - 5.....	20 (1.2)	21 (1.0)	28 (1.5)	16 (0.8)	29 (1.0)	19 (1.6)	36 (5.6)	-- --
6 - 11.....	18 (2.2)	16 (1.3)	22 (1.0)	12 (0.9)	19 (0.8)	16 (1.1)	24 (2.5)	-- --
12 - 19.....	18 (2.2)	15 (1.5)	27 (1.9)	11 (1.7)	23 (2.3)	14 (1.6)	33 (5.6)	-- --
20 and over...	14 (0.7)	13 (0.6)	22 (0.9)	10 (0.5)	19 (0.5)	11 (0.4)	29 (4.4)	74 (3.5)
2 and over...	16 (0.5)	14 (0.3)	23 (0.7)	11 (0.4)	20 (0.4)	13 (0.3)	29 (4.0)	-- --
<i>All Hispanic</i>								
2 - 5.....	19 (1.2)	21 (1.0)	29 (1.4)	16 (0.9)	29 (1.3)	19 (1.5)	38 (4.9)	-- --
6 - 11.....	19 (1.8)	17 (1.2)	25 (1.0)	13 (0.9)	21 (0.8)	18 (1.2)	30 (3.7)	-- --
12 - 19.....	19 (1.8)	17 (1.8)	26 (1.7)	12 (1.7)	23 (1.7)	15 (1.3)	35 (5.5)	-- --
20 and over...	16 (0.8)	14 (0.6)	24 (0.8)	11 (0.5)	20 (0.6)	13 (0.6)	32 (3.4)	72 (4.1)
2 and over...	17 (0.7)	15 (0.4)	25 (0.6)	12 (0.6)	21 (0.4)	14 (0.5)	32 (3.1)	-- --

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 2.04.

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 2.04.

Footnotes

- ¹ Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 22 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".
- ² Percentages are estimated as a ratio of total nutrients from snacks 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, 2009-2010.
- ³ The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as snack.
- ⁴ A new sampling methodology was implemented for NHANES 2007-2010; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.
- ⁵ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁶ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Snacks: Percentages of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 27. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2009-2010

Family income in dollars 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)
\$0 - \$24,999:										
2 - 5.....	96* (1.0)	29 (1.3)	19 (0.9)	34 (1.5)	43 (2.0)	27 (1.2)	26 (1.2)	27 (1.5)	24 (1.2)	25 (1.3)
6 - 11.....	94 (1.7)	24 (1.1)	15 (1.4)	27 (1.2)	33 (1.7)	21 (1.3)	23 (1.3)	24 (1.6)	22 (1.2)	23 (1.4)
12 - 19.....	92 (2.2)	27 (1.2)	15 (1.6)	32 (1.6)	40 (2.0)	26 (1.3)	24 (1.6)	23 (1.7)	23 (1.5)	28 (2.0)
20 and over...	95 (0.6)	26 (0.9)	14 (0.8)	30 (0.9)	41 (1.1)	20 (0.6)	21 (1.1)	22 (1.2)	21 (1.3)	21 (1.3)
2 and over...	94 (0.6)	26 (0.7)	15 (0.6)	30 (0.8)	40 (1.0)	21 (0.5)	22 (0.9)	22 (1.0)	21 (1.1)	22 (1.1)
\$25,000 - \$74,999:										
2 - 5.....	97* (1.1)	30 (1.2)	22 (2.3)	33 (0.8)	41 (0.9)	27 (2.0)	29 (2.4)	31 (3.4)	27 (2.1)	27 (2.1)
6 - 11.....	97* (0.9)	25 (1.4)	14 (1.1)	29 (1.5)	36 (1.9)	25 (3.4)	23 (1.6)	23 (1.9)	23 (1.6)	25 (1.7)
12 - 19.....	92 (1.2)	27 (1.5)	13 (1.1)	33 (2.0)	45 (2.8)	24 (1.1)	22 (1.4)	23 (1.5)	22 (1.6)	24 (1.6)
20 and over...	97 (0.4)	24 (0.4)	13 (0.4)	27 (0.7)	37 (1.0)	20 (0.8)	20 (0.4)	20 (0.5)	20 (0.5)	18 (0.6)
2 and over...	96 (0.4)	24 (0.5)	13 (0.4)	28 (0.7)	38 (1.1)	21 (0.8)	20 (0.5)	21 (0.6)	21 (0.5)	20 (0.5)
\$75,000 and higher:										
2 - 5.....	99* (0.9)	26 (1.4)	18 (1.3)	30 (1.4)	36 (1.7)	25 (1.8)	23 (1.6)	23 (1.5)	23 (1.8)	24 (2.7)
6 - 11.....	98* (1.0)	24 (1.5)	14 (1.3)	28 (2.0)	35 (3.0)	21 (1.5)	22 (1.3)	23 (1.7)	20 (1.2)	21 (2.0)
12 - 19.....	95* (1.8)	24 (1.7)	14 (1.5)	28 (2.1)	36 (2.7)	22 (2.3)	23 (1.6)	23 (1.9)	22 (1.5)	23 (2.1)
20 and over...	97 (0.5)	23 (0.6)	13 (0.5)	26 (0.7)	36 (1.1)	19 (0.6)	20 (0.7)	21 (0.7)	20 (0.7)	18 (0.8)
2 and over...	97 (0.5)	23 (0.5)	13 (0.4)	27 (0.6)	36 (0.8)	19 (0.6)	20 (0.6)	21 (0.7)	20 (0.6)	19 (0.7)
All Individuals⁴:										
2 - 5.....	97 (0.5)	28 (0.7)	20 (1.1)	33 (0.7)	40 (0.9)	27 (1.1)	26 (1.2)	28 (1.6)	25 (1.2)	25 (1.1)
6 - 11.....	97 (0.7)	24 (0.6)	14 (0.6)	28 (0.8)	35 (1.2)	23 (1.4)	23 (0.6)	24 (0.9)	22 (0.7)	23 (0.7)
12 - 19.....	93 (0.9)	26 (0.8)	14 (0.6)	31 (1.1)	41 (1.6)	24 (0.9)	23 (0.7)	23 (0.6)	23 (0.7)	25 (0.9)
20 and over...	96 (0.4)	24 (0.4)	13 (0.3)	28 (0.4)	38 (0.6)	20 (0.4)	20 (0.4)	21 (0.5)	20 (0.4)	19 (0.5)
2 and over...	96 (0.3)	24 (0.3)	14 (0.2)	28 (0.4)	38 (0.5)	21 (0.4)	21 (0.3)	21 (0.4)	21 (0.3)	20 (0.4)

Table 27. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars 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)
\$0 - \$24,999:									
2 - 5.....	14 (1.2)	22 (1.3)	18 (3.8)	14* (4.2)	20 (0.8)	25 (1.1)	16 (0.9)	20 (1.1)	18 (0.9)
6 - 11.....	12 (1.3)	18 (2.0)	11 (2.9)	12 (2.4)	19 (1.4)	19 (1.7)	17 (1.4)	18 (1.6)	20 (1.7)
12 - 19.....	10 (1.3)	19 (1.8)	10 (2.3)	13* (4.1)	18 (1.8)	20 (2.0)	17 (2.0)	20 (2.6)	17 (1.4)
20 and over...	11 (0.9)	19 (1.3)	10 (1.3)	14 (2.7)	17 (1.0)	26 (1.4)	19 (1.2)	23 (2.0)	18 (0.9)
2 and over...	11 (0.8)	19 (1.1)	11 (1.1)	14 (2.3)	17 (0.9)	24 (1.2)	18 (1.0)	22 (1.7)	18 (0.7)
\$25,000 - \$74,999:									
2 - 5.....	18 (2.8)	26 (3.2)	20 (3.6)	12* (4.8)	19 (1.2)	27 (1.9)	15 (1.4)	20 (1.8)	18 (1.2)
6 - 11.....	10 (1.5)	17 (2.1)	15 (3.8)	6* (2.0)	17 (1.3)	19 (1.6)	16 (1.9)	19 (2.7)	17 (1.7)
12 - 19.....	10 (1.1)	17 (1.9)	8 (1.3)	7* (2.4)	16 (1.4)	23 (2.6)	17 (1.2)	25 (3.6)	17 (2.2)
20 and over...	9 (0.5)	17 (1.0)	9 (1.4)	7 (1.5)	16 (0.6)	22 (1.0)	16 (0.9)	19 (1.1)	16 (0.4)
2 and over...	9 (0.4)	18 (0.8)	10 (1.2)	7 (1.3)	16 (0.5)	22 (0.9)	16 (0.8)	19 (1.1)	17 (0.4)
\$75,000 and higher:									
2 - 5.....	12 (1.7)	18 (1.3)	17 (3.3)	9* (2.9)	19 (1.6)	21 (1.4)	16 (1.5)	19 (1.2)	17 (1.7)
6 - 11.....	11 (1.4)	17 (2.5)	9 (2.4)	13* (4.3)	16 (1.4)	19 (2.4)	12 (1.0)	15 (1.4)	14 (1.7)
12 - 19.....	14 (1.9)	19 (3.2)	21*(10.1)	10* (3.2)	16 (1.4)	21 (2.2)	15 (1.9)	18 (2.4)	18 (2.0)
20 and over...	9 (0.5)	17 (0.7)	9 (1.4)	12 (3.0)	15 (0.8)	23 (1.2)	16 (1.0)	18 (1.6)	15 (1.2)
2 and over...	10 (0.5)	17 (0.7)	10 (1.6)	12 (2.4)	15 (0.6)	22 (0.9)	15 (0.8)	18 (1.1)	15 (0.8)
All Individuals⁴:									
2 - 5.....	15 (1.4)	22 (1.5)	18 (1.9)	11 (2.3)	19 (0.7)	25 (1.1)	16 (0.8)	20 (0.8)	17 (0.7)
6 - 11.....	11 (0.8)	18 (1.1)	11 (1.6)	10 (1.9)	17 (0.7)	20 (1.0)	15 (0.7)	18 (1.3)	17 (1.0)
12 - 19.....	11 (0.7)	18 (1.3)	15* (4.6)	12 (2.8)	17 (0.7)	22 (1.1)	17 (0.7)	21 (1.7)	18 (1.4)
20 and over...	9 (0.3)	17 (0.5)	9 (1.0)	11 (1.6)	16 (0.4)	23 (0.7)	17 (0.6)	19 (1.0)	16 (0.6)
2 and over...	10 (0.3)	18 (0.4)	10 (1.0)	11 (1.4)	16 (0.3)	23 (0.5)	16 (0.5)	19 (0.8)	17 (0.4)

Table 27. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	19	(1.2)	23	(1.3)	41	(2.7)	27	(1.8)	30	(2.4)	19	(1.4)	29	(1.6)	24	(1.0)	29	(1.1)
6 - 11.....	15	(1.1)	17	(2.2)	27	(3.2)	16	(2.5)	27	(1.5)	15	(1.4)	20	(2.1)	18	(1.4)	23	(1.5)
12 - 19.....	15	(1.7)	16	(2.4)	30	(1.8)	20	(3.7)	37	(3.9)	16	(1.7)	25	(2.0)	20	(1.7)	29	(1.6)
20 and over...	18	(1.1)	18	(1.5)	32	(1.6)	20	(2.0)	26	(1.6)	11	(1.3)	27	(0.9)	20	(1.0)	29	(0.9)
2 and over...	18	(0.9)	18	(1.2)	32	(1.3)	20	(1.6)	27	(1.4)	12	(1.1)	26	(0.8)	20	(0.8)	29	(0.7)
\$25,000 - \$74,999:																		
2 - 5.....	22	(1.5)	24	(1.9)	35	(3.8)	30	(3.1)	29	(2.5)	21	(2.8)	32	(3.4)	27	(2.7)	30	(1.5)
6 - 11.....	14	(1.4)	14	(1.7)	36	(2.3)	17	(2.4)	30	(2.9)	19	(5.3)	22	(1.9)	18	(1.5)	26	(1.4)
12 - 19.....	14	(1.2)	18	(3.4)	37	(3.6)	19	(3.1)	31	(2.9)	13	(1.5)	25	(2.8)	19	(2.1)	28	(1.8)
20 and over...	15	(0.5)	15	(0.9)	26	(1.8)	16	(1.0)	24	(1.2)	9	(0.9)	24	(0.6)	18	(0.5)	26	(0.7)
2 and over...	15	(0.4)	16	(0.9)	28	(1.2)	17	(0.9)	25	(1.0)	10	(0.9)	24	(0.6)	18	(0.6)	27	(0.7)
\$75,000 and higher:																		
2 - 5.....	18	(1.3)	18	(1.6)	31	(3.1)	21	(2.0)	22	(2.0)	17	(4.2)	24	(1.8)	21	(1.5)	26	(1.1)
6 - 11.....	16	(1.8)	15	(2.9)	24	(3.8)	19	(4.2)	22	(1.5)	17	(1.4)	21	(2.9)	18	(1.6)	23	(1.7)
12 - 19.....	16	(1.8)	18	(2.3)	24	(4.4)	14	(2.5)	27	(4.8)	20	(4.4)	22	(1.8)	19	(1.8)	25	(2.0)
20 and over...	15	(0.6)	14	(1.8)	23	(1.8)	16	(1.5)	22	(1.1)	8	(0.8)	24	(0.9)	18	(0.5)	26	(0.6)
2 and over...	15	(0.4)	15	(1.4)	24	(1.4)	16	(1.0)	23	(0.9)	10	(0.7)	24	(0.8)	18	(0.5)	26	(0.6)
All Individuals⁴:																		
2 - 5.....	20	(0.9)	22	(1.0)	36	(2.8)	26	(1.6)	27	(1.7)	19	(1.8)	29	(1.7)	24	(1.3)	28	(0.7)
6 - 11.....	15	(0.9)	16	(1.4)	30	(1.9)	18	(1.6)	27	(1.0)	17	(2.1)	21	(1.2)	18	(0.8)	25	(0.8)
12 - 19.....	15	(0.8)	17	(1.8)	31	(2.1)	18	(1.3)	31	(1.7)	17	(2.1)	24	(1.2)	20	(1.0)	27	(1.0)
20 and over...	16	(0.4)	15	(0.9)	27	(0.7)	17	(0.8)	24	(0.8)	9	(0.4)	25	(0.5)	18	(0.3)	27	(0.4)
2 and over...	16	(0.3)	16	(0.6)	28	(0.4)	18	(0.5)	25	(0.6)	10	(0.4)	25	(0.4)	19	(0.3)	27	(0.4)

Table 27. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁵ % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
\$0 - \$24,999:								
2 - 5.....	19 (1.0)	20 (1.0)	28 (1.4)	16 (0.9)	28 (1.2)	19 (1.2)	48 (7.1)	-- --
6 - 11.....	20 (1.4)	18 (1.7)	24 (0.9)	14 (1.6)	20 (1.2)	18 (1.1)	32 (4.8)	-- --
12 - 19.....	18 (1.5)	17 (1.7)	29 (2.0)	13 (1.7)	23 (1.3)	17 (1.0)	51 (4.4)	-- --
20 and over...	17 (0.9)	16 (0.9)	27 (1.1)	12 (0.6)	23 (0.7)	14 (0.6)	49 (3.5)	76 (3.1)
2 and over...	18 (0.7)	17 (0.8)	27 (0.9)	12 (0.6)	23 (0.7)	15 (0.4)	49 (3.4)	-- --
\$25,000 - \$74,999:								
2 - 5.....	19 (1.1)	22 (2.0)	30 (1.8)	17 (1.7)	29 (1.9)	19 (1.4)	35 (3.3)	-- --
6 - 11.....	18 (1.5)	16 (1.7)	26 (1.4)	11 (1.0)	21 (1.4)	16 (1.3)	41 (6.7)	-- --
12 - 19.....	18 (2.0)	16 (1.7)	29 (2.0)	11 (1.0)	23 (1.3)	15 (1.6)	57 (5.7)	-- --
20 and over...	16 (0.4)	15 (0.5)	26 (0.7)	11 (0.4)	20 (0.7)	13 (0.5)	41 (3.0)	66 (3.1)
2 and over...	17 (0.4)	16 (0.5)	27 (0.7)	11 (0.4)	21 (0.6)	14 (0.6)	42 (2.8)	-- --
\$75,000 and higher:								
2 - 5.....	18 (1.8)	19 (1.3)	28 (1.3)	15 (1.0)	25 (1.6)	17 (1.7)	41 (10.0)	-- --
6 - 11.....	16 (1.6)	16 (1.2)	24 (1.4)	11 (1.1)	21 (2.2)	15 (1.1)	42 (4.0)	-- --
12 - 19.....	18 (1.6)	16 (1.9)	27 (3.3)	13 (1.6)	21 (2.2)	17 (2.0)	54 (9.4)	-- --
20 and over...	16 (0.8)	15 (1.0)	26 (0.7)	10 (0.6)	20 (0.5)	13 (0.7)	40 (2.1)	60 (3.3)
2 and over...	16 (0.6)	15 (0.8)	26 (0.6)	10 (0.5)	20 (0.5)	14 (0.6)	40 (2.0)	-- --
All Individuals⁴:								
2 - 5.....	19 (0.6)	20 (1.1)	29 (1.0)	16 (0.8)	28 (1.0)	18 (0.9)	40 (3.1)	-- --
6 - 11.....	18 (0.9)	17 (0.9)	25 (0.8)	12 (0.5)	21 (1.0)	16 (0.6)	40 (2.8)	-- --
12 - 19.....	19 (1.0)	17 (0.9)	29 (1.5)	13 (0.6)	23 (0.8)	17 (0.8)	54 (4.2)	-- --
20 and over...	16 (0.5)	15 (0.5)	26 (0.4)	10 (0.3)	21 (0.3)	13 (0.3)	42 (1.6)	66 (1.5)
2 and over...	17 (0.3)	16 (0.4)	27 (0.4)	11 (0.2)	21 (0.3)	14 (0.2)	43 (1.6)	-- --

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 2.04.

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 2.04.

Footnotes

- ¹ Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 22 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".
- ² Percentages are estimated as a ratio of total nutrients from snacks 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 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2009-2010.
- ³ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as snack.
- ⁴ Includes persons of all income levels or with unknown family income.
- ⁵ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁶ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

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Table 28. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010

Family income as % of Federal poverty threshold and age (years)	Percent reporting ⁴ % (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)
Under 131% poverty:										
2 - 5.....	94 (1.2)	28 (1.3)	19 (1.1)	33 (1.5)	42 (2.0)	26 (1.2)	25 (1.3)	27 (1.5)	24 (1.4)	23 (1.2)
6 - 11.....	95 (1.2)	24 (1.0)	15 (1.1)	27 (1.1)	33 (1.5)	22 (1.1)	22 (1.3)	23 (1.7)	22 (1.2)	23 (1.3)
12 - 19.....	91 (1.8)	25 (1.1)	13 (1.3)	30 (1.2)	39 (1.5)	23 (1.0)	21 (1.4)	21 (1.2)	20 (1.4)	24 (2.4)
20 and over...	94 (0.8)	26 (0.9)	14 (0.7)	30 (0.8)	41 (1.0)	20 (0.8)	21 (1.1)	21 (1.0)	20 (1.4)	21 (1.3)
2 and over...	94 (0.6)	26 (0.6)	14 (0.5)	30 (0.6)	40 (0.7)	21 (0.7)	21 (0.9)	22 (0.8)	21 (1.0)	22 (1.1)
131-185% poverty:										
2 - 5.....	100* (0.0)	32 (3.6)	26 (6.0)	34 (2.1)	42 (2.8)	28 (2.5)	33 (6.5)	37 (8.2)	31 (6.4)	32 (3.9)
6 - 11.....	99* (0.4)	24 (2.0)	12 (1.3)	28 (1.9)	36 (2.2)	20 (2.0)	22 (2.6)	24 (2.9)	21 (2.9)	21 (2.9)
12 - 19.....	93* (1.7)	30 (3.3)	16 (2.1)	37 (5.1)	50 (7.9)	24 (1.5)	25 (1.7)	26 (2.6)	22 (1.7)	28 (3.6)
20 and over...	97 (0.8)	25 (1.4)	14 (1.4)	30 (1.5)	41 (1.8)	19 (1.2)	20 (1.6)	22 (2.0)	19 (1.6)	19 (2.4)
2 and over...	97 (0.7)	26 (1.2)	15 (1.1)	31 (1.2)	42 (1.5)	20 (0.9)	21 (1.4)	23 (1.7)	20 (1.4)	21 (2.1)
Over 185% poverty:										
2 - 5.....	99* (0.7)	27 (1.1)	19 (1.4)	31 (1.0)	37 (0.9)	27 (1.7)	25 (1.7)	25 (2.3)	24 (1.7)	26 (2.0)
6 - 11.....	98* (0.9)	24 (0.9)	14 (1.0)	29 (1.2)	36 (1.9)	24 (2.1)	23 (0.8)	23 (1.3)	22 (0.8)	24 (1.3)
12 - 19.....	94 (1.4)	25 (1.2)	14 (1.0)	30 (1.7)	40 (2.5)	24 (1.4)	23 (1.2)	23 (1.3)	22 (1.2)	23 (1.5)
20 and over...	97 (0.4)	23 (0.4)	13 (0.3)	27 (0.5)	36 (0.8)	20 (0.6)	20 (0.4)	21 (0.5)	20 (0.3)	19 (0.5)
2 and over...	97 (0.4)	24 (0.4)	13 (0.4)	27 (0.5)	37 (0.7)	20 (0.6)	20 (0.4)	21 (0.5)	21 (0.4)	19 (0.5)
All Individuals⁵:										
2 - 5.....	97 (0.5)	28 (0.7)	20 (1.1)	33 (0.7)	40 (0.9)	27 (1.1)	26 (1.2)	28 (1.6)	25 (1.2)	25 (1.1)
6 - 11.....	97 (0.7)	24 (0.6)	14 (0.6)	28 (0.8)	35 (1.2)	23 (1.4)	23 (0.6)	24 (0.9)	22 (0.7)	23 (0.7)
12 - 19.....	93 (0.9)	26 (0.8)	14 (0.6)	31 (1.1)	41 (1.6)	24 (0.9)	23 (0.7)	23 (0.6)	23 (0.7)	25 (0.9)
20 and over...	96 (0.4)	24 (0.4)	13 (0.3)	28 (0.4)	38 (0.6)	20 (0.4)	20 (0.4)	21 (0.5)	20 (0.4)	19 (0.5)
2 and over...	96 (0.3)	24 (0.3)	14 (0.2)	28 (0.4)	38 (0.5)	21 (0.4)	21 (0.3)	21 (0.4)	21 (0.3)	20 (0.4)

Table 28. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Under 131% poverty:									
2 - 5.....	14 (1.1)	23 (1.3)	20 (2.9)	9 (2.3)	18 (0.9)	24 (1.3)	15 (1.0)	19 (1.1)	16 (0.7)
6 - 11.....	12 (1.2)	19 (1.6)	14 (3.9)	10 (2.2)	19 (1.2)	20 (1.3)	17 (1.2)	18 (1.4)	21 (1.7)
12 - 19.....	9 (1.1)	17 (1.8)	8 (1.6)	11* (3.4)	16 (1.1)	20 (1.8)	15 (1.0)	19 (0.9)	15 (0.9)
20 and over...	11 (0.8)	18 (1.1)	10 (1.3)	14 (3.0)	16 (0.6)	24 (1.0)	18 (1.2)	23 (2.1)	18 (0.7)
2 and over...	11 (0.7)	18 (0.8)	11 (1.2)	13 (2.3)	17 (0.4)	23 (0.7)	18 (0.9)	21 (1.5)	18 (0.6)
131-185% poverty:									
2 - 5.....	23* (7.0)	31 (7.5)	17* (4.2)	25 (5.7)	19 (2.3)	32 (5.1)	16* (2.0)	23 (2.6)	16* (1.7)
6 - 11.....	10* (1.8)	15 (1.5)	9* (2.6)	7* (2.7)	13 (1.2)	16 (1.2)	15 (4.3)	20* (6.0)	12 (1.3)
12 - 19.....	15 (3.1)	22 (3.2)	14 (3.4)	5* (2.1)	18 (1.7)	25 (2.9)	15 (1.7)	21 (1.7)	19 (3.0)
20 and over...	11 (1.6)	22 (2.5)	14 (2.0)	7* (2.4)	16 (1.9)	27 (2.4)	17 (1.6)	20 (2.1)	16 (1.7)
2 and over...	12 (1.3)	22 (1.9)	13 (1.8)	8 (1.9)	16 (1.5)	26 (1.9)	16 (1.6)	20 (1.9)	16 (1.4)
Over 185% poverty:									
2 - 5.....	13 (1.7)	20 (1.9)	19 (3.1)	9* (3.6)	20 (1.1)	22 (1.3)	17 (1.3)	19 (1.5)	18 (1.1)
6 - 11.....	11 (1.1)	17 (1.9)	11 (2.1)	11 (3.2)	16 (1.0)	19 (1.8)	14 (1.0)	16 (1.3)	15 (1.5)
12 - 19.....	12 (1.3)	18 (2.3)	18* (7.6)	10 (2.2)	16 (1.4)	22 (2.0)	17 (1.5)	22 (3.2)	17 (2.4)
20 and over...	9 (0.4)	17 (0.7)	9 (1.3)	10 (2.3)	15 (0.5)	22 (0.8)	16 (0.7)	18 (1.0)	16 (0.8)
2 and over...	9 (0.4)	17 (0.7)	10 (1.3)	10 (2.0)	16 (0.5)	22 (0.7)	16 (0.6)	19 (0.8)	16 (0.6)
All Individuals⁵:									
2 - 5.....	15 (1.4)	22 (1.5)	18 (1.9)	11 (2.3)	19 (0.7)	25 (1.1)	16 (0.8)	20 (0.8)	17 (0.7)
6 - 11.....	11 (0.8)	18 (1.1)	11 (1.6)	10 (1.9)	17 (0.7)	20 (1.0)	15 (0.7)	18 (1.3)	17 (1.0)
12 - 19.....	11 (0.7)	18 (1.3)	15* (4.6)	12 (2.8)	17 (0.7)	22 (1.1)	17 (0.7)	21 (1.7)	18 (1.4)
20 and over...	9 (0.3)	17 (0.5)	9 (1.0)	11 (1.6)	16 (0.4)	23 (0.7)	17 (0.6)	19 (1.0)	16 (0.6)
2 and over...	10 (0.3)	18 (0.4)	10 (1.0)	11 (1.4)	16 (0.3)	23 (0.5)	16 (0.5)	19 (0.8)	17 (0.4)

Table 28. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
Under 131% poverty:										
2 - 5.....	20 (1.2)	23 (1.6)	39 (2.9)	28 (1.8)	29 (2.3)	18 (1.5)	29 (1.5)	24 (1.2)	28 (1.1)	
6 - 11.....	15 (1.1)	17 (1.9)	29 (2.8)	18 (1.4)	27 (1.2)	20 (5.7)	21 (1.6)	18 (1.3)	23 (1.3)	
12 - 19.....	14 (1.4)	17 (2.7)	31 (2.2)	19 (3.5)	32 (2.7)	15 (1.6)	23 (1.9)	18 (1.6)	26 (1.1)	
20 and over...	18 (1.2)	17 (1.1)	30 (1.9)	18 (0.9)	25 (1.3)	10 (0.7)	25 (0.7)	19 (0.7)	28 (0.9)	
2 and over...	17 (0.9)	18 (1.0)	31 (1.5)	19 (0.9)	26 (1.0)	12 (0.9)	25 (0.7)	19 (0.6)	28 (0.7)	
131-185% poverty:										
2 - 5.....	26 (4.1)	31 (5.7)	35 (7.1)	38 (7.5)	30 (3.1)	18 (4.5)	40 (7.5)	32 (6.6)	33 (2.8)	
6 - 11.....	13 (1.5)	11* (0.9)	28 (3.8)	13 (2.3)	31 (6.2)	12 (3.6)	19 (1.5)	16 (1.8)	24 (1.8)	
12 - 19.....	18 (1.8)	16 (2.4)	35 (4.0)	23 (3.8)	34 (3.8)	16 (3.6)	31 (4.4)	24 (4.6)	30 (2.3)	
20 and over...	18 (1.7)	20 (3.1)	35 (2.9)	24 (5.5)	25 (3.0)	11 (2.2)	29 (2.4)	20 (1.9)	29 (1.4)	
2 and over...	18 (1.4)	19 (2.5)	34 (2.4)	24 (4.0)	27 (2.5)	11 (1.5)	29 (1.9)	21 (1.7)	29 (1.1)	
Over 185% poverty:										
2 - 5.....	18 (1.1)	19 (1.5)	33 (2.4)	21 (1.8)	25 (1.7)	20 (3.1)	26 (2.0)	22 (1.5)	27 (1.3)	
6 - 11.....	15 (1.3)	15 (2.4)	31 (2.5)	18 (3.3)	25 (1.2)	17 (1.0)	21 (2.3)	18 (1.3)	25 (1.1)	
12 - 19.....	15 (1.2)	18 (2.5)	29 (4.1)	16 (2.3)	28 (3.3)	18 (3.4)	24 (1.7)	19 (1.4)	27 (1.6)	
20 and over...	15 (0.4)	14 (1.1)	24 (1.0)	15 (1.1)	23 (0.8)	9 (0.5)	24 (0.7)	18 (0.4)	26 (0.6)	
2 and over...	15 (0.3)	15 (0.8)	25 (0.6)	16 (0.8)	24 (0.8)	10 (0.5)	24 (0.5)	18 (0.4)	26 (0.6)	
All Individuals⁵:										
2 - 5.....	20 (0.9)	22 (1.0)	36 (2.8)	26 (1.6)	27 (1.7)	19 (1.8)	29 (1.7)	24 (1.3)	28 (0.7)	
6 - 11.....	15 (0.9)	16 (1.4)	30 (1.9)	18 (1.6)	27 (1.0)	17 (2.1)	21 (1.2)	18 (0.8)	25 (0.8)	
12 - 19.....	15 (0.8)	17 (1.8)	31 (2.1)	18 (1.3)	31 (1.7)	17 (2.1)	24 (1.2)	20 (1.0)	27 (1.0)	
20 and over...	16 (0.4)	15 (0.9)	27 (0.7)	17 (0.8)	24 (0.8)	9 (0.4)	25 (0.5)	18 (0.3)	27 (0.4)	
2 and over...	16 (0.3)	16 (0.6)	28 (0.4)	18 (0.5)	25 (0.6)	10 (0.4)	25 (0.4)	19 (0.3)	27 (0.4)	

Table 28. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium ⁶ % (SE)	Caffeine % (SE)	Alcohol ⁷ % (SE)
Under 131% poverty:								
2 - 5.....	17 (0.8)	19 (1.1)	27 (1.2)	15 (1.1)	27 (1.4)	18 (1.2)	44 (6.3)	-- --
6 - 11.....	20 (1.4)	17 (1.5)	24 (0.9)	14 (1.2)	20 (1.0)	18 (1.0)	30 (3.6)	-- --
12 - 19.....	17 (0.9)	16 (1.5)	26 (1.1)	12 (1.5)	21 (1.1)	15 (1.1)	51 (4.5)	-- --
20 and over...	17 (0.8)	16 (0.8)	27 (0.8)	12 (0.6)	22 (0.6)	14 (0.5)	47 (2.8)	78 (2.6)
2 and over...	17 (0.6)	16 (0.7)	27 (0.6)	12 (0.5)	22 (0.4)	15 (0.5)	47 (2.7)	-- --
131-185% poverty:								
2 - 5.....	20 (2.1)	25 (4.9)	31 (3.1)	20 (3.7)	32 (4.1)	21 (4.2)	36* (5.7)	-- --
6 - 11.....	14 (1.4)	12 (1.2)	26 (2.1)	10* (1.2)	20 (1.5)	13 (1.7)	44 (11.0)	-- --
12 - 19.....	21 (2.9)	19 (2.6)	31 (3.1)	14 (1.6)	26 (1.3)	19 (3.6)	62*(14.8)	-- --
20 and over...	16 (1.7)	16 (1.8)	27 (2.1)	11 (1.2)	24 (1.5)	14 (1.1)	50 (2.8)	74 (7.5)
2 and over...	17 (1.4)	16 (1.4)	27 (1.8)	12 (1.0)	24 (1.1)	15 (1.1)	50 (2.9)	-- --
Over 185% poverty:								
2 - 5.....	20 (1.1)	20 (1.5)	29 (1.6)	15 (1.2)	26 (1.4)	18 (1.3)	35 (4.7)	-- --
6 - 11.....	18 (1.0)	17 (1.4)	25 (1.1)	11 (0.9)	22 (1.7)	16 (0.9)	44 (4.0)	-- --
12 - 19.....	18 (1.8)	16 (1.6)	29 (2.5)	12 (1.2)	22 (1.5)	16 (1.4)	55 (7.4)	-- --
20 and over...	16 (0.5)	15 (0.6)	26 (0.6)	10 (0.4)	20 (0.4)	13 (0.4)	40 (1.9)	61 (2.1)
2 and over...	17 (0.4)	15 (0.5)	26 (0.6)	10 (0.3)	21 (0.4)	14 (0.4)	40 (1.9)	-- --
All Individuals⁵:								
2 - 5.....	19 (0.6)	20 (1.1)	29 (1.0)	16 (0.8)	28 (1.0)	18 (0.9)	40 (3.1)	-- --
6 - 11.....	18 (0.9)	17 (0.9)	25 (0.8)	12 (0.5)	21 (1.0)	16 (0.6)	40 (2.8)	-- --
12 - 19.....	19 (1.0)	17 (0.9)	29 (1.5)	13 (0.6)	23 (0.8)	17 (0.8)	54 (4.2)	-- --
20 and over...	16 (0.5)	15 (0.5)	26 (0.4)	10 (0.3)	21 (0.3)	13 (0.3)	42 (1.6)	66 (1.5)
2 and over...	17 (0.3)	16 (0.4)	27 (0.4)	11 (0.2)	21 (0.3)	14 (0.2)	43 (1.6)	-- --

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 2.04.

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 2.04.

Footnotes

- ¹ Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 22 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".
- ² Percentages are estimated as a ratio of total nutrients from snacks 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 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2009-2010.
- ³ Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.
- ⁴ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as snack.
- ⁵ Includes persons of all income levels or with unknown family income.
- ⁶ Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.
- ⁷ 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.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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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Table 29. Snacks: Distribution of Snack Occasions¹,
by Gender and Age, in the United States, 2009-2010

Gender and age (years)	Sample size	Number of snack occasions							
		Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)
Males:									
2 - 5.....	452	3* (0.7)	8 (1.6)	23 (2.8)	27 (3.3)	21 (2.8)	10 (2.2)	4 (1.1)	4 (1.2)
6 - 11.....	588	4 (0.9)	18 (2.4)	23 (2.6)	27 (2.8)	18 (2.4)	7 (1.6)	2* (0.6)	1* (0.6)
12 - 19.....	672	8 (1.3)	16 (2.0)	26 (2.0)	21 (2.3)	15 (2.4)	10 (1.5)	3 (0.9)	#
20 - 29.....	450	4* (0.9)	16 (2.3)	25 (2.8)	25 (2.1)	13 (1.9)	9 (1.6)	3* (1.0)	5 (2.4)
30 - 39.....	455	4 (1.1)	15 (1.8)	22 (2.2)	26 (3.1)	17 (2.2)	10 (1.9)	1* (0.5)	3* (1.1)
40 - 49.....	481	3* (1.1)	12 (1.4)	27 (2.5)	24 (2.9)	15 (2.2)	13 (2.3)	4 (1.3)	2* (1.1)
50 - 59.....	470	3 (1.1)	14 (2.5)	22 (3.2)	26 (3.8)	19 (2.7)	9 (1.7)	2* (1.0)	3* (1.5)
60 - 69.....	449	6 (1.3)	14 (1.4)	28 (2.4)	25 (2.4)	16 (3.2)	7 (1.7)	3* (1.2)	2* (0.7)
70 and over.....	484	6 (1.6)	19 (1.6)	29 (2.4)	24 (2.0)	12 (1.5)	7 (1.1)	2* (0.7)	1* (0.4)
20 and over...	2789	4 (0.5)	15 (0.8)	25 (0.9)	25 (1.1)	16 (0.9)	9 (0.9)	3 (0.3)	3 (0.6)
Females:									
2 - 5.....	409	3* (0.6)	8 (2.0)	18 (2.2)	28 (1.9)	23 (2.0)	12 (1.8)	5 (1.4)	4 (1.2)
6 - 11.....	566	2* (0.9)	17 (2.2)	28 (1.5)	26 (1.5)	13 (2.0)	7 (1.1)	5 (1.2)	1* (0.2)
12 - 19.....	593	6 (1.6)	19 (2.4)	27 (3.3)	24 (1.6)	12 (1.7)	8 (1.3)	1* (0.8)	2* (0.7)
20 - 29.....	524	5 (1.0)	17 (2.2)	23 (2.1)	23 (2.1)	17 (2.4)	10 (2.2)	4 (1.3)	2* (0.6)
30 - 39.....	499	3* (0.8)	14 (2.1)	23 (3.6)	27 (2.6)	17 (1.4)	11 (2.0)	2* (1.1)	2* (0.7)
40 - 49.....	555	6 (1.1)	14 (2.3)	22 (2.1)	22 (2.2)	17 (2.7)	8 (0.9)	8 (2.0)	3* (0.9)
50 - 59.....	429	3* (1.1)	16 (2.6)	21 (2.5)	19 (2.9)	18 (2.4)	15 (1.7)	4 (1.1)	3* (1.1)
60 - 69.....	453	3* (1.1)	9 (2.4)	29 (3.1)	22 (2.5)	18 (2.4)	10 (1.6)	7 (1.7)	4 (1.1)
70 and over.....	513	6 (1.1)	20 (2.2)	24 (2.3)	24 (1.4)	15 (1.7)	8 (1.5)	3 (0.9)	#
20 and over...	2973	4 (0.5)	15 (1.3)	23 (1.1)	23 (1.2)	17 (1.0)	10 (0.7)	5 (0.7)	2 (0.4)
Males and females:									
2 and over...	9042	4 (0.3)	15 (0.6)	24 (0.9)	24 (0.5)	16 (0.5)	10 (0.5)	4 (0.3)	2 (0.3)

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated percentages 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 2.04.

Indicates a non-zero value too small to report.

Footnotes

¹ Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 22 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2009-2010*

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Snacks: Distribution of Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 30. Snacks: Distribution of Snack Occasions¹,
by Race/Ethnicity and Age, in the United States, 2009-2010

Race/ethnicity and age (years)	Sample size	Number of snack occasions							
		Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)
Non-Hispanic White:									
2 - 5.....	305	1* (0.6)	6 (1.1)	19 (3.4)	30 (3.5)	26 (3.0)	11 (1.7)	4* (1.3)	4* (1.5)
6 - 11.....	371	2* (0.9)	14 (1.7)	24 (2.4)	29 (2.8)	17 (2.1)	9 (1.8)	4* (0.9)	1* (0.4)
12 - 19.....	425	5 (1.3)	16 (2.4)	28 (3.9)	24 (2.4)	14 (2.0)	9 (1.5)	2* (0.9)	1* (0.6)
20 and over...	2786	3 (0.4)	13 (0.8)	23 (0.9)	24 (0.6)	18 (0.9)	11 (0.8)	4 (0.5)	3 (0.6)
2 and over...	3887	3 (0.4)	13 (0.6)	24 (1.1)	25 (0.6)	18 (0.5)	11 (0.7)	4 (0.4)	3 (0.5)
Non-Hispanic Black:									
2 - 5.....	150	4* (1.6)	14 (3.5)	24 (2.7)	29 (4.5)	12 (2.5)	10* (2.6)	2* (0.5)	4* (1.5)
6 - 11.....	229	7* (2.6)	26 (3.1)	34 (4.3)	18 (2.6)	10 (2.3)	3* (0.8)	3* (1.1)	1* (0.6)
12 - 19.....	275	7 (1.5)	22 (3.8)	27 (2.6)	24 (3.0)	10 (1.8)	7 (1.9)	2* (1.3)	1* (0.6)
20 and over...	1025	7 (1.0)	22 (2.0)	29 (1.6)	21 (1.5)	11 (1.1)	7 (1.0)	2 (0.3)	1* (0.4)
2 and over...	1679	7 (0.8)	22 (1.6)	29 (1.1)	21 (1.4)	11 (1.0)	7 (0.7)	2 (0.3)	1 (0.2)
Hispanic²:									
<i>Mexican American</i>									
2 - 5.....	237	8 (2.3)	6* (1.6)	21 (2.5)	22 (2.7)	19 (3.5)	13 (2.9)	8 (1.9)	4* (1.7)
6 - 11.....	337	6 (2.2)	19 (3.0)	27 (3.2)	26 (3.6)	14 (2.6)	6 (1.8)	1* (0.4)	1* (0.9)
12 - 19.....	340	9 (0.9)	21 (2.2)	26 (2.1)	20 (1.8)	18 (1.8)	4* (1.5)	2* (0.9)	1* (0.5)
20 and over...	1062	7 (1.3)	20 (1.1)	26 (1.8)	25 (2.0)	11 (1.4)	8 (1.1)	2 (0.4)	2 (0.5)
2 and over...	1976	7 (0.8)	19 (0.8)	25 (1.2)	24 (1.2)	13 (1.3)	7 (0.7)	2 (0.3)	2 (0.4)
<i>All Hispanic</i>									
2 - 5.....	332	6 (1.6)	9 (2.4)	24 (2.8)	22 (2.6)	18 (3.1)	10 (1.8)	8 (1.6)	4* (1.2)
6 - 11.....	474	5 (1.8)	20 (2.6)	25 (2.2)	26 (3.0)	15 (2.0)	6 (1.3)	2* (0.8)	1* (0.6)
12 - 19.....	482	9 (1.0)	21 (1.9)	24 (1.8)	21 (1.4)	17 (1.4)	5 (1.7)	2* (0.7)	#
20 and over...	1647	7 (1.0)	18 (0.9)	24 (1.5)	26 (1.8)	12 (1.0)	8 (0.5)	3 (0.3)	2 (0.5)
2 and over...	2935	7 (0.6)	18 (0.5)	24 (1.1)	25 (1.2)	14 (1.0)	7 (0.4)	3 (0.3)	2 (0.3)

Symbol Legend

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Indicates a non-zero value too small to report.

Footnotes

¹ Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 22 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

² A new sampling methodology was implemented for NHANES 2007-2010; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Snacks: Distribution of Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 31. Snacks: Distribution of Snack Occasions¹,
by Family Income (in Dollars) and Age, in the United States, 2009-2010

Family income in dollars and age (years)	Sample size	Number of snack occasions								
		Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)	
\$0 - \$24,999:										
2 - 5.....	347	4* (1.0)	11 (2.1)	23 (2.2)	27 (3.3)	18 (2.8)	11 (2.1)	4* (0.8)	3* (1.0)	
6 - 11.....	373	6 (1.7)	24 (3.5)	29 (3.8)	21 (2.1)	11 (1.4)	3* (0.7)	4* (2.0)	1* (0.5)	
12 - 19.....	384	8 (2.2)	19 (1.9)	27 (3.6)	27 (2.3)	12 (1.9)	6 (1.5)	1* (0.3)	1* (0.3)	
20 and over...	1884	5 (0.6)	20 (1.3)	25 (1.6)	24 (1.7)	13 (1.0)	7 (0.9)	3 (0.4)	2 (0.7)	
2 and over...	2988	6 (0.6)	20 (1.1)	26 (1.4)	24 (1.1)	13 (0.9)	7 (0.6)	3 (0.4)	2 (0.5)	
\$25,000 - \$74,999:										
2 - 5.....	308	3* (1.1)	6 (1.6)	21 (3.3)	23 (2.9)	23 (3.9)	11 (2.4)	7 (1.9)	5 (1.9)	
6 - 11.....	449	3* (0.9)	17 (2.2)	24 (2.8)	24 (2.5)	18 (2.2)	11 (2.1)	2* (1.3)	2* (0.9)	
12 - 19.....	499	8 (1.2)	19 (2.2)	28 (3.2)	22 (3.1)	12 (2.0)	8 (0.8)	2* (1.2)	1* (0.5)	
20 and over...	2215	3 (0.4)	15 (1.2)	25 (1.4)	24 (0.8)	15 (1.2)	10 (1.2)	3 (0.6)	3 (0.3)	
2 and over...	3471	4 (0.4)	15 (1.0)	25 (1.3)	24 (0.7)	16 (1.0)	10 (1.0)	3 (0.5)	3 (0.3)	
\$75,000 and higher:										
2 - 5.....	150	1* (0.9)	5* (1.8)	19 (2.8)	31 (3.9)	27 (4.1)	11* (2.8)	2* (1.2)	3* (1.4)	
6 - 11.....	253	2* (1.0)	16 (3.0)	26 (2.8)	31 (3.3)	14 (3.1)	7 (2.1)	4* (0.5)	1* (0.5)	
12 - 19.....	280	5* (1.8)	18 (3.3)	29 (4.9)	16 (1.9)	16 (3.3)	10 (2.6)	3* (0.8)	1* (1.0)	
20 and over...	1198	3 (0.5)	11 (0.9)	22 (1.5)	24 (1.7)	21 (2.1)	12 (1.2)	5 (0.7)	3 (0.7)	
2 and over...	1881	3 (0.5)	12 (0.7)	23 (1.5)	24 (1.2)	20 (1.3)	11 (1.0)	4 (0.5)	2 (0.5)	
All Individuals²:										
2 - 5.....	861	3 (0.5)	8 (1.3)	21 (1.8)	27 (2.0)	22 (1.8)	11 (1.1)	4 (0.8)	4 (0.8)	
6 - 11.....	1154	3 (0.7)	18 (1.5)	26 (1.5)	26 (1.6)	15 (1.3)	7 (1.0)	4 (0.5)	1* (0.3)	
12 - 19.....	1265	7 (0.9)	18 (1.6)	27 (2.4)	23 (1.4)	14 (1.3)	9 (0.8)	2 (0.7)	1* (0.4)	
20 and over...	5762	4 (0.4)	15 (0.8)	24 (0.8)	24 (0.6)	16 (0.7)	10 (0.6)	4 (0.4)	3 (0.4)	
2 and over...	9042	4 (0.3)	15 (0.6)	24 (0.9)	24 (0.5)	16 (0.5)	10 (0.5)	4 (0.3)	2 (0.3)	

Symbol Legend

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Footnotes

¹ Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 22 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

² Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2009-2010*

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Snacks: Distribution of Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 32. Snacks: Distribution of Snack Occasions¹,
by Family Income (as % of Federal Poverty Threshold²) and Age, in the United States, 2009-2010

Family income as % of Federal poverty threshold and age (years)	Sample size	Number of snack occasions								
		Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)	
Under 131% poverty:										
2 - 5.....	431	6 (1.2)	10 (2.3)	24 (2.3)	25 (3.0)	16 (2.1)	10 (1.5)	5 (1.3)	4* (1.1)	
6 - 11.....	496	5 (1.2)	22 (3.5)	29 (2.9)	20 (2.2)	13 (2.3)	7 (1.6)	4 (1.6)	1* (0.4)	
12 - 19.....	503	9 (1.8)	19 (1.9)	30 (3.5)	25 (2.5)	11 (2.1)	5 (1.1)	#	1* (0.4)	
20 and over...	1755	6 (0.8)	20 (1.1)	25 (1.5)	24 (1.5)	13 (1.1)	7 (0.9)	3 (0.5)	2 (0.6)	
2 and over...	3185	6 (0.6)	20 (0.8)	26 (1.0)	24 (0.9)	13 (0.9)	7 (0.6)	3 (0.4)	2 (0.4)	
131-185% poverty:										
2 - 5.....	93	#	6* (2.1)	17* (5.2)	26 (7.3)	24 (6.3)	9* (3.7)	9* (4.7)	9* (3.5)	
6 - 11.....	145	1* (0.4)	14 (3.7)	29 (5.5)	28 (6.1)	19 (4.6)	8* (1.3)	1* (1.1)	1* (0.6)	
12 - 19.....	162	7* (1.7)	16 (4.0)	38 (4.8)	14 (3.0)	10 (3.1)	11 (4.5)	3* (1.8)	1* (1.2)	
20 and over...	743	3 (0.8)	20 (2.5)	24 (1.6)	23 (1.7)	15 (2.1)	8 (1.5)	3 (1.0)	3 (1.1)	
2 and over...	1143	3 (0.7)	18 (2.0)	26 (1.6)	22 (1.7)	15 (2.0)	8 (1.3)	3 (0.7)	3 (0.8)	
Over 185% poverty:										
2 - 5.....	266	1* (0.7)	6* (1.1)	20 (3.6)	28 (3.0)	27 (4.2)	12 (1.6)	3* (1.1)	3* (1.1)	
6 - 11.....	422	2* (0.9)	17 (2.1)	23 (1.8)	29 (2.8)	15 (2.5)	8 (2.0)	4 (1.0)	1* (0.5)	
12 - 19.....	482	6 (1.4)	19 (2.3)	26 (3.7)	21 (2.2)	15 (2.1)	10 (1.6)	3* (0.9)	1* (0.6)	
20 and over...	2730	3 (0.4)	12 (0.8)	24 (1.1)	24 (0.8)	18 (1.0)	12 (0.9)	4 (0.6)	3 (0.4)	
2 and over...	3900	3 (0.4)	13 (0.6)	24 (1.1)	24 (0.5)	18 (0.6)	11 (0.9)	4 (0.5)	2 (0.3)	
All Individuals³:										
2 - 5.....	861	3 (0.5)	8 (1.3)	21 (1.8)	27 (2.0)	22 (1.8)	11 (1.1)	4 (0.8)	4 (0.8)	
6 - 11.....	1154	3 (0.7)	18 (1.5)	26 (1.5)	26 (1.6)	15 (1.3)	7 (1.0)	4 (0.5)	1* (0.3)	
12 - 19.....	1265	7 (0.9)	18 (1.6)	27 (2.4)	23 (1.4)	14 (1.3)	9 (0.8)	2 (0.7)	1* (0.4)	
20 and over...	5762	4 (0.4)	15 (0.8)	24 (0.8)	24 (0.6)	16 (0.7)	10 (0.6)	4 (0.4)	3 (0.4)	
2 and over...	9042	4 (0.3)	15 (0.6)	24 (0.9)	24 (0.5)	16 (0.5)	10 (0.5)	4 (0.3)	2 (0.3)	

Symbol Legend

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Indicates a non-zero value too small to report.

Footnotes

¹ Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 22 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

² Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

³ Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2009-2010*

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) 2009-2010*. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Snacks: Distribution of Snack Occasions, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America, NHANES 2009-2010*. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 33. Meals and Snacks: Distribution of Meal Patterns¹ and Snack Occasions², by Gender and Age, in the United States, 2009-2010

Gender and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	Number of snack occasions				Number of snack occasions				Number of snack occasions			
	1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more	
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
Males:												
2 - 5.....	84 (2.3)	9 (1.7)	42 (4.0)	32 (2.8)	16 (2.4)	1*(1.1)	8 (1.7)	7 (1.7)	1*(0.4)	#	#	1*(0.3)
6 - 11.....	73 (2.8)	17 (2.7)	37 (2.2)	19 (2.0)	22 (1.5)	4 (0.8)	10 (1.2)	8 (1.1)	5 (2.1)	1*(0.4)	2*(1.4)	1*(0.8)
12 - 19.....	57 (3.4)	14 (1.7)	27 (2.1)	15 (2.4)	36 (2.6)	8 (1.9)	17 (1.7)	11 (1.5)	8 (1.1)	2*(1.0)	3 (0.8)	2*(0.6)
20 - 29.....	49 (3.4)	10 (1.5)	28 (2.5)	11 (1.7)	39 (2.8)	9 (1.6)	16 (2.0)	14 (2.3)	12 (2.0)	1*(0.5)	6 (1.8)	4 (0.9)
30 - 39.....	59 (3.4)	10 (2.0)	27 (2.3)	22 (4.0)	34 (3.5)	7 (1.3)	17 (2.1)	10 (1.4)	7 (1.7)	2*(0.4)	4 (1.4)	1*(0.5)
40 - 49.....	60 (3.8)	10 (1.0)	32 (3.8)	18 (1.9)	33 (2.9)	4 (0.7)	18 (2.6)	11 (1.9)	6 (1.2)	1*(0.5)	1*(0.5)	4 (1.6)
50 - 59.....	64 (4.3)	11 (2.7)	31 (4.5)	21 (3.5)	31 (4.3)	5 (1.1)	14 (2.4)	13 (2.1)	5 (1.0)	1*(0.8)	3*(0.7)	1*(0.2)
60 - 69.....	72 (2.2)	13 (1.5)	38 (3.3)	21 (3.2)	24 (2.3)	5 (1.6)	13 (1.4)	6 (1.4)	4 (1.0)	#	3*(0.8)	1*(0.7)
70 and over.....	64 (3.9)	18 (1.5)	34 (3.0)	12 (2.0)	32 (3.9)	7 (1.6)	18 (2.9)	7 (1.5)	3 (0.9)	1*(0.5)	1*(0.5)	2*(0.7)
20 and over...	60 (1.8)	12 (0.8)	31 (1.3)	18 (0.9)	33 (1.8)	6 (0.6)	16 (1.1)	11 (1.0)	7 (0.4)	1 (0.2)	3 (0.4)	2 (0.3)
Females:												
2 - 5.....	84 (2.7)	9 (1.9)	38 (2.5)	36 (2.1)	15 (2.7)	1*(0.5)	7 (1.7)	7 (1.9)	1*(0.5)	#	#	#
6 - 11.....	68 (2.3)	15 (2.3)	40 (2.6)	13 (1.5)	30 (2.2)	4 (1.1)	14 (1.9)	12 (1.5)	3*(0.8)	#	1*(0.3)	2*(0.8)
12 - 19.....	49 (3.2)	11 (1.2)	27 (3.3)	10 (1.5)	41 (4.2)	13 (2.9)	19 (3.0)	9 (2.2)	10 (2.1)	1*(0.5)	5 (1.1)	4 (1.3)
20 - 29.....	55 (2.5)	13 (1.7)	23 (2.5)	18 (2.6)	38 (2.2)	8 (1.1)	18 (2.1)	12 (1.6)	7 (1.2)	1*(0.3)	4 (0.9)	3*(1.0)
30 - 39.....	63 (2.0)	9 (1.2)	30 (2.9)	24 (2.4)	34 (1.8)	7 (1.6)	19 (2.1)	7 (1.2)	3 (0.8)	1*(0.4)	1*(0.7)	1*(0.4)
40 - 49.....	64 (2.1)	14 (2.1)	31 (2.7)	20 (1.8)	29 (2.7)	5 (1.0)	12 (1.8)	12 (2.3)	7 (2.2)	1*(0.6)	2*(0.5)	4 (1.9)
50 - 59.....	69 (4.0)	14 (2.8)	28 (3.8)	26 (2.7)	29 (4.0)	4 (0.7)	11 (2.4)	14 (3.0)	3*(0.5)	1*(0.3)	1*(0.4)	1*(0.4)
60 - 69.....	72 (3.2)	8 (2.1)	36 (4.0)	28 (2.6)	26 (3.5)	3*(1.2)	14 (2.6)	9 (1.1)	2*(0.8)	#	1*(0.3)	1*(0.7)
70 and over.....	70 (3.0)	19 (2.4)	32 (2.2)	18 (1.6)	29 (3.2)	7 (1.5)	14 (2.1)	8 (1.6)	1*(0.4)	#	1*(0.2)	#
20 and over...	65 (1.2)	13 (0.9)	30 (1.3)	22 (1.5)	31 (1.0)	6 (0.7)	15 (0.6)	11 (0.7)	4 (0.6)	1 (0.1)	2 (0.3)	2 (0.4)
Males and females:												
2 and over...	63 (1.1)	12 (0.5)	31 (0.9)	20 (0.8)	31 (0.9)	6 (0.5)	15 (0.4)	10 (0.6)	5 (0.3)	1 (0.1)	2 (0.3)	2 (0.2)

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated percentages 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 2.04.

Indicates a non-zero value too small to report.

Footnotes

¹ Meals Patterns are categorized into the following:

Breakfast, lunch, and dinner: the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

Any two meals: the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

Any one meal or less: the respondent reported one of the three meals, or no meal.

² Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 22 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

Abbreviations

SE standard error.

Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2009-2010*

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 34. Meals and Snacks: Distribution of Meal Patterns¹ and Snack Occasions², by Race/Ethnicity and Age, in the United States, 2009-2010

Race/ethnicity and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	Number of snack occasions				Number of snack occasions				Number of snack occasions			
	1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more	
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
Non-Hispanic White:												
2 - 5.....	88 (3.2)	6 (1.0)	41 (3.8)	42 (2.3)	11 (3.2)	1*(0.8)	7 (2.2)	3*(1.3)	#	#	#	#
6 - 11.....	73 (3.8)	14 (1.8)	41 (2.2)	18 (2.3)	23 (1.8)	2*(0.8)	10 (2.3)	11 (1.5)	4*(2.4)	#	2*(1.2)	2*(1.3)
12 - 19.....	57 (3.8)	10 (1.0)	32 (3.2)	15 (2.0)	35 (2.7)	10 (2.8)	17 (2.2)	8 (1.9)	8 (2.7)	2*(0.8)	4*(1.1)	2*(1.3)
20 and over...	68 (1.8)	12 (0.7)	33 (1.1)	24 (1.1)	27 (1.8)	4 (0.6)	13 (1.0)	11 (1.1)	4 (0.4)	1 (0.1)	2 (0.3)	2 (0.2)
2 and over...	68 (1.7)	11 (0.5)	34 (1.0)	23 (1.1)	27 (1.4)	4 (0.5)	13 (0.7)	10 (0.9)	4 (0.5)	1 (0.1)	2 (0.3)	2 (0.3)
Non-Hispanic Black:												
2 - 5.....	79 (4.1)	17 (3.1)	45 (3.8)	17 (3.0)	18 (4.3)	1*(0.5)	8*(1.8)	9*(2.8)	3*(1.5)	1*(0.8)	1*(0.8)	1*(1.1)
6 - 11.....	67 (3.4)	25 (4.2)	32 (3.1)	10 (2.0)	31 (4.2)	7*(2.1)	18 (3.0)	6*(1.5)	2*(1.2)	1*(0.8)	1*(0.9)	#
12 - 19.....	42 (4.4)	16 (3.3)	19 (1.7)	6 (2.2)	40 (4.5)	9 (1.8)	23 (4.0)	8 (1.5)	18 (3.2)	3*(1.5)	10 (2.5)	6*(1.5)
20 and over...	45 (1.9)	14 (1.6)	22 (1.7)	9 (1.3)	44 (1.5)	12 (1.0)	23 (1.1)	9 (0.9)	11 (1.1)	3 (0.7)	6 (0.6)	3 (0.6)
2 and over...	48 (1.4)	16 (1.4)	24 (1.4)	9 (1.0)	41 (1.0)	11 (0.6)	21 (0.6)	9 (0.9)	11 (1.0)	2 (0.7)	5 (0.6)	3 (0.4)
Hispanic³:												
<i>Mexican American</i>												
2 - 5.....	73 (2.9)	13 (2.9)	32 (4.1)	28 (3.2)	25 (2.6)	1*(0.5)	10 (1.9)	15 (2.4)	1*(0.8)	#	#	1*(0.8)
6 - 11.....	65 (3.3)	18 (3.0)	36 (3.8)	11 (1.5)	30 (2.9)	7 (1.2)	15 (2.6)	8 (2.2)	6 (1.7)	1*(0.9)	2*(0.8)	3*(1.2)
12 - 19.....	45 (3.2)	16 (2.3)	22 (2.9)	7 (1.7)	45 (2.4)	13 (1.7)	20 (2.7)	12 (2.0)	10 (2.2)	1*(0.5)	4*(1.2)	5 (1.7)
20 and over...	50 (2.7)	15 (1.5)	25 (2.1)	10 (1.7)	44 (2.2)	10 (0.8)	23 (1.6)	10 (1.1)	6 (1.0)	1*(0.4)	3 (0.6)	2 (0.3)
2 and over...	53 (1.8)	15 (0.8)	26 (1.3)	12 (0.9)	41 (1.4)	9 (0.5)	20 (0.8)	11 (0.8)	6 (0.8)	1 (0.3)	3 (0.4)	2 (0.4)
<i>All Hispanic</i>												
2 - 5.....	73 (3.1)	12 (2.4)	36 (3.7)	24 (2.4)	26 (2.9)	2*(1.1)	9 (1.5)	14 (3.1)	1*(0.6)	#	#	1*(0.7)
6 - 11.....	65 (3.7)	18 (2.0)	35 (2.8)	12 (1.3)	30 (3.8)	6 (0.8)	14 (2.5)	10 (2.1)	5 (1.2)	1*(0.6)	2*(0.8)	2*(0.7)
12 - 19.....	49 (2.8)	18 (2.2)	23 (3.1)	8 (1.8)	43 (2.3)	12 (1.3)	19 (2.2)	12 (1.7)	8 (1.6)	1*(0.5)	3*(0.8)	5 (1.2)
20 and over...	47 (3.3)	13 (1.1)	23 (2.1)	11 (1.4)	45 (2.6)	11 (0.9)	23 (1.7)	11 (0.9)	8 (1.3)	1 (0.3)	4 (0.8)	3 (0.7)
2 and over...	52 (2.4)	14 (0.9)	26 (1.2)	12 (0.8)	41 (2.0)	10 (0.7)	20 (1.1)	11 (0.8)	7 (0.9)	1 (0.2)	3 (0.5)	3 (0.5)

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated percentages 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 2.04.

Indicates a non-zero value too small to report.

Footnotes

¹ Meals Patterns are categorized into the following:

Breakfast, lunch, and dinner: the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

Any two meals: the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

Any one meal or less: the respondent reported one of the three meals, or no meal.

² Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 22 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

³ A new sampling methodology was implemented for NHANES 2007-2010; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.

Abbreviations

SE standard error.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 35. Meals and Snacks: Distribution of Meal Patterns¹ and Snack Occasions², by Family Income (in Dollars) and Age, in the United States, 2009-2010

Family income in dollars and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	Number of snack occasions				Number of snack occasions				Number of snack occasions			
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
\$0 - \$24,999:												
2 - 5.....	80 (3.0)	13 (2.5)	40 (4.3)	26 (2.8)	18 (2.8)	1*(0.8)	8 (1.5)	9 (2.1)	2*(0.6)	#	#	1*(0.2)
6 - 11.....	64 (3.4)	21 (3.6)	33 (1.9)	10 (2.0)	32 (3.8)	8 (1.9)	16 (3.1)	8 (1.8)	3*(1.2)	#	2*(0.7)	1*(0.6)
12 - 19.....	47 (2.6)	12 (2.1)	28 (3.8)	7 (1.7)	41 (3.1)	13 (2.7)	20 (4.0)	7 (1.1)	12 (1.5)	2*(1.0)	5 (1.2)	5 (1.4)
20 and over...	50 (1.9)	15 (1.1)	24 (1.5)	11 (0.9)	41 (2.2)	10 (1.0)	21 (1.2)	11 (1.3)	9 (0.9)	1 (0.4)	5 (0.6)	3 (0.7)
2 and over...	53 (1.5)	15 (1.0)	26 (1.1)	12 (0.7)	39 (1.6)	9 (0.9)	20 (0.7)	10 (1.0)	9 (0.7)	1 (0.3)	4 (0.5)	3 (0.6)
\$25,000 - \$74,999:												
2 - 5.....	82 (4.2)	8 (1.4)	34 (4.0)	39 (3.1)	18 (4.2)	1*(0.7)	10 (3.6)	7 (0.9)	#	#	#	#
6 - 11.....	69 (2.7)	15 (1.9)	35 (2.2)	18 (2.1)	28 (2.4)	3*(0.8)	12 (2.5)	13 (2.2)	3*(1.1)	#	1*(0.3)	2*(1.0)
12 - 19.....	49 (3.1)	15 (2.4)	26 (3.4)	9 (1.3)	39 (3.4)	10 (1.8)	20 (2.7)	10 (1.6)	11 (3.0)	2*(1.0)	5 (1.4)	5 (2.2)
20 and over...	63 (1.9)	13 (0.9)	31 (1.4)	19 (1.9)	32 (1.9)	5 (0.4)	16 (1.0)	12 (1.4)	4 (0.4)	1 (0.2)	2 (0.4)	2 (0.2)
2 and over...	63 (1.5)	13 (0.7)	31 (1.1)	19 (1.5)	32 (1.3)	5 (0.4)	15 (0.5)	11 (1.0)	5 (0.4)	1 (0.2)	2 (0.3)	2 (0.3)
\$75,000 and higher:												
2 - 5.....	91*(1.6)	6*(1.9)	46 (3.8)	39 (3.8)	9*(1.6)	1*(0.6)	4*(1.9)	4*(1.8)	#	#	#	#
6 - 11.....	78 (5.8)	16 (3.1)	47 (4.0)	15 (3.1)	18 (2.3)	2*(0.7)	7 (1.9)	9 (1.3)	4*(4.0)	#	2*(1.9)	2*(2.0)
12 - 19.....	63 (4.3)	13 (2.2)	29 (4.1)	20 (2.1)	31 (3.7)	9 (3.6)	13 (1.7)	9 (2.6)	6*(1.6)	2*(1.0)	3*(1.7)	1*(0.6)
20 and over...	73 (2.0)	10 (0.8)	34 (1.8)	29 (1.3)	23 (1.6)	3 (0.7)	10 (1.0)	9 (0.9)	3 (0.8)	1*(0.2)	1*(0.5)	1 (0.4)
2 and over...	74 (2.0)	11 (0.8)	36 (1.6)	27 (1.2)	23 (1.3)	4 (0.6)	10 (0.9)	9 (0.8)	3 (0.8)	1*(0.2)	2 (0.6)	1 (0.3)
All Individuals³:												
2 - 5.....	84 (2.0)	9 (1.1)	40 (2.3)	34 (1.3)	15 (2.0)	1*(0.6)	7 (1.4)	7 (1.2)	1*(0.2)	#	#	1*(0.1)
6 - 11.....	70 (2.3)	16 (1.5)	38 (1.5)	16 (1.3)	26 (1.5)	4 (0.6)	12 (1.4)	10 (1.1)	4 (1.3)	#	2 (0.7)	2 (0.7)
12 - 19.....	53 (2.3)	13 (1.2)	27 (2.3)	13 (1.1)	38 (2.0)	10 (1.9)	18 (1.8)	10 (1.2)	9 (1.5)	2 (0.6)	4 (0.7)	3 (0.8)
20 and over...	63 (1.3)	12 (0.6)	30 (1.0)	20 (0.9)	32 (1.3)	6 (0.6)	15 (0.7)	11 (0.7)	5 (0.3)	1 (0.1)	2 (0.3)	2 (0.2)
2 and over...	63 (1.1)	12 (0.5)	31 (0.9)	20 (0.8)	31 (0.9)	6 (0.5)	15 (0.4)	10 (0.6)	5 (0.3)	1 (0.1)	2 (0.3)	2 (0.2)

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated percentages 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 2.04.

Indicates a non-zero value too small to report.

Footnotes

¹ Meals Patterns are categorized into the following:

Breakfast, lunch, and dinner: the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

Any two meals: the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

Any one meal or less: the respondent reported one of the three meals, or no meal.

² Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 22 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

³ Includes persons of all income levels or with unknown family income.

Abbreviations

SE standard error.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 36. Meals and Snacks: Distribution of Meal Patterns¹ and Snack Occasions², by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2009-2010

Family income as % of Federal poverty threshold and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	Number of snack occasions				Number of snack occasions				Number of snack occasions			
	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)
Under 131% poverty:												
2 - 5.....	81 (2.3)	14 (2.0)	41 (4.1)	26 (2.5)	17 (2.2)	2*(0.8)	8 (1.2)	8 (1.7)	1*(0.6)	#	#	1*(0.4)
6 - 11.....	64 (3.4)	19 (3.5)	32 (2.1)	13 (3.9)	33 (3.7)	8 (1.7)	16 (2.2)	9 (1.9)	3*(0.9)	1*(0.4)	1*(0.4)	1*(0.6)
12 - 19.....	50 (2.5)	14 (2.7)	31 (4.0)	6 (1.3)	39 (2.5)	13 (2.1)	19 (2.8)	8 (1.2)	10 (1.7)	2*(0.8)	5 (1.0)	3*(0.8)
20 and over...	48 (1.9)	14 (1.2)	23 (1.5)	11 (0.8)	42 (2.0)	11 (0.9)	21 (1.3)	10 (1.0)	10 (1.1)	1 (0.4)	6 (0.7)	3 (0.6)
2 and over...	53 (1.6)	14 (0.8)	27 (1.0)	12 (0.7)	39 (1.5)	10 (0.8)	19 (0.9)	10 (0.7)	8 (0.7)	1 (0.3)	5 (0.5)	3 (0.5)
131-185% poverty:												
2 - 5.....	82*(7.4)	6*(2.1)	35 (6.9)	42 (9.6)	17*(7.3)	#	8*(5.0)	9*(3.6)	1*(0.5)	#	#	1*(0.5)
6 - 11.....	73 (4.2)	10*(2.8)	43 (6.5)	20 (4.4)	24 (4.3)	4*(1.9)	12 (2.4)	8*(2.7)	3*(1.3)	1*(0.4)	2*(1.2)	#
12 - 19.....	40 (5.6)	12 (4.4)	24 (4.9)	5*(1.6)	44 (9.3)	11 (2.9)	23 (7.4)	10 (3.3)	16 (6.8)	1*(0.5)	5*(2.2)	10 (6.4)
20 and over...	54 (3.4)	15 (1.7)	26 (2.2)	13 (2.0)	39 (3.0)	7 (1.3)	19 (2.1)	14 (1.8)	7 (1.5)	1*(0.6)	2*(0.7)	4 (1.1)
2 and over...	56 (3.0)	14 (1.5)	28 (2.1)	14 (1.7)	37 (3.0)	6 (1.0)	18 (2.0)	12 (1.6)	7 (1.2)	1*(0.4)	2 (0.5)	4 (0.9)
Over 185% poverty:												
2 - 5.....	88 (2.7)	6*(1.2)	41 (4.0)	41 (2.8)	12 (2.7)	1*(0.4)	7 (2.4)	4*(1.2)	#	#	#	#
6 - 11.....	75 (3.8)	17 (2.0)	43 (3.2)	15 (2.8)	21 (2.3)	2*(0.6)	8 (2.0)	11 (1.6)	4*(2.6)	#	1*(1.3)	2*(1.5)
12 - 19.....	59 (3.8)	14 (1.6)	27 (3.5)	17 (1.5)	34 (3.3)	9 (2.6)	15 (2.3)	9 (1.7)	7 (1.6)	2*(0.9)	4 (1.1)	2*(0.6)
20 and over...	70 (1.8)	11 (0.5)	34 (1.4)	25 (1.2)	27 (1.6)	4 (0.5)	13 (1.0)	10 (0.8)	3 (0.5)	1*(0.1)	1 (0.4)	1 (0.2)
2 and over...	70 (1.7)	12 (0.4)	34 (1.2)	24 (1.1)	26 (1.3)	4 (0.5)	12 (0.8)	10 (0.6)	4 (0.5)	1 (0.2)	2 (0.3)	1 (0.3)
All Individuals⁴:												
2 - 5.....	84 (2.0)	9 (1.1)	40 (2.3)	34 (1.3)	15 (2.0)	1*(0.6)	7 (1.4)	7 (1.2)	1*(0.2)	#	#	1*(0.1)
6 - 11.....	70 (2.3)	16 (1.5)	38 (1.5)	16 (1.3)	26 (1.5)	4 (0.6)	12 (1.4)	10 (1.1)	4 (1.3)	#	2 (0.7)	2 (0.7)
12 - 19.....	53 (2.3)	13 (1.2)	27 (2.3)	13 (1.1)	38 (2.0)	10 (1.9)	18 (1.8)	10 (1.2)	9 (1.5)	2 (0.6)	4 (0.7)	3 (0.8)
20 and over...	63 (1.3)	12 (0.6)	30 (1.0)	20 (0.9)	32 (1.3)	6 (0.6)	15 (0.7)	11 (0.7)	5 (0.3)	1 (0.1)	2 (0.3)	2 (0.2)
2 and over...	63 (1.1)	12 (0.5)	31 (0.9)	20 (0.8)	31 (0.9)	6 (0.5)	15 (0.4)	10 (0.6)	5 (0.3)	1 (0.1)	2 (0.3)	2 (0.2)

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated percentages 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 2.04.

Indicates a non-zero value too small to report.

Footnotes

¹ Meals Patterns are categorized into the following:

Breakfast, lunch, and dinner: the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

Any two meals: the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

Any one meal or less: the respondent reported one of the three meals, or no meal.

² Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 22 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

³ Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

⁴ Includes persons of all income levels or with unknown family income.

Abbreviations

SE standard error.

Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2009-2010*

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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010

T h i a m i n																		
Gender and age (years)	Percent reporting thiamin ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —			—Non-users ⁷ —						
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	16	(2.4)	861	1.27 (0.024)	0.24 (0.030)	1.51 (0.047)	103	1.29 (0.083)	1.45 (0.088)	2.74 (0.125)	1.26 (0.022)							
6 - 11.....	9	(1.2)	1154	1.54 (0.036)	0.22*(0.070)	1.76 (0.064)	89	1.58 (0.138)	2.34 (0.657)	3.92 (0.664)	1.54 (0.033)							
12 - 19.....	7	(1.5)	1253	1.68 (0.062)	0.27*(0.112)	1.95 (0.132)	62	1.84 (0.112)	3.85*(1.268)	5.69 (1.237)	1.67 (0.062)							
Males:																		
20 - 39.....	14	(2.0)	905	2.03 (0.058)	1.68 (0.361)	3.70 (0.393)	95	2.25 (0.184)	12.42 (2.341)	14.67 (2.413)	1.99 (0.049)							
40 - 59.....	27	(2.9)	951	1.98 (0.038)	3.47 (0.833)	5.45 (0.832)	203	2.23 (0.081)	12.99 (2.644)	15.23 (2.630)	1.89 (0.049)							
60 and over.....	36	(2.3)	933	1.75 (0.037)	4.19 (0.902)	5.94 (0.901)	287	1.84 (0.059)	11.75 (2.536)	13.59 (2.513)	1.70 (0.049)							
20 and over...	24	(1.5)	2789	1.95 (0.031)	2.94 (0.433)	4.89 (0.444)	585	2.10 (0.059)	12.44 (1.730)	14.54 (1.752)	1.90 (0.032)							
Females:																		
20 - 39.....	17	(1.8)	928	1.42 (0.020)	1.17 (0.268)	2.59 (0.270)	139	1.59 (0.044)	6.87 (1.467)	8.45 (1.470)	1.38 (0.026)							
40 - 59.....	30	(2.8)	979	1.39 (0.028)	3.68 (0.808)	5.07 (0.807)	230	1.40 (0.060)	12.09 (2.290)	13.49 (2.307)	1.39 (0.031)							
60 and over.....	42	(1.5)	966	1.34 (0.033)	6.15*(2.462)	7.49*(2.470)	338	1.38 (0.050)	14.72*(5.977)	16.10*(5.995)	1.31 (0.037)							
20 and over...	29	(1.5)	2873	1.39 (0.015)	3.52 (0.858)	4.90 (0.864)	707	1.43 (0.034)	12.09 (2.803)	13.52 (2.812)	1.37 (0.016)							
All Individuals:																		
2 and over...	22	(1.0)	8930	1.63 (0.012)	2.47 (0.394)	4.10 (0.393)	1546	1.71 (0.037)	11.13 (1.611)	12.84 (1.623)	1.61 (0.013)							

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

R i b o f l a v i n																	
Gender and age (years)	Percent reporting supplement riboflavin ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —				
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	
Males and females:																	
2 - 5.....	16	(2.4)	861	1.84 (0.045)	0.27 (0.034)	2.11 (0.061)	103	2.00 (0.151)	1.64 (0.103)	3.64 (0.150)	1.81 (0.039)						
6 - 11.....	9	(1.2)	1154	1.94 (0.037)	0.24*(0.073)	2.18 (0.079)	89	2.06 (0.156)	2.52 (0.676)	4.58 (0.687)	1.93 (0.039)						
12 - 19.....	7	(1.6)	1253	2.05 (0.079)	0.22*(0.067)	2.27 (0.115)	63	2.36 (0.232)	3.13 (0.656)	5.49 (0.681)	2.02 (0.070)						
Males:																	
20 - 39.....	13	(1.9)	905	2.46 (0.080)	1.55 (0.292)	4.01 (0.324)	94	3.04 (0.248)	11.64 (2.038)	14.67 (2.070)	2.37 (0.062)						
40 - 59.....	27	(2.9)	951	2.65 (0.064)	2.40 (0.668)	5.05 (0.690)	203	2.96 (0.123)	8.98 (2.100)	11.94 (2.130)	2.53 (0.076)						
60 and over.....	36	(2.3)	933	2.29 (0.055)	2.02 (0.324)	4.31 (0.337)	286	2.50 (0.097)	5.66 (0.905)	8.16 (0.910)	2.18 (0.060)						
20 and over...	24	(1.5)	2789	2.49 (0.038)	1.98 (0.299)	4.48 (0.311)	583	2.82 (0.075)	8.42 (1.043)	11.23 (1.054)	2.39 (0.036)						
Females:																	
20 - 39.....	17	(1.9)	928	1.84 (0.049)	1.16 (0.265)	3.01 (0.283)	140	2.14 (0.096)	6.77 (1.444)	8.90 (1.423)	1.78 (0.056)						
40 - 59.....	31	(2.6)	979	1.84 (0.030)	3.74 (1.003)	5.59 (1.014)	231	1.96 (0.072)	12.12 (3.423)	14.07 (3.442)	1.79 (0.029)						
60 and over.....	42	(1.5)	966	1.83 (0.039)	3.54 (0.544)	5.37 (0.548)	340	1.87 (0.055)	8.47 (1.324)	10.34 (1.346)	1.80 (0.068)						
20 and over...	29	(1.4)	2873	1.84 (0.027)	2.83 (0.447)	4.67 (0.464)	711	1.96 (0.049)	9.65 (1.681)	11.61 (1.709)	1.79 (0.029)						
All Individuals:																	
2 and over...	22	(0.9)	8930	2.11 (0.018)	1.86 (0.211)	3.97 (0.222)	1549	2.31 (0.050)	8.35 (0.930)	10.66 (0.946)	2.05 (0.020)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

N i a c i n																									
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -----																									
Gender and age (years)	Percent reporting supplement niacin ⁸		Sample Size	Food		Supplement		Food plus supplement		Supplement Users ⁶		Food plus supplement		-Non-users ⁷ -											
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)										
Males and females:																									
2 - 5.....	16	(2.4)	861	15.9 (0.29)	2.5 (0.32)	18.4 (0.46)	103	15.5 (0.97)	15.4 (1.28)	30.9 (1.90)	15.9 (0.27)	1154	20.4 (0.47)	1.6 (0.24)	22.0 (0.54)	89	19.1 (1.67)	17.2 (0.99)	36.3 (1.88)	20.5 (0.45)					
6 - 11.....	9	(1.2)	1154	20.4 (0.47)	1.6 (0.24)	22.0 (0.54)	89	19.1 (1.67)	17.2 (0.99)	36.3 (1.88)	20.5 (0.45)	1253	24.8 (0.59)	1.5 (0.35)	26.2 (0.72)	65	26.3 (2.27)	20.4 (1.01)	46.7 (2.35)	24.7 (0.61)					
12 - 19.....	7	(1.6)	1253	24.8 (0.59)	1.5 (0.35)	26.2 (0.72)	65	26.3 (2.27)	20.4 (1.01)	46.7 (2.35)	24.7 (0.61)	Males:													
20 - 39.....	14	(2.0)	905	33.7 (0.67)	7.1 (1.78)	40.8 (1.97)	99	39.7 (3.12)	49.2 (9.14)	88.8 (10.29)	32.7 (0.65)	40 - 59.....	27	(3.1)	951	31.8 (0.47)	14.2* (4.31)	46.0 (4.34)	206	34.3 (0.79)	51.7 (15.04)	86.0 (14.85)	30.9 (0.66)		
40 - 59.....	27	(3.1)	951	31.8 (0.47)	14.2* (4.31)	46.0 (4.34)	206	34.3 (0.79)	51.7 (15.04)	86.0 (14.85)	30.9 (0.66)	60 and over.....	36	(2.2)	933	25.9 (0.56)	16.1 (2.14)	41.9 (2.45)	292	27.2 (0.87)	44.1 (6.34)	71.3 (6.77)	25.1 (0.51)		
60 and over.....	36	(2.2)	933	25.9 (0.56)	16.1 (2.14)	41.9 (2.45)	292	27.2 (0.87)	44.1 (6.34)	71.3 (6.77)	25.1 (0.51)	20 and over...	24	(1.6)	2789	31.2 (0.42)	11.9 (1.73)	43.0 (1.81)	597	33.1 (1.02)	48.5 (7.13)	81.6 (7.16)	30.5 (0.40)		
20 and over...	24	(1.6)	2789	31.2 (0.42)	11.9 (1.73)	43.0 (1.81)	597	33.1 (1.02)	48.5 (7.13)	81.6 (7.16)	30.5 (0.40)	Females:													
20 - 39.....	17	(1.8)	928	21.8 (0.47)	3.3 (0.35)	25.0 (0.40)	141	21.8 (1.04)	18.8 (1.03)	40.6 (0.94)	21.8 (0.49)	40 - 59.....	31	(2.8)	979	20.9 (0.36)	8.5 (0.76)	29.4 (0.70)	233	21.3 (0.67)	27.3 (2.27)	48.5 (2.20)	20.8 (0.36)		
40 - 59.....	31	(2.8)	979	20.9 (0.36)	8.5 (0.76)	29.4 (0.70)	233	21.3 (0.67)	27.3 (2.27)	48.5 (2.20)	20.8 (0.36)	60 and over.....	43	(1.3)	966	19.2 (0.46)	16.4 (2.76)	35.6 (2.84)	345	20.3 (0.85)	38.4 (6.53)	58.7 (6.77)	18.4 (0.39)		
60 and over.....	43	(1.3)	966	19.2 (0.46)	16.4 (2.76)	35.6 (2.84)	345	20.3 (0.85)	38.4 (6.53)	58.7 (6.77)	18.4 (0.39)	20 and over...	30	(1.5)	2873	20.7 (0.26)	8.9 (0.90)	29.7 (0.83)	719	21.0 (0.55)	30.0 (3.10)	51.0 (3.07)	20.7 (0.28)		
20 and over...	30	(1.5)	2873	20.7 (0.26)	8.9 (0.90)	29.7 (0.83)	719	21.0 (0.55)	30.0 (3.10)	51.0 (3.07)	20.7 (0.28)	All Individuals:													
2 and over...	23	(1.0)	8930	24.7 (0.21)	8.2 (0.67)	32.9 (0.76)	1573	25.6 (0.60)	35.9 (2.69)	61.5 (2.63)	24.4 (0.21)														

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

V i t a m i n B 6																	
Gender and age (years)	Percent reporting supplement vitamin B6 ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —				
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	
Males and females:																	
2 - 5.....	28	(2.0)	861	1.43 (0.030)	0.42 (0.036)	1.85 (0.051)	205	1.34 (0.058)	1.48 (0.063)	2.82 (0.090)	1.46 (0.027)						
6 - 11.....	18	(1.6)	1154	1.59 (0.053)	0.36 (0.064)	1.95 (0.086)	170	1.56 (0.117)	2.00 (0.322)	3.56 (0.322)	1.59 (0.058)						
12 - 19.....	9	(1.4)	1253	1.91 (0.065)	0.27 (0.061)	2.18 (0.099)	83	1.97 (0.161)	2.97 (0.504)	4.94 (0.519)	1.90 (0.072)						
Males:																	
20 - 39.....	15	(1.9)	905	2.70 (0.082)	2.30 (0.408)	5.00 (0.448)	103	3.34 (0.214)	15.49 (2.427)	18.84 (2.469)	2.59 (0.078)						
40 - 59.....	27	(3.0)	951	2.50 (0.073)	3.14 (0.765)	5.64 (0.799)	208	2.71 (0.132)	11.57 (2.159)	14.28 (2.233)	2.42 (0.081)						
60 and over.....	36	(2.3)	933	2.16 (0.054)	3.07 (0.378)	5.23 (0.347)	290	2.30 (0.090)	8.48 (0.937)	10.78 (0.913)	2.09 (0.055)						
20 and over...	24	(1.5)	2789	2.50 (0.039)	2.80 (0.376)	5.30 (0.384)	601	2.72 (0.079)	11.45 (1.201)	14.16 (1.232)	2.43 (0.044)						
Females:																	
20 - 39.....	19	(1.8)	928	1.80 (0.065)	1.71 (0.315)	3.52 (0.340)	151	1.91 (0.071)	9.23 (1.663)	11.14 (1.682)	1.78 (0.070)						
40 - 59.....	31	(2.8)	979	1.72 (0.046)	3.78 (0.566)	5.50 (0.569)	233	1.85 (0.101)	12.18 (1.521)	14.03 (1.554)	1.66 (0.047)						
60 and over.....	44	(1.0)	966	1.65 (0.049)	5.76 (0.714)	7.41 (0.702)	357	1.75 (0.087)	13.04 (1.692)	14.79 (1.679)	1.58 (0.049)						
20 and over...	30	(1.5)	2873	1.73 (0.028)	3.63 (0.348)	5.36 (0.347)	741	1.82 (0.043)	11.92 (1.281)	13.74 (1.281)	1.69 (0.038)						
All Individuals:																	
2 and over...	25	(1.0)	8930	2.00 (0.022)	2.49 (0.210)	4.49 (0.220)	1800	2.10 (0.046)	10.08 (0.864)	12.18 (0.882)	1.97 (0.029)						

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Percent reporting folic acid ⁸ % (SE)		F o l i c a c i d															
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Sample size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Food µg (SE)	
Males and females:																		
2 - 5.....	27	(1.9)	861	173	(5.5)	79	(6.6)	253	(9.2)	191	172	(10.6)	297	(8.4)	469	(14.0)	174	(5.7)
6 - 11.....	17	(1.7)	1154	217	(9.5)	54	(6.6)	272	(9.5)	161	219	(24.2)	318	(15.6)	537	(29.8)	217	(9.3)
12 - 19.....	9	(1.3)	1253	233	(13.7)	36	(6.5)	269	(16.8)	83	294	(32.9)	387	(26.8)	681	(42.1)	227	(14.2)
Males:																		
20 - 39.....	15	(1.9)	905	237	(8.1)	67	(11.5)	305	(15.1)	101	263	(31.3)	461	(39.4)	724	(51.5)	233	(8.1)
40 - 59.....	26	(3.1)	951	208	(7.6)	114	(13.7)	322	(16.9)	204	211	(9.5)	433	(11.3)	644	(14.6)	206	(10.8)
60 and over.....	36	(2.3)	933	201	(9.8)	169	(13.1)	370	(16.3)	289	227	(17.6)	467	(16.2)	694	(25.7)	186	(10.7)
20 and over...	24	(1.6)	2789	218	(4.9)	109	(6.3)	326	(7.3)	594	229	(10.7)	451	(13.3)	680	(18.6)	214	(6.1)
Females:																		
20 - 39.....	19	(1.8)	928	177	(6.4)	88	(9.9)	265	(8.1)	150	182	(17.1)	469	(24.9)	651	(28.7)	176	(6.0)
40 - 59.....	31	(2.8)	979	155	(8.4)	149	(13.7)	304	(17.2)	234	172	(15.8)	478	(18.0)	650	(25.9)	148	(8.5)
60 and over.....	44	(1.4)	966	152	(6.1)	207	(10.6)	359	(8.6)	354	157	(9.5)	474	(17.3)	630	(15.6)	149	(6.2)
20 and over...	30	(1.4)	2873	162	(4.5)	145	(6.1)	306	(5.5)	738	168	(6.7)	475	(9.5)	642	(11.1)	159	(4.4)
All Individuals:																		
2 and over...	24	(1.0)	8930	196	(3.8)	108	(3.8)	303	(4.1)	1767	199	(6.3)	442	(8.1)	641	(10.1)	195	(4.2)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Percent reporting supplement folate (DFE) ⁸ % (SE)		Folate (DFE)											
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
Males and females:														
2 - 5.....	27	(1.9)	861	426 (10.5)	135 (11.3)	561 (17.2)	191	423 (20.9)	505 (14.3)	928 (26.2)	427 (10.9)			
6 - 11.....	17	(1.7)	1154	522 (18.3)	93 (11.2)	614 (18.4)	161	529 (47.4)	541 (26.6)	1070 (56.1)	520 (16.9)			
12 - 19.....	9	(1.3)	1253	567 (24.0)	61 (11.1)	628 (29.2)	83	683 (47.3)	658 (45.6)	1341 (61.7)	556 (25.6)			
Males:														
20 - 39.....	15	(1.9)	905	660 (16.7)	115 (19.6)	775 (27.8)	101	767 (65.5)	784 (67.0)	1551 (96.1)	642 (16.4)			
40 - 59.....	26	(3.1)	951	626 (16.5)	194 (23.4)	821 (30.4)	204	670 (24.6)	736 (19.2)	1406 (30.6)	610 (22.1)			
60 and over.....	36	(2.3)	933	575 (19.4)	287 (22.3)	862 (28.5)	289	625 (32.4)	793 (27.5)	1419 (46.6)	547 (22.0)			
20 and over...	24	(1.6)	2789	628 (11.5)	185 (10.6)	812 (14.8)	594	678 (25.9)	767 (22.7)	1445 (38.2)	612 (14.2)			
Females:														
20 - 39.....	19	(1.8)	928	483 (12.7)	150 (16.8)	632 (13.8)	150	517 (32.4)	798 (42.4)	1314 (52.9)	475 (11.6)			
40 - 59.....	31	(2.8)	979	470 (15.8)	253 (23.2)	723 (29.9)	234	513 (32.2)	813 (30.7)	1326 (49.0)	450 (14.6)			
60 and over.....	44	(1.4)	966	449 (12.0)	352 (17.9)	801 (15.2)	354	465 (18.7)	805 (29.4)	1271 (25.2)	437 (12.7)			
20 and over...	30	(1.4)	2873	469 (8.6)	246 (10.4)	714 (9.6)	738	495 (13.9)	807 (16.2)	1302 (20.4)	457 (8.3)			
All Individuals:														
2 and over...	24	(1.0)	8930	540 (7.3)	183 (6.5)	723 (7.7)	1767	567 (14.0)	752 (13.8)	1318 (19.6)	531 (8.6)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Percent reporting supplement choline ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	15	(2.3)	861	223 (4.8)	5 (0.8)	228 (5.0)	95	233 (15.5)	34 (0.9)	267 (15.6)	221 (4.7)					
6 - 11.....	8	(1.6)	1154	244 (3.8)	3 (0.6)	247 (4.0)	75	264 (15.0)	36 (2.9)	300 (15.2)	242 (3.8)					
12 - 19.....	3	(0.9)	1253	282 (8.9)	1* (0.4)	284 (8.9)	--	--	--	283 (9.3)						
Males:																
20 - 39.....	3	(0.7)	905	408 (9.3)	1* (0.7)	409 (9.4)	--	--	--	406 (9.4)						
40 - 59.....	2*	(0.5)	951	438 (10.6)	#	438 (10.6)	--	--	--	436 (10.5)						
60 and over.....	2	(0.6)	933	361 (7.8)	2* (1.1)	364 (8.2)	--	--	--	363 (7.6)						
20 and over...	2	(0.5)	2789	409 (4.8)	1* (0.4)	410 (4.8)	--	--	--	408 (4.5)						
Females:																
20 - 39.....	3	(0.9)	928	269 (6.2)	1 (0.1)	270 (6.3)	--	--	--	268 (7.0)						
40 - 59.....	3	(0.6)	979	284 (7.5)	1* (0.3)	284 (7.4)	--	--	--	283 (7.8)						
60 and over.....	3	(0.6)	966	265 (5.1)	2* (1.3)	268 (5.3)	--	--	--	265 (5.2)						
20 and over...	3	(0.4)	2873	274 (4.2)	1* (0.4)	275 (4.2)	65	295 (21.9)	39* (13.0)	335 (23.7)	273 (4.6)					
All Individuals:																
2 and over...	4	(0.3)	8930	319 (3.8)	2 (0.3)	320 (3.9)	310	307 (14.1)	40 (6.4)	347 (13.2)	319 (4.0)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

V i t a m i n B 1 2												
—All Individuals ⁵ — —Supplement Users ⁶ — —Non-users ⁷ —												
Gender and age (years)	Percent reporting supplement vitamin B12 ⁸		Sample Size	Food		Supplement		Food plus supplement		Food plus supplement		Food
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg
Males and females:												
2 - 5.....	28	(2.0)	861	4.42 (0.135)	1.7 (0.30)	6.2 (0.26)	203	4.29 (0.270)	6.1 (1.20)	10.4 (1.07)	4.47 (0.129)	
6 - 11.....	18	(1.6)	1154	4.62 (0.096)	1.4 (0.29)	6.0 (0.31)	170	4.74 (0.307)	7.8 (1.59)	12.5 (1.65)	4.59 (0.103)	
12 - 19.....	9	(1.4)	1253	5.10 (0.198)	2.3* (1.20)	7.4 (1.14)	83	5.15 (0.436)	24.6*(14.37)	29.7*(14.40)	5.10 (0.194)	
Males:												
20 - 39.....	15	(2.1)	905	6.33 (0.198)	14.4 (3.83)	20.7 (3.97)	106	7.74 (0.777)	93.0 (19.03)	100.7 (19.23)	6.07 (0.135)	
40 - 59.....	27	(3.1)	951	6.38 (0.190)	10.9 (2.07)	17.3 (2.08)	210	7.08 (0.423)	41.0 (7.07)	48.1 (7.03)	6.12 (0.261)	
60 and over.....	38	(2.2)	933	6.05 (0.230)	53.4 (9.96)	59.4 (10.01)	303	6.24 (0.256)	142.2 (25.26)	148.4 (25.34)	5.94 (0.298)	
20 and over...	25	(1.6)	2789	6.28 (0.124)	22.0 (2.24)	28.3 (2.27)	619	6.95 (0.260)	88.6 (9.45)	95.6 (9.36)	6.06 (0.127)	
Females:												
20 - 39.....	19	(1.8)	928	4.61 (0.145)	10.7* (3.73)	15.3 (3.81)	152	5.03 (0.452)	57.1*(19.83)	62.2*(19.85)	4.51 (0.165)	
40 - 59.....	32	(2.8)	979	4.68 (0.363)	45.7 (7.46)	50.3 (7.30)	244	4.23 (0.222)	144.4 (24.01)	148.6 (24.08)	4.89 (0.477)	
60 and over.....	46	(1.5)	966	4.39 (0.217)	96.9 (20.29)	101.3 (20.22)	374	4.62 (0.405)	210.2 (41.98)	214.8 (41.90)	4.19 (0.163)	
20 and over...	31	(1.5)	2873	4.58 (0.143)	48.0 (5.26)	52.5 (5.33)	770	4.55 (0.179)	153.3 (19.88)	157.9 (19.86)	4.59 (0.194)	
All Individuals:												
2 and over...	25	(1.1)	8930	5.25 (0.070)	26.7 (2.46)	32.0 (2.48)	1845	5.43 (0.183)	106.4 (12.35)	111.9 (12.29)	5.19 (0.073)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

V i t a m i n C																		
Gender and age (years)	Percent reporting supplement vitamin C ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	30	(2.5)	861	83.1	(3.76)	18.8	(2.49)	101.9	(4.54)	215	81.3	(7.67)	62.6	(6.30)	143.9	(10.50)	83.9	(3.16)
6 - 11.....	21	(2.2)	1154	73.8	(2.97)	19.2	(3.66)	93.0	(5.38)	189	75.6	(4.92)	89.5	(15.18)	165.1	(19.06)	73.3	(3.44)
12 - 19.....	11	(1.2)	1253	82.2	(5.82)	16.4	(2.69)	98.6	(5.05)	99	90.6	(10.54)	147.7	(19.24)	238.4	(17.88)	81.1	(6.04)
Males:																		
20 - 39.....	16	(2.1)	905	99.2	(3.30)	48.4	(12.88)	147.6	(14.87)	113	115.2	(9.99)	307.8	(57.02)	423.0	(62.60)	96.2	(3.30)
40 - 59.....	28	(2.7)	951	95.5	(5.13)	87.5	(20.11)	183.0	(24.11)	221	120.4	(14.10)	309.7	(71.13)	430.1	(82.74)	85.7	(4.22)
60 and over.....	41	(2.7)	933	89.7	(4.21)	101.4	(11.12)	191.1	(10.23)	326	100.5	(5.83)	248.3	(23.95)	348.7	(24.71)	82.2	(5.25)
20 and over...	26	(1.4)	2789	95.6	(2.29)	75.5	(11.43)	171.1	(13.37)	660	112.1	(6.27)	287.4	(40.22)	399.5	(45.21)	89.7	(1.94)
Females:																		
20 - 39.....	20	(2.1)	928	76.6	(3.46)	41.4	(10.48)	117.9	(11.04)	158	84.0	(5.99)	206.8	(47.43)	290.8	(51.69)	74.7	(3.93)
40 - 59.....	32	(2.7)	979	88.2	(5.44)	81.0	(10.39)	169.2	(12.27)	249	115.4	(13.60)	251.1	(20.92)	366.5	(25.20)	75.3	(4.09)
60 and over.....	47	(1.8)	966	79.5	(3.01)	165.4	(33.73)	244.9	(34.43)	385	85.6	(3.41)	348.2	(62.35)	433.8	(62.53)	74.0	(4.58)
20 and over...	32	(1.4)	2873	81.9	(2.48)	90.8	(8.49)	172.7	(8.96)	792	97.0	(6.27)	280.8	(28.28)	377.8	(31.13)	74.8	(2.56)
All Individuals:																		
2 and over...	27	(1.0)	8930	86.3	(1.46)	66.6	(6.69)	153.0	(7.11)	1955	99.7	(3.89)	250.0	(24.92)	349.7	(27.45)	81.5	(1.80)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Percent reporting supplement vitamin D ⁸ % (SE)		V i t a m i n D						Supplement Users ⁶		Non-users ⁷	
			All Individuals ⁵									
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)	
Males and females:												
2 - 5.....	30	(2.5)	861	6.8 (0.21)	2.9 (0.30)	9.7 (0.42)	214	6.9 (0.33)	9.6 (0.84)	16.5 (0.77)	6.8 (0.23)	
6 - 11.....	19	(1.6)	1154	6.1 (0.15)	2.9* (1.20)	9.0 (1.23)	175	6.2 (0.42)	15.4* (6.21)	21.6 (6.25)	6.0 (0.20)	
12 - 19.....	10	(1.3)	1253	5.5 (0.27)	1.3 (0.28)	6.7 (0.42)	87	6.0 (0.50)	13.4 (2.17)	19.4 (2.37)	5.4 (0.26)	
Males:												
20 - 39.....	15	(1.9)	905	5.4 (0.23)	2.3 (0.42)	7.7 (0.53)	104	6.1 (0.62)	15.5 (1.16)	21.6 (1.30)	5.3 (0.22)	
40 - 59.....	27	(2.0)	951	6.2 (0.38)	5.2 (0.61)	11.5 (0.71)	210	7.1 (0.55)	19.2 (2.72)	26.3 (2.72)	5.9 (0.48)	
60 and over.....	42	(2.7)	933	5.9 (0.23)	16.3 (4.25)	22.2 (4.29)	341	6.3 (0.45)	38.3 (10.05)	44.6 (10.07)	5.7 (0.45)	
20 and over...	26	(1.4)	2789	5.9 (0.18)	6.6 (1.05)	12.5 (1.01)	655	6.6 (0.25)	25.6 (3.87)	32.1 (3.90)	5.6 (0.22)	
Females:												
20 - 39.....	18	(2.0)	928	4.5 (0.18)	3.7 (1.03)	8.1 (0.99)	149	4.9 (0.44)	20.4 (3.89)	25.3 (3.62)	4.4 (0.21)	
40 - 59.....	38	(3.0)	979	4.3 (0.29)	11.3 (2.66)	15.6 (2.68)	291	4.3 (0.47)	29.9 (6.08)	34.2 (6.27)	4.3 (0.22)	
60 and over.....	56	(1.6)	966	4.5 (0.14)	15.9 (1.41)	20.4 (1.44)	470	4.8 (0.24)	28.3 (2.43)	33.2 (2.52)	4.1 (0.17)	
20 and over...	36	(1.6)	2873	4.4 (0.15)	10.0 (0.99)	14.4 (1.00)	910	4.6 (0.28)	27.6 (2.61)	32.3 (2.73)	4.3 (0.13)	
All Individuals:												
2 and over...	28	(1.0)	8930	5.3 (0.11)	6.8 (0.58)	12.1 (0.56)	2041	5.6 (0.21)	24.5 (1.93)	30.1 (1.99)	5.2 (0.12)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

V i t a m i n K															
Gender and age (years)	Percent reporting vitamin K ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	
Males and females:															
2 - 5.....	#		861	42.5 (2.24)	0.1* (0.06)	42.6 (2.22)		--	--	--		42.5 (2.28)			
6 - 11.....	1*	(0.3)	1154	53.1 (2.24)	0.3* (0.08)	53.3 (2.25)		--	--	--		52.9 (2.26)			
12 - 19.....	5	(1.6)	1253	63.1 (1.64)	1.6* (0.56)	64.6 (1.82)		--	--	--		63.2 (1.89)			
Males:															
20 - 39.....	11	(1.7)	905	91.4 (6.04)	5.1 (1.04)	96.4 (6.31)	83	119.1 (25.57)	44.3 (4.67)	163.3 (24.30)	87.8 (5.42)				
40 - 59.....	21	(2.8)	951	110.0 (5.65)	5.9 (0.78)	115.9 (5.80)	167	125.9 (12.21)	27.6 (1.21)	153.5 (12.60)	105.7 (7.21)				
60 and over.....	33	(2.1)	933	114.3 (10.60)	10.1 (0.92)	124.4 (10.22)	259	105.0 (8.33)	30.7 (1.31)	135.8 (8.57)	118.9 (14.65)				
20 and over...	20	(1.4)	2789	103.8 (5.37)	6.5 (0.44)	110.3 (5.37)	509	116.6 (6.88)	32.4 (1.59)	149.0 (6.97)	100.5 (6.08)				
Females:															
20 - 39.....	11	(2.2)	928	82.9 (5.19)	4.1 (0.98)	87.0 (4.95)	86	86.6 (21.13)	38.5 (3.73)	125.1 (23.03)	82.5 (4.71)				
40 - 59.....	24	(1.9)	979	124.4 (8.95)	8.5 (0.91)	132.9 (8.88)	184	169.5 (25.47)	36.3 (2.39)	205.8 (24.91)	110.5 (5.60)				
60 and over.....	34	(1.2)	966	105.0 (4.97)	10.2 (0.62)	115.2 (5.15)	277	108.1 (11.77)	30.1 (1.48)	138.2 (12.11)	103.4 (7.25)				
20 and over...	22	(1.6)	2873	105.2 (4.18)	7.5 (0.68)	112.7 (4.11)	547	130.5 (12.36)	34.0 (1.38)	164.5 (12.19)	98.1 (3.54)				
All Individuals:															
2 and over...	16	(0.9)	8930	92.0 (3.51)	5.4 (0.30)	97.4 (3.51)	1117	121.5 (7.96)	33.2 (1.08)	154.7 (8.10)	86.2 (3.22)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

L y c o p e n e															
Gender and age (years)	Percent reporting supplement lycopene ⁸		— All Individuals ⁵ —						— Supplement Users ⁶ —			— Non-users ⁷ —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food
				µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)		µg (SE)	µg (SE)	µg (SE)	µg (SE)	
Males and females:															
2 - 5.....	#		861	3259 (183.8)	4*	(3.0)	3262 (183.9)		--	--	--		3273 (185.3)		
6 - 11.....	1*	(0.5)	1154	4495 (346.0)	3*	(1.9)	4498 (345.7)		--	--	--		4504 (346.5)		
12 - 19.....	2	(0.7)	1253	5433 (379.0)	8*	(3.2)	5441 (380.1)		--	--	--		5409 (379.2)		
Males:															
20 - 39.....	7	(1.2)	905	7054 (613.4)	42	(8.7)	7095 (616.0)		--	--	--		6760 (586.7)		
40 - 59.....	15	(1.8)	951	6490 (718.0)	137*	(54.8)	6627 (732.3)	122	8489(2070.4)	939*(319.0)	9428(2169.9)		6150 (722.1)		
60 and over.....	25	(1.3)	933	5530 (572.1)	145	(21.9)	5675 (565.8)	199	5373 (773.8)	578 (88.5)	5951 (757.3)		5583 (571.6)		
20 and over...	14	(0.8)	2789	6489 (451.9)	102	(20.5)	6590 (456.9)	365	7695 (958.1)	728 (136.7)	8424 (969.6)		6293 (419.3)		
Females:															
20 - 39.....	2	(0.7)	928	4956 (363.9)	17*	(9.4)	4973 (371.8)		--	--	--		4934 (352.1)		
40 - 59.....	7	(1.5)	979	4309 (302.5)	49*	(15.4)	4358 (298.6)		--	--	--		4333 (309.2)		
60 and over.....	21	(0.9)	966	4112 (351.7)	77	(6.5)	4190 (351.6)	170	4699 (859.9)	375 (31.1)	5074 (875.3)		3960 (379.0)		
20 and over...	9	(0.6)	2873	4471 (199.9)	46	(8.0)	4517 (202.1)	237	4575 (596.5)	503 (69.7)	5079 (606.8)		4461 (215.3)		
All Individuals:															
2 and over...	9	(0.3)	8930	5251 (220.7)	56	(8.0)	5307 (224.0)	622	6396 (680.7)	632 (83.9)	7028 (685.7)		5140 (204.3)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

L u t e i n + z e a x a n t h i n											
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -											
Gender and age (years)	Percent reporting supplement lutein + zeaxanthin ⁸		Sample Size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:											
2 - 5.....	#		861	650 (27.8)	4* (3.3)	654 (27.9)	--	--	--	--	651 (27.9)
6 - 11.....	1*	(0.5)	1154	708 (42.9)	4* (3.2)	712 (43.7)	--	--	--	--	711 (43.2)
12 - 19.....	1*	(0.5)	1253	851 (51.8)	5* (2.2)	856 (52.8)	--	--	--	--	852 (54.1)
Males:											
20 - 39.....	3	(0.8)	905	1166 (88.7)	17 (3.7)	1183 (87.9)	--	--	--	--	1160 (93.0)
40 - 59.....	10	(1.2)	951	1655 (186.9)	56* (23.2)	1711 (180.3)	82	2134 (490.2)	585*(261.8)	2719 (537.2)	1605 (199.9)
60 and over.....	20	(1.4)	933	1720 (225.5)	150 (40.1)	1870 (199.7)	163	1661 (259.2)	744 (197.3)	2405 (116.3)	1735 (244.2)
20 and over...	10	(0.6)	2789	1480 (117.8)	62 (12.7)	1543 (111.7)	267	1797 (228.8)	647 (124.4)	2444 (240.5)	1447 (125.6)
Females:											
20 - 39.....	3	(0.7)	928	1234 (109.5)	22* (9.5)	1256 (111.9)	--	--	--	--	1225 (117.3)
40 - 59.....	9	(1.4)	979	1896 (198.7)	79 (22.8)	1975 (205.8)	--	--	--	--	1826 (206.0)
60 and over.....	24	(1.2)	966	1573 (97.6)	559*(188.8)	2133 (158.6)	197	1948 (346.4)	2380*(814.7)	4327 (712.8)	1458 (79.7)
20 and over...	11	(0.5)	2873	1587 (92.1)	191* (57.8)	1778 (92.5)	278	2131 (324.8)	1753*(535.9)	3885 (540.2)	1521 (91.7)
All Individuals:											
2 and over...	8	(0.3)	8930	1337 (76.6)	96 (24.8)	1434 (75.3)	560	1941 (199.3)	1225 (310.4)	3166 (300.5)	1286 (79.5)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

C a l c i u m																		
Gender and age (years)	Percent reporting supplement calcium ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	15	(2.1)	861	1032	(34.3)	24	(3.2)	1056	(37.0)	92	1175	(100.9)	156	(20.3)	1331	(97.8)	1006	(29.6)
6 - 11.....	9	(1.4)	1154	1048	(23.7)	16	(3.4)	1063	(24.3)	84	1079	(77.6)	177	(26.8)	1256	(65.7)	1044	(24.2)
12 - 19.....	9	(1.1)	1253	1095	(35.6)	29	(4.3)	1124	(36.6)	78	1245	(80.0)	330	(40.5)	1575	(86.8)	1080	(32.0)
Males:																		
20 - 39.....	16	(1.7)	905	1210	(28.1)	49	(6.9)	1260	(26.8)	109	1313	(97.3)	312	(30.9)	1625	(94.7)	1191	(28.8)
40 - 59.....	28	(3.1)	951	1188	(30.1)	108	(15.9)	1297	(40.3)	226	1355	(70.3)	384	(40.1)	1739	(82.6)	1123	(41.0)
60 and over.....	42	(2.6)	933	966	(34.1)	187	(18.5)	1153	(33.7)	343	1043	(32.6)	452	(31.4)	1495	(31.2)	911	(40.7)
20 and over...	26	(1.7)	2789	1146	(14.5)	104	(8.3)	1250	(16.4)	678	1233	(30.9)	392	(19.9)	1625	(31.5)	1115	(16.3)
Females:																		
20 - 39.....	19	(1.8)	928	932	(21.0)	74	(9.8)	1007	(20.5)	160	1048	(48.9)	387	(34.5)	1435	(40.9)	904	(20.0)
40 - 59.....	38	(2.3)	979	879	(17.9)	263	(16.9)	1143	(25.9)	304	964	(34.9)	692	(40.0)	1656	(50.9)	827	(19.8)
60 and over.....	56	(1.8)	966	842	(11.9)	423	(19.6)	1266	(24.7)	487	875	(25.4)	754	(25.8)	1629	(33.1)	801	(31.9)
20 and over...	37	(1.3)	2873	887	(12.2)	244	(11.1)	1131	(12.2)	951	942	(26.0)	665	(25.4)	1606	(29.7)	855	(15.5)
All Individuals:																		
2 and over...	26	(1.0)	8930	1027	(6.8)	136	(6.0)	1163	(7.6)	1883	1072	(24.3)	521	(16.3)	1593	(20.2)	1011	(9.8)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

P h o s p h o r u s																		
Gender and age (years)	Percent reporting supplement phosphorus ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	13	(2.2)	861	1136	(26.6)	12	(2.1)	1149	(27.6)	77	1268	(116.7)	96	(2.3)	1364	(115.9)	1117	(20.5)
6 - 11.....	7	(1.3)	1154	1263	(21.4)	8	(1.5)	1271	(22.3)	70	1318	(90.3)	114	(8.3)	1432	(87.9)	1259	(20.3)
12 - 19.....	3	(1.1)	1253	1405	(35.8)	3*	(1.1)	1408	(35.7)	--	--	--	--	--	--	--	1401	(34.4)
Males:																		
20 - 39.....	7	(1.3)	905	1721	(32.1)	5	(1.3)	1726	(32.7)	--	--	--	--	--	--	--	1706	(34.7)
40 - 59.....	17	(2.1)	951	1742	(34.0)	10	(1.4)	1752	(33.8)	124	1874	(96.6)	59	(5.7)	1933	(97.7)	1714	(46.2)
60 and over.....	27	(1.7)	933	1399	(22.1)	14	(2.3)	1413	(22.6)	216	1442	(46.2)	52	(8.2)	1494	(47.5)	1383	(20.1)
20 and over...	15	(1.1)	2789	1655	(18.7)	9	(0.9)	1664	(18.8)	389	1709	(50.6)	59	(5.9)	1768	(52.0)	1645	(20.2)
Females:																		
20 - 39.....	6	(1.2)	928	1227	(21.5)	3	(0.8)	1230	(21.6)	--	--	--	--	--	--	--	1215	(23.5)
40 - 59.....	13	(1.5)	979	1189	(20.2)	7	(0.9)	1196	(20.0)	109	1182	(44.2)	53	(6.6)	1235	(44.8)	1190	(22.7)
60 and over.....	29	(1.3)	966	1122	(14.4)	16	(1.5)	1137	(14.3)	235	1159	(30.8)	54	(4.4)	1213	(33.1)	1106	(21.0)
20 and over...	15	(0.9)	2873	1183	(12.6)	8	(0.6)	1191	(12.4)	394	1201	(35.2)	53	(4.3)	1254	(36.2)	1180	(14.4)
All Individuals:																		
2 and over...	13	(0.7)	8930	1385	(7.9)	8	(0.6)	1393	(7.9)	960	1438	(39.6)	62	(4.3)	1500	(40.4)	1377	(9.3)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Percent reporting supplement magnesium ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	14	(2.1)	861	210 (3.4)	3 (0.4)	212 (3.6)	90	229 (15.6)	18 (0.7)	247 (15.7)	206 (2.3)					
6 - 11.....	10	(1.6)	1154	231 (4.9)	3 (0.6)	234 (5.2)	91	257 (17.2)	31 (5.4)	288 (18.0)	228 (4.6)					
12 - 19.....	6	(1.7)	1253	260 (5.9)	4* (1.4)	264 (6.6)	--	--	--	259 (5.7)						
Males:																
20 - 39.....	14	(1.9)	905	351 (8.9)	12 (2.0)	364 (9.9)	96	434 (38.2)	90 (8.4)	524 (39.8)	338 (6.8)					
40 - 59.....	25	(3.1)	951	369 (6.8)	24 (2.9)	393 (6.8)	200	408 (21.7)	92 (5.5)	501 (21.5)	356 (8.6)					
60 and over.....	37	(2.2)	933	313 (4.9)	37 (3.3)	350 (5.3)	299	334 (9.1)	100 (7.9)	434 (9.2)	300 (4.0)					
20 and over...	24	(1.6)	2789	349 (4.6)	22 (1.4)	372 (4.0)	595	387 (12.1)	94 (5.7)	482 (11.8)	338 (5.0)					
Females:																
20 - 39.....	15	(1.8)	928	264 (4.6)	14 (2.0)	277 (5.4)	127	303 (14.7)	89 (8.4)	392 (17.5)	257 (4.8)					
40 - 59.....	29	(2.4)	979	275 (5.2)	31 (3.2)	306 (5.2)	221	295 (9.2)	108 (10.0)	403 (16.0)	267 (6.3)					
60 and over.....	42	(1.6)	966	256 (3.2)	54 (5.2)	309 (6.1)	345	273 (8.8)	128 (11.7)	401 (15.0)	243 (3.4)					
20 and over...	28	(1.3)	2873	266 (2.8)	31 (1.8)	298 (3.1)	693	288 (7.0)	112 (6.8)	400 (10.8)	258 (3.3)					
All Individuals:																
2 and over...	22	(1.0)	8930	290 (2.0)	21 (1.0)	311 (2.1)	1528	324 (7.2)	97 (4.8)	421 (9.0)	280 (2.7)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Percent reporting supplement iron ⁸ % (SE)		I r o n													
			—All Individuals ⁵ —						—Supplement Users ⁶ —						—Non-users ⁷ —	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
Males and females:																
2 - 5.....	13	(2.3)	861	11.5 (0.24)	2.2 (0.42)	13.7 (0.53)	83	11.7 (1.44)	17.4 (0.57)	29.1 (1.61)	11.4 (0.19)					
6 - 11.....	8	(1.5)	1154	13.7 (0.31)	1.4 (0.30)	15.1 (0.43)	74	14.7 (1.84)	17.9 (1.29)	32.5 (2.38)	13.7 (0.30)					
12 - 19.....	6	(1.4)	1253	15.1 (0.40)	1.2 (0.30)	16.3 (0.52)		--	--	--	15.2 (0.43)					
Males:																
20 - 39.....	8	(1.4)	905	18.2 (0.44)	1.1 (0.21)	19.3 (0.46)		--	--	--	17.9 (0.38)					
40 - 59.....	14	(1.7)	951	17.6 (0.34)	2.9 (0.56)	20.5 (0.78)	105	20.6 (1.33)	20.6 (2.98)	41.2 (3.74)	17.1 (0.31)					
60 and over.....	14	(1.6)	933	16.3 (0.39)	3.0 (0.39)	19.4 (0.57)	121	18.4 (0.77)	21.7 (2.63)	40.1 (2.93)	16.0 (0.37)					
20 and over...	12	(1.0)	2789	17.5 (0.21)	2.2 (0.28)	19.8 (0.34)	283	20.3 (0.87)	19.1 (1.37)	39.4 (2.05)	17.2 (0.24)					
Females:																
20 - 39.....	15	(1.5)	928	13.5 (0.23)	3.5 (0.45)	17.0 (0.43)	123	15.4 (0.81)	23.9 (2.39)	39.2 (2.62)	13.2 (0.23)					
40 - 59.....	23	(2.0)	979	13.0 (0.36)	5.2 (0.70)	18.2 (0.80)	192	13.4 (0.82)	23.2 (2.56)	36.6 (2.90)	12.8 (0.26)					
60 and over.....	27	(1.7)	966	12.6 (0.37)	6.2 (0.59)	18.9 (0.80)	204	12.9 (0.52)	23.4 (1.81)	36.3 (1.94)	12.5 (0.37)					
20 and over...	21	(1.1)	2873	13.0 (0.20)	4.9 (0.30)	18.0 (0.29)	519	13.7 (0.45)	23.4 (1.03)	37.1 (1.08)	12.9 (0.18)					
All Individuals:																
2 and over...	14	(0.6)	8930	14.9 (0.10)	3.1 (0.18)	17.9 (0.20)	1007	15.6 (0.51)	21.4 (0.75)	37.1 (1.01)	14.8 (0.11)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

Z i n c																			
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -																			
Gender and age (years)	Percent reporting supplement zinc ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																			
2 - 5.....	25	(2.0)	861	8.6 (0.12)	1.7 (0.22)	10.3 (0.25)	181	8.6 (0.35)	6.7 (0.56)	15.3 (0.53)	861	8.6 (0.12)	1.7 (0.22)	10.3 (0.25)	181	8.6 (0.35)	6.7 (0.56)	15.3 (0.53)	8.6 (0.14)
6 - 11.....	17	(1.8)	1154	9.9 (0.16)	1.2 (0.19)	11.1 (0.27)	161	10.1 (0.53)	7.2 (0.62)	17.3 (0.91)	1154	9.9 (0.16)	1.2 (0.19)	11.1 (0.27)	161	10.1 (0.53)	7.2 (0.62)	17.3 (0.91)	9.8 (0.21)
12 - 19.....	9	(1.4)	1253	11.5 (0.29)	1.1 (0.22)	12.6 (0.43)	79	11.6 (0.72)	13.2 (1.33)	24.8 (1.78)	1253	11.5 (0.29)	1.1 (0.22)	12.6 (0.43)	79	11.6 (0.72)	13.2 (1.33)	24.8 (1.78)	11.5 (0.30)
Males:																			
20 - 39.....	13	(1.9)	905	14.5 (0.36)	2.3 (0.38)	16.9 (0.57)	95	18.2 (1.36)	17.7 (1.60)	35.9 (2.04)	905	14.5 (0.36)	2.3 (0.38)	16.9 (0.57)	95	18.2 (1.36)	17.7 (1.60)	35.9 (2.04)	13.9 (0.33)
40 - 59.....	25	(3.0)	951	15.0 (0.41)	3.5 (0.48)	18.5 (0.74)	195	17.0 (1.19)	14.3 (0.58)	31.2 (1.35)	951	15.0 (0.41)	3.5 (0.48)	18.5 (0.74)	195	17.0 (1.19)	14.3 (0.58)	31.2 (1.35)	14.3 (0.32)
60 and over.....	37	(2.5)	933	12.5 (0.20)	6.4 (0.65)	18.8 (0.70)	296	13.7 (0.50)	17.2 (1.00)	30.8 (1.05)	933	12.5 (0.20)	6.4 (0.65)	18.8 (0.70)	296	13.7 (0.50)	17.2 (1.00)	30.8 (1.05)	11.7 (0.21)
20 and over...	23	(1.6)	2789	14.2 (0.22)	3.7 (0.25)	17.9 (0.38)	586	16.0 (0.65)	16.1 (0.57)	32.1 (0.74)	2789	14.2 (0.22)	3.7 (0.25)	17.9 (0.38)	586	16.0 (0.65)	16.1 (0.57)	32.1 (0.74)	13.7 (0.21)
Females:																			
20 - 39.....	18	(2.0)	928	10.0 (0.19)	2.3 (0.31)	12.3 (0.30)	140	11.3 (0.81)	13.1 (0.65)	24.4 (0.82)	928	10.0 (0.19)	2.3 (0.31)	12.3 (0.30)	140	11.3 (0.81)	13.1 (0.65)	24.4 (0.82)	9.7 (0.16)
40 - 59.....	28	(2.6)	979	9.8 (0.25)	4.2 (0.40)	14.0 (0.37)	218	10.1 (0.49)	14.9 (0.59)	25.0 (0.62)	979	9.8 (0.25)	4.2 (0.40)	14.0 (0.37)	218	10.1 (0.49)	14.9 (0.59)	25.0 (0.62)	9.7 (0.30)
60 and over.....	41	(1.8)	966	9.5 (0.25)	7.2 (0.53)	16.8 (0.57)	336	9.8 (0.31)	17.6 (0.84)	27.4 (0.82)	966	9.5 (0.25)	7.2 (0.53)	16.8 (0.57)	336	9.8 (0.31)	17.6 (0.84)	27.4 (0.82)	9.4 (0.29)
20 and over...	28	(1.6)	2873	9.8 (0.17)	4.4 (0.25)	14.2 (0.26)	694	10.2 (0.35)	15.6 (0.54)	25.8 (0.57)	2873	9.8 (0.17)	4.4 (0.25)	14.2 (0.26)	694	10.2 (0.35)	15.6 (0.54)	25.8 (0.57)	9.6 (0.17)
All Individuals:																			
2 and over...	23	(1.1)	8930	11.5 (0.12)	3.4 (0.14)	14.9 (0.20)	1701	12.3 (0.37)	14.6 (0.40)	26.9 (0.48)	8930	11.5 (0.12)	3.4 (0.14)	14.9 (0.20)	1701	12.3 (0.37)	14.6 (0.40)	26.9 (0.48)	11.3 (0.13)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

C o p p e r																			
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -----																			
Gender and age (years)	Percent reporting supplement copper ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																			
2 - 5.....	13	(2.2)	861	0.8 (0.02)	0.2 (0.04)	1.1 (0.06)	76	1.0 (0.08)	1.9 (0.07)	2.8 (0.11)	0.8 (0.02)								
6 - 11.....	7	(1.3)	1154	1.0 (0.01)	0.2 (0.03)	1.1 (0.04)	75	1.2 (0.09)	2.1 (0.11)	3.3 (0.12)	0.9 (0.01)								
12 - 19.....	6	(1.5)	1253	1.1 (0.03)	0.1 (0.03)	1.2 (0.04)	--	--	--	1.1 (0.03)									
Males:																			
20 - 39.....	12	(1.8)	905	1.5 (0.03)	0.2 (0.04)	1.7 (0.06)	87	2.0 (0.18)	1.8 (0.18)	3.8 (0.27)	1.4 (0.03)								
40 - 59.....	24	(2.8)	951	1.6 (0.03)	0.3 (0.04)	1.8 (0.06)	187	1.9 (0.10)	1.1 (0.05)	3.0 (0.11)	1.5 (0.03)								
60 and over.....	35	(2.1)	933	1.4 (0.03)	0.4 (0.03)	1.7 (0.04)	278	1.5 (0.04)	1.1 (0.06)	2.5 (0.08)	1.3 (0.04)								
20 and over...	22	(1.4)	2789	1.5 (0.02)	0.3 (0.02)	1.8 (0.03)	552	1.8 (0.06)	1.3 (0.06)	3.0 (0.09)	1.4 (0.02)								
Females:																			
20 - 39.....	13	(2.0)	928	1.1 (0.02)	0.2 (0.02)	1.3 (0.03)	107	1.3 (0.07)	1.4 (0.09)	2.7 (0.13)	1.1 (0.02)								
40 - 59.....	26	(2.2)	979	1.2 (0.03)	0.4 (0.05)	1.6 (0.05)	199	1.3 (0.05)	1.4 (0.12)	2.7 (0.13)	1.2 (0.04)								
60 and over.....	38	(1.4)	966	1.2 (0.03)	0.4 (0.04)	1.6 (0.04)	313	1.2 (0.04)	1.2 (0.07)	2.4 (0.07)	1.2 (0.04)								
20 and over...	25	(1.6)	2873	1.2 (0.02)	0.3 (0.03)	1.5 (0.03)	619	1.3 (0.03)	1.3 (0.07)	2.6 (0.07)	1.1 (0.02)								
All Individuals:																			
2 and over...	20	(1.0)	8930	1.2 (0.01)	0.3 (0.01)	1.5 (0.02)	1378	1.4 (0.03)	1.3 (0.04)	2.8 (0.05)	1.2 (0.01)								

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Percent reporting supplement sodium ⁸ % (SE)		S o d i u m											
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
Males and females:														
2 - 5.....	14	(2.3)	861	2308 (43.5)	2 (0.2)	2310 (43.5)	88	2444 (166.4)	11 (0.6)	2454 (166.3)	2285 (44.1)			
6 - 11.....	8	(1.4)	1154	2971 (49.0)	1 (0.1)	2972 (49.1)	68	3018 (341.3)	13 (0.9)	3031 (341.1)	2967 (40.9)			
12 - 19.....	2	(0.6)	1253	3563 (112.0)	#	3563 (112.0)	--	--	--	--	3569 (110.8)			
Males:														
20 - 39.....	3	(0.9)	905	4452 (74.7)	1* (0.6)	4453 (74.6)	--	--	--	--	4439 (82.4)			
40 - 59.....	4	(0.8)	951	4419 (71.9)	2* (0.6)	4421 (72.0)	--	--	--	--	4401 (73.6)			
60 and over.....	8	(1.3)	933	3593 (57.2)	4 (0.8)	3597 (57.1)	63	3334 (195.1)	47 (6.9)	3381 (196.3)	3616 (66.0)			
20 and over...	4	(0.6)	2789	4243 (42.9)	2 (0.3)	4245 (42.9)	113	4249 (375.9)	44 (6.0)	4293 (374.5)	4242 (47.8)			
Females:														
20 - 39.....	4	(1.2)	928	3114 (58.6)	1* (0.8)	3116 (58.5)	--	--	--	--	3114 (63.0)			
40 - 59.....	5	(1.1)	979	3000 (45.7)	2* (0.6)	3002 (45.9)	--	--	--	--	3021 (44.0)			
60 and over.....	9	(1.2)	966	2739 (49.9)	3 (0.4)	2742 (50.0)	74	2917 (105.9)	36 (4.0)	2953 (108.6)	2720 (51.1)			
20 and over...	6	(0.6)	2873	2967 (33.2)	2 (0.4)	2969 (33.1)	143	2858 (85.7)	35 (5.1)	2892 (89.2)	2974 (35.4)			
All Individuals:														
2 and over...	6	(0.4)	8930	3464 (20.7)	2 (0.2)	3466 (20.7)	431	3237 (156.7)	31 (3.1)	3268 (158.7)	3477 (23.8)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

P o t a s s i u m															
Gender and age (years)	Percent reporting potassium ⁸ % (SE)	—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —			
		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
			mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:															
2 - 5.....	1* (0.5)	861	2071 (36.0)	1* (0.5)	2071 (36.1)	--	--	--	--	--	--	2074 (36.4)			
6 - 11.....	1* (0.7)	1154	2172 (39.6)	#	2173 (39.7)	--	--	--	--	--	--	2173 (40.3)			
12 - 19.....	2 (0.8)	1253	2360 (67.1)	2* (0.9)	2362 (67.5)	--	--	--	--	--	--	2348 (66.1)			
Males:															
20 - 39.....	11 (2.0)	905	3055 (76.2)	14 (3.6)	3069 (76.7)	78	3552 (303.6)	123 (14.2)	3676 (302.7)	2990 (64.9)					
40 - 59.....	23 (2.5)	951	3406 (69.7)	22 (3.4)	3429 (69.3)	172	3794 (226.8)	96 (11.8)	3890 (226.1)	3290 (78.4)					
60 and over.....	34 (2.1)	933	2977 (67.1)	29 (2.5)	3006 (67.1)	267	3093 (106.2)	87 (5.4)	3180 (106.2)	2918 (65.7)					
20 and over...	21 (1.3)	2789	3172 (43.9)	21 (1.5)	3192 (44.5)	517	3486 (121.7)	98 (6.6)	3584 (124.0)	3088 (43.8)					
Females:															
20 - 39.....	8 (1.7)	928	2310 (38.9)	12* (3.8)	2322 (38.0)	62	2585 (117.7)	149 (30.5)	2734 (125.0)	2286 (41.0)					
40 - 59.....	15 (1.6)	979	2479 (47.2)	12 (2.0)	2491 (46.6)	122	2645 (122.7)	80 (8.2)	2725 (124.3)	2449 (52.6)					
60 and over.....	34 (1.2)	966	2413 (27.9)	28 (1.5)	2441 (27.6)	269	2591 (76.5)	83 (3.2)	2674 (76.8)	2324 (44.4)					
20 and over...	18 (0.9)	2873	2405 (23.5)	16 (1.7)	2421 (23.0)	453	2608 (76.6)	92 (6.0)	2700 (76.5)	2361 (27.8)					
All Individuals:															
2 and over...	15 (0.8)	8930	2642 (18.8)	14 (1.0)	2656 (18.9)	1005	3060 (72.9)	95 (3.5)	3155 (73.8)	2569 (25.0)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2009-2010 (continued)

S e l e n i u m																		
Gender and age (years)	Percent reporting selenium ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food			
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)		µg	(SE)	
Males and females:																		
2 - 5.....	1*	(0.4)	861	73.5	(1.09)	0.3*	(0.26)	73.8	(0.95)	--	--	--	73.5	(1.07)				
6 - 11.....	1*	(0.4)	1154	90.7	(1.42)	0.5*	(0.25)	91.2	(1.50)	--	--	--	90.9	(1.42)				
12 - 19.....	5	(1.6)	1253	109.7	(3.38)	2.9*	(1.04)	112.5	(4.08)	--	--	--	109.1	(3.22)				
Males:																		
20 - 39.....	13	(1.7)	905	141.5	(2.45)	13.3	(2.49)	154.8	(3.87)	87	162.1	(13.23)	105.9	(9.81)	268.0	(15.88)	138.6	(2.56)
40 - 59.....	23	(2.7)	951	137.7	(2.97)	16.3	(2.41)	154.0	(2.46)	179	149.0	(6.35)	70.8	(3.62)	219.7	(6.86)	134.3	(3.96)
60 and over.....	35	(2.4)	933	114.0	(1.62)	26.4	(2.31)	140.3	(2.46)	276	114.7	(3.07)	75.0	(2.78)	189.7	(4.35)	113.6	(2.13)
20 and over...	22	(1.3)	2789	133.7	(1.98)	17.5	(0.91)	151.2	(2.14)	542	139.2	(4.38)	80.2	(2.88)	219.4	(5.42)	132.2	(1.83)
Females:																		
20 - 39.....	12	(2.2)	928	94.0	(1.83)	7.0	(1.69)	101.0	(1.93)	99	96.9	(8.04)	60.3	(7.15)	157.2	(6.18)	93.6	(1.85)
40 - 59.....	25	(2.3)	979	96.1	(2.33)	15.7	(1.97)	111.8	(2.11)	193	89.7	(4.08)	61.6	(4.57)	151.4	(5.88)	98.3	(2.11)
60 and over.....	38	(1.4)	966	87.2	(2.29)	22.2	(1.85)	109.3	(2.38)	308	90.6	(2.79)	58.4	(4.11)	149.0	(3.69)	85.0	(2.54)
20 and over...	24	(1.6)	2873	93.0	(1.27)	14.6	(1.08)	107.5	(1.00)	600	91.3	(2.64)	60.0	(2.66)	151.3	(2.77)	93.5	(1.34)
All Individuals:																		
2 and over...	18	(0.9)	8930	108.5	(1.05)	12.3	(0.53)	120.8	(0.94)	1197	113.4	(2.99)	69.0	(2.08)	182.4	(3.25)	107.4	(1.09)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting a supplement intake: 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 2.04.

Indicates a non-zero value too small to report.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF).

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 Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.

Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.

Folate (DFE): μg dietary folate equivalents = μg food folate + $(1.7 * \mu\text{g}$ folic acid).

Vitamin D: $1 \mu\text{g} = 40$ International Units (IU).

Calcium and Magnesium: supplement intake includes non-prescription antacids.

³ **Food intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011). Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0.

⁴ **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_F) of NHANES 2009-2010. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2009-2010/DS1TOT_F.htm.

⁵ **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females and breast-fed children were excluded.

⁶ **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

⁷ **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

⁸ The weighted percentage of respondents in the gender/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Dietary Supplements, by Gender and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010

Race/ethnicity and age (years)	Percent reporting supplement thiamin ⁸ % (SE)		T h i a m i n												
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)				
Non-Hispanic White:															
2 - 19.....	12	(0.8)	1096	1.56 (0.056)	0.20 (0.020)	1.76 (0.066)	125	1.53 (0.070)	1.65 (0.091)	3.17 (0.138)	1.56 (0.056)				
20 and over.....	31	(1.2)	2749	1.70 (0.019)	4.07 (0.702)	5.77 (0.705)	817	1.76 (0.044)	13.05 (2.049)	14.81 (2.064)	1.68 (0.022)				
2 and over...	27	(0.8)	3845	1.67 (0.016)	3.21 (0.552)	4.88 (0.546)	942	1.73 (0.040)	11.90 (1.891)	13.63 (1.900)	1.65 (0.021)				
Non-Hispanic Black:															
2 - 19.....	7	(1.8)	652	1.51 (0.051)	0.12 (0.036)	1.63 (0.064)		--	--	--	1.51 (0.052)				
20 and over.....	16	(1.3)	1005	1.45 (0.026)	0.84 (0.143)	2.29 (0.139)	177	1.48 (0.053)	5.19 (0.665)	6.66 (0.678)	1.45 (0.030)				
2 and over...	14	(1.0)	1657	1.47 (0.019)	0.63 (0.097)	2.10 (0.093)	218	1.49 (0.059)	4.63 (0.597)	6.12 (0.613)	1.47 (0.022)				
Hispanic:															
2 - 19.....	6	(1.1)	1283	1.49 (0.035)	0.20*(0.084)	1.69 (0.077)	62	1.70 (0.225)	3.59*(1.672)	5.29*(1.683)	1.48 (0.032)				
20 and over.....	13	(1.2)	1613	1.61 (0.030)	1.47 (0.315)	3.08 (0.319)	232	1.63 (0.070)	11.24 (2.249)	12.87 (2.262)	1.61 (0.036)				
2 and over...	10	(0.8)	2896	1.57 (0.020)	1.02 (0.217)	2.59 (0.216)	294	1.64 (0.071)	9.81 (2.078)	11.45 (2.084)	1.56 (0.024)				
All Individuals⁹:															
2 - 19.....	10	(0.7)	3268	1.54 (0.036)	0.25 (0.055)	1.79 (0.055)	254	1.56 (0.066)	2.49 (0.494)	4.05 (0.475)	1.54 (0.035)				
20 and over.....	26	(1.3)	5662	1.66 (0.019)	3.23 (0.514)	4.89 (0.520)	1292	1.72 (0.041)	12.24 (1.763)	13.97 (1.781)	1.64 (0.019)				
2 and over...	22	(1.0)	8930	1.63 (0.012)	2.47 (0.394)	4.10 (0.393)	1546	1.71 (0.037)	11.13 (1.611)	12.84 (1.623)	1.61 (0.013)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement riboflavin ⁸ % (SE)		R i b o f l a v i n										
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
Non-Hispanic White:													
2 - 19.....	12	(0.8)	1096	2.05 (0.066)	0.23 (0.023)	2.28 (0.079)	126	2.13 (0.132)	1.85 (0.103)	3.98 (0.174)	2.04 (0.063)		
20 and over.....	31	(1.1)	2749	2.30 (0.030)	2.94 (0.372)	5.24 (0.396)	820	2.42 (0.053)	9.40 (1.251)	11.81 (1.272)	2.25 (0.037)		
2 and over...	27	(0.8)	3845	2.25 (0.023)	2.34 (0.313)	4.59 (0.327)	946	2.39 (0.052)	8.63 (1.142)	11.02 (1.159)	2.19 (0.027)		
Non-Hispanic Black:													
2 - 19.....	7	(1.8)	652	1.81 (0.081)	0.14 (0.040)	1.95 (0.086)	--	--	--	--	1.80 (0.086)		
20 and over.....	16	(1.2)	1005	1.73 (0.050)	0.85 (0.144)	2.59 (0.134)	176	1.86 (0.119)	5.27 (0.669)	7.13 (0.681)	1.71 (0.048)		
2 and over...	14	(1.0)	1657	1.76 (0.039)	0.64 (0.098)	2.40 (0.083)	217	1.87 (0.126)	4.74 (0.595)	6.60 (0.615)	1.74 (0.038)		
Hispanic:													
2 - 19.....	6	(1.1)	1283	1.86 (0.040)	0.21*(0.083)	2.07 (0.078)	62	2.25 (0.186)	3.80*(1.676)	6.05 (1.651)	1.84 (0.036)		
20 and over.....	13	(1.1)	1613	1.93 (0.041)	1.11 (0.205)	3.04 (0.214)	232	2.10 (0.089)	8.60 (1.675)	10.71 (1.644)	1.91 (0.051)		
2 and over...	10	(0.7)	2896	1.91 (0.027)	0.79 (0.149)	2.70 (0.147)	294	2.13 (0.088)	7.70 (1.590)	9.83 (1.557)	1.88 (0.032)		
All Individuals⁹:													
2 - 19.....	10	(0.7)	3268	1.97 (0.041)	0.24 (0.039)	2.20 (0.049)	255	2.13 (0.104)	2.39 (0.316)	4.52 (0.314)	1.95 (0.038)		
20 and over.....	26	(1.3)	5662	2.16 (0.029)	2.41 (0.256)	4.57 (0.276)	1294	2.33 (0.053)	9.11 (1.020)	11.45 (1.043)	2.10 (0.032)		
2 and over...	22	(0.9)	8930	2.11 (0.018)	1.86 (0.211)	3.97 (0.222)	1549	2.31 (0.050)	8.35 (0.930)	10.66 (0.946)	2.05 (0.020)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement niacin ⁸ % (SE)		N i a c i n										
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
Non-Hispanic White:													
2 - 19.....	12	(0.8)	1096	21.4 (0.45)	2.1 (0.24)	23.5 (0.49)	126	19.3 (1.26)	17.1 (1.12)	36.5 (2.20)	21.7 (0.48)		
20 and over.....	32	(1.3)	2749	26.3 (0.36)	13.1 (1.14)	39.3 (1.16)	837	26.8 (0.79)	40.6 (3.62)	67.4 (3.52)	26.1 (0.36)		
2 and over...	28	(0.8)	3845	25.2 (0.24)	10.6 (0.93)	35.8 (0.98)	963	26.0 (0.66)	38.3 (3.35)	64.4 (3.25)	24.9 (0.24)		
Non-Hispanic Black:													
2 - 19.....	7	(1.8)	652	21.8 (0.65)	1.2 (0.35)	23.0 (0.80)	--	--	--	--	21.8 (0.63)		
20 and over.....	16	(1.3)	1005	24.2 (0.50)	4.5 (0.95)	28.7 (0.73)	179	23.6 (1.27)	27.6 (5.23)	51.1 (5.30)	24.3 (0.64)		
2 and over...	14	(1.0)	1657	23.5 (0.41)	3.6 (0.64)	27.0 (0.67)	220	23.3 (1.26)	25.9 (4.62)	49.2 (4.81)	23.5 (0.49)		
Hispanic:													
2 - 19.....	6	(1.1)	1283	20.9 (0.45)	1.1 (0.16)	22.0 (0.50)	63	21.9 (2.24)	18.9 (2.12)	40.8 (3.63)	20.9 (0.46)		
20 and over.....	13	(1.1)	1613	25.5 (0.39)	4.1 (0.63)	29.5 (0.83)	232	25.5 (1.28)	31.5 (4.17)	57.0 (4.58)	25.5 (0.50)		
2 and over...	10	(0.8)	2896	23.9 (0.35)	3.0 (0.40)	26.9 (0.57)	295	24.8 (1.18)	29.1 (3.56)	53.9 (3.99)	23.8 (0.40)		
All Individuals⁹:													
2 - 19.....	10	(0.7)	3268	21.3 (0.34)	1.8 (0.18)	23.1 (0.36)	257	20.1 (1.01)	17.6 (0.95)	37.7 (1.70)	21.5 (0.36)		
20 and over.....	27	(1.3)	5662	25.9 (0.30)	10.4 (0.85)	36.2 (0.93)	1316	26.3 (0.73)	38.2 (2.97)	64.5 (2.93)	25.7 (0.31)		
2 and over...	23	(1.0)	8930	24.7 (0.21)	8.2 (0.67)	32.9 (0.76)	1573	25.6 (0.60)	35.9 (2.69)	61.5 (2.63)	24.4 (0.21)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

V i t a m i n B 6																		
Race/ethnicity and age (years)	Percent reporting supplement vitamin B6 ⁸ % (SE)		—All Individuals ⁵ —					—Supplement Users ⁶ —				—Non-users ⁷ —						
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	20	(1.0)	1096	1.69 (0.047)	0.35 (0.022)	2.04 (0.049)	226	1.55 (0.071)	1.76 (0.073)	3.31 (0.122)	1.73 (0.057)							
20 and over.....	32	(1.2)	2749	2.15 (0.032)	3.82 (0.399)	5.97 (0.401)	850	2.23 (0.061)	11.83 (1.214)	14.05 (1.226)	2.11 (0.047)							
2 and over...	30	(0.9)	3845	2.05 (0.027)	3.05 (0.319)	5.10 (0.328)	1076	2.12 (0.052)	10.33 (1.100)	12.45 (1.112)	2.01 (0.040)							
Non-Hispanic Black:																		
2 - 19.....	10	(1.8)	652	1.68 (0.053)	0.18 (0.041)	1.87 (0.068)		--	--	--	1.68 (0.057)							
20 and over.....	17	(1.3)	1005	1.92 (0.045)	1.98 (0.382)	3.90 (0.379)	184	1.97 (0.134)	11.52 (1.883)	13.48 (1.903)	1.91 (0.046)							
2 and over...	15	(1.0)	1657	1.85 (0.037)	1.45 (0.271)	3.30 (0.266)	242	1.92 (0.119)	9.69 (1.545)	11.61 (1.555)	1.84 (0.037)							
Hispanic:																		
2 - 19.....	10	(1.5)	1283	1.71 (0.042)	0.27 (0.081)	1.98 (0.084)	119	1.74 (0.087)	2.84*(1.000)	4.57 (1.037)	1.71 (0.045)							
20 and over.....	13	(1.2)	1613	2.11 (0.045)	1.47 (0.285)	3.58 (0.287)	238	2.34 (0.165)	11.17 (2.086)	13.51 (2.078)	2.07 (0.050)							
2 and over...	12	(1.0)	2896	1.97 (0.035)	1.05 (0.190)	3.02 (0.186)	357	2.17 (0.136)	8.82 (1.793)	10.99 (1.809)	1.94 (0.038)							
All Individuals⁹:																		
2 - 19.....	16	(0.8)	3268	1.69 (0.034)	0.33 (0.030)	2.03 (0.043)	458	1.58 (0.056)	2.05 (0.184)	3.62 (0.183)	1.72 (0.040)							
20 and over.....	27	(1.3)	5662	2.11 (0.027)	3.22 (0.273)	5.33 (0.278)	1342	2.21 (0.053)	11.71 (0.977)	13.93 (0.997)	2.07 (0.035)							
2 and over...	25	(1.0)	8930	2.00 (0.022)	2.49 (0.210)	4.49 (0.220)	1800	2.10 (0.046)	10.08 (0.864)	12.18 (0.882)	1.97 (0.029)							

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement folic acid ⁸ % (SE)		F o l i c a c i d										
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Non-Hispanic White:													
2 - 19.....	19	(1.0)	1096	219 (15.5)	61 (3.4)	280 (16.1)	213	215 (13.4)	320 (11.6)	535 (20.8)	219 (17.0)		
20 and over.....	32	(1.2)	2749	193 (3.5)	148 (4.8)	341 (3.5)	842	199 (7.8)	464 (6.5)	662 (8.1)	190 (4.6)		
2 and over...	29	(0.9)	3845	198 (5.2)	129 (3.4)	327 (3.8)	1055	201 (7.2)	443 (6.7)	644 (9.3)	197 (6.4)		
Non-Hispanic Black:													
2 - 19.....	10	(1.8)	652	202 (9.1)	38 (9.7)	241 (13.5)		--	--	--	200 (8.8)		
20 and over.....	17	(1.2)	1005	160 (5.1)	82 (7.2)	241 (6.4)	182	167 (19.4)	483 (24.3)	650 (32.5)	158 (4.7)		
2 and over...	15	(1.0)	1657	172 (5.0)	69 (5.3)	241 (5.2)	240	178 (18.3)	467 (19.5)	645 (25.2)	171 (4.4)		
Hispanic:													
2 - 19.....	9	(1.4)	1283	207 (10.3)	30 (4.6)	237 (12.6)	113	252 (42.6)	331 (14.3)	583 (47.1)	202 (9.3)		
20 and over.....	13	(1.0)	1613	180 (5.2)	68 (9.8)	248 (10.9)	235	168 (16.5)	531 (51.4)	699 (51.1)	182 (6.4)		
2 and over...	12	(0.9)	2896	189 (4.7)	55 (6.3)	244 (8.3)	348	192 (17.0)	475 (39.1)	667 (40.5)	189 (5.8)		
All Individuals⁹:													
2 - 19.....	16	(0.7)	3268	215 (8.9)	52 (3.2)	266 (9.1)	435	221 (13.0)	328 (12.4)	549 (20.4)	213 (9.0)		
20 and over.....	27	(1.3)	5662	189 (3.5)	127 (4.9)	316 (4.7)	1332	194 (6.6)	464 (8.1)	659 (9.1)	187 (4.2)		
2 and over...	24	(1.0)	8930	196 (3.8)	108 (3.8)	303 (4.1)	1767	199 (6.3)	442 (8.1)	641 (10.1)	195 (4.2)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement folate (DFE) ⁸ % (SE)		Folate (DFE)												
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷		
			Sample Size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Sample size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)
Non-Hispanic White:															
2 - 19.....	19	(1.0)	1096	523 (26.7)	104 (5.8)	627 (27.8)	213	517 (22.8)	544 (19.7)	1061 (35.9)	525 (29.1)				
20 and over.....	32	(1.2)	2749	558 (7.5)	252 (8.2)	810 (6.7)	842	582 (18.8)	788 (11.0)	1370 (19.2)	547 (10.4)				
2 and over...	29	(0.9)	3845	550 (9.7)	219 (5.8)	770 (7.4)	1055	573 (16.5)	753 (11.4)	1325 (19.7)	541 (12.7)				
Non-Hispanic Black:															
2 - 19.....	10	(1.8)	652	496 (17.7)	65 (16.6)	561 (25.2)		--	--	--	492 (17.7)				
20 and over.....	17	(1.2)	1005	461 (10.1)	139 (12.2)	600 (12.1)	182	479 (37.5)	822 (41.3)	1301 (59.5)	457 (11.3)				
2 and over...	15	(1.0)	1657	471 (8.8)	117 (9.0)	589 (8.9)	240	490 (34.7)	793 (33.2)	1283 (46.6)	468 (9.5)				
Hispanic:															
2 - 19.....	9	(1.4)	1283	515 (21.1)	51 (7.8)	566 (24.6)	113	582 (76.7)	562 (24.2)	1144 (83.6)	508 (19.4)				
20 and over.....	13	(1.0)	1613	528 (13.4)	116 (16.6)	644 (21.2)	235	535 (31.9)	903 (87.4)	1439 (87.1)	527 (15.8)				
2 and over...	12	(0.9)	2896	523 (11.5)	93 (10.6)	617 (15.9)	348	548 (31.8)	808 (66.6)	1357 (69.8)	520 (13.3)				
All Individuals⁹:															
2 - 19.....	16	(0.7)	3268	521 (15.7)	88 (5.4)	608 (16.2)	435	529 (22.7)	558 (21.0)	1087 (35.1)	519 (15.8)				
20 and over.....	27	(1.3)	5662	547 (7.5)	216 (8.3)	762 (8.9)	1332	574 (15.9)	790 (13.8)	1364 (19.0)	536 (9.2)				
2 and over...	24	(1.0)	8930	540 (7.3)	183 (6.5)	723 (7.7)	1767	567 (14.0)	752 (13.8)	1318 (19.6)	531 (8.6)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement choline ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	9	(1.4)	1096	254	(4.6)	3	(0.5)	257	(4.5)	100	237	(16.5)	34	(1.0)	271	(16.5)	255	(5.4)
20 and over.....	3	(0.4)	2749	342	(4.7)	1	(0.4)	343	(4.8)	70	374	(35.5)	48*	(15.6)	422	(34.8)	341	(4.6)
2 and over...	4	(0.3)	3845	322	(4.3)	2	(0.3)	324	(4.4)	170	307	(20.6)	41	(7.6)	348	(19.6)	323	(4.3)
Non-Hispanic Black:																		
2 - 19.....	5	(1.4)	652	248	(13.1)	2*	(0.7)	250	(13.2)	--	--	--	--	--	--	--	249	(13.7)
20 and over.....	2*	(0.4)	1005	333	(7.7)	#		333	(7.7)	--	--	--	--	--	--	--	333	(8.0)
2 and over...	2	(0.6)	1657	308	(6.4)	1*	(0.2)	309	(6.4)	--	--	--	--	--	--	--	309	(6.5)
Hispanic:																		
2 - 19.....	3	(0.7)	1283	263	(9.9)	1	(0.3)	264	(9.8)	--	--	--	--	--	--	--	263	(9.9)
20 and over.....	2	(0.4)	1613	345	(8.1)	1*	(1.0)	346	(8.0)	--	--	--	--	--	--	--	345	(8.1)
2 and over...	2	(0.3)	2896	316	(8.9)	1*	(0.7)	317	(8.8)	62	295	(17.3)	56*	(26.1)	351	(23.4)	317	(8.9)
All Individuals⁹:																		
2 - 19.....	7	(1.1)	3268	256	(4.9)	3	(0.4)	259	(4.8)	194	250	(10.9)	35	(1.3)	285	(10.8)	257	(5.5)
20 and over.....	3	(0.3)	5662	340	(4.1)	1	(0.3)	341	(4.1)	116	363	(25.2)	44	(12.5)	408	(25.6)	339	(4.1)
2 and over...	4	(0.3)	8930	319	(3.8)	2	(0.3)	320	(3.9)	310	307	(14.1)	40	(6.4)	347	(13.2)	319	(4.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin B12 ^s % (SE)		V i t a m i n B 1 2						—Non-users ⁷ —			
			—All Individuals ⁵ —			—Supplement Users ⁶ —						
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)	
Non-Hispanic White:												
2 - 19.....	20	(1.0)	1096	4.98 (0.138)	2.6* (1.05)	7.6 (1.02)	225	4.56 (0.245)	13.2* (5.58)	17.7* (5.69)	5.09 (0.171)	
20 and over.....	33	(1.2)	2749	5.71 (0.146)	42.7 (5.33)	48.5 (5.40)	874	5.69 (0.195)	130.2 (18.83)	135.9 (18.74)	5.73 (0.222)	
2 and over...	30	(0.9)	3845	5.55 (0.102)	33.9 (4.43)	39.4 (4.48)	1099	5.53 (0.172)	113.0 (16.87)	118.6 (16.80)	5.56 (0.145)	
Non-Hispanic Black:												
2 - 19.....	10	(1.8)	652	4.51 (0.203)	0.6 (0.12)	5.2 (0.24)		--	--	--	4.49 (0.223)	
20 and over.....	18	(1.3)	1005	4.91 (0.310)	14.8* (4.56)	19.7 (4.60)	188	5.75 (1.109)	83.9 (21.54)	89.7 (22.00)	4.74 (0.227)	
2 and over...	15	(1.1)	1657	4.80 (0.244)	10.6* (3.24)	15.4 (3.26)	246	5.55 (0.906)	69.5 (17.46)	75.1 (17.86)	4.66 (0.200)	
Hispanic:												
2 - 19.....	9	(1.5)	1283	4.57 (0.093)	0.7 (0.10)	5.2 (0.13)	118	4.94 (0.225)	7.0 (1.09)	11.9 (1.11)	4.53 (0.102)	
20 and over.....	14	(1.1)	1613	4.67 (0.119)	12.8 (2.21)	17.4 (2.25)	250	4.79 (0.314)	91.4 (14.67)	96.2 (14.67)	4.65 (0.140)	
2 and over...	12	(1.0)	2896	4.63 (0.091)	8.5 (1.49)	13.1 (1.51)	368	4.83 (0.219)	68.7 (12.16)	73.5 (12.17)	4.60 (0.100)	
All Individuals⁹:												
2 - 19.....	16	(0.8)	3268	4.79 (0.079)	1.9* (0.57)	6.6 (0.54)	456	4.67 (0.156)	11.4* (3.67)	16.0 (3.73)	4.81 (0.096)	
20 and over.....	28	(1.3)	5662	5.41 (0.098)	35.2 (3.15)	40.6 (3.17)	1389	5.59 (0.217)	125.3 (14.27)	130.9 (14.20)	5.35 (0.117)	
2 and over...	25	(1.1)	8930	5.25 (0.070)	26.7 (2.46)	32.0 (2.48)	1845	5.43 (0.183)	106.4 (12.35)	111.9 (12.29)	5.19 (0.073)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin C ⁸ % (SE)		V i t a m i n C													
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
Non-Hispanic White:																
2 - 19.....	23	(1.2)	1096	68.7 (3.38)	20.4 (3.59)	89.1 (4.16)	251	78.8 (6.89)	88.7 (12.31)	167.6 (14.90)	65.7 (3.63)					
20 and over.....	34	(1.3)	2749	85.9 (2.68)	101.7 (13.14)	187.6 (14.40)	922	101.4 (6.13)	296.9 (36.01)	398.4 (39.39)	77.8 (2.44)					
2 and over...	32	(1.1)	3845	82.1 (2.18)	83.7 (10.70)	165.8 (11.60)	1173	97.8 (5.14)	263.5 (31.57)	361.3 (34.38)	74.8 (2.42)					
Non-Hispanic Black:																
2 - 19.....	10	(1.8)	652	98.1 (5.04)	8.6 (2.14)	106.7 (6.09)		--	--	--	99.3 (4.80)					
20 and over.....	18	(1.2)	1005	93.3 (4.25)	44.0 (8.82)	137.3 (10.29)	192	104.4 (7.46)	249.7 (48.64)	354.0 (53.26)	90.9 (4.93)					
2 and over...	15	(0.8)	1657	94.7 (3.09)	33.6 (6.20)	128.3 (6.56)	253	101.0 (4.74)	217.1 (40.83)	318.1 (43.15)	93.5 (3.68)					
Hispanic:																
2 - 19.....	11	(1.9)	1283	89.5 (4.38)	12.9 (3.02)	102.4 (5.74)	132	88.4 (9.50)	115.9 (22.19)	204.3 (26.33)	89.7 (5.12)					
20 and over.....	15	(1.3)	1613	99.3 (5.14)	40.8 (7.10)	140.1 (9.89)	261	125.5 (9.36)	276.2 (34.25)	401.6 (35.56)	94.8 (5.16)					
2 and over...	13	(1.1)	2896	95.9 (3.85)	31.0 (4.80)	126.9 (6.91)	393	114.7 (7.37)	229.8 (31.32)	344.5 (33.82)	92.9 (4.12)					
All Individuals⁹:																
2 - 19.....	19	(1.1)	3268	79.6 (2.92)	17.9 (2.15)	97.5 (2.91)	503	81.6 (5.01)	95.3 (8.22)	176.9 (10.92)	79.2 (3.43)					
20 and over.....	29	(1.2)	5662	88.6 (1.77)	83.3 (8.71)	171.9 (9.49)	1452	103.6 (4.70)	283.7 (29.28)	387.3 (32.47)	82.4 (1.77)					
2 and over...	27	(1.0)	8930	86.3 (1.46)	66.6 (6.69)	153.0 (7.11)	1955	99.7 (3.89)	250.0 (24.92)	349.7 (27.45)	81.5 (1.80)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin D ⁸ % (SE)		V i t a m i n D													
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)					
Non-Hispanic White:																
2 - 19.....	21	(0.9)	1096	6.2 (0.20)	2.1 (0.20)	8.3 (0.32)	236	6.4 (0.39)	10.0 (0.90)	16.4 (0.96)	6.2 (0.25)					
20 and over.....	36	(1.2)	2749	5.4 (0.23)	10.3 (1.13)	15.7 (1.17)	982	5.6 (0.28)	28.3 (2.83)	33.8 (2.94)	5.4 (0.27)					
2 and over...	33	(0.9)	3845	5.6 (0.20)	8.5 (0.87)	14.1 (0.92)	1218	5.7 (0.27)	25.7 (2.46)	31.4 (2.58)	5.6 (0.22)					
Non-Hispanic Black:																
2 - 19.....	10	(1.9)	652	4.9 (0.30)	1.1 (0.26)	6.0 (0.40)		--	--	--	4.9 (0.32)					
20 and over.....	20	(1.1)	1005	4.1 (0.17)	5.0 (1.13)	9.1 (1.09)	218	4.6 (0.38)	24.5 (4.70)	29.2 (4.51)	4.0 (0.19)					
2 and over...	17	(1.0)	1657	4.3 (0.15)	3.9 (0.85)	8.2 (0.84)	279	4.7 (0.32)	22.3 (3.89)	27.0 (3.77)	4.3 (0.16)					
Hispanic:																
2 - 19.....	10	(1.6)	1283	5.9 (0.14)	1.0 (0.19)	6.9 (0.27)	122	6.6 (0.48)	10.4 (0.60)	17.1 (0.67)	5.8 (0.13)					
20 and over.....	15	(1.1)	1613	4.7 (0.12)	3.0 (0.33)	7.8 (0.36)	289	5.1 (0.35)	20.0 (2.46)	25.1 (2.57)	4.7 (0.15)					
2 and over...	13	(0.9)	2896	5.1 (0.08)	2.3 (0.22)	7.5 (0.23)	411	5.5 (0.26)	17.5 (1.94)	23.0 (2.00)	5.1 (0.09)					
All Individuals⁹:																
2 - 19.....	17	(0.7)	3268	6.0 (0.13)	2.2 (0.54)	8.1 (0.56)	476	6.4 (0.28)	12.7 (3.06)	19.1 (3.08)	5.9 (0.15)					
20 and over.....	31	(1.2)	5662	5.1 (0.14)	8.3 (0.76)	13.5 (0.75)	1565	5.4 (0.21)	26.8 (2.29)	32.2 (2.36)	5.0 (0.15)					
2 and over...	28	(1.0)	8930	5.3 (0.11)	6.8 (0.58)	12.1 (0.56)	2041	5.6 (0.21)	24.5 (1.93)	30.1 (1.99)	5.2 (0.12)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin K ⁸ % (SE)		V i t a m i n K										
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Non-Hispanic White:													
2 - 19.....	3	(1.2)	1096	52.6 (1.57)	1.1* (0.40)	53.7 (1.62)		--	--	--		52.5 (1.66)	
20 and over.....	25	(1.5)	2749	108.4 (5.19)	8.1 (0.57)	116.5 (5.07)	668	124.1 (10.54)	32.5 (1.20)	156.6 (10.63)		103.2 (4.40)	
2 and over...	20	(1.0)	3845	96.1 (4.52)	6.5 (0.41)	102.6 (4.43)	695	121.7 (10.22)	32.6 (1.06)	154.3 (10.28)		89.6 (3.86)	
Non-Hispanic Black:													
2 - 19.....	2*	(0.6)	652	67.7 (4.66)	0.4* (0.15)	68.0 (4.74)		--	--	--		67.2 (4.84)	
20 and over.....	13	(0.8)	1005	98.6 (7.53)	4.3 (0.34)	102.9 (7.49)	148	99.2 (9.70)	33.5 (1.77)	132.7 (9.97)		98.5 (8.31)	
2 and over...	10	(0.6)	1657	89.5 (6.31)	3.2 (0.26)	92.7 (6.32)	157	98.9 (10.86)	32.8 (1.71)	131.7 (11.17)		88.5 (6.86)	
Hispanic:													
2 - 19.....	2	(0.4)	1283	49.7 (1.96)	0.5* (0.16)	50.2 (2.04)		--	--	--		49.6 (1.90)	
20 and over.....	10	(0.6)	1613	73.0 (3.74)	4.2 (0.76)	77.2 (3.84)	184	80.0 (5.59)	42.5 (6.56)	122.4 (8.16)		72.3 (3.94)	
2 and over...	7	(0.4)	2896	64.9 (2.65)	2.9 (0.50)	67.7 (2.70)	204	78.2 (5.99)	41.3 (6.12)	119.5 (8.07)		63.9 (2.69)	
All Individuals⁹:													
2 - 19.....	3	(0.7)	3268	55.2 (1.30)	0.8* (0.25)	56.0 (1.34)		--	--	--		55.0 (1.38)	
20 and over.....	21	(1.3)	5662	104.5 (4.24)	7.0 (0.42)	111.6 (4.24)	1056	124.0 (8.34)	33.3 (1.22)	157.3 (8.55)		99.3 (3.93)	
2 and over...	16	(0.9)	8930	92.0 (3.51)	5.4 (0.30)	97.4 (3.51)	1117	121.5 (7.96)	33.2 (1.08)	154.7 (8.10)		86.2 (3.22)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

L y c o p e n e														
Race/ethnicity and age (years)	Percent reporting supplement lycopene ⁸ % (SE)		— All Individuals ⁵ —					— Supplement Users ⁶ —				— Non-users ⁷ —		
			Sample Size	Food		Supplement		Sample size	Food		Supplement		Food Food plus supplement µg (SE)	Food µg (SE)
				µg (SE)	µg (SE)	µg (SE)	µg (SE)		µg (SE)	µg (SE)	µg (SE)	µg (SE)		
Non-Hispanic White:														
2 - 19.....	1*	(0.6)	1096	4889 (366.3)	6*	(2.5)	4895 (367.7)		--	--	--	4874 (373.6)		
20 and over.....	14	(0.5)	2749	5644 (328.6)	87	(15.1)	5731 (330.5)	387	6642 (901.2)	630 (99.3)	7272 (897.6)	5484 (293.7)		
2 and over...	11	(0.3)	3845	5477 (271.1)	69	(11.3)	5546 (273.4)	397	6621 (850.6)	625 (95.2)	7246 (843.3)	5334 (250.0)		
Non-Hispanic Black:														
2 - 19.....	#		652	4125 (400.2)	2*	(1.2)	4127 (400.5)		--	--	--	4142 (408.1)		
20 and over.....	6	(0.7)	1005	4134 (345.0)	36*	(11.9)	4170 (350.1)	83	6558(1986.6)	603*(215.1)	7161(2050.3)	3982 (360.7)		
2 and over...	4	(0.5)	1657	4131 (264.2)	26*	(8.3)	4157 (269.4)	86	6359(1928.9)	594*(207.7)	6953(1992.7)	4031 (259.9)		
Hispanic:														
2 - 19.....	1*	(0.4)	1283	4355 (301.5)	7*	(3.0)	4362 (301.3)		--	--	--	4344 (301.2)		
20 and over.....	5	(0.7)	1613	5690 (476.9)	44*	(18.8)	5734 (476.8)	104	8030(2322.9)	869*(369.7)	8899(2261.7)	5565 (426.2)		
2 and over...	4	(0.5)	2896	5221 (310.1)	31*	(12.2)	5252 (312.0)	110	7832(2061.1)	864*(339.2)	8696(2013.6)	5124 (279.0)		
All Individuals ⁹:														
2 - 19.....	1	(0.4)	3268	4638 (251.4)	5*	(1.8)	4644 (252.3)		--	--	--	4630 (255.3)		
20 and over.....	12	(0.4)	5662	5460 (277.7)	73	(11.1)	5534 (281.0)	602	6430 (715.3)	637 (87.7)	7067 (723.7)	5334 (254.3)		
2 and over...	9	(0.3)	8930	5251 (220.7)	56	(8.0)	5307 (224.0)	622	6396 (680.7)	632 (83.9)	7028 (685.7)	5140 (204.3)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement lutein + zeaxanthin ⁸ % (SE)		L u t e i n + z e a x a n t h i n										
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Non-Hispanic White:													
2 - 19.....	1*	(0.5)	1096	693 (50.3)	5* (2.0)	698 (49.6)		--	--	--	693 (51.0)		
20 and over.....	12	(0.5)	2749	1588 (109.0)	145 (31.1)	1732 (102.2)	352	1930 (210.6)	1195 (229.6)	3124 (285.7)	1541 (112.3)		
2 and over...	10	(0.4)	3845	1390 (96.1)	114 (23.8)	1503 (91.3)	359	1896 (203.4)	1175 (229.2)	3071 (287.4)	1335 (98.5)		
Non-Hispanic Black:													
2 - 19.....	#		652	980 (130.3)	#	980 (130.4)		--	--	--	981 (130.6)		
20 and over.....	5	(0.8)	1005	1544 (170.0)	182*(156.1)	1726 (218.0)	68	1511 (224.4)	3687(3066.2)	5198(3032.6)	1546 (176.8)		
2 and over...	4	(0.5)	1657	1379 (143.8)	129*(110.8)	1508 (175.8)	69	1503 (219.9)	3666(3047.3)	5169(3013.0)	1374 (147.3)		
Hispanic:													
2 - 19.....	1*	(0.3)	1283	681 (37.0)	8* (4.6)	689 (37.9)		--	--	--	682 (36.7)		
20 and over.....	5	(0.5)	1613	1005 (46.2)	35* (11.1)	1040 (52.1)	97	1036 (149.0)	768*(287.0)	1804 (377.8)	1003 (48.0)		
2 and over...	3	(0.4)	2896	891 (33.7)	26 (7.1)	917 (35.7)	102	999 (133.9)	795*(270.5)	1794 (342.5)	887 (35.9)		
All Individuals⁹:													
2 - 19.....	1	(0.3)	3268	759 (35.8)	5* (1.7)	764 (36.1)		--	--	--	760 (36.4)		
20 and over.....	10	(0.4)	5662	1535 (91.8)	128 (33.3)	1663 (89.4)	545	1978 (206.7)	1245 (316.8)	3223 (303.4)	1484 (96.0)		
2 and over...	8	(0.3)	8930	1337 (76.6)	96 (24.8)	1434 (75.3)	560	1941 (199.3)	1225 (310.4)	3166 (300.5)	1286 (79.5)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

C a l c i u m																		
Race/ethnicity and age (years)	Percent reporting supplement calcium ⁸ % (SE)		— All Individuals ⁵ —						— Supplement Users ⁶ —						— Non-users ⁷ —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	13	(0.9)	1096	1111 (28.3)	29 (3.6)	1139 (29.4)	126	1206 (75.7)	230 (21.9)	1437 (80.5)	1097 (29.2)							
20 and over.....	37	(1.1)	2749	1069 (15.9)	209 (9.2)	1278 (15.4)	1002	1092 (27.7)	567 (18.5)	1659 (25.3)	1056 (22.0)							
2 and over...	31	(0.9)	3845	1078 (12.8)	169 (6.9)	1247 (13.2)	1128	1102 (28.9)	537 (18.1)	1639 (26.0)	1067 (17.4)							
Non-Hispanic Black:																		
2 - 19.....	7	(1.8)	652	956 (45.1)	11* (3.4)	967 (44.8)		--	--	--	958 (46.6)							
20 and over.....	20	(1.1)	1005	829 (25.9)	95 (11.9)	924 (33.1)	215	888 (40.2)	482 (48.5)	1369 (75.8)	814 (27.1)							
2 and over...	16	(1.1)	1657	866 (16.5)	70 (9.1)	936 (22.0)	255	893 (33.3)	442 (43.5)	1335 (68.6)	861 (16.3)							
Hispanic:																		
2 - 19.....	5	(0.8)	1283	1025 (27.0)	10 (1.9)	1035 (27.3)		--	--	--	1014 (25.6)							
20 and over.....	17	(1.2)	1613	963 (20.8)	89 (8.0)	1052 (24.8)	327	1021 (39.7)	525 (36.9)	1546 (61.1)	951 (24.7)							
2 and over...	13	(0.7)	2896	985 (19.3)	61 (5.1)	1046 (22.0)	382	1052 (38.2)	483 (31.8)	1536 (49.4)	975 (20.1)							
All Individuals⁹:																		
2 - 19.....	10	(0.8)	3268	1065 (18.0)	23 (3.1)	1089 (19.2)	254	1174 (44.7)	229 (22.3)	1403 (49.2)	1053 (18.7)							
20 and over.....	32	(1.2)	5662	1014 (10.6)	175 (7.8)	1189 (10.1)	1629	1061 (24.6)	553 (16.8)	1614 (20.3)	992 (14.2)							
2 and over...	26	(1.0)	8930	1027 (6.8)	136 (6.0)	1163 (7.6)	1883	1072 (24.3)	521 (16.3)	1593 (20.2)	1011 (9.8)							

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement phosphorus ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																
2 - 19.....	8	(0.8)	1096	1337 (30.8)	8	(1.0)	1345 (30.4)	87	1397 (76.7)	96	(4.5)	1493 (75.5)	1332	(30.6)		
20 and over.....	18	(1.2)	2749	1457 (19.3)	10	(0.8)	1467 (19.3)	519	1473 (47.2)	55	(4.3)	1528 (48.8)	1453	(20.2)		
2 and over...	16	(0.9)	3845	1430 (12.7)	10	(0.6)	1440 (12.8)	606	1465 (45.7)	59	(4.1)	1524 (47.1)	1424	(13.1)		
Non-Hispanic Black:																
2 - 19.....	5	(1.9)	652	1202 (46.0)	5*	(2.0)	1207 (45.6)		--	--		--	1208	(48.3)		
20 and over.....	8	(0.7)	1005	1236 (32.1)	4	(0.8)	1239 (32.2)	91	1233 (98.9)	50	(9.5)	1283 (94.9)	1236	(32.4)		
2 and over...	7	(0.8)	1657	1226 (23.7)	4	(0.9)	1230 (23.6)	121	1202 (83.6)	62	(10.1)	1263 (78.8)	1228	(25.8)		
Hispanic:																
2 - 19.....	3	(0.7)	1283	1258 (17.1)	3	(0.7)	1261 (17.2)		--	--		--	1252	(15.6)		
20 and over.....	7	(0.9)	1613	1420 (21.7)	5	(0.9)	1425 (22.0)	134	1526 (60.6)	73	(8.6)	1599 (59.7)	1413	(24.2)		
2 and over...	6	(0.6)	2896	1363 (16.1)	4	(0.6)	1368 (16.2)	172	1504 (57.2)	80	(6.9)	1584 (57.2)	1355	(17.2)		
All Individuals⁹:																
2 - 19.....	7	(0.8)	3268	1298 (20.0)	7	(0.9)	1305 (20.0)	177	1340 (53.7)	102	(4.6)	1441 (53.7)	1295	(21.3)		
20 and over.....	15	(0.9)	5662	1415 (14.3)	9	(0.6)	1423 (14.3)	783	1453 (40.3)	56	(4.6)	1508 (41.4)	1408	(15.4)		
2 and over...	13	(0.7)	8930	1385 (7.9)	8	(0.6)	1393 (7.9)	960	1438 (39.6)	62	(4.3)	1500 (40.4)	1377	(9.3)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement magnesium ⁸ % (SE)		M a g n e s i u m														
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	11	(1.0)	1096	242 (5.1)	4 (1.0)	246 (5.9)	121	246 (10.4)	37 (7.8)	283 (15.6)	241 (5.1)						
20 and over.....	31	(1.2)	2749	315 (3.8)	32 (1.8)	347 (4.2)	819	337 (9.1)	106 (5.6)	443 (11.8)	305 (4.6)						
2 and over...	26	(0.9)	3845	299 (3.3)	26 (1.5)	325 (3.9)	940	329 (8.5)	99 (5.5)	428 (11.2)	288 (4.1)						
Non-Hispanic Black:																	
2 - 19.....	6	(1.8)	652	224 (6.9)	3* (1.2)	227 (7.3)		--	--	--	223 (7.2)						
20 and over.....	15	(1.0)	1005	262 (5.9)	15 (2.2)	277 (5.9)	171	273 (12.1)	102 (11.0)	376 (14.8)	260 (6.1)						
2 and over...	12	(1.0)	1657	251 (4.0)	12 (1.8)	262 (3.9)	209	268 (12.0)	94 (9.9)	361 (15.9)	248 (4.0)						
Hispanic:																	
2 - 19.....	5	(0.9)	1283	237 (3.9)	2 (0.4)	239 (4.0)		--	--	--	236 (3.6)						
20 and over.....	13	(1.2)	1613	307 (5.4)	15 (2.3)	321 (6.2)	237	330 (14.7)	112 (15.0)	442 (21.2)	303 (6.3)						
2 and over...	10	(0.8)	2896	282 (4.2)	10 (1.5)	293 (4.7)	293	319 (14.0)	100 (12.8)	418 (18.5)	278 (4.5)						
All Individuals⁹:																	
2 - 19.....	9	(0.9)	3268	239 (3.0)	3 (0.7)	242 (3.4)	240	251 (9.0)	38 (6.8)	289 (12.6)	238 (3.0)						
20 and over.....	26	(1.3)	5662	307 (2.9)	27 (1.3)	334 (2.8)	1288	332 (7.9)	104 (5.0)	437 (9.9)	298 (3.6)						
2 and over...	22	(1.0)	8930	290 (2.0)	21 (1.0)	311 (2.1)	1528	324 (7.2)	97 (4.8)	421 (9.0)	280 (2.7)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement iron ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																
2 - 19.....	10	(1.0)	1096	13.8 (0.40)	1.7 (0.22)	15.5 (0.40)	99	13.1 (1.03)	17.2 (0.85)	30.3 (1.55)	13.9 (0.39)					
20 and over.....	18	(1.0)	2749	15.6 (0.18)	4.0 (0.33)	19.5 (0.37)	487	16.4 (0.64)	21.5 (1.05)	37.9 (1.41)	15.4 (0.19)					
2 and over...	17	(0.6)	3845	15.2 (0.13)	3.5 (0.23)	18.6 (0.28)	586	15.9 (0.61)	20.9 (0.87)	36.9 (1.21)	15.0 (0.12)					
Non-Hispanic Black:																
2 - 19.....	6	(1.8)	652	13.9 (0.51)	1.4* (0.58)	15.3 (0.79)	--	--	--	14.0 (0.55)						
20 and over.....	11	(0.9)	1005	14.0 (0.29)	3.3 (0.54)	17.3 (0.51)	108	13.2 (0.78)	30.1 (4.26)	43.3 (4.34)	14.1 (0.28)					
2 and over...	9	(0.9)	1657	14.0 (0.26)	2.7 (0.44)	16.7 (0.40)	142	13.1 (0.71)	29.3 (3.70)	42.3 (3.69)	14.0 (0.27)					
Hispanic:																
2 - 19.....	4	(0.8)	1283	13.9 (0.38)	0.8 (0.16)	14.7 (0.47)	--	--	--	13.8 (0.36)						
20 and over.....	9	(1.2)	1613	14.7 (0.28)	2.3 (0.31)	17.0 (0.46)	155	14.5 (0.70)	24.7 (1.46)	39.1 (1.25)	14.8 (0.34)					
2 and over...	7	(0.7)	2896	14.4 (0.22)	1.8 (0.18)	16.2 (0.31)	208	14.7 (0.88)	24.0 (1.25)	38.7 (1.01)	14.4 (0.26)					
All Individuals⁹:																
2 - 19.....	8	(1.0)	3268	13.8 (0.25)	1.5 (0.23)	15.3 (0.31)	205	13.4 (0.98)	18.5 (1.07)	31.9 (1.63)	13.9 (0.24)					
20 and over.....	16	(0.8)	5662	15.3 (0.15)	3.6 (0.25)	18.9 (0.27)	802	16.0 (0.54)	21.9 (0.91)	37.9 (1.21)	15.1 (0.18)					
2 and over...	14	(0.6)	8930	14.9 (0.10)	3.1 (0.18)	17.9 (0.20)	1007	15.6 (0.51)	21.4 (0.75)	37.1 (1.01)	14.8 (0.11)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement zinc ⁸ % (SE)		Z i n c										
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
Non-Hispanic White:													
2 - 19.....	18	(1.2)	1096	10.4 (0.21)	1.5 (0.15)	11.9 (0.30)	210	9.7 (0.33)	8.3 (0.63)	18.0 (0.83)	10.5 (0.23)		
20 and over.....	30	(1.3)	2749	12.3 (0.16)	4.8 (0.27)	17.1 (0.32)	812	13.1 (0.44)	15.9 (0.63)	29.0 (0.68)	12.0 (0.19)		
2 and over...	27	(1.0)	3845	11.9 (0.10)	4.1 (0.18)	16.0 (0.22)	1022	12.6 (0.38)	14.8 (0.52)	27.4 (0.61)	11.6 (0.14)		
Non-Hispanic Black:													
2 - 19.....	8	(1.6)	652	10.4 (0.49)	0.9 (0.26)	11.3 (0.48)		--	--	--	10.4 (0.51)		
20 and over.....	16	(1.1)	1005	10.9 (0.30)	2.6 (0.21)	13.5 (0.39)	175	10.6 (0.59)	16.1 (0.77)	26.7 (0.84)	11.0 (0.40)		
2 and over...	14	(1.0)	1657	10.8 (0.28)	2.1 (0.17)	12.8 (0.31)	227	10.5 (0.55)	15.0 (0.64)	25.5 (0.69)	10.8 (0.34)		
Hispanic:													
2 - 19.....	8	(1.1)	1283	10.0 (0.14)	0.8 (0.14)	10.8 (0.22)	106	10.6 (0.93)	9.8 (1.18)	20.4 (1.39)	10.0 (0.13)		
20 and over.....	12	(1.2)	1613	11.3 (0.18)	2.1 (0.31)	13.3 (0.38)	226	12.6 (0.80)	16.7 (1.77)	29.3 (1.96)	11.1 (0.16)		
2 and over...	11	(0.9)	2896	10.8 (0.13)	1.6 (0.20)	12.4 (0.26)	332	12.1 (0.45)	14.9 (1.40)	27.0 (1.53)	10.7 (0.12)		
All Individuals⁹:													
2 - 19.....	15	(1.1)	3268	10.3 (0.14)	1.3 (0.11)	11.6 (0.19)	421	9.9 (0.23)	8.6 (0.50)	18.5 (0.57)	10.4 (0.17)		
20 and over.....	26	(1.3)	5662	12.0 (0.16)	4.1 (0.20)	16.0 (0.27)	1280	12.8 (0.43)	15.8 (0.46)	28.6 (0.52)	11.7 (0.18)		
2 and over...	23	(1.1)	8930	11.5 (0.12)	3.4 (0.14)	14.9 (0.20)	1701	12.3 (0.37)	14.6 (0.40)	26.9 (0.48)	11.3 (0.13)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement copper ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																
2 - 19.....	10	(0.9)	1096	1.0 (0.02)	0.2 (0.02)	1.2 (0.02)	103	1.1 (0.05)	1.8 (0.04)	2.9 (0.05)	1.0 (0.03)					
20 and over.....	28	(1.4)	2749	1.3 (0.01)	0.3 (0.02)	1.7 (0.02)	743	1.5 (0.04)	1.2 (0.05)	2.7 (0.06)	1.3 (0.02)					
2 and over...	24	(1.0)	3845	1.3 (0.01)	0.3 (0.01)	1.6 (0.01)	846	1.5 (0.04)	1.3 (0.04)	2.7 (0.05)	1.2 (0.01)					
Non-Hispanic Black:																
2 - 19.....	6	(1.7)	652	0.9 (0.04)	0.1* (0.04)	1.1 (0.05)		--	--	--	0.9 (0.04)					
20 and over.....	14	(0.8)	1005	1.2 (0.05)	0.2 (0.02)	1.4 (0.05)	158	1.2 (0.06)	1.4 (0.08)	2.6 (0.09)	1.2 (0.06)					
2 and over...	12	(0.9)	1657	1.1 (0.04)	0.2 (0.02)	1.3 (0.04)	193	1.2 (0.06)	1.5 (0.10)	2.6 (0.09)	1.1 (0.04)					
Hispanic:																
2 - 19.....	4	(0.7)	1283	1.0 (0.02)	0.1 (0.01)	1.0 (0.03)		--	--	--	1.0 (0.02)					
20 and over.....	11	(0.9)	1613	1.3 (0.02)	0.2 (0.04)	1.5 (0.04)	207	1.5 (0.11)	1.7 (0.25)	3.2 (0.26)	1.2 (0.03)					
2 and over...	9	(0.5)	2896	1.2 (0.02)	0.2 (0.02)	1.3 (0.03)	255	1.4 (0.08)	1.7 (0.20)	3.2 (0.21)	1.1 (0.02)					
All Individuals⁹:																
2 - 19.....	8	(0.8)	3268	1.0 (0.02)	0.1 (0.02)	1.2 (0.02)	207	1.1 (0.05)	1.9 (0.05)	3.0 (0.05)	1.0 (0.02)					
20 and over.....	24	(1.3)	5662	1.3 (0.01)	0.3 (0.02)	1.6 (0.02)	1171	1.5 (0.03)	1.3 (0.05)	2.8 (0.05)	1.3 (0.01)					
2 and over...	20	(1.0)	8930	1.2 (0.01)	0.3 (0.01)	1.5 (0.02)	1378	1.4 (0.03)	1.3 (0.04)	2.8 (0.05)	1.2 (0.01)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement sodium ⁸ % (SE)		S o d i u m						Supplement Users ⁶		Non-users ⁷		
			All Individuals ⁵										
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
Non-Hispanic White:													
2 - 19.....	8	(1.2)	1096	3101 (83.6)	1	(0.1)	3102 (83.6)	93	2642 (182.3)	10	(0.5)	2652 (182.3)	3139 (83.1)
20 and over.....	6	(0.8)	2749	3632 (37.5)	3	(0.4)	3634 (37.6)	182	3431 (213.3)	42	(4.8)	3472 (215.4)	3645 (38.8)
2 and over...	7	(0.6)	3845	3514 (20.5)	2	(0.3)	3516 (20.6)	275	3224 (175.6)	33	(4.1)	3257 (178.0)	3534 (21.8)
Non-Hispanic Black:													
2 - 19.....	5	(1.6)	652	3062 (77.9)	1*	(0.2)	3063 (77.9)	--	--	--	--	3067 (75.0)	
20 and over.....	2*	(0.4)	1005	3353 (62.9)	#		3354 (62.9)	--	--	--	--	3357 (65.0)	
2 and over...	3	(0.6)	1657	3268 (49.6)	1	(0.1)	3268 (49.5)	--	--	--	--	3274 (51.7)	
Hispanic:													
2 - 19.....	3	(0.8)	1283	2931 (58.2)	#		2932 (58.2)	--	--	--	--	2920 (55.6)	
20 and over.....	2	(0.4)	1613	3428 (54.7)	1	(0.1)	3428 (54.6)	--	--	--	--	3428 (57.9)	
2 and over...	2	(0.4)	2896	3253 (52.6)	1	(0.1)	3254 (52.6)	78	3366 (299.0)	24	(3.6)	3390 (299.4)	3250 (55.8)
All Individuals⁹:													
2 - 19.....	6	(0.9)	3268	3088 (58.6)	1	(0.1)	3089 (58.6)	175	2748 (189.4)	11	(0.6)	2759 (189.3)	3111 (61.4)
20 and over.....	5	(0.5)	5662	3593 (31.6)	2	(0.3)	3595 (31.7)	256	3444 (187.3)	39	(3.7)	3482 (189.0)	3601 (34.7)
2 and over...	6	(0.4)	8930	3464 (20.7)	2	(0.2)	3466 (20.7)	431	3237 (156.7)	31	(3.1)	3268 (158.7)	3477 (23.8)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting potassium ⁸ % (SE)		P o t a s s i u m													
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
Non-Hispanic White:																
2 - 19.....	2	(0.7)	1096	2235 (47.4)	2* (0.8)	2236 (48.0)		--	--	--			2229 (45.3)			
20 and over.....	23	(1.2)	2749	2876 (29.7)	23 (1.4)	2898 (29.5)	636	3117 (83.2)	97 (4.5)	3214 (84.2)			2803 (39.5)			
2 and over...	19	(0.8)	3845	2734 (27.7)	18 (1.0)	2752 (27.7)	655	3100 (81.4)	97 (4.3)	3197 (82.2)			2650 (36.4)			
Non-Hispanic Black:																
2 - 19.....	1*	(0.6)	652	2152 (69.1)	1* (0.6)	2153 (69.3)		--	--	--			2146 (67.3)			
20 and over.....	10	(0.7)	1005	2373 (53.2)	9 (1.0)	2382 (53.2)	119	2582 (110.8)	89 (5.8)	2670 (109.2)			2350 (55.2)			
2 and over...	7	(0.6)	1657	2308 (41.2)	7 (0.7)	2315 (41.4)	124	2591 (101.3)	89 (5.6)	2680 (99.9)			2286 (42.8)			
Hispanic:																
2 - 19.....	1*	(0.4)	1283	2248 (38.0)	1* (0.4)	2249 (37.9)		--	--	--			2243 (37.9)			
20 and over.....	9	(1.0)	1613	2700 (40.0)	9 (1.3)	2709 (39.3)	171	2992 (132.6)	101 (17.3)	3093 (127.0)			2672 (40.8)			
2 and over...	6	(0.6)	2896	2541 (31.8)	6 (0.8)	2547 (31.5)	180	2987 (128.3)	100 (16.5)	3087 (122.5)			2513 (31.1)			
All Individuals⁹:																
2 - 19.....	2	(0.5)	3268	2234 (33.4)	1* (0.5)	2235 (33.7)		--	--	--			2228 (32.5)			
20 and over.....	19	(1.1)	5662	2781 (24.5)	18 (1.3)	2799 (24.6)	970	3074 (74.7)	96 (3.6)	3170 (75.6)			2710 (31.0)			
2 and over...	15	(0.8)	8930	2642 (18.8)	14 (1.0)	2656 (18.9)	1005	3060 (72.9)	95 (3.5)	3155 (73.8)			2569 (25.0)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting selenium ⁸ % (SE)		S e l e n i u m										
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Non-Hispanic White:													
2 - 19.....	3	(1.3)	1096	95.4 (2.45)	2.0* (0.85)	97.4 (2.90)		--	--	--	94.8 (2.15)		
20 and over.....	27	(1.4)	2749	112.9 (1.75)	18.9 (0.84)	131.8 (1.39)	728	112.9 (3.82)	69.3 (2.33)	182.2 (4.22)	112.9 (1.59)		
2 and over...	22	(1.0)	3845	109.0 (1.16)	15.1 (0.67)	124.2 (1.03)	758	112.9 (3.53)	68.9 (2.15)	181.8 (3.82)	107.9 (1.09)		
Non-Hispanic Black:													
2 - 19.....	1*	(0.7)	652	91.6 (3.34)	0.9* (0.50)	92.5 (3.52)		--	--	--	91.7 (3.50)		
20 and over.....	14	(1.1)	1005	108.2 (2.36)	8.9 (0.85)	117.1 (2.39)	155	108.7 (6.37)	64.5 (3.93)	173.2 (7.73)	108.2 (2.56)		
2 and over...	10	(0.8)	1657	103.4 (1.91)	6.5 (0.65)	109.9 (2.08)	162	107.8 (6.77)	64.5 (4.10)	172.3 (8.41)	102.9 (2.19)		
Hispanic:													
2 - 19.....	1*	(0.5)	1283	94.1 (2.23)	1.1* (0.45)	95.2 (2.43)		--	--	--	93.8 (2.25)		
20 and over.....	11	(0.8)	1613	114.7 (1.97)	8.4 (1.33)	123.1 (2.04)	202	112.2 (4.60)	77.4 (9.86)	189.6 (11.45)	115.0 (1.89)		
2 and over...	8	(0.5)	2896	107.4 (2.00)	5.8 (0.87)	113.3 (2.22)	215	112.9 (4.90)	77.9 (9.48)	190.8 (11.29)	107.0 (1.97)		
All Individuals⁹:													
2 - 19.....	3	(0.8)	3268	95.3 (1.74)	1.5* (0.55)	96.9 (2.04)		--	--	--	94.9 (1.61)		
20 and over.....	23	(1.3)	5662	113.0 (1.45)	16.0 (0.68)	128.9 (1.12)	1142	113.5 (3.21)	69.4 (2.23)	182.9 (3.53)	112.8 (1.43)		
2 and over...	18	(0.9)	8930	108.5 (1.05)	12.3 (0.53)	120.8 (0.94)	1197	113.4 (2.99)	69.0 (2.08)	182.4 (3.25)	107.4 (1.09)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting a supplement intake: 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 2.04.

Indicates a non-zero value too small to report.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF).

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 Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.

Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.

Folate (DFE): μg dietary folate equivalents = μg food folate + $(1.7 * \mu\text{g}$ folic acid).

Vitamin D: $1 \mu\text{g} = 40$ International Units (IU).

Calcium and Magnesium: supplement intake includes non-prescription antacids.

³ **Food intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011). Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0.

⁴ **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_F) of NHANES 2009-2010. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2009-2010/DS1TOT_F.htm.

⁵ **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females and breast-fed children were excluded.

⁶ **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

⁷ **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

⁸ The weighted percentage of respondents in the race/ethnicity/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

⁹ Includes persons of all races and Hispanic origins.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2012. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Dietary Supplements, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2009-2010. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010

Family income in dollars and age (years)		T h i a m i n										
		— <i>All Individuals</i> ⁵ —						— <i>Supplement Users</i> ⁶ —				— <i>Non-users</i> ⁷ —
		Percent reporting supplement thiamin ⁸ % (SE)	Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
\$0 - \$24,999:												
2 - 19.....	6 (1.2)	1099	1.52 (0.044)	0.20*(0.085)	1.72 (0.109)		--	--	--	1.52 (0.043)		
20 and over.....	18 (1.1)	1857	1.57 (0.025)	2.58*(1.192)	4.15 (1.194)	322	1.63 (0.090)	14.28*(6.374)	15.91*(6.384)	1.56 (0.026)		
2 and over...	15 (1.0)	2956	1.56 (0.020)	1.96*(0.887)	3.51 (0.887)	381	1.62 (0.085)	13.02*(5.712)	14.63*(5.717)	1.55 (0.022)		
\$25,000 - \$74,999:												
2 - 19.....	9 (0.9)	1251	1.48 (0.039)	0.21*(0.065)	1.69 (0.074)	82	1.58 (0.126)	2.33 (0.697)	3.90 (0.757)	1.47 (0.038)		
20 and over.....	27 (1.8)	2181	1.64 (0.031)	3.29 (0.488)	4.93 (0.504)	515	1.66 (0.060)	12.34 (1.572)	13.99 (1.590)	1.63 (0.029)		
2 and over...	22 (1.3)	3432	1.60 (0.022)	2.55 (0.363)	4.14 (0.370)	597	1.65 (0.054)	11.34 (1.369)	12.99 (1.377)	1.59 (0.019)		
\$75,000 and higher:												
2 - 19.....	13 (1.5)	683	1.62 (0.059)	0.34*(0.133)	1.96 (0.138)	89	1.54 (0.107)	2.63*(0.963)	4.17 (0.965)	1.63 (0.073)		
20 and over.....	33 (2.5)	1172	1.76 (0.034)	3.47 (0.607)	5.23 (0.607)	353	1.83 (0.057)	10.62 (1.718)	12.45 (1.727)	1.72 (0.034)		
2 and over...	28 (1.7)	1855	1.72 (0.025)	2.68 (0.463)	4.40 (0.463)	442	1.80 (0.053)	9.67 (1.586)	11.47 (1.591)	1.69 (0.030)		
All Individuals ⁹:												
2 - 19.....	10 (0.7)	3268	1.54 (0.036)	0.25 (0.055)	1.79 (0.055)	254	1.56 (0.066)	2.49 (0.494)	4.05 (0.475)	1.54 (0.035)		
20 and over.....	26 (1.3)	5662	1.66 (0.019)	3.23 (0.514)	4.89 (0.520)	1292	1.72 (0.041)	12.24 (1.763)	13.97 (1.781)	1.64 (0.019)		
2 and over...	22 (1.0)	8930	1.63 (0.012)	2.47 (0.394)	4.10 (0.393)	1546	1.71 (0.037)	11.13 (1.611)	12.84 (1.623)	1.61 (0.013)		

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

R i b o f l a v i n																		
Family income in dollars and age (years)	Percent reporting supplement riboflavin ⁸ % (SE)		— All Individuals ⁵ —					— Supplement Users ⁶ —				— Non-users ⁷ —						
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																		
2 - 19.....	7	(1.2)	1099	1.90 (0.042)	0.22*(0.089)	2.12 (0.114)			--	--	--						1.89 (0.041)	
20 and over.....	18	(1.1)	1857	2.02 (0.058)	1.19 (0.206)	3.22 (0.206)	323	2.17 (0.144)	6.60 (0.979)	8.77 (0.954)							1.99 (0.066)	
2 and over...	15	(1.0)	2956	1.99 (0.041)	0.94 (0.173)	2.93 (0.176)	383	2.16 (0.135)	6.22 (0.941)	8.38 (0.931)							1.96 (0.048)	
\$25,000 - \$74,999:																		
2 - 19.....	9	(0.9)	1251	1.90 (0.049)	0.24 (0.066)	2.13 (0.074)	82	2.23 (0.215)	2.55 (0.706)	4.78 (0.797)							1.86 (0.049)	
20 and over.....	27	(1.7)	2181	2.12 (0.040)	2.93 (0.590)	5.04 (0.612)	516	2.29 (0.073)	10.88 (2.239)	13.16 (2.271)							2.06 (0.035)	
2 and over...	23	(1.3)	3432	2.07 (0.026)	2.27 (0.456)	4.34 (0.470)	598	2.28 (0.068)	10.06 (2.007)	12.34 (2.020)							2.00 (0.022)	
\$75,000 and higher:																		
2 - 19.....	13	(1.5)	683	2.07 (0.049)	0.27 (0.043)	2.33 (0.053)	89	2.07 (0.131)	2.06 (0.209)	4.13 (0.239)							2.07 (0.062)	
20 and over.....	33	(2.5)	1172	2.33 (0.047)	2.86 (0.492)	5.19 (0.506)	353	2.42 (0.071)	8.75 (1.339)	11.17 (1.352)							2.28 (0.063)	
2 and over...	28	(1.7)	1855	2.26 (0.030)	2.20 (0.368)	4.46 (0.376)	442	2.38 (0.068)	7.96 (1.223)	10.33 (1.232)							2.22 (0.039)	
All Individuals⁹:																		
2 - 19.....	10	(0.7)	3268	1.97 (0.041)	0.24 (0.039)	2.20 (0.049)	255	2.13 (0.104)	2.39 (0.316)	4.52 (0.314)							1.95 (0.038)	
20 and over.....	26	(1.3)	5662	2.16 (0.029)	2.41 (0.256)	4.57 (0.276)	1294	2.33 (0.053)	9.11 (1.020)	11.45 (1.043)							2.10 (0.032)	
2 and over...	22	(0.9)	8930	2.11 (0.018)	1.86 (0.211)	3.97 (0.222)	1549	2.31 (0.050)	8.35 (0.930)	10.66 (0.946)							2.05 (0.020)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

N i a c i n																			
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -																			
Family income in dollars and age (years)	Percent reporting supplement niacin ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																			
2 - 19.....	7	(1.2)	1099	21.3	(0.61)	1.4	(0.32)	22.6	(0.76)			--	--	--			21.1	(0.63)	
20 and over.....	18	(1.1)	1857	24.4	(0.56)	4.8	(0.39)	29.3	(0.68)	327	24.4	(1.79)	26.4	(1.40)	50.8	(1.92)	24.5	(0.51)	
2 and over...	15	(1.0)	2956	23.6	(0.46)	3.9	(0.33)	27.5	(0.60)	387	24.3	(1.61)	25.8	(1.28)	50.1	(1.80)	23.5	(0.42)	
\$25,000 - \$74,999:																			
2 - 19.....	9	(0.9)	1251	20.6	(0.47)	1.7	(0.22)	22.3	(0.60)	82	19.5	(2.07)	17.9	(2.34)	37.4	(4.16)	20.7	(0.42)	
20 and over.....	27	(1.7)	2181	25.9	(0.31)	10.8	(0.93)	36.7	(1.05)	522	26.4	(0.87)	39.8	(3.89)	66.2	(3.81)	25.7	(0.34)	
2 and over...	23	(1.3)	3432	24.6	(0.20)	8.6	(0.72)	33.2	(0.78)	604	25.7	(0.78)	37.7	(3.46)	63.4	(3.32)	24.3	(0.17)	
\$75,000 and higher:																			
2 - 19.....	13	(1.5)	683	22.1	(0.65)	2.1	(0.32)	24.3	(0.49)	90	19.4	(1.32)	16.5	(0.88)	35.8	(2.03)	22.5	(0.72)	
20 and over.....	35	(2.5)	1172	27.0	(0.79)	15.1	(2.20)	42.1	(2.29)	366	27.2	(1.27)	43.6	(5.69)	70.8	(5.97)	27.0	(0.74)	
2 and over...	29	(1.7)	1855	25.8	(0.57)	11.8	(1.68)	37.6	(1.83)	456	26.3	(1.12)	40.5	(5.12)	66.8	(5.34)	25.6	(0.47)	
All Individuals⁹:																			
2 - 19.....	10	(0.7)	3268	21.3	(0.34)	1.8	(0.18)	23.1	(0.36)	257	20.1	(1.01)	17.6	(0.95)	37.7	(1.70)	21.5	(0.36)	
20 and over.....	27	(1.3)	5662	25.9	(0.30)	10.4	(0.85)	36.2	(0.93)	1316	26.3	(0.73)	38.2	(2.97)	64.5	(2.93)	25.7	(0.31)	
2 and over...	23	(1.0)	8930	24.7	(0.21)	8.2	(0.67)	32.9	(0.76)	1573	25.6	(0.60)	35.9	(2.69)	61.5	(2.63)	24.4	(0.21)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

V i t a m i n B 6																		
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -																		
Family income in dollars and age (years)	Percent reporting supplement vitamin B6 ⁸		Sample Size	Food		Supplement		Food plus supplement		Supplement Users ⁶		-Non-users ⁷ -						
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)					
\$0 - \$24,999:																		
2 - 19.....	11	(1.4)	1099	1.69	(0.062)	0.32	(0.081)	2.00	(0.118)	115	1.76	(0.165)	2.81	(0.745)	4.57	(0.760)	1.68	(0.067)
20 and over.....	19	(1.1)	1857	2.00	(0.069)	1.85	(0.345)	3.85	(0.355)	330	2.07	(0.156)	9.98	(1.551)	12.05	(1.491)	1.98	(0.072)
2 and over...	17	(1.0)	2956	1.92	(0.051)	1.44	(0.273)	3.36	(0.287)	445	2.02	(0.129)	8.70	(1.346)	10.72	(1.301)	1.90	(0.058)
\$25,000 - \$74,999:																		
2 - 19.....	16	(1.9)	1251	1.64	(0.058)	0.33	(0.072)	1.97	(0.099)	163	1.56	(0.120)	2.06	(0.437)	3.62	(0.482)	1.66	(0.063)
20 and over.....	28	(1.7)	2181	2.12	(0.024)	3.53	(0.402)	5.65	(0.409)	539	2.24	(0.082)	12.67	(1.148)	14.91	(1.182)	2.07	(0.037)
2 and over...	25	(1.4)	3432	2.00	(0.024)	2.76	(0.295)	4.76	(0.306)	702	2.13	(0.076)	11.04	(1.050)	13.17	(1.082)	1.96	(0.035)
\$75,000 and higher:																		
2 - 19.....	21	(1.3)	683	1.76	(0.053)	0.36	(0.030)	2.12	(0.046)	145	1.53	(0.066)	1.74	(0.092)	3.27	(0.134)	1.82	(0.063)
20 and over.....	34	(2.5)	1172	2.18	(0.072)	4.05	(0.693)	6.23	(0.700)	366	2.24	(0.108)	11.85	(1.866)	14.09	(1.898)	2.15	(0.081)
2 and over...	31	(1.9)	1855	2.07	(0.053)	3.11	(0.525)	5.18	(0.537)	511	2.12	(0.081)	10.10	(1.591)	12.22	(1.609)	2.05	(0.055)
All Individuals⁹:																		
2 - 19.....	16	(0.8)	3268	1.69	(0.034)	0.33	(0.030)	2.03	(0.043)	458	1.58	(0.056)	2.05	(0.184)	3.62	(0.183)	1.72	(0.040)
20 and over.....	27	(1.3)	5662	2.11	(0.027)	3.22	(0.273)	5.33	(0.278)	1342	2.21	(0.053)	11.71	(0.977)	13.93	(0.997)	2.07	(0.035)
2 and over...	25	(1.0)	8930	2.00	(0.022)	2.49	(0.210)	4.49	(0.220)	1800	2.10	(0.046)	10.08	(0.864)	12.18	(0.882)	1.97	(0.029)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)		F o l i c a c i d																
		All Individuals ⁵									Supplement Users ⁶						Non-users ⁷	
		Percent reporting supplement folic acid ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
%	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	
\$0 - \$24,999:																		
2 - 19.....	10	(1.4)	1099	207	(8.2)	39	(7.8)	247	(12.1)	107	225	(31.3)	384	(44.8)	609	(54.5)	205	(8.1)
20 and over.....	19	(1.0)	1857	174	(6.0)	95	(6.2)	269	(9.0)	334	170	(12.5)	499	(25.0)	669	(22.6)	175	(6.8)
2 and over...	17	(0.8)	2956	183	(5.8)	81	(5.4)	263	(8.5)	441	179	(11.8)	481	(21.6)	660	(22.0)	183	(6.0)
\$25,000 - \$74,999:																		
2 - 19.....	15	(1.9)	1251	207	(15.6)	49	(5.7)	256	(15.8)	153	196	(12.5)	316	(18.2)	512	(24.7)	210	(18.0)
20 and over.....	27	(1.7)	2181	187	(5.8)	128	(7.5)	316	(7.3)	529	190	(12.8)	468	(15.3)	658	(19.0)	186	(5.3)
2 and over...	25	(1.4)	3432	192	(6.7)	109	(5.4)	301	(7.2)	682	191	(11.1)	445	(16.7)	636	(18.6)	192	(7.3)
\$75,000 and higher:																		
2 - 19.....	20	(1.4)	683	222	(8.2)	64	(5.1)	286	(10.4)	140	235	(21.4)	316	(10.6)	551	(27.0)	219	(7.7)
20 and over.....	34	(2.4)	1172	199	(8.0)	149	(11.4)	349	(13.9)	361	207	(13.7)	446	(11.0)	652	(16.4)	195	(11.8)
2 and over...	30	(1.7)	1855	205	(6.0)	128	(8.1)	333	(9.3)	501	212	(12.3)	424	(10.7)	635	(12.7)	202	(7.9)
All Individuals⁹:																		
2 - 19.....	16	(0.7)	3268	215	(8.9)	52	(3.2)	266	(9.1)	435	221	(13.0)	328	(12.4)	549	(20.4)	213	(9.0)
20 and over.....	27	(1.3)	5662	189	(3.5)	127	(4.9)	316	(4.7)	1332	194	(6.6)	464	(8.1)	659	(9.1)	187	(4.2)
2 and over...	24	(1.0)	8930	196	(3.8)	108	(3.8)	303	(4.1)	1767	199	(6.3)	442	(8.1)	641	(10.1)	195	(4.2)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)		Percent reporting supplement folate (DFE) ⁸ % (SE)		Folate (DFE)						Supplement Users ⁶		Non-users ⁷	
				All Individuals ⁵			Supplement Users ⁶						
		Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
\$0 - \$24,999:													
2 - 19.....	10 (1.4)	1099	503 (16.8)	67 (13.3)	570 (22.5)	107	534 (58.7)	653 (76.2)	1187 (95.0)	500 (16.8)			
20 and over.....	19 (1.0)	1857	501 (11.4)	162 (10.5)	663 (17.3)	334	507 (29.4)	849 (42.5)	1356 (39.8)	499 (13.0)			
2 and over...	17 (0.8)	2956	501 (11.1)	137 (9.2)	638 (16.2)	441	512 (26.6)	817 (36.6)	1329 (40.3)	499 (12.0)			
\$25,000 - \$74,999:													
2 - 19.....	15 (1.9)	1251	507 (27.7)	83 (9.7)	590 (27.8)	153	477 (25.4)	537 (30.9)	1013 (48.8)	512 (30.7)			
20 and over.....	27 (1.7)	2181	541 (11.3)	218 (12.7)	760 (13.5)	529	564 (26.3)	795 (26.1)	1359 (32.2)	533 (10.1)			
2 and over...	25 (1.4)	3432	533 (12.0)	186 (9.1)	719 (12.7)	682	551 (21.6)	756 (28.5)	1306 (32.3)	527 (12.4)			
\$75,000 and higher:													
2 - 19.....	20 (1.4)	683	536 (13.6)	109 (8.6)	644 (18.0)	140	558 (34.2)	538 (18.1)	1096 (44.7)	530 (13.6)			
20 and over.....	34 (2.4)	1172	582 (17.2)	254 (19.4)	835 (24.1)	361	611 (30.2)	758 (18.8)	1369 (33.4)	567 (23.0)			
2 and over...	30 (1.7)	1855	570 (13.5)	217 (13.7)	787 (17.8)	501	602 (25.4)	720 (18.2)	1322 (26.7)	556 (16.7)			
All Individuals⁹:													
2 - 19.....	16 (0.7)	3268	521 (15.7)	88 (5.4)	608 (16.2)	435	529 (22.7)	558 (21.0)	1087 (35.1)	519 (15.8)			
20 and over.....	27 (1.3)	5662	547 (7.5)	216 (8.3)	762 (8.9)	1332	574 (15.9)	790 (13.8)	1364 (19.0)	536 (9.2)			
2 and over...	24 (1.0)	8930	540 (7.3)	183 (6.5)	723 (7.7)	1767	567 (14.0)	752 (13.8)	1318 (19.6)	531 (8.6)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Percent reporting supplement choline ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																		
2 - 19.....	4	(1.1)	1099	254	(7.5)	2	(0.5)	256	(7.4)	--	--	--	--	--	--	254	(7.6)	
20 and over.....	1	(0.4)	1857	330	(7.2)	1*	(0.5)	331	(7.2)	--	--	--	--	--	--	330	(7.4)	
2 and over...	2	(0.4)	2956	310	(6.6)	1*	(0.5)	311	(6.6)	72	279	(17.6)	54	(15.8)	333	(29.0)	311	(6.9)
\$25,000 - \$74,999:																		
2 - 19.....	8	(1.6)	1251	249	(7.4)	3	(0.6)	252	(7.5)	69	223	(18.8)	33	(2.7)	256	(19.5)	252	(7.6)
20 and over.....	3	(0.6)	2181	344	(5.6)	1*	(0.4)	345	(5.7)	--	--	--	--	--	--	343	(5.2)	
2 and over...	4	(0.5)	3432	321	(4.4)	1	(0.4)	323	(4.5)	116	307	(32.7)	34	(6.9)	341	(31.3)	322	(4.4)
\$75,000 and higher:																		
2 - 19.....	9	(1.6)	683	258	(5.5)	3	(0.6)	262	(5.5)	62	263	(11.6)	36	(1.2)	299	(11.3)	258	(5.6)
20 and over.....	3	(0.7)	1172	342	(9.9)	1*	(0.7)	344	(10.0)	--	--	--	--	--	--	341	(9.6)	
2 and over...	5	(0.5)	1855	321	(8.2)	2	(0.5)	323	(8.2)	99	319	(19.5)	43	(12.2)	362	(22.1)	321	(8.0)
All Individuals⁹:																		
2 - 19.....	7	(1.1)	3268	256	(4.9)	3	(0.4)	259	(4.8)	194	250	(10.9)	35	(1.3)	285	(10.8)	257	(5.5)
20 and over.....	3	(0.3)	5662	340	(4.1)	1	(0.3)	341	(4.1)	116	363	(25.2)	44	(12.5)	408	(25.6)	339	(4.1)
2 and over...	4	(0.3)	8930	319	(3.8)	2	(0.3)	320	(3.9)	310	307	(14.1)	40	(6.4)	347	(13.2)	319	(4.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

V i t a m i n B 1 2																		
----- <i>All Individuals</i> ⁵ ----- ----- <i>Supplement Users</i> ⁶ ----- ----- <i>Non-users</i> ⁷ -----																		
Family income in dollars and age (years)	Percent reporting supplement vitamin B12 ⁸		Sample Size	Food		Supplement		Food plus supplement		Supplement Users ⁶		Food plus supplement		Food				
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)			
\$0 - \$24,999:																		
2 - 19.....	11	(1.4)	1099	4.74	(0.123)	1.8*	(0.73)	6.6	(0.65)	115	4.87	(0.453)	16.2*	(6.01)	21.1	(6.13)	4.73	(0.136)
20 and over.....	20	(1.3)	1857	5.05	(0.193)	26.5	(5.76)	31.6	(5.84)	358	5.31	(0.652)	132.4	(23.46)	137.7	(23.46)	4.98	(0.179)
2 and over...	18	(1.1)	2956	4.97	(0.146)	20.0	(4.27)	25.0	(4.33)	473	5.24	(0.535)	113.0	(19.82)	118.2	(19.77)	4.91	(0.143)
\$25,000 - \$74,999:																		
2 - 19.....	16	(1.9)	1251	4.77	(0.124)	1.2	(0.27)	6.0	(0.31)	161	4.73	(0.413)	7.6	(1.80)	12.3	(1.74)	4.77	(0.155)
20 and over.....	29	(1.7)	2181	5.35	(0.184)	35.7	(6.74)	41.1	(6.63)	554	5.39	(0.261)	124.1	(26.69)	129.5	(26.56)	5.33	(0.176)
2 and over...	26	(1.4)	3432	5.21	(0.157)	27.4	(5.26)	32.6	(5.15)	715	5.29	(0.208)	106.7	(23.97)	112.0	(23.87)	5.18	(0.160)
\$75,000 and higher:																		
2 - 19.....	21	(1.3)	683	4.93	(0.159)	2.8*	(1.60)	7.8	(1.54)	145	4.50	(0.203)	13.5*	(7.54)	18.0*	(7.65)	5.04	(0.204)
20 and over.....	34	(2.3)	1172	5.86	(0.407)	33.6	(5.73)	39.5	(5.74)	368	5.94	(0.352)	98.9	(16.09)	104.9	(15.99)	5.82	(0.529)
2 and over...	31	(1.7)	1855	5.62	(0.284)	25.8	(4.24)	31.4	(4.27)	513	5.69	(0.287)	84.1	(13.70)	89.8	(13.62)	5.59	(0.345)
All Individuals ⁹:																		
2 - 19.....	16	(0.8)	3268	4.79	(0.079)	1.9*	(0.57)	6.6	(0.54)	456	4.67	(0.156)	11.4*	(3.67)	16.0	(3.73)	4.81	(0.096)
20 and over.....	28	(1.3)	5662	5.41	(0.098)	35.2	(3.15)	40.6	(3.17)	1389	5.59	(0.217)	125.3	(14.27)	130.9	(14.20)	5.35	(0.117)
2 and over...	25	(1.1)	8930	5.25	(0.070)	26.7	(2.46)	32.0	(2.48)	1845	5.43	(0.183)	106.4	(12.35)	111.9	(12.29)	5.19	(0.073)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)		V i t a m i n C																	
		All Individuals ⁵							Supplement Users ⁶					Non-users ⁷					
		Percent reporting supplement vitamin C ⁸ % (SE)		Sample Size	Food mg (SE)		Supplement mg (SE)		Food plus supplement mg (SE)		Sample size		Food mg (SE)		Supplement mg (SE)		Food plus supplement mg (SE)		Food mg (SE)
\$0 - \$24,999:																			
2 - 19.....	12 (1.5)	1099	82.4 (4.50)	11.9 (2.46)	94.2 (3.65)	124	82.6 (10.11)	96.2 (14.16)	178.8 (18.01)	82.3 (5.24)									
20 and over.....	20 (1.2)	1857	84.3 (3.33)	57.6 (8.42)	141.9 (10.06)	361	90.9 (5.63)	284.4 (36.74)	375.4 (36.56)	82.6 (3.22)									
2 and over...	18 (1.0)	2956	83.8 (2.17)	45.5 (6.62)	129.3 (7.33)	485	89.4 (5.36)	250.8 (31.73)	340.3 (31.95)	82.5 (2.28)									
\$25,000 - \$74,999:																			
2 - 19.....	18 (2.1)	1251	79.1 (4.68)	17.2 (2.93)	96.4 (5.18)	181	90.2 (10.98)	93.4 (12.89)	183.5 (17.39)	76.6 (4.35)									
20 and over.....	30 (1.7)	2181	86.3 (3.74)	91.0 (15.78)	177.3 (16.76)	585	105.9 (9.88)	307.3 (49.21)	413.2 (53.99)	78.1 (2.63)									
2 and over...	27 (1.5)	3432	84.6 (2.88)	73.2 (12.13)	157.7 (12.69)	766	103.3 (8.54)	271.8 (43.87)	375.1 (48.19)	77.7 (2.39)									
\$75,000 and higher:																			
2 - 19.....	24 (2.4)	683	74.3 (3.53)	24.5 (5.85)	98.9 (6.16)	161	71.8 (2.45)	100.5 (18.43)	172.4 (18.68)	75.2 (4.61)									
20 and over.....	36 (2.5)	1172	91.5 (3.99)	96.1 (9.63)	187.6 (11.51)	387	106.8 (6.73)	270.0 (31.25)	376.8 (36.15)	83.0 (3.66)									
2 and over...	33 (2.0)	1855	87.1 (2.81)	77.9 (7.98)	165.0 (9.24)	548	100.2 (5.27)	237.8 (26.98)	338.0 (30.74)	80.8 (2.84)									
All Individuals⁹:																			
2 - 19.....	19 (1.1)	3268	79.6 (2.92)	17.9 (2.15)	97.5 (2.91)	503	81.6 (5.01)	95.3 (8.22)	176.9 (10.92)	79.2 (3.43)									
20 and over.....	29 (1.2)	5662	88.6 (1.77)	83.3 (8.71)	171.9 (9.49)	1452	103.6 (4.70)	283.7 (29.28)	387.3 (32.47)	82.4 (1.77)									
2 and over...	27 (1.0)	8930	86.3 (1.46)	66.6 (6.69)	153.0 (7.11)	1955	99.7 (3.89)	250.0 (24.92)	349.7 (27.45)	81.5 (1.80)									

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

V i t a m i n D																			
----- <i>All Individuals</i> ⁵ ----- ----- <i>Supplement Users</i> ⁶ ----- ----- <i>Non-users</i> ⁷ -----																			
Family income in dollars and age (years)	Percent reporting supplement vitamin D ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
\$0 - \$24,999:																			
2 - 19.....	12	(1.4)	1099	5.9	(0.15)	1.2	(0.20)	7.1	(0.24)	118	6.1	(0.56)	10.1	(0.90)	16.2	(1.11)	5.9	(0.12)	
20 and over.....	23	(1.2)	1857	4.8	(0.20)	7.1	(1.95)	11.8	(2.00)	415	5.1	(0.32)	31.2	(8.29)	36.3	(8.34)	4.7	(0.26)	
2 and over...	20	(1.1)	2956	5.1	(0.15)	5.5	(1.44)	10.6	(1.48)	533	5.3	(0.29)	27.9	(7.05)	33.2	(7.13)	5.0	(0.20)	
\$25,000 - \$74,999:																			
2 - 19.....	16	(1.9)	1251	5.8	(0.16)	2.9*	(1.39)	8.6	(1.42)	168	6.3	(0.54)	17.7*	(7.77)	24.0*	(8.09)	5.7	(0.23)	
20 and over.....	31	(1.6)	2181	4.9	(0.19)	8.0	(1.19)	13.0	(1.17)	614	4.9	(0.31)	25.7	(3.52)	30.7	(3.51)	4.9	(0.18)	
2 and over...	28	(1.2)	3432	5.1	(0.15)	6.8	(1.02)	11.9	(0.98)	782	5.1	(0.25)	24.6	(3.49)	29.7	(3.49)	5.1	(0.14)	
\$75,000 and higher:																			
2 - 19.....	22	(2.0)	683	6.1	(0.25)	2.1	(0.21)	8.2	(0.39)	153	6.6	(0.39)	9.4	(0.57)	16.0	(0.65)	6.0	(0.25)	
20 and over.....	38	(2.5)	1172	5.6	(0.35)	8.4	(0.84)	14.1	(0.88)	416	6.0	(0.46)	22.3	(1.32)	28.3	(1.50)	5.4	(0.34)	
2 and over...	34	(2.0)	1855	5.8	(0.28)	6.8	(0.64)	12.6	(0.69)	569	6.1	(0.44)	20.1	(1.07)	26.2	(1.20)	5.6	(0.23)	
All Individuals ⁹:																			
2 - 19.....	17	(0.7)	3268	6.0	(0.13)	2.2	(0.54)	8.1	(0.56)	476	6.4	(0.28)	12.7	(3.06)	19.1	(3.08)	5.9	(0.15)	
20 and over.....	31	(1.2)	5662	5.1	(0.14)	8.3	(0.76)	13.5	(0.75)	1565	5.4	(0.21)	26.8	(2.29)	32.2	(2.36)	5.0	(0.15)	
2 and over...	28	(1.0)	8930	5.3	(0.11)	6.8	(0.58)	12.1	(0.56)	2041	5.6	(0.21)	24.5	(1.93)	30.1	(1.99)	5.2	(0.12)	

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

V i t a m i n K															
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -															
Family income in dollars and age (years)	Percent reporting supplement vitamin K ⁸		Sample Size	Food		Supplement		Food plus supplement		Supplement Users ⁶		-Non-users ⁷ -			
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)		
\$0 - \$24,999:															
2 - 19.....	1*	(0.7)	1099	52.2	(3.08)	0.4*	(0.28)	52.7	(3.01)	--	--	--	52.2	(3.16)	
20 and over.....	14	(0.7)	1857	87.3	(5.36)	4.7	(0.42)	92.0	(5.51)	252	101.4	(14.73)	33.2	(2.68)	
2 and over...	11	(0.6)	2956	78.1	(3.85)	3.6	(0.35)	81.6	(3.98)	262	99.9	(13.88)	33.1	(2.52)	
\$25,000 - \$74,999:															
2 - 19.....	2	(0.9)	1251	53.1	(2.40)	0.7*	(0.29)	53.7	(2.52)	418	--	--	--	53.1	(2.53)
20 and over.....	20	(1.3)	2181	110.5	(7.21)	6.1	(0.53)	116.6	(7.44)	418	136.6	(18.84)	31.0	(1.63)	
2 and over...	16	(1.0)	3432	96.6	(5.48)	4.8	(0.42)	101.4	(5.66)	437	133.8	(17.91)	31.0	(1.56)	
\$75,000 and higher:															
2 - 19.....	3	(0.8)	683	61.5	(3.19)	1.1*	(0.46)	62.6	(3.10)	305	--	--	--	61.3	(3.34)
20 and over.....	28	(2.9)	1172	112.1	(7.60)	10.0	(1.08)	122.1	(7.20)	305	120.2	(13.65)	35.3	(1.64)	
2 and over...	22	(1.9)	1855	99.2	(6.35)	7.7	(0.71)	107.0	(6.16)	329	118.4	(12.99)	35.3	(1.42)	
All Individuals⁹:															
2 - 19.....	3	(0.7)	3268	55.2	(1.30)	0.8*	(0.25)	56.0	(1.34)	1056	--	--	--	55.0	(1.38)
20 and over.....	21	(1.3)	5662	104.5	(4.24)	7.0	(0.42)	111.6	(4.24)	1056	124.0	(8.34)	33.3	(1.22)	
2 and over...	16	(0.9)	8930	92.0	(3.51)	5.4	(0.30)	97.4	(3.51)	1117	121.5	(7.96)	33.2	(1.08)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

L y c o p e n e													
Family income in dollars and age (years)	Percent reporting supplement lycopene ⁸ % (SE)		— All Individuals ⁵ —				— Supplement Users ⁶ —				— Non-users ⁷ —		
			Sample Size	Food		Supplement		Sample size	Food		Supplement		Food µg (SE)
				µg (SE)	µg (SE)	µg (SE)	µg (SE)		µg (SE)	µg (SE)	µg (SE)	µg (SE)	
\$0 - \$24,999:													
2 - 19.....	1*	(0.6)	1099	4605 (408.9)	7*	(4.3)	4612 (410.5)	--	--	--	4479 (365.5)		
20 and over.....	7	(0.7)	1857	5184 (431.9)	29	(3.4)	5214 (433.4)	129	8213(2537.9)	430 (40.8)	8643(2555.5)	4963 (426.7)	
2 and over...	5	(0.6)	2956	5032 (396.8)	23	(3.1)	5055 (398.2)	134	8656(2392.3)	445 (42.2)	9100(2409.3)	4830 (380.4)	
\$25,000 - \$74,999:													
2 - 19.....	1*	(0.4)	1251	4217 (240.6)	5*	(1.6)	4222 (241.0)	--	--	--	4229 (244.3)		
20 and over.....	11	(0.8)	2181	5340 (346.2)	61	(7.2)	5401 (346.4)	247	6676(1300.5)	555 (70.0)	7231(1291.1)	5176 (292.8)	
2 and over...	9	(0.6)	3432	5068 (270.4)	47	(5.3)	5116 (270.8)	255	6566(1246.4)	552 (69.6)	7118(1234.3)	4928 (214.6)	
\$75,000 and higher:													
2 - 19.....	1*	(0.3)	683	4902 (521.8)	3*	(1.8)	4905 (523.1)	--	--	--	4935 (536.1)		
20 and over.....	16	(1.2)	1172	5765 (455.3)	130	(32.9)	5895 (471.5)	182	5744 (903.4)	806 (197.6)	6550(1016.7)	5769 (419.6)	
2 and over...	12	(0.8)	1855	5545 (417.4)	98	(23.7)	5643 (430.7)	187	5662 (885.9)	801 (193.2)	6464 (994.3)	5529 (400.4)	
All Individuals ⁹:													
2 - 19.....	1	(0.4)	3268	4638 (251.4)	5*	(1.8)	4644 (252.3)	--	--	--	4630 (255.3)		
20 and over.....	12	(0.4)	5662	5460 (277.7)	73	(11.1)	5534 (281.0)	602	6430 (715.3)	637 (87.7)	7067 (723.7)	5334 (254.3)	
2 and over...	9	(0.3)	8930	5251 (220.7)	56	(8.0)	5307 (224.0)	622	6396 (680.7)	632 (83.9)	7028 (685.7)	5140 (204.3)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

		L u t e i n + z e a x a n t h i n															
		—All Individuals ⁵ —					—Supplement Users ⁶ —					—Non-users ⁷ —					
Family income in dollars and age (years)	Percent reporting supplement lutein + zeaxanthin ⁸ % (SE)	Sample Size	Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food		
			µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	
\$0 - \$24,999:																	
2 - 19.....	1* (0.5)	1099	724	(59.5)	6*	(4.6)	730	(60.3)	--	--	--	--	--	726	(60.0)		
20 and over.....	6 (0.7)	1857	1266	(96.4)	201*	(101.1)	1466	(115.9)	118	1730	(357.0)	3289*	(1634.4)	5019*	(1638.1)	1236	(93.0)
2 and over...	5 (0.5)	2956	1123	(73.9)	150*	(74.7)	1273	(89.3)	120	1683	(318.4)	3206*	(1579.8)	4889*	(1568.9)	1096	(72.9)
\$25,000 - \$74,999:																	
2 - 19.....	1* (0.4)	1251	724	(56.9)	5	(1.4)	729	(57.3)	--	--	--	--	--	723	(55.8)		
20 and over.....	9 (0.7)	2181	1689	(166.2)	100*	(36.7)	1790	(163.4)	216	2240	(360.1)	1064*	(346.0)	3304	(340.2)	1632	(167.2)
2 and over...	7 (0.6)	3432	1456	(129.5)	77*	(27.8)	1533	(126.0)	223	2193	(354.1)	1045*	(333.0)	3238	(331.5)	1397	(127.0)
\$75,000 and higher:																	
2 - 19.....	1* (0.3)	683	814	(71.6)	3*	(2.0)	817	(72.4)	--	--	--	--	--	815	(72.4)		
20 and over.....	14 (1.2)	1172	1604	(129.3)	114	(21.8)	1718	(127.5)	166	1953	(265.9)	797	(168.7)	2750	(302.9)	1546	(143.5)
2 and over...	11 (0.8)	1855	1403	(116.2)	86	(16.1)	1489	(116.3)	170	1934	(265.3)	792	(165.8)	2726	(299.4)	1338	(125.5)
All Individuals⁹:																	
2 - 19.....	1 (0.3)	3268	759	(35.8)	5*	(1.7)	764	(36.1)	--	--	--	--	--	760	(36.4)		
20 and over.....	10 (0.4)	5662	1535	(91.8)	128	(33.3)	1663	(89.4)	545	1978	(206.7)	1245	(316.8)	3223	(303.4)	1484	(96.0)
2 and over...	8 (0.3)	8930	1337	(76.6)	96	(24.8)	1434	(75.3)	560	1941	(199.3)	1225	(310.4)	3166	(300.5)	1286	(79.5)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

C a l c i u m																		
Family income in dollars and age (years)	Percent reporting supplement calcium ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																		
2 - 19.....	6	(1.1)	1099	1027 (27.2)	13 (3.1)	1040 (26.8)			--	--	--			1033 (26.7)				
20 and over.....	24	(1.1)	1857	946 (25.7)	125 (7.7)	1072 (29.8)	434	987 (48.2)	529 (26.0)	1516 (51.1)	934 (29.8)							
2 and over...	19	(1.1)	2956	968 (20.5)	96 (5.8)	1063 (23.0)	492	983 (46.4)	502 (25.1)	1486 (50.1)	964 (22.8)							
\$25,000 - \$74,999:																		
2 - 19.....	10	(1.2)	1251	1039 (23.2)	18 (3.9)	1057 (23.8)	81	1277 (71.5)	182 (32.5)	1459 (72.3)	1012 (24.3)							
20 and over.....	31	(1.8)	2181	986 (21.1)	175 (11.4)	1161 (18.9)	649	1006 (37.7)	556 (24.3)	1563 (39.7)	976 (28.6)							
2 and over...	26	(1.5)	3432	999 (14.8)	137 (8.9)	1136 (12.9)	730	1031 (34.6)	522 (23.7)	1553 (37.3)	987 (19.5)							
\$75,000 and higher:																		
2 - 19.....	13	(1.5)	683	1108 (38.9)	34 (5.5)	1142 (39.2)	91	1153 (64.6)	258 (35.3)	1411 (68.2)	1100 (45.6)							
20 and over.....	38	(2.2)	1172	1109 (20.6)	209 (20.9)	1317 (31.2)	422	1160 (50.3)	547 (39.0)	1708 (61.3)	1077 (24.3)							
2 and over...	32	(1.9)	1855	1108 (14.0)	164 (16.8)	1273 (24.1)	513	1160 (50.2)	517 (35.7)	1676 (58.8)	1085 (20.5)							
All Individuals⁹:																		
2 - 19.....	10	(0.8)	3268	1065 (18.0)	23 (3.1)	1089 (19.2)	254	1174 (44.7)	229 (22.3)	1403 (49.2)	1053 (18.7)							
20 and over.....	32	(1.2)	5662	1014 (10.6)	175 (7.8)	1189 (10.1)	1629	1061 (24.6)	553 (16.8)	1614 (20.3)	992 (14.2)							
2 and over...	26	(1.0)	8930	1027 (6.8)	136 (6.0)	1163 (7.6)	1883	1072 (24.3)	521 (16.3)	1593 (20.2)	1011 (9.8)							

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

P h o s p h o r u s																		
Family income in dollars and age (years)	Percent reporting supplement phosphorus ⁸ % (SE)		— All Individuals ⁵ —						— Supplement Users ⁶ —						— Non-users ⁷ —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																		
2 - 19.....	4	(1.1)	1099	1263	(19.2)	6	(1.6)	1269	(19.3)	--	--	--	--	--	--	1269	(19.1)	
20 and over.....	10	(0.8)	1857	1341	(28.4)	6	(1.0)	1347	(28.7)	195	1379	(82.3)	56	(7.0)	1435	(84.3)	1337	(34.1)
2 and over...	9	(0.7)	2956	1321	(21.3)	6	(0.9)	1326	(21.5)	237	1348	(79.8)	66	(7.0)	1414	(80.7)	1318	(25.3)
\$25,000 - \$74,999:																		
2 - 19.....	8	(1.2)	1251	1258	(22.3)	8	(1.6)	1265	(22.9)	62	1428	(94.9)	98	(7.4)	1527	(98.1)	1243	(22.6)
20 and over.....	14	(1.1)	2181	1405	(21.2)	9	(0.9)	1414	(20.8)	310	1373	(58.8)	66	(4.6)	1439	(58.6)	1410	(22.5)
2 and over...	13	(0.9)	3432	1369	(14.4)	9	(0.9)	1378	(14.2)	372	1381	(55.1)	71	(4.7)	1452	(55.2)	1367	(17.3)
\$75,000 and higher:																		
2 - 19.....	7	(1.7)	683	1360	(44.7)	7	(1.7)	1367	(44.1)	--	--	--	--	--	--	1364	(47.2)	
20 and over.....	20	(2.1)	1172	1491	(33.8)	10	(1.3)	1500	(34.5)	216	1560	(78.6)	47	(4.9)	1607	(80.2)	1473	(30.2)
2 and over...	17	(1.4)	1855	1458	(20.3)	9	(0.9)	1466	(20.7)	272	1532	(74.7)	52	(4.5)	1584	(75.7)	1442	(16.9)
All Individuals⁹:																		
2 - 19.....	7	(0.8)	3268	1298	(20.0)	7	(0.9)	1305	(20.0)	177	1340	(53.7)	102	(4.6)	1441	(53.7)	1295	(21.3)
20 and over.....	15	(0.9)	5662	1415	(14.3)	9	(0.6)	1423	(14.3)	783	1453	(40.3)	56	(4.6)	1508	(41.4)	1408	(15.4)
2 and over...	13	(0.7)	8930	1385	(7.9)	8	(0.6)	1393	(7.9)	960	1438	(39.6)	62	(4.3)	1500	(40.4)	1377	(9.3)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Percent reporting supplement magnesium ⁸ % (SE)		M a g n e s i u m						—All Individuals ⁵ —		—Supplement Users ⁶ —				—Non-users ⁷ —					
			Sample Size		Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food	
			mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																				
2 - 19.....	6	(1.4)	1099	230 (4.6)	3*	(1.5)	233	(4.7)			--	--	--					229	(4.7)	
20 and over.....	17	(0.9)	1857	288 (5.8)	17	(1.1)	305	(6.2)	316	319	(21.9)	101	(5.2)	420	(21.8)			281	(6.0)	
2 and over...	14	(0.9)	2956	272 (4.6)	14	(1.0)	286	(5.0)	374	311	(20.5)	96	(5.0)	407	(20.9)			266	(4.9)	
\$25,000 - \$74,999:																				
2 - 19.....	9	(1.2)	1251	232 (4.1)	3	(0.4)	234	(4.2)	78	249	(20.5)	28	(5.8)	277	(24.3)			230	(3.6)	
20 and over.....	27	(1.8)	2181	303 (4.7)	28	(1.9)	332	(4.5)	529	318	(11.9)	106	(8.3)	424	(11.9)			298	(4.8)	
2 and over...	23	(1.4)	3432	286 (3.5)	22	(1.5)	308	(3.7)	607	311	(11.3)	98	(8.0)	410	(12.3)			279	(3.7)	
\$75,000 and higher:																				
2 - 19.....	11	(1.7)	683	251 (8.1)	3	(0.6)	255	(8.2)	81	256	(10.9)	31	(4.0)	287	(9.1)			251	(9.1)	
20 and over.....	32	(2.5)	1172	325 (6.5)	33	(3.0)	358	(7.1)	347	352	(14.8)	102	(9.2)	453	(18.0)			313	(5.4)	
2 and over...	27	(1.9)	1855	306 (4.3)	25	(2.3)	332	(5.4)	428	342	(13.8)	94	(8.1)	436	(17.0)			294	(4.0)	
All Individuals⁹:																				
2 - 19.....	9	(0.9)	3268	239 (3.0)	3	(0.7)	242	(3.4)	240	251	(9.0)	38	(6.8)	289	(12.6)			238	(3.0)	
20 and over.....	26	(1.3)	5662	307 (2.9)	27	(1.3)	334	(2.8)	1288	332	(7.9)	104	(5.0)	437	(9.9)			298	(3.6)	
2 and over...	22	(1.0)	8930	290 (2.0)	21	(1.0)	311	(2.1)	1528	324	(7.2)	97	(4.8)	421	(9.0)			280	(2.7)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

I r o n																		
Family income in dollars and age (years)	Percent reporting supplement iron ⁸ % (SE)		— All Individuals ⁵ —						— Supplement Users ⁶ —				— Non-users ⁷ —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																		
2 - 19.....	5	(1.0)	1099	13.5	(0.40)	1.1	(0.28)	14.5	(0.53)		--	--	--				13.5	(0.39)
20 and over.....	14	(0.9)	1857	14.3	(0.26)	3.2	(0.31)	17.5	(0.35)	230	14.4	(0.64)	24.0	(1.72)	38.3	(1.82)	14.3	(0.32)
2 and over...	11	(0.8)	2956	14.1	(0.23)	2.7	(0.22)	16.7	(0.31)	280	14.3	(0.66)	23.7	(1.55)	38.0	(1.61)	14.0	(0.27)
\$25,000 - \$74,999:																		
2 - 19.....	8	(1.1)	1251	13.6	(0.36)	1.5	(0.25)	15.1	(0.38)	69	12.5	(1.59)	18.8	(1.96)	31.4	(2.78)	13.7	(0.32)
20 and over.....	16	(1.1)	2181	15.2	(0.35)	3.4	(0.26)	18.7	(0.37)	315	16.1	(1.03)	21.4	(1.55)	37.5	(1.83)	15.1	(0.26)
2 and over...	14	(0.9)	3432	14.8	(0.26)	3.0	(0.17)	17.8	(0.28)	384	15.6	(0.93)	21.1	(1.40)	36.7	(1.64)	14.7	(0.19)
\$75,000 and higher:																		
2 - 19.....	10	(2.0)	683	14.4	(0.42)	1.7	(0.39)	16.1	(0.45)	67	14.5	(1.05)	17.3	(1.11)	31.8	(2.05)	14.3	(0.47)
20 and over.....	19	(1.3)	1172	15.9	(0.33)	4.2	(0.58)	20.1	(0.75)	194	16.9	(1.20)	22.2	(2.57)	39.1	(2.97)	15.7	(0.34)
2 and over...	17	(0.9)	1855	15.5	(0.23)	3.5	(0.43)	19.1	(0.55)	261	16.5	(1.05)	21.4	(2.13)	38.0	(2.49)	15.3	(0.26)
All Individuals ⁹:																		
2 - 19.....	8	(1.0)	3268	13.8	(0.25)	1.5	(0.23)	15.3	(0.31)	205	13.4	(0.98)	18.5	(1.07)	31.9	(1.63)	13.9	(0.24)
20 and over.....	16	(0.8)	5662	15.3	(0.15)	3.6	(0.25)	18.9	(0.27)	802	16.0	(0.54)	21.9	(0.91)	37.9	(1.21)	15.1	(0.18)
2 and over...	14	(0.6)	8930	14.9	(0.10)	3.1	(0.18)	17.9	(0.20)	1007	15.6	(0.51)	21.4	(0.75)	37.1	(1.01)	14.8	(0.11)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Z i n c																		
Family income in dollars and age (years)	Percent reporting supplement zinc ⁸ % (SE)		— All Individuals ⁵ —						— Supplement Users ⁶ —				— Non-users ⁷ —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																		
2 - 19.....	10	(1.4)	1099	10.3	(0.29)	0.8	(0.18)	11.2	(0.33)	104	9.8	(0.93)	8.7	(1.14)	18.5	(1.55)	10.4	(0.35)
20 and over.....	18	(1.0)	1857	11.3	(0.31)	3.0	(0.24)	14.3	(0.47)	317	11.5	(0.89)	16.4	(1.17)	27.9	(1.01)	11.3	(0.38)
2 and over...	16	(1.0)	2956	11.1	(0.26)	2.4	(0.19)	13.5	(0.38)	421	11.2	(0.77)	15.2	(0.96)	26.4	(0.92)	11.0	(0.32)
\$25,000 - \$74,999:																		
2 - 19.....	15	(1.9)	1251	10.1	(0.18)	1.3	(0.19)	11.3	(0.29)	152	9.7	(0.49)	8.4	(1.07)	18.1	(1.30)	10.1	(0.23)
20 and over.....	26	(1.8)	2181	12.0	(0.26)	4.1	(0.35)	16.1	(0.46)	511	12.7	(0.55)	16.1	(0.78)	28.8	(1.03)	11.8	(0.29)
2 and over...	23	(1.5)	3432	11.5	(0.17)	3.4	(0.25)	15.0	(0.33)	663	12.2	(0.47)	14.9	(0.66)	27.1	(0.89)	11.4	(0.17)
\$75,000 and higher:																		
2 - 19.....	18	(1.4)	683	10.6	(0.26)	1.5	(0.19)	12.0	(0.32)	133	9.9	(0.39)	8.1	(0.65)	18.0	(0.70)	10.7	(0.32)
20 and over.....	32	(2.4)	1172	12.5	(0.34)	5.0	(0.45)	17.5	(0.59)	350	13.6	(0.90)	15.4	(0.67)	29.0	(1.12)	12.0	(0.20)
2 and over...	29	(1.9)	1855	12.0	(0.26)	4.1	(0.33)	16.1	(0.44)	483	13.0	(0.77)	14.2	(0.57)	27.2	(0.98)	11.6	(0.17)
All Individuals ⁹:																		
2 - 19.....	15	(1.1)	3268	10.3	(0.14)	1.3	(0.11)	11.6	(0.19)	421	9.9	(0.23)	8.6	(0.50)	18.5	(0.57)	10.4	(0.17)
20 and over.....	26	(1.3)	5662	12.0	(0.16)	4.1	(0.20)	16.0	(0.27)	1280	12.8	(0.43)	15.8	(0.46)	28.6	(0.52)	11.7	(0.18)
2 and over...	23	(1.1)	8930	11.5	(0.12)	3.4	(0.14)	14.9	(0.20)	1701	12.3	(0.37)	14.6	(0.40)	26.9	(0.48)	11.3	(0.13)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Percent reporting supplement copper ⁸ % (SE)		C o p p e r						Supplement Users ⁶		Non-users ⁷	
			All Individuals ⁵									
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
\$0 - \$24,999:												
2 - 19.....	5	(1.0)	1099	0.9 (0.03)	0.1 (0.02)	1.1 (0.04)		--	--	--		0.9 (0.03)
20 and over.....	15	(0.8)	1857	1.2 (0.02)	0.2 (0.02)	1.4 (0.03)	280	1.4 (0.10)	1.4 (0.11)	2.7 (0.13)		1.2 (0.02)
2 and over...	13	(0.7)	2956	1.2 (0.02)	0.2 (0.02)	1.3 (0.03)	327	1.3 (0.09)	1.4 (0.12)	2.8 (0.14)		1.1 (0.02)
\$25,000 - \$74,999:												
2 - 19.....	8	(1.1)	1251	1.0 (0.02)	0.1 (0.02)	1.1 (0.03)	67	1.0 (0.08)	1.8 (0.09)	2.9 (0.13)		0.9 (0.02)
20 and over.....	24	(1.7)	2181	1.3 (0.02)	0.3 (0.03)	1.6 (0.03)	475	1.4 (0.05)	1.3 (0.06)	2.8 (0.10)		1.3 (0.03)
2 and over...	20	(1.2)	3432	1.2 (0.01)	0.3 (0.02)	1.5 (0.02)	542	1.4 (0.04)	1.4 (0.06)	2.8 (0.09)		1.2 (0.02)
\$75,000 and higher:												
2 - 19.....	10	(1.7)	683	1.1 (0.04)	0.2 (0.03)	1.3 (0.04)	73	1.1 (0.07)	1.8 (0.07)	2.9 (0.07)		1.1 (0.04)
20 and over.....	30	(2.6)	1172	1.4 (0.03)	0.4 (0.04)	1.8 (0.04)	324	1.6 (0.08)	1.2 (0.08)	2.8 (0.09)		1.3 (0.03)
2 and over...	25	(1.8)	1855	1.3 (0.02)	0.3 (0.03)	1.7 (0.03)	397	1.5 (0.07)	1.3 (0.07)	2.8 (0.08)		1.3 (0.02)
All Individuals⁹:												
2 - 19.....	8	(0.8)	3268	1.0 (0.02)	0.1 (0.02)	1.2 (0.02)	207	1.1 (0.05)	1.9 (0.05)	3.0 (0.05)		1.0 (0.02)
20 and over.....	24	(1.3)	5662	1.3 (0.01)	0.3 (0.02)	1.6 (0.02)	1171	1.5 (0.03)	1.3 (0.05)	2.8 (0.05)		1.3 (0.01)
2 and over...	20	(1.0)	8930	1.2 (0.01)	0.3 (0.01)	1.5 (0.02)	1378	1.4 (0.03)	1.3 (0.04)	2.8 (0.05)		1.2 (0.01)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)		Percent reporting supplement sodium ⁸ % (SE)		S o d i u m						Supplement Users ⁶		Non-users ⁷	
				All Individuals ⁵									
				Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
\$0 - \$24,999:													
2 - 19.....		4	(1.0)	1099	3074 (46.7)	1 (0.1)	3074 (46.7)		--	--	--	3080 (46.1)	
20 and over.....		3	(0.6)	1857	3451 (50.6)	1* (0.3)	3452 (50.6)	66	3223 (145.7)	31 (5.6)	3254 (147.5)	3459 (54.1)	
2 and over...		4	(0.6)	2956	3352 (44.2)	1 (0.2)	3353 (44.2)	111	3132 (119.6)	26 (4.2)	3158 (120.5)	3360 (46.5)	
\$25,000 - \$74,999:													
2 - 19.....		7	(1.4)	1251	2954 (70.9)	1 (0.1)	2955 (71.0)	62	2600 (169.1)	12 (1.2)	2612 (169.1)	2983 (72.4)	
20 and over.....		5	(0.9)	2181	3586 (46.0)	2 (0.6)	3588 (46.3)	102	3667 (421.5)	42 (5.2)	3709 (424.2)	3582 (45.9)	
2 and over...		6	(0.8)	3432	3433 (31.7)	2 (0.4)	3435 (32.1)	164	3327 (335.9)	33 (4.9)	3360 (339.2)	3440 (25.7)	
\$75,000 and higher:													
2 - 19.....		7	(1.6)	683	3221 (118.9)	1 (0.2)	3222 (118.9)		--	--	--	3256 (129.0)	
20 and over.....		6	(1.0)	1172	3739 (73.4)	2 (0.4)	3741 (73.6)	66	3436 (213.9)	35 (7.2)	3471 (218.6)	3759 (71.0)	
2 and over...		6	(0.7)	1855	3607 (44.0)	2 (0.3)	3609 (44.1)	120	3246 (176.8)	28 (4.9)	3274 (179.5)	3632 (44.3)	
All Individuals⁹:													
2 - 19.....		6	(0.9)	3268	3088 (58.6)	1 (0.1)	3089 (58.6)	175	2748 (189.4)	11 (0.6)	2759 (189.3)	3111 (61.4)	
20 and over.....		5	(0.5)	5662	3593 (31.6)	2 (0.3)	3595 (31.7)	256	3444 (187.3)	39 (3.7)	3482 (189.0)	3601 (34.7)	
2 and over...		6	(0.4)	8930	3464 (20.7)	2 (0.2)	3466 (20.7)	431	3237 (156.7)	31 (3.1)	3268 (158.7)	3477 (23.8)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

P o t a s s i u m																		
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -----																		
Family income in dollars and age (years)	Percent reporting supplement potassium ⁸		Sample Size	Food		Supplement		Food plus supplement		Supplement Users ⁶		Food plus supplement		-Non-users ⁷ -				
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)			
\$0 - \$24,999:																		
2 - 19.....	1*	(0.6)	1099	2223	(52.3)	1*	(0.9)	2224	(52.1)	--	--	--	2224	(51.8)				
20 and over.....	14	(1.0)	1857	2593	(54.6)	13	(2.1)	2607	(55.7)	231	2919	(155.6)	98	(10.5)	3017	(154.9)	2542	(61.5)
2 and over...	10	(0.8)	2956	2496	(44.3)	10	(1.6)	2506	(45.0)	238	2894	(149.5)	98	(10.2)	2992	(148.8)	2449	(51.1)
\$25,000 - \$74,999:																		
2 - 19.....	2	(0.6)	1251	2163	(48.1)	1*	(0.6)	2165	(48.3)	--	--	--	2154	(47.7)				
20 and over.....	18	(1.5)	2181	2768	(42.6)	20	(2.3)	2788	(43.4)	393	2994	(129.5)	106	(5.8)	3100	(131.1)	2717	(40.5)
2 and over...	14	(1.1)	3432	2622	(32.7)	15	(1.7)	2637	(33.1)	406	2987	(127.3)	105	(5.7)	3093	(129.1)	2561	(31.2)
\$75,000 and higher:																		
2 - 19.....	2*	(0.4)	683	2300	(51.6)	1*	(0.3)	2301	(51.7)	--	--	--	2298	(52.7)				
20 and over.....	25	(2.6)	1172	2927	(60.9)	22	(2.7)	2949	(62.0)	270	3249	(117.3)	87	(4.4)	3336	(119.7)	2820	(59.2)
2 and over...	19	(1.8)	1855	2768	(44.6)	16	(2.0)	2784	(45.5)	282	3232	(115.3)	86	(4.3)	3319	(117.7)	2658	(41.1)
All Individuals⁹:																		
2 - 19.....	2	(0.5)	3268	2234	(33.4)	1*	(0.5)	2235	(33.7)	--	--	--	2228	(32.5)				
20 and over.....	19	(1.1)	5662	2781	(24.5)	18	(1.3)	2799	(24.6)	970	3074	(74.7)	96	(3.6)	3170	(75.6)	2710	(31.0)
2 and over...	15	(0.8)	8930	2642	(18.8)	14	(1.0)	2656	(18.9)	1005	3060	(72.9)	95	(3.5)	3155	(73.8)	2569	(25.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

S e l e n i u m																			
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -																			
Family income in dollars and age (years)	Percent reporting supplement selenium ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
\$0 - \$24,999:																			
2 - 19.....	2	(0.7)	1099	94.0	(2.15)	1.1*	(0.63)	95.2	(2.15)			--		--		--		94.1	(2.17)
20 and over.....	15	(0.7)	1857	107.1	(2.10)	9.8	(0.84)	116.9	(2.60)	276	112.4	(6.94)	64.5	(4.77)	176.9	(8.29)		106.1	(2.09)
2 and over...	12	(0.6)	2956	103.6	(1.95)	7.5	(0.71)	111.2	(2.32)	284	111.6	(6.62)	64.9	(4.61)	176.6	(8.22)		102.6	(1.84)
\$25,000 - \$74,999:																			
2 - 19.....	2	(1.0)	1251	90.8	(2.03)	1.6*	(0.78)	92.4	(2.29)			--		--		--		90.0	(2.01)
20 and over.....	23	(1.6)	2181	113.6	(2.07)	15.0	(1.30)	128.6	(2.27)	458	108.8	(4.14)	66.2	(4.22)	175.0	(6.37)		115.0	(2.26)
2 and over...	18	(1.2)	3432	108.1	(1.50)	11.7	(1.07)	119.8	(1.74)	477	109.3	(4.03)	66.3	(4.23)	175.6	(6.29)		107.8	(1.57)
\$75,000 and higher:																			
2 - 19.....	3	(0.9)	683	99.8	(3.60)	1.3*	(0.46)	101.1	(3.70)			--		--		--		99.7	(3.71)
20 and over.....	30	(2.6)	1172	116.9	(3.01)	22.8	(1.69)	139.7	(3.08)	322	118.6	(5.93)	76.1	(3.06)	194.6	(6.38)		116.2	(2.24)
2 and over...	23	(1.8)	1855	112.5	(2.00)	17.3	(1.17)	129.9	(2.31)	344	118.1	(5.96)	75.0	(2.99)	193.1	(6.45)		110.9	(1.51)
All Individuals⁹:																			
2 - 19.....	3	(0.8)	3268	95.3	(1.74)	1.5*	(0.55)	96.9	(2.04)			--		--		--		94.9	(1.61)
20 and over.....	23	(1.3)	5662	113.0	(1.45)	16.0	(0.68)	128.9	(1.12)	1142	113.5	(3.21)	69.4	(2.23)	182.9	(3.53)		112.8	(1.43)
2 and over...	18	(0.9)	8930	108.5	(1.05)	12.3	(0.53)	120.8	(0.94)	1197	113.4	(2.99)	69.0	(2.08)	182.4	(3.25)		107.4	(1.09)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting a supplement intake: 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 2.04.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF).

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 Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.

Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.

Folate (DFE): μg dietary folate equivalents = μg food folate + (1.7* μg folic acid).

Vitamin D: 1 μg = 40 International Units (IU).

Calcium and Magnesium: supplement intake includes non-prescription antacids.

³ **Food intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011). Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0.

⁴ **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_F) of NHANES 2009-2010. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2009-2010/DS1TOT_F.htm.

⁵ **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females and breast-fed children were excluded.

⁶ **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

⁷ **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

⁸ The weighted percentage of respondents in the income/age group who reported taking at least one multi- and/or single- nutrient supplement containing this nutrient.

⁹ Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010

T h i a m i n													
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----													
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement thiamin ⁹		Sample Size	Food		Food plus supplement		Food		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:													
2 - 19.....	6	(1.2)	1422	1.53 (0.048)	0.25*(0.096)	1.79 (0.103)	75	1.47 (0.115)	3.90*(1.462)	5.37 (1.487)	1.54 (0.048)		
20 and over.....	15	(1.4)	1720	1.56 (0.029)	2.66*(1.364)	4.22*(1.364)	249	1.52 (0.064)	17.55*(9.002)	19.08*(9.018)	1.57 (0.035)		
2 and over...	12	(1.1)	3142	1.55 (0.023)	1.84*(0.906)	3.40 (0.903)	324	1.51 (0.064)	15.12*(7.585)	16.63*(7.592)	1.56 (0.027)		
131-185% poverty:													
2 - 19.....	9	(3.5)	399	1.39 (0.040)	0.18*(0.070)	1.56 (0.075)		--	--	--	1.38 (0.045)		
20 and over.....	17	(2.1)	728	1.54 (0.049)	1.08 (0.225)	2.62 (0.239)	125	1.75 (0.150)	6.42 (1.247)	8.17 (1.182)	1.50 (0.053)		
2 and over...	15	(2.0)	1127	1.50 (0.036)	0.84 (0.170)	2.34 (0.175)	154	1.70 (0.134)	5.72 (1.011)	7.43 (0.957)	1.47 (0.042)		
Over 185% poverty:													
2 - 19.....	12	(1.3)	1169	1.57 (0.052)	0.28*(0.085)	1.84 (0.096)	123	1.58 (0.079)	2.30 (0.676)	3.88 (0.644)	1.56 (0.057)		
20 and over.....	32	(1.7)	2694	1.71 (0.024)	3.71 (0.501)	5.43 (0.507)	807	1.76 (0.045)	11.59 (1.352)	13.35 (1.361)	1.69 (0.025)		
2 and over...	28	(1.3)	3863	1.68 (0.018)	2.98 (0.403)	4.66 (0.405)	930	1.74 (0.042)	10.73 (1.281)	12.47 (1.286)	1.66 (0.022)		
All Individuals ¹⁰:													
2 - 19.....	10	(0.7)	3268	1.54 (0.036)	0.25 (0.055)	1.79 (0.055)	254	1.56 (0.066)	2.49 (0.494)	4.05 (0.475)	1.54 (0.035)		
20 and over.....	26	(1.3)	5662	1.66 (0.019)	3.23 (0.514)	4.89 (0.520)	1292	1.72 (0.041)	12.24 (1.763)	13.97 (1.781)	1.64 (0.019)		
2 and over...	22	(1.0)	8930	1.63 (0.012)	2.47 (0.394)	4.10 (0.393)	1546	1.71 (0.037)	11.13 (1.611)	12.84 (1.623)	1.61 (0.013)		

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement riboflavin ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																
2 - 19.....	6	(1.2)	1422	1.93 (0.041)	0.26*(0.099)	2.20 (0.099)	76	1.97 (0.180)	4.08*(1.468)	6.05 (1.483)	1.93 (0.040)					
20 and over.....	15	(1.5)	1720	1.98 (0.041)	1.06 (0.238)	3.03 (0.240)	252	1.95 (0.074)	6.94 (1.343)	8.89 (1.379)	1.98 (0.049)					
2 and over...	12	(1.1)	3142	1.96 (0.029)	0.79 (0.163)	2.75 (0.166)	328	1.95 (0.083)	6.43 (1.143)	8.38 (1.174)	1.96 (0.033)					
131-185% poverty:																
2 - 19.....	9	(3.5)	399	1.77 (0.055)	0.19*(0.075)	1.96 (0.106)	--	--	--	1.74 (0.048)						
20 and over.....	17	(2.1)	728	2.04 (0.091)	0.99 (0.279)	3.02 (0.335)	123	2.69 (0.284)	5.90 (1.595)	8.58 (1.556)	1.91 (0.081)					
2 and over...	15	(2.0)	1127	1.97 (0.065)	0.78 (0.208)	2.74 (0.247)	152	2.58 (0.252)	5.32 (1.345)	7.89 (1.306)	1.86 (0.056)					
Over 185% poverty:																
2 - 19.....	12	(1.3)	1169	2.01 (0.057)	0.24 (0.034)	2.25 (0.069)	123	2.18 (0.137)	1.99 (0.170)	4.16 (0.185)	1.99 (0.056)					
20 and over.....	32	(1.7)	2694	2.25 (0.037)	3.18 (0.381)	5.43 (0.409)	808	2.35 (0.058)	9.90 (1.284)	12.25 (1.305)	2.20 (0.042)					
2 and over...	28	(1.2)	3863	2.20 (0.025)	2.55 (0.328)	4.75 (0.345)	931	2.33 (0.056)	9.17 (1.175)	11.50 (1.193)	2.15 (0.028)					
All Individuals¹⁰:																
2 - 19.....	10	(0.7)	3268	1.97 (0.041)	0.24 (0.039)	2.20 (0.049)	255	2.13 (0.104)	2.39 (0.316)	4.52 (0.314)	1.95 (0.038)					
20 and over.....	26	(1.3)	5662	2.16 (0.029)	2.41 (0.256)	4.57 (0.276)	1294	2.33 (0.053)	9.11 (1.020)	11.45 (1.043)	2.10 (0.032)					
2 and over...	22	(0.9)	8930	2.11 (0.018)	1.86 (0.211)	3.97 (0.222)	1549	2.31 (0.050)	8.35 (0.930)	10.66 (0.946)	2.05 (0.020)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

N i a c i n																		
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement niacin ⁹		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(1.2)	1422	21.5	(0.42)	1.4	(0.32)	22.9	(0.52)	76	23.5	(1.85)	21.6	(2.11)	45.0	(2.19)	21.4	(0.43)
20 and over.....	15	(1.5)	1720	24.6	(0.50)	4.2	(0.45)	28.8	(0.57)	251	22.9	(1.00)	27.8	(1.61)	50.6	(2.12)	24.9	(0.58)
2 and over...	12	(1.1)	3142	23.6	(0.34)	3.3	(0.33)	26.8	(0.43)	327	23.0	(0.95)	26.7	(1.36)	49.6	(1.73)	23.6	(0.37)
131-185% poverty:																		
2 - 19.....	9	(3.5)	399	19.1	(0.73)	1.4*	(0.52)	20.4	(0.73)		--		--		--		19.4	(0.69)
20 and over.....	17	(2.2)	728	23.6	(0.85)	4.4	(0.68)	28.0	(1.19)	126	28.2	(3.90)	26.0	(1.97)	54.2	(3.96)	22.7	(0.66)
2 and over...	15	(2.0)	1127	22.4	(0.63)	3.6	(0.54)	26.0	(0.88)	155	26.2	(3.42)	24.4	(1.91)	50.6	(3.82)	21.8	(0.57)
Over 185% poverty:																		
2 - 19.....	12	(1.3)	1169	21.6	(0.53)	2.1	(0.28)	23.6	(0.46)	124	19.7	(1.03)	17.0	(1.04)	36.7	(1.63)	21.8	(0.55)
20 and over.....	33	(1.7)	2694	26.7	(0.35)	14.0	(1.31)	40.7	(1.26)	829	26.8	(0.80)	42.0	(4.00)	68.8	(3.88)	26.7	(0.29)
2 and over...	29	(1.2)	3863	25.6	(0.27)	11.4	(1.07)	37.1	(1.09)	953	26.2	(0.71)	39.8	(3.73)	65.9	(3.61)	25.4	(0.21)
All Individuals ¹⁰:																		
2 - 19.....	10	(0.7)	3268	21.3	(0.34)	1.8	(0.18)	23.1	(0.36)	257	20.1	(1.01)	17.6	(0.95)	37.7	(1.70)	21.5	(0.36)
20 and over.....	27	(1.3)	5662	25.9	(0.30)	10.4	(0.85)	36.2	(0.93)	1316	26.3	(0.73)	38.2	(2.97)	64.5	(2.93)	25.7	(0.31)
2 and over...	23	(1.0)	8930	24.7	(0.21)	8.2	(0.67)	32.9	(0.76)	1573	25.6	(0.60)	35.9	(2.69)	61.5	(2.63)	24.4	(0.21)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin B6 ⁹ % (SE)		V i t a m i n B 6						— Non-users ⁸ —			
			All Individuals ⁶			Supplement Users ⁷						
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
Under 131% poverty:												
2 - 19.....	11	(1.2)	1422	1.69 (0.043)	0.36 (0.096)	2.05 (0.116)	144	1.74 (0.117)	3.23 (0.847)	4.97 (0.842)	1.68 (0.045)	
20 and over.....	16	(1.4)	1720	1.97 (0.055)	1.72 (0.444)	3.69 (0.443)	255	1.95 (0.087)	11.11 (2.352)	13.05 (2.386)	1.97 (0.069)	
2 and over...	14	(1.2)	3142	1.87 (0.038)	1.26 (0.288)	3.14 (0.280)	399	1.89 (0.081)	9.00 (1.727)	10.89 (1.744)	1.87 (0.050)	
131-185% poverty:												
2 - 19.....	14	(3.0)	399	1.56 (0.065)	0.26*(0.080)	1.82 (0.092)		--	--	--	1.62 (0.073)	
20 and over.....	17	(2.2)	728	1.95 (0.089)	1.59 (0.397)	3.53 (0.417)	128	2.42 (0.345)	9.15 (2.349)	11.56 (2.204)	1.85 (0.070)	
2 and over...	17	(1.9)	1127	1.85 (0.067)	1.24 (0.287)	3.08 (0.296)	177	2.14 (0.289)	7.47 (1.756)	9.60 (1.633)	1.79 (0.062)	
Over 185% poverty:												
2 - 19.....	20	(1.2)	1169	1.72 (0.052)	0.35 (0.029)	2.06 (0.056)	227	1.58 (0.060)	1.71 (0.112)	3.29 (0.148)	1.75 (0.060)	
20 and over.....	33	(1.7)	2694	2.18 (0.034)	4.09 (0.465)	6.27 (0.473)	843	2.23 (0.070)	12.21 (1.327)	14.44 (1.347)	2.15 (0.041)	
2 and over...	31	(1.4)	3863	2.08 (0.029)	3.29 (0.372)	5.37 (0.384)	1070	2.14 (0.059)	10.73 (1.202)	12.87 (1.220)	2.06 (0.035)	
All Individuals¹⁰:												
2 - 19.....	16	(0.8)	3268	1.69 (0.034)	0.33 (0.030)	2.03 (0.043)	458	1.58 (0.056)	2.05 (0.184)	3.62 (0.183)	1.72 (0.040)	
20 and over.....	27	(1.3)	5662	2.11 (0.027)	3.22 (0.273)	5.33 (0.278)	1342	2.21 (0.053)	11.71 (0.977)	13.93 (0.997)	2.07 (0.035)	
2 and over...	25	(1.0)	8930	2.00 (0.022)	2.49 (0.210)	4.49 (0.220)	1800	2.10 (0.046)	10.08 (0.864)	12.18 (0.882)	1.97 (0.029)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement folic acid ⁹ % (SE)		F o l i c a c i d											
				All Individuals ⁶					Supplement Users ⁷					Non-users ⁸	
				Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
Under 131% poverty:															
2 - 19.....	10	(1.2)	1422	212 (8.6)	39 (8.0)	251 (10.8)	134	209 (27.2)	384 (47.1)	593 (53.3)	213 (8.3)				
20 and over.....	16	(1.3)	1720	176 (7.1)	81 (7.7)	257 (9.6)	256	161 (15.0)	503 (25.8)	664 (28.6)	179 (7.9)				
2 and over...	14	(1.0)	3142	188 (6.6)	67 (6.3)	255 (8.9)	390	173 (15.5)	474 (21.5)	647 (28.8)	191 (6.3)				
131-185% poverty:															
2 - 19.....	14	(2.9)	399	190 (7.1)	42* (13.0)	232 (15.1)		--	--	--	190 (9.3)				
20 and over.....	18	(2.2)	728	172 (7.9)	91 (13.8)	262 (14.9)	131	178 (14.0)	515 (46.7)	693 (46.6)	171 (10.7)				
2 and over...	17	(1.9)	1127	177 (6.7)	78 (10.7)	254 (11.7)	176	180 (13.4)	469 (42.8)	649 (43.3)	176 (9.2)				
Over 185% poverty:															
2 - 19.....	20	(1.3)	1169	217 (13.0)	61 (4.3)	278 (14.7)	218	226 (15.5)	314 (12.3)	540 (24.7)	215 (14.4)				
20 and over.....	33	(1.6)	2694	194 (5.5)	149 (6.6)	344 (7.9)	828	200 (8.2)	453 (6.3)	654 (10.1)	192 (6.9)				
2 and over...	30	(1.3)	3863	199 (5.5)	130 (4.9)	330 (6.2)	1046	204 (8.0)	434 (7.0)	638 (10.9)	197 (6.8)				
All Individuals¹⁰:															
2 - 19.....	16	(0.7)	3268	215 (8.9)	52 (3.2)	266 (9.1)	435	221 (13.0)	328 (12.4)	549 (20.4)	213 (9.0)				
20 and over.....	27	(1.3)	5662	189 (3.5)	127 (4.9)	316 (4.7)	1332	194 (6.6)	464 (8.1)	659 (9.1)	187 (4.2)				
2 and over...	24	(1.0)	8930	196 (3.8)	108 (3.8)	303 (4.1)	1767	199 (6.3)	442 (8.1)	641 (10.1)	195 (4.2)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement folate (DFE) ⁹ % (SE)		F o l a t e (D F E)											
			All Individuals ⁶						Supplement Users ⁷				Non-users ⁸	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
Under 131% poverty:														
2 - 19.....	10	(1.2)	1422	512 (16.8)	66 (13.6)	578 (19.8)	134	503 (50.1)	652 (80.0)	1156 (94.5)	513 (16.5)			
20 and over.....	16	(1.3)	1720	502 (13.1)	137 (13.0)	639 (17.4)	256	477 (27.0)	856 (43.9)	1333 (51.5)	507 (16.2)			
2 and over...	14	(1.0)	3142	505 (12.3)	113 (10.7)	618 (16.1)	390	483 (28.6)	806 (36.6)	1289 (53.1)	509 (13.2)			
131-185% poverty:														
2 - 19.....	14	(2.9)	399	468 (15.4)	72* (22.2)	540 (26.3)		--	--	--	473 (20.2)			
20 and over.....	18	(2.2)	728	500 (18.9)	154 (23.5)	654 (32.0)	131	554 (45.9)	876 (79.4)	1430 (89.5)	488 (21.3)			
2 and over...	17	(1.9)	1127	491 (16.0)	132 (18.2)	624 (25.1)	176	528 (42.0)	798 (72.8)	1326 (85.9)	484 (19.0)			
Over 185% poverty:														
2 - 19.....	20	(1.3)	1169	527 (22.1)	104 (7.4)	631 (25.1)	218	542 (25.3)	534 (20.9)	1076 (41.0)	523 (24.5)			
20 and over.....	33	(1.6)	2694	566 (11.6)	254 (11.2)	820 (15.5)	828	591 (19.8)	771 (10.8)	1362 (22.9)	553 (13.9)			
2 and over...	30	(1.3)	3863	558 (10.8)	222 (8.4)	779 (12.6)	1046	584 (18.0)	738 (11.8)	1322 (22.9)	546 (13.0)			
All Individuals¹⁰:														
2 - 19.....	16	(0.7)	3268	521 (15.7)	88 (5.4)	608 (16.2)	435	529 (22.7)	558 (21.0)	1087 (35.1)	519 (15.8)			
20 and over.....	27	(1.3)	5662	547 (7.5)	216 (8.3)	762 (8.9)	1332	574 (15.9)	790 (13.8)	1364 (19.0)	536 (9.2)			
2 and over...	24	(1.0)	8930	540 (7.3)	183 (6.5)	723 (7.7)	1767	567 (14.0)	752 (13.8)	1318 (19.6)	531 (8.6)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement choline ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																
2 - 19.....	4	(0.9)	1422	259 (6.7)	2 (0.4)	261 (6.6)	64	254 (14.1)	42 (4.6)	296 (14.9)	259 (7.0)					
20 and over.....	1	(0.5)	1720	328 (9.3)	1* (0.6)	329 (9.4)		--	--	--	328 (9.4)					
2 and over...	2	(0.5)	3142	305 (7.7)	1* (0.5)	306 (7.8)	81	285 (15.6)	55 (15.6)	341 (26.2)	305 (8.0)					
131-185% poverty:																
2 - 19.....	10	(2.7)	399	222 (7.3)	4* (1.1)	226 (7.7)		--	--	--	225 (8.0)					
20 and over.....	2*	(0.6)	728	323 (11.1)	1* (0.2)	323 (11.2)		--	--	--	324 (11.4)					
2 and over...	4	(1.0)	1127	296 (8.8)	1* (0.5)	298 (9.0)		--	--	--	300 (9.5)					
Over 185% poverty:																
2 - 19.....	9	(1.7)	1169	257 (5.3)	3 (0.6)	260 (5.2)	92	256 (13.7)	34 (1.9)	290 (13.4)	257 (5.3)					
20 and over.....	3	(0.5)	2694	346 (4.6)	1 (0.4)	347 (4.5)	78	386 (36.8)	42* (14.3)	428 (38.2)	345 (4.1)					
2 and over...	4	(0.5)	3863	327 (4.4)	2 (0.4)	329 (4.4)	170	330 (22.9)	39 (8.0)	369 (22.0)	327 (4.1)					
All Individuals¹⁰:																
2 - 19.....	7	(1.1)	3268	256 (4.9)	3 (0.4)	259 (4.8)	194	250 (10.9)	35 (1.3)	285 (10.8)	257 (5.5)					
20 and over.....	3	(0.3)	5662	340 (4.1)	1 (0.3)	341 (4.1)	116	363 (25.2)	44 (12.5)	408 (25.6)	339 (4.1)					
2 and over...	4	(0.3)	8930	319 (3.8)	2 (0.3)	320 (3.9)	310	307 (14.1)	40 (6.4)	347 (13.2)	319 (4.0)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

V i t a m i n B 1 2																		
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin B12 ⁹		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	11	(1.2)	1422	4.83	(0.111)	1.7*	(0.61)	6.5	(0.54)	143	4.76	(0.333)	15.1*	(5.09)	19.9	(5.09)	4.84	(0.117)
20 and over.....	17	(1.5)	1720	4.91	(0.113)	24.5	(5.77)	29.4	(5.76)	281	4.36	(0.225)	143.2	(26.48)	147.6	(26.47)	5.02	(0.149)
2 and over...	15	(1.2)	3142	4.88	(0.088)	16.8	(3.78)	21.7	(3.76)	424	4.46	(0.215)	111.5	(20.31)	115.9	(20.27)	4.96	(0.111)
131-185% poverty:																		
2 - 19.....	14	(3.0)	399	4.36	(0.107)	0.8	(0.20)	5.1	(0.21)		--		--		--		4.39	(0.137)
20 and over.....	18	(2.2)	728	5.13	(0.341)	21.8*	(7.73)	26.9	(7.78)	132	7.42	(1.470)	122.1*	(41.69)	129.5*	(41.29)	4.63	(0.274)
2 and over...	17	(1.9)	1127	4.93	(0.259)	16.2*	(5.65)	21.2	(5.67)	180	6.70	(1.214)	96.1*	(34.77)	102.8*	(34.60)	4.57	(0.202)
Over 185% poverty:																		
2 - 19.....	20	(1.2)	1169	4.91	(0.144)	2.4*	(1.03)	7.3	(0.95)	227	4.67	(0.226)	11.8*	(5.52)	16.4*	(5.63)	4.97	(0.185)
20 and over.....	34	(1.6)	2694	5.67	(0.158)	37.3	(4.80)	43.0	(4.90)	856	5.65	(0.202)	110.1	(15.67)	115.7	(15.66)	5.68	(0.201)
2 and over...	31	(1.3)	3863	5.51	(0.107)	29.9	(3.95)	35.4	(4.01)	1083	5.51	(0.170)	96.4	(14.30)	101.9	(14.31)	5.51	(0.123)
All Individuals ¹⁰:																		
2 - 19.....	16	(0.8)	3268	4.79	(0.079)	1.9*	(0.57)	6.6	(0.54)	456	4.67	(0.156)	11.4*	(3.67)	16.0	(3.73)	4.81	(0.096)
20 and over.....	28	(1.3)	5662	5.41	(0.098)	35.2	(3.15)	40.6	(3.17)	1389	5.59	(0.217)	125.3	(14.27)	130.9	(14.20)	5.35	(0.117)
2 and over...	25	(1.1)	8930	5.25	(0.070)	26.7	(2.46)	32.0	(2.48)	1845	5.43	(0.183)	106.4	(12.35)	111.9	(12.29)	5.19	(0.073)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin C ⁹ % (SE)		V i t a m i n C										
			All Individuals ⁶			Supplement Users ⁷			Non-users ⁸				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
Under 131% poverty:													
2 - 19.....	13	(1.4)	1422	82.4 (4.65)	11.9 (2.15)	94.3 (4.37)	155	86.2 (10.36)	93.9 (13.27)	180.1 (19.47)	81.9 (5.52)		
20 and over.....	17	(1.5)	1720	82.9 (2.85)	43.1 (6.09)	126.0 (7.57)	283	90.1 (5.75)	249.8 (24.33)	339.9 (26.58)	81.3 (2.77)		
2 and over...	16	(1.3)	3142	82.7 (1.88)	32.6 (4.52)	115.3 (4.71)	438	89.0 (5.07)	207.3 (21.17)	296.4 (23.27)	81.5 (2.59)		
131-185% poverty:													
2 - 19.....	15	(3.0)	399	75.5 (4.65)	8.2 (2.25)	83.6 (4.37)		--	--	--	78.0 (5.15)		
20 and over.....	19	(2.1)	728	86.2 (6.61)	44.6 (5.84)	130.8 (9.19)	141	97.7 (8.53)	238.5 (32.88)	336.3 (35.31)	83.6 (6.62)		
2 and over...	18	(1.8)	1127	83.4 (5.48)	35.0 (4.27)	118.4 (6.48)	193	89.4 (7.54)	196.2 (24.18)	285.7 (26.92)	82.1 (5.67)		
Over 185% poverty:													
2 - 19.....	24	(1.5)	1169	76.2 (3.55)	24.3 (3.50)	100.5 (5.74)	255	82.0 (3.95)	103.2 (11.05)	185.2 (12.44)	74.5 (4.26)		
20 and over.....	35	(1.7)	2694	89.5 (2.86)	104.6 (12.81)	194.1 (14.65)	898	106.6 (6.85)	298.1 (35.75)	404.6 (40.71)	80.2 (1.94)		
2 and over...	33	(1.5)	3863	86.6 (1.96)	87.4 (10.47)	174.1 (11.68)	1153	102.8 (5.86)	268.0 (31.53)	370.8 (35.76)	78.8 (1.86)		
All Individuals¹⁰:													
2 - 19.....	19	(1.1)	3268	79.6 (2.92)	17.9 (2.15)	97.5 (2.91)	503	81.6 (5.01)	95.3 (8.22)	176.9 (10.92)	79.2 (3.43)		
20 and over.....	29	(1.2)	5662	88.6 (1.77)	83.3 (8.71)	171.9 (9.49)	1452	103.6 (4.70)	283.7 (29.28)	387.3 (32.47)	82.4 (1.77)		
2 and over...	27	(1.0)	8930	86.3 (1.46)	66.6 (6.69)	153.0 (7.11)	1955	99.7 (3.89)	250.0 (24.92)	349.7 (27.45)	81.5 (1.80)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting vitamin D ⁹ % (SE)		V i t a m i n D											
			All Individuals ⁶					Supplement Users ⁷					Non-users ⁸	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
Under 131% poverty:														
2 - 19.....	11	(1.3)	1422	6.0 (0.16)	1.1 (0.18)	7.1 (0.20)	145	5.6 (0.53)	10.1 (0.82)	15.7 (0.81)	6.1 (0.17)			
20 and over.....	19	(1.1)	1720	4.7 (0.15)	6.5* (2.17)	11.2 (2.23)	316	4.8 (0.38)	34.8*(12.25)	39.7*(12.43)	4.7 (0.17)			
2 and over...	16	(1.0)	3142	5.1 (0.10)	4.7* (1.46)	9.8 (1.51)	461	5.0 (0.35)	29.0* (9.38)	34.1 (9.56)	5.2 (0.12)			
131-185% poverty:														
2 - 19.....	15	(3.1)	399	5.2 (0.21)	1.2 (0.33)	6.4 (0.48)		--	--	--	5.1 (0.20)			
20 and over.....	23	(2.4)	728	4.6 (0.31)	4.4 (0.61)	9.1 (0.70)	167	5.6 (0.58)	19.1 (1.83)	24.7 (1.65)	4.4 (0.43)			
2 and over...	21	(2.2)	1127	4.8 (0.22)	3.6 (0.48)	8.4 (0.58)	218	5.6 (0.52)	17.1 (1.50)	22.7 (1.51)	4.6 (0.31)			
Over 185% poverty:														
2 - 19.....	21	(1.0)	1169	6.0 (0.21)	3.0* (0.97)	9.0 (0.99)	239	6.7 (0.34)	14.0* (4.50)	20.7 (4.48)	5.8 (0.21)			
20 and over.....	37	(1.6)	2694	5.3 (0.22)	9.1 (0.83)	14.4 (0.81)	947	5.5 (0.31)	24.5 (1.90)	30.0 (1.95)	5.3 (0.21)			
2 and over...	34	(1.3)	3863	5.5 (0.20)	7.8 (0.68)	13.3 (0.65)	1186	5.6 (0.30)	23.1 (1.78)	28.7 (1.78)	5.4 (0.17)			
All Individuals¹⁰:														
2 - 19.....	17	(0.7)	3268	6.0 (0.13)	2.2 (0.54)	8.1 (0.56)	476	6.4 (0.28)	12.7 (3.06)	19.1 (3.08)	5.9 (0.15)			
20 and over.....	31	(1.2)	5662	5.1 (0.14)	8.3 (0.76)	13.5 (0.75)	1565	5.4 (0.21)	26.8 (2.29)	32.2 (2.36)	5.0 (0.15)			
2 and over...	28	(1.0)	8930	5.3 (0.11)	6.8 (0.58)	12.1 (0.56)	2041	5.6 (0.21)	24.5 (1.93)	30.1 (1.99)	5.2 (0.12)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement lycopene ⁹ % (SE)	Lycopene										
		All Individuals ⁶					Supplement Users ⁷					Non-users ⁸
		Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Under 131% poverty:												
2 - 19.....	1* (0.5)	1422	4628 (379.1)	7* (3.8)	4635 (380.3)		--	--	--	4531 (336.8)		
20 and over.....	5 (0.6)	1720	4938 (318.2)	22 (3.0)	4960 (319.8)	95	5642(1847.6)	436 (55.2)	6078(1866.7)	4900 (331.0)		
2 and over...	4 (0.5)	3142	4833 (278.0)	17 (3.0)	4850 (279.9)	101	6433(1683.5)	463 (54.0)	6896(1701.3)	4772 (269.1)		
131-185% poverty:												
2 - 19.....	1* (0.4)	399	3857 (354.6)	4* (3.1)	3861 (355.2)		--	--	--	3863 (358.6)		
20 and over.....	6 (1.4)	728	5216 (605.8)	27 (6.9)	5243 (607.6)		--	--	--	4876 (548.6)		
2 and over...	5 (1.0)	1127	4858 (450.9)	21 (5.1)	4879 (452.0)		--	--	--	4597 (405.7)		
Over 185% poverty:												
2 - 19.....	1* (0.4)	1169	4616 (344.3)	4* (1.7)	4620 (345.7)		--	--	--	4641 (353.0)		
20 and over.....	15 (0.5)	2694	5618 (363.4)	103 (17.3)	5721 (370.6)	415	6298 (598.7)	695 (111.3)	6994 (639.3)	5501 (355.0)		
2 and over...	12 (0.4)	3863	5404 (318.0)	82 (12.9)	5486 (324.5)	423	6221 (582.6)	690 (109.1)	6911 (621.7)	5294 (310.5)		
All Individuals¹⁰:												
2 - 19.....	1 (0.4)	3268	4638 (251.4)	5* (1.8)	4644 (252.3)		--	--	--	4630 (255.3)		
20 and over.....	12 (0.4)	5662	5460 (277.7)	73 (11.1)	5534 (281.0)	602	6430 (715.3)	637 (87.7)	7067 (723.7)	5334 (254.3)		
2 and over...	9 (0.3)	8930	5251 (220.7)	56 (8.0)	5307 (224.0)	622	6396 (680.7)	632 (83.9)	7028 (685.7)	5140 (204.3)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

		L u t e i n + z e a x a n t h i n																	
		— All Individuals ⁶ —					— Supplement Users ⁷ —					— Non-users ⁸ —							
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement lutein + zeaxanthin ⁹ % (SE)	Sample Size	Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food		
			µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	
Under 131% poverty:																			
2 - 19.....	1* (0.5)	1422	755	(52.1)	7*	(4.0)	761	(53.6)			--	--	--				756	(52.8)	
20 and over.....	5 (0.6)	1720	1227	(80.7)	47*	(22.0)	1274	(78.5)	85	1688	(505.3)	1002*	(499.6)	2690	(680.0)		1205	(77.8)	
2 and over...	3 (0.5)	3142	1068	(60.8)	33*	(13.3)	1101	(58.7)	88	1612	(433.0)	1002*	(451.0)	2614	(594.7)		1049	(58.0)	
131-185% poverty:																			
2 - 19.....	#	399	669	(73.6)	4*	(3.1)	673	(73.8)			--	--	--				670	(73.9)	
20 and over.....	5 (1.0)	728	1303	(164.3)	410*	(200.0)	1713	(259.6)			--	--	--				1294	(176.4)	
2 and over...	4 (0.7)	1127	1136	(136.2)	303*	(147.6)	1439	(201.3)			--	--	--				1124	(144.1)	
Over 185% poverty:																			
2 - 19.....	1* (0.4)	1169	775	(48.5)	4*	(1.6)	779	(48.8)			--	--	--				775	(49.1)	
20 and over.....	13 (0.6)	2694	1708	(120.0)	112	(22.4)	1820	(115.9)	371	2103	(229.6)	859	(165.6)	2962	(222.6)		1648	(128.5)	
2 and over...	10 (0.4)	3863	1508	(102.5)	89	(17.5)	1597	(99.5)	378	2077	(228.9)	849	(162.9)	2927	(223.9)		1442	(108.1)	
All Individuals ¹⁰:																			
2 - 19.....	1 (0.3)	3268	759	(35.8)	5*	(1.7)	764	(36.1)			--	--	--				760	(36.4)	
20 and over.....	10 (0.4)	5662	1535	(91.8)	128	(33.3)	1663	(89.4)	545	1978	(206.7)	1245	(316.8)	3223	(303.4)		1484	(96.0)	
2 and over...	8 (0.3)	8930	1337	(76.6)	96	(24.8)	1434	(75.3)	560	1941	(199.3)	1225	(310.4)	3166	(300.5)		1286	(79.5)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

C a l c i u m																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement calcium ⁹ % (SE)		— All Individuals ⁶ —						— Supplement Users ⁷ —				— Non-users ⁸ —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	7	(1.1)	1422	1039 (23.9)	16	(3.8)	1055	(24.0)	76	957 (49.4)	247	(34.5)	1204	(55.5)	1045	(23.5)		
20 and over.....	20	(1.4)	1720	941 (18.2)	102	(6.7)	1043	(20.6)	340	949 (44.6)	523	(26.2)	1472	(50.8)	939	(24.1)		
2 and over...	15	(1.1)	3142	974 (15.0)	73	(4.7)	1047	(17.0)	416	951 (40.2)	483	(23.9)	1433	(49.6)	978	(16.6)		
131-185% poverty:																		
2 - 19.....	9	(3.8)	399	980 (64.3)	11*	(4.2)	991	(67.7)		--	--	--			944	(43.4)		
20 and over.....	24	(2.6)	728	964 (48.1)	124	(15.0)	1088	(47.9)	176	1115 (106.2)	527	(40.0)	1642	(101.6)	917	(54.7)		
2 and over...	20	(2.4)	1127	968 (39.7)	95	(11.7)	1063	(40.1)	203	1143 (104.3)	480	(42.7)	1623	(95.8)	925	(41.3)		
Over 185% poverty:																		
2 - 19.....	13	(1.4)	1169	1087 (29.4)	29	(4.2)	1116	(31.4)	127	1203 (66.6)	229	(28.7)	1432	(62.5)	1070	(31.5)		
20 and over.....	37	(1.5)	2694	1052 (17.7)	206	(10.9)	1258	(19.0)	976	1082 (31.0)	554	(20.6)	1636	(32.3)	1035	(23.3)		
2 and over...	32	(1.3)	3863	1060 (13.7)	168	(8.9)	1228	(16.3)	1103	1092 (31.6)	527	(20.1)	1619	(32.1)	1044	(17.2)		
All Individuals¹⁰:																		
2 - 19.....	10	(0.8)	3268	1065 (18.0)	23	(3.1)	1089	(19.2)	254	1174 (44.7)	229	(22.3)	1403	(49.2)	1053	(18.7)		
20 and over.....	32	(1.2)	5662	1014 (10.6)	175	(7.8)	1189	(10.1)	1629	1061 (24.6)	553	(16.8)	1614	(20.3)	992	(14.2)		
2 and over...	26	(1.0)	8930	1027 (6.8)	136	(6.0)	1163	(7.6)	1883	1072 (24.3)	521	(16.3)	1593	(20.2)	1011	(9.8)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

P h o s p h o r u s																		
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement phosphorus ⁹		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	4	(1.0)	1422	1275 (17.4)	6*	(1.8)	1281 (17.4)				--	--	--				1280 (18.2)	
20 and over.....	8	(1.0)	1720	1337 (23.8)	5	(1.1)	1342 (24.4)	143	1358 (60.9)	60	(9.5)	1419 (62.9)	1335 (26.3)					
2 and over...	7	(0.8)	3142	1316 (14.7)	5	(1.0)	1321 (15.3)	197	1316 (60.5)	76	(9.5)	1392 (60.4)	1316 (16.6)					
131-185% poverty:																		
2 - 19.....	8	(3.9)	399	1200 (60.3)	8*	(3.8)	1208 (63.5)				--	--	--				1190 (53.1)	
20 and over.....	10	(1.3)	728	1332 (49.8)	6	(1.5)	1338 (49.7)	80	1618 (125.6)	59	(14.1)	1677 (131.4)	1301 (54.9)					
2 and over...	9	(1.7)	1127	1297 (41.5)	6	(1.7)	1304 (42.1)	102	1548 (112.1)	68	(11.6)	1616 (116.4)	1272 (43.6)					
Over 185% poverty:																		
2 - 19.....	8	(1.5)	1169	1323 (32.8)	8	(1.5)	1331 (32.9)	84	1393 (81.8)	93	(5.0)	1486 (82.1)	1317 (35.6)					
20 and over.....	19	(1.3)	2694	1457 (21.4)	10	(0.7)	1467 (21.4)	490	1460 (41.6)	55	(3.7)	1515 (42.8)	1456 (21.2)					
2 and over...	16	(0.9)	3863	1428 (14.2)	10	(0.6)	1438 (14.2)	574	1453 (41.4)	59	(3.2)	1512 (42.4)	1423 (13.9)					
All Individuals ¹⁰:																		
2 - 19.....	7	(0.8)	3268	1298 (20.0)	7	(0.9)	1305 (20.0)	177	1340 (53.7)	102	(4.6)	1441 (53.7)	1295 (21.3)					
20 and over.....	15	(0.9)	5662	1415 (14.3)	9	(0.6)	1423 (14.3)	783	1453 (40.3)	56	(4.6)	1508 (41.4)	1408 (15.4)					
2 and over...	13	(0.7)	8930	1385 (7.9)	8	(0.6)	1393 (7.9)	960	1438 (39.6)	62	(4.3)	1500 (40.4)	1377 (9.3)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement magnesium ⁹		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																
2 - 19.....	6	(1.3)	1422	230 (4.2)	3* (1.4)	233 (4.3)	72	238 (12.7)	53 (15.4)	291 (17.3)	229 (4.4)					
20 and over.....	14	(1.4)	1720	286 (4.5)	14 (1.5)	300 (5.0)	243	307 (12.2)	95 (8.4)	402 (15.1)	283 (6.7)					
2 and over...	11	(1.1)	3142	267 (3.5)	10 (1.2)	277 (4.0)	315	295 (11.9)	88 (7.0)	383 (14.1)	263 (4.9)					
131-185% poverty:																
2 - 19.....	8	(3.3)	399	225 (5.7)	2* (0.7)	227 (5.9)		--	--	--	225 (6.3)					
20 and over.....	18	(2.1)	728	289 (12.1)	18 (3.7)	307 (13.5)	129	347 (43.2)	104 (13.6)	451 (44.3)	276 (10.0)					
2 and over...	15	(2.0)	1127	272 (8.7)	14 (2.8)	286 (9.8)	157	330 (38.1)	92 (10.0)	423 (38.5)	261 (7.6)					
Over 185% poverty:																
2 - 19.....	11	(1.7)	1169	244 (5.5)	3 (0.5)	247 (5.6)	117	259 (12.9)	30 (3.9)	288 (13.6)	242 (5.7)					
20 and over.....	31	(1.6)	2694	316 (3.4)	33 (1.5)	349 (4.0)	808	335 (8.5)	105 (5.5)	440 (11.6)	308 (3.2)					
2 and over...	27	(1.3)	3863	301 (2.7)	27 (1.2)	327 (3.4)	925	328 (8.3)	98 (5.3)	427 (11.5)	291 (2.7)					
All Individuals¹⁰:																
2 - 19.....	9	(0.9)	3268	239 (3.0)	3 (0.7)	242 (3.4)	240	251 (9.0)	38 (6.8)	289 (12.6)	238 (3.0)					
20 and over.....	26	(1.3)	5662	307 (2.9)	27 (1.3)	334 (2.8)	1288	332 (7.9)	104 (5.0)	437 (9.9)	298 (3.6)					
2 and over...	22	(1.0)	8930	290 (2.0)	21 (1.0)	311 (2.1)	1528	324 (7.2)	97 (4.8)	421 (9.0)	280 (2.7)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement iron ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																
2 - 19.....	5	(1.0)	1422	13.7 (0.40)	1.1 (0.30)	14.8 (0.52)	62	13.5 (1.26)	22.6 (2.68)	36.1 (2.76)	13.7 (0.40)					
20 and over.....	11	(1.4)	1720	14.4 (0.30)	2.7 (0.35)	17.1 (0.43)	181	13.5 (0.54)	23.6 (1.82)	37.1 (1.78)	14.5 (0.33)					
2 and over...	9	(1.0)	3142	14.2 (0.24)	2.2 (0.26)	16.3 (0.36)	243	13.5 (0.53)	23.4 (1.61)	37.0 (1.53)	14.2 (0.27)					
131-185% poverty:																
2 - 19.....	8	(3.4)	399	13.1 (0.49)	1.6* (0.60)	14.7 (0.52)		--	--	--	13.4 (0.42)					
20 and over.....	13	(1.5)	728	14.0 (0.45)	3.5 (0.53)	17.5 (0.69)	95	14.8 (1.14)	27.4 (3.66)	42.1 (3.54)	13.8 (0.44)					
2 and over...	12	(1.5)	1127	13.7 (0.33)	3.0 (0.43)	16.7 (0.51)	121	13.9 (1.00)	25.9 (3.04)	39.8 (3.04)	13.7 (0.34)					
Over 185% poverty:																
2 - 19.....	10	(1.7)	1169	14.0 (0.39)	1.7 (0.34)	15.6 (0.45)	98	14.3 (1.06)	17.3 (1.07)	31.6 (1.86)	13.9 (0.41)					
20 and over.....	19	(1.1)	2694	15.7 (0.26)	4.0 (0.35)	19.7 (0.48)	455	16.7 (0.79)	21.3 (1.09)	38.1 (1.58)	15.5 (0.26)					
2 and over...	17	(0.9)	3863	15.3 (0.18)	3.5 (0.26)	18.8 (0.39)	553	16.4 (0.71)	20.8 (0.91)	37.3 (1.33)	15.1 (0.19)					
All Individuals¹⁰:																
2 - 19.....	8	(1.0)	3268	13.8 (0.25)	1.5 (0.23)	15.3 (0.31)	205	13.4 (0.98)	18.5 (1.07)	31.9 (1.63)	13.9 (0.24)					
20 and over.....	16	(0.8)	5662	15.3 (0.15)	3.6 (0.25)	18.9 (0.27)	802	16.0 (0.54)	21.9 (0.91)	37.9 (1.21)	15.1 (0.18)					
2 and over...	14	(0.6)	8930	14.9 (0.10)	3.1 (0.18)	17.9 (0.20)	1007	15.6 (0.51)	21.4 (0.75)	37.1 (1.01)	14.8 (0.11)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement zinc ⁹ % (SE)		Z i n c												
			All Individuals ⁶						Supplement Users ⁷				Non-users ⁸		
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)				
Under 131% poverty:															
2 - 19.....	10	(1.3)	1422	10.4 (0.25)	0.9 (0.19)	11.3 (0.28)	130	10.1 (0.66)	9.1 (1.24)	19.1 (1.27)	10.5 (0.30)				
20 and over.....	15	(1.4)	1720	11.2 (0.25)	2.5 (0.36)	13.7 (0.48)	244	10.6 (0.48)	16.8 (1.39)	27.4 (1.41)	11.3 (0.32)				
2 and over...	13	(1.2)	3142	11.0 (0.20)	2.0 (0.26)	12.9 (0.37)	374	10.5 (0.43)	14.9 (1.15)	25.4 (1.25)	11.0 (0.26)				
131-185% poverty:															
2 - 19.....	14	(3.0)	399	9.6 (0.23)	1.1* (0.40)	10.7 (0.54)		--	--	--	9.7 (0.27)				
20 and over.....	17	(2.2)	728	11.2 (0.42)	3.1 (0.38)	14.3 (0.73)	127	13.5 (1.68)	18.2 (1.55)	31.7 (1.76)	10.8 (0.43)				
2 and over...	16	(1.9)	1127	10.8 (0.33)	2.6 (0.30)	13.4 (0.57)	173	12.3 (1.41)	15.8 (1.13)	28.1 (1.53)	10.5 (0.35)				
Over 185% poverty:															
2 - 19.....	18	(1.7)	1169	10.3 (0.24)	1.5 (0.20)	11.9 (0.33)	213	10.0 (0.30)	8.2 (0.79)	18.2 (0.86)	10.4 (0.28)				
20 and over.....	31	(1.7)	2694	12.4 (0.21)	4.8 (0.29)	17.2 (0.38)	798	13.2 (0.52)	15.5 (0.56)	28.7 (0.74)	12.0 (0.20)				
2 and over...	28	(1.5)	3863	12.0 (0.15)	4.1 (0.20)	16.1 (0.27)	1011	12.7 (0.47)	14.5 (0.47)	27.2 (0.69)	11.6 (0.15)				
All Individuals¹⁰:															
2 - 19.....	15	(1.1)	3268	10.3 (0.14)	1.3 (0.11)	11.6 (0.19)	421	9.9 (0.23)	8.6 (0.50)	18.5 (0.57)	10.4 (0.17)				
20 and over.....	26	(1.3)	5662	12.0 (0.16)	4.1 (0.20)	16.0 (0.27)	1280	12.8 (0.43)	15.8 (0.46)	28.6 (0.52)	11.7 (0.18)				
2 and over...	23	(1.1)	8930	11.5 (0.12)	3.4 (0.14)	14.9 (0.20)	1701	12.3 (0.37)	14.6 (0.40)	26.9 (0.48)	11.3 (0.13)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement copper ⁹ % (SE)		C o p p e r											
			All Individuals ⁶						Supplement Users ⁷				Non-users ⁸	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
Under 131% poverty:														
2 - 19.....	5	(1.0)	1422	0.9 (0.02)	0.1 (0.03)	1.1 (0.03)								0.9 (0.02)
20 and over.....	12	(0.9)	1720	1.2 (0.02)	0.2 (0.03)	1.4 (0.04)	211	1.2 (0.04)	1.4 (0.19)	2.6 (0.19)				1.2 (0.03)
2 and over...	10	(0.8)	3142	1.1 (0.02)	0.2 (0.02)	1.3 (0.03)	272	1.2 (0.04)	1.5 (0.16)	2.7 (0.17)				1.1 (0.02)
131-185% poverty:														
2 - 19.....	8	(3.5)	399	0.9 (0.02)	0.2* (0.07)	1.1 (0.08)								0.9 (0.03)
20 and over.....	16	(2.1)	728	1.3 (0.06)	0.2 (0.03)	1.5 (0.09)	118	1.7 (0.21)	1.3 (0.11)	2.9 (0.28)				1.2 (0.05)
2 and over...	14	(2.0)	1127	1.2 (0.04)	0.2 (0.03)	1.4 (0.07)	142	1.6 (0.19)	1.4 (0.10)	2.9 (0.23)				1.1 (0.04)
Over 185% poverty:														
2 - 19.....	9	(1.6)	1169	1.0 (0.03)	0.2 (0.03)	1.2 (0.03)	102	1.1 (0.06)	1.8 (0.07)	2.9 (0.09)				1.0 (0.03)
20 and over.....	29	(1.8)	2694	1.4 (0.02)	0.4 (0.03)	1.7 (0.03)	742	1.5 (0.04)	1.3 (0.06)	2.8 (0.07)				1.3 (0.02)
2 and over...	25	(1.4)	3863	1.3 (0.02)	0.3 (0.02)	1.6 (0.03)	844	1.5 (0.04)	1.3 (0.05)	2.8 (0.07)				1.2 (0.02)
All Individuals¹⁰:														
2 - 19.....	8	(0.8)	3268	1.0 (0.02)	0.1 (0.02)	1.2 (0.02)	207	1.1 (0.05)	1.9 (0.05)	3.0 (0.05)				1.0 (0.02)
20 and over.....	24	(1.3)	5662	1.3 (0.01)	0.3 (0.02)	1.6 (0.02)	1171	1.5 (0.03)	1.3 (0.05)	2.8 (0.05)				1.3 (0.01)
2 and over...	20	(1.0)	8930	1.2 (0.01)	0.3 (0.01)	1.5 (0.02)	1378	1.4 (0.03)	1.3 (0.04)	2.8 (0.05)				1.2 (0.01)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement sodium ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																
2 - 19.....	4	(0.9)	1422	3100 (48.6)	1	(0.1)	3101 (48.5)		--	--	--		3105	(46.4)		
20 and over.....	2	(0.5)	1720	3465 (49.3)	1*	(0.2)	3466 (49.3)		--	--	--		3471	(50.2)		
2 and over...	3	(0.5)	3142	3342 (40.0)	1	(0.2)	3342 (40.0)	102	3089 (156.7)	23	(3.6)	3112 (157.2)	3349	(39.5)		
131-185% poverty:																
2 - 19.....	8	(3.7)	399	2794 (97.4)	1*	(0.4)	2795 (97.7)		--	--	--		2813	(115.0)		
20 and over.....	4	(0.9)	728	3340 (79.4)	2*	(0.7)	3342 (79.5)		--	--	--		3312	(83.7)		
2 and over...	5	(1.2)	1127	3197 (59.0)	1*	(0.5)	3198 (59.1)		--	--	--		3185	(68.5)		
Over 185% poverty:																
2 - 19.....	8	(1.6)	1169	3120 (92.5)	1	(0.2)	3121 (92.5)	79	2668 (265.7)	11	(0.7)	2678 (265.6)	3157	(99.9)		
20 and over.....	6	(0.8)	2694	3691 (38.0)	2	(0.4)	3693 (38.2)	157	3476 (243.2)	38	(5.1)	3514 (245.5)	3705	(36.4)		
2 and over...	6	(0.8)	3863	3569 (27.5)	2	(0.3)	3571 (27.7)	236	3272 (213.5)	31	(4.0)	3303 (215.9)	3589	(26.1)		
All Individuals¹⁰:																
2 - 19.....	6	(0.9)	3268	3088 (58.6)	1	(0.1)	3089 (58.6)	175	2748 (189.4)	11	(0.6)	2759 (189.3)	3111	(61.4)		
20 and over.....	5	(0.5)	5662	3593 (31.6)	2	(0.3)	3595 (31.7)	256	3444 (187.3)	39	(3.7)	3482 (189.0)	3601	(34.7)		
2 and over...	6	(0.4)	8930	3464 (20.7)	2	(0.2)	3466 (20.7)	431	3237 (156.7)	31	(3.1)	3268 (158.7)	3477	(23.8)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting potassium ⁹ % (SE)		P o t a s s i u m						Supplement Users ⁷		Non-users ⁸	
			All Individuals ⁶									
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
Under 131% poverty:												
2 - 19.....	1*	(0.5)	1422	2216 (43.6)	1*	(0.7)	2217 (43.5)	--	--	--	2215 (43.6)	
20 and over.....	10	(1.1)	1720	2563 (42.4)	10	(2.3)	2573 (42.9)	166	2772 (76.3)	102 (18.9)	2874 (80.6)	2540 (41.3)
2 and over...	7	(0.8)	3142	2446 (31.2)	7	(1.5)	2453 (31.4)	174	2746 (71.8)	102 (17.9)	2849 (76.6)	2423 (30.9)
131-185% poverty:												
2 - 19.....	1*	(0.3)	399	2093 (44.7)	#		2094 (44.7)	--	--	--	2086 (43.7)	
20 and over.....	14	(1.7)	728	2630 (94.7)	14	(1.8)	2644 (95.5)	102	3281 (313.5)	95 (6.5)	3376 (314.0)	2523 (92.7)
2 and over...	11	(1.2)	1127	2489 (65.2)	10	(1.3)	2499 (65.8)	106	3283 (308.8)	95 (6.4)	3378 (309.2)	2395 (62.4)
Over 185% poverty:												
2 - 19.....	2	(0.6)	1169	2251 (48.4)	1*	(0.5)	2252 (48.7)	--	--	--	2246 (47.9)	
20 and over.....	24	(1.4)	2694	2872 (33.5)	23	(1.5)	2895 (33.9)	618	3122 (81.3)	96 (5.0)	3217 (82.1)	2796 (38.0)
2 and over...	19	(1.0)	3863	2739 (30.4)	18	(1.2)	2757 (30.8)	638	3108 (80.2)	95 (5.1)	3203 (81.2)	2653 (34.1)
All Individuals¹⁰:												
2 - 19.....	2	(0.5)	3268	2234 (33.4)	1*	(0.5)	2235 (33.7)	--	--	--	2228 (32.5)	
20 and over.....	19	(1.1)	5662	2781 (24.5)	18	(1.3)	2799 (24.6)	970	3074 (74.7)	96 (3.6)	3170 (75.6)	2710 (31.0)
2 and over...	15	(0.8)	8930	2642 (18.8)	14	(1.0)	2656 (18.9)	1005	3060 (72.9)	95 (3.5)	3155 (73.8)	2569 (25.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2009-2010 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting selenium ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	
Under 131% poverty:															
2 - 19.....	2	(0.7)	1422	95.4 (2.11)	1.3* (0.61)	96.7 (2.24)								95.1 (2.19)	
20 and over.....	11	(0.8)	1720	108.0 (2.68)	7.4 (0.92)	115.4 (2.90)	206	104.5 (6.75)	64.4 (6.64)	169.0 (8.62)			108.5 (2.81)		
2 and over...	8	(0.6)	3142	103.8 (2.05)	5.3 (0.71)	109.1 (2.26)	217	105.1 (5.70)	65.4 (6.28)	170.5 (8.03)			103.6 (2.13)		
131-185% poverty:															
2 - 19.....	1*	(0.3)	399	80.4 (2.67)	0.6* (0.31)	81.0 (2.65)							79.9 (2.70)		
20 and over.....	15	(2.2)	728	105.7 (3.61)	10.5 (1.88)	116.2 (4.91)	113	133.3 (12.15)	67.8 (5.67)	201.1 (15.68)			100.7 (3.97)		
2 and over...	12	(1.6)	1127	99.1 (2.83)	7.9 (1.38)	106.9 (3.73)	117	133.8 (12.11)	68.2 (5.58)	202.0 (15.60)			94.5 (3.04)		
Over 185% poverty:															
2 - 19.....	3	(1.0)	1169	97.3 (2.70)	1.7* (0.63)	99.0 (2.93)							97.1 (2.61)		
20 and over.....	28	(1.7)	2694	115.8 (1.56)	20.3 (1.07)	136.1 (1.16)	728	113.2 (3.72)	71.4 (2.59)	184.5 (4.68)			116.9 (1.42)		
2 and over...	23	(1.2)	3863	111.9 (1.09)	16.3 (0.77)	128.2 (1.00)	762	112.9 (3.68)	70.8 (2.42)	183.7 (4.54)			111.5 (1.06)		
All Individuals¹⁰:															
2 - 19.....	3	(0.8)	3268	95.3 (1.74)	1.5* (0.55)	96.9 (2.04)							94.9 (1.61)		
20 and over.....	23	(1.3)	5662	113.0 (1.45)	16.0 (0.68)	128.9 (1.12)	1142	113.5 (3.21)	69.4 (2.23)	182.9 (3.53)			112.8 (1.43)		
2 and over...	18	(0.9)	8930	108.5 (1.05)	12.3 (0.53)	120.8 (0.94)	1197	113.4 (2.99)	69.0 (2.08)	182.4 (3.25)			107.4 (1.09)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting a supplement intake: 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 2.04.

Indicates a non-zero value too small to report.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF).

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 Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.

Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.

Folate (DFE): μg dietary folate equivalents = μg food folate + $(1.7 \times \mu\text{g}$ folic acid).

Vitamin D: $1 \mu\text{g} = 40$ International Units (IU).

Calcium and Magnesium: supplement intake includes non-prescription antacids.

³ **Food intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011). Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0.

⁴ **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_F) of NHANES 2009-2010. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2009-2010/DS1TOT_F.htm.

⁵ Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

⁶ **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females and breast-fed children were excluded.

⁷ **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

⁸ **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

⁹ The weighted percentage of respondents in the income/age group who reported taking at least one multi- and/or single- nutrient supplement containing this nutrient.

¹⁰ Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

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