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Vital and Health Statistics

Series 11, Number 245

July 2002

# Dietary Intake of Macronutrients, Micronutrients, and Other Dietary Constituents: United States, 1988–94

DEPARTMENT OF HEALTH AND HUMAN SERVICES

Centers for Disease Control and Prevention • National Center for Health Statistics

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# Vital and Health Statistics

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Series 11, Number 245

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Data From the National Health  
Examination Survey, the National  
Health and Nutrition Examination  
Surveys, and the Hispanic Health  
and Nutrition Examination Survey

DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Centers for Disease Control and Prevention  
National Center for Health Statistics

Hyattsville, Maryland  
July 2002  
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## Abstract

### Objectives

This report presents national estimates of dietary intakes of macronutrients, micronutrients, and other dietary constituents for persons 2 months and older, by sociodemographic variables.

### Methods

The third National Health and Nutrition Examination Survey (NHANES III) (1988–94), the source of these data, was designed to provide information on the health and nutritional status of the civilian noninstitutionalized U.S. population. The analytic sample for these analyses included 29,105 participants with complete and reliable dietary recalls.

### Results

This report provides mean, median, and standard error of the mean dietary intake data for the U.S. population, 1988–94. Dietary intake estimates were derived from NHANES III 24-hour recall data. Foods reported during the survey were coded using the U.S. Department of Agriculture (USDA) Survey Nutrient Database (SNDB) and the University of Minnesota Nutrition Coordinating Center (NCC) data. Food composition values for macronutrients, vitamins, minerals, and other food components are based on SNDB and NCC data.

### Conclusions

Data on nutrient intakes are a crucial piece of information toward the determination of total dietary intake. Together with anthropometric and laboratory data, information on nutrient intake can be used to assess nutritional status and elucidate the relationship between nutrition and health.

**Keywords:** *nutrient intake • 24-hour dietary recall • NHANES III • nutritional status*

# Dietary Intake of Macronutrients, Micronutrients, and Other Dietary Constituents: United States 1988–94

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## Introduction

Dietary guidance, food fortification policy, nutrition intervention and evaluation programs, and national nutrition and health policy objectives targeting the American diet require dietary intake data. The link between food and health has been well documented by numerous studies and reports describing the impact of dietary intake on disease prevention and health promotion (1–4). This report on the macronutrient and micronutrient consumption of Americans, including fats, carbohydrates, protein, minerals, vitamins, dietary fiber and other components, is based on information collected from 1988–94 in the third National Health and Nutrition Examination Survey (NHANES III). The survey was conducted by the National Center for Health Statistics (NCHS), Centers for Disease Control and Prevention (CDC).

As a cornerstone of the National Nutrition Monitoring and Related Research Program, the National Health and Nutrition Examination Surveys

(NHANES) are an important source of periodic information on the dietary, nutritional, and health status of the civilian noninstitutionalized U.S. population (5–9). NHANES data play a unique role in nutrition monitoring and epidemiologic research, combining personal dietary interviews with standardized health examinations (8–10). The survey program began in 1960 with three surveys of health status, which were called the National Health Examination Surveys (NHES) (11–13). In 1970, an expanded nutrition component was added to provide data with which to assess nutritional status and dietary practices, and the name was changed to the National Health and Nutrition Examination Survey (14–16). A special survey of three Hispanic subgroups living in the United States was conducted during 1982–1984 (17). The NHANES III is the seventh and most recently completed NHANES.

Although nutrient intake information for numerous nutrients has been reported in the past, this report provides data for the full 6 years of the survey and includes updated national reference data for total vitamin A,

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retinol, and total carotenes, as well as information on nutrients and food constituents not previously reported: individual carotenoids, trans fatty acids, 3-methylhistidine, and vitamin K. The nutrient intakes in this file include nutrients from foods and beverages reported in the 24-hour dietary recall, but not those obtained from other sources (i.e., nutritional supplements, antacids, medications, salt and seasonings added to prepared foods at the table, and plain drinking water).

## Methods

### Source of Data and Survey Design

NHANES III used a stratified, multistage design to provide a representative probability sample of the civilian noninstitutionalized population ages 2 months and older of the United States. The survey was conducted from October 1988 through October 1994, and was designed as two 3-year phases, each constituting a national probability sample. The 6-year sample, also a national probability sample, provides more statistically reliable estimates due to its larger size. Subgroups of the population were oversampled to allow increased precision in estimates for these groups, including black people, Mexican-Americans, children 2 months to 5 years, and persons 60 years and older. A detailed description of sample design specifications is included in the *Plan and Operation of the Third National Health and Nutrition Examination Survey, 1988–1994* (18,19).

The survey included an interview conducted in the household and an examination at a mobile examination center (MEC). Information obtained during the interview included individual characteristics such as sex, age, self-reported race and ethnicity, years of education completed, and household income. The interviewer also asked questions about selected health conditions and behaviors, including information about smoking and use of vitamin or mineral supplements. The examination

consisted of a variety of physical measurements and a phlebotomy.

The MEC examination also included an additional interview in a more private setting than the household to allow for more personal or sensitive questions. The 24-hour recall interview was conducted during the MEC exam. A detailed description of the data collection methods for the survey has been published elsewhere (20).

### Response Rates

Table A includes the response rates for the dietary component. Eighty-six percent of respondents completed the interviews and 78 percent of all sample persons completed the health and nutrition examinations. Respondents with incomplete recalls (n=586) and breastfeeding infants and children (n=300) were excluded from all analyses; 317 persons were not interviewed due to refusals, communication problems, survey operation reasons such as lack of time, or a lack of knowledge by the proxy of what the examinee ate the day before. No attempt was made to impute missing data. The analytic sample is comprised of 29,105 respondents who had complete and reliable recalls. This represents 94 percent of the examined sample (29,105/30,818) or 73 percent of all sample persons (29,105/39,695). Two individuals who fasted are included in the sample.

## Dietary Data Collection Methodology

Prior to NHANES III, 24-hour recalls were recorded on hard copy forms and manually coded by dietary interviewers. The NHANES III dietary assessment component was designed with input from experts in the fields of nutrition, public health, biostatistics, and epidemiology to meet the survey's nutrition monitoring and nutrition research objectives (10,18,21,22). The 24-hour recall method was selected for use in NHANES III to estimate detailed quantitative nutrient intake for the population and various subgroups and to study diet-health relationships (8–10,21,22). In 1988, NCHS contracted with the University of Minnesota's Nutrition Coordinating Center (NCC) to develop an automated, interactive dietary interview and coding system called the NHANES III Dietary Data Collection (DDC) system (23–25). NCHS, the National Heart, Lung and Blood Institute of the National Institutes of Health, and the Food and Drug Administration funded the development of the DDC system. The DDC system features include a standardized interview format and automated probes to obtain detailed information about foods such as brand names, food preparation methods, and ingredients used in food preparation, particularly ingredients that contribute fat and sodium.

**Table A. Survey response rates for the 24-hour dietary recall component: NHANES III, 1988–94**

Response category	Number	Response rate	
		Component	Survey
Total number of sample persons . . . . .	39,695	...	100
Interviewed sample persons . . . . .	33,994	...	86
Examined sample persons . . . . .	30,818	100	78
24-hour dietary recall			
Total interviewed . . . . .	30,501	99	77
Reliable . . . . .	29,991	97	76
Complete . . . . .	29,105	94	73
Nursing infant/child . . . . .	300	1	...
Incomplete . . . . .	586	2	...
Unreliable . . . . .	184	( <sup>1</sup> )	...
Computer malfunction . . . . .	326	( <sup>1</sup> )	...
Total not interviewed . . . . .	317		

... Category not applicable.

<sup>1</sup>Less than 1 percent.

This report provides data for the U.S. population's intake of macronutrients (the primary contributors to energy intake, which include total carbohydrate, total fat, protein, and alcohol) and minerals, vitamins, dietary fiber, and other food components for persons 2 months of age and over. Daily dietary estimates are reported by age and gender for the total population for three race-ethnic groups: non-Hispanic white, non-Hispanic black, and Mexican American, and by income status.

Respondents reported all foods and beverages consumed, except plain drinking water, over the previous 24-hour time period (midnight to midnight). Foods and beverages were quantified using food specific units (e.g., a large-size egg or medium-size apple), abstract food models, shape charts, and measurement aids such as rulers and household measuring cups and spoons.

Dietary interviews were conducted in English (84 percent), Spanish (13 percent), and English/Spanish or other languages (1 percent). The NHANES III Dietary Interviewer's Training Manual provides details for all aspects of the 24-hour recall protocol (20). Dietary interviewers were required to have a college degree in foods and nutrition. A majority of the interviewers were bilingual in English and Spanish.

During the survey, approximately 67 percent of all dietary interviews were completed by the respondent, 28 percent by a proxy respondent, and 3 percent by the respondent and a proxy. Proxy respondents were utilized for infants and children 2 months–5 years and for other respondents who were unable to report on their own. Children 6–11 years of age were permitted to report their own food intake; some interviews in this age group were completed by a proxy or a combination of the child and a proxy. Data retrieval with daycare providers and schools was conducted as necessary to obtain complete intakes for infants and children. All 24-hour recall interviews were conducted in the mobile examination centers (MEC's); the examination schedules included all days of the week. The distribution of day of the week for the 24-hour period (midnight to midnight) in which the

examinee consumed the foods and beverages reported in the 24-hour recall was: Sunday, 9 percent; Monday, 9 percent; Tuesday, 10 percent; Wednesday, 19 percent; Thursday, 18 percent; Friday, 25 percent; and Saturday, 10 percent.

## Nutrient Composition Databases

Nutrient composition databases provide detailed information about nutrients and other constituents in food. The U.S. Department of Agriculture (USDA) Nutrient Data Laboratory (NDL) is responsible for providing information on the nutrient content of foods consumed in the United States. NDL develops and maintains a number of different databases including the USDA Nutrient Database for Standard Reference (SR) and the Primary Data Set for USDA Nationwide Food Surveys (PDS). SR and PDS nutrient data are the core data for many domestic and foreign databases, including commercial databases such as the University of Minnesota's Nutrition Coordinating Center (NCC) database. The PDS contains nutrient values for over 3,150 food items including all ingredient items used in USDA survey recipe calculations. The PDS is used to develop the Survey Nutrient Database (SNDB) for the USDA Continuing Survey of Food Intakes by Individuals (CFSII).

The SNDB files have been the primary food and nutrient data source for NHANES since 1982. USDA provided two nutrient composition data files to NCHS (28); separate USDA nutrient composition data files were used to process the NHANES III Phase 1 (1988–91) and Phase 2 (1991–94) dietary data. Each USDA file contained food composition values for approximately 30 nutrients that were appropriate for the time period during which the NHANES III data were collected. NCHS also used data compiled by the University of Minnesota, Nutrition Coordinating Center (NCC), to process the NHANES III dietary files (29). The linkage to the NCC database system made it possible

for NCHS to produce nutrient intake estimates for more than 80 different nutrients and food components. The NCC database included individual sugars and fatty acids, artificial sweeteners, vitamin D, caffeine, and many other food constituents that were not available in the USDA database at the time the NHANES III data were processed. Additionally, NCC maintains an extensive database of commercial food products including commercial table fats and oils, commercial entrees, frozen meals, and baked goods. Specific nutrient data for commercial food products made it possible to report brand names for many commercial food products reported in NHANES III.

The linkages to the USDA and NCC database systems required extensive work on the part of NCC and USDA staff. During the NHANES III data preparation process, two versions of the NHANES III data files were produced. NCC developed the NHANES III code generator program. The code generator program processes the survey interview data and assigns food codes (USDA and NCC) and gram weights to foods reported in the survey. The survey interview data files were processed using the USDA and NCC versions of the code generator program. For example, the NCC version produced NCC food codes and food gram weights; the NCC food codes linked to the NCC food composition database (29). Similarly, the USDA versions of the database files were produced using the USDA version of the code generator program; the output from the code generator was merged with the USDA nutrient composition databases used in NHANES III (28).

One feature of the NCC version of the NHANES III code generator output is that NHANES III data can be processed using updated versions of the NCC database. Updated versions of the NCC nutrient composition database were provided by NCC after the NHANES III public release data files were released in 1997 and 1998 (26,27). NCHS used NCC database version 28 to produce intake estimates for vitamin K and 3-methylhistidine; NCC database version 30 was used to produce revised intake estimates for vitamin A, retinol,

and carotenes expressed as beta carotene equivalents, as well as new information on trans fatty acids and individual carotenoids.

## Data Editing

NCHS staff reviewed and edited the dietary interview data files. Editing guidelines were developed by NCHS staff in consultation with USDA and NCC staff and other knowledgeable sources, and NCHS staff prepared guidelines to document data editing decisions (30). Dietary interviewers coded the quality of all 24-hour recall interviews as “reliable,” “unreliable,” “refusal,” or “not interviewed” (20). If the respondent made a reasonable effort to complete the 24-hour recall, it was considered to be reliable. On the other hand, if the respondent was confused or had extraordinary difficulty recalling foods and beverages consumed the day before, the recall was coded “unreliable.” A “reliable” recall may result in unusually high or low intakes for various nutrients. For example, a 12–15-year-old non-Hispanic white male consumed a large quantity of a highly fortified cereal resulting in an extremely high intake value for vitamin E and some other nutrients. Data for this person are included in the reference tables shown in this report because the recall data were determined to be correct and “reliable.” There may be situations where it would be appropriate to exclude this or other outliers because of the effect it would have on the overall analysis and conclusions, especially when sample sizes are small.

## Quality Control and Analytic Issues

A number of quality-control monitoring techniques were employed during the survey. The techniques for monitoring the dietary interview component included observations of actual dietary interviews and reviews of audiotaped interviews by NCHS and contractor staff. In addition, the dietary interviewers worked in two-person teams; there was one team in each MEC. The dietary interviewers

performed 10-percent cross-check reviews of their partners’ work using printed recall reports. Finally, newsletters, field memoranda, telephone calls, and staff retraining sessions were other methods used to maintain quality control during the survey. Refer to the NHANES III Dietary Interviewer’s Training Manual for the dietary interview protocol (20).

The nutrient data reported in this report are based on data collected on over 445,000 foods reported by NHANES participants between 1988 and 1994. Shortly after the tables for this report were produced, NCHS was informed of a problem with 50 of the NHANES III food records. The problem resulted from a data base error for a particular type of danish pastry. Incorrect nutrient values for the pastry were generated for the NCC version of the nutrient intakes file; the USDA database nutrient values were not affected. NCC nutrients for the 50 food records were recalculated. It was not feasible to run the nutrient and food constituent tables again for this report.

NCHS evaluated the impact of the erroneous records by comparing the mean intakes with and without the incorrect pastry data. The results showed that the nutrient intakes of males in the 40–49 year age group were most affected. However, the impact of the erroneous records on mean intakes of energy, fat, folate, and iron were not statistically significant. Furthermore, the comparative analysis did not alter the interpretation of the data in this report. NCHS will provide NHANES data users with a correction file for future NHANES III analyses via the NCHS/NHANES Web site.

## Demographic Terms

In this report, age is defined as age in years at the time of the household interview. Age in years was defined as the integer referring to age at last birthday. For example, all children 10.00–10.99 would be defined as 10 years old. Information on self-reported race and ethnicity was used to classify persons as non-Hispanic white, non-Hispanic black, Mexican American, or other race-ethnic group. Separate estimates are presented for non-Hispanic

white, non-Hispanic black, and Mexican American only categories. Participants of other race-ethnic groups are included in the total or “all race-ethnic groups” category because there were not enough of them to allow reliable estimates. The categories of age and race-ethnicity used for the tables in this report are based on the sample design subdomains and are those recommended for improved precision of estimates in the *NHANES III Analytic Guidelines* in the section titled “Key Variables for Analysis” (19). Poverty status was defined using the poverty income ratio (PIR) and categorized as below poverty level (PIR less than 1.30) and at or above poverty level (PIR of 1.30 or more). Poverty income ratio is a calculated variable based on income and family size using tables published each year by the U.S. Bureau of the Census (31). This variable has been adjusted to account for inflation and other factors. However, the manner in which it is calculated has changed slightly over time. The cutoff point selected is consistent with that used to determine eligibility for the Food Stamp Program.

## Statistical Methodology

Population means, medians, and standard errors of the mean (SEM’s) for nutrient intakes based on 1-day 24-hour dietary recall data are presented in this report. Standard errors of the mean were computed using SUDAAN, a program that takes into account the sampling weights and complex sample design for calculating variance estimates (32). Sample weights are used to produce accurate population estimates because each sample person does not have the same probability of selection. The sample weights incorporate the differential probabilities of selection and include adjustments for oversampling of certain populations, noncoverage, and nonresponse. Sample weights for the six-year sample are used to produce estimates for all nutrients in the file.

Some nutrient estimates are, by their nature, very skewed (for example, alcohol, copper, iron, zinc, vitamin A, carotenes, vitamin B<sub>12</sub>, and vitamin E). This is because food and nutrient intakes varies from day to day.

Consumption of certain nutrients may be very high or very low for some individuals on a specific day, which influences population distributions. For non-normally distributed variables, the means and standard errors of the means for such variables, which assume normality, should be used and interpreted with caution.

Reliability of an estimated mean or median also depends on the coefficient of variation or relative standard error (RSE), defined as the ratio of the standard error of the estimate to the estimate times 100. The larger the RSE of the estimate, the less reliable the estimate. In this report, estimates with an RSE greater than 25 percent are deemed unreliable. An asterisk on certain estimates denotes data that are not presented because criteria for reliability or precision for reporting were not met. The use of these criteria follow recommendations described in the *NHANES III Analytic Guidelines* in the appendix titled “The Joint Policy on Variance Estimation and Statistical Reporting Standards on NHANES III and CSFII Reports: HNIS/NCHS Analytic Working Group Recommendations” (19).

## Results

The data tables provided in this report were produced using food composition data from the USDA and NCC databases. All of the nutrients reported in the USDA database were included in the NCC database. In general, the nutrient intake estimates derived from USDA and NCC databases were similar. An explanation for this observation is provided. First, a high percent of the NCC nutrient composition data are based on USDA food composition data. For example the nutrient composition data for many basic (termed “elemental”) foods such as flour, sugar, eggs, fresh fruits and vegetables, and milk are similar in the USDA and NCC databases. Second, there is comparability in the USDA and NCC versions of the databases used to process NHANES III data. NCC database nutritionists assigned USDA

food codes to the foods found in the NCC database using the same database decision-making process used to develop the NCC database using NCC food codes. When the NCC database was linked to the USDA database, essentially a “USDA version” of the NCC database was produced; NCC database coding methods were adapted so that USDA food codes could be assigned to foods and recipe ingredients. The end result is that food formulation nutrient profiles were similar, regardless of the database version. There are a few exceptions to this rule and these reflect true differences in the database management processes used by NCC and USDA. However, the impact of these differences was small in terms of their impact on the NHANES III data reports. A more detailed description of the database linkage is provided in the NHANES III foods files CD-ROM documentation (27).

Tables 1–66 include national reference estimates of intakes of energy, macronutrients, vitamins, minerals, and other substances reported for persons 2 months of age and older using the USDA Survey Nutrient Database (SNDB). Tables 67–148 include those nutrients and other substances for which data from the University of Minnesota’s Nutrition Coordinating Center (NCC) were used.

In preparing this report, when estimates could be produced with USDA data, only estimates based on USDA data are reported. When only the NCC database provided information, estimates based on NCC data were included in this report. One exception is dietary fat data. There are small differences amounting to one or two grams (or less) in the mean fat intake estimates derived from the USDA and NCC databases. Intake estimates derived using the USDA database are typically lower than the estimates produced using the NCC database. The differences in the estimates reflect differences in the fat composition data for dietary fat sources, recipe differences, and coding decisions that were made to link and/or map foods to the databases. Selected dietary intake findings NHANES III, 1988–94 values for means, standard errors of the means (SEM), and medians are reported by age

and gender for the total population and for three race/ethnicity groups: non-Hispanic white, non-Hispanic black, and Mexican American. They are also reported by income (using Food Stamp Program income cutoff points.)

## Discussion

The NHANES III, 1988–94 data updates NHANES II health and nutrition data that were collected between 1976–80. In NHANES I and NHANES II, data were collected for individuals ages 6 months to 74 years. NHANES III included people ages 2 months and older (i.e., with no upper age limit). For the first time, NHANES data are available for young infants and the very elderly. The data reported here reflect changes in food consumption patterns that have occurred since NHANES I and NHANES II as well as changes in dietary survey methodology, survey food coding, and nutrient composition database changes. All of these complex factors should be considered when comparing data between two surveys. A brief summary of the methodological and database issues follows.

NHANES I and NHANES II 24-hour recalls were collected on paper copy forms and manually coded by the dietary interviewers whereas NHANES III utilized an automated interview and coding system. The automated system provided a standardized interview format and automated food probes. Food coding was automated. This made the interviewer’s work less tedious and provided an expanded capability to record more detailed information about foods consumed. The NHANES III foods database was much larger and more diverse than the databases used in previous NHANES. The DDC System database included over 8,000 foods and 3,000 commercial products. Detailed probes for recipe ingredients, preparation ingredients such as fat and salt, and ethnic foods provided a more comprehensive and complete list of foods consumed by respondents. Rigorous database quality-control procedures were maintained by USDA

and NCC throughout the survey. Nutrient data for foods were evaluated systematically; new recipes were developed and added to the databases, including recipes for many Mexican American foods; and new food weight and volume data were incorporated into the USDA and NCC databases. Additionally, significant improvements were made to the commercial foods data to reflect the changing market. Hundreds of foods having reduced fat, sodium, and sugar content were added to the USDA and NCC databases used for NHANES III analysis (28,29).

Significant nutrient composition database changes occurred after NHANES II was completed. For example, in 1989, the cholesterol content of whole eggs was reduced by 22 percent due to updated nutrient composition data (33). Other changes in the database due to changes in the types of fats and oils used to formulate many foods, particularly commercial baked goods, resulted in lower saturated fat and cholesterol content for commonly consumed foods. The survey recipe files were changed following a recommendation by the salt industry to change the weight of table salt, a common recipe ingredient, from 5.5 grams to 6 grams per teaspoon. The nutrient composition databases used to process the NHANES III data reflect changes in the marketplace and in the nutrient composition databases.

After NHANES II, considerable research was completed to describe, document, and quantify food consumption underreporting in dietary surveys. Studies documented that food consumption is underreported by as much as 25 percent and occurs more often in women, overweight persons, and weight-conscious persons (34,35). The NHANES III automated interview system and the dietary interview protocol were designed to improve the completeness and accuracy of the dietary interview data. Dietary interviewer training was redesigned and expanded to provide the interviewers with the skills and knowledge to conduct bilingual interviews, probe for recipe ingredients, and assist

respondents with dietary recall and portion size estimation tasks. The multiple pass approach used in NHANES III and the use of systematic probes for foods, including foods added at the table, were designed specifically to capture complete recall data. As a final check for completeness, the respondents were asked to review a list of frequently forgotten foods. Underreporting in NHANES III was addressed as a research topic (36). Ratios of energy intake (EI) to basal metabolic rate (BMR) were calculated for adults based on previously published formulas (35). The findings suggest a more complete reporting of intake in NHANES III compared with NHANES II. Underreporting in some groups, however, particularly females and overweight adults, must be considered in interpreting dietary survey data.

Interpretation of the NHANES III nutrient intake data requires some qualifications. Because data are not age adjusted, race-ethnic comparisons used only age-specific estimates. Some nutrient estimates are, by their nature, very skewed (for example, copper, iron, zinc, vitamin A, carotenes, vitamin B<sub>12</sub>, and vitamin E). This is because food and nutrient intake varies from day to day. Consumption of certain nutrients may be very high or very low for some individuals on a specific day, which influences population distributions. For non-normally distributed variables, the means and standard errors of the means, which assume normality, should be used and interpreted with caution.

These data constitute one of the most comprehensive compilations of nutrient intake data on the U.S. population and major population subgroups. Intervention strategies aimed at reducing the prevalence of nutrition-related diseases, including designing nutrition policies and nutrition education and assistance programs, require effective monitoring of what Americans are eating. Nutrient reference data from the third National Health and Nutrition Examination Survey provide essential information to achieve these goals.

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**Table 1. Energy intake in kilocalories by sex, age, and race/ethnicity: United States, 1988-94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	2,129	15.8	1,925	10,634	2,150	18.4	1,945	8,513	2,072	17.3	1,851	8,627	2,070	15.8	1,891
2-11 months <sup>2</sup>	1,620	888	9.6	841	903	873	9.6	833	284	918	22.2	889	280	899	19.2	854
1-2 years	2,310	1,310	13.7	1,272	759	1,308	21.3	1,262	664	1,349	24.4	1,318	769	1,289	22.7	1,245
3-5 years	2,941	1,607	22.2	1,533	778	1,598	29.7	1,520	921	1,702	21.1	1,601	1,091	1,554	24.5	1,492
6-11 years	3,134	1,974	28.3	1,854	832	1,987	39.4	1,869	1,065	1,954	26.9	1,867	1,108	1,934	33.9	1,790
12-15 years	1,599	2,316	48.9	2,110	408	2,308	64.6	2,111	567	2,215	43.2	2,069	542	2,117	51.3	1,942
16-19 years	1,522	2,516	47.4	2,330	400	2,573	69.4	2,469	546	2,519	78.9	2,298	502	2,301	48.6	2,070
20-29 years	3,400	2,511	30.5	2,256	871	2,555	36.0	2,280	1,085	2,511	55.3	2,277	1,299	2,413	41.6	2,204
30-39 years	3,238	2,394	34.6	2,194	1,022	2,427	42.0	2,218	1,112	2,308	52.6	2,100	973	2,339	33.2	2,167
40-49 years	2,503	2,214	30.5	2,059	877	2,262	33.4	2,124	785	2,108	35.5	1,933	730	2,201	35.5	2,096
50-59 years	1,799	2,028	32.2	1,913	869	2,044	31.9	1,925	474	1,800	41.3	1,650	365	1,912	35.1	1,879
60-69 years	2,208	1,819	26.1	1,717	953	1,851	31.8	1,743	560	1,572	34.3	1,414	621	1,628	43.5	1,481
70-79 years	1,678	1,651	21.3	1,542	1,052	1,674	24.7	1,552	334	1,453	40.1	1,324	249	1,498	46.6	1,437
80 years and over	1,153	1,538	28.6	1,434	910	1,552	31.4	1,441	116	1,360	68.7	1,309	98	1,355	75.9	1,227
<b>Male</b>																
All ages <sup>2</sup>	13,923	2,517	22.9	2,319	5,028	2,563	25.4	2,372	4,003	2,396	26.7	2,167	4,264	2,373	26.0	2,204
2-11 months <sup>2</sup>	815	916	12.0	862	455	910	12.6	846	145	918	25.3	904	149	927	27.2	881
1-2 years	1,171	1,360	22.5	1,315	377	1,356	32.6	1,314	341	1,408	29.5	1,370	381	1,344	31.0	1,279
3-5 years	1,424	1,667	27.3	1,578	380	1,666	38.3	1,562	439	1,784	37.8	1,651	527	1,622	34.2	1,565
6-11 years	1,581	2,147	46.3	2,023	419	2,200	61.9	2,070	547	2,034	34.9	1,947	539	2,008	38.9	1,930
12-15 years	751	2,631	77.9	2,446	177	2,623	91.8	2,479	269	2,382	64.2	2,253	266	2,396	74.0	2,207
16-19 years	711	3,064	69.8	2,936	178	3,184	97.8	3,173	255	2,976	132.4	2,638	251	2,616	77.7	2,448
20-29 years	1,587	3,052	46.9	2,882	383	3,163	59.9	3,032	477	3,049	90.0	2,797	656	2,820	67.9	2,618
30-39 years	1,424	2,883	51.0	2,735	438	2,927	59.3	2,751	475	2,808	83.1	2,656	456	2,763	51.4	2,613
40-49 years	1,188	2,643	42.6	2,520	418	2,677	52.7	2,543	356	2,550	60.0	2,379	369	2,591	45.6	2,463
50-59 years	820	2,452	54.9	2,318	399	2,484	53.7	2,341	207	2,052	80.9	1,931	174	2,214	49.9	2,100
60-69 years	1,111	2,139	35.8	2,007	490	2,164	43.6	2,028	279	1,834	56.2	1,650	313	1,996	58.7	1,881
70-79 years	783	1,946	38.3	1,805	468	1,991	44.8	1,846	168	1,602	51.1	1,518	133	1,699	84.6	1,547
80 years and over	557	1,810	48.1	1,728	446	1,840	51.2	1,766	45	1,504	98.2	1,424	50	1,615	115.6	1,425
<b>Female</b>																
All ages <sup>2</sup>	15,182	1,764	11.4	1,648	5,606	1,761	14.3	1,650	4,510	1,793	12.8	1,659	4,363	1,750	15.5	1,633
2-11 months <sup>2</sup>	805	857	14.3	815	448	832	15.9	792	139	918	32.9	857	131	863	34.2	818
1-2 years	1,139	1,257	16.5	1,222	382	1,258	21.6	1,222	323	1,288	31.8	1,252	388	1,233	24.8	1,212
3-5 years	1,517	1,543	25.6	1,480	398	1,523	26.9	1,466	482	1,623	27.7	1,532	564	1,484	23.5	1,435
6-11 years	1,553	1,794	27.6	1,687	413	1,765	33.7	1,684	518	1,873	39.1	1,797	569	1,863	45.8	1,688
12-15 years	848	1,993	54.8	1,907	231	1,977	72.8	1,879	298	2,054	59.1	1,992	276	1,846	68.2	1,737
16-19 years	811	1,963	45.5	1,818	222	1,923	59.3	1,705	291	2,067	66.4	1,993	251	1,966	51.4	1,788
20-29 years	1,813	1,992	31.0	1,861	488	1,989	33.8	1,885	608	2,062	53.3	1,883	643	1,906	23.7	1,802
30-39 years	1,814	1,927	31.2	1,803	584	1,940	42.0	1,809	637	1,911	41.0	1,764	517	1,879	44.2	1,761
40-49 years	1,315	1,802	26.2	1,706	459	1,842	28.3	1,751	429	1,733	34.9	1,644	361	1,799	39.7	1,699
50-59 years	979	1,638	33.0	1,566	470	1,642	39.1	1,575	267	1,607	47.9	1,475	191	1,631	78.0	1,624
60-69 years	1,097	1,548	28.0	1,473	463	1,575	35.3	1,493	281	1,394	30.6	1,302	308	1,352	46.2	1,344
70-79 years	895	1,440	17.7	1,399	584	1,450	18.4	1,408	166	1,344	60.6	1,271	116	1,306	70.1	1,152
80 years and over	596	1,391	26.5	1,333	464	1,398	29.8	1,334	71	1,296	81.3	1,202	48	1,123	74.6	963

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.



**Table 2. Energy intake in kilocalories by sex, age, and income level: United States, 1988-94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	2,129	15.8	1,925	10,696	2,024	21.5	1,793	15,771	2,171	19.4	1,968
Under 6 years <sup>2</sup> . . . . .	6,871	1,407	14.2	1,345	3,145	1,453	23.5	1,377	3,128	1,390	19.2	1,327
6–11 years . . . . .	3,134	1,974	28.3	1,854	1,446	2,000	31.5	1,885	1,439	1,969	36.7	1,838
12–19 years . . . . .	3,121	2,415	35.8	2,206	1,345	2,329	51.2	2,099	1,470	2,449	49.0	2,236
20–59 years . . . . .	10,940	2,325	21.2	2,134	3,329	2,272	41.7	2,026	6,710	2,348	22.6	2,161
60 years and over . . . . .	5,039	1,719	17.4	1,592	1,431	1,490	35.4	1,386	3,024	1,781	18.6	1,657
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	2,517	22.9	2,319	4,929	2,350	36.7	2,129	7,770	2,575	24.8	2,379
Under 6 years <sup>2</sup> . . . . .	3,410	1,458	19.0	1,390	1,564	1,507	29.5	1,444	1,548	1,442	26.1	1,375
6–11 years . . . . .	1,581	2,147	46.3	2,023	713	2,177	56.2	2,075	746	2,156	56.9	2,039
12–19 years . . . . .	1,462	2,845	50.6	2,668	634	2,615	64.3	2,530	674	2,951	66.8	2,730
20–59 years . . . . .	5,019	2,806	30.9	2,617	1,390	2,771	63.9	2,569	3,226	2,826	30.8	2,654
60 years and over . . . . .	2,451	2,034	23.2	1,916	628	1,732	48.0	1,592	1,576	2,092	25.9	1,982
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	1,764	11.4	1,648	5,767	1,767	22.5	1,617	8,001	1,770	14.4	1,662
Under 6 years <sup>2</sup> . . . . .	3,461	1,352	15.6	1,292	1,581	1,395	32.2	1,310	1,580	1,334	20.0	1,291
6–11 years . . . . .	1,553	1,794	27.6	1,687	733	1,836	45.4	1,690	693	1,762	32.5	1,687
12–19 years . . . . .	1,659	1,978	35.7	1,866	711	2,082	80.4	1,866	796	1,926	37.4	1,840
20–59 years . . . . .	5,921	1,868	17.4	1,752	1,939	1,892	47.9	1,716	3,484	1,869	17.8	1,766
60 years and over . . . . .	2,588	1,484	17.2	1,420	803	1,370	39.8	1,268	1,448	1,514	19.3	1,444

<sup>1</sup>Includes data for unknown poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 3. Carbohydrate intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	265	2.2	240	10,634	267	2.7	242	8,513	251	2.0	227	8,627	259	2.6	239
2–11 months <sup>2</sup>	1,620	116	1.4	111	903	116	1.7	109	284	117	3.0	112	280	114	2.3	111
1–2 years	2,310	175	2.1	168	759	177	3.0	169	664	173	3.5	168	769	167	3.4	153
3–5 years	2,941	218	2.7	208	778	219	3.9	208	921	224	2.9	210	1,091	208	2.9	197
6–11 years	3,134	262	4.1	245	832	266	5.5	246	1,065	254	3.8	240	1,108	249	5.0	234
12–15 years	1,599	310	6.7	284	408	313	8.7	284	567	282	6.4	266	542	274	7.8	257
16–19 years	1,522	321	6.0	303	400	330	9.2	314	546	312	9.8	283	502	290	6.4	266
20–29 years	3,400	307	4.3	279	871	312	5.7	282	1,085	292	6.5	269	1,299	300	5.0	277
30–39 years	3,238	284	4.3	262	1,022	288	5.4	264	1,112	268	5.3	241	973	286	5.1	272
40–49 years	2,503	265	3.9	245	877	270	4.9	248	785	246	4.7	224	730	267	4.2	255
50–59 years	1,799	244	4.3	225	869	244	3.9	224	474	221	5.9	202	365	236	6.5	226
60–69 years	2,208	228	3.6	210	953	231	4.0	213	560	193	3.6	180	621	206	5.1	192
70–79 years	1,678	211	3.2	202	1,052	214	3.7	206	334	181	5.1	166	249	195	7.0	182
80 years and over	1,153	205	3.7	190	910	207	4.1	191	116	182	9.7	166	98	180	9.0	159
Male																
All ages <sup>2</sup>	13,923	308	3.1	283	5,028	313	3.6	289	4,003	285	3.1	257	4,264	292	3.6	275
2–11 months <sup>2</sup>	815	120	1.7	112	455	122	2.0	113	145	117	3.4	111	149	118	4.1	116
1–2 years	1,171	182	3.5	175	377	184	4.6	176	341	182	4.3	177	381	174	4.4	164
3–5 years	1,424	226	3.5	215	380	227	4.8	217	439	237	4.6	220	527	218	4.9	206
6–11 years	1,581	287	6.2	271	419	297	8.2	277	547	263	4.8	247	539	258	6.5	246
12–15 years	751	352	10.7	321	177	353	13.1	325	269	308	9.9	292	266	310	11.4	284
16–19 years	711	385	10.7	359	178	404	14.3	380	255	362	16.4	332	251	324	10.9	297
20–29 years	1,587	363	6.5	340	383	375	8.9	354	477	342	10.2	318	656	344	7.4	320
30–39 years	1,424	337	5.8	312	438	343	6.4	323	475	319	8.2	288	456	328	7.9	315
40–49 years	1,188	314	6.4	291	418	319	7.7	300	356	286	7.1	264	369	305	5.9	292
50–59 years	820	288	7.0	268	399	288	6.5	271	207	246	10.5	221	174	269	9.6	251
60–69 years	1,111	261	5.9	245	490	264	6.4	247	279	213	6.3	195	313	245	7.0	234
70–79 years	783	242	6.1	231	468	246	7.2	233	168	196	6.6	173	133	218	11.7	199
80 years and over	557	233	5.8	222	446	238	6.4	226	45	187	14.8	165	50	211	14.0	195
Female																
All ages <sup>2</sup>	15,182	224	1.8	210	5,606	224	2.3	210	4,510	223	1.7	207	4,363	225	2.5	214
2–11 months <sup>2</sup>	805	112	2.1	108	448	110	2.4	105	139	118	4.4	113	131	109	4.5	106
1–2 years	1,139	167	2.6	161	382	169	3.3	163	323	163	4.5	157	388	159	3.8	149
3–5 years	1,517	209	3.1	201	398	210	4.0	203	482	211	3.3	203	564	197	3.5	185
6–11 years	1,553	237	4.4	223	413	233	5.0	221	518	245	5.3	235	569	240	6.1	226
12–15 years	848	268	6.8	246	231	270	8.9	246	298	257	7.9	243	276	239	9.5	224
16–19 years	811	258	6.3	238	222	252	8.4	234	291	263	7.9	245	251	253	6.7	232
20–29 years	1,813	253	4.5	240	488	254	5.4	243	608	249	6.1	237	643	244	3.1	235
30–39 years	1,814	234	4.3	220	584	234	6.1	222	637	228	4.9	212	517	240	5.9	229
40–49 years	1,315	219	3.3	206	459	222	4.4	209	429	212	4.8	199	361	228	5.4	221
50–59 years	979	205	4.1	191	470	203	4.9	191	267	202	5.8	187	191	206	11.0	196
60–69 years	1,097	200	3.4	188	463	202	4.1	189	281	180	4.1	170	308	177	6.1	167
70–79 years	895	189	2.6	184	584	191	2.8	187	166	170	7.6	157	116	172	9.4	159
80 years and over	596	190	3.6	177	464	191	4.1	177	71	180	11.9	166	48	152	9.5	135

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 4. Carbohydrate intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	265	2.2	240	10,696	257	3.2	229	15,771	268	2.5	244
Under 6 years <sup>2</sup> . . . . .	6,871	189	2.0	179	3,145	190	3.2	178	3,128	191	2.9	182
6–11 years . . . . .	3,134	262	4.1	245	1,446	264	3.8	252	1,439	264	5.5	244
12–19 years . . . . .	3,121	316	4.5	288	1,345	301	7.5	272	1,470	322	6.2	295
20–59 years . . . . .	10,940	280	2.7	255	3,329	281	5.5	247	6,710	281	3.0	258
60 years and over . . . . .	5,039	219	2.4	205	1,431	193	4.6	175	3,024	225	2.7	212
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	308	3.1	283	4,929	291	5.2	259	7,770	314	3.4	290
Under 6 years <sup>2</sup> . . . . .	3,410	196	2.7	187	1,564	197	4.5	189	1,548	198	4.1	188
6–11 years . . . . .	1,581	287	6.2	271	713	282	7.4	269	746	292	8.0	274
12–19 years . . . . .	1,462	368	7.6	342	634	332	11.5	319	674	384	9.4	351
20–59 years . . . . .	5,019	331	3.8	306	1,390	332	8.7	295	3,226	333	4.2	310
60 years and over . . . . .	2,451	251	3.9	237	628	212	6.7	197	1,576	258	4.3	242
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	224	1.8	210	5,767	230	3.6	208	8,001	223	2.0	211
Under 6 years <sup>2</sup> . . . . .	3,461	181	2.0	173	1,581	182	4.0	173	1,580	183	3.2	175
6–11 years . . . . .	1,553	237	4.4	223	733	246	6.3	236	693	232	5.1	221
12–19 years . . . . .	1,659	263	4.8	240	711	274	11.1	245	796	257	5.7	239
20–59 years . . . . .	5,921	231	2.7	216	1,939	242	6.6	215	3,484	229	2.5	216
60 years and over . . . . .	2,588	195	2.2	185	803	184	5.1	167	1,448	197	2.3	187

<sup>1</sup>Includes data for unknown poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 5. Protein intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	79	0.7	70	10,634	78	0.8	71	8,513	77	0.7	67	8,627	79	0.6	71
2–11 months <sup>2</sup>	1,620	25	0.5	21	903	25	0.6	21	284	24	0.9	20	280	27	1.1	23
1–2 years	2,310	49	0.6	46	759	48	1.0	46	664	50	1.1	47	769	50	1.2	47
3–5 years	2,941	57	0.9	53	778	56	1.1	52	921	59	1.0	55	1,091	57	1.1	55
6–11 years	3,134	70	1.1	66	832	70	1.5	66	1,065	69	1.1	65	1,108	73	1.8	66
12–15 years	1,599	79	1.9	72	408	77	2.4	71	567	77	1.4	72	542	77	1.6	72
16–19 years	1,522	89	2.4	80	400	91	3.3	82	546	88	2.6	78	502	85	2.5	74
20–29 years	3,400	91	1.5	80	871	89	1.9	77	1,085	94	2.3	83	1,299	94	1.7	83
30–39 years	3,238	89	1.6	81	1,022	89	2.0	82	1,112	87	2.3	75	973	90	1.6	81
40–49 years	2,503	83	1.4	77	877	83	1.6	78	785	80	1.7	73	730	86	2.0	80
50–59 years	1,799	81	1.6	73	869	80	1.6	74	474	70	1.8	64	365	78	1.2	73
60–69 years	2,208	72	1.1	66	953	73	1.3	66	560	62	1.6	57	621	68	1.8	63
70–79 years	1,678	65	1.0	61	1,052	65	1.1	61	334	61	1.6	57	249	63	1.6	59
80 years and over	1,153	60	1.2	55	910	60	1.3	55	116	55	4.3	50	98	53	2.5	46
Male																
All ages <sup>2</sup>	13,923	93	1.0	85	5,028	94	1.2	85	4,003	90	1.1	78	4,264	92	1.0	83
2–11 months <sup>2</sup>	815	27	0.6	22	455	27	0.7	22	145	24	1.2	21	149	29	1.4	24
1–2 years	1,171	51	0.9	48	377	50	1.4	47	341	52	1.4	48	381	52	1.6	48
3–5 years	1,424	59	1.0	55	380	58	1.3	53	439	62	1.6	58	527	60	1.4	58
6–11 years	1,581	75	1.9	71	419	75	2.5	71	547	73	1.5	68	539	76	1.7	70
12–15 years	751	91	2.8	82	177	91	3.8	82	269	82	2.6	75	266	89	2.1	81
16–19 years	711	111	3.0	103	178	114	4.3	109	255	105	4.3	95	251	97	3.3	91
20–29 years	1,587	112	2.4	101	383	112	3.1	100	477	118	3.5	108	656	111	2.9	102
30–39 years	1,424	107	2.3	98	438	106	2.9	98	475	107	3.4	98	456	107	2.3	100
40–49 years	1,188	99	2.0	94	418	99	2.4	95	356	98	3.0	88	369	101	2.3	95
50–59 years	820	98	2.7	92	399	98	2.6	92	207	81	3.6	74	174	89	2.6	85
60–69 years	1,111	84	1.7	79	490	85	2.0	79	279	72	2.9	64	313	81	2.2	75
70–79 years	783	76	1.5	70	468	77	1.7	72	168	65	2.1	60	133	72	3.5	68
80 years and over	557	70	1.7	66	446	70	1.8	65	45	66	6.1	58	50	62	3.8	53
Female																
All ages <sup>2</sup>	15,182	65	0.5	60	5,606	64	0.6	60	4,510	65	0.5	60	4,363	66	0.8	61
2–11 months <sup>2</sup>	805	24	0.6	20	448	24	0.8	20	139	24	1.2	20	131	24	1.2	21
1–2 years	1,139	47	0.7	45	382	46	1.0	44	323	48	1.6	44	388	48	1.2	47
3–5 years	1,517	55	1.2	52	398	53	1.4	48	482	57	1.4	53	564	54	1.2	52
6–11 years	1,553	65	1.2	62	413	64	1.5	61	518	65	1.5	61	569	69	2.3	62
12–15 years	848	65	2.0	61	231	63	2.4	60	298	71	2.1	66	276	66	1.9	64
16–19 years	811	67	2.0	63	222	66	2.4	62	291	71	2.9	66	251	71	2.9	60
20–29 years	1,813	70	1.3	66	488	68	1.5	66	608	74	2.1	66	643	73	1.0	69
30–39 years	1,814	72	1.4	67	584	71	1.7	66	637	71	1.7	63	517	71	2.1	68
40–49 years	1,315	67	1.4	64	459	68	1.4	64	429	65	1.6	61	361	70	2.1	65
50–59 years	979	65	1.4	60	470	65	1.8	60	267	61	1.7	59	191	68	3.5	62
60–69 years	1,097	61	1.3	58	463	62	1.5	58	281	55	1.3	54	308	58	2.0	55
70–79 years	895	58	1.1	55	584	57	1.0	56	166	57	2.6	50	116	53	3.3	52
80 years and over	596	54	1.3	51	464	54	1.5	51	71	50	3.8	45	48	45	3.2	41

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 6. Protein intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,105	79	0.7	70	10,696	75	0.9	65	15,771	80	0.9	72
Under 6 years <sup>2</sup>	6,871	50	0.5	47	3,145	52	0.9	49	3,128	49	0.6	46
6–11 years	3,134	70	1.1	66	1,446	72	1.4	65	1,439	70	1.5	67
12–19 years	3,121	84	1.8	75	1,345	80	1.9	72	1,470	85	2.3	75
20–59 years	10,940	87	1.1	78	3,329	85	1.9	75	6,710	87	1.2	79
60 years and over	5,039	68	0.8	62	1,431	60	1.7	54	3,024	70	0.8	64
<b>Male</b>												
All ages <sup>2</sup>	13,923	93	1.0	85	4,929	89	1.6	77	7,770	95	1.1	87
Under 6 years <sup>2</sup>	3,410	52	0.6	49	1,564	54	0.9	51	1,548	51	0.8	48
6–11 years	1,581	75	1.9	71	713	78	2.5	71	746	74	2.1	71
12–19 years	1,462	101	2.1	90	634	92	2.5	84	674	105	2.9	96
20–59 years	5,019	105	1.5	96	1,390	108	3.0	96	3,226	105	1.5	97
60 years and over	2,451	79	1.0	74	628	69	2.1	64	1,576	82	1.3	76
<b>Female</b>												
All ages <sup>2</sup>	15,182	65	0.5	60	5,767	64	0.8	58	8,001	65	0.7	61
Under 6 years <sup>2</sup>	3,461	48	0.7	45	1,581	50	1.4	47	1,580	47	0.8	44
6–11 years	1,553	65	1.2	62	733	66	1.4	61	693	64	1.7	61
12–19 years	1,659	66	1.6	62	711	70	2.6	65	796	64	1.6	60
20–59 years	5,921	69	0.9	64	1,939	68	1.8	61	3,484	69	1.1	66
60 years and over	2,588	59	0.8	55	803	55	2.0	51	1,448	60	0.9	57

<sup>1</sup>Includes data for unknown poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 7. Alcohol intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>			White non-Hispanic			Black non-Hispanic			Mexican American		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
Both sexes												
All ages <sup>2</sup>	29,105	8	0.4	10,634	9	0.5	8,513	7	0.3	8,627	6	0.5
2–11 months <sup>2</sup>	1,620	–	–	903	–	–	284	–	–	280	–	–
1–2 years	2,310	–	–	759	–	–	664	–	–	769	–	–
3–5 years	2,941	–	–	778	–	–	921	–	–	1,091	–	–
6–11 years	3,134	–	–	832	–	–	1,065	–	–	1,108	–	–
12–15 years	1,599	–	–	408	–	–	567	–	–	542	–	–
16–19 years	1,522	6	1.0	400	7	1.4	546	3	1.0	502	5	1.4
20–29 years	3,400	14	1.4	871	17	1.8	1,085	11	1.3	1,299	11	1.4
30–39 years	3,238	13	1.4	1,022	13	1.9	1,112	13	1.2	973	13	1.3
40–49 years	2,503	11	0.9	877	11	1.2	785	13	0.9	730	12	1.1
50–59 years	1,799	8	0.8	869	9	1.0	474	6	1.2	365	7	1.0
60–69 years	2,208	7	0.9	953	8	1.1	560	5	0.8	621	4	0.6
70–79 years	1,678	5	0.8	1,052	5	0.9	334	2	0.4	249	2	0.7
80 years and over	1,153	2	0.3	910	2	0.4	116	–	–	98	–	–
Male												
All ages <sup>2</sup>	13,923	12	0.6	5,028	12	0.8	4,003	11	0.5	4,264	11	0.8
2–11 months <sup>2</sup>	815	–	–	455	–	–	145	–	–	149	–	–
1–2 years	1,171	–	–	377	–	–	341	–	–	381	–	–
3–5 years	1,424	–	–	380	–	–	439	–	–	527	–	–
6–11 years	1,581	–	–	419	–	–	547	–	–	539	–	–
12–15 years	751	–	–	177	–	–	269	–	–	266	–	–
16–19 years	711	10	1.8	178	12	2.5	255	6	1.8	251	8	2.4
20–29 years	1,587	20	2.0	383	23	2.9	477	19	2.4	656	17	2.3
30–39 years	1,424	18	2.4	438	18	3.1	475	20	1.7	456	21	1.9
40–49 years	1,188	16	1.5	418	16	1.9	356	21	1.6	369	21	2.0
50–59 years	820	12	1.5	399	13	1.8	207	10	2.0	174	9	1.5
60–69 years	1,111	11	1.3	490	11	1.5	279	11	1.8	313	8	1.3
70–79 years	783	7	1.1	468	8	1.2	168	4	0.9	133	2	1.5
80 years and over	557	4	0.9	446	5	0.9	45	–	–	50	–	–
Female												
All ages <sup>2</sup>	15,182	5	0.4	5,606	5	0.5	4,510	3	0.3	4,363	2	0.2
2–11 months <sup>2</sup>	805	–	–	448	–	–	139	–	–	131	–	–
1–2 years	1,139	–	–	382	–	–	323	–	–	388	–	–
3–5 years	1,517	–	–	398	–	–	482	–	–	564	–	–
6–11 years	1,553	–	–	413	–	–	518	–	–	569	–	–
12–15 years	848	–	–	231	–	–	298	–	–	276	–	–
16–19 years	811	2	0.5	222	2	0.7	291	1	0.3	251	3	1.5
20–29 years	1,813	8	1.4	488	11	1.9	608	4	0.8	643	3	0.7
30–39 years	1,814	8	1.2	584	8	1.5	637	8	1.4	517	4	0.9
40–49 years	1,315	6	0.8	459	6	1.1	429	6	1.0	361	3	0.6
50–59 years	979	5	0.6	470	5	0.7	267	3	1.4	191	4	1.0
60–69 years	1,097	4	0.6	463	5	0.7	281	1	0.3	308	1	0.2
70–79 years	895	3	0.6	584	3	0.7	166	1	0.4	116	1	0.3
80 years and over	596	1	0.2	464	1	0.3	71	–	–	48	–	–

– Quantity zero. <sup>1</sup>Includes data for race-ethnic groups not shown separately. <sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.

**Table 8. Alcohol intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>			Poverty income ratio ≤ 1.300			Poverty income ration > 1.300		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
<b>Both sexes</b>									
All ages <sup>2</sup> . . . . .	29,105	8	0.4	10,696	5	0.4	15,771	9	0.6
Under 6 years <sup>2</sup> . . . . .	6,871	–	–	3,145	–	–	3,128	–	–
6–11 years . . . . .	3,134	–	–	1,446	–	–	1,439	–	–
12–19 years . . . . .	3,121	3	0.6	1,345	2	0.5	1,470	4	0.7
20–59 years . . . . .	10,940	12	0.7	3,329	10	0.8	6,710	13	0.9
60 years and over . . . . .	5,039	5	0.6	1,431	2	0.5	3,024	7	0.8
<b>Male</b>									
All ages <sup>2</sup> . . . . .	13,923	12	0.6	4,929	8	0.8	7,770	13	0.8
Under 6 years <sup>2</sup> . . . . .	3,410	–	–	1,564	–	–	1,548	–	–
6–11 years . . . . .	1,581	–	–	713	–	–	746	–	–
12–19 years . . . . .	1,462	5	1.0	634	3	1.1	674	6	1.4
20–59 years . . . . .	5,019	17	1.1	1,390	16	1.6	3,226	18	1.3
60 years and over . . . . .	2,451	9	1.0	628	5	1.2	1,576	10	1.2
<b>Female</b>									
All ages <sup>2</sup> . . . . .	15,182	5	0.4	5,767	3	0.4	8,001	5	0.5
Under 6 years <sup>2</sup> . . . . .	3,461	–	–	1,581	–	–	1,580	–	–
6–11 years . . . . .	1,553	–	–	733	–	–	693	–	–
12–19 years . . . . .	1,659	1	0.3	711	1	0.4	796	1	0.4
20–59 years . . . . .	5,921	7	0.7	1,939	5	0.9	3,484	8	0.9
60 years and over . . . . .	2,588	3	0.4	803	1	0.2	1,448	4	0.5

– Quantity zero.

<sup>1</sup>Includes data for unknown poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.

Table 9. Total fat intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	81	0.9	71	10,634	83	1.1	72	8,513	82	0.9	71	8,627	78	0.6	68
2–11 months <sup>2</sup>	1,620	37	0.4	35	903	35	0.4	34	284	40	1.0	38	280	38	1.2	37
1–2 years	2,310	49	0.8	45	759	49	1.1	45	664	53	1.0	51	769	49	0.9	47
3–5 years	2,941	60	1.1	55	778	59	1.5	54	921	66	1.0	61	1,091	58	1.3	54
6–11 years	3,134	75	1.2	69	832	76	1.7	71	1,065	77	1.5	71	1,108	75	1.7	68
12–15 years	1,599	88	2.3	79	408	87	3.1	79	567	90	2.3	81	542	83	2.3	73
16–19 years	1,522	96	2.1	89	400	98	2.9	93	546	103	3.8	92	502	89	2.3	78
20–29 years	3,400	95	1.6	84	871	97	2.0	86	1,085	102	2.8	90	1,299	89	1.9	79
30–39 years	3,238	94	2.0	83	1,022	96	2.6	87	1,112	91	2.4	79	973	87	1.5	75
40–49 years	2,503	87	2.0	76	877	90	2.2	80	785	82	1.7	72	730	81	1.6	74
50–59 years	1,799	78	1.6	69	869	80	1.8	72	474	68	2.0	60	365	70	1.9	66
60–69 years	2,208	67	1.2	59	953	69	1.6	62	560	60	2.1	50	621	59	2.4	50
70–79 years	1,678	61	1.2	54	1,052	62	1.4	55	334	55	2.5	47	249	53	2.2	49
80 years and over	1,153	55	1.2	51	910	56	1.3	52	116	48	2.7	49	98	50	3.9	39
Male																
All ages <sup>2</sup>	13,923	97	1.3	85	5,028	99	1.5	89	4,003	95	1.4	82	4,264	88	1.0	78
2–11 months <sup>2</sup>	815	38	0.6	37	455	36	0.6	35	145	40	1.4	40	149	39	1.6	37
1–2 years	1,171	50	1.0	47	377	50	1.6	46	341	54	1.2	53	381	51	1.5	48
3–5 years	1,424	62	1.5	58	380	62	2.2	57	439	69	2.0	63	527	60	1.7	56
6–11 years	1,581	82	2.1	77	419	84	2.8	78	547	80	2.1	73	539	78	1.8	69
12–15 years	751	99	3.8	90	177	98	4.5	90	269	95	2.7	85	266	92	3.3	80
16–19 years	711	117	2.6	110	178	120	3.9	114	255	122	6.6	105	251	101	3.0	90
20–29 years	1,587	116	2.5	105	383	122	3.1	114	477	123	5.0	109	656	102	3.1	92
30–39 years	1,424	113	2.8	104	438	116	3.5	109	475	111	4.1	99	456	101	2.4	90
40–49 years	1,188	102	2.7	91	418	105	3.3	94	356	99	3.0	89	369	95	2.3	87
50–59 years	820	96	2.7	90	399	99	3.1	93	207	77	3.7	68	174	83	2.2	77
60–69 years	1,111	80	1.7	73	490	81	2.1	75	279	71	3.2	59	313	74	4.2	64
70–79 years	783	74	1.9	65	468	76	2.1	67	168	62	3.1	53	133	60	4.2	52
80 years and over	557	67	2.2	62	446	69	2.3	64	45	56	4.6	51	50	61	6.3	48
Female																
All ages <sup>2</sup>	15,182	67	0.6	60	5,606	67	0.7	60	4,510	71	0.7	63	4,363	67	0.6	59
2–11 months <sup>2</sup>	805	36	0.6	34	448	34	0.7	33	139	40	1.5	36	131	37	1.7	36
1–2 years	1,139	48	0.9	44	382	47	1.1	43	323	52	1.3	48	388	47	1.1	45
3–5 years	1,517	57	1.3	52	398	56	1.4	51	482	64	1.4	58	564	56	1.3	51
6–11 years	1,553	68	1.2	64	413	68	1.7	64	518	74	1.9	70	569	73	2.2	67
12–15 years	848	77	3.0	69	231	76	4.0	69	298	86	3.7	75	276	73	3.1	64
16–19 years	811	76	2.5	65	222	75	3.4	63	291	84	3.1	80	251	76	2.6	67
20–29 years	1,813	75	1.5	69	488	73	1.8	69	608	85	2.8	75	643	72	1.3	67
30–39 years	1,814	76	1.8	67	584	77	2.4	70	637	76	1.9	67	517	71	2.1	64
40–49 years	1,315	72	1.8	66	459	75	1.9	68	429	67	1.8	60	361	68	1.6	59
50–59 years	979	62	1.8	56	470	63	2.2	57	267	61	2.5	56	191	59	3.4	54
60–69 years	1,097	56	1.5	51	463	58	1.9	53	281	52	1.8	44	308	48	2.2	43
70–79 years	895	52	1.2	47	584	52	1.2	49	166	50	3.4	44	116	47	3.3	38
80 years and over	596	49	1.2	46	464	50	1.3	46	71	45	3.1	46	48	40	3.5	30

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.



**Table 10. Total fat intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,105	81	0.9	71	10,696	77	0.9	66	15,771	83	1.1	73
Under 6 years <sup>2</sup>	6,871	53	0.7	48	3,145	56	1.1	52	3,128	51	0.9	47
6–11 years	3,134	75	1.2	69	1,446	76	1.7	70	1,439	75	1.5	69
12–19 years	3,121	92	1.7	83	1,345	92	2.4	80	1,470	93	2.3	83
20–59 years	10,940	90	1.3	79	3,329	85	1.8	73	6,710	91	1.4	81
60 years and over	5,039	63	0.8	56	1,431	54	1.5	48	3,024	66	0.9	59
<b>Male</b>												
All ages <sup>2</sup>	13,923	97	1.3	85	4,929	89	1.7	78	7,770	99	1.5	88
Under 6 years <sup>2</sup>	3,410	55	1.0	50	1,564	59	1.4	54	1,548	53	1.1	48
6–11 years	1,581	82	2.1	77	713	85	2.9	80	746	81	2.6	76
12–19 years	1,462	108	2.4	99	634	103	3.2	93	674	110	3.1	101
20–59 years	5,019	108	1.9	98	1,390	103	2.9	89	3,226	110	1.9	101
60 years and over	2,451	76	1.0	69	628	66	2.5	57	1,576	78	1.2	72
<b>Female</b>												
All ages <sup>2</sup>	15,182	67	0.6	60	5,767	67	1.0	57	8,001	68	0.8	61
Under 6 years <sup>2</sup>	3,461	51	0.8	46	1,581	54	1.6	48	1,580	50	0.9	45
6–11 years	1,553	68	1.2	64	733	68	2.4	64	693	68	1.5	64
12–19 years	1,659	76	2.0	66	711	81	4.1	67	796	74	2.0	66
20–59 years	5,921	72	0.9	65	1,939	71	2.0	63	3,484	73	1.1	66
60 years and over	2,588	54	0.8	49	803	48	1.9	43	1,448	55	1.1	51

<sup>1</sup>Includes data for unknown poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 11. Saturated fat intake in grams by sex, age, and race/ethnicity: United States, 1988-94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	28	0.3	24	10,634	28	0.4	25	8,513	28	0.3	24	8,627	27	0.3	23
2-11 months <sup>2</sup>	1,620	16	0.2	15	903	15	0.2	15	284	16	0.4	16	280	16	0.6	15
1-2 years	2,310	20	0.3	18	759	19	0.4	18	664	20	0.4	19	769	20	0.4	18
3-5 years	2,941	22	0.4	21	778	22	0.5	21	921	24	0.4	22	1,091	22	0.5	20
6-11 years	3,134	28	0.4	26	832	28	0.6	26	1,065	27	0.5	25	1,108	28	0.6	26
12-15 years	1,599	31	0.8	28	408	31	1.1	28	567	31	0.9	28	542	30	0.9	26
16-19 years	1,522	34	0.8	30	400	35	1.1	32	546	36	1.4	30	502	30	1.0	26
20-29 years	3,400	32	0.6	29	871	34	0.7	30	1,085	34	0.9	29	1,299	29	0.7	25
30-39 years	3,238	32	0.7	27	1,022	33	0.8	28	1,112	29	0.9	25	973	29	0.6	24
40-49 years	2,503	29	0.7	25	877	30	0.7	27	785	26	0.6	23	730	27	0.5	23
50-59 years	1,799	26	0.7	23	869	27	0.7	23	474	22	0.7	20	365	23	0.8	20
60-69 years	2,208	22	0.5	19	953	23	0.6	20	560	19	0.6	16	621	19	1.1	16
70-79 years	1,678	20	0.5	18	1,052	21	0.5	18	334	18	0.8	15	249	17	0.8	15
80 years and over	1,153	19	0.5	17	910	19	0.5	17	116	16	0.8	15	98	18	1.4	12
Male																
All ages <sup>2</sup>	13,923	33	0.4	29	5,028	34	0.5	30	4,003	32	0.5	27	4,264	30	0.4	26
2-11 months <sup>2</sup>	815	16	0.3	16	455	16	0.3	15	145	16	0.6	17	149	16	0.8	16
1-2 years	1,171	20	0.4	19	377	20	0.7	19	341	20	0.5	19	381	21	0.6	19
3-5 years	1,424	23	0.6	21	380	23	0.8	21	439	25	0.8	23	527	22	0.7	21
6-11 years	1,581	30	0.7	28	419	31	0.8	29	547	28	0.7	26	539	29	0.7	27
12-15 years	751	35	1.2	31	177	35	1.5	30	269	33	1.2	29	266	33	1.4	29
16-19 years	711	41	1.0	38	178	42	1.5	39	255	42	2.5	35	251	35	1.3	30
20-29 years	1,587	40	0.9	36	383	42	1.1	40	477	40	1.7	35	656	34	1.1	30
30-39 years	1,424	38	1.0	34	438	39	1.2	37	475	36	1.6	32	456	33	0.9	30
40-49 years	1,188	33	0.8	30	418	34	1.0	31	356	32	1.0	28	369	31	0.8	28
50-59 years	820	32	1.0	29	399	33	1.0	30	207	24	1.1	21	174	26	0.8	23
60-69 years	1,111	27	0.6	23	490	27	0.8	24	279	23	0.9	19	313	24	1.9	19
70-79 years	783	24	0.7	21	468	25	0.8	22	168	21	1.1	19	133	19	1.3	16
80 years and over	557	23	0.9	20	446	23	0.9	21	45	18	1.5	16	50	21	2.4	16
Female																
All ages <sup>2</sup>	15,182	23	0.2	20	5,606	23	0.3	21	4,510	24	0.2	21	4,363	23	0.3	20
2-11 months <sup>2</sup>	805	15	0.2	14	448	15	0.3	14	139	16	0.6	15	131	15	0.6	15
1-2 years	1,139	19	0.3	17	382	19	0.4	17	323	20	0.5	18	388	19	0.4	18
3-5 years	1,517	22	0.5	20	398	21	0.6	20	482	23	0.5	21	564	21	0.6	19
6-11 years	1,553	25	0.4	23	413	25	0.6	23	518	26	0.7	25	569	27	0.7	25
12-15 years	848	27	1.2	24	231	26	1.5	24	298	29	1.2	26	276	26	1.2	22
16-19 years	811	26	0.9	23	222	26	1.2	23	291	29	1.2	27	251	26	0.8	22
20-29 years	1,813	25	0.5	23	488	25	0.6	24	608	28	0.8	25	643	24	0.5	22
30-39 years	1,814	26	0.6	23	584	26	0.8	24	637	24	0.6	21	517	24	0.9	21
40-49 years	1,315	24	0.6	21	459	25	0.7	23	429	22	0.6	19	361	22	0.5	20
50-59 years	979	21	0.6	19	470	21	0.7	19	267	21	0.9	19	191	19	1.3	18
60-69 years	1,097	19	0.6	16	463	19	0.7	17	281	17	0.6	14	308	16	0.9	14
70-79 years	895	17	0.5	15	584	17	0.5	16	166	16	1.1	14	116	15	1.1	13
80 years and over	596	16	0.5	15	464	17	0.5	15	71	14	1.0	15	48	15	1.4	11

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 12. Saturated fat intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,105	28	0.3	24	10,696	27	0.4	23	15,771	28	0.4	25
Under 6 years <sup>2</sup>	6,871	21	0.3	19	3,145	22	0.4	20	3,128	20	0.3	18
6–11 years	3,134	28	0.4	26	1,446	28	0.7	26	1,439	27	0.6	25
12–19 years	3,121	32	0.6	29	1,345	32	1.0	28	1,470	32	0.8	29
20–59 years	10,940	30	0.4	26	3,329	29	0.8	24	6,710	31	0.5	27
60 years and over	5,039	21	0.3	18	1,431	18	0.6	16	3,024	22	0.4	19
<b>Male</b>												
All ages <sup>2</sup>	13,923	33	0.4	29	4,929	31	0.7	27	7,770	34	0.5	30
Under 6 years <sup>2</sup>	3,410	21	0.3	20	1,564	22	0.5	21	1,548	20	0.4	19
6–11 years	1,581	30	0.7	28	713	31	1.0	29	746	30	0.9	28
12–19 years	1,462	38	0.8	34	634	36	1.4	32	674	39	1.0	35
20–59 years	5,019	36	0.7	33	1,390	35	1.2	30	3,226	37	0.7	34
60 years and over	2,451	25	0.4	22	628	22	0.7	19	1,576	26	0.4	23
<b>Female</b>												
All ages <sup>2</sup>	15,182	23	0.2	20	5,767	23	0.4	20	8,001	23	0.3	21
Under 6 years <sup>2</sup>	3,461	20	0.3	18	1,581	21	0.6	19	1,580	19	0.4	17
6–11 years	1,553	25	0.4	23	733	26	0.8	23	693	24	0.6	23
12–19 years	1,659	26	0.8	23	711	28	1.7	23	796	26	0.8	23
20–59 years	5,921	24	0.3	22	1,939	24	0.9	21	3,484	24	0.4	22
60 years and over	2,588	18	0.3	16	803	16	0.8	14	1,448	18	0.4	16

<sup>1</sup>Includes data for unknown poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 13. Monounsaturated fat intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	31	0.3	26	10,634	31	0.4	27	8,513	31	0.4	27	8,627	28	0.3	24
2–11 months <sup>2</sup>	1,620	10	0.3	8	903	10	0.3	8	284	10	0.5	8	280	10	0.5	9
1–2 years	2,310	18	0.3	16	759	18	0.5	17	664	20	0.4	19	769	17	0.4	16
3–5 years	2,941	22	0.4	20	778	22	0.5	20	921	25	0.4	23	1,091	21	0.5	19
6–11 years	3,134	28	0.5	26	832	28	0.7	26	1,065	29	0.6	27	1,108	28	0.7	24
12–15 years	1,599	33	0.9	30	408	33	1.2	29	567	34	0.9	31	542	31	0.9	27
16–19 years	1,522	36	0.8	33	400	37	1.1	35	546	39	1.4	35	502	33	0.7	29
20–29 years	3,400	36	0.6	31	871	37	0.8	31	1,085	39	1.1	34	1,299	32	0.8	28
30–39 years	3,238	36	0.8	31	1,022	37	1.0	32	1,112	35	1.0	30	973	32	0.6	27
40–49 years	2,503	33	0.9	28	877	34	1.0	29	785	31	0.7	27	730	30	0.6	27
50–59 years	1,799	30	0.6	26	869	30	0.7	27	474	26	0.8	24	365	26	0.7	24
60–69 years	2,208	25	0.5	23	953	26	0.6	23	560	23	0.8	20	621	22	0.9	19
70–79 years	1,678	23	0.5	20	1,052	24	0.6	21	334	21	1.0	17	249	20	1.0	18
80 years and over	1,153	21	0.4	19	910	21	0.5	20	116	18	1.0	18	98	19	1.4	15
Male																
All ages <sup>2</sup>	13,923	37	0.5	32	5,028	38	0.6	33	4,003	36	0.5	31	4,264	33	0.5	28
2–11 months <sup>2</sup>	815	10	0.3	8	455	10	0.4	8	145	10	0.6	8	149	10	0.5	9
1–2 years	1,171	18	0.4	17	377	18	0.6	17	341	20	0.5	20	381	18	0.5	17
3–5 years	1,424	23	0.5	21	380	23	0.7	21	439	26	0.8	24	527	22	0.7	20
6–11 years	1,581	31	0.8	28	419	31	1.0	29	547	30	0.9	28	539	29	0.7	26
12–15 years	751	38	1.5	34	177	37	2.0	34	269	37	1.0	34	266	35	1.2	31
16–19 years	711	44	1.0	41	178	45	1.4	42	255	47	2.5	42	251	38	1.2	34
20–29 years	1,587	44	1.0	40	383	47	1.3	43	477	47	2.0	41	656	37	1.3	34
30–39 years	1,424	43	1.2	40	438	44	1.4	40	475	43	1.6	38	456	37	0.9	34
40–49 years	1,188	39	1.2	34	418	40	1.5	35	356	38	1.2	34	369	35	0.9	32
50–59 years	820	37	1.1	33	399	38	1.3	35	207	30	1.5	27	174	31	1.0	28
60–69 years	1,111	30	0.7	27	490	31	0.9	27	279	28	1.3	23	313	28	1.6	25
70–79 years	783	28	0.8	25	468	29	0.9	26	168	24	1.4	21	133	23	1.7	20
80 years and over	557	26	0.8	24	446	26	0.9	24	45	21	1.7	20	50	23	2.3	18
Female																
All ages <sup>2</sup>	15,182	25	0.2	22	5,606	25	0.3	22	4,510	27	0.3	24	4,363	24	0.2	21
2–11 months <sup>2</sup>	805	10	0.3	8	448	9	0.3	8	139	10	0.7	8	131	10	0.7	7
1–2 years	1,139	17	0.3	16	382	17	0.4	16	323	19	0.5	17	388	16	0.5	15
3–5 years	1,517	22	0.5	20	398	21	0.6	19	482	24	0.6	22	564	20	0.6	19
6–11 years	1,553	26	0.5	23	413	25	0.7	23	518	28	0.8	26	569	27	0.9	23
12–15 years	848	29	1.1	25	231	28	1.4	25	298	32	1.3	29	276	28	1.2	25
16–19 years	811	28	1.0	25	222	28	1.3	25	291	31	1.2	31	251	27	0.8	24
20–29 years	1,813	27	0.5	25	488	27	0.7	25	608	32	1.1	28	643	26	0.5	24
30–39 years	1,814	28	0.7	25	584	29	0.9	25	637	29	0.8	25	517	26	0.8	23
40–49 years	1,315	27	0.7	24	459	28	0.8	26	429	26	0.8	23	361	25	0.7	22
50–59 years	979	23	0.7	21	470	23	0.9	21	267	23	0.9	21	191	21	1.2	19
60–69 years	1,097	21	0.5	19	463	22	0.7	20	281	20	0.8	17	308	18	0.8	16
70–79 years	895	19	0.4	17	584	20	0.5	18	166	19	1.3	16	116	17	1.3	14
80 years and over	596	18	0.4	17	464	19	0.5	17	71	17	1.3	17	48	15	1.3	11

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 14. Monounsaturated fat intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,105	31	0.3	26	10,696	29	0.4	24	15,771	31	0.4	27
Under 6 years <sup>2</sup>	6,871	19	0.3	17	3,145	20	0.5	18	3,128	19	0.4	17
6–11 years	3,134	28	0.5	26	1,446	29	0.7	26	1,439	28	0.6	25
12–19 years	3,121	35	0.7	31	1,345	35	0.9	31	1,470	35	0.9	31
20–59 years	10,940	34	0.5	29	3,329	32	0.7	27	6,710	35	0.6	30
60 years and over	5,039	24	0.3	21	1,431	21	0.6	18	3,024	25	0.4	22
<b>Male</b>												
All ages <sup>2</sup>	13,923	37	0.5	32	4,929	34	0.7	30	7,770	38	0.6	33
Under 6 years <sup>2</sup>	3,410	20	0.4	18	1,564	21	0.5	19	1,548	19	0.4	17
6–11 years	1,581	31	0.8	28	713	32	1.1	30	746	31	1.0	28
12–19 years	1,462	41	0.9	38	634	39	1.2	35	674	42	1.3	38
20–59 years	5,019	41	0.8	38	1,390	39	1.3	33	3,226	42	0.8	38
60 years and over	2,451	29	0.4	26	628	26	1.0	23	1,576	30	0.5	27
<b>Female</b>												
All ages <sup>2</sup>	15,182	25	0.2	22	5,767	25	0.4	21	8,001	25	0.3	22
Under 6 years <sup>2</sup>	3,461	19	0.4	17	1,581	19	0.7	17	1,580	18	0.4	17
6–11 years	1,553	26	0.5	23	733	26	1.0	23	693	25	0.6	23
12–19 years	1,659	28	0.8	25	711	30	1.5	26	796	28	0.7	25
20–59 years	5,921	27	0.3	24	1,939	27	0.8	23	3,484	27	0.4	24
60 years and over	2,588	20	0.3	18	803	18	0.7	16	1,448	21	0.4	19

<sup>1</sup>Includes data for unknown poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 15. Polyunsaturated fat intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	17	0.2	14	10,634	17	0.3	14	8,513	17	0.2	13	8,627	16	0.2	13
2–11 months <sup>2</sup>	1,620	9	0.2	8	903	8	0.2	8	284	11	0.5	10	280	10	0.4	9
1–2 years	2,310	8	0.2	7	759	8	0.2	7	664	10	0.2	9	769	9	0.2	7
3–5 years	2,941	11	0.3	9	778	11	0.5	9	921	13	0.3	11	1,091	11	0.2	9
6–11 years	3,134	14	0.4	12	832	14	0.5	12	1,065	15	0.3	13	1,108	14	0.5	12
12–15 years	1,599	18	0.8	14	408	18	1.0	13	567	18	0.7	15	542	16	0.5	13
16–19 years	1,522	19	0.5	16	400	19	0.7	16	546	20	0.9	17	502	19	1.0	15
20–29 years	3,400	20	0.4	16	871	20	0.5	16	1,085	22	0.7	18	1,299	20	0.5	16
30–39 years	3,238	20	0.5	16	1,022	20	0.7	17	1,112	20	0.5	16	973	19	0.6	16
40–49 years	2,503	19	0.5	16	877	20	0.6	17	785	18	0.5	15	730	18	0.6	15
50–59 years	1,799	17	0.4	14	869	17	0.5	14	474	14	0.6	11	365	16	0.8	14
60–69 years	2,208	14	0.3	12	953	15	0.4	12	560	13	0.6	10	621	13	0.5	10
70–79 years	1,678	13	0.3	11	1,052	13	0.3	11	334	12	0.7	9	249	12	0.7	10
80 years and over	1,153	12	0.3	10	910	12	0.3	10	116	10	0.9	9	98	9	0.9	7
Male																
All ages <sup>2</sup>	13,923	20	0.4	16	5,028	20	0.4	16	4,003	19	0.3	16	4,264	18	0.3	15
2–11 months <sup>2</sup>	815	9	0.2	8	455	8	0.2	8	145	11	0.6	10	149	10	0.6	8
1–2 years	1,171	8	0.2	8	377	8	0.3	8	341	10	0.3	9	381	9	0.3	7
3–5 years	1,424	11	0.5	10	380	11	0.7	9	439	13	0.4	12	527	11	0.4	9
6–11 years	1,581	15	0.7	12	419	15	0.9	12	547	15	0.5	13	539	14	0.7	12
12–15 years	751	19	1.3	15	177	19	1.3	15	269	19	0.5	16	266	17	0.8	14
16–19 years	711	23	0.8	21	178	23	1.2	22	255	23	1.4	20	251	21	1.0	18
20–29 years	1,587	23	0.7	19	383	24	1.0	20	477	26	1.2	22	656	22	0.8	19
30–39 years	1,424	23	0.7	19	438	24	0.9	20	475	23	0.8	20	456	22	0.8	19
40–49 years	1,188	22	0.8	17	418	23	0.9	18	356	21	0.8	17	369	21	0.9	17
50–59 years	820	20	0.7	16	399	21	0.9	17	207	16	1.1	13	174	19	0.9	17
60–69 years	1,111	17	0.4	14	490	17	0.4	15	279	14	1.0	12	313	16	0.8	12
70–79 years	783	15	0.4	13	468	16	0.5	13	168	12	0.8	9	133	13	1.3	10
80 years and over	557	13	0.5	11	446	14	0.5	11	45	12	1.7	9	50	12	1.5	8
Female																
All ages <sup>2</sup>	15,182	14	0.2	12	5,606	14	0.2	12	4,510	15	0.3	12	4,363	14	0.2	12
2–11 months <sup>2</sup>	805	9	0.2	8	448	8	0.3	8	139	11	0.5	10	131	10	0.6	10
1–2 years	1,139	8	0.2	6	382	8	0.3	7	323	9	0.3	8	388	8	0.3	7
3–5 years	1,517	10	0.2	9	398	10	0.2	9	482	12	0.4	10	564	10	0.3	9
6–11 years	1,553	13	0.4	11	413	13	0.5	11	518	15	0.4	12	569	14	0.6	11
12–15 years	848	16	0.9	13	231	16	1.3	13	298	18	1.2	14	276	14	0.7	12
16–19 years	811	16	0.6	13	222	15	0.9	13	291	18	0.8	15	251	17	1.1	13
20–29 years	1,813	16	0.5	14	488	16	0.6	13	608	19	0.9	15	643	16	0.4	14
30–39 years	1,814	16	0.5	13	584	17	0.7	14	637	17	0.6	14	517	16	0.6	13
40–49 years	1,315	16	0.4	14	459	17	0.5	14	429	15	0.5	13	361	15	0.6	13
50–59 years	979	14	0.4	11	470	14	0.6	11	267	13	0.7	10	191	14	1.0	12
60–69 years	1,097	12	0.4	10	463	13	0.5	10	281	11	0.5	9	308	10	0.4	9
70–79 years	895	11	0.3	10	584	11	0.3	10	166	11	1.0	9	116	11	1.1	9
80 years and over	596	10	0.3	9	464	11	0.3	9	71	10	0.9	8	48	7	0.9	5

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 16. Polyunsaturated fat intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	17	0.2	14	10,696	15	0.3	12	15,771	17	0.3	14
Under 6 years <sup>2</sup> . . . . .	6,871	10	0.2	8	3,145	10	0.3	9	3,128	9	0.2	8
6–11 years . . . . .	3,134	14	0.4	12	1,446	14	0.5	12	1,439	14	0.4	12
12–19 years . . . . .	3,121	19	0.5	15	1,345	18	0.7	15	1,470	19	0.7	15
20–59 years . . . . .	10,940	19	0.3	16	3,329	18	0.5	14	6,710	19	0.4	16
60 years and over . . . . .	5,039	13	0.2	11	1,431	11	0.4	9	3,024	14	0.2	12
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	20	0.4	16	4,929	18	0.4	14	7,770	20	0.4	16
Under 6 years <sup>2</sup> . . . . .	3,410	10	0.3	9	1,564	11	0.5	10	1,548	10	0.3	9
6–11 years . . . . .	1,581	15	0.7	12	713	16	1.1	13	746	15	0.8	12
12–19 years . . . . .	1,462	21	0.8	17	634	20	0.9	17	674	21	1.0	17
20–59 years . . . . .	5,019	22	0.5	19	1,390	21	0.7	17	3,226	23	0.5	19
60 years and over . . . . .	2,451	16	0.2	13	628	13	0.7	10	1,576	16	0.3	14
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	14	0.2	12	5,767	14	0.3	11	8,001	15	0.3	12
Under 6 years <sup>2</sup> . . . . .	3,461	9	0.1	8	1,581	10	0.3	9	1,580	9	0.2	8
6–11 years . . . . .	1,553	13	0.4	11	733	12	0.6	10	693	13	0.5	11
12–19 years . . . . .	1,659	16	0.6	13	711	17	1.0	13	796	16	0.7	13
20–59 years . . . . .	5,921	16	0.3	13	1,939	15	0.4	13	3,484	16	0.3	13
60 years and over . . . . .	2,588	12	0.2	10	803	10	0.4	8	1,448	12	0.3	10

<sup>1</sup>Includes data for unknown poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 17. Cholesterol intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	270	3.7	201	10,634	259	4.3	195	8,513	298	4.9	219	8,627	316	4.9	234
2–11 months <sup>2</sup>	1,620	69	3.2	43	903	63	3.1	42	284	70	5.9	43	280	98	10.8	51
1–2 years	2,310	181	5.1	136	759	166	6.9	126	664	204	6.4	163	769	240	5.8	200
3–5 years	2,941	199	5.9	150	778	180	7.4	131	921	212	5.1	165	1,091	254	8.6	195
6–11 years	3,134	231	5.3	182	832	220	7.1	178	1,065	246	7.4	189	1,108	276	11.3	203
12–15 years	1,599	255	8.7	198	408	236	11.7	187	567	289	10.3	212	542	276	10.2	202
16–19 years	1,522	294	11.5	226	400	291	16.5	224	546	313	15.3	232	502	314	13.4	238
20–29 years	3,400	319	8.8	241	871	296	11.4	220	1,085	376	18.0	281	1,299	378	9.3	273
30–39 years	3,238	313	9.1	231	1,022	302	11.8	224	1,112	348	12.9	249	973	362	10.6	278
40–49 years	2,503	285	9.6	216	877	280	11.2	215	785	322	11.4	238	730	346	14.6	269
50–59 years	1,799	268	7.4	212	869	264	8.9	207	474	276	8.9	206	365	301	14.8	229
60–69 years	2,208	245	7.6	173	953	243	9.7	171	560	253	10.7	183	621	289	14.8	234
70–79 years	1,678	224	5.6	168	1,052	221	5.8	164	334	245	11.4	197	249	266	19.1	230
80 years and over	1,153	195	6.0	150	910	190	6.5	146	116	252	32.9	157	98	220	20.7	161
<b>Male</b>																
All ages <sup>2</sup>	13,923	324	5.2	246	5,028	313	6.2	238	4,003	359	7.7	265	4,264	366	6.3	276
2–11 months <sup>2</sup>	815	71	4.5	43	455	66	3.8	43	145	65	8.5	40	149	107	16.3	54
1–2 years	1,171	183	6.6	137	377	167	9.6	126	341	206	7.9	162	381	246	10.6	217
3–5 years	1,424	207	7.2	157	380	190	9.5	142	439	218	10.0	172	527	258	11.0	198
6–11 years	1,581	240	6.0	196	419	225	7.4	191	547	264	10.7	204	539	286	15.2	214
12–15 years	751	297	16.1	222	177	278	21.8	213	269	314	19.3	234	266	310	15.4	229
16–19 years	711	375	18.0	292	178	371	25.8	288	255	391	29.0	292	251	365	16.9	281
20–29 years	1,587	395	12.3	301	383	372	15.8	280	477	480	27.5	357	656	453	13.3	355
30–39 years	1,424	381	13.8	288	438	366	17.1	279	475	449	22.9	344	456	425	16.6	346
40–49 years	1,188	342	13.2	269	418	331	16.1	266	356	410	19.5	322	369	410	19.4	326
50–59 years	820	330	11.5	262	399	325	14.3	256	207	318	18.5	235	174	364	19.1	295
60–69 years	1,111	303	12.9	223	490	302	15.4	223	279	321	17.0	252	313	359	21.2	276
70–79 years	783	280	9.7	225	468	281	10.2	224	168	292	25.6	238	133	318	29.5	256
80 years and over	557	245	9.6	191	446	240	10.1	189	45	282	38.1	243	50	267	35.3	163
<b>Female</b>																
All ages <sup>2</sup>	15,182	219	3.2	166	5,606	209	3.5	160	4,510	246	4.0	187	4,363	264	4.6	196
2–11 months <sup>2</sup>	805	67	3.7	43	448	60	4.3	41	139	75	8.2	43	131	87	10.6	47
1–2 years	1,139	178	5.1	135	382	164	6.3	126	323	203	7.8	163	388	233	8.1	185
3–5 years	1,517	190	7.4	142	398	168	9.6	125	482	207	7.2	163	564	250	10.2	188
6–11 years	1,553	222	7.3	166	413	216	10.1	163	518	228	8.9	176	569	267	15.3	188
12–15 years	848	212	8.8	171	231	191	11.7	170	298	265	14.7	194	276	242	10.3	175
16–19 years	811	211	7.8	170	222	205	10.7	161	291	235	14.1	195	251	260	13.2	201
20–29 years	1,813	246	8.2	190	488	226	9.5	175	608	289	13.0	232	643	286	6.9	214
30–39 years	1,814	249	8.5	187	584	239	11.5	180	637	268	9.5	200	517	294	10.2	218
40–49 years	1,315	229	8.7	175	459	228	8.9	172	429	247	10.1	197	361	279	14.7	217
50–59 years	979	212	7.5	169	470	208	9.0	169	267	243	11.3	192	191	242	16.7	186
60–69 years	1,097	197	7.4	147	463	192	9.0	145	281	207	11.0	145	308	237	18.1	178
70–79 years	895	184	6.3	147	584	180	6.4	145	166	211	12.0	167	116	217	20.3	171
80 years and over	596	169	6.8	132	464	164	6.9	129	71	239	33.8	154	48	178	24.8	145

<sup>1</sup>Includes data for race-ethnic groups not shown separately.

<sup>2</sup>Excludes nursing infants and children.



**Table 18. Cholesterol intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	270	3.7	201	10,696	275	6.0	205	15,771	268	4.7	200
Under 6 years <sup>2</sup> . . . . .	6,871	175	3.9	131	3,145	202	5.6	156	3,128	158	4.7	122
6–11 years . . . . .	3,134	231	5.3	182	1,446	238	8.9	186	1,439	223	6.9	178
12–19 years . . . . .	3,121	274	7.6	210	1,345	277	9.6	214	1,470	272	11.3	208
20–59 years . . . . .	10,940	301	6.0	226	3,329	325	10.2	242	6,710	295	6.9	222
60 years and over . . . . .	5,039	230	4.7	167	1,431	221	8.2	162	3,024	234	6.1	168
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	324	5.2	246	4,929	330	10.7	247	7,770	323	6.2	246
Under 6 years <sup>2</sup> . . . . .	3,410	180	4.6	135	1,564	211	6.7	169	1,548	162	6.2	124
6–11 years . . . . .	1,581	240	6.0	196	713	263	11.6	213	746	228	7.7	186
12–19 years . . . . .	1,462	336	12.5	256	634	331	19.7	259	674	342	17.5	257
20–59 years . . . . .	5,019	368	8.3	282	1,390	409	17.1	311	3,226	360	8.9	279
60 years and over . . . . .	2,451	288	7.6	219	628	277	13.2	223	1,576	291	10.0	222
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	219	3.2	166	5,767	232	5.4	176	8,001	213	4.1	162
Under 6 years <sup>2</sup> . . . . .	3,461	170	4.7	129	1,581	192	6.7	144	1,580	154	5.7	118
6–11 years . . . . .	1,553	222	7.3	166	733	216	11.9	164	693	219	9.5	165
12–19 years . . . . .	1,659	211	6.0	171	711	231	9.7	184	796	199	7.8	164
20–59 years . . . . .	5,921	238	4.8	181	1,939	261	9.9	194	3,484	230	5.7	175
60 years and over . . . . .	2,588	187	4.7	144	803	193	10.4	147	1,448	184	5.2	142

<sup>1</sup>Includes data for unknown poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 19. Percent of calories from carbohydrate by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	50.9	0.23	50.8	10,634	50.8	0.30	50.7	8,512	49.7	0.17	50.0	8,626	51.2	0.22	51.2
2–11 months <sup>2</sup>	1,620	52.3	0.31	51.6	903	53.0	0.39	52.5	284	51.3	0.46	51.1	280	50.9	0.77	50.3
1–2 years	2,310	53.6	0.43	53.6	759	54.4	0.60	54.3	664	51.4	0.32	51.6	769	52.2	0.47	51.7
3–5 years	2,941	54.9	0.31	54.7	778	55.7	0.39	55.8	921	53.0	0.29	53.2	1,091	53.8	0.39	53.5
6–11 years	3,134	53.5	0.28	53.3	832	53.8	0.35	53.8	1,065	52.4	0.40	52.3	1,108	52.0	0.67	52.0
12–15 years	1,598	54.2	0.42	54.1	408	55.0	0.58	54.5	567	51.4	0.63	51.3	541	52.4	0.50	52.4
16–19 years	1,521	51.9	0.50	51.8	400	52.2	0.66	51.8	545	50.3	0.49	50.6	502	51.4	0.68	51.8
20–29 years	3,400	50.2	0.46	49.8	871	50.2	0.63	49.6	1,085	48.1	0.46	48.1	1,299	50.9	0.50	51.0
30–39 years	3,238	48.7	0.47	48.5	1,022	48.5	0.63	48.1	1,112	47.7	0.44	47.3	973	49.8	0.37	49.9
40–49 years	2,503	48.7	0.48	48.2	877	48.4	0.56	48.1	785	47.7	0.44	47.6	730	49.5	0.30	49.2
50–59 years	1,799	49.3	0.46	49.3	869	48.9	0.56	48.5	474	49.7	0.61	50.4	365	50.0	0.84	50.3
60–69 years	2,208	51.1	0.40	50.6	953	50.8	0.48	50.2	560	50.2	0.64	50.0	621	51.3	0.60	50.4
70–79 years	1,678	51.8	0.46	51.9	1,052	51.8	0.49	51.9	334	50.6	0.95	50.6	249	52.6	0.79	52.0
80 years and over	1,153	54.0	0.40	53.5	910	54.0	0.42	53.5	116	54.0	1.27	53.6	98	54.3	1.24	56.0
<b>Male</b>																
All ages <sup>2</sup>	13,922	49.9	0.29	50.0	5,028	49.8	0.38	49.9	4,003	48.6	0.21	48.8	4,263	50.3	0.26	50.2
2–11 months <sup>2</sup>	815	52.6	0.38	51.7	455	53.6	0.48	52.9	145	51.3	0.92	51.0	149	51.1	1.00	50.3
1–2 years	1,171	54.0	0.52	54.0	377	54.9	0.75	54.7	341	51.7	0.40	51.8	381	52.4	0.65	52.0
3–5 years	1,424	55.0	0.43	54.4	380	55.5	0.57	55.0	439	53.5	0.56	53.1	527	54.0	0.68	53.3
6–11 years	1,581	53.7	0.43	53.8	419	54.1	0.51	54.4	547	52.2	0.55	52.0	539	51.7	0.83	51.8
12–15 years	750	53.8	0.61	53.5	177	54.3	0.88	54.3	269	51.8	0.76	51.8	265	52.2	0.72	52.1
16–19 years	711	50.7	0.59	51.4	178	51.2	0.67	51.6	255	49.2	0.77	49.3	251	50.1	0.70	50.5
20–29 years	1,587	48.7	0.54	48.3	383	48.4	0.69	47.8	477	46.1	0.59	46.3	656	50.0	0.75	49.6
30–39 years	1,424	47.6	0.60	47.4	438	47.6	0.80	47.5	475	46.2	0.64	46.1	456	48.2	0.54	47.9
40–49 years	1,188	47.9	0.59	47.7	418	47.9	0.72	48.1	356	45.3	0.55	45.5	369	47.8	0.44	47.4
50–59 years	820	47.7	0.63	47.5	399	47.3	0.78	47.1	207	48.1	1.01	48.3	174	48.6	1.03	48.7
60–69 years	1,111	49.4	0.53	48.5	490	49.2	0.60	48.4	279	47.8	0.92	46.8	313	49.5	0.86	48.3
70–79 years	783	50.2	0.54	50.0	468	50.0	0.58	49.8	168	48.8	0.94	49.1	133	51.8	1.35	51.1
80 years and over	557	52.1	0.54	52.3	446	52.3	0.59	52.0	45	50.1	2.05	52.3	50	53.8	1.43	55.7
<b>Female</b>																
All ages <sup>2</sup>	15,181	51.7	0.23	51.6	5,606	51.7	0.29	51.4	4,509	50.7	0.22	50.9	4,363	52.1	0.22	52.4
2–11 months <sup>2</sup>	805	52.0	0.41	51.5	448	52.4	0.54	51.9	139	51.4	0.73	51.1	131	50.7	0.90	50.2
1–2 years	1,139	53.2	0.45	52.5	382	54.0	0.57	53.7	323	51.0	0.43	50.9	388	51.9	0.59	51.1
3–5 years	1,517	54.8	0.38	55.4	398	55.9	0.51	56.5	482	52.5	0.38	53.3	564	53.6	0.64	53.5
6–11 years	1,553	53.3	0.36	53.1	413	53.4	0.53	52.8	518	52.6	0.46	52.8	569	52.2	0.60	52.4
12–15 years	848	54.6	0.59	54.2	231	55.8	0.78	54.9	298	51.0	0.98	51.3	276	52.6	0.50	53.0
16–19 years	810	53.2	0.79	52.4	222	53.4	1.15	52.4	290	51.5	0.56	51.4	251	52.7	0.75	52.3
20–29 years	1,813	51.6	0.57	51.3	488	51.7	0.78	51.3	608	49.7	0.60	49.6	643	52.0	0.33	52.5
30–39 years	1,814	49.7	0.50	48.8	584	49.4	0.69	48.7	637	48.8	0.56	48.6	517	51.6	0.48	51.9
40–49 years	1,315	49.5	0.54	48.8	459	48.9	0.58	48.1	429	49.8	0.66	49.4	361	51.4	0.54	51.8
50–59 years	979	50.8	0.58	51.1	470	50.3	0.65	50.3	267	50.9	0.63	52.0	191	51.3	1.17	52.7
60–69 years	1,097	52.5	0.54	51.9	463	52.2	0.63	51.4	281	51.7	0.69	52.3	308	52.6	0.75	52.5
70–79 years	895	52.9	0.56	53.2	584	53.0	0.59	53.2	166	51.8	1.34	52.5	116	53.4	1.16	52.6
80 years and over	596	55.1	0.49	54.2	464	55.0	0.52	54.2	71	55.8	1.32	54.9	48	54.7	1.66	56.6

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 20. Percent of calories from carbohydrate by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	50.9	0.23	50.8	10,696	51.8	0.28	51.5	15,770	50.5	0.27	50.6
Under 6 years <sup>2</sup> . . . . .	6,871	54.1	0.27	53.8	3,145	52.6	0.39	52.2	3,128	55.2	0.32	55.1
6–11 years . . . . .	3,134	53.5	0.28	53.3	1,446	53.1	0.41	53.2	1,439	53.8	0.38	53.7
12–19 years . . . . .	3,119	53.1	0.36	52.9	1,345	52.4	0.49	52.1	1,469	53.4	0.44	53.3
20–59 years . . . . .	10,940	49.2	0.34	48.9	3,329	50.6	0.43	50.0	6,710	48.8	0.40	48.7
60 years and over . . . . .	5,039	51.7	0.29	51.5	1,431	52.9	0.59	52.6	3,024	51.2	0.33	51.1
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,922	49.9	0.29	50.0	4,929	50.3	0.43	50.4	7,769	49.8	0.33	49.9
Under 6 years <sup>2</sup> . . . . .	3,410	54.3	0.32	53.9	1,564	52.6	0.53	52.4	1,548	55.5	0.41	55.1
6–11 years . . . . .	1,581	53.7	0.43	53.8	713	52.3	0.70	52.1	746	54.5	0.53	54.2
12–19 years . . . . .	1,461	52.3	0.48	52.2	634	51.1	0.96	51.7	673	52.7	0.56	52.4
20–59 years . . . . .	5,019	48.0	0.42	47.7	1,390	48.7	0.60	48.0	3,226	47.9	0.48	47.7
60 years and over . . . . .	2,451	50.0	0.37	49.8	628	49.6	0.92	49.2	1,576	49.9	0.40	49.7
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	51.7	0.23	51.6	5,767	53.0	0.34	52.6	8,001	51.3	0.29	51.2
Under 6 years <sup>2</sup> . . . . .	3,461	53.8	0.30	53.6	1,581	52.5	0.48	52.0	1,580	54.9	0.42	55.1
6–11 years . . . . .	1,553	53.3	0.36	53.1	733	53.9	0.64	53.8	693	53.2	0.50	52.8
12–19 years . . . . .	1,658	53.9	0.55	53.6	711	53.6	0.71	52.2	796	54.1	0.71	54.2
20–59 years . . . . .	5,921	50.3	0.33	49.8	1,939	52.1	0.52	51.7	3,484	49.8	0.40	49.3
60 years and over . . . . .	2,588	53.1	0.31	53.0	803	54.6	0.69	53.9	1,448	52.4	0.40	52.7

<sup>1</sup>Includes data for unknown poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 21. Percent of calories from protein by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	15.1	0.07	14.5	10,634	14.9	0.08	14.4	8,512	15.0	0.08	14.4	8,626	15.5	0.07	15.0
2–11 months <sup>2</sup>	1,620	11.1	0.15	9.7	903	11.2	0.18	9.7	284	10.3	0.22	9.3	280	11.6	0.34	10.0
1–2 years	2,310	15.0	0.13	14.8	759	14.7	0.17	14.5	664	15.0	0.18	14.9	769	15.7	0.18	15.4
3–5 years	2,941	14.3	0.12	13.9	778	14.0	0.16	13.6	921	14.0	0.13	13.9	1,091	14.9	0.14	14.5
6–11 years	3,134	14.4	0.14	14.1	832	14.3	0.17	13.9	1,065	14.3	0.14	13.9	1,108	15.1	0.17	14.8
12–15 years	1,598	13.8	0.19	13.5	408	13.5	0.21	13.4	567	14.2	0.31	13.7	541	14.7	0.23	14.1
16–19 years	1,521	14.3	0.21	14.0	400	14.2	0.27	13.9	545	14.3	0.26	14.1	502	14.6	0.26	14.2
20–29 years	3,400	14.6	0.16	14.1	871	14.2	0.20	13.5	1,085	14.9	0.16	14.4	1,299	15.7	0.12	15.2
30–39 years	3,238	15.2	0.15	14.6	1,022	15.0	0.18	14.5	1,112	15.2	0.19	14.6	973	15.6	0.15	15.1
40–49 years	2,503	15.3	0.18	14.7	877	15.1	0.21	14.5	785	15.6	0.23	14.7	730	15.8	0.15	15.5
50–59 years	1,799	16.2	0.16	15.5	869	16.0	0.20	15.4	474	15.9	0.26	15.3	365	16.7	0.24	16.0
60–69 years	2,208	16.2	0.16	15.5	953	16.1	0.17	15.5	560	16.4	0.24	15.7	621	17.2	0.24	16.7
70–79 years	1,678	16.2	0.19	15.6	1,052	15.9	0.19	15.5	334	17.3	0.31	16.8	249	17.0	0.29	16.5
80 years and over	1,153	15.8	0.16	15.3	910	15.6	0.16	15.1	116	16.4	0.76	15.3	98	16.3	0.68	16.5
<b>Male</b>																
All ages <sup>2</sup>	13,922	15.1	0.10	14.6	5,028	14.8	0.10	14.4	4,003	15.2	0.12	14.6	4,263	15.5	0.07	15.2
2–11 months <sup>2</sup>	815	11.2	0.19	9.7	455	11.3	0.21	9.7	145	10.3	0.36	9.1	149	12.0	0.45	10.5
1–2 years	1,171	15.0	0.14	14.8	377	14.7	0.19	14.7	341	14.9	0.22	14.9	381	15.6	0.23	15.1
3–5 years	1,424	14.2	0.16	13.8	380	14.0	0.20	13.6	439	13.9	0.14	13.6	527	15.0	0.21	14.7
6–11 years	1,581	14.2	0.19	13.9	419	13.9	0.21	13.6	547	14.5	0.23	14.1	539	15.3	0.22	15.2
12–15 years	750	14.3	0.27	14.0	177	14.2	0.34	14.0	269	14.3	0.32	13.8	265	15.2	0.29	14.6
16–19 years	711	14.6	0.26	14.3	178	14.4	0.34	14.2	255	14.8	0.37	14.6	251	14.8	0.36	14.2
20–29 years	1,587	14.9	0.26	14.4	383	14.3	0.32	13.6	477	15.5	0.23	15.0	656	15.8	0.17	15.4
30–39 years	1,424	15.1	0.20	14.7	438	14.9	0.24	14.5	475	15.4	0.21	15.0	456	15.7	0.18	15.3
40–49 years	1,188	15.4	0.24	14.6	418	15.1	0.27	14.4	356	15.9	0.40	14.6	369	15.8	0.26	15.7
50–59 years	820	16.2	0.22	15.4	399	15.9	0.20	15.1	207	16.2	0.39	16.0	174	16.5	0.41	16.1
60–69 years	1,111	16.1	0.22	15.5	490	16.0	0.25	15.4	279	16.2	0.39	15.6	313	16.8	0.41	16.1
70–79 years	783	15.9	0.25	15.5	468	15.7	0.27	15.3	168	17.0	0.47	16.6	133	17.4	0.45	16.4
80 years and over	557	15.9	0.22	15.2	446	15.4	0.22	15.0	45	18.1	1.55	17.6	50	15.8	0.83	16.3
<b>Female</b>																
All ages <sup>2</sup>	15,181	15.0	0.09	14.5	5,606	14.9	0.10	14.4	4,509	14.8	0.08	14.3	4,363	15.4	0.09	14.8
2–11 months <sup>2</sup>	805	10.9	0.16	9.6	448	11.0	0.24	9.6	139	10.2	0.19	9.4	131	11.0	0.31	9.5
1–2 years	1,139	15.0	0.18	14.7	382	14.6	0.23	14.3	323	15.1	0.26	15.0	388	15.9	0.26	15.8
3–5 years	1,517	14.3	0.14	14.0	398	14.0	0.21	13.5	482	14.1	0.21	14.0	564	14.7	0.22	14.3
6–11 years	1,553	14.7	0.18	14.3	413	14.7	0.25	14.1	518	14.0	0.16	13.6	569	14.8	0.23	14.5
12–15 years	848	13.2	0.24	13.0	231	12.8	0.25	12.5	298	14.1	0.37	13.5	276	14.3	0.28	13.8
16–19 years	810	13.9	0.26	13.6	222	14.0	0.35	13.7	290	13.9	0.29	13.4	251	14.4	0.37	14.3
20–29 years	1,813	14.4	0.20	13.8	488	14.0	0.25	13.4	608	14.3	0.21	14.0	643	15.6	0.18	14.9
30–39 years	1,814	15.2	0.19	14.5	584	15.1	0.22	14.5	637	15.0	0.27	14.4	517	15.5	0.18	14.8
40–49 years	1,315	15.3	0.23	14.7	459	15.1	0.26	14.7	429	15.4	0.22	14.7	361	15.8	0.21	15.5
50–59 years	979	16.2	0.23	15.6	470	16.2	0.28	15.6	267	15.8	0.30	15.2	191	16.9	0.43	15.9
60–69 years	1,097	16.3	0.20	15.6	463	16.1	0.22	15.5	281	16.4	0.29	15.7	308	17.4	0.26	17.4
70–79 years	895	16.4	0.23	15.7	584	16.1	0.20	15.6	166	17.5	0.46	16.9	116	16.6	0.60	16.6
80 years and over	596	15.8	0.23	15.3	464	15.7	0.24	15.3	71	15.6	0.65	14.9	48	16.7	0.91	16.8

<sup>1</sup>Includes data for race-ethnic groups not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 22. Percent of calories from protein by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,103	15.1	0.07	14.5	10,696	14.9	0.12	14.5	15,770	15.1	0.08	14.5
Under 6 years <sup>2</sup>	6,871	14.1	0.09	13.8	3,145	14.3	0.15	14.0	3,128	13.9	0.14	13.6
6–11 years	3,134	14.4	0.14	14.1	1,446	14.6	0.16	14.2	1,439	14.3	0.18	13.9
12–19 years	3,119	14.0	0.17	13.7	1,345	14.0	0.21	13.7	1,469	14.0	0.19	13.7
20–59 years	10,940	15.2	0.10	14.6	3,329	15.1	0.19	14.6	6,710	15.2	0.11	14.6
60 years and over	5,039	16.1	0.11	15.5	1,431	16.4	0.27	15.7	3,024	16.1	0.11	15.5
<b>Male</b>												
All ages <sup>2</sup>	13,922	15.1	0.10	14.6	4,929	15.2	0.13	14.7	7,769	15.0	0.10	14.5
Under 6 years <sup>2</sup>	3,410	14.1	0.11	13.8	1,564	14.3	0.19	14.1	1,548	13.9	0.17	13.6
6–11 years	1,581	14.2	0.19	13.9	713	14.6	0.23	14.3	746	14.0	0.24	13.6
12–19 years	1,461	14.5	0.20	14.2	634	14.4	0.33	14.0	673	14.5	0.22	14.2
20–59 years	5,019	15.3	0.12	14.7	1,390	15.7	0.24	15.0	3,226	15.2	0.13	14.6
60 years and over	2,451	16.0	0.12	15.4	628	16.2	0.40	15.6	1,576	15.9	0.15	15.4
<b>Female</b>												
All ages <sup>2</sup>	15,181	15.0	0.09	14.5	5,767	14.7	0.13	14.3	8,001	15.1	0.10	14.5
Under 6 years <sup>2</sup>	3,461	14.1	0.11	13.9	1,581	14.2	0.18	13.9	1,580	13.9	0.15	13.6
6–11 years	1,553	14.7	0.18	14.3	733	14.5	0.22	14.1	693	14.7	0.27	14.3
12–19 years	1,658	13.6	0.20	13.2	711	13.7	0.25	13.5	796	13.5	0.28	13.1
20–59 years	5,921	15.1	0.11	14.6	1,939	14.6	0.19	14.3	3,484	15.3	0.13	14.7
60 years and over	2,588	16.3	0.14	15.6	803	16.4	0.34	15.8	1,448	16.2	0.13	15.6

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 23. Percent of calories from alcohol by sex, age, and race/ethnicity: States, 1988–94

Sex and age	Total population <sup>1</sup>			White non-Hispanic			Black non-Hispanic			Mexican American		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
Both sexes												
All ages <sup>2</sup>	29,103	2.1	0.11	10,634	2.3	0.14	8,512	1.9	0.09	8,626	1.7	0.11
2–11 months <sup>2</sup>	1,620	–	–	903	–	–	284	–	–	280	–	–
1–2 years	2,310	–	–	759	–	–	664	–	–	769	–	–
3–5 years	2,941	–	–	778	–	–	921	–	–	1,091	–	–
6–11 years	3,134	–	–	832	–	–	1,065	–	–	1,108	–	–
12–15 years	1,598	–	–	408	0.1	0.03	567	–	–	541	–	–
16–19 years	1,521	1.3	0.24	400	1.4	0.34	545	0.6	0.14	502	1.4	0.29
20–29 years	3,400	3.3	0.30	871	3.9	0.40	1,085	2.6	0.28	1,299	2.5	0.29
30–39 years	3,238	3.3	0.29	1,022	3.2	0.37	1,112	3.7	0.30	973	3.2	0.30
40–49 years	2,503	3.1	0.24	877	3.1	0.31	785	3.9	0.30	730	3.3	0.27
50–59 years	1,799	2.6	0.24	869	2.7	0.29	474	2.4	0.42	365	2.4	0.41
60–69 years	2,208	2.4	0.32	953	2.6	0.38	560	1.8	0.27	621	1.3	0.20
70–79 years	1,678	1.9	0.34	1,052	2.0	0.38	334	0.8	0.20	249	0.7	0.37
80 years and over	1,153	0.8	0.13	910	0.8	0.15	116	–	–	98	0.1	0.05
Male												
All ages <sup>2</sup>	13,922	2.7	0.13	5,028	2.8	0.16	4,003	2.7	0.15	4,263	2.6	0.18
2–11 months <sup>2</sup>	815	–	–	455	–	–	145	–	–	149	–	–
1–2 years	1,171	–	–	377	–	–	341	–	–	381	–	–
3–5 years	1,424	–	–	380	–	–	439	–	–	527	–	–
6–11 years	1,581	–	–	419	–	–	547	–	–	539	–	–
12–15 years	750	–	–	177	–	–	269	–	–	265	–	–
16–19 years	711	1.9	0.34	178	2.1	0.46	255	1.0	0.24	251	1.8	0.47
20–29 years	1,587	4.1	0.37	383	4.5	0.52	477	4.0	0.47	656	3.9	0.45
30–39 years	1,424	4.0	0.39	438	3.8	0.48	475	5.1	0.43	456	5.1	0.45
40–49 years	1,188	4.2	0.37	418	4.0	0.46	356	5.7	0.45	369	5.4	0.48
50–59 years	820	3.2	0.37	399	3.3	0.43	207	4.0	0.75	174	2.7	0.52
60–69 years	1,111	3.5	0.43	490	3.5	0.49	279	3.7	0.58	313	2.6	0.48
70–79 years	783	2.5	0.42	468	2.7	0.47	168	1.4	0.42	133	1.2	0.74
80 years and over	557	1.5	0.29	446	1.6	0.31	45	0.1	0.05	50	0.1	0.09
Female												
All ages <sup>2</sup>	15,181	1.6	0.12	5,606	1.8	0.16	4,509	1.1	0.09	4,363	0.7	0.08
2–11 months <sup>2</sup>	805	–	–	448	–	–	139	–	–	131	–	–
1–2 years	1,139	–	–	382	–	–	323	–	–	388	–	–
3–5 years	1,517	–	–	398	–	–	482	–	–	564	–	–
6–11 years	1,553	–	–	413	–	–	518	–	–	569	–	–
12–15 years	848	–	–	231	0.1	0.05	298	–	–	276	–	–
16–19 years	810	0.6	0.20	222	0.7	0.28	290	0.2	0.07	251	0.9	0.40
20–29 years	1,813	2.6	0.35	488	3.2	0.49	608	1.3	0.25	643	0.9	0.20
30–39 years	1,814	2.7	0.38	584	2.7	0.49	637	2.7	0.37	517	1.3	0.27
40–49 years	1,315	2.1	0.26	459	2.3	0.35	429	2.3	0.38	361	1.1	0.21
50–59 years	979	2.0	0.26	470	2.2	0.30	267	1.1	0.45	191	2.1	0.55
60–69 years	1,097	1.5	0.26	463	1.9	0.32	281	0.4	0.12	308	0.3	0.10
70–79 years	895	1.4	0.35	584	1.6	0.40	166	0.4	0.17	116	0.3	0.15
80 years and over	596	0.4	0.11	464	0.4	0.12	71	–	–	48	–	–

– Quantity zero. <sup>1</sup>Includes data for race-ethnic groups not shown separately. <sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.

**Table 24. Percent of calories from alcohol by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>			Poverty income ratio ≤ 1.300			Poverty income ratio > 1.300		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
<b>Both sexes</b>									
All ages <sup>2</sup>	29,103	2.1	0.11	10,696	1.4	0.11	15,770	2.4	0.14
Under 6 years <sup>2</sup>	6,871	–	–	3,145	–	–	3,128	–	–
6–11 years	3,134	–	–	1,446	–	–	1,439	–	–
12–19 years	3,119	0.6	0.13	1,345	0.5	0.14	1,469	0.7	0.15
20–59 years	10,940	3.2	0.17	3,329	2.7	0.22	6,710	3.3	0.21
60 years and over	5,039	2.0	0.25	1,431	0.9	0.23	3,024	2.4	0.31
<b>Male</b>									
All ages <sup>2</sup>	13,922	2.7	0.13	4,929	2.1	0.20	7,769	2.9	0.16
Under 6 years <sup>2</sup>	3,410	–	–	1,564	–	–	1,548	–	–
6–11 years	1,581	–	–	713	–	–	746	–	–
12–19 years	1,461	0.9	0.19	634	0.8	0.28	673	1.0	0.20
20–59 years	5,019	3.9	0.19	1,390	4.1	0.39	3,226	3.9	0.23
60 years and over	2,451	2.9	0.35	628	1.9	0.57	1,576	3.2	0.40
<b>Female</b>									
All ages <sup>2</sup>	15,181	1.6	0.12	5,767	0.8	0.11	8,001	1.9	0.16
Under 6 years <sup>2</sup>	3,461	–	–	1,581	–	–	1,580	–	–
6–11 years	1,553	–	–	733	–	–	693	–	–
12–19 years	1,658	0.3	0.10	711	0.2	0.07	796	0.4	0.15
20–59 years	5,921	2.4	0.21	1,939	1.6	0.26	3,484	2.7	0.27
60 years and over	2,588	1.3	0.20	803	0.4	0.10	1,448	1.7	0.26

– Quantity zero.

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.

Table 25. Percent of calories from total fat by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	33.6	0.17	33.8	10,634	33.8	0.21	34.1	8,512	34.7	0.17	34.8	8,626	33.1	0.20	33.3
2–11 months <sup>2</sup>	1,620	37.6	0.28	38.2	903	37.0	0.37	37.5	284	39.1	0.35	39.0	280	38.2	0.68	39.2
1–2 years	2,310	33.3	0.33	33.7	759	33.0	0.45	33.3	664	35.1	0.24	35.8	769	33.8	0.41	34.2
3–5 years	2,941	32.8	0.26	32.8	778	32.5	0.35	32.6	921	34.7	0.26	34.4	1,091	33.0	0.33	33.0
6–11 years	3,134	33.7	0.22	33.6	832	33.7	0.31	33.5	1,065	34.8	0.33	34.6	1,108	34.5	0.54	34.5
12–15 years	1,598	33.5	0.34	33.4	408	33.0	0.49	33.1	567	35.8	0.47	35.6	541	34.3	0.40	34.2
16–19 years	1,521	33.9	0.33	34.2	400	33.7	0.42	34.2	545	36.0	0.36	36.2	502	33.9	0.43	33.9
20–29 years	3,400	33.2	0.32	33.7	871	33.3	0.43	34.1	1,085	35.6	0.37	35.7	1,299	32.3	0.35	32.1
30–39 years	3,238	34.3	0.35	34.6	1,022	34.9	0.45	35.1	1,112	34.5	0.30	34.9	973	32.8	0.36	32.7
40–49 years	2,503	34.4	0.40	34.6	877	35.1	0.48	35.0	785	33.9	0.30	34.1	730	32.6	0.36	32.7
50–59 years	1,799	33.6	0.39	34.1	869	34.2	0.45	34.8	474	33.1	0.59	33.2	365	32.3	0.68	31.4
60–69 years	2,208	32.3	0.34	32.5	953	32.5	0.41	33.1	560	33.2	0.62	32.8	621	31.7	0.56	31.7
70–79 years	1,678	32.3	0.41	32.3	1,052	32.4	0.43	32.5	334	32.8	0.89	32.9	249	31.1	0.58	30.7
80 years and over	1,153	31.6	0.28	32.0	910	31.9	0.29	32.2	116	31.2	0.88	32.2	98	31.3	1.00	30.8
<b>Male</b>																
All ages <sup>2</sup>	13,922	33.8	0.22	34.1	5,028	34.1	0.27	34.4	4,003	34.6	0.18	34.8	4,263	32.9	0.23	33.3
2–11 months <sup>2</sup>	815	37.2	0.31	37.9	455	36.3	0.42	36.5	145	39.1	0.70	39.4	149	37.6	0.95	38.7
1–2 years	1,171	32.8	0.38	33.2	377	32.5	0.56	33.1	341	34.6	0.33	35.1	381	33.7	0.56	34.5
3–5 years	1,424	32.7	0.38	33.1	380	32.6	0.53	33.1	439	34.3	0.46	34.2	527	32.6	0.55	33.2
6–11 years	1,581	33.8	0.33	33.9	419	33.8	0.43	33.9	547	34.6	0.44	34.6	539	34.4	0.58	34.3
12–15 years	750	33.1	0.51	33.3	177	32.8	0.74	33.1	269	35.2	0.60	35.4	265	33.9	0.55	33.9
16–19 years	711	34.0	0.48	34.1	178	33.7	0.62	34.0	255	36.1	0.54	35.6	251	34.4	0.59	34.7
20–29 years	1,587	33.4	0.41	34.3	383	34.1	0.52	34.7	477	35.2	0.47	35.5	656	31.6	0.47	31.7
30–39 years	1,424	34.6	0.44	35.0	438	35.2	0.55	35.5	475	34.4	0.45	34.9	456	32.2	0.52	32.5
40–49 years	1,188	34.0	0.50	34.2	418	34.7	0.59	34.7	356	34.0	0.42	34.2	369	32.2	0.50	32.0
50–59 years	820	34.5	0.50	35.2	399	35.3	0.62	36.2	207	32.6	0.79	32.8	174	33.4	0.76	32.4
60–69 years	1,111	32.8	0.48	33.0	490	33.0	0.55	33.2	279	33.4	0.63	33.3	313	32.3	1.01	32.3
70–79 years	783	33.3	0.43	33.6	468	33.6	0.47	33.8	168	34.0	0.94	33.9	133	31.0	0.95	30.5
80 years and over	557	32.6	0.41	33.2	446	33.0	0.48	33.4	45	32.9	1.09	33.4	50	31.8	1.16	30.8
<b>Female</b>																
All ages <sup>2</sup>	15,181	33.4	0.19	33.5	5,606	33.4	0.23	33.6	4,509	34.7	0.22	34.8	4,363	33.4	0.20	33.3
2–11 months <sup>2</sup>	805	38.1	0.38	38.4	448	37.8	0.50	38.0	139	39.0	0.66	38.9	131	39.0	0.82	39.5
1–2 years	1,139	33.7	0.36	34.3	382	33.5	0.45	34.2	323	35.6	0.35	36.7	388	33.8	0.48	33.9
3–5 years	1,517	32.9	0.31	32.6	398	32.4	0.40	32.0	482	35.0	0.37	34.7	564	33.4	0.49	32.7
6–11 years	1,553	33.6	0.36	33.4	413	33.6	0.49	33.4	518	35.0	0.37	34.7	569	34.6	0.56	34.8
12–15 years	848	33.8	0.51	33.5	231	33.2	0.70	33.2	298	36.4	0.85	35.7	276	34.7	0.44	34.5
16–19 years	810	33.8	0.56	34.6	222	33.7	0.80	34.8	290	35.8	0.45	36.8	251	33.5	0.53	33.5
20–29 years	1,813	33.0	0.40	33.3	488	32.6	0.55	33.1	608	35.9	0.54	35.9	643	33.1	0.27	32.7
30–39 years	1,814	34.1	0.48	34.2	584	34.6	0.59	34.9	637	34.6	0.40	34.9	517	33.4	0.36	32.8
40–49 years	1,315	34.8	0.45	34.7	459	35.5	0.55	35.9	429	33.8	0.49	34.0	361	33.1	0.42	33.3
50–59 years	979	32.8	0.52	32.9	470	33.3	0.61	33.3	267	33.5	0.68	33.8	191	31.3	0.90	30.6
60–69 years	1,097	31.8	0.45	32.1	463	32.1	0.53	32.8	281	33.0	0.79	31.9	308	31.2	0.66	31.5
70–79 years	895	31.5	0.48	31.2	584	31.7	0.50	31.4	166	31.9	1.17	31.6	116	31.2	0.91	31.5
80 years and over	596	31.1	0.32	31.4	464	31.3	0.34	31.7	71	30.5	1.13	30.5	48	30.9	1.58	31.1

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.



**Table 26. Percent of calories from total fat by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	33.6	0.17	33.8	10,696	33.2	0.21	33.7	15,770	33.7	0.21	33.9
Under 6 years <sup>2</sup> . . . . .	6,871	33.6	0.21	33.8	3,145	34.6	0.32	35.0	3,128	32.9	0.24	32.9
6–11 years . . . . .	3,134	33.7	0.22	33.6	1,446	33.7	0.33	33.8	1,439	33.6	0.32	33.4
12–19 years . . . . .	3,119	33.7	0.23	33.8	1,345	34.4	0.42	35.0	1,469	33.4	0.31	33.3
20–59 years . . . . .	10,940	33.9	0.26	34.2	3,329	32.8	0.32	33.2	6,710	34.2	0.29	34.5
60 years and over . . . . .	5,039	32.2	0.20	32.3	1,431	31.5	0.44	31.7	3,024	32.4	0.25	32.6
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,922	33.8	0.22	34.1	4,929	33.6	0.37	34.2	7,769	33.9	0.24	34.1
Under 6 years <sup>2</sup> . . . . .	3,410	33.3	0.27	33.8	1,564	34.5	0.45	35.2	1,548	32.6	0.28	32.8
6–11 years . . . . .	1,581	33.8	0.33	33.9	713	34.5	0.59	34.2	746	33.4	0.40	33.5
12–19 years . . . . .	1,461	33.6	0.37	33.8	634	34.9	0.83	35.3	673	33.1	0.43	33.1
20–59 years . . . . .	5,019	34.1	0.32	34.5	1,390	32.5	0.47	32.9	3,226	34.5	0.34	34.7
60 years and over . . . . .	2,451	33.0	0.30	33.2	628	33.5	0.73	34.0	1,576	32.9	0.32	33.1
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	33.4	0.19	33.5	5,767	33.0	0.26	33.2	8,001	33.5	0.24	33.6
Under 6 years <sup>2</sup> . . . . .	3,461	33.9	0.25	34.0	1,581	34.7	0.41	34.7	1,580	33.3	0.35	33.0
6–11 years . . . . .	1,553	33.6	0.36	33.4	733	33.0	0.62	33.4	693	33.8	0.49	33.4
12–19 years . . . . .	1,658	33.8	0.41	33.8	711	34.0	0.64	35.0	796	33.7	0.51	33.6
20–59 years . . . . .	5,921	33.7	0.27	33.9	1,939	33.1	0.39	33.3	3,484	33.9	0.32	34.2
60 years and over . . . . .	2,588	31.6	0.24	31.6	803	30.5	0.53	30.3	1,448	32.0	0.34	32.0

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 27. Percent of calories from saturated fat by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	11.6	0.08	11.4	10,634	11.7	0.10	11.6	8,512	11.7	0.06	11.6	8,626	11.5	0.12	11.3
2–11 months <sup>2</sup>	1,620	15.9	0.13	16.1	903	15.9	0.15	16.2	284	16.0	0.26	16.0	280	16.0	0.38	16.5
1–2 years	2,310	13.4	0.18	13.1	759	13.3	0.23	13.1	664	13.3	0.14	12.9	769	13.7	0.21	13.3
3–5 years	2,941	12.3	0.11	12.2	778	12.2	0.14	12.2	921	12.5	0.11	12.3	1,091	12.4	0.15	12.1
6–11 years	3,134	12.5	0.12	12.4	832	12.5	0.18	12.4	1,065	12.3	0.12	12.1	1,108	12.9	0.24	12.7
12–15 years	1,598	11.8	0.16	11.7	408	11.7	0.23	11.7	567	12.3	0.21	12.2	541	12.3	0.22	12.1
16–19 years	1,521	11.9	0.18	11.6	400	12.0	0.23	11.9	545	12.3	0.18	12.1	502	11.6	0.28	11.4
20–29 years	3,400	11.4	0.15	11.2	871	11.6	0.20	11.5	1,085	11.8	0.16	11.7	1,299	10.7	0.17	10.5
30–39 years	3,238	11.6	0.14	11.5	1,022	11.9	0.17	11.8	1,112	11.1	0.13	10.8	973	10.9	0.23	10.6
40–49 years	2,503	11.4	0.15	11.1	877	11.7	0.18	11.4	785	11.0	0.15	11.0	730	10.7	0.12	10.3
50–59 years	1,799	11.2	0.18	11.2	869	11.4	0.21	11.4	474	10.9	0.24	10.7	365	10.4	0.27	10.0
60–69 years	2,208	10.7	0.14	10.4	953	10.9	0.17	10.7	560	10.7	0.18	10.2	621	10.5	0.33	10.2
70–79 years	1,678	10.7	0.18	10.4	1,052	10.7	0.18	10.5	334	10.9	0.29	10.5	249	10.2	0.30	9.6
80 years and over	1,153	10.6	0.16	10.4	910	10.7	0.17	10.5	116	10.1	0.29	10.0	98	11.1	0.50	11.0
<b>Male</b>																
All ages <sup>2</sup>	13,922	11.7	0.09	11.6	5,028	11.9	0.11	11.7	4,003	11.7	0.09	11.6	4,263	11.4	0.14	11.2
2–11 months <sup>2</sup>	815	15.8	0.17	16.0	455	15.7	0.19	15.8	145	15.9	0.44	15.9	149	16.0	0.56	16.7
1–2 years	1,171	13.2	0.23	13.0	377	13.1	0.29	13.0	341	12.9	0.19	12.6	381	13.6	0.28	13.3
3–5 years	1,424	12.3	0.17	12.2	380	12.3	0.21	12.2	439	12.5	0.19	12.2	527	12.1	0.23	12.1
6–11 years	1,581	12.6	0.16	12.4	419	12.8	0.22	12.5	547	12.3	0.17	12.1	539	12.8	0.31	12.7
12–15 years	750	11.9	0.23	12.1	177	11.9	0.34	12.2	269	12.1	0.28	12.1	265	12.3	0.29	12.0
16–19 years	711	12.0	0.20	11.9	178	12.1	0.26	12.2	255	12.4	0.25	12.1	251	11.8	0.37	11.6
20–29 years	1,587	11.5	0.18	11.5	383	11.9	0.22	11.8	477	11.7	0.17	11.6	656	10.4	0.22	10.1
30–39 years	1,424	11.6	0.16	11.4	438	11.9	0.19	11.7	475	11.1	0.20	10.9	456	10.6	0.24	10.6
40–49 years	1,188	11.2	0.17	11.0	418	11.5	0.21	11.1	356	11.1	0.23	11.2	369	10.5	0.20	10.1
50–59 years	820	11.4	0.24	11.4	399	11.7	0.28	11.6	207	10.4	0.29	10.2	174	10.6	0.33	9.9
60–69 years	1,111	10.9	0.18	10.7	490	11.1	0.20	10.8	279	10.7	0.22	10.2	313	10.5	0.53	10.3
70–79 years	783	11.1	0.19	10.9	468	11.1	0.21	10.9	168	11.6	0.34	11.0	133	10.1	0.38	9.6
80 years and over	557	11.1	0.19	10.7	446	11.3	0.20	10.9	45	10.6	0.45	10.6	50	10.7	0.52	10.4
<b>Female</b>																
All ages <sup>2</sup>	15,181	11.5	0.09	11.3	5,606	11.5	0.11	11.4	4,509	11.7	0.08	11.5	4,363	11.7	0.12	11.4
2–11 months <sup>2</sup>	805	16.1	0.17	16.2	448	16.2	0.19	16.4	139	16.1	0.42	16.2	131	16.0	0.39	16.1
1–2 years	1,139	13.7	0.20	13.3	382	13.6	0.25	13.2	323	13.6	0.21	13.1	388	13.7	0.27	13.3
3–5 years	1,517	12.4	0.16	12.4	398	12.1	0.21	12.2	482	12.5	0.17	12.4	564	12.6	0.29	12.1
6–11 years	1,553	12.3	0.17	12.2	413	12.3	0.25	12.2	518	12.3	0.16	11.9	569	13.0	0.24	12.8
12–15 years	848	11.6	0.23	11.4	231	11.4	0.30	11.0	298	12.5	0.36	12.3	276	12.4	0.25	12.1
16–19 years	810	11.8	0.25	11.4	222	11.9	0.36	11.6	290	12.2	0.25	12.1	251	11.4	0.29	11.1
20–29 years	1,813	11.2	0.17	11.0	488	11.2	0.23	11.1	608	11.9	0.22	11.9	643	11.1	0.15	10.9
30–39 years	1,814	11.5	0.19	11.5	584	11.9	0.23	11.9	637	11.0	0.16	10.7	517	11.2	0.28	10.8
40–49 years	1,315	11.5	0.18	11.3	459	11.9	0.21	11.6	429	10.9	0.20	10.9	361	10.8	0.13	10.5
50–59 years	979	11.0	0.19	10.9	470	11.1	0.22	11.2	267	11.3	0.31	10.8	191	10.2	0.35	10.1
60–69 years	1,097	10.5	0.19	10.3	463	10.7	0.23	10.4	281	10.6	0.27	10.1	308	10.4	0.36	9.9
70–79 years	895	10.4	0.23	10.0	584	10.4	0.23	10.1	166	10.5	0.40	9.7	116	10.2	0.41	9.9
80 years and over	596	10.3	0.20	10.2	464	10.4	0.21	10.3	71	9.9	0.35	10.0	48	11.3	0.80	11.0

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 28. Percent of calories from saturated fat by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	11.6	0.08	11.4	10,696	11.7	0.12	11.6	15,770	11.6	0.09	11.4
Under 6 years <sup>2</sup> . . . . .	6,871	13.2	0.10	13.0	3,145	13.5	0.14	13.3	3,128	12.9	0.13	12.7
6–11 years . . . . .	3,134	12.5	0.12	12.4	1,446	12.6	0.17	12.4	1,439	12.4	0.19	12.3
12–19 years . . . . .	3,119	11.8	0.14	11.6	1,345	12.0	0.19	11.9	1,469	11.7	0.17	11.5
20–59 years . . . . .	10,940	11.4	0.10	11.3	3,329	11.1	0.20	10.8	6,710	11.5	0.10	11.4
60 years and over . . . . .	5,039	10.7	0.10	10.4	1,431	10.5	0.18	10.1	3,024	10.7	0.12	10.4
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,922	11.7	0.09	11.6	4,929	11.8	0.17	11.9	7,769	11.7	0.09	11.5
Under 6 years <sup>2</sup> . . . . .	3,410	13.1	0.13	12.8	1,564	13.3	0.20	13.0	1,548	12.8	0.17	12.5
6–11 years . . . . .	1,581	12.6	0.16	12.4	713	12.7	0.20	12.6	746	12.5	0.24	12.4
12–19 years . . . . .	1,461	12.0	0.17	12.0	634	12.2	0.32	12.4	673	11.8	0.21	11.8
20–59 years . . . . .	5,019	11.5	0.11	11.3	1,390	11.0	0.28	10.8	3,226	11.5	0.12	11.4
60 years and over . . . . .	2,451	11.0	0.12	10.8	628	11.1	0.28	10.8	1,576	11.0	0.12	10.7
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	11.5	0.09	11.3	5,767	11.6	0.13	11.4	8,001	11.4	0.11	11.3
Under 6 years <sup>2</sup> . . . . .	3,461	13.3	0.11	13.1	1,581	13.7	0.14	13.5	1,580	13.0	0.17	12.8
6–11 years . . . . .	1,553	12.3	0.17	12.2	733	12.4	0.23	12.2	693	12.2	0.23	12.1
12–19 years . . . . .	1,658	11.7	0.20	11.4	711	11.9	0.33	11.5	796	11.6	0.24	11.3
20–59 years . . . . .	5,921	11.3	0.12	11.2	1,939	11.1	0.22	10.9	3,484	11.4	0.13	11.3
60 years and over . . . . .	2,588	10.5	0.13	10.2	803	10.3	0.24	9.7	1,448	10.5	0.17	10.3

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 29. Percent of calories from monounsaturated fat by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,103	12.5	0.07	12.5	10,634	12.6	0.09	12.6	8,512	13.1	0.07	13.1	8,626	12.1	0.10	12.0
2–11 months <sup>2</sup>	1,620	9.7	0.23	8.1	903	9.8	0.32	8.3	284	9.7	0.31	7.5	280	9.7	0.34	8.0
1–2 years	2,310	12.0	0.14	11.8	759	12.1	0.19	11.8	664	12.9	0.12	13.1	769	11.7	0.16	11.7
3–5 years	2,941	12.2	0.13	12.0	778	12.2	0.16	12.0	921	13.1	0.13	12.9	1,091	12.0	0.16	11.9
6–11 years	3,134	12.6	0.09	12.5	832	12.6	0.12	12.5	1,065	13.2	0.15	13.2	1,108	12.6	0.23	12.5
12–15 years	1,598	12.6	0.15	12.4	408	12.3	0.19	12.3	567	13.6	0.18	13.4	541	12.9	0.15	12.9
16–19 years	1,521	12.7	0.14	12.7	400	12.7	0.17	12.8	545	13.7	0.15	13.8	502	12.5	0.16	12.5
20–29 years	3,400	12.4	0.13	12.4	871	12.4	0.17	12.5	1,085	13.5	0.16	13.4	1,299	11.8	0.17	11.7
30–39 years	3,238	12.9	0.14	12.9	1,022	13.2	0.19	13.1	1,112	13.2	0.13	13.2	973	11.9	0.12	11.9
40–49 years	2,503	12.9	0.19	12.9	877	13.2	0.22	13.1	785	13.0	0.12	13.1	730	12.1	0.17	12.0
50–59 years	1,799	12.6	0.15	12.7	869	12.9	0.18	13.0	474	12.7	0.25	12.9	365	11.8	0.27	11.6
60–69 years	2,208	12.2	0.14	12.1	953	12.2	0.17	12.1	560	12.9	0.25	12.6	621	11.8	0.24	11.7
70–79 years	1,678	12.2	0.18	12.1	1,052	12.3	0.20	12.3	334	12.4	0.41	11.8	249	11.5	0.33	10.8
80 years and over	1,153	11.9	0.11	12.0	910	12.0	0.12	12.0	116	11.9	0.43	11.8	98	11.8	0.48	11.9
Male																
All ages <sup>2</sup>	13,922	12.7	0.10	12.7	5,028	12.9	0.12	12.9	4,003	13.2	0.08	13.2	4,263	12.1	0.12	12.0
2–11 months <sup>2</sup>	815	9.7	0.23	8.1	455	9.7	0.35	8.3	145	9.7	0.41	7.8	149	9.6	0.40	7.9
1–2 years	1,171	11.8	0.16	11.6	377	11.8	0.24	11.8	341	12.8	0.17	12.9	381	11.7	0.21	11.7
3–5 years	1,424	12.2	0.17	12.1	380	12.2	0.20	12.1	439	12.9	0.21	12.7	527	12.0	0.25	11.9
6–11 years	1,581	12.7	0.12	12.5	419	12.6	0.14	12.5	547	13.1	0.18	13.1	539	12.7	0.22	12.8
12–15 years	750	12.5	0.20	12.3	177	12.4	0.29	12.1	269	13.5	0.25	13.3	265	12.7	0.23	12.5
16–19 years	711	12.9	0.19	12.9	178	12.8	0.26	12.8	255	14.0	0.20	14.0	251	12.9	0.23	12.9
20–29 years	1,587	12.6	0.19	12.7	383	12.9	0.24	13.0	477	13.4	0.21	13.3	656	11.6	0.23	11.5
30–39 years	1,424	13.2	0.19	13.3	438	13.4	0.24	13.4	475	13.4	0.19	13.3	456	11.9	0.17	11.7
40–49 years	1,188	12.9	0.24	12.9	418	13.1	0.29	13.0	356	13.2	0.19	13.4	369	12.1	0.22	11.8
50–59 years	820	13.2	0.22	13.2	399	13.5	0.29	13.8	207	12.8	0.37	12.9	174	12.5	0.33	12.2
60–69 years	1,111	12.5	0.23	12.3	490	12.5	0.26	12.4	279	13.2	0.27	13.1	313	12.2	0.38	12.1
70–79 years	783	12.8	0.20	13.0	468	12.9	0.21	13.0	168	13.2	0.51	12.7	133	11.7	0.46	11.1
80 years and over	557	12.5	0.19	12.7	446	12.6	0.23	12.8	45	12.6	0.57	12.0	50	11.9	0.59	11.5
Female																
All ages <sup>2</sup>	15,181	12.3	0.07	12.2	5,606	12.4	0.08	12.3	4,509	13.0	0.08	13.0	4,363	12.1	0.10	12.0
2–11 months <sup>2</sup>	805	9.8	0.29	8.1	448	10.0	0.35	8.4	139	9.6	0.39	7.5	131	9.8	0.44	8.1
1–2 years	1,139	12.3	0.16	12.0	382	12.3	0.19	11.8	323	13.1	0.18	13.3	388	11.6	0.24	11.7
3–5 years	1,517	12.3	0.16	12.0	398	12.2	0.18	11.9	482	13.3	0.24	13.1	564	12.1	0.22	11.9
6–11 years	1,553	12.5	0.13	12.4	413	12.5	0.18	12.5	518	13.3	0.18	13.3	569	12.5	0.27	12.1
12–15 years	848	12.6	0.20	12.6	231	12.3	0.27	12.3	298	13.7	0.33	13.5	276	13.1	0.15	13.4
16–19 years	810	12.5	0.22	12.5	222	12.6	0.30	12.8	290	13.4	0.23	13.5	251	12.2	0.18	12.1
20–29 years	1,813	12.1	0.14	12.2	488	12.0	0.20	12.1	608	13.5	0.22	13.5	643	12.0	0.13	12.0
30–39 years	1,814	12.7	0.18	12.6	584	12.9	0.22	12.7	637	13.1	0.16	13.1	517	12.0	0.14	12.1
40–49 years	1,315	12.9	0.21	12.8	459	13.2	0.25	13.2	429	12.8	0.21	12.9	361	12.1	0.20	12.1
50–59 years	979	12.2	0.23	12.0	470	12.3	0.28	12.2	267	12.7	0.28	12.9	191	11.1	0.35	10.8
60–69 years	1,097	11.9	0.17	11.8	463	11.9	0.19	12.0	281	12.7	0.33	12.1	308	11.5	0.29	11.5
70–79 years	895	11.7	0.20	11.6	584	11.8	0.23	11.8	166	11.9	0.45	11.2	116	11.2	0.39	10.1
80 years and over	596	11.6	0.11	11.8	464	11.7	0.12	11.8	71	11.5	0.57	11.8	48	11.7	0.67	11.9

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 30. Percent of calories from monounsaturated fat by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	12.5	0.07	12.5	10,696	12.4	0.10	12.3	15,770	12.6	0.09	12.5
Under 6 years <sup>2</sup> . . . . .	6,871	11.8	0.12	11.7	3,145	12.2	0.18	12.1	3,128	11.6	0.12	11.5
6–11 years . . . . .	3,134	12.6	0.09	12.5	1,446	12.6	0.15	12.4	1,439	12.5	0.12	12.4
12–19 years . . . . .	3,119	12.6	0.10	12.6	1,345	13.0	0.15	12.9	1,469	12.5	0.14	12.5
20–59 years . . . . .	10,940	12.7	0.11	12.7	3,329	12.3	0.12	12.3	6,710	12.8	0.13	12.8
60 years and over . . . . .	5,039	12.1	0.10	12.1	1,431	12.0	0.19	12.0	3,024	12.2	0.10	12.1
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,922	12.7	0.10	12.7	4,929	12.6	0.14	12.6	7,769	12.8	0.11	12.8
Under 6 years <sup>2</sup> . . . . .	3,410	11.7	0.12	11.7	1,564	12.2	0.18	12.2	1,548	11.4	0.14	11.4
6–11 years . . . . .	1,581	12.7	0.12	12.5	713	12.8	0.17	12.8	746	12.5	0.16	12.4
12–19 years . . . . .	1,461	12.7	0.15	12.7	634	13.2	0.28	13.1	673	12.6	0.19	12.5
20–59 years . . . . .	5,019	13.0	0.15	13.0	1,390	12.3	0.19	12.4	3,226	13.1	0.16	13.1
60 years and over . . . . .	2,451	12.6	0.14	12.6	628	13.1	0.34	13.0	1,576	12.5	0.15	12.4
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	12.3	0.07	12.2	5,767	12.2	0.11	12.2	8,001	12.4	0.09	12.3
Under 6 years <sup>2</sup> . . . . .	3,461	11.9	0.14	11.7	1,581	12.1	0.25	12.0	1,580	11.8	0.16	11.6
6–11 years . . . . .	1,553	12.5	0.13	12.4	733	12.3	0.26	12.2	693	12.6	0.16	12.5
12–19 years . . . . .	1,658	12.6	0.16	12.6	711	12.7	0.24	12.7	796	12.5	0.19	12.5
20–59 years . . . . .	5,921	12.5	0.10	12.4	1,939	12.3	0.16	12.3	3,484	12.6	0.12	12.5
60 years and over . . . . .	2,588	11.8	0.10	11.7	803	11.4	0.22	11.2	1,448	11.9	0.13	11.9

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 31. Percent of calories from polyunsaturated fat by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	6.9	0.06	6.3	10,634	6.9	0.08	6.3	8,512	7.2	0.07	6.6	8,626	6.9	0.06	6.2
2–11 months <sup>2</sup>	1,620	9.4	0.18	8.9	903	8.8	0.22	8.4	284	10.8	0.36	11.2	280	10.0	0.38	9.9
1–2 years	2,310	5.3	0.08	5.0	759	5.2	0.10	4.9	664	6.3	0.11	6.1	769	5.9	0.09	5.2
3–5 years	2,941	5.9	0.10	5.5	778	5.8	0.15	5.4	921	6.5	0.12	6.1	1,091	6.1	0.09	5.6
6–11 years	3,134	6.2	0.11	5.5	832	6.2	0.15	5.4	1,065	6.7	0.12	6.0	1,108	6.3	0.15	5.8
12–15 years	1,598	6.7	0.21	5.8	408	6.6	0.28	5.6	567	7.3	0.18	6.5	541	6.4	0.14	5.9
16–19 years	1,521	6.8	0.12	6.2	400	6.6	0.16	6.1	545	7.3	0.21	6.5	502	7.1	0.23	6.4
20–29 years	3,400	7.0	0.10	6.4	871	6.8	0.13	6.3	1,085	7.6	0.15	7.1	1,299	7.1	0.11	6.5
30–39 years	3,238	7.2	0.12	6.7	1,022	7.2	0.17	6.7	1,112	7.5	0.13	7.0	973	7.3	0.17	6.6
40–49 years	2,503	7.5	0.14	7.0	877	7.7	0.17	7.1	785	7.3	0.14	6.7	730	7.2	0.18	6.5
50–59 years	1,799	7.1	0.11	6.6	869	7.3	0.13	6.8	474	6.8	0.17	6.1	365	7.4	0.33	6.8
60–69 years	2,208	6.8	0.11	6.2	953	6.9	0.14	6.2	560	6.9	0.23	6.3	621	6.7	0.12	6.0
70–79 years	1,678	6.8	0.11	6.3	1,052	6.9	0.11	6.3	334	6.7	0.24	5.8	249	6.8	0.19	6.2
80 years and over	1,153	6.6	0.13	6.0	910	6.7	0.14	6.1	116	6.6	0.36	6.1	98	5.8	0.32	5.2
<b>Male</b>																
All ages <sup>2</sup>	13,922	6.8	0.07	6.1	5,028	6.8	0.09	6.2	4,003	7.0	0.07	6.5	4,263	6.8	0.08	6.1
2–11 months <sup>2</sup>	815	9.3	0.21	8.6	455	8.5	0.26	8.0	145	11.0	0.44	11.4	149	9.4	0.56	8.6
1–2 years	1,171	5.4	0.10	5.1	377	5.2	0.12	4.9	341	6.3	0.17	6.0	381	5.8	0.16	5.3
3–5 years	1,424	5.9	0.17	5.5	380	5.8	0.26	5.4	439	6.4	0.14	6.1	527	6.0	0.15	5.6
6–11 years	1,581	6.1	0.17	5.4	419	6.0	0.25	5.3	547	6.6	0.17	6.0	539	6.3	0.25	5.7
12–15 years	750	6.2	0.27	5.4	177	6.1	0.36	5.1	269	7.0	0.17	6.7	265	6.3	0.14	5.8
16–19 years	711	6.6	0.20	6.1	178	6.4	0.26	6.1	255	6.9	0.24	6.4	251	7.0	0.24	6.3
20–29 years	1,587	6.7	0.16	6.2	383	6.7	0.21	6.3	477	7.3	0.20	7.1	656	7.0	0.15	6.3
30–39 years	1,424	7.2	0.14	6.6	438	7.1	0.19	6.6	475	7.1	0.15	6.7	456	7.1	0.21	6.5
40–49 years	1,188	7.3	0.19	6.7	418	7.5	0.23	6.8	356	7.0	0.17	6.4	369	6.8	0.22	6.2
50–59 years	820	7.2	0.15	6.6	399	7.3	0.18	6.8	207	6.8	0.27	6.2	174	7.5	0.30	6.8
60–69 years	1,111	6.8	0.12	6.2	490	6.8	0.13	6.3	279	6.7	0.26	6.2	313	6.8	0.23	6.1
70–79 years	783	6.8	0.14	6.3	468	6.9	0.14	6.5	168	6.5	0.28	5.5	133	6.4	0.34	5.7
80 years and over	557	6.4	0.14	6.1	446	6.5	0.15	6.1	45	6.7	0.53	6.4	50	6.4	0.36	6.0
<b>Female</b>																
All ages <sup>2</sup>	15,181	7.0	0.07	6.4	5,606	7.0	0.09	6.4	4,509	7.4	0.11	6.7	4,363	7.0	0.07	6.4
2–11 months <sup>2</sup>	805	9.7	0.21	9.3	448	9.2	0.30	8.8	139	10.7	0.37	10.6	131	10.7	0.44	10.8
1–2 years	1,139	5.3	0.11	5.0	382	5.2	0.13	4.9	323	6.2	0.16	6.1	388	5.9	0.13	5.2
3–5 years	1,517	5.8	0.09	5.5	398	5.7	0.11	5.4	482	6.6	0.15	6.3	564	6.1	0.14	5.6
6–11 years	1,553	6.3	0.15	5.7	413	6.3	0.19	5.6	518	6.9	0.13	6.1	569	6.4	0.13	6.1
12–15 years	848	7.1	0.27	6.2	231	7.1	0.37	6.2	298	7.6	0.33	6.5	276	6.6	0.23	6.0
16–19 years	810	7.1	0.20	6.3	222	6.7	0.27	6.0	290	7.6	0.31	6.9	251	7.3	0.27	6.5
20–29 years	1,813	7.2	0.15	6.5	488	7.0	0.20	6.3	608	7.8	0.20	7.2	643	7.3	0.16	6.6
30–39 years	1,814	7.3	0.18	6.7	584	7.3	0.23	6.7	637	7.9	0.22	7.2	517	7.5	0.20	6.7
40–49 years	1,315	7.7	0.15	7.3	459	7.8	0.19	7.4	429	7.5	0.18	6.9	361	7.5	0.21	6.9
50–59 years	979	7.1	0.16	6.6	470	7.2	0.20	6.7	267	6.8	0.21	6.0	191	7.3	0.47	6.9
60–69 years	1,097	6.9	0.17	6.0	463	7.0	0.21	6.2	281	7.1	0.26	6.4	308	6.5	0.14	6.0
70–79 years	895	6.9	0.13	6.3	584	6.9	0.14	6.3	166	6.9	0.35	6.2	116	7.2	0.40	6.7
80 years and over	596	6.7	0.16	6.0	464	6.8	0.17	6.1	71	6.5	0.42	6.0	48	5.2	0.46	4.3

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 32. Percent of calories from polyunsaturated fat by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	6.9	0.06	6.3	10,696	6.6	0.06	5.9	15,770	7.0	0.07	6.4
Under 6 years <sup>2</sup> . . . . .	6,871	6.1	0.08	5.6	3,145	6.4	0.12	5.8	3,128	6.0	0.07	5.4
6–11 years . . . . .	3,134	6.2	0.11	5.5	1,446	6.1	0.17	5.4	1,439	6.3	0.13	5.6
12–19 years . . . . .	3,119	6.7	0.12	6.0	1,345	6.9	0.20	6.2	1,469	6.7	0.14	6.0
20–59 years . . . . .	10,940	7.2	0.08	6.6	3,329	6.8	0.10	6.2	6,710	7.3	0.09	6.7
60 years and over . . . . .	5,039	6.8	0.07	6.2	1,431	6.4	0.14	5.6	3,024	6.9	0.09	6.3
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,922	6.8	0.07	6.1	4,929	6.5	0.13	5.8	7,769	6.8	0.08	6.2
Under 6 years <sup>2</sup> . . . . .	3,410	6.1	0.11	5.6	1,564	6.5	0.20	5.9	1,548	6.0	0.10	5.4
6–11 years . . . . .	1,581	6.1	0.17	5.4	713	6.4	0.36	5.4	746	6.0	0.17	5.4
12–19 years . . . . .	1,461	6.4	0.17	5.9	634	6.9	0.36	6.2	673	6.2	0.16	5.7
20–59 years . . . . .	5,019	7.1	0.09	6.5	1,390	6.5	0.16	5.8	3,226	7.2	0.10	6.6
60 years and over . . . . .	2,451	6.7	0.08	6.3	628	6.5	0.21	5.9	1,576	6.8	0.09	6.3
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	7.0	0.07	6.4	5,767	6.7	0.09	6.0	8,001	7.2	0.09	6.5
Under 6 years <sup>2</sup> . . . . .	3,461	6.2	0.07	5.6	1,581	6.4	0.12	5.7	1,580	6.0	0.08	5.5
6–11 years . . . . .	1,553	6.3	0.15	5.7	733	5.8	0.19	5.2	693	6.6	0.22	5.9
12–19 years . . . . .	1,658	7.1	0.18	6.2	711	6.9	0.24	6.2	796	7.2	0.24	6.3
20–59 years . . . . .	5,921	7.3	0.09	6.7	1,939	7.1	0.12	6.4	3,484	7.4	0.11	6.8
60 years and over . . . . .	2,588	6.8	0.09	6.1	803	6.3	0.16	5.6	1,448	7.0	0.13	6.3

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 33. Vitamin B<sub>6</sub> intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	1.8	0.02	1.6	10,634	1.9	0.02	1.6	8,513	1.7	0.02	1.4	8,627	1.8	0.02	1.6
2–11 months <sup>2</sup>	1,620	0.8	0.01	0.7	903	0.7	0.02	0.7	284	0.7	0.02	0.7	280	0.8	0.03	0.7
1–2 years	2,310	1.3	0.02	1.2	759	1.3	0.02	1.2	664	1.3	0.04	1.2	769	1.3	0.05	1.2
3–5 years	2,941	1.5	0.02	1.4	778	1.5	0.03	1.4	921	1.5	0.03	1.4	1,091	1.5	0.03	1.4
6–11 years	3,134	1.7	0.03	1.5	832	1.7	0.03	1.5	1,065	1.6	0.03	1.5	1,108	1.7	0.04	1.5
12–15 years	1,599	1.9	0.08	1.6	408	1.9	0.11	1.6	567	1.6	0.04	1.5	542	1.7	0.07	1.6
16–19 years	1,522	2.0	0.06	1.6	400	2.0	0.09	1.6	546	1.9	0.06	1.6	502	1.9	0.09	1.6
20–29 years	3,400	2.0	0.03	1.7	871	2.0	0.04	1.7	1,085	1.9	0.05	1.6	1,299	2.2	0.05	1.8
30–39 years	3,238	1.9	0.03	1.7	1,022	1.9	0.04	1.7	1,112	1.8	0.04	1.6	973	2.0	0.04	1.8
40–49 years	2,503	1.9	0.04	1.7	877	1.9	0.05	1.7	785	1.7	0.05	1.5	730	1.8	0.05	1.6
50–59 years	1,799	1.9	0.05	1.6	869	2.0	0.06	1.7	474	1.5	0.06	1.3	365	1.8	0.05	1.7
60–69 years	2,208	1.9	0.04	1.6	953	1.9	0.05	1.7	560	1.4	0.03	1.2	621	1.6	0.05	1.4
70–79 years	1,678	1.8	0.03	1.6	1,052	1.8	0.04	1.6	334	1.6	0.07	1.3	249	1.5	0.07	1.3
80 years and over	1,153	1.8	0.04	1.6	910	1.8	0.04	1.6	116	1.5	0.12	1.3	98	1.3	0.09	1.1
<b>Male</b>																
All ages <sup>2</sup>	13,923	2.1	0.02	1.9	5,028	2.2	0.03	1.9	4,003	1.9	0.02	1.7	4,264	2.1	0.03	1.8
2–11 months <sup>2</sup>	815	0.8	0.02	0.7	455	0.8	0.02	0.7	145	0.7	0.03	0.6	149	0.9	0.06	0.7
1–2 years	1,171	1.3	0.03	1.2	377	1.3	0.05	1.2	341	1.3	0.05	1.2	381	1.4	0.05	1.2
3–5 years	1,424	1.5	0.03	1.4	380	1.5	0.04	1.4	439	1.6	0.04	1.5	527	1.6	0.04	1.5
6–11 years	1,581	1.8	0.05	1.6	419	1.8	0.07	1.6	547	1.7	0.04	1.5	539	1.8	0.05	1.6
12–15 years	751	2.2	0.14	1.8	177	2.2	0.18	1.8	269	1.7	0.06	1.6	266	2.0	0.09	1.8
16–19 years	711	2.4	0.09	2.2	178	2.5	0.12	2.3	255	2.3	0.11	1.9	251	2.1	0.14	1.7
20–29 years	1,587	2.4	0.04	2.1	383	2.4	0.06	2.1	477	2.4	0.07	2.2	656	2.5	0.08	2.2
30–39 years	1,424	2.3	0.04	2.1	438	2.3	0.06	2.1	475	2.2	0.07	2.0	456	2.4	0.05	2.2
40–49 years	1,188	2.3	0.06	2.0	418	2.3	0.07	2.1	356	2.1	0.09	1.8	369	2.1	0.06	2.1
50–59 years	820	2.3	0.09	2.0	399	2.4	0.10	2.0	207	1.7	0.10	1.5	174	2.1	0.06	1.8
60–69 years	1,111	2.1	0.05	1.9	490	2.2	0.06	2.0	279	1.5	0.06	1.3	313	1.8	0.07	1.6
70–79 years	783	1.9	0.06	1.7	468	2.0	0.07	1.7	168	1.7	0.13	1.2	133	1.7	0.10	1.4
80 years and over	557	2.0	0.05	1.8	446	2.1	0.06	1.8	45	1.7	0.14	1.5	50	1.6	0.16	1.4
<b>Female</b>																
All ages <sup>2</sup>	15,182	1.5	0.02	1.4	5,606	1.5	0.02	1.4	4,510	1.4	0.01	1.3	4,363	1.6	0.03	1.4
2–11 months <sup>2</sup>	805	0.7	0.02	0.7	448	0.7	0.02	0.6	139	0.8	0.03	0.7	131	0.7	0.03	0.7
1–2 years	1,139	1.2	0.02	1.1	382	1.3	0.03	1.2	323	1.2	0.04	1.1	388	1.3	0.07	1.1
3–5 years	1,517	1.4	0.03	1.3	398	1.4	0.03	1.3	482	1.5	0.03	1.4	564	1.4	0.04	1.3
6–11 years	1,553	1.5	0.03	1.4	413	1.5	0.05	1.4	518	1.5	0.04	1.4	569	1.6	0.05	1.5
12–15 years	848	1.5	0.06	1.4	231	1.5	0.08	1.5	298	1.6	0.08	1.4	276	1.5	0.07	1.3
16–19 years	811	1.5	0.06	1.2	222	1.4	0.07	1.2	291	1.5	0.06	1.3	251	1.8	0.11	1.5
20–29 years	1,813	1.6	0.04	1.4	488	1.5	0.04	1.4	608	1.5	0.05	1.3	643	1.7	0.06	1.5
30–39 years	1,814	1.6	0.03	1.4	584	1.6	0.04	1.4	637	1.5	0.03	1.3	517	1.7	0.06	1.5
40–49 years	1,315	1.5	0.06	1.3	459	1.6	0.07	1.4	429	1.3	0.03	1.2	361	1.5	0.05	1.3
50–59 years	979	1.5	0.05	1.3	470	1.6	0.06	1.3	267	1.3	0.06	1.2	191	1.6	0.08	1.4
60–69 years	1,097	1.6	0.05	1.4	463	1.7	0.06	1.5	281	1.3	0.04	1.2	308	1.4	0.05	1.2
70–79 years	895	1.7	0.04	1.5	584	1.7	0.04	1.5	166	1.5	0.07	1.3	116	1.3	0.09	1.2
80 years and over	596	1.6	0.04	1.4	464	1.6	0.05	1.4	71	1.4	0.13	1.2	48	1.1	0.09	1.1

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.



**Table 34. Vitamin B<sub>6</sub> intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	1.8	0.02	1.6	10,696	1.7	0.03	1.5	15,771	1.9	0.02	1.6
Under 6 years <sup>2</sup> . . . . .	6,871	1.3	0.01	1.2	3,145	1.3	0.02	1.2	3,128	1.3	0.02	1.2
6–11 years . . . . .	3,134	1.7	0.03	1.5	1,446	1.7	0.04	1.5	1,439	1.6	0.03	1.6
12–19 years . . . . .	3,121	1.9	0.06	1.6	1,345	1.8	0.06	1.5	1,470	2.0	0.07	1.6
20–59 years . . . . .	10,940	1.9	0.02	1.7	3,329	1.9	0.04	1.6	6,710	2.0	0.02	1.7
60 years and over . . . . .	5,039	1.8	0.03	1.6	1,431	1.6	0.06	1.3	3,024	1.9	0.03	1.7
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	2.1	0.02	1.9	4,929	2.0	0.05	1.7	7,770	2.2	0.03	1.9
Under 6 years <sup>2</sup> . . . . .	3,410	1.3	0.02	1.2	1,564	1.4	0.03	1.2	1,548	1.3	0.03	1.2
6–11 years . . . . .	1,581	1.8	0.05	1.6	713	1.8	0.08	1.6	746	1.8	0.05	1.6
12–19 years . . . . .	1,462	2.3	0.08	1.9	634	2.0	0.09	1.7	674	2.4	0.11	2.1
20–59 years . . . . .	5,019	2.3	0.03	2.1	1,390	2.3	0.07	2.0	3,226	2.3	0.03	2.1
60 years and over . . . . .	2,451	2.1	0.04	1.8	628	1.7	0.06	1.4	1,576	2.1	0.04	1.9
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	1.5	0.02	1.4	5,767	1.5	0.03	1.3	8,001	1.6	0.02	1.4
Under 6 years <sup>2</sup> . . . . .	3,461	1.3	0.02	1.2	1,581	1.3	0.02	1.2	1,580	1.3	0.02	1.2
6–11 years . . . . .	1,553	1.5	0.03	1.4	733	1.6	0.06	1.4	693	1.5	0.05	1.4
12–19 years . . . . .	1,659	1.5	0.05	1.3	711	1.6	0.08	1.3	796	1.5	0.06	1.3
20–59 years . . . . .	5,921	1.6	0.03	1.4	1,939	1.5	0.05	1.3	3,484	1.6	0.03	1.4
60 years and over . . . . .	2,588	1.6	0.03	1.4	803	1.5	0.07	1.3	1,448	1.7	0.04	1.5

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 35. Vitamin B<sub>12</sub> intake in micrograms by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	5.0	0.11	3.5	10,634	5.1	0.13	3.6	8,513	5.0	0.14	3.2	8,627	4.7	0.10	3.5
2–11 months <sup>2</sup>	1,620	2.6	0.08	2.2	903	2.6	0.11	2.2	284	2.5	0.14	2.2	280	2.7	0.14	2.4
1–2 years	2,310	3.2	0.06	2.9	759	3.1	0.09	2.9	664	3.2	0.06	2.6	769	3.5	0.11	2.9
3–5 years	2,941	3.6	0.11	3.0	778	3.6	0.16	3.0	921	3.5	0.11	3.0	1,091	3.5	0.12	3.0
6–11 years	3,134	4.2	0.07	3.5	832	4.2	0.09	3.4	1,065	4.2	0.18	3.5	1,108	4.3	0.13	3.7
12–15 years	1,599	5.1	0.36	3.8	408	5.3	0.47	3.9	567	4.8	0.50	3.4	542	4.6	0.34	3.7
16–19 years	1,522	5.6	0.33	4.1	400	5.9	0.48	4.2	546	5.3	0.32	3.7	502	5.2	0.33	3.7
20–29 years	3,400	5.6	0.30	3.8	871	5.6	0.42	3.8	1,085	6.0	0.64	3.8	1,299	5.3	0.20	3.7
30–39 years	3,238	5.6	0.21	3.7	1,022	5.6	0.27	3.8	1,112	5.5	0.32	3.4	973	5.3	0.35	3.7
40–49 years	2,503	5.4	0.33	3.7	877	5.4	0.37	3.9	785	5.7	0.70	3.1	730	4.7	0.28	3.6
50–59 years	1,799	5.2	0.21	3.6	869	5.3	0.26	3.7	474	4.7	0.56	2.7	365	4.9	0.67	3.1
60–69 years	2,208	5.0	0.29	3.3	953	5.2	0.35	3.6	560	4.0	0.28	2.6	621	4.2	0.39	2.8
70–79 years	1,678	4.3	0.20	3.0	1,052	4.3	0.23	3.1	334	4.1	0.28	2.5	249	4.3	0.92	2.4
80 years and over	1,153	4.3	0.25	2.9	910	4.2	0.22	3.0	116	*5.6	*2.20	2.2	98	3.2	0.26	2.6
<b>Male</b>																
All ages <sup>2</sup>	13,923	6.1	0.16	4.4	5,028	6.3	0.20	4.5	4,003	5.8	0.24	3.8	4,264	5.5	0.15	4.1
2–11 months <sup>2</sup>	815	2.7	0.09	2.2	455	2.7	0.13	2.3	145	2.4	0.16	2.1	149	2.9	0.16	2.4
1–2 years	1,171	3.3	0.08	3.0	377	3.2	0.12	2.9	341	3.2	0.11	2.8	381	3.8	0.20	3.2
3–5 years	1,424	3.9	0.19	3.2	380	3.9	0.27	3.2	439	3.6	0.11	3.0	527	3.6	0.13	3.1
6–11 years	1,581	4.6	0.12	3.8	419	4.6	0.15	3.8	547	4.9	0.34	3.8	539	4.7	0.22	4.1
12–15 years	751	6.2	0.53	4.6	177	6.5	0.76	4.6	269	4.8	0.34	3.8	266	5.6	0.59	4.3
16–19 years	711	7.5	0.53	5.2	178	8.0	0.79	5.2	255	6.1	0.48	5.0	251	6.3	0.64	4.7
20–29 years	1,587	7.0	0.58	5.0	383	7.1	0.87	5.2	477	7.5	0.73	4.9	656	6.3	0.39	4.7
30–39 years	1,424	6.6	0.27	4.9	438	6.7	0.34	5.0	475	6.7	0.41	4.4	456	6.1	0.44	4.7
40–49 years	1,188	6.9	0.62	4.7	418	6.8	0.69	4.9	356	7.5	1.34	4.0	369	5.8	0.47	4.4
50–59 years	820	6.3	0.32	4.5	399	6.6	0.42	4.7	207	4.7	0.48	2.9	174	5.2	0.47	3.9
60–69 years	1,111	6.1	0.41	4.2	490	6.4	0.48	4.4	279	4.8	0.44	3.1	313	5.6	0.79	3.6
70–79 years	783	5.3	0.30	3.9	468	5.4	0.36	4.0	168	5.0	0.47	3.1	133	3.8	0.52	2.6
80 years and over	557	5.5	0.31	3.7	446	5.7	0.38	3.8	45	3.0	0.27	2.5	50	3.8	0.50	3.2
<b>Female</b>																
All ages <sup>2</sup>	15,182	4.0	0.10	2.9	5,606	4.0	0.12	3.0	4,510	4.3	0.16	2.8	4,363	3.9	0.12	3.0
2–11 months <sup>2</sup>	805	2.5	0.10	2.2	448	2.5	0.13	2.2	139	2.7	0.18	2.5	131	2.5	0.15	2.3
1–2 years	1,139	3.1	0.07	2.8	382	3.0	0.10	2.7	323	3.2	0.14	2.5	388	3.3	0.10	2.7
3–5 years	1,517	3.3	0.11	2.9	398	3.3	0.14	2.9	482	3.4	0.17	2.8	564	3.4	0.19	2.9
6–11 years	1,553	3.8	0.13	3.2	413	3.8	0.18	3.0	518	3.5	0.11	3.2	569	3.9	0.17	3.5
12–15 years	848	4.0	0.30	3.2	231	4.0	0.32	3.4	298	4.8	0.95	3.0	276	3.7	0.21	3.3
16–19 years	811	3.8	0.17	3.1	222	3.8	0.19	3.4	291	4.5	0.62	3.0	251	4.0	0.22	3.0
20–29 years	1,813	4.3	0.32	2.9	488	4.1	0.31	2.9	608	4.9	0.81	3.0	643	4.1	0.23	3.2
30–39 years	1,814	4.6	0.31	3.0	584	4.6	0.42	3.1	637	4.5	0.47	2.8	517	4.5	0.41	3.0
40–49 years	1,315	3.9	0.17	3.0	459	4.0	0.20	3.1	429	4.1	0.43	2.4	361	3.7	0.22	3.1
50–59 years	979	4.2	0.23	2.9	470	4.1	0.30	3.0	267	4.7	0.91	2.5	191	4.6	1.26	2.7
60–69 years	1,097	4.0	0.30	2.6	463	4.1	0.36	2.7	281	3.4	0.33	2.2	308	3.2	0.22	2.4
70–79 years	895	3.6	0.22	2.5	584	3.6	0.25	2.6	166	3.5	0.36	2.3	116	*4.7	*1.93	2.4
80 years and over	596	3.6	0.31	2.6	464	3.4	0.24	2.6	71	*6.7	*3.29	2.2	48	2.7	0.33	2.6

\*Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 36. Vitamin B<sub>12</sub> intake in micrograms by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	5.0	0.11	3.5	10,696	4.9	0.21	3.4	15,771	5.1	0.13	3.6
Under 6 years <sup>2</sup> . . . . .	6,871	3.3	0.06	2.9	3,145	3.5	0.10	3.0	3,128	3.2	0.08	2.8
6–11 years . . . . .	3,134	4.2	0.07	3.5	1,446	4.3	0.20	3.6	1,439	4.1	0.09	3.4
12–19 years . . . . .	3,121	5.4	0.25	3.9	1,345	4.9	0.37	3.5	1,470	5.5	0.36	4.0
20–59 years . . . . .	10,940	5.5	0.17	3.7	3,329	5.6	0.43	3.6	6,710	5.4	0.19	3.8
60 years and over . . . . .	5,039	4.6	0.17	3.1	1,431	4.2	0.33	2.6	3,024	4.8	0.21	3.3
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	6.1	0.16	4.4	4,929	6.0	0.47	3.9	7,770	6.1	0.18	4.4
Under 6 years <sup>2</sup> . . . . .	3,410	3.5	0.10	3.0	1,564	3.8	0.22	3.1	1,548	3.4	0.11	3.0
6–11 years . . . . .	1,581	4.6	0.12	3.8	713	4.9	0.30	4.0	746	4.5	0.13	3.7
12–19 years . . . . .	1,462	6.8	0.38	4.9	634	6.1	0.70	4.3	674	7.1	0.53	5.1
20–59 years . . . . .	5,019	6.7	0.26	4.8	1,390	7.4	1.02	4.5	3,226	6.5	0.26	4.8
60 years and over . . . . .	2,451	5.8	0.25	4.0	628	5.2	0.60	3.2	1,576	5.9	0.29	4.1
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	4.0	0.10	2.9	5,767	3.9	0.13	2.9	8,001	4.1	0.14	2.9
Under 6 years <sup>2</sup> . . . . .	3,461	3.2	0.06	2.8	1,581	3.3	0.10	2.9	1,580	3.0	0.08	2.7
6–11 years . . . . .	1,553	3.8	0.13	3.2	733	3.8	0.21	3.2	693	3.8	0.16	3.1
12–19 years . . . . .	1,659	3.9	0.18	3.2	711	3.9	0.23	3.1	796	3.9	0.26	3.2
20–59 years . . . . .	5,921	4.3	0.17	3.0	1,939	4.2	0.25	2.9	3,484	4.3	0.21	3.0
60 years and over . . . . .	2,588	3.8	0.17	2.6	803	3.7	0.33	2.3	1,448	3.8	0.21	2.6

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 37. Vitamin C intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	106	1.3	76	10,634	102	1.6	74	8,513	112	1.6	81	8,627	117	1.8	83
2–11 months <sup>2</sup>	1,620	121	3.8	107	903	119	4.6	101	284	128	6.4	113	280	119	5.9	107
1–2 years	2,310	91	2.0	69	759	87	3.1	67	664	102	3.8	83	769	93	4.1	68
3–5 years	2,941	101	2.5	83	778	95	3.4	79	921	114	3.6	95	1,091	110	3.7	86
6–11 years	3,134	103	2.8	81	832	100	3.3	79	1,065	116	3.2	95	1,108	102	4.9	82
12–15 years	1,599	109	4.4	76	408	99	5.2	65	567	115	5.0	89	542	120	7.6	80
16–19 years	1,522	109	4.5	71	400	101	5.6	67	546	132	6.6	91	502	120	4.7	80
20–29 years	3,400	110	3.1	72	871	102	4.2	67	1,085	124	4.2	86	1,299	138	5.5	95
30–39 years	3,238	106	3.0	76	1,022	104	4.1	75	1,112	109	3.7	72	973	124	4.8	86
40–49 years	2,503	96	2.5	69	877	95	3.2	69	785	103	5.4	69	730	109	3.8	74
50–59 years	1,799	109	6.2	74	869	107	5.5	71	474	96	4.6	64	365	108	6.8	82
60–69 years	2,208	111	4.3	85	953	111	3.7	88	560	96	4.8	70	621	98	6.1	70
70–79 years	1,678	105	2.1	83	1,052	105	2.5	84	334	99	5.3	78	249	101	8.0	74
80 years and over	1,153	107	3.3	89	910	108	3.6	90	116	98	5.4	85	98	88	13.5	58
Male																
All ages <sup>2</sup>	13,923	114	2.0	82	5,028	111	2.6	80	4,003	123	3.2	88	4,264	124	2.8	87
2–11 months <sup>2</sup>	815	123	3.4	109	455	124	4.7	109	145	121	6.6	108	149	117	8.2	107
1–2 years	1,171	92	3.2	70	377	87	4.8	67	341	106	3.9	89	381	94	5.2	69
3–5 years	1,424	102	3.7	81	380	93	5.6	74	439	117	5.3	98	527	114	4.6	91
6–11 years	1,581	109	4.1	83	419	108	4.9	83	547	119	5.8	94	539	102	8.8	77
12–15 years	751	121	5.9	83	177	114	8.5	79	269	122	7.6	92	266	133	10.7	91
16–19 years	711	122	6.7	84	178	116	8.3	82	255	156	10.5	110	251	121	6.9	80
20–29 years	1,587	123	5.0	79	383	117	7.0	76	477	144	8.4	103	656	147	8.4	97
30–39 years	1,424	118	4.4	86	438	119	6.0	82	475	127	6.8	81	456	132	7.3	97
40–49 years	1,188	105	4.0	76	418	103	4.9	73	356	122	9.0	82	369	120	5.1	88
50–59 years	820	125	10.3	83	399	120	9.0	82	207	101	8.2	60	174	116	8.5	85
60–69 years	1,111	109	4.1	85	490	109	4.3	88	279	88	7.7	57	313	104	8.2	68
70–79 years	783	107	5.1	83	468	107	6.0	83	168	90	8.7	63	133	120	15.4	83
80 years and over	557	104	4.7	86	446	105	5.2	87	45	95	6.2	85	50	*106	*27.1	58
Female																
All ages <sup>2</sup>	15,182	97	1.3	71	5,606	94	1.6	70	4,510	102	1.4	75	4,363	109	2.3	79
2–11 months <sup>2</sup>	805	119	5.6	104	448	113	5.8	98	139	136	9.9	120	131	121	6.9	111
1–2 years	1,139	90	2.6	68	382	87	3.6	67	323	98	7.0	70	388	91	6.3	66
3–5 years	1,517	100	3.1	84	398	96	3.1	83	482	112	4.1	93	564	106	4.6	81
6–11 years	1,553	98	4.2	78	413	91	4.6	76	518	114	3.8	96	569	102	3.7	87
12–15 years	848	97	5.6	65	231	83	6.3	57	298	109	6.7	88	276	107	8.8	74
16–19 years	811	97	5.7	62	222	84	6.4	56	291	109	8.2	75	251	120	6.8	81
20–29 years	1,813	96	3.7	65	488	89	4.2	58	608	108	4.0	73	643	128	7.1	92
30–39 years	1,814	94	3.5	65	584	90	4.2	62	637	95	3.9	62	517	116	5.8	73
40–49 years	1,315	88	3.1	62	459	88	4.0	63	429	87	4.8	60	361	98	5.5	66
50–59 years	979	95	4.4	70	470	94	5.2	68	267	92	6.3	66	191	100	8.7	80
60–69 years	1,097	113	5.9	87	463	112	4.8	88	281	101	5.6	77	308	93	6.6	71
70–79 years	895	103	2.8	84	584	103	3.0	84	166	106	7.3	87	116	84	7.1	65
80 years and over	596	109	4.0	92	464	110	4.3	93	71	99	7.7	86	48	72	5.2	60

\*Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for race-ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 38. Vitamin C intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	106	1.3	76	10,696	103	2.3	73	15,771	107	1.6	77
Under 6 years <sup>2</sup> . . . . .	6,871	100	1.6	80	3,145	103	3.1	82	3,128	99	2.5	80
6–11 years . . . . .	3,134	103	2.8	81	1,446	107	4.3	85	1,439	103	3.2	80
12–19 years . . . . .	3,121	109	3.6	73	1,345	113	7.1	74	1,470	107	4.2	72
20–59 years . . . . .	10,940	105	1.9	72	3,329	101	3.7	68	6,710	107	2.0	74
60 years and over . . . . .	5,039	108	2.2	85	1,431	95	3.3	71	3,024	111	2.5	90
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	114	2.0	82	4,929	109	3.8	78	7,770	117	2.3	84
Under 6 years <sup>2</sup> . . . . .	3,410	101	2.3	82	1,564	105	4.7	84	1,548	100	3.5	81
6–11 years . . . . .	1,581	109	4.1	83	713	111	4.9	92	746	110	5.1	81
12–19 years . . . . .	1,462	122	4.4	84	634	123	9.8	83	674	123	4.9	83
20–59 years . . . . .	5,019	118	3.1	81	1,390	111	6.1	73	3,226	120	3.2	85
60 years and over . . . . .	2,451	108	2.8	85	628	84	4.4	59	1,576	111	3.4	90
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	97	1.3	71	5,767	98	3.2	70	8,001	97	1.5	72
Under 6 years <sup>2</sup> . . . . .	3,461	99	2.0	79	1,581	100	3.2	80	1,580	98	2.5	79
6–11 years . . . . .	1,553	98	4.2	78	733	103	9.4	78	693	95	4.0	79
12–19 years . . . . .	1,659	97	4.7	64	711	104	10.4	65	796	92	5.1	64
20–59 years . . . . .	5,921	93	2.0	65	1,939	94	4.3	62	3,484	93	2.1	65
60 years and over . . . . .	2,588	109	3.1	86	803	101	4.7	75	1,448	111	3.6	93

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 39. Vitamin E intake in milligrams alpha-tocopherol equivalents by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	9.2	0.19	7.1	10,634	9.5	0.22	7.3	8,513	8.5	0.13	6.6	8,627	9.2	0.22	6.8
2–11 months <sup>2</sup>	1,620	11.6	0.21	11.7	903	10.8	0.22	11.1	284	13.4	0.58	12.9	280	12.0	0.40	12.5
1–2 years	2,310	5.0	0.12	4.2	759	4.8	0.16	4.2	664	5.1	0.15	4.5	769	6.1	0.37	4.4
3–5 years	2,941	6.1	0.17	5.2	778	6.0	0.27	5.1	921	6.4	0.16	5.5	1,091	6.7	0.29	5.1
6–11 years	3,134	7.5	0.22	6.1	832	7.5	0.32	6.2	1,065	7.9	0.28	6.3	1,108	8.0	0.31	6.0
12–15 years	1,599	10.3	1.38	7.3	408	10.5	1.90	7.2	567	9.3	0.37	7.5	542	8.9	0.65	6.4
16–19 years	1,522	9.8	0.37	8.2	400	9.9	0.55	8.4	546	9.7	0.45	7.9	502	10.9	1.01	7.7
20–29 years	3,400	9.8	0.30	7.8	871	10.0	0.40	7.9	1,085	9.6	0.35	7.9	1,299	10.3	0.41	7.9
30–39 years	3,238	10.3	0.29	8.3	1,022	10.8	0.38	8.7	1,112	9.1	0.26	7.4	973	10.4	0.40	7.8
40–49 years	2,503	9.8	0.44	7.9	877	10.3	0.50	8.4	785	8.4	0.44	6.5	730	9.8	0.57	7.2
50–59 years	1,799	9.6	0.33	7.1	869	10.1	0.40	7.4	474	7.6	0.49	5.8	365	8.1	0.36	6.7
60–69 years	2,208	8.8	0.37	6.5	953	9.1	0.44	6.7	560	6.7	0.34	5.1	621	7.3	0.32	5.5
70–79 years	1,678	8.5	0.32	6.2	1,052	8.6	0.37	6.3	334	7.4	0.86	5.1	249	6.7	0.48	4.9
80 years and over	1,153	8.4	0.34	6.0	910	8.6	0.39	6.1	116	6.6	0.77	4.8	98	5.9	0.83	3.6
<b>Male</b>																
All ages <sup>2</sup>	13,923	10.6	0.28	8.3	5,028	11.0	0.34	8.6	4,003	9.4	0.17	7.4	4,264	10.0	0.20	7.6
2–11 months <sup>2</sup>	815	11.6	0.27	11.9	455	10.8	0.28	11.1	145	13.5	0.77	12.9	149	11.8	0.62	12.5
1–2 years	1,171	5.0	0.14	4.4	377	4.9	0.19	4.4	341	5.3	0.21	4.8	381	5.9	0.31	4.6
3–5 years	1,424	6.3	0.21	5.4	380	6.3	0.32	5.4	439	6.3	0.21	5.7	527	7.0	0.34	5.2
6–11 years	1,581	7.9	0.34	6.6	419	8.0	0.49	6.8	547	7.8	0.29	6.4	539	8.6	0.49	6.5
12–15 years	751	12.4	2.65	8.1	177	12.9	3.63	8.0	269	9.3	0.34	8.1	266	9.7	0.72	7.2
16–19 years	711	11.3	0.48	9.7	178	11.6	0.70	10.2	255	10.8	0.62	9.3	251	11.2	1.00	8.8
20–29 years	1,587	11.2	0.45	9.2	383	11.7	0.63	9.6	477	11.2	0.47	9.2	656	11.2	0.44	9.0
30–39 years	1,424	12.1	0.39	10.2	438	12.6	0.49	10.5	475	10.6	0.48	8.6	456	11.1	0.40	9.2
40–49 years	1,188	11.6	0.65	9.1	418	12.0	0.78	9.6	356	10.1	0.85	7.4	369	11.3	0.89	7.7
50–59 years	820	11.6	0.57	8.8	399	12.4	0.71	9.2	207	8.3	0.80	6.5	174	9.2	0.53	7.9
60–69 years	1,111	10.0	0.45	7.5	490	10.2	0.53	7.6	279	7.2	0.44	6.0	313	8.7	0.68	6.8
70–79 years	783	9.8	0.58	7.0	468	10.0	0.65	7.2	168	9.2	1.92	5.4	133	6.9	0.57	5.6
80 years and over	557	9.4	0.51	6.5	446	9.7	0.57	6.6	45	5.8	0.72	4.7	50	7.7	1.58	4.4
<b>Female</b>																
All ages <sup>2</sup>	15,182	7.9	0.15	6.2	5,606	8.0	0.18	6.3	4,510	7.7	0.14	6.1	4,363	8.3	0.28	6.0
2–11 months <sup>2</sup>	805	11.5	0.27	11.4	448	10.8	0.33	11.1	139	13.4	0.51	12.9	131	12.3	0.61	12.3
1–2 years	1,139	4.9	0.15	3.9	382	4.8	0.21	3.8	323	4.9	0.24	4.3	388	6.3	0.61	4.1
3–5 years	1,517	5.8	0.17	4.9	398	5.7	0.25	4.9	482	6.5	0.25	5.4	564	6.5	0.37	5.0
6–11 years	1,553	7.0	0.22	5.9	413	6.9	0.34	5.7	518	8.1	0.45	6.3	569	7.4	0.34	5.9
12–15 years	848	8.2	0.46	6.7	231	8.0	0.65	6.7	298	9.2	0.72	7.0	276	8.1	0.81	5.2
16–19 years	811	8.3	0.44	6.1	222	8.0	0.64	6.0	291	8.6	0.59	6.9	251	10.5	1.24	6.6
20–29 years	1,813	8.5	0.30	6.8	488	8.4	0.36	6.8	608	8.2	0.44	6.7	643	9.2	0.55	6.8
30–39 years	1,814	8.7	0.32	6.8	584	9.0	0.43	7.1	637	8.0	0.21	6.5	517	9.7	0.56	6.8
40–49 years	1,315	8.1	0.27	6.8	459	8.5	0.29	7.2	429	7.0	0.23	6.1	361	8.2	0.65	6.5
50–59 years	979	7.7	0.36	6.0	470	7.9	0.44	6.2	267	7.0	0.53	5.4	191	7.0	0.57	5.7
60–69 years	1,097	7.7	0.53	5.8	463	8.1	0.66	6.1	281	6.3	0.43	4.6	308	6.3	0.34	4.8
70–79 years	895	7.5	0.37	5.7	584	7.6	0.41	5.8	166	6.1	0.46	5.0	116	6.4	0.90	4.2
80 years and over	596	7.9	0.51	5.7	464	8.1	0.57	5.8	71	6.9	1.03	5.0	48	4.3	0.50	3.1

<sup>1</sup>Includes data for race-ethnic groups not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 40. Vitamin E intake in milligrams alpha-tocopherol equivalents by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	9.2	0.19	7.1	10,696	8.4	0.21	6.3	15,771	9.5	0.21	7.4
Under 6 years <sup>2</sup> . . . . .	6,871	6.4	0.12	5.1	3,145	6.8	0.14	5.3	3,128	6.3	0.16	5.0
6–11 years . . . . .	3,134	7.5	0.22	6.1	1,446	7.4	0.23	6.1	1,439	7.6	0.29	6.2
12–19 years . . . . .	3,121	10.1	0.74	7.8	1,345	9.1	0.28	7.1	1,470	10.3	1.00	7.9
20–59 years . . . . .	10,940	9.9	0.23	7.9	3,329	9.2	0.43	6.8	6,710	10.1	0.22	8.1
60 years and over . . . . .	5,039	8.6	0.24	6.3	1,431	7.8	0.69	5.4	3,024	8.9	0.26	6.6
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	10.6	0.28	8.3	4,929	9.5	0.38	7.3	7,770	10.9	0.30	8.6
Under 6 years <sup>2</sup> . . . . .	3,410	6.6	0.15	5.3	1,564	6.9	0.20	5.6	1,548	6.5	0.18	5.2
6–11 years . . . . .	1,581	7.9	0.34	6.6	713	8.2	0.39	7.0	746	7.9	0.44	6.6
12–19 years . . . . .	1,462	11.9	1.36	8.8	634	10.0	0.33	8.6	674	12.6	1.87	8.8
20–59 years . . . . .	5,019	11.6	0.28	9.4	1,390	11.0	0.81	8.2	3,226	11.8	0.24	9.7
60 years and over . . . . .	2,451	9.8	0.31	7.2	628	8.0	0.63	6.0	1,576	10.1	0.35	7.5
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	7.9	0.15	6.2	5,767	7.6	0.20	5.7	8,001	8.1	0.18	6.4
Under 6 years <sup>2</sup> . . . . .	3,461	6.2	0.13	4.9	1,581	6.7	0.19	5.2	1,580	6.0	0.19	4.7
6–11 years . . . . .	1,553	7.0	0.22	5.9	733	6.8	0.31	5.7	693	7.2	0.35	5.9
12–19 years . . . . .	1,659	8.2	0.33	6.5	711	8.4	0.44	6.0	796	8.0	0.38	6.6
20–59 years . . . . .	5,921	8.3	0.21	6.7	1,939	7.8	0.28	6.1	3,484	8.5	0.25	6.8
60 years and over . . . . .	2,588	7.7	0.35	5.7	803	7.6	0.99	5.0	1,448	7.8	0.35	6.0

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 41. Folate intake in micrograms by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	277	2.7	226	10,634	283	3.3	233	8,513	241	2.9	190	8,627	288	4.4	234
2–11 months <sup>2</sup>	1,620	142	4.2	124	903	136	5.5	120	284	147	7.6	134	280	158	8.3	131
1–2 years	2,310	189	2.3	164	759	191	3.8	166	664	190	5.7	162	769	198	6.7	164
3–5 years	2,941	228	4.0	206	778	226	5.7	208	921	237	6.2	211	1,091	245	4.8	212
6–11 years	3,134	259	5.3	228	832	257	6.9	233	1,065	250	6.8	210	1,108	281	8.0	243
12–15 years	1,599	285	17.0	225	408	290	21.7	226	567	232	7.3	181	542	284	13.4	232
16–19 years	1,522	275	9.5	211	400	282	13.0	224	546	252	10.2	181	502	302	11.3	234
20–29 years	3,400	285	4.9	229	871	286	7.4	228	1,085	257	8.5	201	1,299	332	9.1	273
30–39 years	3,238	286	4.6	236	1,022	294	6.3	248	1,112	241	6.2	189	973	311	7.9	258
40–49 years	2,503	279	7.4	225	877	290	8.9	230	785	235	8.9	185	730	282	9.2	237
50–59 years	1,799	291	8.2	244	869	297	9.1	253	474	242	13.0	190	365	278	10.0	225
60–69 years	2,208	308	8.9	252	953	316	10.0	262	560	239	8.5	179	621	262	9.7	218
70–79 years	1,678	284	6.2	240	1,052	288	7.3	246	334	256	14.1	193	249	242	7.7	191
80 years and over	1,153	285	7.0	239	910	290	7.8	242	116	240	16.9	182	98	214	13.4	184
<b>Male</b>																
All ages <sup>2</sup>	13,923	317	4.4	262	5,028	327	5.9	269	4,003	274	4.1	216	4,264	323	4.7	267
2–11 months <sup>2</sup>	815	144	4.7	127	455	142	6.4	127	145	140	9.0	129	149	164	14.0	130
1–2 years	1,171	192	4.5	166	377	190	6.3	166	341	205	8.8	169	381	197	6.0	164
3–5 years	1,424	237	5.5	214	380	237	8.0	219	439	236	7.4	211	527	265	7.7	221
6–11 years	1,581	279	8.6	246	419	284	12.3	252	547	271	10.6	222	539	291	11.1	251
12–15 years	751	338	29.0	267	177	350	38.8	267	269	244	11.8	195	266	329	16.0	284
16–19 years	711	325	15.2	268	178	339	19.7	286	255	298	19.1	211	251	335	21.1	267
20–29 years	1,587	330	8.6	271	383	333	13.6	276	477	309	11.7	245	656	376	11.8	320
30–39 years	1,424	340	8.1	292	438	348	11.3	300	475	291	11.7	238	456	351	10.6	308
40–49 years	1,188	327	9.0	265	418	334	10.8	276	356	293	16.5	235	369	330	12.7	288
50–59 years	820	349	14.8	284	399	360	16.8	292	207	264	17.9	210	174	309	13.5	242
60–69 years	1,111	345	10.3	298	490	357	12.7	304	279	249	12.7	188	313	310	15.3	256
70–79 years	783	306	11.4	251	468	312	13.3	255	168	277	29.5	199	133	270	12.9	245
80 years and over	557	323	12.1	284	446	335	13.2	298	45	208	17.8	177	50	257	25.1	220
<b>Female</b>																
All ages <sup>2</sup>	15,182	239	2.8	195	5,606	243	3.7	200	4,510	213	3.6	168	4,363	252	6.2	207
2–11 months <sup>2</sup>	805	139	4.6	120	448	130	5.4	113	139	156	8.5	137	131	150	8.6	133
1–2 years	1,139	186	3.8	161	382	191	5.7	167	323	175	6.2	151	388	199	12.4	162
3–5 years	1,517	218	4.9	195	398	213	5.4	190	482	238	8.7	210	564	225	7.2	198
6–11 years	1,553	238	7.5	206	413	229	9.7	198	518	229	5.8	199	569	271	12.5	236
12–15 years	848	230	10.1	188	231	226	12.6	189	298	221	12.4	173	276	240	13.6	202
16–19 years	811	225	11.7	182	222	221	15.1	181	291	206	10.1	145	251	266	17.2	210
20–29 years	1,813	241	6.1	189	488	242	7.8	187	608	213	8.6	159	643	278	11.0	231
30–39 years	1,814	235	5.8	192	584	242	7.8	200	637	202	5.4	164	517	268	11.4	215
40–49 years	1,315	234	11.7	187	459	245	14.7	195	429	186	6.8	156	361	232	9.6	195
50–59 years	979	238	6.4	201	470	240	8.3	209	267	225	15.6	174	191	249	16.6	215
60–69 years	1,097	277	11.1	227	463	281	11.9	233	281	232	11.6	177	308	226	8.5	198
70–79 years	895	268	6.3	233	584	271	7.0	239	166	242	12.8	190	116	216	21.2	147
80 years and over	596	265	8.3	225	464	267	9.2	225	71	253	27.5	204	48	177	11.6	160

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.



**Table 42. Folate intake in micrograms by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes												
All ages <sup>2</sup>	29,105	277	2.7	226	10,696	259	4.6	208	15,771	283	3.5	232
Under 6 years <sup>2</sup>	6,871	203	2.4	174	3,145	210	4.7	179	3,128	201	3.6	174
6–11 years	3,134	259	5.3	228	1,446	277	12.1	239	1,439	254	7.0	226
12–19 years	3,121	280	10.8	218	1,345	253	9.8	207	1,470	289	13.4	221
20–59 years	10,940	285	3.3	231	3,329	273	7.0	214	6,710	289	4.1	237
60 years and over	5,039	296	5.5	246	1,431	255	11.0	200	3,024	307	6.5	257
All ages <sup>2</sup>	13,923	317	4.4	262	4,929	296	9.7	238	7,770	324	5.5	268
Under 6 years <sup>2</sup>	3,410	209	3.3	181	1,564	220	6.9	184	1,548	204	4.3	181
6–11 years	1,581	279	8.6	246	713	290	16.4	245	746	280	9.7	251
12–19 years	1,462	331	17.2	267	634	279	14.1	234	674	351	21.7	284
20–59 years	5,019	335	4.8	278	1,390	338	14.0	262	3,226	336	6.3	281
60 years and over	2,451	329	7.0	271	628	267	12.2	214	1,576	337	8.7	278
All ages <sup>2</sup>	15,182	239	2.8	195	5,767	230	4.1	185	8,001	242	3.6	198
Under 6 years <sup>2</sup>	3,461	196	3.0	169	1,581	198	5.2	173	1,580	197	4.4	166
6–11 years	1,553	238	7.5	206	733	265	18.3	230	693	225	8.4	192
12–19 years	1,659	227	9.1	186	711	230	13.5	182	796	223	10.8	184
20–59 years	5,921	237	4.3	191	1,939	223	5.7	175	3,484	241	5.1	194
60 years and over	2,588	272	6.8	228	803	249	14.5	197	1,448	282	8.0	240

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 43. Niacin intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	22.8	0.19	19.9	10,634	23.3	0.22	20.4	8,513	21.5	0.21	18.6	8,627	20.5	0.26	17.6
2–11 months <sup>2</sup>	1,620	12.2	0.19	11.0	903	11.9	0.18	10.9	284	13.5	0.64	11.4	280	11.3	0.37	10.6
1–2 years	2,310	12.7	0.17	11.5	759	12.7	0.24	11.8	664	13.8	0.39	12.4	769	11.9	0.50	10.6
3–5 years	2,941	16.3	0.26	15.1	778	16.3	0.38	15.1	921	17.6	0.36	16.0	1,091	15.2	0.38	14.2
6–11 years	3,134	19.6	0.29	18.0	832	19.9	0.43	18.2	1,065	19.4	0.32	17.9	1,108	18.6	0.41	16.6
12–15 years	1,599	23.0	0.78	19.8	408	23.3	1.00	20.3	567	21.2	0.46	19.1	542	20.5	0.91	18.1
16–19 years	1,522	24.8	0.77	21.5	400	25.5	1.09	21.9	546	24.9	0.68	21.1	502	21.4	0.85	18.0
20–29 years	3,400	25.8	0.45	22.4	871	26.1	0.58	22.4	1,085	26.0	0.63	22.5	1,299	23.5	0.53	19.9
30–39 years	3,238	25.1	0.41	22.3	1,022	25.5	0.48	22.8	1,112	23.9	0.60	20.8	973	23.7	0.53	21.2
40–49 years	2,503	24.4	0.49	22.0	877	25.2	0.58	22.7	785	22.3	0.54	18.9	730	21.9	0.51	19.6
50–59 years	1,799	24.1	0.51	21.3	869	24.6	0.58	21.6	474	19.6	0.61	17.4	365	21.2	0.64	19.1
60–69 years	2,208	22.0	0.42	19.8	953	22.8	0.51	20.6	560	17.4	0.42	15.6	621	17.3	0.43	14.7
70–79 years	1,678	20.0	0.36	18.0	1,052	20.2	0.42	18.2	334	17.5	0.58	14.9	249	16.8	0.79	15.0
80 years and over	1,153	19.4	0.40	17.1	910	19.6	0.45	17.2	116	16.5	1.20	14.2	98	14.4	0.87	13.6
<b>Male</b>																
All ages <sup>2</sup>	13,923	27.0	0.25	24.0	5,028	27.7	0.30	24.7	4,003	25.2	0.31	21.6	4,264	23.7	0.41	20.8
2–11 months <sup>2</sup>	815	12.5	0.21	11.3	455	12.6	0.26	11.5	145	12.9	0.65	11.3	149	11.6	0.58	10.9
1–2 years	1,171	13.2	0.30	12.0	377	13.0	0.40	12.0	341	14.7	0.49	13.4	381	12.2	0.49	10.9
3–5 years	1,424	17.1	0.33	15.8	380	17.2	0.47	15.8	439	18.1	0.47	16.1	527	16.8	0.45	15.6
6–11 years	1,581	21.4	0.55	19.7	419	21.9	0.77	20.1	547	20.8	0.41	19.2	539	20.1	0.59	18.2
12–15 years	751	27.0	1.16	23.0	177	27.7	1.62	23.1	269	22.6	0.63	20.5	266	23.9	1.15	20.9
16–19 years	711	31.0	1.10	28.4	178	32.5	1.47	29.9	255	29.7	1.09	24.9	251	23.9	1.45	19.2
20–29 years	1,587	31.6	0.70	28.7	383	32.5	0.95	30.0	477	32.7	0.88	28.7	656	27.6	1.00	24.6
30–39 years	1,424	30.2	0.51	28.3	438	30.6	0.60	29.2	475	29.5	0.97	27.0	456	28.3	0.65	25.1
40–49 years	1,188	29.1	0.68	27.0	418	29.5	0.79	27.4	356	27.5	0.99	24.6	369	26.2	0.58	23.9
50–59 years	820	29.2	0.83	26.6	399	29.8	0.97	26.8	207	22.9	1.14	20.3	174	24.5	1.12	22.5
60–69 years	1,111	25.8	0.51	23.6	490	26.5	0.64	24.3	279	20.0	0.79	17.3	313	20.4	0.78	17.2
70–79 years	783	22.7	0.57	20.7	468	23.2	0.66	20.8	168	18.9	1.16	15.4	133	18.4	1.18	17.0
80 years and over	557	22.4	0.61	20.2	446	22.6	0.68	20.3	45	19.4	1.79	16.5	50	16.9	1.43	13.7
<b>Female</b>																
All ages <sup>2</sup>	15,182	18.9	0.21	16.9	5,606	19.2	0.24	17.2	4,510	18.3	0.17	16.4	4,363	17.1	0.28	15.2
2–11 months <sup>2</sup>	805	11.7	0.27	10.6	448	11.2	0.24	10.5	139	14.3	0.86	11.6	131	10.8	0.67	10.0
1–2 years	1,139	12.2	0.27	11.3	382	12.3	0.34	11.5	323	12.8	0.53	11.1	388	11.7	0.68	10.4
3–5 years	1,517	15.5	0.29	14.3	398	15.3	0.38	13.6	482	17.1	0.38	15.6	564	13.7	0.45	12.4
6–11 years	1,553	17.8	0.30	16.4	413	17.8	0.47	16.2	518	18.0	0.39	17.1	569	17.2	0.47	15.4
12–15 years	848	18.8	0.70	17.1	231	18.6	0.91	16.9	298	19.8	0.77	17.4	276	17.1	0.78	15.4
16–19 years	811	18.6	0.61	16.7	222	18.1	0.76	15.7	291	20.1	0.72	18.2	251	18.9	0.90	16.0
20–29 years	1,813	20.3	0.47	17.9	488	20.1	0.58	17.9	608	20.4	0.67	18.3	643	18.5	0.46	16.3
30–39 years	1,814	20.2	0.47	18.2	584	20.5	0.56	18.2	637	19.4	0.46	17.4	517	18.7	0.65	16.6
40–49 years	1,315	20.0	0.66	17.9	459	20.7	0.82	18.3	429	18.0	0.43	16.2	361	17.5	0.62	15.3
50–59 years	979	19.4	0.54	18.3	470	19.8	0.68	18.6	267	17.0	0.55	16.0	191	18.0	0.76	15.9
60–69 years	1,097	18.9	0.52	16.9	463	19.5	0.62	17.5	281	15.7	0.35	14.6	308	14.9	0.48	13.0
70–79 years	895	18.0	0.37	16.7	584	18.1	0.43	16.8	166	16.4	0.67	14.8	116	15.2	1.25	13.5
80 years and over	596	17.7	0.45	15.5	464	18.0	0.51	15.8	71	15.2	1.14	12.6	48	12.1	1.28	12.7

<sup>1</sup>Includes data for ethnic groups not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 44. Niacin intake in milligrams by sex, age, and income level: United States, 1988- 94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	22.8	0.19	19.9	10,696	20.8	0.29	18.0	15,771	23.5	0.23	20.7
Under 6 years <sup>2</sup> . . . . .	6,871	14.5	0.16	13.2	3,145	14.9	0.24	13.6	3,128	14.4	0.22	13.1
6–11 years . . . . .	3,134	19.6	0.29	18.0	1,446	19.8	0.49	17.6	1,439	19.7	0.36	18.1
12–19 years . . . . .	3,121	23.9	0.61	20.6	1,345	21.9	0.63	18.9	1,470	24.6	0.77	20.9
20–59 years . . . . .	10,940	25.0	0.28	22.1	3,329	23.5	0.55	20.1	6,710	25.5	0.31	22.6
60 years and over . . . . .	5,039	20.9	0.26	18.7	1,431	18.0	0.65	15.9	3,024	21.8	0.29	19.6
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	27.0	0.25	24.0	4,929	24.4	0.45	21.3	7,770	27.8	0.30	24.8
Under 6 years <sup>2</sup> . . . . .	3,410	15.1	0.22	14.0	1,564	15.6	0.35	14.2	1,548	15.0	0.32	14.0
6–11 years . . . . .	1,581	21.4	0.55	19.7	713	21.9	0.93	19.7	746	21.5	0.57	19.9
12–19 years . . . . .	1,462	29.0	0.82	25.3	634	25.2	0.82	22.2	674	30.6	1.10	27.0
20–59 years . . . . .	5,019	30.2	0.34	27.5	1,390	29.4	0.75	26.6	3,226	30.4	0.39	27.8
60 years and over . . . . .	2,451	24.3	0.31	22.1	628	19.9	0.62	17.5	1,576	25.2	0.38	22.9
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	18.9	0.21	16.9	5,767	18.0	0.30	15.9	8,001	19.3	0.24	17.4
Under 6 years <sup>2</sup> . . . . .	3,461	13.8	0.18	12.5	1,581	14.1	0.31	12.8	1,580	13.8	0.26	12.4
6–11 years . . . . .	1,553	17.8	0.30	16.4	733	17.9	0.46	16.2	693	17.7	0.43	16.4
12–19 years . . . . .	1,659	18.7	0.52	16.9	711	19.1	0.82	17.6	796	18.3	0.55	16.4
20–59 years . . . . .	5,921	20.0	0.33	18.0	1,939	19.0	0.53	16.6	3,484	20.5	0.36	18.3
60 years and over . . . . .	2,588	18.4	0.31	16.6	803	17.1	0.81	14.8	1,448	18.8	0.36	17.0

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 45. Riboflavin intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	2.0	0.02	1.8	10,634	2.1	0.02	1.8	8,513	1.8	0.02	1.6	8,627	2.0	0.03	1.8
2–11 months <sup>2</sup>	1,620	1.7	0.04	1.5	903	1.7	0.05	1.5	284	1.7	0.07	1.5	280	1.6	0.06	1.4
1–2 years	2,310	1.7	0.02	1.6	759	1.7	0.03	1.6	664	1.6	0.03	1.4	769	1.8	0.05	1.6
3–5 years	2,941	1.8	0.03	1.7	778	1.9	0.04	1.8	921	1.8	0.03	1.7	1,091	1.8	0.04	1.7
6–11 years	3,134	2.1	0.03	1.9	832	2.1	0.04	2.0	1,065	1.9	0.03	1.8	1,108	2.2	0.04	2.0
12–15 years	1,599	2.2	0.09	2.0	408	2.3	0.11	2.0	567	1.9	0.03	1.7	542	2.1	0.11	1.8
16–19 years	1,522	2.2	0.07	1.9	400	2.4	0.10	2.0	546	2.1	0.07	1.7	502	2.1	0.05	1.8
20–29 years	3,400	2.1	0.03	1.8	871	2.2	0.04	1.9	1,085	2.0	0.06	1.7	1,299	2.1	0.04	1.8
30–39 years	3,238	2.1	0.03	1.8	1,022	2.1	0.04	1.9	1,112	1.8	0.05	1.5	973	2.0	0.05	1.8
40–49 years	2,503	2.0	0.05	1.8	877	2.1	0.05	1.9	785	1.7	0.05	1.5	730	1.9	0.04	1.7
50–59 years	1,799	1.9	0.04	1.7	869	2.0	0.04	1.8	474	1.5	0.05	1.3	365	1.7	0.07	1.6
60–69 years	2,208	1.9	0.04	1.7	953	2.0	0.05	1.8	560	1.4	0.04	1.2	621	1.6	0.05	1.5
70–79 years	1,678	1.8	0.03	1.6	1,052	1.8	0.04	1.7	334	1.6	0.06	1.4	249	1.5	0.05	1.4
80 years and over	1,153	1.8	0.04	1.6	910	1.8	0.05	1.6	116	1.6	0.15	1.4	98	1.4	0.06	1.3
<b>Male</b>																
All ages <sup>2</sup>	13,923	2.4	0.02	2.1	5,028	2.4	0.03	2.2	4,003	2.1	0.02	1.8	4,264	2.2	0.02	2.0
2–11 months <sup>2</sup>	815	1.7	0.04	1.6	455	1.7	0.05	1.6	145	1.6	0.08	1.5	149	1.6	0.06	1.5
1–2 years	1,171	1.7	0.03	1.6	377	1.7	0.05	1.7	341	1.6	0.05	1.5	381	1.8	0.05	1.6
3–5 years	1,424	1.9	0.04	1.8	380	2.0	0.05	1.9	439	1.8	0.04	1.8	527	1.9	0.05	1.8
6–11 years	1,581	2.3	0.05	2.2	419	2.4	0.08	2.2	547	2.0	0.04	1.9	539	2.3	0.05	2.1
12–15 years	751	2.6	0.12	2.3	177	2.7	0.17	2.3	269	2.1	0.07	1.9	266	2.5	0.14	2.2
16–19 years	711	2.8	0.11	2.4	178	3.0	0.15	2.6	255	2.5	0.12	2.0	251	2.3	0.09	2.1
20–29 years	1,587	2.5	0.05	2.3	383	2.6	0.07	2.4	477	2.4	0.08	2.2	656	2.4	0.06	2.1
30–39 years	1,424	2.4	0.05	2.2	438	2.5	0.07	2.3	475	2.2	0.09	1.9	456	2.3	0.06	2.2
40–49 years	1,188	2.4	0.06	2.2	418	2.5	0.08	2.2	356	2.1	0.10	1.8	369	2.2	0.05	2.0
50–59 years	820	2.4	0.07	2.1	399	2.4	0.08	2.2	207	1.7	0.10	1.5	174	2.0	0.06	1.8
60–69 years	1,111	2.2	0.04	2.0	490	2.3	0.05	2.1	279	1.6	0.06	1.4	313	1.9	0.07	1.7
70–79 years	783	2.1	0.06	1.8	468	2.1	0.07	1.9	168	1.8	0.13	1.4	133	1.7	0.07	1.5
80 years and over	557	2.1	0.06	1.9	446	2.1	0.07	1.9	45	1.5	0.11	1.4	50	1.6	0.13	1.4
<b>Female</b>																
All ages <sup>2</sup>	15,182	1.7	0.02	1.5	5,606	1.7	0.02	1.6	4,510	1.5	0.02	1.4	4,363	1.7	0.04	1.6
2–11 months <sup>2</sup>	805	1.7	0.07	1.5	448	1.7	0.08	1.4	139	1.8	0.12	1.6	131	1.5	0.09	1.4
1–2 years	1,139	1.6	0.02	1.5	382	1.6	0.03	1.5	323	1.5	0.04	1.4	388	1.7	0.07	1.6
3–5 years	1,517	1.7	0.03	1.6	398	1.7	0.04	1.6	482	1.7	0.03	1.6	564	1.7	0.04	1.6
6–11 years	1,553	1.9	0.03	1.7	413	1.9	0.04	1.7	518	1.8	0.04	1.7	569	2.0	0.05	1.9
12–15 years	848	1.8	0.07	1.6	231	1.9	0.09	1.8	298	1.8	0.06	1.5	276	1.7	0.08	1.6
16–19 years	811	1.7	0.06	1.5	222	1.7	0.08	1.6	291	1.7	0.08	1.5	251	1.8	0.06	1.5
20–29 years	1,813	1.7	0.04	1.6	488	1.8	0.05	1.6	608	1.6	0.06	1.4	643	1.7	0.05	1.5
30–39 years	1,814	1.7	0.04	1.5	584	1.7	0.04	1.6	637	1.5	0.03	1.3	517	1.7	0.08	1.5
40–49 years	1,315	1.6	0.05	1.5	459	1.7	0.06	1.5	429	1.3	0.03	1.3	361	1.6	0.05	1.4
50–59 years	979	1.6	0.04	1.4	470	1.6	0.05	1.5	267	1.4	0.06	1.3	191	1.5	0.13	1.3
60–69 years	1,097	1.7	0.05	1.5	463	1.7	0.06	1.6	281	1.3	0.04	1.1	308	1.4	0.05	1.3
70–79 years	895	1.6	0.03	1.5	584	1.6	0.04	1.5	166	1.4	0.07	1.3	116	1.4	0.12	1.3
80 years and over	596	1.7	0.04	1.4	464	1.7	0.05	1.4	71	1.6	0.19	1.3	48	1.3	0.08	1.2

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 46. Riboflavin intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	2.0	0.02	1.8	10,696	1.9	0.02	1.7	15,771	2.0	0.02	1.8
Under 6 years <sup>2</sup> . . . . .	6,871	1.8	0.02	1.6	3,145	1.8	0.03	1.6	3,128	1.7	0.02	1.6
6–11 years . . . . .	3,134	2.1	0.03	1.9	1,446	2.1	0.05	2.0	1,439	2.1	0.03	1.9
12–19 years . . . . .	3,121	2.2	0.06	1.9	1,345	2.0	0.06	1.8	1,470	2.3	0.08	2.0
20–59 years . . . . .	10,940	2.0	0.02	1.8	3,329	2.0	0.04	1.7	6,710	2.1	0.03	1.8
60 years and over . . . . .	5,039	1.9	0.02	1.7	1,431	1.7	0.05	1.4	3,024	1.9	0.03	1.7
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	2.4	0.02	2.1	4,929	2.2	0.04	2.0	7,770	2.4	0.03	2.1
Under 6 years <sup>2</sup> . . . . .	3,410	1.8	0.02	1.7	1,564	1.8	0.04	1.7	1,548	1.8	0.03	1.7
6–11 years . . . . .	1,581	2.3	0.05	2.2	713	2.3	0.10	2.2	746	2.3	0.05	2.2
12–19 years . . . . .	1,462	2.7	0.08	2.3	634	2.3	0.08	2.2	674	2.9	0.11	2.4
20–59 years . . . . .	5,019	2.4	0.03	2.2	1,390	2.5	0.06	2.2	3,226	2.4	0.04	2.2
60 years and over . . . . .	2,451	2.1	0.03	1.9	628	1.8	0.06	1.6	1,576	2.2	0.03	2.0
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	1.7	0.02	1.5	5,767	1.7	0.03	1.5	8,001	1.7	0.02	1.5
Under 6 years <sup>2</sup> . . . . .	3,461	1.7	0.02	1.6	1,581	1.7	0.03	1.6	1,580	1.7	0.03	1.6
6–11 years . . . . .	1,553	1.9	0.03	1.7	733	1.9	0.05	1.8	693	1.8	0.04	1.7
12–19 years . . . . .	1,659	1.8	0.05	1.6	711	1.8	0.08	1.5	796	1.7	0.06	1.6
20–59 years . . . . .	5,921	1.7	0.03	1.5	1,939	1.6	0.05	1.4	3,484	1.7	0.03	1.5
60 years and over . . . . .	2,588	1.6	0.03	1.5	803	1.6	0.07	1.3	1,448	1.7	0.03	1.5

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 47. Thiamin intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	1.7	0.02	1.5	10,634	1.7	0.02	1.5	8,513	1.6	0.01	1.4	8,627	1.6	0.02	1.4
2–11 months <sup>2</sup>	1,620	1.1	0.02	1.0	903	1.1	0.03	1.0	284	1.3	0.07	1.1	280	1.1	0.03	1.0
1–2 years	2,310	1.1	0.01	1.1	759	1.1	0.02	1.1	664	1.2	0.03	1.1	769	1.1	0.03	1.0
3–5 years	2,941	1.4	0.02	1.3	778	1.4	0.03	1.3	921	1.5	0.03	1.4	1,091	1.3	0.03	1.2
6–11 years	3,134	1.6	0.03	1.5	832	1.6	0.04	1.5	1,065	1.6	0.03	1.5	1,108	1.6	0.04	1.5
12–15 years	1,599	1.9	0.07	1.6	408	1.9	0.09	1.6	567	1.6	0.03	1.5	542	1.7	0.07	1.5
16–19 years	1,522	1.9	0.05	1.6	400	1.9	0.08	1.6	546	1.8	0.05	1.5	502	1.7	0.06	1.5
20–29 years	3,400	1.8	0.03	1.6	871	1.8	0.04	1.6	1,085	1.8	0.05	1.6	1,299	1.8	0.03	1.5
30–39 years	3,238	1.8	0.03	1.6	1,022	1.8	0.03	1.6	1,112	1.7	0.04	1.5	973	1.7	0.03	1.5
40–49 years	2,503	1.7	0.04	1.5	877	1.8	0.05	1.6	785	1.6	0.05	1.4	730	1.6	0.03	1.4
50–59 years	1,799	1.7	0.04	1.5	869	1.7	0.04	1.5	474	1.5	0.05	1.4	365	1.5	0.04	1.4
60–69 years	2,208	1.6	0.03	1.4	953	1.7	0.04	1.5	560	1.3	0.03	1.1	621	1.3	0.03	1.2
70–79 years	1,678	1.5	0.03	1.4	1,052	1.5	0.03	1.4	334	1.3	0.05	1.1	249	1.3	0.05	1.1
80 years and over	1,153	1.5	0.03	1.3	910	1.5	0.03	1.3	116	1.3	0.07	1.2	98	1.2	0.07	1.0
Male																
All ages <sup>2</sup>	13,923	2.0	0.02	1.8	5,028	2.0	0.03	1.8	4,003	1.8	0.02	1.6	4,264	1.8	0.03	1.6
2–11 months <sup>2</sup>	815	1.1	0.02	1.0	455	1.1	0.03	1.0	145	1.2	0.06	1.1	149	1.1	0.04	1.0
1–2 years	1,171	1.2	0.02	1.1	377	1.2	0.03	1.1	341	1.3	0.04	1.2	381	1.1	0.03	1.0
3–5 years	1,424	1.5	0.03	1.4	380	1.4	0.04	1.4	439	1.5	0.04	1.4	527	1.5	0.04	1.3
6–11 years	1,581	1.8	0.05	1.6	419	1.8	0.07	1.7	547	1.7	0.04	1.6	539	1.7	0.04	1.6
12–15 years	751	2.2	0.11	1.9	177	2.3	0.14	1.9	269	1.7	0.05	1.6	266	2.0	0.10	1.8
16–19 years	711	2.3	0.08	2.1	178	2.4	0.11	2.2	255	2.2	0.08	1.8	251	1.9	0.09	1.7
20–29 years	1,587	2.2	0.05	1.9	383	2.2	0.07	1.9	477	2.2	0.07	1.9	656	2.0	0.06	1.8
30–39 years	1,424	2.1	0.04	1.9	438	2.1	0.05	1.9	475	2.0	0.08	1.8	456	2.0	0.05	1.8
40–49 years	1,188	2.1	0.07	1.8	418	2.1	0.08	1.9	356	2.0	0.09	1.7	369	1.9	0.04	1.7
50–59 years	820	2.1	0.07	1.8	399	2.1	0.08	1.8	207	1.7	0.08	1.5	174	1.8	0.06	1.6
60–69 years	1,111	1.9	0.04	1.7	490	1.9	0.05	1.8	279	1.5	0.06	1.3	313	1.6	0.05	1.5
70–79 years	783	1.7	0.05	1.6	468	1.8	0.06	1.6	168	1.4	0.10	1.2	133	1.5	0.08	1.3
80 years and over	557	1.7	0.04	1.6	446	1.8	0.05	1.6	45	1.4	0.10	1.2	50	1.4	0.11	1.3
Female																
All ages <sup>2</sup>	15,182	1.4	0.01	1.3	5,606	1.4	0.02	1.3	4,510	1.4	0.01	1.3	4,363	1.4	0.02	1.2
2–11 months <sup>2</sup>	805	1.1	0.03	1.0	448	1.0	0.03	0.9	139	1.4	0.09	1.2	131	1.1	0.07	1.0
1–2 years	1,139	1.1	0.02	1.0	382	1.1	0.03	1.0	323	1.1	0.03	1.0	388	1.1	0.05	0.9
3–5 years	1,517	1.3	0.03	1.3	398	1.3	0.02	1.3	482	1.4	0.03	1.3	564	1.2	0.03	1.1
6–11 years	1,553	1.5	0.02	1.4	413	1.5	0.03	1.4	518	1.5	0.04	1.4	569	1.5	0.05	1.4
12–15 years	848	1.5	0.05	1.4	231	1.4	0.06	1.4	298	1.6	0.05	1.4	276	1.4	0.05	1.2
16–19 years	811	1.5	0.05	1.3	222	1.4	0.06	1.2	291	1.5	0.06	1.4	251	1.5	0.06	1.4
20–29 years	1,813	1.5	0.03	1.3	488	1.5	0.04	1.3	608	1.5	0.05	1.3	643	1.5	0.03	1.3
30–39 years	1,814	1.4	0.03	1.3	584	1.4	0.04	1.3	637	1.4	0.03	1.2	517	1.5	0.06	1.3
40–49 years	1,315	1.4	0.05	1.3	459	1.5	0.06	1.3	429	1.3	0.03	1.2	361	1.4	0.05	1.2
50–59 years	979	1.3	0.03	1.2	470	1.3	0.04	1.2	267	1.3	0.05	1.2	191	1.3	0.07	1.2
60–69 years	1,097	1.4	0.05	1.3	463	1.4	0.05	1.3	281	1.2	0.03	1.1	308	1.2	0.04	1.0
70–79 years	895	1.4	0.02	1.2	584	1.4	0.03	1.2	166	1.2	0.06	1.0	116	1.2	0.09	1.0
80 years and over	596	1.4	0.03	1.2	464	1.4	0.03	1.2	71	1.3	0.09	1.2	48	0.9	0.04	0.9

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 48. Thiamin intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,105	1.7	0.02	1.5	10,696	1.7	0.02	1.4	15,771	1.7	0.02	1.5
Under 6 years <sup>2</sup>	6,871	1.3	0.01	1.2	3,145	1.3	0.02	1.2	3,128	1.2	0.02	1.2
6–11 years	3,134	1.6	0.03	1.5	1,446	1.7	0.04	1.6	1,439	1.6	0.03	1.5
12–19 years	3,121	1.9	0.05	1.6	1,345	1.8	0.06	1.6	1,470	1.9	0.07	1.6
20–59 years	10,940	1.8	0.02	1.5	3,329	1.8	0.03	1.5	6,710	1.8	0.02	1.6
60 years and over	5,039	1.6	0.02	1.4	1,431	1.4	0.05	1.2	3,024	1.6	0.03	1.4
<b>Male</b>												
All ages <sup>2</sup>	13,923	2.0	0.02	1.8	4,929	1.9	0.03	1.6	7,770	2.0	0.03	1.8
Under 6 years <sup>2</sup>	3,410	1.3	0.02	1.2	1,564	1.4	0.03	1.3	1,548	1.3	0.03	1.2
6–11 years	1,581	1.8	0.05	1.6	713	1.8	0.06	1.7	746	1.8	0.06	1.6
12–19 years	1,462	2.3	0.08	1.9	634	2.0	0.06	1.8	674	2.4	0.10	2.1
20–59 years	5,019	2.1	0.03	1.9	1,390	2.2	0.06	1.9	3,226	2.1	0.03	1.9
60 years and over	2,451	1.8	0.03	1.7	628	1.5	0.04	1.4	1,576	1.9	0.03	1.7
<b>Female</b>												
All ages <sup>2</sup>	15,182	1.4	0.01	1.3	5,767	1.5	0.03	1.3	8,001	1.4	0.02	1.3
Under 6 years <sup>2</sup>	3,461	1.2	0.01	1.1	1,581	1.3	0.03	1.2	1,580	1.2	0.02	1.1
6–11 years	1,553	1.5	0.02	1.4	733	1.6	0.05	1.5	693	1.4	0.03	1.4
12–19 years	1,659	1.5	0.04	1.3	711	1.6	0.07	1.5	796	1.4	0.04	1.3
20–59 years	5,921	1.4	0.02	1.3	1,939	1.4	0.04	1.2	3,484	1.4	0.02	1.3
60 years and over	2,588	1.4	0.03	1.2	803	1.4	0.07	1.2	1,448	1.4	0.03	1.2

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 49. Calcium intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	866	10.0	746	10,634	899	12.4	782	8,513	709	7.8	592	8,627	901	16.5	784
2–11 months <sup>2</sup>	1,620	733	12.3	651	903	754	16.5	668	284	688	20.4	624	280	722	29.8	640
1–2 years	2,310	842	12.9	796	759	852	18.3	810	664	710	20.8	636	769	887	27.0	820
3–5 years	2,941	851	14.5	805	778	875	18.5	837	921	753	12.7	682	1,091	855	23.0	769
6–11 years	3,134	965	18.1	907	832	988	25.9	923	1,065	835	15.9	753	1,108	1,044	27.0	996
12–15 years	1,599	982	30.1	854	408	1,013	42.4	906	567	815	21.5	698	542	964	34.2	863
16–19 years	1,522	1,005	29.0	873	400	1,085	40.3	991	546	882	34.5	731	502	967	38.7	763
20–29 years	3,400	928	19.4	788	871	984	26.3	864	1,085	763	19.7	620	1,299	939	22.0	801
30–39 years	3,238	899	17.9	746	1,022	958	21.7	817	1,112	667	19.5	538	973	924	24.2	780
40–49 years	2,503	806	19.8	689	877	845	23.4	755	785	618	15.5	529	730	797	22.3	670
50–59 years	1,799	782	19.8	648	869	803	17.5	669	474	563	24.5	459	365	719	50.7	636
60–69 years	2,208	760	15.9	660	953	796	19.2	697	560	518	20.4	417	621	701	37.9	598
70–79 years	1,678	716	13.5	602	1,052	734	15.3	625	334	600	26.4	474	249	626	22.2	534
80 years and over	1,153	691	17.0	596	910	704	19.5	600	116	525	38.7	424	98	632	32.2	491
<b>Male</b>																
All ages <sup>2</sup>	13,923	995	14.4	871	5,028	1,040	17.5	917	4,003	804	12.1	679	4,264	988	15.9	871
2–11 months <sup>2</sup>	815	763	14.3	672	455	795	19.8	697	145	665	26.8	624	149	763	41.6	672
1–2 years	1,171	868	18.5	813	377	874	25.5	832	341	721	30.9	658	381	927	35.8	857
3–5 years	1,424	880	19.7	833	380	912	24.7	854	439	796	22.9	732	527	880	25.1	815
6–11 years	1,581	1,051	29.3	973	419	1,105	41.7	1,022	547	873	16.3	785	539	1,082	33.1	1,022
12–15 years	751	1,135	38.6	1,026	177	1,159	52.5	1,056	269	891	38.7	760	266	1,101	45.2	1,010
16–19 years	711	1,208	46.8	1,038	178	1,304	64.6	1,206	255	1,056	62.6	857	251	1,083	54.3	887
20–29 years	1,587	1,093	31.6	940	383	1,174	44.9	1,027	477	906	29.8	746	656	1,062	35.9	902
30–39 years	1,424	1,039	34.5	887	438	1,111	41.9	1,001	475	787	34.8	630	456	1,019	34.1	905
40–49 years	1,188	942	32.7	827	418	979	39.8	870	356	724	21.7	627	369	882	26.4	774
50–59 years	820	927	33.6	755	399	958	32.9	813	207	590	33.8	469	174	755	31.1	653
60–69 years	1,111	853	21.0	736	490	887	24.2	780	279	574	29.2	467	313	778	60.6	661
70–79 years	783	806	22.9	662	468	832	26.6	679	168	660	50.8	497	133	668	38.4	567
80 years and over	557	756	24.4	678	446	781	28.0	689	45	520	42.2	457	50	724	70.0	503
<b>Female</b>																
All ages <sup>2</sup>	15,182	744	8.4	649	5,606	766	10.6	674	4,510	628	7.6	527	4,363	809	20.4	712
2–11 months <sup>2</sup>	805	701	16.0	614	448	710	22.1	624	139	713	38.2	625	131	669	25.3	594
1–2 years	1,139	814	15.9	779	382	829	22.5	801	323	699	25.2	599	388	846	27.7	782
3–5 years	1,517	821	19.2	763	398	836	22.1	808	482	711	20.0	640	564	829	30.7	721
6–11 years	1,553	876	16.8	823	413	866	24.1	819	518	797	26.8	720	569	1,007	30.2	968
12–15 years	848	825	33.0	711	231	860	45.3	739	298	741	28.6	651	276	830	41.5	770
16–19 years	811	801	27.0	732	222	851	38.9	799	291	711	39.3	633	251	845	37.4	692
20–29 years	1,813	768	23.5	647	488	808	28.7	666	608	644	16.4	516	643	787	24.1	714
30–39 years	1,814	766	15.3	663	584	810	21.7	703	637	573	15.1	463	517	820	45.7	679
40–49 years	1,315	675	17.7	583	459	709	18.8	624	429	529	14.4	462	361	710	25.8	585
50–59 years	979	649	18.7	556	470	663	20.9	563	267	541	28.4	449	191	686	80.2	584
60–69 years	1,097	682	18.4	593	463	715	22.8	620	281	479	19.7	403	308	643	37.9	548
70–79 years	895	652	18.0	580	584	664	19.9	586	166	557	31.1	440	116	587	28.5	514
80 years and over	596	656	19.7	568	464	663	22.6	568	71	527	52.3	421	48	549	44.0	445

<sup>1</sup>Includes data for ethnic groups not shown separately.

<sup>2</sup>Excludes nursing infants and children.



**Table 50. Calcium intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	866	10.0	746	10,696	834	15.6	708	15,771	877	11.4	758
Under 6 years <sup>2</sup> . . . . .	6,871	832	9.3	769	3,145	824	15.6	751	3,128	836	10.3	781
6–11 years . . . . .	3,134	965	18.1	907	1,446	983	28.1	932	1,439	958	22.7	898
12–19 years . . . . .	3,121	993	22.5	864	1,345	917	35.6	784	1,470	1,017	29.4	901
20–59 years . . . . .	10,940	866	13.5	725	3,329	829	25.2	647	6,710	880	14.6	741
60 years and over . . . . .	5,039	735	9.9	629	1,431	634	21.0	534	3,024	756	11.4	653
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	995	14.4	871	4,929	954	24.1	820	7,770	1,009	15.9	885
Under 6 years <sup>2</sup> . . . . .	3,410	860	11.7	803	1,564	843	22.2	774	1,548	867	12.9	810
6–11 years . . . . .	1,581	1,051	29.3	973	713	1,050	53.5	996	746	1,061	31.9	990
12–19 years . . . . .	1,462	1,171	29.6	1,027	634	1,026	51.8	894	674	1,219	35.0	1,124
20–59 years . . . . .	5,019	1,013	20.7	870	1,390	1,008	43.9	813	3,226	1,022	22.1	880
60 years and over . . . . .	2,451	825	12.8	702	628	656	25.7	545	1,576	849	14.9	722
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	744	8.4	649	5,767	740	16.2	621	8,001	746	10.0	657
Under 6 years <sup>2</sup> . . . . .	3,461	803	12.1	745	1,581	803	18.4	731	1,580	804	14.1	757
6–11 years . . . . .	1,553	876	16.8	823	733	920	34.6	879	693	845	24.4	785
12–19 years . . . . .	1,659	813	22.0	718	711	823	43.0	730	796	807	27.7	717
20–59 years . . . . .	5,921	726	11.3	618	1,939	692	27.0	545	3,484	736	12.1	643
60 years and over . . . . .	2,588	667	13.2	581	803	624	25.6	514	1,448	675	15.6	593

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 51. Copper intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	1.3	0.01	1.1	10,634	1.3	0.01	1.1	8,513	1.2	0.01	1.0	8,627	1.3	0.01	1.1
2–11 months <sup>2</sup>	1,620	0.7	0.01	0.7	903	0.7	0.02	0.7	284	0.8	0.03	0.8	280	0.8	0.02	0.7
1–2 years	2,310	0.7	0.01	0.7	759	0.7	0.01	0.7	664	0.7	0.01	0.7	769	0.7	0.02	0.7
3–5 years	2,941	0.9	0.02	0.8	778	0.9	0.02	0.8	921	0.9	0.02	0.8	1,091	0.9	0.02	0.8
6–11 years	3,134	1.1	0.02	1.0	832	1.1	0.03	1.0	1,065	1.1	0.02	1.0	1,108	1.1	0.02	1.0
12–15 years	1,599	1.2	0.03	1.1	408	1.2	0.04	1.1	567	1.2	0.03	1.0	542	1.2	0.04	1.0
16–19 years	1,522	1.4	0.03	1.2	400	1.4	0.04	1.2	546	1.3	0.05	1.1	502	1.4	0.08	1.2
20–29 years	3,400	1.4	0.03	1.2	871	1.4	0.03	1.2	1,085	1.4	0.06	1.2	1,299	1.5	0.03	1.3
30–39 years	3,238	1.5	0.02	1.3	1,022	1.5	0.03	1.3	1,112	1.3	0.03	1.1	973	1.5	0.05	1.3
40–49 years	2,503	1.4	0.03	1.2	877	1.4	0.03	1.2	785	1.2	0.04	1.0	730	1.4	0.04	1.3
50–59 years	1,799	1.4	0.03	1.2	869	1.4	0.03	1.2	474	1.2	0.06	0.9	365	1.3	0.05	1.2
60–69 years	2,208	1.3	0.02	1.1	953	1.3	0.03	1.2	560	1.0	0.03	0.9	621	1.2	0.05	1.0
70–79 years	1,678	1.2	0.02	1.0	1,052	1.2	0.02	1.1	334	1.0	0.03	0.9	249	1.1	0.05	1.0
80 years and over	1,153	1.1	0.02	1.0	910	1.1	0.02	1.0	116	1.0	0.12	0.8	98	0.9	0.04	0.8
Male																
All ages <sup>2</sup>	13,923	1.5	0.02	1.3	5,028	1.5	0.02	1.3	4,003	1.3	0.02	1.1	4,264	1.5	0.02	1.3
2–11 months <sup>2</sup>	815	0.8	0.02	0.7	455	0.7	0.02	0.7	145	0.8	0.04	0.8	149	0.8	0.03	0.7
1–2 years	1,171	0.7	0.02	0.7	377	0.7	0.02	0.7	341	0.8	0.02	0.8	381	0.8	0.03	0.7
3–5 years	1,424	0.9	0.02	0.8	380	0.9	0.03	0.9	439	1.0	0.02	0.9	527	0.9	0.02	0.9
6–11 years	1,581	1.1	0.03	1.0	419	1.1	0.04	1.0	547	1.2	0.03	1.0	539	1.1	0.03	1.0
12–15 years	751	1.3	0.04	1.2	177	1.3	0.05	1.1	269	1.2	0.05	1.1	266	1.4	0.07	1.2
16–19 years	711	1.6	0.05	1.4	178	1.7	0.07	1.5	255	1.5	0.09	1.3	251	1.6	0.15	1.3
20–29 years	1,587	1.7	0.05	1.5	383	1.7	0.06	1.5	477	1.7	0.09	1.4	656	1.7	0.05	1.5
30–39 years	1,424	1.7	0.03	1.6	438	1.8	0.04	1.6	475	1.6	0.04	1.4	456	1.8	0.07	1.5
40–49 years	1,188	1.6	0.05	1.5	418	1.7	0.05	1.5	356	1.5	0.08	1.2	369	1.7	0.05	1.5
50–59 years	820	1.6	0.05	1.4	399	1.7	0.05	1.5	207	1.2	0.06	1.1	174	1.5	0.05	1.4
60–69 years	1,111	1.5	0.04	1.3	490	1.5	0.05	1.3	279	1.1	0.05	1.0	313	1.4	0.07	1.3
70–79 years	783	1.4	0.05	1.2	468	1.4	0.06	1.2	168	1.1	0.05	1.0	133	1.3	0.06	1.1
80 years and over	557	1.2	0.03	1.1	446	1.3	0.03	1.1	45	0.9	0.07	0.9	50	1.1	0.07	1.0
Female																
All ages <sup>2</sup>	15,182	1.1	0.01	1.0	5,606	1.1	0.01	1.0	4,510	1.1	0.01	0.9	4,363	1.1	0.02	1.0
2–11 months <sup>2</sup>	805	0.7	0.02	0.7	448	0.7	0.02	0.6	139	0.8	0.03	0.8	131	0.7	0.04	0.7
1–2 years	1,139	0.7	0.01	0.6	382	0.7	0.01	0.6	323	0.7	0.02	0.6	388	0.7	0.02	0.6
3–5 years	1,517	0.8	0.02	0.8	398	0.8	0.02	0.8	482	0.9	0.02	0.8	564	0.9	0.02	0.8
6–11 years	1,553	1.0	0.03	0.9	413	1.0	0.03	0.9	518	1.0	0.03	0.9	569	1.1	0.04	0.9
12–15 years	848	1.1	0.04	1.0	231	1.1	0.05	1.0	298	1.2	0.06	1.0	276	1.0	0.03	0.9
16–19 years	811	1.1	0.04	1.0	222	1.1	0.04	1.0	291	1.1	0.04	1.0	251	1.2	0.05	1.0
20–29 years	1,813	1.2	0.03	1.0	488	1.2	0.03	1.0	608	1.2	0.06	0.9	643	1.2	0.02	1.1
30–39 years	1,814	1.2	0.03	1.1	584	1.2	0.03	1.1	637	1.1	0.03	0.9	517	1.2	0.04	1.1
40–49 years	1,315	1.2	0.03	1.1	459	1.2	0.03	1.1	429	1.1	0.03	0.9	361	1.2	0.05	1.0
50–59 years	979	1.2	0.02	1.0	470	1.2	0.03	1.1	267	1.1	0.09	0.8	191	1.2	0.09	1.0
60–69 years	1,097	1.1	0.02	1.0	463	1.1	0.03	1.0	281	0.9	0.03	0.9	308	1.0	0.04	0.9
70–79 years	895	1.1	0.02	1.0	584	1.1	0.02	1.0	166	0.9	0.03	0.8	116	1.0	0.12	0.9
80 years and over	596	1.0	0.03	0.9	464	1.0	0.03	0.9	71	1.0	0.19	0.8	48	0.8	0.04	0.7

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 52. Copper intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	1.3	0.01	1.1	10,696	1.2	0.01	1.0	15,771	1.3	0.01	1.2
Under 6 years <sup>2</sup> . . . . .	6,871	0.8	0.01	0.7	3,145	0.8	0.02	0.8	3,128	0.8	0.01	0.7
6–11 years . . . . .	3,134	1.1	0.02	1.0	1,446	1.1	0.03	1.0	1,439	1.1	0.03	1.0
12–19 years . . . . .	3,121	1.3	0.03	1.1	1,345	1.2	0.04	1.1	1,470	1.3	0.03	1.2
20–59 years . . . . .	10,940	1.4	0.02	1.2	3,329	1.4	0.03	1.1	6,710	1.5	0.02	1.3
60 years and over . . . . .	5,039	1.2	0.02	1.1	1,431	1.0	0.02	0.9	3,024	1.3	0.02	1.1
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	1.5	0.02	1.3	4,929	1.3	0.02	1.1	7,770	1.5	0.02	1.4
Under 6 years <sup>2</sup> . . . . .	3,410	0.8	0.01	0.8	1,564	0.8	0.02	0.8	1,548	0.8	0.02	0.8
6–11 years . . . . .	1,581	1.1	0.03	1.0	713	1.2	0.04	1.1	746	1.1	0.04	1.0
12–19 years . . . . .	1,462	1.5	0.03	1.3	634	1.3	0.04	1.2	674	1.5	0.04	1.3
20–59 years . . . . .	5,019	1.7	0.02	1.5	1,390	1.6	0.05	1.4	3,226	1.7	0.02	1.5
60 years and over . . . . .	2,451	1.4	0.03	1.2	628	1.1	0.03	1.0	1,576	1.5	0.04	1.3
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	1.1	0.01	1.0	5,767	1.1	0.02	0.9	8,001	1.1	0.01	1.0
Under 6 years <sup>2</sup> . . . . .	3,461	0.8	0.01	0.7	1,581	0.8	0.02	0.7	1,580	0.8	0.01	0.7
6–11 years . . . . .	1,553	1.0	0.03	0.9	733	1.1	0.04	0.9	693	1.0	0.03	0.9
12–19 years . . . . .	1,659	1.1	0.03	1.0	711	1.1	0.06	1.0	796	1.1	0.03	1.0
20–59 years . . . . .	5,921	1.2	0.02	1.1	1,939	1.1	0.03	1.0	3,484	1.2	0.02	1.1
60 years and over . . . . .	2,588	1.1	0.01	1.0	803	0.9	0.03	0.9	1,448	1.1	0.01	1.0

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 53. Fiber intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	16	0.1	14	10,634	16	0.2	14	8,513	13	0.1	11	8,627	19	0.3	15
2–11 months <sup>2</sup>	1,620	4	0.1	4	903	5	0.1	4	284	4	0.3	3	280	5	0.3	4
1–2 years	2,310	9	0.2	8	759	9	0.2	8	664	9	0.2	8	769	10	0.3	8
3–5 years	2,941	11	0.2	10	778	11	0.3	10	921	12	0.2	11	1,091	13	0.3	11
6–11 years	3,134	14	0.3	12	832	13	0.4	12	1,065	13	0.3	12	1,108	16	0.4	14
12–15 years	1,599	14	0.4	12	408	14	0.5	12	567	13	0.3	11	542	16	0.6	14
16–19 years	1,522	16	0.4	13	400	16	0.6	14	546	14	0.6	12	502	19	0.8	15
20–29 years	3,400	16	0.2	14	871	16	0.4	14	1,085	15	0.4	12	1,299	23	0.6	19
30–39 years	3,238	17	0.3	15	1,022	17	0.3	15	1,112	15	0.3	12	973	21	0.5	19
40–49 years	2,503	17	0.4	15	877	17	0.4	15	785	14	0.4	12	730	20	0.7	18
50–59 years	1,799	17	0.3	15	869	17	0.4	15	474	14	0.5	12	365	20	0.5	17
60–69 years	2,208	17	0.3	15	953	17	0.4	15	560	14	0.4	11	621	18	0.6	15
70–79 years	1,678	17	0.3	14	1,052	17	0.4	15	334	13	0.5	11	249	17	0.6	14
80 years and over	1,153	15	0.4	14	910	16	0.4	14	116	12	0.7	12	98	16	1.1	13
Male																
All ages <sup>2</sup>	13,923	18	0.2	15	5,028	18	0.2	16	4,003	15	0.2	13	4,264	21	0.3	18
2–11 months <sup>2</sup>	815	5	0.1	4	455	5	0.2	5	145	4	0.3	3	149	5	0.6	4
1–2 years	1,171	10	0.3	9	377	10	0.4	9	341	10	0.3	9	381	10	0.3	8
3–5 years	1,424	12	0.3	11	380	11	0.3	11	439	12	0.3	12	527	13	0.4	11
6–11 years	1,581	14	0.4	13	419	14	0.6	13	547	14	0.4	12	539	16	0.5	14
12–15 years	751	16	0.6	14	177	15	0.7	14	269	14	0.4	12	266	19	1.1	16
16–19 years	711	18	0.7	16	178	19	0.8	17	255	16	1.0	14	251	21	1.3	18
20–29 years	1,587	20	0.4	16	383	19	0.6	16	477	18	0.6	15	656	27	0.9	23
30–39 years	1,424	20	0.4	18	438	20	0.5	18	475	17	0.5	15	456	25	0.6	22
40–49 years	1,188	19	0.5	17	418	20	0.7	18	356	16	0.7	13	369	24	0.9	21
50–59 years	820	20	0.6	18	399	20	0.7	18	207	15	0.7	13	174	22	0.8	20
60–69 years	1,111	19	0.5	17	490	19	0.6	17	279	14	0.8	11	313	21	0.9	20
70–79 years	783	18	0.6	16	468	19	0.7	16	168	13	0.8	11	133	20	1.1	17
80 years and over	557	18	0.5	16	446	18	0.5	16	45	11	1.3	9	50	19	1.7	17
Female																
All ages <sup>2</sup>	15,182	14	0.2	12	5,606	14	0.2	12	4,510	12	0.1	10	4,363	16	0.3	13
2–11 months <sup>2</sup>	805	4	0.2	4	448	4	0.2	4	139	4	0.4	3	131	4	0.4	4
1–2 years	1,139	9	0.2	8	382	8	0.2	8	323	8	0.2	7	388	10	0.5	8
3–5 years	1,517	11	0.3	10	398	11	0.4	10	482	11	0.3	10	564	12	0.5	10
6–11 years	1,553	13	0.4	11	413	12	0.5	10	518	12	0.3	11	569	16	0.7	13
12–15 years	848	13	0.5	11	231	12	0.6	11	298	12	0.6	10	276	14	0.4	12
16–19 years	811	13	0.5	11	222	13	0.7	10	291	12	0.6	10	251	16	0.8	13
20–29 years	1,813	13	0.3	12	488	13	0.4	11	608	12	0.4	10	643	18	0.4	15
30–39 years	1,814	14	0.3	13	584	15	0.4	13	637	12	0.3	11	517	18	0.6	15
40–49 years	1,315	14	0.4	13	459	15	0.5	13	429	12	0.4	10	361	17	0.8	15
50–59 years	979	14	0.3	13	470	14	0.4	13	267	13	0.6	11	191	18	1.4	15
60–69 years	1,097	15	0.3	14	463	16	0.4	14	281	13	0.5	12	308	16	0.8	13
70–79 years	895	15	0.3	14	584	16	0.3	14	166	13	0.6	11	116	14	0.9	12
80 years and over	596	14	0.4	13	464	14	0.5	13	71	13	0.9	12	48	13	1.3	12

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 54. Fiber intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	16	0.1	14	10,696	15	0.3	12	15,771	16	0.1	14
Under 6 years <sup>2</sup> . . . . .	6,871	10	0.2	9	3,145	10	0.3	9	3,128	10	0.2	9
6–11 years . . . . .	3,134	14	0.3	12	1,446	15	0.5	12	1,439	13	0.4	12
12–19 years . . . . .	3,121	15	0.3	13	1,345	15	0.5	12	1,470	15	0.4	13
20–59 years . . . . .	10,940	17	0.1	15	3,329	16	0.4	13	6,710	17	0.2	15
60 years and over . . . . .	5,039	17	0.2	14	1,431	14	0.4	12	3,024	17	0.3	15
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	18	0.2	15	4,929	17	0.4	13	7,770	18	0.2	16
Under 6 years <sup>2</sup> . . . . .	3,410	10	0.2	9	1,564	10	0.3	10	1,548	10	0.2	10
6–11 years . . . . .	1,581	14	0.4	13	713	15	0.6	13	746	14	0.5	13
12–19 years . . . . .	1,462	17	0.4	15	634	15	0.5	13	674	17	0.5	15
20–59 years . . . . .	5,019	20	0.2	17	1,390	20	0.7	16	3,226	20	0.2	17
60 years and over . . . . .	2,451	19	0.4	16	628	15	0.6	13	1,576	19	0.4	17
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	14	0.2	12	5,767	13	0.3	11	8,001	14	0.2	12
Under 6 years <sup>2</sup> . . . . .	3,461	9	0.2	8	1,581	9	0.3	8	1,580	9	0.2	8
6–11 years . . . . .	1,553	13	0.4	11	733	14	0.8	12	693	12	0.4	11
12–19 years . . . . .	1,659	13	0.4	11	711	14	0.8	11	796	13	0.5	11
20–59 years . . . . .	5,921	14	0.2	13	1,939	13	0.3	11	3,484	14	0.2	13
60 years and over . . . . .	2,588	15	0.2	13	803	13	0.5	11	1,448	16	0.2	14

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 55. Iron intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	15.2	0.14	12.8	10,634	15.6	0.18	13.0	8,513	13.8	0.11	11.6	8,627	14.4	0.17	12.4
2–11 months <sup>2</sup>	1,620	16.0	0.25	14.8	903	15.4	0.24	14.3	284	19.4	1.11	16.7	280	15.2	0.49	14.3
1–2 years	2,310	10.1	0.14	8.8	759	10.2	0.20	8.9	664	10.1	0.36	8.9	769	9.5	0.41	8.0
3–5 years	2,941	12.0	0.18	10.6	778	12.1	0.27	10.4	921	12.5	0.25	11.0	1,091	11.7	0.25	10.1
6–11 years	3,134	14.1	0.23	12.4	832	14.3	0.31	12.7	1,065	13.6	0.29	12.0	1,108	13.9	0.36	12.1
12–15 years	1,599	16.2	0.70	13.5	408	16.7	0.92	13.6	567	13.6	0.30	12.2	542	14.8	0.71	12.5
16–19 years	1,522	16.2	0.51	13.5	400	16.8	0.72	14.0	546	15.2	0.40	12.6	502	15.5	0.69	13.1
20–29 years	3,400	15.9	0.26	13.3	871	16.0	0.37	13.3	1,085	15.2	0.39	13.1	1,299	15.9	0.30	13.5
30–39 years	3,238	16.1	0.30	13.5	1,022	16.4	0.38	13.9	1,112	14.5	0.38	11.9	973	15.5	0.29	13.5
40–49 years	2,503	15.6	0.32	13.2	877	16.2	0.37	13.7	785	13.6	0.42	11.5	730	14.4	0.35	12.7
50–59 years	1,799	15.6	0.41	12.9	869	16.1	0.47	13.0	474	12.5	0.52	10.4	365	13.5	0.29	12.5
60–69 years	2,208	15.2	0.41	12.2	953	15.7	0.48	12.7	560	11.5	0.25	9.9	621	12.4	0.33	10.8
70–79 years	1,678	14.3	0.33	11.7	1,052	14.6	0.39	11.9	334	12.2	0.62	9.7	249	12.3	0.52	10.6
80 years and over	1,153	14.5	0.38	11.4	910	14.8	0.42	11.6	116	11.6	0.89	9.5	98	11.4	0.88	9.3
Male																
All ages <sup>2</sup>	13,923	17.8	0.22	15.1	5,028	18.3	0.28	15.6	4,003	15.8	0.22	13.5	4,264	16.2	0.22	14.3
2–11 months <sup>2</sup>	815	16.5	0.33	15.4	455	16.2	0.36	15.3	145	18.3	1.05	16.3	149	15.4	0.97	15.4
1–2 years	1,171	10.6	0.28	9.2	377	10.6	0.38	9.3	341	11.2	0.60	9.5	381	9.7	0.40	8.3
3–5 years	1,424	12.7	0.26	11.0	380	12.7	0.38	11.1	439	12.8	0.34	11.2	527	12.9	0.38	10.9
6–11 years	1,581	15.2	0.34	13.3	419	15.6	0.48	13.9	547	14.7	0.41	12.6	539	14.7	0.39	13.3
12–15 years	751	19.0	1.11	14.9	177	19.8	1.53	15.0	269	14.5	0.49	13.0	266	17.0	0.90	14.5
16–19 years	711	20.0	0.87	17.5	178	21.1	1.18	19.1	255	17.6	0.71	14.3	251	17.5	1.18	14.4
20–29 years	1,587	18.7	0.39	16.0	383	18.9	0.56	16.2	477	18.4	0.58	15.9	656	18.1	0.50	16.1
30–39 years	1,424	19.3	0.47	16.6	438	19.6	0.58	17.0	475	17.8	0.86	14.8	456	17.8	0.43	16.1
40–49 years	1,188	18.5	0.49	16.4	418	19.0	0.58	16.8	356	16.3	0.75	14.1	369	16.7	0.41	15.1
50–59 years	820	18.9	0.73	15.9	399	19.7	0.89	16.0	207	14.0	0.79	11.5	174	15.7	0.43	14.3
60–69 years	1,111	18.1	0.57	14.8	490	18.6	0.65	15.1	279	13.0	0.54	10.8	313	14.7	0.54	13.7
70–79 years	783	16.3	0.54	13.3	468	16.7	0.63	13.6	168	13.8	1.31	10.2	133	13.6	0.89	11.6
80 years and over	557	17.3	0.62	14.1	446	18.0	0.69	14.4	45	10.8	0.86	9.8	50	14.3	1.81	9.8
Female																
All ages <sup>2</sup>	15,182	12.8	0.17	11.0	5,606	13.0	0.21	11.1	4,510	12.0	0.12	10.2	4,363	12.4	0.24	10.7
2–11 months <sup>2</sup>	805	15.6	0.34	14.2	448	14.4	0.32	13.7	139	20.7	1.46	17.0	131	14.9	0.93	13.6
1–2 years	1,139	9.5	0.20	8.3	382	9.9	0.27	8.6	323	9.1	0.35	8.0	388	9.3	0.54	7.9
3–5 years	1,517	11.4	0.19	9.8	398	11.4	0.24	9.7	482	12.2	0.25	10.6	564	10.5	0.33	9.0
6–11 years	1,553	13.0	0.41	11.2	413	12.9	0.55	11.1	518	12.5	0.29	11.4	569	13.2	0.56	11.0
12–15 years	848	13.4	0.66	11.4	231	13.5	0.87	11.8	298	12.8	0.52	11.2	276	12.6	0.60	10.8
16–19 years	811	12.5	0.37	10.7	222	12.1	0.50	10.4	291	12.9	0.51	10.7	251	13.3	0.69	11.0
20–29 years	1,813	13.2	0.30	11.3	488	13.2	0.39	11.3	608	12.4	0.41	10.8	643	13.2	0.37	11.1
30–39 years	1,814	13.0	0.34	11.4	584	13.3	0.43	11.6	637	11.9	0.30	10.1	517	13.1	0.42	11.6
40–49 years	1,315	12.9	0.52	11.1	459	13.4	0.66	11.3	429	11.3	0.30	10.0	361	12.1	0.42	10.7
50–59 years	979	12.6	0.38	10.9	470	12.8	0.46	11.1	267	11.3	0.52	9.4	191	11.5	0.65	10.6
60–69 years	1,097	12.8	0.42	10.5	463	13.2	0.52	10.9	281	10.5	0.35	9.4	308	10.7	0.32	9.0
70–79 years	895	12.9	0.37	10.7	584	13.2	0.43	10.8	166	11.1	0.62	9.6	116	11.0	1.16	9.6
80 years and over	596	12.9	0.43	10.5	464	13.1	0.49	10.7	71	11.9	1.23	8.5	48	8.9	0.86	8.3

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 56. Iron intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	15.2	0.14	12.8	10,696	14.2	0.24	11.8	15,771	15.6	0.17	13.0
Under 6 years <sup>2</sup> . . . . .	6,871	11.9	0.12	10.2	3,145	12.2	0.24	10.5	3,128	11.8	0.19	10.1
6–11 years . . . . .	3,134	14.1	0.23	12.4	1,446	14.5	0.37	12.5	1,439	14.1	0.28	12.6
12–19 years . . . . .	3,121	16.2	0.49	13.5	1,345	14.6	0.37	13.1	1,470	16.8	0.66	13.6
20–59 years . . . . .	10,940	15.8	0.18	13.3	3,329	15.1	0.41	12.3	6,710	16.1	0.22	13.6
60 years and over . . . . .	5,039	14.8	0.24	12.0	1,431	12.8	0.60	10.0	3,024	15.3	0.26	12.5
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	17.8	0.22	15.1	4,929	16.4	0.38	13.8	7,770	18.2	0.26	15.5
Under 6 years <sup>2</sup> . . . . .	3,410	12.4	0.20	10.6	1,564	12.7	0.34	10.6	1,548	12.5	0.31	10.8
6–11 years . . . . .	1,581	15.2	0.34	13.3	713	15.4	0.61	13.7	746	15.4	0.38	13.5
12–19 years . . . . .	1,462	19.5	0.74	16.3	634	16.4	0.45	14.0	674	20.7	1.02	17.1
20–59 years . . . . .	5,019	18.8	0.25	16.3	1,390	18.6	0.71	15.7	3,226	18.9	0.33	16.4
60 years and over . . . . .	2,451	17.4	0.34	14.0	628	14.3	0.56	12.6	1,576	17.8	0.43	14.4
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	12.8	0.17	11.0	5,767	12.5	0.25	10.5	8,001	13.0	0.19	11.1
Under 6 years <sup>2</sup> . . . . .	3,461	11.3	0.14	9.7	1,581	11.7	0.26	10.2	1,580	11.2	0.21	9.5
6–11 years . . . . .	1,553	13.0	0.41	11.2	733	13.6	0.59	11.4	693	12.7	0.47	11.1
12–19 years . . . . .	1,659	12.9	0.42	11.1	711	13.1	0.45	11.9	796	12.7	0.53	10.6
20–59 years . . . . .	5,921	13.0	0.25	11.2	1,939	12.4	0.33	10.4	3,484	13.2	0.29	11.3
60 years and over . . . . .	2,588	12.9	0.27	10.5	803	12.1	0.76	9.3	1,448	13.2	0.28	11.1

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 57. Magnesium intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	285	2.2	255	10,634	294	2.7	265	8,513	238	2.1	211	8,627	286	3.0	257
2–11 months <sup>2</sup>	1,620	116	2.0	102	903	117	2.6	103	284	110	3.5	100	280	117	4.3	106
1–2 years	2,310	189	2.0	179	759	190	3.3	180	664	176	3.7	167	769	193	4.9	180
3–5 years	2,941	210	3.3	200	778	211	4.3	201	921	205	3.0	195	1,091	215	3.7	202
6–11 years	3,134	242	4.2	226	832	242	5.0	228	1,065	225	3.5	206	1,108	258	5.4	240
12–15 years	1,599	262	7.0	236	408	264	9.3	236	567	229	4.6	213	542	262	7.4	242
16–19 years	1,522	287	7.2	254	400	296	9.9	268	546	257	8.7	222	502	290	9.5	250
20–29 years	3,400	304	3.8	268	871	311	5.6	273	1,085	266	6.8	235	1,299	330	5.9	296
30–39 years	3,238	320	4.7	291	1,022	330	6.0	303	1,112	262	4.9	232	973	330	5.4	303
40–49 years	2,503	309	5.1	277	877	322	5.7	288	785	246	5.2	220	730	311	7.9	291
50–59 years	1,799	309	4.7	281	869	318	5.4	289	474	233	7.1	203	365	292	4.5	275
60–69 years	2,208	292	4.8	272	953	301	6.1	283	560	221	5.4	200	621	265	8.5	235
70–79 years	1,678	274	3.7	250	1,052	279	4.5	256	334	219	7.1	192	249	247	7.6	221
80 years and over	1,153	254	5.0	235	910	258	5.7	238	116	202	13.7	181	98	226	12.5	211
<b>Male</b>																
All ages <sup>2</sup>	13,923	330	2.7	298	5,028	341	3.5	310	4,003	271	3.1	239	4,264	323	3.7	295
2–11 months <sup>2</sup>	815	121	2.5	104	455	126	2.9	109	145	104	4.5	97	149	126	7.3	109
1–2 years	1,171	198	3.6	190	377	200	4.9	191	341	182	5.7	175	381	202	6.0	182
3–5 years	1,424	219	3.9	207	380	221	5.2	207	439	214	4.9	202	527	223	4.7	210
6–11 years	1,581	259	7.0	247	419	264	9.7	256	547	235	4.8	214	539	262	6.4	251
12–15 years	751	296	9.0	269	177	298	12.5	271	269	247	8.1	227	266	292	13.3	259
16–19 years	711	342	10.3	309	178	357	13.5	330	255	306	14.7	274	251	328	15.1	298
20–29 years	1,587	365	6.6	331	383	377	9.9	340	477	321	8.8	294	656	384	9.9	354
30–39 years	1,424	376	7.6	343	438	385	9.7	363	475	314	7.9	286	456	382	7.5	358
40–49 years	1,188	364	7.3	341	418	375	8.6	350	356	292	9.0	262	369	363	8.7	335
50–59 years	820	367	9.3	345	399	380	10.8	357	207	256	11.4	234	174	326	10.2	315
60–69 years	1,111	335	7.0	308	490	342	8.5	318	279	241	9.8	210	313	306	8.0	304
70–79 years	783	308	6.5	283	468	316	7.8	292	168	235	11.2	213	133	291	13.7	256
80 years and over	557	288	7.3	268	446	295	7.9	274	45	204	12.3	189	50	272	19.5	243
<b>Female</b>																
All ages <sup>2</sup>	15,182	244	2.4	223	5,606	250	3.0	230	4,510	210	2.0	190	4,363	246	4.0	227
2–11 months <sup>2</sup>	805	110	2.6	99	448	108	3.4	100	139	116	6.5	101	131	105	5.0	94
1–2 years	1,139	179	2.7	169	382	179	3.8	171	323	170	4.4	153	388	184	5.5	179
3–5 years	1,517	202	4.3	192	398	200	4.8	191	482	197	4.3	184	564	207	4.7	198
6–11 years	1,553	225	5.4	208	413	219	5.4	203	518	216	5.1	201	569	254	9.3	232
12–15 years	848	227	7.4	208	231	227	9.7	208	298	211	7.4	199	276	232	5.2	221
16–19 years	811	231	9.0	204	222	220	11.0	205	291	209	8.7	179	251	249	8.5	220
20–29 years	1,813	247	4.6	224	488	250	6.2	228	608	220	7.2	188	643	264	4.7	245
30–39 years	1,814	267	5.0	245	584	276	6.3	253	637	220	5.0	201	517	275	8.0	260
40–49 years	1,315	256	5.4	234	459	268	6.0	251	429	207	4.7	189	361	258	8.0	238
50–59 years	979	255	5.3	232	470	262	6.3	246	267	215	7.2	187	191	260	12.5	246
60–69 years	1,097	255	4.8	243	463	264	5.8	250	281	207	6.7	195	308	234	10.4	215
70–79 years	895	249	4.2	232	584	253	4.4	240	166	208	9.1	185	116	206	8.9	190
80 years and over	596	235	5.6	217	464	238	6.2	220	71	202	18.5	179	48	186	11.1	171

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.



**Table 58. Magnesium intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,105	285	2.2	255	10,696	259	3.2	227	15,771	294	2.7	264
Under 6 years <sup>2</sup>	6,871	190	2.0	180	3,145	191	3.5	179	3,128	191	2.5	183
6–11 years	3,134	242	4.2	226	1,446	248	5.9	232	1,439	241	4.8	223
12–19 years	3,121	274	5.9	244	1,345	258	7.4	235	1,470	279	7.3	245
20–59 years	10,940	311	3.0	279	3,329	293	5.6	252	6,710	316	3.3	287
60 years and over	5,039	280	2.9	258	1,431	231	5.6	210	3,024	293	3.1	271
<b>Male</b>												
All ages <sup>2</sup>	13,923	330	2.7	298	4,929	298	5.4	263	7,770	339	3.3	310
Under 6 years <sup>2</sup>	3,410	198	2.6	190	1,564	198	4.2	187	1,548	200	3.2	191
6–11 years	1,581	259	7.0	247	713	262	9.3	250	746	261	7.8	248
12–19 years	1,462	318	6.8	287	634	283	8.0	255	674	331	8.7	299
20–59 years	5,019	368	3.5	341	1,390	361	9.8	318	3,226	370	3.8	345
60 years and over	2,451	321	4.7	293	628	258	8.7	231	1,576	331	5.1	305
<b>Female</b>												
All ages <sup>2</sup>	15,182	244	2.4	223	5,767	229	3.7	207	8,001	249	2.8	229
Under 6 years <sup>2</sup>	3,461	182	2.5	170	1,581	182	5.2	165	1,580	182	2.8	174
6–11 years	1,553	225	5.4	208	733	236	8.3	214	693	219	5.9	204
12–19 years	1,659	229	6.8	207	711	236	10.8	212	796	225	7.5	204
20–59 years	5,921	256	3.5	235	1,939	241	6.4	212	3,484	261	3.9	241
60 years and over	2,588	250	3.2	234	803	218	6.2	200	1,448	260	3.5	243

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 59. Phosphorus intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	1,283	10.1	1,161	10,634	1,307	12.5	1,191	8,513	1,135	10.3	1,011	8,627	1,347	12.4	1,225
2–11 months <sup>2</sup>	1,620	610	11.9	523	903	623	14.6	529	284	568	15.9	512	280	623	26.1	533
1–2 years	2,310	950	11.4	905	759	958	17.6	913	664	861	18.8	821	769	989	23.0	929
3–5 years	2,941	1,053	15.3	1,005	778	1,062	18.8	1,016	921	994	13.7	940	1,091	1,065	21.7	1,014
6–11 years	3,134	1,241	19.2	1,169	832	1,253	26.1	1,185	1,065	1,138	18.7	1,066	1,108	1,324	27.0	1,257
12–15 years	1,599	1,342	34.6	1,228	408	1,355	48.4	1,248	567	1,194	23.5	1,101	542	1,340	31.3	1,250
16–19 years	1,522	1,461	38.6	1,326	400	1,525	55.1	1,391	546	1,351	40.5	1,187	502	1,434	43.9	1,226
20–29 years	3,400	1,434	19.2	1,288	871	1,457	25.8	1,312	1,085	1,324	34.9	1,159	1,299	1,550	25.4	1,387
30–39 years	3,238	1,404	20.0	1,283	1,022	1,440	24.6	1,328	1,112	1,215	27.3	1,064	973	1,489	24.3	1,376
40–49 years	2,503	1,305	22.9	1,206	877	1,341	26.5	1,262	785	1,115	23.0	1,014	730	1,384	29.3	1,260
50–59 years	1,799	1,250	20.5	1,144	869	1,267	19.8	1,168	474	996	27.4	893	365	1,227	36.8	1,205
60–69 years	2,208	1,167	17.7	1,070	953	1,201	22.5	1,108	560	911	22.8	840	621	1,113	35.8	1,021
70–79 years	1,678	1,085	14.3	1,001	1,052	1,103	16.6	1,016	334	911	27.3	800	249	1,014	25.3	961
80 years and over	1,153	1,023	19.8	931	910	1,032	22.6	942	116	842	65.1	788	98	939	43.1	824
<b>Male</b>																
All ages <sup>2</sup>	13,923	1,503	14.0	1,378	5,028	1,538	17.0	1,413	4,003	1,308	15.0	1,167	4,264	1,526	12.6	1,391
2–11 months <sup>2</sup>	815	638	13.7	539	455	661	17.1	553	145	556	23.9	521	149	668	35.6	577
1–2 years	1,171	987	17.5	945	377	999	26.0	959	341	877	24.5	838	381	1,024	30.0	949
3–5 years	1,424	1,096	19.5	1,032	380	1,115	25.5	1,046	439	1,044	24.1	989	527	1,103	26.5	1,071
6–11 years	1,581	1,336	32.9	1,278	419	1,373	45.3	1,319	547	1,186	21.5	1,108	539	1,371	27.9	1,284
12–15 years	751	1,536	44.1	1,386	177	1,546	60.0	1,393	269	1,284	42.6	1,162	266	1,522	43.5	1,368
16–19 years	711	1,786	54.5	1,645	178	1,880	77.1	1,741	255	1,606	73.5	1,395	251	1,637	51.6	1,525
20–29 years	1,587	1,739	32.3	1,594	383	1,790	44.4	1,632	477	1,621	51.0	1,503	656	1,802	40.8	1,680
30–39 years	1,424	1,665	36.5	1,525	438	1,704	44.5	1,574	475	1,473	47.0	1,318	456	1,721	34.3	1,672
40–49 years	1,188	1,549	31.9	1,467	418	1,576	38.9	1,487	356	1,346	34.7	1,214	369	1,610	33.6	1,513
50–59 years	820	1,505	35.3	1,404	399	1,531	35.5	1,415	207	1,104	50.8	991	174	1,373	24.6	1,335
60–69 years	1,111	1,356	24.1	1,261	490	1,388	29.6	1,300	279	1,046	39.4	933	313	1,300	44.4	1,202
70–79 years	783	1,245	25.3	1,145	468	1,278	29.2	1,155	168	986	42.8	876	133	1,138	56.6	1,019
80 years and over	557	1,178	27.6	1,090	446	1,197	30.2	1,112	45	911	54.0	904	50	1,119	84.6	870
<b>Female</b>																
All ages <sup>2</sup>	15,182	1,077	8.7	1,003	5,606	1,088	11.0	1,016	4,510	987	9.1	900	4,363	1,158	18.1	1,067
2–11 months <sup>2</sup>	805	579	15.5	503	448	582	20.6	496	139	582	28.9	509	131	566	23.2	502
1–2 years	1,139	911	13.4	867	382	915	19.3	868	323	844	24.4	783	388	952	23.4	903
3–5 years	1,517	1,008	20.6	954	398	1,003	21.5	971	482	947	21.1	903	564	1,025	25.9	940
6–11 years	1,553	1,141	17.0	1,068	413	1,128	22.8	1,054	518	1,091	27.3	1,032	569	1,278	39.8	1,178
12–15 years	848	1,143	36.0	1,054	231	1,154	48.5	1,082	298	1,106	36.3	1,041	276	1,162	35.8	1,098
16–19 years	811	1,132	33.6	1,056	222	1,147	44.7	1,086	291	1,099	44.1	1,020	251	1,219	50.3	1,016
20–29 years	1,813	1,142	21.8	1,059	488	1,147	27.6	1,068	608	1,076	26.5	941	643	1,236	19.4	1,165
30–39 years	1,814	1,156	18.7	1,067	584	1,182	25.3	1,113	637	1,010	21.3	900	517	1,238	40.0	1,135
40–49 years	1,315	1,071	21.1	1,021	459	1,103	21.9	1,056	429	920	18.3	849	361	1,152	33.3	1,025
50–59 years	979	1,016	22.3	958	470	1,028	26.1	966	267	913	25.9	842	191	1,093	76.2	1,010
60–69 years	1,097	1,008	21.5	931	463	1,037	26.4	983	281	819	18.1	769	308	971	41.9	887
70–79 years	895	972	17.6	896	584	980	18.0	910	166	856	40.2	756	116	895	41.7	812
80 years and over	596	939	23.5	871	464	945	26.1	872	71	812	79.9	729	48	779	41.2	754

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 60. Phosphorus intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	1,283	10.1	1,161	10,696	1,216	12.9	1,076	15,771	1,306	12.7	1,192
Under 6 years <sup>2</sup> . . . . .	6,871	958	9.3	911	3,145	967	16.4	904	3,128	955	10.7	915
6–11 years . . . . .	3,134	1,241	19.2	1,169	1,446	1,253	25.8	1,184	1,439	1,238	22.7	1,168
12–19 years . . . . .	3,121	1,401	28.9	1,264	1,345	1,320	35.1	1,191	1,470	1,428	38.6	1,294
20–59 years . . . . .	10,940	1,364	14.1	1,238	3,329	1,331	26.3	1,141	6,710	1,377	15.5	1,272
60 years and over . . . . .	5,039	1,117	11.2	1,018	1,431	951	23.6	854	3,024	1,156	12.6	1,065
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	1,503	14.0	1,378	4,929	1,420	22.4	1,271	7,770	1,529	15.8	1,410
Under 6 years <sup>2</sup> . . . . .	3,410	997	11.8	955	1,564	998	21.3	956	1,548	999	12.7	955
6–11 years . . . . .	1,581	1,336	32.9	1,278	713	1,356	51.6	1,293	746	1,340	35.0	1,282
12–19 years . . . . .	1,462	1,659	33.8	1,499	634	1,494	49.5	1,328	674	1,724	43.8	1,592
20–59 years . . . . .	5,019	1,633	19.9	1,513	1,390	1,656	43.7	1,483	3,226	1,634	19.6	1,520
60 years and over . . . . .	2,451	1,297	16.4	1,204	628	1,062	24.7	973	1,576	1,335	19.8	1,238
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	1,077	8.7	1,003	5,767	1,055	14.8	963	8,001	1,085	11.1	1,014
Under 6 years <sup>2</sup> . . . . .	3,461	917	12.3	874	1,581	933	22.1	870	1,580	909	13.9	871
6–11 years . . . . .	1,553	1,141	17.0	1,068	733	1,158	29.2	1,077	693	1,126	22.6	1,052
12–19 years . . . . .	1,659	1,138	27.3	1,054	711	1,169	44.4	1,045	796	1,120	32.8	1,047
20–59 years . . . . .	5,921	1,109	13.4	1,033	1,939	1,082	30.5	970	3,484	1,119	15.5	1,053
60 years and over . . . . .	2,588	983	14.3	910	803	896	29.1	804	1,448	1,003	16.0	937

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 61. Potassium intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	2,723	19.6	2,494	10,634	2,806	25.1	2,573	8,513	2,319	20.6	2,089	8,627	2,647	25.3	2,402
2–11 months <sup>2</sup>	1,620	1,274	22.5	1,146	903	1,291	27.3	1,161	284	1,166	31.0	1,087	280	1,332	36.2	1,185
1–2 years	2,310	1,956	26.1	1,856	759	1,947	41.1	1,839	664	1,842	38.9	1,767	769	2,031	48.3	1,911
3–5 years	2,941	2,077	31.4	1,961	778	2,065	41.6	1,955	921	2,054	30.6	1,959	1,091	2,110	41.8	2,000
6–11 years	3,134	2,344	48.1	2,204	832	2,329	57.4	2,204	1,065	2,232	33.4	2,095	1,108	2,444	50.7	2,259
12–15 years	1,599	2,483	64.4	2,255	408	2,452	82.2	2,210	567	2,295	55.3	2,155	542	2,459	69.3	2,231
16–19 years	1,522	2,759	78.5	2,477	400	2,846	106.3	2,553	546	2,588	91.1	2,259	502	2,693	75.4	2,400
20–29 years	3,400	2,851	32.7	2,560	871	2,905	44.1	2,663	1,085	2,567	62.8	2,295	1,299	2,991	50.2	2,690
30–39 years	3,238	2,983	41.0	2,724	1,022	3,089	54.6	2,796	1,112	2,486	48.3	2,267	973	2,951	50.3	2,761
40–49 years	2,503	2,913	43.9	2,708	877	3,040	48.5	2,821	785	2,336	53.9	2,068	730	2,788	63.5	2,653
50–59 years	1,799	2,993	51.7	2,760	869	3,093	57.5	2,838	474	2,229	62.1	2,036	365	2,755	57.6	2,648
60–69 years	2,208	2,821	39.8	2,681	953	2,909	49.7	2,741	560	2,130	47.1	1,967	621	2,472	78.5	2,286
70–79 years	1,678	2,666	35.2	2,510	1,052	2,727	40.9	2,547	334	2,141	60.0	1,891	249	2,361	62.8	2,253
80 years and over	1,153	2,492	45.1	2,374	910	2,521	52.2	2,396	116	2,085	117.4	1,952	98	2,146	100.9	1,896
<b>Male</b>																
All ages <sup>2</sup>	13,923	3,114	25.7	2,849	5,028	3,225	34.1	2,956	4,003	2,631	33.1	2,366	4,264	2,945	30.6	2,693
2–11 months <sup>2</sup>	815	1,332	26.5	1,178	455	1,372	30.0	1,213	145	1,161	39.2	1,076	149	1,418	63.0	1,283
1–2 years	1,171	2,037	40.6	1,965	377	2,031	59.9	1,957	341	1,896	48.2	1,815	381	2,121	61.2	2,017
3–5 years	1,424	2,122	43.6	1,987	380	2,108	57.1	1,970	439	2,150	55.4	2,046	527	2,155	54.3	2,004
6–11 years	1,581	2,493	69.6	2,354	419	2,528	95.2	2,406	547	2,349	45.0	2,171	539	2,511	63.9	2,380
12–15 years	751	2,784	83.5	2,531	177	2,771	119.4	2,496	269	2,436	78.2	2,370	266	2,796	113.7	2,470
16–19 years	711	3,307	108.8	2,903	178	3,463	147.7	3,064	255	3,098	161.6	2,763	251	2,950	112.2	2,824
20–29 years	1,587	3,403	61.9	3,139	383	3,528	87.4	3,255	477	3,103	98.7	2,896	656	3,414	90.2	3,090
30–39 years	1,424	3,479	66.1	3,150	438	3,591	83.6	3,269	475	2,967	87.1	2,592	456	3,341	77.6	3,170
40–49 years	1,188	3,371	68.2	3,212	418	3,481	80.4	3,309	356	2,754	87.3	2,564	369	3,155	71.7	3,052
50–59 years	820	3,520	86.4	3,274	399	3,657	96.7	3,380	207	2,443	108.8	2,299	174	3,045	93.3	2,963
60–69 years	1,111	3,156	56.3	2,956	490	3,226	68.3	3,010	279	2,281	85.1	2,090	313	2,826	79.4	2,715
70–79 years	783	2,975	56.6	2,801	468	3,070	68.0	2,860	168	2,268	94.0	1,928	133	2,700	120.0	2,545
80 years and over	557	2,758	62.9	2,666	446	2,800	70.3	2,716	45	2,246	147.2	2,038	50	2,542	173.1	2,242
<b>Female</b>																
All ages <sup>2</sup>	15,182	2,355	19.7	2,206	5,606	2,410	24.8	2,268	4,510	2,052	17.6	1,882	4,363	2,332	35.0	2,147
2–11 months <sup>2</sup>	805	1,212	28.1	1,112	448	1,203	38.1	1,109	139	1,172	51.9	1,106	131	1,223	45.3	1,104
1–2 years	1,139	1,871	34.7	1,742	382	1,862	46.6	1,707	323	1,786	54.2	1,732	388	1,938	54.6	1,862
3–5 years	1,517	2,030	42.1	1,912	398	2,018	48.0	1,906	482	1,962	35.7	1,881	564	2,064	53.3	1,994
6–11 years	1,553	2,188	61.5	2,056	413	2,122	51.9	2,016	518	2,115	53.6	2,037	569	2,380	68.2	2,199
12–15 years	848	2,173	69.0	1,942	231	2,117	83.4	1,892	298	2,159	82.5	1,991	276	2,132	61.4	2,024
16–19 years	811	2,206	83.0	2,003	222	2,188	91.6	2,075	291	2,083	83.1	1,877	251	2,420	93.4	2,113
20–29 years	1,813	2,321	35.4	2,181	488	2,325	44.6	2,199	608	2,119	55.6	1,911	643	2,466	48.2	2,261
30–39 years	1,814	2,512	41.1	2,357	584	2,600	54.2	2,426	637	2,105	36.1	1,872	517	2,528	80.2	2,350
40–49 years	1,315	2,474	54.1	2,312	459	2,593	57.7	2,444	429	1,983	44.2	1,834	361	2,410	77.0	2,133
50–59 years	979	2,508	51.3	2,360	470	2,580	61.6	2,451	267	2,065	64.0	1,925	191	2,486	128.6	2,394
60–69 years	1,097	2,539	48.6	2,462	463	2,630	57.8	2,565	281	2,027	50.2	1,899	308	2,207	95.1	2,072
70–79 years	895	2,445	44.0	2,324	584	2,484	46.9	2,374	166	2,049	81.4	1,876	116	2,039	98.5	1,951
80 years and over	596	2,349	51.8	2,247	464	2,372	59.1	2,258	71	2,013	138.0	1,901	48	1,795	104.6	1,865

<sup>1</sup>Includes data for ethnic groups not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 62. Potassium intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,105	2,723	19.6	2,494	10,696	2,497	32.5	2,206	15,771	2,797	22.7	2,571
Under 6 years <sup>2</sup>	6,871	1,928	20.9	1,825	3,145	1,943	32.7	1,843	3,128	1,928	27.2	1,824
6–11 years	3,134	2,344	48.1	2,204	1,446	2,422	63.4	2,265	1,439	2,321	52.4	2,177
12–19 years	3,121	2,619	58.9	2,323	1,345	2,464	78.9	2,132	1,470	2,661	68.5	2,384
20–59 years	10,940	2,930	27.1	2,689	3,329	2,751	59.7	2,412	6,710	2,983	27.9	2,741
60 years and over	5,039	2,718	25.6	2,569	1,431	2,340	54.5	2,103	3,024	2,822	26.3	2,676
<b>Male</b>												
All ages <sup>2</sup>	13,923	3,114	25.7	2,849	4,929	2,846	56.6	2,482	7,770	3,199	29.5	2,950
Under 6 years <sup>2</sup>	3,410	1,986	27.2	1,905	1,564	2,007	36.6	1,960	1,548	1,983	34.5	1,872
6–11 years	1,581	2,493	69.6	2,354	713	2,566	89.8	2,376	746	2,491	75.3	2,403
12–19 years	1,462	3,041	67.2	2,692	634	2,707	105.6	2,388	674	3,153	79.7	2,784
20–59 years	5,019	3,437	35.3	3,173	1,390	3,356	102.2	2,988	3,226	3,473	37.3	3,232
60 years and over	2,451	3,047	37.1	2,843	628	2,610	78.7	2,355	1,576	3,130	40.7	2,934
<b>Female</b>												
All ages <sup>2</sup>	15,182	2,355	19.7	2,206	5,767	2,221	38.0	2,049	8,001	2,399	21.8	2,262
Under 6 years <sup>2</sup>	3,461	1,867	26.1	1,750	1,581	1,875	49.1	1,768	1,580	1,871	30.1	1,746
6–11 years	1,553	2,188	61.5	2,056	733	2,289	92.6	2,133	693	2,133	62.3	2,016
12–19 years	1,659	2,189	65.9	1,972	711	2,253	108.1	1,987	796	2,149	64.9	1,945
20–59 years	5,921	2,447	30.4	2,295	1,939	2,291	62.4	2,096	3,484	2,491	32.7	2,349
60 years and over	2,588	2,474	34.0	2,347	803	2,207	62.2	2,037	1,448	2,556	36.2	2,462

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 63. Sodium intake in milligrams by sex, age, and race/ethnicity: United States, 1988- 94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	3,427	32.6	3,002	10,634	3,444	38.6	3,031	8,513	3,372	37.5	2,948	8,627	3,134	36.9	2,798
2-11 months <sup>2</sup>	1,620	567	20.3	321	903	548	19.3	313	284	544	38.2	295	280	661	50.2	471
1-2 years	2,310	1,983	28.9	1,865	759	1,968	39.5	1,878	664	2,210	54.6	2,075	769	1,963	37.1	1,816
3-5 years	2,941	2,594	47.0	2,381	778	2,569	53.7	2,354	921	2,887	59.5	2,612	1,091	2,452	59.3	2,263
6-11 years	3,134	3,164	66.7	2,885	832	3,166	96.4	2,843	1,065	3,314	65.9	3,049	1,108	2,999	61.2	2,745
12-15 years	1,599	3,727	111.3	3,210	408	3,707	149.6	3,222	567	3,650	94.2	3,301	542	3,272	90.4	2,840
16-19 years	1,522	4,036	97.3	3,568	400	4,117	138.3	3,645	546	4,058	134.2	3,601	502	3,429	86.3	3,072
20-29 years	3,400	3,963	58.0	3,440	871	3,994	69.3	3,465	1,085	4,137	110.6	3,608	1,299	3,590	72.6	3,239
30-39 years	3,238	3,854	67.8	3,362	1,022	3,897	86.4	3,447	1,112	3,692	106.8	3,229	973	3,484	71.5	3,105
40-49 years	2,503	3,591	72.7	3,237	877	3,629	83.5	3,313	785	3,466	71.4	3,097	730	3,360	74.1	2,984
50-59 years	1,799	3,351	78.4	3,000	869	3,317	73.4	3,007	474	2,907	90.5	2,582	365	3,060	92.1	2,805
60-69 years	2,208	3,029	62.4	2,752	953	3,061	51.2	2,798	560	2,530	86.6	2,224	621	2,547	88.2	2,280
70-79 years	1,678	2,775	49.1	2,555	1,052	2,812	53.9	2,587	334	2,296	97.0	2,075	249	2,514	144.4	2,187
80 years and over	1,153	2,541	52.7	2,370	910	2,571	55.5	2,406	116	2,066	95.6	1,973	98	2,110	126.7	1,772
<b>Male</b>																
All ages <sup>2</sup>	13,923	4,027	46.2	3,554	5,028	4,079	53.6	3,615	4,003	3,861	56.2	3,401	4,264	3,566	59.1	3,204
2-11 months <sup>2</sup>	815	601	27.9	333	455	581	30.0	329	145	576	55.5	317	149	733	69.7	538
1-2 years	1,171	2,075	38.3	1,949	377	2,040	55.0	1,944	341	2,356	67.8	2,236	381	2,045	52.0	1,881
3-5 years	1,424	2,699	62.2	2,522	380	2,680	76.3	2,490	439	2,975	89.2	2,636	527	2,602	89.4	2,361
6-11 years	1,581	3,378	114.1	3,049	419	3,420	161.0	3,142	547	3,455	77.6	3,196	539	3,166	83.0	2,969
12-15 years	751	4,240	157.9	3,566	177	4,256	217.6	3,566	269	3,765	148.8	3,434	266	3,758	142.8	3,356
16-19 years	711	4,904	137.6	4,669	178	5,076	200.3	4,927	255	4,806	223.3	4,263	251	3,850	122.5	3,400
20-29 years	1,587	4,751	92.0	4,312	383	4,893	122.2	4,447	477	4,913	208.7	4,469	656	4,118	122.5	3,708
30-39 years	1,424	4,614	101.4	4,162	438	4,671	118.5	4,257	475	4,439	179.1	4,031	456	4,087	122.9	3,734
40-49 years	1,188	4,255	97.9	3,942	418	4,290	122.2	4,036	356	4,150	117.5	3,779	369	3,863	123.9	3,542
50-59 years	820	4,058	143.4	3,658	399	4,008	124.8	3,639	207	3,298	147.6	2,988	174	3,558	137.6	3,316
60-69 years	1,111	3,591	105.6	3,332	490	3,571	84.4	3,345	279	2,973	141.2	2,540	313	3,053	91.0	2,881
70-79 years	783	3,275	75.5	3,010	468	3,364	83.5	3,091	168	2,605	107.6	2,443	133	2,971	312.7	2,499
80 years and over	557	2,908	63.9	2,734	446	2,951	63.8	2,767	45	2,287	166.2	1,962	50	2,444	260.8	1,860
<b>Female</b>																
All ages <sup>2</sup>	15,182	2,864	28.8	2,590	5,606	2,844	33.0	2,595	4,510	2,952	34.7	2,651	4,363	2,679	31.7	2,409
2-11 months <sup>2</sup>	805	530	23.9	302	448	511	25.5	295	139	507	43.9	289	131	571	53.0	381
1-2 years	1,139	1,885	32.2	1,758	382	1,894	39.7	1,801	323	2,059	67.4	1,900	388	1,880	52.3	1,765
3-5 years	1,517	2,483	59.4	2,277	398	2,446	60.3	2,265	482	2,803	74.3	2,524	564	2,297	55.0	2,169
6-11 years	1,553	2,940	49.7	2,728	413	2,902	67.3	2,661	518	3,173	92.9	2,948	569	2,838	69.0	2,495
12-15 years	848	3,200	126.9	2,746	231	3,130	163.3	2,760	298	3,538	136.4	3,157	276	2,801	101.7	2,511
16-19 years	811	3,160	91.0	2,840	222	3,096	119.5	2,766	291	3,319	127.6	3,181	251	2,982	89.4	2,589
20-29 years	1,813	3,207	62.5	2,912	488	3,159	69.0	2,890	608	3,490	111.3	3,035	643	2,933	43.7	2,740
30-39 years	1,814	3,131	67.0	2,833	584	3,141	93.2	2,840	637	3,101	62.6	2,793	517	2,830	85.3	2,616
40-49 years	1,315	2,955	71.8	2,730	459	2,959	70.1	2,776	429	2,887	81.7	2,690	361	2,843	77.6	2,594
50-59 years	979	2,700	57.6	2,485	470	2,687	68.5	2,485	267	2,608	84.7	2,391	191	2,597	142.5	2,335
60-69 years	1,097	2,555	55.3	2,392	463	2,610	67.2	2,430	281	2,227	78.9	2,018	308	2,167	112.3	1,967
70-79 years	895	2,419	56.8	2,254	584	2,421	61.7	2,272	166	2,072	120.7	1,845	116	2,078	141.4	1,891
80 years and over	596	2,343	61.4	2,214	464	2,369	65.7	2,231	71	1,967	112.8	2,085	48	1,812	139.4	1,693

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 64. Sodium intake in milligrams by sex, age, and income level: United States, 1988- 94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	3,427	32.6	3,002	10,696	3,248	46.2	2,833	15,771	3,506	39.5	3,069
Under 6 years <sup>2</sup> . . . . .	6,871	2,109	30.0	1,986	3,145	2,255	56.2	2,092	3,128	2,046	34.8	1,950
6–11 years . . . . .	3,134	3,164	66.7	2,885	1,446	3,265	72.6	2,968	1,439	3,141	86.6	2,826
12–19 years . . . . .	3,121	3,880	87.3	3,405	1,345	3,701	105.3	3,281	1,470	3,965	117.3	3,410
20–59 years . . . . .	10,940	3,741	43.6	3,297	3,329	3,614	84.2	3,088	6,710	3,794	48.6	3,353
60 years and over . . . . .	5,039	2,869	42.1	2,610	1,431	2,561	127.1	2,252	3,024	2,966	44.5	2,746
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	4,027	46.2	3,554	4,929	3,815	76.5	3,316	7,770	4,117	52.9	3,633
Under 6 years <sup>2</sup> . . . . .	3,410	2,198	37.8	2,053	1,564	2,381	66.7	2,249	1,548	2,112	44.8	1,974
6–11 years . . . . .	1,581	3,378	114.1	3,049	713	3,528	138.9	3,159	746	3,359	134.1	3,032
12–19 years . . . . .	1,462	4,567	113.1	4,179	634	4,142	116.8	3,758	674	4,789	163.0	4,385
20–59 years . . . . .	5,019	4,478	57.3	4,035	1,390	4,482	126.0	3,941	3,226	4,513	60.9	4,084
60 years and over . . . . .	2,451	3,401	68.0	3,121	628	3,153	267.2	2,727	1,576	3,466	62.5	3,187
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	2,864	28.8	2,590	5,767	2,801	46.0	2,497	8,001	2,898	35.9	2,618
Under 6 years <sup>2</sup> . . . . .	3,461	2,016	37.9	1,912	1,581	2,122	80.3	1,997	1,580	1,975	41.3	1,906
6–11 years . . . . .	1,553	2,940	49.7	2,728	733	3,022	70.0	2,898	693	2,900	67.9	2,647
12–19 years . . . . .	1,659	3,180	90.9	2,770	711	3,321	155.0	2,856	796	3,107	97.5	2,664
20–59 years . . . . .	5,921	3,040	41.9	2,762	1,939	2,953	83.1	2,614	3,484	3,074	48.1	2,795
60 years and over . . . . .	2,588	2,471	42.3	2,321	803	2,268	91.9	2,090	1,448	2,535	55.0	2,389

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 65. Zinc intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	11.4	0.09	9.5	10,634	11.6	0.11	9.7	8,513	10.6	0.11	8.7	8,627	11.3	0.14	9.3
2–11 months <sup>2</sup>	1,620	5.8	0.08	5.6	903	5.6	0.10	5.4	284	6.1	0.21	6.1	280	6.0	0.16	5.6
1–2 years	2,310	6.7	0.10	6.2	759	6.7	0.14	6.1	664	7.0	0.17	6.4	769	6.9	0.24	6.2
3–5 years	2,941	8.0	0.13	7.2	778	7.8	0.17	7.0	921	8.5	0.13	7.6	1,091	7.9	0.18	7.2
6–11 years	3,134	10.0	0.17	8.8	832	10.0	0.26	8.8	1,065	9.9	0.16	8.9	1,108	10.1	0.27	8.8
12–15 years	1,599	11.7	0.51	9.9	408	11.8	0.74	9.9	567	10.5	0.23	9.2	542	11.2	0.31	9.6
16–19 years	1,522	12.8	0.43	10.9	400	12.9	0.53	11.3	546	12.6	0.73	10.2	502	13.6	1.42	10.1
20–29 years	3,400	12.6	0.22	10.9	871	12.4	0.27	10.7	1,085	12.9	0.37	10.7	1,299	13.1	0.26	11.0
30–39 years	3,238	12.7	0.22	10.6	1,022	12.8	0.28	10.7	1,112	11.6	0.36	9.5	973	12.7	0.24	10.7
40–49 years	2,503	11.9	0.27	10.1	877	12.2	0.32	10.3	785	10.8	0.36	8.8	730	12.2	0.36	10.7
50–59 years	1,799	12.2	0.46	10.0	869	12.6	0.53	10.2	474	9.5	0.32	7.9	365	10.6	0.29	9.1
60–69 years	2,208	10.8	0.29	9.0	953	11.2	0.35	9.3	560	8.4	0.24	7.3	621	9.8	0.29	8.1
70–79 years	1,678	10.3	0.43	8.4	1,052	10.5	0.49	8.5	334	8.8	0.53	7.1	249	8.8	0.23	7.8
80 years and over	1,153	9.4	0.36	7.9	910	9.5	0.40	7.9	116	8.0	0.65	6.4	98	8.0	0.48	6.9
<b>Male</b>																
All ages <sup>2</sup>	13,923	13.6	0.15	11.4	5,028	13.9	0.19	11.7	4,003	12.4	0.19	10.2	4,264	13.1	0.27	10.9
2–11 months <sup>2</sup>	815	6.0	0.11	5.7	455	5.8	0.13	5.6	145	6.1	0.26	6.2	149	6.1	0.21	5.6
1–2 years	1,171	7.0	0.13	6.6	377	7.0	0.20	6.6	341	7.4	0.21	6.9	381	7.0	0.22	6.3
3–5 years	1,424	8.3	0.16	7.5	380	8.2	0.23	7.3	439	8.7	0.21	8.0	527	8.4	0.20	7.6
6–11 years	1,581	10.8	0.26	9.8	419	10.8	0.34	9.9	547	10.7	0.23	9.4	539	10.5	0.29	9.6
12–15 years	751	13.8	0.93	10.9	177	14.3	1.41	10.9	269	11.0	0.40	9.7	266	12.7	0.36	10.8
16–19 years	711	16.1	0.64	13.5	178	16.1	0.71	14.2	255	15.5	1.37	11.9	251	16.9	2.77	12.1
20–29 years	1,587	15.4	0.34	13.7	383	15.4	0.42	13.9	477	16.1	0.62	13.3	656	15.2	0.45	13.2
30–39 years	1,424	15.6	0.36	12.9	438	15.8	0.46	13.0	475	14.2	0.53	11.8	456	15.1	0.46	12.7
40–49 years	1,188	14.0	0.33	12.4	418	14.1	0.38	12.4	356	13.2	0.63	11.4	369	14.5	0.50	12.8
50–59 years	820	15.1	0.60	12.6	399	15.7	0.70	13.0	207	10.7	0.53	8.6	174	12.2	0.48	10.7
60–69 years	1,111	12.9	0.38	10.9	490	13.3	0.46	11.4	279	9.7	0.36	8.4	313	11.5	0.44	9.8
70–79 years	783	12.7	1.01	9.7	468	13.0	1.15	10.0	168	10.4	1.03	8.1	133	9.8	0.50	9.1
80 years and over	557	11.2	0.44	9.3	446	11.5	0.47	9.4	45	8.2	0.63	7.2	50	9.7	0.83	7.8
<b>Female</b>																
All ages <sup>2</sup>	15,182	9.3	0.10	8.0	5,606	9.4	0.12	8.1	4,510	9.0	0.11	7.7	4,363	9.5	0.13	8.1
2–11 months <sup>2</sup>	805	5.7	0.10	5.4	448	5.4	0.12	5.2	139	6.2	0.23	6.1	131	5.9	0.24	5.6
1–2 years	1,139	6.4	0.11	5.9	382	6.4	0.15	5.6	323	6.5	0.19	6.1	388	6.8	0.37	6.0
3–5 years	1,517	7.7	0.18	6.9	398	7.5	0.21	6.6	482	8.3	0.17	7.3	564	7.4	0.21	6.7
6–11 years	1,553	9.2	0.31	7.9	413	9.1	0.46	7.7	518	9.1	0.21	8.3	569	9.6	0.35	8.3
12–15 years	848	9.6	0.37	8.4	231	9.3	0.45	8.4	298	10.0	0.32	8.8	276	9.7	0.33	8.5
16–19 years	811	9.4	0.30	8.5	222	9.4	0.41	8.8	291	9.8	0.43	8.8	251	10.2	0.50	8.4
20–29 years	1,813	9.9	0.22	8.6	488	9.7	0.25	8.6	608	10.2	0.36	8.8	643	10.4	0.21	9.1
30–39 years	1,814	9.8	0.22	8.7	584	9.9	0.27	8.8	637	9.5	0.33	7.7	517	10.2	0.25	8.7
40–49 years	1,315	9.8	0.42	8.5	459	10.2	0.52	8.8	429	8.8	0.32	7.5	361	9.8	0.37	8.4
50–59 years	979	9.5	0.42	8.0	470	9.7	0.49	8.1	267	8.6	0.31	7.2	191	9.1	0.52	8.1
60–69 years	1,097	9.0	0.34	7.6	463	9.3	0.41	7.7	281	7.6	0.35	6.6	308	8.6	0.31	7.3
70–79 years	895	8.7	0.21	7.5	584	8.8	0.24	7.6	166	7.7	0.57	6.2	116	7.8	0.62	6.6
80 years and over	596	8.4	0.43	7.1	464	8.5	0.48	7.2	71	8.0	0.86	5.9	48	6.4	0.33	6.3

<sup>1</sup>Includes data for ethnic groups not shown separately.

<sup>2</sup>Excludes nursing infants and children.



**Table 66. Zinc intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	11.4	0.09	9.5	10,696	10.7	0.15	8.8	15,771	11.6	0.12	9.8
Under 6 years <sup>2</sup> . . . . .	6,871	7.3	0.09	6.6	3,145	7.6	0.13	6.9	3,128	7.1	0.11	6.4
6–11 years . . . . .	3,134	10.0	0.17	8.8	1,446	10.3	0.21	9.0	1,439	9.9	0.25	8.7
12–19 years . . . . .	3,121	12.2	0.38	10.2	1,345	11.1	0.29	9.8	1,470	12.5	0.52	10.4
20–59 years . . . . .	10,940	12.4	0.14	10.5	3,329	12.1	0.28	9.8	6,710	12.5	0.15	10.6
60 years and over . . . . .	5,039	10.4	0.23	8.6	1,431	9.1	0.53	7.1	3,024	10.8	0.27	9.0
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	13.6	0.15	11.4	4,929	12.8	0.27	10.3	7,770	13.9	0.18	11.8
Under 6 years <sup>2</sup> . . . . .	3,410	7.6	0.10	6.9	1,564	7.9	0.16	7.2	1,548	7.4	0.14	6.7
6–11 years . . . . .	1,581	10.8	0.26	9.8	713	11.4	0.41	10.3	746	10.7	0.30	9.8
12–19 years . . . . .	1,462	14.9	0.62	12.4	634	12.7	0.40	10.8	674	15.6	0.86	12.8
20–59 years . . . . .	5,019	15.1	0.18	12.9	1,390	15.6	0.51	12.6	3,226	15.0	0.19	13.0
60 years and over . . . . .	2,451	12.6	0.41	10.3	628	10.4	0.47	8.4	1,576	13.0	0.53	10.6
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	9.3	0.10	8.0	5,767	9.1	0.16	7.7	8,001	9.4	0.12	8.2
Under 6 years <sup>2</sup> . . . . .	3,461	7.0	0.12	6.3	1,581	7.4	0.19	6.6	1,580	6.8	0.14	6.2
6–11 years . . . . .	1,553	9.2	0.31	7.9	733	9.3	0.29	8.0	693	9.1	0.46	7.8
12–19 years . . . . .	1,659	9.5	0.26	8.4	711	9.7	0.35	8.8	796	9.2	0.28	8.3
20–59 years . . . . .	5,921	9.8	0.17	8.5	1,939	9.5	0.25	8.1	3,484	9.9	0.20	8.6
60 years and over . . . . .	2,588	8.8	0.22	7.6	803	8.5	0.60	6.6	1,448	8.9	0.22	7.8

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 67. Total fat intake in grams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	82	0.9	72	10,634	84	1.1	73	8,513	83	1.0	72	8,627	78	0.7	67
2–11 months <sup>2</sup>	1,620	36	0.4	34	903	35	0.4	33	284	39	1.0	38	280	38	1.2	36
1–2 years	2,310	49	0.8	45	759	49	1.1	45	664	53	1.0	51	769	49	0.9	47
3–5 years	2,941	60	1.1	55	778	60	1.5	54	921	67	1.0	61	1,091	58	1.3	53
6–11 years	3,134	76	1.2	71	832	77	1.6	72	1,065	78	1.5	72	1,108	76	1.8	69
12–15 years	1,599	89	2.2	80	408	88	3.1	80	567	91	2.4	81	542	83	2.4	74
16–19 years	1,522	98	2.3	90	400	100	3.2	96	546	106	3.9	93	502	89	2.3	78
20–29 years	3,400	96	1.6	84	871	97	2.0	86	1,085	104	2.9	91	1,299	89	1.9	79
30–39 years	3,238	95	2.0	84	1,022	98	2.6	88	1,112	93	2.7	81	973	87	1.5	75
40–49 years	2,503	88	2.4	76	877	92	2.9	80	785	83	1.7	74	730	82	1.8	72
50–59 years	1,799	79	1.7	71	869	81	1.9	72	474	69	2.0	61	365	71	1.9	66
60–69 years	2,208	67	1.2	60	953	69	1.6	63	560	59	2.1	49	621	59	2.2	50
70–79 years	1,678	61	1.2	55	1,052	63	1.4	56	334	55	2.3	46	249	54	2.1	50
80 years and over	1,153	56	1.3	51	910	57	1.4	52	116	48	3.1	47	98	50	4.1	40
<b>Male</b>																
All ages <sup>2</sup>	13,923	98	1.4	86	5,028	101	1.6	89	4,003	96	1.5	83	4,264	89	1.2	79
2–11 months <sup>2</sup>	815	37	0.5	36	455	36	0.6	35	145	40	1.3	39	149	38	1.5	36
1–2 years	1,171	51	1.0	48	377	50	1.6	47	341	55	1.3	53	381	51	1.5	48
3–5 years	1,424	62	1.5	58	380	62	2.2	57	439	69	2.1	65	527	60	1.8	55
6–11 years	1,581	83	2.0	78	419	84	2.6	78	547	81	2.1	74	539	78	2.0	73
12–15 years	751	101	3.6	92	177	100	4.5	92	269	96	2.7	85	266	93	3.7	81
16–19 years	711	120	2.9	112	178	123	4.1	115	255	125	6.5	106	251	102	3.3	91
20–29 years	1,587	117	2.4	105	383	122	2.9	113	477	125	5.3	111	656	103	3.2	91
30–39 years	1,424	115	2.9	106	438	118	3.5	110	475	113	4.6	102	456	102	2.7	90
40–49 years	1,188	106	4.1	90	418	109	5.2	93	356	100	3.1	88	369	95	2.7	86
50–59 years	820	98	2.9	89	399	101	3.3	92	207	78	3.7	69	174	84	2.4	77
60–69 years	1,111	81	1.7	73	490	82	2.2	75	279	70	3.2	58	313	73	3.7	64
70–79 years	783	74	1.9	66	468	76	2.1	68	168	62	3.1	52	133	61	3.6	57
80 years and over	557	68	2.2	62	446	70	2.4	64	45	56	5.5	48	50	61	6.7	47
<b>Female</b>																
All ages <sup>2</sup>	15,182	68	0.6	60	5,606	68	0.7	60	4,510	72	0.8	65	4,363	67	0.6	59
2–11 months <sup>2</sup>	805	35	0.6	33	448	34	0.7	32	139	39	1.5	35	131	37	1.6	36
1–2 years	1,139	48	0.8	44	382	47	1.0	44	323	51	1.3	47	388	47	1.1	45
3–5 years	1,517	58	1.3	52	398	56	1.4	52	482	65	1.4	60	564	56	1.3	52
6–11 years	1,553	69	1.2	65	413	68	1.6	64	518	75	2.0	72	569	73	2.2	66
12–15 years	848	77	3.0	68	231	76	4.0	69	298	86	3.5	77	276	74	3.4	65
16–19 years	811	77	2.5	66	222	76	3.5	64	291	87	3.4	81	251	75	2.5	66
20–29 years	1,813	75	1.5	69	488	74	1.8	69	608	87	3.0	77	643	72	1.2	66
30–39 years	1,814	76	1.8	68	584	78	2.5	70	637	77	2.0	68	517	71	2.1	64
40–49 years	1,315	72	1.7	67	459	75	1.8	70	429	69	1.8	62	361	68	1.8	59
50–59 years	979	62	1.8	56	470	63	2.2	57	267	62	2.6	56	191	59	3.1	52
60–69 years	1,097	56	1.6	52	463	58	1.9	54	281	51	1.9	44	308	48	2.2	44
70–79 years	895	52	1.2	49	584	53	1.3	50	166	49	3.2	43	116	47	3.4	39
80 years and over	596	49	1.3	47	464	50	1.4	47	71	44	3.4	43	48	40	3.7	31

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 68. Total fat intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,105	82	0.9	72	10,696	77	0.9	67	15,771	84	1.1	73
Under 6 years <sup>2</sup>	6,871	53	0.7	49	3,145	56	1.1	52	3,128	51	0.8	47
6–11 years	3,134	76	1.2	71	1,446	76	1.8	72	1,439	76	1.5	70
12–19 years	3,121	94	1.7	84	1,345	93	2.4	82	1,470	94	2.4	84
20–59 years	10,940	91	1.3	80	3,329	86	1.9	74	6,710	93	1.5	82
60 years and over	5,039	64	0.8	57	1,431	54	1.5	48	3,024	66	0.9	59
<b>Male</b>												
All ages <sup>2</sup>	13,923	98	1.4	86	4,929	90	1.7	79	7,770	101	1.6	89
Under 6 years <sup>2</sup>	3,410	55	1.0	51	1,564	59	1.4	54	1,548	53	1.1	49
6–11 years	1,581	83	2.0	78	713	84	2.7	80	746	82	2.6	78
12–19 years	1,462	110	2.4	101	634	105	3.2	95	674	113	3.3	103
20–59 years	5,019	111	2.1	99	1,390	105	2.8	92	3,226	112	2.1	102
60 years and over	2,451	77	1.0	69	628	66	2.4	58	1,576	79	1.2	72
<b>Female</b>												
All ages <sup>2</sup>	15,182	68	0.6	60	5,767	67	1.0	57	8,001	68	0.8	61
Under 6 years <sup>2</sup>	3,461	51	0.8	46	1,581	54	1.6	48	1,580	50	0.9	45
6–11 years	1,553	69	1.2	65	733	69	2.6	64	693	69	1.5	65
12–19 years	1,659	77	1.9	67	711	82	4.0	70	796	75	2.0	65
20–59 years	5,921	73	0.9	66	1,939	72	2.1	64	3,484	73	1.0	67
60 years and over	2,588	54	0.9	50	803	49	1.8	43	1,448	55	1.1	51

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 69. Saturated fat intake in grams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	29	0.3	25	10,634	30	0.4	26	8,513	29	0.4	24	8,627	27	0.3	24
2–11 months <sup>2</sup>	1,620	17	0.2	16	903	17	0.2	16	284	18	0.5	17	280	18	0.6	17
1–2 years	2,310	20	0.3	18	759	20	0.4	18	664	20	0.4	19	769	20	0.4	19
3–5 years	2,941	23	0.4	21	778	23	0.6	21	921	24	0.3	22	1,091	22	0.5	20
6–11 years	3,134	28	0.4	26	832	29	0.6	27	1,065	28	0.5	26	1,108	28	0.7	27
12–15 years	1,599	32	0.8	29	408	32	1.2	29	567	32	0.8	29	542	31	1.1	26
16–19 years	1,522	35	0.8	32	400	36	1.1	33	546	37	1.5	32	502	31	0.9	27
20–29 years	3,400	33	0.6	29	871	34	0.7	30	1,085	35	1.0	31	1,299	30	0.7	26
30–39 years	3,238	33	0.7	29	1,022	34	0.8	30	1,112	31	1.0	26	973	29	0.7	25
40–49 years	2,503	30	0.9	26	877	32	1.1	27	785	28	0.7	24	730	28	0.5	24
50–59 years	1,799	27	0.7	24	869	28	0.7	25	474	23	0.8	20	365	24	0.8	20
60–69 years	2,208	23	0.5	19	953	24	0.6	20	560	19	0.7	16	621	20	1.0	16
70–79 years	1,678	21	0.5	19	1,052	21	0.5	19	334	18	0.8	16	249	18	0.7	16
80 years and over	1,153	19	0.5	17	910	20	0.6	17	116	16	1.0	15	98	18	1.6	12
<b>Male</b>																
All ages <sup>2</sup>	13,923	35	0.5	30	5,028	36	0.6	31	4,003	33	0.6	28	4,264	31	0.5	27
2–11 months <sup>2</sup>	815	18	0.3	17	455	17	0.3	16	145	18	0.7	17	149	18	0.8	17
1–2 years	1,171	21	0.4	19	377	20	0.7	20	341	20	0.5	19	381	21	0.7	20
3–5 years	1,424	24	0.6	22	380	24	0.8	22	439	25	0.8	23	527	23	0.7	21
6–11 years	1,581	31	0.7	29	419	32	0.8	30	547	29	0.7	27	539	29	0.8	27
12–15 years	751	36	1.1	32	177	36	1.5	32	269	34	1.1	29	266	34	1.9	29
16–19 years	711	43	1.1	40	178	45	1.5	42	255	44	2.5	38	251	36	1.3	33
20–29 years	1,587	41	0.9	38	383	44	1.1	41	477	42	1.9	37	656	35	1.2	30
30–39 years	1,424	40	1.1	36	438	41	1.3	38	475	38	1.8	33	456	34	1.1	30
40–49 years	1,188	36	1.5	31	418	38	1.9	32	356	33	1.1	29	369	32	0.9	28
50–59 years	820	33	1.2	30	399	34	1.2	32	207	26	1.3	21	174	28	0.9	24
60–69 years	1,111	28	0.6	24	490	28	0.8	25	279	23	1.0	19	313	24	1.7	20
70–79 years	783	25	0.7	22	468	26	0.8	23	168	21	1.2	19	133	20	1.2	18
80 years and over	557	24	0.9	21	446	24	0.9	21	45	19	1.8	17	50	22	2.6	15
<b>Female</b>																
All ages <sup>2</sup>	15,182	24	0.2	21	5,606	24	0.3	21	4,510	25	0.2	22	4,363	24	0.3	21
2–11 months <sup>2</sup>	805	17	0.3	16	448	16	0.4	15	139	18	0.8	17	131	17	0.7	17
1–2 years	1,139	19	0.4	18	382	19	0.4	17	323	20	0.5	18	388	19	0.4	18
3–5 years	1,517	22	0.5	20	398	21	0.6	20	482	23	0.5	21	564	22	0.5	19
6–11 years	1,553	26	0.4	24	413	26	0.6	24	518	27	0.7	24	569	27	0.7	26
12–15 years	848	28	1.3	24	231	28	1.7	25	298	30	1.1	27	276	27	1.3	23
16–19 years	811	28	1.0	23	222	28	1.4	23	291	31	1.4	28	251	26	0.8	22
20–29 years	1,813	26	0.5	23	488	26	0.6	24	608	29	0.9	25	643	25	0.5	22
30–39 years	1,814	26	0.6	23	584	27	0.8	24	637	25	0.6	22	517	24	0.9	21
40–49 years	1,315	24	0.7	22	459	25	0.7	23	429	23	0.6	20	361	23	0.5	20
50–59 years	979	21	0.7	19	470	21	0.8	19	267	22	1.0	20	191	20	1.3	18
60–69 years	1,097	19	0.6	16	463	20	0.7	17	281	16	0.6	14	308	16	0.9	14
70–79 years	895	18	0.5	15	584	18	0.5	16	166	16	1.1	14	116	16	1.1	14
80 years and over	596	17	0.5	15	464	17	0.6	16	71	15	1.2	14	48	15	1.5	10

<sup>1</sup>Includes data for ethnic groups not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 70. Saturated fat intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,105	29	0.3	25	10,696	28	0.4	23	15,771	30	0.4	25
Under 6 years <sup>2</sup>	6,871	21	0.3	19	3,145	22	0.4	20	3,128	20	0.3	19
6–11 years	3,134	28	0.4	26	1,446	29	0.7	26	1,439	28	0.6	26
12–19 years	3,121	34	0.6	30	1,345	33	1.0	28	1,470	34	0.9	30
20–59 years	10,940	31	0.5	27	3,329	30	0.9	25	6,710	32	0.5	28
60 years and over	5,039	22	0.3	19	1,431	19	0.6	16	3,024	22	0.4	19
<b>Male</b>												
All ages <sup>2</sup>	13,923	35	0.5	30	4,929	32	0.7	28	7,770	35	0.6	31
Under 6 years <sup>2</sup>	3,410	22	0.3	20	1,564	23	0.5	22	1,548	21	0.4	20
6–11 years	1,581	31	0.7	29	713	31	1.0	29	746	31	0.9	29
12–19 years	1,462	40	0.8	35	634	37	1.3	33	674	41	1.1	37
20–59 years	5,019	38	0.7	34	1,390	36	1.3	31	3,226	39	0.8	35
60 years and over	2,451	26	0.4	23	628	23	0.8	20	1,576	27	0.4	24
<b>Female</b>												
All ages <sup>2</sup>	15,182	24	0.2	21	5,767	24	0.4	20	8,001	24	0.3	21
Under 6 years <sup>2</sup>	3,461	20	0.3	19	1,581	21	0.5	19	1,580	20	0.4	18
6–11 years	1,553	26	0.4	24	733	26	0.9	24	693	25	0.5	23
12–19 years	1,659	28	0.8	24	711	29	1.8	24	796	27	0.8	24
20–59 years	5,921	25	0.4	22	1,939	25	0.9	21	3,484	25	0.4	23
60 years and over	2,588	18	0.3	16	803	17	0.8	14	1,448	19	0.4	16

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 71. Monounsaturated fat intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	32	0.3	27	10,634	32	0.4	28	8,513	33	0.4	28	8,627	29	0.3	25
2–11 months <sup>2</sup>	1,620	9	0.2	8	903	9	0.2	9	284	10	0.4	8	280	9	0.5	8
1–2 years	2,310	18	0.3	16	759	18	0.5	16	664	20	0.4	19	769	17	0.4	16
3–5 years	2,941	23	0.4	21	778	22	0.6	21	921	26	0.4	24	1,091	21	0.5	19
6–11 years	3,134	29	0.4	27	832	29	0.6	27	1,065	30	0.7	28	1,108	28	0.7	25
12–15 years	1,599	34	0.9	30	408	34	1.2	30	567	36	1.0	32	542	31	0.9	27
16–19 years	1,522	37	0.9	34	400	38	1.3	36	546	41	1.5	36	502	33	0.8	29
20–29 years	3,400	37	0.6	31	871	37	0.8	32	1,085	41	1.3	35	1,299	33	0.8	29
30–39 years	3,238	37	0.8	32	1,022	38	1.1	33	1,112	37	1.1	31	973	33	0.7	28
40–49 years	2,503	34	1.0	30	877	36	1.2	31	785	33	0.7	28	730	31	0.7	27
50–59 years	1,799	31	0.7	27	869	32	0.8	28	474	27	0.8	24	365	27	0.7	25
60–69 years	2,208	26	0.5	23	953	26	0.6	23	560	23	0.9	19	621	22	0.9	19
70–79 years	1,678	23	0.5	21	1,052	24	0.6	21	334	21	1.0	17	249	20	0.9	19
80 years and over	1,153	21	0.5	19	910	22	0.5	20	116	18	1.2	17	98	19	1.5	14
Male																
All ages <sup>2</sup>	13,923	38	0.6	33	5,028	39	0.6	34	4,003	38	0.6	32	4,264	33	0.5	29
2–11 months <sup>2</sup>	815	10	0.3	9	455	10	0.3	9	145	10	0.7	8	149	10	0.5	9
1–2 years	1,171	18	0.4	17	377	18	0.6	17	341	21	0.5	21	381	18	0.6	17
3–5 years	1,424	23	0.6	22	380	23	0.8	21	439	27	0.9	25	527	22	0.7	20
6–11 years	1,581	31	0.8	29	419	32	1.0	29	547	31	0.9	29	539	29	0.8	27
12–15 years	751	39	1.5	35	177	38	1.9	36	269	38	1.1	34	266	35	1.3	31
16–19 years	711	46	1.2	44	178	47	1.6	46	255	49	2.6	42	251	39	1.3	35
20–29 years	1,587	45	1.0	41	383	48	1.2	43	477	50	2.2	44	656	39	1.3	34
30–39 years	1,424	45	1.2	41	438	46	1.5	42	475	45	1.8	41	456	39	1.0	34
40–49 years	1,188	41	1.7	36	418	43	2.1	36	356	40	1.2	36	369	36	1.0	33
50–59 years	820	38	1.2	34	399	40	1.5	35	207	31	1.5	28	174	32	1.0	29
60–69 years	1,111	31	0.7	28	490	32	0.9	29	279	28	1.4	23	313	28	1.4	24
70–79 years	783	29	0.8	25	468	29	0.9	26	168	24	1.3	21	133	23	1.4	21
80 years and over	557	26	0.9	24	446	27	0.9	25	45	21	2.0	19	50	23	2.6	17
Female																
All ages <sup>2</sup>	15,182	26	0.2	23	5,606	26	0.3	23	4,510	28	0.3	25	4,363	24	0.3	22
2–11 months <sup>2</sup>	805	9	0.2	8	448	9	0.2	8	139	10	0.6	8	131	9	0.6	8
1–2 years	1,139	17	0.3	16	382	17	0.4	16	323	19	0.6	18	388	16	0.5	15
3–5 years	1,517	22	0.5	20	398	21	0.5	19	482	25	0.6	23	564	20	0.6	18
6–11 years	1,553	26	0.5	24	413	26	0.7	24	518	29	0.8	27	569	27	0.9	23
12–15 years	848	29	1.1	25	231	28	1.4	25	298	33	1.3	31	276	28	1.3	25
16–19 years	811	29	1.0	25	222	28	1.4	24	291	33	1.3	32	251	28	0.8	24
20–29 years	1,813	28	0.6	26	488	28	0.7	26	608	34	1.3	30	643	27	0.5	24
30–39 years	1,814	29	0.7	25	584	30	1.0	26	637	30	0.9	26	517	26	0.8	23
40–49 years	1,315	28	0.7	26	459	29	0.8	27	429	27	0.8	24	361	25	0.7	22
50–59 years	979	24	0.8	21	470	24	0.9	22	267	24	1.1	22	191	21	1.1	20
60–69 years	1,097	21	0.6	19	463	22	0.7	20	281	20	0.9	17	308	18	0.9	16
70–79 years	895	20	0.4	17	584	20	0.5	18	166	18	1.2	16	116	17	1.4	14
80 years and over	596	19	0.5	17	464	19	0.5	17	71	17	1.4	17	48	15	1.3	11

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 72. Monounsaturated fat intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,105	32	0.3	27	10,696	29	0.4	25	15,771	32	0.4	28
Under 6 years <sup>2</sup>	6,871	19	0.3	18	3,145	20	0.5	18	3,128	19	0.3	17
6–11 years	3,134	29	0.4	27	1,446	29	0.8	27	1,439	29	0.6	27
12–19 years	3,121	36	0.7	32	1,345	36	0.9	32	1,470	36	0.9	32
20–59 years	10,940	35	0.5	30	3,329	33	0.7	28	6,710	36	0.6	31
60 years and over	5,039	24	0.3	21	1,431	21	0.6	18	3,024	25	0.4	22
<b>Male</b>												
All ages <sup>2</sup>	13,923	38	0.6	33	4,929	35	0.7	30	7,770	39	0.6	34
Under 6 years <sup>2</sup>	3,410	20	0.4	18	1,564	21	0.5	20	1,548	19	0.5	18
6–11 years	1,581	31	0.8	29	713	32	1.1	30	746	31	1.0	28
12–19 years	1,462	42	1.0	39	634	41	1.3	37	674	43	1.3	40
20–59 years	5,019	43	0.9	38	1,390	41	1.2	35	3,226	44	0.9	39
60 years and over	2,451	30	0.4	27	628	26	0.9	22	1,576	30	0.5	28
<b>Female</b>												
All ages <sup>2</sup>	15,182	26	0.2	23	5,767	25	0.4	22	8,001	26	0.3	23
Under 6 years <sup>2</sup>	3,461	19	0.3	17	1,581	19	0.7	17	1,580	18	0.3	17
6–11 years	1,553	26	0.5	24	733	26	1.1	24	693	26	0.6	24
12–19 years	1,659	29	0.8	25	711	31	1.5	27	796	28	0.8	24
20–59 years	5,921	28	0.3	25	1,939	27	0.8	24	3,484	28	0.4	25
60 years and over	2,588	20	0.3	18	803	18	0.7	16	1,448	21	0.4	19

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 73. Polyunsaturated fat intake in grams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	16	0.2	13	10,634	16	0.3	13	8,513	16	0.2	13	8,627	16	0.2	12
2–11 months <sup>2</sup>	1,620	7	0.1	7	903	7	0.1	6	284	8	0.4	8	280	8	0.3	7
1–2 years	2,310	8	0.2	7	759	8	0.2	7	664	9	0.2	8	769	8	0.2	7
3–5 years	2,941	10	0.3	9	778	10	0.4	9	921	12	0.3	11	1,091	11	0.3	9
6–11 years	3,134	13	0.3	11	832	13	0.5	11	1,065	14	0.3	12	1,108	14	0.5	11
12–15 years	1,599	17	0.7	13	408	16	0.9	13	567	17	0.6	15	542	15	0.4	13
16–19 years	1,522	18	0.5	16	400	18	0.7	16	546	19	0.8	16	502	18	0.9	15
20–29 years	3,400	18	0.4	15	871	18	0.5	15	1,085	20	0.6	17	1,299	19	0.4	16
30–39 years	3,238	18	0.5	16	1,022	19	0.6	16	1,112	18	0.5	15	973	18	0.5	15
40–49 years	2,503	18	0.5	15	877	18	0.6	15	785	16	0.4	14	730	17	0.7	13
50–59 years	1,799	16	0.3	13	869	16	0.4	13	474	13	0.5	10	365	15	0.6	13
60–69 years	2,208	13	0.3	11	953	14	0.4	11	560	12	0.5	9	621	12	0.4	10
70–79 years	1,678	12	0.2	10	1,052	13	0.3	11	334	11	0.6	9	249	11	0.7	9
80 years and over	1,153	11	0.3	9	910	11	0.4	10	116	10	0.9	8	98	9	0.8	7
<b>Male</b>																
All ages <sup>2</sup>	13,923	18	0.3	15	5,028	19	0.4	15	4,003	18	0.3	15	4,264	18	0.3	14
2–11 months <sup>2</sup>	815	7	0.2	7	455	7	0.2	7	145	9	0.6	8	149	8	0.4	7
1–2 years	1,171	8	0.2	7	377	8	0.3	7	341	10	0.3	8	381	9	0.3	7
3–5 years	1,424	11	0.4	9	380	11	0.6	9	439	12	0.4	11	527	11	0.4	9
6–11 years	1,581	14	0.6	12	419	15	0.8	12	547	14	0.4	13	539	14	0.7	12
12–15 years	751	18	1.0	15	177	18	1.2	15	269	18	0.6	15	266	17	0.6	14
16–19 years	711	21	0.7	19	178	22	1.1	20	255	22	1.2	19	251	20	1.0	17
20–29 years	1,587	22	0.7	19	383	22	0.9	19	477	23	1.0	20	656	21	0.7	18
30–39 years	1,424	22	0.6	19	438	22	0.8	19	475	21	0.8	18	456	21	0.7	18
40–49 years	1,188	21	0.9	17	418	21	1.1	17	356	19	0.8	16	369	19	0.9	16
50–59 years	820	19	0.6	16	399	20	0.8	17	207	15	1.0	12	174	17	0.8	16
60–69 years	1,111	16	0.4	13	490	16	0.5	13	279	13	0.8	11	313	15	0.8	12
70–79 years	783	14	0.4	12	468	15	0.4	13	168	12	0.7	9	133	13	1.2	10
80 years and over	557	13	0.5	10	446	13	0.6	11	45	11	1.6	9	50	12	1.3	9
<b>Female</b>																
All ages <sup>2</sup>	15,182	13	0.2	11	5,606	13	0.2	11	4,510	14	0.2	12	4,363	13	0.2	11
2–11 months <sup>2</sup>	805	7	0.2	7	448	7	0.2	6	139	8	0.4	8	131	8	0.5	8
1–2 years	1,139	7	0.2	6	382	7	0.3	6	323	9	0.3	8	388	8	0.3	7
3–5 years	1,517	10	0.2	9	398	10	0.2	8	482	12	0.3	11	564	10	0.3	9
6–11 years	1,553	12	0.3	10	413	12	0.5	10	518	14	0.5	12	569	13	0.6	11
12–15 years	848	15	0.8	12	231	15	1.1	12	298	17	1.1	14	276	14	0.7	12
16–19 years	811	15	0.6	13	222	14	0.7	11	291	17	0.9	14	251	16	1.1	12
20–29 years	1,813	15	0.4	13	488	15	0.5	13	608	17	0.8	14	643	15	0.4	12
30–39 years	1,814	15	0.5	13	584	15	0.6	13	637	16	0.5	13	517	15	0.6	12
40–49 years	1,315	15	0.4	13	459	15	0.4	14	429	14	0.4	12	361	14	0.6	12
50–59 years	979	13	0.4	11	470	13	0.5	11	267	12	0.6	9	191	13	0.8	11
60–69 years	1,097	11	0.4	9	463	12	0.5	10	281	11	0.5	9	308	10	0.5	9
70–79 years	895	11	0.3	9	584	11	0.3	10	166	11	0.9	8	116	10	1.0	9
80 years and over	596	10	0.3	9	464	10	0.4	9	71	9	0.8	8	48	7	0.9	5

<sup>1</sup>Includes data for ethnic groups not shown separately.

<sup>2</sup>Excludes nursing infants and children.



**Table 74. Polyunsaturated fat intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	16	0.2	13	10,696	14	0.2	12	15,771	16	0.2	13
Under 6 years <sup>2</sup> . . . . .	6,871	9	0.2	8	3,145	10	0.2	9	3,128	9	0.2	8
6–11 years . . . . .	3,134	13	0.3	11	1,446	13	0.5	11	1,439	13	0.4	11
12–19 years . . . . .	3,121	17	0.4	14	1,345	18	0.7	15	1,470	17	0.6	14
20–59 years . . . . .	10,940	18	0.3	15	3,329	16	0.4	13	6,710	18	0.3	15
60 years and over . . . . .	5,039	13	0.2	11	1,431	10	0.3	8	3,024	13	0.2	11
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	18	0.3	15	4,929	17	0.4	13	7,770	19	0.3	16
Under 6 years <sup>2</sup> . . . . .	3,410	9	0.3	8	1,564	10	0.4	9	1,548	9	0.3	8
6–11 years . . . . .	1,581	14	0.6	12	713	15	0.9	12	746	14	0.6	12
12–19 years . . . . .	1,462	20	0.7	17	634	19	0.9	17	674	20	0.9	17
20–59 years . . . . .	5,019	21	0.4	18	1,390	19	0.7	16	3,226	21	0.4	18
60 years and over . . . . .	2,451	15	0.3	12	628	12	0.8	9	1,576	15	0.3	13
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	13	0.2	11	5,767	13	0.2	10	8,001	14	0.2	11
Under 6 years <sup>2</sup> . . . . .	3,461	9	0.1	8	1,581	9	0.3	8	1,580	8	0.2	7
6–11 years . . . . .	1,553	12	0.3	10	733	12	0.6	10	693	13	0.4	10
12–19 years . . . . .	1,659	15	0.5	12	711	16	1.0	13	796	15	0.6	12
20–59 years . . . . .	5,921	15	0.2	12	1,939	14	0.4	12	3,484	15	0.3	13
60 years and over . . . . .	2,588	11	0.2	9	803	9	0.3	8	1,448	11	0.3	10

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 75. Linolenic acid (PFA 18:3) intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	1.3	0.02	1.1	10,634	1.4	0.02	1.1	8,513	1.3	0.02	1.0	8,627	1.2	0.02	1.0
2–11 months <sup>2</sup>	1,620	0.6	0.02	0.5	903	0.6	0.02	0.4	284	0.8	0.04	0.6	280	0.7	0.04	0.6
1–2 years	2,310	0.7	0.01	0.6	759	0.7	0.02	0.6	664	0.8	0.02	0.7	769	0.7	0.02	0.7
3–5 years	2,941	0.9	0.02	0.8	778	0.9	0.03	0.8	921	1.0	0.02	0.9	1,091	0.9	0.02	0.7
6–11 years	3,134	1.2	0.03	1.0	832	1.2	0.04	1.0	1,065	1.1	0.03	1.0	1,108	1.1	0.04	1.0
12–15 years	1,599	1.4	0.06	1.1	408	1.4	0.07	1.1	567	1.4	0.06	1.1	542	1.2	0.04	1.1
16–19 years	1,522	1.5	0.04	1.3	400	1.5	0.05	1.4	546	1.6	0.07	1.2	502	1.4	0.04	1.1
20–29 years	3,400	1.5	0.03	1.2	871	1.6	0.05	1.3	1,085	1.6	0.04	1.2	1,299	1.4	0.04	1.1
30–39 years	3,238	1.5	0.04	1.3	1,022	1.6	0.05	1.3	1,112	1.4	0.05	1.1	973	1.4	0.03	1.1
40–49 years	2,503	1.5	0.03	1.2	877	1.6	0.04	1.3	785	1.3	0.03	1.1	730	1.2	0.03	1.0
50–59 years	1,799	1.3	0.03	1.1	869	1.4	0.04	1.1	474	1.1	0.04	0.9	365	1.2	0.05	1.0
60–69 years	2,208	1.1	0.03	0.9	953	1.2	0.03	1.0	560	1.0	0.05	0.8	621	1.0	0.04	0.8
70–79 years	1,678	1.1	0.02	0.9	1,052	1.1	0.02	0.9	334	0.9	0.05	0.7	249	0.9	0.04	0.7
80 years and over	1,153	0.9	0.03	0.8	910	1.0	0.03	0.9	116	0.7	0.05	0.6	98	0.7	0.08	0.5
Male																
All ages <sup>2</sup>	13,923	1.5	0.02	1.3	5,028	1.6	0.03	1.3	4,003	1.4	0.02	1.2	4,264	1.4	0.02	1.1
2–11 months <sup>2</sup>	815	0.6	0.02	0.5	455	0.6	0.02	0.4	145	0.8	0.06	0.6	149	0.7	0.05	0.5
1–2 years	1,171	0.7	0.01	0.7	377	0.7	0.02	0.7	341	0.8	0.02	0.7	381	0.7	0.02	0.6
3–5 years	1,424	0.9	0.03	0.8	380	0.9	0.04	0.8	439	1.0	0.04	0.9	527	0.9	0.03	0.8
6–11 years	1,581	1.2	0.05	1.0	419	1.3	0.07	1.0	547	1.2	0.04	1.0	539	1.2	0.07	1.0
12–15 years	751	1.6	0.09	1.2	177	1.6	0.10	1.2	269	1.4	0.05	1.2	266	1.4	0.06	1.1
16–19 years	711	1.8	0.05	1.5	178	1.8	0.07	1.6	255	1.9	0.12	1.4	251	1.6	0.06	1.3
20–29 years	1,587	1.8	0.06	1.5	383	1.9	0.09	1.6	477	1.8	0.08	1.5	656	1.6	0.06	1.3
30–39 years	1,424	1.8	0.05	1.6	438	1.9	0.07	1.6	475	1.7	0.08	1.4	456	1.6	0.06	1.3
40–49 years	1,188	1.7	0.06	1.4	418	1.8	0.07	1.5	356	1.6	0.07	1.2	369	1.4	0.04	1.2
50–59 years	820	1.6	0.04	1.3	399	1.7	0.05	1.4	207	1.2	0.07	0.9	174	1.3	0.06	1.1
60–69 years	1,111	1.3	0.03	1.1	490	1.3	0.04	1.2	279	1.1	0.07	0.9	313	1.2	0.08	0.9
70–79 years	783	1.2	0.04	1.0	468	1.3	0.04	1.0	168	1.0	0.07	0.8	133	0.9	0.07	0.8
80 years and over	557	1.1	0.04	0.9	446	1.1	0.05	1.0	45	0.9	0.13	0.7	50	0.9	0.13	0.7
Female																
All ages <sup>2</sup>	15,182	1.1	0.01	0.9	5,606	1.2	0.02	0.9	4,510	1.1	0.02	0.9	4,363	1.0	0.02	0.9
2–11 months <sup>2</sup>	805	0.6	0.02	0.5	448	0.5	0.02	0.4	139	0.7	0.05	0.6	131	0.7	0.05	0.6
1–2 years	1,139	0.7	0.02	0.6	382	0.7	0.02	0.6	323	0.8	0.03	0.7	388	0.7	0.02	0.7
3–5 years	1,517	0.9	0.02	0.8	398	0.8	0.02	0.7	482	1.0	0.02	0.8	564	0.9	0.03	0.7
6–11 years	1,553	1.1	0.03	0.9	413	1.1	0.04	0.9	518	1.1	0.03	0.9	569	1.1	0.04	0.9
12–15 years	848	1.3	0.07	1.1	231	1.3	0.09	1.1	298	1.4	0.12	1.0	276	1.1	0.06	1.0
16–19 years	811	1.2	0.04	1.0	222	1.2	0.06	1.0	291	1.3	0.06	1.1	251	1.2	0.04	1.0
20–29 years	1,813	1.3	0.04	1.1	488	1.3	0.05	1.1	608	1.4	0.05	1.1	643	1.2	0.03	0.9
30–39 years	1,814	1.3	0.04	1.0	584	1.3	0.05	1.1	637	1.3	0.04	1.0	517	1.1	0.04	0.9
40–49 years	1,315	1.2	0.04	1.0	459	1.3	0.04	1.1	429	1.1	0.03	0.9	361	1.1	0.05	0.9
50–59 years	979	1.1	0.04	0.9	470	1.1	0.05	0.9	267	1.0	0.04	0.8	191	1.0	0.07	0.9
60–69 years	1,097	1.0	0.03	0.8	463	1.0	0.04	0.8	281	0.9	0.04	0.7	308	0.8	0.04	0.7
70–79 years	895	0.9	0.03	0.8	584	1.0	0.03	0.8	166	0.9	0.07	0.7	116	0.8	0.07	0.6
80 years and over	596	0.9	0.03	0.8	464	0.9	0.03	0.8	71	0.6	0.04	0.6	48	0.6	0.07	0.4

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 76. Linolenic acid (PFA 18:3) intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	1.3	0.02	1.1	10,696	1.2	0.02	1.0	15,771	1.4	0.02	1.1
Under 6 years <sup>2</sup> . . . . .	6,871	0.8	0.01	0.7	3,145	0.9	0.02	0.8	3,128	0.8	0.01	0.7
6–11 years . . . . .	3,134	1.2	0.03	1.0	1,446	1.2	0.05	1.0	1,439	1.2	0.03	1.0
12–19 years . . . . .	3,121	1.5	0.04	1.2	1,345	1.4	0.07	1.1	1,470	1.5	0.05	1.2
20–59 years . . . . .	10,940	1.5	0.02	1.2	3,329	1.3	0.03	1.1	6,710	1.5	0.03	1.3
60 years and over . . . . .	5,039	1.1	0.02	0.9	1,431	0.9	0.02	0.7	3,024	1.1	0.02	0.9
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	1.5	0.02	1.3	4,929	1.4	0.04	1.1	7,770	1.6	0.03	1.3
Under 6 years <sup>2</sup> . . . . .	3,410	0.8	0.02	0.7	1,564	0.9	0.03	0.8	1,548	0.8	0.02	0.7
6–11 years . . . . .	1,581	1.2	0.05	1.0	713	1.3	0.09	1.1	746	1.2	0.05	1.0
12–19 years . . . . .	1,462	1.7	0.06	1.4	634	1.6	0.11	1.3	674	1.7	0.07	1.4
20–59 years . . . . .	5,019	1.8	0.03	1.5	1,390	1.6	0.06	1.3	3,226	1.8	0.03	1.5
60 years and over . . . . .	2,451	1.3	0.02	1.1	628	1.0	0.05	0.8	1,576	1.3	0.03	1.1
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	1.1	0.01	0.9	5,767	1.0	0.02	0.8	8,001	1.2	0.02	0.9
Under 6 years <sup>2</sup> . . . . .	3,461	0.8	0.01	0.7	1,581	0.8	0.02	0.7	1,580	0.7	0.02	0.7
6–11 years . . . . .	1,553	1.1	0.03	0.9	733	1.0	0.04	0.9	693	1.1	0.03	0.9
12–19 years . . . . .	1,659	1.2	0.04	1.0	711	1.3	0.07	1.1	796	1.2	0.05	1.0
20–59 years . . . . .	5,921	1.2	0.02	1.0	1,939	1.1	0.04	0.9	3,484	1.3	0.02	1.0
60 years and over . . . . .	2,588	1.0	0.02	0.8	803	0.8	0.03	0.7	1,448	1.0	0.02	0.8

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 77. Total trans-fatty acid intake in grams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	5.2	0.08	4.0	10,634	5.4	0.09	4.2	8,512	5.3	0.10	4.0	8,626	4.1	0.09	3.1
2–11 months <sup>2</sup>	1,620	0.7	0.04	0.2	903	0.8	0.04	0.2	284	0.8	0.10	0.1	280	0.6	0.06	0.3
1–2 years	2,310	2.9	0.09	2.4	759	3.0	0.12	2.5	664	3.1	0.10	2.5	769	2.3	0.06	1.8
3–5 years	2,941	3.7	0.09	3.2	778	3.9	0.12	3.5	921	4.1	0.11	3.4	1,091	3.1	0.14	2.5
6–11 years	3,134	4.9	0.12	4.2	832	5.0	0.16	4.3	1,065	5.3	0.14	4.4	1,108	4.2	0.13	3.4
12–15 years	1,598	5.9	0.16	4.7	408	5.8	0.22	4.6	567	6.5	0.21	5.1	541	5.0	0.23	3.8
16–19 years	1,521	6.4	0.22	5.3	400	6.7	0.26	5.5	545	7.2	0.31	5.7	502	5.0	0.20	3.7
20–29 years	3,400	5.8	0.16	4.5	871	6.2	0.18	5.0	1,085	6.5	0.31	5.2	1,299	4.4	0.17	3.3
30–39 years	3,238	5.7	0.17	4.5	1,022	6.0	0.20	4.8	1,112	6.0	0.24	4.5	973	4.4	0.14	3.3
40–49 years	2,503	5.7	0.21	4.1	877	6.1	0.26	4.4	785	5.0	0.15	3.9	730	4.3	0.16	3.4
50–59 years	1,799	5.1	0.14	4.0	869	5.4	0.17	4.3	474	4.3	0.23	3.2	365	3.7	0.17	2.7
60–69 years	2,208	4.4	0.10	3.4	953	4.6	0.12	3.6	560	3.8	0.19	2.8	621	3.1	0.15	2.4
70–79 years	1,678	4.2	0.13	3.3	1,052	4.4	0.15	3.5	334	3.3	0.17	2.4	249	3.0	0.16	2.3
80 years and over	1,153	4.1	0.11	3.3	910	4.2	0.12	3.4	116	3.4	0.40	2.5	98	3.0	0.27	2.3
<b>Male</b>																
All ages <sup>2</sup>	13,922	6.1	0.12	4.8	5,028	6.5	0.13	5.2	4,003	6.1	0.13	4.5	4,263	4.6	0.12	3.6
2–11 months <sup>2</sup>	815	0.8	0.07	0.2	455	0.9	0.08	0.3	145	0.7	0.15	0.2	149	0.7	0.09	0.4
1–2 years	1,171	3.0	0.11	2.4	377	3.2	0.15	2.6	341	3.2	0.12	2.6	381	2.4	0.10	2.1
3–5 years	1,424	3.8	0.12	3.2	380	3.9	0.16	3.5	439	4.2	0.24	3.5	527	3.2	0.19	2.6
6–11 years	1,581	5.2	0.17	4.3	419	5.4	0.22	4.6	547	5.3	0.20	4.3	539	4.5	0.22	3.9
12–15 years	750	6.6	0.27	5.1	177	6.6	0.39	5.1	269	7.2	0.29	5.5	265	5.6	0.27	4.6
16–19 years	711	7.9	0.32	6.7	178	8.3	0.38	7.5	255	8.7	0.50	6.8	251	5.9	0.26	4.4
20–29 years	1,587	7.2	0.24	5.7	383	7.9	0.31	6.3	477	7.6	0.40	6.1	656	5.0	0.23	3.9
30–39 years	1,424	6.8	0.23	5.5	438	7.1	0.27	6.1	475	7.2	0.38	5.3	456	5.2	0.21	4.0
40–49 years	1,188	7.0	0.41	4.8	418	7.5	0.51	5.2	356	6.0	0.22	4.4	369	4.6	0.20	4.0
50–59 years	820	6.0	0.24	5.0	399	6.3	0.28	5.4	207	4.9	0.44	3.3	174	4.3	0.28	3.5
60–69 years	1,111	5.3	0.19	4.2	490	5.4	0.22	4.3	279	4.6	0.26	3.6	313	3.8	0.22	3.1
70–79 years	783	5.0	0.19	4.0	468	5.2	0.22	4.3	168	3.8	0.30	2.7	133	3.4	0.37	2.8
80 years and over	557	4.7	0.15	3.7	446	5.0	0.17	4.1	45	3.5	0.69	2.3	50	3.3	0.51	2.4
<b>Female</b>																
All ages <sup>2</sup>	15,181	4.3	0.05	3.4	5,606	4.4	0.06	3.6	4,509	4.7	0.10	3.6	4,363	3.5	0.09	2.7
2–11 months <sup>2</sup>	805	0.7	0.05	0.1	448	0.6	0.05	0.1	139	0.8	0.13	0.1	131	0.6	0.06	0.2
1–2 years	1,139	2.7	0.10	2.3	382	2.9	0.13	2.5	323	3.0	0.15	2.4	388	2.1	0.10	1.6
3–5 years	1,517	3.6	0.11	3.2	398	3.8	0.14	3.4	482	4.0	0.12	3.4	564	2.9	0.13	2.3
6–11 years	1,553	4.5	0.14	3.9	413	4.5	0.16	3.9	518	5.2	0.18	4.6	569	3.8	0.11	3.0
12–15 years	848	5.1	0.25	4.0	231	5.0	0.30	4.0	298	5.8	0.29	4.9	276	4.3	0.32	3.5
16–19 years	810	5.0	0.21	3.9	222	5.0	0.25	3.9	290	5.7	0.27	4.8	251	4.1	0.24	2.9
20–29 years	1,813	4.6	0.13	3.5	488	4.6	0.13	3.6	608	5.6	0.38	4.1	643	3.6	0.16	2.7
30–39 years	1,814	4.6	0.18	3.8	584	4.9	0.22	4.0	637	5.1	0.23	4.1	517	3.5	0.18	2.7
40–49 years	1,315	4.5	0.15	3.6	459	4.7	0.18	3.9	429	4.2	0.15	3.3	361	4.0	0.21	2.9
50–59 years	979	4.3	0.22	3.2	470	4.5	0.27	3.4	267	3.9	0.23	3.1	191	3.2	0.23	2.3
60–69 years	1,097	3.7	0.11	2.8	463	3.9	0.13	3.1	281	3.3	0.25	2.2	308	2.5	0.19	2.0
70–79 years	895	3.6	0.13	2.9	584	3.8	0.15	3.1	166	2.9	0.22	2.3	116	2.6	0.17	2.0
80 years and over	596	3.7	0.14	3.1	464	3.8	0.14	3.2	71	3.3	0.44	2.6	48	2.6	0.38	2.3

<sup>1</sup>Includes data for ethnic groups not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

**Table 78. Total trans-fatty acid intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	5.2	0.08	4.0	10,696	4.6	0.10	3.6	15,770	5.4	0.10	4.2
Under 6 years <sup>2</sup> . . . . .	6,871	3.0	0.07	2.5	3,145	3.0	0.10	2.5	3,128	3.0	0.08	2.6
6–11 years . . . . .	3,134	4.9	0.12	4.2	1,446	4.6	0.18	3.9	1,439	5.0	0.16	4.3
12–19 years . . . . .	3,119	6.2	0.15	5.0	1,345	6.0	0.25	4.5	1,469	6.2	0.19	5.1
20–59 years . . . . .	10,940	5.6	0.10	4.3	3,329	5.0	0.18	3.9	6,710	5.8	0.12	4.5
60 years and over . . . . .	5,039	4.3	0.08	3.3	1,431	3.7	0.12	2.9	3,024	4.5	0.10	3.5
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,922	6.1	0.12	4.8	4,929	5.3	0.14	4.1	7,769	6.4	0.14	5.1
Under 6 years <sup>2</sup> . . . . .	3,410	3.1	0.08	2.6	1,564	3.2	0.10	2.6	1,548	3.1	0.10	2.7
6–11 years . . . . .	1,581	5.2	0.17	4.3	713	4.9	0.18	4.2	746	5.4	0.24	4.6
12–19 years . . . . .	1,461	7.3	0.21	6.0	634	6.8	0.37	4.7	673	7.5	0.27	6.4
20–59 years . . . . .	5,019	6.8	0.17	5.4	1,390	5.9	0.26	4.8	3,226	7.1	0.20	5.6
60 years and over . . . . .	2,451	5.1	0.14	4.1	628	4.5	0.20	3.6	1,576	5.2	0.17	4.2
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	4.3	0.05	3.4	5,767	4.1	0.10	3.2	8,001	4.4	0.07	3.5
Under 6 years <sup>2</sup> . . . . .	3,461	2.9	0.08	2.4	1,581	2.9	0.14	2.4	1,580	3.0	0.10	2.6
6–11 years . . . . .	1,553	4.5	0.14	3.9	733	4.4	0.26	3.6	693	4.6	0.18	4.0
12–19 years . . . . .	1,658	5.0	0.17	4.0	711	5.3	0.32	4.2	796	4.9	0.18	3.7
20–59 years . . . . .	5,921	4.5	0.08	3.6	1,939	4.3	0.17	3.3	3,484	4.6	0.09	3.7
60 years and over . . . . .	2,588	3.7	0.07	2.9	803	3.3	0.14	2.6	1,448	3.8	0.08	3.0

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

Table 79. Polyunsaturated fatty acid (PFA) 20:5 intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>			White non-Hispanic			Black non-Hispanic			Mexican American		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
Both sexes												
All ages <sup>2</sup>	29,105	0.04	0.003	10,634	0.03	0.003	8,513	0.05	0.002	8,627	0.02	0.003
2–11 months <sup>2</sup>	1,620	–	–	903	–	–	284	–	–	280	–	–
1–2 years	2,310	0.01	0.001	759	0.01	0.001	664	0.01	0.001	769	–	–
3–5 years	2,941	0.01	0.002	778	0.01	0.002	921	0.01	0.002	1,091	0.01	0.001
6–11 years	3,134	0.01	0.002	832	0.01	0.003	1,065	0.02	0.003	1,108	0.01	0.002
12–15 years	1,599	0.01	0.002	408	0.01	0.003	567	0.02	0.004	542	0.01	0.002
16–19 years	1,522	0.03	0.005	400	0.03	0.007	546	*0.04	*0.011	502	*0.02	*0.006
20–29 years	3,400	0.04	0.004	871	0.03	0.006	1,085	0.04	0.005	1,299	0.03	0.004
30–39 years	3,238	0.05	0.007	1,022	0.04	0.007	1,112	0.08	0.012	973	0.04	0.008
40–49 years	2,503	0.05	0.007	877	0.05	0.008	785	0.06	0.008	730	*0.04	*0.011
50–59 years	1,799	0.05	0.007	869	0.04	0.007	474	0.07	0.016	365	0.03	0.006
60–69 years	2,208	0.05	0.005	953	0.05	0.006	560	0.06	0.008	621	0.02	0.003
70–79 years	1,678	0.04	0.005	1,052	0.03	0.004	334	0.06	0.013	249	*0.02	*0.008
80 years and over	1,153	0.03	0.005	910	0.03	0.005	116	*0.02	*0.013	98	*0.02	*0.011
Male												
All ages <sup>2</sup>	13,923	0.04	0.003	5,028	0.04	0.004	4,003	0.05	0.005	4,264	0.03	0.004
2–11 months <sup>2</sup>	815	–	–	455	–	–	145	–	–	149	–	–
1–2 years	1,171	0.01	0.002	377	0.01	0.002	341	*0.01	*0.002	381	–	–
3–5 years	1,424	0.01	0.003	380	*0.01	*0.004	439	0.01	0.002	527	*0.01	*0.002
6–11 years	1,581	0.01	0.002	419	*0.01	*0.003	547	0.02	0.004	539	*0.01	*0.002
12–15 years	751	0.01	0.003	177	*0.01	*0.005	269	*0.02	*0.007	266	*0.01	*0.003
16–19 years	711	0.04	0.010	178	*0.04	*0.014	255	*0.05	*0.017	251	*0.02	*0.010
20–29 years	1,587	0.04	0.006	383	0.04	0.009	477	0.06	0.009	656	0.03	0.005
30–39 years	1,424	0.06	0.009	438	0.05	0.012	475	0.10	0.023	456	0.04	0.008
40–49 years	1,188	0.07	0.011	418	0.07	0.014	356	0.06	0.013	369	*0.05	*0.021
50–59 years	820	0.05	0.009	399	0.04	0.009	207	*0.01	*0.037	174	0.05	0.012
60–69 years	1,111	0.05	0.007	490	0.06	0.008	279	0.07	0.015	313	0.03	0.006
70–79 years	783	0.05	0.008	468	0.04	0.008	168	*0.04	*0.012	133	*0.04	*0.015
80 years and over	557	0.06	0.011	446	*0.05	*0.012	45	*0.07	*0.039	50	*0.04	*0.023
Female												
All ages <sup>2</sup>	15,182	0.03	0.003	5,606	0.03	0.003	4,510	0.04	0.002	4,363	0.02	0.002
2–11 months <sup>2</sup>	805	–	–	448	–	–	139	–	–	131	–	–
1–2 years	1,139	0.01	0.001	382	–	–	323	*0.01	*0.003	388	*0.01	*0.003
3–5 years	1,517	0.01	0.001	398	*0.01	*0.002	482	0.01	0.002	564	*0.01	*0.003
6–11 years	1,553	0.01	0.003	413	*0.01	*0.004	518	0.02	0.005	569	*0.01	*0.004
12–15 years	848	0.01	0.003	231	*0.01	*0.004	298	*0.02	*0.006	276	*0.01	*0.004
16–19 years	811	0.02	0.003	222	0.02	0.004	291	0.03	0.007	251	*0.01	*0.005
20–29 years	1,813	0.03	0.006	488	0.03	0.006	608	0.04	0.005	643	0.02	0.004
30–39 years	1,814	0.05	0.007	584	0.04	0.005	637	0.06	0.009	517	*0.03	*0.01
40–49 years	1,315	0.03	0.005	459	*0.02	*0.006	429	0.05	0.007	361	0.03	0.007
50–59 years	979	0.05	0.010	470	0.05	0.009	267	0.04	0.009	191	*0.02	*0.005
60–69 years	1,097	0.04	0.005	463	0.04	0.006	281	0.06	0.010	308	*0.01	*0.002
70–79 years	895	0.03	0.007	584	0.02	0.004	166	*0.07	*0.019	116	*0.01	*0.003
80 years and over	596	0.02	0.004	464	0.02	0.004	71	*0.01	*0.003	48	*0.01	*0.004

– Quantity zero \* Figure does not meet standard of reliability or precision. <sup>1</sup>Includes data for ethnic groups not shown separately. <sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.

**Table 80. Polyunsaturated fatty acid (PFA) 20:5 intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>			Poverty income ratio ≤ 1.300			Poverty income ratio > 1.300		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
<b>Both sexes</b>									
All ages <sup>2</sup>	29,105	0.04	0.003	10,696	0.03	0.003	15,771	0.04	0.003
Under 6 years <sup>2</sup>	6,871	0.01	0.001	3,145	0.01	0.002	3,128	0.01	0.001
6–11 years	3,134	0.01	0.002	1,446	0.01	0.003	1,439	0.01	0.003
12–19 years	3,121	0.02	0.003	1,345	*0.02	*0.007	1,470	0.02	0.003
20–59 years	10,940	0.05	0.004	3,329	0.04	0.005	6,710	0.05	0.005
60 years and over	5,039	0.04	0.003	1,431	0.04	0.005	3,024	0.04	0.004
<b>Male</b>									
All ages <sup>2</sup>	13,923	0.04	0.003	4,929	0.03	0.005	7,770	0.04	0.004
Under 6 years <sup>2</sup>	3,410	0.01	0.002	1,564	*0.01	*0.003	1,548	0.01	0.002
6–11 years	1,581	0.01	0.002	713	*0.02	*0.004	746	0.01	0.003
12–19 years	1,462	0.03	0.005	634	*0.03	*0.014	674	0.02	0.005
20–59 years	5,019	0.05	0.005	1,390	0.04	0.009	3,226	0.06	0.006
60 years and over	2,451	0.05	0.005	628	0.04	0.007	1,576	0.05	0.006
<b>Female</b>									
All ages <sup>2</sup>	15,182	0.03	0.003	5,767	0.02	0.002	8,001	0.03	0.004
Under 6 years <sup>2</sup>	3,461	0.01	0.001	1,581	0.01	0.001	1,580	0.01	0.001
6–11 years	1,553	0.01	0.003	733	*0.01	*0.003	693	*0.02	*0.005
12–19 years	1,659	0.02	0.002	711	0.01	0.003	796	0.02	0.004
20–59 years	5,921	0.04	0.005	1,939	0.03	0.005	3,484	0.04	0.006
60 years and over	2,588	0.03	0.004	803	0.03	0.006	1,448	0.03	0.004

\* Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.

Table 81. Polyunsaturated fatty acid (PFA) 22:6 intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>			White non-Hispanic			Black non-Hispanic			Mexican American		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
Both sexes												
All ages <sup>2</sup>	29,105	0.07	0.004	10,634	0.07	0.005	8,513	0.09	0.004	8,627	0.05	0.003
2–11 months <sup>2</sup>	1,620	–	–	903	–	–	284	–	–	280	–	–
1–2 years	2,310	0.02	0.002	759	0.02	0.003	664	0.02	0.004	769	0.01	0.002
3–5 years	2,941	0.03	0.003	778	0.02	0.003	921	0.03	0.003	1,091	0.02	0.002
6–11 years	3,134	0.03	0.003	832	0.03	0.004	1,065	0.04	0.004	1,108	0.03	0.005
12–15 years	1,599	0.04	0.004	408	0.03	0.007	567	0.06	0.009	542	0.03	0.004
16–19 years	1,522	0.07	0.013	400	*0.06	*0.018	546	0.08	0.019	502	0.04	0.006
20–29 years	3,400	0.08	0.008	871	0.07	0.011	1,085	0.10	0.009	1,299	0.06	0.005
30–39 years	3,238	0.10	0.012	1,022	0.09	0.013	1,112	0.14	0.017	973	0.07	0.010
40–49 years	2,503	0.09	0.011	877	0.09	0.013	785	0.13	0.017	730	0.08	0.016
50–59 years	1,799	0.09	0.009	869	0.08	0.010	474	0.11	0.016	365	0.07	0.011
60–69 years	2,208	0.08	0.007	953	0.08	0.008	560	0.11	0.015	621	0.04	0.004
70–79 years	1,678	0.07	0.006	1,052	0.06	0.005	334	0.12	0.026	249	0.05	0.008
80 years and over	1,153	0.06	0.008	910	0.05	0.008	116	*0.06	*0.018	98	*0.04	*0.019
Male												
All ages <sup>2</sup>	13,923	0.08	0.005	5,028	0.08	0.006	4,003	0.11	0.008	4,264	0.06	0.004
2–11 months <sup>2</sup>	815	–	–	455	–	–	145	–	–	149	–	–
1–2 years	1,171	0.02	0.004	377	0.02	0.004	341	0.02	0.004	381	0.01	0.002
3–5 years	1,424	0.03	0.004	380	0.02	0.004	439	0.03	0.003	527	0.03	0.002
6–11 years	1,581	0.03	0.004	419	0.03	0.005	547	0.05	0.005	539	0.03	0.002
12–15 years	751	0.04	0.007	177	*0.04	*0.014	269	0.07	0.016	266	0.04	0.006
16–19 years	711	0.10	0.025	178	*0.09	*0.035	255	*0.11	*0.034	251	0.05	0.011
20–29 years	1,587	0.09	0.009	383	0.08	0.013	477	0.13	0.014	656	0.07	0.006
30–39 years	1,424	0.11	0.015	438	0.10	0.018	475	0.18	0.035	456	0.07	0.009
40–49 years	1,188	0.13	0.017	418	0.12	0.021	356	0.17	0.030	369	*0.10	*0.028
50–59 years	820	0.10	0.014	399	0.08	0.016	207	*0.15	*0.037	174	0.10	0.019
60–69 years	1,111	0.10	0.011	490	0.10	0.013	279	0.12	0.023	313	0.06	0.007
70–79 years	783	0.08	0.010	468	0.08	0.011	168	0.09	0.018	133	*0.07	*0.018
80 years and over	557	0.10	0.016	446	0.08	0.016	45	*0.11	*0.039	50	*0.08	*0.038
Female												
All ages <sup>2</sup>	15,182	0.06	0.005	5,606	0.05	0.005	4,510	0.07	0.003	4,363	0.04	0.003
2–11 months <sup>2</sup>	805	–	–	448	–	–	139	–	–	131	–	–
1–2 years	1,139	0.01	0.003	382	*0.01	*0.004	323	*0.03	*0.008	388	0.01	0.003
3–5 years	1,517	0.02	0.003	398	0.02	0.004	482	0.04	0.006	564	0.02	0.002
6–11 years	1,553	0.03	0.005	413	0.03	0.007	518	0.04	0.006	569	*0.03	*0.009
12–15 years	848	0.03	0.005	231	0.03	0.005	298	0.05	0.008	276	0.02	0.004
16–19 years	811	0.04	0.004	222	0.03	0.005	291	0.06	0.012	251	0.03	0.005
20–29 years	1,813	0.07	0.012	488	0.06	0.015	608	0.08	0.009	643	0.05	0.007
30–39 years	1,814	0.09	0.011	584	0.08	0.012	637	0.10	0.010	517	0.06	0.013
40–49 years	1,315	0.06	0.010	459	0.06	0.012	429	0.09	0.009	361	0.06	0.013
50–59 years	979	0.08	0.013	470	0.08	0.013	267	0.08	0.010	191	0.05	0.010
60–69 years	1,097	0.07	0.009	463	0.07	0.010	281	0.10	0.018	308	0.03	0.003
70–79 years	895	0.06	0.010	584	0.04	0.005	166	*0.14	*0.035	116	*0.03	*0.010
80 years and over	596	0.04	0.009	464	0.04	0.008	71	*0.04	*0.013	48	*0.02	*0.008

\* Figure does not meet standard of reliability or precision. <sup>1</sup>Includes data for ethnic groups not shown separately. <sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.



**Table 82. Polyunsaturated fatty acid (PFA) 22:6 intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>			Poverty income ratio ≤ 1.300			Poverty income ratio > 1.300		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
<b>Both sexes</b>									
All ages <sup>2</sup>	29,105	0.07	0.004	10,696	0.06	0.006	15,771	0.07	0.005
Under 6 years <sup>2</sup>	6,871	0.02	0.002	3,145	0.02	0.002	3,128	0.02	0.002
6–11 years	3,134	0.03	0.003	1,446	0.03	0.004	1,439	0.03	0.004
12–19 years	3,121	0.05	0.006	1,345	0.06	0.020	1,470	0.05	0.005
20–59 years	10,940	0.09	0.007	3,329	0.08	0.010	6,710	0.09	0.008
60 years and over	5,039	0.07	0.005	1,431	0.07	0.008	3,024	0.07	0.006
<b>Male</b>									
All ages <sup>2</sup>	13,923	0.08	0.005	4,929	0.07	0.008	7,770	0.09	0.006
Under 6 years <sup>2</sup>	3,410	0.02	0.003	1,564	0.02	0.004	1,548	0.02	0.003
6–11 years	1,581	0.03	0.004	713	0.04	0.006	746	0.03	0.005
12–19 years	1,462	0.07	0.012	634	*0.09	*0.043	674	0.06	0.009
20–59 years	5,019	0.10	0.009	1,390	0.09	0.011	3,226	0.11	0.010
60 years and over	2,451	0.09	0.007	628	0.07	0.012	1,576	0.10	0.010
<b>Female</b>									
All ages <sup>2</sup>	15,182	0.06	0.005	5,767	0.05	0.006	8,001	0.06	0.006
Under 6 years <sup>2</sup>	3,461	0.02	0.002	1,581	0.02	0.003	1,580	0.02	0.003
6–11 years	1,553	0.03	0.005	733	0.02	0.004	693	0.04	0.007
12–19 years	1,659	0.03	0.003	711	0.03	0.005	796	0.03	0.004
20–59 years	5,921	0.07	0.008	1,939	0.07	0.015	3,484	0.07	0.009
60 years and over	2,588	0.06	0.005	803	0.06	0.008	1,448	0.06	0.006

\* Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.

Table 83. Animal protein intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	53	0.6	46	10,634	53	0.7	46	8,513	54	0.6	45	8,627	52	0.5	45
2–11 months <sup>2</sup>	1,620	17	0.5	14	903	17	0.5	14	284	16	0.8	15	280	18	1.0	16
1–2 years	2,310	34	0.5	32	759	33	0.8	31	664	35	1.0	32	769	35	1.0	33
3–5 years	2,941	39	0.7	35	778	38	0.9	34	921	40	0.8	36	1,091	38	0.9	36
6–11 years	3,134	48	0.8	44	832	48	1.2	44	1,065	47	1.0	43	1,108	48	1.5	44
12–15 years	1,599	53	1.4	47	408	52	1.8	46	567	54	1.4	49	542	52	1.0	48
16–19 years	1,522	62	1.9	53	400	64	2.6	54	546	63	2.1	53	502	56	1.9	46
20–29 years	3,400	63	1.4	53	871	62	1.8	51	1,085	68	1.8	59	1,299	61	1.6	52
30–39 years	3,238	61	1.4	52	1,022	61	1.8	52	1,112	62	2.0	51	973	59	1.3	51
40–49 years	2,503	56	1.2	50	877	56	1.4	51	785	57	1.5	50	730	55	1.5	48
50–59 years	1,799	54	1.4	48	869	54	1.5	48	474	48	1.6	42	365	50	1.1	45
60–69 years	2,208	47	0.9	42	953	48	1.1	43	560	42	1.4	38	621	42	1.3	38
70–79 years	1,678	42	1.0	39	1,052	42	1.0	39	334	42	1.4	36	249	39	1.3	36
80 years and over	1,153	38	1.0	35	910	38	1.1	35	116	37	3.9	30	98	32	1.9	24
Male																
All ages <sup>2</sup>	13,923	64	0.9	56	5,028	64	1.1	56	4,003	64	0.9	54	4,264	60	0.8	52
2–11 months <sup>2</sup>	815	18	0.6	15	455	18	0.7	15	145	17	1.1	16	149	20	1.5	17
1–2 years	1,171	35	0.7	32	377	34	1.1	32	341	35	1.1	34	381	37	1.5	33
3–5 years	1,424	40	0.8	36	380	39	1.1	35	439	41	1.5	38	527	40	1.3	38
6–11 years	1,581	51	1.3	48	419	51	1.8	49	547	50	1.4	45	539	52	1.6	46
12–15 years	751	62	2.2	56	177	62	3.0	54	269	57	2.3	55	266	59	1.3	54
16–19 years	711	79	2.4	71	178	81	3.4	73	255	76	3.5	69	251	64	2.4	57
20–29 years	1,587	79	2.2	68	383	79	2.7	67	477	87	2.8	75	656	73	2.4	63
30–39 years	1,424	74	2.1	65	438	73	2.6	65	475	77	3.0	69	456	71	2.1	65
40–49 years	1,188	68	1.7	64	418	68	2.0	64	356	70	2.4	61	369	65	2.2	59
50–59 years	820	67	2.3	60	399	66	2.3	60	207	57	3.2	51	174	57	2.2	54
60–69 years	1,111	55	1.3	49	490	56	1.6	52	279	50	2.3	45	313	50	2.1	43
70–79 years	783	49	1.3	44	468	50	1.5	45	168	45	1.9	39	133	45	2.6	38
80 years and over	557	45	1.4	41	446	44	1.5	40	45	47	6.9	41	50	37	3.2	27
Female																
All ages <sup>2</sup>	15,182	43	0.5	39	5,606	43	0.5	39	4,510	45	0.5	40	4,363	43	0.5	39
2–11 months <sup>2</sup>	805	16	0.5	14	448	16	0.7	13	139	15	0.9	13	131	16	0.8	14
1–2 years	1,139	33	0.7	31	382	32	0.8	30	323	34	1.4	31	388	34	0.8	32
3–5 years	1,517	37	0.9	34	398	36	1.2	33	482	38	1.1	35	564	36	1.0	33
6–11 years	1,553	44	1.1	41	413	44	1.5	41	518	44	1.2	41	569	45	1.7	41
12–15 years	848	44	1.5	39	231	42	1.8	38	298	50	1.8	45	276	44	1.4	40
16–19 years	811	45	1.6	40	222	45	2.1	41	291	49	2.5	44	251	47	2.2	40
20–29 years	1,813	47	1.2	41	488	45	1.4	41	608	53	1.6	46	643	47	1.1	45
30–39 years	1,814	49	1.2	43	584	48	1.5	43	637	50	1.5	42	517	46	1.7	41
40–49 years	1,315	45	1.2	42	459	45	1.2	42	429	46	1.3	42	361	46	1.5	40
50–59 years	979	43	1.2	40	470	43	1.5	40	267	42	1.5	39	191	44	2.4	39
60–69 years	1,097	40	1.1	36	463	40	1.4	37	281	36	1.2	34	308	36	1.5	32
70–79 years	895	38	1.0	34	584	37	0.9	34	166	41	2.1	34	116	33	2.7	31
80 years and over	596	34	1.1	32	464	34	1.3	32	71	32	2.7	29	48	28	3.2	23

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 84. Animal protein intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	53	0.6	46	10,696	51	0.8	43	15,771	54	0.8	47
Under 6 years <sup>2</sup> . . . . .	6,871	34	0.4	32	3,145	36	0.6	33	3,128	33	0.5	31
6–11 years . . . . .	3,134	48	0.8	44	1,446	48	1.3	44	1,439	47	1.2	44
12–19 years . . . . .	3,121	58	1.4	50	1,345	55	1.5	48	1,470	58	1.8	50
20–59 years . . . . .	10,940	59	1.0	51	3,329	58	1.6	48	6,710	60	1.2	52
60 years and over . . . . .	5,039	44	0.6	40	1,431	39	1.5	36	3,024	45	0.7	41
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	64	0.9	56	4,929	61	1.4	50	7,770	65	1.0	58
Under 6 years <sup>2</sup> . . . . .	3,410	35	0.4	32	1,564	37	0.8	35	1,548	34	0.6	31
6–11 years . . . . .	1,581	51	1.3	48	713	54	1.9	50	746	50	1.6	47
12–19 years . . . . .	1,462	70	1.7	62	634	64	2.3	58	674	73	2.3	65
20–59 years . . . . .	5,019	73	1.4	65	1,390	74	2.7	63	3,226	73	1.4	65
60 years and over . . . . .	2,451	52	0.8	46	628	45	2.0	40	1,576	53	0.9	48
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	43	0.5	39	5,767	43	0.7	38	8,001	44	0.6	40
Under 6 years <sup>2</sup> . . . . .	3,461	33	0.6	30	1,581	35	0.9	32	1,580	32	0.7	30
6–11 years . . . . .	1,553	44	1.1	41	733	43	1.5	40	693	44	1.6	41
12–19 years . . . . .	1,659	45	1.2	39	711	47	1.9	43	796	43	1.3	39
20–59 years . . . . .	5,921	46	0.8	41	1,939	46	1.5	40	3,484	47	1.0	42
60 years and over . . . . .	2,588	38	0.8	34	803	37	1.8	34	1,448	38	0.8	35

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 85. Vegetable protein intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	24	0.2	21	10,634	24	0.3	21	8,513	21	0.2	18	8,627	25	0.4	22
2–11 months <sup>2</sup>	1,620	8	0.2	5	903	8	0.3	6	284	7	0.4	5	280	8	0.7	5
1–2 years	2,310	14	0.2	13	759	14	0.3	13	664	14	0.3	13	769	14	0.4	13
3–5 years	2,941	18	0.3	17	778	18	0.5	16	921	19	0.4	18	1,091	18	0.4	17
6–11 years	3,134	22	0.5	19	832	22	0.6	19	1,065	21	0.4	19	1,108	24	0.7	20
12–15 years	1,599	24	0.7	21	408	24	0.9	21	567	22	0.5	19	542	24	0.5	21
16–19 years	1,522	25	0.6	23	400	26	0.8	23	546	24	0.7	20	502	27	1.0	24
20–29 years	3,400	26	0.5	23	871	26	0.7	22	1,085	24	0.6	20	1,299	30	0.7	26
30–39 years	3,238	26	0.5	23	1,022	26	0.6	23	1,112	23	0.5	19	973	29	0.7	26
40–49 years	2,503	25	0.6	22	877	25	0.8	23	785	21	0.5	18	730	28	0.9	24
50–59 years	1,799	24	0.4	21	869	24	0.5	22	474	21	0.6	18	365	26	0.6	23
60–69 years	2,208	23	0.4	21	953	23	0.5	21	560	19	0.6	17	621	24	0.8	20
70–79 years	1,678	22	0.4	20	1,052	22	0.5	20	334	18	0.6	16	249	23	0.8	19
80 years and over	1,153	20	0.4	18	910	20	0.4	18	116	16	0.9	15	98	19	1.3	16
Male																
All ages <sup>2</sup>	13,923	27	0.3	24	5,028	27	0.4	25	4,003	24	0.3	21	4,264	29	0.5	25
2–11 months <sup>2</sup>	815	8	0.3	6	455	9	0.4	6	145	6	0.4	5	149	8	1.0	6
1–2 years	1,171	15	0.4	14	377	15	0.5	14	341	15	0.5	15	381	14	0.4	13
3–5 years	1,424	19	0.4	18	380	19	0.6	17	439	20	0.5	18	527	19	0.5	18
6–11 years	1,581	23	0.7	21	419	24	1.0	21	547	22	0.5	20	539	24	1.0	22
12–15 years	751	28	1.0	24	177	28	1.4	23	269	23	0.8	21	266	28	0.9	25
16–19 years	711	30	0.9	27	178	31	1.3	28	255	26	1.2	23	251	31	1.4	27
20–29 years	1,587	31	0.8	27	383	30	1.2	26	477	28	0.9	24	656	34	1.1	31
30–39 years	1,424	31	0.6	28	438	31	0.7	29	475	27	0.7	24	456	33	1.0	30
40–49 years	1,188	29	1.0	27	418	29	1.3	27	356	25	0.9	21	369	33	1.2	28
50–59 years	820	28	0.8	26	399	29	1.0	25	207	23	1.0	20	174	30	1.3	26
60–69 years	1,111	26	0.7	24	490	26	0.7	24	279	21	1.1	17	313	28	1.1	27
70–79 years	783	25	0.7	22	468	25	0.9	22	168	20	1.0	17	133	27	1.6	23
80 years and over	557	23	0.7	22	446	24	0.7	22	45	16	1.5	16	50	24	1.6	23
Female																
All ages <sup>2</sup>	15,182	20	0.2	18	5,606	20	0.3	18	4,510	19	0.2	17	4,363	22	0.4	19
2–11 months <sup>2</sup>	805	8	0.3	5	448	7	0.4	5	139	8	0.8	5	131	7	0.9	4
1–2 years	1,139	13	0.3	12	382	13	0.4	12	323	13	0.4	12	388	14	0.6	13
3–5 years	1,517	17	0.4	16	398	17	0.5	16	482	18	0.4	17	564	17	0.5	15
6–11 years	1,553	20	0.6	18	413	20	0.6	18	518	20	0.5	19	569	23	1.0	19
12–15 years	848	21	0.8	19	231	20	1.0	19	298	20	0.8	18	276	21	0.5	18
16–19 years	811	21	0.6	19	222	20	0.8	17	291	21	0.8	18	251	23	1.0	21
20–29 years	1,813	22	0.4	19	488	21	0.5	19	608	20	0.6	18	643	24	0.4	21
30–39 years	1,814	21	0.5	19	584	21	0.6	19	637	19	0.6	17	517	24	0.9	21
40–49 years	1,315	21	0.5	19	459	21	0.6	19	429	18	0.5	16	361	23	1.0	21
50–59 years	979	20	0.4	18	470	20	0.5	18	267	19	0.8	16	191	23	1.5	19
60–69 years	1,097	20	0.4	18	463	20	0.5	19	281	18	0.7	17	308	20	1.0	17
70–79 years	895	19	0.3	18	584	19	0.3	18	166	17	0.9	15	116	19	1.0	16
80 years and over	596	19	0.4	17	464	19	0.4	17	71	17	1.3	15	48	15	0.7	15

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 86. Vegetable protein intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	24	0.2	21	10,696	23	0.4	19	15,771	24	0.2	21
Under 6 years <sup>2</sup> . . . . .	6,871	15	0.2	14	3,145	16	0.4	14	3,128	15	0.3	14
6–11 years . . . . .	3,134	22	0.5	19	1,446	23	0.8	20	1,439	22	0.6	19
12–19 years . . . . .	3,121	25	0.5	22	1,345	24	0.9	21	1,470	25	0.7	22
20–59 years . . . . .	10,940	25	0.3	22	3,329	25	0.6	21	6,710	25	0.3	23
60 years and over . . . . .	5,039	22	0.3	20	1,431	19	0.5	17	3,024	23	0.3	21
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	27	0.3	24	4,929	26	0.5	22	7,770	28	0.3	25
Under 6 years <sup>2</sup> . . . . .	3,410	16	0.3	15	1,564	16	0.5	15	1,548	16	0.4	15
6–11 years . . . . .	1,581	23	0.7	21	713	24	1.0	21	746	24	0.8	21
12–19 years . . . . .	1,462	29	0.7	26	634	26	0.9	23	674	30	0.9	26
20–59 years . . . . .	5,019	30	0.4	27	1,390	31	1.0	27	3,226	30	0.5	27
60 years and over . . . . .	2,451	25	0.5	23	628	22	0.8	19	1,576	26	0.5	23
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	20	0.2	18	5,767	20	0.4	17	8,001	20	0.2	18
Under 6 years <sup>2</sup> . . . . .	3,461	14	0.2	13	1,581	15	0.5	13	1,580	14	0.3	14
6–11 years . . . . .	1,553	20	0.6	18	733	22	1.1	19	693	19	0.5	18
12–19 years . . . . .	1,659	21	0.6	19	711	22	1.1	20	796	20	0.6	18
20–59 years . . . . .	5,921	21	0.3	19	1,939	21	0.6	18	3,484	21	0.3	19
60 years and over . . . . .	2,588	20	0.3	18	803	18	0.6	16	1,448	20	0.3	19

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 87. Oxalic acid intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	299	3.1	225	10,634	301	4.2	230	8,513	254	5.1	176	8,627	351	5.3	266
2–11 months <sup>2</sup>	1,620	107	4.4	74	903	112	5.1	80	284	91	8.4	63	280	117	11.7	78
1–2 years	2,310	167	4.0	133	759	161	5.3	130	664	167	5.8	132	769	196	7.0	154
3–5 years	2,941	197	6.1	156	778	187	8.5	151	921	209	6.7	160	1,091	236	8.4	192
6–11 years	3,134	236	8.5	178	832	229	11.2	176	1,065	235	11.1	166	1,108	285	10.6	203
12–15 years	1,599	262	11.4	179	408	241	13.2	179	567	232	9.1	157	542	300	16.1	202
16–19 years	1,522	286	14.0	214	400	287	12.6	224	546	230	12.8	186	502	346	14.0	249
20–29 years	3,400	317	7.6	232	871	314	9.1	233	1,085	262	10.6	181	1,299	435	12.3	348
30–39 years	3,238	344	7.7	261	1,022	348	11.2	274	1,112	287	14.3	202	973	417	11.3	335
40–49 years	2,503	310	6.5	238	877	314	8.1	245	785	278	11.8	201	730	385	18.9	306
50–59 years	1,799	344	12.1	266	869	346	15.0	269	474	321	31.8	204	365	390	16.0	292
60–69 years	2,208	333	11.0	263	953	330	10.7	270	560	261	11.4	178	621	337	12.5	277
70–79 years	1,678	313	9.6	250	1,052	319	10.6	254	334	251	15.7	180	249	312	19.2	242
80 years and over	1,153	293	12.4	230	910	297	13.3	235	116	239	28.4	165	98	279	23.8	219
Male																
All ages <sup>2</sup>	13,923	334	4.7	247	5,028	337	6.8	252	4,003	271	6.6	196	4,264	389	7.2	297
2–11 months <sup>2</sup>	815	117	5.6	78	455	127	6.1	87	145	93	11.4	65	149	124	18.7	80
1–2 years	1,171	175	6.5	137	377	168	8.6	132	341	184	8.7	140	381	195	8.2	158
3–5 years	1,424	200	7.8	159	380	190	10.2	158	439	211	11.2	158	527	234	13.1	181
6–11 years	1,581	244	14.3	190	419	245	20.1	191	547	233	8.4	178	539	281	13.2	217
12–15 years	751	290	19.3	188	177	269	22.7	184	269	232	12.9	165	266	339	30.2	218
16–19 years	711	315	15.4	242	178	332	21.3	255	255	247	18.7	207	251	383	25.6	283
20–29 years	1,587	366	12.4	260	383	358	15.8	260	477	314	19.8	214	656	494	18.0	418
30–39 years	1,424	400	12.7	304	438	407	17.8	315	475	317	25.5	234	456	476	14.3	393
40–49 years	1,188	358	13.1	267	418	361	16.4	269	356	324	18.3	235	369	423	24.5	357
50–59 years	820	383	20.4	307	399	395	25.9	307	207	304	23.9	199	174	413	20.3	325
60–69 years	1,111	360	16.9	265	490	345	13.1	269	279	262	22.2	164	313	408	19.3	361
70–79 years	783	340	16.5	276	468	348	19.0	277	168	235	13.8	180	133	373	24.8	316
80 years and over	557	310	17.7	246	446	316	18.1	254	45	199	26.1	160	50	362	36.6	364
Female																
All ages <sup>2</sup>	15,182	267	3.4	204	5,606	267	4.2	210	4,510	240	6.9	162	4,363	310	6.4	230
2–11 months <sup>2</sup>	805	97	4.2	69	448	96	5.6	72	139	90	8.7	60	131	107	10.6	74
1–2 years	1,139	158	4.4	131	382	153	5.9	128	323	149	7.6	121	388	196	10.5	152
3–5 years	1,517	193	8.0	148	398	184	9.9	141	482	206	7.2	162	564	238	10.2	203
6–11 years	1,553	227	7.9	164	413	212	10.8	151	518	238	21.3	161	569	289	15.7	196
12–15 years	848	233	12.8	177	231	211	16.3	178	298	232	15.4	156	276	261	16.1	191
16–19 years	811	256	24.8	172	222	240	12.6	167	291	212	16.3	170	251	306	17.1	224
20–29 years	1,813	271	7.3	204	488	273	8.8	207	608	219	10.9	145	643	362	12.1	286
30–39 years	1,814	290	7.7	226	584	291	9.9	228	637	262	15.1	174	517	353	16.8	285
40–49 years	1,315	264	7.4	210	459	265	9.0	213	429	240	12.6	170	361	346	18.7	263
50–59 years	979	308	11.0	240	470	302	11.9	243	267	335	42.9	211	191	368	32.1	280
60–69 years	1,097	309	10.7	261	463	316	13.0	274	281	261	16.1	180	308	284	15.7	233
70–79 years	895	294	9.7	240	584	298	11.1	245	166	262	25.7	180	116	255	22.5	185
80 years and over	596	284	13.8	226	464	287	15.1	229	71	257	41.5	165	48	205	15.9	142

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 88. Oxalic acid intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,105	299	3.1	225	10,696	280	6.9	191	15,771	306	3.5	233
Under 6 years <sup>2</sup>	6,871	174	3.9	137	3,145	182	6.0	137	3,128	171	5.0	137
6–11 years	3,134	236	8.5	178	1,446	257	12.6	197	1,439	229	11.2	172
12–19 years	3,121	274	10.5	194	1,345	255	13.1	184	1,470	270	8.9	197
20–59 years	10,940	328	4.7	247	3,329	329	11.7	214	6,710	330	5.3	254
60 years and over	5,039	320	7.6	254	1,431	269	10.4	197	3,024	338	9.3	272
<b>Male</b>												
All ages <sup>2</sup>	13,923	334	4.7	247	4,929	317	11.0	216	7,770	341	5.0	255
Under 6 years <sup>2</sup>	3,410	180	5.1	143	1,564	189	6.8	147	1,548	176	6.0	143
6–11 years	1,581	244	14.3	190	713	266	12.8	205	746	239	17.9	189
12–19 years	1,462	302	12.2	218	634	269	12.2	195	674	308	15.6	226
20–59 years	5,019	377	7.4	280	1,390	400	21.6	257	3,226	376	8.3	289
60 years and over	2,451	347	11.6	268	628	305	15.8	225	1,576	360	13.3	279
<b>Female</b>												
All ages <sup>2</sup>	15,182	267	3.4	204	5,767	251	7.8	175	8,001	271	3.8	214
Under 6 years <sup>2</sup>	3,461	168	4.8	133	1,581	174	9.5	129	1,580	166	5.9	135
6–11 years	1,553	227	7.9	164	733	247	17.4	183	693	219	9.6	151
12–19 years	1,659	245	15.9	176	711	243	20.4	168	796	231	9.0	177
20–59 years	5,921	281	4.3	218	1,939	275	11.5	181	3,484	283	5.1	226
60 years and over	2,588	300	7.3	245	803	252	12.3	189	1,448	320	9.2	267

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 89. Phytic acid intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	633	8.6	492	10,634	656	10.7	510	8,513	529	7.0	408	8,627	658	10.5	536
2–11 months <sup>2</sup>	1,620	199	5.5	154	903	209	7.8	166	284	196	10.8	155	280	185	15.8	115
1–2 years	2,310	366	8.4	308	759	378	11.5	319	664	355	10.2	310	769	344	11.1	285
3–5 years	2,941	472	11.6	405	778	482	17.8	409	921	487	10.3	418	1,091	474	11.3	425
6–11 years	3,134	577	15.5	473	832	575	16.9	473	1,065	543	15.8	450	1,108	621	17.8	513
12–15 years	1,599	651	26.7	495	408	666	37.4	484	567	555	20.0	472	542	653	24.9	538
16–19 years	1,522	640	20.1	500	400	655	27.5	515	546	582	25.1	455	502	689	38.4	564
20–29 years	3,400	658	17.8	514	871	677	25.8	519	1,085	568	24.1	433	1,299	769	20.5	651
30–39 years	3,238	704	18.3	549	1,022	726	24.2	568	1,112	574	18.0	426	973	752	22.6	642
40–49 years	2,503	669	16.7	531	877	696	20.0	555	785	540	22.9	389	730	729	32.7	600
50–59 years	1,799	659	18.5	506	869	684	22.7	514	474	500	24.3	367	365	632	15.6	527
60–69 years	2,208	663	19.3	491	953	689	25.2	515	560	493	26.7	362	621	604	25.4	486
70–79 years	1,678	624	15.0	487	1,052	641	19.0	504	334	469	27.6	319	249	541	30.7	449
80 years and over	1,153	575	17.1	454	910	590	19.2	465	116	427	37.8	363	98	535	46.9	460
<b>Male</b>																
All ages <sup>2</sup>	13,923	731	12.0	564	5,028	764	14.5	592	4,003	587	9.5	453	4,264	732	13.2	601
2–11 months <sup>2</sup>	815	205	7.7	157	455	225	11.7	175	145	169	10.5	147	149	198	26.1	132
1–2 years	1,171	390	13.5	333	377	409	16.8	345	341	376	15.6	342	381	353	12.1	280
3–5 years	1,424	500	13.8	434	380	523	20.2	450	439	496	16.1	429	527	495	11.3	444
6–11 years	1,581	619	24.7	519	419	630	32.9	525	547	558	20.1	478	539	610	31.8	507
12–15 years	751	725	41.8	540	177	745	60.4	533	269	571	24.0	485	266	694	41.9	587
16–19 years	711	735	27.4	599	178	771	36.7	651	255	652	43.5	497	251	769	53.5	617
20–29 years	1,587	775	33.3	599	383	818	47.7	616	477	636	26.9	505	656	870	30.6	748
30–39 years	1,424	822	26.3	650	438	844	32.5	674	475	685	28.2	517	456	852	32.8	708
40–49 years	1,188	790	26.8	622	418	819	31.5	632	356	647	39.6	429	369	852	46.8	649
50–59 years	820	799	37.5	595	399	837	46.7	638	207	555	38.9	424	174	723	35.9	632
60–69 years	1,111	785	33.2	570	490	806	39.9	595	279	530	48.5	378	313	712	37.0	651
70–79 years	783	702	28.0	527	468	723	35.6	542	168	522	50.0	355	133	613	50.9	521
80 years and over	557	685	28.5	550	446	716	32.2	562	45	358	60.3	239	50	667	57.4	686
<b>Female</b>																
All ages <sup>2</sup>	15,182	541	8.0	433	5,606	553	10.3	445	4,510	480	8.4	372	4,363	581	13.9	484
2–11 months <sup>2</sup>	805	193	6.8	150	448	191	8.4	153	139	226	18.6	159	131	168	21.2	100
1–2 years	1,139	340	11.4	283	382	346	13.7	291	323	333	11.8	278	388	336	15.6	301
3–5 years	1,517	443	14.0	388	398	438	18.4	388	482	477	14.8	407	564	452	17.4	401
6–11 years	1,553	534	21.0	423	413	517	24.2	414	518	529	22.8	431	569	631	42.9	516
12–15 years	848	574	27.9	463	231	582	39.6	452	298	539	33.7	457	276	614	20.8	520
16–19 years	811	544	28.7	399	222	532	36.7	394	291	513	29.6	389	251	604	36.8	495
20–29 years	1,813	545	15.2	441	488	547	19.2	448	608	511	35.6	373	643	643	16.3	540
30–39 years	1,814	591	20.5	464	584	611	26.5	482	637	485	23.5	375	517	644	25.6	536
40–49 years	1,315	553	15.8	466	459	572	20.7	489	429	450	19.0	352	361	603	30.7	506
50–59 years	979	531	17.5	433	470	545	22.8	446	267	458	32.0	350	191	547	38.5	451
60–69 years	1,097	560	17.8	452	463	586	22.4	475	281	468	35.8	327	308	522	30.6	418
70–79 years	895	568	17.1	436	584	582	18.7	462	166	431	33.1	310	116	473	34.3	403
80 years and over	596	516	19.3	413	464	523	20.4	424	71	458	51.9	372	48	417	57.7	348

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.



**Table 90. Phytic acid intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	633	8.6	492	10,696	570	12.7	434	15,771	654	9.6	510
Under 6 years <sup>2</sup> . . . . .	6,871	399	8.0	335	3,145	389	12.4	331	3,128	413	10.2	347
6–11 years . . . . .	3,134	577	15.5	473	1,446	583	21.7	482	1,439	580	18.5	469
12–19 years . . . . .	3,121	645	19.1	499	1,345	625	30.2	472	1,470	649	25.1	500
20–59 years . . . . .	10,940	675	11.3	524	3,329	627	20.9	473	6,710	688	11.5	540
60 years and over . . . . .	5,039	636	12.8	486	1,431	493	21.8	380	3,024	671	15.4	515
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	731	12.0	564	4,929	649	20.4	487	7,770	753	13.4	585
Under 6 years <sup>2</sup> . . . . .	3,410	422	10.2	361	1,564	408	16.5	351	1,548	439	12.9	370
6–11 years . . . . .	1,581	619	24.7	519	713	607	28.9	526	746	631	31.0	519
12–19 years . . . . .	1,462	730	25.5	573	634	677	35.0	486	674	743	35.5	578
20–59 years . . . . .	5,019	797	15.2	624	1,390	765	40.2	566	3,226	806	15.2	632
60 years and over . . . . .	2,451	745	23.5	548	628	557	45.7	409	1,576	770	26.8	568
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	541	8.0	433	5,767	507	12.3	400	8,001	555	8.6	446
Under 6 years <sup>2</sup> . . . . .	3,461	374	8.4	313	1,581	369	14.9	312	1,580	384	10.3	321
6–11 years . . . . .	1,553	534	21.0	423	733	561	29.2	447	693	523	24.2	413
12–19 years . . . . .	1,659	559	23.8	444	711	581	38.8	470	796	552	29.3	425
20–59 years . . . . .	5,921	559	10.9	453	1,939	522	17.3	406	3,484	571	11.4	465
60 years and over . . . . .	2,588	555	10.6	441	803	462	19.2	369	1,448	586	12.6	467

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 91. Total vitamin A intake in International Units (IU) by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	5,647	88.1	3,285	10,634	5,711	105.0	3,480	8,512	5,548	112.4	2,601	8,626	4,542	62.7	2,872
2–11 months <sup>2</sup>	1,620	4,776	146.9	2,802	903	5,050	189.8	2,881	284	3,968	317.2	2,613	280	4,705	256.4	2,475
1–2 years	2,310	3,660	131.0	2,557	759	3,672	171.8	2,593	664	3,488	156.0	2,363	769	3,322	198.1	2,437
3–5 years	2,941	3,892	151.0	2,815	778	3,979	215.3	2,937	921	3,858	150.4	2,658	1,091	3,733	190.9	2,535
6–11 years	3,134	4,400	148.3	3,008	832	4,309	165.9	3,095	1,065	4,894	327.6	2,821	1,108	4,250	213.0	2,989
12–15 years	1,598	4,937	237.1	2,930	408	4,245	310.3	2,977	567	4,756	334.6	2,527	541	4,328	358.1	2,845
16–19 years	1,521	4,608	348.0	2,868	400	5,103	499.4	3,128	545	4,177	326.0	2,467	502	3,807	212.3	2,773
20–29 years	3,400	5,244	220.5	3,150	871	5,052	223.5	3,277	1,085	5,294	409.2	2,525	1,299	4,932	179.6	3,102
30–39 years	3,238	5,934	226.3	3,434	1,022	5,971	280.9	3,620	1,112	5,678	253.0	2,413	973	5,215	251.0	3,179
40–49 years	2,503	5,944	241.3	3,354	877	5,945	304.6	3,460	785	6,350	431.9	2,501	730	4,540	263.4	2,779
50–59 years	1,799	6,542	243.5	3,566	869	6,496	324.3	3,696	474	7,980	800.1	2,706	365	5,203	477.8	2,987
60–69 years	2,208	7,255	233.8	4,294	953	7,369	292.4	4,591	560	6,641	313.4	3,001	621	4,200	237.2	2,466
70–79 years	1,678	7,142	266.5	4,194	1,052	7,135	305.0	4,396	334	7,951	513.3	3,649	249	5,344	591.4	2,476
80 years and over	1,153	7,409	351.6	4,226	910	7,461	395.4	4,348	116	8,663	1,884.2	3,305	98	4,059	315.0	2,161
<b>Male</b>																
All ages <sup>2</sup>	13,922	6,064	119.6	3,567	5,028	6,177	174.8	3,773	4,003	5,873	197.0	2,830	4,263	4,720	84.3	3,073
2–11 months <sup>2</sup>	815	4,930	185.8	2,819	455	5,444	240.2	3,319	145	4,079	449.3	2,573	149	4,670	355.7	2,342
1–2 years	1,171	3,843	185.1	2,629	377	3,866	242.5	2,679	341	3,639	209.5	2,485	381	3,369	238.3	2,437
3–5 years	1,424	4,127	216.9	3,008	380	4,238	292.6	3,202	439	4,001	258.0	2,777	527	3,822	200.3	2,593
6–11 years	1,581	4,565	208.2	3,199	419	4,665	268.9	3,372	547	5,017	368.5	3,043	539	4,374	283.2	3,103
12–15 years	750	5,438	683.3	3,328	177	4,673	442.2	3,541	269	4,922	525.4	2,656	265	4,913	558.9	3,111
16–19 years	711	5,285	494.0	3,385	178	5,952	701.4	3,992	255	4,409	363.9	2,918	251	3,757	300.9	2,833
20–29 years	1,587	5,799	305.4	3,553	383	5,624	332.5	3,640	477	6,137	504.9	3,016	656	5,136	254.2	3,299
30–39 years	1,424	6,470	415.6	3,838	438	6,445	491.6	3,972	475	6,553	433.1	2,861	456	5,517	374.0	3,492
40–49 years	1,188	6,646	375.0	3,680	418	6,692	480.0	3,835	356	7,493	936.9	2,836	369	4,600	368.5	3,189
50–59 years	820	6,898	467.4	3,759	399	7,086	608.0	3,883	207	7,098	823.2	2,333	174	4,903	405.8	3,314
60–69 years	1,111	7,762	308.7	4,420	490	7,864	396.2	4,773	279	6,406	648.6	2,701	313	4,792	464.4	2,531
70–79 years	783	7,311	404.4	4,128	468	7,266	442.0	4,193	168	8,229	852.3	3,188	133	4,908	583.4	2,559
80 years and over	557	7,922	550.4	4,190	446	8,213	624.7	4,379	45	6,773	1,372.1	2,692	50	4,787	667.7	2,242
<b>Female</b>																
All ages <sup>2</sup>	15,181	5,256	110.7	2,992	5,606	5,272	116.8	3,196	4,509	5,269	171.8	2,378	4,363	4,353	104.8	2,680
2–11 months <sup>2</sup>	805	4,611	172.7	2,762	448	4,618	261.4	2,690	139	3,842	303.9	2,722	131	4,748	491.6	2,763
1–2 years	1,139	3,466	134.0	2,453	382	3,471	185.5	2,483	323	3,333	252.3	2,291	388	3,274	230.0	2,442
3–5 years	1,517	3,646	153.5	2,602	398	3,694	212.6	2,729	482	3,721	173.7	2,501	564	3,640	290.9	2,514
6–11 years	1,553	4,227	207.0	2,813	413	3,938	266.8	2,857	518	4,769	574.4	2,624	569	4,130	282.4	2,869
12–15 years	848	4,422	616.0	2,658	231	3,794	365.5	2,669	298	4,596	617.1	2,381	276	3,761	257.0	2,571
16–19 years	810	3,925	402.8	2,456	222	4,199	579.5	2,752	290	3,949	534.6	2,175	251	3,860	269.8	2,622
20–29 years	1,813	4,711	285.4	2,743	488	4,520	271.6	2,874	608	4,592	539.9	2,092	643	4,677	237.3	2,945
30–39 years	1,814	5,423	245.3	3,042	584	5,509	315.5	3,222	637	4,985	276.1	2,077	517	4,888	422.7	2,718
40–49 years	1,315	5,272	244.0	2,898	459	5,188	287.3	3,007	429	5,381	435.1	2,325	361	4,478	346.5	2,306
50–59 years	979	6,215	372.1	3,412	470	5,959	470.3	3,592	267	8,657	1,168.3	3,021	191	5,481	872.1	2,781
60–69 years	1,097	6,827	288.9	4,081	463	6,931	352.3	4,391	281	6,802	444.3	3,428	308	3,755	197.4	2,419
70–79 years	895	7,021	297.5	4,317	584	7,042	335.9	4,584	166	7,749	593.7	3,770	116	5,761	1,171.3	2,349
80 years and over	596	7,133	408.9	4,226	464	7,061	449.1	4,341	71	*9,508	*2,741.8	3,582	48	3,412	334.3	2,117

\* Figure does not meet standard of reliability or precision. <sup>1</sup>Includes data for ethnic groups not shown separately. <sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

**Table 92. Total vitamin A intake in International Units (IU) by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	5,647	88.1	3,285	10,696	4,932	134.9	2,746	15,770	5,865	106.5	3,461
Under 6 years <sup>2</sup> . . . . .	6,871	3,927	97.9	2,721	3,145	3,741	120.4	2,558	3,128	4,055	125.0	2,817
6–11 years . . . . .	3,134	4,400	148.3	3,008	1,446	4,212	186.1	2,866	1,439	4,503	183.2	3,091
12–19 years . . . . .	3,119	4,774	252.3	2,893	1,345	4,039	278.5	2,738	1,469	5,048	307.8	2,976
20–59 years . . . . .	10,940	5,836	136.4	3,345	3,329	5,403	250.0	2,664	6,710	5,951	164.5	3,508
60 years and over . . . . .	5,039	7,238	169.5	4,261	1,431	6,262	309.0	3,214	3,024	7,556	210.4	4,599
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,922	6,064	119.6	3,567	4,929	5,339	185.6	2,948	7,769	6,280	156.4	3,753
Under 6 years <sup>2</sup> . . . . .	3,410	4,134	140.2	2,832	1,564	3,980	220.0	2,671	1,548	4,217	162.0	2,957
6–11 years . . . . .	1,581	4,565	208.2	3,199	713	4,488	281.5	3,018	746	4,621	232.8	3,319
12–19 years . . . . .	1,461	5,363	428.5	3,338	634	4,143	285.8	2,894	673	5,777	625.8	3,554
20–59 years . . . . .	5,019	6,387	211.2	3,692	1,390	6,242	356.8	3,113	3,226	6,462	275.5	3,822
60 years and over . . . . .	2,451	7,629	204.5	4,325	628	6,641	469.6	3,083	1,576	7,857	251.6	4,644
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	5,256	110.7	2,992	5,767	4,610	189.4	2,546	8,001	5,453	132.9	3,149
Under 6 years <sup>2</sup> . . . . .	3,461	3,709	97.7	2,560	1,581	3,488	113.4	2,434	1,580	3,885	126.5	2,716
6–11 years . . . . .	1,553	4,227	207.0	2,813	733	3,956	244.1	2,752	693	4,373	324.6	2,814
12–19 years . . . . .	1,658	4,175	413.9	2,562	711	3,950	377.4	2,522	796	4,291	554.4	2,549
20–59 years . . . . .	5,921	5,312	142.8	2,963	1,939	4,763	348.8	2,382	3,484	5,438	155.1	3,145
60 years and over . . . . .	2,588	6,947	190.6	4,224	803	6,075	341.1	3,240	1,448	7,296	248.6	4,563

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

Table 93. Vitamin D intake micrograms by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	5.2	0.09	4.1	10,634	5.4	0.10	4.3	8,513	4.4	0.07	3.2	8,627	5.1	0.12	4.1
2–11 months <sup>2</sup>	1,620	8.6	0.10	8.3	903	8.4	0.10	8.2	284	9.0	0.25	8.4	280	8.9	0.33	8.9
1–2 years	2,310	5.8	0.11	5.5	759	5.8	0.17	5.6	664	5.0	0.15	4.1	769	6.5	0.21	5.9
3–5 years	2,941	5.8	0.11	5.4	778	5.9	0.14	5.6	921	5.1	0.12	4.5	1,091	5.9	0.18	5.4
6–11 years	3,134	6.1	0.14	5.5	832	6.1	0.19	5.5	1,065	5.3	0.12	4.8	1,108	6.8	0.22	6.2
12–15 years	1,599	5.8	0.28	4.8	408	6.1	0.39	4.8	567	4.8	0.21	3.7	542	5.5	0.24	4.8
16–19 years	1,522	5.8	0.28	4.1	400	6.4	0.37	4.8	546	4.8	0.32	3.3	502	5.2	0.29	3.4
20–29 years	3,400	4.8	0.15	3.5	871	5.1	0.22	3.7	1,085	4.0	0.21	2.7	1,299	4.5	0.16	3.5
30–39 years	3,238	5.0	0.23	3.4	1,022	5.3	0.25	3.8	1,112	4.2	0.22	2.4	973	4.5	0.25	3.1
40–49 years	2,503	4.8	0.20	3.5	877	5.1	0.22	3.9	785	3.8	0.20	2.5	730	4.0	0.24	2.9
50–59 years	1,799	4.9	0.15	3.6	869	5.0	0.15	3.8	474	3.8	0.31	2.7	365	3.8	0.33	2.7
60–69 years	2,208	5.1	0.18	4.0	953	5.4	0.21	4.3	560	3.8	0.20	2.6	621	3.7	0.19	2.7
70–79 years	1,678	5.1	0.12	4.1	1,052	5.2	0.14	4.3	334	4.0	0.23	3.1	249	3.6	0.21	2.8
80 years and over	1,153	5.1	0.12	4.3	910	5.2	0.13	4.3	116	4.0	0.38	3.2	98	4.2	0.33	3.0
<b>Male</b>																
All ages <sup>2</sup>	13,923	6.0	0.11	4.8	5,028	6.3	0.14	5.1	4,003	5.2	0.11	3.8	4,264	5.5	0.12	4.4
2–11 months <sup>2</sup>	815	8.9	0.14	8.6	455	8.6	0.15	8.6	145	9.1	0.35	8.4	149	9.2	0.45	9.1
1–2 years	1,171	6.0	0.14	5.7	377	5.9	0.20	5.7	341	4.9	0.22	4.2	381	6.9	0.26	6.3
3–5 years	1,424	6.1	0.18	5.6	380	6.2	0.23	5.7	439	5.5	0.23	4.8	527	6.2	0.24	5.8
6–11 years	1,581	6.6	0.23	6.0	419	6.9	0.32	6.2	547	5.7	0.18	5.3	539	7.2	0.28	6.5
12–15 years	751	6.7	0.31	5.6	177	7.0	0.44	5.8	269	5.5	0.37	4.2	266	6.4	0.27	5.6
16–19 years	711	7.1	0.49	5.1	178	7.8	0.64	6.0	255	6.2	0.54	4.4	251	6.1	0.50	4.3
20–29 years	1,587	5.4	0.22	4.0	383	5.9	0.32	4.6	477	4.7	0.27	3.4	656	5.1	0.24	3.7
30–39 years	1,424	5.8	0.33	4.2	438	6.1	0.37	4.5	475	5.2	0.40	3.2	456	4.6	0.28	3.1
40–49 years	1,188	5.7	0.32	4.2	418	6.0	0.37	4.7	356	4.7	0.32	2.8	369	4.4	0.40	3.3
50–59 years	820	5.5	0.21	4.3	399	5.7	0.27	4.7	207	4.5	0.68	2.7	174	4.1	0.30	2.8
60–69 years	1,111	5.9	0.26	4.7	490	6.2	0.30	4.9	279	4.2	0.27	3.0	313	3.9	0.30	3.2
70–79 years	783	5.9	0.22	4.7	468	6.2	0.25	5.1	168	4.5	0.38	3.3	133	3.9	0.40	2.8
80 years and over	557	5.9	0.26	4.9	446	6.0	0.26	5.1	45	4.6	0.67	3.1	50	4.6	0.61	3.9
<b>Female</b>																
All ages <sup>2</sup>	15,182	4.5	0.09	3.6	5,606	4.7	0.10	3.7	4,510	3.8	0.08	2.8	4,363	4.6	0.15	3.8
2–11 months <sup>2</sup>	805	8.4	0.12	8.0	448	8.2	0.16	7.9	139	9.0	0.33	8.6	131	8.7	0.35	8.6
1–2 years	1,139	5.6	0.15	5.2	382	5.6	0.21	5.5	323	5.0	0.19	4.0	388	6.1	0.25	5.4
3–5 years	1,517	5.5	0.14	5.0	398	5.5	0.16	5.2	482	4.8	0.16	4.2	564	5.6	0.21	5.1
6–11 years	1,553	5.4	0.19	5.0	413	5.3	0.26	4.7	518	5.0	0.16	4.3	569	6.4	0.23	5.9
12–15 years	848	4.9	0.31	3.7	231	5.1	0.44	3.6	298	4.1	0.30	2.9	276	4.6	0.26	4.1
16–19 years	811	4.5	0.28	3.3	222	5.0	0.36	3.9	291	3.5	0.29	2.4	251	4.2	0.23	2.8
20–29 years	1,813	4.2	0.21	2.9	488	4.4	0.28	3.0	608	3.5	0.20	2.3	643	3.7	0.15	3.3
30–39 years	1,814	4.3	0.22	3.1	584	4.5	0.26	3.4	637	3.3	0.19	2.0	517	4.4	0.38	3.1
40–49 years	1,315	3.9	0.14	3.0	459	4.1	0.15	3.4	429	3.0	0.18	2.1	361	3.6	0.21	2.6
50–59 years	979	4.3	0.26	3.1	470	4.4	0.21	3.3	267	3.2	0.15	2.6	191	3.6	0.55	2.7
60–69 years	1,097	4.5	0.18	3.6	463	4.8	0.21	3.8	281	3.4	0.25	2.5	308	3.5	0.23	2.7
70–79 years	895	4.4	0.15	3.8	584	4.5	0.16	3.9	166	3.7	0.31	3.0	116	3.4	0.22	2.9
80 years and over	596	4.7	0.15	3.8	464	4.8	0.17	3.8	71	3.7	0.44	3.3	48	3.8	0.47	2.9

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 94. Vitamin D intake micrograms by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	5.2	0.09	4.1	10,696	5.3	0.12	4.0	15,771	5.2	0.10	4.1
Under 6 years <sup>2</sup> . . . . .	6,871	6.2	0.08	5.8	3,145	6.3	0.12	5.8	3,128	6.1	0.09	5.8
6–11 years . . . . .	3,134	6.1	0.14	5.5	1,446	6.2	0.27	5.5	1,439	6.0	0.13	5.4
12–19 years . . . . .	3,121	5.8	0.21	4.4	1,345	5.5	0.34	3.8	1,470	5.9	0.26	4.7
20–59 years . . . . .	10,940	4.9	0.13	3.5	3,329	4.8	0.19	3.0	6,710	4.9	0.14	3.6
60 years and over . . . . .	5,039	5.1	0.11	4.1	1,431	4.6	0.18	3.5	3,024	5.2	0.15	4.3
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	6.0	0.11	4.8	4,929	6.0	0.18	4.7	7,770	6.0	0.12	4.8
Under 6 years <sup>2</sup> . . . . .	3,410	6.4	0.11	6.0	1,564	6.5	0.18	6.0	1,548	6.3	0.14	6.0
6–11 years . . . . .	1,581	6.6	0.23	6.0	713	6.8	0.45	6.1	746	6.6	0.23	6.0
12–19 years . . . . .	1,462	6.9	0.29	5.4	634	6.3	0.54	4.2	674	7.1	0.34	5.7
20–59 years . . . . .	5,019	5.6	0.16	4.2	1,390	5.8	0.33	3.8	3,226	5.6	0.16	4.3
60 years and over . . . . .	2,451	5.9	0.16	4.7	628	4.8	0.29	3.6	1,576	6.0	0.21	4.9
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	4.5	0.09	3.6	5,767	4.7	0.12	3.6	8,001	4.5	0.11	3.5
Under 6 years <sup>2</sup> . . . . .	3,461	5.9	0.09	5.6	1,581	6.1	0.14	5.6	1,580	5.8	0.12	5.6
6–11 years . . . . .	1,553	5.4	0.19	5.0	733	5.6	0.29	5.1	693	5.3	0.22	4.8
12–19 years . . . . .	1,659	4.7	0.21	3.5	711	4.8	0.39	3.5	796	4.6	0.25	3.6
20–59 years . . . . .	5,921	4.2	0.14	3.0	1,939	4.0	0.20	2.7	3,484	4.2	0.16	3.1
60 years and over . . . . .	2,588	4.5	0.11	3.7	803	4.5	0.22	3.5	1,448	4.5	0.14	3.7

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 95. Vitamin K intake in micrograms by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	92	2.1	54	10,634	90	2.3	56	8,513	119	4.1	54	8,627	60	1.3	41
2–11 months <sup>2</sup>	1,620	58	1.4	51	903	55	1.8	49	284	66	3.6	58	280	58	4.4	50
1–2 years	2,310	37	1.4	25	759	34	1.8	24	664	59	4.5	33	769	28	1.0	21
3–5 years	2,941	49	2.2	32	778	43	2.4	32	921	75	4.4	43	1,091	35	1.6	25
6–11 years	3,134	61	3.1	40	832	56	3.3	41	1,065	94	9.3	47	1,108	44	1.3	35
12–15 years	1,599	73	3.7	47	408	64	3.7	44	567	89	5.4	54	542	55	2.2	43
16–19 years	1,522	74	2.9	55	400	72	3.1	57	546	101	10.1	56	502	62	2.7	44
20–29 years	3,400	98	5.6	60	871	91	4.3	61	1,085	117	8.2	60	1,299	67	2.6	47
30–39 years	3,238	113	5.9	67	1,022	112	7.9	71	1,112	136	9.5	62	973	76	3.5	50
40–49 years	2,503	104	3.7	65	877	101	5.0	66	785	141	8.6	64	730	68	4.2	44
50–59 years	1,799	118	5.8	65	869	112	7.7	68	474	185	26.2	52	365	81	6.7	46
60–69 years	2,208	99	3.5	57	953	96	4.0	58	560	138	7.9	47	621	56	4.2	31
70–79 years	1,678	96	4.1	51	1,052	91	4.2	51	334	154	13.8	46	249	59	6.7	30
80 years and over	1,153	90	9.2	44	910	90	10.5	46	116	126	26.1	34	98	44	9.9	18
Male																
All ages <sup>2</sup>	13,923	99	2.5	59	5,028	98	3.6	62	4,003	119	4.6	57	4,264	64	1.9	44
2–11 months <sup>2</sup>	815	59	2.2	52	455	58	2.7	51	145	64	3.9	59	149	59	8.7	46
1–2 years	1,171	38	1.7	26	377	34	2.1	26	341	63	5.3	35	381	27	1.4	20
3–5 years	1,424	48	3.0	32	380	45	3.6	32	439	69	5.4	43	527	36	2.1	25
6–11 years	1,581	62	3.5	44	419	59	4.4	45	547	83	6.6	47	539	47	2.4	37
12–15 years	751	76	4.8	50	177	67	5.9	48	269	94	6.6	57	266	61	2.5	45
16–19 years	711	82	4.4	63	178	81	4.8	67	255	97	11.4	62	251	69	5.0	48
20–29 years	1,587	99	5.0	66	383	94	6.1	68	477	123	10.4	68	656	70	4.4	50
30–39 years	1,424	127	10.3	79	438	129	13.5	83	475	140	11.6	77	456	83	5.6	55
40–49 years	1,188	113	7.0	70	418	112	8.7	73	356	158	14.4	68	369	70	5.7	47
50–59 years	820	133	9.7	72	399	132	12.8	73	207	187	34.9	47	174	79	7.7	51
60–69 years	1,111	105	4.8	61	490	103	5.3	63	279	136	14.9	47	313	65	7.3	37
70–79 years	783	100	7.5	53	468	94	7.4	55	168	135	19.7	43	133	71	13.3	33
80 years and over	557	90	8.1	48	446	92	9.4	50	45	*86	*22.6	29	50	*63	*19.3	25
Female																
All ages <sup>2</sup>	15,182	87	2.4	49	5,606	82	2.0	50	4,510	120	6.1	52	4,363	56	1.2	37
2–11 months <sup>2</sup>	805	56	1.6	49	448	52	1.7	46	139	69	5.2	57	131	56	3.7	51
1–2 years	1,139	37	1.9	23	382	34	2.2	23	323	55	7.0	30	388	29	1.3	21
3–5 years	1,517	49	3.1	32	398	42	2.3	33	482	81	5.8	42	564	35	1.9	25
6–11 years	1,553	60	4.6	36	413	53	4.3	34	518	105	16.5	48	569	41	1.8	34
12–15 years	848	69	7.1	43	231	61	4.8	41	298	85	8.5	49	276	48	2.8	39
16–19 years	811	67	3.2	49	222	62	3.4	49	291	104	16.5	53	251	54	2.8	38
20–29 years	1,813	97	9.7	52	488	87	6.2	51	608	112	12.3	56	643	64	3.1	45
30–39 years	1,814	99	4.4	56	584	96	5.9	58	637	132	11.5	56	517	69	4.2	42
40–49 years	1,315	95	4.0	61	459	90	6.3	61	429	127	8.5	64	361	66	5.9	41
50–59 years	979	104	5.9	60	470	94	5.9	62	267	184	31.3	56	191	83	8.5	45
60–69 years	1,097	93	4.2	53	463	89	4.7	54	281	139	11.0	47	308	49	3.3	27
70–79 years	895	94	4.0	48	584	88	4.0	48	166	168	19.5	53	116	47	5.1	30
80 years and over	596	90	10.6	43	464	89	11.8	44	71	144	37.7	39	48	27	4.9	16

\* Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 96. Vitamin K intake in micrograms by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	92	2.1	54	10,696	83	4.3	44	15,771	95	2.4	58
Under 6 years <sup>2</sup> . . . . .	6,871	46	1.4	31	3,145	51	2.6	33	3,128	44	1.6	31
6–11 years . . . . .	3,134	61	3.1	40	1,446	61	4.2	39	1,439	62	3.4	41
12–19 years . . . . .	3,121	74	2.5	52	1,345	75	4.0	52	1,470	71	2.8	51
20–59 years . . . . .	10,940	107	3.4	64	3,329	103	8.7	48	6,710	109	3.9	67
60 years and over . . . . .	5,039	97	3.2	53	1,431	82	4.3	38	3,024	102	3.7	58
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	99	2.5	59	4,929	84	3.1	48	7,770	103	3.4	64
Under 6 years <sup>2</sup> . . . . .	3,410	46	1.9	32	1,564	49	2.2	33	1,548	45	2.3	31
6–11 years . . . . .	1,581	62	3.5	44	713	68	4.2	45	746	61	4.2	44
12–19 years . . . . .	1,462	79	3.1	56	634	78	6.0	54	674	77	3.5	57
20–59 years . . . . .	5,019	117	4.6	71	1,390	104	6.9	54	3,226	120	5.7	75
60 years and over . . . . .	2,451	101	4.4	57	628	84	7.9	36	1,576	106	4.7	63
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	87	2.4	49	5,767	83	7.0	40	8,001	88	2.2	52
Under 6 years <sup>2</sup> . . . . .	3,461	46	1.8	31	1,581	52	4.0	32	1,580	43	1.8	30
6–11 years . . . . .	1,553	60	4.6	36	733	56	5.4	34	693	63	5.5	38
12–19 years . . . . .	1,659	68	4.1	47	711	73	4.9	51	796	65	5.3	45
20–59 years . . . . .	5,921	99	3.6	56	1,939	103	14.3	43	3,484	97	3.1	60
60 years and over . . . . .	2,588	93	3.5	49	803	80	4.6	40	1,448	98	4.4	55

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 97. Selenium intake in micrograms by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	114	1.1	99	10,634	114	1.3	99	8,513	111	1.1	95	8,627	107	1.2	94
2–11 months <sup>2</sup>	1,620	28	0.6	23	903	28	0.7	22	284	28	1.2	23	280	30	1.3	26
1–2 years	2,310	62	0.9	58	759	61	1.3	57	664	67	1.2	62	769	62	1.5	58
3–5 years	2,941	79	1.3	74	778	78	1.8	72	921	84	1.3	78	1,091	76	1.7	70
6–11 years	3,134	96	1.7	87	832	96	2.2	87	1,065	98	2.1	89	1,108	96	3.0	86
12–15 years	1,599	108	3.0	97	408	106	3.8	96	567	107	2.2	98	542	100	2.1	91
16–19 years	1,522	126	3.4	111	400	129	4.6	112	546	125	3.7	107	502	114	3.2	100
20–29 years	3,400	131	2.1	113	871	129	3.1	112	1,085	135	3.4	117	1,299	126	2.5	110
30–39 years	3,238	130	2.8	113	1,022	129	3.3	113	1,112	128	3.2	109	973	125	3.1	112
40–49 years	2,503	125	2.8	111	877	126	3.3	112	785	119	2.8	106	730	118	3.3	106
50–59 years	1,799	117	2.4	104	869	116	2.5	105	474	104	3.0	93	365	108	1.9	97
60–69 years	2,208	107	2.1	94	953	109	2.5	96	560	92	2.5	81	621	94	2.4	85
70–79 years	1,678	96	1.8	86	1,052	95	1.6	85	334	93	4.1	81	249	88	3.5	80
80 years and over	1,153	86	1.9	78	910	86	2.2	79	116	79	5.9	72	98	71	3.0	67
<b>Male</b>																
All ages <sup>2</sup>	13,923	134	1.6	118	5,028	134	1.9	119	4,003	129	1.7	110	4,264	124	1.7	111
2–11 months <sup>2</sup>	815	30	0.8	24	455	29	0.8	24	145	29	1.4	24	149	33	1.8	28
1–2 years	1,171	65	1.4	60	377	64	1.9	59	341	70	2.0	67	381	64	2.1	61
3–5 years	1,424	83	1.7	77	380	82	2.5	76	439	87	2.6	81	527	81	2.3	76
6–11 years	1,581	102	2.8	92	419	102	3.8	93	547	104	3.3	92	539	103	3.2	94
12–15 years	751	126	4.2	110	177	126	5.8	109	269	116	4.3	104	266	116	3.0	102
16–19 years	711	155	4.6	149	178	161	6.4	150	255	145	6.1	122	251	132	4.8	124
20–29 years	1,587	157	3.6	139	383	157	4.9	137	477	169	5.5	150	656	149	4.2	134
30–39 years	1,424	157	4.0	143	438	155	4.6	142	475	159	4.7	141	456	149	3.9	138
40–49 years	1,188	149	4.0	137	418	150	5.0	138	356	143	4.9	127	369	141	4.5	130
50–59 years	820	140	4.2	122	399	138	4.5	121	207	123	6.4	105	174	124	3.7	112
60–69 years	1,111	126	2.8	112	490	127	3.2	112	279	108	4.9	96	313	115	3.7	105
70–79 years	783	111	2.5	103	468	112	2.7	104	168	95	3.0	92	133	104	6.4	91
80 years and over	557	103	3.1	92	446	103	3.5	92	45	93	9.5	82	50	82	3.8	71
<b>Female</b>																
All ages <sup>2</sup>	15,182	94	1.1	85	5,606	94	1.4	85	4,510	95	1.0	84	4,363	89	1.2	81
2–11 months <sup>2</sup>	805	27	0.8	22	448	26	1.0	21	139	28	1.6	23	131	27	1.7	24
1–2 years	1,139	59	0.9	56	382	59	1.4	56	323	64	1.8	56	388	59	1.5	54
3–5 years	1,517	75	1.4	70	398	73	1.5	68	482	81	2.0	74	564	71	1.5	64
6–11 years	1,553	90	1.6	82	413	90	2.3	82	518	92	2.1	83	569	90	3.6	81
12–15 years	848	90	2.9	87	231	86	3.3	87	298	99	3.4	91	276	85	2.7	82
16–19 years	811	97	3.2	87	222	95	4.4	85	291	105	4.3	91	251	95	3.9	84
20–29 years	1,813	105	3.1	91	488	104	4.1	90	608	107	3.2	93	643	98	1.9	90
30–39 years	1,814	105	2.2	94	584	103	2.6	94	637	104	2.5	90	517	99	3.9	92
40–49 years	1,315	102	3.3	92	459	103	3.9	92	429	99	2.7	90	361	94	2.9	84
50–59 years	979	95	2.0	88	470	96	2.2	89	267	91	3.0	86	191	92	4.1	83
60–69 years	1,097	91	2.8	80	463	93	3.3	82	281	81	2.4	71	308	77	2.8	74
70–79 years	895	85	2.1	79	584	83	1.5	79	166	91	6.3	71	116	72	4.9	69
80 years and over	596	77	2.0	73	464	77	2.2	73	71	72	5.4	69	48	62	3.7	65

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.



**Table 98. Selenium intake in micrograms by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	114	1.1	99	10,696	106	1.6	91	15,771	116	1.4	101
Under 6 years <sup>2</sup> . . . . .	6,871	66	0.8	62	3,145	70	1.2	65	3,128	65	1.0	61
6–11 years . . . . .	3,134	96	1.7	87	1,446	97	2.9	86	1,439	96	2.1	88
12–19 years . . . . .	3,121	117	2.4	102	1,345	114	3.3	100	1,470	118	3.3	103
20–59 years . . . . .	10,940	127	1.6	111	3,329	124	2.8	105	6,710	128	1.9	112
60 years and over . . . . .	5,039	100	1.3	89	1,431	87	2.6	78	3,024	104	1.6	92
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	134	1.6	118	4,929	125	2.4	106	7,770	137	1.9	122
Under 6 years <sup>2</sup> . . . . .	3,410	69	1.0	64	1,564	73	1.6	70	1,548	68	1.4	63
6–11 years . . . . .	1,581	102	2.8	92	713	106	4.5	95	746	102	3.3	93
12–19 years . . . . .	1,462	140	3.1	125	634	127	3.2	112	674	147	4.6	132
20–59 years . . . . .	5,019	153	2.1	137	1,390	157	4.1	137	3,226	152	2.4	138
60 years and over . . . . .	2,451	118	1.7	106	628	98	3.5	89	1,576	122	2.0	109
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	94	1.1	85	5,767	92	1.6	81	8,001	95	1.5	86
Under 6 years <sup>2</sup> . . . . .	3,461	63	0.9	59	1,581	66	1.9	60	1,580	62	1.1	59
6–11 years . . . . .	1,553	90	1.6	82	733	88	2.2	80	693	90	2.3	83
12–19 years . . . . .	1,659	93	2.4	87	711	103	5.4	92	796	89	1.9	85
20–59 years . . . . .	5,921	102	1.8	92	1,939	99	3.0	86	3,484	103	2.2	94
60 years and over . . . . .	2,588	87	1.6	78	803	81	3.0	72	1,448	88	1.8	79

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 99. Aspartame intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>			White non-Hispanic			Black non-Hispanic			Mexican American		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
<b>Both sexes</b>												
All ages <sup>2</sup>	29,105	50.3	2.00	10,634	61.7	2.41	8,513	20.3	1.10	8,627	20.1	2.20
2–11 months <sup>2</sup>	1,620	*0.1	*0.04	903	*0.1	*0.02	284	*0.1	*0.11	280	*0.5	*0.29
1–2 years	2,310	4.6	0.93	759	6.1	1.45	664	*2.5	*0.67	769	*2.8	*0.84
3–5 years	2,941	6.9	0.97	778	9.6	1.54	921	*2.0	*0.55	1,091	2.4	0.49
6–11 years	3,134	15.4	2.02	832	20.9	2.86	1,065	5.7	0.77	1,108	5.8	0.83
12–15 years	1,599	19.3	2.98	408	25.8	4.51	567	8.6	1.93	542	9.6	2.03
16–19 years	1,522	31.5	6.39	400	41.3	8.86	546	*8.0	*2.29	502	*12.2	*3.75
20–29 years	3,400	45.2	4.66	871	60.4	6.30	1,085	8.7	1.40	1,299	17.5	3.12
30–39 years	3,238	74.5	6.35	1,022	90.4	7.73	1,112	28.7	3.63	973	28.2	4.51
40–49 years	2,503	93.5	7.10	877	109.3	8.67	785	37.6	4.39	730	50.4	6.93
50–59 years	1,799	72.6	4.39	869	82.3	5.68	474	50.3	6.16	365	42.2	6.91
60–69 years	2,208	56.9	4.75	953	61.5	5.52	560	44.5	6.02	621	38.6	5.96
70–79 years	1,678	30.9	2.20	1,052	31.3	2.46	334	35.4	5.70	249	23.7	5.25
80 years and over	1,153	21.8	2.60	910	23.2	2.93	116	*6.7	*3.17	98	*20.2	*8.55
<b>Male</b>												
All ages <sup>2</sup>	13,923	44.2	2.59	5,028	55.3	3.29	4,003	14.3	1.24	4,264	16.8	2.11
2–11 months <sup>2</sup>	815	*0.1	*0.06	455	–	–	145	–	–	149	*0.4	*0.41
1–2 years	1,171	*5.4	*1.37	377	*7.4	*2.21	341	*2.4	*1.09	381	*3.4	*1.64
3–5 years	1,424	7.2	1.58	380	*9.4	*2.42	439	*2.0	*0.96	527	*2.1	*0.69
6–11 years	1,581	*15.8	*2.89	419	21.9	4.18	547	*4.6	*1.3	539	4.6	1.02
12–15 years	751	*19.4	*4.74	177	*25.5	*7.02	269	*8.5	*2.86	266	*10.8	*3.23
16–19 years	711	18.8	5.64	178	*23.5	*8.37	255	*9.2	*3.83	251	*10.8	*4.48
20–29 years	1,587	32.9	7.14	383	45.0	10.14	477	*5.9	*1.59	656	*11.7	*3.23
30–39 years	1,424	74.1	10.22	438	91.5	12.89	475	20.5	3.60	456	23.9	4.59
40–49 years	1,188	78.6	8.69	418	92.7	10.98	356	21.2	4.23	369	46.7	7.90
50–59 years	820	60.5	6.41	399	69.7	8.10	207	*38.2	*9.60	174	35.4	8.65
60–69 years	1,111	54.6	6.04	490	58.9	7.13	279	*33.6	*8.33	313	32.3	6.82
70–79 years	783	27.9	2.80	468	28.8	3.28	168	31.8	6.97	133	*21.0	*6.76
80 years and over	557	29.0	6.01	446	30.9	6.92	45	*12.3	*6.63	50	*2.6	*1.85
<b>Female</b>												
All ages <sup>2</sup>	15,182	56.1	2.44	5,606	67.9	3.02	4,510	25.4	1.75	4,363	23.7	2.76
2–11 months <sup>2</sup>	805	*0.1	*0.06	448	*0.1	*0.03	139	*0.2	*0.24	131	*0.5	*0.39
1–2 years	1,139	*3.7	*0.99	382	*4.7	*1.48	323	2.6	0.62	388	*2.2	*0.58
3–5 years	1,517	6.7	0.95	398	10.0	1.55	482	*2.0	*0.58	564	*2.7	*0.85
6–11 years	1,553	15.0	2.43	413	19.9	3.63	518	6.8	1.06	569	7.0	1.57
12–15 years	848	19.2	3.77	231	26.0	5.76	298	*8.6	*2.65	276	*8.4	*2.79
16–19 years	811	44.3	9.07	222	60.1	11.49	291	*6.8	*2.87	251	*13.6	*5.25
20–29 years	1,813	57.0	5.68	488	74.6	7.60	608	11.0	2.03	643	24.6	3.80
30–39 years	1,814	74.9	7.90	584	89.3	10.09	637	35.2	5.58	517	33.0	6.27
40–49 years	1,315	107.8	9.43	459	126.1	11.86	429	51.5	7.17	361	54.3	8.25
50–59 years	979	83.7	6.25	470	93.8	7.70	267	59.6	7.52	191	48.4	10.10
60–69 years	1,097	58.8	6.21	463	63.8	7.45	281	52.0	8.14	308	43.4	8.70
70–79 years	895	33.0	2.88	584	33.0	3.26	166	37.9	8.16	116	26.4	4.79
80 years and over	596	17.9	2.34	464	19.0	2.56	71	*4.1	*2.62	48	*35.9	*13.40

– Quantity zero. \* Figure does not meet standard of reliability or precision. <sup>1</sup>Includes data for ethnic groups not shown separately. <sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.

**Table 100. Aspartame intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>			Poverty income ratio ≤ 1.300			Poverty income ratio > 1.300		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
<b>Both sexes</b>									
All ages <sup>2</sup>	29,105	50.3	2.00	10,696	22.5	2.31	15,771	59.0	2.53
Under 6 years <sup>2</sup>	6,871	5.2	0.69	3,145	*3.2	*0.98	3,128	6.6	0.83
6–11 years	3,134	15.4	2.02	1,446	*10.0	*2.73	1,439	18.5	2.69
12–19 years	3,121	25.3	3.76	1,345	*15.4	*4.75	1,470	29.0	4.19
20–59 years	10,940	70.4	3.12	3,329	31.3	3.85	6,710	80.0	3.87
60 years and over	5,039	42.6	2.69	1,431	32.9	5.00	3,024	44.2	2.59
<b>Male</b>									
All ages <sup>2</sup>	13,923	44.2	2.59	4,929	16.8	3.07	7,770	52.4	3.23
Under 6 years <sup>2</sup>	3,410	5.6	0.97	1,564	*3.4	*1.26	1,548	7.1	1.19
6–11 years	1,581	15.8	2.89	713	*13.1	*4.65	746	17.5	3.78
12–19 years	1,462	19.1	4.02	634	*23.3	*9.48	674	16.3	2.59
20–59 years	5,019	61.2	4.08	1,390	*15.4	*4.12	3,226	71.5	4.98
60 years and over	2,451	42.4	3.82	628	*39.3	*10.27	1,576	43.7	4.08
<b>Female</b>									
All ages <sup>2</sup>	15,182	56.1	2.44	5,767	26.9	2.39	8,001	65.6	3.04
Under 6 years <sup>2</sup>	3,461	4.8	0.61	1,581	*3.0	*1.01	1,580	6.0	0.92
6–11 years	1,553	15.0	2.43	733	*7.1	*2.17	693	19.5	3.57
12–19 years	1,659	31.7	5.42	711	*8.5	*2.92	796	42.2	7.41
20–59 years	5,921	79.2	3.79	1,939	43.4	4.73	3,484	88.5	4.84
60 years and over	2,588	42.8	3.17	803	29.7	4.00	1,448	44.7	3.07

\* Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.

**Table 101. Fructose intake in grams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	28	0.3	22	10,633	28	0.5	21	8,512	30	0.4	24	8,627	29	0.5	24
2–11 months <sup>2</sup>	1,620	9	0.4	7	903	10	0.5	8	284	8	0.6	6	280	8	0.6	7
1–2 years	2,310	22	0.5	18	759	23	0.7	19	664	21	0.7	18	769	20	0.9	16
3–5 years	2,941	24	0.4	22	778	25	0.5	23	921	25	0.7	22	1,091	23	0.5	20
6–11 years	3,134	27	0.7	24	832	28	1.0	24	1,065	27	0.6	24	1,108	24	1.0	21
12–15 years	1,599	37	1.4	32	408	39	2.0	34	567	32	1.3	28	542	32	1.7	29
16–19 years	1,522	40	1.4	35	400	42	2.0	37	546	40	1.3	35	502	35	1.5	29
20–29 years	3,400	37	1.0	31	871	38	1.3	31	1,085	36	0.9	32	1,299	36	0.8	32
30–39 years	3,237	29	0.9	23	1,022	29	1.2	22	1,111	33	0.9	28	973	32	1.5	26
40–49 years	2,503	24	0.6	19	877	24	0.8	19	785	30	1.0	25	730	26	1.0	22
50–59 years	1,799	22	0.8	17	869	21	0.9	16	474	25	1.1	20	365	23	1.5	19
60–69 years	2,208	20	0.5	16	953	20	0.5	15	560	22	0.8	18	621	18	0.9	14
70–79 years	1,677	17	0.6	15	1,051	18	0.7	15	334	18	1.0	14	249	17	1.6	12
80 years and over	1,153	18	0.4	14	910	18	0.5	15	116	17	1.5	14	98	15	2.1	11
<b>Male</b>																
All ages <sup>2</sup>	13,921	32	0.5	25	5,027	32	0.7	25	4,002	33	0.7	27	4,264	32	0.7	26
2–11 months <sup>2</sup>	815	10	0.4	8	455	11	0.6	9	145	8	0.6	6	149	8	0.8	7
1–2 years	1,171	23	0.9	18	377	23	1.1	19	341	22	0.7	19	381	20	1.3	16
3–5 years	1,424	25	0.6	22	380	25	0.6	22	439	27	0.9	23	527	24	0.9	21
6–11 years	1,581	29	0.7	25	419	30	1.0	27	547	27	0.8	25	539	25	1.4	22
12–15 years	751	42	2.2	36	177	45	3.1	39	269	34	2.0	29	266	34	2.1	33
16–19 years	711	49	2.1	43	178	52	2.8	46	255	47	2.2	42	251	39	2.8	31
20–29 years	1,587	44	1.3	38	383	46	1.8	38	477	41	1.5	37	656	41	1.2	37
30–39 years	1,423	35	1.4	28	438	36	1.8	28	474	37	1.5	32	456	38	2.3	32
40–49 years	1,188	27	1.0	22	418	27	1.2	21	356	33	1.6	26	369	29	1.7	25
50–59 years	820	25	1.4	19	399	25	1.6	18	207	28	1.8	22	174	25	1.9	20
60–69 years	1,111	22	0.9	17	490	21	0.9	17	279	21	1.1	17	313	22	1.3	17
70–79 years	782	19	1.1	16	467	20	1.3	16	168	19	1.3	14	133	19	2.3	14
80 years and over	557	19	0.6	16	446	19	0.6	17	45	17	2.1	14	50	17	3.3	16
<b>Female</b>																
All ages <sup>2</sup>	15,182	24	0.3	19	5,606	23	0.4	19	4,510	27	0.3	23	4,363	25	0.5	21
2–11 months <sup>2</sup>	805	9	0.5	7	448	9	0.7	6	139	9	0.9	7	131	8	0.7	8
1–2 years	1,139	21	0.7	18	382	22	0.8	19	323	20	1.1	17	388	19	1.0	15
3–5 years	1,517	24	0.6	22	398	25	0.9	23	482	24	0.8	21	564	22	0.8	19
6–11 years	1,553	25	1.3	22	413	25	1.4	23	518	27	1.0	24	569	23	1.0	20
12–15 years	848	32	1.5	29	231	33	2.2	30	298	30	1.5	26	276	30	1.8	26
16–19 years	811	32	1.4	28	222	31	1.9	28	291	32	1.3	30	251	32	1.2	28
20–29 years	1,813	31	1.2	25	488	30	1.4	25	608	32	1.0	27	643	30	0.8	27
30–39 years	1,814	24	0.8	18	584	23	1.1	17	637	29	0.9	26	517	26	1.0	22
40–49 years	1,315	21	0.6	17	459	21	0.8	17	429	28	1.2	23	361	22	1.0	18
50–59 years	979	19	0.6	14	470	18	0.7	14	267	23	1.7	19	191	22	2.3	18
60–69 years	1,097	18	0.7	15	463	18	0.8	15	281	23	1.3	18	308	15	0.9	12
70–79 years	895	16	0.5	14	584	16	0.6	14	166	17	1.2	14	116	15	2.1	11
80 years and over	596	17	0.5	14	464	17	0.6	14	71	17	1.8	14	48	13	2.1	7

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 102. Fructose intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	28	0.3	22	10,694	28	0.5	22	15,771	28	0.4	22
Under 6 years <sup>2</sup> . . . . .	6,871	22	0.4	19	3,145	20	0.6	17	3,128	23	0.5	19
6–11 years . . . . .	3,134	27	0.7	24	1,446	26	1.1	23	1,439	28	0.9	24
12–19 years . . . . .	3,121	39	1.0	33	1,345	36	1.8	30	1,470	40	1.0	35
20–59 years . . . . .	10,939	29	0.5	23	3,328	32	0.8	25	6,710	29	0.6	23
60 years and over . . . . .	5,038	19	0.4	15	1,430	17	0.6	13	3,024	19	0.5	16
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,921	32	0.5	25	4,927	31	1.1	24	7,770	33	0.6	26
Under 6 years <sup>2</sup> . . . . .	3,410	22	0.5	19	1,564	21	0.7	17	1,548	23	0.8	19
6–11 years . . . . .	1,581	29	0.7	25	713	29	2.2	24	746	30	0.9	27
12–19 years . . . . .	1,462	46	1.7	39	634	40	3.2	31	674	48	1.7	42
20–59 years . . . . .	5,018	34	0.8	27	1,389	36	1.8	29	3,226	34	0.9	27
60 years and over . . . . .	2,450	21	0.7	16	627	17	0.9	12	1,576	21	0.8	17
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	24	0.3	19	5,767	26	0.7	20	8,001	23	0.4	19
Under 6 years <sup>2</sup> . . . . .	3,461	21	0.5	19	1,581	20	0.7	17	1,580	22	0.8	19
6–11 years . . . . .	1,553	25	1.3	22	733	24	1.5	21	693	26	1.4	23
12–19 years . . . . .	1,659	32	1.1	28	711	33	3.0	29	796	31	0.9	28
20–59 years . . . . .	5,921	24	0.5	19	1,939	28	1.0	22	3,484	23	0.5	19
60 years and over . . . . .	2,588	17	0.4	14	803	17	0.8	13	1,448	17	0.5	15

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 103. Galactose intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>			White non-Hispanic			Black non-Hispanic			Mexican American		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
Both sexes												
All ages <sup>2</sup>	29,105	0.18	0.007	10,634	0.20	0.009	8,513	0.11	0.004	8,627	0.09	0.003
2–11 months <sup>2</sup>	1,620	0.04	0.005	903	0.05	0.008	284	*0.01	*0.003	280	*0.02	*0.009
1–2 years	2,310	0.12	0.013	759	0.14	0.017	664	0.07	0.008	769	0.06	0.012
3–5 years	2,941	0.12	0.011	778	0.14	0.016	921	0.09	0.007	1,091	0.07	0.008
6–11 years	3,134	0.13	0.011	832	0.15	0.014	1,065	0.10	0.009	1,108	0.09	0.009
12–15 years	1,599	0.15	0.015	408	0.17	0.022	567	0.11	0.011	542	0.11	0.014
16–19 years	1,522	0.18	0.015	400	0.21	0.021	546	0.12	0.013	502	0.14	0.021
20–29 years	3,400	0.18	0.015	871	0.19	0.020	1,085	0.14	0.011	1,299	0.09	0.008
30–39 years	3,238	0.20	0.014	1,022	0.23	0.017	1,112	0.11	0.009	973	0.10	0.010
40–49 years	2,503	0.19	0.019	877	0.20	0.023	785	0.11	0.016	730	0.09	0.015
50–59 years	1,799	0.24	0.028	869	0.27	0.036	474	0.08	0.013	365	0.08	0.017
60–69 years	2,208	0.18	0.021	953	0.20	0.025	560	0.10	0.018	621	*0.11	*0.029
70–79 years	1,678	0.16	0.017	1,052	0.17	0.019	334	0.13	0.026	249	*0.04	*0.012
80 years and over	1,153	0.13	0.020	910	0.14	0.023	116	*0.08	*0.040	98	*0.05	*0.023
Male												
All ages <sup>2</sup>	13,923	0.18	0.008	5,028	0.20	0.009	4,003	0.10	0.005	4,264	0.09	0.005
2–11 months <sup>2</sup>	815	0.03	0.007	455	0.04	0.010	145	*0.01	*0.004	149	*0.03	*0.015
1–2 years	1,171	0.12	0.017	377	0.15	0.025	341	0.06	0.011	381	*0.05	*0.017
3–5 years	1,424	0.12	0.013	380	0.14	0.017	439	0.09	0.010	527	0.08	0.015
6–11 years	1,581	0.15	0.016	419	0.17	0.021	547	0.10	0.012	539	0.08	0.010
12–15 years	751	0.16	0.027	177	0.16	0.040	269	0.10	0.019	266	0.13	0.024
16–19 years	711	0.19	0.022	178	0.21	0.033	255	0.12	0.022	251	0.13	0.022
20–29 years	1,587	0.19	0.016	383	0.21	0.020	477	0.12	0.013	656	0.07	0.008
30–39 years	1,424	0.21	0.019	438	0.24	0.025	475	0.11	0.014	456	0.12	0.018
40–49 years	1,188	0.19	0.024	418	0.19	0.028	356	0.09	0.015	369	0.09	0.019
50–59 years	820	0.25	0.048	399	0.28	0.063	207	0.08	0.013	174	*0.08	*0.022
60–69 years	1,111	0.17	0.021	490	0.18	0.024	279	0.08	0.017	313	0.08	0.021
70–79 years	783	0.12	0.022	468	0.13	0.025	168	*0.12	*0.040	133	*0.01	*0.005
80 years and over	557	0.16	0.031	446	0.17	0.036	45	*0.06	*0.040	50	*0.09	*0.043
Female												
All ages <sup>2</sup>	15,182	0.17	0.008	5,606	0.19	0.010	4,510	0.12	0.006	4,363	0.09	0.005
2–11 months <sup>2</sup>	805	0.04	0.008	448	0.05	0.013	139	*0.01	*0.005	131	*0.01	*0.007
1–2 years	1,139	0.12	0.014	382	0.12	0.016	323	0.07	0.011	388	0.07	0.012
3–5 years	1,517	0.12	0.016	398	0.14	0.026	482	0.09	0.011	564	0.06	0.008
6–11 years	1,553	0.11	0.011	413	0.12	0.015	518	0.10	0.009	569	0.09	0.015
12–15 years	848	0.14	0.017	231	0.17	0.024	298	0.11	0.014	276	0.10	0.016
16–19 years	811	0.17	0.017	222	0.21	0.026	291	0.13	0.017	251	*0.15	*0.039
20–29 years	1,813	0.17	0.020	488	0.18	0.028	608	0.15	0.019	643	0.11	0.013
30–39 years	1,814	0.20	0.019	584	0.23	0.024	637	0.11	0.011	517	0.09	0.011
40–49 years	1,315	0.19	0.026	459	0.22	0.033	429	0.13	0.024	361	0.08	0.018
50–59 years	979	0.23	0.035	470	0.26	0.045	267	0.09	0.020	191	*0.07	*0.025
60–69 years	1,097	0.19	0.031	463	0.21	0.037	281	0.11	0.027	308	*0.13	*0.045
70–79 years	895	0.18	0.026	584	0.19	0.029	166	*0.14	*0.037	116	*0.06	*0.023
80 years and over	596	0.12	0.021	464	0.12	0.023	71	*0.09	*0.054	48	*0.03	*0.021

\* Figure does not meet standard of reliability or precision. <sup>1</sup>Includes data for ethnic groups not shown separately. <sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.

**Table 104. Galactose intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>			Poverty income ratio ≤ 1.300			Poverty income ratio > 1.300		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
<b>Both sexes</b>									
All ages <sup>2</sup>	29,105	0.18	0.007	10,696	0.12	0.008	15,771	0.19	0.008
Under 6 years <sup>2</sup>	6,871	0.11	0.008	3,145	0.07	0.007	3,128	0.13	0.012
6–11 years	3,134	0.13	0.011	1,446	0.10	0.011	1,439	0.14	0.015
12–19 years	3,121	0.17	0.012	1,345	0.14	0.024	1,470	0.17	0.013
20–59 years	10,940	0.20	0.011	3,329	0.13	0.016	6,710	0.21	0.013
60 years and over	5,039	0.17	0.014	1,431	0.11	0.025	3,024	0.18	0.017
<b>Male</b>									
All ages <sup>2</sup>	13,923	0.18	0.008	4,929	0.12	0.015	7,770	0.19	0.008
Under 6 years <sup>2</sup>	3,410	0.11	0.008	1,564	0.06	0.008	1,548	0.13	0.012
6–11 years	1,581	0.15	0.016	713	0.10	0.013	746	0.17	0.024
12–19 years	1,462	0.17	0.019	634	*0.17	*0.048	674	0.17	0.017
20–59 years	5,019	0.20	0.013	1,390	0.13	0.027	3,226	0.22	0.014
60 years and over	2,451	0.16	0.013	628	*0.09	*0.035	1,576	0.16	0.014
<b>Female</b>									
All ages <sup>2</sup>	15,182	0.17	0.008	5,767	0.12	0.010	8,001	0.19	0.012
Under 6 years <sup>2</sup>	3,461	0.11	0.010	1,581	0.08	0.010	1,580	0.13	0.015
6–11 years	1,553	0.11	0.011	733	0.11	0.014	693	0.11	0.016
12–19 years	1,659	0.16	0.011	711	0.12	0.027	796	0.18	0.019
20–59 years	5,921	0.19	0.013	1,939	0.14	0.017	3,484	0.21	0.016
60 years and over	2,588	0.18	0.020	803	*0.12	*0.034	1,448	0.19	0.027

\* Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.

**Table 105. Glucose intake in grams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	28.8	0.37	22.7	10,634	28.9	0.46	22.5	8,513	30.6	0.34	25.7	8,627	28.2	0.54	23.5
2–11 months <sup>2</sup>	1,620	8.8	0.27	6.8	903	9.4	0.35	7.3	284	8.0	0.47	6.0	280	7.9	0.47	5.7
1–2 years	2,310	20.0	0.41	17.2	759	20.7	0.57	18.0	664	20.4	0.57	17.6	769	18.3	0.60	14.8
3–5 years	2,941	24.6	0.39	21.9	778	24.9	0.45	22.8	921	26.0	0.67	23.5	1,091	23.0	0.50	20.1
6–11 years	3,134	29.2	0.68	25.5	832	29.9	0.94	26.4	1,065	29.7	0.63	26.3	1,108	24.7	0.83	21.9
12–15 years	1,599	39.5	1.32	33.6	408	41.1	1.94	34.4	567	35.4	1.30	32.0	542	31.9	1.68	28.7
16–19 years	1,522	41.5	1.31	36.5	400	43.2	2.12	37.4	546	41.5	1.53	37.5	502	35.0	1.41	30.9
20–29 years	3,400	37.9	0.93	31.8	871	39.2	1.21	32.3	1,085	37.2	0.83	32.2	1,299	35.3	0.83	31.4
30–39 years	3,238	30.5	0.87	23.5	1,022	30.7	1.19	23.0	1,112	33.0	0.87	28.7	973	31.5	1.43	26.1
40–49 years	2,503	25.8	0.62	20.5	877	25.9	0.76	20.5	785	30.3	1.07	24.9	730	26.3	0.92	22.3
50–59 years	1,799	22.6	0.85	18.1	869	22.1	0.88	17.5	474	25.4	1.07	20.7	365	22.3	1.20	18.8
60–69 years	2,208	20.8	0.45	16.9	953	20.8	0.49	16.8	560	21.8	0.65	17.6	621	18.1	0.78	14.3
70–79 years	1,678	18.2	0.45	15.9	1,052	18.5	0.50	16.2	334	18.2	0.87	14.9	249	16.5	1.16	13.0
80 years and over	1,153	18.8	0.46	15.5	910	19.1	0.53	15.8	116	17.8	1.37	15.3	98	14.5	1.86	9.9
<b>Male</b>																
All ages <sup>2</sup>	13,923	33.6	0.57	27.1	5,028	34.1	0.68	27.1	4,003	34.0	0.61	28.4	4,264	31.7	0.74	26.8
2–11 months <sup>2</sup>	815	9.1	0.29	7.1	455	10.0	0.41	8.0	145	7.9	0.56	5.8	149	8.1	0.59	5.9
1–2 years	1,171	20.3	0.57	17.8	377	21.0	0.73	18.8	341	21.0	0.51	18.8	381	19.1	0.82	15.2
3–5 years	1,424	24.9	0.59	22.4	380	24.5	0.66	22.6	439	27.9	0.92	24.6	527	24.0	0.84	20.7
6–11 years	1,581	32.0	0.79	27.1	419	33.3	1.06	29.0	547	29.8	0.74	26.3	539	25.4	1.26	22.7
12–15 years	751	45.0	2.25	37.1	177	47.3	3.15	38.1	269	38.2	1.89	32.5	266	34.7	2.13	32.8
16–19 years	711	50.0	2.17	46.0	178	53.2	3.09	48.1	255	49.1	2.51	42.8	251	38.2	2.72	31.7
20–29 years	1,587	45.2	1.23	38.7	383	47.7	1.65	42.3	477	42.8	1.52	38.3	656	40.1	1.18	36.3
30–39 years	1,424	36.8	1.38	29.8	438	37.7	1.79	29.8	475	37.7	1.49	31.9	456	36.8	2.21	31.5
40–49 years	1,188	29.7	1.00	24.2	418	29.8	1.20	24.3	356	34.2	1.63	26.2	369	29.9	1.52	26.3
50–59 years	820	26.8	1.51	21.3	399	26.5	1.54	21.3	207	27.7	1.77	23.4	174	25.4	1.74	21.5
60–69 years	1,111	23.1	0.84	19.1	490	23.1	0.91	18.8	279	21.8	1.37	18.0	313	22.0	1.13	18.5
70–79 years	783	20.0	0.80	16.7	468	20.5	0.88	17.0	168	19.4	1.20	14.9	133	18.9	1.80	15.0
80 years and over	557	20.5	0.70	17.5	446	21.0	0.78	17.8	45	18.9	2.10	13.7	50	17.3	2.96	19.1
<b>Female</b>																
All ages <sup>2</sup>	15,182	24.3	0.33	19.7	5,606	24.0	0.40	19.3	4,510	27.7	0.32	23.6	4,363	24.5	0.49	20.7
2–11 months <sup>2</sup>	805	8.5	0.42	6.3	448	8.8	0.54	6.3	139	8.2	0.74	6.0	131	7.6	0.65	5.6
1–2 years	1,139	19.6	0.56	16.9	382	20.3	0.76	17.2	323	19.7	0.93	16.7	388	17.4	0.84	14.4
3–5 years	1,517	24.3	0.49	21.8	398	25.3	0.73	23.0	482	24.2	0.75	22.4	564	22.0	0.73	19.4
6–11 years	1,553	26.3	1.12	23.2	413	26.4	1.27	23.9	518	29.5	1.01	26.4	569	24.0	0.85	21.2
12–15 years	848	33.9	1.41	31.2	231	34.5	1.97	31.5	298	32.7	1.56	31.4	276	29.1	1.70	26.0
16–19 years	811	33.0	1.26	30.9	222	32.5	1.90	30.7	291	34.0	1.15	33.0	251	31.7	1.19	29.2
20–29 years	1,813	31.0	1.05	25.4	488	31.3	1.31	25.4	608	32.5	0.89	28.0	643	29.4	0.76	26.7
30–39 years	1,814	24.5	0.69	19.7	584	23.9	1.00	18.3	637	29.3	0.95	25.9	517	25.7	0.98	20.7
40–49 years	1,315	22.0	0.71	17.6	459	22.0	0.87	17.5	429	27.0	1.08	23.0	361	22.6	0.96	19.5
50–59 years	979	18.8	0.63	15.3	470	18.1	0.70	15.1	267	23.6	1.48	18.6	191	19.5	1.50	15.9
60–69 years	1,097	18.8	0.60	15.3	463	18.8	0.74	15.3	281	21.8	1.00	17.2	308	15.2	0.79	12.7
70–79 years	895	16.9	0.48	15.1	584	17.2	0.53	15.6	166	17.3	1.07	14.7	116	14.3	1.39	10.6
80 years and over	596	17.9	0.55	14.7	464	18.1	0.64	14.7	71	17.3	1.57	15.3	48	12.1	1.89	7.6

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.



**Table 106. Glucose intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	28.8	0.37	22.7	10,696	28.6	0.52	22.5	15,771	29.1	0.42	23.0
Under 6 years <sup>2</sup> . . . . .	6,871	20.9	0.32	18.3	3,145	20.2	0.50	17.2	3,128	21.6	0.42	19.1
6–11 years . . . . .	3,134	29.2	0.68	25.5	1,446	28.3	0.88	24.9	1,439	29.8	0.94	25.9
12–19 years . . . . .	3,121	40.5	0.95	35.4	1,345	38.0	1.66	31.6	1,470	41.5	1.12	36.9
20–59 years . . . . .	10,940	30.2	0.51	23.6	3,329	31.8	0.83	25.4	6,710	30.2	0.59	23.5
60 years and over . . . . .	5,039	19.6	0.31	16.3	1,431	17.1	0.60	13.7	3,024	20.2	0.38	17.0
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	33.6	0.57	27.1	4,929	31.8	1.01	24.9	7,770	34.4	0.62	27.5
Under 6 years <sup>2</sup> . . . . .	3,410	21.2	0.44	18.3	1,564	20.5	0.74	16.9	1,548	21.9	0.70	19.3
6–11 years . . . . .	1,581	32.0	0.79	27.1	713	30.4	1.86	26.3	746	33.1	1.08	28.6
12–19 years . . . . .	1,462	47.5	1.72	40.9	634	41.9	3.02	34.5	674	50.1	1.90	45.7
20–59 years . . . . .	5,019	35.9	0.78	29.8	1,390	36.1	1.65	30.6	3,226	36.3	0.90	29.8
60 years and over . . . . .	2,451	21.8	0.55	18.1	628	17.3	0.67	14.9	1,576	22.5	0.61	18.6
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	24.3	0.33	19.7	5,767	26.2	0.69	20.9	8,001	23.9	0.37	19.6
Under 6 years <sup>2</sup> . . . . .	3,461	20.6	0.40	18.2	1,581	19.9	0.60	17.3	1,580	21.3	0.58	18.9
6–11 years . . . . .	1,553	26.3	1.12	23.2	733	26.4	1.51	23.9	693	26.3	1.21	22.8
12–19 years . . . . .	1,659	33.4	1.10	31.1	711	34.6	2.69	30.6	796	32.7	1.10	31.3
20–59 years . . . . .	5,921	24.8	0.43	19.8	1,939	28.5	1.03	21.8	3,484	24.0	0.49	19.3
60 years and over . . . . .	2,588	18.0	0.37	15.1	803	17.0	0.80	13.2	1,448	18.2	0.44	15.7

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 107. Lactose intake in grams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	16.4	0.25	11.8	10,634	17.2	0.31	12.4	8,513	12.5	0.22	7.1	8,627	17.3	0.53	12.7
2–11 months <sup>2</sup>	1,620	43.7	0.94	45.4	903	40.1	0.99	42.4	284	50.8	2.26	52.6	280	48.0	2.89	51.6
1–2 years	2,310	23.0	0.53	20.7	759	22.7	0.70	20.8	664	18.0	0.74	13.9	769	25.9	0.80	22.5
3–5 years	2,941	20.9	0.42	18.6	778	21.5	0.53	19.6	921	16.8	0.41	13.9	1,091	21.3	0.70	18.5
6–11 years	3,134	21.6	0.46	19.5	832	22.1	0.64	19.7	1,065	17.2	0.41	14.6	1,108	24.3	0.66	23.2
12–15 years	1,599	19.6	0.96	15.5	408	21.0	1.33	16.5	567	14.5	0.74	12.0	542	19.0	0.83	15.9
16–19 years	1,522	18.0	0.88	12.4	400	20.0	1.20	13.6	546	14.5	0.92	8.1	502	17.2	1.45	11.7
20–29 years	3,400	14.9	0.53	9.0	871	16.4	0.75	10.2	1,085	10.4	0.45	5.4	1,299	14.1	0.66	8.3
30–39 years	3,238	14.5	0.57	9.1	1,022	16.0	0.72	10.7	1,112	9.2	0.49	4.3	973	14.1	0.91	7.8
40–49 years	2,503	13.7	0.58	8.7	877	14.7	0.67	9.8	785	8.8	0.40	4.6	730	12.0	0.89	6.3
50–59 years	1,799	13.7	0.46	9.0	869	14.6	0.56	9.6	474	8.4	0.59	4.6	365	11.7	1.67	7.0
60–69 years	2,208	14.7	0.53	10.5	953	15.7	0.63	11.5	560	8.8	0.52	4.9	621	12.0	0.69	8.3
70–79 years	1,678	14.5	0.45	11.2	1,052	15.1	0.52	11.6	334	11.4	0.93	7.0	249	11.6	0.77	8.7
80 years and over	1,153	15.2	0.47	12.0	910	15.5	0.54	12.2	116	10.7	1.23	7.0	98	13.3	1.22	10.7
<b>Male</b>																
All ages <sup>2</sup>	13,923	18.7	0.35	13.4	5,028	19.8	0.46	14.6	4,003	14.2	0.30	8.4	4,264	18.2	0.50	12.9
2–11 months <sup>2</sup>	815	45.1	1.44	45.6	455	40.5	1.45	42.3	145	53.6	3.12	54.1	149	48.8	3.92	51.9
1–2 years	1,171	23.8	0.70	21.4	377	23.6	0.93	21.7	341	17.5	1.03	13.6	381	27.3	1.14	24.3
3–5 years	1,424	21.8	0.67	19.5	380	22.9	0.89	20.4	439	18.2	0.78	14.7	527	21.8	0.79	19.6
6–11 years	1,581	24.1	0.85	21.6	419	25.5	1.21	23.4	547	18.4	0.51	17.0	539	25.1	0.84	24.4
12–15 years	751	22.3	1.13	19.4	177	23.2	1.58	20.1	269	16.3	1.00	13.6	266	22.3	1.01	19.7
16–19 years	711	21.5	1.57	14.9	178	23.7	2.05	18.0	255	17.9	1.44	12.9	251	19.8	2.33	13.4
20–29 years	1,587	16.9	0.80	11.2	383	19.0	1.14	13.9	477	11.4	0.64	5.9	656	15.6	1.07	8.4
30–39 years	1,424	16.5	1.07	9.7	438	18.2	1.33	11.5	475	11.1	0.87	5.4	456	13.9	0.86	7.0
40–49 years	1,188	16.2	1.09	10.7	418	17.3	1.28	12.2	356	10.6	0.62	5.4	369	12.5	1.09	6.1
50–59 years	820	16.4	0.84	10.7	399	17.9	1.10	11.1	207	8.0	0.91	3.6	174	11.1	1.13	5.9
60–69 years	1,111	16.4	0.72	11.6	490	17.4	0.82	12.4	279	9.9	0.72	4.7	313	12.0	1.02	8.2
70–79 years	783	16.7	0.60	12.3	468	17.4	0.72	12.6	168	12.8	1.62	7.0	133	11.2	1.57	6.1
80 years and over	557	16.2	0.75	12.7	446	16.8	0.83	13.5	45	10.7	1.53	7.2	50	13.6	2.24	8.4
<b>Female</b>																
All ages <sup>2</sup>	15,182	14.3	0.25	10.0	5,606	14.8	0.31	10.6	4,510	11.1	0.25	6.2	4,363	16.2	0.67	12.3
2–11 months <sup>2</sup>	805	42.2	1.12	45.4	448	39.6	1.13	43.3	139	47.7	2.88	51.0	131	47.0	2.65	50.4
1–2 years	1,139	22.1	0.61	19.8	382	21.9	0.80	19.8	323	18.6	0.86	13.9	388	24.5	0.91	21.7
3–5 years	1,517	19.9	0.65	17.7	398	20.0	0.59	18.3	482	15.5	0.61	13.2	564	20.7	1.02	17.9
6–11 years	1,553	19.0	0.60	17.0	413	18.6	0.84	16.6	518	15.9	0.70	13.1	569	23.5	0.80	22.2
12–15 years	848	16.8	1.08	13.1	231	18.6	1.56	14.4	298	12.8	1.00	9.6	276	15.9	1.12	13.6
16–19 years	811	14.5	0.98	9.9	222	16.0	1.35	11.2	291	11.2	1.10	6.2	251	14.5	0.98	9.6
20–29 years	1,813	12.9	0.68	7.2	488	14.0	0.93	8.1	608	9.6	0.55	4.5	643	12.3	0.69	8.1
30–39 years	1,814	12.7	0.45	8.8	584	13.9	0.59	10.0	637	7.7	0.50	3.5	517	14.2	1.56	9.0
40–49 years	1,315	11.3	0.47	7.2	459	12.1	0.58	7.8	429	7.4	0.45	4.0	361	11.5	0.99	6.6
50–59 years	979	11.3	0.45	8.1	470	11.7	0.48	8.6	267	8.7	0.77	5.4	191	12.3	2.40	7.1
60–69 years	1,097	13.2	0.55	9.4	463	14.1	0.68	10.5	281	8.1	0.61	5.2	308	12.1	0.97	8.6
70–79 years	895	13.0	0.55	10.6	584	13.4	0.62	10.8	166	10.3	1.12	7.0	116	11.9	0.76	10.2
80 years and over	596	14.7	0.57	11.2	464	14.8	0.64	11.0	71	10.7	1.51	6.7	48	13.1	1.93	11.8

<sup>1</sup>Includes data for ethnic groups not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 108. Lactose intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	16.4	0.25	11.8	10,696	17.1	0.41	12.0	15,771	16.2	0.28	11.7
Under 6 years <sup>2</sup> . . . . .	6,871	24.7	0.33	20.7	3,145	25.1	0.57	20.4	3,128	24.2	0.40	20.6
6–11 years . . . . .	3,134	21.6	0.46	19.5	1,446	22.1	0.93	20.2	1,439	21.3	0.48	18.5
12–19 years . . . . .	3,121	18.8	0.67	13.6	1,345	16.9	0.98	12.0	1,470	19.4	0.89	14.2
20–59 years . . . . .	10,940	14.3	0.32	9.0	3,329	14.4	0.68	7.8	6,710	14.4	0.34	9.4
60 years and over . . . . .	5,039	14.7	0.32	11.0	1,431	13.2	0.66	9.1	3,024	14.9	0.36	11.4
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	18.7	0.35	13.4	4,929	19.5	0.65	14.3	7,770	18.5	0.39	13.2
Under 6 years <sup>2</sup> . . . . .	3,410	25.6	0.44	21.9	1,564	25.4	0.75	20.9	1,548	25.4	0.64	21.9
6–11 years . . . . .	1,581	24.1	0.85	21.6	713	24.4	1.76	22.9	746	24.1	0.83	21.2
12–19 years . . . . .	1,462	21.9	0.99	17.0	634	18.0	1.40	13.5	674	23.3	1.21	19.3
20–59 years . . . . .	5,019	16.5	0.55	10.5	1,390	17.7	1.28	9.1	3,226	16.5	0.58	10.7
60 years and over . . . . .	2,451	16.5	0.45	12.0	628	13.2	0.92	8.2	1,576	16.9	0.52	12.4
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	14.3	0.25	10.0	5,767	15.2	0.42	10.3	8,001	13.9	0.30	9.9
Under 6 years <sup>2</sup> . . . . .	3,461	23.6	0.47	19.6	1,581	24.8	0.74	19.7	1,580	22.9	0.55	19.5
6–11 years . . . . .	1,553	19.0	0.60	17.0	733	20.0	1.04	18.5	693	18.3	0.73	16.0
12–19 years . . . . .	1,659	15.6	0.69	12.1	711	16.0	1.29	10.8	796	15.4	0.89	12.3
20–59 years . . . . .	5,921	12.2	0.29	7.8	1,939	11.9	0.70	6.5	3,484	12.3	0.31	8.1
60 years and over . . . . .	2,588	13.4	0.37	10.1	803	13.3	0.79	9.3	1,448	13.2	0.44	10.0

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 109. Maltose intake in grams by sex, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	3.1	0.07	1.8	10,634	3.3	0.07	2.0	8,513	3.0	0.07	1.6	8,627	2.3	0.05	1.4
2–11 months <sup>2</sup>	1,620	2.6	0.13	0.6	903	2.9	0.16	0.8	284	2.0	0.23	0.4	280	1.8	0.28	0.3
1–2 years	2,310	1.7	0.06	1.0	759	1.8	0.08	1.1	664	1.7	0.10	0.9	769	1.3	0.07	0.8
3–5 years	2,941	2.7	0.08	1.7	778	2.9	0.09	2.0	921	2.7	0.12	1.7	1,091	1.9	0.11	1.1
6–11 years	3,134	3.6	0.20	2.0	832	3.9	0.30	2.2	1,065	3.3	0.17	1.8	1,108	2.5	0.11	1.3
12–15 years	1,599	3.8	0.24	2.0	408	3.9	0.26	2.1	567	3.8	0.24	2.2	542	2.5	0.13	1.5
16–19 years	1,522	3.6	0.24	2.0	400	3.7	0.37	2.0	546	3.9	0.32	1.9	502	2.5	0.15	1.5
20–29 years	3,400	3.5	0.15	2.1	871	3.8	0.21	2.3	1,085	3.4	0.19	1.9	1,299	2.5	0.10	1.5
30–39 years	3,238	3.2	0.13	2.0	1,022	3.3	0.15	2.1	1,112	3.1	0.17	1.9	973	2.6	0.14	1.6
40–49 years	2,503	3.2	0.13	1.8	877	3.4	0.16	2.0	785	3.1	0.17	1.7	730	2.4	0.11	1.5
50–59 years	1,799	2.9	0.22	1.6	869	2.8	0.12	1.7	474	2.6	0.13	1.4	365	2.0	0.11	1.2
60–69 years	2,208	2.7	0.10	1.5	953	2.9	0.13	1.7	560	2.1	0.14	1.1	621	1.7	0.16	1.0
70–79 years	1,678	2.6	0.12	1.4	1,052	2.7	0.14	1.5	334	2.1	0.19	0.9	249	1.2	0.16	0.7
80 years and over	1,153	2.7	0.13	1.5	910	2.8	0.15	1.6	116	1.9	0.29	0.8	98	1.6	0.21	0.6
<b>Male</b>																
All ages <sup>2</sup>	13,923	3.8	0.11	2.2	5,028	4.0	0.11	2.5	4,003	3.5	0.10	2.0	4,264	2.7	0.07	1.6
2–11 months <sup>2</sup>	815	2.6	0.17	0.6	455	3.0	0.22	0.9	145	2.0	0.30	0.5	149	1.6	0.27	0.3
1–2 years	1,171	1.8	0.09	1.2	377	2.0	0.12	1.3	341	1.6	0.13	1.0	381	1.2	0.06	0.8
3–5 years	1,424	2.7	0.11	1.8	380	2.9	0.13	2.1	439	3.0	0.21	1.8	527	2.0	0.11	1.1
6–11 years	1,581	4.2	0.34	2.3	419	4.7	0.50	2.5	547	3.4	0.17	1.8	539	2.4	0.14	1.2
12–15 years	751	4.3	0.41	2.2	177	4.1	0.45	2.2	269	4.4	0.40	2.3	266	2.8	0.23	1.5
16–19 years	711	4.5	0.44	2.4	178	4.8	0.67	2.8	255	4.5	0.58	2.3	251	2.8	0.25	1.6
20–29 years	1,587	4.3	0.23	2.8	383	4.8	0.31	3.5	477	4.3	0.32	2.5	656	3.0	0.12	2.1
30–39 years	1,424	3.8	0.21	2.6	438	3.9	0.25	2.7	475	3.8	0.33	2.3	456	3.2	0.18	2.0
40–49 years	1,188	3.8	0.18	2.3	418	4.0	0.22	2.5	356	3.6	0.30	2.3	369	2.9	0.22	1.9
50–59 years	820	3.6	0.45	2.0	399	3.4	0.22	2.1	207	2.8	0.25	1.6	174	2.4	0.23	1.8
60–69 years	1,111	3.3	0.15	1.9	490	3.5	0.18	2.1	279	2.6	0.20	1.3	313	2.3	0.23	1.3
70–79 years	783	3.2	0.22	1.8	468	3.4	0.26	1.9	168	2.4	0.28	1.1	133	1.4	0.22	0.8
80 years and over	557	2.9	0.23	1.6	446	3.1	0.27	1.7	45	*1.9	*0.50	0.6	50	1.9	0.35	0.7
<b>Female</b>																
All ages <sup>2</sup>	15,182	2.6	0.06	1.5	5,606	2.7	0.07	1.6	4,510	2.6	0.06	1.4	4,363	2.0	0.06	1.2
2–11 months <sup>2</sup>	805	2.6	0.17	0.6	448	2.8	0.20	0.7	139	2.0	0.31	0.3	131	2.0	0.48	0.3
1–2 years	1,139	1.6	0.06	0.9	382	1.6	0.09	1.0	323	1.7	0.16	0.9	388	1.3	0.14	0.8
3–5 years	1,517	2.6	0.15	1.7	398	2.8	0.18	2.0	482	2.3	0.14	1.5	564	1.9	0.18	1.1
6–11 years	1,553	2.9	0.15	1.8	413	3.0	0.21	1.9	518	3.3	0.25	1.7	569	2.6	0.19	1.5
12–15 years	848	3.3	0.25	1.9	231	3.6	0.35	2.1	298	3.2	0.28	2.0	276	2.2	0.13	1.5
16–19 years	811	2.6	0.19	1.6	222	2.6	0.24	1.7	291	3.4	0.28	1.7	251	2.3	0.18	1.3
20–29 years	1,813	2.7	0.13	1.6	488	2.9	0.18	1.7	608	2.5	0.15	1.5	643	1.8	0.15	1.2
30–39 years	1,814	2.6	0.11	1.6	584	2.7	0.13	1.7	637	2.6	0.13	1.5	517	2.0	0.12	1.3
40–49 years	1,315	2.6	0.21	1.4	459	2.8	0.25	1.5	429	2.6	0.16	1.3	361	1.9	0.10	1.1
50–59 years	979	2.2	0.14	1.4	470	2.2	0.12	1.4	267	2.4	0.24	1.1	191	1.5	0.10	1.0
60–69 years	1,097	2.2	0.11	1.3	463	2.3	0.14	1.3	281	1.8	0.19	0.9	308	1.2	0.13	0.7
70–79 years	895	2.1	0.09	1.2	584	2.2	0.11	1.3	166	2.0	0.20	0.8	116	1.1	0.19	0.6
80 years and over	596	2.5	0.13	1.4	464	2.7	0.15	1.5	71	1.9	0.34	1.0	48	1.3	0.27	0.6

\* Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for ethnic groups not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 110. Maltose intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	3.1	0.07	1.8	10,696	2.7	0.09	1.5	15,771	3.3	0.08	1.9
Under 6 years <sup>2</sup> . . . . .	6,871	2.3	0.05	1.3	3,145	2.0	0.08	1.1	3,128	2.5	0.06	1.5
6–11 years . . . . .	3,134	3.6	0.20	2.0	1,446	2.9	0.18	1.7	1,439	3.9	0.29	2.2
12–19 years . . . . .	3,121	3.7	0.16	2.0	1,345	3.0	0.19	1.8	1,470	4.0	0.26	2.1
20–59 years . . . . .	10,940	3.2	0.09	1.9	3,329	3.0	0.15	1.6	6,710	3.3	0.10	2.0
60 years and over . . . . .	5,039	2.7	0.06	1.5	1,431	2.0	0.10	1.1	3,024	2.8	0.08	1.6
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	3.8	0.11	2.2	4,929	3.1	0.13	1.7	7,770	4.0	0.12	2.4
Under 6 years <sup>2</sup> . . . . .	3,410	2.4	0.07	1.4	1,564	2.1	0.10	1.3	1,548	2.6	0.10	1.5
6–11 years . . . . .	1,581	4.2	0.34	2.3	713	3.2	0.24	1.8	746	4.5	0.47	2.5
12–19 years . . . . .	1,462	4.4	0.29	2.3	634	3.5	0.26	2.0	674	4.8	0.43	2.5
20–59 years . . . . .	5,019	3.9	0.15	2.5	1,390	3.5	0.22	2.1	3,226	4.0	0.17	2.6
60 years and over . . . . .	2,451	3.2	0.09	1.8	628	2.3	0.15	1.1	1,576	3.4	0.12	2.0
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	2.6	0.06	1.5	5,767	2.4	0.10	1.3	8,001	2.6	0.08	1.6
Under 6 years <sup>2</sup> . . . . .	3,461	2.2	0.08	1.2	1,581	2.0	0.14	1.0	1,580	2.4	0.08	1.4
6–11 years . . . . .	1,553	2.9	0.15	1.8	733	2.7	0.22	1.6	693	3.1	0.22	2.0
12–19 years . . . . .	1,659	2.9	0.15	1.7	711	2.6	0.24	1.7	796	3.1	0.20	1.7
20–59 years . . . . .	5,921	2.6	0.09	1.5	1,939	2.5	0.17	1.3	3,484	2.6	0.10	1.6
60 years and over . . . . .	2,588	2.2	0.07	1.3	803	1.9	0.14	1.1	1,448	2.3	0.09	1.3

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 111. Saccharin intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>			White non-Hispanic			Black non-Hispanic			Mexican American		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
Both sexes												
All ages <sup>2</sup>	29,105	6.5	0.47	10,634	7.8	0.63	8,513	3.8	0.29	8,627	2.9	0.31
2–11 months <sup>2</sup>	1,620	–	–	903	–	–	284	–	–	280	–	–
1–2 years	2,310	0.4	0.14	759	0.4	0.21	664	0.4	0.19	769	0.2	0.13
3–5 years	2,941	0.7	0.18	778	0.8	0.23	921	0.5	0.14	1,091	0.8	0.46
6–11 years	3,134	1.3	0.35	832	1.8	0.53	1,065	0.4	0.18	1,108	0.2	0.08
12–15 years	1,599	2.3	1.15	408	2.9	1.74	567	1.2	0.68	542	1.0	0.47
16–19 years	1,522	1.6	0.39	400	2.0	0.61	546	1.1	0.57	502	0.8	0.25
20–29 years	3,400	3.3	0.51	871	4.1	0.72	1,085	1.5	0.44	1,299	2.4	0.46
30–39 years	3,238	6.8	1.13	1,022	8.1	1.49	1,112	3.7	0.86	973	3.5	0.82
40–49 years	2,503	12.4	1.95	877	14.7	2.38	785	4.6	0.87	730	6.1	1.24
50–59 years	1,799	9.5	1.05	869	10.1	1.28	474	11.2	2.32	365	7.4	1.58
60–69 years	2,208	12.0	1.44	953	12.8	1.74	560	11.6	1.60	621	9.4	1.75
70–79 years	1,678	12.8	1.17	1,052	13.1	1.33	334	13.7	2.08	249	13.1	2.12
80 years and over	1,153	11.0	1.24	910	11.0	1.34	116	11.9	3.38	98	8.7	4.33
Male												
All ages <sup>2</sup>	13,923	5.5	0.67	5,028	6.6	0.90	4,003	3.0	0.35	4,264	2.5	0.36
2–11 months <sup>2</sup>	815	–	–	455	–	–	145	–	–	149	–	–
1–2 years	1,171	0.4	0.23	377	0.5	0.35	341	0.1	0.11	381	0.1	0.05
3–5 years	1,424	0.8	0.30	380	0.9	0.33	439	0.5	0.24	527	1.4	0.91
6–11 years	1,581	1.4	0.60	419	1.9	0.91	547	0.3	0.21	539	0.3	0.15
12–15 years	751	2.9	2.19	177	3.8	3.26	269	1.7	1.31	266	0.8	0.46
16–19 years	711	1.0	0.33	178	1.0	0.49	255	1.7	1.06	251	0.9	0.55
20–29 years	1,587	1.9	0.55	383	2.0	0.73	477	1.5	0.57	656	1.7	0.56
30–39 years	1,424	5.9	1.55	438	7.0	2.04	475	3.4	1.33	456	4.0	1.34
40–49 years	1,188	10.1	3.32	418	11.7	4.04	356	3.8	1.18	369	3.3	0.88
50–59 years	820	8.0	0.97	399	8.3	1.21	207	9.9	2.12	174	7.1	2.34
60–69 years	1,111	13.6	2.44	490	14.7	2.88	279	8.4	2.42	313	10.0	2.88
70–79 years	783	11.3	1.73	468	12.0	1.98	168	9.1	2.31	133	9.7	2.57
80 years and over	557	9.7	1.30	446	10.1	1.43	45	10.0	4.80	50	11.6	6.05
Female												
All ages <sup>2</sup>	15,182	7.4	0.44	5,606	8.9	0.62	4,510	4.4	0.38	4,363	3.3	0.38
2–11 months <sup>2</sup>	805	–	–	448	–	–	139	0.1	0.09	131	–	–
1–2 years	1,139	0.4	0.14	382	0.4	0.19	323	0.7	0.38	388	0.3	0.25
3–5 years	1,517	0.5	0.23	398	0.7	0.37	482	0.6	0.10	564	0.1	0.05
6–11 years	1,553	1.2	0.35	413	1.7	0.52	518	0.4	0.28	569	0.0	0.03
12–15 years	848	1.7	0.64	231	2.1	0.93	298	0.7	0.40	276	1.2	0.65
16–19 years	811	2.2	0.74	222	3.0	1.14	291	0.6	0.46	251	0.7	0.28
20–29 years	1,813	4.7	0.91	488	6.0	1.24	608	1.5	0.70	643	3.1	0.73
30–39 years	1,814	7.6	1.02	584	9.2	1.37	637	3.9	0.99	517	2.8	1.02
40–49 years	1,315	14.7	2.06	459	17.8	2.57	429	5.2	1.02	361	8.9	2.09
50–59 years	979	10.9	1.83	470	11.8	2.22	267	12.1	3.07	191	7.6	1.87
60–69 years	1,097	10.7	1.03	463	11.1	1.29	281	13.7	2.26	308	8.9	1.83
70–79 years	895	13.8	1.89	584	13.9	2.13	166	17.0	3.28	116	16.4	4.58
80 years and over	596	11.7	1.77	464	11.5	1.95	71	12.7	4.01	48	6.2	5.47

– Quantity zero. <sup>1</sup>Includes data for ethnic groups not shown separately. <sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.

**Table 112. Saccharin intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>			Poverty income ratio ≤ 1.300			Poverty income ratio > 1.300		
	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean	Sample size	Mean	Standard error of the mean
<b>Both sexes</b>									
All ages <sup>2</sup> . . . . .	29,105	6.5	0.47	10,696	3.8	0.60	15,771	7.1	0.51
Under 6 years <sup>2</sup> . . . . .	6,871	0.5	0.13	3,145	0.3	0.09	3,128	0.6	0.22
6–11 years . . . . .	3,134	1.3	0.35	1,446	0.7	0.32	1,439	1.6	0.51
12–19 years . . . . .	3,121	1.9	0.61	1,345	1.5	0.68	1,470	2.3	0.90
20–59 years . . . . .	10,940	7.6	0.76	3,329	4.0	1.18	6,710	8.1	0.73
60 years and over . . . . .	5,039	12.1	0.89	1,431	11.7	1.75	3,024	12.4	1.02
<b>Male</b>									
All ages <sup>2</sup> . . . . .	13,923	5.5	0.67	4,929	3.2	1.04	7,770	5.7	0.62
Under 6 years <sup>2</sup> . . . . .	3,410	0.6	0.23	1,564	0.2	0.10	1,548	0.8	0.38
6–11 years . . . . .	1,581	1.4	0.60	713	0.4	0.21	746	1.8	0.88
12–19 years . . . . .	1,462	2.0	1.12	634	1.2	0.56	674	2.5	1.68
20–59 years . . . . .	5,019	6.1	1.05	1,390	3.6	1.98	3,226	5.8	0.77
60 years and over . . . . .	2,451	12.4	1.41	628	13.2	4.15	1,576	12.3	1.57
<b>Female</b>									
All ages <sup>2</sup> . . . . .	15,182	7.4	0.44	5,767	4.2	0.55	8,001	8.5	0.60
Under 6 years <sup>2</sup> . . . . .	3,461	0.4	0.14	1,581	0.3	0.14	1,580	0.5	0.22
6–11 years . . . . .	1,553	1.2	0.35	733	1.0	0.55	693	1.4	0.51
12–19 years . . . . .	1,659	1.9	0.52	711	1.9	1.12	796	2.1	0.65
20–59 years . . . . .	5,921	9.0	0.78	1,939	4.4	0.87	3,484	10.3	0.94
60 years and over . . . . .	2,588	12.0	0.86	803	11.0	1.93	1,448	12.5	1.12

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Distribution of this nutrient is very skewed; means and standard errors of the means should be used and interpreted with caution.

Table 113. Sucrose intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	54	1.0	41	10,634	56	1.3	42	8,513	53	0.7	41	8,627	45	0.7	36
2–11 months <sup>2</sup>	1,620	14	0.5	10	903	16	0.6	11	284	12	0.8	7	280	13	1.1	8
1–2 years	2,310	30	0.7	25	759	32	0.9	27	664	29	1.0	24	769	27	0.7	23
3–5 years	2,941	43	0.9	38	778	44	1.3	40	921	43	0.8	38	1,091	38	0.9	33
6–11 years	3,134	55	1.2	47	832	57	1.6	49	1,065	55	1.5	47	1,108	46	1.5	38
12–15 years	1,599	69	2.4	54	408	71	3.5	55	567	67	2.7	54	542	57	2.7	44
16–19 years	1,522	67	2.3	51	400	71	3.2	53	546	68	3.2	53	502	50	2.1	41
20–29 years	3,400	61	2.2	46	871	66	3.2	47	1,085	59	2.3	47	1,299	49	1.2	39
30–39 years	3,238	59	1.6	45	1,022	61	2.1	46	1,112	56	1.9	43	973	50	1.7	40
40–49 years	2,503	55	2.0	40	877	58	2.4	42	785	52	1.9	40	730	47	1.8	36
50–59 years	1,799	51	2.6	38	869	52	3.2	38	474	49	2.5	37	365	39	2.8	32
60–69 years	2,208	44	1.3	34	953	45	1.4	35	560	38	1.6	27	621	34	1.1	28
70–79 years	1,678	41	1.1	33	1,052	42	1.3	33	334	35	1.7	26	249	30	2.4	20
80 years and over	1,153	40	1.2	31	910	40	1.3	31	116	43	4.9	30	98	31	3.4	20
Male																
All ages <sup>2</sup>	13,923	62	1.5	48	5,028	66	1.9	51	4,003	59	1.0	44	4,264	50	0.9	40
2–11 months <sup>2</sup>	815	15	0.7	10	455	17	0.9	14	145	11	1.0	7	149	13	1.1	8
1–2 years	1,171	32	1.0	27	377	33	1.4	29	341	30	1.3	25	381	29	1.1	25
3–5 years	1,424	45	1.3	40	380	47	1.7	42	439	45	1.1	39	527	40	1.5	34
6–11 years	1,581	61	1.9	52	419	65	2.4	56	547	58	2.4	50	539	47	1.6	42
12–15 years	751	75	3.7	57	177	75	4.8	58	269	76	4.8	59	266	63	4.6	46
16–19 years	711	77	3.3	63	178	83	4.3	70	255	78	5.0	59	251	57	3.5	43
20–29 years	1,587	70	2.9	53	383	77	4.1	56	477	67	4.5	53	656	54	1.6	42
30–39 years	1,424	69	2.7	53	438	72	3.4	57	475	67	3.1	50	456	56	2.1	45
40–49 years	1,188	68	3.9	51	418	72	4.6	53	356	57	2.6	41	369	51	2.7	39
50–59 years	820	60	3.7	43	399	62	4.5	45	207	57	4.8	40	174	47	5.4	36
60–69 years	1,111	49	2.0	39	490	50	2.2	39	279	46	2.7	34	313	40	3.0	34
70–79 years	783	49	2.4	38	468	50	2.7	39	168	38	2.5	33	133	32	2.8	25
80 years and over	557	46	2.1	34	446	48	2.3	36	45	45	7.4	34	50	34	5.5	34
Female																
All ages <sup>2</sup>	15,182	46	0.7	36	5,606	47	0.9	36	4,510	47	0.9	39	4,363	41	0.7	33
2–11 months <sup>2</sup>	805	14	0.7	10	448	15	0.7	10	139	13	1.1	8	131	12	1.7	8
1–2 years	1,139	29	0.8	24	382	30	1.1	26	323	28	1.7	23	388	25	0.9	21
3–5 years	1,517	41	1.0	36	398	42	1.3	38	482	41	1.0	37	564	37	1.1	32
6–11 years	1,553	49	1.4	41	413	49	1.8	41	518	53	2.1	45	569	45	1.8	36
12–15 years	848	63	3.4	50	231	66	5.1	51	298	59	2.8	50	276	50	3.6	40
16–19 years	811	56	3.8	42	222	58	4.9	41	291	59	3.0	48	251	43	1.6	40
20–29 years	1,813	53	2.4	40	488	56	3.4	42	608	53	2.5	45	643	43	1.5	35
30–39 years	1,814	49	1.3	38	584	50	1.9	38	637	47	1.7	39	517	44	1.9	35
40–49 years	1,315	43	1.2	35	459	43	1.3	35	429	49	1.9	39	361	43	2.1	33
50–59 years	979	42	2.2	34	470	42	2.8	34	267	43	3.0	35	191	32	1.9	25
60–69 years	1,097	40	1.5	31	463	42	1.6	31	281	33	1.7	25	308	29	1.2	24
70–79 years	895	36	0.9	30	584	36	1.0	30	166	33	2.7	25	116	28	3.1	19
80 years and over	596	37	1.3	29	464	36	1.5	29	71	42	5.9	29	48	28	3.7	18

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.



**Table 114. Sucrose intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	54	1.0	41	10,696	52	1.9	39	15,771	55	1.1	42
Under 6 years <sup>2</sup> . . . . .	6,871	35	0.6	30	3,145	34	1.1	29	3,128	35	0.8	31
6–11 years . . . . .	3,134	55	1.2	47	1,446	56	2.4	49	1,439	55	1.5	47
12–19 years . . . . .	3,121	68	1.8	52	1,345	66	3.3	52	1,470	70	2.6	53
20–59 years . . . . .	10,940	57	1.4	43	3,329	56	3.4	40	6,710	58	1.3	44
60 years and over . . . . .	5,039	43	0.9	33	1,431	37	1.3	29	3,024	44	1.1	34
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	62	1.5	48	4,929	56	2.1	42	7,770	64	1.6	50
Under 6 years <sup>2</sup> . . . . .	3,410	36	0.9	30	1,564	36	1.6	29	1,548	37	1.3	32
6–11 years . . . . .	1,581	61	1.9	52	713	61	3.8	56	746	62	2.4	52
12–19 years . . . . .	1,462	76	2.8	59	634	74	5.2	56	674	79	3.5	62
20–59 years . . . . .	5,019	68	2.2	51	1,390	59	3.5	43	3,226	69	2.2	52
60 years and over . . . . .	2,451	49	1.4	38	628	41	2.1	31	1,576	50	1.8	39
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	46	0.7	36	5,767	49	2.1	37	8,001	46	0.8	36
Under 6 years <sup>2</sup> . . . . .	3,461	33	0.6	29	1,581	33	1.2	28	1,580	33	0.9	30
6–11 years . . . . .	1,553	49	1.4	41	733	51	2.1	43	693	48	1.7	40
12–19 years . . . . .	1,659	59	2.4	47	711	59	4.3	48	796	60	3.5	46
20–59 years . . . . .	5,921	47	0.9	37	1,939	53	4.1	38	3,484	46	0.9	37
60 years and over . . . . .	2,588	38	0.8	30	803	36	1.5	28	1,448	39	1.0	31

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 115. Alpha-Carotene intake in micrograms by age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,103	417	15.3	37	10,634	428	17.9	39	8,512	253	13.9	26	8,626	333	14.2	47
2–11 months <sup>2</sup>	1,620	477	30.5	13	903	516	39.9	28	284	341	69.6	6	280	536	50.1	9
1–2 years	2,310	233	22.6	15	759	228	26.4	14	664	171	23.2	17	769	207	32.5	18
3–5 years	2,941	204	23.9	21	778	204	33.5	18	921	162	17.6	25	1,091	239	31.7	27
6–11 years	3,134	249	29.7	23	832	235	35.7	21	1,065	195	30.0	25	1,108	300	51.4	30
12–15 years	1,598	320	33.5	22	408	171	31.9	20	567	152	37.0	21	541	288	65.9	37
16–19 years	1,521	279	58.9	24	400	347	87.6	24	545	161	15.9	22	502	180	24.0	41
20–29 years	3,400	342	37.1	35	871	321	38.4	31	1,085	227	22.6	31	1,299	379	33.0	66
30–39 years	3,238	475	46.0	45	1,022	481	54.2	45	1,112	302	29.9	30	973	413	38.2	67
40–49 years	2,503	460	36.9	52	877	467	41.9	59	785	260	27.6	31	730	351	30.4	59
50–59 years	1,799	514	30.2	58	869	542	37.1	62	474	397	75.1	23	365	396	46.8	70
60–69 years	2,208	645	45.9	63	953	665	60.0	71	560	357	44.4	27	621	307	33.8	50
70–79 years	1,678	547	33.9	56	1,052	571	38.4	63	334	351	65.1	23	249	440	66.3	44
80 years and over	1,153	624	53.9	50	910	638	58.7	51	116	451	103.3	30	98	335	71.2	34
Male																
All ages <sup>2</sup>	13,922	427	19.5	39	5,028	431	26.5	40	4,003	265	19.6	27	4,263	324	19.7	52
2–11 months <sup>2</sup>	815	487	33.5	12	455	566	41.4	46	145	*356	*101.8	6	149	518	88.0	7
1–2 years	1,171	245	34.6	16	377	248	45.5	16	341	188	29.3	19	381	192	42.8	16
3–5 years	1,424	206	31.8	20	380	182	37.7	17	439	193	34.9	26	527	254	45.3	29
6–11 years	1,581	247	37.5	23	419	272	54.0	23	547	179	21.1	25	539	280	67.5	31
12–15 years	750	311	167.5	27	177	*128	*36.8	27	269	*142	*38.1	22	265	*299	*85.6	38
16–19 years	711	313	90.1	28	178	*394	*133.4	25	255	179	25.0	24	251	142	22.0	48
20–29 years	1,587	425	61.1	39	383	407	67.0	31	477	280	46.0	34	656	376	45.5	72
30–39 years	1,424	483	75.3	49	438	462	77.9	47	475	361	59.3	42	456	423	67.9	74
40–49 years	1,188	465	49.9	59	418	468	59.8	64	356	295	46.6	35	369	302	42.2	72
50–59 years	820	499	71.6	59	399	529	91.2	67	207	340	84.1	18	174	355	63.3	69
60–69 years	1,111	676	63.2	59	490	689	89.5	68	279	251	59.2	16	313	332	46.6	53
70–79 years	783	463	44.3	50	468	467	45.2	59	168	*370	*123.6	20	133	365	70.3	33
80 years and over	557	676	93.7	47	446	688	106.0	47	45	*676	*176.2	36	50	*293	*126.2	26
Female																
All ages <sup>2</sup>	15,181	408	20.5	35	5,606	425	23.3	38	4,509	242	16.2	25	4,363	343	19.1	44
2–11 months <sup>2</sup>	805	465	43.9	14	448	461	65.4	17	139	324	65.1	5	131	559	103.2	11
1–2 years	1,139	221	21.4	14	382	207	29.0	13	323	153	34.3	14	388	223	38.8	21
3–5 years	1,517	201	26.7	21	398	230	40.3	20	482	132	20.6	23	564	223	40.8	26
6–11 years	1,553	251	44.3	22	413	*195	*51.5	18	518	*211	*58.0	25	569	319	71.8	30
12–15 years	848	*329	*125.5	19	231	*217	*59.7	16	298	*161	*46.6	19	276	278	59.7	34
16–19 years	810	*244	*75.7	21	222	*297	*112.1	21	290	142	22.6	18	251	219	39.8	37
20–29 years	1,813	263	33.4	32	488	242	33.4	29	608	184	32.8	29	643	382	33.1	59
30–39 years	1,814	467	53.6	38	584	499	74.3	42	637	256	27.3	25	517	401	56.1	56
40–49 years	1,315	455	39.0	48	459	465	43.6	53	429	231	29.0	31	361	402	55.3	49
50–59 years	979	528	67.4	58	470	554	83.5	60	267	*441	*121.2	28	191	433	68.3	71
60–69 years	1,097	620	57.3	66	463	644	68.0	75	281	430	52.2	44	308	288	42.3	46
70–79 years	895	606	51.8	63	584	645	59.5	70	166	337	82.1	29	116	512	81.1	47
80 years and over	596	595	69.9	51	464	611	74.7	53	71	*350	*115.7	29	48	371	48.9	45

\* Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

**Table 116. Alpha-Carotene intake in micrograms by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,103	417	15.3	37	10,696	298	25.2	27	15,770	454	18.4	41
Under 6 years <sup>2</sup>	6,871	250	16.6	18	3,145	206	21.5	18	3,128	271	21.7	18
6–11 years	3,134	249	29.7	23	1,446	198	32.6	27	1,439	275	39.0	22
12–19 years	3,119	299	35.4	23	1,345	186	35.7	26	1,469	348	47.6	22
20–59 years	10,940	440	21.9	45	3,329	337	41.8	30	6,710	465	27.4	47
60 years and over	5,039	608	31.2	59	1,431	477	65.7	30	3,024	653	32.3	71
<b>Male</b>												
All ages <sup>2</sup>	13,922	427	19.5	39	4,929	332	38.5	27	7,769	455	23.9	43
Under 6 years <sup>2</sup>	3,410	257	23.3	18	1,564	219	33.4	18	1,548	269	27.7	18
6–11 years	1,581	247	37.5	23	713	*204	*54.8	28	746	264	40.9	23
12–19 years	1,461	*312	*92.6	27	634	137	23.1	29	673	372	142.8	27
20–59 years	5,019	464	36.3	48	1,390	450	79.7	32	3,226	473	45.7	52
60 years and over	2,451	604	40.1	55	628	488	97.3	26	1,576	640	37.6	63
<b>Female</b>												
All ages <sup>2</sup>	15,181	408	20.5	35	5,767	270	24.1	27	8,001	453	27.3	39
Under 6 years <sup>2</sup>	3,461	243	15.5	19	1,581	193	20.3	18	1,580	274	21.9	20
6–11 years	1,553	251	44.3	22	733	193	34.8	25	693	288	66.6	19
12–19 years	1,658	*287	*79.0	20	711	*229	*61.4	24	796	*324	*112.9	18
20–59 years	5,921	416	23.9	41	1,939	251	35.2	29	3,484	457	29.7	45
60 years and over	2,588	611	36.4	62	803	472	83.7	33	1,448	664	43.2	78

\* Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

Table 117. Beta-Carotene intake in micrograms by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	1,994	43.0	775	10,634	1,970	45.3	810	8,512	2,075	51.6	608	8,626	1,470	34.0	706
2–11 months <sup>2</sup>	1,620	1,568	76.6	411	903	1,739	100.4	542	284	1,089	159.2	221	280	1,472	135.4	308
1–2 years	2,310	1,042	54.0	434	759	1,009	64.6	427	664	1,064	82.6	421	769	830	81.7	382
3–5 years	2,941	1,031	59.2	458	778	977	80.5	453	921	1,197	79.7	516	1,091	1,009	92.3	430
6–11 years	3,134	1,267	78.1	504	832	1,176	88.2	491	1,065	1,687	180.4	553	1,108	1,121	92.8	495
12–15 years	1,598	1,484	101.1	533	408	1,099	134.4	519	567	1,559	152.9	556	541	1,203	144.1	539
16–19 years	1,521	1,432	153.7	657	400	1,582	217.8	711	545	1,377	145.6	566	502	1,133	85.9	683
20–29 years	3,400	1,882	112.8	791	871	1,757	109.9	806	1,085	1,851	151.1	614	1,299	1,728	80.0	918
30–39 years	3,238	2,232	117.1	961	1,022	2,185	139.8	984	1,112	2,236	136.7	660	973	1,868	104.0	932
40–49 years	2,503	2,136	106.2	848	877	2,070	135.5	849	785	2,400	119.2	717	730	1,642	114.4	823
50–59 years	1,799	2,496	112.7	1,016	869	2,413	150.5	1,027	474	3,491	328.2	723	365	1,765	134.6	977
60–69 years	2,208	2,704	99.7	1,157	953	2,683	124.8	1,232	560	2,867	182.2	826	621	1,401	79.2	713
70–79 years	1,678	2,711	129.9	1,127	1,052	2,643	148.1	1,147	334	3,480	245.3	860	249	1,809	172.5	632
80 years and over	1,153	2,808	166.2	1,023	910	2,840	192.6	1,070	116	3,102	525.7	766	98	1,454	167.1	512
<b>Male</b>																
All ages <sup>2</sup>	13,922	2,070	58.1	836	5,028	2,053	81.2	878	4,003	2,117	80.7	653	4,263	1,496	46.7	768
2–11 months <sup>2</sup>	815	1,629	97.6	424	455	1,922	129.3	697	145	1,166	223.3	288	149	1,431	171.0	251
1–2 years	1,171	1,144	87.4	445	377	1,139	109.0	438	341	1,139	109.5	467	381	783	97.2	408
3–5 years	1,424	1,039	73.8	474	380	964	99.8	467	439	1,219	142.2	539	527	973	103.5	380
6–11 years	1,581	1,248	108.3	529	419	1,241	132.5	529	547	1,582	171.3	610	539	1,086	118.3	550
12–15 years	750	1,635	339.7	590	177	1,209	242.0	556	269	1,702	257.3	565	265	1,303	194.0	523
16–19 years	711	1,558	218.8	761	178	1,743	305.1	808	255	1,357	162.5	623	251	1,082	117.9	700
20–29 years	1,587	2,068	146.9	902	383	1,925	156.7	904	477	2,238	265.9	790	656	1,768	113.7	994
30–39 years	1,424	2,359	204.1	1,091	438	2,268	216.1	1,104	475	2,462	212.4	776	456	2,009	161.7	1,091
40–49 years	1,188	2,260	169.4	917	418	2,243	212.7	922	356	2,548	204.2	757	369	1,572	132.5	950
50–59 years	820	2,580	213.3	1,044	399	2,583	278.9	1,064	207	3,209	442.3	714	174	1,653	149.1	973
60–69 years	1,111	2,761	139.3	1,127	490	2,723	180.8	1,161	279	2,597	318.2	611	313	1,446	117.5	721
70–79 years	783	2,707	214.5	987	468	2,614	233.9	992	168	3,368	399.1	803	133	1,936	304.2	641
80 years and over	557	2,888	286.0	900	446	2,947	327.6	929	45	2,975	750.5	624	50	1,805	323.9	532
<b>Female</b>																
All ages <sup>2</sup>	15,181	1,924	52.9	719	5,606	1,891	52.2	757	4,509	2,038	79.1	566	4,363	1,442	45.4	650
2–11 months <sup>2</sup>	805	1,502	91.1	391	448	1,538	133.3	383	139	1,001	160.0	215	131	1,523	248.7	391
1–2 years	1,139	934	52.4	414	382	875	71.0	407	323	988	126.3	404	388	879	92.8	365
3–5 years	1,517	1,022	75.1	429	398	990	93.9	426	482	1,175	78.9	502	564	1,046	134.4	464
6–11 years	1,553	1,286	104.4	459	413	1,109	139.4	443	518	1,793	324.2	509	569	1,153	135.4	480
12–15 years	848	1,329	269.0	468	231	983	124.0	440	298	1,421	203.3	556	276	1,105	131.5	547
16–19 years	810	1,305	177.5	499	222	1,411	257.2	604	290	1,397	207.4	497	251	1,187	84.8	641
20–29 years	1,813	1,703	157.8	684	488	1,601	149.9	711	608	1,529	172.9	465	643	1,678	105.2	820
30–39 years	1,814	2,111	118.8	814	584	2,104	155.1	856	637	2,057	148.4	577	517	1,716	156.4	756
40–49 years	1,315	2,018	114.7	799	459	1,895	129.5	794	429	2,275	165.7	675	361	1,714	162.3	733
50–59 years	979	2,420	165.7	947	470	2,258	204.1	947	267	3,709	447.8	760	191	1,870	210.8	991
60–69 years	1,097	2,655	125.9	1,185	463	2,648	150.5	1,299	281	3,051	216.1	1,042	308	1,367	95.3	703
70–79 years	895	2,713	154.6	1,295	584	2,664	175.8	1,322	166	3,561	314.0	967	116	1,688	167.4	628
80 years and over	596	2,765	188.1	1,160	464	2,784	222.0	1,195	71	3,159	680.8	784	48	1,142	120.1	512

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

**Table 118. Beta-Carotene intake in micrograms by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	1,994	43.0	775	10,696	1,690	69.2	591	15,770	2,087	53.7	838
Under 6 years <sup>2</sup> . . . . .	6,871	1,106	40.4	443	3,145	1,028	47.9	419	3,128	1,156	54.6	466
6–11 years . . . . .	3,134	1,267	78.1	504	1,446	1,204	91.5	526	1,439	1,302	100.9	507
12–19 years . . . . .	3,119	1,458	101.7	590	1,345	1,211	111.6	541	1,469	1,548	127.1	593
20–59 years . . . . .	10,940	2,151	69.0	888	3,329	1,961	133.9	665	6,710	2,196	82.6	930
60 years and over . . . . .	5,039	2,722	82.0	1,128	1,431	2,465	144.1	774	3,024	2,834	97.8	1,237
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,922	2,070	58.1	836	4,929	1,776	87.5	620	7,769	2,162	74.7	890
Under 6 years <sup>2</sup> . . . . .	3,410	1,155	53.4	459	1,564	1,057	75.6	443	1,548	1,205	72.6	472
6–11 years . . . . .	1,581	1,248	108.3	529	713	1,222	123.0	554	746	1,257	117.2	530
12–19 years . . . . .	1,461	1,597	200.1	659	634	1,168	118.5	556	673	1,740	300.2	691
20–59 years . . . . .	5,019	2,286	107.9	988	1,390	2,228	193.4	766	3,226	2,316	133.8	1,024
60 years and over . . . . .	2,451	2,758	107.2	1,043	628	2,681	222.5	774	1,576	2,829	118.3	1,101
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	1,924	52.9	719	5,767	1,622	101.0	559	8,001	2,013	65.4	783
Under 6 years <sup>2</sup> . . . . .	3,461	1,054	44.8	422	1,581	997	63.8	393	1,580	1,105	55.2	459
6–11 years . . . . .	1,553	1,286	104.4	459	733	1,188	125.4	490	693	1,352	169.6	456
12–19 years . . . . .	1,658	1,317	175.4	495	711	1,249	145.2	516	796	1,349	242.2	470
20–59 years . . . . .	5,921	2,022	77.4	789	1,939	1,757	185.2	585	3,484	2,076	86.1	842
60 years and over . . . . .	2,588	2,694	92.7	1,205	803	2,358	174.2	774	1,448	2,839	124.4	1,346

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

**Table 119. Beta-Carotene equivalents in micrograms by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	2,255	49.5	854	10,634	2,233	52.8	889	8,512	2,252	53.8	682	8,626	1,715	41.8	796
2–11 months <sup>2</sup>	1,620	1,821	89.2	453	903	2,012	116.4	625	284	1,273	191.5	259	280	1,757	157.8	337
1–2 years	2,310	1,199	64.4	488	759	1,161	77.0	485	664	1,192	90.8	481	769	975	97.5	436
3–5 years	2,941	1,175	70.0	521	778	1,117	95.6	510	921	1,327	85.8	584	1,091	1,186	107.8	512
6–11 years	3,134	1,438	90.5	563	832	1,335	101.3	548	1,065	1,839	192.2	634	1,108	1,330	116.4	584
12–15 years	1,598	1,692	108.7	592	408	1,228	142.7	558	567	1,678	159.8	597	541	1,405	176.2	626
16–19 years	1,521	1,620	181.6	697	400	1,795	259.4	748	545	1,511	151.1	626	502	1,297	100.7	742
20–29 years	3,400	2,114	126.9	870	871	1,973	124.4	896	1,085	2,021	156.7	688	1,299	2,020	98.0	1,035
30–39 years	3,238	2,521	136.2	1,043	1,022	2,473	163.0	1,098	1,112	2,443	137.4	725	973	2,175	121.8	1,084
40–49 years	2,503	2,414	121.8	949	877	2,350	152.5	949	785	2,577	124.1	781	730	1,894	127.6	912
50–59 years	1,799	2,812	123.3	1,091	869	2,742	165.1	1,128	474	3,741	341.6	841	365	2,052	151.3	1,087
60–69 years	2,208	3,080	117.4	1,270	953	3,069	149.4	1,379	560	3,100	195.8	950	621	1,624	94.4	780
70–79 years	1,678	3,041	139.2	1,243	1,052	2,987	158.4	1,262	334	3,704	255.1	986	249	2,091	194.8	750
80 years and over	1,153	3,179	186.2	1,140	910	3,218	215.0	1,213	116	3,388	557.3	912	98	1,719	182.0	612
<b>Male</b>																
All ages <sup>2</sup>	13,922	2,340	66.2	917	5,028	2,323	92.9	946	4,003	2,309	88.6	733	4,263	1,741	55.9	865
2–11 months <sup>2</sup>	815	1,888	111.1	467	455	2,221	143.7	860	145	1,357	269.4	324	149	1,707	210.0	272
1–2 years	1,171	1,309	103.2	511	377	1,303	129.6	488	341	1,281	119.9	529	381	922	120.0	442
3–5 years	1,424	1,183	86.0	532	380	1,089	113.7	514	439	1,364	153.0	604	527	1,156	126.9	485
6–11 years	1,581	1,420	126.1	612	419	1,424	157.6	614	547	1,725	175.5	685	539	1,281	146.7	651
12–15 years	750	1,843	412.2	645	177	1,324	246.8	638	269	1,822	257.3	602	265	1,506	235.6	635
16–19 years	711	1,767	261.6	817	178	1,984	368.8	830	255	1,518	171.4	694	251	1,226	132.5	783
20–29 years	1,587	2,350	174.0	981	383	2,191	187.1	956	477	2,451	274.2	862	656	2,068	139.3	1,102
30–39 years	1,424	2,663	236.0	1,216	438	2,556	249.3	1,264	475	2,718	227.2	840	456	2,330	194.9	1,208
40–49 years	1,188	2,542	189.5	1,008	418	2,526	236.5	1,008	356	2,745	219.2	820	369	1,809	152.2	1,066
50–59 years	820	2,900	243.5	1,128	399	2,919	319.4	1,156	207	3,433	460.2	809	174	1,930	180.1	1,087
60–69 years	1,111	3,149	164.0	1,255	490	3,117	218.6	1,304	279	2,763	339.6	681	313	1,683	140.1	789
70–79 years	783	3,005	223.1	1,113	468	2,917	241.2	1,115	168	3,603	424.4	944	133	2,189	329.5	738
80 years and over	557	3,283	323.4	1,008	446	3,347	370.1	1,039	45	3,364	825.6	833	50	2,056	368.1	612
<b>Female</b>																
All ages <sup>2</sup>	15,181	2,175	61.1	797	5,606	2,148	61.5	832	4,509	2,204	82.6	634	4,363	1,687	56.2	739
2–11 months <sup>2</sup>	805	1,749	109.2	442	448	1,783	162.1	445	139	1,176	190.6	235	131	1,820	295.7	430
1–2 years	1,139	1,083	63.0	473	382	1,015	86.4	470	323	1,100	138.4	443	388	1,030	110.3	416
3–5 years	1,517	1,167	87.7	492	398	1,149	113.3	492	482	1,290	86.1	556	564	1,218	152.9	550
6–11 years	1,553	1,457	121.0	508	413	1,243	155.3	476	518	1,953	348.7	587	569	1,378	169.1	533
12–15 years	848	1,538	331.6	525	231	1,128	151.7	500	298	1,540	220.7	585	276	1,308	160.5	626
16–19 years	810	1,470	212.7	587	222	1,593	310.1	661	290	1,503	214.0	550	251	1,373	103.5	720
20–29 years	1,813	1,888	165.4	755	488	1,770	154.1	808	608	1,663	181.5	550	643	1,961	121.4	917
30–39 years	1,814	2,387	143.4	889	584	2,391	188.8	905	637	2,225	152.6	649	517	2,006	186.2	859
40–49 years	1,315	2,291	132.7	865	459	2,172	148.2	859	429	2,434	168.2	752	361	1,981	185.2	808
50–59 years	979	2,731	194.1	1,081	470	2,580	241.6	1,082	267	3,977	461.1	842	191	2,166	235.6	1,079
60–69 years	1,097	3,022	148.9	1,344	463	3,026	178.3	1,447	281	3,330	231.7	1,151	308	1,579	112.4	776
70–79 years	895	3,066	176.3	1,429	584	3,036	201.1	1,436	166	3,778	330.7	986	116	1,999	203.5	750
80 years and over	596	3,123	214.8	1,283	464	3,149	250.5	1,358	71	3,398	702.1	932	48	1,419	140.4	563

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

**Table 120. Beta-Carotene equivalents in micrograms by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	2,255	49.5	854	10,696	1,889	76.8	659	15,770	2,367	62.2	920
Under 6 years <sup>2</sup> . . . . .	6,871	1,269	48.1	509	3,145	1,170	55.9	486	3,128	1,330	64.2	524
6–11 years . . . . .	3,134	1,438	90.5	563	1,446	1,354	102.1	604	1,439	1,486	116.5	568
12–19 years . . . . .	3,119	1,656	116.0	645	1,345	1,357	127.9	617	1,469	1,770	146.0	645
20–59 years . . . . .	10,940	2,425	78.4	964	3,329	2,184	147.1	723	6,710	2,483	94.7	1,016
60 years and over . . . . .	5,039	3,081	91.6	1,252	1,431	2,747	168.3	875	3,024	3,218	108.6	1,385
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,922	2,340	66.2	917	4,929	1,996	104.7	698	7,769	2,448	85.1	971
Under 6 years <sup>2</sup> . . . . .	3,410	1,322	63.6	523	1,564	1,209	90.0	528	1,548	1,375	83.4	523
6–11 years . . . . .	1,581	1,420	126.1	612	713	1,371	147.4	649	746	1,439	136.2	598
12–19 years . . . . .	1,461	1,806	239.2	734	634	1,289	128.5	624	673	1,980	363.0	762
20–59 years . . . . .	5,019	2,581	124.1	1,067	1,390	2,516	230.0	869	3,226	2,615	154.7	1,102
60 years and over . . . . .	2,451	3,116	118.6	1,146	628	2,965	262.4	874	1,576	3,207	127.3	1,233
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	2,175	61.1	797	5,767	1,805	106.4	624	8,001	2,286	77.2	859
Under 6 years <sup>2</sup> . . . . .	3,461	1,214	52.5	483	1,581	1,128	70.7	446	1,580	1,282	66.4	525
6–11 years . . . . .	1,553	1,457	121.0	508	733	1,337	134.8	541	693	1,538	194.4	508
12–19 years . . . . .	1,658	1,504	214.5	547	711	1,416	173.8	587	796	1,551	298.4	544
20–59 years . . . . .	5,921	2,277	86.4	859	1,939	1,930	190.6	647	3,484	2,351	97.8	916
60 years and over . . . . .	2,588	3,054	106.3	1,368	803	2,640	206.5	880	1,448	3,228	142.3	1,494

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

Table 121. Beta-Cryptoxanthin intake in micrograms by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,103	104	3.1	24	10,634	98	3.9	23	8,512	103	4.1	22	8,626	157	6.8	41
2–11 months <sup>2</sup>	1,620	30	2.1	15	903	31	2.7	16	284	27	2.2	12	280	34	4.1	15
1–2 years	2,310	81	3.1	40	759	78	4.7	41	664	86	4.4	35	769	83	3.9	34
3–5 years	2,941	86	4.0	33	778	77	5.1	30	921	98	5.1	45	1,091	117	5.0	46
6–11 years	3,134	95	6.4	27	832	84	8.0	24	1,065	110	6.7	40	1,108	120	11.9	35
12–15 years	1,598	98	8.1	13	408	88	10.6	11	567	88	7.6	14	541	118	6.9	26
16–19 years	1,521	97	9.6	12	400	78	11.7	10	545	108	9.9	16	502	150	16.4	25
20–29 years	3,400	122	8.3	17	871	111	10.1	14	1,085	113	6.5	17	1,299	206	19.4	61
30–39 years	3,238	104	6.2	21	1,022	95	7.8	20	1,112	112	18.7	20	973	201	16.8	49
40–49 years	2,503	97	6.9	21	877	94	8.0	21	785	94	7.7	18	730	154	10.6	38
50–59 years	1,799	118	9.7	30	869	116	12.0	28	474	102	8.1	23	365	179	23.1	62
60–69 years	2,208	107	4.9	46	953	106	5.9	48	560	109	10.8	24	621	140	11.6	46
70–79 years	1,678	114	13.8	42	1,052	116	15.9	45	334	98	7.5	25	249	125	20.3	37
80 years and over	1,153	120	7.2	61	910	118	8.2	65	116	122	25.5	35	98	196	27.9	60
Male																
All ages <sup>2</sup>	13,922	115	4.5	25	5,028	109	6.1	23	4,003	119	8.2	23	4,263	167	8.0	37
2–11 months <sup>2</sup>	815	32	1.5	15	455	32	1.9	18	145	28	3.0	14	149	33	5.6	15
1–2 years	1,171	85	3.7	46	377	81	5.4	47	341	98	6.6	46	381	86	6.3	30
3–5 years	1,424	82	5.3	26	380	67	6.4	22	439	98	6.1	41	527	113	8.7	41
6–11 years	1,581	98	10.3	26	419	94	14.2	26	547	109	10.0	40	539	109	18.9	29
12–15 years	750	106	13.0	14	177	103	17.9	13	269	99	11.9	14	265	109	10.8	18
16–19 years	711	107	13.0	13	178	88	17.6	10	255	145	16.4	23	251	147	22.3	20
20–29 years	1,587	140	12.7	19	383	127	17.0	14	477	148	13.4	25	656	225	28.4	59
30–39 years	1,424	124	8.8	25	438	115	11.3	25	475	*151	*40.5	21	456	221	21.3	66
40–49 years	1,188	101	8.3	23	418	98	9.7	23	356	101	12.4	18	369	175	16.0	41
50–59 years	820	142	19.5	37	399	144	24.1	34	207	110	16.0	17	174	200	31.2	76
60–69 years	1,111	100	6.6	31	490	99	7.8	29	279	81	10.8	11	313	142	13.2	36
70–79 years	783	133	29.7	36	468	*138	*34.6	38	168	98	12.9	11	133	*140	*39.1	37
80 years and over	557	114	7.7	42	446	112	9.6	43	45	104	15.6	21	50	*209	*65.6	54
Female																
All ages <sup>2</sup>	15,181	95	3.2	24	5,606	88	3.6	23	4,509	90	2.8	20	4,363	147	8.2	44
2–11 months <sup>2</sup>	805	29	3.7	15	448	29	5.0	15	139	27	3.3	11	131	35	6.3	14
1–2 years	1,139	77	5.3	34	382	75	8.0	36	323	73	5.7	31	388	81	6.6	39
3–5 years	1,517	90	4.5	43	398	88	6.0	45	482	99	7.6	48	564	120	9.0	55
6–11 years	1,553	92	7.7	28	413	73	6.5	20	518	110	6.6	36	569	131	18.8	61
12–15 years	848	89	7.5	13	231	73	9.0	9	298	78	7.8	13	276	128	10.8	37
16–19 years	810	88	12.5	10	222	68	12.6	10	290	71	9.5	11	251	153	15.3	34
20–29 years	1,813	106	8.1	16	488	97	8.8	13	608	85	7.3	12	643	183	16.2	64
30–39 years	1,814	85	5.5	18	584	75	7.4	17	637	80	6.7	18	517	179	22.0	40
40–49 years	1,315	92	10.3	19	459	90	12.8	19	429	88	9.2	19	361	132	12.4	35
50–59 years	979	96	6.8	26	470	90	7.9	26	267	97	10.3	24	191	159	27.0	51
60–69 years	1,097	114	6.9	61	463	113	8.4	69	281	128	14.8	45	308	138	17.6	52
70–79 years	895	100	6.6	46	584	100	7.2	48	166	98	9.4	45	116	110	15.3	43
80 years and over	596	122	9.6	68	464	122	10.4	71	71	*130	*34.5	38	48	*184	*52.4	89

\* Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.



**Table 122. Beta-Cryptoxanthin intake in micrograms by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	104	3.1	24	10,696	101	4.6	18	15,770	106	3.8	26
Under 6 years <sup>2</sup> . . . . .	6,871	77	2.7	30	3,145	79	3.4	25	3,128	77	3.4	33
6–11 years . . . . .	3,134	95	6.4	27	1,446	101	10.6	30	1,439	93	8.2	26
12–19 years . . . . .	3,119	98	6.8	13	1,345	106	11.7	13	1,469	95	8.1	13
20–59 years . . . . .	10,940	110	3.8	21	3,329	110	8.0	13	6,710	110	4.4	24
60 years and over . . . . .	5,039	111	6.0	46	1,431	89	4.5	24	3,024	116	7.5	52
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,922	115	4.5	25	4,929	108	6.8	16	7,769	117	5.5	28
Under 6 years <sup>2</sup> . . . . .	3,410	76	3.3	28	1,564	86	5.7	27	1,548	73	3.9	30
6–11 years . . . . .	1,581	98	10.3	26	713	96	8.5	31	746	101	14.9	26
12–19 years . . . . .	1,461	107	9.7	13	634	106	13.3	11	673	110	12.4	15
20–59 years . . . . .	5,019	126	5.5	25	1,390	127	14.1	12	3,226	126	6.0	28
60 years and over . . . . .	2,451	113	10.6	34	628	81	5.8	12	1,576	118	13.6	40
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	95	3.2	24	5,767	95	6.1	20	8,001	95	3.8	25
Under 6 years <sup>2</sup> . . . . .	3,461	77	3.5	31	1,581	71	3.8	24	1,580	82	4.6	38
6–11 years . . . . .	1,553	92	7.7	28	733	106	18.4	29	693	85	6.7	26
12–19 years . . . . .	1,658	88	8.2	12	711	106	18.9	13	796	80	8.7	12
20–59 years . . . . .	5,921	94	4.2	19	1,939	96	7.7	16	3,484	94	5.2	20
60 years and over . . . . .	2,588	110	5.0	58	803	92	6.6	33	1,448	114	6.3	67

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

Table 123. Lutein/Zeaxanthin intake in micrograms by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	1,752	44.0	970	10,634	1,664	41.7	989	8,512	2,276	85.6	865	8,626	1,466	36.9	1,039
2–11 months <sup>2</sup>	1,620	626	37.3	248	903	698	52.6	285	284	556	79.8	212	280	496	83.5	253
1–2 years	2,310	917	32.6	611	759	874	40.9	618	664	1,265	91.4	663	769	732	30.4	545
3–5 years	2,941	1,105	51.3	718	778	981	48.9	708	921	1,541	84.3	853	1,091	967	36.4	733
6–11 years	3,134	1,244	59.4	792	832	1,148	65.5	792	1,065	1,889	187.2	818	1,108	1,062	50.7	838
12–15 years	1,598	1,266	54.6	816	408	1,122	59.5	786	567	1,569	99.4	787	541	1,180	59.3	957
16–19 years	1,521	1,317	69.4	849	400	1,267	88.6	825	545	1,700	198.7	847	502	1,320	72.3	949
20–29 years	3,400	1,826	142.7	1,023	871	1,604	80.3	1,003	1,085	2,025	165.3	969	1,299	1,779	61.6	1,370
30–39 years	3,238	1,930	82.7	1,070	1,022	1,872	100.3	1,089	1,112	2,348	190.8	871	973	1,867	76.9	1,353
40–49 years	2,503	1,908	83.5	1,045	877	1,769	112.0	1,053	785	2,670	178.5	949	730	1,727	112.0	1,188
50–59 years	1,799	2,314	121.9	1,189	869	2,175	159.3	1,223	474	3,870	477.7	922	365	1,755	127.0	1,265
60–69 years	2,208	2,098	74.1	1,178	953	2,022	88.1	1,221	560	3,109	183.3	1,028	621	1,467	82.1	975
70–79 years	1,678	2,110	130.9	1,055	1,052	1,929	134.5	1,079	334	3,940	369.7	1,015	249	1,597	223.1	830
80 years and over	1,153	1,933	111.9	1,026	910	1,883	128.8	1,037	116	3,101	600.6	1,121	98	1,268	196.9	777
<b>Male</b>																
All ages <sup>2</sup>	13,922	1,833	48.2	1,049	5,028	1,794	65.4	1,067	4,003	2,251	94.5	911	4,263	1,579	42.1	1,138
2–11 months <sup>2</sup>	815	649	47.8	268	455	761	69.2	319	145	491	86.8	212	149	*568	*168.6	244
1–2 years	1,171	959	47.0	637	377	915	60.7	632	341	1,371	104.9	744	381	739	42.8	551
3–5 years	1,424	1,074	65.2	706	380	988	73.8	667	439	1,396	97.3	837	527	979	55.0	751
6–11 years	1,581	1,232	60.5	824	419	1,163	69.6	838	547	1,727	166.4	838	539	1,018	73.6	792
12–15 years	750	1,399	85.5	981	177	1,266	100.8	994	269	1,608	155.4	810	265	1,295	73.9	1,064
16–19 years	711	1,450	98.2	992	178	1,464	125.9	1,097	255	1,574	180.3	925	251	1,378	107.0	1,018
20–29 years	1,587	1,829	119.8	1,127	383	1,668	140.2	1,088	477	2,165	229.5	1,087	656	1,978	97.5	1,501
30–39 years	1,424	2,047	138.9	1,206	438	2,021	169.8	1,243	475	2,449	261.6	1,007	456	2,014	109.7	1,592
40–49 years	1,188	2,054	162.4	1,185	418	1,977	201.5	1,200	356	2,909	272.2	1,044	369	1,941	145.0	1,489
50–59 years	820	2,631	195.1	1,338	399	2,582	247.5	1,430	207	3,952	673.9	796	174	1,640	121.5	1,300
60–69 years	1,111	2,185	89.7	1,245	490	2,150	101.2	1,304	279	2,901	310.0	866	313	1,482	90.8	1,096
70–79 years	783	2,202	188.5	1,141	468	1,993	179.3	1,147	168	3,801	586.0	979	133	2,097	405.5	973
80 years and over	557	2,008	158.1	1,073	446	2,015	183.5	1,098	45	2,193	539.4	1,148	50	1,754	404.6	819
<b>Female</b>																
All ages <sup>2</sup>	15,181	1,676	57.4	886	5,606	1,541	35.7	901	4,509	2,297	116.1	818	4,363	1,347	42.8	950
2–11 months <sup>2</sup>	805	602	46.9	234	448	630	64.0	243	139	630	134.9	207	131	404	57.3	266
1–2 years	1,139	872	41.2	582	382	832	43.4	607	323	1,156	133.9	579	388	726	46.1	538
3–5 years	1,517	1,138	81.0	726	398	972	55.5	726	482	1,681	117.4	884	564	954	37.9	716
6–11 years	1,553	1,256	88.2	758	413	1,132	92.4	725	518	2,051	318.4	809	569	1,104	49.3	896
12–15 years	848	1,130	64.2	700	231	970	74.0	647	298	1,531	180.7	783	276	1,069	63.3	903
16–19 years	810	1,182	75.3	731	222	1,056	87.6	716	290	1,825	319.7	727	251	1,258	74.8	886
20–29 years	1,813	1,823	259.1	940	488	1,544	99.2	926	608	1,909	240.6	850	643	1,532	78.7	1,162
30–39 years	1,814	1,818	79.8	994	584	1,727	96.0	1,021	637	2,267	219.2	785	517	1,708	99.1	1,177
40–49 years	1,315	1,768	71.0	972	459	1,558	99.3	971	429	2,467	207.6	864	361	1,506	117.0	1,043
50–59 years	979	2,021	122.2	1,042	470	1,803	124.4	1,088	267	3,806	582.4	943	191	1,863	177.6	1,247
60–69 years	1,097	2,024	95.0	1,127	463	1,908	117.4	1,156	281	3,252	268.4	1,194	308	1,455	99.2	911
70–79 years	895	2,045	133.0	1,007	584	1,883	131.6	1,027	166	4,040	415.4	1,028	116	1,120	104.0	687
80 years and over	596	1,893	115.4	977	464	1,813	124.8	991	71	3,507	853.1	1,121	48	835	79.6	763

\* Figure does not meet standard of reliability or precision. <sup>1</sup>Includes data for ethnic groups not shown separately. <sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

**Table 124. Lutein/Zeaxanthin intake in micrograms by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	1,752	44.0	970	10,696	1,770	116.2	816	15,770	1,735	43.6	1,010
Under 6 years <sup>2</sup> . . . . .	6,871	975	32.2	629	3,145	1,050	59.7	635	3,128	947	34.2	635
6–11 years . . . . .	3,134	1,244	59.4	792	1,446	1,285	89.9	815	1,439	1,220	70.9	799
12–19 years . . . . .	3,119	1,291	52.7	835	1,345	1,358	88.0	843	1,469	1,232	54.0	821
20–59 years . . . . .	10,940	1,956	68.8	1,061	3,329	2,175	236.5	922	6,710	1,902	66.5	1,097
60 years and over . . . . .	5,039	2,078	72.2	1,121	1,431	2,097	150.0	837	3,024	2,045	74.1	1,189
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,922	1,833	48.2	1,049	4,929	1,745	65.8	863	7,769	1,859	61.8	1,095
Under 6 years <sup>2</sup> . . . . .	3,410	976	40.6	633	1,564	1,042	56.4	659	1,548	950	49.0	632
6–11 years . . . . .	1,581	1,232	60.5	824	713	1,340	111.8	879	746	1,204	69.9	814
12–19 years . . . . .	1,461	1,424	70.5	981	634	1,323	117.2	843	673	1,438	77.3	996
20–59 years . . . . .	5,019	2,078	82.0	1,192	1,390	2,166	137.3	1,045	3,226	2,066	101.0	1,228
60 years and over . . . . .	2,451	2,169	85.1	1,170	628	2,265	266.4	763	1,576	2,148	95.8	1,224
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	1,676	57.4	886	5,767	1,791	199.0	788	8,001	1,611	42.0	924
Under 6 years <sup>2</sup> . . . . .	3,461	974	42.9	628	1,581	1,058	101.5	617	1,580	944	40.7	639
6–11 years . . . . .	1,553	1,256	88.2	758	733	1,234	102.0	743	693	1,239	111.2	769
12–19 years . . . . .	1,658	1,156	56.4	711	711	1,388	113.5	800	796	1,018	51.3	700
20–59 years . . . . .	5,921	1,840	90.5	977	1,939	2,181	407.5	840	3,484	1,739	60.4	1,002
60 years and over . . . . .	2,588	2,010	81.4	1,051	803	2,013	181.1	877	1,448	1,955	83.7	1,142

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

Table 125. Lycopene intake in micrograms by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	7,781	187.4	2,144	10,634	8,129	238.0	2,320	8,512	6,586	134.9	1,480	8,626	8,454	290.6	3,385
2–11 months <sup>2</sup>	1,620	1,023	97.4	–	903	832	110.2	–	284	1,506	222.0	–	280	1,708	337.7	–
1–2 years	2,310	4,718	207.2	1,022	759	4,579	273.9	1,019	664	5,094	266.5	998	769	5,803	312.6	2,262
3–5 years	2,941	6,662	259.1	2,753	778	6,894	397.3	2,902	921	6,685	355.3	1,834	1,091	6,641	393.9	2,456
6–11 years	3,134	7,875	465.8	2,933	832	8,126	664.1	3,242	1,065	7,709	352.8	2,902	1,108	7,289	590.7	3,317
12–15 years	1,598	9,850	801.3	3,813	408	10,110	1,025.4	3,685	567	9,055	706.7	3,649	541	9,105	796.7	3,039
16–19 years	1,521	9,704	585.5	3,990	400	10,629	869.0	4,854	545	8,236	743.5	3,057	502	10,365	724.0	4,084
20–29 years	3,400	10,293	623.4	3,507	871	11,216	860.5	4,305	1,085	8,100	585.8	1,876	1,299	9,985	456.9	4,618
30–39 years	3,238	9,078	510.5	2,902	1,022	9,786	666.7	3,196	1,112	6,462	341.1	1,834	973	9,679	622.8	4,109
40–49 years	2,503	6,615	351.5	1,815	877	6,837	446.1	1,876	785	5,925	426.8	1,029	730	8,225	449.8	3,608
50–59 years	1,799	6,296	398.7	1,659	869	6,382	529.4	1,659	474	4,984	480.9	454	365	7,433	763.6	2,578
60–69 years	2,208	5,962	441.7	1,361	953	6,301	529.0	1,451	560	3,905	495.9	–	621	6,366	639.4	1,815
70–79 years	1,678	5,488	397.2	1,092	1,052	5,721	467.0	1,221	334	3,435	499.1	–	249	7,164	1,395.4	1,860
80 years and over	1,153	4,516	491.1	830	910	4,737	549.1	842	116	*1,989	*537.4	–	98	6,486	1,614.5	2,877
<b>Male</b>																
All ages <sup>2</sup>	13,922	9,377	326.7	2,874	5,028	9,946	426.9	2,903	4,003	7,643	218.9	1,860	4,263	9,456	402.7	4,011
2–11 months <sup>2</sup>	815	1,029	148.3	–	455	830	171.9	–	145	1,404	337.2	–	149	*1,665	*525.4	–
1–2 years	1,171	5,317	312.0	1,174	377	4,988	406.5	968	341	6,196	494.6	1,210	381	6,240	523.7	2,713
3–5 years	1,424	6,982	524.6	2,871	380	7,227	767.2	2,902	439	6,756	618.7	1,936	527	6,786	618.2	2,123
6–11 years	1,581	8,476	828.5	3,483	419	8,806	1,182.2	3,695	547	8,648	485.0	3,809	539	7,618	619.1	3,690
12–15 years	750	11,415	1,194.0	5,118	177	12,315	1,694.5	5,313	269	8,396	1,034.1	2,933	265	11,124	1,598.9	2,902
16–19 years	711	11,499	1,100.7	5,179	178	12,742	1,615.2	5,803	255	9,303	1,152.5	3,402	251	9,874	848.1	4,193
20–29 years	1,587	12,983	996.8	5,102	383	14,179	1,334.6	5,427	477	10,598	1,174.8	2,902	656	11,287	755.8	5,866
30–39 years	1,424	11,468	880.7	3,610	438	12,910	1,174.5	4,305	475	6,982	544.8	2,060	456	11,230	680.4	5,405
40–49 years	1,188	8,170	584.0	2,141	418	8,440	752.5	2,167	356	7,041	798.2	1,422	369	8,826	549.9	3,994
50–59 years	820	7,444	845.6	1,815	399	7,664	1,041.2	1,844	207	6,090	937.0	52	174	9,242	1,304.0	3,809
60–69 years	1,111	6,283	532.1	1,316	490	6,311	600.6	1,328	279	5,048	879.1	61	313	7,085	823.2	2,489
70–79 years	783	7,087	887.6	1,543	468	7,515	1,035.9	1,685	168	4,259	736.9	–	133	9,550	2,289.6	2,406
80 years and over	557	4,676	581.1	819	446	4,780	657.8	819	45	*3,270	*1,177.2	–	50	9,517	2,069.1	3,008
<b>Female</b>																
All ages <sup>2</sup>	15,181	6,282	205.2	1,815	5,606	6,415	263.0	1,834	4,509	5,677	170.6	1,276	4,363	7,398	316.3	2,806
2–11 months <sup>2</sup>	805	1,017	134.7	–	448	834	154.4	–	139	1,622	356.3	–	131	*1,763	*470.1	–
1–2 years	1,139	4,082	276.9	998	382	4,158	389.3	1,022	323	3,954	349.3	669	388	5,357	536.8	1,625
3–5 years	1,517	6,325	434.3	2,686	398	6,528	561.9	2,871	482	6,617	356.8	1,487	564	6,490	445.2	2,857
6–11 years	1,553	7,246	527.7	2,646	413	7,415	683.3	2,753	518	6,763	529.8	2,374	569	6,970	851.9	2,595
12–15 years	848	8,243	915.3	2,902	231	7,788	1,122.1	2,902	298	9,689	856.7	3,835	276	7,147	703.2	3,129
16–19 years	810	7,891	567.7	2,902	222	8,378	854.9	2,902	290	7,179	734.1	2,902	251	10,888	1,156.7	3,666
20–29 years	1,813	7,711	644.4	2,669	488	8,459	951.4	3,177	608	6,018	485.0	1,295	643	8,369	403.1	3,568
30–39 years	1,814	6,803	349.9	2,229	584	6,735	448.5	2,279	637	6,050	517.8	1,742	517	7,997	831.2	3,102
40–49 years	1,315	5,125	304.2	1,639	459	5,215	382.2	1,815	429	4,979	549.6	605	361	7,607	666.7	2,948
50–59 years	979	5,240	488.1	1,364	470	5,214	546.5	1,361	267	4,134	459.8	599	191	5,752	682.8	1,685
60–69 years	1,097	5,691	570.6	1,376	463	6,291	710.3	1,813	281	3,123	419.1	–	308	5,826	830.1	1,479
70–79 years	895	4,348	401.6	842	584	4,452	505.7	930	166	2,838	616.1	–	116	4,890	1,064.3	1,485
80 years and over	596	4,430	646.1	842	464	4,714	729.3	842	71	*1,416	*408.3	–	48	*3,791	*1,231.1	1,229

\* Figure does not meet standard of reliability or precision. – Quantity zero. <sup>1</sup>Includes data for ethnic groups not shown separately. <sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

**Table 126. Lycopene intake in micrograms by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,103	7,781	187.4	2,144	10,696	7,797	375.2	1,813	15,770	7,896	207.9	2,420
Under 6 years <sup>2</sup>	6,871	5,229	165.3	1,219	3,145	5,644	356.9	1,405	3,128	5,066	200.2	1,118
6–11 years	3,134	7,875	465.8	2,933	1,446	8,573	653.4	2,902	1,439	7,741	588.2	3,061
12–19 years	3,119	9,778	541.7	3,859	1,345	8,712	769.5	2,902	1,469	10,176	718.6	4,305
20–59 years	10,940	8,382	285.3	2,489	3,329	8,631	738.6	1,834	6,710	8,415	312.9	2,680
60 years and over	5,039	5,584	279.8	1,210	1,431	5,561	574.5	151	3,024	5,821	388.0	1,376
<b>Male</b>												
All ages <sup>2</sup>	13,922	9,377	326.7	2,874	4,929	9,626	698.8	2,551	7,769	9,432	345.8	2,902
Under 6 years <sup>2</sup>	3,410	5,599	303.1	1,276	1,564	6,278	584.8	1,760	1,548	5,319	402.9	1,093
6–11 years	1,581	8,476	828.5	3,483	713	9,568	1,095.2	3,538	746	8,219	974.4	3,507
12–19 years	1,461	11,456	817.7	5,179	634	9,462	990.0	3,821	673	12,228	1,113.0	5,782
20–59 years	5,019	10,466	479.9	3,085	1,390	11,890	1,436.4	2,902	3,226	10,292	504.6	3,129
60 years and over	2,451	6,361	402.2	1,328	628	5,659	918.7	–	1,576	6,692	542.6	1,453
<b>Female</b>												
All ages <sup>2</sup>	15,181	6,282	205.2	1,815	5,767	6,354	387.4	1,301	8,001	6,370	215.6	1,893
Under 6 years <sup>2</sup>	3,461	4,837	248.7	1,121	1,581	4,970	485.5	1,121	1,580	4,801	216.8	1,149
6–11 years	1,553	7,246	527.7	2,646	733	7,652	820.6	2,722	693	7,212	622.0	2,680
12–19 years	1,658	8,068	643.1	2,902	711	8,066	1,246.8	2,258	796	8,041	550.7	3,468
20–59 years	5,921	6,401	259.3	1,844	1,939	6,148	491.5	1,276	3,484	6,534	285.2	2,006
60 years and over	2,588	5,003	333.8	1,087	803	5,512	771.5	242	1,448	5,071	421.6	1,316

– Quantity zero.

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

Table 127. Retinol intake in micrograms by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	566	10.7	378	10,634	597	13.4	420	8,512	538	24.5	282	8,626	505	18.3	336
2–11 months <sup>2</sup>	1,620	522	7.0	505	903	509	9.1	496	284	554	17.1	514	280	533	17.2	524
1–2 years	2,310	499	14.6	426	759	521	21.1	448	664	451	15.4	351	769	509	19.6	427
3–5 years	2,941	580	21.5	475	778	635	34.3	522	921	494	18.7	395	1,091	527	17.3	426
6–11 years	3,134	601	13.3	516	832	625	17.2	553	1,065	548	37.4	405	1,108	610	19.8	488
12–15 years	1,598	634	34.6	434	408	659	41.9	481	567	587	95.1	313	541	596	66.5	404
16–19 years	1,521	572	29.7	386	400	633	41.7	475	545	498	50.3	294	502	493	37.2	305
20–29 years	3,400	516	19.5	340	871	529	18.6	382	1,085	577	102.7	270	1,299	469	41.0	288
30–39 years	3,238	519	16.6	326	1,022	555	19.8	376	1,112	482	45.9	221	973	477	54.3	281
40–49 years	2,503	576	40.6	328	877	608	49.5	365	785	616	120.6	221	730	415	41.6	264
50–59 years	1,799	556	28.8	320	869	578	34.1	351	474	523	107.5	207	365	534	128.1	237
60–69 years	2,208	636	37.4	393	953	676	45.0	436	560	442	47.1	205	621	448	54.0	246
70–79 years	1,678	622	36.5	400	1,052	647	41.7	428	334	533	64.4	263	249	*558	*179.0	252
80 years and over	1,153	633	35.0	429	910	629	28.3	458	116	*905	*408.3	265	98	358	43.0	261
<b>Male</b>																
All ages <sup>2</sup>	13,922	649	15.8	443	5,028	691	19.1	496	4,003	607	37.2	324	4,263	545	24.8	360
2–11 months <sup>2</sup>	815	535	10.4	522	455	523	13.7	521	145	545	21.1	513	149	548	22.8	526
1–2 years	1,171	499	16.2	429	377	508	26.7	447	341	451	26.4	351	381	550	33.0	441
3–5 years	1,424	646	40.5	510	380	727	60.4	587	439	518	20.5	421	527	569	26.6	444
6–11 years	1,581	659	21.3	547	419	687	30.6	598	547	642	70.3	421	539	672	27.1	505
12–15 years	750	710	30.9	540	177	739	40.2	584	269	565	77.5	369	265	721	114.4	482
16–19 years	711	702	52.5	472	178	793	72.4	589	255	563	52.1	351	251	514	57.3	334
20–29 years	1,587	564	22.1	391	383	591	29.7	440	477	615	80.0	322	656	506	61.9	318
30–39 years	1,424	609	36.0	386	438	655	44.1	438	475	607	70.7	276	456	490	72.5	310
40–49 years	1,188	722	80.1	395	418	744	92.8	444	356	*875	*263.5	276	369	475	68.0	296
50–59 years	820	619	42.6	390	399	666	50.3	451	207	412	70.8	216	174	506	102.2	263
60–69 years	1,111	754	45.3	491	490	800	55.7	541	279	540	87.9	249	313	596	114.7	290
70–79 years	783	690	49.6	457	468	721	57.1	512	168	667	112.5	292	133	378	68.0	259
80 years and over	557	735	52.5	501	446	790	60.9	540	45	349	44.8	250	50	408	78.9	218
<b>Female</b>																
All ages <sup>2</sup>	15,181	489	10.9	329	5,606	507	13.2	358	4,509	479	29.2	244	4,363	462	19.0	308
2–11 months <sup>2</sup>	805	509	9.0	486	448	494	12.5	472	139	564	23.1	514	131	514	21.3	514
1–2 years	1,139	498	16.9	414	382	534	22.4	449	323	450	27.8	350	388	467	20.0	410
3–5 years	1,517	510	12.8	450	398	534	17.8	464	482	471	26.8	376	564	484	17.6	413
6–11 years	1,553	539	17.4	476	413	560	26.1	486	518	454	15.4	384	569	550	17.8	475
12–15 years	848	557	48.0	338	231	574	55.0	360	298	*609	*176.1	271	276	474	45.2	340
16–19 years	810	442	28.4	284	222	463	34.9	326	290	433	88.9	238	251	471	42.9	272
20–29 years	1,813	469	26.7	288	488	471	24.3	319	608	*546	*143.5	231	643	423	37.3	260
30–39 years	1,814	433	15.6	300	584	457	19.5	337	637	383	55.7	173	517	463	56.5	265
40–49 years	1,315	436	38.3	278	459	470	48.7	312	429	397	68.6	186	361	353	40.9	237
50–59 years	979	499	39.2	267	470	497	49.0	294	267	*608	*168.7	200	191	*561	*236.9	224
60–69 years	1,097	537	43.3	334	463	566	52.7	368	281	375	54.4	187	308	337	28.6	224
70–79 years	895	573	40.0	354	584	594	44.7	383	166	436	58.7	251	116	*729	*355.1	236
80 years and over	596	578	47.1	396	464	543	24.5	405	71	*1,153	*603.7	277	48	314	45.7	277

\* Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

**Table 128. Retinol intake in micrograms by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	566	10.7	378	10,696	535	19.7	345	15,770	576	13.7	395
Under 6 years <sup>2</sup> . . . . .	6,871	544	12.1	461	3,145	538	25.8	431	3,128	552	12.8	477
6–11 years . . . . .	3,134	601	13.3	516	1,446	586	31.2	483	1,439	608	15.2	535
12–19 years . . . . .	3,119	604	25.6	417	1,345	533	31.7	369	1,469	629	32.4	432
20–59 years . . . . .	10,940	538	15.2	328	3,329	529	35.1	282	6,710	543	18.8	341
60 years and over . . . . .	5,039	631	24.3	402	1,431	505	39.0	304	3,024	657	32.3	430
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,922	649	15.8	443	4,929	603	29.8	399	7,769	660	20.1	458
Under 6 years <sup>2</sup> . . . . .	3,410	579	21.5	485	1,564	590	53.6	437	1,548	578	17.1	507
6–11 years . . . . .	1,581	659	21.3	547	713	660	56.9	503	746	666	24.1	593
12–19 years . . . . .	1,461	706	32.0	508	634	598	45.4	452	673	743	38.7	561
20–59 years . . . . .	5,019	625	25.7	391	1,390	614	47.1	336	3,226	631	31.2	406
60 years and over . . . . .	2,451	730	30.7	482	628	510	44.6	305	1,576	753	40.0	513
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	489	10.9	329	5,767	481	20.5	311	8,001	492	13.4	336
Under 6 years <sup>2</sup> . . . . .	3,461	506	9.8	447	1,581	482	14.0	416	1,580	524	15.3	453
6–11 years . . . . .	1,553	539	17.4	476	733	518	23.0	443	693	542	26.0	478
12–19 years . . . . .	1,658	500	30.7	323	711	476	39.1	287	796	512	42.3	325
20–59 years . . . . .	5,921	455	14.2	288	1,939	464	40.7	244	3,484	455	15.9	296
60 years and over . . . . .	2,588	557	25.6	351	803	502	58.6	299	1,448	574	32.7	370

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

NOTE: Nutrition Coordinating Center Database, version 30, released in 1999, was used to produce the estimates reported in this table.

Table 129. Caffeine intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	193	5.5	78	10,634	232	5.8	112	8,513	68	2.2	25	8,627	97	4.6	37
2–11 months <sup>2</sup>	1,620	1	0.1	–	903	1	0.2	–	284	*1	*0.3	–	280	*1	*0.2	–
1–2 years	2,310	8	0.6	–	759	9	0.8	1	664	7	0.6	–	769	8	1.1	–
3–5 years	2,941	14	0.9	5	778	16	1.3	6	921	10	0.6	2	1,091	13	1.2	3
6–11 years	3,134	26	1.2	12	832	30	1.7	16	1,065	17	1.0	5	1,108	21	1.3	7
12–15 years	1,599	56	3.4	39	408	66	5.2	49	567	31	2.3	11	542	42	2.6	35
16–19 years	1,522	84	5.0	53	400	103	6.3	77	546	42	2.7	28	502	59	3.7	37
20–29 years	3,400	192	14.1	88	871	246	19.0	122	1,085	57	2.4	34	1,299	91	4.1	57
30–39 years	3,238	265	13.1	151	1,022	312	16.9	212	1,112	107	6.2	53	973	166	11.0	81
40–49 years	2,503	306	10.2	198	877	356	11.5	258	785	118	7.5	60	730	203	6.8	142
50–59 years	1,799	337	22.9	208	869	372	19.5	261	474	121	8.1	72	365	194	16.8	110
60–69 years	2,208	259	11.6	162	953	286	14.4	199	560	107	7.8	50	621	177	10.0	104
70–79 years	1,678	192	6.3	131	1,052	209	6.5	150	334	74	5.3	36	249	118	14.5	68
80 years and over	1,153	146	6.2	97	910	155	6.4	107	116	65	8.7	39	98	116	18.1	77
Male																
All ages <sup>2</sup>	13,923	220	8.2	95	5,028	266	8.4	135	4,003	70	3.0	24	4,264	109	6.2	41
2–11 months <sup>2</sup>	815	1	0.1	–	455	*1	*0.2	–	145	*1	*0.3	–	149	*1	*0.3	–
1–2 years	1,171	8	0.6	–	377	10	0.9	1	341	7	1.1	–	381	7	0.7	–
3–5 years	1,424	14	1.1	4	380	16	1.6	6	439	11	0.9	1	527	15	1.5	3
6–11 years	1,581	29	1.7	13	419	33	2.4	20	547	17	1.4	5	539	23	2.3	12
12–15 years	751	63	4.5	48	177	73	7.2	56	269	33	3.4	10	266	46	5.1	37
16–19 years	711	98	8.2	67	178	121	11.1	96	255	48	3.7	37	251	68	6.5	40
20–29 years	1,587	235	25.2	106	383	309	34.6	147	477	61	5.1	30	656	99	7.3	74
30–39 years	1,424	289	17.1	176	438	339	21.9	265	475	122	9.6	59	456	186	14.3	99
40–49 years	1,188	362	13.3	239	418	419	14.4	296	356	108	10.8	51	369	220	10.8	144
50–59 years	820	384	38.1	238	399	415	31.4	311	207	118	10.2	72	174	244	30.1	158
60–69 years	1,111	313	19.0	209	490	339	23.1	258	279	141	13.9	58	313	225	21.9	144
70–79 years	783	229	9.7	164	468	250	10.7	176	168	81	7.8	46	133	116	14.4	83
80 years and over	557	144	8.8	97	446	154	9.4	108	45	72	19.5	33	50	123	21.2	104
Female																
All ages <sup>2</sup>	15,182	166	4.2	72	5,606	199	5.2	97	4,510	66	2.3	25	4,363	84	4.1	34
2–11 months <sup>2</sup>	805	1	0.2	–	448	*1	*0.3	–	139	*1	*0.6	–	131	*0.5	*0.2	–
1–2 years	1,139	8	0.8	–	382	9	1.2	1	323	6	0.9	–	388	9	2.0	–
3–5 years	1,517	13	0.9	5	398	15	1.4	6	482	10	0.7	2	564	11	1.2	3
6–11 years	1,553	23	1.5	9	413	26	2.1	12	518	17	1.8	5	569	18	1.2	6
12–15 years	848	50	4.4	37	231	58	6.2	46	298	29	2.7	13	276	37	2.9	35
16–19 years	811	70	4.8	49	222	83	6.5	61	291	35	3.7	14	251	48	4.3	36
20–29 years	1,813	151	8.8	77	488	187	12.0	101	608	53	3.3	34	643	81	4.6	47
30–39 years	1,814	242	12.2	134	584	285	15.8	178	637	96	6.7	50	517	143	12.5	70
40–49 years	1,315	252	13.4	156	459	291	16.8	203	429	126	9.0	64	361	186	10.6	132
50–59 years	979	294	17.0	174	470	334	20.2	237	267	122	11.3	71	191	147	15.6	90
60–69 years	1,097	213	11.5	136	463	240	13.6	161	281	84	7.8	37	308	141	9.6	96
70–79 years	895	166	7.9	103	584	181	8.4	126	166	69	7.2	22	116	120	21.7	60
80 years and over	596	146	8.0	97	464	156	8.2	105	71	62	10.2	42	48	*110.6	*30.6	58

– Quantity zero. \* Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.



**Table 130. Caffeine intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	193	5.5	78	10,696	123	7.4	40	15,771	215	6.4	100
Under 6 years <sup>2</sup> . . . . .	6,871	10	0.6	1	3,145	11	1.0	1	3,128	9	0.7	1
6–11 years . . . . .	3,134	26	1.2	12	1,446	25	2.0	11	1,439	27	1.5	12
12–19 years . . . . .	3,121	70	3.1	47	1,345	59	4.9	37	1,470	73	3.8	50
20–59 years . . . . .	10,940	266	9.7	144	3,329	194	12.7	86	6,710	283	10.3	165
60 years and over . . . . .	5,039	219	6.5	139	1,431	170	18.6	96	3,024	237	7.6	160
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	220	8.2	95	4,929	135	13.6	45	7,770	245	8.9	118
Under 6 years <sup>2</sup> . . . . .	3,410	11	0.7	1	1,564	12	1.1	1	1,548	10	0.8	1
6–11 years . . . . .	1,581	29	1.7	13	713	28	2.9	12	746	30	2.2	12
12–19 years . . . . .	1,462	80	4.9	53	634	68	9.2	41	674	84	5.5	62
20–59 years . . . . .	5,019	306	13.8	174	1,390	216	24.4	93	3,226	325	14.4	199
60 years and over . . . . .	2,451	264	11.3	174	628	232	48.8	107	1,576	272	11.4	191
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	166	4.2	72	5,767	114	5.4	37	8,001	185	5.4	85
Under 6 years <sup>2</sup> . . . . .	3,461	10	0.7	1	1,581	11	1.1	1	1,580	9	0.8	1
6–11 years . . . . .	1,553	23	1.5	9	733	22	2.4	9	693	24	1.8	9
12–19 years . . . . .	1,659	60	3.8	39	711	51	6.3	30	796	62	4.6	45
20–59 years . . . . .	5,921	227	7.2	121	1,939	177	9.8	77	3,484	241	8.6	137
60 years and over . . . . .	2,588	185	7.3	118	803	139	9.1	81	1,448	207	8.9	139

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 131. Crude fiber intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	4.1	0.04	3.4	10,634	4.1	0.05	3.5	8,513	3.4	0.05	2.7	8,627	5.5	0.10	4.0
2–11 months <sup>2</sup>	1,620	1.4	0.04	1.1	903	1.5	0.06	1.3	284	1.2	0.09	1.0	280	1.4	0.10	1.1
1–2 years	2,310	2.5	0.06	2.1	759	2.5	0.07	2.1	664	2.3	0.05	2.0	769	2.7	0.10	2.1
3–5 years	2,941	2.9	0.07	2.6	778	2.8	0.11	2.6	921	2.9	0.06	2.6	1,091	3.4	0.09	2.8
6–11 years	3,134	3.4	0.11	2.8	832	3.3	0.12	2.8	1,065	3.2	0.08	2.7	1,108	4.4	0.18	3.2
12–15 years	1,599	3.6	0.10	2.8	408	3.4	0.13	2.7	567	3.2	0.12	2.7	542	4.7	0.26	3.4
16–19 years	1,522	3.9	0.13	3.2	400	3.8	0.15	3.2	546	3.5	0.18	2.7	502	5.5	0.29	3.9
20–29 years	3,400	4.3	0.08	3.4	871	4.0	0.10	3.3	1,085	3.5	0.10	2.8	1,299	6.9	0.24	5.2
30–39 years	3,238	4.6	0.10	3.8	1,022	4.6	0.13	3.9	1,112	3.8	0.10	3.0	973	6.5	0.20	5.3
40–49 years	2,503	4.5	0.09	3.7	877	4.5	0.11	3.8	785	3.7	0.13	3.0	730	6.1	0.25	4.8
50–59 years	1,799	4.6	0.11	4.0	869	4.7	0.13	4.0	474	3.8	0.18	3.0	365	6.0	0.19	5.0
60–69 years	2,208	4.6	0.09	3.9	953	4.6	0.12	4.0	560	3.7	0.14	2.9	621	5.4	0.22	4.4
70–79 years	1,678	4.4	0.11	3.8	1,052	4.5	0.13	3.9	334	3.5	0.14	2.7	249	4.9	0.23	3.8
80 years and over	1,153	4.0	0.10	3.6	910	4.1	0.10	3.7	116	3.2	0.25	2.5	98	4.3	0.48	3.2
<b>Male</b>																
All ages <sup>2</sup>	13,923	4.7	0.05	3.8	5,028	4.6	0.06	3.8	4,003	3.8	0.08	3.0	4,264	6.2	0.13	4.5
2–11 months <sup>2</sup>	815	1.5	0.05	1.2	455	1.7	0.07	1.4	145	1.2	0.12	1.1	149	1.5	0.18	1.0
1–2 years	1,171	2.6	0.10	2.1	377	2.7	0.12	2.2	341	2.4	0.08	2.0	381	2.6	0.11	2.1
3–5 years	1,424	3.0	0.08	2.7	380	2.9	0.11	2.7	439	3.0	0.10	2.7	527	3.4	0.13	2.8
6–11 years	1,581	3.6	0.13	3.0	419	3.5	0.19	3.0	547	3.3	0.11	2.8	539	4.4	0.23	3.2
12–15 years	751	3.8	0.15	3.0	177	3.6	0.20	2.9	269	3.3	0.13	2.8	266	5.2	0.40	3.8
16–19 years	711	4.4	0.17	3.7	178	4.3	0.20	3.8	255	3.9	0.30	2.9	251	6.3	0.47	4.3
20–29 years	1,587	4.9	0.14	3.9	383	4.7	0.20	3.8	477	4.1	0.16	3.3	656	8.0	0.38	6.4
30–39 years	1,424	5.5	0.16	4.6	438	5.3	0.18	4.7	475	4.5	0.17	3.5	456	7.5	0.23	6.1
40–49 years	1,188	5.1	0.14	4.3	418	5.1	0.16	4.4	356	4.3	0.23	3.4	369	7.0	0.33	5.8
50–59 years	820	5.4	0.20	4.7	399	5.5	0.24	4.8	207	4.1	0.26	3.2	174	6.6	0.32	5.3
60–69 years	1,111	5.1	0.14	4.3	490	5.0	0.16	4.3	279	3.8	0.29	2.6	313	6.5	0.34	5.5
70–79 years	783	5.0	0.18	4.2	468	5.1	0.22	4.2	168	3.7	0.25	2.9	133	5.9	0.33	5.1
80 years and over	557	4.6	0.14	4.1	446	4.7	0.16	4.2	45	3.0	0.44	2.4	50	5.8	0.74	4.7
<b>Female</b>																
All ages <sup>2</sup>	15,182	3.6	0.04	3.0	5,606	3.6	0.05	3.1	4,510	3.1	0.04	2.6	4,363	4.7	0.11	3.5
2–11 months <sup>2</sup>	805	1.3	0.05	1.1	448	1.4	0.07	1.2	139	1.2	0.13	0.9	131	1.3	0.10	1.1
1–2 years	1,139	2.3	0.07	2.0	382	2.3	0.08	2.0	323	2.2	0.07	2.0	388	2.8	0.15	2.1
3–5 years	1,517	2.8	0.09	2.4	398	2.8	0.12	2.4	482	2.9	0.09	2.6	564	3.3	0.13	2.7
6–11 years	1,553	3.3	0.13	2.6	413	3.1	0.13	2.5	518	3.0	0.10	2.6	569	4.5	0.26	3.2
12–15 years	848	3.3	0.13	2.7	231	3.1	0.17	2.5	298	3.2	0.20	2.5	276	4.1	0.19	3.1
16–19 years	811	3.5	0.17	2.6	222	3.3	0.19	2.6	291	3.0	0.20	2.5	251	4.6	0.30	3.5
20–29 years	1,813	3.6	0.09	2.9	488	3.4	0.09	2.9	608	3.0	0.11	2.4	643	5.6	0.15	4.3
30–39 years	1,814	3.8	0.11	3.2	584	3.9	0.15	3.4	637	3.3	0.10	2.6	517	5.5	0.26	4.3
40–49 years	1,315	3.9	0.12	3.4	459	3.9	0.15	3.4	429	3.2	0.13	2.8	361	5.2	0.28	4.0
50–59 years	979	3.9	0.09	3.5	470	3.9	0.11	3.6	267	3.5	0.21	2.8	191	5.5	0.45	4.3
60–69 years	1,097	4.2	0.10	3.7	463	4.3	0.13	3.8	281	3.7	0.17	3.1	308	4.6	0.27	3.8
70–79 years	895	4.0	0.08	3.5	584	4.1	0.09	3.6	166	3.4	0.21	2.7	116	3.9	0.29	2.9
80 years and over	596	3.8	0.13	3.4	464	3.8	0.14	3.4	71	3.2	0.34	2.6	48	3.0	0.20	2.7

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 132. Crude fiber intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	4.1	0.04	3.4	10,696	3.9	0.10	2.9	15,771	4.2	0.04	3.5
Under 6 years <sup>2</sup> . . . . .	6,871	2.5	0.05	2.2	3,145	2.6	0.08	2.1	3,128	2.6	0.07	2.3
6–11 years . . . . .	3,134	3.4	0.11	2.8	1,446	3.7	0.19	3.0	1,439	3.3	0.11	2.8
12–19 years . . . . .	3,121	3.8	0.09	2.9	1,345	3.7	0.16	2.8	1,470	3.7	0.10	3.0
20–59 years . . . . .	10,940	4.5	0.05	3.7	3,329	4.4	0.15	3.2	6,710	4.5	0.05	3.8
60 years and over . . . . .	5,039	4.5	0.07	3.8	1,431	3.8	0.13	3.1	3,024	4.6	0.08	4.0
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	4.7	0.05	3.8	4,929	4.4	0.14	3.2	7,770	4.7	0.06	3.9
Under 6 years <sup>2</sup> . . . . .	3,410	2.6	0.06	2.3	1,564	2.7	0.09	2.2	1,548	2.7	0.07	2.4
6–11 years . . . . .	1,581	3.6	0.13	3.0	713	3.8	0.18	3.2	746	3.5	0.17	3.0
12–19 years . . . . .	1,462	4.1	0.11	3.3	634	3.9	0.18	3.0	674	4.1	0.13	3.4
20–59 years . . . . .	5,019	5.2	0.06	4.3	1,390	5.5	0.29	4.2	3,226	5.2	0.06	4.5
60 years and over . . . . .	2,451	5.0	0.10	4.2	628	4.3	0.20	3.3	1,576	5.1	0.12	4.3
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	3.6	0.04	3.0	5,767	3.4	0.09	2.7	8,001	3.7	0.04	3.2
Under 6 years <sup>2</sup> . . . . .	3,461	2.4	0.06	2.0	1,581	2.5	0.10	2.0	1,580	2.5	0.08	2.1
6–11 years . . . . .	1,553	3.3	0.13	2.6	733	3.7	0.28	2.8	693	3.1	0.10	2.6
12–19 years . . . . .	1,659	3.4	0.12	2.6	711	3.5	0.22	2.5	796	3.3	0.14	2.7
20–59 years . . . . .	5,921	3.8	0.05	3.2	1,939	3.6	0.11	2.8	3,484	3.9	0.06	3.3
60 years and over . . . . .	2,588	4.1	0.07	3.6	803	3.5	0.14	3.0	1,448	4.2	0.08	3.7

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 133. Water insoluble dietary fiber in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	10.4	0.09	8.8	10,634	10.5	0.13	9.0	8,513	8.6	0.10	7.1	8,627	12.7	0.22	10.0
2–11 months <sup>2</sup>	1,620	2.8	0.07	2.3	903	2.9	0.08	2.5	284	2.4	0.16	2.1	280	3.0	0.25	2.4
1–2 years	2,310	5.8	0.11	5.1	759	5.9	0.14	5.2	664	5.5	0.14	4.9	769	6.3	0.23	5.3
3–5 years	2,941	7.1	0.15	6.2	778	7.0	0.22	6.2	921	7.3	0.15	6.7	1,091	8.4	0.20	7.1
6–11 years	3,134	8.7	0.24	7.5	832	8.4	0.26	7.4	1,065	8.3	0.19	7.2	1,108	10.6	0.33	8.8
12–15 years	1,599	9.2	0.27	7.6	408	8.9	0.35	7.2	567	8.2	0.24	6.8	542	10.8	0.46	8.9
16–19 years	1,522	9.8	0.30	7.9	400	9.8	0.39	8.2	546	8.6	0.36	6.8	502	12.7	0.58	9.6
20–29 years	3,400	10.7	0.17	8.9	871	10.4	0.24	8.8	1,085	9.1	0.24	7.3	1,299	15.9	0.48	12.8
30–39 years	3,238	11.4	0.20	9.8	1,022	11.5	0.29	9.9	1,112	9.5	0.23	8.1	973	14.9	0.38	12.5
40–49 years	2,503	11.2	0.22	9.7	877	11.5	0.27	9.8	785	9.3	0.25	7.6	730	14.1	0.53	11.9
50–59 years	1,799	11.6	0.22	10.4	869	11.9	0.26	10.7	474	9.2	0.36	7.4	365	13.5	0.50	11.4
60–69 years	2,208	11.6	0.23	9.9	953	11.9	0.30	10.3	560	9.1	0.27	7.6	621	12.5	0.43	10.1
70–79 years	1,678	11.3	0.23	9.6	1,052	11.5	0.28	10.0	334	9.0	0.36	7.3	249	11.1	0.46	9.2
80 years and over	1,153	10.5	0.25	9.3	910	10.7	0.28	9.5	116	8.1	0.57	6.8	98	10.7	0.80	8.6
<b>Male</b>																
All ages <sup>2</sup>	13,923	11.8	0.12	10.0	5,028	11.9	0.16	10.2	4,003	9.7	0.15	8.0	4,264	14.5	0.28	11.5
2–11 months <sup>2</sup>	815	3.0	0.09	2.4	455	3.2	0.11	3.0	145	2.3	0.22	2.1	149	3.3	0.43	2.6
1–2 years	1,171	6.2	0.19	5.4	377	6.4	0.24	5.5	341	5.7	0.21	5.4	381	6.3	0.23	5.3
3–5 years	1,424	7.3	0.16	6.6	380	7.2	0.21	6.5	439	7.5	0.23	6.7	527	8.7	0.25	7.5
6–11 years	1,581	9.1	0.28	8.0	419	9.1	0.38	8.1	547	8.6	0.28	7.4	539	10.6	0.41	9.0
12–15 years	751	10.1	0.36	8.3	177	9.8	0.49	8.1	269	8.6	0.31	7.3	266	12.1	0.77	10.1
16–19 years	711	11.3	0.43	9.5	178	11.4	0.53	9.7	255	10.1	0.64	7.9	251	14.7	1.02	11.1
20–29 years	1,587	12.6	0.29	10.5	383	12.4	0.43	10.5	477	11.0	0.33	9.3	656	18.7	0.70	15.8
30–39 years	1,424	13.4	0.28	11.4	438	13.4	0.38	11.7	475	11.3	0.37	10.0	456	17.2	0.48	14.5
40–49 years	1,188	13.0	0.36	11.1	418	13.2	0.44	11.4	356	11.0	0.47	9.0	369	16.5	0.72	13.7
50–59 years	820	13.3	0.41	12.0	399	13.7	0.49	12.4	207	10.2	0.51	8.9	174	15.0	0.58	12.9
60–69 years	1,111	13.1	0.38	11.6	490	13.2	0.43	11.8	279	9.5	0.55	7.6	313	14.8	0.65	13.5
70–79 years	783	12.3	0.40	10.7	468	12.6	0.49	10.8	168	9.5	0.66	7.8	133	13.0	0.68	11.6
80 years and over	557	11.9	0.27	10.3	446	12.3	0.30	10.6	45	7.3	0.84	6.2	50	12.9	1.14	12.4
<b>Female</b>																
All ages <sup>2</sup>	15,182	9.0	0.10	7.8	5,606	9.2	0.14	8.0	4,510	7.7	0.09	6.5	4,363	10.8	0.23	8.5
2–11 months <sup>2</sup>	805	2.6	0.09	2.2	448	2.6	0.12	2.2	139	2.4	0.22	1.9	131	2.6	0.24	2.1
1–2 years	1,139	5.4	0.12	4.8	382	5.4	0.15	4.9	323	5.1	0.14	4.5	388	6.4	0.34	5.2
3–5 years	1,517	6.9	0.19	5.9	398	6.7	0.28	5.7	482	7.1	0.20	6.5	564	8.1	0.31	6.5
6–11 years	1,553	8.2	0.31	7.0	413	7.7	0.31	6.7	518	7.9	0.21	6.9	569	10.6	0.52	8.5
12–15 years	848	8.3	0.37	6.6	231	7.9	0.46	6.4	298	7.7	0.39	6.3	276	9.6	0.27	7.8
16–19 years	811	8.3	0.37	6.5	222	8.1	0.48	6.5	291	7.2	0.36	6.0	251	10.6	0.56	8.3
20–29 years	1,813	8.8	0.19	7.5	488	8.7	0.24	7.6	608	7.5	0.27	6.2	643	12.4	0.34	10.2
30–39 years	1,814	9.5	0.22	8.3	584	9.7	0.31	8.4	637	8.0	0.21	6.9	517	12.3	0.47	10.2
40–49 years	1,315	9.5	0.26	8.4	459	9.8	0.30	8.8	429	7.8	0.23	6.8	361	11.6	0.61	9.0
50–59 years	979	10.0	0.22	8.9	470	10.3	0.28	9.3	267	8.5	0.42	7.0	191	12.1	1.10	10.2
60–69 years	1,097	10.4	0.23	9.2	463	10.7	0.28	9.5	281	8.9	0.37	7.5	308	10.8	0.57	8.8
70–79 years	895	10.5	0.22	9.1	584	10.8	0.25	9.3	166	8.6	0.42	7.3	116	9.3	0.63	7.3
80 years and over	596	9.7	0.32	8.8	464	9.8	0.34	8.9	71	8.5	0.74	7.4	48	8.7	1.15	6.4

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 134. Water insoluble dietary fiber in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	10.4	0.09	8.8	10,696	9.5	0.19	7.5	15,771	10.6	0.10	9.2
Under 6 years <sup>2</sup> . . . . .	6,871	6.1	0.10	5.3	3,145	6.1	0.16	5.3	3,128	6.1	0.13	5.4
6–11 years . . . . .	3,134	8.7	0.24	7.5	1,446	9.3	0.40	7.7	1,439	8.4	0.25	7.5
12–19 years . . . . .	3,121	9.5	0.25	7.8	1,345	9.2	0.36	7.5	1,470	9.5	0.30	7.8
20–59 years . . . . .	10,940	11.2	0.11	9.6	3,329	10.7	0.29	8.5	6,710	11.3	0.12	9.8
60 years and over . . . . .	5,039	11.3	0.15	9.7	1,431	9.3	0.27	7.7	3,024	11.8	0.18	10.3
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	11.8	0.12	10.0	4,929	10.8	0.26	8.7	7,770	12.0	0.15	10.3
Under 6 years <sup>2</sup> . . . . .	3,410	6.3	0.13	5.6	1,564	6.4	0.21	5.7	1,548	6.4	0.15	5.6
6–11 years . . . . .	1,581	9.1	0.28	8.0	713	9.6	0.40	8.3	746	9.0	0.35	8.0
12–19 years . . . . .	1,462	10.7	0.28	9.0	634	9.8	0.31	8.4	674	10.9	0.37	9.3
20–59 years . . . . .	5,019	13.1	0.14	11.2	1,390	13.3	0.51	10.6	3,226	13.1	0.16	11.4
60 years and over . . . . .	2,451	12.7	0.27	11.1	628	10.3	0.46	8.5	1,576	13.0	0.31	11.5
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	9.0	0.10	7.8	5,767	8.4	0.21	6.8	8,001	9.2	0.10	8.1
Under 6 years <sup>2</sup> . . . . .	3,461	5.8	0.12	5.0	1,581	5.7	0.18	5.0	1,580	5.9	0.15	5.1
6–11 years . . . . .	1,553	8.2	0.31	7.0	733	9.1	0.56	7.2	693	7.7	0.28	6.9
12–19 years . . . . .	1,659	8.3	0.31	6.6	711	8.7	0.57	6.9	796	8.1	0.37	6.4
20–59 years . . . . .	5,921	9.4	0.14	8.3	1,939	8.8	0.25	7.0	3,484	9.5	0.15	8.5
60 years and over . . . . .	2,588	10.3	0.14	9.1	803	8.8	0.31	7.6	1,448	10.8	0.17	9.4

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 135. Water soluble dietary fiber in grams by sex, age, and race/ethnicity: United States, 1988–94**

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,105	5.5	0.04	4.8	10,634	5.6	0.05	4.9	8,513	4.8	0.05	4.1	8,627	5.8	0.07	4.9
2–11 months <sup>2</sup>	1,620	1.7	0.05	1.5	903	1.8	0.06	1.6	284	1.5	0.10	1.2	280	1.6	0.10	1.3
1–2 years	2,310	3.2	0.05	2.9	759	3.2	0.07	2.9	664	3.2	0.08	3.0	769	3.2	0.10	2.8
3–5 years	2,941	3.8	0.07	3.5	778	3.7	0.10	3.4	921	4.1	0.08	3.9	1,091	4.1	0.09	3.6
6–11 years	3,134	4.5	0.10	3.9	832	4.4	0.14	3.9	1,065	4.4	0.11	4.0	1,108	4.9	0.12	4.2
12–15 years	1,599	4.7	0.11	4.1	408	4.5	0.14	4.0	567	4.5	0.12	4.0	542	5.0	0.15	4.4
16–19 years	1,522	5.4	0.14	4.5	400	5.4	0.19	4.7	546	5.2	0.21	4.3	502	5.9	0.21	5.1
20–29 years	3,400	5.9	0.09	5.0	871	5.8	0.13	4.9	1,085	5.3	0.12	4.5	1,299	7.1	0.16	6.0
30–39 years	3,238	6.1	0.09	5.3	1,022	6.2	0.11	5.4	1,112	5.3	0.12	4.4	973	6.8	0.14	5.9
40–49 years	2,503	6.0	0.11	5.3	877	6.1	0.14	5.4	785	5.1	0.13	4.4	730	6.4	0.22	5.5
50–59 years	1,799	6.1	0.12	5.4	869	6.2	0.15	5.4	474	5.1	0.19	4.4	365	6.5	0.18	5.5
60–69 years	2,208	5.9	0.11	5.3	953	6.0	0.13	5.4	560	4.8	0.12	4.3	621	5.9	0.17	5.1
70–79 years	1,678	5.8	0.11	5.2	1,052	5.9	0.12	5.3	334	4.7	0.19	4.2	249	5.5	0.19	5.0
80 years and over	1,153	5.5	0.11	5.1	910	5.6	0.12	5.2	116	4.4	0.22	4.1	98	4.9	0.26	4.3
<b>Male</b>																
All ages <sup>2</sup>	13,923	6.3	0.05	5.4	5,028	6.4	0.07	5.6	4,003	5.4	0.08	4.6	4,264	6.7	0.10	5.7
2–11 months <sup>2</sup>	815	1.8	0.06	1.5	455	2.0	0.07	1.7	145	1.5	0.14	1.2	149	1.7	0.16	1.3
1–2 years	1,171	3.3	0.10	3.1	377	3.4	0.12	3.1	341	3.4	0.12	3.2	381	3.3	0.10	2.9
3–5 years	1,424	3.9	0.10	3.6	380	3.8	0.13	3.5	439	4.3	0.11	4.1	527	4.2	0.15	3.7
6–11 years	1,581	4.7	0.16	4.3	419	4.7	0.21	4.4	547	4.6	0.14	4.1	539	5.0	0.16	4.3
12–15 years	751	5.2	0.18	4.5	177	5.0	0.21	4.4	269	4.7	0.15	4.2	266	5.7	0.27	5.0
16–19 years	711	6.3	0.22	5.4	178	6.5	0.28	5.8	255	5.8	0.36	4.6	251	6.6	0.37	5.4
20–29 years	1,587	7.1	0.16	6.1	383	7.1	0.23	6.1	477	6.6	0.18	5.7	656	8.3	0.24	7.5
30–39 years	1,424	7.3	0.12	6.5	438	7.4	0.15	6.6	475	6.2	0.18	5.5	456	8.0	0.19	7.2
40–49 years	1,188	6.9	0.21	6.2	418	7.1	0.27	6.3	356	6.1	0.24	5.1	369	7.5	0.33	6.8
50–59 years	820	7.0	0.21	6.4	399	7.2	0.25	6.5	207	5.7	0.28	5.1	174	7.2	0.27	6.5
60–69 years	1,111	6.6	0.18	6.0	490	6.6	0.19	6.1	279	5.0	0.21	4.4	313	7.0	0.22	6.5
70–79 years	783	6.5	0.18	5.8	468	6.7	0.22	5.9	168	4.9	0.24	4.5	133	6.4	0.26	5.5
80 years and over	557	6.1	0.16	5.5	446	6.3	0.18	5.6	45	4.0	0.45	3.3	50	5.9	0.43	6.1
<b>Female</b>																
All ages <sup>2</sup>	15,182	4.7	0.04	4.2	5,606	4.8	0.06	4.3	4,510	4.3	0.05	3.8	4,363	5.0	0.08	4.3
2–11 months <sup>2</sup>	805	1.6	0.06	1.4	448	1.6	0.08	1.5	139	1.4	0.16	1.3	131	1.5	0.12	1.1
1–2 years	1,139	3.0	0.06	2.7	382	3.0	0.07	2.7	323	2.9	0.11	2.8	388	3.2	0.15	2.8
3–5 years	1,517	3.7	0.09	3.3	398	3.6	0.10	3.3	482	4.0	0.09	3.6	564	3.9	0.13	3.3
6–11 years	1,553	4.2	0.11	3.7	413	4.0	0.15	3.5	518	4.2	0.13	3.8	569	4.9	0.20	4.2
12–15 years	848	4.3	0.16	3.9	231	4.1	0.19	3.8	298	4.3	0.21	3.9	276	4.4	0.13	3.9
16–19 years	811	4.4	0.14	3.7	222	4.2	0.17	3.6	291	4.5	0.20	3.8	251	5.1	0.25	4.5
20–29 years	1,813	4.7	0.08	4.1	488	4.7	0.11	4.1	608	4.3	0.14	3.8	643	5.6	0.12	4.7
30–39 years	1,814	5.0	0.09	4.5	584	5.1	0.13	4.6	637	4.5	0.12	3.8	517	5.6	0.18	4.8
40–49 years	1,315	5.0	0.11	4.6	459	5.1	0.13	4.8	429	4.3	0.14	3.8	361	5.3	0.23	4.6
50–59 years	979	5.2	0.11	4.6	470	5.2	0.14	4.7	267	4.7	0.22	3.9	191	5.8	0.47	4.7
60–69 years	1,097	5.3	0.10	4.9	463	5.4	0.13	5.0	281	4.7	0.16	4.3	308	5.0	0.22	4.5
70–79 years	895	5.3	0.11	4.9	584	5.4	0.12	5.0	166	4.5	0.25	4.1	116	4.7	0.30	3.8
80 years and over	596	5.2	0.14	4.8	464	5.2	0.16	4.9	71	4.5	0.32	4.5	48	4.1	0.30	3.3

<sup>1</sup>Includes data for ethnic groups not shown separately.

<sup>2</sup>Excludes nursing infants and children.

**Table 136. Water soluble dietary fiber in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	5.5	0.04	4.8	10,696	5.1	0.08	4.2	15,771	5.6	0.05	5.0
Under 6 years <sup>2</sup> . . . . .	6,871	3.3	0.05	3.0	3,145	3.4	0.08	3.1	3,128	3.3	0.06	3.0
6–11 years . . . . .	3,134	4.5	0.10	3.9	1,446	4.6	0.16	4.1	1,439	4.4	0.13	3.9
12–19 years . . . . .	3,121	5.0	0.10	4.3	1,345	4.9	0.16	4.1	1,470	5.1	0.11	4.4
20–59 years . . . . .	10,940	6.0	0.05	5.2	3,329	5.8	0.15	4.7	6,710	6.1	0.05	5.3
60 years and over . . . . .	5,039	5.8	0.07	5.2	1,431	5.1	0.13	4.5	3,024	6.0	0.08	5.4
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	6.3	0.05	5.4	4,929	5.8	0.13	4.7	7,770	6.5	0.07	5.7
Under 6 years <sup>2</sup> . . . . .	3,410	3.4	0.07	3.1	1,564	3.6	0.10	3.3	1,548	3.4	0.08	3.1
6–11 years . . . . .	1,581	4.7	0.16	4.3	713	4.7	0.17	4.3	746	4.8	0.20	4.4
12–19 years . . . . .	1,462	5.7	0.14	5.1	634	5.2	0.18	4.4	674	5.9	0.17	5.3
20–59 years . . . . .	5,019	7.1	0.07	6.3	1,390	7.2	0.26	6.1	3,226	7.1	0.09	6.3
60 years and over . . . . .	2,451	6.5	0.13	5.8	628	5.7	0.20	4.9	1,576	6.7	0.13	5.9
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	4.7	0.04	4.2	5,767	4.5	0.09	3.8	8,001	4.8	0.05	4.3
Under 6 years <sup>2</sup> . . . . .	3,461	3.2	0.06	2.8	1,581	3.2	0.12	2.8	1,580	3.2	0.07	2.9
6–11 years . . . . .	1,553	4.2	0.11	3.7	733	4.6	0.23	3.9	693	4.0	0.12	3.6
12–19 years . . . . .	1,659	4.3	0.12	3.8	711	4.6	0.23	3.9	796	4.2	0.13	3.8
20–59 years . . . . .	5,921	4.9	0.06	4.5	1,939	4.7	0.12	3.9	3,484	5.0	0.06	4.6
60 years and over . . . . .	2,588	5.3	0.08	4.9	803	4.8	0.17	4.2	1,448	5.4	0.08	5.1

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 137. Pectin intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,104	1.7	0.02	1.2	10,633	1.7	0.02	1.3	8,513	1.4	0.02	1.0	8,627	1.5	0.03	1.1
2–11 months <sup>2</sup>	1,620	0.7	0.02	0.5	903	0.7	0.03	0.6	284	0.5	0.05	0.4	280	0.6	0.05	0.5
1–2 years	2,310	1.0	0.02	0.8	759	1.0	0.03	0.8	664	0.9	0.03	0.8	769	0.9	0.05	0.7
3–5 years	2,941	1.1	0.04	0.9	778	1.1	0.06	0.9	921	1.1	0.04	0.9	1,091	1.1	0.05	0.8
6–11 years	3,134	1.2	0.05	0.9	832	1.2	0.06	0.9	1,065	1.2	0.04	0.9	1,108	1.2	0.04	0.9
12–15 years	1,599	1.2	0.05	0.9	408	1.2	0.07	0.9	567	1.1	0.04	0.8	542	1.2	0.04	0.9
16–19 years	1,522	1.4	0.06	0.9	400	1.4	0.08	0.9	546	1.2	0.07	0.8	502	1.3	0.11	1.0
20–29 years	3,399	1.8	0.04	1.2	870	1.8	0.06	1.2	1,085	1.5	0.06	1.0	1,299	1.8	0.07	1.3
30–39 years	3,238	1.9	0.04	1.5	1,022	1.9	0.05	1.5	1,112	1.7	0.06	1.2	973	1.9	0.07	1.4
40–49 years	2,503	1.8	0.04	1.4	877	1.8	0.05	1.5	785	1.6	0.05	1.2	730	1.7	0.09	1.2
50–59 years	1,799	1.9	0.07	1.5	869	2.0	0.08	1.6	474	1.6	0.09	1.2	365	1.7	0.11	1.3
60–69 years	2,208	2.0	0.05	1.7	953	2.0	0.06	1.8	560	1.7	0.09	1.3	621	1.5	0.06	1.1
70–79 years	1,678	1.9	0.05	1.6	1,052	2.0	0.06	1.6	334	1.7	0.09	1.4	249	1.3	0.10	1.0
80 years and over	1,153	1.8	0.05	1.5	910	1.8	0.06	1.6	116	1.5	0.13	1.3	98	1.2	0.10	1.0
<b>Male</b>																
All ages <sup>2</sup>	13,923	1.9	0.03	1.4	5,028	1.9	0.03	1.5	4,003	1.6	0.03	1.1	4,264	1.7	0.05	1.2
2–11 months <sup>2</sup>	815	0.7	0.02	0.5	455	0.8	0.03	0.7	145	0.6	0.06	0.4	149	0.6	0.07	0.5
1–2 years	1,171	1.0	0.04	0.8	377	1.0	0.05	0.8	341	0.9	0.04	0.8	381	0.9	0.06	0.7
3–5 years	1,424	1.1	0.06	0.9	380	1.1	0.07	0.9	439	1.1	0.05	0.9	527	1.0	0.07	0.8
6–11 years	1,581	1.2	0.06	1.0	419	1.3	0.08	1.0	547	1.2	0.05	0.9	539	1.1	0.06	0.9
12–15 years	751	1.3	0.09	1.0	177	1.3	0.13	0.8	269	1.1	0.05	0.8	266	1.2	0.08	1.0
16–19 years	711	1.6	0.10	1.1	178	1.6	0.12	1.0	255	1.4	0.12	0.9	251	1.4	0.16	1.0
20–29 years	1,587	2.2	0.07	1.5	383	2.3	0.11	1.5	477	2.0	0.09	1.4	656	2.1	0.12	1.5
30–39 years	1,424	2.3	0.06	1.9	438	2.3	0.07	1.9	475	2.0	0.08	1.6	456	2.3	0.11	1.7
40–49 years	1,188	2.1	0.06	1.7	418	2.1	0.08	1.7	356	1.9	0.10	1.4	369	2.0	0.15	1.5
50–59 years	820	2.1	0.11	1.7	399	2.3	0.14	1.8	207	1.7	0.14	1.2	174	1.8	0.15	1.3
60–69 years	1,111	2.1	0.07	1.7	490	2.1	0.07	1.8	279	1.7	0.12	1.2	313	1.7	0.11	1.2
70–79 years	783	2.1	0.10	1.7	468	2.1	0.12	1.7	168	1.7	0.11	1.3	133	1.5	0.15	1.0
80 years and over	557	1.9	0.09	1.6	446	1.9	0.10	1.6	45	1.5	0.19	1.1	50	1.3	0.19	1.0
<b>Female</b>																
All ages <sup>2</sup>	15,181	1.4	0.02	1.1	5,605	1.5	0.03	1.2	4,510	1.3	0.02	0.9	4,363	1.3	0.03	1.0
2–11 months <sup>2</sup>	805	0.6	0.03	0.5	448	0.7	0.04	0.5	139	0.5	0.07	0.3	131	0.6	0.04	0.5
1–2 years	1,139	0.9	0.03	0.8	382	1.0	0.05	0.8	323	0.9	0.05	0.7	388	0.9	0.05	0.7
3–5 years	1,517	1.0	0.04	0.9	398	1.1	0.06	0.9	482	1.0	0.05	0.9	564	1.1	0.05	0.9
6–11 years	1,553	1.2	0.05	0.9	413	1.2	0.07	0.9	518	1.2	0.06	0.9	569	1.2	0.07	0.9
12–15 years	848	1.1	0.06	0.9	231	1.0	0.06	0.9	298	1.0	0.05	0.8	276	1.1	0.04	0.8
16–19 years	811	1.1	0.08	0.8	222	1.2	0.10	0.9	291	1.0	0.06	0.7	251	1.2	0.11	1.0
20–29 years	1,812	1.3	0.05	1.0	487	1.3	0.06	1.0	608	1.1	0.06	0.8	643	1.4	0.06	1.1
30–39 years	1,814	1.5	0.05	1.2	584	1.6	0.07	1.2	637	1.4	0.07	1.0	517	1.5	0.09	1.1
40–49 years	1,315	1.5	0.05	1.2	459	1.5	0.06	1.2	429	1.4	0.06	1.1	361	1.3	0.07	1.1
50–59 years	979	1.7	0.06	1.5	470	1.7	0.07	1.5	267	1.5	0.08	1.2	191	1.6	0.13	1.3
60–69 years	1,097	1.9	0.05	1.7	463	2.0	0.07	1.8	281	1.7	0.10	1.4	308	1.3	0.07	1.0
70–79 years	895	1.8	0.05	1.5	584	1.8	0.05	1.6	166	1.7	0.12	1.5	116	1.1	0.09	0.8
80 years and over	596	1.7	0.06	1.5	464	1.7	0.07	1.5	71	1.5	0.15	1.4	48	1.1	0.11	1.0

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.



**Table 138. Pectin intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,104	1.7	0.02	1.2	10,696	1.4	0.03	1.0	15,770	1.7	0.02	1.3
Under 6 years <sup>2</sup> . . . . .	6,871	1.0	0.03	0.8	3,145	0.9	0.03	0.8	3,128	1.0	0.04	0.8
6–11 years . . . . .	3,134	1.2	0.05	0.9	1,446	1.2	0.06	1.0	1,439	1.2	0.06	0.9
12–19 years . . . . .	3,121	1.3	0.04	0.9	1,345	1.2	0.07	0.8	1,470	1.4	0.05	0.9
20–59 years . . . . .	10,939	1.8	0.02	1.4	3,329	1.6	0.06	1.0	6,709	1.9	0.03	1.5
60 years and over . . . . .	5,039	1.9	0.03	1.6	1,431	1.6	0.06	1.2	3,024	2.0	0.04	1.8
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	1.9	0.03	1.4	4,929	1.5	0.05	1.1	7,770	2.0	0.04	1.5
Under 6 years <sup>2</sup> . . . . .	3,410	1.0	0.03	0.8	1,564	1.0	0.04	0.8	1,548	1.0	0.04	0.9
6–11 years . . . . .	1,581	1.2	0.06	1.0	713	1.2	0.06	1.0	746	1.3	0.07	1.0
12–19 years . . . . .	1,462	1.5	0.06	1.0	634	1.2	0.08	0.9	674	1.6	0.09	1.0
20–59 years . . . . .	5,019	2.2	0.04	1.7	1,390	2.0	0.10	1.3	3,226	2.2	0.05	1.8
60 years and over . . . . .	2,451	2.1	0.05	1.7	628	1.6	0.09	1.1	1,576	2.2	0.05	1.8
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	1.4	0.02	1.1	5,767	1.2	0.04	0.9	8,000	1.5	0.02	1.2
Under 6 years <sup>2</sup> . . . . .	3,461	1.0	0.03	0.8	1,581	0.9	0.03	0.7	1,580	1.0	0.04	0.8
6–11 years . . . . .	1,553	1.2	0.05	0.9	733	1.2	0.08	0.9	693	1.2	0.07	0.9
12–19 years . . . . .	1,659	1.1	0.05	0.9	711	1.2	0.10	0.8	796	1.1	0.06	0.9
20–59 years . . . . .	5,920	1.5	0.03	1.2	1,939	1.3	0.06	0.9	3,483	1.5	0.03	1.2
60 years and over . . . . .	2,588	1.8	0.04	1.6	803	1.6	0.07	1.3	1,448	1.9	0.04	1.7

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 139. Starch intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	111	1.2	99	10,634	109	1.4	98	8,513	105	0.9	93	8,627	117	1.6	105
2–11 months <sup>2</sup>	1,620	29	0.7	26	903	29	0.8	26	284	29	1.5	24	280	28	2.1	23
1–2 years	2,310	64	0.9	61	759	63	1.3	59	664	72	1.6	67	769	63	1.5	60
3–5 years	2,941	87	1.3	82	778	84	1.7	81	921	96	1.8	90	1,091	86	1.5	80
6–11 years	3,134	108	2.2	99	832	106	2.9	98	1,065	107	1.8	100	1,108	110	3.1	100
12–15 years	1,599	122	3.8	108	408	118	4.3	105	567	113	2.4	101	542	115	2.7	105
16–19 years	1,522	131	3.2	117	400	129	4.5	115	546	128	4.1	112	502	129	3.0	118
20–29 years	3,400	129	2.3	114	871	126	3.0	113	1,085	127	3.3	112	1,299	138	2.5	125
30–39 years	3,238	121	2.0	108	1,022	119	2.4	107	1,112	114	2.7	101	973	131	3.0	120
40–49 years	2,503	117	3.2	105	877	116	3.9	106	785	102	2.6	89	730	129	2.7	116
50–59 years	1,799	105	2.3	95	869	102	1.8	93	474	91	2.4	86	365	113	4.0	101
60–69 years	2,208	98	1.8	88	953	98	1.8	88	560	81	1.7	71	621	101	2.9	87
70–79 years	1,678	90	1.8	84	1,052	90	2.0	84	334	77	2.5	68	249	97	3.8	88
80 years and over	1,153	85	1.6	79	910	85	1.6	79	116	73	3.4	71	98	84	5.8	72
Male																
All ages <sup>2</sup>	13,923	131	1.6	117	5,028	129	1.9	116	4,003	121	1.4	108	4,264	135	1.9	123
2–11 months <sup>2</sup>	815	31	0.8	27	455	32	0.9	28	145	28	1.5	24	149	31	3.2	28
1–2 years	1,171	68	1.4	65	377	66	1.8	63	341	79	2.2	76	381	66	2.0	61
3–5 years	1,424	91	1.6	88	380	88	2.1	86	439	101	2.4	96	527	92	2.5	85
6–11 years	1,581	116	3.2	109	419	117	4.4	110	547	112	2.3	105	539	116	4.1	107
12–15 years	751	142	5.4	122	177	137	6.2	121	269	123	4.0	116	266	134	4.1	127
16–19 years	711	158	5.1	144	178	162	7.0	146	255	145	6.7	122	251	147	5.2	131
20–29 years	1,587	155	3.7	142	383	153	5.2	136	477	151	4.5	136	656	162	4.0	153
30–39 years	1,424	145	2.8	131	438	142	2.9	131	475	138	4.0	128	456	155	3.9	149
40–49 years	1,188	141	5.4	126	418	139	6.7	125	356	125	4.3	115	369	152	3.3	139
50–59 years	820	125	3.8	115	399	120	3.1	114	207	103	4.5	98	174	131	5.6	124
60–69 years	1,111	117	2.4	106	490	116	2.6	108	279	94	3.4	81	313	123	4.1	118
70–79 years	783	105	3.2	99	468	105	3.6	99	168	83	3.1	76	133	111	6.8	102
80 years and over	557	100	2.3	91	446	100	2.2	92	45	75	6.4	71	50	103	8.0	101
Female																
All ages <sup>2</sup>	15,182	93	1.1	85	5,606	90	1.3	83	4,510	92	0.9	83	4,363	98	1.7	90
2–11 months <sup>2</sup>	805	28	1.0	25	448	27	1.0	23	139	31	2.5	27	131	25	2.8	20
1–2 years	1,139	61	1.4	57	382	60	1.8	56	323	65	1.9	60	388	61	2.3	59
3–5 years	1,517	82	1.5	76	398	80	1.8	75	482	91	1.9	86	564	80	2.2	73
6–11 years	1,553	99	2.1	94	413	95	2.6	91	518	102	2.4	96	569	105	3.5	95
12–15 years	848	102	3.8	95	231	98	4.4	91	298	104	3.9	92	276	95	3.3	90
16–19 years	811	103	2.4	93	222	94	2.7	85	291	111	3.9	103	251	110	3.6	99
20–29 years	1,813	104	2.4	95	488	101	2.7	93	608	106	3.8	93	643	108	1.8	98
30–39 years	1,814	98	2.2	89	584	96	2.6	89	637	94	2.6	84	517	106	3.6	100
40–49 years	1,315	94	2.2	87	459	94	2.6	87	429	83	2.5	79	361	106	3.8	97
50–59 years	979	87	2.3	79	470	85	2.6	79	267	82	2.5	77	191	96	5.5	85
60–69 years	1,097	83	1.7	76	463	82	1.9	75	281	73	2.1	69	308	84	4.0	75
70–79 years	895	79	1.4	75	584	79	1.5	75	166	72	3.6	64	116	84	5.1	81
80 years and over	596	78	1.6	73	464	77	1.7	72	71	72	4.2	70	48	68	3.8	64

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 140. Starch intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes												
All ages <sup>2</sup>	29,105	111	1.2	99	10,696	109	1.9	95	15,771	112	1.3	100
Under 6 years <sup>2</sup>	6,871	71	0.9	67	3,145	75	1.5	71	3,128	70	1.2	67
6–11 years	3,134	108	2.2	99	1,446	111	2.6	105	1,439	107	3.0	98
12–19 years	3,121	126	2.7	112	1,345	123	3.9	113	1,470	127	3.5	111
20–59 years	10,940	120	1.5	107	3,329	123	3.1	106	6,710	120	1.7	108
60 years and over	5,039	94	1.2	85	1,431	85	2.6	77	3,024	96	1.3	87
All ages <sup>2</sup>	13,923	131	1.6	117	4,929	127	2.6	111	7,770	133	1.9	119
Under 6 years <sup>2</sup>	3,410	75	1.2	71	1,564	79	1.8	76	1,548	74	1.8	70
6–11 years	1,581	116	3.2	109	713	116	3.6	109	746	118	4.4	110
12–19 years	1,462	150	3.7	133	634	136	4.2	126	674	156	5.2	135
20–59 years	5,019	144	2.2	131	1,390	152	4.7	138	3,226	143	2.5	130
60 years and over	2,451	111	1.9	101	628	99	4.1	84	1,576	113	1.9	102
All ages <sup>2</sup>	15,182	93	1.1	85	5,767	95	1.9	85	8,001	92	1.1	84
Under 6 years <sup>2</sup>	3,461	67	0.9	64	1,581	71	2.1	66	1,580	66	1.3	64
6–11 years	1,553	99	2.1	94	733	105	3.5	101	693	94	2.4	91
12–19 years	1,659	102	2.4	93	711	112	5.0	103	796	97	2.3	90
20–59 years	5,921	97	1.5	88	1,939	100	2.9	87	3,484	96	1.6	88
60 years and over	2,588	81	1.1	75	803	79	2.8	72	1,448	81	1.1	75

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 141. 3-Methylhistidine intake in milligrams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,105	16.6	0.28	13.0	10,634	16.0	0.32	12.4	8,513	18.9	0.26	14.8	8,627	15.9	0.33	12.1
2–11 months <sup>2</sup>	1,620	1.5	0.11	–	903	1.4	0.11	–	284	1.7	0.21	–	280	1.3	0.15	–
1–2 years	2,310	6.5	0.19	5.1	759	5.8	0.25	4.7	664	8.9	0.36	7.6	769	6.0	0.32	4.6
3–5 years	2,941	8.9	0.24	7.2	778	7.9	0.36	6.3	921	11.2	0.32	9.6	1,091	8.4	0.28	6.9
6–11 years	3,134	12.1	0.34	9.8	832	11.6	0.50	9.4	1,065	14.0	0.37	11.7	1,108	11.4	0.41	9.1
12–15 years	1,599	14.6	0.55	11.3	408	13.6	0.67	10.1	567	16.9	0.65	13.5	542	14.5	0.53	12.1
16–19 years	1,522	19.2	0.84	15.5	400	18.8	1.05	15.1	546	21.0	1.01	16.8	502	17.0	0.92	13.0
20–29 years	3,400	20.2	0.65	15.1	871	18.7	0.78	13.9	1,085	24.8	0.60	20.2	1,299	20.7	0.80	16.6
30–39 years	3,238	20.0	0.70	15.6	1,022	18.8	0.87	15.1	1,112	23.4	0.83	18.1	973	19.7	0.65	15.8
40–49 years	2,503	18.8	0.56	16.0	877	18.5	0.63	15.8	785	21.4	0.74	17.4	730	19.1	0.78	15.7
50–59 years	1,799	18.8	0.71	15.3	869	18.1	0.74	14.9	474	18.7	0.86	16.0	365	17.6	0.78	16.1
60–69 years	2,208	15.0	0.41	12.7	953	14.8	0.46	12.5	560	15.8	0.52	13.5	621	13.0	0.67	10.0
70–79 years	1,678	13.4	0.48	11.3	1,052	12.9	0.46	11.0	334	15.2	0.68	12.0	249	12.2	0.80	9.9
80 years and over	1,153	11.6	0.37	9.7	910	11.4	0.45	9.5	116	12.1	1.42	9.5	98	9.1	1.04	7.8
Male																
All ages <sup>2</sup>	13,923	20.4	0.44	16.1	5,028	19.7	0.51	15.5	4,003	22.7	0.41	17.9	4,264	19.1	0.51	14.8
2–11 months <sup>2</sup>	815	1.6	0.15	–	455	1.5	0.15	–	145	1.9	0.30	0.2	149	1.4	0.21	0.2
1–2 years	1,171	6.7	0.22	5.5	377	6.1	0.29	4.9	341	9.4	0.50	8.3	381	6.2	0.48	5.2
3–5 years	1,424	8.9	0.32	7.2	380	7.9	0.46	6.3	439	11.4	0.49	10.1	527	9.3	0.40	7.9
6–11 years	1,581	12.8	0.48	10.5	419	12.0	0.63	10.0	547	15.0	0.55	12.3	539	12.5	0.59	10.3
12–15 years	751	17.2	0.98	13.1	177	16.6	1.31	12.3	269	17.8	0.92	15.4	266	16.6	0.74	14.3
16–19 years	711	24.9	1.13	21.7	178	24.7	1.50	21.5	255	26.0	1.46	23.5	251	19.6	1.40	15.5
20–29 years	1,587	26.1	1.06	21.5	383	24.7	1.31	19.0	477	32.4	1.17	27.0	656	25.0	1.22	21.2
30–39 years	1,424	25.0	0.92	21.1	438	23.6	1.16	20.2	475	29.5	1.12	23.9	456	24.8	0.89	20.9
40–49 years	1,188	23.1	0.89	20.2	418	22.7	1.04	20.2	356	26.4	1.15	21.3	369	23.0	1.02	19.6
50–59 years	820	23.7	1.21	19.9	399	22.5	1.11	18.5	207	23.6	1.51	20.3	174	20.9	1.58	19.1
60–69 years	1,111	17.8	0.65	15.4	490	17.7	0.79	15.4	279	19.2	1.10	15.5	313	16.0	1.30	13.3
70–79 years	783	15.5	0.72	13.7	468	15.4	0.83	13.6	168	15.2	0.74	13.0	133	15.1	1.34	11.7
80 years and over	557	14.4	0.57	11.3	446	13.8	0.66	11.2	45	18.3	3.32	13.0	50	11.0	1.32	9.4
Female																
All ages <sup>2</sup>	15,182	13.1	0.19	10.9	5,606	12.4	0.20	10.5	4,510	15.6	0.25	12.7	4,363	12.5	0.25	10.0
2–11 months <sup>2</sup>	805	1.3	0.11	–	448	1.2	0.14	–	139	1.4	0.19	–	131	1.3	0.22	–
1–2 years	1,139	6.2	0.28	4.9	382	5.6	0.34	4.5	323	8.3	0.51	6.8	388	5.9	0.34	4.3
3–5 years	1,517	8.9	0.31	7.3	398	8.0	0.44	6.5	482	11.0	0.42	9.4	564	7.5	0.30	6.0
6–11 years	1,553	11.4	0.57	9.1	413	11.2	0.80	8.6	518	12.9	0.45	11.1	569	10.4	0.55	8.2
12–15 years	848	12.0	0.60	9.8	231	10.5	0.74	9.1	298	16.0	0.90	12.2	276	12.5	0.55	9.8
16–19 years	811	13.3	0.71	10.9	222	12.5	0.86	10.1	291	16.1	1.11	13.7	251	14.3	1.02	11.6
20–29 years	1,813	14.6	0.51	11.8	488	13.1	0.56	11.2	608	18.5	0.61	15.3	643	15.2	0.51	13.5
30–39 years	1,814	15.2	0.56	12.4	584	14.2	0.69	12.1	637	18.6	0.72	15.2	517	14.2	0.67	11.8
40–49 years	1,315	14.7	0.54	13.7	459	14.3	0.56	13.3	429	17.1	0.72	14.4	361	15.1	0.86	13.2
50–59 years	979	14.3	0.50	12.3	470	14.1	0.66	12.1	267	15.0	0.81	13.0	191	14.5	0.74	11.7
60–69 years	1,097	12.5	0.45	10.5	463	12.3	0.51	10.3	281	13.5	0.55	11.6	308	10.7	0.55	8.5
70–79 years	895	12.0	0.48	10.2	584	11.2	0.38	9.9	166	15.2	0.98	12.0	116	9.5	1.32	7.0
80 years and over	596	10.1	0.46	8.5	464	10.1	0.52	8.5	71	9.3	0.87	9.2	48	7.3	1.63	6.0

– Quantity zero. <sup>1</sup>Includes data for ethnic groups not shown separately. <sup>2</sup>Excludes nursing infants and children.

**Table 142. 3-Methylhistidine intake in milligrams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,105	16.6	0.28	13.0	10,696	15.7	0.46	11.8	15,771	16.9	0.32	13.4
Under 6 years <sup>2</sup> . . . . .	6,871	7.0	0.15	5.5	3,145	8.0	0.26	6.6	3,128	6.4	0.20	4.9
6–11 years . . . . .	3,134	12.1	0.34	9.8	1,446	12.4	0.58	10.3	1,439	12.0	0.56	9.6
12–19 years . . . . .	3,121	16.9	0.56	13.1	1,345	16.6	0.76	13.6	1,470	16.9	0.64	12.9
20–59 years . . . . .	10,940	19.6	0.45	15.6	3,329	19.7	0.80	14.7	6,710	19.6	0.50	15.8
60 years and over . . . . .	5,039	13.9	0.29	11.7	1,431	12.9	0.63	10.6	3,024	14.3	0.33	11.8
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,923	20.4	0.44	16.1	4,929	19.3	0.72	14.0	7,770	20.8	0.48	16.8
Under 6 years <sup>2</sup> . . . . .	3,410	7.1	0.18	5.6	1,564	8.3	0.32	7.0	1,548	6.5	0.24	4.9
6–11 years . . . . .	1,581	12.8	0.48	10.5	713	14.2	0.84	12.6	746	12.4	0.60	10.0
12–19 years . . . . .	1,462	21.0	0.80	17.0	634	19.6	1.21	15.7	674	21.8	0.97	17.7
20–59 years . . . . .	5,019	24.6	0.66	20.6	1,390	25.8	1.28	20.3	3,226	24.5	0.70	20.7
60 years and over . . . . .	2,451	16.6	0.39	14.3	628	15.4	1.22	11.9	1,576	17.2	0.46	14.7
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,182	13.1	0.19	10.9	5,767	13.0	0.36	10.5	8,001	13.1	0.23	11.1
Under 6 years <sup>2</sup> . . . . .	3,461	6.9	0.20	5.3	1,581	7.6	0.37	6.2	1,580	6.4	0.25	4.9
6–11 years . . . . .	1,553	11.4	0.57	9.1	733	10.8	0.74	8.4	693	11.7	0.88	9.2
12–19 years . . . . .	1,659	12.7	0.49	10.1	711	14.1	0.74	12.2	796	11.8	0.51	9.4
20–59 years . . . . .	5,921	14.8	0.32	12.4	1,939	15.1	0.61	12.1	3,484	14.7	0.38	12.6
60 years and over . . . . .	2,588	11.9	0.30	10.1	803	11.7	0.64	9.6	1,448	11.8	0.33	10.2

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 143. Trans fatty acid (16:1) intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	0.07	0.001	0.04	10,634	0.07	0.002	0.04	8,512	0.07	0.001	0.05	8,626	0.06	0.002	0.04
2–11 months <sup>2</sup>	1,620	–	–	–	903	–	–	–	284	0.01	0.001	–	280	–	–	–
1–2 years	2,310	0.03	0.001	0.01	759	0.03	0.002	0.01	664	0.03	0.002	0.02	769	0.02	0.001	0.01
3–5 years	2,941	0.04	0.002	0.03	778	0.04	0.002	0.02	921	0.05	0.002	0.03	1,091	0.04	0.002	0.02
6–11 years	3,134	0.06	0.002	0.05	832	0.06	0.002	0.04	1,065	0.07	0.003	0.05	1,108	0.06	0.003	0.04
12–15 years	1,598	0.07	0.004	0.04	408	0.07	0.005	0.04	567	0.08	0.004	0.05	541	0.07	0.005	0.05
16–19 years	1,521	0.08	0.003	0.06	400	0.08	0.005	0.06	545	0.08	0.005	0.05	502	0.06	0.003	0.04
20–29 years	3,400	0.08	0.003	0.05	871	0.08	0.004	0.05	1,085	0.09	0.003	0.06	1,299	0.07	0.003	0.05
30–39 years	3,238	0.08	0.002	0.05	1,022	0.08	0.003	0.06	1,112	0.08	0.003	0.05	973	0.07	0.003	0.05
40–49 years	2,503	0.07	0.004	0.05	877	0.08	0.004	0.05	785	0.07	0.003	0.05	730	0.07	0.003	0.05
50–59 years	1,799	0.07	0.003	0.05	869	0.07	0.003	0.05	474	0.07	0.003	0.05	365	0.06	0.005	0.04
60–69 years	2,208	0.06	0.002	0.04	953	0.06	0.003	0.04	560	0.05	0.002	0.03	621	0.04	0.003	0.02
70–79 years	1,678	0.05	0.003	0.03	1,052	0.06	0.003	0.03	334	0.05	0.004	0.03	249	0.04	0.004	0.02
80 years and over	1,153	0.05	0.003	0.03	910	0.05	0.003	0.03	116	0.04	0.006	0.02	98	0.04	0.007	0.01
<b>Male</b>																
All ages <sup>2</sup>	13,922	0.08	0.002	0.06	5,028	0.08	0.002	0.06	4,003	0.08	0.002	0.06	4,263	0.07	0.003	0.05
2–11 months <sup>2</sup>	815	–	–	–	455	0.01	0.001	–	145	*0.01	*0.002	–	149	–	–	–
1–2 years	1,171	0.03	0.001	0.01	377	0.03	0.002	0.01	341	0.04	0.002	0.02	381	0.02	0.002	0.01
3–5 years	1,424	0.04	0.002	0.03	380	0.04	0.003	0.03	439	0.05	0.003	0.04	527	0.04	0.003	0.02
6–11 years	1,581	0.07	0.003	0.05	419	0.07	0.004	0.05	547	0.08	0.004	0.06	539	0.06	0.004	0.04
12–15 years	750	0.08	0.005	0.05	177	0.07	0.008	0.05	269	0.08	0.005	0.06	265	0.08	0.008	0.06
16–19 years	711	0.09	0.005	0.07	178	0.10	0.007	0.07	255	0.10	0.009	0.06	251	0.07	0.005	0.05
20–29 years	1,587	0.10	0.004	0.07	383	0.10	0.005	0.07	477	0.11	0.007	0.08	656	0.09	0.006	0.06
30–39 years	1,424	0.10	0.003	0.07	438	0.10	0.003	0.08	475	0.10	0.005	0.07	456	0.08	0.004	0.06
40–49 years	1,188	0.09	0.006	0.06	418	0.09	0.008	0.06	356	0.09	0.005	0.07	369	0.08	0.005	0.06
50–59 years	820	0.09	0.006	0.07	399	0.09	0.005	0.07	207	0.08	0.005	0.06	174	0.07	0.009	0.04
60–69 years	1,111	0.07	0.003	0.05	490	0.08	0.004	0.05	279	0.07	0.004	0.04	313	0.06	0.005	0.04
70–79 years	783	0.07	0.005	0.05	468	0.07	0.005	0.05	168	0.06	0.004	0.04	133	0.05	0.006	0.04
80 years and over	557	0.06	0.006	0.04	446	0.07	0.006	0.04	45	0.05	0.012	0.02	50	0.05	0.011	0.03
<b>Female</b>																
All ages <sup>2</sup>	15,181	0.05	0.001	0.03	5,606	0.05	0.001	0.03	4,509	0.06	0.001	0.04	4,363	0.05	0.001	0.03
2–11 months <sup>2</sup>	805	0.01	0.001	–	448	–	–	–	139	0.01	0.001	–	131	–	–	–
1–2 years	1,139	0.02	0.001	0.01	382	0.02	0.002	0.02	323	0.03	0.002	0.02	388	0.02	0.002	0.01
3–5 years	1,517	0.04	0.002	0.02	398	0.04	0.002	0.02	482	0.05	0.003	0.03	564	0.04	0.003	0.02
6–11 years	1,553	0.06	0.002	0.04	413	0.06	0.003	0.04	518	0.07	0.003	0.05	569	0.05	0.003	0.04
12–15 years	848	0.06	0.006	0.03	231	0.06	0.009	0.03	298	0.07	0.003	0.05	276	0.05	0.004	0.04
16–19 years	810	0.06	0.004	0.04	222	0.06	0.006	0.04	290	0.06	0.005	0.04	251	0.05	0.003	0.04
20–29 years	1,813	0.06	0.003	0.04	488	0.06	0.004	0.04	608	0.07	0.003	0.05	643	0.05	0.003	0.04
30–39 years	1,814	0.06	0.003	0.04	584	0.07	0.004	0.04	637	0.06	0.003	0.04	517	0.05	0.002	0.03
40–49 years	1,315	0.06	0.003	0.04	459	0.06	0.004	0.04	429	0.06	0.004	0.04	361	0.05	0.003	0.04
50–59 years	979	0.05	0.002	0.03	470	0.05	0.003	0.03	267	0.06	0.003	0.04	191	0.05	0.005	0.03
60–69 years	1,097	0.05	0.003	0.03	463	0.05	0.003	0.03	281	0.05	0.003	0.03	308	0.03	0.003	0.02
70–79 years	895	0.04	0.003	0.03	584	0.05	0.003	0.03	166	0.04	0.004	0.03	116	0.03	0.006	0.02
80 years and over	596	0.04	0.002	0.02	464	0.04	0.002	0.02	71	0.04	0.005	0.02	48	*0.02	*0.006	0.01

–Quantity zero.

\* Figure does not meet standard of reliability or precision.

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 144. Trans fatty acid (16:1) intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,103	0.07	0.001	0.04	10,696	0.06	0.002	0.04	15,770	0.07	0.001	0.04
Under 6 years <sup>2</sup>	6,871	0.03	0.001	0.02	3,145	0.03	0.002	0.02	3,128	0.03	0.001	0.01
6–11 years	3,134	0.06	0.002	0.05	1,446	0.07	0.004	0.05	1,439	0.06	0.003	0.04
12–19 years	3,119	0.07	0.002	0.05	1,345	0.07	0.005	0.05	1,469	0.07	0.003	0.05
20–59 years	10,940	0.08	0.002	0.05	3,329	0.07	0.003	0.05	6,710	0.08	0.002	0.05
60 years and over	5,039	0.06	0.002	0.03	1,431	0.05	0.003	0.03	3,024	0.06	0.002	0.04
<b>Male</b>												
All ages <sup>2</sup>	13,922	0.08	0.002	0.06	4,929	0.08	0.003	0.05	7,769	0.09	0.002	0.06
Under 6 years <sup>2</sup>	3,410	0.03	0.001	0.02	1,564	0.04	0.002	0.02	1,548	0.03	0.002	0.01
6–11 years	1,581	0.07	0.003	0.05	713	0.08	0.007	0.06	746	0.07	0.005	0.05
12–19 years	1,461	0.08	0.004	0.06	634	0.08	0.005	0.06	673	0.09	0.005	0.06
20–59 years	5,019	0.10	0.003	0.07	1,390	0.10	0.006	0.07	3,226	0.10	0.003	0.07
60 years and over	2,451	0.07	0.002	0.05	628	0.06	0.003	0.04	1,576	0.07	0.003	0.05
<b>Female</b>												
All ages <sup>2</sup>	15,181	0.05	0.001	0.03	5,767	0.05	0.002	0.03	8,001	0.05	0.001	0.03
Under 6 years <sup>2</sup>	3,461	0.03	0.001	0.02	1,581	0.03	0.002	0.02	1,580	0.03	0.001	0.02
6–11 years	1,553	0.06	0.002	0.04	733	0.06	0.004	0.05	693	0.06	0.003	0.04
12–19 years	1,658	0.06	0.004	0.04	711	0.07	0.010	0.04	796	0.05	0.003	0.04
20–59 years	5,921	0.06	0.002	0.04	1,939	0.06	0.003	0.04	3,484	0.06	0.002	0.04
60 years and over	2,588	0.04	0.002	0.03	803	0.04	0.003	0.02	1,448	0.05	0.002	0.03

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 145. Trans fatty acid (18:1) intake in grams by sex, age, and race/ethnicity: United States, 1988–94

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
Both sexes																
All ages <sup>2</sup>	29,103	4.33	0.065	3.26	10,634	4.54	0.076	3.48	8,512	4.47	0.085	3.28	8,626	3.35	0.081	2.46
2–11 months <sup>2</sup>	1,620	0.62	0.037	0.11	903	0.64	0.038	0.11	284	0.65	0.084	0.11	280	0.50	0.045	0.23
1–2 years	2,310	2.31	0.075	1.88	759	2.46	0.101	2.03	664	2.51	0.082	2.00	769	1.81	0.052	1.40
3–5 years	2,941	3.04	0.077	2.58	778	3.19	0.100	2.80	921	3.39	0.094	2.78	1,091	2.48	0.112	1.98
6–11 years	3,134	4.02	0.104	3.35	832	4.07	0.133	3.45	1,065	4.36	0.128	3.57	1,108	3.40	0.111	2.68
12–15 years	1,598	4.85	0.141	3.79	408	4.81	0.191	3.71	567	5.36	0.175	4.16	541	4.08	0.195	3.01
16–19 years	1,521	5.36	0.187	4.21	400	5.58	0.228	4.52	545	6.00	0.259	4.67	502	4.14	0.173	2.98
20–29 years	3,400	4.83	0.139	3.69	871	5.09	0.156	4.02	1,085	5.49	0.268	4.16	1,299	3.61	0.151	2.66
30–39 years	3,238	4.73	0.147	3.64	1,022	4.99	0.176	3.93	1,112	5.08	0.212	3.65	973	3.62	0.117	2.69
40–49 years	2,503	4.82	0.185	3.37	877	5.16	0.229	3.65	785	4.25	0.128	3.25	730	3.60	0.136	2.81
50–59 years	1,799	4.30	0.122	3.30	869	4.58	0.147	3.58	474	3.64	0.203	2.65	365	3.11	0.154	2.23
60–69 years	2,208	3.72	0.090	2.77	953	3.89	0.105	3.01	560	3.24	0.171	2.36	621	2.53	0.113	1.93
70–79 years	1,678	3.55	0.115	2.77	1,052	3.71	0.133	2.86	334	2.77	0.142	1.96	249	2.53	0.133	2.01
80 years and over	1,153	3.46	0.098	2.73	910	3.59	0.105	2.88	116	2.92	0.364	2.02	98	2.47	0.236	1.95
Male																
All ages <sup>2</sup>	13,922	5.11	0.101	3.88	5,028	5.41	0.118	4.22	4,003	5.11	0.111	3.66	4,263	3.80	0.104	2.92
2–11 months <sup>2</sup>	815	0.68	0.057	0.16	455	0.75	0.066	0.18	145	0.64	0.126	0.15	149	0.54	0.068	0.29
1–2 years	1,171	2.41	0.091	1.95	377	2.57	0.131	2.05	341	2.56	0.104	2.07	381	1.93	0.087	1.59
3–5 years	1,424	3.08	0.100	2.55	380	3.21	0.139	2.89	439	3.44	0.203	2.78	527	2.62	0.155	2.10
6–11 years	1,581	4.26	0.148	3.48	419	4.38	0.188	3.58	547	4.36	0.181	3.47	539	3.70	0.179	3.12
12–15 years	750	5.45	0.237	4.20	177	5.41	0.338	4.18	269	5.98	0.246	4.51	265	4.60	0.231	3.41
16–19 years	711	6.60	0.270	5.49	178	6.92	0.327	6.01	255	7.26	0.408	5.56	251	4.81	0.231	3.44
20–29 years	1,587	5.93	0.210	4.66	383	6.48	0.270	5.11	477	6.38	0.345	5.05	656	4.15	0.196	3.17
30–39 years	1,424	5.66	0.197	4.59	438	5.93	0.240	4.86	475	6.05	0.331	4.35	456	4.30	0.187	3.35
40–49 years	1,188	5.90	0.366	4.04	418	6.32	0.451	4.50	356	5.07	0.195	3.70	369	3.85	0.169	3.30
50–59 years	820	5.01	0.212	4.09	399	5.34	0.248	4.31	207	4.13	0.385	2.79	174	3.63	0.255	2.91
60–69 years	1,111	4.42	0.166	3.43	490	4.58	0.196	3.52	279	3.90	0.224	3.06	313	3.08	0.154	2.64
70–79 years	783	4.22	0.165	3.32	468	4.41	0.193	3.53	168	3.17	0.261	2.28	133	2.87	0.302	2.08
80 years and over	557	3.98	0.128	3.05	446	4.20	0.144	3.34	45	2.98	0.608	1.81	50	2.76	0.442	2.02
Female																
All ages <sup>2</sup>	15,181	3.59	0.045	2.78	5,606	3.71	0.055	2.91	4,509	3.92	0.087	2.98	4,363	2.87	0.078	2.16
2–11 months <sup>2</sup>	805	0.55	0.039	0.08	448	0.52	0.040	0.08	139	0.66	0.105	0.05	131	0.46	0.052	0.16
1–2 years	1,139	2.21	0.090	1.83	382	2.35	0.113	1.98	323	2.46	0.127	1.89	388	1.68	0.084	1.25
3–5 years	1,517	2.99	0.090	2.61	398	3.17	0.122	2.74	482	3.34	0.101	2.78	564	2.33	0.109	1.83
6–11 years	1,553	3.77	0.124	3.25	413	3.76	0.144	3.30	518	4.36	0.159	3.72	569	3.11	0.095	2.40
12–15 years	848	4.25	0.220	3.29	231	4.18	0.264	3.23	298	4.76	0.238	4.03	276	3.57	0.277	2.79
16–19 years	810	4.12	0.180	3.10	222	4.16	0.219	3.10	290	4.75	0.239	4.13	251	3.42	0.209	2.31
20–29 years	1,813	3.77	0.114	2.80	488	3.80	0.115	2.89	608	4.74	0.330	3.49	643	2.94	0.147	2.24
30–39 years	1,814	3.85	0.157	3.03	584	4.07	0.191	3.16	637	4.31	0.202	3.41	517	2.89	0.152	2.20
40–49 years	1,315	3.79	0.132	2.99	459	3.98	0.162	3.21	429	3.55	0.131	2.68	361	3.34	0.188	2.39
50–59 years	979	3.65	0.189	2.64	470	3.88	0.239	2.83	267	3.26	0.206	2.60	191	2.62	0.201	1.84
60–69 years	1,097	3.13	0.096	2.40	463	3.28	0.114	2.50	281	2.79	0.230	1.93	308	2.11	0.173	1.66
70–79 years	895	3.08	0.116	2.45	584	3.22	0.130	2.54	166	2.47	0.182	1.88	116	2.22	0.150	1.65
80 years and over	596	3.18	0.124	2.60	464	3.27	0.131	2.72	71	2.89	0.400	2.02	48	2.21	0.324	1.95

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.



**Table 146. Trans fatty acid (18:1) intake in grams by sex, age, and income level: United States, 1988–94**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup> . . . . .	29,103	4.33	0.065	3.26	10,696	3.83	0.085	2.90	15,770	4.51	0.083	3.41
Under 6 years <sup>2</sup> . . . . .	6,871	2.46	0.057	2.01	3,145	2.46	0.083	1.96	3,128	2.49	0.074	2.10
6–11 years . . . . .	3,134	4.02	0.104	3.35	1,446	3.81	0.156	3.17	1,439	4.14	0.134	3.45
12–19 years . . . . .	3,119	5.11	0.124	4.03	1,345	4.95	0.217	3.71	1,469	5.17	0.161	4.07
20–59 years . . . . .	10,940	4.71	0.089	3.54	3,329	4.12	0.153	3.10	6,710	4.89	0.106	3.67
60 years and over . . . . .	5,039	3.62	0.072	2.77	1,431	3.11	0.105	2.44	3,024	3.77	0.086	2.87
<b>Male</b>												
All ages <sup>2</sup> . . . . .	13,922	5.11	0.101	3.88	4,929	4.35	0.128	3.32	7,769	5.36	0.125	4.15
Under 6 years <sup>2</sup> . . . . .	3,410	2.52	0.071	2.08	1,564	2.58	0.077	2.05	1,548	2.53	0.091	2.14
6–11 years . . . . .	1,581	4.26	0.148	3.48	713	3.99	0.161	3.43	746	4.42	0.203	3.58
12–19 years . . . . .	1,461	6.01	0.182	4.82	634	5.55	0.322	3.91	673	6.24	0.235	5.23
20–59 years . . . . .	5,019	5.69	0.151	4.41	1,390	4.85	0.225	3.78	3,226	5.91	0.174	4.64
60 years and over . . . . .	2,451	4.30	0.124	3.36	628	3.75	0.176	2.94	1,576	4.42	0.150	3.44
<b>Female</b>												
All ages <sup>2</sup> . . . . .	15,181	3.59	0.045	2.78	5,767	3.42	0.091	2.56	8,001	3.67	0.058	2.85
Under 6 years <sup>2</sup> . . . . .	3,461	2.40	0.067	1.94	1,581	2.33	0.118	1.87	1,580	2.45	0.090	2.03
6–11 years . . . . .	1,553	3.77	0.124	3.25	733	3.64	0.227	3.02	693	3.84	0.155	3.31
12–19 years . . . . .	1,658	4.18	0.145	3.21	711	4.43	0.283	3.57	796	4.06	0.151	3.10
20–59 years . . . . .	5,921	3.78	0.069	2.89	1,939	3.57	0.147	2.64	3,484	3.86	0.083	3.00
60 years and over . . . . .	2,588	3.12	0.057	2.44	803	2.79	0.125	2.21	1,448	3.21	0.066	2.49

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

Table 147. Trans fatty acid (18:2) intake in grams by sex, age, and race/ethnicity: United States, 1988–94 in milligrams

Sex and age	Total population <sup>1</sup>				White non-Hispanic				Black non-Hispanic				Mexican American			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>																
All ages <sup>2</sup>	29,103	0.76	0.010	0.59	10,634	0.79	0.012	0.62	8,512	0.77	0.012	0.59	8,626	0.63	0.012	0.48
2–11 months <sup>2</sup>	1,620	0.11	0.007	0.01	903	0.12	0.007	0.01	284	0.09	0.013	0.01	280	0.11	0.013	0.04
1–2 years	2,310	0.48	0.012	0.40	759	0.50	0.016	0.43	664	0.51	0.016	0.42	769	0.41	0.011	0.34
3–5 years	2,941	0.60	0.017	0.52	778	0.62	0.022	0.54	921	0.64	0.018	0.54	1,091	0.51	0.023	0.41
6–11 years	3,134	0.77	0.021	0.64	832	0.79	0.029	0.66	1,065	0.80	0.018	0.68	1,108	0.68	0.020	0.56
12–15 years	1,598	0.92	0.024	0.76	408	0.91	0.032	0.77	567	0.99	0.041	0.78	541	0.78	0.035	0.62
16–19 years	1,521	0.98	0.033	0.81	400	1.03	0.040	0.91	545	1.06	0.055	0.81	502	0.78	0.027	0.56
20–29 years	3,400	0.90	0.025	0.68	871	0.96	0.031	0.74	1,085	0.92	0.041	0.70	1,299	0.67	0.022	0.49
30–39 years	3,238	0.83	0.022	0.66	1,022	0.87	0.026	0.72	1,112	0.85	0.028	0.65	973	0.65	0.021	0.50
40–49 years	2,503	0.77	0.024	0.60	877	0.82	0.030	0.65	785	0.68	0.021	0.56	730	0.62	0.026	0.49
50–59 years	1,799	0.69	0.020	0.55	869	0.72	0.025	0.59	474	0.59	0.030	0.44	365	0.52	0.020	0.43
60–69 years	2,208	0.60	0.015	0.47	953	0.62	0.016	0.50	560	0.50	0.024	0.36	621	0.47	0.041	0.36
70–79 years	1,678	0.55	0.016	0.44	1,052	0.57	0.019	0.46	334	0.46	0.029	0.32	249	0.43	0.033	0.30
80 years and over	1,153	0.55	0.015	0.45	910	0.58	0.017	0.46	116	0.42	0.043	0.32	98	0.42	0.036	0.35
<b>Male</b>																
All ages <sup>2</sup>	13,922	0.91	0.015	0.71	5,028	0.96	0.017	0.76	4,003	0.89	0.015	0.67	4,263	0.72	0.016	0.55
2–11 months <sup>2</sup>	815	0.12	0.009	0.02	455	0.13	0.012	0.02	145	0.08	0.017	0.01	149	0.13	0.019	0.04
1–2 years	1,171	0.51	0.016	0.43	377	0.53	0.023	0.45	341	0.53	0.022	0.43	381	0.44	0.015	0.37
3–5 years	1,424	0.62	0.026	0.53	380	0.65	0.035	0.55	439	0.67	0.035	0.57	527	0.56	0.034	0.44
6–11 years	1,581	0.85	0.030	0.70	419	0.89	0.040	0.76	547	0.82	0.026	0.67	539	0.75	0.038	0.61
12–15 years	750	1.06	0.040	0.86	177	1.05	0.054	0.85	269	1.09	0.051	0.85	265	0.91	0.049	0.74
16–19 years	711	1.21	0.051	1.04	178	1.28	0.064	1.10	255	1.28	0.093	0.95	251	0.94	0.037	0.70
20–29 years	1,587	1.11	0.041	0.85	383	1.23	0.055	0.97	477	1.09	0.058	0.85	656	0.76	0.034	0.57
30–39 years	1,424	1.01	0.029	0.84	438	1.06	0.035	0.91	475	1.01	0.047	0.77	456	0.76	0.032	0.60
40–49 years	1,188	0.94	0.043	0.72	418	1.00	0.057	0.77	356	0.81	0.030	0.65	369	0.69	0.035	0.55
50–59 years	820	0.83	0.031	0.69	399	0.87	0.037	0.74	207	0.69	0.060	0.46	174	0.59	0.033	0.49
60–69 years	1,111	0.72	0.022	0.59	490	0.74	0.023	0.61	279	0.63	0.043	0.49	313	0.61	0.077	0.45
70–79 years	783	0.68	0.023	0.54	468	0.71	0.028	0.55	168	0.53	0.046	0.40	133	0.50	0.068	0.35
80 years and over	557	0.65	0.023	0.52	446	0.69	0.025	0.56	45	0.45	0.081	0.32	50	0.45	0.066	0.30
<b>Female</b>																
All ages <sup>2</sup>	15,181	0.62	0.008	0.49	5,606	0.63	0.010	0.51	4,509	0.67	0.013	0.52	4,363	0.53	0.011	0.41
2–11 months <sup>2</sup>	805	0.09	0.008	0.01	448	0.10	0.009	0.01	139	0.09	0.021	0.00	131	0.08	0.010	0.03
1–2 years	1,139	0.46	0.016	0.39	382	0.47	0.020	0.41	323	0.48	0.020	0.40	388	0.39	0.015	0.33
3–5 years	1,517	0.57	0.016	0.50	398	0.59	0.020	0.53	482	0.62	0.018	0.52	564	0.47	0.017	0.39
6–11 years	1,553	0.69	0.019	0.59	413	0.69	0.025	0.59	518	0.78	0.021	0.69	569	0.62	0.020	0.52
12–15 years	848	0.78	0.034	0.62	231	0.77	0.041	0.60	298	0.90	0.057	0.74	276	0.65	0.045	0.55
16–19 years	810	0.74	0.027	0.60	222	0.75	0.035	0.64	290	0.85	0.039	0.70	251	0.61	0.033	0.47
20–29 years	1,813	0.69	0.021	0.56	488	0.71	0.023	0.60	608	0.78	0.047	0.59	643	0.56	0.019	0.42
30–39 years	1,814	0.65	0.023	0.51	584	0.69	0.030	0.55	637	0.72	0.028	0.57	517	0.52	0.025	0.42
40–49 years	1,315	0.61	0.020	0.51	459	0.64	0.025	0.55	429	0.58	0.024	0.45	361	0.55	0.026	0.42
50–59 years	979	0.56	0.028	0.43	470	0.58	0.035	0.45	267	0.51	0.026	0.42	191	0.46	0.033	0.38
60–69 years	1,097	0.49	0.017	0.39	463	0.52	0.021	0.41	281	0.42	0.026	0.29	308	0.37	0.022	0.32
70–79 years	895	0.46	0.017	0.38	584	0.48	0.020	0.40	166	0.40	0.037	0.28	116	0.35	0.021	0.26
80 years and over	596	0.50	0.017	0.40	464	0.52	0.019	0.42	71	0.41	0.047	0.32	48	0.40	0.056	0.36

<sup>1</sup>Includes data for ethnic groups not shown separately.<sup>2</sup>Excludes nursing infants and children.

**Table 148. Trans fatty acid (18:2) intake in grams by sex, age, and income level: United States, 1988–94 in milligrams**

Sex and age	Total <sup>1</sup>				Poverty income ratio ≤ 1.300				Poverty income ratio > 1.300			
	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median	Sample size	Mean	Standard error of the mean	Median
<b>Both sexes</b>												
All ages <sup>2</sup>	29,103	0.76	0.010	0.59	10,696	0.71	0.015	0.53	15,770	0.78	0.013	0.61
Under 6 years <sup>2</sup>	6,871	0.49	0.010	0.42	3,145	0.51	0.020	0.42	3,128	0.49	0.010	0.42
6–11 years	3,134	0.77	0.021	0.64	1,446	0.74	0.024	0.61	1,439	0.79	0.030	0.66
12–19 years	3,119	0.95	0.022	0.78	1,345	0.93	0.034	0.70	1,469	0.95	0.028	0.80
20–59 years	10,940	0.81	0.014	0.63	3,329	0.75	0.028	0.57	6,710	0.83	0.016	0.65
60 years and over	5,039	0.58	0.011	0.46	1,431	0.52	0.017	0.39	3,024	0.59	0.013	0.47
<b>Male</b>												
All ages <sup>2</sup>	13,922	0.91	0.015	0.71	4,929	0.83	0.024	0.62	7,769	0.94	0.018	0.74
Under 6 years <sup>2</sup>	3,410	0.51	0.014	0.44	1,564	0.55	0.030	0.44	1,548	0.51	0.014	0.44
6–11 years	1,581	0.85	0.030	0.70	713	0.79	0.029	0.66	746	0.88	0.042	0.73
12–19 years	1,461	1.13	0.032	0.95	634	1.10	0.052	0.83	673	1.16	0.042	1.01
20–59 years	5,019	0.99	0.023	0.78	1,390	0.90	0.047	0.72	3,226	1.02	0.025	0.81
60 years and over	2,451	0.70	0.015	0.55	628	0.63	0.028	0.49	1,576	0.72	0.018	0.58
<b>Female</b>												
All ages <sup>2</sup>	15,181	0.62	0.008	0.49	5,767	0.61	0.015	0.48	8,001	0.62	0.010	0.50
Under 6 years <sup>2</sup>	3,461	0.47	0.011	0.41	1,581	0.48	0.021	0.40	1,580	0.47	0.012	0.41
6–11 years	1,553	0.69	0.019	0.59	733	0.69	0.036	0.55	693	0.69	0.027	0.60
12–19 years	1,658	0.76	0.024	0.61	711	0.79	0.043	0.62	796	0.74	0.028	0.59
20–59 years	5,921	0.64	0.011	0.51	1,939	0.63	0.027	0.49	3,484	0.65	0.012	0.52
60 years and over	2,588	0.48	0.011	0.39	803	0.46	0.018	0.35	1,448	0.49	0.014	0.39

<sup>1</sup>Includes data for poverty income ratio, which is not shown separately.

<sup>2</sup>Excludes nursing infants and children.

## Appendix

### Dietary Terms and Calculation Procedures

#### USDA Database

Energy and nutrient intakes for individuals were calculated using the gram amounts of food consumed and the USDA Survey Nutrient Database (SNDB) nutrient values for the food expressed per 100 grams of food (28). The percent contributions of protein, fat (including fatty acid components), carbohydrate, alcohol, fiber, and numerous micronutrients were calculated.

*Macronutrients*—carbohydrates, fat, protein, and alcohol. They are the principal dietary sources of energy.

*Total energy intake*—measured in kilocalories (kcal) and was calculated from grams of daily intake of protein, carbohydrate, fat, and alcohol. The energy conversion factors used were 4 kcal per gram for protein and carbohydrate, 9 kcal per gram for total fat and fatty acids, and 7 kcal per gram for alcohol (37).

*Percents of energy intake*—the total kcal from each energy source that was divided by the individual's total energy intake and multiplied by 100 to give the percent contributions. Figures may not add to 100 due to rounding.

*Total carbohydrate*—sugars and complex carbohydrates. Sugars include monosaccharides such as glucose and fructose and disaccharides such as sucrose, maltose, and lactose. Complex carbohydrates (polysaccharides) comprise starches and dietary fibers.

*Total fat*—saturated, polyunsaturated, and monounsaturated fatty acids, nonfatty acid components of fat such as glycerol, phosphoric acid aminobases of phospholipids, sterols (including cholesterol), and fat-soluble vitamins.

*Carotenes*—vitamin A activity derived from beta-carotene and other provitamin A carotenoids expressed as micrograms of retinol equivalents.

*Dietary fiber*—total dietary fiber, including both the insoluble fraction

(cellulose, hemicellulose, and lignin) and the soluble fraction (for example, gums in cereal grains and pectin in fruits and vegetables).

*Folate*—total folate activity.

*Niacin*—nicotinic acid and nicotinamide present in foods. Does not include potential niacin that could be converted from dietary tryptophan, a niacin precursor, in the body.

*Sodium*—naturally occurring sodium, sodium contributed by compounds used in food processing, and a calculated amount of sodium used for food preparation. Excludes sodium from salt added at the table.

*Vitamin E*—vitamin E activity derived from alpha-, beta-, and gamma-tocopherol and alpha-tocopherol expressed as milligrams alpha-tocopherol equivalents (alpha-TE). One alpha-tocopherol equivalent equals 1 milligram of alpha-tocopherol, 2 milligrams of beta-tocopherol, 10 milligrams of gamma-tocopherol, or 3.3 milligrams of alpha-tocotrienol.

#### NCC Database

Energy, nutrient, and food component intakes for individuals were calculated using the gram amounts of food consumed and the Nutrition Coordinating Center (NCC) Nutrient Composition Database, versions 15–30. Nutrient values for foods are compiled and reported by this database on a per gram basis. The NCC nutrient and food component variable descriptions listed below were based on their documentation (29).

Percent contributions of protein, fat (including fatty acid components), carbohydrate, alcohol, fiber, and numerous micronutrients were calculated.

*Calories*—a measure of food energy and are expressed in kilocalories. Published values are obtained from chemical analyses or calculated using specific fuel factors based on Atwater coefficients for each food group. Values approximate the following:

$$(4 \times \text{gm protein}) + (9 \times \text{gm fat}) + (4 \times \text{gm available carbohydrate}) + (7 \times \text{gm alcohol})$$

#### Proximate Nutrients

*Total fat*—a mixture of triglycerides, phospholipids, sterols, and similar compounds. Values are determined by chemical analyses and are expressed in grams.

*Total carbohydrate values*—calculated per 100 gm as the difference between 100 and the sum of the percents of water, protein, fat, ash, and alcohol. Total carbohydrate is approximately equal to the sum of available carbohydrates (starch and sugars) and dietary fiber. Values are expressed in grams.

*Total protein values*—calculated from total nitrogen content adjusted for nonprotein nitrogen and using conversion factors specific for each food group. Values are expressed in grams.

*Alcohol volume*—converted to weight by use of conversion factors based on the specific gravity of alcohol. Amounts are expressed in grams.

*Ash*—a measure of the residue remaining after oxidation of a food in a bomb calorimeter. It contains some, but not all, of the minerals in the food. Values are expressed in grams.

*Water values*—obtained from chemical analyses and are expressed in grams.

*Animal protein*—protein from animal products and includes meats, eggs, and dairy foods. Values are given in grams.

*Vegetable protein*—the amount of protein contributed by plant products and is expressed in grams. The sum of animal and vegetable protein in a food equals the total protein of that food.

*Amino acids*—organic acids that are the basic components of protein. They are determined by chromatographic or microbiological methods. Values include both protein-bound and free forms and are expressed in grams. Eighteen amino acids are presented; the field for cystine includes cysteine as well.

*3-Methylhistidine (3-MH)*—an amino acid found in both protein-bound and soluble forms in animal tissue. The NCC database contains values for only protein-bound 3-MH, which is given in milligrams. Protein-bound 3-MH is

found at very consistent levels in the skeletal muscles of a wide variety of species and is only found in muscular protein tissue.

**Fatty acids**—grouped as saturated (no double bonds), monounsaturated (one double bond), and polyunsaturated (two or more double bonds). Values do not include the glycerol portion of the triglyceride or other fat-related compounds. Therefore, the sum of fatty acids is less than the total fat in the food. Fatty acids are expressed by number rather than by scientific name (e.g., 18:1). The first number refers to the number of carbon atoms in the fatty acid chain, and the second number refers to the number of double bonds between carbon atoms. Fatty acid values include all positional and geometric isomers of the fatty acid. Values in the database are in grams.

**Trans fatty acids**—geometrical isomers of unsaturated fatty acids in which double bonds are converted from *cis* isomers where hydrogen atoms are aligned on the same side of the carbon chain to *trans* isomers where the hydrogen atoms are oriented on opposite sides. This transformation occurs most frequently during hydrogenation of vegetable oils to create solid or semisolid fats. The database includes 16:1 trans, 18:1 trans, 18:2 trans (trans-*cis*, *cis*-trans, and trans-trans) and total trans fatty acids. Values are in grams.

**Sucrose**—a disaccharide composed of glucose and fructose moieties. Sucrose values include sucrose used as an ingredient in manufactured foods and recipes as well as naturally occurring sugars. Due to inversion, which may occur during storage, sucrose values were selected for foods stored under normal conditions and time periods. Values are expressed in grams.

**Starch**—dextrins and glycogen. Values are in grams.

**Total dietary fiber**—unavailable carbohydrates (cellulose, hemicellulose, pectins, gums, and mucilages) and lignin. Values are obtained by chemical analyses or from the sum of insoluble dietary fiber and soluble dietary fiber. Values are expressed in grams.

**Insoluble dietary fiber**—the portion of dietary fiber determined by the modified Van Soest neutral detergent method. This includes cellulose, some hemicellulose, and lignin. Values are in grams.

**Soluble dietary fiber values**—determined by chemical analyses or calculated from the difference between total dietary fiber and insoluble dietary fiber. It includes pectins, gums, mucilages, and some hemicellulose. Values are in grams.

**Pectins**—included in soluble dietary fiber. Values are obtained from chemical analyses and are given in grams.

### Mineral Values

Mineral values represent the total amount in a food, although not all may be available to the body. The values generally do not include minerals present in tap water used to prepare a product.

**Iron**—both heme and nonheme iron expressed in milligrams.

**Selenium values**—given in micrograms. Values were selected that are representative of foods grown in locations where neither excesses nor deficiencies of selenium are evident.

**Sodium**—naturally occurring sodium in foods as well as that added during food processing. It does not include sodium from salt added at the table. Sodium values are in milligrams.

### Vitamins

**Vitamin A**—preformed vitamin A (retinol) and provitamin A carotenoids expressed as beta-carotene activity. Values are analyzed or calculated from the following:

$$\text{I.U. vitamin A} = (\text{mcg retinol}/0.3) + (\text{mcg beta-carotene equivalents}/0.6)$$

$$\text{RE vitamin A} = \text{mcg retinol} + (\text{mcg beta-carotene equivalents}/6)$$

**Retinol**—preformed vitamin A found only in animal products. Values are given in micrograms. 1 mcg retinol provides 1 RE vitamin A or 3.33 I.U. vitamin A.

**Beta carotene equivalents**— vitamin A activity from the provitamin A carotenoids: beta-carotene, alpha-carotene, and beta-cryptoxanthin.

Beta-carotene equivalents are calculated from the following:

$$\text{mcg beta-carotene equivalents} = \text{mcg beta-carotene} + 1/2(\text{mcg alpha carotene} + \text{mcg beta-cryptoxanthin})$$

Values are expressed in micrograms. 6 mcg beta-carotene equivalents provide 1 RE vitamin A or 10 I.U. vitamin A.

**Carotenoids**—alpha-carotene, beta-carotene, beta-cryptoxanthin, lutein+zeaxanthin, and lycopene. Primary food sources are fruits and vegetables. Only plants have the ability to synthesize carotenoids, but animals can utilize them from their feed and store them in their tissues. Carotenoids also may be added to foods for coloration purposes. Alpha-carotene, beta-carotene, and beta-cryptoxanthin are vitamin A precursors, with beta-carotene yielding twice the vitamin A activity of the other two provitamin A carotenoids. Carotenoid values are given in micrograms.

**Total alpha-tocopherol equivalents (or vitamin E)**—activity from alpha-, beta-, gamma-, and delta-tocopherol. Values are expressed in milligrams of alpha-tocopherol equivalents.

$$\text{mg alpha-toc equivalents} = \text{mg alpha-toc} + (0.4 \times \text{mg beta-toc}) + (0.1 \times \text{mg gamma-toc}) + (0.01 \times \text{mg delta-toc})$$

$$1 \text{ mg alpha-toc equivalents} = 1.49 \text{ I.U. vitamin E.}$$

**Vitamin K values**—vitamin K<sub>1</sub> (phylloquinone), which is found in natural food sources, but do not include vitamin K<sub>2</sub> (menaquinone), the form synthesized by bacteria in the human intestines. Generally, values are those derived by high-performance liquid chromatography and are reported in micrograms.

**Vitamin D**—calciferol (vitamin D<sub>2</sub>) and cholecalciferol (vitamin D<sub>3</sub>). Values are expressed in micrograms. 0.025 mcg vitamin D = 1 LU.

**Vitamin C**—total vitamin C expressed as the activity of reduced ascorbic acid. Values are in milligrams.

**Thiamin (also known as vitamin B<sub>1</sub>)**—both bound and free forms and is expressed in milligrams.

*Riboflavin (also known as vitamin B<sub>2</sub>)*—both bound and free forms. Values are in milligrams.

*Niacin*—bound and free forms. Values do not include amounts that could be contributed by the precursor, tryptophan. Amounts are given in milligrams.

*Pantothenic acid values*—both free and bound forms, which have been determined by microbial assay or Rhodimentaceae. They are expressed in milligrams.

*Vitamin B<sub>6</sub>*—three forms, pyridoxine, pyridoxal, and pyridoxamine. Values are determined using a microbiological method or by liquid chromatography and are expressed in milligrams.

*Folate*—a group of biologically active compounds, pteroylmono glutamic acid (PGA) and its derivatives. Values include all forms of PGA, both bound and free. Values selected are those measured with *L. casei* using

conjugate treatment for release of bound forms and ascorbic acid for protection from oxidation. Amounts are given in micrograms and were updated in 4.02–30 to reflect Federal fortification regulations.

*Vitamin B<sub>12</sub>*—occurs in several forms designated as cobalamin. Values are generally those obtained by assay with *L. leishmanni*. Vitamin B<sub>12</sub> is found only in animal products. Values are expressed in micrograms.

### **Other Food Components**

*Cholesterol*—a sterol associated with animal fats. It is generally not found in plant products. Values are expressed in milligrams.

*Aspartame*—a nutritive synthetic sweetener consisting of the amino acids phenylalanine and aspartic acid and a small amount of methanol. It is marketed as NutraSweet. Values are presented in milligrams.

*Saccharin*—a non-nutritive artificial sweetener. Saccharin values are expressed in milligrams.

*Caffeine*—given in milligrams. Values do not include theobromine. The caffeine value for brewed coffee represents weighted averages of automatic drip and percolated values provided by the USDA database.

*Phytic acid*—a naturally occurring plant constituent that functions as the storage form of phosphorous for the germinating seed. It is an inositol phosphate consisting of a ring of six phosphate ester groups. It is expressed in milligrams in the database.

*Oxalic acid*—a dicarboxylic acid found in most plant tissues; very little occurs in animal products. It may be present as sodium or potassium salts (soluble oxalate) or as calcium oxalate or other bound forms (insoluble oxalate). Values in the database are in milligrams.

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