

Mean and percentiles of the individual contribution of total fat to daily energy intake expressed as a percentage, one day, 2001-2004

Age-Gender	Sample size	Mean	(SE)	25 th pctl	50 th pctl	75 th pctl
1-3y, All	1515	32.5	(0.34)	27.7	32.3	37.4
4-8y, All	1701	32.1	(0.30)	27.0	32.0	36.7
9-13y, Males	1061	32.6	(0.28)	27.7	32.4	37.3
14-18y, Males	1423	32.3	(0.31)	27.6	32.5	37.5
19-30y, Males	1100	31.6	(0.40)	26.8	32.1	37.2
31-50y, Males	1466	33.1	(0.42)	26.8	33.5	39.4
51-70y, Males	1252	34.9	(0.37)	28.6	34.8	40.8
71+ y, Males	832	33.6	(0.37)	28.0	33.5	39.1
19+y, Males	4650	33.3	(0.22)	27.5	33.4	39.3
9-13y, Females	1112	32.8	(0.35)	27.8	32.9	37.6
14-18y, Females	1362	32.8	(0.51)	27.5	32.5	38.1
19-30y, Females	1324	32.2	(0.39)	26.4	32.2	38.4
31-50y, Females	1595	33.9	(0.40)	28.1	33.8	39.9
51-70y, Females	1284	34.5	(0.35)	28.5	34.1	40.1
71+ y, Females	860	33.2	(0.38)	27.6	32.9	38.5
19+y, Females	5063	33.6	(0.26)	27.8	33.4	39.4
1+y, All	17887	33.2	(0.17)	27.6	33.1	38.9

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Total energy (kcal): Mean daily intake from all sources by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	1406	(29.8)	1532	(35.2)	1515	(31.7)	1555	(51.1)	1502	(17.8)
4-8y, All	1838	(54.6)	1833	(32.8)	1985	(44.7)	1977	(66.5)	1909	(24.9)
9-13y, Males	2004	(51.9)	2387	(87.9)	2435	(74.2)	2474	(102.4)	2325	(51.0)
14-18y, Males	2365	(87.1)	2787	(99.8)	2808	(70.9)	2976	(122.3)	2735	(58.7)
19-30y, Males	2604	(83.8)	3055	(111.4)	3159	(116.8)	2902	(107.5)	2930	(59.0)
31-50y, Males	2584	(85.5)	2811	(55.8)	2905	(57.8)	2946	(81.1)	2811	(34.0)
51-70y, Males	2116	(63.5)	2254	(76.6)	2395	(74.0)	2321	(68.2)	2272	(39.8)
71+ y, Males	1646	(49.2)	1840	(51.7)	1951	(66.6)	2012	(61.0)	1862	(24.3)
19+y, Males	2412	(46.6)	2640	(42.9)	2753	(43.8)	2645	(49.2)	2613	(24.2)
9-13y, Females	1752	(47.7)	1871	(46.8)	2001	(74.7)	2153	(93.5)	1945	(30.1)
14-18y, Females	1714	(60.3)	1881	(61.2)	2063	(76.0)	2206	(66.9)	1967	(31.2)
19-30y, Females	1846	(67.6)	2062	(68.1)	2235	(75.8)	2191	(79.9)	2084	(35.7)
31-50y, Females	1704	(39.1)	1953	(49.9)	2034	(35.5)	1998	(58.2)	1922	(25.0)
51-70y, Females	1488	(43.7)	1695	(49.4)	1798	(41.4)	1795	(60.7)	1694	(26.6)
71+ y, Females	1274	(38.4)	1513	(56.7)	1527	(36.2)	1691	(53.3)	1502	(23.7)
19+y, Females	1649	(26.5)	1842	(25.5)	1960	(24.2)	1945	(31.5)	1849	(12.6)
1+y, All	1980	(19.6)	2156	(23.8)	2277	(22.7)	2268	(21.6)	2170	(11.3)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Protein: Mean individual contribution to daily energy intake (%) by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	13.6	(0.26)	13.7	(0.24)	14.8	(0.20)	15.5	(0.25)	14.4	(0.15)
4-8y, All	12.9	(0.29)	13.8	(0.23)	14.0	(0.25)	13.9	(0.23)	13.6	(0.13)
9-13y, Males	13.9	(0.45)	14.2	(0.30)	13.8	(0.33)	14.4	(0.50)	14.1	(0.23)
14-18y, Males	12.8	(0.42)	14.4	(0.39)	14.7	(0.32)	14.7	(0.29)	14.1	(0.20)
19-30y, Males	13.8	(0.61)	14.2	(0.46)	14.6	(0.29)	16.5	(0.32)	14.8	(0.25)
31-50y, Males	14.3	(0.33)	15.3	(0.28)	15.2	(0.20)	15.8	(0.26)	15.2	(0.17)
51-70y, Males	15.2	(0.37)	16.2	(0.42)	15.8	(0.22)	16.6	(0.21)	16.0	(0.20)
71+ y, Males	15.6	(0.39)	15.9	(0.35)	16.2	(0.43)	15.7	(0.28)	15.8	(0.20)
19+y, Males	14.5	(0.23)	15.3	(0.22)	15.4	(0.16)	16.2	(0.15)	15.4	(0.10)
9-13y, Females	13.2	(0.54)	13.7	(0.35)	14.1	(0.40)	13.5	(0.30)	13.6	(0.25)
14-18y, Females	12.4	(0.35)	13.1	(0.30)	14.2	(0.58)	14.2	(0.26)	13.5	(0.19)
19-30y, Females	13.0	(0.53)	14.4	(0.53)	14.6	(0.32)	15.6	(0.41)	14.4	(0.23)
31-50y, Females	14.5	(0.41)	14.9	(0.36)	14.8	(0.21)	15.7	(0.39)	15.0	(0.17)
51-70y, Females	15.8	(0.41)	15.5	(0.32)	15.8	(0.22)	15.8	(0.33)	15.7	(0.21)
71+ y, Females	16.0	(0.36)	15.7	(0.31)	15.3	(0.35)	15.1	(0.38)	15.5	(0.19)
19+y, Females	14.7	(0.27)	15.1	(0.20)	15.0	(0.15)	15.6	(0.20)	15.1	(0.13)
1+y, All	14.2	(0.13)	14.8	(0.14)	14.9	(0.10)	15.6	(0.12)	14.9	(0.08)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Carbohydrate: Mean individual contribution to daily energy intake (%) by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	64.9	(0.45)	57.6	(0.26)	51.6	(0.21)	43.3	(0.41)	54.3	(0.40)
4-8y, All	65.6	(0.42)	57.7	(0.27)	52.9	(0.25)	46.1	(0.38)	55.5	(0.33)
9-13y, Males	64.2	(0.58)	56.5	(0.35)	52.8	(0.45)	44.5	(0.90)	54.4	(0.33)
14-18y, Males	65.5	(0.49)	55.8	(0.43)	51.1	(0.39)	43.8	(0.57)	54.0	(0.40)
19-30y, Males	58.1	(0.79)	53.6	(0.91)	48.8	(0.79)	41.1	(0.56)	50.4	(0.60)
31-50y, Males	57.7	(0.75)	51.5	(0.56)	46.8	(0.49)	38.8	(0.49)	48.7	(0.45)
51-70y, Males	56.7	(0.89)	50.0	(0.55)	44.9	(0.51)	37.2	(0.55)	47.2	(0.35)
71+ y, Males	58.8	(0.91)	53.4	(0.49)	48.2	(0.57)	40.2	(0.64)	50.1	(0.54)
19+y, Males	57.7	(0.41)	51.9	(0.40)	46.7	(0.28)	39.0	(0.27)	48.8	(0.27)
9-13y, Females	65.1	(0.92)	56.8	(0.45)	52.0	(0.48)	45.4	(0.50)	54.8	(0.49)
14-18y, Females	66.3	(0.68)	58.0	(0.36)	51.6	(0.66)	42.8	(0.48)	54.6	(0.65)
19-30y, Females	65.0	(1.04)	56.2	(0.61)	50.7	(0.42)	41.1	(0.73)	53.3	(0.53)
31-50y, Females	61.0	(0.78)	53.8	(0.46)	48.1	(0.31)	38.8	(0.68)	50.4	(0.50)
51-70y, Females	61.3	(0.84)	53.5	(0.49)	47.7	(0.49)	38.7	(0.63)	50.3	(0.42)
71+ y, Females	62.9	(0.54)	54.7	(0.48)	50.0	(0.65)	42.8	(0.62)	52.6	(0.47)
19+y, Females	62.3	(0.50)	54.2	(0.29)	49.0	(0.29)	39.6	(0.38)	51.3	(0.31)
1+y, All	61.4	(0.21)	54.3	(0.20)	49.1	(0.20)	40.4	(0.21)	51.3	(0.19)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Saturated fat: Mean individual contribution to daily energy intake (%) by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	9.0	(0.19)	11.5	(0.14)	13.9	(0.17)	16.6	(0.22)	12.8	(0.15)
4-8y, All	8.4	(0.16)	10.6	(0.17)	12.2	(0.19)	14.6	(0.27)	11.5	(0.17)
9-13y, Males	8.6	(0.27)	11.2	(0.25)	12.3	(0.29)	14.5	(0.36)	11.6	(0.16)
14-18y, Males	7.5	(0.13)	10.5	(0.15)	12.1	(0.20)	14.2	(0.23)	11.1	(0.13)
19-30y, Males	6.8	(0.20)	9.6	(0.20)	12.0	(0.20)	14.7	(0.27)	10.8	(0.19)
31-50y, Males	6.7	(0.15)	10.0	(0.14)	12.0	(0.17)	14.2	(0.19)	10.7	(0.16)
51-70y, Males	7.1	(0.20)	10.0	(0.15)	12.0	(0.16)	15.0	(0.36)	11.1	(0.16)
71+ y, Males	7.5	(0.21)	10.1	(0.24)	11.6	(0.27)	14.2	(0.26)	10.8	(0.19)
19+y, Males	6.9	(0.11)	9.9	(0.09)	12.1	(0.08)	14.4	(0.15)	10.8	(0.09)
9-13y, Females	8.1	(0.31)	10.9	(0.18)	12.5	(0.27)	14.5	(0.20)	11.5	(0.16)
14-18y, Females	7.5	(0.26)	10.4	(0.15)	12.2	(0.25)	14.1	(0.25)	11.1	(0.19)
19-30y, Females	6.8	(0.22)	9.7	(0.17)	12.1	(0.22)	14.2	(0.28)	10.7	(0.15)
31-50y, Females	6.9	(0.16)	10.1	(0.13)	12.0	(0.16)	15.1	(0.37)	11.0	(0.20)
51-70y, Females	7.1	(0.20)	9.8	(0.14)	11.7	(0.23)	14.7	(0.29)	10.8	(0.19)
71+ y, Females	6.9	(0.19)	9.8	(0.26)	11.5	(0.27)	13.3	(0.30)	10.4	(0.18)
19+y, Females	7.0	(0.13)	9.9	(0.08)	11.8	(0.14)	14.6	(0.18)	10.8	(0.12)
1+y, All	7.2	(0.07)	10.2	(0.05)	12.1	(0.06)	14.6	(0.11)	11.0	(0.08)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Monounsaturated fat: Mean individual contribution to daily energy intake (%) by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	8.0	(0.09)	10.7	(0.10)	12.2	(0.09)	15.3	(0.27)	11.5	(0.15)
4-8y, All	8.3	(0.14)	11.1	(0.10)	12.9	(0.13)	15.9	(0.20)	12.0	(0.13)
9-13y, Males	8.4	(0.21)	11.3	(0.15)	13.3	(0.17)	15.8	(0.25)	12.2	(0.15)
14-18y, Males	8.1	(0.17)	11.6	(0.15)	13.4	(0.13)	16.1	(0.27)	12.3	(0.12)
19-30y, Males	7.7	(0.23)	11.2	(0.11)	13.3	(0.11)	15.9	(0.14)	12.0	(0.15)
31-50y, Males	7.7	(0.20)	11.3	(0.13)	13.5	(0.14)	16.6	(0.19)	12.3	(0.16)
51-70y, Males	8.2	(0.16)	11.9	(0.10)	14.2	(0.18)	17.2	(0.26)	12.9	(0.17)
71+ y, Males	8.1	(0.13)	10.9	(0.11)	13.0	(0.15)	16.8	(0.32)	12.2	(0.16)
19+y, Males	7.9	(0.12)	11.4	(0.06)	13.6	(0.07)	16.6	(0.14)	12.4	(0.09)
9-13y, Females	8.6	(0.24)	11.5	(0.13)	13.2	(0.14)	16.1	(0.22)	12.3	(0.15)
14-18y, Females	8.3	(0.20)	11.2	(0.21)	13.2	(0.16)	16.8	(0.24)	12.4	(0.24)
19-30y, Females	7.6	(0.23)	11.1	(0.19)	13.2	(0.14)	16.4	(0.32)	12.1	(0.17)
31-50y, Females	7.9	(0.17)	11.2	(0.12)	13.6	(0.11)	16.9	(0.15)	12.4	(0.15)
51-70y, Females	8.1	(0.16)	11.2	(0.12)	13.8	(0.13)	16.9	(0.25)	12.5	(0.15)
71+ y, Females	7.7	(0.15)	11.0	(0.13)	12.9	(0.15)	16.2	(0.26)	12.0	(0.16)
19+y, Females	7.8	(0.11)	11.2	(0.08)	13.5	(0.07)	16.7	(0.12)	12.3	(0.10)
1+y, All	8.0	(0.06)	11.3	(0.05)	13.4	(0.05)	16.5	(0.07)	12.3	(0.07)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Polyunsaturated fat: Mean individual contribution to daily energy intake (%) by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	4.0	(0.12)	5.2	(0.10)	5.7	(0.14)	6.6	(0.18)	5.4	(0.09)
4-8y, All	4.3	(0.13)	5.7	(0.15)	6.4	(0.17)	7.4	(0.19)	6.0	(0.10)
9-13y, Males	4.2	(0.15)	5.5	(0.19)	6.4	(0.19)	8.4	(0.37)	6.1	(0.14)
14-18y, Males	4.3	(0.15)	5.6	(0.18)	6.4	(0.18)	8.6	(0.38)	6.2	(0.14)
19-30y, Males	4.3	(0.15)	6.0	(0.22)	6.5	(0.19)	7.8	(0.28)	6.1	(0.13)
31-50y, Males	4.5	(0.14)	6.0	(0.11)	7.2	(0.20)	9.4	(0.35)	6.8	(0.13)
51-70y, Males	4.8	(0.14)	6.7	(0.19)	7.8	(0.18)	9.7	(0.39)	7.3	(0.14)
71+ y, Males	4.8	(0.16)	6.4	(0.24)	7.4	(0.19)	9.5	(0.35)	7.0	(0.14)
19+y, Males	4.6	(0.05)	6.2	(0.08)	7.1	(0.07)	9.3	(0.25)	6.8	(0.08)
9-13y, Females	4.5	(0.13)	5.8	(0.14)	6.7	(0.30)	8.5	(0.36)	6.4	(0.15)
14-18y, Females	4.6	(0.15)	5.8	(0.16)	6.9	(0.24)	9.7	(0.36)	6.7	(0.12)
19-30y, Females	4.3	(0.15)	6.3	(0.20)	6.9	(0.15)	9.1	(0.32)	6.6	(0.13)
31-50y, Females	4.8	(0.11)	6.5	(0.15)	7.7	(0.19)	9.5	(0.36)	7.1	(0.12)
51-70y, Females	5.1	(0.12)	7.1	(0.16)	7.9	(0.23)	10.3	(0.29)	7.6	(0.09)
71+ y, Females	5.3	(0.19)	6.7	(0.20)	7.7	(0.21)	10.0	(0.32)	7.4	(0.14)
19+y, Females	4.8	(0.07)	6.6	(0.11)	7.6	(0.12)	9.7	(0.18)	7.2	(0.08)
1+y, All	4.6	(0.04)	6.1	(0.06)	7.1	(0.05)	9.2	(0.15)	6.8	(0.05)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Added sugars: Mean individual contribution to daily energy intake (%) by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
2-3y, All	15.3	(0.81)	14.4	(0.62)	12.4	(0.63)	10.7	(0.55)	13.3	(0.35)
4-8y, All	20.5	(0.81)	17.4	(0.47)	15.6	(0.53)	14.1	(0.34)	16.9	(0.35)
9-13y, Males	22.7	(0.88)	19.9	(0.88)	17.4	(0.65)	13.4	(1.00)	18.3	(0.49)
14-18y, Males	27.9	(1.04)	21.8	(0.95)	16.3	(0.79)	14.2	(0.69)	20.0	(0.62)
19-30y, Males	21.0	(1.25)	20.2	(0.97)	17.1	(1.04)	12.3	(0.58)	17.6	(0.54)
31-50y, Males	20.0	(0.84)	16.9	(0.69)	15.0	(0.48)	10.9	(0.46)	15.7	(0.38)
51-70y, Males	14.9	(1.03)	14.0	(0.86)	12.3	(0.75)	8.7	(0.50)	12.4	(0.40)
71+ y, Males	13.8	(0.83)	12.5	(0.47)	11.8	(0.60)	9.4	(0.46)	11.9	(0.30)
19+y, Males	18.6	(0.53)	16.5	(0.50)	14.1	(0.39)	10.5	(0.29)	14.9	(0.27)
9-13y, Females	22.5	(1.18)	18.2	(0.85)	16.4	(0.83)	13.7	(0.62)	17.7	(0.61)
14-18y, Females	25.5	(1.06)	22.2	(0.59)	19.0	(0.86)	13.1	(0.53)	19.9	(0.46)
19-30y, Females	26.0	(1.85)	19.6	(0.89)	17.0	(0.76)	11.9	(0.67)	18.6	(0.63)
31-50y, Females	19.8	(1.21)	17.2	(0.60)	14.0	(0.50)	11.0	(0.62)	15.5	(0.43)
51-70y, Females	14.6	(0.69)	13.9	(0.56)	12.6	(0.65)	9.1	(0.53)	12.6	(0.33)
71+ y, Females	14.0	(0.84)	13.0	(0.46)	12.6	(0.68)	10.1	(0.62)	12.4	(0.40)
19+y, Females	19.2	(0.89)	16.2	(0.44)	14.4	(0.38)	10.4	(0.32)	15.1	(0.36)
2+y, All	19.8	(0.49)	17.1	(0.36)	14.9	(0.28)	11.0	(0.21)	15.7	(0.25)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Dietary fiber (g): Mean daily intake by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	10.6	(0.44)	10.0	(0.36)	9.3	(0.35)	7.9	(0.35)	9.4	(0.19)
4-8y, All	12.9	(0.47)	12.1	(0.38)	11.5	(0.34)	10.7	(0.43)	11.8	(0.19)
9-13y, Males	13.1	(0.45)	15.2	(0.94)	15.7	(1.02)	14.4	(1.06)	14.6	(0.53)
14-18y, Males	13.7	(0.75)	14.5	(0.78)	16.8	(0.58)	16.2	(0.80)	15.3	(0.44)
19-30y, Males	16.6	(0.90)	19.1	(1.44)	18.3	(1.07)	16.4	(0.81)	17.6	(0.71)
31-50y, Males	18.3	(0.85)	19.9	(0.71)	17.9	(0.60)	17.8	(0.72)	18.5	(0.43)
51-70y, Males	18.6	(1.01)	18.0	(0.84)	16.7	(0.86)	15.6	(0.79)	17.2	(0.52)
71+ y, Males	16.9	(0.90)	17.1	(0.77)	16.8	(0.94)	15.7	(0.87)	16.6	(0.39)
19+y, Males	17.9	(0.54)	18.9	(0.52)	17.6	(0.45)	16.6	(0.49)	17.8	(0.32)
9-13y, Females	11.8	(0.62)	12.2	(0.47)	12.9	(0.64)	13.2	(0.50)	12.5	(0.34)
14-18y, Females	11.6	(0.54)	11.4	(0.60)	11.7	(0.67)	11.9	(0.54)	11.7	(0.31)
19-30y, Females	12.7	(0.73)	14.4	(0.90)	14.1	(0.83)	13.9	(0.68)	13.8	(0.43)
31-50y, Females	14.0	(0.43)	14.4	(0.45)	14.4	(0.56)	12.7	(0.73)	13.9	(0.27)
51-70y, Females	16.1	(0.88)	15.0	(0.76)	14.4	(0.61)	13.0	(0.68)	14.6	(0.42)
71+ y, Females	14.5	(0.60)	15.0	(1.06)	13.4	(0.74)	12.8	(0.52)	13.9	(0.45)
19+y, Females	14.3	(0.40)	14.6	(0.40)	14.2	(0.37)	13.1	(0.35)	14.1	(0.25)
1+y, All	15.1	(0.32)	15.4	(0.30)	15.0	(0.30)	14.3	(0.27)	15.0	(0.23)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Potassium (mg): Mean daily intake by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	2150	(56.9)	2173	(57.2)	2163	(71.6)	2042	(76.8)	2132	(39.9)
4-8y, All	2257	(68.2)	2147	(60.4)	2303	(73.2)	2087	(90.6)	2199	(44.8)
9-13y, Males	2289	(92.0)	2547	(145.6)	2568	(114.1)	2420	(132.9)	2456	(79.9)
14-18y, Males	2494	(125.9)	2864	(149.6)	2967	(111.6)	3034	(129.7)	2841	(87.6)
19-30y, Males	2831	(161.0)	3145	(180.2)	3265	(136.9)	3149	(134.7)	3097	(97.7)
31-50y, Males	3037	(127.3)	3451	(73.5)	3357	(81.6)	3359	(94.6)	3301	(55.3)
51-70y, Males	2998	(110.9)	3029	(84.6)	3155	(124.8)	3099	(97.1)	3070	(55.3)
71+ y, Males	2749	(101.8)	2805	(96.2)	2728	(83.9)	2681	(108.0)	2741	(55.1)
19+y, Males	2955	(75.1)	3181	(51.4)	3232	(58.2)	3202	(61.7)	3143	(41.1)
9-13y, Females	2088	(78.6)	2124	(90.2)	2202	(95.5)	2097	(119.7)	2128	(47.6)
14-18y, Females	1864	(77.9)	2004	(63.0)	2134	(88.4)	2146	(80.9)	2038	(42.7)
19-30y, Females	2125	(126.4)	2200	(90.1)	2344	(102.1)	2364	(98.7)	2258	(51.3)
31-50y, Females	2309	(67.8)	2502	(73.1)	2509	(45.7)	2384	(81.6)	2426	(35.1)
51-70y, Females	2437	(108.5)	2429	(101.8)	2414	(89.2)	2333	(75.7)	2403	(49.8)
71+ y, Females	2271	(79.7)	2359	(76.8)	2196	(73.0)	2325	(117.9)	2288	(40.8)
19+y, Females	2298	(53.4)	2388	(50.5)	2407	(37.1)	2367	(41.6)	2365	(27.1)
1+y, All	2514	(39.8)	2626	(33.0)	2669	(31.3)	2677	(32.8)	2622	(26.2)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Sodium (mg): Mean daily intake by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	1872	(48.9)	2102	(59.0)	2156	(55.1)	2295	(95.9)	2107	(27.2)
4-8y, All	2592	(88.5)	2735	(64.1)	3032	(80.3)	3139	(88.5)	2875	(40.3)
9-13y, Males	3005	(95.6)	3692	(181.8)	3790	(185.6)	3882	(131.5)	3593	(94.0)
14-18y, Males	3221	(157.6)	4106	(185.2)	4587	(161.8)	4715	(210.2)	4161	(129.7)
19-30y, Males	3469	(134.0)	4476	(180.5)	4695	(207.1)	4809	(241.2)	4363	(107.6)
31-50y, Males	3660	(142.6)	4377	(151.3)	4502	(114.6)	4798	(172.5)	4335	(74.7)
51-70y, Males	3167	(133.2)	3664	(143.1)	3791	(122.3)	4002	(142.8)	3657	(68.2)
71+ y, Males	2627	(105.0)	2923	(122.6)	3213	(146.6)	3239	(110.2)	3001	(67.7)
19+y, Males	3403	(64.2)	4121	(75.7)	4250	(65.0)	4402	(100.5)	4044	(42.1)
9-13y, Females	2516	(104.4)	2829	(79.9)	3029	(118.2)	3344	(156.5)	2930	(46.7)
14-18y, Females	2318	(74.6)	2646	(110.5)	3037	(116.3)	3500	(112.1)	2877	(52.5)
19-30y, Females	2567	(129.6)	3222	(118.1)	3453	(154.2)	3511	(125.7)	3189	(63.9)
31-50y, Females	2392	(73.7)	3052	(137.0)	3356	(122.1)	3307	(100.2)	3027	(58.6)
51-70y, Females	2343	(93.7)	2702	(72.3)	2852	(84.3)	2962	(93.7)	2715	(42.9)
71+ y, Females	2035	(63.8)	2397	(112.8)	2567	(82.9)	2791	(88.9)	2449	(44.2)
19+y, Females	2420	(56.8)	2910	(66.5)	3130	(58.5)	3191	(55.5)	2913	(27.2)
1+y, All	2826	(35.0)	3318	(42.7)	3548	(36.7)	3714	(42.2)	3352	(20.5)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Cholesterol (mg): Mean daily intake by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	121	(8.1)	163	(7.1)	193	(10.6)	274	(15.5)	188	(6.4)
4-8y, All	158	(17.0)	174	(6.2)	210	(7.0)	266	(11.9)	202	(6.3)
9-13y, Males	168	(11.8)	241	(11.7)	265	(21.9)	346	(25.2)	255	(8.9)
14-18y, Males	199	(14.5)	312	(24.2)	307	(16.6)	409	(19.0)	307	(9.2)
19-30y, Males	248	(19.1)	323	(16.0)	382	(20.7)	416	(28.1)	342	(8.8)
31-50y, Males	245	(11.7)	359	(12.6)	399	(17.3)	470	(23.4)	368	(10.9)
51-70y, Males	227	(14.2)	301	(13.0)	344	(17.9)	443	(31.8)	329	(10.4)
71+ y, Males	166	(11.2)	223	(13.2)	302	(19.3)	363	(23.7)	264	(8.8)
19+y, Males	236	(7.5)	323	(8.1)	370	(11.6)	441	(14.7)	343	(6.6)
9-13y, Females	146	(11.8)	178	(8.4)	232	(14.3)	269	(22.1)	206	(6.0)
14-18y, Females	135	(10.2)	185	(10.9)	231	(10.7)	281	(15.9)	208	(6.0)
19-30y, Females	155	(9.8)	210	(11.7)	296	(20.5)	321	(15.8)	245	(7.0)
31-50y, Females	156	(7.7)	223	(8.7)	270	(13.4)	314	(8.5)	241	(4.8)
51-70y, Females	142	(8.4)	206	(11.3)	252	(11.3)	303	(15.6)	226	(6.7)
71+ y, Females	132	(8.6)	184	(11.8)	215	(10.1)	253	(14.0)	196	(7.0)
19+y, Females	149	(4.4)	213	(5.5)	265	(7.2)	304	(6.8)	233	(2.5)
1+y, All	183	(3.0)	247	(4.3)	292	(5.8)	357	(7.2)	270	(2.6)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Vitamin A (mcg RAE): Mean daily intake by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	551	(42.4)	550	(26.0)	529	(21.6)	482	(18.5)	528	(17.6)
4-8y, All	650	(29.0)	597	(47.0)	572	(17.4)	496	(27.7)	579	(18.4)
9-13y, Males	717	(102.1)	698	(40.9)	637	(38.5)	575	(51.7)	656	(34.6)
14-18y, Males	597	(33.8)	638	(45.1)	629	(41.3)	661	(46.8)	631	(23.6)
19-30y, Males	609	(71.3)	615	(58.0)	620	(39.6)	804	(107.7)	662	(41.4)
31-50y, Males	546	(39.3)	774	(125.5)	680	(55.0)	699	(44.4)	675	(44.0)
51-70y, Males	634	(50.3)	729	(70.8)	619	(28.6)	665	(54.7)	662	(25.5)
71+ y, Males	679	(45.0)	670	(52.4)	815	(168.8)	687	(56.2)	713	(56.0)
19+y, Males	596	(26.6)	711	(57.3)	687	(36.6)	693	(31.8)	672	(25.3)
9-13y, Females	539	(41.1)	532	(29.1)	504	(44.2)	528	(26.9)	526	(20.7)
14-18y, Females	491	(37.8)	494	(51.5)	525	(34.7)	504	(26.0)	504	(21.1)
19-30y, Females	435	(39.1)	500	(35.2)	520	(36.6)	510	(34.0)	491	(16.3)
31-50y, Females	554	(44.6)	605	(50.3)	564	(26.3)	579	(43.4)	576	(22.3)
51-70y, Females	625	(37.6)	601	(43.1)	544	(29.0)	529	(35.5)	575	(22.3)
71+ y, Females	663	(48.3)	631	(45.0)	597	(32.0)	599	(37.7)	622	(20.9)
19+y, Females	561	(26.1)	588	(25.3)	534	(15.6)	562	(20.4)	561	(11.2)
1+y, All	583	(17.4)	630	(23.0)	592	(15.5)	608	(15.9)	603	(12.7)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Vitamin E (mg): Mean daily intake by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	3.3	(0.17)	4.0	(0.17)	3.8	(0.14)	4.4	(0.21)	3.9	(0.09)
4-8y, All	3.9	(0.15)	5.0	(0.27)	5.2	(0.19)	5.8	(0.33)	5.0	(0.12)
9-13y, Males	4.3	(0.14)	6.0	(0.24)	6.9	(0.36)	9.5	(1.28)	6.7	(0.31)
14-18y, Males	5.6	(0.47)	6.6	(0.39)	7.2	(0.25)	10.3	(1.25)	7.4	(0.37)
19-30y, Males	6.6	(0.57)	8.8	(0.71)	8.4	(0.37)	9.1	(0.53)	8.2	(0.33)
31-50y, Males	6.4	(0.36)	8.0	(0.41)	8.8	(0.37)	10.7	(0.70)	8.5	(0.26)
51-70y, Males	6.0	(0.31)	7.3	(0.30)	8.4	(0.55)	9.1	(0.44)	7.7	(0.25)
71+ y, Males	4.9	(0.30)	6.2	(0.42)	6.6	(0.44)	9.0	(0.64)	6.7	(0.24)
19+y, Males	6.3	(0.25)	7.8	(0.26)	8.4	(0.24)	9.7	(0.38)	8.1	(0.16)
9-13y, Females	4.2	(0.25)	5.2	(0.30)	5.5	(0.25)	7.6	(0.65)	5.6	(0.20)
14-18y, Females	4.2	(0.26)	5.2	(0.30)	5.8	(0.47)	7.9	(0.40)	5.8	(0.15)
19-30y, Females	4.5	(0.33)	6.6	(0.45)	6.2	(0.28)	8.0	(0.47)	6.3	(0.20)
31-50y, Females	5.4	(0.23)	6.3	(0.31)	6.6	(0.25)	7.7	(0.43)	6.5	(0.15)
51-70y, Females	5.2	(0.43)	6.1	(0.33)	6.2	(0.31)	7.5	(0.39)	6.3	(0.20)
71+ y, Females	4.7	(0.32)	5.7	(0.53)	5.5	(0.32)	6.8	(0.32)	5.7	(0.19)
19+y, Females	5.2	(0.23)	6.1	(0.19)	6.2	(0.14)	7.7	(0.22)	6.3	(0.11)
1+y, All	5.3	(0.15)	6.4	(0.14)	6.8	(0.11)	8.4	(0.20)	6.7	(0.09)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Vitamin K (mcg): Mean daily intake by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	27.9	(1.68)	39.2	(3.12)	34.5	(2.20)	33.6	(2.04)	33.8	(1.45)
4-8y, All	33.2	(2.03)	43.7	(4.36)	44.2	(2.27)	45.0	(3.68)	41.5	(1.67)
9-13y, Males	38.8	(4.48)	56.6	(8.08)	56.2	(4.99)	71.1	(11.68)	55.7	(3.94)
14-18y, Males	43.0	(3.58)	56.7	(6.43)	54.8	(3.66)	87.8	(6.98)	60.6	(2.59)
19-30y, Males	64.7	(10.41)	67.3	(5.11)	68.4	(3.16)	108.5	(26.44)	77.3	(7.19)
31-50y, Males	85.3	(10.48)	96.7	(8.79)	90.9	(7.17)	108.6	(8.39)	95.4	(3.95)
51-70y, Males	85.1	(7.60)	112.3	(25.46)	112.2	(14.65)	107.2	(10.70)	104.2	(8.40)
71+ y, Males	89.2	(8.13)	67.6	(6.64)	101.3	(13.79)	114.0	(26.58)	93.1	(7.64)
19+y, Males	80.7	(5.19)	89.5	(7.38)	90.5	(4.27)	112.3	(8.55)	93.3	(3.25)
9-13y, Females	38.2	(3.90)	40.2	(2.95)	49.3	(5.33)	56.6	(4.54)	46.1	(2.34)
14-18y, Females	35.6	(2.38)	52.8	(7.99)	65.1	(12.46)	76.2	(6.29)	57.5	(4.18)
19-30y, Females	64.4	(9.12)	69.5	(9.51)	70.0	(4.78)	94.0	(16.50)	74.5	(5.84)
31-50y, Females	85.8	(7.72)	95.4	(11.15)	79.8	(6.30)	95.7	(8.43)	89.2	(4.83)
51-70y, Females	92.9	(11.45)	107.9	(14.20)	89.5	(6.26)	110.1	(8.08)	100.1	(4.61)
71+ y, Females	120.1	(21.89)	97.1	(23.28)	96.5	(11.54)	102.7	(10.09)	104.1	(10.44)
19+y, Females	85.5	(4.16)	93.2	(8.17)	80.5	(3.43)	102.6	(6.28)	90.5	(3.55)
1+y, All	71.0	(2.64)	77.4	(4.25)	76.3	(2.84)	96.7	(4.30)	80.4	(2.13)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004

Total fat: Mean individual contribution to daily energy intake (%) by quartiles of percent contribution of total fat to energy intake, one day, 2001-2004

Age-Gender	1Q Mean	1Q (SE)	2Q Mean	2Q (SE)	3Q Mean	3Q (SE)	4Q Mean	4Q (SE)	All Mean	All (SE)
1-3y, All	23.1	(0.28)	29.9	(0.09)	34.7	(0.11)	42.1	(0.35)	32.5	(0.34)
4-8y, All	23.0	(0.30)	29.8	(0.09)	34.2	(0.10)	41.1	(0.25)	32.1	(0.30)
9-13y, Males	23.2	(0.44)	30.4	(0.16)	34.7	(0.19)	42.1	(0.40)	32.6	(0.28)
14-18y, Males	21.8	(0.29)	30.2	(0.11)	34.8	(0.13)	42.2	(0.44)	32.3	(0.31)
19-30y, Males	20.8	(0.57)	29.4	(0.11)	34.6	(0.18)	41.8	(0.33)	31.6	(0.40)
31-50y, Males	21.2	(0.39)	30.3	(0.14)	36.3	(0.14)	44.7	(0.33)	33.1	(0.42)
51-70y, Males	22.8	(0.35)	31.9	(0.17)	37.8	(0.14)	46.7	(0.47)	34.9	(0.37)
71+ y, Males	22.8	(0.32)	30.6	(0.13)	36.2	(0.15)	44.8	(0.43)	33.6	(0.37)
19+y, Males	21.6	(0.24)	30.5	(0.06)	36.2	(0.09)	44.7	(0.22)	33.3	(0.22)
9-13y, Females	23.0	(0.53)	30.6	(0.10)	35.2	(0.16)	42.3	(0.33)	32.8	(0.35)
14-18y, Females	22.2	(0.43)	29.9	(0.12)	35.1	(0.12)	43.7	(0.40)	32.8	(0.51)
19-30y, Females	20.7	(0.50)	29.5	(0.12)	35.0	(0.15)	43.5	(0.46)	32.2	(0.39)
31-50y, Females	21.9	(0.37)	30.9	(0.11)	36.8	(0.11)	46.1	(0.37)	33.9	(0.40)
51-70y, Females	22.8	(0.37)	31.3	(0.11)	37.0	(0.12)	46.7	(0.52)	34.5	(0.35)
71+ y, Females	22.4	(0.35)	30.6	(0.14)	35.7	(0.13)	44.0	(0.44)	33.2	(0.38)
19+y, Females	21.9	(0.25)	30.6	(0.07)	36.3	(0.08)	45.5	(0.25)	33.6	(0.26)
1+y, All	22.0	(0.13)	30.4	(0.03)	35.9	(0.04)	44.4	(0.15)	33.2	(0.17)

NOTES: Excludes breastfed children and individuals with zero energy intake for the day. Weighted estimates.

Statistics are based on each survey respondent's daily contribution of fat to energy.

SE = Standard error of the mean.

SOURCE: WWEIA, NHANES 2001-2004