

Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004

Family income as % of Federal poverty threshold ¹ and age (years)	N	Food energy (kcal)	Protein (g)	Carbohydrate (g)	Total sugars (g)	Dietary fiber (g)	Total fat (g)	Saturated fat (g)	Mono-unsaturated fat (g)	Poly-unsaturated fat (g)	Cholesterol (mg)
Under 131% poverty:											
2 - 5.....	394	1789	61.4	245	135	11.7	65.0	24.3	23.7	11.4	217
6 - 11.....	390	2232	75.4	301	153	15.1	84.0	29.9	30.7	16.4	241
12 - 19.....	899	2371	81.3	313	159	13.8	89.0	30.3	33.0	18.2	251
20 and over....	1215	2185	77.7	277	136	14.5	80.3	26.4	30.2	16.9	284
2 and over...	2898	2183	76.5	283	141	14.2	80.7	27.2	30.1	16.6	267
131-185% poverty:											
2 - 5.....	96	1852	65.6	237	125	10.7	73.3	27.5	27.8	12.3	197
6 - 11.....	126	2046	71.1	271	139	11.9	77.5	26.8	29.5	14.9	225
12 - 19.....	275	2135	77.4	285	138	12.6	77.8	27.0	29.1	15.1	233
20 and over....	569	2126	80.9	262	123	14.6	79.6	26.9	29.8	16.1	299
2 and over...	1066	2101	78.5	264	127	13.8	78.7	26.9	29.6	15.6	277
Over 185% poverty:											
2 - 5.....	244	1609	55.3	225	123	9.9	56.5	21.0	20.5	10.4	163
6 - 11.....	350	2035	67.3	283	145	11.9	73.2	25.8	27.4	14.0	215
12 - 19.....	881	2367	82.2	313	158	13.9	88.2	30.2	32.9	18.3	246
20 and over....	2427	2229	84.4	267	125	16.0	85.3	28.0	32.1	18.2	289
2 and over...	3902	2204	81.8	272	130	15.2	83.6	27.8	31.4	17.6	274
All Individuals⁵:											
2 - 5.....	763	1719	59.2	236	129	10.8	62.0	23.1	22.7	11.1	190
6 - 11.....	900	2115	71.1	289	147	13.1	77.9	27.6	28.9	15.0	226
12 - 19.....	2162	2341	81.4	310	157	13.7	87.2	29.8	32.5	17.9	246
20 and over....	4448	2216	82.9	269	127	15.5	84.0	27.7	31.6	17.7	289
2 and over...	8273	2195	80.4	274	133	14.8	82.7	27.7	31.0	17.2	273

NOTES: # indicates an estimate with a relative standard error greater than 30%.

*** indicates a non-zero value too small to print.**

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004--continued

Family income as % of Federal poverty threshold ¹ and age (years)	Vitamin E (alpha-toc) (mg)	Added Vitamin E (alpha-toc) (mg)	Retinol (µg)	Vitamin A (µg RAE)	Alpha-carotene (µg)	Beta-carotene (µg)	Beta-cryptoxanthin (µg)	Lycopene (µg)	Lutein + zeaxanthin (µg)
Under 131% poverty:									
2 - 5.....	4.6	#0.3	430	510	173	814	155	4208	709
6 - 11.....	6.5	#0.3	513	626	#251	1146	#202	4924	812
12 - 19.....	6.7	#0.1	393	501	197	1109	190	6819	971
20 and over....	6.6	#0.2	354	511	344	1644	127	7195	1093
2 and over...	6.4	0.2	387	524	295	1425	148	6581	1005
131-185% poverty:									
2 - 5.....	4.4	*	513	604	#261	#914	122	4094	461
6 - 11.....	5.6	#*	430	523	#224	967	96	#7133	600
12 - 19.....	5.8	#0.1	416	494	112	814	133	6096	745
20 and over....	6.4	0.4	479	641	331	1706	157	4615	1193
2 and over...	6.2	0.3	469	610	291	1476	145	5018	1032
Over 185% poverty:									
2 - 5.....	3.9	#0.1	473	554	200	828	117	3450	482
6 - 11.....	5.0	#0.1	470	545	156	764	108	5649	624
12 - 19.....	7.2	0.3	476	580	199	1081	136	6692	807
20 and over....	7.4	0.5	430	624	355	2085	141	6674	1567
2 and over...	7.0	0.4	439	611	317	1831	137	6471	1374
All Individuals⁵:									
2 - 5.....	4.3	#0.2	463	546	195	835	139	3982	589
6 - 11.....	5.6	#0.2	484	575	200	924	142	5559	686
12 - 19.....	6.8	0.2	444	547	184	1062	151	6623	876
20 and over....	7.1	0.4	420	601	350	1931	140	6573	1403
2 and over...	6.8	0.3	431	589	309	1680	141	6348	1234

NOTES: # indicates an estimate with a relative standard error greater than 30%.

* indicates a non-zero value too small to print.

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004--continued

Family income as % of Federal poverty threshold ¹ and age (years)	Thiamin (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (µg)	Food folate (µg)	Folate (µg DFE)	Vit. B12 (µg)	Added Vit. B12 (µg)	Vit. C (mg)	Vit. K (µg)
Under 131% poverty:											
2 - 5.....	1.46	2.21	17.1	1.72	207	149	502	5.50	1.55	119.0	40.5
6 - 11.....	1.82	2.52	23.3	2.00	302	171	685	6.07	1.49	96.2	52.0
12 - 19.....	1.72	2.16	22.7	1.78	227	183	568	5.04	0.81	103.0	65.5
20 and over....	1.55	2.06	22.5	1.70	178	195	498	4.48	0.55	84.1	76.8
2 and over...	1.60	2.15	22.1	1.75	204	186	532	4.86	0.80	91.6	68.7
131-185% poverty:											
2 - 5.....	1.42	2.15	18.0	1.58	187	143	461	5.92	1.05	102.2	38.3
6 - 11.....	1.53	2.10	21.3	1.59	229	139	529	6.45	1.14	70.0	45.7
12 - 19.....	1.71	2.09	23.4	1.81	246	158	576	5.33	1.05	83.2	49.9
20 and over....	1.59	2.16	23.5	1.84	183	204	515	5.93	0.73	84.3	82.4
2 and over...	1.58	2.15	22.9	1.79	195	188	520	5.92	0.83	83.8	72.0
Over 185% poverty:											
2 - 5.....	1.29	2.01	15.9	1.38	175	121	420	4.31	0.97	91.4	35.2
6 - 11.....	1.56	2.20	20.2	1.60	245	139	556	4.63	1.09	74.1	42.6
12 - 19.....	1.83	2.36	24.1	1.82	255	174	607	5.42	1.07	83.0	62.8
20 and over....	1.70	2.32	25.0	1.92	198	218	555	5.19	0.85	88.4	100.6
2 and over...	1.69	2.30	24.2	1.86	206	204	555	5.14	0.90	87.0	89.7
All Individuals⁵:											
2 - 5.....	1.39	2.12	16.7	1.55	190	136	460	5.00	1.20	103.9	38.3
6 - 11.....	1.66	2.31	21.5	1.74	264	152	601	5.38	1.24	82.1	46.2
12 - 19.....	1.78	2.27	23.6	1.81	243	175	589	5.30	1.00	90.1	63.3
20 and over....	1.66	2.26	24.4	1.87	192	211	539	5.10	0.77	87.3	92.5
2 and over...	1.66	2.26	23.7	1.83	205	198	546	5.14	0.86	88.1	82.0

NOTES: # indicates an estimate with a relative standard error greater than 30%.

* indicates a non-zero value too small to print.

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004--continued

Family income as % of Federal poverty threshold ¹ and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium [†] (mg)	Potassium (mg)	Selenium (µg)
Under 131% poverty:									
2 - 5.....	1007	1158	212	13.9	10.3	0.9	2638	2352	77.6
6 - 11.....	1108	1377	259	17.6	13.0	1.3	3269	2535	97.3
12 - 19.....	990	1329	250	15.9	12.5	1.2	3524	2490	104.8
20 and over....	804	1248	259	14.7	11.3	1.2	3323	2550	103.5
2 and over...	889	1268	253	15.2	11.6	1.2	3284	2521	100.6
131-185% poverty:									
2 - 5.....	1063	1221	207	12.6	10.5	1.1	2706	2299	77.7
6 - 11.....	977	1262	216	14.9	12.8	1.1	3089	2154	92.4
12 - 19.....	887	1243	221	16.3	12.7	1.1	3351	2242	99.8
20 and over....	842	1300	260	15.6	11.7	1.3	3198	2609	105.9
2 and over...	876	1285	247	15.4	11.9	1.2	3172	2500	102.0
Over 185% poverty:									
2 - 5.....	975	1093	191	11.3	8.3	0.8	2342	2038	71.9
6 - 11.....	975	1234	213	14.2	10.5	1.0	3095	2099	90.8
12 - 19.....	1082	1402	252	17.0	12.4	1.2	3648	2432	107.1
20 and over....	904	1361	290	16.0	12.3	1.3	3564	2783	111.5
2 and over...	932	1346	276	15.8	12.0	1.2	3490	2667	107.9
All Individuals ⁵ :									
2 - 5.....	1003	1140	203	12.6	9.4	0.9	2518	2212	75.9
6 - 11.....	1031	1296	231	15.6	11.7	1.1	3170	2272	93.8
12 - 19.....	1030	1361	248	16.5	12.5	1.2	3558	2429	105.5
20 and over....	880	1334	281	15.8	12.1	1.3	3478	2724	109.3
2 and over...	918	1323	268	15.7	11.9	1.2	3408	2622	105.7

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

NOTES: # indicates an estimate with a relative standard error greater than 30%.

*** indicates a non-zero value too small to print.**

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004--continued

Family income as % of Federal poverty threshold ¹ and age (years)	SFA ¹ 4:0 (g)	SFA 6:0 (g)	SFA 8:0 (g)	SFA 10:0 (g)	SFA 12:0 (g)	SFA 14:0 (g)	SFA 16:0 (g)	SFA 18:0 (g)
Under 131% poverty:								
2 - 5.....	0.62	0.40	0.37	0.52	0.62	2.35	12.87	5.93
6 - 11.....	0.73	0.43	0.37	0.58	0.86	2.78	15.93	7.39
12 - 19.....	0.67	0.37	0.30	0.51	0.80	2.65	16.48	7.71
20 and over....	0.51	0.28	0.23	0.40	0.66	2.13	14.53	6.88
2 and over...	0.57	0.32	0.27	0.45	0.71	2.31	14.85	6.98
131-185% poverty:								
2 - 5.....	0.73	0.42	0.34	0.54	0.72	2.73	14.33	6.79
6 - 11.....	0.66	0.34	0.27	0.47	0.58	2.36	14.41	7.03
12 - 19.....	0.61	0.33	0.25	0.45	0.60	2.35	14.61	7.04
20 and over....	0.56	0.31	0.25	0.44	0.74	2.27	14.59	7.00
2 and over...	0.59	0.32	0.26	0.45	0.70	2.32	14.55	6.99
Over 185% poverty:								
2 - 5.....	0.61	0.36	0.27	0.46	0.61	2.09	10.93	5.07
6 - 11.....	0.66	0.35	0.27	0.49	0.65	2.35	13.69	6.65
12 - 19.....	0.74	0.37	0.27	0.53	0.71	2.68	16.22	7.72
20 and over....	0.59	0.31	0.24	0.45	0.77	2.32	15.15	7.24
2 and over...	0.61	0.32	0.25	0.46	0.75	2.36	14.99	7.16
All Individuals ⁵ :								
2 - 5.....	0.62	0.38	0.32	0.50	0.63	2.26	12.12	5.63
6 - 11.....	0.69	0.38	0.30	0.52	0.71	2.53	14.67	6.99
12 - 19.....	0.71	0.37	0.28	0.51	0.73	2.63	16.09	7.63
20 and over....	0.58	0.30	0.24	0.44	0.74	2.29	15.04	7.18
2 and over...	0.60	0.32	0.26	0.46	0.73	2.35	14.97	7.13

NOTES: # indicates an estimate with a relative standard error greater than 30%.

* indicates a non-zero value too small to print.

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004--continued

Family income as % of Federal poverty threshold ¹ and age (years)	MFA ² 16:1 (g)	MFA 18:1 (g)	MFA 20:1 (g)	MFA 22:1 (g)	PFA ³ 18:2 (g)	PFA 18:3 (g)	PFA 18:4 (g)	PFA 20:4 (g)	PFA 20:5 (g)	PFA 22:5 (g)	PFA 22:6 (g)
Under 131% poverty:											
2 - 5.....	1.00	22.13	0.16	0.03	10.02	1.07	0.01	0.08	0.01	0.01	0.03
6 - 11.....	1.21	28.69	0.23	0.04	14.62	1.41	#0.02	0.10	0.01	0.01	0.03
12 - 19.....	1.39	30.82	0.23	0.04	16.13	1.56	0.01	0.11	0.02	0.01	0.04
20 and over....	1.29	28.14	0.23	0.04	14.80	1.44	0.01	0.14	0.04	0.02	0.07
2 and over...	1.27	28.06	0.22	0.04	14.54	1.42	0.01	0.12	0.03	0.01	0.06
131-185% poverty:											
2 - 5.....	1.21	25.95	0.17	0.03	10.86	1.13	#0.01	0.07	0.01	#0.01	0.02
6 - 11.....	1.14	27.70	0.19	#0.02	13.44	1.18	0.02	0.09	#0.02	#0.01	#0.03
12 - 19.....	1.28	27.17	0.19	#0.04	13.60	1.21	#0.01	0.11	#0.02	0.01	0.04
20 and over....	1.34	27.70	0.21	0.03	14.29	1.41	0.01	0.14	0.03	0.01	0.06
2 and over...	1.31	27.53	0.20	0.03	13.90	1.35	0.01	0.13	0.03	0.01	0.05
Over 185% poverty:											
2 - 5.....	0.80	19.21	0.14	0.02	9.30	0.92	0.01	0.06	0.01	*	0.02
6 - 11.....	1.08	25.64	0.17	0.03	12.25	1.15	0.01	0.09	0.01	0.01	0.03
12 - 19.....	1.39	30.68	0.23	0.04	16.26	1.54	0.01	0.11	0.02	0.01	0.04
20 and over....	1.37	29.86	0.24	0.04	15.89	1.60	0.01	0.14	0.04	0.02	0.09
2 and over...	1.33	29.21	0.23	0.04	15.40	1.53	0.01	0.13	0.04	0.02	0.07
All Individuals⁵:											
2 - 5.....	0.93	21.25	0.16	0.03	9.80	1.01	0.01	0.07	0.01	0.01	0.02
6 - 11.....	1.14	27.10	0.20	0.03	13.27	1.25	0.02	0.09	0.01	0.01	0.03
12 - 19.....	1.37	30.28	0.23	0.04	15.91	1.51	0.01	0.11	0.02	0.01	0.04
20 and over....	1.36	29.42	0.24	0.04	15.51	1.54	0.01	0.14	0.04	0.02	0.08
2 and over...	1.32	28.87	0.23	0.04	15.05	1.48	0.01	0.13	0.03	0.02	0.07

NOTES: # indicates an estimate with a relative standard error greater than 30%.

* indicates a non-zero value too small to print.

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004--continued

Family income as % of Federal poverty threshold ¹ and age (years)	Caffeine (mg)	Theo-bromine (mg)	Alcohol (g)
Under 131% poverty:			
2 - 5.....	17.9	48.1	0.0
6 - 11.....	29.4	77.5	#*
12 - 19.....	48.4	51.0	2.2
20 and over....	179.2	32.8	9.7
2 and over...	126.0	42.6	6.5
131-185% poverty:			
2 - 5.....	#35.1	45.8	#*
6 - 11.....	29.7	65.8	#*
12 - 19.....	53.6	32.7	#1.2
20 and over....	155.1	39.4	8.8
2 and over...	122.6	41.9	6.4
Over 185% poverty:			
2 - 5.....	6.4	52.1	#*
6 - 11.....	33.7	69.8	#*
12 - 19.....	67.9	47.7	#2.5
20 and over....	197.8	50.2	11.7
2 and over...	164.3	51.4	9.4
All Individuals⁵:			
2 - 5.....	14.1	51.7	#*
6 - 11.....	31.3	71.3	#*
12 - 19.....	59.2	48.4	#2.2
20 and over....	189.7	45.5	11.2
2 and over...	150.8	48.4	8.5

NOTES: # indicates an estimate with a relative standard error greater than 30%.

* indicates a non-zero value too small to print.

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004

Family income as % of Federal poverty threshold ¹ and age (years)	N	Food energy (kcal)	Protein (g)	Carbo- hydrate (g)	Total sugars (g)	Dietary fiber (g)	Total fat (g)	Saturated fat (g)	Mono-unsaturated fat (g)	Poly-unsaturated fat (g)	Choles- terol (mg)
Under 131% poverty:											
2 - 5.....	394	43.8	1.85	5.8	2.7	0.45	2.08	0.78	0.84	0.48	9.4
6 - 11.....	390	115.6	4.02	13.9	7.5	0.99	5.61	1.81	2.15	1.42	12.0
12 - 19.....	899	69.1	3.78	8.7	4.5	0.50	3.23	1.11	1.20	0.78	7.8
20 and over....	1215	44.4	1.57	5.1	3.1	0.62	2.44	0.85	0.95	0.63	5.8
2 and over...	2898	38.7	1.57	4.9	2.6	0.56	1.92	0.66	0.72	0.49	3.7
131-185% poverty:											
2 - 5.....	96	163.4	7.25	13.4	5.7	1.16	10.29	3.85	4.31	1.72	25.0
6 - 11.....	126	116.9	4.44	15.3	9.9	0.66	5.30	2.31	2.09	0.97	20.2
12 - 19.....	275	107.5	4.66	12.8	5.7	0.67	5.05	1.73	1.85	1.15	15.9
20 and over....	569	60.5	2.82	7.8	5.5	0.65	2.79	1.12	1.10	0.62	11.3
2 and over...	1066	50.4	2.17	6.6	4.5	0.49	2.50	0.96	0.96	0.57	8.8
Over 185% poverty:											
2 - 5.....	244	41.4	1.54	7.4	5.3	0.55	1.58	0.62	0.71	0.36	6.0
6 - 11.....	350	51.1	2.06	7.0	6.9	0.26	2.62	1.22	1.09	0.48	15.3
12 - 19.....	881	47.3	1.96	7.1	4.2	0.56	2.24	0.95	0.95	0.49	7.6
20 and over....	2427	31.0	1.56	4.0	2.2	0.36	1.59	0.50	0.59	0.53	9.2
2 and over...	3902	26.0	1.32	3.9	2.2	0.33	1.23	0.36	0.45	0.44	7.5
All Individuals⁵:											
2 - 5.....	763	25.7	1.32	3.0	2.2	0.32	1.85	0.75	0.78	0.32	7.5
6 - 11.....	900	48.0	1.64	6.6	5.2	0.40	2.27	0.86	0.89	0.66	9.1
12 - 19.....	2162	40.3	1.86	5.4	2.8	0.37	1.85	0.67	0.75	0.44	5.7
20 and over....	4448	16.5	1.09	2.6	1.8	0.36	0.85	0.33	0.34	0.28	6.3
2 and over...	8273	15.6	0.94	2.6	1.6	0.33	0.71	0.24	0.29	0.25	4.6

NOTES: * indicates a non-zero value too small to print.

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004--continued

Family income as % of Federal poverty threshold ¹ and age (years)	Vitamin E (alpha-toc) (mg)	Added Vitamin E (alpha-toc) (mg)	Retinol (µg)	Vitamin A (µg RAE)	Alpha-carotene (µg)	Beta-carotene (µg)	Beta-cryptoxanthin (µg)	Lycopene (µg)	Lutein + zeaxanthin (µg)
Under 131% poverty:									
2 - 5.....	0.25	0.14	17.0	21.0	29.3	76.4	22.6	369.0	44.0
6 - 11.....	0.53	0.20	53.0	54.3	76.8	169.6	76.7	653.6	111.6
12 - 19.....	0.34	0.03	19.8	20.7	23.2	150.1	38.3	574.8	167.3
20 and over....	0.24	0.09	16.3	24.7	79.6	202.8	14.2	986.5	103.2
2 and over...	0.18	0.06	12.8	17.7	47.8	129.7	16.2	689.8	85.0
131-185% poverty:									
2 - 5.....	0.40	0.01	92.0	98.7	161.4	380.6	24.1	612.8	53.8
6 - 11.....	0.42	0.01	53.9	68.9	84.1	188.8	20.7	2220.6	65.2
12 - 19.....	0.55	0.05	31.4	31.6	25.6	123.0	26.8	1285.8	103.7
20 and over....	0.31	0.08	91.0	98.9	61.2	216.1	26.7	484.7	85.0
2 and over...	0.25	0.06	70.5	78.9	53.3	173.2	19.6	498.5	62.2
Over 185% poverty:									
2 - 5.....	0.12	0.05	30.2	39.3	53.4	142.0	13.7	449.0	46.2
6 - 11.....	0.14	0.06	36.1	38.4	30.0	75.9	16.0	615.0	73.3
12 - 19.....	0.35	0.05	22.2	26.5	21.9	89.0	15.1	568.5	48.7
20 and over....	0.20	0.06	14.8	18.6	22.2	81.9	9.1	389.4	65.2
2 and over...	0.15	0.05	14.3	17.4	20.0	64.9	8.4	304.9	58.7
All Individuals⁵:									
2 - 5.....	0.12	0.06	22.4	28.4	35.9	90.9	14.5	241.1	30.6
6 - 11.....	0.21	0.08	27.8	32.0	37.1	89.2	30.0	431.1	67.2
12 - 19.....	0.24	0.03	19.9	21.6	15.4	80.3	17.2	420.5	65.5
20 and over....	0.11	0.04	14.5	15.8	22.7	77.8	7.9	411.7	59.6
2 and over...	0.09	0.03	13.7	14.9	16.6	56.3	8.9	313.5	52.2

NOTES: * indicates a non-zero value too small to print.

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004--continued

Family income as % of Federal poverty threshold ¹ and age (years)	Thiamin (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (µg)	Food folate (µg)	Folate (µg DFE)	Vit. B12 (µg)	Added Vit. B12 (µg)	Vit. C (mg)	Vit. K (µg)
Under 131% poverty:											
2 - 5.....	0.038	0.063	0.62	0.085	14.5	7.1	28.6	0.348	0.194	6.78	3.43
6 - 11.....	0.118	0.137	1.49	0.107	32.5	10.6	59.5	0.565	0.156	7.56	4.28
12 - 19.....	0.077	0.081	1.13	0.092	14.1	9.4	31.3	0.241	0.095	10.49	8.71
20 and over....	0.038	0.066	0.48	0.041	5.2	5.0	11.7	0.126	0.052	6.97	4.86
2 and over...	0.041	0.051	0.48	0.040	7.0	5.1	14.9	0.120	0.045	5.62	4.21
131-185% poverty:											
2 - 5.....	0.061	0.102	1.51	0.114	15.7	16.6	18.0	0.997	0.196	7.73	7.31
6 - 11.....	0.077	0.131	1.40	0.123	31.7	9.1	56.3	0.887	0.250	7.94	4.88
12 - 19.....	0.105	0.121	1.40	0.105	25.6	10.5	51.8	0.410	0.149	8.83	4.43
20 and over....	0.047	0.103	0.90	0.091	9.2	9.8	18.0	1.016	0.121	6.13	4.20
2 and over...	0.040	0.085	0.73	0.068	8.2	7.3	15.6	0.670	0.079	4.57	3.11
Over 185% poverty:											
2 - 5.....	0.048	0.098	0.69	0.060	11.8	4.8	23.2	0.275	0.161	9.38	2.29
6 - 11.....	0.067	0.113	0.75	0.106	20.9	4.4	36.9	0.270	0.193	4.74	2.64
12 - 19.....	0.055	0.081	0.59	0.058	10.1	5.8	20.5	0.234	0.094	3.73	3.09
20 and over....	0.029	0.055	0.43	0.042	5.8	4.1	12.0	0.167	0.073	3.66	3.49
2 and over...	0.028	0.051	0.40	0.040	5.6	3.4	11.0	0.148	0.068	3.18	2.87
All Individuals⁵:											
2 - 5.....	0.028	0.061	0.41	0.051	9.4	4.1	17.5	0.236	0.142	6.16	1.59
6 - 11.....	0.046	0.072	0.73	0.072	13.8	4.2	23.8	0.240	0.092	4.36	1.90
12 - 19.....	0.047	0.069	0.64	0.054	9.4	3.7	19.0	0.215	0.070	5.50	3.90
20 and over....	0.021	0.040	0.33	0.034	5.1	3.5	10.6	0.170	0.055	3.40	2.62
2 and over...	0.022	0.038	0.34	0.033	4.9	2.9	10.3	0.145	0.048	2.97	2.21

NOTES: * indicates a non-zero value too small to print.

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004--continued

Family income as % of Federal poverty threshold ¹ and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium [†] (mg)	Potassium (mg)	Selenium (µg)
Under 131% poverty:									
2 - 5.....	41.1	34.1	7.3	0.57	0.31	0.04	82.5	89.5	2.42
6 - 11.....	67.2	77.5	13.1	1.12	0.68	0.10	149.6	131.2	6.19
12 - 19.....	47.9	50.7	10.5	0.67	0.51	0.07	160.9	96.8	5.22
20 and over....	28.5	31.3	8.7	0.20	0.24	0.04	91.9	65.4	2.76
2 and over...	23.2	27.4	7.5	0.28	0.21	0.04	60.7	60.3	2.79
131-185% poverty:									
2 - 5.....	83.5	95.6	13.8	0.48	0.97	0.19	206.0	223.7	5.02
6 - 11.....	106.7	114.6	10.3	1.09	1.01	0.07	134.2	143.1	4.62
12 - 19.....	63.2	71.9	12.7	0.76	0.91	0.06	241.5	129.5	6.94
20 and over....	34.4	49.7	8.8	0.54	0.44	0.16	89.9	104.0	3.31
2 and over...	34.8	43.3	7.2	0.43	0.38	0.12	71.0	83.7	2.92
Over 185% poverty:									
2 - 5.....	52.8	42.6	5.7	0.34	0.27	0.03	87.3	81.4	2.91
6 - 11.....	55.9	37.3	4.3	0.48	0.37	0.02	127.7	58.1	2.77
12 - 19.....	43.9	37.3	7.6	0.54	0.42	0.03	112.2	91.7	2.78
20 and over....	23.8	27.8	5.1	0.25	0.26	0.02	52.9	50.9	1.54
2 and over...	21.7	24.0	4.3	0.22	0.23	0.02	41.9	48.8	1.37
All Individuals ⁵ :									
2 - 5.....	31.4	29.6	4.6	0.27	0.24	0.03	46.0	62.8	2.13
6 - 11.....	41.8	37.9	5.2	0.51	0.31	0.04	67.6	65.5	2.32
12 - 19.....	36.5	33.7	6.1	0.45	0.38	0.03	95.2	68.4	2.66
20 and over....	16.7	17.2	4.5	0.19	0.20	0.02	33.1	34.8	1.35
2 and over...	16.6	16.1	4.0	0.19	0.18	0.02	30.5	35.9	1.30

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

NOTES: * indicates a non-zero value too small to print.

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004--continued

Family income as % of Federal poverty threshold ¹ and age (years)	SFA ¹ 4:0 (g)	SFA 6:0 (g)	SFA 8:0 (g)	SFA 10:0 (g)	SFA 12:0 (g)	SFA 14:0 (g)	SFA 16:0 (g)	SFA 18:0 (g)
Under 131% poverty:								
2 - 5.....	0.027	0.019	0.027	0.025	0.039	0.091	0.431	0.196
6 - 11.....	0.059	0.033	0.028	0.040	0.109	0.179	0.980	0.489
12 - 19.....	0.046	0.026	0.017	0.031	0.035	0.137	0.588	0.262
20 and over....	0.034	0.017	0.011	0.022	0.032	0.100	0.440	0.222
2 and over...	0.025	0.013	0.008	0.017	0.028	0.074	0.350	0.163
131-185% poverty:								
2 - 5.....	0.096	0.060	0.052	0.068	0.115	0.411	1.946	1.026
6 - 11.....	0.103	0.033	0.031	0.051	0.037	0.286	1.118	0.690
12 - 19.....	0.042	0.026	0.021	0.033	0.059	0.157	0.923	0.463
20 and over....	0.043	0.029	0.026	0.037	0.089	0.141	0.572	0.286
2 and over...	0.039	0.023	0.021	0.031	0.070	0.120	0.482	0.251
Over 185% poverty:								
2 - 5.....	0.028	0.019	0.021	0.023	0.060	0.083	0.290	0.193
6 - 11.....	0.054	0.030	0.021	0.040	0.057	0.167	0.566	0.306
12 - 19.....	0.037	0.018	0.014	0.025	0.045	0.116	0.475	0.228
20 and over....	0.020	0.010	0.007	0.012	0.028	0.057	0.268	0.136
2 and over...	0.015	0.008	0.006	0.009	0.024	0.041	0.200	0.104
All Individuals ⁵ :								
2 - 5.....	0.024	0.015	0.016	0.017	0.030	0.082	0.380	0.207
6 - 11.....	0.037	0.020	0.016	0.024	0.040	0.111	0.426	0.247
12 - 19.....	0.027	0.013	0.008	0.018	0.021	0.078	0.349	0.165
20 and over....	0.016	0.007	0.006	0.010	0.023	0.043	0.164	0.093
2 and over...	0.012	0.005	0.004	0.007	0.020	0.030	0.127	0.076

NOTES: * indicates a non-zero value too small to print.

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004--continued

Family income as % of Federal poverty threshold ¹ and age (years)	MFA ² 16:1 (g)	MFA 18:1 (g)	MFA 20:1 (g)	MFA 22:1 (g)	PFA ³ 18:2 (g)	PFA 18:3 (g)	PFA 18:4 (g)	PFA 20:4 (g)	PFA 20:5 (g)	PFA 22:5 (g)	PFA 22:6 (g)
Under 131% poverty:											
2 - 5.....	0.048	0.775	0.012	0.003	0.432	0.047	0.001	0.005	0.002	0.001	0.004
6 - 11.....	0.061	2.075	0.023	0.005	1.296	0.128	0.006	0.008	0.003	0.002	0.004
12 - 19.....	0.054	1.135	0.009	0.005	0.714	0.078	0.003	0.006	0.003	0.001	0.004
20 and over....	0.039	0.880	0.009	0.005	0.488	0.052	0.001	0.004	0.003	0.001	0.006
2 and over...	0.028	0.678	0.008	0.003	0.417	0.040	0.001	0.003	0.002	0.001	0.004
131-185% poverty:											
2 - 5.....	0.215	3.949	0.019	0.006	1.505	0.178	0.004	0.016	0.002	0.002	0.005
6 - 11.....	0.078	1.997	0.020	0.007	0.957	0.063	0.005	0.012	0.006	0.003	0.009
12 - 19.....	0.092	1.769	0.017	0.013	1.067	0.096	0.004	0.010	0.008	0.002	0.010
20 and over....	0.060	1.023	0.011	0.004	0.573	0.067	0.001	0.007	0.006	0.002	0.007
2 and over...	0.043	0.909	0.008	0.003	0.531	0.054	0.001	0.005	0.005	0.002	0.006
Over 185% poverty:											
2 - 5.....	0.025	0.682	0.011	0.004	0.332	0.040	0.002	0.004	0.002	0.001	0.004
6 - 11.....	0.052	1.012	0.008	0.003	0.473	0.049	0.002	0.007	0.002	0.001	0.004
12 - 19.....	0.042	0.899	0.011	0.003	0.470	0.047	0.002	0.005	0.005	0.001	0.008
20 and over....	0.026	0.550	0.006	0.003	0.449	0.051	0.001	0.006	0.005	0.002	0.008
2 and over...	0.022	0.427	0.005	0.002	0.377	0.041	0.001	0.005	0.004	0.002	0.006
All Individuals⁵:											
2 - 5.....	0.036	0.724	0.009	0.005	0.292	0.037	0.001	0.003	0.002	0.001	0.003
6 - 11.....	0.029	0.844	0.010	0.003	0.645	0.058	0.002	0.004	0.002	0.001	0.003
12 - 19.....	0.029	0.712	0.007	0.002	0.412	0.037	0.001	0.004	0.003	0.001	0.005
20 and over....	0.018	0.319	0.004	0.002	0.242	0.025	0.001	0.004	0.004	0.001	0.006
2 and over...	0.014	0.272	0.003	0.001	0.218	0.020	0.001	0.003	0.003	0.001	0.005

NOTES: * indicates a non-zero value too small to print.

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 7se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004--continued

Family income as % of Federal poverty threshold ¹ and age (years)	Caffeine (mg)	Theo-bromine (mg)	Alcohol (g)
Under 131% poverty:			
2 - 5.....	3.92	5.09	0.00
6 - 11.....	4.41	12.83	*
12 - 19.....	3.27	4.74	0.66
20 and over....	16.49	3.78	0.82
2 and over...	12.17	3.16	0.52
131-185% poverty:			
2 - 5.....	27.02	8.99	*
6 - 11.....	5.05	12.74	*
12 - 19.....	7.75	7.88	0.78
20 and over....	17.32	5.71	1.14
2 and over...	12.77	4.40	0.87
Over 185% poverty:			
2 - 5.....	1.17	8.60	*
6 - 11.....	4.74	8.74	0.02
12 - 19.....	5.21	5.36	1.47
20 and over....	11.14	2.36	0.78
2 and over...	9.16	2.57	0.53
All Individuals ⁵ :			
2 - 5.....	3.86	5.67	*
6 - 11.....	3.14	6.23	0.01
12 - 19.....	3.31	3.56	0.81
20 and over....	8.89	2.34	0.68
2 and over...	7.19	2.24	0.43

NOTES: * indicates a non-zero value too small to print.

¹Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

²SFA = saturated fatty acid.

³MFA = monounsaturated fatty acid.

⁴PFA = polyunsaturated fatty acid.

⁵"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.