

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2005-2006

Race/ethnicity and age (years)	Sample size	Food energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Non-Hispanic White:																			
2 - 5.....	252	1582	(36.3)	53.7	(1.98)	222	(6.0)	119	(4.2)	10.8	(0.46)	55.4	(1.54)	20.3	(0.79)	20.2	(0.53)	10.5	(0.39)
6 - 11.....	276	2033	(40.7)	67.4	(2.25)	272	(4.7)	139	(4.4)	13.3	(0.45)	77.9	(2.25)	28.1	(0.75)	28.6	(0.85)	14.9	(0.64)
12 - 19.....	547	2406	(57.7)	85.5	(3.06)	315	(9.1)	160	(6.5)	14.1	(0.38)	90.1	(1.73)	32.0	(0.82)	33.2	(0.66)	17.4	(0.43)
20 and over...	2276	2219	(36.0)	86.0	(1.60)	261	(4.6)	119	(2.8)	16.1	(0.36)	85.6	(1.90)	29.0	(0.65)	31.4	(0.69)	17.9	(0.46)
2 and over...	3351	2198	(32.0)	83.2	(1.46)	266	(4.0)	125	(2.4)	15.5	(0.32)	84.2	(1.55)	28.9	(0.56)	30.9	(0.54)	17.3	(0.38)
Non-Hispanic Black:																			
2 - 5.....	225	1587	(43.0)	54.2	(2.62)	216	(7.2)	114	(4.9)	9.7	(0.22)	58.4	(1.95)	20.4	(0.89)	21.1	(0.89)	11.7	(0.44)
6 - 11.....	304	1858	(62.0)	65.7	(2.43)	240	(9.6)	118	(7.4)	10.8	(0.33)	72.6	(3.04)	24.8	(0.91)	26.9	(1.17)	14.4	(0.84)
12 - 19.....	722	2246	(93.4)	76.4	(3.08)	291	(13.6)	149	(8.8)	11.9	(0.48)	87.7	(3.82)	28.8	(1.27)	32.5	(1.39)	18.7	(0.93)
20 and over...	1012	2146	(45.4)	80.3	(1.68)	262	(5.3)	128	(4.1)	13.2	(0.36)	82.0	(2.24)	26.6	(0.79)	30.4	(0.85)	17.7	(0.52)
2 and over...	2263	2095	(35.6)	76.6	(1.11)	261	(4.6)	129	(3.2)	12.5	(0.27)	80.3	(1.82)	26.3	(0.61)	29.7	(0.70)	17.1	(0.42)
Mexican American:																			
2 - 5.....	320	1555	(21.3)	55.5	(1.37)	215	(3.0)	119	(2.8)	11.6	(0.52)	54.8	(1.47)	20.1	(0.58)	19.5	(0.61)	10.3	(0.40)
6 - 11.....	334	1976	(54.6)	69.6	(2.56)	268	(7.6)	130	(5.9)	14.4	(0.78)	72.1	(2.58)	25.2	(0.96)	26.0	(1.03)	14.7	(0.57)
12 - 19.....	684	2194	(54.6)	79.8	(2.51)	291	(7.3)	136	(3.9)	15.8	(0.49)	79.2	(2.08)	27.0	(0.80)	29.0	(0.75)	16.3	(0.50)
20 and over...	907	2199	(52.1)	87.7	(2.44)	279	(4.8)	123	(3.5)	19.1	(0.62)	78.5	(2.63)	25.6	(0.68)	29.7	(1.17)	16.4	(0.76)
2 and over...	2245	2109	(36.1)	81.2	(1.79)	273	(3.4)	126	(2.3)	17.3	(0.46)	75.6	(1.80)	25.2	(0.51)	28.2	(0.80)	15.6	(0.48)
All Individuals²:																			
2 - 5.....	902	1564	(24.4)	54.1	(1.23)	217	(4.0)	117	(2.5)	10.7	(0.31)	55.3	(1.12)	20.2	(0.51)	20.0	(0.42)	10.4	(0.26)
6 - 11.....	1012	1985	(35.6)	67.1	(1.67)	265	(4.0)	133	(3.5)	13.0	(0.38)	75.5	(1.83)	26.8	(0.59)	27.7	(0.71)	14.7	(0.48)
12 - 19.....	2115	2324	(45.7)	82.4	(2.18)	304	(6.8)	152	(4.6)	13.9	(0.28)	87.2	(1.59)	30.3	(0.66)	32.1	(0.57)	17.4	(0.38)
20 and over...	4520	2195	(33.1)	85.4	(1.35)	262	(4.2)	120	(2.6)	15.9	(0.31)	83.8	(1.67)	28.1	(0.57)	30.8	(0.60)	17.6	(0.41)
2 and over...	8549	2157	(29.0)	81.8	(1.15)	265	(3.6)	124	(2.3)	15.1	(0.26)	81.9	(1.35)	27.8	(0.49)	30.1	(0.48)	17.0	(0.31)

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 5.....	146	(9.0)	439	(26.2)	518	(31.4)	179	(39.4)	822	(122.5)	79	(6.8)	3165	(496.4)	521	(46.9)	1.32	(0.056)
6 - 11.....	233	(18.0)	580	(28.8)	692	(43.7)	275*	(83.3)	1176	(224.7)	62	(7.6)	3963	(388.2)	742	(95.5)	1.57	(0.035)
12 - 19.....	261	(9.4)	498	(21.1)	628	(24.4)	303	(33.1)	1341	(108.1)	111	(9.3)	5818	(404.6)	818	(68.1)	1.80	(0.047)
20 and over...	290	(4.1)	488	(20.3)	676	(23.7)	393	(26.9)	1999	(113.8)	124	(8.4)	5902	(291.8)	1296	(37.2)	1.76	(0.030)
2 and over...	276	(3.0)	493	(16.4)	665	(18.6)	366	(22.2)	1817	(84.7)	116	(6.3)	5634	(239.3)	1170	(28.5)	1.73	(0.026)
Non-Hispanic Black:																		
2 - 5.....	188	(12.1)	428	(28.6)	507	(25.0)	135	(35.3)	790	(89.1)	142	(19.1)	3029	(369.0)	832	(90.1)	1.40	(0.062)
6 - 11.....	231	(18.9)	392	(19.1)	495	(27.5)	166	(33.8)	1071	(142.3)	146	(23.0)	4016	(285.1)	805	(106.7)	1.46	(0.059)
12 - 19.....	261	(22.3)	367	(23.4)	458	(29.6)	112	(18.1)	955	(123.5)	124	(10.3)	4813	(441.3)	954	(106.8)	1.51	(0.053)
20 and over...	303	(8.8)	361	(15.2)	519	(16.5)	223	(24.3)	1697	(108.3)	163	(13.9)	4006	(246.0)	1576	(99.2)	1.48	(0.035)
2 and over...	282	(7.7)	369	(12.2)	507	(15.0)	196	(16.9)	1468	(83.1)	154	(10.5)	4059	(209.6)	1361	(80.4)	1.48	(0.028)
Mexican American:																		
2 - 5.....	227	(12.3)	440	(21.6)	526	(20.9)	199	(23.6)	855	(67.9)	159	(24.4)	3581	(331.4)	570	(45.2)	1.31	(0.036)
6 - 11.....	226	(12.4)	509	(27.5)	647	(42.9)	365	(108.6)	1385	(317.6)	168	(21.8)	4586	(782.2)	657	(62.8)	1.68	(0.074)
12 - 19.....	252	(7.8)	382	(17.5)	482	(19.1)	225	(35.9)	988	(120.2)	189	(24.9)	5501	(410.2)	679	(39.3)	1.73	(0.059)
20 and over...	323	(14.9)	346	(18.7)	496	(19.1)	354	(28.4)	1550	(140.7)	159	(12.6)	5486	(268.1)	1048	(140.7)	1.65	(0.051)
2 and over...	291	(10.3)	381	(15.4)	516	(18.2)	322	(20.0)	1381	(82.8)	165	(9.3)	5194	(247.2)	900	(90.9)	1.63	(0.036)
All Individuals²:																		
2 - 5.....	169	(7.9)	431	(17.7)	519	(19.8)	210	(40.7)	907	(105.7)	101	(7.7)	3165	(249.0)	599	(32.2)	1.32	(0.038)
6 - 11.....	230	(10.8)	525	(18.0)	641	(30.1)	276	(67.2)	1204	(187.3)	92	(9.1)	4141	(287.6)	718	(65.0)	1.56	(0.029)
12 - 19.....	257	(7.7)	446	(16.5)	566	(20.0)	255	(25.8)	1241	(86.2)	124	(7.2)	5701	(285.5)	816	(50.1)	1.73	(0.029)
20 and over...	295	(4.3)	451	(15.5)	634	(16.8)	369	(25.6)	1945	(81.2)	132	(5.5)	5533	(229.1)	1334	(49.4)	1.70	(0.029)
2 and over...	278	(3.3)	455	(13.2)	620	(14.1)	339	(21.6)	1742	(62.3)	126	(3.7)	5305	(172.4)	1181	(34.8)	1.67	(0.024)

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Ribo- flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 5.....	1.92	(0.080)	16.1	(0.65)	1.42	(0.070)	196	(11.3)	126	(4.9)	460	(21.7)	195	(8.7)	4.22	(0.235)	0.98	(0.092)
6 - 11.....	2.26	(0.072)	20.3	(0.61)	1.60	(0.073)	234	(9.5)	146	(5.5)	544	(17.0)	250	(13.1)	4.92	(0.349)	1.08	(0.148)
12 - 19.....	2.38	(0.083)	26.6	(1.05)	2.01	(0.081)	245	(7.9)	182	(5.6)	598	(16.7)	291	(9.8)	6.28	(0.261)	1.62	(0.165)
20 and over...	2.43	(0.037)	26.7	(0.56)	2.10	(0.054)	199	(4.3)	222	(4.9)	561	(9.5)	341	(4.5)	5.85	(0.127)	1.10	(0.064)
2 and over...	2.39	(0.039)	25.7	(0.46)	2.02	(0.043)	206	(3.8)	208	(3.7)	559	(8.4)	322	(4.1)	5.76	(0.141)	1.15	(0.057)
Non-Hispanic Black:																		
2 - 5.....	1.92	(0.081)	18.6	(1.23)	1.64	(0.100)	223	(28.0)	127	(3.2)	505	(48.6)	211	(6.5)	4.64	(0.245)	1.48	(0.191)
6 - 11.....	1.91	(0.065)	20.0	(0.76)	1.57	(0.082)	198	(13.0)	139	(6.4)	475	(24.5)	244	(12.5)	4.74	(0.274)	1.10	(0.168)
12 - 19.....	1.92	(0.108)	23.4	(0.99)	1.71	(0.064)	206	(8.8)	149	(5.3)	498	(19.1)	256	(12.9)	4.58	(0.152)	0.96	(0.092)
20 and over...	1.87	(0.045)	24.1	(0.50)	1.84	(0.043)	160	(5.5)	189	(5.3)	460	(10.6)	311	(6.8)	4.86	(0.200)	0.80	(0.091)
2 and over...	1.89	(0.039)	23.2	(0.40)	1.78	(0.036)	174	(6.0)	174	(4.4)	470	(11.3)	289	(5.7)	4.79	(0.148)	0.90	(0.060)
Mexican American:																		
2 - 5.....	2.08	(0.066)	16.0	(0.41)	1.63	(0.043)	189	(10.5)	141	(5.6)	462	(18.9)	240	(8.3)	4.99	(0.215)	1.41	(0.091)
6 - 11.....	2.28	(0.100)	21.5	(0.83)	1.84	(0.070)	236	(18.4)	158	(7.3)	560	(33.5)	261	(11.5)	5.25	(0.265)	1.31	(0.129)
12 - 19.....	2.15	(0.075)	24.4	(0.70)	1.95	(0.063)	234	(15.5)	186	(8.6)	584	(27.6)	285	(10.0)	5.33	(0.297)	1.33	(0.203)
20 and over...	2.11	(0.058)	24.4	(0.92)	2.06	(0.089)	172	(9.8)	225	(9.7)	518	(18.4)	351	(16.6)	5.46	(0.393)	0.87	(0.105)
2 and over...	2.13	(0.049)	23.2	(0.61)	1.98	(0.056)	191	(7.3)	203	(7.0)	528	(11.4)	320	(11.0)	5.37	(0.265)	1.04	(0.083)
All Individuals²:																		
2 - 5.....	1.94	(0.051)	16.2	(0.46)	1.48	(0.049)	194	(9.4)	128	(3.4)	458	(17.1)	207	(6.1)	4.50	(0.152)	1.15	(0.083)
6 - 11.....	2.17	(0.055)	20.4	(0.51)	1.63	(0.056)	224	(7.0)	147	(4.2)	528	(12.8)	248	(9.5)	4.93	(0.207)	1.12	(0.091)
12 - 19.....	2.22	(0.060)	25.5	(0.78)	1.93	(0.062)	235	(5.2)	175	(3.7)	574	(11.0)	281	(7.6)	5.71	(0.228)	1.40	(0.136)
20 and over...	2.31	(0.039)	26.0	(0.46)	2.04	(0.044)	191	(4.2)	218	(3.7)	543	(8.4)	338	(4.1)	5.64	(0.098)	1.00	(0.051)
2 and over...	2.26	(0.039)	24.9	(0.38)	1.97	(0.036)	199	(3.8)	202	(2.8)	540	(7.7)	316	(3.8)	5.53	(0.110)	1.06	(0.045)

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Vitamin C		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:														
2 - 5.....	79.7	(6.28)	4.5	(0.21)	0.2*	(0.10)	42.9	(4.02)	921	(42.6)	1073	(42.1)	196	(7.2)
6 - 11.....	65.5	(6.71)	5.8	(0.25)	0.1*	(0.07)	59.3	(4.05)	1068	(38.4)	1286	(38.8)	229	(4.9)
12 - 19.....	79.2	(3.92)	6.8	(0.24)	0.3*	(0.13)	67.6	(3.42)	1109	(45.9)	1417	(41.5)	264	(8.2)
20 and over...	83.6	(3.28)	7.8	(0.24)	0.7	(0.15)	98.8	(3.74)	1006	(23.5)	1402	(24.2)	313	(5.6)
2 and over...	81.7	(2.55)	7.4	(0.20)	0.6	(0.12)	90.1	(2.92)	1018	(22.9)	1381	(22.9)	297	(4.8)
Non-Hispanic Black:														
2 - 5.....	102.3	(8.36)	4.5	(0.18)	0.1*	(0.07)	50.8	(4.63)	772	(32.4)	952	(35.8)	180	(4.2)
6 - 11.....	93.9	(8.33)	5.4	(0.23)	#		61.1	(7.94)	847	(31.0)	1098	(33.0)	197	(5.9)
12 - 19.....	106.6	(11.01)	6.6	(0.33)	0.1*	(0.03)	76.4	(4.43)	844	(35.1)	1179	(43.9)	221	(7.1)
20 and over...	100.4	(4.76)	6.5	(0.24)	0.3*	(0.08)	109.8	(6.02)	788	(22.9)	1180	(25.3)	255	(5.4)
2 and over...	100.8	(4.26)	6.3	(0.19)	0.2	(0.06)	96.3	(4.99)	801	(19.3)	1157	(17.0)	239	(4.0)
Mexican American:														
2 - 5.....	93.4	(8.34)	4.2	(0.12)	0.2*	(0.07)	36.2	(3.11)	972	(32.6)	1097	(28.2)	209	(6.8)
6 - 11.....	96.8	(3.85)	5.7	(0.29)	#		49.2	(4.30)	1083	(55.0)	1286	(55.7)	247	(11.4)
12 - 19.....	107.1	(3.95)	6.3	(0.16)	0.1*	(0.04)	51.1	(1.52)	986	(27.3)	1310	(39.3)	261	(7.7)
20 and over...	102.3	(3.86)	6.8	(0.36)	0.3	(0.08)	72.9	(6.65)	920	(20.1)	1414	(29.2)	313	(9.2)
2 and over...	101.5	(2.79)	6.3	(0.21)	0.2	(0.05)	63.2	(4.21)	955	(21.9)	1352	(21.8)	287	(6.5)
All Individuals²:														
2 - 5.....	85.6	(3.78)	4.3	(0.13)	0.2*	(0.07)	42.6	(2.65)	904	(24.5)	1052	(24.9)	195	(4.3)
6 - 11.....	75.0	(3.57)	5.7	(0.18)	0.1*	(0.05)	57.8	(3.16)	1012	(28.4)	1239	(30.1)	225	(5.0)
12 - 19.....	86.5	(3.05)	6.7	(0.19)	0.2*	(0.09)	66.9	(2.13)	1025	(31.9)	1342	(30.8)	253	(6.0)
20 and over...	87.5	(2.36)	7.5	(0.18)	0.6	(0.11)	98.8	(3.46)	961	(19.6)	1365	(21.6)	305	(4.6)
2 and over...	86.3	(1.70)	7.1	(0.15)	0.5	(0.08)	88.5	(2.59)	970	(18.9)	1334	(19.6)	286	(3.8)

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium [†] (adjusted)		Caffeine		Theobromine		Alcohol [‡]	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Non-Hispanic White:																		
2 - 5.....	12.3	(0.55)	8.6	(0.39)	0.9	(0.03)	70.9	(2.61)	2003	(79.6)	2308	(42.2)	8.6	(0.68)	45.4	(5.99)	--	--
6 - 11.....	14.8	(0.56)	10.4	(0.38)	1.1	(0.03)	92.3	(2.38)	2114	(63.3)	3099	(100.0)	21.5	(2.30)	90.6	(8.60)	--	--
12 - 19.....	17.3	(0.46)	12.9	(0.46)	1.2	(0.03)	113.1	(3.77)	2456	(74.4)	3778	(124.5)	67.7	(6.15)	49.8	(4.71)	--	--
20 and over...	16.6	(0.26)	13.1	(0.34)	1.4	(0.02)	112.9	(2.12)	2832	(36.0)	3597	(63.2)	216.2	(5.71)	42.9	(1.96)	12.7	(0.84)
2 and over...	16.4	(0.24)	12.7	(0.31)	1.4	(0.02)	109.6	(1.96)	2703	(34.2)	3524	(58.1)	177.1	(4.50)	47.2	(1.46)	--	--
Non-Hispanic Black:																		
2 - 5.....	13.1	(0.57)	9.0	(0.69)	0.8	(0.02)	71.3	(3.33)	1936	(45.9)	2450	(81.6)	6.3	(1.25)	25.9	(3.53)	--	--
6 - 11.....	13.8	(0.58)	10.1	(0.38)	1.0	(0.03)	87.2	(4.09)	2039	(79.7)	3018	(114.5)	9.7	(1.29)	50.1	(6.92)	--	--
12 - 19.....	15.0	(0.63)	11.0	(0.32)	1.1	(0.04)	100.9	(4.76)	2089	(65.3)	3409	(169.7)	26.7	(2.24)	41.8	(6.26)	--	--
20 and over...	14.6	(0.28)	11.2	(0.26)	1.2	(0.03)	106.4	(2.02)	2352	(44.3)	3337	(90.4)	86.9	(4.44)	31.2	(1.90)	9.1	(1.24)
2 and over...	14.5	(0.22)	11.0	(0.18)	1.1	(0.02)	101.4	(1.40)	2256	(34.9)	3257	(69.2)	65.3	(2.84)	34.3	(1.75)	--	--
Mexican American:																		
2 - 5.....	12.8	(0.64)	8.7	(0.28)	0.9	(0.02)	70.0	(1.82)	2183	(61.5)	2096	(36.8)	7.9	(1.50)	42.1	(3.90)	--	--
6 - 11.....	15.6	(0.66)	10.9	(0.56)	1.1	(0.04)	91.7	(4.03)	2399	(112.0)	3062	(134.4)	14.8	(1.74)	54.6	(7.42)	--	--
12 - 19.....	16.4	(0.55)	11.9	(0.50)	1.2	(0.03)	103.8	(3.36)	2439	(91.7)	3353	(86.1)	45.5	(5.38)	32.5	(2.44)	--	--
20 and over...	15.8	(0.41)	12.4	(0.42)	1.4	(0.06)	114.1	(3.32)	2733	(83.0)	3298	(91.8)	113.4	(6.88)	32.0	(3.02)	7.6	(1.74)
2 and over...	15.5	(0.30)	11.8	(0.29)	1.3	(0.04)	105.6	(2.42)	2595	(58.0)	3162	(71.1)	81.1	(6.13)	35.8	(1.60)	--	--
All Individuals²:																		
2 - 5.....	12.3	(0.41)	8.7	(0.26)	0.8	(0.02)	70.3	(1.80)	2030	(41.1)	2270	(34.2)	7.6	(0.50)	41.6	(3.41)	--	--
6 - 11.....	14.6	(0.32)	10.3	(0.26)	1.0	(0.02)	91.7	(1.82)	2137	(56.3)	3083	(75.0)	18.3	(1.64)	78.4	(6.14)	--	--
12 - 19.....	16.6	(0.31)	12.3	(0.30)	1.2	(0.02)	109.1	(2.86)	2369	(54.3)	3637	(90.4)	58.5	(4.20)	45.1	(3.21)	--	--
20 and over...	16.2	(0.21)	12.8	(0.24)	1.4	(0.02)	112.2	(1.89)	2754	(36.9)	3531	(54.2)	189.7	(6.11)	39.7	(1.59)	11.4	(0.67)
2 and over...	15.9	(0.19)	12.3	(0.21)	1.3	(0.02)	107.8	(1.57)	2617	(33.9)	3436	(47.5)	149.8	(5.27)	43.7	(1.40)	--	--

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	SFA 4:0 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
Non-Hispanic White:								
2 - 5.....	0.57 (0.035)	0.32 (0.020)	0.27 (0.018)	0.44 (0.028)	0.64 (0.069)	1.95 (0.105)	10.41 (0.373)	5.06 (0.182)
6 - 11.....	0.74 (0.042)	0.39 (0.023)	0.32 (0.014)	0.57 (0.025)	0.93 (0.058)	2.61 (0.111)	14.42 (0.407)	7.22 (0.200)
12 - 19.....	0.77 (0.031)	0.39 (0.016)	0.31 (0.018)	0.56 (0.024)	0.94 (0.068)	2.86 (0.106)	16.82 (0.416)	8.32 (0.207)
20 and over...	0.67 (0.023)	0.36 (0.012)	0.28 (0.009)	0.51 (0.016)	0.85 (0.036)	2.52 (0.073)	15.45 (0.344)	7.47 (0.173)
2 and over...	0.68 (0.021)	0.36 (0.011)	0.29 (0.009)	0.52 (0.014)	0.85 (0.032)	2.54 (0.067)	15.30 (0.285)	7.43 (0.141)
Non-Hispanic Black:								
2 - 5.....	0.46 (0.030)	0.29 (0.021)	0.26 (0.019)	0.39 (0.024)	0.60 (0.075)	1.81 (0.113)	10.91 (0.448)	5.11 (0.235)
6 - 11.....	0.51 (0.024)	0.29 (0.017)	0.24 (0.018)	0.40 (0.022)	0.61 (0.061)	2.05 (0.086)	13.51 (0.504)	6.55 (0.247)
12 - 19.....	0.58 (0.036)	0.32 (0.021)	0.25 (0.015)	0.43 (0.025)	0.76 (0.066)	2.31 (0.113)	15.70 (0.714)	7.63 (0.327)
20 and over...	0.48 (0.028)	0.27 (0.015)	0.22 (0.013)	0.38 (0.020)	0.69 (0.053)	2.04 (0.090)	14.69 (0.422)	7.04 (0.196)
2 and over...	0.50 (0.021)	0.28 (0.012)	0.23 (0.010)	0.39 (0.015)	0.68 (0.035)	2.06 (0.064)	14.47 (0.329)	6.95 (0.165)
Mexican American:								
2 - 5.....	0.53 (0.024)	0.35 (0.016)	0.32 (0.021)	0.44 (0.020)	0.54 (0.031)	1.94 (0.081)	10.59 (0.313)	4.91 (0.124)
6 - 11.....	0.61 (0.033)	0.35 (0.020)	0.27 (0.020)	0.46 (0.024)	0.63 (0.041)	2.24 (0.109)	13.45 (0.507)	6.46 (0.272)
12 - 19.....	0.58 (0.029)	0.31 (0.014)	0.26 (0.011)	0.44 (0.018)	0.71 (0.040)	2.30 (0.097)	14.61 (0.423)	6.98 (0.217)
20 and over...	0.49 (0.015)	0.27 (0.007)	0.22 (0.007)	0.37 (0.010)	0.56 (0.017)	2.00 (0.049)	14.19 (0.407)	6.77 (0.215)
2 and over...	0.52 (0.013)	0.29 (0.006)	0.24 (0.008)	0.40 (0.009)	0.59 (0.017)	2.07 (0.044)	13.82 (0.304)	6.58 (0.161)
All Individuals²:								
2 - 5.....	0.55 (0.021)	0.33 (0.011)	0.28 (0.011)	0.43 (0.016)	0.61 (0.036)	1.95 (0.062)	10.51 (0.251)	5.03 (0.124)
6 - 11.....	0.67 (0.025)	0.36 (0.014)	0.29 (0.010)	0.52 (0.016)	0.81 (0.041)	2.42 (0.069)	14.01 (0.321)	6.95 (0.165)
12 - 19.....	0.70 (0.023)	0.36 (0.012)	0.29 (0.014)	0.51 (0.019)	0.87 (0.053)	2.65 (0.079)	16.12 (0.338)	7.91 (0.168)
20 and over...	0.62 (0.019)	0.33 (0.009)	0.26 (0.008)	0.47 (0.013)	0.78 (0.029)	2.38 (0.060)	15.10 (0.298)	7.28 (0.149)
2 and over...	0.63 (0.017)	0.34 (0.009)	0.27 (0.007)	0.48 (0.012)	0.79 (0.026)	2.39 (0.055)	14.87 (0.246)	7.20 (0.122)

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Non-Hispanic White:														
2 - 5.....	0.71	(0.025)	18.89	(0.503)	0.14	(0.007)	0.02	(0.004)	9.46	(0.351)	0.88	(0.041)	0.01	(0.001)
6 - 11.....	1.06	(0.046)	26.87	(0.801)	0.19	(0.010)	0.02	(0.002)	13.46	(0.587)	1.18	(0.078)	0.02	(0.004)
12 - 19.....	1.41	(0.045)	30.93	(0.608)	0.23	(0.012)	0.03	(0.004)	15.61	(0.386)	1.43	(0.047)	0.02	(0.004)
20 and over...	1.31	(0.030)	29.27	(0.652)	0.25	(0.008)	0.04	(0.003)	15.87	(0.414)	1.59	(0.042)	0.01	(0.001)
2 and over...	1.27	(0.023)	28.82	(0.513)	0.24	(0.006)	0.03	(0.002)	15.38	(0.337)	1.51	(0.036)	0.01	(0.001)
Non-Hispanic Black:														
2 - 5.....	0.84	(0.054)	19.78	(0.824)	0.16	(0.011)	0.03	(0.004)	10.43	(0.424)	0.96	(0.050)	0.01	(0.002)
6 - 11.....	1.14	(0.065)	25.11	(1.098)	0.22	(0.018)	0.04	(0.008)	12.80	(0.749)	1.14	(0.069)	0.02	(0.003)
12 - 19.....	1.37	(0.067)	30.50	(1.317)	0.25	(0.010)	0.03	(0.003)	16.86	(0.850)	1.43	(0.077)	0.02	(0.002)
20 and over...	1.38	(0.040)	28.35	(0.798)	0.27	(0.012)	0.05	(0.015)	15.65	(0.466)	1.43	(0.051)	0.02	(0.002)
2 and over...	1.32	(0.026)	27.77	(0.667)	0.25	(0.008)	0.04	(0.010)	15.19	(0.384)	1.37	(0.038)	0.02	(0.001)
Mexican American:														
2 - 5.....	0.74	(0.036)	18.32	(0.569)	0.13	(0.008)	0.01	(0.002)	9.19	(0.377)	0.92	(0.027)	0.01	(0.001)
6 - 11.....	0.99	(0.037)	24.39	(0.961)	0.18	(0.009)	0.02	(0.003)	13.30	(0.532)	1.16	(0.046)	0.01	(0.001)
12 - 19.....	1.21	(0.045)	27.11	(0.705)	0.20	(0.004)	0.02	(0.004)	14.72	(0.460)	1.27	(0.040)	0.01	(0.001)
20 and over...	1.29	(0.056)	27.76	(1.102)	0.22	(0.012)	0.02	(0.005)	14.58	(0.673)	1.37	(0.063)	0.01	(0.002)
2 and over...	1.19	(0.044)	26.35	(0.749)	0.20	(0.009)	0.02	(0.004)	13.93	(0.421)	1.29	(0.041)	0.01	(0.001)
All Individuals²:														
2 - 5.....	0.74	(0.021)	18.78	(0.396)	0.14	(0.005)	0.02	(0.002)	9.29	(0.239)	0.89	(0.027)	0.01	(0.001)
6 - 11.....	1.06	(0.030)	26.04	(0.672)	0.19	(0.008)	0.02	(0.002)	13.21	(0.443)	1.16	(0.050)	0.02	(0.002)
12 - 19.....	1.35	(0.035)	30.03	(0.530)	0.23	(0.008)	0.03	(0.003)	15.57	(0.347)	1.40	(0.033)	0.02	(0.003)
20 and over...	1.30	(0.024)	28.77	(0.566)	0.25	(0.006)	0.04	(0.002)	15.61	(0.363)	1.54	(0.037)	0.01	(0.001)
2 and over...	1.26	(0.019)	28.14	(0.457)	0.23	(0.005)	0.03	(0.002)	15.05	(0.279)	1.45	(0.029)	0.01	(0.001)

Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual¹,
by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
Non-Hispanic White:				
2 - 5.....	0.05 (0.003)	0.01* (0.004)	#	0.02* (0.007)
6 - 11.....	0.09 (0.009)	0.01* (0.004)	0.01 (0.001)	0.03 (0.008)
12 - 19.....	0.12 (0.005)	0.01 (0.002)	0.01 (0.001)	0.04 (0.004)
20 and over...	0.13 (0.004)	0.04 (0.004)	0.02 (0.001)	0.08 (0.005)
2 and over...	0.13 (0.002)	0.04 (0.004)	0.02 (0.001)	0.07 (0.005)
Non-Hispanic Black:				
2 - 5.....	0.08 (0.009)	0.02* (0.012)	0.01 (0.003)	0.04* (0.017)
6 - 11.....	0.12 (0.013)	0.03* (0.010)	0.02* (0.007)	0.05* (0.016)
12 - 19.....	0.14 (0.012)	0.03 (0.004)	0.02 (0.001)	0.05 (0.004)
20 and over...	0.17 (0.008)	0.06 (0.007)	0.03 (0.003)	0.10 (0.011)
2 and over...	0.16 (0.005)	0.05 (0.006)	0.02 (0.003)	0.09 (0.008)
Mexican American:				
2 - 5.....	0.08 (0.004)	0.01 (0.003)	0.01 (0.001)	0.03 (0.004)
6 - 11.....	0.09 (0.007)	0.01 (0.003)	0.01 (0.002)	0.03 (0.005)
12 - 19.....	0.12 (0.009)	0.02 (0.003)	0.01 (0.001)	0.04 (0.005)
20 and over...	0.16 (0.007)	0.05* (0.017)	0.02 (0.004)	0.09 (0.019)
2 and over...	0.14 (0.006)	0.04 (0.011)	0.02 (0.002)	0.07 (0.012)
All Individuals²:				
2 - 5.....	0.06 (0.003)	0.02 (0.002)	0.01 (0.001)	0.03 (0.003)
6 - 11.....	0.09 (0.006)	0.02 (0.004)	0.01 (0.001)	0.04 (0.007)
12 - 19.....	0.12 (0.004)	0.02 (0.002)	0.01 (0.001)	0.04 (0.003)
20 and over...	0.14 (0.003)	0.05 (0.004)	0.02 (0.001)	0.09 (0.005)
2 and over...	0.13 (0.002)	0.04 (0.003)	0.02 (0.001)	0.07 (0.004)

Symbol Legend

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

Mean: An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Indicates a non-zero value too small to report.

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

Footnotes

¹ Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

² Includes persons of all races and Hispanic origins, not just those presented separately.

³ Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are suppressed due to extreme variability and/or inadequate sample size.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents. SFA = saturated fatty acid; MFA = monounsaturated fatty acid; PFA = polyunsaturated fatty acid.

Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2005-2006*

The statistics in this table are estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2005-2006. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intake information was coded using the USDA Food and Nutrient Database for Dietary Studies 3.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 20 (Agricultural Research Service, Nutrient Data Laboratory, 2008).

Intakes of nutrients and other dietary components are based on the consumption of food and beverages, including water, and do not include intake from supplements or medications.

The table includes data from individuals 2 years and over. Breast-fed children were excluded because breast milk was not quantified in dietary recall interviews.

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