

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006

Gender 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)
Males:											
2 - 5.....	442	1641	56.3	228	122	11.0	58.4	21.4	21.4	10.8	174
6 - 11.....	489	2092	70.9	280	142	14.1	79.4	28.3	29.1	15.4	223
12 - 19.....	1052	2707	99.1	352	177	15.2	100.9	35.6	37.5	19.1	320
20 - 29.....	388	2821	106.2	344	160	16.6	100.6	33.7	37.9	20.2	340
30 - 39.....	371	2978	118.0	342	153	18.9	114.1	38.7	42.5	22.9	406
40 - 49.....	382	2753	106.6	313	141	18.2	104.9	35.2	39.2	21.4	388
50 - 59.....	303	2597	97.4	307	143	18.3	102.3	33.3	38.1	22.2	350
60 - 69.....	320	2202	88.3	258	114	17.5	84.2	27.9	30.7	18.2	314
70 and over....	399	1984	76.9	239	109	16.8	77.3	25.8	28.5	16.3	306
20 and over...	2163	2638	101.9	310	141	17.8	100.1	33.4	37.3	20.7	358
Females:											
2 - 5.....	460	1486	51.9	207	112	10.4	52.2	19.1	18.7	10.0	164
6 - 11.....	523	1879	63.4	251	124	12.0	71.6	25.4	26.4	14.0	237
12 - 19.....	1063	1906	64.2	253	124	12.3	72.3	24.6	26.2	15.5	189
20 - 29.....	582	1959	72.2	246	118	12.9	73.9	25.6	26.8	15.2	238
30 - 39.....	406	1923	75.4	231	104	14.6	74.5	24.4	27.6	16.2	238
40 - 49.....	390	1873	75.9	221	103	14.4	71.6	24.3	25.6	15.5	255
50 - 59.....	301	1718	70.3	205	90	14.9	67.6	22.7	24.5	14.6	245
60 - 69.....	315	1598	63.5	194	85	14.3	63.1	21.0	22.9	13.8	224
70 and over....	363	1495	57.2	192	90	13.6	56.1	19.2	19.9	12.4	205
20 and over...	2357	1785	70.1	217	100	14.1	68.7	23.2	24.9	14.8	237
Males and females:											
2 and over...	8549	2157	81.8	265	124	15.1	81.9	27.8	30.1	17.0	278

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Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

Gender 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-crypto- xanthin (µg)	Lycopene (µg)	Lutein + zeaxanthin (µg)
Males:									
2 - 5.....	4.4	#0.2	454	545	222	935	90	3576	558
6 - 11.....	5.8	#*	559	703	399	1491	90	4285	779
12 - 19.....	7.3	#0.3	520	651	295	1342	139	6661	826
20 - 29.....	8.5	#1.0	417	560	#276	1506	149	7998	1336
30 - 39.....	9.5	#0.9	564	751	273	2041	131	8090	1099
40 - 49.....	8.8	#0.5	568	728	348	1681	135	6864	1230
50 - 59.....	8.9	#0.2	495	654	281	1685	159	5273	1494
60 - 69.....	7.7	#0.5	463	687	544	2336	170	5559	1390
70 and over....	7.1	0.3	583	814	515	2418	182	4021	1606
20 and over...	8.6	#0.6	513	690	347	1875	150	6592	1330
Females:									
2 - 5.....	4.2	#0.2	407	493	199	879	113	2755	640
6 - 11.....	5.5	#0.2	492	579	154	918	93	3997	658
12 - 19.....	6.1	#0.2	367	474	210	1130	107	4652	805
20 - 29.....	6.1	0.4	399	520	255	1248	139	4724	860
30 - 39.....	7.0	#0.7	387	573	339	2014	109	3962	1542
40 - 49.....	7.0	#0.7	409	623	499	2277	84	4440	1374
50 - 59.....	6.4	0.4	345	558	439	2288	113	5282	1463
60 - 69.....	6.5	0.6	395	597	412	2163	113	5566	1419
70 and over....	5.7	0.6	424	624	384	2130	146	3408	1420
20 and over...	6.5	0.6	392	581	389	2009	115	4554	1338
Males and females:									
2 and over...	7.1	0.5	455	620	339	1742	126	5305	1181

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Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

Gender and age (years)	Thiamin (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (µg)	Food folate (µg)	Folate (µg DFE)	Choline (mg)	Vit. B12 (µg)	Added Vit. B12 (µg)	Vit. C (mg)	Vit. K (µg)
Males:												
2 - 5.....	1.38	2.04	17.0	1.51	202	128	472	212	4.73	1.23	83.4	39.9
6 - 11.....	1.64	2.30	21.9	1.74	238	155	559	251	5.12	1.19	80.2	61.2
12 - 19.....	2.05	2.65	31.1	2.34	269	199	658	340	7.31	1.97	96.9	67.8
20 - 29.....	2.05	2.56	34.3	2.67	236	240	641	401	6.25	1.13	104.3	95.6
30 - 39.....	2.26	2.96	36.2	2.69	245	255	672	452	7.70	1.50	96.7	93.1
40 - 49.....	2.04	2.84	32.3	2.43	205	267	615	448	7.91	0.93	91.3	106.8
50 - 59.....	1.96	2.67	29.8	2.39	204	267	614	400	6.30	0.94	98.5	112.5
60 - 69.....	1.85	2.50	27.2	2.18	208	236	590	361	6.62	1.22	99.3	97.0
70 and over....	1.69	2.39	24.0	2.08	206	214	564	340	6.09	1.28	97.4	100.3
20 and over...	2.01	2.69	31.6	2.46	220	250	623	409	6.91	1.16	97.9	101.0
Females:												
2 - 5.....	1.25	1.84	15.5	1.44	186	128	444	202	4.27	1.07	87.9	45.2
6 - 11.....	1.48	2.05	18.9	1.53	210	139	497	245	4.75	1.05	69.8	54.5
12 - 19.....	1.38	1.75	19.3	1.47	197	148	482	217	3.96	0.79	75.2	65.9
20 - 29.....	1.45	1.90	21.3	1.71	200	167	508	257	4.57	1.00	80.8	71.9
30 - 39.....	1.55	2.06	22.8	1.81	172	209	501	291	4.52	0.83	82.9	115.2
40 - 49.....	1.40	2.07	22.4	1.67	151	194	450	290	4.65	0.71	69.9	105.6
50 - 59.....	1.40	1.94	20.3	1.60	145	202	448	278	4.03	0.66	75.3	103.7
60 - 69.....	1.30	1.83	18.7	1.56	154	186	449	260	4.69	0.84	79.7	95.5
70 and over....	1.29	1.80	18.0	1.59	160	171	443	241	4.38	1.14	81.8	84.6
20 and over...	1.41	1.95	20.9	1.66	164	189	468	272	4.47	0.85	78.0	96.8
Males and females:												
2 and over...	1.67	2.26	24.9	1.97	199	202	540	316	5.53	1.06	86.3	88.5

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Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

Gender and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium (mg)	Potassium (mg)	Selenium (µg)
Males:									
2 - 5.....	955	1107	202	13.0	9.0	0.9	2395	2083	72.3
6 - 11.....	1079	1305	241	15.4	10.8	1.1	3202	2258	93.6
12 - 19.....	1186	1586	287	19.6	14.7	1.3	4266	2730	130.0
20 - 29.....	1103	1624	327	19.3	15.4	1.5	4476	2951	139.3
30 - 39.....	1227	1811	381	20.4	16.9	1.7	4715	3377	155.2
40 - 49.....	1099	1677	373	19.0	17.5	2.0	4350	3311	138.1
50 - 59.....	1020	1552	354	18.2	14.0	1.6	3956	3283	128.1
60 - 69.....	963	1434	324	17.9	15.0	1.5	3738	3077	114.1
70 and over....	881	1274	289	16.9	12.0	1.4	3142	2863	102.9
20 and over...	1073	1600	348	18.9	15.5	1.6	4178	3174	133.5
Females:									
2 - 5.....	853	997	187	11.6	8.3	0.8	2146	1977	68.3
6 - 11.....	946	1173	210	13.8	9.8	1.0	2966	2016	89.8
12 - 19.....	849	1077	216	13.3	9.6	1.0	2950	1976	86.2
20 - 29.....	933	1194	251	14.4	10.6	1.2	3107	2205	96.9
30 - 39.....	896	1207	283	14.9	11.0	1.3	3187	2453	97.7
40 - 49.....	923	1223	285	13.9	11.1	1.3	3059	2443	97.1
50 - 59.....	799	1134	267	13.2	10.4	1.2	3001	2458	93.3
60 - 69.....	783	1061	258	12.8	10.0	1.2	2606	2376	86.2
70 and over....	752	993	235	12.8	8.8	1.0	2395	2223	78.3
20 and over...	858	1148	265	13.8	10.4	1.2	2933	2366	92.6
Males and females:									
2 and over...	970	1334	286	15.9	12.3	1.3	3436	2617	107.8

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Gender 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)
Males:								
2 - 5.....	0.56	0.33	0.29	0.45	0.61	2.05	11.12	5.36
6 - 11.....	0.72	0.39	0.31	0.55	0.88	2.59	14.72	7.32
12 - 19.....	0.81	0.42	0.33	0.60	0.99	3.12	18.90	9.31
20 - 29.....	0.70	0.35	0.27	0.50	0.81	2.78	18.34	8.93
30 - 39.....	0.83	0.44	0.33	0.61	0.97	3.26	20.91	10.17
40 - 49.....	0.75	0.40	0.30	0.55	0.80	2.88	19.07	9.30
50 - 59.....	0.69	0.37	0.29	0.54	0.98	2.67	17.90	8.69
60 - 69.....	0.58	0.32	0.27	0.47	0.87	2.33	15.02	7.13
70 and over....	0.56	0.32	0.25	0.46	0.76	2.14	13.87	6.69
20 and over...	0.70	0.37	0.29	0.53	0.87	2.76	18.06	8.76
Females:								
2 - 5.....	0.53	0.32	0.27	0.42	0.61	1.85	9.89	4.70
6 - 11.....	0.63	0.34	0.27	0.48	0.75	2.26	13.30	6.59
12 - 19.....	0.57	0.29	0.24	0.42	0.74	2.13	13.08	6.39
20 - 29.....	0.62	0.34	0.27	0.47	0.78	2.33	13.58	6.43
30 - 39.....	0.52	0.28	0.23	0.40	0.63	2.04	13.30	6.31
40 - 49.....	0.59	0.30	0.24	0.43	0.76	2.11	12.91	6.23
50 - 59.....	0.51	0.26	0.22	0.40	0.75	1.96	12.07	5.84
60 - 69.....	0.50	0.28	0.22	0.40	0.68	1.82	11.17	5.32
70 and over....	0.50	0.28	0.20	0.39	0.58	1.75	10.09	4.85
20 and over...	0.55	0.29	0.23	0.42	0.70	2.03	12.36	5.91
Males and females:								
2 and over...	0.63	0.34	0.27	0.48	0.79	2.39	14.87	7.20

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Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

Gender 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)
Males:											
2 - 5.....	0.80	20.05	0.15	0.02	9.68	0.91	0.01	0.07	0.01	0.01	0.02
6 - 11.....	1.11	27.31	0.21	0.02	13.85	1.21	0.02	0.09	0.01	0.01	0.03
12 - 19.....	1.65	35.03	0.27	0.03	17.07	1.54	0.02	0.15	0.02	0.01	0.05
20 - 29.....	1.72	35.28	0.29	0.03	18.01	1.68	0.02	0.17	0.05	0.02	0.09
30 - 39.....	1.93	39.55	0.34	0.05	20.33	1.88	0.02	0.22	0.06	0.03	0.10
40 - 49.....	1.66	36.51	0.31	0.03	18.96	1.80	0.02	0.19	0.06	0.02	0.10
50 - 59.....	1.49	35.70	0.33	0.06	19.80	1.87	0.01	0.17	0.04	0.02	0.08
60 - 69.....	1.33	28.58	0.29	#0.06	16.04	1.58	0.02	0.16	0.07	0.03	0.12
70 and over....	1.18	26.69	0.24	0.03	14.49	1.44	0.01	0.13	0.04	0.02	0.08
20 and over...	1.60	34.77	0.31	0.04	18.39	1.74	0.02	0.18	0.05	0.02	0.10
Females:											
2 - 5.....	0.67	17.52	0.13	0.01	8.91	0.87	0.01	0.06	0.02	0.01	0.03
6 - 11.....	1.00	24.77	0.18	0.02	12.57	1.12	0.02	0.10	0.02	0.01	0.04
12 - 19.....	1.03	24.56	0.18	0.02	13.93	1.26	0.01	0.09	0.01	0.01	0.03
20 - 29.....	1.11	25.12	0.19	0.02	13.51	1.34	0.01	0.11	0.03	0.01	0.05
30 - 39.....	1.14	25.76	0.21	0.03	14.25	1.47	0.02	0.12	0.05	0.02	0.08
40 - 49.....	1.07	23.88	0.20	0.03	13.72	1.35	0.01	0.12	0.05	0.02	0.09
50 - 59.....	1.05	22.79	0.18	0.03	12.86	1.36	0.01	0.11	#0.04	0.02	0.07
60 - 69.....	0.90	21.46	0.20	#0.04	12.14	1.28	#0.01	0.10	0.05	0.02	0.09
70 and over....	0.80	18.49	0.15	0.03	10.79	1.24	0.01	0.08	0.05	0.01	0.08
20 and over...	1.03	23.22	0.19	0.03	13.03	1.35	0.01	0.11	0.04	0.02	0.08
Males and females:											
2 and over...	1.26	28.14	0.23	0.03	15.05	1.45	0.01	0.13	0.04	0.02	0.07

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Gender and age (years)	Caffeine (mg)	Theo- bromine (mg)	Alcohol (g)
Males:			
2 - 5.....	8.4	42.7	#*
6 - 11.....	19.7	80.2	#*
12 - 19.....	69.5	50.7	2.9
20 - 29.....	133.4	34.8	19.7
30 - 39.....	201.1	42.5	19.7
40 - 49.....	263.6	47.1	23.0
50 - 59.....	295.6	41.0	13.6
60 - 69.....	228.0	30.0	12.9
70 and over....	156.9	37.4	7.9
20 and over...	216.1	39.6	17.2
Females:			
2 - 5.....	6.9	40.5	#*
6 - 11.....	17.0	76.6	#*
12 - 19.....	46.6	39.0	#1.3
20 - 29.....	82.2	40.5	6.4
30 - 39.....	165.2	34.4	7.4
40 - 49.....	219.8	56.7	9.3
50 - 59.....	225.3	38.8	4.8
60 - 69.....	163.7	30.6	4.0
70 and over....	120.8	30.5	3.1
20 and over...	165.3	39.8	6.1
Males and females:			
2 and over...	149.8	43.7	8.8

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Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006

Gender 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)
Males:											
2 - 5.....	442	28.4	0.99	5.3	3.3	0.45	1.19	0.57	0.55	0.25	10.0
6 - 11.....	489	43.2	1.66	6.2	4.7	0.49	1.83	0.69	0.72	0.54	15.0
12 - 19.....	1052	63.2	3.12	10.0	6.5	0.41	2.07	0.93	0.76	0.44	11.5
20 - 29.....	388	70.4	3.28	13.1	8.7	0.68	3.35	1.30	1.20	0.95	15.1
30 - 39.....	371	69.7	4.21	8.7	5.6	0.94	4.16	1.56	1.49	0.86	21.6
40 - 49.....	382	65.5	2.80	9.5	5.6	0.84	3.01	1.03	1.15	0.90	14.7
50 - 59.....	303	72.7	3.14	9.3	6.0	0.84	4.60	1.64	1.83	1.10	20.6
60 - 69.....	320	77.2	3.68	7.0	4.7	0.61	4.12	1.23	1.48	1.35	16.5
70 and over....	399	49.7	1.71	6.9	5.2	0.57	2.10	0.83	0.81	0.65	10.8
20 and over...	2163	43.0	1.77	5.4	3.4	0.38	2.07	0.68	0.77	0.53	5.9
Females:											
2 - 5.....	460	38.9	1.79	5.8	3.6	0.50	1.83	0.86	0.58	0.48	8.2
6 - 11.....	523	35.8	2.22	3.6	3.4	0.39	2.18	0.70	0.80	0.60	22.3
12 - 19.....	1063	32.7	1.69	4.4	2.7	0.48	1.69	0.47	0.73	0.54	3.8
20 - 29.....	582	65.5	2.72	7.4	4.7	0.74	3.41	1.36	1.28	0.77	12.3
30 - 39.....	406	36.3	2.32	5.5	4.3	0.68	2.49	0.69	0.90	1.08	12.3
40 - 49.....	390	51.0	2.07	7.1	3.5	0.60	2.70	1.02	1.10	0.58	8.7
50 - 59.....	301	50.9	2.46	7.7	4.4	0.73	2.54	0.89	0.86	0.83	18.2
60 - 69.....	315	48.0	2.66	4.5	3.4	0.54	2.72	1.12	1.04	0.59	14.7
70 and over....	363	39.4	1.85	5.9	3.6	0.67	1.11	0.53	0.42	0.26	8.6
20 and over...	2357	27.6	1.35	3.3	1.9	0.34	1.60	0.56	0.54	0.47	5.6
Males and females:											
2 and over...	8549	29.0	1.15	3.6	2.3	0.26	1.35	0.49	0.48	0.31	3.3

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

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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006.

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

Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

Gender 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-crypto- xanthin (µg)	Lycopene (µg)	Lutein + zeaxanthin (µg)
Males:									
2 - 5.....	0.11	0.06	16.3	19.8	62.1	174.4	8.4	350.9	41.0
6 - 11.....	0.25	*	21.6	33.5	113.9	300.4	9.1	352.0	83.2
12 - 19.....	0.26	0.14	19.5	25.4	66.6	157.9	9.6	495.1	38.5
20 - 29.....	0.75	0.76	28.0	34.2	94.2	173.5	23.1	856.0	233.2
30 - 39.....	0.63	0.39	42.5	63.1	38.7	500.0	20.1	825.1	79.2
40 - 49.....	0.41	0.20	84.7	82.3	73.7	210.2	17.9	797.0	119.3
50 - 59.....	0.59	0.08	28.0	21.8	63.4	185.6	20.9	905.5	165.9
60 - 69.....	0.59	0.22	28.2	44.3	140.2	414.4	19.9	697.7	215.5
70 and over....	0.30	0.09	47.5	41.3	41.1	127.3	14.6	454.1	162.6
20 and over...	0.30	0.19	25.9	26.6	30.3	103.9	8.8	372.1	89.1
Females:									
2 - 5.....	0.25	0.11	24.3	30.3	38.5	100.5	10.5	311.6	61.6
6 - 11.....	0.22	0.10	36.1	43.8	26.5	101.4	13.9	449.3	60.2
12 - 19.....	0.29	0.10	20.0	28.5	45.3	127.8	13.7	478.2	83.0
20 - 29.....	0.32	0.09	23.3	33.5	49.9	151.3	18.9	616.5	51.6
30 - 39.....	0.60	0.37	43.1	54.1	58.7	178.5	15.0	606.5	213.7
40 - 49.....	0.29	0.27	20.7	25.9	61.9	217.4	11.7	582.6	234.0
50 - 59.....	0.34	0.10	25.6	28.3	54.0	214.6	10.5	482.3	157.8
60 - 69.....	0.38	0.12	23.7	26.3	77.9	180.8	12.8	611.4	148.2
70 and over....	0.23	0.13	16.5	27.0	52.8	173.2	14.4	450.8	169.3
20 and over...	0.16	0.10	13.5	16.3	25.6	79.2	7.2	214.7	59.7
Males and females:									
2 and over...	0.15	0.08	13.2	14.1	21.6	62.3	3.7	172.4	34.8

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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

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Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

Gender and age (years)	Thiamin (mg)	Ribo- flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (µg)	Food folate (µg)	Folate (µg DFE)	Choline (mg)	Vit. B12 (µg)	Added Vit. B12 (µg)	Vit. C (mg)	Vit. K (µg)
Males:												
2 - 5.....	0.033	0.049	0.48	0.041	9.3	3.1	17.3	6.4	0.172	0.097	5.58	2.19
6 - 11.....	0.040	0.056	0.85	0.056	9.8	4.1	17.3	8.3	0.148	0.078	6.18	4.05
12 - 19.....	0.061	0.083	1.16	0.094	9.0	6.2	19.5	11.9	0.278	0.176	4.59	2.54
20 - 29.....	0.090	0.093	2.00	0.273	16.6	6.9	27.4	10.6	0.271	0.234	8.77	9.52
30 - 39.....	0.148	0.120	1.82	0.157	20.6	7.8	37.2	19.5	0.437	0.259	6.86	5.78
40 - 49.....	0.071	0.091	0.93	0.063	12.5	9.9	23.6	12.2	0.971	0.100	6.03	10.06
50 - 59.....	0.073	0.109	1.22	0.110	15.3	9.1	32.6	16.2	0.527	0.166	8.03	9.23
60 - 69.....	0.110	0.143	1.56	0.151	16.7	7.1	31.4	16.3	0.763	0.244	5.80	10.59
70 and over....	0.034	0.056	0.37	0.055	9.7	7.7	15.1	8.4	0.477	0.087	6.74	9.12
20 and over...	0.038	0.048	0.74	0.080	6.4	3.8	11.8	5.4	0.171	0.083	3.05	5.18
Females:												
2 - 5.....	0.057	0.076	0.72	0.081	13.9	4.8	25.1	8.0	0.193	0.113	5.02	4.23
6 - 11.....	0.042	0.087	0.74	0.093	11.7	5.1	20.5	15.7	0.296	0.182	3.56	3.88
12 - 19.....	0.039	0.057	0.42	0.039	9.0	6.2	18.6	4.4	0.164	0.087	4.30	4.02
20 - 29.....	0.047	0.082	0.73	0.063	11.3	8.4	21.3	10.8	0.211	0.070	4.09	5.13
30 - 39.....	0.080	0.088	0.87	0.086	8.6	13.6	19.2	10.7	0.258	0.117	7.53	11.46
40 - 49.....	0.055	0.055	0.76	0.046	10.9	7.3	19.8	5.6	0.199	0.152	6.87	11.21
50 - 59.....	0.072	0.077	0.77	0.061	15.2	10.9	24.1	15.5	0.232	0.124	5.47	9.72
60 - 69.....	0.041	0.057	0.79	0.073	10.9	6.5	17.9	9.8	0.403	0.130	4.93	7.06
70 and over....	0.042	0.039	0.59	0.044	5.5	6.8	13.5	7.0	0.171	0.071	4.08	7.39
20 and over...	0.024	0.036	0.42	0.032	3.8	4.8	6.8	5.2	0.071	0.046	2.80	4.20
Males and females:												
2 and over...	0.024	0.039	0.38	0.036	3.8	2.8	7.7	3.8	0.110	0.045	1.70	2.59

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

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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006.

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Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

Gender and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium (mg)	Potassium (mg)	Selenium (µg)
Males:									
2 - 5.....	28.2	25.8	4.4	0.52	0.20	0.02	29.4	56.8	1.51
6 - 11.....	29.1	30.5	5.8	0.33	0.22	0.02	81.9	48.9	2.78
12 - 19.....	45.5	47.4	8.6	0.57	0.43	0.04	108.4	75.8	3.81
20 - 29.....	41.7	47.0	7.6	0.71	0.42	0.05	127.4	73.9	4.19
30 - 39.....	50.9	61.3	15.2	0.85	0.93	0.07	140.0	75.3	5.93
40 - 49.....	41.2	31.4	7.1	0.64	1.37	0.16	147.6	76.7	4.54
50 - 59.....	35.9	43.0	12.7	0.71	0.61	0.06	150.6	101.4	3.91
60 - 69.....	45.5	60.0	11.4	1.00	1.93	0.11	134.8	110.6	5.23
70 and over....	27.2	27.1	6.9	0.37	0.27	0.08	68.6	75.9	2.88
20 and over...	22.5	24.9	5.3	0.25	0.43	0.04	67.1	43.2	2.42
Females:									
2 - 5.....	34.1	34.0	6.1	0.47	0.38	0.03	63.4	64.2	2.59
6 - 11.....	50.2	47.5	6.8	0.65	0.42	0.03	100.3	75.9	2.87
12 - 19.....	40.5	25.7	7.5	0.38	0.26	0.03	88.9	56.1	2.27
20 - 29.....	49.4	55.0	13.7	0.50	0.33	0.06	122.4	115.1	3.88
30 - 39.....	44.6	37.9	10.5	0.62	0.35	0.07	98.4	69.5	3.09
40 - 49.....	27.0	29.7	9.0	0.46	0.51	0.03	90.0	39.7	3.42
50 - 59.....	40.0	45.1	10.4	0.60	0.53	0.05	70.2	91.5	3.58
60 - 69.....	34.4	38.7	10.7	0.53	0.92	0.07	78.7	84.8	4.05
70 and over....	28.7	30.8	8.3	0.47	0.49	0.04	53.6	74.9	3.04
20 and over...	22.1	22.0	5.2	0.19	0.13	0.02	50.4	37.6	1.94
Males and females:									
2 and over...	18.9	19.6	3.8	0.19	0.21	0.02	47.5	33.9	1.57

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Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

Gender and age (years)	SFA ¹ (g)	SFA (g)	SFA (g)	SFA (g)	SFA (g)	SFA (g)	SFA (g)	SFA (g)
	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0
Males:								
2 - 5.....	0.027	0.018	0.015	0.020	0.051	0.083	0.256	0.156
6 - 11.....	0.036	0.022	0.013	0.023	0.052	0.103	0.343	0.156
12 - 19.....	0.034	0.018	0.022	0.030	0.086	0.122	0.442	0.231
20 - 29.....	0.045	0.023	0.018	0.030	0.071	0.151	0.645	0.346
30 - 39.....	0.052	0.032	0.023	0.037	0.089	0.164	0.808	0.412
40 - 49.....	0.039	0.020	0.016	0.024	0.047	0.092	0.539	0.338
50 - 59.....	0.045	0.021	0.022	0.032	0.136	0.158	0.867	0.406
60 - 69.....	0.037	0.023	0.020	0.027	0.075	0.127	0.635	0.291
70 and over....	0.036	0.023	0.017	0.031	0.051	0.113	0.413	0.214
20 and over...	0.021	0.012	0.010	0.016	0.047	0.073	0.360	0.177
Females:								
2 - 5.....	0.038	0.024	0.023	0.032	0.086	0.121	0.391	0.183
6 - 11.....	0.033	0.016	0.012	0.020	0.066	0.083	0.403	0.206
12 - 19.....	0.022	0.011	0.011	0.013	0.069	0.055	0.287	0.146
20 - 29.....	0.048	0.030	0.022	0.037	0.059	0.163	0.681	0.319
30 - 39.....	0.035	0.019	0.013	0.026	0.043	0.095	0.379	0.198
40 - 49.....	0.032	0.015	0.012	0.022	0.068	0.115	0.519	0.303
50 - 59.....	0.035	0.019	0.021	0.028	0.090	0.119	0.446	0.203
60 - 69.....	0.050	0.029	0.018	0.036	0.070	0.124	0.555	0.271
70 and over....	0.029	0.016	0.011	0.024	0.052	0.085	0.227	0.116
20 and over...	0.021	0.011	0.008	0.015	0.026	0.064	0.283	0.136
Males and females:								
2 and over...	0.017	0.009	0.007	0.012	0.026	0.055	0.246	0.122

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Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

Gender 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)
Males:											
2 - 5.....	0.024	0.525	0.005	0.003	0.236	0.030	0.001	0.005	0.003	0.001	0.004
6 - 11.....	0.037	0.695	0.014	0.003	0.534	0.065	0.004	0.006	0.004	0.001	0.009
12 - 19.....	0.047	0.715	0.011	0.003	0.410	0.032	0.004	0.007	0.002	0.001	0.003
20 - 29.....	0.069	1.123	0.017	0.005	0.829	0.087	0.003	0.011	0.014	0.004	0.021
30 - 39.....	0.076	1.376	0.015	0.009	0.764	0.073	0.003	0.016	0.016	0.004	0.019
40 - 49.....	0.045	1.092	0.015	0.004	0.810	0.090	0.003	0.008	0.011	0.003	0.012
50 - 59.....	0.085	1.708	0.027	0.009	1.022	0.087	0.002	0.010	0.007	0.003	0.010
60 - 69.....	0.050	1.399	0.026	0.018	1.189	0.118	0.004	0.011	0.016	0.008	0.027
70 and over....	0.050	0.763	0.012	0.006	0.600	0.054	0.003	0.004	0.011	0.003	0.016
20 and over...	0.033	0.734	0.010	0.003	0.472	0.042	0.001	0.006	0.005	0.002	0.007
Females:											
2 - 5.....	0.025	0.527	0.009	0.003	0.421	0.046	0.001	0.003	0.003	0.001	0.005
6 - 11.....	0.047	0.755	0.010	0.003	0.550	0.054	0.002	0.009	0.004	0.002	0.006
12 - 19.....	0.021	0.678	0.009	0.005	0.485	0.050	0.001	0.003	0.002	0.001	0.005
20 - 29.....	0.056	1.208	0.013	0.004	0.697	0.069	0.002	0.007	0.006	0.001	0.011
30 - 39.....	0.034	0.860	0.014	0.005	0.936	0.140	0.004	0.007	0.013	0.003	0.020
40 - 49.....	0.057	1.055	0.011	0.004	0.551	0.050	0.003	0.005	0.011	0.003	0.016
50 - 59.....	0.044	0.800	0.007	0.007	0.698	0.131	0.003	0.008	0.015	0.003	0.019
60 - 69.....	0.047	0.981	0.017	0.017	0.515	0.081	0.003	0.007	0.013	0.004	0.020
70 and over....	0.026	0.417	0.005	0.006	0.232	0.045	0.001	0.005	0.007	0.001	0.009
20 and over...	0.022	0.510	0.006	0.003	0.416	0.053	0.001	0.003	0.005	0.001	0.007
Males and females:											
2 and over...	0.019	0.457	0.005	0.002	0.279	0.029	0.001	0.002	0.003	0.001	0.004

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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006.

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Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

Gender and age (years)	Caffeine (mg)	Theo- bromine (mg)	Alcohol (g)
Males:			
2 - 5.....	0.72	4.92	0.01
6 - 11.....	2.74	9.28	0.01
12 - 19.....	6.70	4.60	0.82
20 - 29.....	14.46	5.79	2.79
30 - 39.....	12.21	5.47	2.59
40 - 49.....	14.78	6.00	2.52
50 - 59.....	26.51	4.44	2.45
60 - 69.....	16.17	5.13	1.67
70 and over....	12.81	6.24	1.45
20 and over...	8.23	1.81	0.99
Females:			
2 - 5.....	0.90	4.13	*
6 - 11.....	1.26	7.87	0.02
12 - 19.....	4.18	3.03	0.44
20 - 29.....	8.14	4.66	1.40
30 - 39.....	19.30	5.03	2.16
40 - 49.....	10.24	8.33	1.74
50 - 59.....	15.33	5.76	1.05
60 - 69.....	19.05	4.43	0.78
70 and over....	7.61	3.24	0.71
20 and over...	4.91	1.90	0.58
Males and females:			
2 and over...	5.27	1.40	0.52

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Table 2. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, One Day, 2005-2006

Gender and age (years)	Food energy (kcal)	Protein		Carbohydrate		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat		Alcohol	
		(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)
Males:															
2 - 5.....	1641	56.3	13.9	228	55.9	58.4	31.4	21.4	11.5	21.4	11.5	10.8	5.8	**	**
6 - 11.....	2092	70.9	13.8	280	53.7	79.4	33.8	28.3	12.1	29.1	12.4	15.4	6.5	**	**
12 - 19.....	2707	99.1	14.6	352	52.7	100.9	33.1	35.6	11.6	37.5	12.3	19.1	6.2	2.9	0.5
20 - 29.....	2821	106.2	15.4	344	49.0	100.6	31.7	33.7	10.7	37.9	11.9	20.2	6.4	19.7	4.6
30 - 39.....	2978	118.0	16.0	342	46.8	114.1	34.0	38.7	11.4	42.5	12.7	22.9	7.0	19.7	4.1
40 - 49.....	2753	106.6	16.0	313	45.6	104.9	34.0	35.2	11.2	39.2	12.7	21.4	7.1	23.0	5.5
50 - 59.....	2597	97.4	15.2	307	47.7	102.3	34.6	33.3	11.3	38.1	12.9	22.2	7.5	13.6	3.8
60 - 69.....	2202	88.3	16.4	258	47.2	84.2	33.7	27.9	11.2	30.7	12.3	18.2	7.1	12.9	4.1
70 and over....	1984	76.9	15.9	239	48.7	77.3	34.5	25.8	11.5	28.5	12.7	16.3	7.3	7.9	2.6
20 and over...	2638	101.9	15.8	310	47.4	100.1	33.7	33.4	11.2	37.3	12.5	20.7	7.0	17.2	4.3
Females:															
2 - 5.....	1486	51.9	14.3	207	56.0	52.2	31.1	19.1	11.3	18.7	11.2	10.0	6.0	**	**
6 - 11.....	1879	63.4	13.5	251	53.8	71.6	33.9	25.4	12.0	26.4	12.5	14.0	6.6	**	**
12 - 19.....	1906	64.2	13.7	253	53.6	72.3	33.4	24.6	11.5	26.2	12.1	15.5	7.0	#1.3	#0.4
20 - 29.....	1959	72.2	15.1	246	51.0	73.9	33.1	25.6	11.3	26.8	12.0	15.2	6.9	6.4	2.0
30 - 39.....	1923	75.4	16.1	231	49.0	74.5	34.2	24.4	11.1	27.6	12.6	16.2	7.5	7.4	2.1
40 - 49.....	1873	75.9	16.5	221	47.9	71.6	33.6	24.3	11.4	25.6	11.9	15.5	7.3	9.3	3.3
50 - 59.....	1718	70.3	16.7	205	48.3	67.6	34.5	22.7	11.8	24.5	12.4	14.6	7.3	4.8	1.8
60 - 69.....	1598	63.5	16.0	194	49.2	63.1	34.8	21.0	11.6	22.9	12.6	13.8	7.6	4.0	1.7
70 and over....	1495	57.2	15.6	192	51.9	56.1	33.0	19.2	11.2	19.9	11.7	12.4	7.3	3.1	1.3
20 and over...	1785	70.1	16.0	217	49.4	68.7	33.8	23.2	11.4	24.9	12.2	14.8	7.3	6.1	2.1
Males and females:															
2 and over...	2157	81.8	15.4	265	49.9	81.9	33.6	27.8	11.4	30.1	12.3	17.0	7.0	8.8	2.4

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Table 2se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, One Day, 2005-2006

Gender and age (years)	Food energy (kcal)	Protein (g) (%kcal)		Carbohydrate (g) (%kcal)		Total fat (g) (%kcal)		Saturated fat (g) (%kcal)		Monounsaturated fat (g) (%kcal)		Polyunsaturated fat (g) (%kcal)		Alcohol (g) (%kcal)	
Males:															
2 - 5.....	28.4	0.99	0.34	5.3	0.60	1.19	0.45	0.57	0.26	0.55	0.19	0.25	0.12	0.01	*
6 - 11.....	43.2	1.66	0.24	6.2	0.48	1.83	0.34	0.69	0.17	0.72	0.14	0.54	0.20	0.01	*
12 - 19.....	63.2	3.12	0.22	10.0	0.43	2.07	0.43	0.93	0.14	0.76	0.26	0.44	0.12	0.82	0.13
20 - 29.....	70.4	3.28	0.36	13.1	0.87	3.35	0.72	1.30	0.34	1.20	0.23	0.95	0.26	2.79	0.84
30 - 39.....	69.7	4.21	0.35	8.7	0.98	4.16	0.61	1.56	0.24	1.49	0.22	0.86	0.19	2.59	0.53
40 - 49.....	65.5	2.80	0.32	9.5	0.86	3.01	0.62	1.03	0.21	1.15	0.27	0.90	0.23	2.52	0.60
50 - 59.....	72.7	3.14	0.29	9.3	0.84	4.60	0.88	1.64	0.41	1.83	0.36	1.10	0.20	2.45	0.69
60 - 69.....	77.2	3.68	0.33	7.0	0.81	4.12	0.59	1.23	0.25	1.48	0.25	1.35	0.28	1.67	0.49
70 and over....	49.7	1.71	0.29	6.9	0.65	2.10	0.42	0.83	0.23	0.81	0.15	0.65	0.20	1.45	0.43
20 and over...	43.0	1.77	0.11	5.4	0.40	2.07	0.27	0.68	0.11	0.77	0.10	0.53	0.11	0.99	0.25
Females:															
2 - 5.....	38.9	1.79	0.36	5.8	0.97	1.83	0.76	0.86	0.33	0.58	0.29	0.48	0.28	*	*
6 - 11.....	35.8	2.22	0.28	3.6	0.73	2.18	0.49	0.70	0.14	0.80	0.22	0.60	0.19	0.02	0.01
12 - 19.....	32.7	1.69	0.24	4.4	0.55	1.69	0.51	0.47	0.13	0.73	0.23	0.54	0.20	0.44	0.15
20 - 29.....	65.5	2.72	0.27	7.4	0.77	3.41	0.72	1.36	0.28	1.28	0.31	0.77	0.26	1.40	0.43
30 - 39.....	36.3	2.32	0.40	5.5	0.91	2.49	0.64	0.69	0.23	0.90	0.24	1.08	0.37	2.16	0.53
40 - 49.....	51.0	2.07	0.36	7.1	0.99	2.70	0.68	1.02	0.29	1.10	0.28	0.58	0.22	1.74	0.47
50 - 59.....	50.9	2.46	0.43	7.7	0.71	2.54	0.60	0.89	0.23	0.86	0.30	0.83	0.30	1.05	0.42
60 - 69.....	48.0	2.66	0.35	4.5	0.65	2.72	0.67	1.12	0.35	1.04	0.30	0.59	0.21	0.78	0.33
70 and over....	39.4	1.85	0.30	5.9	0.39	1.11	0.31	0.53	0.18	0.42	0.15	0.26	0.17	0.71	0.28
20 and over...	27.6	1.35	0.14	3.3	0.42	1.60	0.34	0.56	0.15	0.54	0.11	0.47	0.16	0.58	0.18
Males and females:															
2 and over...	29.0	1.15	0.06	3.6	0.25	1.35	0.19	0.49	0.09	0.48	0.07	0.31	0.08	0.52	0.15

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Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006

Race/ethnicity 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)
Non-Hispanic White:											
2 - 5.....	252	1582	53.7	222	119	10.8	55.4	20.3	20.2	10.5	146
6 - 11.....	276	2033	67.4	272	139	13.3	77.9	28.1	28.6	14.9	233
12 - 19.....	547	2406	85.5	315	160	14.1	90.1	32.0	33.2	17.4	261
20 and over....	2276	2219	86.0	261	119	16.1	85.6	29.0	31.4	17.9	290
2 and over...	3351	2198	83.2	266	125	15.5	84.2	28.9	30.9	17.3	276
Non-Hispanic Black:											
2 - 5.....	225	1587	54.2	216	114	9.7	58.4	20.4	21.1	11.7	188
6 - 11.....	304	1858	65.7	240	118	10.8	72.6	24.8	26.9	14.4	231
12 - 19.....	722	2246	76.4	291	149	11.9	87.7	28.8	32.5	18.7	261
20 and over....	1012	2146	80.3	262	128	13.2	82.0	26.6	30.4	17.7	303
2 and over...	2263	2095	76.6	261	129	12.5	80.3	26.3	29.7	17.1	282
Mexican American:											
2 - 5.....	320	1555	55.5	215	119	11.6	54.8	20.1	19.5	10.3	227
6 - 11.....	334	1976	69.6	268	130	14.4	72.1	25.2	26.0	14.7	226
12 - 19.....	684	2194	79.8	291	136	15.8	79.2	27.0	29.0	16.3	252
20 and over....	907	2199	87.7	279	123	19.1	78.5	25.6	29.7	16.4	323
2 and over...	2245	2109	81.2	273	126	17.3	75.6	25.2	28.2	15.6	291
All Individuals ⁴ :											
2 - 5.....	902	1564	54.1	217	117	10.7	55.3	20.2	20.0	10.4	169
6 - 11.....	1012	1985	67.1	265	133	13.0	75.5	26.8	27.7	14.7	230
12 - 19.....	2115	2324	82.4	304	152	13.9	87.2	30.3	32.1	17.4	257
20 and over....	4520	2195	85.4	262	120	15.9	83.8	28.1	30.8	17.6	295
2 and over...	8549	2157	81.8	265	124	15.1	81.9	27.8	30.1	17.0	278

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Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006--continued

Race/ethnicity 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-crypto-xanthin (µg)	Lycopene (µg)	Lutein + zeaxanthin (µg)
Non-Hispanic White:									
2 - 5.....	4.5	#0.2	439	518	179	822	79	3165	521
6 - 11.....	5.8	#0.1	580	692	#275	1176	62	3963	742
12 - 19.....	6.8	#0.3	498	628	303	1341	111	5818	818
20 and over....	7.8	0.7	488	676	393	1999	124	5902	1296
2 and over...	7.4	0.6	493	665	366	1817	116	5634	1170
Non-Hispanic Black:									
2 - 5.....	4.5	#0.1	428	507	135	790	142	3029	832
6 - 11.....	5.4	#*	392	495	166	1071	146	4016	805
12 - 19.....	6.6	#0.1	367	458	112	955	124	4813	954
20 and over....	6.5	#0.3	361	519	223	1697	163	4006	1576
2 and over...	6.3	0.2	369	507	196	1468	154	4059	1361
Mexican American:									
2 - 5.....	4.2	#0.2	440	526	199	855	159	3581	570
6 - 11.....	5.7	#*	509	647	365	1385	168	4586	657
12 - 19.....	6.3	#0.1	382	482	225	988	189	5501	679
20 and over....	6.8	0.3	346	496	354	1550	159	5486	1048
2 and over...	6.3	0.2	381	516	322	1381	165	5194	900
All Individuals⁴:									
2 - 5.....	4.3	#0.2	431	519	210	907	101	3165	599
6 - 11.....	5.7	#0.1	525	641	276	1204	92	4141	718
12 - 19.....	6.7	#0.2	446	566	255	1241	124	5701	816
20 and over....	7.5	0.6	451	634	369	1945	132	5533	1334
2 and over...	7.1	0.5	455	620	339	1742	126	5305	1181

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Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006--continued

Race/ethnicity and age (years)	Thiamin (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (µg)	Food folate (µg)	Folate (µg DFE)	Choline (mg)	Vit. B12 (µg)	Added Vit. B12 (µg)	Vit. C (mg)	Vit. K (µg)
Non-Hispanic White:												
2 - 5.....	1.32	1.92	16.1	1.42	196	126	460	195	4.22	0.98	79.7	42.9
6 - 11.....	1.57	2.26	20.3	1.60	234	146	544	250	4.92	1.08	65.5	59.3
12 - 19.....	1.80	2.38	26.6	2.01	245	182	598	291	6.28	1.62	79.2	67.6
20 and over....	1.76	2.43	26.7	2.10	199	222	561	341	5.85	1.10	83.6	98.8
2 and over...	1.73	2.39	25.7	2.02	206	208	559	322	5.76	1.15	81.7	90.1
Non-Hispanic Black:												
2 - 5.....	1.40	1.92	18.6	1.64	223	127	505	211	4.64	1.48	102.3	50.8
6 - 11.....	1.46	1.91	20.0	1.57	198	139	475	244	4.74	1.10	93.9	61.1
12 - 19.....	1.51	1.92	23.4	1.71	206	149	498	256	4.58	0.96	106.6	76.4
20 and over....	1.48	1.87	24.1	1.84	160	189	460	311	4.86	0.80	100.4	109.8
2 and over...	1.48	1.89	23.2	1.78	174	174	470	289	4.79	0.90	100.8	96.3
Mexican American:												
2 - 5.....	1.31	2.08	16.0	1.63	189	141	462	240	4.99	1.41	93.4	36.2
6 - 11.....	1.68	2.28	21.5	1.84	236	158	560	261	5.25	1.31	96.8	49.2
12 - 19.....	1.73	2.15	24.4	1.95	234	186	584	285	5.33	1.33	107.1	51.1
20 and over....	1.65	2.11	24.4	2.06	172	225	518	351	5.46	0.87	102.3	72.9
2 and over...	1.63	2.13	23.2	1.98	191	203	528	320	5.37	1.04	101.5	63.2
All Individuals⁴:												
2 - 5.....	1.32	1.94	16.2	1.48	194	128	458	207	4.50	1.15	85.6	42.6
6 - 11.....	1.56	2.17	20.4	1.63	224	147	528	248	4.93	1.12	75.0	57.8
12 - 19.....	1.73	2.22	25.5	1.93	235	175	574	281	5.71	1.40	86.5	66.9
20 and over....	1.70	2.31	26.0	2.04	191	218	543	338	5.64	1.00	87.5	98.8
2 and over...	1.67	2.26	24.9	1.97	199	202	540	316	5.53	1.06	86.3	88.5

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Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006--continued

Race/ethnicity and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium (mg)	Potassium (mg)	Selenium (µg)
Non-Hispanic White:									
2 - 5.....	921	1073	196	12.3	8.6	0.9	2308	2003	70.9
6 - 11.....	1068	1286	229	14.8	10.4	1.1	3099	2114	92.3
12 - 19.....	1109	1417	264	17.3	12.9	1.2	3778	2456	113.1
20 and over....	1006	1402	313	16.6	13.1	1.4	3597	2832	112.9
2 and over...	1018	1381	297	16.4	12.7	1.4	3524	2703	109.6
Non-Hispanic Black:									
2 - 5.....	772	952	180	13.1	9.0	0.8	2450	1936	71.3
6 - 11.....	847	1098	197	13.8	10.1	1.0	3018	2039	87.2
12 - 19.....	844	1179	221	15.0	11.0	1.1	3409	2089	100.9
20 and over....	788	1180	255	14.6	11.2	1.2	3337	2352	106.4
2 and over...	801	1157	239	14.5	11.0	1.1	3257	2256	101.4
Mexican American:									
2 - 5.....	972	1097	209	12.8	8.7	0.9	2096	2183	70.0
6 - 11.....	1083	1286	247	15.6	10.9	1.1	3062	2399	91.7
12 - 19.....	986	1310	261	16.4	11.9	1.2	3353	2439	103.8
20 and over....	920	1414	313	15.8	12.4	1.4	3298	2733	114.1
2 and over...	955	1352	287	15.5	11.8	1.3	3162	2595	105.6
All Individuals⁴:									
2 - 5.....	904	1052	195	12.3	8.7	0.8	2270	2030	70.3
6 - 11.....	1012	1239	225	14.6	10.3	1.0	3083	2137	91.7
12 - 19.....	1025	1342	253	16.6	12.3	1.2	3637	2369	109.1
20 and over....	961	1365	305	16.2	12.8	1.4	3531	2754	112.2
2 and over...	970	1334	286	15.9	12.3	1.3	3436	2617	107.8

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Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006--continued

Race/ethnicity 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)
Non-Hispanic White:								
2 - 5.....	0.57	0.32	0.27	0.44	0.64	1.95	10.41	5.06
6 - 11.....	0.74	0.39	0.32	0.57	0.93	2.61	14.42	7.22
12 - 19.....	0.77	0.39	0.31	0.56	0.94	2.86	16.82	8.32
20 and over....	0.67	0.36	0.28	0.51	0.85	2.52	15.45	7.47
2 and over...	0.68	0.36	0.29	0.52	0.85	2.54	15.30	7.43
Non-Hispanic Black:								
2 - 5.....	0.46	0.29	0.26	0.39	0.60	1.81	10.91	5.11
6 - 11.....	0.51	0.29	0.24	0.40	0.61	2.05	13.51	6.55
12 - 19.....	0.58	0.32	0.25	0.43	0.76	2.31	15.70	7.63
20 and over....	0.48	0.27	0.22	0.38	0.69	2.04	14.69	7.04
2 and over...	0.50	0.28	0.23	0.39	0.68	2.06	14.47	6.95
Mexican American:								
2 - 5.....	0.53	0.35	0.32	0.44	0.54	1.94	10.59	4.91
6 - 11.....	0.61	0.35	0.27	0.46	0.63	2.24	13.45	6.46
12 - 19.....	0.58	0.31	0.26	0.44	0.71	2.30	14.61	6.98
20 and over....	0.49	0.27	0.22	0.37	0.56	2.00	14.19	6.77
2 and over...	0.52	0.29	0.24	0.40	0.59	2.07	13.82	6.58
All Individuals ⁴ :								
2 - 5.....	0.55	0.33	0.28	0.43	0.61	1.95	10.51	5.03
6 - 11.....	0.67	0.36	0.29	0.52	0.81	2.42	14.01	6.95
12 - 19.....	0.70	0.36	0.29	0.51	0.87	2.65	16.12	7.91
20 and over....	0.62	0.33	0.26	0.47	0.78	2.38	15.10	7.28
2 and over...	0.63	0.34	0.27	0.48	0.79	2.39	14.87	7.20

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Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006--continued

Race/ethnicity 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)
Non-Hispanic White:											
2 - 5.....	0.71	18.89	0.14	0.02	9.46	0.88	0.01	0.05	#0.01	*	#0.02
6 - 11.....	1.06	26.87	0.19	0.02	13.46	1.18	0.02	0.09	#0.01	0.01	0.03
12 - 19.....	1.41	30.93	0.23	0.03	15.61	1.43	0.02	0.12	0.01	0.01	0.04
20 and over....	1.31	29.27	0.25	0.04	15.87	1.59	0.01	0.13	0.04	0.02	0.08
2 and over...	1.27	28.82	0.24	0.03	15.38	1.51	0.01	0.13	0.04	0.02	0.07
Non-Hispanic Black:											
2 - 5.....	0.84	19.78	0.16	0.03	10.43	0.96	0.01	0.08	#0.02	0.01	#0.04
6 - 11.....	1.14	25.11	0.22	0.04	12.80	1.14	0.02	0.12	#0.03	#0.02	#0.05
12 - 19.....	1.37	30.50	0.25	0.03	16.86	1.43	0.02	0.14	0.03	0.02	0.05
20 and over....	1.38	28.35	0.27	0.05	15.65	1.43	0.02	0.17	0.06	0.03	0.10
2 and over...	1.32	27.77	0.25	0.04	15.19	1.37	0.02	0.16	0.05	0.02	0.09
Mexican American:											
2 - 5.....	0.74	18.32	0.13	0.01	9.19	0.92	0.01	0.08	0.01	0.01	0.03
6 - 11.....	0.99	24.39	0.18	0.02	13.30	1.16	0.01	0.09	0.01	0.01	0.03
12 - 19.....	1.21	27.11	0.20	0.02	14.72	1.27	0.01	0.12	0.02	0.01	0.04
20 and over....	1.29	27.76	0.22	0.02	14.58	1.37	0.01	0.16	#0.05	0.02	0.09
2 and over...	1.19	26.35	0.20	0.02	13.93	1.29	0.01	0.14	0.04	0.02	0.07
All Individuals⁴:											
2 - 5.....	0.74	18.78	0.14	0.02	9.29	0.89	0.01	0.06	0.02	0.01	0.03
6 - 11.....	1.06	26.04	0.19	0.02	13.21	1.16	0.02	0.09	0.02	0.01	0.04
12 - 19.....	1.35	30.03	0.23	0.03	15.57	1.40	0.02	0.12	0.02	0.01	0.04
20 and over....	1.30	28.77	0.25	0.04	15.61	1.54	0.01	0.14	0.05	0.02	0.09
2 and over...	1.26	28.14	0.23	0.03	15.05	1.45	0.01	0.13	0.04	0.02	0.07

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Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006--continued

Race/ethnicity and age (years)	Caffeine (mg)	Theo- bromine (mg)	Alcohol (g)
Non-Hispanic White:			
2 - 5.....	8.6	45.4	#*
6 - 11.....	21.5	90.6	#*
12 - 19.....	67.7	49.8	2.4
20 and over....	216.2	42.9	12.7
2 and over...	177.1	47.2	10.1
Non-Hispanic Black:			
2 - 5.....	6.3	25.9	#*
6 - 11.....	9.7	50.1	#*
12 - 19.....	26.7	41.8	#1.2
20 and over....	86.9	31.2	9.1
2 and over...	65.3	34.3	6.4
Mexican American:			
2 - 5.....	7.9	42.1	#*
6 - 11.....	14.8	54.6	#*
12 - 19.....	45.5	32.5	#2.6
20 and over....	113.4	32.0	7.6
2 and over...	81.1	35.8	5.2
All Individuals ⁴ :			
2 - 5.....	7.6	41.6	#*
6 - 11.....	18.3	78.4	#*
12 - 19.....	58.5	45.1	2.1
20 and over....	189.7	39.7	11.4
2 and over...	149.8	43.7	8.8

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Table 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006

Race/ethnicity 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)	Cholesterol (mg)
Non-Hispanic White:											
2 - 5.....	252	36.3	1.98	6.0	4.2	0.46	1.54	0.79	0.53	0.39	9.0
6 - 11.....	276	40.7	2.25	4.7	4.4	0.45	2.25	0.75	0.85	0.64	18.0
12 - 19.....	547	57.7	3.06	9.1	6.5	0.38	1.73	0.82	0.66	0.43	9.4
20 and over....	2276	36.0	1.60	4.6	2.8	0.36	1.90	0.65	0.69	0.46	4.1
2 and over...	3351	32.0	1.46	4.0	2.4	0.32	1.55	0.56	0.54	0.38	3.0
Non-Hispanic Black:											
2 - 5.....	225	43.0	2.62	7.2	4.9	0.22	1.95	0.89	0.89	0.44	12.1
6 - 11.....	304	62.0	2.43	9.6	7.4	0.33	3.04	0.91	1.17	0.84	18.9
12 - 19.....	722	93.4	3.08	13.6	8.8	0.48	3.82	1.27	1.39	0.93	22.3
20 and over....	1012	45.4	1.68	5.3	4.1	0.36	2.24	0.79	0.85	0.52	8.8
2 and over...	2263	35.6	1.11	4.6	3.2	0.27	1.82	0.61	0.70	0.42	7.7
Mexican American:											
2 - 5.....	320	21.3	1.37	3.0	2.8	0.52	1.47	0.58	0.61	0.40	12.3
6 - 11.....	334	54.6	2.56	7.6	5.9	0.78	2.58	0.96	1.03	0.57	12.4
12 - 19.....	684	54.6	2.51	7.3	3.9	0.49	2.08	0.80	0.75	0.50	7.8
20 and over....	907	52.1	2.44	4.8	3.5	0.62	2.63	0.68	1.17	0.76	14.9
2 and over...	2245	36.1	1.79	3.4	2.3	0.46	1.80	0.51	0.80	0.48	10.3
All Individuals⁴:											
2 - 5.....	902	24.4	1.23	4.0	2.5	0.31	1.12	0.51	0.42	0.26	7.9
6 - 11.....	1012	35.6	1.67	4.0	3.5	0.38	1.83	0.59	0.71	0.48	10.8
12 - 19.....	2115	45.7	2.18	6.8	4.6	0.28	1.59	0.66	0.57	0.38	7.7
20 and over....	4520	33.1	1.35	4.2	2.6	0.31	1.67	0.57	0.60	0.41	4.3
2 and over...	8549	29.0	1.15	3.6	2.3	0.26	1.35	0.49	0.48	0.31	3.3

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Table 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006--continued

Race/ethnicity 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-crypto-xanthin (µg)	Lycopene (µg)	Lutein + zeaxanthin (µg)
Non-Hispanic White:									
2 - 5.....	0.21	0.10	26.2	31.4	39.4	122.5	6.8	496.4	46.9
6 - 11.....	0.25	0.07	28.8	43.7	83.3	224.7	7.6	388.2	95.5
12 - 19.....	0.24	0.13	21.1	24.4	33.1	108.1	9.3	404.6	68.1
20 and over....	0.24	0.15	20.3	23.7	26.9	113.8	8.4	291.8	37.2
2 and over...	0.20	0.12	16.4	18.6	22.2	84.7	6.3	239.3	28.5
Non-Hispanic Black:									
2 - 5.....	0.18	0.07	28.6	25.0	35.3	89.1	19.1	369.0	90.1
6 - 11.....	0.23	0.01	19.1	27.5	33.8	142.3	23.0	285.1	106.7
12 - 19.....	0.33	0.03	23.4	29.6	18.1	123.5	10.3	441.3	106.8
20 and over....	0.24	0.08	15.2	16.5	24.3	108.3	13.9	246.0	99.2
2 and over...	0.19	0.06	12.2	15.0	16.9	83.1	10.5	209.6	80.4
Mexican American:									
2 - 5.....	0.12	0.07	21.6	20.9	23.6	67.9	24.4	331.4	45.2
6 - 11.....	0.29	0.01	27.5	42.9	108.6	317.6	21.8	782.2	62.8
12 - 19.....	0.16	0.04	17.5	19.1	35.9	120.2	24.9	410.2	39.3
20 and over....	0.36	0.08	18.7	19.1	28.4	140.7	12.6	268.1	140.7
2 and over...	0.21	0.05	15.4	18.2	20.0	82.8	9.3	247.2	90.9
All Individuals⁴:									
2 - 5.....	0.13	0.07	17.7	19.8	40.7	105.7	7.7	249.0	32.2
6 - 11.....	0.18	0.05	18.0	30.1	67.2	187.3	9.1	287.6	65.0
12 - 19.....	0.19	0.09	16.5	20.0	25.8	86.2	7.2	285.5	50.1
20 and over....	0.18	0.11	15.5	16.8	25.6	81.2	5.5	229.1	49.4
2 and over...	0.15	0.08	13.2	14.1	21.6	62.3	3.7	172.4	34.8

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Table 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006--continued

Race/ethnicity and age (years)	Thiamin (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (µg)	Food folate (µg)	Folate (µg DFE)	Choline (mg)	Vit. B12 (µg)	Added Vit. B12 (µg)	Vit. C (mg)	Vit. K (µg)
Non-Hispanic White:												
2 - 5.....	0.056	0.080	0.65	0.070	11.3	4.9	21.7	8.7	0.235	0.092	6.28	4.02
6 - 11.....	0.035	0.072	0.61	0.073	9.5	5.5	17.0	13.1	0.349	0.148	6.71	4.05
12 - 19.....	0.047	0.083	1.05	0.081	7.9	5.6	16.7	9.8	0.261	0.165	3.92	3.42
20 and over....	0.030	0.037	0.56	0.054	4.3	4.9	9.5	4.5	0.127	0.064	3.28	3.74
2 and over...	0.026	0.039	0.46	0.043	3.8	3.7	8.4	4.1	0.141	0.057	2.55	2.92
Non-Hispanic Black:												
2 - 5.....	0.062	0.081	1.23	0.100	28.0	3.2	48.6	6.5	0.245	0.191	8.36	4.63
6 - 11.....	0.059	0.065	0.76	0.082	13.0	6.4	24.5	12.5	0.274	0.168	8.33	7.94
12 - 19.....	0.053	0.108	0.99	0.064	8.8	5.3	19.1	12.9	0.152	0.092	11.01	4.43
20 and over....	0.035	0.045	0.50	0.043	5.5	5.3	10.6	6.8	0.200	0.091	4.76	6.02
2 and over...	0.028	0.039	0.40	0.036	6.0	4.4	11.3	5.7	0.148	0.060	4.26	4.99
Mexican American:												
2 - 5.....	0.036	0.066	0.41	0.043	10.5	5.6	18.9	8.3	0.215	0.091	8.34	3.11
6 - 11.....	0.074	0.100	0.83	0.070	18.4	7.3	33.5	11.5	0.265	0.129	3.85	4.30
12 - 19.....	0.059	0.075	0.70	0.063	15.5	8.6	27.6	10.0	0.297	0.203	3.95	1.52
20 and over....	0.051	0.058	0.92	0.089	9.8	9.7	18.4	16.6	0.393	0.105	3.86	6.65
2 and over...	0.036	0.049	0.61	0.056	7.3	7.0	11.4	11.0	0.265	0.083	2.79	4.21
All Individuals⁴:												
2 - 5.....	0.038	0.051	0.46	0.049	9.4	3.4	17.1	6.1	0.152	0.083	3.78	2.65
6 - 11.....	0.029	0.055	0.51	0.056	7.0	4.2	12.8	9.5	0.207	0.091	3.57	3.16
12 - 19.....	0.029	0.060	0.78	0.062	5.2	3.7	11.0	7.6	0.228	0.136	3.05	2.13
20 and over....	0.029	0.039	0.46	0.044	4.2	3.7	8.4	4.1	0.098	0.051	2.36	3.46
2 and over...	0.024	0.039	0.38	0.036	3.8	2.8	7.7	3.8	0.110	0.045	1.70	2.59

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Table 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006--continued

Race/ethnicity and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium (mg)	Potassium (mg)	Selenium (µg)
Non-Hispanic White:									
2 - 5.....	42.6	42.1	7.2	0.55	0.39	0.03	42.2	79.6	2.61
6 - 11.....	38.4	38.8	4.9	0.56	0.38	0.03	100.0	63.3	2.38
12 - 19.....	45.9	41.5	8.2	0.46	0.46	0.03	124.5	74.4	3.77
20 and over....	23.5	24.2	5.6	0.26	0.34	0.02	63.2	36.0	2.12
2 and over...	22.9	22.9	4.8	0.24	0.31	0.02	58.1	34.2	1.96
Non-Hispanic Black:									
2 - 5.....	32.4	35.8	4.2	0.57	0.69	0.02	81.6	45.9	3.33
6 - 11.....	31.0	33.0	5.9	0.58	0.38	0.03	114.5	79.7	4.09
12 - 19.....	35.1	43.9	7.1	0.63	0.32	0.04	169.7	65.3	4.76
20 and over....	22.9	25.3	5.4	0.28	0.26	0.03	90.4	44.3	2.02
2 and over...	19.3	17.0	4.0	0.22	0.18	0.02	69.2	34.9	1.40
Mexican American:									
2 - 5.....	32.6	28.2	6.8	0.64	0.28	0.02	36.8	61.5	1.82
6 - 11.....	55.0	55.7	11.4	0.66	0.56	0.04	134.4	112.0	4.03
12 - 19.....	27.3	39.3	7.7	0.55	0.50	0.03	86.1	91.7	3.36
20 and over....	20.1	29.2	9.2	0.41	0.42	0.06	91.8	83.0	3.32
2 and over...	21.9	21.8	6.5	0.30	0.29	0.04	71.1	58.0	2.42
All Individuals⁴:									
2 - 5.....	24.5	24.9	4.3	0.41	0.26	0.02	34.2	41.1	1.80
6 - 11.....	28.4	30.1	5.0	0.32	0.26	0.02	75.0	56.3	1.82
12 - 19.....	31.9	30.8	6.0	0.31	0.30	0.02	90.4	54.3	2.86
20 and over....	19.6	21.6	4.6	0.21	0.24	0.02	54.2	36.9	1.89
2 and over...	18.9	19.6	3.8	0.19	0.21	0.02	47.5	33.9	1.57

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Table 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006--continued

Race/ethnicity 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)
Non-Hispanic White:								
2 - 5.....	0.035	0.020	0.018	0.028	0.069	0.105	0.373	0.182
6 - 11.....	0.042	0.023	0.014	0.025	0.058	0.111	0.407	0.200
12 - 19.....	0.031	0.016	0.018	0.024	0.068	0.106	0.416	0.207
20 and over....	0.023	0.012	0.009	0.016	0.036	0.073	0.344	0.173
2 and over...	0.021	0.011	0.009	0.014	0.032	0.067	0.285	0.141
Non-Hispanic Black:								
2 - 5.....	0.030	0.021	0.019	0.024	0.075	0.113	0.448	0.235
6 - 11.....	0.024	0.017	0.018	0.022	0.061	0.086	0.504	0.247
12 - 19.....	0.036	0.021	0.015	0.025	0.066	0.113	0.714	0.327
20 and over....	0.028	0.015	0.013	0.020	0.053	0.090	0.422	0.196
2 and over...	0.021	0.012	0.010	0.015	0.035	0.064	0.329	0.165
Mexican American:								
2 - 5.....	0.024	0.016	0.021	0.020	0.031	0.081	0.313	0.124
6 - 11.....	0.033	0.020	0.020	0.024	0.041	0.109	0.507	0.272
12 - 19.....	0.029	0.014	0.011	0.018	0.040	0.097	0.423	0.217
20 and over....	0.015	0.007	0.007	0.010	0.017	0.049	0.407	0.215
2 and over...	0.013	0.006	0.008	0.009	0.017	0.044	0.304	0.161
All Individuals⁴:								
2 - 5.....	0.021	0.011	0.011	0.016	0.036	0.062	0.251	0.124
6 - 11.....	0.025	0.014	0.010	0.016	0.041	0.069	0.321	0.165
12 - 19.....	0.023	0.012	0.014	0.019	0.053	0.079	0.338	0.168
20 and over....	0.019	0.009	0.008	0.013	0.029	0.060	0.298	0.149
2 and over...	0.017	0.009	0.007	0.012	0.026	0.055	0.246	0.122

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

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³PFA = polyunsaturated fatty acid.

⁴"All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

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Table 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006--continued

Race/ethnicity 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)
Non-Hispanic White:											
2 - 5.....	0.025	0.503	0.007	0.004	0.351	0.041	0.001	0.003	0.004	0.001	0.007
6 - 11.....	0.046	0.801	0.010	0.002	0.587	0.078	0.004	0.009	0.004	0.001	0.008
12 - 19.....	0.045	0.608	0.012	0.004	0.386	0.047	0.004	0.005	0.002	0.001	0.004
20 and over....	0.030	0.652	0.008	0.003	0.414	0.042	0.001	0.004	0.004	0.001	0.005
2 and over...	0.023	0.513	0.006	0.002	0.337	0.036	0.001	0.002	0.004	0.001	0.005
Non-Hispanic Black:											
2 - 5.....	0.054	0.824	0.011	0.004	0.424	0.050	0.002	0.009	0.012	0.003	0.017
6 - 11.....	0.065	1.098	0.018	0.008	0.749	0.069	0.003	0.013	0.010	0.007	0.016
12 - 19.....	0.067	1.317	0.010	0.003	0.850	0.077	0.002	0.012	0.004	0.001	0.004
20 and over....	0.040	0.798	0.012	0.015	0.466	0.051	0.002	0.008	0.007	0.003	0.011
2 and over...	0.026	0.667	0.008	0.010	0.384	0.038	0.001	0.005	0.006	0.003	0.008
Mexican American:											
2 - 5.....	0.036	0.569	0.008	0.002	0.377	0.027	0.001	0.004	0.003	0.001	0.004
6 - 11.....	0.037	0.961	0.009	0.003	0.532	0.046	0.001	0.007	0.003	0.002	0.005
12 - 19.....	0.045	0.705	0.004	0.004	0.460	0.040	0.001	0.009	0.003	0.001	0.005
20 and over....	0.056	1.102	0.012	0.005	0.673	0.063	0.002	0.007	0.017	0.004	0.019
2 and over...	0.044	0.749	0.009	0.004	0.421	0.041	0.001	0.006	0.011	0.002	0.012
All Individuals⁴:											
2 - 5.....	0.021	0.396	0.005	0.002	0.239	0.027	0.001	0.003	0.002	0.001	0.003
6 - 11.....	0.030	0.672	0.008	0.002	0.443	0.050	0.002	0.006	0.004	0.001	0.007
12 - 19.....	0.035	0.530	0.008	0.003	0.347	0.033	0.003	0.004	0.002	0.001	0.003
20 and over....	0.024	0.566	0.006	0.002	0.363	0.037	0.001	0.003	0.004	0.001	0.005
2 and over...	0.019	0.457	0.005	0.002	0.279	0.029	0.001	0.002	0.003	0.001	0.004

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

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³PFA = polyunsaturated fatty acid.

⁴"All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

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Table 3se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006--continued

Race/ethnicity and age (years)	Caffeine (mg)	Theo-bromine (mg)	Alcohol (g)
Non-Hispanic White:			
2 - 5.....	0.68	5.99	0.01
6 - 11.....	2.30	8.60	0.02
12 - 19.....	6.15	4.71	0.56
20 and over....	5.71	1.96	0.84
2 and over...	4.50	1.46	0.66
Non-Hispanic Black:			
2 - 5.....	1.25	3.53	*
6 - 11.....	1.29	6.92	0.01
12 - 19.....	2.24	6.26	0.54
20 and over....	4.44	1.90	1.24
2 and over...	2.84	1.75	0.91
Mexican American:			
2 - 5.....	1.50	3.90	0.02
6 - 11.....	1.74	7.42	0.01
12 - 19.....	5.38	2.44	0.90
20 and over....	6.88	3.02	1.74
2 and over...	6.13	1.60	1.11
All Individuals⁴:			
2 - 5.....	0.50	3.41	*
6 - 11.....	1.64	6.14	0.01
12 - 19.....	4.20	3.21	0.40
20 and over....	6.11	1.59	0.67
2 and over...	5.27	1.40	0.52

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

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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 4. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, One Day, 2005-2006

Race/ethnicity and age (years)	Food energy (kcal)	Protein		Carbohydrate		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat		Alcohol	
		(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)
Non-Hispanic White:															
2 - 5.....	1582	53.7	13.8	222	56.7	55.4	30.8	20.3	11.2	20.2	11.2	10.5	5.9	#*	#*
6 - 11.....	2033	67.4	13.2	272	54.0	77.9	34.2	28.1	12.4	28.6	12.5	14.9	6.5	#*	#*
12 - 19.....	2406	85.5	14.1	315	53.3	90.1	33.2	32.0	11.8	33.2	12.2	17.4	6.4	2.4	0.5
20 and over....	2219	86.0	15.9	261	47.7	85.6	34.2	29.0	11.6	31.4	12.5	17.9	7.2	12.7	3.5
2 and over...	2198	83.2	15.4	266	49.2	84.2	33.9	28.9	11.6	30.9	12.4	17.3	7.0	10.1	2.8
Non-Hispanic Black:															
2 - 5.....	1587	54.2	13.6	216	54.9	58.4	32.6	20.4	11.4	21.1	11.7	11.7	6.6	#*	#*
6 - 11.....	1858	65.7	14.6	240	51.7	72.6	34.6	24.8	11.8	26.9	12.9	14.4	6.8	#*	#*
12 - 19.....	2246	76.4	13.8	291	52.1	87.7	34.7	28.8	11.4	32.5	12.9	18.7	7.4	#1.2	#0.2
20 and over....	2146	80.3	15.4	262	49.8	82.0	33.6	26.6	10.8	30.4	12.4	17.7	7.4	9.1	2.3
2 and over...	2095	76.6	15.0	261	50.7	80.3	33.8	26.3	11.0	29.7	12.5	17.1	7.3	6.4	1.6
Mexican American:															
2 - 5.....	1555	55.5	14.3	215	55.7	54.8	31.4	20.1	11.5	19.5	11.1	10.3	5.9	#*	#*
6 - 11.....	1976	69.6	14.1	268	54.4	72.1	32.6	25.2	11.4	26.0	11.7	14.7	6.6	#*	#*
12 - 19.....	2194	79.8	14.8	291	53.7	79.2	31.9	27.0	10.9	29.0	11.6	16.3	6.5	#2.6	#0.6
20 and over....	2199	87.7	16.1	279	51.4	78.5	31.7	25.6	10.3	29.7	11.9	16.4	6.7	7.6	2.0
2 and over...	2109	81.2	15.5	273	52.5	75.6	31.8	25.2	10.7	28.2	11.7	15.6	6.6	5.2	1.4
All Individuals¹:															
2 - 5.....	1564	54.1	14.1	217	55.9	55.3	31.3	20.2	11.4	20.0	11.3	10.4	5.9	#*	#*
6 - 11.....	1985	67.1	13.6	265	53.8	75.5	33.8	26.8	12.0	27.7	12.4	14.7	6.5	#*	#*
12 - 19.....	2324	82.4	14.2	304	53.1	87.2	33.3	30.3	11.6	32.1	12.2	17.4	6.6	2.1	0.5
20 and over....	2195	85.4	15.9	262	48.4	83.8	33.8	28.1	11.3	30.8	12.4	17.6	7.2	11.4	3.2
2 and over...	2157	81.8	15.4	265	49.9	81.9	33.6	27.8	11.4	30.1	12.3	17.0	7.0	8.8	2.4

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

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

¹"All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

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Table 4se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, One Day, 2005-2006

Race/ethnicity and age (years)	Food energy (kcal)	Protein		Carbohydrate		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat		Alcohol	
		(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)
Non-Hispanic White:															
2 - 5.....	36.3	1.98	0.36	6.0	0.96	1.54	0.65	0.79	0.34	0.53	0.21	0.39	0.24	0.01	*
6 - 11.....	40.7	2.25	0.31	4.7	0.76	2.25	0.45	0.75	0.16	0.85	0.18	0.64	0.22	0.02	0.01
12 - 19.....	57.7	3.06	0.22	9.1	0.56	1.73	0.47	0.82	0.13	0.66	0.24	0.43	0.20	0.56	0.11
20 and over....	36.0	1.60	0.09	4.6	0.46	1.90	0.31	0.65	0.13	0.69	0.10	0.46	0.13	0.84	0.23
2 and over...	32.0	1.46	0.08	4.0	0.37	1.55	0.24	0.56	0.11	0.54	0.07	0.38	0.10	0.66	0.18
Non-Hispanic Black:															
2 - 5.....	43.0	2.62	0.59	7.2	1.18	1.95	0.75	0.89	0.45	0.89	0.35	0.44	0.22	*	*
6 - 11.....	62.0	2.43	0.56	9.6	1.20	3.04	0.72	0.91	0.17	1.17	0.26	0.84	0.29	0.01	*
12 - 19.....	93.4	3.08	0.29	13.6	0.80	3.82	0.72	1.27	0.20	1.39	0.30	0.93	0.22	0.54	0.08
20 and over....	45.4	1.68	0.19	5.3	0.50	2.24	0.43	0.79	0.15	0.85	0.18	0.52	0.14	1.24	0.27
2 and over...	35.6	1.11	0.17	4.6	0.39	1.82	0.36	0.61	0.13	0.70	0.16	0.42	0.09	0.91	0.20
Mexican American:															
2 - 5.....	21.3	1.37	0.26	3.0	0.67	1.47	0.56	0.58	0.24	0.61	0.25	0.40	0.22	0.02	0.01
6 - 11.....	54.6	2.56	0.28	7.6	0.82	2.58	0.58	0.96	0.20	1.03	0.24	0.57	0.23	0.01	*
12 - 19.....	54.6	2.51	0.34	7.3	0.61	2.08	0.31	0.80	0.16	0.75	0.11	0.50	0.12	0.90	0.21
20 and over....	52.1	2.44	0.15	4.8	0.76	2.63	0.53	0.68	0.18	1.17	0.24	0.76	0.21	1.74	0.47
2 and over...	36.1	1.79	0.13	3.4	0.52	1.80	0.36	0.51	0.12	0.80	0.16	0.48	0.15	1.11	0.30
All Individuals¹:															
2 - 5.....	24.4	1.23	0.26	4.0	0.65	1.12	0.50	0.51	0.23	0.42	0.19	0.26	0.15	*	*
6 - 11.....	35.6	1.67	0.19	4.0	0.44	1.83	0.29	0.59	0.09	0.71	0.14	0.48	0.15	0.01	*
12 - 19.....	45.7	2.18	0.17	6.8	0.39	1.59	0.33	0.66	0.09	0.57	0.16	0.38	0.13	0.40	0.07
20 and over....	33.1	1.35	0.09	4.2	0.35	1.67	0.26	0.57	0.11	0.60	0.09	0.41	0.11	0.67	0.19
2 and over...	29.0	1.15	0.06	3.6	0.25	1.35	0.19	0.49	0.09	0.48	0.07	0.31	0.08	0.52	0.15

NOTES: * indicates a non-zero value too small to print.
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Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006

Family income in dollars 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)
\$0 - \$24,999:											
2 - 5.....	346	1587	56.5	218	120	10.6	56.7	21.4	20.0	10.2	202
6 - 11.....	306	1894	67.9	252	126	12.5	70.8	24.9	25.7	13.9	241
12 - 19.....	708	2405	82.6	319	160	14.0	89.6	29.5	33.0	19.5	248
20 and over....	1416	2125	80.9	262	127	15.0	80.0	26.7	29.5	16.7	291
2 and over...	2776	2104	78.4	265	130	14.4	78.8	26.5	29.0	16.4	276
\$25,000 - \$74,999:											
2 - 5.....	362	1551	53.7	216	119	10.4	55.1	20.1	19.9	10.5	162
6 - 11.....	431	1941	63.2	263	133	12.3	73.1	26.0	27.0	14.2	205
12 - 19.....	866	2230	80.4	292	147	13.2	82.1	29.0	29.9	16.1	255
20 and over....	1988	2184	82.9	262	119	15.5	83.6	28.5	30.8	17.3	283
2 and over...	3647	2139	79.7	263	123	14.8	81.2	27.9	29.9	16.6	268
\$75,000 and higher:											
2 - 5.....	156	1578	52.1	225	115	11.2	54.3	19.4	20.3	10.4	140
6 - 11.....	250	2099	71.0	277	138	14.0	81.7	29.1	30.1	15.9	249
12 - 19.....	452	2401	85.1	312	154	14.6	92.4	32.6	34.5	17.6	267
20 and over....	944	2273	93.4	261	113	17.2	87.7	28.9	32.2	19.0	318
2 and over...	1802	2238	87.9	268	121	16.2	86.1	29.0	31.7	18.0	295
All Individuals⁴:											
2 - 5.....	902	1564	54.1	217	117	10.7	55.3	20.2	20.0	10.4	169
6 - 11.....	1012	1985	67.1	265	133	13.0	75.5	26.8	27.7	14.7	230
12 - 19.....	2115	2324	82.4	304	152	13.9	87.2	30.3	32.1	17.4	257
20 and over....	4520	2195	85.4	262	120	15.9	83.8	28.1	30.8	17.6	295
2 and over...	8549	2157	81.8	265	124	15.1	81.9	27.8	30.1	17.0	278

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

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²MFA = monounsaturated fatty acid.

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⁴"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

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Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006--continued

Family income in dollars 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-crypto- xanthin (µg)	Lycopene (µg)	Lutein + zeaxanthin (µg)
\$0 - \$24,999:									
2 - 5.....	4.3	#0.1	458	552	214	959	133	3219	674
6 - 11.....	5.7	#0.1	445	565	273	1206	158	5334	744
12 - 19.....	6.9	#0.1	380	498	193	1257	125	5877	868
20 and over....	6.9	0.5	451	619	351	1768	143	5285	1239
2 and over...	6.6	0.4	442	596	317	1608	141	5216	1118
\$25,000 - \$74,999:									
2 - 5.....	4.5	#0.4	434	520	#209	873	101	3165	562
6 - 11.....	5.3	#0.1	520	635	#301	1191	75	3482	612
12 - 19.....	6.4	#0.4	464	569	211	1083	131	5274	741
20 and over....	7.1	0.4	431	603	357	1828	124	5729	1300
2 and over...	6.7	0.4	441	598	329	1651	120	5382	1151
\$75,000 and higher:									
2 - 5.....	4.1	#*	405	490	#203	890	68	3063	584
6 - 11.....	6.1	#*	572	690	#264	1252	72	3820	816
12 - 19.....	7.0	#0.2	478	612	#347	1380	108	6207	849
20 and over....	8.5	0.8	487	702	407	2310	134	5417	1472
2 and over...	7.8	0.6	491	679	374	2006	121	5240	1276
All Individuals⁴:									
2 - 5.....	4.3	#0.2	431	519	210	907	101	3165	599
6 - 11.....	5.7	#0.1	525	641	276	1204	92	4141	718
12 - 19.....	6.7	#0.2	446	566	255	1241	124	5701	816
20 and over....	7.5	0.6	451	634	369	1945	132	5533	1334
2 and over...	7.1	0.5	455	620	339	1742	126	5305	1181

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

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¹SFA = saturated fatty acid.

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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006--continued

Family income in dollars and age (years)	Thiamin (mg)	Ribo- flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (µg)	Food folate (µg)	Folate (µg DFE)	Choline (mg)	Vit. B12 (µg)	Added Vit. B12 (µg)	Vit. C (mg)	Vit. K (µg)
\$0 - \$24,999:												
2 - 5.....	1.36	2.07	16.3	1.58	197	133	467	228	4.98	1.30	94.6	41.2
6 - 11.....	1.54	2.07	20.6	1.67	208	149	503	260	5.11	1.08	92.3	54.2
12 - 19.....	1.68	2.02	25.0	1.79	223	177	557	271	4.77	0.99	94.9	72.9
20 and over....	1.55	2.15	24.0	1.93	175	203	501	326	5.72	0.92	88.4	86.5
2 and over...	1.55	2.12	23.3	1.87	185	191	506	308	5.51	0.97	89.9	79.3
\$25,000 - \$74,999:												
2 - 5.....	1.32	1.95	16.5	1.53	195	125	456	203	4.46	1.20	87.8	40.1
6 - 11.....	1.58	2.16	20.3	1.64	241	135	544	229	5.15	1.39	66.0	52.6
12 - 19.....	1.67	2.22	25.8	2.01	240	166	573	276	5.87	1.79	87.2	61.9
20 and over....	1.68	2.29	25.3	1.94	190	214	537	326	5.19	0.94	84.7	97.3
2 and over...	1.65	2.25	24.5	1.91	199	198	537	307	5.22	1.08	83.8	87.2
\$75,000 and higher:												
2 - 5.....	1.28	1.81	15.8	1.29	189	128	449	189	4.02	0.93	75.6	47.0
6 - 11.....	1.55	2.24	20.4	1.61	218	159	528	260	4.60	0.84	74.7	66.3
12 - 19.....	1.85	2.39	25.7	1.94	239	184	591	295	6.20	1.24	78.4	68.6
20 and over....	1.88	2.49	28.5	2.24	205	240	588	366	6.32	1.15	90.6	112.7
2 and over...	1.81	2.42	26.6	2.09	210	219	575	337	6.01	1.12	86.5	98.7
All Individuals⁴:												
2 - 5.....	1.32	1.94	16.2	1.48	194	128	458	207	4.50	1.15	85.6	42.6
6 - 11.....	1.56	2.17	20.4	1.63	224	147	528	248	4.93	1.12	75.0	57.8
12 - 19.....	1.73	2.22	25.5	1.93	235	175	574	281	5.71	1.40	86.5	66.9
20 and over....	1.70	2.31	26.0	2.04	191	218	543	338	5.64	1.00	87.5	98.8
2 and over...	1.67	2.26	24.9	1.97	199	202	540	316	5.53	1.06	86.3	88.5

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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006--continued

Family income in dollars and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium (mg)	Potassium (mg)	Selenium (µg)
\$0 - \$24,999:									
2 - 5.....	949	1074	200	12.4	9.2	0.8	2284	2185	73.3
6 - 11.....	952	1185	222	14.4	10.5	1.1	3096	2238	92.0
12 - 19.....	928	1300	247	16.1	11.6	1.1	3697	2314	110.1
20 and over....	906	1300	283	15.2	12.4	1.4	3299	2635	105.8
2 and over...	915	1276	269	15.1	11.9	1.3	3260	2535	103.0
\$25,000 - \$74,999:									
2 - 5.....	907	1050	194	12.3	8.6	0.8	2197	2022	67.3
6 - 11.....	967	1173	211	14.9	9.9	1.0	2946	1996	86.1
12 - 19.....	1030	1298	247	16.3	12.2	1.1	3446	2297	105.8
20 and over....	938	1326	296	15.9	12.1	1.3	3493	2682	109.8
2 and over...	948	1297	279	15.7	11.8	1.3	3381	2556	105.4
\$75,000 and higher:									
2 - 5.....	872	1047	191	12.1	8.1	0.9	2411	1890	71.0
6 - 11.....	1093	1340	241	14.6	10.6	1.1	3209	2210	97.7
12 - 19.....	1095	1440	267	17.5	12.8	1.3	3866	2506	113.0
20 and over....	1054	1488	338	17.5	14.5	1.6	3829	2974	121.4
2 and over...	1055	1444	311	16.9	13.6	1.4	3700	2778	115.4
All Individuals⁴:									
2 - 5.....	904	1052	195	12.3	8.7	0.8	2270	2030	70.3
6 - 11.....	1012	1239	225	14.6	10.3	1.0	3083	2137	91.7
12 - 19.....	1025	1342	253	16.6	12.3	1.2	3637	2369	109.1
20 and over....	961	1365	305	16.2	12.8	1.4	3531	2754	112.2
2 and over...	970	1334	286	15.9	12.3	1.3	3436	2617	107.8

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Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006--continued

Family income in dollars 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)
\$0 - \$24,999:								
2 - 5.....	0.59	0.39	0.33	0.48	0.60	2.14	11.15	5.16
6 - 11.....	0.56	0.32	0.28	0.45	0.78	2.18	13.23	6.40
12 - 19.....	0.62	0.32	0.26	0.45	0.77	2.41	16.01	7.73
20 and over....	0.56	0.31	0.26	0.44	0.80	2.23	14.39	6.89
2 and over...	0.57	0.32	0.26	0.45	0.78	2.24	14.27	6.83
\$25,000 - \$74,999:								
2 - 5.....	0.54	0.32	0.29	0.44	0.68	1.95	10.39	4.97
6 - 11.....	0.64	0.35	0.27	0.49	0.72	2.31	13.61	6.82
12 - 19.....	0.69	0.35	0.28	0.50	0.88	2.60	15.37	7.48
20 and over....	0.65	0.34	0.27	0.48	0.79	2.44	15.23	7.39
2 and over...	0.64	0.34	0.27	0.48	0.79	2.42	14.87	7.23
\$75,000 and higher:								
2 - 5.....	0.52	0.28	0.22	0.39	0.54	1.77	10.00	5.02
6 - 11.....	0.77	0.40	0.32	0.58	0.93	2.69	15.01	7.49
12 - 19.....	0.76	0.39	0.32	0.57	0.93	2.87	17.18	8.61
20 and over....	0.65	0.34	0.26	0.49	0.78	2.43	15.60	7.48
2 and over...	0.67	0.35	0.28	0.50	0.80	2.49	15.48	7.51
All Individuals⁴:								
2 - 5.....	0.55	0.33	0.28	0.43	0.61	1.95	10.51	5.03
6 - 11.....	0.67	0.36	0.29	0.52	0.81	2.42	14.01	6.95
12 - 19.....	0.70	0.36	0.29	0.51	0.87	2.65	16.12	7.91
20 and over....	0.62	0.33	0.26	0.47	0.78	2.38	15.10	7.28
2 and over...	0.63	0.34	0.27	0.48	0.79	2.39	14.87	7.20

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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

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Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006--continued

Family income in dollars 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)
\$0 - \$24,999:											
2 - 5.....	0.76	18.87	0.15	0.02	9.03	0.94	0.01	0.08	0.02	0.01	0.03
6 - 11.....	1.05	23.97	0.19	0.03	12.47	1.11	0.01	0.11	#0.03	#0.01	0.05
12 - 19.....	1.33	30.94	0.24	0.03	17.49	1.58	0.02	0.13	0.03	0.01	0.05
20 and over....	1.27	27.55	0.24	0.04	14.84	1.44	0.01	0.14	0.04	0.02	0.08
2 and over...	1.22	27.08	0.23	0.04	14.57	1.39	0.01	0.13	0.04	0.02	0.07
\$25,000 - \$74,999:											
2 - 5.....	0.73	18.72	0.14	0.01	9.37	0.85	0.01	0.06	#0.01	0.01	0.03
6 - 11.....	0.97	25.47	0.19	0.02	12.74	1.11	0.02	0.08	#0.02	0.01	#0.04
12 - 19.....	1.32	27.83	0.22	0.02	14.44	1.30	0.02	0.12	0.01	0.01	0.04
20 and over....	1.30	28.70	0.24	0.03	15.31	1.52	0.01	0.13	0.04	0.02	0.07
2 and over...	1.25	27.85	0.23	0.03	14.72	1.43	0.01	0.13	0.03	0.01	0.06
\$75,000 and higher:											
2 - 5.....	0.71	18.99	0.14	0.02	9.33	0.88	0.01	0.05	#0.01	*	#0.02
6 - 11.....	1.15	28.21	0.21	0.02	14.33	1.25	0.02	0.10	0.01	0.01	0.03
12 - 19.....	1.41	32.30	0.23	0.03	15.78	1.42	0.02	0.11	0.02	0.01	0.04
20 and over....	1.35	30.10	0.26	0.04	16.77	1.65	0.01	0.16	0.06	0.02	0.10
2 and over...	1.31	29.65	0.24	0.03	16.02	1.54	0.02	0.14	0.05	0.02	0.08
All Individuals⁴:											
2 - 5.....	0.74	18.78	0.14	0.02	9.29	0.89	0.01	0.06	0.02	0.01	0.03
6 - 11.....	1.06	26.04	0.19	0.02	13.21	1.16	0.02	0.09	0.02	0.01	0.04
12 - 19.....	1.35	30.03	0.23	0.03	15.57	1.40	0.02	0.12	0.02	0.01	0.04
20 and over....	1.30	28.77	0.25	0.04	15.61	1.54	0.01	0.14	0.05	0.02	0.09
2 and over...	1.26	28.14	0.23	0.03	15.05	1.45	0.01	0.13	0.04	0.02	0.07

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Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006--continued

Family income in dollars and age (years)	Caffeine (mg)	Theo- bromine (mg)	Alcohol (g)
\$0 - \$24,999:			
2 - 5.....	9.6	34.4	#*
6 - 11.....	18.3	66.8	#*
12 - 19.....	65.9	41.3	2.4
20 and over....	166.1	37.9	8.8
2 and over...	132.0	40.3	6.7
\$25,000 - \$74,999:			
2 - 5.....	7.9	46.0	#*
6 - 11.....	16.9	78.1	#*
12 - 19.....	56.4	40.1	3.1
20 and over....	195.6	40.2	11.4
2 and over...	157.7	43.3	9.1
\$75,000 and higher:			
2 - 5.....	5.2	45.2	#*
6 - 11.....	19.5	86.8	#*
12 - 19.....	56.2	54.5	#0.9
20 and over....	201.2	38.4	13.6
2 and over...	153.2	46.0	9.8
All Individuals⁴:			
2 - 5.....	7.6	41.6	#*
6 - 11.....	18.3	78.4	#*
12 - 19.....	58.5	45.1	2.1
20 and over....	189.7	39.7	11.4
2 and over...	149.8	43.7	8.8

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Table 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006

Family income in dollars 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)
\$0 - \$24,999:											
2 - 5.....	346	33.8	1.74	6.5	3.8	0.48	1.52	0.61	0.70	0.38	10.7
6 - 11.....	306	47.7	2.20	6.9	5.4	0.56	2.72	0.89	1.14	0.64	17.3
12 - 19.....	708	115.0	3.87	18.1	11.9	0.70	4.05	1.29	1.53	1.04	7.7
20 and over....	1416	57.4	2.10	8.1	5.0	0.35	2.29	0.84	0.84	0.55	6.8
2 and over...	2776	44.7	1.56	6.0	3.8	0.30	1.89	0.68	0.71	0.44	5.4
\$25,000 - \$74,999:											
2 - 5.....	362	37.6	1.29	5.7	3.7	0.46	1.90	0.89	0.67	0.38	7.1
6 - 11.....	431	31.5	1.37	6.1	4.7	0.82	1.51	0.45	0.57	0.52	7.0
12 - 19.....	866	71.9	3.27	9.0	6.1	0.46	2.41	1.14	0.90	0.53	11.6
20 and over....	1988	50.1	1.98	5.4	2.9	0.45	2.40	0.78	0.83	0.65	9.7
2 and over...	3647	42.6	1.68	4.9	2.8	0.41	1.92	0.68	0.66	0.51	7.1
\$75,000 and higher:											
2 - 5.....	156	43.4	2.28	7.8	3.7	0.74	2.31	0.76	0.77	0.91	12.4
6 - 11.....	250	55.1	2.44	7.0	5.6	0.49	3.15	1.26	1.20	0.78	24.8
12 - 19.....	452	55.4	2.85	6.5	4.7	0.38	2.90	1.25	1.15	0.52	12.3
20 and over....	944	22.8	1.30	4.8	3.3	0.68	1.70	0.70	0.66	0.33	7.8
2 and over...	1802	23.7	1.19	4.0	2.7	0.50	1.51	0.63	0.56	0.33	6.9
All Individuals⁴:											
2 - 5.....	902	24.4	1.23	4.0	2.5	0.31	1.12	0.51	0.42	0.26	7.9
6 - 11.....	1012	35.6	1.67	4.0	3.5	0.38	1.83	0.59	0.71	0.48	10.8
12 - 19.....	2115	45.7	2.18	6.8	4.6	0.28	1.59	0.66	0.57	0.38	7.7
20 and over....	4520	33.1	1.35	4.2	2.6	0.31	1.67	0.57	0.60	0.41	4.3
2 and over...	8549	29.0	1.15	3.6	2.3	0.26	1.35	0.49	0.48	0.31	3.3

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Table 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006--continued

Family income in dollars 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-crypto- xanthin (µg)	Lycopene (µg)	Lutein + zeaxanthin (µg)
\$0 - \$24,999:									
2 - 5.....	0.23	0.04	20.1	22.1	43.6	146.1	17.3	386.2	66.9
6 - 11.....	0.31	0.12	22.5	29.7	52.5	164.5	15.0	769.2	50.5
12 - 19.....	0.30	0.02	24.0	37.7	49.3	196.2	10.7	528.5	77.2
20 and over....	0.18	0.14	36.2	33.0	39.2	127.5	9.4	323.4	128.3
2 and over...	0.15	0.10	27.3	26.5	32.5	107.0	6.6	285.6	86.6
\$25,000 - \$74,999:									
2 - 5.....	0.18	0.15	27.3	26.2	72.5	184.0	9.9	514.2	50.9
6 - 11.....	0.24	0.07	42.1	53.8	124.8	332.7	13.1	623.7	88.3
12 - 19.....	0.31	0.21	27.6	39.1	55.0	176.8	12.1	372.6	73.1
20 and over....	0.29	0.09	14.1	16.6	35.2	92.7	6.8	428.9	91.6
2 and over...	0.22	0.08	13.9	14.9	27.3	77.1	5.6	312.1	73.3
\$75,000 and higher:									
2 - 5.....	0.27	0.02	17.4	30.6	63.3	162.9	9.9	314.9	66.5
6 - 11.....	0.38	0.04	30.5	34.7	92.0	287.8	12.7	463.9	129.7
12 - 19.....	0.28	0.06	20.7	39.9	104.8	274.0	16.3	527.0	137.6
20 and over....	0.28	0.20	28.9	45.8	35.9	262.0	11.0	342.8	94.7
2 and over...	0.21	0.14	24.1	34.5	35.3	188.3	7.4	308.2	67.9
All Individuals⁴:									
2 - 5.....	0.13	0.07	17.7	19.8	40.7	105.7	7.7	249.0	32.2
6 - 11.....	0.18	0.05	18.0	30.1	67.2	187.3	9.1	287.6	65.0
12 - 19.....	0.19	0.09	16.5	20.0	25.8	86.2	7.2	285.5	50.1
20 and over....	0.18	0.11	15.5	16.8	25.6	81.2	5.5	229.1	49.4
2 and over...	0.15	0.08	13.2	14.1	21.6	62.3	3.7	172.4	34.8

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³PFA = polyunsaturated fatty acid.

⁴"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006--continued

Family income in dollars and age (years)	Thiamin (mg)	Ribo- flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (µg)	Food folate (µg)	Folate (µg DFE)	Choline (mg)	Vit. B12 (µg)	Added Vit. B12 (µg)	Vit. C (mg)	Vit. K (µg)
\$0 - \$24,999:												
2 - 5.....	0.048	0.065	0.49	0.052	12.1	5.1	24.7	6.9	0.168	0.122	6.43	3.60
6 - 11.....	0.053	0.069	0.83	0.070	16.0	5.8	27.0	10.2	0.390	0.184	6.81	4.25
12 - 19.....	0.085	0.086	1.06	0.053	14.3	7.3	27.9	8.5	0.261	0.145	5.58	4.05
20 and over....	0.040	0.054	0.74	0.056	9.2	5.3	16.5	6.1	0.393	0.083	3.51	6.85
2 and over...	0.026	0.042	0.54	0.040	6.7	3.5	11.5	4.6	0.310	0.065	2.35	5.01
\$25,000 - \$74,999:												
2 - 5.....	0.052	0.068	0.62	0.073	18.9	6.1	33.1	5.7	0.180	0.122	3.79	3.07
6 - 11.....	0.049	0.086	0.64	0.081	15.0	4.8	28.1	6.7	0.403	0.184	4.44	4.75
12 - 19.....	0.060	0.100	1.40	0.118	14.1	5.7	26.3	13.2	0.414	0.223	4.06	3.48
20 and over....	0.038	0.064	0.67	0.052	5.9	4.5	12.3	8.3	0.127	0.084	2.98	4.35
2 and over...	0.036	0.064	0.63	0.047	7.0	3.6	13.9	6.7	0.141	0.080	2.31	3.44
\$75,000 and higher:												
2 - 5.....	0.048	0.053	0.89	0.048	11.9	5.6	20.8	10.6	0.320	0.107	6.37	5.95
6 - 11.....	0.039	0.088	0.79	0.063	9.2	6.5	18.3	17.4	0.258	0.104	6.24	6.77
12 - 19.....	0.071	0.074	0.83	0.070	11.6	8.6	20.5	10.4	0.274	0.137	5.79	3.12
20 and over....	0.077	0.067	0.61	0.063	8.8	7.3	16.9	5.2	0.229	0.102	5.03	5.88
2 and over...	0.057	0.055	0.43	0.046	7.4	5.1	13.4	4.9	0.156	0.081	3.63	4.59
All Individuals⁴:												
2 - 5.....	0.038	0.051	0.46	0.049	9.4	3.4	17.1	6.1	0.152	0.083	3.78	2.65
6 - 11.....	0.029	0.055	0.51	0.056	7.0	4.2	12.8	9.5	0.207	0.091	3.57	3.16
12 - 19.....	0.029	0.060	0.78	0.062	5.2	3.7	11.0	7.6	0.228	0.136	3.05	2.13
20 and over....	0.029	0.039	0.46	0.044	4.2	3.7	8.4	4.1	0.098	0.051	2.36	3.46
2 and over...	0.024	0.039	0.38	0.036	3.8	2.8	7.7	3.8	0.110	0.045	1.70	2.59

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

¹SFA = saturated fatty acid.

²MFA = monounsaturated fatty acid.

³PFA = polyunsaturated fatty acid.

⁴"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006--continued

Family income in dollars and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium (mg)	Potassium (mg)	Selenium (µg)
\$0 - \$24,999:									
2 - 5.....	37.6	33.7	6.7	0.66	0.41	0.03	71.0	69.2	2.52
6 - 11.....	31.0	32.8	6.8	0.54	0.29	0.04	122.0	85.4	3.47
12 - 19.....	45.4	60.4	8.9	0.70	0.48	0.04	189.2	98.2	5.39
20 and over....	24.7	35.1	7.6	0.35	0.50	0.06	106.2	58.6	2.72
2 and over...	19.6	25.2	5.2	0.25	0.36	0.05	80.7	43.1	1.83
\$25,000 - \$74,999:									
2 - 5.....	31.8	30.1	5.2	0.71	0.36	0.03	75.2	65.8	2.34
6 - 11.....	43.4	40.3	7.0	0.65	0.25	0.03	48.3	56.8	2.12
12 - 19.....	51.3	50.2	8.8	0.56	0.46	0.03	125.5	80.1	4.63
20 and over....	28.3	34.1	7.4	0.35	0.29	0.03	72.8	57.7	3.03
2 and over...	28.8	31.2	6.4	0.36	0.25	0.03	61.7	50.4	2.60
\$75,000 and higher:									
2 - 5.....	54.6	42.5	8.3	0.58	0.39	0.04	115.7	61.4	3.75
6 - 11.....	51.1	48.9	8.9	0.34	0.42	0.04	157.4	71.2	3.11
12 - 19.....	47.6	41.2	7.9	0.52	0.54	0.04	144.7	66.0	3.08
20 and over....	35.0	25.4	6.7	0.40	0.50	0.04	76.1	62.1	1.36
2 and over...	28.0	22.0	4.9	0.30	0.38	0.03	73.2	47.3	1.04
All Individuals⁴:									
2 - 5.....	24.5	24.9	4.3	0.41	0.26	0.02	34.2	41.1	1.80
6 - 11.....	28.4	30.1	5.0	0.32	0.26	0.02	75.0	56.3	1.82
12 - 19.....	31.9	30.8	6.0	0.31	0.30	0.02	90.4	54.3	2.86
20 and over....	19.6	21.6	4.6	0.21	0.24	0.02	54.2	36.9	1.89
2 and over...	18.9	19.6	3.8	0.19	0.21	0.02	47.5	33.9	1.57

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

¹SFA = saturated fatty acid.

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³PFA = polyunsaturated fatty acid.

⁴"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

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Table 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006--continued

Family income in dollars 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)
\$0 - \$24,999:								
2 - 5.....	0.030	0.022	0.022	0.025	0.035	0.091	0.301	0.158
6 - 11.....	0.018	0.011	0.018	0.016	0.102	0.069	0.522	0.273
12 - 19.....	0.038	0.016	0.012	0.023	0.064	0.124	0.722	0.351
20 and over....	0.033	0.019	0.014	0.024	0.054	0.098	0.436	0.191
2 and over...	0.027	0.016	0.012	0.019	0.041	0.078	0.362	0.164
\$25,000 - \$74,999:								
2 - 5.....	0.031	0.020	0.021	0.026	0.075	0.109	0.443	0.210
6 - 11.....	0.025	0.015	0.011	0.019	0.068	0.066	0.223	0.102
12 - 19.....	0.040	0.021	0.022	0.031	0.095	0.142	0.563	0.280
20 and over....	0.027	0.013	0.010	0.017	0.033	0.079	0.420	0.204
2 and over...	0.024	0.013	0.009	0.016	0.031	0.074	0.349	0.169
\$75,000 and higher:								
2 - 5.....	0.040	0.021	0.021	0.027	0.060	0.116	0.403	0.183
6 - 11.....	0.054	0.030	0.021	0.033	0.076	0.161	0.635	0.312
12 - 19.....	0.051	0.024	0.021	0.034	0.072	0.165	0.618	0.308
20 and over....	0.023	0.013	0.012	0.018	0.048	0.081	0.348	0.195
2 and over...	0.023	0.012	0.010	0.016	0.041	0.074	0.309	0.160
All Individuals⁴:								
2 - 5.....	0.021	0.011	0.011	0.016	0.036	0.062	0.251	0.124
6 - 11.....	0.025	0.014	0.010	0.016	0.041	0.069	0.321	0.165
12 - 19.....	0.023	0.012	0.014	0.019	0.053	0.079	0.338	0.168
20 and over....	0.019	0.009	0.008	0.013	0.029	0.060	0.298	0.149
2 and over...	0.017	0.009	0.007	0.012	0.026	0.055	0.246	0.122

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

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³PFA = polyunsaturated fatty acid.

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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

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Table 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006--continued

Family income in dollars 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)
\$0 - \$24,999:											
2 - 5.....	0.037	0.652	0.009	0.006	0.373	0.019	0.001	0.006	0.005	0.001	0.006
6 - 11.....	0.064	1.061	0.014	0.006	0.594	0.049	0.002	0.008	0.008	0.004	0.011
12 - 19.....	0.071	1.427	0.017	0.002	0.929	0.099	0.003	0.007	0.005	0.002	0.008
20 and over....	0.033	0.801	0.010	0.006	0.502	0.037	0.001	0.005	0.004	0.002	0.007
2 and over...	0.029	0.678	0.008	0.004	0.399	0.030	0.001	0.004	0.003	0.002	0.005
\$25,000 - \$74,999:											
2 - 5.....	0.038	0.647	0.005	0.002	0.359	0.037	0.002	0.003	0.005	0.001	0.007
6 - 11.....	0.034	0.566	0.008	0.001	0.466	0.053	0.003	0.008	0.006	0.001	0.011
12 - 19.....	0.065	0.813	0.010	0.006	0.489	0.046	0.003	0.006	0.002	0.001	0.006
20 and over....	0.030	0.787	0.007	0.003	0.584	0.066	0.001	0.006	0.005	0.001	0.008
2 and over...	0.024	0.625	0.006	0.003	0.458	0.050	0.001	0.004	0.004	0.001	0.007
\$75,000 and higher:											
2 - 5.....	0.039	0.795	0.011	0.006	0.818	0.096	0.002	0.004	0.004	0.001	0.007
6 - 11.....	0.066	1.130	0.015	0.004	0.743	0.085	0.003	0.009	0.003	0.001	0.006
12 - 19.....	0.059	1.078	0.011	0.005	0.455	0.047	0.005	0.007	0.004	0.001	0.006
20 and over....	0.047	0.610	0.008	0.004	0.291	0.039	0.002	0.004	0.008	0.002	0.009
2 and over...	0.038	0.514	0.006	0.003	0.285	0.037	0.002	0.003	0.006	0.002	0.007
All Individuals⁴:											
2 - 5.....	0.021	0.396	0.005	0.002	0.239	0.027	0.001	0.003	0.002	0.001	0.003
6 - 11.....	0.030	0.672	0.008	0.002	0.443	0.050	0.002	0.006	0.004	0.001	0.007
12 - 19.....	0.035	0.530	0.008	0.003	0.347	0.033	0.003	0.004	0.002	0.001	0.003
20 and over....	0.024	0.566	0.006	0.002	0.363	0.037	0.001	0.003	0.004	0.001	0.005
2 and over...	0.019	0.457	0.005	0.002	0.279	0.029	0.001	0.002	0.003	0.001	0.004

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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

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Table 5se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006--continued

Family income in dollars and age (years)	Caffeine (mg)	Theo- bromine (mg)	Alcohol (g)
\$0 - \$24,999:			
2 - 5.....	1.44	3.55	*
6 - 11.....	2.54	7.38	*
12 - 19.....	12.09	3.02	0.52
20 and over....	8.23	3.04	0.70
2 and over...	6.58	2.42	0.53
\$25,000 - \$74,999:			
2 - 5.....	0.84	4.89	0.01
6 - 11.....	3.22	7.76	0.02
12 - 19.....	5.33	6.68	0.86
20 and over....	11.17	2.44	1.15
2 and over...	9.50	1.86	0.89
\$75,000 and higher:			
2 - 5.....	1.54	9.00	0.02
6 - 11.....	2.68	13.00	0.02
12 - 19.....	8.45	3.90	0.42
20 and over....	10.68	3.05	1.31
2 and over...	7.23	2.92	0.96
All Individuals⁴:			
2 - 5.....	0.50	3.41	*
6 - 11.....	1.64	6.14	0.01
12 - 19.....	4.20	3.21	0.40
20 and over....	6.11	1.59	0.67
2 and over...	5.27	1.40	0.52

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

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³PFA = polyunsaturated fatty acid.

⁴"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 6. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, One Day, 2005-2006

Family income in dollars and age (years)	Food energy (kcal)	Protein		Carbohydrate		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat		Alcohol	
		(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)
\$0 - \$24,999:															
2 - 5.....	1587	56.5	14.3	218	55.2	56.7	31.8	21.4	12.0	20.0	11.2	10.2	5.7	#*	#*
6 - 11.....	1894	67.9	14.6	252	53.3	70.8	33.2	24.9	11.7	25.7	12.1	13.9	6.5	#*	#*
12 - 19.....	2405	82.6	13.8	319	53.3	89.6	33.4	29.5	11.2	33.0	12.3	19.5	7.1	2.4	0.6
20 and over....	2125	80.9	15.6	262	50.0	80.0	33.1	26.7	11.1	29.5	12.1	16.7	6.9	8.8	2.5
2 and over...	2104	78.4	15.3	265	51.0	78.8	33.0	26.5	11.2	29.0	12.0	16.4	6.8	6.7	1.9
\$25,000 - \$74,999:															
2 - 5.....	1551	53.7	14.2	216	55.6	55.1	31.5	20.1	11.4	19.9	11.4	10.5	6.1	#*	#*
6 - 11.....	1941	63.2	13.2	263	54.4	73.1	33.6	26.0	12.0	27.0	12.4	14.2	6.5	#*	#*
12 - 19.....	2230	80.4	14.4	292	53.2	82.1	32.7	29.0	11.5	29.9	11.9	16.1	6.5	3.1	0.7
20 and over....	2184	82.9	15.5	262	48.8	83.6	33.8	28.5	11.4	30.8	12.4	17.3	7.1	11.4	3.2
2 and over...	2139	79.7	15.1	263	50.1	81.2	33.5	27.9	11.5	29.9	12.3	16.6	6.9	9.1	2.5
\$75,000 and higher:															
2 - 5.....	1578	52.1	13.4	225	57.8	54.3	30.1	19.4	10.8	20.3	11.3	10.4	5.7	#*	#*
6 - 11.....	2099	71.0	13.6	277	53.2	81.7	34.6	29.1	12.3	30.1	12.8	15.9	6.7	#*	#*
12 - 19.....	2401	85.1	14.1	312	53.1	92.4	33.8	32.6	12.0	34.5	12.6	17.6	6.5	#0.9	#0.2
20 and over....	2273	93.4	16.9	261	46.3	87.7	34.5	28.9	11.4	32.2	12.6	19.0	7.5	13.6	3.6
2 and over...	2238	87.9	16.0	268	48.5	86.1	34.2	29.0	11.5	31.7	12.5	18.0	7.2	9.8	2.6
All Individuals¹:															
2 - 5.....	1564	54.1	14.1	217	55.9	55.3	31.3	20.2	11.4	20.0	11.3	10.4	5.9	#*	#*
6 - 11.....	1985	67.1	13.6	265	53.8	75.5	33.8	26.8	12.0	27.7	12.4	14.7	6.5	#*	#*
12 - 19.....	2324	82.4	14.2	304	53.1	87.2	33.3	30.3	11.6	32.1	12.2	17.4	6.6	2.1	0.5
20 and over....	2195	85.4	15.9	262	48.4	83.8	33.8	28.1	11.3	30.8	12.4	17.6	7.2	11.4	3.2
2 and over...	2157	81.8	15.4	265	49.9	81.9	33.6	27.8	11.4	30.1	12.3	17.0	7.0	8.8	2.4

NOTES: # indicates an estimate with a relative standard error greater than 30%.
 * indicates a non-zero value too small to print.
¹"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, One Day, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 6se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, One Day, 2005-2006

Family income in dollars and age (years)	Food energy (kcal)	Protein		Carbohydrate		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat		Alcohol	
		(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)
\$0 - \$24,999:															
2 - 5.....	33.8	1.74	0.27	6.5	0.97	1.52	0.81	0.61	0.36	0.70	0.38	0.38	0.22	*	*
6 - 11.....	47.7	2.20	0.44	6.9	0.92	2.72	0.68	0.89	0.26	1.14	0.34	0.64	0.19	*	*
12 - 19.....	115.0	3.87	0.25	18.1	0.65	4.05	0.62	1.29	0.16	1.53	0.27	1.04	0.22	0.52	0.13
20 and over....	57.4	2.10	0.26	8.1	0.56	2.29	0.35	0.84	0.15	0.84	0.11	0.55	0.15	0.70	0.23
2 and over...	44.7	1.56	0.19	6.0	0.34	1.89	0.24	0.68	0.12	0.71	0.08	0.44	0.11	0.53	0.17
\$25,000 - \$74,999:															
2 - 5.....	37.6	1.29	0.40	5.7	0.70	1.90	0.62	0.89	0.37	0.67	0.19	0.38	0.15	0.01	*
6 - 11.....	31.5	1.37	0.29	6.1	0.61	1.51	0.51	0.45	0.17	0.57	0.22	0.52	0.20	0.02	0.01
12 - 19.....	71.9	3.27	0.23	9.0	0.34	2.41	0.33	1.14	0.14	0.90	0.17	0.53	0.23	0.86	0.16
20 and over....	50.1	1.98	0.13	5.4	0.35	2.40	0.36	0.78	0.13	0.83	0.13	0.65	0.17	1.15	0.29
2 and over...	42.6	1.68	0.12	4.9	0.24	1.92	0.27	0.68	0.11	0.66	0.09	0.51	0.14	0.89	0.23
\$75,000 and higher:															
2 - 5.....	43.4	2.28	0.61	7.8	1.34	2.31	1.02	0.76	0.45	0.77	0.31	0.91	0.38	0.02	0.01
6 - 11.....	55.1	2.44	0.33	7.0	0.97	3.15	0.67	1.26	0.29	1.20	0.29	0.78	0.25	0.02	0.01
12 - 19.....	55.4	2.85	0.25	6.5	0.72	2.90	0.62	1.25	0.23	1.15	0.31	0.52	0.21	0.42	0.09
20 and over....	22.8	1.30	0.21	4.8	0.64	1.70	0.50	0.70	0.22	0.66	0.18	0.33	0.11	1.31	0.30
2 and over...	23.7	1.19	0.15	4.0	0.56	1.51	0.39	0.63	0.17	0.56	0.14	0.33	0.09	0.96	0.22
All Individuals¹:															
2 - 5.....	24.4	1.23	0.26	4.0	0.65	1.12	0.50	0.51	0.23	0.42	0.19	0.26	0.15	*	*
6 - 11.....	35.6	1.67	0.19	4.0	0.44	1.83	0.29	0.59	0.09	0.71	0.14	0.48	0.15	0.01	*
12 - 19.....	45.7	2.18	0.17	6.8	0.39	1.59	0.33	0.66	0.09	0.57	0.16	0.38	0.13	0.40	0.07
20 and over....	33.1	1.35	0.09	4.2	0.35	1.67	0.26	0.57	0.11	0.60	0.09	0.41	0.11	0.67	0.19
2 and over...	29.0	1.15	0.06	3.6	0.25	1.35	0.19	0.49	0.09	0.48	0.07	0.31	0.08	0.52	0.15

NOTES: * indicates a non-zero value too small to print.
¹"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.
CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, One Day, 2005-2006. 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, 2005-2006

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.....	411	1566	55.5	215	118	10.3	56.1	20.8	19.9	10.3	202
6 - 11.....	379	1899	68.0	250	126	12.1	71.8	25.3	26.3	13.9	243
12 - 19.....	794	2265	79.3	296	149	13.5	85.8	28.4	31.6	18.4	240
20 and over....	1119	2182	82.6	272	133	15.4	80.7	27.2	29.7	16.5	299
2 and over...	2703	2107	78.0	268	133	14.3	78.2	26.6	28.8	16.0	274
131-185% poverty:											
2 - 5.....	102	1527	57.3	201	110	10.6	57.2	21.4	20.3	10.7	190
6 - 11.....	132	1899	62.3	259	124	12.3	70.3	24.6	26.1	13.5	193
12 - 19.....	251	2510	84.7	340	164	13.8	89.6	30.7	32.0	19.3	260
20 and over....	538	2084	82.0	254	115	15.0	78.2	26.2	29.1	16.2	292
2 and over...	1023	2070	78.5	260	121	14.3	77.1	26.2	28.4	15.9	271
Over 185% poverty:											
2 - 5.....	342	1575	52.2	225	119	10.9	54.1	19.6	20.0	10.3	140
6 - 11.....	474	2046	67.6	274	138	13.5	78.6	28.0	28.9	15.4	231
12 - 19.....	966	2332	83.6	305	153	14.0	87.6	31.1	32.4	16.7	265
20 and over....	2668	2216	86.7	260	116	16.1	85.6	28.7	31.5	18.1	295
2 and over...	4450	2189	83.5	265	122	15.5	84.0	28.5	30.9	17.4	281
All Individuals⁵:											
2 - 5.....	902	1564	54.1	217	117	10.7	55.3	20.2	20.0	10.4	169
6 - 11.....	1012	1985	67.1	265	133	13.0	75.5	26.8	27.7	14.7	230
12 - 19.....	2115	2324	82.4	304	152	13.9	87.2	30.3	32.1	17.4	257
20 and over....	4520	2195	85.4	262	120	15.9	83.8	28.1	30.8	17.6	295
2 and over...	8549	2157	81.8	265	124	15.1	81.9	27.8	30.1	17.0	278

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²SFA = saturated fatty acid.

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Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006--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.....	4.4	#0.1	443	530	184	898	133	3404	647
6 - 11.....	5.4	#0.1	455	589	306	1357	149	4734	713
12 - 19.....	6.7	#0.1	384	502	203	1244	141	5259	840
20 and over....	7.0	#0.6	454	619	309	1745	145	5196	1331
2 and over...	6.5	#0.4	442	589	281	1546	144	4990	1123
131-185% poverty:									
2 - 5.....	4.8	#0.5	446	553	339	1091	63	1852	644
6 - 11.....	5.7	#0.2	436	535	#273	1020	92	4674	523
12 - 19.....	6.7	#0.3	397	481	106	873	130	7031	683
20 and over....	6.2	0.1	412	602	431	1997	141	6297	1254
2 and over...	6.1	#0.2	415	579	374	1713	129	5888	1076
Over 185% poverty:									
2 - 5.....	4.2	#0.2	423	504	#183	841	92	3310	558
6 - 11.....	5.8	#0.1	564	678	#272	1198	69	3623	752
12 - 19.....	6.7	#0.3	485	608	296	1272	112	5755	810
20 and over....	7.7	0.6	457	645	378	2003	128	5523	1349
2 and over...	7.3	0.5	466	638	353	1815	120	5314	1212
All Individuals⁵:									
2 - 5.....	4.3	#0.2	431	519	210	907	101	3165	599
6 - 11.....	5.7	#0.1	525	641	276	1204	92	4141	718
12 - 19.....	6.7	#0.2	446	566	255	1241	124	5701	816
20 and over....	7.5	0.6	451	634	369	1945	132	5533	1334
2 and over...	7.1	0.5	455	620	339	1742	126	5305	1181

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²SFA = saturated fatty acid.

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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006. 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, 2005-2006--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)	Choline (mg)	Vit. B12 (µg)	Added Vit. B12 (µg)	Vit. C (mg)	Vit. K (µg)
Under 131% poverty:												
2 - 5.....	1.31	2.02	16.1	1.54	194	131	461	225	4.90	1.30	91.9	39.6
6 - 11.....	1.55	2.09	20.5	1.66	219	148	520	260	5.25	1.13	92.9	51.3
12 - 19.....	1.61	1.99	24.1	1.79	216	174	540	264	4.84	1.11	96.8	69.3
20 and over....	1.57	2.15	24.0	1.94	177	212	513	333	5.88	0.90	94.6	89.5
2 and over...	1.55	2.11	22.9	1.85	189	192	513	304	5.56	1.00	94.5	77.6
131-185% poverty:												
2 - 5.....	1.44	2.04	19.2	1.86	234	129	527	229	4.87	1.41	81.1	44.2
6 - 11.....	1.57	2.04	19.6	1.59	222	138	515	224	4.42	0.97	67.7	57.6
12 - 19.....	1.82	2.24	26.0	1.82	250	179	603	265	4.38	0.84	89.0	60.9
20 and over....	1.62	2.18	23.7	1.89	184	199	511	332	5.12	0.77	85.5	94.9
2 and over...	1.62	2.16	23.2	1.85	198	186	523	306	4.95	0.84	83.8	83.8
Over 185% poverty:												
2 - 5.....	1.29	1.88	15.5	1.35	183	126	437	189	4.13	1.00	84.3	43.4
6 - 11.....	1.56	2.22	20.5	1.62	228	148	535	246	4.88	1.13	69.3	61.1
12 - 19.....	1.78	2.34	26.1	2.01	243	175	587	291	6.30	1.63	81.1	65.7
20 and over....	1.75	2.37	26.6	2.07	195	223	555	340	5.67	1.04	85.9	102.2
2 and over...	1.72	2.33	25.7	2.00	202	208	552	322	5.61	1.11	84.1	92.7
All Individuals⁵:												
2 - 5.....	1.32	1.94	16.2	1.48	194	128	458	207	4.50	1.15	85.6	42.6
6 - 11.....	1.56	2.17	20.4	1.63	224	147	528	248	4.93	1.12	75.0	57.8
12 - 19.....	1.73	2.22	25.5	1.93	235	175	574	281	5.71	1.40	86.5	66.9
20 and over....	1.70	2.31	26.0	2.04	191	218	543	338	5.64	1.00	87.5	98.8
2 and over...	1.67	2.26	24.9	1.97	199	202	540	316	5.53	1.06	86.3	88.5

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Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006--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.....	919	1054	196	12.3	9.0	0.8	2247	2110	72.0
6 - 11.....	966	1185	220	14.6	10.8	1.0	3025	2182	90.2
12 - 19.....	907	1247	244	15.3	11.3	1.1	3451	2282	104.6
20 and over....	920	1324	287	15.4	12.8	1.4	3340	2642	106.6
2 and over...	923	1272	265	15.0	12.0	1.3	3222	2486	101.3
131-185% poverty:									
2 - 5.....	864	1046	198	12.5	9.5	0.9	2164	2108	70.4
6 - 11.....	919	1134	215	13.7	9.3	1.0	3000	2080	90.8
12 - 19.....	1017	1354	245	17.1	11.5	1.2	3820	2331	118.3
20 and over....	929	1313	287	15.5	11.8	1.3	3406	2679	110.5
2 and over...	933	1280	269	15.3	11.4	1.2	3319	2541	106.4
Over 185% poverty:									
2 - 5.....	912	1055	193	12.2	8.1	0.8	2318	1965	68.5
6 - 11.....	1044	1277	228	14.8	10.2	1.0	3117	2115	92.5
12 - 19.....	1081	1388	259	17.2	12.8	1.2	3706	2414	110.1
20 and over....	979	1385	312	16.5	13.0	1.4	3616	2796	114.0
2 and over...	992	1364	295	16.3	12.6	1.4	3534	2669	110.0
All Individuals⁵:									
2 - 5.....	904	1052	195	12.3	8.7	0.8	2270	2030	70.3
6 - 11.....	1012	1239	225	14.6	10.3	1.0	3083	2137	91.7
12 - 19.....	1025	1342	253	16.6	12.3	1.2	3637	2369	109.1
20 and over....	961	1365	305	16.2	12.8	1.4	3531	2754	112.2
2 and over...	970	1334	286	15.9	12.3	1.3	3436	2617	107.8

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Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006--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.....	0.55	0.36	0.31	0.45	0.57	2.03	10.91	5.07
6 - 11.....	0.59	0.32	0.26	0.45	0.65	2.20	13.52	6.61
12 - 19.....	0.60	0.31	0.25	0.44	0.76	2.33	15.39	7.42
20 and over....	0.57	0.31	0.26	0.44	0.76	2.27	14.71	7.03
2 and over...	0.57	0.32	0.26	0.44	0.73	2.25	14.33	6.87
131-185% poverty:								
2 - 5.....	0.59	0.36	0.30	0.47	0.69	2.10	11.21	5.14
6 - 11.....	0.58	0.32	0.29	0.46	#0.80	2.18	12.88	6.44
12 - 19.....	0.75	0.37	0.27	0.50	0.76	2.72	16.57	7.88
20 and over....	0.55	0.31	0.25	0.43	0.75	2.17	14.18	6.83
2 and over...	0.58	0.32	0.26	0.44	0.75	2.22	14.09	6.78
Over 185% poverty:								
2 - 5.....	0.54	0.30	0.26	0.42	0.63	1.86	10.03	4.97
6 - 11.....	0.73	0.38	0.30	0.55	0.88	2.56	14.49	7.24
12 - 19.....	0.73	0.38	0.31	0.55	0.94	2.77	16.37	8.13
20 and over....	0.65	0.34	0.27	0.49	0.80	2.45	15.38	7.42
2 and over...	0.66	0.35	0.27	0.50	0.82	2.46	15.20	7.38
All Individuals ⁵ :								
2 - 5.....	0.55	0.33	0.28	0.43	0.61	1.95	10.51	5.03
6 - 11.....	0.67	0.36	0.29	0.52	0.81	2.42	14.01	6.95
12 - 19.....	0.70	0.36	0.29	0.51	0.87	2.65	16.12	7.91
20 and over....	0.62	0.33	0.26	0.47	0.78	2.38	15.10	7.28
2 and over...	0.63	0.34	0.27	0.48	0.79	2.39	14.87	7.20

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Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006--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.....	0.77	18.77	0.15	0.02	9.18	0.93	0.01	0.08	0.02	0.01	0.03
6 - 11.....	1.09	24.52	0.19	0.02	12.44	1.12	0.02	0.11	0.02	#0.01	0.04
12 - 19.....	1.30	29.64	0.24	0.03	16.52	1.47	0.02	0.13	0.02	0.01	0.05
20 and over....	1.30	27.77	0.24	0.04	14.67	1.42	0.01	0.15	0.04	0.02	0.08
2 and over...	1.23	26.88	0.23	0.03	14.21	1.35	0.01	0.13	0.03	0.02	0.07
131-185% poverty:											
2 - 5.....	0.77	18.95	0.16	#0.01	9.43	0.88	0.01	0.07	#0.03	0.01	#0.05
6 - 11.....	0.88	24.67	0.17	0.02	12.20	1.04	0.02	0.08	#0.01	0.01	0.03
12 - 19.....	1.37	29.99	0.21	0.02	17.38	1.59	0.02	0.13	0.01	0.01	0.04
20 and over....	1.25	27.08	0.23	0.03	14.32	1.39	0.01	0.15	0.04	0.02	0.08
2 and over...	1.19	26.56	0.22	0.03	14.08	1.34	0.01	0.13	0.04	0.02	0.07
Over 185% poverty:											
2 - 5.....	0.70	18.74	0.13	0.02	9.25	0.86	0.01	0.05	0.01	*	0.02
6 - 11.....	1.08	27.14	0.20	0.02	13.86	1.21	0.02	0.09	#0.01	0.01	0.03
12 - 19.....	1.38	30.23	0.22	0.03	14.95	1.34	0.02	0.12	0.02	0.01	0.04
20 and over....	1.32	29.35	0.25	0.04	16.04	1.59	0.01	0.14	0.05	0.02	0.08
2 and over...	1.28	28.83	0.24	0.03	15.48	1.50	0.01	0.13	0.04	0.02	0.07
All Individuals⁵:											
2 - 5.....	0.74	18.78	0.14	0.02	9.29	0.89	0.01	0.06	0.02	0.01	0.03
6 - 11.....	1.06	26.04	0.19	0.02	13.21	1.16	0.02	0.09	0.02	0.01	0.04
12 - 19.....	1.35	30.03	0.23	0.03	15.57	1.40	0.02	0.12	0.02	0.01	0.04
20 and over....	1.30	28.77	0.25	0.04	15.61	1.54	0.01	0.14	0.05	0.02	0.09
2 and over...	1.26	28.14	0.23	0.03	15.05	1.45	0.01	0.13	0.04	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.

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

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006. 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, 2005-2006--continued

Family income as % of Federal poverty threshold ¹ and age (years)	Caffeine (mg)	Theo-bromine (mg)	Alcohol (g)
Under 131% poverty:			
2 - 5.....	9.6	35.2	#*
6 - 11.....	17.2	64.1	#*
12 - 19.....	58.6	41.0	2.3
20 and over....	158.5	36.9	9.1
2 and over...	113.7	40.4	6.2
131-185% poverty:			
2 - 5.....	7.5	41.0	0.0
6 - 11.....	17.4	74.3	#*
12 - 19.....	78.2	45.7	#4.0
20 and over....	155.2	36.3	8.5
2 and over...	122.5	41.3	6.5
Over 185% poverty:			
2 - 5.....	6.5	46.9	#*
6 - 11.....	18.8	85.7	#*
12 - 19.....	56.2	47.4	#1.9
20 and over....	202.5	40.0	12.4
2 and over...	164.6	44.5	9.8
All Individuals ⁵ :			
2 - 5.....	7.6	41.6	#*
6 - 11.....	18.3	78.4	#*
12 - 19.....	58.5	45.1	2.1
20 and over....	189.7	39.7	11.4
2 and over...	149.8	43.7	8.8

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²SFA = saturated fatty acid.

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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, 2005-2006

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.....	411	31.2	1.52	6.1	3.4	0.49	1.26	0.53	0.55	0.29	9.1
6 - 11.....	379	43.9	2.00	5.3	4.3	0.44	2.81	0.87	1.16	0.70	20.6
12 - 19.....	794	90.8	3.90	10.9	7.6	0.59	4.24	1.30	1.62	1.08	9.6
20 and over....	1119	68.7	2.33	9.7	6.3	0.40	2.72	0.92	1.09	0.69	10.2
2 and over...	2703	50.0	1.55	6.7	4.5	0.27	2.24	0.77	0.89	0.54	7.3
131-185% poverty:											
2 - 5.....	102	72.2	3.02	13.0	8.8	0.75	3.16	1.63	1.16	0.70	16.6
6 - 11.....	132	78.7	2.41	13.1	8.3	0.67	2.84	1.07	1.30	0.51	14.2
12 - 19.....	251	233.2	5.64	42.2	27.2	0.77	6.12	2.32	2.07	1.35	19.7
20 and over....	538	50.1	2.40	6.4	4.2	0.50	2.60	0.81	1.03	0.68	12.9
2 and over...	1023	38.9	1.58	6.6	4.0	0.36	1.76	0.61	0.69	0.46	9.4
Over 185% poverty:											
2 - 5.....	342	31.0	1.69	5.4	3.5	0.55	1.35	0.72	0.48	0.45	8.3
6 - 11.....	474	37.5	2.05	4.8	3.7	0.55	2.00	0.77	0.75	0.50	19.0
12 - 19.....	966	52.7	2.94	6.8	4.4	0.33	1.91	0.92	0.74	0.39	10.5
20 and over....	2668	37.2	1.56	4.3	2.5	0.38	1.95	0.66	0.71	0.48	5.7
2 and over...	4450	32.8	1.41	3.8	2.3	0.32	1.61	0.59	0.57	0.38	3.8
All Individuals⁵:											
2 - 5.....	902	24.4	1.23	4.0	2.5	0.31	1.12	0.51	0.42	0.26	7.9
6 - 11.....	1012	35.6	1.67	4.0	3.5	0.38	1.83	0.59	0.71	0.48	10.8
12 - 19.....	2115	45.7	2.18	6.8	4.6	0.28	1.59	0.66	0.57	0.38	7.7
20 and over....	4520	33.1	1.35	4.2	2.6	0.31	1.67	0.57	0.60	0.41	4.3
2 and over...	8549	29.0	1.15	3.6	2.3	0.26	1.35	0.49	0.48	0.31	3.3

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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, 2005-2006--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.....	0.17	0.05	19.3	19.1	35.5	127.5	16.5	290.2	61.2
6 - 11.....	0.15	0.10	21.2	26.7	57.8	188.4	16.5	653.8	54.6
12 - 19.....	0.31	0.06	23.1	33.9	44.1	164.6	13.7	408.6	77.8
20 and over....	0.23	0.19	50.8	46.8	25.9	156.9	7.3	339.3	178.1
2 and over...	0.17	0.12	35.3	34.0	21.7	107.0	5.2	228.3	104.7
131-185% poverty:									
2 - 5.....	0.56	0.41	43.9	47.3	87.2	219.1	12.2	315.4	89.7
6 - 11.....	0.56	0.17	41.9	58.0	90.3	210.3	15.7	735.4	74.6
12 - 19.....	0.51	0.23	28.2	32.3	30.9	187.7	24.3	1382.5	77.7
20 and over....	0.20	0.04	13.9	24.6	76.9	206.4	17.4	664.3	141.3
2 and over...	0.14	0.06	14.0	21.9	59.2	157.0	11.9	475.5	101.4
Over 185% poverty:									
2 - 5.....	0.16	0.06	19.7	26.5	63.8	157.2	9.2	460.6	47.7
6 - 11.....	0.22	0.05	26.5	38.7	89.7	238.7	9.2	449.4	91.4
12 - 19.....	0.28	0.13	20.6	18.3	35.4	99.2	10.3	325.3	65.6
20 and over....	0.23	0.10	15.2	19.5	27.2	93.1	7.4	274.4	60.5
2 and over...	0.18	0.08	13.9	16.2	24.5	75.5	5.4	210.7	46.2
All Individuals⁵:									
2 - 5.....	0.13	0.07	17.7	19.8	40.7	105.7	7.7	249.0	32.2
6 - 11.....	0.18	0.05	18.0	30.1	67.2	187.3	9.1	287.6	65.0
12 - 19.....	0.19	0.09	16.5	20.0	25.8	86.2	7.2	285.5	50.1
20 and over....	0.18	0.11	15.5	16.8	25.6	81.2	5.5	229.1	49.4
2 and over...	0.15	0.08	13.2	14.1	21.6	62.3	3.7	172.4	34.8

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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, 2005-2006--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)	Choline (mg)	Vit. B12 (µg)	Added Vit. B12 (µg)	Vit. C (mg)	Vit. K (µg)
Under 131% poverty:												
2 - 5.....	0.039	0.057	0.41	0.044	9.7	4.9	19.8	6.4	0.175	0.126	5.96	3.10
6 - 11.....	0.055	0.070	0.78	0.072	19.7	5.1	33.4	10.8	0.283	0.131	6.21	3.35
12 - 19.....	0.057	0.067	0.90	0.053	14.0	6.9	24.8	8.9	0.194	0.146	5.31	4.65
20 and over....	0.057	0.078	0.71	0.054	10.0	5.9	18.3	9.5	0.590	0.064	4.14	8.37
2 and over...	0.038	0.057	0.44	0.033	7.1	3.4	13.0	6.1	0.397	0.054	2.53	5.19
131-185% poverty:												
2 - 5.....	0.092	0.146	1.27	0.161	46.3	10.8	80.6	14.7	0.296	0.274	7.45	5.91
6 - 11.....	0.080	0.121	0.92	0.088	13.7	6.3	22.8	14.2	0.359	0.203	4.69	8.63
12 - 19.....	0.200	0.220	1.78	0.091	34.2	18.2	73.5	13.9	0.386	0.136	7.97	5.26
20 and over....	0.047	0.055	0.71	0.075	10.0	5.5	17.3	9.9	0.184	0.102	5.18	11.27
2 and over...	0.037	0.050	0.42	0.057	9.7	4.6	16.3	7.8	0.157	0.079	3.41	8.41
Over 185% poverty:												
2 - 5.....	0.047	0.054	0.61	0.039	10.8	4.6	18.6	7.7	0.200	0.089	5.06	3.36
6 - 11.....	0.035	0.069	0.53	0.063	8.9	5.0	16.0	12.9	0.263	0.099	5.35	3.96
12 - 19.....	0.049	0.083	1.07	0.086	8.9	5.9	18.9	10.8	0.283	0.168	4.11	2.60
20 and over....	0.039	0.043	0.51	0.041	5.3	4.5	10.7	5.3	0.103	0.069	3.08	3.39
2 and over...	0.032	0.044	0.43	0.035	5.0	3.4	9.9	4.3	0.093	0.061	2.42	2.54
All Individuals⁵:												
2 - 5.....	0.038	0.051	0.46	0.049	9.4	3.4	17.1	6.1	0.152	0.083	3.78	2.65
6 - 11.....	0.029	0.055	0.51	0.056	7.0	4.2	12.8	9.5	0.207	0.091	3.57	3.16
12 - 19.....	0.029	0.060	0.78	0.062	5.2	3.7	11.0	7.6	0.228	0.136	3.05	2.13
20 and over....	0.029	0.039	0.46	0.044	4.2	3.7	8.4	4.1	0.098	0.051	2.36	3.46
2 and over...	0.024	0.039	0.38	0.036	3.8	2.8	7.7	3.8	0.110	0.045	1.70	2.59

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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, 2005-2006--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.....	35.4	31.4	6.6	0.58	0.36	0.03	59.8	68.5	2.24
6 - 11.....	26.3	30.6	6.7	0.53	0.43	0.02	93.3	80.0	2.95
12 - 19.....	32.5	49.4	8.9	0.53	0.49	0.04	173.1	95.0	4.49
20 and over....	29.9	43.6	6.9	0.44	0.82	0.10	122.3	68.5	3.54
2 and over...	22.0	27.7	3.7	0.29	0.49	0.06	81.7	41.9	2.12
131-185% poverty:									
2 - 5.....	50.1	56.0	7.8	0.76	0.79	0.05	135.7	141.9	3.85
6 - 11.....	77.6	58.8	9.8	0.37	0.39	0.07	149.8	105.0	5.09
12 - 19.....	101.8	107.1	12.7	1.56	0.90	0.06	276.0	110.9	9.95
20 and over....	24.5	31.1	8.7	0.56	0.38	0.04	79.8	68.2	4.08
2 and over...	21.7	24.3	5.6	0.41	0.29	0.03	65.7	55.5	2.23
Over 185% poverty:									
2 - 5.....	42.1	38.2	6.6	0.59	0.28	0.03	58.8	65.8	2.52
6 - 11.....	38.0	39.9	5.1	0.38	0.30	0.02	105.8	55.4	2.13
12 - 19.....	47.4	42.5	7.9	0.48	0.50	0.03	127.0	73.3	3.87
20 and over....	24.0	24.8	5.4	0.26	0.25	0.02	60.8	41.9	2.09
2 and over...	23.9	23.7	4.5	0.23	0.23	0.02	61.0	36.8	1.90
All Individuals⁵:									
2 - 5.....	24.5	24.9	4.3	0.41	0.26	0.02	34.2	41.1	1.80
6 - 11.....	28.4	30.1	5.0	0.32	0.26	0.02	75.0	56.3	1.82
12 - 19.....	31.9	30.8	6.0	0.31	0.30	0.02	90.4	54.3	2.86
20 and over....	19.6	21.6	4.6	0.21	0.24	0.02	54.2	36.9	1.89
2 and over...	18.9	19.6	3.8	0.19	0.21	0.02	47.5	33.9	1.57

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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, 2005-2006--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.....	0.021	0.015	0.018	0.018	0.031	0.068	0.267	0.136
6 - 11.....	0.024	0.013	0.009	0.017	0.046	0.079	0.479	0.257
12 - 19.....	0.036	0.018	0.012	0.022	0.063	0.116	0.743	0.339
20 and over....	0.031	0.020	0.015	0.024	0.038	0.097	0.501	0.254
2 and over...	0.024	0.015	0.010	0.017	0.028	0.077	0.418	0.213
131-185% poverty:								
2 - 5.....	0.072	0.054	0.047	0.064	0.104	0.240	0.841	0.369
6 - 11.....	0.046	0.024	0.040	0.032	0.254	0.117	0.550	0.349
12 - 19.....	0.085	0.029	0.022	0.042	0.094	0.263	1.280	0.568
20 and over....	0.030	0.017	0.014	0.023	0.049	0.095	0.439	0.210
2 and over...	0.023	0.014	0.013	0.018	0.052	0.076	0.324	0.164
Over 185% poverty:								
2 - 5.....	0.037	0.023	0.019	0.027	0.066	0.115	0.325	0.154
6 - 11.....	0.040	0.021	0.014	0.024	0.054	0.108	0.395	0.188
12 - 19.....	0.035	0.017	0.019	0.027	0.075	0.123	0.458	0.229
20 and over....	0.022	0.010	0.008	0.014	0.033	0.068	0.346	0.182
2 and over...	0.022	0.011	0.009	0.015	0.032	0.068	0.295	0.150
All Individuals ⁵ :								
2 - 5.....	0.021	0.011	0.011	0.016	0.036	0.062	0.251	0.124
6 - 11.....	0.025	0.014	0.010	0.016	0.041	0.069	0.321	0.165
12 - 19.....	0.023	0.012	0.014	0.019	0.053	0.079	0.338	0.168
20 and over....	0.019	0.009	0.008	0.013	0.029	0.060	0.298	0.149
2 and over...	0.017	0.009	0.007	0.012	0.026	0.055	0.246	0.122

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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, 2005-2006--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.....	0.028	0.519	0.008	0.005	0.274	0.024	0.001	0.005	0.005	0.001	0.006
6 - 11.....	0.055	1.127	0.010	0.005	0.649	0.058	0.005	0.008	0.006	0.004	0.009
12 - 19.....	0.085	1.490	0.021	0.002	0.969	0.093	0.003	0.010	0.005	0.002	0.007
20 and over....	0.042	1.022	0.013	0.007	0.607	0.056	0.002	0.007	0.006	0.004	0.011
2 and over...	0.035	0.833	0.009	0.005	0.481	0.043	0.002	0.005	0.004	0.002	0.007
131-185% poverty:											
2 - 5.....	0.075	1.091	0.017	0.003	0.678	0.072	0.003	0.006	0.012	0.003	0.018
6 - 11.....	0.058	1.250	0.011	0.004	0.488	0.036	0.004	0.008	0.005	0.001	0.009
12 - 19.....	0.118	1.931	0.013	0.005	1.213	0.153	0.003	0.011	0.002	0.002	0.005
20 and over....	0.048	0.977	0.011	0.006	0.607	0.060	0.002	0.006	0.004	0.001	0.010
2 and over...	0.035	0.664	0.009	0.005	0.414	0.044	0.001	0.005	0.004	0.001	0.009
Over 185% poverty:											
2 - 5.....	0.025	0.492	0.007	0.003	0.415	0.042	0.001	0.003	0.002	0.001	0.004
6 - 11.....	0.044	0.687	0.009	0.003	0.466	0.066	0.003	0.009	0.004	0.001	0.009
12 - 19.....	0.045	0.699	0.009	0.005	0.357	0.027	0.003	0.005	0.002	0.001	0.003
20 and over....	0.030	0.669	0.007	0.002	0.424	0.049	0.001	0.004	0.005	0.001	0.007
2 and over...	0.024	0.538	0.006	0.002	0.341	0.039	0.001	0.002	0.004	0.001	0.005
All Individuals⁵:											
2 - 5.....	0.021	0.396	0.005	0.002	0.239	0.027	0.001	0.003	0.002	0.001	0.003
6 - 11.....	0.030	0.672	0.008	0.002	0.443	0.050	0.002	0.006	0.004	0.001	0.007
12 - 19.....	0.035	0.530	0.008	0.003	0.347	0.033	0.003	0.004	0.002	0.001	0.003
20 and over....	0.024	0.566	0.006	0.002	0.363	0.037	0.001	0.003	0.004	0.001	0.005
2 and over...	0.019	0.457	0.005	0.002	0.279	0.029	0.001	0.002	0.003	0.001	0.004

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, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006. 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, 2005-2006--continued

Family income as % of Federal poverty threshold ¹ and age (years)	Caffeine (mg)	Theo-bromine (mg)	Alcohol (g)
Under 131% poverty:			
2 - 5.....	1.22	4.25	*
6 - 11.....	2.66	6.38	*
12 - 19.....	9.75	4.09	0.41
20 and over....	10.73	2.83	0.93
2 and over...	8.03	1.95	0.61
131-185% poverty:			
2 - 5.....	1.62	5.22	0.00
6 - 11.....	3.51	15.61	*
12 - 19.....	22.86	6.03	2.21
20 and over....	9.22	5.71	1.48
2 and over...	7.18	4.81	1.08
Over 185% poverty:			
2 - 5.....	0.76	5.70	0.01
6 - 11.....	2.19	8.82	0.02
12 - 19.....	4.26	4.31	0.62
20 and over....	6.93	2.15	0.82
2 and over...	5.71	1.77	0.67
All Individuals ⁵ :			
2 - 5.....	0.50	3.41	*
6 - 11.....	1.64	6.14	0.01
12 - 19.....	4.20	3.21	0.40
20 and over....	6.11	1.59	0.67
2 and over...	5.27	1.40	0.52

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, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 8. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006

Family income as % of Federal poverty threshold ¹ and age (years)	Food energy (kcal)	Protein (g) (%kcal)	Carbohydrate (g) (%kcal)	Total fat (g) (%kcal)	Saturated fat (g) (%kcal)	Monounsaturated fat (g) (%kcal)	Polyunsaturated fat (g) (%kcal)	Alcohol (g) (%kcal)							
Under 131% poverty:															
2 - 5.....	1566	55.5	14.2	215	55.1	56.1	31.9	20.8	11.9	19.9	11.3	10.3	5.9	**	**
6 - 11.....	1899	68.0	14.6	250	53.0	71.8	33.5	25.3	11.8	26.3	12.3	13.9	6.4	**	**
12 - 19.....	2265	79.3	14.1	296	52.7	85.8	33.7	28.4	11.2	31.6	12.4	18.4	7.2	2.3	0.6
20 and over....	2182	82.6	15.6	272	50.6	80.7	32.5	27.2	11.0	29.7	11.9	16.5	6.7	9.1	2.5
2 and over...	2107	78.0	15.1	268	51.6	78.2	32.7	26.6	11.2	28.8	12.0	16.0	6.7	6.2	1.7
131-185% poverty:															
2 - 5.....	1527	57.3	15.7	201	52.4	57.2	33.2	21.4	12.2	20.3	11.8	10.7	6.4	0.0	0.0
6 - 11.....	1899	62.3	13.3	259	54.4	70.3	33.4	24.6	11.7	26.1	12.3	13.5	6.4	**	**
12 - 19.....	2510	84.7	13.9	340	52.9	89.6	32.8	30.7	11.0	32.0	11.9	19.3	7.2	#4.0	#1.2
20 and over....	2084	82.0	16.0	254	49.9	78.2	32.8	26.2	11.0	29.1	12.1	16.2	6.9	8.5	2.5
2 and over...	2070	78.5	15.5	260	50.9	77.1	32.9	26.2	11.1	28.4	12.1	15.9	6.8	6.5	1.9
Over 185% poverty:															
2 - 5.....	1575	52.2	13.5	225	57.6	54.1	30.2	19.6	10.9	20.0	11.2	10.3	5.7	**	**
6 - 11.....	2046	67.6	13.3	274	53.9	78.6	34.2	28.0	12.2	28.9	12.6	15.4	6.6	**	**
12 - 19.....	2332	83.6	14.2	305	53.4	87.6	33.1	31.1	11.8	32.4	12.2	16.7	6.3	#1.9	0.4
20 and over....	2216	86.7	16.0	260	47.7	85.6	34.3	28.7	11.5	31.5	12.5	18.1	7.3	12.4	3.4
2 and over...	2189	83.5	15.5	265	49.2	84.0	34.0	28.5	11.5	30.9	12.4	17.4	7.1	9.8	2.7
All Individuals²:															
2 - 5.....	1564	54.1	14.1	217	55.9	55.3	31.3	20.2	11.4	20.0	11.3	10.4	5.9	**	**
6 - 11.....	1985	67.1	13.6	265	53.8	75.5	33.8	26.8	12.0	27.7	12.4	14.7	6.5	**	**
12 - 19.....	2324	82.4	14.2	304	53.1	87.2	33.3	30.3	11.6	32.1	12.2	17.4	6.6	2.1	0.5
20 and over....	2195	85.4	15.9	262	48.4	83.8	33.8	28.1	11.3	30.8	12.4	17.6	7.2	11.4	3.2
2 and over...	2157	81.8	15.4	265	49.9	81.9	33.6	27.8	11.4	30.1	12.3	17.0	7.0	8.8	2.4

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.
²"All individuals" includes individuals for whom income was not reported.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.
CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 8se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006

Family income as % of Federal poverty threshold ¹ and age (years)	Food energy (kcal)	Protein (g) (%kcal)	Carbohydrate (g) (%kcal)	Total fat (g) (%kcal)	Saturated fat (g) (%kcal)	Monounsaturated fat (g) (%kcal)	Polyunsaturated fat (g) (%kcal)	Alcohol (g) (%kcal)							
Under 131% poverty:															
2 - 5.....	31.2	1.52	0.27	6.1	0.86	1.26	0.73	0.53	0.32	0.55	0.32	0.29	0.18	*	*
6 - 11.....	43.9	2.00	0.34	5.3	0.83	2.81	0.75	0.87	0.26	1.16	0.36	0.70	0.23	*	*
12 - 19.....	90.8	3.90	0.32	10.9	0.68	4.24	0.62	1.30	0.17	1.62	0.26	1.08	0.21	0.41	0.09
20 and over....	68.7	2.33	0.35	9.7	0.50	2.72	0.18	0.92	0.12	1.09	0.10	0.69	0.14	0.93	0.27
2 and over...	50.0	1.55	0.25	6.7	0.27	2.24	0.22	0.77	0.12	0.89	0.11	0.54	0.10	0.61	0.18
131-185% poverty:															
2 - 5.....	72.2	3.02	1.24	13.0	1.83	3.16	0.98	1.63	0.68	1.16	0.43	0.70	0.45	0.00	0.00
6 - 11.....	78.7	2.41	0.29	13.1	0.99	2.84	0.92	1.07	0.50	1.30	0.35	0.51	0.27	*	*
12 - 19.....	233.2	5.64	0.40	42.2	1.44	6.12	0.81	2.32	0.33	2.07	0.33	1.35	0.32	2.21	0.72
20 and over....	50.1	2.40	0.31	6.4	0.86	2.60	0.59	0.81	0.21	1.03	0.23	0.68	0.20	1.48	0.37
2 and over...	38.9	1.58	0.34	6.6	0.68	1.76	0.44	0.61	0.16	0.69	0.16	0.46	0.17	1.08	0.27
Over 185% poverty:															
2 - 5.....	31.0	1.69	0.34	5.4	0.88	1.35	0.57	0.72	0.34	0.48	0.17	0.45	0.21	0.01	*
6 - 11.....	37.5	2.05	0.27	4.8	0.65	2.00	0.41	0.77	0.13	0.75	0.20	0.50	0.18	0.02	0.01
12 - 19.....	52.7	2.94	0.26	6.8	0.51	1.91	0.45	0.92	0.14	0.74	0.23	0.39	0.18	0.62	0.10
20 and over....	37.2	1.56	0.13	4.3	0.36	1.95	0.30	0.66	0.12	0.71	0.11	0.48	0.11	0.82	0.22
2 and over...	32.8	1.41	0.10	3.8	0.26	1.61	0.23	0.59	0.11	0.57	0.08	0.38	0.09	0.67	0.19
All Individuals²:															
2 - 5.....	24.4	1.23	0.26	4.0	0.65	1.12	0.50	0.51	0.23	0.42	0.19	0.26	0.15	*	*
6 - 11.....	35.6	1.67	0.19	4.0	0.44	1.83	0.29	0.59	0.09	0.71	0.14	0.48	0.15	0.01	*
12 - 19.....	45.7	2.18	0.17	6.8	0.39	1.59	0.33	0.66	0.09	0.57	0.16	0.38	0.13	0.40	0.07
20 and over....	33.1	1.35	0.09	4.2	0.35	1.67	0.26	0.57	0.11	0.60	0.09	0.41	0.11	0.67	0.19
2 and over...	29.0	1.15	0.06	3.6	0.25	1.35	0.19	0.49	0.09	0.48	0.07	0.31	0.08	0.52	0.15

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.
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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.
CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 9. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, in the United States, 2005-2006

Gender and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Males:										
2 - 5.....	62 (2.7)	30 (2.4)	27 (2.0)	31 (2.5)	30 (2.8)	28 (2.5)	31 (2.9)	29 (2.7)	33 (3.5)	32 (2.7)
6 - 11.....	76 (4.7)	37 (2.4)	35 (2.2)	36 (2.9)	39 (3.6)	33 (2.4)	38 (2.3)	39 (2.4)	38 (2.4)	37 (2.5)
12 - 19.....	74 (3.1)	38 (2.2)	36 (2.5)	38 (2.5)	40 (3.3)	36 (1.9)	38 (2.1)	37 (2.2)	39 (2.0)	38 (2.5)
20 - 29.....	81 (1.9)	43 (1.9)	40 (1.9)	44 (2.0)	47 (2.1)	39 (2.3)	42 (2.0)	40 (2.1)	43 (2.0)	44 (2.4)
30 - 39.....	81 (2.2)	44 (2.2)	42 (2.5)	44 (2.3)	43 (3.0)	43 (2.3)	45 (2.4)	43 (2.2)	45 (2.6)	48 (2.8)
40 - 49.....	81 (2.3)	43 (1.4)	43 (2.2)	42 (1.2)	43 (1.9)	38 (1.9)	44 (1.6)	42 (1.4)	45 (1.8)	45 (2.2)
50 - 59.....	77 (1.7)	39 (1.8)	37 (2.4)	39 (1.7)	39 (1.6)	36 (2.8)	40 (2.2)	38 (1.8)	40 (2.3)	41 (3.3)
60 - 69.....	62 (3.5)	28 (2.9)	28 (3.2)	28 (2.7)	27 (2.4)	28 (2.9)	30 (3.6)	29 (3.9)	30 (3.7)	31 (3.4)
70 and over.....	45 (2.9)	20 (1.5)	20 (1.5)	18 (1.4)	18 (1.3)	17 (1.6)	22 (1.7)	21 (1.7)	22 (1.5)	23 (2.1)
20 and over...	74 (1.3)	39 (1.1)	38 (1.3)	39 (1.1)	40 (1.2)	36 (1.2)	40 (1.1)	38 (1.2)	40 (1.1)	41 (1.1)
Females:										
2 - 5.....	65 (4.6)	28 (3.1)	26 (3.2)	28 (3.0)	28 (2.3)	26 (3.5)	30 (3.4)	28 (3.1)	30 (3.2)	31 (4.5)
6 - 11.....	83 (3.0)	42 (2.9)	39 (3.0)	43 (2.7)	45 (2.2)	40 (3.0)	43 (3.2)	41 (3.2)	43 (3.4)	44 (3.1)
12 - 19.....	73 (3.3)	37 (1.5)	34 (1.8)	36 (1.8)	36 (2.1)	35 (2.1)	38 (1.4)	37 (1.7)	39 (1.5)	38 (1.6)
20 - 29.....	74 (2.3)	42 (1.8)	39 (2.2)	41 (1.7)	42 (1.7)	39 (2.7)	43 (2.4)	42 (2.6)	45 (2.5)	43 (2.9)
30 - 39.....	71 (4.9)	38 (3.8)	35 (4.0)	36 (3.8)	34 (4.4)	32 (3.8)	41 (4.6)	38 (4.1)	42 (4.7)	44 (5.5)
40 - 49.....	73 (2.7)	35 (1.4)	33 (1.4)	34 (1.4)	33 (1.8)	32 (1.6)	36 (1.5)	35 (1.7)	37 (1.7)	37 (1.5)
50 - 59.....	73 (3.7)	38 (2.3)	36 (2.3)	37 (2.4)	36 (2.4)	36 (2.3)	40 (2.7)	38 (2.7)	41 (3.0)	43 (3.0)
60 - 69.....	55 (3.0)	23 (1.3)	22 (1.6)	22 (1.1)	20 (1.5)	20 (1.7)	26 (1.7)	23 (1.6)	26 (1.9)	27 (2.0)
70 and over.....	40 (2.8)	18 (1.4)	17 (1.7)	16 (1.4)	16 (1.6)	14 (1.3)	20 (1.6)	20 (2.3)	20 (1.7)	19 (1.5)
20 and over...	66 (1.1)	34 (0.9)	32 (1.0)	33 (0.9)	32 (0.6)	30 (1.0)	36 (1.2)	34 (1.1)	37 (1.3)	37 (1.4)
Males and females:										
2 and over...	71 (0.9)	37 (0.7)	35 (0.8)	36 (0.7)	37 (0.6)	33 (0.7)	38 (0.8)	37 (0.8)	39 (0.8)	39 (0.8)

Table 9. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	24 (3.0)	22 (2.5)	33 (8.1)	30 (5.8)	25 (2.1)	24 (2.0)	27 (1.8)	22 (2.0)	24 (1.9)
6 - 11.....	36 (4.2)	30 (2.1)	32 (4.6)	39 (4.2)	31 (2.2)	33 (2.2)	33 (2.3)	29 (1.9)	30 (2.6)
12 - 19.....	35 (2.5)	27 (3.5)	43 (10.4)	39 (3.1)	31 (2.2)	29 (2.3)	35 (2.6)	32 (2.4)	28 (1.9)
20 - 29.....	39 (2.7)	28 (2.6)	34 (6.1)	33 (6.0)	35 (2.1)	35 (2.2)	43 (3.6)	43 (5.7)	34 (2.1)
30 - 39.....	44 (3.6)	42 (2.9)	55 (4.4)	41 (3.9)	44 (2.9)	41 (2.9)	44 (2.2)	44 (2.7)	42 (2.7)
40 - 49.....	47 (3.2)	27 (3.9)	31 (4.9)	41 (5.7)	38 (2.4)	37 (2.0)	41 (2.1)	40 (2.3)	36 (1.5)
50 - 59.....	36 (2.5)	29 (2.2)	39 (4.5)	47 (5.0)	35 (2.3)	32 (1.3)	35 (2.3)	32 (2.3)	33 (1.7)
60 - 69.....	31 (3.6)	22 (3.0)	26 (6.4)	44 (7.4)	26 (3.6)	24 (3.2)	27 (3.3)	24 (3.4)	25 (2.7)
70 and over.....	23 (2.7)	16 (1.6)	23 (3.4)	23 (4.8)	16 (1.2)	16 (1.5)	17 (1.1)	16 (1.7)	14 (1.4)
20 and over...	39 (1.7)	29 (1.9)	36 (2.6)	39 (2.5)	35 (1.6)	33 (1.3)	38 (1.3)	36 (1.8)	33 (1.3)
Females:									
2 - 5.....	25 (2.9)	21 (2.5)	25 (4.0)	30 (5.7)	24 (3.9)	23 (2.7)	25 (3.2)	22 (2.7)	22 (3.7)
6 - 11.....	37 (5.2)	35 (3.3)	34 (4.0)	39 (6.0)	38 (3.1)	37 (2.9)	39 (2.9)	37 (3.3)	35 (3.5)
12 - 19.....	35 (2.2)	25 (1.7)	28 (3.2)	40 (6.7)	31 (1.6)	29 (1.5)	32 (1.8)	30 (1.9)	27 (1.8)
20 - 29.....	41 (2.1)	31 (1.7)	38 (4.4)	43 (9.5)	36 (2.0)	35 (1.3)	40 (1.6)	36 (1.3)	33 (2.2)
30 - 39.....	37 (5.0)	27 (4.9)	27 (5.5)	32 (8.1)	32 (4.4)	31 (4.0)	35 (4.2)	32 (4.6)	30 (3.7)
40 - 49.....	34 (2.7)	29 (2.4)	43 (5.8)	27 (3.5)	29 (1.8)	29 (1.6)	32 (2.1)	29 (1.2)	28 (2.1)
50 - 59.....	38 (4.2)	31 (1.7)	35 (4.1)	40 (6.6)	37 (2.8)	33 (2.3)	37 (2.4)	32 (1.7)	33 (2.5)
60 - 69.....	28 (2.3)	20 (1.3)	24 (3.7)	17 (4.0)	20 (1.5)	19 (1.4)	22 (2.0)	20 (2.1)	18 (1.1)
70 and over.....	21 (2.3)	14 (2.1)	13 (2.4)	15 (2.6)	14 (1.4)	13 (1.2)	16 (1.4)	13 (1.4)	13 (1.4)
20 and over...	34 (1.7)	26 (1.1)	31 (1.7)	31 (3.7)	29 (1.2)	28 (0.9)	32 (0.9)	28 (0.9)	27 (1.0)
Males and females:									
2 and over...	36 (1.3)	27 (0.8)	34 (1.2)	36 (1.6)	32 (0.9)	31 (0.8)	35 (0.8)	32 (1.0)	30 (0.8)

Table 9. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5.....	25	(2.2)	22	(2.3)	31	(3.9)	31	(3.1)	34	(4.4)	24	(2.2)	26	(2.2)	26	(2.0)
6 - 11.....	34	(2.8)	31	(2.4)	33	(5.3)	36	(2.8)	36	(4.3)	35	(2.5)	36	(2.2)	34	(2.3)
12 - 19.....	34	(2.0)	34	(3.0)	24	(3.1)	35	(2.7)	36	(3.1)	29	(2.4)	34	(2.3)	33	(1.8)
20 - 29.....	39	(2.2)	36	(2.7)	32	(4.9)	44	(5.8)	41	(5.9)	34	(2.3)	38	(2.0)	38	(1.9)
30 - 39.....	43	(2.9)	41	(4.0)	39	(4.9)	46	(3.4)	49	(5.2)	40	(2.8)	41	(2.5)	42	(2.5)
40 - 49.....	44	(2.3)	35	(4.6)	37	(3.4)	41	(2.4)	39	(4.2)	35	(1.3)	40	(1.6)	39	(1.6)
50 - 59.....	34	(2.0)	35	(6.5)	33	(4.0)	36	(2.9)	45	(5.1)	35	(1.8)	35	(1.9)	34	(2.3)
60 - 69.....	27	(3.0)	21	(4.2)	24	(3.0)	28	(3.7)	31	(4.8)	24	(2.6)	26	(2.9)	26	(2.8)
70 and over.....	21	(1.8)	16	(2.5)	14	(2.5)	18	(1.9)	29	(3.7)	15	(1.5)	18	(1.3)	17	(1.4)
20 and over...	37	(1.5)	33	(3.1)	31	(2.0)	38	(1.7)	40	(2.4)	33	(1.2)	36	(1.2)	35	(1.2)
Females:																
2 - 5.....	24	(2.6)	20	(2.1)	24	(2.2)	29	(3.5)	27	(3.8)	23	(2.4)	25	(2.6)	25	(3.0)
6 - 11.....	38	(3.7)	35	(4.1)	40	(3.7)	41	(2.9)	37	(3.9)	38	(2.7)	41	(3.0)	40	(2.9)
12 - 19.....	34	(1.8)	28	(2.0)	29	(2.3)	36	(1.6)	35	(4.4)	30	(1.6)	33	(1.4)	34	(1.7)
20 - 29.....	39	(1.9)	31	(1.7)	37	(3.9)	44	(2.6)	43	(4.3)	35	(2.1)	38	(2.1)	38	(2.3)
30 - 39.....	35	(4.8)	28	(3.8)	24	(4.0)	33	(5.6)	33	(6.4)	28	(3.6)	33	(4.1)	33	(4.1)
40 - 49.....	32	(1.9)	30	(2.2)	31	(2.6)	31	(2.0)	34	(5.0)	29	(1.7)	32	(1.3)	33	(2.0)
50 - 59.....	34	(2.7)	30	(2.2)	29	(2.6)	39	(2.4)	38	(4.5)	33	(2.1)	35	(2.1)	33	(1.7)
60 - 69.....	23	(1.7)	22	(5.5)	18	(2.6)	22	(2.2)	28	(3.8)	19	(1.3)	21	(1.3)	19	(1.4)
70 and over.....	17	(1.8)	13	(2.6)	11	(0.8)	15	(1.2)	17	(1.9)	13	(1.1)	16	(1.6)	14	(1.3)
20 and over...	31	(1.1)	27	(1.0)	26	(1.2)	32	(1.4)	33	(2.3)	28	(0.9)	31	(0.9)	30	(0.9)
Males and females:																
2 and over...	34	(1.0)	30	(1.6)	29	(0.9)	35	(1.1)	36	(1.5)	31	(0.7)	34	(0.8)	33	(0.8)

Table 9. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁴ % (SE)
Males:								
2 - 5.....	24 (1.9)	23 (1.7)	28 (2.2)	27 (2.2)	27 (2.5)	30 (2.5)	37 (6.6)	-- --
6 - 11.....	30 (2.0)	32 (2.3)	36 (2.7)	36 (2.5)	35 (2.4)	36 (2.2)	47 (4.7)	-- --
12 - 19.....	31 (1.9)	34 (2.1)	35 (2.0)	35 (2.6)	33 (1.9)	37 (2.9)	52 (4.6)	-- --
20 - 29.....	37 (1.8)	38 (2.2)	39 (1.9)	40 (1.8)	38 (1.9)	41 (2.1)	62 (5.5)	-- --
30 - 39.....	43 (2.5)	43 (3.3)	43 (2.7)	42 (2.7)	40 (2.7)	44 (2.1)	46 (4.0)	-- --
40 - 49.....	38 (1.7)	47 (4.1)	39 (4.3)	44 (2.0)	40 (1.8)	46 (2.0)	48 (4.5)	-- --
50 - 59.....	33 (1.8)	33 (2.1)	37 (2.7)	38 (2.8)	34 (2.0)	42 (2.5)	36 (3.3)	-- --
60 - 69.....	24 (2.9)	24 (4.0)	28 (2.8)	28 (2.9)	26 (2.9)	31 (3.4)	29 (5.1)	-- --
70 and over.....	15 (1.4)	18 (1.5)	18 (1.8)	20 (1.7)	18 (1.6)	23 (1.9)	19 (3.5)	-- --
20 and over...	34 (1.3)	37 (1.9)	37 (1.9)	38 (1.3)	35 (1.3)	40 (1.1)	42 (1.9)	40 (3.2)
Females:								
2 - 5.....	23 (3.4)	22 (2.4)	27 (3.3)	26 (4.3)	25 (2.5)	28 (3.6)	33 (4.2)	-- --
6 - 11.....	38 (3.5)	38 (2.9)	42 (3.0)	37 (3.1)	40 (2.5)	42 (3.3)	47 (4.8)	-- --
12 - 19.....	31 (1.7)	32 (1.9)	36 (1.5)	33 (1.6)	34 (1.6)	37 (1.8)	41 (4.4)	-- --
20 - 29.....	36 (2.2)	38 (2.6)	40 (2.7)	38 (2.6)	38 (2.3)	43 (2.4)	53 (3.3)	-- --
30 - 39.....	30 (3.7)	33 (3.8)	34 (4.6)	34 (3.8)	32 (4.0)	38 (4.0)	37 (4.7)	-- --
40 - 49.....	29 (1.7)	30 (1.8)	32 (1.7)	32 (1.7)	33 (1.4)	35 (2.0)	41 (4.4)	-- --
50 - 59.....	34 (2.2)	34 (2.5)	36 (2.4)	37 (3.2)	32 (2.1)	40 (2.7)	29 (3.7)	-- --
60 - 69.....	20 (1.5)	18 (2.0)	19 (1.4)	23 (1.7)	20 (1.4)	25 (2.0)	21 (3.3)	-- --
70 and over.....	13 (1.4)	15 (1.6)	15 (1.5)	18 (1.8)	14 (1.5)	20 (1.9)	13 (2.8)	-- --
20 and over...	29 (1.0)	30 (1.0)	31 (1.1)	32 (1.0)	29 (0.9)	35 (1.0)	33 (1.9)	46 (4.3)
Males and females:								
2 and over...	31 (0.9)	33 (1.2)	34 (1.0)	35 (0.8)	33 (0.8)	38 (0.8)	38 (1.4)	-- --

Footnotes

- ¹ Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- ² Percentages estimated as a ratio of total nutrients from foods eaten away from home for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006.
- ³ The percentage of respondents in the gender/age group who reported consuming at least one item away from home.
- ⁴ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Away from Home: Percentages of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 10. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, in the United States, 2005-2006

Race/ethnicity and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Non-Hispanic White:										
2 - 5.....	66 (5.1)	30 (2.7)	26 (2.0)	31 (3.2)	31 (3.0)	27 (3.5)	31 (2.5)	29 (2.2)	32 (2.8)	34 (2.8)
6 - 11.....	82 (3.1)	41 (2.1)	38 (2.3)	41 (2.1)	43 (2.4)	37 (2.3)	42 (2.4)	41 (2.2)	42 (2.7)	43 (2.3)
12 - 19.....	75 (2.8)	38 (2.2)	35 (2.4)	38 (2.4)	39 (2.7)	36 (2.1)	39 (2.0)	37 (2.0)	40 (2.0)	39 (2.4)
20 and over...	72 (0.8)	38 (1.2)	36 (1.2)	37 (1.1)	37 (1.0)	33 (1.1)	38 (1.3)	37 (1.3)	39 (1.3)	40 (1.2)
2 and over...	72 (1.0)	38 (0.9)	36 (1.0)	37 (0.8)	37 (0.7)	33 (0.9)	38 (1.0)	37 (1.0)	39 (1.0)	40 (0.9)
Non-Hispanic Black:										
2 - 5.....	63 (6.1)	36 (3.6)	35 (3.6)	35 (3.5)	36 (3.8)	36 (4.0)	38 (3.7)	38 (3.9)	38 (3.5)	37 (3.6)
6 - 11.....	76 (4.3)	43 (3.5)	41 (3.7)	44 (3.6)	48 (3.5)	44 (3.6)	42 (3.6)	43 (3.5)	42 (3.5)	42 (4.2)
12 - 19.....	70 (3.0)	35 (2.1)	34 (2.1)	35 (2.2)	36 (2.2)	34 (2.0)	36 (2.2)	35 (2.0)	36 (2.2)	35 (2.8)
20 and over...	63 (1.3)	31 (0.9)	28 (1.0)	33 (1.1)	34 (1.1)	28 (1.1)	31 (1.0)	30 (1.1)	32 (1.0)	33 (1.3)
2 and over...	65 (1.3)	33 (1.0)	31 (1.1)	34 (1.1)	36 (1.2)	31 (0.7)	33 (1.1)	33 (1.1)	34 (1.2)	34 (1.2)
Mexican American:										
2 - 5.....	58 (3.2)	23 (2.4)	23 (2.2)	23 (2.3)	23 (2.2)	19 (2.7)	24 (3.0)	23 (2.7)	26 (3.2)	25 (3.8)
6 - 11.....	81 (3.4)	38 (3.6)	38 (3.4)	38 (3.5)	40 (3.4)	33 (4.0)	39 (4.0)	39 (4.0)	39 (3.6)	36 (4.6)
12 - 19.....	72 (2.6)	35 (2.2)	34 (1.6)	34 (2.6)	34 (2.9)	33 (2.9)	36 (2.1)	35 (2.2)	36 (2.1)	37 (2.6)
20 and over...	69 (2.0)	40 (1.5)	39 (1.9)	39 (1.4)	39 (1.5)	34 (1.7)	43 (1.5)	42 (1.4)	45 (1.6)	45 (1.9)
2 and over...	70 (1.7)	38 (1.1)	37 (1.4)	37 (1.1)	37 (1.3)	33 (1.3)	40 (1.1)	39 (0.9)	41 (1.2)	41 (1.4)
All Individuals⁴:										
2 - 5.....	64 (2.9)	29 (1.9)	26 (1.5)	29 (2.2)	29 (2.0)	27 (2.3)	30 (2.0)	29 (1.8)	32 (2.1)	32 (2.3)
6 - 11.....	80 (2.6)	39 (1.8)	37 (2.0)	40 (1.7)	42 (1.8)	36 (1.6)	40 (2.1)	40 (2.0)	40 (2.2)	41 (2.1)
12 - 19.....	74 (1.9)	37 (1.5)	35 (1.7)	37 (1.6)	39 (1.8)	35 (1.4)	38 (1.4)	37 (1.4)	39 (1.4)	38 (1.7)
20 and over...	70 (0.8)	37 (0.9)	35 (1.0)	36 (0.9)	36 (0.8)	33 (0.9)	38 (1.0)	37 (1.0)	39 (1.0)	40 (1.0)
2 and over...	71 (0.9)	37 (0.7)	35 (0.8)	36 (0.7)	37 (0.6)	33 (0.7)	38 (0.8)	37 (0.8)	39 (0.8)	39 (0.8)

Table 10. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	27 (1.7)	21 (2.9)	35 (7.6)	30 (5.0)	25 (4.0)	24 (2.7)	26 (2.8)	22 (3.3)	23 (3.8)
6 - 11.....	39 (3.4)	30 (2.5)	28 (6.0)	42 (4.5)	34 (2.7)	34 (2.2)	36 (2.4)	33 (2.3)	31 (3.4)
12 - 19.....	36 (2.4)	26 (2.6)	39 (7.7)	40 (4.3)	31 (2.2)	28 (2.0)	34 (2.5)	32 (2.0)	28 (1.7)
20 and over...	38 (1.7)	27 (1.2)	35 (1.8)	37 (2.7)	33 (1.5)	31 (1.3)	36 (1.3)	33 (1.6)	30 (1.2)
2 and over...	38 (1.5)	27 (1.0)	35 (1.5)	37 (2.2)	33 (1.2)	30 (1.1)	36 (1.0)	33 (1.3)	30 (1.0)
Non-Hispanic Black:									
2 - 5.....	32 (5.0)	31 (4.2)	39 (7.1)	38 (9.7)	31 (3.6)	33 (3.4)	30 (3.5)	28 (4.1)	27 (2.1)
6 - 11.....	35 (4.5)	45 (5.1)	46 (7.8)	40 (4.6)	42 (3.9)	45 (4.4)	40 (3.9)	40 (4.2)	41 (3.1)
12 - 19.....	34 (3.3)	29 (2.5)	32 (4.7)	40 (3.3)	30 (1.8)	32 (1.9)	32 (2.0)	31 (1.8)	26 (2.0)
20 and over...	28 (1.4)	24 (1.6)	26 (2.5)	25 (3.8)	27 (1.3)	27 (1.1)	29 (1.0)	27 (1.0)	27 (1.5)
2 and over...	30 (1.8)	27 (1.5)	29 (2.4)	30 (2.4)	29 (1.0)	30 (1.1)	30 (0.8)	29 (0.9)	28 (1.0)
Mexican American:									
2 - 5.....	18 (2.9)	17 (2.0)	22 (5.3)	20 (3.6)	19 (1.9)	18 (1.9)	22 (2.0)	17 (1.6)	17 (1.7)
6 - 11.....	38 (3.7)	38 (4.9)	45 (12.0)	37 (6.0)	35 (3.6)	38 (3.3)	35 (3.6)	34 (4.1)	34 (4.3)
12 - 19.....	33 (1.5)	25 (2.9)	33 (6.2)	37 (5.7)	30 (2.3)	28 (2.0)	33 (2.1)	29 (2.2)	27 (3.1)
20 and over...	37 (2.2)	30 (1.5)	36 (3.7)	40 (3.3)	36 (1.7)	35 (1.5)	41 (1.7)	36 (2.2)	35 (2.1)
2 and over...	35 (1.7)	29 (1.6)	36 (4.0)	38 (2.8)	34 (1.0)	33 (1.2)	38 (1.2)	34 (1.4)	32 (1.1)
All Individuals⁴:									
2 - 5.....	24 (1.5)	21 (1.7)	29 (4.6)	30 (3.5)	24 (2.5)	23 (1.8)	26 (1.8)	22 (1.9)	23 (2.3)
6 - 11.....	36 (3.1)	32 (2.1)	33 (3.1)	39 (3.3)	34 (2.1)	35 (1.8)	36 (2.1)	33 (2.0)	32 (2.4)
12 - 19.....	35 (1.6)	26 (1.9)	37 (6.0)	39 (3.3)	31 (1.5)	29 (1.4)	34 (1.6)	31 (1.4)	28 (1.2)
20 and over...	37 (1.4)	27 (1.0)	34 (1.4)	36 (1.9)	33 (1.1)	31 (1.0)	35 (1.0)	33 (1.2)	30 (0.9)
2 and over...	36 (1.3)	27 (0.8)	34 (1.2)	36 (1.6)	32 (0.9)	31 (0.8)	35 (0.8)	32 (1.0)	30 (0.8)

Table 10. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	25	(1.8)	20	(2.5)	32	(4.4)	31	(3.1)	31	(2.2)	23	(2.0)	25	(2.1)	26	(2.7)
6 - 11.....	37	(2.4)	32	(3.3)	38	(2.9)	40	(2.3)	38	(2.7)	35	(2.2)	38	(2.0)	38	(2.4)
12 - 19.....	34	(1.9)	33	(2.4)	26	(2.8)	35	(2.1)	36	(3.2)	29	(2.2)	34	(2.2)	34	(1.9)
20 and over...	35	(1.4)	31	(2.6)	30	(1.8)	36	(1.7)	38	(1.7)	31	(1.0)	34	(1.2)	33	(1.1)
2 and over...	35	(1.2)	31	(2.1)	30	(1.4)	36	(1.4)	38	(1.5)	31	(0.9)	34	(1.0)	33	(1.0)
Non-Hispanic Black:																
2 - 5.....	34	(3.9)	32	(4.3)	30	(4.8)	39	(5.0)	41	(6.4)	38	(3.8)	37	(3.4)	35	(3.6)
6 - 11.....	40	(4.1)	43	(5.6)	42	(3.6)	42	(4.1)	43	(4.6)	48	(3.8)	46	(4.1)	43	(3.2)
12 - 19.....	35	(2.6)	31	(2.1)	32	(2.6)	36	(2.9)	34	(5.0)	33	(1.9)	35	(1.9)	34	(1.9)
20 and over...	27	(1.0)	27	(2.1)	28	(2.5)	30	(1.4)	24	(2.0)	27	(1.2)	29	(0.9)	29	(1.0)
2 and over...	30	(1.2)	30	(1.7)	30	(1.5)	32	(0.8)	27	(1.8)	31	(1.0)	32	(1.0)	31	(0.9)
Mexican American:																
2 - 5.....	19	(2.3)	18	(2.3)	17	(1.9)	23	(3.1)	26	(3.8)	17	(2.2)	20	(2.3)	19	(2.3)
6 - 11.....	38	(3.4)	37	(3.2)	35	(5.0)	36	(4.9)	34	(5.9)	40	(3.1)	38	(3.1)	35	(3.5)
12 - 19.....	32	(1.4)	31	(3.0)	24	(4.0)	35	(2.3)	37	(2.8)	30	(1.6)	32	(1.7)	31	(1.9)
20 and over...	36	(2.0)	32	(3.6)	28	(2.0)	41	(2.1)	43	(1.2)	32	(1.0)	36	(1.7)	34	(1.8)
2 and over...	34	(1.6)	31	(2.6)	27	(1.7)	38	(1.7)	41	(0.9)	32	(0.8)	34	(1.2)	33	(1.4)
All Individuals⁴:																
2 - 5.....	25	(1.3)	21	(1.5)	27	(2.7)	30	(2.1)	30	(1.9)	23	(1.5)	25	(1.5)	25	(1.9)
6 - 11.....	36	(2.1)	33	(2.8)	36	(1.9)	38	(2.0)	36	(1.9)	37	(1.8)	38	(1.7)	37	(1.9)
12 - 19.....	34	(1.3)	32	(1.8)	26	(1.9)	35	(1.4)	36	(2.4)	29	(1.6)	34	(1.5)	34	(1.3)
20 and over...	35	(1.2)	31	(2.0)	29	(1.1)	35	(1.3)	37	(1.7)	31	(0.8)	33	(0.9)	33	(0.9)
2 and over...	34	(1.0)	30	(1.6)	29	(0.9)	35	(1.1)	36	(1.5)	31	(0.7)	34	(0.8)	33	(0.8)

Table 10. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
Non-Hispanic White:								
2 - 5.....	23 (3.7)	21 (2.0)	29 (3.2)	27 (3.0)	26 (2.7)	29 (2.7)	36 (7.3)	-- --
6 - 11.....	34 (3.0)	35 (2.9)	41 (2.2)	37 (3.0)	38 (1.9)	41 (1.7)	49 (4.5)	-- --
12 - 19.....	31 (1.9)	33 (2.1)	36 (2.1)	35 (2.6)	34 (1.8)	38 (2.9)	48 (4.3)	-- --
20 and over...	32 (1.3)	34 (1.7)	34 (1.4)	36 (1.3)	33 (1.2)	39 (1.2)	36 (2.0)	43 (3.1)
2 and over...	32 (1.1)	33 (1.5)	34 (1.3)	36 (1.0)	33 (1.0)	39 (0.9)	37 (1.9)	-- --
Non-Hispanic Black:								
2 - 5.....	29 (3.4)	32 (3.0)	34 (4.3)	34 (3.5)	36 (4.0)	36 (3.8)	36 (10.3)	-- --
6 - 11.....	40 (3.7)	41 (2.8)	43 (2.7)	39 (3.8)	45 (3.7)	42 (3.9)	37 (3.5)	-- --
12 - 19.....	30 (1.6)	32 (1.7)	35 (1.8)	33 (2.3)	35 (2.0)	35 (2.3)	41 (6.5)	-- --
20 and over...	28 (1.2)	27 (1.4)	29 (1.1)	29 (1.1)	28 (1.0)	31 (1.1)	40 (1.9)	24 (3.7)
2 and over...	29 (1.0)	29 (1.2)	31 (1.0)	31 (1.1)	31 (1.0)	33 (1.1)	40 (1.8)	-- --
Mexican American:								
2 - 5.....	19 (1.9)	21 (2.1)	21 (2.4)	22 (2.0)	19 (2.2)	25 (2.5)	40 (4.6)	-- --
6 - 11.....	34 (3.7)	37 (3.4)	37 (3.7)	37 (3.8)	38 (3.6)	39 (3.8)	47 (5.9)	-- --
12 - 19.....	30 (2.6)	32 (2.1)	33 (2.0)	35 (1.6)	31 (2.1)	36 (1.8)	41 (3.1)	-- --
20 and over...	36 (1.6)	37 (2.0)	36 (2.0)	39 (2.1)	35 (1.7)	43 (1.4)	47 (3.6)	36 (6.2)
2 and over...	34 (0.9)	35 (1.4)	35 (1.7)	37 (1.6)	33 (1.2)	40 (1.0)	46 (3.2)	-- --
All Individuals⁴:								
2 - 5.....	24 (2.3)	23 (1.3)	27 (2.1)	26 (2.0)	26 (1.8)	29 (2.1)	35 (4.8)	-- --
6 - 11.....	34 (2.3)	35 (2.3)	39 (1.8)	36 (2.3)	38 (1.6)	39 (1.8)	47 (3.4)	-- --
12 - 19.....	31 (1.3)	33 (1.5)	35 (1.3)	35 (1.8)	33 (1.2)	37 (2.0)	48 (3.4)	-- --
20 and over...	32 (1.0)	34 (1.3)	34 (1.1)	35 (1.0)	32 (0.9)	38 (1.0)	38 (1.5)	42 (2.5)
2 and over...	31 (0.9)	33 (1.2)	34 (1.0)	35 (0.8)	33 (0.8)	38 (0.8)	38 (1.4)	-- --

Footnotes

- ¹ Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- ² Percentages estimated as a ratio of total nutrients from foods eaten away from home for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006.
- ³ The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item away from home.
- ⁴ Includes persons of all races and Hispanic origins, not just those presented separately.
- ⁵ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Away from Home: Percentages of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 11. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (in Dollars) and Age, in the United States, 2005-2006

Family income in dollars and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
\$0 - \$24,999:										
2 - 5.....	56 (5.3)	24 (2.8)	23 (3.2)	23 (2.5)	23 (2.3)	22 (2.7)	24 (3.2)	23 (2.9)	25 (3.4)	25 (4.1)
6 - 11.....	69 (4.1)	36 (3.0)	35 (3.5)	37 (2.7)	39 (2.8)	34 (3.2)	35 (3.4)	35 (3.5)	35 (3.5)	35 (3.5)
12 - 19.....	67 (4.6)	40 (3.9)	39 (4.0)	39 (4.4)	41 (5.1)	38 (3.5)	41 (3.5)	40 (3.6)	41 (3.6)	41 (3.5)
20 and over...	59 (1.7)	31 (1.3)	30 (1.1)	31 (1.4)	31 (1.5)	27 (1.5)	33 (1.4)	32 (1.6)	34 (1.5)	33 (1.5)
2 and over...	61 (1.6)	32 (1.1)	31 (1.0)	32 (1.3)	33 (1.4)	29 (1.2)	34 (1.1)	32 (1.3)	35 (1.2)	34 (1.0)
\$25,000 - \$74,999:										
2 - 5.....	65 (4.7)	31 (2.6)	29 (2.4)	31 (2.8)	30 (3.0)	29 (3.0)	33 (3.0)	31 (3.1)	35 (3.3)	35 (2.7)
6 - 11.....	81 (3.3)	43 (2.7)	41 (3.1)	42 (2.3)	43 (2.1)	42 (2.1)	44 (3.6)	43 (3.5)	45 (3.9)	44 (3.4)
12 - 19.....	73 (2.3)	35 (1.1)	31 (1.5)	35 (1.2)	36 (1.5)	32 (1.8)	35 (1.3)	34 (1.3)	36 (1.4)	35 (1.6)
20 and over...	70 (1.2)	38 (1.2)	36 (1.4)	37 (0.9)	38 (0.6)	34 (1.1)	39 (1.6)	38 (1.6)	40 (1.6)	41 (1.7)
2 and over...	71 (1.1)	38 (1.0)	36 (1.2)	37 (0.7)	38 (0.5)	34 (1.0)	39 (1.4)	37 (1.5)	40 (1.5)	40 (1.3)
\$75,000 and higher:										
2 - 5.....	71 (5.5)	34 (3.6)	28 (3.1)	34 (3.7)	35 (3.5)	32 (4.1)	34 (4.3)	33 (4.4)	36 (4.5)	37 (4.0)
6 - 11.....	86 (3.3)	39 (2.1)	35 (2.2)	39 (2.2)	43 (2.5)	34 (2.0)	40 (2.4)	40 (2.6)	40 (2.5)	41 (2.4)
12 - 19.....	80 (3.2)	39 (2.6)	37 (2.7)	39 (2.5)	39 (2.4)	38 (2.9)	40 (2.8)	38 (2.9)	41 (2.8)	39 (3.1)
20 and over...	80 (1.7)	40 (1.7)	38 (1.8)	40 (1.6)	39 (1.2)	37 (1.9)	41 (1.7)	39 (1.6)	42 (1.7)	43 (2.0)
2 and over...	80 (1.5)	40 (1.2)	38 (1.2)	40 (1.1)	39 (1.0)	37 (1.3)	41 (1.2)	39 (1.3)	41 (1.2)	42 (1.5)
All Individuals⁴:										
2 - 5.....	64 (2.9)	29 (1.9)	26 (1.5)	29 (2.2)	29 (2.0)	27 (2.3)	30 (2.0)	29 (1.8)	32 (2.1)	32 (2.3)
6 - 11.....	80 (2.6)	39 (1.8)	37 (2.0)	40 (1.7)	42 (1.8)	36 (1.6)	40 (2.1)	40 (2.0)	40 (2.2)	41 (2.1)
12 - 19.....	74 (1.9)	37 (1.5)	35 (1.7)	37 (1.6)	39 (1.8)	35 (1.4)	38 (1.4)	37 (1.4)	39 (1.4)	38 (1.7)
20 and over...	70 (0.8)	37 (0.9)	35 (1.0)	36 (0.9)	36 (0.8)	33 (0.9)	38 (1.0)	37 (1.0)	39 (1.0)	40 (1.0)
2 and over...	71 (0.9)	37 (0.7)	35 (0.8)	36 (0.7)	37 (0.6)	33 (0.7)	38 (0.8)	37 (0.8)	39 (0.8)	39 (0.8)

Table 11. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Choles- terol % (SE)	Vitamin A (RAE) % (SE)	Beta- carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Ribo- flavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
\$0 - \$24,999:									
2 - 5.....	19 (3.4)	19 (2.4)	22 (4.6)	20 (5.2)	22 (3.7)	20 (2.8)	23 (2.5)	20 (2.4)	20 (2.8)
6 - 11.....	28 (3.8)	35 (3.9)	33 (6.1)	36 (5.2)	36 (3.4)	36 (3.4)	35 (3.2)	34 (3.3)	33 (3.1)
12 - 19.....	39 (3.3)	31 (4.0)	35 (6.4)	43 (5.6)	34 (4.0)	33 (3.7)	36 (3.7)	33 (3.2)	31 (3.6)
20 and over...	31 (1.2)	20 (1.8)	26 (3.6)	32 (5.1)	26 (1.2)	24 (1.3)	29 (1.1)	26 (1.1)	25 (1.1)
2 and over...	31 (1.2)	22 (1.5)	27 (3.1)	33 (3.6)	28 (1.1)	26 (1.1)	30 (1.0)	27 (1.0)	26 (1.0)
\$25,000 - \$74,999:									
2 - 5.....	29 (2.6)	21 (1.9)	25 (6.1)	36 (5.2)	25 (2.6)	25 (2.4)	27 (2.3)	23 (2.3)	23 (2.7)
6 - 11.....	42 (2.4)	35 (2.7)	37 (7.3)	47 (4.0)	37 (3.1)	38 (2.5)	39 (4.6)	36 (4.4)	36 (3.6)
12 - 19.....	31 (1.7)	22 (1.7)	25 (5.5)	34 (5.7)	28 (1.4)	27 (1.3)	31 (1.6)	30 (1.9)	24 (1.2)
20 and over...	39 (2.1)	29 (1.3)	31 (2.6)	37 (1.9)	34 (1.5)	33 (1.3)	37 (1.4)	34 (1.5)	31 (1.2)
2 and over...	38 (1.8)	28 (1.1)	30 (2.4)	37 (1.5)	33 (1.4)	32 (1.2)	36 (1.3)	33 (1.4)	30 (1.2)
\$75,000 and higher:									
2 - 5.....	26 (3.9)	27 (4.2)	48 (8.1)	34 (7.4)	28 (3.9)	27 (3.5)	28 (2.7)	25 (3.5)	28 (3.6)
6 - 11.....	37 (5.4)	30 (1.8)	31 (5.9)	39 (4.5)	32 (2.3)	33 (2.1)	34 (1.8)	31 (1.5)	29 (2.8)
12 - 19.....	37 (2.4)	28 (3.4)	50 (5.0)	42 (4.0)	32 (3.2)	29 (2.7)	36 (3.2)	32 (2.8)	30 (2.6)
20 and over...	40 (2.3)	31 (1.7)	43 (4.5)	38 (3.7)	36 (2.0)	33 (1.4)	37 (1.8)	34 (1.8)	34 (1.8)
2 and over...	39 (2.0)	30 (1.1)	43 (3.7)	38 (3.2)	35 (1.4)	32 (1.1)	37 (1.2)	34 (1.2)	32 (1.2)
All Individuals⁴:									
2 - 5.....	24 (1.5)	21 (1.7)	29 (4.6)	30 (3.5)	24 (2.5)	23 (1.8)	26 (1.8)	22 (1.9)	23 (2.3)
6 - 11.....	36 (3.1)	32 (2.1)	33 (3.1)	39 (3.3)	34 (2.1)	35 (1.8)	36 (2.1)	33 (2.0)	32 (2.4)
12 - 19.....	35 (1.6)	26 (1.9)	37 (6.0)	39 (3.3)	31 (1.5)	29 (1.4)	34 (1.6)	31 (1.4)	28 (1.2)
20 and over...	37 (1.4)	27 (1.0)	34 (1.4)	36 (1.9)	33 (1.1)	31 (1.0)	35 (1.0)	33 (1.2)	30 (0.9)
2 and over...	36 (1.3)	27 (0.8)	34 (1.2)	36 (1.6)	32 (0.9)	31 (0.8)	35 (0.8)	32 (1.0)	30 (0.8)

Table 11. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																
2 - 5.....	21	(3.1)	18	(2.4)	21	(2.5)	24	(2.9)	25	(5.0)	20	(2.8)	22	(2.9)	21	(2.7)
6 - 11.....	33	(3.4)	32	(4.5)	36	(3.8)	32	(3.3)	32	(4.5)	39	(4.0)	38	(3.6)	35	(3.3)
12 - 19.....	37	(3.4)	36	(3.1)	28	(4.1)	40	(3.3)	39	(4.5)	36	(3.8)	38	(3.9)	36	(2.9)
20 and over...	28	(1.1)	22	(2.2)	24	(3.1)	30	(1.8)	30	(2.5)	25	(1.2)	28	(1.2)	26	(1.3)
2 and over...	29	(1.0)	24	(1.9)	25	(2.0)	31	(1.2)	31	(2.0)	27	(1.0)	30	(1.0)	28	(1.1)
\$25,000 - \$74,999:																
2 - 5.....	27	(2.3)	23	(2.5)	27	(3.2)	31	(2.5)	33	(3.8)	25	(2.5)	28	(2.7)	27	(2.3)
6 - 11.....	41	(1.9)	38	(4.8)	37	(2.3)	42	(2.8)	42	(5.1)	40	(2.3)	42	(2.4)	41	(2.5)
12 - 19.....	31	(1.5)	30	(2.0)	24	(1.8)	32	(2.5)	31	(4.1)	26	(1.3)	31	(1.5)	31	(1.5)
20 and over...	36	(1.5)	33	(1.9)	28	(1.3)	36	(1.6)	37	(2.7)	32	(1.1)	35	(1.3)	34	(1.0)
2 and over...	36	(1.3)	33	(1.7)	28	(1.2)	36	(1.5)	37	(2.3)	32	(1.0)	35	(1.2)	34	(1.0)
\$75,000 and higher:																
2 - 5.....	26	(3.1)	23	(4.6)	37	(5.4)	37	(4.3)	35	(4.2)	25	(4.0)	27	(3.1)	30	(3.5)
6 - 11.....	35	(3.1)	30	(2.0)	36	(3.2)	39	(2.0)	34	(4.6)	34	(2.3)	36	(2.1)	36	(2.2)
12 - 19.....	34	(2.2)	32	(2.5)	28	(5.6)	35	(2.5)	37	(4.2)	29	(2.5)	34	(2.7)	34	(2.5)
20 and over...	38	(1.8)	35	(2.9)	34	(2.3)	37	(2.0)	40	(3.0)	33	(1.6)	36	(1.7)	36	(1.6)
2 and over...	37	(1.3)	34	(2.1)	34	(1.6)	37	(1.4)	39	(2.3)	32	(1.3)	35	(1.2)	36	(1.1)
All Individuals⁴:																
2 - 5.....	25	(1.3)	21	(1.5)	27	(2.7)	30	(2.1)	30	(1.9)	23	(1.5)	25	(1.5)	25	(1.9)
6 - 11.....	36	(2.1)	33	(2.8)	36	(1.9)	38	(2.0)	36	(1.9)	37	(1.8)	38	(1.7)	37	(1.9)
12 - 19.....	34	(1.3)	32	(1.8)	26	(1.9)	35	(1.4)	36	(2.4)	29	(1.6)	34	(1.5)	34	(1.3)
20 and over...	35	(1.2)	31	(2.0)	29	(1.1)	35	(1.3)	37	(1.7)	31	(0.8)	33	(0.9)	33	(0.9)
2 and over...	34	(1.0)	30	(1.6)	29	(0.9)	35	(1.1)	36	(1.5)	31	(0.7)	34	(0.8)	33	(0.8)

Table 11. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
\$0 - \$24,999:								
2 - 5.....	21 (2.7)	20 (2.7)	22 (2.8)	22 (3.5)	21 (2.8)	23 (3.5)	29 (4.6)	-- --
6 - 11.....	33 (3.2)	34 (3.5)	35 (3.2)	34 (3.6)	38 (3.2)	38 (3.8)	31 (5.4)	-- --
12 - 19.....	34 (3.9)	36 (3.5)	37 (3.0)	39 (4.1)	36 (3.4)	40 (3.7)	53 (9.5)	-- --
20 and over...	26 (1.4)	26 (1.8)	27 (2.0)	29 (1.0)	27 (1.4)	32 (1.3)	30 (2.2)	31 (5.4)
2 and over...	27 (1.2)	27 (1.6)	28 (1.8)	30 (1.0)	28 (1.1)	33 (1.1)	32 (2.2)	-- --
\$25,000 - \$74,999:								
2 - 5.....	24 (2.5)	25 (2.2)	29 (2.5)	28 (2.6)	28 (2.8)	32 (2.9)	39 (7.4)	-- --
6 - 11.....	39 (4.1)	39 (3.2)	43 (2.7)	41 (3.1)	41 (2.1)	43 (2.7)	58 (5.7)	-- --
12 - 19.....	28 (1.1)	30 (1.8)	32 (1.6)	30 (1.4)	31 (1.4)	33 (1.7)	42 (4.6)	-- --
20 and over...	33 (1.4)	35 (1.7)	35 (1.4)	36 (1.4)	33 (1.0)	39 (1.4)	40 (1.9)	44 (3.9)
2 and over...	33 (1.4)	35 (1.6)	35 (1.4)	36 (1.2)	33 (1.0)	38 (1.2)	41 (1.8)	-- --
\$75,000 and higher:								
2 - 5.....	27 (4.1)	24 (3.1)	33 (3.5)	30 (3.6)	30 (3.7)	33 (3.3)	35 (7.9)	-- --
6 - 11.....	31 (2.1)	33 (2.3)	38 (2.3)	35 (2.7)	36 (2.0)	38 (2.4)	47 (5.8)	-- --
12 - 19.....	33 (2.5)	35 (2.6)	37 (2.9)	37 (3.0)	34 (2.5)	40 (3.7)	51 (6.3)	-- --
20 and over...	34 (1.6)	38 (2.5)	39 (1.8)	39 (1.9)	36 (1.4)	42 (1.8)	41 (2.5)	44 (4.7)
2 and over...	34 (1.2)	37 (1.9)	38 (1.3)	38 (1.3)	36 (1.0)	41 (1.3)	41 (2.3)	-- --
All Individuals⁴:								
2 - 5.....	24 (2.3)	23 (1.3)	27 (2.1)	26 (2.0)	26 (1.8)	29 (2.1)	35 (4.8)	-- --
6 - 11.....	34 (2.3)	35 (2.3)	39 (1.8)	36 (2.3)	38 (1.6)	39 (1.8)	47 (3.4)	-- --
12 - 19.....	31 (1.3)	33 (1.5)	35 (1.3)	35 (1.8)	33 (1.2)	37 (2.0)	48 (3.4)	-- --
20 and over...	32 (1.0)	34 (1.3)	34 (1.1)	35 (1.0)	32 (0.9)	38 (1.0)	38 (1.5)	42 (2.5)
2 and over...	31 (0.9)	33 (1.2)	34 (1.0)	35 (0.8)	33 (0.8)	38 (0.8)	38 (1.4)	-- --

Footnotes

- ¹ Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- ² Percentages estimated as a ratio of total nutrients from foods eaten away from home for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006.
- ³ The percentage of respondents in the income/age group who reported consuming at least one item away from home.
- ⁴ Includes persons of all income levels or with unknown family income.
- ⁵ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Away from Home: Percentages of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 12. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006

Family income as % of Federal poverty threshold and age (years)	Percent reporting ⁴ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Under 131% poverty:										
2 - 5.....	54 (3.9)	23 (1.9)	21 (1.7)	23 (1.9)	23 (2.0)	22 (2.1)	23 (2.1)	22 (1.9)	24 (2.2)	24 (2.7)
6 - 11.....	70 (3.2)	38 (2.6)	37 (3.1)	38 (2.5)	39 (2.6)	38 (3.4)	38 (3.1)	38 (3.2)	39 (3.3)	37 (3.2)
12 - 19.....	63 (3.7)	35 (2.5)	35 (2.9)	34 (2.3)	34 (2.7)	33 (2.5)	35 (2.8)	35 (2.8)	36 (3.0)	36 (3.0)
20 and over...	56 (1.8)	29 (1.5)	27 (1.6)	29 (1.7)	30 (2.0)	26 (1.7)	30 (1.4)	29 (1.5)	31 (1.5)	31 (1.5)
2 and over...	59 (1.5)	31 (1.0)	29 (0.9)	30 (1.1)	31 (1.2)	28 (1.2)	31 (0.9)	30 (1.0)	32 (1.0)	32 (1.0)
131-185% poverty:										
2 - 5.....	70 (7.9)	29 (4.7)	29 (7.0)	28 (3.4)	25 (2.9)	29 (5.0)	30 (6.0)	28 (5.8)	31 (6.2)	32 (5.7)
6 - 11.....	80 (6.0)	42 (2.5)	42 (2.6)	42 (2.6)	44 (3.1)	39 (2.8)	42 (3.1)	41 (3.5)	41 (3.1)	45 (3.4)
12 - 19.....	79 (3.9)	41 (7.9)	36 (6.7)	42 (9.4)	48 (10.5)	35 (6.3)	40 (6.3)	41 (6.9)	40 (6.2)	40 (6.0)
20 and over...	64 (3.0)	35 (2.3)	33 (2.1)	34 (2.5)	34 (2.8)	32 (2.4)	36 (2.2)	35 (2.5)	37 (2.4)	37 (2.2)
2 and over...	68 (2.7)	36 (2.4)	33 (2.2)	36 (2.6)	37 (2.7)	33 (2.3)	37 (2.2)	36 (2.5)	38 (2.4)	37 (1.9)
Over 185% poverty:										
2 - 5.....	69 (4.0)	34 (2.3)	30 (1.6)	34 (2.9)	34 (3.0)	31 (2.8)	36 (2.5)	34 (2.2)	37 (3.0)	38 (2.6)
6 - 11.....	85 (2.6)	40 (1.9)	37 (2.4)	40 (1.9)	43 (2.1)	36 (1.6)	41 (2.1)	41 (2.1)	42 (2.3)	42 (2.1)
12 - 19.....	78 (2.8)	38 (1.8)	35 (2.1)	38 (1.9)	39 (2.1)	36 (1.9)	39 (1.9)	37 (2.0)	40 (1.9)	39 (2.2)
20 and over...	75 (0.7)	40 (1.0)	38 (1.1)	39 (0.9)	39 (0.8)	35 (0.9)	41 (1.1)	39 (1.2)	41 (1.1)	42 (1.1)
2 and over...	76 (0.7)	39 (0.7)	37 (0.9)	39 (0.6)	39 (0.5)	35 (0.7)	40 (0.9)	39 (1.0)	41 (0.9)	42 (0.9)
All Individuals⁵:										
2 - 5.....	64 (2.9)	29 (1.9)	26 (1.5)	29 (2.2)	29 (2.0)	27 (2.3)	30 (2.0)	29 (1.8)	32 (2.1)	32 (2.3)
6 - 11.....	80 (2.6)	39 (1.8)	37 (2.0)	40 (1.7)	42 (1.8)	36 (1.6)	40 (2.1)	40 (2.0)	40 (2.2)	41 (2.1)
12 - 19.....	74 (1.9)	37 (1.5)	35 (1.7)	37 (1.6)	39 (1.8)	35 (1.4)	38 (1.4)	37 (1.4)	39 (1.4)	38 (1.7)
20 and over...	70 (0.8)	37 (0.9)	35 (1.0)	36 (0.9)	36 (0.8)	33 (0.9)	38 (1.0)	37 (1.0)	39 (1.0)	40 (1.0)
2 and over...	71 (0.9)	37 (0.7)	35 (0.8)	36 (0.7)	37 (0.6)	33 (0.7)	38 (0.8)	37 (0.8)	39 (0.8)	39 (0.8)

Table 12. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Under 131% poverty:									
2 - 5.....	17 (2.3)	18 (2.0)	21 (4.2)	18 (4.1)	19 (2.2)	19 (1.9)	21 (1.7)	19 (1.8)	19 (2.2)
6 - 11.....	30 (2.7)	37 (3.6)	36 (6.7)	42 (5.8)	37 (3.3)	37 (3.1)	35 (2.7)	34 (3.3)	33 (3.5)
12 - 19.....	35 (2.8)	27 (3.6)	33 (5.6)	35 (3.2)	29 (2.6)	29 (2.8)	33 (2.6)	30 (2.7)	26 (2.5)
20 and over...	28 (1.5)	17 (2.1)	21 (4.6)	29 (5.4)	24 (1.2)	22 (1.4)	27 (1.7)	25 (1.6)	23 (1.4)
2 and over...	29 (1.0)	21 (1.6)	24 (3.8)	31 (3.7)	26 (0.9)	24 (0.9)	28 (1.1)	26 (1.2)	24 (1.1)
131-185% poverty:									
2 - 5.....	30 (7.1)	19* (4.2)	32* (9.7)	40 (10.7)	25 (6.7)	23 (4.4)	24 (5.0)	21 (4.5)	18* (4.3)
6 - 11.....	46 (3.9)	42 (5.0)	61 (10.2)	31 (7.7)	39 (3.0)	42 (3.2)	39 (3.0)	41 (4.2)	39 (3.5)
12 - 19.....	36 (5.2)	27 (4.3)	25 (4.0)	37*(13.6)	32 (7.8)	33 (7.0)	35 (6.3)	35 (5.1)	27 (7.1)
20 and over...	37 (2.5)	23 (2.5)	24 (3.4)	29 (5.1)	31 (2.3)	28 (2.3)	31 (2.2)	28 (2.3)	28 (2.2)
2 and over...	37 (2.3)	25 (2.3)	27 (3.4)	30 (4.8)	31 (2.6)	30 (2.2)	32 (2.1)	29 (2.1)	28 (2.5)
Over 185% poverty:									
2 - 5.....	30 (2.5)	25 (2.5)	37 (7.0)	37 (4.1)	28 (3.0)	27 (2.3)	30 (2.2)	26 (2.9)	27 (3.3)
6 - 11.....	39 (4.4)	30 (1.9)	28 (5.5)	42 (3.6)	34 (2.5)	34 (1.9)	36 (2.5)	32 (2.0)	32 (3.0)
12 - 19.....	35 (2.0)	26 (2.4)	39 (7.5)	41 (3.8)	31 (2.2)	28 (1.9)	34 (2.5)	31 (2.0)	28 (1.6)
20 and over...	40 (1.7)	31 (1.1)	38 (1.9)	38 (2.0)	35 (1.3)	33 (1.1)	37 (1.1)	35 (1.2)	33 (1.1)
2 and over...	39 (1.5)	30 (0.8)	37 (1.7)	39 (1.6)	34 (1.0)	33 (0.9)	37 (0.8)	34 (0.9)	32 (0.9)
All Individuals⁵:									
2 - 5.....	24 (1.5)	21 (1.7)	29 (4.6)	30 (3.5)	24 (2.5)	23 (1.8)	26 (1.8)	22 (1.9)	23 (2.3)
6 - 11.....	36 (3.1)	32 (2.1)	33 (3.1)	39 (3.3)	34 (2.1)	35 (1.8)	36 (2.1)	33 (2.0)	32 (2.4)
12 - 19.....	35 (1.6)	26 (1.9)	37 (6.0)	39 (3.3)	31 (1.5)	29 (1.4)	34 (1.6)	31 (1.4)	28 (1.2)
20 and over...	37 (1.4)	27 (1.0)	34 (1.4)	36 (1.9)	33 (1.1)	31 (1.0)	35 (1.0)	33 (1.2)	30 (0.9)
2 and over...	36 (1.3)	27 (0.8)	34 (1.2)	36 (1.6)	32 (0.9)	31 (0.8)	35 (0.8)	32 (1.0)	30 (0.8)

Table 12. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)
Under 131% poverty:								
2 - 5.....	19 (1.9)	18 (1.9)	22 (2.5)	24 (2.4)	24 (3.9)	19 (2.0)	20 (1.9)	20 (1.8)
6 - 11.....	34 (2.6)	34 (5.0)	37 (3.1)	34 (2.9)	38 (4.9)	39 (3.9)	39 (3.1)	37 (3.2)
12 - 19.....	34 (2.8)	31 (2.9)	27 (3.5)	35 (2.9)	34 (4.0)	30 (2.7)	33 (2.8)	33 (2.3)
20 and over...	26 (1.5)	20 (2.3)	23 (3.9)	27 (2.0)	27 (3.7)	23 (1.6)	26 (1.5)	24 (1.6)
2 and over...	27 (1.0)	23 (2.0)	25 (2.2)	29 (1.3)	28 (2.8)	25 (1.0)	28 (0.9)	26 (1.1)
131-185% poverty:								
2 - 5.....	28 (6.3)	23 (4.7)	25 (4.8)	30 (5.4)	36 (7.9)	25 (5.2)	28 (5.6)	25 (5.1)
6 - 11.....	43 (2.5)	42 (3.6)	48 (5.9)	37 (3.5)	36 (7.2)	44 (3.0)	44 (2.7)	39 (2.7)
12 - 19.....	36 (4.3)	37 (6.1)	25 (4.4)	38 (6.7)	32 (5.8)	36 (8.0)	38 (7.3)	34 (5.1)
20 and over...	32 (2.2)	27 (1.8)	22 (3.1)	34 (2.3)	28 (3.8)	28 (2.8)	31 (2.2)	29 (2.4)
2 and over...	33 (2.1)	29 (1.6)	25 (2.9)	34 (2.2)	29 (3.2)	30 (2.7)	33 (2.3)	30 (2.2)
Over 185% poverty:								
2 - 5.....	29 (1.8)	24 (2.5)	33 (4.4)	35 (2.7)	34 (3.0)	27 (1.9)	29 (1.9)	30 (2.2)
6 - 11.....	37 (2.6)	32 (2.9)	35 (2.6)	41 (2.1)	36 (2.5)	35 (1.7)	38 (1.9)	37 (1.9)
12 - 19.....	34 (1.6)	32 (2.3)	26 (2.7)	35 (2.2)	36 (2.3)	28 (1.8)	33 (1.9)	34 (1.7)
20 and over...	38 (1.2)	34 (1.9)	31 (1.3)	37 (1.3)	40 (2.1)	33 (0.9)	36 (1.0)	35 (0.9)
2 and over...	37 (1.0)	33 (1.5)	31 (1.1)	37 (1.0)	39 (1.8)	32 (0.8)	36 (0.8)	35 (0.7)
All Individuals⁵:								
2 - 5.....	25 (1.3)	21 (1.5)	27 (2.7)	30 (2.1)	30 (1.9)	23 (1.5)	25 (1.5)	25 (1.9)
6 - 11.....	36 (2.1)	33 (2.8)	36 (1.9)	38 (2.0)	36 (1.9)	37 (1.8)	38 (1.7)	37 (1.9)
12 - 19.....	34 (1.3)	32 (1.8)	26 (1.9)	35 (1.4)	36 (2.4)	29 (1.6)	34 (1.5)	34 (1.3)
20 and over...	35 (1.2)	31 (2.0)	29 (1.1)	35 (1.3)	37 (1.7)	31 (0.8)	33 (0.9)	33 (0.9)
2 and over...	34 (1.0)	30 (1.6)	29 (0.9)	35 (1.1)	36 (1.5)	31 (0.7)	34 (0.8)	33 (0.8)

Table 12. Away from Home¹: Percentages² of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
Under 131% poverty:								
2 - 5.....	20 (2.1)	20 (2.1)	20 (1.8)	20 (1.7)	20 (2.0)	22 (2.0)	28 (4.5)	-- --
6 - 11.....	36 (3.6)	36 (4.1)	37 (2.8)	35 (2.9)	39 (3.1)	39 (3.2)	40 (7.5)	-- --
12 - 19.....	29 (2.5)	31 (2.7)	33 (2.1)	34 (2.4)	32 (2.9)	35 (2.7)	40 (5.8)	-- --
20 and over...	24 (1.5)	23 (1.7)	24 (2.2)	27 (1.5)	25 (1.8)	29 (1.7)	28 (2.5)	34 (6.5)
2 and over...	26 (1.2)	26 (1.5)	26 (1.7)	29 (0.9)	27 (1.1)	31 (1.1)	29 (2.2)	-- --
131-185% poverty:								
2 - 5.....	21 (4.8)	22 (5.3)	28 (5.0)	30 (7.5)	26 (5.3)	31 (7.4)	30* (9.7)	-- --
6 - 11.....	39 (2.9)	41 (2.5)	40 (2.6)	38 (3.0)	45 (2.6)	42 (2.3)	33 (7.2)	-- --
12 - 19.....	34 (7.7)	36 (6.7)	35 (5.8)	34 (7.8)	36 (4.5)	38 (7.7)	64*(13.9)	-- --
20 and over...	30 (2.2)	33 (2.4)	31 (2.6)	33 (1.9)	29 (2.6)	36 (2.5)	36 (6.0)	26 (7.3)
2 and over...	31 (2.4)	33 (2.4)	32 (2.4)	33 (2.2)	31 (2.3)	36 (2.6)	38 (5.7)	-- --
Over 185% poverty:								
2 - 5.....	27 (3.3)	26 (1.8)	33 (2.3)	30 (2.3)	31 (2.4)	34 (2.2)	42 (7.1)	-- --
6 - 11.....	34 (2.6)	34 (2.2)	40 (2.0)	37 (2.8)	37 (1.7)	40 (2.0)	53 (4.5)	-- --
12 - 19.....	32 (1.6)	33 (1.8)	36 (2.1)	34 (2.4)	33 (1.6)	38 (2.8)	48 (4.0)	-- --
20 and over...	34 (1.1)	37 (1.4)	37 (1.0)	38 (1.1)	35 (0.9)	41 (1.2)	40 (1.8)	44 (3.0)
2 and over...	33 (0.9)	36 (1.1)	37 (0.9)	37 (0.9)	35 (0.8)	40 (0.9)	41 (1.7)	-- --
All Individuals⁵:								
2 - 5.....	24 (2.3)	23 (1.3)	27 (2.1)	26 (2.0)	26 (1.8)	29 (2.1)	35 (4.8)	-- --
6 - 11.....	34 (2.3)	35 (2.3)	39 (1.8)	36 (2.3)	38 (1.6)	39 (1.8)	47 (3.4)	-- --
12 - 19.....	31 (1.3)	33 (1.5)	35 (1.3)	35 (1.8)	33 (1.2)	37 (2.0)	48 (3.4)	-- --
20 and over...	32 (1.0)	34 (1.3)	34 (1.1)	35 (1.0)	32 (0.9)	38 (1.0)	38 (1.5)	42 (2.5)
2 and over...	31 (0.9)	33 (1.2)	34 (1.0)	35 (0.8)	33 (0.8)	38 (0.8)	38 (1.4)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Footnotes

- ¹ Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- ² Percentages estimated as a ratio of total nutrients from foods eaten away from home for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006.
- ³ Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.
- ⁴ The percentage of respondents in the income/age group who reported consuming at least one item away from home.
- ⁵ Includes persons of all income levels or with unknown family income.
- ⁶ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Away from Home: Percentages of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 13. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, in the United States, 2005-2006

Gender and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Males:										
2 - 5.....	96* (1.6)	19 (0.8)	19 (1.0)	21 (0.9)	22 (1.1)	20 (1.3)	16 (1.0)	18 (1.0)	15 (1.0)	14 (1.1)
6 - 11.....	91 (1.4)	17 (0.7)	16 (0.9)	19 (0.6)	19 (0.6)	15 (0.8)	15 (1.0)	15 (1.0)	15 (1.0)	12 (1.1)
12 - 19.....	71 (3.9)	14 (0.9)	12 (0.8)	15 (1.2)	16 (1.1)	13 (1.0)	12 (0.8)	13 (0.8)	12 (0.9)	10 (0.9)
20 - 29.....	69 (2.7)	15 (0.9)	15 (1.4)	17 (0.9)	18 (1.1)	16 (1.0)	15 (1.1)	15 (1.2)	15 (1.3)	14 (1.0)
30 - 39.....	82 (1.8)	15 (0.7)	14 (0.9)	18 (0.8)	22 (1.2)	17 (1.2)	15 (0.9)	16 (1.1)	15 (1.0)	13 (1.0)
40 - 49.....	83 (2.0)	15 (1.1)	14 (1.0)	17 (1.5)	18 (1.7)	18 (1.6)	15 (1.1)	16 (1.4)	14 (1.1)	13 (1.1)
50 - 59.....	88 (2.7)	16 (1.0)	15 (1.2)	19 (1.0)	20 (1.5)	21 (0.7)	16 (1.7)	15 (1.5)	16 (1.8)	15 (2.2)
60 - 69.....	91 (2.1)	19 (0.6)	17 (0.8)	22 (1.0)	24 (1.9)	22 (1.1)	17 (1.0)	17 (1.0)	17 (1.2)	15 (0.9)
70 and over.....	95* (1.3)	22 (0.8)	19 (1.0)	28 (1.1)	29 (1.5)	25 (1.1)	19 (0.8)	19 (0.6)	18 (0.9)	18 (1.1)
20 and over...	83 (1.2)	16 (0.5)	15 (0.5)	19 (0.6)	21 (0.7)	19 (0.6)	16 (0.6)	16 (0.5)	16 (0.7)	14 (0.6)
Females:										
2 - 5.....	97* (1.3)	20 (0.6)	20 (0.7)	21 (1.0)	23 (1.4)	17 (1.5)	17 (0.7)	18 (0.7)	16 (0.7)	14 (0.8)
6 - 11.....	90 (2.3)	19 (1.1)	19 (1.0)	20 (1.4)	21 (1.1)	17 (2.3)	17 (0.9)	18 (1.0)	18 (1.1)	14 (1.0)
12 - 19.....	71 (2.6)	14 (0.8)	13 (1.0)	16 (0.8)	18 (0.9)	12 (1.0)	12 (0.9)	13 (1.0)	13 (1.1)	10 (0.7)
20 - 29.....	74 (3.0)	15 (0.9)	15 (1.0)	17 (1.1)	18 (1.5)	17 (1.1)	14 (1.0)	14 (0.9)	15 (1.1)	13 (1.4)
30 - 39.....	88 (1.4)	17 (1.0)	17 (1.3)	20 (0.9)	22 (1.5)	18 (0.9)	16 (1.4)	17 (1.4)	15 (1.3)	15 (1.8)
40 - 49.....	85 (3.0)	16 (1.2)	14 (1.3)	20 (1.7)	24 (2.1)	16 (2.0)	14 (1.4)	15 (1.7)	14 (1.4)	12 (1.3)
50 - 59.....	92 (2.0)	18 (0.9)	17 (1.4)	21 (1.0)	24 (1.3)	18 (1.4)	15 (1.3)	17 (2.0)	15 (1.3)	13 (1.1)
60 - 69.....	93 (2.3)	19 (0.9)	17 (1.0)	22 (1.1)	23 (1.3)	21 (1.6)	16 (1.1)	17 (1.2)	16 (1.3)	15 (1.4)
70 and over.....	96* (1.5)	22 (0.8)	19 (0.7)	26 (1.0)	26 (1.4)	27 (1.4)	18 (1.1)	18 (1.7)	18 (1.2)	17 (1.0)
20 and over...	87 (1.2)	17 (0.5)	16 (0.6)	20 (0.6)	23 (0.6)	19 (0.6)	15 (0.6)	16 (0.7)	15 (0.6)	14 (0.7)
Males and females:										
2 and over...	85 (1.0)	17 (0.4)	15 (0.4)	19 (0.4)	21 (0.4)	18 (0.4)	15 (0.4)	16 (0.4)	15 (0.5)	14 (0.5)

Table 13. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	27 (2.5)	41 (2.3)	8 (1.6)	9* (3.1)	33 (1.4)	36 (1.4)	29 (1.4)	38 (1.7)	41 (2.3)
6 - 11.....	24 (2.8)	36 (2.4)	7* (3.6)	4* (1.4)	30 (1.1)	34 (1.0)	26 (1.0)	35 (1.2)	38 (2.0)
12 - 19.....	21 (2.0)	32 (2.2)	5 (1.3)	3* (1.0)	25 (1.4)	27 (1.4)	19 (1.1)	25 (1.6)	31 (1.8)
20 - 29.....	26 (1.8)	26 (2.0)	6 (1.1)	7 (2.0)	23 (1.8)	26 (1.8)	19 (2.5)	24 (3.1)	24 (2.8)
30 - 39.....	24 (2.4)	27 (3.0)	4* (0.9)	5* (1.9)	21 (1.1)	28 (1.2)	16 (0.7)	22 (1.3)	25 (1.7)
40 - 49.....	29 (2.9)	27 (4.5)	13* (6.2)	15* (5.5)	23 (2.1)	29 (2.3)	17 (1.4)	20 (1.9)	26 (2.7)
50 - 59.....	25 (3.7)	25 (2.0)	6* (1.9)	2* (0.9)	25 (1.4)	28 (1.3)	19 (0.8)	22 (1.1)	29 (1.9)
60 - 69.....	28 (1.8)	31 (3.4)	5* (1.2)	6* (1.9)	31 (1.9)	34 (2.2)	24 (1.6)	30 (2.4)	39 (3.0)
70 and over.....	32 (3.0)	31 (2.3)	8 (2.0)	5* (1.7)	36 (1.5)	38 (1.4)	29 (1.1)	36 (1.3)	43 (1.5)
20 and over...	27 (1.0)	27 (1.1)	7 (1.4)	7 (1.6)	25 (0.7)	29 (0.7)	19 (0.6)	24 (0.9)	29 (1.0)
Females:									
2 - 5.....	32 (2.6)	38 (1.3)	8 (2.1)	6* (2.1)	31 (0.8)	35 (0.9)	28 (0.6)	34 (1.2)	40 (2.2)
6 - 11.....	33 (4.6)	39 (2.4)	5 (0.8)	8* (4.7)	31 (2.6)	35 (1.9)	27 (3.2)	35 (3.3)	37 (3.3)
12 - 19.....	23 (2.8)	30 (1.4)	4 (0.7)	3 (0.7)	24 (1.5)	28 (1.5)	19 (1.2)	26 (1.5)	33 (2.4)
20 - 29.....	24 (2.0)	27 (1.3)	8 (2.3)	8* (4.9)	23 (1.1)	26 (1.2)	18 (1.0)	24 (1.0)	27 (1.7)
30 - 39.....	27 (3.2)	26 (2.3)	5* (0.9)	12* (4.1)	25 (1.4)	30 (1.7)	19 (1.3)	22 (1.7)	25 (1.5)
40 - 49.....	24 (4.0)	26 (1.9)	5* (1.4)	9* (5.6)	26 (2.2)	31 (1.9)	19 (1.7)	23 (2.2)	28 (3.0)
50 - 59.....	32 (4.9)	28 (1.5)	12* (4.2)	16 (3.4)	24 (1.3)	30 (1.7)	19 (1.1)	24 (1.6)	28 (1.5)
60 - 69.....	28 (2.7)	28 (1.9)	6* (1.5)	7* (3.2)	29 (1.6)	34 (2.1)	23 (1.7)	31 (2.1)	36 (2.8)
70 and over.....	27 (3.4)	32 (2.5)	10* (3.6)	7* (2.7)	35 (1.6)	38 (1.6)	29 (1.4)	36 (1.7)	43 (2.1)
20 and over...	27 (1.5)	28 (0.7)	7 (1.1)	10 (1.6)	26 (0.7)	31 (0.7)	20 (0.8)	26 (0.9)	30 (1.1)
Males and females:									
2 and over...	27 (1.0)	29 (0.6)	7 (0.9)	8 (1.0)	26 (0.5)	30 (0.5)	20 (0.4)	26 (0.5)	31 (0.7)

Table 13. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5.....	26	(1.2)	40	(2.1)	18	(1.2)	18	(1.5)	10	(1.6)	29	(1.2)	25	(1.1)	23	(0.8)
6 - 11.....	23	(1.6)	36	(1.2)	19	(1.6)	14	(1.7)	8	(1.3)	26	(1.2)	22	(1.3)	19	(1.0)
12 - 19.....	18	(1.3)	25	(2.3)	22	(2.2)	12	(1.0)	9	(1.7)	20	(1.2)	17	(1.0)	15	(1.0)
20 - 29.....	20	(1.3)	23	(2.4)	20	(1.9)	17	(3.1)	9	(1.1)	20	(1.6)	18	(1.0)	15	(1.1)
30 - 39.....	20	(1.2)	25	(2.2)	21	(2.3)	18	(2.0)	10	(1.2)	22	(1.4)	19	(1.0)	17	(0.6)
40 - 49.....	21	(1.8)	19	(4.5)	24	(2.6)	15	(1.3)	15*	(6.6)	20	(1.9)	18	(1.5)	18	(1.2)
50 - 59.....	21	(1.9)	21	(1.8)	28	(2.4)	18	(2.2)	9	(2.4)	20	(1.1)	19	(1.1)	21	(0.7)
60 - 69.....	24	(1.1)	31	(3.0)	33	(4.4)	20	(1.8)	7	(1.1)	26	(1.6)	23	(1.0)	23	(1.4)
70 and over.....	26	(1.7)	34	(3.2)	37	(2.2)	25	(1.1)	8	(0.9)	30	(1.2)	26	(1.0)	27	(1.0)
20 and over...	21	(0.6)	24	(0.9)	26	(1.2)	18	(0.8)	10	(1.6)	22	(0.6)	20	(0.5)	19	(0.6)
Females:																
2 - 5.....	26	(1.1)	38	(1.3)	23	(1.7)	14	(0.7)	8	(1.2)	29	(1.1)	25	(0.7)	22	(0.9)
6 - 11.....	28	(2.0)	37	(1.5)	21	(2.0)	18	(2.7)	9	(1.0)	28	(1.5)	24	(1.4)	20	(1.6)
12 - 19.....	20	(1.9)	28	(1.8)	21	(2.9)	11	(1.0)	6	(0.8)	21	(1.4)	17	(1.3)	15	(1.1)
20 - 29.....	21	(1.3)	27	(1.6)	25	(1.8)	17	(1.2)	9	(1.2)	20	(1.2)	19	(1.0)	18	(0.8)
30 - 39.....	23	(1.7)	26	(2.7)	19	(2.8)	16	(1.6)	6	(1.1)	25	(1.4)	22	(1.2)	21	(1.2)
40 - 49.....	21	(2.2)	26	(3.0)	25	(2.6)	16	(2.9)	6	(1.0)	23	(1.9)	20	(1.6)	19	(1.3)
50 - 59.....	25	(2.4)	27	(2.6)	26	(4.4)	16	(1.2)	6*	(1.3)	24	(1.8)	22	(1.4)	20	(1.0)
60 - 69.....	25	(1.7)	30	(3.5)	27	(2.3)	22	(2.0)	7	(1.1)	26	(1.7)	23	(1.1)	23	(1.3)
70 and over.....	25	(1.4)	35	(2.5)	34	(1.9)	25	(1.7)	7	(0.8)	30	(2.0)	26	(1.1)	28	(0.9)
20 and over...	23	(0.8)	28	(1.0)	26	(1.5)	18	(1.2)	7	(0.5)	24	(0.8)	21	(0.6)	21	(0.5)
Males and females:																
2 and over...	22	(0.6)	27	(0.5)	25	(0.9)	17	(0.6)	8	(0.8)	23	(0.4)	20	(0.4)	20	(0.4)

Table 13. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁴ % (SE)
Males:								
2 - 5.....	37 (1.6)	31 (1.2)	18 (0.7)	20 (1.1)	22 (1.0)	16 (1.0)	12* (3.9)	-- --
6 - 11.....	33 (1.4)	25 (0.9)	15 (0.9)	17 (1.3)	20 (0.7)	16 (0.9)	8* (2.5)	-- --
12 - 19.....	27 (1.6)	18 (1.3)	12 (0.9)	13 (0.9)	16 (0.9)	12 (1.0)	9 (1.6)	-- --
20 - 29.....	23 (2.0)	18 (2.2)	14 (1.0)	15 (1.3)	17 (0.9)	14 (1.0)	18 (3.7)	-- --
30 - 39.....	22 (1.3)	17 (1.3)	16 (0.9)	15 (1.0)	19 (0.7)	14 (0.9)	39 (4.2)	-- --
40 - 49.....	25 (2.6)	14 (1.9)	15 (2.0)	16 (1.3)	19 (1.0)	14 (1.1)	41 (3.9)	-- --
50 - 59.....	28 (1.3)	19 (1.3)	17 (1.0)	18 (1.5)	21 (0.9)	15 (1.3)	39 (5.2)	-- --
60 - 69.....	35 (2.3)	23 (1.6)	17 (1.2)	19 (1.3)	23 (1.5)	16 (1.0)	41 (4.1)	-- --
70 and over.....	41 (1.0)	27 (1.7)	20 (1.5)	22 (1.2)	26 (1.1)	19 (1.0)	45 (3.2)	-- --
20 and over...	27 (0.7)	18 (0.7)	16 (0.7)	17 (0.6)	20 (0.6)	15 (0.5)	38 (2.5)	# (#)
Females:								
2 - 5.....	36 (1.0)	29 (1.5)	17 (0.9)	20 (0.8)	22 (0.9)	18 (0.6)	9 (2.4)	-- --
6 - 11.....	34 (2.7)	27 (1.7)	16 (1.2)	19 (1.2)	21 (1.3)	17 (1.4)	9 (2.5)	-- --
12 - 19.....	26 (1.5)	20 (1.3)	13 (0.9)	14 (1.1)	16 (1.2)	12 (0.8)	17 (2.8)	-- --
20 - 29.....	25 (1.2)	18 (1.2)	15 (1.0)	16 (0.9)	19 (1.2)	14 (0.9)	28 (4.8)	-- --
30 - 39.....	26 (1.9)	19 (1.4)	18 (1.2)	17 (1.4)	21 (0.9)	16 (1.5)	39 (7.6)	-- --
40 - 49.....	26 (2.6)	19 (2.0)	16 (1.6)	16 (1.7)	21 (1.4)	14 (1.3)	46 (3.8)	-- --
50 - 59.....	25 (1.5)	18 (1.0)	16 (0.9)	20 (2.0)	21 (1.1)	15 (1.5)	31 (4.7)	-- --
60 - 69.....	31 (2.0)	22 (2.6)	18 (1.5)	20 (1.3)	23 (1.3)	16 (1.1)	44 (4.5)	-- --
70 and over.....	40 (1.7)	27 (1.6)	21 (0.8)	22 (1.0)	27 (0.8)	17 (1.0)	50 (1.8)	-- --
20 and over...	28 (0.9)	20 (0.8)	17 (0.6)	18 (0.7)	22 (0.5)	15 (0.7)	40 (3.4)	# (#)
Males and females:								
2 and over...	28 (0.5)	20 (0.5)	16 (0.4)	17 (0.5)	20 (0.4)	15 (0.4)	37 (2.6)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Indicates a non-zero value too small to report.

Footnotes

- ¹ Breakfast includes eating occasions designated by the respondent as "Breakfast", or the Spanish equivalents "Desayuno", and "Almuerzo." Please note these eating occasions include consumption of beverages including water.
- ² Percentages estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006.
- ³ The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as breakfast.
- ⁴ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Breakfast: Percentages of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 14. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, in the United States, 2005-2006

Race/ethnicity and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Non-Hispanic White:										
2 - 5.....	97* (1.2)	17 (0.6)	17 (0.8)	20 (0.8)	22 (1.2)	17 (0.9)	13 (0.6)	14 (0.7)	12 (0.7)	11 (0.8)
6 - 11.....	93* (2.9)	17 (1.0)	17 (1.0)	19 (1.2)	20 (0.9)	16 (1.8)	15 (1.0)	15 (0.7)	16 (1.3)	13 (1.4)
12 - 19.....	74 (3.4)	13 (1.0)	12 (0.9)	16 (1.2)	16 (1.1)	12 (0.9)	11 (0.9)	12 (0.9)	11 (1.1)	10 (0.8)
20 and over...	87 (1.2)	16 (0.4)	14 (0.4)	19 (0.5)	21 (0.5)	19 (0.6)	14 (0.5)	14 (0.5)	14 (0.6)	13 (0.7)
2 and over...	86 (1.2)	15 (0.4)	14 (0.3)	19 (0.4)	20 (0.5)	18 (0.4)	14 (0.4)	14 (0.4)	14 (0.5)	12 (0.5)
Non-Hispanic Black:										
2 - 5.....	94* (2.5)	20 (0.9)	20 (1.5)	22 (1.1)	24 (1.4)	16 (1.3)	19 (1.4)	22 (1.1)	17 (1.7)	15 (1.9)
6 - 11.....	84 (2.6)	17 (1.1)	16 (1.2)	18 (1.0)	19 (1.2)	13 (0.9)	16 (1.8)	17 (1.6)	17 (2.0)	13 (2.2)
12 - 19.....	61 (3.3)	14 (0.7)	13 (1.1)	15 (0.6)	15 (0.8)	13 (0.7)	13 (1.1)	15 (1.2)	14 (1.2)	11 (1.0)
20 and over...	78 (2.2)	17 (0.6)	16 (0.6)	18 (0.6)	19 (0.7)	16 (0.7)	17 (0.9)	19 (1.1)	18 (1.0)	15 (0.9)
2 and over...	77 (1.8)	17 (0.4)	15 (0.5)	18 (0.5)	18 (0.5)	15 (0.6)	17 (0.7)	18 (0.8)	17 (0.7)	14 (0.8)
Mexican American:										
2 - 5.....	97* (1.2)	27 (0.9)	30 (1.3)	26 (0.8)	27 (0.7)	25 (1.0)	27 (1.3)	29 (1.1)	27 (1.5)	22 (1.8)
6 - 11.....	87 (3.2)	20 (1.2)	21 (1.6)	21 (1.0)	22 (1.2)	19 (1.5)	19 (1.3)	20 (1.3)	19 (1.3)	15 (1.3)
12 - 19.....	74 (1.9)	18 (0.7)	18 (0.8)	19 (0.7)	21 (0.8)	16 (0.9)	17 (0.9)	18 (0.9)	17 (1.1)	14 (0.8)
20 and over...	87 (2.0)	25 (1.2)	24 (1.3)	27 (1.3)	27 (1.4)	26 (1.5)	26 (1.3)	27 (1.2)	25 (1.4)	24 (1.9)
2 and over...	86 (1.3)	24 (0.8)	23 (0.9)	25 (0.7)	26 (0.8)	24 (1.0)	23 (0.8)	25 (0.7)	23 (0.9)	21 (1.2)
All Individuals⁴:										
2 - 5.....	96 (1.0)	19 (0.5)	19 (0.7)	21 (0.6)	23 (0.9)	18 (0.7)	16 (0.6)	18 (0.7)	16 (0.7)	14 (0.7)
6 - 11.....	91 (1.7)	18 (0.7)	17 (0.7)	19 (0.8)	20 (0.7)	16 (1.0)	16 (0.8)	17 (0.8)	16 (1.0)	13 (0.9)
12 - 19.....	71 (2.6)	14 (0.7)	13 (0.7)	16 (0.8)	17 (0.8)	13 (0.7)	12 (0.6)	13 (0.7)	12 (0.7)	10 (0.5)
20 and over...	85 (1.1)	17 (0.4)	15 (0.5)	20 (0.5)	21 (0.5)	19 (0.5)	15 (0.5)	16 (0.5)	15 (0.6)	14 (0.6)
2 and over...	85 (1.0)	17 (0.4)	15 (0.4)	19 (0.4)	21 (0.4)	18 (0.4)	15 (0.4)	16 (0.4)	15 (0.5)	14 (0.5)

Table 14. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	24 (2.8)	38 (1.7)	5* (1.6)	4* (2.1)	29 (1.2)	33 (1.3)	25 (0.8)	34 (1.3)	38 (1.8)
6 - 11.....	29 (2.9)	38 (2.7)	8* (3.7)	3* (1.4)	30 (1.9)	34 (1.9)	27 (2.7)	36 (3.0)	37 (2.8)
12 - 19.....	21 (3.0)	31 (1.6)	4* (0.8)	2* (0.8)	25 (1.3)	27 (1.3)	19 (1.1)	25 (1.4)	33 (1.5)
20 and over...	25 (1.2)	27 (0.8)	6 (1.1)	8 (1.6)	25 (0.7)	30 (0.7)	19 (0.6)	25 (0.9)	30 (1.0)
2 and over...	25 (1.2)	28 (0.8)	6 (1.0)	7 (1.3)	26 (0.6)	30 (0.6)	20 (0.6)	26 (0.7)	31 (0.9)
Non-Hispanic Black:									
2 - 5.....	34 (6.3)	47 (2.4)	7* (1.6)	# (#)	36 (1.9)	42 (2.1)	30 (1.6)	37 (2.5)	47 (4.3)
6 - 11.....	27 (4.1)	34 (2.2)	3* (0.4)	4* (1.4)	29 (2.0)	32 (1.9)	24 (1.7)	30 (2.6)	32 (2.8)
12 - 19.....	23 (3.8)	31 (2.3)	5 (1.1)	3* (1.4)	26 (1.6)	27 (1.5)	19 (1.2)	26 (1.6)	31 (1.9)
20 and over...	29 (1.7)	28 (1.3)	5 (0.7)	3 (0.7)	25 (1.2)	29 (1.3)	18 (0.6)	21 (0.8)	26 (1.3)
2 and over...	28 (1.6)	30 (1.0)	5 (0.6)	3 (0.3)	26 (1.0)	30 (1.0)	19 (0.5)	24 (0.8)	29 (1.2)
Mexican American:									
2 - 5.....	44 (2.4)	42 (2.4)	20 (4.0)	17 (3.2)	38 (1.3)	40 (1.3)	34 (1.4)	38 (1.4)	44 (3.0)
6 - 11.....	35 (2.9)	38 (3.5)	6 (1.7)	7* (1.3)	32 (2.3)	35 (2.2)	27 (2.4)	35 (2.9)	39 (2.8)
12 - 19.....	29 (2.9)	36 (2.0)	13* (4.8)	8 (1.3)	25 (1.0)	31 (1.0)	21 (0.9)	26 (1.3)	30 (1.2)
20 and over...	36 (2.0)	35 (2.6)	16 (3.4)	20 (1.8)	30 (1.1)	35 (1.0)	25 (1.5)	28 (1.2)	32 (1.5)
2 and over...	36 (1.4)	36 (1.7)	14 (2.4)	16 (1.4)	30 (0.8)	35 (0.7)	25 (1.0)	29 (0.8)	34 (1.4)
All Individuals⁴:									
2 - 5.....	29 (2.0)	39 (1.4)	8 (1.5)	8 (2.2)	32 (0.9)	36 (0.9)	28 (0.7)	36 (1.2)	41 (1.6)
6 - 11.....	29 (2.3)	37 (1.9)	6* (2.1)	6* (2.6)	31 (1.1)	34 (1.2)	27 (1.6)	35 (1.8)	37 (1.7)
12 - 19.....	22 (2.1)	31 (1.2)	5 (0.7)	3 (0.7)	24 (1.1)	27 (1.1)	19 (0.8)	25 (1.1)	32 (1.4)
20 and over...	27 (1.0)	27 (0.6)	7 (1.0)	8 (1.2)	26 (0.6)	30 (0.6)	20 (0.5)	25 (0.7)	29 (0.8)
2 and over...	27 (1.0)	29 (0.6)	7 (0.9)	8 (1.0)	26 (0.5)	30 (0.5)	20 (0.4)	26 (0.5)	31 (0.7)

Table 14. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	23	(1.2)	37	(2.0)	20	(1.6)	14	(1.0)	8*	(1.5)	28	(1.4)	24	(1.4)	21	(0.6)
6 - 11.....	26	(1.0)	37	(1.1)	20	(2.3)	15	(3.4)	8	(1.2)	27	(1.9)	23	(1.9)	19	(1.9)
12 - 19.....	18	(1.6)	25	(1.9)	23	(2.8)	11	(0.8)	7	(1.3)	19	(1.1)	16	(0.9)	15	(0.9)
20 and over...	21	(0.6)	25	(0.7)	27	(1.3)	17	(0.9)	8	(1.2)	22	(0.7)	19	(0.4)	20	(0.5)
2 and over...	21	(0.6)	26	(0.6)	26	(1.1)	17	(0.7)	8	(1.1)	22	(0.5)	19	(0.4)	19	(0.4)
Non-Hispanic Black:																
2 - 5.....	29	(3.0)	44	(2.4)	19	(1.8)	16	(1.5)	8*	(1.9)	34	(1.7)	27	(1.2)	22	(0.8)
6 - 11.....	22	(2.2)	34	(2.2)	19	(2.8)	12	(1.8)	6*	(1.3)	24	(1.3)	21	(1.8)	16	(0.9)
12 - 19.....	20	(2.4)	29	(2.5)	19	(1.6)	13	(1.3)	6	(0.7)	20	(1.6)	18	(1.4)	15	(0.8)
20 and over...	23	(1.1)	25	(1.9)	22	(1.8)	17	(1.3)	6	(0.7)	25	(1.2)	21	(0.8)	17	(0.7)
2 and over...	23	(1.0)	27	(1.6)	21	(1.4)	16	(1.0)	6	(0.5)	25	(0.9)	21	(0.7)	17	(0.6)
Mexican American:																
2 - 5.....	37	(1.3)	43	(3.0)	24	(2.4)	23	(1.2)	18	(2.5)	34	(1.1)	32	(0.9)	28	(0.9)
6 - 11.....	29	(1.8)	38	(2.7)	23	(3.4)	16	(1.4)	12	(1.6)	30	(1.6)	26	(1.7)	22	(1.6)
12 - 19.....	24	(1.5)	31	(1.8)	20	(1.3)	15	(0.9)	12	(1.0)	26	(1.1)	23	(0.9)	19	(0.7)
20 and over...	30	(1.2)	33	(2.6)	26	(2.7)	24	(0.9)	16	(1.9)	31	(1.1)	28	(1.2)	25	(1.2)
2 and over...	30	(0.9)	34	(1.8)	24	(1.7)	22	(0.6)	15	(1.3)	30	(0.7)	27	(0.9)	24	(0.8)
All Individuals⁴:																
2 - 5.....	26	(0.9)	39	(1.5)	21	(1.1)	16	(0.9)	9	(1.0)	29	(0.9)	25	(0.8)	22	(0.5)
6 - 11.....	25	(0.9)	36	(0.8)	20	(1.1)	16	(2.1)	9	(0.9)	27	(1.1)	23	(1.2)	19	(1.2)
12 - 19.....	19	(1.2)	26	(1.5)	22	(1.8)	12	(0.6)	8	(0.7)	20	(1.0)	17	(0.7)	15	(0.7)
20 and over...	22	(0.6)	26	(0.6)	26	(1.0)	18	(0.7)	8	(0.9)	23	(0.6)	20	(0.5)	20	(0.4)
2 and over...	22	(0.6)	27	(0.5)	25	(0.9)	17	(0.6)	8	(0.8)	23	(0.4)	20	(0.4)	20	(0.4)

Table 14. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
Non-Hispanic White:								
2 - 5.....	34 (1.0)	29 (1.1)	16 (0.5)	16 (0.9)	21 (0.9)	14 (1.1)	10* (3.9)	-- --
6 - 11.....	34 (1.7)	27 (1.2)	14 (1.2)	17 (1.0)	20 (1.4)	15 (1.2)	7* (1.8)	-- --
12 - 19.....	28 (1.4)	19 (1.0)	12 (1.0)	12 (1.2)	15 (0.8)	11 (1.1)	13 (2.3)	-- --
20 and over...	28 (0.7)	19 (0.7)	16 (0.6)	16 (0.5)	20 (0.5)	13 (0.4)	38 (2.8)	# (#)
2 and over...	29 (0.6)	20 (0.5)	15 (0.5)	15 (0.4)	20 (0.5)	13 (0.4)	37 (2.7)	-- --
Non-Hispanic Black:								
2 - 5.....	39 (2.3)	32 (2.5)	17 (1.0)	21 (2.1)	22 (0.8)	17 (1.1)	9* (3.1)	-- --
6 - 11.....	30 (2.7)	21 (1.5)	14 (0.8)	17 (1.6)	18 (1.3)	17 (1.6)	4* (1.9)	-- --
12 - 19.....	25 (1.4)	18 (1.4)	13 (0.7)	14 (1.4)	17 (1.0)	14 (1.1)	8 (1.5)	-- --
20 and over...	25 (1.2)	17 (1.1)	16 (0.7)	18 (0.8)	18 (0.6)	17 (0.7)	40 (2.8)	1* (0.8)
2 and over...	26 (1.0)	18 (1.0)	15 (0.5)	17 (0.6)	18 (0.5)	17 (0.5)	37 (2.5)	-- --
Mexican American:								
2 - 5.....	41 (2.1)	36 (1.6)	25 (0.8)	33 (1.2)	29 (0.7)	28 (1.6)	12 (3.3)	-- --
6 - 11.....	35 (2.8)	27 (1.6)	19 (1.5)	22 (1.7)	24 (1.4)	19 (1.7)	18 (4.5)	-- --
12 - 19.....	25 (0.9)	21 (0.9)	17 (0.8)	19 (0.9)	21 (0.7)	17 (0.9)	15 (3.2)	-- --
20 and over...	30 (1.2)	26 (1.9)	24 (1.4)	26 (1.2)	27 (1.2)	25 (1.3)	39 (3.6)	4* (1.7)
2 and over...	31 (1.0)	26 (1.3)	23 (0.9)	25 (0.9)	26 (0.8)	23 (0.8)	37 (3.2)	-- --
All Individuals⁴:								
2 - 5.....	36 (0.8)	30 (1.1)	17 (0.5)	20 (0.8)	22 (0.6)	17 (0.7)	11 (2.6)	-- --
6 - 11.....	34 (1.1)	26 (0.9)	15 (0.9)	18 (0.7)	20 (0.8)	16 (0.9)	8 (1.8)	-- --
12 - 19.....	27 (1.1)	19 (0.8)	13 (0.7)	13 (0.8)	16 (0.6)	12 (0.8)	12 (1.7)	-- --
20 and over...	28 (0.6)	19 (0.6)	17 (0.5)	17 (0.5)	21 (0.5)	15 (0.5)	39 (2.7)	# (#)
2 and over...	28 (0.5)	20 (0.5)	16 (0.4)	17 (0.5)	20 (0.4)	15 (0.4)	37 (2.6)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Indicates a non-zero value too small to report.

Footnotes

- ¹ Breakfast includes eating occasions designated by the respondent as "Breakfast", or the Spanish equivalents "Desayuno", and "Almuerzo." Please note these eating occasions include consumption of beverages including water.
- ² Percentages estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006.
- ³ The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as breakfast.
- ⁴ Includes persons of all races and Hispanic origins, not just those presented separately.
- ⁵ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Breakfast: Percentages of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 15. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2005-2006

Family income in dollars and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
\$0 - \$24,999:										
2 - 5.....	95* (1.9)	22 (0.9)	23 (1.3)	23 (1.1)	25 (1.3)	21 (2.2)	20 (1.2)	22 (1.1)	20 (1.3)	15 (1.6)
6 - 11.....	87 (2.6)	18 (1.4)	18 (1.6)	19 (1.4)	20 (1.3)	16 (1.2)	18 (1.7)	19 (1.8)	18 (1.9)	17 (1.9)
12 - 19.....	63 (3.7)	12 (1.2)	11 (1.3)	13 (1.5)	14 (1.7)	11 (1.4)	11 (1.0)	12 (1.1)	11 (1.1)	9 (1.1)
20 and over...	82 (2.0)	19 (0.8)	18 (1.2)	20 (0.8)	20 (0.9)	20 (0.9)	18 (0.9)	19 (1.0)	18 (1.0)	16 (1.1)
2 and over...	81 (1.9)	18 (0.7)	18 (1.1)	19 (0.7)	20 (0.8)	19 (0.8)	17 (0.8)	18 (0.9)	17 (0.8)	15 (0.9)
\$25,000 - \$74,999:										
2 - 5.....	96* (1.6)	18 (0.8)	18 (0.7)	20 (1.0)	22 (1.4)	18 (1.2)	15 (0.9)	16 (0.9)	14 (0.9)	14 (1.1)
6 - 11.....	93 (1.6)	19 (1.4)	18 (1.8)	20 (1.4)	21 (1.6)	17 (1.6)	17 (1.5)	18 (1.0)	17 (2.1)	13 (1.6)
12 - 19.....	71 (3.5)	14 (0.7)	13 (0.7)	16 (0.8)	18 (1.1)	13 (0.9)	12 (0.8)	12 (0.8)	12 (0.8)	10 (0.8)
20 and over...	85 (1.0)	17 (0.5)	15 (0.5)	19 (0.6)	21 (0.8)	18 (0.7)	16 (0.6)	16 (0.7)	16 (0.7)	15 (0.8)
2 and over...	85 (0.9)	16 (0.4)	15 (0.4)	19 (0.4)	21 (0.6)	18 (0.6)	15 (0.5)	16 (0.5)	15 (0.6)	14 (0.7)
\$75,000 and higher:										
2 - 5.....	100* (0.0)	17 (0.9)	17 (1.9)	19 (0.8)	21 (1.1)	17 (1.2)	14 (1.5)	15 (1.7)	13 (1.6)	11* (1.2)
6 - 11.....	91 (2.4)	16 (0.7)	16 (1.3)	18 (0.9)	19 (1.1)	14 (1.1)	13 (0.9)	14 (1.2)	14 (1.0)	11 (0.8)
12 - 19.....	78 (3.3)	15 (0.9)	13 (1.0)	17 (1.1)	17 (1.0)	14 (1.0)	13 (0.9)	14 (0.9)	14 (0.9)	12 (1.3)
20 and over...	88 (2.5)	16 (0.8)	14 (0.9)	20 (0.9)	23 (0.8)	19 (1.0)	13 (0.9)	14 (0.8)	13 (0.9)	12 (1.0)
2 and over...	87 (1.8)	16 (0.7)	14 (0.8)	19 (0.6)	21 (0.6)	18 (0.6)	13 (0.8)	14 (0.7)	13 (0.8)	12 (0.8)
All Individuals⁴:										
2 - 5.....	96 (1.0)	19 (0.5)	19 (0.7)	21 (0.6)	23 (0.9)	18 (0.7)	16 (0.6)	18 (0.7)	16 (0.7)	14 (0.7)
6 - 11.....	91 (1.7)	18 (0.7)	17 (0.7)	19 (0.8)	20 (0.7)	16 (1.0)	16 (0.8)	17 (0.8)	16 (1.0)	13 (0.9)
12 - 19.....	71 (2.6)	14 (0.7)	13 (0.7)	16 (0.8)	17 (0.8)	13 (0.7)	12 (0.6)	13 (0.7)	12 (0.7)	10 (0.5)
20 and over...	85 (1.1)	17 (0.4)	15 (0.5)	20 (0.5)	21 (0.5)	19 (0.5)	15 (0.5)	16 (0.5)	15 (0.6)	14 (0.6)
2 and over...	85 (1.0)	17 (0.4)	15 (0.4)	19 (0.4)	21 (0.4)	18 (0.4)	15 (0.4)	16 (0.4)	15 (0.5)	14 (0.5)

Table 15. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Choles- terol % (SE)	Vitamin A (RAE) % (SE)	Beta- carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Ribo- flavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
\$0 - \$24,999:									
2 - 5.....	35 (3.2)	39 (1.7)	10 (2.4)	13* (5.9)	34 (1.2)	37 (1.2)	31 (1.3)	36 (1.7)	42 (2.3)
6 - 11.....	34 (4.4)	34 (2.3)	4* (0.9)	5* (2.1)	29 (2.8)	33 (2.5)	24 (2.8)	31 (2.9)	35 (3.8)
12 - 19.....	19 (2.4)	28 (2.8)	5* (2.3)	3* (0.8)	20 (2.2)	24 (2.3)	16 (1.6)	21 (1.8)	25 (3.1)
20 and over...	30 (2.1)	29 (2.4)	11 (3.0)	10 (2.6)	27 (0.8)	31 (1.0)	21 (1.0)	26 (1.3)	32 (1.3)
2 and over...	29 (1.8)	30 (2.0)	10 (2.5)	9 (2.0)	27 (0.9)	31 (1.0)	21 (0.9)	27 (1.1)	32 (1.5)
\$25,000 - \$74,999:									
2 - 5.....	26 (1.9)	40 (2.2)	8 (1.7)	7* (2.4)	33 (1.7)	36 (1.3)	29 (1.6)	37 (2.2)	42 (4.0)
6 - 11.....	25 (2.8)	40 (3.9)	5* (2.1)	3* (1.3)	33 (1.8)	37 (2.1)	30 (2.5)	41 (3.5)	41 (2.1)
12 - 19.....	24 (3.5)	35 (2.6)	6* (1.8)	3* (1.2)	27 (1.2)	30 (1.6)	21 (1.4)	28 (2.4)	36 (1.9)
20 and over...	27 (1.4)	28 (1.3)	8 (1.5)	8 (1.5)	25 (0.9)	30 (1.3)	20 (0.8)	24 (0.8)	29 (1.1)
2 and over...	26 (1.1)	30 (1.4)	7 (1.4)	7 (1.3)	26 (0.8)	31 (1.2)	21 (0.8)	26 (1.0)	31 (0.9)
\$75,000 and higher:									
2 - 5.....	26 (5.8)	38 (3.4)	3* (0.4)	2* (1.7)	28 (1.7)	33 (2.4)	25 (1.5)	34 (1.7)	34 (3.2)
6 - 11.....	28 (7.0)	35 (1.6)	9* (4.9)	4* (1.8)	28 (1.2)	31 (1.6)	24 (1.1)	31 (1.6)	32 (3.0)
12 - 19.....	21 (2.3)	29 (1.7)	3* (1.1)	2* (0.8)	24 (2.5)	26 (2.3)	19 (2.0)	25 (2.7)	32 (3.6)
20 and over...	25 (2.4)	26 (2.0)	4 (0.7)	9 (2.0)	25 (1.4)	30 (1.3)	18 (1.0)	23 (1.5)	29 (1.7)
2 and over...	25 (2.6)	28 (1.7)	5 (0.7)	7 (1.5)	25 (1.3)	30 (1.2)	19 (0.9)	25 (1.4)	30 (1.6)
All Individuals⁴:									
2 - 5.....	29 (2.0)	39 (1.4)	8 (1.5)	8 (2.2)	32 (0.9)	36 (0.9)	28 (0.7)	36 (1.2)	41 (1.6)
6 - 11.....	29 (2.3)	37 (1.9)	6* (2.1)	6* (2.6)	31 (1.1)	34 (1.2)	27 (1.6)	35 (1.8)	37 (1.7)
12 - 19.....	22 (2.1)	31 (1.2)	5 (0.7)	3 (0.7)	24 (1.1)	27 (1.1)	19 (0.8)	25 (1.1)	32 (1.4)
20 and over...	27 (1.0)	27 (0.6)	7 (1.0)	8 (1.2)	26 (0.6)	30 (0.6)	20 (0.5)	25 (0.7)	29 (0.8)
2 and over...	27 (1.0)	29 (0.6)	7 (0.9)	8 (1.0)	26 (0.5)	30 (0.5)	20 (0.4)	26 (0.5)	31 (0.7)

Table 15. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																
2 - 5.....	30	(1.6)	40	(1.6)	21	(2.2)	17	(1.5)	10	(1.5)	30	(1.1)	27	(1.1)	23	(1.2)
6 - 11.....	27	(2.8)	34	(2.5)	19	(2.8)	18	(2.3)	9	(1.1)	26	(2.0)	23	(1.7)	19	(1.5)
12 - 19.....	16	(1.7)	24	(2.2)	14	(1.1)	10	(1.1)	6	(0.9)	17	(1.8)	15	(1.6)	13	(1.3)
20 and over...	25	(1.4)	28	(2.5)	23	(1.7)	19	(1.1)	10	(1.3)	25	(1.4)	23	(1.0)	21	(0.9)
2 and over...	24	(1.3)	28	(2.1)	21	(1.5)	18	(0.8)	9	(1.1)	25	(1.2)	22	(1.0)	20	(0.9)
\$25,000 - \$74,999:																
2 - 5.....	25	(1.2)	40	(2.2)	21	(2.0)	19	(1.9)	12	(1.9)	28	(1.1)	24	(1.0)	22	(0.9)
6 - 11.....	24	(2.2)	38	(1.4)	22	(3.0)	17	(4.2)	8	(1.2)	28	(2.3)	25	(2.6)	21	(2.1)
12 - 19.....	21	(1.9)	29	(4.0)	26	(3.5)	13	(1.2)	8	(1.8)	23	(1.5)	18	(1.0)	17	(0.8)
20 and over...	21	(0.8)	26	(1.1)	26	(1.0)	18	(1.0)	9	(2.0)	22	(0.9)	20	(0.6)	19	(0.5)
2 and over...	22	(0.7)	28	(1.3)	25	(0.8)	17	(1.0)	9	(1.8)	23	(0.8)	20	(0.6)	19	(0.5)
\$75,000 and higher:																
2 - 5.....	23	(2.7)	37	(3.3)	20	(3.0)	12*	(1.3)	6*	(1.0)	28	(3.0)	25	(2.6)	21	(1.4)
6 - 11.....	25	(3.5)	35	(2.8)	18	(2.3)	12	(0.9)	9	(1.3)	25	(1.5)	21	(1.0)	17	(0.9)
12 - 19.....	19	(1.3)	24	(3.0)	23	(3.7)	12	(1.1)	8	(1.6)	20	(1.8)	17	(1.0)	15	(1.0)
20 and over...	21	(1.5)	24	(1.9)	27	(2.0)	17	(1.6)	6	(0.8)	23	(1.1)	20	(1.0)	20	(0.9)
2 and over...	21	(1.5)	25	(1.8)	26	(1.7)	16	(1.3)	6	(0.7)	23	(1.0)	20	(0.9)	19	(0.7)
All Individuals⁴:																
2 - 5.....	26	(0.9)	39	(1.5)	21	(1.1)	16	(0.9)	9	(1.0)	29	(0.9)	25	(0.8)	22	(0.5)
6 - 11.....	25	(0.9)	36	(0.8)	20	(1.1)	16	(2.1)	9	(0.9)	27	(1.1)	23	(1.2)	19	(1.2)
12 - 19.....	19	(1.2)	26	(1.5)	22	(1.8)	12	(0.6)	8	(0.7)	20	(1.0)	17	(0.7)	15	(0.7)
20 and over...	22	(0.6)	26	(0.6)	26	(1.0)	18	(0.7)	8	(0.9)	23	(0.6)	20	(0.5)	20	(0.4)
2 and over...	22	(0.6)	27	(0.5)	25	(0.9)	17	(0.6)	8	(0.8)	23	(0.4)	20	(0.4)	20	(0.4)

Table 15. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
\$0 - \$24,999:								
2 - 5.....	38 (2.1)	32 (1.6)	19 (1.1)	23 (1.4)	24 (1.1)	20 (1.2)	10 (2.5)	-- --
6 - 11.....	31 (3.0)	25 (2.3)	16 (1.4)	19 (2.2)	20 (1.7)	16 (1.7)	10 (2.7)	-- --
12 - 19.....	21 (2.1)	16 (1.7)	11 (1.0)	12 (1.4)	13 (1.2)	11 (1.2)	10 (2.8)	-- --
20 and over...	29 (1.1)	21 (1.8)	17 (1.2)	20 (1.1)	22 (1.0)	18 (0.9)	34 (3.0)	1* (0.5)
2 and over...	29 (1.1)	21 (1.5)	16 (1.0)	19 (1.0)	21 (0.9)	17 (0.8)	32 (2.7)	-- --
\$25,000 - \$74,999:								
2 - 5.....	38 (1.7)	30 (2.5)	17 (0.9)	19 (0.7)	21 (1.1)	15 (0.8)	11* (4.9)	-- --
6 - 11.....	36 (1.9)	28 (1.9)	16 (1.4)	18 (1.4)	22 (1.9)	17 (1.7)	9 (2.7)	-- --
12 - 19.....	30 (1.0)	22 (1.8)	13 (1.0)	14 (1.1)	18 (1.1)	13 (0.9)	10 (2.8)	-- --
20 and over...	27 (0.8)	19 (0.8)	16 (0.7)	17 (0.7)	20 (0.6)	15 (0.7)	38 (3.6)	# (#)
2 and over...	29 (0.7)	20 (0.8)	16 (0.6)	16 (0.6)	20 (0.5)	15 (0.5)	37 (3.3)	-- --
\$75,000 and higher:								
2 - 5.....	31 (2.1)	28 (2.3)	16 (1.0)	17 (2.3)	20 (1.3)	15 (2.0)	10* (2.6)	-- --
6 - 11.....	31 (1.3)	23 (2.2)	14 (0.7)	17 (1.6)	18 (1.2)	15 (0.7)	7* (2.4)	-- --
12 - 19.....	27 (2.4)	18 (1.1)	13 (1.0)	14 (1.0)	15 (0.9)	12 (1.1)	17 (3.2)	-- --
20 and over...	27 (1.6)	18 (1.4)	17 (1.0)	16 (1.1)	21 (0.9)	13 (1.0)	42 (3.0)	# (#)
2 and over...	27 (1.4)	19 (1.3)	16 (0.8)	16 (1.0)	20 (0.7)	13 (0.9)	40 (2.8)	-- --
All Individuals⁴:								
2 - 5.....	36 (0.8)	30 (1.1)	17 (0.5)	20 (0.8)	22 (0.6)	17 (0.7)	11 (2.6)	-- --
6 - 11.....	34 (1.1)	26 (0.9)	15 (0.9)	18 (0.7)	20 (0.8)	16 (0.9)	8 (1.8)	-- --
12 - 19.....	27 (1.1)	19 (0.8)	13 (0.7)	13 (0.8)	16 (0.6)	12 (0.8)	12 (1.7)	-- --
20 and over...	28 (0.6)	19 (0.6)	17 (0.5)	17 (0.5)	21 (0.5)	15 (0.5)	39 (2.7)	# (#)
2 and over...	28 (0.5)	20 (0.5)	16 (0.4)	17 (0.5)	20 (0.4)	15 (0.4)	37 (2.6)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Indicates a non-zero value too small to report.

Footnotes

- ¹ Breakfast includes eating occasions designated by the respondent as "Breakfast", or the Spanish equivalents "Desayuno", and "Almuerzo." Please note these eating occasions include consumption of beverages including water.
- ² Percentages estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006.
- ³ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as breakfast.
- ⁴ Includes persons of all income levels or with unknown family income.
- ⁵ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Breakfast: Percentages of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 16. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006

Family income as % of Federal poverty threshold and age (years)	Percent reporting ⁴ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Under 131% poverty:										
2 - 5.....	95* (1.6)	22 (0.8)	23 (1.2)	23 (0.9)	25 (1.0)	20 (1.4)	21 (0.9)	23 (0.8)	20 (1.0)	16 (1.6)
6 - 11.....	88 (3.0)	19 (0.8)	18 (1.0)	19 (0.8)	20 (0.9)	16 (0.8)	19 (1.2)	20 (1.1)	19 (1.4)	17 (1.6)
12 - 19.....	66 (3.2)	13 (1.0)	12 (1.1)	14 (1.1)	15 (1.1)	12 (1.4)	12 (0.9)	13 (0.9)	12 (0.9)	10 (1.0)
20 and over...	81 (1.9)	19 (0.9)	19 (1.3)	20 (0.9)	21 (1.2)	20 (1.2)	19 (1.0)	20 (1.2)	19 (1.0)	17 (1.0)
2 and over...	80 (1.8)	18 (0.7)	18 (1.0)	19 (0.8)	20 (0.9)	19 (0.9)	18 (0.8)	19 (0.9)	18 (0.8)	16 (0.9)
131-185% poverty:										
2 - 5.....	94* (3.5)	19* (1.8)	18* (1.1)	22 (2.7)	24 (2.9)	19* (3.6)	15* (1.5)	16* (1.4)	14* (1.7)	13* (2.0)
6 - 11.....	90* (2.7)	16 (2.2)	14* (2.2)	18 (2.4)	21 (2.5)	16 (2.3)	13* (1.9)	14* (2.1)	14* (2.1)	11* (2.0)
12 - 19.....	73 (6.1)	12 (0.9)	12 (0.9)	12 (1.3)	13 (2.2)	11 (0.7)	11 (1.1)	12 (1.1)	12 (1.3)	9 (1.2)
20 and over...	84 (2.3)	20 (1.0)	18 (1.6)	21 (1.1)	23 (1.0)	20 (1.5)	19 (1.2)	21 (1.5)	19 (1.2)	18 (1.8)
2 and over...	84 (1.6)	18 (0.9)	17 (1.2)	20 (1.1)	21 (1.0)	19 (1.3)	18 (1.0)	19 (1.1)	18 (1.0)	16 (1.4)
Over 185% poverty:										
2 - 5.....	99* (0.6)	17 (0.5)	17 (1.1)	19 (0.6)	21 (0.9)	17 (0.9)	14 (0.8)	15 (1.0)	13 (0.9)	12 (0.8)
6 - 11.....	92 (2.0)	17 (0.8)	17 (0.6)	19 (1.1)	19 (0.9)	15 (1.3)	15 (0.7)	15 (0.5)	16 (1.0)	12 (0.9)
12 - 19.....	74 (3.2)	15 (0.8)	13 (0.8)	17 (0.8)	18 (0.8)	14 (0.8)	12 (0.8)	13 (0.8)	13 (0.9)	11 (0.8)
20 and over...	86 (1.3)	16 (0.4)	14 (0.4)	19 (0.4)	22 (0.6)	18 (0.5)	14 (0.5)	15 (0.6)	14 (0.6)	13 (0.6)
2 and over...	86 (1.2)	16 (0.4)	14 (0.4)	19 (0.3)	21 (0.5)	18 (0.4)	14 (0.5)	15 (0.5)	14 (0.5)	13 (0.5)
All Individuals⁵:										
2 - 5.....	96 (1.0)	19 (0.5)	19 (0.7)	21 (0.6)	23 (0.9)	18 (0.7)	16 (0.6)	18 (0.7)	16 (0.7)	14 (0.7)
6 - 11.....	91 (1.7)	18 (0.7)	17 (0.7)	19 (0.8)	20 (0.7)	16 (1.0)	16 (0.8)	17 (0.8)	16 (1.0)	13 (0.9)
12 - 19.....	71 (2.6)	14 (0.7)	13 (0.7)	16 (0.8)	17 (0.8)	13 (0.7)	12 (0.6)	13 (0.7)	12 (0.7)	10 (0.5)
20 and over...	85 (1.1)	17 (0.4)	15 (0.5)	20 (0.5)	21 (0.5)	19 (0.5)	15 (0.5)	16 (0.5)	15 (0.6)	14 (0.6)
2 and over...	85 (1.0)	17 (0.4)	15 (0.4)	19 (0.4)	21 (0.4)	18 (0.4)	15 (0.4)	16 (0.4)	15 (0.5)	14 (0.5)

Table 16. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Under 131% poverty:									
2 - 5.....	36 (2.3)	40 (1.7)	11 (2.5)	12* (5.5)	36 (1.4)	38 (1.1)	31 (1.1)	37 (1.4)	44 (2.3)
6 - 11.....	36 (5.1)	36 (1.9)	7* (2.4)	5* (2.0)	31 (1.4)	35 (1.7)	26 (1.9)	33 (2.2)	40 (3.5)
12 - 19.....	20 (2.1)	30 (2.3)	6* (2.0)	4 (0.8)	22 (1.6)	26 (1.9)	18 (1.4)	23 (1.7)	28 (2.7)
20 and over...	32 (2.1)	29 (3.0)	13 (3.8)	11* (3.5)	27 (0.8)	30 (1.1)	21 (1.1)	26 (1.1)	31 (0.8)
2 and over...	31 (1.8)	30 (2.2)	12 (3.0)	10 (2.4)	27 (0.8)	31 (1.0)	22 (0.9)	27 (0.9)	32 (1.1)
131-185% poverty:									
2 - 5.....	29 (4.7)	40 (2.1)	5* (1.4)	7* (4.5)	33 (2.4)	37 (2.4)	30 (3.0)	36 (4.0)	47 (8.0)
6 - 11.....	22 (6.2)	33 (5.0)	2* (0.5)	3* (2.9)	26 (4.0)	31 (4.0)	22 (3.9)	31 (5.0)	33 (5.5)
12 - 19.....	27 (3.7)	33 (3.0)	11* (5.9)	3* (1.2)	21 (1.9)	25 (1.5)	18 (2.2)	28 (3.8)	26 (3.0)
20 and over...	28 (2.2)	31 (2.7)	15* (6.3)	12* (5.3)	27 (1.3)	32 (1.5)	21 (1.2)	26 (1.4)	31 (2.1)
2 and over...	28 (2.1)	32 (2.2)	13* (5.7)	10* (4.1)	27 (1.2)	31 (1.2)	22 (1.1)	27 (1.3)	32 (1.9)
Over 185% poverty:									
2 - 5.....	24 (3.2)	38 (2.4)	6 (1.7)	5* (2.2)	29 (1.6)	33 (1.6)	26 (1.4)	35 (1.5)	36 (2.7)
6 - 11.....	26 (5.3)	37 (2.1)	6* (3.5)	3* (1.1)	31 (1.1)	34 (1.3)	27 (2.1)	36 (1.8)	36 (2.3)
12 - 19.....	22 (2.9)	32 (1.4)	4 (0.4)	2* (0.8)	26 (1.3)	29 (1.2)	20 (0.9)	26 (1.3)	35 (1.6)
20 and over...	26 (1.2)	27 (0.7)	5 (0.5)	7 (1.1)	25 (0.8)	30 (0.8)	19 (0.6)	24 (0.8)	29 (1.0)
2 and over...	25 (1.3)	29 (0.7)	5 (0.4)	6 (1.0)	26 (0.6)	30 (0.7)	20 (0.5)	25 (0.6)	30 (0.8)
All Individuals⁵:									
2 - 5.....	29 (2.0)	39 (1.4)	8 (1.5)	8 (2.2)	32 (0.9)	36 (0.9)	28 (0.7)	36 (1.2)	41 (1.6)
6 - 11.....	29 (2.3)	37 (1.9)	6* (2.1)	6* (2.6)	31 (1.1)	34 (1.2)	27 (1.6)	35 (1.8)	37 (1.7)
12 - 19.....	22 (2.1)	31 (1.2)	5 (0.7)	3 (0.7)	24 (1.1)	27 (1.1)	19 (0.8)	25 (1.1)	32 (1.4)
20 and over...	27 (1.0)	27 (0.6)	7 (1.0)	8 (1.2)	26 (0.6)	30 (0.6)	20 (0.5)	25 (0.7)	29 (0.8)
2 and over...	27 (1.0)	29 (0.6)	7 (0.9)	8 (1.0)	26 (0.5)	30 (0.5)	20 (0.4)	26 (0.5)	31 (0.7)

Table 16. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin E (alpha- tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)
Under 131% poverty:								
2 - 5.....	30 (1.3)	41 (1.9)	23 (2.1)	18 (0.9)	11 (2.0)	31 (1.1)	28 (1.0)	24 (1.0)
6 - 11.....	28 (3.0)	35 (2.1)	20 (2.4)	19 (2.2)	10 (0.9)	27 (1.5)	24 (1.2)	20 (0.9)
12 - 19.....	17 (1.4)	27 (2.1)	15 (1.7)	12 (1.2)	6 (0.7)	20 (1.5)	16 (1.3)	14 (1.2)
20 and over...	25 (1.4)	26 (2.8)	22 (1.6)	19 (1.0)	9 (1.0)	25 (1.4)	23 (1.1)	21 (1.0)
2 and over...	25 (1.2)	28 (2.2)	21 (1.2)	18 (0.7)	9 (0.7)	25 (1.1)	22 (0.9)	20 (0.8)
131-185% poverty:								
2 - 5.....	25 (1.9)	40 (2.6)	23 (3.8)	16* (2.0)	8* (1.5)	29 (2.9)	23 (2.2)	21 (2.2)
6 - 11.....	21 (3.9)	33 (4.0)	23 (5.5)	11* (1.8)	6* (1.5)	24 (2.7)	19 (2.4)	17 (2.4)
12 - 19.....	22 (2.2)	30 (3.2)	27 (5.4)	15 (3.3)	13* (5.9)	19 (1.4)	16 (1.2)	15 (1.1)
20 and over...	24 (1.8)	29 (1.9)	26 (2.8)	19 (1.4)	20* (8.1)	27 (2.0)	23 (1.6)	22 (1.3)
2 and over...	23 (1.5)	30 (1.5)	26 (2.3)	17 (1.2)	18* (7.2)	26 (1.4)	22 (1.1)	21 (1.0)
Over 185% poverty:								
2 - 5.....	24 (1.5)	38 (2.4)	19 (1.7)	16 (1.3)	9 (1.3)	28 (1.8)	24 (1.7)	21 (0.7)
6 - 11.....	24 (2.0)	37 (1.1)	19 (1.6)	15 (2.7)	8 (1.1)	27 (1.4)	23 (1.4)	19 (1.4)
12 - 19.....	20 (1.6)	26 (1.9)	24 (2.3)	12 (0.8)	8 (0.8)	21 (1.3)	18 (0.8)	16 (0.7)
20 and over...	21 (0.6)	25 (1.0)	26 (1.2)	17 (0.8)	7 (0.5)	22 (0.5)	20 (0.4)	20 (0.4)
2 and over...	21 (0.7)	27 (0.8)	25 (1.0)	17 (0.8)	7 (0.4)	23 (0.4)	20 (0.3)	19 (0.3)
All Individuals⁵:								
2 - 5.....	26 (0.9)	39 (1.5)	21 (1.1)	16 (0.9)	9 (1.0)	29 (0.9)	25 (0.8)	22 (0.5)
6 - 11.....	25 (0.9)	36 (0.8)	20 (1.1)	16 (2.1)	9 (0.9)	27 (1.1)	23 (1.2)	19 (1.2)
12 - 19.....	19 (1.2)	26 (1.5)	22 (1.8)	12 (0.6)	8 (0.7)	20 (1.0)	17 (0.7)	15 (0.7)
20 and over...	22 (0.6)	26 (0.6)	26 (1.0)	18 (0.7)	8 (0.9)	23 (0.6)	20 (0.5)	20 (0.4)
2 and over...	22 (0.6)	27 (0.5)	25 (0.9)	17 (0.6)	8 (0.8)	23 (0.4)	20 (0.4)	20 (0.4)

Table 16. Breakfast¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
Under 131% poverty:								
2 - 5.....	39 (2.1)	32 (1.3)	19 (1.0)	24 (1.2)	24 (0.9)	21 (1.0)	11 (2.5)	-- --
6 - 11.....	32 (2.1)	26 (1.6)	17 (0.9)	21 (1.7)	21 (1.1)	18 (1.0)	11 (2.7)	-- --
12 - 19.....	23 (1.7)	17 (1.4)	12 (1.0)	13 (1.2)	15 (1.0)	12 (1.1)	10 (1.9)	-- --
20 and over...	28 (1.0)	20 (2.1)	17 (1.5)	21 (1.3)	22 (1.1)	18 (1.0)	31 (3.0)	1* (0.7)
2 and over...	28 (1.0)	21 (1.5)	16 (1.1)	20 (0.9)	21 (0.9)	17 (0.8)	29 (2.8)	-- --
131-185% poverty:								
2 - 5.....	42 (3.5)	30 (3.8)	15* (1.5)	19* (1.5)	21 (1.7)	17* (1.2)	5* (2.4)	-- --
6 - 11.....	31 (4.5)	22 (3.3)	13* (2.3)	14* (2.7)	18 (2.9)	12* (2.2)	17* (6.8)	-- --
12 - 19.....	22 (2.2)	19 (2.2)	13 (1.2)	13 (1.3)	16 (1.4)	13 (1.2)	5* (2.0)	-- --
20 and over...	29 (1.6)	21 (1.6)	19 (1.6)	20 (1.5)	23 (1.3)	18 (1.5)	39 (2.6)	1* (0.8)
2 and over...	29 (1.5)	21 (1.3)	18 (1.3)	18 (1.2)	22 (1.0)	17 (1.2)	36 (2.8)	-- --
Over 185% poverty:								
2 - 5.....	34 (1.9)	29 (1.6)	16 (0.4)	17 (1.3)	21 (0.9)	14 (1.2)	11* (4.4)	-- --
6 - 11.....	34 (1.3)	25 (1.2)	14 (0.9)	17 (0.9)	20 (0.9)	16 (0.8)	6 (1.7)	-- --
12 - 19.....	29 (1.2)	20 (1.1)	13 (0.9)	13 (1.1)	17 (0.7)	12 (1.1)	15 (1.9)	-- --
20 and over...	27 (0.7)	19 (0.7)	16 (0.5)	16 (0.5)	20 (0.4)	14 (0.4)	40 (3.3)	# (#)
2 and over...	28 (0.6)	19 (0.6)	16 (0.4)	16 (0.5)	20 (0.3)	14 (0.4)	39 (3.2)	-- --
All Individuals⁵:								
2 - 5.....	36 (0.8)	30 (1.1)	17 (0.5)	20 (0.8)	22 (0.6)	17 (0.7)	11 (2.6)	-- --
6 - 11.....	34 (1.1)	26 (0.9)	15 (0.9)	18 (0.7)	20 (0.8)	16 (0.9)	8 (1.8)	-- --
12 - 19.....	27 (1.1)	19 (0.8)	13 (0.7)	13 (0.8)	16 (0.6)	12 (0.8)	12 (1.7)	-- --
20 and over...	28 (0.6)	19 (0.6)	17 (0.5)	17 (0.5)	21 (0.5)	15 (0.5)	39 (2.7)	# (#)
2 and over...	28 (0.5)	20 (0.5)	16 (0.4)	17 (0.5)	20 (0.4)	15 (0.4)	37 (2.6)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Indicates a non-zero value too small to report.

Footnotes

- ¹ Breakfast includes eating occasions designated by the respondent as "Breakfast", or the Spanish equivalents "Desayuno", and "Almuerzo." Please note these eating occasions include consumption of beverages including water.
- ² Percentages estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006.
- ³ Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.
- ⁴ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as breakfast.
- ⁵ Includes persons of all income levels or with unknown family income.
- ⁶ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Breakfast: Percentages of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 17. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, in the United States, 2005-2006

Gender and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Males:										
2 - 5.....	92 (1.7)	26 (1.4)	29 (1.4)	24 (1.7)	21 (1.7)	28 (1.5)	28 (1.6)	26 (1.6)	30 (1.9)	28 (2.0)
6 - 11.....	88 (3.3)	26 (2.0)	29 (2.0)	24 (1.8)	21 (1.5)	31 (4.9)	29 (2.3)	28 (1.5)	29 (2.5)	29 (3.8)
12 - 19.....	78 (2.6)	26 (1.2)	28 (1.3)	24 (1.1)	20 (1.4)	26 (1.5)	28 (1.7)	26 (1.5)	28 (1.7)	30 (2.2)
20 - 29.....	73 (3.2)	24 (1.5)	27 (1.8)	23 (1.4)	18 (1.4)	28 (2.3)	26 (2.0)	25 (1.8)	26 (2.2)	28 (2.5)
30 - 39.....	85 (1.9)	29 (0.9)	33 (1.2)	28 (0.8)	23 (1.5)	29 (0.9)	32 (1.2)	31 (1.3)	32 (1.1)	34 (1.9)
40 - 49.....	79 (2.3)	22 (1.0)	27 (1.1)	21 (0.9)	19 (1.2)	25 (1.9)	25 (1.3)	24 (1.5)	25 (1.5)	26 (1.8)
50 - 59.....	79 (2.4)	23 (0.9)	27 (1.3)	22 (0.8)	18 (1.1)	24 (1.2)	25 (1.2)	23 (1.0)	25 (1.4)	28 (1.6)
60 - 69.....	74 (3.6)	21 (1.2)	25 (1.9)	20 (1.1)	17 (1.4)	21 (1.4)	23 (1.5)	23 (1.5)	23 (1.8)	24 (1.6)
70 and over.....	74 (2.6)	21 (1.0)	23 (1.3)	19 (1.0)	16 (1.3)	20 (1.5)	23 (1.4)	22 (1.3)	23 (1.5)	23 (1.8)
20 and over...	78 (1.5)	24 (0.5)	28 (0.7)	23 (0.4)	19 (0.3)	25 (0.8)	26 (0.7)	25 (0.7)	27 (0.8)	28 (0.7)
Females:										
2 - 5.....	91 (2.0)	24 (0.9)	26 (1.0)	22 (0.8)	18 (1.3)	27 (1.3)	27 (1.3)	25 (1.1)	28 (1.4)	32 (2.1)
6 - 11.....	88 (2.2)	26 (1.7)	29 (1.7)	24 (1.5)	23 (1.4)	28 (2.3)	28 (2.3)	28 (1.8)	29 (2.6)	30 (3.2)
12 - 19.....	80 (2.1)	25 (0.9)	27 (1.0)	23 (0.9)	20 (1.2)	23 (1.5)	26 (0.9)	26 (0.6)	26 (0.9)	28 (1.5)
20 - 29.....	79 (2.5)	26 (1.0)	30 (1.0)	24 (1.0)	20 (1.3)	28 (1.3)	28 (1.3)	27 (1.7)	28 (1.5)	30 (1.2)
30 - 39.....	83 (3.1)	26 (2.0)	29 (2.0)	24 (1.9)	20 (2.2)	27 (1.6)	28 (2.5)	27 (2.3)	28 (2.8)	31 (3.3)
40 - 49.....	79 (2.6)	24 (1.2)	27 (1.7)	22 (1.5)	18 (1.5)	27 (3.6)	26 (1.5)	25 (1.6)	26 (1.8)	26 (1.5)
50 - 59.....	81 (2.2)	25 (1.0)	27 (1.2)	23 (1.0)	18 (1.0)	26 (1.3)	26 (1.6)	24 (1.1)	26 (1.7)	30 (2.7)
60 - 69.....	79 (3.1)	22 (1.3)	25 (1.4)	20 (1.4)	17 (1.4)	22 (1.3)	24 (1.6)	22 (1.4)	24 (1.7)	25 (2.3)
70 and over.....	79 (3.6)	22 (1.2)	25 (1.3)	20 (1.0)	17 (1.0)	21 (1.4)	24 (1.9)	21 (1.7)	24 (1.9)	26 (2.4)
20 and over...	80 (1.1)	24 (0.6)	28 (0.7)	23 (0.6)	19 (0.7)	26 (0.8)	26 (0.6)	25 (0.6)	26 (0.7)	29 (0.8)
Males and females:										
2 and over...	80 (1.0)	25 (0.3)	28 (0.4)	23 (0.3)	20 (0.3)	26 (0.5)	27 (0.4)	25 (0.4)	27 (0.4)	29 (0.4)

Table 17. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	25 (1.7)	17 (1.4)	27 (3.4)	40 (5.1)	23 (1.1)	21 (1.3)	26 (1.2)	22 (1.3)	19 (1.8)
6 - 11.....	26 (2.8)	20 (1.6)	28 (4.4)	33 (5.2)	24 (2.0)	23 (1.4)	26 (3.2)	21 (2.2)	21 (2.5)
12 - 19.....	24 (1.7)	19 (2.9)	35*(11.0)	25 (2.6)	25 (1.9)	21 (1.3)	25 (1.5)	21 (1.1)	21 (1.7)
20 - 29.....	23 (2.0)	21 (2.7)	32 (5.9)	28 (4.8)	24 (2.1)	20 (1.4)	23 (1.8)	20 (2.3)	24 (1.6)
30 - 39.....	30 (2.6)	28 (4.9)	45 (11.3)	41 (4.2)	29 (1.8)	25 (0.9)	32 (1.1)	27 (1.1)	27 (1.5)
40 - 49.....	22 (1.7)	15 (2.2)	25 (4.4)	25 (4.0)	26 (3.2)	18 (1.3)	25 (1.6)	22 (1.4)	22 (1.8)
50 - 59.....	21 (2.1)	18 (2.1)	31 (4.7)	28 (4.3)	24 (1.2)	18 (1.0)	26 (1.3)	24 (1.3)	20 (0.9)
60 - 69.....	21 (2.2)	16 (1.6)	21 (4.7)	34 (6.3)	19 (1.7)	18 (1.6)	22 (2.1)	19 (2.1)	17 (1.5)
70 and over.....	19 (1.3)	16 (1.8)	18 (2.1)	24 (4.7)	20 (1.3)	17 (0.9)	21 (1.1)	18 (1.1)	16 (1.0)
20 and over...	24 (0.9)	19 (1.1)	30 (3.0)	31 (2.5)	25 (0.9)	20 (0.6)	26 (0.6)	22 (0.7)	22 (0.6)
Females:									
2 - 5.....	22 (1.3)	18 (1.8)	38 (5.0)	46 (5.5)	21 (0.7)	18 (1.0)	24 (1.2)	19 (1.3)	17 (1.0)
6 - 11.....	24 (2.3)	19 (1.7)	29 (4.6)	29 (6.0)	23 (1.5)	23 (1.4)	25 (2.1)	21 (1.9)	19 (1.3)
12 - 19.....	23 (1.0)	19 (1.6)	20 (1.8)	29 (3.3)	25 (1.2)	22 (1.0)	26 (1.2)	22 (1.1)	21 (1.5)
20 - 29.....	28 (2.9)	22 (1.0)	37 (4.7)	40 (5.4)	25 (0.9)	22 (1.1)	28 (0.8)	25 (0.7)	23 (1.3)
30 - 39.....	26 (2.6)	23 (1.6)	39 (3.5)	33 (5.1)	24 (2.2)	20 (2.0)	28 (1.9)	24 (1.7)	22 (1.7)
40 - 49.....	26 (2.7)	22 (2.3)	29 (4.3)	31 (7.8)	23 (1.5)	20 (1.2)	27 (2.4)	24 (2.0)	21 (1.4)
50 - 59.....	23 (2.2)	21 (2.3)	32 (5.1)	29 (5.9)	25 (1.5)	18 (0.8)	27 (1.3)	23 (1.5)	24 (1.1)
60 - 69.....	22 (2.5)	21 (1.7)	34 (4.3)	29 (5.6)	20 (1.5)	18 (1.2)	24 (1.3)	19 (0.9)	20 (1.6)
70 and over.....	23 (2.6)	19 (2.7)	25 (3.4)	23 (4.4)	21 (1.3)	18 (1.0)	23 (1.6)	19 (1.3)	17 (1.2)
20 and over...	25 (1.2)	21 (0.8)	32 (1.3)	32 (2.5)	23 (0.6)	20 (0.6)	27 (0.8)	23 (0.6)	21 (0.6)
Males and females:									
2 and over...	24 (0.5)	20 (0.6)	31 (1.6)	31 (1.6)	24 (0.5)	20 (0.4)	26 (0.4)	22 (0.4)	21 (0.5)

Table 17. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5.....	26	(1.6)	20	(1.6)	21	(1.9)	27	(1.7)	28	(2.5)	22	(1.4)	26	(1.4)	25	(1.4)
6 - 11.....	27	(1.8)	22	(2.1)	21	(3.3)	28	(3.5)	28	(4.5)	26	(1.6)	28	(1.6)	27	(2.5)
12 - 19.....	24	(1.3)	21	(1.3)	18	(2.1)	25	(1.8)	27	(2.3)	23	(1.2)	26	(1.5)	24	(1.3)
20 - 29.....	23	(1.8)	22	(2.1)	15	(2.5)	22	(2.9)	32	(5.8)	21	(1.5)	24	(1.7)	23	(1.9)
30 - 39.....	28	(1.4)	28	(1.4)	23	(2.7)	28	(1.6)	33	(1.9)	26	(1.1)	29	(1.0)	24	(0.5)
40 - 49.....	21	(1.2)	22	(3.4)	18	(2.1)	24	(1.6)	28	(3.6)	21	(1.2)	23	(1.1)	20	(1.2)
50 - 59.....	22	(1.5)	19	(2.4)	21	(2.6)	24	(1.3)	31	(3.3)	22	(1.1)	23	(1.0)	21	(1.0)
60 - 69.....	20	(1.6)	19	(3.2)	16	(2.2)	21	(2.1)	24	(2.8)	21	(1.4)	22	(1.3)	18	(1.2)
70 and over.....	20	(1.1)	16	(1.8)	16	(1.9)	20	(1.7)	19	(3.3)	19	(1.3)	20	(1.1)	18	(1.2)
20 and over...	23	(0.6)	22	(0.9)	19	(0.8)	24	(0.6)	29	(1.1)	22	(0.5)	24	(0.5)	21	(0.6)
Females:																
2 - 5.....	23	(1.1)	16	(1.7)	19	(2.2)	31	(2.0)	33	(4.0)	20	(1.5)	24	(1.0)	24	(1.3)
6 - 11.....	25	(1.3)	21	(1.6)	19	(1.9)	26	(2.4)	25	(3.0)	25	(1.6)	28	(1.7)	25	(1.5)
12 - 19.....	23	(1.3)	22	(1.2)	18	(1.4)	25	(2.0)	25	(1.6)	24	(1.0)	26	(0.9)	23	(1.0)
20 - 29.....	26	(1.3)	24	(1.6)	22	(2.2)	28	(1.0)	35	(2.9)	23	(1.6)	26	(1.2)	24	(1.1)
30 - 39.....	25	(1.8)	23	(2.2)	23	(2.0)	26	(3.4)	36	(3.2)	22	(2.0)	25	(1.6)	22	(1.4)
40 - 49.....	23	(1.7)	23	(3.0)	21	(2.2)	26	(3.1)	26	(3.9)	23	(1.4)	26	(1.4)	21	(1.5)
50 - 59.....	23	(1.5)	21	(1.9)	23	(3.0)	26	(2.5)	32	(5.0)	20	(1.4)	24	(1.2)	22	(1.1)
60 - 69.....	21	(1.4)	22	(5.3)	18	(2.1)	22	(1.8)	35	(5.1)	20	(1.7)	22	(1.3)	19	(1.1)
70 and over.....	22	(1.6)	18	(2.4)	15	(2.1)	21	(2.0)	26	(4.2)	19	(0.6)	21	(0.8)	19	(1.0)
20 and over...	24	(0.6)	22	(1.1)	21	(1.1)	25	(1.1)	31	(1.7)	21	(0.6)	24	(0.6)	22	(0.4)
Males and females:																
2 and over...	24	(0.4)	22	(0.6)	19	(0.6)	25	(0.6)	30	(0.9)	22	(0.4)	25	(0.3)	22	(0.3)

Table 17. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁴ % (SE)
Males:								
2 - 5.....	20 (1.4)	24 (1.4)	27 (1.3)	29 (1.3)	26 (1.7)	32 (1.4)	16 (4.1)	-- --
6 - 11.....	22 (2.3)	25 (1.6)	29 (2.7)	32 (2.6)	28 (2.3)	31 (1.7)	15 (3.3)	-- --
12 - 19.....	22 (1.5)	24 (1.0)	25 (1.4)	29 (1.8)	24 (0.9)	29 (2.1)	18 (1.3)	-- --
20 - 29.....	25 (1.9)	26 (2.0)	24 (2.1)	27 (1.4)	23 (1.9)	29 (1.6)	16 (1.8)	-- --
30 - 39.....	29 (1.0)	30 (1.1)	26 (0.7)	34 (1.3)	27 (0.9)	36 (1.2)	13 (1.6)	-- --
40 - 49.....	23 (1.2)	27 (4.6)	22 (2.7)	26 (1.2)	21 (1.2)	28 (1.3)	8 (1.2)	-- --
50 - 59.....	21 (0.7)	23 (1.1)	23 (1.2)	27 (1.2)	22 (1.2)	28 (1.2)	8 (1.1)	-- --
60 - 69.....	19 (1.5)	20 (2.8)	21 (1.2)	24 (1.9)	20 (1.6)	30 (1.9)	8 (1.7)	-- --
70 and over.....	17 (1.1)	20 (1.3)	19 (1.8)	23 (1.2)	19 (1.2)	26 (1.4)	10 (1.6)	-- --
20 and over...	23 (0.6)	25 (1.5)	23 (1.0)	28 (0.5)	23 (0.6)	30 (0.7)	10 (0.6)	6 (0.9)
Females:								
2 - 5.....	19 (0.9)	22 (1.6)	27 (1.0)	28 (0.8)	24 (1.5)	29 (1.2)	24 (5.6)	-- --
6 - 11.....	21 (1.4)	24 (1.7)	27 (1.5)	27 (1.7)	27 (1.7)	30 (2.0)	25 (3.2)	-- --
12 - 19.....	23 (1.0)	24 (1.0)	24 (1.1)	27 (1.2)	24 (1.2)	29 (1.0)	22 (2.9)	-- --
20 - 29.....	25 (0.9)	29 (2.2)	27 (1.6)	31 (0.9)	26 (1.0)	31 (0.9)	15 (2.7)	-- --
30 - 39.....	23 (2.1)	26 (2.1)	23 (2.0)	30 (1.9)	24 (1.3)	30 (2.1)	8 (2.0)	-- --
40 - 49.....	23 (1.7)	24 (2.1)	22 (2.2)	29 (2.1)	23 (1.5)	30 (2.0)	9 (1.1)	-- --
50 - 59.....	24 (1.1)	25 (1.1)	23 (1.0)	28 (1.6)	23 (1.2)	29 (1.6)	11 (2.2)	-- --
60 - 69.....	21 (1.2)	19 (1.9)	21 (1.8)	24 (1.4)	21 (1.1)	28 (1.0)	13 (2.7)	-- --
70 and over.....	18 (1.5)	20 (1.0)	20 (1.1)	26 (1.9)	20 (1.0)	27 (1.4)	12 (1.2)	-- --
20 and over...	23 (0.6)	24 (0.8)	23 (0.6)	28 (0.8)	23 (0.4)	29 (0.8)	11 (1.1)	6* (2.0)
Males and females:								
2 and over...	23 (0.4)	25 (0.9)	24 (0.5)	28 (0.4)	23 (0.4)	30 (0.4)	11 (0.7)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Footnotes

- ¹ Lunch includes eating occasions designated by the respondent as "Brunch", "Lunch" or the Spanish equivalent "Comida." Please note these eating occasions include consumption of beverages including water.
- ² Percentages estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006.
- ³ The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as lunch.
- ⁴ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Lunch: Percentages of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 18. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2005-2006

Race/ethnicity and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Non-Hispanic White:										
2 - 5.....	96* (0.9)	26 (1.4)	28 (1.5)	23 (1.4)	21 (1.7)	27 (1.3)	29 (2.0)	27 (1.6)	30 (2.4)	32 (2.7)
6 - 11.....	91 (2.2)	27 (0.8)	29 (1.0)	25 (0.9)	23 (1.0)	30 (3.0)	29 (1.0)	29 (1.1)	30 (0.9)	31 (1.8)
12 - 19.....	80 (2.0)	25 (1.0)	27 (1.1)	23 (0.9)	20 (0.8)	24 (1.2)	27 (1.4)	26 (1.3)	27 (1.5)	29 (1.7)
20 and over...	82 (1.1)	24 (0.3)	28 (0.5)	23 (0.4)	19 (0.5)	25 (0.6)	27 (0.4)	25 (0.5)	27 (0.5)	29 (0.4)
2 and over...	83 (1.1)	25 (0.4)	28 (0.5)	23 (0.4)	20 (0.3)	25 (0.6)	27 (0.4)	26 (0.5)	27 (0.5)	29 (0.4)
Non-Hispanic Black:										
2 - 5.....	85 (4.6)	25 (1.6)	29 (1.7)	22 (1.5)	20 (1.7)	29 (2.2)	27 (2.0)	26 (1.8)	28 (2.0)	25 (2.6)
6 - 11.....	85 (2.3)	25 (1.1)	29 (1.4)	24 (1.1)	23 (1.3)	29 (1.9)	26 (1.3)	27 (1.6)	26 (1.4)	23 (1.2)
12 - 19.....	74 (3.4)	24 (1.1)	27 (1.4)	23 (1.1)	20 (1.5)	25 (1.3)	26 (1.2)	26 (1.4)	26 (1.1)	26 (1.7)
20 and over...	68 (1.5)	22 (0.8)	25 (1.1)	21 (0.8)	19 (0.9)	23 (0.9)	23 (0.9)	23 (1.0)	23 (0.9)	25 (1.1)
2 and over...	71 (1.4)	23 (0.8)	26 (1.0)	21 (0.7)	20 (0.9)	24 (0.9)	24 (0.9)	24 (0.9)	24 (0.9)	25 (1.0)
Mexican American:										
2 - 5.....	88 (2.9)	24 (1.1)	25 (1.2)	23 (1.3)	19 (1.4)	30 (2.0)	24 (1.1)	20 (1.0)	26 (1.1)	30 (2.4)
6 - 11.....	88 (2.7)	26 (2.2)	31 (2.5)	24 (2.2)	21 (1.5)	27 (2.7)	28 (2.3)	28 (2.1)	29 (2.4)	28 (2.8)
12 - 19.....	82 (1.6)	28 (0.9)	30 (1.5)	26 (0.8)	23 (0.9)	28 (1.3)	29 (1.0)	29 (1.2)	30 (0.9)	29 (1.0)
20 and over...	77 (1.8)	26 (1.1)	30 (1.1)	24 (1.0)	21 (0.7)	28 (1.5)	27 (1.5)	25 (1.4)	27 (1.5)	28 (2.0)
2 and over...	80 (1.2)	26 (0.7)	29 (0.8)	25 (0.7)	21 (0.5)	28 (1.1)	27 (1.0)	26 (0.9)	28 (1.0)	28 (1.3)
All Individuals⁴:										
2 - 5.....	91 (1.5)	25 (1.0)	28 (0.9)	23 (1.1)	20 (1.3)	28 (1.0)	28 (1.2)	25 (1.0)	29 (1.4)	30 (1.7)
6 - 11.....	88 (2.0)	26 (0.8)	29 (1.1)	24 (0.7)	22 (0.8)	30 (2.3)	28 (1.1)	28 (1.1)	29 (1.0)	29 (1.7)
12 - 19.....	79 (1.5)	25 (0.7)	27 (0.7)	24 (0.6)	20 (0.5)	25 (0.9)	27 (1.0)	26 (0.9)	27 (1.1)	29 (1.2)
20 and over...	79 (0.9)	24 (0.3)	28 (0.4)	23 (0.3)	19 (0.3)	25 (0.5)	26 (0.4)	25 (0.4)	27 (0.5)	28 (0.5)
2 and over...	80 (1.0)	25 (0.3)	28 (0.4)	23 (0.3)	20 (0.3)	26 (0.5)	27 (0.4)	25 (0.4)	27 (0.4)	29 (0.4)

Table 18. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	24 (1.4)	20 (1.7)	37 (4.7)	40 (7.2)	23 (0.9)	21 (1.2)	26 (0.9)	20 (1.2)	19 (1.5)
6 - 11.....	26 (2.9)	18 (1.3)	20 (4.4)	32 (6.4)	25 (1.1)	23 (1.0)	26 (0.9)	20 (0.9)	20 (1.4)
12 - 19.....	23 (1.4)	19 (2.1)	30 (8.9)	22 (3.4)	25 (1.7)	21 (1.1)	25 (1.4)	20 (1.0)	21 (1.5)
20 and over...	24 (0.6)	20 (0.8)	31 (2.2)	31 (2.7)	24 (0.8)	20 (0.5)	26 (0.6)	22 (0.6)	21 (0.5)
2 and over...	24 (0.6)	20 (0.8)	31 (2.0)	31 (2.2)	24 (0.7)	20 (0.4)	26 (0.5)	22 (0.5)	21 (0.5)
Non-Hispanic Black:									
2 - 5.....	23 (2.9)	17 (1.6)	35 (4.2)	45 (5.1)	22 (1.6)	20 (1.4)	24 (1.5)	21 (1.9)	17 (2.4)
6 - 11.....	23 (2.0)	25 (3.0)	38 (7.2)	35 (4.9)	22 (0.9)	25 (1.5)	24 (1.0)	20 (1.3)	18 (0.9)
12 - 19.....	24 (2.5)	19 (2.0)	22 (4.2)	38 (3.6)	23 (0.8)	22 (1.6)	25 (1.1)	21 (1.2)	20 (1.2)
20 and over...	22 (1.2)	20 (1.4)	30 (3.3)	24 (2.1)	22 (0.8)	19 (0.8)	24 (1.0)	22 (1.0)	21 (0.8)
2 and over...	22 (1.0)	20 (1.3)	30 (3.0)	28 (2.1)	22 (0.7)	20 (0.8)	24 (0.9)	22 (0.9)	20 (0.6)
Mexican American:									
2 - 5.....	23 (2.0)	15 (1.0)	42 (4.3)	49 (7.6)	20 (0.8)	15 (0.7)	25 (1.3)	20 (1.1)	17 (0.8)
6 - 11.....	26 (2.4)	24 (3.4)	42 (10.8)	30 (3.4)	22 (2.1)	23 (1.7)	25 (2.2)	21 (2.1)	19 (2.4)
12 - 19.....	27 (2.0)	20 (1.4)	28 (2.9)	37 (2.8)	26 (1.2)	23 (1.1)	29 (1.3)	25 (1.8)	23 (1.6)
20 and over...	27 (1.2)	21 (2.1)	39 (4.0)	37 (3.1)	25 (1.2)	20 (1.0)	28 (1.3)	25 (1.5)	24 (1.2)
2 and over...	27 (0.9)	21 (1.4)	38 (3.5)	37 (2.6)	25 (0.9)	20 (0.6)	28 (1.1)	24 (1.1)	23 (0.9)
All Individuals⁴:									
2 - 5.....	24 (1.0)	18 (1.2)	33 (4.0)	43 (3.9)	22 (0.7)	20 (0.9)	25 (0.6)	20 (0.8)	18 (1.1)
6 - 11.....	25 (2.2)	20 (1.1)	28 (3.0)	31 (4.8)	24 (1.0)	23 (0.9)	25 (1.1)	21 (0.8)	20 (1.2)
12 - 19.....	24 (0.8)	19 (1.6)	28 (6.7)	26 (2.2)	25 (1.2)	22 (0.7)	25 (0.9)	21 (0.7)	21 (1.0)
20 and over...	24 (0.7)	20 (0.7)	31 (1.8)	31 (2.0)	24 (0.6)	20 (0.4)	26 (0.5)	22 (0.5)	22 (0.4)
2 and over...	24 (0.5)	20 (0.6)	31 (1.6)	31 (1.6)	24 (0.5)	20 (0.4)	26 (0.4)	22 (0.4)	21 (0.5)

Table 18. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	25	(1.8)	20	(1.9)	18	(1.8)	30	(2.4)	29	(3.5)	23	(1.5)	26	(1.5)	25	(1.4)
6 - 11.....	26	(1.3)	22	(1.6)	21	(2.6)	27	(1.6)	26	(2.5)	26	(1.5)	28	(1.1)	27	(1.4)
12 - 19.....	23	(0.7)	20	(1.4)	16	(2.1)	25	(1.4)	26	(2.1)	23	(1.1)	25	(1.1)	23	(0.9)
20 and over...	23	(0.4)	22	(0.9)	19	(0.9)	24	(0.7)	30	(1.3)	22	(0.4)	25	(0.4)	21	(0.4)
2 and over...	23	(0.4)	22	(0.7)	19	(0.8)	25	(0.6)	30	(1.1)	23	(0.4)	25	(0.4)	22	(0.3)
Non-Hispanic Black:																
2 - 5.....	26	(2.4)	20	(1.7)	19	(2.8)	28	(2.7)	30	(4.3)	23	(1.6)	26	(1.4)	26	(2.0)
6 - 11.....	26	(1.6)	24	(2.6)	15	(2.1)	24	(1.6)	22	(3.2)	30	(2.1)	30	(1.8)	26	(1.5)
12 - 19.....	25	(1.9)	23	(1.7)	20	(1.5)	26	(3.7)	24	(3.1)	25	(1.7)	26	(1.6)	24	(1.2)
20 and over...	21	(1.2)	20	(1.6)	18	(1.8)	22	(1.0)	26	(2.9)	19	(0.9)	22	(0.9)	20	(0.8)
2 and over...	22	(1.1)	21	(1.3)	18	(1.4)	23	(1.0)	26	(2.2)	21	(0.9)	24	(0.9)	21	(0.8)
Mexican American:																
2 - 5.....	23	(1.3)	11	(0.6)	29	(5.5)	30	(2.4)	37	(3.9)	16	(1.1)	21	(1.1)	24	(1.3)
6 - 11.....	28	(2.1)	22	(2.1)	21	(2.3)	26	(2.4)	28	(3.2)	25	(1.9)	28	(1.9)	25	(1.8)
12 - 19.....	26	(1.6)	24	(2.2)	23	(3.0)	27	(0.7)	30	(1.3)	25	(1.4)	27	(1.1)	25	(0.8)
20 and over...	26	(1.0)	24	(2.4)	24	(2.0)	27	(1.2)	34	(2.1)	20	(1.2)	26	(1.1)	25	(1.1)
2 and over...	26	(0.6)	23	(1.5)	24	(1.4)	27	(0.9)	33	(1.7)	21	(0.7)	26	(0.8)	25	(0.8)
All Individuals⁴:																
2 - 5.....	25	(1.1)	18	(1.3)	20	(1.8)	29	(1.6)	30	(2.5)	21	(1.1)	25	(1.0)	25	(1.0)
6 - 11.....	26	(1.3)	22	(1.6)	20	(1.9)	27	(1.5)	27	(2.1)	26	(1.1)	28	(1.0)	26	(1.2)
12 - 19.....	24	(0.4)	21	(0.9)	18	(1.3)	25	(0.9)	26	(1.1)	24	(0.8)	26	(0.7)	24	(0.5)
20 and over...	23	(0.4)	22	(0.7)	20	(0.7)	24	(0.6)	30	(1.0)	22	(0.4)	24	(0.3)	21	(0.3)
2 and over...	24	(0.4)	22	(0.6)	19	(0.6)	25	(0.6)	30	(0.9)	22	(0.4)	25	(0.3)	22	(0.3)

Table 18. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
Non-Hispanic White:								
2 - 5.....	20 (1.0)	23 (1.5)	26 (1.1)	30 (1.4)	25 (1.7)	31 (1.4)	17 (4.4)	-- --
6 - 11.....	23 (1.0)	24 (1.1)	29 (1.5)	31 (1.6)	27 (1.2)	32 (1.2)	21 (3.2)	-- --
12 - 19.....	22 (1.3)	23 (0.8)	24 (1.1)	28 (1.7)	23 (0.5)	29 (1.9)	17 (1.7)	-- --
20 and over...	23 (0.5)	25 (1.4)	23 (0.7)	28 (0.6)	23 (0.5)	30 (0.5)	10 (0.8)	6 (1.4)
2 and over...	22 (0.4)	25 (1.2)	23 (0.6)	29 (0.6)	23 (0.4)	30 (0.4)	11 (0.8)	-- --
Non-Hispanic Black:								
2 - 5.....	19 (1.5)	23 (2.0)	27 (2.0)	31 (2.0)	27 (2.1)	30 (1.6)	19* (7.0)	-- --
6 - 11.....	20 (1.0)	25 (1.4)	27 (1.5)	27 (1.2)	28 (1.6)	29 (1.2)	21 (4.3)	-- --
12 - 19.....	23 (1.1)	24 (1.5)	25 (1.7)	27 (1.3)	26 (1.5)	28 (1.3)	19 (2.9)	-- --
20 and over...	21 (0.8)	23 (1.0)	21 (0.9)	25 (1.1)	22 (0.9)	26 (1.0)	11 (1.2)	2* (0.9)
2 and over...	21 (0.7)	24 (0.9)	22 (0.9)	26 (0.9)	23 (0.9)	27 (1.0)	12 (1.0)	-- --
Mexican American:								
2 - 5.....	19 (0.7)	20 (1.0)	27 (1.4)	25 (1.2)	24 (1.4)	29 (1.8)	34 (5.3)	-- --
6 - 11.....	21 (2.3)	26 (2.4)	28 (2.3)	30 (2.6)	27 (2.0)	30 (2.3)	22 (3.7)	-- --
12 - 19.....	26 (1.0)	27 (1.5)	28 (0.7)	30 (1.1)	27 (1.0)	32 (1.1)	24 (2.8)	-- --
20 and over...	26 (1.2)	29 (1.3)	25 (1.6)	29 (1.0)	25 (1.1)	30 (1.4)	12 (1.2)	8* (4.5)
2 and over...	25 (1.0)	28 (0.9)	26 (1.1)	29 (0.8)	26 (0.8)	30 (1.0)	13 (1.2)	-- --
All Individuals⁴:								
2 - 5.....	20 (0.8)	23 (1.2)	27 (0.9)	29 (0.9)	25 (1.2)	31 (0.8)	20 (3.7)	-- --
6 - 11.....	22 (1.0)	24 (1.0)	28 (1.3)	30 (1.5)	27 (1.2)	31 (1.0)	20 (2.2)	-- --
12 - 19.....	23 (0.9)	24 (0.5)	25 (0.6)	28 (1.1)	24 (0.5)	29 (1.2)	19 (1.1)	-- --
20 and over...	23 (0.4)	25 (1.1)	23 (0.6)	28 (0.4)	23 (0.4)	30 (0.5)	10 (0.7)	6 (1.0)
2 and over...	23 (0.4)	25 (0.9)	24 (0.5)	28 (0.4)	23 (0.4)	30 (0.4)	11 (0.7)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Footnotes

- ¹ Lunch includes eating occasions designated by the respondent as "Brunch", "Lunch" or the Spanish equivalent "Comida." Please note these eating occasions include consumption of beverages including water.
- ² Percentages estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006.
- ³ The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as lunch.
- ⁴ Includes persons of all races and Hispanic origins, not just those presented separately.
- ⁵ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Lunch: Percentages of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 19. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, in the United States, 2005-2006

Family income in dollars and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
\$0 - \$24,999:										
2 - 5.....	86 (3.1)	22 (1.1)	24 (1.2)	21 (1.3)	16 (1.4)	26 (2.3)	24 (0.9)	21 (1.0)	26 (0.9)	28 (1.6)
6 - 11.....	84 (2.4)	25 (1.3)	28 (1.5)	24 (1.3)	22 (1.4)	26 (1.6)	25 (1.8)	25 (1.7)	26 (1.9)	26 (2.3)
12 - 19.....	73 (3.3)	26 (0.7)	29 (1.2)	25 (0.9)	21 (1.5)	28 (1.0)	28 (0.8)	27 (0.8)	27 (1.0)	29 (1.6)
20 and over...	71 (1.5)	23 (0.8)	25 (1.0)	21 (0.8)	17 (0.9)	24 (0.9)	25 (0.9)	23 (0.8)	25 (1.0)	27 (1.4)
2 and over...	73 (1.3)	23 (0.5)	26 (0.8)	22 (0.5)	18 (0.7)	24 (0.7)	25 (0.7)	24 (0.6)	25 (0.7)	27 (0.9)
\$25,000 - \$74,999:										
2 - 5.....	91 (2.2)	26 (1.2)	30 (1.4)	24 (1.4)	21 (1.8)	29 (1.4)	28 (1.6)	27 (1.5)	30 (1.9)	29 (2.2)
6 - 11.....	87 (3.1)	27 (1.1)	30 (1.4)	25 (0.9)	22 (1.2)	33 (2.5)	29 (1.6)	29 (1.6)	30 (1.8)	29 (1.7)
12 - 19.....	78 (1.9)	25 (0.7)	28 (0.8)	23 (0.8)	20 (1.5)	25 (1.3)	27 (0.8)	26 (1.0)	28 (0.9)	29 (1.0)
20 and over...	78 (1.4)	24 (0.5)	28 (0.7)	23 (0.5)	19 (0.7)	26 (1.0)	27 (0.6)	25 (0.6)	27 (0.7)	29 (0.7)
2 and over...	79 (1.3)	25 (0.5)	28 (0.6)	23 (0.5)	20 (0.6)	27 (0.9)	27 (0.5)	26 (0.6)	27 (0.6)	29 (0.6)
\$75,000 and higher:										
2 - 5.....	98* (1.4)	27 (1.6)	28 (1.8)	25 (1.4)	22 (1.7)	28 (1.7)	30 (2.5)	28 (2.4)	31 (2.9)	32 (3.4)
6 - 11.....	93* (2.3)	27 (1.4)	30 (1.4)	25 (1.3)	22 (1.8)	29 (3.2)	30 (1.9)	29 (1.9)	30 (1.8)	32 (3.1)
12 - 19.....	85 (2.9)	25 (1.8)	26 (1.9)	23 (1.4)	20 (1.2)	23 (1.3)	26 (2.5)	25 (1.9)	27 (2.9)	28 (3.3)
20 and over...	87 (1.2)	25 (0.6)	29 (0.7)	23 (0.5)	20 (0.6)	25 (0.7)	27 (0.8)	26 (0.8)	27 (0.9)	29 (1.1)
2 and over...	88 (1.0)	25 (0.5)	28 (0.6)	24 (0.6)	20 (0.6)	25 (0.8)	28 (0.6)	26 (0.6)	28 (0.6)	29 (0.8)
All Individuals⁴:										
2 - 5.....	91 (1.5)	25 (1.0)	28 (0.9)	23 (1.1)	20 (1.3)	28 (1.0)	28 (1.2)	25 (1.0)	29 (1.4)	30 (1.7)
6 - 11.....	88 (2.0)	26 (0.8)	29 (1.1)	24 (0.7)	22 (0.8)	30 (2.3)	28 (1.1)	28 (1.1)	29 (1.0)	29 (1.7)
12 - 19.....	79 (1.5)	25 (0.7)	27 (0.7)	24 (0.6)	20 (0.5)	25 (0.9)	27 (1.0)	26 (0.9)	27 (1.1)	29 (1.2)
20 and over...	79 (0.9)	24 (0.3)	28 (0.4)	23 (0.3)	19 (0.3)	25 (0.5)	26 (0.4)	25 (0.4)	27 (0.5)	28 (0.5)
2 and over...	80 (1.0)	25 (0.3)	28 (0.4)	23 (0.3)	20 (0.3)	26 (0.5)	27 (0.4)	25 (0.4)	27 (0.4)	29 (0.4)

Table 19. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Choles- terol % (SE)	Vitamin A (RAE) % (SE)	Beta- carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Ribo- flavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
\$0 - \$24,999:									
2 - 5.....	20 (1.4)	14 (1.6)	30 (6.3)	41 (7.7)	19 (1.3)	16 (1.1)	24 (1.5)	19 (1.9)	17 (1.6)
6 - 11.....	21 (2.1)	21 (2.3)	27 (5.7)	26 (6.1)	22 (0.7)	23 (1.2)	24 (1.3)	20 (1.4)	19 (1.0)
12 - 19.....	27 (2.1)	22 (2.1)	27 (4.4)	24 (3.7)	27 (1.7)	25 (1.2)	28 (1.1)	24 (1.6)	25 (2.3)
20 and over...	23 (1.4)	18 (1.6)	27 (2.9)	31 (3.7)	22 (0.9)	18 (0.6)	24 (0.9)	21 (0.8)	20 (0.8)
2 and over...	23 (1.1)	18 (1.3)	27 (2.5)	30 (2.8)	23 (0.6)	19 (0.4)	24 (0.7)	21 (0.7)	21 (0.6)
\$25,000 - \$74,999:									
2 - 5.....	27 (2.4)	18 (1.5)	29 (8.2)	45 (4.2)	24 (1.1)	22 (1.3)	26 (1.4)	21 (1.1)	17 (1.6)
6 - 11.....	24 (2.3)	20 (1.3)	30 (4.4)	31 (4.8)	24 (1.2)	23 (1.2)	26 (1.9)	20 (1.0)	21 (1.3)
12 - 19.....	23 (1.2)	18 (1.7)	20 (3.5)	31 (4.4)	24 (1.2)	22 (0.6)	24 (1.0)	20 (1.1)	19 (1.2)
20 and over...	24 (1.1)	21 (1.2)	31 (2.1)	33 (3.2)	24 (0.7)	20 (0.7)	26 (0.7)	23 (0.7)	22 (0.5)
2 and over...	24 (0.9)	21 (1.1)	30 (2.0)	33 (2.8)	24 (0.6)	21 (0.6)	26 (0.6)	22 (0.5)	21 (0.5)
\$75,000 and higher:									
2 - 5.....	25 (2.2)	21 (3.7)	43 (7.5)	44 (8.5)	23 (1.8)	21 (2.1)	25 (1.4)	20 (1.9)	22 (1.8)
6 - 11.....	28 (4.2)	21 (2.3)	27 (6.6)	37 (6.7)	25 (1.6)	24 (1.8)	27 (1.4)	23 (2.1)	21 (1.9)
12 - 19.....	23 (2.3)	18 (3.0)	38 (10.3)	22 (3.7)	25 (2.2)	20 (1.3)	25 (2.0)	21 (1.0)	20 (1.3)
20 and over...	25 (1.3)	21 (1.7)	34 (5.8)	28 (2.5)	25 (1.6)	20 (0.7)	27 (1.0)	24 (1.1)	22 (0.9)
2 and over...	25 (1.2)	21 (1.3)	34 (4.8)	28 (1.6)	25 (1.4)	21 (0.6)	27 (0.8)	23 (0.9)	22 (1.0)
All Individuals⁴:									
2 - 5.....	24 (1.0)	18 (1.2)	33 (4.0)	43 (3.9)	22 (0.7)	20 (0.9)	25 (0.6)	20 (0.8)	18 (1.1)
6 - 11.....	25 (2.2)	20 (1.1)	28 (3.0)	31 (4.8)	24 (1.0)	23 (0.9)	25 (1.1)	21 (0.8)	20 (1.2)
12 - 19.....	24 (0.8)	19 (1.6)	28 (6.7)	26 (2.2)	25 (1.2)	22 (0.7)	25 (0.9)	21 (0.7)	21 (1.0)
20 and over...	24 (0.7)	20 (0.7)	31 (1.8)	31 (2.0)	24 (0.6)	20 (0.4)	26 (0.5)	22 (0.5)	22 (0.4)
2 and over...	24 (0.5)	20 (0.6)	31 (1.6)	31 (1.6)	24 (0.5)	20 (0.4)	26 (0.4)	22 (0.4)	21 (0.5)

Table 19. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																
2 - 5.....	21	(1.5)	15	(1.5)	19	(3.5)	28	(2.1)	29	(3.1)	16	(1.2)	20	(1.1)	22	(1.7)
6 - 11.....	24	(1.7)	19	(2.6)	19	(2.9)	23	(2.3)	21	(2.4)	27	(1.9)	27	(1.3)	24	(1.4)
12 - 19.....	26	(1.6)	24	(2.0)	22	(2.5)	26	(2.0)	28	(2.6)	25	(1.4)	27	(1.1)	25	(0.8)
20 and over...	22	(1.1)	18	(1.9)	17	(1.6)	23	(1.5)	25	(2.4)	19	(0.7)	22	(0.9)	21	(1.0)
2 and over...	22	(0.9)	18	(1.5)	18	(1.0)	23	(1.3)	25	(2.2)	20	(0.6)	23	(0.7)	21	(0.8)
\$25,000 - \$74,999:																
2 - 5.....	28	(1.6)	20	(1.5)	18	(2.0)	27	(2.0)	26	(2.5)	24	(1.8)	28	(1.4)	26	(1.3)
6 - 11.....	27	(1.4)	23	(2.2)	19	(2.0)	28	(1.8)	30	(3.0)	27	(1.8)	28	(1.6)	28	(0.9)
12 - 19.....	24	(1.0)	20	(1.6)	17	(2.0)	26	(1.4)	26	(2.5)	25	(0.8)	26	(0.7)	25	(0.8)
20 and over...	23	(0.8)	22	(0.6)	18	(1.1)	25	(1.1)	32	(2.0)	22	(0.8)	25	(0.7)	21	(0.5)
2 and over...	24	(0.6)	22	(0.6)	18	(1.0)	26	(0.9)	32	(1.8)	23	(0.7)	25	(0.6)	22	(0.5)
\$75,000 and higher:																
2 - 5.....	25	(1.7)	18	(2.5)	23	(2.4)	35	(3.1)	34	(5.5)	23	(2.4)	25	(1.8)	25	(1.5)
6 - 11.....	27	(2.7)	23	(2.5)	21	(5.5)	29	(3.4)	27	(4.1)	26	(2.9)	28	(1.8)	27	(2.3)
12 - 19.....	23	(1.4)	20	(1.8)	15	(1.8)	23	(2.1)	24	(2.5)	21	(1.4)	24	(1.9)	21	(1.1)
20 and over...	24	(0.8)	24	(1.8)	23	(1.7)	25	(1.1)	30	(1.8)	23	(0.9)	25	(0.6)	22	(0.6)
2 and over...	24	(0.7)	23	(1.4)	22	(1.4)	25	(0.9)	29	(1.6)	23	(0.8)	25	(0.5)	22	(0.6)
All Individuals⁴:																
2 - 5.....	25	(1.1)	18	(1.3)	20	(1.8)	29	(1.6)	30	(2.5)	21	(1.1)	25	(1.0)	25	(1.0)
6 - 11.....	26	(1.3)	22	(1.6)	20	(1.9)	27	(1.5)	27	(2.1)	26	(1.1)	28	(1.0)	26	(1.2)
12 - 19.....	24	(0.4)	21	(0.9)	18	(1.3)	25	(0.9)	26	(1.1)	24	(0.8)	26	(0.7)	24	(0.5)
20 and over...	23	(0.4)	22	(0.7)	20	(0.7)	24	(0.6)	30	(1.0)	22	(0.4)	24	(0.3)	21	(0.3)
2 and over...	24	(0.4)	22	(0.6)	19	(0.6)	25	(0.6)	30	(0.9)	22	(0.4)	25	(0.3)	22	(0.3)

Table 19. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
\$0 - \$24,999:								
2 - 5.....	19 (1.3)	22 (2.4)	26 (1.9)	24 (1.3)	22 (1.9)	28 (1.0)	19* (7.0)	-- --
6 - 11.....	21 (0.9)	23 (1.5)	26 (1.3)	26 (1.6)	25 (1.2)	29 (1.4)	20 (3.1)	-- --
12 - 19.....	25 (1.3)	25 (1.4)	26 (1.0)	31 (1.5)	26 (1.3)	30 (1.3)	20 (2.2)	-- --
20 and over...	21 (0.9)	22 (1.5)	21 (2.0)	26 (1.2)	21 (0.9)	28 (1.2)	10 (1.3)	7 (1.9)
2 and over...	21 (0.6)	23 (1.2)	22 (1.6)	27 (0.8)	22 (0.7)	28 (0.8)	11 (1.2)	-- --
\$25,000 - \$74,999:								
2 - 5.....	19 (1.1)	24 (1.6)	28 (1.1)	30 (1.4)	28 (1.6)	32 (1.4)	18 (4.4)	-- --
6 - 11.....	23 (1.5)	26 (1.4)	29 (1.2)	31 (1.8)	29 (1.2)	31 (1.1)	16 (3.8)	-- --
12 - 19.....	22 (0.9)	24 (0.8)	25 (0.6)	27 (1.1)	25 (0.8)	29 (1.1)	17 (3.7)	-- --
20 and over...	24 (0.6)	26 (0.9)	23 (0.6)	29 (0.8)	23 (0.6)	30 (0.8)	10 (1.1)	5* (1.9)
2 and over...	23 (0.5)	26 (0.7)	24 (0.5)	29 (0.6)	23 (0.6)	30 (0.7)	10 (1.1)	-- --
\$75,000 and higher:								
2 - 5.....	20 (1.7)	23 (1.4)	26 (1.6)	31 (2.6)	25 (1.8)	32 (1.7)	24*(10.3)	-- --
6 - 11.....	22 (1.2)	24 (1.5)	29 (2.4)	31 (2.3)	28 (2.3)	33 (1.8)	23 (4.6)	-- --
12 - 19.....	22 (1.5)	23 (1.2)	23 (1.2)	27 (2.2)	22 (0.9)	29 (2.6)	21 (5.5)	-- --
20 and over...	23 (1.0)	26 (2.2)	24 (1.1)	29 (0.8)	24 (0.7)	31 (1.0)	11 (0.7)	6* (1.5)
2 and over...	23 (0.8)	25 (1.8)	24 (1.0)	29 (0.8)	24 (0.7)	31 (0.9)	12 (0.7)	-- --
All Individuals⁴:								
2 - 5.....	20 (0.8)	23 (1.2)	27 (0.9)	29 (0.9)	25 (1.2)	31 (0.8)	20 (3.7)	-- --
6 - 11.....	22 (1.0)	24 (1.0)	28 (1.3)	30 (1.5)	27 (1.2)	31 (1.0)	20 (2.2)	-- --
12 - 19.....	23 (0.9)	24 (0.5)	25 (0.6)	28 (1.1)	24 (0.5)	29 (1.2)	19 (1.1)	-- --
20 and over...	23 (0.4)	25 (1.1)	23 (0.6)	28 (0.4)	23 (0.4)	30 (0.5)	10 (0.7)	6 (1.0)
2 and over...	23 (0.4)	25 (0.9)	24 (0.5)	28 (0.4)	23 (0.4)	30 (0.4)	11 (0.7)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Footnotes

- ¹ Lunch includes eating occasions designated by the respondent as "Brunch", "Lunch" or the Spanish equivalent "Comida." Please note these eating occasions include consumption of beverages including water.
- ² Percentages estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006.
- ³ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as lunch.
- ⁴ Includes persons of all income levels or with unknown family income.
- ⁵ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Lunch: Percentages of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 20. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006

Family income as % of Federal poverty threshold and age (years)	Percent reporting ⁴ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Under 131% poverty:										
2 - 5.....	85 (3.1)	23 (0.9)	25 (1.0)	21 (1.1)	17 (1.1)	27 (1.6)	25 (0.9)	22 (0.9)	27 (1.0)	28 (1.7)
6 - 11.....	83 (3.0)	25 (1.3)	28 (1.4)	23 (1.5)	21 (1.7)	27 (1.3)	26 (1.4)	26 (1.1)	26 (1.5)	26 (2.1)
12 - 19.....	76 (3.1)	26 (1.2)	30 (1.4)	24 (1.4)	21 (1.7)	28 (1.1)	28 (1.0)	28 (0.9)	28 (1.2)	30 (1.7)
20 and over...	69 (1.7)	22 (0.6)	25 (0.9)	20 (0.7)	16 (1.0)	23 (1.1)	24 (0.8)	22 (0.7)	24 (0.9)	26 (1.2)
2 and over...	73 (1.5)	23 (0.5)	26 (0.7)	21 (0.6)	17 (0.7)	24 (0.8)	25 (0.5)	24 (0.4)	25 (0.6)	27 (0.8)
131-185% poverty:										
2 - 5.....	89* (4.5)	24 (3.0)	29 (4.3)	22 (3.8)	20 (4.2)	26 (4.2)	24 (3.0)	23 (3.4)	26 (2.9)	24 (2.9)
6 - 11.....	91* (3.9)	29 (2.3)	33 (2.0)	27 (2.0)	26 (2.2)	31 (3.6)	30 (3.1)	31 (3.1)	30 (3.3)	30 (3.8)
12 - 19.....	80 (4.3)	26 (2.9)	28 (2.3)	24 (3.7)	20 (2.9)	26 (2.8)	27 (2.2)	28 (2.6)	27 (2.0)	28 (2.4)
20 and over...	73 (2.2)	25 (1.5)	28 (1.9)	23 (1.5)	19 (1.5)	28 (1.7)	28 (1.6)	26 (1.6)	29 (1.8)	30 (2.0)
2 and over...	76 (1.9)	25 (0.9)	28 (1.5)	24 (0.8)	20 (0.8)	28 (1.1)	28 (1.2)	27 (1.3)	28 (1.3)	29 (1.3)
Over 185% poverty:										
2 - 5.....	96* (1.0)	27 (1.3)	29 (1.1)	24 (1.3)	22 (1.6)	28 (1.4)	30 (1.6)	28 (1.6)	31 (2.0)	31 (2.1)
6 - 11.....	91 (2.4)	27 (0.9)	30 (1.3)	25 (0.8)	22 (1.0)	31 (3.5)	30 (1.2)	29 (1.2)	30 (1.2)	31 (2.2)
12 - 19.....	80 (1.8)	25 (1.0)	27 (1.1)	23 (0.8)	20 (0.8)	23 (1.2)	27 (1.6)	25 (1.3)	27 (1.8)	29 (2.0)
20 and over...	82 (1.1)	25 (0.4)	28 (0.5)	23 (0.5)	20 (0.6)	26 (0.5)	27 (0.5)	26 (0.5)	27 (0.6)	29 (0.7)
2 and over...	83 (1.1)	25 (0.4)	28 (0.5)	23 (0.4)	20 (0.5)	26 (0.6)	27 (0.4)	26 (0.4)	27 (0.5)	29 (0.6)
All Individuals⁵:										
2 - 5.....	91 (1.5)	25 (1.0)	28 (0.9)	23 (1.1)	20 (1.3)	28 (1.0)	28 (1.2)	25 (1.0)	29 (1.4)	30 (1.7)
6 - 11.....	88 (2.0)	26 (0.8)	29 (1.1)	24 (0.7)	22 (0.8)	30 (2.3)	28 (1.1)	28 (1.1)	29 (1.0)	29 (1.7)
12 - 19.....	79 (1.5)	25 (0.7)	27 (0.7)	24 (0.6)	20 (0.5)	25 (0.9)	27 (1.0)	26 (0.9)	27 (1.1)	29 (1.2)
20 and over...	79 (0.9)	24 (0.3)	28 (0.4)	23 (0.3)	19 (0.3)	25 (0.5)	26 (0.4)	25 (0.4)	27 (0.5)	28 (0.5)
2 and over...	80 (1.0)	25 (0.3)	28 (0.4)	23 (0.3)	20 (0.3)	26 (0.5)	27 (0.4)	25 (0.4)	27 (0.4)	29 (0.4)

Table 20. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Under 131% poverty:									
2 - 5.....	22 (1.7)	15 (1.2)	27 (4.7)	38 (6.3)	20 (1.0)	17 (0.7)	25 (1.2)	20 (1.5)	17 (1.3)
6 - 11.....	21 (1.9)	21 (1.8)	30 (4.4)	28 (4.9)	22 (1.0)	22 (1.0)	24 (1.6)	20 (1.3)	18 (1.5)
12 - 19.....	28 (1.6)	22 (2.1)	29 (4.7)	28 (4.1)	27 (1.9)	24 (1.3)	28 (1.4)	23 (1.6)	24 (2.0)
20 and over...	22 (1.3)	15 (1.9)	26 (3.2)	30 (2.6)	22 (1.0)	18 (0.7)	23 (0.9)	20 (0.9)	19 (0.9)
2 and over...	23 (1.0)	17 (1.4)	27 (2.3)	30 (2.1)	22 (0.8)	19 (0.5)	24 (0.6)	20 (0.6)	20 (0.8)
131-185% poverty:									
2 - 5.....	24 (4.9)	20* (4.1)	43*(13.1)	39 (8.2)	23 (4.1)	20 (2.9)	22 (3.6)	19* (2.9)	13* (2.2)
6 - 11.....	28 (4.1)	26 (4.0)	53 (10.8)	27* (9.5)	26 (2.2)	27 (1.9)	28 (2.2)	24 (3.9)	24 (2.5)
12 - 19.....	22 (2.2)	22 (3.3)	22 (5.7)	28 (5.9)	27 (3.6)	25 (3.5)	26 (2.2)	21 (1.9)	25 (3.8)
20 and over...	27 (2.9)	24 (2.1)	31 (4.2)	30 (7.1)	26 (1.8)	21 (1.3)	27 (1.9)	25 (1.9)	25 (1.8)
2 and over...	26 (2.3)	24 (1.7)	33 (4.1)	30 (5.2)	26 (1.3)	22 (0.9)	26 (1.4)	24 (1.6)	24 (1.1)
Over 185% poverty:									
2 - 5.....	26 (1.6)	19 (1.9)	31 (4.1)	47 (4.9)	23 (1.3)	22 (1.3)	26 (0.9)	21 (1.4)	21 (1.7)
6 - 11.....	27 (2.8)	19 (1.5)	24 (5.7)	35 (5.3)	25 (1.4)	23 (1.2)	26 (1.5)	21 (1.2)	21 (1.7)
12 - 19.....	23 (1.2)	18 (2.3)	30*(10.1)	25 (3.1)	24 (1.3)	20 (0.7)	24 (1.3)	21 (0.9)	19 (1.0)
20 and over...	24 (0.7)	21 (0.7)	32 (2.6)	32 (1.8)	24 (0.8)	20 (0.5)	27 (0.6)	23 (0.7)	22 (0.6)
2 and over...	24 (0.6)	20 (0.6)	32 (2.2)	31 (1.5)	24 (0.7)	20 (0.5)	27 (0.5)	23 (0.5)	21 (0.5)
All Individuals⁵:									
2 - 5.....	24 (1.0)	18 (1.2)	33 (4.0)	43 (3.9)	22 (0.7)	20 (0.9)	25 (0.6)	20 (0.8)	18 (1.1)
6 - 11.....	25 (2.2)	20 (1.1)	28 (3.0)	31 (4.8)	24 (1.0)	23 (0.9)	25 (1.1)	21 (0.8)	20 (1.2)
12 - 19.....	24 (0.8)	19 (1.6)	28 (6.7)	26 (2.2)	25 (1.2)	22 (0.7)	25 (0.9)	21 (0.7)	21 (1.0)
20 and over...	24 (0.7)	20 (0.7)	31 (1.8)	31 (2.0)	24 (0.6)	20 (0.4)	26 (0.5)	22 (0.5)	22 (0.4)
2 and over...	24 (0.5)	20 (0.6)	31 (1.6)	31 (1.6)	24 (0.5)	20 (0.4)	26 (0.4)	22 (0.4)	21 (0.5)

Table 20. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)
Under 131% poverty:								
2 - 5.....	22 (1.1)	15 (1.2)	19 (3.2)	28 (2.0)	30 (2.7)	17 (1.0)	21 (0.9)	23 (1.3)
6 - 11.....	24 (1.4)	20 (1.9)	18 (2.2)	24 (1.4)	26 (2.3)	27 (1.4)	27 (1.2)	25 (1.3)
12 - 19.....	26 (1.5)	22 (1.8)	23 (2.6)	28 (2.2)	27 (2.9)	26 (1.3)	28 (1.3)	25 (0.9)
20 and over...	21 (0.9)	17 (1.8)	17 (1.9)	22 (1.4)	24 (2.7)	19 (0.6)	22 (0.8)	20 (0.7)
2 and over...	22 (0.7)	18 (1.5)	18 (1.2)	24 (1.3)	25 (2.4)	21 (0.4)	23 (0.6)	21 (0.6)
131-185% poverty:								
2 - 5.....	27 (4.2)	19* (2.8)	16* (2.9)	24 (3.3)	27 (4.7)	23 (4.1)	28 (3.1)	24 (3.5)
6 - 11.....	30 (2.8)	25 (2.8)	27 (7.4)	25 (3.9)	30 (8.1)	32 (2.1)	32 (1.7)	28 (2.1)
12 - 19.....	23 (1.5)	23 (1.6)	19 (2.9)	24 (3.1)	28 (3.2)	27 (2.9)	27 (2.7)	25 (1.9)
20 and over...	25 (1.7)	24 (1.6)	20 (2.6)	27 (2.1)	27 (4.0)	20 (1.5)	25 (1.5)	23 (1.8)
2 and over...	25 (1.4)	23 (1.3)	20 (2.2)	26 (1.4)	28 (3.5)	22 (1.2)	26 (1.1)	24 (1.2)
Over 185% poverty:								
2 - 5.....	26 (1.4)	19 (1.6)	20 (1.9)	31 (1.9)	30 (3.1)	23 (1.5)	26 (1.3)	26 (1.2)
6 - 11.....	27 (1.8)	23 (2.3)	20 (2.9)	29 (1.9)	26 (3.1)	26 (1.6)	28 (1.1)	27 (1.8)
12 - 19.....	23 (0.7)	20 (1.4)	15 (1.4)	25 (1.4)	26 (2.0)	22 (0.9)	24 (1.1)	23 (0.8)
20 and over...	24 (0.5)	23 (0.9)	20 (0.7)	25 (0.7)	32 (1.0)	23 (0.5)	25 (0.4)	22 (0.4)
2 and over...	24 (0.4)	22 (0.8)	20 (0.6)	25 (0.6)	31 (0.9)	23 (0.5)	25 (0.4)	22 (0.4)
All Individuals⁵:								
2 - 5.....	25 (1.1)	18 (1.3)	20 (1.8)	29 (1.6)	30 (2.5)	21 (1.1)	25 (1.0)	25 (1.0)
6 - 11.....	26 (1.3)	22 (1.6)	20 (1.9)	27 (1.5)	27 (2.1)	26 (1.1)	28 (1.0)	26 (1.2)
12 - 19.....	24 (0.4)	21 (0.9)	18 (1.3)	25 (0.9)	26 (1.1)	24 (0.8)	26 (0.7)	24 (0.5)
20 and over...	23 (0.4)	22 (0.7)	20 (0.7)	24 (0.6)	30 (1.0)	22 (0.4)	24 (0.3)	21 (0.3)
2 and over...	24 (0.4)	22 (0.6)	19 (0.6)	25 (0.6)	30 (0.9)	22 (0.4)	25 (0.3)	22 (0.3)

Table 20. Lunch¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
Under 131% poverty:								
2 - 5.....	19 (1.1)	22 (2.1)	26 (1.6)	26 (1.1)	23 (1.4)	28 (1.0)	18* (6.3)	-- --
6 - 11.....	20 (1.2)	23 (1.2)	26 (1.3)	28 (1.7)	26 (1.2)	29 (1.6)	17 (2.7)	-- --
12 - 19.....	25 (1.5)	24 (1.4)	27 (1.1)	31 (1.5)	26 (1.4)	31 (1.5)	18 (2.2)	-- --
20 and over...	20 (0.7)	21 (1.4)	19 (1.7)	25 (0.9)	20 (0.9)	26 (0.9)	8 (0.9)	9 (2.5)
2 and over...	21 (0.6)	22 (1.1)	21 (1.4)	26 (0.7)	22 (0.6)	28 (0.7)	9 (0.8)	-- --
131-185% poverty:								
2 - 5.....	17* (1.9)	23 (3.8)	26 (2.9)	29 (5.2)	25 (3.5)	31 (4.1)	24*(13.3)	-- --
6 - 11.....	23 (1.9)	28 (2.4)	29 (2.7)	31 (2.7)	32 (2.3)	35 (2.7)	24 (6.7)	-- --
12 - 19.....	25 (3.1)	25 (1.6)	25 (2.1)	29 (3.1)	25 (1.8)	29 (3.1)	19* (6.2)	-- --
20 and over...	25 (1.9)	27 (1.9)	25 (2.5)	30 (2.2)	24 (1.9)	30 (2.0)	11 (2.8)	3* (1.0)
2 and over...	24 (1.2)	26 (1.5)	26 (1.8)	30 (1.6)	25 (1.3)	30 (1.5)	12 (2.5)	-- --
Over 185% poverty:								
2 - 5.....	20 (1.4)	24 (1.2)	27 (1.2)	30 (1.7)	26 (1.6)	32 (1.5)	19 (5.2)	-- --
6 - 11.....	22 (1.3)	25 (1.1)	29 (1.9)	31 (1.9)	28 (1.7)	32 (1.1)	20 (3.3)	-- --
12 - 19.....	21 (1.1)	23 (0.8)	24 (0.9)	27 (1.3)	23 (0.6)	28 (1.6)	20 (1.3)	-- --
20 and over...	23 (0.6)	26 (1.3)	23 (0.6)	29 (0.5)	23 (0.5)	30 (0.6)	11 (0.7)	6 (1.0)
2 and over...	23 (0.5)	25 (1.1)	24 (0.6)	29 (0.5)	24 (0.5)	30 (0.5)	11 (0.7)	-- --
All Individuals⁵:								
2 - 5.....	20 (0.8)	23 (1.2)	27 (0.9)	29 (0.9)	25 (1.2)	31 (0.8)	20 (3.7)	-- --
6 - 11.....	22 (1.0)	24 (1.0)	28 (1.3)	30 (1.5)	27 (1.2)	31 (1.0)	20 (2.2)	-- --
12 - 19.....	23 (0.9)	24 (0.5)	25 (0.6)	28 (1.1)	24 (0.5)	29 (1.2)	19 (1.1)	-- --
20 and over...	23 (0.4)	25 (1.1)	23 (0.6)	28 (0.4)	23 (0.4)	30 (0.5)	10 (0.7)	6 (1.0)
2 and over...	23 (0.4)	25 (0.9)	24 (0.5)	28 (0.4)	23 (0.4)	30 (0.4)	11 (0.7)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Footnotes

- ¹ Lunch includes eating occasions designated by the respondent as "Brunch", "Lunch" or the Spanish equivalent "Comida." Please note these eating occasions include consumption of beverages including water.
- ² Percentages estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006.
- ³ Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.
- ⁴ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as lunch.
- ⁵ Includes persons of all income levels or with unknown family income.
- ⁶ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Lunch: Percentages of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 21. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, in the United States, 2005-2006

Gender and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Males:										
2 - 5.....	96* (1.4)	27 (0.9)	34 (1.3)	23 (0.8)	18 (0.7)	29 (1.2)	29 (1.5)	28 (1.6)	29 (1.6)	31 (1.5)
6 - 11.....	97* (0.7)	30 (0.7)	39 (1.4)	26 (0.9)	21 (1.6)	31 (1.6)	33 (0.8)	32 (0.9)	33 (0.8)	32 (1.3)
12 - 19.....	92 (1.7)	35 (0.7)	45 (1.3)	30 (0.6)	23 (1.2)	38 (1.0)	39 (1.2)	39 (1.2)	39 (1.3)	37 (1.5)
20 - 29.....	88 (2.2)	34 (1.5)	42 (1.9)	30 (1.6)	23 (1.8)	36 (1.3)	38 (1.8)	39 (1.8)	38 (1.8)	37 (2.3)
30 - 39.....	90 (1.0)	32 (1.4)	39 (1.7)	28 (1.4)	19 (1.5)	35 (2.2)	34 (1.6)	34 (1.5)	34 (1.7)	33 (2.0)
40 - 49.....	94 (1.3)	39 (1.2)	48 (1.3)	33 (1.4)	23 (1.7)	40 (2.0)	43 (1.6)	42 (1.7)	42 (1.7)	44 (2.2)
50 - 59.....	92 (1.9)	38 (1.5)	46 (1.4)	34 (1.7)	28 (2.9)	36 (1.8)	40 (1.9)	40 (1.6)	39 (2.1)	39 (2.4)
60 - 69.....	95* (1.9)	39 (1.7)	49 (2.1)	34 (1.4)	27 (1.5)	42 (2.0)	42 (1.9)	41 (2.2)	42 (1.9)	41 (2.4)
70 and over.....	92 (1.9)	38 (1.4)	47 (2.0)	34 (1.3)	28 (1.5)	39 (1.6)	41 (1.7)	40 (1.8)	41 (1.6)	42 (1.7)
20 and over...	92 (0.8)	36 (0.8)	44 (1.1)	31 (0.9)	24 (1.2)	38 (1.0)	39 (0.8)	39 (0.8)	39 (0.8)	39 (1.0)
Females:										
2 - 5.....	95 (1.0)	26 (0.8)	34 (1.3)	23 (1.0)	16 (1.1)	30 (1.6)	28 (1.3)	27 (1.4)	29 (1.4)	29 (1.9)
6 - 11.....	96 (1.8)	31 (1.4)	38 (1.8)	27 (1.2)	20 (1.2)	32 (1.7)	32 (1.9)	32 (1.8)	32 (2.0)	34 (2.1)
12 - 19.....	92 (0.9)	35 (0.7)	44 (1.1)	31 (0.7)	24 (1.1)	42 (1.9)	38 (1.3)	37 (1.1)	39 (1.7)	37 (1.6)
20 - 29.....	89 (1.4)	33 (0.7)	40 (1.1)	29 (0.8)	23 (1.1)	35 (1.2)	35 (1.2)	35 (1.6)	36 (1.3)	36 (1.3)
30 - 39.....	92 (1.7)	34 (1.5)	40 (1.8)	30 (1.5)	21 (1.8)	36 (1.5)	37 (2.2)	36 (2.2)	38 (1.9)	36 (3.1)
40 - 49.....	93 (1.7)	37 (1.3)	45 (2.2)	31 (1.3)	23 (2.0)	36 (1.3)	40 (1.8)	38 (1.6)	40 (1.9)	41 (2.4)
50 - 59.....	94* (1.6)	37 (1.1)	44 (1.5)	31 (1.0)	23 (1.0)	36 (1.5)	40 (2.0)	40 (2.2)	40 (2.0)	40 (2.6)
60 - 69.....	95* (1.4)	39 (1.5)	46 (1.3)	34 (1.7)	26 (2.0)	40 (2.0)	41 (1.8)	40 (1.8)	40 (1.8)	43 (3.0)
70 and over.....	93 (1.3)	36 (1.2)	44 (1.9)	31 (0.7)	26 (1.1)	36 (1.0)	38 (1.7)	38 (1.7)	38 (1.7)	39 (2.1)
20 and over...	93 (0.8)	35 (0.6)	43 (0.8)	31 (0.6)	23 (0.8)	36 (0.4)	38 (0.7)	37 (0.8)	38 (0.7)	39 (1.0)
Males and females:										
2 and over...	93 (0.6)	35 (0.4)	43 (0.7)	30 (0.5)	23 (0.7)	37 (0.5)	38 (0.5)	37 (0.5)	38 (0.5)	38 (0.7)

Table 21. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	31 (1.8)	22 (1.4)	41 (7.4)	43 (4.2)	26 (0.9)	21 (0.8)	30 (0.8)	24 (1.0)	23 (1.4)
6 - 11.....	35 (3.2)	22 (1.8)	36 (6.4)	54 (4.8)	29 (0.6)	24 (0.9)	32 (1.3)	27 (1.4)	25 (1.1)
12 - 19.....	43 (2.8)	29 (1.9)	42 (8.2)	57 (3.6)	34 (0.9)	31 (1.2)	37 (1.2)	31 (1.4)	31 (1.1)
20 - 29.....	38 (2.4)	35 (1.8)	51 (5.8)	48 (4.0)	34 (1.5)	30 (1.3)	38 (1.7)	35 (1.9)	33 (2.4)
30 - 39.....	36 (2.2)	28 (3.0)	43 (8.7)	38 (4.1)	31 (2.6)	26 (1.5)	35 (2.0)	32 (2.4)	30 (2.0)
40 - 49.....	41 (2.8)	43 (7.4)	50 (5.5)	56 (4.8)	37 (1.6)	32 (2.2)	43 (1.3)	41 (1.4)	36 (1.5)
50 - 59.....	44 (2.6)	42 (3.1)	56 (4.0)	60 (4.9)	37 (1.8)	32 (1.5)	41 (1.6)	40 (2.5)	35 (1.7)
60 - 69.....	43 (2.7)	41 (4.3)	65 (6.3)	53 (4.6)	36 (2.2)	30 (1.5)	41 (1.7)	38 (2.3)	31 (2.1)
70 and over.....	42 (2.8)	42 (3.5)	68 (3.6)	66 (4.1)	34 (1.1)	30 (1.6)	40 (1.4)	36 (1.4)	31 (1.3)
20 and over...	40 (1.4)	38 (1.9)	54 (2.6)	51 (1.7)	35 (1.0)	30 (0.9)	39 (1.0)	37 (1.1)	33 (1.0)
Females:									
2 - 5.....	30 (2.5)	22 (2.0)	41 (4.4)	44 (5.9)	28 (1.5)	21 (1.3)	31 (1.1)	25 (1.0)	24 (1.5)
6 - 11.....	31 (3.6)	25 (1.9)	46 (4.8)	46 (6.0)	30 (1.9)	25 (1.4)	33 (1.7)	27 (1.4)	29 (2.2)
12 - 19.....	40 (1.7)	32 (1.7)	63 (3.1)	61 (3.8)	35 (0.9)	30 (1.1)	39 (1.2)	35 (1.1)	32 (0.9)
20 - 29.....	35 (1.5)	30 (2.0)	42 (4.8)	44 (7.2)	33 (1.3)	29 (0.8)	36 (1.3)	33 (1.1)	30 (1.5)
30 - 39.....	36 (3.0)	32 (2.8)	48 (3.4)	50 (7.2)	32 (1.8)	26 (1.4)	36 (1.9)	35 (2.0)	34 (1.4)
40 - 49.....	41 (3.1)	36 (2.1)	54 (7.3)	51 (7.2)	36 (1.1)	28 (1.1)	41 (2.8)	39 (2.3)	35 (1.8)
50 - 59.....	38 (3.0)	37 (1.8)	45 (3.9)	52 (6.9)	34 (2.3)	28 (1.1)	40 (1.4)	38 (1.2)	34 (1.4)
60 - 69.....	42 (2.7)	39 (1.9)	54 (4.1)	59 (7.7)	37 (2.3)	30 (1.4)	41 (1.3)	38 (1.6)	32 (2.4)
70 and over.....	40 (2.8)	34 (1.5)	58 (3.6)	58 (7.6)	32 (1.0)	27 (1.0)	37 (1.3)	34 (0.7)	28 (1.1)
20 and over...	38 (1.2)	35 (0.5)	50 (1.6)	52 (2.5)	34 (0.8)	28 (0.5)	39 (0.7)	36 (0.7)	32 (0.6)
Males and females:									
2 and over...	39 (0.8)	34 (0.9)	51 (1.1)	52 (1.4)	34 (0.5)	28 (0.5)	38 (0.6)	35 (0.6)	32 (0.4)

Table 21. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5.....	29	(1.4)	23	(1.7)	18	(1.9)	28	(1.1)	42	(2.6)	22	(1.3)	27	(1.2)	26	(0.8)
6 - 11.....	34	(1.7)	27	(1.2)	23	(2.0)	32	(1.4)	43	(5.1)	25	(1.1)	31	(1.0)	29	(0.9)
12 - 19.....	41	(1.8)	34	(1.7)	25	(2.1)	35	(1.4)	48	(1.8)	33	(1.3)	38	(0.9)	35	(1.0)
20 - 29.....	36	(2.0)	37	(2.2)	30	(3.6)	38	(2.2)	48	(6.2)	33	(1.7)	37	(1.5)	33	(1.7)
30 - 39.....	34	(1.9)	32	(2.4)	28	(2.1)	31	(2.8)	45	(3.2)	27	(1.6)	33	(1.5)	30	(1.7)
40 - 49.....	41	(2.1)	48	(7.5)	32	(2.3)	42	(2.2)	49	(5.1)	34	(1.7)	40	(1.4)	35	(1.4)
50 - 59.....	41	(1.8)	49	(3.9)	29	(2.7)	38	(2.7)	53	(4.1)	35	(1.8)	39	(1.7)	32	(1.5)
60 - 69.....	43	(1.9)	42	(4.4)	36	(4.0)	40	(2.1)	62	(3.1)	35	(2.4)	41	(1.8)	36	(1.8)
70 and over.....	43	(2.2)	40	(4.7)	30	(2.4)	39	(1.6)	63	(4.2)	31	(1.9)	39	(1.7)	34	(1.3)
20 and over...	39	(1.3)	41	(1.6)	30	(1.5)	37	(1.3)	52	(2.2)	32	(1.0)	38	(0.9)	33	(0.9)
Females:																
2 - 5.....	30	(1.7)	25	(2.1)	18	(1.8)	29	(1.6)	44	(3.8)	20	(1.5)	26	(1.3)	26	(0.9)
6 - 11.....	32	(2.0)	29	(2.3)	25	(1.8)	33	(1.9)	44	(3.5)	26	(1.4)	30	(1.3)	30	(1.2)
12 - 19.....	39	(0.9)	34	(1.8)	28	(2.2)	36	(1.9)	56	(2.8)	31	(1.6)	36	(0.9)	34	(1.4)
20 - 29.....	36	(1.2)	33	(1.5)	24	(2.6)	34	(1.5)	44	(2.7)	29	(1.1)	35	(1.2)	30	(1.2)
30 - 39.....	34	(2.4)	34	(2.6)	32	(2.7)	37	(3.1)	49	(4.4)	27	(1.6)	33	(1.6)	29	(1.4)
40 - 49.....	40	(2.0)	37	(3.4)	32	(2.8)	37	(2.1)	57	(5.3)	27	(1.1)	36	(1.3)	30	(1.7)
50 - 59.....	38	(1.6)	42	(2.9)	27	(2.5)	38	(2.3)	55	(4.2)	31	(2.0)	38	(1.4)	31	(1.1)
60 - 69.....	42	(1.5)	40	(4.1)	36	(2.4)	38	(2.4)	51	(4.6)	31	(2.0)	39	(1.5)	35	(1.8)
70 and over.....	41	(1.7)	36	(2.0)	29	(1.7)	36	(2.7)	61	(5.1)	28	(1.2)	36	(1.3)	32	(1.1)
20 and over...	38	(0.9)	37	(1.4)	30	(0.9)	37	(1.1)	53	(2.2)	29	(0.5)	36	(0.5)	31	(0.6)
Males and females:																
2 and over...	38	(0.8)	37	(1.1)	28	(0.7)	36	(0.9)	52	(1.0)	30	(0.6)	36	(0.6)	32	(0.6)

Table 21. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁴ % (SE)
Males:								
2 - 5.....	25 (1.4)	27 (1.2)	28 (0.8)	36 (1.2)	25 (1.0)	32 (1.9)	29 (4.8)	-- --
6 - 11.....	27 (0.9)	33 (0.8)	30 (1.0)	39 (2.8)	30 (1.0)	36 (1.3)	32 (3.7)	-- --
12 - 19.....	33 (1.0)	42 (1.4)	36 (1.0)	45 (1.2)	37 (1.2)	42 (1.9)	19 (1.8)	-- --
20 - 29.....	33 (1.7)	39 (2.0)	34 (1.4)	44 (1.9)	36 (1.6)	40 (1.7)	15 (2.8)	-- --
30 - 39.....	32 (2.0)	36 (2.6)	31 (1.8)	40 (1.6)	33 (1.7)	36 (1.4)	11 (2.5)	-- --
40 - 49.....	38 (1.8)	47 (5.3)	43 (5.6)	48 (1.4)	39 (1.6)	45 (1.3)	11 (1.7)	-- --
50 - 59.....	37 (2.0)	43 (2.2)	35 (1.2)	45 (1.4)	35 (1.2)	44 (2.1)	10 (1.8)	-- --
60 - 69.....	34 (1.8)	46 (3.1)	41 (2.6)	48 (2.5)	39 (1.5)	43 (2.0)	10 (2.1)	-- --
70 and over.....	32 (1.1)	42 (2.4)	41 (3.5)	45 (1.6)	38 (1.8)	45 (1.7)	12 (2.0)	-- --
20 and over...	35 (0.7)	42 (2.0)	37 (1.9)	44 (0.9)	36 (0.9)	42 (0.9)	11 (1.1)	25 (2.6)
Females:								
2 - 5.....	25 (1.4)	28 (1.1)	27 (0.9)	36 (1.4)	26 (1.0)	34 (1.4)	25 (4.4)	-- --
6 - 11.....	28 (1.5)	33 (1.4)	31 (1.4)	41 (2.2)	29 (1.4)	36 (1.9)	25 (2.9)	-- --
12 - 19.....	34 (0.8)	40 (0.9)	36 (0.9)	44 (1.7)	36 (1.4)	42 (1.5)	27 (2.6)	-- --
20 - 29.....	30 (1.1)	35 (1.3)	30 (1.2)	40 (1.4)	33 (1.0)	37 (0.9)	16 (2.5)	-- --
30 - 39.....	32 (1.6)	37 (1.7)	31 (1.8)	41 (1.8)	34 (1.2)	39 (1.9)	7 (1.3)	-- --
40 - 49.....	36 (1.6)	41 (2.4)	34 (1.7)	45 (2.1)	34 (1.4)	44 (1.9)	8 (1.2)	-- --
50 - 59.....	36 (1.2)	44 (1.8)	33 (1.3)	44 (1.8)	34 (1.5)	44 (2.5)	9 (1.9)	-- --
60 - 69.....	35 (1.9)	46 (4.8)	38 (3.2)	47 (1.5)	38 (1.4)	45 (1.5)	9 (1.4)	-- --
70 and over.....	31 (1.2)	38 (2.0)	36 (1.1)	43 (1.8)	36 (1.1)	43 (1.8)	9 (1.4)	-- --
20 and over...	33 (0.6)	40 (1.5)	33 (1.1)	43 (0.8)	35 (0.6)	42 (0.9)	9 (0.6)	28 (2.8)
Males and females:								
2 and over...	33 (0.3)	40 (1.2)	35 (1.2)	43 (0.6)	35 (0.6)	41 (0.6)	11 (0.7)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Footnotes

- ¹ Dinner includes eating occasions designated by the respondent as "Dinner", "Supper", or the Spanish equivalent "Cena." Please note these eating occasions include consumption of beverages including water.
- ² Percentages estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006.
- ³ The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as dinner.
- ⁴ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Dinner: Percentages of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 22. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, in the United States, 2005-2006

Race/ethnicity and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Non-Hispanic White:										
2 - 5.....	99* (0.7)	29 (0.9)	38 (1.5)	25 (1.0)	18 (1.1)	33 (1.4)	32 (1.2)	31 (1.4)	32 (1.3)	34 (1.6)
6 - 11.....	98* (1.5)	30 (0.9)	39 (1.0)	26 (1.0)	20 (1.8)	32 (1.5)	32 (1.2)	32 (1.1)	32 (1.5)	32 (1.6)
12 - 19.....	95 (1.0)	36 (0.6)	46 (0.9)	31 (0.7)	24 (1.3)	41 (1.1)	40 (1.4)	40 (1.4)	41 (1.6)	38 (1.4)
20 and over...	94 (0.7)	36 (0.7)	45 (1.0)	31 (0.7)	23 (1.0)	38 (0.7)	40 (0.8)	40 (0.8)	40 (0.8)	40 (1.1)
2 and over...	95 (0.6)	36 (0.5)	44 (0.7)	31 (0.6)	23 (0.9)	38 (0.6)	39 (0.5)	39 (0.5)	39 (0.5)	39 (0.8)
Non-Hispanic Black:										
2 - 5.....	96* (0.8)	26 (1.3)	34 (1.6)	23 (1.2)	17 (1.1)	29 (1.7)	28 (1.5)	26 (1.6)	29 (1.6)	31 (2.5)
6 - 11.....	96* (0.7)	32 (1.0)	41 (1.9)	29 (1.0)	23 (1.3)	33 (1.2)	34 (1.5)	32 (1.5)	35 (1.5)	37 (2.3)
12 - 19.....	87 (1.4)	34 (0.9)	45 (1.3)	29 (0.8)	24 (1.0)	35 (1.0)	37 (1.1)	36 (1.2)	38 (1.1)	37 (1.6)
20 and over...	88 (1.3)	34 (0.7)	43 (1.1)	31 (0.8)	25 (0.8)	38 (1.1)	37 (0.9)	36 (1.0)	37 (0.9)	38 (0.9)
2 and over...	89 (0.9)	34 (0.6)	43 (0.9)	30 (0.6)	24 (0.5)	37 (0.9)	36 (0.7)	35 (0.7)	36 (0.7)	37 (0.8)
Mexican American:										
2 - 5.....	83 (3.3)	19 (0.9)	23 (1.1)	18 (0.8)	15 (0.8)	20 (1.1)	20 (1.6)	19 (1.4)	20 (1.9)	20 (1.6)
6 - 11.....	89 (2.9)	28 (2.0)	32 (2.3)	27 (1.8)	22 (2.0)	28 (1.9)	29 (2.6)	27 (2.6)	30 (2.6)	30 (2.9)
12 - 19.....	86 (1.7)	31 (0.9)	37 (1.4)	28 (0.8)	23 (0.8)	34 (2.0)	32 (1.2)	31 (0.8)	33 (1.3)	33 (2.0)
20 and over...	81 (2.2)	29 (0.9)	35 (1.4)	26 (0.8)	21 (0.6)	30 (1.4)	30 (0.9)	30 (0.9)	30 (0.9)	31 (1.2)
2 and over...	83 (1.5)	29 (0.6)	34 (1.0)	26 (0.5)	21 (0.5)	30 (0.8)	30 (0.5)	29 (0.6)	30 (0.5)	30 (0.6)
All Individuals⁴:										
2 - 5.....	95 (1.0)	27 (0.6)	34 (1.0)	23 (0.6)	17 (0.7)	30 (1.0)	29 (0.9)	27 (0.9)	29 (1.0)	30 (1.1)
6 - 11.....	96 (1.2)	30 (0.7)	39 (0.7)	27 (0.8)	21 (1.2)	31 (1.3)	33 (0.7)	32 (0.7)	33 (0.8)	33 (0.8)
12 - 19.....	92 (0.9)	35 (0.4)	45 (0.7)	30 (0.4)	23 (0.9)	40 (0.7)	38 (1.0)	38 (0.9)	39 (1.1)	37 (1.1)
20 and over...	92 (0.7)	36 (0.6)	44 (0.9)	31 (0.6)	24 (0.8)	37 (0.6)	39 (0.7)	38 (0.7)	39 (0.6)	39 (1.0)
2 and over...	93 (0.6)	35 (0.4)	43 (0.7)	30 (0.5)	23 (0.7)	37 (0.5)	38 (0.5)	37 (0.5)	38 (0.5)	38 (0.7)

Table 22. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	36 (2.0)	23 (1.3)	38 (4.9)	51 (6.4)	30 (1.4)	25 (1.0)	33 (1.3)	27 (1.2)	25 (1.6)
6 - 11.....	31 (2.2)	24 (1.8)	41 (6.5)	54 (5.3)	30 (1.2)	25 (0.8)	32 (1.3)	26 (1.3)	27 (1.9)
12 - 19.....	43 (3.3)	31 (1.7)	49 (8.0)	63 (3.6)	34 (0.8)	31 (1.1)	38 (0.8)	33 (1.3)	32 (1.0)
20 and over...	41 (1.2)	37 (1.2)	54 (1.7)	51 (1.9)	34 (0.7)	29 (0.7)	39 (0.9)	37 (0.9)	32 (0.4)
2 and over...	41 (0.9)	35 (1.0)	53 (1.6)	53 (2.0)	34 (0.6)	29 (0.6)	39 (0.6)	35 (0.7)	32 (0.4)
Non-Hispanic Black:									
2 - 5.....	30 (3.4)	17 (1.9)	45 (3.2)	50 (4.9)	21 (1.4)	17 (1.3)	28 (1.2)	22 (1.5)	19 (1.2)
6 - 11.....	37 (3.4)	24 (2.1)	50 (6.7)	49 (4.9)	30 (1.8)	23 (1.0)	35 (1.0)	31 (1.2)	29 (2.8)
12 - 19.....	39 (1.3)	31 (1.9)	60 (4.1)	51 (2.3)	33 (1.0)	29 (0.9)	40 (1.3)	34 (0.9)	30 (0.9)
20 and over...	38 (1.5)	37 (1.6)	55 (3.9)	61 (3.2)	35 (0.7)	30 (0.9)	40 (1.1)	37 (1.2)	34 (0.9)
2 and over...	38 (1.3)	33 (1.2)	54 (3.3)	58 (2.7)	33 (0.4)	28 (0.6)	39 (0.9)	35 (0.8)	32 (0.6)
Mexican American:									
2 - 5.....	17 (1.5)	18 (2.5)	18 (3.2)	23 (5.7)	20 (1.4)	17 (1.3)	23 (1.4)	21 (1.8)	21 (3.0)
6 - 11.....	27 (2.9)	19 (2.0)	29* (9.4)	40 (4.0)	28 (2.0)	22 (2.2)	30 (2.3)	25 (1.6)	24 (2.7)
12 - 19.....	33 (1.2)	23 (1.9)	40 (4.1)	44 (3.5)	30 (0.8)	26 (0.7)	33 (1.2)	29 (1.2)	28 (0.6)
20 and over...	29 (1.9)	26 (1.5)	32 (2.3)	35 (4.0)	29 (1.3)	25 (0.9)	32 (1.4)	31 (1.0)	29 (1.5)
2 and over...	28 (1.6)	24 (1.1)	32 (2.0)	36 (3.0)	29 (0.8)	24 (0.6)	32 (1.0)	29 (0.7)	27 (1.3)
All Individuals⁴:									
2 - 5.....	31 (1.7)	22 (1.5)	41 (5.0)	43 (4.3)	27 (1.0)	21 (0.8)	30 (0.7)	25 (0.7)	23 (1.2)
6 - 11.....	33 (1.5)	23 (1.4)	39 (5.1)	50 (2.9)	30 (0.9)	24 (0.7)	33 (0.8)	27 (1.0)	27 (1.4)
12 - 19.....	42 (2.2)	30 (1.5)	51 (5.9)	59 (2.4)	34 (0.6)	30 (0.9)	38 (0.6)	33 (0.9)	31 (0.8)
20 and over...	39 (1.1)	36 (1.0)	52 (1.2)	51 (1.5)	34 (0.6)	29 (0.6)	39 (0.7)	37 (0.8)	33 (0.4)
2 and over...	39 (0.8)	34 (0.9)	51 (1.1)	52 (1.4)	34 (0.5)	28 (0.5)	38 (0.6)	35 (0.6)	32 (0.4)

Table 22. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	34	(1.6)	26	(1.3)	18	(1.8)	31	(1.6)	47	(3.1)	24	(1.1)	30	(1.1)	28	(0.9)
6 - 11.....	33	(1.2)	27	(1.5)	26	(1.2)	33	(1.1)	45	(3.3)	26	(1.0)	30	(0.8)	29	(0.7)
12 - 19.....	41	(1.4)	35	(1.5)	27	(2.6)	37	(1.3)	53	(2.3)	34	(1.3)	38	(0.7)	35	(0.8)
20 and over...	40	(1.1)	40	(1.5)	30	(1.2)	38	(1.2)	52	(1.5)	31	(0.8)	37	(0.8)	32	(0.9)
2 and over...	39	(0.9)	38	(1.3)	29	(1.0)	37	(0.9)	52	(1.2)	31	(0.7)	37	(0.7)	32	(0.7)
Non-Hispanic Black:																
2 - 5.....	29	(2.1)	19	(2.1)	21	(2.5)	29	(1.3)	46	(5.0)	19	(1.6)	26	(1.6)	25	(1.2)
6 - 11.....	36	(2.3)	28	(2.2)	23	(2.2)	36	(2.3)	52	(2.9)	24	(1.9)	32	(1.9)	32	(1.3)
12 - 19.....	39	(1.1)	33	(1.6)	24	(1.3)	34	(2.2)	55	(2.5)	30	(1.3)	36	(1.1)	33	(0.8)
20 and over...	38	(1.3)	40	(2.4)	30	(1.8)	37	(1.1)	59	(3.2)	30	(1.1)	37	(0.8)	33	(0.7)
2 and over...	38	(1.1)	36	(1.6)	28	(1.1)	36	(0.9)	58	(2.6)	28	(0.8)	36	(0.6)	33	(0.5)
Mexican American:																
2 - 5.....	18	(1.0)	21	(3.4)	16	(2.3)	20	(2.2)	23	(2.3)	17	(0.9)	20	(0.8)	19	(0.9)
6 - 11.....	27	(2.0)	23	(2.9)	22	(3.0)	29	(2.8)	36	(5.8)	22	(2.3)	27	(1.7)	27	(1.4)
12 - 19.....	33	(1.2)	27	(1.4)	23	(1.6)	32	(1.7)	38	(2.1)	25	(0.9)	32	(0.9)	31	(1.0)
20 and over...	30	(1.4)	31	(2.2)	28	(2.2)	30	(1.1)	40	(1.6)	26	(1.0)	30	(1.1)	28	(1.1)
2 and over...	29	(1.1)	28	(1.6)	26	(1.2)	30	(0.7)	38	(1.1)	25	(0.6)	29	(0.8)	28	(0.7)
All Individuals⁴:																
2 - 5.....	29	(1.2)	24	(1.4)	18	(1.3)	28	(1.0)	43	(2.1)	21	(0.8)	27	(0.8)	26	(0.6)
6 - 11.....	33	(0.8)	28	(1.4)	24	(1.2)	33	(0.9)	44	(2.9)	25	(0.8)	31	(0.6)	29	(0.7)
12 - 19.....	40	(1.0)	34	(1.2)	26	(1.6)	35	(0.9)	52	(1.2)	32	(1.2)	37	(0.5)	34	(0.6)
20 and over...	39	(1.0)	39	(1.2)	30	(0.9)	37	(1.1)	52	(1.3)	31	(0.6)	37	(0.7)	32	(0.7)
2 and over...	38	(0.8)	37	(1.1)	28	(0.7)	36	(0.9)	52	(1.0)	30	(0.6)	36	(0.6)	32	(0.6)

Table 22. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
Non-Hispanic White:								
2 - 5.....	27 (1.5)	30 (1.5)	30 (1.0)	40 (1.3)	28 (1.1)	37 (1.1)	28 (5.0)	-- --
6 - 11.....	27 (0.9)	33 (1.1)	31 (0.8)	41 (1.8)	30 (0.9)	37 (1.2)	27 (3.9)	-- --
12 - 19.....	33 (0.8)	42 (1.1)	37 (0.7)	46 (0.7)	38 (0.9)	43 (1.6)	20 (2.2)	-- --
20 and over...	34 (0.5)	41 (1.8)	36 (1.8)	45 (0.9)	36 (0.8)	43 (0.9)	10 (0.9)	27 (2.4)
2 and over...	33 (0.4)	41 (1.4)	35 (1.5)	45 (0.7)	36 (0.7)	42 (0.6)	10 (0.8)	-- --
Non-Hispanic Black:								
2 - 5.....	21 (1.6)	28 (1.9)	28 (1.1)	35 (1.7)	25 (1.4)	33 (1.5)	36*(14.0)	-- --
6 - 11.....	30 (1.4)	36 (2.3)	33 (1.4)	41 (2.2)	30 (1.5)	36 (2.2)	45 (7.3)	-- --
12 - 19.....	33 (0.6)	41 (1.2)	33 (1.0)	44 (1.2)	34 (1.1)	40 (1.5)	34 (4.0)	-- --
20 and over...	35 (0.9)	41 (1.3)	35 (0.9)	43 (0.9)	36 (1.2)	40 (1.4)	15 (1.5)	19 (2.9)
2 and over...	33 (0.5)	40 (1.0)	34 (0.6)	43 (0.8)	35 (0.9)	39 (1.3)	17 (1.6)	-- --
Mexican American:								
2 - 5.....	21 (2.4)	21 (1.6)	19 (0.9)	22 (1.0)	18 (1.0)	21 (1.6)	19 (3.3)	-- --
6 - 11.....	25 (2.3)	29 (2.3)	27 (1.5)	33 (2.5)	26 (1.5)	32 (1.7)	28 (4.3)	-- --
12 - 19.....	30 (1.0)	36 (1.6)	32 (1.3)	38 (1.3)	30 (1.0)	34 (1.2)	26 (2.6)	-- --
20 and over...	30 (1.1)	33 (1.5)	29 (0.9)	35 (1.6)	30 (1.0)	33 (1.1)	15 (2.4)	24 (5.0)
2 and over...	28 (0.7)	32 (1.1)	28 (0.6)	34 (1.2)	29 (0.6)	33 (0.7)	16 (2.2)	-- --
All Individuals⁴:								
2 - 5.....	25 (1.1)	28 (0.9)	28 (0.7)	36 (1.0)	26 (0.7)	33 (1.0)	27 (3.8)	-- --
6 - 11.....	27 (0.7)	33 (0.8)	30 (0.7)	40 (1.5)	30 (0.8)	36 (0.8)	29 (2.8)	-- --
12 - 19.....	33 (0.6)	41 (0.8)	36 (0.4)	45 (0.6)	37 (0.7)	42 (1.2)	22 (1.8)	-- --
20 and over...	34 (0.4)	41 (1.6)	35 (1.4)	44 (0.8)	35 (0.7)	42 (0.8)	10 (0.8)	26 (2.1)
2 and over...	33 (0.3)	40 (1.2)	35 (1.2)	43 (0.6)	35 (0.6)	41 (0.6)	11 (0.7)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Footnotes

- ¹ Dinner includes eating occasions designated by the respondent as "Dinner", "Supper", or the Spanish equivalent "Cena." Please note these eating occasions include consumption of beverages including water.
- ² Percentages estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006.
- ³ The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as dinner.
- ⁴ Includes persons of all races and Hispanic origins, not just those presented separately.
- ⁵ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Dinner: Percentages of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 23. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, in the United States, 2005-2006

Family income in dollars and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
\$0 - \$24,999:										
2 - 5.....	92 (1.4)	25 (1.4)	32 (1.9)	22 (1.1)	17 (0.8)	28 (1.5)	26 (2.2)	24 (2.0)	27 (2.4)	29 (2.8)
6 - 11.....	94* (1.7)	29 (1.6)	37 (2.1)	26 (1.6)	20 (1.2)	30 (2.5)	31 (1.6)	29 (1.3)	32 (1.9)	32 (2.2)
12 - 19.....	90 (1.6)	33 (1.0)	44 (1.8)	28 (0.8)	21 (1.9)	37 (1.3)	37 (1.8)	37 (1.6)	38 (1.9)	36 (2.4)
20 and over...	87 (1.8)	33 (1.2)	42 (1.9)	29 (0.9)	22 (0.8)	35 (1.3)	36 (1.5)	35 (1.3)	35 (1.5)	36 (2.1)
2 and over...	88 (1.4)	32 (1.0)	41 (1.6)	28 (0.7)	21 (0.6)	35 (1.1)	35 (1.3)	34 (1.1)	35 (1.3)	36 (1.7)
\$25,000 - \$74,999:										
2 - 5.....	95* (1.7)	26 (1.3)	33 (1.6)	22 (1.4)	15 (1.5)	28 (1.8)	29 (1.6)	27 (1.6)	29 (1.8)	29 (1.9)
6 - 11.....	97* (1.3)	31 (1.2)	39 (2.7)	27 (1.0)	21 (1.5)	30 (2.6)	33 (1.2)	33 (0.9)	33 (1.3)	34 (1.8)
12 - 19.....	90 (2.2)	35 (1.0)	43 (1.1)	30 (1.0)	21 (1.3)	40 (1.9)	39 (1.1)	38 (1.0)	41 (1.3)	38 (1.5)
20 and over...	92 (1.0)	35 (0.9)	43 (1.1)	31 (1.0)	24 (1.2)	38 (1.1)	38 (1.0)	37 (0.9)	38 (1.0)	39 (1.4)
2 and over...	92 (0.9)	35 (0.7)	43 (0.9)	31 (0.7)	23 (0.9)	37 (0.8)	38 (0.8)	37 (0.8)	38 (0.8)	38 (1.1)
\$75,000 and higher:										
2 - 5.....	100* (0.2)	30 (1.5)	38 (1.1)	26 (1.7)	21 (1.7)	34 (1.9)	32 (2.3)	31 (1.8)	31 (2.3)	35 (3.8)
6 - 11.....	98* (1.8)	31 (1.8)	39 (2.6)	27 (1.5)	21 (2.4)	33 (1.3)	33 (2.3)	33 (2.0)	33 (2.6)	33 (2.6)
12 - 19.....	97* (0.8)	37 (0.9)	46 (1.5)	33 (1.0)	27 (1.3)	40 (2.0)	38 (1.9)	38 (2.4)	37 (1.7)	37 (1.7)
20 and over...	96 (0.9)	38 (0.8)	46 (1.1)	33 (0.9)	24 (1.4)	38 (0.8)	42 (0.9)	42 (1.0)	42 (1.0)	41 (1.5)
2 and over...	97 (0.6)	37 (0.6)	45 (0.9)	32 (0.7)	24 (1.0)	38 (0.7)	40 (0.8)	40 (0.7)	40 (0.9)	40 (1.3)
All Individuals⁴:										
2 - 5.....	95 (1.0)	27 (0.6)	34 (1.0)	23 (0.6)	17 (0.7)	30 (1.0)	29 (0.9)	27 (0.9)	29 (1.0)	30 (1.1)
6 - 11.....	96 (1.2)	30 (0.7)	39 (0.7)	27 (0.8)	21 (1.2)	31 (1.3)	33 (0.7)	32 (0.7)	33 (0.8)	33 (0.8)
12 - 19.....	92 (0.9)	35 (0.4)	45 (0.7)	30 (0.4)	23 (0.9)	40 (0.7)	38 (1.0)	38 (0.9)	39 (1.1)	37 (1.1)
20 and over...	92 (0.7)	36 (0.6)	44 (0.9)	31 (0.6)	24 (0.8)	37 (0.6)	39 (0.7)	38 (0.7)	39 (0.6)	39 (1.0)
2 and over...	93 (0.6)	35 (0.4)	43 (0.7)	30 (0.5)	23 (0.7)	37 (0.5)	38 (0.5)	37 (0.5)	38 (0.5)	38 (0.7)

Table 23. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Choles- terol % (SE)	Vitamin A (RAE) % (SE)	Beta- carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Ribo- flavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
\$0 - \$24,999:									
2 - 5.....	27 (3.3)	20 (2.1)	33 (6.0)	38 (7.6)	26 (2.2)	20 (1.8)	30 (1.4)	25 (1.3)	23 (2.1)
6 - 11.....	31 (3.4)	23 (2.1)	47 (6.4)	49 (8.1)	28 (2.7)	23 (1.5)	35 (2.2)	29 (1.6)	27 (3.6)
12 - 19.....	40 (2.1)	30 (2.7)	43 (6.7)	54 (6.9)	34 (1.5)	31 (1.6)	39 (1.8)	35 (2.2)	31 (1.7)
20 and over...	36 (1.6)	38 (3.9)	53 (3.8)	51 (3.5)	34 (1.3)	29 (1.0)	38 (1.7)	35 (1.5)	30 (1.2)
2 and over...	36 (1.5)	35 (3.3)	51 (3.2)	51 (3.3)	33 (1.2)	28 (0.9)	37 (1.5)	34 (1.3)	30 (1.3)
\$25,000 - \$74,999:									
2 - 5.....	31 (2.0)	22 (3.3)	49 (10.2)	42 (4.7)	24 (1.3)	20 (1.3)	28 (1.1)	22 (1.1)	22 (1.9)
6 - 11.....	37 (3.5)	20 (2.3)	29 (6.0)	51 (4.1)	29 (1.5)	24 (1.4)	31 (3.2)	25 (2.8)	25 (1.6)
12 - 19.....	41 (2.7)	29 (1.9)	58 (4.8)	53 (4.2)	33 (0.8)	28 (1.2)	36 (1.4)	30 (1.6)	29 (1.2)
20 and over...	39 (1.8)	36 (1.7)	53 (2.6)	48 (3.0)	35 (1.2)	29 (1.2)	38 (1.3)	36 (1.3)	34 (0.8)
2 and over...	39 (1.4)	33 (1.6)	52 (2.5)	49 (2.6)	34 (1.0)	28 (1.0)	37 (1.2)	34 (1.3)	32 (0.6)
\$75,000 and higher:									
2 - 5.....	36 (3.6)	24 (1.6)	36 (4.3)	47 (7.5)	30 (1.2)	25 (0.9)	35 (1.0)	29 (1.4)	27 (2.4)
6 - 11.....	32 (5.2)	27 (1.5)	46 (7.8)	53 (5.1)	31 (1.1)	27 (1.6)	33 (2.6)	28 (1.6)	30 (1.4)
12 - 19.....	43 (3.4)	32 (2.4)	46 (7.5)	67 (4.5)	34 (1.3)	32 (1.2)	39 (1.3)	35 (1.3)	34 (2.5)
20 and over...	43 (1.4)	36 (1.4)	51 (5.1)	55 (2.9)	33 (1.2)	29 (0.8)	41 (1.2)	38 (1.4)	33 (1.0)
2 and over...	42 (1.4)	34 (1.0)	50 (4.1)	57 (2.1)	33 (0.9)	29 (0.6)	40 (1.0)	36 (1.2)	33 (1.0)
All Individuals⁴:									
2 - 5.....	31 (1.7)	22 (1.5)	41 (5.0)	43 (4.3)	27 (1.0)	21 (0.8)	30 (0.7)	25 (0.7)	23 (1.2)
6 - 11.....	33 (1.5)	23 (1.4)	39 (5.1)	50 (2.9)	30 (0.9)	24 (0.7)	33 (0.8)	27 (1.0)	27 (1.4)
12 - 19.....	42 (2.2)	30 (1.5)	51 (5.9)	59 (2.4)	34 (0.6)	30 (0.9)	38 (0.6)	33 (0.9)	31 (0.8)
20 and over...	39 (1.1)	36 (1.0)	52 (1.2)	51 (1.5)	34 (0.6)	29 (0.6)	39 (0.7)	37 (0.8)	33 (0.4)
2 and over...	39 (0.8)	34 (0.9)	51 (1.1)	52 (1.4)	34 (0.5)	28 (0.5)	38 (0.6)	35 (0.6)	32 (0.4)

Table 23. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																
2 - 5.....	27	(2.3)	23	(2.6)	16	(1.1)	27	(1.9)	43	(4.0)	20	(1.9)	25	(1.8)	25	(1.2)
6 - 11.....	32	(2.3)	31	(3.6)	21	(2.2)	34	(2.9)	45	(4.3)	21	(1.2)	29	(1.4)	28	(1.4)
12 - 19.....	40	(2.0)	33	(2.1)	25	(3.0)	36	(2.6)	49	(3.1)	33	(2.1)	37	(1.5)	34	(1.4)
20 and over...	37	(1.7)	41	(4.7)	28	(2.0)	34	(1.8)	56	(3.7)	30	(1.1)	35	(1.4)	31	(1.3)
2 and over...	36	(1.5)	39	(3.9)	26	(1.4)	34	(1.6)	54	(3.3)	29	(0.9)	34	(1.2)	31	(1.1)
\$25,000 - \$74,999:																
2 - 5.....	28	(1.3)	21	(1.6)	18	(2.1)	27	(1.7)	41	(3.7)	21	(1.5)	26	(1.5)	24	(1.1)
6 - 11.....	34	(2.7)	26	(2.3)	26	(2.1)	32	(3.1)	44	(4.7)	26	(1.4)	31	(1.9)	29	(2.0)
12 - 19.....	39	(1.4)	29	(1.9)	23	(2.1)	33	(1.2)	51	(2.9)	29	(1.7)	35	(1.1)	33	(0.9)
20 and over...	38	(1.4)	37	(1.9)	31	(1.6)	37	(1.4)	50	(2.3)	31	(1.0)	37	(1.1)	32	(1.0)
2 and over...	37	(1.1)	35	(1.7)	29	(1.3)	36	(1.2)	49	(2.0)	30	(1.0)	36	(0.9)	32	(0.9)
\$75,000 and higher:																
2 - 5.....	35	(1.7)	28	(2.8)	22	(2.4)	33	(3.3)	46	(4.5)	25	(1.7)	30	(1.3)	29	(0.7)
6 - 11.....	33	(3.1)	29	(2.2)	25	(3.0)	34	(1.8)	44	(5.0)	28	(1.8)	32	(2.0)	30	(1.4)
12 - 19.....	42	(1.5)	39	(2.5)	32	(4.6)	37	(2.4)	54	(3.2)	34	(1.6)	39	(1.2)	36	(1.4)
20 and over...	41	(1.2)	41	(2.3)	31	(2.1)	38	(1.5)	55	(2.2)	31	(1.0)	38	(0.8)	33	(0.9)
2 and over...	40	(1.1)	39	(1.8)	30	(1.3)	38	(1.2)	54	(1.9)	31	(0.8)	37	(0.7)	33	(0.7)
All Individuals⁴:																
2 - 5.....	29	(1.2)	24	(1.4)	18	(1.3)	28	(1.0)	43	(2.1)	21	(0.8)	27	(0.8)	26	(0.6)
6 - 11.....	33	(0.8)	28	(1.4)	24	(1.2)	33	(0.9)	44	(2.9)	25	(0.8)	31	(0.6)	29	(0.7)
12 - 19.....	40	(1.0)	34	(1.2)	26	(1.6)	35	(0.9)	52	(1.2)	32	(1.2)	37	(0.5)	34	(0.6)
20 and over...	39	(1.0)	39	(1.2)	30	(0.9)	37	(1.1)	52	(1.3)	31	(0.6)	37	(0.7)	32	(0.7)
2 and over...	38	(0.8)	37	(1.1)	28	(0.7)	36	(0.9)	52	(1.0)	30	(0.6)	36	(0.6)	32	(0.6)

Table 23. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
\$0 - \$24,999:								
2 - 5.....	25 (2.0)	25 (1.6)	26 (1.2)	34 (2.1)	24 (1.3)	31 (2.3)	30 (5.7)	-- --
6 - 11.....	28 (2.3)	34 (2.6)	29 (1.6)	39 (3.1)	28 (1.6)	34 (2.3)	31 (3.6)	-- --
12 - 19.....	33 (1.4)	41 (2.0)	35 (1.5)	42 (1.4)	35 (1.7)	38 (1.6)	17 (4.0)	-- --
20 and over...	32 (1.3)	41 (3.6)	36 (4.0)	41 (1.8)	34 (1.5)	39 (1.5)	10 (0.8)	20 (3.0)
2 and over...	32 (1.2)	40 (2.9)	35 (3.3)	41 (1.6)	33 (1.2)	38 (1.4)	10 (0.8)	-- --
\$25,000 - \$74,999:								
2 - 5.....	23 (1.4)	26 (1.4)	25 (1.3)	35 (1.8)	24 (1.3)	33 (1.6)	24 (2.9)	-- --
6 - 11.....	26 (1.6)	31 (1.9)	31 (1.7)	40 (2.7)	29 (1.5)	37 (1.6)	35 (5.5)	-- --
12 - 19.....	32 (0.9)	39 (1.8)	35 (1.2)	43 (1.0)	35 (0.8)	42 (1.2)	20 (2.1)	-- --
20 and over...	34 (1.1)	40 (1.3)	35 (1.3)	44 (1.1)	36 (1.0)	42 (1.4)	10 (0.9)	19 (2.3)
2 and over...	33 (0.9)	39 (1.2)	34 (1.1)	43 (0.9)	35 (0.8)	41 (1.0)	11 (0.9)	-- --
\$75,000 and higher:								
2 - 5.....	27 (2.2)	31 (1.4)	31 (1.1)	39 (1.5)	30 (0.9)	34 (1.5)	34*(10.3)	-- --
6 - 11.....	28 (1.8)	35 (2.6)	31 (1.4)	42 (1.9)	32 (1.4)	37 (2.2)	23 (5.5)	-- --
12 - 19.....	34 (1.3)	43 (1.5)	37 (2.0)	48 (1.8)	40 (1.1)	43 (2.5)	27 (3.8)	-- --
20 and over...	35 (0.9)	42 (2.3)	35 (1.6)	46 (1.1)	36 (1.0)	44 (0.9)	10 (1.2)	38 (4.4)
2 and over...	34 (0.7)	41 (1.9)	35 (1.3)	46 (0.9)	36 (0.8)	43 (0.9)	11 (1.2)	-- --
All Individuals⁴:								
2 - 5.....	25 (1.1)	28 (0.9)	28 (0.7)	36 (1.0)	26 (0.7)	33 (1.0)	27 (3.8)	-- --
6 - 11.....	27 (0.7)	33 (0.8)	30 (0.7)	40 (1.5)	30 (0.8)	36 (0.8)	29 (2.8)	-- --
12 - 19.....	33 (0.6)	41 (0.8)	36 (0.4)	45 (0.6)	37 (0.7)	42 (1.2)	22 (1.8)	-- --
20 and over...	34 (0.4)	41 (1.6)	35 (1.4)	44 (0.8)	35 (0.7)	42 (0.8)	10 (0.8)	26 (2.1)
2 and over...	33 (0.3)	40 (1.2)	35 (1.2)	43 (0.6)	35 (0.6)	41 (0.6)	11 (0.7)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Footnotes

- ¹ Dinner includes eating occasions designated by the respondent as "Dinner", "Supper", or the Spanish equivalent "Cena." Please note these eating occasions include consumption of beverages including water.
- ² Percentages estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006.
- ³ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as dinner.
- ⁴ Includes persons of all income levels or with unknown family income.
- ⁵ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Dinner: Percentages of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 24. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006

Family income as % of Federal poverty threshold and age (years)	Percent reporting ⁴ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Under 131% poverty:										
2 - 5.....	92 (1.6)	24 (1.2)	30 (1.3)	22 (1.1)	17 (0.9)	27 (1.3)	25 (1.8)	23 (1.5)	26 (2.0)	27 (2.5)
6 - 11.....	93 (1.6)	29 (1.0)	37 (1.5)	25 (1.0)	20 (1.0)	29 (1.3)	31 (1.3)	29 (1.2)	32 (1.5)	31 (2.1)
12 - 19.....	89 (1.8)	33 (1.0)	42 (1.7)	28 (1.0)	22 (1.4)	36 (1.7)	37 (1.4)	36 (1.1)	38 (1.5)	36 (2.2)
20 and over...	87 (2.5)	32 (1.4)	41 (2.2)	28 (1.2)	21 (1.1)	34 (1.7)	35 (1.6)	34 (1.6)	35 (1.5)	35 (2.4)
2 and over...	88 (1.8)	31 (1.1)	40 (1.7)	27 (0.9)	21 (0.8)	33 (1.4)	34 (1.3)	33 (1.2)	35 (1.2)	35 (1.8)
131-185% poverty:										
2 - 5.....	93* (3.1)	25 (2.4)	34 (5.0)	20 (1.8)	14* (1.7)	26 (3.0)	28 (2.8)	28 (3.0)	29 (2.7)	28 (3.7)
6 - 11.....	98* (0.7)	33 (1.5)	41 (1.9)	30 (1.5)	21 (2.3)	37 (3.1)	36 (1.9)	33 (1.5)	36 (1.9)	38 (2.8)
12 - 19.....	91 (1.4)	37 (1.6)	49 (2.7)	31 (1.7)	20 (3.4)	44 (3.3)	43 (2.6)	42 (3.3)	44 (2.5)	41 (2.9)
20 and over...	88 (1.4)	33 (0.8)	42 (1.4)	30 (0.8)	23 (0.8)	36 (1.5)	36 (1.2)	35 (1.1)	36 (1.2)	36 (1.8)
2 and over...	90 (1.1)	34 (0.6)	42 (1.0)	29 (0.7)	22 (0.8)	37 (1.3)	36 (0.8)	36 (0.8)	36 (0.8)	36 (1.2)
Over 185% poverty:										
2 - 5.....	98* (0.7)	28 (1.1)	36 (1.1)	25 (1.1)	18 (1.2)	32 (1.5)	31 (1.5)	30 (1.5)	31 (1.6)	34 (1.8)
6 - 11.....	97* (1.6)	31 (0.9)	39 (1.0)	27 (1.1)	21 (1.7)	32 (1.8)	33 (1.1)	33 (1.0)	33 (1.2)	33 (1.5)
12 - 19.....	94 (1.4)	36 (0.7)	45 (0.7)	31 (0.9)	25 (1.3)	41 (1.0)	38 (1.4)	38 (1.3)	39 (1.5)	37 (1.4)
20 and over...	94 (0.8)	37 (0.7)	45 (0.9)	32 (0.7)	24 (1.0)	38 (0.6)	40 (0.7)	39 (0.7)	40 (0.7)	40 (1.2)
2 and over...	94 (0.7)	36 (0.5)	44 (0.7)	31 (0.6)	24 (0.9)	38 (0.6)	39 (0.5)	39 (0.5)	39 (0.5)	39 (0.9)
All Individuals⁵:										
2 - 5.....	95 (1.0)	27 (0.6)	34 (1.0)	23 (0.6)	17 (0.7)	30 (1.0)	29 (0.9)	27 (0.9)	29 (1.0)	30 (1.1)
6 - 11.....	96 (1.2)	30 (0.7)	39 (0.7)	27 (0.8)	21 (1.2)	31 (1.3)	33 (0.7)	32 (0.7)	33 (0.8)	33 (0.8)
12 - 19.....	92 (0.9)	35 (0.4)	45 (0.7)	30 (0.4)	23 (0.9)	40 (0.7)	38 (1.0)	38 (0.9)	39 (1.1)	37 (1.1)
20 and over...	92 (0.7)	36 (0.6)	44 (0.9)	31 (0.6)	24 (0.8)	37 (0.6)	39 (0.7)	38 (0.7)	39 (0.6)	39 (1.0)
2 and over...	93 (0.6)	35 (0.4)	43 (0.7)	30 (0.5)	23 (0.7)	37 (0.5)	38 (0.5)	37 (0.5)	38 (0.5)	38 (0.7)

Table 24. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Under 131% poverty:									
2 - 5.....	25 (2.5)	19 (1.8)	36 (5.4)	43 (7.8)	24 (1.3)	19 (1.1)	28 (1.0)	24 (0.9)	22 (2.1)
6 - 11.....	30 (3.1)	22 (2.0)	38 (6.6)	41 (6.0)	28 (1.5)	23 (1.0)	34 (1.2)	28 (1.2)	24 (2.4)
12 - 19.....	39 (2.0)	29 (2.2)	43 (5.3)	48 (6.8)	32 (1.5)	29 (1.4)	36 (1.7)	33 (2.1)	28 (1.7)
20 and over...	35 (1.9)	39 (5.3)	50 (4.7)	48 (3.5)	34 (1.8)	29 (1.5)	37 (2.1)	34 (1.8)	31 (1.5)
2 and over...	34 (1.6)	34 (4.1)	47 (3.7)	47 (3.0)	32 (1.5)	28 (1.2)	36 (1.5)	33 (1.3)	29 (1.4)
131-185% poverty:									
2 - 5.....	32 (5.2)	19* (3.3)	43 (12.5)	41 (7.2)	23 (5.7)	18* (3.3)	25 (2.9)	19* (2.4)	15* (3.6)
6 - 11.....	37 (3.8)	23 (4.1)	35*(10.8)	63*(11.5)	35 (2.6)	25 (1.9)	38 (3.1)	30 (2.4)	29 (3.8)
12 - 19.....	41 (2.8)	29 (2.8)	41 (9.9)	63 (6.8)	40 (4.0)	34 (3.1)	43 (2.5)	36 (2.3)	37 (4.3)
20 and over...	36 (2.7)	31 (1.4)	45 (4.7)	51 (7.7)	33 (1.0)	29 (0.7)	37 (1.5)	34 (1.5)	29 (1.5)
2 and over...	37 (2.1)	29 (1.3)	44 (4.2)	53 (6.3)	33 (0.8)	28 (0.6)	37 (1.3)	33 (1.3)	29 (1.4)
Over 185% poverty:									
2 - 5.....	35 (1.6)	24 (1.8)	44 (5.9)	42 (4.7)	29 (1.1)	24 (0.7)	33 (1.0)	26 (1.0)	27 (1.5)
6 - 11.....	34 (2.9)	24 (1.7)	41 (6.0)	54 (4.4)	30 (0.9)	25 (0.8)	32 (1.1)	26 (1.0)	28 (1.4)
12 - 19.....	43 (3.1)	31 (1.8)	53 (8.2)	63 (3.4)	34 (0.8)	30 (1.0)	37 (0.9)	32 (1.0)	31 (1.3)
20 and over...	41 (1.2)	36 (1.2)	54 (2.0)	52 (1.0)	35 (0.7)	29 (0.7)	39 (1.0)	37 (1.0)	34 (0.4)
2 and over...	40 (0.8)	34 (1.0)	53 (1.6)	53 (1.1)	34 (0.5)	29 (0.6)	39 (0.8)	35 (0.8)	33 (0.4)
All Individuals⁵:									
2 - 5.....	31 (1.7)	22 (1.5)	41 (5.0)	43 (4.3)	27 (1.0)	21 (0.8)	30 (0.7)	25 (0.7)	23 (1.2)
6 - 11.....	33 (1.5)	23 (1.4)	39 (5.1)	50 (2.9)	30 (0.9)	24 (0.7)	33 (0.8)	27 (1.0)	27 (1.4)
12 - 19.....	42 (2.2)	30 (1.5)	51 (5.9)	59 (2.4)	34 (0.6)	30 (0.9)	38 (0.6)	33 (0.9)	31 (0.8)
20 and over...	39 (1.1)	36 (1.0)	52 (1.2)	51 (1.5)	34 (0.6)	29 (0.6)	39 (0.7)	37 (0.8)	33 (0.4)
2 and over...	39 (0.8)	34 (0.9)	51 (1.1)	52 (1.4)	34 (0.5)	28 (0.5)	38 (0.6)	35 (0.6)	32 (0.4)

Table 24. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)
Under 131% poverty:								
2 - 5.....	26 (1.5)	22 (2.3)	17 (1.3)	26 (1.8)	41 (3.7)	18 (1.0)	24 (1.1)	24 (0.9)
6 - 11.....	32 (1.9)	31 (3.1)	21 (2.2)	30 (1.8)	40 (2.7)	22 (1.5)	29 (1.3)	27 (1.1)
12 - 19.....	38 (2.0)	33 (1.7)	23 (2.4)	35 (2.4)	50 (3.5)	30 (1.5)	35 (1.3)	33 (1.4)
20 and over...	35 (1.8)	43 (5.6)	27 (1.8)	33 (2.3)	56 (4.3)	30 (1.4)	34 (1.7)	31 (1.5)
2 and over...	35 (1.5)	39 (4.4)	25 (1.2)	33 (1.7)	53 (3.5)	28 (1.2)	33 (1.3)	30 (1.1)
131-185% poverty:								
2 - 5.....	30 (4.9)	23 (4.3)	18* (3.8)	23 (2.1)	47 (6.4)	21 (3.6)	26 (3.9)	24 (2.7)
6 - 11.....	36 (2.3)	28 (2.7)	26 (4.7)	42 (4.7)	50 (7.6)	26 (1.4)	33 (1.4)	33 (2.1)
12 - 19.....	41 (1.9)	36 (2.8)	28 (3.4)	39 (3.3)	46 (4.9)	37 (4.2)	40 (2.5)	37 (2.6)
20 and over...	37 (1.4)	35 (1.4)	27 (2.6)	37 (1.6)	46 (5.4)	30 (0.9)	35 (0.9)	31 (1.3)
2 and over...	37 (0.9)	34 (1.0)	26 (2.0)	37 (1.2)	46 (4.8)	30 (0.9)	35 (0.8)	32 (1.0)
Over 185% poverty:								
2 - 5.....	32 (1.2)	25 (1.4)	19 (2.0)	31 (2.0)	44 (3.3)	24 (1.2)	29 (1.0)	27 (0.9)
6 - 11.....	34 (1.2)	27 (1.6)	26 (1.6)	32 (1.0)	44 (4.1)	27 (1.2)	31 (1.0)	30 (0.7)
12 - 19.....	40 (1.2)	34 (1.4)	28 (2.9)	35 (1.4)	52 (1.9)	32 (1.5)	37 (0.8)	35 (1.0)
20 and over...	39 (1.0)	39 (1.5)	31 (1.1)	38 (1.2)	53 (1.4)	31 (0.8)	38 (0.8)	32 (0.8)
2 and over...	39 (0.8)	37 (1.2)	30 (0.9)	37 (1.0)	52 (1.1)	30 (0.8)	37 (0.6)	32 (0.7)
All Individuals⁵:								
2 - 5.....	29 (1.2)	24 (1.4)	18 (1.3)	28 (1.0)	43 (2.1)	21 (0.8)	27 (0.8)	26 (0.6)
6 - 11.....	33 (0.8)	28 (1.4)	24 (1.2)	33 (0.9)	44 (2.9)	25 (0.8)	31 (0.6)	29 (0.7)
12 - 19.....	40 (1.0)	34 (1.2)	26 (1.6)	35 (0.9)	52 (1.2)	32 (1.2)	37 (0.5)	34 (0.6)
20 and over...	39 (1.0)	39 (1.2)	30 (0.9)	37 (1.1)	52 (1.3)	31 (0.6)	37 (0.7)	32 (0.7)
2 and over...	38 (0.8)	37 (1.1)	28 (0.7)	36 (0.9)	52 (1.0)	30 (0.6)	36 (0.6)	32 (0.6)

Table 24. Dinner¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
Under 131% poverty:								
2 - 5.....	24 (1.8)	25 (1.3)	26 (0.8)	32 (1.7)	23 (0.8)	30 (2.0)	30 (5.4)	-- --
6 - 11.....	28 (1.5)	33 (1.5)	28 (1.1)	37 (2.4)	28 (1.3)	33 (1.9)	26 (4.4)	-- --
12 - 19.....	32 (1.5)	40 (1.9)	33 (1.5)	40 (1.5)	34 (1.7)	37 (1.3)	20 (4.0)	-- --
20 and over...	33 (1.6)	41 (4.5)	37 (4.8)	40 (2.2)	33 (1.6)	38 (1.7)	9 (0.8)	18 (3.0)
2 and over...	31 (1.3)	39 (3.3)	35 (3.8)	39 (1.7)	32 (1.2)	37 (1.5)	11 (0.8)	-- --
131-185% poverty:								
2 - 5.....	20 (3.0)	25 (3.8)	25 (2.8)	36 (6.4)	25 (3.2)	31 (5.3)	21* (6.6)	-- --
6 - 11.....	30 (2.9)	36 (2.8)	34 (2.6)	45 (3.2)	31 (1.9)	41 (2.3)	34 (7.9)	-- --
12 - 19.....	38 (2.3)	43 (2.1)	39 (2.4)	48 (2.8)	38 (2.1)	45 (2.8)	13* (7.0)	-- --
20 and over...	31 (1.3)	40 (1.5)	32 (1.7)	40 (2.0)	34 (1.4)	39 (1.3)	13 (2.0)	20 (4.9)
2 and over...	31 (1.2)	39 (1.1)	33 (1.2)	41 (1.4)	34 (1.0)	39 (0.9)	13 (2.0)	-- --
Over 185% poverty:								
2 - 5.....	26 (1.4)	29 (1.0)	29 (1.4)	39 (1.2)	27 (1.1)	35 (1.6)	29 (5.0)	-- --
6 - 11.....	27 (0.9)	33 (0.7)	31 (0.8)	41 (1.5)	31 (0.8)	37 (1.1)	30 (4.4)	-- --
12 - 19.....	33 (0.7)	41 (0.9)	36 (0.8)	46 (1.0)	38 (0.8)	43 (1.6)	24 (2.0)	-- --
20 and over...	35 (0.5)	41 (1.4)	35 (1.2)	45 (0.8)	36 (0.7)	43 (0.8)	10 (0.8)	28 (2.5)
2 and over...	34 (0.4)	40 (1.1)	35 (1.0)	45 (0.7)	36 (0.6)	42 (0.6)	11 (0.8)	-- --
All Individuals⁵:								
2 - 5.....	25 (1.1)	28 (0.9)	28 (0.7)	36 (1.0)	26 (0.7)	33 (1.0)	27 (3.8)	-- --
6 - 11.....	27 (0.7)	33 (0.8)	30 (0.7)	40 (1.5)	30 (0.8)	36 (0.8)	29 (2.8)	-- --
12 - 19.....	33 (0.6)	41 (0.8)	36 (0.4)	45 (0.6)	37 (0.7)	42 (1.2)	22 (1.8)	-- --
20 and over...	34 (0.4)	41 (1.6)	35 (1.4)	44 (0.8)	35 (0.7)	42 (0.8)	10 (0.8)	26 (2.1)
2 and over...	33 (0.3)	40 (1.2)	35 (1.2)	43 (0.6)	35 (0.6)	41 (0.6)	11 (0.7)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Footnotes

- ¹ Dinner includes eating occasions designated by the respondent as "Dinner", "Supper", or the Spanish equivalent "Cena." Please note these eating occasions include consumption of beverages including water.
- ² Percentages estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006.
- ³ Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.
- ⁴ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as dinner.
- ⁵ Includes persons of all income levels or with unknown family income.
- ⁶ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Dinner: Percentages of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 25. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, in the United States, 2005-2006

Gender and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Males:										
2 - 5.....	99* (0.6)	28 (1.6)	18 (1.4)	32 (1.8)	39 (1.9)	23 (1.6)	27 (1.6)	28 (1.4)	26 (1.8)	26 (2.2)
6 - 11.....	98* (0.6)	26 (2.0)	15 (1.6)	30 (2.1)	38 (2.3)	23 (3.7)	24 (2.4)	25 (1.6)	23 (3.0)	26 (3.7)
12 - 19.....	93 (1.5)	26 (1.2)	15 (1.2)	31 (1.4)	41 (1.8)	23 (1.8)	22 (1.3)	22 (1.2)	20 (1.5)	23 (1.7)
20 - 29.....	98* (0.8)	28 (1.6)	16 (1.7)	31 (1.8)	41 (2.2)	20 (2.5)	21 (2.1)	21 (1.8)	20 (2.2)	21 (2.8)
30 - 39.....	95* (1.5)	24 (1.4)	14 (1.5)	27 (1.5)	36 (2.1)	19 (1.4)	19 (1.7)	19 (1.4)	19 (1.9)	19 (2.2)
40 - 49.....	99* (0.6)	24 (0.9)	12 (0.9)	29 (1.0)	40 (2.1)	17 (1.5)	17 (1.4)	18 (1.7)	18 (1.4)	17 (1.3)
50 - 59.....	95* (1.4)	23 (1.6)	13 (1.3)	26 (2.0)	34 (3.2)	19 (2.1)	20 (2.0)	21 (1.7)	20 (2.5)	17 (2.3)
60 - 69.....	94* (1.6)	21 (1.5)	10 (0.9)	24 (1.5)	33 (2.1)	16 (1.2)	18 (1.6)	19 (2.2)	18 (1.5)	19 (1.4)
70 and over.....	94 (1.1)	18 (1.2)	11 (0.9)	20 (1.4)	27 (1.9)	15 (0.9)	18 (1.1)	19 (1.1)	18 (1.3)	17 (1.2)
20 and over...	96 (0.5)	24 (0.9)	13 (0.7)	27 (1.1)	36 (1.4)	18 (1.0)	19 (1.0)	20 (1.0)	19 (1.0)	18 (1.0)
Females:										
2 - 5.....	96* (1.5)	30 (1.0)	20 (1.0)	34 (1.2)	42 (1.5)	25 (1.4)	27 (1.3)	30 (1.2)	26 (1.6)	25 (1.8)
6 - 11.....	97* (0.5)	24 (0.9)	15 (1.0)	29 (0.9)	36 (1.4)	24 (1.0)	22 (1.1)	23 (1.3)	21 (1.0)	22 (1.5)
12 - 19.....	94 (1.5)	26 (1.1)	16 (1.5)	29 (1.2)	38 (1.9)	23 (1.1)	24 (1.3)	24 (1.0)	22 (1.6)	25 (1.9)
20 - 29.....	94 (2.1)	26 (1.4)	15 (1.2)	30 (1.4)	38 (2.0)	20 (1.4)	22 (1.5)	24 (2.4)	21 (1.5)	21 (0.7)
30 - 39.....	97* (0.8)	23 (1.3)	14 (1.4)	27 (1.6)	37 (2.4)	19 (1.6)	19 (1.8)	21 (2.1)	19 (1.8)	18 (1.8)
40 - 49.....	97* (0.7)	23 (1.4)	13 (0.8)	26 (1.5)	35 (2.6)	21 (2.2)	21 (1.4)	22 (1.6)	21 (1.4)	20 (1.9)
50 - 59.....	98* (0.6)	21 (1.3)	11 (0.7)	25 (1.8)	35 (2.4)	20 (1.6)	18 (1.4)	19 (1.6)	19 (1.5)	18 (2.0)
60 - 69.....	98* (1.3)	20 (1.0)	11 (0.8)	24 (1.3)	34 (2.2)	16 (1.4)	19 (1.4)	21 (1.6)	20 (1.6)	17 (2.0)
70 and over.....	93 (1.6)	20 (1.0)	12 (1.1)	23 (1.1)	31 (1.7)	16 (1.1)	20 (1.2)	23 (1.9)	20 (1.1)	17 (1.2)
20 and over...	96 (0.6)	23 (0.7)	13 (0.6)	26 (0.9)	35 (1.3)	19 (0.6)	20 (0.7)	22 (1.0)	20 (0.7)	19 (0.8)
Males and females:										
2 and over...	96 (0.4)	24 (0.5)	14 (0.5)	28 (0.6)	37 (0.8)	20 (0.5)	20 (0.6)	21 (0.7)	20 (0.6)	20 (0.6)

Table 25. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	16 (1.0)	20 (1.5)	24 (6.6)	8* (2.6)	18 (1.3)	21 (1.6)	15 (1.4)	17 (1.5)	16 (1.3)
6 - 11.....	15 (1.6)	22 (2.0)	29* (9.2)	9 (2.6)	16 (1.2)	19 (1.3)	16 (2.9)	17 (1.8)	17 (1.7)
12 - 19.....	12 (0.7)	19 (1.1)	19 (4.4)	15 (3.7)	17 (2.2)	21 (1.7)	19 (2.2)	23 (2.7)	16 (1.5)
20 - 29.....	12 (1.3)	18 (1.9)	11 (3.1)	18* (5.4)	18 (2.1)	23 (1.5)	19 (2.1)	21 (2.6)	19 (1.7)
30 - 39.....	10 (1.0)	18 (2.9)	8* (3.0)	16 (3.1)	20 (4.6)	22 (1.9)	17 (2.4)	20 (2.2)	18 (3.0)
40 - 49.....	7 (0.9)	14 (2.3)	11* (3.8)	5* (2.8)	14 (1.6)	21 (1.7)	15 (1.0)	18 (1.0)	16 (1.6)
50 - 59.....	9 (1.5)	15 (1.9)	6* (1.3)	10* (4.0)	14 (1.1)	22 (1.7)	15 (1.5)	14 (1.4)	16 (1.3)
60 - 69.....	8 (1.2)	12 (1.7)	9* (3.1)	7* (2.1)	14 (2.3)	17 (1.7)	14 (1.3)	13 (1.2)	13 (1.7)
70 and over.....	7 (0.7)	12 (1.3)	6* (2.3)	5* (1.9)	11 (0.8)	16 (1.3)	11 (0.9)	10 (0.9)	10 (0.7)
20 and over...	9 (0.6)	15 (1.0)	9 (0.8)	12 (1.0)	16 (1.4)	21 (0.9)	16 (0.9)	17 (1.0)	16 (1.0)
Females:									
2 - 5.....	16 (1.1)	22 (2.0)	14 (3.2)	4* (1.2)	20 (1.4)	26 (1.8)	18 (1.5)	22 (1.7)	19 (2.7)
6 - 11.....	12 (1.3)	17 (1.0)	21 (3.9)	17 (4.7)	16 (1.3)	18 (1.2)	14 (1.2)	17 (1.2)	15 (1.2)
12 - 19.....	14 (1.1)	20 (1.2)	13 (2.7)	8* (2.3)	16 (1.3)	20 (1.4)	16 (1.6)	17 (1.3)	15 (0.9)
20 - 29.....	13 (1.5)	20 (2.3)	14* (5.3)	8 (1.5)	19 (1.3)	22 (1.5)	17 (1.3)	19 (1.2)	20 (1.8)
30 - 39.....	11 (1.5)	19 (3.5)	8 (1.7)	4* (2.0)	19 (3.0)	24 (2.6)	17 (2.2)	19 (2.9)	19 (2.3)
40 - 49.....	9 (1.2)	16 (1.3)	12* (4.6)	9* (2.6)	15 (0.9)	21 (1.5)	14 (1.3)	14 (1.1)	15 (1.3)
50 - 59.....	7 (1.0)	14 (1.9)	11* (4.0)	3* (1.2)	17 (2.3)	23 (1.8)	14 (1.0)	15 (1.2)	14 (1.5)
60 - 69.....	9 (0.9)	12 (1.6)	6* (1.6)	5* (2.2)	15 (1.4)	18 (1.3)	12 (1.3)	11 (1.5)	13 (1.4)
70 and over.....	10 (1.7)	15 (1.5)	8 (1.5)	12* (6.8)	11 (0.9)	16 (1.3)	11 (1.0)	11 (1.3)	12 (1.5)
20 and over...	10 (0.6)	16 (0.7)	10 (0.9)	7 (0.8)	16 (0.9)	21 (0.8)	14 (0.7)	15 (0.9)	16 (0.9)
Males and females:									
2 and over...	10 (0.5)	17 (0.6)	11 (0.7)	10 (0.6)	16 (0.8)	21 (0.7)	16 (0.5)	17 (0.6)	16 (0.5)

Table 25. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5.....	19	(1.3)	17	(1.8)	43	(2.8)	26	(2.4)	20	(1.6)	27	(2.0)	22	(1.7)	26	(1.6)
6 - 11.....	17	(1.2)	14	(1.2)	37	(3.1)	26	(4.2)	20	(3.5)	23	(1.5)	19	(2.0)	25	(2.7)
12 - 19.....	16	(1.3)	21	(2.5)	34	(3.3)	27	(2.4)	17	(2.0)	24	(1.3)	20	(1.2)	26	(1.5)
20 - 29.....	22	(1.9)	19	(2.3)	34	(4.2)	23	(3.3)	11	(2.3)	25	(1.9)	21	(1.5)	29	(2.1)
30 - 39.....	18	(1.5)	16	(2.8)	28	(3.1)	23	(2.6)	12	(1.7)	25	(2.1)	19	(1.6)	29	(1.8)
40 - 49.....	17	(0.9)	11	(2.1)	26	(3.8)	19	(1.9)	8	(1.1)	25	(1.9)	18	(1.2)	27	(1.2)
50 - 59.....	16	(1.3)	11	(1.6)	22	(4.0)	20	(3.0)	7	(1.0)	23	(2.3)	19	(1.8)	27	(1.8)
60 - 69.....	12	(1.2)	8	(1.4)	15	(1.8)	20	(1.5)	7	(1.2)	19	(1.7)	15	(1.2)	22	(1.5)
70 and over.....	11	(0.8)	9	(1.3)	18	(1.7)	17	(1.2)	10*	(3.5)	20	(1.9)	15	(1.1)	21	(1.0)
20 and over...	17	(0.8)	13	(1.2)	25	(1.9)	21	(1.2)	9	(0.9)	24	(0.9)	18	(0.8)	27	(1.0)
Females:																
2 - 5.....	20	(1.0)	21	(1.8)	41	(3.5)	26	(2.1)	15	(1.3)	30	(1.8)	24	(1.4)	29	(1.2)
6 - 11.....	14	(1.1)	13	(1.2)	35	(2.1)	24	(1.3)	21	(3.2)	21	(1.7)	18	(1.2)	25	(1.1)
12 - 19.....	18	(1.4)	16	(1.9)	33	(2.9)	28	(3.1)	13	(1.3)	24	(1.7)	21	(1.5)	27	(1.3)
20 - 29.....	17	(1.1)	16	(1.7)	30	(1.9)	21	(0.9)	12	(0.9)	28	(2.4)	20	(1.7)	28	(1.6)
30 - 39.....	18	(2.0)	17	(2.7)	26	(2.6)	21	(4.3)	10	(2.0)	27	(1.5)	19	(1.3)	28	(2.1)
40 - 49.....	15	(0.7)	13	(1.5)	23	(2.8)	22	(2.5)	11*	(3.9)	27	(1.7)	19	(1.0)	29	(1.6)
50 - 59.....	14	(1.1)	10	(1.2)	24	(4.4)	20	(1.9)	7	(1.3)	24	(1.7)	17	(1.0)	27	(1.4)
60 - 69.....	11	(0.9)	8	(0.8)	19	(2.6)	18	(2.2)	8	(1.0)	23	(1.7)	16	(1.0)	22	(1.4)
70 and over.....	12	(0.9)	12	(2.2)	22	(2.3)	17	(1.0)	6	(0.7)	23	(2.3)	17	(1.2)	21	(1.1)
20 and over...	15	(0.6)	13	(1.0)	24	(1.2)	20	(1.1)	9	(1.0)	26	(0.9)	18	(0.6)	26	(0.8)
Males and females:																
2 and over...	16	(0.6)	14	(0.8)	28	(1.1)	22	(0.6)	11	(0.7)	25	(0.7)	19	(0.5)	27	(0.6)

Table 25. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, in the United States, 2005-2006 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁴ % (SE)
Males:								
2 - 5.....	18 (1.7)	18 (1.3)	28 (1.4)	15 (1.3)	26 (2.1)	20 (1.9)	43 (5.3)	-- --
6 - 11.....	18 (1.7)	17 (1.4)	26 (2.6)	12 (1.0)	22 (2.1)	17 (1.7)	45 (4.9)	-- --
12 - 19.....	18 (1.9)	16 (1.1)	27 (2.0)	14 (1.3)	23 (1.4)	17 (1.3)	54 (3.4)	-- --
20 - 29.....	19 (1.9)	17 (2.2)	28 (2.2)	14 (1.3)	24 (1.8)	17 (1.5)	51 (5.5)	-- --
30 - 39.....	17 (2.1)	17 (2.2)	28 (2.2)	12 (1.4)	21 (1.3)	14 (1.7)	37 (3.6)	-- --
40 - 49.....	14 (1.1)	11 (2.0)	21 (2.3)	10 (1.0)	21 (1.3)	12 (1.4)	40 (3.5)	-- --
50 - 59.....	14 (1.8)	15 (1.5)	25 (2.2)	10 (1.2)	22 (1.6)	12 (1.1)	43 (6.1)	-- --
60 - 69.....	11 (1.0)	10 (1.2)	20 (1.6)	9 (0.9)	18 (1.3)	11 (0.9)	41 (4.2)	-- --
70 and over.....	10 (0.7)	11 (0.8)	20 (1.5)	9 (1.0)	16 (1.4)	11 (0.9)	33 (3.3)	-- --
20 and over...	15 (0.8)	14 (1.0)	24 (1.3)	11 (0.6)	21 (0.8)	13 (0.8)	41 (2.3)	69 (2.7)
Females:								
2 - 5.....	21 (1.2)	21 (1.4)	29 (1.1)	15 (1.0)	29 (1.4)	19 (1.1)	41 (5.8)	-- --
6 - 11.....	17 (1.1)	16 (0.9)	26 (1.2)	12 (1.2)	23 (1.0)	16 (1.1)	41 (2.4)	-- --
12 - 19.....	17 (0.9)	17 (0.7)	27 (1.3)	15 (2.2)	23 (1.7)	18 (1.3)	34 (3.1)	-- --
20 - 29.....	20 (1.3)	18 (1.6)	28 (1.6)	13 (1.1)	21 (1.5)	17 (0.9)	41 (5.0)	-- --
30 - 39.....	19 (2.9)	17 (2.4)	28 (2.5)	12 (1.1)	21 (1.5)	15 (1.5)	45 (9.1)	-- --
40 - 49.....	16 (1.2)	16 (1.3)	29 (2.3)	10 (0.6)	22 (1.2)	13 (0.7)	38 (4.4)	-- --
50 - 59.....	15 (1.7)	13 (1.0)	28 (1.7)	8 (0.8)	22 (1.6)	11 (0.7)	49 (5.9)	-- --
60 - 69.....	13 (0.9)	12 (1.4)	24 (1.6)	9 (0.8)	18 (1.4)	11 (1.0)	34 (4.5)	-- --
70 and over.....	11 (1.1)	14 (1.2)	23 (1.1)	10 (0.8)	18 (1.0)	12 (0.9)	29 (2.7)	-- --
20 and over...	16 (1.0)	15 (0.9)	27 (1.2)	11 (0.5)	21 (0.7)	14 (0.5)	41 (4.2)	66 (3.9)
Males and females:								
2 and over...	16 (0.6)	15 (0.7)	26 (0.9)	11 (0.5)	22 (0.5)	14 (0.5)	41 (2.9)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Footnotes

- ¹ Snacks include eating occasions designated by the respondent as "Snack", "Drink", "Extended consumption", or the Spanish equivalents "Merienda", "Entre comida", "Botana", "Bocadillo", "Tentempie", and "Bebida." Please note these eating occasions include consumption of beverages including water. Water was the only food/beverage item reported for approximately 25% of the snack occasions.
- ² Percentages estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006.
- ³ The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as snack.
- ⁴ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Snacks: Percentages of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 26. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2005-2006

Race/ethnicity and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Non-Hispanic White:										
2 - 5.....	98* (1.2)	28 (1.3)	17 (1.4)	32 (1.3)	40 (1.6)	23 (1.4)	26 (2.0)	28 (1.7)	26 (2.3)	23 (2.2)
6 - 11.....	99* (0.6)	25 (1.9)	15 (1.5)	30 (2.1)	38 (2.4)	23 (3.4)	23 (1.9)	24 (1.3)	22 (2.2)	24 (3.0)
12 - 19.....	94 (1.2)	25 (1.2)	15 (1.2)	30 (1.6)	40 (1.9)	22 (1.8)	22 (1.0)	23 (0.9)	20 (1.0)	23 (1.7)
20 and over...	97 (0.5)	24 (1.0)	13 (0.8)	27 (1.1)	36 (1.5)	19 (0.9)	19 (1.0)	21 (1.1)	20 (1.0)	19 (1.0)
2 and over...	97 (0.4)	24 (0.7)	14 (0.7)	28 (0.9)	37 (1.1)	19 (0.6)	20 (0.7)	21 (0.8)	20 (0.7)	19 (0.7)
Non-Hispanic Black:										
2 - 5.....	97* (1.5)	29 (2.2)	17 (1.8)	33 (2.8)	39 (2.8)	26 (2.9)	27 (1.6)	26 (1.6)	26 (1.5)	29 (2.2)
6 - 11.....	94* (1.3)	25 (1.2)	15 (1.3)	30 (1.5)	35 (2.3)	26 (1.6)	24 (1.2)	24 (1.5)	22 (1.2)	26 (1.7)
12 - 19.....	93 (1.6)	27 (1.0)	16 (0.9)	33 (1.2)	41 (2.1)	26 (1.1)	24 (1.2)	24 (1.5)	22 (1.2)	26 (1.7)
20 and over...	94 (0.9)	27 (1.0)	16 (1.2)	30 (0.8)	37 (1.1)	23 (1.1)	22 (1.3)	23 (1.5)	22 (1.4)	22 (1.1)
2 and over...	94 (0.7)	27 (0.9)	16 (1.0)	31 (0.7)	38 (1.0)	24 (0.9)	23 (1.0)	23 (1.2)	23 (1.1)	24 (1.0)
Mexican American:										
2 - 5.....	96* (1.8)	29 (1.0)	22 (1.2)	32 (1.1)	38 (1.3)	25 (1.5)	28 (1.3)	30 (1.3)	27 (1.2)	28 (2.2)
6 - 11.....	96* (1.6)	26 (2.5)	16 (1.9)	29 (2.5)	34 (2.7)	25 (2.8)	25 (2.9)	25 (2.6)	23 (2.6)	27 (4.3)
12 - 19.....	90 (1.1)	24 (1.3)	15 (1.3)	27 (1.0)	33 (1.0)	22 (1.1)	22 (1.6)	22 (1.5)	21 (1.7)	24 (2.0)
20 and over...	92 (1.4)	20 (0.4)	12 (0.8)	23 (0.5)	31 (0.6)	16 (1.2)	17 (1.0)	18 (1.0)	17 (1.2)	17 (1.0)
2 and over...	92 (0.8)	22 (0.6)	13 (0.7)	25 (0.6)	33 (0.5)	18 (1.0)	20 (0.9)	20 (0.9)	19 (0.9)	20 (1.0)
All Individuals⁴:										
2 - 5.....	97 (0.8)	29 (0.9)	19 (0.9)	33 (1.0)	40 (1.1)	24 (1.0)	27 (1.1)	29 (1.0)	26 (1.3)	26 (1.6)
6 - 11.....	98 (0.3)	25 (1.2)	15 (1.0)	30 (1.3)	37 (1.6)	24 (2.2)	23 (1.3)	24 (1.0)	22 (1.6)	24 (1.9)
12 - 19.....	93 (1.0)	26 (0.8)	15 (0.9)	30 (1.1)	40 (1.3)	23 (1.2)	22 (0.8)	23 (0.7)	21 (0.9)	24 (1.1)
20 and over...	96 (0.5)	23 (0.7)	13 (0.6)	27 (0.8)	36 (1.1)	19 (0.7)	19 (0.8)	21 (0.9)	19 (0.8)	19 (0.8)
2 and over...	96 (0.4)	24 (0.5)	14 (0.5)	28 (0.6)	37 (0.8)	20 (0.5)	20 (0.6)	21 (0.7)	20 (0.6)	20 (0.6)

Table 26. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	16 (1.8)	19 (1.3)	20* (6.4)	5* (2.2)	18 (0.9)	21 (1.6)	15 (1.3)	19 (1.6)	18 (2.0)
6 - 11.....	13 (2.1)	20 (2.0)	32*(10.7)	11* (3.8)	15 (1.3)	18 (1.5)	15 (3.0)	17 (2.1)	15 (1.7)
12 - 19.....	13 (0.8)	20 (1.1)	17 (3.0)	13 (3.7)	16 (2.1)	21 (1.7)	18 (2.2)	22 (2.5)	14 (1.3)
20 and over...	10 (0.8)	16 (0.9)	9 (1.0)	9 (0.8)	16 (1.3)	21 (0.9)	15 (0.9)	16 (1.0)	16 (1.0)
2 and over...	10 (0.8)	17 (0.8)	11 (0.9)	10 (0.8)	16 (1.1)	21 (0.8)	16 (0.8)	17 (0.8)	16 (0.7)
Non-Hispanic Black:									
2 - 5.....	13 (1.5)	18 (3.4)	14 (3.7)	5* (1.9)	20 (3.7)	21 (3.7)	18 (3.0)	19 (4.2)	17 (3.8)
6 - 11.....	14 (1.7)	18 (2.6)	8 (1.2)	12* (4.6)	19 (2.0)	20 (2.0)	17 (1.5)	19 (1.7)	21 (2.5)
12 - 19.....	14 (1.5)	20 (1.8)	13 (2.7)	8 (2.4)	18 (1.3)	21 (1.3)	17 (1.6)	18 (1.5)	18 (1.4)
20 and over...	11 (1.1)	16 (1.4)	10 (1.2)	12 (2.1)	18 (1.3)	22 (1.3)	18 (1.1)	20 (1.3)	19 (1.4)
2 and over...	12 (0.9)	17 (1.1)	10 (0.9)	11 (1.8)	19 (1.2)	22 (1.2)	18 (1.1)	20 (1.2)	19 (1.3)
Mexican American:									
2 - 5.....	15 (1.4)	25 (2.2)	20 (4.5)	11* (4.0)	22 (1.4)	27 (1.6)	18 (1.2)	21 (1.7)	18 (1.7)
6 - 11.....	13 (1.9)	19 (2.5)	23* (7.3)	22* (6.9)	18 (1.6)	20 (1.2)	17 (2.2)	18 (1.5)	18 (1.7)
12 - 19.....	11 (1.5)	21 (1.3)	18 (3.3)	11 (2.8)	18 (1.1)	21 (1.3)	17 (1.1)	19 (1.1)	19 (1.6)
20 and over...	8 (1.2)	17 (1.5)	13 (1.9)	9* (2.7)	15 (1.3)	20 (1.3)	14 (1.0)	16 (1.3)	15 (1.1)
2 and over...	10 (0.9)	19 (0.9)	15 (1.2)	11 (2.4)	16 (1.0)	21 (0.9)	15 (0.8)	17 (1.0)	17 (0.8)
All Individuals⁴:									
2 - 5.....	16 (0.7)	21 (1.4)	19 (4.2)	7 (1.5)	19 (0.9)	23 (1.3)	16 (1.0)	20 (1.2)	18 (1.2)
6 - 11.....	13 (1.3)	20 (1.3)	26 (6.7)	13 (2.9)	16 (1.0)	19 (1.1)	15 (1.9)	17 (1.4)	16 (1.2)
12 - 19.....	13 (0.6)	19 (0.9)	16 (2.2)	12 (2.8)	17 (1.6)	21 (1.3)	18 (1.6)	21 (1.9)	16 (1.1)
20 and over...	10 (0.6)	16 (0.7)	9 (0.6)	9 (0.6)	16 (1.0)	21 (0.7)	15 (0.6)	16 (0.8)	16 (0.7)
2 and over...	10 (0.5)	17 (0.6)	11 (0.7)	10 (0.6)	16 (0.8)	21 (0.7)	16 (0.5)	17 (0.6)	16 (0.5)

Table 26. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	18	(1.5)	17	(1.4)	44	(3.8)	25	(2.4)	16	(1.9)	25	(1.9)	21	(1.7)	26	(1.5)
6 - 11.....	15	(1.1)	14	(1.2)	33	(4.0)	24	(3.8)	21	(4.6)	22	(1.5)	19	(1.9)	25	(2.8)
12 - 19.....	17	(1.2)	20	(2.5)	34	(4.4)	28	(2.7)	14	(1.6)	24	(1.5)	21	(1.2)	27	(1.5)
20 and over...	16	(0.9)	13	(1.2)	24	(1.7)	20	(1.1)	10	(0.9)	24	(1.0)	19	(0.9)	27	(1.0)
2 and over...	17	(0.8)	14	(1.1)	26	(1.4)	22	(0.7)	11	(0.9)	24	(0.8)	19	(0.7)	27	(0.8)
Non-Hispanic Black:																
2 - 5.....	16	(1.6)	18	(4.3)	41	(4.5)	28	(2.2)	17	(1.9)	25	(3.0)	21	(2.2)	27	(2.7)
6 - 11.....	16	(1.3)	13	(1.9)	43	(3.4)	28	(2.0)	19	(3.9)	22	(2.4)	18	(1.4)	26	(1.4)
12 - 19.....	17	(0.9)	15	(1.1)	37	(2.3)	27	(1.7)	15	(1.4)	25	(1.1)	20	(0.7)	28	(0.9)
20 and over...	18	(1.3)	15	(1.5)	31	(2.4)	23	(1.1)	8	(0.6)	26	(1.4)	20	(1.1)	29	(1.0)
2 and over...	17	(1.1)	15	(1.3)	34	(1.8)	25	(0.8)	10	(0.8)	26	(1.2)	20	(1.0)	29	(0.9)
Mexican American:																
2 - 5.....	21	(1.2)	24	(1.8)	31	(3.3)	27	(1.7)	21	(1.9)	33	(1.7)	26	(1.3)	29	(1.4)
6 - 11.....	16	(1.4)	16	(1.6)	34	(4.5)	29	(4.5)	24	(4.8)	23	(2.4)	19	(1.9)	25	(2.5)
12 - 19.....	16	(1.4)	18	(1.8)	34	(2.8)	26	(1.8)	20	(1.7)	24	(1.6)	18	(1.3)	25	(1.2)
20 and over...	14	(0.6)	12	(1.8)	23	(2.3)	19	(1.6)	10	(1.0)	23	(1.0)	16	(0.8)	22	(1.0)
2 and over...	15	(0.6)	15	(1.3)	26	(2.0)	22	(1.4)	13	(1.0)	24	(0.7)	17	(0.7)	23	(0.9)
All Individuals⁴:																
2 - 5.....	19	(0.9)	19	(1.5)	42	(2.5)	26	(1.4)	17	(1.4)	28	(1.5)	23	(1.2)	27	(1.0)
6 - 11.....	15	(0.8)	14	(0.9)	36	(1.9)	25	(2.5)	21	(2.9)	22	(1.2)	19	(1.3)	25	(1.8)
12 - 19.....	17	(0.9)	19	(2.0)	34	(2.8)	28	(1.9)	15	(1.2)	24	(1.2)	20	(1.0)	27	(1.1)
20 and over...	16	(0.7)	13	(1.0)	25	(1.3)	20	(0.8)	9	(0.8)	25	(0.8)	18	(0.7)	27	(0.8)
2 and over...	16	(0.6)	14	(0.8)	28	(1.1)	22	(0.6)	11	(0.7)	25	(0.7)	19	(0.5)	27	(0.6)

Table 26. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2005-2006 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
Non-Hispanic White:								
2 - 5.....	19 (1.2)	18 (1.3)	28 (1.1)	13 (1.1)	26 (2.0)	19 (1.7)	45 (6.9)	-- --
6 - 11.....	17 (2.0)	17 (1.5)	26 (2.4)	11 (1.0)	22 (2.0)	16 (1.4)	45 (3.8)	-- --
12 - 19.....	17 (1.6)	16 (0.9)	27 (1.9)	14 (1.8)	23 (1.4)	16 (1.0)	50 (3.7)	-- --
20 and over...	16 (1.0)	15 (1.1)	26 (1.4)	11 (0.7)	21 (0.8)	14 (0.8)	42 (3.1)	67 (3.1)
2 and over...	16 (0.8)	15 (0.9)	26 (1.2)	11 (0.7)	21 (0.7)	14 (0.7)	42 (3.0)	-- --
Non-Hispanic Black:								
2 - 5.....	21 (3.9)	16 (2.0)	27 (2.0)	14 (1.7)	27 (2.6)	20 (1.8)	36 (8.9)	-- --
6 - 11.....	20 (2.3)	17 (1.8)	26 (1.4)	14 (1.4)	24 (1.6)	18 (1.4)	30 (4.1)	-- --
12 - 19.....	19 (1.0)	17 (0.8)	28 (0.9)	14 (0.9)	23 (0.9)	18 (1.2)	38 (3.0)	-- --
20 and over...	19 (1.1)	18 (1.5)	28 (1.1)	14 (1.0)	24 (1.2)	17 (1.3)	33 (2.5)	78 (2.7)
2 and over...	19 (1.0)	18 (1.2)	28 (1.0)	14 (0.9)	24 (1.0)	18 (1.1)	34 (2.4)	-- --
Mexican American:								
2 - 5.....	19 (1.7)	23 (1.6)	29 (1.2)	19 (1.0)	28 (1.7)	21 (1.3)	34 (3.6)	-- --
6 - 11.....	19 (2.0)	18 (1.8)	26 (2.3)	15 (2.0)	23 (1.9)	19 (2.5)	32 (5.6)	-- --
12 - 19.....	19 (1.3)	17 (1.3)	24 (1.1)	13 (1.4)	22 (1.4)	17 (1.2)	35 (3.8)	-- --
20 and over...	14 (1.1)	12 (1.0)	22 (1.5)	11 (0.8)	18 (1.0)	12 (0.8)	34 (4.1)	64 (4.4)
2 and over...	16 (0.9)	14 (0.9)	23 (1.2)	12 (0.8)	20 (1.0)	14 (0.8)	34 (3.7)	-- --
All Individuals⁴:								
2 - 5.....	19 (1.1)	19 (1.0)	28 (0.9)	15 (0.7)	27 (1.3)	20 (1.1)	42 (4.8)	-- --
6 - 11.....	18 (1.3)	17 (0.9)	26 (1.7)	12 (0.8)	23 (1.4)	17 (1.1)	43 (3.2)	-- --
12 - 19.....	18 (1.2)	16 (0.6)	27 (1.3)	14 (1.3)	23 (1.0)	17 (0.8)	47 (2.8)	-- --
20 and over...	16 (0.8)	15 (0.8)	25 (1.1)	11 (0.5)	21 (0.6)	14 (0.6)	41 (3.0)	68 (2.6)
2 and over...	16 (0.6)	15 (0.7)	26 (0.9)	11 (0.5)	22 (0.5)	14 (0.5)	41 (2.9)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Footnotes

- ¹ Snacks include eating occasions designated by the respondent as "Snack", "Drink", "Extended consumption", or the Spanish equivalents "Merienda", "Entre comida", "Botana", "Bocadillo", "Tentempie", and "Bebida." Please note these eating occasions include consumption of beverages including water. Water was the only food/beverage item reported for approximately 25% of the snack occasions.
- ² Percentages estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, One Day, 2005-2006.
- ³ The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as snack.
- ⁴ Includes persons of all races and Hispanic origins, not just those presented separately.
- ⁵ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Snacks: Percentages of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 27. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2005-2006

Family income in dollars and age (years)	Percent reporting ³ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
\$0 - \$24,999:										
2 - 5.....	97* (1.0)	30 (1.1)	21 (1.3)	34 (1.2)	42 (1.5)	26 (1.6)	29 (1.3)	32 (1.5)	27 (1.3)	28 (2.0)
6 - 11.....	96* (0.8)	27 (1.0)	17 (1.2)	32 (0.9)	38 (1.4)	28 (1.6)	26 (1.8)	28 (2.2)	24 (1.7)	26 (1.9)
12 - 19.....	93 (1.8)	29 (1.3)	16 (1.4)	35 (2.1)	45 (3.8)	24 (1.7)	24 (1.7)	24 (1.4)	23 (1.7)	26 (2.5)
20 and over...	95 (0.7)	26 (1.0)	15 (1.0)	30 (1.2)	40 (1.7)	21 (1.1)	21 (1.2)	23 (1.4)	21 (1.3)	21 (1.3)
2 and over...	95 (0.5)	27 (0.8)	16 (0.9)	31 (1.0)	41 (1.4)	22 (0.8)	22 (1.0)	24 (1.2)	22 (1.1)	22 (1.1)
\$25,000 - \$74,999:										
2 - 5.....	98* (0.8)	30 (1.5)	19 (1.4)	34 (1.8)	42 (2.1)	25 (2.2)	28 (1.5)	29 (1.6)	27 (1.6)	28 (2.3)
6 - 11.....	97* (0.4)	23 (0.9)	13 (0.7)	28 (1.4)	36 (1.9)	20 (1.7)	21 (1.1)	21 (1.3)	20 (1.0)	23 (1.9)
12 - 19.....	93 (1.4)	26 (1.0)	16 (1.1)	31 (1.1)	41 (1.4)	22 (1.2)	22 (1.0)	23 (1.4)	20 (0.8)	23 (1.5)
20 and over...	96 (0.6)	24 (0.9)	14 (0.9)	26 (1.0)	36 (1.2)	18 (1.0)	20 (1.0)	21 (1.0)	19 (1.0)	18 (1.0)
2 and over...	96 (0.5)	24 (0.7)	14 (0.8)	27 (0.7)	37 (0.8)	19 (0.7)	20 (0.8)	22 (0.9)	20 (0.9)	19 (0.8)
\$75,000 and higher:										
2 - 5.....	98* (1.4)	27 (1.3)	17 (1.6)	30 (1.5)	37 (2.1)	22 (1.3)	24 (2.3)	26 (2.1)	25 (3.1)	21 (1.9)
6 - 11.....	99* (0.8)	25 (2.5)	15 (2.4)	30 (2.6)	38 (3.1)	24 (3.6)	23 (2.8)	24 (2.3)	22 (3.1)	24 (4.0)
12 - 19.....	95 (1.1)	23 (2.0)	15 (1.4)	27 (2.5)	35 (2.7)	24 (2.4)	22 (1.7)	23 (0.9)	22 (2.3)	23 (2.8)
20 and over...	98 (0.6)	21 (0.8)	11 (0.6)	24 (1.1)	33 (1.7)	18 (0.8)	18 (0.9)	18 (0.9)	18 (1.0)	17 (0.8)
2 and over...	98 (0.5)	22 (0.5)	12 (0.5)	26 (0.9)	34 (1.3)	19 (0.6)	19 (0.6)	20 (0.5)	19 (0.7)	19 (0.6)
All Individuals⁴:										
2 - 5.....	97 (0.8)	29 (0.9)	19 (0.9)	33 (1.0)	40 (1.1)	24 (1.0)	27 (1.1)	29 (1.0)	26 (1.3)	26 (1.6)
6 - 11.....	98 (0.3)	25 (1.2)	15 (1.0)	30 (1.3)	37 (1.6)	24 (2.2)	23 (1.3)	24 (1.0)	22 (1.6)	24 (1.9)
12 - 19.....	93 (1.0)	26 (0.8)	15 (0.9)	30 (1.1)	40 (1.3)	23 (1.2)	22 (0.8)	23 (0.7)	21 (0.9)	24 (1.1)
20 and over...	96 (0.5)	23 (0.7)	13 (0.6)	27 (0.8)	36 (1.1)	19 (0.7)	19 (0.8)	21 (0.9)	19 (0.8)	19 (0.8)
2 and over...	96 (0.4)	24 (0.5)	14 (0.5)	28 (0.6)	37 (0.8)	20 (0.5)	20 (0.6)	21 (0.7)	20 (0.6)	20 (0.6)

Table 27. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Choles- terol % (SE)	Vitamin A (RAE) % (SE)	Beta- carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Ribo- flavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
\$0 - \$24,999:									
2 - 5.....	18 (1.6)	26 (2.1)	27 (7.9)	8 (1.8)	20 (1.8)	27 (2.0)	15 (1.7)	20 (2.1)	18 (1.9)
6 - 11.....	14 (1.3)	22 (2.7)	21 (4.7)	21 (5.3)	21 (1.8)	22 (1.7)	18 (1.4)	20 (1.4)	19 (1.8)
12 - 19.....	14 (1.3)	20 (1.5)	25 (6.9)	18* (8.2)	19 (2.1)	21 (1.3)	18 (1.7)	20 (1.5)	19 (2.0)
20 and over...	11 (1.1)	16 (1.2)	9 (1.7)	8 (1.5)	17 (0.9)	22 (0.8)	17 (0.7)	18 (0.9)	18 (1.2)
2 and over...	12 (1.0)	17 (1.0)	12 (1.6)	11 (2.0)	18 (0.8)	22 (0.8)	17 (0.6)	19 (0.8)	18 (1.1)
\$25,000 - \$74,999:									
2 - 5.....	15 (1.2)	20 (2.6)	14* (5.1)	6* (2.4)	19 (1.7)	22 (2.1)	17 (2.0)	20 (2.4)	19 (3.5)
6 - 11.....	14 (3.0)	20 (2.7)	37 (10.4)	15* (5.5)	14 (1.0)	16 (0.7)	12 (1.1)	15 (1.0)	13 (1.2)
12 - 19.....	12 (1.3)	18 (1.4)	16 (3.0)	12 (2.7)	15 (1.0)	20 (1.2)	20 (2.7)	22 (3.8)	15 (1.0)
20 and over...	10 (0.9)	15 (1.1)	8 (1.0)	11 (1.7)	15 (1.1)	21 (1.0)	16 (1.0)	17 (1.2)	16 (1.0)
2 and over...	11 (0.9)	16 (0.9)	11 (1.2)	11 (1.5)	15 (0.8)	21 (0.8)	16 (0.9)	17 (1.1)	15 (0.7)
\$75,000 and higher:									
2 - 5.....	13 (1.4)	17 (1.8)	19* (7.6)	7* (2.5)	19 (1.9)	21 (2.1)	16 (1.9)	18 (2.1)	17 (2.3)
6 - 11.....	11 (1.4)	18 (1.4)	19* (8.1)	6* (2.5)	15 (1.6)	19 (2.0)	16 (3.7)	18 (2.6)	17 (2.4)
12 - 19.....	12 (1.0)	21 (2.2)	12* (3.7)	9 (2.2)	17 (3.2)	22 (2.9)	16 (3.0)	19 (2.7)	14 (2.1)
20 and over...	7 (0.6)	17 (1.0)	10 (2.1)	8 (1.7)	17 (1.9)	20 (1.0)	14 (0.9)	15 (0.9)	16 (1.1)
2 and over...	8 (0.5)	17 (0.8)	11 (1.4)	8 (1.5)	17 (1.6)	20 (0.9)	14 (0.7)	16 (0.7)	16 (0.8)
All Individuals⁴:									
2 - 5.....	16 (0.7)	21 (1.4)	19 (4.2)	7 (1.5)	19 (0.9)	23 (1.3)	16 (1.0)	20 (1.2)	18 (1.2)
6 - 11.....	13 (1.3)	20 (1.3)	26 (6.7)	13 (2.9)	16 (1.0)	19 (1.1)	15 (1.9)	17 (1.4)	16 (1.2)
12 - 19.....	13 (0.6)	19 (0.9)	16 (2.2)	12 (2.8)	17 (1.6)	21 (1.3)	18 (1.6)	21 (1.9)	16 (1.1)
20 and over...	10 (0.6)	16 (0.7)	9 (0.6)	9 (0.6)	16 (1.0)	21 (0.7)	15 (0.6)	16 (0.8)	16 (0.7)
2 and over...	10 (0.5)	17 (0.6)	11 (0.7)	10 (0.6)	16 (0.8)	21 (0.7)	16 (0.5)	17 (0.6)	16 (0.5)

Table 27. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																
2 - 5.....	22	(1.4)	22	(2.4)	44	(3.4)	29	(2.2)	18	(2.3)	34	(2.2)	27	(1.6)	29	(1.3)
6 - 11.....	17	(1.4)	15	(2.1)	41	(4.1)	26	(2.2)	25	(2.5)	27	(2.6)	21	(1.6)	28	(1.5)
12 - 19.....	19	(1.3)	19	(2.9)	39	(3.5)	27	(2.2)	17	(2.1)	25	(1.5)	21	(1.3)	28	(1.3)
20 and over...	17	(1.0)	13	(1.3)	32	(2.5)	24	(1.8)	10	(1.1)	26	(1.5)	20	(1.1)	28	(1.1)
2 and over...	17	(0.9)	14	(1.1)	34	(1.7)	25	(1.4)	12	(1.1)	26	(1.3)	21	(1.0)	28	(0.9)
\$25,000 - \$74,999:																
2 - 5.....	19	(1.4)	18	(2.0)	44	(3.9)	28	(2.7)	21	(1.8)	27	(2.5)	23	(2.0)	28	(1.8)
6 - 11.....	15	(1.0)	12	(1.1)	33	(2.4)	23	(1.7)	19	(2.6)	19	(1.1)	16	(0.8)	22	(0.9)
12 - 19.....	17	(1.3)	22	(3.5)	34	(4.3)	28	(2.6)	15	(1.5)	23	(1.1)	20	(1.0)	26	(1.0)
20 and over...	18	(1.2)	14	(1.4)	25	(1.5)	20	(0.9)	8	(0.7)	25	(0.9)	19	(0.9)	27	(0.9)
2 and over...	17	(1.0)	15	(1.4)	27	(1.5)	21	(0.7)	10	(0.8)	24	(0.8)	19	(0.7)	27	(0.8)
\$75,000 and higher:																
2 - 5.....	17	(1.9)	17	(2.8)	36	(4.2)	19	(1.2)	13	(2.8)	24	(2.1)	20	(2.1)	25	(1.6)
6 - 11.....	15	(1.7)	14	(1.7)	36	(2.8)	25	(4.8)	21*	(6.3)	22	(2.4)	19	(2.7)	25	(3.3)
12 - 19.....	17	(1.5)	16	(1.7)	30	(4.2)	28	(4.1)	14	(2.2)	25	(2.0)	20	(1.8)	27	(2.5)
20 and over...	14	(0.4)	12	(1.0)	19	(2.1)	20	(1.3)	9	(1.5)	24	(0.8)	17	(0.6)	25	(0.9)
2 and over...	14	(0.5)	13	(0.9)	23	(1.9)	21	(1.0)	11	(1.4)	24	(0.7)	18	(0.5)	26	(0.7)
All Individuals⁴:																
2 - 5.....	19	(0.9)	19	(1.5)	42	(2.5)	26	(1.4)	17	(1.4)	28	(1.5)	23	(1.2)	27	(1.0)
6 - 11.....	15	(0.8)	14	(0.9)	36	(1.9)	25	(2.5)	21	(2.9)	22	(1.2)	19	(1.3)	25	(1.8)
12 - 19.....	17	(0.9)	19	(2.0)	34	(2.8)	28	(1.9)	15	(1.2)	24	(1.2)	20	(1.0)	27	(1.1)
20 and over...	16	(0.7)	13	(1.0)	25	(1.3)	20	(0.8)	9	(0.8)	25	(0.8)	18	(0.7)	27	(0.8)
2 and over...	16	(0.6)	14	(0.8)	28	(1.1)	22	(0.6)	11	(0.7)	25	(0.7)	19	(0.5)	27	(0.6)

Table 27. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2005-2006 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁵ % (SE)
\$0 - \$24,999:								
2 - 5.....	19 (1.8)	21 (1.5)	29 (1.1)	18 (1.4)	30 (1.4)	21 (1.4)	40 (7.1)	-- --
6 - 11.....	20 (1.6)	19 (1.3)	29 (1.3)	16 (1.4)	26 (1.5)	21 (1.8)	39 (4.3)	-- --
12 - 19.....	21 (1.4)	18 (1.4)	28 (1.4)	15 (1.9)	25 (1.2)	20 (1.9)	53 (7.0)	-- --
20 and over...	17 (0.9)	16 (1.3)	26 (1.6)	13 (0.8)	23 (1.2)	16 (1.1)	46 (3.3)	72 (4.2)
2 and over...	18 (0.8)	17 (1.1)	26 (1.3)	14 (0.7)	24 (1.1)	17 (1.0)	47 (2.9)	-- --
\$25,000 - \$74,999:								
2 - 5.....	19 (1.7)	20 (2.0)	30 (1.6)	15 (1.3)	28 (1.9)	19 (1.2)	47 (5.6)	-- --
6 - 11.....	15 (1.4)	15 (0.7)	24 (1.1)	11 (0.8)	20 (0.7)	15 (0.8)	39 (5.1)	-- --
12 - 19.....	17 (1.0)	15 (0.8)	27 (1.4)	16 (1.8)	23 (1.1)	17 (1.0)	52 (3.7)	-- --
20 and over...	15 (1.0)	15 (1.0)	26 (1.2)	11 (0.8)	21 (0.9)	14 (1.0)	41 (4.0)	75 (3.0)
2 and over...	15 (0.7)	15 (0.8)	26 (1.0)	12 (0.7)	22 (0.8)	14 (0.8)	42 (3.8)	-- --
\$75,000 and higher:								
2 - 5.....	21 (3.3)	18 (1.6)	26 (1.4)	13 (1.4)	25 (2.5)	19 (2.5)	32 (7.3)	-- --
6 - 11.....	19 (2.3)	17 (2.2)	26 (3.3)	10 (1.3)	22 (2.5)	16 (1.9)	46 (4.9)	-- --
12 - 19.....	17 (2.8)	17 (1.0)	27 (2.6)	12 (1.5)	22 (1.8)	15 (1.3)	35 (2.9)	-- --
20 and over...	15 (1.1)	14 (1.2)	25 (1.4)	9 (0.5)	19 (0.7)	12 (0.5)	37 (3.3)	56 (4.6)
2 and over...	16 (0.9)	14 (1.0)	25 (1.1)	10 (0.4)	20 (0.6)	13 (0.5)	37 (3.1)	-- --
All Individuals⁴:								
2 - 5.....	19 (1.1)	19 (1.0)	28 (0.9)	15 (0.7)	27 (1.3)	20 (1.1)	42 (4.8)	-- --
6 - 11.....	18 (1.3)	17 (0.9)	26 (1.7)	12 (0.8)	23 (1.4)	17 (1.1)	43 (3.2)	-- --
12 - 19.....	18 (1.2)	16 (0.6)	27 (1.3)	14 (1.3)	23 (1.0)	17 (0.8)	47 (2.8)	-- --
20 and over...	16 (0.8)	15 (0.8)	25 (1.1)	11 (0.5)	21 (0.6)	14 (0.6)	41 (3.0)	68 (2.6)
2 and over...	16 (0.6)	15 (0.7)	26 (0.9)	11 (0.5)	22 (0.5)	14 (0.5)	41 (2.9)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Footnotes

- ¹ Snacks include eating occasions designated by the respondent as "Snack", "Drink", "Extended consumption", or the Spanish equivalents "Merienda", "Entre comida", "Botana", "Bocadillo", "Tentempie", and "Bebida." Please note these eating occasions include consumption of beverages including water. Water was the only food/beverage item reported for approximately 25% of the snack occasions.
- ² Percentages estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 5. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, One Day, 2005-2006.
- ³ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as snack.
- ⁴ Includes persons of all income levels or with unknown family income.
- ⁵ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Snacks: Percentages of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 28. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006

Family income as % of Federal poverty threshold and age (years)	Percent reporting ⁴ % (SE)	Food energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Under 131% poverty:										
2 - 5.....	96* (1.2)	30 (1.2)	21 (1.4)	34 (1.1)	41 (1.4)	26 (1.2)	29 (1.6)	32 (1.7)	28 (1.7)	29 (2.0)
6 - 11.....	97* (0.8)	27 (1.4)	17 (1.3)	32 (1.5)	39 (2.1)	28 (1.7)	24 (1.6)	25 (1.7)	23 (1.7)	26 (2.1)
12 - 19.....	93 (2.2)	28 (1.5)	16 (1.1)	34 (2.0)	42 (2.8)	25 (1.9)	23 (1.3)	23 (1.1)	22 (1.3)	24 (1.8)
20 and over...	95 (0.7)	27 (1.2)	16 (1.2)	32 (1.6)	42 (2.2)	23 (1.6)	23 (1.4)	24 (1.7)	23 (1.5)	22 (1.7)
2 and over...	95 (0.5)	28 (0.9)	17 (0.9)	32 (1.1)	42 (1.5)	24 (1.1)	23 (1.1)	24 (1.2)	23 (1.1)	23 (1.3)
131-185% poverty:										
2 - 5.....	99* (1.0)	32 (2.4)	19* (1.3)	35 (3.3)	42 (3.5)	29 (4.0)	32 (2.7)	33 (2.0)	31 (3.4)	35 (4.2)
6 - 11.....	98* (0.6)	22 (2.1)	12* (1.3)	25 (2.2)	33 (3.6)	16 (2.2)	21 (3.2)	22 (4.1)	20 (2.8)	21 (3.6)
12 - 19.....	93* (2.1)	25 (2.8)	11 (1.8)	32 (5.0)	48 (7.9)	19 (1.9)	19 (2.1)	18 (3.0)	17 (1.9)	22 (2.2)
20 and over...	94 (1.7)	22 (1.0)	12 (1.1)	26 (1.5)	35 (2.0)	15 (1.2)	17 (0.7)	18 (0.7)	16 (0.9)	17 (1.4)
2 and over...	94 (1.2)	23 (0.8)	12 (0.8)	27 (1.1)	37 (1.8)	17 (0.8)	18 (0.6)	19 (0.8)	17 (0.8)	19 (0.9)
Over 185% poverty:										
2 - 5.....	98* (0.8)	28 (1.0)	18 (1.2)	32 (1.1)	39 (1.7)	22 (1.4)	25 (1.1)	27 (1.0)	25 (1.5)	22 (1.3)
6 - 11.....	98* (0.6)	25 (1.7)	14 (1.4)	29 (2.0)	37 (2.2)	22 (3.3)	23 (1.8)	23 (1.2)	21 (2.2)	24 (2.9)
12 - 19.....	94 (1.0)	25 (1.3)	16 (1.2)	29 (1.6)	38 (1.5)	23 (1.6)	23 (1.0)	24 (0.7)	21 (1.2)	23 (1.7)
20 and over...	97 (0.5)	23 (0.8)	13 (0.7)	26 (0.9)	34 (1.2)	18 (0.7)	19 (0.8)	20 (0.9)	19 (0.9)	18 (0.8)
2 and over...	97 (0.4)	23 (0.6)	13 (0.6)	26 (0.7)	35 (1.0)	19 (0.5)	20 (0.6)	21 (0.7)	20 (0.6)	19 (0.6)
All Individuals⁵:										
2 - 5.....	97 (0.8)	29 (0.9)	19 (0.9)	33 (1.0)	40 (1.1)	24 (1.0)	27 (1.1)	29 (1.0)	26 (1.3)	26 (1.6)
6 - 11.....	98 (0.3)	25 (1.2)	15 (1.0)	30 (1.3)	37 (1.6)	24 (2.2)	23 (1.3)	24 (1.0)	22 (1.6)	24 (1.9)
12 - 19.....	93 (1.0)	26 (0.8)	15 (0.9)	30 (1.1)	40 (1.3)	23 (1.2)	22 (0.8)	23 (0.7)	21 (0.9)	24 (1.1)
20 and over...	96 (0.5)	23 (0.7)	13 (0.6)	27 (0.8)	36 (1.1)	19 (0.7)	19 (0.8)	21 (0.9)	19 (0.8)	19 (0.8)
2 and over...	96 (0.4)	24 (0.5)	14 (0.5)	28 (0.6)	37 (0.8)	20 (0.5)	20 (0.6)	21 (0.7)	20 (0.6)	20 (0.6)

Table 28. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Under 131% poverty:									
2 - 5.....	18 (1.4)	25 (2.0)	26 (7.4)	7 (1.4)	20 (1.6)	26 (1.8)	15 (1.6)	20 (1.9)	17 (1.7)
6 - 11.....	13 (1.4)	21 (2.3)	25 (5.7)	26 (7.0)	20 (1.6)	20 (1.3)	17 (1.3)	19 (1.4)	18 (1.8)
12 - 19.....	14 (1.1)	19 (1.5)	22 (5.6)	20* (8.4)	19 (1.9)	21 (1.2)	18 (1.4)	20 (1.4)	20 (1.9)
20 and over...	12 (1.3)	17 (1.6)	11 (1.8)	11 (2.2)	18 (1.5)	23 (1.2)	19 (0.9)	20 (0.8)	19 (1.5)
2 and over...	13 (1.0)	18 (1.3)	15 (2.0)	14 (2.6)	19 (1.0)	23 (0.9)	18 (0.6)	20 (0.6)	19 (1.1)
131-185% poverty:									
2 - 5.....	15* (1.9)	22 (3.9)	9* (3.9)	12* (9.2)	20 (3.5)	24 (3.0)	23 (3.7)	26 (4.6)	24* (8.4)
6 - 11.....	12* (2.2)	17 (2.2)	10* (4.7)	7* (3.8)	13* (1.1)	17 (1.9)	13* (1.1)	15 (1.6)	13* (1.6)
12 - 19.....	10 (1.8)	16 (3.2)	25*(13.8)	6* (2.5)	11 (2.1)	16 (3.1)	13 (2.4)	15 (2.2)	12 (2.4)
20 and over...	9 (1.1)	14 (1.0)	9* (3.1)	7* (2.3)	14 (0.9)	19 (1.1)	15 (1.2)	15 (1.0)	15 (1.4)
2 and over...	9 (0.9)	15 (0.8)	10 (2.8)	7 (2.1)	14 (0.7)	19 (0.8)	15 (1.1)	16 (1.1)	15 (1.4)
Over 185% poverty:									
2 - 5.....	15 (1.1)	19 (1.5)	19 (5.1)	6* (2.0)	18 (1.0)	21 (1.2)	15 (1.1)	18 (1.1)	16 (1.3)
6 - 11.....	13 (2.2)	19 (1.9)	29*(10.2)	8 (1.9)	15 (1.5)	18 (1.5)	15 (2.8)	16 (1.9)	16 (1.8)
12 - 19.....	12 (0.8)	20 (1.1)	14 (2.9)	10 (1.7)	16 (2.0)	21 (1.5)	18 (2.2)	22 (2.4)	15 (1.2)
20 and over...	9 (0.7)	16 (0.9)	9 (1.1)	9 (1.1)	16 (1.2)	21 (0.8)	15 (0.7)	16 (0.9)	16 (0.9)
2 and over...	10 (0.7)	17 (0.7)	11 (0.9)	9 (1.0)	16 (1.0)	21 (0.8)	15 (0.6)	17 (0.8)	15 (0.7)
All Individuals⁵:									
2 - 5.....	16 (0.7)	21 (1.4)	19 (4.2)	7 (1.5)	19 (0.9)	23 (1.3)	16 (1.0)	20 (1.2)	18 (1.2)
6 - 11.....	13 (1.3)	20 (1.3)	26 (6.7)	13 (2.9)	16 (1.0)	19 (1.1)	15 (1.9)	17 (1.4)	16 (1.2)
12 - 19.....	13 (0.6)	19 (0.9)	16 (2.2)	12 (2.8)	17 (1.6)	21 (1.3)	18 (1.6)	21 (1.9)	16 (1.1)
20 and over...	10 (0.6)	16 (0.7)	9 (0.6)	9 (0.6)	16 (1.0)	21 (0.7)	15 (0.6)	16 (0.8)	16 (0.7)
2 and over...	10 (0.5)	17 (0.6)	11 (0.7)	10 (0.6)	16 (0.8)	21 (0.7)	16 (0.5)	17 (0.6)	16 (0.5)

Table 28. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)
Under 131% poverty:								
2 - 5.....	22 (1.3)	22 (2.3)	41 (2.8)	29 (2.0)	18 (1.9)	34 (2.1)	27 (1.6)	29 (1.3)
6 - 11.....	16 (1.3)	14 (1.6)	41 (3.8)	27 (2.6)	24 (3.0)	25 (2.1)	20 (1.4)	28 (1.5)
12 - 19.....	18 (1.0)	18 (2.5)	39 (3.2)	26 (2.1)	16 (2.1)	24 (1.2)	20 (1.2)	28 (1.4)
20 and over...	18 (1.0)	14 (1.8)	34 (2.4)	26 (2.1)	11 (1.9)	27 (1.7)	21 (1.2)	29 (1.1)
2 and over...	18 (0.8)	15 (1.4)	36 (1.4)	26 (1.6)	13 (1.7)	27 (1.3)	21 (1.0)	29 (0.9)
131-185% poverty:								
2 - 5.....	18* (1.3)	18* (1.7)	44 (7.4)	38 (4.1)	18* (2.4)	28 (2.5)	23 (1.8)	32 (2.6)
6 - 11.....	14* (1.4)	14* (2.0)	24 (3.9)	22 (2.1)	14* (2.8)	19 (3.2)	16 (1.9)	21 (2.3)
12 - 19.....	15 (1.5)	12 (3.1)	26 (4.4)	22 (2.1)	13 (1.3)	18 (3.0)	17 (2.2)	23 (2.3)
20 and over...	15 (1.5)	13 (1.3)	27 (4.0)	17 (1.4)	7 (0.8)	23 (1.1)	16 (1.2)	24 (1.4)
2 and over...	15 (1.1)	13 (1.0)	28 (2.6)	19 (1.2)	8 (0.7)	22 (1.0)	17 (0.8)	24 (0.9)
Over 185% poverty:								
2 - 5.....	18 (1.3)	18 (1.7)	42 (3.6)	21 (1.1)	17 (2.5)	25 (2.0)	21 (1.6)	26 (1.3)
6 - 11.....	15 (0.8)	13 (1.2)	36 (2.5)	24 (3.6)	21 (4.4)	21 (1.7)	18 (1.8)	24 (2.7)
12 - 19.....	17 (1.1)	20 (2.3)	33 (4.2)	29 (2.8)	15 (1.8)	25 (1.3)	21 (1.3)	27 (1.5)
20 and over...	16 (0.8)	13 (1.1)	22 (1.2)	20 (0.8)	9 (0.8)	24 (0.8)	18 (0.8)	27 (0.8)
2 and over...	16 (0.7)	14 (1.0)	25 (1.2)	21 (0.7)	10 (0.8)	24 (0.7)	18 (0.6)	26 (0.7)
All Individuals⁵:								
2 - 5.....	19 (0.9)	19 (1.5)	42 (2.5)	26 (1.4)	17 (1.4)	28 (1.5)	23 (1.2)	27 (1.0)
6 - 11.....	15 (0.8)	14 (0.9)	36 (1.9)	25 (2.5)	21 (2.9)	22 (1.2)	19 (1.3)	25 (1.8)
12 - 19.....	17 (0.9)	19 (2.0)	34 (2.8)	28 (1.9)	15 (1.2)	24 (1.2)	20 (1.0)	27 (1.1)
20 and over...	16 (0.7)	13 (1.0)	25 (1.3)	20 (0.8)	9 (0.8)	25 (0.8)	18 (0.7)	27 (0.8)
2 and over...	16 (0.6)	14 (0.8)	28 (1.1)	22 (0.6)	11 (0.7)	25 (0.7)	19 (0.5)	27 (0.6)

Table 28. Snacks¹: Percentages² of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol ⁶ % (SE)
Under 131% poverty:								
2 - 5.....	18 (1.7)	20 (1.5)	29 (1.1)	18 (1.3)	29 (1.3)	21 (1.5)	42 (6.7)	-- --
6 - 11.....	19 (1.5)	18 (1.3)	29 (1.6)	15 (1.6)	25 (1.5)	21 (1.9)	46 (5.9)	-- --
12 - 19.....	21 (1.3)	18 (1.2)	29 (1.4)	16 (1.6)	25 (1.5)	20 (1.8)	52 (5.8)	-- --
20 and over...	19 (1.4)	17 (1.9)	26 (2.3)	14 (1.3)	24 (1.2)	18 (1.7)	52 (3.3)	72 (4.9)
2 and over...	19 (1.0)	17 (1.4)	27 (1.7)	14 (1.0)	25 (1.0)	19 (1.3)	51 (2.9)	-- --
131-185% poverty:								
2 - 5.....	22 (3.7)	23 (3.7)	33 (2.7)	16* (1.7)	29 (2.4)	21 (2.3)	51*(13.2)	-- --
6 - 11.....	16 (1.7)	13* (1.3)	23 (3.1)	9* (1.2)	19 (2.0)	13* (1.3)	25 (6.0)	-- --
12 - 19.....	15 (2.4)	13 (1.6)	23 (2.1)	10 (1.7)	21 (1.8)	13 (2.1)	63*(11.7)	-- --
20 and over...	15 (1.3)	13 (0.9)	23 (1.4)	11 (1.3)	19 (1.0)	13 (0.8)	37 (3.5)	77 (5.2)
2 and over...	15 (1.0)	13 (0.8)	24 (1.0)	11 (1.1)	20 (0.6)	13 (0.6)	38 (3.6)	-- --
Over 185% poverty:								
2 - 5.....	20 (1.8)	18 (0.9)	27 (1.2)	14 (0.7)	26 (1.9)	19 (1.7)	41 (4.4)	-- --
6 - 11.....	17 (1.9)	17 (1.4)	25 (2.5)	11 (0.8)	22 (1.9)	15 (1.4)	44 (3.6)	-- --
12 - 19.....	17 (1.6)	16 (0.6)	27 (1.8)	14 (1.9)	22 (1.2)	16 (1.0)	41 (2.3)	-- --
20 and over...	15 (0.9)	14 (0.9)	25 (1.2)	10 (0.6)	20 (0.7)	13 (0.7)	40 (3.5)	67 (2.7)
2 and over...	15 (0.8)	15 (0.8)	26 (0.9)	11 (0.6)	21 (0.6)	14 (0.6)	40 (3.3)	-- --
All Individuals⁵:								
2 - 5.....	19 (1.1)	19 (1.0)	28 (0.9)	15 (0.7)	27 (1.3)	20 (1.1)	42 (4.8)	-- --
6 - 11.....	18 (1.3)	17 (0.9)	26 (1.7)	12 (0.8)	23 (1.4)	17 (1.1)	43 (3.2)	-- --
12 - 19.....	18 (1.2)	16 (0.6)	27 (1.3)	14 (1.3)	23 (1.0)	17 (0.8)	47 (2.8)	-- --
20 and over...	16 (0.8)	15 (0.8)	25 (1.1)	11 (0.5)	21 (0.6)	14 (0.6)	41 (3.0)	68 (2.6)
2 and over...	16 (0.6)	15 (0.7)	26 (0.9)	11 (0.5)	22 (0.5)	14 (0.5)	41 (2.9)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF) or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

Footnotes

- ¹ Snacks include eating occasions designated by the respondent as "Snack", "Drink", "Extended consumption", or the Spanish equivalents "Merienda", "Entre comida", "Botana", "Bocadillo", "Tentempie", and "Bebida." Please note these eating occasions include consumption of beverages including water. Water was the only food/beverage item reported for approximately 25% of the snack occasions.
- ² Percentages estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Sample weights designed for dietary analyses were used to allow projection to the U.S. population. Total daily nutrient intakes available from: www.ars.usda.gov/ba/bhnrc/fsrg. See Table 7. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2005-2006.
- ³ Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.
- ⁴ The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as snack.
- ⁵ Includes persons of all income levels or with unknown family income.
- ⁶ 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.

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 drinking water, and do not include intake from dietary supplements or medications.

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

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2009. Snacks: Percentages of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 29. Snacks: Distribution of Snack Occasions¹,
by Gender and Age, in the United States, 2005-2006

Gender and age (years)	Sample size	Number of snack occasions							
		Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)
Males:									
2 - 5.....	442	1* (0.6)	11 (2.1)	20 (3.9)	27 (3.9)	14 (2.4)	19 (3.0)	4* (1.0)	4* (1.0)
6 - 11.....	489	2* (0.6)	15 (1.8)	22 (3.9)	25 (2.9)	17 (3.8)	10 (2.1)	4 (1.0)	5 (1.8)
12 - 19.....	1052	7 (1.5)	15 (1.8)	24 (2.6)	23 (2.9)	17 (1.4)	8 (0.7)	4 (1.0)	2* (0.6)
20 - 29.....	388	2* (0.8)	21 (3.4)	25 (2.2)	21 (3.6)	16 (2.9)	8 (1.9)	3* (1.2)	4* (1.0)
30 - 39.....	371	5* (1.5)	14 (2.5)	22 (2.8)	27 (1.8)	14 (2.4)	10 (1.9)	5* (1.6)	3* (1.0)
40 - 49.....	382	1* (0.6)	16 (1.8)	29 (4.3)	18 (2.4)	15 (2.9)	10 (1.7)	5* (1.4)	5 (1.8)
50 - 59.....	303	5* (1.4)	12 (2.0)	23 (2.7)	23 (3.1)	16 (2.2)	8 (1.4)	6* (1.6)	5* (1.3)
60 - 69.....	320	6* (1.6)	13 (2.9)	28 (4.3)	21 (2.5)	14 (2.4)	11 (1.7)	5* (1.6)	3* (1.2)
70 and over.....	399	6 (1.1)	20 (2.4)	25 (2.2)	22 (2.1)	16 (2.1)	7 (1.5)	3* (0.9)	1* (0.7)
20 and over...	2163	4 (0.5)	16 (1.3)	25 (1.4)	22 (1.0)	15 (0.8)	9 (0.5)	5 (0.5)	4 (0.6)
Females:									
2 - 5.....	460	4* (1.5)	8 (1.7)	15 (3.1)	24 (2.1)	24 (3.3)	14 (2.4)	7 (1.8)	5 (1.8)
6 - 11.....	523	3* (0.5)	13 (1.9)	25 (4.1)	26 (2.5)	17 (2.1)	10 (2.3)	4 (1.1)	3* (1.9)
12 - 19.....	1063	6 (1.5)	16 (1.7)	27 (2.4)	23 (2.9)	17 (1.7)	8 (1.4)	2 (0.8)	1* (0.3)
20 - 29.....	582	6 (2.1)	16 (1.9)	24 (2.5)	25 (2.1)	11 (2.1)	10 (1.6)	5 (0.8)	3* (1.3)
30 - 39.....	406	3* (0.8)	14 (2.9)	20 (2.3)	23 (3.9)	17 (3.0)	9 (1.8)	6 (1.5)	8 (3.6)
40 - 49.....	390	3* (0.7)	14 (1.5)	23 (2.6)	26 (2.4)	16 (2.0)	8 (1.5)	6 (2.2)	4* (1.4)
50 - 59.....	301	2* (0.6)	18 (3.7)	18 (3.3)	27 (2.7)	13 (2.3)	11 (2.2)	7* (2.2)	5* (1.7)
60 - 69.....	315	2* (1.3)	15 (2.9)	22 (3.2)	25 (3.9)	19 (3.8)	10 (2.1)	6* (1.8)	1* (0.6)
70 and over.....	363	7 (1.6)	17 (2.6)	25 (2.4)	23 (2.1)	11 (1.2)	10 (1.8)	5* (1.3)	1* (0.8)
20 and over...	2357	4 (0.6)	16 (1.0)	22 (1.3)	25 (1.4)	15 (1.2)	9 (0.6)	6 (0.6)	4 (1.0)
Males and females:									
2 and over...	8549	4 (0.4)	15 (0.9)	23 (0.8)	24 (0.8)	15 (0.7)	10 (0.5)	5 (0.4)	4 (0.6)

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Footnotes

¹ Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "bocadillo", "tentempie", and "bebida".

Abbreviations

SE = standard error.

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/bahnrc/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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2010. Snacks: Distribution of Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/bahnrc/fsrg.

Table 30. Snacks: Distribution of Snack Occasions¹,
by Race/Ethnicity and Age, in the United States, 2005-2006

Race/ethnicity and age (years)	Sample size	Number of snack occasions							
		Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)
Non-Hispanic White:									
2 - 5.....	252	2* (1.2)	6* (1.9)	18 (1.8)	24 (3.9)	22 (2.6)	18 (2.0)	4* (1.8)	5* (1.5)
6 - 11.....	276	1* (0.6)	11 (1.6)	20 (2.5)	27 (2.8)	19 (3.2)	10 (2.6)	5* (0.9)	7* (2.6)
12 - 19.....	547	6 (1.2)	13 (2.3)	25 (1.4)	24 (2.0)	19 (1.5)	10 (1.0)	3* (0.8)	1* (0.5)
20 and over...	2276	3 (0.5)	14 (1.1)	22 (1.3)	24 (1.1)	16 (1.3)	10 (0.7)	6 (0.6)	4 (0.8)
2 and over...	3351	3 (0.4)	13 (1.0)	22 (1.0)	24 (0.9)	16 (1.1)	10 (0.7)	6 (0.5)	4 (0.6)
Non-Hispanic Black:									
2 - 5.....	225	3* (1.5)	17 (4.1)	16 (2.7)	29 (3.9)	17 (2.8)	13 (5.5)	3* (0.9)	2* (1.2)
6 - 11.....	304	6* (1.3)	21 (3.2)	32 (2.4)	21 (4.1)	10 (1.7)	8 (2.0)	1* (0.7)	#
12 - 19.....	722	7 (1.6)	23 (2.6)	27 (2.1)	20 (2.3)	14 (2.0)	5 (0.9)	3 (0.8)	2* (0.7)
20 and over...	1012	6 (0.9)	21 (1.9)	26 (1.5)	22 (1.5)	13 (1.2)	7 (1.1)	3 (0.5)	2* (0.4)
2 and over...	2263	6 (0.7)	21 (1.5)	26 (1.2)	22 (1.1)	13 (0.8)	7 (0.8)	3 (0.5)	2 (0.4)
Mexican American:									
2 - 5.....	320	4* (1.8)	14 (2.3)	16 (3.1)	21 (3.3)	18 (2.3)	14 (2.7)	7 (2.1)	6* (2.2)
6 - 11.....	334	4* (1.6)	15 (1.8)	24 (4.1)	23 (4.4)	20 (3.3)	10 (2.5)	4* (1.7)	1* (0.5)
12 - 19.....	684	10 (1.1)	22 (1.8)	23 (2.7)	21 (2.3)	15 (1.3)	4 (0.8)	3* (0.7)	2* (0.8)
20 and over...	907	8 (1.4)	23 (2.0)	27 (2.5)	17 (1.9)	13 (1.1)	7 (0.7)	2 (0.5)	3 (1.2)
2 and over...	2245	8 (0.8)	21 (1.3)	25 (1.8)	19 (1.2)	15 (1.1)	7 (0.8)	3 (0.5)	3 (0.9)
All Individuals²:									
2 - 5.....	902	3 (0.8)	9 (1.6)	17 (1.7)	25 (2.6)	19 (1.5)	16 (1.8)	5 (1.2)	5 (1.1)
6 - 11.....	1012	2 (0.3)	14 (0.9)	23 (1.8)	26 (2.1)	17 (1.8)	10 (1.8)	4 (0.6)	4 (1.6)
12 - 19.....	2115	7 (1.0)	16 (1.5)	26 (1.1)	23 (2.0)	17 (1.0)	8 (0.7)	3 (0.7)	1 (0.4)
20 and over...	4520	4 (0.5)	16 (1.0)	24 (1.1)	23 (1.1)	15 (0.9)	9 (0.5)	5 (0.5)	4 (0.7)
2 and over...	8549	4 (0.4)	15 (0.9)	23 (0.8)	24 (0.8)	15 (0.7)	10 (0.5)	5 (0.4)	4 (0.6)

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Indicates a non-zero value too small to report.

Footnotes

¹ Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "bocadillo", "tentempie", and "bebida".

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

Abbreviations

SE = standard error.

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2010. Snacks: Distribution of Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 31. Snacks: Distribution of Snack Occasions¹,
by Family Income (in Dollars) and Age, in the United States, 2005-2006

Family income in dollars and age (years)	Sample size	Number of snack occasions								
		Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)	
\$0 - \$24,999:										
2 - 5.....	346	3* (1.0)	11 (2.3)	18 (4.2)	22 (1.9)	18 (2.7)	17 (3.3)	5* (1.0)	6 (1.3)	
6 - 11.....	306	4* (0.8)	17 (1.8)	24 (2.9)	22 (2.5)	13 (2.4)	11 (2.2)	5* (1.7)	5* (4.0)	
12 - 19.....	708	7 (1.8)	20 (2.2)	27 (2.4)	20 (3.2)	15 (1.7)	7 (2.2)	3 (0.9)	1* (0.4)	
20 and over...	1416	5 (0.7)	20 (1.3)	23 (1.4)	21 (1.4)	14 (1.9)	9 (1.4)	5 (1.2)	3 (0.6)	
2 and over...	2776	5 (0.5)	19 (1.0)	23 (1.0)	21 (1.3)	14 (1.5)	9 (1.1)	5 (0.8)	3 (0.6)	
\$25,000 - \$74,999:										
2 - 5.....	362	2* (0.8)	10 (2.5)	18 (3.9)	28 (4.4)	16 (1.7)	16 (2.1)	6 (2.3)	4* (1.4)	
6 - 11.....	431	3* (0.4)	14 (3.0)	24 (1.8)	28 (2.7)	16 (2.6)	6 (1.8)	4* (1.2)	5 (1.8)	
12 - 19.....	866	7 (1.4)	17 (2.6)	20 (2.3)	23 (3.2)	20 (2.1)	9 (1.9)	4 (1.2)	1* (0.7)	
20 and over...	1988	4 (0.6)	17 (1.7)	23 (1.3)	24 (1.5)	15 (1.1)	9 (0.8)	5 (0.6)	4 (0.9)	
2 and over...	3647	4 (0.5)	16 (1.5)	23 (0.8)	24 (1.1)	15 (1.1)	9 (0.6)	5 (0.5)	4 (0.7)	
\$75,000 and higher:										
2 - 5.....	156	2* (1.4)	7* (2.2)	15 (5.8)	26 (6.2)	26 (5.8)	17 (4.0)	4* (1.0)	2* (1.4)	
6 - 11.....	250	1* (0.8)	13 (3.1)	23 (3.1)	26 (4.0)	20 (4.9)	10 (2.4)	3* (1.1)	3* (1.9)	
12 - 19.....	452	5 (1.1)	11 (1.6)	31 (3.2)	25 (2.5)	16 (1.9)	8 (1.5)	3* (1.3)	1* (0.5)	
20 and over...	944	2 (0.6)	11 (1.3)	24 (2.2)	24 (1.4)	17 (2.1)	10 (1.2)	7 (1.4)	6 (1.4)	
2 and over...	1802	2 (0.5)	11 (0.9)	24 (1.6)	24 (1.0)	17 (1.6)	10 (0.9)	6 (0.9)	5 (1.0)	
All Individuals²:										
2 - 5.....	902	3 (0.8)	9 (1.6)	17 (1.7)	25 (2.6)	19 (1.5)	16 (1.8)	5 (1.2)	5 (1.1)	
6 - 11.....	1012	2 (0.3)	14 (0.9)	23 (1.8)	26 (2.1)	17 (1.8)	10 (1.8)	4 (0.6)	4 (1.6)	
12 - 19.....	2115	7 (1.0)	16 (1.5)	26 (1.1)	23 (2.0)	17 (1.0)	8 (0.7)	3 (0.7)	1 (0.4)	
20 and over...	4520	4 (0.5)	16 (1.0)	24 (1.1)	23 (1.1)	15 (0.9)	9 (0.5)	5 (0.5)	4 (0.7)	
2 and over...	8549	4 (0.4)	15 (0.9)	23 (0.8)	24 (0.8)	15 (0.7)	10 (0.5)	5 (0.4)	4 (0.6)	

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Footnotes

¹ Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "bocadillo", "tentempie", and "bebida".

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

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES, 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2010. Snacks: Distribution of Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 32. Snacks: Distribution of Snack Occasions¹,
by Family Income (as % of Federal Poverty Threshold²) and Age, in the United States, 2005-2006

Family income as % of Federal poverty threshold and age (years)	Sample size	Number of snack occasions								
		Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)	
Under 131% poverty:										
2 - 5.....	411	4* (1.2)	12 (2.3)	14 (2.6)	22 (2.1)	18 (2.8)	19 (3.3)	5 (0.9)	5 (1.2)	
6 - 11.....	379	3* (0.8)	17 (2.5)	29 (3.3)	22 (2.3)	14 (2.0)	9 (1.9)	4* (1.5)	2* (1.0)	
12 - 19.....	794	7 (2.2)	18 (2.5)	28 (2.4)	20 (3.4)	14 (1.8)	6 (1.9)	5 (1.5)	1* (0.6)	
20 and over...	1119	5 (0.7)	19 (1.4)	25 (2.2)	21 (1.5)	12 (2.0)	9 (1.2)	5 (1.5)	4 (0.9)	
2 and over...	2703	5 (0.5)	18 (1.2)	25 (1.0)	21 (1.1)	13 (1.3)	10 (1.0)	5 (1.0)	3 (0.6)	
131-185% poverty:										
2 - 5.....	102	1* (1.0)	14* (5.0)	19* (8.2)	23 (7.1)	15* (6.0)	19* (5.6)	4* (2.1)	4* (2.8)	
6 - 11.....	132	2* (0.6)	15* (5.7)	16 (3.7)	30 (5.0)	16 (7.7)	1* (0.4)	6* (3.2)	15* (8.3)	
12 - 19.....	251	7* (2.1)	21 (4.2)	31 (5.6)	20 (4.6)	13 (5.3)	7* (2.2)	#	1* (0.6)	
20 and over...	538	6 (1.7)	24 (2.2)	22 (2.9)	22 (2.7)	14 (2.2)	7 (2.0)	3* (0.8)	2* (0.7)	
2 and over...	1023	6 (1.2)	22 (1.8)	22 (2.3)	22 (2.3)	15 (1.4)	7 (1.8)	3 (0.6)	3 (1.1)	
Over 185% poverty:										
2 - 5.....	342	2* (0.8)	7 (1.5)	19 (2.2)	29 (4.2)	21 (2.8)	14 (2.3)	5* (1.9)	3* (1.0)	
6 - 11.....	474	2* (0.6)	13 (1.4)	23 (2.4)	27 (2.6)	19 (3.4)	10 (1.8)	3* (0.9)	4* (1.8)	
12 - 19.....	966	6 (1.0)	14 (2.3)	24 (2.2)	24 (2.2)	19 (1.8)	9 (1.2)	3 (0.9)	1* (0.5)	
20 and over...	2668	3 (0.5)	14 (1.0)	23 (1.2)	24 (1.2)	16 (1.0)	10 (0.7)	6 (0.5)	4 (0.9)	
2 and over...	4450	3 (0.4)	14 (0.9)	23 (0.9)	24 (0.9)	17 (0.8)	10 (0.5)	5 (0.4)	4 (0.7)	
All Individuals³:										
2 - 5.....	902	3 (0.8)	9 (1.6)	17 (1.7)	25 (2.6)	19 (1.5)	16 (1.8)	5 (1.2)	5 (1.1)	
6 - 11.....	1012	2 (0.3)	14 (0.9)	23 (1.8)	26 (2.1)	17 (1.8)	10 (1.8)	4 (0.6)	4 (1.6)	
12 - 19.....	2115	7 (1.0)	16 (1.5)	26 (1.1)	23 (2.0)	17 (1.0)	8 (0.7)	3 (0.7)	1 (0.4)	
20 and over...	4520	4 (0.5)	16 (1.0)	24 (1.1)	23 (1.1)	15 (0.9)	9 (0.5)	5 (0.5)	4 (0.7)	
2 and over...	8549	4 (0.4)	15 (0.9)	23 (0.8)	24 (0.8)	15 (0.7)	10 (0.5)	5 (0.4)	4 (0.6)	

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Indicates a non-zero value too small to report.

Footnotes

¹ Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "bocadillo", "tentempie", and "bebida".

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

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

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES, 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2010. Snacks: Distribution of Snack Occasions, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 33. Meals and Snacks: Distribution of Meal Patterns¹ and Snack Occasions², by Gender and Age, in the United States, 2005-2006

Gender and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	Number of snack occasions				Number of snack occasions				Number of snack occasions			
	1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more	
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
Males:												
2 - 5.....	84 (3.2)	11 (2.0)	42 (4.8)	32 (2.5)	15 (3.0)	1*(0.5)	4*(0.6)	10 (2.7)	1*(0.3)	#	#	#
6 - 11.....	80 (4.6)	14 (1.8)	38 (4.1)	28 (3.4)	17 (4.3)	2*(1.0)	8 (1.3)	7 (2.7)	3*(0.9)	#	1*(0.5)	2*(0.8)
12 - 19.....	53 (3.7)	14 (2.3)	26 (2.3)	13 (2.1)	35 (3.6)	5 (1.0)	16 (2.2)	14 (1.7)	11 (2.3)	2 (0.8)	5 (1.3)	5 (1.7)
20 - 29.....	42 (4.0)	10 (2.0)	20 (2.9)	13 (2.7)	45 (4.0)	12 (2.0)	20 (3.4)	13 (2.2)	12 (1.7)	2*(0.9)	6 (1.7)	5*(0.8)
30 - 39.....	62 (2.5)	13 (2.8)	31 (3.3)	18 (2.8)	33 (2.3)	5*(1.5)	15 (2.0)	13 (1.7)	5*(1.1)	#	3*(0.8)	2*(0.7)
40 - 49.....	62 (2.9)	10 (1.8)	26 (3.8)	26 (3.2)	32 (2.8)	6 (0.8)	19 (3.0)	8 (1.3)	6 (1.5)	2*(0.7)	3*(0.9)	2*(0.8)
50 - 59.....	63 (3.2)	11 (1.8)	29 (2.9)	22 (3.3)	32 (3.2)	6*(1.5)	16 (2.5)	11 (2.0)	5*(1.8)	#	1*(0.3)	3*(1.5)
60 - 69.....	66 (3.6)	12 (2.6)	35 (5.3)	19 (3.3)	28 (3.8)	6*(1.4)	11 (1.9)	11 (3.4)	6*(1.4)	1*(0.4)	3*(1.2)	2*(0.5)
70 and over.....	64 (2.9)	19 (2.7)	30 (2.3)	15 (2.8)	33 (2.8)	7 (1.5)	16 (1.5)	11 (1.4)	3*(0.8)	1*(0.3)	2*(0.6)	1*(0.4)
20 and over...	59 (1.8)	12 (1.2)	28 (1.4)	19 (1.1)	34 (1.7)	7 (0.6)	16 (1.3)	11 (0.8)	6 (0.7)	1 (0.3)	3 (0.4)	2 (0.4)
Females:												
2 - 5.....	84 (2.7)	9 (1.8)	33 (5.0)	42 (4.4)	15 (2.6)	3*(1.3)	6 (1.4)	7 (1.5)	1*(0.4)	#	#	1*(0.3)
6 - 11.....	76 (3.8)	13 (2.0)	39 (3.2)	23 (4.0)	22 (3.7)	2*(1.1)	10 (2.5)	10 (2.0)	2*(0.6)	#	1*(0.5)	1*(0.2)
12 - 19.....	52 (2.7)	12 (1.6)	25 (2.3)	16 (2.3)	39 (2.4)	9 (1.6)	21 (2.2)	9 (1.6)	9 (0.9)	2*(0.4)	4 (0.8)	3 (0.8)
20 - 29.....	55 (3.3)	12 (1.7)	29 (3.1)	15 (2.5)	34 (3.1)	6 (1.2)	16 (2.4)	13 (1.9)	11 (2.5)	4 (1.5)	5 (1.6)	3*(0.6)
30 - 39.....	69 (3.3)	10 (1.8)	30 (3.9)	29 (2.6)	26 (3.3)	7 (2.1)	10 (2.1)	8 (2.5)	6 (1.9)	#	3*(1.6)	2*(0.4)
40 - 49.....	62 (3.8)	11 (1.9)	32 (3.5)	19 (1.9)	33 (3.9)	5 (1.2)	15 (2.4)	13 (3.0)	5*(1.5)	1*(0.4)	1*(0.5)	2*(1.4)
50 - 59.....	73 (2.7)	16 (2.5)	35 (3.4)	22 (3.4)	22 (2.0)	3*(1.4)	9 (1.7)	11 (2.0)	5*(1.4)	1*(0.9)	2*(0.5)	2*(1.0)
60 - 69.....	69 (3.6)	13 (2.6)	32 (4.5)	24 (3.6)	29 (3.6)	4*(1.6)	14 (2.9)	10 (2.2)	2*(0.9)	#	1*(0.4)	2*(0.8)
70 and over.....	69 (3.3)	18 (2.3)	33 (3.8)	17 (2.3)	31 (3.3)	6 (1.5)	14 (2.5)	10 (1.5)	1*(0.3)	#	#	#
20 and over...	65 (1.6)	13 (0.7)	31 (1.4)	21 (1.2)	29 (1.5)	5 (0.7)	13 (1.0)	11 (1.1)	5 (0.9)	1 (0.3)	2 (0.5)	2 (0.4)
Males and females:												
2 and over...	64 (1.6)	13 (0.7)	30 (1.0)	21 (1.0)	30 (1.5)	6 (0.6)	14 (0.7)	11 (0.6)	6 (0.6)	1 (0.2)	3 (0.3)	2 (0.3)

Symbol Legend

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Indicates a non-zero value too small to report.

Footnotes

¹ Meals are categorized as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

² Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "bocadillo", "tentempie", and "bebida".

Abbreviations

SE standard error.

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

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Table 34. Meals and Snacks: Distribution of Meal Patterns¹ and Snack Occasions², by Race/Ethnicity and Age, in the United States, 2005-2006

Race/ethnicity and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	Number of snack occasions				Number of snack occasions				Number of snack occasions			
	1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more	
% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
Non-Hispanic White:												
2 - 5.....	92*(1.4)	7*(2.0)	40 (5.2)	45 (3.3)	8*(1.4)	1*(1.0)	2*(0.5)	4*(1.2)	#	#	#	#
6 - 11.....	83 (5.4)	12 (1.7)	39 (4.2)	31 (4.3)	16 (5.1)	#	8 (2.5)	8 (2.8)	1*(0.5)	#	#	1*(0.4)
12 - 19.....	57 (3.3)	12 (2.1)	28 (2.2)	17 (2.7)	35 (3.1)	5 (1.4)	18 (2.2)	12 (1.7)	8 (1.6)	1*(0.7)	3*(0.7)	4 (1.1)
20 and over...	67 (1.8)	12 (1.1)	32 (1.2)	23 (1.0)	28 (1.7)	4 (0.6)	13 (1.0)	11 (0.8)	5 (0.8)	1*(0.2)	2 (0.4)	2 (0.5)
2 and over...	68 (1.8)	12 (0.9)	33 (1.2)	24 (1.2)	27 (1.8)	4 (0.6)	12 (0.9)	11 (0.8)	5 (0.7)	1 (0.2)	2 (0.4)	2 (0.4)
Non-Hispanic Black:												
2 - 5.....	77 (5.4)	17 (4.4)	36 (5.8)	24 (3.5)	21 (5.1)	2*(1.1)	9*(2.5)	10 (4.9)	2*(0.8)	#	1*(0.5)	1*(0.5)
6 - 11.....	70 (3.9)	19 (3.4)	38 (4.6)	13 (2.0)	25 (4.8)	6*(3.4)	14 (2.4)	5*(1.5)	5*(1.7)	1*(1.0)	2*(1.4)	1*(0.5)
12 - 19.....	40 (2.8)	14 (1.2)	18 (1.7)	9 (2.1)	44 (2.0)	13 (1.8)	21 (1.9)	11 (1.9)	16 (1.4)	3 (0.9)	9 (1.0)	4 (0.9)
20 and over...	46 (2.2)	15 (1.8)	21 (1.6)	10 (1.3)	42 (1.6)	9 (1.0)	21 (1.2)	12 (1.1)	12 (1.6)	3 (0.9)	6 (1.3)	3 (0.7)
2 and over...	50 (1.7)	15 (1.5)	23 (1.4)	11 (1.2)	40 (1.2)	9 (0.9)	19 (1.0)	11 (1.0)	11 (1.2)	3 (0.6)	6 (0.9)	3 (0.5)
Mexican American:												
2 - 5.....	71 (4.5)	15 (2.7)	26 (2.7)	29 (3.7)	27 (4.2)	3*(1.1)	9 (2.4)	15 (3.5)	3*(1.3)	#	1*(0.9)	1*(0.7)
6 - 11.....	70 (2.6)	15 (2.4)	35 (4.6)	20 (4.4)	24 (3.5)	2*(0.9)	10 (2.5)	11 (2.6)	6 (2.7)	#	2*(1.3)	3*(2.3)
12 - 19.....	52 (2.2)	20 (1.2)	23 (2.3)	9 (1.3)	39 (1.8)	10 (0.5)	18 (1.1)	10 (1.2)	10 (2.1)	2*(0.9)	4 (1.1)	4 (0.8)
20 and over...	50 (1.8)	17 (2.0)	21 (1.6)	12 (1.5)	44 (1.5)	13 (1.6)	21 (2.2)	10 (1.5)	6 (0.7)	1*(0.3)	2*(0.6)	3 (0.4)
2 and over...	55 (1.6)	17 (1.3)	24 (1.1)	14 (1.5)	39 (1.4)	10 (1.0)	18 (1.6)	11 (1.0)	6 (0.6)	1*(0.3)	2 (0.4)	3 (0.4)
All Individuals³:												
2 - 5.....	84 (2.6)	10 (1.5)	37 (3.9)	37 (2.0)	15 (2.4)	2*(0.8)	5 (0.8)	8 (1.8)	1*(0.3)	#	#	#
6 - 11.....	78 (4.1)	14 (1.1)	39 (3.1)	26 (3.2)	20 (3.9)	2 (0.8)	9 (1.7)	8 (1.9)	3 (0.6)	#	1*(0.4)	1*(0.4)
12 - 19.....	53 (2.5)	13 (1.5)	26 (1.6)	14 (1.9)	37 (2.1)	7 (1.1)	18 (1.5)	11 (1.3)	10 (1.4)	2 (0.6)	4 (0.6)	4 (0.9)
20 and over...	62 (1.5)	12 (0.9)	30 (1.0)	20 (0.8)	32 (1.4)	6 (0.6)	15 (0.8)	11 (0.7)	6 (0.7)	1 (0.2)	3 (0.3)	2 (0.3)
2 and over...	64 (1.6)	13 (0.7)	30 (1.0)	21 (1.0)	30 (1.5)	6 (0.6)	14 (0.7)	11 (0.6)	6 (0.6)	1 (0.2)	3 (0.3)	2 (0.3)

Symbol Legend

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Indicates a non-zero value too small to report.

Footnotes

¹ Meals are categorized as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

² Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "bocadillo", "tentempie", and "bebida".

³ Includes persons of all races and Hispanic origins, not just those presented separately.

Abbreviations

SE standard error.

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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Table 35. Meals and Snacks: Distribution of Meal Patterns¹ and Snack Occasions², by Family Income (in Dollars) and Age, in the United States, 2005-2006

Family income in dollars and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	Number of snack occasions				Number of snack occasions				Number of snack occasions			
	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)
\$0 - \$24,999:												
2 - 5.....	75 (3.9)	12 (2.6)	32 (3.7)	32 (3.6)	23 (3.8)	2*(0.8)	7 (1.4)	13 (3.2)	2*(0.4)	#	#	1*(0.5)
6 - 11.....	71 (4.2)	16 (1.5)	34 (4.0)	21 (4.6)	22 (4.8)	4*(1.9)	9 (1.6)	9 (3.2)	7 (2.2)	1*(0.9)	3*(1.6)	3*(1.5)
12 - 19.....	40 (4.3)	14 (2.2)	18 (2.8)	9 (1.7)	46 (4.3)	11 (2.5)	22 (2.4)	13 (2.7)	14 (1.8)	3*(0.8)	7 (1.5)	4 (0.9)
20 and over...	49 (2.0)	13 (0.9)	22 (1.8)	14 (1.1)	42 (1.9)	10 (1.5)	18 (1.0)	14 (1.2)	8 (0.8)	2 (0.4)	4 (0.7)	3 (0.5)
2 and over...	52 (1.8)	13 (0.8)	23 (1.5)	15 (0.9)	40 (1.7)	9 (1.1)	17 (0.8)	13 (1.0)	9 (0.8)	2 (0.3)	4 (0.7)	3 (0.4)
\$25,000 - \$74,999:												
2 - 5.....	83 (3.6)	10 (2.4)	40 (4.8)	33 (4.0)	16 (3.5)	2*(1.0)	6 (1.7)	9 (2.4)	1*(0.5)	#	#	#
6 - 11.....	79 (4.5)	14 (2.4)	42 (2.9)	23 (4.4)	19 (4.3)	2*(1.4)	9 (1.9)	8 (2.1)	2*(0.8)	#	1*(0.5)	1*(0.5)
12 - 19.....	52 (3.4)	14 (2.3)	22 (2.2)	17 (3.2)	35 (2.5)	8 (1.8)	16 (2.0)	11 (1.3)	13 (2.4)	3 (1.1)	4 (1.1)	6 (1.5)
20 and over...	61 (1.6)	13 (1.5)	30 (1.0)	19 (1.7)	33 (1.6)	7 (1.0)	16 (0.9)	11 (0.9)	6 (0.9)	1*(0.3)	2 (0.4)	3 (0.5)
2 and over...	63 (1.6)	13 (1.1)	30 (1.1)	20 (1.8)	31 (1.4)	6 (0.9)	15 (0.7)	10 (0.7)	6 (0.8)	1 (0.3)	2 (0.3)	3 (0.4)
\$75,000 and higher:												
2 - 5.....	98*(1.4)	9*(2.8)	41 (7.1)	47 (4.8)	2*(1.4)	#	#	2*(1.3)	#	#	#	#
6 - 11.....	81 (5.7)	12 (2.9)	39 (5.7)	30 (4.2)	18 (5.8)	1*(0.8)	10 (2.8)	7*(3.0)	#	#	#	#
12 - 19.....	64 (3.4)	12 (2.2)	37 (3.2)	15 (2.4)	31 (3.2)	4*(1.0)	17 (3.0)	10 (1.8)	5 (1.3)	#	2*(0.7)	2*(0.9)
20 and over...	75 (2.8)	11 (1.1)	36 (2.5)	28 (1.9)	22 (2.5)	2*(0.5)	10 (1.4)	10 (1.4)	4 (1.2)	#	2*(0.6)	1*(0.6)
2 and over...	75 (2.3)	11 (0.8)	36 (2.2)	28 (1.5)	22 (2.3)	2 (0.4)	10 (1.1)	9 (1.3)	3 (0.9)	#	2 (0.4)	1 (0.5)
All Individuals³:												
2 - 5.....	84 (2.6)	10 (1.5)	37 (3.9)	37 (2.0)	15 (2.4)	2*(0.8)	5 (0.8)	8 (1.8)	1*(0.3)	#	#	#
6 - 11.....	78 (4.1)	14 (1.1)	39 (3.1)	26 (3.2)	20 (3.9)	2 (0.8)	9 (1.7)	8 (1.9)	3 (0.6)	#	1*(0.4)	1*(0.4)
12 - 19.....	53 (2.5)	13 (1.5)	26 (1.6)	14 (1.9)	37 (2.1)	7 (1.1)	18 (1.5)	11 (1.3)	10 (1.4)	2 (0.6)	4 (0.6)	4 (0.9)
20 and over...	62 (1.5)	12 (0.9)	30 (1.0)	20 (0.8)	32 (1.4)	6 (0.6)	15 (0.8)	11 (0.7)	6 (0.7)	1 (0.2)	3 (0.3)	2 (0.3)
2 and over...	64 (1.6)	13 (0.7)	30 (1.0)	21 (1.0)	30 (1.5)	6 (0.6)	14 (0.7)	11 (0.6)	6 (0.6)	1 (0.2)	3 (0.3)	2 (0.3)

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.51.

Indicates a non-zero value too small to report.

Footnotes

¹ Meals are categorized as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

² Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "bocadillo", "tentempie", and "bebida".

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

Abbreviations

SE standard error.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES, 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2010. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 36. Meals and Snacks: Distribution of Meal Patterns¹ and Snack Occasions², by Family Income (as % of Federal Poverty Threshold³) and Age, in the United States, 2005-2006

Family income as % of Federal poverty threshold and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	Number of snack occasions				Number of snack occasions				Number of snack occasions			
	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)
Under 131% poverty:												
2 - 5.....	73 (3.9)	13 (2.3)	28 (2.4)	33 (3.3)	25 (3.9)	3*(0.9)	8 (1.5)	14 (3.5)	1*(0.3)	#	#	1*(0.4)
6 - 11.....	71 (4.8)	16 (2.3)	38 (3.9)	17 (2.2)	23 (4.5)	3*(1.8)	10 (1.9)	10 (3.2)	6 (2.1)	1*(0.8)	3*(1.4)	3*(1.4)
12 - 19.....	45 (3.7)	14 (2.6)	22 (2.3)	9 (1.6)	43 (3.8)	10 (2.2)	20 (2.2)	13 (2.5)	13 (1.7)	3*(0.6)	6 (1.4)	4 (0.8)
20 and over...	48 (2.7)	12 (0.9)	22 (2.2)	14 (1.5)	42 (3.1)	10 (1.6)	18 (1.9)	13 (1.6)	11 (1.3)	2 (0.5)	5 (1.5)	3 (0.7)
2 and over...	52 (2.4)	13 (0.9)	24 (1.7)	15 (1.3)	38 (2.4)	8 (1.1)	17 (1.3)	13 (1.4)	10 (1.0)	2 (0.4)	5 (1.1)	3 (0.5)
131-185% poverty:												
2 - 5.....	77 (5.1)	11*(3.8)	33*(11.6)	33 (7.8)	22 (5.1)	4*(2.8)	8*(3.5)	10*(3.7)	1*(0.6)	#	1*(0.6)	#
6 - 11.....	80 (5.1)	14*(5.5)	38 (7.3)	28 (7.9)	19 (5.1)	2*(0.7)	7*(2.2)	10*(4.1)	1*(0.7)	#	1*(0.5)	#
12 - 19.....	54 (6.5)	17 (2.6)	28 (5.5)	9 (3.8)	36 (5.3)	9 (2.6)	19 (4.7)	8 (2.2)	10 (2.0)	3*(1.1)	4*(2.0)	3*(1.6)
20 and over...	52 (3.0)	17 (2.1)	23 (2.3)	12 (2.0)	42 (3.1)	13 (1.7)	18 (2.5)	12 (1.6)	6 (1.2)	1*(0.4)	3*(0.8)	2*(0.5)
2 and over...	57 (2.2)	16 (1.8)	26 (1.9)	15 (1.8)	38 (2.4)	10 (1.2)	16 (2.1)	11 (1.4)	6 (0.9)	1*(0.3)	3 (0.6)	2 (0.3)
Over 185% poverty:												
2 - 5.....	93 (1.5)	8 (1.7)	45 (4.1)	40 (2.7)	6 (1.4)	#	2*(0.8)	4*(1.1)	1*(0.4)	#	#	#
6 - 11.....	81 (5.1)	13 (1.7)	40 (3.7)	28 (3.5)	18 (4.9)	2*(1.0)	9 (2.3)	7 (1.9)	1*(0.4)	#	#	1*(0.4)
12 - 19.....	57 (2.9)	13 (1.9)	27 (2.9)	17 (2.5)	34 (2.6)	6 (1.4)	17 (2.1)	11 (1.2)	9 (2.0)	2*(0.7)	4 (0.9)	4 (1.4)
20 and over...	67 (1.9)	12 (1.2)	32 (1.2)	23 (1.0)	28 (1.8)	4 (0.6)	13 (0.9)	10 (0.8)	5 (0.8)	1 (0.2)	2 (0.3)	2 (0.4)
2 and over...	68 (1.8)	12 (0.9)	33 (1.1)	24 (1.1)	27 (1.7)	4 (0.6)	13 (0.8)	10 (0.7)	5 (0.7)	1 (0.2)	2 (0.3)	2 (0.4)
All Individuals⁴:												
2 - 5.....	84 (2.6)	10 (1.5)	37 (3.9)	37 (2.0)	15 (2.4)	2*(0.8)	5 (0.8)	8 (1.8)	1*(0.3)	#	#	#
6 - 11.....	78 (4.1)	14 (1.1)	39 (3.1)	26 (3.2)	20 (3.9)	2 (0.8)	9 (1.7)	8 (1.9)	3 (0.6)	#	1*(0.4)	1*(0.4)
12 - 19.....	53 (2.5)	13 (1.5)	26 (1.6)	14 (1.9)	37 (2.1)	7 (1.1)	18 (1.5)	11 (1.3)	10 (1.4)	2 (0.6)	4 (0.6)	4 (0.9)
20 and over...	62 (1.5)	12 (0.9)	30 (1.0)	20 (0.8)	32 (1.4)	6 (0.6)	15 (0.8)	11 (0.7)	6 (0.7)	1 (0.2)	3 (0.3)	2 (0.3)
2 and over...	64 (1.6)	13 (0.7)	30 (1.0)	21 (1.0)	30 (1.5)	6 (0.6)	14 (0.7)	11 (0.6)	6 (0.6)	1 (0.2)	3 (0.3)	2 (0.3)

Symbol Legend

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Indicates a non-zero value too small to report.

Footnotes

¹ Meals are categorized as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

² Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "bocadillo", "tentempie", and "bebida".

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

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

Abbreviations

SE standard error.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES, 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.

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