

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>, by Gender and Age, in the United States, 2007-2008

Gender and age (years)	Sample size	Food energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Males:</b>																			
2 - 5.....	455	1570	(24.3)	55.0	(1.34)	215	(3.0)	116	(2.9)	11.3	(0.34)	56.7	(1.50)	20.8	(0.62)	20.5	(0.57)	10.5	(0.37)
6 - 11.....	550	2042	(56.5)	70.8	(3.12)	276	(7.2)	141	(4.9)	13.7	(0.36)	75.2	(2.61)	26.9	(1.22)	27.6	(1.01)	14.1	(0.35)
12 - 19.....	607	2424	(48.5)	90.7	(2.29)	313	(6.0)	152	(4.6)	14.9	(0.63)	90.6	(2.71)	31.6	(1.02)	33.2	(0.98)	17.9	(0.79)
20 - 29.....	409	2756	(75.5)	105.3	(3.70)	342	(11.6)	158	(7.6)	16.9	(0.71)	96.4	(3.07)	32.6	(1.42)	34.9	(1.10)	20.1	(0.65)
30 - 39.....	451	2654	(67.7)	101.6	(3.10)	309	(6.1)	139	(3.9)	18.7	(1.01)	102.8	(3.78)	33.6	(1.27)	39.2	(1.55)	21.0	(0.96)
40 - 49.....	412	2692	(78.0)	104.7	(2.80)	317	(10.6)	147	(7.5)	17.6	(0.85)	102.7	(3.42)	35.2	(1.51)	37.9	(1.25)	20.6	(0.66)
50 - 59.....	431	2493	(69.3)	100.1	(2.93)	281	(7.4)	123	(6.0)	18.4	(1.06)	100.0	(3.71)	32.4	(1.14)	37.7	(1.29)	21.5	(1.06)
60 - 69.....	459	2140	(61.7)	84.5	(2.73)	246	(5.4)	105	(4.4)	17.4	(0.64)	83.7	(3.38)	27.1	(1.08)	31.8	(1.30)	17.7	(0.93)
70 and over.....	500	1837	(56.5)	72.7	(2.68)	225	(5.2)	100	(2.8)	17.0	(0.73)	70.1	(2.84)	22.8	(1.03)	26.1	(1.02)	15.0	(0.60)
20 and over...	2662	2507	(35.3)	97.7	(1.52)	296	(4.1)	133	(3.7)	17.7	(0.60)	95.3	(1.77)	31.6	(0.67)	35.6	(0.68)	19.8	(0.41)
<b>Females:</b>																			
2 - 5.....	377	1475	(40.5)	52.0	(1.77)	199	(4.7)	105	(2.4)	10.5	(0.41)	54.6	(1.86)	20.0	(0.77)	19.6	(0.66)	10.2	(0.46)
6 - 11.....	571	1824	(31.3)	61.9	(2.07)	245	(4.6)	123	(3.3)	12.0	(0.36)	68.6	(1.61)	24.0	(0.71)	24.8	(0.55)	14.0	(0.41)
12 - 19.....	549	1861	(61.8)	65.6	(1.80)	248	(9.0)	116	(3.0)	13.3	(0.84)	69.2	(2.62)	23.6	(0.96)	25.7	(1.27)	14.2	(0.40)
20 - 29.....	409	1828	(58.0)	68.3	(1.75)	231	(6.7)	109	(4.2)	13.3	(0.73)	67.5	(3.07)	22.5	(0.94)	24.3	(1.18)	14.6	(0.84)
30 - 39.....	482	1858	(60.4)	69.2	(3.55)	232	(6.2)	110	(3.0)	13.8	(0.65)	70.4	(2.83)	23.6	(1.15)	25.4	(1.12)	15.3	(0.48)
40 - 49.....	466	1879	(65.8)	70.9	(3.13)	231	(7.6)	108	(4.6)	14.1	(0.69)	71.7	(2.88)	24.1	(0.97)	26.2	(1.13)	15.3	(0.73)
50 - 59.....	413	1793	(44.0)	68.2	(2.14)	218	(4.3)	102	(3.5)	15.6	(0.88)	70.4	(2.29)	22.9	(0.84)	25.3	(0.86)	16.2	(0.67)
60 - 69.....	465	1597	(47.1)	61.4	(1.40)	195	(5.1)	89	(3.1)	14.9	(0.59)	62.8	(2.87)	20.6	(0.99)	23.0	(1.21)	13.8	(0.84)
70 and over.....	523	1491	(25.8)	56.9	(1.02)	193	(4.4)	87	(2.3)	14.1	(0.32)	55.7	(1.25)	18.2	(0.45)	20.1	(0.52)	12.5	(0.37)
20 and over...	2758	1766	(24.6)	66.7	(1.12)	220	(2.5)	103	(1.9)	14.3	(0.47)	67.3	(1.22)	22.3	(0.45)	24.4	(0.47)	14.8	(0.30)
<b>Males and females:</b>																			
2 and over...	8529	2070	(24.5)	78.1	(1.08)	256	(2.5)	120	(1.9)	15.2	(0.44)	78.3	(1.20)	26.3	(0.46)	28.8	(0.45)	16.4	(0.27)

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-cryptoxanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>Males:</b>																		
2 - 5.....	189	(9.8)	487	(16.9)	619	(31.7)	336	(78.7)	1376	(259.2)	74	(9.5)	3556	(219.2)	893	(231.1)	1.27	(0.035)
6 - 11.....	234	(13.0)	499	(21.6)	614	(29.1)	289	(69.5)	1201	(155.0)	73	(10.3)	5197	(309.7)	666	(60.1)	1.58	(0.045)
12 - 19.....	312	(16.2)	551	(38.7)	680	(47.1)	252	(41.9)	1368	(183.7)	68	(12.8)	6708	(748.2)	1082	(203.3)	1.88	(0.061)
20 - 29.....	355	(20.2)	463	(27.6)	597	(28.6)	238	(36.9)	1452	(147.8)	69	(7.3)	7886	(988.8)	1022	(109.6)	2.18	(0.187)
30 - 39.....	377	(16.0)	444	(17.2)	637	(26.6)	408	(84.4)	2075	(267.1)	83	(13.9)	7714	(1004.6)	1455	(208.6)	1.85	(0.047)
40 - 49.....	406	(21.5)	498	(31.8)	669	(35.9)	340	(51.0)	1848	(237.6)	65	(8.3)	7036	(493.7)	1536	(260.6)	1.97	(0.081)
50 - 59.....	375	(18.6)	465	(25.2)	660	(26.2)	303	(37.5)	2142	(229.2)	83	(11.8)	6064	(817.9)	1822	(218.9)	1.86	(0.060)
60 - 69.....	319	(17.7)	452	(25.7)	650	(30.4)	424	(45.5)	2099	(185.2)	133*	(49.3)	5313	(489.6)	1276	(148.5)	1.69	(0.055)
70 and over.....	285	(14.0)	475	(19.6)	706	(25.1)	521	(46.6)	2463	(201.6)	92	(10.3)	5488	(591.9)	1427	(110.9)	1.59	(0.048)
20 and over...	362	(7.5)	467	(13.4)	649	(14.5)	354	(30.7)	1958	(133.7)	83	(7.3)	6787	(306.9)	1428	(115.1)	1.90	(0.045)
<b>Females:</b>																		
2 - 5.....	178	(8.8)	446	(24.0)	556	(27.3)	263	(32.9)	1146	(111.0)	85	(12.8)	3936	(450.9)	575	(58.2)	1.19	(0.033)
6 - 11.....	195	(10.6)	431	(16.8)	523	(22.1)	206	(41.4)	973	(118.8)	67	(12.4)	4874	(341.9)	605	(53.4)	1.39	(0.055)
12 - 19.....	212	(10.3)	422	(25.9)	528	(33.5)	242	(50.3)	1114	(152.9)	56	(8.8)	4265	(491.5)	740	(103.5)	1.45	(0.091)
20 - 29.....	216	(12.0)	383	(30.3)	532	(32.7)	274	(33.2)	1606	(226.5)	76	(18.1)	5219	(804.6)	1362	(209.7)	1.38	(0.044)
30 - 39.....	248	(20.5)	375	(20.9)	553	(31.8)	357	(51.1)	1919	(257.8)	67	(10.7)	5577	(509.5)	1217	(124.6)	1.37	(0.034)
40 - 49.....	256	(14.5)	393	(29.8)	555	(55.2)	333	(82.4)	1753	(302.5)	66	(9.0)	4332	(427.7)	1406	(220.5)	1.40	(0.070)
50 - 59.....	227	(11.7)	394	(20.4)	614	(26.2)	412	(52.4)	2379	(197.6)	105*	(38.5)	4113	(532.6)	1514	(183.0)	1.43	(0.086)
60 - 69.....	228	(16.6)	415	(31.6)	651	(36.1)	515	(76.3)	2540	(208.0)	87	(11.7)	4957	(614.2)	1572	(181.0)	1.29	(0.049)
70 and over.....	192	(5.4)	409	(15.3)	616	(28.1)	429	(53.1)	2223	(225.1)	87	(8.0)	3459	(268.2)	1441	(145.7)	1.33	(0.041)
20 and over...	230	(6.7)	393	(12.9)	580	(21.5)	374	(35.6)	2024	(152.9)	81	(10.7)	4638	(255.4)	1410	(85.0)	1.37	(0.035)
<b>Males and females:</b>																		
2 and over...	276	(5.4)	440	(10.0)	607	(15.1)	338	(25.2)	1790	(105.6)	78	(7.1)	5472	(186.3)	1257	(77.2)	1.59	(0.027)

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>Males:</b>																		
2 - 5.....	1.93	(0.059)	15.8	(0.35)	1.46	(0.033)	174	(11.5)	131	(4.3)	427	(21.5)	222	(7.2)	4.50	(0.188)	0.97	(0.073)
6 - 11.....	2.15	(0.073)	21.7	(0.93)	1.74	(0.074)	222	(7.3)	153	(4.7)	530	(14.3)	254	(9.1)	5.21	(0.205)	1.27	(0.142)
12 - 19.....	2.58	(0.105)	28.9	(1.34)	2.29	(0.132)	242	(7.6)	198	(8.3)	610	(15.9)	326	(12.5)	6.68	(0.277)	1.46	(0.193)
20 - 29.....	2.60	(0.139)	34.2	(1.61)	2.57	(0.140)	264	(19.8)	243	(8.4)	692	(39.5)	398	(14.2)	6.95	(0.382)	1.28	(0.198)
30 - 39.....	2.53	(0.093)	30.5	(1.18)	2.39	(0.085)	217	(16.9)	257	(15.0)	625	(34.2)	411	(12.4)	6.39	(0.363)	0.75	(0.122)
40 - 49.....	2.76	(0.116)	31.7	(0.61)	2.43	(0.053)	227	(21.2)	247	(11.5)	633	(40.1)	428	(18.8)	6.46	(0.460)	1.03	(0.170)
50 - 59.....	2.55	(0.108)	29.9	(0.96)	2.25	(0.085)	195	(10.5)	254	(7.3)	586	(22.7)	408	(15.0)	6.13	(0.487)	0.76	(0.111)
60 - 69.....	2.33	(0.080)	25.7	(0.80)	2.06	(0.086)	186	(11.3)	229	(5.8)	546	(19.1)	356	(11.0)	6.01	(0.456)	0.94	(0.129)
70 and over.....	2.20	(0.075)	21.9	(0.75)	1.97	(0.057)	188	(7.7)	202	(7.1)	521	(15.3)	323	(10.9)	5.40	(0.317)	1.14	(0.104)
20 and over...	2.54	(0.058)	29.9	(0.47)	2.32	(0.034)	218	(7.6)	243	(7.3)	613	(16.7)	396	(7.0)	6.32	(0.245)	0.98	(0.061)
<b>Females:</b>																		
2 - 5.....	1.81	(0.053)	14.2	(0.52)	1.31	(0.052)	165	(7.9)	120	(3.9)	401	(15.9)	204	(6.5)	4.12	(0.188)	0.74	(0.097)
6 - 11.....	1.81	(0.069)	18.9	(0.61)	1.57	(0.052)	200	(10.8)	130	(4.1)	470	(18.6)	221	(9.4)	4.52	(0.279)	0.88	(0.082)
12 - 19.....	1.78	(0.074)	20.8	(0.77)	1.63	(0.059)	209	(17.1)	154	(8.7)	509	(32.6)	224	(7.3)	4.14	(0.227)	1.08	(0.147)
20 - 29.....	1.81	(0.099)	21.0	(0.68)	1.66	(0.089)	168	(7.9)	174	(8.2)	460	(19.2)	246	(9.9)	4.17	(0.226)	0.95	(0.172)
30 - 39.....	1.87	(0.079)	21.2	(0.98)	1.69	(0.048)	168	(7.1)	184	(7.1)	471	(14.3)	267	(12.4)	4.38	(0.219)	0.77	(0.106)
40 - 49.....	1.94	(0.086)	21.0	(0.96)	1.63	(0.089)	164	(11.6)	192	(12.1)	470	(28.0)	275	(11.9)	4.39	(0.292)	0.76	(0.117)
50 - 59.....	1.97	(0.054)	21.2	(0.76)	1.78	(0.130)	155	(11.8)	207	(12.6)	470	(28.1)	269	(10.5)	4.32	(0.259)	0.87	(0.185)
60 - 69.....	1.90	(0.074)	18.5	(0.38)	1.60	(0.038)	150	(8.8)	192	(9.3)	446	(20.9)	258	(9.9)	4.31	(0.351)	0.87	(0.087)
70 and over.....	1.80	(0.044)	17.8	(0.40)	1.54	(0.054)	165	(7.6)	172	(5.7)	451	(12.2)	236	(3.9)	4.37	(0.262)	0.94	(0.097)
20 and over...	1.88	(0.042)	20.4	(0.36)	1.66	(0.045)	162	(5.5)	187	(6.0)	463	(13.9)	260	(5.5)	4.32	(0.131)	0.85	(0.066)
<b>Males and females:</b>																		
2 and over...	2.16	(0.042)	23.9	(0.34)	1.91	(0.037)	193	(3.5)	198	(5.1)	527	(9.9)	305	(5.3)	5.19	(0.118)	0.96	(0.034)

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Males:</b>																
2 - 5.....	104.5	(4.96)	6.5	(0.34)	4.6	(0.13)	0.4	(0.08)	54.1	(9.35)	1009	(38.2)	1086	(30.2)	201	(4.0)
6 - 11.....	87.0	(4.54)	5.5	(0.31)	6.0	(0.19)	0.3*	(0.12)	52.2	(4.15)	1034	(55.0)	1257	(48.3)	227	(6.5)
12 - 19.....	86.6	(5.67)	5.9	(0.44)	7.7	(0.49)	0.5	(0.12)	76.5	(9.43)	1173	(52.8)	1516	(42.1)	282	(10.8)
20 - 29.....	93.1	(7.08)	4.9	(0.21)	7.9	(0.27)	0.4*	(0.13)	83.5	(5.24)	1150	(52.7)	1647	(60.2)	336	(12.1)
30 - 39.....	102.4	(8.91)	4.9	(0.36)	9.1	(0.67)	0.4*	(0.14)	108.4	(10.57)	1077	(36.7)	1615	(43.1)	353	(16.2)
40 - 49.....	87.0	(6.13)	5.2	(0.52)	8.4	(0.33)	0.4*	(0.14)	105.0	(10.86)	1093	(58.9)	1670	(55.5)	346	(12.9)
50 - 59.....	91.1	(8.72)	5.3	(0.46)	8.8	(0.29)	0.3	(0.07)	127.2	(10.60)	1005	(42.7)	1548	(51.0)	345	(9.5)
60 - 69.....	83.2	(4.37)	4.4	(0.18)	7.6	(0.38)	0.5*	(0.15)	97.7	(7.76)	916	(27.7)	1349	(37.7)	310	(9.8)
70 and over.....	86.1	(3.71)	4.9	(0.16)	7.1	(0.30)	0.6	(0.13)	96.6	(5.91)	837	(31.0)	1239	(45.5)	280	(10.1)
20 and over...	91.3	(4.23)	5.0	(0.22)	8.3	(0.24)	0.4	(0.03)	103.7	(5.91)	1038	(24.2)	1550	(26.1)	334	(7.0)
<b>Females:</b>																
2 - 5.....	86.7	(4.76)	6.1	(0.26)	4.4	(0.19)	0.2*	(0.10)	44.0	(5.13)	957	(44.6)	1027	(31.7)	185	(5.9)
6 - 11.....	75.4	(6.07)	4.6	(0.21)	6.0	(0.29)	0.5*	(0.16)	48.3	(2.53)	885	(24.8)	1116	(28.4)	204	(4.6)
12 - 19.....	73.8	(5.64)	3.8	(0.20)	6.0	(0.35)	0.5	(0.15)	59.0	(5.53)	878	(40.8)	1127	(38.8)	223	(9.7)
20 - 29.....	80.8	(8.49)	3.6	(0.25)	6.5	(0.47)	0.4*	(0.17)	92.7	(10.32)	869	(36.5)	1128	(38.9)	246	(11.7)
30 - 39.....	77.6	(6.18)	3.6	(0.26)	7.3	(0.36)	0.7	(0.21)	86.5	(5.67)	850	(36.3)	1158	(43.1)	260	(8.9)
40 - 49.....	68.6	(6.46)	3.6	(0.23)	6.6	(0.49)	0.4*	(0.16)	92.0	(10.82)	838	(46.4)	1166	(50.3)	264	(13.2)
50 - 59.....	87.3	(9.44)	4.4	(0.39)	7.8	(0.52)	1.0	(0.23)	105.8	(11.82)	865	(46.4)	1178	(36.4)	282	(12.6)
60 - 69.....	75.6	(4.72)	3.9	(0.22)	6.5	(0.32)	0.5	(0.12)	104.5	(9.81)	786	(38.4)	1067	(36.3)	253	(8.3)
70 and over.....	76.9	(3.62)	3.8	(0.18)	6.2	(0.17)	0.8	(0.16)	95.0	(7.86)	743	(18.8)	978	(18.0)	233	(4.7)
20 and over...	77.9	(4.31)	3.8	(0.12)	6.9	(0.26)	0.6	(0.08)	95.7	(5.06)	833	(24.2)	1123	(22.5)	258	(7.4)
<b>Males and females:</b>																
2 and over...	84.2	(3.49)	4.6	(0.11)	7.2	(0.19)	0.5	(0.04)	88.9	(4.24)	946	(20.2)	1297	(21.2)	277	(6.1)

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium <sup>†</sup> (adjusted)		Caffeine		Theobromine		Alcohol <sup>‡</sup>	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>Males:</b>																		
2 - 5.....	11.6	(0.45)	8.7	(0.21)	0.9	(0.02)	69.3	(1.75)	2059	(48.1)	2265	(39.5)	7.8	(0.80)	45.5	(3.99)	--	--
6 - 11.....	14.3	(0.46)	11.2	(0.54)	1.1	(0.03)	93.4	(3.21)	2170	(56.8)	3169	(104.4)	29.9	(3.59)	62.1	(5.62)	--	--
12 - 19.....	16.6	(0.40)	13.2	(0.36)	1.3	(0.06)	125.2	(4.36)	2587	(108.4)	3990	(129.2)	73.6	(10.18)	42.7	(4.21)	--	--
20 - 29.....	18.1	(0.73)	15.2	(0.69)	1.6	(0.06)	143.1	(3.79)	2939	(117.3)	4363	(174.1)	139.6	(14.39)	39.0	(6.05)	--	--
30 - 39.....	17.6	(0.68)	15.2	(0.76)	1.6	(0.08)	136.8	(4.14)	3080	(96.4)	4231	(89.3)	187.8	(18.29)	35.9	(5.13)	--	--
40 - 49.....	18.0	(0.96)	14.7	(0.54)	1.5	(0.05)	139.9	(4.78)	3162	(77.6)	4391	(156.9)	259.6	(20.99)	57.2	(10.08)	--	--
50 - 59.....	17.6	(0.65)	15.0	(1.69)	1.6	(0.08)	133.9	(4.77)	3169	(78.6)	4030	(175.9)	273.4	(22.40)	46.6	(4.26)	--	--
60 - 69.....	16.8	(0.64)	13.0	(0.76)	1.4	(0.06)	113.4	(4.38)	2891	(78.1)	3517	(123.1)	228.3	(17.81)	36.1	(4.66)	--	--
70 and over.....	15.6	(0.58)	11.5	(0.84)	1.3	(0.05)	98.7	(4.09)	2728	(89.7)	3012	(116.8)	162.7	(8.23)	30.9	(3.73)	--	--
20 and over...	17.5	(0.43)	14.4	(0.43)	1.5	(0.03)	131.4	(2.08)	3026	(50.4)	4043	(80.3)	211.0	(10.78)	42.4	(2.83)	14.6	(0.99)
<b>Females:</b>																		
2 - 5.....	10.2	(0.47)	7.9	(0.30)	0.8	(0.03)	70.4	(2.65)	1896	(49.8)	2189	(67.4)	8.9	(1.63)	40.8	(3.82)	--	--
6 - 11.....	12.7	(0.51)	9.4	(0.45)	1.0	(0.02)	81.8	(3.60)	1946	(53.7)	2717	(95.9)	19.0	(3.29)	50.6	(3.91)	--	--
12 - 19.....	13.8	(0.80)	9.6	(0.46)	1.0	(0.04)	88.3	(3.78)	1957	(54.2)	3013	(143.6)	60.4	(4.40)	47.4	(4.61)	--	--
20 - 29.....	12.6	(0.42)	9.7	(0.24)	1.1	(0.04)	90.0	(2.35)	2094	(67.5)	3009	(119.6)	105.8	(13.35)	38.4	(4.11)	--	--
30 - 39.....	13.1	(0.36)	10.2	(0.46)	1.2	(0.04)	93.8	(4.86)	2230	(74.1)	3058	(154.7)	153.5	(15.04)	38.7	(4.29)	--	--
40 - 49.....	13.4	(0.91)	10.3	(0.48)	1.2	(0.06)	96.1	(4.46)	2299	(97.4)	3027	(121.4)	194.4	(11.96)	41.7	(3.52)	--	--
50 - 59.....	13.2	(0.54)	10.0	(0.42)	1.3	(0.08)	90.4	(3.51)	2552	(101.0)	2936	(105.9)	207.2	(32.17)	48.6	(6.94)	--	--
60 - 69.....	12.9	(0.51)	9.6	(0.42)	1.2	(0.04)	81.7	(3.14)	2378	(79.6)	2674	(71.6)	180.7	(17.96)	34.7	(3.87)	--	--
70 and over.....	12.6	(0.34)	9.0	(0.28)	1.1	(0.05)	77.5	(1.57)	2189	(40.4)	2364	(57.5)	139.1	(10.39)	31.3	(2.51)	--	--
20 and over...	13.0	(0.32)	9.9	(0.20)	1.2	(0.04)	89.3	(1.67)	2290	(49.6)	2884	(40.1)	163.8	(8.51)	39.7	(1.87)	6.0	(0.69)
<b>Males and females:</b>																		
2 and over...	14.7	(0.26)	11.6	(0.22)	1.3	(0.03)	104.9	(1.51)	2509	(46.2)	3330	(52.1)	148.8	(7.44)	42.8	(1.57)	--	--

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	SFA 4:0 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
<b>Males:</b>								
2 - 5.....	0.56 (0.029)	0.33 (0.015)	0.31 (0.026)	0.47 (0.027)	0.65 (0.042)	2.00 (0.082)	10.75 (0.278)	5.15 (0.183)
6 - 11.....	0.68 (0.057)	0.35 (0.022)	0.29 (0.014)	0.52 (0.032)	0.77 (0.050)	2.50 (0.174)	14.15 (0.600)	6.82 (0.280)
12 - 19.....	0.74 (0.047)	0.37 (0.028)	0.33 (0.021)	0.58 (0.031)	0.96 (0.065)	2.83 (0.128)	16.83 (0.517)	8.08 (0.239)
20 - 29.....	0.71 (0.050)	0.35 (0.029)	0.29 (0.020)	0.53 (0.035)	0.82 (0.058)	2.80 (0.173)	17.72 (0.729)	8.32 (0.352)
30 - 39.....	0.68 (0.043)	0.34 (0.023)	0.27 (0.015)	0.52 (0.028)	0.86 (0.061)	2.73 (0.129)	18.37 (0.673)	8.76 (0.317)
40 - 49.....	0.79 (0.054)	0.42 (0.032)	0.34 (0.028)	0.61 (0.042)	0.98 (0.092)	2.99 (0.186)	18.84 (0.744)	9.18 (0.381)
50 - 59.....	0.65 (0.034)	0.35 (0.017)	0.27 (0.013)	0.50 (0.023)	0.80 (0.065)	2.57 (0.104)	17.65 (0.637)	8.55 (0.336)
60 - 69.....	0.51 (0.031)	0.28 (0.017)	0.24 (0.019)	0.43 (0.027)	0.79 (0.082)	2.14 (0.114)	14.68 (0.574)	7.15 (0.282)
70 and over.....	0.49 (0.037)	0.27 (0.020)	0.21 (0.014)	0.39 (0.027)	0.60 (0.030)	1.84 (0.111)	12.39 (0.545)	5.98 (0.263)
20 and over...	0.66 (0.020)	0.34 (0.012)	0.28 (0.009)	0.51 (0.015)	0.83 (0.029)	2.60 (0.073)	17.15 (0.342)	8.24 (0.177)
<b>Females:</b>								
2 - 5.....	0.55 (0.032)	0.32 (0.016)	0.27 (0.017)	0.44 (0.025)	0.65 (0.060)	1.97 (0.114)	10.38 (0.364)	4.88 (0.163)
6 - 11.....	0.58 (0.034)	0.31 (0.017)	0.27 (0.018)	0.47 (0.027)	0.80 (0.079)	2.17 (0.103)	12.58 (0.354)	6.07 (0.167)
12 - 19.....	0.57 (0.031)	0.29 (0.015)	0.23 (0.012)	0.42 (0.021)	0.68 (0.049)	2.05 (0.094)	12.52 (0.467)	6.11 (0.318)
20 - 29.....	0.53 (0.030)	0.27 (0.013)	0.22 (0.010)	0.40 (0.018)	0.67 (0.087)	1.96 (0.090)	12.04 (0.498)	5.74 (0.263)
30 - 39.....	0.54 (0.035)	0.28 (0.019)	0.24 (0.020)	0.42 (0.028)	0.77 (0.103)	2.08 (0.134)	12.56 (0.585)	5.96 (0.262)
40 - 49.....	0.56 (0.033)	0.28 (0.016)	0.25 (0.012)	0.45 (0.021)	0.76 (0.080)	2.11 (0.106)	12.79 (0.556)	6.09 (0.254)
50 - 59.....	0.51 (0.036)	0.27 (0.020)	0.24 (0.020)	0.41 (0.027)	0.80 (0.081)	1.94 (0.114)	12.08 (0.423)	5.89 (0.202)
60 - 69.....	0.46 (0.042)	0.25 (0.018)	0.22 (0.021)	0.38 (0.031)	0.75 (0.088)	1.78 (0.136)	10.94 (0.478)	5.25 (0.225)
70 and over.....	0.39 (0.017)	0.21 (0.009)	0.18 (0.008)	0.32 (0.014)	0.59 (0.035)	1.52 (0.054)	9.70 (0.247)	4.72 (0.129)
20 and over...	0.51 (0.018)	0.26 (0.008)	0.23 (0.007)	0.40 (0.012)	0.73 (0.041)	1.93 (0.057)	11.85 (0.224)	5.69 (0.107)
<b>Males and females:</b>								
2 and over...	0.59 (0.016)	0.31 (0.009)	0.26 (0.006)	0.46 (0.011)	0.77 (0.024)	2.26 (0.054)	14.09 (0.229)	6.77 (0.111)

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Males:</b>														
2 - 5.....	0.81	(0.017)	19.23	(0.552)	0.15	(0.006)	0.02	(0.001)	9.32	(0.347)	0.89	(0.029)	0.01	(0.002)
6 - 11.....	1.20	(0.068)	25.72	(0.926)	0.21	(0.008)	0.03	(0.004)	12.63	(0.335)	1.12	(0.038)	0.02	(0.002)
12 - 19.....	1.41	(0.039)	30.98	(0.941)	0.26	(0.016)	0.04	(0.005)	15.90	(0.724)	1.42	(0.068)	0.04	(0.004)
20 - 29.....	1.63	(0.075)	32.47	(1.013)	0.29	(0.012)	0.05	(0.008)	17.75	(0.591)	1.76	(0.066)	0.03	(0.004)
30 - 39.....	1.77	(0.080)	36.58	(1.455)	0.32	(0.016)	0.05	(0.006)	18.53	(0.864)	1.75	(0.080)	0.03	(0.003)
40 - 49.....	1.69	(0.067)	35.26	(1.166)	0.32	(0.013)	0.05	(0.011)	18.18	(0.590)	1.78	(0.083)	0.02	(0.004)
50 - 59.....	1.66	(0.086)	35.14	(1.178)	0.35	(0.017)	0.06	(0.007)	18.90	(0.949)	1.83	(0.100)	0.03	(0.005)
60 - 69.....	1.32	(0.058)	29.79	(1.223)	0.27	(0.014)	0.04	(0.008)	15.67	(0.826)	1.56	(0.082)	0.02	(0.003)
70 and over.....	1.05	(0.057)	24.52	(0.941)	0.24	(0.028)	0.07*	(0.041)	13.20	(0.543)	1.34	(0.053)	0.01	(0.002)
20 and over...	1.58	(0.031)	33.17	(0.632)	0.30	(0.008)	0.05	(0.006)	17.48	(0.363)	1.71	(0.041)	0.02	(0.001)
<b>Females:</b>														
2 - 5.....	0.80	(0.035)	18.41	(0.623)	0.14	(0.005)	0.02	(0.004)	9.08	(0.414)	0.84	(0.041)	0.01	(0.003)
6 - 11.....	0.99	(0.036)	23.28	(0.518)	0.19	(0.010)	0.02	(0.003)	12.57	(0.380)	1.08	(0.043)	0.02	(0.002)
12 - 19.....	1.02	(0.036)	24.07	(1.225)	0.19	(0.008)	0.02	(0.001)	12.66	(0.371)	1.16	(0.030)	0.02	(0.002)
20 - 29.....	1.03	(0.044)	22.66	(1.108)	0.18	(0.009)	0.02	(0.002)	12.97	(0.758)	1.31	(0.071)	0.01	(0.002)
30 - 39.....	1.07	(0.070)	23.79	(1.028)	0.20	(0.012)	0.02	(0.004)	13.55	(0.469)	1.32	(0.051)	0.01	(0.002)
40 - 49.....	1.12	(0.062)	24.45	(1.051)	0.22	(0.013)	0.03*	(0.010)	13.50	(0.639)	1.36	(0.078)	0.01	(0.003)
50 - 59.....	0.99	(0.042)	23.73	(0.807)	0.21	(0.013)	0.04	(0.006)	14.38	(0.601)	1.38	(0.052)	0.01	(0.004)
60 - 69.....	0.92	(0.041)	21.59	(1.162)	0.18	(0.013)	0.02	(0.004)	12.11	(0.760)	1.26	(0.075)	0.01	(0.002)
70 and over.....	0.78	(0.024)	18.89	(0.485)	0.16	(0.006)	0.02	(0.003)	10.98	(0.335)	1.19	(0.041)	0.01	(0.002)
20 and over...	1.00	(0.020)	22.80	(0.438)	0.19	(0.004)	0.03	(0.003)	13.08	(0.263)	1.31	(0.035)	0.01	(0.001)
<b>Males and females:</b>														
2 and over...	1.22	(0.018)	26.90	(0.416)	0.23	(0.003)	0.04	(0.002)	14.50	(0.240)	1.40	(0.027)	0.02	(0.001)

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Males:</b>								
2 - 5.....	0.07	(0.005)	0.01	(0.001)	0.01	(0.001)	0.02	(0.003)
6 - 11.....	0.10	(0.007)	0.01	(0.002)	0.01	(0.001)	0.03	(0.003)
12 - 19.....	0.15	(0.009)	0.02	(0.005)	0.01	(0.002)	0.05	(0.008)
20 - 29.....	0.17	(0.011)	0.04	(0.006)	0.02	(0.004)	0.08	(0.010)
30 - 39.....	0.19	(0.009)	0.06	(0.008)	0.03	(0.003)	0.11	(0.014)
40 - 49.....	0.20	(0.009)	0.04	(0.010)	0.02	(0.004)	0.09	(0.017)
50 - 59.....	0.19	(0.013)	0.08	(0.021)	0.03	(0.005)	0.14	(0.028)
60 - 69.....	0.15	(0.008)	0.04	(0.007)	0.02	(0.002)	0.07	(0.010)
70 and over.....	0.12	(0.006)	0.04	(0.010)	0.01	(0.002)	0.08	(0.011)
20 and over...	0.18	(0.003)	0.05	(0.004)	0.02	(0.001)	0.10	(0.006)
<b>Females:</b>								
2 - 5.....	0.06	(0.003)	0.01	(0.002)	0.01	(#)	0.02	(0.004)
6 - 11.....	0.08	(0.006)	0.02	(0.003)	0.01	(0.001)	0.03	(0.006)
12 - 19.....	0.10	(0.005)	0.02	(0.004)	0.01	(0.001)	0.03	(0.006)
20 - 29.....	0.11	(0.006)	0.02	(0.005)	0.01	(0.003)	0.05	(0.008)
30 - 39.....	0.11	(0.008)	0.03	(0.003)	0.02	(0.001)	0.06	(0.006)
40 - 49.....	0.12	(0.008)	0.03	(0.004)	0.01	(0.001)	0.06	(0.007)
50 - 59.....	0.11	(0.007)	0.05*	(0.017)	0.02	(0.004)	0.09	(0.021)
60 - 69.....	0.10	(0.007)	0.04	(0.008)	0.01	(0.002)	0.06	(0.011)
70 and over.....	0.09	(0.003)	0.04	(0.007)	0.01	(0.002)	0.06	(0.008)
20 and over...	0.11	(0.003)	0.03	(0.004)	0.02	(0.001)	0.06	(0.006)
<b>Males and females:</b>								
2 and over...	0.13	(0.002)	0.04	(0.002)	0.02	(0.001)	0.07	(0.003)



### Symbol Legend

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

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 2.16.

# Indicates a non-zero value too small to report.

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

### Footnotes

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

<sup>2</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented due to extreme variability and/or inadequate sample size.

### Abbreviations

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

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Gender and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2007-2008

Race/ethnicity and age (years)	Sample size	Food energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																			
2 - 5.....	295	1471	(34.4)	50.6	(1.78)	203	(3.8)	110	(2.8)	10.5	(0.42)	53.4	(1.97)	19.6	(0.78)	19.4	(0.73)	9.8	(0.43)
6 - 11.....	336	1982	(36.8)	67.8	(2.38)	266	(5.9)	138	(4.4)	12.8	(0.38)	74.6	(1.98)	26.6	(0.99)	27.2	(0.75)	14.4	(0.36)
12 - 19.....	360	2222	(53.3)	81.7	(2.03)	290	(7.2)	140	(4.5)	14.6	(0.73)	83.0	(2.84)	29.1	(1.02)	30.6	(1.24)	16.2	(0.67)
20 and over...	2548	2142	(33.6)	82.1	(1.55)	257	(3.4)	119	(2.9)	16.1	(0.70)	82.5	(1.66)	27.7	(0.54)	30.3	(0.69)	17.4	(0.39)
2 and over...	3539	2107	(28.6)	79.5	(1.40)	258	(2.9)	122	(2.2)	15.4	(0.63)	80.6	(1.36)	27.4	(0.45)	29.6	(0.55)	16.7	(0.34)
<b>Non-Hispanic Black:</b>																			
2 - 5.....	182	1546	(57.0)	53.3	(2.09)	204	(6.8)	102	(4.4)	10.3	(0.51)	59.6	(3.06)	20.9	(1.18)	22.1	(1.14)	11.2	(0.59)
6 - 11.....	295	1944	(32.8)	64.3	(1.93)	262	(5.3)	130	(3.8)	12.7	(0.47)	73.6	(1.39)	24.2	(0.68)	27.7	(0.55)	15.5	(0.49)
12 - 19.....	311	1991	(70.6)	67.0	(2.39)	263	(10.8)	130	(5.6)	11.8	(0.61)	76.1	(2.71)	24.9	(1.03)	28.1	(1.04)	16.7	(0.65)
20 and over...	1136	2085	(62.1)	76.7	(2.00)	249	(6.5)	121	(4.0)	13.1	(0.31)	81.4	(3.18)	25.9	(1.20)	30.5	(1.08)	17.8	(0.75)
2 and over...	1924	2021	(46.3)	72.5	(1.42)	250	(5.6)	122	(3.3)	12.7	(0.25)	78.4	(2.18)	25.3	(0.88)	29.3	(0.74)	17.0	(0.49)
<b>Hispanic<sup>2</sup>:</b>																			
<i>Mexican American</i>																			
2 - 5.....	217	1566	(66.1)	59.4	(2.47)	209	(8.9)	108	(2.8)	11.9	(0.68)	56.8	(2.65)	21.0	(0.78)	20.3	(1.05)	10.4	(0.71)
6 - 11.....	291	1789	(44.2)	63.5	(1.77)	244	(6.8)	120	(4.7)	13.1	(0.50)	64.4	(1.95)	22.6	(0.71)	23.4	(0.64)	12.8	(0.73)
12 - 19.....	270	2075	(95.7)	78.6	(5.43)	271	(15.1)	124	(8.1)	15.3	(1.30)	76.5	(3.50)	25.9	(1.08)	28.3	(1.30)	15.8	(0.87)
20 and over...	930	2147	(37.7)	85.0	(2.23)	263	(4.2)	116	(2.2)	17.7	(0.51)	77.9	(1.98)	25.0	(0.75)	29.3	(0.80)	16.9	(0.45)
2 and over...	1708	2040	(31.4)	79.1	(1.88)	257	(3.0)	117	(1.3)	16.3	(0.47)	74.1	(1.53)	24.5	(0.56)	27.6	(0.63)	15.6	(0.35)
<i>All Hispanic</i>																			
2 - 5.....	308	1621	(53.4)	59.1	(2.28)	221	(7.7)	117	(3.2)	11.9	(0.64)	58.1	(1.98)	21.5	(0.61)	20.6	(0.83)	10.6	(0.55)
6 - 11.....	437	1821	(46.2)	64.6	(1.94)	249	(7.4)	122	(4.4)	13.2	(0.53)	65.3	(1.68)	23.4	(0.64)	23.5	(0.60)	12.7	(0.53)
12 - 19.....	431	2084	(68.6)	78.2	(3.80)	270	(9.7)	127	(5.5)	14.5	(0.88)	77.4	(2.84)	26.4	(0.92)	28.4	(1.03)	15.9	(0.74)
20 and over...	1525	2104	(30.0)	83.4	(1.48)	263	(2.9)	114	(1.5)	17.2	(0.42)	74.9	(1.77)	24.3	(0.54)	27.9	(0.75)	16.2	(0.49)
2 and over...	2701	2027	(22.9)	78.5	(1.25)	258	(2.5)	117	(1.2)	15.9	(0.39)	72.7	(1.21)	24.3	(0.38)	26.8	(0.51)	15.3	(0.34)

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	153	(8.7)	470	(21.4)	585	(25.8)	307	(59.3)	1195	(160.9)	67	(8.7)	3759	(352.4)	559	(41.1)	1.19	(0.040)
6 - 11.....	215	(11.5)	476	(17.3)	588	(25.4)	293	(73.8)	1168	(196.3)	61	(10.1)	4378	(357.7)	585	(47.8)	1.49	(0.043)
12 - 19.....	269	(13.1)	547	(30.2)	676	(37.2)	301	(58.5)	1357	(163.7)	54	(12.1)	6260	(810.2)	900	(152.5)	1.75	(0.056)
20 and over...	287	(7.6)	457	(10.4)	639	(21.2)	361	(35.3)	1970	(151.8)	69	(5.0)	5880	(239.3)	1398	(103.8)	1.66	(0.043)
2 and over...	274	(7.0)	468	(9.5)	636	(20.2)	347	(34.7)	1811	(139.3)	66	(5.1)	5712	(263.6)	1247	(89.7)	1.63	(0.038)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	206	(11.0)	404	(31.7)	500	(51.3)	109	(29.8)	1048	(276.3)	72	(10.2)	4199	(639.3)	751	(133.4)	1.21	(0.048)
6 - 11.....	208	(7.5)	399	(18.9)	496	(20.3)	171	(28.6)	1032	(122.9)	69	(8.5)	6283	(837.4)	884	(157.8)	1.46	(0.055)
12 - 19.....	226	(11.4)	368	(25.8)	472	(40.8)	118	(16.9)	1148	(306.6)	56	(12.1)	3812	(568.1)	1220*(393.9)		1.43	(0.077)
20 and over...	310	(10.7)	385	(16.8)	563	(17.1)	254	(28.7)	1966	(198.3)	69	(3.8)	4802	(350.6)	1572	(129.0)	1.42	(0.031)
2 and over...	281	(8.2)	385	(13.5)	539	(13.6)	216	(20.2)	1694	(137.1)	67	(3.3)	4763	(323.6)	1398	(86.4)	1.41	(0.023)
<b>Hispanic<sup>2</sup>:</b>																		
<b>Mexican American</b>																		
2 - 5.....	242	(17.5)	474	(19.8)	567	(25.1)	235	(46.1)	951	(119.8)	86	(8.9)	3791	(685.0)	615	(46.3)	1.34	(0.083)
6 - 11.....	216	(16.2)	442	(32.7)	539	(44.3)	199	(57.3)	1021	(148.3)	85	(14.9)	5771	(981.7)	582	(44.9)	1.44	(0.072)
12 - 19.....	272	(24.1)	427	(22.4)	516	(27.8)	177	(52.1)	927	(181.7)	76	(15.9)	4832	(363.7)	657	(61.7)	1.64	(0.047)
20 and over...	325	(14.7)	350	(13.0)	494	(16.5)	328	(33.4)	1526	(113.0)	80	(4.9)	6052	(387.4)	955	(103.4)	1.58	(0.053)
2 and over...	297	(10.0)	383	(9.3)	509	(15.2)	283	(30.7)	1329	(107.5)	81	(4.7)	5639	(305.2)	838	(69.6)	1.55	(0.036)
<b>All Hispanic</b>																		
2 - 5.....	225	(15.6)	485	(17.8)	579	(28.9)	243	(55.1)	967	(170.6)	80	(8.5)	3689	(439.3)	654	(108.7)	1.34	(0.068)
6 - 11.....	224	(12.3)	477	(25.6)	567	(31.8)	188	(40.4)	934	(102.7)	79	(10.7)	5734	(635.2)	567	(29.4)	1.49	(0.061)
12 - 19.....	267	(17.6)	423	(15.9)	508	(18.5)	165	(33.3)	896	(117.6)	79	(11.0)	4571	(273.8)	633	(45.2)	1.63	(0.038)
20 and over...	310	(13.3)	362	(13.6)	536	(17.5)	427	(45.6)	1835	(143.0)	94	(7.6)	5928	(344.5)	1061	(94.6)	1.61	(0.038)
2 and over...	287	(9.4)	394	(10.1)	540	(15.7)	347	(34.0)	1525	(114.0)	89	(6.6)	5522	(260.4)	909	(70.2)	1.57	(0.025)

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Ribo- flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	1.82	(0.065)	14.2	(0.41)	1.29	(0.032)	153	(11.1)	116	(2.8)	376	(19.7)	196	(7.8)	4.12	(0.241)	0.72	(0.093)
6 - 11.....	2.04	(0.077)	20.7	(0.88)	1.71	(0.080)	208	(7.0)	141	(4.7)	494	(12.1)	242	(8.2)	5.09	(0.270)	1.07	(0.137)
12 - 19.....	2.38	(0.095)	26.4	(1.15)	2.12	(0.114)	236	(12.3)	183	(7.9)	585	(21.7)	289	(10.7)	5.83	(0.249)	1.39	(0.179)
20 and over...	2.30	(0.037)	25.3	(0.47)	2.01	(0.046)	193	(5.9)	216	(8.3)	544	(17.4)	327	(6.5)	5.41	(0.139)	0.99	(0.045)
2 and over...	2.27	(0.040)	24.6	(0.49)	1.96	(0.052)	197	(4.9)	203	(7.2)	537	(14.3)	310	(6.1)	5.37	(0.124)	1.02	(0.048)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	1.71	(0.093)	16.0	(0.59)	1.36	(0.056)	170	(11.7)	120	(5.1)	410	(21.1)	211	(8.5)	4.07	(0.274)	1.05	(0.156)
6 - 11.....	1.84	(0.067)	20.7	(0.81)	1.61	(0.063)	203	(13.7)	141	(5.7)	486	(23.1)	225	(6.2)	4.39	(0.263)	1.01	(0.145)
12 - 19.....	1.73	(0.082)	21.4	(0.92)	1.54	(0.070)	186	(17.2)	151	(9.3)	467	(35.5)	227	(9.1)	4.40	(0.430)	1.00	(0.131)
20 and over...	1.83	(0.057)	23.5	(0.59)	1.81	(0.045)	165	(6.3)	186	(4.2)	467	(12.0)	305	(7.7)	4.94	(0.253)	0.79	(0.083)
2 and over...	1.81	(0.046)	22.4	(0.41)	1.72	(0.033)	172	(5.2)	172	(3.1)	465	(10.3)	279	(5.7)	4.75	(0.189)	0.86	(0.056)
<b>Hispanic<sup>2</sup>:</b>																		
<i>Mexican American</i>																		
2 - 5.....	2.03	(0.088)	16.8	(1.21)	1.61	(0.093)	213	(19.5)	139	(6.0)	502	(37.1)	248	(10.3)	4.99	(0.263)	1.23	(0.174)
6 - 11.....	1.88	(0.093)	18.9	(0.62)	1.56	(0.070)	206	(19.7)	143	(5.1)	494	(36.6)	237	(10.8)	4.74	(0.304)	1.24	(0.194)
12 - 19.....	2.06	(0.094)	23.9	(1.32)	1.91	(0.125)	221	(13.0)	173	(14.5)	549	(19.8)	279	(19.2)	5.14	(0.326)	1.33	(0.202)
20 and over...	2.08	(0.071)	25.1	(0.68)	2.03	(0.066)	160	(4.4)	214	(6.0)	486	(11.7)	344	(8.6)	5.32	(0.191)	0.67	(0.057)
2 and over...	2.05	(0.058)	23.4	(0.63)	1.92	(0.057)	179	(3.0)	193	(5.9)	497	(8.5)	313	(5.9)	5.19	(0.152)	0.88	(0.049)
<i>All Hispanic</i>																		
2 - 5.....	2.05	(0.086)	16.5	(1.00)	1.60	(0.087)	200	(17.7)	139	(6.1)	479	(33.9)	241	(10.1)	4.94	(0.256)	1.17	(0.152)
6 - 11.....	1.97	(0.079)	19.1	(0.60)	1.60	(0.073)	216	(16.9)	146	(5.9)	514	(33.1)	243	(8.9)	4.80	(0.229)	1.19	(0.142)
12 - 19.....	2.02	(0.071)	23.8	(0.97)	1.91	(0.092)	221	(11.7)	174	(9.9)	549	(18.3)	274	(13.8)	5.14	(0.244)	1.25	(0.167)
20 and over...	2.05	(0.052)	24.6	(0.56)	2.00	(0.051)	177	(5.9)	216	(4.7)	517	(11.9)	333	(8.6)	5.14	(0.139)	0.76	(0.042)
2 and over...	2.04	(0.049)	23.2	(0.53)	1.91	(0.050)	190	(3.1)	195	(4.7)	518	(7.6)	306	(6.6)	5.08	(0.123)	0.91	(0.041)

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																
2 - 5.....	83.0	(4.26)	6.1	(0.34)	4.2	(0.14)	0.3	(0.07)	40.2	(1.71)	970	(46.7)	1042	(34.9)	186	(5.4)
6 - 11.....	73.7	(5.40)	5.1	(0.28)	6.3	(0.33)	0.5*	(0.16)	48.8	(3.39)	975	(40.9)	1219	(33.0)	217	(3.2)
12 - 19.....	70.6	(5.36)	5.3	(0.36)	7.5	(0.29)	0.7	(0.08)	69.0	(6.78)	1110	(51.0)	1420	(41.3)	266	(10.3)
20 and over...	79.0	(4.44)	4.5	(0.14)	7.9	(0.30)	0.6	(0.06)	99.0	(5.72)	968	(28.1)	1366	(26.8)	301	(9.5)
2 and over...	77.9	(3.89)	4.7	(0.15)	7.6	(0.25)	0.6	(0.05)	89.4	(4.99)	983	(24.4)	1346	(24.9)	286	(8.6)
<b>Non-Hispanic Black:</b>																
2 - 5.....	121.4	(9.59)	5.1	(0.37)	4.6	(0.23)	0.2*	(0.07)	51.9	(6.50)	830	(46.7)	956	(45.9)	178	(8.2)
6 - 11.....	99.8	(8.13)	4.4	(0.28)	6.3	(0.28)	0.4*	(0.14)	64.3	(7.19)	869	(29.1)	1119	(30.2)	206	(5.7)
12 - 19.....	101.2	(8.06)	3.2	(0.17)	6.0	(0.36)	0.2*	(0.08)	79.6	(17.68)	798	(40.4)	1065	(35.8)	211	(9.0)
20 and over...	102.3	(5.65)	3.3	(0.18)	6.8	(0.26)	0.3	(0.04)	111.8	(7.84)	788	(32.2)	1148	(38.2)	248	(8.3)
2 and over...	103.2	(3.86)	3.5	(0.13)	6.5	(0.19)	0.3	(0.03)	98.5	(5.51)	800	(25.2)	1120	(28.0)	234	(6.5)
<b>Hispanic<sup>2</sup>:</b>																
<b>Mexican American</b>																
2 - 5.....	104.2	(6.14)	6.8	(0.38)	4.6	(0.42)	0.4*	(0.29)	38.5	(2.67)	1022	(32.6)	1110	(37.5)	207	(6.7)
6 - 11.....	84.6	(3.95)	5.2	(0.39)	5.3	(0.30)	0.3*	(0.10)	44.9	(2.42)	922	(48.0)	1126	(39.8)	211	(6.6)
12 - 19.....	87.9	(9.83)	4.5	(0.55)	6.1	(0.70)	0.3*	(0.11)	51.5	(6.89)	962	(56.4)	1297	(77.8)	251	(17.6)
20 and over...	87.9	(4.42)	4.6	(0.33)	6.6	(0.21)	0.2*	(0.06)	71.2	(5.85)	913	(27.4)	1362	(37.5)	300	(9.1)
2 and over...	89.0	(3.22)	4.8	(0.27)	6.2	(0.18)	0.2	(0.05)	62.3	(4.38)	931	(23.8)	1301	(30.8)	274	(8.0)
<b>All Hispanic</b>																
2 - 5.....	111.7	(7.05)	7.1	(0.40)	4.7	(0.31)	0.4*	(0.20)	40.7	(4.32)	1073	(40.6)	1128	(36.5)	210	(6.6)
6 - 11.....	90.9	(8.06)	5.7	(0.33)	5.3	(0.15)	0.3	(0.05)	44.0	(1.65)	998	(47.5)	1163	(39.8)	217	(7.4)
12 - 19.....	93.0	(7.67)	4.6	(0.37)	6.0	(0.45)	0.3	(0.08)	51.8	(4.57)	968	(36.8)	1266	(50.2)	246	(11.8)
20 and over...	92.7	(4.22)	4.5	(0.26)	6.6	(0.17)	0.3	(0.07)	75.7	(4.84)	914	(20.8)	1320	(30.1)	296	(7.2)
2 and over...	94.2	(2.86)	4.9	(0.20)	6.2	(0.14)	0.3	(0.05)	65.7	(3.77)	945	(17.8)	1278	(24.7)	273	(6.3)

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium <sup>†</sup> (adjusted)		Caffeine		Theobromine		Alcohol <sup>‡</sup>	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	10.1	(0.56)	7.7	(0.27)	0.8	(0.03)	65.2	(2.74)	1901	(45.7)	2111	(58.5)	9.5	(1.52)	47.5	(3.91)	--	--
6 - 11.....	13.5	(0.44)	10.5	(0.48)	1.0	(0.02)	87.7	(2.97)	2065	(49.1)	2980	(111.4)	29.5	(4.99)	61.7	(5.53)	--	--
12 - 19.....	15.8	(0.51)	11.8	(0.18)	1.2	(0.05)	112.4	(4.08)	2404	(98.9)	3705	(151.5)	86.1	(10.53)	48.3	(4.22)	--	--
20 and over...	15.4	(0.42)	12.4	(0.27)	1.4	(0.04)	109.5	(2.19)	2720	(64.8)	3478	(67.3)	218.6	(8.53)	45.8	(2.61)	10.5	(0.89)
2 and over...	15.1	(0.35)	12.0	(0.22)	1.3	(0.04)	106.1	(2.04)	2600	(62.8)	3402	(65.8)	181.0	(6.74)	47.3	(2.05)	--	--
<b>Non-Hispanic Black:</b>																		
2 - 5.....	11.4	(0.56)	8.0	(0.36)	0.8	(0.04)	71.8	(2.34)	1825	(73.0)	2389	(114.7)	5.6	(1.20)	28.4	(5.41)	--	--
6 - 11.....	13.8	(0.54)	9.9	(0.43)	1.0	(0.02)	86.1	(3.37)	2038	(50.5)	3107	(98.7)	13.1	(1.67)	36.7	(5.99)	--	--
12 - 19.....	13.3	(0.73)	10.4	(1.29)	1.0	(0.07)	91.2	(4.70)	1899	(63.4)	3154	(101.6)	31.7	(5.52)	34.9	(3.96)	--	--
20 and over...	13.9	(0.34)	10.6	(0.36)	1.2	(0.02)	103.1	(2.67)	2219	(59.6)	3270	(92.0)	81.1	(7.08)	33.6	(4.16)	10.0	(1.04)
2 and over...	13.6	(0.30)	10.4	(0.33)	1.1	(0.02)	97.6	(1.74)	2128	(40.6)	3178	(58.4)	62.2	(5.02)	33.8	(2.91)	--	--
<b>Hispanic<sup>2</sup>:</b>																		
<i>Mexican American</i>																		
2 - 5.....	12.7	(0.84)	9.9	(0.64)	0.9	(0.03)	76.1	(3.76)	2119	(79.9)	2228	(165.8)	8.5	(1.11)	36.9	(2.54)	--	--
6 - 11.....	13.1	(0.63)	9.9	(0.44)	1.0	(0.03)	85.6	(3.21)	2031	(61.4)	2667	(114.7)	20.1	(2.42)	51.4	(4.17)	--	--
12 - 19.....	15.4	(0.54)	11.2	(0.61)	1.1	(0.08)	103.1	(6.23)	2223	(173.1)	3247	(106.1)	41.8	(6.03)	46.4	(9.58)	--	--
20 and over...	14.7	(0.31)	12.3	(0.86)	1.3	(0.06)	114.0	(3.07)	2580	(73.0)	3270	(70.3)	113.5	(9.26)	29.2	(3.09)	11.0	(1.27)
2 and over...	14.4	(0.22)	11.7	(0.61)	1.2	(0.05)	105.6	(2.44)	2422	(68.1)	3097	(49.8)	82.6	(6.88)	34.9	(2.85)	--	--
<i>All Hispanic</i>																		
2 - 5.....	12.3	(0.72)	9.5	(0.53)	0.9	(0.02)	75.4	(3.16)	2183	(78.4)	2260	(132.4)	8.4	(1.37)	41.1	(2.18)	--	--
6 - 11.....	13.6	(0.63)	10.1	(0.43)	1.0	(0.03)	87.9	(2.98)	2101	(74.9)	2715	(95.9)	19.0	(1.95)	52.1	(3.53)	--	--
12 - 19.....	15.1	(0.47)	11.2	(0.45)	1.1	(0.06)	103.1	(4.41)	2208	(112.2)	3239	(84.3)	42.7	(4.84)	42.5	(6.17)	--	--
20 and over...	14.9	(0.30)	11.9	(0.56)	1.3	(0.04)	112.0	(1.97)	2596	(53.1)	3269	(47.1)	115.7	(7.03)	26.8	(2.32)	9.7	(0.88)
2 and over...	14.5	(0.20)	11.4	(0.40)	1.2	(0.03)	104.9	(1.57)	2449	(53.1)	3114	(33.3)	85.1	(4.97)	33.1	(2.22)	--	--

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	SFA 4:0 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	0.55 (0.034)	0.31 (0.017)	0.27 (0.026)	0.44 (0.031)	0.64 (0.056)	1.91 (0.104)	10.06 (0.357)	4.88 (0.208)
6 - 11.....	0.67 (0.053)	0.34 (0.025)	0.29 (0.021)	0.52 (0.036)	0.87 (0.080)	2.47 (0.154)	13.88 (0.484)	6.75 (0.208)
12 - 19.....	0.73 (0.045)	0.37 (0.028)	0.31 (0.022)	0.56 (0.030)	0.87 (0.053)	2.66 (0.124)	15.28 (0.530)	7.48 (0.265)
20 and over...	0.63 (0.018)	0.32 (0.009)	0.27 (0.007)	0.49 (0.012)	0.84 (0.032)	2.39 (0.058)	14.74 (0.288)	7.13 (0.139)
2 and over...	0.64 (0.015)	0.33 (0.009)	0.27 (0.007)	0.50 (0.011)	0.84 (0.028)	2.40 (0.050)	14.52 (0.236)	7.04 (0.108)
<b>Non-Hispanic Black:</b>								
2 - 5.....	0.48 (0.047)	0.29 (0.026)	0.27 (0.027)	0.42 (0.034)	0.61 (0.053)	1.89 (0.138)	11.15 (0.603)	5.20 (0.291)
6 - 11.....	0.51 (0.025)	0.27 (0.013)	0.25 (0.030)	0.42 (0.027)	0.62 (0.044)	2.00 (0.090)	13.05 (0.332)	6.27 (0.200)
12 - 19.....	0.49 (0.035)	0.26 (0.017)	0.24 (0.020)	0.40 (0.028)	0.83 (0.090)	2.00 (0.124)	13.48 (0.517)	6.38 (0.273)
20 and over...	0.47 (0.045)	0.25 (0.024)	0.21 (0.017)	0.38 (0.033)	0.65 (0.045)	1.96 (0.142)	14.33 (0.603)	6.90 (0.276)
2 and over...	0.48 (0.034)	0.26 (0.018)	0.22 (0.014)	0.39 (0.025)	0.67 (0.041)	1.97 (0.111)	13.87 (0.435)	6.65 (0.199)
<b>Hispanic<sup>2</sup>:</b>								
<i>Mexican American</i>								
2 - 5.....	0.56 (0.021)	0.35 (0.020)	0.29 (0.023)	0.46 (0.026)	0.58 (0.035)	2.03 (0.081)	11.06 (0.447)	5.10 (0.215)
6 - 11.....	0.56 (0.033)	0.29 (0.023)	0.24 (0.021)	0.43 (0.024)	0.56 (0.023)	1.99 (0.107)	12.11 (0.368)	5.80 (0.150)
12 - 19.....	0.55 (0.026)	0.28 (0.014)	0.23 (0.011)	0.41 (0.014)	0.68 (0.057)	2.11 (0.075)	14.11 (0.631)	6.76 (0.314)
20 and over...	0.48 (0.025)	0.26 (0.014)	0.21 (0.010)	0.37 (0.015)	0.56 (0.021)	1.97 (0.078)	14.00 (0.396)	6.47 (0.215)
2 and over...	0.51 (0.018)	0.27 (0.012)	0.22 (0.009)	0.39 (0.012)	0.58 (0.018)	1.99 (0.058)	13.51 (0.291)	6.30 (0.171)
<i>All Hispanic</i>								
2 - 5.....	0.58 (0.024)	0.37 (0.017)	0.32 (0.021)	0.48 (0.022)	0.61 (0.039)	2.12 (0.078)	11.30 (0.343)	5.19 (0.168)
6 - 11.....	0.62 (0.026)	0.33 (0.018)	0.27 (0.015)	0.47 (0.019)	0.62 (0.021)	2.19 (0.097)	12.42 (0.336)	5.88 (0.147)
12 - 19.....	0.57 (0.025)	0.29 (0.016)	0.24 (0.014)	0.44 (0.018)	0.68 (0.049)	2.21 (0.091)	14.39 (0.531)	6.84 (0.259)
20 and over...	0.49 (0.019)	0.26 (0.011)	0.21 (0.007)	0.37 (0.011)	0.57 (0.017)	1.96 (0.052)	13.50 (0.301)	6.23 (0.167)
2 and over...	0.52 (0.014)	0.28 (0.009)	0.23 (0.006)	0.40 (0.009)	0.59 (0.014)	2.04 (0.042)	13.31 (0.204)	6.19 (0.121)

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Non-Hispanic White:</b>														
2 - 5.....	0.75	(0.025)	18.23	(0.699)	0.15	(0.007)	0.02	(0.001)	8.81	(0.392)	0.80	(0.036)	0.01	(0.003)
6 - 11.....	1.13	(0.052)	25.39	(0.694)	0.21	(0.010)	0.03	(0.003)	12.91	(0.341)	1.13	(0.040)	0.02	(0.002)
12 - 19.....	1.23	(0.049)	28.70	(1.181)	0.22	(0.014)	0.03	(0.005)	14.43	(0.608)	1.31	(0.064)	0.03	(0.003)
20 and over...	1.27	(0.027)	28.26	(0.652)	0.25	(0.006)	0.04	(0.004)	15.36	(0.342)	1.53	(0.043)	0.02	(0.001)
2 and over...	1.23	(0.022)	27.63	(0.520)	0.24	(0.004)	0.04	(0.003)	14.77	(0.298)	1.44	(0.036)	0.02	(0.001)
<b>Non-Hispanic Black:</b>														
2 - 5.....	0.98	(0.062)	20.66	(1.061)	0.17	(0.011)	0.02	(0.003)	10.02	(0.542)	0.86	(0.040)	0.01	(0.002)
6 - 11.....	1.18	(0.041)	25.83	(0.521)	0.23	(0.010)	0.03	(0.006)	13.94	(0.468)	1.13	(0.042)	0.02	(0.003)
12 - 19.....	1.18	(0.052)	26.32	(0.981)	0.24	(0.010)	0.03	(0.003)	14.99	(0.556)	1.26	(0.072)	0.02	(0.004)
20 and over...	1.39	(0.049)	28.49	(1.016)	0.27	(0.012)	0.03	(0.003)	15.79	(0.657)	1.46	(0.067)	0.02	(0.002)
2 and over...	1.31	(0.035)	27.39	(0.692)	0.25	(0.008)	0.03	(0.002)	15.11	(0.429)	1.36	(0.044)	0.02	(0.002)
<b>Hispanic<sup>2</sup>:</b>														
<i>Mexican American</i>														
2 - 5.....	0.85	(0.048)	19.04	(0.992)	0.14	(0.008)	0.01	(0.002)	9.19	(0.647)	0.90	(0.047)	0.01	(0.001)
6 - 11.....	0.94	(0.034)	21.96	(0.627)	0.16	(0.006)	0.02	(0.004)	11.43	(0.657)	0.99	(0.073)	0.02	(0.002)
12 - 19.....	1.22	(0.072)	26.38	(1.207)	0.21	(0.011)	0.02	(0.003)	14.19	(0.818)	1.14	(0.052)	0.02	(0.003)
20 and over...	1.30	(0.040)	27.37	(0.746)	0.23	(0.008)	0.03	(0.005)	14.95	(0.419)	1.42	(0.038)	0.02	(0.002)
2 and over...	1.20	(0.034)	25.80	(0.583)	0.21	(0.006)	0.02	(0.003)	13.88	(0.328)	1.28	(0.027)	0.02	(0.001)
<i>All Hispanic</i>														
2 - 5.....	0.84	(0.043)	19.38	(0.771)	0.14	(0.008)	0.01	(0.002)	9.41	(0.513)	0.94	(0.028)	0.01	(0.001)
6 - 11.....	0.96	(0.032)	21.97	(0.576)	0.16	(0.005)	0.02	(0.003)	11.31	(0.478)	1.05	(0.058)	0.02	(0.002)
12 - 19.....	1.28	(0.061)	26.47	(0.945)	0.22	(0.010)	0.02	(0.002)	14.13	(0.676)	1.27	(0.060)	0.02	(0.003)
20 and over...	1.24	(0.028)	26.00	(0.702)	0.22	(0.006)	0.03	(0.003)	14.28	(0.463)	1.42	(0.031)	0.02	(0.001)
2 and over...	1.18	(0.021)	25.04	(0.476)	0.21	(0.004)	0.02	(0.002)	13.50	(0.329)	1.32	(0.023)	0.02	(0.001)



**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
<b>Non-Hispanic White:</b>				
2 - 5.....	0.05 (0.005)	0.01 (0.001)	#	0.01 (0.002)
6 - 11.....	0.08 (0.006)	0.02 (0.003)	0.01 (0.001)	0.03 (0.005)
12 - 19.....	0.12 (0.008)	0.02 (0.002)	0.01 (0.001)	0.04 (0.005)
20 and over...	0.13 (0.003)	0.04 (0.004)	0.02 (0.001)	0.08 (0.005)
2 and over...	0.12 (0.003)	0.03 (0.003)	0.01 (0.001)	0.07 (0.004)
<b>Non-Hispanic Black:</b>				
2 - 5.....	0.09 (0.005)	0.01 (0.001)	0.01 (0.001)	0.03 (0.003)
6 - 11.....	0.10 (0.005)	0.02 (0.003)	0.01 (0.002)	0.04 (0.005)
12 - 19.....	0.12 (0.007)	0.03 (0.003)	0.01 (0.001)	0.05 (0.004)
20 and over...	0.17 (0.006)	0.04 (0.005)	0.02 (0.002)	0.08 (0.008)
2 and over...	0.15 (0.005)	0.04 (0.004)	0.02 (0.001)	0.07 (0.006)
<b>Hispanic<sup>2</sup>:</b>				
<i>Mexican American</i>				
2 - 5.....	0.09 (0.008)	0.01* (0.004)	0.01 (0.001)	0.03 (0.006)
6 - 11.....	0.09 (0.008)	0.02 (0.004)	0.01 (0.001)	0.03 (0.005)
12 - 19.....	0.13 (0.014)	0.02 (0.004)	0.01 (0.003)	0.05 (0.010)
20 and over...	0.16 (0.007)	0.04 (0.005)	0.02 (0.002)	0.09 (0.009)
2 and over...	0.14 (0.005)	0.03 (0.003)	0.02 (0.002)	0.07 (0.006)
<i>All Hispanic</i>				
2 - 5.....	0.08 (0.007)	0.01 (0.003)	0.01 (0.001)	0.03 (0.004)
6 - 11.....	0.09 (0.006)	0.01 (0.003)	0.01 (0.001)	0.03 (0.003)
12 - 19.....	0.13 (0.013)	0.02 (0.005)	0.02 (0.003)	0.05 (0.009)
20 and over...	0.15 (0.005)	0.04 (0.004)	0.02 (0.001)	0.08 (0.006)
2 and over...	0.14 (0.003)	0.03 (0.002)	0.02 (0.001)	0.07 (0.004)

### Symbol Legend

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

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 2.16.

# Indicates a non-zero value too small to report.

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

### Footnotes

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

<sup>2</sup> A new sampling methodology was implemented for NHANES 2007-2008; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.

<sup>3</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented due to extreme variability and/or inadequate sample size.

### Abbreviations

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

### Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2007-2008*

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2007-2008

Family income in dollars and age (years)	Sample size	Food energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																			
2 - 5.....	295	1702	(32.9)	58.5	(1.99)	228	(5.4)	120	(3.4)	11.2	(0.56)	63.9	(1.37)	23.0	(0.54)	23.4	(0.49)	11.8	(0.27)
6 - 11.....	378	2003	(64.6)	66.9	(2.32)	272	(9.3)	142	(6.7)	12.7	(0.57)	74.4	(2.78)	26.3	(1.10)	26.9	(1.15)	14.6	(0.54)
12 - 19.....	379	2025	(81.2)	71.1	(3.54)	269	(8.1)	132	(3.7)	13.5	(0.96)	73.9	(4.23)	24.8	(1.40)	27.4	(1.72)	15.5	(0.94)
20 and over...	1830	2002	(37.6)	76.3	(1.76)	248	(4.3)	118	(3.3)	14.5	(0.66)	74.3	(1.90)	25.1	(0.75)	27.1	(0.69)	15.5	(0.45)
2 and over...	2882	1988	(31.9)	74.0	(1.48)	251	(3.4)	121	(2.7)	14.0	(0.55)	73.7	(1.61)	25.0	(0.64)	26.9	(0.60)	15.2	(0.37)
<b>\$25,000 - \$74,999:</b>																			
2 - 5.....	335	1473	(33.3)	52.4	(1.77)	203	(4.1)	109	(2.8)	10.6	(0.44)	52.5	(1.70)	19.6	(0.67)	18.9	(0.65)	9.5	(0.38)
6 - 11.....	462	1922	(49.5)	67.0	(2.67)	251	(6.4)	123	(4.0)	12.6	(0.60)	74.7	(2.29)	26.8	(1.05)	27.2	(0.78)	14.4	(0.52)
12 - 19.....	439	2212	(86.9)	79.9	(3.04)	290	(13.1)	134	(6.3)	14.8	(1.35)	82.8	(3.40)	28.2	(1.39)	30.7	(1.28)	16.8	(0.85)
20 and over...	2112	2115	(36.7)	80.8	(1.48)	254	(4.2)	116	(2.4)	15.7	(0.56)	80.9	(1.81)	26.7	(0.75)	29.9	(0.69)	17.3	(0.34)
2 and over...	3348	2071	(34.9)	77.9	(1.52)	255	(3.8)	118	(1.9)	15.1	(0.54)	78.9	(1.64)	26.4	(0.68)	29.1	(0.60)	16.5	(0.32)
<b>\$75,000 and higher:</b>																			
2 - 5.....	152	1480	(42.0)	52.4	(1.87)	200	(4.7)	107	(3.2)	11.2	(0.47)	54.7	(2.32)	20.3	(1.05)	19.4	(0.85)	10.1	(0.54)
6 - 11.....	221	1907	(40.4)	65.4	(2.55)	265	(8.2)	137	(6.6)	13.2	(0.40)	67.6	(2.35)	23.6	(0.92)	24.8	(0.98)	13.3	(0.48)
12 - 19.....	246	2128	(100.0)	80.7	(3.62)	276	(11.4)	136	(5.6)	13.1	(0.46)	80.1	(5.07)	28.5	(1.96)	29.4	(2.11)	15.3	(0.85)
20 and over...	1055	2235	(30.0)	87.0	(1.40)	266	(6.0)	120	(4.8)	17.3	(0.53)	86.2	(1.69)	28.4	(0.58)	31.9	(0.70)	18.5	(0.44)
2 and over...	1674	2150	(23.5)	82.4	(0.80)	263	(4.6)	123	(3.7)	16.0	(0.36)	82.0	(1.45)	27.5	(0.51)	30.3	(0.61)	17.2	(0.34)
<b>All Individuals<sup>2</sup>:</b>																			
2 - 5.....	832	1526	(24.9)	53.6	(1.33)	208	(2.6)	110	(1.4)	10.9	(0.31)	55.7	(1.36)	20.4	(0.56)	20.1	(0.49)	10.3	(0.30)
6 - 11.....	1121	1928	(27.8)	66.1	(1.57)	260	(4.5)	131	(3.1)	12.8	(0.26)	71.8	(1.26)	25.4	(0.62)	26.1	(0.47)	14.1	(0.24)
12 - 19.....	1156	2145	(32.9)	78.3	(1.30)	281	(4.2)	135	(2.8)	14.1	(0.53)	80.0	(1.76)	27.7	(0.64)	29.4	(0.80)	16.1	(0.44)
20 and over...	5420	2115	(29.7)	81.3	(1.26)	256	(3.0)	117	(2.5)	15.9	(0.50)	80.5	(1.47)	26.7	(0.54)	29.6	(0.56)	17.2	(0.32)
2 and over...	8529	2070	(24.5)	78.1	(1.08)	256	(2.5)	120	(1.9)	15.2	(0.44)	78.3	(1.20)	26.3	(0.46)	28.8	(0.45)	16.4	(0.27)

**Table 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	214	(11.0)	458	(18.6)	536	(20.1)	155	(23.7)	811	(114.6)	82	(12.7)	4336	(670.6)	536	(53.0)	1.39	(0.055)
6 - 11.....	222	(11.3)	486	(22.8)	575	(29.0)	204*	(70.4)	923	(192.6)	65	(7.8)	6227	(665.8)	591	(69.2)	1.49	(0.059)
12 - 19.....	221	(14.1)	400	(25.2)	508	(41.2)	244	(73.2)	1132	(235.0)	75	(21.0)	5416	(517.9)	785	(123.0)	1.46	(0.052)
20 and over...	280	(6.9)	401	(20.3)	562	(27.2)	314	(42.9)	1729	(172.2)	75	(7.0)	5116	(348.2)	1226	(131.5)	1.52	(0.038)
2 and over...	265	(5.3)	411	(16.6)	555	(23.2)	289	(39.8)	1545	(149.7)	74	(6.2)	5198	(332.9)	1086	(110.2)	1.50	(0.029)
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	182	(10.2)	451	(19.8)	579	(41.5)	313	(73.7)	1345	(326.1)	77	(19.5)	3708	(562.8)	1022*	(332.3)	1.18	(0.030)
6 - 11.....	226	(12.9)	455	(21.1)	549	(28.4)	210	(43.5)	986	(138.4)	68	(14.8)	4727	(548.0)	721	(81.6)	1.46	(0.046)
12 - 19.....	282	(14.5)	460	(26.5)	560	(31.6)	169	(27.3)	1072	(183.2)	49	(4.4)	5535	(1122.5)	870	(205.1)	1.74	(0.104)
20 and over...	296	(10.1)	430	(12.7)	608	(17.1)	365	(26.2)	1917	(130.0)	83	(11.6)	5680	(375.0)	1373	(130.7)	1.60	(0.040)
2 and over...	282	(9.1)	436	(12.3)	597	(16.3)	329	(23.5)	1718	(121.0)	78	(9.8)	5468	(419.2)	1246	(114.3)	1.58	(0.040)
<b>\$75,000 and higher:</b>																		
2 - 5.....	170	(15.8)	526	(44.4)	676	(52.7)	410	(116.5)	1549	(314.6)	75	(14.5)	3454	(639.1)	534	(22.8)	1.23	(0.049)
6 - 11.....	194	(12.8)	474	(19.7)	605	(20.8)	330	(88.6)	1379	(167.2)	78	(18.3)	4721	(574.6)	602	(34.0)	1.53	(0.056)
12 - 19.....	268	(15.9)	541	(31.2)	685	(39.7)	350	(71.6)	1510	(168.8)	66	(12.7)	4961	(717.5)	1042	(203.0)	1.70	(0.076)
20 and over...	301	(8.3)	455	(10.4)	671	(19.5)	399	(42.0)	2346	(177.2)	90	(15.9)	6190	(428.3)	1673	(139.1)	1.74	(0.055)
2 and over...	280	(8.3)	472	(10.9)	667	(17.6)	387	(37.2)	2109	(147.3)	85	(13.3)	5748	(313.1)	1434	(108.0)	1.69	(0.042)
<b>All Individuals<sup>2</sup>:</b>																		
2 - 5.....	184	(7.5)	468	(15.4)	590	(21.7)	302	(48.7)	1269	(161.0)	79	(9.4)	3732	(237.7)	746	(135.7)	1.24	(0.030)
6 - 11.....	213	(6.0)	463	(11.3)	567	(16.5)	246	(45.2)	1082	(113.1)	70	(9.6)	5028	(218.3)	634	(37.6)	1.48	(0.028)
12 - 19.....	262	(9.2)	487	(19.5)	604	(24.3)	247	(40.1)	1242	(130.6)	62	(9.4)	5497	(500.4)	913	(120.1)	1.67	(0.029)
20 and over...	292	(6.2)	428	(11.2)	613	(16.2)	365	(27.0)	1993	(120.9)	82	(7.4)	5650	(190.1)	1418	(90.7)	1.62	(0.033)
2 and over...	276	(5.4)	440	(10.0)	607	(15.1)	338	(25.2)	1790	(105.6)	78	(7.1)	5472	(186.3)	1257	(77.2)	1.59	(0.027)

**Table 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Ribo- flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	1.96	(0.068)	17.2	(0.68)	1.53	(0.064)	200	(11.9)	131	(4.4)	471	(23.3)	231	(7.7)	4.65	(0.220)	1.13	(0.100)
6 - 11.....	2.01	(0.074)	19.8	(0.79)	1.65	(0.084)	210	(16.8)	144	(6.1)	501	(32.2)	241	(7.8)	5.30	(0.213)	1.10	(0.149)
12 - 19.....	1.91	(0.097)	23.4	(1.15)	1.83	(0.090)	204	(12.7)	165	(11.3)	512	(25.7)	247	(14.6)	4.65	(0.299)	1.14	(0.138)
20 and over...	2.09	(0.069)	23.2	(0.53)	1.86	(0.059)	180	(7.0)	196	(7.5)	502	(18.1)	305	(7.1)	5.02	(0.177)	0.91	(0.082)
2 and over...	2.06	(0.058)	22.6	(0.46)	1.82	(0.049)	186	(5.0)	185	(6.1)	501	(13.5)	289	(6.2)	4.98	(0.145)	0.96	(0.065)
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	1.84	(0.060)	14.3	(0.34)	1.36	(0.040)	163	(13.1)	127	(7.2)	405	(26.4)	213	(7.2)	4.31	(0.185)	0.75	(0.080)
6 - 11.....	2.00	(0.082)	20.4	(1.10)	1.65	(0.103)	212	(11.6)	143	(7.1)	503	(21.2)	237	(8.3)	4.86	(0.289)	1.09	(0.161)
12 - 19.....	2.28	(0.151)	26.4	(1.69)	2.05	(0.170)	220	(8.9)	183	(14.3)	557	(24.8)	282	(11.5)	5.78	(0.377)	1.38	(0.285)
20 and over...	2.19	(0.053)	24.9	(0.56)	1.97	(0.038)	191	(6.0)	211	(6.5)	535	(15.7)	325	(7.7)	5.34	(0.174)	0.88	(0.042)
2 and over...	2.16	(0.059)	24.1	(0.64)	1.91	(0.055)	194	(4.4)	197	(5.9)	527	(11.8)	306	(7.3)	5.28	(0.165)	0.94	(0.060)
<b>\$75,000 and higher:</b>																		
2 - 5.....	1.92	(0.079)	14.7	(0.65)	1.35	(0.063)	164	(12.6)	120	(4.0)	400	(23.2)	207	(11.1)	4.25	(0.265)	0.85	(0.143)
6 - 11.....	1.97	(0.076)	20.5	(0.91)	1.68	(0.065)	210	(7.3)	139	(4.4)	496	(13.0)	238	(10.1)	4.76	(0.223)	1.08	(0.141)
12 - 19.....	2.23	(0.081)	24.3	(1.01)	1.96	(0.069)	240	(17.4)	178	(8.1)	586	(31.4)	285	(11.9)	5.62	(0.201)	1.24	(0.179)
20 and over...	2.31	(0.038)	26.4	(0.38)	2.10	(0.044)	197	(6.8)	230	(7.2)	564	(14.0)	343	(6.3)	5.50	(0.139)	1.00	(0.093)
2 and over...	2.25	(0.035)	24.9	(0.28)	2.00	(0.035)	202	(5.8)	209	(5.1)	552	(10.7)	318	(5.4)	5.38	(0.107)	1.03	(0.066)
<b>All Individuals<sup>2</sup>:</b>																		
2 - 5.....	1.87	(0.048)	15.1	(0.33)	1.39	(0.030)	170	(8.1)	126	(3.5)	415	(15.9)	213	(5.9)	4.32	(0.168)	0.86	(0.068)
6 - 11.....	1.98	(0.047)	20.2	(0.53)	1.65	(0.050)	210	(5.6)	141	(2.8)	499	(10.0)	237	(4.4)	4.85	(0.177)	1.06	(0.084)
12 - 19.....	2.19	(0.055)	24.9	(0.68)	1.96	(0.069)	226	(8.1)	176	(6.3)	560	(13.9)	275	(7.6)	5.42	(0.153)	1.27	(0.102)
20 and over...	2.19	(0.045)	24.9	(0.37)	1.97	(0.035)	188	(4.7)	213	(6.2)	534	(13.1)	324	(5.8)	5.26	(0.140)	0.91	(0.038)
2 and over...	2.16	(0.042)	23.9	(0.34)	1.91	(0.037)	193	(3.5)	198	(5.1)	527	(9.9)	305	(5.3)	5.19	(0.118)	0.96	(0.034)

**Table 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																
2 - 5.....	124.3	(7.79)	6.4	(0.36)	5.1	(0.23)	0.5*	(0.20)	37.9	(2.24)	974	(33.8)	1086	(32.0)	199	(5.3)
6 - 11.....	92.7	(6.71)	5.5	(0.20)	6.0	(0.26)	0.3	(0.07)	47.8	(3.97)	1002	(50.6)	1195	(43.2)	216	(7.6)
12 - 19.....	85.7	(9.98)	3.9	(0.39)	6.4	(0.57)	0.4*	(0.11)	66.4	(10.15)	882	(48.2)	1167	(58.1)	233	(14.3)
20 and over...	82.6	(7.05)	4.2	(0.23)	6.5	(0.29)	0.4	(0.07)	87.8	(7.03)	881	(33.6)	1243	(32.7)	269	(8.6)
2 and over...	86.1	(6.23)	4.4	(0.20)	6.4	(0.24)	0.4	(0.05)	79.4	(6.07)	896	(28.8)	1222	(28.0)	257	(7.3)
<b>\$25,000 - \$74,999:</b>																
2 - 5.....	82.1	(6.23)	6.1	(0.39)	4.3	(0.18)	0.2*	(0.08)	59.7	(13.44)	955	(51.1)	1041	(34.9)	190	(7.4)
6 - 11.....	67.8	(5.53)	5.0	(0.22)	5.9	(0.38)	0.4*	(0.19)	49.3	(4.17)	965	(49.1)	1196	(47.0)	213	(5.7)
12 - 19.....	78.3	(4.70)	4.8	(0.26)	6.9	(0.66)	0.6*	(0.22)	61.9	(9.14)	1023	(66.1)	1351	(61.9)	259	(14.4)
20 and over...	79.4	(4.13)	4.2	(0.15)	7.6	(0.27)	0.6	(0.07)	96.2	(6.41)	922	(25.6)	1322	(28.8)	288	(7.6)
2 and over...	78.5	(3.46)	4.5	(0.12)	7.2	(0.24)	0.5	(0.08)	86.6	(5.54)	938	(25.9)	1298	(29.4)	273	(7.3)
<b>\$75,000 and higher:</b>																
2 - 5.....	89.7	(8.84)	6.9	(0.44)	4.2	(0.14)	0.2	(0.05)	45.1	(4.48)	1070	(56.3)	1092	(39.1)	196	(5.2)
6 - 11.....	87.9	(5.01)	4.9	(0.32)	6.2	(0.26)	0.5*	(0.23)	54.8	(3.26)	940	(40.4)	1181	(33.2)	220	(4.9)
12 - 19.....	76.1	(7.22)	5.3	(0.38)	7.2	(0.37)	0.7*	(0.22)	74.6	(9.31)	1111	(43.2)	1385	(47.0)	254	(8.6)
20 and over...	92.6	(4.50)	4.7	(0.18)	8.3	(0.28)	0.6	(0.10)	113.2	(7.77)	994	(29.5)	1413	(25.7)	323	(7.4)
2 and over...	89.9	(3.96)	4.9	(0.15)	7.8	(0.22)	0.6	(0.11)	99.3	(6.03)	1009	(22.7)	1371	(18.4)	298	(5.2)
<b>All Individuals<sup>2</sup>:</b>																
2 - 5.....	96.2	(4.00)	6.3	(0.25)	4.5	(0.11)	0.3	(0.06)	49.4	(5.98)	985	(34.2)	1059	(26.6)	193	(4.5)
6 - 11.....	80.9	(4.53)	5.0	(0.17)	6.0	(0.20)	0.4	(0.10)	50.2	(2.47)	956	(30.1)	1184	(23.8)	215	(2.8)
12 - 19.....	80.3	(4.03)	4.8	(0.24)	6.9	(0.22)	0.5	(0.04)	67.8	(5.84)	1027	(33.0)	1323	(27.2)	253	(6.9)
20 and over...	84.2	(3.94)	4.4	(0.12)	7.5	(0.23)	0.5	(0.04)	99.4	(4.99)	929	(22.7)	1324	(23.6)	294	(7.1)
2 and over...	84.2	(3.49)	4.6	(0.11)	7.2	(0.19)	0.5	(0.04)	88.9	(4.24)	946	(20.2)	1297	(21.2)	277	(6.1)

**Table 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium <sup>†</sup> (adjusted)		Caffeine		Theobromine		Alcohol <sup>‡</sup>	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	12.4	(0.57)	9.4	(0.44)	0.9	(0.02)	77.7	(2.58)	2076	(61.5)	2457	(86.3)	11.6	(2.26)	37.6	(5.68)	--	--
6 - 11.....	13.9	(0.65)	10.8	(0.54)	1.0	(0.04)	89.1	(3.06)	2173	(69.5)	2976	(125.5)	21.8	(2.77)	60.5	(7.17)	--	--
12 - 19.....	13.6	(0.43)	10.3	(0.39)	1.1	(0.06)	93.0	(4.32)	2136	(124.3)	3214	(145.3)	66.7	(5.52)	42.7	(7.83)	--	--
20 and over...	13.9	(0.36)	11.1	(0.35)	1.2	(0.04)	102.5	(2.18)	2442	(64.7)	3151	(78.5)	177.0	(20.25)	35.3	(2.01)	8.5	(1.01)
2 and over...	13.8	(0.28)	10.9	(0.28)	1.2	(0.03)	99.0	(1.69)	2365	(59.1)	3107	(63.9)	142.7	(16.20)	38.3	(1.75)	--	--
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	10.5	(0.47)	8.0	(0.29)	0.8	(0.03)	67.4	(1.77)	1949	(68.5)	2204	(65.9)	9.4	(1.37)	47.2	(4.33)	--	--
6 - 11.....	13.3	(0.36)	10.1	(0.32)	1.0	(0.03)	88.0	(3.86)	1985	(64.1)	3059	(96.6)	30.5	(5.49)	49.8	(4.40)	--	--
12 - 19.....	16.1	(0.80)	11.6	(0.58)	1.2	(0.06)	112.9	(4.67)	2301	(128.2)	3681	(202.1)	78.0	(14.56)	46.8	(5.82)	--	--
20 and over...	15.1	(0.36)	12.1	(0.43)	1.3	(0.04)	108.7	(2.43)	2607	(58.5)	3479	(79.2)	179.5	(11.38)	37.0	(2.20)	10.2	(0.70)
2 and over...	14.8	(0.32)	11.7	(0.35)	1.3	(0.03)	105.0	(2.35)	2485	(59.7)	3390	(81.1)	146.5	(9.71)	39.7	(1.75)	--	--
<b>\$75,000 and higher:</b>																		
2 - 5.....	10.8	(0.74)	7.9	(0.29)	0.9	(0.03)	68.4	(3.55)	1984	(48.7)	2150	(83.3)	4.3	(1.13)	42.6	(6.20)	--	--
6 - 11.....	13.7	(0.57)	10.4	(0.62)	1.1	(0.04)	86.2	(4.06)	2051	(45.1)	2878	(108.0)	21.6	(3.56)	63.1	(4.78)	--	--
12 - 19.....	14.9	(0.61)	11.9	(0.53)	1.1	(0.04)	105.8	(4.68)	2289	(79.8)	3511	(179.2)	57.4	(6.32)	43.5	(4.60)	--	--
20 and over...	16.3	(0.30)	12.9	(0.29)	1.5	(0.04)	117.0	(2.27)	2850	(57.5)	3670	(80.3)	201.5	(6.58)	50.2	(3.06)	11.4	(1.21)
2 and over...	15.6	(0.21)	12.2	(0.18)	1.4	(0.03)	110.1	(1.29)	2659	(41.0)	3493	(55.8)	156.1	(5.37)	50.0	(2.38)	--	--
<b>All Individuals<sup>2</sup>:</b>																		
2 - 5.....	11.0	(0.39)	8.3	(0.22)	0.9	(0.02)	69.8	(1.90)	1984	(37.3)	2230	(45.1)	8.3	(1.01)	43.3	(2.57)	--	--
6 - 11.....	13.5	(0.27)	10.3	(0.33)	1.0	(0.01)	87.4	(1.89)	2053	(37.7)	2933	(71.4)	24.2	(3.05)	56.1	(3.16)	--	--
12 - 19.....	15.2	(0.32)	11.4	(0.22)	1.2	(0.03)	106.9	(2.39)	2275	(66.1)	3505	(100.9)	67.1	(6.57)	45.0	(2.90)	--	--
20 and over...	15.1	(0.33)	12.0	(0.27)	1.3	(0.03)	109.2	(1.80)	2637	(49.7)	3430	(57.7)	186.0	(9.22)	40.9	(1.91)	10.1	(0.74)
2 and over...	14.7	(0.26)	11.6	(0.22)	1.3	(0.03)	104.9	(1.51)	2509	(46.2)	3330	(52.1)	148.8	(7.44)	42.8	(1.57)	--	--

**Table 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	SFA 4:0 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	0.57 (0.022)	0.36 (0.014)	0.36 (0.038)	0.51 (0.025)	0.64 (0.038)	2.15 (0.078)	12.11 (0.302)	5.72 (0.136)
6 - 11.....	0.66 (0.039)	0.35 (0.015)	0.30 (0.015)	0.52 (0.022)	0.73 (0.049)	2.45 (0.134)	13.91 (0.572)	6.63 (0.313)
12 - 19.....	0.56 (0.039)	0.29 (0.024)	0.25 (0.028)	0.43 (0.034)	0.68 (0.083)	2.11 (0.140)	13.43 (0.739)	6.37 (0.380)
20 and over...	0.56 (0.026)	0.30 (0.014)	0.25 (0.011)	0.44 (0.020)	0.72 (0.041)	2.15 (0.091)	13.46 (0.366)	6.43 (0.185)
2 and over...	0.57 (0.022)	0.31 (0.012)	0.26 (0.011)	0.45 (0.018)	0.71 (0.035)	2.17 (0.078)	13.42 (0.312)	6.40 (0.159)
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	0.55 (0.031)	0.32 (0.014)	0.27 (0.015)	0.44 (0.020)	0.69 (0.038)	1.95 (0.083)	10.07 (0.332)	4.79 (0.171)
6 - 11.....	0.69 (0.065)	0.36 (0.026)	0.29 (0.017)	0.52 (0.035)	0.77 (0.047)	2.48 (0.167)	14.09 (0.472)	6.73 (0.225)
12 - 19.....	0.65 (0.060)	0.33 (0.033)	0.28 (0.021)	0.49 (0.038)	0.80 (0.069)	2.43 (0.184)	15.06 (0.694)	7.36 (0.353)
20 and over...	0.57 (0.024)	0.29 (0.012)	0.25 (0.011)	0.45 (0.018)	0.77 (0.056)	2.24 (0.092)	14.38 (0.363)	6.90 (0.178)
2 and over...	0.59 (0.024)	0.30 (0.012)	0.26 (0.010)	0.46 (0.017)	0.77 (0.042)	2.26 (0.086)	14.17 (0.324)	6.81 (0.161)
<b>\$75,000 and higher:</b>								
2 - 5.....	0.58 (0.040)	0.33 (0.021)	0.29 (0.027)	0.46 (0.037)	0.64 (0.110)	2.04 (0.150)	10.41 (0.462)	4.95 (0.264)
6 - 11.....	0.56 (0.038)	0.29 (0.017)	0.25 (0.022)	0.45 (0.032)	0.78 (0.099)	2.11 (0.131)	12.29 (0.468)	6.07 (0.199)
12 - 19.....	0.70 (0.046)	0.34 (0.032)	0.29 (0.028)	0.54 (0.041)	0.95 (0.117)	2.61 (0.191)	14.91 (1.015)	7.24 (0.514)
20 and over...	0.63 (0.024)	0.32 (0.011)	0.26 (0.008)	0.49 (0.014)	0.81 (0.039)	2.39 (0.067)	15.24 (0.298)	7.34 (0.158)
2 and over...	0.63 (0.018)	0.32 (0.009)	0.26 (0.007)	0.49 (0.012)	0.82 (0.038)	2.37 (0.057)	14.66 (0.263)	7.08 (0.125)
<b>All Individuals<sup>2</sup>:</b>								
2 - 5.....	0.55 (0.023)	0.33 (0.011)	0.29 (0.016)	0.46 (0.019)	0.65 (0.032)	1.99 (0.070)	10.58 (0.265)	5.02 (0.149)
6 - 11.....	0.63 (0.035)	0.33 (0.015)	0.28 (0.014)	0.49 (0.023)	0.78 (0.053)	2.33 (0.101)	13.33 (0.299)	6.43 (0.129)
12 - 19.....	0.66 (0.028)	0.33 (0.018)	0.28 (0.013)	0.50 (0.019)	0.82 (0.035)	2.44 (0.076)	14.70 (0.322)	7.10 (0.182)
20 and over...	0.58 (0.018)	0.30 (0.009)	0.25 (0.007)	0.46 (0.013)	0.78 (0.029)	2.25 (0.062)	14.35 (0.278)	6.89 (0.135)
2 and over...	0.59 (0.016)	0.31 (0.009)	0.26 (0.006)	0.46 (0.011)	0.77 (0.024)	2.26 (0.054)	14.09 (0.229)	6.77 (0.111)



**Table 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	MFA 16:1 g (SE)	MFA 18:1 g (SE)	MFA 20:1 g (SE)	MFA 22:1 g (SE)	PFA 18:2 g (SE)	PFA 18:3 g (SE)	PFA 18:4 g (SE)
<b>\$0 - \$24,999:</b>							
2 - 5.....	0.97 (0.044)	22.00 (0.467)	0.17 (0.006)	0.02 (0.002)	10.52 (0.234)	0.96 (0.035)	0.01 (0.001)
6 - 11.....	1.14 (0.061)	25.10 (1.074)	0.20 (0.012)	0.03 (0.006)	13.13 (0.499)	1.13 (0.037)	0.02 (0.003)
12 - 19.....	1.15 (0.064)	25.63 (1.648)	0.22 (0.015)	0.03 (0.007)	13.87 (0.854)	1.22 (0.079)	0.02 (0.004)
20 and over...	1.18 (0.033)	25.29 (0.642)	0.22 (0.006)	0.03 (0.002)	13.70 (0.405)	1.38 (0.039)	0.02 (0.001)
2 and over...	1.16 (0.026)	25.13 (0.564)	0.22 (0.005)	0.03 (0.002)	13.50 (0.330)	1.32 (0.034)	0.02 (0.001)
<b>\$25,000 - \$74,999:</b>							
2 - 5.....	0.75 (0.034)	17.74 (0.607)	0.14 (0.007)	0.02 (0.002)	8.48 (0.349)	0.81 (0.036)	0.02 (0.004)
6 - 11.....	1.17 (0.059)	25.45 (0.712)	0.21 (0.009)	0.03 (0.004)	12.86 (0.481)	1.16 (0.049)	0.02 (0.003)
12 - 19.....	1.26 (0.063)	28.70 (1.229)	0.23 (0.015)	0.04 (0.008)	14.99 (0.747)	1.32 (0.101)	0.03 (0.002)
20 and over...	1.29 (0.032)	27.92 (0.639)	0.25 (0.007)	0.04 (0.005)	15.23 (0.303)	1.51 (0.045)	0.02 (0.001)
2 and over...	1.24 (0.031)	27.19 (0.553)	0.24 (0.006)	0.04 (0.004)	14.61 (0.280)	1.42 (0.040)	0.02 (0.001)
<b>\$75,000 and higher:</b>							
2 - 5.....	0.78 (0.041)	18.13 (0.800)	0.15 (0.010)	0.02 (0.006)	9.00 (0.487)	0.88 (0.047)	0.01 (0.002)
6 - 11.....	0.98 (0.056)	23.24 (0.912)	0.20 (0.015)	0.03 (0.005)	11.94 (0.431)	1.04 (0.045)	0.02 (0.004)
12 - 19.....	1.22 (0.115)	27.51 (1.959)	0.22 (0.022)	0.02 (0.004)	13.57 (0.779)	1.27 (0.073)	0.03 (0.005)
20 and over...	1.35 (0.038)	29.85 (0.650)	0.26 (0.007)	0.05 (0.005)	16.35 (0.382)	1.61 (0.050)	0.02 (0.002)
2 and over...	1.27 (0.032)	28.30 (0.566)	0.25 (0.006)	0.04 (0.003)	15.19 (0.302)	1.47 (0.034)	0.02 (0.002)
<b>All Individuals<sup>2</sup>:</b>							
2 - 5.....	0.81 (0.021)	18.85 (0.464)	0.15 (0.005)	0.02 (0.002)	9.21 (0.267)	0.87 (0.027)	0.01 (0.002)
6 - 11.....	1.09 (0.032)	24.45 (0.436)	0.20 (0.007)	0.03 (0.002)	12.59 (0.232)	1.10 (0.024)	0.02 (0.002)
12 - 19.....	1.22 (0.029)	27.56 (0.758)	0.22 (0.009)	0.03 (0.003)	14.29 (0.402)	1.29 (0.040)	0.03 (0.002)
20 and over...	1.27 (0.023)	27.68 (0.519)	0.25 (0.005)	0.04 (0.003)	15.15 (0.285)	1.50 (0.034)	0.02 (0.001)
2 and over...	1.22 (0.018)	26.90 (0.416)	0.23 (0.003)	0.04 (0.002)	14.50 (0.240)	1.40 (0.027)	0.02 (0.001)

**Table 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
<b>\$0 - \$24,999:</b>				
2 - 5.....	0.08 (0.006)	0.01 (0.002)	0.01 (0.001)	0.03 (0.004)
6 - 11.....	0.09 (0.006)	0.02* (0.010)	0.01 (0.001)	0.04* (0.014)
12 - 19.....	0.11 (0.008)	0.03* (0.008)	0.01 (0.001)	0.05 (0.011)
20 and over...	0.13 (0.004)	0.04 (0.003)	0.02 (0.001)	0.07 (0.004)
2 and over...	0.12 (0.003)	0.03 (0.003)	0.01 (0.001)	0.06 (0.004)
<b>\$25,000 - \$74,999:</b>				
2 - 5.....	0.07 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.003)
6 - 11.....	0.09 (0.007)	0.01 (0.004)	0.01 (0.002)	0.03 (0.005)
12 - 19.....	0.13 (0.008)	0.02 (0.003)	0.01 (0.002)	0.05 (0.006)
20 and over...	0.14 (0.004)	0.04 (0.004)	0.02 (0.001)	0.07 (0.006)
2 and over...	0.13 (0.004)	0.03 (0.003)	0.02 (0.001)	0.06 (0.005)
<b>\$75,000 and higher:</b>				
2 - 5.....	0.06 (0.008)	0.01 (0.003)	#	0.02* (0.007)
6 - 11.....	0.08 (0.008)	0.01 (0.003)	0.01 (0.001)	0.03 (0.005)
12 - 19.....	0.12 (0.013)	0.02 (0.005)	0.01 (0.003)	0.04 (0.008)
20 and over...	0.15 (0.005)	0.06 (0.011)	0.02 (0.002)	0.10 (0.013)
2 and over...	0.13 (0.005)	0.05 (0.008)	0.02 (0.002)	0.08 (0.010)
<b>All Individuals<sup>2</sup>:</b>				
2 - 5.....	0.07 (0.003)	0.01 (0.001)	0.01 (#)	0.02 (0.002)
6 - 11.....	0.09 (0.003)	0.02 (0.002)	0.01 (0.001)	0.03 (0.003)
12 - 19.....	0.12 (0.005)	0.02 (0.002)	0.01 (0.001)	0.04 (0.003)
20 and over...	0.14 (0.003)	0.04 (0.003)	0.02 (0.001)	0.08 (0.004)
2 and over...	0.13 (0.002)	0.04 (0.002)	0.02 (0.001)	0.07 (0.003)

### Symbol Legend

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

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 2.16.

# Indicates a non-zero value too small to report.

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

### Footnotes

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

<sup>2</sup> Includes persons of all income levels or with unknown family income.

<sup>3</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented due to extreme variability and/or inadequate sample size.

### Abbreviations

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

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 4. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>, by Family Income (as % of Federal Poverty Threshold<sup>2</sup>) and Age, in the United States, 2007-2008

Family income as % of Federal poverty threshold and age (years)	Sample size	Food energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>																			
2 - 5.....	386	1666	(27.8)	58.0	(1.74)	224	(4.0)	117	(2.6)	11.3	(0.48)	62.1	(1.23)	22.6	(0.53)	22.6	(0.43)	11.4	(0.24)
6 - 11.....	468	1954	(51.2)	65.8	(1.92)	264	(7.9)	136	(6.2)	13.0	(0.67)	73.2	(2.20)	26.0	(0.88)	26.5	(0.91)	14.3	(0.50)
12 - 19.....	450	2083	(76.7)	72.6	(3.33)	280	(9.9)	140	(6.6)	13.7	(1.01)	75.1	(3.54)	25.7	(1.30)	27.6	(1.33)	15.6	(0.75)
20 and over...	1506	2027	(35.9)	76.2	(1.48)	254	(3.5)	122	(4.6)	14.3	(0.71)	74.4	(2.07)	24.9	(0.85)	27.4	(0.82)	15.5	(0.42)
2 and over...	2810	1999	(29.4)	73.0	(1.20)	256	(3.3)	126	(3.5)	13.8	(0.65)	73.4	(1.50)	25.0	(0.63)	26.9	(0.59)	15.1	(0.32)
<b>131-185% poverty:</b>																			
2 - 5.....	90	1462	(68.7)	52.1	(2.74)	204	(8.8)	107	(7.2)	10.7	(0.77)	50.9	(3.47)	18.5	(1.46)	18.6	(1.25)	9.3	(0.57)
6 - 11.....	138	2142	(170.5)	79.5	(9.36)	265	(14.3)	122	(10.5)	13.1	(1.10)	86.8	(10.24)	31.0	(4.94)	32.7	(3.61)	16.0	(1.21)
12 - 19.....	129	2174	(86.3)	85.0	(3.15)	277	(13.4)	130	(7.0)	12.7	(0.83)	83.0	(4.04)	28.4	(1.57)	30.3	(1.58)	16.9	(1.21)
20 and over...	694	2017	(61.3)	78.4	(2.75)	243	(6.1)	112	(3.6)	14.9	(0.72)	76.9	(3.41)	25.5	(1.16)	28.3	(1.29)	16.2	(0.80)
2 and over...	1051	2012	(45.5)	77.6	(2.25)	246	(5.1)	114	(2.8)	14.2	(0.49)	76.9	(2.63)	25.9	(0.97)	28.4	(1.00)	15.9	(0.60)
<b>Over 185% poverty:</b>																			
2 - 5.....	298	1462	(29.9)	51.7	(1.46)	199	(3.5)	108	(2.3)	10.7	(0.44)	53.2	(1.78)	19.9	(0.73)	18.9	(0.66)	9.8	(0.43)
6 - 11.....	446	1886	(32.3)	63.7	(1.68)	259	(6.3)	132	(4.9)	12.7	(0.32)	68.8	(1.99)	24.2	(0.73)	24.9	(0.76)	13.6	(0.49)
12 - 19.....	473	2153	(76.0)	79.6	(2.62)	279	(9.5)	132	(4.9)	14.2	(0.78)	81.5	(3.77)	28.3	(1.31)	30.3	(1.76)	16.0	(0.64)
20 and over...	2735	2168	(25.5)	83.8	(1.18)	259	(3.3)	117	(2.9)	16.5	(0.45)	83.4	(1.36)	27.6	(0.51)	30.8	(0.55)	17.9	(0.31)
2 and over...	3952	2112	(22.7)	80.3	(0.97)	258	(3.1)	119	(2.5)	15.7	(0.39)	80.7	(1.18)	27.0	(0.45)	29.7	(0.45)	17.0	(0.27)
<b>All Individuals<sup>3</sup>:</b>																			
2 - 5.....	832	1526	(24.9)	53.6	(1.33)	208	(2.6)	110	(1.4)	10.9	(0.31)	55.7	(1.36)	20.4	(0.56)	20.1	(0.49)	10.3	(0.30)
6 - 11.....	1121	1928	(27.8)	66.1	(1.57)	260	(4.5)	131	(3.1)	12.8	(0.26)	71.8	(1.26)	25.4	(0.62)	26.1	(0.47)	14.1	(0.24)
12 - 19.....	1156	2145	(32.9)	78.3	(1.30)	281	(4.2)	135	(2.8)	14.1	(0.53)	80.0	(1.76)	27.7	(0.64)	29.4	(0.80)	16.1	(0.44)
20 and over...	5420	2115	(29.7)	81.3	(1.26)	256	(3.0)	117	(2.5)	15.9	(0.50)	80.5	(1.47)	26.7	(0.54)	29.6	(0.56)	17.2	(0.32)
2 and over...	8529	2070	(24.5)	78.1	(1.08)	256	(2.5)	120	(1.9)	15.2	(0.44)	78.3	(1.20)	26.3	(0.46)	28.8	(0.45)	16.4	(0.27)

**Table 4. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>, by Family Income (as % of Federal Poverty Threshold<sup>2</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-cryptoxanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 5.....	215	(9.4)	463	(14.0)	558	(18.1)	231	(38.3)	982	(134.3)	82	(9.8)	4158	(541.3)	617	(54.9)	1.36	(0.044)
6 - 11.....	225	(9.8)	485	(17.6)	582	(24.9)	230	(62.6)	1016	(175.0)	63	(7.4)	5696	(643.0)	652	(68.8)	1.47	(0.060)
12 - 19.....	233	(14.9)	428	(27.3)	541	(41.8)	269	(69.4)	1179	(230.5)	68	(15.1)	4875	(469.1)	805	(145.1)	1.52	(0.047)
20 and over...	285	(9.5)	389	(21.1)	534	(25.4)	289	(34.7)	1559	(162.3)	75	(8.4)	4884	(340.6)	1109	(139.7)	1.49	(0.039)
2 and over...	264	(6.5)	411	(16.0)	542	(20.3)	274	(31.0)	1393	(132.3)	73	(6.4)	4915	(282.6)	971	(107.7)	1.48	(0.032)
<b>131-185% poverty:</b>																		
2 - 5.....	219	(32.1)	421	(30.7)	556	(60.1)	400*	(159.5)	1400*	(490.4)	54	(12.8)	3496*	(1286.8)	928*	(321.1)	1.18	(0.062)
6 - 11.....	273	(45.8)	499	(67.8)	597	(81.6)	216*	(83.3)	1032	(228.7)	61	(16.5)	3881	(652.9)	863	(208.6)	1.63	(0.135)
12 - 19.....	332	(38.7)	406	(25.3)	495	(40.3)	120	(32.7)	964	(222.0)	51	(9.1)	7616*	(2454.5)	906	(199.5)	1.70	(0.146)
20 and over...	299	(15.5)	397	(20.6)	573	(21.4)	342	(69.2)	1897	(207.4)	76	(5.7)	5742	(625.6)	1427	(194.7)	1.57	(0.050)
2 and over...	295	(13.5)	408	(18.6)	566	(17.7)	311	(51.1)	1696	(168.0)	71	(4.7)	5647	(772.7)	1295	(157.3)	1.57	(0.045)
<b>Over 185% poverty:</b>																		
2 - 5.....	161	(9.4)	494	(27.5)	629	(36.7)	327	(68.2)	1417	(219.1)	80	(16.5)	3551	(391.6)	789	(213.5)	1.19	(0.030)
6 - 11.....	196	(9.3)	455	(14.9)	566	(25.8)	265	(70.2)	1162	(165.8)	76	(18.4)	5096	(480.8)	597	(36.7)	1.47	(0.027)
12 - 19.....	265	(12.5)	509	(21.7)	635	(29.0)	269	(54.0)	1335	(150.7)	61	(11.0)	5166	(607.2)	972	(162.3)	1.71	(0.058)
20 and over...	296	(6.4)	448	(10.1)	647	(18.1)	387	(27.5)	2145	(136.0)	87	(12.0)	5925	(195.0)	1524	(110.4)	1.68	(0.038)
2 and over...	279	(5.3)	457	(9.9)	639	(16.6)	363	(26.2)	1957	(116.3)	83	(11.2)	5672	(170.4)	1366	(91.7)	1.64	(0.032)
<b>All Individuals<sup>3</sup>:</b>																		
2 - 5.....	184	(7.5)	468	(15.4)	590	(21.7)	302	(48.7)	1269	(161.0)	79	(9.4)	3732	(237.7)	746	(135.7)	1.24	(0.030)
6 - 11.....	213	(6.0)	463	(11.3)	567	(16.5)	246	(45.2)	1082	(113.1)	70	(9.6)	5028	(218.3)	634	(37.6)	1.48	(0.028)
12 - 19.....	262	(9.2)	487	(19.5)	604	(24.3)	247	(40.1)	1242	(130.6)	62	(9.4)	5497	(500.4)	913	(120.1)	1.67	(0.029)
20 and over...	292	(6.2)	428	(11.2)	613	(16.2)	365	(27.0)	1993	(120.9)	82	(7.4)	5650	(190.1)	1418	(90.7)	1.62	(0.033)
2 and over...	276	(5.4)	440	(10.0)	607	(15.1)	338	(25.2)	1790	(105.6)	78	(7.1)	5472	(186.3)	1257	(77.2)	1.59	(0.027)

**Table 4. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (as % of Federal Poverty Threshold<sup>2</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Ribo- flavin mg (SE)	Niacin mg (SE)	Vitamin B6 mg (SE)	Folic acid µg (SE)	Food folate µg (SE)	Folate (DFE) µg (SE)	Choline mg (SE)	Vitamin B12 µg (SE)	Added Vitamin B12 µg (SE)
<b>Under 131% poverty:</b>									
2 - 5.....	1.96 (0.056)	16.8 (0.44)	1.51 (0.046)	194 (9.5)	134 (4.4)	464 (18.2)	231 (7.1)	4.71 (0.189)	1.04 (0.067)
6 - 11.....	2.01 (0.059)	19.8 (0.69)	1.64 (0.075)	208 (15.2)	143 (5.5)	496 (29.6)	241 (6.0)	5.21 (0.194)	1.16 (0.123)
12 - 19.....	2.03 (0.103)	24.1 (1.11)	1.92 (0.093)	211 (11.2)	168 (10.5)	527 (23.2)	256 (14.2)	5.07 (0.306)	1.32 (0.135)
20 and over...	2.03 (0.086)	23.1 (0.55)	1.83 (0.056)	175 (6.7)	190 (7.9)	488 (17.5)	303 (8.7)	4.98 (0.183)	0.90 (0.111)
2 and over...	2.03 (0.066)	22.4 (0.46)	1.80 (0.047)	186 (5.6)	177 (6.4)	493 (14.7)	283 (6.7)	5.00 (0.133)	1.00 (0.078)
<b>131-185% poverty:</b>									
2 - 5.....	1.79 (0.098)	14.2 (0.85)	1.29 (0.082)	196 (31.0)	121 (8.6)	455 (54.3)	223 (20.1)	3.93 (0.254)	0.60 (0.109)
6 - 11.....	2.21 (0.177)	23.3 (2.19)	1.88 (0.184)	205 (15.9)	171 (20.2)	519 (39.6)	263 (24.1)	5.48 (0.478)	1.29 (0.303)
12 - 19.....	2.35 (0.362)	28.1 (3.98)	2.04 (0.451)	218 (18.6)	172 (13.2)	542 (35.3)	303 (20.8)	5.71 (0.951)	1.50*(0.923)
20 and over...	2.11 (0.051)	23.7 (0.66)	1.85 (0.062)	183 (8.6)	204 (6.9)	515 (16.6)	317 (10.3)	4.93 (0.184)	0.85 (0.086)
2 and over...	2.13 (0.057)	23.5 (0.92)	1.84 (0.098)	189 (7.6)	193 (6.0)	515 (15.1)	305 (8.3)	5.00 (0.187)	0.94 (0.121)
<b>Over 185% poverty:</b>									
2 - 5.....	1.87 (0.061)	14.3 (0.38)	1.34 (0.040)	153 (9.9)	122 (5.8)	382 (20.0)	203 (7.5)	4.25 (0.240)	0.83 (0.119)
6 - 11.....	1.94 (0.050)	19.9 (0.68)	1.63 (0.057)	215 (8.3)	134 (4.2)	499 (14.5)	230 (6.9)	4.66 (0.169)	1.00 (0.099)
12 - 19.....	2.21 (0.074)	24.7 (0.80)	1.98 (0.070)	231 (14.4)	182 (8.0)	575 (27.4)	279 (9.7)	5.57 (0.183)	1.19 (0.096)
20 and over...	2.26 (0.037)	25.6 (0.31)	2.04 (0.030)	196 (5.2)	221 (6.2)	553 (13.0)	333 (5.4)	5.44 (0.167)	0.95 (0.040)
2 and over...	2.21 (0.037)	24.6 (0.27)	1.97 (0.030)	198 (4.4)	206 (5.0)	543 (10.1)	314 (4.7)	5.34 (0.142)	0.97 (0.037)
<b>All Individuals<sup>3</sup>:</b>									
2 - 5.....	1.87 (0.048)	15.1 (0.33)	1.39 (0.030)	170 (8.1)	126 (3.5)	415 (15.9)	213 (5.9)	4.32 (0.168)	0.86 (0.068)
6 - 11.....	1.98 (0.047)	20.2 (0.53)	1.65 (0.050)	210 (5.6)	141 (2.8)	499 (10.0)	237 (4.4)	4.85 (0.177)	1.06 (0.084)
12 - 19.....	2.19 (0.055)	24.9 (0.68)	1.96 (0.069)	226 (8.1)	176 (6.3)	560 (13.9)	275 (7.6)	5.42 (0.153)	1.27 (0.102)
20 and over...	2.19 (0.045)	24.9 (0.37)	1.97 (0.035)	188 (4.7)	213 (6.2)	534 (13.1)	324 (5.8)	5.26 (0.140)	0.91 (0.038)
2 and over...	2.16 (0.042)	23.9 (0.34)	1.91 (0.037)	193 (3.5)	198 (5.1)	527 (9.9)	305 (5.3)	5.19 (0.118)	0.96 (0.034)

**Table 4. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (as % of Federal Poverty Threshold<sup>2</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Vitamin C mg (SE)	Vitamin D µg (SE)	Vitamin E (alpha- tocopherol) mg (SE)	Added Vitamin E mg (SE)	Vitamin K µg (SE)	Calcium mg (SE)	Phosphorus mg (SE)	Magnesium mg (SE)
<b>Under 131% poverty:</b>								
2 - 5.....	117.7 (7.69)	6.4 (0.37)	4.9 (0.20)	0.4* (0.16)	41.1 (2.22)	989 (33.9)	1095 (31.2)	201 (5.2)
6 - 11.....	86.2 (6.73)	5.5 (0.20)	5.6 (0.19)	0.2* (0.08)	47.9 (3.42)	977 (40.3)	1186 (32.5)	216 (6.5)
12 - 19.....	90.2 (10.66)	4.3 (0.35)	6.2 (0.37)	0.3 (0.10)	65.9 (9.13)	941 (53.6)	1219 (58.4)	239 (13.7)
20 and over...	80.6 (6.14)	4.0 (0.16)	6.4 (0.28)	0.4 (0.11)	81.0 (7.48)	848 (22.1)	1227 (27.2)	266 (9.4)
2 and over...	85.7 (5.56)	4.4 (0.16)	6.2 (0.21)	0.4 (0.07)	71.7 (5.84)	888 (22.2)	1211 (24.6)	251 (8.1)
<b>131-185% poverty:</b>								
2 - 5.....	75.2 (11.12)	5.6 (0.42)	4.0 (0.42)	0.2* (0.10)	54.1*(16.80)	881 (55.1)	1025 (48.2)	182 (10.1)
6 - 11.....	73.0 (9.29)	5.2 (0.26)	6.3 (0.47)	0.4* (0.19)	62.0 (10.21)	1097 (176.9)	1362 (163.0)	228 (16.5)
12 - 19.....	67.5 (10.53)	5.3 (0.70)	6.0 (0.32)	0.1* (0.04)	63.0 (8.73)	974 (43.8)	1351 (54.4)	244 (11.0)
20 and over...	84.1 (7.49)	4.2 (0.17)	6.8 (0.49)	0.5 (0.15)	98.9 (7.63)	922 (42.4)	1263 (44.7)	274 (7.7)
2 and over...	80.9 (5.88)	4.5 (0.17)	6.5 (0.38)	0.5 (0.11)	89.4 (6.57)	940 (34.4)	1267 (38.1)	262 (6.4)
<b>Over 185% poverty:</b>								
2 - 5.....	84.9 (6.09)	6.6 (0.34)	4.2 (0.10)	0.2 (0.07)	54.0 (9.07)	1020 (47.6)	1058 (33.3)	192 (5.9)
6 - 11.....	79.1 (5.95)	4.9 (0.24)	6.2 (0.35)	0.6 (0.17)	50.1 (2.31)	931 (28.9)	1155 (22.1)	214 (3.4)
12 - 19.....	75.5 (3.79)	4.9 (0.24)	7.5 (0.38)	0.8 (0.08)	69.7 (7.52)	1068 (41.1)	1362 (43.5)	259 (6.6)
20 and over...	85.4 (3.91)	4.5 (0.14)	8.0 (0.19)	0.6 (0.07)	105.0 (5.77)	961 (23.7)	1371 (21.1)	305 (6.4)
2 and over...	83.9 (3.35)	4.7 (0.12)	7.6 (0.16)	0.6 (0.07)	95.0 (4.77)	973 (21.4)	1339 (19.7)	289 (5.4)
<b>All Individuals<sup>3</sup>:</b>								
2 - 5.....	96.2 (4.00)	6.3 (0.25)	4.5 (0.11)	0.3 (0.06)	49.4 (5.98)	985 (34.2)	1059 (26.6)	193 (4.5)
6 - 11.....	80.9 (4.53)	5.0 (0.17)	6.0 (0.20)	0.4 (0.10)	50.2 (2.47)	956 (30.1)	1184 (23.8)	215 (2.8)
12 - 19.....	80.3 (4.03)	4.8 (0.24)	6.9 (0.22)	0.5 (0.04)	67.8 (5.84)	1027 (33.0)	1323 (27.2)	253 (6.9)
20 and over...	84.2 (3.94)	4.4 (0.12)	7.5 (0.23)	0.5 (0.04)	99.4 (4.99)	929 (22.7)	1324 (23.6)	294 (7.1)
2 and over...	84.2 (3.49)	4.6 (0.11)	7.2 (0.19)	0.5 (0.04)	88.9 (4.24)	946 (20.2)	1297 (21.2)	277 (6.1)

**Table 4. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (as % of Federal Poverty Threshold<sup>2</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium <sup>†</sup> (adjusted)		Caffeine		Theobromine		Alcohol <sup>‡</sup>	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>Under 131% poverty:</b>																		
2 - 5.....	12.1	(0.47)	9.2	(0.36)	0.9	(0.02)	77.0	(2.50)	2082	(50.0)	2425	(73.6)	10.8	(1.77)	39.8	(4.54)	--	--
6 - 11.....	13.8	(0.66)	10.5	(0.47)	1.0	(0.03)	87.1	(2.55)	2143	(60.1)	2931	(104.8)	23.5	(2.37)	60.3	(7.31)	--	--
12 - 19.....	14.3	(0.50)	10.6	(0.38)	1.1	(0.06)	95.5	(4.15)	2205	(126.9)	3262	(133.6)	68.9	(7.64)	48.3	(7.80)	--	--
20 and over...	13.9	(0.35)	11.2	(0.38)	1.2	(0.04)	101.8	(2.03)	2390	(58.8)	3152	(74.4)	171.9	(22.40)	35.7	(2.33)	8.9	(1.25)
2 and over...	13.8	(0.29)	10.9	(0.28)	1.1	(0.03)	97.2	(1.57)	2309	(57.0)	3086	(57.8)	126.3	(15.76)	40.7	(2.31)	--	--
<b>131-185% poverty:</b>																		
2 - 5.....	11.1	(0.68)	8.0	(0.51)	0.9	(0.06)	71.6	(3.85)	1802	(110.1)	2140	(149.7)	8.9	(2.19)	54.9	(10.82)	--	--
6 - 11.....	14.8	(0.95)	10.7	(0.97)	1.0	(0.06)	101.4	(9.98)	2134	(144.6)	3598	(358.3)	42.5	(10.41)	47.5	(3.78)	--	--
12 - 19.....	15.3	(0.91)	11.1	(0.74)	1.1	(0.04)	123.9	(6.55)	2243	(216.6)	3792	(275.3)	106.4*(48.81)		35.6	(5.96)	--	--
20 and over...	14.1	(0.42)	11.2	(0.48)	1.2	(0.05)	106.5	(3.91)	2468	(75.7)	3273	(114.8)	167.9	(16.93)	29.2	(2.63)	8.8	(1.28)
2 and over...	14.1	(0.34)	11.0	(0.37)	1.2	(0.04)	105.8	(3.13)	2377	(67.7)	3289	(124.0)	141.4	(9.32)	33.0	(2.24)	--	--
<b>Over 185% poverty:</b>																		
2 - 5.....	10.4	(0.54)	7.9	(0.25)	0.8	(0.02)	65.7	(2.63)	1970	(50.8)	2158	(55.6)	6.9	(1.33)	42.8	(4.14)	--	--
6 - 11.....	13.3	(0.32)	10.2	(0.38)	1.0	(0.02)	84.9	(2.59)	1983	(42.4)	2882	(74.4)	22.8	(2.97)	57.2	(5.72)	--	--
12 - 19.....	15.4	(0.65)	11.9	(0.44)	1.2	(0.03)	107.3	(4.52)	2285	(57.9)	3583	(175.0)	60.1	(5.28)	44.0	(2.91)	--	--
20 and over...	15.7	(0.32)	12.5	(0.28)	1.4	(0.03)	112.6	(1.97)	2741	(45.2)	3571	(54.8)	192.8	(8.54)	44.1	(2.09)	10.8	(0.94)
2 and over...	15.2	(0.26)	12.1	(0.25)	1.3	(0.03)	107.8	(1.47)	2603	(41.5)	3454	(46.5)	158.1	(7.36)	45.0	(1.88)	--	--
<b>All Individuals<sup>3</sup>:</b>																		
2 - 5.....	11.0	(0.39)	8.3	(0.22)	0.9	(0.02)	69.8	(1.90)	1984	(37.3)	2230	(45.1)	8.3	(1.01)	43.3	(2.57)	--	--
6 - 11.....	13.5	(0.27)	10.3	(0.33)	1.0	(0.01)	87.4	(1.89)	2053	(37.7)	2933	(71.4)	24.2	(3.05)	56.1	(3.16)	--	--
12 - 19.....	15.2	(0.32)	11.4	(0.22)	1.2	(0.03)	106.9	(2.39)	2275	(66.1)	3505	(100.9)	67.1	(6.57)	45.0	(2.90)	--	--
20 and over...	15.1	(0.33)	12.0	(0.27)	1.3	(0.03)	109.2	(1.80)	2637	(49.7)	3430	(57.7)	186.0	(9.22)	40.9	(1.91)	10.1	(0.74)
2 and over...	14.7	(0.26)	11.6	(0.22)	1.3	(0.03)	104.9	(1.51)	2509	(46.2)	3330	(52.1)	148.8	(7.44)	42.8	(1.57)	--	--



**Table 4. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (as % of Federal Poverty Threshold<sup>2</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	SFA 4:0 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
<b>Under 131% poverty:</b>								
2 - 5.....	0.58 (0.019)	0.36 (0.012)	0.35 (0.030)	0.51 (0.022)	0.67 (0.051)	2.15 (0.077)	11.83 (0.269)	5.58 (0.128)
6 - 11.....	0.66 (0.039)	0.35 (0.017)	0.30 (0.015)	0.52 (0.023)	0.72 (0.041)	2.42 (0.120)	13.69 (0.442)	6.56 (0.243)
12 - 19.....	0.59 (0.045)	0.31 (0.028)	0.26 (0.026)	0.46 (0.036)	0.76 (0.079)	2.23 (0.147)	13.76 (0.663)	6.57 (0.328)
20 and over...	0.55 (0.029)	0.30 (0.016)	0.23 (0.011)	0.42 (0.022)	0.65 (0.035)	2.11 (0.102)	13.47 (0.408)	6.42 (0.223)
2 and over...	0.57 (0.023)	0.31 (0.013)	0.26 (0.011)	0.45 (0.019)	0.68 (0.028)	2.17 (0.079)	13.41 (0.301)	6.39 (0.165)
<b>131-185% poverty:</b>								
2 - 5.....	0.50 (0.060)	0.28 (0.030)	0.23 (0.025)	0.39 (0.041)	0.58 (0.065)	1.76 (0.177)	9.64 (0.735)	4.63 (0.330)
6 - 11.....	0.80* (0.243)	0.39 (0.097)	0.29 (0.060)	0.56 (0.132)	0.70 (0.129)	2.85 (0.712)	16.54 (2.318)	7.90 (1.060)
12 - 19.....	0.66 (0.045)	0.35 (0.034)	0.31 (0.038)	0.48 (0.038)	0.66 (0.055)	2.41 (0.185)	15.44 (0.861)	7.31 (0.411)
20 and over...	0.55 (0.039)	0.28 (0.017)	0.23 (0.016)	0.42 (0.030)	0.69 (0.057)	2.12 (0.128)	13.85 (0.595)	6.56 (0.274)
2 and over...	0.58 (0.037)	0.30 (0.016)	0.24 (0.014)	0.44 (0.026)	0.68 (0.042)	2.19 (0.118)	14.00 (0.476)	6.64 (0.229)
<b>Over 185% poverty:</b>								
2 - 5.....	0.56 (0.031)	0.32 (0.015)	0.28 (0.016)	0.45 (0.024)	0.67 (0.069)	2.00 (0.099)	10.17 (0.329)	4.83 (0.198)
6 - 11.....	0.59 (0.029)	0.31 (0.015)	0.27 (0.018)	0.47 (0.025)	0.80 (0.072)	2.20 (0.094)	12.66 (0.376)	6.15 (0.154)
12 - 19.....	0.67 (0.036)	0.33 (0.021)	0.28 (0.020)	0.52 (0.028)	0.88 (0.079)	2.51 (0.118)	14.90 (0.677)	7.29 (0.393)
20 and over...	0.60 (0.018)	0.31 (0.009)	0.26 (0.008)	0.48 (0.012)	0.82 (0.042)	2.33 (0.062)	14.78 (0.263)	7.12 (0.130)
2 and over...	0.61 (0.015)	0.31 (0.008)	0.26 (0.007)	0.48 (0.010)	0.82 (0.036)	2.32 (0.054)	14.42 (0.224)	6.96 (0.111)
<b>All Individuals<sup>3</sup>:</b>								
2 - 5.....	0.55 (0.023)	0.33 (0.011)	0.29 (0.016)	0.46 (0.019)	0.65 (0.032)	1.99 (0.070)	10.58 (0.265)	5.02 (0.149)
6 - 11.....	0.63 (0.035)	0.33 (0.015)	0.28 (0.014)	0.49 (0.023)	0.78 (0.053)	2.33 (0.101)	13.33 (0.299)	6.43 (0.129)
12 - 19.....	0.66 (0.028)	0.33 (0.018)	0.28 (0.013)	0.50 (0.019)	0.82 (0.035)	2.44 (0.076)	14.70 (0.322)	7.10 (0.182)
20 and over...	0.58 (0.018)	0.30 (0.009)	0.25 (0.007)	0.46 (0.013)	0.78 (0.029)	2.25 (0.062)	14.35 (0.278)	6.89 (0.135)
2 and over...	0.59 (0.016)	0.31 (0.009)	0.26 (0.006)	0.46 (0.011)	0.77 (0.024)	2.26 (0.054)	14.09 (0.229)	6.77 (0.111)

**Table 4. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (as % of Federal Poverty Threshold<sup>2</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>														
2 - 5.....	0.92	(0.033)	21.20	(0.408)	0.17	(0.005)	0.02	(0.002)	10.22	(0.221)	0.93	(0.027)	0.01	(0.001)
6 - 11.....	1.12	(0.049)	24.76	(0.861)	0.20	(0.011)	0.04	(0.007)	12.80	(0.455)	1.14	(0.043)	0.02	(0.002)
12 - 19.....	1.17	(0.060)	25.73	(1.245)	0.21	(0.012)	0.03	(0.010)	13.93	(0.684)	1.24	(0.062)	0.02	(0.003)
20 and over...	1.21	(0.044)	25.55	(0.759)	0.22	(0.007)	0.03	(0.003)	13.72	(0.383)	1.37	(0.029)	0.02	(0.002)
2 and over...	1.17	(0.030)	25.14	(0.549)	0.21	(0.006)	0.03	(0.002)	13.37	(0.294)	1.29	(0.025)	0.02	(0.001)
<b>131-185% poverty:</b>														
2 - 5.....	0.77	(0.074)	17.45	(1.159)	0.14	(0.010)	0.02	(0.005)	8.23	(0.511)	0.80	(0.062)	0.01*	(0.005)
6 - 11.....	1.51	(0.244)	30.50	(3.253)	0.25	(0.025)	0.04	(0.006)	14.27	(1.084)	1.33	(0.139)	0.01	(0.003)
12 - 19.....	1.25	(0.105)	28.31	(1.495)	0.25	(0.014)	0.02	(0.006)	14.93	(1.095)	1.45	(0.114)	0.03	(0.003)
20 and over...	1.25	(0.056)	26.48	(1.213)	0.23	(0.010)	0.02	(0.003)	14.31	(0.721)	1.44	(0.066)	0.02	(0.002)
2 and over...	1.24	(0.047)	26.49	(0.926)	0.23	(0.009)	0.02	(0.003)	14.02	(0.543)	1.39	(0.052)	0.02	(0.002)
<b>Over 185% poverty:</b>														
2 - 5.....	0.76	(0.030)	17.75	(0.628)	0.14	(0.007)	0.02	(0.004)	8.68	(0.389)	0.85	(0.040)	0.01	(0.003)
6 - 11.....	1.00	(0.040)	23.33	(0.712)	0.20	(0.012)	0.03	(0.004)	12.21	(0.460)	1.06	(0.045)	0.02	(0.003)
12 - 19.....	1.24	(0.067)	28.37	(1.663)	0.22	(0.017)	0.03	(0.002)	14.27	(0.586)	1.27	(0.054)	0.03	(0.003)
20 and over...	1.30	(0.025)	28.74	(0.506)	0.26	(0.005)	0.05	(0.005)	15.77	(0.273)	1.56	(0.040)	0.02	(0.001)
2 and over...	1.25	(0.018)	27.78	(0.420)	0.24	(0.004)	0.04	(0.004)	15.02	(0.242)	1.46	(0.032)	0.02	(0.001)
<b>All Individuals<sup>3</sup>:</b>														
2 - 5.....	0.81	(0.021)	18.85	(0.464)	0.15	(0.005)	0.02	(0.002)	9.21	(0.267)	0.87	(0.027)	0.01	(0.002)
6 - 11.....	1.09	(0.032)	24.45	(0.436)	0.20	(0.007)	0.03	(0.002)	12.59	(0.232)	1.10	(0.024)	0.02	(0.002)
12 - 19.....	1.22	(0.029)	27.56	(0.758)	0.22	(0.009)	0.03	(0.003)	14.29	(0.402)	1.29	(0.040)	0.03	(0.002)
20 and over...	1.27	(0.023)	27.68	(0.519)	0.25	(0.005)	0.04	(0.003)	15.15	(0.285)	1.50	(0.034)	0.02	(0.001)
2 and over...	1.22	(0.018)	26.90	(0.416)	0.23	(0.003)	0.04	(0.002)	14.50	(0.240)	1.40	(0.027)	0.02	(0.001)

**Table 4. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (as % of Federal Poverty Threshold<sup>2</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
<b>Under 131% poverty:</b>				
2 - 5.....	0.08 (0.005)	0.01 (0.002)	0.01 (0.001)	0.02 (0.003)
6 - 11.....	0.09 (0.006)	0.02 (0.006)	0.01 (0.002)	0.04 (0.010)
12 - 19.....	0.11 (0.007)	0.03 (0.008)	0.01 (0.002)	0.05 (0.011)
20 and over...	0.13 (0.006)	0.03 (0.003)	0.02 (0.002)	0.07 (0.006)
2 and over...	0.12 (0.004)	0.03 (0.003)	0.01 (0.001)	0.06 (0.005)
<b>131-185% poverty:</b>				
2 - 5.....	0.08 (0.015)	0.01* (0.003)	0.01 (0.001)	0.03 (0.005)
6 - 11.....	0.11 (0.016)	0.02* (0.006)	0.01 (0.002)	0.03 (0.007)
12 - 19.....	0.17 (0.017)	0.02 (0.005)	0.01 (0.002)	0.06* (0.019)
20 and over...	0.14 (0.008)	0.04 (0.007)	0.02 (0.002)	0.07 (0.008)
2 and over...	0.14 (0.007)	0.03 (0.005)	0.02 (0.001)	0.06 (0.007)
<b>Over 185% poverty:</b>				
2 - 5.....	0.05 (0.005)	0.01 (0.002)	0.01 (0.001)	0.02 (0.005)
6 - 11.....	0.08 (0.005)	0.01 (0.002)	0.01 (0.001)	0.02 (0.003)
12 - 19.....	0.12 (0.009)	0.02 (0.004)	0.01 (0.002)	0.04 (0.006)
20 and over...	0.14 (0.003)	0.05 (0.004)	0.02 (0.001)	0.09 (0.006)
2 and over...	0.13 (0.003)	0.04 (0.003)	0.02 (0.001)	0.07 (0.004)
<b>All Individuals<sup>3</sup>:</b>				
2 - 5.....	0.07 (0.003)	0.01 (0.001)	0.01 (#)	0.02 (0.002)
6 - 11.....	0.09 (0.003)	0.02 (0.002)	0.01 (0.001)	0.03 (0.003)
12 - 19.....	0.12 (0.005)	0.02 (0.002)	0.01 (0.001)	0.04 (0.003)
20 and over...	0.14 (0.003)	0.04 (0.003)	0.02 (0.001)	0.08 (0.004)
2 and over...	0.13 (0.002)	0.04 (0.002)	0.02 (0.001)	0.07 (0.003)

### Symbol Legend

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

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 2.16.

# Indicates a non-zero value too small to report.

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

### Footnotes

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

<sup>2</sup> 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](http://www.fns.usda.gov).

<sup>3</sup> Includes persons of all income levels or with unknown family income.

<sup>4</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented due to extreme variability and/or inadequate sample size.

### Abbreviations

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

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 5. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, 2007-2008

Gender and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol <sup>2</sup>	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>Males:</b>																	
2 - 5.....	455	1570	(24.3)	14	(0.2)	55	(0.6)	32	(0.5)	12	(0.2)	12	(0.2)	6	(0.2)	--	--
6 - 11.....	550	2042	(56.5)	14	(0.3)	55	(0.6)	33	(0.4)	12	(0.2)	12	(0.2)	6	(0.1)	--	--
12 - 19.....	607	2424	(48.5)	15	(0.3)	52	(0.6)	33	(0.4)	11	(0.2)	12	(0.2)	7	(0.2)	--	--
20 - 29.....	409	2756	(75.5)	16	(0.3)	50	(0.7)	31	(0.6)	10	(0.3)	11	(0.2)	7	(0.2)	--	--
30 - 39.....	451	2654	(67.7)	16	(0.2)	47	(0.8)	34	(0.7)	11	(0.3)	13	(0.3)	7	(0.2)	--	--
40 - 49.....	412	2692	(78.0)	16	(0.3)	47	(0.9)	34	(0.4)	11	(0.2)	12	(0.2)	7	(0.2)	--	--
50 - 59.....	431	2493	(69.3)	16	(0.3)	47	(0.9)	35	(0.7)	11	(0.2)	13	(0.3)	8	(0.3)	--	--
60 - 69.....	459	2140	(61.7)	16	(0.3)	47	(1.0)	35	(0.8)	11	(0.2)	13	(0.4)	7	(0.2)	--	--
70 and over.....	500	1837	(56.5)	16	(0.3)	49	(0.5)	34	(0.5)	11	(0.2)	13	(0.2)	7	(0.1)	--	--
20 and over...	2662	2507	(35.3)	16	(0.1)	48	(0.4)	34	(0.3)	11	(0.1)	13	(0.1)	7	(0.1)	4	(0.2)
<b>Females:</b>																	
2 - 5.....	377	1475	(40.5)	14	(0.3)	55	(0.6)	33	(0.4)	12	(0.2)	12	(0.2)	6	(0.2)	--	--
6 - 11.....	571	1824	(31.3)	14	(0.3)	54	(0.5)	33	(0.6)	12	(0.2)	12	(0.2)	7	(0.2)	--	--
12 - 19.....	549	1861	(61.8)	14	(0.3)	54	(0.6)	33	(0.4)	11	(0.2)	12	(0.3)	7	(0.1)	--	--
20 - 29.....	409	1828	(58.0)	15	(0.4)	52	(0.9)	32	(0.6)	11	(0.2)	12	(0.3)	7	(0.3)	--	--
30 - 39.....	482	1858	(60.4)	15	(0.4)	50	(0.6)	33	(0.4)	11	(0.2)	12	(0.2)	7	(0.2)	--	--
40 - 49.....	466	1879	(65.8)	15	(0.4)	50	(0.8)	34	(0.5)	11	(0.1)	12	(0.2)	7	(0.2)	--	--
50 - 59.....	413	1793	(44.0)	16	(0.2)	49	(0.7)	34	(0.5)	11	(0.3)	12	(0.2)	8	(0.2)	--	--
60 - 69.....	465	1597	(47.1)	16	(0.4)	49	(0.6)	35	(0.7)	11	(0.3)	13	(0.4)	8	(0.3)	--	--
70 and over.....	523	1491	(25.8)	16	(0.2)	52	(0.6)	33	(0.5)	11	(0.1)	12	(0.2)	7	(0.2)	--	--
20 and over...	2758	1766	(24.6)	16	(0.1)	50	(0.4)	34	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	2	(0.2)
<b>Males and females:</b>																	
2 and over...	8529	2070	(24.5)	15	(0.1)	50	(0.3)	33	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--

**Footnotes**

<sup>1</sup> Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake. Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

<sup>2</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented due to extreme variability and/or inadequate sample size.

**Abbreviations**

SE = standard error.

**Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2007-2008***

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 6. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, in the United States, 2007-2008

Race/ethnicity and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol <sup>3</sup>	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>Non-Hispanic White:</b>																	
2 - 5.....	295	1471	(34.4)	14	(0.2)	56	(0.8)	32	(0.6)	12	(0.3)	12	(0.2)	6	(0.2)	--	--
6 - 11.....	336	1982	(36.8)	14	(0.2)	54	(0.7)	33	(0.7)	12	(0.3)	12	(0.3)	6	(0.2)	--	--
12 - 19.....	360	2222	(53.3)	15	(0.3)	53	(0.5)	33	(0.5)	11	(0.2)	12	(0.3)	6	(0.2)	--	--
20 and over...	2548	2142	(33.6)	16	(0.1)	49	(0.5)	34	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.3)
2 and over...	3539	2107	(28.6)	15	(0.1)	50	(0.3)	34	(0.1)	11	(#)	12	(0.1)	7	(0.1)	--	--
<b>Non-Hispanic Black:</b>																	
2 - 5.....	182	1546	(57.0)	14	(0.4)	53	(0.8)	34	(0.7)	12	(0.3)	13	(0.3)	7*	(0.2)	--	--
6 - 11.....	295	1944	(32.8)	13	(0.2)	54	(0.6)	34	(0.4)	11	(0.2)	13	(0.2)	7	(0.2)	--	--
12 - 19.....	311	1991	(70.6)	14	(0.3)	53	(0.7)	34	(0.5)	11	(0.3)	13	(0.2)	7	(0.2)	--	--
20 and over...	1136	2085	(62.1)	15	(0.2)	49	(0.4)	34	(0.3)	11	(0.1)	13	(0.1)	8	(0.2)	3	(0.3)
2 and over...	1924	2021	(46.3)	15	(0.1)	50	(0.3)	34	(0.3)	11	(0.1)	13	(0.1)	7	(0.1)	--	--
<b>Hispanic<sup>2</sup>:</b>																	
<i>Mexican American</i>																	
2 - 5.....	217	1566	(66.1)	15	(0.2)	54	(0.5)	32	(0.3)	12	(0.2)	11	(0.2)	6*	(0.2)	--	--
6 - 11.....	291	1789	(44.2)	14	(0.3)	55	(0.6)	32	(0.5)	11	(0.2)	12	(0.1)	6	(0.3)	--	--
12 - 19.....	270	2075	(95.7)	15	(0.7)	53	(1.0)	33	(0.8)	11	(0.4)	12	(0.4)	7	(0.1)	--	--
20 and over...	930	2147	(37.7)	16	(0.2)	50	(0.5)	32	(0.5)	10	(0.2)	12	(0.2)	7	(0.2)	3	(0.3)
2 and over...	1708	2040	(31.4)	16	(0.2)	52	(0.3)	32	(0.4)	11	(0.1)	12	(0.2)	7	(0.1)	--	--
<i>All Hispanic</i>																	
2 - 5.....	308	1621	(53.4)	15	(0.4)	55	(0.4)	32	(0.3)	12	(0.2)	11	(0.2)	6	(0.2)	--	--
6 - 11.....	437	1821	(46.2)	14	(0.2)	55	(0.5)	32	(0.5)	11	(0.2)	12	(0.2)	6	(0.2)	--	--
12 - 19.....	431	2084	(68.6)	15	(0.4)	53	(0.8)	33	(0.6)	11	(0.3)	12	(0.2)	7	(0.1)	--	--
20 and over...	1525	2104	(30.0)	16	(0.1)	51	(0.4)	31	(0.4)	10	(0.1)	12	(0.2)	7	(0.1)	3	(0.2)
2 and over...	2701	2027	(22.9)	16	(0.1)	52	(0.3)	32	(0.3)	11	(0.1)	12	(0.2)	7	(0.1)	--	--

## Symbol Legend

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

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 2.16.

**Percent:** 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 2.16.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake. Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

<sup>2</sup> A new sampling methodology was implemented for NHANES 2007-2008; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.

<sup>3</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented due to extreme variability and/or inadequate sample size.

## Abbreviations

SE = standard error.

## Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).



**Table 7. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, in the United States, 2007-2008

Family income in dollars and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat		Alcohol <sup>3</sup>		
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	
<b>\$0 - \$24,999:</b>																		
2 - 5.....	295	1702	(32.9)	14	(0.3)	54	(0.6)	33	(0.4)	12	(0.2)	12	(0.2)	6	(0.1)	--	--	
6 - 11.....	378	2003	(64.6)	14	(0.2)	55	(0.7)	33	(0.6)	12	(0.2)	12	(0.3)	7	(0.2)	--	--	
12 - 19.....	379	2025	(81.2)	14	(0.3)	55	(0.9)	32	(0.6)	11	(0.3)	12	(0.3)	7	(0.2)	--	--	
20 and over...	1830	2002	(37.6)	16	(0.2)	51	(0.5)	32	(0.4)	11	(0.2)	12	(0.2)	7	(0.1)	2	(0.2)	
2 and over...	2882	1988	(31.9)	15	(0.2)	52	(0.4)	32	(0.3)	11	(0.2)	12	(0.1)	7	(0.1)	--	--	
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	335	1473	(33.3)	14	(0.3)	55	(0.7)	32	(0.5)	12	(0.2)	12	(0.2)	6	(0.2)	--	--	
6 - 11.....	462	1922	(49.5)	14	(0.3)	53	(0.5)	34	(0.6)	12	(0.2)	12	(0.2)	7	(0.2)	--	--	
12 - 19.....	439	2212	(86.9)	15	(0.3)	53	(0.7)	33	(0.5)	11	(0.2)	12	(0.2)	7	(0.2)	--	--	
20 and over...	2112	2115	(36.7)	16	(0.1)	49	(0.4)	34	(0.3)	11	(0.2)	12	(0.1)	7	(0.1)	3	(0.2)	
2 and over...	3348	2071	(34.9)	15	(0.1)	50	(0.3)	34	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--	
<b>\$75,000 and higher:</b>																		
2 - 5.....	152	1480	(42.0)	14	(0.3)	55	(0.8)	33	(0.6)	12	(0.4)	11	(0.2)	6*	(0.2)	--	--	
6 - 11.....	221	1907	(40.4)	14	(0.4)	56	(1.1)	32	(1.0)	11	(0.4)	12	(0.5)	6*	(0.2)	--	--	
12 - 19.....	246	2128	(100.0)	15	(0.4)	53	(1.0)	33	(0.8)	12	(0.4)	12	(0.4)	6*	(0.2)	--	--	
20 and over...	1055	2235	(30.0)	16	(0.2)	48	(0.8)	34	(0.4)	11	(0.2)	13	(0.2)	7	(0.2)	3	(0.4)	
2 and over...	1674	2150	(23.5)	16	(0.2)	50	(0.6)	34	(0.4)	11	(0.1)	12	(0.2)	7	(0.1)	--	--	
<b>All Individuals<sup>2</sup>:</b>																		
2 - 5.....	832	1526	(24.9)	14	(0.2)	55	(0.5)	32	(0.4)	12	(0.2)	12	(0.1)	6	(0.1)	--	--	
6 - 11.....	1121	1928	(27.8)	14	(0.2)	55	(0.5)	33	(0.4)	12	(0.2)	12	(0.2)	7	(0.1)	--	--	
12 - 19.....	1156	2145	(32.9)	15	(0.2)	53	(0.4)	33	(0.3)	11	(0.2)	12	(0.2)	7	(0.1)	--	--	
20 and over...	5420	2115	(29.7)	16	(0.1)	49	(0.4)	34	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.2)	
2 and over...	8529	2070	(24.5)	15	(0.1)	50	(0.3)	33	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--	

### Symbol Legend

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

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 2.16.

**Percent:** 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 2.16.

### Footnotes

<sup>1</sup> Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake. Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

<sup>2</sup> Includes persons of all income levels or with unknown family income.

<sup>3</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented due to extreme variability and/or inadequate sample size.

### Abbreviations

SE = standard error.

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 8. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold<sup>2</sup>) and Age, in the United States, 2007-2008

Family income as % of Federal poverty threshold and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol <sup>4</sup>	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>Under 131% poverty:</b>																	
2 - 5.....	386	1666	(27.8)	14	(0.3)	54	(0.5)	33	(0.3)	12	(0.2)	12	(0.1)	6	(0.1)	--	--
6 - 11.....	468	1954	(51.2)	14	(0.2)	54	(0.6)	33	(0.6)	12	(0.2)	12	(0.3)	7	(0.2)	--	--
12 - 19.....	450	2083	(76.7)	14	(0.3)	55	(0.9)	32	(0.6)	11	(0.3)	12	(0.3)	7	(0.1)	--	--
20 and over...	1506	2027	(35.9)	15	(0.2)	52	(0.6)	32	(0.5)	10	(0.2)	12	(0.2)	7	(0.1)	2	(0.3)
2 and over...	2810	1999	(29.4)	15	(0.1)	53	(0.4)	32	(0.3)	11	(0.2)	12	(0.2)	7	(0.1)	--	--
<b>131-185% poverty:</b>																	
2 - 5.....	90	1462	(68.7)	14*	(0.3)	56	(1.3)	31	(1.0)	11*	(0.5)	11*	(0.4)	6*	(0.3)	--	--
6 - 11.....	138	2142	(170.5)	14	(0.4)	52	(1.4)	35	(1.1)	12*	(0.7)	13	(0.4)	7*	(0.3)	--	--
12 - 19.....	129	2174	(86.3)	16	(0.5)	51	(1.1)	34	(0.7)	12*	(0.5)	12*	(0.4)	7*	(0.4)	--	--
20 and over...	694	2017	(61.3)	16	(0.2)	49	(0.9)	33	(0.7)	11	(0.3)	12	(0.3)	7	(0.2)	3	(0.4)
2 and over...	1051	2012	(45.5)	16	(0.2)	50	(0.8)	34	(0.6)	11	(0.2)	12	(0.2)	7	(0.2)	--	--
<b>Over 185% poverty:</b>																	
2 - 5.....	298	1462	(29.9)	14	(0.3)	55	(0.6)	32	(0.5)	12	(0.2)	12	(0.2)	6	(0.2)	--	--
6 - 11.....	446	1886	(32.3)	14	(0.3)	55	(0.9)	33	(0.8)	11	(0.3)	12	(0.3)	6	(0.2)	--	--
12 - 19.....	473	2153	(76.0)	15	(0.3)	52	(0.7)	33	(0.6)	12	(0.2)	12	(0.4)	7	(0.2)	--	--
20 and over...	2735	2168	(25.5)	16	(0.1)	48	(0.5)	34	(0.2)	11	(0.1)	13	(0.1)	7	(0.1)	3	(0.3)
2 and over...	3952	2112	(22.7)	15	(0.1)	50	(0.4)	34	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--
<b>All Individuals<sup>3</sup>:</b>																	
2 - 5.....	832	1526	(24.9)	14	(0.2)	55	(0.5)	32	(0.4)	12	(0.2)	12	(0.1)	6	(0.1)	--	--
6 - 11.....	1121	1928	(27.8)	14	(0.2)	55	(0.5)	33	(0.4)	12	(0.2)	12	(0.2)	7	(0.1)	--	--
12 - 19.....	1156	2145	(32.9)	15	(0.2)	53	(0.4)	33	(0.3)	11	(0.2)	12	(0.2)	7	(0.1)	--	--
20 and over...	5420	2115	(29.7)	16	(0.1)	49	(0.4)	34	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.2)
2 and over...	8529	2070	(24.5)	15	(0.1)	50	(0.3)	33	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--

### Symbol Legend

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

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 2.16.

**Percent:** 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 2.16.

### Footnotes

<sup>1</sup> Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake. Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

<sup>2</sup> 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](http://www.fns.usda.gov).

<sup>3</sup> Includes persons of all income levels or with unknown family income.

<sup>4</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented due to extreme variability and/or inadequate sample size.

### Abbreviations

SE = standard error.

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 9. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, in the United States, 2007-2008

Gender and age (years)	Percent reporting <sup>3</sup> % (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)
<b>Males:</b>										
2 - 5.....	67 (4.3)	27 (1.6)	26 (1.5)	28 (1.9)	27 (2.0)	30 (2.2)	27 (1.4)	25 (1.4)	28 (1.4)	30 (1.8)
6 - 11.....	83 (1.4)	41 (1.7)	40 (1.8)	41 (1.8)	43 (1.7)	39 (2.0)	41 (1.7)	41 (1.8)	41 (1.8)	42 (1.9)
12 - 19.....	74 (2.0)	36 (3.0)	35 (3.3)	35 (3.0)	36 (3.3)	33 (2.8)	37 (3.2)	37 (3.4)	38 (3.3)	36 (3.3)
20 - 29.....	71 (3.0)	40 (2.4)	41 (2.6)	38 (2.7)	38 (3.2)	34 (2.1)	41 (2.5)	40 (3.0)	42 (2.3)	42 (2.6)
30 - 39.....	82 (2.3)	46 (2.0)	46 (2.3)	45 (1.8)	45 (2.0)	43 (1.9)	47 (2.6)	47 (3.2)	48 (2.4)	47 (2.7)
40 - 49.....	73 (2.7)	35 (2.0)	34 (2.2)	34 (1.9)	33 (2.4)	35 (1.8)	37 (2.1)	35 (2.2)	38 (2.0)	38 (2.4)
50 - 59.....	70 (3.1)	37 (2.0)	35 (2.2)	36 (1.8)	38 (2.2)	32 (2.5)	39 (2.1)	38 (2.0)	40 (2.2)	40 (2.6)
60 - 69.....	61 (2.6)	29 (1.8)	29 (1.8)	28 (1.8)	28 (2.4)	25 (1.7)	31 (1.9)	30 (2.1)	32 (2.0)	33 (2.3)
70 and over.....	44 (2.9)	19 (1.8)	19 (1.8)	17 (1.8)	15 (1.9)	15 (1.4)	21 (2.0)	20 (1.8)	22 (2.1)	22 (2.3)
20 and over...	69 (1.4)	37 (0.9)	36 (1.2)	36 (0.9)	35 (1.0)	33 (0.9)	38 (0.9)	37 (1.1)	39 (0.9)	39 (1.1)
<b>Females:</b>										
2 - 5.....	65 (3.3)	27 (2.1)	24 (2.1)	27 (2.0)	26 (2.0)	27 (2.5)	28 (2.4)	26 (2.5)	29 (2.7)	33 (2.4)
6 - 11.....	78 (3.0)	36 (2.0)	35 (2.4)	37 (2.0)	37 (2.6)	35 (1.8)	36 (2.1)	35 (2.2)	37 (2.0)	39 (2.3)
12 - 19.....	75 (2.7)	42 (3.3)	41 (3.4)	41 (3.2)	40 (2.7)	42 (4.4)	44 (3.6)	42 (3.6)	46 (3.8)	45 (3.4)
20 - 29.....	75 (2.5)	39 (1.8)	36 (2.0)	37 (1.9)	37 (2.1)	36 (2.4)	41 (1.9)	40 (2.2)	42 (1.9)	43 (1.9)
30 - 39.....	67 (3.6)	35 (2.2)	33 (2.4)	34 (2.6)	34 (3.1)	32 (2.7)	36 (2.2)	34 (2.0)	37 (2.4)	38 (3.1)
40 - 49.....	67 (2.6)	34 (2.4)	34 (2.5)	33 (2.6)	34 (2.4)	29 (2.7)	35 (2.5)	35 (2.4)	35 (2.5)	34 (2.8)
50 - 59.....	70 (4.7)	35 (3.7)	34 (3.3)	35 (4.0)	35 (4.3)	31 (4.3)	35 (3.7)	33 (4.0)	35 (3.5)	38 (3.7)
60 - 69.....	61 (5.1)	26 (2.8)	26 (2.7)	23 (2.7)	22 (2.2)	21 (3.3)	29 (3.1)	26 (3.3)	30 (3.1)	31 (2.9)
70 and over.....	40 (2.4)	17 (1.4)	17 (1.5)	15 (1.3)	14 (1.1)	14 (1.1)	20 (1.7)	19 (1.4)	21 (1.7)	20 (2.2)
20 and over...	65 (1.8)	33 (1.4)	31 (1.4)	31 (1.3)	31 (1.3)	28 (1.7)	34 (1.6)	33 (1.8)	35 (1.6)	35 (1.5)
<b>Males and females:</b>										
2 and over...	69 (1.0)	35 (0.5)	34 (0.6)	34 (0.6)	34 (0.6)	32 (0.8)	37 (0.6)	35 (0.6)	38 (0.6)	38 (0.6)

**Table 9. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, in the United States, 2007-2008 (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)
<b>Males:</b>									
2 - 5.....	23 (2.4)	23 (2.3)	31 (4.3)	32 (5.6)	24 (1.6)	22 (1.6)	26 (1.2)	25 (1.6)	23 (1.9)
6 - 11.....	37 (2.5)	39 (3.5)	46 (4.8)	34 (3.4)	36 (2.2)	39 (2.1)	39 (1.8)	37 (2.2)	36 (1.7)
12 - 19.....	34 (3.7)	23 (2.9)	29 (3.6)	41 (8.7)	31 (3.1)	32 (3.8)	36 (3.9)	35 (4.2)	29 (2.7)
20 - 29.....	41 (3.3)	28 (2.3)	35 (3.5)	40 (4.8)	35 (2.1)	34 (2.6)	41 (2.9)	38 (2.9)	34 (2.3)
30 - 39.....	49 (4.5)	34 (3.7)	38 (7.0)	41 (6.2)	43 (2.3)	42 (2.1)	48 (1.9)	46 (2.1)	39 (2.8)
40 - 49.....	38 (3.7)	29 (2.6)	41 (3.5)	40 (6.8)	32 (2.4)	32 (2.5)	34 (2.7)	33 (2.7)	28 (2.3)
50 - 59.....	38 (2.6)	30 (1.7)	29 (2.7)	25 (2.9)	33 (2.1)	32 (2.4)	34 (2.6)	32 (2.6)	31 (2.0)
60 - 69.....	36 (2.3)	22 (2.6)	25 (4.5)	25 (4.5)	26 (1.5)	25 (1.5)	28 (2.1)	26 (1.7)	24 (1.7)
70 and over.....	22 (3.0)	14 (1.7)	15 (3.0)	15 (2.3)	17 (1.8)	16 (1.6)	18 (1.8)	15 (1.6)	14 (1.5)
20 and over...	39 (1.4)	28 (1.5)	32 (2.3)	34 (2.6)	33 (1.0)	32 (1.2)	36 (1.2)	34 (1.1)	31 (1.0)
<b>Females:</b>									
2 - 5.....	21 (2.2)	19 (1.5)	20 (3.9)	26 (5.1)	23 (1.7)	21 (2.0)	24 (2.1)	20 (1.8)	24 (2.4)
6 - 11.....	32 (2.8)	28 (2.3)	32 (3.1)	40 (5.9)	32 (1.8)	31 (2.0)	34 (2.3)	30 (2.6)	30 (2.0)
12 - 19.....	40 (4.1)	31 (3.9)	34 (5.3)	36 (3.8)	35 (3.5)	33 (2.8)	38 (2.8)	34 (2.9)	33 (3.4)
20 - 29.....	35 (2.7)	33 (2.1)	32 (4.2)	30 (2.9)	33 (1.8)	36 (2.0)	38 (1.8)	36 (1.9)	33 (1.7)
30 - 39.....	32 (2.7)	28 (3.3)	34 (6.4)	33 (6.6)	31 (2.8)	30 (2.2)	35 (3.1)	32 (3.8)	30 (2.9)
40 - 49.....	38 (2.4)	28 (2.4)	31 (5.2)	30 (4.1)	29 (2.5)	28 (2.2)	31 (2.2)	30 (2.1)	26 (2.5)
50 - 59.....	35 (3.2)	31 (4.2)	38 (5.1)	30 (7.3)	33 (2.8)	29 (2.7)	34 (2.8)	29 (3.0)	30 (3.1)
60 - 69.....	27 (3.1)	19 (2.6)	22 (4.0)	24 (5.1)	22 (2.7)	19 (2.3)	24 (2.3)	22 (2.4)	19 (3.0)
70 and over.....	19 (2.2)	14 (2.2)	14 (1.7)	23 (5.4)	13 (1.1)	13 (1.1)	15 (1.3)	13 (1.1)	12 (0.8)
20 and over...	32 (1.3)	26 (1.4)	29 (1.9)	29 (2.2)	28 (1.1)	27 (1.2)	31 (1.2)	28 (1.3)	26 (1.3)
<b>Males and females:</b>									
2 and over...	36 (0.7)	27 (0.8)	31 (1.4)	33 (1.0)	31 (0.3)	30 (0.4)	34 (0.6)	32 (0.5)	29 (0.4)

**Table 9. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Males:</b>										
2 - 5.....	24 (1.8)	21 (1.6)	27 (3.9)	20 (2.2)	28 (2.1)	25 (3.0)	22 (1.9)	25 (1.5)	25 (1.8)	
6 - 11.....	38 (2.0)	38 (2.6)	36 (3.1)	39 (3.0)	39 (2.0)	39 (3.4)	41 (3.0)	41 (2.1)	38 (1.7)	
12 - 19.....	33 (3.3)	34 (3.8)	29 (3.1)	20 (3.1)	31 (3.7)	33 (4.8)	30 (2.8)	34 (3.2)	31 (2.9)	
20 - 29.....	40 (2.4)	38 (3.5)	31 (2.6)	26 (4.4)	37 (2.6)	42 (2.2)	34 (2.4)	38 (2.3)	36 (2.0)	
30 - 39.....	45 (2.9)	47 (3.1)	33 (2.9)	30 (3.7)	44 (2.4)	53 (6.0)	39 (2.4)	43 (2.2)	42 (1.9)	
40 - 49.....	36 (2.9)	28 (3.0)	28 (3.1)	21 (2.4)	35 (1.7)	40 (6.2)	30 (2.1)	33 (2.0)	34 (2.1)	
50 - 59.....	34 (2.2)	29 (2.8)	28 (3.4)	27 (3.9)	36 (2.9)	33 (4.1)	32 (2.2)	34 (2.1)	34 (2.5)	
60 - 69.....	30 (1.5)	25 (2.2)	20 (1.9)	20 (2.0)	27 (2.0)	32 (3.3)	24 (1.7)	27 (1.5)	25 (1.6)	
70 and over.....	19 (2.1)	14 (1.6)	11 (1.6)	15 (2.7)	16 (1.8)	17 (2.5)	14 (1.4)	18 (1.7)	15 (1.5)	
20 and over...	36 (1.2)	33 (1.8)	27 (1.2)	24 (1.7)	35 (1.1)	38 (2.8)	31 (1.2)	34 (1.1)	33 (1.1)	
<b>Females:</b>										
2 - 5.....	21 (1.8)	19 (1.8)	20 (2.2)	17 (1.6)	28 (2.7)	27 (3.5)	21 (1.5)	23 (1.9)	24 (1.9)	
6 - 11.....	34 (2.5)	30 (3.2)	32 (2.4)	29 (2.8)	37 (3.3)	36 (3.3)	32 (2.3)	34 (2.3)	34 (1.9)	
12 - 19.....	39 (3.7)	29 (2.4)	36 (5.7)	25 (4.1)	43 (4.7)	44 (4.4)	37 (3.4)	39 (3.5)	39 (3.2)	
20 - 29.....	34 (2.0)	32 (2.8)	34 (3.3)	21 (2.0)	40 (2.5)	37 (3.9)	35 (2.0)	35 (2.0)	35 (2.1)	
30 - 39.....	32 (2.4)	29 (2.8)	31 (5.1)	25 (2.8)	38 (5.2)	38 (4.3)	29 (1.9)	32 (2.2)	32 (2.6)	
40 - 49.....	33 (2.2)	27 (1.9)	27 (3.4)	24 (2.1)	30 (2.3)	25 (3.7)	30 (2.9)	32 (2.6)	30 (2.4)	
50 - 59.....	33 (3.0)	31 (4.0)	29 (3.9)	29 (4.9)	31 (3.2)	33 (3.8)	27 (3.9)	32 (3.7)	31 (3.4)	
60 - 69.....	25 (2.7)	18 (3.2)	20 (3.3)	17 (2.9)	24 (3.4)	24 (3.4)	19 (2.6)	23 (2.7)	23 (3.0)	
70 and over.....	16 (1.5)	17 (3.3)	10 (1.1)	9 (1.6)	15 (1.4)	16 (2.5)	13 (1.2)	15 (1.4)	14 (1.2)	
20 and over...	30 (1.3)	27 (1.6)	26 (1.5)	22 (1.3)	31 (1.5)	30 (2.0)	27 (1.6)	30 (1.5)	29 (1.4)	
<b>Males and females:</b>										
2 and over...	33 (0.6)	30 (0.8)	28 (0.6)	24 (0.8)	34 (0.7)	34 (0.9)	30 (0.7)	33 (0.6)	32 (0.5)	

**Table 9. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>Males:</b>								
2 - 5.....	24 (1.6)	24 (1.6)	28 (1.9)	26 (1.7)	27 (1.7)	29 (1.8)	34 (6.7)	-- --
6 - 11.....	36 (2.0)	39 (2.0)	39 (1.5)	38 (1.8)	40 (1.9)	41 (1.9)	37 (3.5)	-- --
12 - 19.....	31 (2.3)	34 (3.2)	32 (3.0)	34 (3.5)	33 (3.7)	37 (3.8)	53 (9.9)	-- --
20 - 29.....	35 (2.3)	37 (2.7)	36 (2.3)	41 (2.7)	36 (2.1)	41 (2.8)	41 (4.2)	-- --
30 - 39.....	43 (2.1)	45 (3.2)	44 (2.0)	46 (2.4)	43 (1.9)	49 (2.6)	49 (4.6)	-- --
40 - 49.....	31 (2.1)	32 (2.0)	35 (1.7)	33 (2.5)	35 (2.0)	38 (2.1)	44 (4.5)	-- --
50 - 59.....	32 (2.2)	30 (3.5)	33 (2.3)	35 (2.1)	32 (2.1)	37 (1.8)	35 (3.7)	-- --
60 - 69.....	25 (1.4)	26 (1.5)	27 (1.7)	30 (1.9)	26 (1.2)	32 (1.9)	32 (2.9)	-- --
70 and over.....	15 (1.6)	15 (1.4)	16 (1.8)	19 (2.0)	17 (1.5)	22 (1.9)	20 (2.8)	-- --
20 and over...	32 (1.0)	33 (1.7)	34 (1.3)	36 (1.1)	33 (1.1)	39 (1.0)	39 (2.2)	38 (2.6)
<b>Females:</b>								
2 - 5.....	24 (1.9)	22 (2.1)	26 (2.6)	24 (2.1)	23 (1.9)	28 (2.2)	37 (10.3)	-- --
6 - 11.....	32 (1.8)	32 (2.5)	36 (2.2)	35 (2.1)	35 (2.2)	37 (2.1)	41 (4.6)	-- --
12 - 19.....	34 (2.9)	35 (3.0)	40 (3.2)	41 (3.4)	39 (3.7)	44 (3.7)	52 (4.2)	-- --
20 - 29.....	34 (1.6)	35 (1.9)	36 (1.9)	36 (2.1)	34 (2.0)	39 (1.8)	44 (3.8)	-- --
30 - 39.....	32 (2.7)	34 (2.9)	34 (2.8)	33 (2.5)	32 (2.5)	37 (3.0)	34 (4.6)	-- --
40 - 49.....	29 (2.3)	31 (2.5)	31 (2.5)	33 (2.4)	32 (2.3)	36 (3.0)	31 (2.8)	-- --
50 - 59.....	31 (3.4)	30 (3.0)	33 (4.4)	35 (3.7)	31 (3.3)	36 (3.6)	31 (5.2)	-- --
60 - 69.....	21 (3.1)	23 (3.6)	25 (3.7)	25 (2.9)	22 (2.8)	28 (2.9)	22 (3.1)	-- --
70 and over.....	13 (1.2)	15 (0.9)	17 (2.1)	16 (1.5)	15 (1.2)	20 (1.8)	17 (2.7)	-- --
20 and over...	28 (1.3)	29 (1.5)	30 (1.6)	31 (1.4)	29 (1.3)	34 (1.6)	30 (2.2)	38 (4.6)
<b>Males and females:</b>								
2 and over...	30 (0.5)	32 (0.7)	33 (0.6)	34 (0.5)	32 (0.5)	37 (0.6)	36 (1.4)	-- --



## Symbol Legend

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

## Footnotes

- <sup>1</sup> 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.
- <sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2007-2008.
- <sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item away from home.
- <sup>4</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Away from Home: Percentages of Selected Nutrients Contributed by Foods Eaten Away from Home, by Gender and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 10. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, in the United States, 2007-2008

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (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)
<b>Non-Hispanic White:</b>										
2 - 5.....	71 (4.1)	29 (2.5)	27 (2.4)	29 (2.6)	27 (2.5)	30 (3.0)	30 (2.6)	27 (2.5)	30 (2.8)	33 (2.6)
6 - 11.....	81 (2.6)	40 (2.6)	38 (2.6)	40 (2.7)	41 (3.0)	39 (2.7)	40 (2.4)	39 (2.6)	40 (2.5)	41 (2.6)
12 - 19.....	80 (2.0)	41 (3.7)	40 (3.9)	40 (3.4)	40 (3.7)	41 (3.6)	43 (4.2)	41 (4.4)	45 (4.4)	42 (3.9)
20 and over...	69 (1.8)	36 (1.1)	35 (1.2)	34 (1.1)	34 (1.2)	31 (1.3)	38 (1.1)	36 (1.4)	38 (1.1)	39 (0.9)
2 and over...	71 (1.4)	36 (0.8)	35 (0.8)	35 (0.8)	35 (0.9)	32 (1.0)	38 (0.8)	36 (0.8)	39 (0.9)	39 (0.8)
<b>Non-Hispanic Black:</b>										
2 - 5.....	59 (5.1)	29 (4.0)	29 (4.3)	29 (4.1)	30 (4.3)	32 (4.5)	29 (3.8)	29 (4.1)	29 (3.6)	30 (4.1)
6 - 11.....	80 (3.3)	39 (2.7)	39 (2.7)	39 (2.5)	41 (2.3)	40 (3.6)	38 (3.1)	39 (3.5)	38 (3.2)	39 (2.8)
12 - 19.....	62 (5.7)	32 (1.9)	32 (2.1)	32 (1.8)	33 (1.7)	32 (2.4)	33 (2.1)	33 (2.6)	34 (2.0)	33 (2.3)
20 and over...	56 (2.7)	29 (1.7)	28 (1.7)	29 (1.7)	30 (2.1)	26 (1.7)	29 (1.9)	28 (2.0)	30 (1.8)	31 (1.8)
2 and over...	60 (2.4)	30 (1.4)	30 (1.5)	30 (1.4)	32 (1.4)	29 (1.5)	31 (1.6)	30 (1.8)	31 (1.6)	32 (1.5)
<b>Hispanic<sup>4</sup>:</b>										
<i>Mexican American</i>										
2 - 5.....	53 (5.8)	22 (1.8)	19 (1.5)	23 (1.8)	22 (2.0)	20 (1.6)	23 (2.1)	21 (1.9)	23 (2.0)	26 (3.7)
6 - 11.....	79 (4.4)	37 (2.9)	37 (3.3)	36 (3.2)	38 (3.6)	32 (3.3)	39 (2.5)	38 (2.5)	39 (2.5)	40 (2.8)
12 - 19.....	75 (4.0)	39 (2.2)	37 (1.9)	38 (2.7)	39 (3.3)	33 (3.2)	41 (2.2)	41 (2.5)	42 (2.2)	41 (2.9)
20 and over...	65 (2.9)	37 (1.9)	36 (1.8)	36 (1.7)	36 (1.6)	32 (2.0)	38 (2.3)	38 (2.3)	40 (2.4)	38 (2.4)
2 and over...	67 (3.0)	36 (1.6)	35 (1.5)	35 (1.6)	36 (1.8)	32 (1.7)	38 (2.0)	37 (2.0)	39 (2.0)	38 (2.1)
<i>All Hispanic</i>										
2 - 5.....	54 (3.8)	23 (1.9)	20 (1.7)	23 (2.0)	21 (1.9)	21 (2.0)	24 (2.0)	22 (1.6)	26 (2.1)	28 (3.2)
6 - 11.....	78 (4.9)	36 (3.2)	35 (3.3)	35 (3.4)	36 (3.7)	32 (3.5)	37 (2.9)	36 (2.9)	38 (2.8)	40 (3.2)
12 - 19.....	71 (2.7)	37 (1.6)	35 (1.4)	36 (1.8)	37 (2.1)	32 (2.1)	38 (1.9)	38 (2.2)	39 (2.1)	40 (2.3)
20 and over...	65 (1.9)	36 (1.2)	36 (1.1)	35 (1.2)	35 (1.4)	32 (1.4)	38 (1.4)	37 (1.4)	39 (1.4)	37 (1.5)
2 and over...	66 (2.0)	35 (1.1)	34 (0.9)	34 (1.2)	34 (1.3)	31 (1.2)	37 (1.3)	36 (1.3)	38 (1.3)	37 (1.4)

**Table 10. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, in the United States, 2007-2008 (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)
<b>Non-Hispanic White:</b>									
2 - 5.....	24 (3.4)	20 (2.7)	27 (5.5)	35 (6.2)	24 (2.3)	22 (2.3)	27 (2.4)	24 (2.3)	25 (2.9)
6 - 11.....	36 (2.9)	34 (4.5)	42 (5.4)	42 (4.8)	35 (3.0)	35 (3.2)	38 (3.0)	35 (3.5)	34 (1.9)
12 - 19.....	40 (4.5)	26 (3.9)	32 (4.7)	42 (8.0)	35 (3.4)	35 (4.0)	40 (3.7)	37 (3.6)	32 (3.2)
20 and over...	38 (1.3)	27 (1.2)	31 (2.2)	33 (2.5)	31 (0.7)	30 (1.0)	35 (1.0)	32 (1.0)	29 (0.8)
2 and over...	38 (1.0)	27 (0.8)	32 (1.7)	35 (1.6)	31 (0.5)	30 (0.5)	35 (0.7)	32 (0.7)	30 (0.6)
<b>Non-Hispanic Black:</b>									
2 - 5.....	25 (3.9)	28 (3.8)	24* (8.0)	32 (6.9)	27 (3.8)	29 (3.8)	27 (4.0)	26 (3.5)	27 (4.4)
6 - 11.....	33 (2.6)	36 (3.5)	37 (3.5)	43 (8.0)	36 (3.2)	37 (3.1)	35 (2.6)	34 (2.6)	34 (2.9)
12 - 19.....	29 (3.1)	27 (3.5)	34 (7.5)	27 (4.3)	28 (2.6)	29 (2.8)	30 (2.0)	29 (2.1)	29 (3.2)
20 and over...	28 (2.2)	23 (2.0)	23 (3.0)	22 (2.0)	25 (1.3)	27 (1.5)	30 (1.5)	28 (1.6)	23 (1.2)
2 and over...	28 (1.9)	25 (1.6)	25 (2.2)	26 (2.6)	27 (1.3)	29 (1.3)	30 (1.2)	29 (1.3)	25 (1.2)
<b>Hispanic<sup>1</sup>:</b>									
<i>Mexican American</i>									
2 - 5.....	16 (1.3)	17 (1.4)	16 (3.5)	18* (5.4)	19 (1.7)	18 (1.6)	18 (2.0)	16 (2.0)	17 (2.0)
6 - 11.....	33 (4.5)	33 (3.4)	29 (6.4)	22 (5.3)	32 (2.6)	35 (2.7)	35 (3.8)	32 (3.9)	31 (3.3)
12 - 19.....	36 (2.6)	27 (3.2)	31 (5.4)	34 (4.2)	32 (2.4)	31 (2.2)	37 (1.5)	32 (1.9)	30 (2.7)
20 and over...	34 (2.1)	30 (2.3)	38 (2.7)	36 (4.8)	33 (1.7)	31 (1.6)	37 (2.0)	34 (2.0)	32 (1.7)
2 and over...	33 (1.8)	29 (2.1)	35 (2.5)	33 (3.6)	32 (1.2)	30 (1.5)	35 (1.5)	32 (1.8)	30 (1.3)
<i>All Hispanic</i>									
2 - 5.....	17 (1.5)	17 (1.4)	15 (3.5)	17 (4.6)	20 (1.8)	18 (1.7)	20 (1.9)	18 (2.0)	18 (1.8)
6 - 11.....	31 (3.9)	31 (3.4)	28 (5.4)	26 (5.2)	31 (2.9)	33 (3.2)	33 (3.6)	29 (3.6)	30 (3.2)
12 - 19.....	35 (2.4)	26 (2.3)	29 (3.7)	34 (2.8)	31 (1.5)	30 (1.7)	36 (1.5)	32 (1.7)	29 (1.9)
20 and over...	35 (1.2)	28 (1.6)	32 (2.3)	33 (3.7)	32 (1.1)	30 (1.4)	35 (1.4)	33 (1.3)	31 (1.3)
2 and over...	34 (1.1)	27 (1.5)	31 (2.3)	31 (2.5)	31 (0.8)	30 (1.1)	34 (1.1)	31 (1.2)	29 (1.0)

**Table 10. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Non-Hispanic White:</b>										
2 - 5.....	25 (2.2)	21 (2.8)	26 (4.6)	19 (2.3)	30 (2.7)	30 (3.9)	21 (2.1)	25 (2.1)	26 (2.3)	
6 - 11.....	37 (2.7)	34 (3.7)	36 (3.4)	33 (4.7)	39 (2.9)	39 (4.3)	36 (4.0)	38 (3.2)	37 (2.6)	
12 - 19.....	38 (4.0)	34 (4.0)	36 (4.5)	21 (4.7)	38 (4.7)	38 (4.4)	34 (3.7)	38 (3.9)	36 (3.3)	
20 and over...	34 (1.2)	30 (1.3)	26 (1.3)	23 (1.5)	34 (1.1)	35 (1.3)	29 (1.3)	33 (1.2)	32 (1.0)	
2 and over...	35 (0.9)	30 (0.8)	28 (0.9)	23 (1.0)	34 (0.8)	35 (1.0)	30 (0.9)	33 (0.8)	32 (0.7)	
<b>Non-Hispanic Black:</b>										
2 - 5.....	28 (4.4)	27 (3.9)	23 (5.4)	32 (4.3)	29 (4.4)	28 (5.2)	32 (4.5)	31 (4.3)	29 (4.4)	
6 - 11.....	37 (2.7)	36 (3.2)	36 (2.1)	42 (3.9)	38 (4.0)	30 (4.0)	41 (3.6)	40 (3.2)	40 (3.0)	
12 - 19.....	31 (2.2)	29 (4.0)	30 (4.4)	26 (4.0)	33 (2.5)	41 (9.5)	31 (3.3)	33 (2.6)	32 (2.3)	
20 and over...	27 (1.7)	27 (2.2)	27 (2.7)	20 (2.0)	29 (1.7)	26 (3.3)	25 (1.7)	27 (1.5)	27 (1.4)	
2 and over...	28 (1.5)	28 (1.9)	28 (1.9)	25 (1.2)	30 (1.7)	28 (2.2)	28 (1.6)	30 (1.4)	29 (1.4)	
<b>Hispanic<sup>1</sup>:</b>										
<i>Mexican American</i>										
2 - 5.....	18 (1.3)	16 (1.6)	17 (2.0)	17 (1.8)	22 (2.7)	22 (2.5)	19 (1.8)	20 (1.6)	19 (1.5)	
6 - 11.....	35 (3.4)	35 (4.0)	29 (4.3)	37 (2.6)	35 (2.7)	41 (5.5)	37 (2.6)	38 (3.0)	34 (2.7)	
12 - 19.....	36 (2.0)	33 (2.8)	27 (4.9)	24 (3.0)	38 (1.6)	36 (5.3)	34 (2.9)	35 (2.1)	35 (2.4)	
20 and over...	34 (1.8)	34 (4.2)	29 (2.5)	23 (2.4)	37 (1.7)	41 (2.6)	30 (1.7)	33 (1.7)	33 (1.8)	
2 and over...	33 (1.6)	33 (3.4)	27 (1.7)	24 (1.5)	36 (1.3)	39 (2.5)	30 (1.5)	33 (1.6)	32 (1.6)	
<i>All Hispanic</i>										
2 - 5.....	18 (1.5)	16 (1.6)	18 (2.3)	15 (1.5)	22 (2.4)	25 (3.4)	18 (1.8)	20 (1.8)	19 (1.7)	
6 - 11.....	33 (3.5)	32 (3.7)	26 (3.8)	34 (3.5)	35 (3.3)	40 (4.9)	35 (3.3)	36 (3.2)	32 (3.1)	
12 - 19.....	34 (1.5)	31 (2.2)	27 (3.1)	23 (3.4)	37 (1.5)	35 (3.2)	32 (2.2)	34 (1.4)	33 (1.5)	
20 and over...	34 (1.0)	32 (3.0)	29 (1.6)	23 (1.6)	36 (1.2)	40 (2.0)	30 (1.4)	33 (1.1)	32 (1.2)	
2 and over...	33 (0.9)	31 (2.4)	27 (1.2)	23 (1.2)	35 (1.0)	38 (2.0)	30 (1.0)	33 (1.0)	32 (1.0)	

**Table 10. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	25 (2.2)	25 (2.4)	29 (2.5)	27 (2.7)	26 (2.2)	30 (2.9)	39 (9.0)	-- --
6 - 11.....	36 (2.5)	37 (2.9)	38 (2.2)	37 (2.4)	38 (2.9)	40 (2.6)	38 (3.5)	-- --
12 - 19.....	34 (2.8)	38 (4.0)	38 (3.6)	40 (4.1)	38 (4.1)	44 (4.3)	55 (7.7)	-- --
20 and over...	31 (0.9)	31 (1.3)	33 (1.2)	35 (1.1)	32 (1.1)	38 (1.2)	34 (1.5)	39 (2.8)
2 and over...	31 (0.6)	32 (0.8)	33 (0.7)	36 (0.7)	32 (0.8)	38 (0.8)	35 (1.6)	-- --
<b>Non-Hispanic Black:</b>								
2 - 5.....	27 (4.1)	28 (4.3)	29 (4.5)	29 (4.4)	31 (4.5)	29 (4.0)	33*(11.6)	-- --
6 - 11.....	34 (2.9)	38 (2.8)	40 (3.2)	37 (3.1)	42 (2.7)	38 (2.7)	43 (7.9)	-- --
12 - 19.....	29 (2.2)	27 (3.2)	29 (3.1)	30 (2.7)	32 (2.2)	32 (2.3)	35 (6.4)	-- --
20 and over...	24 (1.4)	26 (1.9)	28 (1.6)	27 (1.6)	28 (1.6)	29 (1.7)	42 (3.5)	34 (3.4)
2 and over...	26 (1.2)	27 (1.7)	29 (1.6)	29 (1.5)	30 (1.4)	31 (1.5)	41 (3.4)	-- --
<b>Hispanic<sup>4</sup>:</b>								
<i>Mexican American</i>								
2 - 5.....	19 (2.2)	17 (1.5)	21 (1.7)	19 (1.5)	19 (1.5)	23 (1.7)	27 (5.7)	-- --
6 - 11.....	30 (2.7)	34 (2.5)	34 (2.3)	35 (3.1)	36 (3.2)	37 (3.2)	38 (6.9)	-- --
12 - 19.....	32 (2.4)	36 (2.3)	36 (2.1)	36 (1.8)	35 (2.7)	40 (2.6)	52 (6.3)	-- --
20 and over...	33 (1.7)	40 (3.5)	37 (2.9)	36 (1.9)	33 (2.0)	40 (2.0)	40 (2.8)	40 (5.3)
2 and over...	32 (1.4)	37 (2.9)	35 (2.4)	35 (1.4)	33 (1.8)	39 (1.8)	41 (3.0)	-- --
<i>All Hispanic</i>								
2 - 5.....	20 (2.2)	18 (1.5)	21 (1.9)	20 (1.6)	19 (1.8)	25 (2.1)	27 (4.5)	-- --
6 - 11.....	30 (2.6)	32 (2.8)	33 (2.9)	34 (3.2)	34 (3.5)	36 (3.2)	37 (5.3)	-- --
12 - 19.....	30 (1.7)	32 (1.7)	35 (1.2)	36 (1.6)	33 (1.6)	38 (1.8)	49 (4.5)	-- --
20 and over...	32 (1.3)	38 (2.4)	35 (1.9)	35 (1.3)	33 (1.2)	39 (1.2)	37 (2.6)	42 (3.9)
2 and over...	31 (1.1)	35 (2.0)	34 (1.6)	34 (0.9)	32 (1.1)	38 (1.1)	38 (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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

## Footnotes

- <sup>1</sup> 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.
- <sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2007-2008.
- <sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item away from home.
- <sup>4</sup> A new sampling methodology was implemented for NHANES 2007-2008; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.
- <sup>5</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. 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 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 11. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (in Dollars) and Age, in the United States, 2007-2008

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (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)
<b>\$0 - \$24,999:</b>										
2 - 5.....	57 (5.5)	23 (2.6)	21 (2.5)	24 (2.8)	23 (2.8)	25 (3.3)	24 (2.5)	22 (2.5)	25 (2.6)	28 (2.9)
6 - 11.....	77 (3.8)	36 (2.2)	36 (2.4)	36 (2.5)	37 (2.7)	35 (2.8)	36 (1.9)	36 (2.0)	36 (1.9)	37 (2.5)
12 - 19.....	70 (2.8)	36 (2.7)	35 (2.5)	36 (2.8)	37 (2.8)	35 (3.7)	38 (3.1)	38 (3.1)	39 (3.3)	37 (3.2)
20 and over...	53 (1.9)	26 (1.8)	26 (1.9)	25 (1.7)	25 (1.5)	21 (1.6)	28 (2.0)	27 (2.4)	28 (1.9)	29 (1.4)
2 and over...	57 (1.7)	28 (1.4)	28 (1.5)	27 (1.4)	27 (1.3)	24 (1.4)	30 (1.6)	29 (1.9)	30 (1.6)	30 (1.2)
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	62 (4.7)	27 (1.9)	24 (1.9)	27 (2.0)	28 (2.1)	28 (2.8)	26 (2.0)	24 (2.1)	27 (2.1)	29 (2.2)
6 - 11.....	77 (3.8)	39 (2.5)	39 (3.0)	39 (2.4)	41 (2.3)	38 (2.4)	39 (2.7)	39 (2.8)	39 (2.7)	40 (2.9)
12 - 19.....	72 (3.2)	41 (4.3)	40 (4.6)	41 (4.2)	40 (4.1)	42 (5.0)	43 (4.6)	42 (4.2)	44 (5.0)	42 (4.7)
20 and over...	68 (1.6)	36 (1.1)	36 (1.2)	35 (1.3)	36 (1.4)	32 (1.3)	38 (0.9)	37 (1.1)	39 (0.9)	39 (0.9)
2 and over...	69 (1.3)	37 (0.9)	36 (1.0)	36 (1.0)	36 (0.9)	33 (1.2)	38 (0.9)	37 (0.9)	39 (1.0)	39 (1.0)
<b>\$75,000 and higher:</b>										
2 - 5.....	79 (3.2)	32 (2.8)	29 (3.6)	32 (2.3)	29 (2.3)	32 (2.0)	33 (3.7)	31 (3.8)	34 (4.2)	37 (3.2)
6 - 11.....	85 (3.3)	39 (3.3)	36 (3.5)	39 (3.6)	41 (4.3)	37 (3.5)	39 (3.3)	37 (3.7)	39 (3.5)	42 (3.4)
12 - 19.....	85 (2.5)	41 (3.7)	40 (4.4)	39 (3.4)	39 (3.6)	39 (3.9)	43 (4.2)	41 (4.3)	44 (4.4)	43 (4.3)
20 and over...	78 (1.6)	40 (1.5)	39 (1.5)	40 (1.6)	39 (1.9)	36 (1.4)	42 (1.6)	40 (1.7)	42 (1.6)	43 (1.7)
2 and over...	80 (1.5)	40 (1.5)	39 (1.4)	39 (1.6)	39 (1.9)	37 (1.4)	41 (1.6)	40 (1.7)	42 (1.7)	43 (1.6)
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	66 (3.1)	27 (1.5)	25 (1.4)	27 (1.6)	27 (1.6)	28 (1.8)	28 (1.5)	25 (1.5)	29 (1.6)	31 (1.7)
6 - 11.....	80 (2.0)	39 (1.7)	38 (1.9)	39 (1.8)	40 (2.0)	37 (1.8)	39 (1.7)	38 (1.7)	39 (1.7)	41 (1.8)
12 - 19.....	75 (1.7)	39 (2.6)	38 (2.9)	38 (2.5)	38 (2.6)	37 (2.7)	40 (2.9)	39 (3.1)	41 (3.1)	40 (2.6)
20 and over...	67 (1.3)	35 (0.8)	34 (0.9)	34 (0.9)	33 (1.0)	31 (1.0)	37 (0.9)	35 (1.1)	37 (0.8)	38 (0.7)
2 and over...	69 (1.0)	35 (0.5)	34 (0.6)	34 (0.6)	34 (0.6)	32 (0.8)	37 (0.6)	35 (0.6)	38 (0.6)	38 (0.6)

**Table 11. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (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)
<b>\$0 - \$24,999:</b>									
2 - 5.....	18 (2.6)	20 (2.4)	28 (5.3)	22 (5.6)	19 (2.3)	19 (2.3)	20 (2.5)	18 (2.1)	18 (2.7)
6 - 11.....	34 (2.8)	32 (2.7)	32 (4.3)	37 (7.3)	32 (2.6)	34 (2.8)	33 (2.7)	31 (3.0)	31 (3.1)
12 - 19.....	36 (3.0)	26 (2.9)	28 (5.0)	35 (6.2)	31 (2.9)	32 (2.9)	35 (2.6)	33 (3.1)	28 (3.5)
20 and over...	26 (2.2)	20 (1.6)	21 (2.2)	23 (2.8)	22 (1.4)	22 (1.8)	26 (1.7)	24 (1.8)	20 (1.5)
2 and over...	27 (1.9)	22 (1.3)	22 (1.9)	26 (2.1)	24 (1.2)	24 (1.4)	27 (1.4)	25 (1.6)	22 (1.3)
<b>\$25,000 - \$74,999:</b>									
2 - 5.....	22 (2.3)	22 (2.1)	29 (4.8)	28 (5.4)	24 (1.9)	22 (1.8)	26 (1.9)	24 (2.2)	22 (1.9)
6 - 11.....	33 (3.3)	37 (3.9)	40 (5.9)	40 (6.9)	35 (2.7)	36 (3.3)	40 (3.9)	38 (3.9)	32 (2.8)
12 - 19.....	38 (5.0)	28 (3.2)	33 (5.5)	41 (12.0)	36 (4.2)	37 (4.1)	40 (5.6)	38 (5.9)	36 (4.4)
20 and over...	39 (1.4)	27 (1.2)	30 (1.6)	32 (2.5)	32 (1.1)	31 (1.0)	36 (1.3)	33 (1.2)	30 (1.4)
2 and over...	38 (1.3)	28 (0.8)	31 (1.1)	33 (1.9)	32 (1.0)	31 (0.8)	36 (1.5)	34 (1.4)	30 (1.3)
<b>\$75,000 and higher:</b>									
2 - 5.....	27 (6.1)	22 (3.3)	26 (5.6)	39*(12.0)	27 (2.7)	24 (2.1)	29 (2.7)	25 (1.5)	30 (3.3)
6 - 11.....	36 (3.7)	33 (6.7)	47 (8.6)	36 (4.9)	34 (4.3)	34 (4.1)	35 (4.0)	30 (4.3)	34 (2.9)
12 - 19.....	40 (4.9)	29 (5.5)	32 (6.6)	46 (8.1)	34 (3.1)	33 (4.3)	39 (3.7)	34 (4.1)	29 (2.6)
20 and over...	43 (2.3)	32 (2.1)	38 (3.2)	41 (3.3)	36 (1.3)	36 (1.3)	39 (1.6)	35 (1.6)	34 (1.4)
2 and over...	41 (2.1)	31 (2.0)	38 (2.6)	41 (2.8)	35 (1.3)	34 (1.3)	38 (1.4)	34 (1.5)	33 (1.3)
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	22 (1.6)	21 (1.8)	27 (3.4)	29 (3.7)	23 (1.3)	22 (1.3)	25 (1.4)	23 (1.3)	23 (1.5)
6 - 11.....	34 (2.2)	34 (2.8)	39 (3.6)	37 (3.3)	34 (1.7)	35 (2.0)	36 (2.0)	34 (2.4)	33 (1.1)
12 - 19.....	37 (3.0)	26 (3.0)	32 (3.5)	39 (5.9)	33 (2.5)	33 (2.8)	37 (2.7)	35 (2.5)	31 (2.3)
20 and over...	36 (0.9)	27 (1.1)	30 (1.7)	32 (1.8)	31 (0.5)	30 (0.8)	34 (0.8)	31 (0.8)	29 (0.6)
2 and over...	36 (0.7)	27 (0.8)	31 (1.4)	33 (1.0)	31 (0.3)	30 (0.4)	34 (0.6)	32 (0.5)	29 (0.4)



**Table 11. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha- tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>\$0 - \$24,999:</b>										
2 - 5.....	20 (2.2)	17 (2.3)	18 (2.8)	17 (2.0)	23 (2.8)	26 (3.3)	20 (2.5)	21 (2.3)	22 (2.6)	
6 - 11.....	35 (2.7)	36 (3.8)	31 (3.7)	38 (4.0)	35 (2.3)	35 (3.3)	36 (2.6)	37 (2.6)	34 (2.6)	
12 - 19.....	34 (2.8)	35 (3.7)	30 (4.8)	27 (3.2)	32 (3.8)	34 (5.8)	32 (3.2)	35 (2.7)	33 (3.0)	
20 and over...	24 (1.7)	23 (2.3)	20 (1.5)	16 (1.6)	25 (1.5)	23 (1.7)	22 (2.1)	24 (1.9)	22 (1.5)	
2 and over...	26 (1.5)	25 (1.9)	22 (1.5)	19 (1.4)	27 (1.4)	25 (1.5)	24 (1.7)	26 (1.5)	24 (1.2)	
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	24 (1.9)	21 (2.0)	26 (2.0)	20 (2.0)	27 (2.3)	23 (3.6)	20 (1.8)	23 (1.8)	24 (1.7)	
6 - 11.....	36 (2.8)	35 (2.9)	38 (3.7)	34 (3.6)	41 (2.3)	38 (3.8)	39 (4.2)	39 (3.3)	37 (2.2)	
12 - 19.....	38 (4.4)	34 (4.0)	38 (5.3)	21 (3.5)	38 (6.7)	43 (5.8)	37 (3.7)	40 (4.2)	38 (4.0)	
20 and over...	35 (1.3)	30 (1.3)	31 (1.5)	26 (2.5)	34 (1.4)	34 (2.2)	30 (1.4)	34 (1.2)	32 (1.1)	
2 and over...	35 (1.1)	31 (1.0)	32 (1.0)	25 (1.7)	35 (1.5)	35 (1.6)	31 (1.2)	34 (1.0)	33 (0.9)	
<b>\$75,000 and higher:</b>										
2 - 5.....	26 (3.1)	21 (3.0)	30 (6.8)	19 (2.1)	33 (1.9)	32 (5.3)	24 (2.2)	27 (2.5)	29 (1.9)	
6 - 11.....	36 (3.5)	32 (5.1)	32 (2.1)	29 (5.6)	34 (3.1)	38 (6.0)	32 (4.0)	35 (3.9)	35 (3.4)	
12 - 19.....	38 (4.9)	31 (4.4)	28 (4.6)	22 (5.2)	40 (3.6)	34 (5.7)	33 (3.6)	37 (4.2)	36 (3.6)	
20 and over...	39 (1.9)	36 (2.5)	29 (1.7)	28 (3.5)	38 (1.5)	42 (2.9)	33 (1.3)	37 (1.5)	37 (1.2)	
2 and over...	38 (1.7)	34 (2.1)	29 (1.7)	26 (2.8)	38 (1.3)	41 (2.4)	33 (1.3)	36 (1.5)	36 (1.1)	
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	23 (1.2)	20 (1.5)	24 (2.7)	19 (1.5)	28 (1.7)	26 (2.5)	21 (1.3)	24 (1.3)	25 (1.4)	
6 - 11.....	36 (2.1)	34 (2.6)	34 (2.3)	34 (2.9)	38 (2.1)	38 (2.9)	37 (2.5)	38 (2.1)	36 (1.7)	
12 - 19.....	36 (2.9)	32 (3.0)	32 (2.6)	22 (3.1)	37 (3.2)	37 (3.4)	33 (2.7)	36 (2.8)	35 (2.4)	
20 and over...	33 (0.9)	30 (1.2)	27 (0.9)	23 (1.2)	33 (0.9)	34 (1.2)	29 (1.0)	32 (0.9)	31 (0.8)	
2 and over...	33 (0.6)	30 (0.8)	28 (0.6)	24 (0.8)	34 (0.7)	34 (0.9)	30 (0.7)	33 (0.6)	32 (0.5)	

**Table 11. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	20 (2.9)	19 (2.7)	23 (3.0)	21 (2.6)	22 (2.6)	24 (3.0)	25* (8.0)	-- --
6 - 11.....	32 (2.9)	35 (2.7)	35 (2.6)	36 (2.7)	36 (2.7)	37 (2.1)	26 (4.1)	-- --
12 - 19.....	31 (3.0)	33 (3.2)	35 (3.2)	36 (2.9)	34 (2.9)	37 (3.4)	49 (7.7)	-- --
20 and over...	22 (1.4)	24 (1.8)	23 (1.7)	26 (2.1)	22 (1.4)	28 (1.7)	21 (1.5)	31 (4.6)
2 and over...	24 (1.2)	26 (1.4)	25 (1.4)	27 (1.7)	25 (1.2)	29 (1.4)	23 (1.8)	-- --
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	24 (2.0)	23 (1.9)	27 (1.9)	24 (2.1)	25 (1.8)	28 (2.4)	38 (7.4)	-- --
6 - 11.....	35 (2.4)	36 (2.5)	37 (2.3)	37 (2.8)	39 (2.7)	38 (3.1)	41 (4.9)	-- --
12 - 19.....	35 (3.1)	36 (4.1)	37 (4.4)	40 (5.2)	39 (4.7)	45 (5.0)	57 (11.0)	-- --
20 and over...	31 (1.1)	32 (1.3)	33 (1.1)	35 (1.2)	33 (1.1)	37 (1.1)	36 (1.1)	41 (3.1)
2 and over...	32 (0.9)	33 (1.0)	33 (0.9)	35 (1.1)	33 (0.9)	38 (1.1)	37 (1.0)	-- --
<b>\$75,000 and higher:</b>								
2 - 5.....	28 (1.9)	28 (3.2)	31 (2.0)	31 (3.9)	27 (1.8)	34 (3.6)	44 (6.8)	-- --
6 - 11.....	35 (3.9)	37 (4.4)	38 (2.8)	35 (3.1)	36 (3.5)	41 (3.2)	44 (7.8)	-- --
12 - 19.....	34 (3.8)	37 (4.4)	39 (3.4)	40 (3.8)	37 (5.0)	42 (4.0)	53 (4.7)	-- --
20 and over...	35 (1.3)	37 (1.8)	38 (1.6)	40 (1.8)	37 (1.4)	43 (1.8)	46 (1.8)	39 (3.8)
2 and over...	35 (1.3)	36 (1.6)	38 (1.4)	39 (1.6)	36 (1.4)	42 (1.6)	46 (1.8)	-- --
<b>All Individuals<sup>4</sup>:</b>								
2 - 5.....	24 (1.3)	23 (1.4)	27 (1.7)	25 (1.5)	25 (1.4)	29 (1.6)	35 (5.5)	-- --
6 - 11.....	34 (1.5)	36 (2.0)	37 (1.6)	37 (1.7)	38 (2.0)	39 (1.7)	39 (2.7)	-- --
12 - 19.....	32 (2.1)	34 (2.8)	36 (2.6)	37 (3.0)	36 (2.9)	40 (3.1)	53 (6.4)	-- --
20 and over...	30 (0.7)	32 (1.1)	32 (1.0)	34 (0.8)	31 (0.9)	37 (0.9)	35 (1.4)	38 (2.1)
2 and over...	30 (0.5)	32 (0.7)	33 (0.6)	34 (0.5)	32 (0.5)	37 (0.6)	36 (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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

## Footnotes

- <sup>1</sup> 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.
- <sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2007-2008.
- <sup>3</sup> The percentage of respondents in the income/age group who reported consuming at least one item away from home.
- <sup>4</sup> Includes persons of all income levels or with unknown family income.
- <sup>5</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. 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 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 12. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008

Family income as % of Federal poverty threshold and age (years)	Percent reporting <sup>4</sup> % (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)
<b>Under 131% poverty:</b>										
2 - 5.....	58 (5.2)	24 (2.4)	21 (2.1)	24 (2.5)	24 (2.4)	25 (2.8)	25 (2.4)	22 (2.2)	26 (2.5)	28 (2.9)
6 - 11.....	75 (3.6)	36 (2.1)	36 (2.3)	36 (2.3)	38 (2.4)	35 (3.1)	36 (1.8)	35 (1.7)	36 (1.9)	37 (2.1)
12 - 19.....	67 (3.0)	35 (2.2)	33 (2.3)	34 (2.2)	35 (2.2)	31 (2.9)	36 (2.7)	36 (2.8)	37 (2.7)	36 (2.9)
20 and over...	52 (1.4)	25 (1.1)	25 (1.1)	24 (1.1)	24 (1.2)	21 (1.1)	26 (1.2)	26 (1.6)	27 (1.2)	27 (1.2)
2 and over...	57 (1.2)	28 (0.7)	27 (0.7)	27 (0.7)	28 (0.8)	24 (0.8)	29 (0.9)	28 (1.1)	29 (0.9)	29 (0.8)
<b>131-185% poverty:</b>										
2 - 5.....	54 (8.6)	23 (3.1)	22 (3.7)	24 (3.4)	27 (3.7)	26 (6.4)	21 (3.3)	20 (3.3)	21 (3.2)	21 (3.5)
6 - 11.....	89* (3.1)	45 (3.3)	45 (4.4)	43 (2.9)	44 (2.1)	44 (4.0)	46 (3.5)	46 (4.8)	46 (3.5)	46 (2.3)
12 - 19.....	74 (6.6)	36 (8.9)	35 (9.8)	36 (8.4)	38 (8.0)	32 (7.2)	37 (9.6)	34 (9.0)	38 (10.2)	39 (10.0)
20 and over...	59 (2.5)	33 (1.5)	32 (1.6)	32 (1.5)	33 (1.6)	28 (1.7)	35 (1.7)	34 (1.4)	35 (1.8)	34 (2.7)
2 and over...	63 (2.5)	34 (2.1)	33 (2.2)	33 (1.8)	34 (1.8)	29 (1.8)	35 (2.3)	35 (1.8)	36 (2.3)	35 (3.2)
<b>Over 185% poverty:</b>										
2 - 5.....	74 (3.1)	31 (2.0)	28 (2.4)	31 (2.0)	29 (2.0)	32 (2.5)	31 (2.4)	29 (2.4)	32 (2.7)	36 (2.4)
6 - 11.....	80 (3.4)	38 (2.6)	36 (2.5)	39 (2.7)	40 (3.2)	37 (2.6)	38 (2.8)	36 (3.0)	38 (2.9)	40 (2.8)
12 - 19.....	82 (2.6)	44 (3.2)	43 (3.2)	43 (3.1)	42 (3.3)	44 (3.8)	45 (3.5)	45 (3.6)	47 (3.6)	44 (3.4)
20 and over...	73 (1.3)	38 (1.1)	37 (1.1)	37 (1.2)	37 (1.4)	34 (1.3)	40 (1.2)	39 (1.3)	41 (1.1)	41 (1.1)
2 and over...	75 (1.0)	39 (0.8)	38 (0.8)	38 (0.9)	38 (1.1)	35 (1.2)	40 (0.9)	39 (0.9)	41 (1.0)	41 (0.9)
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	66 (3.1)	27 (1.5)	25 (1.4)	27 (1.6)	27 (1.6)	28 (1.8)	28 (1.5)	25 (1.5)	29 (1.6)	31 (1.7)
6 - 11.....	80 (2.0)	39 (1.7)	38 (1.9)	39 (1.8)	40 (2.0)	37 (1.8)	39 (1.7)	38 (1.7)	39 (1.7)	41 (1.8)
12 - 19.....	75 (1.7)	39 (2.6)	38 (2.9)	38 (2.5)	38 (2.6)	37 (2.7)	40 (2.9)	39 (3.1)	41 (3.1)	40 (2.6)
20 and over...	67 (1.3)	35 (0.8)	34 (0.9)	34 (0.9)	33 (1.0)	31 (1.0)	37 (0.9)	35 (1.1)	37 (0.8)	38 (0.7)
2 and over...	69 (1.0)	35 (0.5)	34 (0.6)	34 (0.6)	34 (0.6)	32 (0.8)	37 (0.6)	35 (0.6)	38 (0.6)	38 (0.6)

**Table 12. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (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)
<b>Under 131% poverty:</b>									
2 - 5.....	18 (2.3)	18 (2.0)	20 (3.0)	24 (5.4)	20 (2.0)	19 (2.0)	21 (2.2)	18 (1.8)	19 (2.3)
6 - 11.....	33 (2.6)	32 (2.3)	28 (3.0)	38 (6.6)	33 (2.4)	35 (2.3)	34 (2.4)	31 (2.7)	32 (2.6)
12 - 19.....	34 (2.6)	23 (2.5)	24 (3.9)	33 (5.6)	29 (2.4)	30 (2.5)	32 (2.5)	30 (2.5)	27 (2.8)
20 and over...	25 (1.8)	20 (1.4)	21 (2.3)	20 (2.5)	21 (1.0)	22 (1.5)	25 (0.9)	24 (1.2)	19 (1.2)
2 and over...	26 (1.4)	22 (0.8)	22 (1.5)	25 (1.9)	24 (0.5)	25 (0.8)	27 (0.6)	25 (0.9)	22 (0.7)
<b>131-185% poverty:</b>									
2 - 5.....	18* (3.5)	22 (4.9)	34 (10.1)	21* (3.7)	19 (3.1)	20 (2.9)	23 (3.7)	23 (4.6)	14* (2.7)
6 - 11.....	39 (5.7)	46 (7.1)	57 (10.5)	49 (7.3)	41 (4.9)	45 (5.2)	46 (6.4)	45 (6.2)	39 (5.5)
12 - 19.....	30 (8.9)	25 (4.8)	32 (9.3)	62*(18.3)	34 (9.1)	35*(10.9)	44*(13.5)	45 (12.0)	31 (7.7)
20 and over...	35 (2.4)	26 (1.8)	28 (4.3)	27 (4.6)	29 (1.8)	28 (1.3)	32 (1.8)	31 (1.9)	27 (2.3)
2 and over...	34 (2.4)	28 (2.0)	30 (4.5)	33 (6.0)	30 (2.3)	30 (2.4)	35 (3.6)	34 (3.5)	28 (2.5)
<b>Over 185% poverty:</b>									
2 - 5.....	27 (3.6)	23 (2.9)	30 (5.2)	36 (6.3)	27 (2.3)	24 (1.9)	29 (2.2)	26 (2.0)	30 (2.7)
6 - 11.....	34 (2.9)	32 (4.5)	44 (5.1)	36 (3.9)	33 (2.8)	32 (3.0)	36 (2.7)	32 (3.4)	32 (1.7)
12 - 19.....	42 (4.3)	31 (4.4)	35 (5.2)	40 (3.5)	37 (2.9)	36 (3.4)	41 (2.4)	37 (2.9)	34 (3.2)
20 and over...	41 (1.3)	29 (1.3)	34 (2.4)	37 (2.5)	34 (0.7)	33 (0.9)	37 (0.9)	34 (1.0)	32 (0.8)
2 and over...	40 (1.0)	29 (1.1)	34 (2.0)	37 (1.9)	34 (0.5)	33 (0.6)	37 (0.6)	34 (0.7)	32 (0.7)
<b>All Individuals<sup>5</sup>:</b>									
2 - 5.....	22 (1.6)	21 (1.8)	27 (3.4)	29 (3.7)	23 (1.3)	22 (1.3)	25 (1.4)	23 (1.3)	23 (1.5)
6 - 11.....	34 (2.2)	34 (2.8)	39 (3.6)	37 (3.3)	34 (1.7)	35 (2.0)	36 (2.0)	34 (2.4)	33 (1.1)
12 - 19.....	37 (3.0)	26 (3.0)	32 (3.5)	39 (5.9)	33 (2.5)	33 (2.8)	37 (2.7)	35 (2.5)	31 (2.3)
20 and over...	36 (0.9)	27 (1.1)	30 (1.7)	32 (1.8)	31 (0.5)	30 (0.8)	34 (0.8)	31 (0.8)	29 (0.6)
2 and over...	36 (0.7)	27 (0.8)	31 (1.4)	33 (1.0)	31 (0.3)	30 (0.4)	34 (0.6)	32 (0.5)	29 (0.4)

**Table 12. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Under 131% poverty:</b>										
2 - 5.....	20 (2.0)	17 (2.1)	19 (2.6)	18 (1.7)	23 (2.6)	24 (3.0)	21 (1.9)	22 (2.0)	22 (2.2)	
6 - 11.....	35 (2.8)	35 (3.2)	32 (4.0)	39 (3.6)	34 (1.8)	34 (2.9)	37 (2.4)	37 (2.4)	34 (2.5)	
12 - 19.....	32 (2.2)	31 (3.1)	31 (3.7)	24 (2.3)	32 (2.7)	32 (4.7)	31 (2.2)	33 (2.1)	31 (2.3)	
20 and over...	23 (1.1)	22 (1.9)	20 (1.5)	16 (1.7)	24 (1.0)	21 (2.3)	22 (1.4)	24 (1.1)	22 (0.8)	
2 and over...	26 (0.8)	25 (1.2)	23 (1.3)	21 (1.1)	26 (0.8)	24 (1.6)	25 (0.7)	26 (0.6)	25 (0.5)	
<b>131-185% poverty:</b>										
2 - 5.....	21 (3.2)	19* (3.5)	19* (3.2)	22 (4.5)	22 (3.6)	15* (4.3)	18* (3.2)	21 (3.4)	21 (3.5)	
6 - 11.....	40 (4.5)	45 (3.8)	40 (6.4)	39 (6.9)	46 (4.9)	42 (7.0)	48 (6.7)	45 (4.0)	41 (3.1)	
12 - 19.....	33 (8.6)	34 (9.7)	33 (8.7)	13* (1.9)	37 (10.8)	29 (4.8)	27 (6.2)	34 (9.3)	33 (8.2)	
20 and over...	32 (1.9)	32 (2.5)	25 (2.1)	19 (1.8)	30 (2.4)	33 (5.1)	28 (1.6)	30 (1.3)	28 (1.4)	
2 and over...	32 (2.0)	33 (2.9)	26 (1.9)	20 (1.8)	32 (2.8)	33 (4.2)	29 (1.7)	31 (1.9)	29 (1.8)	
<b>Over 185% poverty:</b>										
2 - 5.....	26 (2.2)	23 (2.2)	30 (4.8)	19 (1.6)	32 (2.0)	30 (3.9)	23 (1.7)	26 (1.9)	28 (1.8)	
6 - 11.....	35 (2.8)	31 (3.8)	33 (1.8)	29 (4.9)	36 (2.7)	38 (4.8)	33 (3.5)	35 (3.1)	35 (2.5)	
12 - 19.....	41 (4.0)	34 (3.2)	33 (4.9)	24 (4.9)	40 (4.6)	42 (5.6)	37 (3.5)	40 (3.4)	39 (3.2)	
20 and over...	37 (1.2)	32 (1.4)	30 (1.1)	27 (1.9)	36 (1.1)	38 (1.7)	32 (1.1)	35 (1.1)	34 (1.1)	
2 and over...	37 (0.9)	32 (1.0)	31 (0.8)	26 (1.3)	37 (1.0)	38 (1.3)	32 (0.9)	36 (0.9)	35 (0.8)	
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	23 (1.2)	20 (1.5)	24 (2.7)	19 (1.5)	28 (1.7)	26 (2.5)	21 (1.3)	24 (1.3)	25 (1.4)	
6 - 11.....	36 (2.1)	34 (2.6)	34 (2.3)	34 (2.9)	38 (2.1)	38 (2.9)	37 (2.5)	38 (2.1)	36 (1.7)	
12 - 19.....	36 (2.9)	32 (3.0)	32 (2.6)	22 (3.1)	37 (3.2)	37 (3.4)	33 (2.7)	36 (2.8)	35 (2.4)	
20 and over...	33 (0.9)	30 (1.2)	27 (0.9)	23 (1.2)	33 (0.9)	34 (1.2)	29 (1.0)	32 (0.9)	31 (0.8)	
2 and over...	33 (0.6)	30 (0.8)	28 (0.6)	24 (0.8)	34 (0.7)	34 (0.9)	30 (0.7)	33 (0.6)	32 (0.5)	

**Table 12. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten Away from Home, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>6</sup> % (SE)
<b>Under 131% poverty:</b>								
2 - 5.....	21 (2.5)	19 (2.4)	23 (2.6)	21 (2.4)	22 (2.2)	24 (2.8)	26 (6.6)	-- --
6 - 11.....	32 (2.3)	34 (2.6)	35 (2.5)	36 (2.5)	36 (2.7)	37 (2.1)	31 (3.9)	-- --
12 - 19.....	28 (2.5)	31 (2.8)	32 (2.6)	34 (2.7)	31 (2.1)	35 (2.7)	47 (6.9)	-- --
20 and over...	21 (1.0)	23 (1.4)	22 (1.1)	24 (1.1)	22 (0.9)	26 (1.0)	22 (2.0)	32 (4.6)
2 and over...	24 (0.6)	25 (0.9)	25 (0.6)	27 (0.7)	25 (0.5)	29 (0.6)	24 (2.3)	-- --
<b>131-185% poverty:</b>								
2 - 5.....	18* (3.5)	19* (3.4)	23 (3.6)	20 (3.4)	24 (4.0)	25 (3.9)	39* (8.9)	-- --
6 - 11.....	40 (4.2)	46 (4.1)	41 (3.2)	42 (4.5)	44 (2.8)	42 (3.1)	47 (10.3)	-- --
12 - 19.....	28 (4.9)	31 (8.3)	34 (8.5)	34*(11.1)	38 (9.8)	41*(12.4)	70*(17.8)	-- --
20 and over...	28 (1.8)	30 (1.9)	29 (1.4)	32 (1.8)	28 (1.3)	35 (1.9)	27 (4.2)	32 (6.3)
2 and over...	29 (1.7)	31 (2.2)	30 (1.6)	32 (2.4)	30 (2.0)	36 (2.7)	31 (7.2)	-- --
<b>Over 185% poverty:</b>								
2 - 5.....	28 (2.1)	27 (2.4)	31 (2.0)	30 (2.5)	27 (1.7)	33 (2.5)	42 (7.4)	-- --
6 - 11.....	33 (2.4)	35 (2.8)	37 (2.0)	35 (2.1)	36 (3.0)	38 (2.5)	40 (5.6)	-- --
12 - 19.....	37 (2.9)	39 (3.1)	41 (3.4)	42 (3.0)	40 (4.1)	46 (3.4)	54 (4.6)	-- --
20 and over...	33 (0.9)	34 (1.3)	36 (1.3)	38 (1.1)	35 (1.1)	40 (1.2)	41 (1.5)	40 (3.2)
2 and over...	33 (0.7)	35 (0.8)	36 (0.9)	38 (0.8)	35 (0.9)	40 (0.9)	41 (1.5)	-- --
<b>All Individuals<sup>5</sup>:</b>								
2 - 5.....	24 (1.3)	23 (1.4)	27 (1.7)	25 (1.5)	25 (1.4)	29 (1.6)	35 (5.5)	-- --
6 - 11.....	34 (1.5)	36 (2.0)	37 (1.6)	37 (1.7)	38 (2.0)	39 (1.7)	39 (2.7)	-- --
12 - 19.....	32 (2.1)	34 (2.8)	36 (2.6)	37 (3.0)	36 (2.9)	40 (3.1)	53 (6.4)	-- --
20 and over...	30 (0.7)	32 (1.1)	32 (1.0)	34 (0.8)	31 (0.9)	37 (0.9)	35 (1.4)	38 (2.1)
2 and over...	30 (0.5)	32 (0.7)	33 (0.6)	34 (0.5)	32 (0.5)	37 (0.6)	36 (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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

**Footnotes**

- <sup>1</sup> 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.
- <sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2007-2008.
- <sup>3</sup> 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](http://www.fns.usda.gov).
- <sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item away from home.
- <sup>5</sup> Includes persons of all income levels or with unknown family income.
- <sup>6</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008**

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. 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 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).



**Table 13. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, in the United States, 2007-2008

Gender and age (years)	Percent reporting <sup>3</sup> % (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)
<b>Males:</b>										
2 - 5.....	98* (0.9)	21 (0.6)	20 (0.6)	22 (0.7)	23 (1.0)	19 (1.2)	19 (0.8)	21 (1.0)	19 (0.9)	16 (0.8)
6 - 11.....	89 (2.8)	18 (0.9)	17 (1.1)	20 (0.9)	20 (1.0)	18 (0.8)	17 (1.1)	17 (1.1)	17 (1.2)	16 (1.3)
12 - 19.....	71 (2.0)	15 (0.8)	14 (1.0)	16 (0.8)	17 (1.1)	14 (1.2)	13 (0.9)	15 (1.1)	13 (1.0)	10 (0.7)
20 - 29.....	70 (3.2)	14 (0.8)	13 (1.3)	15 (0.9)	17 (1.3)	14 (1.4)	14 (1.1)	15 (1.3)	14 (1.1)	13 (1.0)
30 - 39.....	81 (3.0)	18 (1.1)	17 (1.3)	20 (1.3)	22 (1.8)	18 (1.6)	17 (1.3)	17 (1.4)	17 (1.2)	17 (1.8)
40 - 49.....	80 (3.2)	16 (1.1)	14 (1.2)	17 (1.3)	17 (1.5)	18 (2.1)	16 (1.4)	16 (1.5)	17 (1.4)	16 (1.5)
50 - 59.....	87 (2.1)	16 (1.0)	14 (1.0)	18 (0.9)	19 (1.1)	20 (2.2)	16 (1.5)	16 (1.5)	17 (1.6)	16 (1.5)
60 - 69.....	92 (1.4)	18 (0.9)	17 (0.8)	21 (1.2)	22 (1.5)	22 (1.4)	17 (1.0)	17 (0.9)	16 (1.1)	16 (1.2)
70 and over.....	95 (0.6)	23 (0.8)	21 (0.8)	27 (1.1)	28 (1.3)	28 (1.2)	21 (1.0)	21 (0.9)	21 (1.2)	21 (1.2)
20 and over...	83 (0.8)	17 (0.4)	15 (0.5)	19 (0.5)	19 (0.8)	19 (0.7)	17 (0.7)	17 (0.7)	17 (0.7)	16 (0.6)
<b>Females:</b>										
2 - 5.....	98* (0.8)	21 (0.5)	22 (0.7)	23 (0.6)	25 (0.7)	20 (0.8)	19 (0.9)	21 (1.1)	19 (1.0)	15 (0.8)
6 - 11.....	89 (1.8)	17 (0.7)	15 (0.7)	19 (0.6)	20 (0.7)	16 (0.8)	15 (1.1)	16 (1.1)	15 (1.2)	13 (1.2)
12 - 19.....	72 (2.0)	15 (0.8)	14 (1.0)	17 (0.7)	19 (0.7)	14 (1.4)	13 (1.0)	14 (1.0)	12 (0.9)	10 (1.1)
20 - 29.....	70 (2.7)	14 (0.6)	12 (0.9)	16 (0.9)	18 (1.3)	16 (1.5)	12 (0.8)	13 (1.0)	12 (0.8)	10 (0.7)
30 - 39.....	84 (2.0)	17 (0.7)	16 (0.8)	18 (1.0)	20 (1.2)	17 (0.8)	16 (0.8)	16 (0.9)	16 (0.9)	15 (1.0)
40 - 49.....	83 (2.9)	15 (0.6)	14 (0.8)	17 (0.9)	18 (1.1)	17 (1.2)	13 (0.7)	14 (0.8)	13 (0.7)	12 (0.7)
50 - 59.....	88 (2.3)	16 (1.2)	15 (1.0)	19 (1.6)	19 (1.9)	19 (1.5)	14 (1.2)	14 (1.3)	14 (1.2)	14 (1.3)
60 - 69.....	93 (2.3)	19 (0.6)	18 (0.9)	23 (0.8)	23 (1.3)	22 (1.6)	15 (0.7)	15 (0.8)	15 (0.9)	14 (0.9)
70 and over.....	96 (0.8)	20 (0.6)	18 (0.7)	24 (0.6)	24 (0.8)	25 (0.9)	17 (0.8)	16 (1.0)	17 (0.8)	17 (0.8)
20 and over...	84 (1.1)	16 (0.4)	15 (0.5)	19 (0.7)	20 (0.9)	19 (0.7)	14 (0.4)	15 (0.4)	14 (0.4)	13 (0.5)
<b>Males and females:</b>										
2 and over...	83 (0.6)	17 (0.3)	15 (0.3)	19 (0.4)	20 (0.5)	18 (0.5)	15 (0.3)	16 (0.3)	15 (0.3)	14 (0.3)

**Table 13. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, in the United States, 2007-2008 (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)
<b>Males:</b>									
2 - 5.....	35 (2.4)	35 (1.5)	5 (1.4)	5* (2.1)	32 (1.0)	34 (1.0)	28 (1.0)	33 (1.1)	40 (1.5)
6 - 11.....	29 (2.4)	35 (2.3)	7* (2.3)	4* (1.3)	29 (1.4)	32 (1.3)	25 (1.3)	31 (1.7)	34 (2.2)
12 - 19.....	29 (2.8)	36 (2.2)	5* (2.1)	4* (1.3)	25 (0.8)	29 (1.7)	18 (0.9)	24 (1.4)	29 (1.3)
20 - 29.....	26 (3.4)	25 (2.2)	7 (1.5)	4* (0.9)	18 (1.6)	24 (1.2)	13 (1.2)	16 (1.7)	21 (1.6)
30 - 39.....	32 (3.1)	28 (1.3)	9* (2.8)	6 (1.8)	24 (1.2)	29 (1.5)	20 (1.6)	23 (1.8)	28 (1.9)
40 - 49.....	29 (2.5)	26 (1.5)	6 (1.4)	11* (5.5)	22 (1.8)	27 (1.8)	16 (1.6)	18 (1.5)	25 (3.0)
50 - 59.....	28 (2.8)	28 (2.8)	6* (1.7)	3* (0.9)	24 (1.2)	29 (1.5)	17 (1.1)	21 (1.9)	27 (1.9)
60 - 69.....	32 (2.6)	31 (1.8)	9 (2.1)	7* (2.9)	28 (1.4)	33 (1.2)	22 (0.9)	26 (1.3)	32 (1.7)
70 and over.....	38 (2.1)	35 (1.3)	13* (4.6)	12 (1.8)	35 (1.2)	40 (1.0)	29 (1.2)	37 (2.1)	43 (1.6)
20 and over...	30 (1.3)	28 (1.0)	8 (0.9)	7 (1.4)	24 (0.7)	29 (0.7)	18 (0.6)	22 (0.8)	27 (0.8)
<b>Females:</b>									
2 - 5.....	38 (3.7)	38 (1.6)	12* (4.6)	4* (1.3)	31 (1.3)	36 (1.2)	27 (1.0)	33 (1.2)	36 (2.1)
6 - 11.....	25 (2.3)	35 (1.4)	10* (3.4)	2* (0.6)	27 (1.0)	31 (1.4)	21 (1.1)	29 (1.2)	32 (2.0)
12 - 19.....	27 (4.3)	31 (2.0)	4 (0.6)	3* (0.8)	25 (1.0)	30 (1.4)	20 (1.4)	27 (2.0)	31 (2.6)
20 - 29.....	23 (2.6)	26 (2.3)	6* (2.1)	3* (1.4)	21 (1.3)	25 (1.3)	16 (1.1)	21 (1.7)	23 (1.8)
30 - 39.....	32 (1.9)	26 (2.1)	4 (0.7)	4* (0.6)	25 (1.6)	30 (1.2)	18 (1.3)	23 (2.4)	28 (2.6)
40 - 49.....	23 (2.8)	24 (1.6)	8 (1.5)	3* (0.7)	23 (1.6)	28 (1.4)	17 (1.2)	21 (1.1)	25 (1.8)
50 - 59.....	25 (2.6)	23 (1.9)	3* (0.9)	4* (1.8)	24 (1.2)	29 (2.1)	18 (1.6)	23 (2.5)	27 (2.7)
60 - 69.....	24 (2.5)	28 (1.5)	8* (2.9)	5* (2.4)	30 (1.4)	35 (1.6)	24 (1.0)	29 (1.4)	34 (1.7)
70 and over.....	26 (2.0)	27 (1.5)	7 (1.2)	6 (1.4)	32 (1.4)	35 (1.2)	26 (1.2)	32 (1.5)	38 (2.0)
20 and over...	26 (0.9)	25 (0.7)	6 (0.6)	4 (0.8)	25 (0.7)	30 (0.8)	19 (0.7)	24 (1.0)	28 (0.9)
<b>Males and females:</b>									
2 and over...	28 (0.8)	29 (0.5)	7 (0.6)	5 (0.7)	25 (0.4)	30 (0.4)	19 (0.4)	24 (0.6)	29 (0.5)

**Table 13. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Males:</b>										
2 - 5.....	28 (1.1)	36 (1.2)	19 (1.5)	37 (1.7)	16 (0.9)	8 (1.4)	28 (1.1)	25 (0.8)	22 (0.7)	
6 - 11.....	25 (1.3)	34 (1.5)	23 (1.0)	41 (1.3)	19 (2.2)	11 (1.4)	26 (1.5)	23 (1.3)	20 (0.8)	
12 - 19.....	23 (2.1)	28 (1.6)	20 (2.1)	42 (2.8)	11 (0.7)	5 (0.7)	23 (1.3)	19 (1.2)	16 (1.0)	
20 - 29.....	20 (2.0)	18 (1.5)	23 (3.7)	34 (2.7)	12 (0.9)	9 (1.1)	20 (1.5)	17 (1.4)	15 (0.9)	
30 - 39.....	24 (1.5)	24 (2.1)	27 (2.9)	33 (2.3)	18 (1.6)	10 (1.5)	23 (1.4)	21 (1.1)	19 (1.1)	
40 - 49.....	22 (1.5)	20 (1.7)	18 (2.9)	30 (3.4)	18 (1.4)	9 (1.6)	20 (1.8)	19 (1.5)	18 (1.6)	
50 - 59.....	21 (1.8)	24 (2.0)	18 (2.6)	29 (3.0)	17 (1.6)	8 (1.9)	21 (1.6)	19 (1.4)	18 (1.1)	
60 - 69.....	25 (1.6)	26 (1.6)	27 (2.6)	38 (2.3)	20 (1.3)	8 (1.0)	27 (1.4)	22 (1.0)	22 (1.1)	
70 and over.....	29 (1.2)	36 (1.9)	37 (3.1)	40 (1.8)	27 (1.8)	9 (0.9)	30 (0.9)	27 (0.9)	28 (1.1)	
20 and over...	23 (0.7)	23 (0.7)	24 (1.5)	33 (1.0)	18 (0.5)	9 (0.6)	22 (0.5)	20 (0.5)	19 (0.5)	
<b>Females:</b>										
2 - 5.....	31 (1.6)	37 (1.5)	25 (2.0)	40 (1.8)	17 (1.1)	11 (1.5)	31 (1.0)	27 (0.8)	23 (0.6)	
6 - 11.....	22 (1.3)	33 (1.1)	22 (1.7)	40 (2.4)	15 (2.5)	11 (1.3)	26 (1.3)	21 (0.9)	18 (0.9)	
12 - 19.....	22 (2.4)	35 (2.3)	19 (1.4)	42 (2.8)	13 (1.2)	6 (1.0)	22 (1.2)	18 (1.2)	17 (1.3)	
20 - 29.....	19 (1.6)	25 (2.4)	20 (2.0)	36 (3.2)	13 (1.7)	7 (1.1)	19 (1.6)	16 (1.1)	15 (0.9)	
30 - 39.....	25 (1.2)	29 (2.7)	18 (2.6)	39 (2.9)	17 (2.5)	6 (0.8)	22 (1.5)	20 (1.0)	18 (0.9)	
40 - 49.....	20 (1.5)	24 (1.7)	19 (2.8)	35 (2.7)	16 (0.9)	8 (1.1)	23 (1.9)	19 (1.0)	19 (1.1)	
50 - 59.....	21 (1.6)	28 (3.6)	19 (1.5)	30 (4.0)	17 (1.9)	5 (0.6)	22 (1.7)	20 (1.4)	20 (1.4)	
60 - 69.....	23 (1.2)	32 (2.3)	27 (1.8)	41 (2.2)	19 (1.4)	6 (0.4)	29 (1.6)	23 (0.9)	24 (0.9)	
70 and over.....	24 (1.0)	30 (2.7)	32 (1.6)	36 (1.3)	25 (2.7)	7 (0.8)	28 (0.8)	24 (0.7)	26 (0.7)	
20 and over...	22 (0.6)	27 (1.5)	22 (0.8)	35 (1.6)	17 (0.6)	6 (0.4)	23 (0.8)	20 (0.6)	20 (0.5)	
<b>Males and females:</b>										
2 and over...	23 (0.4)	27 (0.6)	22 (0.6)	36 (0.7)	17 (0.4)	8 (0.4)	23 (0.4)	20 (0.3)	19 (0.4)	

**Table 13. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>Males:</b>								
2 - 5.....	38 (1.6)	28 (1.0)	18 (0.5)	22 (1.0)	22 (0.6)	19 (0.8)	9 (1.7)	-- --
6 - 11.....	31 (1.7)	24 (1.3)	16 (0.7)	18 (1.1)	20 (0.8)	17 (1.1)	10 (2.3)	-- --
12 - 19.....	27 (1.2)	19 (1.2)	13 (0.9)	15 (1.2)	17 (1.5)	13 (1.0)	12 (3.4)	-- --
20 - 29.....	19 (1.2)	14 (1.2)	13 (1.1)	14 (1.5)	17 (0.9)	13 (1.2)	33 (5.3)	-- --
30 - 39.....	25 (1.6)	18 (1.2)	17 (1.0)	18 (1.3)	21 (1.0)	17 (0.8)	34 (3.3)	-- --
40 - 49.....	24 (2.5)	17 (1.8)	16 (1.6)	16 (1.3)	18 (1.5)	16 (1.4)	37 (4.0)	-- --
50 - 59.....	29 (2.5)	16 (1.7)	15 (1.4)	16 (1.2)	19 (1.3)	15 (1.3)	35 (4.3)	-- --
60 - 69.....	30 (1.6)	21 (1.1)	19 (1.2)	19 (1.0)	23 (1.2)	17 (0.9)	42 (3.4)	-- --
70 and over.....	40 (1.2)	27 (1.7)	22 (1.1)	24 (1.2)	27 (1.1)	20 (1.0)	49 (1.8)	-- --
20 and over...	26 (0.8)	18 (0.6)	16 (0.5)	17 (0.5)	20 (0.4)	16 (0.6)	37 (2.1)	1* (0.3)
<b>Females:</b>								
2 - 5.....	35 (1.4)	27 (1.2)	19 (0.8)	21 (1.2)	24 (0.6)	19 (0.9)	13* (4.5)	-- --
6 - 11.....	30 (1.9)	21 (1.4)	14 (0.5)	16 (0.9)	18 (0.7)	15 (0.6)	12* (4.7)	-- --
12 - 19.....	29 (1.8)	22 (2.2)	15 (1.4)	15 (1.2)	17 (1.1)	12 (0.9)	21 (3.8)	-- --
20 - 29.....	22 (1.3)	17 (1.3)	13 (0.7)	13 (1.2)	17 (0.8)	11 (0.6)	22 (2.9)	-- --
30 - 39.....	24 (1.2)	18 (1.2)	16 (1.3)	18 (0.8)	19 (1.0)	14 (0.9)	36 (2.7)	-- --
40 - 49.....	24 (2.5)	18 (1.2)	15 (1.0)	15 (1.0)	19 (1.0)	12 (0.9)	38 (3.4)	-- --
50 - 59.....	27 (1.8)	19 (1.3)	16 (1.2)	16 (1.1)	19 (1.2)	14 (0.9)	33 (5.1)	-- --
60 - 69.....	32 (1.6)	24 (1.7)	18 (0.9)	20 (0.6)	23 (0.9)	15 (0.8)	43 (4.0)	-- --
70 and over.....	35 (1.6)	27 (1.4)	20 (1.2)	21 (0.8)	25 (0.6)	17 (0.6)	53 (1.6)	-- --
20 and over...	27 (0.8)	20 (0.6)	16 (0.6)	17 (0.5)	20 (0.5)	13 (0.5)	37 (2.1)	#
<b>Males and females:</b>								
2 and over...	27 (0.5)	19 (0.4)	16 (0.4)	17 (0.3)	20 (0.3)	15 (0.3)	35 (1.6)	-- --

## 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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

# Indicates a non-zero value too small to report.

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

## Footnotes

<sup>1</sup> 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.

<sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2007-2008.

<sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as breakfast.

<sup>4</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Breakfast: Percentages of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Gender and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 14. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, in the United States, 2007-2008

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (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)
<b>Non-Hispanic White:</b>										
2 - 5.....	98* (0.8)	20 (0.6)	19 (0.7)	22 (0.7)	23 (1.0)	18 (1.3)	18 (0.9)	19 (1.0)	18 (1.0)	15 (1.0)
6 - 11.....	90 (1.7)	16 (0.5)	14 (0.9)	18 (0.4)	19 (0.8)	16 (0.8)	14 (0.8)	14 (0.9)	15 (0.9)	14 (0.8)
12 - 19.....	73 (1.7)	14 (0.7)	13 (0.9)	16 (0.6)	17 (0.9)	13 (1.2)	12 (0.9)	14 (1.1)	12 (1.0)	10 (0.7)
20 and over...	84 (1.3)	15 (0.3)	14 (0.3)	18 (0.6)	19 (0.9)	18 (0.7)	14 (0.5)	14 (0.5)	14 (0.6)	13 (0.5)
2 and over...	84 (0.9)	15 (0.3)	14 (0.3)	18 (0.4)	19 (0.7)	18 (0.6)	14 (0.5)	14 (0.5)	14 (0.5)	13 (0.4)
<b>Non-Hispanic Black:</b>										
2 - 5.....	96* (2.0)	21 (1.4)	20 (1.2)	23 (1.4)	25 (1.7)	20 (1.8)	18 (1.4)	20 (1.7)	17 (1.5)	14 (1.3)
6 - 11.....	83 (3.8)	17 (0.9)	15 (0.8)	20 (1.0)	21 (1.3)	17 (1.3)	15 (1.1)	16 (1.0)	15 (1.2)	12 (1.2)
12 - 19.....	59 (2.7)	13 (1.0)	12 (1.0)	15 (1.1)	16 (1.3)	13 (1.3)	11 (1.1)	14 (1.5)	10 (1.0)	8 (0.7)
20 and over...	75 (1.0)	17 (0.4)	16 (0.3)	18 (0.6)	19 (0.9)	17 (0.4)	17 (0.4)	18 (0.5)	17 (0.5)	14 (0.4)
2 and over...	75 (0.8)	16 (0.4)	15 (0.3)	18 (0.5)	19 (0.7)	16 (0.4)	16 (0.4)	17 (0.5)	16 (0.5)	13 (0.5)
<b>Hispanic<sup>4</sup>:</b>										
<i>Mexican American</i>										
2 - 5.....	98* (1.5)	26 (1.1)	27 (1.7)	25 (1.1)	25 (0.9)	23 (1.9)	27 (1.9)	29 (2.3)	26 (2.0)	22 (1.7)
6 - 11.....	88 (4.0)	22 (2.0)	21 (2.2)	22 (1.8)	23 (2.1)	19 (1.6)	22 (2.5)	23 (2.6)	22 (2.8)	19 (2.1)
12 - 19.....	77 (2.3)	19 (1.0)	18 (0.5)	21 (1.0)	21 (1.8)	19 (1.4)	18 (1.4)	18 (1.5)	18 (1.3)	15 (1.8)
20 and over...	84 (1.1)	23 (1.2)	23 (1.6)	24 (1.2)	24 (1.4)	21 (1.2)	25 (1.4)	26 (1.6)	26 (1.4)	23 (1.5)
2 and over...	85 (0.9)	23 (0.9)	22 (1.3)	23 (0.9)	24 (1.1)	21 (1.0)	24 (1.1)	25 (1.2)	24 (1.1)	21 (1.3)
<i>All Hispanic</i>										
2 - 5.....	98* (1.1)	24 (0.9)	25 (1.5)	24 (0.7)	25 (0.8)	23 (1.6)	24 (1.8)	26 (2.0)	23 (1.9)	19 (1.6)
6 - 11.....	88 (3.2)	21 (1.3)	21 (1.4)	22 (1.2)	23 (1.4)	20 (1.1)	21 (1.7)	22 (1.8)	21 (1.9)	18 (1.4)
12 - 19.....	76 (2.2)	18 (0.9)	17 (0.8)	20 (1.0)	20 (1.3)	19 (1.3)	16 (1.0)	17 (1.1)	17 (1.1)	14 (1.3)
20 and over...	85 (0.9)	24 (1.0)	24 (1.3)	24 (1.0)	25 (1.2)	22 (1.0)	25 (1.1)	26 (1.3)	25 (1.1)	23 (1.1)
2 and over...	85 (0.8)	23 (0.7)	23 (0.9)	23 (0.7)	24 (0.8)	22 (0.8)	23 (0.8)	24 (0.9)	23 (0.9)	21 (0.9)

**Table 14. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, in the United States, 2007-2008 (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)
<b>Non-Hispanic White:</b>									
2 - 5.....	31 (2.6)	34 (1.9)	9* (3.8)	2* (1.1)	29 (1.2)	32 (1.5)	26 (1.5)	31 (1.8)	35 (2.4)
6 - 11.....	24 (2.5)	33 (2.0)	8* (3.4)	1* (0.4)	27 (1.1)	30 (1.4)	22 (1.1)	29 (1.2)	33 (1.9)
12 - 19.....	28 (3.5)	33 (2.2)	4* (1.8)	2* (1.0)	24 (0.7)	28 (1.1)	18 (0.9)	24 (1.3)	31 (1.7)
20 and over...	26 (1.5)	26 (0.6)	6 (0.7)	4 (1.0)	24 (0.6)	28 (0.7)	18 (0.5)	23 (0.9)	28 (0.9)
2 and over...	26 (1.4)	28 (0.6)	6 (0.7)	4 (0.8)	24 (0.5)	29 (0.5)	18 (0.4)	23 (0.8)	29 (0.7)
<b>Non-Hispanic Black:</b>									
2 - 5.....	40 (3.9)	40 (2.7)	5* (2.0)	1* (0.7)	35 (1.3)	39 (1.7)	28 (1.4)	37 (1.6)	42 (2.2)
6 - 11.....	26 (2.6)	35 (1.9)	8* (2.8)	1* (0.4)	29 (1.5)	32 (1.3)	23 (1.3)	30 (1.9)	33 (2.2)
12 - 19.....	23 (2.8)	34 (3.3)	3* (1.1)	2* (1.0)	26 (1.9)	30 (1.9)	20 (1.6)	27 (2.0)	28 (2.8)
20 and over...	33 (1.1)	26 (0.9)	6 (1.0)	4 (0.7)	25 (0.9)	29 (0.6)	19 (0.6)	23 (0.9)	26 (1.1)
2 and over...	31 (1.2)	29 (0.8)	6 (0.8)	3 (0.5)	26 (0.7)	30 (0.5)	20 (0.5)	25 (0.6)	28 (0.8)
<b>Hispanic<sup>1</sup>:</b>									
<i>Mexican American</i>									
2 - 5.....	49 (4.2)	41 (1.7)	9 (1.6)	9* (2.6)	37 (1.2)	40 (1.3)	31 (1.3)	36 (1.5)	45 (2.7)
6 - 11.....	38 (6.2)	37 (2.6)	12* (4.4)	5* (1.9)	31 (2.1)	35 (2.5)	25 (1.8)	31 (1.8)	35 (3.0)
12 - 19.....	36 (1.6)	34 (1.2)	13 (1.7)	11* (5.0)	28 (1.0)	32 (1.1)	20 (0.6)	27 (1.5)	29 (1.3)
20 and over...	38 (3.0)	32 (2.4)	13 (1.9)	14 (1.8)	29 (1.3)	33 (0.9)	22 (1.6)	23 (1.0)	27 (1.3)
2 and over...	38 (2.9)	34 (1.9)	13 (1.7)	12 (1.8)	30 (1.1)	34 (0.8)	23 (1.1)	25 (0.6)	30 (1.3)
<i>All Hispanic</i>									
2 - 5.....	45 (4.6)	41 (1.8)	11 (2.0)	12* (4.3)	36 (1.1)	38 (1.3)	31 (1.0)	37 (1.5)	43 (2.1)
6 - 11.....	35 (4.3)	38 (2.1)	12 (3.2)	7 (1.8)	31 (1.7)	35 (1.9)	26 (1.4)	32 (1.4)	34 (2.5)
12 - 19.....	31 (2.4)	35 (1.6)	10 (1.2)	9* (3.5)	27 (1.4)	31 (1.2)	20 (1.0)	27 (1.6)	29 (1.7)
20 and over...	38 (2.2)	32 (1.6)	14 (1.9)	14 (1.4)	30 (1.0)	34 (0.8)	24 (1.4)	25 (1.0)	30 (1.1)
2 and over...	37 (2.2)	34 (1.1)	13 (1.5)	13 (1.3)	30 (0.8)	34 (0.6)	24 (0.9)	27 (0.6)	31 (0.9)

**Table 14. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Non-Hispanic White:</b>										
2 - 5.....	26 (1.3)	33 (1.5)	21 (1.9)	36 (2.4)	15 (1.2)	10 (0.5)	28 (1.2)	25 (0.9)	21 (1.0)	
6 - 11.....	22 (1.3)	31 (1.4)	22 (1.6)	38 (2.7)	17 (2.2)	11 (1.1)	25 (1.5)	21 (1.2)	17 (0.7)	
12 - 19.....	22 (2.1)	30 (1.3)	19 (1.8)	41 (2.4)	11 (1.1)	5* (0.5)	22 (1.0)	18 (0.9)	16 (0.8)	
20 and over...	21 (0.7)	24 (1.1)	23 (1.0)	33 (1.0)	17 (0.4)	6 (0.3)	21 (0.5)	18 (0.3)	19 (0.5)	
2 and over...	21 (0.7)	26 (0.9)	23 (0.9)	34 (0.8)	16 (0.5)	7 (0.3)	22 (0.5)	19 (0.4)	18 (0.4)	
<b>Non-Hispanic Black:</b>										
2 - 5.....	32 (2.6)	43 (1.9)	23 (3.9)	47 (2.1)	15 (1.9)	7* (1.1)	31 (2.2)	26 (1.6)	22 (1.5)	
6 - 11.....	23 (1.5)	32 (2.1)	21 (2.3)	42 (2.4)	14 (1.4)	7 (0.8)	26 (1.3)	22 (1.2)	18 (1.2)	
12 - 19.....	20 (1.8)	34 (3.0)	14 (1.9)	46 (2.2)	10 (1.3)	4* (1.0)	21 (1.6)	18 (1.3)	16 (2.1)	
20 and over...	25 (0.6)	24 (1.4)	22 (1.2)	38 (1.4)	16 (0.6)	8 (1.5)	24 (1.0)	21 (0.4)	18 (0.6)	
2 and over...	24 (0.7)	27 (1.0)	21 (1.3)	41 (1.0)	15 (0.6)	8 (1.1)	24 (0.8)	21 (0.4)	18 (0.5)	
<b>Hispanic<sup>1</sup>:</b>										
<i>Mexican American</i>										
2 - 5.....	37 (2.6)	43 (1.6)	23 (2.3)	44 (2.9)	23 (2.2)	15 (2.4)	34 (2.0)	31 (1.7)	26 (1.5)	
6 - 11.....	30 (3.5)	37 (2.8)	25 (2.9)	44 (2.6)	20 (2.9)	16 (4.1)	31 (1.8)	26 (1.9)	22 (1.6)	
12 - 19.....	29 (1.3)	31 (1.2)	28 (2.5)	44 (2.1)	18 (1.4)	15 (2.5)	26 (1.3)	23 (0.8)	20 (1.1)	
20 and over...	29 (1.9)	29 (1.9)	21 (2.3)	40 (2.8)	22 (0.8)	16 (1.2)	28 (1.6)	26 (1.3)	23 (0.9)	
2 and over...	30 (1.8)	31 (1.5)	23 (1.6)	41 (2.0)	21 (0.8)	16 (1.2)	29 (1.2)	26 (1.2)	23 (0.8)	
<i>All Hispanic</i>										
2 - 5.....	34 (2.5)	41 (1.8)	23 (1.5)	41 (2.8)	21 (1.8)	15 (2.1)	31 (1.6)	29 (1.4)	26 (1.1)	
6 - 11.....	29 (2.3)	39 (2.2)	23 (2.4)	44 (2.2)	19 (1.9)	15 (2.8)	30 (1.2)	26 (1.3)	22 (1.1)	
12 - 19.....	26 (1.5)	31 (1.7)	25 (2.0)	42 (2.0)	17 (1.4)	13 (1.7)	26 (0.9)	22 (0.8)	19 (1.1)	
20 and over...	30 (1.4)	30 (1.6)	22 (1.8)	41 (1.8)	22 (0.7)	16 (1.3)	29 (1.1)	27 (1.1)	24 (0.9)	
2 and over...	30 (1.3)	32 (1.1)	23 (1.2)	41 (1.4)	21 (0.7)	15 (1.2)	29 (0.8)	26 (0.8)	23 (0.6)	



**Table 14. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	34 (2.4)	26 (1.4)	17 (0.8)	19 (0.9)	22 (0.9)	17 (0.8)	10* (3.5)	-- --
6 - 11.....	29 (1.6)	21 (1.5)	13 (0.6)	16 (0.8)	18 (0.7)	15 (0.8)	9* (3.0)	-- --
12 - 19.....	29 (1.3)	19 (1.3)	13 (1.0)	14 (1.1)	16 (1.0)	12 (0.8)	15 (2.4)	-- --
20 and over...	26 (0.8)	18 (0.6)	15 (0.5)	15 (0.4)	19 (0.4)	13 (0.4)	37 (2.3)	#
2 and over...	27 (0.7)	18 (0.5)	15 (0.4)	15 (0.4)	19 (0.4)	13 (0.4)	35 (2.0)	-- --
<b>Non-Hispanic Black:</b>								
2 - 5.....	39 (1.9)	28 (1.6)	18 (1.4)	21 (1.5)	22 (1.5)	18 (1.2)	4* (1.2)	-- --
6 - 11.....	31 (1.6)	21 (0.8)	14 (1.2)	15 (1.0)	18 (1.2)	15 (1.0)	17* (9.9)	-- --
12 - 19.....	26 (2.0)	24 (4.9)	15 (2.9)	14 (1.3)	14 (1.2)	12 (1.1)	22*(10.4)	-- --
20 and over...	25 (0.7)	18 (0.5)	16 (0.6)	18 (0.4)	19 (0.5)	17 (0.4)	36 (2.8)	3* (2.0)
2 and over...	27 (0.5)	20 (0.8)	16 (0.7)	17 (0.4)	19 (0.5)	16 (0.3)	35 (2.7)	-- --
<b>Hispanic<sup>4</sup>:</b>								
<i>Mexican American</i>								
2 - 5.....	42 (1.7)	34 (1.5)	24 (1.6)	31 (1.9)	26 (1.3)	26 (1.9)	15 (2.7)	-- --
6 - 11.....	33 (2.4)	27 (2.2)	19 (2.0)	23 (3.0)	23 (1.5)	21 (2.3)	9 (1.9)	-- --
12 - 19.....	27 (1.2)	20 (1.2)	19 (1.1)	22 (0.7)	22 (0.9)	18 (0.8)	23* (7.6)	-- --
20 and over...	27 (1.0)	21 (1.8)	22 (1.5)	24 (1.6)	24 (1.0)	23 (1.3)	46 (3.1)	#
2 and over...	29 (0.9)	23 (1.5)	21 (1.3)	24 (1.3)	24 (0.9)	22 (1.1)	43 (3.0)	-- --
<i>All Hispanic</i>								
2 - 5.....	41 (1.4)	32 (1.2)	23 (1.1)	29 (1.8)	25 (1.0)	24 (1.7)	14 (2.5)	-- --
6 - 11.....	34 (2.0)	28 (1.6)	19 (1.4)	23 (2.0)	23 (1.1)	20 (1.4)	11 (2.2)	-- --
12 - 19.....	27 (1.3)	20 (1.5)	17 (1.0)	19 (1.2)	21 (0.8)	16 (0.9)	23 (5.4)	-- --
20 and over...	29 (1.0)	23 (1.5)	23 (1.2)	25 (1.2)	25 (0.8)	24 (1.0)	44 (2.9)	#
2 and over...	30 (0.7)	24 (1.1)	22 (0.9)	25 (0.9)	24 (0.6)	22 (0.7)	41 (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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

# Indicates a non-zero value too small to report.

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

## Footnotes

<sup>1</sup> 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.

<sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2007-2008.

<sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as breakfast.

<sup>4</sup> A new sampling methodology was implemented for NHANES 2007-2008; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.

<sup>5</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Breakfast: Percentages of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 15. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2007-2008

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (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)
<b>\$0 - \$24,999:</b>										
2 - 5.....	96* (1.6)	21 (0.8)	21 (1.1)	22 (0.7)	22 (0.9)	20 (1.2)	20 (1.2)	23 (1.5)	19 (1.3)	15 (0.9)
6 - 11.....	87 (3.3)	18 (1.4)	17 (1.7)	19 (1.2)	20 (1.4)	18 (1.5)	16 (1.6)	17 (1.8)	16 (1.6)	15 (1.8)
12 - 19.....	69 (4.2)	14 (1.0)	13 (1.1)	16 (1.0)	16 (1.1)	14 (1.1)	13 (1.0)	14 (0.9)	13 (1.1)	10 (1.0)
20 and over...	76 (1.7)	17 (0.7)	16 (0.7)	18 (0.8)	18 (1.0)	18 (0.5)	17 (0.8)	17 (0.8)	17 (0.8)	15 (0.9)
2 and over...	77 (1.6)	17 (0.6)	16 (0.7)	18 (0.7)	18 (0.8)	17 (0.5)	16 (0.7)	17 (0.7)	17 (0.8)	15 (0.8)
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	97* (0.9)	22 (0.6)	21 (0.9)	23 (0.7)	23 (1.1)	20 (0.9)	20 (0.8)	21 (1.1)	20 (1.0)	17 (0.8)
6 - 11.....	88 (1.9)	19 (1.0)	18 (1.1)	20 (0.8)	22 (1.0)	18 (0.9)	17 (1.3)	18 (1.3)	17 (1.4)	14 (1.3)
12 - 19.....	68 (2.1)	14 (0.9)	13 (1.0)	15 (1.0)	17 (1.3)	14 (1.7)	12 (0.7)	14 (1.2)	12 (0.7)	10 (0.7)
20 and over...	85 (1.2)	17 (0.5)	16 (0.6)	20 (0.8)	20 (1.0)	20 (1.1)	16 (0.5)	16 (0.5)	16 (0.5)	15 (0.7)
2 and over...	85 (1.1)	17 (0.4)	16 (0.5)	19 (0.5)	20 (0.7)	19 (1.0)	16 (0.4)	16 (0.5)	16 (0.4)	15 (0.6)
<b>\$75,000 and higher:</b>										
2 - 5.....	99* (0.5)	21 (0.8)	20 (0.6)	23 (0.8)	25 (1.6)	19 (1.4)	18 (1.5)	18 (1.6)	18 (1.8)	15 (1.6)
6 - 11.....	92* (2.2)	16 (0.8)	14 (1.1)	18 (0.8)	18 (1.5)	16 (1.3)	14 (1.2)	14 (1.0)	15 (1.3)	13 (1.6)
12 - 19.....	77 (2.4)	15 (1.0)	14 (1.1)	18 (1.2)	20 (1.4)	14 (1.2)	13 (0.9)	13 (1.0)	13 (1.0)	10 (0.8)
20 and over...	87 (1.4)	15 (0.6)	14 (0.5)	18 (0.7)	20 (1.0)	18 (0.6)	14 (0.7)	14 (0.7)	13 (0.8)	13 (0.8)
2 and over...	87 (1.1)	16 (0.5)	14 (0.4)	18 (0.5)	20 (0.7)	18 (0.4)	14 (0.6)	14 (0.6)	14 (0.7)	13 (0.7)
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	98 (0.7)	21 (0.4)	21 (0.5)	23 (0.5)	24 (0.7)	19 (0.7)	19 (0.7)	21 (0.9)	19 (0.8)	16 (0.7)
6 - 11.....	89 (1.5)	18 (0.4)	16 (0.6)	19 (0.4)	20 (0.5)	17 (0.5)	16 (0.6)	16 (0.7)	16 (0.6)	14 (0.6)
12 - 19.....	72 (1.0)	15 (0.4)	14 (0.5)	16 (0.4)	18 (0.6)	14 (0.9)	13 (0.5)	14 (0.7)	13 (0.6)	10 (0.5)
20 and over...	83 (0.8)	16 (0.3)	15 (0.4)	19 (0.5)	20 (0.8)	19 (0.6)	16 (0.4)	16 (0.4)	16 (0.4)	15 (0.4)
2 and over...	83 (0.6)	17 (0.3)	15 (0.3)	19 (0.4)	20 (0.5)	18 (0.5)	15 (0.3)	16 (0.3)	15 (0.3)	14 (0.3)

**Table 15. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (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)
<b>\$0 - \$24,999:</b>									
2 - 5.....	39 (2.7)	41 (2.3)	6 (1.4)	6* (3.4)	32 (1.7)	37 (1.7)	28 (1.2)	34 (1.5)	40 (2.3)
6 - 11.....	26 (4.0)	38 (2.4)	10 (3.0)	4* (1.4)	30 (2.1)	34 (2.0)	25 (2.0)	31 (2.1)	35 (3.1)
12 - 19.....	23 (2.2)	35 (2.1)	4* (1.4)	4* (1.7)	26 (1.9)	29 (2.0)	18 (1.5)	24 (2.0)	29 (2.7)
20 and over...	31 (1.1)	27 (0.8)	8 (1.3)	6 (1.1)	24 (0.8)	28 (0.8)	18 (0.7)	23 (0.7)	28 (1.0)
2 and over...	31 (1.0)	29 (0.8)	8 (1.1)	5 (0.9)	25 (0.9)	29 (0.9)	19 (0.7)	24 (0.7)	29 (1.1)
<b>\$25,000 - \$74,999:</b>									
2 - 5.....	36 (2.7)	36 (2.0)	7 (1.9)	5* (1.6)	32 (0.9)	35 (1.2)	28 (1.1)	33 (1.3)	39 (2.0)
6 - 11.....	31 (2.8)	35 (2.5)	7 (2.0)	3* (1.0)	29 (1.8)	33 (1.6)	23 (1.3)	31 (1.5)	33 (2.4)
12 - 19.....	28 (3.2)	32 (2.9)	4 (1.2)	4* (1.5)	23 (1.4)	27 (1.9)	17 (1.6)	23 (2.5)	26 (1.7)
20 and over...	28 (1.4)	27 (0.8)	7 (0.9)	7 (2.0)	25 (0.7)	30 (0.9)	19 (0.8)	23 (1.0)	28 (0.6)
2 and over...	29 (1.2)	29 (0.7)	7 (0.8)	7 (1.6)	26 (0.6)	30 (0.7)	19 (0.6)	24 (0.7)	29 (0.6)
<b>\$75,000 and higher:</b>									
2 - 5.....	34 (3.1)	33 (2.1)	11* (5.1)	1* (0.4)	30 (1.2)	33 (1.0)	26 (1.5)	33 (1.6)	35 (3.3)
6 - 11.....	22 (3.9)	32 (2.7)	10* (5.1)	1* (0.7)	26 (1.0)	29 (1.5)	22 (1.3)	30 (1.9)	32 (1.7)
12 - 19.....	28 (3.3)	31 (2.6)	5* (2.6)	#	25 (1.6)	30 (2.0)	20 (1.7)	27 (2.1)	34 (3.5)
20 and over...	23 (1.7)	26 (1.5)	5 (1.5)	4 (1.1)	23 (1.0)	29 (0.8)	17 (0.7)	22 (1.0)	28 (1.2)
2 and over...	24 (1.7)	27 (1.3)	6 (1.4)	3 (0.8)	24 (0.7)	29 (0.7)	18 (0.5)	24 (0.9)	29 (1.0)
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	37 (2.1)	36 (1.4)	8 (2.2)	4* (1.4)	32 (0.8)	35 (0.9)	27 (0.6)	33 (0.9)	38 (1.4)
6 - 11.....	27 (1.8)	35 (1.4)	9 (2.3)	3 (0.7)	28 (0.8)	32 (0.9)	23 (0.8)	30 (0.9)	33 (1.5)
12 - 19.....	28 (2.2)	34 (1.6)	5 (1.3)	3 (0.9)	25 (0.6)	29 (0.9)	19 (0.7)	25 (1.0)	30 (1.1)
20 and over...	28 (0.9)	27 (0.6)	7 (0.6)	6 (0.9)	24 (0.5)	29 (0.5)	18 (0.5)	23 (0.7)	28 (0.6)
2 and over...	28 (0.8)	29 (0.5)	7 (0.6)	5 (0.7)	25 (0.4)	30 (0.4)	19 (0.4)	24 (0.6)	29 (0.5)

**Table 15. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha- tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>\$0 - \$24,999:</b>										
2 - 5.....	31 (1.9)	39 (2.1)	21 (1.8)	41 (2.6)	17 (1.6)	11 (1.0)	31 (1.2)	27 (1.2)	23 (1.1)	
6 - 11.....	24 (2.5)	34 (3.0)	22 (1.7)	44 (2.7)	15 (2.0)	13 (1.8)	28 (2.2)	23 (1.6)	19 (1.5)	
12 - 19.....	19 (1.5)	30 (2.8)	18 (2.5)	41 (4.4)	11 (1.2)	7 (1.4)	23 (1.6)	19 (1.2)	16 (1.3)	
20 and over...	24 (0.7)	25 (0.8)	21 (1.2)	35 (1.6)	17 (0.6)	9 (1.0)	22 (1.0)	20 (0.6)	19 (0.5)	
2 and over...	24 (0.7)	27 (0.9)	21 (0.9)	37 (1.5)	16 (0.6)	9 (0.8)	24 (0.9)	20 (0.6)	19 (0.5)	
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	29 (1.2)	35 (1.4)	21 (2.1)	38 (2.2)	17 (1.1)	8 (2.0)	29 (1.4)	26 (0.9)	23 (0.7)	
6 - 11.....	27 (1.5)	36 (1.8)	24 (1.4)	44 (2.9)	17 (2.8)	10 (1.0)	27 (2.2)	23 (1.6)	20 (0.9)	
12 - 19.....	22 (2.1)	28 (2.5)	17 (3.0)	40 (2.4)	10 (0.9)	5 (1.0)	21 (1.5)	18 (1.2)	16 (1.2)	
20 and over...	23 (0.7)	25 (1.2)	24 (1.7)	35 (1.8)	18 (0.9)	8 (0.4)	23 (0.9)	20 (0.7)	20 (0.7)	
2 and over...	23 (0.6)	27 (0.8)	23 (1.5)	37 (1.2)	17 (0.9)	8 (0.4)	24 (0.7)	21 (0.6)	20 (0.6)	
<b>\$75,000 and higher:</b>										
2 - 5.....	28 (1.1)	35 (1.7)	24 (3.8)	37 (2.4)	16 (1.1)	10* (0.9)	28 (2.1)	25 (1.1)	22 (0.9)	
6 - 11.....	19 (2.3)	30 (1.9)	23 (3.1)	34 (3.1)	17 (2.8)	10 (1.0)	24 (1.2)	21 (0.9)	17 (0.8)	
12 - 19.....	23 (1.7)	32 (2.7)	23 (2.5)	42 (2.3)	14 (1.4)	4* (0.6)	23 (1.3)	19 (1.0)	17 (1.0)	
20 and over...	20 (0.9)	24 (1.2)	23 (1.3)	32 (1.6)	17 (1.3)	6 (0.8)	22 (0.7)	19 (0.5)	19 (0.6)	
2 and over...	20 (0.8)	26 (1.1)	23 (1.0)	34 (1.3)	16 (1.1)	6 (0.7)	23 (0.6)	19 (0.4)	19 (0.5)	
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	29 (0.9)	37 (1.0)	21 (1.4)	39 (1.6)	17 (0.7)	9 (1.0)	29 (0.9)	26 (0.6)	23 (0.5)	
6 - 11.....	23 (0.9)	33 (1.0)	22 (1.1)	41 (1.3)	17 (1.5)	11 (0.8)	26 (0.8)	22 (0.7)	19 (0.4)	
12 - 19.....	23 (1.3)	31 (1.0)	20 (1.2)	42 (1.8)	12 (0.7)	6 (0.6)	23 (0.7)	19 (0.6)	17 (0.6)	
20 and over...	22 (0.5)	25 (0.8)	23 (0.8)	34 (0.9)	17 (0.4)	8 (0.4)	23 (0.5)	20 (0.4)	19 (0.4)	
2 and over...	23 (0.4)	27 (0.6)	22 (0.6)	36 (0.7)	17 (0.4)	8 (0.4)	23 (0.4)	20 (0.3)	19 (0.4)	

**Table 15. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	37 (1.7)	29 (1.6)	18 (1.0)	23 (1.2)	23 (0.8)	20 (1.2)	6* (1.3)	-- --
6 - 11.....	31 (2.8)	25 (2.7)	15 (1.6)	19 (2.2)	20 (1.6)	17 (1.3)	12* (4.0)	-- --
12 - 19.....	27 (1.9)	21 (2.1)	12 (1.0)	14 (1.4)	15 (1.4)	13 (0.9)	13* (5.0)	-- --
20 and over...	26 (0.7)	19 (0.7)	16 (0.6)	18 (0.8)	20 (0.5)	16 (0.8)	31 (2.5)	2* (1.0)
2 and over...	27 (0.8)	20 (0.7)	16 (0.6)	18 (0.8)	20 (0.5)	16 (0.8)	29 (2.4)	-- --
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	38 (1.5)	29 (1.4)	19 (0.7)	23 (0.8)	22 (1.0)	19 (0.8)	15 (4.4)	-- --
6 - 11.....	31 (1.6)	24 (1.6)	16 (0.8)	19 (1.2)	21 (0.7)	16 (1.1)	9* (3.6)	-- --
12 - 19.....	27 (2.7)	19 (2.1)	14 (1.3)	14 (0.9)	16 (1.6)	12 (1.1)	16* (5.0)	-- --
20 and over...	27 (0.9)	19 (1.0)	17 (0.9)	17 (0.6)	21 (0.7)	15 (0.5)	40 (2.0)	#
2 and over...	28 (0.7)	20 (0.8)	17 (0.7)	17 (0.4)	20 (0.5)	15 (0.5)	38 (1.8)	-- --
<b>\$75,000 and higher:</b>								
2 - 5.....	35 (3.1)	26 (2.3)	17 (0.8)	20 (1.0)	23 (1.4)	17 (1.0)	9* (1.4)	-- --
6 - 11.....	30 (2.8)	19 (1.6)	13 (0.9)	14 (1.2)	17 (0.9)	14 (0.9)	13* (4.4)	-- --
12 - 19.....	29 (3.0)	20 (1.9)	14 (1.2)	16 (1.4)	18 (1.1)	12 (1.0)	19 (5.3)	-- --
20 and over...	26 (1.0)	17 (0.7)	15 (0.7)	15 (0.6)	19 (0.5)	13 (0.5)	39 (2.3)	#
2 and over...	27 (0.9)	18 (0.5)	15 (0.6)	15 (0.6)	19 (0.4)	13 (0.4)	37 (2.2)	-- --
<b>All Individuals<sup>4</sup>:</b>								
2 - 5.....	37 (1.2)	28 (0.8)	18 (0.3)	22 (0.8)	23 (0.5)	19 (0.6)	11 (2.6)	-- --
6 - 11.....	31 (1.2)	23 (1.1)	15 (0.5)	17 (0.7)	19 (0.4)	16 (0.5)	11 (2.3)	-- --
12 - 19.....	28 (0.9)	20 (1.1)	14 (0.8)	15 (0.8)	17 (0.7)	13 (0.6)	16 (2.1)	-- --
20 and over...	26 (0.6)	19 (0.5)	16 (0.5)	17 (0.4)	20 (0.4)	15 (0.4)	37 (1.8)	#
2 and over...	27 (0.5)	19 (0.4)	16 (0.4)	17 (0.3)	20 (0.3)	15 (0.3)	35 (1.6)	-- --

## 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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

# Indicates a non-zero value too small to report.

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

## Footnotes

<sup>1</sup> 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.

<sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2007-2008.

<sup>3</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as breakfast.

<sup>4</sup> Includes persons of all income levels or with unknown family income.

<sup>5</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Breakfast: Percentages of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (in Dollars) and Age. *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 16. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008

Family income as % of Federal poverty threshold and age (years)	Percent reporting <sup>4</sup> % (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)
<b>Under 131% poverty:</b>										
2 - 5.....	96* (1.6)	22 (0.8)	22 (1.1)	22 (0.7)	23 (0.9)	20 (1.2)	21 (1.2)	23 (1.4)	20 (1.3)	16 (0.9)
6 - 11.....	89 (3.1)	19 (1.5)	18 (1.7)	21 (1.3)	22 (1.7)	20 (1.4)	17 (1.8)	18 (2.0)	18 (2.0)	15 (1.6)
12 - 19.....	70 (3.6)	15 (0.9)	14 (1.1)	16 (0.9)	16 (0.9)	15 (1.2)	14 (1.1)	15 (1.1)	13 (1.1)	10 (1.1)
20 and over...	75 (2.4)	18 (1.2)	18 (1.5)	18 (1.4)	18 (1.5)	18 (1.0)	18 (1.1)	18 (1.1)	18 (1.1)	17 (1.2)
2 and over...	77 (2.1)	18 (0.9)	17 (1.2)	19 (1.0)	19 (1.1)	18 (0.9)	17 (0.9)	18 (0.9)	17 (0.9)	15 (1.0)
<b>131-185% poverty:</b>										
2 - 5.....	97* (1.8)	22 (1.1)	22 (1.6)	22 (1.1)	22 (1.5)	18* (2.3)	23 (1.8)	23 (1.8)	24 (2.0)	21 (1.7)
6 - 11.....	83 (5.3)	18 (2.7)	16 (2.8)	19 (2.5)	21 (3.3)	15 (1.9)	17 (3.5)	18 (4.1)	18 (3.8)	15 (2.4)
12 - 19.....	68 (6.0)	12* (1.3)	10* (1.1)	14 (1.4)	17 (2.8)	12* (1.0)	11* (1.2)	12* (1.3)	11* (1.5)	8* (1.1)
20 and over...	81 (2.3)	18 (0.7)	16 (0.7)	20 (0.8)	20 (1.0)	19 (1.2)	17 (1.1)	18 (1.2)	18 (1.2)	16 (1.0)
2 and over...	81 (1.9)	17 (0.6)	15 (0.6)	19 (0.6)	20 (0.7)	18 (1.0)	17 (0.9)	17 (0.9)	17 (1.1)	15 (0.8)
<b>Over 185% poverty:</b>										
2 - 5.....	99* (0.4)	21 (0.6)	20 (0.6)	23 (0.7)	24 (1.0)	20 (1.2)	18 (1.0)	19 (1.1)	17 (1.3)	15 (1.1)
6 - 11.....	91 (2.0)	17 (0.3)	15 (0.8)	18 (0.4)	19 (0.8)	17 (0.9)	15 (0.7)	15 (0.7)	15 (0.7)	13 (0.8)
12 - 19.....	73 (1.8)	15 (0.4)	14 (0.4)	17 (0.5)	18 (1.0)	13 (1.0)	12 (0.4)	14 (0.6)	12 (0.4)	10 (0.7)
20 and over...	87 (0.7)	16 (0.3)	14 (0.4)	19 (0.5)	20 (0.7)	19 (0.8)	14 (0.4)	15 (0.5)	14 (0.5)	14 (0.4)
2 and over...	86 (0.6)	16 (0.3)	14 (0.4)	19 (0.4)	20 (0.6)	19 (0.7)	14 (0.4)	15 (0.4)	14 (0.4)	13 (0.4)
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	98 (0.7)	21 (0.4)	21 (0.5)	23 (0.5)	24 (0.7)	19 (0.7)	19 (0.7)	21 (0.9)	19 (0.8)	16 (0.7)
6 - 11.....	89 (1.5)	18 (0.4)	16 (0.6)	19 (0.4)	20 (0.5)	17 (0.5)	16 (0.6)	16 (0.7)	16 (0.6)	14 (0.6)
12 - 19.....	72 (1.0)	15 (0.4)	14 (0.5)	16 (0.4)	18 (0.6)	14 (0.9)	13 (0.5)	14 (0.7)	13 (0.6)	10 (0.5)
20 and over...	83 (0.8)	16 (0.3)	15 (0.4)	19 (0.5)	20 (0.8)	19 (0.6)	16 (0.4)	16 (0.4)	16 (0.4)	15 (0.4)
2 and over...	83 (0.6)	17 (0.3)	15 (0.3)	19 (0.4)	20 (0.5)	18 (0.5)	15 (0.3)	16 (0.3)	15 (0.3)	14 (0.3)



**Table 16. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (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)
<b>Under 131% poverty:</b>									
2 - 5.....	41 (2.5)	40 (1.8)	8 (1.3)	7* (3.3)	33 (1.7)	36 (1.7)	28 (1.2)	34 (1.6)	40 (2.3)
6 - 11.....	29 (3.7)	38 (2.0)	9 (1.6)	4* (1.4)	32 (2.0)	36 (1.8)	26 (1.8)	33 (1.6)	38 (2.9)
12 - 19.....	24 (2.8)	34 (1.9)	4 (1.0)	4* (1.4)	27 (1.4)	30 (1.8)	19 (1.2)	24 (1.8)	30 (1.9)
20 and over...	33 (1.8)	27 (0.9)	7 (1.1)	7 (1.7)	25 (1.4)	29 (1.4)	19 (1.4)	23 (1.5)	27 (1.2)
2 and over...	32 (1.5)	30 (0.7)	7 (0.8)	6 (1.2)	27 (1.2)	30 (1.2)	20 (1.1)	25 (1.1)	30 (1.2)
<b>131-185% poverty:</b>									
2 - 5.....	39 (7.2)	35 (3.3)	7* (1.4)	5* (3.3)	32 (1.5)	37 (1.3)	29 (2.4)	35 (3.2)	42 (3.2)
6 - 11.....	32 (6.5)	33 (5.7)	4* (1.4)	4* (1.3)	26 (4.1)	30 (4.9)	19 (4.0)	26 (4.0)	31 (4.8)
12 - 19.....	22 (5.6)	25 (2.2)	3* (0.8)	2* (1.4)	20 (2.7)	22 (1.7)	13* (1.4)	19 (1.2)	26 (4.2)
20 and over...	30 (2.6)	29 (1.5)	10 (2.7)	7 (1.5)	24 (1.0)	29 (0.8)	18 (0.6)	23 (0.9)	27 (1.8)
2 and over...	30 (1.7)	29 (1.3)	9 (2.3)	6 (1.3)	24 (0.9)	29 (0.7)	18 (0.6)	23 (0.8)	28 (1.5)
<b>Over 185% poverty:</b>									
2 - 5.....	31 (2.8)	34 (1.7)	9* (3.7)	2* (1.5)	31 (1.1)	33 (1.1)	27 (1.2)	33 (1.3)	36 (2.6)
6 - 11.....	24 (2.7)	34 (2.0)	10* (4.0)	2* (0.7)	26 (0.9)	30 (1.2)	22 (1.0)	30 (1.6)	31 (2.0)
12 - 19.....	29 (3.1)	32 (2.0)	5* (1.9)	2* (1.0)	24 (0.8)	29 (0.8)	19 (1.1)	26 (1.7)	30 (2.0)
20 and over...	26 (1.3)	26 (0.9)	6 (0.8)	5 (1.2)	24 (0.6)	29 (0.5)	18 (0.5)	22 (0.7)	28 (0.8)
2 and over...	26 (1.2)	28 (0.8)	6 (0.9)	5 (1.0)	25 (0.5)	29 (0.4)	19 (0.4)	24 (0.6)	29 (0.6)
<b>All Individuals<sup>5</sup>:</b>									
2 - 5.....	37 (2.1)	36 (1.4)	8 (2.2)	4* (1.4)	32 (0.8)	35 (0.9)	27 (0.6)	33 (0.9)	38 (1.4)
6 - 11.....	27 (1.8)	35 (1.4)	9 (2.3)	3 (0.7)	28 (0.8)	32 (0.9)	23 (0.8)	30 (0.9)	33 (1.5)
12 - 19.....	28 (2.2)	34 (1.6)	5 (1.3)	3 (0.9)	25 (0.6)	29 (0.9)	19 (0.7)	25 (1.0)	30 (1.1)
20 and over...	28 (0.9)	27 (0.6)	7 (0.6)	6 (0.9)	24 (0.5)	29 (0.5)	18 (0.5)	23 (0.7)	28 (0.6)
2 and over...	28 (0.8)	29 (0.5)	7 (0.6)	5 (0.7)	25 (0.4)	30 (0.4)	19 (0.4)	24 (0.6)	29 (0.5)

**Table 16. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Under 131% poverty:</b>										
2 - 5.....	32 (1.7)	38 (1.9)	23 (1.8)	41 (2.7)	18 (1.4)	11 (1.1)	31 (0.9)	27 (1.1)	23 (1.1)	
6 - 11.....	26 (2.4)	36 (2.6)	24 (2.1)	45 (2.4)	16 (1.7)	13 (1.7)	29 (2.0)	24 (1.7)	21 (1.5)	
12 - 19.....	20 (1.7)	31 (2.3)	18 (2.2)	43 (3.4)	12 (1.2)	6 (1.2)	25 (1.3)	20 (1.2)	17 (1.2)	
20 and over...	25 (1.4)	26 (1.9)	20 (1.2)	39 (1.6)	18 (1.1)	9 (1.0)	23 (1.3)	21 (1.2)	19 (1.0)	
2 and over...	25 (1.2)	29 (1.5)	20 (0.7)	40 (1.5)	17 (1.0)	9 (0.8)	25 (1.1)	22 (1.0)	19 (0.9)	
<b>131-185% poverty:</b>										
2 - 5.....	31 (3.8)	39 (1.8)	17* (3.5)	40 (2.9)	18* (2.1)	9* (2.6)	31 (1.3)	28 (1.7)	24 (1.0)	
6 - 11.....	27 (3.5)	32 (3.8)	23 (4.8)	43 (4.5)	17 (3.0)	10* (2.3)	25 (5.3)	22 (4.0)	18 (2.2)	
12 - 19.....	18 (3.6)	21 (2.2)	13* (2.6)	30 (3.5)	9* (1.5)	5* (1.3)	18 (2.1)	15 (2.0)	12* (1.3)	
20 and over...	24 (1.3)	25 (0.8)	21 (2.0)	34 (2.0)	18 (1.4)	10 (2.2)	23 (1.1)	21 (0.7)	20 (0.6)	
2 and over...	24 (0.9)	26 (0.7)	20 (1.8)	35 (1.6)	17 (1.1)	10 (1.9)	23 (1.0)	21 (0.7)	19 (0.6)	
<b>Over 185% poverty:</b>										
2 - 5.....	27 (1.0)	34 (1.6)	22 (2.7)	37 (2.0)	15 (1.0)	8 (1.4)	28 (1.5)	25 (0.8)	22 (0.7)	
6 - 11.....	21 (1.5)	32 (1.7)	23 (2.1)	37 (2.6)	17 (2.0)	10 (0.9)	25 (0.9)	21 (0.7)	18 (0.7)	
12 - 19.....	23 (1.4)	31 (1.3)	21 (2.3)	42 (1.6)	12 (1.2)	5 (0.8)	22 (0.8)	18 (0.5)	17 (0.7)	
20 and over...	21 (0.7)	24 (0.9)	24 (1.2)	33 (1.1)	17 (0.5)	7 (0.3)	22 (0.6)	19 (0.5)	19 (0.6)	
2 and over...	21 (0.6)	26 (0.8)	23 (0.9)	34 (0.9)	17 (0.5)	7 (0.3)	23 (0.5)	19 (0.5)	19 (0.5)	
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	29 (0.9)	37 (1.0)	21 (1.4)	39 (1.6)	17 (0.7)	9 (1.0)	29 (0.9)	26 (0.6)	23 (0.5)	
6 - 11.....	23 (0.9)	33 (1.0)	22 (1.1)	41 (1.3)	17 (1.5)	11 (0.8)	26 (0.8)	22 (0.7)	19 (0.4)	
12 - 19.....	23 (1.3)	31 (1.0)	20 (1.2)	42 (1.8)	12 (0.7)	6 (0.6)	23 (0.7)	19 (0.6)	17 (0.6)	
20 and over...	22 (0.5)	25 (0.8)	23 (0.8)	34 (0.9)	17 (0.4)	8 (0.4)	23 (0.5)	20 (0.4)	19 (0.4)	
2 and over...	23 (0.4)	27 (0.6)	22 (0.6)	36 (0.7)	17 (0.4)	8 (0.4)	23 (0.4)	20 (0.3)	19 (0.4)	

**Table 16. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Breakfast, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>6</sup> % (SE)
<b>Under 131% poverty:</b>								
2 - 5.....	37 (1.8)	30 (1.4)	19 (1.0)	24 (1.3)	23 (0.9)	20 (1.2)	7* (1.3)	-- --
6 - 11.....	34 (2.5)	27 (2.2)	17 (1.6)	20 (2.1)	21 (1.5)	18 (1.5)	12 (3.4)	-- --
12 - 19.....	28 (1.4)	21 (1.6)	13 (1.1)	15 (1.3)	17 (1.3)	14 (1.1)	15* (4.5)	-- --
20 and over...	25 (1.1)	19 (1.1)	17 (1.1)	20 (1.6)	21 (1.1)	17 (1.4)	30 (2.8)	2* (1.3)
2 and over...	28 (1.0)	21 (0.9)	17 (0.9)	19 (1.3)	20 (0.9)	17 (1.1)	28 (2.4)	-- --
<b>131-185% poverty:</b>								
2 - 5.....	39 (2.9)	31 (2.9)	18* (1.0)	22 (2.1)	22 (1.4)	21 (2.2)	24* (9.5)	-- --
6 - 11.....	28 (3.9)	21 (3.0)	15 (2.0)	19 (2.7)	20 (2.2)	16 (3.2)	13* (6.8)	-- --
12 - 19.....	25 (6.9)	14 (1.7)	10* (1.2)	11* (1.6)	13* (1.9)	10* (1.8)	7* (6.8)	-- --
20 and over...	27 (1.2)	19 (1.1)	17 (0.5)	17 (0.8)	20 (0.5)	16 (0.9)	38 (4.2)	1* (0.4)
2 and over...	27 (0.9)	19 (1.0)	16 (0.4)	17 (0.7)	20 (0.5)	16 (0.8)	34 (2.1)	-- --
<b>Over 185% poverty:</b>								
2 - 5.....	36 (2.4)	26 (1.3)	18 (0.6)	20 (1.0)	22 (0.8)	17 (0.8)	11 (2.8)	-- --
6 - 11.....	29 (2.1)	21 (1.5)	13 (0.6)	15 (0.9)	18 (0.6)	14 (0.6)	9* (2.8)	-- --
12 - 19.....	28 (1.1)	20 (1.5)	14 (0.9)	15 (0.6)	17 (0.6)	12 (0.5)	20 (3.8)	-- --
20 and over...	27 (0.8)	18 (0.7)	16 (0.6)	16 (0.4)	19 (0.4)	14 (0.4)	39 (2.0)	#
2 and over...	27 (0.7)	19 (0.6)	15 (0.5)	16 (0.4)	19 (0.4)	14 (0.4)	38 (1.9)	-- --
<b>All Individuals<sup>5</sup>:</b>								
2 - 5.....	37 (1.2)	28 (0.8)	18 (0.3)	22 (0.8)	23 (0.5)	19 (0.6)	11 (2.6)	-- --
6 - 11.....	31 (1.2)	23 (1.1)	15 (0.5)	17 (0.7)	19 (0.4)	16 (0.5)	11 (2.3)	-- --
12 - 19.....	28 (0.9)	20 (1.1)	14 (0.8)	15 (0.8)	17 (0.7)	13 (0.6)	16 (2.1)	-- --
20 and over...	26 (0.6)	19 (0.5)	16 (0.5)	17 (0.4)	20 (0.4)	15 (0.4)	37 (1.8)	#
2 and over...	27 (0.5)	19 (0.4)	16 (0.4)	17 (0.3)	20 (0.3)	15 (0.3)	35 (1.6)	-- --

## 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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

# Indicates a non-zero value too small to report.

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

## Footnotes

<sup>1</sup> 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.

<sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2007-2008.

<sup>3</sup> 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](http://www.fns.usda.gov).

<sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as breakfast.

<sup>5</sup> Includes persons of all income levels or with unknown family income.

<sup>6</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. 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 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 17. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, in the United States, 2007-2008

Gender and age (years)	Percent reporting <sup>3</sup> % (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)
<b>Males:</b>										
2 - 5.....	91 (1.5)	24 (0.6)	27 (0.9)	22 (0.5)	19 (0.7)	28 (1.2)	25 (1.0)	23 (1.2)	26 (1.0)	27 (1.0)
6 - 11.....	90 (1.9)	27 (1.4)	32 (1.6)	24 (1.2)	21 (1.1)	30 (1.6)	30 (1.6)	31 (1.8)	30 (1.7)	28 (1.2)
12 - 19.....	81 (2.4)	26 (1.7)	29 (1.7)	24 (1.5)	21 (1.9)	27 (1.9)	29 (2.1)	29 (2.1)	30 (2.3)	28 (2.4)
20 - 29.....	82 (2.5)	26 (1.3)	29 (1.6)	26 (1.3)	22 (1.4)	28 (1.9)	29 (1.6)	27 (1.6)	30 (1.6)	32 (1.9)
30 - 39.....	77 (2.8)	25 (1.1)	29 (1.6)	23 (1.0)	19 (1.3)	27 (1.7)	27 (1.5)	27 (1.8)	28 (1.4)	27 (1.5)
40 - 49.....	79 (2.7)	24 (1.4)	28 (1.9)	22 (1.1)	19 (1.2)	24 (1.3)	27 (1.9)	26 (1.9)	28 (2.1)	28 (2.2)
50 - 59.....	80 (3.1)	25 (1.9)	28 (2.3)	22 (1.6)	19 (1.1)	26 (2.8)	27 (2.3)	26 (2.5)	27 (2.4)	29 (2.4)
60 - 69.....	74 (2.5)	21 (1.2)	24 (1.3)	20 (1.3)	17 (1.7)	20 (1.2)	24 (1.3)	23 (1.5)	24 (1.4)	26 (1.4)
70 and over.....	70 (3.6)	19 (1.3)	23 (1.3)	18 (1.3)	16 (1.4)	18 (1.4)	20 (1.5)	19 (1.6)	20 (1.6)	22 (1.5)
20 and over...	78 (1.7)	24 (0.8)	28 (1.1)	23 (0.6)	19 (0.7)	25 (0.8)	27 (1.0)	26 (0.9)	27 (1.0)	28 (1.2)
<b>Females:</b>										
2 - 5.....	90 (2.2)	23 (1.0)	25 (1.1)	22 (0.9)	19 (0.9)	26 (0.9)	24 (1.3)	22 (1.5)	26 (1.3)	25 (1.2)
6 - 11.....	91 (1.9)	27 (0.9)	31 (2.0)	26 (1.0)	23 (1.4)	29 (1.0)	29 (1.1)	27 (1.3)	29 (1.2)	30 (1.1)
12 - 19.....	82 (2.5)	27 (1.9)	30 (2.0)	25 (2.0)	22 (1.7)	26 (2.3)	30 (2.1)	28 (2.1)	30 (2.3)	31 (1.8)
20 - 29.....	81 (3.3)	25 (1.0)	28 (1.3)	22 (1.2)	18 (1.4)	24 (1.4)	28 (1.2)	26 (1.2)	28 (1.5)	31 (1.7)
30 - 39.....	77 (2.9)	23 (0.9)	25 (1.2)	22 (0.9)	18 (1.3)	26 (1.6)	25 (1.2)	23 (0.9)	26 (1.3)	28 (2.2)
40 - 49.....	82 (2.1)	24 (1.3)	28 (1.2)	22 (1.4)	18 (1.6)	24 (1.1)	26 (1.6)	25 (1.7)	27 (1.6)	27 (1.8)
50 - 59.....	83 (2.7)	24 (1.1)	27 (1.6)	22 (1.0)	18 (1.6)	23 (1.0)	26 (1.4)	24 (1.9)	25 (1.1)	29 (1.6)
60 - 69.....	76 (2.1)	22 (1.2)	24 (1.2)	20 (1.2)	17 (1.2)	22 (1.8)	24 (1.5)	23 (1.4)	24 (1.7)	25 (2.1)
70 and over.....	78 (1.8)	24 (0.8)	26 (0.7)	22 (1.1)	20 (1.7)	23 (0.7)	26 (0.8)	24 (1.1)	26 (0.7)	28 (1.5)
20 and over...	80 (1.3)	24 (0.3)	27 (0.4)	22 (0.5)	18 (0.9)	24 (0.4)	26 (0.4)	24 (0.5)	26 (0.3)	28 (0.7)
<b>Males and females:</b>										
2 and over...	81 (1.2)	25 (0.5)	28 (0.6)	23 (0.5)	19 (0.5)	25 (0.5)	27 (0.5)	26 (0.5)	27 (0.5)	28 (0.6)

**Table 17. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, in the United States, 2007-2008 (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)
<b>Males:</b>									
2 - 5.....	20 (1.5)	19 (1.4)	38 (3.3)	37 (5.8)	21 (0.8)	19 (0.7)	26 (0.8)	22 (0.6)	18 (0.7)
6 - 11.....	27 (1.5)	26 (2.5)	43 (5.6)	36 (5.3)	26 (2.0)	25 (1.3)	26 (1.1)	21 (0.7)	22 (1.7)
12 - 19.....	26 (2.4)	17 (1.5)	20 (2.7)	34 (2.2)	23 (1.2)	22 (1.3)	25 (1.1)	21 (1.2)	22 (1.5)
20 - 29.....	25 (1.7)	21 (1.9)	28 (3.2)	34 (6.1)	24 (2.1)	21 (1.4)	28 (2.0)	24 (2.1)	25 (1.7)
30 - 39.....	24 (2.2)	23 (2.3)	38 (5.0)	37 (7.7)	27 (1.1)	21 (1.1)	27 (1.7)	24 (1.7)	24 (1.1)
40 - 49.....	26 (2.9)	20 (1.4)	26 (3.1)	29 (4.8)	25 (1.7)	20 (1.4)	25 (1.7)	23 (1.5)	21 (1.8)
50 - 59.....	24 (3.4)	19 (2.2)	25 (5.1)	27 (7.1)	24 (1.7)	19 (1.6)	26 (2.0)	24 (2.0)	22 (1.7)
60 - 69.....	23 (2.2)	19 (1.9)	23 (2.1)	23 (4.0)	21 (1.2)	18 (1.0)	22 (1.3)	19 (0.9)	18 (1.3)
70 and over.....	18 (1.4)	17 (1.4)	25 (3.8)	27 (4.0)	18 (1.0)	16 (1.1)	20 (1.2)	17 (1.2)	16 (1.2)
20 and over...	24 (1.3)	20 (1.1)	28 (2.2)	31 (2.6)	24 (0.6)	19 (0.7)	26 (1.0)	23 (1.0)	22 (0.8)
<b>Females:</b>									
2 - 5.....	20 (1.3)	18 (2.1)	30 (8.7)	29 (5.7)	23 (1.8)	19 (1.0)	25 (1.3)	21 (0.7)	20 (1.6)
6 - 11.....	24 (2.2)	21 (1.3)	30 (3.2)	35 (4.3)	26 (1.1)	24 (1.6)	27 (1.6)	22 (1.6)	24 (2.2)
12 - 19.....	26 (2.3)	21 (1.6)	29 (3.2)	29 (4.6)	28 (2.7)	24 (1.6)	29 (1.9)	23 (1.6)	24 (2.7)
20 - 29.....	28 (2.1)	20 (1.9)	29 (4.9)	24 (3.7)	25 (1.5)	21 (1.1)	26 (1.9)	22 (2.0)	24 (1.7)
30 - 39.....	20 (1.4)	19 (1.9)	27 (5.2)	31 (5.4)	22 (1.0)	19 (1.3)	25 (1.1)	23 (1.4)	22 (1.3)
40 - 49.....	29 (2.8)	22 (1.9)	35 (4.4)	28 (4.5)	23 (1.1)	20 (1.0)	25 (1.1)	24 (1.1)	23 (1.0)
50 - 59.....	24 (2.0)	22 (1.7)	28 (4.3)	22 (3.9)	24 (2.0)	19 (1.1)	24 (1.2)	21 (1.1)	25 (1.7)
60 - 69.....	25 (2.2)	20 (2.5)	21 (1.9)	23 (5.4)	20 (1.3)	17 (0.9)	22 (1.4)	20 (1.3)	19 (1.4)
70 and over.....	24 (1.7)	23 (3.1)	33 (2.7)	32 (3.0)	22 (0.9)	19 (1.4)	24 (0.9)	20 (0.9)	20 (1.4)
20 and over...	25 (0.7)	21 (0.7)	29 (1.3)	27 (2.5)	23 (0.5)	19 (0.5)	25 (0.5)	22 (0.6)	22 (0.6)
<b>Males and females:</b>									
2 and over...	25 (0.8)	21 (0.5)	29 (1.0)	30 (1.7)	24 (0.4)	20 (0.4)	25 (0.6)	22 (0.6)	22 (0.5)

**Table 17. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Males:</b>										
2 - 5.....	23 (1.0)	18 (1.2)	22 (1.9)	15 (1.4)	26 (1.3)	23 (1.8)	20 (1.0)	23 (0.8)	24 (0.9)	
6 - 11.....	28 (1.2)	24 (1.1)	22 (1.9)	25 (1.2)	27 (1.9)	29 (2.6)	29 (2.4)	30 (1.8)	27 (1.2)	
12 - 19.....	25 (1.9)	23 (1.7)	17 (2.1)	17 (1.9)	23 (2.3)	23 (3.0)	24 (1.7)	27 (1.8)	24 (1.4)	
20 - 29.....	23 (1.5)	23 (2.0)	20 (2.4)	16 (2.7)	29 (1.7)	32 (3.2)	23 (1.6)	27 (1.6)	24 (1.3)	
30 - 39.....	25 (1.7)	26 (2.4)	19 (2.5)	18 (3.1)	24 (1.3)	35 (5.0)	21 (1.3)	25 (1.3)	23 (1.1)	
40 - 49.....	24 (1.9)	24 (2.6)	20 (1.3)	22 (4.4)	24 (1.6)	24 (2.4)	23 (1.7)	25 (1.8)	21 (1.3)	
50 - 59.....	23 (2.3)	28 (3.4)	24 (2.9)	18 (2.5)	26 (2.4)	29 (4.0)	24 (2.0)	25 (2.0)	22 (1.8)	
60 - 69.....	21 (1.4)	25 (3.5)	16 (1.3)	19 (2.2)	19 (1.3)	24 (1.9)	18 (1.8)	21 (1.3)	18 (1.1)	
70 and over.....	19 (1.2)	17 (1.5)	15 (1.7)	16 (1.5)	18 (1.5)	23 (2.3)	19 (1.5)	20 (1.4)	18 (1.2)	
20 and over...	23 (1.0)	24 (1.2)	20 (0.9)	18 (1.2)	24 (0.9)	29 (1.7)	22 (0.6)	25 (0.9)	22 (0.7)	
<b>Females:</b>										
2 - 5.....	21 (0.6)	18 (1.5)	21 (1.9)	14 (1.3)	25 (1.1)	29 (2.0)	18 (1.3)	22 (0.9)	23 (0.9)	
6 - 11.....	27 (1.8)	24 (2.2)	22 (1.8)	25 (2.7)	29 (2.3)	28 (1.7)	27 (1.6)	29 (1.6)	28 (1.4)	
12 - 19.....	26 (1.6)	21 (1.0)	24 (3.7)	19 (2.3)	30 (3.0)	33 (2.9)	25 (2.1)	28 (2.1)	25 (1.6)	
20 - 29.....	26 (1.5)	22 (1.6)	18 (2.5)	14 (1.7)	24 (1.7)	26 (5.6)	22 (1.2)	26 (1.0)	22 (1.0)	
30 - 39.....	21 (1.2)	22 (1.7)	18 (1.4)	15 (2.1)	26 (2.9)	29 (2.3)	20 (1.1)	23 (1.2)	22 (1.4)	
40 - 49.....	26 (1.4)	21 (1.3)	22 (2.0)	16 (1.2)	24 (1.9)	30 (4.1)	21 (1.1)	24 (1.0)	21 (0.8)	
50 - 59.....	24 (1.3)	24 (2.3)	20 (2.1)	21 (4.4)	21 (0.9)	34 (5.1)	21 (1.7)	24 (1.4)	20 (0.9)	
60 - 69.....	23 (1.3)	23 (2.9)	20 (1.7)	17 (1.9)	20 (1.3)	25 (3.1)	19 (0.9)	22 (1.0)	18 (1.1)	
70 and over.....	23 (1.0)	24 (3.7)	20 (1.2)	16 (1.7)	23 (1.3)	38 (2.3)	21 (1.2)	24 (0.8)	21 (0.8)	
20 and over...	24 (0.5)	22 (0.8)	19 (1.0)	17 (1.1)	23 (0.5)	30 (1.8)	21 (0.4)	24 (0.4)	21 (0.4)	
<b>Males and females:</b>										
2 and over...	24 (0.6)	23 (0.5)	20 (0.6)	18 (0.7)	24 (0.5)	29 (1.3)	22 (0.4)	25 (0.5)	22 (0.4)	

**Table 17. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>Males:</b>								
2 - 5.....	19 (0.5)	22 (0.9)	28 (0.9)	27 (1.2)	25 (0.9)	32 (1.3)	26 (6.0)	-- --
6 - 11.....	23 (1.5)	27 (1.4)	30 (1.4)	32 (1.8)	29 (1.1)	32 (1.4)	21 (3.3)	-- --
12 - 19.....	23 (1.3)	27 (2.1)	25 (1.5)	29 (1.7)	26 (1.8)	31 (1.6)	26 (3.3)	-- --
20 - 29.....	27 (1.3)	28 (1.8)	25 (1.7)	31 (1.6)	25 (1.3)	31 (1.8)	16 (1.4)	-- --
30 - 39.....	26 (1.2)	28 (1.8)	25 (1.2)	30 (1.6)	24 (1.5)	31 (1.4)	13 (2.1)	-- --
40 - 49.....	24 (1.7)	27 (2.1)	25 (1.4)	28 (1.9)	23 (1.3)	29 (1.9)	8 (1.0)	-- --
50 - 59.....	23 (1.8)	32 (4.9)	27 (3.0)	30 (2.1)	23 (2.0)	30 (2.6)	9 (1.7)	-- --
60 - 69.....	20 (1.1)	23 (1.5)	22 (1.4)	24 (1.7)	20 (0.9)	27 (1.2)	11 (1.8)	-- --
70 and over.....	17 (1.2)	18 (1.6)	19 (1.4)	23 (1.2)	19 (1.2)	26 (1.7)	8 (1.1)	-- --
20 and over...	24 (0.8)	27 (1.1)	24 (0.8)	29 (1.1)	23 (0.9)	30 (1.1)	11 (1.1)	7 (1.3)
<b>Females:</b>								
2 - 5.....	21 (1.3)	21 (1.2)	26 (1.1)	26 (1.5)	23 (0.7)	28 (1.2)	16 (3.9)	-- --
6 - 11.....	24 (1.4)	27 (1.8)	30 (1.1)	31 (1.4)	28 (1.3)	32 (1.0)	27 (4.0)	-- --
12 - 19.....	23 (1.7)	26 (1.7)	27 (1.7)	32 (2.2)	26 (1.6)	32 (2.2)	17 (2.5)	-- --
20 - 29.....	24 (1.1)	26 (1.4)	24 (1.2)	28 (1.4)	24 (1.3)	30 (1.8)	14 (1.7)	-- --
30 - 39.....	23 (0.9)	24 (1.6)	24 (1.4)	25 (1.2)	23 (1.4)	28 (1.0)	13 (1.4)	-- --
40 - 49.....	24 (1.5)	25 (1.3)	23 (1.0)	28 (1.2)	24 (1.1)	30 (1.7)	11 (1.6)	-- --
50 - 59.....	23 (1.1)	23 (1.4)	22 (1.5)	28 (2.0)	22 (1.0)	29 (1.8)	10 (1.7)	-- --
60 - 69.....	19 (1.6)	21 (1.6)	20 (1.3)	25 (1.3)	20 (1.0)	26 (1.3)	8 (1.1)	-- --
70 and over.....	20 (1.1)	22 (0.9)	25 (2.6)	26 (0.9)	22 (0.8)	29 (0.6)	13 (1.6)	-- --
20 and over...	23 (0.3)	24 (0.3)	23 (0.5)	27 (0.5)	23 (0.3)	29 (0.4)	11 (0.8)	6 (1.4)
<b>Males and females:</b>								
2 and over...	23 (0.4)	26 (0.6)	24 (0.4)	28 (0.6)	23 (0.5)	30 (0.6)	12 (0.7)	-- --



## Symbol Legend

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

## Footnotes

- <sup>1</sup> 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.
- <sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2007-2008.
- <sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as lunch.
- <sup>4</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Lunch: Percentages of Selected Nutrients Contributed by Foods Eaten at Lunch, by Gender and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 18. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2007-2008

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (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)
<b>Non-Hispanic White:</b>										
2 - 5.....	95* (2.1)	24 (0.7)	26 (0.7)	23 (0.7)	20 (0.7)	29 (1.3)	25 (1.1)	23 (1.1)	26 (1.1)	27 (1.6)
6 - 11.....	94 (1.3)	28 (1.3)	32 (1.5)	26 (1.4)	22 (1.4)	31 (1.5)	31 (1.6)	31 (1.8)	32 (1.7)	31 (1.5)
12 - 19.....	84 (2.3)	27 (1.8)	29 (1.8)	25 (2.0)	22 (2.2)	27 (2.4)	30 (2.0)	29 (1.8)	30 (2.4)	30 (2.2)
20 and over...	81 (2.2)	24 (0.7)	27 (1.0)	22 (0.6)	19 (0.7)	24 (0.7)	27 (0.9)	25 (0.8)	27 (0.9)	28 (1.1)
2 and over...	83 (1.9)	25 (0.7)	28 (0.9)	23 (0.7)	19 (0.7)	25 (0.7)	27 (0.8)	26 (0.7)	28 (0.8)	29 (1.0)
<b>Non-Hispanic Black:</b>										
2 - 5.....	88 (1.8)	25 (1.6)	28 (1.8)	23 (1.6)	21 (1.4)	27 (2.1)	27 (1.6)	27 (1.8)	28 (1.5)	26 (2.0)
6 - 11.....	86 (2.6)	24 (1.2)	28 (1.3)	23 (1.3)	22 (1.5)	28 (1.9)	25 (1.1)	26 (1.2)	25 (1.1)	23 (1.3)
12 - 19.....	73 (3.5)	26 (1.6)	29 (1.9)	23 (1.6)	19 (1.6)	27 (1.8)	30 (1.7)	29 (2.2)	31 (1.6)	31 (1.9)
20 and over...	70 (1.6)	23 (0.5)	26 (0.8)	21 (0.4)	19 (0.5)	23 (0.7)	24 (0.7)	23 (0.8)	24 (0.7)	26 (0.7)
2 and over...	73 (1.2)	23 (0.4)	27 (0.6)	22 (0.4)	19 (0.6)	24 (0.6)	25 (0.4)	24 (0.5)	26 (0.5)	26 (0.5)
<b>Hispanic<sup>4</sup>:</b>										
<i>Mexican American</i>										
2 - 5.....	83 (3.9)	24 (1.4)	26 (1.8)	23 (1.3)	19 (1.2)	26 (1.8)	24 (1.7)	22 (1.6)	25 (1.7)	26 (2.5)
6 - 11.....	89 (2.7)	28 (1.2)	32 (1.6)	26 (1.4)	23 (1.1)	30 (2.0)	28 (1.6)	28 (2.1)	29 (1.3)	29 (1.6)
12 - 19.....	79 (2.5)	27 (2.2)	30 (2.0)	25 (2.5)	25 (2.8)	24 (2.5)	28 (2.3)	27 (1.7)	28 (2.7)	28 (2.9)
20 and over...	76 (1.3)	26 (1.0)	30 (1.4)	25 (1.1)	21 (1.6)	28 (1.6)	27 (1.0)	26 (0.9)	27 (1.1)	28 (1.1)
2 and over...	79 (1.1)	26 (0.9)	30 (1.1)	25 (1.1)	22 (1.4)	27 (1.3)	27 (0.8)	26 (0.6)	27 (0.9)	28 (0.9)
<i>All Hispanic</i>										
2 - 5.....	81 (3.4)	23 (1.1)	24 (1.5)	21 (1.0)	18 (1.0)	24 (1.3)	24 (1.5)	21 (1.3)	25 (1.7)	26 (1.9)
6 - 11.....	88 (1.9)	26 (1.0)	30 (1.3)	24 (1.1)	22 (1.1)	27 (1.8)	27 (1.2)	26 (1.6)	28 (1.0)	28 (1.3)
12 - 19.....	78 (2.2)	26 (1.7)	29 (1.6)	24 (1.9)	22 (1.9)	24 (1.9)	27 (1.8)	26 (1.5)	28 (2.1)	28 (2.2)
20 and over...	71 (1.6)	24 (0.9)	28 (1.2)	23 (0.9)	19 (1.1)	25 (1.3)	25 (0.7)	24 (0.7)	26 (0.9)	27 (0.7)
2 and over...	75 (1.2)	24 (0.8)	28 (0.9)	23 (0.9)	20 (1.0)	25 (1.1)	26 (0.6)	25 (0.6)	26 (0.7)	27 (0.7)

**Table 18. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2007-2008 (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)
<b>Non-Hispanic White:</b>									
2 - 5.....	20 (1.4)	19 (1.5)	35 (6.1)	28 (6.9)	22 (1.4)	20 (0.6)	25 (0.8)	22 (0.8)	19 (1.0)
6 - 11.....	26 (1.5)	25 (2.6)	40 (4.1)	35 (5.1)	28 (1.9)	26 (1.5)	27 (1.1)	22 (1.0)	25 (2.4)
12 - 19.....	26 (2.5)	19 (1.4)	22 (2.8)	32 (2.3)	26 (2.4)	23 (1.7)	26 (1.8)	22 (1.7)	24 (2.1)
20 and over...	25 (1.3)	20 (0.8)	28 (1.9)	29 (2.7)	23 (0.6)	19 (0.7)	25 (1.0)	22 (0.8)	21 (0.6)
2 and over...	25 (1.1)	21 (0.6)	29 (1.4)	30 (2.2)	24 (0.7)	20 (0.5)	25 (0.9)	22 (0.8)	22 (0.6)
<b>Non-Hispanic Black:</b>									
2 - 5.....	22 (2.0)	21 (1.9)	23 (6.2)	36 (6.4)	23 (1.4)	23 (1.4)	26 (1.8)	20 (1.4)	19 (1.8)
6 - 11.....	24 (1.3)	21 (1.9)	26 (5.0)	43 (8.6)	22 (1.6)	23 (1.5)	24 (1.6)	20 (1.5)	19 (1.6)
12 - 19.....	24 (1.8)	19 (2.2)	21* (6.9)	35 (4.1)	25 (2.2)	23 (1.6)	27 (1.5)	23 (1.5)	23 (2.2)
20 and over...	20 (1.1)	20 (1.6)	26 (2.2)	28 (3.1)	23 (0.6)	20 (0.8)	26 (0.7)	23 (0.9)	22 (0.5)
2 and over...	21 (0.8)	20 (1.4)	25 (1.9)	31 (2.3)	23 (0.6)	21 (0.7)	26 (0.5)	23 (0.7)	22 (0.5)
<b>Hispanic<sup>4</sup>:</b>									
<i>Mexican American</i>									
2 - 5.....	19 (1.8)	18 (2.0)	46 (6.7)	53 (7.1)	22 (1.6)	17 (1.2)	26 (1.3)	20 (1.7)	18 (1.7)
6 - 11.....	26 (4.2)	22 (1.8)	34 (5.0)	34 (9.8)	24 (1.7)	23 (1.0)	28 (1.7)	23 (1.2)	21 (2.0)
12 - 19.....	23 (2.2)	20 (1.3)	34 (4.0)	34 (4.1)	24 (1.8)	21 (1.2)	29 (1.7)	22 (1.1)	21 (1.4)
20 and over...	26 (1.4)	23 (1.1)	37 (2.1)	34 (4.4)	26 (1.1)	20 (0.7)	27 (1.3)	25 (1.4)	25 (0.7)
2 and over...	25 (1.0)	22 (0.8)	37 (2.0)	35 (4.1)	25 (0.9)	20 (0.6)	27 (1.2)	24 (1.2)	24 (0.8)
<i>All Hispanic</i>									
2 - 5.....	18 (1.8)	15 (1.6)	36 (5.1)	45 (7.7)	20 (1.2)	15 (0.9)	25 (1.0)	19 (1.3)	17 (1.4)
6 - 11.....	24 (2.5)	21 (1.6)	32 (4.1)	32 (7.7)	24 (1.2)	23 (1.2)	26 (1.2)	21 (0.8)	21 (1.7)
12 - 19.....	25 (2.1)	19 (1.1)	34 (2.3)	30 (3.6)	24 (1.7)	20 (1.2)	27 (1.4)	21 (1.0)	21 (1.6)
20 and over...	24 (1.0)	20 (0.9)	28 (2.3)	28 (3.6)	24 (0.8)	19 (0.6)	25 (1.1)	23 (1.1)	23 (0.6)
2 and over...	24 (0.7)	20 (0.7)	29 (2.0)	30 (3.4)	23 (0.7)	19 (0.5)	25 (1.0)	22 (0.8)	22 (0.7)

**Table 18. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Non-Hispanic White:</b>										
2 - 5.....	23 (0.8)	20 (1.8)	22 (2.2)	16 (1.1)	25 (1.3)	25 (1.4)	20 (1.0)	23 (0.8)	24 (0.9)	
6 - 11.....	28 (1.1)	25 (1.8)	23 (2.2)	26 (1.8)	29 (2.0)	30 (1.9)	30 (2.6)	31 (1.8)	29 (1.1)	
12 - 19.....	26 (1.8)	22 (1.4)	21 (3.3)	17 (2.4)	26 (3.3)	27 (3.0)	25 (1.8)	27 (1.7)	24 (1.7)	
20 and over...	23 (1.0)	24 (0.8)	20 (1.1)	18 (1.3)	23 (0.8)	29 (1.7)	22 (0.6)	24 (0.8)	21 (0.6)	
2 and over...	24 (0.9)	23 (0.7)	20 (0.9)	18 (1.0)	24 (0.7)	29 (1.5)	23 (0.5)	25 (0.7)	22 (0.6)	
<b>Non-Hispanic Black:</b>										
2 - 5.....	24 (1.5)	21 (1.2)	19 (1.9)	24 (1.5)	26 (2.3)	24 (2.6)	24 (1.7)	26 (1.8)	25 (1.8)	
6 - 11.....	25 (1.3)	24 (2.2)	20 (2.0)	26 (2.1)	24 (2.4)	19 (3.4)	26 (1.7)	26 (1.5)	26 (1.4)	
12 - 19.....	26 (1.8)	24 (2.9)	23 (3.4)	21 (2.0)	29 (1.8)	26 (7.2)	26 (2.1)	28 (1.7)	25 (1.6)	
20 and over...	21 (0.7)	23 (2.2)	19 (1.0)	17 (1.2)	23 (0.9)	25 (2.2)	19 (0.5)	22 (0.4)	20 (0.5)	
2 and over...	22 (0.6)	23 (1.7)	20 (0.9)	19 (1.0)	24 (0.6)	25 (1.9)	21 (0.5)	24 (0.4)	22 (0.4)	
<b>Hispanic<sup>4</sup>:</b>										
<i>Mexican American</i>										
2 - 5.....	21 (1.5)	14 (1.3)	22 (2.8)	12 (1.3)	27 (2.8)	36 (3.9)	18 (1.5)	23 (1.6)	24 (1.8)	
6 - 11.....	28 (2.3)	22 (1.7)	25 (2.2)	23 (1.8)	29 (2.9)	32 (3.1)	27 (1.5)	30 (1.2)	28 (1.3)	
12 - 19.....	23 (1.6)	20 (1.6)	16 (1.8)	16 (1.7)	25 (2.5)	30 (4.2)	23 (1.2)	26 (1.7)	24 (1.9)	
20 and over...	27 (1.3)	24 (1.1)	22 (2.2)	19 (1.9)	26 (1.3)	34 (1.1)	21 (0.6)	27 (1.0)	25 (1.1)	
2 and over...	26 (0.9)	22 (0.7)	22 (1.4)	18 (1.3)	26 (1.2)	34 (1.5)	22 (0.3)	27 (0.8)	25 (0.9)	
<i>All Hispanic</i>										
2 - 5.....	20 (1.4)	13 (0.9)	19 (2.0)	10 (0.9)	26 (2.3)	30 (3.1)	16 (1.2)	21 (1.3)	22 (1.5)	
6 - 11.....	27 (1.4)	21 (1.5)	21 (2.0)	23 (1.9)	27 (2.3)	31 (2.2)	25 (1.7)	28 (1.4)	26 (1.1)	
12 - 19.....	24 (1.5)	20 (1.4)	17 (1.6)	17 (3.1)	25 (2.2)	30 (2.6)	22 (1.4)	26 (1.5)	23 (1.6)	
20 and over...	24 (1.0)	22 (0.8)	20 (1.6)	17 (1.3)	24 (1.0)	30 (1.6)	20 (0.4)	25 (0.8)	23 (1.0)	
2 and over...	24 (0.6)	21 (0.6)	19 (1.1)	17 (1.1)	25 (0.9)	30 (1.5)	20 (0.4)	25 (0.7)	23 (0.8)	

**Table 18. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	20 (0.8)	21 (0.7)	27 (1.3)	26 (1.3)	25 (1.0)	29 (1.4)	19* (6.0)	-- --
6 - 11.....	25 (1.4)	29 (1.4)	32 (1.4)	32 (1.4)	30 (1.0)	34 (1.5)	22 (4.2)	-- --
12 - 19.....	23 (1.5)	27 (2.1)	26 (1.9)	30 (1.7)	26 (1.9)	32 (1.7)	21 (2.5)	-- --
20 and over...	22 (0.6)	26 (0.8)	23 (0.6)	28 (1.1)	22 (0.7)	29 (1.0)	11 (0.7)	5 (1.5)
2 and over...	23 (0.5)	26 (0.8)	24 (0.5)	28 (1.0)	23 (0.7)	30 (0.9)	11 (0.8)	-- --
<b>Non-Hispanic Black:</b>								
2 - 5.....	20 (1.3)	25 (1.5)	27 (1.7)	29 (2.4)	26 (1.6)	29 (1.7)	14* (5.0)	-- --
6 - 11.....	20 (1.4)	26 (1.6)	27 (1.7)	28 (1.6)	27 (1.6)	27 (1.6)	22* (7.9)	-- --
12 - 19.....	23 (1.8)	25 (1.6)	25 (1.6)	29 (2.5)	27 (1.6)	31 (2.1)	23* (7.5)	-- --
20 and over...	23 (0.8)	24 (1.1)	23 (1.3)	26 (0.9)	22 (0.6)	27 (0.9)	13 (1.3)	10* (3.5)
2 and over...	22 (0.6)	24 (0.8)	24 (1.0)	26 (0.6)	24 (0.4)	28 (0.6)	14 (1.5)	-- --
<b>Hispanic<sup>4</sup>:</b>								
<i>Mexican American</i>								
2 - 5.....	20 (1.9)	21 (1.8)	27 (1.9)	28 (2.0)	24 (1.8)	31 (2.1)	26 (4.7)	-- --
6 - 11.....	23 (1.6)	27 (1.2)	31 (1.7)	32 (1.8)	29 (1.2)	31 (1.5)	31 (6.4)	-- --
12 - 19.....	23 (1.4)	25 (1.6)	25 (2.2)	29 (2.4)	25 (1.7)	32 (2.5)	26 (5.8)	-- --
20 and over...	26 (1.1)	29 (1.9)	27 (1.1)	30 (1.2)	26 (1.2)	31 (1.0)	13 (1.6)	13 (3.4)
2 and over...	25 (1.0)	28 (1.2)	27 (0.9)	30 (1.1)	26 (1.0)	31 (0.8)	15 (1.9)	-- --
<i>All Hispanic</i>								
2 - 5.....	19 (1.5)	20 (1.3)	26 (1.7)	26 (1.6)	22 (1.5)	30 (1.8)	27 (3.9)	-- --
6 - 11.....	22 (1.1)	25 (1.1)	28 (1.4)	31 (1.3)	27 (1.3)	31 (1.0)	29 (5.7)	-- --
12 - 19.....	22 (1.4)	25 (1.5)	25 (1.9)	29 (2.0)	24 (1.4)	30 (2.0)	25 (4.6)	-- --
20 and over...	24 (0.9)	27 (1.3)	24 (0.8)	28 (0.9)	24 (1.1)	28 (0.9)	11 (1.2)	11 (2.6)
2 and over...	23 (0.8)	26 (0.9)	25 (0.7)	28 (0.8)	24 (0.9)	29 (0.8)	12 (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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

## Footnotes

<sup>1</sup> 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.

<sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2007-2008.

<sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as lunch.

<sup>4</sup> A new sampling methodology was implemented for NHANES 2007-2008; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.

<sup>5</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Lunch: Percentages of Selected Nutrients Contributed by Foods Eaten at Lunch, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 19. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, in the United States, 2007-2008

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (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)
<b>\$0 - \$24,999:</b>										
2 - 5.....	86 (3.0)	23 (1.2)	25 (1.2)	21 (1.2)	19 (1.1)	24 (0.9)	24 (1.6)	23 (1.3)	26 (2.0)	25 (2.0)
6 - 11.....	88 (2.2)	24 (0.9)	29 (1.3)	22 (1.0)	20 (1.4)	28 (1.4)	26 (0.8)	26 (1.0)	26 (0.9)	27 (1.5)
12 - 19.....	79 (1.9)	27 (1.2)	31 (1.2)	24 (1.6)	22 (2.1)	27 (2.1)	29 (1.6)	29 (1.2)	31 (1.9)	28 (2.3)
20 and over...	70 (2.0)	22 (0.7)	25 (0.9)	21 (0.8)	17 (0.9)	23 (0.9)	23 (0.8)	22 (0.7)	23 (0.7)	26 (1.1)
2 and over...	73 (1.7)	23 (0.6)	26 (0.7)	21 (0.7)	18 (0.9)	24 (0.8)	24 (0.6)	23 (0.6)	25 (0.6)	26 (0.8)
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	90 (2.0)	23 (1.1)	26 (1.3)	22 (1.0)	19 (1.0)	29 (2.0)	24 (1.3)	22 (1.4)	25 (1.5)	28 (1.8)
6 - 11.....	90 (1.4)	28 (1.4)	31 (1.8)	26 (1.2)	23 (1.5)	30 (1.9)	30 (1.7)	30 (2.2)	30 (1.7)	28 (1.7)
12 - 19.....	79 (3.7)	26 (2.0)	28 (1.7)	24 (2.0)	22 (1.9)	23 (2.6)	28 (2.4)	27 (2.2)	29 (2.8)	28 (2.4)
20 and over...	79 (1.4)	24 (0.5)	27 (0.7)	22 (0.5)	19 (0.7)	24 (0.5)	27 (0.6)	26 (0.6)	27 (0.7)	28 (0.7)
2 and over...	81 (1.4)	24 (0.6)	28 (0.7)	23 (0.5)	20 (0.7)	24 (0.6)	27 (0.7)	26 (0.7)	27 (0.8)	28 (0.8)
<b>\$75,000 and higher:</b>										
2 - 5.....	96* (1.5)	24 (1.3)	27 (1.3)	23 (1.3)	20 (1.4)	28 (1.4)	25 (2.3)	24 (2.4)	26 (2.3)	25 (2.7)
6 - 11.....	94* (2.0)	28 (1.6)	32 (1.6)	26 (1.8)	23 (2.3)	30 (1.9)	31 (1.8)	30 (1.9)	32 (1.7)	30 (2.3)
12 - 19.....	87 (3.2)	28 (2.5)	31 (2.9)	25 (2.5)	21 (2.6)	30 (3.1)	32 (2.4)	31 (2.1)	32 (2.4)	33 (2.9)
20 and over...	87 (1.8)	26 (0.7)	29 (1.0)	24 (0.7)	19 (0.9)	25 (1.1)	28 (1.0)	27 (1.1)	29 (0.9)	29 (1.1)
2 and over...	88 (1.5)	26 (0.7)	29 (0.9)	24 (0.7)	20 (0.8)	26 (1.0)	29 (0.8)	28 (0.8)	29 (0.7)	30 (0.8)
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	91 (1.4)	23 (0.5)	26 (0.6)	22 (0.5)	19 (0.5)	27 (0.9)	25 (0.7)	23 (0.9)	26 (0.7)	26 (0.7)
6 - 11.....	91 (1.3)	27 (0.8)	31 (1.0)	25 (0.9)	22 (1.0)	30 (1.1)	29 (0.8)	29 (1.0)	30 (0.9)	29 (0.9)
12 - 19.....	81 (1.7)	27 (1.2)	29 (1.3)	24 (1.3)	21 (1.5)	26 (1.5)	29 (1.4)	28 (1.2)	30 (1.6)	30 (1.4)
20 and over...	79 (1.4)	24 (0.5)	27 (0.7)	22 (0.4)	19 (0.5)	24 (0.5)	26 (0.6)	25 (0.6)	27 (0.6)	28 (0.7)
2 and over...	81 (1.2)	25 (0.5)	28 (0.6)	23 (0.5)	19 (0.5)	25 (0.5)	27 (0.5)	26 (0.5)	27 (0.5)	28 (0.6)

**Table 19. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (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)
<b>\$0 - \$24,999:</b>									
2 - 5.....	19 (1.5)	15 (1.1)	28 (4.5)	32 (7.1)	20 (1.5)	18 (0.9)	24 (1.4)	19 (1.4)	17 (1.3)
6 - 11.....	26 (1.1)	19 (1.5)	27 (6.4)	42 (6.9)	22 (1.0)	22 (1.2)	24 (1.3)	21 (1.6)	20 (1.3)
12 - 19.....	28 (1.1)	19 (1.1)	26 (3.7)	29 (5.1)	26 (1.2)	24 (1.9)	28 (1.4)	23 (2.0)	22 (1.6)
20 and over...	21 (1.0)	20 (1.1)	28 (2.7)	27 (2.6)	22 (0.8)	18 (0.9)	23 (1.0)	21 (1.0)	20 (0.7)
2 and over...	22 (0.9)	20 (0.8)	28 (2.1)	29 (2.2)	22 (0.7)	19 (0.8)	24 (0.9)	21 (0.9)	20 (0.7)
<b>\$25,000 - \$74,999:</b>									
2 - 5.....	20 (1.6)	19 (1.8)	36 (5.0)	28 (5.3)	23 (1.0)	19 (0.8)	26 (1.2)	22 (1.3)	18 (1.0)
6 - 11.....	24 (2.1)	26 (3.6)	36 (5.2)	30 (4.3)	27 (2.2)	25 (2.5)	26 (1.0)	21 (1.2)	25 (3.3)
12 - 19.....	25 (2.9)	19 (1.7)	19 (3.5)	23 (3.6)	24 (1.9)	21 (1.8)	25 (1.7)	21 (1.5)	23 (2.2)
20 and over...	26 (1.3)	20 (0.7)	27 (2.0)	29 (2.7)	23 (0.5)	19 (0.5)	25 (0.8)	22 (0.8)	22 (0.7)
2 and over...	25 (1.1)	20 (0.6)	28 (1.8)	28 (2.4)	24 (0.5)	20 (0.4)	25 (0.7)	22 (0.7)	22 (0.7)
<b>\$75,000 and higher:</b>									
2 - 5.....	20 (2.8)	20 (2.9)	35 (6.8)	41*(12.5)	23 (1.6)	19 (1.3)	26 (1.4)	21 (1.5)	21 (1.2)
6 - 11.....	28 (2.2)	25 (2.7)	43 (7.9)	32 (7.7)	28 (1.9)	26 (1.4)	27 (1.4)	22 (1.4)	23 (1.4)
12 - 19.....	27 (2.5)	20 (2.0)	23 (4.4)	42 (8.0)	28 (3.6)	25 (3.4)	28 (3.5)	23 (3.3)	25 (3.1)
20 and over...	26 (1.5)	21 (1.1)	29 (1.9)	33 (4.8)	25 (1.1)	21 (0.7)	27 (1.0)	24 (1.0)	24 (0.9)
2 and over...	26 (1.2)	21 (0.8)	29 (1.4)	34 (4.0)	25 (1.1)	21 (0.6)	27 (0.9)	23 (1.0)	24 (0.9)
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	20 (1.0)	19 (1.2)	34 (4.4)	33 (3.9)	22 (0.9)	19 (0.5)	25 (0.6)	21 (0.5)	19 (0.7)
6 - 11.....	26 (1.2)	24 (1.6)	37 (3.3)	35 (3.6)	26 (1.0)	25 (1.0)	26 (0.7)	22 (0.8)	23 (1.3)
12 - 19.....	26 (1.5)	19 (1.0)	24 (1.9)	32 (1.5)	25 (1.6)	23 (1.2)	27 (1.2)	22 (1.1)	23 (1.4)
20 and over...	25 (0.9)	21 (0.6)	28 (1.3)	29 (2.1)	23 (0.5)	19 (0.5)	25 (0.7)	22 (0.6)	22 (0.5)
2 and over...	25 (0.8)	21 (0.5)	29 (1.0)	30 (1.7)	24 (0.4)	20 (0.4)	25 (0.6)	22 (0.6)	22 (0.5)



**Table 19. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha- tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>\$0 - \$24,999:</b>										
2 - 5.....	21 (1.1)	17 (1.5)	20 (2.4)	15 (1.3)	21 (1.5)	26 (2.8)	18 (1.0)	21 (1.1)	22 (1.1)	
6 - 11.....	27 (1.4)	23 (2.3)	21 (2.6)	25 (3.0)	25 (1.3)	27 (2.9)	25 (1.3)	27 (1.3)	26 (1.1)	
12 - 19.....	27 (1.3)	25 (1.4)	19 (2.6)	19 (1.8)	22 (2.5)	28 (4.5)	24 (1.5)	27 (1.2)	24 (1.4)	
20 and over...	21 (0.9)	20 (1.0)	18 (1.4)	17 (1.7)	23 (1.1)	27 (2.7)	20 (0.7)	22 (0.8)	20 (0.9)	
2 and over...	22 (0.8)	20 (0.8)	19 (1.1)	18 (1.1)	23 (0.8)	27 (2.3)	21 (0.5)	23 (0.7)	21 (0.7)	
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	22 (1.4)	19 (2.3)	23 (2.3)	14 (1.4)	27 (1.6)	22 (2.5)	18 (1.0)	23 (1.1)	24 (1.2)	
6 - 11.....	26 (1.4)	22 (2.3)	21 (1.3)	24 (3.1)	26 (1.9)	27 (3.4)	31 (3.7)	31 (2.2)	28 (1.2)	
12 - 19.....	25 (1.8)	21 (1.7)	24 (5.1)	19 (2.6)	27 (4.0)	24 (3.8)	25 (2.4)	26 (1.8)	23 (1.9)	
20 and over...	24 (0.8)	25 (1.2)	18 (0.6)	18 (1.5)	23 (0.8)	28 (1.9)	21 (0.8)	24 (0.6)	21 (0.4)	
2 and over...	24 (0.7)	24 (1.0)	19 (0.7)	18 (1.3)	24 (0.8)	27 (1.8)	22 (0.9)	25 (0.6)	22 (0.4)	
<b>\$75,000 and higher:</b>										
2 - 5.....	22 (1.2)	18 (1.0)	23 (5.6)	16 (1.6)	27 (2.8)	31 (3.0)	20 (1.4)	22 (1.4)	24 (1.4)	
6 - 11.....	30 (1.9)	26 (1.8)	20 (3.2)	28 (2.4)	28 (2.7)	29 (2.7)	27 (1.5)	29 (1.4)	28 (1.2)	
12 - 19.....	26 (2.7)	24 (2.7)	16 (1.8)	17 (2.3)	28 (2.6)	27 (4.9)	26 (2.1)	29 (2.5)	26 (2.3)	
20 and over...	25 (1.0)	25 (1.5)	22 (1.5)	17 (1.5)	25 (0.8)	31 (2.0)	23 (0.7)	26 (0.8)	22 (0.8)	
2 and over...	25 (1.0)	24 (1.1)	21 (1.3)	18 (1.0)	25 (0.9)	31 (2.0)	23 (0.6)	26 (0.7)	23 (0.7)	
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	22 (0.6)	18 (1.0)	22 (1.6)	15 (0.9)	25 (0.8)	26 (1.8)	19 (0.8)	23 (0.6)	23 (0.7)	
6 - 11.....	27 (0.9)	24 (1.1)	22 (1.4)	25 (1.2)	28 (1.5)	28 (1.8)	28 (1.5)	30 (1.1)	28 (0.8)	
12 - 19.....	25 (1.2)	22 (1.1)	20 (1.8)	18 (1.6)	26 (2.1)	27 (2.3)	25 (1.3)	27 (1.2)	24 (1.1)	
20 and over...	23 (0.7)	23 (0.7)	20 (0.8)	18 (0.9)	24 (0.6)	29 (1.4)	21 (0.4)	24 (0.6)	21 (0.4)	
2 and over...	24 (0.6)	23 (0.5)	20 (0.6)	18 (0.7)	24 (0.5)	29 (1.3)	22 (0.4)	25 (0.5)	22 (0.4)	

**Table 19. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	19 (1.1)	21 (1.5)	25 (1.3)	25 (1.3)	23 (1.3)	28 (1.5)	26 (6.9)	-- --
6 - 11.....	20 (1.1)	24 (1.4)	29 (1.6)	29 (1.2)	27 (1.5)	29 (1.4)	20 (3.8)	-- --
12 - 19.....	25 (1.2)	27 (1.2)	26 (1.6)	31 (1.1)	26 (1.9)	32 (1.8)	23 (3.2)	-- --
20 and over...	21 (0.7)	22 (0.8)	22 (0.8)	25 (1.1)	21 (1.0)	26 (1.0)	10 (1.0)	7 (1.4)
2 and over...	22 (0.6)	23 (0.6)	23 (0.7)	26 (0.9)	22 (0.8)	27 (0.9)	10 (1.1)	-- --
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	20 (0.8)	21 (1.3)	28 (1.3)	27 (1.4)	24 (1.2)	30 (1.5)	10 (2.0)	-- --
6 - 11.....	25 (1.7)	28 (1.9)	29 (1.1)	31 (1.6)	28 (1.4)	33 (1.2)	22 (4.5)	-- --
12 - 19.....	21 (1.4)	24 (1.8)	24 (1.6)	29 (1.6)	25 (1.9)	30 (2.1)	20 (3.6)	-- --
20 and over...	23 (0.5)	27 (1.8)	24 (0.8)	28 (0.7)	22 (0.5)	29 (0.7)	10 (0.9)	5* (1.6)
2 and over...	23 (0.3)	26 (1.5)	24 (0.6)	28 (0.7)	23 (0.5)	29 (0.6)	11 (1.0)	-- --
<b>\$75,000 and higher:</b>								
2 - 5.....	22 (1.3)	22 (1.3)	27 (2.0)	28 (1.7)	24 (1.7)	31 (2.0)	34 (10.2)	-- --
6 - 11.....	24 (1.3)	28 (1.9)	31 (1.8)	33 (1.9)	30 (2.0)	34 (1.7)	26 (5.5)	-- --
12 - 19.....	25 (2.7)	29 (3.2)	28 (2.4)	32 (3.0)	27 (2.8)	34 (2.5)	26 (3.8)	-- --
20 and over...	24 (0.9)	27 (1.3)	25 (1.0)	30 (1.2)	24 (0.9)	32 (1.0)	13 (1.0)	8 (1.9)
2 and over...	24 (0.8)	27 (1.1)	26 (1.0)	30 (1.1)	25 (0.8)	32 (0.9)	14 (1.1)	-- --
<b>All Individuals<sup>4</sup>:</b>								
2 - 5.....	20 (0.6)	21 (0.6)	27 (0.7)	27 (1.0)	24 (0.6)	30 (0.7)	21 (4.4)	-- --
6 - 11.....	24 (0.8)	27 (0.9)	30 (0.9)	31 (0.8)	29 (0.8)	32 (0.8)	23 (3.1)	-- --
12 - 19.....	23 (1.0)	26 (1.5)	26 (1.2)	30 (1.3)	26 (1.3)	32 (1.2)	22 (2.2)	-- --
20 and over...	23 (0.5)	26 (0.6)	24 (0.5)	28 (0.7)	23 (0.5)	29 (0.7)	11 (0.7)	7 (1.0)
2 and over...	23 (0.4)	26 (0.6)	24 (0.4)	28 (0.6)	23 (0.5)	30 (0.6)	12 (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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

## Footnotes

- <sup>1</sup> 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.
- <sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2007-2008.
- <sup>3</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as lunch.
- <sup>4</sup> Includes persons of all income levels or with unknown family income.
- <sup>5</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Lunch: Percentages of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 20. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008

Family income as % of Federal poverty threshold and age (years)	Percent reporting <sup>4</sup> % (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)
<b>Under 131% poverty:</b>										
2 - 5.....	86 (2.9)	23 (1.0)	25 (1.1)	22 (1.0)	19 (1.1)	25 (0.8)	24 (1.4)	22 (1.3)	26 (1.6)	27 (1.7)
6 - 11.....	89 (1.8)	25 (0.9)	29 (1.1)	23 (1.0)	21 (1.4)	29 (1.5)	26 (1.0)	25 (1.4)	26 (1.0)	27 (1.0)
12 - 19.....	80 (2.0)	27 (1.3)	32 (1.2)	25 (1.5)	22 (2.0)	27 (2.1)	30 (1.6)	29 (1.3)	32 (1.8)	29 (2.1)
20 and over...	69 (1.7)	21 (0.5)	24 (0.8)	20 (0.7)	16 (0.7)	23 (0.9)	23 (0.6)	21 (0.7)	23 (0.7)	25 (0.8)
2 and over...	74 (1.3)	23 (0.5)	26 (0.6)	21 (0.6)	18 (0.8)	24 (0.7)	24 (0.4)	23 (0.5)	25 (0.5)	26 (0.5)
<b>131-185% poverty:</b>										
2 - 5.....	92* (3.0)	25 (2.1)	29 (2.9)	23 (2.1)	20 (2.3)	30 (3.6)	25 (2.4)	25 (2.7)	25 (2.3)	27 (2.5)
6 - 11.....	89* (2.6)	30 (4.4)	34 (5.4)	26 (3.1)	20 (1.4)	33 (4.4)	33 (5.6)	34 (7.0)	33 (5.5)	30 (3.9)
12 - 19.....	77 (5.1)	23 (2.2)	25 (2.0)	21 (2.6)	21 (3.0)	22 (2.1)	26 (2.4)	25 (2.1)	26 (2.7)	28 (2.9)
20 and over...	75 (2.1)	24 (1.1)	26 (1.2)	24 (1.0)	21 (1.1)	25 (2.0)	26 (1.6)	24 (1.5)	27 (1.6)	28 (2.3)
2 and over...	78 (1.9)	25 (1.1)	27 (1.2)	23 (0.9)	21 (0.9)	26 (1.7)	27 (1.6)	25 (1.7)	27 (1.6)	28 (2.1)
<b>Over 185% poverty:</b>										
2 - 5.....	93 (1.9)	23 (0.8)	25 (1.0)	22 (1.0)	19 (0.9)	28 (1.3)	24 (1.2)	22 (1.3)	25 (1.3)	26 (1.8)
6 - 11.....	93 (1.6)	28 (1.2)	31 (1.6)	26 (1.2)	24 (1.6)	29 (1.4)	30 (1.3)	30 (1.5)	31 (1.3)	29 (1.4)
12 - 19.....	84 (2.8)	27 (2.3)	29 (2.3)	25 (2.4)	21 (2.2)	27 (2.7)	30 (2.2)	30 (2.0)	30 (2.6)	30 (2.2)
20 and over...	83 (1.3)	25 (0.6)	28 (0.8)	23 (0.5)	19 (0.5)	24 (0.5)	27 (0.6)	26 (0.6)	28 (0.7)	29 (0.8)
2 and over...	84 (1.3)	25 (0.6)	29 (0.8)	23 (0.6)	20 (0.6)	25 (0.6)	28 (0.6)	27 (0.6)	28 (0.7)	29 (0.7)
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	91 (1.4)	23 (0.5)	26 (0.6)	22 (0.5)	19 (0.5)	27 (0.9)	25 (0.7)	23 (0.9)	26 (0.7)	26 (0.7)
6 - 11.....	91 (1.3)	27 (0.8)	31 (1.0)	25 (0.9)	22 (1.0)	30 (1.1)	29 (0.8)	29 (1.0)	30 (0.9)	29 (0.9)
12 - 19.....	81 (1.7)	27 (1.2)	29 (1.3)	24 (1.3)	21 (1.5)	26 (1.5)	29 (1.4)	28 (1.2)	30 (1.6)	30 (1.4)
20 and over...	79 (1.4)	24 (0.5)	27 (0.7)	22 (0.4)	19 (0.5)	24 (0.5)	26 (0.6)	25 (0.6)	27 (0.6)	28 (0.7)
2 and over...	81 (1.2)	25 (0.5)	28 (0.6)	23 (0.5)	19 (0.5)	25 (0.5)	27 (0.5)	26 (0.5)	27 (0.5)	28 (0.6)

**Table 20. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (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)
<b>Under 131% poverty:</b>									
2 - 5.....	19 (1.7)	17 (1.5)	33 (5.5)	30 (5.6)	20 (1.3)	18 (1.0)	24 (1.1)	19 (1.0)	17 (1.3)
6 - 11.....	24 (1.4)	20 (1.5)	31 (5.6)	43 (5.5)	23 (1.1)	22 (1.3)	24 (1.0)	21 (1.2)	20 (1.2)
12 - 19.....	27 (1.1)	19 (1.1)	26 (3.4)	33 (5.5)	26 (1.2)	23 (1.5)	28 (1.2)	23 (1.6)	23 (1.5)
20 and over...	21 (0.8)	19 (1.0)	27 (2.0)	25 (2.0)	21 (0.7)	17 (0.8)	22 (1.0)	20 (1.0)	21 (1.0)
2 and over...	22 (0.6)	19 (0.8)	27 (1.6)	29 (2.1)	22 (0.6)	19 (0.7)	24 (0.8)	21 (0.8)	21 (0.8)
<b>131-185% poverty:</b>									
2 - 5.....	18* (3.3)	22 (3.7)	35 (9.5)	28*(10.0)	25 (2.0)	21 (1.3)	27 (2.2)	23 (3.1)	18* (2.4)
6 - 11.....	27 (6.3)	30 (8.8)	49 (11.9)	44 (7.2)	29 (5.3)	25 (5.7)	27 (2.8)	21 (2.6)	25 (5.7)
12 - 19.....	29 (8.7)	19 (4.5)	20 (5.5)	16* (4.4)	21 (3.6)	18 (4.0)	20 (2.5)	18 (3.4)	20 (2.2)
20 and over...	24 (2.3)	22 (2.0)	34 (3.6)	26 (6.9)	24 (0.9)	19 (1.1)	25 (1.2)	22 (1.1)	23 (1.3)
2 and over...	25 (1.8)	22 (1.7)	34 (3.3)	26 (4.9)	24 (1.1)	20 (1.0)	25 (1.1)	22 (1.1)	22 (1.4)
<b>Over 185% poverty:</b>									
2 - 5.....	21 (1.7)	19 (2.1)	35 (6.1)	36 (7.9)	23 (1.2)	18 (0.8)	26 (1.1)	22 (0.9)	20 (0.9)
6 - 11.....	26 (2.1)	25 (2.2)	38 (5.3)	28 (5.5)	27 (1.4)	26 (1.3)	27 (1.2)	22 (1.3)	24 (2.3)
12 - 19.....	25 (2.2)	20 (1.8)	21 (3.2)	33 (3.5)	27 (3.3)	24 (3.0)	27 (2.8)	22 (2.5)	24 (2.9)
20 and over...	26 (1.1)	20 (0.6)	27 (1.5)	31 (3.0)	24 (0.6)	20 (0.5)	26 (0.8)	23 (0.6)	22 (0.7)
2 and over...	26 (1.0)	21 (0.5)	28 (1.4)	31 (2.6)	24 (0.7)	21 (0.6)	26 (0.7)	23 (0.7)	23 (0.7)
<b>All Individuals<sup>5</sup>:</b>									
2 - 5.....	20 (1.0)	19 (1.2)	34 (4.4)	33 (3.9)	22 (0.9)	19 (0.5)	25 (0.6)	21 (0.5)	19 (0.7)
6 - 11.....	26 (1.2)	24 (1.6)	37 (3.3)	35 (3.6)	26 (1.0)	25 (1.0)	26 (0.7)	22 (0.8)	23 (1.3)
12 - 19.....	26 (1.5)	19 (1.0)	24 (1.9)	32 (1.5)	25 (1.6)	23 (1.2)	27 (1.2)	22 (1.1)	23 (1.4)
20 and over...	25 (0.9)	21 (0.6)	28 (1.3)	29 (2.1)	23 (0.5)	19 (0.5)	25 (0.7)	22 (0.6)	22 (0.5)
2 and over...	25 (0.8)	21 (0.5)	29 (1.0)	30 (1.7)	24 (0.4)	20 (0.4)	25 (0.6)	22 (0.6)	22 (0.5)

**Table 20. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Under 131% poverty:</b>										
2 - 5.....	21 (1.1)	19 (2.5)	20 (2.5)	15 (1.2)	23 (1.4)	27 (2.1)	19 (1.1)	22 (1.1)	22 (0.9)	
6 - 11.....	26 (1.1)	23 (1.9)	21 (2.1)	24 (2.5)	26 (1.0)	27 (2.2)	25 (1.7)	27 (1.3)	26 (1.0)	
12 - 19.....	27 (1.2)	23 (1.0)	20 (2.5)	18 (1.2)	24 (2.1)	29 (4.1)	25 (1.3)	28 (1.0)	25 (1.3)	
20 and over...	21 (0.9)	20 (1.5)	18 (1.7)	16 (1.8)	22 (1.0)	25 (2.1)	19 (0.7)	22 (0.8)	20 (0.9)	
2 and over...	22 (0.7)	21 (1.2)	19 (1.2)	17 (1.0)	23 (0.7)	26 (1.8)	21 (0.5)	24 (0.6)	22 (0.7)	
<b>131-185% poverty:</b>										
2 - 5.....	24 (3.2)	19 (2.3)	16* (3.3)	21 (4.5)	27 (3.0)	16* (5.6)	22 (2.1)	27 (2.7)	26 (2.2)	
6 - 11.....	26 (3.4)	21 (4.9)	16 (3.1)	22 (3.8)	32 (5.4)	28 (6.4)	35 (8.5)	33 (5.5)	29 (3.1)	
12 - 19.....	26 (5.7)	18 (3.3)	20 (4.5)	16 (4.6)	25 (2.9)	23 (4.3)	23 (2.3)	24 (2.3)	22 (2.0)	
20 and over...	23 (1.5)	21 (1.7)	19 (2.1)	17 (1.8)	25 (1.9)	37 (4.7)	20 (0.9)	23 (1.0)	21 (1.0)	
2 and over...	24 (1.2)	20 (1.3)	18 (1.8)	18 (1.5)	25 (1.6)	34 (3.9)	22 (1.4)	24 (1.0)	22 (0.9)	
<b>Over 185% poverty:</b>										
2 - 5.....	22 (1.0)	17 (0.8)	24 (2.9)	14 (1.2)	27 (1.8)	26 (2.0)	18 (1.0)	22 (0.9)	23 (1.2)	
6 - 11.....	28 (1.9)	25 (1.7)	22 (2.5)	27 (2.7)	26 (2.1)	28 (2.4)	29 (1.8)	29 (1.6)	28 (1.3)	
12 - 19.....	25 (2.0)	24 (2.2)	20 (3.9)	19 (2.8)	27 (3.6)	25 (3.6)	26 (2.2)	28 (2.2)	24 (2.0)	
20 and over...	24 (0.8)	25 (0.9)	20 (1.0)	18 (1.2)	24 (0.7)	28 (1.5)	22 (0.5)	25 (0.6)	21 (0.4)	
2 and over...	25 (0.8)	24 (0.8)	20 (0.9)	18 (1.0)	24 (0.8)	28 (1.5)	23 (0.6)	25 (0.6)	22 (0.5)	
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	22 (0.6)	18 (1.0)	22 (1.6)	15 (0.9)	25 (0.8)	26 (1.8)	19 (0.8)	23 (0.6)	23 (0.7)	
6 - 11.....	27 (0.9)	24 (1.1)	22 (1.4)	25 (1.2)	28 (1.5)	28 (1.8)	28 (1.5)	30 (1.1)	28 (0.8)	
12 - 19.....	25 (1.2)	22 (1.1)	20 (1.8)	18 (1.6)	26 (2.1)	27 (2.3)	25 (1.3)	27 (1.2)	24 (1.1)	
20 and over...	23 (0.7)	23 (0.7)	20 (0.8)	18 (0.9)	24 (0.6)	29 (1.4)	21 (0.4)	24 (0.6)	21 (0.4)	
2 and over...	24 (0.6)	23 (0.5)	20 (0.6)	18 (0.7)	24 (0.5)	29 (1.3)	22 (0.4)	25 (0.5)	22 (0.4)	

**Table 20. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Lunch, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>6</sup> % (SE)
<b>Under 131% poverty:</b>								
2 - 5.....	19 (1.0)	21 (1.4)	25 (1.0)	25 (1.4)	23 (1.1)	29 (1.3)	24 (5.6)	-- --
6 - 11.....	21 (1.1)	24 (1.4)	28 (1.3)	29 (1.1)	27 (1.3)	30 (1.0)	22 (3.7)	-- --
12 - 19.....	24 (1.2)	27 (1.4)	27 (1.4)	32 (1.1)	27 (1.7)	33 (1.8)	20 (3.3)	-- --
20 and over...	21 (0.7)	23 (0.9)	22 (0.9)	25 (1.0)	21 (1.0)	26 (1.0)	9 (0.8)	7 (1.7)
2 and over...	22 (0.5)	23 (0.7)	23 (0.6)	27 (0.7)	22 (0.8)	28 (0.8)	10 (1.0)	-- --
<b>131-185% poverty:</b>								
2 - 5.....	20 (1.3)	24 (2.2)	32 (2.3)	29 (2.1)	28 (2.9)	32 (2.4)	12* (5.8)	-- --
6 - 11.....	26 (3.9)	32 (4.9)	31 (2.5)	32 (4.7)	29 (2.4)	34 (3.4)	17* (7.0)	-- --
12 - 19.....	18 (2.9)	23 (2.2)	21 (1.8)	24 (2.4)	24 (2.2)	26 (1.8)	26 (5.1)	-- --
20 and over...	23 (1.3)	24 (1.8)	23 (1.3)	27 (1.2)	22 (1.2)	29 (1.3)	12 (2.1)	5* (1.5)
2 and over...	23 (1.1)	24 (1.5)	24 (1.1)	27 (1.1)	23 (1.0)	29 (1.1)	13 (2.8)	-- --
<b>Over 185% poverty:</b>								
2 - 5.....	21 (0.8)	21 (0.7)	27 (1.7)	27 (1.4)	23 (1.2)	30 (1.4)	17* (6.8)	-- --
6 - 11.....	24 (1.4)	28 (1.5)	30 (1.6)	32 (1.5)	29 (1.7)	33 (1.2)	26 (5.2)	-- --
12 - 19.....	23 (2.2)	27 (2.5)	26 (2.1)	31 (2.5)	26 (2.2)	32 (2.3)	22 (2.3)	-- --
20 and over...	23 (0.5)	27 (0.9)	24 (0.6)	29 (0.8)	23 (0.5)	30 (0.8)	11 (0.9)	7 (1.6)
2 and over...	23 (0.5)	27 (1.0)	25 (0.7)	29 (0.8)	24 (0.6)	31 (0.7)	12 (0.9)	-- --
<b>All Individuals<sup>5</sup>:</b>								
2 - 5.....	20 (0.6)	21 (0.6)	27 (0.7)	27 (1.0)	24 (0.6)	30 (0.7)	21 (4.4)	-- --
6 - 11.....	24 (0.8)	27 (0.9)	30 (0.9)	31 (0.8)	29 (0.8)	32 (0.8)	23 (3.1)	-- --
12 - 19.....	23 (1.0)	26 (1.5)	26 (1.2)	30 (1.3)	26 (1.3)	32 (1.2)	22 (2.2)	-- --
20 and over...	23 (0.5)	26 (0.6)	24 (0.5)	28 (0.7)	23 (0.5)	29 (0.7)	11 (0.7)	7 (1.0)
2 and over...	23 (0.4)	26 (0.6)	24 (0.4)	28 (0.6)	23 (0.5)	30 (0.6)	12 (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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

## Footnotes

- <sup>1</sup> 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.
- <sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2007-2008.
- <sup>3</sup> 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](http://www.fns.usda.gov).
- <sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as lunch.
- <sup>5</sup> Includes persons of all income levels or with unknown family income.
- <sup>6</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. 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 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).



**Table 21. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, in the United States, 2007-2008

Gender and age (years)	Percent reporting <sup>3</sup> % (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)
<b>Males:</b>										
2 - 5.....	96 (1.1)	27 (0.8)	34 (1.1)	24 (1.0)	19 (1.2)	27 (1.1)	30 (0.8)	29 (0.9)	31 (1.0)	30 (1.3)
6 - 11.....	94 (1.3)	29 (0.6)	37 (1.1)	26 (0.6)	21 (0.8)	30 (1.2)	31 (1.0)	30 (1.3)	32 (1.0)	32 (1.2)
12 - 19.....	88 (1.7)	33 (1.1)	42 (1.1)	29 (1.2)	24 (1.5)	34 (1.4)	35 (1.4)	34 (1.5)	34 (1.5)	35 (1.5)
20 - 29.....	91 (1.7)	34 (0.9)	42 (1.5)	30 (0.7)	24 (1.2)	36 (1.4)	38 (1.4)	38 (1.6)	39 (1.5)	37 (1.8)
30 - 39.....	89 (2.1)	35 (1.2)	42 (1.7)	31 (1.2)	23 (2.1)	38 (1.7)	37 (1.4)	38 (1.2)	37 (1.4)	36 (2.2)
40 - 49.....	94 (1.2)	37 (1.3)	45 (1.4)	33 (1.4)	27 (2.5)	39 (1.8)	39 (1.8)	39 (2.1)	39 (1.7)	38 (1.8)
50 - 59.....	91 (1.4)	36 (1.3)	46 (2.0)	32 (1.2)	24 (1.6)	36 (1.6)	38 (1.5)	38 (2.0)	37 (1.5)	38 (1.7)
60 - 69.....	91 (1.8)	37 (1.0)	45 (1.5)	32 (1.2)	25 (1.6)	37 (1.5)	39 (1.0)	39 (1.3)	39 (1.1)	39 (1.7)
70 and over.....	94 (1.2)	38 (1.4)	45 (1.2)	34 (1.7)	27 (1.8)	38 (1.8)	40 (1.7)	39 (1.5)	40 (1.8)	40 (2.3)
20 and over...	92 (0.8)	36 (0.6)	44 (1.0)	32 (0.5)	25 (0.8)	37 (0.8)	38 (0.8)	38 (0.8)	38 (0.8)	38 (0.9)
<b>Females:</b>										
2 - 5.....	95 (2.1)	26 (1.4)	33 (1.7)	22 (1.2)	17 (1.1)	27 (1.4)	29 (1.7)	29 (2.1)	29 (1.7)	28 (1.6)
6 - 11.....	94 (1.5)	30 (0.9)	39 (1.6)	26 (0.8)	20 (0.8)	31 (1.1)	31 (1.5)	31 (1.6)	32 (1.7)	29 (1.5)
12 - 19.....	89 (1.2)	30 (1.9)	37 (2.0)	27 (1.9)	21 (1.5)	31 (2.7)	31 (2.0)	31 (1.9)	31 (2.3)	32 (1.9)
20 - 29.....	94 (1.4)	36 (1.5)	45 (2.0)	31 (1.6)	22 (1.7)	37 (2.2)	39 (1.6)	39 (1.6)	39 (1.7)	38 (2.1)
30 - 39.....	92 (1.5)	35 (0.9)	46 (1.6)	30 (0.9)	22 (1.4)	38 (1.8)	38 (1.4)	38 (1.3)	38 (1.4)	38 (2.3)
40 - 49.....	94 (1.3)	36 (1.3)	45 (1.3)	31 (1.3)	23 (1.4)	38 (2.1)	39 (1.7)	39 (1.7)	39 (1.9)	39 (2.4)
50 - 59.....	95 (1.1)	37 (1.3)	45 (1.8)	32 (1.4)	27 (1.6)	38 (1.5)	38 (1.4)	38 (1.6)	38 (1.7)	36 (1.5)
60 - 69.....	94 (1.3)	36 (1.2)	45 (1.3)	31 (1.1)	25 (1.3)	36 (1.7)	39 (1.4)	39 (1.3)	39 (1.6)	38 (2.1)
70 and over.....	93 (1.0)	37 (0.9)	45 (1.1)	32 (1.1)	27 (1.5)	36 (1.0)	40 (1.2)	40 (1.4)	41 (1.1)	38 (1.3)
20 and over...	94 (0.6)	36 (0.6)	45 (0.7)	31 (0.7)	24 (0.8)	37 (0.7)	39 (0.5)	39 (0.5)	39 (0.6)	38 (0.8)
<b>Males and females:</b>										
2 and over...	92 (0.6)	35 (0.4)	43 (0.7)	30 (0.4)	23 (0.4)	36 (0.5)	37 (0.5)	37 (0.5)	37 (0.5)	36 (0.6)

**Table 21. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, in the United States, 2007-2008 (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)
<b>Males:</b>									
2 - 5.....	32 (2.7)	23 (1.5)	45 (4.8)	53 (5.4)	25 (0.9)	22 (0.9)	30 (1.1)	24 (0.8)	25 (0.9)
6 - 11.....	33 (1.1)	23 (1.3)	41 (3.3)	50 (5.2)	28 (0.9)	23 (1.0)	34 (1.4)	28 (1.4)	26 (1.3)
12 - 19.....	36 (2.4)	30 (2.5)	56 (5.7)	55 (3.2)	34 (1.5)	28 (1.1)	35 (1.6)	29 (1.6)	32 (1.4)
20 - 29.....	38 (2.0)	33 (1.6)	51 (3.7)	48 (5.5)	32 (2.6)	29 (1.2)	35 (1.4)	33 (1.3)	31 (2.1)
30 - 39.....	36 (2.8)	31 (1.3)	42 (5.1)	49 (7.8)	35 (1.1)	29 (1.0)	37 (1.3)	34 (1.3)	33 (1.1)
40 - 49.....	38 (1.8)	37 (1.9)	58 (3.5)	51 (3.7)	38 (2.0)	30 (1.4)	40 (1.1)	38 (0.9)	36 (2.0)
50 - 59.....	39 (2.8)	38 (2.5)	59 (5.8)	59 (6.2)	38 (0.9)	30 (1.3)	43 (2.4)	40 (2.0)	36 (1.5)
60 - 69.....	35 (2.2)	34 (2.5)	58 (4.2)	53 (4.7)	36 (1.3)	28 (0.9)	39 (1.0)	38 (1.4)	34 (1.8)
70 and over.....	36 (1.5)	35 (1.3)	52 (2.9)	48 (5.7)	34 (1.1)	28 (0.9)	40 (1.0)	36 (1.4)	31 (1.2)
20 and over...	37 (1.0)	35 (0.9)	53 (2.4)	51 (2.5)	36 (1.0)	29 (0.6)	39 (0.9)	36 (0.7)	34 (0.9)
<b>Females:</b>									
2 - 5.....	27 (2.5)	22 (1.9)	45 (9.3)	54 (8.1)	25 (1.9)	20 (1.2)	30 (1.1)	25 (1.2)	23 (1.7)
6 - 11.....	36 (1.2)	25 (1.7)	37 (6.6)	53 (5.6)	30 (1.3)	26 (1.1)	35 (1.5)	29 (1.5)	28 (1.9)
12 - 19.....	33 (2.6)	27 (2.8)	51 (4.7)	46 (5.7)	28 (2.3)	24 (1.4)	34 (2.3)	31 (1.9)	25 (2.0)
20 - 29.....	38 (3.0)	34 (2.2)	54 (6.3)	64 (6.0)	39 (2.1)	29 (1.6)	40 (1.6)	35 (1.3)	36 (2.3)
30 - 39.....	38 (1.5)	36 (2.6)	54 (5.7)	49 (5.4)	38 (1.7)	31 (1.6)	41 (2.0)	38 (1.9)	36 (1.9)
40 - 49.....	38 (1.5)	36 (3.1)	43 (6.3)	58 (5.8)	38 (1.6)	30 (1.1)	42 (1.4)	39 (1.1)	38 (1.8)
50 - 59.....	41 (1.7)	38 (2.2)	58 (6.2)	60 (4.4)	34 (2.4)	28 (1.1)	40 (2.5)	37 (2.8)	32 (2.6)
60 - 69.....	44 (2.3)	37 (2.7)	56 (3.9)	57 (4.9)	34 (1.1)	28 (0.8)	40 (1.5)	37 (1.8)	31 (1.1)
70 and over.....	42 (2.0)	38 (2.9)	56 (3.2)	50 (4.0)	33 (1.2)	29 (1.1)	39 (0.9)	36 (1.0)	31 (1.1)
20 and over...	40 (0.8)	37 (1.2)	54 (2.3)	57 (3.3)	36 (1.0)	29 (0.5)	40 (0.8)	37 (0.8)	34 (1.0)
<b>Males and females:</b>									
2 and over...	37 (0.5)	33 (0.8)	52 (1.7)	53 (2.0)	34 (0.7)	28 (0.4)	38 (0.7)	35 (0.6)	32 (0.6)

**Table 21. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Males:</b>										
2 - 5.....	29 (1.5)	23 (0.9)	23 (2.2)	17 (1.3)	29 (1.7)	55 (5.5)	22 (1.2)	27 (0.9)	26 (1.1)	
6 - 11.....	33 (0.7)	26 (1.5)	26 (1.9)	18 (1.7)	31 (0.9)	44 (2.7)	24 (1.7)	29 (0.8)	29 (0.7)	
12 - 19.....	36 (1.7)	30 (1.4)	27 (2.0)	27 (3.4)	31 (2.8)	54 (5.6)	30 (1.7)	35 (1.5)	33 (1.5)	
20 - 29.....	36 (1.4)	35 (3.0)	31 (2.1)	30 (2.3)	35 (1.7)	46 (3.1)	31 (1.2)	36 (1.0)	32 (1.0)	
30 - 39.....	36 (1.5)	34 (1.6)	30 (3.2)	29 (3.2)	34 (2.6)	44 (4.3)	31 (1.1)	37 (1.3)	32 (1.2)	
40 - 49.....	39 (1.3)	38 (2.1)	37 (3.4)	32 (3.5)	38 (1.4)	53 (6.2)	34 (2.0)	39 (1.5)	34 (1.3)	
50 - 59.....	40 (2.1)	38 (2.3)	33 (3.0)	41 (5.1)	36 (1.9)	57 (4.7)	31 (1.8)	39 (1.5)	34 (1.4)	
60 - 69.....	37 (1.5)	37 (3.6)	31 (2.1)	23 (1.3)	37 (2.2)	58 (2.9)	31 (1.5)	37 (1.2)	33 (1.2)	
70 and over.....	39 (1.2)	37 (1.6)	30 (1.6)	31 (2.4)	38 (1.7)	60 (2.3)	30 (1.5)	37 (1.5)	34 (1.3)	
20 and over...	38 (0.7)	36 (1.4)	32 (1.0)	32 (1.3)	36 (1.0)	52 (2.0)	32 (0.9)	37 (0.8)	33 (0.6)	
<b>Females:</b>										
2 - 5.....	27 (1.4)	23 (1.5)	20 (2.2)	15 (1.4)	29 (1.7)	44 (2.9)	21 (1.5)	26 (1.6)	25 (1.4)	
6 - 11.....	35 (1.4)	29 (2.1)	20 (2.1)	21 (2.0)	27 (2.0)	43 (3.0)	25 (1.3)	31 (1.1)	30 (1.2)	
12 - 19.....	34 (2.3)	25 (1.8)	29 (3.7)	18 (1.9)	29 (2.5)	46 (4.1)	24 (1.4)	30 (1.6)	29 (1.7)	
20 - 29.....	38 (2.4)	33 (2.1)	33 (1.8)	31 (4.4)	36 (2.2)	56 (5.9)	32 (1.3)	38 (1.2)	34 (1.4)	
30 - 39.....	40 (1.2)	37 (2.9)	27 (2.3)	30 (2.9)	34 (2.7)	56 (2.5)	31 (1.5)	38 (1.4)	35 (1.8)	
40 - 49.....	39 (1.2)	42 (2.4)	30 (2.6)	31 (2.8)	36 (1.5)	55 (4.7)	33 (2.2)	39 (1.4)	33 (1.1)	
50 - 59.....	40 (1.8)	34 (3.0)	34 (1.6)	31 (4.7)	33 (1.6)	52 (4.2)	30 (1.4)	37 (1.5)	32 (1.4)	
60 - 69.....	42 (1.3)	35 (2.1)	32 (2.2)	29 (2.9)	37 (1.9)	61 (3.4)	29 (1.0)	37 (1.2)	32 (1.3)	
70 and over.....	41 (1.2)	36 (3.3)	28 (1.4)	32 (3.0)	35 (1.4)	48 (1.8)	29 (1.6)	37 (1.0)	32 (0.7)	
20 and over...	40 (0.7)	36 (1.2)	31 (0.9)	31 (1.8)	35 (0.7)	55 (1.9)	31 (0.7)	38 (0.6)	33 (0.5)	
<b>Males and females:</b>										
2 and over...	38 (0.4)	34 (0.8)	30 (0.8)	28 (1.1)	34 (0.6)	53 (1.6)	30 (0.6)	36 (0.5)	32 (0.4)	

**Table 21. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>Males:</b>								
2 - 5.....	24 (0.8)	29 (0.7)	27 (1.0)	36 (1.4)	26 (1.1)	33 (0.8)	29 (7.0)	-- --
6 - 11.....	27 (1.1)	32 (1.3)	32 (1.0)	39 (1.4)	30 (0.8)	35 (0.9)	23 (3.6)	-- --
12 - 19.....	32 (1.3)	38 (1.2)	35 (1.7)	43 (1.4)	35 (1.7)	39 (1.4)	20 (2.5)	-- --
20 - 29.....	34 (1.6)	40 (1.8)	33 (1.4)	42 (1.8)	37 (1.2)	40 (1.3)	14 (2.1)	-- --
30 - 39.....	35 (1.1)	38 (1.9)	33 (1.8)	42 (1.9)	35 (1.2)	40 (1.5)	10 (1.3)	-- --
40 - 49.....	35 (1.3)	41 (1.5)	35 (1.8)	45 (1.8)	37 (1.4)	43 (1.4)	11 (1.6)	-- --
50 - 59.....	35 (1.6)	39 (2.8)	35 (2.1)	46 (2.1)	38 (1.4)	42 (1.7)	9 (1.3)	-- --
60 - 69.....	34 (1.5)	41 (1.6)	34 (1.6)	43 (1.4)	36 (1.1)	42 (0.9)	11 (1.2)	-- --
70 and over.....	32 (1.2)	43 (2.8)	38 (1.5)	44 (1.5)	37 (1.2)	43 (1.6)	11 (1.4)	-- --
20 and over...	34 (0.7)	40 (0.8)	34 (0.8)	44 (1.1)	37 (0.6)	41 (0.7)	11 (0.8)	25 (2.4)
<b>Females:</b>								
2 - 5.....	24 (1.4)	30 (1.8)	27 (1.3)	35 (2.5)	25 (1.3)	34 (1.6)	35*(10.6)	-- --
6 - 11.....	28 (1.5)	35 (1.7)	32 (1.3)	40 (1.5)	31 (1.1)	35 (1.1)	24 (5.0)	-- --
12 - 19.....	27 (2.0)	33 (2.3)	30 (1.9)	37 (2.0)	32 (1.8)	35 (2.3)	22 (2.3)	-- --
20 - 29.....	35 (1.8)	40 (1.7)	36 (2.0)	47 (2.4)	37 (1.4)	43 (2.2)	12 (1.1)	-- --
30 - 39.....	36 (1.2)	42 (1.8)	36 (1.7)	45 (1.8)	36 (1.2)	44 (1.2)	10 (1.4)	-- --
40 - 49.....	37 (1.5)	42 (1.2)	35 (1.4)	46 (1.8)	35 (1.0)	45 (1.6)	8 (1.4)	-- --
50 - 59.....	34 (1.8)	40 (1.9)	34 (1.7)	44 (2.2)	36 (1.5)	43 (1.4)	8 (1.4)	-- --
60 - 69.....	32 (1.3)	40 (1.1)	35 (1.7)	44 (1.4)	36 (1.3)	45 (1.7)	9 (0.8)	-- --
70 and over.....	33 (1.2)	39 (1.1)	34 (1.4)	44 (1.6)	36 (0.9)	43 (1.0)	11 (0.9)	-- --
20 and over...	35 (0.7)	40 (0.7)	35 (0.8)	45 (0.9)	36 (0.6)	44 (0.8)	9 (0.5)	39 (4.3)
<b>Males and females:</b>								
2 and over...	33 (0.5)	39 (0.5)	34 (0.5)	43 (0.8)	35 (0.4)	41 (0.6)	11 (0.5)	-- --

**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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

**Footnotes**

<sup>1</sup> 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.

<sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2007-2008.

<sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as dinner.

<sup>4</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008**

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Dinner: Percentages of Selected Nutrients Contributed by Foods Eaten at Dinner, by Gender and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 22. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, in the United States, 2007-2008

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (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)
<b>Non-Hispanic White:</b>										
2 - 5.....	99* (0.4)	28 (1.1)	35 (1.1)	24 (1.2)	20 (1.6)	28 (1.2)	32 (1.1)	31 (1.2)	33 (1.2)	30 (1.3)
6 - 11.....	97* (1.2)	29 (0.6)	39 (0.9)	25 (0.5)	20 (0.8)	30 (0.7)	31 (1.4)	30 (1.6)	32 (1.5)	30 (1.6)
12 - 19.....	90 (1.4)	31 (1.3)	40 (1.3)	28 (1.4)	23 (1.5)	31 (1.7)	33 (1.4)	33 (1.6)	32 (1.6)	33 (1.6)
20 and over...	95 (0.5)	37 (0.5)	46 (0.9)	32 (0.4)	25 (0.6)	38 (0.8)	40 (0.7)	40 (0.6)	40 (0.8)	39 (1.0)
2 and over...	95 (0.4)	36 (0.5)	45 (0.8)	31 (0.4)	24 (0.4)	37 (0.6)	38 (0.6)	38 (0.6)	38 (0.7)	38 (0.8)
<b>Non-Hispanic Black:</b>										
2 - 5.....	96* (1.6)	30 (1.8)	37 (2.0)	26 (2.0)	20 (1.9)	31 (2.5)	32 (2.0)	32 (2.1)	33 (2.2)	32 (2.6)
6 - 11.....	93 (1.7)	32 (1.4)	40 (1.7)	28 (1.1)	22 (1.3)	32 (1.6)	35 (1.9)	34 (2.0)	36 (1.9)	33 (2.1)
12 - 19.....	85 (1.5)	33 (1.2)	43 (1.7)	28 (1.2)	23 (1.2)	35 (2.3)	35 (1.5)	34 (1.4)	35 (1.6)	34 (2.1)
20 and over...	86 (0.8)	34 (1.0)	43 (1.1)	30 (1.0)	24 (1.3)	38 (1.1)	37 (1.1)	36 (1.3)	37 (1.1)	37 (1.0)
2 and over...	88 (0.6)	34 (0.7)	43 (0.8)	30 (0.8)	24 (1.0)	36 (0.7)	36 (0.8)	35 (0.9)	36 (0.8)	36 (0.7)
<b>Hispanic<sup>4</sup>:</b>										
<i>Mexican American</i>										
2 - 5.....	85 (3.0)	20 (1.0)	26 (1.7)	18 (1.1)	14 (1.1)	21 (2.0)	21 (1.3)	20 (1.8)	21 (1.3)	20 (1.6)
6 - 11.....	86 (3.2)	28 (2.1)	33 (2.3)	26 (2.1)	21 (1.7)	30 (3.2)	28 (2.2)	28 (1.9)	29 (2.2)	27 (2.9)
12 - 19.....	87 (3.6)	32 (1.7)	39 (2.5)	29 (1.2)	25 (0.8)	36 (2.9)	33 (2.0)	33 (2.1)	34 (2.0)	33 (2.5)
20 and over...	86 (1.4)	31 (1.1)	36 (1.3)	29 (1.0)	24 (1.2)	33 (1.5)	32 (1.6)	32 (1.7)	32 (1.8)	31 (1.6)
2 and over...	86 (1.4)	30 (0.7)	36 (1.1)	28 (0.7)	23 (0.9)	32 (1.4)	31 (1.0)	31 (1.0)	31 (1.1)	30 (1.0)
<i>All Hispanic</i>										
2 - 5.....	86 (3.1)	21 (1.0)	27 (1.5)	19 (0.8)	14 (0.8)	22 (1.7)	22 (1.5)	21 (2.0)	23 (1.5)	22 (0.9)
6 - 11.....	86 (2.9)	28 (1.5)	34 (1.7)	26 (1.5)	21 (1.4)	29 (2.4)	28 (1.5)	27 (1.5)	29 (1.6)	28 (2.0)
12 - 19.....	86 (2.5)	32 (1.2)	39 (1.8)	29 (1.0)	23 (1.1)	35 (2.0)	34 (1.5)	33 (1.2)	34 (1.5)	34 (2.2)
20 and over...	83 (1.6)	32 (0.9)	37 (1.1)	29 (0.9)	23 (1.2)	34 (1.3)	33 (1.3)	32 (1.4)	33 (1.5)	33 (1.3)
2 and over...	84 (1.3)	30 (0.6)	36 (0.9)	28 (0.6)	22 (0.8)	33 (1.1)	32 (0.8)	31 (0.9)	32 (1.0)	32 (0.9)

**Table 22. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, in the United States, 2007-2008 (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)
<b>Non-Hispanic White:</b>									
2 - 5.....	35 (2.3)	23 (1.6)	43 (6.4)	61 (7.7)	27 (1.3)	23 (1.1)	31 (1.0)	25 (0.8)	25 (1.4)
6 - 11.....	36 (1.5)	24 (1.8)	36 (4.8)	58 (6.4)	30 (0.9)	25 (1.0)	34 (0.8)	28 (1.3)	26 (1.2)
12 - 19.....	34 (2.1)	29 (2.9)	54 (5.9)	51 (4.6)	31 (1.5)	26 (0.7)	34 (1.2)	28 (1.3)	27 (1.6)
20 and over...	41 (1.0)	36 (1.0)	56 (2.3)	55 (2.5)	37 (1.0)	30 (0.6)	41 (0.9)	38 (0.8)	34 (0.7)
2 and over...	39 (0.9)	34 (1.0)	54 (2.1)	55 (2.3)	35 (0.8)	29 (0.5)	39 (0.8)	36 (0.7)	33 (0.6)
<b>Non-Hispanic Black:</b>									
2 - 5.....	28 (2.4)	25 (2.8)	66 (8.6)	56 (5.3)	26 (1.5)	21 (1.4)	33 (1.5)	28 (1.6)	25 (1.9)
6 - 11.....	36 (2.4)	26 (2.0)	55 (7.5)	47 (7.9)	30 (1.2)	25 (1.2)	36 (1.2)	31 (1.3)	29 (1.6)
12 - 19.....	40 (2.9)	32 (4.5)	65 (10.1)	54 (4.9)	32 (1.9)	28 (1.6)	38 (1.7)	32 (2.0)	33 (2.5)
20 and over...	35 (1.4)	38 (1.5)	57 (3.5)	56 (3.9)	35 (1.0)	29 (1.1)	38 (1.0)	35 (1.2)	34 (1.1)
2 and over...	36 (1.2)	35 (1.2)	58 (3.0)	55 (2.6)	34 (0.6)	28 (0.8)	37 (0.8)	34 (0.9)	33 (0.8)
<b>Hispanic<sup>1</sup>:</b>									
<i>Mexican American</i>									
2 - 5.....	19 (2.5)	15 (1.7)	27 (5.1)	27 (4.3)	20 (1.7)	16 (1.4)	25 (1.2)	21 (1.1)	18 (1.7)
6 - 11.....	26 (2.4)	23 (1.7)	35 (6.1)	41 (10.9)	29 (2.6)	23 (1.8)	33 (3.0)	30 (2.1)	28 (3.8)
12 - 19.....	33 (3.2)	27 (1.5)	40 (4.2)	44 (8.6)	31 (2.0)	28 (1.8)	37 (2.3)	35 (2.3)	33 (1.7)
20 and over...	29 (2.1)	29 (1.1)	37 (1.7)	41 (3.6)	32 (1.8)	27 (1.5)	33 (1.7)	32 (1.6)	32 (1.4)
2 and over...	29 (2.0)	27 (0.9)	36 (1.3)	40 (3.3)	31 (1.4)	26 (1.0)	33 (1.1)	31 (1.1)	30 (1.2)
<i>All Hispanic</i>									
2 - 5.....	21 (2.8)	17 (1.7)	35 (5.9)	31 (5.9)	21 (1.3)	17 (1.2)	26 (1.0)	21 (0.9)	19 (1.3)
6 - 11.....	28 (2.1)	22 (1.3)	37 (5.1)	39 (7.5)	28 (2.2)	22 (1.5)	32 (2.3)	29 (1.5)	27 (3.0)
12 - 19.....	32 (2.6)	25 (1.1)	42 (2.4)	51 (6.1)	30 (1.3)	27 (1.1)	35 (1.5)	32 (1.5)	32 (1.3)
20 and over...	30 (1.7)	30 (1.5)	42 (2.8)	44 (2.9)	32 (1.4)	27 (1.1)	34 (1.2)	32 (1.1)	32 (1.1)
2 and over...	30 (1.6)	27 (1.0)	41 (2.3)	43 (2.6)	31 (1.1)	25 (0.8)	34 (0.8)	31 (0.7)	30 (0.9)

**Table 22. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Non-Hispanic White:</b>										
2 - 5.....	31 (1.2)	24 (1.1)	22 (3.8)	18 (0.9)	30 (1.5)	47 (2.4)	23 (1.4)	28 (1.2)	26 (1.2)	
6 - 11.....	35 (1.0)	28 (1.4)	21 (2.4)	20 (2.7)	29 (1.8)	41 (2.8)	24 (1.9)	30 (0.9)	30 (0.7)	
12 - 19.....	35 (1.7)	28 (0.9)	29 (3.4)	25 (2.2)	29 (1.8)	51 (4.6)	28 (1.5)	33 (1.3)	30 (1.1)	
20 and over...	41 (0.7)	37 (1.1)	32 (0.9)	33 (1.5)	36 (0.9)	55 (1.8)	32 (0.8)	39 (0.7)	34 (0.5)	
2 and over...	39 (0.6)	35 (1.0)	30 (1.1)	30 (1.2)	35 (0.7)	54 (1.7)	31 (0.7)	37 (0.6)	33 (0.4)	
<b>Non-Hispanic Black:</b>										
2 - 5.....	29 (1.8)	23 (1.6)	31 (2.5)	14 (1.4)	32 (2.3)	57 (4.2)	23 (2.0)	29 (2.1)	28 (1.9)	
6 - 11.....	35 (1.8)	28 (2.0)	31 (2.5)	17 (1.7)	31 (2.3)	56 (6.0)	25 (1.7)	32 (1.4)	31 (1.3)	
12 - 19.....	38 (2.3)	28 (2.2)	27 (2.7)	18 (1.5)	31 (2.7)	57 (10.6)	28 (1.5)	35 (1.7)	32 (2.3)	
20 and over...	37 (1.3)	37 (2.7)	31 (1.4)	28 (2.0)	35 (1.1)	55 (4.5)	30 (1.1)	37 (0.9)	33 (0.9)	
2 and over...	36 (1.0)	34 (2.0)	30 (1.0)	24 (1.3)	34 (0.7)	55 (3.7)	29 (0.8)	35 (0.6)	33 (0.7)	
<b>Hispanic<sup>1</sup>:</b>										
<i>Mexican American</i>										
2 - 5.....	21 (1.7)	19 (1.8)	12 (1.1)	12 (1.5)	22 (2.5)	31 (3.8)	16 (1.9)	21 (1.8)	20 (1.1)	
6 - 11.....	28 (1.9)	25 (2.3)	25 (2.8)	18 (1.3)	27 (3.8)	37 (4.8)	22 (1.4)	27 (1.7)	28 (2.0)	
12 - 19.....	34 (2.4)	32 (1.9)	27 (4.2)	22 (2.2)	31 (3.1)	42 (5.3)	27 (2.2)	33 (2.4)	33 (1.9)	
20 and over...	32 (1.4)	30 (1.8)	32 (2.6)	27 (2.0)	31 (1.2)	40 (2.0)	28 (0.9)	33 (1.1)	30 (0.9)	
2 and over...	31 (1.3)	29 (1.3)	28 (2.0)	23 (1.3)	30 (0.9)	39 (2.0)	26 (0.8)	31 (0.8)	30 (0.7)	
<i>All Hispanic</i>										
2 - 5.....	22 (1.6)	18 (1.3)	14 (1.0)	12 (1.1)	23 (1.8)	37 (5.3)	16 (1.6)	21 (1.6)	21 (1.1)	
6 - 11.....	29 (1.2)	24 (1.7)	24 (2.3)	16 (1.4)	28 (2.6)	37 (3.4)	22 (1.3)	27 (1.2)	28 (1.4)	
12 - 19.....	34 (1.9)	30 (1.3)	23 (2.6)	20 (1.8)	32 (2.3)	44 (3.4)	26 (1.2)	33 (1.7)	33 (1.4)	
20 and over...	32 (1.1)	30 (1.7)	30 (2.1)	25 (1.5)	32 (1.3)	42 (2.5)	27 (0.9)	33 (1.0)	30 (0.8)	
2 and over...	31 (1.1)	28 (1.1)	27 (1.5)	21 (1.0)	31 (1.0)	42 (2.2)	25 (0.7)	31 (0.7)	30 (0.6)	



**Table 22. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	25 (1.0)	30 (1.0)	28 (1.0)	38 (2.0)	27 (1.0)	36 (1.0)	34 (9.5)	-- --
6 - 11.....	27 (0.7)	33 (0.7)	32 (1.0)	41 (0.9)	31 (1.1)	35 (1.1)	23 (4.4)	-- --
12 - 19.....	28 (1.3)	34 (1.2)	32 (1.4)	41 (1.1)	34 (1.5)	37 (1.5)	21 (2.3)	-- --
20 and over...	35 (0.7)	41 (0.8)	36 (0.8)	46 (1.2)	37 (0.5)	44 (0.7)	10 (0.6)	31 (3.2)
2 and over...	34 (0.6)	40 (0.6)	35 (0.6)	45 (1.0)	36 (0.4)	43 (0.7)	10 (0.6)	-- --
<b>Non-Hispanic Black:</b>								
2 - 5.....	24 (1.1)	32 (1.5)	30 (1.5)	38 (2.3)	30 (2.0)	35 (1.6)	39 (10.3)	-- --
6 - 11.....	30 (1.4)	35 (2.0)	34 (1.4)	41 (2.0)	32 (1.3)	38 (2.1)	31 (8.6)	-- --
12 - 19.....	33 (2.2)	36 (3.6)	33 (2.6)	44 (2.0)	34 (2.2)	38 (2.1)	25 (5.3)	-- --
20 and over...	34 (1.0)	40 (1.3)	35 (1.5)	43 (1.0)	36 (1.1)	40 (1.2)	15 (2.2)	18 (2.9)
2 and over...	33 (0.7)	38 (1.1)	34 (1.1)	43 (0.8)	35 (0.8)	40 (0.9)	17 (2.1)	-- --
<b>Hispanic<sup>4</sup>:</b>								
<i>Mexican American</i>								
2 - 5.....	19 (1.5)	25 (2.1)	20 (1.4)	25 (1.5)	20 (1.1)	23 (1.6)	31 (4.6)	-- --
6 - 11.....	28 (3.1)	31 (2.6)	29 (2.5)	34 (3.4)	28 (1.7)	33 (2.7)	22 (3.6)	-- --
12 - 19.....	33 (1.8)	40 (2.2)	33 (2.3)	36 (2.7)	34 (2.0)	35 (3.1)	20 (4.7)	-- --
20 and over...	33 (1.2)	34 (1.4)	30 (1.0)	35 (1.1)	32 (0.8)	34 (1.4)	12 (1.6)	27 (4.5)
2 and over...	31 (1.0)	34 (1.1)	29 (1.0)	35 (0.9)	31 (0.7)	33 (1.0)	13 (1.7)	-- --
<i>All Hispanic</i>								
2 - 5.....	20 (1.2)	25 (1.7)	22 (1.4)	27 (1.6)	20 (1.1)	25 (1.7)	27 (3.8)	-- --
6 - 11.....	27 (2.3)	31 (2.0)	29 (1.9)	33 (2.4)	28 (1.2)	32 (1.9)	23 (2.9)	-- --
12 - 19.....	32 (1.2)	38 (1.6)	33 (1.6)	37 (1.9)	33 (1.4)	36 (2.1)	20 (3.5)	-- --
20 and over...	32 (1.0)	35 (1.1)	31 (1.0)	36 (1.1)	32 (0.8)	35 (1.2)	11 (1.3)	27 (3.5)
2 and over...	31 (0.8)	34 (0.8)	30 (0.9)	35 (0.9)	31 (0.6)	34 (0.9)	12 (1.3)	-- --

## 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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

## Footnotes

<sup>1</sup> 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.

<sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2007-2008.

<sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as dinner.

<sup>4</sup> A new sampling methodology was implemented for NHANES 2007-2008; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.

<sup>5</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Dinner: Percentages of Selected Nutrients Contributed by Foods Eaten at Dinner, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 23. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, in the United States, 2007-2008

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (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)
<b>\$0 - \$24,999:</b>										
2 - 5.....	93 (1.8)	25 (0.9)	34 (1.3)	22 (1.1)	17 (1.1)	26 (1.6)	27 (1.2)	27 (1.3)	28 (1.3)	26 (1.6)
6 - 11.....	92 (2.2)	28 (1.1)	37 (1.9)	24 (1.1)	19 (1.2)	29 (1.5)	30 (1.2)	30 (1.6)	31 (1.3)	28 (1.0)
12 - 19.....	85 (2.1)	31 (1.1)	40 (1.5)	28 (1.1)	22 (1.4)	35 (1.6)	34 (1.6)	34 (1.7)	34 (1.8)	33 (1.9)
20 and over...	89 (0.9)	35 (0.8)	44 (1.2)	31 (0.7)	24 (0.6)	38 (1.1)	38 (0.9)	38 (1.1)	38 (0.9)	38 (1.2)
2 and over...	89 (0.7)	34 (0.6)	42 (1.0)	30 (0.5)	23 (0.5)	36 (0.8)	37 (0.7)	36 (0.9)	37 (0.7)	36 (1.0)
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	96* (1.2)	27 (1.1)	33 (1.2)	23 (1.2)	17 (1.1)	27 (1.5)	30 (1.2)	29 (1.4)	31 (1.1)	30 (2.1)
6 - 11.....	93 (1.7)	30 (1.1)	37 (1.4)	27 (1.2)	21 (1.3)	30 (1.3)	31 (1.6)	30 (2.2)	32 (1.4)	31 (2.0)
12 - 19.....	89 (2.3)	32 (1.8)	41 (1.9)	28 (1.7)	22 (1.6)	31 (3.1)	35 (2.1)	34 (2.2)	34 (2.3)	36 (2.1)
20 and over...	93 (0.8)	37 (0.5)	45 (0.9)	32 (0.6)	26 (0.7)	38 (1.1)	39 (0.6)	40 (0.6)	39 (0.7)	38 (0.8)
2 and over...	92 (0.8)	35 (0.5)	44 (0.8)	31 (0.4)	24 (0.5)	36 (0.9)	38 (0.6)	38 (0.6)	38 (0.6)	37 (0.8)
<b>\$75,000 and higher:</b>										
2 - 5.....	98* (0.8)	29 (1.6)	35 (2.1)	25 (1.7)	20 (2.4)	29 (1.5)	32 (1.8)	32 (2.1)	33 (2.0)	30 (2.2)
6 - 11.....	98* (0.7)	31 (1.8)	40 (1.2)	27 (1.7)	23 (1.6)	32 (2.2)	33 (2.5)	33 (2.8)	33 (2.7)	33 (2.9)
12 - 19.....	91 (2.4)	31 (2.0)	39 (1.8)	28 (2.3)	23 (2.9)	31 (2.1)	31 (2.0)	30 (1.9)	31 (2.2)	33 (2.3)
20 and over...	96 (0.6)	36 (0.9)	45 (1.3)	31 (0.8)	24 (0.8)	37 (0.9)	39 (0.9)	39 (0.9)	39 (1.0)	38 (1.3)
2 and over...	96 (0.5)	35 (0.8)	44 (1.0)	30 (0.7)	24 (0.6)	35 (0.8)	37 (0.8)	37 (0.8)	37 (0.9)	37 (1.0)
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	95 (1.0)	27 (0.8)	34 (0.9)	23 (0.9)	18 (0.9)	27 (0.9)	30 (0.8)	29 (1.1)	30 (0.9)	29 (1.0)
6 - 11.....	94 (1.1)	30 (0.5)	38 (0.9)	26 (0.4)	21 (0.6)	30 (0.8)	31 (1.0)	30 (1.1)	32 (1.1)	31 (1.0)
12 - 19.....	89 (1.1)	32 (0.9)	40 (0.9)	28 (1.0)	23 (1.2)	33 (1.3)	33 (1.0)	33 (1.1)	33 (1.2)	34 (1.0)
20 and over...	93 (0.5)	36 (0.5)	44 (0.8)	31 (0.4)	24 (0.5)	37 (0.7)	39 (0.5)	39 (0.5)	39 (0.6)	38 (0.7)
2 and over...	92 (0.6)	35 (0.4)	43 (0.7)	30 (0.4)	23 (0.4)	36 (0.5)	37 (0.5)	37 (0.5)	37 (0.5)	36 (0.6)

**Table 23. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (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)
<b>\$0 - \$24,999:</b>									
2 - 5.....	29 (2.1)	19 (1.8)	44 (6.7)	44 (6.8)	25 (1.7)	20 (1.1)	30 (1.2)	24 (1.3)	20 (1.6)
6 - 11.....	34 (2.9)	21 (2.1)	34 (6.8)	41 (8.5)	29 (1.8)	23 (1.6)	33 (2.3)	28 (2.3)	26 (2.0)
12 - 19.....	37 (1.3)	28 (2.6)	55 (5.7)	59 (5.8)	31 (1.2)	25 (1.2)	35 (1.7)	30 (1.9)	30 (2.0)
20 and over...	36 (1.0)	34 (1.0)	51 (3.5)	50 (3.5)	37 (0.9)	29 (0.8)	39 (1.1)	36 (1.2)	35 (1.1)
2 and over...	36 (0.8)	31 (0.9)	50 (3.0)	50 (3.0)	35 (0.8)	27 (0.7)	37 (0.9)	34 (0.9)	33 (0.7)
<b>\$25,000 - \$74,999:</b>									
2 - 5.....	30 (3.1)	24 (2.3)	49 (5.2)	61 (6.1)	26 (1.3)	22 (1.3)	31 (0.9)	26 (1.1)	26 (1.5)
6 - 11.....	33 (1.5)	23 (2.0)	43 (5.1)	55 (5.5)	29 (1.4)	23 (1.5)	34 (1.5)	29 (1.9)	28 (2.1)
12 - 19.....	35 (2.8)	29 (3.4)	56 (7.6)	55 (7.8)	32 (2.4)	27 (1.5)	35 (2.2)	30 (1.9)	29 (2.0)
20 and over...	38 (1.1)	37 (1.4)	55 (2.5)	56 (4.1)	36 (0.9)	30 (0.9)	39 (0.8)	36 (0.9)	34 (0.6)
2 and over...	37 (0.8)	34 (1.2)	54 (2.3)	56 (3.2)	35 (0.7)	29 (0.6)	38 (0.9)	35 (1.0)	32 (0.6)
<b>\$75,000 and higher:</b>									
2 - 5.....	32 (2.1)	23 (2.2)	42 (9.4)	52 (13.1)	24 (1.2)	22 (1.1)	30 (2.1)	23 (1.5)	23 (1.7)
6 - 11.....	38 (2.8)	26 (1.3)	36 (5.0)	60 (9.0)	30 (1.1)	26 (0.7)	35 (1.6)	29 (1.1)	27 (1.7)
12 - 19.....	33 (1.9)	29 (4.4)	53 (7.9)	42 (5.0)	29 (2.6)	25 (1.6)	34 (2.0)	29 (2.3)	27 (2.6)
20 and over...	42 (1.5)	36 (1.7)	55 (3.0)	52 (3.8)	35 (1.7)	29 (0.9)	41 (1.5)	38 (1.3)	33 (1.6)
2 and over...	40 (1.3)	34 (1.6)	53 (2.9)	51 (3.7)	33 (1.4)	28 (0.7)	39 (1.2)	36 (1.1)	31 (1.5)
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	30 (1.3)	22 (1.4)	45 (5.1)	53 (5.0)	25 (0.9)	21 (0.8)	30 (0.7)	24 (0.7)	24 (0.9)
6 - 11.....	35 (0.8)	24 (1.2)	40 (3.7)	52 (4.6)	29 (0.4)	24 (0.8)	34 (0.9)	29 (1.0)	27 (0.8)
12 - 19.....	35 (1.3)	29 (2.2)	54 (4.2)	51 (3.5)	31 (1.2)	26 (0.7)	35 (0.9)	30 (0.8)	29 (1.2)
20 and over...	38 (0.7)	36 (0.8)	53 (1.9)	54 (2.3)	36 (0.8)	29 (0.5)	39 (0.8)	37 (0.7)	34 (0.6)
2 and over...	37 (0.5)	33 (0.8)	52 (1.7)	53 (2.0)	34 (0.7)	28 (0.4)	38 (0.7)	35 (0.6)	32 (0.6)

**Table 23. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha- tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>\$0 - \$24,999:</b>										
2 - 5.....	28 (1.2)	22 (1.7)	19 (2.1)	15 (1.2)	27 (1.9)	42 (2.6)	19 (1.1)	26 (1.2)	24 (0.9)	
6 - 11.....	32 (2.3)	26 (2.4)	21 (2.7)	16 (2.2)	26 (1.4)	39 (3.1)	24 (1.6)	30 (1.4)	28 (1.5)	
12 - 19.....	35 (1.5)	27 (2.2)	29 (3.2)	18 (3.1)	31 (2.1)	47 (3.8)	25 (1.5)	33 (1.3)	31 (1.4)	
20 and over...	37 (0.9)	37 (1.6)	33 (1.2)	27 (1.8)	36 (1.2)	51 (3.0)	31 (1.3)	37 (1.0)	33 (0.9)	
2 and over...	36 (0.7)	34 (1.3)	30 (1.1)	24 (1.6)	35 (0.8)	50 (2.5)	29 (1.1)	36 (0.7)	32 (0.7)	
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	28 (1.8)	23 (1.5)	25 (2.9)	17 (2.1)	32 (2.2)	59 (6.5)	22 (2.0)	26 (1.1)	26 (1.3)	
6 - 11.....	34 (1.2)	27 (1.6)	24 (2.6)	19 (1.7)	30 (2.1)	48 (4.4)	22 (2.3)	29 (1.3)	30 (1.0)	
12 - 19.....	36 (2.4)	30 (1.7)	25 (2.9)	25 (4.8)	31 (4.0)	54 (6.9)	27 (2.4)	34 (2.2)	32 (2.1)	
20 and over...	39 (0.9)	36 (1.2)	32 (1.3)	31 (1.8)	36 (1.0)	56 (2.1)	33 (0.9)	38 (0.8)	34 (0.6)	
2 and over...	38 (0.7)	34 (1.0)	30 (1.1)	28 (1.1)	35 (1.2)	55 (2.2)	31 (0.7)	37 (0.6)	33 (0.5)	
<b>\$75,000 and higher:</b>										
2 - 5.....	29 (1.9)	23 (1.9)	19 (3.4)	16 (1.3)	29 (3.0)	42 (2.9)	23 (1.9)	29 (1.9)	26 (1.9)	
6 - 11.....	36 (1.2)	28 (1.6)	26 (2.9)	23 (3.6)	32 (3.6)	43 (3.7)	27 (1.2)	32 (1.0)	31 (1.0)	
12 - 19.....	35 (1.8)	26 (1.6)	28 (4.0)	24 (2.0)	27 (2.8)	51 (6.9)	27 (1.8)	31 (1.7)	30 (2.2)	
20 and over...	41 (1.2)	35 (1.7)	31 (1.9)	35 (3.4)	36 (1.6)	55 (2.4)	30 (1.0)	37 (1.0)	33 (1.0)	
2 and over...	39 (1.0)	33 (1.3)	29 (1.7)	31 (2.8)	34 (1.5)	54 (2.4)	29 (0.8)	36 (0.9)	32 (0.9)	
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	29 (0.9)	23 (0.7)	22 (2.0)	16 (0.9)	29 (1.3)	50 (4.0)	22 (1.2)	27 (1.0)	25 (1.0)	
6 - 11.....	34 (0.7)	27 (1.1)	23 (1.9)	19 (1.7)	29 (1.2)	43 (2.4)	24 (1.3)	30 (0.6)	30 (0.4)	
12 - 19.....	35 (1.1)	28 (0.6)	28 (2.3)	23 (1.9)	30 (1.4)	51 (3.7)	27 (1.1)	33 (1.0)	31 (0.9)	
20 and over...	39 (0.5)	36 (1.0)	32 (0.7)	31 (1.3)	36 (0.8)	54 (1.7)	31 (0.7)	38 (0.6)	33 (0.4)	
2 and over...	38 (0.4)	34 (0.8)	30 (0.8)	28 (1.1)	34 (0.6)	53 (1.6)	30 (0.6)	36 (0.5)	32 (0.4)	

**Table 23. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	23 (1.3)	29 (1.5)	26 (1.1)	36 (1.7)	25 (1.0)	30 (1.2)	29 (8.1)	-- --
6 - 11.....	28 (2.0)	34 (2.3)	30 (1.8)	38 (2.1)	28 (1.8)	34 (1.8)	24 (4.6)	-- --
12 - 19.....	30 (1.4)	35 (1.7)	33 (1.5)	40 (1.2)	33 (1.3)	37 (1.3)	19 (1.6)	-- --
20 and over...	36 (0.9)	42 (1.4)	36 (1.0)	44 (1.2)	35 (0.8)	42 (1.0)	9 (0.8)	18 (2.3)
2 and over...	34 (0.7)	40 (1.1)	35 (0.8)	43 (1.0)	34 (0.6)	40 (0.8)	10 (0.8)	-- --
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	26 (1.1)	30 (1.0)	27 (0.9)	35 (1.6)	26 (1.1)	34 (1.4)	40 (9.3)	-- --
6 - 11.....	28 (1.3)	33 (1.7)	32 (1.3)	39 (1.5)	32 (1.2)	35 (1.1)	20 (4.6)	-- --
12 - 19.....	30 (2.1)	37 (1.6)	32 (2.0)	41 (2.0)	34 (2.3)	38 (2.4)	22 (2.6)	-- --
20 and over...	35 (0.7)	40 (0.8)	35 (0.8)	44 (0.9)	37 (0.8)	43 (0.8)	11 (1.0)	30 (3.8)
2 and over...	33 (0.6)	39 (0.7)	35 (0.7)	43 (0.7)	36 (0.6)	41 (0.7)	12 (0.9)	-- --
<b>\$75,000 and higher:</b>								
2 - 5.....	22 (1.7)	29 (1.7)	27 (1.9)	36 (2.7)	26 (1.8)	36 (1.9)	23 (5.9)	-- --
6 - 11.....	27 (1.6)	33 (1.9)	33 (1.9)	41 (1.8)	33 (0.9)	36 (1.5)	29 (8.0)	-- --
12 - 19.....	28 (2.2)	33 (1.5)	32 (2.0)	39 (1.8)	32 (2.0)	37 (1.8)	22 (3.6)	-- --
20 and over...	34 (0.9)	40 (1.3)	34 (1.2)	45 (1.7)	37 (1.0)	43 (0.9)	9 (0.9)	37 (4.1)
2 and over...	32 (0.9)	38 (1.1)	34 (1.0)	44 (1.4)	36 (0.9)	41 (0.8)	10 (0.8)	-- --
<b>All Individuals<sup>4</sup>:</b>								
2 - 5.....	24 (0.7)	29 (0.7)	27 (0.8)	35 (1.4)	26 (0.8)	33 (0.8)	32 (6.4)	-- --
6 - 11.....	28 (0.6)	33 (0.9)	32 (0.7)	39 (0.9)	31 (0.7)	35 (0.7)	23 (3.1)	-- --
12 - 19.....	30 (1.1)	36 (0.9)	33 (1.1)	41 (0.9)	33 (1.1)	38 (1.1)	21 (1.6)	-- --
20 and over...	35 (0.6)	40 (0.6)	35 (0.6)	44 (0.9)	36 (0.5)	43 (0.6)	10 (0.5)	30 (2.1)
2 and over...	33 (0.5)	39 (0.5)	34 (0.5)	43 (0.8)	35 (0.4)	41 (0.6)	11 (0.5)	-- --

## 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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

## Footnotes

<sup>1</sup> 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.

<sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2007-2008.

<sup>3</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as dinner.

<sup>4</sup> Includes persons of all income levels or with unknown family income.

<sup>5</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. Dinner: Percentages of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 24. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008

Family income as % of Federal poverty threshold and age (years)	Percent reporting <sup>4</sup> % (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)
<b>Under 131% poverty:</b>										
2 - 5.....	94 (1.5)	26 (0.9)	34 (1.0)	22 (1.2)	17 (0.8)	27 (1.7)	28 (0.9)	28 (1.2)	29 (1.0)	27 (1.2)
6 - 11.....	91 (2.3)	28 (0.9)	36 (1.2)	24 (1.1)	18 (1.1)	28 (1.2)	30 (1.1)	29 (1.1)	31 (1.2)	29 (1.6)
12 - 19.....	85 (1.8)	30 (0.9)	38 (1.2)	27 (1.0)	21 (1.3)	34 (1.3)	33 (1.2)	32 (1.6)	33 (1.4)	33 (1.0)
20 and over...	87 (1.3)	34 (1.0)	43 (1.5)	30 (0.8)	23 (0.9)	38 (1.1)	37 (1.2)	37 (1.3)	37 (1.2)	37 (1.3)
2 and over...	88 (0.9)	32 (0.7)	41 (1.2)	28 (0.6)	22 (0.7)	36 (0.8)	35 (0.9)	35 (1.0)	35 (0.8)	35 (0.9)
<b>131-185% poverty:</b>										
2 - 5.....	94* (2.3)	28 (1.8)	34 (2.7)	24 (2.5)	18* (2.3)	27 (2.6)	30 (1.8)	28 (1.7)	32 (2.0)	33 (3.3)
6 - 11.....	95* (1.8)	29 (2.8)	36 (4.2)	26 (2.1)	20 (1.5)	32 (3.4)	30 (3.8)	27 (5.1)	31 (3.8)	33 (2.9)
12 - 19.....	94* (2.2)	44 (2.7)	54 (3.1)	39 (3.5)	27 (3.4)	44 (2.4)	46 (2.5)	45 (3.8)	45 (2.4)	46 (2.5)
20 and over...	91 (1.8)	37 (1.3)	47 (1.5)	32 (1.3)	23 (1.2)	37 (1.7)	40 (1.3)	39 (1.7)	39 (1.6)	40 (1.2)
2 and over...	92 (1.4)	36 (1.3)	46 (1.5)	32 (1.3)	23 (1.3)	37 (1.5)	39 (1.4)	38 (1.9)	39 (1.6)	40 (1.0)
<b>Over 185% poverty:</b>										
2 - 5.....	98* (0.8)	28 (1.2)	34 (1.4)	23 (1.3)	19 (1.6)	28 (1.0)	31 (1.3)	30 (1.6)	32 (1.3)	30 (1.2)
6 - 11.....	96* (1.4)	31 (0.9)	39 (1.1)	27 (0.9)	23 (1.1)	32 (1.1)	33 (1.7)	33 (1.9)	33 (1.8)	31 (2.0)
12 - 19.....	90 (1.9)	30 (1.6)	38 (1.6)	27 (1.8)	23 (2.0)	29 (2.6)	31 (1.7)	31 (1.7)	31 (1.9)	32 (1.6)
20 and over...	95 (0.4)	37 (0.6)	45 (1.0)	32 (0.5)	25 (0.5)	37 (0.9)	39 (0.7)	39 (0.6)	39 (0.7)	38 (1.0)
2 and over...	94 (0.4)	35 (0.6)	44 (0.9)	31 (0.5)	25 (0.5)	36 (0.8)	38 (0.6)	38 (0.7)	38 (0.7)	37 (0.8)
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	95 (1.0)	27 (0.8)	34 (0.9)	23 (0.9)	18 (0.9)	27 (0.9)	30 (0.8)	29 (1.1)	30 (0.9)	29 (1.0)
6 - 11.....	94 (1.1)	30 (0.5)	38 (0.9)	26 (0.4)	21 (0.6)	30 (0.8)	31 (1.0)	30 (1.1)	32 (1.1)	31 (1.0)
12 - 19.....	89 (1.1)	32 (0.9)	40 (0.9)	28 (1.0)	23 (1.2)	33 (1.3)	33 (1.0)	33 (1.1)	33 (1.2)	34 (1.0)
20 and over...	93 (0.5)	36 (0.5)	44 (0.8)	31 (0.4)	24 (0.5)	37 (0.7)	39 (0.5)	39 (0.5)	39 (0.6)	38 (0.7)
2 and over...	92 (0.6)	35 (0.4)	43 (0.7)	30 (0.4)	23 (0.4)	36 (0.5)	37 (0.5)	37 (0.5)	37 (0.5)	36 (0.6)



**Table 24. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (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)
<b>Under 131% poverty:</b>									
2 - 5.....	27 (1.6)	21 (1.4)	43 (6.1)	48 (6.3)	26 (1.4)	21 (1.0)	31 (0.9)	25 (1.0)	23 (1.6)
6 - 11.....	32 (2.3)	21 (1.5)	35 (4.8)	40 (7.1)	27 (1.2)	22 (0.9)	33 (1.7)	28 (1.8)	25 (1.5)
12 - 19.....	34 (1.6)	26 (1.9)	53 (3.9)	56 (5.7)	30 (1.0)	23 (1.1)	33 (1.4)	29 (1.3)	29 (1.7)
20 and over...	35 (1.5)	35 (1.2)	53 (3.5)	50 (3.2)	36 (1.2)	28 (1.0)	38 (1.4)	36 (1.2)	34 (1.1)
2 and over...	34 (1.1)	31 (0.9)	51 (2.5)	50 (2.7)	33 (0.9)	26 (0.7)	36 (1.1)	33 (0.9)	31 (0.8)
<b>131-185% poverty:</b>									
2 - 5.....	31* (9.3)	25 (3.7)	50 (10.0)	59 (10.7)	28 (2.2)	22 (1.7)	33 (2.1)	26 (2.7)	29 (3.9)
6 - 11.....	28 (4.6)	19 (4.0)	35*(10.8)	40 (8.2)	29 (3.8)	21 (2.7)	34 (3.6)	28 (3.2)	27 (3.2)
12 - 19.....	43 (8.6)	39 (6.3)	61 (10.9)	77* (7.0)	45 (4.3)	36 (2.2)	46 (7.2)	37 (5.3)	38 (3.5)
20 and over...	38 (1.6)	32 (1.7)	45 (4.6)	53 (6.3)	39 (1.6)	30 (1.6)	42 (1.9)	37 (1.9)	37 (1.6)
2 and over...	38 (1.0)	31 (2.1)	46 (4.2)	56 (4.4)	38 (1.7)	29 (1.5)	41 (1.7)	36 (1.5)	36 (1.5)
<b>Over 185% poverty:</b>									
2 - 5.....	32 (1.7)	23 (2.1)	46 (7.6)	56 (8.5)	24 (0.8)	21 (1.0)	30 (1.0)	24 (0.8)	23 (1.3)
6 - 11.....	38 (2.1)	26 (1.2)	41 (3.4)	62 (6.9)	30 (0.8)	27 (1.1)	35 (1.4)	29 (1.1)	28 (1.4)
12 - 19.....	34 (1.9)	29 (2.9)	54 (5.6)	43 (7.3)	28 (1.9)	25 (1.2)	34 (1.4)	29 (1.5)	26 (2.1)
20 and over...	40 (0.9)	37 (1.1)	56 (2.1)	54 (3.0)	35 (1.1)	30 (0.7)	40 (1.0)	37 (0.9)	33 (0.9)
2 and over...	39 (0.8)	35 (1.1)	55 (1.9)	53 (3.0)	34 (1.0)	29 (0.6)	39 (0.8)	35 (0.8)	32 (0.8)
<b>All Individuals<sup>5</sup>:</b>									
2 - 5.....	30 (1.3)	22 (1.4)	45 (5.1)	53 (5.0)	25 (0.9)	21 (0.8)	30 (0.7)	24 (0.7)	24 (0.9)
6 - 11.....	35 (0.8)	24 (1.2)	40 (3.7)	52 (4.6)	29 (0.4)	24 (0.8)	34 (0.9)	29 (1.0)	27 (0.8)
12 - 19.....	35 (1.3)	29 (2.2)	54 (4.2)	51 (3.5)	31 (1.2)	26 (0.7)	35 (0.9)	30 (0.8)	29 (1.2)
20 and over...	38 (0.7)	36 (0.8)	53 (1.9)	54 (2.3)	36 (0.8)	29 (0.5)	39 (0.8)	37 (0.7)	34 (0.6)
2 and over...	37 (0.5)	33 (0.8)	52 (1.7)	53 (2.0)	34 (0.7)	28 (0.4)	38 (0.7)	35 (0.6)	32 (0.6)

**Table 24. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Under 131% poverty:</b>										
2 - 5.....	28 (1.1)	22 (1.1)	19 (2.1)	16 (0.9)	27 (1.7)	44 (2.5)	20 (1.0)	27 (1.0)	25 (1.0)	
6 - 11.....	31 (1.5)	26 (2.0)	21 (2.5)	15 (1.2)	28 (1.8)	41 (3.4)	23 (1.1)	29 (0.9)	28 (1.0)	
12 - 19.....	33 (1.3)	26 (2.0)	28 (2.5)	18 (2.5)	31 (1.7)	47 (3.1)	23 (1.5)	31 (1.3)	29 (1.1)	
20 and over...	37 (1.4)	36 (2.0)	33 (1.3)	26 (1.5)	36 (1.5)	53 (3.1)	31 (1.1)	37 (0.9)	32 (0.8)	
2 and over...	35 (1.1)	32 (1.5)	29 (0.9)	22 (1.3)	34 (0.9)	51 (2.4)	28 (0.9)	34 (0.7)	31 (0.6)	
<b>131-185% poverty:</b>										
2 - 5.....	30 (5.6)	25 (3.6)	28 (7.5)	17* (3.5)	35 (4.6)	65 (10.1)	21 (2.4)	25 (2.1)	26 (1.8)	
6 - 11.....	32 (3.4)	24 (3.2)	29 (4.1)	17 (4.3)	27 (2.7)	48 (7.8)	19 (4.7)	28 (3.1)	30 (2.3)	
12 - 19.....	45 (6.7)	39 (4.8)	37 (6.4)	37 (10.4)	47 (3.7)	58 (7.6)	40 (4.7)	47 (4.0)	44 (2.4)	
20 and over...	39 (1.1)	37 (2.4)	32 (2.8)	29 (1.7)	36 (1.9)	45 (4.1)	32 (1.8)	39 (1.4)	34 (1.5)	
2 and over...	39 (1.2)	35 (1.7)	32 (2.5)	28 (2.9)	36 (1.7)	47 (3.6)	31 (2.2)	38 (1.6)	34 (1.4)	
<b>Over 185% poverty:</b>										
2 - 5.....	29 (1.3)	23 (1.1)	22 (2.4)	16 (1.5)	30 (1.6)	52 (5.4)	23 (1.9)	28 (1.5)	26 (1.5)	
6 - 11.....	36 (1.2)	29 (1.4)	25 (2.1)	22 (3.0)	31 (1.9)	45 (2.6)	27 (1.6)	32 (0.8)	31 (0.7)	
12 - 19.....	35 (1.7)	27 (1.4)	25 (3.3)	22 (1.6)	26 (2.3)	52 (6.0)	26 (1.3)	31 (1.4)	30 (1.6)	
20 and over...	40 (0.7)	36 (1.1)	31 (1.1)	33 (1.8)	36 (1.0)	56 (2.0)	32 (0.8)	38 (0.8)	34 (0.6)	
2 and over...	39 (0.6)	34 (1.0)	30 (1.1)	30 (1.5)	35 (0.8)	56 (1.9)	30 (0.7)	36 (0.8)	33 (0.6)	
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	29 (0.9)	23 (0.7)	22 (2.0)	16 (0.9)	29 (1.3)	50 (4.0)	22 (1.2)	27 (1.0)	25 (1.0)	
6 - 11.....	34 (0.7)	27 (1.1)	23 (1.9)	19 (1.7)	29 (1.2)	43 (2.4)	24 (1.3)	30 (0.6)	30 (0.4)	
12 - 19.....	35 (1.1)	28 (0.6)	28 (2.3)	23 (1.9)	30 (1.4)	51 (3.7)	27 (1.1)	33 (1.0)	31 (0.9)	
20 and over...	39 (0.5)	36 (1.0)	32 (0.7)	31 (1.3)	36 (0.8)	54 (1.7)	31 (0.7)	38 (0.6)	33 (0.4)	
2 and over...	38 (0.4)	34 (0.8)	30 (0.8)	28 (1.1)	34 (0.6)	53 (1.6)	30 (0.6)	36 (0.5)	32 (0.4)	

**Table 24. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Dinner, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>6</sup> % (SE)
<b>Under 131% poverty:</b>								
2 - 5.....	24 (1.3)	30 (1.2)	27 (1.3)	35 (1.7)	26 (1.0)	32 (1.2)	28 (6.9)	-- --
6 - 11.....	27 (1.4)	32 (1.5)	30 (1.1)	37 (1.6)	28 (1.2)	33 (1.2)	21 (4.0)	-- --
12 - 19.....	29 (1.2)	34 (1.3)	32 (1.2)	38 (1.3)	31 (0.9)	35 (1.3)	16 (2.3)	-- --
20 and over...	35 (1.2)	41 (1.6)	35 (1.2)	42 (1.7)	35 (0.7)	41 (1.4)	9 (0.9)	18 (2.4)
2 and over...	32 (0.9)	38 (1.2)	33 (0.9)	41 (1.4)	33 (0.6)	39 (1.1)	10 (0.9)	-- --
<b>131-185% poverty:</b>								
2 - 5.....	27 (2.6)	29 (2.8)	27 (2.5)	38 (3.1)	25 (2.3)	34 (1.9)	22* (9.2)	-- --
6 - 11.....	28 (2.7)	32 (4.7)	32 (2.8)	35 (4.1)	31 (2.1)	34 (3.5)	12* (4.5)	-- --
12 - 19.....	43 (4.3)	50 (3.0)	45 (2.1)	56 (3.9)	46 (4.9)	51 (4.0)	22 (3.8)	-- --
20 and over...	36 (1.4)	43 (2.0)	36 (1.7)	46 (1.3)	37 (1.5)	43 (1.3)	9 (1.6)	22 (5.4)
2 and over...	36 (1.3)	42 (1.8)	36 (1.5)	46 (1.3)	37 (1.7)	43 (1.4)	11 (1.4)	-- --
<b>Over 185% poverty:</b>								
2 - 5.....	23 (1.0)	29 (1.1)	27 (1.1)	35 (1.9)	26 (1.2)	35 (1.3)	41 (9.3)	-- --
6 - 11.....	28 (1.1)	34 (1.3)	33 (1.2)	42 (1.2)	33 (1.1)	37 (1.3)	30 (5.5)	-- --
12 - 19.....	28 (1.9)	33 (1.5)	30 (1.8)	38 (1.6)	32 (1.7)	36 (1.7)	25 (3.1)	-- --
20 and over...	34 (0.7)	40 (0.7)	35 (0.7)	45 (1.1)	37 (0.6)	43 (0.8)	10 (0.8)	34 (2.9)
2 and over...	33 (0.6)	38 (0.7)	34 (0.7)	44 (1.0)	36 (0.6)	42 (0.7)	11 (0.7)	-- --
<b>All Individuals<sup>5</sup>:</b>								
2 - 5.....	24 (0.7)	29 (0.7)	27 (0.8)	35 (1.4)	26 (0.8)	33 (0.8)	32 (6.4)	-- --
6 - 11.....	28 (0.6)	33 (0.9)	32 (0.7)	39 (0.9)	31 (0.7)	35 (0.7)	23 (3.1)	-- --
12 - 19.....	30 (1.1)	36 (0.9)	33 (1.1)	41 (0.9)	33 (1.1)	38 (1.1)	21 (1.6)	-- --
20 and over...	35 (0.6)	40 (0.6)	35 (0.6)	44 (0.9)	36 (0.5)	43 (0.6)	10 (0.5)	30 (2.1)
2 and over...	33 (0.5)	39 (0.5)	34 (0.5)	43 (0.8)	35 (0.4)	41 (0.6)	11 (0.5)	-- --

## 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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

## Footnotes

<sup>1</sup> 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.

<sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2007-2008.

<sup>3</sup> 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](http://www.fns.usda.gov).

<sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as dinner.

<sup>5</sup> Includes persons of all income levels or with unknown family income.

<sup>6</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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. 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 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 25. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, in the United States, 2007-2008

Gender and age (years)	Percent reporting <sup>3</sup> % (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)
<b>Males:</b>										
2 - 5.....	98* (0.5)	28 (1.1)	19 (1.1)	32 (1.2)	39 (1.9)	25 (1.4)	25 (1.3)	27 (1.9)	23 (1.2)	27 (1.5)
6 - 11.....	95 (1.1)	25 (0.9)	14 (0.8)	30 (1.2)	38 (1.7)	22 (0.8)	21 (1.3)	22 (1.6)	20 (1.1)	24 (1.4)
12 - 19.....	95 (1.0)	26 (1.6)	15 (1.5)	31 (1.6)	38 (2.0)	25 (1.7)	23 (2.0)	22 (2.2)	23 (1.9)	27 (2.2)
20 - 29.....	94 (1.0)	26 (1.2)	15 (1.4)	30 (1.3)	38 (1.6)	21 (2.0)	18 (1.3)	20 (1.5)	18 (1.4)	18 (1.3)
30 - 39.....	95 (1.2)	22 (1.1)	12 (0.8)	26 (1.8)	36 (3.1)	18 (1.2)	18 (1.4)	18 (1.4)	17 (1.3)	19 (2.2)
40 - 49.....	97* (0.7)	23 (1.7)	12 (1.3)	28 (2.0)	38 (3.0)	20 (2.5)	18 (1.8)	20 (2.3)	16 (1.6)	18 (1.8)
50 - 59.....	98* (0.4)	23 (1.4)	12 (1.0)	27 (1.8)	39 (2.0)	18 (1.6)	18 (1.6)	19 (2.0)	18 (1.5)	18 (2.0)
60 - 69.....	95 (1.0)	24 (1.7)	14 (1.5)	27 (2.2)	36 (3.5)	21 (1.4)	20 (1.9)	21 (2.1)	21 (2.0)	20 (2.1)
70 and over.....	93 (1.0)	20 (0.9)	11 (0.9)	21 (1.0)	29 (1.5)	16 (1.1)	19 (1.3)	20 (1.3)	19 (1.4)	18 (1.8)
20 and over...	95 (0.5)	23 (0.7)	13 (0.6)	27 (1.0)	37 (1.3)	19 (0.9)	18 (0.6)	19 (0.6)	18 (0.6)	19 (0.7)
<b>Females:</b>										
2 - 5.....	97* (1.1)	29 (1.1)	20 (1.2)	32 (1.1)	39 (1.3)	27 (1.7)	28 (1.5)	28 (1.3)	26 (1.8)	32 (2.1)
6 - 11.....	98* (0.7)	26 (1.4)	16 (1.7)	29 (1.1)	36 (1.5)	24 (1.3)	25 (2.1)	26 (2.1)	24 (2.3)	29 (2.3)
12 - 19.....	95 (1.0)	28 (2.1)	19 (2.5)	31 (2.0)	38 (1.6)	29 (4.7)	26 (2.3)	28 (2.7)	26 (2.4)	26 (2.2)
20 - 29.....	96* (1.2)	25 (1.1)	15 (1.1)	30 (1.5)	42 (2.4)	22 (1.7)	21 (1.3)	22 (1.3)	21 (1.5)	21 (1.5)
30 - 39.....	95 (1.0)	25 (0.9)	13 (0.9)	30 (1.3)	41 (2.1)	19 (1.2)	21 (1.3)	23 (1.6)	19 (1.3)	20 (1.7)
40 - 49.....	98* (0.6)	25 (1.5)	13 (0.9)	29 (1.8)	40 (2.1)	22 (1.4)	21 (1.6)	22 (2.2)	21 (1.5)	22 (1.8)
50 - 59.....	98* (0.6)	23 (1.2)	13 (0.5)	27 (1.6)	35 (2.7)	20 (1.5)	22 (1.3)	24 (1.6)	23 (1.5)	22 (1.5)
60 - 69.....	99* (0.6)	23 (1.3)	13 (0.8)	27 (1.5)	35 (1.6)	20 (1.3)	23 (1.6)	23 (1.5)	23 (2.1)	23 (1.9)
70 and over.....	94 (1.3)	19 (0.4)	11 (0.4)	21 (0.6)	29 (1.1)	16 (0.9)	17 (0.7)	19 (1.1)	16 (0.7)	16 (0.9)
20 and over...	97 (0.4)	24 (0.5)	13 (0.3)	28 (0.9)	38 (1.4)	20 (0.6)	21 (0.4)	22 (0.5)	21 (0.5)	21 (0.5)
<b>Males and females:</b>										
2 and over...	96 (0.3)	24 (0.5)	14 (0.5)	28 (0.7)	37 (1.0)	21 (0.8)	21 (0.4)	22 (0.5)	20 (0.5)	21 (0.5)

**Table 25. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, in the United States, 2007-2008 (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)
<b>Males:</b>									
2 - 5.....	13 (1.2)	23 (2.3)	12* (3.7)	5 (1.4)	20 (1.1)	25 (1.6)	16 (1.0)	20 (0.9)	17 (1.2)
6 - 11.....	11 (0.9)	17 (1.7)	9 (2.2)	10* (4.3)	16 (1.3)	19 (1.4)	16 (1.5)	19 (1.8)	17 (1.1)
12 - 19.....	10 (1.6)	18 (2.6)	19 (4.7)	8 (2.0)	18 (1.6)	22 (1.8)	22 (2.1)	26 (2.0)	17 (1.3)
20 - 29.....	11 (1.4)	21 (2.8)	14 (2.2)	14* (7.4)	25 (5.4)	27 (1.8)	24 (2.1)	27 (2.4)	23 (3.0)
30 - 39.....	8 (0.8)	17 (1.2)	11 (3.0)	7 (1.5)	14 (0.7)	22 (1.3)	16 (1.2)	19 (1.7)	15 (0.9)
40 - 49.....	7 (0.8)	17 (1.7)	11 (2.7)	9 (2.5)	15 (1.4)	24 (1.6)	19 (1.4)	21 (2.0)	18 (2.2)
50 - 59.....	8 (1.1)	15 (1.7)	10 (2.2)	11 (3.0)	14 (1.1)	22 (1.7)	14 (1.4)	14 (1.4)	15 (1.6)
60 - 69.....	10 (2.2)	16 (2.5)	9* (2.8)	17 (4.7)	15 (1.4)	22 (1.7)	17 (1.5)	17 (1.6)	16 (1.7)
70 and over.....	8 (1.1)	14 (0.9)	11 (2.0)	14* (4.6)	12 (0.9)	16 (1.1)	11 (0.9)	10 (0.7)	11 (0.9)
20 and over...	9 (0.6)	17 (1.0)	11 (1.0)	11 (2.4)	17 (1.6)	23 (1.0)	18 (0.9)	19 (1.0)	17 (1.1)
<b>Females:</b>									
2 - 5.....	15 (1.7)	22 (1.4)	13 (1.6)	14* (5.7)	21 (1.4)	25 (1.2)	18 (1.4)	21 (1.5)	21 (2.7)
6 - 11.....	15 (1.8)	19 (1.8)	23 (5.8)	11 (2.0)	17 (1.1)	19 (1.5)	17 (1.7)	20 (2.1)	16 (1.1)
12 - 19.....	15 (1.6)	20 (2.2)	17 (4.3)	22* (8.3)	19 (2.6)	22 (1.6)	17 (1.6)	20 (2.2)	20 (2.9)
20 - 29.....	11 (1.1)	20 (2.6)	11 (2.5)	8* (2.7)	16 (1.0)	25 (2.1)	19 (2.1)	21 (2.9)	17 (1.4)
30 - 39.....	11 (1.0)	19 (1.7)	15 (1.9)	17* (5.6)	15 (1.0)	21 (1.8)	16 (1.3)	16 (1.7)	15 (0.9)
40 - 49.....	10 (1.6)	18 (3.1)	14 (2.9)	11* (5.4)	15 (1.1)	22 (1.5)	15 (1.2)	17 (1.3)	15 (1.3)
50 - 59.....	9 (1.3)	17 (2.3)	11* (3.7)	14* (4.6)	18 (2.2)	24 (2.4)	17 (2.1)	19 (2.4)	16 (1.3)
60 - 69.....	8 (0.8)	15 (1.3)	16 (3.5)	14 (4.0)	15 (0.9)	20 (1.3)	13 (1.1)	14 (1.5)	16 (1.6)
70 and over.....	8 (0.4)	12 (1.1)	5 (1.0)	11 (2.2)	13 (1.1)	17 (0.9)	11 (0.8)	12 (1.0)	11 (0.7)
20 and over...	10 (0.4)	17 (0.7)	12 (1.3)	13 (2.3)	16 (0.6)	22 (0.9)	16 (0.7)	17 (1.0)	15 (0.4)
<b>Males and females:</b>									
2 and over...	10 (0.5)	18 (0.8)	12 (1.0)	12 (1.5)	17 (0.8)	22 (0.7)	17 (0.6)	19 (0.8)	17 (0.7)

**Table 25. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Males:</b>										
2 - 5.....	20 (1.4)	23 (1.7)	36 (3.1)	30 (2.8)	28 (1.6)	14 (2.7)	30 (2.1)	24 (1.5)	28 (1.3)	
6 - 11.....	14 (0.7)	17 (2.1)	29 (2.6)	16 (1.6)	24 (1.6)	16 (2.0)	21 (1.3)	18 (1.1)	24 (0.8)	
12 - 19.....	16 (1.5)	19 (2.1)	36 (2.6)	15 (3.3)	35 (4.0)	18 (4.7)	23 (2.0)	19 (1.7)	28 (1.6)	
20 - 29.....	21 (1.7)	24 (3.3)	26 (2.8)	19 (2.5)	24 (2.6)	13 (1.1)	26 (2.3)	21 (1.8)	29 (1.8)	
30 - 39.....	15 (0.6)	17 (2.5)	25 (3.6)	19 (2.6)	24 (2.4)	10 (1.8)	25 (1.2)	17 (0.9)	26 (1.1)	
40 - 49.....	15 (1.5)	18 (2.1)	24 (3.7)	16 (2.2)	20 (1.8)	14* (4.9)	23 (1.7)	17 (1.6)	26 (2.0)	
50 - 59.....	15 (1.1)	11 (1.4)	26 (2.8)	12 (1.9)	21 (1.5)	6 (0.8)	24 (1.8)	17 (1.1)	26 (1.5)	
60 - 69.....	16 (1.6)	12 (2.2)	26 (3.9)	19 (2.5)	25 (3.0)	9 (1.1)	25 (1.8)	19 (1.4)	27 (1.4)	
70 and over.....	12 (0.9)	10 (1.2)	18 (1.8)	13 (1.7)	16 (1.5)	8 (0.8)	20 (1.3)	16 (1.1)	21 (1.0)	
20 and over...	16 (0.7)	17 (1.2)	25 (1.9)	17 (1.1)	22 (0.8)	10 (0.9)	24 (0.9)	18 (0.7)	26 (0.8)	
<b>Females:</b>										
2 - 5.....	20 (1.4)	22 (1.6)	34 (3.1)	30 (1.8)	29 (1.8)	16 (1.7)	30 (1.5)	25 (1.2)	29 (1.3)	
6 - 11.....	16 (1.6)	15 (1.5)	36 (3.6)	14 (1.8)	29 (3.2)	19 (1.0)	22 (1.4)	19 (1.5)	24 (1.6)	
12 - 19.....	18 (1.8)	19 (1.6)	28 (3.9)	21 (2.2)	28 (2.6)	15 (2.2)	29 (2.8)	23 (2.5)	29 (2.3)	
20 - 29.....	17 (1.2)	21 (3.0)	29 (2.3)	20 (3.1)	27 (1.9)	11 (2.0)	27 (1.6)	20 (1.2)	29 (1.4)	
30 - 39.....	14 (1.2)	13 (1.5)	37 (2.3)	17 (2.0)	23 (3.1)	9 (0.8)	27 (1.4)	19 (1.2)	26 (1.2)	
40 - 49.....	15 (0.9)	14 (1.8)	30 (3.7)	18 (2.4)	25 (1.8)	8 (0.9)	24 (2.0)	18 (1.2)	27 (1.3)	
50 - 59.....	14 (0.8)	14 (1.4)	27 (2.4)	17 (2.1)	29 (2.3)	9 (1.4)	27 (1.4)	20 (0.9)	29 (1.3)	
60 - 69.....	13 (0.8)	10 (1.2)	21 (2.3)	13 (1.6)	23 (2.4)	8 (0.7)	23 (1.3)	18 (1.1)	26 (1.2)	
70 and over.....	12 (0.4)	10 (0.9)	21 (2.2)	16 (2.4)	16 (1.2)	7 (0.7)	22 (1.5)	15 (0.7)	20 (0.7)	
20 and over...	15 (0.4)	14 (0.7)	28 (1.1)	17 (1.0)	25 (1.0)	9 (0.4)	25 (0.7)	19 (0.5)	27 (0.5)	
<b>Males and females:</b>										
2 and over...	16 (0.4)	16 (0.7)	28 (1.1)	18 (0.7)	25 (0.7)	11 (0.6)	25 (0.7)	19 (0.6)	26 (0.6)	

**Table 25. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>Males:</b>								
2 - 5.....	19 (1.3)	20 (1.0)	27 (1.0)	15 (1.0)	27 (1.5)	17 (1.0)	37 (3.9)	-- --
6 - 11.....	19 (1.5)	17 (1.1)	22 (0.7)	11 (0.6)	20 (1.1)	16 (1.0)	47 (4.1)	-- --
12 - 19.....	18 (1.6)	17 (1.9)	27 (1.8)	13 (1.2)	22 (1.8)	17 (1.8)	42 (3.9)	-- --
20 - 29.....	20 (2.1)	18 (1.9)	28 (2.2)	13 (1.2)	22 (1.4)	16 (1.7)	37 (4.9)	-- --
30 - 39.....	14 (1.1)	16 (2.7)	25 (1.8)	10 (0.6)	20 (1.2)	12 (0.8)	43 (2.8)	-- --
40 - 49.....	17 (1.6)	15 (1.8)	25 (2.2)	10 (1.2)	21 (2.1)	12 (1.3)	45 (5.3)	-- --
50 - 59.....	13 (1.3)	13 (1.5)	24 (1.3)	8 (0.8)	21 (1.2)	13 (1.2)	48 (4.9)	-- --
60 - 69.....	16 (1.8)	15 (1.4)	25 (1.6)	13 (1.7)	21 (1.4)	14 (1.4)	37 (5.2)	-- --
70 and over.....	11 (0.8)	12 (0.9)	22 (1.2)	9 (1.3)	17 (0.8)	11 (1.0)	32 (2.4)	-- --
20 and over...	16 (0.7)	15 (1.1)	25 (0.9)	11 (0.5)	21 (0.8)	13 (0.6)	42 (3.0)	68 (3.1)
<b>Females:</b>								
2 - 5.....	20 (1.4)	22 (1.5)	28 (1.5)	17 (2.4)	28 (1.1)	20 (1.0)	36 (5.8)	-- --
6 - 11.....	17 (1.1)	17 (1.8)	24 (1.6)	13 (1.4)	22 (1.3)	18 (1.7)	37 (6.8)	-- --
12 - 19.....	21 (2.5)	20 (1.9)	28 (2.3)	17 (2.5)	26 (2.2)	20 (2.8)	40 (4.2)	-- --
20 - 29.....	19 (1.2)	18 (1.3)	28 (1.4)	11 (1.0)	22 (1.1)	16 (1.0)	52 (3.1)	-- --
30 - 39.....	16 (1.3)	15 (1.1)	24 (1.3)	11 (0.9)	21 (1.2)	14 (0.8)	41 (3.2)	-- --
40 - 49.....	16 (1.1)	15 (1.3)	27 (1.0)	10 (1.0)	23 (1.2)	13 (1.0)	43 (3.4)	-- --
50 - 59.....	16 (1.5)	18 (1.1)	28 (1.6)	12 (1.4)	24 (1.7)	14 (0.8)	50 (6.8)	-- --
60 - 69.....	17 (1.4)	15 (1.1)	28 (1.7)	11 (0.8)	21 (1.0)	14 (1.0)	40 (4.1)	-- --
70 and over.....	12 (0.5)	12 (0.5)	21 (0.9)	9 (0.7)	17 (0.7)	11 (0.4)	24 (1.5)	-- --
20 and over...	16 (0.4)	16 (0.5)	26 (0.7)	11 (0.4)	22 (0.5)	14 (0.3)	43 (2.6)	55 (4.0)
<b>Males and females:</b>								
2 and over...	17 (0.6)	16 (0.6)	26 (0.5)	11 (0.4)	22 (0.6)	14 (0.5)	42 (2.2)	-- --



## 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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

## Footnotes

- <sup>1</sup> 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", "botana", "bocadillo", "tentempie", and "bebida".
- <sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2007-2008.
- <sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as snack.
- <sup>4</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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: Percentages of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 26. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2007-2008

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (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)
<b>Non-Hispanic White:</b>										
2 - 5.....	98* (0.9)	27 (1.2)	19 (1.5)	31 (1.3)	37 (1.9)	25 (1.8)	26 (1.5)	27 (1.8)	23 (1.5)	28 (2.2)
6 - 11.....	97* (0.8)	26 (1.3)	15 (1.3)	31 (1.3)	39 (1.7)	23 (1.2)	23 (2.1)	24 (2.0)	21 (2.3)	25 (2.5)
12 - 19.....	97* (1.0)	27 (2.4)	18 (2.2)	31 (2.5)	38 (2.4)	28 (3.9)	25 (2.8)	25 (3.1)	25 (2.7)	27 (2.9)
20 and over...	97 (0.4)	24 (0.7)	13 (0.5)	28 (1.0)	38 (1.4)	19 (0.8)	20 (0.5)	21 (0.5)	19 (0.6)	20 (0.6)
2 and over...	97 (0.3)	25 (0.7)	14 (0.6)	29 (1.0)	38 (1.2)	21 (1.0)	21 (0.6)	22 (0.7)	20 (0.6)	21 (0.7)
<b>Non-Hispanic Black:</b>										
2 - 5.....	97* (1.7)	25 (1.9)	15 (1.3)	29 (2.0)	34 (2.3)	22 (1.4)	23 (2.2)	22 (2.0)	22 (2.4)	28 (2.6)
6 - 11.....	97* (0.9)	26 (1.8)	17 (1.7)	29 (1.7)	35 (2.1)	23 (1.4)	26 (2.3)	24 (2.4)	25 (2.3)	31 (2.6)
12 - 19.....	90 (1.7)	28 (1.7)	15 (1.6)	34 (2.0)	42 (2.4)	25 (1.7)	24 (1.8)	24 (2.2)	23 (1.7)	27 (2.5)
20 and over...	93 (1.4)	26 (1.2)	15 (0.9)	30 (1.3)	38 (1.9)	22 (0.9)	23 (1.0)	23 (1.2)	22 (1.0)	23 (0.9)
2 and over...	93 (1.2)	27 (1.0)	15 (0.7)	31 (1.1)	38 (1.5)	23 (0.7)	23 (0.8)	23 (0.9)	22 (0.8)	25 (0.7)
<b>Hispanic<sup>4</sup>:</b>										
<i>Mexican American</i>										
2 - 5.....	97* (1.1)	30 (1.6)	21 (1.9)	34 (1.2)	42 (1.8)	30 (1.4)	28 (2.4)	28 (2.9)	27 (2.4)	32 (3.8)
6 - 11.....	95* (1.1)	23 (1.4)	13 (1.0)	26 (1.9)	33 (2.6)	21 (1.2)	22 (1.4)	22 (1.6)	21 (1.5)	24 (2.2)
12 - 19.....	89 (2.4)	22 (1.6)	13 (1.6)	25 (1.6)	29 (2.2)	21 (2.0)	21 (2.2)	21 (2.5)	20 (1.7)	24 (2.3)
20 and over...	92 (1.3)	20 (1.1)	10 (0.8)	23 (1.3)	31 (1.7)	17 (1.1)	16 (1.1)	16 (1.1)	15 (1.2)	18 (1.1)
2 and over...	93 (0.8)	21 (0.9)	12 (0.7)	24 (1.0)	32 (1.4)	19 (0.8)	18 (0.9)	18 (0.9)	17 (1.1)	20 (1.0)
<i>All Hispanic</i>										
2 - 5.....	97* (0.8)	32 (1.2)	23 (1.6)	36 (1.0)	44 (1.6)	30 (1.4)	30 (1.6)	32 (2.3)	28 (1.5)	33 (1.9)
6 - 11.....	95 (0.9)	25 (1.3)	15 (1.0)	28 (1.6)	34 (2.2)	23 (1.1)	24 (1.2)	25 (1.5)	23 (1.3)	26 (1.4)
12 - 19.....	90 (1.9)	25 (1.6)	15 (1.5)	28 (1.7)	35 (2.5)	22 (1.4)	23 (1.7)	24 (1.8)	21 (1.6)	25 (2.0)
20 and over...	93 (1.0)	21 (0.8)	11 (0.6)	24 (0.9)	33 (1.3)	18 (1.1)	17 (0.8)	17 (0.9)	16 (0.9)	18 (0.8)
2 and over...	93 (0.7)	22 (0.7)	13 (0.5)	26 (0.7)	34 (1.1)	20 (0.7)	19 (0.6)	20 (0.7)	18 (0.8)	21 (0.7)

**Table 26. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2007-2008 (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)
<b>Non-Hispanic White:</b>									
2 - 5.....	14 (1.5)	23 (2.6)	13 (3.2)	9* (3.7)	21 (1.7)	25 (1.8)	17 (1.7)	21 (1.7)	21 (2.4)
6 - 11.....	13 (1.8)	18 (1.9)	15 (4.5)	6* (2.2)	16 (1.1)	19 (0.9)	17 (1.2)	21 (1.8)	16 (0.9)
12 - 19.....	12 (2.1)	19 (2.9)	20 (4.9)	14* (5.4)	19 (2.6)	22 (1.9)	22 (2.3)	25 (2.7)	18 (2.5)
20 and over...	9 (0.6)	17 (0.9)	10 (1.2)	11 (2.1)	17 (1.2)	23 (1.2)	17 (0.9)	18 (1.1)	16 (0.8)
2 and over...	10 (0.7)	17 (1.0)	11 (1.1)	11 (1.7)	17 (1.1)	23 (0.9)	18 (0.8)	19 (1.1)	16 (0.9)
<b>Non-Hispanic Black:</b>									
2 - 5.....	10 (1.1)	14 (2.1)	6* (1.7)	6* (2.6)	16 (1.2)	17 (1.6)	14 (1.2)	15 (1.2)	15 (1.4)
6 - 11.....	14 (1.8)	17 (2.2)	11 (2.6)	9* (4.2)	19 (1.6)	19 (1.8)	17 (1.6)	19 (2.1)	18 (1.9)
12 - 19.....	13 (1.8)	15 (2.0)	11* (3.8)	9 (2.0)	17 (1.6)	19 (2.0)	16 (1.4)	18 (1.5)	17 (1.6)
20 and over...	12 (1.0)	16 (1.7)	11 (2.2)	12 (2.7)	17 (0.9)	21 (1.5)	18 (1.0)	19 (1.0)	18 (1.4)
2 and over...	12 (0.8)	16 (1.3)	11 (1.7)	11 (2.3)	17 (0.8)	21 (1.2)	17 (0.9)	19 (0.9)	17 (1.1)
<b>Hispanic<sup>1</sup>:</b>									
<i>Mexican American</i>									
2 - 5.....	13 (2.4)	25 (2.4)	18 (5.0)	11* (5.0)	21 (1.0)	27 (2.1)	18 (0.8)	23 (0.9)	19 (1.6)
6 - 11.....	10 (1.0)	17 (2.1)	18* (5.6)	19*(10.5)	16 (1.7)	18 (1.5)	14 (1.2)	16 (1.0)	16 (1.7)
12 - 19.....	9 (1.3)	18 (1.2)	13* (4.4)	11* (3.8)	17 (2.0)	20 (1.7)	15 (1.5)	16 (1.5)	16 (2.1)
20 and over...	7 (1.0)	15 (1.6)	14 (1.8)	12 (1.7)	13 (1.0)	20 (2.2)	17 (2.3)	20 (2.6)	15 (1.4)
2 and over...	8 (0.8)	17 (1.0)	14 (1.4)	13 (2.0)	15 (0.9)	20 (1.4)	17 (1.4)	19 (1.6)	16 (1.0)
<i>All Hispanic</i>									
2 - 5.....	15 (2.2)	27 (2.4)	19 (5.4)	12* (4.5)	23 (1.2)	30 (2.0)	18 (0.7)	23 (1.3)	20 (1.6)
6 - 11.....	13 (1.1)	19 (1.7)	20 (4.5)	21* (7.7)	18 (1.4)	20 (1.2)	16 (1.1)	18 (1.1)	18 (1.8)
12 - 19.....	11 (1.4)	20 (1.7)	14 (3.0)	10 (2.9)	19 (1.6)	22 (1.7)	18 (1.8)	20 (2.0)	19 (2.2)
20 and over...	8 (0.8)	18 (1.3)	17 (2.4)	14 (2.6)	14 (0.9)	21 (1.4)	17 (1.6)	20 (1.8)	16 (1.1)
2 and over...	9 (0.6)	19 (1.0)	17 (2.0)	14 (2.2)	16 (0.7)	22 (0.9)	17 (1.0)	20 (1.1)	17 (0.7)

**Table 26. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Non-Hispanic White:</b>										
2 - 5.....	20 (1.6)	22 (2.0)	35 (4.2)	30 (2.9)	29 (1.7)	18 (1.4)	29 (2.3)	24 (1.8)	28 (1.7)	
6 - 11.....	15 (1.3)	16 (1.2)	34 (3.7)	15 (1.0)	26 (3.2)	18 (2.1)	21 (1.2)	18 (1.3)	24 (1.3)	
12 - 19.....	17 (2.0)	20 (1.9)	31 (3.5)	17 (3.1)	34 (4.3)	17 (3.5)	26 (2.8)	22 (2.5)	29 (2.5)	
20 and over...	16 (0.6)	15 (1.1)	25 (1.5)	17 (1.1)	23 (0.7)	9 (0.7)	24 (0.9)	19 (0.7)	27 (0.6)	
2 and over...	16 (0.6)	16 (0.9)	27 (1.6)	17 (0.9)	25 (0.9)	10 (0.7)	24 (0.9)	19 (0.8)	27 (0.7)	
<b>Non-Hispanic Black:</b>										
2 - 5.....	14 (1.4)	13 (1.9)	27 (4.2)	15 (2.4)	27 (2.4)	13 (2.2)	22 (1.7)	19 (1.5)	24 (2.1)	
6 - 11.....	17 (1.6)	16 (2.0)	29 (2.3)	16 (2.2)	31 (2.7)	17 (3.3)	23 (2.6)	20 (2.5)	25 (2.0)	
12 - 19.....	16 (1.5)	14 (2.7)	36 (4.2)	14 (1.8)	31 (2.0)	13 (3.9)	25 (2.3)	19 (1.7)	27 (1.7)	
20 and over...	17 (1.0)	16 (1.9)	28 (1.2)	16 (2.3)	26 (1.3)	12 (1.9)	27 (1.7)	20 (1.0)	28 (1.3)	
2 and over...	17 (0.8)	16 (1.5)	29 (1.3)	16 (1.8)	27 (0.8)	13 (1.5)	26 (1.3)	20 (0.8)	28 (1.0)	
<b>Hispanic<sup>4</sup>:</b>										
<i>Mexican American</i>										
2 - 5.....	21 (2.1)	24 (2.5)	43 (4.3)	32 (3.6)	27 (2.0)	18 (1.2)	32 (2.8)	26 (2.2)	30 (1.2)	
6 - 11.....	13 (1.0)	16 (2.4)	25 (3.1)	15 (2.0)	23 (1.3)	14 (1.1)	20 (1.2)	17 (1.1)	22 (1.3)	
12 - 19.....	14 (1.2)	17 (1.5)	29 (4.0)	18 (2.1)	27 (4.7)	13 (1.7)	23 (2.3)	17 (2.0)	22 (1.5)	
20 and over...	13 (1.0)	18 (1.9)	25 (1.8)	14 (1.8)	21 (1.4)	10 (1.2)	22 (1.3)	14 (1.1)	22 (1.1)	
2 and over...	14 (0.7)	18 (1.2)	28 (1.4)	17 (1.2)	22 (1.2)	11 (1.0)	23 (1.0)	16 (0.8)	22 (0.8)	
<i>All Hispanic</i>										
2 - 5.....	24 (1.9)	28 (2.3)	44 (3.7)	37 (3.5)	31 (2.2)	18 (1.9)	37 (2.6)	29 (1.9)	32 (1.4)	
6 - 11.....	15 (0.8)	16 (1.4)	32 (4.8)	17 (1.4)	27 (1.5)	17 (1.3)	23 (1.6)	19 (1.0)	24 (1.1)	
12 - 19.....	16 (1.3)	19 (1.9)	35 (3.0)	21 (2.0)	26 (3.3)	14 (1.3)	27 (1.6)	20 (1.6)	25 (1.3)	
20 and over...	14 (0.8)	18 (1.1)	28 (1.6)	18 (1.5)	21 (1.1)	12 (1.5)	24 (1.0)	16 (0.8)	23 (0.8)	
2 and over...	15 (0.6)	19 (0.7)	31 (1.6)	20 (1.0)	23 (0.8)	13 (1.1)	26 (0.9)	18 (0.6)	24 (0.6)	

**Table 26. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	21 (1.6)	22 (1.3)	28 (1.5)	16 (2.5)	27 (1.7)	18 (1.1)	37 (3.0)	-- --
6 - 11.....	18 (1.3)	17 (0.9)	23 (1.3)	11 (1.0)	21 (1.2)	16 (1.4)	46 (4.0)	-- --
12 - 19.....	20 (2.4)	19 (2.3)	29 (2.7)	15 (1.9)	24 (2.6)	19 (2.5)	43 (3.1)	-- --
20 and over...	16 (0.6)	15 (0.7)	26 (0.5)	11 (0.4)	21 (0.7)	14 (0.5)	43 (2.8)	64 (4.1)
2 and over...	17 (0.7)	16 (0.8)	26 (0.6)	11 (0.5)	22 (0.7)	14 (0.6)	43 (2.7)	-- --
<b>Non-Hispanic Black:</b>								
2 - 5.....	17 (1.5)	16 (1.7)	25 (2.4)	13 (1.2)	21 (1.8)	18 (1.3)	43 (9.9)	-- --
6 - 11.....	20 (1.5)	18 (1.7)	25 (1.8)	15 (1.5)	23 (1.6)	20 (2.1)	31 (6.9)	-- --
12 - 19.....	18 (1.5)	16 (2.1)	27 (2.1)	14 (1.8)	25 (1.9)	19 (1.9)	30 (4.7)	-- --
20 and over...	18 (1.2)	17 (1.1)	26 (1.6)	13 (0.7)	23 (1.2)	16 (0.9)	35 (3.6)	69 (5.7)
2 and over...	18 (0.9)	17 (0.7)	26 (1.2)	13 (0.6)	23 (0.9)	17 (0.8)	35 (3.1)	-- --
<b>Hispanic<sup>4</sup>:</b>								
<i>Mexican American</i>								
2 - 5.....	19 (0.6)	20 (1.5)	28 (1.2)	16 (1.8)	31 (1.6)	20 (1.9)	28 (5.0)	-- --
6 - 11.....	16 (1.0)	14 (1.0)	22 (1.6)	11 (1.8)	20 (1.5)	15 (1.3)	37 (9.4)	-- --
12 - 19.....	17 (1.4)	14 (1.6)	23 (2.5)	13 (2.8)	19 (1.6)	15 (1.7)	30 (6.3)	-- --
20 and over...	14 (1.3)	15 (3.8)	22 (1.9)	10 (1.3)	18 (0.9)	12 (0.9)	29 (2.2)	59 (3.4)
2 and over...	15 (0.9)	16 (2.8)	22 (1.7)	11 (1.2)	19 (0.6)	14 (0.8)	29 (2.3)	-- --
<i>All Hispanic</i>								
2 - 5.....	20 (1.0)	23 (1.4)	29 (1.4)	18 (1.6)	33 (1.5)	21 (1.3)	32 (4.6)	-- --
6 - 11.....	18 (1.3)	16 (1.1)	24 (1.4)	13 (1.5)	22 (1.4)	17 (1.2)	37 (6.9)	-- --
12 - 19.....	19 (1.5)	17 (2.0)	25 (1.7)	15 (2.1)	22 (1.4)	18 (1.4)	32 (5.5)	-- --
20 and over...	15 (0.9)	16 (2.5)	23 (1.1)	11 (0.9)	19 (0.8)	13 (0.7)	35 (3.0)	62 (2.4)
2 and over...	16 (0.6)	16 (1.8)	24 (1.0)	12 (0.8)	21 (0.6)	15 (0.6)	34 (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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

## Footnotes

<sup>1</sup> 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", "botana", "bocadillo", "tentempie", and "bebida".

<sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2007-2008.

<sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as snack.

<sup>4</sup> A new sampling methodology was implemented for NHANES 2007-2008; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.

<sup>5</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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: Percentages of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 27. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2007-2008

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (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)
<b>\$0 - \$24,999:</b>										
2 - 5.....	97* (1.1)	30 (1.3)	20 (1.1)	34 (1.4)	41 (1.2)	30 (1.3)	27 (1.6)	27 (1.7)	26 (1.7)	33 (2.3)
6 - 11.....	96* (1.4)	30 (1.9)	17 (1.2)	34 (2.3)	41 (3.0)	25 (1.9)	28 (1.8)	27 (2.3)	27 (1.9)	31 (2.3)
12 - 19.....	94 (0.9)	28 (1.8)	16 (1.5)	32 (2.0)	40 (2.6)	24 (2.8)	24 (2.5)	23 (2.2)	22 (2.9)	29 (3.2)
20 and over...	95 (0.6)	26 (0.8)	16 (0.9)	30 (1.2)	40 (1.7)	21 (1.0)	22 (0.9)	23 (1.2)	21 (1.0)	21 (1.1)
2 and over...	95 (0.5)	27 (0.8)	16 (0.7)	31 (1.1)	40 (1.6)	22 (0.9)	23 (0.9)	24 (1.0)	22 (0.9)	23 (1.0)
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	97* (1.5)	28 (1.5)	20 (1.7)	32 (1.4)	40 (1.7)	24 (1.7)	26 (1.9)	28 (2.2)	24 (1.9)	25 (2.6)
6 - 11.....	96* (1.6)	23 (1.5)	14 (1.5)	27 (1.5)	34 (1.8)	22 (1.3)	22 (2.3)	22 (2.0)	20 (2.3)	26 (3.6)
12 - 19.....	95 (1.0)	28 (2.8)	18 (2.8)	32 (2.8)	39 (2.4)	32 (5.8)	26 (3.2)	25 (4.1)	25 (3.0)	27 (3.1)
20 and over...	96 (0.6)	22 (0.7)	12 (0.5)	26 (0.9)	35 (1.1)	18 (0.8)	18 (0.5)	19 (0.6)	18 (0.5)	19 (0.7)
2 and over...	96 (0.6)	23 (0.7)	13 (0.6)	27 (0.8)	36 (1.0)	20 (1.2)	19 (0.7)	20 (0.9)	19 (0.7)	20 (0.9)
<b>\$75,000 and higher:</b>										
2 - 5.....	99* (0.4)	26 (2.0)	19 (2.1)	29 (2.4)	36 (3.4)	24 (2.0)	26 (1.7)	26 (1.8)	23 (2.0)	30 (3.2)
6 - 11.....	97* (1.4)	25 (1.9)	15 (1.8)	29 (2.1)	36 (2.3)	22 (1.6)	22 (1.7)	23 (2.0)	20 (1.9)	24 (2.5)
12 - 19.....	95* (1.7)	26 (2.4)	17 (2.1)	29 (2.4)	36 (3.0)	25 (2.8)	24 (2.6)	25 (3.0)	24 (2.5)	24 (2.9)
20 and over...	98 (0.5)	23 (0.8)	12 (0.6)	27 (1.2)	36 (1.3)	20 (0.9)	19 (0.7)	20 (0.6)	19 (0.9)	19 (1.0)
2 and over...	98 (0.5)	23 (0.7)	13 (0.5)	28 (1.0)	36 (1.1)	21 (0.8)	21 (0.6)	21 (0.7)	20 (0.8)	21 (0.8)
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	98 (0.7)	28 (0.9)	19 (1.0)	32 (0.9)	39 (1.2)	26 (1.1)	26 (1.0)	27 (1.2)	24 (1.0)	29 (1.4)
6 - 11.....	96 (0.6)	25 (0.9)	15 (0.9)	30 (0.9)	37 (1.3)	23 (0.8)	23 (1.3)	24 (1.3)	22 (1.4)	26 (1.5)
12 - 19.....	95 (0.8)	27 (1.5)	17 (1.4)	31 (1.5)	38 (1.5)	27 (2.5)	25 (1.8)	24 (2.1)	24 (1.8)	26 (1.9)
20 and over...	96 (0.4)	24 (0.5)	13 (0.4)	28 (0.8)	37 (1.1)	20 (0.7)	20 (0.3)	21 (0.4)	19 (0.4)	20 (0.5)
2 and over...	96 (0.3)	24 (0.5)	14 (0.5)	28 (0.7)	37 (1.0)	21 (0.8)	21 (0.4)	22 (0.5)	20 (0.5)	21 (0.5)

**Table 27. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (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)
<b>\$0 - \$24,999:</b>									
2 - 5.....	13 (1.1)	23 (1.4)	22 (4.5)	18* (7.6)	21 (1.4)	25 (1.4)	18 (1.2)	21 (1.3)	21 (2.4)
6 - 11.....	15 (1.8)	22 (3.0)	28*(10.5)	13 (3.1)	19 (1.2)	21 (1.7)	18 (1.6)	20 (2.0)	19 (1.7)
12 - 19.....	12 (1.3)	19 (2.6)	15* (6.1)	8* (2.5)	18 (1.5)	23 (2.6)	19 (2.4)	23 (3.8)	19 (2.0)
20 and over...	11 (0.9)	19 (1.2)	14 (1.7)	18 (4.1)	17 (1.3)	26 (1.6)	20 (1.1)	21 (1.2)	17 (0.8)
2 and over...	12 (0.8)	19 (1.1)	15 (1.4)	16 (3.1)	18 (1.1)	25 (1.5)	20 (1.0)	21 (1.1)	18 (0.9)
<b>\$25,000 - \$74,999:</b>									
2 - 5.....	15 (1.5)	21 (2.1)	8 (1.9)	6* (1.4)	19 (1.2)	25 (1.7)	14 (0.9)	18 (0.8)	16 (1.8)
6 - 11.....	12 (1.5)	16 (1.1)	13 (3.0)	11* (5.1)	15 (0.9)	18 (1.4)	16 (1.9)	19 (2.6)	14 (0.8)
12 - 19.....	12 (2.5)	20 (3.5)	21 (5.1)	18* (8.6)	21 (3.0)	25 (3.0)	23 (3.1)	26 (3.7)	22 (3.8)
20 and over...	8 (0.7)	16 (1.3)	10 (1.4)	8 (1.9)	16 (0.9)	21 (1.0)	17 (1.0)	19 (1.3)	17 (1.0)
2 and over...	9 (0.7)	17 (1.1)	11 (1.2)	9 (1.4)	16 (0.7)	21 (0.6)	17 (0.9)	19 (1.1)	17 (0.8)
<b>\$75,000 and higher:</b>									
2 - 5.....	13 (2.1)	23 (3.4)	11* (3.9)	6* (3.7)	22 (2.1)	25 (1.7)	18 (3.0)	23 (2.5)	21 (3.0)
6 - 11.....	12 (2.2)	17 (1.6)	11* (3.7)	7* (2.8)	17 (1.3)	19 (0.9)	16 (1.4)	20 (2.2)	18 (1.3)
12 - 19.....	12 (1.8)	20 (2.7)	20 (5.7)	16* (6.2)	18 (2.6)	20 (2.2)	18 (2.8)	21 (3.3)	15 (2.0)
20 and over...	9 (0.5)	17 (1.1)	11 (1.4)	12 (2.0)	17 (2.5)	21 (1.0)	15 (1.1)	16 (0.8)	15 (1.3)
2 and over...	9 (0.6)	17 (1.0)	12 (1.5)	12 (1.5)	17 (1.8)	21 (0.8)	16 (1.0)	17 (0.9)	16 (1.0)
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	14 (1.2)	23 (1.6)	12 (2.1)	9* (3.0)	20 (0.9)	25 (1.2)	17 (0.9)	20 (0.9)	19 (1.5)
6 - 11.....	13 (1.1)	18 (1.1)	15 (3.3)	10 (2.6)	16 (0.7)	19 (0.7)	16 (0.9)	19 (1.4)	16 (0.8)
12 - 19.....	12 (1.4)	19 (2.0)	18 (3.4)	13 (3.8)	18 (1.6)	22 (1.4)	20 (1.6)	23 (1.8)	18 (1.5)
20 and over...	9 (0.5)	17 (0.8)	12 (1.0)	12 (1.9)	16 (0.9)	22 (0.9)	17 (0.7)	18 (0.8)	16 (0.7)
2 and over...	10 (0.5)	18 (0.8)	12 (1.0)	12 (1.5)	17 (0.8)	22 (0.7)	17 (0.6)	19 (0.8)	17 (0.7)



**Table 27. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha- tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>\$0 - \$24,999:</b>										
2 - 5.....	20 (1.1)	21 (1.7)	40 (3.9)	27 (2.3)	33 (2.5)	20 (1.9)	31 (1.5)	25 (1.3)	30 (1.4)	
6 - 11.....	17 (1.4)	17 (2.0)	36 (3.2)	16 (1.5)	33 (2.4)	21 (2.7)	23 (2.0)	20 (1.7)	26 (1.6)	
12 - 19.....	19 (2.2)	19 (3.3)	34 (3.7)	21 (6.2)	36 (4.4)	17* (5.6)	27 (2.5)	21 (1.7)	30 (2.2)	
20 and over...	18 (0.8)	19 (1.5)	28 (1.7)	20 (1.2)	24 (1.3)	13 (2.1)	26 (1.1)	20 (0.9)	28 (1.1)	
2 and over...	18 (0.8)	19 (1.2)	30 (1.1)	20 (1.3)	26 (1.0)	14 (1.9)	26 (0.9)	21 (0.8)	28 (1.0)	
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	20 (1.8)	23 (2.0)	31 (2.5)	31 (3.0)	24 (2.1)	11 (2.9)	30 (2.4)	25 (2.1)	27 (1.6)	
6 - 11.....	14 (1.4)	15 (1.9)	30 (3.4)	14 (1.7)	27 (3.5)	15 (2.1)	20 (1.3)	17 (1.6)	23 (1.5)	
12 - 19.....	17 (2.4)	21 (3.5)	34 (3.6)	16 (3.9)	32 (6.2)	17 (3.0)	27 (4.0)	22 (3.3)	29 (3.2)	
20 and over...	15 (0.6)	14 (1.3)	26 (1.5)	16 (1.5)	23 (1.0)	9 (0.5)	23 (0.7)	17 (0.7)	25 (0.5)	
2 and over...	15 (0.5)	15 (0.9)	27 (1.2)	17 (1.2)	24 (1.2)	10 (0.5)	24 (0.8)	18 (0.7)	26 (0.6)	
<b>\$75,000 and higher:</b>										
2 - 5.....	20 (2.3)	23 (1.6)	34 (7.1)	31 (2.3)	28 (1.8)	16 (2.3)	29 (3.0)	24 (1.8)	28 (2.5)	
6 - 11.....	15 (2.1)	16 (1.0)	31 (4.9)	15 (1.3)	23 (2.2)	18 (3.7)	21 (1.6)	18 (1.5)	23 (1.5)	
12 - 19.....	16 (1.9)	18 (2.6)	33 (3.5)	17 (2.2)	31 (3.7)	17 (3.6)	24 (2.7)	20 (2.4)	27 (2.3)	
20 and over...	14 (0.8)	16 (1.4)	25 (2.4)	15 (1.6)	23 (1.3)	8 (0.5)	25 (1.1)	18 (0.9)	26 (1.1)	
2 and over...	15 (0.6)	16 (1.1)	27 (2.1)	17 (1.2)	24 (1.3)	9 (0.7)	25 (0.9)	19 (0.7)	26 (0.9)	
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	20 (1.2)	22 (1.2)	35 (2.3)	30 (2.0)	28 (1.1)	14 (1.9)	30 (1.7)	24 (1.2)	28 (1.1)	
6 - 11.....	15 (0.9)	16 (0.9)	32 (2.9)	15 (0.7)	27 (2.1)	17 (1.2)	21 (0.9)	18 (0.9)	24 (0.9)	
12 - 19.....	17 (1.3)	19 (1.5)	32 (2.4)	18 (2.2)	32 (2.8)	17 (2.8)	25 (1.9)	21 (1.7)	28 (1.6)	
20 and over...	15 (0.4)	15 (0.9)	26 (1.1)	17 (0.9)	23 (0.7)	9 (0.6)	25 (0.7)	18 (0.5)	26 (0.5)	
2 and over...	16 (0.4)	16 (0.7)	28 (1.1)	18 (0.7)	25 (0.7)	11 (0.6)	25 (0.7)	19 (0.6)	26 (0.6)	

**Table 27. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>‡</sup> % (SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	21 (1.6)	20 (1.5)	29 (1.7)	16 (1.1)	29 (1.2)	21 (1.3)	39 (5.7)	-- --
6 - 11.....	20 (1.7)	17 (1.1)	26 (2.1)	14 (1.3)	25 (1.6)	20 (1.4)	44 (6.6)	-- --
12 - 19.....	18 (1.4)	17 (1.3)	29 (2.1)	15 (1.1)	25 (2.5)	18 (2.1)	45 (6.5)	-- --
20 and over...	17 (0.7)	17 (0.8)	26 (0.8)	13 (0.7)	24 (1.1)	16 (0.7)	51 (3.8)	73 (3.2)
2 and over...	18 (0.7)	17 (0.6)	27 (0.8)	13 (0.6)	24 (1.0)	16 (0.7)	50 (3.8)	-- --
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	17 (1.2)	20 (1.5)	26 (1.7)	16 (1.7)	27 (1.7)	17 (1.6)	35 (6.0)	-- --
6 - 11.....	16 (1.1)	15 (1.3)	23 (1.6)	12 (1.0)	19 (1.5)	16 (1.4)	49 (6.9)	-- --
12 - 19.....	22 (3.4)	19 (2.6)	30 (3.3)	17 (2.5)	24 (3.1)	21 (3.1)	42 (4.1)	-- --
20 and over...	15 (0.8)	14 (0.8)	24 (0.7)	10 (0.5)	20 (0.5)	13 (0.6)	39 (2.7)	65 (5.1)
2 and over...	16 (0.7)	15 (0.8)	25 (0.6)	12 (0.6)	20 (0.7)	14 (0.6)	39 (2.5)	-- --
<b>\$75,000 and higher:</b>								
2 - 5.....	21 (1.8)	23 (2.0)	28 (2.7)	17 (3.3)	26 (2.6)	16 (1.9)	35 (9.0)	-- --
6 - 11.....	19 (1.2)	19 (1.2)	22 (1.2)	12 (1.9)	20 (1.8)	16 (1.2)	31 (5.3)	-- --
12 - 19.....	18 (2.0)	19 (2.6)	26 (2.4)	13 (1.7)	23 (2.0)	17 (2.6)	33 (5.9)	-- --
20 and over...	16 (0.9)	16 (1.4)	26 (1.3)	10 (0.7)	20 (0.7)	13 (0.8)	39 (2.7)	55 (4.3)
2 and over...	17 (0.7)	17 (1.1)	26 (1.0)	11 (0.6)	21 (0.6)	14 (0.6)	39 (2.5)	-- --
<b>All Individuals<sup>4</sup>:</b>								
2 - 5.....	19 (0.8)	21 (0.9)	28 (1.0)	16 (1.5)	27 (1.2)	18 (0.9)	37 (2.2)	-- --
6 - 11.....	18 (0.8)	17 (0.7)	23 (0.9)	12 (0.7)	21 (0.8)	17 (0.9)	43 (3.7)	-- --
12 - 19.....	19 (1.5)	18 (1.4)	28 (1.7)	14 (1.3)	24 (1.7)	18 (1.7)	41 (2.6)	-- --
20 and over...	16 (0.5)	15 (0.6)	26 (0.5)	11 (0.3)	21 (0.5)	13 (0.4)	42 (2.4)	64 (2.7)
2 and over...	17 (0.6)	16 (0.6)	26 (0.5)	11 (0.4)	22 (0.6)	14 (0.5)	42 (2.2)	-- --

## 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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

## Footnotes

<sup>1</sup> 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", "botana", "bocadillo", "tentempie", and "bebida".

<sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2007-2008.

<sup>3</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as snack.

<sup>4</sup> Includes persons of all income levels or with unknown family income.

<sup>5</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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: Percentages of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 28. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008

Family income as % of Federal poverty threshold and age (years)	Percent reporting <sup>4</sup> % (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)
<b>Under 131% poverty:</b>										
2 - 5.....	97* (0.9)	29 (1.4)	19 (1.2)	33 (1.5)	40 (1.3)	28 (1.8)	26 (1.7)	27 (1.9)	25 (1.7)	30 (2.3)
6 - 11.....	96 (1.2)	28 (1.9)	17 (1.1)	32 (2.3)	39 (3.2)	24 (1.6)	27 (1.7)	28 (2.0)	26 (1.9)	29 (2.0)
12 - 19.....	93 (1.1)	28 (1.8)	17 (1.5)	32 (2.1)	41 (2.4)	24 (2.3)	24 (2.1)	24 (2.3)	22 (2.0)	27 (2.4)
20 and over...	94 (0.5)	27 (1.1)	15 (0.9)	31 (1.7)	43 (2.0)	21 (1.1)	22 (1.2)	23 (1.5)	22 (1.2)	22 (1.1)
2 and over...	95 (0.5)	27 (0.9)	16 (0.7)	32 (1.4)	42 (1.7)	22 (0.9)	23 (0.9)	24 (1.1)	22 (0.9)	24 (1.0)
<b>131-185% poverty:</b>										
2 - 5.....	99* (1.0)	25 (1.4)	16* (2.0)	31 (2.3)	40 (2.8)	26 (3.7)	21 (1.2)	24 (1.7)	19 (1.0)	19 (2.4)
6 - 11.....	97* (1.4)	24 (2.0)	14 (1.6)	29 (3.1)	39 (3.6)	20 (2.6)	20 (2.0)	22 (2.4)	19 (1.9)	22 (3.0)
12 - 19.....	96* (1.9)	21 (2.3)	10* (2.3)	26 (2.2)	35 (2.9)	22 (2.5)	18 (3.2)	18 (4.4)	18 (2.6)	18 (3.0)
20 and over...	94 (1.0)	22 (1.0)	12 (0.7)	25 (1.0)	36 (1.5)	18 (0.9)	17 (1.1)	19 (1.5)	16 (0.9)	16 (1.3)
2 and over...	95 (0.7)	22 (1.0)	12 (0.7)	26 (0.9)	36 (1.3)	19 (0.7)	18 (1.2)	19 (1.7)	17 (0.9)	17 (1.2)
<b>Over 185% poverty:</b>										
2 - 5.....	98* (1.0)	28 (1.5)	21 (1.9)	32 (1.5)	38 (2.0)	25 (1.6)	27 (1.7)	28 (1.7)	25 (1.9)	29 (2.5)
6 - 11.....	97* (0.8)	24 (1.1)	14 (1.3)	28 (1.1)	35 (1.3)	23 (1.2)	22 (1.8)	22 (1.7)	21 (1.7)	27 (2.7)
12 - 19.....	95 (1.1)	28 (2.1)	19 (2.2)	31 (2.2)	37 (2.1)	30 (4.2)	26 (2.4)	26 (2.7)	27 (2.5)	28 (2.7)
20 and over...	97 (0.4)	23 (0.5)	12 (0.5)	27 (0.7)	35 (1.0)	19 (0.8)	19 (0.3)	20 (0.3)	19 (0.4)	19 (0.6)
2 and over...	97 (0.4)	24 (0.6)	13 (0.6)	27 (0.7)	36 (0.9)	21 (1.1)	20 (0.5)	21 (0.5)	20 (0.5)	21 (0.6)
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	98 (0.7)	28 (0.9)	19 (1.0)	32 (0.9)	39 (1.2)	26 (1.1)	26 (1.0)	27 (1.2)	24 (1.0)	29 (1.4)
6 - 11.....	96 (0.6)	25 (0.9)	15 (0.9)	30 (0.9)	37 (1.3)	23 (0.8)	23 (1.3)	24 (1.3)	22 (1.4)	26 (1.5)
12 - 19.....	95 (0.8)	27 (1.5)	17 (1.4)	31 (1.5)	38 (1.5)	27 (2.5)	25 (1.8)	24 (2.1)	24 (1.8)	26 (1.9)
20 and over...	96 (0.4)	24 (0.5)	13 (0.4)	28 (0.8)	37 (1.1)	20 (0.7)	20 (0.3)	21 (0.4)	19 (0.4)	20 (0.5)
2 and over...	96 (0.3)	24 (0.5)	14 (0.5)	28 (0.7)	37 (1.0)	21 (0.8)	21 (0.4)	22 (0.5)	20 (0.5)	21 (0.5)

**Table 28. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (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)
<b>Under 131% poverty:</b>									
2 - 5.....	13 (1.1)	21 (1.9)	16 (2.5)	15* (6.5)	20 (1.5)	24 (1.8)	17 (1.4)	20 (1.7)	19 (2.4)
6 - 11.....	15 (1.7)	21 (2.5)	25* (8.6)	13 (2.5)	18 (1.1)	20 (1.4)	17 (1.4)	19 (1.7)	17 (1.4)
12 - 19.....	15 (1.9)	20 (2.7)	17* (5.7)	7 (2.1)	17 (1.4)	24 (2.8)	21 (2.5)	24 (3.3)	18 (1.8)
20 and over...	12 (1.0)	19 (1.7)	13 (1.9)	17 (4.5)	18 (1.7)	26 (2.0)	21 (1.3)	21 (1.6)	18 (1.3)
2 and over...	12 (0.9)	20 (1.4)	14 (1.5)	15 (3.1)	18 (1.1)	25 (1.6)	20 (1.1)	21 (1.4)	18 (1.0)
<b>131-185% poverty:</b>									
2 - 5.....	11* (1.7)	18* (2.9)	8* (4.1)	8* (3.3)	14* (1.5)	20 (1.4)	11* (1.5)	15* (2.2)	10* (1.9)
6 - 11.....	13 (2.0)	18 (2.1)	11* (3.7)	12* (4.9)	17 (1.5)	23 (3.5)	20 (5.2)	24 (5.9)	17 (1.8)
12 - 19.....	6* (2.1)	16* (5.6)	16* (6.2)	5* (3.1)	14 (2.9)	24 (4.2)	22* (7.4)	26 (7.7)	15 (3.7)
20 and over...	8 (0.8)	17 (0.9)	11 (2.4)	14* (5.1)	13 (0.8)	21 (2.4)	15 (1.5)	18 (1.3)	14 (0.8)
2 and over...	8 (0.9)	17 (1.2)	11 (2.1)	13* (4.4)	14 (0.7)	22 (1.3)	16 (1.1)	19 (1.4)	14 (0.5)
<b>Over 185% poverty:</b>									
2 - 5.....	16 (2.2)	24 (2.6)	10 (2.6)	6* (2.8)	22 (1.8)	27 (1.8)	18 (2.2)	21 (1.9)	21 (2.5)
6 - 11.....	11 (1.4)	16 (1.3)	12 (3.3)	9* (3.9)	16 (1.2)	17 (0.8)	16 (1.6)	19 (2.0)	16 (0.9)
12 - 19.....	12 (1.4)	20 (2.4)	20 (4.3)	22 (6.1)	21 (2.8)	22 (2.3)	20 (2.8)	23 (3.4)	20 (2.7)
20 and over...	9 (0.6)	16 (1.0)	11 (1.2)	10 (1.4)	16 (1.3)	21 (0.8)	16 (0.8)	17 (0.9)	16 (1.0)
2 and over...	9 (0.6)	17 (0.9)	11 (1.2)	11 (1.1)	17 (1.2)	21 (0.6)	17 (0.8)	18 (0.9)	17 (0.9)
<b>All Individuals<sup>5</sup>:</b>									
2 - 5.....	14 (1.2)	23 (1.6)	12 (2.1)	9* (3.0)	20 (0.9)	25 (1.2)	17 (0.9)	20 (0.9)	19 (1.5)
6 - 11.....	13 (1.1)	18 (1.1)	15 (3.3)	10 (2.6)	16 (0.7)	19 (0.7)	16 (0.9)	19 (1.4)	16 (0.8)
12 - 19.....	12 (1.4)	19 (2.0)	18 (3.4)	13 (3.8)	18 (1.6)	22 (1.4)	20 (1.6)	23 (1.8)	18 (1.5)
20 and over...	9 (0.5)	17 (0.8)	12 (1.0)	12 (1.9)	16 (0.9)	22 (0.9)	17 (0.7)	18 (0.8)	16 (0.7)
2 and over...	10 (0.5)	18 (0.8)	12 (1.0)	12 (1.5)	17 (0.8)	22 (0.7)	17 (0.6)	19 (0.8)	17 (0.7)

**Table 28. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Under 131% poverty:</b>										
2 - 5.....	19 (1.1)	20 (2.1)	37 (3.5)	26 (2.5)	30 (2.2)	17 (1.5)	29 (1.6)	23 (1.5)	29 (1.6)	
6 - 11.....	16 (1.4)	16 (1.7)	35 (2.8)	15 (1.5)	31 (2.3)	19 (2.4)	23 (1.8)	20 (1.5)	25 (1.6)	
12 - 19.....	20 (1.9)	21 (3.0)	34 (3.4)	21 (4.8)	33 (3.5)	18 (4.4)	28 (2.4)	21 (1.7)	29 (2.0)	
20 and over...	17 (0.8)	17 (1.7)	29 (2.2)	19 (2.0)	25 (1.8)	12 (1.4)	26 (1.3)	20 (1.2)	28 (1.1)	
2 and over...	18 (0.8)	18 (1.2)	32 (1.4)	20 (1.7)	27 (1.4)	14 (1.3)	26 (1.0)	20 (1.0)	28 (1.1)	
<b>131-185% poverty:</b>										
2 - 5.....	15* (1.6)	18* (3.0)	39 (8.0)	22 (4.1)	20 (2.1)	10* (2.9)	26 (3.1)	20 (2.2)	24 (2.0)	
6 - 11.....	15 (1.6)	23 (4.3)	31 (6.3)	18 (3.2)	24 (3.1)	14 (2.5)	21 (1.6)	17 (1.5)	23 (1.6)	
12 - 19.....	10* (2.8)	23 (5.4)	31 (6.4)	17* (9.7)	19 (3.2)	14 (3.8)	20 (3.7)	14 (3.3)	22 (2.6)	
20 and over...	14 (1.0)	17 (1.9)	29 (2.2)	19 (1.9)	21 (1.8)	8 (1.0)	25 (1.3)	17 (0.8)	25 (1.0)	
2 and over...	14 (1.0)	18 (1.3)	30 (1.8)	19 (2.1)	21 (1.2)	9 (1.0)	24 (1.3)	17 (1.0)	25 (0.9)	
<b>Over 185% poverty:</b>										
2 - 5.....	22 (2.2)	25 (1.8)	32 (4.1)	34 (2.6)	28 (2.0)	14 (3.1)	31 (2.6)	26 (2.1)	29 (2.0)	
6 - 11.....	15 (1.4)	14 (0.6)	31 (3.9)	14 (1.1)	26 (2.7)	18 (2.1)	20 (1.0)	18 (1.2)	23 (1.2)	
12 - 19.....	17 (1.5)	18 (2.3)	33 (3.3)	17 (1.9)	35 (4.3)	17 (3.2)	26 (2.5)	23 (2.4)	30 (2.3)	
20 and over...	15 (0.5)	15 (1.0)	25 (1.8)	16 (1.1)	23 (0.7)	9 (0.7)	24 (0.7)	18 (0.6)	26 (0.6)	
2 and over...	15 (0.5)	16 (0.9)	26 (1.5)	17 (0.9)	24 (0.9)	10 (0.7)	25 (0.8)	19 (0.7)	26 (0.7)	
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	20 (1.2)	22 (1.2)	35 (2.3)	30 (2.0)	28 (1.1)	14 (1.9)	30 (1.7)	24 (1.2)	28 (1.1)	
6 - 11.....	15 (0.9)	16 (0.9)	32 (2.9)	15 (0.7)	27 (2.1)	17 (1.2)	21 (0.9)	18 (0.9)	24 (0.9)	
12 - 19.....	17 (1.3)	19 (1.5)	32 (2.4)	18 (2.2)	32 (2.8)	17 (2.8)	25 (1.9)	21 (1.7)	28 (1.6)	
20 and over...	15 (0.4)	15 (0.9)	26 (1.1)	17 (0.9)	23 (0.7)	9 (0.6)	25 (0.7)	18 (0.5)	26 (0.5)	
2 and over...	16 (0.4)	16 (0.7)	28 (1.1)	18 (0.7)	25 (0.7)	11 (0.6)	25 (0.7)	19 (0.6)	26 (0.6)	

**Table 28. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Foods Eaten at Snack Occasions, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium <sup>†</sup> (adjusted) % (SE)	Caffeine % (SE)	Alcohol <sup>6</sup> % (SE)
<b>Under 131% poverty:</b>								
2 - 5.....	19 (1.8)	19 (1.5)	28 (1.7)	15 (1.2)	28 (1.4)	19 (1.4)	41 (4.3)	-- --
6 - 11.....	19 (1.4)	17 (1.0)	25 (1.7)	13 (1.1)	24 (1.5)	20 (1.3)	45 (6.2)	-- --
12 - 19.....	19 (1.4)	18 (1.3)	28 (1.8)	15 (1.3)	25 (2.1)	18 (1.9)	49 (5.9)	-- --
20 and over...	18 (0.9)	17 (0.8)	26 (0.8)	13 (0.7)	24 (1.4)	16 (0.9)	52 (3.8)	73 (3.3)
2 and over...	18 (0.7)	17 (0.6)	27 (0.8)	13 (0.6)	24 (1.1)	17 (0.8)	51 (3.7)	-- --
<b>131-185% poverty:</b>								
2 - 5.....	14* (1.2)	15* (1.9)	23 (2.7)	11* (1.4)	25 (2.2)	13* (1.0)	42*(10.6)	-- --
6 - 11.....	17 (1.7)	16 (1.9)	22 (2.0)	14 (1.6)	20 (1.9)	16 (2.0)	58 (11.4)	-- --
12 - 19.....	14 (3.3)	14 (2.6)	24 (1.9)	9* (2.3)	18 (3.6)	13* (2.2)	45 (6.1)	-- --
20 and over...	14 (0.9)	14 (0.8)	24 (0.8)	9 (0.6)	21 (1.1)	12 (0.7)	41 (6.4)	72 (5.6)
2 and over...	14 (0.7)	14 (0.8)	24 (0.7)	10 (0.6)	21 (1.3)	13 (0.7)	42 (4.9)	-- --
<b>Over 185% poverty:</b>								
2 - 5.....	20 (1.8)	23 (1.8)	28 (2.0)	18 (2.9)	28 (2.0)	18 (1.9)	31 (2.9)	-- --
6 - 11.....	18 (1.1)	17 (1.0)	23 (1.0)	11 (1.2)	20 (1.3)	16 (1.2)	35 (4.4)	-- --
12 - 19.....	21 (2.4)	20 (2.1)	29 (2.7)	16 (2.1)	25 (2.1)	20 (2.5)	33 (4.3)	-- --
20 and over...	16 (0.6)	15 (0.8)	25 (0.5)	11 (0.5)	20 (0.5)	13 (0.4)	40 (2.6)	60 (3.8)
2 and over...	17 (0.7)	16 (0.9)	26 (0.6)	11 (0.6)	21 (0.5)	14 (0.5)	39 (2.4)	-- --
<b>All Individuals<sup>5</sup>:</b>								
2 - 5.....	19 (0.8)	21 (0.9)	28 (1.0)	16 (1.5)	27 (1.2)	18 (0.9)	37 (2.2)	-- --
6 - 11.....	18 (0.8)	17 (0.7)	23 (0.9)	12 (0.7)	21 (0.8)	17 (0.9)	43 (3.7)	-- --
12 - 19.....	19 (1.5)	18 (1.4)	28 (1.7)	14 (1.3)	24 (1.7)	18 (1.7)	41 (2.6)	-- --
20 and over...	16 (0.5)	15 (0.6)	26 (0.5)	11 (0.3)	21 (0.5)	13 (0.4)	42 (2.4)	64 (2.7)
2 and over...	17 (0.6)	16 (0.6)	26 (0.5)	11 (0.4)	22 (0.6)	14 (0.5)	42 (2.2)	-- --

## 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), 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 2.16.

**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 the VIF represents a broadly calculated average design effect and  $n^*$  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 2.16.

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

## Footnotes

<sup>1</sup> 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", "botana", "bocadillo", "tentempie", and "bebida".

<sup>2</sup> Percentages are 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 analysis were used to allow estimates representative of the U. S. population for the years of collection. Total daily nutrient intakes are available from: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2007-2008.

<sup>3</sup> 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](http://www.fns.usda.gov).

<sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as snack.

<sup>5</sup> Includes persons of all income levels or with unknown family income.

<sup>6</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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: 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 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).



**Table 29. Snacks:** Distribution of Snack Occasions<sup>1</sup>,  
by Gender and Age, in the United States, 2007-2008

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)
<b>Males:</b>									
2 - 5.....	455	2* (0.5)	10 (2.0)	23 (2.9)	25 (2.8)	18 (2.0)	11 (2.0)	5 (1.4)	6 (1.7)
6 - 11.....	550	5 (1.1)	17 (2.3)	22 (2.3)	29 (2.3)	13 (1.5)	7 (1.7)	5 (1.3)	2* (0.7)
12 - 19.....	607	5 (1.0)	19 (2.7)	28 (2.1)	22 (2.4)	18 (1.6)	4 (1.5)	2* (0.6)	2* (0.8)
20 - 29.....	409	6 (1.0)	18 (2.4)	28 (2.3)	22 (2.5)	13 (2.4)	7 (1.0)	2* (0.9)	3* (1.5)
30 - 39.....	450	5 (1.2)	16 (1.7)	26 (2.7)	23 (2.6)	18 (3.2)	7 (1.9)	3* (1.4)	2* (0.8)
40 - 49.....	412	3* (0.7)	15 (2.4)	26 (2.3)	21 (3.3)	17 (2.7)	10 (2.3)	7 (2.2)	2* (0.6)
50 - 59.....	431	2* (0.4)	20 (3.8)	21 (3.0)	25 (2.8)	14 (3.0)	8 (1.2)	6 (2.8)	3* (1.2)
60 - 69.....	459	5 (1.0)	16 (2.3)	28 (2.3)	21 (3.0)	13 (1.6)	9 (1.8)	5 (1.2)	2* (0.9)
70 and over.....	500	7 (1.0)	19 (2.4)	26 (2.6)	24 (2.9)	14 (2.2)	7 (1.5)	2* (0.8)	1* (0.5)
20 and over...	2661	5 (0.5)	17 (1.1)	26 (1.1)	23 (1.3)	15 (1.5)	8 (0.9)	5 (0.9)	2 (0.4)
<b>Females:</b>									
2 - 5.....	377	3* (1.1)	10 (1.9)	21 (4.1)	24 (3.9)	22 (2.0)	11 (2.4)	7 (1.8)	3* (0.9)
6 - 11.....	571	2* (0.7)	12 (1.9)	25 (2.2)	27 (3.4)	19 (2.0)	8 (1.3)	3 (1.4)	4 (1.4)
12 - 19.....	549	5 (1.0)	17 (2.1)	28 (3.3)	27 (3.7)	9 (1.5)	7 (1.6)	5 (1.4)	1* (0.8)
20 - 29.....	409	4* (1.2)	14 (2.0)	26 (3.2)	25 (2.0)	19 (2.2)	7 (1.3)	3* (1.3)	2* (0.8)
30 - 39.....	482	5 (1.0)	16 (2.4)	27 (2.7)	25 (2.0)	15 (2.1)	7 (1.3)	3* (0.7)	3* (1.0)
40 - 49.....	466	2* (0.6)	12 (2.3)	21 (2.5)	22 (2.2)	20 (3.0)	13 (1.9)	7 (1.9)	2* (1.0)
50 - 59.....	413	2* (0.6)	16 (2.6)	17 (2.3)	21 (2.3)	17 (3.2)	13 (2.3)	7 (2.1)	6 (1.6)
60 - 69.....	465	1* (0.6)	13 (2.3)	23 (2.0)	24 (2.5)	18 (2.3)	12 (2.7)	4 (1.0)	3* (1.3)
70 and over.....	523	6 (1.3)	21 (1.9)	25 (1.9)	23 (1.7)	14 (2.4)	7 (1.4)	4 (1.0)	1* (0.4)
20 and over...	2758	3 (0.4)	15 (1.0)	23 (1.2)	23 (0.7)	17 (1.2)	10 (0.8)	5 (0.6)	3 (0.5)
<b>Males and females:</b>									
2 and over...	8528	4 (0.3)	16 (0.8)	25 (0.8)	24 (0.5)	16 (0.7)	8 (0.6)	5 (0.4)	3 (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 2.16.

## Footnotes

<sup>1</sup> 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", "botana", "bocadillo", "tentempie", and "bebida".

## Abbreviations

SE = standard error.

## Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 30. Snacks:** Distribution of Snack Occasions<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2007-2008

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)
<b>Non-Hispanic White:</b>									
2 - 5.....	295	2* (0.9)	9 (2.5)	23 (5.3)	27 (4.7)	18 (2.4)	12 (2.2)	6* (1.3)	3* (1.1)
6 - 11.....	336	3* (0.8)	12 (2.2)	22 (2.5)	30 (4.0)	16 (1.6)	8 (1.6)	5 (1.9)	3* (1.5)
12 - 19.....	360	3* (1.0)	17 (2.0)	28 (2.5)	27 (1.9)	14 (1.7)	6 (1.3)	4* (1.2)	2* (1.0)
20 and over...	2547	3 (0.4)	14 (1.0)	25 (1.2)	24 (0.7)	17 (1.3)	10 (1.0)	5 (0.7)	3 (0.4)
2 and over...	3538	3 (0.3)	14 (0.9)	25 (1.0)	25 (0.6)	17 (1.0)	9 (0.9)	5 (0.6)	3 (0.4)
<b>Non-Hispanic Black:</b>									
2 - 5.....	182	3* (1.7)	18 (4.2)	22 (3.9)	23 (4.5)	18 (3.9)	5* (1.8)	4* (1.6)	6* (1.8)
6 - 11.....	295	3* (0.9)	22 (4.3)	26 (3.2)	25 (4.1)	11 (2.2)	8 (2.7)	1* (0.8)	3* (1.4)
12 - 19.....	311	10 (1.7)	24 (3.6)	29 (2.4)	18 (2.4)	11 (1.7)	5* (1.2)	2* (0.5)	2* (0.9)
20 and over...	1136	7 (1.4)	20 (2.1)	27 (1.9)	19 (1.4)	15 (1.6)	7 (0.7)	3 (0.6)	2 (0.7)
2 and over...	1924	7 (1.2)	21 (1.6)	27 (1.5)	20 (1.3)	14 (1.2)	7 (0.7)	2 (0.5)	2 (0.6)
<b>Hispanic<sup>2</sup>:</b>									
<i>Mexican American</i>									
2 - 5.....	217	3* (1.1)	11 (2.6)	23 (1.7)	19 (3.1)	22 (3.6)	11 (1.7)	4* (1.4)	6* (1.8)
6 - 11.....	291	5* (1.1)	24 (3.5)	28 (2.9)	21 (2.2)	14 (1.9)	6* (0.8)	1* (0.4)	1* (1.0)
12 - 19.....	270	11 (2.4)	23 (2.3)	20 (3.6)	24 (3.1)	13 (2.0)	6* (1.7)	3* (1.7)	#
20 and over...	930	8 (1.3)	27 (2.0)	24 (1.3)	21 (1.6)	12 (1.4)	5 (0.9)	3 (0.7)	2* (0.6)
2 and over...	1708	7 (0.8)	24 (1.3)	23 (0.8)	21 (1.0)	13 (1.0)	6 (0.7)	3 (0.7)	2 (0.4)
<i>All Hispanic</i>									
2 - 5.....	308	3* (0.8)	10 (1.6)	22 (1.5)	19 (2.3)	21 (2.7)	11 (1.9)	6 (1.5)	9 (2.0)
6 - 11.....	437	5 (0.9)	20 (2.5)	25 (2.1)	22 (1.8)	17 (2.5)	6 (1.3)	2* (0.8)	3* (1.4)
12 - 19.....	431	10 (1.9)	19 (2.4)	24 (3.0)	24 (2.7)	13 (2.3)	6 (1.1)	3* (1.5)	#
20 and over...	1525	7 (1.0)	24 (1.3)	25 (1.2)	20 (0.9)	13 (1.1)	6 (0.8)	4 (0.5)	2 (0.4)
2 and over...	2701	7 (0.7)	21 (0.9)	25 (1.0)	21 (0.6)	14 (0.9)	7 (0.6)	4 (0.5)	3 (0.4)

### 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 2.16.

# Indicates a non-zero value too small to report.

### Footnotes

<sup>1</sup> 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", "botana", "bocadillo", "tentempie", and "bebida".

<sup>2</sup> A new sampling methodology was implemented for NHANES 2007-2008; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.

### Abbreviations

SE = standard error.

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 31. Snacks:** Distribution of Snack Occasions<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2007-2008

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)	
<b>\$0 - \$24,999:</b>										
2 - 5.....	295	3* (1.1)	10 (2.5)	19 (3.0)	18 (3.2)	23 (3.2)	16 (3.4)	6 (1.6)	5* (1.7)	
6 - 11.....	378	4* (1.4)	18 (2.2)	23 (3.5)	22 (3.3)	15 (2.1)	7 (1.8)	6 (2.6)	6 (2.5)	
12 - 19.....	379	6 (0.9)	20 (2.2)	23 (2.2)	28 (3.6)	15 (2.9)	4* (1.5)	3* (1.2)	1* (0.8)	
20 and over...	1830	5 (0.6)	21 (1.3)	23 (1.2)	21 (1.0)	15 (1.8)	8 (0.8)	4 (0.7)	3 (0.5)	
2 and over...	2882	5 (0.5)	20 (1.1)	23 (1.0)	22 (0.8)	15 (1.3)	8 (0.9)	4 (0.6)	3 (0.4)	
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	335	3* (1.5)	11 (2.7)	20 (2.5)	28 (4.8)	20 (3.0)	7 (1.5)	4* (1.7)	6 (1.8)	
6 - 11.....	462	4* (1.6)	16 (2.0)	26 (3.5)	28 (4.3)	15 (1.7)	5 (1.3)	4 (1.5)	2* (1.0)	
12 - 19.....	439	5 (1.0)	18 (2.7)	28 (2.8)	23 (4.1)	15 (2.4)	5 (1.1)	5 (1.3)	#	
20 and over...	2111	4 (0.6)	16 (0.7)	26 (1.3)	23 (1.1)	17 (0.9)	8 (1.0)	4 (0.6)	2 (0.3)	
2 and over...	3347	4 (0.5)	16 (0.6)	26 (1.1)	24 (1.4)	16 (0.8)	7 (0.8)	4 (0.5)	2 (0.3)	
<b>\$75,000 and higher:</b>										
2 - 5.....	152	1* (0.4)	9* (3.1)	27 (7.3)	25 (4.7)	17 (3.2)	12 (2.4)	7* (2.3)	2* (0.9)	
6 - 11.....	221	3* (1.4)	12 (3.8)	22 (4.6)	34 (6.4)	17 (2.5)	9 (1.2)	1* (0.4)	3* (1.7)	
12 - 19.....	246	5* (1.7)	18 (3.9)	31 (3.3)	24 (3.6)	11 (2.0)	6* (2.1)	3* (1.8)	2* (1.1)	
20 and over...	1055	2 (0.5)	11 (1.2)	25 (1.7)	24 (2.1)	17 (1.4)	11 (1.6)	6 (1.0)	3 (0.7)	
2 and over...	1674	2 (0.5)	12 (1.2)	25 (1.4)	25 (2.1)	17 (1.0)	10 (1.2)	5 (0.8)	3 (0.6)	
<b>All Individuals<sup>2</sup>:</b>										
2 - 5.....	832	2 (0.7)	10 (1.4)	22 (3.0)	24 (3.0)	20 (1.5)	11 (1.5)	6 (1.0)	4 (1.0)	
6 - 11.....	1121	4 (0.6)	15 (1.4)	24 (1.5)	28 (2.6)	16 (1.6)	7 (1.0)	4 (1.2)	3 (1.0)	
12 - 19.....	1156	5 (0.8)	18 (1.3)	28 (1.9)	25 (1.4)	13 (1.2)	6 (0.9)	3 (0.7)	2 (0.6)	
20 and over...	5419	4 (0.4)	16 (0.8)	24 (0.9)	23 (0.6)	16 (1.0)	9 (0.7)	5 (0.5)	3 (0.3)	
2 and over...	8528	4 (0.3)	16 (0.8)	25 (0.8)	24 (0.5)	16 (0.7)	8 (0.6)	5 (0.4)	3 (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 2.16.

# Indicates a non-zero value too small to report.

### Footnotes

<sup>1</sup> 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", "botana", "bocadillo", "tentempie", and "bebida".

<sup>2</sup> 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 32. Snacks:** Distribution of Snack Occasions<sup>1</sup>,  
by Family Income (as % of Federal Poverty Threshold<sup>2</sup>) and Age, in the United States, 2007-2008

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)
<b>Under 131% poverty:</b>									
2 - 5.....	386	3* (0.9)	11 (2.3)	19 (2.0)	21 (3.2)	22 (2.9)	15 (2.5)	5 (1.1)	4* (1.5)
6 - 11.....	468	4 (1.2)	20 (1.8)	22 (2.6)	24 (2.8)	15 (2.0)	5 (1.5)	5 (2.3)	4 (2.0)
12 - 19.....	450	7 (1.1)	18 (2.1)	22 (1.7)	27 (2.6)	17 (2.6)	6 (1.4)	2* (1.0)	1* (0.5)
20 and over...	1506	6 (0.5)	21 (1.4)	25 (1.6)	20 (1.0)	14 (1.5)	8 (1.2)	3 (0.5)	3 (0.7)
2 and over...	2810	5 (0.5)	20 (1.1)	23 (1.3)	22 (0.8)	15 (1.1)	8 (1.0)	4 (0.5)	3 (0.5)
<b>131-185% poverty:</b>									
2 - 5.....	90	1* (1.0)	15* (2.4)	29* (8.9)	26* (8.5)	13* (4.9)	5* (2.2)	2* (0.9)	9* (4.0)
6 - 11.....	138	3* (1.4)	14 (3.2)	32 (5.6)	23 (6.6)	11* (3.8)	7* (4.4)	5* (3.6)	4* (2.4)
12 - 19.....	129	4* (1.9)	19 (3.9)	37 (4.7)	17 (5.2)	13* (3.2)	2* (1.0)	6* (3.5)	1* (1.0)
20 and over...	694	6 (1.0)	20 (1.9)	25 (1.5)	23 (2.3)	13 (2.2)	8 (1.1)	3 (1.0)	2* (0.4)
2 and over...	1051	5 (0.7)	19 (1.3)	27 (1.6)	22 (2.0)	13 (1.8)	7 (0.8)	3 (1.0)	2 (0.5)
<b>Over 185% poverty:</b>									
2 - 5.....	298	2* (1.0)	9 (2.7)	23 (4.5)	26 (4.8)	20 (2.7)	10 (2.0)	7 (1.7)	4* (1.5)
6 - 11.....	446	3* (0.8)	12 (2.3)	23 (3.3)	32 (4.2)	17 (1.8)	7 (0.9)	2* (0.8)	3* (1.3)
12 - 19.....	473	5 (1.1)	19 (2.4)	29 (3.3)	25 (2.4)	12 (1.6)	5 (1.5)	4 (1.1)	2* (0.7)
20 and over...	2734	3 (0.4)	14 (0.7)	25 (1.1)	24 (1.1)	17 (1.0)	9 (1.0)	6 (0.8)	3 (0.5)
2 and over...	3951	3 (0.4)	14 (0.7)	25 (1.0)	25 (0.9)	17 (0.9)	9 (0.9)	5 (0.6)	3 (0.4)
<b>All Individuals<sup>3</sup>:</b>									
2 - 5.....	832	2 (0.7)	10 (1.4)	22 (3.0)	24 (3.0)	20 (1.5)	11 (1.5)	6 (1.0)	4 (1.0)
6 - 11.....	1121	4 (0.6)	15 (1.4)	24 (1.5)	28 (2.6)	16 (1.6)	7 (1.0)	4 (1.2)	3 (1.0)
12 - 19.....	1156	5 (0.8)	18 (1.3)	28 (1.9)	25 (1.4)	13 (1.2)	6 (0.9)	3 (0.7)	2 (0.6)
20 and over...	5419	4 (0.4)	16 (0.8)	24 (0.9)	23 (0.6)	16 (1.0)	9 (0.7)	5 (0.5)	3 (0.3)
2 and over...	8528	4 (0.3)	16 (0.8)	25 (0.8)	24 (0.5)	16 (0.7)	8 (0.6)	5 (0.4)	3 (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:

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## Footnotes

<sup>1</sup> 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", "botana", "bocadillo", "tentempie", and "bebida".

<sup>2</sup> 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](http://www.fns.usda.gov).

<sup>3</sup> 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).



**Table 33. Meals and Snacks:** Distribution of Meal Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, by Gender and Age, in the United States, 2007-2008

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			
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
<b>Males:</b>												
2 - 5.....	87 (2.5)	10 (1.9)	44 (4.4)	33 (2.3)	12 (2.3)	2*(0.6)	4 (1.2)	6 (1.2)	1*(0.5)	#	#	1*(0.4)
6 - 11.....	76 (2.9)	18 (3.1)	38 (2.9)	20 (2.8)	22 (2.6)	4 (1.0)	12 (1.8)	5 (1.4)	2*(0.7)	#	1*(0.2)	2*(0.6)
12 - 19.....	51 (3.1)	10 (1.4)	29 (2.3)	12 (1.7)	38 (3.4)	11 (1.6)	17 (3.2)	9 (1.5)	11 (1.1)	3*(0.9)	4 (0.5)	5 (0.6)
20 - 29.....	53 (3.2)	11 (1.3)	29 (3.3)	13 (2.6)	38 (3.2)	13 (2.2)	16 (2.1)	9 (1.2)	9 (2.1)	1*(0.5)	4 (1.3)	4*(1.0)
30 - 39.....	56 (4.1)	10 (0.7)	32 (3.5)	14 (2.8)	35 (3.9)	9 (1.4)	14 (3.1)	12 (2.2)	9 (2.5)	1*(0.7)	2*(0.7)	5 (1.6)
40 - 49.....	59 (3.8)	11 (2.1)	30 (3.1)	18 (3.4)	36 (3.5)	6 (1.0)	15 (1.9)	15 (2.1)	6 (1.2)	2*(0.8)	2*(0.7)	2*(0.5)
50 - 59.....	66 (3.4)	15 (3.2)	32 (4.7)	19 (3.6)	26 (3.0)	6 (1.5)	11 (2.2)	9 (2.1)	8 (1.9)	2*(1.1)	3*(0.7)	3*(1.2)
60 - 69.....	63 (3.4)	14 (2.2)	31 (3.3)	18 (2.3)	32 (3.2)	6 (1.2)	17 (2.4)	9 (1.8)	5 (0.9)	#	2*(0.8)	2*(0.9)
70 and over.....	63 (3.3)	17 (1.6)	32 (2.3)	14 (2.4)	34 (3.2)	9 (2.0)	16 (2.2)	8 (1.3)	3*(0.7)	#	2*(0.6)	2*(0.6)
20 and over...	59 (2.1)	12 (0.8)	31 (1.3)	16 (1.8)	34 (2.1)	8 (0.9)	15 (1.4)	11 (0.7)	7 (0.5)	1 (0.3)	3 (0.3)	3 (0.4)
<b>Females:</b>												
2 - 5.....	84 (3.1)	11 (2.4)	38 (4.2)	35 (2.6)	15 (3.1)	2*(0.8)	7 (2.2)	6 (1.3)	1*(0.6)	#	#	1*(0.5)
6 - 11.....	77 (2.6)	11 (1.8)	42 (3.5)	24 (2.3)	21 (2.2)	3 (0.9)	9 (1.8)	9 (1.5)	2*(1.0)	#	1*(1.0)	1*(0.3)
12 - 19.....	56 (2.8)	15 (1.3)	29 (2.5)	12 (1.7)	33 (3.0)	6 (1.3)	20 (2.6)	8 (1.5)	11 (1.1)	1*(0.6)	7 (1.1)	2*(0.5)
20 - 29.....	54 (3.5)	12 (2.1)	26 (2.9)	16 (2.7)	36 (2.8)	5 (1.1)	18 (2.2)	14 (2.3)	10 (2.3)	1*(0.4)	6 (1.7)	2*(0.9)
30 - 39.....	63 (3.7)	14 (2.4)	31 (2.5)	17 (2.4)	29 (3.1)	6 (1.0)	17 (2.5)	6 (1.3)	9 (1.5)	2*(0.5)	3*(0.9)	4 (1.5)
40 - 49.....	66 (3.0)	8 (1.8)	29 (2.6)	28 (2.7)	28 (3.0)	4 (1.1)	13 (1.7)	11 (1.7)	6 (1.8)	1*(0.8)	2*(0.5)	3*(1.1)
50 - 59.....	70 (3.6)	14 (2.9)	27 (3.0)	29 (2.3)	27 (3.4)	3*(0.7)	11 (2.5)	14 (2.9)	4*(0.9)	1*(0.3)	1*(0.5)	1*(0.6)
60 - 69.....	67 (3.0)	10 (2.0)	34 (3.8)	23 (2.2)	27 (2.4)	4 (1.2)	11 (2.2)	13 (1.8)	5 (1.3)	1*(0.5)	3*(1.3)	2*(0.8)
70 and over.....	69 (1.7)	19 (1.7)	33 (2.1)	17 (3.0)	29 (1.5)	8 (1.8)	13 (1.4)	7 (1.2)	2*(0.5)	#	1*(0.3)	1*(0.2)
20 and over...	64 (1.6)	13 (1.0)	30 (1.4)	22 (1.5)	30 (1.3)	5 (0.4)	14 (0.8)	11 (0.9)	6 (0.9)	1 (0.2)	3 (0.5)	2 (0.4)
<b>Males and females:</b>												
2 and over...	64 (1.6)	13 (0.7)	32 (1.2)	19 (1.2)	30 (1.3)	6 (0.4)	14 (0.7)	10 (0.5)	6 (0.5)	1 (0.1)	3 (0.3)	3 (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 2.16.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Meals Patterns are categorized into the following:

**Breakfast, lunch, and dinner:** the respondent reported each of the three meals 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".

**Any two meals:** the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

**Any one meal or less:** the respondent reported one of the three meals, or no meal.

<sup>2</sup> 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", "botana", "bocadillo", "tentempie", and "bebida".

## Abbreviations

SE standard error.

## Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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 Gender and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 34. Meals and Snacks:** Distribution of Meal Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008

Race/ethnicity and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	<i>Number of snack occasions</i>				<i>Number of snack occasions</i>				<i>Number of snack occasions</i>			
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
		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
<b>Non-Hispanic White:</b>												
2 - 5.....	92 (2.2)	10 (2.8)	47 (5.7)	35 (3.1)	7 (2.0)	1*(0.4)	3*(1.3)	3*(1.2)	#	#	#	#
6 - 11.....	82 (2.4)	13 (2.2)	44 (3.9)	25 (2.6)	17 (2.2)	2*(0.6)	8 (1.3)	7 (1.8)	1*(0.6)	#	1*(0.7)	#
12 - 19.....	57 (2.4)	11 (1.6)	31 (2.1)	15 (1.3)	35 (2.9)	8 (1.3)	19 (2.2)	9 (1.7)	8 (1.3)	1*(0.5)	5*(0.9)	2*(0.7)
20 and over...	67 (2.9)	11 (0.9)	33 (1.6)	22 (2.1)	28 (2.2)	4 (0.6)	13 (1.2)	10 (0.9)	5 (0.9)	1 (0.2)	2 (0.5)	2 (0.5)
2 and over...	68 (2.3)	11 (0.8)	35 (1.5)	22 (1.7)	27 (1.8)	4 (0.4)	13 (0.9)	10 (0.6)	5 (0.7)	1 (0.2)	2 (0.4)	2 (0.4)
<b>Non-Hispanic Black:</b>												
2 - 5.....	84 (2.1)	17 (3.6)	41 (5.6)	26 (4.1)	13 (1.9)	4*(2.2)	4*(0.8)	5*(1.1)	3*(1.4)	#	1*(0.7)	2*(1.6)
6 - 11.....	69 (4.1)	17 (2.7)	38 (3.1)	13 (2.5)	25 (3.2)	7 (2.6)	11 (2.2)	7 (2.0)	6 (2.5)	#	2*(0.9)	4*(1.7)
12 - 19.....	39 (2.7)	12 (2.1)	20 (2.0)	6 (1.8)	41 (4.1)	15 (3.0)	19 (3.2)	8 (1.3)	20 (3.8)	6 (2.1)	9 (3.0)	5*(0.8)
20 and over...	43 (1.9)	14 (1.5)	19 (1.1)	10 (1.2)	46 (1.8)	11 (1.4)	22 (2.3)	13 (1.6)	11 (1.1)	2 (0.7)	5 (0.8)	4 (0.6)
2 and over...	48 (1.1)	14 (1.3)	23 (1.0)	11 (1.2)	41 (1.3)	11 (1.3)	19 (1.7)	11 (1.1)	11 (0.9)	2 (0.5)	5 (0.7)	4 (0.6)
<b>Hispanic<sup>3</sup>:</b>												
<b>Mexican American</b>												
2 - 5.....	68 (3.3)	11 (1.7)	29 (3.6)	28 (3.1)	30 (3.2)	4*(1.5)	13 (3.5)	14 (2.8)	2*(1.2)	#	#	2*(1.2)
6 - 11.....	63 (3.7)	21 (2.5)	31 (3.5)	11 (1.8)	35 (3.6)	8 (1.7)	17 (3.4)	10 (1.2)	1*(0.6)	#	#	1*(0.6)
12 - 19.....	54 (4.4)	20 (2.4)	25 (5.7)	8 (2.4)	36 (4.3)	11 (1.9)	15 (2.1)	9 (2.4)	11 (2.5)	2*(1.0)	4*(1.5)	5*(1.0)
20 and over...	54 (1.3)	19 (1.9)	25 (1.5)	10 (1.7)	38 (1.5)	13 (1.4)	16 (1.0)	9 (0.9)	8 (0.7)	2 (0.5)	3 (0.8)	3 (0.7)
2 and over...	56 (1.6)	18 (1.4)	26 (1.6)	12 (1.3)	37 (1.5)	12 (0.9)	15 (1.1)	10 (0.8)	7 (0.6)	2 (0.3)	3 (0.7)	3 (0.4)
<b>All Hispanic</b>												
2 - 5.....	69 (4.4)	10 (1.1)	28 (4.1)	30 (2.9)	29 (4.2)	3*(1.1)	12 (2.8)	14 (3.0)	2*(1.1)	#	#	2*(1.1)
6 - 11.....	64 (3.3)	17 (2.4)	30 (2.8)	17 (3.0)	33 (3.1)	8 (1.3)	16 (2.8)	9 (1.1)	3*(1.1)	#	1*(0.4)	2*(1.1)
12 - 19.....	52 (3.2)	17 (2.0)	26 (4.6)	9 (2.1)	36 (3.7)	9 (1.8)	18 (2.5)	8 (1.6)	12 (2.6)	3*(1.2)	3*(1.1)	6 (1.1)
20 and over...	50 (1.3)	15 (1.4)	23 (1.4)	12 (1.2)	41 (1.1)	13 (1.0)	18 (1.1)	10 (1.0)	9 (0.7)	2 (0.5)	4 (0.6)	3 (0.6)
2 and over...	53 (1.6)	15 (1.1)	25 (1.4)	13 (1.2)	38 (1.4)	11 (0.7)	17 (0.8)	10 (0.9)	8 (0.8)	2 (0.4)	4 (0.5)	3 (0.4)

## 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 2.16.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Meals Patterns are categorized into the following:

**Breakfast, lunch, and dinner:** the respondent reported each of the three meals 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".

**Any two meals:** the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

**Any one meal or less:** the respondent reported one of the three meals, or no meal.

<sup>2</sup> 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", "botana", "bocadillo", "tentempie", and "bebida".

<sup>3</sup> A new sampling methodology was implemented for NHANES 2007-2008; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.

## Abbreviations

SE standard error.

## Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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 Race/Ethnicity and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 35. Meals and Snacks:** Distribution of Meal Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008

Family income in dollars and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	<i>Number of snack occasions</i>				<i>Number of snack occasions</i>				<i>Number of snack occasions</i>			
	% (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)
<b>\$0 - \$24,999:</b>												
2 - 5.....	80 (3.5)	11 (2.7)	30 (3.8)	39 (3.0)	17 (2.9)	2*(0.8)	6 (1.7)	9 (1.7)	3*(1.1)	1*(0.6)	#	3*(1.1)
6 - 11.....	71 (3.7)	15 (1.8)	33 (3.8)	22 (3.8)	27 (3.5)	7 (1.9)	11 (2.0)	9 (2.7)	3*(0.9)	#	1*(0.6)	2*(0.7)
12 - 19.....	49 (3.4)	15 (2.0)	27 (3.4)	8 (1.6)	36 (3.9)	9 (1.7)	17 (3.1)	11 (2.7)	14 (1.9)	2*(0.5)	8 (2.0)	5*(1.0)
20 and over...	47 (1.9)	14 (0.9)	21 (1.1)	12 (1.6)	41 (1.5)	10 (1.1)	18 (1.0)	12 (0.8)	11 (1.6)	2 (0.4)	5 (0.7)	5 (0.9)
2 and over...	51 (1.8)	14 (0.8)	23 (1.0)	14 (1.3)	38 (1.5)	9 (0.9)	17 (0.9)	12 (0.7)	11 (1.3)	2 (0.3)	5 (0.6)	4 (0.7)
<b>\$25,000 - \$74,999:</b>												
2 - 5.....	84 (2.8)	12 (2.9)	41 (5.6)	32 (2.5)	15 (2.7)	3*(1.0)	7 (2.1)	5 (1.4)	#	#	#	#
6 - 11.....	75 (3.0)	15 (2.7)	40 (3.5)	19 (2.0)	23 (2.9)	4 (1.2)	12 (2.7)	6 (1.5)	3*(1.1)	#	2*(1.1)	1*(0.4)
12 - 19.....	50 (3.6)	14 (1.1)	25 (2.1)	12 (2.4)	37 (3.8)	7 (2.0)	21 (2.8)	9 (1.9)	13 (1.9)	3*(1.0)	6 (1.4)	4 (1.1)
20 and over...	63 (2.0)	14 (0.9)	32 (1.6)	17 (1.3)	31 (2.0)	5 (0.6)	15 (1.1)	11 (1.0)	6 (0.6)	1 (0.4)	2 (0.3)	2 (0.5)
2 and over...	64 (1.8)	14 (0.9)	32 (1.6)	18 (1.1)	30 (1.7)	5 (0.6)	15 (0.9)	10 (0.8)	6 (0.6)	1 (0.3)	2 (0.3)	2 (0.4)
<b>\$75,000 and higher:</b>												
2 - 5.....	93*(1.7)	9*(3.0)	51 (6.3)	33 (4.0)	7*(1.8)	#	2*(1.1)	5*(1.5)	#	#	#	#
6 - 11.....	85 (2.8)	13 (4.0)	48 (3.7)	24 (3.6)	14 (2.7)	2*(0.9)	8*(2.3)	5*(1.5)	1*(0.8)	#	#	1*(0.8)
12 - 19.....	61 (4.1)	10 (2.5)	35 (4.0)	15 (2.1)	34 (5.0)	11 (3.2)	17 (5.3)	6*(1.6)	6*(2.0)	1*(0.9)	2*(1.1)	2*(0.8)
20 and over...	74 (2.2)	9 (1.3)	37 (1.9)	28 (2.6)	23 (2.0)	4 (0.6)	10 (1.2)	9 (1.1)	3 (0.6)	#	2 (0.4)	1*(0.3)
2 and over...	74 (1.8)	10 (1.2)	38 (1.6)	26 (2.1)	23 (1.8)	5 (0.5)	10 (1.2)	8 (0.8)	3 (0.4)	#	2 (0.3)	1 (0.2)
<b>All Individuals<sup>3</sup>:</b>												
2 - 5.....	86 (2.2)	11 (1.5)	41 (3.9)	34 (1.7)	13 (2.1)	2*(0.4)	5 (1.2)	6 (1.0)	1*(0.3)	#	#	1*(0.3)
6 - 11.....	76 (2.2)	14 (1.5)	40 (2.5)	22 (2.2)	21 (1.8)	4 (0.7)	10 (1.3)	7 (1.2)	2 (0.8)	#	1*(0.5)	1*(0.3)
12 - 19.....	54 (1.9)	13 (0.9)	29 (1.7)	12 (0.9)	36 (2.2)	9 (0.8)	18 (1.9)	8 (1.1)	11 (0.8)	2 (0.4)	5 (0.6)	3 (0.3)
20 and over...	62 (1.7)	13 (0.8)	30 (1.1)	19 (1.5)	31 (1.4)	6 (0.5)	14 (0.8)	11 (0.7)	7 (0.5)	1 (0.2)	3 (0.4)	3 (0.3)
2 and over...	64 (1.6)	13 (0.7)	32 (1.2)	19 (1.2)	30 (1.3)	6 (0.4)	14 (0.7)	10 (0.5)	6 (0.5)	1 (0.1)	3 (0.3)	3 (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 2.16.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Meals Patterns are categorized into the following:

**Breakfast, lunch, and dinner:** the respondent reported each of the three meals 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".

**Any two meals:** the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

**Any one meal or less:** the respondent reported one of the three meals, or no meal.

<sup>2</sup> 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", "botana", "bocadillo", "tentempie", and "bebida".

<sup>3</sup> 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 36. Meals and Snacks:** Distribution of Meal Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2007-2008

Family income as % of Federal poverty threshold and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	<i>Number of snack occasions</i>				<i>Number of snack occasions</i>				<i>Number of snack occasions</i>			
	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)
<b>Under 131% poverty:</b>												
2 - 5.....	80 (3.8)	11 (2.6)	33 (4.4)	36 (3.1)	17 (3.3)	2*(0.7)	6 (1.6)	9 (1.8)	3*(0.8)	1*(0.5)	#	2*(0.8)
6 - 11.....	72 (3.3)	17 (1.3)	34 (3.0)	21 (3.0)	25 (3.0)	7 (1.6)	11 (1.8)	7 (1.8)	3*(0.8)	#	1*(0.5)	2*(0.7)
12 - 19.....	49 (3.1)	14 (1.9)	26 (2.7)	10 (1.5)	38 (3.5)	9 (1.6)	16 (2.6)	13 (3.1)	13 (1.9)	1*(0.5)	8 (1.6)	4 (0.9)
20 and over...	45 (2.2)	14 (1.3)	18 (0.7)	12 (1.4)	43 (2.2)	10 (1.2)	21 (1.6)	11 (0.9)	12 (1.5)	2 (0.3)	5 (0.7)	5 (1.2)
2 and over...	51 (1.9)	14 (1.1)	22 (1.0)	15 (1.2)	38 (1.9)	9 (0.9)	18 (1.3)	11 (0.7)	11 (1.1)	2 (0.2)	5 (0.6)	4 (0.8)
<b>131-185% poverty:</b>												
2 - 5.....	84*(4.3)	14*(2.7)	47 (7.0)	23 (5.6)	16*(4.0)	2*(1.3)	8*(2.7)	5*(2.2)	1*(0.4)	#	#	1*(0.4)
6 - 11.....	68 (5.3)	12*(3.7)	41 (3.6)	15 (4.3)	31 (5.5)	5*(1.6)	15 (3.7)	11*(4.8)	1*(0.7)	#	#	1*(0.7)
12 - 19.....	51 (7.9)	15 (3.5)	24 (5.4)	12*(2.7)	37 (7.1)	6*(2.5)	25 (6.4)	7*(3.7)	12*(2.0)	3*(1.4)	6*(2.0)	3*(2.0)
20 and over...	55 (3.5)	15 (1.7)	29 (2.1)	11 (2.0)	37 (2.8)	9 (1.2)	15 (1.9)	13 (1.8)	7 (1.2)	2*(1.0)	3 (1.0)	2*(0.7)
2 and over...	57 (2.9)	15 (1.2)	30 (1.8)	12 (1.5)	36 (2.4)	8 (1.0)	16 (1.5)	12 (1.0)	7 (1.0)	2 (0.8)	3 (0.8)	2 (0.6)
<b>Over 185% poverty:</b>												
2 - 5.....	90 (2.2)	10 (2.9)	44 (5.2)	36 (3.2)	10 (2.3)	1*(0.7)	4*(1.5)	5*(1.2)	#	#	#	#
6 - 11.....	82 (2.7)	13 (2.7)	45 (3.0)	23 (2.7)	16 (2.1)	2*(0.8)	9 (2.2)	5 (1.1)	2*(1.3)	#	1*(0.8)	1*(0.5)
12 - 19.....	56 (3.0)	12 (1.8)	31 (3.1)	13 (1.3)	35 (2.8)	9 (1.2)	19 (2.7)	6 (1.3)	9 (1.3)	2*(0.8)	4 (1.0)	3*(0.7)
20 and over...	69 (1.6)	11 (0.9)	34 (1.2)	23 (1.6)	27 (1.6)	5 (0.5)	12 (0.9)	10 (0.9)	4 (0.4)	1 (0.2)	2 (0.3)	2 (0.3)
2 and over...	69 (1.5)	12 (0.9)	35 (1.3)	23 (1.3)	26 (1.5)	5 (0.3)	12 (0.9)	9 (0.7)	4 (0.4)	1 (0.2)	2 (0.3)	2 (0.3)
<b>All Individuals<sup>4</sup>:</b>												
2 - 5.....	86 (2.2)	11 (1.5)	41 (3.9)	34 (1.7)	13 (2.1)	2*(0.4)	5 (1.2)	6 (1.0)	1*(0.3)	#	#	1*(0.3)
6 - 11.....	76 (2.2)	14 (1.5)	40 (2.5)	22 (2.2)	21 (1.8)	4 (0.7)	10 (1.3)	7 (1.2)	2 (0.8)	#	1*(0.5)	1*(0.3)
12 - 19.....	54 (1.9)	13 (0.9)	29 (1.7)	12 (0.9)	36 (2.2)	9 (0.8)	18 (1.9)	8 (1.1)	11 (0.8)	2 (0.4)	5 (0.6)	3 (0.3)
20 and over...	62 (1.7)	13 (0.8)	30 (1.1)	19 (1.5)	31 (1.4)	6 (0.5)	14 (0.8)	11 (0.7)	7 (0.5)	1 (0.2)	3 (0.4)	3 (0.3)
2 and over...	64 (1.6)	13 (0.7)	32 (1.2)	19 (1.2)	30 (1.3)	6 (0.4)	14 (0.7)	10 (0.5)	6 (0.5)	1 (0.1)	3 (0.3)	3 (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 2.16.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Meals Patterns are categorized into the following:

**Breakfast, lunch, and dinner:** the respondent reported each of the three meals 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".

**Any two meals:** the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

**Any one meal or less:** the respondent reported one of the three meals, or no meal.

<sup>2</sup> 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", "botana", "bocadillo", "tentempie", and "bebida".

<sup>3</sup> 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](http://www.fns.usda.gov).

<sup>4</sup> 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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 (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).



**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008

<b>T h i a m i n</b>												
----- <i>All Individuals</i> <sup>5</sup> -----      ----- <i>Supplement Users</i> <sup>6</sup> -----      ----- <i>Non-users</i> <sup>7</sup> -----												
Gender and age (years)	Percent reporting supplement thiamin <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Food plus supplement		Food
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg
<b>Males and females:</b>												
2 - 5.....	18	(2.5)	832	1.24 (0.030)	0.23 (0.029)	1.46 (0.040)	119	1.18 (0.048)	1.27 (0.050)	2.46 (0.077)	1.25 (0.033)	
6 - 11.....	15	(2.3)	1121	1.48 (0.028)	0.30 (0.070)	1.78 (0.080)	107	1.57 (0.106)	2.05 (0.369)	3.62 (0.400)	1.46 (0.026)	
12 - 19.....	10	(1.6)	1136	1.67 (0.029)	0.46*(0.237)	2.13 (0.245)	87	1.91 (0.218)	4.81*(2.535)	6.72*(2.563)	1.64 (0.030)	
<b>Males:</b>												
20 - 39.....	13	(1.9)	860	2.02 (0.097)	0.94 (0.265)	2.96 (0.291)	91	1.99 (0.094)	7.47 (1.728)	9.47 (1.787)	2.03 (0.111)	
40 - 59.....	25	(3.1)	843	1.91 (0.058)	2.93 (0.791)	4.85 (0.792)	169	1.97 (0.090)	11.86 (2.275)	13.83 (2.287)	1.90 (0.065)	
60 and over.....	40	(3.1)	959	1.65 (0.041)	4.16 (0.518)	5.80 (0.533)	321	1.75 (0.062)	10.52 (1.139)	12.27 (1.148)	1.57 (0.034)	
20 and over...	23	(1.7)	2662	1.90 (0.045)	2.44 (0.450)	4.33 (0.460)	581	1.89 (0.047)	10.44 (1.390)	12.33 (1.408)	1.90 (0.055)	
<b>Females:</b>												
20 - 39.....	18	(3.1)	809	1.36 (0.028)	2.56*(0.798)	3.92 (0.803)	105	1.73 (0.085)	14.33 (3.461)	16.06 (3.495)	1.28 (0.026)	
40 - 59.....	28	(2.6)	873	1.41 (0.065)	3.26 (0.790)	4.68 (0.830)	205	1.65 (0.123)	11.52 (2.095)	13.17 (2.169)	1.32 (0.054)	
60 and over.....	43	(2.4)	988	1.31 (0.023)	5.17 (1.089)	6.48 (1.091)	345	1.37 (0.027)	12.06 (2.017)	13.43 (2.016)	1.27 (0.028)	
20 and over...	28	(1.5)	2670	1.37 (0.036)	3.50 (0.524)	4.87 (0.540)	655	1.56 (0.063)	12.34 (1.451)	13.90 (1.469)	1.29 (0.029)	
<b>All Individuals:</b>												
2 and over...	23	(1.2)	8421	1.59 (0.027)	2.32 (0.287)	3.91 (0.301)	1549	1.68 (0.045)	10.22 (0.947)	11.90 (0.966)	1.57 (0.027)	

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

<b>R i b o f l a v i n</b>																
Gender and age (years)	Percent reporting supplement riboflavin <sup>8</sup> % (SE)		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —			—Non-users <sup>7</sup> —				
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement	Food plus supplement		Food
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																
2 - 5.....	18	(2.5)	832	1.87 (0.048)	0.26 (0.033)	2.13 (0.052)	119	1.85 (0.067)	1.45 (0.058)	3.30 (0.113)	1.88 (0.050)					
6 - 11.....	15	(2.3)	1121	1.98 (0.047)	0.33 (0.072)	2.31 (0.096)	107	1.96 (0.133)	2.27 (0.364)	4.23 (0.403)	1.98 (0.047)					
12 - 19.....	10	(1.6)	1136	2.19 (0.053)	0.27 (0.059)	2.46 (0.083)	87	2.42 (0.138)	2.87 (0.605)	5.28 (0.611)	2.17 (0.057)					
<b>Males:</b>																
20 - 39.....	13	(1.9)	860	2.56 (0.082)	0.96 (0.271)	3.52 (0.282)	91	2.52 (0.183)	7.60 (1.739)	10.13 (1.854)	2.57 (0.088)					
40 - 59.....	25	(3.1)	843	2.66 (0.090)	1.83 (0.456)	4.49 (0.452)	168	2.82 (0.112)	7.43 (1.136)	10.25 (1.153)	2.61 (0.108)					
60 and over.....	40	(3.2)	959	2.27 (0.064)	3.44 (0.479)	5.71 (0.500)	321	2.40 (0.093)	8.68 (0.929)	11.08 (0.950)	2.19 (0.055)					
20 and over...	23	(1.7)	2662	2.54 (0.058)	1.85 (0.320)	4.39 (0.325)	580	2.60 (0.072)	7.94 (0.912)	10.54 (0.940)	2.52 (0.069)					
<b>Females:</b>																
20 - 39.....	18	(3.1)	809	1.83 (0.070)	2.60*(0.825)	4.42 (0.791)	106	2.27 (0.155)	14.27 (3.532)	16.54 (3.434)	1.73 (0.064)					
40 - 59.....	28	(2.5)	873	1.95 (0.050)	3.01 (0.765)	4.96 (0.770)	207	2.13 (0.094)	10.56 (2.280)	12.69 (2.293)	1.88 (0.052)					
60 and over.....	43	(2.5)	988	1.84 (0.044)	3.95 (0.958)	5.79 (0.970)	347	1.92 (0.059)	9.16 (1.899)	11.08 (1.914)	1.79 (0.045)					
20 and over...	29	(1.4)	2670	1.88 (0.043)	3.10 (0.531)	4.99 (0.534)	660	2.08 (0.062)	10.84 (1.527)	12.92 (1.523)	1.80 (0.042)					
<b>All Individuals:</b>																
2 and over...	23	(1.2)	8421	2.16 (0.042)	1.94 (0.265)	4.09 (0.270)	1553	2.27 (0.055)	8.51 (0.895)	10.78 (0.910)	2.13 (0.043)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement niacin <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																
2 - 5.....	18	(2.6)	832	15.1 (0.33)	2.5 (0.32)	17.6 (0.45)	121	15.0 (0.68)	13.6 (0.60)	28.6 (0.95)	15.1 (0.34)					
6 - 11.....	15	(2.3)	1121	20.2 (0.53)	2.4 (0.33)	22.7 (0.77)	108	22.4 (1.25)	16.6 (0.70)	39.0 (1.55)	19.9 (0.57)					
12 - 19.....	9	(1.6)	1136	24.9 (0.66)	1.8 (0.30)	26.7 (0.73)	83	26.6 (2.05)	19.2 (1.11)	45.8 (2.57)	24.7 (0.68)					
<b>Males:</b>																
20 - 39.....	13	(1.9)	860	32.4 (0.84)	4.3 (1.26)	36.7 (1.48)	94	31.9 (2.78)	33.3 (8.91)	65.2 (8.97)	32.5 (0.94)					
40 - 59.....	25	(3.1)	843	30.8 (0.67)	17.9* (5.79)	48.7 (5.86)	171	29.6 (1.11)	71.8 (21.49)	101.4 (22.01)	31.2 (0.82)					
60 and over.....	40	(3.1)	959	24.0 (0.71)	26.3 (4.74)	50.4 (5.00)	327	25.5 (0.75)	65.2 (9.75)	90.7 (9.89)	23.0 (0.69)					
20 and over...	24	(1.7)	2662	29.9 (0.47)	14.5 (2.36)	44.5 (2.44)	592	28.5 (0.75)	61.1 (8.69)	89.7 (8.84)	30.4 (0.64)					
<b>Females:</b>																
20 - 39.....	18	(3.2)	809	21.0 (0.74)	5.3 (1.25)	26.2 (1.14)	107	24.5 (2.08)	28.8 (3.28)	53.4 (2.38)	20.2 (0.69)					
40 - 59.....	29	(2.7)	873	21.1 (0.59)	9.0 (1.52)	30.1 (1.53)	209	23.5 (0.88)	30.6 (4.14)	54.0 (4.10)	20.2 (0.66)					
60 and over.....	44	(2.5)	988	18.1 (0.21)	21.8 (4.30)	40.0 (4.38)	352	18.9 (0.40)	49.7 (9.63)	68.7 (9.66)	17.5 (0.32)					
20 and over...	29	(1.5)	2670	20.3 (0.36)	11.0 (1.44)	31.3 (1.68)	668	22.0 (0.64)	37.5 (3.71)	59.5 (3.95)	19.6 (0.39)					
<b>All Individuals:</b>																
2 and over...	23	(1.2)	8421	24.0 (0.35)	10.0 (1.24)	33.9 (1.52)	1572	24.3 (0.53)	43.1 (3.79)	67.4 (3.99)	23.9 (0.38)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

<b>V i t a m i n B 6</b>																		
Gender and age (years)	Percent reporting supplement vitamin B6 <sup>8</sup> % (SE)		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —			—Non-users <sup>7</sup> —						
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																		
2 - 5.....	28	(3.4)	832	1.39 (0.030)	0.36 (0.044)	1.75 (0.054)	182	1.32 (0.041)	1.30 (0.074)	2.62 (0.101)	1.41 (0.035)							
6 - 11.....	20	(2.5)	1121	1.65 (0.050)	0.41 (0.079)	2.06 (0.108)	159	1.69 (0.080)	2.01 (0.265)	3.70 (0.313)	1.64 (0.052)							
12 - 19.....	11	(2.0)	1136	1.97 (0.067)	0.49 (0.118)	2.46 (0.140)	99	2.21 (0.142)	4.31 (0.803)	6.53 (0.814)	1.94 (0.072)							
<b>Males:</b>																		
20 - 39.....	13	(1.9)	860	2.48 (0.060)	1.23 (0.300)	3.71 (0.290)	95	2.39 (0.196)	9.48 (1.599)	11.87 (1.704)	2.49 (0.066)							
40 - 59.....	25	(3.0)	843	2.34 (0.055)	2.11 (0.394)	4.46 (0.408)	168	2.36 (0.109)	8.56 (1.061)	10.92 (1.109)	2.34 (0.071)							
60 and over.....	41	(2.9)	959	2.02 (0.065)	4.99 (0.547)	7.01 (0.547)	329	2.23 (0.088)	12.29 (1.445)	14.52 (1.426)	1.88 (0.068)							
20 and over...	24	(1.7)	2662	2.32 (0.034)	2.41 (0.242)	4.74 (0.248)	592	2.32 (0.070)	10.18 (0.569)	12.50 (0.591)	2.33 (0.048)							
<b>Females:</b>																		
20 - 39.....	20	(3.1)	809	1.64 (0.063)	3.26 (0.861)	4.91 (0.851)	112	1.96 (0.103)	16.61 (3.650)	18.57 (3.649)	1.57 (0.079)							
40 - 59.....	32	(2.8)	873	1.71 (0.085)	4.67 (1.262)	6.38 (1.265)	219	1.92 (0.119)	14.67 (3.124)	16.59 (3.109)	1.60 (0.075)							
60 and over.....	45	(2.7)	988	1.57 (0.035)	5.20 (1.005)	6.77 (1.010)	359	1.66 (0.054)	11.64 (1.785)	13.30 (1.792)	1.50 (0.041)							
20 and over...	31	(1.6)	2670	1.65 (0.046)	4.32 (0.620)	5.97 (0.636)	690	1.83 (0.072)	13.98 (1.570)	15.81 (1.577)	1.57 (0.044)							
<b>All Individuals:</b>																		
2 and over...	25	(1.2)	8421	1.91 (0.037)	2.64 (0.280)	4.55 (0.300)	1722	1.97 (0.057)	10.56 (0.872)	12.54 (0.883)	1.89 (0.035)							

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

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<b>F o l i c a c i d</b>																		
Gender and age (years)	Percent reporting folic acid <sup>8</sup> % (SE)		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —						—Non-users <sup>7</sup> —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Males and females:</b>																		
2 - 5.....	26	(3.6)	832	170	(8.1)	76	(8.8)	246	(13.6)	172	149	(13.1)	292	(14.5)	441	(21.5)	178	(10.1)
6 - 11.....	20	(2.5)	1121	210	(5.6)	65	(8.8)	275	(8.9)	155	213	(22.2)	322	(15.2)	534	(19.1)	210	(5.3)
12 - 19.....	11	(1.8)	1136	226	(7.8)	42	(7.2)	267	(11.9)	99	256	(22.5)	393	(18.8)	649	(33.8)	222	(8.3)
<b>Males:</b>																		
20 - 39.....	13	(1.9)	860	241	(11.6)	57	(8.7)	298	(13.7)	92	234	(20.4)	451	(43.0)	685	(30.1)	242	(13.4)
40 - 59.....	25	(3.0)	843	212	(13.8)	110	(13.2)	322	(17.0)	170	210	(19.9)	445	(11.6)	655	(24.5)	213	(14.0)
60 and over.....	41	(3.5)	959	187	(7.9)	204	(21.2)	391	(24.4)	327	198	(11.3)	498	(18.1)	697	(20.1)	179	(7.7)
20 and over...	24	(1.8)	2662	218	(7.6)	110	(9.3)	328	(12.4)	589	211	(11.1)	467	(11.9)	678	(15.1)	220	(8.4)
<b>Females:</b>																		
20 - 39.....	18	(2.9)	809	166	(6.1)	102	(17.8)	267	(21.3)	110	218	(21.0)	549	(36.4)	767	(40.6)	154	(6.0)
40 - 59.....	31	(2.6)	873	160	(10.8)	158	(17.2)	318	(21.8)	213	182	(19.2)	510	(58.2)	693	(58.3)	149	(12.7)
60 and over.....	45	(2.4)	988	157	(5.8)	217	(20.3)	375	(22.4)	356	159	(11.3)	485	(27.6)	643	(25.0)	157	(7.8)
20 and over...	30	(1.6)	2670	161	(5.8)	154	(8.0)	315	(10.8)	679	181	(9.7)	509	(25.5)	690	(23.9)	153	(5.6)
<b>All Individuals:</b>																		
2 and over...	25	(1.2)	8421	193	(3.5)	113	(6.1)	307	(7.8)	1694	195	(4.8)	463	(14.5)	658	(14.6)	193	(3.7)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement folate (DFE) <sup>8</sup> % (SE)		Folate (DFE)															
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>					
			Sample Size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Sample size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Food µg (SE)	
<b>Males and females:</b>																		
2 - 5.....	26	(3.6)	832	415	(15.9)	129	(15.0)	544	(24.0)	172	375	(22.3)	497	(24.7)	871	(38.4)	429	(19.3)
6 - 11.....	20	(2.5)	1121	499	(10.0)	110	(15.0)	609	(15.6)	155	515	(38.8)	547	(25.9)	1062	(33.6)	495	(9.8)
12 - 19.....	11	(1.8)	1136	560	(13.6)	71	(12.3)	630	(21.0)	99	624	(45.3)	668	(31.9)	1292	(62.3)	552	(14.1)
<b>Males:</b>																		
20 - 39.....	13	(1.9)	860	660	(24.0)	97	(14.8)	757	(24.6)	92	667	(45.7)	767	(73.1)	1434	(57.6)	659	(26.6)
40 - 59.....	25	(3.0)	843	611	(27.4)	187	(22.4)	798	(35.3)	170	629	(34.1)	757	(19.8)	1385	(42.4)	605	(31.9)
60 and over.....	41	(3.5)	959	534	(14.7)	346	(36.0)	881	(45.3)	327	569	(19.6)	847	(30.7)	1417	(38.1)	511	(15.1)
20 and over...	24	(1.8)	2662	613	(16.7)	188	(15.9)	801	(26.4)	589	614	(17.7)	794	(20.3)	1408	(27.3)	613	(19.3)
<b>Females:</b>																		
20 - 39.....	18	(2.9)	809	459	(12.9)	173	(30.2)	631	(37.3)	110	588	(38.1)	934	(61.9)	1522	(73.9)	429	(12.8)
40 - 59.....	31	(2.6)	873	470	(24.6)	269	(29.2)	739	(43.4)	213	531	(36.7)	868	(99.0)	1399	(102.8)	443	(28.0)
60 and over.....	45	(2.4)	988	449	(12.1)	370	(34.6)	818	(39.0)	356	466	(20.9)	824	(46.9)	1290	(40.3)	434	(15.3)
20 and over...	30	(1.6)	2670	461	(14.0)	261	(13.6)	722	(21.9)	679	519	(20.4)	865	(43.3)	1384	(39.6)	436	(13.4)
<b>All Individuals:</b>																		
2 and over...	25	(1.2)	8421	527	(9.9)	193	(10.3)	720	(17.3)	1694	548	(11.4)	787	(24.7)	1334	(25.2)	520	(10.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement choline <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																
2 - 5.....	17	(3.2)	832	213 (5.9)	5 (1.0)	218 (6.4)	114	236 (11.9)	27 (1.8)	263 (12.6)	209 (6.8)					
6 - 11.....	15	(2.7)	1121	237 (4.4)	4 (1.0)	241 (4.7)	110	261 (10.8)	27 (3.3)	288 (11.5)	233 (5.1)					
12 - 19.....	4	(0.9)	1136	275 (7.6)	1* (0.5)	277 (7.6)		--	--	--	275 (7.9)					
<b>Males:</b>																
20 - 39.....	2	(0.6)	860	404 (11.1)	1* (0.3)	405 (10.9)		--	--	--	403 (11.3)					
40 - 59.....	2*	(0.9)	843	419 (13.4)	1* (0.3)	419 (13.4)		--	--	--	419 (13.7)					
60 and over.....	3	(0.7)	959	341 (8.7)	1 (0.4)	343 (8.8)		--	--	--	341 (9.8)					
20 and over...	2	(0.4)	2662	396 (7.0)	1 (0.1)	397 (6.9)		--	--	--	396 (7.5)					
<b>Females:</b>																
20 - 39.....	3	(1.2)	809	253 (7.8)	1* (0.3)	253 (7.6)		--	--	--	254 (7.7)					
40 - 59.....	5	(1.1)	873	272 (7.3)	1* (0.5)	273 (7.6)		--	--	--	270 (7.9)					
60 and over.....	4	(0.7)	988	247 (4.7)	2 (0.2)	248 (4.8)		--	--	--	245 (4.6)					
20 and over...	4	(0.8)	2670	259 (5.6)	1 (0.2)	260 (5.7)	74	282 (24.3)	27 (5.4)	309 (26.8)	258 (5.4)					
<b>All Individuals:</b>																
2 and over...	5	(0.7)	8421	305 (5.3)	1 (0.2)	307 (5.3)	401	289 (14.5)	29 (2.1)	318 (15.0)	306 (5.3)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

<b>V i t a m i n B 1 2</b>																	
Gender and age (years)	Percent reporting supplement vitamin B12 <sup>s</sup> % (SE)		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —				—Non-users <sup>7</sup> —				
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	
<b>Males and females:</b>																	
2 - 5.....	27	(3.5)	832	4.32 (0.168)	1.3 (0.15)	5.6 (0.19)	179	4.21 (0.177)	4.8 (0.20)	9.0 (0.26)	4.37 (0.188)						
6 - 11.....	20	(2.5)	1121	4.85 (0.177)	1.4 (0.20)	6.3 (0.29)	159	4.84 (0.321)	6.9 (0.55)	11.7 (0.70)	4.85 (0.184)						
12 - 19.....	11	(1.9)	1136	5.42 (0.153)	0.9 (0.16)	6.3 (0.23)	97	6.05 (0.567)	8.1 (0.72)	14.1 (0.82)	5.34 (0.177)						
<b>Males:</b>																	
20 - 39.....	13	(1.9)	860	6.68 (0.237)	9.9 (2.83)	16.6 (2.89)	98	5.82 (0.463)	74.2 (20.33)	80.0 (20.31)	6.81 (0.253)						
40 - 59.....	25	(3.0)	843	6.31 (0.412)	21.5* (7.17)	27.8 (7.18)	175	6.45 (0.471)	84.8*(29.98)	91.2*(30.05)	6.26 (0.472)						
60 and over.....	42	(3.3)	959	5.73 (0.293)	48.0 (12.88)	53.8 (12.97)	342	6.32 (0.412)	114.7 (27.17)	121.0 (27.24)	5.31 (0.364)						
20 and over...	24	(1.7)	2662	6.32 (0.245)	22.9 (4.30)	29.3 (4.38)	615	6.27 (0.264)	94.0 (16.39)	100.3 (16.48)	6.34 (0.274)						
<b>Females:</b>																	
20 - 39.....	19	(3.1)	809	4.18 (0.190)	7.5 (2.18)	11.7 (2.14)	111	5.08 (0.412)	40.2 (9.95)	45.3 (9.77)	3.97 (0.178)						
40 - 59.....	32	(3.2)	873	4.35 (0.229)	51.3*(20.60)	55.7*(20.56)	223	5.06 (0.322)	162.4*(65.65)	167.5*(65.63)	4.02 (0.250)						
60 and over.....	47	(2.2)	988	4.34 (0.204)	77.9 (10.51)	82.2 (10.48)	377	4.59 (0.312)	165.7 (20.03)	170.3 (19.98)	4.13 (0.198)						
20 and over...	31	(1.5)	2670	4.29 (0.137)	42.9 (8.46)	47.2 (8.49)	711	4.88 (0.205)	138.1 (28.00)	143.0 (28.02)	4.02 (0.130)						
<b>All Individuals:</b>																	
2 and over...	25	(1.2)	8421	5.19 (0.120)	25.1 (4.70)	30.3 (4.77)	1761	5.37 (0.127)	99.3 (18.38)	104.7 (18.44)	5.13 (0.134)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement vitamin C <sup>8</sup> % (SE)		V i t a m i n C													
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
<b>Males and females:</b>																
2 - 5.....	29	(3.7)	832	96.2 (4.00)	18.4 (2.38)	114.6 (4.58)	190	85.7 (8.74)	64.6 (7.69)	150.3 (10.53)	100.4 (4.65)					
6 - 11.....	22	(2.1)	1121	80.9 (4.53)	24.9 (3.73)	105.8 (3.79)	168	90.8 (8.09)	113.8 (18.76)	204.6 (19.87)	78.2 (4.87)					
12 - 19.....	12	(1.9)	1136	80.3 (3.90)	18.4 (3.38)	98.7 (5.75)	109	81.8 (7.84)	148.7 (26.01)	230.6 (26.06)	80.1 (4.06)					
<b>Males:</b>																
20 - 39.....	16	(2.2)	860	97.6 (5.79)	49.2 (11.26)	146.8 (13.93)	111	131.0 (19.52)	316.8 (40.20)	447.8 (53.35)	91.4 (5.15)					
40 - 59.....	27	(2.6)	843	89.0 (5.87)	88.9 (14.15)	177.9 (14.35)	190	99.4 (10.44)	324.9 (47.51)	424.2 (45.33)	85.0 (7.26)					
60 and over.....	44	(3.3)	959	84.5 (3.23)	127.9 (13.97)	212.5 (14.81)	355	104.8 (6.29)	290.0 (28.92)	394.8 (28.18)	68.5 (3.08)					
20 and over...	27	(1.6)	2662	91.3 (4.23)	82.3 (9.10)	173.6 (10.03)	656	108.6 (4.22)	310.1 (27.12)	418.7 (27.04)	85.1 (5.05)					
<b>Females:</b>																
20 - 39.....	21	(3.0)	809	75.9 (4.91)	59.9 (12.19)	135.8 (13.70)	123	94.6 (10.06)	284.2 (44.66)	378.7 (44.77)	70.9 (4.47)					
40 - 59.....	33	(2.9)	873	77.8 (5.85)	92.7 (17.22)	170.5 (21.79)	233	88.9 (6.13)	281.7 (37.55)	370.6 (38.39)	72.4 (7.75)					
60 and over.....	49	(2.0)	988	76.3 (3.17)	133.0 (11.29)	209.3 (13.10)	401	87.0 (4.26)	272.4 (16.31)	359.4 (18.49)	66.1 (3.68)					
20 and over...	33	(1.8)	2670	76.8 (4.12)	91.6 (9.84)	168.4 (12.52)	757	89.4 (4.55)	278.7 (19.85)	368.1 (19.81)	70.5 (4.45)					
<b>All Individuals:</b>																
2 and over...	27	(1.3)	8421	83.8 (3.37)	70.0 (5.88)	153.8 (7.73)	1880	95.6 (3.26)	258.7 (17.26)	354.2 (16.81)	79.4 (3.69)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

<b>V i t a m i n D</b>																							
-----All Individuals <sup>5</sup> ----- Supplement Users <sup>6</sup> ----- -Non-users <sup>7</sup> -																							
Gender and age (years)	Percent reporting supplement vitamin D <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food					
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)				
<b>Males and females:</b>																							
2 - 5.....	28	(3.4)	832	6.3 (0.25)	2.1 (0.24)	8.4 (0.21)	182	6.0 (0.28)	7.6 (0.41)	13.6 (0.51)	6.5 (0.25)	1121	5.0 (0.17)	1.8 (0.25)	6.9 (0.32)	162	5.3 (0.33)	8.9 (0.38)	14.2 (0.57)	5.0 (0.19)			
6 - 11.....	21	(2.5)	1121	5.0 (0.17)	1.8 (0.25)	6.9 (0.32)	162	5.3 (0.33)	8.9 (0.38)	14.2 (0.57)	5.0 (0.19)	1136	4.8 (0.24)	1.2 (0.22)	6.0 (0.30)	101	5.8 (0.72)	10.8 (0.62)	16.6 (0.80)	4.7 (0.25)			
12 - 19.....	11	(1.9)	1136	4.8 (0.24)	1.2 (0.22)	6.0 (0.30)	101	5.8 (0.72)	10.8 (0.62)	16.6 (0.80)	4.7 (0.25)	<b>Males:</b>											
20 - 39.....	12	(1.6)	860	4.9 (0.24)	1.2 (0.16)	6.1 (0.25)	89	6.0 (0.88)	10.2 (0.50)	16.2 (0.82)	4.8 (0.26)	40 - 59.....	23	(2.7)	843	5.2 (0.42)	5.3* (2.74)	10.6 (2.83)	161	5.9 (0.76)	22.8*(11.94)	28.7*(12.09)	5.1 (0.46)
60 and over.....	41	(3.2)	959	4.6 (0.14)	6.0 (0.53)	10.6 (0.58)	335	4.9 (0.32)	14.7 (0.53)	19.7 (0.74)	4.4 (0.14)	20 and over...	23	(1.6)	2662	5.0 (0.22)	3.9 (1.08)	8.9 (1.15)	585	5.5 (0.37)	17.0 (4.50)	22.5 (4.73)	4.8 (0.26)
<b>Females:</b>																							
20 - 39.....	20	(2.9)	809	3.5 (0.18)	2.5 (0.40)	6.0 (0.42)	116	4.4 (0.61)	12.5 (0.66)	17.0 (0.83)	3.2 (0.14)	40 - 59.....	33	(2.7)	873	4.0 (0.21)	6.0 (0.72)	10.0 (0.82)	225	5.0 (0.43)	18.1 (1.56)	23.0 (1.64)	3.5 (0.28)
60 and over.....	51	(2.2)	988	3.9 (0.13)	10.8 (1.76)	14.7 (1.69)	427	4.0 (0.18)	21.1 (3.20)	25.2 (3.14)	3.7 (0.15)	20 and over...	33	(1.6)	2670	3.8 (0.13)	6.0 (0.48)	9.8 (0.51)	768	4.5 (0.20)	18.1 (1.35)	22.6 (1.39)	3.4 (0.15)
<b>All Individuals:</b>																							
2 and over...	26	(1.2)	8421	4.6 (0.11)	4.1 (0.50)	8.7 (0.54)	1798	5.0 (0.18)	16.1 (1.79)	21.2 (1.89)	4.4 (0.14)												

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

<b>V i t a m i n K</b>																		
Gender and age (years)	Percent reporting supplement vitamin K <sup>8</sup> % (SE)		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —				—Non-users <sup>7</sup> —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg
<b>Males and females:</b>																		
2 - 5.....	2*	(0.5)	832	49.4	(5.98)	0.2*	(0.07)	49.6	(6.02)	--	--	--	--	--	49.3	(6.12)		
6 - 11.....	1*	(0.6)	1121	50.2	(2.47)	7.1*	(6.81)	57.2	(7.57)	--	--	--	--	--	49.7	(2.48)		
12 - 19.....	5	(1.1)	1136	68.1	(5.88)	1.6	(0.39)	69.6	(5.94)	--	--	--	--	--	66.8	(5.80)		
<b>Males:</b>																		
20 - 39.....	10	(1.7)	860	95.5	(6.55)	3.1	(0.44)	98.6	(6.68)	77	97.9	(11.71)	29.9	(2.01)	127.8	(13.18)	95.3	(6.36)
40 - 59.....	20	(2.4)	843	115.4	(8.03)	5.1	(0.87)	120.5	(8.22)	137	163.1	(30.17)	25.6	(2.19)	188.7	(31.53)	103.6	(10.42)
60 and over.....	33	(2.8)	959	97.2	(4.88)	7.7	(0.84)	104.9	(4.94)	260	102.4	(9.78)	23.4	(1.49)	125.8	(10.49)	94.7	(5.06)
20 and over...	19	(1.4)	2662	103.7	(5.91)	4.9	(0.38)	108.6	(5.98)	474	126.1	(16.35)	25.7	(1.03)	151.7	(16.86)	98.4	(6.52)
<b>Females:</b>																		
20 - 39.....	11	(2.1)	809	88.2	(5.78)	4.2*	(1.34)	92.4	(6.37)	65	97.3	(15.05)	39.6	(6.10)	136.9	(14.24)	87.1	(6.53)
40 - 59.....	23	(2.5)	873	98.9	(8.10)	6.7	(1.06)	105.6	(8.73)	151	111.9	(14.60)	29.7	(2.48)	141.7	(15.79)	95.1	(8.82)
60 and over.....	33	(1.7)	988	99.6	(6.25)	10.1	(0.97)	109.6	(6.20)	272	98.8	(10.73)	30.2	(2.95)	129.0	(12.66)	99.9	(8.54)
20 and over...	21	(1.4)	2670	95.3	(4.98)	6.7	(0.65)	102.0	(5.37)	488	104.1	(6.41)	31.6	(2.29)	135.7	(7.37)	93.0	(5.70)
<b>All Individuals:</b>																		
2 and over...	16	(1.0)	8421	88.7	(4.26)	5.1	(0.60)	93.8	(4.45)	1020	112.8	(7.92)	32.5	(3.47)	145.4	(7.70)	84.2	(4.58)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

<b>L y c o p e n e</b>															
Gender and age (years)	Percent reporting supplement lycopene <sup>8</sup> % (SE)		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —			—Non-users <sup>7</sup> —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	
<b>Males and females:</b>															
2 - 5.....	0*	(0.0)	832	3732 (237.7)	0*	(0.0)	3732 (237.7)	--	--	--	--	3732 (237.7)			
6 - 11.....	0*	(0.0)	1121	5028 (218.3)	0*	(0.0)	5028 (218.3)	--	--	--	--	5028 (218.3)			
12 - 19.....	3	(0.8)	1136	5541 (508.7)	10*	(3.2)	5550 (508.4)	--	--	--	--	5583 (523.1)			
<b>Males:</b>															
20 - 39.....	9	(1.7)	860	7803 (587.3)	42	(9.2)	7845 (590.5)	--	--	--	--	7862 (624.1)			
40 - 59.....	19	(2.5)	843	6578 (463.5)	80	(12.1)	6659 (470.5)	129	8906(1687.7)	419	(25.3)	9325(1688.0)	6026 (353.3)		
60 and over.....	32	(2.6)	959	5393 (414.2)	193	(25.6)	5586 (426.9)	249	4580 (416.8)	609	(69.8)	5189 (417.8)	5771 (545.8)		
20 and over...	18	(1.3)	2662	6787 (306.9)	91	(9.1)	6878 (312.1)	442	6872 (708.6)	505	(27.6)	7378 (711.6)	6769 (352.0)		
<b>Females:</b>															
20 - 39.....	6	(1.1)	809	5399 (431.2)	35*	(13.3)	5434 (433.6)	--	--	--	--	5457 (435.4)			
40 - 59.....	16	(2.3)	873	4241 (389.1)	77	(11.3)	4318 (386.0)	102	4454 (889.5)	498	(49.8)	4952 (877.6)	4201 (370.8)		
60 and over.....	27	(1.8)	988	4178 (320.5)	91	(7.7)	4269 (322.3)	222	4590 (506.8)	334	(13.4)	4924 (507.3)	4024 (322.5)		
20 and over...	15	(1.3)	2670	4627 (256.1)	66	(7.5)	4693 (253.9)	359	4513 (518.7)	437	(34.3)	4951 (519.1)	4647 (263.3)		
<b>All Individuals:</b>															
2 and over...	13	(0.9)	8421	5483 (185.7)	59	(5.1)	5542 (188.3)	823	5702 (352.9)	471	(21.0)	6172 (359.3)	5452 (208.6)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

<b>L u t e i n + z e a x a n t h i n</b>													
-----All Individuals <sup>5</sup> ----- Supplement Users <sup>6</sup> ----- -Non-users <sup>7</sup> -													
Gender and age (years)	Percent reporting supplement lutein + zeaxanthin <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)		µg
<b>Males and females:</b>													
2 - 5.....	0*	(0.0)	832	746 (135.7)	0*	(0.0)	746 (135.7)	--	--	--	--	746 (135.7)	
6 - 11.....	0*	(0.0)	1121	634 (37.6)	0*	(0.0)	634 (37.6)	--	--	--	--	634 (37.6)	
12 - 19.....	2	(0.6)	1136	921 (120.2)	6*	(1.9)	926 (119.8)	--	--	--	--	921 (122.8)	
<b>Males:</b>													
20 - 39.....	6	(1.1)	860	1231 (128.7)	19	(4.7)	1250 (129.6)	--	--	--	--	1252 (134.7)	
40 - 59.....	14	(1.9)	843	1671 (172.7)	41	(5.7)	1712 (174.1)	91	2085 (476.8)	288	(18.6)	2373 (466.7)	1601 (223.9)
60 and over.....	29	(2.3)	959	1345 (98.6)	329	(66.6)	1674 (88.7)	231	1426 (164.7)	1129	(216.5)	2555 (256.3)	1311 (114.1)
20 and over...	14	(1.1)	2662	1428 (115.1)	97	(15.6)	1524 (112.6)	366	1601 (209.4)	679	(104.5)	2280 (221.8)	1399 (137.0)
<b>Females:</b>													
20 - 39.....	6	(0.9)	809	1250 (113.3)	40*	(17.9)	1290 (111.7)	--	--	--	--	1270 (120.4)	
40 - 59.....	15	(2.2)	873	1461 (117.4)	64	(10.8)	1525 (124.5)	100	1839 (313.8)	418	(41.2)	2257 (331.7)	1392 (138.0)
60 and over.....	29	(1.7)	988	1504 (108.8)	307	(88.1)	1810 (127.8)	241	1675 (255.9)	1063	(301.6)	2739 (377.8)	1434 (160.6)
20 and over...	15	(1.3)	2670	1398 (80.0)	118	(25.4)	1516 (83.0)	376	1644 (118.5)	762	(142.8)	2406 (185.9)	1354 (93.5)
<b>All Individuals:</b>													
2 and over...	11	(0.8)	8421	1252 (76.7)	81	(12.2)	1333 (77.5)	760	1609 (79.8)	715	(91.3)	2325 (128.8)	1207 (84.7)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

<b>C a l c i u m</b>																
Gender and age (years)	Percent reporting supplement calcium <sup>8</sup> % (SE)		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —				—Non-users <sup>7</sup> —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																
2 - 5.....	14	(1.7)	832	985 (34.2)	13	(1.7)	998 (33.9)	97	975 (59.8)	98	(7.7)	1073 (61.7)	986	(33.6)		
6 - 11.....	12	(2.1)	1121	956 (30.1)	14	(2.1)	970 (30.2)	98	1010 (57.6)	114	(6.4)	1124 (56.6)	948	(34.1)		
12 - 19.....	11	(1.2)	1136	1030 (33.3)	37	(5.5)	1066 (34.0)	93	1188 (71.5)	339	(32.0)	1527 (72.9)	1011	(34.0)		
<b>Males:</b>																
20 - 39.....	17	(2.3)	860	1115 (33.5)	54	(8.8)	1169 (35.2)	118	1317 (136.0)	328	(33.3)	1645 (150.6)	1074	(39.1)		
40 - 59.....	28	(3.2)	843	1051 (40.3)	106	(16.4)	1157 (42.2)	202	1149 (48.6)	374	(32.1)	1523 (60.8)	1013	(55.3)		
60 and over.....	44	(3.3)	959	880 (25.9)	181	(24.3)	1061 (46.6)	360	969 (56.3)	415	(35.1)	1384 (81.6)	810	(15.2)		
20 and over...	27	(2.0)	2662	1038 (24.2)	103	(10.9)	1140 (29.1)	680	1124 (47.3)	378	(19.3)	1502 (58.4)	1005	(33.3)		
<b>Females:</b>																
20 - 39.....	22	(2.7)	809	853 (23.5)	99	(17.4)	952 (29.7)	131	1021 (56.9)	460	(64.0)	1481 (76.4)	807	(24.9)		
40 - 59.....	38	(2.3)	873	851 (39.6)	275	(21.0)	1125 (55.5)	265	928 (51.8)	732	(35.6)	1660 (71.0)	804	(48.3)		
60 and over.....	58	(2.7)	988	764 (21.9)	439	(27.9)	1203 (46.4)	495	819 (22.5)	761	(20.6)	1580 (31.9)	689	(23.6)		
20 and over...	37	(1.6)	2670	829 (24.3)	256	(14.8)	1085 (37.0)	891	903 (24.0)	689	(20.1)	1592 (41.2)	786	(26.8)		
<b>All Individuals:</b>																
2 and over...	27	(1.3)	8421	946 (19.9)	142	(8.9)	1088 (26.4)	1859	1001 (25.1)	523	(15.9)	1524 (37.6)	926	(23.3)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

<b>P h o s p h o r u s</b>																
Gender and age (years)	Percent reporting supplement phosphorus <sup>8</sup> % (SE)		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —				—Non-users <sup>7</sup> —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																
2 - 5.....	10	(1.6)	832	1059 (26.6)	9	(1.6)	1068 (26.8)	73	1090 (45.4)	94	(3.6)	1184 (46.5)	1055 (26.9)			
6 - 11.....	9	(2.4)	1121	1184 (23.8)	9	(2.4)	1192 (24.3)	74	1258 (44.9)	94	(2.7)	1352 (44.9)	1176 (25.9)			
12 - 19.....	5	(0.9)	1136	1324 (26.5)	5	(0.9)	1330 (26.7)	--	--	--	--	1317 (24.0)				
<b>Males:</b>																
20 - 39.....	6	(1.0)	860	1632 (43.0)	10	(2.8)	1641 (43.7)	--	--	--	--	1632 (42.8)				
40 - 59.....	14	(1.7)	843	1612 (42.2)	15	(2.2)	1628 (42.3)	97	1592 (103.2)	106	(5.0)	1698 (104.8)	1616 (48.0)			
60 and over.....	28	(2.3)	959	1299 (37.9)	25	(2.0)	1324 (38.7)	225	1431 (69.9)	88	(5.4)	1519 (70.5)	1248 (32.4)			
20 and over...	14	(1.1)	2662	1550 (26.1)	15	(1.4)	1565 (26.8)	370	1526 (64.6)	106	(6.1)	1633 (66.1)	1554 (28.6)			
<b>Females:</b>																
20 - 39.....	8	(2.0)	809	1135 (23.7)	8	(1.6)	1142 (23.7)	--	--	--	--	1122 (22.8)				
40 - 59.....	14	(2.4)	873	1171 (35.3)	18	(3.9)	1189 (37.4)	105	1307 (63.7)	122	(21.1)	1429 (74.0)	1149 (41.1)			
60 and over.....	29	(1.7)	988	1021 (22.9)	26	(1.1)	1047 (22.9)	236	1070 (30.8)	90	(5.3)	1160 (30.2)	1000 (28.5)			
20 and over...	16	(1.1)	2670	1120 (22.3)	16	(1.6)	1136 (23.7)	385	1193 (30.9)	103	(6.9)	1297 (33.9)	1106 (24.5)			
<b>All Individuals:</b>																
2 and over...	13	(0.9)	8421	1298 (20.9)	14	(1.2)	1312 (21.8)	952	1334 (34.3)	103	(4.2)	1437 (36.9)	1293 (21.0)			

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement magnesium <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																
2 - 5.....	14	(1.8)	832	193 (4.5)	3 (0.5)	196 (4.5)	96	198 (10.7)	21 (2.3)	219 (10.6)	193 (4.4)					
6 - 11.....	12	(2.2)	1121	215 (2.8)	3 (0.5)	218 (2.9)	93	246 (10.7)	22 (1.3)	268 (11.2)	211 (2.9)					
12 - 19.....	9	(1.5)	1136	253 (6.8)	6 (1.3)	260 (7.2)	75	277 (20.3)	72 (6.7)	349 (21.5)	251 (6.5)					
<b>Males:</b>																
20 - 39.....	14	(2.0)	860	344 (11.4)	15 (3.3)	358 (11.8)	96	371 (26.7)	109 (13.1)	480 (31.5)	340 (11.1)					
40 - 59.....	24	(3.0)	843	345 (8.1)	28 (5.2)	374 (10.2)	167	354 (17.1)	120 (11.3)	473 (16.1)	343 (9.0)					
60 and over.....	38	(2.8)	959	297 (9.3)	47 (6.0)	343 (13.9)	313	330 (15.7)	122 (9.9)	452 (21.9)	276 (6.0)					
20 and over...	23	(1.6)	2662	334 (7.0)	27 (2.9)	361 (9.0)	576	349 (15.0)	118 (5.9)	467 (17.2)	329 (6.7)					
<b>Females:</b>																
20 - 39.....	16	(2.8)	809	250 (7.6)	17 (3.7)	267 (10.0)	94	311 (12.2)	103 (9.7)	414 (12.9)	239 (7.2)					
40 - 59.....	29	(2.5)	873	273 (10.3)	45* (14.1)	318 (23.1)	207	313 (18.7)	156 (42.3)	470 (56.7)	256 (8.9)					
60 and over.....	43	(1.6)	988	243 (5.9)	65 (7.9)	308 (12.4)	349	262 (7.6)	151 (16.0)	412 (18.2)	228 (6.8)					
20 and over...	28	(1.5)	2670	257 (7.3)	40 (7.5)	298 (13.8)	650	293 (9.4)	143 (21.0)	436 (28.4)	243 (6.7)					
<b>All Individuals:</b>																
2 and over...	22	(1.1)	8421	277 (6.1)	26 (3.8)	303 (9.4)	1490	307 (10.6)	121 (12.3)	428 (21.5)	268 (5.2)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).



**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement iron <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		
<b>Males and females:</b>																		
2 - 5.....	12	(2.0)	832	11.0	(0.39)	2.1	(0.31)	13.0	(0.57)	93	11.3	(0.98)	16.7	(0.74)	28.0	(1.36)	10.9	(0.43)
6 - 11.....	12	(2.1)	1121	13.5	(0.27)	2.1	(0.37)	15.5	(0.56)	87	16.1	(1.14)	17.6	(0.52)	33.7	(1.45)	13.1	(0.27)
12 - 19.....	8	(1.3)	1136	15.2	(0.32)	1.4	(0.29)	16.6	(0.47)	68	16.7	(1.29)	18.0	(1.26)	34.7	(2.09)	15.0	(0.30)
<b>Males:</b>																		
20 - 39.....	8	(1.2)	860	17.9	(0.46)	1.7	(0.44)	19.5	(0.49)		--		--		--	17.8	(0.49)	
40 - 59.....	12	(1.6)	843	17.8	(0.68)	2.2	(0.41)	20.1	(0.73)	85	18.9	(1.51)	18.7	(1.75)	37.6	(1.61)	17.7	(0.65)
60 and over.....	17	(1.8)	959	16.2	(0.50)	3.2	(0.44)	19.4	(0.84)	143	18.1	(1.04)	19.0	(1.85)	37.1	(2.11)	15.8	(0.46)
20 and over...	11	(1.0)	2662	17.5	(0.43)	2.2	(0.29)	19.7	(0.51)	284	18.7	(0.96)	19.4	(1.48)	38.2	(1.41)	17.3	(0.42)
<b>Females:</b>																		
20 - 39.....	16	(2.5)	809	12.6	(0.21)	3.5	(0.58)	16.1	(0.72)	105	14.6	(0.74)	21.9	(1.43)	36.5	(1.07)	12.3	(0.23)
40 - 59.....	21	(2.6)	873	13.3	(0.65)	4.2	(0.59)	17.5	(0.97)	164	15.5	(1.05)	19.7	(1.29)	35.1	(1.68)	12.7	(0.74)
60 and over.....	23	(1.1)	988	12.7	(0.23)	6.2	(0.68)	18.9	(0.76)	190	13.3	(0.39)	26.4	(2.43)	39.6	(2.62)	12.6	(0.31)
20 and over...	20	(1.4)	2670	12.9	(0.33)	4.5	(0.31)	17.4	(0.59)	459	14.6	(0.51)	22.3	(1.18)	36.9	(1.17)	12.5	(0.39)
<b>All Individuals:</b>																		
2 and over...	14	(1.0)	8421	14.7	(0.26)	3.0	(0.17)	17.7	(0.37)	991	15.8	(0.47)	20.6	(0.49)	36.4	(0.46)	14.6	(0.27)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement zinc <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		
<b>Males and females:</b>																		
2 - 5.....	22	(3.3)	832	8.3	(0.22)	1.6	(0.22)	9.9	(0.36)	151	8.1	(0.30)	7.2	(0.71)	15.3	(0.86)	8.4	(0.28)
6 - 11.....	18	(2.5)	1121	10.3	(0.33)	1.6	(0.26)	11.8	(0.53)	138	11.3	(0.56)	8.9	(0.54)	20.2	(0.93)	10.1	(0.35)
12 - 19.....	10	(1.7)	1136	11.4	(0.26)	1.3	(0.24)	12.7	(0.35)	92	12.7	(0.77)	13.1	(1.19)	25.9	(1.08)	11.2	(0.29)
<b>Males:</b>																		
20 - 39.....	12	(1.9)	860	15.2	(0.49)	1.8	(0.27)	17.0	(0.57)	87	13.2	(0.84)	15.1	(0.91)	28.3	(1.37)	15.5	(0.55)
40 - 59.....	24	(2.8)	843	14.9	(0.84)	3.7	(0.44)	18.6	(0.72)	163	14.9	(0.74)	15.6	(0.62)	30.5	(0.86)	14.8	(1.10)
60 and over.....	38	(3.2)	959	12.4	(0.70)	7.2	(0.87)	19.6	(1.12)	310	13.2	(0.83)	18.8	(1.25)	32.0	(1.48)	11.8	(0.71)
20 and over...	23	(1.6)	2662	14.4	(0.43)	3.8	(0.34)	18.2	(0.56)	560	13.9	(0.50)	16.7	(0.60)	30.6	(0.65)	14.6	(0.53)
<b>Females:</b>																		
20 - 39.....	17	(2.9)	809	9.8	(0.23)	2.8	(0.65)	12.7	(0.59)	101	11.1	(0.94)	16.8	(1.96)	27.9	(1.12)	9.6	(0.17)
40 - 59.....	29	(2.6)	873	10.2	(0.39)	4.9	(0.51)	15.1	(0.72)	203	11.4	(0.48)	16.9	(0.90)	28.4	(1.05)	9.7	(0.40)
60 and over.....	43	(1.6)	988	9.3	(0.25)	8.5	(0.52)	17.8	(0.70)	342	10.0	(0.32)	19.8	(0.96)	29.8	(1.05)	8.7	(0.29)
20 and over...	28	(1.6)	2670	9.8	(0.21)	5.1	(0.29)	14.9	(0.45)	646	10.8	(0.24)	18.0	(0.36)	28.8	(0.43)	9.4	(0.21)
<b>All Individuals:</b>																		
2 and over...	23	(1.1)	8421	11.6	(0.22)	3.7	(0.19)	15.3	(0.35)	1587	11.9	(0.32)	16.1	(0.36)	28.0	(0.50)	11.5	(0.25)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement copper <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																
2 - 5.....	11	(1.7)	832	0.9 (0.02)	0.2 (0.03)	1.1 (0.04)	81	0.9 (0.05)	1.9 (0.10)	2.8 (0.11)	0.8 (0.02)					
6 - 11.....	11	(2.1)	1121	1.0 (0.01)	0.2 (0.04)	1.2 (0.05)	81	1.1 (0.06)	1.9 (0.05)	3.1 (0.08)	1.0 (0.01)					
12 - 19.....	8	(1.3)	1136	1.2 (0.03)	0.2 (0.03)	1.3 (0.05)	66	1.2 (0.09)	2.0 (0.17)	3.2 (0.19)	1.2 (0.03)					
<b>Males:</b>																
20 - 39.....	11	(1.6)	860	1.6 (0.06)	0.2 (0.03)	1.8 (0.06)	84	1.7 (0.15)	1.8 (0.11)	3.5 (0.16)	1.6 (0.06)					
40 - 59.....	21	(2.7)	843	1.5 (0.04)	0.4 (0.05)	1.9 (0.04)	150	1.6 (0.10)	1.8 (0.11)	3.4 (0.08)	1.5 (0.06)					
60 and over.....	37	(3.0)	959	1.4 (0.05)	0.7 (0.08)	2.0 (0.10)	294	1.5 (0.08)	1.8 (0.12)	3.3 (0.14)	1.3 (0.04)					
20 and over...	21	(1.5)	2662	1.5 (0.03)	0.4 (0.04)	1.9 (0.05)	528	1.6 (0.08)	1.8 (0.08)	3.4 (0.07)	1.5 (0.03)					
<b>Females:</b>																
20 - 39.....	14	(2.7)	809	1.1 (0.03)	0.3 (0.06)	1.4 (0.07)	83	1.4 (0.07)	1.8 (0.14)	3.2 (0.14)	1.1 (0.03)					
40 - 59.....	26	(2.7)	873	1.2 (0.06)	0.5 (0.07)	1.7 (0.12)	177	1.5 (0.10)	1.8 (0.12)	3.3 (0.20)	1.2 (0.05)					
60 and over.....	38	(1.6)	988	1.1 (0.04)	0.7 (0.05)	1.8 (0.08)	313	1.2 (0.05)	1.9 (0.12)	3.1 (0.14)	1.1 (0.04)					
20 and over...	25	(1.4)	2670	1.2 (0.04)	0.5 (0.03)	1.6 (0.06)	573	1.4 (0.06)	1.8 (0.05)	3.2 (0.10)	1.1 (0.03)					
<b>All Individuals:</b>																
2 and over...	19	(1.0)	8421	1.3 (0.03)	0.4 (0.02)	1.6 (0.05)	1329	1.4 (0.06)	1.8 (0.05)	3.3 (0.08)	1.2 (0.02)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

<b>S o d i u m</b>																
Gender and age (years)	Percent reporting supplement sodium <sup>8</sup> % (SE)		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —				—Non-users <sup>7</sup> —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																
2 - 5.....	13	(2.0)	832	2230 (45.1)	1	(0.2)	2232 (45.1)	87	2163 (66.3)	11	(0.6)	2174 (66.4)	2241	(48.5)		
6 - 11.....	10	(2.4)	1121	2933 (71.4)	1	(0.3)	2934 (71.4)	72	3009 (157.6)	10	(0.2)	3019 (157.6)	2925	(78.9)		
12 - 19.....	3	(0.7)	1136	3504 (95.6)	1*	(0.2)	3504 (95.5)	--	--	--	--	3517	(92.4)			
<b>Males:</b>																
20 - 39.....	6	(0.6)	860	4299 (109.1)	5*	(1.6)	4304 (108.7)	--	--	--	--	4270	(118.5)			
40 - 59.....	6	(1.2)	843	4221 (113.8)	3	(0.4)	4224 (113.9)	--	--	--	--	4249	(112.1)			
60 and over.....	11	(1.6)	959	3287 (108.4)	5	(0.8)	3292 (108.7)	78	3688 (233.7)	42	(5.7)	3730 (233.5)	3239	(102.5)		
20 and over...	7	(0.7)	2662	4043 (80.3)	4	(0.7)	4046 (80.2)	148	4063 (226.4)	55	(9.9)	4119 (229.0)	4041	(81.0)		
<b>Females:</b>																
20 - 39.....	3	(1.0)	809	3027 (71.1)	4*	(2.5)	3030 (71.9)	--	--	--	--	3017	(70.6)			
40 - 59.....	6	(1.1)	873	2984 (77.3)	2	(0.4)	2986 (77.5)	--	--	--	--	2977	(78.3)			
60 and over.....	11	(2.0)	988	2513 (36.6)	5	(1.2)	2518 (36.4)	87	2529 (130.8)	45	(6.6)	2574 (133.7)	2511	(37.7)		
20 and over...	6	(0.8)	2670	2878 (42.2)	3	(0.8)	2882 (42.5)	145	2879 (166.5)	49	(13.5)	2928 (176.4)	2878	(42.5)		
<b>All Individuals:</b>																
2 and over...	7	(0.6)	8421	3332 (52.3)	3	(0.4)	3335 (52.4)	481	3248 (119.8)	41	(6.5)	3289 (122.9)	3338	(53.0)		

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

<b>P o t a s s i u m</b>																
Gender and age (years)	Percent reporting potassium <sup>8</sup> % (SE)		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —				—Non-users <sup>7</sup> —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																
2 - 5.....	#		832	1984 (37.3)	#		1984 (37.3)			--	--	--		1985 (37.3)		
6 - 11.....	1*	(0.6)	1121	2053 (37.7)	#		2053 (37.8)			--	--	--		2052 (37.8)		
12 - 19.....	4	(0.8)	1136	2277 (65.3)	3	(0.9)	2280 (65.3)			--	--	--		2274 (65.1)		
<b>Males:</b>																
20 - 39.....	13	(2.2)	860	3007 (81.5)	18	(4.2)	3025 (79.7)	82	3178 (171.4)	146	(20.9)	3324 (174.6)		2982 (88.2)		
40 - 59.....	21	(2.4)	843	3165 (64.0)	19	(2.1)	3185 (64.6)	151	3267 (138.4)	92	(3.3)	3359 (138.2)		3138 (80.7)		
60 and over.....	35	(2.9)	959	2817 (79.2)	32	(2.9)	2849 (80.2)	281	3054 (105.9)	91	(3.7)	3145 (105.7)		2688 (83.5)		
20 and over...	21	(1.4)	2662	3026 (50.4)	22	(1.8)	3048 (51.2)	514	3167 (92.2)	104	(5.9)	3271 (91.7)		2989 (57.7)		
<b>Females:</b>																
20 - 39.....	7	(1.1)	809	2123 (48.1)	9*	(4.1)	2132 (49.3)		--	--	--		2098 (51.4)			
40 - 59.....	16	(2.4)	873	2422 (67.1)	14	(2.2)	2436 (68.5)	119	2864 (133.9)	83	(7.3)	2947 (133.7)		2337 (68.4)		
60 and over.....	32	(2.0)	988	2280 (52.4)	29	(2.1)	2309 (54.3)	263	2399 (93.8)	89	(3.6)	2488 (95.5)		2224 (43.7)		
20 and over...	17	(1.4)	2670	2282 (50.6)	16	(2.4)	2298 (52.0)	428	2587 (80.0)	93	(8.5)	2681 (81.8)		2220 (47.1)		
<b>All Individuals:</b>																
2 and over...	15	(1.0)	8421	2510 (46.1)	14	(1.5)	2524 (47.1)	982	2875 (72.9)	98	(5.9)	2973 (73.0)		2448 (44.0)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting selenium <sup>8</sup> % (SE)		S e l e n i u m						Supplement Users <sup>6</sup>		Non-users <sup>7</sup>	
			All Individuals <sup>5</sup>									
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)	
<b>Males and females:</b>												
2 - 5.....	1*	(0.4)	832	69.8 (1.90)	0.1* (0.06)	69.9 (1.90)		--	--	--	70.0 (1.89)	
6 - 11.....	1*	(0.6)	1121	87.4 (1.89)	0.6* (0.35)	88.0 (1.88)		--	--	--	87.3 (1.93)	
12 - 19.....	5	(1.2)	1136	106.7 (2.39)	3.3 (0.80)	110.0 (2.59)		--	--	--	106.6 (2.53)	
<b>Males:</b>												
20 - 39.....	11	(1.7)	860	140.0 (2.95)	8.6 (1.75)	148.7 (3.15)	79	140.2 (9.94)	80.5 (7.44)	220.7 (15.69)	140.0 (3.11)	
40 - 59.....	22	(2.9)	843	137.1 (3.93)	15.2 (2.69)	152.3 (4.77)	148	138.7 (5.79)	69.5 (5.29)	208.2 (8.10)	136.7 (4.96)	
60 and over.....	36	(3.1)	959	106.7 (3.40)	23.4 (2.58)	130.1 (4.41)	288	110.1 (5.32)	65.7 (4.97)	175.8 (5.75)	104.8 (3.21)	
20 and over...	21	(1.6)	2662	131.4 (2.08)	14.5 (1.19)	145.9 (2.80)	515	128.0 (3.60)	70.2 (2.72)	198.2 (3.31)	132.3 (2.58)	
<b>Females:</b>												
20 - 39.....	11	(2.0)	809	91.3 (2.57)	6.9* (2.17)	98.1 (3.11)	71	112.0 (9.93)	63.3 (12.06)	175.3 (9.79)	88.8 (2.20)	
40 - 59.....	24	(2.7)	873	93.3 (3.33)	13.2 (2.14)	106.4 (4.53)	165	104.9 (4.36)	55.2 (5.28)	160.0 (8.38)	89.6 (3.83)	
60 and over.....	38	(2.4)	988	79.5 (1.54)	19.4 (1.94)	98.9 (2.77)	305	82.7 (2.50)	51.1 (4.57)	133.8 (3.86)	77.6 (1.82)	
20 and over...	23	(1.7)	2670	89.1 (1.73)	12.6 (1.11)	101.6 (2.53)	541	96.7 (2.59)	54.8 (3.25)	151.5 (4.02)	86.8 (1.52)	
<b>All Individuals:</b>												
2 and over...	17	(1.2)	8421	104.9 (1.54)	10.5 (0.67)	115.4 (2.06)	1112	110.5 (2.60)	61.6 (1.77)	172.0 (2.77)	103.8 (1.44)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

## Symbol Legend

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

**Mean:** An estimated mean is flagged when the relative standard error is greater than 30 percent.

**Percent reporting a supplement intake:** 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 2.16.

# Indicates a non-zero value too small to report.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF).

## Footnotes

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

<sup>2</sup> Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

**Niacin:** values do not include niacin-equivalents from tryptophan.

**Folic acid:** the synthetic form of folate used as a fortificant in foods and dietary supplements.

**Folate (DFE):**  $\mu\text{g}$  dietary folate equivalents =  $\mu\text{g}$  food folate +  $(1.7 * \mu\text{g}$  folic acid).

**Vitamin D:**  $1 \mu\text{g} = 40$  International Units (IU).

**Calcium and Magnesium:** supplement intake includes non-prescription antacids.

<sup>3</sup> **Food intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.1 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22 (Agricultural Research Service, Nutrient Data Laboratory). Sodium estimate from food adjusted for salt used in food preparation.

<sup>4</sup> **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT\_E) of NHANES 2007-2008. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: [http://www.cdc.gov/nchs/nhanes/nhanes2007-2008/DS1TOT\\_E.htm](http://www.cdc.gov/nchs/nhanes/nhanes2007-2008/DS1TOT_E.htm).

<sup>5</sup> **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females and breast-fed children were excluded.

<sup>6</sup> **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

<sup>7</sup> **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

<sup>8</sup> The weighted percentage of respondents in the gender/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

## Abbreviations

SE = standard error; DFE = dietary folate equivalents.

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2011. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Dietary Supplements, by Gender and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008

Race/ethnicity and age (years)	Percent reporting supplement thiamin <sup>8</sup> % (SE)		T h i a m i n										
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
<b>Non-Hispanic White:</b>													
2 - 19.....	17	(2.5)	986	1.55 (0.035)	0.29 (0.050)	1.84 (0.070)	160	1.56 (0.086)	1.75 (0.183)	3.31 (0.197)	1.55 (0.049)		
20 and over.....	31	(2.1)	2524	1.66 (0.043)	3.64 (0.564)	5.30 (0.587)	787	1.71 (0.063)	11.86 (1.369)	13.57 (1.402)	1.64 (0.047)		
2 and over...	28	(1.9)	3510	1.63 (0.038)	2.88 (0.435)	4.52 (0.456)	947	1.69 (0.054)	10.47 (1.187)	12.16 (1.209)	1.61 (0.039)		
<b>Non-Hispanic Black:</b>													
2 - 19.....	8	(1.8)	782	1.39 (0.045)	0.85*(0.757)	2.25*(0.794)	--	--	--	--	1.38 (0.043)		
20 and over.....	16	(1.3)	1121	1.42 (0.033)	1.41 (0.169)	2.83 (0.169)	211	1.59 (0.080)	8.80 (0.948)	10.38 (0.954)	1.39 (0.033)		
2 and over...	14	(1.0)	1903	1.41 (0.023)	1.24 (0.256)	2.65 (0.258)	260	1.58 (0.070)	9.08 (1.680)	10.65 (1.674)	1.39 (0.023)		
<b>Hispanic:</b>													
2 - 19.....	9	(0.9)	1167	1.50 (0.035)	0.26 (0.079)	1.76 (0.096)	98	1.58 (0.100)	3.05 (0.872)	4.63 (0.868)	1.49 (0.037)		
20 and over.....	11	(1.4)	1482	1.61 (0.039)	1.23 (0.270)	2.83 (0.277)	195	1.77 (0.092)	10.86 (2.537)	12.63 (2.515)	1.59 (0.037)		
2 and over...	10	(0.9)	2649	1.57 (0.027)	0.89 (0.175)	2.46 (0.179)	293	1.71 (0.064)	8.60 (1.587)	10.32 (1.588)	1.55 (0.026)		
<b>All Individuals<sup>9</sup>:</b>													
2 - 19.....	13	(1.6)	3089	1.51 (0.018)	0.36*(0.110)	1.86 (0.116)	313	1.56 (0.073)	2.72*(0.837)	4.29 (0.839)	1.50 (0.024)		
20 and over.....	26	(1.4)	5332	1.62 (0.033)	2.99 (0.386)	4.61 (0.402)	1236	1.70 (0.054)	11.52 (1.075)	13.23 (1.104)	1.59 (0.035)		
2 and over...	23	(1.2)	8421	1.59 (0.027)	2.32 (0.287)	3.91 (0.301)	1549	1.68 (0.045)	10.22 (0.947)	11.90 (0.966)	1.57 (0.027)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).



**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement riboflavin <sup>8</sup> % (SE)		R i b o f l a v i n										
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
<b>Non-Hispanic White:</b>													
2 - 19.....	17	(2.5)	986	2.16 (0.069)	0.33 (0.054)	2.48 (0.098)	160	2.07 (0.062)	1.95 (0.185)	4.03 (0.193)	2.17 (0.080)		
20 and over.....	31	(2.0)	2524	2.31 (0.037)	2.95 (0.512)	5.26 (0.515)	792	2.33 (0.072)	9.56 (1.207)	11.89 (1.235)	2.29 (0.041)		
2 and over...	28	(1.8)	3510	2.27 (0.039)	2.36 (0.398)	4.63 (0.407)	952	2.30 (0.064)	8.52 (1.030)	10.82 (1.055)	2.26 (0.040)		
<b>Non-Hispanic Black:</b>													
2 - 19.....	8	(1.8)	782	1.76 (0.055)	0.30*(0.158)	2.06 (0.200)	--	--	--	--	1.75 (0.055)		
20 and over.....	16	(1.2)	1121	1.83 (0.058)	1.76*(0.770)	3.59 (0.766)	212	2.11 (0.119)	11.07*(4.987)	13.18*(4.964)	1.78 (0.055)		
2 and over...	14	(0.9)	1903	1.81 (0.046)	1.30*(0.484)	3.12 (0.470)	261	2.07 (0.094)	9.64*(3.834)	11.71*(3.810)	1.77 (0.044)		
<b>Hispanic:</b>													
2 - 19.....	9	(0.9)	1167	2.01 (0.061)	0.24 (0.062)	2.25 (0.098)	98	2.19 (0.077)	2.79 (0.695)	4.98 (0.685)	1.99 (0.069)		
20 and over.....	11	(1.4)	1482	2.05 (0.057)	1.16 (0.279)	3.21 (0.263)	195	2.27 (0.096)	10.24 (2.527)	12.52 (2.526)	2.02 (0.059)		
2 and over...	10	(0.9)	2649	2.03 (0.053)	0.84 (0.184)	2.88 (0.168)	293	2.25 (0.070)	8.09 (1.637)	10.34 (1.642)	2.01 (0.056)		
<b>All Individuals<sup>9</sup>:</b>													
2 - 19.....	13	(1.6)	3089	2.05 (0.038)	0.29 (0.041)	2.34 (0.062)	313	2.08 (0.056)	2.22 (0.235)	4.29 (0.229)	2.04 (0.044)		
20 and over.....	26	(1.4)	5332	2.20 (0.046)	2.50 (0.359)	4.70 (0.359)	1240	2.30 (0.063)	9.60 (1.062)	11.90 (1.077)	2.16 (0.049)		
2 and over...	23	(1.2)	8421	2.16 (0.042)	1.94 (0.265)	4.09 (0.270)	1553	2.27 (0.055)	8.51 (0.895)	10.78 (0.910)	2.13 (0.043)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement niacin <sup>8</sup> % (SE)		N i a c i n										
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
<b>Non-Hispanic White:</b>													
2 - 19.....	17	(2.5)	986	22.0 (0.92)	2.7 (0.37)	24.7 (1.12)	161	21.7 (1.10)	15.8 (0.53)	37.4 (1.29)	22.1 (1.07)		
20 and over.....	32	(2.0)	2524	25.4 (0.47)	15.8 (2.33)	41.2 (2.62)	805	24.7 (0.69)	50.2 (5.37)	74.9 (5.68)	25.7 (0.60)		
2 and over...	28	(1.9)	3510	24.6 (0.48)	12.8 (1.86)	37.5 (2.24)	966	24.3 (0.61)	45.5 (4.57)	69.8 (4.85)	24.7 (0.57)		
<b>Non-Hispanic Black:</b>													
2 - 19.....	9	(1.8)	782	20.1 (0.65)	1.6 (0.41)	21.7 (0.96)	--	--	--	--	20.1 (0.67)		
20 and over.....	16	(1.3)	1121	23.5 (0.60)	5.6 (1.18)	29.1 (1.44)	215	25.8 (1.14)	34.7 (6.17)	60.5 (6.41)	23.1 (0.61)		
2 and over...	14	(1.0)	1903	22.4 (0.41)	4.4 (0.84)	26.8 (1.00)	265	24.8 (0.85)	31.6 (4.87)	56.4 (4.93)	22.1 (0.42)		
<b>Hispanic:</b>													
2 - 19.....	9	(0.8)	1167	20.4 (0.56)	1.7 (0.22)	22.0 (0.62)	95	20.5 (0.88)	19.4 (1.41)	40.0 (1.75)	20.3 (0.58)		
20 and over.....	12	(1.3)	1482	24.7 (0.60)	3.9 (0.72)	28.7 (0.99)	199	25.3 (1.76)	33.6 (5.09)	58.8 (5.35)	24.6 (0.59)		
2 and over...	11	(0.9)	2649	23.2 (0.56)	3.2 (0.49)	26.4 (0.77)	294	23.9 (1.30)	29.6 (3.58)	53.6 (3.79)	23.1 (0.56)		
<b>All Individuals<sup>9</sup>:</b>													
2 - 19.....	13	(1.6)	3089	21.2 (0.52)	2.2 (0.25)	23.3 (0.63)	312	21.4 (0.90)	16.5 (0.50)	37.9 (1.15)	21.1 (0.56)		
20 and over.....	27	(1.4)	5332	24.9 (0.37)	12.7 (1.61)	37.6 (1.87)	1260	24.8 (0.62)	47.6 (4.50)	72.4 (4.73)	25.0 (0.44)		
2 and over...	23	(1.2)	8421	24.0 (0.35)	10.0 (1.24)	33.9 (1.52)	1572	24.3 (0.53)	43.1 (3.79)	67.4 (3.99)	23.9 (0.38)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin B6 <sup>8</sup> % (SE)		V i t a m i n B 6						—Non-users <sup>7</sup> —			
			—All Individuals <sup>5</sup> —			—Supplement Users <sup>6</sup> —						
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
<b>Non-Hispanic White:</b>												
2 - 19.....	23	(3.2)	986	1.81 (0.086)	0.56 (0.128)	2.37 (0.166)	219	1.73 (0.091)	2.48 (0.424)	4.21 (0.471)	1.84 (0.094)	
20 and over.....	33	(2.0)	2524	2.01 (0.046)	4.24 (0.556)	6.25 (0.574)	822	2.04 (0.070)	12.99 (1.297)	15.03 (1.309)	1.99 (0.049)	
2 and over...	30	(1.8)	3510	1.96 (0.052)	3.41 (0.429)	5.37 (0.456)	1041	1.99 (0.067)	11.22 (1.123)	13.21 (1.134)	1.95 (0.052)	
<b>Non-Hispanic Black:</b>												
2 - 19.....	11	(1.9)	782	1.53 (0.043)	0.25*(0.080)	1.77 (0.105)	68	1.53 (0.144)	2.27 (0.432)	3.80 (0.536)	1.53 (0.048)	
20 and over.....	16	(1.2)	1121	1.80 (0.048)	1.30 (0.142)	3.10 (0.143)	217	2.01 (0.102)	8.02 (0.845)	10.03 (0.877)	1.76 (0.044)	
2 and over...	15	(1.0)	1903	1.72 (0.034)	0.97 (0.086)	2.69 (0.082)	285	1.90 (0.076)	6.68 (0.645)	8.58 (0.674)	1.69 (0.032)	
<b>Hispanic:</b>												
2 - 19.....	12	(1.2)	1167	1.72 (0.059)	0.31 (0.037)	2.03 (0.076)	138	1.78 (0.090)	2.58 (0.301)	4.37 (0.310)	1.71 (0.064)	
20 and over.....	11	(1.3)	1482	2.00 (0.055)	1.36 (0.272)	3.36 (0.266)	198	2.13 (0.139)	12.14 (2.485)	14.27 (2.466)	1.98 (0.053)	
2 and over...	12	(1.0)	2649	1.90 (0.054)	1.00 (0.180)	2.90 (0.174)	336	2.00 (0.091)	8.67 (1.463)	10.67 (1.443)	1.89 (0.052)	
<b>All Individuals<sup>9</sup>:</b>												
2 - 19.....	18	(2.0)	3089	1.74 (0.049)	0.44 (0.079)	2.17 (0.102)	440	1.71 (0.072)	2.43 (0.330)	4.14 (0.365)	1.74 (0.050)	
20 and over.....	27	(1.4)	5332	1.97 (0.036)	3.41 (0.381)	5.38 (0.395)	1282	2.03 (0.062)	12.41 (1.013)	14.44 (1.025)	1.95 (0.036)	
2 and over...	25	(1.2)	8421	1.91 (0.037)	2.64 (0.280)	4.55 (0.300)	1722	1.97 (0.057)	10.56 (0.872)	12.54 (0.883)	1.89 (0.035)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Race/ethnicity and age (years)	Percent reporting supplement folic acid <sup>8</sup> % (SE)		F o l i c a c i d													
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)					
<b>Non-Hispanic White:</b>																
2 - 19.....	21	(3.0)	986	210 (5.9)	69 (10.4)	279 (13.6)	205	204 (11.7)	325 (16.3)	529 (12.6)	212 (8.4)					
20 and over.....	32	(2.1)	2524	193 (6.0)	161 (10.0)	354 (12.9)	815	195 (7.6)	499 (19.2)	694 (19.7)	193 (6.9)					
2 and over...	30	(1.9)	3510	197 (5.0)	140 (9.1)	337 (11.9)	1020	196 (6.0)	471 (16.3)	667 (16.2)	198 (5.5)					
<b>Non-Hispanic Black:</b>																
2 - 19.....	10	(1.7)	782	188 (11.0)	38 (8.8)	226 (16.6)	66	200 (25.2)	371 (30.0)	571 (52.5)	187 (12.2)					
20 and over.....	16	(1.2)	1121	165 (6.5)	70 (6.3)	236 (6.8)	213	178 (13.9)	440 (18.2)	618 (25.6)	163 (8.0)					
2 and over...	14	(0.9)	1903	172 (5.2)	60 (4.9)	233 (6.2)	279	183 (14.1)	424 (13.8)	607 (23.5)	171 (6.2)					
<b>Hispanic:</b>																
2 - 19.....	12	(1.2)	1167	212 (10.0)	44 (4.9)	256 (11.6)	139	202 (29.4)	369 (26.0)	571 (46.5)	213 (10.7)					
20 and over.....	11	(1.3)	1482	176 (6.4)	52 (5.6)	228 (10.7)	198	203 (19.9)	460 (13.7)	663 (22.7)	173 (6.4)					
2 and over...	12	(1.0)	2649	189 (3.5)	49 (3.6)	238 (4.9)	337	202 (17.5)	427 (12.7)	629 (21.9)	187 (4.8)					
<b>All Individuals<sup>9</sup>:</b>																
2 - 19.....	17	(2.0)	3089	208 (4.3)	57 (6.6)	265 (8.7)	426	203 (9.8)	332 (12.0)	535 (14.0)	209 (5.0)					
20 and over.....	27	(1.5)	5332	188 (4.8)	133 (7.3)	321 (9.4)	1268	193 (6.5)	491 (16.8)	685 (17.4)	186 (5.2)					
2 and over...	25	(1.2)	8421	193 (3.5)	113 (6.1)	307 (7.8)	1694	195 (4.8)	463 (14.5)	658 (14.6)	193 (3.7)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Race/ethnicity and age (years)	Percent reporting supplement folate (DFE) <sup>8</sup> % (SE)		Folate ( D F E )															
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>					
			Sample Size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Sample size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Food µg (SE)	
<b>Non-Hispanic White:</b>																		
2 - 19.....	21	(3.0)	986	513	(12.2)	117	(17.7)	630	(24.6)	205	495	(22.8)	553	(27.7)	1048	(27.0)	518	(16.5)
20 and over.....	32	(2.1)	2524	545	(17.6)	273	(17.1)	819	(28.3)	815	561	(17.6)	849	(32.6)	1410	(32.5)	538	(19.5)
2 and over...	30	(1.9)	3510	538	(14.4)	238	(15.5)	776	(25.5)	1020	551	(14.7)	801	(27.7)	1352	(28.1)	533	(14.9)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	10	(1.7)	782	461	(21.8)	65	(15.0)	526	(30.7)	66	502	(52.2)	631	(51.0)	1133	(95.9)	456	(24.3)
20 and over.....	16	(1.2)	1121	467	(12.2)	120	(10.8)	587	(12.0)	213	506	(26.5)	748	(30.9)	1254	(44.6)	460	(14.1)
2 and over...	14	(0.9)	1903	465	(10.3)	103	(8.4)	568	(11.2)	279	505	(26.0)	721	(23.4)	1227	(40.8)	459	(11.8)
<b>Hispanic:</b>																		
2 - 19.....	12	(1.2)	1167	516	(18.4)	76	(8.3)	591	(20.5)	139	508	(55.1)	627	(44.1)	1136	(83.3)	517	(20.6)
20 and over.....	11	(1.3)	1482	516	(12.5)	88	(9.6)	604	(19.8)	198	593	(33.7)	782	(23.3)	1376	(38.9)	506	(13.1)
2 and over...	12	(1.0)	2649	516	(8.9)	84	(6.1)	600	(11.3)	337	563	(31.6)	726	(21.6)	1289	(38.0)	510	(11.3)
<b>All Individuals<sup>9</sup>:</b>																		
2 - 19.....	17	(2.0)	3089	507	(7.9)	96	(11.2)	604	(15.2)	426	498	(18.8)	564	(20.5)	1062	(27.6)	509	(9.2)
20 and over.....	27	(1.5)	5332	534	(13.3)	226	(12.3)	760	(20.8)	1268	558	(15.1)	835	(28.5)	1394	(29.1)	524	(14.1)
2 and over...	25	(1.2)	8421	527	(9.9)	193	(10.3)	720	(17.3)	1694	548	(11.4)	787	(24.7)	1334	(25.2)	520	(10.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement choline <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	12	(2.7)	986	255	(7.6)	3	(0.9)	258	(7.7)	119	247	(15.2)	26	(3.1)	273	(15.1)	256	(8.4)
20 and over.....	4	(0.7)	2524	327	(6.6)	1	(0.2)	328	(6.7)	88	327	(27.5)	30	(3.4)	357	(28.4)	327	(6.5)
2 and over...	6	(0.9)	3510	311	(6.1)	2	(0.3)	312	(6.2)	207	289	(17.0)	28	(2.3)	317	(17.8)	312	(5.9)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	9	(1.9)	782	223	(4.3)	4*	(1.7)	227	(5.3)		--	--	--	--	--	--	222	(5.0)
20 and over.....	2	(0.4)	1121	305	(7.7)	#		306	(7.6)		--	--	--	--	--	--	304	(7.9)
2 and over...	4	(0.6)	1903	280	(5.7)	1*	(0.5)	281	(5.8)	76	278	(26.4)	37	(8.9)	315	(29.3)	280	(6.5)
<b>Hispanic:</b>																		
2 - 19.....	7	(0.9)	1167	254	(5.9)	2	(0.3)	256	(5.8)	82	300	(18.6)	26	(5.6)	326	(16.7)	250	(5.8)
20 and over.....	1*	(0.3)	1482	332	(8.8)	#		333	(8.7)		--	--	--	--	--	--	332	(8.8)
2 and over...	3	(0.3)	2649	305	(6.7)	1	(0.1)	306	(6.6)	101	308	(17.1)	27	(4.4)	335	(17.5)	305	(6.7)
<b>All Individuals<sup>9</sup>:</b>																		
2 - 19.....	10	(1.8)	3089	249	(4.7)	3	(0.7)	252	(4.8)	265	256	(12.5)	28	(2.8)	284	(12.4)	248	(5.3)
20 and over.....	3	(0.5)	5332	324	(5.9)	1	(0.2)	325	(5.9)	136	327	(24.1)	30	(3.6)	357	(25.1)	324	(5.9)
2 and over...	5	(0.7)	8421	305	(5.3)	1	(0.2)	307	(5.3)	401	289	(14.5)	29	(2.1)	318	(15.0)	306	(5.3)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin B12 <sup>s</sup> % (SE)		V i t a m i n B 1 2						— Non-users <sup>7</sup> —			
			All Individuals <sup>5</sup>			Supplement Users <sup>6</sup>						
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)	
<b>Non-Hispanic White:</b>												
2 - 19.....	22	(3.1)	986	5.25 (0.190)	1.4 (0.21)	6.7 (0.28)	216	5.03 (0.313)	6.5 (0.48)	11.5 (0.60)	5.30 (0.207)	
20 and over.....	33	(1.9)	2524	5.42 (0.140)	41.4 (7.44)	46.9 (7.49)	840	5.47 (0.160)	126.0 (25.64)	131.5 (25.74)	5.40 (0.184)	
2 and over...	30	(1.7)	3510	5.38 (0.125)	32.4 (5.84)	37.8 (5.89)	1056	5.40 (0.155)	106.5 (21.75)	111.9 (21.82)	5.38 (0.150)	
<b>Non-Hispanic Black:</b>												
2 - 19.....	11	(1.9)	782	4.33 (0.213)	0.8 (0.18)	5.1 (0.36)	68	4.09 (0.326)	7.3 (1.11)	11.4 (1.15)	4.36 (0.224)	
20 and over.....	17	(1.5)	1121	4.95 (0.255)	15.1* (5.72)	20.1 (5.85)	225	6.59 (0.666)	88.1*(29.65)	94.7*(30.16)	4.62 (0.207)	
2 and over...	15	(1.2)	1903	4.76 (0.188)	10.7* (4.03)	15.4 (4.12)	293	6.03 (0.532)	70.1*(23.19)	76.2*(23.62)	4.53 (0.161)	
<b>Hispanic:</b>												
2 - 19.....	12	(1.2)	1167	4.95 (0.179)	0.8 (0.08)	5.7 (0.18)	136	5.34 (0.299)	6.5 (0.51)	11.8 (0.59)	4.89 (0.196)	
20 and over.....	12	(1.6)	1482	5.06 (0.150)	11.1 (2.85)	16.1 (2.81)	217	4.94 (0.323)	89.3 (20.49)	94.2 (20.41)	5.08 (0.159)	
2 and over...	12	(1.2)	2649	5.02 (0.134)	7.5 (1.85)	12.5 (1.81)	353	5.08 (0.251)	61.4 (12.81)	66.4 (12.76)	5.01 (0.138)	
<b>All Individuals<sup>9</sup>:</b>												
2 - 19.....	18	(2.0)	3089	4.99 (0.113)	1.1 (0.14)	6.1 (0.18)	435	4.96 (0.238)	6.5 (0.34)	11.4 (0.46)	5.00 (0.129)	
20 and over.....	28	(1.4)	5332	5.26 (0.142)	33.3 (6.18)	38.6 (6.26)	1326	5.46 (0.140)	119.7 (21.62)	125.1 (21.70)	5.18 (0.164)	
2 and over...	25	(1.2)	8421	5.19 (0.120)	25.1 (4.70)	30.3 (4.77)	1761	5.37 (0.127)	99.3 (18.38)	104.7 (18.44)	5.13 (0.134)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin C <sup>8</sup> % (SE)		V i t a m i n C													
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
<b>Non-Hispanic White:</b>																
2 - 19.....	24	(3.0)	986	74.4 (3.13)	25.7 (2.80)	100.1 (4.98)	228	77.5 (6.73)	108.9 (10.74)	186.4 (11.13)	73.5 (4.01)					
20 and over.....	35	(2.1)	2524	79.2 (4.45)	104.7 (11.33)	183.8 (14.19)	886	96.9 (3.98)	299.2 (22.15)	396.1 (21.29)	69.6 (4.98)					
2 and over...	32	(1.9)	3510	78.1 (3.88)	86.8 (9.01)	164.9 (11.54)	1114	93.7 (3.31)	267.8 (21.25)	361.5 (20.59)	70.6 (4.37)					
<b>Non-Hispanic Black:</b>																
2 - 19.....	12	(1.9)	782	105.2 (5.28)	10.7 (2.79)	115.9 (7.40)	76	125.3 (19.00)	91.2 (17.85)	216.5 (31.61)	102.5 (4.82)					
20 and over.....	18	(1.4)	1121	102.1 (5.97)	33.6 (3.28)	135.7 (6.46)	237	99.9 (7.61)	186.0 (16.98)	285.9 (22.88)	102.6 (6.53)					
2 and over...	16	(1.1)	1903	103.1 (4.01)	26.4 (2.29)	129.5 (4.20)	313	105.7 (6.10)	164.4 (14.33)	270.1 (17.78)	102.6 (3.96)					
<b>Hispanic:</b>																
2 - 19.....	13	(1.2)	1167	96.5 (5.06)	14.3 (2.16)	110.8 (6.00)	143	110.2 (10.97)	114.4 (16.97)	224.6 (22.29)	94.5 (4.87)					
20 and over.....	14	(1.5)	1482	91.6 (4.03)	37.8 (5.76)	129.4 (7.14)	239	117.2 (8.31)	276.6 (22.41)	393.8 (22.40)	87.5 (4.15)					
2 and over...	13	(1.2)	2649	93.3 (2.79)	29.7 (4.12)	123.0 (5.00)	382	114.9 (7.00)	223.7 (14.99)	338.6 (13.66)	90.0 (2.75)					
<b>All Individuals<sup>9</sup>:</b>																
2 - 19.....	19	(2.0)	3089	84.1 (3.06)	20.5 (1.88)	104.6 (3.72)	467	86.5 (6.38)	107.5 (9.33)	194.0 (10.61)	83.5 (3.27)					
20 and over.....	30	(1.5)	5332	83.7 (3.80)	87.1 (7.64)	170.9 (9.84)	1413	97.6 (3.80)	292.1 (17.95)	389.6 (17.49)	77.8 (4.21)					
2 and over...	27	(1.3)	8421	83.8 (3.37)	70.0 (5.88)	153.8 (7.73)	1880	95.6 (3.26)	258.7 (17.26)	354.2 (16.81)	79.4 (3.69)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin D <sup>8</sup> % (SE)		V i t a m i n D										
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
<b>Non-Hispanic White:</b>													
2 - 19.....	22	(3.1)	986	5.4 (0.21)	2.0 (0.30)	7.5 (0.32)	216	5.5 (0.33)	9.2 (0.43)	14.7 (0.66)	5.4 (0.22)		
20 and over.....	34	(2.0)	2524	4.5 (0.15)	6.3 (0.89)	10.8 (0.94)	868	4.9 (0.24)	18.6 (2.56)	23.4 (2.69)	4.3 (0.20)		
2 and over...	31	(1.8)	3510	4.7 (0.15)	5.3 (0.71)	10.0 (0.74)	1084	5.0 (0.23)	17.1 (2.12)	22.0 (2.24)	4.6 (0.19)		
<b>Non-Hispanic Black:</b>													
2 - 19.....	10	(1.6)	782	4.0 (0.10)	0.9 (0.18)	4.9 (0.21)	69	4.9 (0.63)	8.9 (0.69)	13.8 (0.78)	3.9 (0.12)		
20 and over.....	17	(1.4)	1121	3.3 (0.19)	2.2 (0.22)	5.5 (0.25)	221	4.4 (0.54)	12.7 (0.74)	17.1 (1.02)	3.1 (0.14)		
2 and over...	15	(1.1)	1903	3.5 (0.14)	1.8 (0.16)	5.3 (0.19)	290	4.5 (0.42)	11.9 (0.66)	16.4 (0.85)	3.3 (0.11)		
<b>Hispanic:</b>													
2 - 19.....	13	(1.2)	1167	5.6 (0.24)	1.1 (0.12)	6.6 (0.24)	143	7.0 (0.64)	8.5 (0.73)	15.6 (0.71)	5.3 (0.27)		
20 and over.....	12	(1.3)	1482	4.4 (0.25)	1.4 (0.15)	5.8 (0.20)	221	5.2 (0.33)	11.2 (0.47)	16.4 (0.43)	4.3 (0.27)		
2 and over...	12	(1.1)	2649	4.8 (0.20)	1.3 (0.10)	6.1 (0.16)	364	5.9 (0.34)	10.2 (0.37)	16.1 (0.38)	4.6 (0.22)		
<b>All Individuals<sup>9</sup>:</b>													
2 - 19.....	18	(2.0)	3089	5.2 (0.12)	1.6 (0.19)	6.8 (0.19)	445	5.7 (0.26)	9.0 (0.35)	14.7 (0.52)	5.1 (0.13)		
20 and over.....	28	(1.4)	5332	4.3 (0.12)	5.0 (0.67)	9.3 (0.71)	1353	4.9 (0.19)	17.7 (2.21)	22.6 (2.32)	4.1 (0.16)		
2 and over...	26	(1.2)	8421	4.6 (0.11)	4.1 (0.50)	8.7 (0.54)	1798	5.0 (0.18)	16.1 (1.79)	21.2 (1.89)	4.4 (0.14)		

See page 23 for footnotes.

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Race/ethnicity and age (years)	Percent reporting supplement vitamin K <sup>8</sup> % (SE)		V i t a m i n K						Supplement Users <sup>6</sup>			Non-users <sup>7</sup>	
			All Individuals <sup>5</sup>										
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
<b>Non-Hispanic White:</b>													
2 - 19.....	4	(1.0)	986	56.5 (4.43)	4.9* (3.58)	61.4 (5.78)		--	--	--	54.9 (4.05)		
20 and over.....	24	(1.7)	2524	99.0 (5.79)	6.9 (0.65)	105.9 (6.19)	621	112.6 (10.44)	28.9 (1.89)	141.6 (10.97)	94.6 (6.13)		
2 and over...	20	(1.4)	3510	89.4 (5.02)	6.5 (0.85)	95.8 (5.31)	658	111.8 (9.86)	33.2 (4.13)	145.0 (9.50)	83.9 (5.11)		
<b>Non-Hispanic Black:</b>													
2 - 19.....	#		782	69.0 (9.10)	#	69.0 (9.10)		--	--	--	69.1 (9.11)		
20 and over.....	12	(1.2)	1121	112.5 (7.77)	3.7 (0.39)	116.2 (7.73)	161	140.9 (11.24)	30.0 (1.88)	170.9 (12.19)	108.5 (8.58)		
2 and over...	9	(0.8)	1903	98.9 (5.41)	2.5 (0.24)	101.5 (5.35)	163	140.0 (10.89)	29.9 (1.79)	169.9 (11.72)	95.1 (5.69)		
<b>Hispanic:</b>													
2 - 19.....	2	(0.6)	1167	46.4 (2.16)	0.6* (0.25)	47.0 (2.15)		--	--	--	46.1 (2.08)		
20 and over.....	8	(1.1)	1482	75.8 (4.85)	2.4 (0.41)	78.3 (5.01)	152	111.5 (13.42)	29.4 (3.01)	140.9 (13.91)	72.6 (4.38)		
2 and over...	6	(0.8)	2649	65.6 (3.72)	1.8 (0.29)	67.4 (3.83)	171	105.7 (12.75)	29.7 (2.78)	135.4 (13.02)	63.0 (3.33)		
<b>All Individuals<sup>9</sup>:</b>													
2 - 19.....	3	(0.6)	3089	58.1 (3.37)	3.1* (2.14)	61.1 (4.23)		--	--	--	57.1 (3.22)		
20 and over.....	20	(1.2)	5332	99.3 (5.04)	5.8 (0.43)	105.2 (5.24)	962	114.0 (8.41)	28.9 (1.67)	143.0 (8.94)	95.6 (5.69)		
2 and over...	16	(1.0)	8421	88.7 (4.26)	5.1 (0.60)	93.8 (4.45)	1020	112.8 (7.92)	32.5 (3.47)	145.4 (7.70)	84.2 (4.58)		

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Race/ethnicity and age (years)	Percent reporting supplement lycopene <sup>8</sup> % (SE)		Lycopene						Supplement Users <sup>6</sup>		Non-users <sup>7</sup>			
			All Individuals <sup>5</sup>			Supplement Users <sup>6</sup>							Non-users <sup>7</sup>	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)					Supplement µg (SE)	Food plus supplement µg (SE)
<b>Non-Hispanic White:</b>														
2 - 19.....	2*	(0.6)	986	5148 (503.3)	6*	(2.3)	5154 (503.2)		--	--	--	5173 (513.4)		
20 and over.....	20	(1.6)	2524	5899 (240.0)	92	(9.9)	5992 (245.3)	533	6057 (415.4)	462	(27.9)	6519 (434.7)	5860 (281.9)	
2 and over...	16	(1.2)	3510	5729 (265.0)	73	(7.9)	5802 (268.4)	546	6001 (399.3)	460	(27.5)	6461 (418.1)	5678 (306.7)	
<b>Non-Hispanic Black:</b>														
2 - 19.....	0*	(0.0)	782	4700 (422.3)	0*	(0.0)	4700 (422.3)		--	--	--	4700 (422.3)		
20 and over.....	9	(1.0)	1121	4750 (365.8)	65*	(24.1)	4815 (384.9)	121	3721 (452.3)	725*	(250.0)	4446 (601.0)	4851 (391.4)	
2 and over...	6	(0.7)	1903	4734 (334.6)	45*	(16.1)	4779 (345.8)	121	3721 (452.3)	725*	(250.0)	4446 (601.0)	4801 (349.1)	
<b>Hispanic:</b>														
2 - 19.....	1*	(0.4)	1167	4763 (333.4)	4*	(2.0)	4767 (333.4)		--	--	--	4757 (335.0)		
20 and over.....	6	(1.0)	1482	5959 (366.4)	28	(4.2)	5987 (365.6)	124	4675 (838.5)	433	(28.9)	5108 (835.5)	6046 (364.8)	
2 and over...	4	(0.7)	2649	5545 (277.4)	19	(3.0)	5565 (277.0)	133	4730 (748.4)	433	(27.6)	5163 (745.3)	5583 (273.0)	
<b>All Individuals<sup>9</sup>:</b>														
2 - 19.....	1	(0.3)	3089	4969 (280.8)	4*	(1.4)	4974 (280.7)		--	--	--	4982 (285.3)		
20 and over.....	16	(1.2)	5332	5661 (186.3)	78	(6.8)	5739 (190.0)	801	5745 (365.8)	473	(21.6)	6218 (372.6)	5644 (216.7)	
2 and over...	13	(0.9)	8421	5483 (185.7)	59	(5.1)	5542 (188.3)	823	5702 (352.9)	471	(21.0)	6172 (359.3)	5452 (208.6)	

See page 23 for footnotes.

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement lutein + zeaxanthin <sup>8</sup> % (SE)		L u t e i n + z e a x a n t h i n												
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>		
			Sample Size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Sample size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)
<b>Non-Hispanic White:</b>															
2 - 19.....	1*	(0.5)	986	731 (88.3)	3*	(1.3)	734 (88.3)		--	--	--		731 (89.5)		
20 and over.....	18	(1.4)	2524	1394 (104.9)	140	(18.2)	1535 (104.4)	502	1612 (107.6)	769 (101.7)	2381 (154.9)		1346 (125.0)		
2 and over...	14	(1.1)	3510	1244 (90.2)	109	(14.6)	1353 (91.1)	511	1597 (103.2)	760 (100.8)	2357 (151.0)		1185 (102.6)		
<b>Non-Hispanic Black:</b>															
2 - 19.....	0*	(0.0)	782	1019 (203.2)	0*	(0.0)	1019 (203.2)		--	--	--		1019 (203.2)		
20 and over.....	7	(0.8)	1121	1585 (130.7)	42*	(12.6)	1626 (128.5)	108	2237 (554.2)	556 (125.9)	2792 (508.7)		1532 (121.7)		
2 and over...	5	(0.5)	1903	1408 (86.4)	29	(8.3)	1437 (84.2)	108	2237 (554.2)	556 (125.9)	2792 (508.7)		1363 (73.7)		
<b>Hispanic:</b>															
2 - 19.....	1*	(0.4)	1167	615 (36.1)	4*	(1.7)	618 (35.6)		--	--	--		607 (34.9)		
20 and over.....	5	(1.0)	1482	1066 (96.5)	19	(3.2)	1086 (96.6)	111	1472 (272.0)	350 (29.8)	1823 (270.8)		1043 (97.5)		
2 and over...	4	(0.7)	2649	910 (70.9)	14	(2.2)	924 (71.0)	120	1463 (252.5)	352 (27.0)	1815 (251.5)		887 (70.0)		
<b>All Individuals<sup>9</sup>:</b>															
2 - 19.....	1	(0.3)	3089	788 (65.5)	2*	(0.9)	791 (65.5)		--	--	--		787 (66.6)		
20 and over.....	15	(1.1)	5332	1412 (90.5)	108	(16.0)	1520 (90.3)	742	1624 (84.6)	724 (92.2)	2348 (131.5)		1375 (104.7)		
2 and over...	11	(0.8)	8421	1252 (76.7)	81	(12.2)	1333 (77.5)	760	1609 (79.8)	715 (91.3)	2325 (128.8)		1207 (84.7)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement calcium <sup>8</sup> % (SE)		C a l c i u m													
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
<b>Non-Hispanic White:</b>																
2 - 19.....	15	(2.3)	986	1040 (27.5)	31 (6.3)	1072 (28.5)	136	1071 (36.0)	211 (24.3)	1282 (49.9)	1035 (29.7)					
20 and over.....	38	(2.0)	2524	970 (27.4)	221 (15.4)	1190 (39.1)	984	1007 (34.4)	581 (16.0)	1587 (47.7)	947 (32.7)					
2 and over...	33	(1.6)	3510	986 (23.4)	178 (12.4)	1164 (32.8)	1120	1013 (31.9)	543 (17.9)	1556 (45.4)	972 (27.7)					
<b>Non-Hispanic Black:</b>																
2 - 19.....	9	(1.8)	782	827 (25.1)	14 (3.7)	841 (25.2)		--	--	--	811 (26.5)					
20 and over.....	19	(1.6)	1121	790 (32.4)	89 (9.7)	880 (29.1)	246	912 (84.4)	466 (33.5)	1378 (90.6)	761 (25.9)					
2 and over...	16	(1.2)	1903	802 (25.5)	66 (6.3)	868 (24.3)	296	926 (75.6)	415 (29.6)	1341 (73.3)	778 (20.4)					
<b>Hispanic:</b>																
2 - 19.....	9	(0.7)	1167	1001 (30.0)	15 (2.1)	1017 (30.4)	96	1157 (84.3)	178 (16.5)	1335 (93.5)	987 (32.2)					
20 and over.....	16	(1.7)	1482	903 (21.3)	74 (8.5)	977 (20.8)	291	978 (34.6)	461 (24.4)	1439 (26.7)	889 (22.6)					
2 and over...	13	(1.1)	2649	937 (18.4)	53 (5.7)	991 (17.1)	387	1018 (35.0)	398 (18.7)	1416 (30.7)	925 (19.2)					
<b>All Individuals<sup>9</sup>:</b>																
2 - 19.....	12	(1.3)	3089	996 (19.7)	24 (3.1)	1020 (19.7)	288	1074 (30.5)	202 (18.6)	1275 (39.3)	985 (21.7)					
20 and over.....	32	(1.7)	5332	929 (22.6)	182 (11.6)	1111 (31.5)	1571	992 (27.9)	564 (14.5)	1556 (40.4)	899 (26.6)					
2 and over...	27	(1.3)	8421	946 (19.9)	142 (8.9)	1088 (26.4)	1859	1001 (25.1)	523 (15.9)	1524 (37.6)	926 (23.3)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement phosphorus <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																
2 - 19.....	9	(1.9)	986	1278 (27.1)	8	(1.9)	1286 (27.5)	92	1292 (50.9)	91	(3.1)	1382 (50.9)	1276 (27.3)			
20 and over.....	18	(1.4)	2524	1368 (26.2)	19	(1.8)	1387 (27.4)	499	1353 (45.3)	106	(5.5)	1459 (48.7)	1371 (27.8)			
2 and over...	16	(1.2)	3510	1347 (24.0)	17	(1.6)	1364 (25.2)	591	1345 (41.3)	104	(4.7)	1449 (44.3)	1348 (23.7)			
<b>Non-Hispanic Black:</b>																
2 - 19.....	7	(1.8)	782	1058 (24.8)	7*	(2.1)	1065 (25.8)	--	--	--	--	1050 (26.3)				
20 and over.....	8	(0.8)	1121	1151 (38.5)	8	(0.9)	1159 (38.3)	113	1233 (89.8)	96	(6.0)	1328 (87.6)	1144 (37.3)			
2 and over...	8	(0.5)	1903	1122 (28.3)	7	(0.6)	1129 (28.3)	152	1218 (61.4)	97	(5.3)	1315 (59.1)	1114 (28.0)			
<b>Hispanic:</b>																
2 - 19.....	6	(0.6)	1167	1194 (27.7)	7	(1.1)	1201 (27.2)	--	--	--	--	1190 (30.0)				
20 and over.....	6	(0.9)	1482	1316 (31.9)	6	(1.0)	1322 (31.6)	122	1439 (86.4)	96	(5.4)	1535 (85.0)	1307 (30.7)			
2 and over...	6	(0.6)	2649	1274 (25.9)	6	(0.5)	1280 (25.7)	185	1378 (53.6)	102	(4.9)	1480 (53.7)	1267 (25.8)			
<b>All Individuals<sup>9</sup>:</b>																
2 - 19.....	8	(1.3)	3089	1219 (18.0)	7	(1.3)	1227 (18.3)	197	1272 (40.7)	95	(3.5)	1367 (40.8)	1215 (17.8)			
20 and over.....	15	(1.1)	5332	1326 (23.5)	16	(1.4)	1342 (24.5)	755	1345 (38.8)	105	(5.0)	1449 (41.8)	1322 (24.6)			
2 and over...	13	(0.9)	8421	1298 (20.9)	14	(1.2)	1312 (21.8)	952	1334 (34.3)	103	(4.2)	1437 (36.9)	1293 (21.0)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement magnesium <sup>8</sup> % (SE)		M a g n e s i u m										
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
<b>Non-Hispanic White:</b>													
2 - 19.....	14	(2.2)	986	234 (6.7)	5 (1.1)	240 (7.2)	126	249 (14.5)	40 (4.5)	289 (17.4)	232 (6.6)		
20 and over.....	30	(2.0)	2524	302 (9.4)	42 (7.1)	344 (15.5)	792	318 (13.3)	139 (15.9)	457 (27.4)	294 (8.4)		
2 and over...	27	(1.6)	3510	286 (8.4)	34 (5.6)	320 (13.4)	918	310 (12.9)	127 (14.7)	437 (26.0)	278 (7.0)		
<b>Non-Hispanic Black:</b>													
2 - 19.....	8	(1.6)	782	203 (5.6)	2 (0.4)	205 (5.7)		--	--	--	201 (5.8)		
20 and over.....	15	(1.2)	1121	249 (8.3)	16 (1.5)	264 (7.6)	194	275 (16.2)	106 (5.3)	381 (15.5)	244 (8.0)		
2 and over...	13	(0.9)	1903	234 (6.5)	12 (1.0)	246 (6.1)	240	264 (12.5)	91 (5.4)	355 (12.2)	230 (6.5)		
<b>Hispanic:</b>													
2 - 19.....	8	(0.7)	1167	227 (5.7)	4 (0.7)	231 (5.7)	89	239 (9.4)	47 (6.5)	286 (9.3)	226 (6.6)		
20 and over.....	12	(1.3)	1482	296 (7.5)	12 (2.0)	309 (7.1)	202	337 (25.0)	107 (9.3)	444 (22.2)	291 (6.3)		
2 and over...	10	(0.9)	2649	272 (6.4)	9 (1.4)	282 (6.4)	291	310 (19.0)	91 (7.4)	401 (17.6)	268 (5.7)		
<b>All Individuals<sup>9</sup>:</b>													
2 - 19.....	11	(1.4)	3089	228 (4.1)	4 (0.7)	232 (4.4)	264	244 (11.0)	39 (3.7)	283 (13.5)	226 (3.9)		
20 and over.....	26	(1.4)	5332	294 (7.1)	34 (5.0)	328 (11.4)	1226	317 (11.1)	133 (13.3)	449 (22.7)	286 (6.5)		
2 and over...	22	(1.1)	8421	277 (6.1)	26 (3.8)	303 (9.4)	1490	307 (10.6)	121 (12.3)	428 (21.5)	268 (5.2)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement iron <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	12	(1.9)	986	13.9	(0.41)	2.1	(0.35)	15.9	(0.66)	118	15.3	(0.89)	16.7	(0.50)	32.0	(1.13)	13.6	(0.49)
20 and over.....	18	(1.3)	2524	15.4	(0.42)	3.8	(0.23)	19.2	(0.50)	440	16.1	(0.61)	20.8	(0.66)	36.9	(0.64)	15.3	(0.47)
2 and over...	17	(1.3)	3510	15.1	(0.35)	3.4	(0.23)	18.5	(0.48)	558	16.0	(0.55)	20.1	(0.52)	36.1	(0.54)	14.9	(0.37)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	8	(1.7)	782	13.1	(0.47)	1.4	(0.34)	14.5	(0.68)		--		--		--		13.1	(0.50)
20 and over.....	12	(1.0)	1121	13.9	(0.35)	3.0	(0.38)	16.8	(0.34)	138	14.7	(0.47)	25.6	(1.38)	40.3	(1.44)	13.8	(0.39)
2 and over...	10	(0.9)	1903	13.6	(0.30)	2.5	(0.28)	16.1	(0.31)	182	14.2	(0.35)	24.0	(1.29)	38.2	(1.39)	13.6	(0.34)
<b>Hispanic:</b>																		
2 - 19.....	8	(0.7)	1167	13.8	(0.37)	1.6	(0.28)	15.4	(0.47)	81	15.1	(1.56)	20.6	(2.46)	35.7	(2.75)	13.7	(0.40)
20 and over.....	9	(1.0)	1482	14.8	(0.31)	2.1	(0.30)	16.9	(0.43)	142	15.8	(0.74)	23.3	(3.00)	39.1	(2.77)	14.7	(0.31)
2 and over...	9	(0.6)	2649	14.5	(0.22)	1.9	(0.24)	16.4	(0.32)	223	15.6	(0.67)	22.5	(2.61)	38.0	(2.34)	14.4	(0.25)
<b>All Individuals<sup>9</sup>:</b>																		
2 - 19.....	10	(1.2)	3089	13.7	(0.24)	1.8	(0.23)	15.4	(0.40)	248	15.0	(0.67)	17.5	(0.56)	32.5	(1.06)	13.5	(0.28)
20 and over.....	16	(1.0)	5332	15.1	(0.33)	3.4	(0.18)	18.5	(0.42)	743	16.0	(0.53)	21.3	(0.56)	37.3	(0.51)	14.9	(0.36)
2 and over...	14	(1.0)	8421	14.7	(0.26)	3.0	(0.17)	17.7	(0.37)	991	15.8	(0.47)	20.6	(0.49)	36.4	(0.46)	14.6	(0.27)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement zinc <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		
<b>Non-Hispanic White:</b>																		
2 - 19.....	18	(2.9)	986	10.5	(0.21)	1.8	(0.31)	12.3	(0.41)	178	11.0	(0.43)	9.9	(0.77)	20.9	(0.92)	10.4	(0.29)
20 and over.....	30	(2.0)	2524	12.4	(0.26)	5.4	(0.36)	17.9	(0.46)	777	12.3	(0.42)	18.0	(0.29)	30.3	(0.44)	12.5	(0.30)
2 and over...	28	(1.6)	3510	12.0	(0.22)	4.6	(0.28)	16.6	(0.39)	955	12.1	(0.38)	16.8	(0.39)	28.9	(0.55)	11.9	(0.25)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	10	(1.8)	782	9.8	(0.64)	1.1	(0.28)	10.8	(0.85)	65	9.1	(0.86)	10.4	(1.18)	19.5	(1.91)	9.8	(0.68)
20 and over.....	15	(1.2)	1121	10.6	(0.37)	2.4	(0.24)	13.1	(0.41)	198	11.5	(0.95)	15.8	(0.66)	27.3	(1.07)	10.5	(0.32)
2 and over...	14	(0.9)	1903	10.4	(0.33)	2.0	(0.19)	12.4	(0.43)	263	10.9	(0.69)	14.6	(0.49)	25.5	(0.85)	10.3	(0.31)
<b>Hispanic:</b>																		
2 - 19.....	11	(1.1)	1167	10.4	(0.29)	1.1	(0.12)	11.5	(0.29)	125	10.7	(0.40)	9.8	(1.06)	20.5	(1.23)	10.3	(0.33)
20 and over.....	12	(1.3)	1482	11.9	(0.58)	1.6	(0.19)	13.5	(0.70)	193	11.4	(0.64)	14.1	(0.63)	25.5	(0.96)	11.9	(0.60)
2 and over...	11	(1.1)	2649	11.4	(0.42)	1.5	(0.12)	12.8	(0.49)	318	11.2	(0.41)	12.7	(0.51)	23.9	(0.65)	11.4	(0.45)
<b>All Individuals<sup>9</sup>:</b>																		
2 - 19.....	15	(1.9)	3089	10.3	(0.17)	1.5	(0.19)	11.8	(0.29)	381	10.7	(0.31)	9.6	(0.60)	20.4	(0.73)	10.3	(0.21)
20 and over.....	26	(1.4)	5332	12.0	(0.27)	4.5	(0.25)	16.5	(0.43)	1206	12.1	(0.36)	17.5	(0.30)	29.6	(0.42)	12.0	(0.31)
2 and over...	23	(1.1)	8421	11.6	(0.22)	3.7	(0.19)	15.3	(0.35)	1587	11.9	(0.32)	16.1	(0.36)	28.0	(0.50)	11.5	(0.25)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement copper <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>										
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement								
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)					
<b>Non-Hispanic White:</b>																							
2 - 19.....	12	(2.1)	986	1.1 (0.03)	0.2 (0.05)	1.3 (0.07)	111	1.1 (0.05)	1.9 (0.11)	3.0 (0.13)	1.1 (0.03)	20 and over.....	27	(1.8)	2524	1.4 (0.04)	0.5 (0.04)	1.9 (0.07)	711	1.5 (0.08)	1.8 (0.06)	3.3 (0.10)	1.3 (0.04)
2 and over...	24	(1.4)	3510	1.3 (0.04)	0.4 (0.03)	1.7 (0.07)	822	1.4 (0.07)	1.9 (0.06)	3.3 (0.10)	1.3 (0.03)	<b>Non-Hispanic Black:</b>											
2 - 19.....	6	(1.7)	782	1.0 (0.04)	0.1 (0.04)	1.1 (0.07)	--	--	--	1.0 (0.04)	20 and over.....	14	(1.2)	1121	1.2 (0.02)	0.3 (0.03)	1.5 (0.03)	179	1.5 (0.16)	1.9 (0.08)	3.4 (0.16)	1.2 (0.02)	
2 and over...	11	(0.9)	1903	1.1 (0.02)	0.2 (0.02)	1.4 (0.04)	217	1.4 (0.13)	2.0 (0.08)	3.4 (0.15)	1.1 (0.03)	<b>Hispanic:</b>											
2 - 19.....	7	(0.7)	1167	1.0 (0.02)	0.1 (0.02)	1.1 (0.02)	76	1.0 (0.06)	1.9 (0.15)	2.9 (0.17)	1.0 (0.03)	20 and over.....	10	(1.1)	1482	1.3 (0.04)	0.2 (0.02)	1.5 (0.05)	177	1.5 (0.10)	1.6 (0.09)	3.1 (0.13)	1.3 (0.04)
2 and over...	9	(0.7)	2649	1.2 (0.03)	0.2 (0.01)	1.4 (0.04)	253	1.4 (0.08)	1.7 (0.10)	3.0 (0.13)	1.2 (0.03)	<b>All Individuals<sup>9</sup>:</b>											
2 - 19.....	9	(1.4)	3089	1.0 (0.02)	0.2 (0.03)	1.2 (0.04)	228	1.1 (0.04)	2.0 (0.08)	3.0 (0.09)	1.0 (0.02)	20 and over.....	23	(1.3)	5332	1.3 (0.03)	0.4 (0.03)	1.8 (0.06)	1101	1.5 (0.07)	1.8 (0.06)	3.3 (0.09)	1.3 (0.03)
2 and over...	19	(1.0)	8421	1.3 (0.03)	0.4 (0.02)	1.6 (0.05)	1329	1.4 (0.06)	1.8 (0.05)	3.3 (0.08)	1.2 (0.02)												

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement sodium <sup>8</sup> % (SE)		S o d i u m						Supplement Users <sup>6</sup>		Non-users <sup>7</sup>	
			All Individuals <sup>5</sup>									
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
<b>Non-Hispanic White:</b>												
2 - 19.....	9	(1.8)	986	3135 (111.1)	1 (0.2)	3136 (111.1)	91	2633 (95.6)	12 (1.4)	2645 (95.2)	3187 (117.5)	
20 and over.....	8	(0.9)	2524	3484 (66.7)	5 (0.8)	3489 (66.6)	206	3518 (169.1)	55 (10.0)	3574 (174.1)	3481 (71.2)	
2 and over...	9	(0.9)	3510	3405 (65.1)	4 (0.6)	3409 (65.2)	297	3298 (139.2)	45 (7.5)	3343 (142.7)	3415 (67.8)	
<b>Non-Hispanic Black:</b>												
2 - 19.....	7	(2.0)	782	2972 (79.1)	1* (0.4)	2973 (79.2)	--	--	--	--	2967 (83.3)	
20 and over.....	2	(0.4)	1121	3262 (93.1)	#	3263 (93.1)	--	--	--	--	3257 (96.9)	
2 and over...	4	(0.7)	1903	3172 (59.9)	1 (0.1)	3173 (59.9)	69	3234 (183.5)	18 (3.2)	3252 (184.8)	3170 (64.1)	
<b>Hispanic:</b>												
2 - 19.....	5	(0.8)	1167	2815 (40.1)	1 (0.1)	2815 (40.1)	--	--	--	--	2821 (42.3)	
20 and over.....	2	(0.6)	1482	3277 (49.5)	1* (0.3)	3278 (49.5)	--	--	--	--	3283 (50.2)	
2 and over...	3	(0.4)	2649	3117 (34.7)	1 (0.2)	3118 (34.6)	97	2850 (188.8)	23 (5.6)	2873 (190.8)	3126 (34.9)	
<b>All Individuals<sup>9</sup>:</b>												
2 - 19.....	8	(1.2)	3089	3033 (67.5)	1 (0.1)	3034 (67.4)	188	2700 (77.2)	12 (1.2)	2712 (77.1)	3061 (70.7)	
20 and over.....	7	(0.6)	5332	3435 (57.8)	3 (0.6)	3439 (57.8)	293	3465 (151.9)	52 (8.8)	3518 (156.0)	3433 (59.3)	
2 and over...	7	(0.6)	8421	3332 (52.3)	3 (0.4)	3335 (52.4)	481	3248 (119.8)	41 (6.5)	3289 (122.9)	3338 (53.0)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement potassium <sup>8</sup> % (SE)		P o t a s s i u m															
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	
<b>Non-Hispanic White:</b>																		
2 - 19.....	3	(0.8)	986	2191 (62.9)	2	(0.5)	2193 (63.0)	--	--	--	--	--	--	2187	(62.5)			
20 and over.....	23	(1.7)	2524	2725 (64.5)	23	(2.7)	2748 (65.9)	618	2946 (85.6)	100	(7.4)	3046	(85.6)	2660	(68.3)			
2 and over...	18	(1.3)	3510	2604 (61.8)	18	(2.1)	2622 (63.0)	640	2926 (81.7)	99	(7.2)	3025	(81.9)	2532	(61.5)			
<b>Non-Hispanic Black:</b>																		
2 - 19.....	1*	(0.5)	782	1927 (33.4)	1*	(0.9)	1929 (33.6)	--	--	--	--	--	--	1929	(33.9)			
20 and over.....	10	(0.9)	1121	2219 (61.4)	10	(1.4)	2230 (61.1)	139	2517 (208.8)	103	(9.5)	2620	(209.2)	2187	(50.6)			
2 and over...	7	(0.6)	1903	2128 (41.4)	7	(1.0)	2136 (41.3)	142	2497 (203.3)	107	(9.5)	2604	(203.9)	2101	(33.1)			
<b>Hispanic:</b>																		
2 - 19.....	2	(0.5)	1167	2164 (57.4)	2*	(0.8)	2166 (57.3)	--	--	--	--	--	--	2161	(58.5)			
20 and over.....	8	(1.0)	1482	2592 (55.6)	7	(1.0)	2599 (55.7)	158	2746 (91.9)	86	(5.7)	2831	(93.6)	2579	(60.6)			
2 and over...	6	(0.7)	2649	2444 (54.7)	5	(0.7)	2449 (54.8)	173	2697 (80.6)	86	(6.7)	2784	(81.5)	2428	(57.5)			
<b>All Individuals<sup>9</sup>:</b>																		
2 - 19.....	2	(0.5)	3089	2138 (38.7)	2	(0.4)	2140 (38.8)	--	--	--	--	--	--	2135	(38.2)			
20 and over.....	19	(1.4)	5332	2638 (50.2)	19	(2.1)	2657 (51.3)	942	2896 (77.3)	99	(6.1)	2995	(77.1)	2578	(50.2)			
2 and over...	15	(1.0)	8421	2510 (46.1)	14	(1.5)	2524 (47.1)	982	2875 (72.9)	98	(5.9)	2973	(73.0)	2448	(44.0)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting selenium <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food			
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	4	(1.0)	986	94.5	(3.13)	2.4	(0.63)	96.9	(3.33)		--	--	--	94.1	(3.23)			
20 and over.....	26	(2.0)	2524	109.7	(2.21)	16.4	(1.19)	126.1	(3.04)	691	110.2	(3.05)	62.8	(2.07)	173.0	(3.38)	109.5	(2.30)
2 and over...	21	(1.6)	3510	106.2	(2.06)	13.2	(0.95)	119.5	(2.72)	726	109.9	(2.89)	62.6	(1.93)	172.5	(3.17)	105.2	(2.02)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	#		782	85.4	(2.82)	0.1*	(0.07)	85.5	(2.83)		--	--	--	85.4	(2.82)			
20 and over.....	13	(1.2)	1121	103.2	(2.64)	7.8	(1.13)	110.9	(3.06)	172	111.0	(7.40)	60.9	(6.22)	171.9	(9.42)	102.1	(2.31)
2 and over...	9	(0.8)	1903	97.7	(1.74)	5.4	(0.74)	103.0	(2.14)	173	111.0	(7.38)	61.0	(6.19)	172.0	(9.39)	96.4	(1.57)
<b>Hispanic:</b>																		
2 - 19.....	2	(0.6)	1167	90.6	(1.94)	1.3*	(0.47)	91.9	(2.14)		--	--	--	90.5	(2.00)			
20 and over.....	8	(1.2)	1482	112.0	(2.06)	4.6	(0.58)	116.6	(2.12)	160	117.9	(8.36)	54.5	(4.93)	172.4	(6.62)	111.5	(1.78)
2 and over...	6	(0.9)	2649	104.6	(1.66)	3.4	(0.43)	108.0	(1.82)	180	115.1	(8.57)	54.6	(4.60)	169.7	(6.43)	103.9	(1.50)
<b>All Individuals<sup>9</sup>:</b>																		
2 - 19.....	3	(0.6)	3089	92.2	(1.77)	1.7	(0.40)	93.9	(1.85)		--	--	--	91.8	(1.78)			
20 and over.....	22	(1.5)	5332	109.3	(1.82)	13.5	(0.87)	122.8	(2.45)	1056	110.8	(2.76)	61.8	(1.88)	172.6	(3.01)	108.9	(1.85)
2 and over...	17	(1.2)	8421	104.9	(1.54)	10.5	(0.67)	115.4	(2.06)	1112	110.5	(2.60)	61.6	(1.77)	172.0	(2.77)	103.8	(1.44)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

## Symbol Legend

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

**Mean:** An estimated mean is flagged when the relative standard error is greater than 30 percent.

**Percent reporting a supplement intake:** 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 2.16.

# Indicates a non-zero value too small to report.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF).

## Footnotes

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

<sup>2</sup> Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

**Niacin:** values do not include niacin-equivalents from tryptophan.

**Folic acid:** the synthetic form of folate used as a fortificant in foods and dietary supplements.

**Folate (DFE):**  $\mu\text{g}$  dietary folate equivalents =  $\mu\text{g}$  food folate +  $(1.7 * \mu\text{g}$  folic acid).

**Vitamin D:**  $1 \mu\text{g}$  = 40 International Units (IU).

**Calcium and Magnesium:** supplement intake includes non-prescription antacids.

<sup>3</sup> **Food intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.1 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22 (Agricultural Research Service, Nutrient Data Laboratory). Sodium estimate from food adjusted for salt used in food preparation.

<sup>4</sup> **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT\_E) of NHANES 2007-2008. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: [http://www.cdc.gov/nchs/nhanes/nhanes2007-2008/DS1TOT\\_E.htm](http://www.cdc.gov/nchs/nhanes/nhanes2007-2008/DS1TOT_E.htm).

<sup>5</sup> **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females and breast-fed children were excluded.

<sup>6</sup> **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

<sup>7</sup> **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

<sup>8</sup> The weighted percentage of respondents in the race/ethnicity/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

<sup>9</sup> Includes persons of all races and Hispanic origins.

## Abbreviations

SE = standard error; DFE = dietary folate equivalents.

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2011. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Dietary Supplements, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008

Family income in dollars and age (years)		<b>T h i a m i n</b>										
		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —				—Non-users <sup>7</sup> —
		Percent reporting supplement thiamin <sup>8</sup> % (SE)	Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
<b>\$0 - \$24,999:</b>												
2 - 19.....	10 (1.9)	1040	1.45 (0.033)	0.66*(0.430)	2.11 (0.442)	84	1.59 (0.083)	6.78*(4.268)	8.37*(4.285)	1.43 (0.032)		
20 and over.....	20 (1.5)	1798	1.52 (0.038)	2.08 (0.474)	3.59 (0.482)	334	1.65 (0.062)	10.14 (2.121)	11.79 (2.142)	1.48 (0.046)		
2 and over...	18 (1.2)	2838	1.50 (0.029)	1.72 (0.367)	3.22 (0.375)	418	1.64 (0.049)	9.68 (1.935)	11.32 (1.951)	1.47 (0.034)		
<b>\$25,000 - \$74,999:</b>												
2 - 19.....	12 (1.5)	1230	1.51 (0.058)	0.20 (0.019)	1.71 (0.062)	131	1.55 (0.117)	1.65 (0.138)	3.20 (0.201)	1.51 (0.059)		
20 and over.....	26 (1.9)	2074	1.61 (0.040)	2.61 (0.571)	4.21 (0.594)	485	1.65 (0.091)	10.20 (1.980)	11.84 (2.034)	1.59 (0.033)		
2 and over...	22 (1.5)	3304	1.58 (0.041)	2.01 (0.435)	3.59 (0.454)	616	1.63 (0.091)	9.02 (1.666)	10.65 (1.720)	1.57 (0.034)		
<b>\$75,000 and higher:</b>												
2 - 19.....	18 (3.4)	619	1.55 (0.034)	0.32 (0.059)	1.87 (0.056)	84	1.56 (0.128)	1.73 (0.223)	3.29 (0.210)	1.54 (0.030)		
20 and over.....	32 (2.8)	1043	1.75 (0.055)	4.61 (0.761)	6.35 (0.766)	335	1.82 (0.059)	14.58 (2.510)	16.40 (2.525)	1.71 (0.083)		
2 and over...	28 (2.1)	1662	1.69 (0.042)	3.43 (0.563)	5.12 (0.564)	419	1.78 (0.038)	12.26 (2.187)	14.03 (2.187)	1.66 (0.060)		
<b>All Individuals<sup>9</sup>:</b>												
2 - 19.....	13 (1.6)	3089	1.51 (0.018)	0.36*(0.110)	1.86 (0.116)	313	1.56 (0.073)	2.72*(0.837)	4.29 (0.839)	1.50 (0.024)		
20 and over.....	26 (1.4)	5332	1.62 (0.033)	2.99 (0.386)	4.61 (0.402)	1236	1.70 (0.054)	11.52 (1.075)	13.23 (1.104)	1.59 (0.035)		
2 and over...	23 (1.2)	8421	1.59 (0.027)	2.32 (0.287)	3.91 (0.301)	1549	1.68 (0.045)	10.22 (0.947)	11.90 (0.966)	1.57 (0.027)		

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

<b>R i b o f l a v i n</b>																		
----- <i>All Individuals</i> <sup>5</sup> -----      ----- <i>Supplement Users</i> <sup>6</sup> -----      ----- <i>Non-users</i> <sup>7</sup> -----																		
Family income in dollars and age (years)	Percent reporting supplement riboflavin <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Supplement Users <sup>6</sup>		Food plus supplement		Food				
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)			
<b>\$0 - \$24,999:</b>																		
2 - 19.....	10	(1.9)	1040	1.95	(0.057)	0.34*	(0.124)	2.29	(0.144)	84	2.11	(0.110)	3.49	(0.917)	5.60	(0.911)	1.94	(0.058)
20 and over.....	20	(1.5)	1798	2.09	(0.070)	1.80	(0.453)	3.90	(0.428)	333	2.26	(0.100)	8.80	(2.113)	11.06	(2.074)	2.05	(0.073)
2 and over...	18	(1.2)	2838	2.06	(0.059)	1.44	(0.332)	3.49	(0.305)	417	2.24	(0.085)	8.08	(1.824)	10.31	(1.790)	2.02	(0.059)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	12	(1.5)	1230	2.08	(0.094)	0.22	(0.022)	2.30	(0.099)	131	2.11	(0.141)	1.83	(0.132)	3.94	(0.195)	2.08	(0.095)
20 and over.....	25	(1.9)	2074	2.19	(0.055)	2.06	(0.474)	4.25	(0.476)	484	2.24	(0.063)	8.08	(1.565)	10.33	(1.597)	2.18	(0.064)
2 and over...	22	(1.5)	3304	2.17	(0.060)	1.60	(0.362)	3.77	(0.375)	615	2.23	(0.070)	7.22	(1.322)	9.45	(1.362)	2.15	(0.065)
<b>\$75,000 and higher:</b>																		
2 - 19.....	18	(3.4)	619	2.08	(0.053)	0.36	(0.066)	2.45	(0.082)	84	2.05	(0.072)	1.96	(0.223)	4.01	(0.202)	2.09	(0.061)
20 and over.....	32	(2.6)	1043	2.31	(0.038)	3.85	(0.720)	6.16	(0.719)	339	2.44	(0.085)	12.04	(2.213)	14.48	(2.233)	2.25	(0.058)
2 and over...	28	(2.0)	1662	2.25	(0.034)	2.89	(0.523)	5.14	(0.518)	423	2.37	(0.065)	10.23	(1.837)	12.60	(1.842)	2.20	(0.045)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	13	(1.6)	3089	2.05	(0.038)	0.29	(0.041)	2.34	(0.062)	313	2.08	(0.056)	2.22	(0.235)	4.29	(0.229)	2.04	(0.044)
20 and over.....	26	(1.4)	5332	2.20	(0.046)	2.50	(0.359)	4.70	(0.359)	1240	2.30	(0.063)	9.60	(1.062)	11.90	(1.077)	2.16	(0.049)
2 and over...	23	(1.2)	8421	2.16	(0.042)	1.94	(0.265)	4.09	(0.270)	1553	2.27	(0.055)	8.51	(0.895)	10.78	(0.910)	2.13	(0.043)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).



**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

<b>N i a c i n</b>																		
Family income in dollars and age (years)	Percent reporting supplement niacin <sup>8</sup> % (SE)		— All Individuals <sup>5</sup> —						— Supplement Users <sup>6</sup> —						— Non-users <sup>7</sup> —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	10	(1.7)	1040	20.7	(0.61)	1.7	(0.39)	22.4	(0.79)	81	22.2	(1.29)	18.0	(1.33)	40.1	(2.10)	20.6	(0.58)
20 and over.....	21	(1.4)	1798	23.2	(0.53)	9.9	(1.56)	33.1	(1.66)	339	22.3	(1.07)	47.5	(8.55)	69.8	(8.11)	23.4	(0.62)
2 and over...	18	(1.1)	2838	22.6	(0.44)	7.8	(1.18)	30.4	(1.26)	420	22.3	(0.95)	43.5	(7.17)	65.8	(6.81)	22.6	(0.48)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	12	(1.4)	1230	21.5	(1.15)	2.2	(0.29)	23.7	(1.14)	132	21.3	(1.45)	17.5	(0.95)	38.8	(2.02)	21.6	(1.26)
20 and over.....	26	(1.9)	2074	25.0	(0.58)	13.6	(2.33)	38.6	(2.58)	495	24.4	(0.67)	51.8	(7.85)	76.2	(8.14)	25.2	(0.71)
2 and over...	23	(1.5)	3304	24.1	(0.66)	10.8	(1.79)	34.9	(2.15)	627	24.0	(0.61)	47.2	(6.72)	71.1	(6.99)	24.2	(0.78)
<b>\$75,000 and higher:</b>																		
2 - 19.....	19	(3.6)	619	21.0	(0.56)	2.8	(0.55)	23.8	(0.78)	85	21.1	(1.11)	15.0	(0.78)	36.2	(1.34)	21.0	(0.60)
20 and over.....	32	(2.6)	1043	26.4	(0.38)	13.8	(3.36)	40.2	(3.23)	341	26.7	(1.00)	42.7	(10.05)	69.4	(10.36)	26.2	(0.73)
2 and over...	28	(2.0)	1662	24.9	(0.28)	10.7	(2.54)	35.7	(2.50)	426	25.7	(0.69)	37.7	(8.30)	63.4	(8.44)	24.6	(0.47)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	13	(1.6)	3089	21.2	(0.52)	2.2	(0.25)	23.3	(0.63)	312	21.4	(0.90)	16.5	(0.50)	37.9	(1.15)	21.1	(0.56)
20 and over.....	27	(1.4)	5332	24.9	(0.37)	12.7	(1.61)	37.6	(1.87)	1260	24.8	(0.62)	47.6	(4.50)	72.4	(4.73)	25.0	(0.44)
2 and over...	23	(1.2)	8421	24.0	(0.35)	10.0	(1.24)	33.9	(1.52)	1572	24.3	(0.53)	43.1	(3.79)	67.4	(3.99)	23.9	(0.38)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

<b>V i t a m i n B 6</b>																		
Family income in dollars and age (years)	Percent reporting supplement vitamin B6 <sup>8</sup> % (SE)		— All Individuals <sup>5</sup> —					— Supplement Users <sup>6</sup> —				— Non-users <sup>7</sup> —						
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	12	(2.3)	1040	1.70 (0.046)	0.51*(0.268)	2.21 (0.289)	103	1.79 (0.069)	4.32*(1.613)	6.11 (1.662)	1.69 (0.049)							
20 and over.....	21	(1.4)	1798	1.85 (0.059)	2.24 (0.443)	4.10 (0.446)	346	1.84 (0.095)	10.60 (2.031)	12.44 (2.041)	1.86 (0.064)							
2 and over...	19	(1.2)	2838	1.82 (0.048)	1.81 (0.319)	3.63 (0.320)	449	1.83 (0.081)	9.61 (1.695)	11.44 (1.703)	1.81 (0.051)							
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	16	(2.2)	1230	1.76 (0.112)	0.33 (0.043)	2.08 (0.114)	181	1.63 (0.135)	1.99 (0.247)	3.62 (0.343)	1.78 (0.114)							
20 and over.....	27	(2.0)	2074	1.97 (0.040)	3.22 (0.358)	5.19 (0.374)	498	2.04 (0.065)	12.02 (1.023)	14.06 (1.033)	1.94 (0.050)							
2 and over...	24	(1.4)	3304	1.92 (0.056)	2.50 (0.263)	4.41 (0.291)	679	1.97 (0.072)	10.33 (0.837)	12.30 (0.852)	1.90 (0.060)							
<b>\$75,000 and higher:</b>																		
2 - 19.....	27	(4.7)	619	1.74 (0.046)	0.56 (0.101)	2.30 (0.112)	137	1.68 (0.098)	2.09 (0.290)	3.78 (0.351)	1.77 (0.045)							
20 and over.....	34	(2.3)	1043	2.10 (0.045)	4.67 (0.797)	6.77 (0.798)	348	2.17 (0.083)	13.77 (2.028)	15.94 (2.025)	2.06 (0.063)							
2 and over...	32	(2.1)	1662	2.00 (0.036)	3.54 (0.590)	5.54 (0.593)	485	2.06 (0.049)	11.10 (1.776)	13.16 (1.777)	1.97 (0.048)							
<b>All Individuals<sup>9</sup>:</b>																		
2 - 19.....	18	(2.0)	3089	1.74 (0.049)	0.44 (0.079)	2.17 (0.102)	440	1.71 (0.072)	2.43 (0.330)	4.14 (0.365)	1.74 (0.050)							
20 and over.....	27	(1.4)	5332	1.97 (0.036)	3.41 (0.381)	5.38 (0.395)	1282	2.03 (0.062)	12.41 (1.013)	14.44 (1.025)	1.95 (0.036)							
2 and over...	25	(1.2)	8421	1.91 (0.037)	2.64 (0.280)	4.55 (0.300)	1722	1.97 (0.057)	10.56 (0.872)	12.54 (0.883)	1.89 (0.035)							

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)		F o l i c a c i d																	
		All Individuals <sup>5</sup>							Supplement Users <sup>6</sup>							Non-users <sup>7</sup>			
		Percent reporting supplement folic acid <sup>8</sup> % (SE)		Sample Size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Sample size		Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Food µg (SE)
<b>\$0 - \$24,999:</b>																			
2 - 19.....	10 (1.8)	1040	205 (9.9)	33 (5.1)	238 (13.1)	96	238 (27.3)	317 (31.9)	555 (30.0)	201 (8.7)	20	180 (7.1)	98 (7.6)	278 (12.7)	342	201 (7.3)	473 (8.4)	674 (13.0)	174 (8.2)
20 and over.....	21 (1.5)	1798	180 (7.1)	98 (7.6)	278 (12.7)	342	201 (7.3)	473 (8.4)	674 (13.0)	174 (8.2)	2	186 (5.0)	82 (5.9)	268 (9.3)	438	207 (7.4)	450 (11.2)	657 (13.1)	181 (5.5)
2 and over...	18 (1.2)	2838	186 (5.0)	82 (5.9)	268 (9.3)	438	207 (7.4)	450 (11.2)	657 (13.1)	181 (5.5)									
<b>\$25,000 - \$74,999:</b>																			
2 - 19.....	16 (2.3)	1230	204 (6.0)	55 (7.2)	259 (10.9)	177	220 (19.2)	347 (20.5)	567 (26.5)	201 (7.5)	2	190 (6.3)	126 (10.3)	317 (11.6)	492	188 (8.8)	475 (15.1)	662 (18.2)	191 (6.9)
20 and over.....	27 (2.0)	2074	190 (6.3)	126 (10.3)	317 (11.6)	492	188 (8.8)	475 (15.1)	662 (18.2)	191 (6.9)	2	194 (4.5)	109 (8.0)	302 (9.4)	669	193 (7.9)	454 (14.8)	647 (18.4)	194 (4.9)
2 and over...	24 (1.3)	3304	194 (4.5)	109 (8.0)	302 (9.4)	669	193 (7.9)	454 (14.8)	647 (18.4)	194 (4.9)									
<b>\$75,000 and higher:</b>																			
2 - 19.....	26 (4.6)	619	215 (8.2)	84 (15.5)	299 (17.2)	136	184 (12.4)	323 (10.6)	507 (16.0)	225 (9.7)	2	197 (6.9)	171 (10.6)	368 (10.5)	346	195 (12.8)	520 (39.4)	715 (40.7)	198 (8.5)
20 and over.....	33 (2.5)	1043	197 (6.9)	171 (10.6)	368 (10.5)	346	195 (12.8)	520 (39.4)	715 (40.7)	198 (8.5)	2	202 (5.9)	147 (9.7)	349 (10.7)	482	193 (10.1)	474 (31.4)	667 (31.0)	206 (6.6)
2 and over...	31 (2.4)	1662	202 (5.9)	147 (9.7)	349 (10.7)	482	193 (10.1)	474 (31.4)	667 (31.0)	206 (6.6)									
<b>All Individuals<sup>9</sup>:</b>																			
2 - 19.....	17 (2.0)	3089	208 (4.3)	57 (6.6)	265 (8.7)	426	203 (9.8)	332 (12.0)	535 (14.0)	209 (5.0)	2	188 (4.8)	133 (7.3)	321 (9.4)	1268	193 (6.5)	491 (16.8)	685 (17.4)	186 (5.2)
20 and over.....	27 (1.5)	5332	188 (4.8)	133 (7.3)	321 (9.4)	1268	193 (6.5)	491 (16.8)	685 (17.4)	186 (5.2)	2	193 (3.5)	113 (6.1)	307 (7.8)	1694	195 (4.8)	463 (14.5)	658 (14.6)	193 (3.7)
2 and over...	25 (1.2)	8421	193 (3.5)	113 (6.1)	307 (7.8)	1694	195 (4.8)	463 (14.5)	658 (14.6)	193 (3.7)									

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

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Family income in dollars and age (years)	Percent reporting supplement folate (DFE) <sup>8</sup> % (SE)		Folate (DFE)						—Non-users <sup>7</sup> —				
			All Individuals <sup>5</sup>			Supplement Users <sup>6</sup>			Food plus supplement		Food		
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
<b>\$0 - \$24,999:</b>													
2 - 19.....	10	(1.8)	1040	498 (18.4)	56 (8.7)	554 (24.3)	96	568 (49.4)	539 (54.2)	1106 (54.2)	490 (16.6)		
20 and over.....	21	(1.5)	1798	502 (18.2)	167 (12.9)	669 (27.2)	342	552 (17.9)	804 (14.2)	1355 (25.3)	489 (21.1)		
2 and over...	18	(1.2)	2838	501 (13.4)	139 (10.0)	640 (20.4)	438	554 (17.4)	766 (19.1)	1320 (25.6)	489 (14.8)		
<b>\$25,000 - \$74,999:</b>													
2 - 19.....	16	(2.3)	1230	503 (14.3)	94 (12.2)	597 (19.4)	177	521 (33.3)	590 (34.8)	1111 (53.4)	500 (17.2)		
20 and over.....	27	(2.0)	2074	535 (16.2)	215 (17.6)	749 (24.8)	492	534 (18.9)	807 (25.7)	1341 (31.5)	535 (17.7)		
2 and over...	24	(1.3)	3304	527 (12.1)	185 (13.6)	711 (20.7)	669	532 (17.9)	771 (25.1)	1303 (34.9)	525 (12.4)		
<b>\$75,000 and higher:</b>													
2 - 19.....	26	(4.6)	619	518 (16.0)	144 (26.3)	662 (29.3)	136	465 (24.4)	549 (17.9)	1014 (30.3)	537 (18.7)		
20 and over.....	33	(2.5)	1043	565 (14.3)	291 (18.0)	855 (20.7)	346	589 (24.5)	884 (67.1)	1473 (69.3)	553 (18.0)		
2 and over...	31	(2.4)	1662	552 (10.7)	250 (16.5)	802 (18.7)	482	560 (17.2)	806 (53.3)	1367 (54.1)	548 (12.9)		
<b>All Individuals<sup>9</sup>:</b>													
2 - 19.....	17	(2.0)	3089	507 (7.9)	96 (11.2)	604 (15.2)	426	498 (18.8)	564 (20.5)	1062 (27.6)	509 (9.2)		
20 and over.....	27	(1.5)	5332	534 (13.3)	226 (12.3)	760 (20.8)	1268	558 (15.1)	835 (28.5)	1394 (29.1)	524 (14.1)		
2 and over...	25	(1.2)	8421	527 (9.9)	193 (10.3)	720 (17.3)	1694	548 (11.4)	787 (24.7)	1334 (25.2)	520 (10.0)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

<b>C h o l i n e</b>																			
-----All Individuals <sup>5</sup> ----- Supplement Users <sup>6</sup> ----- -Non-users <sup>7</sup> -																			
Family income in dollars and age (years)	Percent reporting supplement choline <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg
<b>\$0 - \$24,999:</b>																			
2 - 19.....	7	(1.8)	1040	241	(6.5)	2	(0.4)	243	(6.6)	65	233	(19.3)	23	(3.5)	256	(21.6)	242	(6.7)	
20 and over.....	3	(0.5)	1798	305	(7.3)	1	(0.2)	305	(7.3)		--	--	--	--	--	305	(7.1)		
2 and over...	4	(0.6)	2838	289	(6.2)	1	(0.2)	290	(6.2)	100	258	(22.6)	29	(4.8)	287	(25.2)	290	(6.1)	
<b>\$25,000 - \$74,999:</b>																			
2 - 19.....	9	(1.1)	1230	250	(7.6)	3	(0.5)	253	(7.6)	96	261	(24.4)	36	(5.4)	297	(25.1)	249	(7.3)	
20 and over.....	2	(0.6)	2074	326	(7.9)	1	(0.1)	326	(7.8)		--	--	--	--	--	327	(7.8)		
2 and over...	4	(0.5)	3304	307	(7.4)	1	(0.2)	308	(7.3)	143	280	(19.7)	30	(4.3)	309	(18.1)	308	(7.2)	
<b>\$75,000 and higher:</b>																			
2 - 19.....	16	(4.6)	619	254	(8.3)	4*	(1.8)	258	(8.8)	93	255	(16.0)	26	(3.8)	282	(15.1)	254	(10.4)	
20 and over.....	5	(1.2)	1043	343	(6.5)	2*	(0.6)	344	(6.6)		--	--	--	--	--	342	(6.9)		
2 and over...	8	(1.7)	1662	318	(5.6)	2	(0.6)	321	(5.5)	140	303	(19.0)	28	(3.3)	331	(18.9)	320	(4.9)	
<b>All Individuals<sup>9</sup>:</b>																			
2 - 19.....	10	(1.8)	3089	249	(4.7)	3	(0.7)	252	(4.8)	265	256	(12.5)	28	(2.8)	284	(12.4)	248	(5.3)	
20 and over.....	3	(0.5)	5332	324	(5.9)	1	(0.2)	325	(5.9)	136	327	(24.1)	30	(3.6)	357	(25.1)	324	(5.9)	
2 and over...	5	(0.7)	8421	305	(5.3)	1	(0.2)	307	(5.3)	401	289	(14.5)	29	(2.1)	318	(15.0)	306	(5.3)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

<b>V i t a m i n B 1 2</b>																		
----- <i>All Individuals</i> <sup>5</sup> -----      ----- <i>Supplement Users</i> <sup>6</sup> -----      ----- <i>Non-users</i> <sup>7</sup> -----																		
Family income in dollars and age (years)	Percent reporting supplement vitamin B12 <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Supplement Users <sup>6</sup>		Food plus supplement		Food				
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)			
<b>\$0 - \$24,999:</b>																		
2 - 19.....	11	(1.9)	1040	4.84	(0.158)	0.9	(0.24)	5.8	(0.32)	101	4.91	(0.276)	8.5	(1.02)	13.4	(1.14)	4.83	(0.168)
20 and over.....	22	(1.4)	1798	5.00	(0.185)	24.1	(6.19)	29.1	(6.26)	360	5.01	(0.235)	111.3	(26.55)	116.3	(26.58)	5.00	(0.217)
2 and over...	19	(1.2)	2838	4.96	(0.149)	18.3	(4.69)	23.2	(4.74)	461	4.99	(0.207)	96.1	(23.07)	101.1	(23.08)	4.96	(0.168)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	16	(2.3)	1230	5.13	(0.254)	1.0	(0.11)	6.2	(0.23)	180	5.16	(0.519)	6.3	(0.40)	11.5	(0.87)	5.13	(0.245)
20 and over.....	28	(1.9)	2074	5.33	(0.175)	38.3*	(11.54)	43.6	(11.59)	523	5.50	(0.193)	134.7*	(42.13)	140.2*	(42.18)	5.27	(0.193)
2 and over...	25	(1.3)	3304	5.28	(0.167)	29.0*	(8.78)	34.3	(8.82)	703	5.45	(0.199)	114.4*	(34.63)	119.9	(34.64)	5.23	(0.177)
<b>\$75,000 and higher:</b>																		
2 - 19.....	27	(4.7)	619	5.06	(0.105)	1.6	(0.31)	6.7	(0.30)	136	4.72	(0.314)	6.0	(0.36)	10.8	(0.47)	5.18	(0.129)
20 and over.....	33	(2.6)	1043	5.51	(0.140)	40.4	(9.57)	45.9	(9.56)	357	5.73	(0.224)	121.9	(32.05)	127.6	(32.13)	5.40	(0.235)
2 and over...	31	(2.2)	1662	5.39	(0.106)	29.7	(7.26)	35.1	(7.27)	493	5.50	(0.193)	94.9	(26.21)	100.4	(26.27)	5.34	(0.175)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	18	(2.0)	3089	4.99	(0.113)	1.1	(0.14)	6.1	(0.18)	435	4.96	(0.238)	6.5	(0.34)	11.4	(0.46)	5.00	(0.129)
20 and over.....	28	(1.4)	5332	5.26	(0.142)	33.3	(6.18)	38.6	(6.26)	1326	5.46	(0.140)	119.7	(21.62)	125.1	(21.70)	5.18	(0.164)
2 and over...	25	(1.2)	8421	5.19	(0.120)	25.1	(4.70)	30.3	(4.77)	1761	5.37	(0.127)	99.3	(18.38)	104.7	(18.44)	5.13	(0.134)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

		<b>V i t a m i n C</b>																	
		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —				—Non-users <sup>7</sup> —							
Family income in dollars and age (years)	Percent reporting supplement vitamin C <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg
<b>\$0 - \$24,999:</b>																			
2 - 19.....	11	(1.9)	1040	96.9 (6.58)	11.2 (2.35)	108.1 (7.31)	106	119.0 (13.59)	97.4 (13.97)	216.4 (17.20)	94.0 (6.63)								
20 and over.....	24	(1.5)	1798	81.9 (7.12)	68.0 (7.18)	149.9 (10.01)	389	96.3 (9.26)	284.5 (25.74)	380.8 (26.75)	77.4 (7.35)								
2 and over...	21	(1.3)	2838	85.7 (6.24)	53.8 (5.30)	139.4 (8.02)	495	99.4 (8.72)	258.6 (22.70)	358.0 (22.44)	82.1 (6.35)								
<b>\$25,000 - \$74,999:</b>																			
2 - 19.....	18	(2.2)	1230	75.7 (3.71)	23.3 (2.84)	99.0 (3.84)	195	62.2 (6.30)	128.8 (16.98)	191.0 (17.77)	78.7 (4.26)								
20 and over.....	30	(2.5)	2074	78.6 (3.70)	85.3 (10.49)	163.9 (12.61)	556	87.2 (3.39)	286.1 (26.70)	373.3 (27.53)	74.9 (4.38)								
2 and over...	27	(1.7)	3304	77.9 (3.10)	69.8 (7.89)	147.7 (9.59)	751	83.0 (2.73)	259.7 (21.59)	342.7 (21.93)	76.0 (3.75)								
<b>\$75,000 and higher:</b>																			
2 - 19.....	28	(4.7)	619	82.7 (4.18)	24.3 (4.79)	107.1 (6.09)	147	91.6 (9.04)	87.1 (13.43)	178.7 (14.81)	79.3 (4.90)								
20 and over.....	35	(2.1)	1043	92.5 (4.56)	110.6 (13.70)	203.2 (15.41)	369	113.0 (5.71)	315.1 (33.79)	428.2 (34.47)	81.4 (5.12)								
2 and over...	33	(2.1)	1662	89.8 (4.00)	86.9 (10.55)	176.8 (11.87)	516	108.1 (5.36)	262.4 (30.69)	370.4 (32.57)	80.8 (4.62)								
<b>All Individuals<sup>9</sup>:</b>																			
2 - 19.....	19	(2.0)	3089	84.1 (3.06)	20.5 (1.88)	104.6 (3.72)	467	86.5 (6.38)	107.5 (9.33)	194.0 (10.61)	83.5 (3.27)								
20 and over.....	30	(1.5)	5332	83.7 (3.80)	87.1 (7.64)	170.9 (9.84)	1413	97.6 (3.80)	292.1 (17.95)	389.6 (17.49)	77.8 (4.21)								
2 and over...	27	(1.3)	8421	83.8 (3.37)	70.0 (5.88)	153.8 (7.73)	1880	95.6 (3.26)	258.7 (17.26)	354.2 (16.81)	79.4 (3.69)								

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

		<b>V i t a m i n D</b>																
		— All Individuals <sup>5</sup> —						— Supplement Users <sup>6</sup> —				— Non-users <sup>7</sup> —						
Family income in dollars and age (years)	Percent reporting supplement vitamin D <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	11	(2.0)	1040	5.0	(0.27)	1.1	(0.26)	6.1	(0.39)	106	5.4	(0.46)	9.8	(1.03)	15.1	(1.08)	4.9	(0.28)
20 and over.....	23	(1.3)	1798	4.2	(0.24)	3.1	(0.20)	7.3	(0.39)	378	4.4	(0.32)	13.6	(0.39)	18.1	(0.50)	4.1	(0.24)
2 and over...	20	(1.1)	2838	4.4	(0.20)	2.6	(0.16)	7.0	(0.32)	484	4.5	(0.27)	13.1	(0.37)	17.6	(0.45)	4.3	(0.21)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	16	(2.2)	1230	5.2	(0.19)	1.5	(0.22)	6.7	(0.27)	183	5.5	(0.55)	9.1	(0.62)	14.6	(1.01)	5.2	(0.20)
20 and over.....	29	(2.1)	2074	4.2	(0.15)	4.9	(0.60)	9.2	(0.61)	548	4.5	(0.22)	17.1	(2.00)	21.6	(2.05)	4.1	(0.18)
2 and over...	26	(1.4)	3304	4.5	(0.12)	4.1	(0.47)	8.5	(0.47)	731	4.7	(0.20)	15.8	(1.61)	20.5	(1.64)	4.4	(0.14)
<b>\$75,000 and higher:</b>																		
2 - 19.....	26	(4.7)	619	5.5	(0.20)	2.3	(0.43)	7.8	(0.43)	136	5.9	(0.57)	8.7	(0.55)	14.6	(0.88)	5.4	(0.21)
20 and over.....	33	(2.3)	1043	4.7	(0.18)	7.2	(2.11)	11.9	(2.13)	341	5.7	(0.49)	21.7	(5.96)	27.4	(6.10)	4.2	(0.32)
2 and over...	31	(2.2)	1662	4.9	(0.16)	5.9	(1.54)	10.8	(1.54)	477	5.8	(0.43)	18.7	(4.64)	24.5	(4.76)	4.6	(0.25)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	18	(2.0)	3089	5.2	(0.12)	1.6	(0.19)	6.8	(0.19)	445	5.7	(0.26)	9.0	(0.35)	14.7	(0.52)	5.1	(0.13)
20 and over.....	28	(1.4)	5332	4.3	(0.12)	5.0	(0.67)	9.3	(0.71)	1353	4.9	(0.19)	17.7	(2.21)	22.6	(2.32)	4.1	(0.16)
2 and over...	26	(1.2)	8421	4.6	(0.11)	4.1	(0.50)	8.7	(0.54)	1798	5.0	(0.18)	16.1	(1.79)	21.2	(1.89)	4.4	(0.14)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).



**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

<b>V i t a m i n K</b>													
-----All Individuals <sup>5</sup> ----- Supplement Users <sup>6</sup> ----- -Non-users <sup>7</sup> -													
Family income in dollars and age (years)	Percent reporting supplement vitamin K <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Supplement Users <sup>6</sup>		-Non-users <sup>7</sup> -	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>													
2 - 19.....	2	(0.6)	1040	54.0 (5.85)	9.1* (8.56)	63.2 (10.87)			--	--	--	53.5 (5.90)	
20 and over.....	16	(1.1)	1798	88.4 (7.03)	4.8 (0.71)	93.2 (7.09)	261	91.9 (9.94)	29.9 (3.56)	121.9 (9.41)		87.8 (7.84)	
2 and over...	13	(0.9)	2838	79.8 (6.07)	5.9* (2.30)	85.7 (6.33)	274	91.4 (9.81)	47.0*(16.49)	138.5 (17.04)		78.1 (6.50)	
<b>\$25,000 - \$74,999:</b>													
2 - 19.....	2	(0.8)	1230	57.3 (4.94)	0.6* (0.37)	58.0 (5.17)			--	--	--	57.0 (5.04)	
20 and over.....	21	(1.7)	2074	95.9 (6.16)	5.5 (0.52)	101.4 (6.21)	391	104.8 (10.83)	26.8 (1.41)	131.6 (11.50)		93.6 (6.68)	
2 and over...	16	(1.4)	3304	86.3 (5.30)	4.3 (0.45)	90.6 (5.44)	413	103.7 (10.04)	26.9 (1.55)	130.6 (10.81)		82.9 (5.37)	
<b>\$75,000 and higher:</b>													
2 - 19.....	5	(1.3)	619	62.1 (4.48)	1.5* (0.47)	63.6 (4.66)			--	--	--	60.0 (4.28)	
20 and over.....	24	(2.5)	1043	112.6 (8.24)	7.3 (0.87)	119.9 (8.49)	249	140.2 (14.78)	30.9 (1.83)	171.1 (14.73)		104.0 (10.06)	
2 and over...	19	(1.8)	1662	98.7 (6.38)	5.7 (0.64)	104.4 (6.50)	271	137.2 (13.25)	30.8 (1.76)	168.0 (13.05)		89.9 (7.40)	
<b>All Individuals<sup>9</sup>:</b>													
2 - 19.....	3	(0.6)	3089	58.1 (3.37)	3.1* (2.14)	61.1 (4.23)			--	--	--	57.1 (3.22)	
20 and over.....	20	(1.2)	5332	99.3 (5.04)	5.8 (0.43)	105.2 (5.24)	962	114.0 (8.41)	28.9 (1.67)	143.0 (8.94)		95.6 (5.69)	
2 and over...	16	(1.0)	8421	88.7 (4.26)	5.1 (0.60)	93.8 (4.45)	1020	112.8 (7.92)	32.5 (3.47)	145.4 (7.70)		84.2 (4.58)	

See page 23 for footnotes.

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**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Percent reporting supplement lycopene <sup>8</sup> % (SE)		Lycopene						-Non-users <sup>7</sup> -			
			All Individuals <sup>5</sup>			Supplement Users <sup>6</sup>						
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)	
<b>\$0 - \$24,999:</b>												
2 - 19.....	1*	(0.4)	1040	5474 (412.9)	3* (1.8)	5477 (413.0)		--	--	--		5458 (421.0)
20 and over.....	13	(0.9)	1798	5117 (329.0)	57 (7.1)	5174 (327.3)	217	5389 (538.3)	434 (43.9)	5822 (516.1)		5076 (323.7)
2 and over...	10	(0.8)	2838	5207 (319.8)	43 (5.5)	5250 (318.9)	222	5429 (531.3)	433 (43.2)	5862 (509.8)		5182 (311.6)
<b>\$25,000 - \$74,999:</b>												
2 - 19.....	1*	(0.6)	1230	4839 (629.4)	4* (2.2)	4843 (629.2)		--	--	--		4857 (639.0)
20 and over.....	17	(1.6)	2074	5725 (376.7)	86 (10.7)	5811 (380.9)	325	4456 (496.0)	507 (40.9)	4963 (504.7)		5984 (470.4)
2 and over...	13	(1.1)	3304	5504 (421.8)	65 (8.2)	5570 (425.5)	333	4429 (483.2)	505 (39.9)	4934 (489.6)		5665 (500.1)
<b>\$75,000 and higher:</b>												
2 - 19.....	2*	(0.8)	619	4566 (442.6)	7* (3.2)	4573 (441.8)		--	--	--		4591 (451.0)
20 and over.....	19	(2.2)	1043	6164 (410.2)	85 (14.2)	6250 (420.1)	207	7296(1013.6)	444 (28.4)	7740(1034.1)		5894 (432.2)
2 and over...	14	(1.6)	1662	5725 (303.1)	64 (10.0)	5789 (309.2)	216	7158 (979.3)	442 (28.0)	7600(1000.4)		5483 (324.2)
<b>All Individuals<sup>9</sup>:</b>												
2 - 19.....	1	(0.3)	3089	4969 (280.8)	4* (1.4)	4974 (280.7)		--	--	--		4982 (285.3)
20 and over.....	16	(1.2)	5332	5661 (186.3)	78 (6.8)	5739 (190.0)	801	5745 (365.8)	473 (21.6)	6218 (372.6)		5644 (216.7)
2 and over...	13	(0.9)	8421	5483 (185.7)	59 (5.1)	5542 (188.3)	823	5702 (352.9)	471 (21.0)	6172 (359.3)		5452 (208.6)

See page 23 for footnotes.

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		<b>L u t e i n + z e a x a n t h i n</b>																	
		—All Individuals <sup>5</sup> —					—Supplement Users <sup>6</sup> —					—Non-users <sup>7</sup> —							
Family income in dollars and age (years)	Percent reporting supplement lutein + zeaxanthin <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food		
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg
<b>\$0 - \$24,999:</b>																			
2 - 19.....	1*	(0.3)	1040	674 (75.3)	1*	(0.8)	675 (75.2)			--	--	--	--	--	--	667 (75.2)			
20 and over.....	12	(0.9)	1798	1234 (133.5)	89	(18.2)	1323 (135.5)	208	1096 (132.2)	744	(122.8)	1839 (171.3)	1253 (141.9)						
2 and over...	9	(0.8)	2838	1094 (111.6)	67	(13.4)	1161 (112.9)	212	1107 (129.7)	736	(121.5)	1844 (169.0)	1093 (115.9)						
<b>\$25,000 - \$74,999:</b>																			
2 - 19.....	1*	(0.6)	1230	861 (118.8)	3*	(1.8)	864 (119.7)			--	--	--	865 (121.7)						
20 and over.....	16	(1.3)	2074	1359 (120.9)	126	(26.7)	1485 (111.7)	305	1411 (108.8)	797	(182.5)	2209 (166.9)	1349 (134.0)						
2 and over...	12	(1.0)	3304	1235 (105.4)	95	(19.9)	1330 (98.8)	312	1393 (100.2)	788	(181.0)	2181 (165.5)	1213 (113.3)						
<b>\$75,000 and higher:</b>																			
2 - 19.....	1*	(0.7)	619	795 (97.0)	3*	(1.8)	798 (96.7)			--	--	--	793 (98.8)						
20 and over.....	17	(1.7)	1043	1661 (149.5)	99	(15.6)	1760 (152.8)	182	2248 (341.4)	592	(107.7)	2839 (419.8)	1542 (190.9)						
2 and over...	13	(1.3)	1662	1423 (116.1)	73	(11.8)	1496 (119.1)	189	2212 (330.6)	583	(103.9)	2795 (405.9)	1310 (137.9)						
<b>All Individuals<sup>9</sup>:</b>																			
2 - 19.....	1	(0.3)	3089	788 (65.5)	2*	(0.9)	791 (65.5)			--	--	--	787 (66.6)						
20 and over.....	15	(1.1)	5332	1412 (90.5)	108	(16.0)	1520 (90.3)	742	1624 (84.6)	724	(92.2)	2348 (131.5)	1375 (104.7)						
2 and over...	11	(0.8)	8421	1252 (76.7)	81	(12.2)	1333 (77.5)	760	1609 (79.8)	715	(91.3)	2325 (128.8)	1207 (84.7)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

<b>C a l c i u m</b>																		
Family income in dollars and age (years)	Percent reporting supplement calcium <sup>8</sup> % (SE)		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —				—Non-users <sup>7</sup> —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	9	(2.2)	1040	943 (34.3)	13 (3.8)	956 (35.4)	71	969 (93.2)	147 (24.0)	1115 (95.7)	941 (36.7)							
20 and over.....	27	(1.5)	1798	877 (32.9)	154 (9.6)	1031 (37.2)	460	928 (31.3)	562 (23.6)	1490 (37.3)	858 (36.3)							
2 and over...	23	(1.2)	2838	894 (27.3)	119 (7.8)	1012 (31.0)	531	932 (28.4)	522 (23.9)	1454 (36.9)	882 (28.4)							
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	11	(1.0)	1230	989 (39.8)	23 (5.1)	1011 (37.6)	116	1006 (69.7)	202 (33.8)	1207 (73.2)	986 (45.3)							
20 and over.....	33	(2.4)	2074	923 (25.2)	186 (17.0)	1109 (36.3)	625	938 (29.9)	568 (26.5)	1506 (52.9)	916 (32.6)							
2 and over...	27	(1.7)	3304	939 (25.7)	145 (12.9)	1085 (33.6)	741	945 (26.1)	531 (25.1)	1476 (47.6)	937 (33.1)							
<b>\$75,000 and higher:</b>																		
2 - 19.....	16	(3.4)	619	1048 (28.0)	35 (7.2)	1083 (28.3)	88	1198 (85.3)	216 (26.6)	1414 (101.3)	1019 (28.0)							
20 and over.....	36	(2.3)	1043	995 (29.7)	207 (17.0)	1201 (35.8)	381	1100 (40.8)	567 (28.1)	1667 (55.9)	934 (41.0)							
2 and over...	31	(2.0)	1662	1009 (22.7)	160 (13.7)	1169 (25.7)	469	1114 (36.1)	516 (29.7)	1631 (52.1)	962 (30.4)							
<b>All Individuals<sup>9</sup>:</b>																		
2 - 19.....	12	(1.3)	3089	996 (19.7)	24 (3.1)	1020 (19.7)	288	1074 (30.5)	202 (18.6)	1275 (39.3)	985 (21.7)							
20 and over.....	32	(1.7)	5332	929 (22.6)	182 (11.6)	1111 (31.5)	1571	992 (27.9)	564 (14.5)	1556 (40.4)	899 (26.6)							
2 and over...	27	(1.3)	8421	946 (19.9)	142 (8.9)	1088 (26.4)	1859	1001 (25.1)	523 (15.9)	1524 (37.6)	926 (23.3)							

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

<b>P h o s p h o r u s</b>																		
Family income in dollars and age (years)	Percent reporting supplement phosphorus <sup>8</sup> % (SE)		—All Individuals <sup>5</sup> —						—Supplement Users <sup>6</sup> —				—Non-users <sup>7</sup> —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	5	(1.2)	1040	1155 (31.8)	5	(1.3)	1160	(32.2)		--	--	--		1148	(34.8)			
20 and over.....	12	(1.3)	1798	1241 (32.5)	11	(1.2)	1252	(32.9)	214	1164 (55.4)	96	(3.2)	1260	(56.0)	1251	(36.7)		
2 and over...	10	(1.0)	2838	1219 (26.5)	10	(0.9)	1229	(26.9)	267	1179 (47.9)	96	(2.9)	1274	(48.4)	1224	(30.0)		
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	7	(1.3)	1230	1226 (41.0)	7	(1.4)	1233	(41.3)	77	1286 (77.8)	99	(6.6)	1385	(77.5)	1222	(41.3)		
20 and over.....	15	(1.4)	2074	1327 (28.8)	15	(2.0)	1342	(30.1)	299	1303 (54.2)	97	(7.7)	1400	(60.9)	1331	(29.8)		
2 and over...	13	(1.2)	3304	1302 (29.5)	13	(1.8)	1315	(30.7)	376	1301 (53.9)	97	(7.0)	1398	(59.6)	1302	(29.4)		
<b>\$75,000 and higher:</b>																		
2 - 19.....	11	(3.2)	619	1258 (29.9)	10	(3.1)	1269	(29.7)		--	--	--		1259	(32.4)			
20 and over.....	17	(1.3)	1043	1413 (25.2)	21	(2.7)	1434	(26.5)	190	1521 (66.3)	121	(10.0)	1642	(69.4)	1391	(33.6)		
2 and over...	16	(1.2)	1662	1371 (18.1)	18	(2.1)	1389	(18.7)	249	1468 (54.1)	115	(7.9)	1583	(57.5)	1353	(22.9)		
<b>All Individuals<sup>9</sup>:</b>																		
2 - 19.....	8	(1.3)	3089	1219 (18.0)	7	(1.3)	1227	(18.3)	197	1272 (40.7)	95	(3.5)	1367	(40.8)	1215	(17.8)		
20 and over.....	15	(1.1)	5332	1326 (23.5)	16	(1.4)	1342	(24.5)	755	1345 (38.8)	105	(5.0)	1449	(41.8)	1322	(24.6)		
2 and over...	13	(0.9)	8421	1298 (20.9)	14	(1.2)	1312	(21.8)	952	1334 (34.3)	103	(4.2)	1437	(36.9)	1293	(21.0)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Percent reporting supplement magnesium <sup>8</sup> % (SE)		M a g n e s i u m												
			— All Individuals <sup>5</sup> —					— Supplement Users <sup>6</sup> —					— Non-users <sup>7</sup> —		
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)				
<b>\$0 - \$24,999:</b>															
2 - 19.....	9	(2.3)	1040	220 (7.2)	4* (1.4)	224 (7.7)	68	252 (19.3)	43 (7.2)	295 (20.3)	217 (7.4)				
20 and over.....	21	(1.4)	1798	269 (8.3)	28 (3.9)	297 (10.3)	351	285 (11.0)	132 (11.9)	417 (18.1)	265 (9.0)				
2 and over...	18	(1.1)	2838	257 (6.9)	22 (2.9)	279 (8.6)	419	281 (10.4)	122 (11.4)	403 (17.4)	251 (7.3)				
<b>\$25,000 - \$74,999:</b>															
2 - 19.....	10	(1.0)	1230	227 (8.1)	4 (0.9)	231 (8.2)	110	240 (21.8)	36 (6.6)	276 (25.3)	226 (7.9)				
20 and over.....	25	(1.9)	2074	288 (7.7)	38 (8.7)	327 (15.8)	482	300 (11.8)	151 (25.8)	450 (35.6)	284 (7.2)				
2 and over...	22	(1.3)	3304	273 (7.4)	30 (6.7)	303 (13.8)	592	293 (12.8)	137 (24.3)	430 (35.7)	268 (6.4)				
<b>\$75,000 and higher:</b>															
2 - 19.....	15	(3.5)	619	231 (3.9)	6 (1.4)	237 (4.1)	76	242 (11.1)	41 (5.8)	283 (15.7)	229 (4.2)				
20 and over.....	30	(2.4)	1043	323 (7.4)	36 (3.6)	358 (9.9)	315	356 (15.2)	117 (9.7)	473 (20.1)	308 (9.4)				
2 and over...	26	(2.0)	1662	298 (5.2)	28 (2.6)	325 (6.8)	391	338 (12.4)	105 (9.0)	443 (17.3)	283 (5.9)				
<b>All Individuals<sup>9</sup>:</b>															
2 - 19.....	11	(1.4)	3089	228 (4.1)	4 (0.7)	232 (4.4)	264	244 (11.0)	39 (3.7)	283 (13.5)	226 (3.9)				
20 and over.....	26	(1.4)	5332	294 (7.1)	34 (5.0)	328 (11.4)	1226	317 (11.1)	133 (13.3)	449 (22.7)	286 (6.5)				
2 and over...	22	(1.1)	8421	277 (6.1)	26 (3.8)	303 (9.4)	1490	307 (10.6)	121 (12.3)	428 (21.5)	268 (5.2)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)		Percent reporting supplement iron <sup>8</sup> % (SE)		I r o n						Sample size		Food plus supplement mg (SE)		Food mg (SE)	
				All Individuals <sup>5</sup>				Supplement Users <sup>6</sup>							
		Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
<b>\$0 - \$24,999:</b>															
2 - 19.....		1040	13.4 (0.35)	1.3 (0.31)	14.6 (0.58)	65	15.0 (0.92)	16.5 (0.54)	31.4 (1.06)	13.2 (0.32)					
20 and over.....		1798	13.9 (0.35)	3.3 (0.55)	17.2 (0.71)	219	14.3 (0.56)	24.6 (2.34)	39.0 (2.04)	13.9 (0.43)					
2 and over...		2838	13.8 (0.28)	2.8 (0.42)	16.6 (0.55)	284	14.4 (0.48)	23.3 (1.95)	37.8 (1.72)	13.7 (0.33)					
<b>\$25,000 - \$74,999:</b>															
2 - 19.....		1230	13.9 (0.44)	1.8 (0.26)	15.6 (0.55)	102	15.2 (1.18)	18.0 (1.45)	33.2 (2.02)	13.7 (0.45)					
20 and over.....		2074	15.1 (0.36)	3.1 (0.31)	18.2 (0.46)	276	16.0 (0.65)	20.4 (1.36)	36.4 (0.82)	14.9 (0.41)					
2 and over...		3304	14.8 (0.33)	2.8 (0.24)	17.5 (0.44)	378	15.9 (0.63)	20.0 (1.30)	35.8 (0.94)	14.6 (0.33)					
<b>\$75,000 and higher:</b>															
2 - 19.....		619	13.7 (0.37)	2.4 (0.52)	16.1 (0.71)	71	14.9 (0.84)	17.5 (0.54)	32.4 (0.88)	13.5 (0.44)					
20 and over.....		1043	16.3 (0.30)	3.4 (0.29)	19.7 (0.45)	190	17.6 (1.04)	18.3 (1.23)	35.9 (1.43)	16.0 (0.35)					
2 and over...		1662	15.6 (0.21)	3.1 (0.28)	18.7 (0.35)	261	17.0 (0.83)	18.2 (0.94)	35.2 (1.05)	15.3 (0.25)					
<b>All Individuals<sup>9</sup>:</b>															
2 - 19.....		3089	13.7 (0.24)	1.8 (0.23)	15.4 (0.40)	248	15.0 (0.67)	17.5 (0.56)	32.5 (1.06)	13.5 (0.28)					
20 and over.....		5332	15.1 (0.33)	3.4 (0.18)	18.5 (0.42)	743	16.0 (0.53)	21.3 (0.56)	37.3 (0.51)	14.9 (0.36)					
2 and over...		8421	14.7 (0.26)	3.0 (0.17)	17.7 (0.37)	991	15.8 (0.47)	20.6 (0.49)	36.4 (0.46)	14.6 (0.27)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Percent reporting supplement zinc <sup>8</sup> % (SE)		Z i n c						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>		
			All Individuals <sup>5</sup>												
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)				
<b>\$0 - \$24,999:</b>															
2 - 19.....	10	(1.9)	1040	10.2 (0.27)	0.9 (0.19)	11.1 (0.38)	89	11.4 (0.76)	9.3 (0.68)	20.7 (0.91)	10.1 (0.25)				
20 and over.....	20	(1.5)	1798	11.1 (0.36)	3.6 (0.38)	14.8 (0.63)	328	11.1 (0.58)	18.0 (1.00)	29.1 (1.37)	11.2 (0.37)				
2 and over...	18	(1.2)	2838	10.9 (0.28)	3.0 (0.29)	13.9 (0.48)	417	11.1 (0.55)	16.8 (0.98)	27.9 (1.30)	10.9 (0.28)				
<b>\$25,000 - \$74,999:</b>															
2 - 19.....	13	(1.9)	1230	10.3 (0.32)	1.4 (0.19)	11.6 (0.35)	149	10.3 (0.66)	10.2 (1.00)	20.4 (1.52)	10.3 (0.32)				
20 and over.....	26	(1.9)	2074	12.2 (0.44)	4.5 (0.46)	16.6 (0.75)	483	12.3 (0.40)	17.3 (1.03)	29.6 (1.16)	12.1 (0.51)				
2 and over...	23	(1.2)	3304	11.7 (0.36)	3.7 (0.34)	15.4 (0.61)	632	12.0 (0.44)	16.3 (1.00)	28.3 (1.25)	11.6 (0.39)				
<b>\$75,000 and higher:</b>															
2 - 19.....	23	(4.8)	619	10.6 (0.37)	2.2 (0.49)	12.8 (0.68)	128	10.3 (0.44)	9.7 (0.94)	20.0 (1.03)	10.6 (0.49)				
20 and over.....	31	(2.6)	1043	12.9 (0.30)	5.2 (0.44)	18.0 (0.60)	319	12.8 (0.57)	16.8 (0.83)	29.5 (0.69)	12.9 (0.41)				
2 and over...	29	(2.3)	1662	12.2 (0.18)	4.4 (0.34)	16.6 (0.36)	447	12.2 (0.45)	15.2 (0.87)	27.4 (0.82)	12.3 (0.27)				
<b>All Individuals <sup>9</sup>:</b>															
2 - 19.....	15	(1.9)	3089	10.3 (0.17)	1.5 (0.19)	11.8 (0.29)	381	10.7 (0.31)	9.6 (0.60)	20.4 (0.73)	10.3 (0.21)				
20 and over.....	26	(1.4)	5332	12.0 (0.27)	4.5 (0.25)	16.5 (0.43)	1206	12.1 (0.36)	17.5 (0.30)	29.6 (0.42)	12.0 (0.31)				
2 and over...	23	(1.1)	8421	11.6 (0.22)	3.7 (0.19)	15.3 (0.35)	1587	11.9 (0.32)	16.1 (0.36)	28.0 (0.50)	11.5 (0.25)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).



**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

<b>C o p p e r</b>																			
-----All Individuals <sup>5</sup> ----- Supplement Users <sup>6</sup> ----- -Non-users <sup>7</sup> -----																			
Family income in dollars and age (years)	Percent reporting supplement copper <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																			
2 - 19.....	7	(1.4)	1040	1.0	(0.03)	0.1	(0.03)	1.1	(0.05)			--	--	--				1.0	(0.03)
20 and over.....	18	(1.2)	1798	1.2	(0.04)	0.3	(0.03)	1.5	(0.06)	296	1.3	(0.06)	1.8	(0.11)	3.1	(0.14)		1.2	(0.04)
2 and over...	15	(0.9)	2838	1.2	(0.03)	0.3	(0.03)	1.4	(0.05)	355	1.3	(0.05)	1.8	(0.10)	3.1	(0.13)		1.1	(0.03)
<b>\$25,000 - \$74,999:</b>																			
2 - 19.....	9	(0.9)	1230	1.0	(0.03)	0.2	(0.02)	1.2	(0.04)	93	1.0	(0.07)	1.9	(0.12)	3.0	(0.12)		1.0	(0.03)
20 and over.....	23	(1.6)	2074	1.3	(0.04)	0.4	(0.04)	1.7	(0.07)	444	1.4	(0.07)	1.8	(0.09)	3.2	(0.13)		1.3	(0.04)
2 and over...	19	(1.3)	3304	1.3	(0.03)	0.4	(0.03)	1.6	(0.06)	537	1.4	(0.07)	1.8	(0.07)	3.2	(0.12)		1.2	(0.03)
<b>\$75,000 and higher:</b>																			
2 - 19.....	13	(3.7)	619	1.1	(0.02)	0.3	(0.08)	1.3	(0.08)	66	1.1	(0.04)	2.1	(0.10)	3.1	(0.13)		1.1	(0.02)
20 and over.....	28	(2.6)	1043	1.5	(0.04)	0.5	(0.04)	2.0	(0.08)	294	1.6	(0.09)	1.8	(0.08)	3.4	(0.08)		1.4	(0.05)
2 and over...	24	(2.1)	1662	1.4	(0.03)	0.4	(0.04)	1.8	(0.05)	360	1.5	(0.08)	1.8	(0.08)	3.4	(0.07)		1.3	(0.03)
<b>All Individuals<sup>9</sup>:</b>																			
2 - 19.....	9	(1.4)	3089	1.0	(0.02)	0.2	(0.03)	1.2	(0.04)	228	1.1	(0.04)	2.0	(0.08)	3.0	(0.09)		1.0	(0.02)
20 and over.....	23	(1.3)	5332	1.3	(0.03)	0.4	(0.03)	1.8	(0.06)	1101	1.5	(0.07)	1.8	(0.06)	3.3	(0.09)		1.3	(0.03)
2 and over...	19	(1.0)	8421	1.3	(0.03)	0.4	(0.02)	1.6	(0.05)	1329	1.4	(0.06)	1.8	(0.05)	3.3	(0.08)		1.2	(0.02)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

<b>S o d i u m</b>																		
Family income in dollars and age (years)	Percent reporting supplement sodium <sup>8</sup> % (SE)		— All Individuals <sup>5</sup> —						— Supplement Users <sup>6</sup> —				— Non-users <sup>7</sup> —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	5	(1.2)	1040	2948 (71.2)	1	(0.1)	2948 (71.2)			--	--	--			2944	(74.2)		
20 and over.....	5	(0.7)	1798	3156 (77.8)	1	(0.4)	3158 (77.9)	77	2946 (276.6)	30	(5.9)	2976 (273.5)			3167	(84.9)		
2 and over...	5	(0.5)	2838	3104 (61.3)	1	(0.3)	3105 (61.3)	128	2964 (200.4)	25	(4.5)	2989 (198.0)			3111	(67.0)		
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	7	(0.8)	1230	3121 (118.3)	1	(0.2)	3122 (118.3)	73	2972 (173.7)	12	(1.9)	2984 (173.5)			3132	(123.6)		
20 and over.....	7	(1.2)	2074	3490 (79.7)	3	(0.8)	3494 (79.5)	111	3405 (236.0)	47	(9.5)	3453 (238.6)			3497	(80.1)		
2 and over...	7	(1.0)	3304	3398 (81.5)	3	(0.6)	3401 (81.3)	184	3303 (197.2)	39	(6.9)	3342 (198.6)			3406	(84.4)		
<b>\$75,000 and higher:</b>																		
2 - 19.....	12	(3.0)	619	3022 (117.9)	1	(0.4)	3023 (117.9)			--	--	--			3102	(126.5)		
20 and over.....	8	(1.0)	1043	3668 (78.9)	6*	(2.0)	3674 (78.2)	88	3732 (240.8)	72*	(22.7)	3804 (245.6)			3663	(81.1)		
2 and over...	9	(1.2)	1662	3491 (55.2)	5*	(1.5)	3495 (55.4)	141	3265 (195.7)	51*	(15.9)	3316 (202.4)			3513	(50.7)		
<b>All Individuals<sup>9</sup>:</b>																		
2 - 19.....	8	(1.2)	3089	3033 (67.5)	1	(0.1)	3034 (67.4)	188	2700 (77.2)	12	(1.2)	2712 (77.1)			3061	(70.7)		
20 and over.....	7	(0.6)	5332	3435 (57.8)	3	(0.6)	3439 (57.8)	293	3465 (151.9)	52	(8.8)	3518 (156.0)			3433	(59.3)		
2 and over...	7	(0.6)	8421	3332 (52.3)	3	(0.4)	3335 (52.4)	481	3248 (119.8)	41	(6.5)	3289 (122.9)			3338	(53.0)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)	Percent reporting supplement potassium <sup>8</sup> % (SE)		P o t a s s i u m												
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>		
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)				
<b>\$0 - \$24,999:</b>															
2 - 19.....	3	(1.4)	1040	2131 (64.4)	1* (0.4)	2132 (64.5)		--	--	--		2122	(65.7)		
20 and over.....	15	(1.1)	1798	2443 (63.4)	15 (1.3)	2458 (63.6)	269	2510 (64.8)	98 (5.9)	2608 (65.3)		2431	(72.7)		
2 and over...	12	(0.9)	2838	2365 (56.2)	11 (1.1)	2376 (56.5)	280	2506 (59.3)	94 (5.8)	2600 (59.2)		2346	(63.0)		
<b>\$25,000 - \$74,999:</b>															
2 - 19.....	2	(0.8)	1230	2114 (80.6)	2* (1.0)	2116 (80.8)		--	--	--		2113	(82.1)		
20 and over.....	20	(2.0)	2074	2610 (62.2)	21 (3.7)	2631 (64.6)	378	2820 (91.4)	106 (13.3)	2925 (93.7)		2558	(68.2)		
2 and over...	15	(1.5)	3304	2486 (61.8)	16 (2.7)	2502 (63.4)	393	2803 (85.1)	106 (12.9)	2909 (87.8)		2429	(60.6)		
<b>\$75,000 and higher:</b>															
2 - 19.....	2*	(0.7)	619	2149 (42.4)	2* (0.6)	2151 (42.3)		--	--	--		2146	(42.3)		
20 and over.....	22	(1.9)	1043	2850 (57.6)	20 (2.5)	2870 (58.2)	234	3257 (101.5)	94 (7.0)	3352 (102.7)		2738	(56.7)		
2 and over...	16	(1.4)	1662	2657 (41.1)	15 (1.8)	2673 (41.6)	248	3217 (105.2)	94 (6.7)	3311 (106.4)		2549	(35.9)		
<b>All Individuals<sup>9</sup>:</b>															
2 - 19.....	2	(0.5)	3089	2138 (38.7)	2 (0.4)	2140 (38.8)		--	--	--		2135	(38.2)		
20 and over.....	19	(1.4)	5332	2638 (50.2)	19 (2.1)	2657 (51.3)	942	2896 (77.3)	99 (6.1)	2995 (77.1)		2578	(50.2)		
2 and over...	15	(1.0)	8421	2510 (46.1)	14 (1.5)	2524 (47.1)	982	2875 (72.9)	98 (5.9)	2973 (73.0)		2448	(44.0)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2007-2008 (continued)

Family income in dollars and age (years)		Percent reporting selenium <sup>8</sup> % (SE)		S e l e n i u m						Supplement Users <sup>6</sup>		-Non-users <sup>7</sup> -	
				All Individuals <sup>5</sup>									
				Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)	
<b>\$0 - \$24,999:</b>													
2 - 19.....		2	(0.8)	1040	87.5 (2.19)	1.8* (0.74)	89.3 (2.23)		--	--	--	87.4 (2.17)	
20 and over.....		17	(1.2)	1798	102.5 (2.18)	9.5 (1.35)	112.0 (2.58)	281	101.9 (4.22)	56.5 (6.81)	158.4 (6.40)	102.6 (2.10)	
2 and over...		13	(1.0)	2838	98.8 (1.65)	7.6 (0.96)	106.3 (1.87)	293	101.5 (4.14)	57.4 (6.45)	158.9 (5.89)	98.3 (1.54)	
<b>\$25,000 - \$74,999:</b>													
2 - 19.....		2	(0.7)	1230	93.7 (3.16)	1.2* (0.41)	94.9 (3.16)		--	--	--	93.6 (3.10)	
20 and over.....		22	(1.8)	2074	109.1 (2.46)	12.8 (0.95)	121.9 (2.91)	424	105.1 (3.59)	58.4 (3.36)	163.6 (3.21)	110.2 (2.53)	
2 and over...		17	(1.4)	3304	105.3 (2.39)	9.9 (0.72)	115.2 (2.87)	447	104.9 (3.50)	58.2 (3.30)	163.1 (3.48)	105.3 (2.42)	
<b>\$75,000 and higher:</b>													
2 - 19.....		5	(1.3)	619	91.7 (3.25)	2.6* (0.85)	94.3 (3.43)		--	--	--	90.7 (3.42)	
20 and over.....		27	(3.0)	1043	117.1 (2.31)	18.2 (2.34)	135.3 (4.05)	284	121.6 (4.55)	68.0 (2.64)	189.5 (5.87)	115.5 (3.35)	
2 and over...		21	(2.2)	1662	110.1 (1.31)	14.0 (1.62)	124.1 (2.33)	305	120.8 (4.24)	67.0 (2.53)	187.8 (5.49)	107.3 (1.74)	
<b>All Individuals<sup>9</sup>:</b>													
2 - 19.....		3	(0.6)	3089	92.2 (1.77)	1.7 (0.40)	93.9 (1.85)		--	--	--	91.8 (1.78)	
20 and over.....		22	(1.5)	5332	109.3 (1.82)	13.5 (0.87)	122.8 (2.45)	1056	110.8 (2.76)	61.8 (1.88)	172.6 (3.01)	108.9 (1.85)	
2 and over...		17	(1.2)	8421	104.9 (1.54)	10.5 (0.67)	115.4 (2.06)	1112	110.5 (2.60)	61.6 (1.77)	172.0 (2.77)	103.8 (1.44)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

## Symbol Legend

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

**Mean:** An estimated mean is flagged when the relative standard error is greater than 30 percent.

**Percent reporting a supplement intake:** 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 2.16.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF).

## Footnotes

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

<sup>2</sup> Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

**Niacin:** values do not include niacin-equivalents from tryptophan.

**Folic acid:** the synthetic form of folate used as a fortificant in foods and dietary supplements.

**Folate (DFE):**  $\mu\text{g}$  dietary folate equivalents =  $\mu\text{g}$  food folate + (1.7\* $\mu\text{g}$  folic acid).

**Vitamin D:** 1  $\mu\text{g}$  = 40 International Units (IU).

**Calcium and Magnesium:** supplement intake includes non-prescription antacids.

<sup>3</sup> **Food intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.1 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22 (Agricultural Research Service, Nutrient Data Laboratory). Sodium estimate from food adjusted for salt used in food preparation.

<sup>4</sup> **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT\_E) of NHANES 2007-2008. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: [http://www.cdc.gov/nchs/nhanes/nhanes2007-2008/DS1TOT\\_E.htm](http://www.cdc.gov/nchs/nhanes/nhanes2007-2008/DS1TOT_E.htm).

<sup>5</sup> **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females and breast-fed children were excluded.

<sup>6</sup> **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

<sup>7</sup> **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

<sup>8</sup> The weighted percentage of respondents in the income/age group who reported taking at least one multi- and/or single- nutrient supplement containing this nutrient.

<sup>9</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

SE = standard error; DFE = dietary folate equivalents.

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2011. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Dietary Supplements, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008

<b>T h i a m i n</b>																		
----- <i>All Individuals</i> <sup>6</sup> -----      ----- <i>Supplement Users</i> <sup>7</sup> -----      ----- <i>Non-users</i> <sup>8</sup> -----																		
Family income as % of Federal poverty threshold and age  (years)	Percent reporting supplement thiamin <sup>9</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	11	(1.9)	1291	1.47 (0.034)	0.56*(0.355)	2.03 (0.363)	107	1.62 (0.136)	5.32*(3.225)	6.94*(3.233)	1.45 (0.031)							
20 and over.....	16	(1.5)	1476	1.49 (0.040)	1.78*(0.582)	3.27 (0.595)	219	1.65 (0.074)	11.40 (3.023)	13.05 (3.059)	1.46 (0.051)							
2 and over...	14	(1.1)	2767	1.48 (0.032)	1.35 (0.403)	2.83 (0.416)	326	1.64 (0.069)	9.78 (2.459)	11.43 (2.484)	1.45 (0.036)							
<b>131-185% poverty:</b>																		
2 - 19.....	12	(2.6)	353	1.56 (0.065)	0.20 (0.040)	1.76 (0.084)		--	--	--	1.55 (0.069)							
20 and over.....	23	(3.5)	682	1.57 (0.051)	2.40*(0.862)	3.97 (0.863)	145	1.62 (0.069)	10.29 (2.562)	11.91 (2.572)	1.56 (0.058)							
2 and over...	20	(2.6)	1035	1.57 (0.046)	1.85*(0.634)	3.42 (0.645)	189	1.62 (0.066)	9.04 (2.364)	10.66 (2.371)	1.56 (0.050)							
<b>Over 185% poverty:</b>																		
2 - 19.....	16	(2.5)	1216	1.52 (0.032)	0.28 (0.040)	1.80 (0.056)	145	1.53 (0.102)	1.78 (0.169)	3.31 (0.176)	1.52 (0.046)							
20 and over.....	30	(1.8)	2697	1.68 (0.038)	3.60 (0.437)	5.28 (0.452)	778	1.74 (0.061)	12.07 (1.101)	13.81 (1.116)	1.65 (0.042)							
2 and over...	27	(1.5)	3913	1.64 (0.033)	2.86 (0.331)	4.50 (0.341)	923	1.71 (0.051)	10.70 (1.023)	12.41 (1.029)	1.62 (0.036)							
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	13	(1.6)	3089	1.51 (0.018)	0.36*(0.110)	1.86 (0.116)	313	1.56 (0.073)	2.72*(0.837)	4.29 (0.839)	1.50 (0.024)							
20 and over.....	26	(1.4)	5332	1.62 (0.033)	2.99 (0.386)	4.61 (0.402)	1236	1.70 (0.054)	11.52 (1.075)	13.23 (1.104)	1.59 (0.035)							
2 and over...	23	(1.2)	8421	1.59 (0.027)	2.32 (0.287)	3.91 (0.301)	1549	1.68 (0.045)	10.22 (0.947)	11.90 (0.966)	1.57 (0.027)							

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement riboflavin <sup>9</sup> % (SE)		R i b o f l a v i n						- Non-users <sup>8</sup> -			
			All Individuals <sup>6</sup>			Supplement Users <sup>7</sup>						
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
<b>Under 131% poverty:</b>												
2 - 19.....	11	(1.9)	1291	2.01 (0.059)	0.30*(0.104)	2.31 (0.125)	107	2.19 (0.143)	2.87 (0.721)	5.05 (0.711)	1.99 (0.061)	
20 and over.....	16	(1.5)	1476	2.03 (0.087)	1.60*(0.603)	3.63 (0.567)	218	2.21 (0.166)	10.25*(3.257)	12.46 (3.176)	2.00 (0.087)	
2 and over...	14	(1.1)	2767	2.02 (0.066)	1.15*(0.392)	3.17 (0.366)	325	2.20 (0.133)	8.29 (2.482)	10.49 (2.423)	1.99 (0.065)	
<b>131-185% poverty:</b>												
2 - 19.....	12	(2.6)	353	2.18 (0.182)	0.23 (0.045)	2.41 (0.201)	--	--	--	--	2.21 (0.207)	
20 and over.....	23	(3.4)	682	2.12 (0.051)	1.64*(0.523)	3.76 (0.511)	143	2.32 (0.113)	7.15 (1.522)	9.47 (1.516)	2.05 (0.063)	
2 and over...	20	(2.6)	1035	2.13 (0.058)	1.29 (0.382)	3.42 (0.412)	187	2.27 (0.090)	6.39 (1.406)	8.66 (1.397)	2.10 (0.067)	
<b>Over 185% poverty:</b>												
2 - 19.....	16	(2.5)	1216	2.05 (0.054)	0.31 (0.043)	2.36 (0.077)	145	2.06 (0.065)	1.98 (0.170)	4.04 (0.142)	2.04 (0.067)	
20 and over.....	30	(1.8)	2697	2.26 (0.037)	2.99 (0.437)	5.25 (0.445)	783	2.34 (0.063)	9.95 (1.119)	12.28 (1.136)	2.23 (0.042)	
2 and over...	27	(1.5)	3913	2.21 (0.037)	2.39 (0.336)	4.60 (0.340)	928	2.30 (0.052)	8.89 (0.973)	11.19 (0.982)	2.18 (0.041)	
<b>All Individuals<sup>10</sup>:</b>												
2 - 19.....	13	(1.6)	3089	2.05 (0.038)	0.29 (0.041)	2.34 (0.062)	313	2.08 (0.056)	2.22 (0.235)	4.29 (0.229)	2.04 (0.044)	
20 and over.....	26	(1.4)	5332	2.20 (0.046)	2.50 (0.359)	4.70 (0.359)	1240	2.30 (0.063)	9.60 (1.062)	11.90 (1.077)	2.16 (0.049)	
2 and over...	23	(1.2)	8421	2.16 (0.042)	1.94 (0.265)	4.09 (0.270)	1553	2.27 (0.055)	8.51 (0.895)	10.78 (0.910)	2.13 (0.043)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement niacin <sup>9</sup> % (SE)		All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																
2 - 19.....	10	(1.8)	1291	20.9 (0.64)	1.8 (0.37)	22.7 (0.77)	104	20.9 (1.83)	16.8 (1.10)	37.7 (2.35)	20.9 (0.61)					
20 and over.....	16	(1.4)	1476	23.1 (0.56)	7.3 (1.24)	30.4 (1.31)	222	22.0 (1.19)	45.7 (7.52)	67.7 (7.45)	23.4 (0.57)					
2 and over...	14	(1.1)	2767	22.4 (0.45)	5.3 (0.81)	27.7 (0.90)	326	21.7 (1.00)	38.2 (5.75)	59.9 (5.67)	22.5 (0.44)					
<b>131-185% poverty:</b>																
2 - 19.....	12	(2.6)	353	23.3 (2.42)	2.1 (0.46)	25.4 (2.36)		--	--	--	23.9 (2.69)					
20 and over.....	24	(3.5)	682	23.7 (0.67)	8.9 (2.26)	32.6 (2.48)	148	24.5 (1.29)	37.2 (5.89)	61.6 (5.61)	23.5 (0.83)					
2 and over...	21	(2.6)	1035	23.6 (0.94)	7.2 (1.64)	30.8 (2.29)	192	23.7 (1.31)	34.4 (5.49)	58.1 (5.38)	23.6 (1.11)					
<b>Over 185% poverty:</b>																
2 - 19.....	16	(2.5)	1216	20.9 (0.55)	2.6 (0.35)	23.5 (0.74)	147	21.8 (1.22)	16.1 (0.55)	38.0 (1.42)	20.7 (0.65)					
20 and over.....	31	(1.8)	2697	25.7 (0.32)	15.1 (2.33)	40.7 (2.49)	793	25.3 (0.65)	49.3 (6.56)	74.6 (6.74)	25.8 (0.40)					
2 and over...	27	(1.5)	3913	24.6 (0.27)	12.3 (1.88)	36.8 (2.06)	940	24.9 (0.52)	44.9 (5.65)	69.8 (5.70)	24.5 (0.33)					
<b>All Individuals<sup>10</sup>:</b>																
2 - 19.....	13	(1.6)	3089	21.2 (0.52)	2.2 (0.25)	23.3 (0.63)	312	21.4 (0.90)	16.5 (0.50)	37.9 (1.15)	21.1 (0.56)					
20 and over.....	27	(1.4)	5332	24.9 (0.37)	12.7 (1.61)	37.6 (1.87)	1260	24.8 (0.62)	47.6 (4.50)	72.4 (4.73)	25.0 (0.44)					
2 and over...	23	(1.2)	8421	24.0 (0.35)	10.0 (1.24)	33.9 (1.52)	1572	24.3 (0.53)	43.1 (3.79)	67.4 (3.99)	23.9 (0.38)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin B6 <sup>9</sup>		V i t a m i n B 6						— Non-users <sup>8</sup> —			
			All Individuals <sup>6</sup>			Supplement Users <sup>7</sup>						
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
<b>Under 131% poverty:</b>												
2 - 19.....	13	(2.5)	1291	1.73 (0.058)	0.45*(0.226)	2.19 (0.245)	137	1.72 (0.112)	3.48*(1.187)	5.20 (1.226)	1.74 (0.061)	
20 and over.....	16	(1.5)	1476	1.83 (0.057)	2.02 (0.596)	3.85 (0.593)	228	1.78 (0.069)	12.42 (2.952)	14.21 (2.941)	1.84 (0.061)	
2 and over...	15	(1.3)	2767	1.80 (0.046)	1.47 (0.386)	3.27 (0.386)	365	1.77 (0.062)	9.73 (2.140)	11.49 (2.132)	1.80 (0.048)	
<b>131-185% poverty:</b>												
2 - 19.....	14	(2.6)	353	1.81 (0.248)	0.27 (0.048)	2.09 (0.267)		--	--	--	1.87 (0.281)	
20 and over.....	23	(3.3)	682	1.85 (0.064)	2.07 (0.450)	3.92 (0.486)	145	2.08 (0.120)	8.93 (1.394)	11.01 (1.427)	1.78 (0.056)	
2 and over...	21	(2.5)	1035	1.84 (0.101)	1.62 (0.321)	3.46 (0.398)	199	1.98 (0.096)	7.76 (1.250)	9.73 (1.281)	1.80 (0.107)	
<b>Over 185% poverty:</b>												
2 - 19.....	23	(3.2)	1216	1.72 (0.045)	0.49 (0.074)	2.21 (0.092)	226	1.69 (0.087)	2.15 (0.217)	3.84 (0.257)	1.73 (0.043)	
20 and over.....	32	(1.8)	2697	2.04 (0.031)	4.06 (0.447)	6.10 (0.461)	807	2.08 (0.070)	12.80 (0.993)	14.88 (0.992)	2.02 (0.034)	
2 and over...	30	(1.4)	3913	1.97 (0.030)	3.26 (0.346)	5.23 (0.361)	1033	2.01 (0.058)	10.97 (0.970)	12.98 (0.972)	1.95 (0.030)	
<b>All Individuals<sup>10</sup>:</b>												
2 - 19.....	18	(2.0)	3089	1.74 (0.049)	0.44 (0.079)	2.17 (0.102)	440	1.71 (0.072)	2.43 (0.330)	4.14 (0.365)	1.74 (0.050)	
20 and over.....	27	(1.4)	5332	1.97 (0.036)	3.41 (0.381)	5.38 (0.395)	1282	2.03 (0.062)	12.41 (1.013)	14.44 (1.025)	1.95 (0.036)	
2 and over...	25	(1.2)	8421	1.91 (0.037)	2.64 (0.280)	4.55 (0.300)	1722	1.97 (0.057)	10.56 (0.872)	12.54 (0.883)	1.89 (0.035)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement folic acid <sup>9</sup> % (SE)		F o l i c a c i d											
				All Individuals <sup>6</sup>					Supplement Users <sup>7</sup>					Non-users <sup>8</sup>	
				Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
<b>Under 131% poverty:</b>															
2 - 19.....	12 (2.1)	1291	206 (8.6)	37 (6.2)	243 (13.3)	129	234 (23.1)	316 (28.0)	550 (36.1)	202 (8.0)					
20 and over.....	16 (1.4)	1476	175 (6.7)	77 (6.1)	252 (11.4)	227	208 (19.6)	485 (14.5)	693 (27.5)	169 (7.1)					
2 and over...	15 (1.1)	2767	186 (5.8)	63 (4.6)	249 (9.3)	356	215 (16.5)	437 (17.9)	652 (27.1)	181 (5.7)					
<b>131-185% poverty:</b>															
2 - 19.....	14 (2.7)	353	209 (10.6)	52 (11.0)	261 (18.3)	--	--	--	204 (9.1)						
20 and over.....	23 (3.4)	682	183 (8.5)	103 (14.8)	286 (15.7)	145	202 (17.2)	442 (8.8)	645 (18.1)	177 (8.5)					
2 and over...	21 (2.5)	1035	189 (7.6)	90 (10.8)	280 (13.2)	198	209 (17.0)	431 (8.2)	640 (19.0)	184 (6.7)					
<b>Over 185% poverty:</b>															
2 - 19.....	22 (3.2)	1216	209 (7.3)	73 (10.5)	282 (14.3)	223	193 (14.5)	330 (13.0)	522 (14.6)	213 (9.8)					
20 and over.....	31 (1.8)	2697	195 (5.3)	155 (9.5)	350 (9.7)	796	190 (9.1)	499 (23.5)	688 (25.6)	198 (6.2)					
2 and over...	29 (1.4)	3913	198 (4.4)	137 (8.1)	335 (8.8)	1019	190 (7.0)	470 (20.4)	660 (20.5)	202 (4.9)					
<b>All Individuals<sup>10</sup>:</b>															
2 - 19.....	17 (2.0)	3089	208 (4.3)	57 (6.6)	265 (8.7)	426	203 (9.8)	332 (12.0)	535 (14.0)	209 (5.0)					
20 and over.....	27 (1.5)	5332	188 (4.8)	133 (7.3)	321 (9.4)	1268	193 (6.5)	491 (16.8)	685 (17.4)	186 (5.2)					
2 and over...	25 (1.2)	8421	193 (3.5)	113 (6.1)	307 (7.8)	1694	195 (4.8)	463 (14.5)	658 (14.6)	193 (3.7)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement folate (DFE) <sup>9</sup> % (SE)		F o l a t e ( D F E )													
				All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>						Non-users <sup>8</sup>	
				Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)					
<b>Under 131% poverty:</b>																	
2 - 19.....	12	(2.1)	1291	502 (17.8)	63 (10.5)	565 (26.1)	129	559 (47.0)	537 (47.6)	1095 (69.3)	495 (16.2)						
20 and over.....	16	(1.4)	1476	488 (17.6)	132 (10.4)	620 (23.9)	227	561 (35.6)	824 (24.7)	1385 (46.2)	474 (19.7)						
2 and over...	15	(1.1)	2767	493 (14.8)	108 (7.8)	601 (20.3)	356	560 (31.1)	742 (30.5)	1303 (47.7)	482 (15.1)						
<b>131-185% poverty:</b>																	
2 - 19.....	14	(2.7)	353	516 (20.2)	88 (18.7)	604 (31.1)		--	--	--	507 (19.3)						
20 and over.....	23	(3.4)	682	515 (16.7)	175 (25.2)	690 (32.5)	145	558 (31.5)	752 (14.9)	1310 (35.1)	502 (16.6)						
2 and over...	21	(2.5)	1035	515 (15.2)	153 (18.3)	668 (27.2)	198	560 (30.4)	733 (13.9)	1293 (35.1)	503 (14.0)						
<b>Over 185% poverty:</b>																	
2 - 19.....	22	(3.2)	1216	508 (14.7)	124 (17.8)	633 (25.9)	223	476 (23.0)	560 (22.1)	1036 (26.3)	517 (20.5)						
20 and over.....	31	(1.8)	2697	553 (13.2)	263 (16.1)	817 (20.1)	796	558 (18.6)	848 (40.0)	1405 (42.9)	551 (15.5)						
2 and over...	29	(1.4)	3913	543 (10.0)	232 (13.7)	775 (17.4)	1019	544 (12.3)	798 (34.7)	1342 (35.0)	543 (11.2)						
<b>All Individuals<sup>10</sup>:</b>																	
2 - 19.....	17	(2.0)	3089	507 (7.9)	96 (11.2)	604 (15.2)	426	498 (18.8)	564 (20.5)	1062 (27.6)	509 (9.2)						
20 and over.....	27	(1.5)	5332	534 (13.3)	226 (12.3)	760 (20.8)	1268	558 (15.1)	835 (28.5)	1394 (29.1)	524 (14.1)						
2 and over...	25	(1.2)	8421	527 (9.9)	193 (10.3)	720 (17.3)	1694	548 (11.4)	787 (24.7)	1334 (25.2)	520 (10.0)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement choline <sup>9</sup> % (SE)		All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</sup>					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	8	(2.1)	1291	245	(5.8)	2*	(0.5)	247	(6.1)	79	252	(23.8)	23	(4.5)	275	(27.0)	245	(5.6)
20 and over.....	3	(0.7)	1476	303	(8.8)	1	(0.2)	304	(8.7)		--	--	--	--	--	--	304	(8.6)
2 and over...	4	(1.0)	2767	283	(6.5)	1	(0.2)	284	(6.6)	104	248	(22.5)	27	(4.9)	275	(24.9)	284	(6.6)
<b>131-185% poverty:</b>																		
2 - 19.....	8	(1.3)	353	271	(12.3)	2	(0.5)	274	(12.1)		--	--	--	--	--	--	275	(14.7)
20 and over.....	4	(0.9)	682	316	(10.7)	1	(0.2)	317	(10.8)		--	--	--	--	--	--	314	(10.0)
2 and over...	5	(0.8)	1035	305	(8.6)	1	(0.2)	306	(8.6)		--	--	--	--	--	--	304	(8.2)
<b>Over 185% poverty:</b>																		
2 - 19.....	13	(3.0)	1216	247	(7.4)	4*	(1.2)	251	(7.8)	137	256	(14.7)	31	(3.0)	287	(14.0)	245	(8.9)
20 and over.....	3	(0.5)	2697	334	(5.5)	1	(0.2)	335	(5.5)	81	335	(25.2)	29	(5.1)	364	(25.4)	334	(5.6)
2 and over...	6	(0.8)	3913	314	(4.8)	2	(0.3)	316	(4.8)	218	294	(15.6)	30	(2.6)	324	(15.7)	316	(4.7)
<b>All Individuals<sup>10</sup>:</b>																		
2 - 19.....	10	(1.8)	3089	249	(4.7)	3	(0.7)	252	(4.8)	265	256	(12.5)	28	(2.8)	284	(12.4)	248	(5.3)
20 and over.....	3	(0.5)	5332	324	(5.9)	1	(0.2)	325	(5.9)	136	327	(24.1)	30	(3.6)	357	(25.1)	324	(5.9)
2 and over...	5	(0.7)	8421	305	(5.3)	1	(0.2)	307	(5.3)	401	289	(14.5)	29	(2.1)	318	(15.0)	306	(5.3)

See page 23 for footnotes.

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

<b>V i t a m i n B 1 2</b>												
----- <i>All Individuals</i> <sup>6</sup> -----      ----- <i>Supplement Users</i> <sup>7</sup> -----      ----- <i>Non-users</i> <sup>8</sup> -----												
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin B12 <sup>9</sup>		Sample Size	<i>All Individuals</i> <sup>6</sup>		<i>Supplement Users</i> <sup>7</sup>		<i>Supplement Users</i> <sup>7</sup>		<i>Supplement Users</i> <sup>7</sup>		Food µg (SE)
	%	(SE)		Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)		
<b>Under 131% poverty:</b>												
2 - 19.....	13	(2.2)	1291	5.02 (0.139)	0.9 (0.23)	5.9 (0.27)	135	5.52 (0.385)	7.2 (0.73)	12.7 (0.88)	4.95 (0.167)	
20 and over.....	16	(1.3)	1476	4.95 (0.184)	16.5* (6.40)	21.4* (6.46)	234	4.71 (0.233)	100.8*(38.16)	105.5*(38.15)	5.00 (0.205)	
2 and over...	15	(1.1)	2767	4.98 (0.135)	11.0* (4.19)	16.0 (4.23)	369	4.94 (0.250)	73.5*(27.01)	78.4*(26.98)	4.98 (0.149)	
<b>131-185% poverty:</b>												
2 - 19.....	14	(2.6)	353	5.25 (0.506)	0.9 (0.15)	6.1 (0.51)		--	--	--	5.40 (0.587)	
20 and over.....	25	(3.8)	682	4.88 (0.182)	32.3*(12.93)	37.2*(13.03)	156	5.53 (0.363)	127.7*(39.15)	133.2 (39.22)	4.67 (0.214)	
2 and over...	22	(2.8)	1035	4.98 (0.194)	24.4* (9.74)	29.4* (9.86)	210	5.34 (0.269)	108.8*(35.51)	114.1*(35.58)	4.87 (0.254)	
<b>Over 185% poverty:</b>												
2 - 19.....	23	(3.2)	1216	4.99 (0.137)	1.4 (0.20)	6.4 (0.26)	224	4.77 (0.245)	6.3 (0.34)	11.1 (0.43)	5.05 (0.182)	
20 and over.....	32	(1.7)	2697	5.45 (0.166)	41.1 (8.64)	46.6 (8.66)	836	5.58 (0.142)	128.0 (29.30)	133.6 (29.35)	5.39 (0.211)	
2 and over...	30	(1.3)	3913	5.35 (0.142)	32.3 (6.88)	37.6 (6.91)	1060	5.44 (0.123)	107.5 (24.74)	113.0 (24.78)	5.31 (0.177)	
<b>All Individuals <sup>10</sup>:</b>												
2 - 19.....	18	(2.0)	3089	4.99 (0.113)	1.1 (0.14)	6.1 (0.18)	435	4.96 (0.238)	6.5 (0.34)	11.4 (0.46)	5.00 (0.129)	
20 and over.....	28	(1.4)	5332	5.26 (0.142)	33.3 (6.18)	38.6 (6.26)	1326	5.46 (0.140)	119.7 (21.62)	125.1 (21.70)	5.18 (0.164)	
2 and over...	25	(1.2)	8421	5.19 (0.120)	25.1 (4.70)	30.3 (4.77)	1761	5.37 (0.127)	99.3 (18.38)	104.7 (18.44)	5.13 (0.134)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin C <sup>9</sup> % (SE)		V i t a m i n C						- Non-users <sup>8</sup> -					
			All Individuals <sup>6</sup>			Supplement Users <sup>7</sup>								
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
<b>Under 131% poverty:</b>														
2 - 19.....	13	(2.1)	1291	95.6 (6.63)	10.6 (2.15)	106.2 (7.20)	141	100.0 (11.13)	83.0 (10.05)	183.0 (14.84)	94.9 (7.13)			
20 and over.....	19	(1.4)	1476	80.1 (6.23)	59.0 (9.49)	139.2 (8.87)	255	99.7 (10.33)	315.4 (39.55)	415.1 (40.32)	75.6 (6.42)			
2 and over...	17	(1.2)	2767	85.5 (5.56)	42.1 (6.40)	127.6 (6.71)	396	99.8 (8.85)	253.0 (34.89)	352.9 (34.74)	82.7 (5.72)			
<b>131-185% poverty:</b>														
2 - 19.....	17	(2.9)	353	71.1 (5.53)	25.3* (9.39)	96.4 (8.65)		--	--	--	73.2 (5.82)			
20 and over.....	27	(4.2)	682	83.3 (7.64)	71.1 (20.22)	154.4 (25.75)	171	91.5 (7.46)	263.3 (41.11)	354.8 (42.72)	80.3 (9.03)			
2 and over...	24	(3.0)	1035	80.3 (6.01)	59.6 (14.21)	139.9 (17.96)	232	86.2 (7.51)	243.5 (35.78)	329.8 (37.50)	78.3 (6.68)			
<b>Over 185% poverty:</b>														
2 - 19.....	24	(3.1)	1216	78.8 (3.27)	25.3 (2.76)	104.1 (5.35)	242	83.7 (7.75)	104.4 (10.61)	188.1 (14.88)	77.2 (3.53)			
20 and over.....	34	(1.8)	2697	84.8 (3.70)	100.5 (10.96)	185.3 (13.01)	873	99.3 (3.56)	296.9 (23.55)	396.2 (23.13)	77.4 (4.50)			
2 and over...	32	(1.4)	3913	83.5 (3.18)	83.6 (8.76)	167.1 (10.55)	1115	96.6 (2.99)	264.0 (23.13)	360.6 (23.17)	77.4 (3.91)			
<b>All Individuals<sup>10</sup>:</b>														
2 - 19.....	19	(2.0)	3089	84.1 (3.06)	20.5 (1.88)	104.6 (3.72)	467	86.5 (6.38)	107.5 (9.33)	194.0 (10.61)	83.5 (3.27)			
20 and over.....	30	(1.5)	5332	83.7 (3.80)	87.1 (7.64)	170.9 (9.84)	1413	97.6 (3.80)	292.1 (17.95)	389.6 (17.49)	77.8 (4.21)			
2 and over...	27	(1.3)	8421	83.8 (3.37)	70.0 (5.88)	153.8 (7.73)	1880	95.6 (3.26)	258.7 (17.26)	354.2 (16.81)	79.4 (3.69)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

<b>V i t a m i n D</b>																
Family income as % of Federal poverty threshold and age (years)	Percent reporting vitamin D <sup>9</sup> % (SE)		— All Individuals <sup>6</sup> —						— Supplement Users <sup>7</sup> —				— Non-users <sup>8</sup> —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																
2 - 19.....	13	(2.2)	1291	5.2 (0.23)	1.2 (0.27)	6.4 (0.36)	140	5.9 (0.51)	9.3 (0.70)	15.2 (0.95)	5.1 (0.25)					
20 and over.....	18	(1.4)	1476	3.9 (0.16)	2.3 (0.23)	6.2 (0.23)	252	4.2 (0.32)	12.7 (0.56)	16.9 (0.54)	3.9 (0.16)					
2 and over...	16	(1.1)	2767	4.4 (0.15)	1.9 (0.17)	6.3 (0.17)	392	4.7 (0.34)	11.8 (0.46)	16.4 (0.45)	4.3 (0.14)					
<b>131-185% poverty:</b>																
2 - 19.....	14	(2.6)	353	5.3 (0.26)	1.3 (0.27)	6.6 (0.29)		--	--	--	5.4 (0.30)					
20 and over.....	25	(3.8)	682	4.1 (0.18)	3.6 (0.58)	7.7 (0.70)	161	4.5 (0.36)	14.4 (0.46)	18.9 (0.68)	4.0 (0.24)					
2 and over...	22	(2.8)	1035	4.4 (0.18)	3.0 (0.43)	7.5 (0.56)	215	4.6 (0.27)	13.6 (0.37)	18.2 (0.50)	4.4 (0.23)					
<b>Over 185% poverty:</b>																
2 - 19.....	23	(3.2)	1216	5.3 (0.16)	2.0 (0.30)	7.3 (0.38)	227	5.7 (0.39)	8.9 (0.52)	14.5 (0.78)	5.2 (0.20)					
20 and over.....	33	(1.7)	2697	4.5 (0.14)	6.3 (1.01)	10.8 (1.04)	843	5.1 (0.22)	19.3 (3.03)	24.4 (3.13)	4.3 (0.21)					
2 and over...	30	(1.3)	3913	4.7 (0.12)	5.3 (0.79)	10.0 (0.81)	1070	5.2 (0.21)	17.6 (2.50)	22.8 (2.60)	4.5 (0.19)					
<b>All Individuals<sup>10</sup>:</b>																
2 - 19.....	18	(2.0)	3089	5.2 (0.12)	1.6 (0.19)	6.8 (0.19)	445	5.7 (0.26)	9.0 (0.35)	14.7 (0.52)	5.1 (0.13)					
20 and over.....	28	(1.4)	5332	4.3 (0.12)	5.0 (0.67)	9.3 (0.71)	1353	4.9 (0.19)	17.7 (2.21)	22.6 (2.32)	4.1 (0.16)					
2 and over...	26	(1.2)	8421	4.6 (0.11)	4.1 (0.50)	8.7 (0.54)	1798	5.0 (0.18)	16.1 (1.79)	21.2 (1.89)	4.4 (0.14)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

<b>V i t a m i n K</b>																		
----- <i>All Individuals</i> <sup>6</sup> -----      ----- <i>Supplement Users</i> <sup>7</sup> -----      ----- <i>Non-users</i> <sup>8</sup> -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin K <sup>9</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	2	(0.8)	1291	54.3 (4.92)	0.5* (0.19)	54.8 (4.95)					--	--	--				53.2 (5.04)	
20 and over.....	12	(1.5)	1476	81.6 (7.52)	4.0 (1.04)	85.5 (7.69)	165	71.0 (8.36)	33.1 (5.58)	104.1 (7.38)	83.0 (8.36)							
2 and over...	9	(1.1)	2767	72.0 (5.86)	2.8 (0.69)	74.8 (6.03)	182	73.7 (8.65)	32.2 (5.06)	105.9 (7.31)	71.9 (6.34)							
<b>131-185% poverty:</b>																		
2 - 19.....	2*	(0.9)	353	60.6 (6.52)	0.5* (0.40)	61.2 (6.49)					--	--	--				60.8 (6.72)	
20 and over.....	18	(2.2)	682	99.7 (7.73)	5.4 (0.64)	105.1 (7.46)	114	111.1 (23.48)	29.9 (1.56)	141.0 (24.05)	97.2 (9.54)							
2 and over...	14	(1.6)	1035	89.9 (6.62)	4.2 (0.46)	94.1 (6.42)	119	109.3 (22.92)	30.1 (1.53)	139.4 (23.46)	86.8 (8.20)							
<b>Over 185% poverty:</b>																		
2 - 19.....	4	(0.9)	1216	60.0 (4.12)	1.2* (0.39)	61.2 (4.30)					--	--	--				58.8 (4.12)	
20 and over.....	23	(1.7)	2697	104.4 (5.88)	6.6 (0.48)	111.0 (6.07)	612	121.9 (11.78)	28.2 (1.51)	150.1 (12.15)	99.1 (6.73)							
2 and over...	19	(1.3)	3913	94.5 (4.82)	5.4 (0.40)	99.9 (4.96)	644	120.5 (11.01)	28.4 (1.53)	148.9 (11.27)	88.4 (5.28)							
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	3	(0.6)	3089	58.1 (3.37)	3.1* (2.14)	61.1 (4.23)					--	--	--				57.1 (3.22)	
20 and over.....	20	(1.2)	5332	99.3 (5.04)	5.8 (0.43)	105.2 (5.24)	962	114.0 (8.41)	28.9 (1.67)	143.0 (8.94)	95.6 (5.69)							
2 and over...	16	(1.0)	8421	88.7 (4.26)	5.1 (0.60)	93.8 (4.45)	1020	112.8 (7.92)	32.5 (3.47)	145.4 (7.70)	84.2 (4.58)							

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement lycopene <sup>9</sup> % (SE)		Lycopene						Supplement Users <sup>7</sup>		Non-users <sup>8</sup>		
			All Individuals <sup>6</sup>										
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
<b>Under 131% poverty:</b>													
2 - 19.....	1*	(0.3)	1291	5001 (371.8)	3*	(1.5)	5004 (372.1)		--	--	--	4980 (376.8)	
20 and over.....	9	(1.1)	1476	4900 (336.7)	46	(10.0)	4946 (333.0)	136	4702 (969.6)	491	(80.5)	5193 (941.3)	4920 (335.6)
2 and over...	6	(0.8)	2767	4935 (274.8)	31	(6.8)	4966 (273.5)	140	4828 (963.5)	488	(77.7)	5315 (935.3)	4942 (272.5)
<b>131-185% poverty:</b>													
2 - 19.....	1*	(0.9)	353	5377(1340.1)	6*	(4.8)	5383(1340.7)		--	--	--	5373(1366.5)	
20 and over.....	14	(1.6)	682	5781 (637.3)	55	(6.5)	5835 (639.2)	91	6320(1413.1)	380	(17.9)	6700(1417.1)	5690 (649.4)
2 and over...	11	(1.2)	1035	5679 (784.8)	43	(4.7)	5722 (786.4)	94	6302(1459.5)	382	(16.1)	6684(1461.3)	5601 (799.9)
<b>Over 185% poverty:</b>													
2 - 19.....	2	(0.5)	1216	4790 (401.5)	6*	(2.3)	4796 (400.9)		--	--	--	4825 (404.8)	
20 and over.....	19	(1.6)	2697	5935 (186.9)	92	(11.3)	6027 (194.8)	515	5724 (442.2)	477	(28.7)	6201 (457.7)	5986 (214.8)
2 and over...	15	(1.3)	3913	5679 (168.6)	73	(8.9)	5752 (173.0)	529	5653 (425.5)	475	(28.2)	6128 (440.7)	5684 (204.2)
<b>All Individuals<sup>10</sup>:</b>													
2 - 19.....	1	(0.3)	3089	4969 (280.8)	4*	(1.4)	4974 (280.7)		--	--	--	4982 (285.3)	
20 and over.....	16	(1.2)	5332	5661 (186.3)	78	(6.8)	5739 (190.0)	801	5745 (365.8)	473	(21.6)	6218 (372.6)	5644 (216.7)
2 and over...	13	(0.9)	8421	5483 (185.7)	59	(5.1)	5542 (188.3)	823	5702 (352.9)	471	(21.0)	6172 (359.3)	5452 (208.6)

See page 23 for footnotes.

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Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement lutein + zeaxanthin <sup>9</sup> % (SE)	L u t e i n + z e a x a n t h i n						— Non-users <sup>8</sup> —				
			All Individuals <sup>6</sup>			Supplement Users <sup>7</sup>							
		Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)			
<b>Under 131% poverty:</b>													
2 - 19.....	#	1291	718 (81.4)	1* (0.7)	719 (81.4)		--	--	--	715 (81.7)			
20 and over.....	8 (1.0)	1476	1117 (142.4)	69 (20.0)	1185 (147.2)	125	1048 (202.0)	849 (196.7)	1897 (244.2)	1123 (153.9)			
2 and over...	5 (0.7)	2767	977 (108.9)	45 (13.1)	1022 (112.8)	128	1060 (198.0)	833 (191.4)	1893 (235.9)	973 (114.4)			
<b>131-185% poverty:</b>													
2 - 19.....	1* (0.9)	353	900 (126.7)	5* (4.0)	905 (126.6)		--	--	--	899 (131.0)			
20 and over.....	14 (1.6)	682	1440 (198.6)	99 (26.4)	1539 (186.8)	87	1825*(557.6)	729 (171.7)	2554 (602.5)	1379 (215.0)			
2 and over...	11 (1.2)	1035	1304 (159.8)	75 (19.2)	1380 (150.0)	90	1798*(540.1)	719 (169.5)	2516 (589.2)	1247 (174.2)			
<b>Over 185% poverty:</b>													
2 - 19.....	1* (0.5)	1216	812 (90.4)	3* (1.2)	815 (90.5)		--	--	--	813 (92.3)			
20 and over.....	18 (1.3)	2697	1508 (111.3)	120 (19.4)	1628 (110.8)	474	1688 (153.1)	684 (122.7)	2372 (206.6)	1470 (130.7)			
2 and over...	14 (1.1)	3913	1353 (91.8)	94 (15.9)	1446 (93.1)	485	1671 (148.2)	676 (120.8)	2347 (201.2)	1301 (101.0)			
<b>All Individuals<sup>10</sup>:</b>													
2 - 19.....	1 (0.3)	3089	788 (65.5)	2* (0.9)	791 (65.5)		--	--	--	787 (66.6)			
20 and over.....	15 (1.1)	5332	1412 (90.5)	108 (16.0)	1520 (90.3)	742	1624 (84.6)	724 (92.2)	2348 (131.5)	1375 (104.7)			
2 and over...	11 (0.8)	8421	1252 (76.7)	81 (12.2)	1333 (77.5)	760	1609 (79.8)	715 (91.3)	2325 (128.8)	1207 (84.7)			

See page 23 for footnotes.

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<b>C a l c i u m</b>																		
----- <i>All Individuals</i> <sup>6</sup> -----      ----- <i>Supplement Users</i> <sup>7</sup> -----      ----- <i>Non-users</i> <sup>8</sup> -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement calcium <sup>9</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	9	(2.3)	1291	966 (32.1)	12*	(3.9)	979	(32.8)	82	980 (74.7)	136	(16.0)	1117	(82.8)	965	(33.7)		
20 and over.....	22	(1.6)	1476	844 (21.6)	126	(8.5)	970	(21.1)	317	916 (42.3)	560	(29.5)	1476	(45.9)	824	(26.9)		
2 and over...	18	(1.4)	2767	887 (21.2)	86	(6.2)	973	(19.5)	399	927 (40.3)	485	(30.0)	1412	(40.9)	878	(22.7)		
<b>131-185% poverty:</b>																		
2 - 19.....	10	(2.0)	353	997 (65.8)	20*	(7.5)	1017	(67.4)		--	--	--		988	(71.2)			
20 and over.....	32	(3.7)	682	915 (43.5)	180	(26.8)	1095	(66.3)	198	972 (59.5)	570	(37.9)	1543	(75.4)	888	(57.1)		
2 and over...	26	(2.5)	1035	936 (35.0)	140	(18.5)	1075	(52.1)	238	983 (53.7)	534	(32.9)	1517	(56.3)	919	(51.7)		
<b>Over 185% poverty:</b>																		
2 - 19.....	15	(2.2)	1216	1014 (27.7)	32	(6.2)	1046	(30.2)	149	1124 (44.4)	220	(32.2)	1343	(66.0)	995	(31.5)		
20 and over.....	36	(2.0)	2697	963 (23.3)	202	(15.9)	1165	(31.9)	938	1008 (32.2)	565	(19.2)	1573	(47.3)	937	(31.9)		
2 and over...	31	(1.5)	3913	974 (21.0)	164	(13.5)	1138	(27.5)	1087	1021 (29.9)	528	(22.8)	1549	(46.1)	953	(27.8)		
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	12	(1.3)	3089	996 (19.7)	24	(3.1)	1020	(19.7)	288	1074 (30.5)	202	(18.6)	1275	(39.3)	985	(21.7)		
20 and over.....	32	(1.7)	5332	929 (22.6)	182	(11.6)	1111	(31.5)	1571	992 (27.9)	564	(14.5)	1556	(40.4)	899	(26.6)		
2 and over...	27	(1.3)	8421	946 (19.9)	142	(8.9)	1088	(26.4)	1859	1001 (25.1)	523	(15.9)	1524	(37.6)	926	(23.3)		

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

<b>P h o s p h o r u s</b>																		
----- <i>All Individuals</i> <sup>6</sup> -----      ----- <i>Supplement Users</i> <sup>7</sup> -----      ----- <i>Non-users</i> <sup>8</sup> -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement phosphorus <sup>9</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	6	(1.4)	1291	1178 (28.8)	5	(1.4)	1184 (29.3)				--	--	--				1167	(30.4)
20 and over.....	8	(1.0)	1476	1225 (27.0)	8	(1.1)	1233 (27.2)	133	1189 (43.5)	97	(4.4)	1286 (41.7)	1228	(28.4)				
2 and over...	7	(0.8)	2767	1209 (23.4)	7	(0.9)	1216 (23.8)	192	1235 (52.4)	97	(3.6)	1332 (52.7)	1207	(24.0)				
<b>131-185% poverty:</b>																		
2 - 19.....	8	(1.4)	353	1282 (58.7)	7	(1.8)	1289 (58.6)				--	--	--				1293	(61.6)
20 and over.....	12	(1.3)	682	1261 (46.0)	12	(0.9)	1273 (46.2)	82	1161 (44.5)	95	(5.7)	1256 (46.0)	1275	(52.2)				
2 and over...	11	(1.0)	1035	1266 (39.0)	11	(0.8)	1277 (39.1)	115	1160 (41.1)	94	(5.3)	1254 (42.6)	1280	(45.0)				
<b>Over 185% poverty:</b>																		
2 - 19.....	10	(2.1)	1216	1229 (29.7)	9	(2.1)	1238 (30.4)	95	1256 (49.5)	96	(3.9)	1352 (47.7)	1226	(31.4)				
20 and over.....	18	(1.3)	2697	1374 (20.5)	19	(1.9)	1393 (21.7)	480	1394 (45.8)	108	(6.2)	1502 (49.8)	1370	(22.4)				
2 and over...	16	(1.0)	3913	1342 (19.5)	17	(1.6)	1358 (20.5)	575	1376 (37.5)	106	(5.2)	1482 (40.8)	1335	(19.9)				
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	8	(1.3)	3089	1219 (18.0)	7	(1.3)	1227 (18.3)	197	1272 (40.7)	95	(3.5)	1367 (40.8)	1215	(17.8)				
20 and over.....	15	(1.1)	5332	1326 (23.5)	16	(1.4)	1342 (24.5)	755	1345 (38.8)	105	(5.0)	1449 (41.8)	1322	(24.6)				
2 and over...	13	(0.9)	8421	1298 (20.9)	14	(1.2)	1312 (21.8)	952	1334 (34.3)	103	(4.2)	1437 (36.9)	1293	(21.0)				

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement magnesium <sup>9</sup> % (SE)		All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																
2 - 19.....	9	(2.4)	1291	223 (7.1)	4* (1.3)	226 (7.7)	80	263 (24.9)	39 (5.8)	303 (24.7)	219 (6.1)					
20 and over.....	17	(1.6)	1476	266 (9.0)	24 (3.5)	290 (9.0)	233	292 (11.1)	141 (10.3)	433 (17.3)	261 (10.5)					
2 and over...	14	(1.3)	2767	251 (7.6)	17 (2.4)	268 (7.8)	313	286 (11.3)	119 (11.7)	404 (17.5)	245 (8.0)					
<b>131-185% poverty:</b>																
2 - 19.....	9	(1.4)	353	224 (7.4)	3* (1.5)	228 (7.8)		--	--	--	225 (7.6)					
20 and over.....	24	(3.0)	682	274 (8.0)	28 (6.4)	302 (13.8)	154	305 (12.5)	116 (15.4)	421 (25.9)	264 (6.5)					
2 and over...	20	(2.3)	1035	261 (6.6)	22 (4.8)	283 (11.0)	190	295 (11.4)	108 (15.0)	403 (24.9)	253 (5.4)					
<b>Over 185% poverty:</b>																
2 - 19.....	14	(2.4)	1216	230 (4.4)	5 (1.1)	235 (5.0)	135	239 (8.9)	40 (4.6)	279 (12.3)	228 (5.0)					
20 and over.....	29	(1.8)	2697	306 (6.4)	40 (6.7)	345 (12.3)	749	323 (13.1)	136 (16.7)	459 (27.4)	299 (5.6)					
2 and over...	26	(1.3)	3913	289 (5.4)	32 (5.3)	321 (10.3)	884	313 (12.1)	124 (16.1)	437 (26.2)	280 (4.3)					
<b>All Individuals<sup>10</sup>:</b>																
2 - 19.....	11	(1.4)	3089	228 (4.1)	4 (0.7)	232 (4.4)	264	244 (11.0)	39 (3.7)	283 (13.5)	226 (3.9)					
20 and over.....	26	(1.4)	5332	294 (7.1)	34 (5.0)	328 (11.4)	1226	317 (11.1)	133 (13.3)	449 (22.7)	286 (6.5)					
2 and over...	22	(1.1)	8421	277 (6.1)	26 (3.8)	303 (9.4)	1490	307 (10.6)	121 (12.3)	428 (21.5)	268 (5.2)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement iron <sup>9</sup> % (SE)		All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</sup>					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	8	(2.0)	1291	13.6	(0.39)	1.3	(0.33)	14.9	(0.65)	82	15.9	(1.52)	15.7	(0.88)	31.7	(2.10)	13.4	(0.33)
20 and over.....	12	(1.6)	1476	13.9	(0.35)	3.1	(0.70)	16.9	(0.92)	159	14.5	(0.82)	25.0	(3.25)	39.5	(3.12)	13.8	(0.44)
2 and over...	11	(1.4)	2767	13.8	(0.30)	2.4	(0.53)	16.2	(0.76)	241	14.9	(0.71)	22.5	(2.38)	37.4	(2.68)	13.6	(0.33)
<b>131-185% poverty:</b>																		
2 - 19.....	10	(1.9)	353	14.2	(0.37)	1.8	(0.36)	15.9	(0.51)		--		--		--		13.9	(0.40)
20 and over.....	13	(2.3)	682	14.2	(0.43)	2.6	(0.67)	16.8	(0.64)	83	15.6	(1.12)	20.8	(2.66)	36.4	(2.38)	14.0	(0.44)
2 and over...	12	(1.5)	1035	14.2	(0.34)	2.4	(0.44)	16.6	(0.48)	122	15.7	(1.17)	20.3	(1.95)	36.0	(1.75)	14.0	(0.32)
<b>Over 185% poverty:</b>																		
2 - 19.....	12	(2.0)	1216	13.6	(0.42)	2.2	(0.36)	15.8	(0.65)	115	14.5	(0.85)	18.1	(0.69)	32.6	(1.18)	13.5	(0.52)
20 and over.....	17	(1.0)	2697	15.7	(0.32)	3.4	(0.19)	19.1	(0.34)	435	16.6	(0.67)	19.4	(0.97)	36.0	(0.78)	15.5	(0.35)
2 and over...	16	(1.0)	3913	15.2	(0.26)	3.1	(0.18)	18.4	(0.32)	550	16.3	(0.56)	19.2	(0.84)	35.4	(0.72)	15.0	(0.28)
<b>All Individuals<sup>10</sup>:</b>																		
2 - 19.....	10	(1.2)	3089	13.7	(0.24)	1.8	(0.23)	15.4	(0.40)	248	15.0	(0.67)	17.5	(0.56)	32.5	(1.06)	13.5	(0.28)
20 and over.....	16	(1.0)	5332	15.1	(0.33)	3.4	(0.18)	18.5	(0.42)	743	16.0	(0.53)	21.3	(0.56)	37.3	(0.51)	14.9	(0.36)
2 and over...	14	(1.0)	8421	14.7	(0.26)	3.0	(0.17)	17.7	(0.37)	991	15.8	(0.47)	20.6	(0.49)	36.4	(0.46)	14.6	(0.27)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement zinc <sup>9</sup> % (SE)		All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				- Non-users <sup>8</sup> -					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	11	(2.4)	1291	10.2	(0.23)	0.9	(0.24)	11.1	(0.38)	112	10.9	(0.65)	8.9	(0.86)	19.7	(1.26)	10.1	(0.22)
20 and over.....	15	(1.5)	1476	11.2	(0.39)	2.7	(0.35)	13.9	(0.58)	212	11.0	(0.93)	17.7	(1.29)	28.7	(1.98)	11.2	(0.36)
2 and over...	14	(1.4)	2767	10.8	(0.29)	2.1	(0.26)	12.9	(0.44)	324	11.0	(0.73)	15.3	(1.15)	26.3	(1.60)	10.8	(0.27)
<b>131-185% poverty:</b>																		
2 - 19.....	11	(1.5)	353	10.3	(0.45)	1.1	(0.20)	11.4	(0.53)		--		--		--		10.3	(0.43)
20 and over.....	24	(3.1)	682	11.2	(0.50)	4.3	(0.56)	15.5	(0.96)	148	12.0	(0.61)	18.2	(1.06)	30.2	(1.24)	11.0	(0.54)
2 and over...	20	(2.2)	1035	11.0	(0.37)	3.5	(0.40)	14.5	(0.71)	194	11.7	(0.55)	17.2	(0.93)	28.9	(1.09)	10.8	(0.40)
<b>Over 185% poverty:</b>																		
2 - 19.....	20	(3.3)	1216	10.4	(0.31)	2.0	(0.32)	12.4	(0.54)	204	10.4	(0.33)	10.0	(0.84)	20.4	(0.94)	10.5	(0.42)
20 and over.....	30	(1.7)	2697	12.5	(0.28)	5.0	(0.33)	17.6	(0.44)	757	12.4	(0.39)	17.1	(0.37)	29.5	(0.52)	12.6	(0.35)
2 and over...	27	(1.2)	3913	12.1	(0.25)	4.4	(0.25)	16.4	(0.37)	961	12.1	(0.34)	15.9	(0.49)	28.0	(0.64)	12.1	(0.33)
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	15	(1.9)	3089	10.3	(0.17)	1.5	(0.19)	11.8	(0.29)	381	10.7	(0.31)	9.6	(0.60)	20.4	(0.73)	10.3	(0.21)
20 and over.....	26	(1.4)	5332	12.0	(0.27)	4.5	(0.25)	16.5	(0.43)	1206	12.1	(0.36)	17.5	(0.30)	29.6	(0.42)	12.0	(0.31)
2 and over...	23	(1.1)	8421	11.6	(0.22)	3.7	(0.19)	15.3	(0.35)	1587	11.9	(0.32)	16.1	(0.36)	28.0	(0.50)	11.5	(0.25)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement copper <sup>9</sup> % (SE)		All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</sup>										
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food						
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)			
<b>Under 131% poverty:</b>																							
2 - 19.....	8	(1.8)	1291	1.0 (0.03)	0.1 (0.04)	1.1 (0.06)	73	1.2 (0.12)	1.7 (0.15)	2.9 (0.25)	1.0 (0.03)	1476	1.2 (0.04)	0.2 (0.04)	1.4 (0.05)	192	1.4 (0.05)	1.8 (0.11)	3.1 (0.14)	1.2 (0.04)			
20 and over.....	13	(1.4)	2767	1.1 (0.03)	0.2 (0.03)	1.3 (0.05)	265	1.3 (0.05)	1.8 (0.09)	3.1 (0.13)	1.1 (0.03)	2 - 19.....	8	(1.4)	353	1.0 (0.03)	0.1 (0.03)	1.2 (0.03)	--	--	--	1.0 (0.03)	
2 and over...	11	(1.2)	1035	1.2 (0.04)	0.3 (0.04)	1.5 (0.07)	165	1.3 (0.09)	1.8 (0.12)	3.1 (0.12)	1.2 (0.03)	131-185% poverty:	21	(2.2)	682	1.2 (0.05)	0.4 (0.05)	1.6 (0.09)	132	1.3 (0.09)	1.8 (0.13)	3.2 (0.14)	1.2 (0.05)
2 and over...	18	(1.6)	3913	1.3 (0.03)	0.4 (0.03)	1.8 (0.05)	808	1.4 (0.07)	1.8 (0.06)	3.3 (0.10)	1.3 (0.02)	Over 185% poverty:	12	(2.4)	1216	1.1 (0.02)	0.2 (0.05)	1.3 (0.06)	110	1.0 (0.04)	2.1 (0.09)	3.1 (0.10)	1.1 (0.03)
2 and over...	27	(1.7)	2697	1.4 (0.03)	0.5 (0.04)	1.9 (0.06)	698	1.5 (0.07)	1.8 (0.07)	3.3 (0.10)	1.4 (0.03)	2 and over.....	23	(1.3)	3913	1.3 (0.03)	0.4 (0.03)	1.8 (0.05)	808	1.4 (0.07)	1.8 (0.06)	3.3 (0.10)	1.3 (0.02)
2 and over...	23	(1.3)	3089	1.0 (0.02)	0.2 (0.03)	1.2 (0.04)	228	1.1 (0.04)	2.0 (0.08)	3.0 (0.09)	1.0 (0.02)	All Individuals <sup>10</sup> :	9	(1.4)	5332	1.3 (0.03)	0.4 (0.03)	1.8 (0.06)	1101	1.5 (0.07)	1.8 (0.06)	3.3 (0.09)	1.3 (0.03)
2 and over.....	23	(1.3)	8421	1.3 (0.03)	0.4 (0.02)	1.6 (0.05)	1329	1.4 (0.06)	1.8 (0.05)	3.3 (0.08)	1.2 (0.02)	2 and over...	19	(1.0)	3089	1.0 (0.02)	0.2 (0.03)	1.2 (0.04)	228	1.1 (0.04)	2.0 (0.08)	3.0 (0.09)	1.0 (0.02)
2 and over...	19	(1.0)	5332	1.3 (0.03)	0.4 (0.03)	1.8 (0.06)	1101	1.5 (0.07)	1.8 (0.06)	3.3 (0.09)	1.3 (0.03)	2 and over.....	23	(1.3)	8421	1.3 (0.03)	0.4 (0.02)	1.6 (0.05)	1329	1.4 (0.06)	1.8 (0.05)	3.3 (0.08)	1.2 (0.02)
2 and over...	19	(1.0)	8421	1.3 (0.03)	0.4 (0.02)	1.6 (0.05)	1329	1.4 (0.06)	1.8 (0.05)	3.3 (0.08)	1.2 (0.02)												

See page 23 for footnotes.

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Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement sodium <sup>9</sup> % (SE)		All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</sup>					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	6	(1.3)	1291	2944 (61.0)	1	(0.1)	2944	(61.0)	65	3000 (244.6)	10	(0.6)	3010	(244.2)	2940	(58.2)		
20 and over.....	3	(0.7)	1476	3158 (75.4)	1*	(0.3)	3159	(75.4)		--	--		--	3171	(79.6)			
2 and over...	4	(0.7)	2767	3083 (56.4)	1	(0.2)	3084	(56.4)	112	2899 (133.1)	20	(3.8)	2918	(133.8)	3091	(58.5)		
<b>131-185% poverty:</b>																		
2 - 19.....	6	(2.2)	353	3347 (193.7)	1*	(0.7)	3348	(193.7)		--	--		--	3364	(202.9)			
20 and over.....	7	(1.7)	682	3282 (118.1)	3*	(1.2)	3285	(118.3)		--	--		--	3295	(132.3)			
2 and over...	6	(1.3)	1035	3298 (126.7)	3*	(0.9)	3301	(126.8)		--	--		--	3313	(138.6)			
<b>Over 185% poverty:</b>																		
2 - 19.....	10	(2.1)	1216	3044 (108.0)	1	(0.2)	3045	(108.0)	90	2566 (101.6)	12	(1.4)	2578	(102.3)	3096	(119.3)		
20 and over.....	8	(0.8)	2697	3576 (54.0)	5	(0.9)	3580	(53.7)	186	3573 (158.1)	57	(11.2)	3630	(163.6)	3576	(58.2)		
2 and over...	8	(0.8)	3913	3457 (46.8)	4	(0.7)	3460	(46.8)	276	3311 (137.6)	45	(8.5)	3356	(142.3)	3470	(48.6)		
<b>All Individuals<sup>10</sup>:</b>																		
2 - 19.....	8	(1.2)	3089	3033 (67.5)	1	(0.1)	3034	(67.4)	188	2700 (77.2)	12	(1.2)	2712	(77.1)	3061	(70.7)		
20 and over.....	7	(0.6)	5332	3435 (57.8)	3	(0.6)	3439	(57.8)	293	3465 (151.9)	52	(8.8)	3518	(156.0)	3433	(59.3)		
2 and over...	7	(0.6)	8421	3332 (52.3)	3	(0.4)	3335	(52.4)	481	3248 (119.8)	41	(6.5)	3289	(122.9)	3338	(53.0)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement potassium <sup>9</sup> % (SE)		All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>				Non-users <sup>8</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																
2 - 19.....	2	(1.1)	1291	2156 (63.7)	1*	(0.3)	2157 (63.8)		--	--	--		2150	(64.7)		
20 and over.....	11	(1.1)	1476	2392 (59.3)	11	(1.6)	2403 (59.3)	171	2557 (78.2)	97	(7.8)	2654 (82.5)	2373	(66.5)		
2 and over...	8	(0.8)	2767	2310 (55.3)	7	(1.1)	2317 (55.2)	180	2544 (72.4)	91	(8.5)	2635 (76.2)	2290	(60.4)		
<b>131-185% poverty:</b>																
2 - 19.....	2*	(1.2)	353	2106 (101.3)	3*	(1.8)	2109 (101.6)		--	--	--		2104	(100.9)		
20 and over.....	16	(1.8)	682	2465 (78.7)	14	(1.5)	2479 (79.7)	112	2526 (137.8)	86	(4.9)	2612 (138.9)	2453	(86.9)		
2 and over...	13	(1.4)	1035	2375 (70.3)	11	(1.2)	2386 (70.9)	118	2512 (131.8)	88	(5.0)	2601 (132.9)	2355	(76.2)		
<b>Over 185% poverty:</b>																
2 - 19.....	2	(0.5)	1216	2119 (41.0)	2*	(0.6)	2121 (41.2)		--	--	--		2116	(40.7)		
20 and over.....	22	(1.8)	2697	2742 (45.8)	23	(3.0)	2764 (47.3)	589	3007 (91.4)	102	(7.8)	3109 (92.9)	2666	(42.9)		
2 and over...	18	(1.4)	3913	2602 (42.2)	18	(2.4)	2620 (43.6)	613	2986 (89.1)	102	(7.7)	3088 (90.9)	2520	(37.1)		
<b>All Individuals<sup>10</sup>:</b>																
2 - 19.....	2	(0.5)	3089	2138 (38.7)	2	(0.4)	2140 (38.8)		--	--	--		2135	(38.2)		
20 and over.....	19	(1.4)	5332	2638 (50.2)	19	(2.1)	2657 (51.3)	942	2896 (77.3)	99	(6.1)	2995 (77.1)	2578	(50.2)		
2 and over...	15	(1.0)	8421	2510 (46.1)	14	(1.5)	2524 (47.1)	982	2875 (72.9)	98	(5.9)	2973 (73.0)	2448	(44.0)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Federal Poverty Threshold<sup>5</sup>) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting selenium <sup>9</sup> % (SE)		S e l e n i u m										
			All Individuals <sup>6</sup>			Supplement Users <sup>7</sup>			Non-users <sup>8</sup>				
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
<b>Under 131% poverty:</b>													
2 - 19.....	3	(0.8)	1291	87.9 (1.84)	1.5* (0.60)	89.4 (1.93)		--	--	--		87.9 (1.75)	
20 and over.....	13	(1.6)	1476	101.7 (2.00)	7.7 (1.76)	109.4 (2.30)	182	99.2 (6.63)	60.5 (8.60)	159.7 (6.16)		102.1 (2.08)	
2 and over...	9	(1.1)	2767	96.9 (1.51)	5.6 (1.16)	102.4 (1.72)	197	97.9 (6.49)	60.4 (8.05)	158.3 (6.66)		96.8 (1.51)	
<b>131-185% poverty:</b>													
2 - 19.....	2*	(0.9)	353	104.3 (3.46)	1.2* (0.88)	105.5 (3.26)		--	--	--		104.0 (3.48)	
20 and over.....	19	(2.7)	682	106.4 (4.08)	12.1 (1.65)	118.5 (5.15)	124	106.4 (6.71)	62.3 (4.99)	168.7 (6.08)		106.4 (3.90)	
2 and over...	15	(1.9)	1035	105.9 (3.24)	9.4 (1.25)	115.3 (4.08)	129	106.8 (6.56)	62.7 (5.05)	169.6 (5.82)		105.7 (3.13)	
<b>Over 185% poverty:</b>													
2 - 19.....	4	(0.9)	1216	90.9 (3.13)	2.2 (0.52)	93.1 (3.34)		--	--	--		90.2 (3.24)	
20 and over.....	25	(2.0)	2697	112.9 (1.95)	15.7 (1.24)	128.6 (2.74)	673	113.0 (2.89)	61.7 (1.56)	174.8 (3.27)		112.8 (2.19)	
2 and over...	21	(1.5)	3913	108.0 (1.47)	12.7 (0.96)	120.6 (2.09)	707	112.8 (2.68)	61.5 (1.59)	174.3 (3.08)		106.7 (1.48)	
<b>All Individuals<sup>10</sup>:</b>													
2 - 19.....	3	(0.6)	3089	92.2 (1.77)	1.7 (0.40)	93.9 (1.85)		--	--	--		91.8 (1.78)	
20 and over.....	22	(1.5)	5332	109.3 (1.82)	13.5 (0.87)	122.8 (2.45)	1056	110.8 (2.76)	61.8 (1.88)	172.6 (3.01)		108.9 (1.85)	
2 and over...	17	(1.2)	8421	104.9 (1.54)	10.5 (0.67)	115.4 (2.06)	1112	110.5 (2.60)	61.6 (1.77)	172.0 (2.77)		103.8 (1.44)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

## Symbol Legend

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

**Mean:** An estimated mean is flagged when the relative standard error is greater than 30 percent.

**Percent reporting a supplement intake:** 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 2.16.

# Indicates a non-zero value too small to report.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF).

## Footnotes

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

<sup>2</sup> Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

**Niacin:** values do not include niacin-equivalents from tryptophan.

**Folic acid:** the synthetic form of folate used as a fortificant in foods and dietary supplements.

**Folate (DFE):**  $\mu\text{g}$  dietary folate equivalents =  $\mu\text{g}$  food folate +  $(1.7 \times \mu\text{g}$  folic acid).

**Vitamin D:**  $1 \mu\text{g} = 40$  International Units (IU).

**Calcium and Magnesium:** supplement intake includes non-prescription antacids.

<sup>3</sup> **Food intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.1 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22 (Agricultural Research Service, Nutrient Data Laboratory). Sodium estimate from food adjusted for salt used in food preparation.

<sup>4</sup> **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT\_E) of NHANES 2007-2008. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: [http://www.cdc.gov/nchs/nhanes/nhanes2007-2008/DS1TOT\\_E.htm](http://www.cdc.gov/nchs/nhanes/nhanes2007-2008/DS1TOT_E.htm).

<sup>5</sup> 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](http://www.fns.usda.gov).

<sup>6</sup> **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females and breast-fed children were excluded.

<sup>7</sup> **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

<sup>8</sup> **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

<sup>9</sup> The weighted percentage of respondents in the income/age group who reported taking at least one multi- and/or single- nutrient supplement containing this nutrient.

<sup>10</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

SE = standard error; DFE = dietary folate equivalents.

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2011. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Dietary Supplements, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2007-2008. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).