

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2009-2010

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.....	305	1538	(37.8)	54.8	(2.00)	211	(5.6)	112	(3.4)	11.7	(0.45)	55.4	(2.25)	21.0	(1.34)	19.0	(0.75)	10.4	(0.52)
6 - 11.....	371	1845	(30.2)	64.3	(1.50)	255	(5.4)	127	(2.5)	13.6	(0.45)	65.8	(1.08)	23.2	(0.50)	23.0	(0.38)	13.6	(0.29)
12 - 19.....	425	2181	(59.1)	79.3	(2.49)	289	(8.2)	142	(3.5)	14.3	(0.63)	80.0	(2.97)	27.7	(1.25)	27.9	(1.22)	17.0	(0.85)
20 and over...	2786	2150	(21.8)	83.3	(1.18)	257	(2.2)	117	(1.1)	17.3	(0.31)	81.4	(1.12)	26.9	(0.42)	29.2	(0.36)	17.9	(0.35)
2 and over...	3887	2104	(15.3)	80.2	(0.83)	258	(2.1)	120	(1.2)	16.4	(0.28)	79.0	(0.84)	26.5	(0.31)	28.2	(0.27)	17.2	(0.32)
<b>Non-Hispanic Black:</b>																			
2 - 5.....	150	1622	(52.1)	57.1	(1.75)	220	(8.5)	109	(6.4)	11.2	(0.45)	58.8	(2.54)	19.8	(0.70)	21.1	(1.00)	12.6	(0.76)
6 - 11.....	229	1921	(56.0)	67.8	(3.27)	260	(8.2)	128	(4.5)	14.0	(0.49)	70.1	(2.22)	23.7	(0.84)	24.9	(0.81)	15.3	(0.66)
12 - 19.....	275	2142	(85.1)	74.2	(3.44)	280	(9.4)	139	(4.6)	13.0	(0.51)	82.5	(4.38)	27.2	(1.57)	29.4	(1.55)	18.6	(1.08)
20 and over...	1025	2102	(48.8)	79.7	(1.89)	254	(6.3)	121	(4.0)	13.6	(0.37)	78.8	(2.51)	25.2	(0.81)	28.7	(0.88)	17.6	(0.65)
2 and over...	1679	2061	(30.2)	76.5	(1.56)	256	(3.9)	123	(2.8)	13.4	(0.28)	77.3	(1.72)	25.0	(0.55)	28.0	(0.56)	17.2	(0.49)
<b>Hispanic<sup>2</sup>:</b>																			
<i>Mexican American</i>																			
2 - 5.....	237	1512	(31.1)	57.3	(1.86)	206	(3.9)	105	(3.7)	12.1	(0.49)	53.0	(2.08)	19.4	(0.77)	18.3	(0.80)	10.5	(0.40)
6 - 11.....	337	1834	(45.3)	67.0	(1.84)	249	(6.1)	114	(2.2)	15.3	(0.58)	65.8	(2.67)	22.6	(0.71)	23.5	(1.10)	13.7	(0.76)
12 - 19.....	340	2148	(60.2)	80.5	(2.92)	284	(9.7)	134	(7.6)	16.1	(0.68)	77.3	(2.76)	25.4	(1.08)	27.8	(1.03)	17.3	(0.55)
20 and over...	1062	2138	(38.5)	84.8	(1.46)	277	(5.6)	119	(3.6)	20.0	(0.56)	73.7	(1.81)	23.7	(0.76)	26.9	(0.69)	16.1	(0.49)
2 and over...	1976	2046	(28.6)	79.5	(1.23)	268	(3.6)	120	(1.9)	18.1	(0.47)	71.4	(1.34)	23.4	(0.48)	25.9	(0.50)	15.5	(0.45)
<i>All Hispanic</i>																			
2 - 5.....	332	1497	(26.0)	57.0	(1.75)	206	(4.0)	107	(3.0)	11.7	(0.40)	51.4	(1.73)	18.7	(0.60)	17.7	(0.71)	10.2	(0.33)
6 - 11.....	474	1860	(33.9)	67.2	(0.94)	252	(4.8)	115	(1.4)	14.7	(0.35)	66.9	(1.71)	23.1	(0.73)	23.7	(0.68)	14.0	(0.46)
12 - 19.....	482	2128	(37.3)	80.2	(2.10)	282	(6.5)	131	(5.1)	15.9	(0.54)	76.3	(2.19)	25.3	(0.81)	27.2	(0.84)	17.1	(0.53)
20 and over...	1647	2124	(34.2)	84.2	(1.11)	273	(5.1)	119	(3.3)	18.4	(0.53)	73.1	(1.63)	23.6	(0.64)	26.7	(0.64)	16.1	(0.39)
2 and over...	2935	2038	(22.7)	79.3	(1.09)	266	(3.1)	119	(1.6)	17.0	(0.42)	71.0	(1.09)	23.3	(0.39)	25.6	(0.43)	15.5	(0.33)

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2009-2010 (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.....	163	(10.7)	504	(27.7)	606	(29.8)	214	(54.3)	1077	(135.8)	68	(11.1)	3326	(343.8)	642	(60.4)	1.24	(0.042)
6 - 11.....	179	(4.7)	506	(21.4)	618	(27.1)	297	(52.8)	1176	(137.1)	62	(8.1)	4556	(510.4)	646	(53.0)	1.53	(0.051)
12 - 19.....	234	(12.8)	494	(43.8)	611	(51.6)	284	(55.4)	1229	(122.3)	57	(7.0)	5944	(557.4)	748	(84.4)	1.71	(0.095)
20 and over...	268	(4.8)	470	(8.5)	682	(14.7)	434	(30.2)	2295	(91.5)	80	(4.9)	5658	(322.0)	1607	(114.1)	1.70	(0.018)
2 and over...	254	(4.2)	476	(7.1)	667	(13.4)	399	(26.4)	2050	(83.0)	76	(4.0)	5502	(261.9)	1406	(100.7)	1.67	(0.016)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	189	(11.2)	465	(22.5)	537	(19.8)	146*	(48.7)	764	(133.1)	49	(3.9)	3451	(314.3)	671	(93.6)	1.36	(0.041)
6 - 11.....	201	(13.3)	471	(32.2)	582	(31.1)	206*	(64.4)	1188	(151.2)	66	(6.7)	4367	(449.2)	1086	(145.1)	1.58	(0.050)
12 - 19.....	266	(28.7)	416	(27.7)	502	(34.6)	126	(31.5)	939	(94.7)	51	(7.9)	4270	(511.6)	1038	(163.3)	1.53	(0.073)
20 and over...	311	(8.1)	383	(29.6)	555	(36.8)	309	(38.4)	1873	(159.9)	81	(10.0)	4138	(342.4)	1524	(165.9)	1.46	(0.025)
2 and over...	287	(8.1)	401	(24.2)	549	(29.7)	265	(29.5)	1615	(123.9)	73	(7.2)	4136	(262.0)	1366	(140.8)	1.47	(0.018)
<b>Hispanic<sup>2</sup>:</b>																		
<i>Mexican American</i>																		
2 - 5.....	202	(15.4)	503	(28.9)	644	(49.6)	456	(135.9)	1429	(304.4)	89	(12.9)	3042	(415.3)	537	(33.2)	1.28	(0.032)
6 - 11.....	230	(23.1)	447	(15.3)	545	(15.3)	281	(38.3)	991	(97.5)	82	(11.4)	3906	(626.5)	673	(30.1)	1.48	(0.049)
12 - 19.....	274	(23.2)	404	(29.6)	518	(28.7)	235	(27.4)	1209	(190.6)	88	(9.7)	4713	(606.5)	828	(105.1)	1.60	(0.054)
20 and over...	305	(10.8)	364	(22.5)	537	(31.7)	408	(48.0)	1813	(149.0)	119	(13.9)	6093	(600.0)	1046	(63.1)	1.61	(0.037)
2 and over...	282	(13.8)	393	(14.8)	545	(21.8)	371	(34.1)	1589	(104.0)	107	(8.4)	5345	(406.5)	923	(49.5)	1.56	(0.029)
<i>All Hispanic</i>																		
2 - 5.....	196	(16.9)	487	(20.7)	606	(35.9)	346	(88.8)	1228	(202.9)	85	(10.4)	3333	(285.2)	546	(31.7)	1.25	(0.034)
6 - 11.....	221	(18.0)	457	(17.5)	550	(17.5)	246	(29.1)	955	(82.8)	80	(10.0)	3951	(358.9)	647	(22.0)	1.52	(0.054)
12 - 19.....	263	(16.7)	436	(23.9)	540	(23.1)	213	(21.1)	1109	(131.1)	78	(4.7)	5293	(623.7)	801	(75.3)	1.64	(0.048)
20 and over...	298	(10.2)	360	(14.4)	525	(20.3)	393	(41.9)	1720	(104.8)	112	(10.5)	5677	(459.9)	1024	(47.8)	1.63	(0.035)
2 and over...	275	(12.2)	393	(9.7)	537	(14.3)	346	(28.5)	1501	(68.3)	101	(6.7)	5213	(305.7)	906	(34.1)	1.58	(0.023)

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2009-2010 (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.....	1.85	(0.078)	14.9	(0.40)	1.34	(0.041)	164	(7.4)	127	(4.5)	405	(13.7)	217	(9.2)	4.34	(0.236)	0.80	(0.095)
6 - 11.....	1.99	(0.057)	19.9	(0.65)	1.55	(0.079)	218	(14.7)	148	(4.6)	519	(27.5)	238	(5.0)	4.64	(0.124)	0.92	(0.059)
12 - 19.....	2.17	(0.134)	25.3	(0.75)	1.95	(0.090)	243	(24.3)	165	(4.9)	578	(41.3)	281	(9.6)	5.50	(0.345)	1.04	(0.139)
20 and over...	2.30	(0.030)	26.2	(0.34)	2.14	(0.031)	194	(3.8)	230	(2.9)	559	(8.0)	341	(4.5)	5.73	(0.148)	1.13	(0.043)
2 and over...	2.24	(0.022)	25.2	(0.23)	2.04	(0.027)	199	(5.6)	213	(3.1)	551	(10.4)	322	(4.1)	5.56	(0.102)	1.09	(0.035)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	1.76	(0.078)	18.5	(0.80)	1.55	(0.054)	192	(9.0)	121	(5.8)	447	(17.1)	221	(10.0)	4.25	(0.216)	1.21	(0.145)
6 - 11.....	1.92	(0.087)	22.2	(0.53)	1.74	(0.059)	220	(11.4)	152	(6.0)	526	(20.1)	240	(11.4)	4.79	(0.239)	1.36	(0.188)
12 - 19.....	1.75	(0.104)	23.0	(1.10)	1.70	(0.083)	194	(12.4)	167	(8.0)	498	(26.3)	266	(20.9)	4.42	(0.314)	0.99	(0.181)
20 and over...	1.73	(0.047)	24.1	(0.48)	1.91	(0.043)	162	(4.9)	189	(4.9)	464	(8.9)	333	(7.6)	4.90	(0.295)	0.71	(0.079)
2 and over...	1.75	(0.036)	23.4	(0.39)	1.84	(0.035)	173	(4.9)	178	(4.0)	473	(8.0)	308	(6.5)	4.79	(0.232)	0.84	(0.075)
<b>Hispanic<sup>2</sup>:</b>																		
<i>Mexican American</i>																		
2 - 5.....	1.92	(0.071)	16.2	(0.56)	1.55	(0.070)	181	(9.8)	142	(4.7)	450	(17.1)	244	(11.1)	4.77	(0.202)	1.17	(0.150)
6 - 11.....	1.85	(0.051)	19.7	(0.78)	1.60	(0.065)	203	(12.8)	155	(5.6)	501	(22.0)	262	(13.9)	4.59	(0.232)	1.05	(0.127)
12 - 19.....	1.85	(0.085)	24.5	(0.92)	1.96	(0.100)	206	(14.2)	188	(9.1)	538	(23.1)	299	(16.8)	4.58	(0.257)	0.98	(0.143)
20 and over...	1.96	(0.065)	25.4	(0.64)	2.15	(0.074)	173	(7.5)	232	(6.5)	525	(17.2)	354	(7.8)	4.79	(0.155)	0.85	(0.058)
2 and over...	1.92	(0.046)	23.7	(0.52)	2.00	(0.054)	182	(4.3)	208	(6.0)	518	(11.6)	324	(9.7)	4.73	(0.121)	0.92	(0.041)
<i>All Hispanic</i>																		
2 - 5.....	1.87	(0.055)	16.3	(0.47)	1.54	(0.055)	176	(11.3)	140	(4.2)	439	(20.8)	240	(11.2)	4.70	(0.152)	1.08	(0.123)
6 - 11.....	1.86	(0.048)	20.1	(0.67)	1.61	(0.044)	213	(16.2)	156	(5.1)	518	(30.7)	254	(9.7)	4.51	(0.144)	1.04	(0.121)
12 - 19.....	1.90	(0.070)	24.8	(0.65)	1.94	(0.069)	223	(10.9)	185	(7.9)	565	(22.6)	291	(10.8)	4.69	(0.193)	1.04	(0.099)
20 and over...	1.94	(0.042)	25.4	(0.40)	2.11	(0.046)	181	(5.3)	223	(5.8)	530	(14.2)	346	(7.9)	4.68	(0.124)	0.82	(0.065)
2 and over...	1.92	(0.028)	23.9	(0.35)	1.98	(0.036)	190	(4.9)	202	(4.6)	526	(12.0)	318	(8.6)	4.66	(0.086)	0.90	(0.045)

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2009-2010 (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.....	77.3	(5.70)	6.9	(0.39)	4.8	(0.23)	0.4	(0.07)	42.3	(4.02)	1081	(60.9)	1170	(49.3)	214	(6.3)
6 - 11.....	64.9	(4.31)	6.3	(0.23)	5.9	(0.14)	0.6	(0.14)	51.8	(2.81)	1083	(35.7)	1272	(39.7)	231	(7.7)
12 - 19.....	67.5	(5.25)	5.9	(0.47)	7.2	(0.34)	0.6	(0.11)	57.8	(2.15)	1142	(59.0)	1455	(50.3)	262	(8.6)
20 and over...	86.0	(2.67)	5.4	(0.23)	8.4	(0.13)	0.8	(0.08)	109.2	(5.35)	1070	(16.2)	1456	(18.9)	315	(3.8)
2 and over...	82.2	(2.20)	5.6	(0.20)	8.0	(0.12)	0.8	(0.06)	96.8	(4.69)	1079	(13.2)	1429	(12.6)	299	(3.3)
<b>Non-Hispanic Black:</b>																
2 - 5.....	86.5	(5.23)	5.8	(0.54)	5.5	(0.43)	0.8*	(0.30)	43.5	(4.08)	879	(54.3)	1050	(38.7)	196	(5.9)
6 - 11.....	96.1	(4.15)	5.3	(0.34)	6.2	(0.28)	0.5	(0.13)	71.8	(7.91)	981	(66.5)	1212	(55.0)	227	(7.2)
12 - 19.....	106.7	(11.80)	4.1	(0.41)	7.2	(0.46)	0.3*	(0.11)	75.6	(5.31)	974	(51.0)	1266	(60.4)	234	(9.3)
20 and over...	92.4	(4.25)	4.1	(0.17)	6.8	(0.20)	0.3	(0.06)	97.6	(7.37)	828	(25.3)	1235	(31.2)	261	(5.9)
2 and over...	94.3	(2.92)	4.3	(0.14)	6.7	(0.18)	0.4	(0.05)	88.9	(6.21)	865	(16.0)	1226	(23.2)	251	(4.0)
<b>Hispanic<sup>2</sup>:</b>																
<i>Mexican American</i>																
2 - 5.....	84.8	(6.04)	7.3	(0.39)	4.3	(0.16)	0.4	(0.11)	35.1	(1.73)	1057	(36.2)	1138	(27.3)	210	(4.8)
6 - 11.....	78.9	(2.74)	6.0	(0.24)	5.5	(0.25)	0.4*	(0.15)	42.2	(2.81)	970	(25.3)	1256	(25.0)	230	(6.4)
12 - 19.....	103.7	(11.57)	5.0	(0.28)	6.7	(0.25)	0.5	(0.14)	60.3	(5.41)	1074	(62.6)	1376	(38.7)	267	(8.0)
20 and over...	97.8	(4.71)	4.9	(0.22)	6.8	(0.21)	0.3	(0.07)	73.9	(5.03)	975	(25.9)	1469	(26.0)	320	(6.8)
2 and over...	95.2	(4.26)	5.3	(0.16)	6.4	(0.16)	0.3	(0.04)	64.6	(3.61)	997	(25.0)	1400	(18.8)	291	(5.6)
<i>All Hispanic</i>																
2 - 5.....	92.2	(5.54)	7.2	(0.28)	4.4	(0.11)	0.4	(0.11)	37.4	(2.13)	1031	(26.7)	1125	(25.9)	209	(3.4)
6 - 11.....	78.4	(3.25)	5.9	(0.21)	5.5	(0.18)	0.4	(0.10)	46.1	(2.79)	985	(33.4)	1248	(19.2)	231	(6.8)
12 - 19.....	97.9	(7.88)	5.3	(0.31)	6.9	(0.21)	0.5	(0.10)	60.6	(3.63)	1081	(51.4)	1374	(33.3)	265	(6.4)
20 and over...	100.9	(5.53)	4.8	(0.13)	6.7	(0.17)	0.3	(0.05)	73.4	(3.78)	969	(20.4)	1422	(21.5)	307	(5.6)
2 and over...	97.1	(4.07)	5.2	(0.08)	6.4	(0.12)	0.3	(0.04)	65.2	(2.66)	992	(19.4)	1369	(15.7)	284	(4.3)

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium <sup>3</sup>		Caffeine		Theobromine		Alcohol <sup>4</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.....	11.2	(0.44)	8.4	(0.23)	0.9	(0.03)	72.7	(2.14)	2070	(63.3)	2295	(71.4)	5.4	(0.35)	50.0	(6.71)	--	--
6 - 11.....	13.4	(0.42)	9.8	(0.22)	1.0	(0.02)	88.0	(2.01)	2151	(67.0)	2920	(75.7)	20.1	(2.01)	76.9	(6.44)	--	--
12 - 19.....	15.2	(0.57)	11.7	(0.39)	1.1	(0.04)	110.7	(4.58)	2364	(92.2)	3584	(133.5)	70.5	(9.13)	53.3	(3.90)	--	--
20 and over...	15.6	(0.19)	12.3	(0.16)	1.3	(0.02)	112.8	(1.67)	2868	(29.0)	3627	(35.8)	215.2	(8.28)	44.6	(1.91)	12.3	(1.00)
2 and over...	15.2	(0.15)	11.9	(0.10)	1.3	(0.01)	109.0	(1.11)	2728	(27.0)	3511	(19.8)	176.8	(6.38)	48.1	(1.83)	--	--
<b>Non-Hispanic Black:</b>																		
2 - 5.....	12.6	(0.43)	8.9	(0.43)	0.8	(0.04)	75.5	(2.18)	1956	(54.5)	2492	(63.0)	4.5	(1.28)	33.0	(5.85)	--	--
6 - 11.....	14.4	(0.46)	10.6	(0.56)	0.9	(0.02)	90.1	(3.29)	2216	(94.6)	3032	(100.0)	12.2	(1.72)	44.7	(5.75)	--	--
12 - 19.....	14.1	(0.79)	10.8	(0.69)	1.0	(0.06)	100.0	(4.90)	2204	(90.2)	3348	(135.7)	24.4	(2.29)	45.6	(7.50)	--	--
20 and over...	14.0	(0.28)	10.9	(0.30)	1.2	(0.05)	108.3	(2.32)	2364	(52.5)	3358	(59.8)	80.2	(3.85)	34.8	(3.59)	11.4	(1.51)
2 and over...	14.0	(0.25)	10.8	(0.28)	1.1	(0.04)	103.5	(1.91)	2304	(41.0)	3273	(48.4)	61.6	(3.02)	37.1	(3.35)	--	--
<b>Hispanic<sup>2</sup>:</b>																		
<i>Mexican American</i>																		
2 - 5.....	11.8	(0.37)	8.9	(0.26)	0.8	(0.01)	73.6	(2.88)	2141	(58.8)	2157	(73.2)	7.9	(1.28)	31.7	(2.95)	--	--
6 - 11.....	13.9	(0.54)	9.6	(0.27)	0.9	(0.03)	91.7	(2.71)	2175	(64.5)	2824	(96.5)	13.9	(1.27)	58.4	(3.64)	--	--
12 - 19.....	15.4	(0.69)	11.3	(0.33)	1.1	(0.03)	106.9	(4.46)	2431	(85.2)	3454	(133.6)	40.8	(4.72)	46.0	(8.76)	--	--
20 and over...	15.1	(0.36)	11.5	(0.24)	1.3	(0.03)	114.2	(2.36)	2758	(50.4)	3368	(73.4)	104.8	(9.48)	29.1	(3.41)	7.9	(0.75)
2 and over...	14.7	(0.28)	11.0	(0.15)	1.2	(0.02)	106.7	(2.34)	2583	(47.3)	3206	(74.1)	75.4	(7.27)	35.4	(3.40)	--	--
<i>All Hispanic</i>																		
2 - 5.....	11.5	(0.33)	8.7	(0.21)	0.8	(0.01)	73.9	(2.75)	2144	(47.9)	2189	(72.7)	7.1	(0.95)	38.2	(3.24)	--	--
6 - 11.....	13.9	(0.53)	9.7	(0.21)	0.9	(0.03)	93.9	(2.63)	2180	(38.6)	2913	(84.3)	14.3	(1.21)	55.1	(3.65)	--	--
12 - 19.....	15.7	(0.55)	11.3	(0.24)	1.1	(0.03)	108.4	(2.97)	2411	(69.2)	3434	(81.5)	38.9	(3.17)	43.7	(6.67)	--	--
20 and over...	14.8	(0.30)	11.2	(0.18)	1.3	(0.02)	114.5	(1.89)	2711	(45.4)	3417	(50.5)	108.7	(6.47)	28.2	(2.75)	8.9	(0.72)
2 and over...	14.5	(0.23)	10.8	(0.13)	1.2	(0.02)	107.6	(1.94)	2556	(34.3)	3252	(49.3)	78.9	(4.53)	34.4	(2.64)	--	--

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2009-2010 (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.....	0.60 (0.072)	0.37 (0.043)	0.28 (0.023)	0.50 (0.047)	0.71 (0.048)	2.15 (0.210)	10.57 (0.596)	4.96 (0.273)
6 - 11.....	0.54 (0.024)	0.31 (0.013)	0.25 (0.016)	0.46 (0.020)	0.77 (0.050)	2.09 (0.067)	12.13 (0.308)	5.81 (0.106)
12 - 19.....	0.65 (0.039)	0.35 (0.018)	0.28 (0.013)	0.52 (0.028)	0.87 (0.063)	2.47 (0.125)	14.59 (0.696)	6.94 (0.343)
20 and over...	0.59 (0.017)	0.32 (0.009)	0.25 (0.007)	0.49 (0.014)	0.78 (0.033)	2.33 (0.054)	14.41 (0.214)	6.79 (0.098)
2 and over...	0.60 (0.014)	0.33 (0.008)	0.26 (0.006)	0.50 (0.012)	0.79 (0.028)	2.32 (0.044)	14.09 (0.146)	6.65 (0.076)
<b>Non-Hispanic Black:</b>								
2 - 5.....	0.41 (0.034)	0.26 (0.021)	0.27 (0.049)	0.39 (0.043)	0.54 (0.054)	1.66 (0.076)	10.66 (0.406)	4.85 (0.153)
6 - 11.....	0.50 (0.038)	0.31 (0.024)	0.26 (0.020)	0.44 (0.030)	0.62 (0.054)	2.04 (0.125)	12.81 (0.395)	5.85 (0.203)
12 - 19.....	0.52 (0.044)	0.29 (0.022)	0.25 (0.032)	0.45 (0.038)	0.90 (0.172)	2.27 (0.168)	14.77 (0.775)	6.81 (0.356)
20 and over...	0.42 (0.019)	0.24 (0.012)	0.19 (0.010)	0.36 (0.017)	0.63 (0.047)	1.90 (0.076)	13.96 (0.430)	6.58 (0.227)
2 and over...	0.44 (0.016)	0.26 (0.009)	0.21 (0.010)	0.38 (0.014)	0.66 (0.046)	1.95 (0.058)	13.77 (0.297)	6.43 (0.146)
<b>Hispanic<sup>2</sup>:</b>								
<i>Mexican American</i>								
2 - 5.....	0.52 (0.025)	0.33 (0.016)	0.27 (0.026)	0.45 (0.020)	0.53 (0.021)	1.89 (0.088)	10.16 (0.389)	4.57 (0.219)
6 - 11.....	0.49 (0.013)	0.29 (0.009)	0.23 (0.009)	0.42 (0.008)	0.55 (0.024)	1.95 (0.059)	12.29 (0.443)	5.65 (0.201)
12 - 19.....	0.51 (0.043)	0.28 (0.025)	0.20 (0.015)	0.40 (0.033)	0.55 (0.043)	2.04 (0.126)	14.22 (0.578)	6.39 (0.261)
20 and over...	0.43 (0.023)	0.25 (0.013)	0.20 (0.012)	0.37 (0.018)	0.58 (0.048)	1.86 (0.079)	13.23 (0.385)	6.01 (0.198)
2 and over...	0.46 (0.018)	0.27 (0.010)	0.21 (0.007)	0.39 (0.014)	0.57 (0.032)	1.90 (0.059)	12.99 (0.245)	5.89 (0.125)
<i>All Hispanic</i>								
2 - 5.....	0.49 (0.018)	0.31 (0.011)	0.25 (0.020)	0.42 (0.017)	0.52 (0.018)	1.80 (0.062)	9.89 (0.313)	4.42 (0.169)
6 - 11.....	0.51 (0.041)	0.30 (0.024)	0.23 (0.018)	0.43 (0.031)	0.60 (0.039)	2.03 (0.120)	12.39 (0.390)	5.74 (0.154)
12 - 19.....	0.53 (0.036)	0.30 (0.019)	0.22 (0.010)	0.42 (0.024)	0.59 (0.028)	2.11 (0.096)	13.99 (0.433)	6.31 (0.194)
20 and over...	0.44 (0.020)	0.25 (0.011)	0.21 (0.009)	0.38 (0.015)	0.60 (0.042)	1.89 (0.067)	13.07 (0.335)	5.97 (0.157)
2 and over...	0.47 (0.014)	0.27 (0.009)	0.22 (0.006)	0.39 (0.011)	0.59 (0.026)	1.93 (0.047)	12.84 (0.206)	5.85 (0.093)

**Table 2. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2009-2010 (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.....	0.73	(0.044)	17.84	(0.704)	0.17	(0.010)	0.01	(0.001)	9.30	(0.490)	0.88	(0.036)	0.01	(0.001)
6 - 11.....	0.85	(0.034)	21.62	(0.357)	0.21	(0.010)	0.01	(0.002)	12.21	(0.248)	1.11	(0.039)	0.01	(0.001)
12 - 19.....	1.11	(0.061)	26.09	(1.126)	0.26	(0.018)	0.02	(0.003)	15.32	(0.785)	1.37	(0.062)	0.02	(0.004)
20 and over...	1.16	(0.019)	27.32	(0.345)	0.29	(0.007)	0.03	(0.003)	15.87	(0.307)	1.62	(0.038)	0.01	(0.001)
2 and over...	1.11	(0.016)	26.35	(0.262)	0.28	(0.007)	0.03	(0.002)	15.25	(0.281)	1.52	(0.033)	0.01	(0.001)
<b>Non-Hispanic Black:</b>														
2 - 5.....	0.87	(0.053)	19.77	(0.957)	0.19	(0.018)	0.01	(0.002)	11.30	(0.710)	0.96	(0.045)	0.01	(0.002)
6 - 11.....	0.99	(0.041)	23.29	(0.774)	0.23	(0.011)	0.02	(0.002)	13.78	(0.592)	1.23	(0.083)	0.01	(0.002)
12 - 19.....	1.21	(0.061)	27.50	(1.468)	0.29	(0.015)	0.03	(0.007)	16.80	(0.984)	1.39	(0.080)	0.01	(0.002)
20 and over...	1.30	(0.028)	26.77	(0.834)	0.29	(0.008)	0.02	(0.002)	15.55	(0.573)	1.49	(0.054)	0.01	(0.001)
2 and over...	1.24	(0.021)	26.12	(0.533)	0.28	(0.006)	0.02	(0.002)	15.29	(0.434)	1.42	(0.040)	0.01	(0.001)
<b>Hispanic<sup>2</sup>:</b>														
<i>Mexican American</i>														
2 - 5.....	0.74	(0.041)	17.11	(0.746)	0.15	(0.007)	0.01	(0.001)	9.37	(0.350)	0.93	(0.046)	0.01	(0.001)
6 - 11.....	0.98	(0.059)	21.93	(1.019)	0.20	(0.011)	0.01	(0.002)	12.25	(0.678)	1.10	(0.059)	0.01	(0.002)
12 - 19.....	1.20	(0.057)	25.91	(0.976)	0.25	(0.010)	0.01	(0.001)	15.44	(0.495)	1.32	(0.038)	0.01	(0.003)
20 and over...	1.20	(0.043)	25.10	(0.654)	0.26	(0.007)	0.02	(0.003)	14.25	(0.436)	1.36	(0.047)	0.01	(0.001)
2 and over...	1.13	(0.021)	24.12	(0.484)	0.24	(0.007)	0.02	(0.002)	13.75	(0.394)	1.29	(0.041)	0.01	(0.001)
<i>All Hispanic</i>														
2 - 5.....	0.72	(0.037)	16.62	(0.664)	0.16	(0.014)	0.01*	(0.005)	9.03	(0.280)	0.89	(0.034)	0.01	(0.002)
6 - 11.....	0.99	(0.047)	22.16	(0.625)	0.22	(0.015)	0.01	(0.002)	12.51	(0.413)	1.14	(0.046)	0.01	(0.001)
12 - 19.....	1.16	(0.054)	25.30	(0.777)	0.25	(0.009)	0.01	(0.002)	15.25	(0.509)	1.36	(0.029)	0.01	(0.002)
20 and over...	1.19	(0.032)	24.83	(0.603)	0.25	(0.006)	0.02	(0.002)	14.22	(0.348)	1.43	(0.047)	0.01	(0.001)
2 and over...	1.12	(0.019)	23.86	(0.405)	0.24	(0.006)	0.02	(0.001)	13.71	(0.289)	1.34	(0.038)	0.01	(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, 2009-2010 (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.....	0.06 (0.004)	0.01 (0.003)	0.01 (0.001)	0.02 (0.006)
6 - 11.....	0.08 (0.004)	0.01 (0.003)	0.01 (0.001)	0.03 (0.005)
12 - 19.....	0.11 (0.008)	0.02 (0.002)	0.02 (0.001)	0.03 (0.004)
20 and over...	0.14 (0.002)	0.04 (0.005)	0.02 (0.001)	0.07 (0.006)
2 and over...	0.13 (0.002)	0.03 (0.004)	0.02 (0.001)	0.06 (0.005)
<b>Non-Hispanic Black:</b>				
2 - 5.....	0.10 (0.007)	0.01 (0.003)	0.01 (0.002)	0.03 (0.006)
6 - 11.....	0.11 (0.007)	0.02 (0.002)	0.02 (0.001)	0.03 (0.004)
12 - 19.....	0.15 (0.014)	0.02 (0.002)	0.02 (0.002)	0.04 (0.005)
20 and over...	0.19 (0.007)	0.03 (0.002)	0.03 (0.001)	0.08 (0.004)
2 and over...	0.17 (0.006)	0.03 (0.002)	0.03 (0.001)	0.06 (0.004)
<b>Hispanic<sup>2</sup>:</b>				
<i>Mexican American</i>				
2 - 5.....	0.09 (0.008)	0.01 (0.002)	0.01 (0.001)	0.03 (0.004)
6 - 11.....	0.12 (0.013)	0.01 (0.001)	0.02 (0.001)	0.04 (0.005)
12 - 19.....	0.16 (0.015)	0.01 (0.002)	0.02 (0.002)	0.04 (0.005)
20 and over...	0.17 (0.007)	0.04 (0.004)	0.03 (0.001)	0.08 (0.007)
2 and over...	0.16 (0.008)	0.03 (0.002)	0.02 (0.001)	0.06 (0.005)
<i>All Hispanic</i>				
2 - 5.....	0.09 (0.009)	0.01* (0.004)	0.01 (0.001)	0.03 (0.007)
6 - 11.....	0.11 (0.010)	0.01 (0.001)	0.02 (0.001)	0.03 (0.003)
12 - 19.....	0.16 (0.011)	0.02 (0.002)	0.02 (0.001)	0.04 (0.005)
20 and over...	0.17 (0.006)	0.03 (0.003)	0.03 (0.001)	0.08 (0.007)
2 and over...	0.15 (0.007)	0.03 (0.002)	0.02 (0.001)	0.06 (0.005)



### 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 2.04.

### 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 2007-2010; 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> Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).
- <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 2009-2010

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) 2009-2010. 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 5.0 [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 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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. 2012. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2009-2010. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).