

Table 1. Mean Energy and Percentages of Energy from Sugar Sweetened Beverages¹ by Race-Ethnic groups², 1 Day, WWEIA, NHANES 2005-2006

Age gender groups	Mean ³ calories from sugar sweetened beverages (kcal)	Mean ³ calories from sugar sweetened beverages (kcal)	Mean ³ calories from sugar sweetened beverages (kcal)	Mean ³ calories from sugar sweetened beverages (kcal)	Percent ⁴ total calories from sugar sweetened beverages (%)	Percent ⁴ total calories from sugar sweetened beverages (%)	Percent ⁴ total calories from sugar sweetened beverages (%)	Percent ⁴ total calories from sugar sweetened beverages (%)
	All Individuals	Non-Hispanic White	Non-Hispanic Black	Mexican Americans	All Individuals	Non-Hispanic White	Non-Hispanic Black	Mexican Americans
1-3y, All	57±5	45±6	78±8	74±10	4.0±0.3	3.2±0.4	5.4±0.5	5.4±0.7
4-8y, All	99±6	93±9	118±14	98±11	5.5±0.3	5.1±0.5	6.8±0.8	5.4±0.7
9-13y, Males	179±20	189±30	160±27	180±19	8.3±0.8	8.5±1.1	7.7±1.0	8.5±0.7
14-18y, Males	367±33	392±50	334±40	281±25	12.8±1.1	13.1±1.5	12.3±0.9	11.0±1.1
19-30y, Males	298±25	292±31	411±48	342±25	10.4±0.7	9.8±1.0	14.0±1.5	12.6±0.7
31-50y, Males	201±10	189±11	249±35	262±33	7.1±0.4	6.4±0.4	9.2±1.2	10.3±1.3
51-70y, Males	126±7	120±8	140±18	193±40	5.2±0.3	4.8±0.3	6.5±0.9	8.5±1.7
71+ y, Males	51±9	48±11	*	*	2.6±0.4	2.4±0.5	*	*
9-13y, Females	128±15	119±23	146±16	133±14	6.7±0.8	6.0±1.2	8.3±0.7	7.2±0.7
14-18y, Females	202±13	196±21	249±17	191±14	10.4±0.7	10.1±1.1	12.6±0.8	10.1±0.6
19-30y, Females	160±15	151±18	211±25	157±15	8.2±0.8	7.7±1.0	10.9±1.0	8.0±0.9
31-50y, Females	100±11	86±12	177±29	126±27	5.3±0.6	4.6±0.7	9.2±1.4	6.4±1.3
51-70y, Females	53±7	44±7	113±15	57±13	3.2±0.4	2.6±0.4	6.9±0.9	3.7±0.8
71+ y, Females	40±3	37±4	*	*	2.7±0.2	2.4±0.3	*	*

* Estimates not provided due to small sample size

¹Sugar sweetened beverages include soft drinks, fruit juice drinks, fruit punch, fruit flavored drinks, energy drinks, and sports drinks that contain caloric sweeteners. Water, 100% fruit juice, milk and milk-based beverages, soy-based beverages, tea, coffee, alcoholic beverages, and beverages containing non-caloric sweeteners are not included.

²Data weighted to represent the U.S. population; excludes breast-fed children.

³Mean± Standard Error

⁴%± Standard Error

Data source: What We Eat in America, NHANES 2005-2006, Day 1

Unpublished Data: USDA, Agricultural Research Service, Food Surveys Research Group

Table 2. Mean Energy and Percentages of Energy from Sugar Sweetened Beverages¹ by Income Groups as % of Federal Poverty Threshold², 1 Day, WWEIA, NHANES 2005-2006

Age gender groups	Mean ³ calories from sugar sweetened beverages (kcal)	Mean ³ calories from sugar sweetened beverages (kcal)	Mean ³ calories from sugar sweetened beverages (kcal)	Percent ⁴ total calories from sugar sweetened beverages (%)	Percent ⁴ total calories from sugar sweetened beverages (%)	Percent ⁴ total calories from sugar sweetened beverages (%)
	0-130% of poverty	131-185% of poverty	Over 185% of poverty	0-130% of poverty	131-185% of poverty	Over 185% of poverty
1-3y, All	74±7	*	39±4	5.1±0.5	*	2.9±0.3
4-8y, All	102±5	*	103±9	5.9±0.3	*	5.5±0.5
9-13y, Males	171±27	*	186±23	8.4±1.2	*	8.4±0.8
14-18y, Males	351±35	*	345±14	12.3±1.1	*	12.2±0.7
19-30y, Males	376±50	*	268±28	12.1±1.4	*	9.5±0.9
31-50y, Males	276±41	*	187±8	9.3±1.4	*	6.7±0.3
51-70y, Males	161±31	*	117±5	6.7±1.2	*	4.8±0.2
71+ y, Males	49±11	*	51±12	2.7±0.6	*	2.5±0.5
9-13y, Females	113±18	*	132±19	6.3±0.9	*	6.7±1.0
14-18y, Females	236±25	*	175±19	11.7±1.2	*	9.3±1.0
19-30y, Females	204±29	*	134±11	10.5±1.6	*	7.0±0.6
31-50y, Females	170±25	*	80±12	9.5±1.6	*	4.2±0.6
51-70y, Females	109±25	*	40±6	7.2±1.4	*	2.4±0.4
71+ y, Females	49±7	*	37±5	3.4±0.5	*	2.4±0.3

* Estimates not provided due to small sample size

¹Sugar sweetened beverages include soft drinks, fruit juice drinks, fruit punch, fruit flavored drinks, energy drinks, and sports drinks that contain caloric sweeteners. Water, 100% fruit juice, milk and milk-based beverages, soy-based beverages, tea, coffee, alcoholic beverages, and beverages containing non-caloric sweeteners are not included.

²Data weighted to represent the U.S. population; excludes breast-fed children.

³Mean± Standard Error

⁴%± Standard Error

Data source: What We Eat in America, NHANES 2005-2006, Day 1

Unpublished Data: USDA, Agricultural Research Service, Food Surveys Research Group

Table 3. Sample Size by Race-Ethnicity and by Family Income as % of Federal Poverty Threshold, 1 Day, WWEIA, NHANES 2005-2006

Age gender groups	All Individuals ¹	Non-Hispanic White	Non-Hispanic Black	Mexican Americans	0-130% of poverty	131-185% of poverty	Over 185% of poverty
1-3y, All	789	230	186	282	364	87	295
4-8y, All	899	255	258	296	376	115	377
9-13y, Males	522	127	174	174	172	74	256
14-18y, Males	654	184	217	205	213	81	325
19-30y, Males	549	199	146	169	188	71	265
31-50y, Males	758	357	173	157	164	74	503
51-70y, Males	614	309	163	110	122	54	408
71+ y, Males	368	284	52	25	88	60	194
9-13y, Females	525	127	166	192	198	62	247
14-18y, Females	681	187	235	205	270	67	313
19-30y, Females	761	302	164	225	266	106	352
31-50y, Females	779	340	192	167	191	75	490
51-70y, Females	610	301	156	115	134	73	375
71+ y, Females	332	241	56	24	93	59	156

¹This category includes all individuals in the respective age-gender groups, independent of their race-ethnicity or family income. In WWEIA, NHANES 2005-2006, there are race-ethnic groups other than the three listed in the tables. Also, there are individuals with missing family income data. Therefore, the sample sizes under “All Individuals” category in column 2 will be higher than the sum of the sample sizes for race-ethnic groups or income groups listed.

Data source: What We Eat in America, NHANES 2005-2006, Day 1. Excludes breast-fed children
 Unpublished Data: USDA, Agricultural Research Service, Food Surveys Research Group