

Table 1. Tree nuts and peanuts¹ by adults², ages 20 years and over, WWEIA, NHANES 2005-2006, day 1 data³

Gender Groups	Sample Size	Mean ⁴ amounts of nuts consumed (grams)	Energy ⁴ from nuts consumed (kcal)	Percentage of total energy from nuts (%)
Men	2163	9.7±0.87	57±5.2	2.2
Women	2357	5.6±0.51	34±3.1	1.9
All adults	4520	7.5±0.46	45±2.7	2.1

¹Analysis includes tree nuts and peanuts eaten out-of-hand, either alone or in nuts mixtures containing dried fruits and/or seeds; and peanut butter eaten alone or in sandwiches. Nuts present in baked products such as muffins and cakes and nuts present in candies are not included in the analysis.

²Analysis includes all adults, independent of whether they consumed nuts or not.

³Data weighted to represent the U.S. population.

⁴Mean± Standard Error

Data source: What We Eat in America, NHANES 2005-2006, Day 1
 USDA, Agricultural Research Service, Food Surveys Research Group