

Table 1a. Fruit: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

Gender and age (years)	Sample size	Fruit			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
		----- cup eq (SE) -----			
Males:					
2 - 5.....	468	1.59 (0.155)	0.35 (0.061)	0.65 (0.070)	0.59 (0.098)
6 - 11.....	701	1.12 (0.109)	0.27 (0.052)	0.56 (0.079)	0.29 (0.028)
12 - 19.....	899	0.79 (0.072)	0.19 (0.043)	0.33 (0.031)	0.27 (0.036)
20 - 29.....	551	0.72 (0.097)	0.13 (0.033)	0.37 (0.060)	0.22 (0.047)
30 - 39.....	535	0.87 (0.096)	0.23* (0.074)	0.47 (0.062)	0.17 (0.032)
40 - 49.....	613	0.96 (0.102)	0.29 (0.058)	0.44 (0.074)	0.23 (0.043)
50 - 59.....	608	1.00 (0.092)	0.30 (0.052)	0.48 (0.066)	0.22 (0.024)
60 - 69.....	776	0.88 (0.072)	0.19 (0.031)	0.48 (0.060)	0.21 (0.032)
70 and over....	662	1.21 (0.088)	0.28 (0.059)	0.62 (0.061)	0.31 (0.040)
2 - 19.....	2068	1.07 (0.070)	0.25 (0.030)	0.48 (0.036)	0.34 (0.027)
20 and over...	3745	0.93 (0.038)	0.24 (0.018)	0.47 (0.031)	0.22 (0.014)
2 and over...	5813	0.96 (0.031)	0.24 (0.017)	0.47 (0.023)	0.25 (0.013)
Females:					
2 - 5.....	472	1.54 (0.068)	0.38 (0.047)	0.72 (0.057)	0.45 (0.053)
6 - 11.....	710	1.09 (0.093)	0.33 (0.057)	0.49 (0.052)	0.27 (0.029)
12 - 19.....	841	0.76 (0.079)	0.13 (0.018)	0.40 (0.067)	0.22 (0.026)
20 - 29.....	605	0.66 (0.051)	0.19 (0.023)	0.31 (0.043)	0.16 (0.022)
30 - 39.....	667	0.84 (0.061)	0.19 (0.024)	0.47 (0.042)	0.18 (0.032)
40 - 49.....	621	0.81 (0.080)	0.17 (0.025)	0.46 (0.051)	0.19 (0.031)
50 - 59.....	706	0.93 (0.076)	0.26 (0.033)	0.49 (0.059)	0.17 (0.023)
60 - 69.....	744	0.92 (0.071)	0.27 (0.028)	0.45 (0.055)	0.20 (0.028)
70 and over....	619	0.93 (0.061)	0.29 (0.045)	0.46 (0.037)	0.18 (0.024)
2 - 19.....	2023	1.04 (0.053)	0.25 (0.033)	0.50 (0.039)	0.29 (0.020)
20 and over...	3962	0.85 (0.031)	0.23 (0.012)	0.44 (0.022)	0.18 (0.011)
2 and over...	5985	0.89 (0.029)	0.23 (0.013)	0.45 (0.020)	0.20 (0.008)
Males and females:					
2 - 19.....	4091	1.05 (0.051)	0.25 (0.027)	0.49 (0.030)	0.32 (0.019)
20 and over...	7707	0.89 (0.027)	0.23 (0.011)	0.45 (0.019)	0.20 (0.010)
2 and over...	11798	0.93 (0.024)	0.24 (0.013)	0.46 (0.016)	0.23 (0.009)

* Indicates an estimate with a relative standard error greater than 30%.

† Includes intact fruit (whole or cut) only; excludes fruit juice.

DATA SOURCES: What We Eat in America, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

Table 1b. Vegetables: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

Gender and age (years)	Vegetables									
	Total Vegetables †	Starchy Vegetables			Red and Orange Vegetables					
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other	
	cup eq (SE)									
Males:										
2 - 5.....	0.61 (0.033)	0.26 (0.022)	0.22 (0.022)	0.05 (0.010)	0.21 (0.025)	0.15 (0.012)	0.06* (0.024)	0.03 (0.010)	0.10 (0.014)	
6 - 11.....	0.73 (0.038)	0.27 (0.021)	0.24 (0.019)	0.03 (0.006)	0.22 (0.023)	0.18 (0.019)	0.04 (0.007)	0.06 (0.016)	0.18 (0.013)	
12 - 19.....	0.98 (0.039)	0.37 (0.034)	0.34 (0.032)	0.03 (0.009)	0.31 (0.021)	0.27 (0.020)	0.04 (0.005)	0.06 (0.010)	0.24 (0.027)	
20 - 29.....	1.28 (0.065)	0.39 (0.043)	0.36 (0.043)	0.04 (0.007)	0.34 (0.022)	0.27 (0.019)	0.07 (0.007)	0.10 (0.020)	0.44 (0.045)	
30 - 39.....	1.63 (0.063)	0.52 (0.038)	0.44 (0.033)	0.08* (0.027)	0.45 (0.027)	0.34 (0.023)	0.11 (0.018)	0.14 (0.025)	0.51 (0.033)	
40 - 49.....	1.57 (0.090)	0.44 (0.047)	0.39 (0.045)	0.05 (0.009)	0.42 (0.043)	0.31 (0.034)	0.11 (0.032)	0.16 (0.028)	0.55 (0.065)	
50 - 59.....	1.68 (0.118)	0.43 (0.048)	0.36 (0.039)	0.07 (0.015)	0.41 (0.032)	0.32 (0.028)	0.08 (0.012)	0.14 (0.017)	0.70 (0.072)	
60 - 69.....	1.53 (0.085)	0.53 (0.057)	0.45 (0.050)	0.08 (0.012)	0.35 (0.023)	0.28 (0.022)	0.07 (0.010)	0.15 (0.030)	0.50 (0.044)	
70 and over.....	1.75 (0.066)	0.61 (0.041)	0.51 (0.045)	0.10 (0.017)	0.41 (0.031)	0.29 (0.033)	0.12 (0.014)	0.12 (0.019)	0.60 (0.052)	
2 - 19.....	0.82 (0.026)	0.31 (0.019)	0.28 (0.019)	0.03 (0.004)	0.26 (0.014)	0.21 (0.013)	0.05 (0.006)	0.05 (0.008)	0.19 (0.013)	
20 and over...	1.56 (0.038)	0.48 (0.022)	0.41 (0.023)	0.07 (0.006)	0.40 (0.014)	0.30 (0.013)	0.09 (0.007)	0.13 (0.011)	0.55 (0.027)	
2 and over...	1.38 (0.030)	0.44 (0.019)	0.38 (0.019)	0.06 (0.005)	0.36 (0.011)	0.28 (0.009)	0.08 (0.006)	0.12 (0.010)	0.46 (0.023)	
Females:										
2 - 5.....	0.66 (0.046)	0.23 (0.022)	0.19 (0.021)	0.04 (0.007)	0.21 (0.022)	0.13 (0.010)	0.08 (0.019)	0.05 (0.011)	0.16 (0.017)	
6 - 11.....	0.83 (0.045)	0.34 (0.027)	0.29 (0.021)	0.05 (0.010)	0.25 (0.018)	0.19 (0.013)	0.06 (0.010)	0.05 (0.010)	0.19 (0.018)	
12 - 19.....	0.99 (0.040)	0.36 (0.031)	0.31 (0.035)	0.05 (0.011)	0.25 (0.015)	0.19 (0.014)	0.06 (0.007)	0.09 (0.021)	0.29 (0.029)	
20 - 29.....	1.60 (0.084)	0.51 (0.047)	0.44 (0.044)	0.07 (0.009)	0.37 (0.024)	0.25 (0.021)	0.12 (0.019)	0.16 (0.023)	0.56 (0.052)	
30 - 39.....	1.55 (0.097)	0.42 (0.042)	0.36 (0.040)	0.07 (0.012)	0.36 (0.031)	0.27 (0.025)	0.09 (0.015)	0.22 (0.052)	0.55 (0.033)	
40 - 49.....	1.38 (0.096)	0.34 (0.033)	0.26 (0.031)	0.07 (0.010)	0.33 (0.037)	0.23 (0.021)	0.10 (0.021)	0.25 (0.048)	0.46 (0.036)	
50 - 59.....	1.56 (0.093)	0.40 (0.024)	0.34 (0.023)	0.06 (0.009)	0.35 (0.020)	0.26 (0.014)	0.09 (0.013)	0.19 (0.047)	0.62 (0.054)	
60 - 69.....	1.44 (0.085)	0.39 (0.039)	0.30 (0.038)	0.09 (0.010)	0.37 (0.032)	0.26 (0.026)	0.12 (0.016)	0.15 (0.021)	0.53 (0.047)	
70 and over.....	1.43 (0.079)	0.44 (0.047)	0.35 (0.027)	0.10 (0.024)	0.37 (0.025)	0.23 (0.018)	0.14 (0.016)	0.13 (0.014)	0.49 (0.034)	
2 - 19.....	0.86 (0.028)	0.32 (0.019)	0.28 (0.019)	0.05 (0.007)	0.24 (0.010)	0.18 (0.010)	0.06 (0.005)	0.07 (0.012)	0.23 (0.017)	
20 and over...	1.50 (0.048)	0.42 (0.021)	0.34 (0.017)	0.07 (0.007)	0.36 (0.014)	0.25 (0.009)	0.11 (0.008)	0.18 (0.016)	0.54 (0.026)	
2 and over...	1.36 (0.039)	0.40 (0.017)	0.33 (0.015)	0.07 (0.006)	0.33 (0.011)	0.23 (0.008)	0.10 (0.007)	0.16 (0.013)	0.47 (0.020)	
Males and females:										
2 - 19.....	0.84 (0.020)	0.32 (0.014)	0.28 (0.014)	0.04 (0.003)	0.25 (0.009)	0.20 (0.008)	0.05 (0.005)	0.06 (0.007)	0.21 (0.013)	
20 and over...	1.53 (0.038)	0.45 (0.015)	0.38 (0.014)	0.07 (0.006)	0.38 (0.012)	0.27 (0.009)	0.10 (0.006)	0.16 (0.011)	0.54 (0.023)	
2 and over...	1.37 (0.030)	0.42 (0.012)	0.35 (0.012)	0.06 (0.004)	0.35 (0.009)	0.26 (0.007)	0.09 (0.006)	0.14 (0.009)	0.46 (0.019)	

* Indicates an estimate with a relative standard error greater than 30%.

† Total Vegetables does not include legumes.

DATA SOURCES: What We Eat in America, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

Available at: www.ars.usda.gov/nea/bhnrc/fsrg

Table 1c. Grains: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

Gender and age (years)	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
		oz eq (SE)	
Males:			
2 - 5.....	5.41 (0.183)	0.69 (0.059)	4.72 (0.177)
6 - 11.....	7.54 (0.310)	0.92 (0.102)	6.62 (0.258)
12 - 19.....	8.15 (0.208)	0.85 (0.074)	7.30 (0.235)
20 - 29.....	8.04 (0.330)	0.53 (0.054)	7.51 (0.310)
30 - 39.....	8.32 (0.305)	1.07 (0.150)	7.25 (0.244)
40 - 49.....	7.60 (0.286)	0.77 (0.102)	6.83 (0.246)
50 - 59.....	7.27 (0.246)	0.89 (0.099)	6.38 (0.251)
60 - 69.....	7.38 (0.218)	1.12 (0.085)	6.25 (0.238)
70 and over....	6.08 (0.196)	1.17 (0.105)	4.92 (0.171)
2 - 19.....	7.37 (0.126)	0.84 (0.037)	6.53 (0.129)
20 and over...	7.52 (0.105)	0.90 (0.051)	6.61 (0.106)
2 and over...	7.48 (0.085)	0.89 (0.042)	6.59 (0.089)
Females:			
2 - 5.....	4.59 (0.176)	0.79 (0.113)	3.80 (0.138)
6 - 11.....	6.90 (0.200)	0.99 (0.056)	5.91 (0.196)
12 - 19.....	6.46 (0.197)	0.77 (0.101)	5.69 (0.198)
20 - 29.....	6.09 (0.172)	0.55 (0.067)	5.54 (0.164)
30 - 39.....	5.97 (0.186)	0.71 (0.109)	5.26 (0.224)
40 - 49.....	5.24 (0.209)	0.65 (0.065)	4.59 (0.190)
50 - 59.....	5.48 (0.198)	0.79 (0.083)	4.69 (0.213)
60 - 69.....	4.82 (0.191)	0.77 (0.095)	4.04 (0.156)
70 and over....	4.84 (0.192)	0.92 (0.082)	3.92 (0.162)
2 - 19.....	6.20 (0.110)	0.85 (0.055)	5.36 (0.098)
20 and over...	5.44 (0.085)	0.73 (0.034)	4.71 (0.071)
2 and over...	5.61 (0.064)	0.75 (0.028)	4.85 (0.057)
Males and females:			
2 - 19.....	6.79 (0.084)	0.84 (0.033)	5.95 (0.088)
20 and over...	6.44 (0.085)	0.81 (0.035)	5.62 (0.080)
2 and over...	6.52 (0.064)	0.82 (0.026)	5.70 (0.063)

DATA SOURCES: *What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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Table 1d. Dairy: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

Gender and age (years)	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	----- cup eq (SE) -----			
Males:				
2 - 5.....	2.12 (0.086)	1.37 (0.086)	0.64 (0.062)	0.10 (0.014)
6 - 11.....	1.92 (0.083)	1.15 (0.068)	0.70 (0.034)	0.05* (0.016)
12 - 19.....	2.13 (0.065)	1.07 (0.048)	1.00 (0.050)	0.03 (0.007)
20 - 29.....	1.66 (0.096)	0.62 (0.065)	0.97 (0.066)	0.03 (0.009)
30 - 39.....	1.68 (0.100)	0.56 (0.078)	1.02 (0.067)	0.06 (0.018)
40 - 49.....	1.71 (0.144)	0.61 (0.066)	0.97 (0.083)	0.06* (0.022)
50 - 59.....	1.66 (0.091)	0.71 (0.086)	0.83 (0.053)	0.07 (0.020)
60 - 69.....	1.61 (0.128)	0.66 (0.068)	0.80 (0.078)	0.06 (0.015)
70 and over....	1.45 (0.097)	0.85 (0.072)	0.50 (0.046)	0.07 (0.015)
2 - 19.....	2.06 (0.053)	1.16 (0.047)	0.83 (0.032)	0.05 (0.008)
20 and over...	1.64 (0.051)	0.66 (0.035)	0.87 (0.023)	0.06 (0.007)
2 and over...	1.74 (0.039)	0.78 (0.027)	0.86 (0.021)	0.06 (0.006)
Females:				
2 - 5.....	1.76 (0.081)	1.16 (0.074)	0.48 (0.025)	0.12 (0.014)
6 - 11.....	1.86 (0.069)	1.04 (0.050)	0.72 (0.040)	0.10 (0.021)
12 - 19.....	1.40 (0.050)	0.63 (0.041)	0.73 (0.037)	0.03 (0.006)
20 - 29.....	1.37 (0.048)	0.49 (0.039)	0.82 (0.041)	0.03 (0.005)
30 - 39.....	1.26 (0.071)	0.44 (0.042)	0.71 (0.047)	0.06 (0.011)
40 - 49.....	1.20 (0.059)	0.46 (0.042)	0.61 (0.047)	0.08 (0.018)
50 - 59.....	1.24 (0.068)	0.50 (0.047)	0.63 (0.047)	0.07 (0.015)
60 - 69.....	1.29 (0.118)	0.55 (0.069)	0.64 (0.079)	0.09 (0.017)
70 and over....	1.19 (0.055)	0.59 (0.043)	0.49 (0.051)	0.07 (0.013)
2 - 19.....	1.63 (0.034)	0.88 (0.027)	0.67 (0.025)	0.07 (0.008)
20 and over...	1.26 (0.035)	0.50 (0.023)	0.65 (0.023)	0.07 (0.005)
2 and over...	1.34 (0.027)	0.59 (0.017)	0.66 (0.016)	0.07 (0.005)
Males and females:				
2 - 19.....	1.85 (0.032)	1.02 (0.026)	0.75 (0.023)	0.06 (0.004)
20 and over...	1.44 (0.032)	0.58 (0.022)	0.76 (0.020)	0.06 (0.004)
2 and over...	1.54 (0.024)	0.68 (0.018)	0.75 (0.016)	0.06 (0.004)

* Indicates an estimate with a relative standard error greater than 30%.

† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

DATA SOURCES: *What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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Table 1e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

<i>Protein Foods (continues on next page)</i>									
Gender and age (years)	Total Protein Foods †	<i>Meat, Poultry, and Seafood</i>							Organ Meat
		Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low n-3	Seafood High n-3		
oz eq (SE)									
Males:									
2 - 5.....	3.25 (0.215)	2.49 (0.181)	0.44 (0.054)	1.10 (0.132)	0.77 (0.110)	0.15 (0.041)	0.03* (0.015)	#	
6 - 11.....	4.10 (0.191)	3.16 (0.182)	0.83 (0.094)	1.31 (0.151)	0.86 (0.058)	0.13* (0.048)	0.03* (0.010)	0.01* (0.005)	
12 - 19.....	5.88 (0.257)	4.87 (0.284)	1.73 (0.295)	1.82 (0.153)	0.99 (0.095)	0.27 (0.074)	0.06 (0.016)	#	
20 - 29.....	7.10 (0.390)	5.71 (0.287)	1.99 (0.162)	2.14 (0.243)	1.22 (0.107)	0.22 (0.041)	0.14* (0.050)	#	
30 - 39.....	7.87 (0.301)	6.21 (0.276)	2.26 (0.195)	2.03 (0.222)	1.35 (0.114)	0.48 (0.087)	0.08 (0.022)	0.01* (0.004)	
40 - 49.....	8.06 (0.464)	6.20 (0.349)	2.47 (0.181)	1.95 (0.185)	1.10 (0.148)	0.50 (0.064)	0.16* (0.067)	0.02* (0.009)	
50 - 59.....	7.63 (0.368)	5.67 (0.368)	2.05 (0.310)	1.75 (0.178)	1.04 (0.090)	0.60 (0.088)	0.15* (0.070)	0.09* (0.061)	
60 - 69.....	7.21 (0.353)	5.63 (0.305)	2.06 (0.281)	1.28 (0.152)	1.33 (0.201)	0.71 (0.123)	0.24 (0.057)	0.01* (0.004)	
70 and over.....	6.38 (0.256)	4.54 (0.182)	1.51 (0.096)	1.08 (0.139)	1.06 (0.097)	0.46 (0.085)	0.42* (0.138)	0.02* (0.018)	
2 - 19.....	4.72 (0.151)	3.79 (0.170)	1.15 (0.134)	1.50 (0.110)	0.90 (0.036)	0.20 (0.039)	0.04 (0.008)	#	
20 and over...	7.41 (0.146)	5.70 (0.123)	2.07 (0.088)	1.75 (0.095)	1.19 (0.054)	0.49 (0.040)	0.19 (0.029)	0.02* (0.011)	
2 and over...	6.75 (0.130)	5.23 (0.114)	1.85 (0.081)	1.68 (0.088)	1.12 (0.044)	0.42 (0.033)	0.15 (0.022)	0.02* (0.008)	
Females:									
2 - 5.....	2.93 (0.089)	2.06 (0.113)	0.42 (0.056)	0.99 (0.075)	0.56 (0.103)	0.06 (0.016)	0.02* (0.009)	#	
6 - 11.....	3.66 (0.145)	2.85 (0.176)	0.69 (0.071)	1.20 (0.133)	0.75 (0.058)	0.17 (0.040)	0.03* (0.016)	0.01* (0.008)	
12 - 19.....	4.28 (0.394)	3.41 (0.286)	0.71 (0.069)	1.63 (0.227)	0.66 (0.078)	0.31* (0.122)	0.09* (0.031)	#	
20 - 29.....	5.40 (0.181)	4.22 (0.161)	1.37 (0.162)	1.71 (0.157)	0.61 (0.079)	0.41 (0.119)	0.10* (0.037)	0.01* (0.013)	
30 - 39.....	5.31 (0.190)	3.89 (0.162)	1.21 (0.127)	1.53 (0.101)	0.78 (0.081)	0.28 (0.046)	0.09 (0.024)	0.01* (0.004)	
40 - 49.....	5.01 (0.184)	3.59 (0.232)	1.07 (0.113)	1.48 (0.163)	0.63 (0.082)	0.29 (0.047)	0.11 (0.033)	0.01* (0.007)	
50 - 59.....	5.45 (0.223)	3.88 (0.212)	1.42 (0.166)	1.18 (0.109)	0.66 (0.082)	0.44 (0.130)	0.16 (0.040)	0.01* (0.005)	
60 - 69.....	5.44 (0.246)	3.53 (0.172)	1.06 (0.120)	1.15 (0.095)	0.72 (0.107)	0.46 (0.077)	0.14* (0.048)	0.01* (0.005)	
70 and over.....	4.83 (0.199)	3.47 (0.196)	1.01 (0.093)	1.07 (0.111)	0.81 (0.066)	0.39 (0.050)	0.17* (0.060)	0.02* (0.013)	
2 - 19.....	3.78 (0.216)	2.94 (0.181)	0.64 (0.049)	1.35 (0.133)	0.67 (0.043)	0.21 (0.059)	0.06 (0.015)	#	
20 and over...	5.25 (0.105)	3.78 (0.083)	1.20 (0.066)	1.36 (0.052)	0.70 (0.037)	0.38 (0.040)	0.13 (0.014)	0.01* (0.004)	
2 and over...	4.92 (0.108)	3.59 (0.087)	1.07 (0.061)	1.36 (0.059)	0.69 (0.029)	0.34 (0.036)	0.11 (0.011)	0.01* (0.003)	
Males and females:									
2 - 19.....	4.26 (0.164)	3.37 (0.161)	0.90 (0.077)	1.43 (0.110)	0.79 (0.028)	0.21 (0.033)	0.05 (0.008)	#	
20 and over...	6.29 (0.092)	4.71 (0.081)	1.62 (0.068)	1.55 (0.057)	0.93 (0.034)	0.43 (0.033)	0.16 (0.014)	0.02* (0.006)	
2 and over...	5.81 (0.096)	4.39 (0.086)	1.45 (0.063)	1.52 (0.064)	0.90 (0.027)	0.38 (0.026)	0.13 (0.011)	0.01* (0.005)	

* Indicates an estimate with a relative standard error greater than 30%.

Indicates a non-zero value that is too small to report.

† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

DATA SOURCES: What We Eat in America, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

Table 1e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents

Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Gender and age (years)	<i>Protein Foods</i>		
	<i>Eggs, Nuts and Seeds, and Soybean Products</i>		
	Eggs	Nuts and Seeds	Soybean Products †
	----- oz eq (SE) -----		
Males:			
2 - 5.....	0.33 (0.036)	0.37 (0.061)	0.06* (0.025)
6 - 11.....	0.42 (0.044)	0.45 (0.071)	0.07 (0.021)
12 - 19.....	0.42 (0.045)	0.49 (0.128)	0.09 (0.019)
20 - 29.....	0.76 (0.092)	0.51 (0.138)	0.12* (0.046)
30 - 39.....	0.74 (0.069)	0.76 (0.089)	0.15 (0.040)
40 - 49.....	0.70 (0.062)	1.08 (0.220)	0.08* (0.026)
50 - 59.....	0.70 (0.060)	1.15 (0.143)	0.11* (0.037)
60 - 69.....	0.61 (0.085)	0.90 (0.166)	0.07 (0.016)
70 and over.....	0.70 (0.051)	1.09 (0.138)	0.05 (0.011)
2 - 19.....	0.40 (0.024)	0.45 (0.065)	0.08 (0.012)
20 and over...	0.71 (0.029)	0.90 (0.074)	0.10 (0.013)
2 and over...	0.63 (0.018)	0.79 (0.054)	0.09 (0.010)
Females:			
2 - 5.....	0.42 (0.048)	0.43 (0.073)	0.02 (0.007)
6 - 11.....	0.36 (0.031)	0.40 (0.065)	0.05 (0.012)
12 - 19.....	0.29 (0.028)	0.53* (0.211)	0.05* (0.016)
20 - 29.....	0.57 (0.061)	0.49 (0.075)	0.12 (0.032)
30 - 39.....	0.59 (0.074)	0.68 (0.084)	0.14 (0.022)
40 - 49.....	0.68 (0.110)	0.67 (0.119)	0.08* (0.023)
50 - 59.....	0.59 (0.058)	0.91 (0.072)	0.08* (0.024)
60 - 69.....	0.63 (0.055)	1.17 (0.227)	0.10* (0.034)
70 and over.....	0.50 (0.037)	0.82 (0.070)	0.04 (0.011)
2 - 19.....	0.34 (0.021)	0.47 (0.098)	0.04 (0.008)
20 and over...	0.59 (0.034)	0.78 (0.047)	0.09 (0.012)
2 and over...	0.54 (0.027)	0.71 (0.045)	0.08 (0.010)
Males and females:			
2 - 19.....	0.37 (0.017)	0.46 (0.067)	0.06 (0.008)
20 and over...	0.65 (0.027)	0.84 (0.047)	0.10 (0.011)
2 and over...	0.58 (0.019)	0.75 (0.042)	0.09 (0.009)

* Indicates an estimate with a relative standard error greater than 30%.

† Soy products excluding calcium fortified soy milk and raw soybeans.

DATA SOURCES: *What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

Available at: www.ars.usda.gov/nea/bhnrc/fsrg

Table 1f. Legumes: Mean Amounts of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

Gender and age (years)	<i>Legumes</i> †	
	Legumes as Vegetable	Legumes as Protein
	cup eq (SE)	oz eq (SE)
Males:		
2 - 5.....	0.05 (0.012)	0.22 (0.048)
6 - 11.....	0.06 (0.008)	0.23 (0.031)
12 - 19.....	0.08 (0.017)	0.32 (0.070)
20 - 29.....	0.13 (0.023)	0.51 (0.092)
30 - 39.....	0.18 (0.026)	0.73 (0.103)
40 - 49.....	0.14 (0.017)	0.55 (0.070)
50 - 59.....	0.18 (0.039)	0.72 (0.155)
60 - 69.....	0.08 (0.013)	0.31 (0.051)
70 and over.....	0.11 (0.019)	0.46 (0.075)
2 - 19.....	0.07 (0.008)	0.27 (0.032)
20 and over...	0.14 (0.012)	0.56 (0.049)
2 and over...	0.12 (0.010)	0.49 (0.041)
Females:		
2 - 5.....	0.05 (0.010)	0.20 (0.039)
6 - 11.....	0.05 (0.009)	0.21 (0.036)
12 - 19.....	0.06 (0.008)	0.23 (0.031)
20 - 29.....	0.10 (0.016)	0.42 (0.062)
30 - 39.....	0.10 (0.016)	0.41 (0.064)
40 - 49.....	0.10 (0.016)	0.40 (0.066)
50 - 59.....	0.10 (0.016)	0.40 (0.063)
60 - 69.....	0.12 (0.029)	0.49 (0.115)
70 and over.....	0.07 (0.012)	0.29 (0.047)
2 - 19.....	0.05 (0.006)	0.22 (0.022)
20 and over...	0.10 (0.010)	0.40 (0.041)
2 and over...	0.09 (0.009)	0.36 (0.034)
Males and females:		
2 - 19.....	0.06 (0.005)	0.24 (0.020)
20 and over...	0.12 (0.010)	0.48 (0.041)
2 and over...	0.11 (0.008)	0.42 (0.034)

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

DATA SOURCES: *What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

Table 1g. Oils and Other Components: Mean Amounts of Food Patterns Gram of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

Gender and age (years)	<i>Oils and Other Components</i>						
	Oils		Solid Fats		Added Sugars		Alcoholic Drinks
	g	(SE)	g	(SE)	tsp eq	(SE)	no. drinks (SE)
Males:							
2 - 5.....	19.56	(0.755)	29.97	(1.296)	12.87	(0.711)	0.00 (0.000)
6 - 11.....	23.43	(1.321)	39.12	(1.347)	17.81	(0.662)	#
12 - 19.....	30.89	(1.196)	41.12	(1.025)	20.85	(0.685)	0.05*(0.020)
20 - 29.....	31.89	(1.680)	39.50	(1.673)	18.31	(0.827)	1.07 (0.166)
30 - 39.....	35.59	(1.213)	44.25	(2.072)	22.26	(1.827)	1.39 (0.142)
40 - 49.....	37.01	(3.138)	42.84	(1.466)	20.92	(1.654)	1.07 (0.138)
50 - 59.....	37.30	(1.948)	41.08	(1.284)	20.18	(1.201)	1.35 (0.145)
60 - 69.....	31.93	(1.596)	48.52	(2.484)	18.37	(0.969)	0.81 (0.126)
70 and over....	31.37	(1.365)	38.15	(1.960)	14.54	(0.618)	0.54 (0.057)
2 - 19.....	25.99	(0.686)	38.09	(0.791)	18.14	(0.362)	0.02*(0.009)
20 and over...	34.30	(0.809)	42.35	(0.648)	19.28	(0.623)	1.06 (0.059)
2 and over...	32.26	(0.669)	41.30	(0.599)	19.00	(0.504)	0.81 (0.042)
Females:							
2 - 5.....	16.71	(0.653)	23.99	(0.715)	10.05	(0.513)	0.00 (0.000)
6 - 11.....	25.01	(0.890)	35.20	(0.887)	16.86	(0.511)	0.00 (0.000)
12 - 19.....	26.87	(1.505)	32.30	(0.906)	16.45	(0.662)	0.06*(0.018)
20 - 29.....	28.46	(1.287)	36.22	(0.728)	15.67	(0.909)	0.45 (0.059)
30 - 39.....	29.00	(1.266)	32.04	(1.276)	15.46	(0.917)	0.49 (0.089)
40 - 49.....	26.58	(1.285)	30.94	(1.541)	15.65	(0.750)	0.50 (0.060)
50 - 59.....	26.31	(1.085)	31.48	(1.228)	14.38	(0.784)	0.58 (0.081)
60 - 69.....	27.04	(1.365)	29.39	(1.583)	12.20	(1.064)	0.51*(0.158)
70 and over....	23.40	(0.723)	30.22	(1.551)	11.37	(0.383)	0.28 (0.056)
2 - 19.....	24.08	(0.718)	31.47	(0.646)	15.21	(0.448)	0.03*(0.008)
20 and over...	26.86	(0.651)	31.82	(0.734)	14.19	(0.346)	0.47 (0.043)
2 and over...	26.23	(0.541)	31.74	(0.572)	14.42	(0.281)	0.37 (0.034)
Males and females:							
2 - 19.....	25.05	(0.538)	34.83	(0.484)	16.70	(0.291)	0.02 (0.006)
20 and over...	30.44	(0.629)	36.89	(0.608)	16.64	(0.413)	0.76 (0.036)
2 and over...	29.17	(0.535)	36.41	(0.526)	16.65	(0.349)	0.58 (0.026)

* Indicates an estimate with a relative standard error greater than 30%.

Indicates a non-zero value that is too small to report.

DATA SOURCES: *What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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