

Table 2a. Fruit: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years) ‡	Sample size	<i>Fruit</i>			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
		----- cup eq (SE) -----			
Non-Hispanic White:					
2 - 5.....	344	1.67 (0.147)	0.42 (0.074)	0.75 (0.077)	0.51 (0.095)
6 - 11.....	442	1.12 (0.124)	0.36 (0.067)	0.52 (0.080)	0.23 (0.032)
12 - 19.....	562	0.71 (0.110)	0.15* (0.048)	0.38 (0.078)	0.18 (0.025)
20 and over...	2758	0.80 (0.040)	0.22 (0.015)	0.42 (0.027)	0.17 (0.014)
2 and over...	4106	0.86 (0.035)	0.23 (0.018)	0.44 (0.021)	0.19 (0.012)
Non-Hispanic Black:					
2 - 5.....	257	1.26 (0.108)	0.18 (0.026)	0.46 (0.054)	0.63 (0.075)
6 - 11.....	386	0.89 (0.075)	0.15 (0.018)	0.42 (0.052)	0.31 (0.031)
12 - 19.....	441	0.70 (0.072)	0.12 (0.025)	0.29 (0.045)	0.29 (0.037)
20 and over...	2071	0.84 (0.047)	0.19 (0.021)	0.37 (0.027)	0.29 (0.026)
2 and over...	3155	0.85 (0.040)	0.18 (0.016)	0.37 (0.024)	0.31 (0.021)
Non-Hispanic Asian:					
2 - 5.....	58	1.29* (0.217)	0.23* (0.039)	0.78* (0.172)	0.28* (0.089)
6 - 11.....	106	1.31 (0.189)	0.23 (0.040)	0.90 (0.184)	0.18* (0.069)
12 - 19.....	163	0.95 (0.174)	0.20 (0.037)	0.39 (0.084)	0.37* (0.148)
20 and over...	841	1.35 (0.100)	0.32 (0.044)	0.81 (0.089)	0.22 (0.028)
2 and over...	1168	1.31 (0.087)	0.30 (0.037)	0.78 (0.081)	0.23 (0.037)
Hispanic:					
2 - 5.....	190	1.66 (0.162)	0.40 (0.093)	0.67 (0.094)	0.58 (0.056)
6 - 11.....	336	1.22 (0.081)	0.27 (0.027)	0.56 (0.057)	0.39 (0.037)
12 - 19.....	421	0.87 (0.062)	0.20 (0.039)	0.36 (0.050)	0.31 (0.034)
20 and over...	1669	1.12 (0.064)	0.31 (0.048)	0.54 (0.031)	0.27 (0.022)
2 and over...	2616	1.13 (0.058)	0.29 (0.035)	0.53 (0.033)	0.31 (0.016)

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

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

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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 2b. Vegetables: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity 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)									
Non-Hispanic White:										
2 - 5.....	0.62 (0.059)	0.23 (0.031)	0.19 (0.030)	0.04 (0.009)	0.22 (0.038)	0.13 (0.013)	0.09* (0.039)	0.04 (0.010)	0.12 (0.019)	
6 - 11.....	0.76 (0.058)	0.30 (0.032)	0.27 (0.028)	0.03 (0.008)	0.23 (0.029)	0.17 (0.024)	0.06 (0.009)	0.05 (0.015)	0.18 (0.013)	
12 - 19.....	1.02 (0.065)	0.38 (0.035)	0.35 (0.036)	0.03 (0.007)	0.29 (0.022)	0.24 (0.023)	0.05 (0.009)	0.09 (0.027)	0.26 (0.042)	
20 and over...	1.56 (0.052)	0.46 (0.021)	0.39 (0.020)	0.06 (0.007)	0.39 (0.015)	0.28 (0.011)	0.11 (0.009)	0.17 (0.016)	0.55 (0.032)	
2 and over...	1.41 (0.046)	0.43 (0.018)	0.37 (0.018)	0.06 (0.006)	0.36 (0.014)	0.26 (0.010)	0.10 (0.008)	0.15 (0.015)	0.48 (0.029)	
Non-Hispanic Black:										
2 - 5.....	0.75 (0.042)	0.39 (0.030)	0.34 (0.025)	0.05 (0.015)	0.19 (0.021)	0.14 (0.016)	0.05 (0.014)	0.07 (0.016)	0.09 (0.012)	
6 - 11.....	0.85 (0.037)	0.43 (0.030)	0.38 (0.025)	0.05* (0.016)	0.22 (0.013)	0.19 (0.015)	0.02 (0.005)	0.08 (0.017)	0.13 (0.013)	
12 - 19.....	0.89 (0.064)	0.42 (0.036)	0.37 (0.034)	0.05 (0.013)	0.23 (0.027)	0.19 (0.022)	0.04 (0.007)	0.06 (0.012)	0.18 (0.033)	
20 and over...	1.31 (0.034)	0.50 (0.027)	0.42 (0.026)	0.08 (0.009)	0.28 (0.010)	0.21 (0.009)	0.07 (0.006)	0.14 (0.009)	0.39 (0.020)	
2 and over...	1.19 (0.026)	0.48 (0.020)	0.41 (0.020)	0.07 (0.008)	0.27 (0.008)	0.20 (0.007)	0.06 (0.004)	0.12 (0.007)	0.33 (0.017)	
Non-Hispanic Asian:										
2 - 5.....	0.66* (0.087)	0.27* (0.057)	0.21* (0.026)	0.06* (0.033)	0.20* (0.037)	0.14* (0.028)	0.06* (0.023)	0.04* (0.015)	0.15* (0.049)	
6 - 11.....	0.99 (0.100)	0.29 (0.052)	0.21 (0.025)	0.08* (0.038)	0.29 (0.031)	0.23 (0.021)	0.06* (0.017)	0.06* (0.033)	0.35 (0.066)	
12 - 19.....	1.19 (0.074)	0.29 (0.054)	0.25 (0.039)	0.04* (0.017)	0.31 (0.037)	0.23 (0.037)	0.08 (0.009)	0.16* (0.051)	0.43 (0.037)	
20 and over...	1.69 (0.055)	0.35 (0.019)	0.26 (0.018)	0.09 (0.011)	0.38 (0.025)	0.24 (0.018)	0.14 (0.013)	0.24 (0.028)	0.73 (0.029)	
2 and over...	1.56 (0.047)	0.34 (0.022)	0.25 (0.017)	0.09 (0.013)	0.36 (0.022)	0.23 (0.017)	0.13 (0.011)	0.21 (0.025)	0.65 (0.026)	
Hispanic:										
2 - 5.....	0.60 (0.044)	0.21 (0.029)	0.17 (0.025)	0.04* (0.014)	0.20 (0.017)	0.15 (0.014)	0.05 (0.012)	0.03* (0.014)	0.16 (0.020)	
6 - 11.....	0.74 (0.043)	0.24 (0.028)	0.20 (0.026)	0.04 (0.009)	0.25 (0.022)	0.20 (0.017)	0.04 (0.010)	0.04* (0.018)	0.21 (0.033)	
12 - 19.....	0.94 (0.047)	0.34 (0.037)	0.27 (0.025)	0.07 (0.018)	0.28 (0.018)	0.24 (0.015)	0.04 (0.007)	0.04 (0.011)	0.27 (0.030)	
20 and over...	1.54 (0.043)	0.42 (0.028)	0.32 (0.022)	0.09 (0.010)	0.40 (0.020)	0.32 (0.016)	0.08 (0.009)	0.14 (0.016)	0.58 (0.023)	
2 and over...	1.30 (0.034)	0.37 (0.021)	0.29 (0.016)	0.08 (0.009)	0.36 (0.014)	0.28 (0.011)	0.07 (0.006)	0.10 (0.012)	0.47 (0.017)	

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

† Total Vegetables does not include legumes.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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 2c. Grains: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years) ‡	Grains		
	Total Grains	Whole Grains	Refined Grains
		oz eq (SE)	
Non-Hispanic White:			
2 - 5.....	4.92 (0.197)	0.82 (0.128)	4.10 (0.137)
6 - 11.....	7.19 (0.292)	0.95 (0.086)	6.24 (0.266)
12 - 19.....	7.43 (0.235)	0.90 (0.106)	6.52 (0.258)
20 and over...	6.16 (0.123)	0.87 (0.049)	5.29 (0.111)
2 and over...	6.29 (0.097)	0.88 (0.039)	5.41 (0.092)
Non-Hispanic Black:			
2 - 5.....	4.45 (0.230)	0.59 (0.049)	3.86 (0.213)
6 - 11.....	6.89 (0.250)	0.84 (0.084)	6.05 (0.219)
12 - 19.....	6.86 (0.244)	0.63 (0.060)	6.23 (0.225)
20 and over...	6.01 (0.119)	0.62 (0.034)	5.38 (0.131)
2 and over...	6.10 (0.092)	0.64 (0.027)	5.46 (0.102)
Non-Hispanic Asian:			
2 - 5.....	5.63* (0.314)	0.67* (0.140)	4.96* (0.359)
6 - 11.....	7.66 (0.391)	1.09 (0.125)	6.58 (0.349)
12 - 19.....	7.78 (0.383)	1.25 (0.230)	6.52 (0.338)
20 and over...	7.07 (0.245)	1.14 (0.071)	5.94 (0.266)
2 and over...	7.12 (0.193)	1.12 (0.064)	5.99 (0.200)
Hispanic:			
2 - 5.....	5.04 (0.274)	0.60 (0.089)	4.44 (0.260)
6 - 11.....	7.48 (0.228)	0.99 (0.085)	6.49 (0.269)
12 - 19.....	7.26 (0.254)	0.59 (0.054)	6.66 (0.242)
20 and over...	7.59 (0.157)	0.57 (0.028)	7.01 (0.154)
2 and over...	7.35 (0.125)	0.62 (0.021)	6.73 (0.121)

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

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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 2d. Dairy: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years) ‡	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	----- cup eq (SE) -----			
Non-Hispanic White:				
2 - 5.....	2.01 (0.060)	1.23 (0.072)	0.63 (0.036)	0.13 (0.018)
6 - 11.....	1.86 (0.098)	1.08 (0.051)	0.67 (0.048)	0.09 (0.019)
12 - 19.....	1.97 (0.061)	0.99 (0.052)	0.93 (0.053)	0.02*(0.008)
20 and over...	1.56 (0.033)	0.63 (0.027)	0.81 (0.029)	0.07 (0.006)
2 and over...	1.64 (0.024)	0.72 (0.022)	0.81 (0.023)	0.07 (0.005)
Non-Hispanic Black:				
2 - 5.....	1.21 (0.071)	0.83 (0.072)	0.34 (0.053)	0.03 (0.008)
6 - 11.....	1.44 (0.071)	0.77 (0.052)	0.63 (0.047)	0.03 (0.006)
12 - 19.....	1.39 (0.095)	0.54 (0.052)	0.82 (0.077)	0.02*(0.008)
20 and over...	1.10 (0.040)	0.40 (0.029)	0.65 (0.027)	0.02 (0.003)
2 and over...	1.17 (0.032)	0.47 (0.023)	0.65 (0.026)	0.02 (0.002)
Non-Hispanic Asian:				
2 - 5.....	2.04*(0.184)	1.49*(0.159)	0.36*(0.060)	0.17*(0.063)
6 - 11.....	1.77 (0.176)	1.11 (0.162)	0.53 (0.050)	0.11 (0.022)
12 - 19.....	1.40 (0.114)	0.70 (0.056)	0.61 (0.093)	0.06 (0.017)
20 and over...	1.12 (0.057)	0.62 (0.043)	0.35 (0.037)	0.10 (0.019)
2 and over...	1.22 (0.051)	0.69 (0.037)	0.38 (0.035)	0.10 (0.017)
Hispanic:				
2 - 5.....	2.11 (0.178)	1.51 (0.181)	0.49 (0.069)	0.10 (0.020)
6 - 11.....	2.14 (0.123)	1.21 (0.072)	0.85 (0.070)	0.07 (0.014)
12 - 19.....	1.69 (0.079)	0.81 (0.069)	0.84 (0.058)	0.03*(0.009)
20 and over...	1.33 (0.037)	0.48 (0.032)	0.76 (0.031)	0.05 (0.005)
2 and over...	1.52 (0.042)	0.67 (0.036)	0.76 (0.027)	0.05 (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.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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 2e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years) ‡	Total Protein Foods †	Protein Foods (continues on next page)						
		Meat, Poultry, and Seafood						
		Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low n-3	Seafood High n-3	Organ Meat
oz eq (SE)								
Non-Hispanic White:								
2 - 5.....	3.16 (0.139)	2.27 (0.143)	0.40 (0.054)	0.97 (0.122)	0.79 (0.129)	0.08* (0.025)	0.03* (0.014)	0.00 (0.000)
6 - 11.....	3.91 (0.207)	2.99 (0.220)	0.67 (0.086)	1.23 (0.168)	0.90 (0.089)	0.15* (0.057)	0.03* (0.022)	0.01* (0.008)
12 - 19.....	5.26 (0.531)	4.14 (0.419)	1.26 (0.237)	1.74 (0.243)	0.92 (0.071)	0.18* (0.080)	0.04* (0.018)	#
20 and over...	6.15 (0.131)	4.48 (0.116)	1.58 (0.104)	1.37 (0.068)	1.02 (0.049)	0.36 (0.043)	0.13 (0.021)	0.01* (0.008)
2 and over...	5.79 (0.140)	4.25 (0.119)	1.44 (0.097)	1.38 (0.079)	1.00 (0.039)	0.32 (0.034)	0.11 (0.017)	0.01* (0.006)
Non-Hispanic Black:								
2 - 5.....	3.20 (0.232)	2.81 (0.186)	0.51 (0.083)	1.45 (0.170)	0.68 (0.063)	0.11* (0.036)	0.05* (0.027)	#
6 - 11.....	4.32 (0.194)	3.65 (0.189)	0.82 (0.082)	1.54 (0.124)	0.99 (0.133)	0.27* (0.089)	0.03* (0.015)	0.01* (0.008)
12 - 19.....	5.13 (0.344)	4.50 (0.296)	1.04 (0.161)	2.11 (0.243)	0.85 (0.085)	0.42* (0.130)	0.07* (0.030)	0.01* (0.007)
20 and over...	6.50 (0.161)	5.28 (0.140)	1.33 (0.088)	2.18 (0.084)	1.01 (0.060)	0.60 (0.057)	0.15 (0.018)	0.02 (0.006)
2 and over...	5.97 (0.143)	4.91 (0.122)	1.21 (0.074)	2.08 (0.063)	0.97 (0.052)	0.52 (0.055)	0.12 (0.014)	0.02 (0.004)
Non-Hispanic Asian:								
2 - 5.....	2.61* (0.420)	1.75* (0.491)	0.31* (0.091)	0.91* (0.391)	0.30* (0.111)	0.20* (0.101)	0.02* (0.020)	0.00* (0.000)
6 - 11.....	3.25 (0.311)	2.44 (0.323)	0.56 (0.113)	1.15 (0.218)	0.51 (0.111)	0.20* (0.079)	0.02* (0.018)	0.00 (0.000)
12 - 19.....	4.69 (0.328)	3.71 (0.440)	1.16 (0.294)	1.64 (0.176)	0.41* (0.221)	0.33 (0.080)	0.17* (0.081)	0.00 (0.000)
20 and over...	6.29 (0.291)	4.64 (0.358)	1.46 (0.098)	1.64 (0.203)	0.39 (0.053)	0.69 (0.133)	0.42 (0.072)	0.03* (0.019)
2 and over...	5.81 (0.301)	4.30 (0.365)	1.33 (0.113)	1.58 (0.179)	0.40 (0.057)	0.61 (0.114)	0.36 (0.058)	0.02* (0.015)
Hispanic:								
2 - 5.....	3.00 (0.217)	2.15 (0.172)	0.48 (0.088)	1.09 (0.123)	0.41 (0.078)	0.15* (0.064)	0.01* (0.007)	0.00 (0.000)
6 - 11.....	3.58 (0.181)	2.72 (0.178)	0.81 (0.114)	1.24 (0.173)	0.55 (0.058)	0.11 (0.032)	0.01* (0.008)	#
12 - 19.....	4.87 (0.271)	4.12 (0.264)	1.31 (0.160)	1.61 (0.208)	0.63 (0.090)	0.47* (0.167)	0.10* (0.045)	0.00 (0.000)
20 and over...	6.59 (0.215)	5.13 (0.182)	2.02 (0.088)	1.69 (0.099)	0.75 (0.056)	0.48 (0.053)	0.17 (0.042)	0.03* (0.012)
2 and over...	5.78 (0.153)	4.53 (0.142)	1.68 (0.072)	1.59 (0.084)	0.69 (0.042)	0.42 (0.048)	0.13 (0.031)	0.02* (0.008)

* 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.

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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 2e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents

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

Race/ethnicity 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) -----		
Non-Hispanic White:			
2 - 5.....	0.32 (0.031)	0.53 (0.097)	0.05* (0.025)
6 - 11.....	0.36 (0.052)	0.50 (0.048)	0.06* (0.023)
12 - 19.....	0.32 (0.037)	0.72* (0.286)	0.08* (0.028)
20 and over...	0.61 (0.043)	0.96 (0.071)	0.10 (0.015)
2 and over...	0.55 (0.035)	0.89 (0.065)	0.09 (0.012)
Non-Hispanic Black:			
2 - 5.....	0.20 (0.037)	0.18 (0.052)	0.02 (0.005)
6 - 11.....	0.32 (0.046)	0.31* (0.114)	0.04 (0.008)
12 - 19.....	0.38 (0.062)	0.23* (0.079)	0.02* (0.007)
20 and over...	0.59 (0.031)	0.59 (0.051)	0.04 (0.006)
2 and over...	0.52 (0.028)	0.50 (0.044)	0.04 (0.005)
Non-Hispanic Asian:			
2 - 5.....	0.31* (0.059)	0.55* (0.190)	0.01* (0.008)
6 - 11.....	0.52 (0.105)	0.24 (0.060)	0.05* (0.020)
12 - 19.....	0.58 (0.119)	0.34 (0.062)	0.06* (0.025)
20 and over...	0.61 (0.050)	0.95 (0.108)	0.09 (0.018)
2 and over...	0.59 (0.049)	0.84 (0.091)	0.08 (0.013)
Hispanic:			
2 - 5.....	0.59 (0.092)	0.25 (0.060)	0.02* (0.011)
6 - 11.....	0.49 (0.044)	0.32 (0.067)	0.05 (0.010)
12 - 19.....	0.36 (0.042)	0.32 (0.056)	0.07* (0.023)
20 and over...	0.86 (0.041)	0.50 (0.051)	0.10 (0.022)
2 and over...	0.73 (0.029)	0.44 (0.038)	0.08 (0.014)

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

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

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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 2f. Legumes: Mean Amounts of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years) ‡	<i>Legumes</i> †	
	Legumes as Vegetable	Legumes as Protein
	cup eq (SE)	oz eq (SE)
Non-Hispanic White:		
2 - 5.....	0.02 (0.005)	0.09 (0.021)
6 - 11.....	0.03 (0.004)	0.14 (0.018)
12 - 19.....	0.03 (0.004)	0.11 (0.017)
20 and over...	0.09 (0.009)	0.35 (0.038)
2 and over...	0.08 (0.008)	0.30 (0.030)
Non-Hispanic Black:		
2 - 5.....	0.02 (0.003)	0.08 (0.013)
6 - 11.....	0.05 (0.013)	0.19 (0.052)
12 - 19.....	0.06 (0.013)	0.22 (0.054)
20 and over...	0.07 (0.009)	0.30 (0.034)
2 and over...	0.07 (0.006)	0.27 (0.026)
Non-Hispanic Asian:		
2 - 5.....	0.10* (0.037)	0.39* (0.148)
6 - 11.....	0.09* (0.039)	0.38* (0.155)
12 - 19.....	0.11* (0.034)	0.43* (0.135)
20 and over...	0.21 (0.057)	0.85 (0.229)
2 and over...	0.19 (0.051)	0.77 (0.202)
Hispanic:		
2 - 5.....	0.12 (0.019)	0.47 (0.077)
6 - 11.....	0.11 (0.019)	0.43 (0.074)
12 - 19.....	0.16 (0.028)	0.64 (0.112)
20 and over...	0.25 (0.017)	0.99 (0.070)
2 and over...	0.21 (0.013)	0.84 (0.054)

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

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

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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 2g. 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 Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity 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)
Non-Hispanic White:								
2 - 5.....	18.25	(0.555)	27.57	(0.828)	11.70	(0.703)	0.00	(0.000)
6 - 11.....	24.20	(1.076)	38.11	(1.519)	18.19	(0.878)	0.00	(0.000)
12 - 19.....	30.03	(2.174)	38.69	(1.097)	20.49	(0.861)	0.06*	(0.018)
20 and over...	30.56	(0.956)	38.37	(0.799)	16.77	(0.516)	0.80	(0.051)
2 and over...	29.55	(0.870)	37.92	(0.710)	16.99	(0.444)	0.64	(0.043)
Non-Hispanic Black:								
2 - 5.....	17.79	(1.151)	23.64	(1.111)	11.91	(0.499)	0.00	(0.000)
6 - 11.....	25.46	(1.010)	35.67	(1.562)	17.92	(0.761)	#	
12 - 19.....	30.15	(1.520)	36.48	(1.937)	19.02	(1.043)	0.02*	(0.011)
20 and over...	31.76	(0.781)	35.61	(0.790)	18.28	(0.516)	0.84	(0.095)
2 and over...	30.29	(0.620)	35.09	(0.706)	18.00	(0.428)	0.62	(0.070)
Non-Hispanic Asian:								
2 - 5.....	17.60*	(1.632)	26.63*	(1.369)	7.52*	(0.859)	0.00*	(0.000)
6 - 11.....	21.95	(1.875)	35.17	(2.028)	11.21	(0.912)	0.00	(0.000)
12 - 19.....	24.70	(1.892)	32.31	(2.034)	13.29	(0.802)	0.02*	(0.016)
20 and over...	27.93	(0.991)	23.59	(0.823)	9.67	(0.483)	0.28	(0.029)
2 and over...	26.86	(0.872)	25.21	(0.811)	10.00	(0.418)	0.23	(0.023)
Hispanic:								
2 - 5.....	18.09	(1.115)	26.08	(1.609)	11.58	(1.184)	0.00	(0.000)
6 - 11.....	23.96	(1.029)	35.51	(1.320)	16.16	(0.416)	0.00	(0.000)
12 - 19.....	26.78	(1.457)	34.17	(1.216)	15.44	(0.533)	0.08*	(0.034)
20 and over...	29.52	(1.000)	36.14	(1.052)	16.13	(0.484)	0.67	(0.084)
2 and over...	27.75	(0.783)	35.07	(0.746)	15.70	(0.422)	0.47	(0.057)

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

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

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

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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