

Table 4a. Fruit: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level and age (years) ‡	Sample size	Fruit			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
		----- cup eq (SE) -----			
Under 131% poverty:					
2 - 5.....	373	1.43 (0.125)	0.33 (0.092)	0.54 (0.066)	0.56 (0.077)
6 - 11.....	514	1.00 (0.069)	0.18 (0.026)	0.53 (0.054)	0.29 (0.036)
12 - 19.....	628	0.66 (0.077)	0.15 (0.028)	0.28 (0.052)	0.24 (0.031)
20 and over...	1900	0.82 (0.052)	0.17 (0.019)	0.41 (0.039)	0.24 (0.027)
2 and over...	3415	0.86 (0.046)	0.18 (0.016)	0.41 (0.033)	0.27 (0.023)
131-350% poverty:					
2 - 5.....	297	1.55 (0.155)	0.36 (0.065)	0.64 (0.069)	0.55 (0.129)
6 - 11.....	467	1.16 (0.064)	0.35 (0.061)	0.53 (0.061)	0.27 (0.034)
12 - 19.....	568	0.73 (0.074)	0.12 (0.018)	0.35 (0.052)	0.26 (0.054)
20 and over...	2619	0.83 (0.033)	0.20 (0.016)	0.44 (0.025)	0.19 (0.018)
2 and over...	3951	0.89 (0.027)	0.21 (0.014)	0.45 (0.021)	0.23 (0.017)
Over 350% poverty:					
2 - 5.....	184	1.81 (0.178)	0.42 (0.071)	0.99 (0.116)	0.40 (0.059)
6 - 11.....	291	1.20 (0.152)	0.37 (0.083)	0.55 (0.097)	0.27 (0.051)
12 - 19.....	356	0.87 (0.133)	0.23* (0.084)	0.37 (0.061)	0.27 (0.051)
20 and over...	2217	0.95 (0.050)	0.28 (0.026)	0.49 (0.033)	0.18 (0.014)
2 and over...	3048	0.99 (0.044)	0.28 (0.028)	0.50 (0.028)	0.20 (0.012)
All Individuals:					
2 - 5.....	940	1.57 (0.084)	0.36 (0.046)	0.68 (0.048)	0.52 (0.060)
6 - 11.....	1411	1.11 (0.065)	0.30 (0.040)	0.53 (0.038)	0.28 (0.023)
12 - 19.....	1740	0.78 (0.060)	0.16 (0.027)	0.37 (0.038)	0.25 (0.023)
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.

‡ Individuals with missing income data are included only in the all individuals category.

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 4b. Vegetables: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level 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)									
Under 131% poverty:										
2 - 5.....	0.64 (0.040)	0.29 (0.025)	0.24 (0.026)	0.04 (0.011)	0.19 (0.017)	0.15 (0.014)	0.03 (0.009)	0.04* (0.014)	0.13 (0.019)	
6 - 11.....	0.77 (0.042)	0.31 (0.022)	0.27 (0.020)	0.04 (0.007)	0.24 (0.026)	0.19 (0.019)	0.05 (0.012)	0.05* (0.014)	0.17 (0.020)	
12 - 19.....	0.92 (0.043)	0.34 (0.028)	0.28 (0.023)	0.06 (0.014)	0.29 (0.037)	0.26 (0.035)	0.04 (0.008)	0.05 (0.009)	0.23 (0.022)	
20 and over...	1.34 (0.050)	0.46 (0.024)	0.39 (0.020)	0.07 (0.010)	0.32 (0.015)	0.25 (0.012)	0.06 (0.005)	0.11 (0.013)	0.45 (0.024)	
2 and over...	1.16 (0.032)	0.41 (0.017)	0.35 (0.014)	0.06 (0.008)	0.29 (0.010)	0.24 (0.008)	0.06 (0.004)	0.09 (0.010)	0.37 (0.016)	
131-350% poverty:										
2 - 5.....	0.58 (0.063)	0.25 (0.032)	0.21 (0.029)	0.04 (0.009)	0.18 (0.017)	0.13 (0.014)	0.05 (0.009)	0.03 (0.007)	0.12 (0.024)	
6 - 11.....	0.78 (0.065)	0.33 (0.042)	0.29 (0.039)	0.04 (0.006)	0.24 (0.020)	0.18 (0.013)	0.07 (0.012)	0.03 (0.007)	0.18 (0.024)	
12 - 19.....	0.96 (0.054)	0.42 (0.031)	0.38 (0.033)	0.04 (0.009)	0.25 (0.015)	0.20 (0.015)	0.06 (0.009)	0.07* (0.025)	0.22 (0.020)	
20 and over...	1.48 (0.033)	0.49 (0.025)	0.41 (0.021)	0.07 (0.006)	0.36 (0.015)	0.26 (0.013)	0.10 (0.008)	0.14 (0.014)	0.50 (0.028)	
2 and over...	1.31 (0.028)	0.45 (0.021)	0.39 (0.019)	0.07 (0.005)	0.33 (0.012)	0.24 (0.010)	0.09 (0.006)	0.11 (0.011)	0.42 (0.022)	
Over 350% poverty:										
2 - 5.....	0.68 (0.082)	0.20 (0.032)	0.17 (0.033)	0.03 (0.009)	0.27 (0.069)	0.13 (0.015)	0.15* (0.072)	0.06* (0.019)	0.15 (0.027)	
6 - 11.....	0.80 (0.047)	0.28 (0.026)	0.24 (0.026)	0.04* (0.013)	0.23 (0.030)	0.20 (0.032)	0.04 (0.007)	0.08* (0.026)	0.20 (0.016)	
12 - 19.....	1.12 (0.088)	0.37 (0.047)	0.33 (0.054)	0.04* (0.015)	0.32 (0.027)	0.26 (0.036)	0.06 (0.013)	0.12 (0.037)	0.31 (0.050)	
20 and over...	1.68 (0.067)	0.44 (0.025)	0.37 (0.021)	0.07 (0.010)	0.42 (0.021)	0.30 (0.017)	0.12 (0.009)	0.21 (0.025)	0.61 (0.032)	
2 and over...	1.54 (0.058)	0.41 (0.024)	0.35 (0.022)	0.06 (0.008)	0.40 (0.019)	0.29 (0.016)	0.11 (0.009)	0.19 (0.021)	0.54 (0.029)	
All Individuals:										
2 - 5.....	0.63 (0.032)	0.25 (0.018)	0.21 (0.016)	0.04 (0.007)	0.21 (0.022)	0.14 (0.007)	0.07 (0.021)	0.04 (0.006)	0.13 (0.013)	
6 - 11.....	0.78 (0.032)	0.30 (0.019)	0.26 (0.015)	0.04 (0.006)	0.24 (0.017)	0.19 (0.014)	0.05 (0.006)	0.05 (0.009)	0.19 (0.013)	
12 - 19.....	0.99 (0.029)	0.37 (0.020)	0.32 (0.020)	0.04 (0.005)	0.28 (0.012)	0.23 (0.012)	0.05 (0.004)	0.08 (0.012)	0.27 (0.024)	
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.

‡ Individuals with missing income data are included only in the all individuals category.

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 4c. Grains: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level and age (years) ‡	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
		oz eq (SE)	
Under 131% poverty:			
2 - 5.....	5.29 (0.274)	0.59 (0.061)	4.70 (0.262)
6 - 11.....	7.30 (0.235)	0.90 (0.065)	6.40 (0.236)
12 - 19.....	7.00 (0.236)	0.69 (0.081)	6.31 (0.245)
20 and over...	6.64 (0.185)	0.66 (0.047)	5.98 (0.191)
2 and over...	6.66 (0.149)	0.69 (0.037)	5.97 (0.153)
131-350% poverty:			
2 - 5.....	4.76 (0.189)	0.72 (0.075)	4.04 (0.163)
6 - 11.....	7.23 (0.158)	0.91 (0.063)	6.33 (0.174)
12 - 19.....	7.38 (0.256)	0.85 (0.075)	6.54 (0.280)
20 and over...	6.47 (0.130)	0.81 (0.036)	5.66 (0.140)
2 and over...	6.54 (0.088)	0.81 (0.030)	5.73 (0.094)
Over 350% poverty:			
2 - 5.....	5.04 (0.226)	0.97 (0.182)	4.07 (0.192)
6 - 11.....	7.22 (0.451)	1.02 (0.145)	6.20 (0.466)
12 - 19.....	7.66 (0.372)	0.92 (0.137)	6.74 (0.382)
20 and over...	6.27 (0.140)	0.89 (0.063)	5.38 (0.105)
2 and over...	6.40 (0.124)	0.90 (0.055)	5.50 (0.095)
All Individuals:			
2 - 5.....	5.00 (0.138)	0.74 (0.072)	4.26 (0.126)
6 - 11.....	7.23 (0.163)	0.95 (0.054)	6.28 (0.164)
12 - 19.....	7.31 (0.131)	0.81 (0.059)	6.50 (0.164)
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)

‡ Individuals with missing income data are included only in the all individuals category.

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 4d. Dairy: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level and age (years) ‡	Dairy			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	----- cup eq (SE) -----			
Under 131% poverty:				
2 - 5.....	2.14 (0.180)	1.47 (0.157)	0.56 (0.080)	0.10 (0.023)
6 - 11.....	2.09 (0.126)	1.19 (0.092)	0.84 (0.059)	0.05 (0.012)
12 - 19.....	1.77 (0.096)	0.86 (0.076)	0.85 (0.048)	0.03*(0.009)
20 and over...	1.36 (0.045)	0.58 (0.034)	0.73 (0.044)	0.04 (0.007)
2 and over...	1.56 (0.052)	0.76 (0.041)	0.74 (0.036)	0.04 (0.005)
131-350% poverty:				
2 - 5.....	1.79 (0.087)	1.08 (0.063)	0.60 (0.053)	0.09 (0.014)
6 - 11.....	1.83 (0.072)	1.06 (0.054)	0.65 (0.028)	0.10 (0.019)
12 - 19.....	1.73 (0.083)	0.83 (0.054)	0.87 (0.072)	0.02*(0.006)
20 and over...	1.45 (0.036)	0.63 (0.024)	0.73 (0.029)	0.05 (0.007)
2 and over...	1.53 (0.032)	0.71 (0.022)	0.73 (0.025)	0.05 (0.005)
Over 350% poverty:				
2 - 5.....	1.87 (0.125)	1.17 (0.113)	0.54 (0.044)	0.14 (0.022)
6 - 11.....	1.79 (0.116)	1.02 (0.075)	0.69 (0.071)	0.06 (0.016)
12 - 19.....	1.88 (0.117)	0.94 (0.093)	0.88 (0.081)	0.04*(0.013)
20 and over...	1.48 (0.052)	0.54 (0.034)	0.81 (0.029)	0.09 (0.009)
2 and over...	1.55 (0.041)	0.62 (0.032)	0.80 (0.025)	0.08 (0.007)
All Individuals:				
2 - 5.....	1.94 (0.059)	1.26 (0.058)	0.56 (0.033)	0.11 (0.012)
6 - 11.....	1.89 (0.065)	1.09 (0.039)	0.71 (0.031)	0.07 (0.008)
12 - 19.....	1.77 (0.035)	0.85 (0.029)	0.87 (0.030)	0.03 (0.005)
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.

‡ Individuals with missing income data are included only in the all individuals category.

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 4e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents

Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

<i>Protein Foods (continues on next page)</i>									
Family income as % of poverty level and age (years) ‡	Total Protein Foods †	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)									
Under 131% poverty:									
2 - 5.....	3.22 (0.158)	2.59 (0.151)	0.52 (0.066)	1.21 (0.120)	0.69 (0.081)	0.15* (0.053)	0.02* (0.009)	#	
6 - 11.....	3.97 (0.366)	3.15 (0.326)	0.90 (0.117)	1.23 (0.223)	0.84 (0.080)	0.16* (0.051)	0.01* (0.003)	0.01* (0.009)	
12 - 19.....	4.78 (0.259)	3.97 (0.246)	1.23 (0.143)	1.58 (0.208)	0.63 (0.058)	0.45 (0.124)	0.08* (0.025)	#	
20 and over...	5.89 (0.142)	4.65 (0.155)	1.62 (0.103)	1.66 (0.114)	0.85 (0.052)	0.41 (0.041)	0.08 (0.015)	0.02* (0.008)	
2 and over...	5.31 (0.137)	4.22 (0.142)	1.40 (0.081)	1.57 (0.101)	0.80 (0.038)	0.37 (0.039)	0.07 (0.012)	0.01* (0.006)	
131-350% poverty:									
2 - 5.....	3.09 (0.196)	2.17 (0.126)	0.36 (0.051)	1.02 (0.102)	0.71 (0.146)	0.07* (0.022)	0.02* (0.009)	0.00 (0.000)	
6 - 11.....	3.75 (0.196)	2.90 (0.217)	0.77 (0.079)	1.12 (0.133)	0.90 (0.098)	0.10 (0.017)	0.02* (0.012)	#	
12 - 19.....	4.69 (0.209)	3.77 (0.224)	1.13 (0.127)	1.45 (0.178)	0.93 (0.093)	0.16 (0.039)	0.09* (0.032)	#	
20 and over...	6.22 (0.133)	4.73 (0.126)	1.62 (0.091)	1.47 (0.061)	1.03 (0.045)	0.46 (0.065)	0.15 (0.023)	0.01* (0.003)	
2 and over...	5.67 (0.098)	4.33 (0.094)	1.42 (0.079)	1.41 (0.053)	0.99 (0.036)	0.38 (0.046)	0.12 (0.019)	0.01* (0.002)	
Over 350% poverty:									
2 - 5.....	3.10 (0.151)	2.21 (0.206)	0.40 (0.097)	1.02 (0.145)	0.66 (0.177)	0.09* (0.039)	0.04* (0.025)	#	
6 - 11.....	3.96 (0.262)	2.93 (0.325)	0.71 (0.130)	1.25 (0.276)	0.70 (0.113)	0.21* (0.094)	0.05* (0.024)	0.01* (0.011)	
12 - 19.....	5.53 (0.632)	4.38 (0.422)	1.05 (0.141)	2.11 (0.350)	0.94 (0.101)	0.23* (0.135)	0.04* (0.023)	#	
20 and over...	6.52 (0.164)	4.72 (0.142)	1.63 (0.085)	1.52 (0.093)	0.94 (0.062)	0.43 (0.054)	0.18 (0.029)	0.02* (0.013)	
2 and over...	6.16 (0.168)	4.49 (0.136)	1.48 (0.075)	1.53 (0.110)	0.91 (0.055)	0.39 (0.046)	0.16 (0.023)	0.02* (0.010)	
All Individuals:									
2 - 5.....	3.09 (0.105)	2.28 (0.101)	0.43 (0.040)	1.05 (0.071)	0.67 (0.075)	0.11 (0.020)	0.03* (0.010)	#	
6 - 11.....	3.88 (0.140)	3.01 (0.149)	0.76 (0.071)	1.26 (0.115)	0.80 (0.046)	0.15 (0.034)	0.03* (0.011)	0.01* (0.005)	
12 - 19.....	5.09 (0.278)	4.15 (0.247)	1.23 (0.140)	1.73 (0.164)	0.83 (0.045)	0.29 (0.068)	0.08 (0.017)	#	
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.

‡ Individuals with missing income data are included only in the all individuals category.

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 4e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents

Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Family income as % of poverty level 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) -----		
Under 131% poverty:			
2 - 5.....	0.43 (0.065)	0.18 (0.045)	0.02 (0.005)
6 - 11.....	0.45 (0.057)	0.31 (0.067)	0.06 (0.012)
12 - 19.....	0.37 (0.045)	0.36 (0.089)	0.08* (0.036)
20 and over...	0.62 (0.039)	0.57 (0.107)	0.05 (0.010)
2 and over...	0.55 (0.030)	0.48 (0.073)	0.05 (0.009)
131-350% poverty:			
2 - 5.....	0.35 (0.048)	0.48 (0.070)	0.08* (0.037)
6 - 11.....	0.30 (0.027)	0.49 (0.073)	0.05* (0.015)
12 - 19.....	0.38 (0.047)	0.48* (0.145)	0.05 (0.014)
20 and over...	0.64 (0.037)	0.78 (0.066)	0.08 (0.014)
2 and over...	0.56 (0.030)	0.71 (0.056)	0.07 (0.010)
Over 350% poverty:			
2 - 5.....	0.29 (0.050)	0.58 (0.140)	0.02* (0.010)
6 - 11.....	0.43 (0.076)	0.51 (0.103)	0.08* (0.034)
12 - 19.....	0.36 (0.055)	0.71* (0.370)	0.08* (0.028)
20 and over...	0.66 (0.049)	1.00 (0.070)	0.14 (0.022)
2 and over...	0.61 (0.040)	0.94 (0.071)	0.13 (0.018)
All Individuals:			
2 - 5.....	0.37 (0.029)	0.40 (0.058)	0.04* (0.015)
6 - 11.....	0.39 (0.032)	0.42 (0.035)	0.06 (0.014)
12 - 19.....	0.36 (0.026)	0.51 (0.144)	0.07 (0.014)
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.

‡ Individuals with missing income data are included only in the all individuals category.

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 4f. Legumes: Mean Amounts of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level and age (years) ‡	<i>Legumes</i> †	
	Legumes as Vegetable	Legumes as Protein
	cup eq (SE)	oz eq (SE)
Under 131% poverty:		
2 - 5.....	0.07 (0.014)	0.28 (0.058)
6 - 11.....	0.05 (0.011)	0.21 (0.045)
12 - 19.....	0.10 (0.026)	0.39 (0.105)
20 and over...	0.13 (0.014)	0.52 (0.054)
2 and over...	0.11 (0.009)	0.45 (0.037)
131-350% poverty:		
2 - 5.....	0.03* (0.011)	0.12* (0.045)
6 - 11.....	0.06* (0.022)	0.22* (0.088)
12 - 19.....	0.06 (0.010)	0.24 (0.042)
20 and over...	0.11 (0.012)	0.43 (0.047)
2 and over...	0.09 (0.010)	0.38 (0.038)
Over 350% poverty:		
2 - 5.....	0.07 (0.015)	0.26 (0.058)
6 - 11.....	0.05 (0.015)	0.21 (0.060)
12 - 19.....	0.04 (0.010)	0.18 (0.039)
20 and over...	0.10 (0.011)	0.42 (0.043)
2 and over...	0.10 (0.009)	0.38 (0.037)
All Individuals:		
2 - 5.....	0.05 (0.008)	0.21 (0.031)
6 - 11.....	0.06 (0.005)	0.22 (0.022)
12 - 19.....	0.07 (0.010)	0.28 (0.042)
20 and over...	0.12 (0.010)	0.48 (0.041)
2 and over...	0.11 (0.008)	0.42 (0.034)

* 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.

‡ Individuals with missing income data are included only in the all individuals category.

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 4g. 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 Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level 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)
Under 131% poverty:							
2 - 5.....	17.99	(1.163)	29.90	(2.316)	12.41	(0.969)	0.00 (0.000)
6 - 11.....	23.03	(0.869)	36.71	(1.625)	17.07	(0.576)	#
12 - 19.....	25.67	(1.197)	35.59	(1.098)	18.35	(0.812)	0.10*(0.041)
20 and over...	28.43	(0.997)	36.31	(1.269)	20.21	(0.708)	0.68 (0.085)
2 and over...	26.60	(0.725)	35.74	(1.064)	18.97	(0.579)	0.47 (0.055)
131-350% poverty:							
2 - 5.....	18.71	(0.618)	27.00	(1.238)	11.20	(0.720)	0.00 (0.000)
6 - 11.....	25.34	(1.094)	38.80	(1.328)	19.08	(0.667)	0.00 (0.000)
12 - 19.....	29.35	(1.126)	36.31	(1.282)	18.93	(0.692)	0.03*(0.022)
20 and over...	29.66	(0.706)	37.48	(0.785)	17.76	(0.535)	0.57 (0.051)
2 and over...	28.65	(0.529)	36.88	(0.589)	17.63	(0.444)	0.43 (0.039)
Over 350% poverty:							
2 - 5.....	18.11	(0.928)	24.14	(1.283)	10.79	(0.969)	0.00 (0.000)
6 - 11.....	24.87	(1.767)	36.33	(1.493)	16.28	(1.170)	0.00 (0.000)
12 - 19.....	31.20	(2.467)	40.19	(1.764)	19.39	(1.099)	0.05*(0.016)
20 and over...	31.90	(1.039)	37.44	(0.990)	14.13	(0.500)	0.92 (0.060)
2 and over...	30.93	(0.930)	37.14	(0.857)	14.58	(0.452)	0.76 (0.052)
All Individuals:							
2 - 5.....	18.15	(0.504)	27.01	(0.682)	11.47	(0.468)	0.00 (0.000)
6 - 11.....	24.19	(0.558)	37.22	(0.932)	17.35	(0.475)	#
12 - 19.....	28.90	(1.127)	36.76	(0.586)	18.67	(0.475)	0.05 (0.014)
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.

‡ Individuals with missing income data are included only in the all individuals category.

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.

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2023. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Family Income as % of Poverty Level and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic. Available at: www.ars.usda.gov/nea/bhnrc/fsrg