

Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006

| Gender and age (years) | N | Food energy (kcal) | Protein (g) | Carbo- hydrate (g) | Total sugars (g) | Dietary fiber (g) | Total fat (g) | Saturated fat (g) | Mono- unsaturated fat (g) | Poly- unsaturated fat (g) | Choles- terol (mg) |
|---------------------------|------|--------------------------|----------------|--------------------------|------------------------|-------------------------|---------------------|-------------------------|------------------------------------|------------------------------------|--------------------------|
| Males: | | | | | | | | | | | |
| 2 - 5..... | 442 | 1641 | 56.3 | 228 | 122 | 11.0 | 58.4 | 21.4 | 21.4 | 10.8 | 174 |
| 6 - 11..... | 489 | 2092 | 70.9 | 280 | 142 | 14.1 | 79.4 | 28.3 | 29.1 | 15.4 | 223 |
| 12 - 19..... | 1052 | 2707 | 99.1 | 352 | 177 | 15.2 | 100.9 | 35.6 | 37.5 | 19.1 | 320 |
| 20 - 29..... | 388 | 2821 | 106.2 | 344 | 160 | 16.6 | 100.6 | 33.7 | 37.9 | 20.2 | 340 |
| 30 - 39..... | 371 | 2978 | 118.0 | 342 | 153 | 18.9 | 114.1 | 38.7 | 42.5 | 22.9 | 406 |
| 40 - 49..... | 382 | 2753 | 106.6 | 313 | 141 | 18.2 | 104.9 | 35.2 | 39.2 | 21.4 | 388 |
| 50 - 59..... | 303 | 2597 | 97.4 | 307 | 143 | 18.3 | 102.3 | 33.3 | 38.1 | 22.2 | 350 |
| 60 - 69..... | 320 | 2202 | 88.3 | 258 | 114 | 17.5 | 84.2 | 27.9 | 30.7 | 18.2 | 314 |
| 70 and over.... | 399 | 1984 | 76.9 | 239 | 109 | 16.8 | 77.3 | 25.8 | 28.5 | 16.3 | 306 |
| 20 and over... | 2163 | 2638 | 101.9 | 310 | 141 | 17.8 | 100.1 | 33.4 | 37.3 | 20.7 | 358 |
| Females: | | | | | | | | | | | |
| 2 - 5..... | 460 | 1486 | 51.9 | 207 | 112 | 10.4 | 52.2 | 19.1 | 18.7 | 10.0 | 164 |
| 6 - 11..... | 523 | 1879 | 63.4 | 251 | 124 | 12.0 | 71.6 | 25.4 | 26.4 | 14.0 | 237 |
| 12 - 19..... | 1063 | 1906 | 64.2 | 253 | 124 | 12.3 | 72.3 | 24.6 | 26.2 | 15.5 | 189 |
| 20 - 29..... | 582 | 1959 | 72.2 | 246 | 118 | 12.9 | 73.9 | 25.6 | 26.8 | 15.2 | 238 |
| 30 - 39..... | 406 | 1923 | 75.4 | 231 | 104 | 14.6 | 74.5 | 24.4 | 27.6 | 16.2 | 238 |
| 40 - 49..... | 390 | 1873 | 75.9 | 221 | 103 | 14.4 | 71.6 | 24.3 | 25.6 | 15.5 | 255 |
| 50 - 59..... | 301 | 1718 | 70.3 | 205 | 90 | 14.9 | 67.6 | 22.7 | 24.5 | 14.6 | 245 |
| 60 - 69..... | 315 | 1598 | 63.5 | 194 | 85 | 14.3 | 63.1 | 21.0 | 22.9 | 13.8 | 224 |
| 70 and over.... | 363 | 1495 | 57.2 | 192 | 90 | 13.6 | 56.1 | 19.2 | 19.9 | 12.4 | 205 |
| 20 and over... | 2357 | 1785 | 70.1 | 217 | 100 | 14.1 | 68.7 | 23.2 | 24.9 | 14.8 | 237 |
| Males and females: | | | | | | | | | | | |
| 2 and over... | 8549 | 2157 | 81.8 | 265 | 124 | 15.1 | 81.9 | 27.8 | 30.1 | 17.0 | 278 |

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Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

| Gender and age (years) | Vitamin E (alpha-toc) (mg) | Added Vitamin E (alpha-toc) (mg) | Retinol (µg) | Vitamin A (µg RAE) | Alpha- carotene (µg) | Beta- carotene (µg) | Beta-crypto- xanthin (µg) | Lycopene (µg) | Lutein + zeaxanthin (µg) |
|---------------------------|----------------------------------|---|-----------------|-----------------------|----------------------------|---------------------------|---------------------------------|------------------|--------------------------------|
| Males: | | | | | | | | | |
| 2 - 5..... | 4.4 | #0.2 | 454 | 545 | 222 | 935 | 90 | 3576 | 558 |
| 6 - 11..... | 5.8 | #* | 559 | 703 | 399 | 1491 | 90 | 4285 | 779 |
| 12 - 19..... | 7.3 | #0.3 | 520 | 651 | 295 | 1342 | 139 | 6661 | 826 |
| 20 - 29..... | 8.5 | #1.0 | 417 | 560 | #276 | 1506 | 149 | 7998 | 1336 |
| 30 - 39..... | 9.5 | #0.9 | 564 | 751 | 273 | 2041 | 131 | 8090 | 1099 |
| 40 - 49..... | 8.8 | #0.5 | 568 | 728 | 348 | 1681 | 135 | 6864 | 1230 |
| 50 - 59..... | 8.9 | #0.2 | 495 | 654 | 281 | 1685 | 159 | 5273 | 1494 |
| 60 - 69..... | 7.7 | #0.5 | 463 | 687 | 544 | 2336 | 170 | 5559 | 1390 |
| 70 and over.... | 7.1 | 0.3 | 583 | 814 | 515 | 2418 | 182 | 4021 | 1606 |
| 20 and over... | 8.6 | #0.6 | 513 | 690 | 347 | 1875 | 150 | 6592 | 1330 |
| Females: | | | | | | | | | |
| 2 - 5..... | 4.2 | #0.2 | 407 | 493 | 199 | 879 | 113 | 2755 | 640 |
| 6 - 11..... | 5.5 | #0.2 | 492 | 579 | 154 | 918 | 93 | 3997 | 658 |
| 12 - 19..... | 6.1 | #0.2 | 367 | 474 | 210 | 1130 | 107 | 4652 | 805 |
| 20 - 29..... | 6.1 | 0.4 | 399 | 520 | 255 | 1248 | 139 | 4724 | 860 |
| 30 - 39..... | 7.0 | #0.7 | 387 | 573 | 339 | 2014 | 109 | 3962 | 1542 |
| 40 - 49..... | 7.0 | #0.7 | 409 | 623 | 499 | 2277 | 84 | 4440 | 1374 |
| 50 - 59..... | 6.4 | 0.4 | 345 | 558 | 439 | 2288 | 113 | 5282 | 1463 |
| 60 - 69..... | 6.5 | 0.6 | 395 | 597 | 412 | 2163 | 113 | 5566 | 1419 |
| 70 and over.... | 5.7 | 0.6 | 424 | 624 | 384 | 2130 | 146 | 3408 | 1420 |
| 20 and over... | 6.5 | 0.6 | 392 | 581 | 389 | 2009 | 115 | 4554 | 1338 |
| Males and females: | | | | | | | | | |
| 2 and over... | 7.1 | 0.5 | 455 | 620 | 339 | 1742 | 126 | 5305 | 1181 |

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Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

| Gender and age (years) | Thiamin (mg) | Ribo- flavin (mg) | Niacin (mg) | Vit. B6 (mg) | Folic acid (µg) | Food folate (µg) | Folate (µg DFE) | Choline (mg) | Vit. B12 (µg) | Added Vit. B12 (µg) | Vit. C (mg) | Vit. K (µg) |
|---------------------------|-----------------|-------------------------|----------------|--------------------|-----------------------|------------------------|--------------------|-----------------|---------------------|------------------------------|----------------|----------------|
| Males: | | | | | | | | | | | | |
| 2 - 5..... | 1.38 | 2.04 | 17.0 | 1.51 | 202 | 128 | 472 | 212 | 4.73 | 1.23 | 83.4 | 39.9 |
| 6 - 11..... | 1.64 | 2.30 | 21.9 | 1.74 | 238 | 155 | 559 | 251 | 5.12 | 1.19 | 80.2 | 61.2 |
| 12 - 19..... | 2.05 | 2.65 | 31.1 | 2.34 | 269 | 199 | 658 | 340 | 7.31 | 1.97 | 96.9 | 67.8 |
| 20 - 29..... | 2.05 | 2.56 | 34.3 | 2.67 | 236 | 240 | 641 | 401 | 6.25 | 1.13 | 104.3 | 95.6 |
| 30 - 39..... | 2.26 | 2.96 | 36.2 | 2.69 | 245 | 255 | 672 | 452 | 7.70 | 1.50 | 96.7 | 93.1 |
| 40 - 49..... | 2.04 | 2.84 | 32.3 | 2.43 | 205 | 267 | 615 | 448 | 7.91 | 0.93 | 91.3 | 106.8 |
| 50 - 59..... | 1.96 | 2.67 | 29.8 | 2.39 | 204 | 267 | 614 | 400 | 6.30 | 0.94 | 98.5 | 112.5 |
| 60 - 69..... | 1.85 | 2.50 | 27.2 | 2.18 | 208 | 236 | 590 | 361 | 6.62 | 1.22 | 99.3 | 97.0 |
| 70 and over.... | 1.69 | 2.39 | 24.0 | 2.08 | 206 | 214 | 564 | 340 | 6.09 | 1.28 | 97.4 | 100.3 |
| 20 and over... | 2.01 | 2.69 | 31.6 | 2.46 | 220 | 250 | 623 | 409 | 6.91 | 1.16 | 97.9 | 101.0 |
| Females: | | | | | | | | | | | | |
| 2 - 5..... | 1.25 | 1.84 | 15.5 | 1.44 | 186 | 128 | 444 | 202 | 4.27 | 1.07 | 87.9 | 45.2 |
| 6 - 11..... | 1.48 | 2.05 | 18.9 | 1.53 | 210 | 139 | 497 | 245 | 4.75 | 1.05 | 69.8 | 54.5 |
| 12 - 19..... | 1.38 | 1.75 | 19.3 | 1.47 | 197 | 148 | 482 | 217 | 3.96 | 0.79 | 75.2 | 65.9 |
| 20 - 29..... | 1.45 | 1.90 | 21.3 | 1.71 | 200 | 167 | 508 | 257 | 4.57 | 1.00 | 80.8 | 71.9 |
| 30 - 39..... | 1.55 | 2.06 | 22.8 | 1.81 | 172 | 209 | 501 | 291 | 4.52 | 0.83 | 82.9 | 115.2 |
| 40 - 49..... | 1.40 | 2.07 | 22.4 | 1.67 | 151 | 194 | 450 | 290 | 4.65 | 0.71 | 69.9 | 105.6 |
| 50 - 59..... | 1.40 | 1.94 | 20.3 | 1.60 | 145 | 202 | 448 | 278 | 4.03 | 0.66 | 75.3 | 103.7 |
| 60 - 69..... | 1.30 | 1.83 | 18.7 | 1.56 | 154 | 186 | 449 | 260 | 4.69 | 0.84 | 79.7 | 95.5 |
| 70 and over.... | 1.29 | 1.80 | 18.0 | 1.59 | 160 | 171 | 443 | 241 | 4.38 | 1.14 | 81.8 | 84.6 |
| 20 and over... | 1.41 | 1.95 | 20.9 | 1.66 | 164 | 189 | 468 | 272 | 4.47 | 0.85 | 78.0 | 96.8 |
| Males and females: | | | | | | | | | | | | |
| 2 and over... | 1.67 | 2.26 | 24.9 | 1.97 | 199 | 202 | 540 | 316 | 5.53 | 1.06 | 86.3 | 88.5 |

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Table 1. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

| Gender and age (years) | Calcium (mg) | Phosphorus (mg) | Magnesium (mg) | Iron (mg) | Zinc (mg) | Copper (mg) | Sodium (mg) | Potassium (mg) | Selenium (µg) |
|---------------------------|-----------------|--------------------|-------------------|--------------|--------------|----------------|----------------|-------------------|------------------|
| Males: | | | | | | | | | |
| 2 - 5..... | 955 | 1107 | 202 | 13.0 | 9.0 | 0.9 | 2395 | 2083 | 72.3 |
| 6 - 11..... | 1079 | 1305 | 241 | 15.4 | 10.8 | 1.1 | 3202 | 2258 | 93.6 |
| 12 - 19..... | 1186 | 1586 | 287 | 19.6 | 14.7 | 1.3 | 4266 | 2730 | 130.0 |
| 20 - 29..... | 1103 | 1624 | 327 | 19.3 | 15.4 | 1.5 | 4476 | 2951 | 139.3 |
| 30 - 39..... | 1227 | 1811 | 381 | 20.4 | 16.9 | 1.7 | 4715 | 3377 | 155.2 |
| 40 - 49..... | 1099 | 1677 | 373 | 19.0 | 17.5 | 2.0 | 4350 | 3311 | 138.1 |
| 50 - 59..... | 1020 | 1552 | 354 | 18.2 | 14.0 | 1.6 | 3956 | 3283 | 128.1 |
| 60 - 69..... | 963 | 1434 | 324 | 17.9 | 15.0 | 1.5 | 3738 | 3077 | 114.1 |
| 70 and over.... | 881 | 1274 | 289 | 16.9 | 12.0 | 1.4 | 3142 | 2863 | 102.9 |
| 20 and over... | 1073 | 1600 | 348 | 18.9 | 15.5 | 1.6 | 4178 | 3174 | 133.5 |
| Females: | | | | | | | | | |
| 2 - 5..... | 853 | 997 | 187 | 11.6 | 8.3 | 0.8 | 2146 | 1977 | 68.3 |
| 6 - 11..... | 946 | 1173 | 210 | 13.8 | 9.8 | 1.0 | 2966 | 2016 | 89.8 |
| 12 - 19..... | 849 | 1077 | 216 | 13.3 | 9.6 | 1.0 | 2950 | 1976 | 86.2 |
| 20 - 29..... | 933 | 1194 | 251 | 14.4 | 10.6 | 1.2 | 3107 | 2205 | 96.9 |
| 30 - 39..... | 896 | 1207 | 283 | 14.9 | 11.0 | 1.3 | 3187 | 2453 | 97.7 |
| 40 - 49..... | 923 | 1223 | 285 | 13.9 | 11.1 | 1.3 | 3059 | 2443 | 97.1 |
| 50 - 59..... | 799 | 1134 | 267 | 13.2 | 10.4 | 1.2 | 3001 | 2458 | 93.3 |
| 60 - 69..... | 783 | 1061 | 258 | 12.8 | 10.0 | 1.2 | 2606 | 2376 | 86.2 |
| 70 and over.... | 752 | 993 | 235 | 12.8 | 8.8 | 1.0 | 2395 | 2223 | 78.3 |
| 20 and over... | 858 | 1148 | 265 | 13.8 | 10.4 | 1.2 | 2933 | 2366 | 92.6 |
| Males and females: | | | | | | | | | |
| 2 and over... | 970 | 1334 | 286 | 15.9 | 12.3 | 1.3 | 3436 | 2617 | 107.8 |

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| Gender and age (years) | SFA ¹ 4:0 (g) | SFA 6:0 (g) | SFA 8:0 (g) | SFA 10:0 (g) | SFA 12:0 (g) | SFA 14:0 (g) | SFA 16:0 (g) | SFA 18:0 (g) |
|---------------------------|--------------------------------|-------------------|-------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| Males: | | | | | | | | |
| 2 - 5..... | 0.56 | 0.33 | 0.29 | 0.45 | 0.61 | 2.05 | 11.12 | 5.36 |
| 6 - 11..... | 0.72 | 0.39 | 0.31 | 0.55 | 0.88 | 2.59 | 14.72 | 7.32 |
| 12 - 19..... | 0.81 | 0.42 | 0.33 | 0.60 | 0.99 | 3.12 | 18.90 | 9.31 |
| 20 - 29..... | 0.70 | 0.35 | 0.27 | 0.50 | 0.81 | 2.78 | 18.34 | 8.93 |
| 30 - 39..... | 0.83 | 0.44 | 0.33 | 0.61 | 0.97 | 3.26 | 20.91 | 10.17 |
| 40 - 49..... | 0.75 | 0.40 | 0.30 | 0.55 | 0.80 | 2.88 | 19.07 | 9.30 |
| 50 - 59..... | 0.69 | 0.37 | 0.29 | 0.54 | 0.98 | 2.67 | 17.90 | 8.69 |
| 60 - 69..... | 0.58 | 0.32 | 0.27 | 0.47 | 0.87 | 2.33 | 15.02 | 7.13 |
| 70 and over.... | 0.56 | 0.32 | 0.25 | 0.46 | 0.76 | 2.14 | 13.87 | 6.69 |
| 20 and over... | 0.70 | 0.37 | 0.29 | 0.53 | 0.87 | 2.76 | 18.06 | 8.76 |
| Females: | | | | | | | | |
| 2 - 5..... | 0.53 | 0.32 | 0.27 | 0.42 | 0.61 | 1.85 | 9.89 | 4.70 |
| 6 - 11..... | 0.63 | 0.34 | 0.27 | 0.48 | 0.75 | 2.26 | 13.30 | 6.59 |
| 12 - 19..... | 0.57 | 0.29 | 0.24 | 0.42 | 0.74 | 2.13 | 13.08 | 6.39 |
| 20 - 29..... | 0.62 | 0.34 | 0.27 | 0.47 | 0.78 | 2.33 | 13.58 | 6.43 |
| 30 - 39..... | 0.52 | 0.28 | 0.23 | 0.40 | 0.63 | 2.04 | 13.30 | 6.31 |
| 40 - 49..... | 0.59 | 0.30 | 0.24 | 0.43 | 0.76 | 2.11 | 12.91 | 6.23 |
| 50 - 59..... | 0.51 | 0.26 | 0.22 | 0.40 | 0.75 | 1.96 | 12.07 | 5.84 |
| 60 - 69..... | 0.50 | 0.28 | 0.22 | 0.40 | 0.68 | 1.82 | 11.17 | 5.32 |
| 70 and over.... | 0.50 | 0.28 | 0.20 | 0.39 | 0.58 | 1.75 | 10.09 | 4.85 |
| 20 and over... | 0.55 | 0.29 | 0.23 | 0.42 | 0.70 | 2.03 | 12.36 | 5.91 |
| Males and females: | | | | | | | | |
| 2 and over... | 0.63 | 0.34 | 0.27 | 0.48 | 0.79 | 2.39 | 14.87 | 7.20 |

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| Gender and age (years) | MFA ² 16:1 (g) | MFA 18:1 (g) | MFA 20:1 (g) | MFA 22:1 (g) | PFA ³ 18:2 (g) | PFA 18:3 (g) | PFA 18:4 (g) | PFA 20:4 (g) | PFA 20:5 (g) | PFA 22:5 (g) | PFA 22:6 (g) |
|---------------------------|---------------------------------|--------------------|--------------------|--------------------|---------------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| Males: | | | | | | | | | | | |
| 2 - 5..... | 0.80 | 20.05 | 0.15 | 0.02 | 9.68 | 0.91 | 0.01 | 0.07 | 0.01 | 0.01 | 0.02 |
| 6 - 11..... | 1.11 | 27.31 | 0.21 | 0.02 | 13.85 | 1.21 | 0.02 | 0.09 | 0.01 | 0.01 | 0.03 |
| 12 - 19..... | 1.65 | 35.03 | 0.27 | 0.03 | 17.07 | 1.54 | 0.02 | 0.15 | 0.02 | 0.01 | 0.05 |
| 20 - 29..... | 1.72 | 35.28 | 0.29 | 0.03 | 18.01 | 1.68 | 0.02 | 0.17 | 0.05 | 0.02 | 0.09 |
| 30 - 39..... | 1.93 | 39.55 | 0.34 | 0.05 | 20.33 | 1.88 | 0.02 | 0.22 | 0.06 | 0.03 | 0.10 |
| 40 - 49..... | 1.66 | 36.51 | 0.31 | 0.03 | 18.96 | 1.80 | 0.02 | 0.19 | 0.06 | 0.02 | 0.10 |
| 50 - 59..... | 1.49 | 35.70 | 0.33 | 0.06 | 19.80 | 1.87 | 0.01 | 0.17 | 0.04 | 0.02 | 0.08 |
| 60 - 69..... | 1.33 | 28.58 | 0.29 | #0.06 | 16.04 | 1.58 | 0.02 | 0.16 | 0.07 | 0.03 | 0.12 |
| 70 and over.... | 1.18 | 26.69 | 0.24 | 0.03 | 14.49 | 1.44 | 0.01 | 0.13 | 0.04 | 0.02 | 0.08 |
| 20 and over... | 1.60 | 34.77 | 0.31 | 0.04 | 18.39 | 1.74 | 0.02 | 0.18 | 0.05 | 0.02 | 0.10 |
| Females: | | | | | | | | | | | |
| 2 - 5..... | 0.67 | 17.52 | 0.13 | 0.01 | 8.91 | 0.87 | 0.01 | 0.06 | 0.02 | 0.01 | 0.03 |
| 6 - 11..... | 1.00 | 24.77 | 0.18 | 0.02 | 12.57 | 1.12 | 0.02 | 0.10 | 0.02 | 0.01 | 0.04 |
| 12 - 19..... | 1.03 | 24.56 | 0.18 | 0.02 | 13.93 | 1.26 | 0.01 | 0.09 | 0.01 | 0.01 | 0.03 |
| 20 - 29..... | 1.11 | 25.12 | 0.19 | 0.02 | 13.51 | 1.34 | 0.01 | 0.11 | 0.03 | 0.01 | 0.05 |
| 30 - 39..... | 1.14 | 25.76 | 0.21 | 0.03 | 14.25 | 1.47 | 0.02 | 0.12 | 0.05 | 0.02 | 0.08 |
| 40 - 49..... | 1.07 | 23.88 | 0.20 | 0.03 | 13.72 | 1.35 | 0.01 | 0.12 | 0.05 | 0.02 | 0.09 |
| 50 - 59..... | 1.05 | 22.79 | 0.18 | 0.03 | 12.86 | 1.36 | 0.01 | 0.11 | #0.04 | 0.02 | 0.07 |
| 60 - 69..... | 0.90 | 21.46 | 0.20 | #0.04 | 12.14 | 1.28 | #0.01 | 0.10 | 0.05 | 0.02 | 0.09 |
| 70 and over.... | 0.80 | 18.49 | 0.15 | 0.03 | 10.79 | 1.24 | 0.01 | 0.08 | 0.05 | 0.01 | 0.08 |
| 20 and over... | 1.03 | 23.22 | 0.19 | 0.03 | 13.03 | 1.35 | 0.01 | 0.11 | 0.04 | 0.02 | 0.08 |
| Males and females: | | | | | | | | | | | |
| 2 and over... | 1.26 | 28.14 | 0.23 | 0.03 | 15.05 | 1.45 | 0.01 | 0.13 | 0.04 | 0.02 | 0.07 |

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| Gender and age (years) | Caffeine (mg) | Theo- bromine (mg) | Alcohol (g) |
|---------------------------|------------------|--------------------------|----------------|
| Males: | | | |
| 2 - 5..... | 8.4 | 42.7 | #* |
| 6 - 11..... | 19.7 | 80.2 | #* |
| 12 - 19..... | 69.5 | 50.7 | 2.9 |
| 20 - 29..... | 133.4 | 34.8 | 19.7 |
| 30 - 39..... | 201.1 | 42.5 | 19.7 |
| 40 - 49..... | 263.6 | 47.1 | 23.0 |
| 50 - 59..... | 295.6 | 41.0 | 13.6 |
| 60 - 69..... | 228.0 | 30.0 | 12.9 |
| 70 and over.... | 156.9 | 37.4 | 7.9 |
| 20 and over... | 216.1 | 39.6 | 17.2 |
| Females: | | | |
| 2 - 5..... | 6.9 | 40.5 | #* |
| 6 - 11..... | 17.0 | 76.6 | #* |
| 12 - 19..... | 46.6 | 39.0 | #1.3 |
| 20 - 29..... | 82.2 | 40.5 | 6.4 |
| 30 - 39..... | 165.2 | 34.4 | 7.4 |
| 40 - 49..... | 219.8 | 56.7 | 9.3 |
| 50 - 59..... | 225.3 | 38.8 | 4.8 |
| 60 - 69..... | 163.7 | 30.6 | 4.0 |
| 70 and over.... | 120.8 | 30.5 | 3.1 |
| 20 and over... | 165.3 | 39.8 | 6.1 |
| Males and females: | | | |
| 2 and over... | 149.8 | 43.7 | 8.8 |

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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006

| Gender and age (years) | N | Food energy (kcal) | Protein (g) | Carbo- hydrate (g) | Total sugars (g) | Dietary fiber (g) | Total fat (g) | Saturated fat (g) | Mono- unsaturated fat (g) | Poly- unsaturated fat (g) | Choles- terol (mg) |
|---------------------------|------|--------------------------|----------------|--------------------------|------------------------|-------------------------|---------------------|-------------------------|------------------------------------|------------------------------------|--------------------------|
| Males: | | | | | | | | | | | |
| 2 - 5..... | 442 | 28.4 | 0.99 | 5.3 | 3.3 | 0.45 | 1.19 | 0.57 | 0.55 | 0.25 | 10.0 |
| 6 - 11..... | 489 | 43.2 | 1.66 | 6.2 | 4.7 | 0.49 | 1.83 | 0.69 | 0.72 | 0.54 | 15.0 |
| 12 - 19..... | 1052 | 63.2 | 3.12 | 10.0 | 6.5 | 0.41 | 2.07 | 0.93 | 0.76 | 0.44 | 11.5 |
| 20 - 29..... | 388 | 70.4 | 3.28 | 13.1 | 8.7 | 0.68 | 3.35 | 1.30 | 1.20 | 0.95 | 15.1 |
| 30 - 39..... | 371 | 69.7 | 4.21 | 8.7 | 5.6 | 0.94 | 4.16 | 1.56 | 1.49 | 0.86 | 21.6 |
| 40 - 49..... | 382 | 65.5 | 2.80 | 9.5 | 5.6 | 0.84 | 3.01 | 1.03 | 1.15 | 0.90 | 14.7 |
| 50 - 59..... | 303 | 72.7 | 3.14 | 9.3 | 6.0 | 0.84 | 4.60 | 1.64 | 1.83 | 1.10 | 20.6 |
| 60 - 69..... | 320 | 77.2 | 3.68 | 7.0 | 4.7 | 0.61 | 4.12 | 1.23 | 1.48 | 1.35 | 16.5 |
| 70 and over.... | 399 | 49.7 | 1.71 | 6.9 | 5.2 | 0.57 | 2.10 | 0.83 | 0.81 | 0.65 | 10.8 |
| 20 and over... | 2163 | 43.0 | 1.77 | 5.4 | 3.4 | 0.38 | 2.07 | 0.68 | 0.77 | 0.53 | 5.9 |
| Females: | | | | | | | | | | | |
| 2 - 5..... | 460 | 38.9 | 1.79 | 5.8 | 3.6 | 0.50 | 1.83 | 0.86 | 0.58 | 0.48 | 8.2 |
| 6 - 11..... | 523 | 35.8 | 2.22 | 3.6 | 3.4 | 0.39 | 2.18 | 0.70 | 0.80 | 0.60 | 22.3 |
| 12 - 19..... | 1063 | 32.7 | 1.69 | 4.4 | 2.7 | 0.48 | 1.69 | 0.47 | 0.73 | 0.54 | 3.8 |
| 20 - 29..... | 582 | 65.5 | 2.72 | 7.4 | 4.7 | 0.74 | 3.41 | 1.36 | 1.28 | 0.77 | 12.3 |
| 30 - 39..... | 406 | 36.3 | 2.32 | 5.5 | 4.3 | 0.68 | 2.49 | 0.69 | 0.90 | 1.08 | 12.3 |
| 40 - 49..... | 390 | 51.0 | 2.07 | 7.1 | 3.5 | 0.60 | 2.70 | 1.02 | 1.10 | 0.58 | 8.7 |
| 50 - 59..... | 301 | 50.9 | 2.46 | 7.7 | 4.4 | 0.73 | 2.54 | 0.89 | 0.86 | 0.83 | 18.2 |
| 60 - 69..... | 315 | 48.0 | 2.66 | 4.5 | 3.4 | 0.54 | 2.72 | 1.12 | 1.04 | 0.59 | 14.7 |
| 70 and over.... | 363 | 39.4 | 1.85 | 5.9 | 3.6 | 0.67 | 1.11 | 0.53 | 0.42 | 0.26 | 8.6 |
| 20 and over... | 2357 | 27.6 | 1.35 | 3.3 | 1.9 | 0.34 | 1.60 | 0.56 | 0.54 | 0.47 | 5.6 |
| Males and females: | | | | | | | | | | | |
| 2 and over... | 8549 | 29.0 | 1.15 | 3.6 | 2.3 | 0.26 | 1.35 | 0.49 | 0.48 | 0.31 | 3.3 |

NOTES: * indicates a non-zero value too small to print.

¹SFA = saturated fatty acid.

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³PFA = polyunsaturated fatty acid.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

| Gender and age (years) | Vitamin E (alpha-toc) (mg) | Added Vitamin E (alpha-toc) (mg) | Retinol (µg) | Vitamin A (µg RAE) | Alpha- carotene (µg) | Beta- carotene (µg) | Beta-crypto- xanthin (µg) | Lycopene (µg) | Lutein + zeaxanthin (µg) |
|---------------------------|----------------------------------|---|-----------------|-----------------------|----------------------------|---------------------------|---------------------------------|------------------|--------------------------------|
| Males: | | | | | | | | | |
| 2 - 5..... | 0.11 | 0.06 | 16.3 | 19.8 | 62.1 | 174.4 | 8.4 | 350.9 | 41.0 |
| 6 - 11..... | 0.25 | * | 21.6 | 33.5 | 113.9 | 300.4 | 9.1 | 352.0 | 83.2 |
| 12 - 19..... | 0.26 | 0.14 | 19.5 | 25.4 | 66.6 | 157.9 | 9.6 | 495.1 | 38.5 |
| 20 - 29..... | 0.75 | 0.76 | 28.0 | 34.2 | 94.2 | 173.5 | 23.1 | 856.0 | 233.2 |
| 30 - 39..... | 0.63 | 0.39 | 42.5 | 63.1 | 38.7 | 500.0 | 20.1 | 825.1 | 79.2 |
| 40 - 49..... | 0.41 | 0.20 | 84.7 | 82.3 | 73.7 | 210.2 | 17.9 | 797.0 | 119.3 |
| 50 - 59..... | 0.59 | 0.08 | 28.0 | 21.8 | 63.4 | 185.6 | 20.9 | 905.5 | 165.9 |
| 60 - 69..... | 0.59 | 0.22 | 28.2 | 44.3 | 140.2 | 414.4 | 19.9 | 697.7 | 215.5 |
| 70 and over.... | 0.30 | 0.09 | 47.5 | 41.3 | 41.1 | 127.3 | 14.6 | 454.1 | 162.6 |
| 20 and over... | 0.30 | 0.19 | 25.9 | 26.6 | 30.3 | 103.9 | 8.8 | 372.1 | 89.1 |
| Females: | | | | | | | | | |
| 2 - 5..... | 0.25 | 0.11 | 24.3 | 30.3 | 38.5 | 100.5 | 10.5 | 311.6 | 61.6 |
| 6 - 11..... | 0.22 | 0.10 | 36.1 | 43.8 | 26.5 | 101.4 | 13.9 | 449.3 | 60.2 |
| 12 - 19..... | 0.29 | 0.10 | 20.0 | 28.5 | 45.3 | 127.8 | 13.7 | 478.2 | 83.0 |
| 20 - 29..... | 0.32 | 0.09 | 23.3 | 33.5 | 49.9 | 151.3 | 18.9 | 616.5 | 51.6 |
| 30 - 39..... | 0.60 | 0.37 | 43.1 | 54.1 | 58.7 | 178.5 | 15.0 | 606.5 | 213.7 |
| 40 - 49..... | 0.29 | 0.27 | 20.7 | 25.9 | 61.9 | 217.4 | 11.7 | 582.6 | 234.0 |
| 50 - 59..... | 0.34 | 0.10 | 25.6 | 28.3 | 54.0 | 214.6 | 10.5 | 482.3 | 157.8 |
| 60 - 69..... | 0.38 | 0.12 | 23.7 | 26.3 | 77.9 | 180.8 | 12.8 | 611.4 | 148.2 |
| 70 and over.... | 0.23 | 0.13 | 16.5 | 27.0 | 52.8 | 173.2 | 14.4 | 450.8 | 169.3 |
| 20 and over... | 0.16 | 0.10 | 13.5 | 16.3 | 25.6 | 79.2 | 7.2 | 214.7 | 59.7 |
| Males and females: | | | | | | | | | |
| 2 and over... | 0.15 | 0.08 | 13.2 | 14.1 | 21.6 | 62.3 | 3.7 | 172.4 | 34.8 |

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DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006.

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Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

| Gender and age (years) | Thiamin (mg) | Ribo- flavin (mg) | Niacin (mg) | Vit. B6 (mg) | Folic acid (µg) | Food folate (µg) | Folate (µg DFE) | Choline (mg) | Vit. B12 (µg) | Added Vit. B12 (µg) | Vit. C (mg) | Vit. K (µg) |
|---------------------------|-----------------|-------------------------|----------------|--------------------|-----------------------|------------------------|--------------------|-----------------|---------------------|------------------------------|----------------|----------------|
| Males: | | | | | | | | | | | | |
| 2 - 5..... | 0.033 | 0.049 | 0.48 | 0.041 | 9.3 | 3.1 | 17.3 | 6.4 | 0.172 | 0.097 | 5.58 | 2.19 |
| 6 - 11..... | 0.040 | 0.056 | 0.85 | 0.056 | 9.8 | 4.1 | 17.3 | 8.3 | 0.148 | 0.078 | 6.18 | 4.05 |
| 12 - 19..... | 0.061 | 0.083 | 1.16 | 0.094 | 9.0 | 6.2 | 19.5 | 11.9 | 0.278 | 0.176 | 4.59 | 2.54 |
| 20 - 29..... | 0.090 | 0.093 | 2.00 | 0.273 | 16.6 | 6.9 | 27.4 | 10.6 | 0.271 | 0.234 | 8.77 | 9.52 |
| 30 - 39..... | 0.148 | 0.120 | 1.82 | 0.157 | 20.6 | 7.8 | 37.2 | 19.5 | 0.437 | 0.259 | 6.86 | 5.78 |
| 40 - 49..... | 0.071 | 0.091 | 0.93 | 0.063 | 12.5 | 9.9 | 23.6 | 12.2 | 0.971 | 0.100 | 6.03 | 10.06 |
| 50 - 59..... | 0.073 | 0.109 | 1.22 | 0.110 | 15.3 | 9.1 | 32.6 | 16.2 | 0.527 | 0.166 | 8.03 | 9.23 |
| 60 - 69..... | 0.110 | 0.143 | 1.56 | 0.151 | 16.7 | 7.1 | 31.4 | 16.3 | 0.763 | 0.244 | 5.80 | 10.59 |
| 70 and over.... | 0.034 | 0.056 | 0.37 | 0.055 | 9.7 | 7.7 | 15.1 | 8.4 | 0.477 | 0.087 | 6.74 | 9.12 |
| 20 and over... | 0.038 | 0.048 | 0.74 | 0.080 | 6.4 | 3.8 | 11.8 | 5.4 | 0.171 | 0.083 | 3.05 | 5.18 |
| Females: | | | | | | | | | | | | |
| 2 - 5..... | 0.057 | 0.076 | 0.72 | 0.081 | 13.9 | 4.8 | 25.1 | 8.0 | 0.193 | 0.113 | 5.02 | 4.23 |
| 6 - 11..... | 0.042 | 0.087 | 0.74 | 0.093 | 11.7 | 5.1 | 20.5 | 15.7 | 0.296 | 0.182 | 3.56 | 3.88 |
| 12 - 19..... | 0.039 | 0.057 | 0.42 | 0.039 | 9.0 | 6.2 | 18.6 | 4.4 | 0.164 | 0.087 | 4.30 | 4.02 |
| 20 - 29..... | 0.047 | 0.082 | 0.73 | 0.063 | 11.3 | 8.4 | 21.3 | 10.8 | 0.211 | 0.070 | 4.09 | 5.13 |
| 30 - 39..... | 0.080 | 0.088 | 0.87 | 0.086 | 8.6 | 13.6 | 19.2 | 10.7 | 0.258 | 0.117 | 7.53 | 11.46 |
| 40 - 49..... | 0.055 | 0.055 | 0.76 | 0.046 | 10.9 | 7.3 | 19.8 | 5.6 | 0.199 | 0.152 | 6.87 | 11.21 |
| 50 - 59..... | 0.072 | 0.077 | 0.77 | 0.061 | 15.2 | 10.9 | 24.1 | 15.5 | 0.232 | 0.124 | 5.47 | 9.72 |
| 60 - 69..... | 0.041 | 0.057 | 0.79 | 0.073 | 10.9 | 6.5 | 17.9 | 9.8 | 0.403 | 0.130 | 4.93 | 7.06 |
| 70 and over.... | 0.042 | 0.039 | 0.59 | 0.044 | 5.5 | 6.8 | 13.5 | 7.0 | 0.171 | 0.071 | 4.08 | 7.39 |
| 20 and over... | 0.024 | 0.036 | 0.42 | 0.032 | 3.8 | 4.8 | 6.8 | 5.2 | 0.071 | 0.046 | 2.80 | 4.20 |
| Males and females: | | | | | | | | | | | | |
| 2 and over... | 0.024 | 0.039 | 0.38 | 0.036 | 3.8 | 2.8 | 7.7 | 3.8 | 0.110 | 0.045 | 1.70 | 2.59 |

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Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

| Gender and age (years) | Calcium (mg) | Phosphorus (mg) | Magnesium (mg) | Iron (mg) | Zinc (mg) | Copper (mg) | Sodium (mg) | Potassium (mg) | Selenium (µg) |
|---------------------------|-----------------|--------------------|-------------------|--------------|--------------|----------------|----------------|-------------------|------------------|
| Males: | | | | | | | | | |
| 2 - 5..... | 28.2 | 25.8 | 4.4 | 0.52 | 0.20 | 0.02 | 29.4 | 56.8 | 1.51 |
| 6 - 11..... | 29.1 | 30.5 | 5.8 | 0.33 | 0.22 | 0.02 | 81.9 | 48.9 | 2.78 |
| 12 - 19..... | 45.5 | 47.4 | 8.6 | 0.57 | 0.43 | 0.04 | 108.4 | 75.8 | 3.81 |
| 20 - 29..... | 41.7 | 47.0 | 7.6 | 0.71 | 0.42 | 0.05 | 127.4 | 73.9 | 4.19 |
| 30 - 39..... | 50.9 | 61.3 | 15.2 | 0.85 | 0.93 | 0.07 | 140.0 | 75.3 | 5.93 |
| 40 - 49..... | 41.2 | 31.4 | 7.1 | 0.64 | 1.37 | 0.16 | 147.6 | 76.7 | 4.54 |
| 50 - 59..... | 35.9 | 43.0 | 12.7 | 0.71 | 0.61 | 0.06 | 150.6 | 101.4 | 3.91 |
| 60 - 69..... | 45.5 | 60.0 | 11.4 | 1.00 | 1.93 | 0.11 | 134.8 | 110.6 | 5.23 |
| 70 and over.... | 27.2 | 27.1 | 6.9 | 0.37 | 0.27 | 0.08 | 68.6 | 75.9 | 2.88 |
| 20 and over... | 22.5 | 24.9 | 5.3 | 0.25 | 0.43 | 0.04 | 67.1 | 43.2 | 2.42 |
| Females: | | | | | | | | | |
| 2 - 5..... | 34.1 | 34.0 | 6.1 | 0.47 | 0.38 | 0.03 | 63.4 | 64.2 | 2.59 |
| 6 - 11..... | 50.2 | 47.5 | 6.8 | 0.65 | 0.42 | 0.03 | 100.3 | 75.9 | 2.87 |
| 12 - 19..... | 40.5 | 25.7 | 7.5 | 0.38 | 0.26 | 0.03 | 88.9 | 56.1 | 2.27 |
| 20 - 29..... | 49.4 | 55.0 | 13.7 | 0.50 | 0.33 | 0.06 | 122.4 | 115.1 | 3.88 |
| 30 - 39..... | 44.6 | 37.9 | 10.5 | 0.62 | 0.35 | 0.07 | 98.4 | 69.5 | 3.09 |
| 40 - 49..... | 27.0 | 29.7 | 9.0 | 0.46 | 0.51 | 0.03 | 90.0 | 39.7 | 3.42 |
| 50 - 59..... | 40.0 | 45.1 | 10.4 | 0.60 | 0.53 | 0.05 | 70.2 | 91.5 | 3.58 |
| 60 - 69..... | 34.4 | 38.7 | 10.7 | 0.53 | 0.92 | 0.07 | 78.7 | 84.8 | 4.05 |
| 70 and over.... | 28.7 | 30.8 | 8.3 | 0.47 | 0.49 | 0.04 | 53.6 | 74.9 | 3.04 |
| 20 and over... | 22.1 | 22.0 | 5.2 | 0.19 | 0.13 | 0.02 | 50.4 | 37.6 | 1.94 |
| Males and females: | | | | | | | | | |
| 2 and over... | 18.9 | 19.6 | 3.8 | 0.19 | 0.21 | 0.02 | 47.5 | 33.9 | 1.57 |

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Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

| Gender and age (years) | SFA ¹ 4:0 (g) | SFA 6:0 (g) | SFA 8:0 (g) | SFA 10:0 (g) | SFA 12:0 (g) | SFA 14:0 (g) | SFA 16:0 (g) | SFA 18:0 (g) |
|---------------------------|--------------------------------|-------------------|-------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| Males: | | | | | | | | |
| 2 - 5..... | 0.027 | 0.018 | 0.015 | 0.020 | 0.051 | 0.083 | 0.256 | 0.156 |
| 6 - 11..... | 0.036 | 0.022 | 0.013 | 0.023 | 0.052 | 0.103 | 0.343 | 0.156 |
| 12 - 19..... | 0.034 | 0.018 | 0.022 | 0.030 | 0.086 | 0.122 | 0.442 | 0.231 |
| 20 - 29..... | 0.045 | 0.023 | 0.018 | 0.030 | 0.071 | 0.151 | 0.645 | 0.346 |
| 30 - 39..... | 0.052 | 0.032 | 0.023 | 0.037 | 0.089 | 0.164 | 0.808 | 0.412 |
| 40 - 49..... | 0.039 | 0.020 | 0.016 | 0.024 | 0.047 | 0.092 | 0.539 | 0.338 |
| 50 - 59..... | 0.045 | 0.021 | 0.022 | 0.032 | 0.136 | 0.158 | 0.867 | 0.406 |
| 60 - 69..... | 0.037 | 0.023 | 0.020 | 0.027 | 0.075 | 0.127 | 0.635 | 0.291 |
| 70 and over.... | 0.036 | 0.023 | 0.017 | 0.031 | 0.051 | 0.113 | 0.413 | 0.214 |
| 20 and over... | 0.021 | 0.012 | 0.010 | 0.016 | 0.047 | 0.073 | 0.360 | 0.177 |
| Females: | | | | | | | | |
| 2 - 5..... | 0.038 | 0.024 | 0.023 | 0.032 | 0.086 | 0.121 | 0.391 | 0.183 |
| 6 - 11..... | 0.033 | 0.016 | 0.012 | 0.020 | 0.066 | 0.083 | 0.403 | 0.206 |
| 12 - 19..... | 0.022 | 0.011 | 0.011 | 0.013 | 0.069 | 0.055 | 0.287 | 0.146 |
| 20 - 29..... | 0.048 | 0.030 | 0.022 | 0.037 | 0.059 | 0.163 | 0.681 | 0.319 |
| 30 - 39..... | 0.035 | 0.019 | 0.013 | 0.026 | 0.043 | 0.095 | 0.379 | 0.198 |
| 40 - 49..... | 0.032 | 0.015 | 0.012 | 0.022 | 0.068 | 0.115 | 0.519 | 0.303 |
| 50 - 59..... | 0.035 | 0.019 | 0.021 | 0.028 | 0.090 | 0.119 | 0.446 | 0.203 |
| 60 - 69..... | 0.050 | 0.029 | 0.018 | 0.036 | 0.070 | 0.124 | 0.555 | 0.271 |
| 70 and over.... | 0.029 | 0.016 | 0.011 | 0.024 | 0.052 | 0.085 | 0.227 | 0.116 |
| 20 and over... | 0.021 | 0.011 | 0.008 | 0.015 | 0.026 | 0.064 | 0.283 | 0.136 |
| Males and females: | | | | | | | | |
| 2 and over... | 0.017 | 0.009 | 0.007 | 0.012 | 0.026 | 0.055 | 0.246 | 0.122 |

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Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

| Gender and age (years) | MFA ² 16:1 (g) | MFA 18:1 (g) | MFA 20:1 (g) | MFA 22:1 (g) | PFA ³ 18:2 (g) | PFA 18:3 (g) | PFA 18:4 (g) | PFA 20:4 (g) | PFA 20:5 (g) | PFA 22:5 (g) | PFA 22:6 (g) |
|---------------------------|---------------------------------|--------------------|--------------------|--------------------|---------------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| Males: | | | | | | | | | | | |
| 2 - 5..... | 0.024 | 0.525 | 0.005 | 0.003 | 0.236 | 0.030 | 0.001 | 0.005 | 0.003 | 0.001 | 0.004 |
| 6 - 11..... | 0.037 | 0.695 | 0.014 | 0.003 | 0.534 | 0.065 | 0.004 | 0.006 | 0.004 | 0.001 | 0.009 |
| 12 - 19..... | 0.047 | 0.715 | 0.011 | 0.003 | 0.410 | 0.032 | 0.004 | 0.007 | 0.002 | 0.001 | 0.003 |
| 20 - 29..... | 0.069 | 1.123 | 0.017 | 0.005 | 0.829 | 0.087 | 0.003 | 0.011 | 0.014 | 0.004 | 0.021 |
| 30 - 39..... | 0.076 | 1.376 | 0.015 | 0.009 | 0.764 | 0.073 | 0.003 | 0.016 | 0.016 | 0.004 | 0.019 |
| 40 - 49..... | 0.045 | 1.092 | 0.015 | 0.004 | 0.810 | 0.090 | 0.003 | 0.008 | 0.011 | 0.003 | 0.012 |
| 50 - 59..... | 0.085 | 1.708 | 0.027 | 0.009 | 1.022 | 0.087 | 0.002 | 0.010 | 0.007 | 0.003 | 0.010 |
| 60 - 69..... | 0.050 | 1.399 | 0.026 | 0.018 | 1.189 | 0.118 | 0.004 | 0.011 | 0.016 | 0.008 | 0.027 |
| 70 and over.... | 0.050 | 0.763 | 0.012 | 0.006 | 0.600 | 0.054 | 0.003 | 0.004 | 0.011 | 0.003 | 0.016 |
| 20 and over... | 0.033 | 0.734 | 0.010 | 0.003 | 0.472 | 0.042 | 0.001 | 0.006 | 0.005 | 0.002 | 0.007 |
| Females: | | | | | | | | | | | |
| 2 - 5..... | 0.025 | 0.527 | 0.009 | 0.003 | 0.421 | 0.046 | 0.001 | 0.003 | 0.003 | 0.001 | 0.005 |
| 6 - 11..... | 0.047 | 0.755 | 0.010 | 0.003 | 0.550 | 0.054 | 0.002 | 0.009 | 0.004 | 0.002 | 0.006 |
| 12 - 19..... | 0.021 | 0.678 | 0.009 | 0.005 | 0.485 | 0.050 | 0.001 | 0.003 | 0.002 | 0.001 | 0.005 |
| 20 - 29..... | 0.056 | 1.208 | 0.013 | 0.004 | 0.697 | 0.069 | 0.002 | 0.007 | 0.006 | 0.001 | 0.011 |
| 30 - 39..... | 0.034 | 0.860 | 0.014 | 0.005 | 0.936 | 0.140 | 0.004 | 0.007 | 0.013 | 0.003 | 0.020 |
| 40 - 49..... | 0.057 | 1.055 | 0.011 | 0.004 | 0.551 | 0.050 | 0.003 | 0.005 | 0.011 | 0.003 | 0.016 |
| 50 - 59..... | 0.044 | 0.800 | 0.007 | 0.007 | 0.698 | 0.131 | 0.003 | 0.008 | 0.015 | 0.003 | 0.019 |
| 60 - 69..... | 0.047 | 0.981 | 0.017 | 0.017 | 0.515 | 0.081 | 0.003 | 0.007 | 0.013 | 0.004 | 0.020 |
| 70 and over.... | 0.026 | 0.417 | 0.005 | 0.006 | 0.232 | 0.045 | 0.001 | 0.005 | 0.007 | 0.001 | 0.009 |
| 20 and over... | 0.022 | 0.510 | 0.006 | 0.003 | 0.416 | 0.053 | 0.001 | 0.003 | 0.005 | 0.001 | 0.007 |
| Males and females: | | | | | | | | | | | |
| 2 and over... | 0.019 | 0.457 | 0.005 | 0.002 | 0.279 | 0.029 | 0.001 | 0.002 | 0.003 | 0.001 | 0.004 |

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¹SFA = saturated fatty acid.

²MFA = monounsaturated fatty acid.

³PFA = polyunsaturated fatty acid.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 1se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts Consumed per Individual, One Day, 2005-2006--continued

| Gender and age (years) | Caffeine (mg) | Theo- bromine (mg) | Alcohol (g) |
|---------------------------|------------------|--------------------------|----------------|
| Males: | | | |
| 2 - 5..... | 0.72 | 4.92 | 0.01 |
| 6 - 11..... | 2.74 | 9.28 | 0.01 |
| 12 - 19..... | 6.70 | 4.60 | 0.82 |
| 20 - 29..... | 14.46 | 5.79 | 2.79 |
| 30 - 39..... | 12.21 | 5.47 | 2.59 |
| 40 - 49..... | 14.78 | 6.00 | 2.52 |
| 50 - 59..... | 26.51 | 4.44 | 2.45 |
| 60 - 69..... | 16.17 | 5.13 | 1.67 |
| 70 and over.... | 12.81 | 6.24 | 1.45 |
| 20 and over... | 8.23 | 1.81 | 0.99 |
| Females: | | | |
| 2 - 5..... | 0.90 | 4.13 | * |
| 6 - 11..... | 1.26 | 7.87 | 0.02 |
| 12 - 19..... | 4.18 | 3.03 | 0.44 |
| 20 - 29..... | 8.14 | 4.66 | 1.40 |
| 30 - 39..... | 19.30 | 5.03 | 2.16 |
| 40 - 49..... | 10.24 | 8.33 | 1.74 |
| 50 - 59..... | 15.33 | 5.76 | 1.05 |
| 60 - 69..... | 19.05 | 4.43 | 0.78 |
| 70 and over.... | 7.61 | 3.24 | 0.71 |
| 20 and over... | 4.91 | 1.90 | 0.58 |
| Males and females: | | | |
| 2 and over... | 5.27 | 1.40 | 0.52 |

NOTES: * indicates a non-zero value too small to print.

¹SFA = saturated fatty acid.

²MFA = monounsaturated fatty acid.

³PFA = polyunsaturated fatty acid.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts Consumed per Individual, One Day, 2005-2006.

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