

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2009-2010

Gender and age (years)	Sample size	Food energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Males:</b>																			
2 - 5.....	452	1553	(25.6)	55.7	(1.24)	216	(3.4)	111	(1.9)	12.1	(0.25)	54.4	(1.74)	19.6	(0.76)	19.0	(0.61)	10.8	(0.38)
6 - 11.....	588	1922	(32.6)	68.3	(1.40)	259	(4.5)	126	(1.9)	13.6	(0.24)	70.3	(1.56)	24.7	(0.70)	24.8	(0.56)	14.5	(0.41)
12 - 19.....	672	2539	(72.8)	95.2	(3.14)	335	(11.0)	161	(5.1)	16.4	(0.70)	91.9	(3.25)	31.3	(1.37)	32.7	(1.25)	19.4	(0.65)
20 - 29.....	450	2626	(79.4)	101.0	(3.75)	320	(9.7)	146	(6.2)	17.2	(0.80)	93.0	(3.49)	30.7	(1.10)	33.5	(1.36)	20.3	(0.97)
30 - 39.....	455	2736	(44.9)	106.4	(3.47)	327	(7.6)	143	(6.7)	19.7	(0.86)	97.6	(2.33)	31.5	(1.10)	35.9	(0.83)	21.2	(0.57)
40 - 49.....	481	2730	(73.2)	107.9	(3.04)	320	(7.8)	141	(4.3)	20.3	(0.98)	103.1	(4.32)	34.2	(1.67)	37.9	(1.60)	21.5	(0.82)
50 - 59.....	470	2482	(55.3)	99.8	(3.13)	279	(8.9)	122	(7.0)	18.9	(0.82)	96.6	(2.92)	32.3	(1.29)	34.6	(0.98)	21.0	(0.66)
60 - 69.....	449	2206	(40.0)	89.3	(1.68)	254	(4.7)	108	(4.1)	18.2	(0.49)	84.5	(2.07)	27.2	(0.80)	31.0	(0.90)	18.6	(0.66)
70 and over.....	484	1907	(41.1)	74.4	(1.79)	232	(5.1)	104	(3.8)	17.1	(0.58)	72.4	(1.73)	23.0	(0.64)	27.0	(0.69)	16.1	(0.55)
20 and over...	2789	2512	(30.7)	98.9	(1.37)	296	(3.5)	131	(2.4)	18.7	(0.39)	93.3	(1.71)	30.6	(0.71)	34.0	(0.57)	20.2	(0.39)
<b>Females:</b>																			
2 - 5.....	409	1520	(36.7)	55.6	(1.49)	206	(5.2)	108	(3.3)	11.3	(0.41)	54.9	(1.72)	20.6	(0.91)	18.8	(0.61)	10.5	(0.52)
6 - 11.....	566	1812	(24.5)	63.2	(1.35)	252	(4.9)	120	(2.5)	14.5	(0.46)	63.9	(0.97)	22.1	(0.45)	22.5	(0.39)	13.5	(0.33)
12 - 19.....	593	1821	(43.9)	64.0	(1.48)	242	(6.6)	117	(4.4)	12.6	(0.35)	67.9	(1.72)	23.1	(0.63)	23.6	(0.64)	15.2	(0.63)
20 - 29.....	524	1949	(54.7)	70.1	(1.90)	250	(7.0)	120	(4.6)	13.6	(0.40)	70.8	(2.70)	23.6	(1.08)	25.0	(0.96)	15.7	(0.58)
30 - 39.....	499	1831	(31.5)	69.6	(1.68)	232	(3.4)	104	(3.2)	16.6	(0.63)	67.8	(1.95)	22.2	(0.61)	24.3	(0.74)	15.1	(0.57)
40 - 49.....	555	1794	(59.2)	69.0	(2.04)	228	(8.3)	105	(5.0)	15.1	(0.70)	65.3	(2.14)	21.2	(0.70)	22.9	(0.73)	15.3	(0.65)
50 - 59.....	429	1759	(38.4)	69.6	(1.99)	219	(5.6)	100	(3.4)	17.0	(0.57)	66.0	(1.84)	21.0	(0.78)	23.6	(0.69)	15.4	(0.46)
60 - 69.....	453	1717	(35.4)	66.8	(1.55)	209	(4.6)	96	(3.3)	15.6	(0.38)	66.7	(2.21)	21.9	(0.85)	23.8	(0.82)	15.1	(0.61)
70 and over.....	513	1535	(34.4)	60.1	(1.51)	196	(4.1)	89	(2.2)	15.2	(0.39)	57.8	(1.42)	19.0	(0.48)	20.2	(0.55)	13.5	(0.38)
20 and over...	2973	1778	(15.0)	68.0	(0.68)	224	(2.1)	103	(1.0)	15.5	(0.21)	66.0	(0.59)	21.6	(0.22)	23.4	(0.18)	15.1	(0.22)
<b>Males and females:</b>																			
2 and over...	9042	2081	(12.9)	79.5	(0.70)	259	(1.7)	119	(1.1)	16.2	(0.20)	76.8	(0.75)	25.5	(0.30)	27.5	(0.24)	16.8	(0.23)

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-cryptoxanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>Males:</b>																		
2 - 5.....	170	(8.5)	491	(16.4)	593	(20.4)	207	(28.5)	1086	(84.0)	71	(10.7)	3344	(344.5)	610	(41.9)	1.30	(0.032)
6 - 11.....	206	(8.5)	529	(24.2)	638	(23.7)	285	(52.6)	1131	(138.5)	68	(7.6)	4043	(185.3)	649	(50.0)	1.58	(0.046)
12 - 19.....	286	(15.1)	541	(38.9)	647	(42.4)	234	(45.8)	1114	(121.7)	77	(8.4)	6353	(710.3)	847	(72.6)	1.98	(0.102)
20 - 29.....	331	(13.4)	480	(26.6)	613	(33.4)	327	(33.8)	1403	(121.1)	67	(8.6)	6263	(486.2)	985	(84.3)	1.99	(0.090)
30 - 39.....	345	(17.7)	479	(23.8)	650	(28.4)	374	(47.2)	1828	(172.0)	87	(8.2)	7889	(953.9)	1358	(117.7)	2.07	(0.067)
40 - 49.....	357	(11.4)	478	(17.2)	734	(40.1)	555	(160.9)	2747	(429.6)	100	(15.6)	7479	(1146.8)	1660	(341.1)	2.07	(0.063)
50 - 59.....	351	(19.3)	502	(24.7)	695	(25.5)	388	(53.4)	2081	(177.0)	91	(7.6)	5515	(385.1)	1650	(131.9)	1.90	(0.054)
60 - 69.....	305	(12.5)	448	(27.6)	694	(41.1)	481	(80.3)	2669	(404.6)	90	(9.7)	6308	(838.8)	1920	(346.6)	1.82	(0.057)
70 and over.....	265	(13.8)	517	(31.1)	738	(48.5)	426	(58.0)	2391	(272.6)	98	(9.8)	4546	(441.6)	1466	(126.3)	1.68	(0.047)
20 and over...	333	(6.8)	483	(11.1)	682	(18.6)	421	(39.5)	2132	(126.2)	88	(3.3)	6489	(451.9)	1480	(117.8)	1.95	(0.031)
<b>Females:</b>																		
2 - 5.....	178	(5.9)	489	(23.6)	591	(26.5)	261	(73.4)	1061	(166.3)	74	(8.7)	3162	(254.8)	695	(64.9)	1.23	(0.035)
6 - 11.....	185	(5.6)	443	(19.4)	544	(20.5)	233	(43.0)	1059	(113.6)	67	(6.0)	4973	(697.2)	771	(65.7)	1.50	(0.040)
12 - 19.....	211	(9.6)	400	(21.5)	516	(26.0)	252	(36.7)	1237	(81.5)	49	(6.6)	4690	(439.7)	854	(85.1)	1.41	(0.048)
20 - 29.....	238	(12.1)	398	(21.8)	548	(26.1)	349	(44.2)	1598	(163.3)	64	(8.1)	5034	(432.9)	1113	(83.3)	1.45	(0.026)
30 - 39.....	228	(9.9)	397	(16.6)	590	(25.7)	367	(49.8)	2087	(262.7)	96	(10.7)	5026	(421.5)	1448	(184.8)	1.44	(0.032)
40 - 49.....	221	(10.0)	343	(16.0)	556	(30.7)	475	(107.6)	2278	(312.6)	77	(10.2)	4359	(524.9)	1604	(221.3)	1.38	(0.056)
50 - 59.....	228	(13.9)	420	(29.5)	702	(49.9)	490	(65.3)	3097	(375.1)	98	(14.7)	4238	(318.5)	2428	(350.6)	1.41	(0.043)
60 - 69.....	232	(8.6)	425	(23.7)	648	(24.0)	445	(65.0)	2406	(208.7)	107	(16.8)	4580	(566.2)	1615	(128.7)	1.34	(0.047)
70 and over.....	190	(6.5)	395	(12.6)	612	(18.3)	434	(40.3)	2349	(168.4)	97	(13.1)	3651	(371.5)	1533	(125.6)	1.34	(0.039)
20 and over...	224	(3.6)	394	(8.3)	606	(11.0)	427	(26.6)	2295	(84.2)	88	(6.1)	4510	(192.8)	1628	(90.2)	1.40	(0.012)
<b>Males and females:</b>																		
2 and over...	261	(4.3)	448	(5.8)	628	(9.4)	379	(16.8)	1942	(49.4)	82	(3.2)	5263	(214.4)	1356	(77.7)	1.63	(0.012)

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Ribo- flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>Males:</b>																		
2 - 5.....	1.83	(0.054)	16.4	(0.39)	1.47	(0.038)	173	(6.9)	134	(4.2)	428	(11.7)	222	(6.4)	4.41	(0.160)	1.00	(0.079)
6 - 11.....	2.05	(0.057)	21.0	(0.61)	1.65	(0.054)	226	(11.6)	156	(4.5)	540	(23.3)	256	(6.7)	4.90	(0.158)	1.03	(0.071)
12 - 19.....	2.41	(0.126)	29.9	(1.08)	2.31	(0.120)	262	(24.9)	193	(6.4)	639	(46.1)	333	(13.2)	6.30	(0.264)	1.28	(0.121)
20 - 29.....	2.33	(0.109)	32.4	(1.28)	2.56	(0.156)	230	(10.9)	244	(10.6)	635	(23.3)	390	(14.1)	6.03	(0.323)	1.27	(0.188)
30 - 39.....	2.58	(0.096)	35.0	(1.09)	2.85	(0.106)	245	(14.6)	270	(8.4)	687	(27.0)	427	(13.8)	6.64	(0.397)	1.48	(0.241)
40 - 49.....	2.71	(0.086)	33.9	(1.14)	2.68	(0.105)	234	(13.8)	277	(13.5)	675	(27.8)	446	(11.0)	6.86	(0.206)	1.08	(0.154)
50 - 59.....	2.58	(0.083)	29.8	(0.83)	2.32	(0.090)	181	(7.6)	269	(9.7)	577	(12.9)	430	(15.4)	5.90	(0.333)	0.77	(0.095)
60 - 69.....	2.34	(0.088)	27.0	(0.80)	2.20	(0.069)	191	(11.9)	255	(10.0)	580	(24.8)	384	(9.6)	6.11	(0.260)	0.95	(0.127)
70 and over.....	2.24	(0.066)	24.4	(0.67)	2.11	(0.084)	213	(12.5)	207	(5.6)	569	(25.5)	332	(12.4)	5.98	(0.326)	1.47	(0.147)
20 and over...	2.49	(0.038)	31.2	(0.42)	2.50	(0.039)	218	(4.9)	258	(3.9)	628	(11.5)	409	(4.8)	6.28	(0.124)	1.16	(0.051)
<b>Females:</b>																		
2 - 5.....	1.85	(0.060)	15.3	(0.28)	1.38	(0.033)	174	(9.4)	128	(3.8)	423	(16.9)	224	(5.5)	4.42	(0.184)	0.91	(0.065)
6 - 11.....	1.83	(0.052)	19.7	(0.49)	1.52	(0.056)	208	(10.3)	148	(3.5)	502	(19.0)	231	(5.0)	4.32	(0.168)	0.98	(0.101)
12 - 19.....	1.72	(0.054)	20.0	(0.68)	1.53	(0.059)	206	(12.2)	152	(6.1)	502	(22.2)	237	(7.6)	4.01	(0.238)	0.75	(0.088)
20 - 29.....	1.79	(0.061)	22.6	(0.68)	1.80	(0.080)	183	(6.3)	174	(6.1)	485	(12.3)	269	(9.3)	4.69	(0.251)	0.94	(0.083)
30 - 39.....	1.93	(0.054)	21.1	(0.36)	1.81	(0.070)	184	(7.5)	197	(7.4)	509	(18.1)	277	(7.8)	4.73	(0.203)	1.19	(0.144)
40 - 49.....	1.78	(0.048)	20.5	(0.57)	1.63	(0.052)	153	(13.2)	195	(5.9)	456	(24.6)	277	(10.2)	4.57	(0.820)	0.55	(0.104)
50 - 59.....	1.92	(0.056)	21.5	(0.63)	1.82	(0.076)	157	(10.4)	220	(7.4)	487	(20.5)	291	(13.1)	4.82	(0.372)	1.01	(0.159)
60 - 69.....	1.90	(0.062)	19.9	(0.55)	1.64	(0.049)	144	(9.2)	204	(7.1)	448	(18.5)	282	(8.0)	4.60	(0.245)	0.78	(0.092)
70 and over.....	1.76	(0.045)	18.6	(0.58)	1.66	(0.066)	160	(8.0)	178	(5.2)	450	(16.5)	249	(6.2)	4.18	(0.240)	0.99	(0.115)
20 and over...	1.85	(0.024)	20.8	(0.24)	1.73	(0.026)	164	(4.2)	195	(2.1)	474	(7.7)	275	(4.0)	4.61	(0.148)	0.90	(0.045)
<b>Males and females:</b>																		
2 and over...	2.11	(0.017)	24.7	(0.20)	2.00	(0.021)	196	(4.0)	208	(2.0)	541	(7.6)	319	(3.7)	5.26	(0.068)	1.02	(0.029)

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Males:</b>																
2 - 5.....	82.9	(4.41)	6.8	(0.29)	5.0	(0.20)	0.5	(0.09)	40.6	(2.38)	1034	(38.3)	1137	(32.1)	213	(3.1)
6 - 11.....	73.7	(5.07)	6.7	(0.24)	6.0	(0.15)	0.6	(0.10)	52.2	(3.52)	1127	(38.1)	1321	(35.6)	236	(5.8)
12 - 19.....	87.7	(6.94)	6.4	(0.40)	7.8	(0.36)	0.5	(0.09)	65.8	(3.30)	1260	(58.6)	1640	(62.2)	299	(8.9)
20 - 29.....	102.4	(8.81)	5.5	(0.27)	8.3	(0.48)	0.6*	(0.19)	81.8	(8.87)	1240	(41.9)	1686	(53.5)	334	(14.0)
30 - 39.....	95.9	(4.47)	5.3	(0.36)	9.7	(0.34)	1.0	(0.23)	101.4	(6.62)	1179	(31.0)	1759	(44.4)	370	(11.6)
40 - 49.....	99.0	(9.28)	6.3	(0.60)	9.6	(0.35)	0.6*	(0.30)	102.5	(8.84)	1235	(39.0)	1815	(44.1)	386	(10.9)
50 - 59.....	91.9	(5.05)	6.1	(0.32)	8.7	(0.31)	0.7*	(0.30)	117.4	(5.48)	1142	(34.9)	1669	(51.3)	353	(8.1)
60 - 69.....	89.4	(3.43)	6.0	(0.33)	8.5	(0.29)	0.4*	(0.13)	126.3	(16.16)	1022	(45.9)	1498	(29.6)	331	(5.8)
70 and over.....	90.0	(7.02)	5.8	(0.40)	8.2	(0.37)	0.8	(0.13)	99.1	(6.57)	895	(34.9)	1272	(31.3)	290	(7.5)
20 and over...	95.6	(2.29)	5.9	(0.18)	8.9	(0.16)	0.7	(0.12)	103.8	(5.37)	1146	(14.5)	1655	(18.7)	349	(4.6)
<b>Females:</b>																
2 - 5.....	83.4	(4.69)	6.9	(0.32)	4.6	(0.14)	0.4	(0.08)	44.8	(3.69)	1030	(41.5)	1136	(34.4)	205	(5.9)
6 - 11.....	73.8	(4.23)	5.4	(0.23)	5.7	(0.18)	0.5	(0.10)	54.0	(2.94)	963	(31.2)	1201	(34.1)	226	(6.9)
12 - 19.....	77.8	(6.15)	4.7	(0.31)	6.5	(0.27)	0.5*	(0.15)	60.3	(4.04)	948	(26.8)	1192	(33.4)	224	(5.7)
20 - 29.....	78.5	(4.99)	4.3	(0.25)	6.4	(0.22)	0.5	(0.09)	79.2	(4.37)	935	(24.6)	1222	(31.2)	252	(7.9)
30 - 39.....	78.8	(3.53)	4.8	(0.29)	7.6	(0.37)	0.8	(0.11)	90.9	(9.06)	960	(32.3)	1260	(29.6)	282	(8.2)
40 - 49.....	79.0	(5.78)	4.1	(0.22)	6.8	(0.27)	0.3	(0.09)	108.6	(11.76)	874	(17.9)	1181	(28.1)	270	(6.9)
50 - 59.....	99.4	(10.81)	4.6	(0.51)	8.2	(0.39)	1.2	(0.29)	151.5	(16.75)	890	(30.3)	1202	(31.4)	283	(6.1)
60 - 69.....	79.5	(4.45)	4.7	(0.26)	7.3	(0.26)	0.6	(0.10)	107.8	(8.09)	872	(23.9)	1183	(29.7)	268	(5.6)
70 and over.....	79.5	(3.33)	4.4	(0.14)	6.3	(0.26)	0.6	(0.12)	102.2	(6.60)	813	(12.9)	1061	(18.4)	243	(5.2)
20 and over...	82.7	(2.40)	4.5	(0.15)	7.1	(0.10)	0.7	(0.05)	106.9	(3.97)	895	(11.3)	1190	(11.8)	267	(2.6)
<b>Males and females:</b>																
2 and over...	86.6	(1.40)	5.3	(0.11)	7.5	(0.10)	0.6	(0.05)	92.7	(3.52)	1029	(7.1)	1386	(7.6)	290	(2.0)

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium <sup>2</sup>		Caffeine		Theobromine		Alcohol <sup>3</sup>	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>Males:</b>																		
2 - 5.....	11.6	(0.26)	8.8	(0.18)	0.8	(0.02)	73.8	(1.02)	2092	(37.3)	2331	(70.6)	6.0	(0.70)	43.4	(4.12)	--	--
6 - 11.....	14.0	(0.38)	10.3	(0.29)	1.0	(0.01)	93.6	(2.00)	2248	(50.2)	3062	(62.4)	18.2	(1.78)	64.8	(4.78)	--	--
12 - 19.....	17.6	(0.60)	13.9	(0.41)	1.3	(0.06)	129.8	(5.54)	2750	(112.5)	4211	(156.9)	66.3	(11.12)	51.3	(5.42)	--	--
20 - 29.....	17.5	(0.76)	13.7	(0.72)	1.4	(0.06)	138.3	(4.85)	2911	(121.5)	4376	(111.7)	124.0	(13.82)	36.0	(6.60)	--	--
30 - 39.....	18.9	(0.73)	15.3	(0.60)	1.6	(0.05)	145.0	(3.97)	3207	(80.3)	4533	(105.3)	187.9	(18.79)	38.8	(3.50)	--	--
40 - 49.....	18.6	(0.60)	15.6	(0.43)	1.6	(0.06)	144.2	(4.38)	3504	(106.9)	4588	(162.5)	253.3	(22.34)	50.0	(4.85)	--	--
50 - 59.....	16.6	(0.50)	14.3	(0.67)	1.5	(0.06)	131.3	(4.28)	3311	(93.4)	4253	(151.7)	282.0	(19.41)	52.4	(6.00)	--	--
60 - 69.....	16.3	(0.54)	12.8	(0.32)	1.4	(0.03)	123.4	(3.34)	3119	(84.5)	3900	(80.2)	220.5	(15.75)	36.8	(6.05)	--	--
70 and over.....	16.4	(0.55)	12.1	(0.32)	1.3	(0.06)	102.0	(2.43)	2797	(74.8)	3205	(72.7)	174.8	(15.93)	39.0	(3.48)	--	--
20 and over...	17.5	(0.21)	14.2	(0.22)	1.5	(0.02)	133.7	(1.98)	3172	(43.9)	4243	(42.9)	208.6	(10.70)	42.7	(2.09)	17.2	(1.26)
<b>Females:</b>																		
2 - 5.....	11.3	(0.37)	8.4	(0.25)	0.8	(0.03)	73.2	(1.74)	2046	(53.1)	2283	(57.0)	5.7	(0.56)	45.7	(5.82)	--	--
6 - 11.....	13.5	(0.34)	9.5	(0.25)	1.0	(0.03)	87.6	(2.17)	2092	(54.2)	2875	(66.1)	16.1	(0.99)	68.1	(6.81)	--	--
12 - 19.....	12.9	(0.45)	9.3	(0.29)	1.0	(0.03)	91.1	(1.69)	2008	(55.8)	2958	(95.5)	48.4	(4.28)	50.2	(3.64)	--	--
20 - 29.....	13.5	(0.33)	10.0	(0.26)	1.1	(0.05)	96.3	(2.29)	2227	(56.8)	3217	(74.3)	107.6	(7.62)	34.4	(4.58)	--	--
30 - 39.....	14.1	(0.38)	10.2	(0.26)	1.2	(0.04)	94.6	(2.06)	2420	(40.5)	3050	(63.1)	155.8	(12.22)	38.2	(3.76)	--	--
40 - 49.....	12.9	(0.49)	9.9	(0.33)	1.1	(0.04)	96.5	(3.66)	2391	(69.1)	3014	(74.1)	168.8	(12.22)	42.5	(4.09)	--	--
50 - 59.....	13.1	(0.44)	9.8	(0.30)	1.2	(0.04)	95.8	(3.21)	2592	(53.8)	2992	(79.9)	186.1	(15.95)	38.7	(4.12)	--	--
60 - 69.....	12.7	(0.53)	9.6	(0.26)	1.3	(0.05)	93.0	(3.35)	2488	(52.0)	2891	(79.1)	166.8	(14.61)	44.5	(4.60)	--	--
70 and over.....	12.6	(0.37)	9.5	(0.32)	1.1	(0.03)	81.4	(2.38)	2339	(36.5)	2588	(65.3)	121.9	(11.93)	33.5	(2.79)	--	--
20 and over...	13.2	(0.18)	9.8	(0.17)	1.2	(0.02)	93.6	(1.12)	2408	(22.2)	2980	(29.9)	152.2	(7.79)	38.7	(1.92)	5.8	(0.48)
<b>Males and females:</b>																		
2 and over...	14.9	(0.11)	11.5	(0.11)	1.2	(0.01)	108.5	(0.99)	2640	(18.0)	3463	(19.4)	142.4	(6.33)	44.1	(1.66)	--	--

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	SFA 4:0 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
<b>Males:</b>								
2 - 5.....	0.51 (0.035)	0.31 (0.022)	0.27 (0.016)	0.45 (0.022)	0.59 (0.038)	1.86 (0.111)	10.16 (0.352)	4.68 (0.155)
6 - 11.....	0.57 (0.034)	0.33 (0.020)	0.26 (0.018)	0.49 (0.028)	0.75 (0.056)	2.20 (0.104)	12.94 (0.334)	6.16 (0.160)
12 - 19.....	0.67 (0.047)	0.36 (0.020)	0.29 (0.019)	0.54 (0.032)	0.87 (0.068)	2.68 (0.145)	16.89 (0.726)	7.85 (0.363)
20 - 29.....	0.62 (0.027)	0.35 (0.016)	0.27 (0.015)	0.52 (0.022)	0.77 (0.072)	2.60 (0.105)	16.71 (0.615)	7.78 (0.292)
30 - 39.....	0.60 (0.036)	0.33 (0.019)	0.26 (0.014)	0.51 (0.025)	0.79 (0.072)	2.59 (0.142)	17.26 (0.511)	7.98 (0.296)
40 - 49.....	0.68 (0.044)	0.37 (0.027)	0.30 (0.025)	0.57 (0.043)	0.97 (0.130)	2.84 (0.198)	18.42 (0.827)	8.86 (0.402)
50 - 59.....	0.67 (0.043)	0.38 (0.024)	0.30 (0.020)	0.57 (0.036)	0.90 (0.112)	2.74 (0.170)	17.48 (0.589)	8.15 (0.313)
60 - 69.....	0.55 (0.037)	0.30 (0.021)	0.23 (0.011)	0.46 (0.026)	0.73 (0.036)	2.23 (0.098)	14.80 (0.424)	6.89 (0.217)
70 and over.....	0.44 (0.015)	0.25 (0.008)	0.20 (0.008)	0.38 (0.014)	0.63 (0.027)	1.78 (0.049)	12.52 (0.338)	5.97 (0.218)
20 and over...	0.61 (0.019)	0.34 (0.010)	0.26 (0.008)	0.51 (0.015)	0.82 (0.049)	2.54 (0.076)	16.62 (0.355)	7.80 (0.186)
<b>Females:</b>								
2 - 5.....	0.57 (0.051)	0.35 (0.029)	0.28 (0.015)	0.47 (0.032)	0.67 (0.026)	2.07 (0.138)	10.51 (0.412)	4.89 (0.202)
6 - 11.....	0.49 (0.021)	0.29 (0.012)	0.23 (0.011)	0.42 (0.014)	0.66 (0.040)	1.94 (0.066)	11.78 (0.255)	5.51 (0.107)
12 - 19.....	0.54 (0.023)	0.30 (0.013)	0.24 (0.012)	0.44 (0.019)	0.77 (0.074)	2.06 (0.072)	12.19 (0.320)	5.77 (0.159)
20 - 29.....	0.51 (0.031)	0.29 (0.019)	0.22 (0.013)	0.42 (0.023)	0.65 (0.042)	2.04 (0.113)	12.61 (0.578)	5.97 (0.272)
30 - 39.....	0.49 (0.018)	0.27 (0.011)	0.22 (0.012)	0.43 (0.020)	0.72 (0.051)	1.96 (0.056)	11.78 (0.322)	5.57 (0.170)
40 - 49.....	0.46 (0.023)	0.25 (0.014)	0.21 (0.011)	0.39 (0.017)	0.65 (0.045)	1.80 (0.070)	11.41 (0.371)	5.29 (0.176)
50 - 59.....	0.46 (0.032)	0.25 (0.015)	0.20 (0.012)	0.38 (0.024)	0.63 (0.047)	1.74 (0.096)	11.36 (0.408)	5.30 (0.174)
60 - 69.....	0.51 (0.030)	0.29 (0.017)	0.22 (0.015)	0.42 (0.025)	0.66 (0.050)	1.90 (0.098)	11.75 (0.411)	5.49 (0.225)
70 and over.....	0.42 (0.014)	0.23 (0.008)	0.19 (0.010)	0.36 (0.011)	0.60 (0.057)	1.59 (0.045)	10.20 (0.253)	4.80 (0.140)
20 and over...	0.48 (0.011)	0.26 (0.006)	0.21 (0.004)	0.40 (0.009)	0.65 (0.019)	1.85 (0.030)	11.56 (0.116)	5.42 (0.051)
<b>Males and females:</b>								
2 and over...	0.55 (0.010)	0.31 (0.006)	0.24 (0.005)	0.46 (0.008)	0.73 (0.023)	2.18 (0.037)	13.71 (0.145)	6.43 (0.081)

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Males:</b>														
2 - 5.....	0.73	(0.024)	17.81	(0.570)	0.18	(0.010)	0.01	(0.003)	9.69	(0.357)	0.88	(0.027)	0.01	(0.001)
6 - 11.....	0.97	(0.037)	23.24	(0.527)	0.23	(0.008)	0.01	(0.001)	13.07	(0.371)	1.17	(0.041)	0.01	(0.002)
12 - 19.....	1.38	(0.059)	30.50	(1.173)	0.32	(0.016)	0.03	(0.004)	17.42	(0.578)	1.55	(0.063)	0.02	(0.005)
20 - 29.....	1.44	(0.054)	31.19	(1.286)	0.33	(0.015)	0.03	(0.004)	17.95	(0.860)	1.78	(0.099)	0.02	(0.002)
30 - 39.....	1.58	(0.067)	33.49	(0.775)	0.36	(0.013)	0.04	(0.004)	18.80	(0.540)	1.77	(0.034)	0.02	(0.002)
40 - 49.....	1.59	(0.081)	35.37	(1.505)	0.39	(0.028)	0.03	(0.004)	19.07	(0.757)	1.80	(0.077)	0.02	(0.005)
50 - 59.....	1.49	(0.062)	32.25	(0.897)	0.33	(0.018)	0.04*	(0.014)	18.49	(0.590)	1.95	(0.091)	0.01	(0.002)
60 - 69.....	1.27	(0.047)	28.98	(0.852)	0.33	(0.019)	0.07	(0.019)	16.41	(0.579)	1.70	(0.083)	0.02	(0.002)
70 and over.....	1.04	(0.034)	25.36	(0.646)	0.25	(0.008)	0.03	(0.008)	14.13	(0.487)	1.48	(0.060)	0.01	(0.001)
20 and over...	1.44	(0.030)	31.75	(0.539)	0.34	(0.008)	0.04	(0.004)	17.84	(0.345)	1.77	(0.039)	0.02	(0.001)
<b>Females:</b>														
2 - 5.....	0.75	(0.034)	17.65	(0.580)	0.16	(0.008)	0.01	(0.001)	9.36	(0.478)	0.92	(0.037)	0.01	(0.001)
6 - 11.....	0.84	(0.022)	21.08	(0.370)	0.21	(0.009)	0.01	(0.002)	12.13	(0.290)	1.12	(0.041)	0.01	(0.001)
12 - 19.....	0.91	(0.035)	22.05	(0.587)	0.21	(0.012)	0.02	(0.004)	13.69	(0.594)	1.22	(0.037)	0.01	(0.002)
20 - 29.....	1.05	(0.052)	23.40	(0.887)	0.25	(0.010)	0.01	(0.002)	13.93	(0.515)	1.39	(0.056)	0.01	(0.002)
30 - 39.....	0.96	(0.035)	22.69	(0.703)	0.22	(0.007)	0.02	(0.002)	13.44	(0.507)	1.31	(0.066)	0.01	(0.001)
40 - 49.....	0.92	(0.030)	21.35	(0.686)	0.24	(0.021)	0.02	(0.005)	13.55	(0.579)	1.37	(0.069)	0.01	(0.004)
50 - 59.....	0.88	(0.029)	22.15	(0.659)	0.24	(0.018)	0.03	(0.004)	13.51	(0.433)	1.47	(0.041)	0.01	(0.003)
60 - 69.....	0.91	(0.046)	22.30	(0.759)	0.24	(0.020)	0.02	(0.002)	13.27	(0.529)	1.39	(0.079)	0.01	(0.002)
70 and over.....	0.78	(0.027)	19.04	(0.520)	0.18	(0.009)	0.02	(0.005)	11.89	(0.321)	1.34	(0.051)	0.01	(0.001)
20 and over...	0.92	(0.008)	21.91	(0.179)	0.23	(0.007)	0.02	(0.002)	13.33	(0.197)	1.38	(0.029)	0.01	(0.001)
<b>Males and females:</b>														
2 and over...	1.12	(0.013)	25.73	(0.232)	0.27	(0.004)	0.03	(0.002)	14.93	(0.200)	1.48	(0.023)	0.01	(0.001)

**Table 1. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Gender and Age, in the United States, 2009-2010 (continued)

Gender and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
<b>Males:</b>				
2 - 5.....	0.08 (0.005)	0.01 (0.003)	0.01 (0.001)	0.03 (0.006)
6 - 11.....	0.10 (0.005)	0.01 (0.002)	0.01 (0.001)	0.03 (0.004)
12 - 19.....	0.15 (0.009)	0.02 (0.002)	0.02 (0.001)	0.04 (0.005)
20 - 29.....	0.19 (0.011)	0.04 (0.005)	0.03 (0.002)	0.07 (0.008)
30 - 39.....	0.19 (0.009)	0.04 (0.006)	0.03 (0.003)	0.09 (0.012)
40 - 49.....	0.19 (0.008)	0.04 (0.011)	0.03 (0.003)	0.09 (0.019)
50 - 59.....	0.18 (0.009)	0.04 (0.005)	0.03 (0.002)	0.08 (0.007)
60 - 69.....	0.16 (0.009)	0.06 (0.006)	0.03 (0.002)	0.10 (0.013)
70 and over.....	0.14 (0.008)	0.04 (0.006)	0.02 (0.003)	0.08 (0.012)
20 and over...	0.18 (0.004)	0.04 (0.003)	0.03 (0.001)	0.08 (0.005)
<b>Females:</b>				
2 - 5.....	0.08 (0.005)	0.01 (0.002)	0.01 (0.001)	0.02 (0.003)
6 - 11.....	0.09 (0.004)	0.01 (0.002)	0.01 (0.001)	0.03 (0.003)
12 - 19.....	0.11 (0.006)	0.02 (0.002)	0.01 (0.001)	0.03 (0.003)
20 - 29.....	0.13 (0.007)	0.03 (0.004)	0.02 (0.002)	0.05 (0.008)
30 - 39.....	0.11 (0.005)	0.03 (0.006)	0.02 (0.002)	0.06 (0.009)
40 - 49.....	0.12 (0.008)	0.04* (0.017)	0.02 (0.003)	0.07* (0.022)
50 - 59.....	0.12 (0.008)	0.03 (0.005)	0.02 (0.003)	0.07 (0.011)
60 - 69.....	0.12 (0.007)	0.04 (0.004)	0.02 (0.001)	0.07 (0.006)
70 and over.....	0.09 (0.005)	0.02 (0.004)	0.02 (0.002)	0.05 (0.006)
20 and over...	0.12 (0.003)	0.03 (0.004)	0.02 (0.001)	0.06 (0.006)
<b>Males and females:</b>				
2 and over...	0.14 (0.002)	0.03 (0.003)	0.02 (0.001)	0.06 (0.004)



### Symbol Legend

\* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means are as follows:

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 2.04.

### Footnotes

<sup>1</sup> Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

<sup>2</sup> Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0. Details available at: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

<sup>3</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented due to extreme variability and/or inadequate sample size.

### Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents. SFA = saturated fatty acid; MFA = monounsaturated fatty acid; PFA = polyunsaturated fatty acid.

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2009-2010

The statistics in this table are estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2009-2010. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 5.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

Intakes of nutrients and other dietary components are based on the consumption of food and beverages, including water, and do not include intake from supplements or medications.

The table includes data from individuals 2 years and over. Breast-fed children were excluded because breast milk was not quantified in dietary recall interviews.

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