

**Table 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2009-2010

Family income in dollars 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>\$0 - \$24,999:</b>																			
2 - 5.....	347	1577	(26.7)	56.9	(1.12)	215	(4.9)	111	(3.6)	11.2	(0.42)	56.3	(1.17)	20.3	(0.50)	19.7	(0.43)	11.0	(0.34)
6 - 11.....	373	1939	(45.2)	70.5	(1.90)	258	(6.6)	125	(3.4)	14.1	(0.56)	71.8	(2.29)	25.0	(0.94)	25.2	(0.74)	15.2	(0.61)
12 - 19.....	384	2128	(65.5)	76.9	(2.58)	280	(9.2)	135	(5.1)	13.6	(0.53)	78.6	(2.54)	26.3	(0.90)	27.8	(0.98)	17.5	(0.85)
20 and over...	1884	2097	(32.9)	79.0	(1.53)	261	(4.5)	123	(3.6)	15.5	(0.42)	76.1	(1.16)	25.2	(0.54)	27.5	(0.42)	16.4	(0.27)
2 and over...	2988	2052	(26.7)	76.6	(1.32)	260	(3.6)	124	(2.7)	14.9	(0.33)	74.7	(0.96)	25.0	(0.43)	26.8	(0.33)	16.1	(0.23)
<b>\$25,000 - \$74,999:</b>																			
2 - 5.....	308	1579	(57.5)	56.3	(2.65)	219	(6.9)	115	(3.6)	12.1	(0.47)	55.7	(3.12)	21.0	(1.70)	19.0	(1.08)	10.7	(0.65)
6 - 11.....	449	1830	(27.4)	63.2	(0.98)	251	(3.9)	122	(2.6)	13.7	(0.48)	66.3	(1.64)	23.4	(0.59)	23.4	(0.80)	13.3	(0.30)
12 - 19.....	499	2098	(67.1)	75.6	(2.20)	280	(10.7)	140	(6.7)	14.2	(0.69)	76.6	(2.96)	25.8	(1.03)	27.1	(1.12)	16.9	(0.71)
20 and over...	2215	2130	(32.1)	83.2	(1.32)	259	(3.7)	117	(1.8)	16.8	(0.40)	79.2	(1.48)	25.7	(0.50)	28.8	(0.60)	17.6	(0.39)
2 and over...	3471	2072	(22.1)	79.3	(0.93)	258	(2.8)	119	(1.6)	16.0	(0.32)	76.6	(1.12)	25.3	(0.37)	27.6	(0.46)	16.8	(0.31)
<b>\$75,000 and higher:</b>																			
2 - 5.....	150	1445	(33.4)	52.7	(1.46)	198	(6.2)	101	(3.4)	12.0	(0.59)	51.9	(1.69)	18.9	(0.81)	18.1	(0.69)	10.3	(0.24)
6 - 11.....	253	1844	(49.7)	65.0	(2.68)	258	(7.0)	125	(3.2)	14.2	(0.74)	64.0	(1.68)	22.1	(0.77)	22.4	(0.56)	13.8	(0.55)
12 - 19.....	280	2247	(92.3)	84.5	(4.11)	297	(11.4)	140	(6.9)	15.1	(0.69)	81.8	(4.50)	28.4	(1.85)	28.7	(1.76)	17.1	(1.01)
20 and over...	1198	2164	(24.7)	86.0	(2.33)	255	(3.4)	111	(2.1)	18.3	(0.44)	82.0	(1.49)	26.9	(0.46)	29.2	(0.47)	18.5	(0.51)
2 and over...	1881	2112	(17.2)	82.4	(1.65)	258	(3.4)	115	(2.1)	17.2	(0.31)	79.0	(0.98)	26.3	(0.35)	28.0	(0.29)	17.5	(0.43)
<b>All Individuals<sup>2</sup>:</b>																			
2 - 5.....	861	1537	(24.5)	55.6	(1.11)	211	(3.2)	110	(2.0)	11.7	(0.22)	54.6	(1.39)	20.1	(0.75)	18.9	(0.47)	10.7	(0.33)
6 - 11.....	1154	1869	(20.4)	65.8	(0.81)	256	(3.7)	123	(1.7)	14.0	(0.28)	67.2	(0.69)	23.4	(0.33)	23.7	(0.30)	14.1	(0.21)
12 - 19.....	1265	2167	(43.7)	79.1	(2.04)	287	(5.9)	138	(2.5)	14.4	(0.39)	79.4	(2.13)	27.0	(0.88)	28.0	(0.84)	17.3	(0.54)
20 and over...	5762	2132	(19.6)	82.9	(0.93)	259	(2.3)	117	(1.3)	17.1	(0.24)	79.2	(1.00)	25.9	(0.40)	28.5	(0.33)	17.6	(0.26)
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 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	188	(7.8)	479	(22.2)	576	(29.3)	254	(70.4)	1003	(158.8)	82	(13.7)	3498	(330.2)	610	(46.2)	1.31	(0.040)
6 - 11.....	224	(11.9)	487	(23.0)	597	(19.0)	272	(48.8)	1146	(105.5)	69	(7.2)	4365	(727.6)	732	(58.9)	1.56	(0.049)
12 - 19.....	237	(12.8)	446	(30.5)	537	(30.7)	186	(40.2)	978	(123.1)	55	(10.3)	5445	(832.9)	797	(110.7)	1.64	(0.074)
20 and over...	274	(7.3)	406	(15.2)	581	(15.8)	383	(26.4)	1861	(92.3)	86	(8.8)	5171	(431.7)	1298	(99.2)	1.57	(0.025)
2 and over...	260	(7.5)	423	(12.2)	577	(12.0)	343	(20.1)	1646	(66.2)	81	(5.9)	5020	(396.2)	1149	(76.7)	1.56	(0.020)
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	169	(11.7)	510	(33.2)	606	(35.4)	217	(50.1)	1016	(127.1)	70	(12.2)	3239	(316.8)	569	(32.5)	1.28	(0.051)
6 - 11.....	197	(6.5)	484	(22.7)	566	(28.4)	176	(39.1)	857	(106.0)	66	(7.3)	4046	(279.7)	772	(81.6)	1.50	(0.035)
12 - 19.....	244	(17.8)	425	(27.5)	519	(34.0)	188	(35.1)	1003	(114.9)	65	(7.4)	4862	(505.6)	767	(92.8)	1.56	(0.086)
20 and over...	282	(5.4)	437	(15.2)	634	(21.7)	370	(26.5)	2141	(121.2)	78	(5.4)	5353	(342.7)	1691	(164.8)	1.64	(0.031)
2 and over...	265	(4.8)	443	(12.1)	615	(17.5)	327	(23.2)	1857	(96.9)	75	(3.8)	5080	(265.9)	1460	(128.9)	1.60	(0.023)
<b>\$75,000 and higher:</b>																		
2 - 5.....	155	(14.6)	473	(20.5)	601	(22.7)	264*(103.1)		1376	(219.7)	65	(8.8)	3039	(545.4)	842	(103.8)	1.22	(0.043)
6 - 11.....	168	(7.8)	492	(37.6)	622	(46.9)	348	(72.9)	1356	(186.2)	65	(12.3)	4730	(853.0)	603	(36.8)	1.55	(0.093)
12 - 19.....	244	(14.7)	510	(25.1)	655	(31.2)	354	(89.4)	1532	(185.7)	54	(7.9)	5796	(766.9)	956	(152.4)	1.83	(0.071)
20 and over...	270	(7.9)	455	(11.0)	683	(20.2)	462	(36.0)	2468	(157.9)	93	(5.7)	5776	(436.7)	1648	(128.8)	1.75	(0.032)
2 and over...	252	(6.7)	465	(7.4)	671	(16.5)	430	(33.6)	2211	(143.8)	85	(4.9)	5557	(399.7)	1438	(117.0)	1.72	(0.025)
<b>All Individuals<sup>2</sup>:</b>																		
2 - 5.....	174	(5.7)	490	(16.0)	592	(19.2)	232	(40.1)	1074	(97.9)	72	(6.9)	3259	(183.8)	650	(27.8)	1.27	(0.024)
6 - 11.....	196	(4.9)	487	(16.6)	592	(19.1)	260	(34.9)	1096	(86.6)	67	(6.0)	4495	(346.0)	708	(42.9)	1.54	(0.036)
12 - 19.....	247	(10.7)	468	(24.5)	579	(28.7)	243	(31.9)	1178	(73.9)	62	(5.5)	5491	(389.9)	851	(51.7)	1.68	(0.061)
20 and over...	276	(4.5)	437	(7.9)	643	(11.0)	424	(20.2)	2216	(53.0)	88	(4.0)	5464	(275.2)	1557	(92.9)	1.66	(0.018)
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 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars 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>\$0 - \$24,999:</b>																		
2 - 5.....	1.86	(0.058)	16.9	(0.50)	1.50	(0.061)	195	(16.4)	126	(3.3)	456	(28.3)	229	(6.2)	4.63	(0.184)	1.11	(0.113)
6 - 11.....	1.98	(0.063)	22.1	(0.65)	1.71	(0.072)	209	(11.2)	155	(5.1)	510	(23.0)	260	(8.3)	4.75	(0.164)	1.06	(0.107)
12 - 19.....	1.92	(0.084)	23.5	(1.20)	1.80	(0.108)	217	(10.4)	165	(8.6)	533	(21.8)	271	(12.2)	4.95	(0.242)	1.04	(0.154)
20 and over...	2.02	(0.057)	24.4	(0.55)	2.00	(0.068)	174	(6.0)	205	(5.5)	502	(11.4)	330	(7.1)	5.04	(0.188)	0.87	(0.055)
2 and over...	2.00	(0.040)	23.6	(0.44)	1.92	(0.050)	183	(5.9)	191	(4.3)	503	(11.3)	311	(6.5)	4.98	(0.142)	0.92	(0.048)
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	1.89	(0.091)	15.6	(0.56)	1.41	(0.052)	168	(7.7)	137	(7.5)	422	(17.4)	220	(10.0)	4.55	(0.230)	0.97	(0.065)
6 - 11.....	1.90	(0.052)	19.6	(0.64)	1.57	(0.072)	216	(13.3)	146	(3.1)	513	(22.5)	240	(5.8)	4.74	(0.176)	1.09	(0.090)
12 - 19.....	1.90	(0.117)	24.1	(1.07)	1.83	(0.132)	222	(26.4)	170	(9.2)	547	(49.6)	273	(14.1)	4.90	(0.307)	0.93	(0.110)
20 and over...	2.12	(0.041)	25.9	(0.30)	2.11	(0.024)	188	(5.7)	223	(3.8)	542	(11.3)	344	(5.4)	5.33	(0.189)	1.01	(0.057)
2 and over...	2.07	(0.026)	24.6	(0.20)	2.00	(0.024)	192	(6.6)	207	(2.8)	534	(11.9)	321	(4.2)	5.19	(0.160)	1.00	(0.045)
<b>\$75,000 and higher:</b>																		
2 - 5.....	1.77	(0.069)	15.2	(0.57)	1.36	(0.067)	161	(6.9)	130	(4.9)	404	(12.7)	214	(11.0)	4.00	(0.232)	0.85	(0.106)
6 - 11.....	1.94	(0.107)	19.6	(1.00)	1.49	(0.082)	217	(14.8)	155	(9.3)	523	(33.2)	234	(9.9)	4.39	(0.240)	0.84	(0.106)
12 - 19.....	2.28	(0.064)	26.8	(1.02)	2.11	(0.110)	251	(15.1)	173	(8.0)	600	(25.3)	294	(11.9)	5.70	(0.320)	1.21	(0.157)
20 and over...	2.32	(0.043)	26.9	(0.75)	2.18	(0.069)	200	(8.3)	242	(5.7)	583	(17.2)	341	(9.7)	5.85	(0.409)	1.18	(0.090)
2 and over...	2.26	(0.028)	25.7	(0.54)	2.07	(0.051)	206	(6.4)	221	(5.2)	571	(13.8)	320	(8.1)	5.62	(0.287)	1.14	(0.063)
<b>All Individuals<sup>2</sup>:</b>																		
2 - 5.....	1.84	(0.045)	15.9	(0.29)	1.43	(0.030)	173	(5.5)	131	(2.9)	426	(10.5)	223	(4.8)	4.42	(0.135)	0.96	(0.056)
6 - 11.....	1.94	(0.037)	20.4	(0.47)	1.59	(0.053)	217	(9.5)	152	(3.2)	522	(18.3)	244	(3.8)	4.62	(0.096)	1.00	(0.064)
12 - 19.....	2.05	(0.077)	24.8	(0.57)	1.91	(0.062)	233	(13.6)	172	(3.7)	568	(23.7)	283	(8.4)	5.12	(0.201)	1.01	(0.070)
20 and over...	2.16	(0.028)	25.8	(0.29)	2.10	(0.025)	190	(3.6)	225	(2.2)	548	(7.4)	340	(3.9)	5.42	(0.097)	1.03	(0.036)
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 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars 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>\$0 - \$24,999:</b>																
2 - 5.....	86.2	(4.20)	6.8	(0.27)	4.9	(0.23)	0.6	(0.16)	38.5	(2.07)	988	(27.4)	1099	(24.9)	203	(4.8)
6 - 11.....	79.1	(3.54)	6.3	(0.34)	5.7	(0.16)	0.3	(0.07)	52.3	(3.46)	1046	(47.4)	1305	(38.1)	229	(7.4)
12 - 19.....	82.8	(10.47)	5.3	(0.31)	7.0	(0.62)	0.6*	(0.22)	60.9	(5.09)	1059	(56.4)	1353	(43.6)	250	(8.5)
20 and over...	84.8	(3.47)	4.8	(0.20)	6.9	(0.18)	0.3	(0.05)	88.6	(5.43)	948	(25.4)	1342	(27.8)	288	(5.7)
2 and over...	84.2	(2.20)	5.1	(0.14)	6.7	(0.16)	0.4	(0.04)	79.1	(3.92)	971	(20.4)	1324	(20.9)	273	(4.5)
<b>\$25,000 - \$74,999:</b>																
2 - 5.....	81.5	(6.56)	7.0	(0.36)	4.6	(0.21)	0.4	(0.05)	40.7	(3.61)	1086	(73.2)	1180	(64.2)	216	(8.0)
6 - 11.....	72.7	(4.20)	6.0	(0.31)	5.9	(0.24)	0.8	(0.15)	55.1	(4.97)	1021	(27.9)	1220	(24.8)	220	(4.6)
12 - 19.....	83.3	(8.70)	5.0	(0.31)	7.1	(0.30)	0.5	(0.12)	58.0	(4.32)	1028	(37.3)	1329	(38.2)	250	(8.2)
20 and over...	86.7	(3.63)	4.9	(0.20)	8.0	(0.17)	0.8	(0.09)	110.5	(7.20)	988	(20.3)	1405	(21.0)	303	(4.8)
2 and over...	85.0	(2.84)	5.1	(0.15)	7.5	(0.11)	0.7	(0.07)	96.7	(5.49)	1001	(14.3)	1369	(14.4)	286	(3.6)
<b>\$75,000 and higher:</b>																
2 - 5.....	78.0	(5.28)	6.6	(0.35)	5.1	(0.30)	0.5	(0.12)	50.3	(5.41)	1009	(42.9)	1114	(25.0)	208	(4.4)
6 - 11.....	69.1	(5.08)	5.9	(0.47)	5.9	(0.20)	0.6	(0.12)	53.0	(3.06)	1077	(68.7)	1284	(73.5)	243	(13.4)
12 - 19.....	76.7	(6.27)	6.0	(0.33)	7.2	(0.56)	0.5	(0.16)	72.3	(5.15)	1171	(60.0)	1517	(70.8)	275	(10.6)
20 and over...	91.4	(3.81)	5.6	(0.35)	8.8	(0.21)	0.8	(0.13)	114.1	(7.32)	1109	(20.4)	1489	(32.8)	325	(6.1)
2 and over...	87.1	(2.71)	5.8	(0.28)	8.2	(0.18)	0.8	(0.10)	100.9	(6.26)	1109	(14.4)	1456	(20.2)	307	(4.2)
<b>All Individuals<sup>2</sup>:</b>																
2 - 5.....	83.1	(3.76)	6.8	(0.21)	4.8	(0.16)	0.5	(0.07)	42.5	(2.24)	1032	(34.3)	1136	(26.6)	210	(3.4)
6 - 11.....	73.8	(2.97)	6.1	(0.15)	5.9	(0.10)	0.5	(0.08)	53.1	(2.24)	1048	(23.7)	1263	(21.4)	231	(4.9)
12 - 19.....	82.6	(5.79)	5.5	(0.26)	7.1	(0.23)	0.5	(0.08)	62.9	(1.59)	1099	(34.3)	1408	(34.0)	260	(5.5)
20 and over...	88.9	(1.67)	5.1	(0.14)	8.0	(0.10)	0.7	(0.06)	105.4	(4.23)	1016	(10.1)	1414	(13.7)	307	(2.8)
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 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium <sup>3</sup>		Caffeine		Theobromine		Alcohol <sup>4</sup>	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	12.1	(0.49)	9.1	(0.31)	0.8	(0.02)	75.2	(1.69)	2051	(41.7)	2383	(36.1)	6.6	(1.14)	39.3	(2.95)	--	--
6 - 11.....	13.6	(0.47)	10.1	(0.39)	0.9	(0.03)	95.7	(2.80)	2280	(68.6)	3176	(109.1)	17.5	(0.93)	58.2	(4.94)	--	--
12 - 19.....	14.4	(0.54)	11.4	(0.41)	1.1	(0.05)	105.5	(4.01)	2313	(100.7)	3439	(108.9)	47.9	(3.36)	45.1	(5.45)	--	--
20 and over...	14.3	(0.26)	11.3	(0.30)	1.2	(0.02)	107.2	(2.09)	2596	(55.5)	3452	(49.6)	158.5	(10.66)	35.0	(2.48)	10.6	(1.24)
2 and over...	14.1	(0.23)	11.1	(0.25)	1.2	(0.02)	103.9	(1.93)	2501	(44.6)	3355	(43.7)	124.2	(7.42)	38.4	(2.51)	--	--
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	11.6	(0.57)	8.7	(0.34)	0.9	(0.04)	73.4	(2.81)	2130	(83.2)	2316	(112.5)	6.7	(0.57)	49.6	(7.37)	--	--
6 - 11.....	13.6	(0.39)	9.9	(0.23)	0.9	(0.02)	87.2	(1.71)	2074	(39.0)	2849	(57.4)	18.8	(2.24)	69.2	(5.44)	--	--
12 - 19.....	14.6	(0.70)	10.9	(0.37)	1.0	(0.04)	102.8	(3.53)	2256	(112.7)	3376	(137.4)	63.8	(6.86)	54.9	(7.39)	--	--
20 and over...	15.3	(0.35)	12.0	(0.27)	1.3	(0.02)	113.6	(1.99)	2764	(43.0)	3583	(45.2)	182.1	(11.97)	40.5	(2.08)	10.7	(1.16)
2 and over...	14.9	(0.27)	11.5	(0.17)	1.2	(0.01)	108.1	(1.46)	2621	(33.0)	3432	(31.3)	147.0	(9.07)	44.8	(2.32)	--	--
<b>\$75,000 and higher:</b>																		
2 - 5.....	10.9	(0.47)	8.0	(0.25)	0.8	(0.03)	70.2	(1.21)	1995	(58.5)	2198	(71.3)	3.8	(0.42)	44.5	(3.67)	--	--
6 - 11.....	13.7	(0.74)	9.5	(0.38)	1.0	(0.04)	89.4	(4.13)	2197	(107.2)	2922	(152.2)	15.2	(2.05)	72.3	(10.14)	--	--
12 - 19.....	16.2	(0.51)	12.4	(0.49)	1.2	(0.06)	119.7	(6.02)	2502	(85.9)	3861	(187.7)	57.5	(14.69)	49.0	(4.24)	--	--
20 and over...	16.0	(0.30)	12.5	(0.33)	1.4	(0.03)	116.7	(2.91)	2919	(58.3)	3729	(69.9)	199.3	(10.22)	43.0	(2.54)	13.3	(0.81)
2 and over...	15.6	(0.22)	12.0	(0.25)	1.3	(0.02)	112.5	(1.97)	2764	(43.1)	3601	(42.6)	157.5	(9.05)	46.3	(2.68)	--	--
<b>All Individuals<sup>2</sup>:</b>																		
2 - 5.....	11.5	(0.24)	8.6	(0.12)	0.8	(0.02)	73.5	(1.09)	2071	(36.0)	2308	(43.5)	5.9	(0.45)	44.5	(3.29)	--	--
6 - 11.....	13.7	(0.31)	9.9	(0.16)	1.0	(0.01)	90.7	(1.42)	2172	(39.6)	2971	(49.0)	17.2	(1.06)	66.4	(4.71)	--	--
12 - 19.....	15.1	(0.39)	11.5	(0.28)	1.1	(0.03)	109.7	(3.26)	2366	(63.7)	3562	(109.4)	57.0	(6.01)	50.8	(2.98)	--	--
20 and over...	15.3	(0.16)	11.9	(0.16)	1.3	(0.01)	112.9	(1.34)	2776	(23.6)	3589	(29.2)	179.4	(7.97)	40.6	(1.70)	11.3	(0.73)
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 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars 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>\$0 - \$24,999:</b>								
2 - 5.....	0.50 (0.022)	0.31 (0.015)	0.28 (0.028)	0.44 (0.022)	0.60 (0.036)	1.87 (0.067)	10.70 (0.266)	4.88 (0.128)
6 - 11.....	0.55 (0.030)	0.34 (0.022)	0.26 (0.017)	0.48 (0.030)	0.67 (0.044)	2.22 (0.121)	13.33 (0.474)	6.25 (0.235)
12 - 19.....	0.58 (0.060)	0.32 (0.030)	0.24 (0.019)	0.46 (0.035)	0.71 (0.071)	2.26 (0.130)	14.14 (0.439)	6.64 (0.206)
20 and over...	0.51 (0.017)	0.29 (0.011)	0.23 (0.008)	0.43 (0.015)	0.71 (0.035)	2.10 (0.068)	13.65 (0.253)	6.44 (0.138)
2 and over...	0.52 (0.014)	0.30 (0.009)	0.24 (0.007)	0.44 (0.011)	0.70 (0.029)	2.11 (0.054)	13.48 (0.208)	6.34 (0.111)
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	0.60 (0.086)	0.37 (0.050)	0.28 (0.030)	0.50 (0.058)	0.64 (0.073)	2.13 (0.260)	10.68 (0.746)	4.97 (0.351)
6 - 11.....	0.55 (0.017)	0.31 (0.011)	0.25 (0.016)	0.46 (0.018)	0.68 (0.031)	2.09 (0.064)	12.34 (0.266)	5.91 (0.176)
12 - 19.....	0.54 (0.029)	0.31 (0.016)	0.24 (0.012)	0.45 (0.020)	0.70 (0.035)	2.18 (0.092)	13.97 (0.566)	6.48 (0.253)
20 and over...	0.52 (0.016)	0.28 (0.009)	0.22 (0.004)	0.43 (0.011)	0.70 (0.027)	2.11 (0.048)	13.93 (0.274)	6.61 (0.147)
2 and over...	0.53 (0.010)	0.29 (0.006)	0.23 (0.004)	0.44 (0.008)	0.70 (0.022)	2.12 (0.034)	13.63 (0.196)	6.45 (0.108)
<b>\$75,000 and higher:</b>								
2 - 5.....	0.50 (0.031)	0.30 (0.021)	0.26 (0.017)	0.44 (0.023)	0.68 (0.031)	1.84 (0.101)	9.51 (0.360)	4.47 (0.231)
6 - 11.....	0.51 (0.042)	0.30 (0.023)	0.24 (0.019)	0.44 (0.032)	0.80 (0.087)	1.97 (0.116)	11.55 (0.383)	5.47 (0.153)
12 - 19.....	0.65 (0.049)	0.34 (0.018)	0.29 (0.017)	0.54 (0.029)	0.97 (0.119)	2.56 (0.172)	14.98 (1.033)	7.08 (0.520)
20 and over...	0.60 (0.016)	0.32 (0.009)	0.25 (0.007)	0.50 (0.015)	0.78 (0.049)	2.34 (0.060)	14.46 (0.231)	6.65 (0.122)
2 and over...	0.59 (0.015)	0.32 (0.009)	0.26 (0.007)	0.49 (0.013)	0.80 (0.047)	2.31 (0.054)	14.03 (0.140)	6.50 (0.091)
<b>All Individuals<sup>2</sup>:</b>								
2 - 5.....	0.54 (0.039)	0.33 (0.023)	0.27 (0.011)	0.46 (0.024)	0.63 (0.027)	1.96 (0.114)	10.32 (0.342)	4.78 (0.154)
6 - 11.....	0.53 (0.021)	0.31 (0.012)	0.25 (0.012)	0.46 (0.017)	0.71 (0.032)	2.07 (0.058)	12.38 (0.169)	5.84 (0.071)
12 - 19.....	0.60 (0.027)	0.33 (0.011)	0.26 (0.010)	0.49 (0.017)	0.82 (0.046)	2.36 (0.086)	14.45 (0.484)	6.77 (0.234)
20 and over...	0.54 (0.012)	0.30 (0.007)	0.24 (0.005)	0.45 (0.010)	0.73 (0.028)	2.18 (0.044)	14.00 (0.201)	6.57 (0.106)
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 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars 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>\$0 - \$24,999:</b>														
2 - 5.....	0.82	(0.028)	18.50	(0.410)	0.17	(0.009)	0.01*	(0.004)	9.84	(0.324)	0.92	(0.022)	0.01	(0.001)
6 - 11.....	1.05	(0.057)	23.57	(0.690)	0.23	(0.010)	0.02	(0.002)	13.56	(0.537)	1.28	(0.070)	0.01	(0.001)
12 - 19.....	1.13	(0.035)	26.03	(0.934)	0.25	(0.011)	0.03	(0.003)	15.75	(0.781)	1.35	(0.061)	0.02	(0.002)
20 and over...	1.16	(0.025)	25.71	(0.384)	0.27	(0.005)	0.02	(0.003)	14.51	(0.246)	1.45	(0.031)	0.01	(0.001)
2 and over...	1.12	(0.022)	25.08	(0.303)	0.26	(0.004)	0.02	(0.002)	14.25	(0.207)	1.39	(0.029)	0.01	(0.001)
<b>\$25,000 - \$74,999:</b>														
2 - 5.....	0.74	(0.060)	17.86	(1.000)	0.16	(0.012)	0.01	(0.001)	9.61	(0.598)	0.91	(0.050)	0.01	(0.001)
6 - 11.....	0.92	(0.037)	21.94	(0.741)	0.21	(0.015)	0.01	(0.001)	11.94	(0.266)	1.07	(0.033)	0.01	(0.002)
12 - 19.....	1.09	(0.039)	25.31	(1.029)	0.26	(0.021)	0.02	(0.003)	15.22	(0.656)	1.30	(0.055)	0.01	(0.001)
20 and over...	1.17	(0.021)	26.91	(0.574)	0.28	(0.007)	0.03	(0.004)	15.55	(0.343)	1.56	(0.039)	0.01	(0.001)
2 and over...	1.12	(0.016)	25.84	(0.441)	0.26	(0.007)	0.02	(0.003)	14.89	(0.274)	1.46	(0.030)	0.01	(#)
<b>\$75,000 and higher:</b>														
2 - 5.....	0.65	(0.035)	16.98	(0.655)	0.18	(0.007)	0.01	(0.002)	9.23	(0.228)	0.84	(0.030)	0.01	(0.001)
6 - 11.....	0.77	(0.037)	21.11	(0.530)	0.22	(0.011)	0.01	(0.003)	12.48	(0.481)	1.13	(0.067)	0.01	(0.002)
12 - 19.....	1.20	(0.096)	26.78	(1.619)	0.28	(0.015)	0.03	(0.003)	15.27	(0.933)	1.41	(0.072)	0.02*	(0.006)
20 and over...	1.19	(0.029)	27.23	(0.433)	0.30	(0.017)	0.03	(0.004)	16.34	(0.437)	1.66	(0.061)	0.02	(0.002)
2 and over...	1.13	(0.020)	26.16	(0.265)	0.29	(0.013)	0.03	(0.003)	15.54	(0.365)	1.55	(0.050)	0.02	(0.002)
<b>All Individuals<sup>2</sup>:</b>														
2 - 5.....	0.74	(0.026)	17.74	(0.441)	0.17	(0.006)	0.01	(0.001)	9.53	(0.308)	0.90	(0.019)	0.01	(0.001)
6 - 11.....	0.91	(0.022)	22.19	(0.280)	0.22	(0.006)	0.01	(0.001)	12.61	(0.184)	1.15	(0.032)	0.01	(0.001)
12 - 19.....	1.14	(0.043)	26.12	(0.777)	0.26	(0.012)	0.02	(0.002)	15.48	(0.488)	1.38	(0.040)	0.01	(0.002)
20 and over...	1.17	(0.016)	26.65	(0.316)	0.28	(0.004)	0.03	(0.002)	15.51	(0.229)	1.57	(0.027)	0.01	(0.001)
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 3. Nutrient Intakes from Food:** Mean Amounts Consumed per Individual<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
<b>\$0 - \$24,999:</b>				
2 - 5.....	0.09 (0.005)	0.01 (0.004)	0.01 (0.001)	0.03 (0.005)
6 - 11.....	0.11 (0.007)	0.01 (0.002)	0.02 (0.001)	0.03 (0.004)
12 - 19.....	0.13 (0.008)	0.01 (0.002)	0.02 (0.001)	0.03 (0.004)
20 and over...	0.15 (0.004)	0.03 (0.003)	0.02 (0.001)	0.06 (0.004)
2 and over...	0.14 (0.004)	0.03 (0.003)	0.02 (0.001)	0.05 (0.004)
<b>\$25,000 - \$74,999:</b>				
2 - 5.....	0.07 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.003)
6 - 11.....	0.09 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)
12 - 19.....	0.13 (0.010)	0.02 (0.002)	0.02 (0.001)	0.04 (0.005)
20 and over...	0.15 (0.004)	0.03 (0.002)	0.02 (0.001)	0.07 (0.003)
2 and over...	0.14 (0.003)	0.03 (0.001)	0.02 (#)	0.06 (0.002)
<b>\$75,000 and higher:</b>				
2 - 5.....	0.07 (0.009)	0.01 (0.002)	0.01 (0.002)	0.03* (0.011)
6 - 11.....	0.08 (0.005)	0.01 (0.003)	0.01 (0.001)	0.03 (0.005)
12 - 19.....	0.13 (0.010)	0.02 (0.003)	0.02 (0.001)	0.04 (0.007)
20 and over...	0.14 (0.006)	0.05 (0.010)	0.03 (0.002)	0.09 (0.015)
2 and over...	0.13 (0.004)	0.04 (0.008)	0.02 (0.002)	0.08 (0.013)
<b>All Individuals<sup>2</sup>:</b>				
2 - 5.....	0.08 (0.003)	0.01 (0.002)	0.01 (0.001)	0.02 (0.004)
6 - 11.....	0.10 (0.004)	0.01 (0.002)	0.01 (#)	0.03 (0.003)
12 - 19.....	0.13 (0.006)	0.02 (0.001)	0.02 (0.001)	0.04 (0.003)
20 and over...	0.15 (0.002)	0.04 (0.003)	0.02 (0.001)	0.07 (0.005)
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.

# Indicates a non-zero value too small to report.

### 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> Includes persons of all income levels or with unknown family income.

<sup>3</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>4</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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