

**Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2011-2012**

Gender and age (years)	Sample size	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.....	411	1648	(32.7)	57.8	(1.77)	227	(5.5)	118	(3.8)	12.0	(0.43)	59.0	(2.33)	21.5	(1.40)	20.2	(0.88)	12.4	(0.31)
6 - 11.....	590	2087	(38.6)	71.4	(1.39)	285	(5.4)	139	(3.5)	15.4	(0.55)	76.4	(1.78)	26.8	(0.60)	26.5	(0.63)	16.8	(0.61)
12 - 19.....	585	2531	(58.7)	95.1	(2.64)	329	(6.3)	152	(5.4)	18.1	(0.43)	94.1	(3.76)	31.6	(1.16)	33.2	(1.35)	21.7	(1.44)
20 - 29.....	457	2764	(74.5)	102.9	(3.08)	332	(11.1)	146	(7.0)	19.7	(0.83)	102.3	(2.63)	33.1	(1.40)	36.8	(0.97)	23.8	(0.90)
30 - 39.....	425	2772	(73.2)	110.0	(3.81)	332	(9.8)	147	(6.3)	22.1	(0.73)	100.4	(2.68)	32.4	(1.11)	35.9	(1.05)	23.8	(0.73)
40 - 49.....	374	2734	(94.0)	104.8	(3.26)	317	(11.3)	137	(8.4)	20.2	(1.01)	106.8	(4.69)	34.8	(1.60)	37.9	(1.82)	25.3	(1.23)
50 - 59.....	382	2500	(104.8)	95.2	(4.56)	294	(12.3)	127	(7.1)	20.0	(0.89)	92.9	(3.67)	29.5	(1.55)	34.0	(1.45)	22.0	(0.98)
60 - 69.....	397	2302	(51.7)	89.7	(1.97)	278	(7.6)	116	(5.3)	20.8	(0.91)	87.9	(3.20)	27.9	(1.02)	32.6	(1.44)	20.5	(0.91)
70 and over....	359	2023	(51.4)	80.0	(1.83)	248	(7.2)	108	(3.9)	18.2	(0.70)	75.7	(2.62)	23.7	(0.88)	27.8	(1.10)	18.2	(0.68)
2 - 19.....	1586	2190	(30.5)	79.1	(1.31)	292	(3.2)	140	(2.7)	15.9	(0.31)	80.5	(1.96)	27.8	(0.65)	28.1	(0.74)	18.0	(0.79)
20 and over...	2394	2567	(26.7)	98.8	(0.89)	305	(3.2)	133	(2.3)	20.3	(0.41)	96.2	(1.36)	30.9	(0.54)	34.8	(0.54)	22.7	(0.39)
2 and over...	3980	2469	(21.8)	93.7	(0.82)	302	(2.8)	135	(2.2)	19.1	(0.33)	92.1	(1.06)	30.1	(0.50)	33.0	(0.41)	21.5	(0.35)
<b>Females:</b>																			
2 - 5.....	423	1520	(32.0)	53.3	(1.38)	208	(4.0)	105	(3.2)	12.1	(0.34)	55.3	(1.61)	20.0	(0.74)	18.8	(0.67)	12.1	(0.46)
6 - 11.....	556	1878	(43.4)	65.0	(1.87)	253	(5.4)	120	(2.4)	13.9	(0.46)	69.9	(1.99)	24.5	(0.87)	24.2	(0.69)	15.6	(0.58)
12 - 19.....	567	1809	(38.8)	63.2	(1.96)	241	(4.7)	117	(3.5)	12.5	(0.28)	67.7	(2.48)	23.1	(0.75)	23.0	(0.90)	16.0	(0.76)
20 - 29.....	428	2019	(41.6)	72.1	(1.38)	255	(6.4)	114	(4.3)	15.8	(0.47)	75.5	(1.84)	24.6	(0.60)	26.6	(0.70)	18.0	(0.57)
30 - 39.....	404	2010	(50.4)	75.5	(1.63)	253	(7.1)	114	(4.2)	17.5	(0.64)	74.8	(1.97)	24.7	(0.91)	26.1	(0.69)	17.7	(0.50)
40 - 49.....	407	1841	(52.9)	66.4	(2.52)	231	(6.3)	108	(4.6)	15.3	(0.59)	68.9	(2.16)	22.3	(0.82)	24.5	(0.94)	16.4	(0.54)
50 - 59.....	423	1820	(49.8)	68.0	(1.85)	219	(6.4)	97	(3.8)	16.2	(0.66)	68.8	(2.24)	22.1	(1.14)	24.2	(0.68)	16.9	(0.59)
60 - 69.....	380	1663	(57.9)	65.2	(1.90)	200	(7.2)	85	(2.6)	16.5	(0.86)	65.5	(3.13)	20.1	(1.21)	23.8	(1.22)	16.5	(1.03)
70 and over....	365	1555	(28.3)	58.8	(1.26)	202	(4.0)	93	(3.8)	15.2	(0.48)	57.1	(1.78)	18.4	(0.73)	19.7	(0.66)	14.5	(0.50)
2 - 19.....	1546	1767	(19.1)	61.6	(1.08)	237	(2.0)	115	(1.6)	12.9	(0.20)	65.6	(1.20)	22.8	(0.32)	22.5	(0.49)	15.0	(0.40)
20 and over...	2407	1834	(17.8)	68.1	(0.60)	228	(2.6)	103	(1.5)	16.1	(0.34)	69.0	(0.87)	22.3	(0.48)	24.3	(0.31)	16.8	(0.22)
2 and over...	3953	1817	(15.3)	66.5	(0.50)	231	(2.0)	106	(1.1)	15.3	(0.28)	68.2	(0.87)	22.4	(0.39)	23.9	(0.32)	16.4	(0.19)
<b>Males and females:</b>																			
2 - 19.....	3132	1983	(22.8)	70.6	(0.94)	265	(2.3)	128	(1.8)	14.4	(0.18)	73.3	(1.42)	25.4	(0.49)	25.4	(0.53)	16.6	(0.48)
20 and over...	4801	2191	(15.6)	83.0	(0.75)	266	(2.4)	117	(1.4)	18.1	(0.35)	82.2	(0.77)	26.5	(0.36)	29.4	(0.30)	19.7	(0.20)
2 and over...	7933	2139	(12.3)	79.9	(0.52)	266	(1.9)	120	(1.3)	17.2	(0.28)	80.0	(0.75)	26.2	(0.35)	28.4	(0.27)	18.9	(0.21)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2011-2012 (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.....	180	(10.3)	478	(21.0)	594	(24.9)	257	(52.1)	1224	(182.4)	74	(11.3)	2941	(373.7)	592	(37.3)	1.27	(0.038)
6 - 11.....	219	(8.3)	543	(14.9)	673	(24.2)	284	(66.5)	1377	(188.8)	86	(11.5)	5931	(631.4)	843	(96.8)	1.67	(0.045)
12 - 19.....	306	(18.5)	580	(30.0)	696	(27.4)	240	(56.5)	1236	(141.0)	76	(12.5)	7783	(736.3)	943	(66.6)	2.02	(0.045)
20 - 29.....	341	(11.4)	458	(41.5)	612	(52.4)	273	(36.6)	1678	(191.4)	68	(3.8)	6014	(580.4)	1433	(201.9)	1.95	(0.082)
30 - 39.....	344	(11.6)	460	(18.8)	647	(24.7)	380	(72.8)	2008	(181.4)	94	(14.5)	6438	(418.0)	1630	(190.6)	2.03	(0.068)
40 - 49.....	371	(26.1)	506	(33.2)	764	(67.7)	504	(135.9)	2818	(685.1)	76	(4.8)	6638	(740.3)	1555	(207.2)	2.05	(0.069)
50 - 59.....	336	(17.3)	441	(45.6)	695	(67.6)	541	(126.1)	2736	(324.1)	95	(10.0)	5834	(554.0)	1749	(174.0)	1.77	(0.080)
60 - 69.....	329	(13.0)	786*	(310.0)	1174*	(428.5)	870*	(417.3)	4185*	(1307.6)	80	(10.3)	5276	(868.4)	2363	(636.9)	1.79	(0.060)
70 and over.....	281	(14.7)	516	(41.2)	710	(49.9)	397	(67.8)	2099	(324.9)	82	(6.5)	4920	(656.1)	1526	(267.7)	1.67	(0.046)
2 - 19.....	250	(9.3)	546	(18.2)	666	(18.0)	258	(36.6)	1281	(77.7)	79	(8.7)	6106	(510.4)	833	(37.0)	1.74	(0.024)
20 and over...	338	(7.2)	514	(47.8)	749	(71.1)	481	(75.6)	2538	(274.5)	83	(4.0)	5953	(287.5)	1689	(144.2)	1.90	(0.020)
2 and over...	315	(5.5)	523	(37.1)	728	(54.3)	423	(59.3)	2211	(210.4)	82	(4.7)	5993	(261.0)	1466	(111.7)	1.85	(0.017)
<b>Females:</b>																		
2 - 5.....	170	(8.5)	449	(16.3)	569	(21.4)	302	(65.3)	1239	(200.1)	95	(23.4)	3728	(716.0)	681	(58.2)	1.23	(0.018)
6 - 11.....	196	(7.8)	461	(19.5)	560	(21.8)	207	(30.1)	1048	(89.6)	86	(14.4)	4649	(569.2)	779	(50.4)	1.51	(0.074)
12 - 19.....	211	(12.7)	385	(16.3)	480	(24.2)	200	(49.1)	1012	(173.3)	64	(7.3)	4332	(543.1)	747	(77.7)	1.32	(0.061)
20 - 29.....	237	(12.1)	389	(22.8)	593	(36.3)	435	(84.8)	2192	(254.1)	80	(10.1)	5753	(622.7)	1818	(279.0)	1.61	(0.071)
30 - 39.....	238	(9.7)	399	(27.4)	599	(32.8)	380	(37.2)	2165	(194.0)	89	(13.4)	5035	(650.6)	1522	(210.8)	1.48	(0.064)
40 - 49.....	232	(14.4)	348	(21.6)	574	(39.9)	397	(56.5)	2476	(338.3)	79	(6.0)	4112	(230.5)	1888	(224.1)	1.32	(0.042)
50 - 59.....	221	(15.3)	381	(25.8)	655	(47.5)	484	(75.7)	3009	(541.2)	79	(7.6)	4979	(472.7)	1888	(346.8)	1.37	(0.050)
60 - 69.....	243	(20.8)	339	(20.1)	563	(34.3)	445	(85.7)	2432	(270.3)	63	(8.9)	4540	(1006.1)	1855	(246.2)	1.31	(0.062)
70 and over.....	196	(9.7)	407	(19.3)	626	(23.0)	381	(61.6)	2391	(254.6)	99	(17.8)	2941	(342.5)	1640	(234.1)	1.26	(0.029)
2 - 19.....	197	(6.0)	424	(6.6)	526	(10.5)	225	(27.2)	1074	(95.2)	78	(7.1)	4300	(347.2)	743	(42.5)	1.36	(0.039)
20 and over...	229	(5.9)	377	(9.8)	603	(23.3)	423	(29.2)	2464	(201.8)	81	(4.7)	4639	(244.6)	1777	(169.2)	1.40	(0.022)
2 and over...	221	(4.7)	388	(7.7)	585	(19.3)	375	(23.6)	2128	(159.1)	81	(4.9)	4557	(205.5)	1527	(129.0)	1.39	(0.021)
<b>Males and females:</b>																		
2 - 19.....	224	(5.9)	486	(8.7)	597	(10.2)	242	(23.0)	1180	(71.6)	79	(5.8)	5225	(350.7)	789	(33.6)	1.55	(0.024)
20 and over...	282	(3.6)	444	(24.6)	674	(38.0)	451	(41.1)	2500	(181.7)	82	(3.3)	5279	(171.5)	1734	(120.7)	1.64	(0.018)
2 and over...	267	(3.3)	455	(19.3)	655	(29.8)	399	(32.5)	2169	(146.2)	81	(3.6)	5265	(169.4)	1497	(95.4)	1.62	(0.015)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2011-2012 (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.....	1.87	(0.062)	16.1	(0.40)	1.44	(0.049)	164	(6.9)	139	(6.8)	419	(13.9)	230	(7.8)	4.55	(0.210)	0.96	(0.111)
6 - 11.....	2.08	(0.044)	22.1	(0.58)	1.76	(0.050)	227	(10.7)	171	(8.8)	557	(21.9)	262	(5.9)	5.28	(0.167)	1.12	(0.105)
12 - 19.....	2.54	(0.137)	31.8	(1.43)	2.51	(0.148)	280	(11.2)	212	(6.7)	687	(21.4)	353	(14.7)	7.24	(0.542)	1.53	(0.273)
20 - 29.....	2.42	(0.097)	34.8	(1.19)	2.73	(0.082)	236	(14.1)	259	(8.6)	661	(28.4)	391	(12.5)	6.56	(0.398)	1.48	(0.308)
30 - 39.....	2.62	(0.078)	35.1	(0.83)	2.93	(0.091)	253	(14.5)	278	(13.0)	708	(24.6)	410	(9.2)	6.72	(0.245)	1.44	(0.155)
40 - 49.....	2.67	(0.110)	32.0	(1.09)	2.72	(0.177)	245	(20.5)	267	(9.0)	684	(38.1)	430	(21.4)	6.29	(0.442)	1.28	(0.362)
50 - 59.....	2.41	(0.124)	30.2	(1.45)	2.59	(0.162)	192	(19.7)	271	(17.6)	598	(41.9)	410	(21.1)	5.92	(0.418)	1.29	(0.214)
60 - 69.....	2.68	(0.233)	28.2	(1.29)	2.30	(0.115)	208	(19.9)	290	(24.1)	643	(52.9)	404	(15.4)	9.44*	(3.281)	1.30	(0.280)
70 and over....	2.29	(0.064)	26.1	(0.67)	2.30	(0.096)	214	(12.9)	218	(8.1)	582	(22.8)	344	(11.6)	6.03	(0.454)	1.45	(0.200)
2 - 19.....	2.24	(0.066)	25.1	(0.79)	2.02	(0.060)	237	(6.7)	182	(5.2)	585	(12.8)	296	(6.2)	6.00	(0.263)	1.27	(0.117)
20 and over...	2.52	(0.054)	31.6	(0.46)	2.63	(0.053)	226	(4.8)	266	(5.7)	651	(9.6)	402	(7.0)	6.75	(0.486)	1.37	(0.109)
2 and over...	2.45	(0.045)	29.9	(0.45)	2.47	(0.043)	229	(4.1)	244	(4.9)	633	(8.5)	374	(5.8)	6.56	(0.395)	1.34	(0.092)
<b>Females:</b>																		
2 - 5.....	1.74	(0.026)	15.7	(0.48)	1.39	(0.051)	167	(6.7)	131	(4.0)	415	(12.7)	211	(7.6)	4.13	(0.169)	0.93	(0.112)
6 - 11.....	1.84	(0.066)	20.5	(1.06)	1.64	(0.090)	216	(14.6)	153	(6.6)	520	(28.1)	232	(7.0)	4.40	(0.175)	1.04	(0.145)
12 - 19.....	1.67	(0.064)	19.3	(0.83)	1.53	(0.060)	180	(12.5)	147	(8.0)	453	(26.6)	234	(12.5)	4.11	(0.153)	0.89	(0.147)
20 - 29.....	1.83	(0.049)	23.6	(0.86)	1.98	(0.092)	207	(17.1)	191	(7.1)	543	(29.2)	272	(9.3)	4.56	(0.229)	1.15	(0.182)
30 - 39.....	1.96	(0.069)	23.1	(0.56)	1.94	(0.068)	175	(9.3)	213	(8.4)	511	(19.4)	288	(7.3)	4.63	(0.244)	0.91	(0.123)
40 - 49.....	1.81	(0.061)	20.0	(0.73)	1.65	(0.074)	154	(10.2)	198	(9.0)	460	(21.8)	273	(12.9)	3.94	(0.279)	0.55	(0.109)
50 - 59.....	1.84	(0.068)	20.4	(0.51)	1.68	(0.060)	174	(11.4)	212	(9.2)	507	(21.9)	265	(9.9)	3.99	(0.255)	0.88	(0.135)
60 - 69.....	1.81	(0.075)	19.4	(0.66)	1.67	(0.090)	153	(12.3)	217	(9.7)	477	(25.5)	279	(12.8)	3.87	(0.196)	0.74	(0.152)
70 and over....	1.74	(0.045)	18.0	(0.50)	1.63	(0.050)	153	(9.8)	183	(7.1)	444	(17.4)	250	(7.2)	4.14	(0.279)	0.87	(0.126)
2 - 19.....	1.74	(0.026)	18.9	(0.60)	1.53	(0.038)	189	(6.2)	145	(3.6)	466	(12.0)	228	(5.1)	4.21	(0.094)	0.95	(0.091)
20 and over...	1.84	(0.024)	20.9	(0.28)	1.76	(0.038)	171	(5.0)	203	(4.0)	493	(10.9)	272	(4.0)	4.19	(0.100)	0.85	(0.054)
2 and over...	1.81	(0.022)	20.4	(0.26)	1.71	(0.032)	175	(4.6)	189	(3.5)	487	(9.7)	261	(3.3)	4.20	(0.087)	0.88	(0.058)
<b>Males and females:</b>																		
2 - 19.....	2.00	(0.032)	22.1	(0.51)	1.79	(0.032)	213	(4.0)	164	(3.3)	527	(8.4)	263	(3.8)	5.12	(0.154)	1.11	(0.089)
20 and over...	2.17	(0.029)	26.1	(0.32)	2.19	(0.040)	198	(3.9)	234	(4.2)	570	(8.7)	335	(3.7)	5.44	(0.212)	1.11	(0.059)
2 and over...	2.13	(0.025)	25.1	(0.29)	2.09	(0.030)	202	(3.1)	216	(3.4)	559	(7.2)	317	(2.8)	5.36	(0.177)	1.11	(0.053)

**Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2011-2012 (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.....	93.1	(9.23)	7.0	(0.43)	5.6	(0.18)	0.5	(0.13)	48.5	(2.65)	1062	(58.7)	1172	(49.5)	211	(5.2)
6 - 11.....	87.7	(4.76)	6.6	(0.22)	7.5	(0.29)	0.5	(0.09)	70.3	(5.46)	1137	(29.0)	1347	(25.9)	249	(6.9)
12 - 19.....	88.4	(12.74)	6.9	(0.46)	9.4	(0.42)	0.5	(0.12)	81.3	(6.55)	1311	(48.3)	1700	(55.7)	309	(9.4)
20 - 29.....	98.3	(10.72)	4.9	(0.41)	10.2	(0.35)	0.8	(0.24)	117.0	(11.00)	1194	(58.9)	1692	(43.3)	346	(11.0)
30 - 39.....	97.9	(9.87)	5.5	(0.38)	11.8	(0.51)	0.8	(0.23)	120.0	(10.01)	1227	(78.8)	1822	(69.1)	388	(10.9)
40 - 49.....	77.2	(6.90)	6.2	(0.64)	10.7	(0.56)	0.6	(0.18)	128.4	(11.66)	1238	(42.3)	1805	(60.9)	375	(15.6)
50 - 59.....	94.7	(5.64)	5.3	(0.55)	9.6	(0.45)	0.7*	(0.27)	128.9	(7.34)	989	(61.5)	1544	(82.1)	348	(17.1)
60 - 69.....	99.2	(11.99)	5.3	(0.27)	9.8	(0.60)	0.5*	(0.24)	239.9†	(103.10)	1053	(45.8)	1561	(38.6)	360	(13.0)
70 and over.....	82.2	(6.27)	5.6	(0.35)	9.2	(0.44)	1.2	(0.26)	113.9	(14.71)	881	(20.7)	1350	(35.6)	301	(10.2)
2 - 19.....	89.2	(7.20)	6.8	(0.29)	7.9	(0.25)	0.5	(0.05)	70.4	(2.67)	1198	(29.1)	1467	(28.1)	268	(5.1)
20 and over...	92.1	(6.38)	5.5	(0.20)	10.3	(0.23)	0.7	(0.09)	138.4	(16.29)	1116	(20.9)	1653	(20.5)	356	(6.5)
2 and over...	91.3	(5.32)	5.8	(0.18)	9.7	(0.21)	0.7	(0.07)	120.7	(11.99)	1137	(21.2)	1605	(18.8)	333	(5.5)
<b>Females:</b>																
2 - 5.....	79.6	(4.90)	6.2	(0.20)	5.4	(0.18)	0.4	(0.09)	51.9	(3.34)	949	(26.3)	1072	(19.6)	204	(3.4)
6 - 11.....	75.4	(5.14)	5.4	(0.25)	6.5	(0.23)	0.3*	(0.10)	63.1	(3.07)	1004	(37.5)	1225	(26.0)	223	(6.1)
12 - 19.....	61.3	(3.35)	4.3	(0.26)	6.7	(0.38)	0.5	(0.09)	65.9	(6.14)	937	(28.8)	1162	(31.6)	222	(5.7)
20 - 29.....	83.0	(6.77)	3.7	(0.24)	8.0	(0.38)	0.7	(0.12)	121.0	(11.86)	908	(27.1)	1226	(20.2)	266	(5.9)
30 - 39.....	77.6	(5.51)	4.2	(0.27)	8.0	(0.28)	0.4	(0.10)	104.5	(9.44)	938	(44.4)	1330	(39.6)	299	(10.9)
40 - 49.....	78.0	(5.68)	3.8	(0.38)	7.6	(0.38)	0.4*	(0.16)	129.7	(11.50)	856	(30.1)	1193	(39.5)	275	(10.8)
50 - 59.....	71.6	(4.61)	3.6	(0.20)	7.8	(0.29)	0.4	(0.10)	129.0	(15.59)	866	(38.2)	1183	(36.3)	278	(7.7)
60 - 69.....	77.2	(5.16)	3.9	(0.22)	8.2	(0.41)	0.7	(0.18)	132.1	(13.00)	808	(46.4)	1137	(40.8)	272	(8.7)
70 and over.....	80.8	(4.52)	4.7	(0.38)	6.6	(0.32)	0.6	(0.16)	111.4	(10.67)	809	(31.5)	1060	(25.9)	249	(6.0)
2 - 19.....	69.9	(2.80)	5.1	(0.09)	6.4	(0.17)	0.4	(0.05)	61.9	(3.20)	961	(17.0)	1162	(11.1)	218	(3.2)
20 and over...	77.8	(3.08)	3.9	(0.12)	7.7	(0.18)	0.5	(0.07)	121.7	(7.26)	868	(16.5)	1194	(13.3)	274	(4.0)
2 and over...	75.9	(2.63)	4.2	(0.10)	7.4	(0.13)	0.5	(0.06)	107.3	(5.66)	890	(12.9)	1186	(11.1)	261	(3.6)
<b>Males and females:</b>																
2 - 19.....	79.8	(4.35)	6.0	(0.15)	7.2	(0.15)	0.5	(0.04)	66.3	(2.54)	1082	(20.5)	1318	(17.3)	244	(2.8)
20 and over...	84.8	(4.10)	4.7	(0.14)	9.0	(0.16)	0.6	(0.05)	129.8	(8.47)	989	(14.3)	1418	(13.0)	314	(5.0)
2 and over...	83.5	(3.36)	5.0	(0.12)	8.5	(0.14)	0.6	(0.04)	113.9	(6.61)	1012	(13.8)	1393	(10.4)	297	(4.1)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2011-2012 (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>Males:</b>																		
2 - 5.....	11.4	(0.38)	8.4	(0.36)	0.8	(0.02)	75.8	(1.73)	2129	(61.2)	2361	(90.5)	7.3	(1.07)	44.4	(4.45)	--	--
6 - 11.....	15.5	(0.48)	10.4	(0.32)	1.1	(0.03)	100.0	(1.34)	2364	(57.3)	3196	(80.3)	21.8	(3.61)	65.8	(5.36)	--	--
12 - 19.....	18.8	(0.51)	13.8	(0.54)	1.3	(0.05)	132.9	(3.46)	2844	(82.9)	4220	(113.3)	53.8	(6.89)	46.2	(4.99)	--	--
20 - 29.....	18.0	(0.57)	14.0	(0.38)	1.4	(0.05)	142.1	(4.31)	2983	(68.8)	4477	(131.3)	114.4	(14.85)	30.6	(4.48)	--	--
30 - 39.....	19.3	(0.74)	14.6	(0.46)	1.6	(0.06)	151.6	(4.69)	3288	(107.0)	4559	(139.1)	155.5	(9.60)	47.7	(10.63)	--	--
40 - 49.....	18.5	(0.84)	14.4	(0.65)	1.5	(0.06)	141.9	(4.11)	3329	(117.6)	4646	(183.6)	229.2	(25.05)	43.5	(4.02)	--	--
50 - 59.....	17.2	(0.90)	13.2	(0.93)	1.5	(0.05)	132.5	(4.71)	3302	(153.7)	3996	(117.6)	233.2	(30.52)	48.0	(4.61)	--	--
60 - 69.....	17.9	(1.09)	13.0	(0.56)	2.1	(0.56)	122.3	(3.15)	3349	(114.3)	3824	(77.3)	285.4	(36.21)	43.0	(9.19)	--	--
70 and over.....	17.3	(0.64)	11.9	(0.34)	1.4	(0.10)	110.7	(3.22)	2810	(71.8)	3328	(108.3)	174.5	(15.38)	34.2	(4.72)	--	--
2 - 19.....	16.1	(0.31)	11.5	(0.25)	1.1	(0.03)	109.5	(2.00)	2527	(39.2)	3472	(59.9)	32.9	(2.52)	52.3	(3.97)	--	--
20 and over...	18.1	(0.23)	13.7	(0.27)	1.6	(0.09)	135.9	(1.87)	3195	(54.3)	4218	(52.0)	195.6	(14.62)	41.5	(3.28)	16.6	(1.52)
2 and over...	17.6	(0.17)	13.1	(0.24)	1.5	(0.07)	129.0	(1.44)	3021	(47.8)	4024	(45.4)	153.3	(11.12)	44.3	(2.42)	--	--
<b>Females:</b>																		
2 - 5.....	11.5	(0.35)	7.9	(0.29)	0.8	(0.03)	74.0	(1.69)	1957	(57.0)	2206	(53.2)	7.3	(0.95)	45.1	(5.79)	--	--
6 - 11.....	13.9	(0.66)	9.5	(0.37)	0.9	(0.03)	89.8	(3.13)	2093	(56.2)	2954	(92.1)	17.2	(2.68)	66.0	(5.20)	--	--
12 - 19.....	12.0	(0.47)	8.9	(0.37)	0.9	(0.05)	89.7	(3.54)	1998	(58.6)	2949	(71.9)	51.5	(5.84)	49.9	(7.99)	--	--
20 - 29.....	14.4	(0.26)	10.0	(0.26)	1.1	(0.04)	101.6	(2.45)	2334	(56.1)	3294	(93.6)	93.7	(8.54)	33.2	(4.51)	--	--
30 - 39.....	14.5	(0.45)	10.1	(0.31)	1.2	(0.04)	102.3	(2.67)	2464	(67.6)	3179	(70.2)	148.6	(12.96)	42.9	(4.63)	--	--
40 - 49.....	12.8	(0.47)	9.3	(0.44)	1.2	(0.05)	91.3	(3.21)	2397	(84.4)	3089	(92.4)	185.9	(14.82)	39.9	(6.00)	--	--
50 - 59.....	14.0	(0.75)	9.5	(0.30)	1.2	(0.03)	92.3	(2.92)	2450	(64.3)	2972	(100.6)	183.9	(11.35)	51.5	(7.38)	--	--
60 - 69.....	12.5	(0.56)	8.9	(0.31)	1.1	(0.04)	93.8	(4.38)	2476	(83.3)	2769	(112.1)	166.8	(12.19)	29.9	(3.82)	--	--
70 and over.....	12.6	(0.45)	8.6	(0.23)	1.1	(0.03)	80.9	(1.72)	2345	(58.9)	2526	(67.1)	118.9	(9.19)	33.6	(3.71)	--	--
2 - 19.....	12.5	(0.26)	8.9	(0.19)	0.9	(0.02)	86.2	(2.11)	2019	(29.3)	2786	(50.3)	30.7	(2.72)	54.0	(2.97)	--	--
20 and over...	13.6	(0.22)	9.5	(0.12)	1.2	(0.02)	94.1	(1.19)	2412	(37.2)	2997	(36.8)	151.3	(6.20)	39.3	(2.87)	7.8	(0.66)
2 and over...	13.3	(0.20)	9.3	(0.11)	1.1	(0.02)	92.2	(0.99)	2317	(35.2)	2946	(31.8)	122.2	(5.06)	42.9	(2.25)	--	--
<b>Males and females:</b>																		
2 - 19.....	14.3	(0.21)	10.2	(0.20)	1.0	(0.02)	98.1	(1.59)	2279	(21.5)	3137	(47.8)	31.8	(1.77)	53.2	(2.98)	--	--
20 and over...	15.8	(0.17)	11.5	(0.15)	1.4	(0.05)	114.5	(1.46)	2793	(38.4)	3592	(29.1)	172.9	(8.97)	40.4	(2.69)	12.1	(0.88)
2 and over...	15.4	(0.13)	11.2	(0.13)	1.3	(0.04)	110.4	(1.05)	2665	(32.6)	3478	(24.4)	137.5	(7.03)	43.6	(2.09)	--	--

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2011-2012 (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.....	0.54 (0.056)	0.34 (0.035)	0.27 (0.026)	0.46 (0.040)	0.66 (0.064)	2.04 (0.202)	11.22 (0.612)	5.11 (0.331)
6 - 11.....	0.60 (0.028)	0.34 (0.014)	0.27 (0.012)	0.51 (0.018)	0.80 (0.036)	2.36 (0.079)	14.41 (0.343)	6.48 (0.158)
12 - 19.....	0.64 (0.034)	0.37 (0.018)	0.28 (0.015)	0.55 (0.026)	0.83 (0.058)	2.64 (0.123)	17.24 (0.668)	7.81 (0.284)
20 - 29.....	0.65 (0.052)	0.36 (0.032)	0.28 (0.023)	0.56 (0.048)	0.82 (0.079)	2.78 (0.170)	18.24 (0.682)	8.15 (0.307)
30 - 39.....	0.62 (0.029)	0.34 (0.017)	0.31 (0.026)	0.58 (0.029)	1.12 (0.166)	2.73 (0.117)	17.47 (0.574)	7.90 (0.264)
40 - 49.....	0.70 (0.044)	0.39 (0.024)	0.32 (0.015)	0.60 (0.032)	0.94 (0.067)	2.93 (0.159)	18.85 (0.844)	8.79 (0.401)
50 - 59.....	0.58 (0.044)	0.31 (0.028)	0.26 (0.026)	0.49 (0.036)	0.81 (0.076)	2.38 (0.176)	16.10 (0.831)	7.53 (0.370)
60 - 69.....	0.58 (0.042)	0.32 (0.026)	0.25 (0.020)	0.48 (0.034)	0.84 (0.058)	2.20 (0.123)	15.21 (0.552)	7.01 (0.261)
70 and over.....	0.44 (0.024)	0.25 (0.013)	0.22 (0.012)	0.40 (0.018)	0.73 (0.053)	1.84 (0.077)	12.85 (0.497)	6.11 (0.277)
2 - 19.....	0.61 (0.020)	0.35 (0.012)	0.28 (0.009)	0.51 (0.016)	0.78 (0.039)	2.42 (0.083)	14.98 (0.334)	6.78 (0.158)
20 and over...	0.61 (0.022)	0.33 (0.011)	0.28 (0.007)	0.53 (0.015)	0.89 (0.041)	2.54 (0.065)	16.81 (0.261)	7.73 (0.149)
2 and over...	0.61 (0.019)	0.34 (0.010)	0.28 (0.007)	0.52 (0.014)	0.86 (0.035)	2.51 (0.065)	16.33 (0.225)	7.48 (0.129)
<b>Females:</b>								
2 - 5.....	0.51 (0.032)	0.31 (0.018)	0.25 (0.016)	0.43 (0.025)	0.63 (0.054)	1.85 (0.113)	10.55 (0.366)	4.76 (0.172)
6 - 11.....	0.56 (0.043)	0.31 (0.025)	0.25 (0.017)	0.46 (0.034)	0.78 (0.062)	2.15 (0.117)	13.02 (0.482)	5.99 (0.217)
12 - 19.....	0.52 (0.022)	0.29 (0.009)	0.23 (0.007)	0.44 (0.013)	0.69 (0.026)	2.03 (0.077)	12.42 (0.408)	5.57 (0.234)
20 - 29.....	0.53 (0.033)	0.28 (0.015)	0.23 (0.013)	0.45 (0.029)	0.71 (0.078)	2.12 (0.084)	13.27 (0.352)	6.05 (0.150)
30 - 39.....	0.55 (0.041)	0.31 (0.020)	0.25 (0.016)	0.48 (0.028)	0.90 (0.070)	2.20 (0.121)	13.07 (0.432)	6.05 (0.205)
40 - 49.....	0.49 (0.025)	0.28 (0.016)	0.22 (0.012)	0.42 (0.021)	0.73 (0.052)	1.89 (0.094)	11.96 (0.414)	5.52 (0.202)
50 - 59.....	0.53 (0.057)	0.28 (0.026)	0.22 (0.019)	0.42 (0.039)	0.67 (0.063)	1.93 (0.165)	11.82 (0.506)	5.48 (0.264)
60 - 69.....	0.44 (0.044)	0.25 (0.025)	0.20 (0.015)	0.39 (0.035)	0.62 (0.054)	1.65 (0.137)	10.94 (0.606)	4.92 (0.311)
70 and over.....	0.44 (0.032)	0.25 (0.018)	0.19 (0.011)	0.38 (0.025)	0.58 (0.043)	1.59 (0.088)	9.80 (0.339)	4.54 (0.196)
2 - 19.....	0.53 (0.017)	0.30 (0.009)	0.24 (0.007)	0.44 (0.013)	0.71 (0.023)	2.03 (0.044)	12.20 (0.186)	5.53 (0.109)
20 and over...	0.50 (0.026)	0.28 (0.013)	0.22 (0.008)	0.43 (0.018)	0.71 (0.026)	1.92 (0.068)	11.92 (0.216)	5.48 (0.120)
2 and over...	0.51 (0.021)	0.28 (0.011)	0.23 (0.006)	0.43 (0.015)	0.71 (0.021)	1.95 (0.052)	11.99 (0.187)	5.49 (0.105)
<b>Males and females:</b>								
2 - 19.....	0.57 (0.016)	0.33 (0.009)	0.26 (0.007)	0.48 (0.013)	0.75 (0.028)	2.23 (0.060)	13.62 (0.250)	6.17 (0.131)
20 and over...	0.55 (0.020)	0.30 (0.010)	0.25 (0.006)	0.48 (0.014)	0.79 (0.027)	2.22 (0.050)	14.30 (0.169)	6.57 (0.093)
2 and over...	0.56 (0.017)	0.31 (0.009)	0.25 (0.005)	0.48 (0.012)	0.78 (0.024)	2.22 (0.048)	14.13 (0.160)	6.47 (0.088)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2011-2012 (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.....	0.76	(0.070)	18.90	(0.801)	0.18	(0.007)	0.01	(0.002)	11.02	(0.292)	1.14	(0.040)	0.01	(0.001)
6 - 11.....	1.00	(0.030)	24.84	(0.601)	0.25	(0.010)	0.02	(0.002)	15.05	(0.565)	1.42	(0.052)	0.01	(0.001)
12 - 19.....	1.27	(0.055)	30.98	(1.256)	0.38	(0.016)	0.02	(0.002)	19.34	(1.311)	1.85	(0.122)	0.02	(0.002)
20 - 29.....	1.52	(0.043)	34.20	(0.916)	0.40	(0.020)	0.03	(0.004)	21.08	(0.799)	2.17	(0.100)	0.02	(0.002)
30 - 39.....	1.41	(0.071)	33.49	(0.998)	0.37	(0.017)	0.04	(0.007)	21.10	(0.673)	2.08	(0.062)	0.01	(0.002)
40 - 49.....	1.50	(0.076)	35.37	(1.724)	0.38	(0.024)	0.03	(0.009)	22.50	(1.113)	2.26	(0.117)	0.01	(0.002)
50 - 59.....	1.34	(0.084)	31.71	(1.369)	0.33	(0.015)	0.04	(0.007)	19.41	(0.899)	2.04	(0.095)	0.02	(0.004)
60 - 69.....	1.17	(0.053)	30.56	(1.384)	0.34	(0.029)	0.05*	(0.026)	18.02	(0.804)	1.88	(0.130)	0.01	(0.003)
70 and over.....	0.99	(0.045)	26.14	(1.051)	0.27	(0.014)	0.04	(0.006)	15.99	(0.601)	1.73	(0.064)	0.01	(0.002)
2 - 19.....	1.07	(0.032)	26.29	(0.694)	0.29	(0.011)	0.02	(0.002)	16.09	(0.725)	1.55	(0.057)	0.01	(0.001)
20 and over...	1.36	(0.026)	32.45	(0.510)	0.36	(0.008)	0.04	(0.005)	20.06	(0.349)	2.06	(0.046)	0.01	(0.001)
2 and over...	1.28	(0.022)	30.85	(0.388)	0.34	(0.008)	0.03	(0.003)	19.03	(0.316)	1.93	(0.039)	0.01	(0.001)
<b>Females:</b>														
2 - 5.....	0.65	(0.039)	17.68	(0.634)	0.19	(0.013)	0.01	(0.001)	10.72	(0.431)	1.08	(0.030)	#	
6 - 11.....	0.92	(0.029)	22.72	(0.657)	0.23	(0.010)	0.01	(0.002)	13.95	(0.508)	1.33	(0.064)	0.01	(0.001)
12 - 19.....	0.87	(0.034)	21.50	(0.865)	0.23	(0.012)	0.01	(0.002)	14.29	(0.661)	1.42	(0.088)	0.01	(0.001)
20 - 29.....	1.03	(0.036)	24.81	(0.666)	0.26	(0.013)	0.02	(0.003)	15.96	(0.489)	1.68	(0.077)	0.01	(0.003)
30 - 39.....	0.98	(0.035)	24.43	(0.625)	0.26	(0.008)	0.02	(0.002)	15.73	(0.438)	1.63	(0.065)	0.01	(0.001)
40 - 49.....	0.93	(0.056)	22.96	(0.881)	0.25	(0.011)	0.02	(0.004)	14.55	(0.488)	1.50	(0.056)	0.01	(0.002)
50 - 59.....	0.89	(0.042)	22.65	(0.622)	0.23	(0.009)	0.02	(0.003)	14.89	(0.484)	1.63	(0.112)	0.01	(0.002)
60 - 69.....	0.79	(0.052)	22.39	(1.139)	0.23	(0.016)	0.02	(0.003)	14.55	(0.886)	1.54	(0.151)	0.01	(0.001)
70 and over.....	0.67	(0.028)	18.50	(0.644)	0.20	(0.014)	0.02	(0.006)	12.65	(0.441)	1.51	(0.061)	0.01	(0.002)
2 - 19.....	0.84	(0.022)	21.05	(0.470)	0.22	(0.008)	0.01	(0.001)	13.39	(0.355)	1.32	(0.041)	0.01	(0.001)
20 and over...	0.89	(0.019)	22.80	(0.290)	0.24	(0.004)	0.02	(0.002)	14.82	(0.196)	1.59	(0.032)	0.01	(0.001)
2 and over...	0.88	(0.018)	22.38	(0.302)	0.24	(0.003)	0.02	(0.001)	14.47	(0.171)	1.52	(0.025)	0.01	(0.001)
<b>Males and females:</b>														
2 - 19.....	0.96	(0.025)	23.73	(0.494)	0.26	(0.008)	0.02	(0.001)	14.77	(0.434)	1.44	(0.041)	0.01	(0.001)
20 and over...	1.12	(0.016)	27.50	(0.286)	0.30	(0.004)	0.03	(0.003)	17.37	(0.176)	1.82	(0.025)	0.01	(0.001)
2 and over...	1.08	(0.013)	26.56	(0.249)	0.29	(0.004)	0.03	(0.002)	16.72	(0.180)	1.72	(0.021)	0.01	(0.001)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2011-2012 (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 (0.007)	0.01 (0.001)	0.01 (0.001)	0.02 (0.003)
6 - 11.....	0.10 (0.005)	0.01 (0.002)	0.02 (0.001)	0.03 (0.003)
12 - 19.....	0.16 (0.010)	0.02 (0.003)	0.02 (0.001)	0.04 (0.005)
20 - 29.....	0.18 (0.008)	0.03 (0.005)	0.03 (0.002)	0.05 (0.010)
30 - 39.....	0.18 (0.006)	0.04 (0.005)	0.03 (0.002)	0.08 (0.010)
40 - 49.....	0.20 (0.017)	0.03 (0.008)	0.03 (0.009)	0.07 (0.018)
50 - 59.....	0.17 (0.009)	0.04 (0.009)	0.03 (0.002)	0.07 (0.012)
60 - 69.....	0.18 (0.013)	0.03 (0.006)	0.02 (0.002)	0.07 (0.012)
70 and over.....	0.14 (0.007)	0.04 (0.006)	0.02 (0.002)	0.07 (0.009)
2 - 19.....	0.12 (0.006)	0.01 (0.002)	0.02 (0.001)	0.03 (0.003)
20 and over...	0.18 (0.004)	0.03 (0.003)	0.03 (0.002)	0.07 (0.005)
2 and over...	0.16 (0.003)	0.03 (0.002)	0.03 (0.001)	0.06 (0.004)
<b>Females:</b>				
2 - 5.....	0.08 (0.006)	0.01 (0.001)	0.01 (0.001)	0.02 (0.003)
6 - 11.....	0.09 (0.006)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)
12 - 19.....	0.10 (0.008)	0.02 (0.003)	0.01 (0.001)	0.03 (0.004)
20 - 29.....	0.12 (0.007)	0.02 (0.004)	0.02 (0.001)	0.04 (0.007)
30 - 39.....	0.12 (0.007)	0.02 (0.004)	0.02 (0.001)	0.05 (0.006)
40 - 49.....	0.12 (0.008)	0.03 (0.005)	0.02 (0.001)	0.05 (0.009)
50 - 59.....	0.11 (0.010)	0.02 (0.003)	0.02 (0.001)	0.04 (0.003)
60 - 69.....	0.12 (0.011)	0.02 (0.003)	0.02 (0.001)	0.06 (0.006)
70 and over.....	0.09 (0.004)	0.03 (0.008)	0.02 (0.002)	0.06 (0.012)
2 - 19.....	0.09 (0.004)	0.01 (0.002)	0.01 (0.001)	0.02 (0.002)
20 and over...	0.11 (0.004)	0.02 (0.002)	0.02 (0.001)	0.05 (0.003)
2 and over...	0.11 (0.003)	0.02 (0.002)	0.02 (0.001)	0.04 (0.003)
<b>Males and females:</b>				
2 - 19.....	0.11 (0.004)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)
20 and over...	0.15 (0.003)	0.03 (0.002)	0.02 (0.001)	0.06 (0.004)
2 and over...	0.14 (0.002)	0.03 (0.002)	0.02 (0.001)	0.05 (0.003)



### 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 2.50.

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

### 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 2011-2012

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

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) 2011-2012. 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 2011-2012 [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2013).

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.

Although alcohol data are collected for all individuals, estimates are not presented for age groups under 20 years due to extreme variability and/or inadequate sample size.

### Suggested Citation

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