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 kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
Males:																			
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)
Females:																			
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)
Males and females:																			
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)	Choles-terol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-crypto-xanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 mg	(SE)	Vitamin D µg	(SE)	Vitamin E (alpha-tocopherol) mg	(SE)	Added Vitamin E mg	(SE)	Vitamin K µg	(SE)	Calcium mg	(SE)	Phosphorus mg	(SE)	Magnesium mg	(SE)
Males:																
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)
Females:																
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)
Males and females:																
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 mg	(SE)	Zinc mg	(SE)	Copper mg	(SE)	Selenium µg	(SE)	Potassium mg	(SE)	Sodium mg	(SE)	Caffeine mg	(SE)	Theobromine mg	(SE)	Alcohol g	(SE)
Males:																		
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)	--	--
Females:																		
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)	--	--
Males and females:																		
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)
Males:																
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)
Females:																
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)
Males and females:																
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
Males:														
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)
Females:														
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)
Males and females:														
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)
Males:								
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)
Females:								
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)
Males and females:								
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, *What We Eat in America*, NHANES 2011-2012.

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years)	Sample size	Energy kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
Non-Hispanic White:																			
2 - 5.....	156	1584	(38.7)	54.5	(1.58)	219	(5.8)	116	(5.0)	11.9	(0.42)	57.3	(2.63)	21.3	(1.67)	19.5	(0.95)	11.9	(0.38)
6 - 11.....	275	2011	(36.1)	66.9	(1.52)	275	(4.8)	137	(3.1)	14.2	(0.45)	74.4	(1.86)	26.4	(0.93)	25.7	(0.66)	16.4	(0.63)
12 - 19.....	259	2231	(78.6)	81.1	(3.12)	295	(8.4)	144	(6.0)	15.4	(0.52)	82.5	(4.63)	28.0	(1.54)	28.8	(1.61)	18.9	(1.40)
20 and over...	1842	2209	(24.3)	82.2	(1.04)	265	(3.9)	119	(2.1)	18.3	(0.53)	83.8	(1.06)	27.4	(0.50)	29.8	(0.39)	19.8	(0.28)
2 and over...	2532	2169	(21.6)	79.8	(0.90)	267	(3.3)	122	(2.0)	17.5	(0.46)	81.9	(1.11)	27.1	(0.52)	29.0	(0.38)	19.2	(0.26)
Non-Hispanic Black:																			
2 - 5.....	249	1651	(62.4)	56.2	(1.74)	224	(7.5)	110	(4.0)	11.6	(0.37)	61.1	(3.33)	20.0	(1.08)	21.5	(1.27)	14.6	(0.84)
6 - 11.....	335	2020	(59.7)	68.6	(2.13)	266	(7.2)	123	(4.0)	13.7	(0.37)	78.2	(3.05)	26.0	(1.08)	27.8	(1.13)	17.9	(0.72)
12 - 19.....	352	2037	(70.0)	69.3	(1.38)	268	(12.1)	130	(7.2)	12.9	(0.53)	77.3	(2.87)	24.9	(0.73)	27.2	(1.20)	18.9	(0.95)
20 and over...	1274	2187	(39.5)	81.1	(1.32)	266	(4.2)	123	(3.0)	15.2	(0.42)	83.3	(1.76)	25.6	(0.60)	30.0	(0.66)	20.9	(0.47)
2 and over...	2210	2113	(34.4)	76.5	(0.97)	263	(4.3)	123	(3.0)	14.5	(0.32)	80.4	(1.46)	25.1	(0.51)	28.8	(0.54)	19.9	(0.38)
Non-Hispanic Asian[1]:																			
2 - 5.....	102	1486	(75.9)	56.6	(4.29)	199	(10.4)	89	(5.6)	12.5	(1.01)	52.9	(3.47)	19.8	(1.84)	17.6	(1.14)	10.9	(0.76)
6 - 11.....	115	1744	(58.3)	63.1	(3.44)	248	(7.9)	112	(5.4)	14.6	(1.04)	57.9	(2.32)	21.4	(0.91)	18.9	(0.99)	12.4	(0.48)
12 - 19.....	158	1967	(89.2)	79.2	(3.69)	257	(12.4)	105	(6.5)	15.2	(0.90)	70.5	(4.15)	24.1	(1.56)	23.7	(1.48)	16.6	(0.99)
20 and over...	610	1947	(27.4)	82.4	(2.12)	248	(3.6)	88	(2.4)	19.2	(0.51)	66.8	(1.95)	19.4	(0.53)	24.6	(0.96)	17.1	(0.66)
2 and over...	985	1910	(22.9)	79.3	(1.55)	246	(2.9)	92	(2.2)	18.1	(0.45)	65.8	(1.57)	20.1	(0.43)	23.8	(0.80)	16.4	(0.51)
Hispanic:																			
2 - 5.....	282	1564	(34.8)	57.5	(1.29)	214	(5.2)	108	(3.4)	12.5	(0.42)	55.4	(1.55)	20.4	(0.74)	18.6	(0.55)	11.7	(0.40)
6 - 11.....	356	2005	(44.9)	72.8	(2.12)	272	(5.5)	126	(3.7)	16.6	(0.55)	72.1	(2.42)	25.1	(0.89)	25.0	(0.86)	16.1	(0.63)
12 - 19.....	325	2205	(86.3)	82.4	(3.79)	286	(10.5)	128	(5.2)	16.8	(0.77)	82.7	(3.57)	28.0	(1.21)	28.5	(1.21)	19.5	(1.04)
20 and over...	932	2211	(42.1)	89.9	(2.20)	275	(4.9)	117	(2.8)	19.4	(0.74)	80.5	(1.83)	25.8	(0.73)	29.1	(0.74)	18.9	(0.38)
2 and over...	1895	2133	(28.2)	84.2	(1.29)	271	(3.2)	119	(2.3)	18.1	(0.55)	77.8	(1.37)	25.6	(0.54)	27.7	(0.56)	18.0	(0.34)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Choles-terol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-crypto-xanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
Non-Hispanic White:																		
2 - 5.....	156	(7.8)	461	(21.6)	591	(24.5)	301	(68.8)	1360	(321.9)	92	(25.9)	3072	(571.8)	573	(42.2)	1.20	(0.038)
6 - 11.....	194	(8.6)	512	(21.5)	629	(27.9)	259	(70.6)	1231	(191.3)	90	(13.1)	5150	(788.0)	758	(72.0)	1.57	(0.061)
12 - 19.....	258	(20.8)	511	(22.9)	604	(28.7)	173*	(53.6)	1005	(161.3)	62	(9.8)	6834	(1024.4)	798	(96.0)	1.69	(0.073)
20 and over...	274	(5.1)	486	(33.5)	731	(50.5)	487	(58.2)	2652	(229.6)	74	(4.0)	5414	(263.7)	1755	(152.6)	1.67	(0.026)
2 and over...	261	(5.0)	490	(27.0)	705	(41.1)	432	(48.0)	2336	(189.1)	74	(4.5)	5429	(265.7)	1540	(124.5)	1.65	(0.025)
Non-Hispanic Black:																		
2 - 5.....	201	(13.7)	450	(25.8)	543	(35.2)	162	(34.4)	1008	(187.9)	62	(8.6)	3152	(460.1)	894	(131.9)	1.32	(0.051)
6 - 11.....	226	(8.2)	455	(22.0)	542	(28.0)	144	(13.3)	945	(98.9)	63	(4.0)	4679	(302.2)	927	(95.9)	1.60	(0.050)
12 - 19.....	230	(9.7)	348	(20.1)	448	(27.1)	195	(55.8)	1077	(147.9)	55	(9.6)	5215	(793.4)	873	(67.7)	1.45	(0.053)
20 and over...	305	(6.1)	359	(12.1)	548	(27.1)	260	(51.6)	2101	(259.0)	74	(4.4)	5086	(329.5)	1947	(241.8)	1.48	(0.032)
2 and over...	280	(4.7)	373	(12.0)	533	(20.2)	233	(43.7)	1769	(201.7)	69	(3.7)	4929	(273.5)	1624	(179.3)	1.48	(0.031)
Non-Hispanic Asian[1]:																		
2 - 5.....	184	(25.6)	411	(32.5)	513	(40.6)	210	(50.2)	1058	(157.9)	118*	(58.7)	3618	(822.4)	828	(118.5)	1.30	(0.069)
6 - 11.....	195	(17.0)	429	(33.2)	601	(62.5)	318	(57.5)	1839	(437.9)	128	(30.6)	6002	(1766.5)	1859	(536.9)	1.48	(0.076)
12 - 19.....	242	(21.8)	452	(45.5)	649	(59.6)	375*	(123.4)	2101	(290.5)	142*	(65.1)	3825	(516.9)	1490	(191.2)	1.77	(0.145)
20 and over...	257	(9.4)	282	(12.4)	610	(30.6)	640	(42.7)	3532	(348.5)	160	(25.1)	3505	(314.1)	2431	(258.2)	1.55	(0.029)
2 and over...	247	(9.2)	318	(10.0)	608	(22.5)	566	(37.5)	3129	(287.0)	154	(21.7)	3731	(329.3)	2208	(190.9)	1.55	(0.020)
Hispanic:																		
2 - 5.....	198	(8.6)	491	(22.5)	608	(36.0)	336*	(106.6)	1191	(266.2)	81	(8.4)	3643	(470.6)	557	(28.0)	1.30	(0.034)
6 - 11.....	233	(14.9)	534	(26.7)	655	(24.9)	283	(60.7)	1274	(126.0)	85	(10.2)	5208	(437.5)	676	(24.1)	1.71	(0.068)
12 - 19.....	291	(21.0)	525	(38.4)	645	(46.6)	321	(86.3)	1243	(200.0)	89	(10.0)	5061	(483.8)	819	(49.1)	1.77	(0.081)
20 and over...	314	(9.4)	386	(10.4)	550	(20.4)	339	(34.9)	1756	(166.1)	101	(7.9)	5469	(360.2)	1288	(158.1)	1.67	(0.039)
2 and over...	291	(4.4)	433	(11.6)	581	(18.9)	330	(32.8)	1577	(134.4)	96	(7.4)	5228	(253.8)	1086	(104.6)	1.66	(0.027)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Ribo-flavin mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
Non-Hispanic White:																		
2 - 5.....	1.79	(0.058)	15.1	(0.41)	1.31	(0.043)	157	(10.5)	131	(5.8)	397	(18.3)	212	(8.8)	4.16	(0.229)	0.80	(0.119)
6 - 11.....	1.96	(0.074)	21.0	(1.01)	1.64	(0.097)	218	(18.0)	159	(8.9)	530	(33.4)	240	(6.1)	4.69	(0.234)	0.98	(0.197)
12 - 19.....	2.29	(0.128)	26.7	(1.52)	2.12	(0.130)	235	(14.1)	178	(7.2)	579	(28.4)	303	(16.9)	6.04	(0.508)	1.14	(0.287)
20 and over...	2.29	(0.035)	26.1	(0.45)	2.20	(0.059)	202	(5.8)	238	(6.2)	582	(13.4)	335	(5.7)	5.69	(0.318)	1.22	(0.092)
2 and over...	2.24	(0.028)	25.3	(0.42)	2.11	(0.048)	205	(5.1)	222	(5.5)	570	(12.0)	320	(4.8)	5.59	(0.264)	1.18	(0.076)
Non-Hispanic Black:																		
2 - 5.....	1.75	(0.061)	18.6	(0.69)	1.60	(0.066)	172	(10.8)	132	(4.2)	425	(19.8)	230	(9.2)	4.37	(0.197)	1.05	(0.146)
6 - 11.....	1.89	(0.074)	22.5	(0.66)	1.76	(0.059)	207	(9.5)	147	(5.0)	498	(16.8)	247	(8.1)	4.91	(0.241)	1.12	(0.101)
12 - 19.....	1.60	(0.071)	24.1	(0.76)	1.79	(0.063)	193	(12.9)	147	(5.5)	475	(22.0)	245	(6.9)	4.90	(0.411)	1.52	(0.393)
20 and over...	1.74	(0.046)	25.3	(0.57)	1.97	(0.048)	164	(6.9)	201	(3.5)	479	(14.0)	324	(5.3)	4.72	(0.180)	0.76	(0.139)
2 and over...	1.74	(0.043)	24.4	(0.49)	1.90	(0.039)	173	(6.8)	183	(2.9)	477	(12.1)	299	(4.4)	4.74	(0.190)	0.92	(0.147)
Non-Hispanic Asian[1]:																		
2 - 5.....	1.71	(0.093)	15.0	(0.81)	1.36	(0.069)	175	(10.7)	155	(14.5)	453	(23.2)	227	(18.4)	4.27	(0.311)	0.92	(0.215)
6 - 11.....	1.88	(0.102)	18.8	(1.34)	1.60	(0.108)	186	(21.3)	175	(16.0)	491	(36.9)	240	(16.2)	4.21	(0.349)	0.75	(0.143)
12 - 19.....	1.94	(0.124)	23.3	(1.24)	1.88	(0.115)	249	(34.2)	203	(10.4)	627	(60.9)	288	(19.5)	5.09	(0.470)	1.02	(0.264)
20 and over...	1.81	(0.103)	24.7	(1.01)	2.12	(0.104)	184	(8.0)	245	(6.5)	559	(13.4)	328	(10.4)	4.75	(0.306)	0.73	(0.161)
2 and over...	1.82	(0.074)	23.6	(0.80)	2.02	(0.082)	191	(6.7)	231	(5.6)	556	(10.7)	312	(9.1)	4.72	(0.208)	0.77	(0.117)
Hispanic:																		
2 - 5.....	1.90	(0.052)	16.1	(0.51)	1.52	(0.046)	175	(8.0)	146	(4.8)	444	(12.9)	234	(8.0)	4.75	(0.291)	1.17	(0.144)
6 - 11.....	2.06	(0.062)	22.1	(0.64)	1.82	(0.058)	252	(11.5)	181	(8.7)	610	(21.2)	267	(9.6)	5.20	(0.189)	1.28	(0.116)
12 - 19.....	2.07	(0.107)	25.0	(1.03)	2.02	(0.113)	244	(16.6)	199	(9.6)	614	(30.4)	311	(18.8)	5.57	(0.462)	1.24	(0.143)
20 and over...	2.12	(0.060)	27.7	(0.63)	2.38	(0.065)	207	(6.0)	237	(7.3)	589	(14.1)	352	(7.9)	5.25	(0.198)	1.02	(0.108)
2 and over...	2.09	(0.034)	25.7	(0.34)	2.19	(0.035)	215	(4.2)	217	(5.4)	583	(9.1)	326	(3.8)	5.25	(0.141)	1.09	(0.084)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Vitamin C mg	(SE)	Vitamin D µg	(SE)	Vitamin E (alpha-tocopherol) mg	(SE)	Added Vitamin E mg	(SE)	Vitamin K µg	(SE)	Calcium mg	(SE)	Phosphorus mg	(SE)	Magnesium mg	(SE)
Non-Hispanic White:																
2 - 5.....	82.5	(8.24)	6.5	(0.46)	5.6	(0.24)	0.5*	(0.15)	49.0	(3.19)	1032	(58.0)	1135	(42.1)	208	(4.2)
6 - 11.....	77.4	(6.94)	6.0	(0.35)	7.3	(0.35)	0.4*	(0.13)	67.2	(5.33)	1085	(40.2)	1293	(28.0)	235	(6.9)
12 - 19.....	64.7	(12.87)	5.9	(0.32)	8.3	(0.51)	0.5	(0.16)	70.5	(8.34)	1199	(46.2)	1504	(57.3)	275	(8.8)
20 and over...	80.7	(5.19)	4.8	(0.19)	9.2	(0.24)	0.7	(0.08)	134.9	(11.63)	1029	(16.6)	1441	(19.2)	320	(7.9)
2 and over...	79.0	(4.41)	5.1	(0.16)	8.8	(0.22)	0.7	(0.07)	120.1	(9.32)	1049	(15.5)	1423	(16.1)	305	(7.0)
Non-Hispanic Black:																
2 - 5.....	104.6	(6.56)	5.9	(0.27)	5.9	(0.18)	0.4	(0.11)	61.1	(4.71)	875	(29.9)	1055	(33.7)	203	(5.6)
6 - 11.....	83.4	(5.81)	5.4	(0.37)	7.4	(0.23)	0.5	(0.15)	70.9	(5.73)	963	(37.0)	1223	(34.2)	228	(4.0)
12 - 19.....	83.6	(5.38)	3.7	(0.24)	7.3	(0.60)	0.3*	(0.14)	77.3	(4.23)	831	(28.6)	1171	(22.4)	225	(11.0)
20 and over...	93.2	(3.58)	4.0	(0.15)	8.8	(0.40)	0.5	(0.10)	131.7	(11.31)	858	(27.3)	1292	(24.6)	281	(8.2)
2 and over...	91.7	(2.54)	4.3	(0.18)	8.2	(0.30)	0.5	(0.07)	113.3	(8.20)	866	(23.8)	1252	(20.7)	263	(6.6)
Non-Hispanic Asian[1]:																
2 - 5.....	72.0	(9.38)	7.0	(0.66)	5.8	(0.31)	1.0	(0.18)	63.4	(12.41)	946	(69.7)	1079	(64.0)	211	(10.2)
6 - 11.....	91.3	(12.76)	6.3	(0.37)	5.9	(0.47)	0.2*	(0.10)	105.6	(26.37)	1031	(63.3)	1178	(58.9)	243	(15.6)
12 - 19.....	83.7	(10.55)	5.5	(0.51)	7.0	(0.43)	0.4*	(0.17)	110.5	(9.15)	1050	(66.7)	1334	(74.6)	268	(14.5)
20 and over...	94.5	(4.52)	4.8	(0.25)	8.6	(0.56)	0.4*	(0.11)	163.6	(14.37)	776	(18.0)	1270	(26.8)	324	(8.4)
2 and over...	91.9	(4.43)	5.1	(0.18)	8.1	(0.45)	0.4	(0.09)	148.6	(10.81)	832	(16.0)	1260	(19.9)	306	(7.2)
Hispanic:																
2 - 5.....	86.5	(7.09)	7.2	(0.37)	4.9	(0.11)	0.3	(0.04)	42.9	(1.76)	1059	(35.0)	1150	(25.7)	208	(4.2)
6 - 11.....	91.5	(5.81)	6.2	(0.22)	6.5	(0.18)	0.3	(0.08)	57.0	(1.94)	1138	(33.8)	1357	(26.6)	250	(5.9)
12 - 19.....	95.8	(4.36)	6.3	(0.76)	8.3	(0.27)	0.6	(0.14)	69.4	(3.78)	1165	(70.4)	1477	(67.9)	273	(10.3)
20 and over...	93.9	(6.16)	4.6	(0.17)	8.4	(0.22)	0.5	(0.11)	96.7	(7.82)	999	(27.8)	1483	(40.3)	315	(8.2)
2 and over...	93.3	(4.48)	5.3	(0.16)	7.9	(0.16)	0.5	(0.08)	83.5	(5.33)	1045	(21.2)	1440	(25.0)	292	(5.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Iron mg	(SE)	Zinc mg	(SE)	Copper mg	(SE)	Selenium µg	(SE)	Potassium mg	(SE)	Sodium mg	(SE)	Caffeine mg	(SE)	Theobromine mg	(SE)	Alcohol g	(SE)
Non-Hispanic White:																		
2 - 5.....	11.0	(0.39)	7.9	(0.40)	0.8	(0.02)	72.5	(1.64)	2006	(67.8)	2213	(91.4)	8.0	(1.18)	53.2	(5.94)	--	--
6 - 11.....	14.4	(0.74)	9.6	(0.40)	1.0	(0.03)	92.9	(1.86)	2196	(51.0)	3068	(91.0)	24.9	(4.38)	78.6	(5.94)	--	--
12 - 19.....	15.4	(0.68)	12.1	(0.63)	1.1	(0.06)	115.2	(5.07)	2480	(71.3)	3667	(149.8)	70.7	(8.65)	48.0	(9.63)	--	--
20 and over...	16.0	(0.28)	11.7	(0.20)	1.4	(0.07)	112.1	(2.06)	2870	(57.4)	3574	(40.8)	205.1	(9.42)	46.4	(3.38)	13.9	(1.39)
2 and over...	15.6	(0.23)	11.4	(0.18)	1.3	(0.06)	109.3	(1.78)	2746	(51.3)	3487	(40.2)	170.7	(8.27)	49.0	(2.61)	--	--
Non-Hispanic Black:																		
2 - 5.....	12.3	(0.31)	8.1	(0.30)	0.8	(0.04)	78.3	(2.09)	2080	(57.9)	2477	(83.2)	6.0	(0.72)	28.4	(5.57)	--	--
6 - 11.....	14.8	(0.44)	10.1	(0.44)	0.9	(0.03)	96.2	(3.53)	2133	(72.2)	3164	(96.2)	11.6	(1.19)	46.9	(3.24)	--	--
12 - 19.....	13.8	(0.62)	9.4	(0.37)	0.9	(0.04)	97.8	(2.62)	2096	(67.1)	3257	(93.5)	29.1	(4.26)	40.9	(11.33)	--	--
20 and over...	14.0	(0.27)	10.5	(0.27)	1.3	(0.03)	115.3	(2.43)	2462	(41.3)	3536	(72.4)	78.4	(6.25)	32.0	(2.32)	10.7	(1.15)
2 and over...	13.9	(0.26)	10.2	(0.21)	1.1	(0.03)	108.4	(1.93)	2352	(32.9)	3387	(58.8)	60.0	(5.31)	34.5	(3.14)	--	--
Non-Hispanic Asian[1]:																		
2 - 5.....	10.9	(0.58)	8.3	(0.39)	0.9	(0.04)	82.2	(8.44)	2013	(83.0)	2275	(170.9)	8.8*	(5.71)	41.1	(6.82)	--	--
6 - 11.....	12.4	(0.79)	9.1	(0.52)	1.0	(0.06)	93.8	(4.10)	2166	(137.8)	2709	(190.5)	11.9*	(4.22)	74.0	(16.35)	--	--
12 - 19.....	14.8	(1.08)	10.7	(0.62)	1.2	(0.06)	112.7	(4.79)	2393	(104.9)	3540	(191.4)	38.2	(5.60)	44.8	(7.14)	--	--
20 and over...	14.5	(0.41)	10.4	(0.22)	1.4	(0.04)	122.1	(3.68)	2673	(38.2)	3827	(119.7)	107.9	(6.86)	25.0	(2.22)	6.8	(0.90)
2 and over...	14.2	(0.29)	10.2	(0.15)	1.4	(0.04)	116.9	(2.88)	2572	(29.6)	3633	(99.7)	88.4	(5.01)	31.5	(2.68)	--	--
Hispanic:																		
2 - 5.....	12.0	(0.39)	8.6	(0.17)	0.8	(0.03)	75.8	(2.25)	2122	(42.3)	2283	(53.8)	6.4	(0.55)	41.6	(3.08)	--	--
6 - 11.....	16.3	(0.54)	10.8	(0.32)	1.0	(0.04)	100.0	(3.47)	2405	(63.3)	3133	(83.8)	16.1	(2.97)	53.6	(8.28)	--	--
12 - 19.....	17.1	(0.72)	11.1	(0.45)	1.2	(0.06)	113.5	(5.46)	2530	(109.0)	3557	(138.4)	34.1	(3.53)	58.8	(4.40)	--	--
20 and over...	16.7	(0.61)	12.0	(0.43)	1.3	(0.03)	122.9	(3.09)	2780	(54.2)	3654	(72.8)	114.1	(7.13)	24.7	(2.37)	7.5	(0.73)
2 and over...	16.3	(0.40)	11.5	(0.28)	1.2	(0.02)	114.9	(1.75)	2645	(34.9)	3466	(53.8)	81.9	(4.86)	34.6	(2.31)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity 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)
Non-Hispanic White:																
2 - 5.....	0.55	(0.072)	0.32	(0.043)	0.25	(0.032)	0.45	(0.053)	0.67	(0.089)	2.02	(0.250)	11.04	(0.738)	5.12	(0.382)
6 - 11.....	0.60	(0.051)	0.33	(0.026)	0.26	(0.017)	0.50	(0.035)	0.87	(0.069)	2.33	(0.132)	14.05	(0.467)	6.44	(0.244)
12 - 19.....	0.60	(0.033)	0.34	(0.017)	0.25	(0.014)	0.50	(0.027)	0.73	(0.042)	2.38	(0.142)	15.22	(0.865)	6.91	(0.406)
20 and over...	0.61	(0.026)	0.33	(0.013)	0.27	(0.007)	0.51	(0.017)	0.83	(0.038)	2.36	(0.066)	14.65	(0.238)	6.79	(0.130)
2 and over...	0.60	(0.023)	0.33	(0.012)	0.26	(0.007)	0.51	(0.017)	0.82	(0.034)	2.34	(0.066)	14.50	(0.241)	6.70	(0.130)
Non-Hispanic Black:																
2 - 5.....	0.40	(0.023)	0.26	(0.012)	0.22	(0.015)	0.36	(0.022)	0.57	(0.072)	1.61	(0.076)	11.04	(0.598)	4.83	(0.277)
6 - 11.....	0.49	(0.029)	0.29	(0.018)	0.24	(0.021)	0.43	(0.027)	0.66	(0.044)	2.10	(0.121)	14.25	(0.507)	6.39	(0.277)
12 - 19.....	0.46	(0.040)	0.27	(0.020)	0.21	(0.012)	0.40	(0.022)	0.67	(0.044)	1.97	(0.087)	13.77	(0.446)	6.18	(0.237)
20 and over...	0.42	(0.017)	0.24	(0.010)	0.22	(0.009)	0.40	(0.013)	0.78	(0.049)	1.90	(0.054)	14.22	(0.339)	6.48	(0.178)
2 and over...	0.43	(0.014)	0.25	(0.009)	0.22	(0.008)	0.40	(0.012)	0.73	(0.042)	1.91	(0.050)	13.94	(0.274)	6.31	(0.154)
Non-Hispanic Asian[1]:																
2 - 5.....	0.54	(0.075)	0.36	(0.051)	0.45	(0.069)	0.57	(0.068)	0.65	(0.090)	1.97	(0.242)	10.26	(0.873)	4.39	(0.402)
6 - 11.....	0.56	(0.036)	0.34	(0.023)	0.31	(0.023)	0.49	(0.031)	0.76	(0.059)	2.04	(0.120)	11.26	(0.544)	5.01	(0.238)
12 - 19.....	0.55	(0.041)	0.31	(0.024)	0.27	(0.021)	0.47	(0.032)	0.82	(0.121)	2.14	(0.138)	12.95	(0.846)	5.74	(0.427)
20 and over...	0.32	(0.024)	0.18	(0.013)	0.18	(0.016)	0.31	(0.022)	0.65	(0.077)	1.47	(0.090)	10.93	(0.248)	4.68	(0.135)
2 and over...	0.37	(0.021)	0.22	(0.011)	0.21	(0.013)	0.35	(0.018)	0.68	(0.059)	1.61	(0.070)	11.13	(0.226)	4.80	(0.117)
Hispanic:																
2 - 5.....	0.56	(0.033)	0.35	(0.022)	0.28	(0.021)	0.46	(0.025)	0.62	(0.047)	2.02	(0.107)	10.68	(0.356)	4.79	(0.166)
6 - 11.....	0.60	(0.024)	0.34	(0.016)	0.26	(0.013)	0.49	(0.020)	0.73	(0.054)	2.28	(0.088)	13.45	(0.475)	6.07	(0.255)
12 - 19.....	0.64	(0.047)	0.36	(0.027)	0.28	(0.020)	0.54	(0.035)	0.80	(0.061)	2.49	(0.147)	15.24	(0.629)	6.69	(0.296)
20 and over...	0.51	(0.026)	0.29	(0.012)	0.24	(0.011)	0.44	(0.017)	0.73	(0.051)	2.16	(0.091)	14.11	(0.379)	6.39	(0.192)
2 and over...	0.54	(0.018)	0.31	(0.008)	0.25	(0.008)	0.46	(0.012)	0.73	(0.039)	2.21	(0.064)	13.92	(0.286)	6.27	(0.151)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	MFA 16:1 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
Non-Hispanic White:														
2 - 5.....	0.68	(0.076)	18.34	(0.860)	0.19	(0.012)	0.01	(0.001)	10.55	(0.368)	1.09	(0.043)	0.01	(0.002)
6 - 11.....	0.93	(0.031)	24.20	(0.636)	0.24	(0.010)	0.01	(0.001)	14.71	(0.573)	1.37	(0.062)	0.01	(0.001)
12 - 19.....	1.08	(0.059)	26.88	(1.500)	0.32	(0.017)	0.02	(0.002)	16.90	(1.245)	1.63	(0.141)	0.01	(0.002)
20 and over...	1.11	(0.020)	27.92	(0.368)	0.30	(0.006)	0.03	(0.004)	17.56	(0.246)	1.85	(0.031)	0.01	(0.001)
2 and over...	1.08	(0.018)	27.13	(0.360)	0.29	(0.006)	0.03	(0.003)	16.98	(0.232)	1.76	(0.028)	0.01	(0.001)
Non-Hispanic Black:														
2 - 5.....	0.86	(0.055)	20.12	(1.195)	0.22	(0.016)	0.02	(0.002)	13.07	(0.780)	1.15	(0.045)	0.01	(0.001)
6 - 11.....	1.15	(0.068)	25.90	(1.039)	0.26	(0.012)	0.02	(0.002)	16.07	(0.652)	1.45	(0.049)	0.01	(0.001)
12 - 19.....	1.14	(0.050)	25.32	(1.179)	0.31	(0.016)	0.02	(0.003)	16.82	(0.846)	1.59	(0.103)	0.01	(0.002)
20 and over...	1.23	(0.034)	27.97	(0.607)	0.32	(0.005)	0.03	(0.002)	18.56	(0.441)	1.75	(0.037)	0.01	(0.001)
2 and over...	1.18	(0.025)	26.85	(0.494)	0.31	(0.006)	0.03	(0.001)	17.69	(0.352)	1.66	(0.029)	0.01	(0.001)
Non-Hispanic Asian[1]:														
2 - 5.....	0.56	(0.073)	16.73	(1.062)	0.15	(0.018)	0.01*	(0.003)	9.56	(0.676)	1.16	(0.094)	#	
6 - 11.....	0.66	(0.058)	17.81	(0.910)	0.21	(0.034)	0.01	(0.002)	10.95	(0.442)	1.17	(0.051)	0.01	(0.001)
12 - 19.....	0.94	(0.075)	22.13	(1.367)	0.23	(0.020)	0.02*	(0.006)	14.59	(0.883)	1.50	(0.095)	0.01	(0.002)
20 and over...	0.89	(0.035)	23.10	(0.952)	0.31	(0.014)	0.05	(0.011)	14.91	(0.629)	1.64	(0.056)	0.02	(0.002)
2 and over...	0.86	(0.024)	22.27	(0.787)	0.28	(0.013)	0.04	(0.008)	14.31	(0.492)	1.57	(0.040)	0.02	(0.002)
Hispanic:														
2 - 5.....	0.70	(0.027)	17.42	(0.519)	0.16	(0.010)	0.02	(0.004)	10.30	(0.357)	1.12	(0.043)	#	
6 - 11.....	0.98	(0.040)	23.29	(0.806)	0.23	(0.009)	0.02	(0.005)	14.25	(0.543)	1.43	(0.068)	0.01	(0.002)
12 - 19.....	1.06	(0.051)	26.66	(1.122)	0.30	(0.029)	0.02	(0.003)	17.30	(0.928)	1.68	(0.088)	0.01*	(0.004)
20 and over...	1.17	(0.039)	27.07	(0.687)	0.28	(0.008)	0.02	(0.005)	16.57	(0.346)	1.79	(0.037)	0.01	(0.001)
2 and over...	1.09	(0.031)	25.77	(0.516)	0.27	(0.008)	0.02	(0.003)	15.89	(0.307)	1.68	(0.033)	0.01	(0.001)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
Non-Hispanic White:								
2 - 5.....	0.06	(0.006)	0.01	(0.001)	0.01	(0.001)	0.02	(0.003)
6 - 11.....	0.09	(0.005)	0.01	(0.002)	0.01	(0.001)	0.03	(0.003)
12 - 19.....	0.13	(0.012)	0.01	(0.004)	0.02	(0.001)	0.02	(0.004)
20 and over...	0.14	(0.003)	0.02	(0.003)	0.02	(0.001)	0.05	(0.006)
2 and over...	0.13	(0.003)	0.02	(0.002)	0.02	(0.001)	0.04	(0.004)
Non-Hispanic Black:								
2 - 5.....	0.11	(0.008)	0.01	(0.002)	0.01	(0.002)	0.03	(0.005)
6 - 11.....	0.12	(0.007)	0.01	(0.002)	0.02	(0.001)	0.03	(0.004)
12 - 19.....	0.13	(0.006)	0.02	(0.003)	0.02	(0.001)	0.03	(0.006)
20 and over...	0.18	(0.004)	0.03	(0.005)	0.03	(0.001)	0.07	(0.007)
2 and over...	0.16	(0.002)	0.03	(0.004)	0.02	(0.001)	0.05	(0.006)
Non-Hispanic Asian[1]:								
2 - 5.....	0.07	(0.013)	0.01*	(0.004)	0.01*	(0.007)	0.04*	(0.015)
6 - 11.....	0.09	(0.008)	0.02	(0.004)	0.01	(0.001)	0.03	(0.004)
12 - 19.....	0.12	(0.012)	0.03	(0.009)	0.02	(0.002)	0.06	(0.012)
20 and over...	0.14	(0.006)	0.08	(0.010)	0.03	(0.002)	0.15	(0.018)
2 and over...	0.13	(0.005)	0.07	(0.007)	0.03	(0.002)	0.12	(0.013)
Hispanic:								
2 - 5.....	0.09	(0.004)	0.01	(#)	0.01	(#)	0.02	(0.002)
6 - 11.....	0.11	(0.010)	0.01	(0.001)	0.02	(0.001)	0.03	(0.004)
12 - 19.....	0.15	(0.011)	0.02*	(0.007)	0.02	(0.002)	0.05	(0.013)
20 and over...	0.17	(0.005)	0.03	(0.002)	0.03	(0.002)	0.06	(0.006)
2 and over...	0.15	(0.003)	0.02	(0.002)	0.02	(0.001)	0.05	(0.004)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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.

Footnotes

[1] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2011-2012.

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years)	Sample size	Energy kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
$0 - $24,999:																			
2 - 5.....	314	1605	(34.8)	57.4	(1.53)	218	(4.7)	109	(2.9)	12.0	(0.47)	57.8	(2.09)	20.3	(0.67)	19.8	(0.87)	12.9	(0.66)
6 - 11.....	395	2020	(46.0)	69.9	(2.02)	274	(5.6)	130	(4.1)	15.0	(0.56)	74.1	(2.74)	26.0	(0.88)	25.7	(1.05)	16.4	(0.74)
12 - 19.....	373	2367	(99.2)	84.9	(4.46)	303	(9.3)	140	(6.7)	15.8	(0.46)	92.2	(5.29)	30.1	(1.84)	32.0	(2.02)	22.5	(1.67)
20 and over...	1680	2186	(50.9)	80.8	(1.83)	272	(5.5)	124	(3.5)	17.0	(0.36)	80.2	(2.14)	26.5	(0.81)	28.3	(0.71)	18.8	(0.65)
2 and over...	2762	2160	(50.3)	79.0	(1.93)	273	(5.1)	125	(2.9)	16.4	(0.30)	79.8	(2.34)	26.5	(0.80)	28.0	(0.81)	18.7	(0.73)
$25,000 - $74,999:																			
2 - 5.....	307	1603	(29.6)	55.3	(1.58)	221	(7.0)	117	(4.6)	11.6	(0.42)	57.7	(2.66)	21.4	(1.71)	19.6	(0.89)	11.8	(0.40)
6 - 11.....	436	1907	(50.5)	66.0	(2.36)	259	(6.8)	128	(3.0)	14.0	(0.64)	69.9	(2.33)	24.5	(0.74)	24.0	(0.76)	15.6	(0.93)
12 - 19.....	419	2040	(84.4)	72.4	(4.94)	278	(10.7)	133	(6.6)	14.8	(0.57)	72.0	(3.11)	24.5	(1.17)	24.5	(1.30)	17.1	(0.78)
20 and over...	1748	2135	(46.9)	80.3	(1.77)	259	(5.1)	114	(3.1)	17.7	(0.35)	81.3	(2.08)	26.1	(0.76)	29.1	(0.76)	19.6	(0.52)
2 and over...	2910	2077	(42.0)	77.0	(1.74)	259	(4.5)	117	(2.6)	16.8	(0.30)	78.1	(1.85)	25.5	(0.69)	27.7	(0.69)	18.6	(0.43)
$75,000 and higher:																			
2 - 5.....	167	1540	(48.4)	54.8	(1.71)	212	(5.9)	108	(4.3)	12.9	(0.49)	55.4	(3.14)	20.1	(1.45)	18.8	(1.19)	12.0	(0.63)
6 - 11.....	266	2060	(50.8)	70.2	(2.07)	279	(7.0)	133	(4.5)	15.2	(0.51)	76.8	(2.51)	27.0	(1.13)	27.0	(1.09)	16.9	(0.68)
12 - 19.....	279	2197	(82.6)	85.1	(4.10)	281	(9.3)	134	(5.2)	15.8	(0.60)	84.0	(4.16)	29.3	(1.62)	29.6	(1.45)	18.2	(1.07)
20 and over...	1053	2291	(50.4)	89.1	(1.70)	271	(6.3)	117	(3.2)	20.0	(0.68)	86.1	(2.55)	27.4	(0.98)	31.1	(0.90)	20.6	(0.61)
2 and over...	1765	2217	(46.6)	85.1	(1.28)	269	(5.7)	120	(3.0)	18.7	(0.52)	83.4	(2.42)	27.2	(0.92)	29.9	(0.86)	19.5	(0.56)
All Individuals[1]:																			
2 - 5.....	834	1585	(22.6)	55.6	(1.03)	217	(3.8)	111	(2.9)	12.1	(0.28)	57.2	(1.41)	20.7	(0.89)	19.5	(0.53)	12.2	(0.33)
6 - 11.....	1146	1987	(30.7)	68.4	(1.37)	269	(3.5)	130	(2.1)	14.7	(0.35)	73.3	(1.50)	25.7	(0.61)	25.4	(0.50)	16.2	(0.47)
12 - 19.....	1152	2175	(44.9)	79.4	(2.00)	286	(4.7)	135	(3.4)	15.3	(0.26)	81.1	(2.68)	27.4	(0.89)	28.2	(0.93)	18.9	(0.86)
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Choles-terol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-crypto-xanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
$0 - $24,999:																		
2 - 5.....	197	(11.0)	484	(17.1)	581	(16.1)	220	(53.2)	1020	(160.5)	64	(7.8)	3932	(667.9)	699	(85.6)	1.32	(0.035)
6 - 11.....	217	(9.3)	516	(19.7)	636	(22.0)	242	(50.2)	1279	(99.5)	79	(11.7)	4607	(331.4)	813	(82.4)	1.62	(0.063)
12 - 19.....	314	(36.2)	482	(53.8)	588	(61.6)	214	(46.7)	1135	(136.6)	60	(6.4)	7278	(932.3)	904	(94.1)	1.75	(0.044)
20 and over...	281	(5.8)	408	(23.8)	575	(29.5)	321	(25.5)	1808	(182.8)	80	(6.0)	5338	(321.6)	1304	(84.0)	1.62	(0.041)
2 and over...	275	(6.8)	430	(22.9)	582	(27.1)	296	(24.2)	1641	(146.2)	77	(5.0)	5421	(329.4)	1182	(66.5)	1.62	(0.037)
$25,000 - $74,999:																		
2 - 5.....	171	(7.1)	479	(24.1)	564	(25.5)	188	(29.6)	888	(132.3)	82	(15.6)	2946	(473.5)	559	(40.7)	1.22	(0.036)
6 - 11.....	195	(11.8)	484	(20.2)	582	(28.0)	210	(47.2)	1034	(116.7)	83	(14.7)	6221	(867.5)	704	(55.5)	1.54	(0.078)
12 - 19.....	225	(18.4)	420	(39.3)	529	(36.2)	238	(57.4)	1163	(148.7)	64	(8.9)	5367	(827.0)	884	(108.1)	1.57	(0.095)
20 and over...	279	(10.0)	406	(12.3)	655	(33.9)	508	(91.9)	2697	(328.6)	73	(3.4)	4866	(245.5)	1728	(193.8)	1.59	(0.041)
2 and over...	260	(9.0)	418	(9.7)	630	(27.1)	437	(70.9)	2298	(256.4)	73	(3.1)	4928	(265.4)	1490	(148.5)	1.57	(0.039)
$75,000 and higher:																		
2 - 5.....	158	(10.7)	433	(21.2)	611	(40.9)	441	(127.6)	1860	(445.7)	113*	(40.3)	3320	(565.2)	657	(52.8)	1.22	(0.033)
6 - 11.....	214	(10.3)	522	(26.4)	654	(32.1)	302*	(97.7)	1387	(282.5)	97	(16.3)	4873	(565.5)	898	(148.2)	1.63	(0.094)
12 - 19.....	261	(18.2)	569	(37.7)	679	(46.0)	227	(59.4)	1167	(189.0)	90	(13.6)	6163	(962.7)	794	(52.1)	1.72	(0.088)
20 and over...	288	(9.6)	541	(72.7)	812	(69.5)	520	(40.6)	2949	(265.4)	91	(5.6)	5860	(425.0)	2149	(265.3)	1.74	(0.044)
2 and over...	271	(8.1)	537	(55.7)	771	(53.4)	462	(34.1)	2541	(216.1)	93	(6.6)	5666	(294.0)	1796	(191.1)	1.70	(0.035)
All Individuals[1]:																		
2 - 5.....	175	(8.2)	464	(12.6)	581	(15.7)	279	(44.4)	1232	(174.3)	84	(13.0)	3328	(329.3)	636	(35.5)	1.25	(0.024)
6 - 11.....	208	(7.6)	504	(13.2)	619	(17.6)	247	(40.5)	1220	(113.1)	86	(8.3)	5317	(448.7)	813	(60.6)	1.59	(0.047)
12 - 19.....	259	(12.0)	484	(15.8)	590	(20.1)	220	(39.5)	1125	(118.8)	70	(6.8)	6081	(511.9)	847	(60.2)	1.67	(0.048)
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Ribo-flavin mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
$0 - $24,999:																		
2 - 5.....	1.84	(0.047)	17.5	(0.48)	1.55	(0.051)	187	(10.7)	131	(3.7)	449	(17.4)	230	(8.2)	4.68	(0.147)	1.18	(0.104)
6 - 11.....	2.00	(0.063)	21.7	(1.30)	1.78	(0.126)	230	(15.9)	162	(6.8)	552	(31.9)	253	(6.7)	5.08	(0.134)	1.13	(0.114)
12 - 19.....	2.27	(0.311)	29.4	(2.71)	2.28	(0.269)	241	(18.1)	184	(6.6)	594	(30.3)	327	(29.9)	6.55	(0.992)	1.35	(0.291)
20 and over...	2.02	(0.061)	25.3	(0.88)	2.07	(0.080)	197	(7.3)	215	(5.4)	550	(15.5)	322	(6.7)	4.98	(0.226)	1.04	(0.156)
2 and over...	2.03	(0.075)	25.1	(1.08)	2.04	(0.086)	204	(5.7)	202	(4.7)	549	(12.3)	312	(6.5)	5.15	(0.264)	1.10	(0.132)
$25,000 - $74,999:																		
2 - 5.....	1.82	(0.055)	15.6	(0.53)	1.39	(0.060)	167	(7.9)	129	(3.6)	413	(13.4)	218	(10.0)	4.44	(0.178)	0.93	(0.125)
6 - 11.....	1.90	(0.061)	20.6	(0.91)	1.64	(0.070)	223	(15.9)	155	(8.7)	534	(30.7)	238	(9.7)	4.83	(0.212)	1.06	(0.106)
12 - 19.....	1.84	(0.077)	23.0	(1.27)	1.74	(0.096)	204	(12.4)	182	(11.9)	530	(24.5)	260	(20.2)	4.49	(0.263)	0.87	(0.149)
20 and over...	2.14	(0.051)	25.3	(0.68)	2.12	(0.072)	190	(6.8)	231	(6.7)	553	(12.2)	330	(8.9)	5.01	(0.179)	1.02	(0.097)
2 and over...	2.07	(0.043)	24.1	(0.60)	2.00	(0.062)	193	(5.7)	214	(5.0)	542	(10.5)	309	(8.4)	4.91	(0.161)	1.00	(0.083)
$75,000 and higher:																		
2 - 5.....	1.77	(0.046)	14.9	(0.59)	1.32	(0.057)	141	(10.5)	150	(10.5)	390	(21.7)	216	(8.2)	3.94	(0.230)	0.75	(0.202)
6 - 11.....	2.02	(0.095)	21.9	(1.19)	1.69	(0.115)	214	(17.6)	171	(10.8)	535	(35.0)	253	(9.0)	4.69	(0.265)	1.03	(0.265)
12 - 19.....	2.33	(0.105)	25.4	(1.15)	2.08	(0.077)	244	(19.8)	178	(7.2)	593	(39.1)	315	(13.8)	6.26	(0.435)	1.16	(0.161)
20 and over...	2.39	(0.062)	28.1	(0.74)	2.38	(0.069)	209	(5.7)	261	(7.4)	616	(14.0)	358	(10.0)	6.44	(0.731)	1.24	(0.084)
2 and over...	2.31	(0.049)	26.5	(0.56)	2.23	(0.049)	210	(4.9)	237	(6.2)	593	(11.8)	336	(7.9)	6.13	(0.583)	1.18	(0.066)
All Individuals[1]:																		
2 - 5.....	1.80	(0.034)	15.9	(0.34)	1.41	(0.041)	166	(6.0)	135	(4.0)	417	(10.1)	221	(6.5)	4.34	(0.143)	0.94	(0.085)
6 - 11.....	1.97	(0.047)	21.3	(0.69)	1.70	(0.059)	222	(9.8)	162	(5.9)	539	(20.1)	247	(5.6)	4.86	(0.151)	1.08	(0.097)
12 - 19.....	2.11	(0.080)	25.6	(0.88)	2.03	(0.083)	230	(8.0)	180	(5.1)	572	(17.2)	294	(10.7)	5.70	(0.324)	1.21	(0.188)
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Vitamin C mg	(SE)	Vitamin D µg	(SE)	Vitamin E (alpha-tocopherol) mg	(SE)	Added Vitamin E mg	(SE)	Vitamin K µg	(SE)	Calcium mg	(SE)	Phosphorus mg	(SE)	Magnesium mg	(SE)
$0 - $24,999:																
2 - 5.....	81.4	(6.07)	6.9	(0.27)	5.5	(0.26)	0.4*	(0.13)	52.4	(4.92)	983	(30.3)	1117	(26.9)	207	(5.0)
6 - 11.....	83.0	(4.16)	6.2	(0.25)	7.0	(0.35)	0.6*	(0.19)	69.0	(3.84)	1107	(46.1)	1315	(42.4)	237	(6.1)
12 - 19.....	67.1	(6.84)	5.9	(0.89)	8.4	(0.44)	0.4	(0.09)	78.5	(6.01)	1142	(89.9)	1508	(94.1)	273	(13.2)
20 and over...	85.9	(7.77)	4.6	(0.31)	8.1	(0.23)	0.6	(0.07)	102.2	(5.43)	990	(35.8)	1374	(31.7)	291	(5.1)
2 and over...	83.2	(6.07)	5.0	(0.28)	7.9	(0.25)	0.5	(0.05)	93.9	(4.59)	1017	(34.5)	1370	(33.0)	280	(5.0)
$25,000 - $74,999:																
2 - 5.....	94.7	(11.00)	6.7	(0.48)	5.5	(0.25)	0.4	(0.11)	42.8	(2.32)	1023	(63.6)	1138	(48.4)	204	(5.5)
6 - 11.....	79.9	(8.88)	5.9	(0.33)	6.6	(0.30)	0.4	(0.09)	59.7	(4.53)	1029	(40.9)	1243	(33.9)	231	(7.6)
12 - 19.....	84.9	(16.77)	4.5	(0.39)	7.1	(0.33)	0.4	(0.09)	76.5	(8.30)	999	(52.1)	1304	(66.4)	248	(12.9)
20 and over...	80.2	(4.44)	4.5	(0.17)	8.8	(0.22)	0.5	(0.07)	138.6	(20.98)	954	(23.5)	1391	(30.1)	308	(6.8)
2 and over...	81.5	(3.67)	4.7	(0.17)	8.2	(0.19)	0.5	(0.06)	120.3	(15.87)	969	(22.1)	1356	(28.7)	289	(5.9)
$75,000 and higher:																
2 - 5.....	81.8	(8.78)	6.3	(0.31)	5.5	(0.35)	0.4*	(0.17)	57.5	(4.99)	1025	(51.0)	1126	(35.6)	215	(6.3)
6 - 11.....	83.3	(7.09)	6.0	(0.35)	7.6	(0.47)	0.3*	(0.13)	72.1	(7.55)	1103	(58.1)	1327	(41.4)	244	(8.8)
12 - 19.....	71.6	(3.28)	6.9	(0.51)	8.6	(0.56)	0.5	(0.09)	67.4	(5.84)	1286	(71.0)	1565	(66.4)	286	(9.7)
20 and over...	89.7	(4.56)	5.0	(0.31)	10.2	(0.32)	0.8	(0.13)	145.4	(11.25)	1053	(29.0)	1513	(34.4)	348	(9.9)
2 and over...	86.6	(3.85)	5.4	(0.25)	9.5	(0.25)	0.7	(0.11)	124.9	(8.16)	1083	(28.6)	1481	(28.1)	324	(8.0)
All Individuals[1]:																
2 - 5.....	86.4	(5.85)	6.6	(0.27)	5.5	(0.12)	0.4	(0.08)	50.2	(1.93)	1006	(33.6)	1123	(24.9)	208	(2.5)
6 - 11.....	81.8	(4.30)	6.0	(0.20)	7.0	(0.20)	0.4	(0.08)	66.8	(3.48)	1073	(27.8)	1288	(20.8)	237	(4.9)
12 - 19.....	75.0	(6.92)	5.6	(0.25)	8.1	(0.30)	0.5	(0.08)	73.7	(5.16)	1126	(35.5)	1435	(37.8)	266	(5.3)
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Iron mg	(SE)	Zinc mg	(SE)	Copper mg	(SE)	Selenium µg	(SE)	Potassium mg	(SE)	Sodium mg	(SE)	Caffeine mg	(SE)	Theobromine mg	(SE)	Alcohol g	(SE)
$0 - $24,999:																		
2 - 5.....	12.5	(0.47)	8.5	(0.21)	0.8	(0.03)	79.2	(2.20)	2040	(62.0)	2399	(55.2)	9.4	(1.11)	43.5	(7.04)	--	--
6 - 11.....	15.2	(0.63)	10.3	(0.46)	1.0	(0.02)	96.4	(2.65)	2275	(77.4)	3169	(99.6)	16.9	(2.52)	61.0	(8.40)	--	--
12 - 19.....	16.2	(0.43)	11.8	(0.81)	1.1	(0.05)	119.1	(6.03)	2459	(89.7)	3925	(181.5)	55.5	(11.56)	56.1	(13.28)	--	--
20 and over...	15.2	(0.23)	11.3	(0.20)	1.2	(0.02)	110.8	(2.37)	2634	(53.2)	3556	(83.3)	144.9	(11.77)	36.0	(2.60)	11.1	(1.48)
2 and over...	15.2	(0.20)	11.1	(0.22)	1.1	(0.02)	108.8	(2.51)	2550	(46.8)	3500	(85.8)	116.2	(9.84)	40.8	(3.06)	--	--
$25,000 - $74,999:																		
2 - 5.....	11.2	(0.51)	8.5	(0.40)	0.8	(0.02)	71.3	(1.74)	2038	(71.2)	2282	(75.0)	6.0	(0.95)	43.3	(4.17)	--	--
6 - 11.....	14.5	(0.54)	10.0	(0.41)	1.0	(0.03)	92.0	(3.56)	2217	(69.6)	3027	(73.4)	23.6	(4.72)	70.1	(4.64)	--	--
12 - 19.....	14.3	(0.62)	9.9	(0.62)	1.0	(0.06)	100.9	(6.72)	2259	(112.8)	3325	(179.4)	52.0	(5.87)	42.3	(6.12)	--	--
20 and over...	15.3	(0.27)	11.2	(0.31)	1.3	(0.02)	111.6	(2.57)	2749	(61.9)	3523	(66.5)	189.6	(12.47)	40.5	(4.03)	10.4	(1.11)
2 and over...	14.9	(0.24)	10.8	(0.30)	1.2	(0.02)	106.7	(2.49)	2614	(55.0)	3395	(69.5)	151.3	(10.00)	43.2	(3.07)	--	--
$75,000 and higher:																		
2 - 5.....	10.7	(0.51)	7.3	(0.29)	0.9	(0.04)	74.3	(2.10)	2067	(49.9)	2173	(63.4)	6.4	(1.69)	49.0	(10.18)	--	--
6 - 11.....	14.7	(0.99)	9.7	(0.54)	1.1	(0.05)	97.8	(2.79)	2227	(66.8)	3092	(81.2)	17.3	(3.76)	65.8	(8.27)	--	--
12 - 19.....	15.8	(0.90)	12.8	(0.88)	1.2	(0.09)	119.6	(7.57)	2661	(96.6)	3708	(141.9)	48.5	(6.76)	47.2	(4.60)	--	--
20 and over...	16.9	(0.44)	12.3	(0.32)	1.6	(0.13)	122.3	(2.89)	3031	(69.3)	3732	(80.3)	181.2	(13.02)	44.9	(4.25)	15.8	(2.24)
2 and over...	16.2	(0.33)	11.8	(0.29)	1.5	(0.11)	117.1	(2.10)	2863	(58.2)	3585	(64.8)	141.4	(10.48)	47.2	(3.50)	--	--
All Individuals[1]:																		
2 - 5.....	11.4	(0.25)	8.1	(0.23)	0.8	(0.01)	74.9	(1.19)	2045	(41.4)	2285	(48.7)	7.3	(0.66)	44.8	(3.14)	--	--
6 - 11.....	14.7	(0.49)	10.0	(0.30)	1.0	(0.02)	95.1	(1.89)	2234	(45.0)	3080	(65.4)	19.6	(2.26)	65.9	(4.42)	--	--
12 - 19.....	15.5	(0.39)	11.4	(0.43)	1.1	(0.04)	111.6	(3.12)	2427	(49.3)	3593	(84.3)	52.7	(4.79)	48.0	(5.43)	--	--
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(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)
$0 - $24,999:																
2 - 5	0.49	(0.023)	0.30	(0.015)	0.24	(0.015)	0.41	(0.017)	0.59	(0.045)	1.82	(0.080)	10.83	(0.360)	4.87	(0.176)
6 - 11	0.57	(0.024)	0.33	(0.014)	0.27	(0.008)	0.48	(0.017)	0.84	(0.063)	2.30	(0.092)	13.87	(0.489)	6.30	(0.221)
12 - 19	0.59	(0.054)	0.34	(0.035)	0.26	(0.030)	0.50	(0.047)	0.72	(0.057)	2.41	(0.196)	16.85	(1.039)	7.40	(0.465)
20 and over	0.54	(0.034)	0.30	(0.019)	0.25	(0.012)	0.46	(0.025)	0.78	(0.039)	2.23	(0.094)	14.37	(0.424)	6.57	(0.181)
2 and over	0.54	(0.031)	0.31	(0.017)	0.25	(0.012)	0.47	(0.023)	0.77	(0.036)	2.23	(0.088)	14.41	(0.439)	6.54	(0.183)
$25,000 - $74,999:																
2 - 5	0.57	(0.077)	0.35	(0.051)	0.29	(0.037)	0.48	(0.061)	0.69	(0.093)	2.10	(0.282)	11.11	(0.700)	5.12	(0.386)
6 - 11	0.57	(0.038)	0.33	(0.023)	0.26	(0.019)	0.48	(0.031)	0.70	(0.050)	2.22	(0.102)	13.01	(0.434)	5.92	(0.191)
12 - 19	0.51	(0.040)	0.29	(0.017)	0.24	(0.017)	0.45	(0.026)	0.77	(0.072)	2.12	(0.138)	13.16	(0.603)	5.99	(0.338)
20 and over	0.54	(0.019)	0.30	(0.010)	0.25	(0.009)	0.47	(0.013)	0.78	(0.038)	2.18	(0.063)	14.08	(0.419)	6.53	(0.211)
2 and over	0.54	(0.016)	0.30	(0.009)	0.25	(0.008)	0.47	(0.012)	0.77	(0.034)	2.17	(0.062)	13.73	(0.377)	6.34	(0.190)
$75,000 and higher:																
2 - 5	0.52	(0.056)	0.32	(0.033)	0.25	(0.029)	0.43	(0.039)	0.65	(0.088)	1.90	(0.182)	10.54	(0.716)	4.71	(0.349)
6 - 11	0.60	(0.047)	0.32	(0.021)	0.26	(0.015)	0.49	(0.028)	0.87	(0.089)	2.31	(0.120)	14.47	(0.626)	6.62	(0.303)
12 - 19	0.69	(0.051)	0.38	(0.027)	0.28	(0.020)	0.57	(0.040)	0.83	(0.064)	2.64	(0.193)	15.61	(0.805)	7.13	(0.399)
20 and over	0.59	(0.040)	0.32	(0.020)	0.26	(0.014)	0.51	(0.029)	0.86	(0.058)	2.34	(0.114)	14.76	(0.479)	6.72	(0.244)
2 and over	0.60	(0.035)	0.33	(0.018)	0.26	(0.012)	0.51	(0.026)	0.85	(0.048)	2.34	(0.108)	14.60	(0.456)	6.65	(0.223)
All Individuals[1]:																
2 - 5	0.53	(0.040)	0.32	(0.025)	0.26	(0.019)	0.44	(0.030)	0.64	(0.053)	1.95	(0.142)	10.89	(0.382)	4.94	(0.199)
6 - 11	0.58	(0.029)	0.33	(0.016)	0.26	(0.012)	0.48	(0.022)	0.79	(0.039)	2.26	(0.081)	13.74	(0.326)	6.25	(0.165)
12 - 19	0.58	(0.022)	0.33	(0.011)	0.25	(0.009)	0.49	(0.017)	0.76	(0.032)	2.34	(0.088)	14.86	(0.483)	6.71	(0.245)
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)

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Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	MFA 16:1 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
$0 - $24,999:														
2 - 5.....	0.74	(0.042)	18.52	(0.821)	0.19	(0.013)	0.02	(0.004)	11.48	(0.604)	1.11	(0.043)	0.01	(0.002)
6 - 11.....	1.01	(0.054)	23.97	(0.981)	0.24	(0.012)	0.02	(0.004)	14.62	(0.652)	1.47	(0.073)	0.01	(0.001)
12 - 19.....	1.19	(0.066)	29.82	(1.863)	0.35	(0.040)	0.02	(0.001)	20.09	(1.512)	1.92	(0.172)	0.02	(0.003)
20 and over...	1.13	(0.028)	26.39	(0.663)	0.28	(0.012)	0.03	(0.004)	16.61	(0.569)	1.76	(0.069)	0.01	(0.001)
2 and over...	1.10	(0.030)	26.13	(0.746)	0.28	(0.014)	0.02	(0.003)	16.56	(0.650)	1.71	(0.070)	0.01	(0.001)
$25,000 - $74,999:														
2 - 5.....	0.77	(0.071)	18.31	(0.811)	0.17	(0.008)	0.01	(0.001)	10.49	(0.367)	1.13	(0.065)	#	
6 - 11.....	0.95	(0.031)	22.44	(0.735)	0.24	(0.010)	0.02	(0.002)	14.00	(0.837)	1.31	(0.092)	0.01	(0.002)
12 - 19.....	0.93	(0.065)	22.93	(1.200)	0.27	(0.027)	0.01	(0.002)	15.28	(0.712)	1.47	(0.070)	0.01	(0.001)
20 and over...	1.10	(0.036)	27.22	(0.721)	0.30	(0.008)	0.03	(0.003)	17.33	(0.458)	1.78	(0.055)	0.01	(0.001)
2 and over...	1.05	(0.034)	25.88	(0.644)	0.29	(0.007)	0.02	(0.002)	16.47	(0.375)	1.67	(0.048)	0.01	(0.001)
$75,000 and higher:														
2 - 5.....	0.60	(0.051)	17.73	(1.142)	0.19	(0.024)	0.01	(0.001)	10.68	(0.591)	1.11	(0.064)	#	
6 - 11.....	0.93	(0.038)	25.45	(1.059)	0.24	(0.012)	0.01	(0.001)	15.13	(0.634)	1.40	(0.051)	0.01	(0.002)
12 - 19.....	1.19	(0.071)	27.62	(1.370)	0.32	(0.022)	0.02	(0.002)	16.20	(0.963)	1.61	(0.118)	0.01	(0.002)
20 and over...	1.14	(0.033)	29.15	(0.849)	0.31	(0.014)	0.03	(0.007)	18.22	(0.547)	1.92	(0.074)	0.01	(0.002)
2 and over...	1.10	(0.032)	28.01	(0.809)	0.30	(0.012)	0.03	(0.005)	17.29	(0.504)	1.79	(0.058)	0.01	(0.001)
All Individuals[1]:														
2 - 5.....	0.71	(0.040)	18.30	(0.479)	0.18	(0.006)	0.01	(0.001)	10.87	(0.312)	1.11	(0.026)	0.01	(0.001)
6 - 11.....	0.96	(0.026)	23.82	(0.470)	0.24	(0.007)	0.02	(0.002)	14.52	(0.416)	1.38	(0.050)	0.01	(0.001)
12 - 19.....	1.08	(0.041)	26.31	(0.867)	0.31	(0.013)	0.02	(0.002)	16.85	(0.766)	1.64	(0.086)	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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(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)
$0 - $24,999:								
2 - 5.....	0.09	(0.007)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
6 - 11.....	0.11	(0.006)	0.01	(0.001)	0.02	(0.001)	0.02	(0.003)
12 - 19.....	0.16	(0.015)	0.02	(0.002)	0.02	(0.002)	0.04	(0.006)
20 and over...	0.15	(0.005)	0.02	(0.003)	0.02	(0.001)	0.05	(0.005)
2 and over...	0.14	(0.005)	0.02	(0.002)	0.02	(0.001)	0.04	(0.003)
$25,000 - $74,999:								
2 - 5.....	0.07	(0.009)	0.01	(0.001)	0.01	(0.001)	0.02	(0.004)
6 - 11.....	0.09	(0.008)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
12 - 19.....	0.12	(0.013)	0.01	(0.001)	0.02	(0.002)	0.03	(0.004)
20 and over...	0.14	(0.006)	0.03	(0.003)	0.02	(0.001)	0.06	(0.005)
2 and over...	0.13	(0.006)	0.02	(0.002)	0.02	(0.001)	0.05	(0.004)
$75,000 and higher:								
2 - 5.....	0.06	(0.006)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
6 - 11.....	0.10	(0.005)	0.01	(0.002)	0.01	(0.001)	0.03	(0.005)
12 - 19.....	0.12	(0.009)	0.02	(0.007)	0.02	(0.002)	0.04	(0.008)
20 and over...	0.15	(0.005)	0.04	(0.005)	0.02	(0.003)	0.07	(0.008)
2 and over...	0.14	(0.004)	0.03	(0.004)	0.02	(0.002)	0.06	(0.006)
All Individuals[1]:								
2 - 5.....	0.08	(0.006)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
6 - 11.....	0.10	(0.005)	0.01	(0.001)	0.01	(0.001)	0.03	(0.002)
12 - 19.....	0.13	(0.007)	0.02	(0.003)	0.02	(0.001)	0.03	(0.003)
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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.

Footnotes

[1] Includes persons of all income levels or with unknown family income.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years)	Sample size	Energy kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
Under 131% poverty:																			
2 - 5.....	408	1637	(51.3)	59.4	(2.86)	220	(5.6)	113	(5.1)	12.0	(0.38)	59.8	(3.16)	21.5	(1.70)	20.5	(1.13)	12.9	(0.39)
6 - 11.....	524	1969	(42.8)	68.8	(1.47)	265	(5.4)	126	(3.5)	14.5	(0.53)	73.0	(2.38)	25.5	(0.76)	25.3	(0.93)	16.2	(0.64)
12 - 19.....	479	2220	(102.4)	80.2	(3.59)	288	(10.5)	134	(5.6)	15.5	(0.50)	84.8	(5.35)	28.0	(1.75)	29.2	(1.96)	20.5	(1.66)
20 and over...	1585	2242	(61.9)	83.4	(2.07)	280	(7.3)	128	(4.5)	17.2	(0.52)	82.4	(2.56)	27.0	(0.86)	29.0	(0.83)	19.5	(0.83)
2 and over...	2996	2159	(55.2)	79.4	(1.84)	274	(6.3)	127	(3.5)	16.2	(0.40)	79.9	(2.44)	26.6	(0.79)	27.9	(0.82)	18.8	(0.82)
131-350% poverty:																			
2 - 5.....	228	1583	(65.1)	53.0	(2.38)	220	(10.6)	114	(6.3)	11.3	(0.56)	56.8	(2.58)	21.2	(0.93)	19.1	(1.09)	11.8	(0.71)
6 - 11.....	354	1980	(58.8)	67.4	(2.73)	273	(8.3)	135	(4.5)	14.7	(0.62)	71.5	(2.55)	25.0	(1.01)	24.6	(0.79)	16.0	(0.83)
12 - 19.....	341	2107	(95.5)	75.4	(5.33)	284	(10.9)	136	(8.1)	14.7	(0.52)	74.9	(3.94)	25.3	(1.49)	26.0	(1.60)	17.5	(0.87)
20 and over...	1509	2120	(56.7)	77.9	(2.01)	260	(6.8)	114	(3.9)	17.1	(0.50)	80.2	(2.80)	25.8	(1.00)	28.7	(1.00)	19.2	(0.68)
2 and over...	2432	2078	(48.9)	75.4	(1.85)	262	(5.9)	119	(3.6)	16.3	(0.41)	77.6	(2.31)	25.4	(0.81)	27.6	(0.85)	18.3	(0.56)
Over 350% poverty:																			
2 - 5.....	135	1502	(31.3)	52.8	(1.42)	210	(4.4)	106	(3.4)	13.1	(0.61)	52.9	(2.32)	18.9	(1.12)	18.1	(1.04)	11.6	(0.56)
6 - 11.....	203	2036	(49.5)	69.5	(2.34)	273	(7.3)	130	(4.7)	14.6	(0.48)	77.3	(2.52)	27.3	(1.25)	27.2	(1.21)	16.8	(0.47)
12 - 19.....	235	2207	(93.0)	85.3	(4.50)	281	(11.5)	135	(5.2)	15.9	(0.85)	84.8	(4.44)	29.6	(1.68)	29.7	(1.53)	18.5	(1.21)
20 and over...	1340	2237	(42.3)	87.5	(1.62)	264	(5.0)	114	(2.4)	19.8	(0.66)	84.7	(2.34)	27.0	(0.79)	30.5	(0.85)	20.3	(0.62)
2 and over...	1913	2194	(39.4)	84.9	(1.34)	264	(4.5)	116	(2.0)	18.9	(0.56)	83.0	(2.23)	26.9	(0.76)	29.8	(0.82)	19.6	(0.54)
All Individuals[2]:																			
2 - 5.....	834	1585	(22.6)	55.6	(1.03)	217	(3.8)	111	(2.9)	12.1	(0.28)	57.2	(1.41)	20.7	(0.89)	19.5	(0.53)	12.2	(0.33)
6 - 11.....	1146	1987	(30.7)	68.4	(1.37)	269	(3.5)	130	(2.1)	14.7	(0.35)	73.3	(1.50)	25.7	(0.61)	25.4	(0.50)	16.2	(0.47)
12 - 19.....	1152	2175	(44.9)	79.4	(2.00)	286	(4.7)	135	(3.4)	15.3	(0.26)	81.1	(2.68)	27.4	(0.89)	28.2	(0.93)	18.9	(0.86)
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Choles-terol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-crypto-xanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
Under 131% poverty:																		
2 - 5.....	196	(10.1)	505	(19.7)	586	(23.6)	167	(37.4)	863	(109.7)	62	(6.5)	3389	(433.4)	650	(55.6)	1.31	(0.034)
6 - 11.....	218	(10.7)	509	(17.7)	615	(18.9)	227	(38.0)	1124	(90.9)	71	(9.0)	4571	(345.5)	730	(65.0)	1.61	(0.052)
12 - 19.....	288	(26.1)	457	(33.2)	563	(41.5)	209	(57.6)	1129	(138.8)	64	(6.2)	7120	(1035.9)	897	(92.9)	1.67	(0.044)
20 and over...	287	(9.0)	413	(23.3)	579	(29.0)	307	(26.7)	1800	(187.2)	77	(5.5)	5654	(347.5)	1275	(98.5)	1.64	(0.054)
2 and over...	272	(7.9)	438	(19.6)	581	(23.2)	272	(26.5)	1548	(142.1)	73	(4.4)	5571	(328.4)	1108	(73.6)	1.62	(0.044)
131-350% poverty:																		
2 - 5.....	174	(21.6)	457	(17.3)	547	(24.0)	202	(27.3)	939	(171.7)	96	(18.3)	3098	(652.9)	633	(44.6)	1.19	(0.038)
6 - 11.....	195	(12.3)	495	(28.4)	619	(45.7)	272*	(100.7)	1309	(244.8)	101	(15.3)	6400	(977.8)	844	(71.2)	1.57	(0.084)
12 - 19.....	238	(22.5)	445	(44.3)	560	(43.2)	274	(45.7)	1218	(134.9)	63	(10.4)	4945	(358.9)	871	(101.7)	1.60	(0.105)
20 and over...	274	(11.6)	395	(16.5)	592	(25.3)	402	(19.7)	2127	(165.7)	75	(3.9)	4651	(262.1)	1390	(83.0)	1.57	(0.052)
2 and over...	258	(9.6)	413	(12.7)	588	(18.7)	366	(19.7)	1890	(133.4)	77	(4.3)	4766	(251.4)	1243	(64.6)	1.56	(0.048)
Over 350% poverty:																		
2 - 5.....	142	(8.2)	417	(17.1)	617	(48.2)	507	(137.9)	2090	(485.2)	115*	(45.7)	3599	(658.5)	580	(50.9)	1.21	(0.036)
6 - 11.....	211	(13.3)	522	(27.3)	639	(32.5)	253*	(98.9)	1234	(281.3)	87	(17.6)	4889	(572.9)	813	(190.6)	1.60	(0.117)
12 - 19.....	258	(17.6)	575	(37.8)	678	(47.3)	194	(57.6)	1099	(209.6)	90	(15.4)	6299	(1150.2)	778	(53.6)	1.71	(0.108)
20 and over...	286	(7.7)	515	(54.0)	820	(75.7)	603	(85.6)	3319	(291.9)	88	(5.6)	5641	(387.0)	2324	(205.7)	1.72	(0.037)
2 and over...	273	(7.5)	517	(45.9)	790	(62.7)	545	(67.5)	2966	(236.5)	89	(6.5)	5573	(301.9)	2040	(166.4)	1.69	(0.035)
All Individuals[2]:																		
2 - 5.....	175	(8.2)	464	(12.6)	581	(15.7)	279	(44.4)	1232	(174.3)	84	(13.0)	3328	(329.3)	636	(35.5)	1.25	(0.024)
6 - 11.....	208	(7.6)	504	(13.2)	619	(17.6)	247	(40.5)	1220	(113.1)	86	(8.3)	5317	(448.7)	813	(60.6)	1.59	(0.047)
12 - 19.....	259	(12.0)	484	(15.8)	590	(20.1)	220	(39.5)	1125	(118.8)	70	(6.8)	6081	(511.9)	847	(60.2)	1.67	(0.048)
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Ribo-flavin mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
Under 131% poverty:																		
2 - 5.....	1.91	(0.074)	17.3	(0.42)	1.55	(0.049)	183	(6.1)	137	(4.6)	447	(10.8)	236	(10.1)	4.82	(0.164)	1.15	(0.086)
6 - 11.....	1.99	(0.049)	21.5	(1.06)	1.78	(0.101)	233	(14.2)	155	(6.3)	551	(27.6)	251	(7.0)	5.10	(0.123)	1.21	(0.090)
12 - 19.....	2.15	(0.212)	27.5	(2.25)	2.13	(0.189)	239	(14.0)	180	(8.3)	586	(26.0)	305	(21.6)	5.87	(0.724)	1.29	(0.210)
20 and over...	2.06	(0.065)	26.1	(0.89)	2.16	(0.089)	200	(9.5)	221	(7.3)	562	(20.3)	328	(8.0)	5.12	(0.207)	1.05	(0.149)
2 and over...	2.05	(0.069)	25.1	(1.02)	2.06	(0.084)	208	(7.3)	201	(5.9)	555	(16.3)	308	(6.8)	5.20	(0.230)	1.11	(0.114)
131-350% poverty:																		
2 - 5.....	1.72	(0.060)	15.0	(0.90)	1.33	(0.092)	162	(5.3)	130	(11.1)	406	(13.4)	212	(18.8)	4.18	(0.186)	0.79	(0.106)
6 - 11.....	1.93	(0.080)	21.2	(0.73)	1.66	(0.051)	218	(18.4)	169	(10.0)	539	(36.7)	244	(10.3)	4.77	(0.268)	0.97	(0.110)
12 - 19.....	1.93	(0.088)	23.6	(1.29)	1.83	(0.101)	198	(11.0)	183	(12.6)	519	(18.1)	276	(23.8)	4.88	(0.374)	0.87	(0.177)
20 and over...	2.05	(0.055)	24.4	(0.52)	1.96	(0.069)	186	(6.9)	216	(6.2)	533	(14.1)	322	(11.7)	4.74	(0.141)	0.92	(0.110)
2 and over...	2.01	(0.042)	23.6	(0.51)	1.88	(0.057)	189	(5.2)	203	(5.3)	525	(10.8)	304	(10.0)	4.73	(0.124)	0.91	(0.092)
Over 350% poverty:																		
2 - 5.....	1.75	(0.032)	14.8	(0.56)	1.29	(0.057)	140	(12.5)	141	(5.5)	379	(21.0)	205	(7.5)	3.83	(0.248)	0.80	(0.239)
6 - 11.....	2.01	(0.105)	21.3	(1.24)	1.64	(0.137)	213	(19.1)	158	(12.5)	519	(38.9)	247	(10.9)	4.69	(0.274)	1.02	(0.304)
12 - 19.....	2.31	(0.119)	25.3	(1.49)	2.05	(0.107)	245	(25.0)	179	(8.8)	596	(49.9)	312	(15.5)	6.28	(0.505)	1.10	(0.156)
20 and over...	2.37	(0.047)	27.7	(0.57)	2.39	(0.058)	206	(4.7)	262	(8.3)	612	(11.3)	354	(7.0)	6.25	(0.524)	1.27	(0.082)
2 and over...	2.32	(0.045)	26.6	(0.52)	2.28	(0.049)	207	(5.1)	244	(7.3)	596	(11.8)	338	(6.7)	6.07	(0.473)	1.22	(0.063)
All Individuals[2]:																		
2 - 5.....	1.80	(0.034)	15.9	(0.34)	1.41	(0.041)	166	(6.0)	135	(4.0)	417	(10.1)	221	(6.5)	4.34	(0.143)	0.94	(0.085)
6 - 11.....	1.97	(0.047)	21.3	(0.69)	1.70	(0.059)	222	(9.8)	162	(5.9)	539	(20.1)	247	(5.6)	4.86	(0.151)	1.08	(0.097)
12 - 19.....	2.11	(0.080)	25.6	(0.88)	2.03	(0.083)	230	(8.0)	180	(5.1)	572	(17.2)	294	(10.7)	5.70	(0.324)	1.21	(0.188)
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Vitamin C mg	(SE)	Vitamin D µg	(SE)	Vitamin E (alpha-tocopherol) mg	(SE)	Added Vitamin E mg	(SE)	Vitamin K µg	(SE)	Calcium mg	(SE)	Phosphorus mg	(SE)	Magnesium mg	(SE)
Under 131% poverty:																
2 - 5.....	85.5	(3.65)	7.3	(0.54)	5.5	(0.20)	0.4	(0.13)	50.0	(3.41)	1036	(63.8)	1172	(65.7)	212	(8.0)
6 - 11.....	77.6	(4.53)	6.2	(0.17)	6.7	(0.26)	0.5	(0.14)	62.3	(2.90)	1071	(30.9)	1283	(31.0)	231	(5.1)
12 - 19.....	69.4	(7.18)	5.5	(0.57)	8.1	(0.42)	0.5	(0.08)	81.1	(7.62)	1083	(71.1)	1439	(77.0)	266	(11.0)
20 and over...	85.3	(6.76)	4.8	(0.32)	8.4	(0.28)	0.6	(0.06)	101.1	(7.20)	1019	(35.6)	1422	(33.4)	298	(6.0)
2 and over...	82.1	(5.17)	5.3	(0.27)	8.0	(0.27)	0.6	(0.05)	89.6	(5.54)	1036	(32.0)	1389	(30.0)	278	(5.2)
131-350% poverty:																
2 - 5.....	97.8	(15.13)	6.3	(0.26)	5.8	(0.40)	0.6*	(0.19)	47.6	(4.06)	1000	(50.9)	1090	(39.4)	197	(8.4)
6 - 11.....	93.7	(10.03)	5.9	(0.38)	6.9	(0.28)	0.4	(0.08)	68.8	(5.50)	1072	(57.2)	1278	(45.1)	242	(8.5)
12 - 19.....	84.4	(19.24)	5.0	(0.46)	7.1	(0.31)	0.4	(0.11)	71.9	(5.44)	1061	(65.7)	1357	(78.2)	252	(12.8)
20 and over...	77.3	(4.48)	4.3	(0.14)	8.2	(0.25)	0.4	(0.06)	105.2	(4.32)	918	(29.7)	1341	(38.2)	293	(7.2)
2 and over...	80.7	(4.09)	4.6	(0.11)	7.8	(0.19)	0.4	(0.05)	95.2	(3.57)	952	(27.2)	1325	(34.1)	279	(6.0)
Over 350% poverty:																
2 - 5.....	74.1	(5.17)	6.0	(0.27)	5.1	(0.25)	0.2*	(0.09)	52.8	(3.73)	992	(36.8)	1101	(22.6)	215	(4.7)
6 - 11.....	70.2	(8.95)	5.9	(0.37)	7.7	(0.55)	0.3*	(0.14)	68.1	(8.58)	1090	(55.1)	1321	(47.9)	239	(8.8)
12 - 19.....	70.8	(3.70)	6.8	(0.56)	8.7	(0.73)	0.4	(0.11)	66.4	(5.90)	1273	(67.7)	1556	(64.7)	289	(11.2)
20 and over...	90.8	(3.89)	5.0	(0.23)	10.2	(0.29)	0.9	(0.10)	169.9	(18.40)	1044	(26.6)	1497	(28.4)	346	(9.5)
2 and over...	87.3	(3.51)	5.2	(0.20)	9.7	(0.25)	0.8	(0.09)	150.9	(15.19)	1064	(27.0)	1476	(25.8)	330	(8.4)
All Individuals[2]:																
2 - 5.....	86.4	(5.85)	6.6	(0.27)	5.5	(0.12)	0.4	(0.08)	50.2	(1.93)	1006	(33.6)	1123	(24.9)	208	(2.5)
6 - 11.....	81.8	(4.30)	6.0	(0.20)	7.0	(0.20)	0.4	(0.08)	66.8	(3.48)	1073	(27.8)	1288	(20.8)	237	(4.9)
12 - 19.....	75.0	(6.92)	5.6	(0.25)	8.1	(0.30)	0.5	(0.08)	73.7	(5.16)	1126	(35.5)	1435	(37.8)	266	(5.3)
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Iron mg	(SE)	Zinc mg	(SE)	Copper mg	(SE)	Selenium µg	(SE)	Potassium mg	(SE)	Sodium mg	(SE)	Caffeine mg	(SE)	Theobromine mg	(SE)	Alcohol g	(SE)
Under 131% poverty:																		
2 - 5.....	12.4	(0.34)	9.0	(0.51)	0.8	(0.02)	78.5	(2.48)	2115	(92.9)	2447	(118.0)	7.5	(0.80)	39.1	(5.22)	--	--
6 - 11.....	15.0	(0.51)	10.3	(0.40)	1.0	(0.02)	95.4	(1.97)	2223	(66.2)	3079	(99.0)	16.3	(2.04)	64.5	(6.07)	--	--
12 - 19.....	15.8	(0.37)	11.2	(0.58)	1.1	(0.04)	112.9	(5.57)	2357	(70.1)	3646	(179.8)	57.7	(10.36)	54.6	(9.95)	--	--
20 and over...	15.4	(0.33)	11.5	(0.20)	1.2	(0.02)	114.9	(2.53)	2675	(57.5)	3638	(99.0)	145.7	(13.65)	34.9	(2.99)	10.7	(1.70)
2 and over...	15.1	(0.25)	11.1	(0.15)	1.1	(0.02)	109.5	(2.60)	2532	(45.2)	3481	(87.6)	106.9	(9.81)	41.4	(3.47)	--	--
131-350% poverty:																		
2 - 5.....	11.0	(0.58)	7.7	(0.39)	0.7	(0.03)	71.7	(2.98)	1946	(93.7)	2197	(81.8)	8.4	(1.67)	51.0	(5.06)	--	--
6 - 11.....	14.7	(0.72)	10.0	(0.50)	1.0	(0.04)	95.3	(3.60)	2289	(76.9)	3143	(109.1)	24.5	(4.91)	70.8	(6.39)	--	--
12 - 19.....	14.4	(0.56)	10.2	(0.71)	1.1	(0.07)	103.7	(6.88)	2334	(124.1)	3509	(188.7)	48.1	(7.35)	43.1	(5.34)	--	--
20 and over...	14.9	(0.43)	10.8	(0.37)	1.2	(0.03)	109.4	(3.02)	2616	(58.7)	3452	(90.4)	178.4	(10.45)	41.2	(2.71)	10.3	(1.27)
2 and over...	14.7	(0.32)	10.5	(0.31)	1.2	(0.02)	105.6	(2.74)	2520	(53.2)	3367	(82.4)	141.0	(8.45)	44.6	(1.50)	--	--
Over 350% poverty:																		
2 - 5.....	10.4	(0.53)	7.3	(0.24)	0.9	(0.05)	71.9	(2.57)	2032	(52.6)	2115	(68.3)	4.9	(1.39)	48.2	(11.93)	--	--
6 - 11.....	14.4	(1.12)	9.6	(0.44)	1.1	(0.05)	95.0	(3.14)	2172	(65.5)	3037	(65.8)	17.8	(4.60)	63.3	(8.46)	--	--
12 - 19.....	15.5	(1.08)	13.1	(0.96)	1.2	(0.11)	121.2	(9.35)	2690	(106.9)	3681	(154.5)	49.4	(8.46)	45.5	(5.79)	--	--
20 and over...	16.8	(0.36)	12.2	(0.27)	1.6	(0.11)	119.2	(3.12)	3046	(72.7)	3701	(83.2)	190.5	(12.01)	43.7	(4.70)	14.8	(1.64)
2 and over...	16.3	(0.33)	12.0	(0.27)	1.5	(0.09)	116.1	(2.40)	2927	(67.4)	3599	(72.3)	161.5	(11.44)	45.2	(4.10)	--	--
All Individuals[2]:																		
2 - 5.....	11.4	(0.25)	8.1	(0.23)	0.8	(0.01)	74.9	(1.19)	2045	(41.4)	2285	(48.7)	7.3	(0.66)	44.8	(3.14)	--	--
6 - 11.....	14.7	(0.49)	10.0	(0.30)	1.0	(0.02)	95.1	(1.89)	2234	(45.0)	3080	(65.4)	19.6	(2.26)	65.9	(4.42)	--	--
12 - 19.....	15.5	(0.39)	11.4	(0.43)	1.1	(0.04)	111.6	(3.12)	2427	(49.3)	3593	(84.3)	52.7	(4.79)	48.0	(5.43)	--	--
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)	--	--

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Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold 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)
Under 131% poverty:																
2 - 5.....	0.54	(0.070)	0.33	(0.046)	0.28	(0.034)	0.46	(0.051)	0.64	(0.056)	2.02	(0.256)	11.36	(0.770)	5.14	(0.399)
6 - 11.....	0.56	(0.021)	0.32	(0.012)	0.26	(0.009)	0.47	(0.016)	0.79	(0.051)	2.24	(0.083)	13.74	(0.418)	6.20	(0.193)
12 - 19.....	0.56	(0.049)	0.32	(0.031)	0.25	(0.025)	0.48	(0.042)	0.74	(0.063)	2.29	(0.179)	15.55	(1.007)	6.88	(0.423)
20 and over...	0.54	(0.031)	0.31	(0.016)	0.25	(0.012)	0.47	(0.023)	0.77	(0.044)	2.26	(0.089)	14.74	(0.456)	6.72	(0.192)
2 and over...	0.54	(0.027)	0.31	(0.015)	0.25	(0.012)	0.47	(0.021)	0.76	(0.036)	2.24	(0.085)	14.48	(0.432)	6.56	(0.175)
131-350% poverty:																
2 - 5.....	0.55	(0.038)	0.34	(0.019)	0.27	(0.018)	0.46	(0.026)	0.67	(0.063)	2.02	(0.105)	11.12	(0.551)	5.00	(0.254)
6 - 11.....	0.58	(0.049)	0.33	(0.027)	0.27	(0.021)	0.49	(0.037)	0.73	(0.046)	2.25	(0.137)	13.31	(0.558)	5.99	(0.228)
12 - 19.....	0.54	(0.052)	0.30	(0.024)	0.24	(0.021)	0.46	(0.033)	0.73	(0.078)	2.17	(0.167)	13.65	(0.782)	6.27	(0.407)
20 and over...	0.53	(0.035)	0.29	(0.018)	0.24	(0.012)	0.46	(0.022)	0.77	(0.035)	2.14	(0.098)	13.90	(0.535)	6.50	(0.264)
2 and over...	0.54	(0.028)	0.30	(0.014)	0.25	(0.009)	0.46	(0.017)	0.76	(0.029)	2.15	(0.078)	13.68	(0.450)	6.35	(0.213)
Over 350% poverty:																
2 - 5.....	0.49	(0.050)	0.30	(0.031)	0.23	(0.029)	0.41	(0.039)	0.65	(0.102)	1.80	(0.174)	9.78	(0.441)	4.49	(0.310)
6 - 11.....	0.62	(0.061)	0.34	(0.029)	0.27	(0.018)	0.51	(0.036)	0.91	(0.101)	2.38	(0.141)	14.44	(0.657)	6.78	(0.365)
12 - 19.....	0.70	(0.050)	0.39	(0.029)	0.28	(0.023)	0.58	(0.042)	0.86	(0.077)	2.69	(0.198)	15.74	(0.838)	7.17	(0.418)
20 and over...	0.59	(0.029)	0.32	(0.014)	0.26	(0.011)	0.51	(0.022)	0.85	(0.057)	2.31	(0.083)	14.54	(0.412)	6.62	(0.205)
2 and over...	0.60	(0.027)	0.32	(0.013)	0.26	(0.010)	0.51	(0.021)	0.85	(0.049)	2.32	(0.084)	14.45	(0.390)	6.59	(0.195)
All Individuals[2]:																
2 - 5.....	0.53	(0.040)	0.32	(0.025)	0.26	(0.019)	0.44	(0.030)	0.64	(0.053)	1.95	(0.142)	10.89	(0.382)	4.94	(0.199)
6 - 11.....	0.58	(0.029)	0.33	(0.016)	0.26	(0.012)	0.48	(0.022)	0.79	(0.039)	2.26	(0.081)	13.74	(0.326)	6.25	(0.165)
12 - 19.....	0.58	(0.022)	0.33	(0.011)	0.25	(0.009)	0.49	(0.017)	0.76	(0.032)	2.34	(0.088)	14.86	(0.483)	6.71	(0.245)
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)

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Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	MFA 16:1 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
Under 131% poverty:														
2 - 5.....	0.82	(0.083)	19.18	(1.042)	0.18	(0.007)	0.01	(0.003)	11.45	(0.349)	1.16	(0.071)	0.01	(0.001)
6 - 11.....	1.00	(0.052)	23.61	(0.862)	0.24	(0.010)	0.02	(0.003)	14.46	(0.561)	1.41	(0.068)	0.01	(0.001)
12 - 19.....	1.09	(0.063)	27.22	(1.812)	0.32	(0.036)	0.02	(0.001)	18.30	(1.498)	1.77	(0.156)	0.01	(0.002)
20 and over...	1.15	(0.034)	27.06	(0.770)	0.29	(0.015)	0.03	(0.004)	17.25	(0.727)	1.80	(0.089)	0.01	(0.001)
2 and over...	1.10	(0.026)	26.06	(0.764)	0.28	(0.016)	0.02	(0.003)	16.63	(0.732)	1.70	(0.077)	0.01	(0.001)
131-350% poverty:														
2 - 5.....	0.67	(0.053)	17.92	(1.026)	0.18	(0.013)	0.01	(0.002)	10.45	(0.638)	1.09	(0.057)	#	
6 - 11.....	0.93	(0.044)	23.05	(0.750)	0.24	(0.011)	0.01	(0.001)	14.29	(0.743)	1.35	(0.083)	0.01	(0.003)
12 - 19.....	0.99	(0.079)	24.33	(1.473)	0.29	(0.031)	0.02	(0.004)	15.62	(0.791)	1.51	(0.071)	0.01	(0.002)
20 and over...	1.08	(0.045)	26.87	(0.957)	0.29	(0.009)	0.03	(0.003)	16.95	(0.618)	1.77	(0.073)	0.01	(0.001)
2 and over...	1.04	(0.038)	25.78	(0.802)	0.28	(0.010)	0.02	(0.003)	16.23	(0.509)	1.67	(0.057)	0.01	(0.001)
Over 350% poverty:														
2 - 5.....	0.57	(0.050)	17.00	(1.001)	0.19	(0.029)	0.01	(0.002)	10.31	(0.538)	1.07	(0.057)	0.01	(0.001)
6 - 11.....	0.96	(0.049)	25.59	(1.172)	0.24	(0.015)	0.01	(0.001)	15.12	(0.436)	1.40	(0.042)	0.01	(0.002)
12 - 19.....	1.19	(0.077)	27.69	(1.460)	0.32	(0.025)	0.02	(0.002)	16.48	(1.085)	1.62	(0.131)	0.01	(0.003)
20 and over...	1.14	(0.031)	28.56	(0.808)	0.31	(0.012)	0.03	(0.005)	17.94	(0.549)	1.86	(0.067)	0.01	(0.001)
2 and over...	1.11	(0.029)	27.86	(0.781)	0.30	(0.011)	0.03	(0.005)	17.36	(0.487)	1.78	(0.056)	0.01	(0.001)
All Individuals[2]:														
2 - 5.....	0.71	(0.040)	18.30	(0.479)	0.18	(0.006)	0.01	(0.001)	10.87	(0.312)	1.11	(0.026)	0.01	(0.001)
6 - 11.....	0.96	(0.026)	23.82	(0.470)	0.24	(0.007)	0.02	(0.002)	14.52	(0.416)	1.38	(0.050)	0.01	(0.001)
12 - 19.....	1.08	(0.041)	26.31	(0.867)	0.31	(0.013)	0.02	(0.002)	16.85	(0.766)	1.64	(0.086)	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)

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Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
Under 131% poverty:								
2 - 5.....	0.09	(0.007)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
6 - 11.....	0.11	(0.006)	0.01	(0.001)	0.02	(0.001)	0.03	(0.003)
12 - 19.....	0.15	(0.012)	0.01	(0.002)	0.02	(0.001)	0.03	(0.004)
20 and over...	0.15	(0.006)	0.02	(0.002)	0.02	(0.001)	0.05	(0.005)
2 and over...	0.14	(0.005)	0.02	(0.002)	0.02	(0.001)	0.04	(0.003)
131-350% poverty:								
2 - 5.....	0.07	(0.012)	0.01	(0.001)	0.01	(0.001)	0.02	(0.004)
6 - 11.....	0.09	(0.007)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
12 - 19.....	0.13	(0.014)	0.01	(0.002)	0.02	(0.002)	0.03	(0.003)
20 and over...	0.14	(0.007)	0.03	(0.003)	0.02	(0.001)	0.06	(0.004)
2 and over...	0.13	(0.006)	0.02	(0.002)	0.02	(0.001)	0.05	(0.003)
Over 350% poverty:								
2 - 5.....	0.06	(0.007)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
6 - 11.....	0.10	(0.007)	0.01	(0.003)	0.01	(0.001)	0.03	(0.006)
12 - 19.....	0.12	(0.010)	0.03*	(0.008)	0.02	(0.002)	0.04	(0.010)
20 and over...	0.15	(0.004)	0.03	(0.004)	0.02	(0.002)	0.06	(0.008)
2 and over...	0.14	(0.004)	0.03	(0.003)	0.02	(0.002)	0.06	(0.006)
All Individuals[2]:								
2 - 5.....	0.08	(0.006)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
6 - 11.....	0.10	(0.005)	0.01	(0.001)	0.01	(0.001)	0.03	(0.002)
12 - 19.....	0.13	(0.007)	0.02	(0.003)	0.02	(0.001)	0.03	(0.003)
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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.

Footnotes

[1] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[2] Includes persons of all income levels or with unknown family income.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 5. Energy Intakes: Percentages[1] of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, 2011-2012

Gender and age (years)	Sample size	Energy kcal	Energy (SE)	Protein % kcal	Protein (SE)	Carbohydrate % kcal	Carbohydrate (SE)	Total fat % kcal	Total fat (SE)	Saturated fat % kcal	Saturated fat (SE)	Mono-unsaturated fat % kcal	Mono-unsaturated fat (SE)	Poly-unsaturated fat % kcal	Poly-unsaturated fat (SE)	Alcohol % kcal	Alcohol (SE)
Males:																	
2 - 5.....	411	1648	(32.7)	14	(0.2)	56	(0.8)	32	(0.7)	11	(0.5)	11	(0.3)	7	(0.2)	--	--
6 - 11.....	590	2087	(38.6)	14	(0.2)	55	(0.4)	32	(0.3)	11	(0.1)	11	(0.1)	7	(0.2)	--	--
12 - 19.....	585	2531	(58.7)	15	(0.4)	53	(0.4)	33	(0.6)	11	(0.2)	11	(0.2)	7	(0.4)	--	--
20 - 29.....	457	2764	(74.5)	16	(0.3)	48	(0.8)	33	(0.7)	11	(0.3)	12	(0.4)	8	(0.3)	--	--
30 - 39.....	425	2772	(73.2)	16	(0.3)	49	(0.6)	32	(0.7)	10	(0.3)	12	(0.3)	8	(0.2)	--	--
40 - 49.....	374	2734	(94.0)	16	(0.4)	47	(0.8)	34	(0.6)	11	(0.2)	12	(0.3)	8	(0.2)	--	--
50 - 59.....	382	2500	(104.8)	16	(0.4)	48	(0.9)	33	(0.8)	10	(0.3)	12	(0.4)	8	(0.4)	--	--
60 - 69.....	397	2302	(51.7)	16	(0.3)	48	(0.8)	34	(0.8)	11	(0.3)	12	(0.4)	8	(0.3)	--	--
70 and over.....	359	2023	(51.4)	16	(0.3)	49	(0.5)	33	(0.6)	10	(0.2)	12	(0.3)	8	(0.2)	--	--
2 - 19.....	1586	2190	(30.5)	15	(0.2)	54	(0.3)	32	(0.3)	11	(0.2)	11	(0.1)	7	(0.2)	--	--
20 and over...	2394	2567	(26.7)	16	(0.1)	48	(0.3)	33	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	4	(0.3)
2 and over...	3980	2469	(21.8)	16	(0.1)	50	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
Females:																	
2 - 5.....	423	1520	(32.0)	14	(0.2)	55	(0.5)	32	(0.3)	12	(0.3)	11	(0.2)	7	(0.2)	--	--
6 - 11.....	556	1878	(43.4)	14	(0.2)	54	(0.3)	33	(0.4)	11	(0.2)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	567	1809	(38.8)	14	(0.3)	54	(1.0)	33	(0.8)	11	(0.3)	11	(0.3)	8	(0.3)	--	--
20 - 29.....	428	2019	(41.6)	15	(0.2)	51	(0.6)	33	(0.4)	11	(0.2)	12	(0.2)	8	(0.2)	--	--
30 - 39.....	404	2010	(50.4)	16	(0.4)	51	(0.8)	33	(0.5)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
40 - 49.....	407	1841	(52.9)	15	(0.4)	51	(0.7)	33	(0.4)	11	(0.2)	12	(0.2)	8	(0.2)	--	--
50 - 59.....	423	1820	(49.8)	15	(0.4)	49	(0.8)	33	(0.6)	10	(0.3)	11	(0.2)	8	(0.2)	--	--
60 - 69.....	380	1663	(57.9)	16	(0.3)	49	(0.9)	34	(0.8)	11	(0.4)	12	(0.5)	8	(0.3)	--	--
70 and over.....	365	1555	(28.3)	16	(0.3)	52	(0.8)	33	(0.7)	10	(0.3)	11	(0.3)	8	(0.3)	--	--
2 - 19.....	1546	1767	(19.1)	14	(0.2)	54	(0.5)	33	(0.4)	11	(0.1)	11	(0.2)	8	(0.2)	--	--
20 and over...	2407	1834	(17.8)	15	(0.2)	50	(0.4)	33	(0.3)	11	(0.2)	12	(0.1)	8	(0.1)	3	(0.2)
2 and over...	3953	1817	(15.3)	15	(0.1)	51	(0.3)	33	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
Males and females:																	
2 - 19.....	3132	1983	(22.8)	14	(0.1)	54	(0.3)	33	(0.3)	11	(0.1)	11	(0.1)	7	(0.1)	--	--
20 and over...	4801	2191	(15.6)	16	(0.1)	49	(0.3)	33	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	3	(0.2)
2 and over...	7933	2139	(12.3)	15	(0.1)	51	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Footnotes

[1] Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake.

Abbreviations

SE = standard error.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, *What We Eat in America*, NHANES 2011-2012.

Table 6. Energy Intakes: Percentages[1] of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years)	Sample size	Energy kcal	Energy (SE)	Protein % kcal	Protein (SE)	Carbohydrate % kcal	Carbohydrate (SE)	Total fat % kcal	Total fat (SE)	Saturated fat % kcal	Saturated fat (SE)	Mono-unsaturated fat % kcal	Mono-unsaturated fat (SE)	Poly-unsaturated fat % kcal	Poly-unsaturated fat (SE)	Alcohol % kcal	Alcohol (SE)
Non-Hispanic White:																	
2 - 5.....	156	1584	(38.7)	14	(0.2)	56	(0.9)	32	(0.8)	12*	(0.6)	11*	(0.3)	7*	(0.3)	--	--
6 - 11.....	275	2011	(36.1)	13	(0.2)	55	(0.4)	33	(0.4)	12	(0.2)	11	(0.2)	7*	(0.3)	--	--
12 - 19.....	259	2231	(78.6)	15	(0.4)	54	(1.0)	32	(0.8)	11	(0.3)	11	(0.3)	7*	(0.3)	--	--
20 and over...	1842	2209	(24.3)	15	(0.2)	49	(0.4)	34	(0.3)	11	(0.2)	12	(0.1)	8	(0.1)	4	(0.3)
2 and over...	2532	2169	(21.6)	15	(0.2)	50	(0.3)	33	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
Non-Hispanic Black:																	
2 - 5.....	249	1651	(62.4)	14	(0.2)	55	(0.7)	33	(0.8)	11	(0.3)	11	(0.3)	8*	(0.2)	--	--
6 - 11.....	335	2020	(59.7)	14	(0.3)	53	(0.5)	34	(0.3)	11	(0.2)	12	(0.2)	8	(0.2)	--	--
12 - 19.....	352	2037	(70.0)	14	(0.4)	53	(0.9)	33	(0.6)	11	(0.2)	12	(0.2)	8	(0.3)	--	--
20 and over...	1274	2187	(39.5)	15	(0.2)	49	(0.4)	34	(0.3)	10	(0.1)	12	(0.1)	8	(0.1)	3	(0.2)
2 and over...	2210	2113	(34.4)	15	(0.2)	51	(0.3)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
Non-Hispanic Asian[2]:																	
2 - 5.....	102	1486	(75.9)	15*	(0.7)	54	(1.4)	32	(0.8)	12*	(0.7)	11*	(0.4)	7*	(0.3)	--	--
6 - 11.....	115	1744	(58.3)	14*	(0.5)	58	(0.9)	29	(0.6)	11*	(0.3)	10*	(0.3)	6*	(0.2)	--	--
12 - 19.....	158	1967	(89.2)	16	(0.3)	53	(0.8)	31	(1.0)	11*	(0.5)	11*	(0.3)	8*	(0.4)	--	--
20 and over...	610	1947	(27.4)	17	(0.4)	52	(0.4)	30	(0.6)	9	(0.2)	11	(0.2)	8	(0.2)	2*	(0.3)
2 and over...	985	1910	(22.9)	17	(0.3)	53	(0.3)	30	(0.4)	9	(0.1)	11	(0.2)	8	(0.2)	--	--
Hispanic:																	
2 - 5.....	282	1564	(34.8)	15	(0.3)	55	(0.6)	31	(0.4)	11	(0.2)	11	(0.2)	7*	(0.2)	--	--
6 - 11.....	356	2005	(44.9)	15	(0.3)	55	(0.6)	32	(0.5)	11	(0.2)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	325	2205	(86.3)	15	(0.2)	53	(0.6)	33	(0.5)	11	(0.3)	11	(0.2)	8	(0.3)	--	--
20 and over...	932	2211	(42.1)	17	(0.2)	50	(0.4)	32	(0.4)	10	(0.2)	12	(0.2)	8	(0.1)	2*	(0.2)
2 and over...	1895	2133	(28.2)	16	(0.1)	52	(0.3)	32	(0.3)	11	(0.1)	11	(0.1)	8	(0.1)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means and percentages 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.

Percent: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Footnotes

[1] Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake.

[2] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE = standard error.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2011-2012.

Table 7. Energy Intakes: Percentages[1] of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years)	Sample size	Energy kcal	Energy (SE)	Protein % kcal	Protein (SE)	Carbohydrate % kcal	Carbohydrate (SE)	Total fat % kcal	Total fat (SE)	Saturated fat % kcal	Saturated fat (SE)	Mono-unsaturated fat % kcal	Mono-unsaturated fat (SE)	Poly-unsaturated fat % kcal	Poly-unsaturated fat (SE)	Alcohol % kcal	Alcohol (SE)
$0 - $24,999:																	
2 - 5.....	314	1605	(34.8)	14	(0.3)	55	(0.7)	32	(0.7)	11	(0.2)	11	(0.3)	7	(0.3)	--	--
6 - 11.....	395	2020	(46.0)	14	(0.3)	55	(0.6)	32	(0.6)	11	(0.2)	11	(0.3)	7	(0.2)	--	--
12 - 19.....	373	2367	(99.2)	14	(0.3)	52	(0.6)	34	(0.5)	11	(0.3)	12	(0.2)	8	(0.4)	--	--
20 and over...	1680	2186	(50.9)	15	(0.1)	51	(0.4)	32	(0.3)	11	(0.2)	11	(0.1)	8	(0.1)	3	(0.2)
2 and over...	2762	2160	(50.3)	15	(0.1)	52	(0.4)	33	(0.3)	11	(0.2)	11	(0.1)	8	(0.1)	--	--
$25,000 - $74,999:																	
2 - 5.....	307	1603	(29.6)	14	(0.3)	56	(1.0)	32	(0.9)	12	(0.6)	11	(0.3)	7	(0.2)	--	--
6 - 11.....	436	1907	(50.5)	14	(0.3)	55	(0.6)	32	(0.4)	11	(0.2)	11	(0.2)	7	(0.3)	--	--
12 - 19.....	419	2040	(84.4)	14	(0.5)	55	(1.3)	31	(1.0)	10	(0.4)	11	(0.4)	8	(0.4)	--	--
20 and over...	1748	2135	(46.9)	15	(0.2)	49	(0.3)	34	(0.4)	11	(0.2)	12	(0.2)	8	(0.1)	3	(0.3)
2 and over...	2910	2077	(42.0)	15	(0.1)	51	(0.4)	33	(0.4)	11	(0.1)	12	(0.2)	8	(0.1)	--	--
$75,000 and higher:																	
2 - 5.....	167	1540	(48.4)	14	(0.3)	55	(1.1)	32	(1.0)	12*	(0.6)	11*	(0.4)	7*	(0.2)	--	--
6 - 11.....	266	2060	(50.8)	14	(0.3)	55	(0.5)	33	(0.5)	12	(0.2)	12	(0.3)	7*	(0.2)	--	--
12 - 19.....	279	2197	(82.6)	16	(0.6)	51	(0.7)	34	(0.6)	12	(0.3)	12	(0.2)	7	(0.4)	--	--
20 and over...	1053	2291	(50.4)	16	(0.2)	48	(0.5)	33	(0.6)	11	(0.2)	12	(0.2)	8	(0.2)	4	(0.5)
2 and over...	1765	2217	(46.6)	16	(0.2)	49	(0.5)	33	(0.5)	11	(0.2)	12	(0.2)	8	(0.2)	--	--
All Individuals[2]:																	
2 - 5.....	834	1585	(22.6)	14	(0.2)	55	(0.6)	32	(0.4)	12	(0.4)	11	(0.2)	7	(0.2)	--	--
6 - 11.....	1146	1987	(30.7)	14	(0.1)	55	(0.3)	33	(0.3)	11	(0.1)	11	(0.1)	7	(0.2)	--	--
12 - 19.....	1152	2175	(44.9)	15	(0.3)	53	(0.6)	33	(0.5)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
20 and over...	4801	2191	(15.6)	16	(0.1)	49	(0.3)	33	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	3	(0.2)
2 and over...	7933	2139	(12.3)	15	(0.1)	51	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means and percentages 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.

Percent: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Footnotes

[1] Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake.

[2] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, *What We Eat in America,* NHANES 2011-2012.

Table 8. Energy Intakes: Percentages[1] of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold[2]) and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years)	Sample size	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
Under 131% poverty:																	
2 - 5.....	408	1637	(51.3)	15	(0.3)	55	(0.7)	32	(0.7)	11	(0.4)	11	(0.3)	7	(0.2)	--	--
6 - 11.....	524	1969	(42.8)	14	(0.3)	54	(0.5)	33	(0.5)	12	(0.2)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	479	2220	(102.4)	15	(0.2)	53	(0.6)	33	(0.6)	11	(0.4)	11	(0.2)	8	(0.3)	--	--
20 and over...	1585	2242	(61.9)	15	(0.2)	51	(0.5)	32	(0.3)	11	(0.1)	11	(0.2)	8	(0.2)	3	(0.3)
2 and over...	2996	2159	(55.2)	15	(0.1)	52	(0.4)	33	(0.3)	11	(0.1)	11	(0.1)	8	(0.1)	--	--
131-350% poverty:																	
2 - 5.....	228	1583	(65.1)	14	(0.3)	56	(1.1)	32	(0.8)	12	(0.5)	11	(0.3)	7*	(0.2)	--	--
6 - 11.....	354	1980	(58.8)	14	(0.3)	56	(0.7)	32	(0.5)	11	(0.2)	11	(0.2)	7	(0.3)	--	--
12 - 19.....	341	2107	(95.5)	14	(0.5)	55	(1.5)	31	(0.9)	11	(0.4)	11	(0.4)	7	(0.3)	--	--
20 and over...	1509	2120	(56.7)	15	(0.2)	50	(0.4)	33	(0.5)	11	(0.2)	12	(0.2)	8	(0.1)	3	(0.4)
2 and over...	2432	2078	(48.9)	15	(0.1)	51	(0.4)	33	(0.4)	11	(0.2)	12	(0.2)	8	(0.1)	--	--
Over 350% poverty:																	
2 - 5.....	135	1502	(31.3)	14*	(0.3)	56	(0.9)	31	(1.0)	11*	(0.6)	11*	(0.5)	7*	(0.3)	--	--
6 - 11.....	203	2036	(49.5)	14	(0.4)	54	(0.7)	34	(0.5)	12	(0.3)	12	(0.4)	7*	(0.2)	--	--
12 - 19.....	235	2207	(93.0)	16	(0.7)	51	(0.8)	34	(0.7)	12	(0.3)	12	(0.3)	7*	(0.4)	--	--
20 and over...	1340	2237	(42.3)	16	(0.2)	48	(0.4)	34	(0.5)	11	(0.2)	12	(0.2)	8	(0.2)	4	(0.4)
2 and over...	1913	2194	(39.4)	16	(0.2)	49	(0.4)	34	(0.4)	11	(0.1)	12	(0.2)	8	(0.1)	--	--
All Individuals[3]:																	
2 - 5.....	834	1585	(22.6)	14	(0.2)	55	(0.6)	32	(0.4)	12	(0.4)	11	(0.2)	7	(0.2)	--	--
6 - 11.....	1146	1987	(30.7)	14	(0.1)	55	(0.3)	33	(0.3)	11	(0.1)	11	(0.1)	7	(0.2)	--	--
12 - 19.....	1152	2175	(44.9)	15	(0.3)	53	(0.6)	33	(0.5)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
20 and over...	4801	2191	(15.6)	16	(0.1)	49	(0.3)	33	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	3	(0.2)
2 and over...	7933	2139	(12.3)	15	(0.1)	51	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means and percentages 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.

Percent: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Footnotes

[1] Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake.

[2] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[3] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 9. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2011-2012

Gender and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
2 - 5	65	(4.5)	31	(3.4)	29	(3.7)	31	(3.2)	30	(3.4)	33	(3.5)	30	(3.7)	28	(3.6)	30	(4.2)	32	(3.1)
6 - 11	80	(2.5)	36	(2.2)	35	(2.4)	37	(2.1)	39	(2.5)	33	(1.8)	35	(2.3)	35	(2.7)	35	(2.3)	35	(1.9)
12 - 19	72	(3.2)	37	(2.2)	37	(2.6)	36	(2.0)	37	(2.7)	32	(2.9)	39	(2.5)	38	(2.5)	39	(2.4)	39	(2.8)
20 - 29	74	(3.5)	44	(3.8)	42	(3.6)	44	(3.7)	46	(3.5)	38	(3.6)	44	(3.9)	42	(4.1)	44	(3.9)	47	(3.9)
30 - 39	80	(2.9)	41	(2.9)	40	(3.6)	40	(2.5)	41	(2.5)	38	(2.7)	45	(2.7)	43	(3.0)	45	(3.1)	48	(2.4)
40 - 49	74	(3.0)	35	(2.8)	35	(3.1)	35	(2.2)	35	(2.4)	33	(2.5)	36	(3.7)	35	(3.6)	36	(3.6)	36	(4.1)
50 - 59	67	(3.9)	32	(2.3)	31	(1.8)	31	(1.9)	32	(2.2)	27	(2.0)	31	(1.7)	31	(1.5)	31	(1.8)	30	(2.9)
60 - 69	61	(4.9)	26	(2.4)	26	(2.4)	24	(2.4)	22	(2.8)	23	(3.0)	27	(2.3)	25	(2.7)	27	(2.3)	27	(2.4)
70 and over	45	(3.7)	19	(1.9)	20	(2.4)	16	(1.7)	13	(1.5)	15	(1.9)	20	(2.2)	19	(2.0)	20	(2.2)	21	(2.7)
2 - 19	73	(1.4)	36	(1.1)	35	(1.3)	36	(1.0)	37	(1.5)	33	(1.4)	36	(1.3)	36	(1.3)	37	(1.4)	37	(1.5)
20 and over	69	(2.0)	35	(1.5)	34	(1.7)	34	(1.3)	35	(1.5)	31	(1.4)	36	(1.6)	35	(1.7)	36	(1.6)	37	(1.7)
2 and over	70	(1.6)	35	(1.2)	35	(1.3)	34	(1.1)	35	(1.1)	31	(1.2)	36	(1.3)	35	(1.3)	36	(1.3)	37	(1.5)
Females:																				
2 - 5	65	(4.0)	29	(3.0)	29	(3.6)	29	(2.7)	31	(3.3)	27	(2.4)	29	(3.2)	29	(3.6)	29	(3.1)	29	(2.9)
6 - 11	82	(1.8)	39	(1.7)	39	(2.2)	39	(1.5)	40	(1.8)	39	(1.0)	41	(2.0)	41	(2.4)	40	(2.1)	41	(1.9)
12 - 19	72	(4.0)	38	(3.1)	37	(4.0)	38	(2.8)	39	(2.9)	37	(2.6)	39	(3.4)	38	(3.8)	39	(3.2)	43	(3.7)
20 - 29	72	(4.5)	42	(3.6)	40	(4.1)	41	(3.3)	42	(3.9)	39	(3.1)	42	(3.6)	41	(3.5)	43	(4.0)	43	(3.4)
30 - 39	67	(3.1)	33	(1.9)	33	(1.9)	33	(1.8)	36	(2.4)	28	(2.1)	35	(2.3)	34	(2.0)	35	(2.4)	36	(2.9)
40 - 49	71	(4.8)	33	(2.5)	31	(2.7)	34	(2.9)	35	(3.6)	32	(2.8)	35	(2.2)	33	(2.6)	35	(2.4)	36	(2.2)
50 - 59	67	(4.7)	34	(2.2)	33	(2.5)	33	(2.3)	31	(3.0)	32	(2.5)	36	(2.8)	37	(3.3)	36	(2.9)	35	(3.1)
60 - 69	60	(3.8)	27	(3.1)	26	(3.4)	25	(2.8)	25	(2.7)	21	(3.3)	29	(3.4)	28	(3.4)	29	(3.0)	28	(4.3)
70 and over	40	(3.1)	17	(2.3)	16	(2.5)	14	(1.9)	14	(1.8)	13	(1.9)	19	(3.0)	19	(3.3)	19	(2.8)	19	(3.1)
2 - 19	73	(2.3)	37	(1.6)	36	(2.3)	36	(1.3)	38	(1.3)	36	(1.2)	38	(1.8)	37	(1.8)	37	(1.7)	40	(1.9)
20 and over	64	(2.3)	32	(1.3)	31	(1.4)	32	(1.3)	32	(1.4)	29	(1.1)	34	(1.2)	33	(1.3)	34	(1.2)	34	(1.4)
2 and over	66	(1.8)	33	(1.0)	32	(1.1)	33	(1.0)	34	(1.1)	30	(0.9)	35	(1.0)	34	(1.0)	35	(0.9)	35	(1.1)
Males and females:																				
2 - 19	73	(1.4)	36	(0.7)	36	(0.8)	36	(0.8)	37	(1.1)	34	(0.9)	37	(0.8)	36	(0.8)	37	(0.9)	38	(0.8)
20 and over	66	(1.6)	34	(1.1)	33	(1.2)	33	(1.1)	34	(1.3)	30	(1.0)	35	(1.1)	34	(1.2)	35	(1.1)	36	(1.2)
2 and over	68	(1.3)	34	(0.9)	34	(1.0)	34	(0.9)	35	(0.9)	31	(0.9)	36	(0.9)	35	(1.0)	36	(0.9)	36	(1.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 9. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Males:																		
2 - 5	28	(5.7)	25	(2.8)	30	(6.5)	24	(3.8)	28	(3.2)	26	(3.2)	30	(3.5)	27	(3.3)	27	(2.9)
6 - 11	34	(2.8)	31	(2.9)	31	(4.7)	34	(3.8)	32	(2.1)	33	(2.3)	32	(1.8)	29	(1.7)	29	(2.1)
12 - 19	42	(4.9)	31	(3.6)	39	(4.6)	43	(7.7)	35	(2.1)	30	(2.3)	34	(2.7)	32	(2.7)	29	(3.1)
20 - 29	41	(3.1)	34	(2.7)	41	(3.1)	38	(4.7)	40	(3.5)	38	(2.8)	46	(3.2)	45	(3.2)	38	(3.2)
30 - 39	41	(3.9)	34	(2.6)	39	(4.2)	40	(4.0)	36	(2.4)	36	(3.1)	43	(2.7)	42	(2.7)	34	(2.6)
40 - 49	33	(3.5)	28	(2.3)	36	(5.4)	29	(6.0)	32	(3.6)	30	(3.0)	35	(3.2)	35	(3.1)	32	(3.3)
50 - 59	31	(3.1)	27	(1.9)	31	(3.2)	35	(5.2)	28	(1.2)	28	(2.2)	31	(2.0)	28	(2.4)	26	(1.5)
60 - 69	28	(4.1)	14*	(6.4)	21*	(10.7)	18	(4.0)	23	(2.4)	19	(2.7)	25	(2.6)	24	(3.0)	21	(2.5)
70 and over	22	(3.0)	16	(4.6)	15	(3.0)	21	(4.8)	17	(1.8)	15	(2.0)	18	(2.3)	17	(2.2)	16	(1.9)
2 - 19	37	(2.7)	30	(2.0)	34	(3.7)	38	(4.9)	33	(1.0)	30	(1.1)	33	(1.3)	30	(1.4)	28	(1.4)
20 and over	34	(1.7)	25	(2.4)	31	(3.0)	32	(1.7)	31	(1.4)	29	(1.3)	36	(1.5)	34	(1.3)	29	(1.1)
2 and over	35	(1.7)	27	(2.2)	31	(2.7)	34	(1.7)	32	(1.1)	30	(1.1)	35	(1.3)	33	(1.2)	29	(1.0)
Females:																		
2 - 5	26	(4.5)	28	(3.4)	38	(10.0)	29	(5.8)	28	(2.8)	26	(3.2)	28	(2.7)	25	(2.5)	24	(2.2)
6 - 11	38	(2.0)	34	(2.5)	42	(5.2)	40	(3.9)	33	(1.8)	34	(2.0)	34	(2.1)	33	(2.7)	29	(1.5)
12 - 19	37	(4.4)	32	(2.6)	42	(2.8)	42	(5.2)	34	(3.1)	32	(3.0)	35	(3.4)	31	(3.1)	31	(2.3)
20 - 29	42	(5.1)	37	(5.0)	40	(5.1)	35	(7.3)	41	(5.3)	39	(4.0)	42	(4.9)	43	(4.8)	35	(4.9)
30 - 39	34	(2.2)	27	(2.6)	27	(5.0)	27	(4.9)	30	(1.9)	32	(2.0)	33	(2.0)	32	(3.3)	25	(1.8)
40 - 49	28	(3.8)	26	(2.9)	30	(5.3)	29	(4.4)	31	(2.8)	26	(2.6)	31	(2.5)	28	(2.5)	29	(3.1)
50 - 59	37	(3.6)	29	(3.4)	30	(7.0)	24	(4.8)	31	(2.4)	29	(2.1)	32	(2.1)	31	(1.7)	31	(2.4)
60 - 69	32	(4.3)	25	(5.0)	33	(8.6)	18	(4.6)	25	(2.5)	23	(2.8)	26	(3.2)	22	(2.6)	22	(2.4)
70 and over	22	(3.3)	12	(2.6)	13	(3.9)	14	(4.1)	14	(2.3)	13	(2.0)	15	(2.5)	13	(2.1)	12	(1.8)
2 - 19	35	(2.6)	32	(1.6)	41	(3.2)	39	(3.4)	32	(1.6)	31	(1.7)	33	(1.8)	30	(1.7)	29	(1.3)
20 and over	33	(1.6)	27	(1.4)	29	(2.3)	26	(2.4)	30	(1.6)	28	(1.2)	31	(1.5)	30	(1.5)	27	(1.5)
2 and over	34	(1.4)	28	(1.3)	31	(2.2)	29	(2.0)	31	(1.2)	29	(1.1)	32	(1.2)	30	(1.4)	27	(1.2)
Males and females:																		
2 - 19	36	(1.6)	31	(1.4)	37	(3.0)	38	(2.9)	33	(0.7)	31	(0.8)	33	(0.9)	30	(1.0)	29	(0.8)
20 and over	34	(1.2)	26	(1.5)	30	(2.1)	29	(1.6)	31	(1.1)	29	(1.0)	34	(1.2)	32	(1.1)	28	(1.0)
2 and over	34	(1.1)	27	(1.3)	31	(1.9)	32	(1.4)	31	(0.9)	29	(0.8)	34	(1.0)	32	(1.0)	28	(0.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 9. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Males:																		
2 - 5.....	29	(4.7)	24	(3.2)	25	(4.5)	23	(3.2)	31	(3.7)	34	(5.0)	25	(2.7)	28	(3.4)	29	(3.2)
6 - 11.....	34	(2.1)	33	(3.2)	34	(4.1)	33	(2.8)	32	(1.7)	34	(2.8)	36	(2.9)	35	(2.5)	33	(1.8)
12 - 19.....	39	(4.0)	32	(2.9)	40	(8.4)	28	(4.1)	35	(3.4)	36	(3.8)	32	(2.6)	36	(2.5)	33	(2.3)
20 - 29.....	41	(3.2)	43	(3.1)	41	(5.5)	31	(4.6)	43	(4.0)	47	(4.6)	37	(3.7)	41	(3.8)	39	(3.7)
30 - 39.....	39	(3.6)	40	(3.4)	31	(5.2)	30	(4.6)	46	(3.4)	46	(2.8)	34	(3.5)	38	(3.5)	38	(3.0)
40 - 49.....	32	(2.7)	33	(3.8)	32	(4.1)	23	(3.9)	36	(3.2)	44	(5.9)	31	(3.1)	34	(3.0)	32	(2.6)
50 - 59.....	31	(3.8)	29	(2.4)	22	(3.7)	18	(3.3)	28	(1.8)	24	(2.4)	28	(1.6)	30	(1.7)	29	(2.7)
60 - 69.....	26	(3.4)	14*	(5.4)	17	(3.5)	14	(2.4)	22	(2.9)	16*	(9.5)	19	(2.5)	24	(2.3)	21	(2.4)
70 and over.....	20	(2.4)	22	(6.3)	13	(2.1)	16*	(5.6)	15	(1.6)	20	(3.7)	14	(1.6)	18	(1.9)	16	(1.8)
2 - 19.....	36	(2.2)	31	(1.7)	35	(4.6)	29	(2.2)	33	(1.7)	35	(2.3)	32	(1.5)	34	(1.3)	32	(1.1)
20 and over...	33	(1.6)	31	(2.4)	28	(1.6)	23	(2.3)	34	(1.5)	32	(3.7)	30	(1.5)	33	(1.6)	31	(1.5)
2 and over...	34	(1.4)	31	(2.0)	30	(1.6)	25	(1.6)	34	(1.3)	33	(3.2)	30	(1.1)	33	(1.3)	31	(1.2)
Females:																		
2 - 5.....	26	(3.9)	25	(3.2)	22	(2.6)	24	(3.8)	28	(3.0)	30	(4.2)	27	(3.4)	28	(3.3)	26	(2.8)
6 - 11.....	37	(1.7)	33	(2.7)	34	(2.7)	36	(2.6)	39	(2.1)	42	(2.7)	40	(2.3)	40	(2.0)	38	(1.6)
12 - 19.....	36	(3.8)	29	(3.3)	33	(2.0)	27	(4.1)	40	(3.1)	40	(3.1)	35	(3.6)	37	(3.9)	34	(2.9)
20 - 29.....	41	(4.5)	42	(6.8)	37	(5.9)	29	(5.7)	42	(4.0)	39	(5.8)	37	(3.9)	39	(3.8)	39	(3.7)
30 - 39.....	32	(1.9)	34	(4.2)	28	(2.9)	25	(2.5)	34	(2.8)	29	(2.8)	31	(1.7)	33	(1.9)	31	(1.9)
40 - 49.....	29	(2.9)	25	(3.0)	32	(4.3)	18	(2.6)	33	(2.3)	38	(5.3)	29	(2.4)	31	(2.6)	31	(2.6)
50 - 59.....	33	(2.5)	27	(1.6)	31	(2.6)	21	(2.7)	33	(3.1)	35	(5.7)	30	(2.2)	32	(2.1)	30	(1.8)
60 - 69.....	27	(3.3)	24	(3.2)	18	(4.0)	16	(3.0)	27	(4.1)	23	(5.0)	22	(2.8)	25	(2.9)	23	(3.1)
70 and over.....	16	(2.1)	13	(2.5)	11	(1.4)	7	(1.5)	14	(2.4)	16	(2.6)	11	(1.9)	15	(2.1)	12	(1.8)
2 - 19.....	34	(2.2)	30	(2.0)	31	(1.4)	29	(2.3)	37	(1.4)	39	(2.3)	35	(2.0)	36	(2.1)	34	(1.5)
20 and over...	30	(1.3)	29	(2.0)	27	(1.5)	20	(1.6)	32	(1.1)	31	(1.7)	28	(1.1)	30	(1.1)	29	(1.0)
2 and over...	31	(1.2)	29	(1.7)	28	(1.2)	22	(1.4)	33	(0.9)	32	(1.7)	30	(1.0)	32	(1.0)	30	(0.9)
Males and females:																		
2 - 19.....	35	(1.3)	30	(1.1)	33	(2.7)	29	(1.5)	35	(1.1)	37	(1.7)	33	(1.2)	35	(0.9)	33	(0.8)
20 and over...	32	(1.1)	30	(1.5)	28	(1.1)	21	(1.7)	33	(1.0)	32	(2.1)	29	(1.1)	32	(1.1)	30	(1.0)
2 and over...	33	(1.0)	30	(1.2)	29	(0.8)	24	(1.4)	34	(0.9)	33	(1.9)	30	(0.9)	33	(0.9)	31	(0.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 9. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Iron %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
Males:																
2 - 5	29	(3.5)	27	(3.7)	32	(3.3)	30	(3.6)	29	(3.5)	29	(3.6)	33	(4.8)	--	--
6 - 11	31	(1.9)	34	(2.3)	35	(2.4)	34	(2.2)	35	(2.0)	35	(2.3)	31*	(9.3)	--	--
12 - 19	30	(2.5)	35	(2.6)	38	(3.1)	39	(3.2)	35	(2.7)	38	(2.4)	32	(6.5)	--	--
20 - 29	38	(3.0)	39	(3.8)	38	(3.8)	42	(3.4)	41	(3.4)	44	(3.6)	45	(4.4)	--	--
30 - 39	35	(2.5)	41	(3.3)	41	(2.6)	38	(3.5)	39	(3.2)	41	(2.6)	41	(5.0)	--	--
40 - 49	33	(2.7)	33	(2.7)	34	(2.3)	35	(3.7)	33	(2.6)	37	(3.0)	37	(6.8)	--	--
50 - 59	27	(1.3)	30	(2.1)	28	(2.1)	31	(1.7)	28	(2.0)	32	(1.4)	32	(2.4)	--	--
60 - 69	21	(2.5)	23	(3.3)	15*	(5.0)	25	(2.2)	23	(2.8)	27	(2.4)	20	(3.6)	--	--
70 and over	15	(1.8)	18	(2.4)	21	(4.7)	19	(2.1)	17	(1.8)	21	(2.0)	19	(3.9)	--	--
2 - 19	30	(1.2)	33	(1.3)	36	(1.7)	36	(1.6)	34	(1.3)	36	(1.3)	32	(5.1)	--	--
20 and over	30	(1.3)	33	(1.5)	30	(2.1)	33	(1.7)	32	(1.5)	36	(1.5)	32	(1.7)	37	(5.7)
2 and over	30	(1.1)	33	(1.2)	32	(1.8)	34	(1.5)	32	(1.3)	36	(1.2)	32	(1.7)	--	--
Females:																
2 - 5	25	(2.3)	26	(2.9)	28	(2.4)	28	(3.6)	27	(2.9)	29	(3.3)	34	(7.9)	--	--
6 - 11	32	(2.0)	35	(1.8)	39	(1.3)	37	(1.8)	40	(1.8)	40	(1.8)	38	(5.6)	--	--
12 - 19	33	(2.4)	33	(3.5)	36	(3.3)	37	(4.0)	36	(2.8)	38	(3.7)	47	(6.1)	--	--
20 - 29	38	(3.7)	39	(4.3)	40	(3.7)	39	(3.7)	41	(4.1)	41	(3.4)	45	(4.4)	--	--
30 - 39	27	(1.9)	33	(1.9)	31	(2.0)	33	(2.2)	31	(1.8)	34	(2.0)	40	(4.2)	--	--
40 - 49	31	(2.3)	31	(2.7)	32	(2.7)	30	(3.1)	30	(2.4)	33	(2.7)	29	(4.2)	--	--
50 - 59	32	(2.3)	32	(2.7)	30	(2.1)	33	(2.7)	30	(1.9)	34	(3.4)	24	(3.2)	--	--
60 - 69	23	(2.6)	25	(2.9)	23	(2.9)	25	(3.8)	24	(3.3)	27	(3.3)	28	(5.7)	--	--
70 and over	13	(2.2)	14	(2.3)	15	(2.8)	17	(2.7)	14	(1.8)	17	(2.5)	17	(2.1)	--	--
2 - 19	31	(1.3)	32	(1.9)	35	(1.5)	35	(2.2)	35	(1.5)	37	(2.0)	45	(4.9)	--	--
20 and over	28	(1.3)	30	(1.3)	30	(1.2)	31	(1.4)	29	(1.2)	32	(1.3)	30	(1.8)	30	(3.3)
2 and over	29	(1.1)	31	(1.1)	31	(1.0)	32	(1.1)	31	(1.0)	33	(1.1)	31	(1.8)	--	--
Males and females:																
2 - 19	31	(0.7)	33	(0.8)	36	(1.1)	36	(1.0)	35	(0.8)	36	(0.9)	38	(2.9)	--	--
20 and over	29	(1.0)	31	(1.1)	30	(1.2)	32	(1.2)	31	(1.1)	34	(1.1)	31	(1.4)	35	(4.1)
2 and over	29	(0.9)	32	(1.0)	31	(1.1)	33	(1.0)	32	(1.0)	35	(0.9)	31	(1.4)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.

[2] Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the gender/age group who reported consuming at least one item away from home.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Away from Home: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, *What We Eat in America,* NHANES 2011-2012.

Table 10. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																				
2 - 5.....	71	(3.4)	34	(2.4)	34	(2.4)	34	(2.5)	34	(3.5)	36	(2.3)	33	(2.7)	32	(2.9)	33	(2.9)	35	(2.2)
6 - 11.....	83	(2.7)	38	(2.6)	38	(2.8)	37	(2.6)	39	(2.8)	37	(2.1)	38	(2.7)	38	(2.8)	38	(2.9)	38	(2.6)
12 - 19.....	77	(3.3)	41	(1.2)	42	(2.0)	41	(1.4)	41	(3.1)	38	(2.3)	42	(1.4)	41	(1.5)	42	(1.6)	43	(1.5)
20 and over...	67	(1.8)	33	(1.1)	33	(1.4)	33	(1.0)	33	(1.2)	30	(1.2)	34	(1.2)	34	(1.3)	35	(1.2)	35	(1.3)
2 and over...	69	(1.6)	35	(1.0)	34	(1.2)	34	(0.9)	34	(1.1)	31	(1.1)	35	(1.1)	35	(1.1)	36	(1.1)	36	(1.1)
Non-Hispanic Black:																				
2 - 5.....	53	(5.3)	25	(2.4)	23	(2.4)	26	(2.5)	27	(2.9)	25	(2.4)	25	(2.4)	25	(2.6)	25	(2.4)	25	(2.4)
6 - 11.....	79	(4.2)	42	(2.7)	40	(2.8)	44	(3.0)	47	(3.1)	44	(3.5)	42	(2.7)	43	(2.7)	41	(2.9)	40	(2.8)
12 - 19.....	60	(4.9)	30	(3.4)	28	(3.3)	30	(3.6)	30	(3.7)	28	(4.0)	30	(3.3)	29	(3.1)	29	(3.6)	31	(3.8)
20 and over...	62	(2.9)	34	(3.2)	31	(3.1)	34	(3.3)	35	(3.5)	30	(2.7)	35	(3.2)	34	(3.3)	35	(3.2)	37	(3.4)
2 and over...	62	(2.6)	34	(2.9)	31	(2.8)	34	(2.9)	35	(3.0)	31	(2.6)	35	(2.9)	34	(2.8)	35	(2.9)	36	(3.1)
Non-Hispanic Asian[4]:																				
2 - 5.....	62	(6.5)	26	(4.1)	24	(4.3)	26	(4.2)	26	(4.6)	25	(5.3)	26	(4.3)	27	(6.1)	25	(3.7)	28	(3.6)
6 - 11.....	64	(4.7)	25	(2.7)	23	(3.4)	25	(2.6)	26	(2.8)	23	(3.4)	24	(3.0)	22	(3.0)	23	(3.1)	27	(3.6)
12 - 19.....	67	(7.5)	32	(4.8)	30	(4.9)	31	(4.8)	34	(6.2)	29	(3.9)	35	(5.4)	34	(5.1)	36	(5.8)	36	(5.5)
20 and over...	69	(2.2)	34	(1.4)	32	(1.5)	32	(1.4)	36	(2.1)	29	(2.0)	37	(1.8)	39	(2.1)	37	(2.0)	36	(1.6)
2 and over...	68	(1.9)	33	(1.1)	31	(1.2)	31	(1.1)	34	(2.0)	28	(1.6)	36	(1.4)	36	(1.9)	35	(1.5)	36	(1.1)
Hispanic:																				
2 - 5.....	60	(3.1)	25	(2.1)	23	(2.0)	25	(2.1)	24	(1.9)	23	(2.1)	26	(2.3)	25	(2.2)	26	(2.5)	28	(2.7)
6 - 11.....	78	(4.1)	35	(2.3)	34	(2.5)	35	(2.2)	38	(2.7)	32	(1.9)	36	(2.6)	37	(2.7)	35	(2.6)	36	(2.8)
12 - 19.....	69	(3.2)	34	(2.4)	32	(2.4)	33	(2.4)	35	(2.7)	31	(2.4)	36	(2.6)	35	(2.8)	36	(2.5)	37	(2.8)
20 and over...	66	(2.8)	35	(1.5)	35	(1.7)	34	(1.7)	36	(2.2)	30	(2.0)	37	(1.5)	36	(1.3)	37	(1.5)	38	(2.1)
2 and over...	68	(2.1)	34	(1.1)	33	(1.2)	33	(1.3)	35	(1.7)	30	(1.5)	36	(1.1)	35	(1.0)	36	(1.1)	37	(1.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 10. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Non-Hispanic White:																		
2 - 5.....	34	(5.4)	29	(3.5)	33*	(12.7)	28	(6.4)	33	(1.7)	30	(2.3)	34	(2.1)	30	(2.2)	29	(1.8)
6 - 11.....	38	(3.4)	29	(2.3)	35	(4.8)	38	(4.1)	32	(2.1)	32	(2.5)	34	(1.6)	32	(2.2)	29	(2.6)
12 - 19.....	46	(4.4)	32	(3.5)	49	(5.9)	50	(6.1)	38	(1.9)	32	(1.7)	37	(2.2)	34	(2.0)	32	(2.3)
20 and over...	34	(1.5)	25	(1.9)	30	(2.8)	29	(2.0)	31	(1.2)	28	(1.1)	34	(1.3)	32	(1.3)	28	(1.2)
2 and over...	36	(1.6)	26	(1.8)	31	(2.6)	32	(1.7)	32	(1.0)	29	(1.0)	34	(1.1)	32	(1.2)	29	(1.0)
Non-Hispanic Black:																		
2 - 5.....	20	(2.6)	26	(3.0)	35	(7.7)	24	(3.7)	24	(2.8)	23	(2.3)	23	(2.7)	21	(2.5)	24	(2.9)
6 - 11.....	38	(3.0)	43	(3.7)	40	(5.1)	45	(5.5)	39	(3.0)	43	(3.8)	36	(2.7)	36	(3.6)	37	(3.0)
12 - 19.....	27	(3.2)	28	(4.7)	35	(6.5)	31	(8.5)	28	(3.5)	27	(3.5)	28	(3.8)	27	(4.4)	26	(4.0)
20 and over...	30	(3.0)	26	(2.7)	26	(3.2)	25	(5.0)	30	(3.1)	30	(3.1)	33	(3.4)	31	(3.4)	29	(2.9)
2 and over...	30	(2.6)	28	(2.5)	27	(3.0)	28	(4.8)	30	(2.8)	30	(2.7)	32	(3.1)	30	(3.2)	29	(2.7)
Non-Hispanic Asian[4]:																		
2 - 5.....	19*	(4.7)	22	(5.0)	25*	(8.7)	31*	(14.0)	24	(4.1)	23	(4.3)	26	(3.2)	22	(3.3)	24	(4.9)
6 - 11.....	19	(2.4)	19	(3.8)	22	(5.7)	28	(7.3)	22	(3.3)	21	(4.1)	24	(3.4)	20	(3.8)	19	(3.1)
12 - 19.....	36	(7.6)	21	(5.7)	18	(3.1)	38	(11.0)	26	(4.3)	25	(5.0)	30	(4.9)	27	(5.1)	20	(4.2)
20 and over...	33	(2.0)	28	(2.2)	26	(3.3)	34	(3.7)	30	(1.6)	32	(1.9)	32	(1.2)	32	(1.5)	29	(1.5)
2 and over...	32	(1.7)	27	(1.4)	26	(2.7)	34	(2.7)	29	(1.2)	30	(1.8)	31	(1.1)	31	(1.2)	27	(1.0)
Hispanic:																		
2 - 5.....	20	(2.5)	23	(2.5)	36	(6.7)	27	(3.4)	23	(1.7)	21	(1.5)	24	(1.7)	20	(1.5)	21	(2.2)
6 - 11.....	33	(3.5)	35	(2.9)	38	(7.4)	39	(3.4)	30	(2.3)	33	(2.6)	30	(2.2)	27	(2.3)	26	(2.1)
12 - 19.....	33	(3.5)	33	(5.3)	36	(6.9)	33	(5.0)	31	(2.7)	30	(2.9)	31	(2.2)	27	(2.5)	28	(2.6)
20 and over...	35	(2.4)	28	(2.1)	35	(4.7)	32	(3.6)	31	(1.6)	31	(1.8)	35	(1.7)	34	(1.8)	28	(1.7)
2 and over...	33	(1.9)	29	(1.7)	36	(3.8)	33	(2.3)	30	(1.1)	30	(1.2)	33	(1.1)	31	(1.3)	28	(1.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 10. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Non-Hispanic White:																		
2 - 5.....	33	(3.9)	27	(2.6)	26	(5.8)	27	(2.7)	32	(2.8)	34	(3.9)	30	(2.6)	32	(2.3)	32	(1.9)
6 - 11.....	36	(2.7)	31	(3.5)	35	(5.3)	33	(3.0)	34	(2.4)	38	(3.2)	37	(2.9)	38	(2.5)	35	(2.1)
12 - 19.....	42	(3.4)	31	(2.0)	48	(9.4)	29	(5.0)	40	(2.7)	43	(4.1)	35	(2.8)	39	(2.1)	36	(2.2)
20 and over...	32	(1.3)	29	(2.0)	27	(1.2)	20	(2.2)	32	(1.2)	30	(3.0)	28	(1.2)	31	(1.2)	29	(1.1)
2 and over...	33	(1.3)	29	(1.6)	29	(1.2)	23	(2.1)	33	(1.1)	32	(2.7)	29	(1.1)	33	(1.1)	30	(1.0)
Non-Hispanic Black:																		
2 - 5.....	22	(1.9)	25	(2.9)	22	(3.9)	20	(2.2)	27	(2.7)	31	(7.2)	23	(2.6)	24	(2.5)	23	(2.3)
6 - 11.....	41	(3.3)	40	(3.1)	42	(4.1)	47	(4.3)	39	(3.1)	43	(4.8)	48	(3.2)	45	(3.1)	41	(3.1)
12 - 19.....	28	(3.6)	29	(6.0)	30	(4.4)	24	(5.5)	29	(4.7)	27	(4.3)	28	(3.5)	29	(3.2)	27	(3.1)
20 and over...	31	(3.0)	30	(3.7)	27	(2.9)	22	(2.7)	36	(3.1)	29	(3.7)	29	(2.9)	32	(3.1)	31	(2.6)
2 and over...	31	(2.8)	31	(3.6)	28	(2.5)	25	(2.5)	35	(3.0)	30	(3.5)	31	(2.4)	33	(2.7)	31	(2.4)
Non-Hispanic Asian[4]:																		
2 - 5.....	21	(4.0)	21	(4.5)	30*	(9.5)	20*	(5.0)	26	(4.9)	37*	(13.2)	23	(5.6)	24	(4.2)	25	(4.1)
6 - 11.....	20	(2.7)	20	(4.9)	14*	(3.5)	17*	(5.4)	23	(3.5)	15*	(4.1)	20	(4.3)	22	(3.4)	22	(3.3)
12 - 19.....	31	(6.4)	27	(7.1)	22	(4.6)	21	(6.0)	33	(5.4)	21	(4.3)	25	(4.7)	29	(4.8)	28	(3.9)
20 and over...	31	(1.7)	31	(3.0)	26	(2.3)	24	(2.9)	33	(2.1)	28	(3.6)	31	(1.6)	32	(1.6)	30	(1.7)
2 and over...	30	(1.3)	30	(2.7)	25	(1.8)	23	(2.6)	32	(1.6)	27	(2.8)	29	(1.3)	30	(1.2)	29	(1.3)
Hispanic:																		
2 - 5.....	21	(2.2)	19	(1.6)	19	(1.3)	19	(1.5)	27	(1.9)	25	(2.7)	21	(2.2)	23	(2.0)	22	(1.8)
6 - 11.....	33	(2.9)	33	(3.6)	32	(3.9)	34	(3.4)	35	(2.2)	37	(3.2)	37	(2.7)	35	(2.4)	33	(2.2)
12 - 19.....	32	(2.8)	31	(5.0)	26	(3.3)	26	(4.5)	34	(2.2)	35	(3.6)	34	(3.4)	33	(2.9)	31	(2.3)
20 and over...	33	(1.6)	32	(1.8)	32	(3.8)	24	(2.0)	36	(2.1)	42	(5.0)	30	(1.4)	32	(1.4)	31	(1.7)
2 and over...	32	(1.3)	31	(1.3)	30	(2.8)	25	(1.5)	35	(1.5)	40	(4.1)	31	(0.9)	32	(1.0)	31	(1.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 10. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium %	(SE)	Caffeine %	(SE)	Alcohol %	(SE)
Non-Hispanic White:																
2 - 5.....	30	(2.4)	31	(2.9)	34	(2.4)	34	(2.0)	33	(2.6)	33	(1.9)	41	(6.7)	--	--
6 - 11.....	31	(2.3)	34	(2.7)	36	(2.2)	37	(2.5)	37	(2.4)	40	(2.2)	34	(7.8)	--	--
12 - 19.....	35	(2.2)	37	(2.5)	40	(2.2)	43	(2.3)	39	(2.2)	41	(1.7)	37	(3.9)	--	--
20 and over...	29	(1.0)	31	(1.3)	29	(1.5)	32	(1.4)	30	(1.1)	34	(1.2)	30	(1.5)	35	(5.0)
2 and over...	30	(1.0)	32	(1.2)	31	(1.4)	34	(1.3)	31	(1.1)	35	(1.0)	30	(1.5)	--	--
Non-Hispanic Black:																
2 - 5.....	23	(2.8)	23	(2.8)	27	(3.4)	23	(2.4)	24	(2.4)	25	(2.8)	24	(4.3)	--	--
6 - 11.....	38	(2.8)	40	(2.9)	43	(3.1)	38	(2.7)	44	(3.6)	39	(2.8)	28	(3.6)	--	--
12 - 19.....	25	(3.7)	26	(3.4)	29	(3.5)	28	(3.3)	30	(3.7)	31	(3.9)	47	(8.2)	--	--
20 and over...	29	(2.8)	31	(2.8)	32	(2.3)	31	(2.8)	31	(3.1)	33	(3.4)	44	(3.4)	35	(5.8)
2 and over...	29	(2.6)	31	(2.6)	32	(2.2)	31	(2.6)	32	(2.9)	33	(3.1)	43	(3.0)	--	--
Non-Hispanic Asian[4]:																
2 - 5.....	25	(3.8)	22	(3.5)	26	(4.5)	26	(5.1)	23	(4.1)	25	(3.7)	12*	(7.5)	--	--
6 - 11.....	22	(3.5)	20	(3.0)	23	(2.8)	22	(3.0)	22	(3.2)	24	(2.5)	40*	(12.6)	--	--
12 - 19.....	26	(4.6)	29	(5.4)	30	(3.9)	29	(5.0)	28	(4.5)	30	(4.8)	50	(9.4)	--	--
20 and over...	30	(1.5)	32	(1.9)	29	(1.5)	31	(1.6)	31	(1.7)	32	(1.9)	35	(4.0)	32	(6.6)
2 and over...	29	(1.3)	30	(1.3)	29	(1.2)	30	(1.3)	29	(1.3)	31	(1.3)	36	(3.7)	--	--
Hispanic:																
2 - 5.....	22	(2.0)	21	(2.0)	23	(1.8)	23	(2.4)	23	(2.0)	24	(1.9)	28	(4.5)	--	--
6 - 11.....	30	(1.8)	32	(2.6)	36	(2.5)	32	(2.6)	34	(2.5)	33	(2.2)	34	(5.2)	--	--
12 - 19.....	28	(2.1)	31	(2.1)	36	(4.4)	32	(2.4)	31	(2.5)	35	(2.6)	42	(3.9)	--	--
20 and over...	30	(1.4)	33	(1.5)	32	(1.6)	34	(1.6)	32	(1.6)	36	(1.3)	35	(2.5)	35	(4.4)
2 and over...	29	(1.0)	32	(1.1)	33	(1.2)	33	(1.2)	32	(1.3)	35	(1.0)	35	(2.4)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.

[2] Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item away from home.

[4] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Away from Home: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, *What We Eat in America,* NHANES 2011-2012.

Table 11. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																				
2 - 5.....	57	(3.9)	26	(2.5)	26	(2.7)	26	(2.3)	26	(2.3)	25	(2.2)	26	(2.9)	26	(2.8)	26	(2.9)	26	(3.4)
6 - 11.....	80	(3.0)	41	(2.4)	41	(2.9)	42	(2.5)	46	(2.7)	40	(2.5)	41	(2.0)	42	(2.1)	40	(2.0)	40	(2.2)
12 - 19.....	63	(5.0)	36	(4.3)	39	(5.0)	34	(4.2)	33	(3.6)	34	(4.1)	38	(4.0)	37	(3.9)	38	(4.0)	38	(4.3)
20 and over...	54	(3.4)	29	(3.2)	28	(3.3)	29	(3.3)	30	(3.8)	26	(2.4)	30	(3.1)	29	(3.1)	31	(3.0)	31	(3.1)
2 and over...	57	(3.0)	31	(2.9)	30	(3.1)	31	(2.9)	32	(3.0)	28	(2.3)	32	(2.8)	31	(2.7)	32	(2.8)	33	(2.9)
$25,000 - $74,999:																				
2 - 5.....	62	(5.5)	30	(4.9)	28	(4.5)	29	(4.7)	28	(5.1)	29	(4.3)	31	(5.6)	29	(5.5)	31	(6.3)	33	(4.8)
6 - 11.....	80	(3.7)	39	(2.4)	37	(2.3)	38	(2.3)	39	(2.5)	38	(2.3)	41	(2.8)	41	(2.7)	41	(3.0)	41	(2.9)
12 - 19.....	77	(2.8)	40	(2.9)	38	(3.3)	39	(3.6)	43	(5.6)	33	(2.2)	41	(2.5)	39	(2.8)	41	(2.6)	44	(2.3)
20 and over...	70	(2.0)	35	(1.1)	34	(1.3)	34	(1.2)	35	(1.4)	30	(1.4)	36	(1.1)	36	(1.1)	37	(1.1)	37	(1.5)
2 and over...	71	(1.4)	36	(0.9)	34	(1.0)	35	(0.9)	36	(1.0)	31	(1.2)	37	(1.0)	36	(0.9)	37	(0.9)	38	(1.4)
$75,000 and higher:																				
2 - 5.....	79	(3.2)	35	(3.2)	34	(3.5)	37	(2.9)	40	(3.5)	37	(3.2)	33	(3.7)	33	(4.0)	33	(3.8)	33	(3.4)
6 - 11.....	83	(4.4)	34	(2.9)	33	(3.1)	35	(2.9)	37	(3.6)	32	(2.1)	33	(3.3)	33	(3.6)	32	(3.3)	33	(3.1)
12 - 19.....	75	(5.5)	39	(2.7)	36	(3.2)	38	(2.8)	38	(3.2)	37	(3.3)	40	(2.7)	39	(2.4)	40	(2.9)	41	(3.2)
20 and over...	74	(2.3)	37	(1.9)	36	(2.1)	36	(1.8)	36	(2.0)	33	(1.7)	38	(2.1)	38	(2.1)	39	(2.2)	39	(2.0)
2 and over...	75	(1.9)	37	(1.7)	36	(1.9)	36	(1.6)	37	(1.7)	33	(1.6)	38	(1.9)	37	(2.0)	38	(2.0)	39	(1.8)
All Individuals[4]:																				
2 - 5.....	65	(2.7)	30	(1.6)	29	(1.6)	30	(1.7)	30	(2.2)	30	(1.8)	30	(1.7)	29	(1.9)	30	(1.7)	31	(1.6)
6 - 11.....	81	(1.5)	37	(1.4)	37	(1.7)	38	(1.3)	40	(1.6)	36	(1.1)	38	(1.6)	38	(1.8)	37	(1.7)	38	(1.3)
12 - 19.....	72	(2.4)	38	(1.3)	37	(1.5)	37	(1.3)	38	(2.0)	34	(1.8)	39	(1.4)	38	(1.5)	39	(1.5)	40	(1.6)
20 and over...	66	(1.6)	34	(1.1)	33	(1.2)	33	(1.1)	34	(1.3)	30	(1.0)	35	(1.1)	34	(1.2)	35	(1.1)	36	(1.2)
2 and over...	68	(1.3)	34	(0.9)	34	(1.0)	34	(0.9)	35	(0.9)	31	(0.9)	36	(0.9)	35	(1.0)	36	(0.9)	36	(1.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 11. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
$0 - $24,999:																		
2 - 5.....	22	(3.1)	25	(2.9)	31	(7.2)	18	(5.2)	24	(2.8)	24	(2.9)	25	(3.2)	23	(3.0)	22	(2.6)
6 - 11.....	41	(2.6)	43	(2.5)	51	(6.9)	39	(3.4)	38	(2.6)	41	(2.8)	38	(3.1)	39	(3.3)	33	(2.5)
12 - 19.....	45	(8.4)	36	(5.4)	39	(6.1)	49	(13.9)	34	(5.5)	31	(4.1)	33	(5.2)	31	(5.3)	29	(6.3)
20 and over...	29	(2.9)	22	(2.8)	27	(3.2)	32	(3.8)	28	(3.6)	24	(3.1)	30	(3.8)	28	(3.5)	25	(3.1)
2 and over...	31	(3.3)	26	(2.8)	29	(3.1)	35	(4.9)	29	(3.2)	27	(2.8)	31	(3.6)	29	(3.3)	26	(2.9)
$25,000 - $74,999:																		
2 - 5.....	29	(7.7)	24	(3.8)	33*	(11.1)	24	(2.9)	27	(4.0)	24	(3.5)	29	(4.6)	25	(4.2)	25	(3.7)
6 - 11.....	37	(2.2)	35	(2.3)	38	(5.0)	34	(4.6)	33	(2.1)	35	(2.2)	33	(2.0)	31	(1.8)	29	(2.3)
12 - 19.....	41	(5.2)	34	(4.6)	44	(7.5)	37	(7.6)	36	(3.9)	35	(3.2)	36	(2.8)	32	(3.1)	31	(3.2)
20 and over...	35	(1.2)	25	(1.7)	26	(3.0)	29	(2.9)	31	(1.3)	29	(1.0)	34	(1.3)	33	(1.4)	28	(1.2)
2 and over...	36	(0.9)	27	(1.7)	28	(3.0)	30	(2.6)	31	(1.1)	30	(0.9)	34	(1.1)	33	(1.2)	28	(1.0)
$75,000 and higher:																		
2 - 5.....	29	(5.2)	31	(5.4)	35*	(15.2)	40	(10.6)	35	(3.5)	32	(3.0)	34	(3.5)	31	(3.4)	30	(3.4)
6 - 11.....	31	(3.9)	22	(2.3)	23	(3.3)	41	(3.5)	28	(2.1)	27	(2.4)	29	(2.4)	25	(3.1)	26	(2.0)
12 - 19.....	36	(3.7)	27	(3.3)	39	(7.4)	44	(9.5)	35	(2.4)	29	(2.6)	36	(3.5)	31	(3.3)	31	(2.1)
20 and over...	37	(2.5)	30	(3.5)	37	(3.1)	29	(2.1)	34	(2.0)	32	(1.7)	37	(2.0)	34	(1.9)	32	(1.9)
2 and over...	36	(2.1)	29	(2.7)	37	(2.9)	32	(2.9)	34	(1.7)	31	(1.5)	36	(1.7)	33	(1.7)	31	(1.6)
All Individuals[4]:																		
2 - 5.....	27	(2.7)	26	(2.3)	34	(7.5)	27	(3.4)	28	(1.5)	26	(1.5)	29	(1.5)	26	(1.4)	26	(1.4)
6 - 11.....	36	(1.8)	33	(1.8)	36	(3.2)	37	(2.6)	32	(1.1)	34	(1.6)	33	(1.1)	31	(1.5)	29	(1.3)
12 - 19.....	40	(3.0)	31	(2.5)	41	(3.0)	43	(4.7)	34	(1.6)	31	(1.5)	34	(1.7)	31	(1.5)	30	(1.9)
20 and over...	34	(1.2)	26	(1.5)	30	(2.1)	29	(1.6)	31	(1.1)	29	(1.0)	34	(1.2)	32	(1.1)	28	(1.0)
2 and over...	34	(1.1)	27	(1.3)	31	(1.9)	32	(1.4)	31	(0.9)	29	(0.8)	34	(1.0)	32	(1.0)	28	(0.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 11. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
$0 - $24,999:																		
2 - 5.....	24	(2.7)	23	(2.3)	20	(3.3)	22	(3.4)	25	(3.1)	28	(4.9)	24	(2.7)	25	(2.6)	24	(2.4)
6 - 11.....	42	(2.3)	42	(3.1)	43	(1.7)	44	(3.5)	40	(2.2)	47	(2.7)	44	(3.4)	42	(2.8)	39	(2.4)
12 - 19.....	42	(7.0)	31	(4.5)	33	(4.5)	34	(6.1)	37	(4.9)	36	(6.5)	36	(4.0)	37	(4.7)	34	(3.6)
20 and over...	27	(2.9)	27	(4.2)	27	(3.4)	16	(2.8)	28	(2.7)	32	(2.5)	24	(3.3)	27	(3.2)	25	(2.9)
2 and over...	30	(3.1)	29	(3.5)	29	(2.7)	22	(2.8)	30	(2.8)	33	(2.5)	27	(2.8)	29	(3.0)	27	(2.6)
$25,000 - $74,999:																		
2 - 5.....	28	(6.0)	23	(3.7)	21	(5.6)	21	(2.9)	32	(5.4)	34	(4.8)	24	(2.7)	27	(3.8)	27	(3.7)
6 - 11.....	37	(2.1)	33	(2.8)	32	(3.1)	36	(2.4)	37	(3.1)	40	(3.5)	40	(2.2)	38	(2.2)	36	(2.3)
12 - 19.....	38	(3.8)	33	(4.6)	44	(12.7)	30	(5.3)	39	(2.6)	39	(4.6)	36	(3.8)	38	(3.0)	35	(2.7)
20 and over...	33	(1.1)	31	(1.5)	27	(1.3)	22	(2.2)	34	(1.4)	28	(3.6)	29	(1.4)	33	(1.3)	31	(1.3)
2 and over...	33	(0.9)	31	(1.5)	29	(2.0)	24	(1.6)	35	(1.3)	29	(3.4)	30	(1.2)	33	(1.1)	31	(1.0)
$75,000 and higher:																		
2 - 5.....	31	(3.9)	30	(3.3)	32	(5.2)	29	(3.6)	32	(2.9)	33	(4.8)	31	(3.2)	33	(3.0)	33	(2.6)
6 - 11.....	30	(3.0)	25	(2.9)	31	(6.9)	25	(3.5)	29	(3.5)	28	(4.4)	32	(3.8)	33	(3.3)	31	(2.5)
12 - 19.....	35	(3.3)	28	(3.3)	34	(3.9)	21	(3.4)	38	(4.2)	40	(4.3)	31	(3.4)	34	(3.0)	34	(3.0)
20 and over...	36	(2.2)	30	(3.9)	29	(2.3)	25	(3.7)	37	(2.2)	38	(3.4)	33	(1.5)	35	(1.8)	34	(1.6)
2 and over...	35	(1.8)	29	(3.1)	30	(1.9)	25	(2.8)	36	(2.0)	37	(3.2)	32	(1.6)	35	(1.7)	34	(1.5)
All Individuals[4]:																		
2 - 5.....	27	(2.1)	25	(1.7)	24	(3.1)	23	(1.6)	30	(1.7)	32	(2.7)	26	(1.7)	28	(1.6)	28	(1.4)
6 - 11.....	36	(1.5)	33	(2.3)	34	(2.7)	34	(2.0)	35	(1.5)	37	(2.2)	38	(1.8)	37	(1.6)	35	(1.3)
12 - 19.....	38	(2.4)	31	(1.9)	37	(5.4)	28	(3.1)	37	(2.0)	38	(2.2)	33	(2.2)	36	(1.7)	34	(1.6)
20 and over...	32	(1.1)	30	(1.5)	28	(1.1)	21	(1.7)	33	(1.0)	32	(2.1)	29	(1.1)	32	(1.1)	30	(1.0)
2 and over...	33	(1.0)	30	(1.2)	29	(0.8)	24	(1.4)	34	(0.9)	33	(1.9)	30	(0.9)	33	(0.9)	31	(0.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 11. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Iron %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
$0 - $24,999:																
2 - 5	23	(3.0)	24	(2.4)	26	(2.2)	26	(2.8)	25	(2.4)	25	(2.3)	20	(4.4)	--	--
6 - 11	38	(2.8)	40	(2.6)	41	(2.2)	39	(2.8)	43	(2.4)	40	(2.4)	29	(5.5)	--	--
12 - 19	31	(5.1)	36	(5.2)	36	(4.2)	39	(6.3)	37	(5.1)	38	(5.3)	22	(5.3)	--	--
20 and over	25	(2.9)	26	(3.3)	25	(2.9)	28	(3.2)	26	(3.3)	30	(3.0)	25	(3.2)	21	(5.3)
2 and over	27	(2.7)	28	(3.0)	28	(2.8)	30	(3.2)	29	(3.2)	31	(2.9)	25	(3.1)	--	--
$25,000 - $74,999:																
2 - 5	27	(4.5)	25	(4.8)	29	(4.2)	28	(4.0)	27	(4.2)	30	(4.7)	37	(10.1)	--	--
6 - 11	31	(2.1)	34	(2.2)	38	(2.7)	35	(2.4)	37	(2.5)	38	(2.5)	23	(6.3)	--	--
12 - 19	32	(2.7)	36	(3.5)	39	(3.7)	38	(3.3)	36	(3.2)	38	(3.5)	50	(5.7)	--	--
20 and over	30	(1.3)	33	(1.3)	32	(1.1)	34	(1.3)	31	(1.2)	36	(1.3)	32	(1.4)	35	(2.9)
2 and over	30	(1.1)	33	(1.0)	33	(1.0)	34	(1.1)	32	(1.1)	36	(1.2)	33	(1.4)	--	--
$75,000 and higher:																
2 - 5	32	(3.0)	34	(2.9)	35	(2.9)	34	(3.4)	35	(2.9)	34	(3.6)	56	(11.7)	--	--
6 - 11	28	(2.1)	31	(2.3)	32	(2.2)	33	(2.9)	32	(2.6)	35	(3.0)	54	(5.9)	--	--
12 - 19	32	(2.1)	34	(2.8)	39	(3.3)	39	(3.0)	35	(3.3)	38	(3.0)	38	(6.8)	--	--
20 and over	32	(1.9)	35	(1.9)	31	(3.3)	34	(2.2)	34	(1.8)	37	(1.9)	34	(3.2)	44	(7.2)
2 and over	32	(1.7)	34	(1.7)	32	(2.9)	35	(2.0)	34	(1.6)	37	(1.8)	35	(3.1)	--	--
All Individuals[4]:																
2 - 5	27	(1.5)	27	(1.6)	30	(1.8)	29	(1.7)	28	(1.6)	29	(1.4)	34	(4.2)	--	--
6 - 11	32	(1.2)	34	(1.7)	37	(1.5)	35	(1.6)	37	(1.5)	37	(1.4)	34	(5.4)	--	--
12 - 19	31	(1.5)	34	(1.6)	37	(2.0)	38	(1.8)	36	(1.6)	38	(1.6)	39	(3.1)	--	--
20 and over	29	(1.0)	31	(1.1)	30	(1.2)	32	(1.2)	31	(1.1)	34	(1.1)	31	(1.4)	35	(4.1)
2 and over	29	(0.9)	32	(1.0)	31	(1.1)	33	(1.0)	32	(1.0)	35	(0.9)	31	(1.4)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.

[2] Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the income/age group who reported consuming at least one item away from home.

[4] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Away from Home: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 12. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years)	Percent reporting[4]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																				
2 - 5.....	57	(4.7)	24	(2.5)	24	(3.0)	24	(2.2)	24	(2.0)	26	(3.0)	24	(2.8)	23	(2.9)	23	(2.9)	26	(2.9)
6 - 11.....	78	(2.5)	40	(1.7)	38	(2.1)	40	(1.8)	44	(2.2)	39	(1.7)	40	(1.6)	40	(1.9)	39	(1.6)	40	(1.6)
12 - 19.....	65	(3.8)	36	(3.1)	37	(3.8)	34	(3.1)	33	(2.5)	32	(3.3)	37	(2.9)	37	(2.6)	37	(2.9)	38	(3.5)
20 and over...	55	(3.5)	29	(3.8)	29	(3.9)	29	(4.0)	30	(4.7)	26	(2.6)	31	(3.5)	29	(3.4)	31	(3.5)	32	(3.6)
2 and over...	59	(2.9)	31	(3.2)	31	(3.4)	31	(3.2)	31	(3.4)	28	(2.3)	32	(3.0)	31	(2.8)	32	(3.0)	33	(3.1)
131-350% poverty:																				
2 - 5.....	69	(4.3)	34	(4.6)	32	(4.3)	33	(4.6)	33	(5.5)	31	(4.2)	36	(4.9)	35	(4.7)	37	(5.5)	37	(4.5)
6 - 11.....	83	(3.6)	38	(2.6)	37	(2.8)	37	(2.4)	39	(2.5)	36	(2.6)	40	(3.0)	39	(3.0)	40	(3.3)	40	(3.3)
12 - 19.....	77	(3.7)	40	(2.9)	39	(3.9)	40	(3.5)	44	(5.5)	34	(3.1)	41	(2.5)	39	(2.9)	40	(2.7)	44	(2.6)
20 and over...	67	(2.0)	33	(1.2)	32	(1.2)	33	(1.4)	34	(1.7)	29	(1.4)	34	(1.3)	34	(1.2)	35	(1.3)	34	(1.6)
2 and over...	70	(1.3)	34	(1.0)	33	(0.9)	34	(1.1)	36	(1.4)	30	(1.2)	36	(1.1)	35	(1.1)	36	(1.1)	36	(1.5)
Over 350% poverty:																				
2 - 5.....	79	(3.2)	38	(3.7)	36	(4.6)	39	(3.2)	42	(3.4)	40	(3.7)	35	(4.4)	36	(4.7)	35	(4.6)	34	(4.1)
6 - 11.....	82	(4.2)	35	(3.9)	36	(4.2)	36	(3.9)	36	(4.1)	34	(2.9)	34	(4.2)	35	(4.7)	34	(4.3)	34	(4.0)
12 - 19.....	76	(6.3)	40	(3.3)	37	(3.6)	40	(3.4)	39	(3.8)	39	(3.9)	42	(3.4)	40	(2.9)	42	(3.7)	43	(4.2)
20 and over...	74	(2.1)	38	(1.9)	36	(2.1)	37	(1.7)	37	(2.0)	33	(1.9)	39	(2.0)	38	(2.1)	39	(2.0)	40	(2.2)
2 and over...	75	(2.0)	38	(1.8)	36	(2.0)	37	(1.7)	37	(1.8)	34	(1.8)	39	(2.0)	38	(2.0)	39	(2.0)	40	(2.0)
All Individuals[5]:																				
2 - 5.....	65	(2.7)	30	(1.6)	29	(1.6)	30	(1.7)	30	(2.2)	30	(1.8)	30	(1.7)	29	(1.9)	30	(1.7)	31	(1.6)
6 - 11.....	81	(1.5)	37	(1.4)	37	(1.7)	38	(1.3)	40	(1.6)	36	(1.1)	38	(1.6)	38	(1.8)	37	(1.7)	38	(1.3)
12 - 19.....	72	(2.4)	38	(1.3)	37	(1.5)	37	(1.3)	38	(2.0)	34	(1.8)	39	(1.4)	38	(1.5)	39	(1.5)	40	(1.6)
20 and over...	66	(1.6)	34	(1.1)	33	(1.2)	33	(1.1)	34	(1.3)	30	(1.0)	35	(1.1)	34	(1.2)	35	(1.1)	36	(1.2)
2 and over...	68	(1.3)	34	(0.9)	34	(1.0)	34	(0.9)	35	(0.9)	31	(0.9)	36	(0.9)	35	(1.0)	36	(0.9)	36	(1.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 12. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Under 131% poverty:																		
2 - 5.....	19	(2.4)	23	(3.6)	33	(6.3)	19	(3.9)	24	(2.8)	22	(2.8)	24	(3.2)	22	(2.7)	22	(2.3)
6 - 11.....	37	(2.4)	39	(2.0)	47	(6.0)	37	(3.2)	36	(1.8)	38	(2.3)	35	(2.2)	35	(2.4)	31	(1.7)
12 - 19.....	41	(6.5)	34	(3.9)	41	(4.3)	46	(11.6)	33	(4.2)	31	(3.5)	32	(4.7)	29	(4.7)	29	(5.2)
20 and over...	30	(3.7)	22	(3.2)	25	(3.5)	31	(4.8)	27	(4.0)	25	(3.1)	30	(4.2)	28	(3.8)	25	(3.3)
2 and over...	32	(3.6)	26	(2.9)	29	(3.2)	34	(5.6)	29	(3.3)	27	(2.6)	31	(3.7)	29	(3.3)	26	(2.9)
131-350% poverty:																		
2 - 5.....	37	(7.7)	27	(3.6)	34*	(12.5)	27	(4.6)	30	(3.9)	27	(3.4)	33	(4.5)	28	(4.1)	26	(4.0)
6 - 11.....	37	(2.9)	33	(3.5)	34	(6.5)	34	(5.5)	32	(2.5)	34	(2.5)	33	(2.9)	31	(2.7)	29	(2.7)
12 - 19.....	43	(5.9)	34	(4.3)	39	(7.0)	35	(10.1)	37	(4.1)	34	(3.4)	38	(2.9)	35	(3.8)	31	(2.8)
20 and over...	34	(1.4)	24	(1.3)	25	(2.1)	27	(2.7)	30	(1.5)	28	(1.0)	32	(1.1)	31	(1.3)	27	(1.3)
2 and over...	35	(1.0)	26	(1.3)	27	(1.7)	29	(2.7)	31	(1.1)	29	(0.8)	33	(0.9)	31	(1.1)	28	(1.1)
Over 350% poverty:																		
2 - 5.....	31	(6.5)	33	(5.7)	36*	(15.9)	39*	(12.0)	37	(4.2)	34	(3.6)	36	(4.7)	33	(3.8)	33	(3.7)
6 - 11.....	33	(4.8)	24	(3.7)	27	(5.2)	42	(6.0)	30	(3.1)	28	(3.1)	31	(3.4)	27	(3.8)	28	(2.5)
12 - 19.....	37	(3.9)	28	(3.8)	45	(9.3)	48	(10.3)	36	(2.7)	30	(3.0)	36	(3.7)	31	(3.4)	32	(2.5)
20 and over...	37	(2.3)	29	(3.9)	35	(4.2)	31	(2.6)	34	(2.0)	32	(1.8)	38	(2.0)	35	(1.8)	31	(1.9)
2 and over...	37	(2.1)	29	(3.3)	35	(3.9)	33	(3.0)	34	(1.8)	32	(1.6)	37	(1.8)	35	(1.7)	31	(1.7)
All Individuals[5]:																		
2 - 5.....	27	(2.7)	26	(2.3)	34	(7.5)	27	(3.4)	28	(1.5)	26	(1.5)	29	(1.5)	26	(1.4)	26	(1.4)
6 - 11.....	36	(1.8)	33	(1.8)	36	(3.2)	37	(2.6)	32	(1.1)	34	(1.6)	33	(1.1)	31	(1.5)	29	(1.3)
12 - 19.....	40	(3.0)	31	(2.5)	41	(3.0)	43	(4.7)	34	(1.6)	31	(1.5)	34	(1.7)	31	(1.5)	30	(1.9)
20 and over...	34	(1.2)	26	(1.5)	30	(2.1)	29	(1.6)	31	(1.1)	29	(1.0)	34	(1.2)	32	(1.1)	28	(1.0)
2 and over...	34	(1.1)	27	(1.3)	31	(1.9)	32	(1.4)	31	(0.9)	29	(0.8)	34	(1.0)	32	(1.0)	28	(0.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 12. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Under 131% poverty:																		
2 - 5.....	22	(2.9)	21	(2.5)	22	(3.4)	20	(3.2)	26	(2.8)	30	(4.9)	22	(2.8)	24	(3.0)	24	(3.0)
6 - 11.....	39	(1.9)	39	(2.5)	41	(2.0)	41	(2.7)	39	(1.9)	45	(2.0)	42	(2.7)	40	(2.0)	38	(1.8)
12 - 19.....	39	(5.4)	30	(4.1)	29	(3.7)	34	(5.4)	36	(4.1)	33	(5.8)	36	(3.1)	36	(3.4)	32	(2.7)
20 and over...	28	(3.6)	28	(4.7)	26	(4.3)	17	(3.0)	29	(2.9)	32	(2.9)	24	(3.4)	27	(3.6)	25	(3.1)
2 and over...	30	(3.4)	29	(3.7)	28	(3.2)	23	(2.7)	31	(2.8)	33	(2.7)	28	(2.7)	30	(3.0)	27	(2.6)
131-350% poverty:																		
2 - 5.....	32	(6.4)	27	(3.5)	21*	(6.7)	23	(2.6)	31	(5.6)	28	(5.4)	27	(2.9)	30	(3.3)	29	(3.8)
6 - 11.....	36	(2.7)	31	(3.6)	32	(4.2)	34	(2.6)	36	(2.9)	39	(3.2)	37	(2.7)	37	(2.6)	35	(2.5)
12 - 19.....	39	(4.3)	35	(4.8)	49	(12.3)	29	(6.0)	39	(3.8)	44	(3.1)	34	(4.5)	38	(3.7)	35	(3.3)
20 and over...	30	(1.1)	29	(1.3)	27	(1.7)	19	(1.3)	33	(1.5)	32	(2.2)	28	(1.4)	31	(1.1)	28	(1.2)
2 and over...	32	(0.9)	30	(1.4)	30	(2.7)	23	(1.0)	34	(1.3)	34	(1.8)	30	(1.3)	32	(0.9)	30	(1.0)
Over 350% poverty:																		
2 - 5.....	33	(4.7)	32	(4.8)	36	(4.3)	31	(5.0)	35	(3.6)	39	(5.7)	34	(3.5)	35	(3.7)	35	(3.0)
6 - 11.....	31	(3.4)	27	(4.1)	29	(5.7)	25	(4.2)	30	(4.0)	27	(4.5)	34	(4.9)	35	(4.3)	32	(3.1)
12 - 19.....	36	(3.7)	29	(3.5)	34	(4.6)	20	(4.1)	40	(5.2)	42	(6.0)	31	(3.9)	35	(3.6)	35	(3.6)
20 and over...	36	(2.1)	31	(3.5)	30	(2.6)	26	(3.2)	36	(2.3)	32	(4.8)	32	(1.5)	35	(1.8)	34	(1.7)
2 and over...	36	(1.9)	31	(3.0)	30	(2.0)	25	(2.9)	36	(2.2)	32	(4.5)	32	(1.5)	35	(1.8)	34	(1.6)
All Individuals[5]:																		
2 - 5.....	27	(2.1)	25	(1.7)	24	(3.1)	23	(1.6)	30	(1.7)	32	(2.7)	26	(1.7)	28	(1.6)	28	(1.4)
6 - 11.....	36	(1.5)	33	(2.3)	34	(2.7)	34	(2.0)	35	(1.5)	37	(2.2)	38	(1.8)	37	(1.6)	35	(1.3)
12 - 19.....	38	(2.4)	31	(1.9)	37	(5.4)	28	(3.1)	37	(2.0)	38	(2.2)	33	(2.2)	36	(1.7)	34	(1.6)
20 and over...	32	(1.1)	30	(1.5)	28	(1.1)	21	(1.7)	33	(1.0)	32	(2.1)	29	(1.1)	32	(1.1)	30	(1.0)
2 and over...	33	(1.0)	30	(1.2)	29	(0.8)	24	(1.4)	34	(0.9)	33	(1.9)	30	(0.9)	33	(0.9)	31	(0.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 12. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Iron %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
Under 131% poverty:																
2 - 5.....	22	(2.7)	22	(2.5)	26	(3.2)	24	(2.9)	24	(2.9)	23	(2.8)	20	(4.0)	--	--
6 - 11.....	35	(2.1)	37	(2.1)	40	(1.5)	36	(1.9)	41	(1.8)	38	(1.8)	29	(4.6)	--	--
12 - 19.....	30	(3.8)	34	(3.9)	35	(2.9)	37	(4.6)	36	(4.0)	37	(4.1)	30	(7.2)	--	--
20 and over...	26	(3.3)	27	(3.9)	26	(3.1)	29	(3.7)	27	(3.8)	31	(3.6)	25	(3.4)	20*	(6.6)
2 and over...	27	(2.8)	29	(3.3)	29	(2.7)	31	(3.4)	29	(3.3)	32	(3.3)	25	(3.3)	--	--
131-350% poverty:																
2 - 5.....	30	(4.1)	29	(4.3)	31	(3.8)	31	(4.4)	29	(4.2)	35	(4.3)	44	(12.0)	--	--
6 - 11.....	30	(2.7)	32	(2.8)	37	(3.0)	34	(2.7)	37	(2.8)	37	(2.9)	23	(6.1)	--	--
12 - 19.....	33	(2.9)	37	(3.7)	40	(4.1)	40	(3.7)	36	(3.5)	39	(3.7)	44	(4.4)	--	--
20 and over...	29	(1.2)	31	(1.4)	30	(1.3)	31	(1.3)	29	(1.2)	33	(1.2)	30	(1.4)	28	(4.4)
2 and over...	29	(1.0)	31	(1.1)	31	(1.1)	32	(0.9)	31	(1.1)	34	(1.0)	31	(1.4)	--	--
Over 350% poverty:																
2 - 5.....	34	(3.5)	36	(3.5)	37	(3.4)	37	(4.9)	37	(3.2)	35	(4.8)	61*	(12.4)	--	--
6 - 11.....	31	(3.2)	33	(3.0)	34	(3.0)	36	(4.1)	33	(3.1)	38	(4.0)	62	(7.5)	--	--
12 - 19.....	34	(2.3)	35	(3.0)	40	(3.7)	39	(3.4)	36	(4.1)	39	(3.6)	44	(8.7)	--	--
20 and over...	32	(2.0)	35	(2.1)	32	(3.2)	35	(2.0)	34	(1.9)	38	(1.8)	35	(2.9)	47	(6.2)
2 and over...	32	(1.9)	35	(1.9)	33	(2.9)	36	(1.9)	34	(1.8)	38	(1.7)	35	(2.8)	--	--
All Individuals[5]:																
2 - 5.....	27	(1.5)	27	(1.6)	30	(1.8)	29	(1.7)	28	(1.6)	29	(1.4)	34	(4.2)	--	--
6 - 11.....	32	(1.2)	34	(1.7)	37	(1.5)	35	(1.6)	37	(1.5)	37	(1.4)	34	(5.4)	--	--
12 - 19.....	31	(1.5)	34	(1.6)	37	(2.0)	38	(1.8)	36	(1.6)	38	(1.6)	39	(3.1)	--	--
20 and over...	29	(1.0)	31	(1.1)	30	(1.2)	32	(1.2)	31	(1.1)	34	(1.1)	31	(1.4)	35	(4.1)
2 and over...	29	(0.9)	32	(1.0)	31	(1.1)	33	(1.0)	32	(1.0)	35	(0.9)	31	(1.4)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.

[2] Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2011-2012.

[3] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[4] The percentage of respondents in the income/age group who reported consuming at least one item away from home.

[5] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Away from Home: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America,* NHANES 2011-2012.

Table 13. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 2011-2012

Gender and age (years)	Percent reporting[3] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Males:																				
2 - 5.....	98*	(0.4)	21	(1.0)	20	(1.3)	22	(1.1)	24	(1.4)	22	(0.8)	19	(1.3)	21	(1.8)	19	(1.3)	17	(1.3)
6 - 11.....	89	(2.0)	19	(0.7)	18	(1.1)	21	(0.7)	22	(1.0)	18	(1.4)	17	(0.9)	18	(1.1)	17	(1.0)	15	(0.9)
12 - 19.....	76	(2.0)	15	(0.9)	15	(0.9)	16	(0.9)	18	(1.3)	14	(1.1)	15	(1.0)	16	(1.1)	15	(1.1)	13	(1.2)
20 - 29.....	68	(3.6)	14	(0.9)	13	(0.9)	16	(1.1)	18	(1.4)	15	(1.8)	13	(1.1)	14	(1.3)	13	(1.1)	12	(1.2)
30 - 39.....	80	(2.7)	16	(1.2)	14	(1.2)	18	(1.4)	20	(1.7)	19	(1.4)	15	(1.3)	16	(1.4)	15	(1.3)	14	(1.5)
40 - 49.....	83	(3.5)	16	(0.9)	15	(1.2)	18	(0.7)	19	(1.1)	16	(1.0)	16	(1.5)	17	(1.5)	17	(1.7)	16	(1.5)
50 - 59.....	85	(2.1)	15	(1.2)	14	(1.3)	18	(1.1)	19	(1.4)	17	(1.5)	15	(1.5)	16	(1.6)	15	(1.6)	14	(1.7)
60 - 69.....	89	(2.0)	20	(1.0)	19	(1.1)	23	(1.2)	23	(2.4)	23	(1.7)	20	(1.9)	20	(1.8)	20	(2.2)	19	(1.8)
70 and over.....	96*	(0.9)	23	(0.8)	19	(0.9)	28	(0.8)	30	(1.0)	27	(1.7)	19	(1.1)	21	(1.1)	18	(1.1)	18	(1.4)
2 - 19.....	85	(1.0)	17	(0.6)	17	(0.7)	19	(0.7)	20	(0.9)	17	(0.7)	16	(0.7)	17	(0.9)	16	(0.7)	14	(0.8)
20 and over...	82	(1.4)	16	(0.5)	15	(0.5)	19	(0.5)	20	(0.6)	19	(0.6)	16	(0.7)	16	(0.7)	16	(0.7)	15	(0.7)
2 and over...	83	(1.0)	17	(0.4)	15	(0.4)	19	(0.4)	20	(0.6)	18	(0.5)	16	(0.5)	17	(0.5)	16	(0.5)	15	(0.6)
Females:																				
2 - 5.....	95*	(2.1)	19	(1.0)	20	(1.2)	20	(1.1)	20	(1.4)	19	(1.2)	17	(1.3)	19	(1.5)	17	(1.4)	14	(1.0)
6 - 11.....	91	(2.1)	18	(1.0)	17	(1.1)	20	(1.1)	21	(1.4)	18	(1.4)	16	(1.1)	16	(1.2)	16	(1.3)	15	(1.0)
12 - 19.....	71	(2.7)	15	(0.9)	14	(1.0)	16	(0.9)	17	(1.1)	14	(0.6)	14	(1.1)	15	(1.3)	14	(1.2)	11	(1.0)
20 - 29.....	74	(3.8)	16	(1.2)	15	(1.0)	17	(1.2)	18	(1.2)	15	(1.0)	15	(1.5)	16	(1.6)	16	(1.4)	14	(1.8)
30 - 39.....	87	(1.5)	17	(0.8)	16	(0.8)	19	(0.9)	20	(0.9)	20	(1.1)	16	(1.1)	17	(1.4)	17	(1.1)	15	(0.9)
40 - 49.....	86	(3.0)	17	(0.9)	18	(1.1)	19	(1.1)	20	(1.1)	16	(1.4)	17	(1.2)	18	(1.4)	17	(1.2)	15	(1.2)
50 - 59.....	92	(1.8)	16	(0.7)	16	(0.9)	20	(0.8)	21	(1.2)	18	(1.3)	14	(1.1)	14	(1.4)	15	(1.2)	14	(1.0)
60 - 69.....	91	(3.0)	18	(1.0)	17	(1.4)	22	(1.2)	23	(1.5)	20	(1.0)	16	(1.1)	17	(1.2)	16	(1.3)	14	(1.2)
70 and over.....	96*	(1.3)	21	(0.9)	19	(1.2)	26	(1.0)	27	(1.2)	25	(1.4)	17	(1.1)	17	(1.0)	18	(1.2)	16	(1.1)
2 - 19.....	83	(1.6)	17	(0.5)	16	(0.5)	18	(0.6)	19	(0.8)	16	(0.6)	15	(0.6)	16	(0.7)	15	(0.7)	13	(0.4)
20 and over...	87	(1.5)	17	(0.5)	17	(0.5)	20	(0.6)	21	(0.7)	19	(0.7)	16	(0.6)	16	(0.8)	16	(0.5)	14	(0.5)
2 and over...	86	(1.2)	17	(0.4)	17	(0.5)	19	(0.5)	21	(0.6)	18	(0.6)	16	(0.5)	16	(0.7)	16	(0.5)	14	(0.4)
Males and females:																				
2 - 19.....	84	(1.0)	17	(0.4)	16	(0.5)	18	(0.5)	20	(0.6)	16	(0.5)	16	(0.4)	17	(0.6)	16	(0.4)	14	(0.4)
20 and over...	85	(1.1)	17	(0.4)	16	(0.4)	19	(0.4)	21	(0.6)	19	(0.5)	16	(0.5)	16	(0.6)	16	(0.5)	15	(0.5)
2 and over...	85	(0.9)	17	(0.3)	16	(0.4)	19	(0.4)	20	(0.5)	18	(0.4)	16	(0.4)	17	(0.5)	16	(0.4)	14	(0.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 13. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Males:																		
2 - 5	33	(4.7)	36	(2.3)	8	(1.7)	10*	(3.2)	31	(1.2)	33	(1.2)	26	(1.3)	33	(1.3)	35	(1.1)
6 - 11	25	(1.9)	34	(1.2)	8	(1.9)	5*	(1.8)	28	(0.9)	32	(1.1)	25	(0.9)	31	(1.5)	33	(1.2)
12 - 19	29	(3.3)	33	(2.6)	5*	(1.6)	4*	(1.9)	23	(1.3)	29	(2.1)	18	(1.4)	23	(1.8)	29	(2.1)
20 - 29	26	(3.0)	28	(2.2)	12	(2.3)	4*	(1.2)	20	(1.4)	23	(2.0)	14	(1.2)	18	(1.6)	21	(1.9)
30 - 39	22	(3.0)	29	(2.6)	7	(1.7)	6*	(1.6)	23	(1.4)	28	(1.7)	18	(1.5)	22	(2.0)	28	(2.5)
40 - 49	31	(3.6)	26	(1.8)	7	(1.8)	3*	(0.7)	23	(1.4)	28	(1.8)	18	(1.0)	22	(1.3)	29	(2.6)
50 - 59	26	(2.4)	26	(2.1)	5*	(1.3)	4*	(1.2)	23	(1.4)	29	(1.7)	17	(1.1)	24	(2.3)	27	(3.0)
60 - 69	31	(3.4)	26	(1.9)	28*	(15.5)	5*	(2.5)	28	(1.1)	29	(2.3)	21	(0.9)	26	(1.9)	33	(2.1)
70 and over	26	(1.9)	41	(3.5)	10	(2.7)	13*	(4.4)	34	(1.3)	38	(1.3)	27	(1.1)	35	(2.0)	43	(2.0)
2 - 19	28	(1.9)	34	(1.4)	7	(1.0)	5	(1.2)	26	(0.7)	31	(1.1)	21	(0.9)	27	(1.1)	31	(1.1)
20 and over	27	(1.7)	28	(1.1)	12*	(4.5)	5	(0.7)	24	(0.5)	28	(0.7)	18	(0.6)	23	(0.6)	29	(0.8)
2 and over	27	(1.2)	30	(0.9)	11*	(3.9)	5	(0.6)	24	(0.3)	29	(0.6)	19	(0.6)	24	(0.6)	29	(0.6)
Females:																		
2 - 5	29	(3.8)	33	(1.1)	4*	(0.9)	4*	(1.3)	29	(1.3)	33	(1.2)	27	(1.0)	33	(1.2)	38	(1.5)
6 - 11	22	(1.9)	38	(2.0)	6	(1.0)	5	(1.4)	30	(1.4)	34	(1.4)	25	(1.5)	32	(2.7)	35	(2.1)
12 - 19	23	(3.3)	27	(2.3)	4	(0.7)	5	(1.5)	22	(1.6)	27	(2.3)	18	(1.4)	23	(1.6)	27	(2.6)
20 - 29	28	(2.3)	30	(4.3)	9*	(4.9)	5*	(1.5)	22	(2.6)	28	(2.0)	18	(1.9)	23	(2.4)	28	(4.3)
30 - 39	24	(2.5)	26	(1.8)	7	(1.8)	6*	(1.8)	24	(1.2)	29	(2.0)	20	(1.2)	24	(2.0)	26	(1.5)
40 - 49	32	(2.9)	28	(3.1)	7*	(2.5)	4*	(1.6)	24	(1.4)	31	(1.5)	18	(1.2)	22	(1.6)	29	(2.4)
50 - 59	24	(3.1)	22	(1.2)	5*	(1.0)	4*	(1.1)	24	(1.3)	31	(1.5)	18	(1.2)	21	(1.6)	24	(2.0)
60 - 69	28	(2.9)	25	(2.1)	8*	(2.5)	18*	(10.5)	26	(2.1)	30	(2.0)	21	(1.6)	23	(2.2)	28	(3.0)
70 and over	24	(2.6)	30	(2.7)	6	(1.2)	6*	(1.9)	31	(1.5)	35	(1.4)	25	(1.6)	32	(2.2)	38	(2.7)
2 - 19	24	(1.7)	32	(1.3)	5	(0.5)	5	(1.0)	26	(1.0)	31	(1.2)	22	(0.8)	28	(1.2)	32	(1.5)
20 and over	27	(1.3)	26	(1.2)	6	(0.8)	7	(1.6)	25	(1.0)	30	(1.0)	20	(0.8)	24	(1.0)	28	(1.3)
2 and over	26	(1.1)	28	(1.0)	6	(0.7)	6	(1.3)	25	(0.8)	31	(0.8)	20	(0.7)	25	(0.9)	29	(1.1)
Males and females:																		
2 - 19	26	(1.2)	33	(0.9)	6	(0.7)	5	(0.8)	26	(0.7)	31	(0.9)	21	(0.6)	28	(0.9)	32	(0.9)
20 and over	27	(1.1)	27	(1.1)	9	(2.3)	6	(0.9)	24	(0.5)	29	(0.6)	19	(0.4)	23	(0.5)	29	(0.8)
2 and over	27	(0.9)	29	(0.9)	9	(2.1)	5	(0.7)	25	(0.4)	30	(0.6)	19	(0.4)	24	(0.4)	29	(0.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 13. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Males:																		
2 - 5	29	(2.7)	36	(1.7)	25	(3.2)	37	(2.3)	19	(2.1)	14	(1.6)	27	(1.5)	25	(1.1)	22	(0.7)
6 - 11	24	(1.6)	34	(1.6)	25	(3.8)	36	(1.8)	17	(1.3)	10	(1.3)	25	(1.2)	22	(1.1)	20	(1.1)
12 - 19	24	(2.3)	27	(2.9)	17	(2.2)	40	(3.2)	15	(1.7)	8	(1.2)	23	(1.7)	19	(1.2)	17	(0.7)
20 - 29	20	(1.8)	21	(1.7)	23	(2.2)	35	(3.3)	15	(1.5)	7	(1.0)	18	(1.1)	15	(0.9)	14	(1.1)
30 - 39	19	(2.0)	27	(2.6)	25	(3.6)	34	(2.7)	17	(1.9)	9	(2.0)	21	(1.6)	18	(1.4)	18	(1.1)
40 - 49	24	(2.4)	24	(1.9)	20	(1.9)	30	(4.1)	18	(1.6)	9	(1.7)	19	(1.3)	18	(1.2)	17	(0.9)
50 - 59	21	(2.1)	26	(3.2)	26	(3.8)	35	(4.9)	16	(1.9)	6	(1.0)	23	(2.1)	19	(1.5)	18	(1.3)
60 - 69	27	(1.7)	18*	(6.7)	27	(5.6)	37	(3.7)	23	(2.3)	37*	(15.7)	24	(1.8)	23	(1.3)	22	(1.5)
70 and over	26	(1.4)	43	(4.2)	35	(2.6)	41	(3.1)	25	(2.7)	9	(1.5)	30	(1.2)	26	(1.0)	27	(1.0)
2 - 19	25	(1.3)	31	(1.5)	21	(2.2)	38	(1.7)	16	(0.7)	10	(0.9)	25	(1.1)	21	(0.8)	19	(0.6)
20 and over	22	(1.1)	25	(1.8)	25	(1.2)	35	(1.4)	18	(0.7)	15*	(6.0)	21	(0.5)	19	(0.6)	19	(0.4)
2 and over	23	(0.8)	26	(1.6)	24	(1.0)	36	(0.8)	18	(0.5)	14*	(5.2)	22	(0.4)	19	(0.4)	19	(0.3)
Females:																		
2 - 5	26	(1.9)	38	(1.4)	21	(1.9)	35	(1.9)	16	(1.4)	8	(0.8)	26	(1.3)	23	(1.3)	21	(1.2)
6 - 11	24	(1.4)	41	(2.8)	22	(2.8)	45	(2.4)	14	(1.2)	10	(0.9)	27	(1.5)	23	(1.3)	20	(1.3)
12 - 19	22	(2.2)	27	(2.9)	20	(2.5)	37	(2.8)	14	(1.7)	6	(0.8)	21	(2.0)	18	(1.3)	16	(0.7)
20 - 29	23	(1.4)	27	(4.1)	19	(2.8)	38	(2.9)	16	(1.9)	7	(2.0)	21	(1.7)	19	(1.4)	18	(1.0)
30 - 39	22	(1.3)	27	(2.4)	22	(1.5)	33	(3.5)	18	(1.3)	9	(2.1)	21	(1.4)	19	(1.0)	20	(1.3)
40 - 49	27	(1.8)	28	(2.1)	19	(4.0)	40	(3.2)	17	(2.2)	9	(2.2)	23	(1.6)	22	(1.4)	20	(1.2)
50 - 59	23	(1.4)	26	(2.4)	20	(2.4)	37	(2.3)	16	(1.0)	6	(1.1)	23	(1.3)	20	(0.9)	20	(0.8)
60 - 69	25	(1.8)	29	(2.8)	27	(4.9)	36	(3.3)	19	(1.2)	8	(2.3)	24	(1.9)	21	(1.3)	20	(1.0)
70 and over	26	(1.6)	33	(2.9)	32	(2.2)	37	(2.8)	23	(1.7)	6	(1.1)	30	(1.8)	26	(1.5)	27	(1.5)
2 - 19	24	(1.0)	34	(1.8)	21	(2.0)	39	(1.6)	14	(1.0)	8	(0.6)	24	(1.0)	21	(0.6)	18	(0.4)
20 and over	24	(0.7)	28	(1.6)	23	(1.4)	37	(1.3)	18	(0.7)	7	(0.7)	23	(0.8)	21	(0.6)	20	(0.6)
2 and over	24	(0.6)	30	(1.4)	22	(1.4)	37	(1.1)	17	(0.6)	7	(0.6)	24	(0.7)	21	(0.5)	20	(0.5)
Males and females:																		
2 - 19	25	(0.8)	32	(1.3)	21	(1.8)	38	(1.4)	16	(0.6)	9	(0.6)	24	(0.8)	21	(0.5)	19	(0.4)
20 and over	23	(0.7)	26	(1.6)	24	(1.2)	36	(0.9)	18	(0.6)	11	(3.3)	22	(0.5)	20	(0.5)	19	(0.4)
2 and over	23	(0.6)	28	(1.4)	23	(1.1)	36	(0.7)	17	(0.5)	11	(2.8)	23	(0.5)	20	(0.3)	19	(0.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 13. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Iron %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
Males:																
2 - 5	34	(1.3)	27	(0.9)	21	(1.1)	22	(1.6)	23	(1.0)	19	(1.3)	9	(2.4)	--	--
6 - 11	31	(1.0)	25	(1.6)	18	(1.0)	18	(1.2)	20	(1.2)	16	(0.9)	13*	(4.4)	--	--
12 - 19	26	(1.7)	21	(1.4)	13	(0.9)	16	(1.3)	17	(0.8)	13	(0.9)	16*	(5.1)	--	--
20 - 29	21	(1.5)	16	(1.2)	13	(1.1)	15	(1.2)	16	(0.9)	12	(1.0)	21*	(7.2)	--	--
30 - 39	28	(2.6)	18	(1.2)	16	(1.2)	15	(1.7)	19	(1.2)	14	(1.4)	35	(4.2)	--	--
40 - 49	23	(1.5)	19	(1.7)	15	(0.8)	18	(1.5)	18	(1.1)	16	(1.5)	39	(5.7)	--	--
50 - 59	25	(1.9)	17	(1.6)	16	(1.1)	19	(2.5)	18	(1.4)	14	(1.2)	34	(3.9)	--	--
60 - 69	30	(1.6)	23	(1.3)	15	(3.8)	21	(1.5)	23	(1.9)	18	(1.6)	33	(6.9)	--	--
70 and over	41	(1.9)	29	(1.7)	29	(3.3)	21	(1.4)	26	(0.9)	20	(1.4)	42	(4.6)	--	--
2 - 19	29	(0.9)	23	(0.8)	16	(0.5)	18	(0.9)	19	(0.7)	15	(0.7)	15	(4.2)	--	--
20 and over	27	(0.7)	19	(0.5)	16	(1.2)	18	(0.8)	19	(0.4)	15	(0.6)	34	(3.1)	1*	(0.3)
2 and over	27	(0.5)	20	(0.3)	16	(1.0)	18	(0.6)	19	(0.3)	15	(0.5)	33	(2.9)	--	--
Females:																
2 - 5	38	(1.5)	29	(1.0)	17	(1.1)	20	(1.1)	21	(1.2)	17	(1.2)	10	(2.2)	--	--
6 - 11	32	(2.4)	28	(2.0)	16	(1.1)	17	(1.0)	20	(1.3)	15	(1.1)	11	(3.1)	--	--
12 - 19	24	(1.9)	20	(1.6)	13	(0.7)	16	(1.4)	17	(0.8)	13	(1.2)	21*	(6.7)	--	--
20 - 29	25	(2.1)	20	(2.0)	15	(0.9)	16	(1.2)	18	(1.1)	14	(1.4)	37	(4.7)	--	--
30 - 39	27	(1.6)	20	(1.1)	17	(0.9)	17	(1.0)	20	(1.4)	15	(1.0)	42	(5.0)	--	--
40 - 49	27	(1.8)	21	(1.3)	17	(1.3)	20	(1.3)	20	(1.1)	15	(1.2)	38	(4.3)	--	--
50 - 59	24	(1.8)	18	(1.2)	16	(0.8)	17	(1.3)	21	(0.9)	14	(1.1)	50	(4.5)	--	--
60 - 69	30	(2.7)	22	(1.5)	17	(1.0)	19	(1.9)	21	(1.2)	16	(1.5)	39	(5.6)	--	--
70 and over	38	(2.7)	29	(2.4)	22	(1.6)	21	(1.4)	26	(1.0)	17	(1.1)	50	(2.2)	--	--
2 - 19	30	(1.3)	24	(0.8)	15	(0.5)	17	(0.6)	19	(0.6)	15	(0.7)	18	(4.8)	--	--
20 and over	28	(1.1)	21	(1.0)	17	(0.5)	18	(0.6)	20	(0.6)	15	(0.6)	43	(1.9)	#	
2 and over	28	(1.0)	22	(0.8)	17	(0.4)	18	(0.5)	20	(0.5)	15	(0.6)	41	(1.6)	--	--
Males and females:																
2 - 19	29	(0.8)	24	(0.5)	15	(0.4)	17	(0.6)	19	(0.5)	15	(0.5)	17	(3.1)	--	--
20 and over	27	(0.6)	20	(0.6)	17	(0.8)	18	(0.7)	20	(0.4)	15	(0.5)	38	(2.4)	1*	(0.2)
2 and over	28	(0.5)	21	(0.4)	16	(0.6)	18	(0.5)	20	(0.3)	15	(0.4)	37	(2.2)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times 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.

Footnotes

[1] Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayano", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as breakfast.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, *What We Eat in America*, NHANES 2011-2012.

Table 14. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years)	Percent reporting[3] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Non-Hispanic White:																				
2 - 5.....	97*	(2.0)	18	(1.1)	17	(1.4)	20	(1.3)	21	(2.0)	19	(1.5)	14	(1.3)	15	(1.7)	15	(1.3)	13	(1.3)
6 - 11.....	91	(2.8)	17	(0.8)	16	(0.8)	19	(1.1)	20	(1.3)	17	(1.4)	14	(0.9)	15	(1.2)	14	(0.9)	14	(1.3)
12 - 19.....	77	(2.7)	14	(0.9)	14	(1.1)	15	(0.9)	17	(1.1)	14	(1.0)	14	(1.1)	14	(1.1)	15	(1.3)	12	(1.2)
20 and over...	86	(1.5)	16	(0.4)	14	(0.4)	19	(0.5)	20	(0.7)	18	(0.4)	14	(0.5)	15	(0.5)	14	(0.5)	13	(0.6)
2 and over...	86	(1.2)	16	(0.3)	14	(0.3)	18	(0.4)	20	(0.7)	18	(0.4)	14	(0.4)	15	(0.4)	14	(0.4)	13	(0.5)
Non-Hispanic Black:																				
2 - 5.....	97*	(1.1)	20	(0.7)	21	(1.0)	20	(0.9)	21	(1.1)	17	(0.9)	19	(1.0)	23	(1.2)	19	(1.0)	15	(0.8)
6 - 11.....	83	(4.4)	18	(1.2)	15	(0.9)	20	(1.6)	23	(2.0)	16	(1.2)	15	(0.7)	16	(0.8)	15	(0.8)	14	(0.7)
12 - 19.....	64	(3.9)	14	(1.6)	14	(1.8)	15	(1.8)	15	(2.0)	14	(3.0)	14	(1.3)	15	(1.2)	14	(1.0)	11	(2.3)
20 and over...	76	(2.0)	17	(0.7)	16	(0.7)	18	(0.9)	18	(0.9)	16	(0.9)	16	(0.8)	18	(0.8)	17	(0.9)	14	(0.8)
2 and over...	77	(2.2)	17	(0.6)	16	(0.5)	18	(0.8)	19	(0.9)	16	(0.8)	16	(0.6)	18	(0.6)	16	(0.6)	14	(0.7)
Non-Hispanic Asian[4]:																				
2 - 5.....	92*	(5.1)	16*	(1.4)	15*	(2.0)	17*	(1.3)	22	(1.9)	17*	(2.3)	16*	(2.0)	19*	(1.7)	15*	(2.5)	13*	(2.5)
6 - 11.....	95*	(2.3)	16*	(0.8)	16*	(1.0)	16*	(0.8)	18	(1.6)	14*	(1.5)	17*	(1.8)	18	(1.6)	17	(1.9)	16*	(2.5)
12 - 19.....	75	(4.5)	16	(1.6)	15	(1.9)	16	(1.4)	18	(2.3)	15	(1.7)	14	(1.9)	15	(2.1)	14	(2.1)	13	(2.4)
20 and over...	84	(1.9)	16	(0.6)	14	(0.7)	19	(0.6)	22	(0.9)	19	(0.9)	14	(1.0)	16	(1.2)	13	(1.0)	13	(0.8)
2 and over...	84	(1.8)	16	(0.6)	14	(0.7)	18	(0.5)	21	(0.8)	18	(0.8)	14	(0.9)	16	(1.1)	14	(0.9)	13	(0.7)
Hispanic:																				
2 - 5.....	97*	(1.1)	26	(1.4)	28	(1.9)	25	(1.2)	25	(0.9)	24	(1.5)	25	(1.8)	28	(1.7)	26	(1.8)	21	(2.3)
6 - 11.....	89	(2.3)	22	(1.5)	23	(2.2)	23	(1.7)	25	(1.9)	21	(2.5)	21	(1.3)	23	(1.4)	21	(1.5)	18	(1.4)
12 - 19.....	74	(3.6)	17	(1.1)	17	(1.4)	18	(1.0)	20	(1.2)	15	(1.2)	16	(1.4)	17	(1.8)	16	(1.4)	13	(1.0)
20 and over...	86	(1.2)	23	(0.6)	23	(0.8)	24	(0.6)	24	(0.8)	23	(0.8)	24	(0.8)	25	(1.0)	24	(0.9)	22	(0.9)
2 and over...	85	(1.3)	22	(0.5)	22	(0.6)	23	(0.5)	24	(0.7)	22	(0.8)	22	(0.7)	24	(0.7)	22	(0.7)	20	(0.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 14. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Non-Hispanic White:																		
2 - 5.....	23	(5.9)	30	(1.9)	3*	(0.9)	#		28	(1.0)	30	(1.3)	25	(1.1)	31	(1.2)	37	(2.0)
6 - 11.....	20	(1.5)	34	(1.6)	5*	(1.1)	2*	(1.2)	28	(1.4)	32	(1.1)	24	(1.5)	32	(2.4)	35	(1.9)
12 - 19.....	28	(3.8)	30	(2.4)	2*	(0.5)	2*	(0.8)	22	(2.3)	27	(2.6)	16	(1.9)	22	(2.2)	28	(3.2)
20 and over...	24	(1.4)	26	(1.2)	8*	(3.5)	4	(1.2)	23	(0.7)	29	(0.7)	18	(0.5)	24	(0.6)	29	(1.1)
2 and over...	25	(1.1)	27	(1.0)	8*	(3.2)	4	(0.9)	24	(0.5)	29	(0.6)	19	(0.4)	24	(0.5)	30	(0.8)
Non-Hispanic Black:																		
2 - 5.....	37	(3.5)	43	(1.5)	5*	(1.5)	6*	(5.3)	33	(1.5)	39	(1.7)	27	(1.7)	34	(2.0)	37	(2.0)
6 - 11.....	24	(2.1)	41	(2.5)	4*	(1.0)	3*	(1.2)	29	(2.3)	34	(2.6)	24	(2.0)	31	(2.6)	34	(2.8)
12 - 19.....	24	(2.8)	33	(2.6)	7*	(3.7)	13*	(8.4)	23	(2.1)	27	(2.0)	18	(2.3)	23	(2.6)	27	(2.7)
20 and over...	28	(1.5)	28	(1.1)	7	(1.1)	7	(0.8)	24	(1.0)	28	(1.1)	18	(0.9)	21	(1.3)	24	(1.2)
2 and over...	28	(1.2)	31	(0.9)	7	(1.1)	8	(1.5)	25	(0.9)	29	(1.0)	19	(0.8)	23	(1.3)	27	(1.2)
Non-Hispanic Asian[4]:																		
2 - 5.....	23	(6.6)	27	(3.3)	13*	(4.0)	5*	(2.6)	18*	(1.4)	25	(2.3)	16*	(1.8)	21	(2.1)	21	(2.8)
6 - 11.....	22	(2.6)	30	(1.8)	5*	(0.9)	4*	(1.2)	22	(1.1)	28	(1.8)	19	(1.6)	25	(2.7)	24	(3.0)
12 - 19.....	22	(5.1)	27	(2.4)	5*	(1.1)	3*	(1.4)	21	(2.2)	28	(3.3)	19	(2.4)	23	(3.1)	28	(5.7)
20 and over...	17	(2.5)	22	(1.3)	9	(1.7)	5	(1.3)	20	(0.7)	27	(1.4)	17	(1.1)	21	(2.0)	21	(1.3)
2 and over...	18	(2.2)	24	(1.0)	9	(1.5)	5	(1.0)	21	(0.6)	27	(1.2)	17	(0.9)	21	(1.6)	22	(1.4)
Hispanic:																		
2 - 5.....	41	(3.8)	40	(2.3)	13	(2.9)	20	(3.8)	34	(1.5)	37	(1.2)	31	(1.9)	37	(1.5)	38	(1.7)
6 - 11.....	32	(2.1)	39	(2.1)	15	(3.0)	14	(3.2)	31	(2.0)	36	(2.2)	27	(2.0)	33	(2.3)	36	(2.9)
12 - 19.....	28	(4.1)	32	(4.0)	8*	(2.9)	8	(1.8)	26	(1.3)	31	(2.2)	21	(1.1)	28	(1.8)	31	(2.7)
20 and over...	37	(1.8)	36	(1.6)	15	(1.6)	13	(1.8)	29	(1.0)	34	(0.9)	23	(0.8)	26	(1.0)	31	(1.6)
2 and over...	35	(1.2)	36	(1.2)	14	(1.4)	13	(1.4)	29	(0.7)	34	(0.9)	24	(0.7)	27	(0.8)	32	(1.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 14. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)
Non-Hispanic White:									
2 - 5.....	23 (2.9)	34 (1.7)	25 (4.6)	32 (2.1)	16 (1.6)	9* (1.1)	23 (1.5)	21 (1.3)	20 (1.3)
6 - 11.....	22 (1.3)	37 (2.1)	25 (5.4)	38 (2.2)	14 (1.4)	9 (1.2)	25 (1.3)	21 (1.0)	20 (1.3)
12 - 19.....	24 (2.4)	25 (3.2)	14 (2.4)	37 (3.0)	15 (2.8)	7* (1.0)	21 (2.3)	18 (1.2)	16 (0.9)
20 and over...	22 (0.8)	26 (2.0)	25 (1.6)	34 (1.3)	18 (0.7)	12* (4.6)	21 (0.5)	18 (0.5)	19 (0.4)
2 and over...	22 (0.7)	27 (1.8)	24 (1.7)	35 (0.8)	17 (0.6)	11* (4.2)	21 (0.5)	19 (0.3)	19 (0.3)
Non-Hispanic Black:									
2 - 5.....	32 (2.4)	44 (2.7)	15 (1.3)	47 (2.5)	16 (1.8)	8* (1.1)	32 (1.5)	27 (1.1)	20 (0.8)
6 - 11.....	23 (1.7)	36 (2.8)	23 (2.3)	42 (2.9)	13 (1.1)	8 (0.6)	25 (1.8)	21 (1.5)	17 (1.0)
12 - 19.....	21 (2.6)	26 (3.4)	18 (3.6)	41 (3.3)	14 (2.7)	7* (4.0)	21 (2.2)	18 (1.9)	16 (2.2)
20 and over...	24 (1.0)	25 (1.9)	23 (1.4)	38 (2.0)	16 (1.2)	7 (1.1)	23 (1.0)	20 (0.6)	17 (0.8)
2 and over...	24 (0.9)	28 (1.9)	22 (1.0)	39 (1.7)	16 (0.9)	7 (0.9)	24 (0.9)	20 (0.6)	17 (0.7)
Non-Hispanic Asian[4]:									
2 - 5.....	22 (3.9)	26 (3.5)	19* (4.5)	27 (4.9)	15* (2.0)	10* (1.8)	23 (2.1)	19* (1.9)	18* (1.9)
6 - 11.....	21 (2.0)	35 (2.8)	10* (1.9)	36 (3.8)	14* (1.3)	4* (1.3)	25 (2.2)	21 (1.4)	16* (1.4)
12 - 19.....	21 (3.4)	27 (2.8)	12* (2.2)	35 (4.2)	13* (1.8)	5* (1.5)	22 (2.4)	18 (2.0)	16 (1.6)
20 and over...	17 (1.3)	24 (1.8)	16 (2.3)	27 (1.6)	13 (1.6)	6 (0.7)	24 (1.0)	18 (0.8)	19 (1.1)
2 and over...	18 (1.1)	26 (1.5)	16 (1.8)	29 (1.3)	13 (1.3)	6 (0.7)	23 (0.7)	18 (0.7)	18 (1.0)
Hispanic:									
2 - 5.....	35 (2.5)	39 (2.7)	25 (1.5)	40 (2.1)	23 (1.7)	21 (2.1)	32 (1.2)	30 (1.3)	27 (1.0)
6 - 11.....	30 (2.0)	40 (2.8)	24 (3.1)	43 (2.6)	20 (1.7)	18 (1.8)	29 (2.2)	27 (2.0)	23 (2.0)
12 - 19.....	25 (3.1)	32 (3.8)	26 (3.7)	39 (4.9)	17 (1.8)	8 (1.1)	24 (2.1)	20 (1.6)	18 (1.3)
20 and over...	31 (0.9)	29 (1.8)	24 (2.1)	43 (2.7)	22 (1.0)	16 (2.1)	28 (1.2)	26 (0.9)	23 (0.5)
2 and over...	30 (0.7)	32 (1.4)	24 (1.6)	42 (1.8)	21 (0.8)	15 (1.6)	28 (0.9)	25 (0.6)	23 (0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 14. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium %	(SE)	Caffeine %	(SE)	Alcohol %	(SE)
Non-Hispanic White:																
2 - 5.....	36	(1.8)	26	(1.3)	18	(1.7)	18	(1.9)	20	(1.5)	15	(1.2)	3*	(1.5)	--	--
6 - 11.....	31	(2.1)	26	(2.0)	17	(1.2)	16	(0.8)	19	(1.2)	14	(0.8)	9*	(3.6)	--	--
12 - 19.....	24	(2.0)	21	(2.3)	12	(1.1)	15	(1.7)	16	(0.9)	12	(1.0)	19	(5.0)	--	--
20 and over...	27	(0.8)	19	(0.7)	16	(1.0)	17	(0.8)	19	(0.4)	13	(0.5)	38	(2.6)	#	
2 and over...	27	(0.7)	20	(0.6)	16	(0.8)	16	(0.7)	19	(0.3)	13	(0.4)	36	(2.4)	--	--
Non-Hispanic Black:																
2 - 5.....	37	(2.2)	31	(1.9)	16	(1.1)	21	(1.3)	20	(1.0)	19	(0.7)	13*	(4.5)	--	--
6 - 11.....	32	(2.4)	24	(1.8)	15	(0.9)	16	(1.0)	18	(1.0)	15	(0.9)	10	(2.4)	--	--
12 - 19.....	25	(2.0)	18	(1.8)	14	(1.7)	16	(3.0)	15	(2.3)	14	(1.9)	13*	(8.3)	--	--
20 and over...	25	(1.1)	18	(0.9)	16	(1.0)	18	(0.7)	18	(0.9)	17	(0.7)	37	(2.3)	2*	(1.2)
2 and over...	27	(1.0)	20	(0.9)	15	(0.8)	18	(0.6)	18	(0.8)	16	(0.5)	34	(2.1)	--	--
Non-Hispanic Asian[4]:																
2 - 5.....	21	(2.3)	22	(1.8)	16*	(2.1)	15*	(2.5)	18*	(2.2)	12*	(1.8)	8*	(6.1)	--	--
6 - 11.....	25	(2.7)	21	(1.9)	15*	(1.5)	15*	(0.9)	17*	(1.1)	14*	(0.7)	19*	(5.8)	--	--
12 - 19.....	27	(3.4)	21	(3.5)	14	(1.7)	16	(2.1)	17	(1.7)	14	(1.5)	22*	(7.0)	--	--
20 and over...	24	(1.8)	18	(0.8)	16	(0.8)	15	(0.7)	18	(0.9)	13	(0.9)	42	(3.3)	#	
2 and over...	24	(1.5)	18	(0.9)	15	(0.7)	15	(0.6)	18	(0.9)	13	(0.8)	41	(3.2)	--	--
Hispanic:																
2 - 5.....	38	(1.4)	32	(1.8)	23	(1.3)	29	(2.0)	27	(1.0)	26	(2.2)	26	(3.7)	--	--
6 - 11.....	33	(2.1)	31	(2.8)	20	(2.0)	23	(2.0)	24	(2.1)	21	(1.7)	21	(3.8)	--	--
12 - 19.....	29	(2.2)	22	(1.9)	16	(1.5)	19	(1.7)	19	(1.5)	16	(1.5)	19	(5.2)	--	--
20 and over...	30	(1.4)	24	(1.0)	21	(0.5)	25	(0.9)	25	(0.6)	23	(0.9)	43	(2.8)	2*	(0.9)
2 and over...	31	(0.9)	25	(0.7)	21	(0.5)	24	(0.6)	24	(0.6)	22	(0.6)	41	(2.6)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times 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.

Footnotes

[1] Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayano", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as breakfast.

[4] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2011-2012.

Table 15. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																				
2 - 5.....	95*	(1.5)	21	(1.2)	22	(1.2)	21	(1.2)	21	(1.3)	19	(1.5)	21	(1.6)	24	(1.8)	21	(1.6)	16	(1.5)
6 - 11.....	87	(3.1)	21	(1.4)	20	(1.3)	22	(1.6)	23	(1.8)	18	(1.3)	19	(1.5)	20	(1.8)	20	(1.4)	17	(1.3)
12 - 19.....	70	(3.5)	16	(1.4)	15	(1.6)	17	(1.1)	17	(1.0)	13	(1.2)	15	(1.7)	15	(1.2)	16	(2.1)	13	(2.0)
20 and over...	79	(2.6)	17	(0.9)	16	(0.9)	18	(0.8)	19	(0.8)	18	(1.0)	16	(1.2)	17	(1.2)	17	(1.2)	15	(1.4)
2 and over...	79	(2.0)	17	(0.8)	17	(0.9)	19	(0.7)	19	(0.7)	17	(0.9)	17	(1.0)	17	(0.9)	17	(1.0)	15	(1.2)
$25,000 - $74,999:																				
2 - 5.....	98*	(0.7)	19	(0.8)	20	(1.7)	21	(0.9)	21	(0.9)	21	(0.8)	17	(1.6)	18	(2.3)	17	(1.3)	15	(1.5)
6 - 11.....	87	(3.4)	17	(1.1)	17	(1.7)	18	(1.0)	20	(1.4)	17	(1.7)	14	(1.2)	15	(1.3)	13	(1.3)	13	(1.1)
12 - 19.....	69	(5.1)	14	(1.5)	14	(1.7)	14	(1.5)	15	(1.8)	12	(1.6)	14	(1.6)	16	(1.9)	15	(1.6)	11	(1.3)
20 and over...	84	(1.5)	17	(0.5)	17	(0.7)	19	(0.5)	21	(0.8)	19	(0.6)	16	(0.7)	17	(0.6)	17	(0.7)	15	(0.7)
2 and over...	84	(1.4)	17	(0.4)	16	(0.5)	19	(0.4)	20	(0.6)	18	(0.5)	16	(0.6)	17	(0.6)	16	(0.6)	14	(0.6)
$75,000 and higher:																				
2 - 5.....	97*	(2.6)	19	(1.2)	18	(1.1)	21	(1.9)	24	(2.5)	20	(2.2)	17	(1.3)	18	(1.2)	16	(1.8)	14	(1.3)
6 - 11.....	96*	(1.9)	18	(0.8)	16	(0.7)	20	(1.3)	23	(1.6)	18	(1.6)	16	(1.4)	16	(1.3)	16	(1.6)	15	(1.8)
12 - 19.....	83	(3.4)	16	(1.0)	15	(1.0)	18	(1.1)	20	(1.6)	16	(1.5)	14	(0.9)	14	(1.2)	14	(0.9)	13	(1.2)
20 and over...	90	(1.3)	16	(0.5)	14	(0.5)	20	(0.7)	23	(1.0)	19	(1.1)	14	(0.7)	15	(0.9)	14	(0.7)	14	(0.8)
2 and over...	90	(1.0)	17	(0.5)	15	(0.5)	20	(0.6)	23	(1.0)	19	(0.9)	15	(0.6)	15	(0.8)	15	(0.6)	14	(0.7)
All Individuals[4]:																				
2 - 5.....	97	(1.1)	20	(0.8)	20	(1.0)	21	(0.8)	22	(1.2)	20	(0.8)	18	(1.1)	20	(1.5)	18	(1.1)	15	(0.9)
6 - 11.....	90	(1.8)	18	(0.7)	17	(0.9)	20	(0.8)	22	(1.0)	18	(1.1)	16	(0.8)	17	(1.0)	16	(0.9)	15	(0.8)
12 - 19.....	74	(1.6)	15	(0.6)	15	(0.7)	16	(0.6)	17	(0.7)	14	(0.7)	14	(0.6)	15	(0.8)	15	(0.6)	12	(0.6)
20 and over...	85	(1.1)	17	(0.4)	16	(0.4)	19	(0.4)	21	(0.6)	19	(0.5)	16	(0.5)	16	(0.6)	16	(0.5)	15	(0.5)
2 and over...	85	(0.9)	17	(0.3)	16	(0.4)	19	(0.4)	20	(0.5)	18	(0.4)	16	(0.4)	17	(0.5)	16	(0.4)	14	(0.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 15. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
$0 - $24,999:																		
2 - 5.....	38	(2.9)	40	(1.8)	9	(1.7)	9*	(3.8)	32	(1.5)	36	(1.5)	28	(1.2)	36	(1.0)	39	(1.4)
6 - 11.....	28	(2.1)	39	(2.4)	7*	(2.4)	6*	(2.1)	30	(1.9)	35	(1.9)	25	(1.4)	30	(1.7)	33	(2.2)
12 - 19.....	32	(5.0)	30	(1.4)	4*	(0.9)	5*	(1.8)	22	(1.2)	26	(1.7)	15	(1.5)	20	(1.6)	23	(0.9)
20 and over...	26	(2.1)	29	(1.3)	7	(1.1)	5	(0.9)	24	(0.9)	29	(1.0)	19	(0.9)	23	(1.0)	27	(1.6)
2 and over...	28	(1.9)	31	(0.8)	7	(1.1)	5	(0.9)	25	(0.7)	29	(0.7)	19	(0.8)	23	(0.7)	28	(1.1)
$25,000 - $74,999:																		
2 - 5.....	29	(6.6)	36	(2.2)	10	(1.7)	6*	(2.7)	31	(1.3)	33	(1.5)	29	(2.1)	34	(1.7)	38	(1.3)
6 - 11.....	20	(2.2)	35	(1.6)	10	(2.6)	7*	(2.7)	28	(1.0)	33	(1.4)	25	(1.2)	32	(2.0)	35	(1.9)
12 - 19.....	27	(4.0)	29	(4.2)	5*	(2.1)	2*	(0.7)	20	(2.4)	27	(2.9)	17	(2.3)	23	(3.3)	26	(3.0)
20 and over...	29	(2.3)	29	(1.6)	13*	(5.3)	9	(2.0)	24	(0.6)	29	(0.8)	19	(0.6)	24	(0.8)	28	(1.2)
2 and over...	28	(1.8)	30	(1.3)	12*	(4.8)	8	(1.6)	24	(0.5)	29	(0.7)	19	(0.4)	25	(0.6)	29	(1.0)
$75,000 and higher:																		
2 - 5.....	26	(5.0)	28	(2.0)	2*	(0.9)	5*	(2.9)	26	(1.8)	29	(1.7)	21	(1.8)	28	(2.1)	32	(2.9)
6 - 11.....	23	(3.0)	35	(2.5)	5*	(1.2)	1*	(0.4)	29	(1.8)	32	(1.7)	25	(2.5)	34	(4.2)	35	(3.1)
12 - 19.....	21	(2.5)	30	(1.4)	5*	(1.9)	7*	(4.2)	23	(1.1)	30	(1.9)	19	(1.4)	25	(1.6)	32	(2.5)
20 and over...	24	(1.4)	25	(3.0)	6	(1.0)	3	(0.5)	24	(0.6)	30	(1.0)	19	(0.7)	25	(1.1)	31	(0.9)
2 and over...	24	(1.1)	26	(2.5)	5	(0.9)	3	(0.7)	25	(0.5)	30	(1.0)	19	(0.6)	25	(1.1)	31	(0.8)
All Individuals[4]:																		
2 - 5.....	31	(3.1)	35	(1.3)	6	(1.1)	7*	(2.1)	30	(0.9)	33	(0.8)	26	(0.7)	33	(0.8)	36	(1.0)
6 - 11.....	24	(1.4)	36	(1.0)	7	(1.2)	5	(1.3)	29	(0.9)	33	(1.0)	25	(0.9)	32	(1.5)	34	(1.2)
12 - 19.....	26	(2.1)	31	(1.7)	5	(1.1)	4	(1.3)	23	(1.2)	28	(1.6)	18	(1.1)	23	(1.3)	28	(1.7)
20 and over...	27	(1.1)	27	(1.1)	9	(2.3)	6	(0.9)	24	(0.5)	29	(0.6)	19	(0.4)	23	(0.5)	29	(0.8)
2 and over...	27	(0.9)	29	(0.9)	9	(2.1)	5	(0.7)	25	(0.4)	30	(0.6)	19	(0.4)	24	(0.4)	29	(0.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 15. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
$0 - $24,999:																		
2 - 5.....	32	(1.9)	41	(1.3)	21	(2.1)	40	(2.0)	18	(1.9)	11	(2.3)	29	(1.7)	26	(1.4)	22	(1.0)
6 - 11.....	26	(1.5)	38	(3.0)	20	(2.5)	42	(2.7)	16	(0.9)	11	(1.4)	28	(2.0)	26	(1.5)	21	(1.3)
12 - 19.....	27	(3.8)	22	(2.7)	22	(2.6)	36	(1.9)	15	(1.9)	8	(1.2)	20	(1.1)	18	(1.5)	16	(1.5)
20 and over...	23	(1.5)	26	(1.7)	21	(1.7)	36	(2.3)	18	(1.4)	10	(1.3)	22	(0.9)	20	(1.0)	19	(0.9)
2 and over...	24	(1.4)	27	(1.2)	21	(1.3)	37	(1.6)	17	(1.2)	10	(1.2)	23	(0.8)	20	(0.9)	19	(0.8)
$25,000 - $74,999:																		
2 - 5.....	27	(3.4)	37	(2.5)	21	(2.6)	35	(2.7)	17	(1.7)	13	(1.5)	26	(1.7)	24	(1.3)	22	(0.8)
6 - 11.....	22	(2.0)	36	(2.5)	21	(2.4)	39	(2.5)	14	(1.7)	11	(1.9)	25	(1.7)	21	(1.6)	20	(1.6)
12 - 19.....	22	(2.9)	28	(4.0)	16	(3.4)	41	(3.8)	13	(1.8)	4*	(0.7)	21	(2.4)	18	(1.9)	15	(1.5)
20 and over...	24	(1.4)	26	(1.3)	26	(2.0)	36	(1.3)	18	(1.1)	16*	(7.0)	22	(0.8)	20	(0.7)	20	(0.6)
2 and over...	24	(1.0)	28	(1.2)	24	(1.9)	37	(1.2)	17	(0.8)	15*	(6.3)	23	(0.7)	20	(0.5)	19	(0.4)
$75,000 and higher:																		
2 - 5.....	25	(2.0)	33	(1.6)	29	(5.3)	33	(1.8)	18	(2.6)	9*	(1.4)	25	(1.0)	23	(1.3)	21	(1.5)
6 - 11.....	24	(1.4)	39	(3.3)	29	(6.5)	38	(3.8)	16	(1.6)	9	(1.5)	25	(1.3)	22	(0.9)	21	(1.3)
12 - 19.....	21	(1.5)	28	(2.6)	19	(2.0)	37	(3.7)	15	(1.8)	10	(2.0)	24	(2.0)	20	(1.3)	18	(0.8)
20 and over...	21	(0.8)	27	(3.6)	24	(1.5)	35	(1.5)	17	(0.8)	7	(1.1)	22	(0.8)	19	(0.6)	19	(0.6)
2 and over...	22	(0.6)	28	(3.2)	24	(1.6)	36	(1.1)	17	(0.7)	7	(1.0)	23	(0.8)	20	(0.5)	19	(0.5)
All Individuals[4]:																		
2 - 5.....	28	(1.7)	37	(1.1)	23	(2.2)	36	(1.4)	18	(1.3)	11	(1.0)	27	(1.2)	24	(0.9)	21	(0.8)
6 - 11.....	24	(1.2)	37	(1.6)	23	(2.9)	40	(1.7)	15	(1.0)	10	(0.9)	26	(1.1)	23	(1.0)	20	(1.0)
12 - 19.....	23	(1.4)	27	(2.1)	18	(2.0)	39	(2.2)	15	(1.4)	7	(0.8)	22	(1.4)	19	(0.8)	16	(0.5)
20 and over...	23	(0.7)	26	(1.6)	24	(1.2)	36	(0.9)	18	(0.6)	11	(3.3)	22	(0.5)	20	(0.5)	19	(0.4)
2 and over...	23	(0.6)	28	(1.4)	23	(1.1)	36	(0.7)	17	(0.5)	11	(2.8)	23	(0.5)	20	(0.3)	19	(0.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 15. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium %	(SE)	Caffeine %	(SE)	Alcohol %	(SE)
$0 - $24,999:																
2 - 5.....	38	(1.5)	30	(1.6)	19	(1.1)	23	(1.4)	22	(1.1)	21	(1.6)	10*	(2.7)	--	--
6 - 11.....	33	(1.9)	27	(2.1)	19	(1.5)	20	(1.5)	21	(1.1)	18	(1.5)	11*	(3.3)	--	--
12 - 19.....	23	(2.2)	17	(1.6)	15	(1.1)	17	(2.5)	16	(1.1)	14	(1.6)	11*	(3.7)	--	--
20 and over...	27	(1.0)	20	(0.9)	17	(1.0)	18	(1.2)	19	(0.8)	16	(1.0)	36	(2.0)	1*	(0.3)
2 and over...	27	(0.9)	21	(0.8)	17	(0.9)	18	(1.1)	19	(0.8)	16	(0.9)	34	(2.0)	--	--
$25,000 - $74,999:																
2 - 5.....	36	(1.5)	30	(1.4)	19	(0.9)	21	(1.9)	22	(1.0)	18	(1.2)	13	(3.7)	--	--
6 - 11.....	31	(1.5)	27	(2.3)	16	(1.6)	17	(1.5)	19	(1.6)	14	(1.4)	12*	(4.3)	--	--
12 - 19.....	23	(2.9)	19	(2.7)	12	(1.3)	15	(1.9)	16	(1.6)	13	(1.5)	25*	(7.9)	--	--
20 and over...	27	(0.9)	20	(0.8)	17	(0.6)	18	(1.0)	20	(0.6)	16	(0.7)	37	(2.9)	1*	(0.5)
2 and over...	27	(0.7)	21	(0.6)	16	(0.4)	18	(0.8)	20	(0.5)	15	(0.5)	36	(2.6)	--	--
$75,000 and higher:																
2 - 5.....	33	(2.7)	24	(1.5)	19	(2.2)	19	(1.5)	22	(1.8)	17	(1.4)	6*	(2.6)	--	--
6 - 11.....	33	(3.5)	25	(2.3)	18	(1.2)	17	(0.7)	20	(1.4)	15	(0.8)	12	(3.4)	--	--
12 - 19.....	27	(1.8)	22	(1.4)	13	(1.2)	16	(1.5)	18	(1.0)	13	(1.0)	20	(5.9)	--	--
20 and over...	28	(1.2)	20	(0.9)	16	(1.8)	17	(1.3)	19	(0.5)	13	(0.6)	41	(3.9)	#	
2 and over...	29	(1.1)	20	(0.8)	16	(1.5)	17	(1.1)	19	(0.5)	13	(0.5)	40	(3.7)	--	--
All Individuals[4]:																
2 - 5.....	36	(1.1)	28	(0.8)	19	(1.0)	21	(1.2)	22	(0.9)	18	(1.1)	10	(1.5)	--	--
6 - 11.....	32	(1.3)	26	(1.4)	17	(0.9)	18	(0.8)	20	(1.0)	16	(0.8)	12	(2.5)	--	--
12 - 19.....	25	(1.2)	21	(1.1)	13	(0.6)	16	(1.0)	17	(0.6)	13	(0.6)	18	(3.9)	--	--
20 and over...	27	(0.6)	20	(0.6)	17	(0.8)	18	(0.7)	20	(0.4)	15	(0.5)	38	(2.4)	1*	(0.2)
2 and over...	28	(0.5)	21	(0.4)	16	(0.6)	18	(0.5)	20	(0.3)	15	(0.4)	37	(2.2)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times 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.

Footnotes

[1] Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayano", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as breakfast.

[4] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 16. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years)	Percent reporting[4] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Under 131% poverty:																				
2 - 5.....	96*	(1.0)	21	(1.1)	22	(1.5)	22	(1.0)	22	(1.2)	21	(1.1)	19	(1.5)	21	(2.1)	20	(1.4)	16	(1.2)
6 - 11.....	86	(2.3)	20	(1.3)	19	(1.4)	22	(1.5)	23	(1.8)	18	(1.5)	18	(1.3)	19	(1.5)	18	(1.3)	15	(1.0)
12 - 19.....	71	(2.8)	16	(1.2)	16	(1.4)	17	(0.9)	18	(0.7)	13	(0.9)	15	(1.5)	16	(1.3)	16	(1.9)	13	(1.6)
20 and over...	78	(2.6)	17	(0.9)	17	(1.0)	18	(0.8)	19	(0.8)	17	(0.8)	16	(1.1)	17	(1.1)	17	(1.1)	15	(1.3)
2 and over...	79	(1.9)	17	(0.7)	17	(0.8)	19	(0.6)	19	(0.6)	17	(0.7)	17	(0.8)	18	(0.8)	17	(0.8)	15	(1.0)
131-350% poverty:																				
2 - 5.....	98*	(0.6)	19	(1.2)	18	(1.2)	20	(1.3)	22	(1.8)	19	(1.1)	18	(1.4)	19	(2.0)	17	(1.3)	16	(1.7)
6 - 11.....	89	(4.2)	17	(0.9)	16	(1.4)	19	(0.9)	20	(1.3)	17	(1.3)	15	(1.0)	16	(1.2)	15	(1.1)	15	(1.0)
12 - 19.....	70	(5.0)	13	(1.2)	13	(1.0)	13	(1.4)	15	(1.6)	12	(1.6)	14	(1.3)	16	(1.6)	14	(1.2)	11	(1.4)
20 and over...	84	(1.2)	17	(0.6)	17	(0.7)	19	(0.6)	20	(0.8)	19	(0.6)	17	(0.7)	18	(0.9)	17	(0.7)	16	(0.6)
2 and over...	84	(1.1)	17	(0.4)	16	(0.4)	19	(0.5)	20	(0.6)	18	(0.5)	16	(0.6)	17	(0.8)	17	(0.6)	15	(0.5)
Over 350% poverty:																				
2 - 5.....	97*	(3.2)	19	(1.5)	19	(1.4)	21	(2.0)	23	(2.4)	20	(2.4)	16	(1.9)	17	(1.7)	16	(2.5)	13*	(1.7)
6 - 11.....	97*	(1.6)	18	(0.8)	16	(0.7)	20	(1.5)	23	(1.8)	19	(1.8)	15	(1.4)	15	(1.4)	15	(1.5)	14	(1.7)
12 - 19.....	81	(3.8)	15	(1.0)	14	(1.2)	17	(1.1)	19	(1.4)	16	(1.4)	13	(1.1)	14	(1.2)	13	(1.2)	13	(1.4)
20 and over...	89	(1.7)	16	(0.4)	14	(0.5)	20	(0.5)	22	(0.7)	19	(0.6)	14	(0.5)	15	(0.6)	14	(0.5)	14	(0.6)
2 and over...	89	(1.4)	16	(0.4)	15	(0.5)	20	(0.5)	22	(0.7)	19	(0.6)	14	(0.5)	15	(0.6)	14	(0.5)	14	(0.5)
All Individuals[5]:																				
2 - 5.....	97	(1.1)	20	(0.8)	20	(1.0)	21	(0.8)	22	(1.2)	20	(0.8)	18	(1.1)	20	(1.5)	18	(1.1)	15	(0.9)
6 - 11.....	90	(1.8)	18	(0.7)	17	(0.9)	20	(0.8)	22	(1.0)	18	(1.1)	16	(0.8)	17	(1.0)	16	(0.9)	15	(0.8)
12 - 19.....	74	(1.6)	15	(0.6)	15	(0.7)	16	(0.6)	17	(0.7)	14	(0.7)	14	(0.6)	15	(0.8)	15	(0.6)	12	(0.6)
20 and over...	85	(1.1)	17	(0.4)	16	(0.4)	19	(0.4)	21	(0.6)	19	(0.5)	16	(0.5)	16	(0.6)	16	(0.5)	15	(0.5)
2 and over...	85	(0.9)	17	(0.3)	16	(0.4)	19	(0.4)	20	(0.5)	18	(0.4)	16	(0.4)	17	(0.5)	16	(0.4)	14	(0.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 16. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Under 131% poverty:																		
2 - 5.....	34	(3.4)	39	(1.8)	10	(1.4)	9*	(3.1)	33	(1.2)	35	(1.6)	30	(1.3)	36	(1.1)	39	(0.8)
6 - 11.....	25	(1.7)	40	(2.0)	7	(1.5)	7*	(2.5)	30	(1.8)	35	(1.8)	26	(1.5)	32	(1.6)	35	(2.0)
12 - 19.....	33	(4.5)	34	(3.3)	6*	(2.4)	4*	(1.4)	23	(1.2)	27	(2.3)	17	(1.6)	22	(2.0)	26	(1.7)
20 and over...	26	(2.1)	29	(1.2)	8	(1.0)	6	(1.3)	24	(0.7)	29	(0.8)	19	(0.9)	23	(1.1)	27	(1.4)
2 and over...	28	(1.5)	31	(1.1)	8	(0.9)	6	(1.2)	25	(0.6)	30	(0.6)	20	(0.9)	24	(0.8)	28	(1.0)
131-350% poverty:																		
2 - 5.....	30	(5.7)	37	(2.9)	8*	(2.1)	8*	(4.4)	30	(1.5)	31	(1.4)	26	(1.2)	33	(1.4)	37	(2.4)
6 - 11.....	24	(2.0)	33	(1.9)	9	(2.4)	3*	(1.5)	27	(1.2)	31	(1.7)	23	(1.3)	29	(2.3)	33	(2.0)
12 - 19.....	23	(3.3)	26	(2.6)	3*	(1.1)	3*	(1.5)	19	(1.8)	26	(2.0)	16	(2.0)	21	(3.0)	24	(2.8)
20 and over...	29	(2.1)	29	(1.5)	5	(0.8)	7	(0.9)	24	(0.8)	30	(0.8)	20	(0.7)	24	(1.1)	28	(1.1)
2 and over...	28	(1.7)	29	(1.0)	5	(0.8)	6	(0.8)	24	(0.6)	30	(0.5)	20	(0.4)	24	(0.8)	29	(0.9)
Over 350% poverty:																		
2 - 5.....	27	(6.0)	25	(1.7)	1*	(0.6)	2*	(1.0)	24	(1.8)	30	(1.8)	21	(1.9)	27	(2.0)	30	(3.3)
6 - 11.....	21	(3.7)	34	(3.3)	5*	(1.4)	4*	(1.9)	29	(2.6)	32	(2.2)	26	(3.4)	35	(5.4)	36	(3.9)
12 - 19.....	21	(3.0)	30	(1.4)	5*	(1.1)	6*	(4.6)	23	(1.4)	29	(1.9)	19	(1.3)	25	(1.7)	32	(3.1)
20 and over...	25	(1.2)	26	(1.3)	12*	(4.6)	4*	(1.6)	24	(0.7)	29	(0.9)	18	(0.5)	24	(0.9)	30	(1.3)
2 and over...	25	(1.1)	27	(1.1)	11*	(4.4)	5*	(1.4)	24	(0.6)	29	(0.9)	19	(0.4)	25	(0.8)	30	(1.1)
All Individuals[5]:																		
2 - 5.....	31	(3.1)	35	(1.3)	6	(1.1)	7*	(2.1)	30	(0.9)	33	(0.8)	26	(0.7)	33	(0.8)	36	(1.0)
6 - 11.....	24	(1.4)	36	(1.0)	7	(1.2)	5	(1.3)	29	(0.9)	33	(1.0)	25	(0.9)	32	(1.5)	34	(1.2)
12 - 19.....	26	(2.1)	31	(1.7)	5	(1.1)	4	(1.3)	23	(1.2)	28	(1.6)	18	(1.1)	23	(1.3)	28	(1.7)
20 and over...	27	(1.1)	27	(1.1)	9	(2.3)	6	(0.9)	24	(0.5)	29	(0.6)	19	(0.4)	23	(0.5)	29	(0.8)
2 and over...	27	(0.9)	29	(0.9)	9	(2.1)	5	(0.7)	25	(0.4)	30	(0.6)	19	(0.4)	24	(0.4)	29	(0.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 16. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Under 131% poverty:																		
2 - 5.....	30	(2.1)	40	(1.6)	21	(1.5)	39	(2.5)	19	(1.4)	12	(1.8)	29	(1.9)	26	(1.3)	22	(0.8)
6 - 11.....	25	(1.5)	39	(2.5)	21	(2.3)	42	(2.5)	15	(1.1)	11	(1.1)	28	(1.8)	25	(1.4)	21	(1.3)
12 - 19.....	27	(3.2)	26	(3.5)	21	(2.0)	39	(3.0)	15	(1.7)	6	(1.1)	21	(1.7)	19	(1.5)	16	(1.1)
20 and over...	23	(1.4)	26	(1.5)	21	(1.7)	35	(2.4)	18	(1.2)	9	(1.2)	22	(1.0)	20	(1.0)	19	(0.8)
2 and over...	24	(1.1)	28	(1.1)	21	(1.3)	37	(1.5)	17	(0.9)	9	(1.1)	23	(0.7)	21	(0.8)	19	(0.7)
131-350% poverty:																		
2 - 5.....	27	(3.1)	36	(2.4)	23	(5.1)	34	(2.3)	19	(3.0)	12	(1.8)	24	(1.5)	22	(1.3)	20	(1.2)
6 - 11.....	24	(2.0)	35	(3.2)	20	(3.2)	37	(2.3)	16	(1.5)	10	(1.5)	24	(1.6)	21	(1.5)	20	(1.4)
12 - 19.....	21	(2.1)	25	(2.6)	14	(3.3)	38	(3.1)	12	(1.4)	5*	(0.8)	19	(1.6)	16	(1.2)	15	(1.2)
20 and over...	25	(1.2)	27	(1.6)	24	(2.0)	38	(2.1)	18	(0.8)	7	(0.5)	23	(1.1)	21	(0.8)	20	(0.6)
2 and over...	24	(0.9)	28	(1.2)	23	(2.0)	37	(1.5)	17	(0.6)	7	(0.4)	23	(0.8)	20	(0.5)	20	(0.4)
Over 350% poverty:																		
2 - 5.....	26	(2.5)	32	(1.7)	28	(4.2)	34	(2.1)	14*	(1.3)	10*	(1.4)	26	(1.1)	23	(1.6)	21	(1.6)
6 - 11.....	23	(1.6)	38	(4.6)	33	(9.2)	39	(4.5)	15	(1.5)	10	(2.1)	25	(1.6)	22	(0.9)	21	(1.4)
12 - 19.....	21	(1.6)	28	(2.9)	19	(2.5)	37	(3.9)	14	(2.1)	10	(2.1)	24	(2.1)	20	(1.4)	17	(0.8)
20 and over...	22	(0.7)	26	(2.8)	26	(2.7)	34	(1.2)	18	(0.9)	14*	(6.3)	22	(0.7)	19	(0.5)	19	(0.4)
2 and over...	22	(0.6)	27	(2.7)	26	(2.3)	35	(1.0)	17	(0.8)	13*	(5.9)	22	(0.6)	19	(0.4)	19	(0.4)
All Individuals[5]:																		
2 - 5.....	28	(1.7)	37	(1.1)	23	(2.2)	36	(1.4)	18	(1.3)	11	(1.0)	27	(1.2)	24	(0.9)	21	(0.8)
6 - 11.....	24	(1.2)	37	(1.6)	23	(2.9)	40	(1.7)	15	(1.0)	10	(0.9)	26	(1.1)	23	(1.0)	20	(1.0)
12 - 19.....	23	(1.4)	27	(2.1)	18	(2.0)	39	(2.2)	15	(1.4)	7	(0.8)	22	(1.4)	19	(0.8)	16	(0.5)
20 and over...	23	(0.7)	26	(1.6)	24	(1.2)	36	(0.9)	18	(0.6)	11	(3.3)	22	(0.5)	20	(0.5)	19	(0.4)
2 and over...	23	(0.6)	28	(1.4)	23	(1.1)	36	(0.7)	17	(0.5)	11	(2.8)	23	(0.5)	20	(0.3)	19	(0.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 16. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium %	(SE)	Caffeine %	(SE)	Alcohol %	(SE)
Under 131% poverty:																
2 - 5.....	38	(1.1)	31	(1.4)	19	(0.9)	23	(1.4)	23	(1.0)	20	(1.5)	14	(3.1)	--	--
6 - 11.....	33	(1.7)	28	(1.8)	18	(1.5)	19	(1.4)	21	(1.3)	18	(1.3)	11	(3.1)	--	--
12 - 19.....	25	(2.3)	19	(1.5)	15	(1.0)	18	(2.0)	17	(1.0)	15	(1.5)	18	(4.6)	--	--
20 and over...	26	(0.8)	20	(1.0)	16	(0.9)	18	(1.3)	19	(0.8)	16	(1.1)	34	(2.2)	1*	(0.4)
2 and over...	27	(0.6)	21	(0.8)	16	(0.7)	18	(1.0)	19	(0.7)	16	(0.9)	32	(2.2)	--	--
131-350% poverty:																
2 - 5.....	37	(2.0)	26	(1.7)	19	(1.5)	19	(2.0)	21	(1.7)	16	(1.5)	7*	(2.3)	--	--
6 - 11.....	30	(1.9)	26	(2.5)	17	(1.5)	17	(0.9)	19	(1.4)	14	(1.1)	12*	(4.2)	--	--
12 - 19.....	21	(2.2)	18	(1.8)	11	(1.0)	14	(1.2)	16	(1.3)	11	(0.9)	24*	(9.0)	--	--
20 and over...	27	(1.1)	21	(0.7)	18	(0.8)	19	(1.0)	21	(0.6)	16	(0.7)	40	(1.5)	1*	(0.5)
2 and over...	27	(0.8)	21	(0.5)	17	(0.6)	18	(0.7)	20	(0.5)	15	(0.5)	39	(1.4)	--	--
Over 350% poverty:																
2 - 5.....	31	(3.1)	25	(1.8)	18	(2.4)	19	(1.9)	21	(1.7)	17	(1.6)	8*	(4.4)	--	--
6 - 11.....	32	(4.7)	24	(2.5)	18	(1.2)	17	(0.8)	21	(1.7)	15	(0.9)	12*	(4.8)	--	--
12 - 19.....	27	(2.2)	22	(1.4)	12	(1.2)	15	(1.8)	18	(1.0)	12	(1.3)	16*	(5.8)	--	--
20 and over...	28	(0.8)	19	(1.0)	16	(1.3)	17	(1.1)	19	(0.6)	13	(0.6)	38	(4.4)	#	
2 and over...	28	(0.9)	20	(0.8)	16	(1.2)	17	(1.0)	19	(0.5)	13	(0.5)	37	(4.2)	--	--
All Individuals[5]:																
2 - 5.....	36	(1.1)	28	(0.8)	19	(1.0)	21	(1.2)	22	(0.9)	18	(1.1)	10	(1.5)	--	--
6 - 11.....	32	(1.3)	26	(1.4)	17	(0.9)	18	(0.8)	20	(1.0)	16	(0.8)	12	(2.5)	--	--
12 - 19.....	25	(1.2)	21	(1.1)	13	(0.6)	16	(1.0)	17	(0.6)	13	(0.6)	18	(3.9)	--	--
20 and over...	27	(0.6)	20	(0.6)	17	(0.8)	18	(0.7)	20	(0.4)	15	(0.5)	38	(2.4)	1*	(0.2)
2 and over...	28	(0.5)	21	(0.4)	16	(0.6)	18	(0.5)	20	(0.3)	15	(0.4)	37	(2.2)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times 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.

Footnotes

[1] Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayano", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2011-2012.

[3] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[4] The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as breakfast.

[5] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 17. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2011-2012

Gender and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
2 - 5	93	(1.9)	23	(1.0)	25	(1.7)	21	(0.8)	18	(0.6)	26	(1.5)	26	(1.6)	23	(1.3)	26	(1.7)	29	(2.5)
6 - 11	89	(1.8)	27	(1.3)	30	(1.4)	25	(1.3)	22	(1.4)	30	(1.4)	28	(1.6)	27	(1.7)	28	(1.8)	28	(1.3)
12 - 19	80	(3.1)	26	(1.7)	30	(2.2)	24	(1.6)	21	(1.7)	26	(1.7)	28	(2.2)	27	(2.4)	28	(2.5)	27	(2.0)
20 - 29	77	(2.7)	26	(1.6)	30	(1.5)	25	(1.8)	22	(2.5)	26	(1.5)	28	(1.8)	28	(1.7)	28	(2.1)	29	(2.2)
30 - 39	77	(3.8)	24	(1.9)	28	(2.7)	22	(1.6)	15	(1.4)	25	(2.3)	28	(1.8)	27	(1.7)	27	(1.7)	28	(2.7)
40 - 49	81	(3.7)	25	(1.8)	29	(1.9)	24	(1.6)	19	(2.0)	28	(2.1)	26	(2.5)	25	(2.6)	26	(2.4)	26	(2.9)
50 - 59	78	(3.0)	23	(1.5)	29	(1.8)	23	(1.5)	21	(1.9)	26	(2.5)	25	(1.9)	25	(2.3)	26	(1.9)	24	(1.7)
60 - 69	78	(3.1)	22	(1.0)	24	(1.2)	21	(1.3)	19	(2.6)	23	(1.6)	23	(1.6)	23	(1.7)	22	(1.8)	25	(1.8)
70 and over	75	(4.3)	24	(1.7)	28	(2.1)	21	(1.3)	18	(1.3)	25	(1.5)	26	(2.4)	26	(2.1)	27	(2.5)	27	(2.9)
2 - 19	86	(1.6)	26	(1.0)	29	(1.3)	24	(0.8)	21	(0.8)	27	(1.0)	28	(1.3)	26	(1.4)	28	(1.5)	28	(1.2)
20 and over	78	(1.7)	24	(1.1)	28	(1.3)	23	(1.1)	19	(1.2)	26	(1.1)	26	(1.3)	26	(1.4)	26	(1.3)	27	(1.5)
2 and over	80	(1.2)	25	(0.9)	28	(0.9)	23	(0.8)	20	(0.8)	26	(0.9)	27	(1.0)	26	(1.0)	27	(1.0)	27	(1.2)
Females:																				
2 - 5	92	(1.9)	22	(0.9)	27	(1.6)	21	(0.7)	18	(1.3)	25	(1.0)	23	(1.1)	22	(1.4)	23	(1.1)	24	(1.3)
6 - 11	92	(1.6)	26	(0.9)	30	(1.3)	24	(0.8)	22	(0.8)	29	(1.1)	28	(1.2)	27	(1.3)	27	(1.4)	29	(1.2)
12 - 19	81	(2.2)	27	(1.8)	29	(2.1)	25	(1.6)	21	(2.0)	27	(1.8)	28	(2.3)	27	(2.6)	29	(2.1)	30	(2.4)
20 - 29	80	(3.1)	25	(0.9)	29	(0.9)	23	(1.1)	19	(1.5)	27	(1.6)	27	(1.2)	26	(1.2)	27	(1.4)	28	(1.6)
30 - 39	81	(3.5)	23	(1.2)	28	(1.9)	20	(0.9)	14	(1.0)	26	(1.2)	25	(1.5)	23	(1.5)	25	(1.8)	28	(1.6)
40 - 49	82	(2.8)	22	(1.3)	27	(1.4)	21	(1.5)	18	(2.0)	25	(1.3)	24	(1.2)	22	(1.4)	23	(1.4)	26	(1.4)
50 - 59	79	(2.4)	23	(1.8)	28	(1.8)	22	(1.9)	18	(1.7)	28	(1.9)	25	(2.2)	23	(2.1)	25	(2.3)	28	(2.7)
60 - 69	82	(2.9)	24	(1.6)	28	(1.8)	23	(1.8)	18	(1.9)	25	(1.7)	26	(1.7)	25	(2.1)	25	(2.0)	28	(1.6)
70 and over	81	(3.1)	25	(1.5)	28	(1.7)	23	(1.2)	20	(1.4)	23	(1.1)	27	(2.1)	25	(2.2)	27	(2.1)	30	(2.6)
2 - 19	87	(1.3)	26	(0.8)	29	(0.8)	24	(0.8)	21	(1.0)	27	(0.8)	27	(1.0)	26	(1.0)	27	(1.0)	28	(1.3)
20 and over	81	(1.3)	24	(0.5)	28	(0.7)	22	(0.6)	18	(0.6)	26	(0.6)	26	(0.6)	24	(0.6)	25	(0.7)	28	(0.8)
2 and over	82	(1.1)	24	(0.4)	28	(0.6)	23	(0.5)	19	(0.5)	26	(0.4)	26	(0.5)	24	(0.5)	26	(0.6)	28	(0.6)
Males and females:																				
2 - 19	86	(1.2)	26	(0.7)	29	(0.8)	24	(0.7)	21	(0.8)	27	(0.7)	27	(0.8)	26	(0.9)	28	(0.9)	28	(0.9)
20 and over	79	(1.2)	24	(0.7)	28	(0.8)	23	(0.7)	19	(0.7)	26	(0.6)	26	(0.8)	25	(0.9)	26	(0.8)	27	(0.9)
2 and over	81	(0.9)	24	(0.6)	28	(0.7)	23	(0.6)	19	(0.6)	26	(0.6)	26	(0.7)	25	(0.7)	26	(0.7)	27	(0.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 17. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Males:																		
2 - 5.....	20	(2.5)	19	(2.1)	34	(9.3)	35	(5.0)	23	(1.4)	18	(0.9)	25	(1.8)	20	(1.6)	22	(1.5)
6 - 11.....	26	(1.4)	24	(1.5)	34	(5.4)	31	(4.0)	25	(1.5)	24	(1.1)	26	(1.0)	23	(0.7)	23	(1.5)
12 - 19.....	26	(3.0)	20	(2.7)	32	(5.3)	30	(4.7)	27	(2.3)	21	(2.4)	26	(2.3)	22	(2.3)	21	(1.2)
20 - 29.....	27	(2.5)	20	(1.8)	27	(2.5)	28	(3.1)	27	(1.5)	20	(1.4)	27	(1.7)	23	(1.8)	25	(1.6)
30 - 39.....	29	(2.7)	19	(2.0)	24	(2.9)	32	(4.7)	24	(2.0)	22	(2.3)	27	(2.1)	25	(2.1)	23	(1.8)
40 - 49.....	24	(2.8)	19	(2.3)	24	(4.7)	36	(4.7)	26	(2.1)	21	(1.9)	26	(1.8)	24	(1.9)	23	(1.9)
50 - 59.....	25	(2.3)	23	(3.5)	32	(7.6)	32	(5.3)	25	(1.6)	19	(1.6)	25	(1.2)	22	(1.3)	21	(1.8)
60 - 69.....	21	(1.6)	16	(2.2)	29	(4.0)	26	(6.7)	23	(1.0)	16	(1.1)	22	(1.3)	20	(1.6)	20	(0.9)
70 and over.....	26	(1.9)	20	(1.6)	31	(3.5)	24	(3.9)	22	(1.5)	19	(1.3)	24	(2.1)	20	(1.8)	20	(1.7)
2 - 19.....	25	(1.5)	21	(1.4)	33	(4.4)	31	(3.1)	26	(1.3)	21	(1.2)	26	(1.3)	22	(1.2)	22	(0.8)
20 and over...	25	(1.6)	19	(0.9)	28	(2.4)	31	(2.1)	25	(1.0)	20	(0.9)	25	(1.0)	23	(1.0)	23	(0.9)
2 and over...	25	(1.1)	20	(0.8)	29	(2.5)	31	(1.8)	25	(0.6)	20	(0.7)	26	(0.8)	23	(0.9)	22	(0.7)
Females:																		
2 - 5.....	21	(2.5)	22	(2.2)	48	(6.7)	44	(3.5)	22	(1.2)	18	(1.3)	25	(1.2)	19	(1.3)	19	(1.1)
6 - 11.....	26	(1.3)	24	(1.9)	41	(5.3)	35	(4.3)	24	(1.4)	23	(1.2)	26	(1.7)	23	(2.0)	21	(1.5)
12 - 19.....	25	(2.2)	23	(1.8)	26	(3.6)	28	(4.8)	28	(1.6)	24	(1.9)	27	(1.7)	25	(1.7)	27	(2.4)
20 - 29.....	25	(1.1)	20	(2.4)	26	(4.1)	29	(3.4)	23	(1.7)	22	(1.3)	28	(1.3)	25	(1.7)	21	(1.5)
30 - 39.....	26	(2.6)	20	(2.1)	29	(5.3)	28	(5.2)	24	(1.2)	19	(1.3)	27	(1.7)	24	(1.9)	24	(1.3)
40 - 49.....	22	(1.5)	19	(1.4)	27	(2.8)	29	(3.5)	24	(1.3)	18	(1.3)	26	(1.4)	24	(1.3)	21	(1.6)
50 - 59.....	25	(2.6)	25	(3.7)	39	(6.0)	26	(4.4)	24	(2.1)	20	(1.7)	26	(1.5)	26	(1.9)	23	(2.5)
60 - 69.....	23	(2.6)	24	(3.1)	36	(5.5)	24	(5.1)	24	(1.6)	20	(1.3)	28	(2.2)	24	(2.0)	24	(1.6)
70 and over.....	29	(2.1)	23	(2.3)	33	(3.8)	39	(7.0)	24	(1.6)	21	(1.6)	27	(1.5)	23	(1.5)	20	(1.6)
2 - 19.....	25	(1.2)	23	(1.0)	36	(3.2)	34	(3.0)	25	(0.8)	22	(0.8)	26	(0.9)	23	(0.8)	23	(1.2)
20 and over...	25	(0.9)	22	(1.0)	32	(2.1)	28	(1.5)	24	(0.7)	20	(0.5)	27	(0.7)	24	(1.0)	22	(0.8)
2 and over...	25	(0.9)	22	(0.8)	32	(1.9)	29	(1.4)	24	(0.5)	20	(0.4)	27	(0.6)	24	(0.8)	22	(0.6)
Males and females:																		
2 - 19.....	25	(1.1)	22	(1.1)	34	(3.1)	32	(2.3)	25	(0.8)	22	(0.8)	26	(0.9)	23	(0.8)	23	(0.6)
20 and over...	25	(1.0)	21	(0.8)	30	(1.5)	30	(1.3)	24	(0.6)	20	(0.6)	26	(0.7)	23	(0.6)	22	(0.6)
2 and over...	25	(0.8)	21	(0.7)	31	(1.5)	30	(1.3)	25	(0.4)	20	(0.5)	26	(0.6)	23	(0.5)	22	(0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 17. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Males:																		
2 - 5.....	21	(1.7)	17	(1.1)	18	(2.8)	15	(1.1)	28	(2.3)	31	(4.0)	20	(1.3)	22	(1.4)	23	(1.0)
6 - 11.....	27	(1.4)	24	(1.7)	24	(2.5)	26	(1.9)	27	(1.7)	31	(2.2)	30	(1.7)	29	(1.5)	27	(1.4)
12 - 19.....	26	(2.5)	21	(3.1)	19	(3.3)	18	(2.6)	24	(2.0)	26	(3.0)	24	(2.2)	26	(2.1)	23	(1.5)
20 - 29.....	24	(2.0)	20	(1.6)	18	(2.9)	16	(1.5)	23	(2.2)	28	(3.2)	24	(1.4)	27	(1.5)	23	(1.4)
30 - 39.....	25	(2.3)	23	(2.1)	17	(3.1)	15	(2.1)	23	(2.3)	32	(3.4)	22	(2.1)	25	(2.4)	21	(2.0)
40 - 49.....	23	(1.9)	21	(2.2)	25	(3.0)	19	(3.7)	24	(2.1)	35	(6.1)	25	(2.5)	26	(2.0)	22	(1.5)
50 - 59.....	23	(1.9)	23	(2.2)	21	(3.2)	23	(4.8)	24	(2.2)	24	(3.4)	24	(2.0)	26	(1.7)	22	(1.5)
60 - 69.....	19	(0.9)	15*	(5.7)	22	(2.8)	17	(1.5)	21	(2.0)	31	(3.7)	21	(1.2)	22	(1.0)	19	(1.4)
70 and over.....	24	(1.6)	18	(2.4)	18	(1.8)	15	(1.6)	22	(2.5)	33	(4.8)	23	(1.4)	24	(1.4)	21	(1.3)
2 - 19.....	25	(1.2)	21	(1.8)	21	(2.2)	20	(1.1)	26	(1.2)	29	(1.7)	25	(1.1)	26	(1.2)	24	(0.9)
20 and over...	23	(1.2)	20	(1.5)	20	(1.6)	18	(1.3)	23	(1.2)	30	(2.4)	23	(1.0)	25	(1.2)	21	(1.0)
2 and over...	24	(0.9)	20	(1.2)	20	(1.4)	18	(0.9)	24	(1.0)	30	(2.2)	24	(0.7)	26	(0.8)	22	(0.8)
Females:																		
2 - 5.....	22	(2.0)	17	(1.9)	17	(1.8)	18	(2.2)	26	(1.1)	28	(2.3)	21	(1.5)	23	(1.3)	22	(0.9)
6 - 11.....	27	(1.4)	22	(2.1)	23	(2.2)	25	(1.6)	26	(1.5)	31	(2.4)	27	(1.3)	28	(1.1)	27	(1.1)
12 - 19.....	26	(1.8)	23	(2.6)	22	(2.8)	22	(2.5)	25	(1.9)	30	(2.2)	26	(2.4)	27	(2.1)	24	(1.7)
20 - 29.....	25	(1.1)	25	(3.2)	18	(3.5)	18	(3.5)	24	(1.7)	28	(2.9)	23	(1.5)	26	(1.0)	23	(1.1)
30 - 39.....	24	(2.1)	19	(2.4)	20	(2.1)	15	(2.3)	23	(1.5)	28	(3.7)	20	(0.9)	24	(1.4)	21	(0.9)
40 - 49.....	22	(1.2)	22	(2.1)	24	(3.2)	14	(2.1)	22	(1.5)	28	(2.8)	20	(1.7)	23	(1.1)	20	(1.1)
50 - 59.....	24	(1.7)	20	(2.9)	24	(2.2)	17	(2.1)	28	(2.6)	39	(4.9)	20	(2.0)	24	(1.6)	23	(1.3)
60 - 69.....	23	(1.5)	21	(1.7)	21	(4.2)	18	(3.0)	24	(2.4)	25	(2.9)	21	(1.6)	24	(1.5)	22	(1.3)
70 and over.....	25	(1.6)	20	(1.6)	21	(2.5)	17	(2.4)	24	(1.5)	30	(2.6)	21	(1.9)	24	(1.7)	21	(1.0)
2 - 19.....	25	(0.9)	21	(1.0)	21	(1.6)	22	(1.2)	26	(1.1)	30	(1.3)	25	(0.9)	27	(0.8)	25	(0.7)
20 and over...	24	(0.6)	21	(0.9)	21	(1.0)	16	(0.9)	24	(0.8)	30	(1.2)	21	(0.6)	24	(0.5)	21	(0.5)
2 and over...	24	(0.6)	21	(0.7)	21	(0.8)	18	(0.9)	25	(0.6)	30	(1.0)	22	(0.4)	25	(0.4)	22	(0.4)
Males and females:																		
2 - 19.....	25	(0.8)	21	(1.1)	21	(1.3)	21	(0.8)	26	(1.0)	29	(1.3)	25	(0.6)	26	(0.7)	25	(0.6)
20 and over...	23	(0.7)	21	(1.0)	21	(0.9)	17	(1.0)	24	(0.6)	30	(1.2)	22	(0.6)	25	(0.7)	21	(0.5)
2 and over...	24	(0.6)	21	(0.8)	21	(0.7)	18	(0.7)	24	(0.6)	30	(1.1)	23	(0.5)	25	(0.6)	22	(0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 17. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium %	(SE)	Caffeine %	(SE)	Alcohol %	(SE)
Males:																
2 - 5	20	(1.2)	21	(1.4)	23	(1.4)	26	(1.9)	23	(1.2)	27	(1.7)	22	(4.5)	--	--
6 - 11	23	(1.5)	25	(1.5)	28	(1.8)	30	(1.5)	28	(1.3)	31	(1.6)	15	(3.4)	--	--
12 - 19	23	(1.4)	26	(2.2)	25	(2.3)	30	(2.3)	26	(1.6)	30	(2.6)	16	(3.1)	--	--
20 - 29	25	(1.1)	27	(1.2)	23	(1.3)	29	(1.7)	26	(1.9)	30	(1.6)	18	(2.4)	--	--
30 - 39	23	(1.7)	26	(2.0)	21	(1.8)	29	(2.8)	23	(2.0)	31	(2.4)	11	(1.7)	--	--
40 - 49	25	(1.8)	26	(1.7)	24	(1.6)	30	(1.9)	25	(1.5)	30	(2.2)	9	(2.2)	--	--
50 - 59	24	(2.0)	28	(2.7)	23	(1.6)	28	(2.0)	24	(1.7)	31	(2.1)	13	(3.4)	--	--
60 - 69	21	(0.8)	21	(1.2)	15	(3.5)	25	(1.6)	20	(1.2)	27	(1.2)	6	(1.2)	--	--
70 and over	20	(1.6)	25	(2.2)	22	(2.2)	27	(2.1)	22	(1.4)	28	(1.5)	9	(1.4)	--	--
2 - 19	22	(0.8)	25	(1.1)	26	(1.5)	29	(1.3)	26	(0.8)	30	(1.5)	16	(2.5)	--	--
20 and over	24	(0.9)	26	(1.2)	21	(1.3)	28	(1.2)	24	(1.1)	30	(1.1)	11	(1.2)	4*	(1.2)
2 and over	23	(0.7)	26	(0.9)	22	(1.1)	29	(0.9)	24	(0.9)	30	(0.9)	11	(1.1)	--	--
Females:																
2 - 5	18	(0.8)	21	(1.4)	22	(1.1)	28	(1.7)	23	(1.1)	28	(1.3)	12	(3.1)	--	--
6 - 11	23	(1.9)	25	(1.7)	28	(1.4)	29	(1.0)	29	(1.4)	30	(1.3)	18	(2.6)	--	--
12 - 19	26	(1.4)	27	(2.2)	25	(1.8)	29	(1.8)	27	(1.5)	30	(1.6)	20	(3.5)	--	--
20 - 29	23	(1.2)	25	(1.6)	23	(1.4)	30	(0.9)	26	(1.3)	29	(0.9)	14	(3.3)	--	--
30 - 39	23	(1.4)	24	(1.8)	21	(1.0)	28	(1.9)	23	(1.3)	29	(1.8)	8	(1.3)	--	--
40 - 49	23	(1.5)	25	(1.4)	21	(1.2)	27	(1.9)	22	(1.0)	28	(1.4)	9	(1.7)	--	--
50 - 59	24	(3.6)	25	(2.2)	23	(1.3)	29	(1.9)	24	(1.5)	28	(2.7)	8	(2.1)	--	--
60 - 69	22	(1.3)	25	(1.9)	21	(1.6)	28	(1.8)	23	(1.7)	28	(1.9)	11	(3.2)	--	--
70 and over	20	(1.3)	22	(1.3)	21	(1.2)	29	(2.0)	23	(1.4)	30	(2.0)	9	(1.9)	--	--
2 - 19	23	(0.7)	25	(0.7)	25	(0.8)	29	(0.9)	27	(0.6)	30	(0.8)	19	(2.8)	--	--
20 and over	23	(0.9)	25	(0.7)	22	(0.5)	28	(0.7)	23	(0.6)	29	(0.7)	9	(1.1)	3*	(0.9)
2 and over	23	(0.8)	25	(0.6)	23	(0.4)	28	(0.6)	24	(0.5)	29	(0.6)	10	(1.0)	--	--
Males and females:																
2 - 19	23	(0.6)	25	(0.8)	26	(1.0)	29	(0.8)	26	(0.6)	30	(0.9)	18	(1.7)	--	--
20 and over	23	(0.5)	25	(0.8)	22	(0.7)	28	(0.9)	23	(0.7)	29	(0.8)	10	(1.0)	4	(1.0)
2 and over	23	(0.4)	25	(0.7)	22	(0.7)	29	(0.7)	24	(0.6)	29	(0.6)	11	(1.0)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Lunch includes eating occasions designated by the respondent as "brunch", "lunch" or the Spanish equivalent "comida." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as lunch.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, *What We Eat in America,* NHANES 2011-2012.

Table 18. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years)	Percent reporting[3] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Non-Hispanic White:																				
2 - 5.....	98*	(1.1)	24	(1.0)	27	(1.3)	22	(0.8)	20	(1.1)	27	(1.4)	26	(1.7)	24	(1.3)	26	(1.7)	28	(2.9)
6 - 11.....	94*	(1.8)	27	(1.1)	31	(1.6)	25	(1.1)	23	(1.3)	31	(1.5)	29	(1.4)	27	(1.7)	29	(1.7)	30	(1.1)
12 - 19.....	85	(3.3)	27	(2.1)	31	(2.4)	25	(1.8)	21	(2.2)	27	(1.9)	29	(2.8)	28	(3.1)	30	(3.0)	30	(2.6)
20 and over...	82	(1.6)	24	(0.9)	28	(1.0)	22	(0.9)	18	(0.9)	26	(0.8)	26	(1.0)	25	(1.1)	26	(1.0)	27	(1.2)
2 and over...	84	(1.4)	24	(0.8)	28	(0.9)	23	(0.8)	19	(0.7)	26	(0.8)	26	(1.0)	25	(1.0)	26	(1.0)	28	(1.2)
Non-Hispanic Black:																				
2 - 5.....	91	(1.5)	23	(0.7)	25	(0.9)	21	(0.8)	18	(0.9)	26	(0.9)	24	(1.1)	23	(1.4)	24	(1.2)	26	(1.4)
6 - 11.....	88	(2.8)	25	(0.9)	28	(1.4)	24	(1.0)	23	(1.2)	30	(0.9)	26	(1.0)	27	(1.1)	25	(1.0)	24	(1.3)
12 - 19.....	77	(3.1)	26	(1.9)	29	(2.0)	25	(1.8)	22	(1.8)	29	(2.5)	27	(2.4)	27	(2.3)	27	(2.5)	26	(2.6)
20 and over...	71	(2.1)	24	(1.1)	27	(1.1)	22	(1.1)	20	(1.2)	25	(1.2)	25	(1.3)	24	(1.0)	25	(1.4)	26	(1.7)
2 and over...	75	(1.3)	24	(0.7)	27	(0.8)	23	(0.7)	20	(0.7)	26	(0.9)	25	(0.8)	25	(0.7)	25	(0.9)	26	(1.0)
Non-Hispanic Asian[4]:																				
2 - 5.....	99*	(1.0)	27	(3.0)	33	(5.6)	25	(2.2)	16*	(1.7)	26	(2.9)	27	(3.4)	24	(3.3)	28	(4.4)	30	(3.1)
6 - 11.....	93*	(3.6)	26	(1.5)	31	(1.5)	26	(2.0)	22	(3.4)	28	(2.0)	23	(1.7)	22	(2.4)	23	(1.5)	25	(2.2)
12 - 19.....	90*	(3.7)	29	(2.6)	31	(2.5)	27	(2.5)	23	(3.4)	28	(3.2)	31	(3.7)	28	(3.8)	32	(3.8)	32	(4.1)
20 and over...	92	(1.2)	29	(0.7)	33	(0.9)	29	(0.9)	21	(1.5)	30	(1.0)	31	(0.6)	29	(1.1)	30	(0.8)	33	(0.7)
2 and over...	92	(0.9)	29	(0.6)	33	(0.7)	28	(0.7)	21	(1.2)	29	(0.8)	30	(0.7)	28	(1.0)	30	(0.8)	32	(0.7)
Hispanic:																				
2 - 5.....	82	(4.0)	20	(1.4)	22	(1.9)	18	(1.4)	14	(1.2)	23	(2.1)	21	(1.5)	19	(1.6)	22	(1.5)	24	(1.9)
6 - 11.....	83	(2.8)	26	(1.3)	29	(1.3)	24	(1.2)	20	(1.0)	27	(1.8)	28	(1.6)	27	(1.4)	27	(1.7)	29	(2.2)
12 - 19.....	71	(3.0)	24	(1.3)	26	(1.9)	23	(1.3)	21	(1.6)	25	(2.0)	25	(1.3)	24	(1.5)	25	(1.5)	25	(1.7)
20 and over...	69	(1.5)	24	(0.9)	28	(1.5)	22	(0.7)	18	(0.7)	25	(1.3)	25	(1.0)	25	(1.2)	25	(1.2)	25	(1.1)
2 and over...	72	(1.3)	24	(0.6)	28	(1.1)	22	(0.5)	18	(0.7)	25	(0.9)	25	(0.7)	24	(0.7)	25	(0.8)	26	(0.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 18. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Non-Hispanic White:																		
2 - 5.....	21	(2.7)	23	(2.2)	42	(9.0)	46	(5.4)	25	(1.3)	20	(1.0)	27	(1.6)	22	(1.4)	22	(1.9)
6 - 11.....	27	(1.4)	24	(1.9)	37	(5.5)	35	(3.8)	26	(1.3)	25	(1.0)	27	(1.6)	23	(1.7)	24	(1.6)
12 - 19.....	27	(3.6)	20	(2.8)	35	(8.4)	30	(5.4)	29	(2.3)	22	(2.2)	28	(2.6)	24	(2.7)	24	(1.9)
20 and over...	25	(1.4)	20	(1.0)	30	(2.1)	30	(1.8)	24	(0.8)	19	(0.6)	26	(0.8)	23	(0.7)	22	(0.7)
2 and over...	25	(1.1)	21	(0.9)	30	(2.2)	31	(1.7)	25	(0.6)	20	(0.6)	26	(0.7)	23	(0.6)	22	(0.6)
Non-Hispanic Black:																		
2 - 5.....	18	(1.6)	16	(1.7)	31	(6.6)	42	(5.5)	21	(0.9)	18	(0.8)	23	(1.3)	18	(1.0)	19	(1.1)
6 - 11.....	21	(1.8)	22	(1.7)	31	(5.3)	39	(5.6)	22	(1.3)	24	(1.2)	22	(1.0)	20	(1.1)	21	(1.2)
12 - 19.....	25	(2.2)	22	(3.4)	25	(4.6)	26	(6.0)	27	(1.9)	25	(2.8)	27	(1.2)	25	(1.4)	26	(2.7)
20 and over...	24	(1.1)	19	(0.9)	25	(1.8)	25	(3.7)	23	(0.9)	21	(0.9)	26	(1.5)	23	(1.5)	22	(0.9)
2 and over...	23	(0.9)	20	(0.8)	26	(1.8)	27	(3.2)	24	(0.6)	21	(0.6)	25	(1.0)	23	(1.0)	22	(0.6)
Non-Hispanic Asian[4]:																		
2 - 5.....	37	(9.9)	21	(3.7)	32	(6.8)	47*	(14.8)	26	(2.8)	20	(2.8)	31	(4.2)	26	(3.1)	29	(3.2)
6 - 11.....	27	(3.3)	26	(1.7)	47	(4.3)	24*	(8.5)	25	(1.6)	21	(1.9)	29	(1.4)	26	(2.0)	25	(2.1)
12 - 19.....	29	(2.7)	20	(2.7)	24	(4.7)	39	(9.1)	25	(2.8)	23	(2.3)	29	(2.7)	25	(2.8)	23	(2.9)
20 and over...	31	(2.3)	28	(1.4)	35	(2.0)	34	(3.0)	31	(0.9)	24	(1.1)	32	(1.2)	28	(1.4)	31	(1.1)
2 and over...	31	(2.0)	27	(1.2)	35	(2.0)	34	(2.5)	30	(0.8)	24	(0.9)	31	(0.9)	28	(1.0)	30	(1.0)
Hispanic:																		
2 - 5.....	19	(2.3)	18	(3.2)	45	(7.3)	29	(3.5)	19	(1.8)	14	(1.5)	21	(1.9)	17	(1.6)	17	(1.7)
6 - 11.....	27	(1.9)	25	(2.8)	36	(5.9)	33	(2.9)	23	(1.6)	22	(1.2)	26	(1.4)	23	(1.4)	21	(1.7)
12 - 19.....	22	(2.1)	22	(4.1)	24	(6.1)	28	(5.1)	23	(1.7)	20	(1.8)	24	(1.8)	21	(2.2)	21	(1.9)
20 and over...	24	(1.6)	20	(1.8)	33	(3.8)	31	(2.1)	23	(0.9)	21	(1.1)	27	(1.1)	25	(1.3)	22	(0.9)
2 and over...	24	(1.2)	21	(1.8)	33	(3.7)	31	(1.5)	23	(0.5)	21	(0.9)	26	(0.9)	24	(1.0)	22	(0.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 18. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Non-Hispanic White:																		
2 - 5.....	23	(1.8)	19	(1.3)	18	(3.2)	19	(2.2)	29	(1.9)	31	(4.6)	23	(1.4)	24	(1.2)	24	(1.1)
6 - 11.....	28	(1.5)	24	(2.0)	25	(3.3)	27	(1.6)	27	(1.4)	31	(2.8)	30	(1.3)	29	(1.2)	28	(1.2)
12 - 19.....	27	(2.6)	21	(2.9)	22	(4.5)	20	(2.5)	26	(2.6)	31	(4.4)	25	(1.8)	27	(2.0)	24	(1.5)
20 and over...	23	(0.9)	20	(1.3)	20	(1.2)	17	(1.4)	24	(0.8)	29	(1.5)	23	(0.8)	25	(0.9)	21	(0.6)
2 and over...	23	(0.8)	20	(1.0)	21	(1.2)	19	(1.3)	24	(0.7)	29	(1.5)	23	(0.7)	25	(0.8)	22	(0.6)
Non-Hispanic Black:																		
2 - 5.....	20	(0.8)	15	(1.1)	17	(2.8)	17	(1.8)	25	(1.5)	25	(2.0)	21	(1.0)	22	(0.6)	23	(0.9)
6 - 11.....	25	(1.4)	23	(1.5)	25	(2.6)	29	(2.2)	25	(1.8)	24	(3.0)	30	(1.6)	29	(1.1)	27	(1.0)
12 - 19.....	27	(2.0)	26	(2.2)	21	(3.5)	26	(5.1)	23	(2.7)	23	(2.2)	28	(3.5)	28	(2.4)	25	(2.0)
20 and over...	23	(0.9)	22	(1.1)	18	(1.2)	16	(1.0)	22	(1.1)	27	(2.2)	21	(0.8)	24	(1.0)	21	(0.9)
2 and over...	24	(0.7)	23	(0.9)	19	(0.9)	19	(0.9)	22	(0.8)	27	(1.7)	23	(0.8)	25	(0.7)	22	(0.6)
Non-Hispanic Asian[4]:																		
2 - 5.....	31	(6.7)	23	(5.3)	24	(5.5)	21*	(7.2)	28	(3.5)	43	(9.8)	20	(2.9)	26	(3.6)	25	(2.9)
6 - 11.....	27	(2.1)	21	(2.9)	28	(5.9)	17*	(2.7)	25	(1.3)	38	(7.7)	23	(2.3)	27	(1.7)	25	(2.0)
12 - 19.....	28	(1.8)	23	(3.4)	18	(4.4)	19	(2.5)	29	(4.2)	32	(4.5)	24	(3.4)	29	(2.5)	25	(2.3)
20 and over...	30	(1.2)	27	(1.5)	26	(1.8)	24	(2.1)	30	(1.5)	40	(3.0)	24	(0.9)	29	(0.8)	26	(0.9)
2 and over...	30	(1.1)	26	(1.2)	25	(1.3)	22	(1.4)	30	(1.5)	39	(2.6)	24	(1.0)	29	(0.7)	26	(0.8)
Hispanic:																		
2 - 5.....	19	(1.8)	13	(1.6)	17	(1.7)	12	(1.6)	23	(2.1)	26	(2.5)	17	(1.8)	20	(1.6)	19	(1.6)
6 - 11.....	26	(1.5)	23	(2.9)	21	(2.5)	21	(1.8)	28	(1.8)	32	(1.9)	27	(1.3)	27	(1.3)	26	(1.6)
12 - 19.....	22	(2.1)	24	(4.6)	18	(2.9)	15	(3.1)	21	(1.7)	23	(2.2)	22	(2.1)	24	(1.7)	22	(1.4)
20 and over...	23	(1.1)	23	(1.3)	21	(2.0)	15	(1.1)	23	(1.3)	35	(4.8)	20	(1.0)	25	(1.1)	21	(0.9)
2 and over...	23	(0.9)	22	(1.4)	20	(1.3)	15	(1.0)	23	(1.0)	33	(3.8)	21	(0.8)	25	(0.7)	22	(0.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 18. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium %	(SE)	Caffeine %	(SE)	Alcohol %	(SE)
Non-Hispanic White:																
2 - 5.....	20	(1.3)	22	(1.3)	23	(1.3)	29	(1.8)	24	(1.2)	28	(1.6)	21*	(6.6)	--	--
6 - 11.....	25	(1.3)	26	(2.0)	28	(1.5)	32	(1.6)	30	(1.4)	33	(1.6)	15	(3.0)	--	--
12 - 19.....	25	(1.5)	27	(2.6)	24	(1.8)	31	(2.5)	27	(1.5)	31	(2.7)	17	(2.0)	--	--
20 and over...	23	(0.6)	25	(0.9)	21	(0.9)	29	(1.2)	23	(0.8)	29	(1.0)	10	(1.3)	3*	(1.1)
2 and over...	23	(0.6)	25	(0.7)	22	(0.9)	29	(1.1)	24	(0.7)	30	(0.9)	10	(1.2)	--	--
Non-Hispanic Black:																
2 - 5.....	19	(0.9)	19	(0.8)	24	(1.2)	27	(1.4)	23	(0.6)	26	(1.2)	17	(3.8)	--	--
6 - 11.....	20	(1.1)	25	(1.3)	28	(1.6)	27	(1.6)	29	(1.2)	27	(1.2)	11	(2.5)	--	--
12 - 19.....	25	(2.2)	29	(2.1)	26	(2.4)	29	(2.2)	27	(2.2)	30	(1.8)	19	(2.4)	--	--
20 and over...	23	(0.9)	25	(1.0)	21	(0.7)	26	(0.9)	24	(1.1)	27	(1.2)	13	(1.4)	5*	(1.6)
2 and over...	22	(0.6)	25	(0.7)	22	(0.6)	27	(0.7)	25	(0.7)	28	(0.8)	14	(1.2)	--	--
Non-Hispanic Asian[4]:																
2 - 5.....	25	(2.4)	24	(2.2)	26	(2.8)	39	(7.6)	26	(3.3)	34	(4.6)	6*	(3.6)	--	--
6 - 11.....	25	(1.4)	26	(1.8)	27	(1.9)	32	(1.5)	26	(2.2)	30	(1.4)	25	(5.6)	--	--
12 - 19.....	26	(3.1)	29	(3.2)	26	(2.7)	33	(2.2)	27	(2.7)	33	(2.7)	26	(3.7)	--	--
20 and over...	29	(1.1)	31	(1.1)	26	(0.8)	34	(1.3)	28	(0.7)	35	(1.0)	12	(1.9)	1*	(0.5)
2 and over...	28	(1.1)	30	(1.0)	26	(0.7)	34	(1.1)	28	(0.6)	34	(0.8)	13	(1.6)	--	--
Hispanic:																
2 - 5.....	17	(1.6)	19	(2.2)	20	(1.9)	23	(1.8)	20	(1.7)	25	(1.9)	13	(2.3)	--	--
6 - 11.....	22	(2.1)	24	(1.5)	29	(2.3)	28	(1.5)	26	(1.5)	29	(1.4)	22	(3.6)	--	--
12 - 19.....	21	(1.6)	24	(1.7)	27	(4.2)	26	(1.6)	23	(1.9)	25	(1.7)	24	(3.9)	--	--
20 and over...	23	(1.2)	26	(2.0)	22	(0.9)	27	(1.2)	24	(0.9)	29	(1.0)	13	(1.2)	3*	(1.3)
2 and over...	22	(0.6)	25	(1.3)	23	(1.1)	27	(0.7)	24	(0.7)	28	(0.8)	14	(1.2)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Lunch includes eating occasions designated by the respondent as "brunch", "lunch" or the Spanish equivalent "comida." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as lunch.

[4] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2011-2012.

Table 19. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																				
2 - 5.....	87	(2.9)	23	(1.1)	25	(1.6)	21	(1.3)	17	(1.4)	26	(1.5)	24	(1.0)	21	(1.2)	24	(1.1)	27	(1.2)
6 - 11.....	86	(2.8)	26	(1.0)	30	(1.6)	24	(0.8)	22	(1.1)	30	(1.2)	28	(1.2)	28	(1.3)	27	(1.3)	28	(1.4)
12 - 19.....	75	(3.9)	23	(2.6)	26	(3.1)	21	(2.4)	19	(2.5)	23	(2.1)	23	(2.9)	23	(2.9)	23	(2.9)	22	(3.3)
20 and over...	71	(1.5)	22	(1.1)	26	(1.0)	21	(1.3)	17	(1.8)	24	(0.9)	24	(1.1)	23	(1.0)	24	(1.2)	25	(1.2)
2 and over...	74	(1.3)	23	(0.9)	27	(0.8)	21	(1.0)	17	(1.3)	25	(0.7)	24	(0.8)	24	(0.7)	24	(0.8)	25	(1.0)
$25,000 - $74,999:																				
2 - 5.....	92	(2.5)	21	(1.1)	23	(1.3)	19	(0.9)	16	(1.2)	24	(1.9)	23	(1.7)	21	(1.7)	24	(1.6)	25	(2.7)
6 - 11.....	89	(2.5)	27	(1.4)	29	(1.4)	25	(1.5)	23	(2.0)	29	(1.4)	28	(1.7)	27	(1.9)	28	(1.9)	28	(1.2)
12 - 19.....	80	(3.8)	29	(1.8)	34	(2.2)	25	(1.8)	21	(2.3)	28	(1.8)	34	(2.0)	32	(2.3)	34	(2.3)	35	(2.1)
20 and over...	80	(1.6)	25	(1.0)	29	(1.2)	23	(1.0)	19	(1.1)	26	(1.1)	27	(1.2)	25	(1.2)	27	(1.1)	28	(1.2)
2 and over...	81	(1.2)	25	(0.8)	29	(1.0)	24	(0.8)	20	(0.8)	26	(1.0)	27	(1.0)	26	(1.1)	27	(1.0)	29	(1.1)
$75,000 and higher:																				
2 - 5.....	98*	(1.4)	24	(1.0)	27	(1.6)	23	(0.9)	21	(1.3)	26	(1.4)	25	(1.3)	24	(1.5)	25	(1.2)	26	(2.1)
6 - 11.....	96*	(1.9)	27	(1.5)	31	(1.7)	25	(1.5)	22	(1.3)	30	(2.6)	28	(1.6)	26	(2.1)	28	(1.8)	29	(1.4)
12 - 19.....	86	(4.3)	28	(1.4)	28	(1.9)	27	(1.4)	23	(1.8)	29	(1.9)	29	(1.6)	27	(1.6)	29	(2.0)	29	(1.7)
20 and over...	86	(1.7)	24	(0.8)	28	(0.9)	23	(0.7)	19	(0.8)	27	(1.0)	26	(0.8)	25	(0.8)	25	(0.8)	27	(1.1)
2 and over...	87	(1.6)	24	(0.7)	28	(0.8)	23	(0.7)	20	(0.8)	27	(1.0)	26	(0.7)	25	(0.6)	26	(0.8)	27	(1.0)
All Individuals[4]:																				
2 - 5.....	92	(1.6)	23	(0.7)	26	(0.9)	21	(0.6)	18	(0.8)	26	(0.9)	24	(1.0)	22	(0.9)	25	(1.0)	27	(1.5)
6 - 11.....	90	(1.4)	26	(0.9)	30	(1.1)	25	(0.8)	22	(0.9)	29	(0.9)	28	(1.1)	27	(1.2)	28	(1.3)	28	(0.9)
12 - 19.....	80	(2.0)	26	(1.5)	29	(1.6)	24	(1.3)	21	(1.6)	27	(1.3)	28	(1.8)	27	(2.0)	28	(1.9)	28	(1.7)
20 and over...	79	(1.2)	24	(0.7)	28	(0.8)	23	(0.7)	19	(0.7)	26	(0.6)	26	(0.8)	25	(0.9)	26	(0.8)	27	(0.9)
2 and over...	81	(0.9)	24	(0.6)	28	(0.7)	23	(0.6)	19	(0.6)	26	(0.6)	26	(0.7)	25	(0.7)	26	(0.7)	27	(0.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 19. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
$0 - $24,999:																		
2 - 5.....	19	(1.8)	17	(2.5)	38	(8.2)	42	(6.8)	22	(1.5)	17	(1.3)	25	(2.0)	20	(1.8)	19	(1.1)
6 - 11.....	26	(2.4)	26	(1.9)	44	(5.1)	34	(3.8)	25	(1.2)	24	(1.1)	26	(1.8)	23	(2.1)	22	(0.9)
12 - 19.....	21	(3.4)	18	(2.5)	22	(4.0)	23	(2.9)	24	(2.1)	19	(3.2)	23	(3.7)	20	(3.9)	25	(3.3)
20 and over...	23	(1.2)	20	(1.0)	30	(2.4)	28	(2.3)	23	(1.1)	19	(0.9)	25	(1.2)	22	(1.1)	22	(1.0)
2 and over...	23	(1.0)	20	(0.7)	31	(2.3)	28	(2.2)	23	(0.7)	19	(0.5)	24	(0.9)	22	(0.9)	22	(0.6)
$25,000 - $74,999:																		
2 - 5.....	20	(1.3)	16	(1.9)	32	(9.1)	37	(3.9)	19	(1.3)	16	(1.0)	22	(1.6)	18	(1.4)	18	(1.6)
6 - 11.....	28	(2.4)	23	(2.0)	31	(5.0)	31	(4.7)	24	(1.6)	23	(1.2)	25	(1.5)	23	(1.6)	22	(1.8)
12 - 19.....	33	(3.5)	29	(3.8)	36	(7.4)	33	(8.3)	30	(2.6)	28	(2.1)	30	(2.0)	27	(2.6)	24	(1.6)
20 and over...	25	(1.5)	21	(1.1)	28	(1.8)	29	(3.0)	25	(0.9)	20	(0.8)	27	(0.9)	25	(1.0)	23	(0.9)
2 and over...	26	(1.3)	22	(1.0)	29	(1.8)	30	(3.0)	25	(0.7)	21	(0.6)	27	(0.7)	24	(0.8)	23	(0.8)
$75,000 and higher:																		
2 - 5.....	20	(2.9)	27	(3.4)	47	(10.2)	42	(6.6)	25	(1.9)	21	(1.4)	28	(1.6)	22	(1.9)	23	(2.2)
6 - 11.....	24	(1.1)	23	(3.0)	37	(7.9)	34	(6.8)	25	(1.7)	24	(1.5)	26	(2.1)	22	(2.2)	23	(2.6)
12 - 19.....	24	(3.1)	18	(1.9)	29	(6.4)	34	(3.9)	29	(1.8)	20	(1.4)	29	(2.3)	24	(2.3)	23	(2.1)
20 and over...	26	(1.3)	20	(1.6)	32	(2.7)	32	(2.3)	25	(0.5)	19	(0.9)	26	(1.0)	23	(1.0)	21	(0.7)
2 and over...	25	(1.1)	20	(1.2)	33	(2.7)	33	(2.0)	25	(0.5)	20	(0.8)	26	(0.9)	23	(1.0)	22	(0.6)
All Individuals[4]:																		
2 - 5.....	21	(1.6)	20	(1.5)	41	(5.5)	40	(3.1)	22	(1.0)	18	(0.8)	25	(1.0)	20	(1.0)	20	(1.0)
6 - 11.....	26	(1.0)	24	(1.3)	37	(3.8)	33	(2.6)	25	(0.9)	24	(0.8)	26	(1.0)	23	(1.0)	23	(1.0)
12 - 19.....	26	(2.2)	21	(2.0)	30	(4.2)	29	(3.2)	27	(1.5)	22	(1.6)	27	(1.7)	23	(1.8)	23	(1.2)
20 and over...	25	(1.0)	21	(0.8)	30	(1.5)	30	(1.3)	24	(0.6)	20	(0.6)	26	(0.7)	23	(0.6)	22	(0.6)
2 and over...	25	(0.8)	21	(0.7)	31	(1.5)	30	(1.3)	25	(0.4)	20	(0.5)	26	(0.6)	23	(0.5)	22	(0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 19. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
$0 - $24,999:																		
2 - 5.....	20	(1.3)	15	(1.6)	19	(2.1)	15	(1.1)	27	(1.6)	25	(2.4)	20	(1.2)	22	(1.2)	22	(1.2)
6 - 11.....	27	(1.7)	22	(1.4)	21	(2.4)	26	(1.6)	27	(1.7)	32	(1.9)	29	(1.5)	29	(1.3)	27	(1.2)
12 - 19.....	21	(3.1)	19	(4.0)	17	(1.9)	19	(3.9)	20	(1.9)	21	(3.7)	23	(3.3)	23	(2.8)	21	(2.0)
20 and over...	22	(1.1)	21	(0.9)	17	(1.2)	16	(1.2)	22	(1.1)	31	(1.3)	21	(0.8)	23	(0.9)	20	(0.9)
2 and over...	22	(0.8)	21	(0.8)	17	(1.0)	17	(0.8)	22	(0.7)	30	(1.2)	22	(0.5)	24	(0.7)	21	(0.6)
$25,000 - $74,999:																		
2 - 5.....	21	(1.2)	16	(1.2)	17	(3.2)	14	(1.0)	25	(3.0)	30	(4.8)	18	(1.7)	20	(1.6)	21	(0.9)
6 - 11.....	28	(2.1)	24	(2.5)	25	(2.5)	25	(1.6)	27	(1.7)	32	(2.8)	29	(1.7)	28	(1.3)	27	(1.5)
12 - 19.....	31	(2.4)	29	(4.4)	20	(3.0)	24	(2.9)	30	(2.7)	33	(4.8)	28	(1.9)	31	(1.8)	27	(1.7)
20 and over...	23	(1.1)	23	(0.9)	22	(1.6)	18	(1.2)	24	(1.3)	30	(1.7)	23	(0.7)	26	(1.0)	22	(0.9)
2 and over...	24	(0.9)	23	(1.0)	22	(1.4)	19	(1.0)	25	(1.2)	30	(1.6)	24	(0.6)	26	(0.8)	23	(0.7)
$75,000 and higher:																		
2 - 5.....	22	(1.7)	20	(2.0)	20	(2.2)	20	(2.9)	27	(1.7)	31	(4.6)	23	(1.3)	25	(1.2)	24	(1.0)
6 - 11.....	26	(1.3)	22	(2.3)	25	(4.0)	25	(2.4)	26	(2.4)	29	(2.8)	28	(2.3)	29	(1.8)	28	(2.0)
12 - 19.....	25	(2.3)	20	(1.3)	25	(4.2)	16	(1.7)	26	(1.6)	29	(2.4)	24	(1.3)	26	(1.3)	24	(1.2)
20 and over...	23	(1.1)	18	(2.1)	22	(1.1)	18	(1.9)	24	(0.9)	30	(2.6)	22	(0.8)	25	(0.8)	21	(0.8)
2 and over...	24	(1.0)	19	(1.6)	23	(0.9)	18	(1.5)	25	(0.8)	30	(2.3)	23	(0.6)	25	(0.7)	22	(0.8)
All Individuals[4]:																		
2 - 5.....	21	(1.1)	17	(0.9)	18	(1.9)	17	(1.2)	27	(1.4)	29	(2.4)	21	(0.9)	23	(0.7)	22	(0.5)
6 - 11.....	27	(1.0)	23	(1.4)	24	(1.8)	25	(1.1)	27	(1.1)	31	(1.6)	29	(0.9)	28	(0.9)	27	(1.0)
12 - 19.....	26	(1.8)	22	(2.3)	20	(2.1)	19	(1.8)	25	(1.7)	28	(2.4)	25	(1.5)	27	(1.5)	24	(1.1)
20 and over...	23	(0.7)	21	(1.0)	21	(0.9)	17	(1.0)	24	(0.6)	30	(1.2)	22	(0.6)	25	(0.7)	21	(0.5)
2 and over...	24	(0.6)	21	(0.8)	21	(0.7)	18	(0.7)	24	(0.6)	30	(1.1)	23	(0.5)	25	(0.6)	22	(0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 19. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium %	(SE)	Caffeine %	(SE)	Alcohol %	(SE)
$0 - $24,999:																
2 - 5.....	18	(1.1)	21	(1.6)	22	(1.6)	27	(1.7)	23	(1.1)	28	(1.4)	19	(4.3)	--	--
6 - 11.....	22	(1.1)	26	(1.6)	29	(1.3)	29	(1.5)	29	(1.4)	30	(1.6)	15	(4.3)	--	--
12 - 19.....	22	(1.9)	25	(2.9)	21	(1.9)	24	(3.0)	23	(2.1)	25	(2.8)	12*	(5.2)	--	--
20 and over...	21	(0.8)	24	(1.0)	21	(0.8)	27	(0.9)	22	(1.1)	26	(0.8)	9	(1.1)	3*	(1.1)
2 and over...	21	(0.7)	24	(0.8)	21	(0.6)	27	(0.7)	23	(0.9)	27	(0.7)	9	(1.2)	--	--
$25,000 - $74,999:																
2 - 5.....	18	(1.6)	19	(1.7)	21	(1.5)	25	(1.2)	21	(1.2)	25	(1.7)	16*	(7.1)	--	--
6 - 11.....	24	(2.1)	25	(1.6)	29	(2.0)	28	(1.3)	28	(1.7)	30	(1.8)	13	(3.1)	--	--
12 - 19.....	26	(1.9)	31	(2.8)	30	(3.1)	34	(2.3)	30	(1.6)	33	(2.3)	18	(5.0)	--	--
20 and over...	24	(0.9)	26	(1.2)	23	(1.0)	29	(1.2)	24	(1.0)	30	(1.3)	11	(1.8)	4*	(1.8)
2 and over...	24	(0.7)	26	(0.9)	24	(0.9)	29	(1.0)	25	(0.8)	30	(1.1)	12	(1.6)	--	--
$75,000 and higher:																
2 - 5.....	21	(1.5)	25	(1.4)	23	(1.2)	28	(1.7)	25	(1.1)	28	(2.0)	19*	(10.1)	--	--
6 - 11.....	22	(1.8)	26	(2.1)	27	(2.4)	32	(1.8)	29	(1.9)	31	(1.7)	22	(4.9)	--	--
12 - 19.....	24	(1.7)	24	(1.6)	24	(1.7)	29	(1.9)	26	(1.7)	32	(2.5)	22	(4.9)	--	--
20 and over...	23	(0.8)	25	(1.0)	20	(2.0)	28	(1.1)	23	(0.7)	30	(0.9)	10	(1.4)	3*	(1.2)
2 and over...	23	(0.6)	25	(0.9)	21	(1.7)	29	(0.9)	24	(0.8)	30	(0.7)	10	(1.3)	--	--
All Individuals[4]:																
2 - 5.....	19	(0.8)	21	(0.8)	23	(0.7)	27	(1.1)	23	(0.6)	27	(1.0)	17	(3.6)	--	--
6 - 11.....	23	(1.1)	25	(1.3)	28	(1.3)	30	(1.0)	29	(1.0)	31	(1.2)	16	(2.3)	--	--
12 - 19.....	24	(1.1)	26	(1.8)	25	(1.7)	29	(1.6)	26	(1.2)	30	(1.7)	18	(1.8)	--	--
20 and over...	23	(0.5)	25	(0.8)	22	(0.7)	28	(0.9)	23	(0.7)	29	(0.8)	10	(1.0)	4	(1.0)
2 and over...	23	(0.4)	25	(0.7)	22	(0.7)	29	(0.7)	24	(0.6)	29	(0.6)	11	(1.0)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Lunch includes eating occasions designated by the respondent as "brunch", "lunch" or the Spanish equivalent "comida." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as lunch.

[4] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, *What We Eat in America,* NHANES 2011-2012.

Table 20. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years)	Percent reporting[4] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Under 131% poverty:																				
2 - 5.....	87	(3.0)	21	(1.1)	24	(1.5)	19	(1.2)	15	(1.1)	25	(1.8)	23	(1.2)	20	(1.2)	23	(1.1)	26	(1.9)
6 - 11.....	86	(2.6)	26	(0.9)	29	(1.3)	24	(0.8)	22	(1.0)	29	(1.0)	27	(1.1)	27	(1.3)	26	(1.1)	28	(1.2)
12 - 19.....	75	(3.5)	23	(2.4)	27	(2.8)	21	(2.2)	19	(2.1)	22	(1.9)	23	(2.8)	23	(2.6)	23	(2.8)	23	(3.1)
20 and over...	71	(1.9)	22	(1.3)	27	(1.4)	21	(1.5)	17	(2.0)	25	(0.8)	24	(1.2)	24	(1.2)	25	(1.2)	25	(1.3)
2 and over...	75	(1.8)	23	(1.1)	27	(1.2)	21	(1.2)	18	(1.4)	25	(0.6)	24	(1.0)	24	(1.0)	24	(0.9)	25	(1.2)
131-350% poverty:																				
2 - 5.....	95*	(2.1)	23	(1.0)	26	(1.3)	21	(1.0)	18	(1.5)	26	(1.5)	24	(1.6)	23	(1.6)	24	(1.6)	27	(2.4)
6 - 11.....	93	(2.1)	27	(1.5)	31	(1.7)	26	(1.6)	24	(2.3)	31	(1.2)	29	(1.9)	28	(2.1)	29	(2.1)	28	(1.5)
12 - 19.....	80	(4.1)	29	(1.4)	34	(2.1)	25	(1.6)	21	(2.0)	29	(1.8)	34	(1.5)	32	(2.0)	35	(1.7)	35	(2.1)
20 and over...	78	(1.8)	24	(1.1)	27	(1.3)	22	(1.1)	18	(1.1)	25	(1.0)	26	(1.4)	25	(1.5)	25	(1.3)	27	(1.7)
2 and over...	80	(1.4)	25	(0.9)	28	(1.0)	23	(0.8)	19	(0.8)	26	(0.9)	27	(1.2)	26	(1.3)	27	(1.1)	28	(1.5)
Over 350% poverty:																				
2 - 5.....	98*	(1.4)	24	(1.1)	27	(2.0)	23	(1.1)	23	(1.3)	26	(1.5)	25	(1.4)	25	(1.7)	25	(1.4)	25	(2.2)
6 - 11.....	95*	(2.5)	26	(1.5)	30	(1.8)	24	(1.5)	22	(1.5)	28	(2.4)	28	(1.9)	26	(2.2)	27	(2.1)	30	(1.6)
12 - 19.....	88	(3.8)	29	(1.5)	29	(1.9)	28	(1.4)	24	(2.0)	30	(2.1)	30	(1.9)	28	(1.8)	30	(2.3)	31	(2.0)
20 and over...	86	(1.3)	24	(0.8)	29	(0.9)	23	(0.8)	19	(0.9)	26	(0.9)	26	(1.0)	25	(1.0)	26	(1.0)	28	(1.3)
2 and over...	87	(1.4)	25	(0.8)	29	(0.8)	24	(0.8)	20	(0.9)	27	(0.9)	27	(1.0)	26	(1.0)	26	(1.0)	28	(1.2)
All Individuals[5]:																				
2 - 5.....	92	(1.6)	23	(0.7)	26	(0.9)	21	(0.6)	18	(0.8)	26	(0.9)	24	(1.0)	22	(0.9)	25	(1.0)	27	(1.5)
6 - 11.....	90	(1.4)	26	(0.9)	30	(1.1)	25	(0.8)	22	(0.9)	29	(0.9)	28	(1.1)	27	(1.2)	28	(1.3)	28	(0.9)
12 - 19.....	80	(2.0)	26	(1.5)	29	(1.6)	24	(1.3)	21	(1.6)	27	(1.3)	28	(1.8)	27	(2.0)	28	(1.9)	28	(1.7)
20 and over...	79	(1.2)	24	(0.7)	28	(0.8)	23	(0.7)	19	(0.7)	26	(0.6)	26	(0.8)	25	(0.9)	26	(0.8)	27	(0.9)
2 and over...	81	(0.9)	24	(0.6)	28	(0.7)	23	(0.6)	19	(0.6)	26	(0.6)	26	(0.7)	25	(0.7)	26	(0.7)	27	(0.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 20. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Under 131% poverty:																		
2 - 5.....	19	(1.6)	15	(1.6)	35	(5.8)	39	(6.1)	20	(1.6)	16	(1.2)	23	(2.2)	18	(1.9)	18	(1.5)
6 - 11.....	27	(1.6)	24	(1.7)	42	(5.4)	33	(3.3)	23	(1.1)	23	(0.9)	24	(1.5)	22	(1.7)	21	(0.8)
12 - 19.....	21	(3.2)	19	(2.3)	24	(3.9)	20	(3.5)	23	(1.8)	20	(2.8)	23	(3.2)	21	(3.2)	22	(2.5)
20 and over...	24	(1.4)	21	(0.9)	30	(2.7)	26	(2.3)	24	(1.1)	19	(1.1)	25	(1.5)	23	(1.4)	22	(1.1)
2 and over...	24	(1.2)	20	(0.7)	31	(2.5)	26	(2.2)	23	(0.8)	19	(0.8)	25	(1.3)	22	(1.2)	22	(0.7)
131-350% poverty:																		
2 - 5.....	21	(2.6)	19	(2.0)	36	(10.2)	40	(4.9)	21	(1.4)	18	(1.1)	25	(1.8)	20	(1.4)	21	(1.9)
6 - 11.....	24	(2.0)	26	(2.6)	38	(6.3)	31	(4.3)	25	(1.6)	25	(1.5)	28	(2.0)	25	(2.1)	24	(1.9)
12 - 19.....	33	(3.3)	27	(3.6)	32	(5.9)	38	(7.5)	31	(2.8)	26	(2.1)	31	(2.2)	27	(2.9)	26	(1.9)
20 and over...	24	(1.6)	20	(1.5)	28	(3.5)	28	(2.9)	23	(1.1)	20	(0.8)	25	(1.2)	23	(1.3)	22	(1.0)
2 and over...	25	(1.2)	22	(1.4)	29	(2.8)	30	(2.8)	24	(0.7)	21	(0.7)	26	(1.0)	24	(1.1)	23	(0.9)
Over 350% poverty:																		
2 - 5.....	21	(3.2)	28	(3.4)	48	(11.0)	43	(7.1)	26	(2.2)	21	(1.6)	28	(1.7)	23	(2.1)	22	(2.6)
6 - 11.....	25	(1.7)	22	(2.1)	30	(4.2)	35	(6.2)	25	(1.6)	23	(1.5)	25	(1.9)	21	(2.2)	22	(2.5)
12 - 19.....	25	(3.1)	18	(2.2)	34	(7.8)	38	(4.2)	31	(1.7)	21	(1.3)	30	(2.1)	25	(2.3)	25	(2.0)
20 and over...	26	(1.6)	21	(1.2)	31	(2.2)	33	(2.8)	25	(0.6)	20	(0.9)	26	(0.9)	23	(1.0)	22	(0.9)
2 and over...	26	(1.5)	21	(1.1)	32	(2.2)	33	(2.3)	25	(0.6)	20	(0.8)	27	(0.9)	23	(1.0)	22	(0.7)
All Individuals[5]:																		
2 - 5.....	21	(1.6)	20	(1.5)	41	(5.5)	40	(3.1)	22	(1.0)	18	(0.8)	25	(1.0)	20	(1.0)	20	(1.0)
6 - 11.....	26	(1.0)	24	(1.3)	37	(3.8)	33	(2.6)	25	(0.9)	24	(0.8)	26	(1.0)	23	(1.0)	23	(1.0)
12 - 19.....	26	(2.2)	21	(2.0)	30	(4.2)	29	(3.2)	27	(1.5)	22	(1.6)	27	(1.7)	23	(1.8)	23	(1.2)
20 and over...	25	(1.0)	21	(0.8)	30	(1.5)	30	(1.3)	24	(0.6)	20	(0.6)	26	(0.7)	23	(0.6)	22	(0.6)
2 and over...	25	(0.8)	21	(0.7)	31	(1.5)	30	(1.3)	25	(0.4)	20	(0.5)	26	(0.6)	23	(0.5)	22	(0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 20. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Under 131% poverty:																		
2 - 5.....	20	(1.4)	14	(1.2)	18	(2.1)	15	(0.9)	26	(2.2)	27	(3.7)	19	(1.3)	21	(1.3)	21	(1.3)
6 - 11.....	27	(1.2)	21	(1.2)	21	(2.1)	25	(1.7)	27	(1.4)	32	(1.6)	28	(1.6)	28	(1.2)	26	(1.0)
12 - 19.....	22	(2.8)	19	(3.5)	18	(1.6)	21	(3.2)	19	(2.1)	20	(3.6)	24	(2.5)	24	(2.4)	21	(1.7)
20 and over...	23	(1.3)	21	(1.4)	18	(1.3)	16	(1.2)	22	(1.1)	31	(1.6)	21	(0.9)	24	(1.2)	21	(0.9)
2 and over...	23	(1.1)	20	(1.2)	18	(1.0)	18	(0.8)	22	(0.9)	30	(1.6)	22	(0.8)	24	(1.0)	21	(0.7)
131-350% poverty:																		
2 - 5.....	22	(1.4)	19	(1.5)	16	(3.8)	17	(2.1)	26	(2.3)	31	(3.9)	21	(1.6)	23	(1.3)	23	(0.9)
6 - 11.....	27	(1.9)	26	(3.3)	25	(2.1)	27	(1.7)	28	(1.5)	34	(3.0)	31	(1.7)	30	(1.4)	28	(1.6)
12 - 19.....	30	(2.2)	30	(4.4)	22	(4.1)	23	(2.8)	33	(2.2)	36	(3.0)	28	(1.9)	31	(1.6)	27	(1.5)
20 and over...	22	(1.1)	22	(1.3)	20	(2.3)	18	(1.9)	24	(1.5)	30	(2.0)	23	(0.9)	25	(1.0)	21	(0.7)
2 and over...	23	(0.9)	23	(1.3)	20	(1.8)	20	(1.3)	25	(1.2)	31	(1.7)	24	(0.6)	26	(0.8)	22	(0.7)
Over 350% poverty:																		
2 - 5.....	22	(2.2)	20	(2.4)	22	(2.7)	19	(2.6)	29	(2.2)	29	(4.1)	23	(1.8)	24	(1.4)	23	(1.2)
6 - 11.....	27	(1.7)	22	(2.4)	25	(4.6)	23	(2.6)	25	(2.5)	27	(2.1)	26	(2.3)	27	(1.8)	26	(2.2)
12 - 19.....	26	(2.2)	20	(1.7)	25	(3.8)	15	(2.1)	27	(1.8)	31	(3.1)	23	(1.3)	26	(1.4)	25	(1.4)
20 and over...	24	(1.1)	19	(2.1)	23	(1.1)	18	(1.5)	24	(0.9)	30	(1.9)	22	(0.8)	25	(0.8)	22	(0.7)
2 and over...	24	(1.1)	20	(1.8)	23	(0.9)	18	(1.2)	24	(0.9)	30	(1.8)	23	(0.7)	25	(0.7)	22	(0.7)
All Individuals[5]:																		
2 - 5.....	21	(1.1)	17	(0.9)	18	(1.9)	17	(1.2)	27	(1.4)	29	(2.4)	21	(0.9)	23	(0.7)	22	(0.5)
6 - 11.....	27	(1.0)	23	(1.4)	24	(1.8)	25	(1.1)	27	(1.1)	31	(1.6)	29	(0.9)	28	(0.9)	27	(1.0)
12 - 19.....	26	(1.8)	22	(2.3)	20	(2.1)	19	(1.8)	25	(1.7)	28	(2.4)	25	(1.5)	27	(1.5)	24	(1.1)
20 and over...	23	(0.7)	21	(1.0)	21	(0.9)	17	(1.0)	24	(0.6)	30	(1.2)	22	(0.6)	25	(0.7)	21	(0.5)
2 and over...	24	(0.6)	21	(0.8)	21	(0.7)	18	(0.7)	24	(0.6)	30	(1.1)	23	(0.5)	25	(0.6)	22	(0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 20. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Iron %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
Under 131% poverty:																
2 - 5.....	17	(1.4)	19	(1.5)	21	(1.4)	25	(1.7)	21	(1.2)	26	(1.4)	16	(4.1)	--	--
6 - 11.....	22	(0.8)	24	(1.4)	28	(1.1)	28	(1.1)	28	(1.3)	29	(1.3)	16	(3.5)	--	--
12 - 19.....	21	(1.8)	24	(2.7)	21	(2.0)	25	(2.6)	24	(2.0)	24	(2.8)	13	(4.0)	--	--
20 and over...	22	(1.0)	25	(1.6)	21	(0.9)	27	(1.1)	22	(1.3)	27	(1.2)	9	(1.4)	2*	(0.6)
2 and over...	21	(0.8)	24	(1.3)	22	(0.7)	27	(1.0)	23	(1.0)	27	(1.2)	10	(1.5)	--	--
131-350% poverty:																
2 - 5.....	19	(1.4)	22	(1.4)	22	(1.1)	27	(1.7)	23	(0.8)	28	(1.8)	13*	(6.1)	--	--
6 - 11.....	24	(2.6)	26	(2.2)	30	(2.3)	29	(1.5)	30	(1.8)	32	(2.0)	11	(2.5)	--	--
12 - 19.....	27	(1.8)	32	(2.5)	31	(3.0)	35	(1.9)	28	(1.4)	34	(1.8)	15	(3.8)	--	--
20 and over...	23	(0.9)	25	(1.1)	22	(0.9)	27	(1.3)	23	(0.8)	29	(1.4)	9	(0.9)	4*	(1.4)
2 and over...	23	(0.7)	26	(0.8)	24	(0.8)	28	(1.0)	24	(0.7)	29	(1.2)	9	(0.9)	--	--
Over 350% poverty:																
2 - 5.....	21	(1.8)	24	(1.9)	23	(1.4)	27	(1.9)	25	(1.3)	27	(1.9)	30*	(13.8)	--	--
6 - 11.....	22	(1.7)	25	(2.0)	26	(3.0)	32	(1.9)	27	(1.9)	31	(1.5)	26	(5.7)	--	--
12 - 19.....	26	(1.5)	25	(1.6)	25	(2.1)	30	(2.1)	28	(1.7)	33	(2.5)	26	(6.1)	--	--
20 and over...	24	(0.8)	25	(0.9)	21	(1.5)	29	(1.0)	24	(0.8)	31	(0.9)	11	(2.4)	4*	(1.4)
2 and over...	24	(0.7)	25	(0.9)	22	(1.4)	29	(0.9)	25	(0.8)	31	(0.8)	12	(2.3)	--	--
All Individuals[5]:																
2 - 5.....	19	(0.8)	21	(0.8)	23	(0.7)	27	(1.1)	23	(0.6)	27	(1.0)	17	(3.6)	--	--
6 - 11.....	23	(1.1)	25	(1.3)	28	(1.3)	30	(1.0)	29	(1.0)	31	(1.2)	16	(2.3)	--	--
12 - 19.....	24	(1.1)	26	(1.8)	25	(1.7)	29	(1.6)	26	(1.2)	30	(1.7)	18	(1.8)	--	--
20 and over...	23	(0.5)	25	(0.8)	22	(0.7)	28	(0.9)	23	(0.7)	29	(0.8)	10	(1.0)	4	(1.0)
2 and over...	23	(0.4)	25	(0.7)	22	(0.7)	29	(0.7)	24	(0.6)	29	(0.6)	11	(1.0)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Lunch includes eating occasions designated by the respondent as "brunch", "lunch" or the Spanish equivalent "comida." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2011-2012.

[3] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[4] The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as lunch.

[5] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 21. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2011-2012

Gender and age (years)	Percent reporting[3] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Males:																				
2 - 5	97*	(1.0)	26	(1.2)	32	(1.6)	23	(1.3)	18	(1.4)	27	(1.3)	29	(1.6)	26	(1.6)	30	(1.7)	30	(1.8)
6 - 11	95	(0.9)	29	(1.2)	37	(1.5)	25	(1.1)	20	(1.3)	31	(1.7)	32	(1.5)	31	(1.9)	32	(1.4)	32	(1.3)
12 - 19	89	(1.5)	35	(1.7)	42	(2.1)	31	(1.8)	23	(2.0)	37	(2.4)	37	(1.5)	37	(2.0)	36	(1.4)	38	(1.5)
20 - 29	92	(1.9)	36	(1.4)	45	(1.6)	32	(1.3)	24	(1.6)	39	(2.1)	41	(2.0)	42	(1.7)	41	(2.4)	39	(2.4)
30 - 39	95	(1.5)	35	(1.4)	42	(2.0)	32	(1.4)	25	(1.3)	33	(2.1)	37	(1.9)	37	(2.0)	37	(1.9)	37	(2.7)
40 - 49	93	(1.5)	36	(1.9)	43	(2.3)	31	(1.2)	23	(1.3)	37	(2.0)	38	(3.1)	38	(3.3)	38	(2.8)	39	(4.0)
50 - 59	93	(1.8)	34	(2.0)	44	(1.8)	30	(1.7)	23	(1.7)	38	(2.1)	39	(2.7)	36	(2.6)	38	(2.5)	43	(3.4)
60 - 69	94	(1.7)	35	(1.5)	45	(1.5)	31	(2.0)	24	(2.7)	34	(2.3)	35	(1.6)	35	(2.1)	35	(1.7)	34	(1.2)
70 and over	92	(1.3)	35	(1.6)	43	(2.0)	30	(1.2)	26	(1.5)	34	(1.3)	38	(2.5)	36	(2.1)	37	(2.6)	39	(3.1)
2 - 19	93	(0.8)	31	(1.3)	39	(1.6)	28	(1.3)	21	(1.3)	33	(1.6)	34	(1.3)	33	(1.7)	34	(1.1)	35	(1.2)
20 and over	93	(0.9)	35	(0.6)	44	(0.9)	31	(0.4)	24	(0.5)	36	(0.8)	38	(1.0)	38	(1.1)	38	(1.0)	39	(1.3)
2 and over	93	(0.8)	34	(0.5)	43	(0.7)	30	(0.4)	23	(0.5)	36	(0.6)	37	(0.8)	37	(0.8)	37	(0.8)	38	(1.1)
Females:																				
2 - 5	96*	(1.0)	28	(1.2)	34	(1.3)	24	(1.3)	18	(1.1)	29	(1.9)	30	(1.3)	28	(1.3)	31	(1.4)	31	(1.8)
6 - 11	94	(1.5)	32	(1.2)	39	(1.6)	29	(1.0)	22	(1.3)	30	(1.3)	34	(1.7)	33	(2.1)	34	(1.8)	32	(1.9)
12 - 19	93	(1.7)	34	(1.3)	42	(2.0)	31	(1.4)	25	(2.3)	34	(1.9)	34	(1.6)	32	(1.9)	34	(1.4)	37	(2.2)
20 - 29	94	(1.6)	35	(1.6)	42	(1.4)	31	(1.5)	25	(1.5)	36	(1.5)	37	(1.8)	37	(1.9)	37	(2.0)	37	(1.8)
30 - 39	93	(1.2)	32	(1.5)	40	(1.9)	28	(1.3)	20	(1.5)	32	(1.6)	34	(1.7)	34	(2.0)	34	(1.8)	34	(1.6)
40 - 49	95*	(1.1)	35	(1.2)	42	(1.6)	31	(0.9)	22	(1.1)	37	(1.8)	39	(1.7)	38	(2.1)	38	(1.6)	40	(1.8)
50 - 59	94	(1.3)	37	(1.9)	44	(1.6)	31	(1.8)	23	(2.0)	35	(1.8)	40	(2.1)	42	(2.5)	40	(2.0)	37	(2.0)
60 - 69	94	(2.1)	36	(1.7)	42	(1.6)	31	(1.6)	25	(1.6)	35	(1.8)	38	(1.9)	38	(1.9)	36	(2.1)	40	(3.0)
70 and over	93	(1.9)	35	(1.7)	41	(1.8)	30	(1.4)	24	(1.7)	35	(1.6)	37	(2.3)	36	(2.8)	37	(2.2)	40	(2.3)
2 - 19	94	(1.0)	32	(0.9)	39	(1.2)	29	(0.9)	22	(1.0)	32	(1.2)	33	(1.1)	31	(1.4)	34	(1.1)	34	(1.3)
20 and over	94	(0.6)	35	(0.7)	42	(0.7)	30	(0.7)	23	(0.8)	35	(0.7)	38	(0.8)	38	(0.9)	37	(0.8)	38	(0.7)
2 and over	94	(0.6)	34	(0.6)	41	(0.7)	30	(0.6)	23	(0.7)	34	(0.6)	37	(0.7)	36	(0.8)	36	(0.7)	37	(0.6)
Males and females:																				
2 - 19	93	(0.7)	32	(0.8)	39	(1.1)	28	(0.6)	22	(0.7)	33	(1.0)	34	(0.9)	32	(1.2)	34	(0.8)	34	(0.9)
20 and over	93	(0.6)	35	(0.6)	43	(0.7)	31	(0.5)	23	(0.5)	36	(0.6)	38	(0.7)	38	(0.8)	38	(0.7)	38	(0.8)
2 and over	93	(0.6)	34	(0.5)	42	(0.6)	30	(0.4)	23	(0.5)	35	(0.5)	37	(0.6)	36	(0.7)	37	(0.6)	37	(0.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 21. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Males:																		
2 - 5.....	31	(1.8)	20	(2.8)	38	(9.6)	47	(4.0)	24	(1.3)	20	(1.5)	31	(1.5)	27	(1.8)	22	(1.2)
6 - 11.....	35	(1.7)	24	(2.3)	46	(5.9)	55	(5.7)	28	(1.4)	23	(1.4)	33	(1.1)	29	(1.4)	26	(1.0)
12 - 19.....	36	(2.0)	29	(3.4)	45	(6.4)	60	(5.7)	34	(2.5)	27	(1.8)	38	(1.9)	32	(1.9)	33	(3.3)
20 - 29.....	41	(1.6)	34	(2.1)	50	(4.0)	62	(3.6)	38	(1.3)	31	(1.7)	38	(1.6)	35	(2.0)	36	(1.5)
30 - 39.....	41	(2.5)	37	(2.5)	61	(3.9)	55	(4.5)	36	(2.1)	27	(1.5)	38	(1.8)	33	(1.7)	32	(2.1)
40 - 49.....	37	(2.7)	40	(3.3)	64	(5.9)	53	(6.3)	37	(2.4)	28	(1.5)	39	(2.0)	35	(2.5)	32	(2.0)
50 - 59.....	41	(3.6)	36	(3.6)	56	(6.8)	53	(5.2)	35	(1.7)	28	(1.7)	40	(1.9)	37	(2.1)	34	(2.3)
60 - 69.....	42	(3.9)	49	(6.3)	36*	(17.3)	62	(6.4)	34	(2.2)	31	(2.8)	40	(1.6)	38	(1.4)	32	(2.2)
70 and over.....	42	(2.1)	29	(2.6)	55	(5.1)	52	(6.4)	32	(1.5)	25	(1.2)	37	(1.7)	33	(1.6)	26	(1.2)
2 - 19.....	35	(1.5)	26	(2.3)	44	(5.3)	57	(4.3)	31	(1.6)	25	(1.3)	35	(1.3)	31	(1.3)	29	(1.9)
20 and over...	40	(1.2)	39	(2.3)	53	(6.3)	56	(2.7)	36	(0.7)	29	(0.9)	39	(0.7)	35	(0.8)	33	(0.6)
2 and over...	39	(1.0)	36	(1.9)	52	(5.6)	56	(2.5)	35	(0.5)	28	(0.7)	38	(0.5)	34	(0.7)	32	(0.8)
Females:																		
2 - 5.....	32	(2.6)	24	(2.4)	34	(5.5)	45	(4.7)	26	(1.5)	22	(1.0)	32	(1.7)	27	(1.4)	23	(1.7)
6 - 11.....	39	(2.0)	26	(1.6)	43	(4.1)	50	(2.9)	31	(1.0)	26	(1.0)	36	(1.5)	29	(2.2)	29	(0.8)
12 - 19.....	38	(2.3)	29	(1.9)	53	(5.2)	53	(6.3)	34	(1.2)	26	(1.4)	39	(1.5)	35	(1.8)	30	(1.6)
20 - 29.....	37	(2.0)	34	(2.5)	55	(3.4)	58	(3.3)	37	(2.8)	29	(1.6)	38	(1.4)	34	(1.4)	33	(2.7)
30 - 39.....	38	(2.0)	34	(2.9)	51	(6.0)	43	(6.5)	33	(1.4)	26	(1.4)	35	(1.8)	33	(1.6)	33	(1.5)
40 - 49.....	37	(2.6)	39	(3.7)	58	(5.4)	57	(3.9)	36	(1.5)	27	(1.1)	39	(1.7)	37	(1.5)	34	(1.9)
50 - 59.....	42	(2.6)	35	(3.3)	43	(6.1)	54	(4.3)	36	(1.6)	29	(1.3)	40	(1.5)	36	(1.6)	35	(2.2)
60 - 69.....	42	(2.4)	39	(2.9)	51	(4.7)	52	(8.9)	35	(2.5)	29	(1.3)	37	(1.9)	37	(2.4)	34	(2.8)
70 and over.....	38	(2.8)	34	(2.5)	55	(3.7)	52	(6.6)	34	(1.6)	27	(1.5)	38	(1.6)	36	(1.7)	31	(1.9)
2 - 19.....	37	(1.5)	26	(1.5)	45	(3.4)	51	(3.4)	31	(0.9)	25	(0.9)	37	(1.2)	31	(1.3)	28	(0.7)
20 and over...	39	(1.1)	36	(1.0)	52	(2.3)	53	(2.5)	35	(0.9)	28	(0.6)	38	(0.7)	35	(0.6)	33	(0.7)
2 and over...	39	(1.0)	34	(1.0)	51	(2.1)	52	(2.3)	34	(0.7)	27	(0.5)	38	(0.5)	34	(0.6)	32	(0.4)
Males and females:																		
2 - 19.....	36	(1.2)	26	(1.7)	45	(4.1)	54	(2.9)	31	(0.9)	25	(0.7)	36	(0.7)	31	(0.8)	29	(1.2)
20 and over...	40	(1.0)	37	(1.6)	52	(3.3)	55	(2.1)	36	(0.7)	28	(0.6)	38	(0.5)	35	(0.6)	33	(0.5)
2 and over...	39	(0.8)	35	(1.4)	51	(3.0)	55	(2.0)	34	(0.5)	27	(0.6)	38	(0.4)	34	(0.5)	32	(0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 21. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Males:																		
2 - 5.....	27	(1.4)	22	(1.2)	19	(2.2)	18	(2.0)	28	(2.0)	36	(3.3)	20	(1.7)	26	(1.6)	25	(1.4)
6 - 11.....	33	(1.5)	26	(2.2)	24	(1.8)	19	(2.7)	33	(1.5)	41	(2.2)	23	(1.9)	29	(1.5)	28	(1.3)
12 - 19.....	35	(2.1)	31	(2.0)	25	(4.3)	25	(4.5)	34	(2.1)	51	(4.3)	31	(3.2)	37	(2.6)	33	(1.9)
20 - 29.....	38	(1.3)	38	(2.4)	25	(3.7)	33	(4.7)	36	(2.9)	56	(4.3)	36	(2.1)	40	(1.6)	33	(1.3)
30 - 39.....	38	(2.1)	33	(2.4)	28	(3.6)	30	(2.7)	32	(1.8)	49	(3.0)	29	(2.2)	36	(2.0)	31	(1.5)
40 - 49.....	37	(2.0)	35	(3.1)	34	(2.7)	33	(6.6)	35	(2.9)	46	(5.2)	32	(2.3)	38	(2.0)	32	(1.6)
50 - 59.....	37	(2.1)	37	(3.2)	32	(2.9)	30	(3.3)	39	(2.5)	58	(3.8)	29	(1.9)	37	(1.6)	31	(1.6)
60 - 69.....	39	(2.6)	59*	(14.3)	29	(5.1)	29	(3.8)	34	(2.3)	27*	(17.1)	31	(2.9)	37	(1.3)	30	(1.5)
70 and over.....	38	(1.7)	30	(2.5)	29	(1.8)	33	(5.3)	34	(1.8)	51	(3.1)	27	(1.7)	36	(1.7)	31	(1.1)
2 - 19.....	33	(1.5)	28	(1.5)	23	(1.9)	21	(2.6)	33	(1.5)	46	(2.6)	26	(2.1)	33	(1.8)	30	(1.3)
20 and over...	38	(0.7)	40	(4.2)	29	(1.8)	31	(1.8)	35	(1.0)	46	(6.6)	31	(0.9)	37	(0.7)	32	(0.6)
2 and over...	37	(0.6)	37	(3.3)	28	(1.1)	28	(1.1)	35	(0.9)	46	(5.8)	30	(0.9)	36	(0.6)	31	(0.5)
Females:																		
2 - 5.....	30	(1.4)	23	(1.5)	21	(1.6)	19	(1.6)	29	(1.9)	38	(1.8)	21	(1.6)	28	(1.3)	28	(1.6)
6 - 11.....	34	(1.2)	25	(1.6)	27	(3.5)	18	(1.7)	33	(2.1)	40	(2.1)	27	(1.9)	32	(1.5)	30	(1.4)
12 - 19.....	37	(1.6)	31	(1.8)	26	(2.4)	20	(2.0)	31	(1.9)	45	(3.0)	26	(1.7)	34	(1.6)	31	(1.9)
20 - 29.....	37	(1.6)	34	(1.8)	30	(2.9)	26	(5.3)	37	(2.1)	54	(3.9)	29	(1.6)	36	(1.1)	32	(1.1)
30 - 39.....	36	(1.7)	36	(3.7)	27	(2.7)	27	(2.5)	32	(1.5)	51	(4.5)	28	(1.8)	35	(1.8)	28	(1.5)
40 - 49.....	35	(1.9)	36	(2.0)	30	(2.7)	31	(2.8)	36	(1.6)	52	(3.7)	31	(1.8)	36	(1.4)	30	(1.5)
50 - 59.....	38	(1.6)	34	(3.0)	32	(3.1)	29	(2.8)	34	(1.9)	48	(5.1)	33	(1.9)	38	(1.6)	30	(1.3)
60 - 69.....	40	(1.5)	37	(2.1)	34	(3.1)	30	(4.0)	34	(1.7)	60	(3.1)	29	(1.6)	37	(1.5)	31	(1.6)
70 and over.....	37	(1.7)	36	(2.9)	29	(2.5)	32	(4.3)	36	(1.7)	58	(2.9)	27	(1.6)	34	(1.6)	31	(1.6)
2 - 19.....	34	(1.0)	27	(1.1)	25	(1.9)	19	(1.1)	31	(1.1)	42	(1.3)	25	(1.3)	32	(1.1)	30	(1.4)
20 and over...	37	(0.8)	35	(1.1)	30	(1.5)	29	(1.0)	35	(0.7)	54	(1.7)	30	(0.7)	36	(0.7)	30	(0.5)
2 and over...	36	(0.7)	33	(0.9)	29	(1.4)	26	(0.9)	34	(0.7)	52	(1.5)	29	(0.7)	35	(0.6)	30	(0.5)
Males and females:																		
2 - 19.....	34	(0.9)	28	(1.0)	24	(1.2)	20	(1.6)	32	(1.2)	44	(1.7)	26	(1.3)	33	(1.1)	30	(0.9)
20 and over...	37	(0.7)	38	(2.8)	30	(1.3)	30	(1.2)	35	(0.6)	50	(3.6)	30	(0.7)	37	(0.6)	31	(0.5)
2 and over...	37	(0.6)	35	(2.3)	28	(1.0)	27	(0.9)	34	(0.6)	49	(3.2)	29	(0.7)	36	(0.5)	31	(0.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 21. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Iron %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
Males:																
2 - 5	23	(1.0)	27	(1.7)	26	(1.2)	34	(1.4)	25	(1.7)	33	(1.6)	32	(5.9)	--	--
6 - 11	26	(1.3)	31	(1.7)	28	(1.6)	38	(1.4)	30	(1.6)	35	(1.3)	21	(5.5)	--	--
12 - 19	33	(2.6)	37	(2.4)	35	(2.2)	43	(2.3)	36	(2.0)	42	(2.2)	22	(4.9)	--	--
20 - 29	36	(1.4)	43	(1.8)	35	(1.3)	44	(1.6)	38	(1.6)	45	(1.7)	12	(2.3)	--	--
30 - 39	32	(1.9)	39	(2.5)	32	(1.8)	44	(2.3)	35	(1.6)	41	(2.3)	9	(1.5)	--	--
40 - 49	35	(1.6)	40	(2.3)	33	(1.5)	42	(2.3)	36	(1.4)	41	(2.2)	7	(1.7)	--	--
50 - 59	34	(1.3)	41	(2.1)	33	(1.4)	43	(1.8)	36	(1.4)	41	(1.6)	7	(1.0)	--	--
60 - 69	33	(2.3)	40	(2.5)	50	(13.7)	43	(2.0)	34	(2.3)	43	(1.6)	4*	(0.8)	--	--
70 and over	27	(1.3)	36	(1.9)	30	(1.4)	44	(2.0)	35	(1.2)	42	(1.5)	7	(1.2)	--	--
2 - 19	29	(1.6)	34	(1.5)	31	(1.6)	40	(1.6)	32	(1.5)	39	(1.7)	22	(3.5)	--	--
20 and over	34	(0.6)	40	(0.8)	36	(3.3)	43	(0.8)	36	(0.5)	42	(0.9)	7	(0.5)	26	(4.3)
2 and over	32	(0.5)	39	(0.7)	35	(2.7)	43	(0.7)	35	(0.5)	42	(0.8)	8	(0.5)	--	--
Females:																
2 - 5	23	(1.4)	28	(1.1)	30	(1.3)	35	(1.4)	27	(1.3)	35	(1.3)	26	(5.6)	--	--
6 - 11	28	(0.8)	31	(1.2)	30	(1.3)	41	(1.4)	31	(1.5)	39	(1.6)	31	(4.5)	--	--
12 - 19	31	(1.3)	35	(2.1)	34	(2.5)	43	(1.7)	33	(2.0)	41	(1.6)	22	(3.3)	--	--
20 - 29	33	(1.5)	38	(1.6)	32	(0.9)	43	(1.6)	35	(1.4)	42	(1.6)	13	(2.2)	--	--
30 - 39	30	(1.8)	36	(2.0)	29	(1.4)	42	(1.8)	32	(1.5)	41	(1.7)	6	(1.2)	--	--
40 - 49	34	(1.4)	37	(1.7)	30	(1.5)	42	(1.8)	35	(1.1)	44	(1.5)	9	(1.6)	--	--
50 - 59	35	(2.5)	40	(1.9)	31	(1.3)	45	(2.0)	35	(1.4)	45	(2.2)	7	(1.6)	--	--
60 - 69	33	(2.1)	36	(1.8)	32	(1.9)	42	(2.3)	35	(1.8)	43	(2.0)	8	(1.6)	--	--
70 and over	31	(2.2)	36	(2.3)	33	(2.2)	42	(1.9)	35	(1.5)	43	(1.7)	8	(1.0)	--	--
2 - 19	28	(0.6)	33	(1.1)	32	(1.4)	41	(1.1)	31	(1.2)	39	(1.1)	24	(2.6)	--	--
20 and over	33	(0.9)	38	(0.9)	31	(0.4)	43	(0.7)	34	(0.6)	43	(0.7)	8	(0.5)	38	(3.7)
2 and over	32	(0.7)	36	(0.7)	31	(0.5)	42	(0.6)	34	(0.5)	42	(0.7)	9	(0.5)	--	--
Males and females:																
2 - 19	29	(0.9)	33	(1.1)	31	(1.2)	40	(1.1)	32	(1.0)	39	(1.0)	23	(2.6)	--	--
20 and over	33	(0.6)	39	(0.7)	34	(1.8)	43	(0.7)	35	(0.5)	43	(0.7)	8	(0.4)	30	(3.4)
2 and over	32	(0.4)	38	(0.6)	34	(1.5)	42	(0.6)	34	(0.5)	42	(0.7)	9	(0.4)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as dinner.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, *What We Eat in America,* NHANES 2011-2012.

Table 22. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years)	Percent reporting[3] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Non-Hispanic White:																				
2 - 5.....	100*	(0.5)	28	(1.4)	34	(2.1)	24	(1.5)	18	(1.2)	29	(1.9)	31	(1.6)	29	(1.9)	32	(1.6)	31	(2.0)
6 - 11.....	98*	(0.9)	31	(1.0)	39	(1.3)	27	(1.2)	21	(1.7)	30	(1.2)	34	(1.2)	34	(1.8)	35	(1.2)	33	(1.4)
12 - 19.....	92*	(1.4)	33	(1.7)	40	(2.1)	30	(1.9)	24	(2.3)	35	(2.7)	35	(2.0)	34	(2.5)	34	(1.9)	35	(1.9)
20 and over...	95	(0.6)	36	(0.8)	44	(0.9)	31	(0.7)	23	(0.7)	36	(0.9)	40	(0.9)	39	(1.0)	39	(1.0)	40	(1.0)
2 and over...	95	(0.5)	35	(0.6)	43	(0.7)	30	(0.5)	23	(0.6)	35	(0.7)	38	(0.7)	38	(0.7)	38	(0.7)	39	(0.9)
Non-Hispanic Black:																				
2 - 5.....	97*	(1.5)	28	(1.4)	37	(1.4)	24	(1.3)	18	(1.8)	31	(1.7)	31	(1.7)	28	(1.8)	32	(1.9)	32	(1.4)
6 - 11.....	95*	(1.1)	32	(0.8)	41	(2.0)	27	(0.8)	21	(0.8)	31	(0.8)	34	(0.9)	33	(1.2)	35	(1.0)	35	(1.3)
12 - 19.....	91	(2.1)	34	(2.0)	45	(1.6)	29	(1.9)	23	(2.0)	34	(2.1)	37	(2.7)	35	(2.6)	37	(2.7)	39	(3.6)
20 and over...	89	(0.8)	34	(0.8)	43	(1.2)	30	(1.0)	25	(1.3)	36	(1.0)	35	(0.7)	35	(0.9)	34	(0.7)	34	(0.9)
2 and over...	91	(0.6)	33	(0.7)	43	(0.9)	30	(0.8)	24	(1.1)	35	(0.7)	35	(0.7)	34	(0.8)	35	(0.6)	35	(0.8)
Non-Hispanic Asian[4]:																				
2 - 5.....	97*	(2.2)	24	(2.3)	30	(2.6)	23	(2.2)	14*	(2.1)	29	(2.8)	23	(3.2)	21	(3.8)	23	(2.8)	26	(3.7)
6 - 11.....	96*	(2.2)	29	(1.1)	34	(1.3)	28	(1.3)	21	(2.8)	31	(3.0)	28	(2.5)	27	(3.2)	29	(2.3)	30	(2.7)
12 - 19.....	94*	(2.8)	33	(1.8)	41	(2.4)	30	(1.1)	21	(2.2)	35	(1.8)	33	(2.9)	33	(3.4)	32	(2.8)	35	(3.9)
20 and over...	94	(1.5)	34	(1.0)	42	(0.9)	31	(0.8)	21	(1.2)	32	(1.4)	34	(1.8)	33	(2.0)	33	(2.1)	35	(1.5)
2 and over...	95	(1.4)	33	(0.7)	41	(0.7)	30	(0.5)	21	(0.8)	32	(1.2)	33	(1.3)	31	(1.5)	33	(1.6)	34	(1.1)
Hispanic:																				
2 - 5.....	89	(2.4)	24	(1.1)	28	(1.0)	22	(1.2)	17	(1.1)	25	(1.6)	25	(1.2)	23	(1.4)	26	(1.2)	27	(1.6)
6 - 11.....	83	(2.8)	27	(1.6)	32	(1.9)	25	(1.7)	20	(1.6)	29	(1.8)	27	(1.6)	26	(1.8)	28	(1.6)	28	(1.8)
12 - 19.....	87	(2.5)	35	(1.6)	43	(2.6)	31	(1.4)	23	(1.2)	38	(2.0)	37	(1.5)	35	(1.6)	38	(1.5)	39	(2.1)
20 and over...	88	(1.9)	33	(0.9)	38	(1.4)	31	(0.7)	26	(1.2)	35	(0.7)	34	(0.9)	34	(1.1)	34	(1.0)	35	(1.0)
2 and over...	87	(1.6)	32	(0.8)	38	(1.2)	30	(0.7)	24	(1.0)	34	(0.7)	33	(0.8)	32	(0.8)	33	(0.8)	34	(0.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 22. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Non-Hispanic White:																		
2 - 5.....	35	(4.0)	24	(3.8)	39	(10.8)	51	(5.8)	27	(1.6)	23	(1.6)	33	(1.8)	29	(2.6)	23	(2.0)
6 - 11.....	41	(1.5)	28	(2.0)	49	(5.1)	55	(3.9)	30	(1.2)	25	(1.0)	35	(1.5)	29	(2.0)	28	(1.1)
12 - 19.....	35	(2.5)	30	(3.2)	43	(9.0)	60	(6.5)	33	(2.7)	26	(1.7)	36	(1.5)	31	(1.9)	32	(3.6)
20 and over...	42	(1.3)	39	(1.9)	55	(4.8)	56	(2.9)	36	(1.0)	29	(0.8)	39	(0.5)	36	(0.6)	33	(0.7)
2 and over...	41	(1.0)	37	(1.6)	53	(4.5)	56	(2.8)	35	(0.7)	28	(0.7)	38	(0.4)	35	(0.5)	32	(0.7)
Non-Hispanic Black:																		
2 - 5.....	34	(2.1)	23	(3.3)	56	(8.1)	42	(5.1)	25	(1.0)	20	(1.0)	33	(1.7)	28	(1.5)	24	(1.1)
6 - 11.....	41	(1.7)	23	(1.5)	56	(6.1)	51	(4.0)	30	(1.0)	24	(1.7)	37	(2.1)	32	(2.8)	28	(1.4)
12 - 19.....	41	(2.1)	28	(1.8)	57	(3.9)	53	(6.6)	34	(1.7)	28	(1.7)	40	(1.4)	35	(1.4)	30	(2.0)
20 and over...	38	(1.0)	36	(1.1)	55	(2.0)	53	(3.1)	35	(0.8)	30	(0.7)	40	(1.4)	37	(1.3)	34	(1.3)
2 and over...	39	(0.7)	33	(0.9)	56	(2.0)	52	(2.4)	33	(0.6)	28	(0.8)	39	(1.0)	36	(1.1)	32	(1.1)
Non-Hispanic Asian[4]:																		
2 - 5.....	22	(3.3)	18*	(2.9)	29	(5.2)	43*	(13.5)	27	(2.5)	21	(1.8)	31	(4.1)	26	(1.8)	26	(3.9)
6 - 11.....	36	(4.8)	24	(1.7)	40	(5.3)	57	(7.0)	31	(1.8)	24	(1.9)	35	(3.0)	30	(2.9)	30	(1.4)
12 - 19.....	40	(5.0)	37	(3.7)	65	(5.3)	50	(9.0)	33	(2.9)	29	(3.1)	39	(2.4)	38	(2.8)	34	(2.4)
20 and over...	44	(1.4)	35	(1.7)	44	(1.8)	51	(3.9)	35	(1.0)	27	(1.9)	38	(1.4)	36	(1.7)	35	(1.2)
2 and over...	42	(1.1)	33	(1.3)	45	(1.5)	51	(3.1)	34	(0.9)	27	(1.4)	38	(1.2)	36	(1.4)	34	(1.0)
Hispanic:																		
2 - 5.....	24	(2.2)	17	(1.6)	22	(3.8)	35	(5.2)	21	(1.6)	18	(1.3)	26	(1.7)	22	(1.3)	21	(1.7)
6 - 11.....	27	(1.9)	18	(2.0)	32	(7.1)	39	(3.2)	27	(1.8)	21	(1.4)	30	(1.9)	26	(1.7)	24	(1.9)
12 - 19.....	38	(3.7)	25	(2.4)	47	(9.9)	55	(5.6)	35	(1.6)	27	(1.6)	42	(2.5)	36	(2.9)	31	(2.3)
20 and over...	32	(1.3)	28	(1.5)	40	(2.9)	49	(3.0)	34	(1.0)	26	(1.2)	35	(1.2)	32	(1.4)	32	(1.5)
2 and over...	32	(1.3)	25	(0.9)	39	(2.8)	48	(2.5)	32	(0.8)	25	(0.9)	35	(1.1)	31	(1.3)	30	(1.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 22. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Non-Hispanic White:																		
2 - 5.....	31	(2.2)	24	(1.6)	20	(2.5)	22	(2.4)	29	(2.3)	36	(3.8)	23	(2.2)	28	(2.1)	27	(2.1)
6 - 11.....	35	(1.1)	26	(1.9)	25	(3.3)	20	(1.8)	34	(1.3)	42	(2.6)	26	(1.8)	32	(1.3)	28	(1.0)
12 - 19.....	33	(1.9)	31	(1.8)	23	(5.6)	22	(3.0)	32	(3.2)	45	(6.1)	29	(3.0)	35	(2.5)	31	(2.3)
20 and over...	38	(0.8)	39	(3.7)	31	(1.8)	31	(2.0)	36	(0.9)	51	(5.0)	32	(0.9)	37	(0.8)	31	(0.7)
2 and over...	37	(0.7)	37	(3.1)	29	(1.3)	29	(1.5)	35	(0.9)	50	(4.6)	31	(0.8)	36	(0.7)	31	(0.6)
Non-Hispanic Black:																		
2 - 5.....	31	(1.5)	23	(2.5)	23	(2.4)	11	(1.2)	30	(1.9)	50	(3.0)	17	(1.5)	28	(1.3)	28	(1.2)
6 - 11.....	36	(1.6)	27	(2.6)	25	(2.2)	16	(2.7)	33	(1.4)	49	(4.0)	24	(1.5)	32	(1.3)	31	(1.0)
12 - 19.....	39	(2.0)	33	(2.5)	28	(5.5)	19	(1.9)	33	(2.9)	50	(6.6)	28	(3.1)	37	(2.1)	33	(1.8)
20 and over...	37	(0.8)	35	(1.8)	27	(1.9)	30	(2.6)	32	(1.4)	54	(2.8)	29	(1.2)	36	(0.9)	31	(0.9)
2 and over...	37	(0.6)	33	(1.3)	27	(1.7)	25	(2.1)	32	(1.1)	54	(1.9)	27	(1.1)	35	(0.8)	31	(0.7)
Non-Hispanic Asian[4]:																		
2 - 5.....	24	(2.1)	20	(2.1)	12*	(2.0)	15*	(3.2)	27	(3.0)	30	(6.8)	19*	(3.0)	26	(2.2)	25	(1.6)
6 - 11.....	32	(1.9)	22	(2.4)	32	(6.3)	20	(3.6)	36	(2.2)	47	(8.4)	23	(2.2)	29	(1.5)	31	(2.5)
12 - 19.....	38	(3.3)	33	(3.3)	37	(6.1)	29	(4.6)	34	(2.9)	55	(4.5)	30	(3.8)	36	(2.4)	34	(2.0)
20 and over...	40	(1.2)	38	(2.0)	32	(2.8)	39	(2.6)	32	(2.0)	48	(3.2)	26	(1.5)	37	(0.9)	30	(1.3)
2 and over...	38	(1.0)	36	(1.5)	32	(2.9)	34	(2.1)	32	(1.5)	48	(2.8)	26	(1.1)	35	(0.7)	30	(1.1)
Hispanic:																		
2 - 5.....	24	(1.1)	19	(1.6)	15	(1.5)	15	(2.1)	24	(1.4)	28	(1.9)	18	(1.6)	23	(1.2)	23	(1.1)
6 - 11.....	27	(1.8)	21	(2.1)	21	(2.7)	15	(1.9)	27	(1.7)	31	(2.1)	21	(1.5)	27	(1.4)	26	(1.5)
12 - 19.....	37	(3.4)	29	(3.2)	24	(2.5)	25	(5.8)	34	(1.8)	50	(3.6)	28	(1.8)	37	(2.2)	34	(1.7)
20 and over...	33	(1.3)	34	(1.9)	27	(1.0)	25	(3.1)	33	(1.0)	40	(3.4)	27	(1.0)	34	(0.9)	31	(0.8)
2 and over...	32	(1.2)	31	(1.4)	25	(0.8)	23	(2.0)	32	(0.9)	40	(2.7)	26	(0.8)	33	(0.8)	30	(0.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 22. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium %	(SE)	Caffeine %	(SE)	Alcohol %	(SE)
Non-Hispanic White:																
2 - 5.....	23	(1.2)	27	(1.9)	28	(1.8)	37	(2.0)	28	(2.2)	35	(1.7)	32	(4.0)	--	--
6 - 11.....	26	(1.3)	31	(1.2)	28	(1.0)	41	(1.3)	30	(1.2)	38	(1.1)	23	(6.9)	--	--
12 - 19.....	32	(2.5)	36	(2.7)	35	(3.3)	42	(2.6)	34	(2.2)	41	(2.2)	21	(4.4)	--	--
20 and over...	33	(0.8)	40	(1.0)	35	(2.6)	44	(0.8)	35	(0.7)	44	(0.9)	7	(0.4)	31	(4.4)
2 and over...	32	(0.6)	38	(0.7)	34	(2.2)	43	(0.6)	35	(0.6)	43	(0.7)	8	(0.4)	--	--
Non-Hispanic Black:																
2 - 5.....	24	(1.2)	30	(1.6)	33	(1.8)	37	(1.5)	28	(1.4)	36	(1.4)	36	(4.7)	--	--
6 - 11.....	27	(1.3)	34	(1.7)	32	(0.9)	42	(1.6)	32	(1.0)	38	(1.0)	31	(5.7)	--	--
12 - 19.....	29	(1.5)	38	(2.3)	33	(1.4)	44	(1.8)	36	(1.8)	40	(1.7)	34*	(11.9)	--	--
20 and over...	33	(0.8)	39	(1.0)	32	(1.0)	43	(1.1)	35	(0.9)	40	(1.0)	13	(1.3)	22	(2.4)
2 and over...	31	(0.9)	38	(1.0)	32	(0.7)	43	(0.8)	34	(0.7)	40	(0.8)	15	(1.6)	--	--
Non-Hispanic Asian[4]:																
2 - 5.....	27	(3.1)	28	(2.3)	27	(2.3)	29	(3.9)	24	(2.0)	34	(3.5)	4*	(3.2)	--	--
6 - 11.....	29	(1.2)	30	(1.6)	31	(1.9)	38	(1.8)	30	(1.9)	38	(1.9)	16*	(4.8)	--	--
12 - 19.....	31	(1.4)	35	(2.2)	35	(2.0)	41	(2.5)	36	(2.4)	41	(1.7)	9*	(2.4)	--	--
20 and over...	34	(1.7)	38	(1.5)	32	(1.3)	43	(1.2)	34	(1.2)	42	(1.6)	6	(0.8)	32	(7.2)
2 and over...	33	(1.3)	36	(1.1)	32	(1.1)	42	(1.0)	33	(1.1)	41	(1.3)	6	(0.8)	--	--
Hispanic:																
2 - 5.....	21	(1.6)	25	(1.2)	24	(1.4)	28	(1.1)	23	(1.0)	29	(1.1)	26	(3.9)	--	--
6 - 11.....	25	(1.8)	28	(2.4)	27	(1.4)	33	(1.9)	27	(1.7)	33	(1.6)	30	(4.7)	--	--
12 - 19.....	32	(1.8)	38	(2.8)	32	(1.7)	43	(2.2)	35	(2.5)	44	(2.6)	26	(5.0)	--	--
20 and over...	33	(1.2)	38	(1.6)	31	(0.8)	38	(1.4)	33	(1.0)	37	(1.3)	12	(1.1)	30	(6.0)
2 and over...	31	(0.9)	36	(1.4)	30	(0.7)	38	(1.2)	32	(0.9)	38	(1.2)	14	(1.2)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as dinner.

[4] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2011-2012.

Table 23. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																				
2 - 5.....	94*	(1.8)	26	(1.1)	32	(1.6)	23	(1.1)	18	(0.8)	27	(2.0)	28	(1.3)	25	(1.3)	29	(1.3)	29	(1.8)
6 - 11.....	90	(2.1)	28	(1.0)	35	(1.5)	25	(1.0)	19	(1.2)	30	(1.1)	30	(1.3)	27	(1.6)	30	(1.2)	31	(1.4)
12 - 19.....	92	(2.1)	38	(1.9)	47	(2.6)	33	(2.1)	25	(2.1)	40	(2.7)	41	(2.3)	39	(2.3)	39	(2.2)	44	(3.1)
20 and over...	90	(0.8)	34	(0.7)	42	(0.9)	30	(0.7)	22	(0.9)	36	(1.2)	38	(0.9)	36	(1.0)	37	(0.9)	39	(1.3)
2 and over...	91	(0.8)	34	(0.6)	42	(0.8)	29	(0.6)	22	(0.8)	35	(1.0)	37	(0.9)	36	(1.0)	37	(0.8)	39	(1.2)
$25,000 - $74,999:																				
2 - 5.....	97*	(0.9)	26	(1.2)	31	(1.4)	22	(1.1)	16	(1.0)	27	(1.4)	29	(1.9)	27	(1.8)	30	(2.2)	32	(1.9)
6 - 11.....	93	(2.3)	32	(2.1)	39	(2.3)	29	(2.0)	23	(2.1)	32	(2.5)	34	(2.5)	34	(2.6)	35	(2.4)	34	(2.9)
12 - 19.....	88	(2.5)	32	(2.4)	38	(1.9)	31	(2.9)	24	(2.7)	37	(3.8)	31	(2.2)	30	(2.4)	31	(2.2)	33	(2.6)
20 and over...	93	(1.0)	35	(0.9)	43	(1.0)	31	(0.9)	25	(1.0)	37	(1.1)	38	(1.1)	38	(1.3)	37	(1.1)	38	(1.2)
2 and over...	92	(0.9)	34	(0.8)	42	(0.9)	31	(1.0)	24	(1.0)	36	(1.1)	37	(0.9)	36	(1.0)	36	(0.9)	37	(1.0)
$75,000 and higher:																				
2 - 5.....	99*	(0.9)	29	(1.4)	36	(1.7)	26	(1.8)	20	(1.2)	31	(2.1)	31	(1.6)	29	(1.7)	33	(2.0)	32	(2.1)
6 - 11.....	99*	(1.0)	31	(1.4)	39	(1.8)	27	(1.3)	21	(1.8)	28	(1.2)	34	(1.9)	35	(2.7)	34	(2.3)	31	(1.8)
12 - 19.....	95*	(1.4)	33	(1.3)	41	(2.2)	29	(1.0)	22	(1.3)	32	(1.5)	36	(1.7)	35	(1.9)	37	(2.1)	35	(1.7)
20 and over...	98	(0.6)	36	(1.0)	44	(0.9)	31	(1.0)	23	(1.1)	35	(1.1)	40	(0.9)	39	(1.0)	39	(1.0)	40	(1.3)
2 and over...	97	(0.5)	35	(0.7)	43	(0.7)	30	(0.7)	22	(0.7)	34	(0.9)	38	(0.8)	38	(0.9)	38	(0.9)	38	(1.1)
All Individuals[4]:																				
2 - 5.....	97	(0.8)	27	(0.8)	33	(1.1)	24	(0.9)	18	(0.7)	28	(1.3)	29	(0.9)	27	(1.0)	30	(1.0)	30	(1.3)
6 - 11.....	94	(1.0)	30	(0.8)	38	(1.1)	27	(0.8)	21	(1.0)	30	(1.0)	33	(1.0)	32	(1.4)	33	(1.0)	32	(1.1)
12 - 19.....	91	(1.2)	34	(1.1)	42	(1.6)	31	(1.0)	24	(1.3)	36	(1.8)	36	(1.3)	34	(1.6)	35	(1.1)	37	(1.3)
20 and over...	93	(0.6)	35	(0.6)	43	(0.7)	31	(0.5)	23	(0.5)	36	(0.6)	38	(0.7)	38	(0.8)	38	(0.7)	38	(0.8)
2 and over...	93	(0.6)	34	(0.5)	42	(0.6)	30	(0.4)	23	(0.5)	35	(0.5)	37	(0.6)	36	(0.7)	37	(0.6)	37	(0.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 23. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
$0 - $24,999:																		
2 - 5.....	30	(1.8)	19	(2.0)	33	(5.5)	43	(6.0)	24	(1.5)	19	(1.1)	30	(1.9)	25	(1.4)	22	(1.9)
6 - 11.....	33	(2.1)	18	(1.2)	36	(6.6)	53	(4.7)	28	(0.9)	20	(1.0)	33	(1.0)	28	(1.3)	26	(1.2)
12 - 19.....	40	(2.8)	37	(3.3)	55	(6.4)	64	(4.0)	40	(1.7)	32	(2.6)	42	(2.3)	36	(3.6)	38	(3.3)
20 and over...	41	(1.6)	33	(1.9)	52	(4.2)	55	(3.5)	36	(1.4)	29	(0.7)	39	(0.9)	35	(0.9)	33	(1.8)
2 and over...	40	(1.3)	32	(1.5)	50	(3.8)	55	(3.1)	35	(1.1)	28	(0.6)	38	(0.6)	34	(0.7)	33	(1.4)
$25,000 - $74,999:																		
2 - 5.....	31	(1.6)	18	(1.5)	28	(5.7)	44	(3.1)	24	(1.0)	19	(1.2)	30	(1.3)	24	(1.0)	22	(1.2)
6 - 11.....	36	(2.3)	25	(2.1)	47	(5.1)	53	(6.4)	33	(2.0)	26	(1.7)	36	(1.9)	30	(2.6)	29	(1.7)
12 - 19.....	31	(1.7)	25	(3.0)	46	(8.6)	59	(9.8)	33	(3.2)	25	(2.2)	37	(2.5)	32	(2.3)	33	(3.7)
20 and over...	38	(1.4)	37	(1.7)	52	(5.9)	56	(3.7)	36	(1.0)	29	(0.9)	38	(0.8)	35	(0.9)	33	(0.9)
2 and over...	37	(1.1)	34	(1.4)	51	(5.2)	56	(3.7)	35	(0.9)	27	(0.8)	37	(0.9)	34	(0.9)	32	(1.0)
$75,000 and higher:																		
2 - 5.....	35	(4.8)	29	(4.5)	43	(12.0)	49	(6.5)	29	(2.2)	26	(1.7)	35	(2.3)	33	(3.0)	26	(2.7)
6 - 11.....	43	(2.4)	30	(3.0)	48	(8.3)	52	(5.7)	29	(1.3)	26	(1.6)	34	(2.0)	30	(2.1)	26	(1.4)
12 - 19.....	40	(3.5)	28	(3.2)	46	(6.3)	47	(4.9)	30	(1.7)	25	(2.1)	37	(1.6)	34	(2.5)	26	(2.3)
20 and over...	42	(1.7)	41	(4.7)	54	(3.1)	54	(3.0)	36	(1.1)	28	(1.0)	39	(0.8)	36	(0.7)	33	(0.9)
2 and over...	42	(1.3)	38	(3.7)	53	(3.2)	53	(2.7)	34	(0.9)	27	(0.9)	38	(0.7)	35	(0.8)	31	(0.7)
All Individuals[4]:																		
2 - 5.....	31	(1.8)	22	(2.3)	36	(6.6)	46	(3.2)	25	(1.2)	21	(1.1)	31	(1.3)	27	(1.4)	23	(1.2)
6 - 11.....	37	(1.4)	25	(1.5)	45	(3.7)	53	(3.7)	30	(0.8)	24	(0.9)	34	(0.9)	29	(1.3)	27	(0.5)
12 - 19.....	37	(1.7)	29	(2.2)	49	(5.6)	58	(4.0)	34	(1.5)	27	(1.2)	38	(1.0)	33	(1.3)	32	(2.2)
20 and over...	40	(1.0)	37	(1.6)	52	(3.3)	55	(2.1)	36	(0.7)	28	(0.6)	38	(0.5)	35	(0.6)	33	(0.5)
2 and over...	39	(0.8)	35	(1.4)	51	(3.0)	55	(2.0)	34	(0.5)	27	(0.6)	38	(0.4)	34	(0.5)	32	(0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 23. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
$0 - $24,999:																		
2 - 5.....	27	(1.1)	22	(1.6)	19	(1.7)	15	(1.8)	27	(1.7)	38	(4.3)	17	(1.1)	25	(1.3)	25	(1.2)
6 - 11.....	31	(1.6)	24	(1.8)	20	(1.6)	14	(1.8)	31	(1.1)	39	(3.4)	20	(1.7)	27	(1.3)	28	(1.1)
12 - 19.....	40	(2.4)	37	(3.4)	28	(3.9)	31	(4.3)	38	(2.6)	57	(3.6)	38	(3.7)	42	(2.6)	36	(2.2)
20 and over...	37	(0.9)	36	(1.2)	26	(2.7)	27	(1.9)	36	(1.2)	48	(1.8)	29	(1.0)	36	(0.8)	31	(0.8)
2 and over...	37	(0.7)	35	(1.1)	25	(2.1)	26	(1.3)	36	(1.0)	48	(1.9)	29	(1.1)	36	(0.7)	31	(0.6)
$25,000 - $74,999:																		
2 - 5.....	26	(1.1)	20	(1.4)	16	(1.6)	16	(2.0)	26	(1.5)	33	(2.6)	20	(1.6)	26	(1.6)	24	(1.2)
6 - 11.....	33	(2.2)	26	(2.7)	30	(5.0)	20	(2.7)	34	(3.0)	38	(3.2)	26	(1.6)	33	(2.0)	30	(2.3)
12 - 19.....	32	(1.6)	26	(2.6)	22	(5.8)	17	(2.6)	32	(3.6)	48	(6.6)	28	(2.4)	33	(2.3)	31	(2.8)
20 and over...	37	(0.9)	36	(1.3)	30	(1.7)	32	(1.8)	34	(1.1)	47	(7.0)	32	(1.2)	37	(0.9)	32	(0.7)
2 and over...	36	(0.8)	33	(1.2)	29	(1.4)	28	(1.4)	34	(1.1)	47	(6.3)	30	(1.0)	36	(0.8)	31	(0.8)
$75,000 and higher:																		
2 - 5.....	34	(1.9)	26	(2.2)	25	(4.2)	26	(2.4)	32	(2.5)	40	(6.2)	26	(2.1)	30	(1.6)	31	(2.1)
6 - 11.....	36	(1.3)	27	(2.1)	25	(3.6)	22	(3.3)	33	(1.7)	44	(3.1)	28	(2.8)	32	(1.7)	28	(1.2)
12 - 19.....	35	(2.7)	32	(2.6)	27	(3.6)	22	(4.0)	32	(2.3)	41	(1.9)	25	(1.8)	33	(2.2)	31	(1.8)
20 and over...	38	(1.2)	42	(6.9)	32	(1.6)	31	(3.0)	35	(1.3)	54	(3.0)	31	(0.8)	37	(0.8)	31	(1.1)
2 and over...	38	(1.0)	39	(5.7)	30	(1.4)	28	(2.2)	35	(1.2)	53	(2.6)	29	(0.7)	36	(0.6)	31	(0.9)
All Individuals[4]:																		
2 - 5.....	29	(1.1)	23	(1.1)	20	(1.4)	18	(1.6)	28	(1.5)	37	(2.2)	21	(1.4)	27	(1.2)	26	(1.2)
6 - 11.....	33	(0.9)	26	(1.6)	25	(1.8)	19	(1.5)	33	(1.3)	41	(1.5)	25	(1.2)	31	(1.0)	29	(0.9)
12 - 19.....	36	(1.5)	31	(1.4)	25	(2.9)	23	(2.7)	33	(1.9)	49	(2.9)	29	(2.1)	36	(1.8)	32	(1.5)
20 and over...	37	(0.7)	38	(2.8)	30	(1.3)	30	(1.2)	35	(0.6)	50	(3.6)	30	(0.7)	37	(0.6)	31	(0.5)
2 and over...	37	(0.6)	35	(2.3)	28	(1.0)	27	(0.9)	34	(0.6)	49	(3.2)	29	(0.7)	36	(0.5)	31	(0.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 23. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium %	(SE)	Caffeine %	(SE)	Alcohol %	(SE)
$0 - $24,999:																
2 - 5.....	22	(1.6)	28	(1.4)	29	(2.0)	34	(1.7)	25	(1.2)	32	(1.2)	32	(5.4)	--	--
6 - 11.....	26	(0.9)	30	(1.5)	29	(1.4)	36	(1.3)	29	(1.2)	33	(1.2)	29	(3.6)	--	--
12 - 19.....	38	(3.3)	44	(3.4)	37	(2.0)	48	(1.6)	40	(2.4)	47	(2.4)	19*	(6.1)	--	--
20 and over...	34	(1.0)	39	(0.9)	32	(0.9)	43	(1.0)	34	(0.7)	43	(0.9)	8	(1.2)	16*	(4.9)
2 and over...	33	(0.7)	38	(0.8)	32	(0.7)	43	(0.9)	34	(0.6)	42	(0.9)	9	(1.1)	--	--
$25,000 - $74,999:																
2 - 5.....	22	(0.9)	25	(1.9)	26	(1.0)	34	(1.0)	24	(1.5)	33	(1.8)	26	(3.1)	--	--
6 - 11.....	27	(1.9)	32	(2.5)	30	(2.3)	42	(2.4)	31	(2.6)	39	(2.4)	25*	(8.6)	--	--
12 - 19.....	32	(2.7)	34	(1.9)	31	(2.7)	39	(2.6)	33	(2.3)	39	(2.8)	25	(3.0)	--	--
20 and over...	33	(0.7)	40	(0.9)	33	(0.8)	43	(1.1)	35	(0.9)	42	(0.9)	8	(0.7)	30	(3.6)
2 and over...	32	(0.7)	38	(0.8)	32	(0.8)	42	(1.0)	34	(0.9)	41	(0.9)	9	(0.7)	--	--
$75,000 and higher:																
2 - 5.....	26	(2.1)	31	(1.6)	30	(2.3)	38	(1.6)	31	(2.0)	37	(1.5)	31	(7.1)	--	--
6 - 11.....	26	(1.5)	32	(1.7)	27	(1.3)	39	(1.9)	31	(1.2)	39	(1.7)	21	(5.2)	--	--
12 - 19.....	28	(1.7)	35	(2.8)	36	(4.6)	42	(2.6)	33	(2.3)	40	(1.6)	21*	(6.5)	--	--
20 and over...	33	(0.8)	40	(1.2)	37	(4.9)	44	(1.1)	36	(1.0)	44	(1.0)	6	(0.8)	40	(8.5)
2 and over...	32	(0.7)	38	(0.9)	36	(3.9)	44	(0.9)	35	(0.7)	43	(0.9)	7	(0.9)	--	--
All Individuals[4]:																
2 - 5.....	23	(0.9)	27	(1.0)	28	(1.0)	35	(1.1)	26	(1.2)	34	(1.0)	29	(2.5)	--	--
6 - 11.....	27	(0.9)	31	(1.2)	29	(0.9)	39	(1.0)	30	(1.1)	37	(0.9)	25	(4.4)	--	--
12 - 19.....	32	(1.6)	37	(1.9)	35	(2.0)	43	(1.7)	35	(1.7)	42	(1.5)	22	(3.5)	--	--
20 and over...	33	(0.6)	39	(0.7)	34	(1.8)	43	(0.7)	35	(0.5)	43	(0.7)	8	(0.4)	30	(3.4)
2 and over...	32	(0.4)	38	(0.6)	34	(1.5)	42	(0.6)	34	(0.5)	42	(0.7)	9	(0.4)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as dinner.

[4] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, *What We Eat in America,* NHANES 2011-2012.

Table 24. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years)	Percent reporting[4] % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Under 131% poverty:										
2 - 5.....	95* (1.3)	26 (1.1)	31 (1.6)	23 (1.2)	17 (1.2)	27 (1.9)	27 (1.8)	24 (1.8)	28 (2.0)	30 (1.7)
6 - 11.....	91 (1.6)	29 (0.9)	36 (1.3)	26 (0.8)	20 (0.9)	31 (1.2)	31 (1.3)	29 (1.5)	32 (1.3)	31 (1.3)
12 - 19.....	90 (1.8)	37 (1.7)	45 (2.4)	33 (1.7)	25 (1.9)	41 (2.9)	39 (1.9)	37 (2.1)	38 (1.7)	42 (2.5)
20 and over...	90 (0.8)	33 (0.6)	42 (1.0)	29 (0.7)	22 (1.0)	36 (1.0)	37 (0.9)	36 (0.9)	37 (0.8)	38 (1.5)
2 and over...	91 (0.8)	33 (0.6)	41 (0.9)	29 (0.5)	22 (0.9)	36 (0.7)	36 (0.9)	35 (0.9)	36 (0.7)	38 (1.4)
131-350% poverty:										
2 - 5.....	98* (0.8)	27 (0.8)	33 (1.6)	23 (1.0)	17 (0.8)	28 (1.1)	30 (1.2)	29 (1.3)	32 (1.4)	30 (2.0)
6 - 11.....	95* (1.5)	31 (1.7)	38 (2.0)	27 (1.5)	21 (1.7)	31 (2.3)	33 (2.3)	32 (2.4)	33 (2.2)	33 (2.6)
12 - 19.....	91 (2.3)	32 (2.3)	38 (1.8)	31 (2.9)	23 (2.9)	35 (3.7)	32 (2.0)	31 (2.2)	31 (2.0)	33 (2.6)
20 and over...	92 (1.0)	36 (0.8)	44 (1.1)	32 (0.8)	25 (0.8)	38 (1.2)	38 (0.9)	38 (1.3)	38 (0.8)	39 (1.3)
2 and over...	93 (0.8)	35 (0.7)	42 (1.0)	31 (0.7)	24 (0.7)	37 (1.2)	37 (0.7)	36 (1.1)	36 (0.8)	38 (1.0)
Over 350% poverty:										
2 - 5.....	99* (1.2)	30 (1.5)	37 (1.8)	27 (1.7)	21 (1.3)	31 (1.6)	33 (1.7)	31 (1.9)	34 (2.0)	33 (2.3)
6 - 11.....	98* (1.3)	33 (1.4)	41 (1.7)	28 (1.4)	22 (2.2)	29 (1.0)	36 (2.1)	37 (3.0)	36 (2.5)	32 (2.1)
12 - 19.....	94* (2.0)	33 (2.0)	41 (2.8)	29 (1.6)	23 (1.8)	31 (2.2)	36 (2.4)	35 (2.7)	37 (2.9)	36 (2.3)
20 and over...	97 (0.7)	36 (1.0)	44 (0.8)	30 (0.8)	23 (0.8)	34 (0.9)	39 (1.1)	39 (1.0)	38 (1.2)	38 (1.3)
2 and over...	97 (0.6)	35 (0.7)	43 (0.7)	30 (0.6)	22 (0.6)	34 (0.7)	38 (0.8)	39 (0.8)	38 (0.9)	38 (1.1)
All Individuals[5]:										
2 - 5.....	97 (0.8)	27 (0.8)	33 (1.1)	24 (0.9)	18 (0.7)	28 (1.3)	29 (0.9)	27 (1.0)	30 (1.0)	30 (1.3)
6 - 11.....	94 (1.0)	30 (0.8)	38 (1.1)	27 (0.8)	21 (1.0)	30 (1.0)	33 (1.0)	32 (1.4)	33 (1.0)	32 (1.1)
12 - 19.....	91 (1.2)	34 (1.1)	42 (1.6)	31 (1.0)	24 (1.3)	36 (1.8)	36 (1.3)	34 (1.6)	35 (1.1)	37 (1.3)
20 and over...	93 (0.6)	35 (0.6)	43 (0.7)	31 (0.5)	23 (0.5)	36 (0.6)	38 (0.7)	38 (0.8)	38 (0.7)	38 (0.8)
2 and over...	93 (0.6)	34 (0.5)	42 (0.6)	30 (0.4)	23 (0.5)	35 (0.5)	37 (0.6)	36 (0.7)	37 (0.6)	37 (0.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 24. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Under 131% poverty:																		
2 - 5.....	29	(2.2)	19	(1.7)	37	(4.9)	44	(5.6)	24	(1.3)	19	(1.0)	30	(1.4)	24	(0.9)	21	(1.4)
6 - 11.....	33	(1.7)	19	(1.1)	38	(5.9)	51	(4.7)	29	(0.9)	22	(0.8)	33	(1.0)	28	(1.0)	26	(1.0)
12 - 19.....	38	(2.0)	32	(3.3)	54	(9.2)	69	(5.1)	39	(2.0)	30	(1.7)	41	(1.9)	35	(2.9)	37	(3.1)
20 and over...	39	(1.8)	33	(2.1)	51	(4.3)	56	(2.9)	34	(1.0)	28	(0.8)	38	(0.7)	34	(0.9)	33	(1.7)
2 and over...	38	(1.2)	30	(1.6)	49	(3.6)	57	(3.0)	34	(0.7)	27	(0.6)	37	(0.5)	33	(0.6)	32	(1.0)
131-350% poverty:																		
2 - 5.....	35	(4.5)	20	(2.1)	27	(6.2)	42	(3.9)	25	(1.3)	21	(1.4)	31	(1.3)	26	(1.5)	23	(1.8)
6 - 11.....	38	(2.0)	25	(2.3)	42	(5.9)	53	(6.6)	31	(1.6)	25	(1.6)	35	(1.8)	30	(2.8)	28	(1.5)
12 - 19.....	31	(2.2)	27	(2.8)	44	(8.5)	49	(7.4)	33	(2.9)	25	(1.7)	37	(2.2)	33	(2.5)	32	(3.6)
20 and over...	39	(1.3)	38	(1.7)	60	(4.8)	58	(3.9)	38	(1.2)	29	(0.8)	40	(1.1)	37	(1.2)	35	(0.9)
2 and over...	38	(1.1)	34	(1.6)	57	(4.1)	56	(3.5)	36	(1.1)	28	(0.8)	39	(0.9)	35	(1.2)	34	(0.9)
Over 350% poverty:																		
2 - 5.....	32	(3.2)	31	(5.0)	42*	(13.1)	51	(7.0)	30	(2.3)	27	(1.6)	35	(2.4)	33	(3.4)	27	(2.5)
6 - 11.....	44	(3.1)	32	(3.2)	56	(4.8)	56	(7.6)	30	(1.6)	27	(2.0)	35	(2.3)	30	(2.6)	28	(1.9)
12 - 19.....	42	(3.7)	30	(3.5)	48	(6.2)	46	(5.6)	29	(2.2)	26	(2.4)	37	(2.1)	33	(2.9)	25	(2.9)
20 and over...	41	(1.3)	39	(2.8)	49	(6.1)	53	(3.6)	35	(1.0)	28	(1.1)	38	(0.9)	35	(0.9)	32	(0.8)
2 and over...	41	(1.2)	38	(2.5)	49	(5.8)	52	(3.0)	34	(0.9)	28	(1.0)	38	(0.7)	35	(0.8)	31	(0.7)
All Individuals[5]:																		
2 - 5.....	31	(1.8)	22	(2.3)	36	(6.6)	46	(3.2)	25	(1.2)	21	(1.1)	31	(1.3)	27	(1.4)	23	(1.2)
6 - 11.....	37	(1.4)	25	(1.5)	45	(3.7)	53	(3.7)	30	(0.8)	24	(0.9)	34	(0.9)	29	(1.3)	27	(0.5)
12 - 19.....	37	(1.7)	29	(2.2)	49	(5.6)	58	(4.0)	34	(1.5)	27	(1.2)	38	(1.0)	33	(1.3)	32	(2.2)
20 and over...	40	(1.0)	37	(1.6)	52	(3.3)	55	(2.1)	36	(0.7)	28	(0.6)	38	(0.5)	35	(0.6)	33	(0.5)
2 and over...	39	(0.8)	35	(1.4)	51	(3.0)	55	(2.0)	34	(0.5)	27	(0.6)	38	(0.4)	34	(0.5)	32	(0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 24. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Under 131% poverty:																		
2 - 5.....	27	(1.4)	21	(1.5)	18	(2.4)	15	(1.4)	27	(1.6)	37	(3.8)	17	(1.3)	25	(1.3)	24	(1.2)
6 - 11.....	31	(1.2)	25	(1.6)	22	(1.8)	16	(1.5)	31	(1.3)	39	(2.4)	22	(1.4)	28	(0.9)	28	(0.8)
12 - 19.....	39	(1.7)	35	(2.7)	31	(5.1)	27	(4.3)	37	(2.6)	59	(4.8)	35	(3.7)	40	(2.4)	36	(2.4)
20 and over...	36	(1.0)	36	(0.9)	25	(2.3)	28	(2.2)	36	(1.0)	48	(2.1)	30	(1.4)	36	(0.9)	31	(0.6)
2 and over...	36	(0.8)	33	(1.0)	25	(1.6)	25	(1.4)	35	(0.7)	48	(2.1)	29	(1.3)	35	(0.8)	31	(0.4)
131-350% poverty:																		
2 - 5.....	29	(2.6)	20	(1.6)	18	(2.0)	18	(2.5)	25	(2.0)	35	(4.8)	22	(1.5)	27	(1.2)	25	(0.7)
6 - 11.....	34	(2.0)	25	(2.8)	29	(4.5)	19	(3.0)	34	(2.9)	38	(3.5)	24	(1.6)	31	(1.8)	28	(2.2)
12 - 19.....	31	(1.6)	27	(2.4)	19	(4.6)	18	(2.3)	29	(2.7)	43	(4.1)	28	(2.0)	33	(2.0)	29	(2.2)
20 and over...	38	(1.1)	36	(1.5)	31	(2.5)	30	(1.4)	36	(0.9)	54	(2.3)	31	(1.5)	38	(0.9)	32	(0.8)
2 and over...	36	(1.0)	34	(1.4)	29	(1.6)	26	(1.3)	35	(0.9)	52	(2.0)	29	(1.2)	36	(0.9)	31	(0.8)
Over 350% poverty:																		
2 - 5.....	34	(1.6)	29	(2.3)	24	(3.3)	27	(2.5)	34	(1.9)	41	(4.9)	27	(1.9)	31	(1.7)	32	(2.0)
6 - 11.....	36	(1.8)	29	(3.3)	23	(3.6)	24	(4.5)	33	(2.2)	45	(3.8)	32	(3.1)	34	(1.8)	30	(0.9)
12 - 19.....	36	(3.3)	33	(3.2)	27	(3.6)	23	(4.2)	34	(2.7)	41	(2.0)	25	(2.3)	33	(2.8)	31	(2.5)
20 and over...	38	(1.0)	41	(5.8)	31	(1.7)	32	(2.4)	35	(1.2)	49	(6.5)	31	(0.7)	37	(0.8)	30	(0.9)
2 and over...	38	(0.9)	39	(5.2)	30	(1.5)	30	(1.9)	34	(1.1)	48	(5.9)	30	(0.7)	36	(0.7)	30	(0.7)
All Individuals[5]:																		
2 - 5.....	29	(1.1)	23	(1.1)	20	(1.4)	18	(1.6)	28	(1.5)	37	(2.2)	21	(1.4)	27	(1.2)	26	(1.2)
6 - 11.....	33	(0.9)	26	(1.6)	25	(1.8)	19	(1.5)	33	(1.3)	41	(1.5)	25	(1.2)	31	(1.0)	29	(0.9)
12 - 19.....	36	(1.5)	31	(1.4)	25	(2.9)	23	(2.7)	33	(1.9)	49	(2.9)	29	(2.1)	36	(1.8)	32	(1.5)
20 and over...	37	(0.7)	38	(2.8)	30	(1.3)	30	(1.2)	35	(0.6)	50	(3.6)	30	(0.7)	37	(0.6)	31	(0.5)
2 and over...	37	(0.6)	35	(2.3)	28	(1.0)	27	(0.9)	34	(0.6)	49	(3.2)	29	(0.7)	36	(0.5)	31	(0.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 24. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																
2 - 5.....	22	(1.1)	25	(1.7)	28	(1.6)	33	(1.4)	24	(1.3)	31	(1.5)	31	(5.0)	--	--
6 - 11.....	26	(0.8)	30	(1.1)	29	(1.0)	38	(1.5)	29	(0.9)	34	(1.1)	30	(2.7)	--	--
12 - 19.....	36	(3.1)	42	(3.2)	36	(2.3)	47	(1.6)	39	(2.4)	46	(2.1)	19	(4.3)	--	--
20 and over...	34	(0.8)	38	(0.7)	32	(0.7)	42	(0.9)	34	(0.6)	42	(1.1)	9	(1.1)	14	(4.1)
2 and over...	33	(0.5)	37	(0.9)	32	(0.5)	42	(0.9)	33	(0.5)	41	(1.0)	10	(1.1)	--	--
131-350% poverty:																
2 - 5.....	22	(1.2)	28	(1.3)	27	(0.6)	36	(1.4)	25	(1.3)	35	(1.1)	25	(3.5)	--	--
6 - 11.....	27	(1.6)	31	(2.3)	29	(2.1)	41	(1.9)	30	(2.5)	38	(2.1)	22*	(8.0)	--	--
12 - 19.....	33	(2.7)	33	(1.6)	30	(2.8)	39	(2.4)	33	(1.9)	39	(2.5)	26	(4.4)	--	--
20 and over...	34	(0.8)	41	(0.9)	33	(0.7)	44	(1.2)	36	(0.9)	43	(1.1)	9	(0.7)	29	(4.1)
2 and over...	33	(0.9)	38	(0.9)	32	(0.6)	43	(0.9)	35	(1.0)	42	(1.0)	10	(0.7)	--	--
Over 350% poverty:																
2 - 5.....	26	(2.1)	32	(1.6)	31	(2.3)	38	(1.6)	32	(1.9)	38	(1.4)	35	(9.0)	--	--
6 - 11.....	27	(2.2)	34	(1.9)	28	(1.2)	40	(1.8)	32	(1.3)	40	(1.7)	23	(6.6)	--	--
12 - 19.....	27	(2.1)	35	(3.4)	37	(5.4)	42	(3.3)	32	(2.8)	40	(2.2)	22	(6.6)	--	--
20 and over...	33	(0.9)	39	(1.1)	36	(3.8)	43	(1.0)	35	(0.9)	43	(0.7)	6	(0.6)	39	(6.6)
2 and over...	32	(0.7)	38	(0.9)	35	(3.3)	43	(0.9)	35	(0.7)	43	(0.6)	7	(0.7)	--	--
All Individuals[5]:																
2 - 5.....	23	(0.9)	27	(1.0)	28	(1.0)	35	(1.1)	26	(1.2)	34	(1.0)	29	(2.5)	--	--
6 - 11.....	27	(0.9)	31	(1.2)	29	(0.9)	39	(1.0)	30	(1.1)	37	(0.9)	25	(4.4)	--	--
12 - 19.....	32	(1.6)	37	(1.9)	35	(2.0)	43	(1.7)	35	(1.7)	42	(1.5)	22	(3.5)	--	--
20 and over...	33	(0.6)	39	(0.7)	34	(1.8)	43	(0.7)	35	(0.5)	43	(0.7)	8	(0.4)	30	(3.4)
2 and over...	32	(0.4)	38	(0.6)	34	(1.5)	42	(0.6)	34	(0.5)	42	(0.7)	9	(0.4)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2011-2012.

[3] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[4] The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as dinner.

[5] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 25. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2011-2012

Gender and age (years)	Percent reporting[3] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Males:																				
2 - 5.....	97*	(0.9)	30	(1.3)	23	(2.5)	33	(1.5)	41	(2.3)	25	(0.8)	27	(2.2)	30	(3.1)	25	(2.1)	25	(1.2)
6 - 11.....	95	(1.6)	25	(1.1)	16	(1.0)	29	(1.4)	36	(1.6)	22	(1.0)	23	(1.1)	24	(1.3)	23	(1.2)	25	(1.4)
12 - 19.....	96	(0.9)	24	(2.0)	13	(1.6)	29	(2.5)	39	(2.8)	22	(2.0)	21	(2.0)	21	(2.0)	21	(2.0)	22	(2.1)
20 - 29.....	95	(2.2)	24	(1.1)	12	(0.9)	27	(1.5)	36	(2.4)	20	(1.1)	18	(1.5)	17	(1.2)	18	(1.7)	19	(2.3)
30 - 39.....	99*	(0.5)	25	(2.3)	16	(2.9)	28	(1.8)	39	(2.3)	22	(2.4)	20	(1.8)	20	(2.1)	20	(1.9)	21	(2.1)
40 - 49.....	97*	(0.8)	23	(1.6)	12	(1.3)	27	(1.7)	38	(2.0)	19	(2.6)	20	(2.1)	20	(2.2)	20	(2.3)	20	(2.2)
50 - 59.....	96*	(1.5)	27	(2.0)	13	(1.4)	30	(1.6)	37	(1.9)	20	(1.8)	21	(2.1)	23	(2.8)	21	(2.1)	19	(1.8)
60 - 69.....	96*	(1.5)	24	(1.6)	13	(1.5)	26	(1.8)	34	(2.9)	19	(1.8)	22	(2.7)	23	(2.6)	23	(3.3)	22	(2.5)
70 and over.....	96*	(1.8)	18	(1.1)	10	(0.8)	20	(1.2)	27	(1.8)	14	(1.1)	17	(1.5)	17	(1.4)	18	(1.8)	17	(1.5)
2 - 19.....	96	(0.8)	25	(1.3)	15	(1.2)	30	(1.5)	38	(1.6)	23	(1.2)	23	(1.2)	23	(1.2)	22	(1.2)	23	(1.4)
20 and over...	97	(0.8)	24	(0.9)	13	(0.9)	27	(0.8)	36	(1.1)	19	(1.0)	20	(1.1)	20	(1.3)	20	(1.2)	20	(0.9)
2 and over...	96	(0.7)	24	(0.7)	14	(0.6)	28	(0.6)	37	(0.9)	20	(0.7)	20	(0.7)	21	(0.9)	20	(0.9)	21	(0.6)
Females:																				
2 - 5.....	99*	(0.5)	31	(1.5)	20	(1.7)	35	(1.8)	44	(2.3)	27	(2.0)	30	(1.2)	32	(1.5)	29	(1.2)	31	(1.9)
6 - 11.....	98*	(0.7)	24	(1.3)	14	(0.9)	27	(1.3)	34	(1.8)	23	(1.3)	23	(1.6)	24	(1.7)	23	(1.6)	24	(2.0)
12 - 19.....	93	(1.9)	25	(1.6)	16	(1.4)	29	(2.1)	37	(3.7)	25	(1.4)	24	(1.4)	26	(1.8)	23	(1.4)	23	(1.8)
20 - 29.....	96*	(1.3)	24	(1.5)	14	(1.2)	29	(1.7)	38	(2.3)	22	(2.0)	21	(1.7)	21	(1.8)	20	(1.7)	21	(2.1)
30 - 39.....	98*	(0.6)	28	(2.0)	16	(2.2)	33	(1.8)	46	(1.8)	22	(1.9)	25	(2.3)	26	(2.6)	24	(2.4)	23	(1.8)
40 - 49.....	95	(2.4)	25	(1.6)	14	(1.2)	29	(1.5)	40	(2.1)	21	(1.8)	21	(1.9)	22	(2.0)	22	(2.2)	19	(1.9)
50 - 59.....	98*	(0.9)	24	(1.4)	12	(0.9)	27	(1.4)	38	(2.1)	19	(1.5)	21	(1.6)	21	(1.4)	21	(1.6)	22	(2.3)
60 - 69.....	97*	(1.3)	21	(1.0)	13	(0.8)	24	(1.1)	33	(1.5)	20	(1.0)	20	(1.3)	20	(1.4)	22	(1.4)	19	(1.8)
70 and over.....	96*	(1.1)	19	(1.3)	11	(0.9)	22	(1.6)	30	(2.4)	16	(0.9)	18	(1.2)	21	(1.4)	19	(1.5)	14	(1.1)
2 - 19.....	96	(1.0)	26	(1.0)	16	(0.9)	29	(1.3)	37	(2.0)	25	(0.9)	25	(0.8)	26	(1.1)	24	(0.8)	25	(1.0)
20 and over...	97	(0.6)	24	(0.7)	13	(0.7)	28	(0.7)	38	(1.0)	20	(0.8)	21	(0.8)	22	(0.9)	21	(0.8)	20	(0.7)
2 and over...	96	(0.6)	25	(0.7)	14	(0.6)	28	(0.7)	38	(1.1)	21	(0.7)	22	(0.7)	23	(0.8)	22	(0.8)	21	(0.7)
Males and females:																				
2 - 19.....	96	(0.8)	26	(0.8)	16	(0.8)	30	(1.0)	38	(1.2)	24	(0.8)	24	(0.7)	25	(0.8)	23	(0.7)	24	(0.9)
20 and over...	97	(0.5)	24	(0.7)	13	(0.7)	27	(0.6)	37	(0.9)	20	(0.7)	20	(0.8)	21	(1.0)	21	(0.9)	20	(0.6)
2 and over...	96	(0.5)	24	(0.5)	14	(0.5)	28	(0.6)	37	(0.9)	21	(0.5)	21	(0.6)	22	(0.8)	21	(0.7)	21	(0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 25. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Males:																		
2 - 5.....	17	(3.2)	25	(3.0)	20*	(8.4)	7	(2.2)	23	(1.1)	29	(2.0)	18	(1.2)	21	(1.1)	20	(1.2)
6 - 11.....	13	(0.9)	17	(2.1)	13	(3.4)	9*	(3.9)	18	(1.8)	21	(1.8)	16	(1.5)	18	(1.5)	17	(1.4)
12 - 19.....	9	(2.2)	17	(2.6)	17	(4.1)	6	(1.7)	16	(2.0)	23	(4.0)	18	(3.6)	22	(4.1)	16	(2.8)
20 - 29.....	7	(0.6)	18	(3.9)	11	(2.4)	7	(1.6)	15	(1.3)	26	(2.8)	21	(2.3)	24	(2.5)	17	(1.8)
30 - 39.....	9	(1.4)	16	(2.8)	9	(2.1)	7	(2.2)	17	(3.0)	24	(3.1)	17	(1.8)	20	(2.6)	17	(3.0)
40 - 49.....	8	(0.8)	15	(2.6)	5	(1.5)	8*	(3.3)	15	(1.8)	22	(2.4)	17	(2.1)	20	(2.9)	16	(2.1)
50 - 59.....	9	(1.1)	15	(2.4)	7	(1.6)	11*	(4.3)	16	(1.4)	24	(1.8)	18	(2.0)	17	(1.9)	18	(1.4)
60 - 69.....	7	(1.1)	9*	(3.6)	6*	(3.1)	7*	(2.9)	16	(1.6)	24	(1.7)	17	(1.4)	15	(1.1)	15	(0.8)
70 and over.....	6	(0.7)	10	(1.2)	5*	(1.0)	11*	(5.0)	12	(0.9)	18	(1.6)	13	(1.6)	13	(1.9)	11	(0.9)
2 - 19.....	12	(1.3)	19	(1.8)	16	(3.5)	7	(2.0)	18	(1.4)	23	(1.9)	18	(2.0)	21	(2.3)	17	(1.8)
20 and over...	8	(0.5)	14	(1.9)	7	(1.0)	8	(1.2)	15	(0.9)	23	(1.0)	18	(0.9)	19	(0.9)	16	(1.0)
2 and over...	8	(0.6)	15	(1.3)	8	(1.0)	8	(1.0)	16	(0.6)	23	(0.6)	18	(0.6)	19	(0.6)	16	(0.6)
Females:																		
2 - 5.....	17	(2.0)	22	(2.9)	15*	(4.7)	8*	(3.8)	22	(1.7)	27	(2.3)	17	(1.3)	21	(1.8)	20	(1.7)
6 - 11.....	13	(1.6)	13	(1.2)	10	(1.9)	10	(2.9)	16	(0.7)	17	(0.8)	14	(1.4)	15	(2.1)	15	(1.0)
12 - 19.....	13	(1.5)	21	(1.9)	17	(2.7)	13	(2.5)	17	(1.4)	23	(3.2)	15	(1.8)	17	(2.5)	17	(1.9)
20 - 29.....	10	(1.2)	16	(1.9)	10	(2.5)	8*	(2.6)	18	(2.3)	21	(1.7)	16	(1.6)	18	(2.4)	18	(2.0)
30 - 39.....	12	(1.8)	20	(2.1)	13	(2.9)	23*	(9.6)	18	(1.5)	26	(2.6)	17	(1.6)	19	(1.8)	17	(1.8)
40 - 49.....	9	(1.3)	14	(1.6)	8	(1.8)	10	(1.9)	16	(1.3)	24	(2.3)	17	(1.5)	17	(1.6)	16	(1.2)
50 - 59.....	9	(0.7)	18	(3.2)	14*	(5.1)	17	(3.4)	17	(1.7)	21	(1.8)	16	(1.8)	17	(2.1)	18	(2.5)
60 - 69.....	7	(1.3)	12	(1.2)	5	(1.0)	6*	(3.1)	16	(1.1)	22	(1.3)	15	(1.0)	16	(2.0)	14	(1.4)
70 and over.....	9	(0.9)	12	(1.4)	7*	(2.7)	3*	(0.7)	12	(0.8)	17	(1.2)	10	(0.7)	10	(0.9)	11	(1.0)
2 - 19.....	14	(0.8)	19	(1.4)	14	(1.6)	11	(1.5)	17	(0.9)	22	(1.7)	15	(1.3)	17	(1.7)	17	(1.1)
20 and over...	9	(0.6)	16	(1.1)	10	(1.5)	12	(1.5)	16	(0.6)	22	(0.8)	15	(0.6)	17	(0.8)	16	(0.6)
2 and over...	10	(0.4)	17	(0.9)	10	(1.3)	12	(1.2)	16	(0.5)	22	(0.7)	15	(0.5)	17	(0.7)	16	(0.5)
Males and females:																		
2 - 19.....	13	(0.8)	19	(1.3)	15	(2.3)	9	(1.5)	18	(1.0)	23	(1.3)	17	(1.2)	19	(1.4)	17	(1.2)
20 and over...	8	(0.4)	15	(1.1)	9	(1.0)	10	(0.8)	16	(0.7)	23	(0.7)	17	(0.6)	18	(0.4)	16	(0.5)
2 and over...	9	(0.4)	16	(0.8)	9	(0.8)	10	(0.7)	16	(0.4)	23	(0.5)	17	(0.5)	18	(0.4)	16	(0.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 25. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Males:																		
2 - 5.....	22	(2.5)	25	(2.4)	38	(5.1)	30	(3.4)	26	(2.9)	19	(1.7)	33	(3.0)	27	(2.4)	30	(1.6)
6 - 11.....	16	(1.0)	16	(1.6)	27	(2.8)	19	(3.1)	23	(1.9)	17	(1.9)	22	(1.9)	19	(1.3)	25	(1.1)
12 - 19.....	15	(2.1)	20	(4.1)	39	(7.5)	18	(3.7)	26	(2.6)	15	(2.3)	22	(2.8)	18	(2.1)	27	(1.9)
20 - 29.....	18	(1.8)	22	(3.3)	34	(5.6)	16	(2.1)	26	(2.1)	10	(1.3)	23	(1.1)	18	(1.3)	29	(1.3)
30 - 39.....	18	(2.4)	17	(3.8)	31	(7.2)	21	(3.9)	29	(3.7)	10	(1.4)	28	(4.0)	21	(3.3)	30	(2.4)
40 - 49.....	16	(1.3)	20	(4.1)	21	(3.7)	17	(2.7)	23	(3.3)	9	(1.6)	24	(2.0)	18	(1.6)	29	(2.3)
50 - 59.....	20	(2.9)	13	(2.4)	20	(2.6)	13	(1.5)	21	(1.3)	12	(2.1)	24	(1.8)	19	(1.6)	29	(1.6)
60 - 69.....	15	(1.2)	8*	(2.5)	23	(4.0)	17	(2.9)	22	(2.2)	4*	(2.2)	24	(1.7)	18	(1.6)	29	(1.8)
70 and over.....	12	(0.7)	8	(1.0)	18	(2.5)	11	(2.0)	19	(3.3)	7	(1.2)	19	(1.5)	14	(1.1)	21	(1.1)
2 - 19.....	16	(1.4)	20	(2.1)	35	(4.4)	21	(2.2)	25	(1.7)	16	(1.1)	24	(1.9)	20	(1.4)	27	(1.3)
20 and over...	17	(1.2)	15	(1.6)	25	(3.2)	16	(1.3)	24	(1.1)	9	(1.4)	24	(1.2)	18	(1.0)	28	(1.0)
2 and over...	17	(1.0)	16	(1.2)	28	(2.3)	18	(0.8)	24	(0.9)	10	(1.3)	24	(0.7)	19	(0.7)	28	(0.8)
Females:																		
2 - 5.....	21	(1.2)	22	(2.4)	41	(2.4)	28	(3.4)	29	(1.6)	26	(3.0)	31	(3.2)	25	(2.0)	30	(2.1)
6 - 11.....	15	(1.0)	12	(0.9)	28	(3.7)	13	(0.9)	27	(3.1)	18	(1.7)	19	(1.1)	17	(0.9)	23	(1.1)
12 - 19.....	16	(1.6)	19	(3.6)	31	(2.9)	22	(3.5)	29	(2.2)	19	(2.0)	27	(2.6)	21	(1.7)	29	(1.6)
20 - 29.....	15	(1.1)	14	(2.0)	32	(3.5)	18	(2.6)	23	(2.6)	10	(2.0)	27	(2.0)	19	(1.4)	27	(1.3)
30 - 39.....	19	(3.2)	18	(2.1)	30	(2.4)	25	(3.8)	27	(2.1)	13	(2.2)	32	(2.6)	22	(2.6)	32	(2.3)
40 - 49.....	16	(1.6)	14	(1.9)	28	(4.2)	14	(1.8)	25	(2.4)	11	(2.5)	26	(2.2)	19	(1.5)	30	(2.0)
50 - 59.....	15	(1.4)	19	(3.1)	24	(2.1)	17	(2.4)	23	(2.1)	7	(1.5)	25	(1.4)	18	(1.2)	27	(1.7)
60 - 69.....	13	(1.1)	13	(1.7)	17	(2.7)	17	(2.4)	23	(2.1)	7	(0.7)	25	(1.5)	18	(1.1)	28	(1.2)
70 and over.....	12	(1.1)	11	(1.3)	18	(2.9)	14	(2.6)	16	(1.6)	6	(0.8)	23	(1.7)	15	(1.3)	21	(1.3)
2 - 19.....	17	(0.9)	17	(2.0)	33	(2.7)	20	(1.9)	29	(1.2)	20	(1.3)	25	(1.6)	20	(1.0)	27	(1.2)
20 and over...	15	(0.7)	15	(0.9)	25	(1.6)	18	(1.4)	23	(1.0)	9	(0.7)	26	(0.9)	19	(0.8)	28	(0.7)
2 and over...	15	(0.6)	16	(0.7)	27	(1.6)	18	(1.1)	24	(0.8)	10	(0.7)	26	(0.8)	19	(0.7)	28	(0.7)
Males and females:																		
2 - 19.....	17	(0.9)	19	(1.4)	34	(2.5)	21	(1.6)	27	(1.2)	18	(0.8)	24	(1.4)	20	(0.9)	27	(1.0)
20 and over...	16	(0.8)	15	(1.0)	25	(1.9)	17	(1.0)	24	(0.6)	9	(0.8)	25	(0.8)	19	(0.8)	28	(0.7)
2 and over...	16	(0.6)	16	(0.8)	28	(1.3)	18	(0.6)	24	(0.5)	10	(0.7)	25	(0.5)	19	(0.5)	28	(0.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 25. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Iron %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
Males:																
2 - 5	23	(1.0)	25	(2.9)	30	(1.2)	17	(1.3)	30	(1.9)	21	(2.2)	37	(7.2)	--	--
6 - 11	20	(1.7)	18	(1.0)	26	(1.7)	13	(1.1)	22	(1.0)	17	(1.4)	51	(10.6)	--	--
12 - 19	18	(2.2)	15	(2.1)	26	(1.9)	11	(1.5)	21	(1.9)	15	(1.8)	45	(8.9)	--	--
20 - 29	17	(1.1)	14	(0.9)	29	(1.1)	12	(1.3)	20	(0.8)	13	(0.7)	49	(7.2)	--	--
30 - 39	17	(2.0)	17	(2.8)	30	(2.4)	13	(2.1)	24	(2.7)	14	(1.8)	45	(4.3)	--	--
40 - 49	17	(1.8)	15	(1.6)	28	(1.6)	10	(1.0)	22	(2.1)	13	(1.4)	45	(7.6)	--	--
50 - 59	17	(1.4)	14	(1.4)	28	(1.2)	10	(1.2)	22	(1.2)	14	(1.4)	46	(2.2)	--	--
60 - 69	16	(1.6)	16	(1.5)	20*	(6.7)	10	(1.7)	23	(1.5)	12	(1.4)	57	(6.9)	--	--
70 and over	11	(0.9)	10	(0.7)	20	(1.1)	8	(0.8)	17	(1.1)	10	(0.8)	42	(5.5)	--	--
2 - 19	20	(1.6)	18	(1.4)	27	(1.3)	13	(1.1)	23	(1.2)	16	(1.3)	46	(7.3)	--	--
20 and over	16	(0.7)	15	(0.9)	26	(1.6)	11	(0.6)	22	(1.0)	13	(0.7)	48	(3.0)	70	(5.1)
2 and over	17	(0.5)	16	(0.6)	26	(1.3)	11	(0.5)	22	(0.7)	14	(0.4)	48	(2.8)	--	--
Females:																
2 - 5	22	(1.4)	22	(1.7)	32	(2.0)	17	(1.2)	29	(2.0)	20	(1.1)	53	(6.5)	--	--
6 - 11	18	(1.2)	15	(0.9)	26	(1.3)	13	(1.0)	20	(1.5)	16	(0.9)	41	(6.5)	--	--
12 - 19	20	(1.6)	18	(1.7)	28	(1.9)	13	(1.0)	23	(1.7)	16	(1.0)	37	(5.6)	--	--
20 - 29	19	(1.6)	17	(1.4)	30	(1.5)	12	(1.1)	21	(1.7)	15	(1.2)	36	(3.2)	--	--
30 - 39	20	(1.9)	20	(2.1)	33	(1.7)	13	(1.8)	25	(2.3)	15	(1.9)	44	(5.1)	--	--
40 - 49	16	(1.2)	17	(1.8)	32	(2.1)	11	(1.1)	23	(1.8)	13	(0.9)	45	(5.1)	--	--
50 - 59	17	(2.3)	17	(1.6)	30	(1.6)	9	(0.8)	21	(1.6)	13	(1.3)	36	(5.0)	--	--
60 - 69	15	(0.9)	16	(1.0)	29	(1.2)	10	(1.2)	22	(1.3)	12	(0.9)	42	(6.6)	--	--
70 and over	11	(0.8)	13	(1.1)	24	(1.7)	8	(0.7)	17	(1.1)	10	(0.6)	33	(2.1)	--	--
2 - 19	19	(1.0)	18	(1.1)	28	(1.3)	13	(0.7)	23	(1.3)	16	(0.7)	39	(4.1)	--	--
20 and over	17	(0.8)	17	(0.8)	30	(0.7)	11	(0.6)	22	(0.8)	14	(0.7)	40	(2.2)	58	(3.5)
2 and over	17	(0.6)	17	(0.6)	30	(0.7)	11	(0.5)	22	(0.7)	14	(0.5)	40	(2.0)	--	--
Males and females:																
2 - 19	19	(1.1)	18	(1.0)	27	(1.1)	13	(0.7)	23	(1.0)	16	(0.8)	43	(4.4)	--	--
20 and over	16	(0.5)	16	(0.7)	28	(0.9)	11	(0.5)	22	(0.7)	13	(0.5)	44	(2.4)	66	(3.9)
2 and over	17	(0.4)	16	(0.5)	28	(0.7)	11	(0.4)	22	(0.5)	14	(0.4)	44	(2.3)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 23 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[2] Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as snack.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES 2011-2012.

Table 26. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years)	Percent reporting[3] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Non-Hispanic White:																				
2 - 5.....	99*	(0.6)	31	(2.1)	23	(3.0)	34	(2.3)	41	(3.2)	26	(1.6)	29	(2.8)	32	(3.5)	27	(2.5)	28	(2.8)
6 - 11.....	98*	(1.5)	25	(1.1)	14	(0.8)	29	(1.4)	35	(1.9)	22	(1.4)	22	(1.0)	23	(1.2)	21	(1.0)	23	(1.5)
12 - 19.....	96*	(1.6)	25	(1.8)	15	(1.8)	30	(2.6)	39	(3.4)	25	(2.2)	22	(1.6)	23	(2.0)	22	(1.8)	22	(1.7)
20 and over...	97	(0.6)	25	(1.0)	14	(0.9)	29	(0.8)	39	(1.1)	20	(0.9)	20	(1.2)	21	(1.4)	21	(1.3)	19	(0.9)
2 and over...	97	(0.6)	25	(0.8)	14	(0.7)	29	(0.7)	38	(1.1)	21	(0.7)	21	(0.9)	22	(1.1)	21	(1.0)	20	(0.7)
Non-Hispanic Black:																				
2 - 5.....	98*	(1.0)	29	(1.5)	17	(1.4)	35	(1.9)	43	(2.8)	26	(1.9)	25	(1.2)	25	(1.5)	25	(1.4)	28	(1.2)
6 - 11.....	95*	(1.5)	26	(1.8)	16	(1.7)	28	(2.0)	33	(2.5)	23	(1.4)	25	(1.8)	24	(1.8)	26	(1.7)	28	(2.2)
12 - 19.....	90	(2.3)	26	(2.1)	12	(1.0)	31	(2.4)	40	(2.3)	23	(2.0)	23	(2.3)	23	(1.8)	23	(3.0)	24	(3.3)
20 and over...	93	(1.2)	26	(1.0)	14	(0.6)	29	(1.1)	37	(1.5)	23	(0.8)	24	(1.2)	23	(1.3)	24	(1.3)	25	(1.4)
2 and over...	93	(1.0)	26	(0.9)	14	(0.6)	30	(1.0)	37	(1.1)	23	(0.7)	24	(1.1)	23	(1.2)	24	(1.2)	25	(1.3)
Non-Hispanic Asian[4]:																				
2 - 5.....	100*	(0.0)	33	(2.3)	22	(2.5)	35	(2.0)	48	(2.8)	29	(2.9)	35	(3.1)	37	(3.4)	34	(3.5)	31	(3.5)
6 - 11.....	97*	(2.5)	29	(1.8)	19	(1.7)	31	(2.1)	39	(4.1)	28	(2.3)	31	(2.3)	33	(2.5)	30	(2.3)	30	(2.9)
12 - 19.....	96*	(1.7)	22	(1.8)	12*	(1.7)	26	(1.8)	38	(3.6)	23	(2.6)	22	(2.3)	24	(2.4)	21	(2.7)	20	(2.6)
20 and over...	96	(0.8)	21	(1.4)	11	(1.1)	22	(1.1)	36	(1.2)	20	(1.2)	21	(2.0)	22	(2.1)	23	(2.2)	20	(1.7)
2 and over...	96	(0.6)	22	(1.1)	12	(0.9)	23	(0.8)	37	(0.8)	21	(1.0)	23	(1.6)	24	(1.5)	24	(1.9)	21	(1.5)
Hispanic:																				
2 - 5.....	94*	(2.2)	31	(1.7)	22	(1.5)	35	(1.8)	43	(2.2)	28	(2.0)	28	(1.7)	30	(2.2)	27	(1.6)	28	(1.5)
6 - 11.....	94	(1.2)	25	(1.3)	16	(1.0)	28	(1.4)	35	(1.9)	23	(1.5)	24	(1.7)	24	(1.7)	24	(1.7)	25	(2.2)
12 - 19.....	95*	(1.3)	24	(1.5)	14	(1.3)	27	(1.6)	36	(1.7)	22	(1.7)	23	(1.6)	24	(1.7)	22	(1.7)	23	(2.0)
20 and over...	96	(0.7)	20	(0.5)	11	(0.6)	23	(0.6)	32	(1.1)	17	(0.7)	17	(0.7)	17	(0.9)	17	(0.7)	18	(0.7)
2 and over...	95	(0.7)	22	(0.5)	12	(0.5)	25	(0.6)	34	(0.9)	19	(0.5)	20	(0.6)	20	(0.8)	19	(0.6)	20	(0.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 26. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Non-Hispanic White:																		
2 - 5.....	20	(4.1)	23	(4.3)	17*	(8.9)	3*	(1.6)	21	(1.5)	27	(2.7)	15	(1.2)	18	(1.7)	18	(1.7)
6 - 11.....	12	(1.0)	14	(2.0)	9	(2.5)	8*	(4.1)	16	(1.5)	18	(1.6)	14	(1.2)	16	(1.6)	14	(1.2)
12 - 19.....	10	(2.3)	19	(2.7)	20	(5.3)	8*	(2.6)	16	(2.5)	25	(4.2)	20	(3.7)	24	(4.4)	17	(3.7)
20 and over...	8	(0.6)	14	(1.3)	7	(1.1)	10	(1.5)	16	(0.9)	24	(0.9)	17	(0.9)	18	(0.6)	16	(0.6)
2 and over...	9	(0.5)	15	(1.0)	8	(1.0)	10	(1.3)	16	(0.6)	24	(0.7)	17	(0.7)	19	(0.6)	16	(0.5)
Non-Hispanic Black:																		
2 - 5.....	11	(1.2)	18	(2.1)	9*	(2.9)	10*	(3.1)	20	(1.1)	24	(2.0)	17	(1.3)	21	(1.9)	19	(1.3)
6 - 11.....	15	(2.5)	14	(1.8)	9	(2.0)	8*	(1.8)	18	(2.2)	19	(1.7)	17	(2.3)	17	(1.9)	17	(2.3)
12 - 19.....	10	(0.7)	16	(1.9)	10	(2.6)	8	(2.4)	16	(1.9)	20	(1.7)	15	(1.3)	16	(1.6)	17	(2.4)
20 and over...	10	(0.6)	17	(1.7)	12	(2.1)	15	(3.0)	17	(0.6)	21	(0.8)	17	(0.8)	19	(0.9)	19	(0.8)
2 and over...	10	(0.5)	17	(1.3)	12	(1.9)	13	(2.2)	18	(0.7)	21	(0.8)	17	(0.8)	19	(0.8)	19	(0.9)
Non-Hispanic Asian[4]:																		
2 - 5.....	18*	(4.1)	35	(3.0)	27	(7.4)	5*	(2.8)	29	(1.7)	34	(2.8)	22	(3.4)	27	(2.5)	24	(2.3)
6 - 11.....	15*	(2.3)	20	(1.5)	9*	(2.6)	15*	(5.4)	22	(2.4)	26	(2.2)	17*	(2.3)	19	(2.3)	20	(3.0)
12 - 19.....	10*	(1.6)	16	(2.4)	6*	(2.5)	8*	(3.5)	21	(4.3)	20	(3.0)	14	(2.4)	14	(2.2)	15	(2.7)
20 and over...	8	(0.7)	15	(1.5)	11	(2.8)	10	(2.4)	13	(0.9)	21	(1.9)	13	(1.5)	15	(1.4)	12	(0.9)
2 and over...	9	(0.5)	16	(1.2)	11	(2.4)	10	(1.7)	16	(0.9)	22	(1.3)	14	(1.2)	16	(1.0)	14	(0.9)
Hispanic:																		
2 - 5.....	16	(1.1)	26	(2.8)	21*	(6.4)	16*	(7.3)	26	(1.9)	31	(2.4)	21	(1.8)	25	(1.5)	24	(2.3)
6 - 11.....	15	(1.2)	19	(2.7)	18*	(5.7)	14*	(5.6)	19	(1.5)	22	(1.9)	17	(1.5)	18	(1.5)	19	(1.6)
12 - 19.....	12	(1.5)	21	(2.2)	20*	(6.2)	9*	(2.6)	16	(1.7)	21	(1.5)	13	(1.4)	15	(1.4)	17	(2.1)
20 and over...	7	(0.8)	16	(1.7)	12	(1.6)	7	(1.7)	14	(0.7)	19	(1.0)	15	(0.7)	17	(1.0)	15	(1.0)
2 and over...	9	(0.6)	18	(1.2)	14	(1.6)	9	(1.6)	16	(0.5)	21	(0.8)	15	(0.5)	17	(0.6)	16	(0.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 26. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Non-Hispanic White:																		
2 - 5.....	23	(2.8)	22	(3.3)	36	(6.0)	27	(4.8)	26	(3.3)	24	(3.8)	31	(4.3)	27	(3.2)	30	(2.5)
6 - 11.....	14	(1.0)	12	(1.3)	25	(3.5)	15	(2.5)	25	(2.1)	18	(1.7)	19	(1.9)	18	(1.2)	23	(1.0)
12 - 19.....	16	(2.1)	24	(4.5)	40	(9.8)	20	(3.7)	27	(2.6)	17	(2.8)	24	(3.2)	20	(2.0)	30	(2.1)
20 and over...	17	(1.0)	15	(1.3)	24	(2.7)	17	(1.4)	23	(1.0)	8	(1.0)	25	(1.1)	19	(1.0)	29	(0.9)
2 and over...	17	(0.9)	16	(1.1)	26	(2.1)	18	(0.9)	23	(0.8)	10	(0.9)	25	(0.7)	20	(0.7)	29	(0.7)
Non-Hispanic Black:																		
2 - 5.....	18	(1.7)	18	(2.3)	44	(4.5)	25	(3.5)	28	(1.3)	18	(2.5)	30	(2.9)	23	(1.9)	29	(2.0)
6 - 11.....	16	(1.7)	14	(1.9)	28	(3.1)	13	(1.2)	28	(2.1)	18	(3.1)	21	(1.9)	19	(1.3)	24	(1.1)
12 - 19.....	13	(1.2)	15	(1.5)	33	(5.2)	15	(2.9)	31	(4.9)	19	(3.9)	22	(2.3)	17	(1.7)	26	(2.4)
20 and over...	16	(0.8)	17	(2.3)	32	(1.4)	16	(1.2)	30	(2.3)	11	(1.3)	27	(1.1)	20	(0.8)	30	(0.8)
2 and over...	16	(0.7)	17	(1.6)	32	(1.7)	17	(0.9)	30	(2.1)	13	(1.4)	26	(1.2)	20	(0.8)	29	(0.8)
Non-Hispanic Asian[4]:																		
2 - 5.....	24	(2.8)	30	(3.9)	44	(3.7)	36	(5.2)	30	(3.0)	17*	(4.1)	37	(3.3)	29	(2.4)	32	(2.0)
6 - 11.....	20	(1.8)	22	(2.3)	30*	(10.1)	26	(3.5)	25	(2.0)	11*	(2.8)	29	(3.3)	24	(2.2)	27	(2.2)
12 - 19.....	14	(1.7)	16	(3.5)	33	(5.9)	18	(4.2)	24	(3.4)	8*	(1.2)	24	(2.3)	17	(2.1)	25	(2.6)
20 and over...	13	(1.2)	11	(1.7)	26	(4.0)	11	(1.1)	25	(2.2)	6	(1.1)	26	(1.7)	16	(1.3)	25	(1.6)
2 and over...	14	(0.9)	13	(1.1)	28	(3.8)	15	(0.9)	25	(1.9)	7	(1.0)	27	(1.3)	17	(1.0)	25	(1.3)
Hispanic:																		
2 - 5.....	22	(1.7)	29	(2.8)	42	(2.3)	33	(3.4)	30	(2.2)	25	(2.1)	34	(2.6)	27	(2.0)	32	(1.9)
6 - 11.....	17	(1.4)	16	(1.9)	34	(1.8)	20	(2.6)	25	(2.0)	19	(1.7)	22	(1.4)	19	(1.4)	25	(1.6)
12 - 19.....	16	(1.5)	15	(1.8)	32	(3.8)	21	(2.5)	28	(2.5)	19	(2.5)	25	(1.9)	19	(1.3)	26	(1.3)
20 and over...	13	(0.6)	14	(1.3)	28	(2.4)	17	(1.7)	22	(1.4)	9	(0.9)	24	(1.1)	15	(0.7)	24	(0.6)
2 and over...	15	(0.5)	16	(1.0)	30	(1.8)	20	(1.4)	23	(1.2)	12	(1.0)	25	(0.9)	17	(0.6)	25	(0.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 26. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium %	(SE)	Caffeine %	(SE)	Alcohol %	(SE)
Non-Hispanic White:																
2 - 5.....	21	(1.3)	24	(3.2)	31	(2.0)	17	(1.7)	28	(2.9)	22	(2.1)	44	(6.3)	--	--
6 - 11.....	18	(1.5)	16	(0.9)	27	(1.2)	12	(0.8)	20	(1.2)	16	(1.1)	52	(9.8)	--	--
12 - 19.....	19	(2.8)	17	(2.7)	29	(2.3)	12	(1.7)	22	(2.3)	16	(1.8)	44	(6.7)	--	--
20 and over...	17	(0.6)	16	(0.9)	28	(1.3)	11	(0.7)	22	(0.9)	14	(0.7)	46	(2.4)	66	(4.9)
2 and over...	17	(0.4)	17	(0.6)	28	(1.0)	11	(0.6)	22	(0.7)	14	(0.5)	46	(2.3)	--	--
Non-Hispanic Black:																
2 - 5.....	20	(1.7)	19	(1.5)	28	(1.1)	15	(1.0)	29	(2.4)	19	(1.2)	33	(3.9)	--	--
6 - 11.....	21	(2.7)	18	(1.9)	25	(1.5)	15	(1.8)	21	(1.1)	20	(1.7)	48	(7.7)	--	--
12 - 19.....	21	(2.4)	15	(1.5)	27	(2.0)	11	(1.4)	22	(2.0)	16	(1.4)	34	(5.6)	--	--
20 and over...	19	(0.7)	18	(0.7)	31	(1.3)	13	(0.7)	23	(0.6)	16	(0.7)	37	(3.3)	70	(3.0)
2 and over...	20	(0.8)	17	(0.7)	30	(1.1)	13	(0.6)	23	(0.7)	16	(0.6)	37	(2.9)	--	--
Non-Hispanic Asian[4]:																
2 - 5.....	28	(2.9)	27	(2.5)	31	(2.2)	17*	(2.5)	32	(2.6)	20	(2.6)	82*	(11.9)	--	--
6 - 11.....	21	(2.3)	23	(1.9)	28	(2.1)	15*	(1.5)	26	(2.4)	18	(1.8)	40	(5.3)	--	--
12 - 19.....	16	(2.2)	15	(2.4)	25	(2.7)	10*	(1.5)	21	(2.3)	12*	(1.7)	43	(8.8)	--	--
20 and over...	13	(0.8)	14	(1.1)	26	(1.5)	8	(0.7)	20	(1.2)	10	(1.2)	40	(4.0)	66	(7.4)
2 and over...	14	(0.8)	15	(0.9)	26	(1.3)	9	(0.6)	21	(1.0)	11	(1.1)	40	(3.9)	--	--
Hispanic:																
2 - 5.....	24	(2.2)	24	(1.8)	33	(1.5)	20	(1.5)	31	(1.7)	20	(1.7)	36	(4.3)	--	--
6 - 11.....	19	(1.5)	17	(1.5)	25	(2.1)	15	(1.0)	23	(1.7)	16	(1.1)	27	(5.6)	--	--
12 - 19.....	18	(1.9)	17	(1.2)	25	(2.2)	12	(1.4)	22	(1.4)	15	(1.5)	31	(4.6)	--	--
20 and over...	14	(1.1)	12	(0.9)	25	(0.9)	10	(0.5)	18	(0.6)	11	(0.6)	32	(2.7)	65	(6.3)
2 and over...	16	(0.8)	14	(0.6)	26	(0.9)	11	(0.4)	20	(0.5)	13	(0.5)	32	(2.5)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 23 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[2] Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as snack.

[4] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America,* NHANES 2011-2012.

Table 27. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																				
2 - 5.....	96*	(1.7)	30	(1.5)	20	(1.5)	35	(1.5)	43	(1.8)	28	(1.6)	28	(1.9)	30	(1.9)	26	(1.9)	28	(2.4)
6 - 11.....	95	(1.8)	25	(1.5)	16	(0.8)	29	(1.9)	36	(2.3)	21	(1.1)	24	(1.5)	25	(2.1)	23	(1.4)	23	(1.3)
12 - 19.....	93	(2.2)	24	(1.8)	12	(1.1)	29	(2.7)	39	(3.3)	23	(2.3)	22	(1.7)	22	(1.9)	22	(1.9)	22	(1.8)
20 and over...	96	(1.2)	27	(1.4)	15	(1.1)	31	(1.5)	42	(2.1)	22	(1.2)	22	(1.1)	23	(1.2)	21	(1.2)	21	(1.1)
2 and over...	95	(1.1)	27	(1.0)	15	(0.8)	31	(1.1)	41	(1.7)	22	(0.8)	22	(0.8)	23	(0.9)	22	(0.9)	21	(0.8)
$25,000 - $74,999:																				
2 - 5.....	99*	(0.6)	34	(1.9)	26	(3.2)	38	(1.6)	47	(2.4)	28	(1.6)	31	(3.8)	34	(4.7)	29	(3.3)	28	(2.8)
6 - 11.....	96*	(0.8)	25	(2.0)	15	(1.1)	28	(2.4)	34	(3.1)	22	(1.7)	24	(2.1)	24	(1.9)	23	(2.1)	26	(2.8)
12 - 19.....	94	(1.8)	25	(2.4)	13	(1.6)	30	(2.9)	40	(3.0)	23	(2.9)	21	(1.9)	22	(2.1)	20	(1.7)	21	(2.7)
20 and over...	97	(0.5)	23	(0.9)	12	(0.8)	26	(1.0)	35	(1.4)	19	(1.2)	19	(1.4)	20	(1.7)	20	(1.5)	20	(1.2)
2 and over...	97	(0.5)	24	(0.8)	13	(0.7)	27	(0.9)	36	(1.2)	20	(1.0)	20	(1.1)	21	(1.3)	20	(1.2)	20	(1.0)
$75,000 and higher:																				
2 - 5.....	98*	(1.3)	27	(1.5)	18	(1.9)	30	(2.0)	35	(2.5)	23	(2.0)	27	(1.4)	28	(1.9)	26	(1.7)	29	(2.0)
6 - 11.....	98*	(0.9)	24	(1.4)	14	(1.1)	28	(1.7)	35	(1.5)	23	(2.6)	23	(1.5)	23	(1.4)	22	(1.8)	24	(2.1)
12 - 19.....	97*	(1.1)	23	(1.7)	16	(2.2)	27	(1.7)	35	(2.5)	23	(2.1)	22	(1.8)	24	(2.4)	21	(1.7)	22	(2.1)
20 and over...	97	(0.7)	23	(1.4)	13	(0.8)	26	(1.3)	36	(1.6)	20	(1.2)	20	(0.9)	21	(0.9)	21	(1.0)	19	(1.1)
2 and over...	97	(0.6)	24	(1.1)	14	(0.7)	27	(1.1)	35	(1.3)	20	(1.0)	21	(0.7)	22	(0.8)	21	(0.9)	20	(0.9)
All Individuals[4]:																				
2 - 5.....	98*	(0.7)	30	(1.1)	22	(1.6)	34	(1.4)	42	(1.9)	26	(1.1)	28	(1.4)	31	(1.9)	27	(1.3)	28	(1.4)
6 - 11.....	96	(0.7)	25	(0.8)	15	(0.7)	28	(1.0)	35	(1.2)	22	(0.7)	23	(1.0)	24	(1.0)	23	(0.9)	25	(1.3)
12 - 19.....	95	(1.1)	24	(1.2)	14	(1.1)	29	(1.6)	38	(2.1)	23	(1.4)	22	(1.1)	23	(1.3)	22	(1.3)	22	(1.3)
20 and over...	97	(0.5)	24	(0.7)	13	(0.7)	27	(0.6)	37	(0.9)	20	(0.7)	20	(0.8)	21	(1.0)	21	(0.9)	20	(0.6)
2 and over...	96	(0.5)	24	(0.5)	14	(0.5)	28	(0.6)	37	(0.9)	21	(0.5)	21	(0.6)	22	(0.8)	21	(0.7)	21	(0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 27. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
$0 - $24,999:																		
2 - 5.....	14	(1.5)	24	(2.0)	20	(5.8)	6*	(1.8)	22	(1.3)	28	(1.8)	17	(1.3)	20	(1.2)	20	(1.3)
6 - 11.....	13	(1.0)	18	(2.0)	12*	(4.5)	7	(1.8)	18	(1.8)	20	(2.0)	17	(1.1)	19	(1.6)	18	(1.9)
12 - 19.....	8	(1.1)	15	(2.1)	20*	(7.5)	8	(1.4)	14	(1.4)	23	(6.4)	21	(5.8)	24*	(7.4)	14	(2.0)
20 and over...	10	(0.7)	17	(1.5)	11	(1.4)	13	(2.0)	17	(1.4)	23	(1.4)	18	(1.0)	20	(1.3)	18	(1.4)
2 and over...	10	(0.5)	17	(1.0)	12	(1.1)	11	(1.5)	17	(1.0)	23	(0.9)	18	(0.8)	21	(0.9)	17	(1.0)
$25,000 - $74,999:																		
2 - 5.....	20	(5.3)	29	(4.1)	30*	(12.7)	13*	(4.8)	25	(1.5)	32	(2.4)	19	(1.6)	24	(1.4)	22	(1.4)
6 - 11.....	16	(1.8)	16	(1.8)	12	(2.8)	9*	(3.7)	16	(1.6)	19	(1.6)	14	(1.3)	16	(1.5)	15	(1.5)
12 - 19.....	9	(1.2)	16	(2.1)	13*	(4.2)	6*	(2.3)	17	(1.9)	20	(3.0)	16	(2.3)	17	(2.2)	17	(2.5)
20 and over...	7	(0.6)	13	(1.5)	7	(1.9)	7	(0.8)	15	(0.8)	22	(1.0)	16	(0.8)	17	(0.6)	16	(0.7)
2 and over...	9	(0.5)	14	(1.2)	8	(1.8)	7	(0.7)	16	(0.6)	22	(1.0)	16	(0.7)	17	(0.6)	16	(0.6)
$75,000 and higher:																		
2 - 5.....	18	(2.9)	17	(3.2)	8*	(4.7)	4*	(1.6)	20	(1.8)	24	(2.3)	15	(1.6)	17	(2.0)	19	(2.2)
6 - 11.....	10	(1.1)	13	(2.0)	10*	(3.1)	12*	(6.2)	17	(2.1)	19	(1.7)	15	(1.6)	14	(1.7)	16	(2.0)
12 - 19.....	15	(3.9)	24	(3.0)	20	(5.1)	13	(3.6)	18	(2.4)	25	(2.8)	15	(1.7)	18	(2.4)	19	(3.7)
20 and over...	8	(0.4)	15	(1.6)	8	(2.1)	11	(2.6)	15	(0.9)	23	(1.3)	17	(1.3)	17	(1.4)	15	(1.0)
2 and over...	9	(0.7)	16	(1.4)	9	(1.7)	11	(2.5)	16	(0.8)	23	(1.1)	16	(1.1)	17	(1.2)	16	(0.9)
All Individuals[4]:																		
2 - 5.....	17	(2.1)	23	(2.4)	17*	(5.3)	8	(2.2)	23	(1.2)	28	(1.6)	17	(1.1)	21	(1.1)	20	(1.2)
6 - 11.....	13	(0.8)	16	(1.5)	11	(2.4)	9	(2.4)	17	(1.1)	19	(1.2)	15	(0.9)	16	(0.9)	16	(0.8)
12 - 19.....	11	(1.3)	19	(1.7)	17	(2.7)	9	(1.6)	16	(1.4)	23	(2.8)	17	(2.3)	20	(2.7)	16	(2.1)
20 and over...	8	(0.4)	15	(1.1)	9	(1.0)	10	(0.8)	16	(0.7)	23	(0.7)	17	(0.6)	18	(0.4)	16	(0.5)
2 and over...	9	(0.4)	16	(0.8)	9	(0.8)	10	(0.7)	16	(0.4)	23	(0.5)	17	(0.5)	18	(0.4)	16	(0.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 27. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
$0 - $24,999:																		
2 - 5.....	21	(1.7)	22	(1.9)	41	(3.3)	31	(2.5)	28	(1.9)	25	(5.1)	34	(2.1)	26	(1.7)	31	(1.4)
6 - 11.....	16	(1.4)	15	(1.4)	39	(3.0)	18	(2.8)	25	(2.2)	17	(2.3)	22	(1.5)	19	(1.0)	24	(1.4)
12 - 19.....	11	(1.1)	22*	(7.9)	33	(4.4)	14	(2.8)	28	(2.1)	15	(2.4)	19	(1.2)	16	(1.3)	28	(2.6)
20 and over...	18	(1.3)	16	(1.2)	36	(3.9)	21	(2.3)	24	(1.5)	12	(1.3)	28	(1.9)	21	(1.5)	30	(1.3)
2 and over...	17	(0.9)	17	(0.9)	36	(2.9)	20	(1.4)	25	(1.3)	13	(0.9)	27	(1.4)	20	(1.0)	29	(0.9)
$25,000 - $74,999:																		
2 - 5.....	26	(3.4)	27	(3.1)	46	(5.4)	34	(4.1)	31	(3.4)	24	(2.7)	36	(3.6)	30	(3.1)	34	(1.7)
6 - 11.....	16	(1.6)	13	(1.2)	24	(2.6)	16	(2.4)	24	(2.4)	19	(2.2)	21	(1.8)	19	(1.6)	24	(1.8)
12 - 19.....	15	(1.7)	16	(3.4)	42	(9.9)	17	(2.9)	25	(2.3)	14	(2.6)	24	(2.8)	18	(2.0)	27	(2.5)
20 and over...	15	(0.8)	15	(1.2)	21	(2.0)	14	(1.2)	24	(1.4)	7	(1.3)	23	(1.0)	17	(0.8)	27	(0.8)
2 and over...	16	(0.8)	15	(1.1)	25	(2.0)	16	(1.0)	24	(1.2)	9	(1.4)	24	(0.9)	18	(0.7)	27	(0.8)
$75,000 and higher:																		
2 - 5.....	18	(1.0)	21	(3.4)	27	(3.7)	21	(2.9)	23	(1.9)	19	(2.7)	26	(3.1)	22	(2.1)	25	(2.3)
6 - 11.....	14	(0.9)	13	(1.4)	22	(4.3)	14	(2.5)	25	(3.0)	18	(2.7)	18	(2.1)	17	(1.3)	23	(1.8)
12 - 19.....	18	(2.9)	20	(2.3)	29	(4.5)	25	(4.3)	27	(3.3)	20	(2.3)	27	(3.0)	22	(2.3)	28	(2.2)
20 and over...	17	(1.5)	13	(1.9)	22	(1.6)	17	(1.4)	23	(1.6)	9	(0.9)	25	(1.0)	19	(1.0)	29	(1.5)
2 and over...	17	(1.3)	14	(1.5)	23	(1.5)	18	(1.3)	23	(1.5)	10	(0.7)	25	(1.0)	19	(0.8)	28	(1.3)
All Individuals[4]:																		
2 - 5.....	22	(1.6)	24	(1.9)	39	(3.4)	29	(2.6)	27	(2.0)	22	(2.0)	32	(2.5)	26	(1.8)	30	(1.5)
6 - 11.....	16	(0.7)	14	(1.0)	28	(2.2)	16	(1.9)	25	(1.5)	18	(1.3)	20	(1.3)	18	(0.9)	24	(0.7)
12 - 19.....	15	(1.3)	20	(3.0)	36	(4.6)	19	(2.5)	27	(1.9)	17	(1.6)	24	(2.0)	19	(1.3)	28	(1.5)
20 and over...	16	(0.8)	15	(1.0)	25	(1.9)	17	(1.0)	24	(0.6)	9	(0.8)	25	(0.8)	19	(0.8)	28	(0.7)
2 and over...	16	(0.6)	16	(0.8)	28	(1.3)	18	(0.6)	24	(0.5)	10	(0.7)	25	(0.5)	19	(0.5)	28	(0.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 27. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																
2 - 5	22	(1.4)	21	(1.3)	30	(1.8)	16	(1.3)	30	(1.6)	19	(1.4)	38	(3.5)	--	--
6 - 11	19	(1.8)	18	(1.4)	24	(2.0)	14	(1.1)	22	(1.5)	19	(2.0)	44	(8.4)	--	--
12 - 19	16	(1.6)	14	(1.4)	28	(2.0)	10	(1.2)	20	(1.4)	14	(1.4)	58	(11.9)	--	--
20 and over	18	(1.1)	17	(1.1)	30	(1.1)	12	(1.1)	25	(1.4)	15	(0.9)	47	(2.6)	80	(5.3)
2 and over	18	(0.7)	17	(0.7)	30	(0.8)	12	(0.7)	24	(1.0)	16	(0.6)	48	(2.6)	--	--
$25,000 - $74,999:																
2 - 5	24	(1.6)	27	(3.5)	34	(1.5)	20	(1.7)	34	(2.2)	24	(2.8)	45	(7.7)	--	--
6 - 11	18	(1.9)	16	(1.2)	25	(2.0)	14	(1.3)	21	(1.8)	16	(1.4)	51	(11.8)	--	--
12 - 19	19	(2.4)	16	(1.5)	27	(2.6)	12	(1.6)	21	(2.1)	15	(2.0)	32	(7.0)	--	--
20 and over	16	(0.9)	14	(1.0)	28	(0.9)	10	(0.6)	20	(0.8)	12	(0.8)	43	(2.0)	65	(4.1)
2 and over	17	(0.7)	15	(0.8)	28	(0.8)	11	(0.5)	21	(0.7)	13	(0.6)	43	(1.9)	--	--
$75,000 and higher:																
2 - 5	21	(1.6)	21	(1.9)	28	(2.7)	15	(1.3)	23	(1.8)	18	(1.5)	43	(10.0)	--	--
6 - 11	19	(2.4)	17	(1.3)	28	(2.7)	11	(1.1)	20	(1.3)	15	(1.2)	44	(8.5)	--	--
12 - 19	21	(2.8)	18	(2.8)	27	(3.2)	13	(2.0)	23	(2.2)	15	(2.1)	38	(7.5)	--	--
20 and over	16	(0.7)	16	(0.7)	27	(1.6)	10	(0.6)	21	(1.2)	13	(0.6)	43	(4.2)	56	(9.3)
2 and over	17	(0.8)	17	(0.7)	27	(1.2)	11	(0.6)	22	(1.0)	13	(0.6)	43	(4.1)	--	--
All Individuals[4]:																
2 - 5	22	(1.0)	23	(1.7)	31	(1.2)	17	(0.9)	29	(1.5)	20	(1.2)	45	(3.8)	--	--
6 - 11	19	(1.1)	17	(0.6)	26	(0.9)	13	(0.8)	21	(0.8)	17	(0.8)	47	(6.7)	--	--
12 - 19	19	(1.7)	16	(1.6)	27	(1.6)	12	(1.0)	22	(1.5)	15	(1.2)	41	(5.6)	--	--
20 and over	16	(0.5)	16	(0.7)	28	(0.9)	11	(0.5)	22	(0.7)	13	(0.5)	44	(2.4)	66	(3.9)
2 and over	17	(0.4)	16	(0.5)	28	(0.7)	11	(0.4)	22	(0.5)	14	(0.4)	44	(2.3)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 23 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[2] Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012.

[3] The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as snack.

[4] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 28. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years)	Percent reporting[4] % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
Under 131% poverty:										
2 - 5.....	97* (1.4)	32 (1.6)	24 (2.6)	36 (1.4)	46 (2.3)	28 (1.3)	30 (2.8)	34 (3.7)	28 (2.5)	29 (2.3)
6 - 11.....	95 (0.9)	26 (1.3)	16 (0.7)	29 (1.7)	36 (2.1)	23 (1.3)	24 (1.2)	25 (1.7)	24 (1.1)	26 (1.6)
12 - 19.....	93 (2.2)	24 (1.5)	12 (1.3)	29 (2.0)	38 (2.4)	23 (2.4)	23 (1.4)	24 (1.6)	23 (1.6)	23 (1.4)
20 and over...	95 (1.2)	27 (1.5)	15 (1.2)	31 (1.8)	42 (2.7)	22 (1.4)	22 (1.0)	23 (1.5)	22 (1.1)	22 (0.9)
2 and over...	95 (1.0)	27 (1.0)	15 (0.8)	31 (1.3)	41 (2.1)	22 (0.8)	23 (0.7)	24 (1.1)	22 (0.6)	23 (0.7)
131-350% poverty:										
2 - 5.....	98* (0.4)	31 (1.7)	23 (1.7)	35 (2.1)	44 (2.6)	27 (1.7)	28 (1.7)	30 (2.0)	26 (1.6)	27 (2.0)
6 - 11.....	98* (1.3)	25 (1.9)	15 (1.4)	28 (2.2)	35 (2.6)	20 (2.1)	24 (2.3)	25 (1.9)	23 (2.3)	24 (3.0)
12 - 19.....	96* (1.4)	25 (2.4)	15 (1.7)	30 (3.1)	41 (3.5)	24 (3.4)	21 (1.7)	21 (1.9)	20 (1.7)	21 (2.7)
20 and over...	97 (0.7)	23 (0.7)	12 (0.6)	26 (0.7)	36 (1.0)	18 (1.1)	19 (1.2)	20 (1.7)	19 (1.1)	18 (1.0)
2 and over...	97 (0.6)	24 (0.6)	13 (0.5)	27 (0.6)	37 (1.0)	19 (0.9)	20 (0.9)	21 (1.3)	20 (0.9)	19 (0.7)
Over 350% poverty:										
2 - 5.....	99* (1.1)	27 (1.7)	17 (2.0)	29 (2.3)	33 (2.5)	22 (2.1)	27 (1.4)	27 (1.8)	26 (1.9)	29 (2.4)
6 - 11.....	98* (1.1)	24 (1.5)	14 (1.2)	27 (1.8)	33 (1.5)	25 (3.0)	22 (2.0)	22 (1.9)	22 (2.4)	25 (2.7)
12 - 19.....	97* (1.1)	23 (1.5)	15 (1.7)	26 (1.6)	34 (2.2)	23 (2.5)	21 (1.5)	23 (2.1)	19 (1.4)	21 (1.8)
20 and over...	97 (0.7)	24 (1.3)	13 (0.9)	26 (1.2)	35 (1.4)	20 (1.0)	20 (1.1)	20 (1.1)	21 (1.3)	20 (1.1)
2 and over...	97 (0.6)	24 (1.2)	14 (0.8)	27 (1.0)	35 (1.2)	21 (0.9)	21 (1.0)	21 (1.0)	21 (1.1)	21 (1.0)
All Individuals[5]:										
2 - 5.....	98* (0.7)	30 (1.1)	22 (1.6)	34 (1.4)	42 (1.9)	26 (1.1)	28 (1.4)	31 (1.9)	27 (1.3)	28 (1.4)
6 - 11.....	96 (0.7)	25 (0.8)	15 (0.7)	28 (1.0)	35 (1.2)	22 (0.7)	23 (1.0)	24 (1.0)	23 (0.9)	25 (1.3)
12 - 19.....	95 (1.1)	24 (1.2)	14 (1.1)	29 (1.6)	38 (2.1)	23 (1.4)	22 (1.1)	23 (1.3)	22 (1.3)	22 (1.3)
20 and over...	97 (0.5)	24 (0.7)	13 (0.7)	27 (0.6)	37 (0.9)	20 (0.7)	20 (0.8)	21 (1.0)	21 (0.9)	20 (0.6)
2 and over...	96 (0.5)	24 (0.5)	14 (0.5)	28 (0.6)	37 (0.9)	21 (0.5)	21 (0.6)	22 (0.8)	21 (0.7)	21 (0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 28. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Under 131% poverty:																		
2 - 5.....	18	(3.3)	27	(2.3)	18	(3.6)	8	(2.5)	23	(0.9)	30	(1.7)	18	(1.3)	22	(1.0)	22	(1.3)
6 - 11.....	15	(1.3)	17	(2.0)	13*	(4.7)	9*	(2.7)	18	(1.5)	20	(1.7)	16	(0.9)	18	(1.2)	18	(1.6)
12 - 19.....	8	(1.3)	15	(2.3)	17*	(5.8)	7	(1.6)	15	(1.5)	22	(5.2)	20	(4.8)	22	(6.4)	14	(2.1)
20 and over...	10	(0.7)	18	(1.6)	11	(1.7)	12	(2.0)	18	(1.5)	24	(1.8)	18	(1.2)	20	(1.6)	18	(1.3)
2 and over...	11	(0.6)	18	(1.1)	12	(1.3)	10	(1.5)	18	(0.9)	24	(1.3)	18	(0.8)	21	(1.0)	18	(0.8)
131-350% poverty:																		
2 - 5.....	15	(2.1)	25	(4.7)	29*	(15.9)	11*	(6.0)	24	(1.9)	30	(2.3)	19	(1.6)	21	(1.7)	19	(1.9)
6 - 11.....	14	(1.5)	16	(2.1)	11	(1.8)	13*	(4.5)	16	(1.9)	19	(1.8)	14	(1.6)	16	(1.5)	15	(1.4)
12 - 19.....	13	(3.5)	20	(2.1)	21	(4.8)	10*	(3.4)	17	(1.5)	23	(3.0)	17	(2.3)	19	(2.5)	18	(2.4)
20 and over...	8	(0.6)	13	(1.6)	7	(1.7)	7	(1.2)	14	(0.6)	21	(0.7)	15	(0.7)	16	(1.0)	15	(0.7)
2 and over...	9	(0.8)	15	(1.3)	9	(1.8)	9	(1.4)	15	(0.5)	22	(0.7)	16	(0.6)	17	(0.8)	15	(0.5)
Over 350% poverty:																		
2 - 5.....	20	(3.3)	16	(3.5)	8*	(5.1)	4*	(1.7)	20	(2.1)	22	(2.3)	16	(1.9)	17	(2.5)	20	(2.6)
6 - 11.....	10*	(1.3)	12	(2.3)	10*	(4.5)	5*	(2.3)	16	(2.2)	18	(1.8)	14	(1.8)	14	(1.9)	15	(2.3)
12 - 19.....	12	(1.4)	22	(3.3)	13	(3.8)	10*	(2.7)	17	(2.7)	24	(2.8)	15	(2.2)	17	(3.2)	18	(4.7)
20 and over...	8	(0.5)	14	(1.7)	8	(1.7)	10	(2.3)	16	(0.9)	23	(1.1)	17	(1.2)	17	(1.1)	16	(1.0)
2 and over...	8	(0.5)	15	(1.6)	8	(1.5)	10	(1.9)	16	(0.8)	23	(1.0)	17	(1.1)	17	(1.0)	16	(0.9)
All Individuals[5]:																		
2 - 5.....	17	(2.1)	23	(2.4)	17*	(5.3)	8	(2.2)	23	(1.2)	28	(1.6)	17	(1.1)	21	(1.1)	20	(1.2)
6 - 11.....	13	(0.8)	16	(1.5)	11	(2.4)	9	(2.4)	17	(1.1)	19	(1.2)	15	(0.9)	16	(0.9)	16	(0.8)
12 - 19.....	11	(1.3)	19	(1.7)	17	(2.7)	9	(1.6)	16	(1.4)	23	(2.8)	17	(2.3)	20	(2.7)	16	(2.1)
20 and over...	8	(0.4)	15	(1.1)	9	(1.0)	10	(0.8)	16	(0.7)	23	(0.7)	17	(0.6)	18	(0.4)	16	(0.5)
2 and over...	9	(0.4)	16	(0.8)	9	(0.8)	10	(0.7)	16	(0.4)	23	(0.5)	17	(0.5)	18	(0.4)	16	(0.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 28. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Under 131% poverty:																		
2 - 5.....	24	(2.2)	25	(1.9)	42	(3.4)	32	(2.5)	28	(1.8)	25	(3.8)	36	(2.6)	29	(2.2)	32	(1.2)
6 - 11.....	17	(1.2)	15	(1.2)	36	(2.6)	18	(2.3)	27	(2.1)	18	(1.9)	22	(1.5)	19	(1.0)	25	(1.3)
12 - 19.....	11	(1.3)	20*	(6.8)	30	(4.3)	13	(2.6)	28	(1.9)	14	(2.2)	19	(1.9)	16	(1.3)	27	(2.5)
20 and over...	18	(1.3)	17	(1.7)	36	(3.3)	21	(2.2)	25	(1.6)	12	(1.5)	28	(2.1)	20	(1.6)	30	(1.5)
2 and over...	17	(0.8)	18	(1.2)	36	(2.0)	21	(1.2)	26	(1.2)	13	(1.0)	27	(1.2)	20	(0.9)	29	(0.9)
131-350% poverty:																		
2 - 5.....	22	(2.6)	25	(3.2)	43	(8.1)	31	(4.6)	31	(4.1)	22	(2.2)	34	(2.9)	28	(2.1)	32	(1.4)
6 - 11.....	16	(1.3)	14	(1.7)	25	(3.3)	17	(2.7)	22	(2.3)	18	(2.3)	21	(2.1)	18	(1.8)	24	(1.9)
12 - 19.....	19	(2.4)	19	(3.3)	46	(10.8)	21	(3.2)	26	(3.0)	16	(2.6)	25	(2.5)	20	(2.0)	29	(2.7)
20 and over...	15	(0.8)	15	(1.7)	25	(2.2)	14	(1.3)	22	(1.2)	9	(0.8)	23	(1.0)	17	(0.7)	27	(0.6)
2 and over...	16	(0.8)	15	(1.4)	28	(2.2)	17	(1.2)	23	(1.1)	11	(0.7)	24	(0.9)	18	(0.6)	27	(0.6)
Over 350% poverty:																		
2 - 5.....	18	(1.1)	19	(3.9)	27	(4.4)	20	(3.1)	23	(2.3)	20	(2.7)	24	(3.4)	21	(2.2)	24	(2.7)
6 - 11.....	14	(1.0)	11	(1.6)	19	(3.9)	13	(2.9)	26	(3.5)	18	(3.4)	17	(2.1)	16	(1.4)	23	(2.1)
12 - 19.....	16	(1.7)	20	(3.0)	29	(5.1)	25	(4.9)	25	(3.5)	18	(3.2)	28	(3.1)	22	(2.1)	27	(2.5)
20 and over...	16	(1.4)	14	(1.6)	21	(1.5)	16	(1.4)	24	(1.2)	8	(1.1)	25	(0.9)	19	(1.0)	29	(1.2)
2 and over...	16	(1.2)	14	(1.3)	21	(1.2)	17	(1.4)	24	(1.1)	8	(1.1)	25	(0.9)	19	(0.9)	28	(1.1)
All Individuals[5]:																		
2 - 5.....	22	(1.6)	24	(1.9)	39	(3.4)	29	(2.6)	27	(2.0)	22	(2.0)	32	(2.5)	26	(1.8)	30	(1.5)
6 - 11.....	16	(0.7)	14	(1.0)	28	(2.2)	16	(1.9)	25	(1.5)	18	(1.3)	20	(1.3)	18	(0.9)	24	(0.7)
12 - 19.....	15	(1.3)	20	(3.0)	36	(4.6)	19	(2.5)	27	(1.9)	17	(1.6)	24	(2.0)	19	(1.3)	28	(1.5)
20 and over...	16	(0.8)	15	(1.0)	25	(1.9)	17	(1.0)	24	(0.6)	9	(0.8)	25	(0.8)	19	(0.8)	28	(0.7)
2 and over...	16	(0.6)	16	(0.8)	28	(1.3)	18	(0.6)	24	(0.5)	10	(0.7)	25	(0.5)	19	(0.5)	28	(0.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 28. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Iron %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
Under 131% poverty:																
2 - 5.....	23	(1.3)	25	(2.8)	32	(1.2)	18	(1.4)	32	(1.3)	22	(2.4)	39	(3.7)	--	--
6 - 11.....	19	(1.4)	18	(1.1)	25	(1.7)	15	(1.0)	22	(1.3)	19	(1.5)	44	(5.8)	--	--
12 - 19.....	18	(1.9)	15	(1.5)	28	(2.1)	10	(1.3)	20	(1.7)	15	(1.3)	50	(10.1)	--	--
20 and over...	18	(1.2)	17	(1.3)	31	(1.3)	13	(1.2)	25	(1.7)	15	(1.0)	48	(3.5)	83	(4.4)
2 and over...	19	(0.7)	17	(0.8)	30	(0.8)	13	(0.7)	24	(1.1)	16	(0.6)	48	(3.6)	--	--
131-350% poverty:																
2 - 5.....	21	(1.7)	24	(2.0)	33	(1.1)	18	(1.2)	31	(2.2)	21	(1.5)	54	(8.5)	--	--
6 - 11.....	19	(2.0)	17	(1.4)	25	(2.2)	13	(1.6)	21	(2.0)	16	(1.5)	54	(10.4)	--	--
12 - 19.....	19	(2.3)	17	(1.5)	28	(2.8)	13	(1.5)	24	(2.1)	15	(1.7)	35	(7.3)	--	--
20 and over...	16	(0.8)	14	(0.8)	27	(1.0)	10	(0.5)	20	(0.6)	12	(0.6)	42	(1.6)	66	(4.3)
2 and over...	17	(0.6)	15	(0.6)	27	(0.7)	11	(0.4)	21	(0.6)	13	(0.5)	42	(1.6)	--	--
Over 350% poverty:																
2 - 5.....	21	(2.0)	20	(1.9)	27	(3.2)	15	(1.5)	22	(2.1)	18	(1.7)	27	(7.0)	--	--
6 - 11.....	18	(2.8)	17	(1.6)	28	(3.3)	11	(1.2)	20	(1.3)	15	(1.3)	39	(11.5)	--	--
12 - 19.....	20	(3.4)	18	(2.8)	26	(3.4)	12	(1.5)	22	(2.2)	15	(2.1)	37	(8.6)	--	--
20 and over...	16	(0.8)	16	(0.9)	27	(1.6)	10	(0.8)	21	(1.0)	13	(0.8)	44	(4.0)	57	(7.4)
2 and over...	17	(0.8)	16	(0.8)	27	(1.4)	11	(0.7)	21	(0.9)	13	(0.7)	44	(4.0)	--	--
All Individuals[5]:																
2 - 5.....	22	(1.0)	23	(1.7)	31	(1.2)	17	(0.9)	29	(1.5)	20	(1.2)	45	(3.8)	--	--
6 - 11.....	19	(1.1)	17	(0.6)	26	(0.9)	13	(0.8)	21	(0.8)	17	(0.8)	47	(6.7)	--	--
12 - 19.....	19	(1.7)	16	(1.6)	27	(1.6)	12	(1.0)	22	(1.5)	15	(1.2)	41	(5.6)	--	--
20 and over...	16	(0.5)	16	(0.7)	28	(0.9)	11	(0.5)	22	(0.7)	13	(0.5)	44	(2.4)	66	(3.9)
2 and over...	17	(0.4)	16	(0.5)	28	(0.7)	11	(0.4)	22	(0.5)	14	(0.4)	44	(2.3)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent. The VIF used in this table is 2.50.

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 23 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[2] Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2011-2012.

[3] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[4] The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as snack.

[5] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 29. Snacks: Distribution of Snack Occasions[1], by Gender and Age, in the United States, 2011-2012

Gender and age (years)	Sample size	Number of snack occasions: Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)
Males:									
2 - 5	411	3* (0.9)	9 (1.8)	21 (2.3)	26 (3.5)	25 (3.9)	10 (2.3)	4* (1.0)	3* (0.6)
6 - 11	590	5 (1.6)	16 (3.0)	24 (3.3)	24 (3.6)	15 (2.4)	10 (2.3)	4 (1.3)	2* (1.0)
12 - 19	585	4 (0.9)	22 (3.7)	26 (2.2)	23 (2.9)	13 (2.1)	8 (2.3)	2* (0.8)	1* (0.7)
20 - 29	457	5 (2.2)	18 (2.0)	31 (4.2)	26 (2.5)	11 (2.0)	6 (1.1)	1* (0.6)	3* (1.2)
30 - 39	425	1* (0.5)	14 (3.1)	27 (2.5)	26 (2.4)	16 (3.5)	6 (1.6)	5 (1.6)	4* (1.7)
40 - 49	374	3* (0.8)	12 (2.0)	28 (4.6)	27 (3.8)	16 (2.1)	8 (2.2)	2* (0.9)	4* (1.6)
50 - 59	382	4* (1.5)	13 (2.1)	26 (3.3)	27 (3.9)	17 (2.5)	7 (1.9)	4* (1.9)	3* (0.9)
60 - 69	397	4* (1.5)	11 (1.8)	27 (3.5)	18 (2.6)	25 (4.8)	9 (2.7)	7 (1.5)	1* (0.4)
70 and over	359	4* (1.8)	25 (4.0)	27 (2.7)	24 (2.4)	15 (2.0)	4* (1.3)	1* (0.6)	1* (0.7)
2 - 19	1586	4 (0.8)	17 (2.0)	25 (1.3)	24 (2.3)	16 (1.4)	9 (1.4)	3 (0.6)	2 (0.5)
20 and over	2394	3 (0.8)	15 (1.0)	28 (1.8)	25 (1.8)	16 (1.1)	7 (0.9)	3 (0.6)	3 (0.7)
2 and over	3980	4 (0.7)	16 (1.0)	27 (1.3)	25 (1.5)	16 (0.8)	7 (0.9)	3 (0.5)	2 (0.5)
Females:									
2 - 5	423	1* (0.5)	6 (1.7)	24 (3.6)	26 (3.6)	19 (2.8)	14 (2.5)	5 (1.0)	4* (1.6)
6 - 11	556	2* (0.7)	22 (3.2)	29 (3.4)	22 (2.7)	14 (2.6)	7 (1.3)	4 (2.0)	1* (0.4)
12 - 19	567	7 (1.9)	17 (2.4)	32 (3.6)	24 (3.5)	14 (2.5)	6 (2.8)	1* (0.3)	#
20 - 29	428	4* (1.3)	21 (2.9)	24 (2.2)	25 (3.6)	14 (2.2)	7 (1.6)	4* (1.3)	2* (0.8)
30 - 39	404	2* (0.6)	12 (2.1)	21 (2.0)	25 (3.8)	22 (3.3)	7 (1.9)	8 (2.4)	3* (1.0)
40 - 49	407	5 (2.4)	11 (2.8)	20 (2.3)	23 (2.5)	19 (3.1)	11 (2.4)	6 (2.0)	3* (1.3)
50 - 59	423	2* (0.9)	18 (2.9)	22 (4.2)	29 (3.3)	12 (3.0)	10 (2.8)	5 (2.3)	2* (0.7)
60 - 69	380	3* (1.3)	13 (2.9)	30 (2.6)	20 (2.7)	19 (2.7)	11 (2.3)	3* (1.5)	2* (0.9)
70 and over	365	4* (1.1)	16 (2.6)	30 (3.1)	26 (2.8)	14 (1.9)	5* (1.2)	1* (0.6)	3* (1.0)
2 - 19	1546	4 (1.0)	16 (1.5)	29 (2.6)	24 (2.1)	15 (1.2)	8 (1.5)	3 (0.7)	1* (0.4)
20 and over	2407	3 (0.6)	15 (1.3)	24 (1.0)	25 (1.4)	16 (0.8)	9 (0.9)	5 (0.7)	2 (0.6)
2 and over	3953	4 (0.6)	15 (0.9)	25 (0.8)	25 (1.0)	16 (0.7)	8 (0.8)	4 (0.6)	2 (0.5)
Males and females:									
2 - 19	3132	4 (0.8)	17 (1.1)	27 (1.5)	24 (1.5)	16 (1.0)	8 (1.1)	3 (0.5)	2 (0.3)
20 and over	4801	3 (0.5)	15 (1.0)	26 (1.0)	25 (1.4)	16 (0.8)	8 (0.8)	4 (0.5)	3 (0.6)
2 and over	7933	4 (0.5)	16 (0.8)	26 (0.7)	25 (1.0)	16 (0.7)	8 (0.8)	4 (0.4)	2 (0.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

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

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 23 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

Abbreviations

SE = standard error.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Snacks: Distribution of Snack Occasions, by Gender and Age, *What We Eat in America,* NHANES 2011-2012.

Table 30. Snacks: Distribution of Snack Occasions[1], by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age (years)	Sample size	Number of snack occasions: Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)
Non-Hispanic White:									
2 - 5.....	156	1* (0.6)	7* (1.5)	24 (3.3)	28 (4.1)	23 (5.3)	13* (3.0)	2* (1.0)	3* (1.2)
6 - 11.....	275	2* (1.5)	17 (4.8)	27 (4.2)	23 (4.4)	16 (3.2)	8 (2.3)	5* (2.0)	2* (0.9)
12 - 19.....	259	4* (1.6)	14 (2.7)	31 (2.8)	28 (3.8)	15 (2.3)	7* (2.7)	1* (0.6)	1* (0.7)
20 and over...	1842	3 (0.6)	13 (1.0)	25 (1.4)	25 (1.8)	18 (1.3)	8 (1.2)	5 (0.6)	3 (0.8)
2 and over...	2532	3 (0.6)	13 (0.9)	26 (1.0)	25 (1.5)	18 (1.0)	8 (1.1)	4 (0.6)	3 (0.6)
Non-Hispanic Black:									
2 - 5.....	249	2* (1.0)	9 (1.8)	27 (2.6)	25 (3.1)	15 (2.2)	11 (2.8)	6* (2.1)	4* (1.2)
6 - 11.....	335	5* (1.5)	21 (3.0)	31 (3.8)	24 (3.4)	10 (1.9)	8 (1.0)	2* (0.8)	1* (0.3)
12 - 19.....	352	10 (2.3)	27 (3.1)	29 (2.5)	15 (2.3)	11 (2.2)	6 (1.4)	2* (1.0)	0* (0.0)
20 and over...	1274	7 (1.2)	21 (1.8)	25 (1.1)	22 (1.3)	13 (1.1)	6 (1.0)	3 (0.4)	2 (0.7)
2 and over...	2210	7 (1.0)	21 (1.4)	26 (1.1)	22 (1.5)	12 (0.8)	7 (0.7)	3 (0.3)	2 (0.5)
Non-Hispanic Asian[2]:									
2 - 5.....	102	0* (0.0)	8* (5.0)	10* (4.3)	19* (6.4)	36 (8.8)	14* (4.5)	9* (3.2)	3* (1.3)
6 - 11.....	115	3* (2.5)	12* (3.8)	29 (6.1)	21 (4.0)	14* (4.6)	12* (3.3)	6* (3.6)	3* (2.7)
12 - 19.....	158	4* (1.7)	22 (4.1)	28 (3.5)	23 (4.8)	12* (3.0)	10* (2.0)	2* (1.4)	0* (0.0)
20 and over...	610	4 (0.8)	17 (1.8)	24 (1.7)	28 (1.4)	14 (1.7)	8 (1.1)	3 (0.9)	3* (0.9)
2 and over...	985	4 (0.6)	16 (1.6)	24 (1.6)	26 (1.3)	15 (1.5)	9 (0.9)	4 (0.6)	2 (0.7)
Hispanic:									
2 - 5.....	282	6* (2.2)	8 (1.6)	19 (3.1)	23 (3.1)	21 (2.4)	11 (2.2)	8 (1.8)	3* (0.7)
6 - 11.....	356	6 (1.2)	20 (2.9)	23 (2.9)	26 (3.7)	14 (1.5)	9 (1.8)	3* (0.9)	#
12 - 19.....	325	5* (1.3)	24 (2.8)	26 (2.7)	19 (2.2)	15 (1.8)	8 (1.9)	3* (1.2)	1* (0.4)
20 and over...	932	4 (0.7)	20 (1.6)	29 (1.7)	26 (2.1)	11 (1.6)	6 (0.8)	4 (1.0)	1* (0.3)
2 and over...	1895	5 (0.7)	19 (1.3)	27 (1.3)	25 (1.2)	13 (1.0)	7 (0.6)	4 (0.8)	1 (0.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

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

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 23 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[2] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE = standard error.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Snacks: Distribution of Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America,* NHANES 2011-2012.

Table 31. Snacks: Distribution of Snack Occasions[1], by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years)	Sample size	Number of snack occasions: Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)
$0 - $24,999:									
2 - 5.....	314	4* (1.7)	6 (1.9)	23 (3.8)	25 (3.2)	16 (3.0)	13 (3.2)	7 (1.1)	5* (0.8)
6 - 11.....	395	5 (1.8)	20 (1.8)	27 (2.4)	24 (3.0)	11 (1.7)	9 (1.9)	3* (1.7)	1* (0.6)
12 - 19.....	373	7 (2.2)	23 (3.5)	31 (2.4)	19 (1.5)	15 (3.9)	3* (1.1)	#	1* (0.4)
20 and over...	1680	4 (1.2)	19 (1.2)	26 (1.7)	24 (1.0)	14 (1.4)	6 (0.6)	4 (0.8)	3 (1.0)
2 and over...	2762	5 (1.1)	19 (1.1)	27 (1.2)	24 (0.8)	14 (1.1)	6 (0.6)	3 (0.6)	2 (0.8)
$25,000 - $74,999:									
2 - 5.....	307	1* (0.6)	5* (1.6)	23 (4.0)	24 (5.2)	27 (5.1)	13 (2.4)	4* (1.3)	3* (1.5)
6 - 11.....	436	4* (0.8)	21 (4.1)	23 (2.8)	26 (4.0)	12 (2.5)	9 (2.0)	5* (2.7)	1* (0.9)
12 - 19.....	419	6 (1.8)	19 (3.9)	27 (2.3)	24 (3.5)	13 (2.1)	9 (4.2)	2* (0.7)	#
20 and over...	1748	3 (0.5)	15 (1.4)	28 (2.0)	25 (1.9)	17 (1.3)	7 (0.9)	4 (0.6)	2 (0.5)
2 and over...	2910	3 (0.5)	15 (1.2)	27 (1.5)	25 (1.5)	16 (1.2)	8 (1.1)	3 (0.7)	2 (0.4)
$75,000 and higher:									
2 - 5.....	167	2* (1.3)	8* (2.7)	23 (5.4)	31 (7.6)	20 (4.0)	10* (3.1)	3* (1.0)	2* (1.6)
6 - 11.....	266	2* (0.9)	15 (4.3)	31 (6.5)	19 (4.0)	20 (3.9)	7* (2.7)	4* (2.0)	2* (1.2)
12 - 19.....	279	3* (1.1)	17 (3.5)	31 (4.9)	25 (5.9)	14 (2.8)	7* (2.2)	2* (1.1)	1* (1.1)
20 and over...	1053	3 (0.7)	11 (1.5)	21 (1.9)	27 (2.2)	18 (1.5)	11 (2.2)	6 (1.0)	3 (0.8)
2 and over...	1765	3 (0.6)	12 (1.4)	23 (1.8)	26 (1.7)	18 (1.3)	10 (1.8)	5 (0.8)	3 (0.7)
All Individuals[2]:									
2 - 5.....	834	2* (0.7)	7 (1.1)	23 (2.2)	26 (2.5)	22 (2.6)	12 (1.6)	4 (0.7)	3 (1.0)
6 - 11.....	1146	4 (0.7)	19 (2.8)	27 (2.8)	23 (2.9)	14 (1.9)	8 (1.2)	4 (1.2)	2* (0.5)
12 - 19.....	1152	5 (1.1)	20 (1.8)	29 (1.9)	23 (2.5)	14 (1.5)	7 (1.7)	2* (0.5)	1* (0.4)
20 and over...	4801	3 (0.5)	15 (1.0)	26 (1.0)	25 (1.4)	16 (0.8)	8 (0.8)	4 (0.5)	3 (0.6)
2 and over...	7933	4 (0.5)	16 (0.8)	26 (0.7)	25 (1.0)	16 (0.7)	8 (0.8)	4 (0.4)	2 (0.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 23 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[2] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Snacks: Distribution of Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 32. Snacks: Distribution of Snack Occasions[1], by Family Income (as % of Federal Poverty Threshold[2]) and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years)	Sample size	Number of snack occasions: Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)
Under 131% poverty:									
2 - 5.....	408	3* (1.4)	6 (1.7)	22 (4.2)	27 (3.5)	20 (3.6)	11 (2.8)	7 (1.2)	5* (0.8)
6 - 11.....	524	5 (0.9)	18 (1.6)	27 (2.2)	25 (2.2)	12 (1.6)	9 (1.4)	3* (1.1)	1* (0.4)
12 - 19.....	479	7 (2.2)	24 (3.5)	28 (3.0)	22 (2.2)	12 (2.0)	5 (1.9)	1* (0.6)	1* (0.3)
20 and over...	1585	5 (1.2)	19 (1.1)	25 (1.0)	24 (1.3)	14 (1.4)	7 (0.5)	3 (0.5)	3 (0.9)
2 and over...	2996	5 (1.0)	19 (1.1)	26 (0.8)	24 (1.1)	14 (0.8)	7 (0.6)	3 (0.5)	2 (0.6)
131-350% poverty:									
2 - 5.....	228	2* (0.4)	6* (1.8)	21 (4.0)	21 (4.0)	25 (4.6)	19 (4.1)	3* (1.0)	2* (1.3)
6 - 11.....	354	2* (1.3)	21 (5.2)	22 (2.6)	26 (4.7)	12 (2.4)	8 (1.6)	6 (3.0)	2* (1.0)
12 - 19.....	341	4* (1.4)	17 (4.0)	27 (3.2)	24 (5.1)	18 (3.8)	8 (4.5)	2* (0.8)	#
20 and over...	1509	3 (0.7)	17 (1.9)	29 (2.2)	25 (2.2)	16 (1.2)	5 (0.8)	3 (0.6)	2 (0.6)
2 and over...	2432	3 (0.6)	17 (1.5)	27 (1.6)	24 (1.9)	16 (1.2)	7 (0.9)	3 (0.5)	2 (0.5)
Over 350% poverty:									
2 - 5.....	135	1* (1.1)	8* (2.1)	27 (5.8)	32 (7.2)	20 (3.8)	5* (2.5)	3* (1.0)	2* (1.9)
6 - 11.....	203	2* (1.1)	15 (4.8)	34 (7.4)	18 (4.1)	20 (4.3)	6* (3.0)	2* (1.2)	2* (1.4)
12 - 19.....	235	3* (1.1)	17 (3.0)	34 (4.9)	24 (6.6)	12 (3.2)	7* (2.8)	1* (0.7)	1* (1.3)
20 and over...	1340	3 (0.7)	11 (1.5)	23 (1.9)	26 (2.1)	18 (1.6)	11 (1.6)	6 (1.0)	3 (0.7)
2 and over...	1913	3 (0.6)	11 (1.2)	25 (1.4)	26 (1.7)	18 (1.3)	10 (1.6)	5 (0.8)	3 (0.6)
All Individuals[3]:									
2 - 5.....	834	2* (0.7)	7 (1.1)	23 (2.2)	26 (2.5)	22 (2.6)	12 (1.6)	4 (0.7)	3 (1.0)
6 - 11.....	1146	4 (0.7)	19 (2.8)	27 (2.8)	23 (2.9)	14 (1.9)	8 (1.2)	4 (1.2)	2* (0.5)
12 - 19.....	1152	5 (1.1)	20 (1.8)	29 (1.9)	23 (2.5)	14 (1.5)	7 (1.7)	2* (0.5)	1* (0.4)
20 and over...	4801	3 (0.5)	15 (1.0)	26 (1.0)	25 (1.4)	16 (0.8)	8 (0.8)	4 (0.5)	3 (0.6)
2 and over...	7933	4 (0.5)	16 (0.8)	26 (0.7)	25 (1.0)	16 (0.7)	8 (0.8)	4 (0.4)	2 (0.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 23 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[2] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[3] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Snacks: Distribution of Snack Occasions, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 33. Meals and Snacks: Distribution of Meal Patterns[1] and Snack Occasions[2], by Gender and Age, in the United States, 2011-2012

Gender and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
		Number of snack occasions				*Number of snack occasions*				*Number of snack occasions*		
		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
Males:												
2 - 5	89 (2.3)	11 (1.8)	42 (3.4)	36 (4.1)	10 (2.0)	1*(0.5)	5*(1.2)	5*(1.1)	1*(0.5)	0*(0.0)	#	#
6 - 11	75 (3.6)	18 (3.3)	37 (4.3)	21 (3.2)	22 (3.7)	3*(0.8)	11 (2.3)	8 (1.6)	2*(0.7)	#	1*(0.5)	1*(0.8)
12 - 19	54 (3.3)	17 (3.1)	28 (3.2)	10 (2.1)	37 (3.0)	8 (1.5)	18 (2.3)	11 (2.1)	9 (1.5)	1*(0.6)	3 (0.9)	4 (1.1)
20 - 29	46 (3.8)	13 (2.2)	24 (3.8)	8 (2.3)	46 (3.3)	7 (1.6)	28 (3.5)	10 (1.8)	8 (1.6)	2*(0.7)	5 (1.7)	2*(0.8)
30 - 39	59 (4.0)	8 (2.0)	32 (3.8)	19 (3.8)	34 (3.9)	7 (1.8)	20 (2.8)	7 (1.2)	7 (1.9)	1*(0.3)	1*(0.4)	5 (1.8)
40 - 49	64 (3.5)	12 (2.0)	33 (3.4)	20 (3.1)	28 (3.6)	3*(0.6)	18 (3.4)	8 (1.6)	8 (2.8)	1*(0.2)	4*(1.7)	3*(1.4)
50 - 59	63 (3.1)	8 (1.7)	35 (3.4)	21 (3.4)	31 (2.7)	8 (1.9)	14 (2.6)	8 (2.1)	6 (1.5)	#	4*(0.9)	2*(1.0)
60 - 69	64 (3.6)	8 (2.6)	27 (3.9)	28 (5.0)	34 (3.8)	6 (1.4)	16 (2.6)	13 (3.0)	2*(0.8)	#	1*(0.8)	#
70 and over	65 (4.1)	22 (3.7)	30 (3.1)	14 (2.3)	32 (4.0)	6 (1.6)	20 (3.7)	6 (1.8)	2*(0.8)	1*(0.4)	1*(0.4)	1*(0.7)
2 - 19	69 (2.1)	16 (2.0)	34 (2.8)	19 (1.6)	26 (1.9)	5 (0.7)	13 (1.1)	9 (1.4)	5 (0.7)	1*(0.2)	2 (0.4)	2 (0.5)
20 and over	59 (1.5)	11 (1.0)	30 (1.4)	18 (0.9)	34 (1.4)	6 (0.5)	19 (1.6)	9 (0.9)	6 (0.8)	1*(0.2)	3 (0.6)	2 (0.5)
2 and over	62 (1.3)	12 (0.9)	31 (0.9)	18 (0.9)	32 (1.2)	6 (0.5)	18 (1.4)	9 (0.7)	6 (0.7)	1 (0.2)	3 (0.5)	2 (0.4)
Females:												
2 - 5	84 (2.9)	6 (1.6)	44 (4.4)	34 (3.5)	16 (2.8)	2*(0.7)	6 (1.4)	8 (1.5)	#	0*(0.0)	#	#
6 - 11	78 (2.7)	21 (3.1)	40 (3.6)	17 (3.1)	20 (2.4)	3*(1.3)	9 (1.5)	8 (1.7)	2*(0.8)	#	1*(0.7)	#
12 - 19	54 (3.9)	14 (1.1)	30 (3.0)	10 (2.7)	38 (5.0)	7 (1.6)	21 (2.7)	10 (3.5)	8 (2.0)	2*(1.5)	4 (1.5)	2*(0.7)
20 - 29	55 (4.5)	14 (2.8)	25 (2.7)	17 (3.6)	38 (3.7)	9 (2.3)	20 (2.6)	8 (2.0)	7 (1.4)	2*(0.9)	4*(1.0)	1*(0.7)
30 - 39	67 (2.9)	9 (1.7)	32 (4.0)	26 (3.7)	28 (2.4)	5*(1.3)	12 (1.7)	12 (1.4)	5 (1.5)	1*(0.3)	3*(1.1)	2*(0.8)
40 - 49	70 (4.1)	14 (3.1)	30 (2.9)	26 (3.3)	24 (4.6)	2*(0.6)	11 (2.2)	11 (3.4)	6 (1.8)	1*(0.3)	3*(1.5)	2*(1.0)
50 - 59	71 (3.4)	15 (2.3)	35 (6.1)	20 (4.1)	24 (3.7)	4*(1.3)	14 (2.2)	6 (1.5)	5 (1.3)	1*(0.3)	2*(0.6)	3*(1.7)
60 - 69	72 (3.5)	11 (2.7)	38 (2.9)	23 (2.5)	22 (2.3)	3*(0.8)	8 (2.1)	11 (2.4)	6 (2.1)	2*(1.4)	3*(1.6)	1*(0.4)
70 and over	71 (2.7)	16 (1.8)	37 (2.7)	18 (2.4)	27 (2.6)	5*(1.4)	18 (2.4)	5*(1.3)	2*(0.7)	#	1*(0.5)	#
2 - 19	69 (2.9)	14 (1.2)	37 (2.5)	17 (2.0)	27 (3.0)	5 (0.9)	14 (1.6)	9 (2.0)	4 (0.9)	1*(0.7)	2 (0.7)	1*(0.4)
20 and over	67 (1.7)	13 (1.2)	32 (1.4)	22 (1.4)	27 (1.5)	5 (0.7)	14 (1.1)	9 (0.7)	5 (0.7)	1 (0.2)	3 (0.5)	2 (0.4)
2 and over	68 (1.6)	13 (1.0)	33 (1.0)	21 (1.1)	27 (1.4)	5 (0.6)	14 (0.9)	9 (0.7)	5 (0.6)	1 (0.3)	3 (0.4)	2 (0.3)
Males and females:												
2 - 19	69 (2.1)	15 (1.2)	35 (2.1)	18 (1.4)	27 (2.0)	5 (0.6)	13 (0.9)	9 (1.4)	5 (0.5)	1 (0.4)	2 (0.4)	2 (0.4)
20 and over	63 (1.3)	12 (1.0)	31 (1.2)	20 (1.0)	31 (1.0)	6 (0.5)	17 (1.1)	9 (0.6)	6 (0.6)	1 (0.2)	3 (0.4)	2 (0.3)
2 and over	65 (1.2)	13 (0.9)	32 (0.8)	20 (0.9)	30 (1.0)	5 (0.4)	16 (0.9)	9 (0.5)	5 (0.5)	1 (0.2)	3 (0.4)	2 (0.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

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

Footnotes

[1] Meals Patterns are categorized into the following:

Breakfast, lunch, and dinner: the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayano", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

Any two meals: the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

Any one meal or less: the respondent reported one of the three meals, or no meal.

[2] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 23 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

Abbreviations

SE standard error.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES 2011-2012.

Table 34. Meals and Snacks: Distribution of Meal Patterns[1] and Snack Occasions[2], by Race/Ethnicity and Age, in the United States, 2011-2012

Race/ethnicity and age	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
		Number of snack occasions				*Number of snack occasions*				*Number of snack occasions*		
		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more
(years)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
Non-Hispanic White:												
2 - 5.....	94*(1.9)	7*(1.7)	48 (6.2)	39 (6.0)	6*(1.9)	0*(0.0)	4*(1.5)	2*(0.8)	0*(0.0)	0*(0.0)	0*(0.0)	0*(0.0)
6 - 11.....	85 (3.7)	17 (5.2)	44 (5.3)	24 (3.7)	14 (4.0)	1*(1.2)	5*(1.6)	7*(1.6)	2*(0.9)	#	1*(0.3)	1*(0.7)
12 - 19.....	60 (3.7)	13 (2.3)	36 (3.3)	11 (2.1)	35 (3.4)	5*(1.5)	20 (2.0)	10 (3.3)	5*(1.2)	1*(0.4)	3*(1.3)	2*(0.8)
20 and over...	68 (1.9)	11 (1.3)	33 (1.4)	24 (1.4)	27 (1.4)	4 (0.5)	14 (1.3)	9 (0.8)	5 (0.9)	1*(0.3)	2 (0.6)	2 (0.4)
2 and over...	70 (1.6)	12 (1.2)	35 (1.1)	23 (1.2)	26 (1.3)	4 (0.4)	14 (1.1)	8 (0.8)	4 (0.7)	1*(0.2)	2 (0.5)	2 (0.3)
Non-Hispanic Black:												
2 - 5.....	86 (1.5)	10 (1.4)	46 (4.0)	29 (3.7)	14 (1.7)	1*(0.8)	6*(1.5)	6*(1.1)	1*(0.5)	0*(0.0)	#	#
6 - 11.....	68 (4.4)	19 (2.4)	39 (2.4)	10 (2.5)	30 (3.9)	7 (1.4)	14 (3.1)	9 (1.8)	2*(0.7)	#	1*(0.5)	1*(0.6)
12 - 19.....	47 (5.1)	21 (2.6)	20 (2.9)	6*(1.2)	39 (4.9)	14 (2.7)	16 (2.4)	9 (1.5)	14 (2.5)	2*(1.1)	8 (1.2)	4*(2.0)
20 and over...	48 (2.0)	16 (1.0)	21 (1.5)	12 (1.3)	41 (1.6)	10 (1.3)	21 (1.3)	9 (1.0)	11 (1.1)	2 (0.6)	5 (0.5)	3 (0.5)
2 and over...	53 (2.1)	16 (1.0)	24 (1.0)	12 (1.2)	37 (1.6)	10 (1.1)	19 (1.2)	9 (0.6)	10 (0.8)	2 (0.4)	5 (0.3)	3 (0.4)
Non-Hispanic Asian[3]:												
2 - 5.....	88*(5.4)	3*(1.4)	29 (7.6)	55 (8.2)	12*(5.4)	5*(4.9)	1*(0.5)	7*(3.6)	0*(0.0)	0*(0.0)	0*(0.0)	0*(0.0)
6 - 11.....	85*(4.6)	14*(4.5)	44 (6.1)	27 (5.4)	14*(4.3)	1*(0.7)	6*(2.4)	7*(4.0)	1*(1.0)	0*(0.0)	0*(0.0)	1*(1.0)
12 - 19.....	62 (4.9)	19 (3.3)	33 (5.0)	10*(2.5)	34 (4.5)	6*(2.7)	16 (4.8)	12*(4.3)	4*(1.7)	1*(0.4)	2*(1.1)	1*(1.1)
20 and over...	72 (2.1)	15 (2.0)	39 (2.3)	19 (1.7)	26 (1.8)	5 (1.1)	11 (1.1)	9 (1.7)	2*(0.5)	1*(0.3)	1*(0.4)	#
2 and over...	73 (1.8)	15 (1.6)	38 (2.0)	20 (1.4)	25 (1.6)	5 (0.9)	11 (1.2)	9 (1.4)	2*(0.4)	1*(0.2)	1*(0.3)	#
Hispanic:												
2 - 5.....	71 (5.1)	10 (1.8)	31 (4.0)	30 (3.1)	27 (4.6)	4*(1.8)	10 (2.1)	13 (3.3)	2*(1.0)	0*(0.0)	1*(0.6)	1*(0.6)
6 - 11.....	60 (3.1)	20 (2.8)	26 (3.3)	13 (2.1)	36 (3.4)	6 (1.6)	19 (2.2)	11 (3.0)	4*(1.3)	0*(0.0)	3*(1.3)	1*(0.6)
12 - 19.....	45 (2.9)	16 (2.9)	18 (2.0)	11 (2.2)	43 (3.7)	10 (1.5)	23 (3.0)	10 (2.8)	13 (3.1)	2*(1.0)	5*(1.2)	5*(2.1)
20 and over...	50 (2.2)	12 (1.6)	28 (1.8)	10 (1.5)	44 (1.9)	10 (1.0)	24 (2.3)	9 (0.8)	7 (1.0)	1*(0.4)	3 (0.7)	3 (0.7)
2 and over...	52 (1.7)	14 (1.2)	26 (0.9)	12 (1.2)	41 (1.5)	9 (0.9)	22 (1.7)	10 (1.0)	7 (1.0)	1 (0.3)	3 (0.5)	3 (0.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

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

Footnotes

[1] Meals Patterns are categorized into the following:

Breakfast, lunch, and dinner: the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayano", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

Any two meals: the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

Any one meal or less: the respondent reported one of the three meals, or no meal.

[2] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 23 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[3] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE standard error.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2011-2012.

Table 35. Meals and Snacks: Distribution of Meal Patterns[1] and Snack Occasions[2], by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
		Number of snack occasions				*Number of snack occasions*				*Number of snack occasions*		
		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
$0 - $24,999:												
2 - 5	76 (3.6)	8 (1.9)	41 (3.1)	27 (3.7)	23 (3.3)	3*(1.2)	7 (1.6)	13 (2.5)	1*(0.5)	0*(0.0)	#	1*(0.5)
6 - 11	66 (3.7)	21 (2.3)	33 (3.8)	13 (1.9)	30 (3.4)	4*(1.4)	16 (2.9)	9 (1.6)	3*(1.5)	0*(0.0)	2*(1.0)	1*(1.0)
12 - 19	50 (2.7)	14 (2.8)	27 (3.1)	10 (3.4)	38 (3.4)	12 (2.3)	19 (3.0)	7 (1.0)	12 (2.9)	4*(2.8)	5*(1.1)	3*(0.9)
20 and over	51 (1.7)	13 (1.7)	25 (2.5)	13 (0.8)	39 (1.8)	9 (1.0)	20 (1.6)	10 (0.9)	10 (1.0)	2 (0.4)	5 (0.7)	3 (0.8)
2 and over	53 (1.5)	13 (1.5)	27 (1.7)	13 (0.9)	37 (1.5)	9 (0.8)	19 (1.6)	10 (0.6)	9 (0.8)	2 (0.4)	5 (0.5)	3 (0.6)
$25,000 - $74,999:												
2 - 5	88 (3.0)	6*(1.8)	42 (5.8)	41 (6.2)	11 (2.9)	1*(0.4)	5*(2.0)	5*(1.9)	1*(0.5)	0*(0.0)	#	1*(0.3)
6 - 11	72 (5.5)	20 (3.9)	36 (5.2)	17 (2.4)	25 (5.2)	5 (2.0)	12 (2.1)	8 (2.3)	3*(1.0)	#	1*(0.7)	1*(0.8)
12 - 19	47 (5.6)	17 (3.4)	22 (4.0)	8 (2.0)	42 (5.6)	6 (1.7)	24 (3.3)	12 (4.1)	11 (1.6)	1*(0.6)	5 (1.3)	4*(1.8)
20 and over	63 (2.0)	12 (1.3)	32 (1.9)	19 (1.6)	32 (1.8)	5 (0.9)	18 (1.6)	9 (0.8)	5 (0.7)	1*(0.2)	3 (0.4)	2 (0.5)
2 and over	63 (2.1)	13 (1.1)	32 (1.6)	19 (1.4)	31 (1.8)	5 (0.7)	17 (1.5)	9 (0.8)	6 (0.5)	1 (0.1)	3 (0.4)	2 (0.5)
$75,000 and higher:												
2 - 5	94*(3.2)	10*(2.6)	49 (7.3)	35 (5.7)	6*(3.2)	#	5*(3.0)	1*(1.1)	0*(0.0)	0*(0.0)	0*(0.0)	0*(0.0)
6 - 11	91 (3.3)	17 (4.5)	47 (6.7)	27 (5.8)	9 (3.2)	#	3*(1.2)	6*(2.5)	1*(0.4)	#	#	#
12 - 19	67 (4.5)	15 (2.4)	40 (5.1)	13 (2.6)	29 (3.6)	5*(1.8)	14 (2.8)	10 (2.3)	3*(1.3)	#	1*(0.9)	1*(0.7)
20 and over	76 (2.2)	12 (1.6)	36 (2.5)	28 (2.3)	22 (2.2)	3 (0.7)	11 (2.0)	8 (1.4)	2 (0.6)	#	1*(0.3)	1*(0.5)
2 and over	77 (2.2)	12 (1.4)	38 (2.7)	27 (1.9)	21 (2.0)	3 (0.5)	10 (1.6)	8 (1.2)	2 (0.5)	#	1*(0.3)	1*(0.4)
All Individuals[3]:												
2 - 5	86 (2.2)	8 (1.1)	43 (3.4)	35 (2.8)	13 (2.0)	1*(0.5)	5 (1.0)	6 (1.1)	1*(0.3)	0*(0.0)	#	#
6 - 11	77 (2.8)	19 (2.9)	38 (3.4)	19 (2.5)	21 (2.8)	3 (0.8)	10 (1.3)	8 (1.4)	2 (0.6)	#	1*(0.4)	1*(0.4)
12 - 19	54 (2.6)	15 (1.8)	29 (2.1)	10 (1.5)	37 (2.9)	8 (1.1)	19 (1.5)	10 (2.1)	9 (1.2)	2 (0.8)	4 (0.7)	3 (0.9)
20 and over	63 (1.3)	12 (1.0)	31 (1.2)	20 (1.0)	31 (1.0)	6 (0.5)	17 (1.1)	9 (0.6)	6 (0.6)	1 (0.2)	3 (0.4)	2 (0.3)
2 and over	65 (1.2)	13 (0.9)	32 (0.8)	20 (0.9)	30 (1.0)	5 (0.4)	16 (0.9)	9 (0.5)	5 (0.5)	1 (0.2)	3 (0.4)	2 (0.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

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

Footnotes

[1] Meals Patterns are categorized into the following:

Breakfast, lunch, and dinner: the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayano", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

Any two meals: the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

Any one meal or less: the respondent reported one of the three meals, or no meal.

[2] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 23 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[3] Includes persons of all income levels or with unknown family income.

Abbreviations

SE standard error.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 36. Meals and Snacks: Distribution of Meal Patterns[1] and Snack Occasions[2], by Family Income (as % of Federal Poverty Threshold[3]) and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
		Number of snack occasions				*Number of snack occasions*				*Number of snack occasions*		
		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
Under 131% poverty:												
2 - 5.....	79 (3.2)	7 (1.6)	40 (2.9)	32 (3.6)	20 (2.9)	2*(0.7)	8 (2.1)	9 (1.6)	1*(0.6)	0*(0.0)	1*(0.4)	1*(0.5)
6 - 11.....	66 (3.4)	19 (1.6)	33 (3.1)	13 (2.1)	31 (3.3)	5 (1.1)	16 (2.3)	10 (1.5)	3*(1.2)	#	2*(0.9)	1*(0.7)
12 - 19.....	48 (3.1)	17 (2.7)	24 (2.9)	7 (2.0)	40 (2.8)	11 (2.1)	21 (2.9)	8 (1.8)	12 (2.1)	4*(2.1)	5 (1.4)	3*(0.9)
20 and over...	50 (1.8)	13 (1.6)	24 (2.0)	14 (1.3)	40 (1.8)	9 (0.9)	21 (1.7)	10 (1.1)	11 (1.2)	2 (0.4)	5 (0.9)	4 (0.9)
2 and over...	54 (1.8)	13 (1.3)	26 (1.3)	14 (1.5)	37 (1.6)	8 (0.8)	19 (1.5)	9 (0.8)	9 (0.9)	2 (0.4)	4 (0.7)	3 (0.6)
131-350% poverty:												
2 - 5.....	91 (2.7)	8*(1.6)	40 (5.3)	44 (5.9)	9*(2.6)	#	2*(1.1)	6*(1.8)	#	0*(0.0)	#	#
6 - 11.....	79 (5.9)	20 (5.2)	38 (4.7)	20 (3.0)	19 (5.5)	3*(1.9)	9 (2.2)	7 (2.5)	2*(1.0)	#	1*(0.4)	2*(0.9)
12 - 19.....	51 (6.1)	15 (3.4)	25 (4.4)	12 (3.6)	40 (6.4)	6*(1.9)	23 (4.6)	12 (4.8)	9 (1.7)	1*(0.5)	3*(1.4)	5*(2.2)
20 and over...	60 (2.0)	14 (1.9)	32 (2.2)	15 (1.3)	33 (2.0)	5 (0.8)	18 (1.9)	10 (1.2)	6 (0.7)	1*(0.3)	3 (0.7)	2 (0.5)
2 and over...	62 (2.0)	14 (1.6)	32 (1.9)	16 (1.2)	32 (1.9)	5 (0.7)	17 (1.8)	10 (1.0)	6 (0.6)	1 (0.2)	3 (0.5)	2 (0.5)
Over 350% poverty:												
2 - 5.....	94*(3.8)	9*(2.3)	55 (6.9)	30 (4.9)	6*(3.8)	#	4*(3.5)	2*(1.4)	0*(0.0)	0*(0.0)	0*(0.0)	0*(0.0)
6 - 11.....	91*(3.6)	16 (5.2)	48 (7.0)	26 (6.0)	9*(3.6)	#	3*(1.5)	5*(2.8)	1*(0.5)	#	#	0*(0.0)
12 - 19.....	68 (4.5)	15 (2.1)	42 (5.6)	11 (2.8)	28 (3.9)	5*(2.0)	12 (3.1)	10 (2.9)	5*(1.7)	#	3*(1.6)	1*(0.6)
20 and over...	75 (1.9)	10 (1.5)	36 (1.8)	28 (1.6)	23 (1.7)	3 (0.7)	12 (1.8)	8 (1.2)	2 (0.6)	#	1*(0.3)	1*(0.5)
2 and over...	76 (1.9)	11 (1.3)	38 (1.9)	27 (1.5)	22 (1.7)	3 (0.5)	11 (1.5)	7 (1.2)	2 (0.5)	#	1 (0.3)	1 (0.4)
All Individuals[4]:												
2 - 5.....	86 (2.2)	8 (1.1)	43 (3.4)	35 (2.8)	13 (2.0)	1*(0.5)	5 (1.0)	6 (1.1)	1*(0.3)	0*(0.0)	#	#
6 - 11.....	77 (2.8)	19 (2.9)	38 (3.4)	19 (2.5)	21 (2.8)	3 (0.8)	10 (1.3)	8 (1.4)	2 (0.6)	#	1*(0.4)	1*(0.4)
12 - 19.....	54 (2.6)	15 (1.8)	29 (2.1)	10 (1.5)	37 (2.9)	8 (1.1)	19 (1.5)	10 (2.1)	9 (1.2)	2 (0.8)	4 (0.7)	3 (0.9)
20 and over...	63 (1.3)	12 (1.0)	31 (1.2)	20 (1.0)	31 (1.0)	6 (0.5)	17 (1.1)	9 (0.6)	6 (0.6)	1 (0.2)	3 (0.4)	2 (0.3)
2 and over...	65 (1.2)	13 (0.9)	32 (0.8)	20 (0.9)	30 (1.0)	5 (0.4)	16 (0.9)	9 (0.5)	5 (0.5)	1 (0.2)	3 (0.4)	2 (0.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

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

Footnotes

[1] Meals Patterns are categorized into the following:

Breakfast, lunch, and dinner: the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayano", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

Any two meals: the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

Any one meal or less: the respondent reported one of the three meals, or no meal.

[2] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 23 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[3] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[4] Includes persons of all income levels or with unknown family income.

Abbreviations

SE standard error.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2014. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012

T h i a m i n

Gender and age (years)	Percent reporting supplement thiamin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	11	(2.2)	827	1.25	(0.025)	0.15	(0.034)	1.40	(0.042)	94	1.33	(0.063)	1.38	(0.113)	2.71	(0.154)	1.24	(0.027)
6 - 11.....	11	(1.1)	1139	1.59	(0.047)	0.15	(0.016)	1.74	(0.054)	88	1.73	(0.071)	1.39	(0.063)	3.12	(0.075)	1.58	(0.049)
12 - 19.....	5	(1.0)	1131	1.67	(0.048)	0.36*	(0.195)	2.03	(0.183)		--		--		--		1.66	(0.051)
Males:																		
20 - 39.....	16	(2.0)	874	1.99	(0.051)	3.55	(1.042)	5.53	(1.007)	100	2.01	(0.170)	21.80	(6.183)	23.81	(6.090)	1.98	(0.049)
40 - 59.....	23	(2.9)	752	1.90	(0.048)	3.79*	(1.158)	5.69	(1.177)	151	1.98	(0.089)	16.35*	(4.963)	18.33	(4.997)	1.88	(0.041)
60 and over.....	35	(1.9)	735	1.73	(0.041)	7.90*	(4.514)	9.64*	(4.529)	209	1.78	(0.070)	22.67*	(13.253)	24.45*	(13.280)	1.71	(0.042)
20 and over...	23	(1.4)	2361	1.89	(0.020)	4.68	(1.242)	6.57	(1.250)	460	1.92	(0.060)	20.06	(5.193)	21.98	(5.219)	1.89	(0.022)
Females:																		
20 - 39.....	16	(2.0)	756	1.53	(0.051)	2.31*	(0.875)	3.85	(0.880)	105	1.66	(0.110)	14.11*	(5.035)	15.77*	(5.042)	1.51	(0.052)
40 - 59.....	21	(2.8)	806	1.35	(0.030)	4.15	(1.126)	5.50	(1.123)	156	1.37	(0.062)	19.77	(5.143)	21.14	(5.167)	1.35	(0.033)
60 and over.....	37	(1.3)	721	1.29	(0.036)	6.68	(1.838)	7.97	(1.827)	224	1.34	(0.070)	18.15	(5.121)	19.49	(5.080)	1.26	(0.038)
20 and over...	24	(1.1)	2283	1.40	(0.022)	4.24	(0.601)	5.63	(0.598)	485	1.43	(0.060)	17.78	(2.341)	19.21	(2.323)	1.39	(0.016)
All Individuals:																		
2 and over...	20	(0.9)	7741	1.62	(0.016)	3.38	(0.573)	5.00	(0.576)	1175	1.66	(0.039)	17.25	(2.802)	18.92	(2.806)	1.61	(0.013)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Gender and age (years)	Percent reporting supplement riboflavin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	11	(2.2)	827	1.80	(0.039)	0.16	(0.035)	1.96	(0.050)	94	1.81	(0.063)	1.50	(0.075)	3.31	(0.115)	1.79	(0.045)
6 - 11.....	11	(1.1)	1139	1.96	(0.045)	0.17	(0.018)	2.13	(0.052)	88	2.02	(0.097)	1.57	(0.069)	3.59	(0.118)	1.96	(0.042)
12 - 19.....	5	(1.0)	1131	2.11	(0.079)	0.37*	(0.195)	2.48	(0.197)		--		--		--		2.09	(0.085)
Males:																		
20 - 39.....	16	(2.0)	874	2.51	(0.064)	2.28	(0.551)	4.79	(0.535)	100	3.04	(0.340)	14.03	(2.918)	17.06	(2.869)	2.41	(0.103)
40 - 59.....	23	(2.9)	752	2.54	(0.081)	2.83	(0.678)	5.38	(0.709)	154	2.62	(0.153)	12.10	(2.865)	14.72	(2.828)	2.52	(0.080)
60 and over.....	35	(1.8)	735	2.50	(0.132)	2.96	(0.400)	5.46	(0.375)	210	2.42	(0.110)	8.45	(1.256)	10.87	(1.220)	2.55	(0.153)
20 and over...	23	(1.4)	2361	2.52	(0.053)	2.65	(0.334)	5.17	(0.359)	464	2.66	(0.080)	11.31	(1.331)	13.96	(1.308)	2.48	(0.072)
Females:																		
20 - 39.....	16	(2.0)	756	1.87	(0.057)	1.46	(0.412)	3.32	(0.434)	106	2.13	(0.151)	8.85	(2.028)	10.98	(2.082)	1.81	(0.048)
40 - 59.....	21	(2.8)	806	1.83	(0.036)	1.96	(0.432)	3.79	(0.436)	158	1.83	(0.057)	9.31	(1.815)	11.14	(1.837)	1.83	(0.048)
60 and over.....	37	(1.3)	721	1.78	(0.044)	3.10	(0.411)	4.87	(0.418)	225	1.89	(0.092)	8.39	(1.046)	10.27	(1.068)	1.72	(0.036)
20 and over...	24	(1.1)	2283	1.83	(0.026)	2.11	(0.217)	3.94	(0.226)	489	1.92	(0.060)	8.81	(0.870)	10.73	(0.883)	1.80	(0.022)
All Individuals:																		
2 and over...	20	(0.9)	7741	2.13	(0.026)	1.84	(0.175)	3.97	(0.182)	1183	2.26	(0.044)	9.34	(0.807)	11.60	(0.805)	2.09	(0.031)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Gender and age	Percent reporting supplement niacin [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	11	(2.2)	827	15.8	(0.32)	1.5	(0.32)	17.3	(0.51)	96	16.7	(1.14)	13.9	(0.69)	30.5	(1.64)	15.7	(0.30)
6 - 11.....	11	(1.1)	1139	21.3	(0.70)	1.5	(0.18)	22.9	(0.76)	87	22.1	(1.79)	14.4	(0.65)	36.6	(2.00)	21.2	(0.67)
12 - 19.....	5	(1.0)	1131	25.7	(0.89)	1.1	(0.26)	26.8	(0.92)		--		--		--		25.6	(0.93)
Males:																		
20 - 39.....	16	(2.0)	874	34.9	(0.80)	4.7	(0.79)	39.6	(0.97)	100	35.0	(2.47)	28.9	(3.18)	64.0	(3.71)	34.9	(1.05)
40 - 59.....	24	(2.8)	752	31.1	(0.92)	8.4	(0.98)	39.5	(1.64)	156	29.4	(1.44)	35.4	(4.13)	64.7	(4.36)	31.7	(1.03)
60 and over.....	35	(1.9)	735	27.1	(0.87)	18.4	(4.67)	45.5	(5.02)	209	28.1	(1.01)	52.8	(13.36)	80.8	(13.85)	26.6	(0.92)
20 and over...	24	(1.4)	2361	31.6	(0.48)	9.4	(1.42)	41.0	(1.60)	465	30.4	(0.84)	39.8	(5.64)	70.2	(5.96)	32.0	(0.62)
Females:																		
20 - 39.....	18	(2.4)	756	23.1	(0.44)	5.5	(1.23)	28.6	(1.20)	117	22.5	(0.70)	29.7	(3.97)	52.2	(3.77)	23.2	(0.54)
40 - 59.....	22	(2.6)	806	20.2	(0.33)	11.0	(3.15)	31.2	(3.07)	163	20.7	(0.46)	50.0	(14.16)	70.8	(14.14)	20.0	(0.39)
60 and over.....	38	(1.8)	721	18.7	(0.45)	16.2	(3.23)	34.9	(3.30)	229	19.3	(0.65)	42.0	(7.58)	61.4	(7.68)	18.4	(0.59)
20 and over...	25	(1.2)	2283	20.7	(0.28)	10.6	(1.65)	31.3	(1.50)	509	20.6	(0.31)	41.8	(5.49)	62.4	(5.42)	20.8	(0.34)
All Individuals:																		
2 and over...	20	(1.0)	7741	25.1	(0.31)	7.8	(0.81)	32.9	(0.78)	1210	25.0	(0.51)	38.4	(2.88)	63.3	(2.81)	25.2	(0.32)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

Vitamin B6

Gender and age (years)	Percent reporting supplement vitamin B6 [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	27	(2.8)	827	1.40	(0.039)	0.42*	(0.129)	1.82	(0.131)	194	1.37	(0.063)	1.57	(0.416)	2.94	(0.414)	1.41	(0.046)
6 - 11.....	21	(2.3)	1139	1.70	(0.058)	0.40	(0.051)	2.10	(0.070)	173	1.59	(0.090)	1.87	(0.196)	3.46	(0.230)	1.73	(0.063)
12 - 19.....	8	(1.4)	1131	2.03	(0.084)	0.44*	(0.202)	2.47	(0.178)	76	2.27	(0.222)	5.71*	(2.353)	7.97*	(2.445)	2.01	(0.097)
Males:																		
20 - 39.....	17	(2.1)	874	2.82	(0.065)	2.92	(0.776)	5.75	(0.764)	108	3.10	(0.257)	16.86	(4.725)	19.96	(4.741)	2.77	(0.097)
40 - 59.....	24	(2.8)	752	2.65	(0.130)	3.36	(0.701)	6.01	(0.705)	158	2.76	(0.279)	14.11	(3.225)	16.87	(3.044)	2.62	(0.110)
60 and over.....	36	(1.9)	735	2.27	(0.088)	6.54*	(2.456)	8.81	(2.451)	217	2.37	(0.141)	18.20*	(6.924)	20.57*	(6.944)	2.21	(0.096)
20 and over...	24	(1.5)	2361	2.63	(0.052)	3.95	(0.726)	6.58	(0.731)	483	2.71	(0.105)	16.31	(2.857)	19.03	(2.842)	2.60	(0.058)
Females:																		
20 - 39.....	21	(2.5)	756	1.92	(0.061)	1.64	(0.367)	3.56	(0.373)	127	1.90	(0.115)	7.92	(1.359)	9.82	(1.389)	1.93	(0.081)
40 - 59.....	24	(2.9)	806	1.66	(0.032)	2.55	(0.479)	4.22	(0.478)	172	1.73	(0.125)	10.83	(1.812)	12.56	(1.843)	1.64	(0.031)
60 and over.....	38	(1.7)	721	1.65	(0.058)	3.87	(0.563)	5.52	(0.581)	231	1.75	(0.112)	10.15	(1.363)	11.90	(1.400)	1.59	(0.046)
20 and over...	27	(1.2)	2283	1.75	(0.037)	2.61	(0.250)	4.36	(0.257)	530	1.78	(0.068)	9.81	(0.848)	11.60	(0.859)	1.73	(0.039)
All Individuals:																		
2 and over...	23	(1.2)	7741	2.08	(0.030)	2.55	(0.312)	4.63	(0.317)	1456	2.12	(0.051)	11.04	(1.217)	13.16	(1.215)	2.07	(0.033)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

			Folic acid																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Gender and age (years)	Percent reporting supplement folic acid [8] %	(SE)	Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	Food µg	(SE)
Males and females:																		
2 - 5.....	26	(2.8)	827	166	(6.1)	63	(8.4)	229	(11.3)	186	172	(8.4)	242	(14.0)	413	(15.6)	164	(7.8)
6 - 11.....	21	(2.3)	1139	221	(9.8)	61	(6.3)	283	(12.3)	175	239	(18.3)	290	(14.8)	529	(22.2)	217	(11.3)
12 - 19.....	9	(1.9)	1131	230	(7.8)	30	(7.1)	260	(8.5)	79	279	(48.1)	354	(15.0)	633	(60.4)	225	(9.4)
Males:																		
20 - 39.....	17	(2.0)	874	244	(11.1)	71	(9.5)	315	(15.0)	105	264	(32.6)	416	(25.7)	681	(35.6)	240	(11.0)
40 - 59.....	24	(2.8)	752	218	(15.7)	100	(14.6)	317	(21.4)	155	196	(18.9)	421	(26.7)	616	(40.9)	225	(16.7)
60 and over.....	36	(1.8)	735	209	(14.3)	161	(8.3)	370	(15.0)	219	223	(19.5)	443	(20.6)	667	(29.4)	200	(16.9)
20 and over...	24	(1.4)	2361	226	(5.0)	104	(8.0)	329	(9.8)	479	224	(15.1)	428	(13.9)	652	(21.5)	226	(4.4)
Females:																		
20 - 39.....	21	(2.5)	756	188	(11.6)	105	(15.8)	293	(22.9)	126	201	(14.1)	508	(36.0)	709	(35.9)	184	(14.3)
40 - 59.....	23	(2.8)	806	165	(5.5)	104	(13.0)	270	(13.4)	169	174	(22.3)	456	(20.9)	630	(32.9)	163	(7.4)
60 and over.....	39	(1.6)	721	155	(8.1)	182	(10.6)	337	(14.6)	238	171	(12.2)	464	(13.1)	635	(18.5)	144	(9.0)
20 and over...	27	(1.3)	2283	170	(5.1)	126	(7.0)	296	(9.9)	533	180	(9.0)	473	(11.3)	652	(16.5)	166	(6.2)
All Individuals:																		
2 and over...	23	(1.2)	7741	202	(3.2)	98	(5.4)	299	(6.2)	1452	205	(9.1)	422	(6.8)	627	(13.1)	201	(3.1)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

F o l a t e (D F E)

Gender and age	Percent reporting supplement folate (DFE) [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	26	(2.8)	827	417	(10.3)	107	(14.3)	524	(18.0)	186	424	(15.7)	411	(23.7)	835	(28.4)	415	(13.6)
6 - 11.....	21	(2.3)	1139	539	(20.0)	105	(10.8)	643	(23.2)	175	571	(29.6)	493	(25.2)	1064	(39.4)	530	(22.4)
12 - 19.....	9	(1.9)	1131	571	(17.0)	52	(12.1)	623	(15.9)	79	652	(85.4)	602	(25.5)	1254	(107.0)	564	(20.2)
Males:																		
20 - 39.....	17	(2.0)	874	683	(19.8)	121	(16.1)	804	(23.0)	105	742	(56.0)	708	(43.7)	1450	(58.7)	670	(19.9)
40 - 59.....	24	(2.8)	752	640	(29.3)	169	(24.8)	809	(40.2)	155	630	(38.4)	715	(45.4)	1346	(73.8)	643	(30.1)
60 and over.....	36	(1.8)	735	614	(36.3)	275	(14.0)	889	(38.2)	219	662	(54.5)	754	(35.0)	1416	(68.2)	587	(33.4)
20 and over...	24	(1.4)	2361	650	(9.8)	176	(13.5)	826	(18.1)	479	672	(26.8)	727	(23.6)	1399	(38.2)	643	(9.4)
Females:																		
20 - 39.....	21	(2.5)	756	519	(22.0)	179	(26.8)	697	(41.2)	126	564	(29.2)	863	(61.2)	1427	(67.6)	507	(25.0)
40 - 59.....	23	(2.8)	806	485	(11.3)	177	(22.1)	663	(21.4)	169	507	(41.4)	776	(35.6)	1282	(64.3)	479	(15.9)
60 and over.....	39	(1.6)	721	463	(15.8)	309	(18.0)	773	(26.1)	238	508	(24.7)	788	(22.2)	1297	(34.6)	434	(17.3)
20 and over...	27	(1.3)	2283	490	(10.9)	214	(11.8)	705	(18.9)	533	522	(19.4)	803	(19.2)	1326	(32.9)	479	(11.5)
All Individuals:																		
2 and over...	23	(1.2)	7741	559	(7.2)	166	(9.1)	725	(12.0)	1452	583	(17.7)	717	(11.6)	1300	(24.9)	552	(6.9)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Gender and age	Percent reporting supplement choline [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	16	(2.4)	827	221	(6.4)	4	(0.9)	224	(6.4)	126	207	(9.3)	23	(2.5)	229	(9.0)	223	(7.6)
6 - 11.....	16	(2.4)	1139	248	(5.6)	4	(0.5)	251	(5.8)	126	239	(13.3)	24	(3.4)	263	(15.8)	249	(5.2)
12 - 19.....	4	(0.9)	1131	295	(10.8)	1*	(0.2)	296	(10.8)		--		--		--		295	(12.1)
Males:																		
20 - 39.....	5	(1.2)	874	400	(10.0)	2*	(0.7)	401	(10.0)		--		--		--		390	(10.3)
40 - 59.....	4	(1.0)	752	420	(14.0)	1*	(0.4)	421	(14.0)		--		--		--		422	(14.1)
60 and over.....	4	(1.2)	735	379	(8.7)	2*	(0.6)	380	(9.0)		--		--		--		378	(8.0)
20 and over...	4	(0.6)	2361	402	(7.0)	2	(0.3)	404	(6.9)		--		--		--		399	(6.9)
Females:																		
20 - 39.....	6	(1.7)	756	276	(5.3)	1*	(0.4)	278	(5.1)		--		--		--		276	(5.7)
40 - 59.....	4	(1.1)	806	269	(7.5)	1*	(0.5)	271	(7.5)		--		--		--		270	(8.1)
60 and over.....	5	(0.9)	721	265	(6.7)	4*	(1.1)	269	(6.6)		--		--		--		264	(7.3)
20 and over...	5	(0.8)	2283	271	(4.0)	2	(0.4)	272	(4.0)	90	277	(23.5)	37	(6.4)	313	(26.3)	270	(4.8)
All Individuals:																		
2 and over...	6	(0.6)	7741	318	(2.9)	2	(0.3)	319	(2.9)	453	309	(22.0)	30	(2.5)	338	(21.6)	318	(3.2)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

Vitamin B12

Gender and age (years)	Percent reporting supplement vitamin B12 [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Males and females:																		
2 - 5	27	(2.8)	827	4.33	(0.149)	1.1	(0.13)	5.4	(0.21)	192	4.30	(0.214)	4.0	(0.20)	8.3	(0.32)	4.35	(0.154)
6 - 11	22	(2.5)	1139	4.85	(0.150)	2.8*	(1.59)	7.7	(1.61)	176	4.65	(0.208)	12.6*	(6.80)	17.3*	(6.77)	4.91	(0.168)
12 - 19	8	(1.4)	1131	5.72	(0.324)	2.9*	(1.56)	8.6	(1.60)	77	6.86	(0.765)	37.5*	(19.94)	44.3*	(20.22)	5.62	(0.367)
Males:																		
20 - 39	17	(2.1)	874	6.62	(0.252)	14.8*	(5.64)	21.4	(5.66)	107	7.67	(0.860)	84.6*	(34.18)	92.2*	(34.51)	6.40	(0.334)
40 - 59	26	(2.7)	752	6.12	(0.351)	76.8*	(32.46)	82.9*	(32.53)	170	6.74	(1.028)	290.0*	(121.37)	296.8*	(121.22)	5.89	(0.263)
60 and over	40	(2.6)	735	7.93	(1.881)	80.5	(14.04)	88.4	(13.77)	232	6.09	(0.391)	202.1	(24.50)	208.2	(24.72)	9.14*	(3.058)
20 and over	26	(1.7)	2361	6.74	(0.490)	54.0	(15.96)	60.7	(16.02)	509	6.74	(0.439)	205.9	(54.01)	212.6	(54.12)	6.74	(0.674)
Females:																		
20 - 39	20	(2.5)	756	4.54	(0.154)	27.0*	(8.31)	31.5	(8.35)	126	5.13	(0.431)	131.9	(37.35)	137.0	(37.33)	4.38	(0.149)
40 - 59	24	(2.6)	806	4.00	(0.187)	40.2	(9.69)	44.2	(9.62)	179	3.96	(0.277)	164.6	(44.64)	168.6	(44.58)	4.01	(0.203)
60 and over	42	(1.8)	721	4.00	(0.169)	105.7	(21.17)	109.7	(21.19)	258	4.04	(0.259)	253.6	(45.43)	257.6	(45.33)	3.97	(0.227)
20 and over	28	(1.3)	2283	4.18	(0.102)	53.9	(7.31)	58.1	(7.29)	563	4.28	(0.175)	193.4	(23.95)	197.7	(23.94)	4.14	(0.098)
All Individuals:																		
2 and over	24	(1.2)	7741	5.37	(0.183)	40.8	(7.90)	46.2	(7.89)	1517	5.38	(0.182)	167.2	(29.62)	172.6	(29.69)	5.37	(0.261)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

Vitamin C

Gender and age (years)	Percent reporting supplement vitamin C [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5	27	(2.8)	827	86.5	(5.99)	12.3	(2.65)	98.8	(6.64)	201	102.5	(15.00)	45.2	(6.97)	147.7	(17.51)	80.4	(4.69)
6 - 11	23	(2.4)	1139	81.9	(4.34)	23.0	(3.79)	105.0	(5.19)	190	76.6	(7.58)	101.6	(17.53)	178.2	(22.04)	83.5	(4.54)
12 - 19	10	(1.9)	1131	74.7	(6.92)	18.2	(2.96)	92.9	(7.09)	104	73.2	(10.47)	178.8	(24.93)	252.0	(28.31)	74.9	(7.31)
Males:																		
20 - 39	19	(2.2)	874	98.4	(9.32)	62.6	(10.94)	161.0	(12.46)	127	107.4	(10.24)	331.6	(49.27)	439.0	(54.92)	96.3	(11.55)
40 - 59	25	(2.8)	752	85.8	(4.96)	78.9	(7.82)	164.7	(8.85)	169	92.4	(7.32)	312.2	(34.33)	404.7	(36.03)	83.6	(5.78)
60 and over	39	(2.0)	735	91.4	(8.83)	150.1	(20.36)	241.4	(24.09)	240	101.6	(14.91)	386.2	(44.68)	487.9	(49.15)	84.8	(12.26)
20 and over	26	(1.4)	2361	91.9	(6.49)	89.7	(8.39)	181.6	(10.44)	536	99.8	(7.67)	343.9	(31.08)	443.8	(33.45)	89.2	(8.34)
Females:																		
20 - 39	22	(2.4)	756	78.0	(4.67)	51.2	(8.99)	129.2	(10.32)	139	76.7	(6.76)	234.9	(35.68)	311.6	(38.36)	78.3	(5.59)
40 - 59	23	(2.5)	806	74.3	(3.78)	61.5	(18.03)	135.8	(18.84)	189	79.9	(8.24)	264.2	(59.36)	344.1	(57.13)	72.7	(4.10)
60 and over	43	(1.5)	721	78.6	(3.61)	120.6	(11.22)	199.1	(11.11)	263	83.3	(4.13)	281.4	(21.43)	364.6	(21.09)	75.0	(5.30)
20 and over	28	(1.3)	2283	76.7	(2.96)	74.4	(8.53)	151.1	(9.78)	591	80.5	(3.18)	263.9	(23.86)	344.4	(24.04)	75.2	(3.72)
All Individuals:																		
2 and over	25	(1.1)	7741	83.1	(3.33)	65.8	(5.38)	149.0	(6.19)	1622	88.8	(4.25)	265.2	(18.09)	354.0	(20.60)	81.3	(3.78)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

Vitamin D

Gender and age	Percent reporting supplement vitamin D [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	27	(2.8)	827	6.6	(0.28)	2.4	(0.28)	8.9	(0.31)	199	6.3	(0.27)	8.6	(0.38)	15.0	(0.33)	6.7	(0.37)
6 - 11.....	22	(2.6)	1139	6.0	(0.20)	2.4	(0.35)	8.3	(0.40)	188	6.0	(0.30)	10.6	(0.68)	16.6	(0.71)	6.0	(0.20)
12 - 19.....	8	(1.4)	1131	5.7	(0.24)	1.3	(0.24)	6.9	(0.26)	94	6.4	(1.05)	15.2	(2.00)	21.6	(2.89)	5.6	(0.30)
Males:																		
20 - 39.....	17	(2.3)	874	5.2	(0.27)	3.6	(0.59)	8.7	(0.69)	112	7.6	(1.30)	20.6	(1.98)	28.2	(1.97)	4.6	(0.26)
40 - 59.....	27	(2.6)	752	5.7	(0.39)	9.4*	(3.71)	15.2	(3.71)	171	6.5	(1.15)	35.3*	(12.06)	41.8	(11.77)	5.5	(0.27)
60 and over.....	45	(2.5)	735	5.4	(0.19)	14.5	(2.56)	19.9	(2.58)	290	5.0	(0.30)	32.3	(6.20)	37.3	(6.25)	5.8	(0.46)
20 and over...	27	(1.7)	2361	5.4	(0.20)	8.4	(1.21)	13.8	(1.15)	573	6.2	(0.57)	30.6	(4.37)	36.8	(4.12)	5.2	(0.20)
Females:																		
20 - 39.....	21	(2.7)	756	3.9	(0.21)	5.8	(1.15)	9.6	(1.19)	139	4.1	(0.34)	27.0	(4.02)	31.1	(4.02)	3.8	(0.23)
40 - 59.....	32	(3.7)	806	3.7	(0.20)	11.1	(2.60)	14.8	(2.52)	234	3.5	(0.36)	34.8	(5.00)	38.3	(4.78)	3.8	(0.22)
60 and over.....	56	(1.9)	721	4.3	(0.21)	27.9	(4.80)	32.3	(4.86)	364	4.3	(0.28)	49.5	(7.57)	53.8	(7.58)	4.4	(0.32)
20 and over...	35	(2.0)	2283	3.9	(0.13)	14.0	(1.64)	17.9	(1.66)	737	4.0	(0.15)	39.7	(3.74)	43.7	(3.76)	3.9	(0.15)
All Individuals:																		
2 and over...	28	(1.5)	7741	5.0	(0.12)	8.8	(0.91)	13.8	(0.92)	1791	5.2	(0.25)	31.8	(2.30)	37.0	(2.27)	5.0	(0.13)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

Vitamin K

Gender and age (years)	Percent reporting supplement vitamin K [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Males and females:																		
2 - 5.....	#		827	50.2	(1.96)	#		50.3	(1.96)		--		--		--		50.2	(1.96)
6 - 11.....	#		1139	67.0	(3.48)	0.1*	(0.03)	67.1	(3.48)		--		--		--		67.0	(3.51)
12 - 19.....	3	(0.8)	1131	73.9	(5.22)	1.1*	(0.39)	75.0	(4.98)		--		--		--		73.9	(5.05)
Males:																		
20 - 39.....	12	(2.1)	874	118.8	(6.99)	4.0	(0.87)	122.8	(7.74)	81	171.9	(24.46)	33.4	(3.55)	205.4	(26.25)	111.5	(7.14)
40 - 59.....	20	(2.8)	752	129.0	(6.73)	6.3	(0.77)	135.3	(6.76)	129	170.5	(24.84)	31.3	(1.86)	201.8	(24.40)	118.6	(8.36)
60 and over.....	29	(1.7)	735	187.2*	(61.68)	9.0	(0.72)	196.2*	(61.42)	179	115.0	(11.65)	31.0	(1.65)	146.0	(12.00)	216.8*	(86.16)
20 and over...	19	(1.3)	2361	139.0	(16.42)	6.1	(0.43)	145.1	(16.67)	389	150.7	(10.27)	31.7	(1.10)	182.4	(10.56)	136.3	(19.88)
Females:																		
20 - 39.....	11	(2.1)	756	110.5	(9.08)	4.0	(1.08)	114.5	(9.06)		--		--		--		112.9	(9.69)
40 - 59.....	15	(2.3)	806	128.2	(11.95)	4.3	(0.63)	132.5	(11.81)	118	146.3	(40.33)	28.9	(0.69)	175.1	(40.23)	125.0	(9.79)
60 and over.....	29	(1.7)	721	122.5	(8.83)	11.1	(1.24)	133.6	(8.84)	180	134.3	(12.34)	37.8	(3.05)	172.1	(12.51)	117.5	(10.37)
20 and over...	17	(1.0)	2283	120.7	(7.23)	6.1	(0.47)	126.8	(7.44)	364	129.4	(18.02)	34.8	(1.99)	164.2	(18.35)	118.9	(6.32)
All Individuals:																		
2 and over...	14	(0.8)	7741	113.7	(6.76)	4.7	(0.26)	118.3	(6.90)	797	138.4	(9.07)	33.1	(1.11)	171.5	(9.34)	109.6	(7.31)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

L y c o p e n e

Gender and age (years)	Percent reporting supplement lycopene [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Males and females:																		
2 - 5.....	0*	(0.0)	827	3363	(332.4)	0*	(0.0)	3363	(332.4)		--		--		--		3363	(332.4)
6 - 11.....	#		1139	5320	(449.0)	#		5320	(449.0)		--		--		--		5321	(449.8)
12 - 19.....	1*	(0.4)	1131	6128	(516.2)	7*	(3.8)	6135	(514.5)		--		--		--		6128	(527.7)
Males:																		
20 - 39.....	9	(1.7)	874	6210	(358.0)	73*	(31.2)	6283	(345.3)		--		--		--		6061	(356.8)
40 - 59.....	15	(2.7)	752	6210	(526.9)	143*	(70.3)	6353	(538.6)	91	5880	(790.5)	972*	(412.5)	6852	(1011.0)	6267	(649.8)
60 and over.....	21	(1.6)	735	5123	(505.1)	257*	(105.5)	5380	(499.2)	131	7511	(1487.2)	1240*	(489.1)	8751	(1505.4)	4499	(667.7)
20 and over...	14	(1.5)	2361	5951	(286.6)	143	(41.3)	6094	(282.3)	276	6922	(594.7)	1039	(245.2)	7961	(555.3)	5795	(291.9)
Females:																		
20 - 39.....	1*	(0.7)	756	5167	(443.0)	7*	(3.0)	5174	(443.4)		--		--		--		5125	(437.4)
40 - 59.....	5	(1.9)	806	4630	(267.6)	21*	(6.5)	4651	(269.3)		--		--		--		4545	(215.8)
60 and over.....	16	(1.3)	721	3809	(457.7)	84	(20.1)	3894	(459.2)	93	3950	(674.7)	515	(113.7)	4465	(706.2)	3782	(527.4)
20 and over...	7	(0.9)	2283	4582	(240.8)	34	(5.7)	4615	(241.9)	131	4869	(985.6)	475	(75.7)	5343	(987.6)	4560	(226.9)
All Individuals:																		
2 and over...	8	(0.8)	7741	5262	(165.5)	67	(15.8)	5328	(165.9)	417	6218	(406.2)	843	(160.7)	7062	(425.8)	5180	(174.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

			Lutein + zeaxanthin																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Gender and age	Percent reporting supplement lutein + zeaxanthin [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	0*	(0.0)	827	638	(35.9)	0*	(0.0)	638	(35.9)		--		--		--		638	(35.9)
6 - 11.....	#		1139	815	(60.6)	#		815	(60.6)		--		--		--		816	(60.6)
12 - 19.....	1*	(0.5)	1131	850	(61.0)	7*	(4.5)	858	(57.6)		--		--		--		848	(60.6)
Males:																		
20 - 39.....	4	(1.2)	874	1532	(124.8)	71*	(41.7)	1603	(151.8)		--		--		--		1495	(126.9)
40 - 59.....	6	(1.4)	752	1660	(136.3)	62*	(37.2)	1722	(145.6)		--		--		--		1631	(152.7)
60 and over.....	16	(1.5)	735	2014	(414.3)	281*	(118.8)	2295	(475.4)	100	4537*	(3048.8)	1790*	(775.9)	6327*	(3522.0)	1545	(293.6)
20 and over...	8	(0.9)	2361	1696	(145.3)	118*	(35.8)	1813	(174.4)	167	3339*	(1427.6)	1522	(421.2)	4862*	(1799.5)	1558	(104.4)
Females:																		
20 - 39.....	3*	(1.1)	756	1663	(198.4)	8*	(3.0)	1672	(199.7)		--		--		--		1673	(205.8)
40 - 59.....	6	(1.5)	806	1861	(263.6)	205*	(138.9)	2066	(361.1)		--		--		--		1829	(235.1)
60 and over.....	22	(1.4)	721	1762	(188.6)	332	(87.0)	2094	(193.3)	125	1776	(176.5)	1526	(371.2)	3302	(397.9)	1758	(226.6)
20 and over...	9	(0.9)	2283	1768	(173.0)	175*	(57.9)	1943	(210.6)	187	1884	(306.9)	1905	(533.5)	3789	(793.3)	1756	(172.1)
All Individuals:																		
2 and over...	6	(0.6)	7741	1492	(96.4)	110	(23.8)	1602	(109.3)	366	2519	(669.0)	1711	(315.9)	4230	(882.8)	1422	(94.4)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Gender and age	Percent reporting supplement calcium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	10	(2.0)	827	1005	(34.9)	10	(2.2)	1015	(34.5)	86	1003	(56.3)	99	(5.1)	1102	(56.2)	1005	(36.9)
6 - 11.....	12	(1.2)	1139	1072	(27.4)	14	(1.4)	1085	(27.7)	102	1104	(72.6)	117	(11.9)	1221	(73.0)	1067	(26.4)
12 - 19.....	7	(1.6)	1131	1127	(35.3)	20	(4.1)	1148	(35.9)		--		--		--		1126	(34.8)
Males:																		
20 - 39.....	17	(2.2)	874	1209	(46.8)	55	(7.0)	1263	(49.5)	113	1393	(146.1)	316	(36.3)	1709	(165.4)	1170	(41.1)
40 - 59.....	27	(2.7)	752	1111	(40.0)	77	(10.9)	1188	(45.9)	175	1151	(43.5)	282	(28.6)	1433	(54.7)	1096	(40.6)
60 and over.....	39	(2.7)	735	982	(26.1)	162	(17.5)	1143	(31.5)	244	1025	(53.3)	417	(32.4)	1442	(56.6)	954	(19.0)
20 and over...	26	(1.7)	2361	1117	(21.4)	89	(5.9)	1206	(24.4)	532	1168	(40.0)	338	(15.7)	1506	(45.6)	1099	(19.6)
Females:																		
20 - 39.....	18	(2.6)	756	907	(35.2)	78	(11.7)	985	(41.0)	124	1013	(80.1)	422	(30.1)	1436	(90.0)	883	(38.7)
40 - 59.....	31	(4.0)	806	864	(16.0)	186	(31.0)	1050	(38.9)	224	902	(44.5)	611	(56.9)	1513	(83.2)	847	(21.3)
60 and over.....	54	(1.6)	721	805	(32.1)	363	(22.5)	1168	(35.3)	341	831	(52.1)	676	(35.2)	1507	(58.3)	775	(36.7)
20 and over...	33	(2.0)	2283	862	(17.9)	199	(15.0)	1061	(27.9)	689	891	(29.5)	605	(28.0)	1496	(48.1)	848	(16.4)
All Individuals:																		
2 and over...	24	(1.4)	7741	1013	(13.9)	111	(7.9)	1124	(19.2)	1473	1021	(26.8)	456	(18.8)	1477	(36.8)	1010	(14.5)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Gender and age	Percent reporting supplement phosphorus [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	8	(1.9)	827	1122	(25.9)	7	(1.8)	1129	(25.3)		--		--		--		1123	(28.7)
6 - 11.....	8	(1.1)	1139	1287	(20.4)	8	(1.2)	1295	(20.8)		--		--		--		1282	(18.1)
12 - 19.....	2*	(0.5)	1131	1437	(37.8)	1*	(0.5)	1439	(37.8)		--		--		--		1435	(40.0)
Males:																		
20 - 39.....	6	(1.0)	874	1750	(40.8)	8*	(4.1)	1758	(43.1)		--		--		--		1727	(31.2)
40 - 59.....	10	(1.8)	752	1672	(53.5)	3	(0.5)	1676	(53.4)		--		--		--		1664	(58.7)
60 and over.....	23	(2.7)	735	1470	(25.8)	11	(2.6)	1481	(24.4)	139	1418	(44.3)	48	(11.2)	1466	(41.9)	1486	(31.5)
20 and over...	12	(1.1)	2361	1654	(20.3)	7	(1.7)	1660	(20.4)	254	1665	(100.1)	58	(12.3)	1723	(105.4)	1652	(24.2)
Females:																		
20 - 39.....	6	(1.1)	756	1262	(24.5)	3*	(0.9)	1265	(25.0)		--		--		--		1262	(25.3)
40 - 59.....	10	(1.5)	806	1189	(18.7)	4	(0.9)	1193	(18.5)		--		--		--		1188	(20.9)
60 and over.....	24	(1.5)	721	1096	(25.8)	11	(2.0)	1107	(26.3)	151	1137	(57.3)	45	(7.8)	1182	(60.5)	1084	(24.4)
20 and over...	12	(1.0)	2283	1188	(13.2)	6	(0.8)	1193	(13.5)	260	1176	(42.8)	45	(5.2)	1221	(44.3)	1189	(11.9)
All Individuals:																		
2 and over...	10	(0.6)	7741	1394	(10.3)	6	(0.6)	1400	(10.3)	663	1398	(60.2)	56	(5.4)	1454	(61.7)	1394	(11.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

M a g n e s i u m

Gender and age	Percent reporting supplement magnesium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	15	(2.3)	827	207	(2.6)	2	(0.4)	209	(2.5)	100	209	(14.2)	10	(1.7)	220	(13.7)	207	(2.9)
6 - 11.....	11	(1.3)	1139	237	(4.9)	2	(0.3)	239	(5.0)	87	290	(16.3)	20	(2.0)	310	(15.7)	231	(3.9)
12 - 19.....	5	(0.9)	1131	266	(5.3)	3	(0.7)	269	(5.2)		--		--		--		265	(5.4)
Males:																		
20 - 39.....	15	(2.3)	874	365	(7.5)	14	(2.2)	379	(7.4)	94	441	(36.2)	92	(6.7)	533	(35.3)	352	(8.1)
40 - 59.....	23	(2.6)	752	361	(12.3)	25	(4.8)	387	(15.0)	151	383	(18.3)	111	(14.2)	494	(25.4)	355	(12.7)
60 and over.....	33	(2.0)	735	335	(9.0)	48*	(14.8)	383	(18.6)	202	355	(16.3)	146*	(48.2)	501	(61.0)	326	(10.2)
20 and over...	22	(1.4)	2361	357	(6.5)	26	(5.1)	383	(9.7)	447	388	(11.7)	119	(19.1)	507	(24.6)	348	(6.6)
Females:																		
20 - 39.....	13	(2.3)	756	276	(6.5)	12	(3.3)	288	(8.6)	90	301	(12.5)	86	(15.1)	387	(22.9)	272	(6.6)
40 - 59.....	20	(2.9)	806	276	(5.0)	24	(6.4)	300	(9.4)	154	298	(15.6)	118	(21.2)	415	(31.5)	270	(4.7)
60 and over.....	37	(1.7)	721	259	(5.3)	45	(3.9)	304	(6.6)	224	283	(12.2)	121	(7.1)	404	(12.4)	244	(5.1)
20 and over...	23	(1.3)	2283	271	(3.8)	26	(3.1)	297	(6.0)	468	291	(10.2)	113	(9.3)	405	(15.3)	265	(3.6)
All Individuals:																		
2 and over...	19	(1.0)	7741	296	(4.0)	20	(2.9)	316	(5.8)	1150	329	(8.4)	106	(11.3)	435	(15.7)	288	(3.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

I r o n

Gender and age	Percent reporting supplement iron [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	8	(1.5)	827	11.4	(0.26)	1.3	(0.28)	12.8	(0.41)	76	12.8	(0.80)	16.1	(0.94)	29.0	(1.39)	11.3	(0.29)
6 - 11.....	8	(0.9)	1139	14.7	(0.49)	1.3	(0.17)	16.1	(0.56)		--		--		--		14.6	(0.47)
12 - 19.....	4	(0.7)	1131	15.5	(0.38)	1.0	(0.15)	16.4	(0.37)		--		--		--		15.5	(0.38)
Males:																		
20 - 39.....	9	(1.4)	874	18.6	(0.52)	1.5	(0.26)	20.1	(0.61)		--		--		--		18.6	(0.58)
40 - 59.....	8	(0.7)	752	17.9	(0.67)	1.6	(0.28)	19.5	(0.71)		--		--		--		17.7	(0.63)
60 and over.....	17	(2.1)	735	17.6	(0.71)	3.3	(0.53)	20.9	(0.79)	86	17.3	(1.17)	19.3	(2.15)	36.5	(2.80)	17.6	(0.78)
20 and over...	11	(0.8)	2361	18.1	(0.24)	2.0	(0.15)	20.1	(0.23)	195	18.5	(0.85)	18.8	(1.42)	37.4	(1.97)	18.0	(0.29)
Females:																		
20 - 39.....	14	(2.2)	756	14.2	(0.26)	3.5	(0.55)	17.7	(0.68)	99	15.3	(0.85)	24.0	(1.87)	39.3	(1.92)	14.0	(0.28)
40 - 59.....	15	(1.9)	806	13.5	(0.41)	3.5	(0.66)	17.0	(0.68)	124	11.8	(0.63)	23.6	(2.54)	35.5	(2.46)	13.8	(0.48)
60 and over.....	18	(1.3)	721	12.5	(0.32)	4.6	(0.60)	17.2	(0.75)	126	13.0	(0.91)	26.3	(2.86)	39.2	(3.51)	12.4	(0.33)
20 and over...	15	(1.2)	2283	13.5	(0.21)	3.8	(0.34)	17.3	(0.42)	349	13.3	(0.36)	24.6	(1.40)	37.8	(1.56)	13.5	(0.23)
All Individuals:																		
2 and over...	11	(0.6)	7741	15.4	(0.13)	2.5	(0.16)	17.9	(0.20)	733	15.3	(0.40)	21.8	(1.16)	37.1	(1.36)	15.4	(0.14)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

Z i n c

Gender and age	Percent reporting supplement zinc [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	25	(2.9)	827	8.2	(0.23)	1.2	(0.24)	9.4	(0.32)	175	7.6	(0.27)	5.0	(0.60)	12.6	(0.66)	8.3	(0.25)
6 - 11.....	21	(2.2)	1139	9.9	(0.30)	1.4	(0.13)	11.3	(0.34)	166	10.0	(0.76)	6.4	(0.74)	16.5	(1.15)	9.9	(0.29)
12 - 19.....	7	(1.4)	1131	11.4	(0.43)	0.8	(0.16)	12.2	(0.43)		--		--		--		11.2	(0.49)
Males:																		
20 - 39.....	16	(2.4)	874	14.2	(0.37)	2.4	(0.48)	16.6	(0.62)	99	16.2	(1.37)	15.5	(2.35)	31.6	(2.58)	13.9	(0.40)
40 - 59.....	22	(2.7)	752	13.8	(0.64)	3.1	(0.45)	16.9	(0.95)	147	14.4	(0.84)	14.2	(0.67)	28.6	(1.36)	13.7	(0.63)
60 and over.....	34	(1.6)	735	12.5	(0.33)	5.6	(0.47)	18.0	(0.58)	209	12.7	(0.40)	16.3	(1.51)	29.0	(1.67)	12.3	(0.35)
20 and over...	22	(1.4)	2361	13.6	(0.26)	3.4	(0.34)	17.1	(0.55)	455	14.2	(0.37)	15.3	(1.11)	29.5	(1.21)	13.5	(0.31)
Females:																		
20 - 39.....	16	(2.1)	756	9.9	(0.22)	2.3	(0.35)	12.2	(0.53)	107	10.6	(0.54)	14.2	(0.93)	24.7	(1.26)	9.7	(0.24)
40 - 59.....	20	(2.0)	806	9.4	(0.20)	2.8	(0.60)	12.3	(0.55)	151	10.2	(0.28)	14.2	(2.16)	24.3	(2.03)	9.3	(0.24)
60 and over.....	37	(1.5)	721	8.8	(0.21)	6.9	(0.61)	15.7	(0.66)	221	9.3	(0.41)	18.9	(1.39)	28.2	(1.45)	8.5	(0.20)
20 and over...	23	(1.0)	2283	9.4	(0.11)	3.8	(0.26)	13.2	(0.26)	479	9.9	(0.20)	16.2	(0.98)	26.1	(1.00)	9.3	(0.13)
All Individuals:																		
2 and over...	21	(1.0)	7741	11.2	(0.13)	3.0	(0.18)	14.1	(0.25)	1347	11.6	(0.25)	14.1	(0.51)	25.7	(0.60)	11.1	(0.13)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Gender and age	Percent reporting supplement copper [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	8	(2.0)	827	0.8	(0.01)	0.2	(0.04)	1.0	(0.04)		--		--		--		0.8	(0.01)
6 - 11.....	9	(1.0)	1139	1.0	(0.02)	0.2	(0.02)	1.2	(0.03)		--		--		--		1.0	(0.02)
12 - 19.....	5	(1.0)	1131	1.1	(0.04)	0.1	(0.02)	1.2	(0.04)		--		--		--		1.1	(0.04)
Males:																		
20 - 39.....	14	(2.1)	874	1.5	(0.04)	0.2	(0.03)	1.7	(0.05)	89	1.8	(0.11)	1.3	(0.12)	3.0	(0.15)	1.5	(0.05)
40 - 59.....	22	(2.7)	752	1.5	(0.05)	0.3	(0.05)	1.8	(0.08)	142	1.7	(0.09)	1.4	(0.11)	3.0	(0.13)	1.4	(0.04)
60 and over.....	33	(1.6)	735	1.8	(0.33)	0.4	(0.03)	2.2	(0.33)	198	1.6	(0.10)	1.2	(0.12)	2.7	(0.18)	1.9	(0.47)
20 and over...	22	(1.4)	2361	1.6	(0.09)	0.3	(0.03)	1.8	(0.11)	429	1.7	(0.05)	1.3	(0.09)	2.9	(0.11)	1.6	(0.11)
Females:																		
20 - 39.....	13	(2.1)	756	1.2	(0.03)	0.2	(0.04)	1.4	(0.06)	83	1.3	(0.08)	1.7	(0.12)	3.0	(0.16)	1.1	(0.03)
40 - 59.....	17	(2.2)	806	1.2	(0.03)	0.2	(0.03)	1.4	(0.04)	130	1.2	(0.06)	1.1	(0.08)	2.4	(0.09)	1.2	(0.03)
60 and over.....	34	(1.5)	721	1.1	(0.02)	0.4	(0.04)	1.5	(0.04)	201	1.1	(0.04)	1.1	(0.10)	2.2	(0.12)	1.1	(0.02)
20 and over...	20	(1.1)	2283	1.1	(0.02)	0.3	(0.02)	1.4	(0.03)	414	1.2	(0.05)	1.2	(0.07)	2.4	(0.09)	1.1	(0.02)
All Individuals:																		
2 and over...	17	(0.8)	7741	1.3	(0.04)	0.2	(0.01)	1.5	(0.05)	1032	1.4	(0.04)	1.3	(0.04)	2.7	(0.05)	1.2	(0.04)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Gender and age	Percent reporting supplement sodium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	15	(3.1)	827	2294	(48.4)	1	(0.4)	2295	(48.3)	110	2163	(103.7)	9	(0.6)	2173	(103.3)	2316	(58.4)
6 - 11.....	11	(1.7)	1139	3079	(65.5)	2	(0.3)	3081	(65.4)	91	3067	(126.4)	14	(0.9)	3081	(126.7)	3081	(63.1)
12 - 19.....	2	(1.0)	1131	3593	(86.8)	#		3593	(86.8)		--		--		--		3621	(87.3)
Males:																		
20 - 39.....	1*	(0.4)	874	4515	(76.8)	1*	(0.5)	4515	(76.9)		--		--		--		4514	(78.1)
40 - 59.....	4	(1.4)	752	4316	(120.4)	2*	(0.5)	4317	(120.3)		--		--		--		4330	(118.6)
60 and over.....	8	(1.3)	735	3622	(62.8)	3	(0.8)	3625	(62.6)		--		--		--		3594	(67.1)
20 and over...	4	(0.8)	2361	4226	(52.0)	2	(0.4)	4227	(52.0)	83	4043	(212.6)	41	(7.4)	4083	(217.3)	4234	(52.3)
Females:																		
20 - 39.....	3	(1.0)	756	3208	(63.6)	1*	(0.2)	3208	(63.6)		--		--		--		3209	(66.6)
40 - 59.....	6	(1.4)	806	3045	(67.5)	1	(0.4)	3046	(67.5)		--		--		--		3038	(66.0)
60 and over.....	11	(1.3)	721	2653	(62.8)	4	(1.0)	2657	(63.1)		--		--		--		2633	(64.1)
20 and over...	6	(0.7)	2283	2991	(36.6)	2	(0.3)	2993	(36.5)	130	3004	(159.9)	32	(4.1)	3035	(159.9)	2990	(39.4)
All Individuals:																		
2 and over...	6	(0.5)	7741	3487	(24.6)	2	(0.2)	3489	(24.6)	434	3130	(116.4)	27	(2.8)	3158	(117.9)	3509	(25.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Gender and age (years)	Percent reporting supplement potassium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	#		827	2043	(42.4)	#		2043	(42.4)		--		--		--		2042	(42.8)
6 - 11.....	2	(1.1)	1139	2233	(44.8)	1*	(0.5)	2234	(44.8)		--		--		--		2232	(45.3)
12 - 19.....	1*	(0.3)	1131	2433	(48.5)	1*	(0.2)	2433	(48.4)		--		--		--		2428	(49.6)
Males:																		
20 - 39.....	10	(1.4)	874	3128	(74.3)	8	(1.1)	3136	(73.7)		--		--		--		3100	(62.4)
40 - 59.....	16	(2.5)	752	3316	(107.0)	15	(3.5)	3331	(108.5)	102	3567	(185.7)	95	(12.9)	3662	(188.1)	3268	(101.6)
60 and over.....	29	(2.0)	735	3121	(72.4)	23	(2.1)	3144	(72.7)	172	3279	(247.6)	79	(4.2)	3358	(249.3)	3057	(70.5)
20 and over...	17	(1.3)	2361	3198	(54.7)	14	(1.5)	3212	(55.2)	332	3405	(107.0)	84	(4.7)	3489	(105.9)	3155	(49.3)
Females:																		
20 - 39.....	5	(0.9)	756	2347	(45.3)	4	(0.7)	2352	(45.6)		--		--		--		2341	(43.1)
40 - 59.....	10	(1.6)	806	2425	(43.6)	9	(1.9)	2434	(43.8)	79	2543	(128.8)	89	(9.3)	2632	(135.9)	2411	(45.8)
60 and over.....	28	(1.7)	721	2394	(53.2)	25	(2.5)	2419	(52.8)	170	2399	(122.4)	90	(5.8)	2489	(122.5)	2392	(52.5)
20 and over...	13	(0.8)	2283	2391	(36.3)	12	(1.0)	2403	(36.4)	286	2450	(93.4)	89	(4.3)	2540	(94.0)	2381	(33.8)
All Individuals:																		
2 and over...	12	(0.7)	7741	2663	(32.4)	10	(0.7)	2672	(32.9)	646	2973	(68.6)	86	(3.2)	3059	(68.4)	2622	(29.4)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Gender and age (years)	Percent reporting supplement selenium [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Males and females:																		
2 - 5.....	#		827	75.0	(1.21)	#		75.0	(1.20)		--		--		--		74.9	(1.22)
6 - 11.....	2	(1.1)	1139	95.1	(1.90)	0.2*	(0.09)	95.3	(1.87)		--		--		--		94.8	(1.91)
12 - 19.....	3	(0.9)	1131	111.5	(3.23)	2.0*	(0.87)	113.5	(3.06)		--		--		--		110.9	(3.18)
Males:																		
20 - 39.....	14	(2.3)	874	146.3	(3.16)	12.3	(2.64)	158.6	(2.88)	89	147.5	(12.28)	88.0	(8.03)	235.5	(10.19)	146.1	(3.21)
40 - 59.....	21	(2.8)	752	137.1	(2.69)	47.6*	(29.61)	184.8	(29.08)	139	136.2	(5.47)	224.9*	(142.09)	361.2*	(141.16)	137.4	(2.77)
60 and over.....	32	(1.5)	735	117.6	(1.92)	25.7	(2.19)	143.3	(3.19)	197	118.4	(3.55)	80.5	(6.57)	198.9	(6.98)	117.3	(2.30)
20 and over...	21	(1.4)	2361	136.0	(1.90)	28.9*	(11.62)	164.9	(11.38)	425	132.6	(3.57)	137.7*	(55.21)	270.3	(54.74)	136.9	(2.11)
Females:																		
20 - 39.....	12	(2.0)	756	101.4	(1.63)	5.8	(1.43)	107.2	(2.46)	77	106.0	(4.75)	49.2	(5.21)	155.2	(8.65)	100.7	(1.67)
40 - 59.....	18	(2.5)	806	92.0	(2.07)	36.3*	(26.63)	128.3	(26.96)	132	91.8	(2.83)	200.5*	(154.13)	292.3*	(153.71)	92.0	(2.32)
60 and over.....	32	(1.5)	721	87.9	(2.35)	19.8	(1.81)	107.7	(2.35)	191	90.9	(4.86)	62.3	(3.96)	153.2	(6.43)	86.5	(2.22)
20 and over...	20	(1.1)	2283	94.0	(1.18)	21.6*	(10.40)	115.6	(10.20)	400	94.2	(2.60)	109.1*	(54.42)	203.3	(54.02)	93.9	(1.13)
All Individuals:																		
2 and over...	16	(0.9)	7741	110.6	(1.09)	19.1*	(5.84)	129.7	(5.86)	867	114.2	(2.44)	121.1*	(37.88)	235.3	(38.38)	110.0	(1.06)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting a supplement intake: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

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

[2] Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.
Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.
Folate (DFE): µg dietary folate equivalents = µg food folate + (1.7*µg folic acid).
Vitamin D: 1 µg = 40 International Units (IU).
Calcium and Magnesium: supplement intake includes non-prescription antacids.

[3] **Food and beverage intake** was 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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2013).

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_G) of NHANES 2011-2012. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2011-2012/DS1TOT_G.htm.

[5] **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females, breast-fed children, and individuals with incomplete dietary supplement component of the 24-hour dietary recall were excluded.

[6] **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

[7] **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

[8] The weighted percentage of respondents in the gender/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2014. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Gender and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012

T h i a m i n

Race/ethnicity and age (years)	Percent reporting supplement thiamin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	9	(1.2)	682	1.55	(0.037)	0.31*	(0.177)	1.86	(0.178)		--		--		--		1.54	(0.040)
20 and over.....	28	(1.5)	1775	1.68	(0.027)	5.83	(1.145)	7.51	(1.145)	475	1.70	(0.053)	21.18	(4.033)	22.88	(4.037)	1.67	(0.023)
2 and over...	24	(1.3)	2457	1.65	(0.026)	4.64	(0.936)	6.30	(0.939)	546	1.70	(0.050)	19.67	(3.732)	21.37	(3.738)	1.64	(0.024)
Non-Hispanic Black:																		
2 - 19.....	7	(1.1)	925	1.46	(0.041)	0.12	(0.026)	1.58	(0.053)		--		--		--		1.45	(0.045)
20 and over.....	15	(1.4)	1235	1.48	(0.032)	1.48	(0.411)	2.95	(0.415)	199	1.48	(0.059)	10.05	(2.537)	11.53	(2.555)	1.47	(0.034)
2 and over...	12	(0.9)	2160	1.47	(0.030)	1.05	(0.290)	2.52	(0.291)	256	1.49	(0.056)	8.65	(2.244)	10.14	(2.254)	1.47	(0.031)
Non-Hispanic Asian [9]:																		
2 - 19.....	11	(1.9)	369	1.57	(0.068)	0.40*	(0.250)	1.98	(0.265)		--		--		--		1.57	(0.075)
20 and over.....	23	(2.2)	589	1.54	(0.035)	2.96*	(1.062)	4.50	(1.053)	118	1.58	(0.072)	12.97*	(3.955)	14.56	(3.939)	1.52	(0.046)
2 and over...	20	(1.8)	958	1.54	(0.021)	2.36*	(0.815)	3.91	(0.816)	149	1.59	(0.073)	11.80	(3.517)	13.39	(3.507)	1.53	(0.030)
Hispanic:																		
2 - 19.....	6	(1.1)	955	1.63	(0.047)	0.16	(0.048)	1.79	(0.057)		--		--		--		1.64	(0.047)
20 and over.....	13	(1.3)	907	1.67	(0.040)	1.33	(0.331)	3.00	(0.330)	127	1.47	(0.093)	10.39	(2.093)	11.87	(2.083)	1.70	(0.047)
2 and over...	10	(0.8)	1862	1.65	(0.027)	0.92	(0.216)	2.57	(0.218)	183	1.49	(0.077)	8.93	(1.762)	10.42	(1.748)	1.67	(0.033)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Race/ethnicity and age (years)	Percent reporting supplement riboflavin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	9	(1.2)	682	2.08	(0.060)	0.33*	(0.178)	2.41	(0.186)		--		--		--		2.07	(0.070)
20 and over.....	28	(1.5)	1775	2.30	(0.035)	2.88	(0.367)	5.18	(0.386)	479	2.35	(0.057)	10.42	(1.189)	12.77	(1.195)	2.28	(0.044)
2 and over...	24	(1.3)	2457	2.25	(0.029)	2.33	(0.315)	4.58	(0.327)	550	2.34	(0.054)	9.84	(1.117)	12.18	(1.127)	2.22	(0.034)
Non-Hispanic Black:																		
2 - 19.....	7	(1.1)	925	1.72	(0.055)	0.14	(0.030)	1.85	(0.072)		--		--		--		1.72	(0.059)
20 and over.....	15	(1.4)	1235	1.73	(0.045)	1.09	(0.228)	2.82	(0.254)	201	1.94	(0.103)	7.35	(1.167)	9.29	(1.211)	1.70	(0.045)
2 and over...	12	(0.9)	2160	1.73	(0.042)	0.79	(0.155)	2.52	(0.178)	258	1.89	(0.080)	6.46	(1.019)	8.35	(1.054)	1.71	(0.041)
Non-Hispanic Asian [9]:																		
2 - 19.....	11	(1.9)	369	1.88	(0.070)	0.42*	(0.249)	2.29	(0.275)		--		--		--		1.85	(0.072)
20 and over.....	23	(2.4)	589	1.80	(0.113)	2.09*	(0.736)	3.89	(0.724)	119	2.03	(0.123)	9.02	(2.595)	11.05	(2.537)	1.74	(0.136)
2 and over...	20	(1.9)	958	1.82	(0.080)	1.69*	(0.568)	3.52	(0.569)	150	2.04	(0.106)	8.37	(2.295)	10.41	(2.241)	1.77	(0.095)
Hispanic:																		
2 - 19.....	6	(1.1)	955	2.01	(0.049)	0.17	(0.049)	2.18	(0.060)		--		--		--		2.01	(0.048)
20 and over.....	13	(1.3)	907	2.11	(0.061)	1.36	(0.361)	3.46	(0.371)	128	2.03	(0.143)	10.54	(2.297)	12.57	(2.331)	2.12	(0.070)
2 and over...	10	(0.8)	1862	2.07	(0.035)	0.94	(0.236)	3.01	(0.238)	184	2.04	(0.110)	9.07	(1.947)	11.12	(1.978)	2.08	(0.040)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Race/ethnicity and age (years)	Percent reporting supplement niacin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	9	(1.2)	682	22.4	(0.88)	1.6	(0.29)	23.9	(0.98)		--		--		--		22.4	(1.01)
20 and over.....	29	(1.4)	1775	26.1	(0.47)	12.4	(1.29)	38.5	(1.37)	489	25.4	(0.63)	43.1	(3.68)	68.5	(3.67)	26.4	(0.58)
2 and over...	25	(1.2)	2457	25.3	(0.44)	10.0	(1.05)	35.3	(1.13)	561	25.1	(0.66)	40.9	(3.46)	66.0	(3.45)	25.4	(0.49)
Non-Hispanic Black:																		
2 - 19.....	7	(1.1)	925	22.3	(0.50)	1.1	(0.21)	23.4	(0.56)		--		--		--		22.1	(0.44)
20 and over.....	15	(1.4)	1235	25.3	(0.57)	6.0	(1.74)	31.3	(1.87)	205	25.0	(1.12)	39.1	(9.78)	64.2	(10.37)	25.4	(0.61)
2 and over...	13	(1.0)	2160	24.4	(0.49)	4.4	(1.24)	28.8	(1.36)	260	24.9	(1.15)	35.5	(8.42)	60.4	(8.91)	24.3	(0.47)
Non-Hispanic Asian [9]:																		
2 - 19.....	13	(2.3)	369	19.9	(0.82)	1.5	(0.34)	21.4	(0.99)		--		--		--		19.8	(0.83)
20 and over.....	24	(2.4)	589	24.6	(1.09)	8.3	(1.78)	32.9	(2.01)	126	24.4	(1.23)	34.7	(6.36)	59.1	(6.77)	24.7	(1.51)
2 and over...	21	(2.1)	958	23.5	(0.86)	6.7	(1.34)	30.2	(1.56)	163	23.8	(1.07)	31.5	(5.49)	55.3	(5.80)	23.4	(1.18)
Hispanic:																		
2 - 19.....	6	(1.1)	955	21.9	(0.57)	1.1	(0.22)	22.9	(0.65)		--		--		--		21.8	(0.53)
20 and over.....	13	(1.3)	907	27.7	(0.66)	3.6	(0.53)	31.4	(0.75)	127	23.8	(1.31)	28.7	(2.85)	52.5	(3.22)	28.3	(0.77)
2 and over...	10	(0.8)	1862	25.7	(0.36)	2.7	(0.32)	28.4	(0.43)	184	23.5	(1.17)	26.7	(2.45)	50.2	(2.96)	25.9	(0.41)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Vitamin B6

Race/ethnicity and age (years)	Percent reporting supplement vitamin B6 [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	21	(2.4)	682	1.79	(0.059)	0.56*	(0.201)	2.35	(0.208)	142	1.56	(0.135)	2.69*	(0.853)	4.26	(0.972)	1.85	(0.081)
20 and over.....	30	(1.5)	1775	2.19	(0.061)	4.04	(0.665)	6.23	(0.681)	512	2.25	(0.068)	13.52	(1.976)	15.77	(1.976)	2.17	(0.068)
2 and over...	28	(1.5)	2457	2.11	(0.049)	3.29	(0.545)	5.40	(0.561)	654	2.14	(0.070)	11.78	(1.719)	13.92	(1.724)	2.09	(0.054)
Non-Hispanic Black:																		
2 - 19.....	10	(1.0)	925	1.73	(0.043)	0.20	(0.033)	1.93	(0.063)	93	1.86	(0.145)	2.03	(0.273)	3.90	(0.338)	1.72	(0.040)
20 and over.....	16	(1.5)	1235	1.97	(0.049)	1.59	(0.367)	3.56	(0.368)	213	2.05	(0.082)	9.96	(2.022)	12.01	(2.006)	1.95	(0.055)
2 and over...	14	(1.0)	2160	1.89	(0.040)	1.16	(0.249)	3.05	(0.243)	306	2.01	(0.072)	8.22	(1.657)	10.23	(1.642)	1.88	(0.043)
Non-Hispanic Asian [9]:																		
2 - 19.....	23	(3.7)	369	1.68	(0.071)	0.66*	(0.240)	2.34	(0.281)		--		--		--		1.68	(0.082)
20 and over.....	24	(2.6)	589	2.11	(0.114)	2.37	(0.644)	4.47	(0.636)	128	2.14	(0.129)	9.67	(2.069)	11.81	(2.056)	2.09	(0.156)
2 and over...	24	(2.2)	958	2.01	(0.089)	1.97	(0.494)	3.97	(0.499)	201	2.04	(0.100)	8.14	(1.600)	10.18	(1.586)	1.99	(0.122)
Hispanic:																		
2 - 19.....	9	(1.3)	955	1.82	(0.058)	0.20	(0.037)	2.02	(0.066)	97	2.01	(0.211)	2.25	(0.349)	4.26	(0.406)	1.81	(0.048)
20 and over.....	13	(1.3)	907	2.37	(0.070)	1.66	(0.397)	4.02	(0.406)	133	2.13	(0.136)	12.53	(2.458)	14.67	(2.474)	2.40	(0.081)
2 and over...	12	(0.7)	1862	2.18	(0.038)	1.14	(0.253)	3.32	(0.262)	230	2.10	(0.113)	9.78	(2.001)	11.88	(2.020)	2.19	(0.044)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

			F o l i c a c i d																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age	Percent reporting supplement folic acid [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	21	(2.7)	682	214	(8.4)	60	(8.9)	274	(12.7)	141	225	(23.9)	281	(11.1)	506	(32.4)	210	(9.3)
20 and over.....	30	(1.6)	1775	204	(6.2)	135	(8.4)	339	(10.4)	510	204	(12.7)	453	(10.2)	658	(20.2)	203	(6.6)
2 and over...	28	(1.7)	2457	206	(5.4)	119	(7.9)	325	(9.5)	651	208	(12.0)	425	(9.4)	633	(18.3)	205	(5.3)
Non-Hispanic Black:																		
2 - 19.....	10	(1.0)	925	191	(7.8)	33	(4.7)	224	(11.3)	96	210	(13.6)	324	(28.4)	533	(31.2)	189	(8.6)
20 and over.....	16	(1.6)	1235	162	(6.9)	76	(9.1)	238	(13.1)	215	162	(10.4)	473	(27.6)	635	(28.6)	162	(7.5)
2 and over...	14	(1.1)	2160	171	(6.8)	63	(6.0)	234	(9.7)	311	172	(9.3)	440	(22.5)	613	(22.5)	170	(7.5)
Non-Hispanic Asian [9]:																		
2 - 19.....	23	(3.7)	369	212	(15.7)	59	(9.1)	271	(17.0)		--		--		--		210	(17.2)
20 and over.....	24	(2.5)	589	183	(9.0)	103	(12.2)	286	(15.6)	127	203	(15.6)	428	(18.6)	630	(26.2)	176	(10.5)
2 and over...	24	(2.0)	958	190	(6.7)	93	(9.1)	282	(12.4)	198	206	(10.7)	390	(15.7)	596	(23.8)	184	(8.5)
Hispanic:																		
2 - 19.....	9	(1.2)	955	229	(8.9)	28	(4.8)	257	(10.7)	94	247	(34.0)	323	(21.5)	570	(48.8)	227	(8.4)
20 and over.....	13	(1.3)	907	205	(6.3)	56	(7.2)	262	(8.9)	130	178	(20.1)	441	(30.5)	619	(40.7)	209	(7.8)
2 and over...	11	(0.7)	1862	214	(4.5)	46	(4.6)	260	(6.2)	224	196	(20.2)	410	(25.2)	606	(38.4)	216	(5.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

			Folate (DFE)																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age	Percent reporting supplement folate (DFE) [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	21	(2.7)	682	526	(16.5)	102	(15.1)	628	(21.6)	141	536	(43.8)	478	(18.8)	1014	(59.0)	523	(18.2)
20 and over.....	30	(1.6)	1775	585	(13.8)	230	(14.3)	815	(21.3)	510	600	(24.8)	771	(17.4)	1371	(37.3)	578	(14.3)
2 and over...	28	(1.7)	2457	572	(12.4)	203	(13.4)	775	(19.2)	651	590	(23.9)	723	(16.0)	1312	(34.9)	565	(12.0)
Non-Hispanic Black:																		
2 - 19.....	10	(1.0)	925	468	(12.2)	56	(8.1)	524	(18.3)	96	501	(24.9)	550	(48.3)	1052	(51.7)	464	(13.4)
20 and over.....	16	(1.6)	1235	477	(14.0)	130	(15.5)	607	(24.5)	215	500	(24.5)	804	(47.0)	1304	(51.3)	473	(14.8)
2 and over...	14	(1.1)	2160	474	(12.1)	107	(10.3)	581	(17.7)	311	500	(20.5)	748	(38.2)	1248	(42.0)	470	(12.8)
Non-Hispanic Asian [9]:																		
2 - 19.....	23	(3.7)	369	544	(29.3)	100	(15.6)	645	(31.1)		--		--		--		543	(31.8)
20 and over.....	24	(2.5)	589	555	(16.7)	176	(20.7)	730	(25.7)	127	608	(30.0)	727	(31.6)	1335	(44.2)	537	(18.6)
2 and over...	24	(2.0)	958	552	(11.8)	158	(15.5)	710	(20.6)	198	595	(21.1)	663	(26.6)	1259	(40.7)	539	(14.2)
Hispanic:																		
2 - 19.....	9	(1.2)	955	570	(15.7)	47	(8.2)	617	(18.3)	94	597	(59.7)	549	(36.5)	1146	(85.8)	567	(15.6)
20 and over.....	13	(1.3)	907	584	(14.7)	96	(12.2)	680	(18.9)	130	554	(39.2)	750	(51.9)	1304	(67.2)	588	(16.5)
2 and over...	11	(0.7)	1862	579	(9.8)	79	(7.9)	658	(12.1)	224	566	(32.6)	697	(42.9)	1262	(62.6)	581	(12.0)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Race/ethnicity and age (years)	Percent reporting supplement choline [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	14	(2.2)	682	264	(7.1)	3	(0.7)	267	(6.8)	85	234	(16.8)	22	(3.6)	256	(16.2)	268	(7.9)
20 and over.....	6	(0.9)	1775	336	(5.8)	2	(0.4)	339	(5.9)	85	354	(40.3)	37	(4.9)	391	(38.9)	335	(6.2)
2 and over...	8	(0.9)	2457	321	(4.9)	2	(0.4)	323	(5.0)	170	308	(27.7)	31	(3.3)	339	(26.8)	322	(5.4)
Non-Hispanic Black:																		
2 - 19.....	6	(1.1)	925	242	(4.3)	1	(0.4)	244	(4.2)		--		--		--		243	(4.6)
20 and over.....	2	(0.5)	1235	325	(5.3)	#		325	(5.3)		--		--		--		325	(5.8)
2 and over...	3	(0.5)	2160	299	(4.5)	1*	(0.2)	300	(4.5)	83	274	(19.1)	20	(4.9)	294	(19.3)	300	(4.7)
Non-Hispanic Asian [9]:																		
2 - 19.....	16	(2.9)	369	260	(12.1)	2*	(0.7)	261	(12.0)		--		--		--		267	(13.9)
20 and over.....	3*	(0.9)	589	328	(11.4)	1*	(0.3)	329	(11.1)		--		--		--		327	(11.4)
2 and over...	6	(0.9)	958	312	(10.1)	1*	(0.3)	313	(9.8)		--		--		--		315	(10.1)
Hispanic:																		
2 - 19.....	6	(0.9)	955	278	(8.8)	2	(0.4)	279	(8.7)		--		--		--		278	(9.5)
20 and over.....	3	(0.8)	907	351	(8.2)	1*	(0.6)	352	(8.3)		--		--		--		348	(8.5)
2 and over...	4	(0.5)	1862	325	(3.9)	1	(0.4)	326	(3.9)	93	359	(43.5)	34	(7.2)	393	(47.7)	324	(4.3)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

V i t a m i n B 1 2

Race/ethnicity and age (years)	Percent reporting supplement vitamin B12 [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Non-Hispanic White:																		
2 - 19.....	22	(2.3)	682	5.22	(0.230)	2.6*	(1.04)	7.8	(1.01)	144	4.73	(0.313)	12.0*	(4.81)	16.7	(4.83)	5.35	(0.301)
20 and over.....	32	(1.5)	1775	5.73	(0.329)	61.4	(13.75)	67.1	(13.75)	540	5.62	(0.267)	193.9	(41.17)	199.5	(41.25)	5.79	(0.531)
2 and over...	29	(1.4)	2457	5.62	(0.273)	48.8	(10.75)	54.4	(10.74)	684	5.48	(0.227)	165.4	(35.94)	170.9	(36.03)	5.68	(0.429)
Non-Hispanic Black:																		
2 - 19.....	10	(1.0)	925	4.75	(0.275)	0.7	(0.11)	5.4	(0.34)	93	5.26	(0.644)	6.8	(0.82)	12.0	(1.21)	4.70	(0.247)
20 and over.....	17	(1.6)	1235	4.71	(0.186)	33.4	(8.41)	38.1	(8.40)	231	4.72	(0.303)	191.1	(37.02)	195.8	(37.11)	4.71	(0.216)
2 and over...	15	(1.1)	2160	4.72	(0.195)	23.2	(5.90)	27.9	(5.86)	324	4.83	(0.257)	153.4	(32.31)	158.3	(32.34)	4.70	(0.203)
Non-Hispanic Asian [9]:																		
2 - 19.....	23	(3.6)	369	4.62	(0.264)	1.5	(0.27)	6.1	(0.37)		--		--		--		4.54	(0.287)
20 and over.....	26	(2.6)	589	4.74	(0.349)	65.1*	(21.77)	69.8*	(21.89)	134	5.19	(0.439)	249.9*	(79.92)	255.1*	(80.15)	4.58	(0.430)
2 and over...	25	(2.0)	958	4.71	(0.239)	50.2*	(16.62)	54.9*	(16.71)	206	5.13	(0.393)	198.4*	(64.63)	203.6*	(64.81)	4.57	(0.321)
Hispanic:																		
2 - 19.....	9	(1.3)	955	5.23	(0.227)	3.5*	(3.08)	8.7*	(3.13)	97	6.23	(0.773)	39.6*	(31.77)	45.9*	(32.21)	5.14	(0.226)
20 and over.....	14	(1.4)	907	5.18	(0.202)	35.4*	(15.31)	40.5*	(15.25)	138	4.72	(0.397)	252.6*	(106.49)	257.3*	(106.45)	5.26	(0.251)
2 and over...	12	(0.9)	1862	5.20	(0.150)	24.1*	(10.71)	29.3*	(10.66)	235	5.11	(0.381)	198.0*	(81.17)	203.1*	(81.22)	5.21	(0.170)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

			Vitamin C																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age (years)	Percent reporting supplement vitamin C [8] %	(SE)	Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	23	(2.8)	682	72.8	(7.97)	23.3	(3.41)	96.0	(7.33)	153	78.4	(7.89)	102.3	(13.29)	180.7	(17.26)	71.1	(9.10)
20 and over.....	31	(1.6)	1775	80.3	(5.09)	96.2	(9.96)	176.5	(11.87)	553	86.3	(5.42)	306.8	(24.86)	393.1	(27.94)	77.5	(6.43)
2 and over...	30	(1.7)	2457	78.7	(4.35)	80.5	(8.54)	159.2	(10.23)	706	85.0	(4.93)	272.9	(23.75)	357.9	(27.10)	76.0	(5.36)
Non-Hispanic Black:																		
2 - 19.....	11	(1.1)	925	87.4	(3.40)	12.6	(3.03)	99.9	(4.56)	104	91.7	(13.90)	113.8	(23.04)	205.5	(27.00)	86.8	(2.48)
20 and over.....	19	(1.9)	1235	93.3	(3.53)	60.2	(16.32)	153.6	(16.93)	248	103.6	(6.91)	323.0	(66.85)	426.6	(65.63)	91.0	(4.19)
2 and over...	16	(1.4)	2160	91.5	(2.46)	45.4	(11.67)	136.9	(11.71)	352	101.1	(6.15)	278.8	(55.67)	379.9	(54.68)	89.6	(2.92)
Non-Hispanic Asian [9]:																		
2 - 19.....	26	(3.7)	369	83.4	(8.76)	28.4	(4.49)	111.9	(11.52)	87	90.5	(16.07)	110.9	(18.10)	201.4	(28.56)	81.0	(6.93)
20 and over.....	29	(2.6)	589	92.0	(4.62)	91.3	(17.92)	183.3	(18.12)	155	94.3	(8.03)	319.0	(54.23)	413.3	(51.13)	91.0	(5.79)
2 and over...	28	(2.1)	958	90.0	(4.22)	76.6	(13.57)	166.6	(15.03)	242	93.5	(4.36)	274.2	(41.19)	367.7	(39.62)	88.6	(5.37)
Hispanic:																		
2 - 19.....	10	(1.2)	955	92.0	(3.91)	9.3	(1.85)	101.4	(4.88)	105	109.7	(12.78)	93.7	(17.83)	203.4	(26.29)	90.1	(3.32)
20 and over.....	14	(1.4)	907	93.3	(6.39)	33.5	(5.40)	126.8	(7.88)	140	106.5	(10.22)	240.3	(35.11)	346.8	(33.26)	91.2	(6.18)
2 and over...	13	(0.7)	1862	92.9	(4.61)	24.9	(3.54)	117.8	(5.30)	245	107.4	(8.17)	199.3	(25.73)	306.7	(24.06)	90.8	(4.45)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

			Vitamin D																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age	Percent reporting supplement vitamin D [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	21	(2.5)	682	6.1	(0.21)	2.4	(0.30)	8.4	(0.40)	148	6.3	(0.47)	11.0	(0.75)	17.3	(1.09)	6.0	(0.28)
20 and over.....	36	(1.7)	1775	4.9	(0.20)	13.7	(1.41)	18.5	(1.35)	635	5.1	(0.38)	38.0	(3.25)	43.1	(3.22)	4.7	(0.18)
2 and over...	33	(1.6)	2457	5.1	(0.16)	11.2	(1.10)	16.4	(1.04)	783	5.3	(0.33)	34.2	(2.74)	39.5	(2.74)	5.1	(0.18)
Non-Hispanic Black:																		
2 - 19.....	11	(0.9)	925	4.7	(0.27)	1.2	(0.16)	5.9	(0.25)	101	4.7	(0.39)	11.6	(1.00)	16.3	(0.77)	4.7	(0.28)
20 and over.....	23	(2.1)	1235	4.0	(0.16)	7.2	(1.54)	11.2	(1.57)	303	4.7	(0.53)	32.0	(6.04)	36.7	(6.10)	3.8	(0.10)
2 and over...	19	(1.5)	2160	4.2	(0.18)	5.3	(1.08)	9.6	(1.09)	404	4.7	(0.45)	28.4	(4.98)	33.1	(5.01)	4.1	(0.16)
Non-Hispanic Asian [9]:																		
2 - 19.....	24	(3.7)	369	6.1	(0.32)	2.7	(0.45)	8.8	(0.53)	77	6.8	(0.41)	11.1	(0.86)	17.9	(0.89)	5.9	(0.43)
20 and over.....	32	(2.7)	589	4.8	(0.28)	10.0	(2.19)	14.8	(2.34)	170	5.4	(0.63)	31.4	(5.48)	36.8	(5.85)	4.5	(0.32)
2 and over...	30	(2.0)	958	5.1	(0.20)	8.3	(1.64)	13.4	(1.74)	247	5.7	(0.53)	27.6	(4.48)	33.3	(4.76)	4.9	(0.26)
Hispanic:																		
2 - 19.....	10	(1.3)	955	6.4	(0.33)	1.0	(0.14)	7.4	(0.37)	109	6.4	(0.46)	10.5	(0.48)	16.9	(0.75)	6.4	(0.35)
20 and over.....	16	(1.5)	907	4.6	(0.18)	3.5	(0.60)	8.0	(0.59)	162	4.3	(0.35)	22.3	(2.87)	26.6	(2.93)	4.6	(0.21)
2 and over...	14	(0.8)	1862	5.2	(0.16)	2.6	(0.36)	7.8	(0.36)	271	4.8	(0.32)	19.3	(2.29)	24.1	(2.26)	5.3	(0.18)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

V i t a m i n K

Race/ethnicity and age (years)	Percent reporting supplement vitamin K [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Non-Hispanic White:																		
2 - 19.....	2*	(0.7)	682	65.1	(3.95)	0.6*	(0.34)	65.8	(3.74)		--		--		--		65.5	(3.98)
20 and over.....	21	(1.3)	1775	135.5	(11.88)	6.9	(0.46)	142.5	(12.12)	375	129.7	(10.74)	32.8	(1.33)	162.5	(11.13)	137.1	(14.68)
2 and over...	17	(1.0)	2457	120.4	(9.48)	5.6	(0.39)	126.0	(9.66)	387	127.8	(10.45)	32.8	(1.35)	160.6	(10.83)	118.9	(11.00)
Non-Hispanic Black:																		
2 - 19.....	2*	(0.8)	925	71.7	(3.29)	0.4*	(0.18)	72.0	(3.32)		--		--		--		71.5	(3.43)
20 and over.....	12	(1.0)	1235	132.6	(11.46)	3.7	(0.36)	136.2	(11.48)	161	200.4	(31.37)	31.6	(1.15)	232.1	(31.32)	123.7	(10.19)
2 and over...	8	(0.6)	2160	113.6	(8.26)	2.6	(0.23)	116.3	(8.30)	173	193.5	(32.53)	31.2	(1.20)	224.7	(32.73)	106.2	(7.13)
Non-Hispanic Asian [9]:																		
2 - 19.....	2*	(0.9)	369	97.7	(11.07)	0.7*	(0.42)	98.4	(11.31)		--		--		--		96.4	(10.64)
20 and over.....	20	(1.9)	589	157.5	(14.93)	7.2	(1.21)	164.7	(14.90)	103	180.9	(29.98)	35.7	(4.31)	216.7	(30.41)	151.6	(18.35)
2 and over...	16	(1.2)	958	143.5	(11.21)	5.7	(0.89)	149.2	(11.17)	108	180.8	(28.56)	35.9	(4.11)	216.7	(28.77)	136.5	(13.28)
Hispanic:																		
2 - 19.....	2*	(0.6)	955	59.2	(2.06)	0.4	(0.11)	59.5	(2.14)		--		--		--		58.4	(1.72)
20 and over.....	10	(1.1)	907	95.9	(7.84)	3.9	(0.57)	99.8	(8.02)	95	155.4*	(52.20)	38.2	(3.33)	193.6	(51.95)	89.2	(4.30)
2 and over...	7	(0.8)	1862	83.0	(5.30)	2.7	(0.38)	85.6	(5.46)	108	151.5*	(48.18)	37.1	(3.25)	188.6	(48.20)	77.7	(3.00)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

L y c o p e n e

Race/ethnicity and age (years)	Percent reporting supplement lycopene [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Non-Hispanic White:																		
2 - 19.....	#		682	5538	(634.8)	3*	(3.2)	5542	(633.3)		--		--		--		5536	(637.8)
20 and over.....	13	(1.4)	1775	5391	(238.3)	121	(29.7)	5513	(237.7)	218	6396	(473.9)	936	(195.8)	7332	(519.2)	5242	(244.0)
2 and over...	10	(1.1)	2457	5423	(259.8)	96	(23.8)	5519	(257.8)	219	6394	(471.0)	936	(194.5)	7330	(515.7)	5312	(266.1)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.5)	925	4543	(449.6)	4*	(3.1)	4547	(449.7)		--		--		--		4522	(448.3)
20 and over.....	6	(0.7)	1235	5134	(316.8)	27	(4.3)	5161	(317.5)	86	5665	(1539.7)	472	(78.6)	6137	(1555.2)	5102	(339.2)
2 and over...	4	(0.4)	2160	4950	(267.9)	20	(3.8)	4970	(269.3)	88	5754	(1558.0)	477	(85.1)	6231	(1590.1)	4915	(266.0)
Non-Hispanic Asian [9]:																		
2 - 19.....	1*	(0.5)	369	4541	(805.9)	6*	(4.7)	4547	(810.1)		--		--		--		4495	(815.5)
20 and over.....	10	(1.3)	589	3618	(335.7)	35	(4.2)	3653	(336.0)		--		--		--		3605	(372.5)
2 and over...	8	(0.9)	958	3835	(354.3)	28	(3.0)	3863	(354.8)		--		--		--		3830	(360.2)
Hispanic:																		
2 - 19.....	#		955	4805	(284.9)	1*	(1.0)	4806	(284.3)		--		--		--		4817	(279.3)
20 and over.....	4	(1.0)	907	5379	(329.5)	15	(4.2)	5394	(330.8)		--		--		--		5315	(339.5)
2 and over...	2	(0.7)	1862	5177	(232.2)	10	(2.9)	5187	(232.3)		--		--		--		5136	(237.5)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

			L u t e i n + z e a x a n t h i n																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age	Percent reporting supplement lutein + zeaxanthin [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	#		682	741	(49.5)	4*	(3.9)	745	(47.6)		--		--		--		742	(49.5)
20 and over.....	10	(1.0)	1775	1761	(152.2)	189	(46.8)	1950	(178.9)	186	2548*	(807.8)	1820	(380.2)	4368	(1058.3)	1669	(160.9)
2 and over...	8	(0.8)	2457	1542	(124.1)	149	(37.3)	1691	(144.3)	188	2526*	(800.9)	1810	(374.9)	4336	(1047.9)	1453	(128.0)
Non-Hispanic Black:																		
2 - 19.....	#		925	896	(53.5)	3*	(2.9)	899	(54.6)		--		--		--		896	(53.7)
20 and over.....	5	(0.6)	1235	1968	(247.8)	38*	(12.9)	2006	(255.3)		--		--		--		1921	(240.7)
2 and over...	3	(0.5)	2160	1635	(182.0)	27*	(9.4)	1662	(187.8)		--		--		--		1593	(173.7)
Non-Hispanic Asian [9]:																		
2 - 19.....	2*	(1.1)	369	1474	(211.4)	11*	(5.9)	1486	(214.4)		--		--		--		1465	(209.3)
20 and over.....	10	(1.4)	589	2367	(266.5)	155*	(85.1)	2522	(259.5)		--		--		--		2359	(296.7)
2 and over...	8	(1.1)	958	2158	(197.7)	121*	(64.7)	2279	(192.4)		--		--		--		2136	(215.6)
Hispanic:																		
2 - 19.....	#		955	712	(27.8)	1*	(0.8)	713	(28.2)		--		--		--		710	(26.5)
20 and over.....	3	(0.6)	907	1267	(153.6)	54*	(37.7)	1321	(149.9)		--		--		--		1233	(149.7)
2 and over...	2	(0.4)	1862	1071	(100.7)	35*	(24.2)	1107	(97.3)		--		--		--		1046	(96.3)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Race/ethnicity and age (years)	Percent reporting supplement calcium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	12	(1.7)	682	1129	(26.1)	20	(3.6)	1149	(28.2)	76	1147	(66.7)	174	(21.3)	1321	(68.7)	1127	(25.6)
20 and over.....	34	(1.9)	1775	1033	(16.7)	169	(11.7)	1202	(22.8)	611	1037	(31.0)	495	(25.0)	1531	(45.4)	1031	(16.5)
2 and over...	29	(1.6)	2457	1053	(15.7)	137	(9.3)	1191	(20.8)	687	1046	(30.4)	467	(22.2)	1513	(42.8)	1056	(16.1)
Non-Hispanic Black:																		
2 - 19.....	7	(1.0)	925	876	(23.1)	11	(2.4)	887	(23.7)		--		--		--		881	(25.6)
20 and over.....	19	(1.4)	1235	853	(26.7)	90	(10.5)	944	(32.1)	257	913	(49.3)	486	(42.5)	1399	(67.2)	840	(29.3)
2 and over...	15	(1.0)	2160	860	(23.2)	66	(7.2)	926	(26.7)	317	899	(42.7)	441	(37.1)	1339	(60.5)	854	(24.5)
Non-Hispanic Asian [9]:																		
2 - 19.....	11	(1.8)	369	1021	(43.0)	15	(3.2)	1036	(44.5)		--		--		--		1007	(42.4)
20 and over.....	30	(2.2)	589	771	(20.7)	138	(14.4)	909	(26.9)	155	873	(58.7)	457	(43.8)	1330	(73.3)	726	(21.2)
2 and over...	26	(1.7)	958	830	(16.5)	109	(11.4)	939	(21.7)	195	900	(51.5)	424	(43.5)	1324	(66.1)	805	(14.4)
Hispanic:																		
2 - 19.....	6	(1.0)	955	1126	(27.0)	9	(2.1)	1135	(27.1)		--		--		--		1130	(27.4)
20 and over.....	16	(1.7)	907	992	(26.4)	80	(10.8)	1073	(29.1)	166	967	(47.1)	491	(54.2)	1458	(70.0)	997	(26.5)
2 and over...	13	(1.1)	1862	1039	(19.9)	55	(7.1)	1095	(21.4)	226	982	(41.0)	438	(44.4)	1420	(60.0)	1048	(20.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Race/ethnicity and age (years)	Percent reporting supplement phosphorus [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	6	(1.1)	682	1359	(27.9)	5	(1.0)	1365	(28.3)		--		--		--		1362	(29.7)
20 and over.....	14	(1.0)	1775	1446	(18.9)	8	(1.2)	1454	(19.2)	263	1428	(81.5)	54	(7.7)	1482	(84.3)	1449	(18.0)
2 and over...	12	(0.9)	2457	1428	(15.8)	7	(0.9)	1435	(15.8)	309	1417	(76.1)	58	(6.7)	1474	(78.1)	1429	(15.5)
Non-Hispanic Black:																		
2 - 19.....	4	(1.2)	925	1157	(19.6)	4*	(1.3)	1160	(20.4)		--		--		--		1159	(20.4)
20 and over.....	7	(1.1)	1235	1289	(24.8)	3	(0.3)	1292	(24.8)	103	1271	(68.7)	43	(4.6)	1315	(70.9)	1291	(25.9)
2 and over...	6	(0.9)	2160	1248	(20.6)	3	(0.5)	1251	(20.7)	136	1236	(53.9)	55	(5.6)	1291	(56.8)	1249	(20.9)
Non-Hispanic Asian [9]:																		
2 - 19.....	6	(1.9)	369	1228	(39.1)	4*	(1.1)	1232	(39.1)		--		--		--		1228	(39.0)
20 and over.....	13	(1.2)	589	1268	(30.0)	4	(0.8)	1272	(30.4)		--		--		--		1249	(30.4)
2 and over...	11	(1.0)	958	1258	(21.9)	4	(0.7)	1263	(22.2)	85	1373	(89.2)	38	(5.0)	1411	(91.5)	1244	(22.1)
Hispanic:																		
2 - 19.....	4	(0.9)	955	1356	(28.3)	4	(1.1)	1360	(28.3)		--		--		--		1355	(28.8)
20 and over.....	6	(1.1)	907	1478	(40.2)	2	(0.6)	1480	(40.1)		--		--		--		1488	(41.5)
2 and over...	6	(0.6)	1862	1435	(24.7)	3	(0.4)	1438	(24.7)	109	1344	(93.9)	54	(6.2)	1398	(92.8)	1440	(26.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

M a g n e s i u m

Race/ethnicity and age (years)	Percent reporting supplement magnesium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	11	(1.1)	682	248	(5.0)	3	(0.6)	251	(5.2)	78	269	(14.5)	27	(4.2)	296	(16.2)	246	(5.2)
20 and over.....	26	(1.5)	1775	319	(7.9)	32	(5.5)	352	(10.9)	464	342	(11.8)	124	(16.1)	466	(22.0)	311	(7.6)
2 and over...	23	(1.2)	2457	304	(7.0)	26	(4.4)	330	(9.4)	542	335	(11.0)	113	(14.6)	448	(20.1)	295	(6.4)
Non-Hispanic Black:																		
2 - 19.....	6	(1.2)	925	220	(5.0)	3	(0.6)	223	(4.9)		--		--		--		220	(5.4)
20 and over.....	14	(1.0)	1235	281	(8.2)	13	(1.4)	294	(9.3)	190	308	(17.1)	97	(7.0)	405	(21.0)	277	(7.1)
2 and over...	11	(0.6)	2160	262	(6.5)	10	(1.0)	272	(7.3)	242	293	(15.2)	88	(6.3)	381	(19.2)	258	(5.5)
Non-Hispanic Asian [9]:																		
2 - 19.....	11	(2.3)	369	248	(8.2)	2	(0.5)	250	(8.5)		--		--		--		249	(8.5)
20 and over.....	22	(1.7)	589	323	(9.9)	21	(3.7)	344	(11.6)	114	375	(15.3)	97	(15.5)	471	(26.7)	308	(10.5)
2 and over...	20	(1.2)	958	305	(8.3)	17	(2.8)	322	(9.8)	147	356	(15.5)	86	(14.1)	442	(26.3)	293	(8.3)
Hispanic:																		
2 - 19.....	6	(0.9)	955	249	(4.1)	2	(0.4)	251	(4.2)		--		--		--		249	(4.1)
20 and over.....	13	(1.5)	907	314	(8.1)	11	(2.4)	325	(8.9)	123	323	(18.2)	90	(10.6)	413	(25.4)	313	(8.3)
2 and over...	10	(0.9)	1862	291	(5.0)	8	(1.6)	299	(5.6)	178	307	(15.8)	78	(10.0)	386	(23.1)	289	(5.0)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

			Iron																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age	Percent reporting supplement iron [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	6	(1.0)	682	14.2	(0.33)	1.1	(0.20)	15.2	(0.37)		--		--		--		14.1	(0.33)
20 and over.....	14	(1.0)	1775	16.0	(0.29)	3.1	(0.32)	19.2	(0.43)	264	15.9	(0.56)	21.7	(1.42)	37.7	(1.68)	16.1	(0.32)
2 and over...	13	(0.9)	2457	15.6	(0.23)	2.7	(0.27)	18.3	(0.35)	313	15.9	(0.55)	21.2	(1.29)	37.1	(1.55)	15.6	(0.25)
Non-Hispanic Black:																		
2 - 19.....	6	(1.1)	925	13.7	(0.38)	1.6	(0.35)	15.3	(0.59)		--		--		--		13.8	(0.41)
20 and over.....	10	(1.1)	1235	13.9	(0.26)	3.1	(0.33)	17.0	(0.45)	124	12.1	(0.62)	31.0	(1.41)	43.0	(1.62)	14.1	(0.28)
2 and over...	9	(0.8)	2160	13.9	(0.24)	2.6	(0.27)	16.5	(0.36)	181	12.3	(0.56)	29.8	(1.63)	42.1	(1.71)	14.0	(0.25)
Non-Hispanic Asian [9]:																		
2 - 19.....	6	(1.8)	369	13.1	(0.51)	0.7*	(0.21)	13.8	(0.49)		--		--		--		13.1	(0.50)
20 and over.....	11	(1.4)	589	14.3	(0.46)	2.6	(0.58)	16.8	(0.70)		--		--		--		14.1	(0.42)
2 and over...	10	(1.1)	958	14.0	(0.31)	2.1	(0.42)	16.1	(0.51)	76	15.1	(1.46)	21.0	(3.31)	36.1	(3.36)	13.9	(0.29)
Hispanic:																		
2 - 19.....	6	(1.1)	955	15.6	(0.40)	1.3	(0.33)	16.9	(0.54)		--		--		--		15.6	(0.42)
20 and over.....	9	(1.0)	907	16.6	(0.61)	1.8	(0.37)	18.4	(0.73)	85	14.2	(1.01)	19.9	(3.08)	34.1	(3.47)	16.8	(0.69)
2 and over...	8	(0.7)	1862	16.2	(0.40)	1.6	(0.26)	17.9	(0.52)	136	14.4	(0.77)	20.7	(2.26)	35.1	(2.65)	16.4	(0.46)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Z i n c

Race/ethnicity and age (years)	Percent reporting supplement zinc [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	20	(2.2)	682	10.5	(0.35)	1.3	(0.20)	11.7	(0.45)	129	10.1	(0.99)	6.2	(0.69)	16.3	(1.56)	10.6	(0.38)
20 and over.....	26	(1.1)	1775	11.7	(0.19)	4.3	(0.29)	16.0	(0.36)	467	12.2	(0.29)	16.3	(0.84)	28.4	(0.85)	11.6	(0.21)
2 and over...	25	(1.2)	2457	11.4	(0.18)	3.7	(0.25)	15.1	(0.35)	596	11.8	(0.30)	14.5	(0.62)	26.3	(0.77)	11.3	(0.18)
Non-Hispanic Black:																		
2 - 19.....	10	(1.0)	925	9.3	(0.20)	0.9	(0.15)	10.1	(0.29)	90	8.9	(0.68)	9.0	(1.11)	18.0	(1.17)	9.3	(0.21)
20 and over.....	15	(1.5)	1235	10.5	(0.27)	2.2	(0.30)	12.7	(0.43)	197	10.5	(0.54)	14.9	(0.91)	25.4	(0.84)	10.5	(0.29)
2 and over...	13	(1.1)	2160	10.1	(0.21)	1.8	(0.20)	11.9	(0.29)	287	10.2	(0.48)	13.6	(0.75)	23.7	(0.76)	10.1	(0.22)
Non-Hispanic Asian [9]:																		
2 - 19.....	20	(3.8)	369	9.7	(0.36)	1.1	(0.18)	10.7	(0.46)		--		--		--		9.6	(0.40)
20 and over.....	23	(2.3)	589	10.4	(0.25)	3.8	(0.50)	14.2	(0.50)	120	11.6	(0.68)	16.2	(1.28)	27.8	(1.45)	10.0	(0.21)
2 and over...	23	(2.0)	958	10.2	(0.17)	3.2	(0.38)	13.4	(0.38)	184	11.3	(0.60)	14.0	(1.11)	25.2	(1.34)	9.9	(0.16)
Hispanic:																		
2 - 19.....	8	(1.1)	955	10.4	(0.23)	0.7	(0.13)	11.1	(0.24)	91	10.9	(1.02)	9.0	(0.75)	19.9	(1.56)	10.3	(0.25)
20 and over.....	13	(1.4)	907	12.0	(0.43)	1.7	(0.18)	13.7	(0.46)	126	11.5	(0.81)	12.9	(0.46)	24.5	(1.03)	12.1	(0.52)
2 and over...	11	(0.8)	1862	11.4	(0.28)	1.3	(0.11)	12.8	(0.29)	217	11.4	(0.65)	11.9	(0.38)	23.3	(0.86)	11.4	(0.36)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Race/ethnicity and age (years)	Percent reporting supplement copper [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	8	(1.1)	682	1.0	(0.03)	0.1	(0.02)	1.2	(0.05)		--		--		--		1.0	(0.03)
20 and over.....	24	(1.2)	1775	1.4	(0.07)	0.3	(0.02)	1.7	(0.09)	428	1.4	(0.04)	1.3	(0.05)	2.7	(0.07)	1.4	(0.09)
2 and over...	21	(1.1)	2457	1.3	(0.06)	0.3	(0.02)	1.6	(0.07)	484	1.4	(0.04)	1.3	(0.05)	2.7	(0.07)	1.3	(0.07)
Non-Hispanic Black:																		
2 - 19.....	6	(1.1)	925	0.9	(0.02)	0.1	(0.02)	1.0	(0.04)		--		--		--		0.9	(0.03)
20 and over.....	13	(1.0)	1235	1.3	(0.03)	0.2	(0.01)	1.4	(0.05)	172	1.4	(0.08)	1.4	(0.06)	2.8	(0.11)	1.2	(0.03)
2 and over...	11	(0.7)	2160	1.1	(0.03)	0.2	(0.01)	1.3	(0.03)	223	1.3	(0.07)	1.5	(0.06)	2.8	(0.09)	1.1	(0.03)
Non-Hispanic Asian [9]:																		
2 - 19.....	6	(1.8)	369	1.1	(0.04)	0.1	(0.02)	1.1	(0.03)		--		--		--		1.1	(0.03)
20 and over.....	21	(2.0)	589	1.4	(0.05)	0.2	(0.04)	1.7	(0.06)	107	1.7	(0.10)	1.2	(0.10)	2.8	(0.12)	1.4	(0.05)
2 and over...	17	(1.5)	958	1.3	(0.04)	0.2	(0.03)	1.6	(0.05)	128	1.6	(0.10)	1.2	(0.09)	2.8	(0.12)	1.3	(0.04)
Hispanic:																		
2 - 19.....	5	(0.9)	955	1.0	(0.03)	0.1	(0.02)	1.1	(0.04)		--		--		--		1.0	(0.03)
20 and over.....	11	(1.0)	907	1.3	(0.03)	0.1	(0.02)	1.4	(0.04)	113	1.3	(0.07)	1.2	(0.09)	2.6	(0.14)	1.3	(0.03)
2 and over...	9	(0.6)	1862	1.2	(0.02)	0.1	(0.01)	1.3	(0.03)	160	1.3	(0.06)	1.4	(0.08)	2.6	(0.12)	1.2	(0.02)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Race/ethnicity and age (years)	Percent reporting supplement sodium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	10	(1.8)	682	3171	(78.8)	1	(0.3)	3173	(78.9)		--		--		--		3235	(93.9)
20 and over.....	6	(0.8)	1775	3598	(40.8)	2	(0.3)	3600	(40.9)	123	3371	(197.1)	34	(4.9)	3406	(198.8)	3614	(41.9)
2 and over...	7	(0.8)	2457	3506	(39.5)	2	(0.3)	3508	(39.6)	195	3142	(152.6)	28	(3.6)	3170	(154.5)	3535	(43.4)
Non-Hispanic Black:																		
2 - 19.....	6	(1.0)	925	3042	(59.3)	1	(0.1)	3043	(59.2)		--		--		--		3072	(62.7)
20 and over.....	2	(0.5)	1235	3537	(70.1)	1	(0.2)	3537	(70.1)		--		--		--		3547	(69.5)
2 and over...	3	(0.6)	2160	3383	(56.7)	1	(0.1)	3383	(56.7)	86	2687	(150.0)	20	(2.3)	2707	(149.7)	3404	(56.6)
Non-Hispanic Asian [9]:																		
2 - 19.....	6	(1.7)	369	2951	(121.1)	1*	(0.2)	2952	(121.0)		--		--		--		2995	(125.9)
20 and over.....	5	(0.9)	589	3784	(98.2)	2*	(0.7)	3786	(98.1)		--		--		--		3756	(105.2)
2 and over...	5	(0.8)	958	3589	(87.1)	2*	(0.6)	3590	(86.9)		--		--		--		3578	(95.6)
Hispanic:																		
2 - 19.....	5	(0.9)	955	3109	(75.2)	#		3110	(75.3)		--		--		--		3133	(78.0)
20 and over.....	2*	(0.5)	907	3653	(71.2)	1*	(0.3)	3653	(71.3)		--		--		--		3663	(69.7)
2 and over...	3	(0.3)	1862	3461	(53.4)	1	(0.2)	3462	(53.4)	77	2858	(202.2)	24	(5.8)	2883	(203.0)	3480	(53.8)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Race/ethnicity and age (years)	Percent reporting supplement potassium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	1*	(0.6)	682	2291	(30.3)	1*	(0.3)	2292	(30.3)		--		--		--		2289	(30.7)
20 and over.....	18	(1.2)	1775	2872	(56.7)	15	(1.4)	2887	(57.3)	321	3027	(88.6)	87	(4.1)	3114	(89.2)	2838	(53.1)
2 and over...	14	(1.0)	2457	2747	(51.1)	12	(1.2)	2759	(51.7)	329	3018	(86.2)	86	(4.2)	3104	(86.5)	2702	(46.6)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.4)	925	2100	(33.6)	#		2101	(33.5)		--		--		--		2097	(35.3)
20 and over.....	8	(1.0)	1235	2461	(41.6)	7	(1.1)	2468	(41.4)	124	2351	(70.8)	90	(4.6)	2440	(70.3)	2471	(45.6)
2 and over...	6	(0.7)	2160	2349	(32.8)	5	(0.7)	2354	(32.6)	131	2358	(66.3)	88	(4.7)	2446	(65.4)	2348	(34.2)
Non-Hispanic Asian [9]:																		
2 - 19.....	4*	(2.1)	369	2246	(73.5)	1*	(0.7)	2248	(73.8)		--		--		--		2225	(70.7)
20 and over.....	15	(1.4)	589	2657	(41.5)	11	(1.0)	2668	(41.5)	75	3002	(183.7)	74	(3.0)	3076	(185.6)	2598	(48.6)
2 and over...	12	(1.0)	958	2561	(33.3)	9	(0.7)	2569	(33.2)	83	2986	(177.7)	71	(3.9)	3057	(180.5)	2502	(44.0)
Hispanic:																		
2 - 19.....	1*	(0.4)	955	2387	(42.9)	#		2388	(42.9)		--		--		--		2385	(43.6)
20 and over.....	8	(1.0)	907	2772	(54.3)	8	(1.6)	2779	(54.6)	80	2943	(181.4)	91	(16.2)	3034	(179.3)	2756	(55.9)
2 and over...	6	(0.6)	1862	2636	(35.0)	5	(1.0)	2641	(35.4)	84	2935	(178.6)	90	(15.7)	3024	(176.3)	2619	(35.5)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Race/ethnicity and age (years)	Percent reporting supplement selenium [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Non-Hispanic White:																		
2 - 19.....	3*	(1.0)	682	99.0	(2.58)	1.1*	(0.73)	100.1	(2.70)		--		--		--		98.1	(2.65)
20 and over.....	24	(1.4)	1775	112.9	(2.12)	16.7	(1.58)	129.7	(1.91)	416	112.1	(3.20)	70.8	(3.65)	182.9	(4.29)	113.2	(2.21)
2 and over...	19	(1.1)	2457	109.9	(1.81)	13.4	(1.30)	123.3	(1.83)	430	112.6	(3.17)	69.9	(3.69)	182.6	(4.24)	109.3	(1.77)
Non-Hispanic Black:																		
2 - 19.....	2*	(0.8)	925	92.6	(1.94)	1.0*	(0.55)	93.6	(2.09)		--		--		--		92.4	(2.14)
20 and over.....	13	(0.9)	1235	115.1	(2.43)	57.6*	(46.81)	172.7	(47.39)	169	117.3	(6.37)	460.7*	(373.68)	578.0*	(376.37)	114.8	(2.37)
2 and over...	9	(0.6)	2160	108.1	(1.97)	40.0*	(32.81)	148.1	(33.75)	180	116.7	(6.54)	436.2*	(352.33)	552.9*	(355.00)	107.2	(1.79)
Non-Hispanic Asian [9]:																		
2 - 19.....	4*	(2.0)	369	98.9	(3.40)	1.9*	(1.02)	100.8	(3.57)		--		--		--		98.1	(3.19)
20 and over.....	21	(1.9)	589	121.8	(4.11)	15.5	(2.85)	137.3	(4.25)	105	120.9	(8.40)	75.3	(10.55)	196.2	(11.78)	122.0	(3.90)
2 and over...	17	(1.5)	958	116.4	(3.20)	12.3	(2.10)	128.7	(3.17)	113	120.7	(8.53)	73.4	(10.19)	194.1	(12.50)	115.5	(3.01)
Hispanic:																		
2 - 19.....	1*	(0.4)	955	99.9	(2.51)	0.6*	(0.25)	100.5	(2.56)		--		--		--		99.9	(2.52)
20 and over.....	12	(1.3)	907	122.4	(3.16)	44.6*	(34.70)	167.0	(33.87)	113	117.8	(7.46)	385.4*	(296.92)	503.2*	(295.03)	123.0	(3.60)
2 and over...	8	(0.8)	1862	114.5	(1.75)	29.1*	(22.72)	143.6	(22.63)	120	117.0	(7.48)	371.0*	(284.26)	488.0*	(282.47)	114.3	(1.95)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting a supplement intake: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

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

[2] Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.
Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.
Folate (DFE): µg dietary folate equivalents = µg food folate + (1.7*µg folic acid).
Vitamin D: 1 µg = 40 International Units (IU).
Calcium and Magnesium: supplement intake includes non-prescription antacids.

[3] **Food and beverage intake** was 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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2013).

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_G) of NHANES 2011-2012. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2011-2012/DS1TOT_G.htm.

[5] **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females, breast-fed children, and individuals with incomplete dietary supplement component of the 24-hour dietary recall were excluded.

[6] **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

[7] **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

[8] The weighted percentage of respondents in the race/ethnicity/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

[9] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2014. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012

T h i a m i n

Family income in dollars and age	Percent reporting supplement thiamin [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	7	(1.0)	1067	1.60	(0.043)	0.11	(0.022)	1.71	(0.055)		--		--		--		1.60	(0.040)
20 and over.....	17	(1.2)	1635	1.62	(0.045)	3.81	(1.122)	5.43	(1.102)	269	1.58	(0.088)	21.99	(6.084)	23.57	(6.059)	1.63	(0.045)
2 and over...	15	(1.0)	2702	1.62	(0.040)	2.85	(0.843)	4.47	(0.823)	332	1.58	(0.087)	19.64	(5.388)	21.23	(5.363)	1.62	(0.039)
$25,000 - $74,999:																		
2 - 19.....	7	(1.1)	1150	1.49	(0.049)	0.14	(0.037)	1.62	(0.047)	81	1.43	(0.096)	1.99	(0.433)	3.41	(0.458)	1.49	(0.053)
20 and over.....	23	(1.9)	1693	1.60	(0.042)	5.74	(1.708)	7.34	(1.716)	350	1.60	(0.081)	24.44*	(7.470)	26.04	(7.516)	1.60	(0.044)
2 and over...	19	(1.6)	2843	1.57	(0.040)	4.35	(1.295)	5.92	(1.304)	431	1.58	(0.071)	22.44*	(6.773)	24.03	(6.814)	1.57	(0.040)
$75,000 and higher:																		
2 - 19.....	10	(2.0)	705	1.58	(0.039)	0.51*	(0.293)	2.09	(0.295)		--		--		--		1.56	(0.046)
20 and over.....	30	(2.2)	1005	1.75	(0.047)	3.51	(0.877)	5.26	(0.889)	270	1.83	(0.056)	11.85	(2.624)	13.68	(2.633)	1.71	(0.059)
2 and over...	25	(1.6)	1710	1.70	(0.037)	2.71	(0.652)	4.41	(0.663)	336	1.82	(0.054)	11.04	(2.342)	12.86	(2.350)	1.66	(0.044)
All Individuals [9]:																		
2 - 19.....	8	(0.7)	3097	1.55	(0.024)	0.24*	(0.092)	1.80	(0.090)	230	1.62	(0.057)	3.03*	(1.032)	4.66	(1.053)	1.55	(0.025)
20 and over.....	24	(1.1)	4644	1.64	(0.019)	4.46	(0.753)	6.10	(0.754)	945	1.67	(0.044)	18.91	(3.104)	20.58	(3.107)	1.64	(0.015)
2 and over...	20	(0.9)	7741	1.62	(0.016)	3.38	(0.573)	5.00	(0.576)	1175	1.66	(0.039)	17.25	(2.802)	18.92	(2.806)	1.61	(0.013)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Family income in dollars and age (years)	Percent reporting supplement riboflavin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
$0 - $24,999:																		
2 - 19.....	7	(1.0)	1067	2.08	(0.146)	0.12	(0.023)	2.20	(0.146)		--		--		--		2.08	(0.155)
20 and over.....	17	(1.2)	1635	2.01	(0.064)	1.73	(0.427)	3.74	(0.436)	272	2.14	(0.135)	9.90	(2.268)	12.03	(2.213)	1.99	(0.056)
2 and over...	15	(1.0)	2702	2.03	(0.078)	1.32	(0.326)	3.35	(0.336)	335	2.12	(0.127)	8.98	(2.028)	11.10	(1.983)	2.01	(0.074)
$25,000 - $74,999:																		
2 - 19.....	7	(1.1)	1150	1.86	(0.037)	0.15	(0.038)	2.01	(0.055)	81	1.78	(0.149)	2.16	(0.432)	3.94	(0.484)	1.86	(0.039)
20 and over.....	24	(1.9)	1693	2.15	(0.052)	2.41	(0.384)	4.56	(0.394)	353	2.20	(0.064)	10.22	(1.382)	12.42	(1.404)	2.13	(0.062)
2 and over...	19	(1.6)	2843	2.07	(0.044)	1.85	(0.296)	3.93	(0.308)	434	2.17	(0.057)	9.51	(1.229)	11.67	(1.248)	2.05	(0.049)
$75,000 and higher:																		
2 - 19.....	10	(2.0)	705	2.10	(0.055)	0.53*	(0.295)	2.63	(0.326)		--		--		--		2.07	(0.047)
20 and over.....	30	(2.1)	1005	2.40	(0.064)	2.77	(0.617)	5.17	(0.615)	272	2.51	(0.102)	9.33	(1.889)	11.84	(1.871)	2.35	(0.087)
2 and over...	25	(1.6)	1710	2.32	(0.050)	2.17	(0.464)	4.49	(0.463)	338	2.49	(0.095)	8.84	(1.652)	11.33	(1.633)	2.26	(0.059)
All Individuals [9]:																		
2 - 19.....	8	(0.7)	3097	1.99	(0.032)	0.26*	(0.093)	2.25	(0.094)	230	2.08	(0.097)	3.22*	(1.029)	5.30	(1.106)	1.99	(0.039)
20 and over.....	24	(1.1)	4644	2.17	(0.029)	2.38	(0.221)	4.55	(0.232)	953	2.29	(0.050)	10.04	(0.888)	12.33	(0.881)	2.14	(0.036)
2 and over...	20	(0.9)	7741	2.13	(0.026)	1.84	(0.175)	3.97	(0.182)	1183	2.26	(0.044)	9.34	(0.807)	11.60	(0.805)	2.09	(0.031)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Family income in dollars and age (years)	Percent reporting supplement niacin [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	7	(1.0)	1067	24.2	(1.92)	1.1	(0.20)	25.3	(1.92)		--		--		--		24.2	(1.97)
20 and over.....	18	(1.3)	1635	25.3	(0.93)	5.8	(1.14)	31.0	(0.91)	275	23.3	(0.95)	32.6	(4.93)	55.9	(4.94)	25.7	(1.04)
2 and over...	15	(1.0)	2702	25.0	(1.12)	4.6	(0.88)	29.5	(0.86)	340	23.4	(1.01)	30.8	(4.52)	54.2	(4.43)	25.2	(1.22)
$25,000 - $74,999:																		
2 - 19.....	7	(1.0)	1150	20.6	(0.68)	1.0	(0.19)	21.6	(0.70)	85	18.0	(1.52)	14.6	(1.48)	32.6	(2.67)	20.8	(0.70)
20 and over.....	25	(1.9)	1693	25.4	(0.69)	10.9	(2.16)	36.3	(2.12)	364	24.5	(0.86)	43.9	(6.36)	68.4	(6.05)	25.7	(0.72)
2 and over...	20	(1.5)	2843	24.2	(0.61)	8.5	(1.65)	32.6	(1.65)	449	23.9	(0.84)	41.4	(5.98)	65.3	(5.74)	24.2	(0.59)
$75,000 and higher:																		
2 - 19.....	11	(2.1)	705	22.0	(0.83)	2.0	(0.47)	24.0	(1.12)		--		--		--		21.7	(0.84)
20 and over.....	31	(2.3)	1005	28.2	(0.78)	12.2	(2.22)	40.4	(2.07)	279	27.8	(1.11)	39.9	(6.34)	67.7	(6.17)	28.4	(0.97)
2 and over...	25	(1.7)	1710	26.6	(0.58)	9.4	(1.59)	36.0	(1.52)	347	27.4	(0.99)	37.4	(5.76)	64.8	(5.50)	26.3	(0.62)
All Individuals [9]:																		
2 - 19.....	8	(0.7)	3097	22.1	(0.52)	1.3	(0.14)	23.4	(0.56)	236	22.1	(1.32)	16.5	(0.78)	38.6	(1.97)	22.1	(0.57)
20 and over.....	24	(1.2)	4644	26.2	(0.35)	10.0	(1.06)	36.1	(1.03)	974	25.3	(0.51)	40.8	(3.08)	66.1	(3.04)	26.4	(0.41)
2 and over...	20	(1.0)	7741	25.1	(0.31)	7.8	(0.81)	32.9	(0.78)	1210	25.0	(0.51)	38.4	(2.88)	63.3	(2.81)	25.2	(0.32)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Vitamin B6

Family income in dollars and age (years)	Percent reporting supplement vitamin B6 [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
$0 - $24,999:																		
2 - 19.....	11	(1.8)	1067	1.95	(0.151)	0.20	(0.036)	2.15	(0.176)	104	1.88	(0.162)	1.87	(0.104)	3.76	(0.221)	1.95	(0.160)
20 and over.....	18	(1.2)	1635	2.06	(0.087)	2.43	(0.675)	4.49	(0.705)	285	2.07	(0.128)	13.26	(3.544)	15.33	(3.579)	2.06	(0.087)
2 and over...	16	(1.1)	2702	2.03	(0.091)	1.85	(0.513)	3.89	(0.543)	389	2.04	(0.117)	11.36	(2.988)	13.40	(3.026)	2.03	(0.095)
$25,000 - $74,999:																		
2 - 19.....	13	(2.2)	1150	1.63	(0.049)	0.24	(0.041)	1.87	(0.061)	152	1.37	(0.080)	1.78	(0.309)	3.15	(0.351)	1.68	(0.049)
20 and over.....	25	(1.7)	1693	2.11	(0.074)	3.25	(0.487)	5.36	(0.488)	381	2.07	(0.087)	12.76	(1.529)	14.83	(1.536)	2.13	(0.081)
2 and over...	22	(1.6)	2843	1.99	(0.062)	2.50	(0.377)	4.49	(0.377)	533	1.97	(0.079)	11.13	(1.230)	13.10	(1.229)	2.00	(0.064)
$75,000 and higher:																		
2 - 19.....	25	(3.4)	705	1.78	(0.060)	0.85*	(0.323)	2.63	(0.348)	158	1.74	(0.169)	3.33*	(1.074)	5.08	(1.219)	1.80	(0.058)
20 and over.....	33	(2.2)	1005	2.38	(0.072)	3.98*	(1.215)	6.36	(1.220)	292	2.41	(0.101)	12.22	(3.360)	14.63	(3.363)	2.37	(0.088)
2 and over...	31	(2.1)	1710	2.22	(0.050)	3.14	(0.893)	5.36	(0.896)	450	2.26	(0.088)	10.24	(2.645)	12.50	(2.643)	2.21	(0.059)
All Individuals [9]:																		
2 - 19.....	16	(1.4)	3097	1.78	(0.033)	0.42	(0.100)	2.20	(0.095)	443	1.65	(0.086)	2.57	(0.574)	4.22	(0.644)	1.81	(0.045)
20 and over.....	25	(1.2)	4644	2.18	(0.040)	3.28	(0.408)	5.47	(0.413)	1013	2.23	(0.053)	12.90	(1.487)	15.12	(1.481)	2.17	(0.047)
2 and over...	23	(1.2)	7741	2.08	(0.030)	2.55	(0.312)	4.63	(0.317)	1456	2.12	(0.051)	11.04	(1.217)	13.16	(1.215)	2.07	(0.033)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age	Percent reporting supplement folic acid [8]		All Individuals [5]							Supplement Users [6]							Non-users [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	11	(1.8)	1067	223	(9.1)	34	(5.4)	257	(12.5)	104	224	(20.3)	321	(17.4)	546	(31.4)	223	(9.7)
20 and over.....	18	(1.3)	1635	195	(8.2)	84	(7.7)	279	(11.6)	286	187	(15.8)	456	(17.1)	643	(23.8)	197	(7.2)
2 and over...	16	(1.1)	2702	202	(6.1)	71	(6.3)	273	(10.1)	390	193	(13.7)	434	(15.3)	627	(19.2)	204	(5.6)
$25,000 - $74,999:																		
2 - 19.....	13	(2.2)	1150	203	(8.7)	40	(6.0)	243	(12.3)	150	195	(11.3)	299	(24.0)	494	(22.4)	205	(10.2)
20 and over.....	25	(1.8)	1693	189	(7.1)	116	(8.2)	306	(9.6)	381	195	(14.9)	456	(12.4)	651	(20.9)	188	(6.6)
2 and over...	22	(1.8)	2843	193	(6.0)	97	(7.3)	290	(8.1)	531	195	(12.3)	433	(10.9)	628	(17.4)	192	(5.8)
$75,000 and higher:																		
2 - 19.....	26	(3.8)	705	212	(10.5)	72	(12.4)	285	(19.7)	155	246	(32.4)	276	(11.8)	521	(40.5)	200	(9.9)
20 and over.....	33	(2.2)	1005	211	(5.9)	144	(12.8)	355	(14.4)	290	214	(15.5)	444	(14.7)	658	(25.6)	209	(9.9)
2 and over...	31	(2.2)	1710	211	(5.0)	125	(11.3)	336	(12.7)	445	221	(14.7)	406	(11.9)	627	(22.8)	207	(7.4)
All Individuals [9]:																		
2 - 19.....	17	(1.5)	3097	213	(4.1)	48	(4.4)	261	(6.5)	440	225	(18.0)	288	(8.9)	513	(24.5)	211	(3.9)
20 and over.....	25	(1.2)	4644	198	(4.1)	115	(6.2)	313	(7.6)	1012	201	(10.1)	451	(8.3)	652	(16.0)	197	(4.2)
2 and over...	23	(1.2)	7741	202	(3.2)	98	(5.4)	299	(6.2)	1452	205	(9.1)	422	(6.8)	627	(13.1)	201	(3.1)

See page 23 for footnotes.

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

			Folate (DFE)																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Family income in dollars and age	Percent reporting supplement folate (DFE) [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	11	(1.8)	1067	544	(17.6)	58	(9.2)	602	(23.5)	104	546	(36.4)	546	(29.5)	1092	(54.1)	544	(17.5)
20 and over.....	18	(1.3)	1635	547	(17.6)	143	(13.1)	690	(21.6)	286	546	(35.7)	776	(29.0)	1322	(51.2)	547	(15.1)
2 and over...	16	(1.1)	2702	546	(13.6)	121	(10.7)	667	(18.9)	390	546	(30.7)	738	(26.0)	1284	(43.1)	546	(11.8)
$25,000 - $74,999:																		
2 - 19.....	13	(2.2)	1150	507	(15.8)	68	(10.1)	575	(21.0)	150	479	(18.6)	509	(40.7)	988	(49.5)	512	(17.8)
20 and over.....	25	(1.8)	1693	553	(12.9)	197	(14.0)	751	(20.8)	381	584	(27.7)	776	(21.1)	1360	(40.3)	543	(12.6)
2 and over...	22	(1.8)	2843	542	(11.0)	165	(12.4)	707	(17.5)	531	569	(23.1)	736	(18.5)	1305	(32.1)	534	(10.9)
$75,000 and higher:																		
2 - 19.....	26	(3.8)	705	531	(20.9)	123	(21.1)	654	(35.2)	155	575	(60.5)	469	(20.0)	1044	(74.7)	515	(21.2)
20 and over.....	33	(2.2)	1005	620	(14.0)	245	(21.8)	865	(25.3)	290	636	(26.3)	755	(25.0)	1391	(43.4)	612	(19.9)
2 and over...	31	(2.2)	1710	596	(11.5)	213	(19.3)	808	(21.7)	445	622	(25.9)	689	(20.3)	1312	(38.9)	584	(15.3)
All Individuals [9]:																		
2 - 19.....	17	(1.5)	3097	527	(8.5)	81	(7.5)	608	(11.0)	440	539	(33.2)	490	(15.1)	1029	(45.0)	524	(8.9)
20 and over.....	25	(1.2)	4644	570	(8.8)	195	(10.5)	765	(14.8)	1012	593	(19.5)	767	(14.1)	1360	(29.7)	562	(9.0)
2 and over...	23	(1.2)	7741	559	(7.2)	166	(9.1)	725	(12.0)	1452	583	(17.7)	717	(11.6)	1300	(24.9)	552	(6.9)

See page 23 for footnotes.

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Family income in dollars and age	Percent reporting supplement choline [8]		All Individuals [5]							Supplement Users [6]							Non-users [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	6	(1.3)	1067	282	(14.8)	1	(0.3)	283	(14.8)		--		--		--		282	(14.9)
20 and over.....	3	(1.0)	1635	322	(7.3)	1*	(0.6)	323	(7.5)		--		--		--		322	(8.0)
2 and over...	4	(0.8)	2702	312	(7.2)	1*	(0.5)	313	(7.3)	95	307	(35.6)	41	(8.0)	348	(35.4)	312	(7.5)
$25,000 - $74,999:																		
2 - 19.....	9	(1.8)	1150	244	(8.8)	2	(0.6)	246	(8.9)	100	220	(17.0)	26	(2.8)	246	(17.4)	246	(9.1)
20 and over.....	4	(0.8)	1693	331	(9.1)	2	(0.4)	333	(9.1)		--		--		--		328	(9.1)
2 and over...	5	(0.7)	2843	310	(8.5)	2	(0.4)	311	(8.5)	160	330	(30.9)	33	(4.3)	363	(34.0)	309	(8.6)
$75,000 and higher:																		
2 - 19.....	18	(3.1)	705	273	(8.4)	4	(0.7)	276	(8.7)	109	239	(22.7)	20	(3.3)	258	(22.8)	280	(10.0)
20 and over.....	7	(1.9)	1005	360	(10.1)	2*	(0.7)	362	(9.8)		--		--		--		360	(10.1)
2 and over...	10	(1.8)	1710	336	(7.9)	2	(0.5)	339	(7.8)	163	296	(35.5)	24	(3.3)	320	(34.7)	341	(8.9)
All Individuals [9]:																		
2 - 19.....	11	(1.1)	3097	263	(3.9)	2	(0.3)	266	(3.8)	296	238	(13.6)	22	(2.4)	260	(13.2)	266	(4.8)
20 and over.....	5	(0.6)	4644	336	(3.7)	2	(0.3)	338	(3.8)	157	362	(35.6)	36	(4.0)	398	(34.9)	335	(3.9)
2 and over...	6	(0.6)	7741	318	(2.9)	2	(0.3)	319	(2.9)	453	309	(22.0)	30	(2.5)	338	(21.6)	318	(3.2)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Vitamin B12

Family income in dollars and age (years)	Percent reporting supplement vitamin B12 [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
$0 - $24,999:																		
2 - 19.....	11	(1.8)	1067	5.65	(0.511)	0.6	(0.12)	6.3	(0.60)	104	5.66	(0.684)	6.0	(0.41)	11.7	(1.02)	5.65	(0.541)
20 and over.....	19	(1.3)	1635	4.96	(0.242)	30.5	(5.34)	35.5	(5.38)	302	5.16	(0.391)	160.8	(27.34)	166.0	(27.55)	4.91	(0.245)
2 and over...	17	(1.1)	2702	5.14	(0.278)	22.8	(4.01)	27.9	(4.06)	406	5.24	(0.356)	135.7	(22.24)	140.9	(22.37)	5.12	(0.283)
$25,000 - $74,999:																		
2 - 19.....	13	(2.2)	1150	4.60	(0.153)	0.9	(0.21)	5.5	(0.23)	153	4.17	(0.282)	6.7	(1.59)	10.9	(1.58)	4.67	(0.162)
20 and over.....	27	(2.1)	1693	5.03	(0.183)	67.1*	(21.58)	72.1	(21.58)	399	5.02	(0.178)	247.4	(70.13)	252.5	(70.09)	5.03	(0.222)
2 and over...	24	(1.9)	2843	4.92	(0.165)	50.7*	(16.21)	55.6	(16.21)	552	4.90	(0.161)	213.7	(62.43)	218.6	(62.42)	4.93	(0.188)
$75,000 and higher:																		
2 - 19.....	27	(3.1)	705	5.24	(0.231)	6.2*	(2.59)	11.4	(2.58)	159	5.15	(0.418)	23.2*	(10.31)	28.4*	(10.39)	5.27	(0.295)
20 and over.....	35	(1.9)	1005	6.51	(0.760)	59.1	(7.45)	65.6	(7.39)	311	6.01	(0.402)	170.0	(23.08)	176.0	(23.23)	6.78	(1.174)
2 and over...	33	(1.7)	1710	6.17	(0.602)	44.9	(5.58)	51.1	(5.53)	470	5.82	(0.329)	137.8	(18.52)	143.6	(18.68)	6.34	(0.896)
All Individuals [9]:																		
2 - 19.....	17	(1.4)	3097	5.13	(0.156)	2.5*	(0.88)	7.6	(0.89)	445	4.98	(0.236)	14.7*	(5.12)	19.7	(5.17)	5.16	(0.189)
20 and over.....	27	(1.3)	4644	5.46	(0.220)	53.9	(10.52)	59.4	(10.51)	1072	5.47	(0.228)	199.4	(34.04)	204.9	(34.13)	5.45	(0.323)
2 and over...	24	(1.2)	7741	5.37	(0.183)	40.8	(7.90)	46.2	(7.89)	1517	5.38	(0.182)	167.2	(29.62)	172.6	(29.69)	5.37	(0.261)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Vitamin C

Family income in dollars and age (years)	Percent reporting supplement vitamin C [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
$0 - $24,999:																		
2 - 19.....	11	(1.8)	1067	74.6	(4.32)	12.2*	(3.97)	86.8	(5.47)	109	75.3	(8.71)	111.7	(27.84)	186.9	(31.89)	74.5	(4.08)
20 and over.....	19	(1.7)	1635	86.0	(8.01)	51.0	(7.09)	137.0	(9.92)	317	82.6	(7.85)	266.5	(22.85)	349.1	(24.26)	86.8	(9.04)
2 and over...	17	(1.4)	2702	83.0	(6.24)	41.0	(5.93)	124.0	(7.84)	426	81.4	(7.42)	240.8	(22.06)	322.2	(23.69)	83.4	(6.80)
$25,000 - $74,999:																		
2 - 19.....	15	(1.9)	1150	85.4	(10.12)	16.3	(2.79)	101.7	(9.62)	176	102.3	(16.11)	106.8	(16.76)	209.2	(23.02)	82.4	(10.78)
20 and over.....	28	(1.4)	1693	79.7	(4.75)	97.8	(12.82)	177.5	(15.77)	431	93.4	(9.77)	353.2	(38.13)	446.5	(45.03)	74.4	(3.45)
2 and over...	25	(1.5)	2843	81.1	(3.87)	77.6	(9.95)	158.7	(12.45)	607	94.7	(8.49)	315.3	(31.42)	410.1	(37.37)	76.7	(3.38)
$75,000 and higher:																		
2 - 19.....	28	(3.8)	705	78.1	(3.95)	23.1	(4.93)	101.2	(5.31)	173	75.5	(5.23)	83.2	(13.39)	158.7	(16.27)	79.1	(4.61)
20 and over.....	34	(2.2)	1005	88.9	(4.39)	87.0	(8.60)	175.9	(10.46)	317	91.4	(4.82)	254.9	(23.07)	346.3	(23.61)	87.6	(5.57)
2 and over...	32	(2.3)	1710	86.0	(3.64)	69.9	(6.84)	155.9	(7.68)	490	87.8	(3.55)	215.5	(19.23)	303.2	(20.10)	85.2	(4.58)
All Individuals [9]:																		
2 - 19.....	18	(1.5)	3097	79.7	(4.40)	18.5	(1.90)	98.2	(3.99)	495	84.3	(7.19)	102.5	(8.66)	186.8	(12.11)	78.6	(4.46)
20 and over.....	27	(1.2)	4644	84.3	(4.06)	82.0	(6.75)	166.3	(7.62)	1127	89.8	(4.42)	302.2	(20.07)	392.0	(22.36)	82.3	(4.89)
2 and over...	25	(1.1)	7741	83.1	(3.33)	65.8	(5.38)	149.0	(6.19)	1622	88.8	(4.25)	265.2	(18.09)	354.0	(20.60)	81.3	(3.78)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

			Vitamin D																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Family income in dollars and age	Percent reporting supplement vitamin D [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	11	(1.6)	1067	6.2	(0.41)	1.4	(0.19)	7.6	(0.52)	114	5.9	(0.48)	12.1	(0.81)	18.0	(0.93)	6.2	(0.44)
20 and over.....	24	(2.0)	1635	4.7	(0.32)	9.1	(2.33)	13.7	(2.34)	382	4.7	(0.42)	37.9	(9.09)	42.5	(9.01)	4.6	(0.33)
2 and over...	21	(1.7)	2702	5.0	(0.28)	7.1	(1.79)	12.2	(1.83)	496	4.8	(0.40)	34.3	(7.85)	39.1	(7.76)	5.1	(0.29)
$25,000 - $74,999:																		
2 - 19.....	14	(2.0)	1150	5.4	(0.26)	1.3	(0.18)	6.8	(0.33)	166	5.5	(0.33)	9.4	(0.70)	14.9	(0.78)	5.4	(0.29)
20 and over.....	31	(2.0)	1693	4.5	(0.17)	9.8	(1.46)	14.3	(1.44)	486	4.4	(0.25)	32.1	(3.17)	36.5	(3.23)	4.5	(0.25)
2 and over...	27	(1.9)	2843	4.7	(0.17)	7.7	(1.16)	12.5	(1.15)	652	4.6	(0.19)	29.1	(2.63)	33.6	(2.68)	4.8	(0.24)
$75,000 and higher:																		
2 - 19.....	26	(3.4)	705	6.4	(0.28)	3.1	(0.49)	9.5	(0.59)	171	6.6	(0.65)	11.7	(0.92)	18.3	(1.52)	6.4	(0.33)
20 and over.....	39	(2.5)	1005	5.1	(0.31)	14.6	(2.07)	19.7	(2.01)	364	5.8	(0.74)	37.1	(4.76)	43.0	(4.76)	4.5	(0.22)
2 and over...	36	(2.3)	1710	5.4	(0.25)	11.5	(1.49)	17.0	(1.49)	535	6.0	(0.61)	32.1	(3.95)	38.1	(3.99)	5.1	(0.21)
All Individuals [9]:																		
2 - 19.....	17	(1.4)	3097	6.0	(0.15)	1.9	(0.17)	7.8	(0.22)	481	6.2	(0.33)	10.9	(0.52)	17.1	(0.76)	5.9	(0.19)
20 and over.....	31	(1.6)	4644	4.7	(0.15)	11.2	(1.19)	15.9	(1.19)	1310	5.0	(0.30)	35.7	(2.77)	40.7	(2.72)	4.6	(0.13)
2 and over...	28	(1.5)	7741	5.0	(0.12)	8.8	(0.91)	13.8	(0.92)	1791	5.2	(0.25)	31.8	(2.30)	37.0	(2.27)	5.0	(0.13)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Vitamin K

Family income in dollars and age	Percent reporting supplement vitamin K [8]		All Individuals [5]							Supplement Users [6]							Non-users [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	2*	(0.6)	1067	70.1	(3.93)	0.3*	(0.13)	70.5	(4.03)		--		--		--		69.6	(3.92)
20 and over.....	14	(1.0)	1635	101.7	(5.63)	4.3	(0.30)	106.0	(5.65)	214	103.9	(10.16)	31.3	(1.50)	135.2	(9.91)	101.4	(6.41)
2 and over...	11	(0.8)	2702	93.6	(4.75)	3.3	(0.23)	96.9	(4.78)	227	103.8	(9.52)	30.9	(1.37)	134.7	(9.26)	92.4	(5.28)
$25,000 - $74,999:																		
2 - 19.....	1*	(0.3)	1150	63.5	(4.98)	0.2*	(0.09)	63.7	(4.98)		--		--		--		63.4	(5.01)
20 and over.....	18	(1.2)	1693	138.5	(22.05)	5.8	(0.40)	144.4	(22.28)	278	133.9	(11.63)	32.8	(1.53)	166.7	(11.91)	139.5	(26.67)
2 and over...	14	(1.0)	2843	119.9	(16.60)	4.4	(0.34)	124.4	(16.80)	287	133.4	(11.33)	32.8	(1.52)	166.1	(11.60)	117.8	(19.01)
$75,000 and higher:																		
2 - 19.....	3	(1.1)	705	66.9	(4.10)	1.2*	(0.56)	68.0	(3.82)		--		--		--		67.3	(4.14)
20 and over.....	24	(2.1)	1005	146.3	(11.46)	8.0	(0.77)	154.4	(11.83)	217	165.0	(21.17)	33.8	(2.20)	198.9	(21.25)	140.5	(13.56)
2 and over...	18	(1.5)	1710	125.0	(8.18)	6.2	(0.59)	131.2	(8.43)	234	159.8	(20.58)	34.0	(2.13)	193.8	(20.64)	117.3	(8.80)
All Individuals [9]:																		
2 - 19.....	2	(0.4)	3097	66.4	(2.51)	0.5*	(0.18)	66.9	(2.41)		--		--		--		66.3	(2.44)
20 and over.....	18	(1.0)	4644	129.8	(8.73)	6.1	(0.32)	135.9	(8.90)	753	140.5	(9.38)	33.2	(1.12)	173.7	(9.65)	127.4	(10.00)
2 and over...	14	(0.8)	7741	113.7	(6.76)	4.7	(0.26)	118.3	(6.90)	797	138.4	(9.07)	33.1	(1.11)	171.5	(9.34)	109.6	(7.31)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

L y c o p e n e

Family income in dollars and age	Percent reporting supplement lycopene [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	#		1067	5708	(492.0)	1*	(0.8)	5709	(492.7)		--		--		--		5723	(504.2)
20 and over.....	6	(0.8)	1635	5349	(329.5)	38*	(15.7)	5387	(331.2)	93	4303	(840.1)	634*	(255.5)	4936	(924.5)	5416	(370.6)
2 and over...	5	(0.6)	2702	5441	(337.3)	29*	(11.8)	5470	(338.1)	94	4245	(848.1)	628*	(251.0)	4873	(929.3)	5498	(370.8)
$25,000 - $74,999:																		
2 - 19.....	#		1150	5148	(613.2)	1*	(0.6)	5149	(613.1)		--		--		--		5144	(614.2)
20 and over.....	11	(1.4)	1693	4890	(251.7)	78*	(26.4)	4968	(255.3)	162	6103	(828.0)	709*	(220.4)	6811	(737.1)	4741	(255.2)
2 and over...	8	(1.1)	2843	4954	(273.4)	58*	(20.0)	5013	(272.9)	165	6111	(824.6)	708*	(219.9)	6819	(734.2)	4850	(275.4)
$75,000 and higher:																		
2 - 19.....	1*	(0.6)	705	5141	(598.4)	8*	(5.4)	5149	(596.1)		--		--		--		5122	(612.0)
20 and over.....	14	(1.6)	1005	5772	(416.3)	145*	(50.2)	5917	(434.5)	126	7353	(1246.5)	1057*	(341.7)	8410	(1415.3)	5520	(411.0)
2 and over...	10	(1.2)	1710	5603	(287.0)	108*	(36.8)	5711	(296.9)	131	7341	(1212.4)	1049*	(331.8)	8390	(1375.9)	5402	(297.1)
All Individuals [9]:																		
2 - 19.....	#		3097	5255	(347.3)	3*	(1.8)	5257	(346.5)		--		--		--		5251	(352.3)
20 and over.....	10	(1.0)	4644	5264	(159.7)	88	(21.0)	5353	(162.5)	407	6221	(402.5)	846	(162.3)	7067	(421.7)	5152	(167.0)
2 and over...	8	(0.8)	7741	5262	(165.5)	67	(15.8)	5328	(165.9)	417	6218	(406.2)	843	(160.7)	7062	(425.8)	5180	(174.7)

See page 23 for footnotes.

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

			Lutein + zeaxanthin																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Family income in dollars and age	Percent reporting supplement lutein + zeaxanthin [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	0*	(0.0)	1067	834	(54.9)	0*	(0.0)	834	(54.9)		--		--		--		834	(54.9)
20 and over.....	5	(0.7)	1635	1296	(81.4)	58*	(22.5)	1354	(81.2)	88	1456	(358.2)	1131*	(397.2)	2587	(646.7)	1287	(80.4)
2 and over...	4	(0.5)	2702	1177	(66.1)	43*	(16.8)	1220	(66.7)	88	1456	(358.2)	1131*	(397.2)	2587	(646.7)	1166	(65.6)
$25,000 - $74,999:																		
2 - 19.....	#		1150	755	(56.7)	1*	(0.8)	756	(56.6)		--		--		--		753	(57.2)
20 and over.....	9	(0.8)	1693	1718	(199.0)	133	(36.8)	1851	(210.4)	141	3632*	(1587.6)	1516	(435.0)	5147*	(1790.7)	1534	(115.1)
2 and over...	7	(0.7)	2843	1479	(152.3)	100	(27.3)	1579	(159.9)	147	3609*	(1578.8)	1504	(431.8)	5113*	(1783.1)	1327	(89.5)
$75,000 and higher:																		
2 - 19.....	1*	(0.6)	705	803	(67.1)	9*	(6.5)	812	(66.0)		--		--		--		801	(67.4)
20 and over.....	11	(1.7)	1005	2168	(271.1)	262*	(112.1)	2430	(336.7)	102	2042	(401.0)	2478*	(867.4)	4520	(1240.8)	2183	(280.5)
2 and over...	8	(1.3)	1710	1802	(193.0)	194*	(82.7)	1996	(241.4)	108	1996	(389.6)	2410*	(836.9)	4406	(1200.7)	1785	(192.2)
All Individuals [9]:																		
2 - 19.....	#		3097	792	(33.8)	3*	(2.1)	796	(32.8)		--		--		--		791	(33.5)
20 and over.....	8	(0.7)	4644	1732	(122.1)	146	(31.7)	1878	(140.0)	354	2548	(678.9)	1731	(321.4)	4278	(896.2)	1657	(123.1)
2 and over...	6	(0.6)	7741	1492	(96.4)	110	(23.8)	1602	(109.3)	366	2519	(669.0)	1711	(315.9)	4230	(882.8)	1422	(94.4)

See page 23 for footnotes.

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Family income in dollars and age	Percent reporting supplement calcium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	7	(1.1)	1067	1090	(43.1)	15*	(5.4)	1106	(47.2)		--		--		--		1093	(42.4)
20 and over.....	22	(2.4)	1635	992	(37.8)	106	(13.2)	1098	(40.0)	355	968	(40.3)	486	(18.5)	1453	(36.3)	999	(41.9)
2 and over...	18	(1.8)	2702	1018	(35.9)	83	(9.8)	1100	(39.0)	417	977	(40.6)	459	(16.9)	1436	(36.5)	1026	(38.8)
$25,000 - $74,999:																		
2 - 19.....	7	(0.9)	1150	1016	(29.2)	11	(1.6)	1027	(29.1)	87	942	(62.1)	157	(12.2)	1099	(65.4)	1021	(30.5)
20 and over.....	29	(2.3)	1693	954	(24.1)	142	(12.5)	1096	(29.6)	457	973	(40.9)	483	(33.9)	1456	(55.4)	946	(26.5)
2 and over...	24	(1.8)	2843	969	(22.4)	109	(9.5)	1079	(26.2)	544	970	(37.3)	459	(30.5)	1430	(50.6)	969	(24.5)
$75,000 and higher:																		
2 - 19.....	14	(2.3)	705	1170	(43.8)	23	(3.2)	1193	(45.5)	83	1190	(109.7)	163	(20.2)	1353	(107.6)	1167	(38.1)
20 and over.....	37	(2.5)	1005	1054	(29.8)	180	(18.1)	1235	(38.7)	333	1106	(52.9)	489	(32.3)	1595	(61.7)	1024	(35.4)
2 and over...	31	(1.9)	1710	1085	(28.7)	138	(13.7)	1224	(35.6)	416	1116	(53.3)	448	(29.1)	1565	(61.6)	1072	(29.9)
All Individuals [9]:																		
2 - 19.....	9	(0.9)	3097	1082	(20.5)	16	(2.1)	1098	(21.0)	252	1097	(56.0)	170	(16.1)	1266	(57.6)	1081	(20.4)
20 and over.....	30	(1.7)	4644	989	(14.5)	144	(10.1)	1133	(21.4)	1221	1013	(28.0)	487	(21.7)	1500	(39.5)	979	(14.1)
2 and over...	24	(1.4)	7741	1013	(13.9)	111	(7.9)	1124	(19.2)	1473	1021	(26.8)	456	(18.8)	1477	(36.8)	1010	(14.5)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Family income in dollars and age	Percent reporting supplement phosphorus [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	4	(0.8)	1067	1355	(50.0)	3	(0.9)	1358	(50.1)		--		--		--		1354	(50.4)
20 and over.....	10	(1.0)	1635	1374	(33.7)	5*	(2.2)	1380	(34.0)	160	1321	(81.2)	55*	(20.8)	1375	(85.2)	1380	(33.9)
2 and over...	8	(0.8)	2702	1369	(34.5)	5*	(1.8)	1374	(34.7)	200	1328	(83.1)	59*	(19.0)	1387	(84.5)	1373	(34.5)
$25,000 - $74,999:																		
2 - 19.....	5	(1.0)	1150	1249	(35.1)	4	(1.1)	1254	(35.2)		--		--		--		1253	(36.6)
20 and over.....	12	(1.1)	1693	1396	(31.0)	6	(1.0)	1401	(30.9)	186	1290	(72.9)	48	(7.6)	1338	(75.7)	1410	(36.5)
2 and over...	10	(0.8)	2843	1359	(29.3)	5	(0.7)	1365	(29.2)	241	1276	(65.0)	53	(6.6)	1329	(68.0)	1369	(33.5)
$75,000 and higher:																		
2 - 19.....	7	(1.4)	705	1392	(41.0)	6	(1.4)	1398	(41.8)		--		--		--		1396	(38.1)
20 and over.....	14	(2.4)	1005	1517	(35.6)	8	(2.1)	1525	(36.0)	135	1643	(142.3)	55	(9.4)	1698	(149.0)	1495	(37.8)
2 and over...	12	(1.7)	1710	1483	(28.4)	8	(1.4)	1491	(28.4)	176	1596	(127.7)	60	(7.4)	1657	(132.4)	1467	(31.1)
All Individuals [9]:																		
2 - 19.....	5	(0.6)	3097	1319	(17.6)	5	(0.5)	1323	(17.7)	149	1300	(54.6)	90	(4.1)	1389	(54.6)	1320	(18.3)
20 and over.....	12	(0.7)	4644	1420	(13.1)	6	(0.8)	1426	(13.2)	514	1413	(65.4)	51	(6.1)	1464	(67.5)	1421	(13.8)
2 and over...	10	(0.6)	7741	1394	(10.3)	6	(0.6)	1400	(10.3)	663	1398	(60.2)	56	(5.4)	1454	(61.7)	1394	(11.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

M a g n e s i u m

Family income in dollars and age	Percent reporting supplement magnesium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	6	(1.4)	1067	246	(8.4)	2*	(0.6)	248	(8.7)		--		--		--		246	(9.2)
20 and over.....	17	(1.6)	1635	291	(5.6)	16	(1.8)	307	(6.0)	268	308	(11.0)	99	(4.6)	407	(10.2)	287	(6.8)
2 and over...	14	(1.2)	2702	279	(5.5)	13	(1.3)	292	(5.7)	330	301	(12.2)	91	(3.3)	392	(11.8)	276	(6.7)
$25,000 - $74,999:																		
2 - 19.....	6	(1.0)	1150	233	(6.6)	1	(0.2)	234	(6.6)	79	213	(20.7)	19	(2.4)	232	(22.3)	234	(6.6)
20 and over.....	22	(1.8)	1693	308	(7.0)	29	(7.1)	337	(11.1)	333	320	(12.4)	132	(28.0)	452	(38.8)	304	(9.0)
2 and over...	18	(1.4)	2843	289	(6.0)	22	(5.5)	311	(8.8)	412	310	(10.3)	122	(25.6)	432	(34.0)	285	(7.4)
$75,000 and higher:																		
2 - 19.....	15	(1.7)	705	257	(7.7)	5	(0.9)	262	(7.9)	76	288	(14.1)	33	(4.9)	321	(14.2)	252	(7.6)
20 and over.....	29	(2.3)	1005	347	(10.3)	32	(5.6)	379	(12.7)	262	384	(16.0)	111	(14.8)	495	(22.7)	333	(9.7)
2 and over...	25	(1.7)	1710	323	(8.0)	25	(4.2)	348	(9.9)	338	369	(13.9)	99	(13.3)	468	(20.8)	308	(7.1)
All Individuals [9]:																		
2 - 19.....	9	(0.7)	3097	244	(2.8)	3	(0.4)	246	(2.8)	235	257	(9.7)	29	(3.2)	286	(10.7)	242	(2.8)
20 and over.....	22	(1.2)	4644	314	(5.0)	26	(3.8)	340	(7.1)	915	339	(9.2)	116	(12.8)	455	(17.8)	306	(5.1)
2 and over...	19	(1.0)	7741	296	(4.0)	20	(2.9)	316	(5.8)	1150	329	(8.4)	106	(11.3)	435	(15.7)	288	(3.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

I r o n

Family income in dollars and age	Percent reporting supplement iron [8]		All Individuals [5]							Supplement Users [6]							Non-users [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	5	(0.8)	1067	14.9	(0.33)	1.2	(0.21)	16.2	(0.43)		--		--		--		15.0	(0.33)
20 and over.....	11	(0.8)	1635	15.1	(0.28)	2.7	(0.26)	17.9	(0.42)	175	14.1	(0.73)	25.3	(1.90)	39.3	(2.35)	15.3	(0.29)
2 and over...	9	(0.6)	2702	15.1	(0.23)	2.4	(0.21)	17.4	(0.33)	230	14.1	(0.67)	24.9	(1.62)	39.0	(2.06)	15.2	(0.22)
$25,000 - $74,999:																		
2 - 19.....	4	(0.8)	1150	13.7	(0.37)	0.8	(0.19)	14.5	(0.48)		--		--		--		13.8	(0.37)
20 and over.....	11	(0.8)	1693	15.3	(0.29)	2.6	(0.22)	17.9	(0.40)	184	15.0	(0.86)	22.2	(1.88)	37.2	(2.30)	15.4	(0.29)
2 and over...	10	(0.6)	2843	14.9	(0.25)	2.1	(0.18)	17.1	(0.36)	243	14.8	(0.74)	22.0	(1.72)	36.8	(2.08)	15.0	(0.25)
$75,000 and higher:																		
2 - 19.....	9	(1.5)	705	14.4	(0.42)	1.6	(0.28)	15.9	(0.57)		--		--		--		14.2	(0.40)
20 and over.....	18	(1.8)	1005	16.9	(0.46)	3.6	(0.59)	20.5	(0.63)	155	16.4	(0.83)	20.2	(2.08)	36.6	(1.96)	17.0	(0.52)
2 and over...	15	(1.4)	1710	16.2	(0.34)	3.0	(0.45)	19.3	(0.41)	213	16.3	(0.76)	19.7	(1.82)	36.0	(1.70)	16.2	(0.38)
All Individuals [9]:																		
2 - 19.....	6	(0.5)	3097	14.3	(0.21)	1.2	(0.10)	15.5	(0.25)	189	14.7	(0.84)	19.3	(1.05)	33.9	(1.00)	14.3	(0.20)
20 and over.....	13	(0.8)	4644	15.8	(0.17)	2.9	(0.20)	18.7	(0.27)	544	15.4	(0.42)	22.3	(1.30)	37.7	(1.51)	15.8	(0.18)
2 and over...	11	(0.6)	7741	15.4	(0.13)	2.5	(0.16)	17.9	(0.20)	733	15.3	(0.40)	21.8	(1.16)	37.1	(1.36)	15.4	(0.14)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Z i n c

Family income in dollars and age	Percent reporting supplement zinc [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	10	(1.7)	1067	10.5	(0.44)	0.9	(0.14)	11.4	(0.51)	96	10.3	(0.70)	8.7	(1.17)	19.0	(1.30)	10.6	(0.45)
20 and over.....	16	(1.3)	1635	11.2	(0.23)	2.3	(0.24)	13.5	(0.36)	259	11.4	(0.66)	14.1	(0.57)	25.5	(0.94)	11.2	(0.22)
2 and over...	15	(1.2)	2702	11.0	(0.23)	1.9	(0.19)	13.0	(0.33)	355	11.2	(0.56)	13.1	(0.48)	24.4	(0.72)	11.0	(0.22)
$25,000 - $74,999:																		
2 - 19.....	12	(2.1)	1150	9.7	(0.37)	0.8	(0.15)	10.4	(0.37)	134	8.5	(0.40)	6.5	(1.04)	15.0	(1.19)	9.8	(0.40)
20 and over.....	22	(1.4)	1693	11.2	(0.32)	3.5	(0.27)	14.8	(0.38)	353	11.5	(0.37)	15.8	(0.78)	27.3	(0.98)	11.2	(0.43)
2 and over...	20	(1.4)	2843	10.8	(0.30)	2.9	(0.21)	13.7	(0.36)	487	11.0	(0.32)	14.4	(0.56)	25.5	(0.75)	10.8	(0.38)
$75,000 and higher:																		
2 - 19.....	26	(3.0)	705	10.6	(0.58)	1.6	(0.30)	12.3	(0.82)	154	10.7	(1.29)	6.3	(0.84)	17.0	(2.04)	10.6	(0.52)
20 and over.....	31	(2.1)	1005	12.3	(0.32)	5.0	(0.50)	17.3	(0.56)	271	13.0	(0.62)	16.4	(1.28)	29.4	(1.38)	12.0	(0.35)
2 and over...	29	(1.9)	1710	11.9	(0.29)	4.1	(0.40)	16.0	(0.51)	425	12.5	(0.60)	14.0	(0.97)	26.5	(1.27)	11.6	(0.29)
All Individuals [9]:																		
2 - 19.....	16	(1.3)	3097	10.2	(0.20)	1.1	(0.09)	11.3	(0.24)	413	10.0	(0.62)	6.7	(0.57)	16.7	(1.06)	10.2	(0.21)
20 and over.....	23	(1.0)	4644	11.5	(0.15)	3.6	(0.23)	15.1	(0.28)	934	12.0	(0.26)	15.8	(0.72)	27.8	(0.73)	11.4	(0.16)
2 and over...	21	(1.0)	7741	11.2	(0.13)	3.0	(0.18)	14.1	(0.25)	1347	11.6	(0.25)	14.1	(0.51)	25.7	(0.60)	11.1	(0.13)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Family income in dollars and age	Percent reporting supplement copper [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	6	(0.8)	1067	1.0	(0.03)	0.1	(0.02)	1.1	(0.04)		--		--		--		1.0	(0.03)
20 and over.....	15	(1.2)	1635	1.2	(0.02)	0.2	(0.02)	1.4	(0.02)	240	1.2	(0.04)	1.1	(0.08)	2.4	(0.09)	1.2	(0.02)
2 and over...	13	(1.0)	2702	1.1	(0.02)	0.2	(0.02)	1.3	(0.02)	294	1.2	(0.04)	1.2	(0.06)	2.5	(0.08)	1.1	(0.02)
$25,000 - $74,999:																		
2 - 19.....	6	(1.0)	1150	1.0	(0.03)	0.1	(0.02)	1.1	(0.04)		--		--		--		1.0	(0.03)
20 and over.....	21	(1.5)	1693	1.3	(0.03)	0.3	(0.03)	1.5	(0.03)	314	1.4	(0.04)	1.2	(0.07)	2.6	(0.09)	1.3	(0.03)
2 and over...	17	(1.2)	2843	1.2	(0.02)	0.2	(0.02)	1.4	(0.03)	378	1.3	(0.04)	1.3	(0.06)	2.6	(0.08)	1.2	(0.03)
$75,000 and higher:																		
2 - 19.....	10	(1.8)	705	1.1	(0.05)	0.2	(0.04)	1.3	(0.08)		--		--		--		1.1	(0.04)
20 and over.....	27	(2.1)	1005	1.6	(0.14)	0.4	(0.03)	2.0	(0.15)	241	1.6	(0.08)	1.4	(0.09)	3.0	(0.11)	1.6	(0.18)
2 and over...	22	(1.5)	1710	1.5	(0.11)	0.3	(0.02)	1.8	(0.12)	299	1.6	(0.07)	1.4	(0.08)	3.0	(0.11)	1.4	(0.13)
All Individuals [9]:																		
2 - 19.....	7	(0.6)	3097	1.0	(0.02)	0.1	(0.01)	1.1	(0.02)	189	1.1	(0.07)	1.8	(0.05)	3.0	(0.09)	1.0	(0.02)
20 and over.....	21	(1.0)	4644	1.4	(0.05)	0.3	(0.02)	1.6	(0.06)	843	1.4	(0.03)	1.3	(0.05)	2.7	(0.06)	1.3	(0.06)
2 and over...	17	(0.8)	7741	1.3	(0.04)	0.2	(0.01)	1.5	(0.05)	1032	1.4	(0.04)	1.3	(0.04)	2.7	(0.05)	1.2	(0.04)

See page 23 for footnotes.

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Family income in dollars and age	Percent reporting supplement sodium [8]		All Individuals [5]							Supplement Users [6]							Non-users [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	6	(1.0)	1067	3329	(113.8)	1	(0.2)	3330	(113.8)		--		--		--		3368	(119.8)
20 and over.....	3	(0.7)	1635	3559	(88.3)	1*	(0.3)	3560	(88.3)		--		--		--		3570	(89.0)
2 and over...	4	(0.7)	2702	3500	(89.6)	1	(0.3)	3501	(89.6)	112	2997	(188.0)	23	(4.9)	3020	(191.3)	3519	(91.9)
$25,000 - $74,999:																		
2 - 19.....	7	(1.3)	1150	2999	(102.8)	1	(0.2)	3000	(102.7)	86	2490	(181.8)	14	(1.6)	2504	(181.4)	3040	(110.4)
20 and over.....	6	(0.8)	1693	3547	(69.0)	2	(0.3)	3549	(69.1)	87	3395	(212.7)	42	(5.6)	3438	(214.4)	3556	(68.8)
2 and over...	6	(0.8)	2843	3411	(71.5)	2	(0.3)	3413	(71.6)	173	3119	(178.9)	34	(3.7)	3152	(180.5)	3430	(73.5)
$75,000 and higher:																		
2 - 19.....	10	(2.9)	705	3181	(93.9)	1	(0.3)	3182	(93.9)		--		--		--		3249	(111.6)
20 and over.....	7	(1.2)	1005	3749	(83.4)	2	(0.5)	3751	(83.3)		--		--		--		3764	(88.5)
2 and over...	8	(0.9)	1710	3597	(66.6)	2	(0.4)	3598	(66.5)	123	3198	(152.0)	22	(4.1)	3221	(153.1)	3630	(74.8)
All Individuals [9]:																		
2 - 19.....	8	(1.1)	3097	3138	(48.7)	1	(0.2)	3139	(48.7)	221	2601	(110.3)	13	(0.8)	2613	(110.5)	3185	(55.1)
20 and over.....	5	(0.4)	4644	3607	(29.4)	2	(0.2)	3608	(29.4)	213	3412	(151.3)	35	(4.0)	3447	(152.9)	3617	(27.7)
2 and over...	6	(0.5)	7741	3487	(24.6)	2	(0.2)	3489	(24.6)	434	3130	(116.4)	27	(2.8)	3158	(117.9)	3509	(25.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Family income in dollars and age	Percent reporting supplement potassium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	#		1067	2304	(50.4)	#		2304	(50.4)		--		--		--		2302	(50.3)
20 and over.....	11	(1.1)	1635	2636	(56.2)	11	(1.3)	2647	(56.2)	181	2623	(119.2)	97	(4.6)	2720	(119.1)	2638	(60.2)
2 and over...	8	(0.8)	2702	2551	(49.1)	8	(0.9)	2559	(49.1)	183	2628	(118.4)	97	(4.6)	2725	(118.4)	2544	(52.2)
$25,000 - $74,999:																		
2 - 19.....	#		1150	2200	(59.6)	#		2200	(59.7)		--		--		--		2199	(59.9)
20 and over.....	15	(1.5)	1693	2753	(64.5)	12	(1.5)	2765	(65.4)	225	3013	(154.8)	81	(4.8)	3094	(156.1)	2706	(68.5)
2 and over...	12	(1.2)	2843	2616	(57.0)	9	(1.2)	2625	(57.7)	231	3009	(154.7)	81	(4.8)	3089	(156.0)	2564	(59.8)
$75,000 and higher:																		
2 - 19.....	2*	(1.1)	705	2389	(65.7)	1*	(0.4)	2390	(65.4)		--		--		--		2387	(67.0)
20 and over.....	19	(2.1)	1005	3027	(69.5)	17	(2.8)	3043	(69.8)	171	3202	(119.5)	87	(8.6)	3289	(120.0)	2985	(71.5)
2 and over...	14	(1.5)	1710	2856	(57.6)	12	(2.1)	2868	(57.8)	183	3174	(114.4)	85	(8.6)	3259	(114.8)	2802	(60.3)
All Individuals [9]:																		
2 - 19.....	1	(0.4)	3097	2281	(21.3)	1	(0.1)	2282	(21.3)		--		--		--		2278	(21.8)
20 and over.....	15	(0.9)	4644	2793	(38.0)	13	(0.9)	2806	(38.5)	618	2982	(70.7)	86	(3.1)	3069	(70.8)	2759	(36.1)
2 and over...	12	(0.7)	7741	2663	(32.4)	10	(0.7)	2672	(32.9)	646	2973	(68.6)	86	(3.2)	3059	(68.4)	2622	(29.4)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Family income in dollars and age	Percent reporting supplement selenium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	1*	(0.6)	1067	102.4	(4.13)	0.6*	(0.34)	102.9	(4.33)		--		--		--		102.3	(4.25)
20 and over.....	14	(1.1)	1635	110.7	(2.55)	9.0	(1.05)	119.6	(2.33)	224	112.3	(5.07)	61.9	(4.21)	174.2	(6.57)	110.4	(2.70)
2 and over...	11	(0.8)	2702	108.5	(2.67)	6.8	(0.75)	115.3	(2.47)	233	112.1	(5.10)	61.5	(3.98)	173.6	(6.57)	108.1	(2.87)
$25,000 - $74,999:																		
2 - 19.....	1*	(0.3)	1150	91.5	(3.23)	0.2*	(0.14)	91.8	(3.15)		--		--		--		91.6	(3.23)
20 and over.....	21	(1.5)	1693	112.3	(2.62)	28.0*	(13.31)	140.3	(13.41)	315	108.2	(4.90)	136.4*	(65.12)	244.6	(66.18)	113.3	(3.24)
2 and over...	16	(1.3)	2843	107.1	(2.55)	21.1*	(10.01)	128.2	(10.30)	322	107.9	(4.83)	135.6*	(64.55)	243.5	(65.59)	107.0	(2.96)
$75,000 and higher:																		
2 - 19.....	5	(1.6)	705	102.7	(4.17)	2.2*	(1.20)	104.9	(4.16)		--		--		--		101.2	(4.36)
20 and over.....	26	(2.0)	1005	123.1	(3.07)	19.1	(1.60)	142.2	(3.35)	240	122.8	(6.46)	72.7	(3.76)	195.5	(8.31)	123.2	(3.64)
2 and over...	21	(1.4)	1710	117.6	(2.11)	14.6	(1.19)	132.2	(2.50)	264	123.3	(6.07)	70.9	(4.03)	194.2	(8.20)	116.1	(2.05)
All Individuals [9]:																		
2 - 19.....	2	(0.6)	3097	98.1	(1.65)	1.0*	(0.41)	99.1	(1.67)		--		--		--		97.5	(1.70)
20 and over.....	20	(1.1)	4644	114.9	(1.52)	25.2*	(7.79)	140.2	(7.61)	825	113.9	(2.48)	123.7*	(39.24)	237.6	(39.78)	115.2	(1.59)
2 and over...	16	(0.9)	7741	110.6	(1.09)	19.1*	(5.84)	129.7	(5.86)	867	114.2	(2.44)	121.1*	(37.88)	235.3	(38.38)	110.0	(1.06)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting a supplement intake: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

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

[2] Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.
Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.
Folate (DFE): µg dietary folate equivalents = µg food folate + (1.7*µg folic acid).
Vitamin D: 1 µg = 40 International Units (IU).
Calcium and Magnesium: supplement intake includes non-prescription antacids.

[3] **Food and beverage intake** was 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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2013).

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_G) of NHANES 2011-2012. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2011-2012/DS1TOT_G.htm.

[5] **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females, breast-fed children, and individuals with incomplete dietary supplement component of the 24-hour dietary recall were excluded.

[6] **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

[7] **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

[8] The weighted percentage of respondents in the income/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

[9] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2014. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012

T h i a m i n

Family income as % of Federal poverty threshold and age	Percent reporting supplement thiamin [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(1.0)	1394	1.56	(0.035)	0.10	(0.018)	1.66	(0.043)	82	1.57	(0.106)	1.71	(0.127)	3.28	(0.185)	1.56	(0.033)
20 and over.....	14	(1.3)	1536	1.63	(0.058)	3.30	(0.946)	4.94	(0.936)	224	1.61	(0.118)	22.91*	(6.954)	24.53	(6.916)	1.64	(0.053)
2 and over...	11	(1.0)	2930	1.61	(0.046)	2.20	(0.601)	3.81	(0.592)	306	1.60	(0.109)	19.15	(5.516)	20.75	(5.486)	1.61	(0.042)
131-350% poverty:																		
2 - 19.....	9	(1.7)	910	1.51	(0.052)	0.17	(0.043)	1.69	(0.057)		--		--		--		1.50	(0.054)
20 and over.....	22	(1.5)	1460	1.58	(0.054)	4.85*	(1.750)	6.43	(1.767)	293	1.54	(0.087)	22.12*	(8.550)	23.66*	(8.601)	1.59	(0.060)
2 and over...	19	(1.3)	2370	1.56	(0.049)	3.64*	(1.270)	5.20	(1.287)	360	1.55	(0.074)	19.63*	(7.428)	21.17*	(7.474)	1.56	(0.053)
Over 350% poverty:																		
2 - 19.....	10	(1.9)	569	1.57	(0.050)	0.57*	(0.337)	2.13	(0.333)		--		--		--		1.56	(0.059)
20 and over.....	31	(1.8)	1290	1.72	(0.039)	5.07	(1.087)	6.80	(1.088)	364	1.79	(0.056)	16.39	(3.146)	18.17	(3.162)	1.70	(0.051)
2 and over...	27	(1.6)	1859	1.70	(0.036)	4.24	(0.921)	5.94	(0.928)	421	1.78	(0.056)	15.66	(2.902)	17.44	(2.921)	1.66	(0.045)
All Individuals [10]:																		
2 - 19.....	8	(0.7)	3097	1.55	(0.024)	0.24*	(0.092)	1.80	(0.090)	230	1.62	(0.057)	3.03*	(1.032)	4.66	(1.053)	1.55	(0.025)
20 and over.....	24	(1.1)	4644	1.64	(0.019)	4.46	(0.753)	6.10	(0.754)	945	1.67	(0.044)	18.91	(3.104)	20.58	(3.107)	1.64	(0.015)
2 and over...	20	(0.9)	7741	1.62	(0.016)	3.38	(0.573)	5.00	(0.576)	1175	1.66	(0.039)	17.25	(2.802)	18.92	(2.806)	1.61	(0.013)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Family income as % of Federal poverty threshold and age	Percent reporting supplement riboflavin [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(1.0)	1394	2.04	(0.099)	0.11	(0.019)	2.15	(0.096)	82	1.94	(0.133)	1.86	(0.095)	3.80	(0.184)	2.04	(0.105)
20 and over.....	15	(1.4)	1536	2.05	(0.068)	1.50*	(0.474)	3.56	(0.475)	226	2.18	(0.172)	10.33	(2.889)	12.51	(2.824)	2.03	(0.057)
2 and over...	12	(1.0)	2930	2.05	(0.071)	1.02*	(0.324)	3.07	(0.326)	308	2.14	(0.154)	8.84	(2.405)	10.98	(2.362)	2.04	(0.066)
131-350% poverty:																		
2 - 19.....	9	(1.7)	910	1.89	(0.048)	0.19	(0.045)	2.08	(0.069)		--		--		--		1.88	(0.053)
20 and over.....	22	(1.5)	1460	2.06	(0.059)	2.20	(0.285)	4.26	(0.304)	297	2.12	(0.066)	9.93	(1.312)	12.05	(1.313)	2.04	(0.072)
2 and over...	19	(1.3)	2370	2.01	(0.044)	1.68	(0.214)	3.69	(0.219)	364	2.10	(0.057)	8.98	(1.176)	11.08	(1.181)	1.99	(0.054)
Over 350% poverty:																		
2 - 19.....	10	(1.9)	569	2.09	(0.063)	0.59*	(0.336)	2.68	(0.371)		--		--		--		2.07	(0.054)
20 and over.....	31	(1.8)	1290	2.38	(0.047)	2.98	(0.458)	5.36	(0.476)	366	2.45	(0.084)	9.62	(1.210)	12.07	(1.228)	2.35	(0.072)
2 and over...	27	(1.6)	1859	2.33	(0.045)	2.54	(0.385)	4.87	(0.409)	423	2.44	(0.083)	9.37	(1.110)	11.81	(1.132)	2.28	(0.059)
All Individuals [10]:																		
2 - 19.....	8	(0.7)	3097	1.99	(0.032)	0.26*	(0.093)	2.25	(0.094)	230	2.08	(0.097)	3.22*	(1.029)	5.30	(1.106)	1.99	(0.039)
20 and over.....	24	(1.1)	4644	2.17	(0.029)	2.38	(0.221)	4.55	(0.232)	953	2.29	(0.050)	10.04	(0.888)	12.33	(0.881)	2.14	(0.036)
2 and over...	20	(0.9)	7741	2.13	(0.026)	1.84	(0.175)	3.97	(0.182)	1183	2.26	(0.044)	9.34	(0.807)	11.60	(0.805)	2.09	(0.031)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Family income as % of Federal poverty threshold and age	Percent reporting supplement niacin [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(1.0)	1394	23.1	(1.47)	1.0	(0.17)	24.1	(1.47)	84	22.9	(2.30)	16.3	(0.86)	39.2	(2.71)	23.1	(1.50)
20 and over.....	15	(1.4)	1536	26.0	(0.94)	5.2	(1.07)	31.3	(0.83)	230	23.4	(1.07)	35.3	(5.82)	58.7	(5.41)	26.5	(0.99)
2 and over...	12	(1.0)	2930	25.0	(1.07)	3.8	(0.74)	28.8	(0.87)	314	23.3	(1.17)	32.0	(5.02)	55.3	(4.56)	25.2	(1.11)
131-350% poverty:																		
2 - 19.....	9	(1.6)	910	21.0	(0.63)	1.3	(0.26)	22.4	(0.62)		--		--		--		21.1	(0.65)
20 and over.....	23	(1.6)	1460	24.5	(0.55)	8.7	(1.68)	33.2	(1.91)	304	23.8	(0.71)	37.8	(6.07)	61.6	(6.22)	24.7	(0.65)
2 and over...	19	(1.3)	2370	23.6	(0.52)	6.8	(1.26)	30.4	(1.47)	374	23.4	(0.67)	35.1	(5.46)	58.5	(5.65)	23.7	(0.54)
Over 350% poverty:																		
2 - 19.....	10	(2.1)	569	21.8	(0.90)	2.0	(0.44)	23.8	(1.19)		--		--		--		21.6	(0.92)
20 and over.....	32	(1.8)	1290	27.8	(0.61)	13.8	(1.70)	41.6	(1.76)	376	27.1	(1.01)	42.9	(4.39)	70.0	(4.26)	28.2	(0.91)
2 and over...	28	(1.6)	1859	26.7	(0.54)	11.6	(1.41)	38.3	(1.54)	436	26.9	(0.98)	41.3	(4.01)	68.2	(3.81)	26.6	(0.68)
All Individuals [10]:																		
2 - 19.....	8	(0.7)	3097	22.1	(0.52)	1.3	(0.14)	23.4	(0.56)	236	22.1	(1.32)	16.5	(0.78)	38.6	(1.97)	22.1	(0.57)
20 and over.....	24	(1.2)	4644	26.2	(0.35)	10.0	(1.06)	36.1	(1.03)	974	25.3	(0.51)	40.8	(3.08)	66.1	(3.04)	26.4	(0.41)
2 and over...	20	(1.0)	7741	25.1	(0.31)	7.8	(0.81)	32.9	(0.78)	1210	25.0	(0.51)	38.4	(2.88)	63.3	(2.81)	25.2	(0.32)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

Vitamin B6

Family income as % of Federal poverty threshold and age	Percent reporting supplement vitamin B6 [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	9	(1.2)	1394	1.87	(0.104)	0.16	(0.023)	2.03	(0.109)	138	1.78	(0.128)	1.76	(0.105)	3.54	(0.202)	1.88	(0.109)
20 and over.....	15	(1.4)	1536	2.15	(0.097)	1.98*	(0.648)	4.12	(0.684)	241	2.17	(0.171)	12.84	(3.700)	15.01	(3.732)	2.14	(0.093)
2 and over...	13	(1.1)	2930	2.05	(0.090)	1.35*	(0.444)	3.40	(0.482)	379	2.08	(0.143)	10.20	(2.923)	12.28	(2.968)	2.05	(0.089)
131-350% poverty:																		
2 - 19.....	17	(2.8)	910	1.67	(0.045)	0.33	(0.049)	1.99	(0.052)	130	1.49	(0.120)	1.95	(0.308)	3.44	(0.375)	1.70	(0.042)
20 and over.....	24	(1.4)	1460	1.96	(0.072)	3.13	(0.497)	5.10	(0.508)	318	1.93	(0.070)	13.15	(1.942)	15.08	(1.949)	1.97	(0.090)
2 and over...	22	(1.4)	2370	1.89	(0.058)	2.41	(0.371)	4.29	(0.375)	448	1.85	(0.063)	10.94	(1.564)	12.79	(1.575)	1.90	(0.067)
Over 350% poverty:																		
2 - 19.....	27	(3.4)	569	1.75	(0.070)	0.94*	(0.368)	2.69	(0.391)	138	1.70	(0.150)	3.47*	(1.286)	5.17	(1.404)	1.77	(0.082)
20 and over.....	34	(1.9)	1290	2.39	(0.060)	4.16	(0.915)	6.55	(0.929)	391	2.37	(0.074)	12.36	(2.395)	14.73	(2.396)	2.40	(0.086)
2 and over...	32	(1.8)	1859	2.27	(0.051)	3.57	(0.755)	5.84	(0.771)	529	2.27	(0.076)	10.98	(2.041)	13.25	(2.041)	2.27	(0.069)
All Individuals [10]:																		
2 - 19.....	16	(1.4)	3097	1.78	(0.033)	0.42	(0.100)	2.20	(0.095)	443	1.65	(0.086)	2.57	(0.574)	4.22	(0.644)	1.81	(0.045)
20 and over.....	25	(1.2)	4644	2.18	(0.040)	3.28	(0.408)	5.47	(0.413)	1013	2.23	(0.053)	12.90	(1.487)	15.12	(1.481)	2.17	(0.047)
2 and over...	23	(1.2)	7741	2.08	(0.030)	2.55	(0.312)	4.63	(0.317)	1456	2.12	(0.051)	11.04	(1.217)	13.16	(1.215)	2.07	(0.033)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

F o l i c a c i d

Family income as % of Federal poverty threshold and age	Percent reporting supplement folic acid [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	9	(1.1)	1394	222	(7.3)	29	(3.8)	251	(9.5)	137	223	(15.0)	322	(12.9)	545	(23.5)	222	(8.1)
20 and over.....	16	(1.4)	1536	197	(10.7)	71	(7.5)	268	(13.1)	241	193	(23.5)	458	(14.3)	652	(31.3)	198	(9.1)
2 and over...	13	(1.1)	2930	206	(7.9)	57	(5.6)	262	(10.2)	378	200	(18.4)	426	(12.9)	626	(25.1)	206	(7.2)
131-350% poverty:																		
2 - 19.....	17	(2.9)	910	199	(10.4)	50	(9.7)	248	(17.8)	128	209	(16.6)	298	(25.4)	507	(35.9)	197	(10.4)
20 and over.....	24	(1.3)	1460	187	(7.3)	110	(7.7)	298	(9.9)	316	183	(18.0)	468	(16.1)	651	(22.7)	189	(7.2)
2 and over...	22	(1.4)	2370	190	(5.7)	95	(6.8)	285	(7.9)	444	188	(14.9)	434	(15.5)	622	(18.2)	191	(5.7)
Over 350% poverty:																		
2 - 19.....	28	(3.5)	569	212	(13.5)	76	(11.5)	288	(22.2)	136	240	(28.8)	272	(10.5)	512	(33.9)	201	(14.1)
20 and over.....	34	(2.0)	1290	207	(4.6)	149	(10.2)	356	(12.1)	392	213	(12.4)	441	(12.2)	654	(22.5)	204	(7.4)
2 and over...	33	(1.9)	1859	208	(5.0)	136	(9.3)	344	(12.1)	528	217	(12.3)	414	(11.2)	631	(20.9)	204	(6.2)
All Individuals [10]:																		
2 - 19.....	17	(1.5)	3097	213	(4.1)	48	(4.4)	261	(6.5)	440	225	(18.0)	288	(8.9)	513	(24.5)	211	(3.9)
20 and over.....	25	(1.2)	4644	198	(4.1)	115	(6.2)	313	(7.6)	1012	201	(10.1)	451	(8.3)	652	(16.0)	197	(4.2)
2 and over...	23	(1.2)	7741	202	(3.2)	98	(5.4)	299	(6.2)	1452	205	(9.1)	422	(6.8)	627	(13.1)	201	(3.1)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

F o l a t e (D F E)

Family income as % of Federal poverty threshold and age	Percent reporting supplement folate (DFE) [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	9	(1.1)	1394	540	(15.3)	50	(6.5)	589	(18.3)	137	530	(29.6)	547	(21.9)	1078	(43.5)	541	(16.4)
20 and over.....	16	(1.4)	1536	556	(22.8)	121	(12.8)	677	(26.2)	241	568	(48.3)	779	(24.3)	1348	(64.0)	554	(19.3)
2 and over...	13	(1.1)	2930	551	(17.7)	96	(9.5)	647	(20.9)	378	560	(37.7)	725	(21.9)	1284	(52.3)	549	(15.7)
131-350% poverty:																		
2 - 19.....	17	(2.9)	910	505	(16.4)	84	(16.5)	590	(28.8)	128	518	(29.3)	507	(43.3)	1025	(67.6)	503	(16.1)
20 and over.....	24	(1.3)	1460	535	(14.8)	188	(13.1)	723	(19.6)	316	537	(30.9)	795	(27.3)	1332	(42.3)	534	(17.0)
2 and over...	22	(1.4)	2370	527	(11.4)	161	(11.5)	688	(14.8)	444	533	(24.9)	738	(26.4)	1271	(36.0)	526	(13.4)
Over 350% poverty:																		
2 - 19.....	28	(3.5)	569	524	(26.0)	130	(19.6)	654	(39.4)	136	560	(56.1)	462	(17.9)	1022	(65.1)	511	(28.0)
20 and over.....	34	(2.0)	1290	614	(10.7)	253	(17.3)	868	(22.8)	392	640	(26.4)	749	(20.8)	1389	(41.9)	602	(15.9)
2 and over...	33	(1.9)	1859	598	(11.3)	231	(15.8)	828	(22.6)	528	627	(25.8)	704	(19.0)	1331	(39.7)	584	(13.3)
All Individuals [10]:																		
2 - 19.....	17	(1.5)	3097	527	(8.5)	81	(7.5)	608	(11.0)	440	539	(33.2)	490	(15.1)	1029	(45.0)	524	(8.9)
20 and over.....	25	(1.2)	4644	570	(8.8)	195	(10.5)	765	(14.8)	1012	593	(19.5)	767	(14.1)	1360	(29.7)	562	(9.0)
2 and over...	23	(1.2)	7741	559	(7.2)	166	(9.1)	725	(12.0)	1452	583	(17.7)	717	(11.6)	1300	(24.9)	552	(6.9)

See page 23 for footnotes.

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C h o l i n e

Family income as % of Federal poverty threshold and age	Percent reporting supplement choline [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	4	(0.6)	1394	272	(10.3)	1	(0.3)	273	(10.2)	77	239	(17.0)	25	(4.5)	263	(19.4)	273	(11.0)
20 and over.....	3	(1.1)	1536	328	(8.5)	1*	(0.5)	329	(8.6)		--		--		--		329	(9.3)
2 and over...	3	(0.8)	2930	309	(7.3)	1*	(0.4)	310	(7.4)	107	273	(27.4)	33	(4.5)	306	(25.5)	310	(7.8)
131-350% poverty:																		
2 - 19.....	12	(2.2)	910	252	(10.2)	3	(0.8)	255	(10.2)	91	248	(22.0)	26	(2.4)	274	(22.0)	253	(11.3)
20 and over.....	3	(0.6)	1460	323	(12.1)	2	(0.4)	324	(12.2)		--		--		--		320	(11.6)
2 and over...	5	(0.8)	2370	305	(10.2)	2	(0.4)	306	(10.2)	133	312	(34.4)	36	(3.4)	348	(35.7)	304	(10.3)
Over 350% poverty:																		
2 - 19.....	19	(3.5)	569	268	(9.9)	4*	(1.1)	272	(10.3)	95	230	(24.6)	19	(4.8)	248	(22.9)	277	(12.0)
20 and over.....	7	(1.4)	1290	355	(7.2)	2	(0.5)	358	(7.2)		--		--		--		354	(7.0)
2 and over...	9	(1.4)	1859	339	(6.9)	2	(0.5)	342	(7.0)	169	318	(32.3)	26	(4.2)	344	(32.3)	341	(7.3)
All Individuals [10]:																		
2 - 19.....	11	(1.1)	3097	263	(3.9)	2	(0.3)	266	(3.8)	296	238	(13.6)	22	(2.4)	260	(13.2)	266	(4.8)
20 and over.....	5	(0.6)	4644	336	(3.7)	2	(0.3)	338	(3.8)	157	362	(35.6)	36	(4.0)	398	(34.9)	335	(3.9)
2 and over...	6	(0.6)	7741	318	(2.9)	2	(0.3)	319	(2.9)	453	309	(22.0)	30	(2.5)	338	(21.6)	318	(3.2)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

Vitamin B12

Family income as % of Federal poverty threshold and age	Percent reporting supplement vitamin B12 [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	9	(1.2)	1394	5.37	(0.350)	0.5	(0.08)	5.9	(0.37)	138	5.20	(0.520)	5.8	(0.39)	11.0	(0.85)	5.39	(0.380)
20 and over.....	16	(1.4)	1536	5.08	(0.220)	31.0	(6.38)	36.1	(6.44)	257	5.24	(0.526)	191.7	(39.26)	196.9	(39.54)	5.05	(0.195)
2 and over...	14	(1.1)	2930	5.18	(0.241)	20.5	(4.06)	25.7	(4.13)	395	5.23	(0.445)	149.1	(29.17)	154.4	(29.35)	5.17	(0.240)
131-350% poverty:																		
2 - 19.....	17	(2.8)	910	4.70	(0.227)	1.7*	(0.55)	6.4	(0.59)	130	4.46	(0.217)	9.9*	(3.43)	14.4	(3.42)	4.75	(0.263)
20 and over.....	26	(1.7)	1460	4.78	(0.152)	68.8*	(25.72)	73.6*	(25.77)	335	4.96	(0.210)	267.3*	(90.58)	272.3*	(90.56)	4.72	(0.179)
2 and over...	23	(1.5)	2370	4.76	(0.132)	51.4*	(18.90)	56.1*	(18.91)	465	4.87	(0.176)	219.7*	(76.82)	224.5*	(76.81)	4.73	(0.151)
Over 350% poverty:																		
2 - 19.....	29	(3.0)	569	5.25	(0.269)	6.6*	(3.17)	11.9	(3.19)	140	5.17	(0.423)	23.2*	(11.20)	28.3*	(11.30)	5.28	(0.350)
20 and over.....	35	(1.9)	1290	6.29	(0.532)	57.9	(8.46)	64.2	(8.35)	412	5.77	(0.313)	163.4	(22.94)	169.2	(22.99)	6.57	(0.890)
2 and over...	34	(1.7)	1859	6.10	(0.479)	48.4	(6.85)	54.5	(6.79)	552	5.68	(0.274)	141.8	(19.70)	147.4	(19.79)	6.31	(0.776)
All Individuals [10]:																		
2 - 19.....	17	(1.4)	3097	5.13	(0.156)	2.5*	(0.88)	7.6	(0.89)	445	4.98	(0.236)	14.7*	(5.12)	19.7	(5.17)	5.16	(0.189)
20 and over.....	27	(1.3)	4644	5.46	(0.220)	53.9	(10.52)	59.4	(10.51)	1072	5.47	(0.228)	199.4	(34.04)	204.9	(34.13)	5.45	(0.323)
2 and over...	24	(1.2)	7741	5.37	(0.183)	40.8	(7.90)	46.2	(7.89)	1517	5.38	(0.182)	167.2	(29.62)	172.6	(29.69)	5.37	(0.261)

See page 23 for footnotes.

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

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Vitamin C

Family income as % of Federal poverty threshold and age	Percent reporting supplement vitamin C [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	10	(1.6)	1394	75.3	(4.44)	11.2	(3.28)	86.5	(5.03)	153	84.4	(5.45)	109.0	(23.33)	193.4	(22.65)	74.3	(4.59)
20 and over.....	16	(1.4)	1536	84.8	(7.02)	33.9	(4.83)	118.7	(6.56)	267	88.3	(12.05)	216.5	(20.39)	304.8	(21.89)	84.2	(7.74)
2 and over...	14	(1.1)	2930	81.5	(5.34)	26.1	(3.87)	107.6	(5.04)	420	87.3	(9.66)	188.9	(18.88)	276.2	(21.14)	80.6	(5.64)
131-350% poverty:																		
2 - 19.....	18	(2.8)	910	90.6	(11.35)	22.5	(4.01)	113.1	(11.27)	149	102.4	(19.72)	123.7	(14.97)	226.1	(23.73)	88.0	(13.01)
20 and over.....	26	(1.3)	1460	77.3	(4.53)	80.6	(6.39)	157.9	(7.95)	358	75.6	(6.01)	309.5	(27.15)	385.1	(29.84)	77.9	(5.32)
2 and over...	24	(1.4)	2370	80.8	(4.22)	65.5	(4.83)	146.3	(6.24)	507	80.9	(7.29)	273.0	(25.07)	353.9	(28.81)	80.7	(4.90)
Over 350% poverty:																		
2 - 19.....	29	(3.6)	569	71.5	(3.92)	19.9	(5.39)	91.5	(5.10)	148	69.5	(4.87)	67.6	(15.31)	137.1	(17.87)	72.4	(5.17)
20 and over.....	36	(2.0)	1290	89.9	(3.74)	112.9	(12.86)	202.8	(14.15)	432	99.7	(5.60)	315.8	(33.26)	415.5	(35.73)	84.4	(4.83)
2 and over...	35	(1.9)	1859	86.5	(3.34)	95.7	(11.53)	182.2	(12.39)	580	95.0	(4.85)	276.7	(31.11)	371.7	(33.73)	82.0	(4.28)
All Individuals [10]:																		
2 - 19.....	18	(1.5)	3097	79.7	(4.40)	18.5	(1.90)	98.2	(3.99)	495	84.3	(7.19)	102.5	(8.66)	186.8	(12.11)	78.6	(4.46)
20 and over.....	27	(1.2)	4644	84.3	(4.06)	82.0	(6.75)	166.3	(7.62)	1127	89.8	(4.42)	302.2	(20.07)	392.0	(22.36)	82.3	(4.89)
2 and over...	25	(1.1)	7741	83.1	(3.33)	65.8	(5.38)	149.0	(6.19)	1622	88.8	(4.25)	265.2	(18.09)	354.0	(20.60)	81.3	(3.78)

See page 23 for footnotes.

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V i t a m i n D

Family income as % of Federal poverty threshold and age	Percent reporting supplement vitamin D [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	10	(1.5)	1394	6.1	(0.31)	1.1	(0.15)	7.3	(0.34)	151	5.5	(0.35)	11.2	(0.94)	16.7	(0.84)	6.2	(0.36)
20 and over.....	20	(1.5)	1536	4.8	(0.33)	7.0	(2.01)	11.8	(2.04)	317	4.8	(0.52)	35.4	(9.30)	40.2	(9.16)	4.8	(0.33)
2 and over...	16	(1.2)	2930	5.3	(0.28)	4.9	(1.37)	10.2	(1.41)	468	4.9	(0.42)	30.2	(7.54)	35.2	(7.41)	5.3	(0.29)
131-350% poverty:																		
2 - 19.....	17	(2.8)	910	5.5	(0.24)	1.7	(0.24)	7.2	(0.36)	143	6.0	(0.33)	9.7	(0.73)	15.7	(0.81)	5.4	(0.27)
20 and over.....	30	(1.5)	1460	4.3	(0.15)	8.8	(1.02)	13.1	(1.07)	418	4.4	(0.28)	28.9	(2.28)	33.3	(2.48)	4.2	(0.16)
2 and over...	27	(1.5)	2370	4.6	(0.12)	6.9	(0.79)	11.5	(0.79)	561	4.7	(0.22)	25.7	(2.13)	30.4	(2.24)	4.6	(0.14)
Over 350% poverty:																		
2 - 19.....	28	(3.3)	569	6.3	(0.29)	3.4	(0.47)	9.7	(0.59)	147	6.6	(0.73)	12.0	(1.12)	18.5	(1.80)	6.3	(0.41)
20 and over.....	40	(2.4)	1290	5.0	(0.23)	14.9	(2.58)	19.9	(2.48)	487	5.4	(0.56)	37.2	(5.20)	42.7	(5.02)	4.7	(0.23)
2 and over...	38	(2.1)	1859	5.2	(0.20)	12.7	(2.12)	18.0	(2.07)	634	5.6	(0.49)	33.8	(4.64)	39.4	(4.50)	5.0	(0.22)
All Individuals [10]:																		
2 - 19.....	17	(1.4)	3097	6.0	(0.15)	1.9	(0.17)	7.8	(0.22)	481	6.2	(0.33)	10.9	(0.52)	17.1	(0.76)	5.9	(0.19)
20 and over.....	31	(1.6)	4644	4.7	(0.15)	11.2	(1.19)	15.9	(1.19)	1310	5.0	(0.30)	35.7	(2.77)	40.7	(2.72)	4.6	(0.13)
2 and over...	28	(1.5)	7741	5.0	(0.12)	8.8	(0.91)	13.8	(0.92)	1791	5.2	(0.25)	31.8	(2.30)	37.0	(2.27)	5.0	(0.13)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

V i t a m i n K

Family income as % of Federal poverty threshold and age	Percent reporting supplement vitamin K [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	1*	(0.5)	1394	68.0	(4.41)	0.3*	(0.11)	68.3	(4.45)		--		--		--		67.6	(4.46)
20 and over.....	11	(1.1)	1536	100.7	(7.44)	3.6	(0.36)	104.3	(7.50)	178	97.7	(10.67)	32.3	(1.67)	130.0	(10.20)	101.0	(8.20)
2 and over...	8	(0.8)	2930	89.4	(5.70)	2.4	(0.24)	91.8	(5.73)	194	97.7	(9.89)	31.7	(1.56)	129.4	(9.44)	88.7	(6.10)
131-350% poverty:																		
2 - 19.....	1*	(0.4)	910	66.1	(3.58)	0.3*	(0.12)	66.4	(3.54)		--		--		--		66.1	(3.61)
20 and over.....	18	(1.3)	1460	105.5	(4.45)	5.7	(0.48)	111.3	(4.60)	236	130.9	(11.56)	31.0	(1.40)	161.9	(12.11)	99.8	(3.44)
2 and over...	14	(1.2)	2370	95.3	(3.59)	4.3	(0.42)	99.6	(3.71)	245	129.8	(11.23)	31.0	(1.38)	160.8	(11.76)	89.7	(2.89)
Over 350% poverty:																		
2 - 19.....	3*	(1.3)	569	63.8	(3.98)	1.3*	(0.68)	65.1	(3.78)		--		--		--		64.2	(4.01)
20 and over.....	23	(1.4)	1290	170.1	(18.66)	7.9	(0.47)	178.0	(18.80)	288	156.3	(16.88)	34.3	(1.59)	190.5	(17.14)	174.2	(23.65)
2 and over...	19	(1.1)	1859	150.4	(15.38)	6.7	(0.36)	157.1	(15.50)	302	153.0	(16.43)	34.4	(1.60)	187.4	(16.66)	149.8	(18.40)
All Individuals [10]:																		
2 - 19.....	2	(0.4)	3097	66.4	(2.51)	0.5*	(0.18)	66.9	(2.41)		--		--		--		66.3	(2.44)
20 and over.....	18	(1.0)	4644	129.8	(8.73)	6.1	(0.32)	135.9	(8.90)	753	140.5	(9.38)	33.2	(1.12)	173.7	(9.65)	127.4	(10.00)
2 and over...	14	(0.8)	7741	113.7	(6.76)	4.7	(0.26)	118.3	(6.90)	797	138.4	(9.07)	33.1	(1.11)	171.5	(9.34)	109.6	(7.31)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

L y c o p e n e

Family income as % of Federal poverty threshold and age	Percent reporting supplement lycopene [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	#		1394	5444	(503.5)	1*	(0.6)	5444	(503.9)		--		--		--		5449	(511.0)
20 and over.....	4	(0.7)	1536	5674	(363.3)	15	(2.5)	5689	(363.7)		--		--		--		5744	(393.5)
2 and over...	3	(0.4)	2930	5594	(340.7)	10	(1.6)	5604	(341.0)		--		--		--		5639	(363.2)
131-350% poverty:																		
2 - 19.....	#		910	5164	(499.8)	1*	(0.7)	5164	(499.8)		--		--		--		5165	(500.1)
20 and over.....	11	(1.1)	1460	4680	(261.0)	91*	(34.3)	4771	(267.7)	146	5237	(890.1)	800*	(282.8)	6036	(862.2)	4608	(266.4)
2 and over...	8	(0.9)	2370	4805	(259.8)	68*	(25.1)	4873	(263.2)	147	5234	(888.2)	800*	(282.1)	6034	(860.3)	4766	(275.3)
Over 350% poverty:																		
2 - 19.....	1*	(0.7)	569	5258	(682.6)	10*	(6.6)	5268	(680.1)		--		--		--		5237	(700.5)
20 and over.....	14	(1.9)	1290	5564	(357.8)	131*	(42.4)	5695	(374.3)	165	7463	(984.3)	941	(258.8)	8404	(1051.3)	5258	(378.4)
2 and over...	12	(1.6)	1859	5508	(279.5)	108*	(34.8)	5616	(292.8)	170	7453	(969.9)	937	(253.3)	8390	(1034.8)	5254	(296.6)
All Individuals [10]:																		
2 - 19.....	#		3097	5255	(347.3)	3*	(1.8)	5257	(346.5)		--		--		--		5251	(352.3)
20 and over.....	10	(1.0)	4644	5264	(159.7)	88	(21.0)	5353	(162.5)	407	6221	(402.5)	846	(162.3)	7067	(421.7)	5152	(167.0)
2 and over...	8	(0.8)	7741	5262	(165.5)	67	(15.8)	5328	(165.9)	417	6218	(406.2)	843	(160.7)	7062	(425.8)	5180	(174.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

			Lutein + zeaxanthin																
			All Individuals [6]							*Supplement Users* [7]							*Non-users* [8]	
Family income as % of Federal poverty threshold and age	Percent reporting supplement lutein + zeaxanthin [9]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	#		1394	788	(53.2)	#		788	(53.2)		--		--		--		789	(53.3)
20 and over.....	4	(0.7)	1536	1266	(99.2)	41*	(16.2)	1308	(98.5)		--		--		--		1266	(99.6)
2 and over...	3	(0.5)	2930	1101	(75.0)	27*	(10.4)	1128	(74.1)		--		--		--		1097	(75.6)
131-350% poverty:																		
2 - 19.....	#		910	819	(59.6)	1*	(0.9)	821	(59.4)		--		--		--		817	(60.1)
20 and over.....	9	(1.3)	1460	1389	(85.9)	124*	(39.1)	1513	(85.2)	114	2014	(387.0)	1427*	(485.2)	3441	(608.7)	1330	(68.7)
2 and over...	6	(1.1)	2370	1241	(65.4)	92*	(28.9)	1333	(64.1)	117	2013	(384.1)	1420*	(481.3)	3433	(604.0)	1188	(53.8)
Over 350% poverty:																		
2 - 19.....	2*	(0.8)	569	747	(71.9)	12*	(8.0)	759	(71.9)		--		--		--		745	(73.1)
20 and over.....	11	(1.2)	1290	2326	(205.4)	244*	(88.9)	2570	(261.3)	142	3315*	(1315.9)	2252	(672.4)	5567*	(1726.9)	2205	(229.7)
2 and over...	9	(1.0)	1859	2034	(165.2)	201*	(72.6)	2235	(209.4)	149	3241*	(1282.4)	2206	(651.8)	5447*	(1681.8)	1912	(176.3)
All Individuals [10]:																		
2 - 19.....	#		3097	792	(33.8)	3*	(2.1)	796	(32.8)		--		--		--		791	(33.5)
20 and over.....	8	(0.7)	4644	1732	(122.1)	146	(31.7)	1878	(140.0)	354	2548	(678.9)	1731	(321.4)	4278	(896.2)	1657	(123.1)
2 and over...	6	(0.6)	7741	1492	(96.4)	110	(23.8)	1602	(109.3)	366	2519	(669.0)	1711	(315.9)	4230	(882.8)	1422	(94.4)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Family income as % of Federal poverty threshold and age	Percent reporting supplement calcium [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(0.8)	1394	1066	(37.2)	9	(2.0)	1074	(36.6)	80	970	(42.9)	153	(23.2)	1123	(52.0)	1071	(38.9)
20 and over.....	19	(2.3)	1536	1021	(38.0)	89	(12.9)	1110	(38.9)	309	979	(62.8)	474	(15.1)	1453	(57.9)	1030	(39.7)
2 and over...	14	(1.5)	2930	1036	(33.2)	61	(8.2)	1098	(34.7)	389	978	(54.7)	430	(16.0)	1408	(52.9)	1046	(35.0)
131-350% poverty:																		
2 - 19.....	10	(2.4)	910	1053	(38.9)	20*	(6.1)	1073	(38.4)		--		--		--		1046	(39.7)
20 and over.....	28	(1.6)	1460	917	(30.7)	144	(11.5)	1061	(36.5)	379	925	(38.8)	507	(33.7)	1432	(58.5)	914	(34.0)
2 and over...	24	(1.4)	2370	952	(27.7)	112	(8.6)	1064	(29.2)	453	946	(33.7)	475	(28.7)	1421	(53.2)	954	(31.8)
Over 350% poverty:																		
2 - 19.....	14	(1.9)	569	1155	(42.7)	23	(2.5)	1177	(43.4)		--		--		--		1160	(34.6)
20 and over.....	37	(2.3)	1290	1046	(26.5)	178	(15.7)	1223	(36.6)	446	1097	(47.0)	476	(29.3)	1573	(52.4)	1015	(25.5)
2 and over...	33	(1.8)	1859	1066	(26.7)	149	(12.8)	1215	(35.7)	519	1099	(48.9)	451	(25.8)	1550	(54.3)	1050	(23.9)
All Individuals [10]:																		
2 - 19.....	9	(0.9)	3097	1082	(20.5)	16	(2.1)	1098	(21.0)	252	1097	(56.0)	170	(16.1)	1266	(57.6)	1081	(20.4)
20 and over.....	30	(1.7)	4644	989	(14.5)	144	(10.1)	1133	(21.4)	1221	1013	(28.0)	487	(21.7)	1500	(39.5)	979	(14.1)
2 and over...	24	(1.4)	7741	1013	(13.9)	111	(7.9)	1124	(19.2)	1473	1021	(26.8)	456	(18.8)	1477	(36.8)	1010	(14.5)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

Phosphorus

Family income as % of Federal poverty threshold and age	Percent reporting supplement phosphorus [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	3	(0.6)	1394	1324	(38.9)	3	(0.7)	1327	(38.8)		--		--		--		1325	(39.0)
20 and over.....	8	(1.0)	1536	1422	(35.0)	3	(0.4)	1424	(35.0)	135	1396	(100.1)	33	(3.0)	1429	(100.2)	1424	(33.8)
2 and over...	6	(0.6)	2930	1388	(31.1)	3	(0.4)	1391	(31.1)	186	1382	(99.2)	43	(4.1)	1425	(98.7)	1389	(30.5)
131-350% poverty:																		
2 - 19.....	6	(1.8)	910	1278	(38.9)	6*	(1.9)	1284	(39.2)		--		--		--		1276	(39.4)
20 and over.....	12	(1.5)	1460	1342	(39.7)	7	(2.0)	1349	(40.1)	156	1273	(68.1)	55	(14.8)	1329	(73.8)	1352	(40.1)
2 and over...	11	(1.3)	2370	1325	(35.0)	7	(1.5)	1332	(35.1)	203	1278	(62.3)	61	(12.5)	1338	(66.2)	1331	(35.4)
Over 350% poverty:																		
2 - 19.....	6	(2.0)	569	1383	(42.9)	6*	(1.9)	1389	(43.1)		--		--		--		1394	(37.9)
20 and over.....	15	(1.6)	1290	1502	(29.3)	8	(1.8)	1510	(30.0)	184	1541	(120.4)	57	(9.0)	1598	(125.8)	1495	(30.7)
2 and over...	13	(1.4)	1859	1480	(26.3)	8	(1.4)	1488	(26.4)	218	1512	(114.9)	60	(7.8)	1572	(118.5)	1475	(28.8)
All Individuals [10]:																		
2 - 19.....	5	(0.6)	3097	1319	(17.6)	5	(0.5)	1323	(17.7)	149	1300	(54.6)	90	(4.1)	1389	(54.6)	1320	(18.3)
20 and over.....	12	(0.7)	4644	1420	(13.1)	6	(0.8)	1426	(13.2)	514	1413	(65.4)	51	(6.1)	1464	(67.5)	1421	(13.8)
2 and over...	10	(0.6)	7741	1394	(10.3)	6	(0.6)	1400	(10.3)	663	1398	(60.2)	56	(5.4)	1454	(61.7)	1394	(11.7)

See page 23 for footnotes.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

M a g n e s i u m

Family income as % of Federal poverty threshold and age	Percent reporting supplement magnesium [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(1.0)	1394	241	(5.7)	1*	(0.5)	242	(5.9)	82	226	(16.1)	26	(5.3)	252	(18.6)	242	(6.1)
20 and over.....	14	(1.6)	1536	297	(6.5)	12	(1.9)	309	(7.0)	227	321	(14.4)	89	(5.4)	410	(13.2)	293	(7.7)
2 and over...	11	(1.1)	2930	278	(5.5)	9	(1.2)	286	(5.6)	309	304	(14.2)	78	(4.8)	382	(14.4)	274	(6.3)
131-350% poverty:																		
2 - 19.....	8	(1.9)	910	238	(5.8)	2	(0.4)	240	(5.8)		--		--		--		236	(5.9)
20 and over.....	22	(1.6)	1460	292	(7.4)	24	(2.1)	315	(8.0)	281	301	(11.5)	109	(8.4)	410	(16.8)	289	(8.6)
2 and over...	18	(1.4)	2370	278	(6.2)	18	(1.5)	296	(6.5)	347	295	(10.4)	99	(7.8)	394	(15.2)	274	(6.9)
Over 350% poverty:																		
2 - 19.....	15	(1.7)	569	257	(8.2)	5	(1.0)	262	(8.3)		--		--		--		253	(7.9)
20 and over.....	29	(1.8)	1290	347	(9.5)	38	(7.2)	384	(13.4)	347	375	(12.4)	131	(20.5)	506	(26.9)	335	(9.7)
2 and over...	26	(1.5)	1859	330	(8.5)	32	(6.0)	362	(12.2)	411	365	(11.3)	120	(18.2)	485	(24.2)	318	(8.2)
All Individuals [10]:																		
2 - 19.....	9	(0.7)	3097	244	(2.8)	3	(0.4)	246	(2.8)	235	257	(9.7)	29	(3.2)	286	(10.7)	242	(2.8)
20 and over.....	22	(1.2)	4644	314	(5.0)	26	(3.8)	340	(7.1)	915	339	(9.2)	116	(12.8)	455	(17.8)	306	(5.1)
2 and over...	19	(1.0)	7741	296	(4.0)	20	(2.9)	316	(5.8)	1150	329	(8.4)	106	(11.3)	435	(15.7)	288	(3.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

I r o n

Family income as % of Federal poverty threshold and age	Percent reporting supplement iron [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	5	(0.7)	1394	14.7	(0.25)	1.1	(0.16)	15.7	(0.32)		--		--		--		14.7	(0.25)
20 and over.....	10	(0.9)	1536	15.2	(0.38)	2.7	(0.34)	17.9	(0.55)	157	13.9	(0.76)	26.7	(2.00)	40.6	(2.52)	15.4	(0.37)
2 and over...	8	(0.6)	2930	15.0	(0.28)	2.1	(0.24)	17.2	(0.40)	224	13.9	(0.64)	25.8	(1.62)	39.7	(2.08)	15.1	(0.26)
131-350% poverty:																		
2 - 19.....	5	(1.6)	910	13.9	(0.41)	0.9*	(0.31)	14.8	(0.65)		--		--		--		13.8	(0.35)
20 and over.....	12	(1.0)	1460	14.9	(0.44)	2.9	(0.30)	17.8	(0.55)	157	14.8	(0.79)	24.8	(2.09)	39.7	(2.24)	15.0	(0.49)
2 and over...	10	(1.0)	2370	14.7	(0.33)	2.4	(0.28)	17.1	(0.46)	206	15.0	(0.70)	23.9	(1.83)	38.9	(2.04)	14.6	(0.36)
Over 350% poverty:																		
2 - 19.....	9	(2.0)	569	14.1	(0.49)	1.6	(0.41)	15.7	(0.63)		--		--		--		14.1	(0.50)
20 and over.....	16	(1.5)	1290	16.8	(0.37)	3.1	(0.44)	19.9	(0.43)	196	16.2	(0.57)	18.8	(1.94)	35.0	(1.97)	16.9	(0.44)
2 and over...	15	(1.1)	1859	16.3	(0.34)	2.8	(0.34)	19.1	(0.34)	248	15.9	(0.53)	18.8	(1.80)	34.7	(1.77)	16.4	(0.39)
All Individuals [10]:																		
2 - 19.....	6	(0.5)	3097	14.3	(0.21)	1.2	(0.10)	15.5	(0.25)	189	14.7	(0.84)	19.3	(1.05)	33.9	(1.00)	14.3	(0.20)
20 and over.....	13	(0.8)	4644	15.8	(0.17)	2.9	(0.20)	18.7	(0.27)	544	15.4	(0.42)	22.3	(1.30)	37.7	(1.51)	15.8	(0.18)
2 and over...	11	(0.6)	7741	15.4	(0.13)	2.5	(0.16)	17.9	(0.20)	733	15.3	(0.40)	21.8	(1.16)	37.1	(1.36)	15.4	(0.14)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

Z i n c

Family income as % of Federal poverty threshold and age	Percent reporting supplement zinc [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	8	(1.0)	1394	10.4	(0.28)	0.7	(0.11)	11.1	(0.31)	124	9.9	(0.49)	8.7	(0.84)	18.6	(0.88)	10.4	(0.30)
20 and over.....	14	(1.1)	1536	11.5	(0.21)	2.0	(0.21)	13.4	(0.30)	223	11.5	(0.62)	14.3	(0.61)	25.8	(0.99)	11.5	(0.21)
2 and over...	12	(0.9)	2930	11.1	(0.17)	1.5	(0.13)	12.6	(0.22)	347	11.1	(0.52)	12.9	(0.44)	24.0	(0.71)	11.1	(0.16)
131-350% poverty:																		
2 - 19.....	15	(2.9)	910	9.7	(0.36)	1.0	(0.23)	10.7	(0.44)	118	9.4	(0.56)	6.7	(1.04)	16.1	(1.44)	9.7	(0.36)
20 and over.....	22	(1.3)	1460	10.8	(0.38)	3.3	(0.12)	14.1	(0.40)	290	10.8	(0.61)	15.3	(0.72)	26.1	(1.09)	10.8	(0.39)
2 and over...	20	(1.4)	2370	10.5	(0.32)	2.7	(0.12)	13.2	(0.32)	408	10.6	(0.49)	13.6	(0.57)	24.1	(0.93)	10.5	(0.35)
Over 350% poverty:																		
2 - 19.....	27	(2.9)	569	10.7	(0.66)	1.6	(0.26)	12.4	(0.87)	134	10.4	(1.26)	6.0	(0.73)	16.4	(1.80)	10.9	(0.66)
20 and over.....	30	(1.5)	1290	12.3	(0.27)	5.0	(0.42)	17.2	(0.52)	363	13.0	(0.47)	16.4	(1.12)	29.4	(1.13)	12.0	(0.30)
2 and over...	30	(1.4)	1859	12.0	(0.27)	4.3	(0.37)	16.3	(0.52)	497	12.6	(0.45)	14.6	(0.94)	27.2	(1.11)	11.8	(0.27)
All Individuals [10]:																		
2 - 19.....	16	(1.3)	3097	10.2	(0.20)	1.1	(0.09)	11.3	(0.24)	413	10.0	(0.62)	6.7	(0.57)	16.7	(1.06)	10.2	(0.21)
20 and over.....	23	(1.0)	4644	11.5	(0.15)	3.6	(0.23)	15.1	(0.28)	934	12.0	(0.26)	15.8	(0.72)	27.8	(0.73)	11.4	(0.16)
2 and over...	21	(1.0)	7741	11.2	(0.13)	3.0	(0.18)	14.1	(0.25)	1347	11.6	(0.25)	14.1	(0.51)	25.7	(0.60)	11.1	(0.13)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Family income as % of Federal poverty threshold and age	Percent reporting supplement copper [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	5	(0.7)	1394	1.0	(0.02)	0.1	(0.02)	1.1	(0.03)		--		--		--		1.0	(0.02)
20 and over.....	13	(1.2)	1536	1.2	(0.02)	0.1	(0.02)	1.4	(0.03)	201	1.3	(0.05)	1.2	(0.07)	2.5	(0.10)	1.2	(0.03)
2 and over...	10	(0.8)	2930	1.1	(0.02)	0.1	(0.01)	1.3	(0.03)	267	1.3	(0.05)	1.3	(0.07)	2.6	(0.09)	1.1	(0.02)
131-350% poverty:																		
2 - 19.....	7	(1.9)	910	1.0	(0.03)	0.1	(0.04)	1.1	(0.05)		--		--		--		1.0	(0.04)
20 and over.....	20	(1.2)	1460	1.2	(0.03)	0.2	(0.02)	1.5	(0.03)	260	1.3	(0.06)	1.1	(0.08)	2.4	(0.12)	1.2	(0.03)
2 and over...	17	(1.2)	2370	1.2	(0.02)	0.2	(0.02)	1.4	(0.02)	313	1.2	(0.05)	1.2	(0.07)	2.4	(0.11)	1.2	(0.02)
Over 350% poverty:																		
2 - 19.....	10	(1.9)	569	1.1	(0.06)	0.2	(0.03)	1.3	(0.09)		--		--		--		1.1	(0.05)
20 and over.....	27	(1.6)	1290	1.6	(0.11)	0.4	(0.03)	1.9	(0.13)	327	1.6	(0.05)	1.4	(0.08)	3.0	(0.09)	1.6	(0.14)
2 and over...	24	(1.4)	1859	1.5	(0.10)	0.3	(0.03)	1.8	(0.12)	380	1.6	(0.05)	1.4	(0.08)	3.0	(0.09)	1.5	(0.12)
All Individuals [10]:																		
2 - 19.....	7	(0.6)	3097	1.0	(0.02)	0.1	(0.01)	1.1	(0.02)	189	1.1	(0.07)	1.8	(0.05)	3.0	(0.09)	1.0	(0.02)
20 and over.....	21	(1.0)	4644	1.4	(0.05)	0.3	(0.02)	1.6	(0.06)	843	1.4	(0.03)	1.3	(0.05)	2.7	(0.06)	1.3	(0.06)
2 and over...	17	(0.8)	7741	1.3	(0.04)	0.2	(0.01)	1.5	(0.05)	1032	1.4	(0.04)	1.3	(0.04)	2.7	(0.05)	1.2	(0.04)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Family income as % of Federal poverty threshold and age	Percent reporting supplement sodium [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(1.0)	1394	3172	(89.8)	1	(0.1)	3172	(89.8)	81	2566	(116.4)	11	(0.8)	2576	(116.6)	3209	(92.5)
20 and over.....	3	(0.7)	1536	3645	(104.0)	1*	(0.4)	3646	(104.0)		--		--		--		3651	(107.0)
2 and over...	4	(0.7)	2930	3482	(91.0)	1*	(0.2)	3482	(91.0)	126	2973	(164.3)	20	(4.8)	2993	(167.7)	3501	(93.7)
131-350% poverty:																		
2 - 19.....	9	(2.1)	910	3130	(103.3)	1	(0.3)	3131	(103.2)		--		--		--		3166	(111.0)
20 and over.....	5	(0.9)	1460	3473	(93.8)	2	(0.5)	3475	(93.9)		--		--		--		3491	(92.4)
2 and over...	6	(1.0)	2370	3384	(84.9)	2	(0.4)	3386	(84.9)	137	2994	(173.4)	32	(4.9)	3026	(174.5)	3409	(84.9)
Over 350% poverty:																		
2 - 19.....	10	(2.7)	569	3137	(90.6)	1	(0.3)	3138	(90.7)		--		--		--		3226	(112.7)
20 and over.....	7	(0.9)	1290	3717	(85.9)	2	(0.5)	3719	(86.0)	85	3595	(221.4)	32	(4.8)	3627	(223.0)	3726	(88.5)
2 and over...	8	(0.8)	1859	3610	(74.4)	2	(0.4)	3612	(74.5)	140	3283	(182.3)	27	(3.8)	3310	(183.9)	3636	(80.1)
All Individuals [10]:																		
2 - 19.....	8	(1.1)	3097	3138	(48.7)	1	(0.2)	3139	(48.7)	221	2601	(110.3)	13	(0.8)	2613	(110.5)	3185	(55.1)
20 and over.....	5	(0.4)	4644	3607	(29.4)	2	(0.2)	3608	(29.4)	213	3412	(151.3)	35	(4.0)	3447	(152.9)	3617	(27.7)
2 and over...	6	(0.5)	7741	3487	(24.6)	2	(0.2)	3489	(24.6)	434	3130	(116.4)	27	(2.8)	3158	(117.9)	3509	(25.7)

See page 23 for footnotes.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Federal Poverty Threshold[5]) and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Family income as % of Federal poverty threshold and age	Percent reporting supplement potassium [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	#		1394	2257	(32.0)	#		2257	(32.0)		--		--		--		2256	(32.0)
20 and over.....	9	(1.2)	1536	2675	(61.0)	9	(1.3)	2684	(60.7)	154	2649	(148.7)	95	(5.7)	2744	(146.5)	2677	(64.9)
2 and over...	6	(0.7)	2930	2530	(47.1)	6	(0.8)	2536	(46.7)	156	2648	(146.0)	95	(5.7)	2743	(143.7)	2523	(49.3)
131-350% poverty:																		
2 - 19.....	1*	(0.2)	910	2244	(59.6)	#		2244	(59.6)		--		--		--		2243	(60.0)
20 and over.....	14	(1.5)	1460	2618	(61.4)	12	(1.3)	2630	(61.6)	186	2695	(120.7)	85	(4.3)	2780	(119.9)	2605	(64.9)
2 and over...	11	(1.2)	2370	2521	(55.2)	9	(1.0)	2530	(55.3)	193	2690	(119.3)	85	(4.3)	2775	(118.5)	2500	(57.8)
Over 350% poverty:																		
2 - 19.....	2*	(1.4)	569	2384	(70.6)	1*	(0.3)	2385	(70.5)		--		--		--		2380	(71.8)
20 and over.....	20	(1.5)	1290	3045	(73.0)	17	(2.0)	3061	(73.9)	231	3295	(123.4)	86	(6.2)	3381	(123.8)	2982	(69.4)
2 and over...	17	(1.1)	1859	2922	(68.0)	14	(1.7)	2936	(68.8)	241	3276	(120.5)	84	(6.4)	3360	(121.1)	2852	(62.8)
All Individuals [10]:																		
2 - 19.....	1	(0.4)	3097	2281	(21.3)	1	(0.1)	2282	(21.3)		--		--		--		2278	(21.8)
20 and over.....	15	(0.9)	4644	2793	(38.0)	13	(0.9)	2806	(38.5)	618	2982	(70.7)	86	(3.1)	3069	(70.8)	2759	(36.1)
2 and over...	12	(0.7)	7741	2663	(32.4)	10	(0.7)	2672	(32.9)	646	2973	(68.6)	86	(3.2)	3059	(68.4)	2622	(29.4)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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S e l e n i u m

Family income as % of Federal poverty threshold and age	Percent reporting supplement selenium [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	1*	(0.4)	1394	98.8	(3.44)	0.4*	(0.26)	99.2	(3.59)		--		--		--		98.8	(3.51)
20 and over.....	12	(1.1)	1536	114.7	(2.71)	7.5	(0.85)	122.2	(2.46)	187	110.8	(5.91)	63.2	(3.02)	174.1	(5.65)	115.2	(2.71)
2 and over...	8	(0.7)	2930	109.2	(2.76)	5.0	(0.51)	114.3	(2.61)	198	110.7	(5.44)	62.5	(2.82)	173.2	(5.24)	109.1	(2.81)
131-350% poverty:																		
2 - 19.....	1*	(0.5)	910	94.5	(3.65)	0.4*	(0.16)	94.9	(3.52)		--		--		--		94.7	(3.69)
20 and over.....	20	(1.3)	1460	109.8	(3.11)	29.8*	(16.53)	139.6	(16.98)	264	110.0	(6.16)	147.4*	(81.46)	257.4*	(81.96)	109.8	(2.82)
2 and over...	15	(1.2)	2370	105.8	(2.82)	22.2*	(12.29)	128.0	(12.78)	274	109.4	(6.06)	145.0*	(79.83)	254.4*	(80.32)	105.2	(2.69)
Over 350% poverty:																		
2 - 19.....	5	(1.9)	569	102.1	(4.80)	2.6*	(1.47)	104.7	(4.92)		--		--		--		100.3	(4.83)
20 and over.....	27	(1.7)	1290	120.1	(3.28)	19.9	(1.78)	140.0	(3.19)	321	118.7	(4.35)	75.1	(4.20)	193.9	(6.15)	120.6	(3.83)
2 and over...	23	(1.4)	1859	116.8	(2.48)	16.7	(1.53)	133.5	(2.73)	340	119.5	(4.19)	74.0	(4.08)	193.5	(5.94)	116.0	(2.57)
All Individuals [10]:																		
2 - 19.....	2	(0.6)	3097	98.1	(1.65)	1.0*	(0.41)	99.1	(1.67)		--		--		--		97.5	(1.70)
20 and over.....	20	(1.1)	4644	114.9	(1.52)	25.2*	(7.79)	140.2	(7.61)	825	113.9	(2.48)	123.7*	(39.24)	237.6	(39.78)	115.2	(1.59)
2 and over...	16	(0.9)	7741	110.6	(1.09)	19.1*	(5.84)	129.7	(5.86)	867	114.2	(2.44)	121.1*	(37.88)	235.3	(38.38)	110.0	(1.06)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting a supplement intake: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

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

[2] Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.
Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.
Folate (DFE): µg dietary folate equivalents = µg food folate + (1.7*µg folic acid).
Vitamin D: 1 µg = 40 International Units (IU).
Calcium and Magnesium: supplement intake includes non-prescription antacids.

[3] **Food and beverage intake** was 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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2013).

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_G) of NHANES 2011-2012. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2011-2012/DS1TOT_G.htm.

[5] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[6] **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females, breast-fed children, and individuals with incomplete dietary supplement component of the 24-hour dietary recall were excluded.

[7] **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

[8] **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

[9] The weighted percentage of respondents in the income/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

[10] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2014. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, 2011-2012

Gender and age (years)	Sample size [1]	Energy kcal	(SE)	Nutrient per 1000 kcal: Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
Males:																			
2 - 5	411	1648	(32.7)	35.2	(0.60)	139	(2.1)	72	(1.8)	7.5	(0.27)	35.3	(0.74)	12.8	(0.53)	12.0	(0.32)	7.6	(0.17)
6 - 11	590	2087	(38.6)	34.5	(0.46)	138	(1.1)	67	(1.5)	7.4	(0.20)	36.0	(0.34)	12.6	(0.15)	12.5	(0.13)	7.9	(0.23)
12 - 19	585	2531	(58.7)	38.2	(0.88)	132	(1.0)	61	(1.5)	7.4	(0.24)	36.3	(0.61)	12.3	(0.23)	12.7	(0.21)	8.2	(0.39)
20 - 29	457	2764	(74.5)	38.8	(0.75)	121	(2.1)	53	(1.7)	7.4	(0.28)	36.8	(0.77)	11.8	(0.33)	13.3	(0.42)	8.5	(0.28)
30 - 39	425	2772	(73.2)	40.4	(0.86)	121	(1.5)	54	(1.3)	8.2	(0.30)	35.8	(0.73)	11.5	(0.36)	12.8	(0.34)	8.5	(0.21)
40 - 49	374	2734	(94.0)	39.3	(0.93)	119	(2.1)	52	(2.3)	7.8	(0.39)	37.9	(0.69)	12.3	(0.27)	13.4	(0.29)	9.0	(0.27)
50 - 59	382	2500	(104.8)	39.0	(0.93)	119	(2.2)	52	(2.2)	8.3	(0.26)	37.0	(0.87)	11.5	(0.33)	13.6	(0.42)	8.9	(0.41)
60 - 69	397	2302	(51.7)	40.0	(0.85)	120	(2.1)	49	(1.7)	9.1	(0.40)	37.5	(0.92)	11.9	(0.33)	13.8	(0.45)	8.8	(0.29)
70 and over	359	2023	(51.4)	41.1	(0.74)	123	(1.4)	53	(1.0)	9.3	(0.35)	36.8	(0.62)	11.7	(0.27)	13.4	(0.31)	8.8	(0.17)
2 - 19	1586	2190	(30.5)	36.3	(0.50)	135	(0.8)	66	(1.1)	7.4	(0.18)	36.0	(0.31)	12.5	(0.18)	12.5	(0.14)	8.0	(0.22)
20 and over	2394	2567	(26.7)	39.6	(0.36)	120	(0.8)	52	(0.7)	8.2	(0.16)	36.9	(0.31)	11.8	(0.12)	13.4	(0.16)	8.8	(0.11)
2 and over	3980	2469	(21.8)	38.8	(0.33)	124	(0.6)	56	(0.6)	8.0	(0.13)	36.7	(0.24)	12.0	(0.13)	13.1	(0.11)	8.6	(0.11)
Females:																			
2 - 5	423	1520	(32.0)	35.3	(0.46)	138	(1.2)	70	(1.3)	8.1	(0.22)	35.6	(0.38)	12.9	(0.34)	12.1	(0.21)	7.7	(0.27)
6 - 11	556	1878	(43.4)	35.0	(0.62)	136	(0.9)	65	(1.2)	7.6	(0.23)	36.5	(0.41)	12.8	(0.27)	12.6	(0.19)	8.2	(0.19)
12 - 19	567	1809	(38.8)	35.3	(0.86)	135	(2.5)	66	(2.4)	7.1	(0.15)	36.5	(0.86)	12.3	(0.31)	12.4	(0.32)	8.8	(0.34)
20 - 29	428	2019	(41.6)	36.8	(0.57)	127	(1.5)	57	(1.8)	8.1	(0.26)	36.7	(0.49)	11.8	(0.19)	12.9	(0.20)	8.8	(0.24)
30 - 39	404	2010	(50.4)	39.3	(0.93)	127	(2.1)	57	(1.7)	9.0	(0.31)	36.5	(0.55)	11.9	(0.21)	12.7	(0.21)	8.7	(0.25)
40 - 49	407	1841	(52.9)	36.8	(1.06)	127	(1.7)	58	(1.7)	8.6	(0.35)	36.5	(0.45)	11.7	(0.28)	12.9	(0.20)	8.8	(0.23)
50 - 59	423	1820	(49.8)	38.2	(0.97)	122	(2.1)	54	(1.3)	9.1	(0.47)	36.3	(0.65)	11.6	(0.39)	12.7	(0.22)	9.0	(0.25)
60 - 69	380	1663	(57.9)	40.2	(0.68)	123	(2.3)	53	(2.0)	10.4	(0.54)	38.1	(0.90)	11.8	(0.46)	13.8	(0.50)	9.4	(0.31)
70 and over	365	1555	(28.3)	38.8	(0.79)	131	(2.0)	59	(1.3)	10.1	(0.34)	36.2	(0.77)	11.6	(0.32)	12.5	(0.30)	9.2	(0.30)
2 - 19	1546	1767	(19.1)	35.2	(0.47)	136	(1.2)	67	(1.4)	7.5	(0.15)	36.3	(0.42)	12.6	(0.15)	12.4	(0.19)	8.3	(0.18)
20 and over	2407	1834	(17.8)	38.3	(0.39)	126	(0.9)	56	(0.6)	9.1	(0.22)	36.7	(0.33)	11.7	(0.18)	12.9	(0.12)	9.0	(0.14)
2 and over	3953	1817	(15.3)	37.5	(0.30)	128	(0.8)	59	(0.6)	8.7	(0.18)	36.6	(0.33)	12.0	(0.15)	12.8	(0.12)	8.8	(0.10)
Males and females:																			
2 - 19	3132	1983	(22.8)	35.8	(0.35)	136	(0.8)	66	(1.0)	7.5	(0.13)	36.1	(0.31)	12.5	(0.15)	12.4	(0.13)	8.2	(0.15)
20 and over	4801	2191	(15.6)	38.9	(0.31)	123	(0.7)	54	(0.5)	8.7	(0.15)	36.8	(0.25)	11.8	(0.13)	13.1	(0.11)	8.9	(0.07)
2 and over	7933	2139	(12.3)	38.1	(0.26)	126	(0.6)	57	(0.5)	8.4	(0.14)	36.6	(0.24)	12.0	(0.12)	13.0	(0.10)	8.7	(0.07)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Cholesterol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-cryptoxanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
	Nutrient per 1000 kcal																	
Males:																		
2 - 5	108	(6.3)	294	(9.9)	367	(12.6)	167	(38.8)	763	(110.1)	49	(6.6)	1808	(206.7)	373	(24.3)	0.78	(0.017)
6 - 11	106	(4.3)	267	(6.5)	330	(12.4)	140	(34.4)	668	(100.3)	42	(5.3)	2804	(300.3)	411	(39.7)	0.81	(0.015)
12 - 19	119	(4.1)	236	(13.6)	289	(15.1)	117	(29.8)	564	(82.9)	33	(6.0)	3045	(264.3)	393	(39.3)	0.82	(0.017)
20 - 29	131	(6.4)	165	(13.6)	226	(16.8)	107	(14.8)	667	(78.5)	27	(1.8)	2254	(199.1)	579	(94.3)	0.71	(0.022)
30 - 39	128	(5.8)	167	(5.9)	237	(9.7)	140	(26.9)	753	(74.8)	34	(5.3)	2332	(164.7)	628	(78.2)	0.74	(0.018)
40 - 49	136	(6.1)	186	(8.8)	302	(31.9)	247*	(88.3)	1261	(328.4)	27	(1.8)	2394	(247.9)	674	(147.8)	0.76	(0.022)
50 - 59	136	(6.1)	185	(19.4)	297	(27.1)	235	(58.5)	1211	(144.9)	42	(4.4)	2447	(281.8)	836	(92.9)	0.75	(0.018)
60 - 69	147	(5.0)	357*	(152.6)	534*	(205.4)	412*	(179.8)	1896*	(573.1)	38	(5.4)	2598	(429.0)	1065	(297.6)	0.79	(0.028)
70 and over	148	(8.7)	254	(13.3)	351	(19.4)	209	(33.3)	1049	(133.3)	43	(4.2)	2443	(336.4)	725	(90.8)	0.85	(0.018)
2 - 19	112	(3.1)	259	(8.4)	320	(9.3)	136	(20.2)	642	(48.2)	39	(4.4)	2694	(208.7)	395	(18.7)	0.81	(0.007)
20 and over	136	(2.7)	209	(23.0)	311	(32.6)	216	(31.8)	1105	(112.9)	35	(1.5)	2398	(129.0)	737	(69.8)	0.76	(0.007)
2 and over	130	(2.1)	222	(17.5)	313	(24.7)	195	(26.4)	984	(88.6)	36	(2.1)	2475	(122.7)	648	(52.3)	0.77	(0.006)
Females:																		
2 - 5	110	(4.7)	306	(11.8)	388	(17.8)	209	(45.2)	849	(146.8)	71*	(21.7)	2536	(457.3)	446	(34.6)	0.82	(0.010)
6 - 11	104	(3.1)	253	(10.2)	308	(10.4)	108	(14.1)	579	(47.7)	49	(8.4)	2495	(282.3)	453	(25.8)	0.80	(0.026)
12 - 19	117	(6.8)	213	(9.2)	267	(10.9)	111	(22.2)	574	(83.5)	41	(6.4)	2344	(263.8)	432	(38.9)	0.73	(0.028)
20 - 29	118	(5.7)	187	(12.3)	291	(20.7)	223	(47.4)	1121	(147.2)	45	(7.4)	2990	(312.4)	932	(148.8)	0.80	(0.036)
30 - 39	123	(6.6)	202	(13.6)	316	(16.9)	229	(22.4)	1233	(101.9)	49	(8.3)	2496	(297.3)	805	(120.9)	0.76	(0.028)
40 - 49	131	(10.5)	188	(8.3)	320	(17.3)	249	(33.5)	1437	(154.9)	46	(4.8)	2475	(289.1)	1087	(110.0)	0.75	(0.020)
50 - 59	124	(8.0)	210	(11.8)	380	(38.8)	281	(46.8)	1880	(449.1)	45	(4.3)	2919	(342.7)	1144	(244.2)	0.77	(0.026)
60 - 69	148	(11.1)	213	(10.4)	359	(20.8)	293	(58.4)	1587	(175.7)	37	(4.4)	2623	(550.1)	1164	(149.9)	0.80	(0.025)
70 and over	128	(6.1)	264	(11.7)	411	(13.4)	264	(41.4)	1595	(141.0)	66	(11.5)	2026	(219.7)	1108	(138.2)	0.83	(0.023)
2 - 19	111	(3.1)	246	(4.9)	307	(5.8)	132	(14.8)	637	(51.9)	50	(6.0)	2435	(193.7)	442	(23.0)	0.77	(0.017)
20 and over	128	(2.8)	208	(4.5)	344	(14.5)	256	(17.7)	1478	(133.7)	47	(3.4)	2621	(142.7)	1037	(102.8)	0.78	(0.013)
2 and over	124	(2.2)	217	(3.7)	335	(11.7)	226	(13.8)	1275	(104.0)	48	(3.7)	2576	(120.2)	893	(78.4)	0.78	(0.012)
Males and females:																		
2 - 19	112	(2.4)	253	(4.1)	314	(5.7)	134	(12.6)	640	(41.2)	45	(3.9)	2568	(151.2)	418	(17.3)	0.79	(0.010)
20 and over	132	(2.1)	209	(11.6)	328	(18.0)	236	(18.4)	1296	(92.3)	41	(2.0)	2513	(101.8)	891	(64.3)	0.77	(0.008)
2 and over	127	(1.7)	220	(8.8)	324	(13.9)	211	(15.0)	1131	(74.8)	42	(2.2)	2526	(93.9)	772	(50.5)	0.78	(0.007)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Ribo-flavin mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
	Nutrient per 1000 kcal																	
Males:																		
2 - 5	1.15	(0.025)	10.0	(0.28)	0.90	(0.032)	102	(3.3)	85	(3.5)	259	(5.7)	141	(4.4)	2.84	(0.131)	0.65	(0.094)
6 - 11	1.02	(0.016)	10.8	(0.24)	0.87	(0.022)	115	(5.4)	82	(3.0)	277	(9.6)	127	(2.8)	2.63	(0.077)	0.59	(0.061)
12 - 19	1.02	(0.028)	12.6	(0.29)	1.02	(0.045)	115	(4.9)	87	(4.1)	283	(10.1)	140	(3.7)	2.89	(0.150)	0.68	(0.154)
20 - 29	0.90	(0.041)	12.8	(0.34)	1.02	(0.037)	86	(4.5)	96	(2.7)	242	(7.8)	149	(4.6)	2.38	(0.140)	0.50	(0.100)
30 - 39	0.97	(0.031)	13.0	(0.32)	1.08	(0.038)	93	(5.2)	103	(4.8)	261	(9.3)	152	(4.0)	2.44	(0.100)	0.52	(0.063)
40 - 49	1.01	(0.027)	12.1	(0.35)	1.03	(0.051)	89	(6.4)	103	(4.4)	253	(12.3)	160	(4.4)	2.32	(0.115)	0.46	(0.112)
50 - 59	1.05	(0.047)	12.8	(0.20)	1.07	(0.028)	81	(7.2)	112	(6.1)	250	(9.0)	166	(4.3)	2.60	(0.186)	0.65	(0.140)
60 - 69	1.21	(0.120)	12.8	(0.68)	1.04	(0.066)	92	(9.2)	129	(11.8)	285	(25.3)	181	(7.7)	4.33*	(1.636)	0.59	(0.123)
70 and over	1.19	(0.025)	13.5	(0.33)	1.19	(0.052)	107	(6.4)	110	(4.0)	292	(11.1)	179	(4.3)	3.04	(0.169)	0.74	(0.092)
2 - 19	1.05	(0.016)	11.4	(0.24)	0.94	(0.017)	112	(2.8)	85	(2.8)	275	(5.3)	136	(2.0)	2.79	(0.084)	0.64	(0.066)
20 and over	1.03	(0.027)	12.8	(0.18)	1.06	(0.018)	90	(2.2)	107	(2.0)	260	(4.0)	162	(2.0)	2.76	(0.247)	0.56	(0.055)
2 and over	1.04	(0.022)	12.4	(0.17)	1.03	(0.015)	96	(2.0)	102	(1.6)	264	(3.6)	155	(1.5)	2.77	(0.195)	0.58	(0.048)
Females:																		
2 - 5	1.18	(0.020)	10.4	(0.26)	0.94	(0.027)	112	(4.8)	86	(2.0)	276	(8.3)	140	(4.3)	2.81	(0.095)	0.64	(0.075)
6 - 11	1.01	(0.030)	11.1	(0.46)	0.91	(0.041)	117	(8.4)	82	(2.3)	281	(15.0)	126	(3.2)	2.42	(0.080)	0.57	(0.064)
12 - 19	0.96	(0.026)	11.1	(0.41)	0.90	(0.030)	102	(5.3)	83	(3.5)	257	(9.8)	132	(5.7)	2.39	(0.085)	0.56	(0.123)
20 - 29	0.93	(0.035)	12.1	(0.37)	1.02	(0.051)	101	(7.2)	97	(3.9)	269	(13.8)	137	(3.3)	2.26	(0.090)	0.56	(0.067)
30 - 39	1.00	(0.040)	12.2	(0.39)	1.04	(0.052)	93	(5.3)	109	(3.9)	266	(10.2)	148	(4.0)	2.44	(0.148)	0.49	(0.081)
40 - 49	1.01	(0.028)	11.2	(0.30)	0.93	(0.031)	87	(5.6)	112	(4.3)	260	(11.2)	154	(7.6)	2.12	(0.117)	0.30	(0.051)
50 - 59	1.05	(0.029)	11.7	(0.37)	0.98	(0.044)	97	(6.1)	122	(8.5)	286	(12.9)	152	(5.0)	2.30	(0.181)	0.52	(0.086)
60 - 69	1.14	(0.038)	12.1	(0.39)	1.09	(0.079)	96	(7.8)	139	(5.9)	303	(14.0)	173	(5.0)	2.48	(0.170)	0.54	(0.132)
70 and over	1.15	(0.022)	11.9	(0.34)	1.07	(0.038)	102	(6.9)	121	(4.6)	294	(12.2)	164	(4.2)	2.71	(0.172)	0.60	(0.093)
2 - 19	1.02	(0.013)	11.0	(0.31)	0.91	(0.021)	109	(3.4)	84	(1.5)	269	(5.5)	132	(2.4)	2.49	(0.059)	0.59	(0.069)
20 and over	1.04	(0.017)	11.8	(0.17)	1.02	(0.026)	96	(3.2)	116	(2.7)	278	(6.4)	154	(2.1)	2.36	(0.061)	0.49	(0.037)
2 and over	1.04	(0.014)	11.6	(0.14)	0.99	(0.021)	99	(2.7)	108	(2.1)	276	(5.4)	149	(1.7)	2.39	(0.053)	0.52	(0.039)
Males and females:																		
2 - 19	1.04	(0.009)	11.2	(0.22)	0.93	(0.015)	111	(2.0)	84	(1.7)	272	(3.9)	134	(1.5)	2.64	(0.054)	0.61	(0.052)
20 and over	1.04	(0.013)	12.3	(0.12)	1.04	(0.017)	93	(2.0)	112	(1.9)	269	(3.9)	158	(1.5)	2.56	(0.107)	0.53	(0.028)
2 and over	1.04	(0.011)	12.0	(0.12)	1.01	(0.014)	97	(1.7)	105	(1.6)	270	(3.5)	152	(1.3)	2.58	(0.088)	0.55	(0.024)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Vitamin C mg	(SE)	Vitamin D µg	(SE)	Vitamin E (alpha-tocopherol) mg	(SE)	Added Vitamin E mg	(SE)	Vitamin K µg	(SE)	Calcium mg	(SE)	Phosphorus mg	(SE)	Magnesium mg	(SE)
	Nutrient per 1000 kcal															
Males:																
2 - 5	57.5	(5.25)	4.3	(0.19)	3.4	(0.15)	0.3	(0.09)	30.4	(1.78)	655	(24.6)	715	(17.9)	131	(2.2)
6 - 11	42.2	(1.92)	3.3	(0.13)	3.5	(0.10)	0.3	(0.05)	33.0	(2.33)	554	(9.8)	650	(6.7)	120	(2.2)
12 - 19	35.9	(4.55)	2.8	(0.17)	3.7	(0.16)	0.3*	(0.08)	33.0	(3.19)	540	(19.7)	681	(16.6)	126	(3.5)
20 - 29	37.2	(3.43)	1.9	(0.15)	3.8	(0.21)	0.3*	(0.09)	45.9	(4.88)	445	(17.3)	630	(10.4)	131	(4.0)
30 - 39	36.5	(3.29)	2.0	(0.09)	4.2	(0.18)	0.3	(0.09)	44.6	(3.76)	450	(20.1)	666	(14.3)	145	(3.6)
40 - 49	32.4	(3.48)	2.4	(0.25)	4.0	(0.16)	0.3*	(0.09)	52.1	(7.59)	470	(12.3)	674	(10.0)	144	(5.9)
50 - 59	41.9	(3.03)	2.3	(0.27)	4.0	(0.13)	0.3*	(0.13)	58.4	(4.28)	403	(18.0)	628	(13.9)	144	(3.6)
60 - 69	45.1	(5.51)	2.4	(0.15)	4.2	(0.24)	0.2*	(0.11)	106.4*	(46.63)	463	(18.6)	685	(14.8)	159	(5.1)
70 and over	42.5	(2.93)	2.9	(0.16)	4.5	(0.17)	0.6	(0.16)	54.3	(4.77)	449	(9.4)	685	(10.3)	152	(3.6)
2 - 19	42.7	(3.06)	3.3	(0.12)	3.6	(0.08)	0.3	(0.03)	32.5	(1.33)	570	(13.4)	678	(10.1)	125	(2.2)
20 and over	38.8	(2.12)	2.3	(0.08)	4.1	(0.09)	0.3	(0.04)	58.4	(7.37)	445	(6.3)	657	(4.4)	144	(1.9)
2 and over	39.8	(1.88)	2.5	(0.07)	4.0	(0.08)	0.3	(0.03)	51.6	(5.36)	478	(7.2)	663	(5.0)	139	(1.5)
Females:																
2 - 5	53.0	(3.30)	4.2	(0.10)	3.5	(0.10)	0.3	(0.06)	33.6	(2.11)	645	(16.3)	715	(8.9)	137	(2.2)
6 - 11	43.0	(2.62)	3.0	(0.19)	3.5	(0.09)	0.2	(0.05)	34.2	(1.33)	549	(20.8)	664	(11.8)	122	(2.5)
12 - 19	36.6	(2.56)	2.5	(0.14)	3.7	(0.18)	0.3	(0.08)	36.4	(2.99)	528	(18.3)	647	(12.0)	127	(2.8)
20 - 29	43.8	(3.63)	1.8	(0.09)	4.0	(0.16)	0.4	(0.08)	62.0	(6.19)	468	(16.7)	618	(9.2)	138	(3.5)
30 - 39	42.5	(3.37)	2.2	(0.10)	4.1	(0.17)	0.3	(0.06)	54.1	(5.12)	482	(17.2)	683	(11.2)	154	(3.4)
40 - 49	47.7	(4.02)	2.1	(0.18)	4.2	(0.16)	0.2*	(0.09)	74.6	(5.82)	472	(14.6)	655	(17.3)	153	(4.6)
50 - 59	44.0	(4.17)	2.0	(0.10)	4.3	(0.24)	0.2	(0.07)	75.0	(11.21)	481	(15.7)	659	(10.7)	159	(5.0)
60 - 69	49.6	(3.53)	2.5	(0.12)	5.0	(0.25)	0.5	(0.14)	82.5	(6.35)	502	(24.1)	698	(16.4)	170	(6.3)
70 and over	53.2	(2.96)	3.1	(0.24)	4.2	(0.17)	0.4	(0.11)	73.8	(6.43)	534	(18.8)	695	(12.4)	165	(3.7)
2 - 19	42.3	(1.87)	3.0	(0.07)	3.6	(0.09)	0.3	(0.04)	35.1	(1.68)	561	(12.8)	667	(6.4)	127	(1.7)
20 and over	46.4	(2.08)	2.2	(0.06)	4.3	(0.11)	0.3	(0.05)	70.0	(4.45)	487	(8.2)	665	(6.1)	156	(2.7)
2 and over	45.4	(1.76)	2.4	(0.05)	4.1	(0.08)	0.3	(0.04)	61.6	(3.43)	505	(7.5)	666	(5.7)	149	(2.2)
Males and females:																
2 - 19	42.5	(2.12)	3.2	(0.08)	3.6	(0.05)	0.3	(0.03)	33.7	(1.19)	565	(10.7)	673	(7.4)	126	(1.7)
20 and over	42.7	(1.68)	2.2	(0.06)	4.2	(0.08)	0.3	(0.03)	64.4	(4.01)	467	(6.2)	661	(4.7)	150	(2.0)
2 and over	42.6	(1.45)	2.5	(0.05)	4.0	(0.07)	0.3	(0.03)	56.7	(3.11)	492	(6.6)	664	(4.8)	144	(1.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Iron mg	(SE)	Zinc mg	(SE)	Copper mg	(SE)	Selenium µg	(SE)	Potassium mg	(SE)	Sodium mg	(SE)	Caffeine mg	(SE)	Theobromine mg	(SE)	Alcohol g	(SE)
	Nutrient per 1000 kcal																	
Males:																		
2 - 5	7.0	(0.17)	5.1	(0.12)	0.5	(0.01)	46.3	(0.88)	1316	(22.9)	1421	(21.4)	4.8	(0.78)	25.4	(2.32)	--	--
6 - 11	7.6	(0.14)	5.1	(0.13)	0.5	(0.01)	48.4	(0.57)	1149	(20.1)	1538	(35.8)	12.0	(2.04)	31.1	(2.39)	--	--
12 - 19	7.7	(0.23)	5.6	(0.16)	0.5	(0.02)	53.4	(0.87)	1161	(39.3)	1682	(38.5)	22.0	(2.42)	17.2	(1.93)	--	--
20 - 29	6.7	(0.15)	5.3	(0.13)	0.5	(0.02)	53.1	(0.97)	1135	(20.2)	1677	(35.4)	44.0	(4.53)	10.4	(1.29)	--	--
30 - 39	7.0	(0.27)	5.2	(0.17)	0.6	(0.03)	56.3	(1.25)	1219	(36.5)	1687	(35.4)	61.4	(4.48)	16.4	(3.67)	--	--
40 - 49	7.0	(0.24)	5.4	(0.12)	0.6	(0.02)	53.0	(1.28)	1291	(44.1)	1723	(35.7)	95.0	(11.21)	16.0	(1.81)	--	--
50 - 59	7.2	(0.31)	5.3	(0.26)	0.6	(0.02)	54.7	(1.41)	1405	(73.2)	1641	(22.9)	124.5	(35.26)	17.9	(1.77)	--	--
60 - 69	8.0	(0.54)	5.7	(0.28)	0.9*	(0.28)	54.9	(0.97)	1495	(61.8)	1720	(26.4)	135.2	(16.99)	17.2	(3.31)	--	--
70 and over	8.8	(0.29)	6.1	(0.19)	0.7	(0.03)	56.9	(1.30)	1448	(29.5)	1707	(44.2)	100.2	(14.31)	15.4	(2.00)	--	--
2 - 19	7.5	(0.12)	5.3	(0.08)	0.5	(0.01)	50.2	(0.64)	1191	(22.4)	1577	(22.4)	14.9	(0.79)	23.6	(1.69)	--	--
20 and over	7.3	(0.10)	5.4	(0.09)	0.6	(0.04)	54.6	(0.64)	1313	(17.1)	1689	(10.3)	90.5	(9.69)	15.4	(1.24)	5.7	(0.37)
2 and over	7.4	(0.08)	5.4	(0.08)	0.6	(0.03)	53.5	(0.51)	1282	(14.4)	1660	(10.3)	70.8	(7.25)	17.6	(0.93)	--	--
Females:																		
2 - 5	7.6	(0.21)	5.3	(0.13)	0.5	(0.01)	48.7	(0.77)	1327	(26.1)	1447	(20.5)	4.6	(0.54)	28.7	(3.26)	--	--
6 - 11	7.5	(0.24)	5.2	(0.19)	0.5	(0.01)	48.1	(1.07)	1151	(23.1)	1571	(28.7)	8.7	(1.05)	33.2	(2.21)	--	--
12 - 19	6.8	(0.19)	5.0	(0.19)	0.5	(0.03)	49.7	(1.84)	1140	(25.8)	1657	(29.2)	31.2	(3.78)	25.7	(3.46)	--	--
20 - 29	7.2	(0.16)	5.0	(0.14)	0.6	(0.02)	52.1	(0.78)	1199	(22.7)	1680	(30.4)	53.7	(4.47)	15.6	(1.71)	--	--
30 - 39	7.5	(0.27)	5.2	(0.11)	0.6	(0.02)	53.5	(1.17)	1275	(22.3)	1651	(35.6)	80.4	(7.97)	21.0	(2.30)	--	--
40 - 49	7.2	(0.19)	5.1	(0.16)	0.6	(0.02)	51.5	(1.80)	1345	(38.5)	1734	(35.0)	109.9	(11.57)	19.1	(2.80)	--	--
50 - 59	7.8	(0.28)	5.4	(0.13)	0.7	(0.02)	51.9	(1.81)	1417	(47.3)	1655	(53.5)	110.6	(6.31)	26.0	(2.61)	--	--
60 - 69	7.9	(0.28)	5.5	(0.18)	0.7	(0.02)	56.8	(1.23)	1558	(42.2)	1696	(26.2)	115.7	(11.24)	17.6	(2.39)	--	--
70 and over	8.4	(0.34)	5.7	(0.14)	0.7	(0.02)	53.5	(1.23)	1548	(33.7)	1686	(31.4)	82.5	(6.35)	20.2	(2.15)	--	--
2 - 19	7.2	(0.12)	5.1	(0.11)	0.5	(0.01)	49.0	(0.97)	1185	(14.3)	1583	(19.2)	18.1	(1.80)	28.8	(1.55)	--	--
20 and over	7.6	(0.13)	5.3	(0.06)	0.7	(0.01)	53.0	(0.67)	1379	(21.1)	1683	(16.3)	92.3	(3.56)	20.1	(1.33)	4.2	(0.31)
2 and over	7.5	(0.11)	5.2	(0.05)	0.6	(0.01)	52.0	(0.55)	1332	(18.5)	1659	(13.0)	74.4	(2.91)	22.2	(1.09)	--	--
Males and females:																		
2 - 19	7.3	(0.08)	5.2	(0.08)	0.5	(0.01)	49.6	(0.66)	1188	(13.6)	1580	(16.6)	16.5	(0.96)	26.2	(1.32)	--	--
20 and over	7.5	(0.07)	5.4	(0.05)	0.7	(0.02)	53.8	(0.64)	1347	(16.9)	1686	(9.0)	91.4	(5.65)	17.8	(1.13)	4.9	(0.28)
2 and over	7.4	(0.06)	5.3	(0.05)	0.6	(0.02)	52.7	(0.52)	1307	(14.9)	1659	(8.0)	72.6	(4.36)	19.9	(0.91)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal 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)
	Nutrient per 1000 kcal															
Males:																
2 - 5	0.32	(0.025)	0.20	(0.015)	0.16	(0.012)	0.27	(0.017)	0.40	(0.033)	1.20	(0.081)	6.68	(0.217)	3.01	(0.127)
6 - 11	0.28	(0.010)	0.16	(0.005)	0.13	(0.005)	0.24	(0.006)	0.37	(0.017)	1.11	(0.030)	6.79	(0.095)	3.05	(0.050)
12 - 19	0.26	(0.012)	0.15	(0.006)	0.11	(0.005)	0.22	(0.008)	0.34	(0.019)	1.05	(0.040)	6.66	(0.102)	3.03	(0.062)
20 - 29	0.23	(0.016)	0.13	(0.009)	0.10	(0.007)	0.20	(0.014)	0.28	(0.020)	0.99	(0.047)	6.51	(0.169)	2.89	(0.067)
30 - 39	0.22	(0.010)	0.12	(0.006)	0.11	(0.012)	0.21	(0.012)	0.40	(0.065)	0.97	(0.045)	6.22	(0.162)	2.80	(0.082)
40 - 49	0.24	(0.009)	0.14	(0.005)	0.11	(0.004)	0.21	(0.005)	0.34	(0.026)	1.04	(0.031)	6.70	(0.148)	3.10	(0.083)
50 - 59	0.23	(0.014)	0.12	(0.008)	0.10	(0.007)	0.19	(0.010)	0.31	(0.026)	0.91	(0.046)	6.30	(0.177)	2.93	(0.090)
60 - 69	0.24	(0.017)	0.14	(0.011)	0.11	(0.007)	0.21	(0.013)	0.37	(0.024)	0.95	(0.046)	6.48	(0.169)	2.98	(0.097)
70 and over	0.22	(0.009)	0.13	(0.005)	0.11	(0.006)	0.20	(0.007)	0.38	(0.035)	0.92	(0.032)	6.30	(0.161)	2.97	(0.081)
2 - 19	0.28	(0.008)	0.16	(0.005)	0.13	(0.004)	0.24	(0.006)	0.36	(0.014)	1.10	(0.033)	6.71	(0.073)	3.03	(0.045)
20 and over	0.23	(0.007)	0.13	(0.003)	0.11	(0.002)	0.20	(0.005)	0.34	(0.015)	0.97	(0.017)	6.43	(0.060)	2.94	(0.040)
2 and over	0.24	(0.006)	0.14	(0.003)	0.11	(0.002)	0.21	(0.005)	0.35	(0.012)	1.00	(0.020)	6.50	(0.056)	2.97	(0.037)
Females:																
2 - 5	0.33	(0.019)	0.20	(0.010)	0.17	(0.009)	0.28	(0.014)	0.41	(0.031)	1.21	(0.067)	6.80	(0.135)	3.06	(0.064)
6 - 11	0.29	(0.021)	0.16	(0.012)	0.13	(0.007)	0.24	(0.016)	0.41	(0.027)	1.13	(0.055)	6.80	(0.130)	3.09	(0.060)
12 - 19	0.27	(0.014)	0.15	(0.007)	0.12	(0.004)	0.23	(0.009)	0.36	(0.013)	1.07	(0.052)	6.66	(0.151)	2.98	(0.077)
20 - 29	0.25	(0.013)	0.13	(0.006)	0.11	(0.005)	0.21	(0.012)	0.33	(0.035)	1.01	(0.035)	6.40	(0.096)	2.94	(0.043)
30 - 39	0.26	(0.011)	0.15	(0.005)	0.12	(0.005)	0.23	(0.008)	0.42	(0.026)	1.04	(0.033)	6.35	(0.100)	2.92	(0.061)
40 - 49	0.26	(0.015)	0.14	(0.010)	0.11	(0.006)	0.22	(0.013)	0.38	(0.026)	0.98	(0.041)	6.28	(0.130)	2.91	(0.068)
50 - 59	0.27	(0.023)	0.14	(0.010)	0.12	(0.008)	0.22	(0.016)	0.36	(0.036)	1.00	(0.067)	6.19	(0.163)	2.86	(0.085)
60 - 69	0.26	(0.025)	0.15	(0.014)	0.12	(0.008)	0.24	(0.022)	0.37	(0.027)	0.98	(0.069)	6.41	(0.210)	2.87	(0.106)
70 and over	0.28	(0.015)	0.16	(0.008)	0.13	(0.008)	0.24	(0.013)	0.38	(0.040)	1.00	(0.039)	6.22	(0.147)	2.86	(0.091)
2 - 19	0.29	(0.011)	0.17	(0.006)	0.13	(0.004)	0.25	(0.008)	0.39	(0.013)	1.12	(0.032)	6.74	(0.071)	3.03	(0.040)
20 and over	0.26	(0.011)	0.14	(0.006)	0.12	(0.003)	0.22	(0.008)	0.37	(0.013)	1.00	(0.027)	6.31	(0.074)	2.90	(0.047)
2 and over	0.27	(0.009)	0.15	(0.004)	0.12	(0.003)	0.23	(0.007)	0.38	(0.011)	1.03	(0.022)	6.41	(0.064)	2.93	(0.041)
Males and females:																
2 - 19	0.29	(0.008)	0.16	(0.004)	0.13	(0.003)	0.24	(0.006)	0.38	(0.011)	1.11	(0.027)	6.72	(0.064)	3.03	(0.038)
20 and over	0.25	(0.008)	0.14	(0.004)	0.11	(0.002)	0.21	(0.005)	0.36	(0.011)	0.98	(0.018)	6.36	(0.055)	2.92	(0.035)
2 and over	0.26	(0.007)	0.14	(0.003)	0.12	(0.002)	0.22	(0.005)	0.36	(0.010)	1.02	(0.018)	6.45	(0.051)	2.95	(0.033)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	MFA 16:1 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
	Nutrient per 1000 kcal													
Males:														
2 - 5	0.44	(0.023)	11.25	(0.293)	0.11	(0.005)	0.01	(0.001)	6.71	(0.161)	0.69	(0.018)	#	
6 - 11	0.48	(0.011)	11.66	(0.122)	0.12	(0.004)	0.01	(0.001)	7.09	(0.213)	0.67	(0.023)	0.01	(0.001)
12 - 19	0.50	(0.014)	11.85	(0.202)	0.14	(0.004)	0.01	(0.001)	7.35	(0.359)	0.70	(0.034)	0.01	(0.001)
20 - 29	0.56	(0.018)	12.37	(0.395)	0.14	(0.006)	0.01	(0.002)	7.54	(0.265)	0.77	(0.023)	0.01	(0.001)
30 - 39	0.50	(0.022)	11.90	(0.322)	0.13	(0.005)	0.02	(0.004)	7.56	(0.191)	0.74	(0.021)	0.01	(0.001)
40 - 49	0.53	(0.020)	12.50	(0.275)	0.14	(0.006)	0.01	(0.003)	7.99	(0.229)	0.82	(0.035)	#	
50 - 59	0.53	(0.022)	12.62	(0.412)	0.14	(0.012)	0.02	(0.003)	7.85	(0.366)	0.83	(0.037)	0.01*	(0.003)
60 - 69	0.51	(0.021)	12.87	(0.433)	0.15	(0.011)	0.02*	(0.009)	7.71	(0.257)	0.82	(0.048)	0.01	(0.001)
70 and over	0.50	(0.020)	12.55	(0.296)	0.13	(0.006)	0.02	(0.004)	7.70	(0.153)	0.83	(0.019)	0.01	(0.001)
2 - 19	0.48	(0.010)	11.66	(0.136)	0.13	(0.003)	0.01	(0.001)	7.12	(0.204)	0.69	(0.017)	0.01	(#)
20 and over	0.52	(0.008)	12.45	(0.150)	0.14	(0.003)	0.02	(0.002)	7.73	(0.101)	0.80	(0.013)	0.01	(0.001)
2 and over	0.51	(0.006)	12.24	(0.105)	0.14	(0.003)	0.01	(0.001)	7.57	(0.101)	0.77	(0.012)	0.01	(0.001)
Females:														
2 - 5	0.42	(0.020)	11.35	(0.199)	0.12	(0.007)	0.01	(0.001)	6.87	(0.250)	0.69	(0.020)	#	
6 - 11	0.49	(0.013)	11.83	(0.181)	0.12	(0.005)	0.01	(0.001)	7.34	(0.165)	0.70	(0.021)	#	
12 - 19	0.48	(0.019)	11.56	(0.297)	0.12	(0.005)	0.01	(0.001)	7.80	(0.295)	0.77	(0.042)	#	
20 - 29	0.52	(0.025)	12.04	(0.191)	0.13	(0.004)	0.01	(0.002)	7.78	(0.207)	0.83	(0.034)	0.01	(0.002)
30 - 39	0.48	(0.016)	11.86	(0.190)	0.13	(0.004)	0.01	(0.002)	7.69	(0.218)	0.81	(0.033)	#	
40 - 49	0.49	(0.021)	12.11	(0.186)	0.13	(0.005)	0.01	(0.002)	7.78	(0.209)	0.81	(0.029)	0.01	(0.001)
50 - 59	0.46	(0.018)	11.94	(0.201)	0.12	(0.004)	0.01	(0.002)	7.90	(0.214)	0.87	(0.049)	#	
60 - 69	0.48	(0.024)	12.93	(0.471)	0.13	(0.008)	0.01	(0.002)	8.30	(0.277)	0.88	(0.051)	0.01	(0.001)
70 and over	0.43	(0.014)	11.70	(0.295)	0.13	(0.009)	0.02	(0.004)	8.04	(0.266)	0.96	(0.039)	#	
2 - 19	0.47	(0.012)	11.60	(0.176)	0.12	(0.004)	0.01	(0.001)	7.45	(0.155)	0.73	(0.019)	#	
20 and over	0.48	(0.009)	12.08	(0.109)	0.13	(0.002)	0.01	(0.001)	7.90	(0.125)	0.85	(0.017)	0.01	(#)
2 and over	0.48	(0.008)	11.97	(0.117)	0.13	(0.002)	0.01	(0.001)	7.79	(0.090)	0.82	(0.012)	#	
Males and females:														
2 - 19	0.47	(0.009)	11.63	(0.121)	0.12	(0.003)	0.01	(0.001)	7.28	(0.136)	0.71	(0.014)	#	
20 and over	0.50	(0.007)	12.26	(0.100)	0.13	(0.002)	0.01	(0.001)	7.82	(0.066)	0.83	(0.009)	0.01	(#)
2 and over	0.49	(0.006)	12.10	(0.091)	0.13	(0.002)	0.01	(0.001)	7.68	(0.062)	0.80	(0.007)	0.01	(#)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal 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)
	——— *Nutrient per 1000 kcal* ———							
Males:								
2 - 5.....	0.05	(0.004)	#		0.01	(#)	0.01	(0.001)
6 - 11.....	0.05	(0.003)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
12 - 19.....	0.06	(0.003)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
20 - 29.....	0.07	(0.004)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
30 - 39.....	0.07	(0.003)	0.02	(0.003)	0.01	(0.001)	0.03	(0.004)
40 - 49.....	0.07	(0.006)	0.01	(0.003)	0.01	(0.004)	0.03	(0.008)
50 - 59.....	0.07	(0.004)	0.02*	(0.007)	0.01	(0.002)	0.04*	(0.012)
60 - 69.....	0.08	(0.006)	0.02	(0.003)	0.01	(0.001)	0.03	(0.006)
70 and over.....	0.07	(0.005)	0.02	(0.003)	0.01	(0.001)	0.04	(0.005)
2 - 19.....	0.05	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
20 and over...	0.07	(0.002)	0.02	(0.002)	0.01	(0.001)	0.03	(0.003)
2 and over...	0.07	(0.002)	0.01	(0.001)	0.01	(0.001)	0.03	(0.002)
Females:								
2 - 5.....	0.05	(0.004)	#		0.01	(0.001)	0.01	(0.001)
6 - 11.....	0.05	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
12 - 19.....	0.06	(0.005)	0.01	(0.002)	0.01	(#)	0.02	(0.002)
20 - 29.....	0.06	(0.004)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
30 - 39.....	0.06	(0.004)	0.01	(0.003)	0.01	(0.001)	0.03	(0.004)
40 - 49.....	0.07	(0.006)	0.01	(0.002)	0.01	(0.001)	0.03	(0.005)
50 - 59.....	0.06	(0.005)	0.01	(0.002)	0.01	(0.001)	0.02	(0.002)
60 - 69.....	0.07	(0.005)	0.02	(0.003)	0.01	(0.002)	0.04	(0.008)
70 and over.....	0.06	(0.003)	0.02	(0.005)	0.01	(0.001)	0.04	(0.007)
2 - 19.....	0.05	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
20 and over...	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.03	(0.002)
2 and over...	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
Males and females:								
2 - 19.....	0.05	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
20 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)
2 and over...	0.06	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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.

Footnotes

[1] Sample size and mean energy includes individuals (n = 1) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, *What We Eat in America*, NHANES 2011-2012.

Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012

				Nutrient per 1000 kcal															
Race/ethnicity and age (years)	Sample size [1]	Energy kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
Non-Hispanic White:																			
2 - 5.....	156	1584	(38.7)	34.4	(0.61)	140	(2.3)	74	(2.0)	7.8	(0.34)	35.6	(0.86)	13.2	(0.67)	12.0	(0.36)	7.5	(0.32)
6 - 11.....	275	2011	(36.1)	33.6	(0.59)	138	(1.1)	70	(1.6)	7.1	(0.22)	36.4	(0.47)	12.9	(0.27)	12.6	(0.21)	8.0	(0.29)
12 - 19.....	259	2231	(78.6)	36.3	(1.00)	135	(2.5)	66	(2.8)	7.2	(0.24)	35.9	(0.88)	12.4	(0.32)	12.4	(0.32)	8.1	(0.36)
20 and over...	1842	2209	(24.3)	38.2	(0.45)	122	(1.0)	54	(0.6)	8.7	(0.20)	37.2	(0.32)	12.1	(0.17)	13.2	(0.13)	8.9	(0.09)
2 and over...	2532	2169	(21.6)	37.5	(0.40)	125	(0.8)	58	(0.7)	8.4	(0.18)	37.0	(0.32)	12.2	(0.16)	13.0	(0.12)	8.7	(0.08)
Non-Hispanic Black:																			
2 - 5.....	249	1651	(62.4)	34.2	(0.58)	137	(1.9)	68	(1.7)	7.1	(0.25)	36.4	(0.84)	11.9	(0.29)	12.8	(0.37)	8.7	(0.22)
6 - 11.....	335	2020	(59.7)	34.2	(0.77)	134	(1.3)	62	(0.6)	6.9	(0.21)	37.7	(0.38)	12.5	(0.19)	13.4	(0.19)	8.7	(0.20)
12 - 19.....	352	2037	(70.0)	35.2	(1.01)	132	(2.3)	62	(2.3)	6.5	(0.23)	37.2	(0.69)	12.1	(0.24)	13.0	(0.24)	8.9	(0.28)
20 and over...	1274	2187	(39.5)	38.4	(0.45)	123	(0.9)	57	(1.2)	7.3	(0.19)	37.4	(0.36)	11.5	(0.13)	13.5	(0.13)	9.4	(0.15)
2 and over...	2210	2113	(34.4)	37.3	(0.40)	126	(0.7)	59	(1.0)	7.1	(0.18)	37.3	(0.31)	11.7	(0.12)	13.4	(0.12)	9.2	(0.12)
Non-Hispanic Asian[2]:																			
2 - 5.....	102	1486	(75.9)	38.4	(1.79)	135	(3.5)	61	(2.8)	8.4	(0.46)	35.2	(0.91)	13.1	(0.78)	11.8	(0.44)	7.4	(0.36)
6 - 11.....	115	1744	(58.3)	35.8	(1.19)	144	(2.1)	64	(2.6)	8.5	(0.60)	32.6	(0.63)	12.0	(0.31)	10.7	(0.33)	7.1	(0.22)
12 - 19.....	158	1967	(89.2)	40.9	(0.80)	132	(2.1)	53	(1.9)	8.2	(0.46)	34.8	(1.08)	11.8	(0.54)	11.7	(0.33)	8.4	(0.40)
20 and over...	610	1947	(27.4)	42.9	(0.91)	130	(1.1)	45	(1.0)	10.2	(0.26)	33.2	(0.63)	9.7	(0.23)	12.1	(0.27)	8.6	(0.24)
2 and over...	985	1910	(22.9)	41.9	(0.76)	132	(0.9)	48	(0.9)	9.8	(0.23)	33.5	(0.43)	10.2	(0.16)	11.9	(0.21)	8.4	(0.18)
Hispanic:																			
2 - 5.....	282	1564	(34.8)	37.1	(0.71)	138	(1.5)	71	(1.7)	8.2	(0.30)	34.7	(0.48)	12.8	(0.24)	11.7	(0.22)	7.3	(0.18)
6 - 11.....	356	2005	(44.9)	36.4	(0.66)	137	(1.6)	64	(1.4)	8.4	(0.32)	35.4	(0.61)	12.2	(0.26)	12.3	(0.26)	8.0	(0.18)
12 - 19.....	325	2205	(86.3)	37.5	(0.59)	132	(1.4)	60	(1.9)	7.7	(0.31)	36.7	(0.56)	12.2	(0.30)	12.6	(0.19)	8.9	(0.28)
20 and over...	932	2211	(42.1)	41.8	(0.44)	126	(1.0)	54	(1.1)	9.1	(0.27)	35.8	(0.40)	11.5	(0.18)	12.8	(0.22)	8.4	(0.13)
2 and over...	1895	2133	(28.2)	40.1	(0.37)	129	(0.7)	57	(1.0)	8.7	(0.26)	35.8	(0.29)	11.8	(0.12)	12.7	(0.15)	8.3	(0.13)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Nutrient per 1000 kcal: Cholesterol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-cryptoxanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
Non-Hispanic White:																		
2 - 5.....	94	(4.1)	300	(11.0)	384	(18.9)	198	(46.7)	877	(214.4)	67*	(21.7)	2021	(374.8)	366	(27.4)	0.78	(0.015)
6 - 11.....	96	(3.5)	259	(11.3)	317	(16.1)	126	(37.2)	611	(102.9)	47	(7.8)	2598	(379.0)	394	(34.0)	0.78	(0.028)
12 - 19.....	111	(5.4)	232	(7.9)	277	(13.3)	90*	(31.8)	488	(94.1)	32	(5.4)	2895	(395.3)	364	(49.8)	0.76	(0.031)
20 and over...	127	(2.5)	225	(16.0)	350	(23.5)	251	(24.3)	1358	(108.9)	36	(2.2)	2596	(148.3)	890	(79.7)	0.78	(0.010)
2 and over...	122	(2.1)	231	(12.6)	342	(18.9)	224	(20.7)	1200	(89.9)	38	(2.6)	2600	(144.8)	781	(64.4)	0.78	(0.010)
Non-Hispanic Black:																		
2 - 5.....	121	(7.4)	282	(14.3)	338	(16.5)	102	(21.0)	608	(105.2)	41	(6.7)	1888	(298.1)	546	(85.7)	0.81	(0.035)
6 - 11.....	111	(4.3)	233	(9.9)	280	(12.9)	77	(8.7)	513	(61.7)	32	(1.7)	2283	(164.7)	516	(58.7)	0.82	(0.023)
12 - 19.....	118	(5.1)	179	(8.8)	232	(12.9)	105	(29.8)	571	(77.2)	28	(3.8)	2685	(431.6)	485	(44.9)	0.75	(0.027)
20 and over...	142	(2.4)	179	(11.2)	277	(15.3)	136	(27.1)	1102	(126.8)	36	(2.6)	2339	(128.2)	1009	(111.3)	0.71	(0.005)
2 and over...	134	(2.2)	191	(8.4)	276	(11.6)	123	(23.6)	936	(101.5)	35	(2.0)	2350	(133.0)	856	(85.6)	0.73	(0.008)
Non-Hispanic Asian[2]:																		
2 - 5.....	122	(13.8)	289	(22.3)	360	(26.5)	148	(37.6)	740	(107.4)	69*	(27.3)	2903*	(956.0)	552	(61.5)	0.89	(0.034)
6 - 11.....	110	(10.6)	247	(16.7)	348	(32.0)	209	(45.0)	1073	(239.8)	77	(17.5)	3107	(661.3)	972	(242.0)	0.86	(0.025)
12 - 19.....	120	(6.0)	213	(12.8)	334	(20.0)	212	(50.0)	1305	(191.3)	106*	(59.9)	1754	(235.6)	859	(85.7)	0.91	(0.070)
20 and over...	133	(5.0)	143	(5.7)	320	(14.7)	355	(24.5)	1896	(158.3)	91	(16.6)	1875	(184.4)	1262	(98.0)	0.82	(0.014)
2 and over...	129	(5.1)	166	(4.6)	325	(11.4)	318	(19.5)	1713	(137.5)	90	(15.0)	2008	(172.5)	1162	(75.1)	0.84	(0.011)
Hispanic:																		
2 - 5.....	129	(6.4)	317	(12.5)	399	(24.2)	241*	(76.6)	829	(191.0)	58	(6.6)	2358	(275.3)	373	(21.8)	0.82	(0.012)
6 - 11.....	118	(6.4)	275	(14.2)	336	(13.9)	137	(25.6)	644	(61.8)	45	(5.8)	2563	(155.9)	356	(15.7)	0.85	(0.021)
12 - 19.....	134	(9.1)	244	(20.8)	301	(26.0)	155	(37.0)	599	(89.7)	44	(5.0)	2317	(241.6)	386	(20.9)	0.80	(0.015)
20 and over...	147	(4.8)	187	(7.2)	274	(11.7)	178	(16.0)	936	(86.5)	51	(3.8)	2517	(147.1)	708	(101.9)	0.78	(0.017)
2 and over...	140	(2.7)	217	(7.2)	296	(10.7)	175	(15.8)	843	(73.9)	50	(3.7)	2480	(109.1)	591	(69.0)	0.80	(0.012)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Nutrient per 1000 kcal: Riboflavin mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
Non-Hispanic White:																		
2 - 5.....	1.16	(0.019)	9.8	(0.36)	0.85	(0.034)	103	(6.4)	82	(2.8)	256	(10.1)	133	(5.3)	2.70	(0.121)	0.55	(0.081)
6 - 11.....	0.99	(0.034)	10.6	(0.52)	0.84	(0.049)	113	(10.6)	78	(3.1)	271	(18.6)	121	(2.9)	2.39	(0.110)	0.51	(0.096)
12 - 19.....	1.05	(0.020)	11.9	(0.50)	0.97	(0.050)	109	(7.3)	83	(4.2)	268	(14.7)	134	(5.1)	2.71	(0.141)	0.61*	(0.189)
20 and over...	1.09	(0.014)	12.2	(0.18)	1.04	(0.027)	94	(3.0)	113	(2.6)	272	(5.7)	157	(2.3)	2.64	(0.161)	0.59	(0.048)
2 and over...	1.08	(0.012)	12.0	(0.18)	1.01	(0.025)	97	(2.7)	106	(2.2)	271	(5.4)	151	(2.0)	2.64	(0.133)	0.58	(0.040)
Non-Hispanic Black:																		
2 - 5.....	1.09	(0.039)	11.4	(0.33)	1.00	(0.037)	107	(7.5)	81	(2.4)	263	(13.8)	140	(4.5)	2.74	(0.125)	0.68	(0.097)
6 - 11.....	0.97	(0.032)	11.5	(0.35)	0.91	(0.038)	110	(7.7)	74	(2.5)	261	(13.9)	123	(3.2)	2.52	(0.115)	0.64	(0.078)
12 - 19.....	0.83	(0.041)	12.3	(0.16)	0.93	(0.026)	102	(7.3)	75	(3.4)	249	(12.6)	126	(3.9)	2.52	(0.146)	0.78	(0.162)
20 and over...	0.83	(0.015)	11.9	(0.10)	0.94	(0.017)	78	(2.4)	96	(1.3)	229	(4.6)	153	(2.0)	2.34	(0.115)	0.33	(0.036)
2 and over...	0.87	(0.017)	11.9	(0.10)	0.94	(0.015)	86	(2.5)	90	(1.7)	237	(4.6)	145	(1.9)	2.41	(0.090)	0.45	(0.042)
Non-Hispanic Asian[2]:																		
2 - 5.....	1.19	(0.059)	10.6	(0.79)	0.96	(0.056)	124	(10.5)	102	(6.8)	313	(17.4)	155	(9.7)	3.00	(0.219)	0.75	(0.185)
6 - 11.....	1.08	(0.041)	10.7	(0.47)	0.92	(0.034)	108	(11.1)	103	(9.4)	287	(17.3)	138	(8.5)	2.39	(0.158)	0.41	(0.071)
12 - 19.....	0.98	(0.032)	12.0	(0.43)	0.98	(0.042)	126	(18.2)	110	(5.2)	325	(30.1)	148	(4.4)	2.46	(0.147)	0.48	(0.098)
20 and over...	0.93	(0.035)	12.8	(0.39)	1.11	(0.043)	98	(4.7)	131	(3.7)	298	(6.7)	171	(4.9)	2.45	(0.162)	0.36	(0.069)
2 and over...	0.96	(0.024)	12.5	(0.32)	1.07	(0.035)	103	(3.9)	125	(3.3)	301	(5.7)	166	(4.5)	2.47	(0.111)	0.39	(0.050)
Hispanic:																		
2 - 5.....	1.22	(0.023)	10.2	(0.21)	0.98	(0.024)	111	(4.1)	95	(3.7)	283	(7.0)	155	(5.4)	3.13	(0.219)	0.80	(0.140)
6 - 11.....	1.05	(0.025)	11.2	(0.22)	0.95	(0.031)	128	(6.6)	91	(4.4)	309	(11.7)	136	(3.6)	2.71	(0.117)	0.71	(0.069)
12 - 19.....	0.96	(0.029)	11.6	(0.30)	0.95	(0.038)	113	(7.3)	90	(2.8)	282	(10.5)	143	(5.9)	2.58	(0.217)	0.59	(0.061)
20 and over...	1.01	(0.022)	12.8	(0.23)	1.11	(0.029)	98	(3.7)	112	(3.0)	279	(7.8)	165	(2.7)	2.44	(0.075)	0.47	(0.052)
2 and over...	1.02	(0.016)	12.2	(0.16)	1.06	(0.020)	105	(2.4)	105	(2.8)	283	(5.5)	158	(1.9)	2.55	(0.066)	0.55	(0.042)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age	Nutrient per 1000 kcal															
	Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
(years)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																
2 - 5.....	52.2	(4.24)	4.2	(0.18)	3.5	(0.16)	0.3*	(0.10)	31.4	(2.03)	668	(21.6)	723	(14.5)	134	(2.8)
6 - 11.....	38.9	(3.56)	3.1	(0.18)	3.6	(0.13)	0.3	(0.07)	33.0	(2.50)	548	(17.1)	650	(10.7)	118	(2.8)
12 - 19.....	28.9	(4.74)	2.7	(0.14)	3.8	(0.23)	0.3*	(0.11)	31.3	(3.86)	563	(15.6)	678	(14.4)	128	(4.5)
20 and over...	41.0	(2.29)	2.3	(0.07)	4.3	(0.11)	0.4	(0.05)	65.9	(5.40)	480	(6.7)	667	(5.2)	152	(2.8)
2 and over...	40.2	(1.91)	2.5	(0.07)	4.1	(0.10)	0.3	(0.04)	58.7	(4.28)	501	(6.6)	669	(4.7)	146	(2.6)
Non-Hispanic Black:																
2 - 5.....	64.6	(4.32)	3.7	(0.19)	3.6	(0.12)	0.3*	(0.10)	37.5	(3.79)	540	(19.1)	643	(10.4)	125	(2.8)
6 - 11.....	43.0	(3.10)	2.8	(0.20)	3.7	(0.11)	0.3*	(0.11)	36.4	(3.12)	491	(17.2)	613	(11.2)	115	(2.3)
12 - 19.....	44.7	(2.50)	2.0	(0.14)	3.5	(0.16)	0.1*	(0.05)	38.7	(2.71)	433	(20.9)	594	(18.2)	116	(4.9)
20 and over...	44.7	(1.78)	2.0	(0.08)	4.0	(0.12)	0.2	(0.04)	66.2	(5.62)	411	(8.8)	606	(7.7)	135	(3.7)
2 and over...	45.9	(1.12)	2.2	(0.09)	3.9	(0.11)	0.2	(0.03)	57.5	(4.29)	431	(8.8)	607	(6.9)	130	(3.3)
Non-Hispanic Asian[2]:																
2 - 5.....	49.0	(4.91)	4.8	(0.37)	4.1	(0.23)	0.8	(0.16)	41.8	(6.85)	648	(31.5)	732	(15.1)	144	(3.9)
6 - 11.....	54.4	(7.89)	3.6	(0.19)	3.4	(0.21)	0.2*	(0.09)	56.0	(11.43)	593	(30.9)	674	(18.7)	140	(7.0)
12 - 19.....	46.5	(4.68)	2.8	(0.22)	3.5	(0.13)	0.2*	(0.05)	63.1	(4.10)	549	(25.8)	681	(18.4)	140	(3.7)
20 and over...	51.6	(2.06)	2.5	(0.13)	4.3	(0.17)	0.2	(0.05)	86.6	(5.25)	410	(6.8)	661	(10.4)	170	(3.6)
2 and over...	51.2	(2.21)	2.7	(0.10)	4.1	(0.14)	0.2	(0.04)	79.6	(4.16)	450	(7.7)	668	(7.9)	164	(3.2)
Hispanic:																
2 - 5.....	57.5	(4.42)	4.7	(0.17)	3.2	(0.08)	0.2	(0.03)	27.8	(1.12)	691	(20.4)	743	(13.8)	137	(3.4)
6 - 11.....	48.4	(2.65)	3.2	(0.10)	3.3	(0.08)	0.2	(0.04)	28.7	(1.02)	571	(14.7)	678	(9.4)	127	(3.1)
12 - 19.....	47.9	(4.51)	2.9	(0.25)	3.8	(0.09)	0.3	(0.05)	32.3	(1.40)	529	(16.8)	671	(10.9)	127	(2.6)
20 and over...	45.8	(2.62)	2.2	(0.09)	3.9	(0.09)	0.2	(0.05)	50.2	(4.88)	477	(9.8)	687	(9.0)	150	(2.8)
2 and over...	47.3	(2.06)	2.7	(0.08)	3.7	(0.07)	0.2	(0.03)	43.2	(3.39)	513	(7.5)	688	(7.2)	143	(2.5)

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Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age	Nutrient per 1000 kcal																	
	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
(years)	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Non-Hispanic White:																		
2 - 5.....	7.0	(0.23)	5.0	(0.14)	0.5	(0.01)	46.0	(1.07)	1294	(30.9)	1384	(32.6)	5.2	(0.74)	31.4	(3.04)	--	--
6 - 11.....	7.2	(0.31)	4.9	(0.23)	0.5	(0.01)	46.5	(0.69)	1112	(22.7)	1536	(44.9)	13.6	(2.49)	38.5	(2.92)	--	--
12 - 19.....	7.0	(0.29)	5.4	(0.27)	0.5	(0.04)	51.4	(2.17)	1147	(40.1)	1654	(35.6)	35.3	(4.75)	21.5	(3.57)	--	--
20 and over...	7.5	(0.09)	5.4	(0.07)	0.7	(0.03)	52.3	(0.85)	1377	(23.4)	1664	(12.9)	108.8	(6.42)	20.4	(1.42)	5.7	(0.46)
2 and over...	7.4	(0.08)	5.4	(0.08)	0.6	(0.03)	51.5	(0.78)	1333	(21.8)	1642	(12.0)	90.4	(5.38)	22.3	(1.13)	--	--
Non-Hispanic Black:																		
2 - 5.....	7.6	(0.32)	5.0	(0.16)	0.5	(0.02)	47.6	(1.22)	1281	(36.2)	1491	(20.5)	3.7	(0.47)	16.3	(2.65)	--	--
6 - 11.....	7.7	(0.25)	5.1	(0.18)	0.5	(0.01)	48.3	(1.48)	1078	(17.0)	1572	(25.0)	5.7	(0.67)	22.0	(1.43)	--	--
12 - 19.....	7.0	(0.22)	4.9	(0.21)	0.5	(0.02)	49.4	(1.51)	1069	(36.2)	1637	(25.2)	13.7	(2.18)	17.8	(3.48)	--	--
20 and over...	6.7	(0.12)	5.0	(0.10)	0.6	(0.02)	54.7	(1.05)	1179	(18.5)	1658	(13.8)	42.2	(3.57)	14.6	(0.93)	4.0	(0.35)
2 and over...	6.9	(0.12)	5.0	(0.08)	0.6	(0.02)	52.8	(0.95)	1161	(17.1)	1635	(10.0)	32.0	(3.05)	15.9	(1.09)	--	--
Non-Hispanic Asian[2]:																		
2 - 5.....	7.5	(0.38)	5.8	(0.34)	0.6	(0.04)	55.8	(4.49)	1398	(56.5)	1544	(76.8)	5.7*	(3.71)	32.1	(6.64)	--	--
6 - 11.....	7.1	(0.30)	5.2	(0.22)	0.6	(0.03)	53.8	(2.06)	1250	(47.2)	1560	(82.0)	7.0*	(2.43)	39.3	(8.30)	--	--
12 - 19.....	7.5	(0.36)	5.4	(0.25)	0.6	(0.02)	58.4	(1.72)	1276	(39.2)	1889	(134.9)	20.4	(2.74)	20.3	(2.82)	--	--
20 and over...	7.6	(0.19)	5.4	(0.08)	0.8	(0.02)	63.8	(1.82)	1426	(18.7)	2031	(55.1)	60.6	(3.66)	12.0	(0.82)	2.9	(0.45)
2 and over...	7.5	(0.14)	5.4	(0.07)	0.7	(0.02)	62.1	(1.61)	1396	(18.1)	1956	(54.5)	49.6	(2.64)	15.9	(1.06)	--	--
Hispanic:																		
2 - 5.....	7.7	(0.23)	5.5	(0.13)	0.5	(0.02)	48.5	(1.13)	1398	(29.5)	1457	(17.8)	4.4	(0.48)	25.6	(2.04)	--	--
6 - 11.....	8.3	(0.29)	5.4	(0.16)	0.5	(0.02)	50.0	(1.08)	1226	(26.4)	1556	(17.6)	7.9	(1.20)	25.4	(3.16)	--	--
12 - 19.....	7.9	(0.28)	5.1	(0.17)	0.6	(0.03)	52.0	(1.11)	1183	(25.3)	1613	(32.3)	18.1	(2.37)	26.4	(2.39)	--	--
20 and over...	7.8	(0.26)	5.6	(0.11)	0.6	(0.01)	57.1	(0.85)	1326	(17.7)	1696	(20.8)	58.6	(4.03)	10.6	(0.99)	2.8	(0.31)
2 and over...	7.9	(0.17)	5.5	(0.09)	0.6	(0.01)	54.8	(0.65)	1299	(15.2)	1648	(15.9)	42.2	(2.88)	15.9	(1.00)	--	--

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Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity 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)
	Nutrient per 1000 kcal															
Non-Hispanic White:																
2 - 5.....	0.34	(0.034)	0.20	(0.019)	0.16	(0.015)	0.28	(0.023)	0.43	(0.047)	1.25	(0.111)	6.82	(0.270)	3.15	(0.151)
6 - 11.....	0.29	(0.022)	0.16	(0.012)	0.13	(0.007)	0.25	(0.016)	0.42	(0.032)	1.15	(0.053)	6.87	(0.143)	3.14	(0.073)
12 - 19.....	0.27	(0.010)	0.15	(0.005)	0.12	(0.005)	0.23	(0.008)	0.34	(0.014)	1.08	(0.049)	6.66	(0.164)	3.04	(0.089)
20 and over...	0.27	(0.010)	0.15	(0.005)	0.12	(0.003)	0.23	(0.007)	0.37	(0.016)	1.04	(0.025)	6.46	(0.074)	2.99	(0.048)
2 and over...	0.27	(0.009)	0.15	(0.004)	0.12	(0.003)	0.23	(0.006)	0.38	(0.014)	1.06	(0.024)	6.52	(0.070)	3.01	(0.046)
Non-Hispanic Black:																
2 - 5.....	0.25	(0.011)	0.16	(0.006)	0.14	(0.008)	0.22	(0.010)	0.34	(0.031)	0.97	(0.029)	6.58	(0.161)	2.85	(0.074)
6 - 11.....	0.24	(0.011)	0.14	(0.006)	0.12	(0.008)	0.21	(0.010)	0.33	(0.018)	1.01	(0.035)	6.89	(0.107)	3.05	(0.047)
12 - 19.....	0.22	(0.021)	0.13	(0.011)	0.11	(0.006)	0.20	(0.012)	0.35	(0.024)	0.98	(0.049)	6.66	(0.149)	2.97	(0.039)
20 and over...	0.19	(0.006)	0.11	(0.003)	0.10	(0.003)	0.18	(0.005)	0.33	(0.021)	0.85	(0.014)	6.38	(0.075)	2.92	(0.048)
2 and over...	0.20	(0.005)	0.12	(0.003)	0.10	(0.003)	0.19	(0.004)	0.34	(0.016)	0.89	(0.014)	6.49	(0.066)	2.94	(0.040)
Non-Hispanic Asian[2]:																
2 - 5.....	0.35	(0.042)	0.23	(0.028)	0.30	(0.050)	0.38	(0.040)	0.43	(0.057)	1.28	(0.125)	6.78	(0.346)	2.89	(0.160)
6 - 11.....	0.31	(0.018)	0.19	(0.013)	0.17	(0.015)	0.28	(0.018)	0.44	(0.041)	1.13	(0.060)	6.33	(0.183)	2.80	(0.096)
12 - 19.....	0.27	(0.026)	0.15	(0.015)	0.13	(0.011)	0.24	(0.020)	0.40	(0.060)	1.05	(0.079)	6.37	(0.245)	2.79	(0.127)
20 and over...	0.16	(0.010)	0.09	(0.006)	0.09	(0.008)	0.16	(0.011)	0.34	(0.040)	0.74	(0.043)	5.45	(0.090)	2.31	(0.051)
2 and over...	0.19	(0.009)	0.11	(0.005)	0.11	(0.007)	0.19	(0.009)	0.35	(0.030)	0.83	(0.033)	5.68	(0.071)	2.43	(0.040)
Hispanic:																
2 - 5.....	0.35	(0.015)	0.22	(0.010)	0.17	(0.011)	0.29	(0.012)	0.38	(0.024)	1.25	(0.045)	6.71	(0.120)	2.98	(0.055)
6 - 11.....	0.29	(0.010)	0.16	(0.005)	0.12	(0.005)	0.24	(0.007)	0.35	(0.023)	1.10	(0.033)	6.59	(0.137)	2.95	(0.075)
12 - 19.....	0.27	(0.017)	0.15	(0.010)	0.12	(0.007)	0.23	(0.013)	0.35	(0.022)	1.06	(0.050)	6.67	(0.129)	2.95	(0.075)
20 and over...	0.23	(0.010)	0.13	(0.006)	0.11	(0.005)	0.20	(0.008)	0.33	(0.022)	0.97	(0.030)	6.29	(0.092)	2.81	(0.047)
2 and over...	0.26	(0.007)	0.15	(0.004)	0.12	(0.004)	0.22	(0.006)	0.34	(0.017)	1.02	(0.021)	6.41	(0.063)	2.86	(0.035)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	MFA 16:1 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
	Nutrient per 1000 kcal													
Non-Hispanic White:														
2 - 5.....	0.41	(0.031)	11.29	(0.331)	0.11	(0.006)	#		6.65	(0.298)	0.69	(0.022)	#	
6 - 11.....	0.47	(0.014)	11.78	(0.206)	0.12	(0.005)	0.01	(0.001)	7.19	(0.259)	0.67	(0.029)	0.01	(0.001)
12 - 19.....	0.48	(0.020)	11.60	(0.299)	0.13	(0.005)	0.01	(0.001)	7.28	(0.316)	0.70	(0.046)	0.01	(0.001)
20 and over...	0.49	(0.008)	12.35	(0.116)	0.13	(0.004)	0.01	(0.001)	7.85	(0.081)	0.84	(0.010)	0.01	(#)
2 and over...	0.49	(0.007)	12.19	(0.112)	0.13	(0.003)	0.01	(0.001)	7.70	(0.069)	0.80	(0.009)	0.01	(#)
Non-Hispanic Black:														
2 - 5.....	0.51	(0.023)	11.94	(0.341)	0.13	(0.007)	0.01	(0.001)	7.79	(0.217)	0.68	(0.012)	#	
6 - 11.....	0.55	(0.018)	12.46	(0.172)	0.13	(0.003)	0.01	(0.001)	7.80	(0.185)	0.70	(0.012)	#	
12 - 19.....	0.57	(0.025)	12.11	(0.221)	0.14	(0.004)	0.01	(0.002)	7.98	(0.255)	0.74	(0.028)	0.01	(0.001)
20 and over...	0.56	(0.012)	12.56	(0.126)	0.15	(0.002)	0.02	(0.002)	8.30	(0.135)	0.80	(0.017)	0.01	(#)
2 and over...	0.56	(0.009)	12.44	(0.111)	0.14	(0.002)	0.01	(0.001)	8.17	(0.103)	0.77	(0.012)	0.01	(#)
Non-Hispanic Asian[2]:														
2 - 5.....	0.37	(0.036)	11.17	(0.412)	0.10	(0.011)	#		6.44	(0.345)	0.76	(0.038)	#	
6 - 11.....	0.37	(0.023)	10.07	(0.302)	0.11	(0.016)	0.01	(0.001)	6.25	(0.208)	0.66	(0.027)	#	
12 - 19.....	0.46	(0.027)	10.87	(0.302)	0.12	(0.007)	0.01*	(0.006)	7.36	(0.371)	0.76	(0.038)	0.01	(0.001)
20 and over...	0.45	(0.014)	11.32	(0.267)	0.15	(0.006)	0.03	(0.007)	7.47	(0.224)	0.84	(0.028)	0.01	(0.002)
2 and over...	0.44	(0.010)	11.17	(0.209)	0.14	(0.005)	0.02	(0.005)	7.31	(0.163)	0.82	(0.022)	0.01	(0.001)
Hispanic:														
2 - 5.....	0.44	(0.012)	10.95	(0.209)	0.10	(0.005)	0.01	(0.002)	6.46	(0.162)	0.70	(0.021)	#	
6 - 11.....	0.48	(0.014)	11.44	(0.243)	0.11	(0.003)	0.01	(0.002)	7.08	(0.162)	0.70	(0.023)	0.01	(0.001)
12 - 19.....	0.46	(0.016)	11.81	(0.181)	0.13	(0.011)	0.01	(0.001)	7.88	(0.259)	0.76	(0.024)	#	
20 and over...	0.52	(0.012)	11.96	(0.201)	0.12	(0.003)	0.01	(0.003)	7.38	(0.114)	0.80	(0.015)	#	
2 and over...	0.50	(0.009)	11.79	(0.140)	0.12	(0.004)	0.01	(0.002)	7.34	(0.115)	0.78	(0.013)	#	

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
	Nutrient per 1000 kcal							
Non-Hispanic White:								
2 - 5.....	0.04	(0.004)	#		#		0.01	(0.001)
6 - 11.....	0.04	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
12 - 19.....	0.05	(0.004)	0.01*	(0.003)	0.01	(#)	0.01	(0.002)
20 and over...	0.06	(0.002)	0.01	(0.001)	0.01	(0.001)	0.03	(0.003)
2 and over...	0.06	(0.001)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
Non-Hispanic Black:								
2 - 5.....	0.06	(0.004)	0.01	(0.001)	0.01	(0.001)	0.01	(0.003)
6 - 11.....	0.06	(0.003)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
12 - 19.....	0.07	(0.003)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
20 and over...	0.08	(0.002)	0.02	(0.003)	0.01	(#)	0.03	(0.004)
2 and over...	0.08	(0.001)	0.01	(0.002)	0.01	(#)	0.03	(0.003)
Non-Hispanic Asian[2]:								
2 - 5.....	0.05	(0.008)	0.01*	(0.002)	0.01*	(0.004)	0.02*	(0.009)
6 - 11.....	0.05	(0.005)	0.01	(0.002)	0.01	(0.001)	0.02	(0.002)
12 - 19.....	0.06	(0.003)	0.02*	(0.007)	0.01	(0.001)	0.03	(0.008)
20 and over...	0.07	(0.003)	0.05	(0.006)	0.02	(0.001)	0.08	(0.011)
2 and over...	0.07	(0.003)	0.04	(0.004)	0.01	(0.001)	0.07	(0.008)
Hispanic:								
2 - 5.....	0.06	(0.003)	#		0.01	(#)	0.01	(0.001)
6 - 11.....	0.06	(0.004)	#		0.01	(0.001)	0.01	(0.002)
12 - 19.....	0.07	(0.005)	0.01	(0.003)	0.01	(0.001)	0.03	(0.006)
20 and over...	0.08	(0.003)	0.01	(0.001)	0.01	(0.001)	0.03	(0.002)
2 and over...	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.03	(0.002)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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.

Footnotes

[1] Sample size and mean energy includes individuals (n = 1) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

[2] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2011-2012.

Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012

Family income in dollars and age (years)	Sample size [1]	Energy kcal	(SE)	Nutrient per 1000 kcal: Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
$0 - $24,999:																			
2 - 5.....	314	1605	(34.8)	35.8	(0.78)	137	(1.9)	69	(1.5)	7.6	(0.34)	35.5	(0.78)	12.4	(0.20)	12.2	(0.37)	7.9	(0.33)
6 - 11.....	395	2020	(46.0)	35.1	(0.79)	137	(1.6)	66	(2.3)	7.6	(0.22)	36.1	(0.63)	12.6	(0.21)	12.5	(0.30)	8.0	(0.20)
12 - 19.....	373	2367	(99.2)	35.9	(0.64)	130	(1.5)	61	(1.9)	6.7	(0.22)	37.8	(0.56)	12.5	(0.39)	12.9	(0.27)	9.2	(0.43)
20 and over...	1680	2186	(50.9)	38.3	(0.37)	127	(1.1)	58	(0.8)	8.2	(0.25)	35.9	(0.37)	11.7	(0.20)	12.7	(0.15)	8.5	(0.14)
2 and over...	2762	2160	(50.3)	37.6	(0.28)	129	(1.0)	59	(0.6)	8.0	(0.23)	36.1	(0.35)	11.9	(0.19)	12.7	(0.16)	8.5	(0.15)
$25,000 - $74,999:																			
2 - 5.....	307	1603	(29.6)	34.8	(0.76)	139	(2.4)	74	(1.7)	7.5	(0.23)	35.3	(0.95)	13.1	(0.68)	11.9	(0.32)	7.3	(0.25)
6 - 11.....	436	1907	(50.5)	34.9	(0.68)	137	(1.4)	68	(1.4)	7.4	(0.27)	36.0	(0.50)	12.6	(0.24)	12.4	(0.24)	8.1	(0.34)
12 - 19.....	419	2040	(84.4)	35.3	(1.23)	139	(3.4)	66	(3.1)	7.5	(0.24)	34.6	(1.08)	11.6	(0.41)	11.8	(0.40)	8.4	(0.42)
20 and over...	1748	2135	(46.9)	38.3	(0.41)	123	(0.8)	54	(0.8)	8.7	(0.19)	37.3	(0.43)	11.9	(0.17)	13.3	(0.22)	9.0	(0.12)
2 and over...	2910	2077	(42.0)	37.5	(0.26)	127	(0.9)	57	(0.7)	8.4	(0.15)	36.8	(0.42)	12.0	(0.16)	13.0	(0.21)	8.8	(0.08)
$75,000 and higher:																			
2 - 5.....	167	1540	(48.4)	35.7	(0.75)	139	(2.6)	71	(1.7)	8.6	(0.45)	35.5	(1.12)	12.9	(0.68)	12.0	(0.48)	7.8	(0.27)
6 - 11.....	266	2060	(50.8)	34.3	(0.85)	136	(1.3)	65	(1.6)	7.5	(0.22)	36.7	(0.51)	12.9	(0.27)	12.8	(0.33)	8.1	(0.25)
12 - 19.....	279	2197	(82.6)	39.4	(1.39)	128	(1.7)	61	(2.0)	7.5	(0.30)	37.7	(0.67)	13.2	(0.28)	13.2	(0.25)	8.1	(0.40)
20 and over...	1053	2291	(50.4)	40.0	(0.58)	119	(1.3)	52	(1.0)	9.1	(0.29)	37.0	(0.62)	11.7	(0.21)	13.3	(0.23)	9.0	(0.22)
2 and over...	1765	2217	(46.6)	39.1	(0.49)	123	(1.2)	55	(0.9)	8.7	(0.24)	37.0	(0.51)	12.1	(0.18)	13.2	(0.19)	8.7	(0.17)
All Individuals[2]:																			
2 - 5.....	834	1585	(22.6)	35.2	(0.41)	139	(1.4)	71	(1.2)	7.8	(0.20)	35.5	(0.46)	12.8	(0.39)	12.0	(0.21)	7.6	(0.19)
6 - 11.....	1146	1987	(30.7)	34.7	(0.36)	137	(0.7)	66	(1.1)	7.5	(0.16)	36.3	(0.28)	12.7	(0.15)	12.5	(0.11)	8.1	(0.18)
12 - 19.....	1152	2175	(44.9)	36.7	(0.66)	133	(1.4)	63	(1.5)	7.3	(0.15)	36.4	(0.56)	12.3	(0.21)	12.6	(0.19)	8.5	(0.27)
20 and over...	4801	2191	(15.6)	38.9	(0.31)	123	(0.7)	54	(0.5)	8.7	(0.15)	36.8	(0.25)	11.8	(0.13)	13.1	(0.11)	8.9	(0.07)
2 and over...	7933	2139	(12.3)	38.1	(0.26)	126	(0.6)	57	(0.5)	8.4	(0.14)	36.6	(0.24)	12.0	(0.12)	13.0	(0.10)	8.7	(0.07)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Nutrient per 1000 kcal: Choles-terol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-crypto-xanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
$0 - $24,999:																		
2 - 5.....	123	(6.2)	306	(11.8)	368	(12.6)	142	(34.9)	653	(105.1)	44	(6.1)	2480	(463.5)	438	(54.9)	0.82	(0.019)
6 - 11.....	109	(5.2)	258	(7.8)	320	(8.4)	120	(21.6)	664	(50.5)	43	(8.1)	2203	(146.4)	461	(36.5)	0.81	(0.023)
12 - 19.....	127	(6.8)	206	(19.6)	256	(24.0)	103	(23.3)	530	(74.5)	27	(3.0)	2828	(289.0)	408	(48.1)	0.76	(0.026)
20 and over...	134	(3.1)	195	(11.4)	283	(15.5)	175	(15.3)	955	(99.1)	40	(3.7)	2419	(127.1)	657	(47.0)	0.77	(0.011)
2 and over...	131	(2.4)	208	(10.3)	288	(13.7)	160	(14.6)	864	(80.6)	39	(3.2)	2452	(111.8)	599	(36.1)	0.78	(0.007)
$25,000 - $74,999:																		
2 - 5.....	106	(5.1)	310	(10.6)	364	(9.8)	118	(20.0)	554	(79.6)	56	(11.7)	1934	(276.9)	368	(27.5)	0.79	(0.026)
6 - 11.....	102	(5.0)	266	(9.8)	318	(13.5)	110	(24.1)	548	(64.9)	45	(8.4)	3192	(460.0)	392	(33.6)	0.81	(0.027)
12 - 19.....	110	(7.1)	208	(17.9)	267	(18.2)	129	(28.4)	620	(78.7)	37	(7.7)	2558	(383.2)	455	(51.4)	0.76	(0.024)
20 and over...	132	(4.4)	194	(5.2)	327	(18.3)	264	(45.6)	1454	(181.8)	38	(2.4)	2545	(185.6)	931	(106.1)	0.77	(0.012)
2 and over...	126	(3.4)	207	(4.6)	322	(14.7)	229	(35.4)	1241	(142.4)	40	(2.1)	2566	(186.0)	805	(81.7)	0.77	(0.010)
$75,000 and higher:																		
2 - 5.....	100	(4.7)	287	(14.8)	411	(31.3)	319	(88.1)	1284	(297.4)	83*	(34.3)	2214	(341.7)	430	(32.0)	0.80	(0.017)
6 - 11.....	104	(4.4)	258	(12.9)	322	(15.6)	147*	(49.7)	678	(144.8)	49	(9.0)	2421	(277.5)	430	(57.3)	0.79	(0.037)
12 - 19.....	122	(6.9)	259	(12.1)	314	(15.7)	116	(29.4)	579	(90.6)	46	(7.9)	2776	(388.3)	378	(24.0)	0.79	(0.020)
20 and over...	128	(4.4)	242	(31.9)	375	(28.1)	267	(21.2)	1437	(115.5)	43	(3.2)	2579	(205.6)	1053	(128.9)	0.77	(0.016)
2 and over...	124	(3.3)	248	(23.1)	365	(20.1)	242	(17.3)	1261	(96.9)	46	(4.2)	2567	(152.4)	884	(93.7)	0.78	(0.015)
All Individuals[2]:																		
2 - 5.....	109	(4.6)	300	(7.6)	377	(10.6)	188	(30.3)	805	(114.9)	59	(11.3)	2166	(211.6)	409	(22.8)	0.80	(0.012)
6 - 11.....	105	(3.3)	261	(6.1)	320	(9.4)	125	(21.2)	626	(61.9)	45	(4.6)	2656	(208.9)	431	(26.8)	0.81	(0.017)
12 - 19.....	118	(3.9)	224	(6.3)	278	(9.8)	114	(19.5)	569	(60.9)	37	(4.7)	2699	(212.5)	412	(30.5)	0.78	(0.020)
20 and over...	132	(2.1)	209	(11.6)	328	(18.0)	236	(18.4)	1296	(92.3)	41	(2.0)	2513	(101.8)	891	(64.3)	0.77	(0.008)
2 and over...	127	(1.7)	220	(8.8)	324	(13.9)	211	(15.0)	1131	(74.8)	42	(2.2)	2526	(93.9)	772	(50.5)	0.78	(0.007)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Nutrient per 1000 kcal																	
	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)
$0 - $24,999:																		
2 - 5.....	1.16	(0.027)	10.9	(0.20)	0.98	(0.025)	116	(6.6)	83	(2.3)	281	(10.3)	145	(3.9)	2.95	(0.099)	0.74	(0.057)
6 - 11.....	1.02	(0.026)	11.0	(0.67)	0.92	(0.070)	121	(10.0)	81	(2.7)	287	(18.3)	128	(3.2)	2.58	(0.062)	0.59	(0.056)
12 - 19.....	0.96	(0.081)	12.4	(0.58)	0.99	(0.059)	107	(9.7)	78	(3.0)	259	(18.5)	136	(6.1)	2.77	(0.223)	0.76	(0.180)
20 and over...	0.98	(0.026)	12.0	(0.16)	0.99	(0.026)	94	(3.6)	103	(2.2)	263	(7.0)	154	(1.9)	2.34	(0.074)	0.50	(0.057)
2 and over...	0.99	(0.028)	11.9	(0.22)	0.99	(0.023)	99	(2.7)	97	(1.8)	265	(5.4)	149	(1.2)	2.44	(0.069)	0.55	(0.048)
$25,000 - $74,999:																		
2 - 5.....	1.17	(0.022)	9.9	(0.36)	0.90	(0.039)	110	(5.9)	80	(2.6)	268	(10.3)	137	(6.1)	2.88	(0.083)	0.63	(0.084)
6 - 11.....	1.03	(0.021)	11.0	(0.32)	0.90	(0.026)	120	(8.1)	82	(3.4)	287	(14.6)	127	(3.5)	2.65	(0.100)	0.61	(0.055)
12 - 19.....	0.93	(0.036)	11.3	(0.32)	0.88	(0.037)	102	(5.3)	92	(5.0)	265	(10.2)	128	(6.3)	2.21	(0.142)	0.41	(0.057)
20 and over...	1.04	(0.015)	12.2	(0.21)	1.03	(0.026)	90	(2.8)	113	(4.1)	267	(4.7)	158	(2.8)	2.41	(0.075)	0.52	(0.050)
2 and over...	1.03	(0.014)	11.9	(0.18)	0.99	(0.021)	95	(2.8)	107	(2.9)	268	(4.9)	151	(2.4)	2.43	(0.073)	0.52	(0.042)
$75,000 and higher:																		
2 - 5.....	1.18	(0.031)	9.8	(0.47)	0.88	(0.046)	92	(5.8)	97	(4.3)	254	(9.6)	141	(4.9)	2.68	(0.176)	0.58	(0.173)
6 - 11.....	0.99	(0.042)	10.7	(0.54)	0.83	(0.048)	106	(9.4)	81	(3.1)	262	(16.8)	124	(3.7)	2.33	(0.126)	0.52	(0.121)
12 - 19.....	1.09	(0.039)	11.7	(0.40)	0.97	(0.046)	111	(8.1)	84	(2.6)	273	(15.8)	147	(4.3)	2.89	(0.129)	0.52	(0.063)
20 and over...	1.09	(0.020)	12.5	(0.16)	1.07	(0.026)	93	(2.4)	120	(3.7)	278	(6.0)	161	(3.0)	2.91	(0.327)	0.55	(0.048)
2 and over...	1.08	(0.016)	12.1	(0.16)	1.03	(0.024)	96	(2.6)	111	(3.1)	275	(6.4)	155	(2.4)	2.85	(0.250)	0.55	(0.043)
All Individuals[2]:																		
2 - 5.....	1.16	(0.014)	10.2	(0.22)	0.92	(0.025)	107	(3.7)	86	(2.2)	267	(5.8)	140	(3.4)	2.82	(0.088)	0.65	(0.065)
6 - 11.....	1.02	(0.019)	10.9	(0.30)	0.89	(0.026)	116	(5.5)	82	(1.9)	279	(10.2)	126	(2.3)	2.53	(0.061)	0.58	(0.049)
12 - 19.....	0.99	(0.019)	11.9	(0.29)	0.96	(0.031)	109	(3.4)	85	(3.0)	270	(7.8)	136	(3.4)	2.64	(0.098)	0.62	(0.109)
20 and over...	1.04	(0.013)	12.3	(0.12)	1.04	(0.017)	93	(2.0)	112	(1.9)	269	(3.9)	158	(1.5)	2.56	(0.107)	0.53	(0.028)
2 and over...	1.04	(0.011)	12.0	(0.12)	1.01	(0.014)	97	(1.7)	105	(1.6)	270	(3.5)	152	(1.3)	2.58	(0.088)	0.55	(0.024)

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Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Nutrient per 1000 kcal															
	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)
$0 - $24,999:																
2 - 5.....	52.3	(3.62)	4.4	(0.18)	3.4	(0.15)	0.3*	(0.08)	32.8	(3.02)	617	(21.4)	697	(13.9)	131	(2.9)
6 - 11.....	42.3	(2.47)	3.2	(0.12)	3.5	(0.12)	0.4	(0.11)	35.4	(1.58)	559	(19.5)	657	(15.7)	119	(2.4)
12 - 19.....	31.9	(3.31)	2.5	(0.30)	3.5	(0.13)	0.2*	(0.10)	34.2	(2.46)	489	(27.4)	636	(23.2)	119	(1.8)
20 and over...	41.8	(2.75)	2.3	(0.11)	3.8	(0.07)	0.3	(0.03)	50.5	(2.43)	473	(11.8)	649	(5.9)	142	(2.0)
2 and over...	41.3	(2.31)	2.5	(0.11)	3.7	(0.06)	0.3	(0.02)	46.3	(1.82)	490	(11.7)	651	(7.0)	137	(1.7)
$25,000 - $74,999:																
2 - 5.....	58.6	(5.84)	4.3	(0.23)	3.5	(0.14)	0.3	(0.09)	27.0	(1.26)	661	(30.4)	721	(21.7)	131	(2.1)
6 - 11.....	44.4	(4.48)	3.3	(0.23)	3.4	(0.12)	0.2	(0.05)	31.2	(2.06)	554	(20.8)	663	(12.9)	124	(2.1)
12 - 19.....	40.4	(4.95)	2.2	(0.16)	3.5	(0.16)	0.2	(0.05)	38.9	(3.66)	504	(19.6)	640	(16.6)	125	(3.3)
20 and over...	42.4	(2.81)	2.2	(0.09)	4.2	(0.13)	0.3	(0.04)	70.2	(9.99)	461	(9.3)	662	(5.7)	150	(2.8)
2 and over...	43.2	(2.03)	2.4	(0.09)	4.0	(0.11)	0.3	(0.04)	61.3	(7.61)	484	(8.7)	663	(5.2)	144	(2.2)
$75,000 and higher:																
2 - 5.....	54.4	(4.68)	4.2	(0.17)	3.6	(0.20)	0.3*	(0.11)	37.9	(2.79)	681	(20.8)	739	(15.9)	142	(4.5)
6 - 11.....	40.6	(2.77)	2.9	(0.20)	3.7	(0.19)	0.2*	(0.08)	34.2	(2.86)	544	(27.4)	650	(18.1)	119	(3.5)
12 - 19.....	35.0	(3.08)	3.3	(0.23)	3.9	(0.23)	0.3	(0.07)	30.7	(2.63)	607	(31.7)	725	(20.7)	134	(4.5)
20 and over...	42.7	(2.15)	2.3	(0.13)	4.6	(0.17)	0.4	(0.07)	69.6	(5.57)	474	(9.9)	675	(8.9)	159	(3.2)
2 and over...	42.3	(1.99)	2.6	(0.11)	4.4	(0.14)	0.4	(0.06)	60.1	(4.04)	508	(11.4)	682	(8.0)	151	(2.9)
All Individuals[2]:																
2 - 5.....	55.3	(3.31)	4.3	(0.12)	3.5	(0.09)	0.3	(0.06)	32.0	(1.32)	650	(16.6)	715	(10.7)	134	(1.7)
6 - 11.....	42.6	(1.92)	3.2	(0.12)	3.5	(0.08)	0.2	(0.05)	33.6	(1.53)	551	(12.0)	657	(7.2)	121	(1.7)
12 - 19.....	36.2	(3.02)	2.6	(0.10)	3.7	(0.12)	0.3	(0.06)	34.7	(2.36)	534	(15.7)	664	(12.5)	126	(2.7)
20 and over...	42.7	(1.68)	2.2	(0.06)	4.2	(0.08)	0.3	(0.03)	64.4	(4.01)	467	(6.2)	661	(4.7)	150	(2.0)
2 and over...	42.6	(1.45)	2.5	(0.05)	4.0	(0.07)	0.3	(0.03)	56.7	(3.11)	492	(6.6)	664	(4.8)	144	(1.8)

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Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Nutrient per 1000 kcal																	
	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)
$0 - $24,999:																		
2 - 5.....	7.8	(0.27)	5.4	(0.12)	0.5	(0.02)	49.5	(1.62)	1296	(28.9)	1492	(22.5)	6.4	(0.89)	25.5	(3.63)	--	--
6 - 11.....	7.7	(0.27)	5.2	(0.23)	0.5	(0.01)	48.2	(1.04)	1145	(31.6)	1573	(32.3)	8.5	(1.11)	28.5	(3.85)	--	--
12 - 19.....	7.0	(0.33)	5.1	(0.24)	0.5	(0.01)	50.2	(0.70)	1065	(25.4)	1659	(21.0)	23.2	(3.97)	23.7	(5.08)	--	--
20 and over...	7.3	(0.14)	5.3	(0.09)	0.6	(0.01)	52.9	(0.48)	1278	(16.5)	1690	(17.4)	77.7	(5.49)	16.6	(1.18)	4.0	(0.26)
2 and over...	7.4	(0.10)	5.3	(0.08)	0.6	(0.01)	52.0	(0.33)	1243	(16.5)	1665	(12.1)	61.5	(4.56)	18.9	(1.24)	--	--
$25,000 - $74,999:																		
2 - 5.....	7.2	(0.35)	5.4	(0.14)	0.5	(0.01)	45.2	(1.14)	1299	(33.9)	1410	(20.5)	4.0	(0.64)	26.4	(2.39)	--	--
6 - 11.....	7.7	(0.21)	5.3	(0.16)	0.5	(0.02)	48.5	(1.01)	1201	(23.1)	1583	(36.9)	13.5	(2.81)	35.3	(3.12)	--	--
12 - 19.....	7.0	(0.20)	4.9	(0.12)	0.5	(0.02)	48.9	(1.94)	1133	(24.9)	1632	(53.8)	29.8	(4.35)	20.4	(2.92)	--	--
20 and over...	7.4	(0.10)	5.3	(0.07)	0.6	(0.02)	53.4	(0.94)	1358	(30.4)	1694	(24.1)	100.2	(6.93)	17.4	(1.51)	4.6	(0.40)
2 and over...	7.4	(0.09)	5.3	(0.07)	0.6	(0.01)	52.0	(0.74)	1318	(25.0)	1663	(20.3)	80.3	(5.42)	19.6	(1.31)	--	--
$75,000 and higher:																		
2 - 5.....	6.9	(0.27)	4.8	(0.13)	0.6	(0.02)	48.2	(1.27)	1382	(36.0)	1412	(39.1)	3.8	(0.98)	30.1	(5.68)	--	--
6 - 11.....	7.2	(0.40)	4.8	(0.30)	0.5	(0.02)	47.9	(1.12)	1094	(25.8)	1510	(29.1)	8.4	(1.89)	31.5	(3.92)	--	--
12 - 19.....	7.3	(0.32)	6.0	(0.39)	0.6	(0.06)	55.9	(3.03)	1259	(51.5)	1733	(46.0)	23.0	(3.29)	20.7	(2.38)	--	--
20 and over...	7.6	(0.13)	5.5	(0.06)	0.7	(0.06)	54.8	(1.29)	1396	(20.2)	1662	(26.9)	94.9	(8.94)	20.0	(1.93)	6.4	(0.72)
2 and over...	7.5	(0.12)	5.4	(0.08)	0.7	(0.04)	53.9	(1.06)	1352	(19.7)	1643	(21.5)	73.7	(6.92)	21.7	(1.56)	--	--
All Individuals[2]:																		
2 - 5.....	7.3	(0.15)	5.2	(0.09)	0.5	(0.01)	47.5	(0.74)	1321	(15.0)	1433	(15.2)	4.7	(0.42)	27.0	(1.64)	--	--
6 - 11.....	7.5	(0.18)	5.1	(0.13)	0.5	(0.01)	48.3	(0.59)	1150	(14.0)	1554	(26.4)	10.4	(1.19)	32.1	(2.02)	--	--
12 - 19.....	7.2	(0.16)	5.3	(0.16)	0.5	(0.02)	51.6	(1.27)	1151	(25.8)	1670	(25.0)	26.6	(2.34)	21.4	(2.20)	--	--
20 and over...	7.5	(0.07)	5.4	(0.05)	0.7	(0.02)	53.8	(0.64)	1347	(16.9)	1686	(9.0)	91.4	(5.65)	17.8	(1.13)	4.9	(0.28)
2 and over...	7.4	(0.06)	5.3	(0.05)	0.6	(0.02)	52.7	(0.52)	1307	(14.9)	1659	(8.0)	72.6	(4.36)	19.9	(0.91)	--	--

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Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Nutrient per 1000 kcal															
	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
$0 - $24,999:																
2 - 5.....	0.30	(0.013)	0.19	(0.008)	0.15	(0.008)	0.25	(0.008)	0.35	(0.018)	1.11	(0.039)	6.67	(0.113)	2.97	(0.053)
6 - 11.....	0.28	(0.010)	0.16	(0.005)	0.13	(0.003)	0.24	(0.007)	0.42	(0.025)	1.11	(0.032)	6.77	(0.126)	3.04	(0.052)
12 - 19.....	0.25	(0.023)	0.14	(0.013)	0.12	(0.012)	0.21	(0.018)	0.34	(0.023)	1.02	(0.070)	6.90	(0.164)	3.07	(0.098)
20 and over...	0.24	(0.013)	0.13	(0.007)	0.11	(0.004)	0.21	(0.009)	0.35	(0.018)	0.98	(0.032)	6.40	(0.096)	2.91	(0.042)
2 and over...	0.25	(0.013)	0.14	(0.007)	0.12	(0.005)	0.21	(0.009)	0.35	(0.016)	1.00	(0.032)	6.50	(0.087)	2.95	(0.041)
$25,000 - $74,999:																
2 - 5.....	0.35	(0.033)	0.21	(0.020)	0.18	(0.015)	0.30	(0.026)	0.45	(0.047)	1.28	(0.118)	6.77	(0.272)	3.09	(0.143)
6 - 11.....	0.30	(0.019)	0.17	(0.011)	0.13	(0.008)	0.25	(0.015)	0.36	(0.025)	1.15	(0.057)	6.68	(0.095)	3.02	(0.064)
12 - 19.....	0.25	(0.019)	0.14	(0.008)	0.11	(0.007)	0.22	(0.012)	0.35	(0.025)	1.01	(0.061)	6.28	(0.177)	2.84	(0.123)
20 and over...	0.25	(0.009)	0.14	(0.004)	0.11	(0.003)	0.21	(0.005)	0.36	(0.014)	0.99	(0.019)	6.43	(0.093)	2.97	(0.049)
2 and over...	0.26	(0.007)	0.14	(0.003)	0.12	(0.002)	0.22	(0.004)	0.36	(0.012)	1.02	(0.020)	6.45	(0.086)	2.97	(0.049)
$75,000 and higher:																
2 - 5.....	0.33	(0.029)	0.21	(0.019)	0.17	(0.019)	0.28	(0.022)	0.42	(0.054)	1.23	(0.100)	6.72	(0.295)	3.02	(0.172)
6 - 11.....	0.29	(0.021)	0.16	(0.010)	0.13	(0.006)	0.24	(0.012)	0.41	(0.038)	1.11	(0.046)	6.94	(0.161)	3.15	(0.080)
12 - 19.....	0.31	(0.009)	0.17	(0.006)	0.13	(0.004)	0.25	(0.009)	0.37	(0.016)	1.19	(0.045)	7.02	(0.153)	3.19	(0.058)
20 and over...	0.26	(0.011)	0.14	(0.005)	0.11	(0.004)	0.23	(0.009)	0.38	(0.024)	1.00	(0.027)	6.30	(0.093)	2.87	(0.063)
2 and over...	0.27	(0.009)	0.15	(0.004)	0.12	(0.004)	0.23	(0.007)	0.38	(0.019)	1.05	(0.027)	6.46	(0.080)	2.94	(0.052)
All Individuals[2]:																
2 - 5.....	0.33	(0.020)	0.20	(0.011)	0.17	(0.009)	0.28	(0.014)	0.41	(0.030)	1.21	(0.068)	6.74	(0.150)	3.04	(0.084)
6 - 11.....	0.29	(0.012)	0.16	(0.007)	0.13	(0.004)	0.24	(0.009)	0.39	(0.018)	1.12	(0.033)	6.80	(0.077)	3.07	(0.044)
12 - 19.....	0.26	(0.009)	0.15	(0.004)	0.12	(0.003)	0.23	(0.006)	0.35	(0.010)	1.06	(0.035)	6.66	(0.100)	3.01	(0.058)
20 and over...	0.25	(0.008)	0.14	(0.004)	0.11	(0.002)	0.21	(0.005)	0.36	(0.011)	0.98	(0.018)	6.36	(0.055)	2.92	(0.035)
2 and over...	0.26	(0.007)	0.14	(0.003)	0.12	(0.002)	0.22	(0.005)	0.36	(0.010)	1.02	(0.018)	6.45	(0.051)	2.95	(0.033)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Nutrient per 1000 kcal													
	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)
$0 - $24,999:														
2 - 5.....	0.46	(0.021)	11.38	(0.345)	0.11	(0.007)	0.01	(0.002)	7.03	(0.299)	0.68	(0.023)	#	
6 - 11.....	0.50	(0.021)	11.64	(0.274)	0.12	(0.004)	0.01	(0.002)	7.14	(0.178)	0.71	(0.022)	#	
12 - 19.....	0.50	(0.014)	12.07	(0.246)	0.14	(0.011)	0.01	(0.001)	8.20	(0.382)	0.78	(0.051)	0.01	(0.001)
20 and over...	0.51	(0.008)	11.80	(0.139)	0.13	(0.003)	0.01	(0.001)	7.51	(0.123)	0.80	(0.019)	0.01	(0.001)
2 and over...	0.50	(0.009)	11.80	(0.144)	0.13	(0.004)	0.01	(0.001)	7.53	(0.131)	0.78	(0.014)	0.01	(#)
$25,000 - $74,999:														
2 - 5.....	0.45	(0.024)	11.12	(0.295)	0.11	(0.004)	0.01	(0.001)	6.51	(0.232)	0.68	(0.022)	#	
6 - 11.....	0.49	(0.018)	11.55	(0.231)	0.12	(0.005)	0.01	(0.001)	7.21	(0.314)	0.67	(0.033)	0.01	(0.001)
12 - 19.....	0.44	(0.020)	11.00	(0.387)	0.12	(0.007)	0.01	(0.001)	7.51	(0.381)	0.72	(0.038)	#	
20 and over...	0.51	(0.010)	12.45	(0.210)	0.14	(0.004)	0.01	(0.002)	7.94	(0.113)	0.83	(0.015)	0.01	(0.001)
2 and over...	0.50	(0.008)	12.14	(0.199)	0.13	(0.003)	0.01	(0.001)	7.76	(0.076)	0.80	(0.011)	0.01	(#)
$75,000 and higher:														
2 - 5.....	0.38	(0.023)	11.32	(0.465)	0.12	(0.012)	#		6.86	(0.257)	0.73	(0.032)	#	
6 - 11.....	0.45	(0.017)	12.08	(0.320)	0.11	(0.005)	0.01	(0.001)	7.25	(0.229)	0.67	(0.023)	#	
12 - 19.....	0.55	(0.021)	12.30	(0.237)	0.14	(0.007)	0.01	(0.001)	7.22	(0.361)	0.71	(0.045)	0.01	(0.001)
20 and over...	0.48	(0.009)	12.46	(0.222)	0.13	(0.005)	0.01	(0.003)	7.89	(0.198)	0.84	(0.025)	#	
2 and over...	0.48	(0.008)	12.35	(0.189)	0.13	(0.003)	0.01	(0.002)	7.70	(0.152)	0.80	(0.020)	#	
All Individuals[2]:														
2 - 5.....	0.43	(0.017)	11.30	(0.188)	0.11	(0.004)	0.01	(0.001)	6.79	(0.176)	0.69	(0.013)	#	
6 - 11.....	0.48	(0.008)	11.74	(0.109)	0.12	(0.003)	0.01	(0.001)	7.21	(0.155)	0.68	(0.019)	0.01	(#)
12 - 19.....	0.49	(0.014)	11.71	(0.171)	0.13	(0.004)	0.01	(0.001)	7.57	(0.234)	0.73	(0.030)	0.01	(0.001)
20 and over...	0.50	(0.007)	12.26	(0.100)	0.13	(0.002)	0.01	(0.001)	7.82	(0.066)	0.83	(0.009)	0.01	(#)
2 and over...	0.49	(0.006)	12.10	(0.091)	0.13	(0.002)	0.01	(0.001)	7.68	(0.062)	0.80	(0.007)	0.01	(#)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Nutrient per 1000 kcal: PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
$0 - $24,999:								
2 - 5.....	0.06	(0.004)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
6 - 11.....	0.05	(0.004)	0.01	(#)	0.01	(0.001)	0.01	(0.002)
12 - 19.....	0.07	(0.003)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
20 and over...	0.07	(0.002)	0.01	(0.002)	0.01	(0.001)	0.02	(0.002)
2 and over...	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
$25,000 - $74,999:								
2 - 5.....	0.04	(0.005)	#		0.01	(#)	0.01	(0.002)
6 - 11.....	0.05	(0.003)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
12 - 19.....	0.06	(0.005)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
20 and over...	0.07	(0.003)	0.01	(0.002)	0.01	(#)	0.03	(0.004)
2 and over...	0.06	(0.002)	0.01	(0.002)	0.01	(#)	0.03	(0.003)
$75,000 and higher:								
2 - 5.....	0.04	(0.004)	#		#		0.01	(0.001)
6 - 11.....	0.05	(0.002)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
12 - 19.....	0.06	(0.004)	0.01*	(0.005)	0.01	(0.001)	0.02	(0.004)
20 and over...	0.07	(0.003)	0.02	(0.002)	0.01	(0.001)	0.03	(0.004)
2 and over...	0.06	(0.002)	0.02	(0.002)	0.01	(0.001)	0.03	(0.003)
All Individuals[2]:								
2 - 5.....	0.05	(0.003)	#		0.01	(#)	0.01	(0.001)
6 - 11.....	0.05	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
12 - 19.....	0.06	(0.003)	0.01	(0.002)	0.01	(#)	0.02	(0.002)
20 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)
2 and over...	0.06	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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.

Footnotes

[1] Sample size and mean energy includes individuals (n = 1) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

[2] Includes persons of all income levels or with unknown family income.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold and age (years)	Sample size [2]	Energy kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
				Nutrient per 1000 kcal															
Under 131% poverty:																			
2 - 5.....	408	1637	(51.3)	36.3	(0.75)	136	(1.7)	70	(2.0)	7.5	(0.20)	35.7	(0.79)	12.7	(0.45)	12.2	(0.33)	7.8	(0.26)
6 - 11.....	524	1969	(42.8)	35.6	(0.73)	135	(1.3)	65	(1.6)	7.5	(0.24)	36.5	(0.53)	12.8	(0.18)	12.6	(0.26)	8.1	(0.19)
12 - 19.....	479	2220	(102.4)	36.3	(0.43)	132	(1.4)	63	(1.4)	7.0	(0.25)	37.0	(0.70)	12.3	(0.40)	12.6	(0.26)	9.0	(0.37)
20 and over...	1585	2242	(61.9)	38.4	(0.45)	127	(1.3)	58	(1.1)	8.1	(0.26)	35.9	(0.32)	11.7	(0.14)	12.7	(0.17)	8.6	(0.18)
2 and over...	2996	2159	(55.2)	37.6	(0.32)	130	(0.9)	60	(0.8)	7.8	(0.23)	36.2	(0.31)	12.0	(0.16)	12.6	(0.16)	8.5	(0.16)
131-350% poverty:																			
2 - 5.....	228	1583	(65.1)	34.0	(0.78)	139	(2.6)	73	(2.7)	7.3	(0.24)	35.5	(0.90)	13.3	(0.52)	11.9	(0.38)	7.3	(0.23)
6 - 11.....	354	1980	(58.8)	34.2	(0.73)	139	(1.7)	70	(1.6)	7.5	(0.24)	35.4	(0.58)	12.3	(0.27)	12.2	(0.20)	7.9	(0.32)
12 - 19.....	341	2107	(95.5)	35.5	(1.24)	138	(3.7)	65	(3.7)	7.4	(0.26)	34.8	(1.01)	11.7	(0.44)	12.1	(0.42)	8.2	(0.35)
20 and over...	1509	2120	(56.7)	37.7	(0.60)	124	(0.9)	54	(1.0)	8.5	(0.19)	36.9	(0.53)	11.8	(0.24)	13.2	(0.25)	8.9	(0.09)
2 and over...	2432	2078	(48.9)	36.9	(0.37)	128	(1.0)	58	(1.0)	8.2	(0.17)	36.5	(0.49)	11.9	(0.20)	12.9	(0.24)	8.6	(0.10)
Over 350% poverty:																			
2 - 5.....	135	1502	(31.3)	35.3	(0.75)	141	(2.3)	72	(2.0)	8.9	(0.49)	35.0	(1.08)	12.5	(0.69)	11.9	(0.52)	7.7	(0.32)
6 - 11.....	203	2036	(49.5)	34.3	(0.91)	135	(1.7)	65	(1.7)	7.3	(0.21)	37.4	(0.55)	13.2	(0.31)	13.1	(0.41)	8.2	(0.25)
12 - 19.....	235	2207	(93.0)	39.3	(1.66)	128	(2.1)	62	(2.2)	7.4	(0.37)	37.9	(0.79)	13.2	(0.31)	13.2	(0.30)	8.3	(0.48)
20 and over...	1340	2237	(42.3)	40.0	(0.43)	120	(1.1)	52	(0.9)	9.2	(0.24)	37.3	(0.51)	11.9	(0.18)	13.4	(0.18)	9.0	(0.18)
2 and over...	1913	2194	(39.4)	39.4	(0.41)	122	(1.0)	54	(0.7)	9.0	(0.21)	37.3	(0.47)	12.1	(0.16)	13.3	(0.18)	8.8	(0.15)
All Individuals[3]:																			
2 - 5.....	834	1585	(22.6)	35.2	(0.41)	139	(1.4)	71	(1.2)	7.8	(0.20)	35.5	(0.46)	12.8	(0.39)	12.0	(0.21)	7.6	(0.19)
6 - 11.....	1146	1987	(30.7)	34.7	(0.36)	137	(0.7)	66	(1.1)	7.5	(0.16)	36.3	(0.28)	12.7	(0.15)	12.5	(0.11)	8.1	(0.18)
12 - 19.....	1152	2175	(44.9)	36.7	(0.66)	133	(1.4)	63	(1.5)	7.3	(0.15)	36.4	(0.56)	12.3	(0.21)	12.6	(0.19)	8.5	(0.27)
20 and over...	4801	2191	(15.6)	38.9	(0.31)	123	(0.7)	54	(0.5)	8.7	(0.15)	36.8	(0.25)	11.8	(0.13)	13.1	(0.11)	8.9	(0.07)
2 and over...	7933	2139	(12.3)	38.1	(0.26)	126	(0.6)	57	(0.5)	8.4	(0.14)	36.6	(0.24)	12.0	(0.12)	13.0	(0.10)	8.7	(0.07)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Nutrient per 1000 kcal																	
	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)
Under 131% poverty:																		
2 - 5.....	120	(5.8)	316	(8.1)	367	(9.2)	106	(21.2)	546	(61.6)	41	(5.1)	2128	(279.1)	408	(35.7)	0.81	(0.021)
6 - 11.....	112	(5.4)	267	(9.5)	322	(8.5)	111	(16.5)	585	(47.3)	39	(6.2)	2271	(159.9)	422	(33.7)	0.82	(0.018)
12 - 19.....	126	(5.2)	210	(15.5)	262	(20.7)	106	(25.4)	557	(70.4)	31	(3.6)	3028	(394.7)	426	(46.5)	0.77	(0.023)
20 and over...	133	(4.1)	192	(10.6)	277	(14.4)	162	(16.3)	918	(98.9)	37	(3.0)	2509	(113.3)	633	(44.8)	0.77	(0.010)
2 and over...	129	(2.8)	213	(8.9)	287	(11.5)	143	(14.8)	797	(76.3)	37	(2.7)	2530	(98.9)	561	(32.6)	0.78	(0.007)
131-350% poverty:																		
2 - 5.....	108	(8.8)	299	(10.6)	355	(10.7)	127	(15.7)	581	(99.7)	64	(13.5)	2058	(386.6)	404	(20.6)	0.77	(0.020)
6 - 11.....	98	(4.6)	257	(13.0)	322	(23.1)	141*	(49.8)	686	(127.9)	52	(8.1)	3234	(485.6)	442	(38.4)	0.80	(0.030)
12 - 19.....	109	(7.8)	208	(19.1)	270	(18.5)	151	(22.0)	652	(72.3)	37	(9.2)	2383	(178.6)	437	(50.3)	0.75	(0.025)
20 and over...	130	(3.8)	189	(5.2)	301	(9.2)	217	(13.4)	1210	(108.3)	38	(2.5)	2471	(228.1)	771	(66.8)	0.76	(0.011)
2 and over...	124	(2.9)	203	(5.5)	302	(8.1)	198	(11.8)	1067	(88.1)	41	(2.7)	2510	(204.6)	685	(50.7)	0.76	(0.010)
Over 350% poverty:																		
2 - 5.....	93	(6.1)	285	(13.4)	425	(33.9)	369	(95.6)	1457	(317.1)	90*	(40.4)	2417	(404.8)	400	(38.9)	0.81	(0.017)
6 - 11.....	104	(5.7)	261	(12.3)	317	(15.2)	124*	(49.9)	591	(143.7)	45	(9.9)	2420	(301.2)	388	(72.4)	0.79	(0.043)
12 - 19.....	121	(7.3)	265	(12.9)	313	(18.0)	92	(25.9)	517	(98.1)	46	(9.4)	2649	(449.4)	361	(26.0)	0.78	(0.024)
20 and over...	131	(3.3)	235	(24.6)	386	(33.3)	308	(36.5)	1636	(124.5)	44	(3.1)	2578	(192.2)	1156	(102.2)	0.78	(0.013)
2 and over...	127	(2.9)	241	(19.8)	378	(26.3)	281	(28.5)	1475	(99.5)	46	(4.0)	2569	(158.1)	1016	(81.5)	0.78	(0.013)
All Individuals[3]:																		
2 - 5.....	109	(4.6)	300	(7.6)	377	(10.6)	188	(30.3)	805	(114.9)	59	(11.3)	2166	(211.6)	409	(22.8)	0.80	(0.012)
6 - 11.....	105	(3.3)	261	(6.1)	320	(9.4)	125	(21.2)	626	(61.9)	45	(4.6)	2656	(208.9)	431	(26.8)	0.81	(0.017)
12 - 19.....	118	(3.9)	224	(6.3)	278	(9.8)	114	(19.5)	569	(60.9)	37	(4.7)	2699	(212.5)	412	(30.5)	0.78	(0.020)
20 and over...	132	(2.1)	209	(11.6)	328	(18.0)	236	(18.4)	1296	(92.3)	41	(2.0)	2513	(101.8)	891	(64.3)	0.77	(0.008)
2 and over...	127	(1.7)	220	(8.8)	324	(13.9)	211	(15.0)	1131	(74.8)	42	(2.2)	2526	(93.9)	772	(50.5)	0.78	(0.007)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Nutrient per 1000 kcal																	
	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)
Under 131% poverty:																		
2 - 5.....	1.19	(0.022)	10.7	(0.26)	0.97	(0.032)	114	(4.4)	84	(2.4)	278	(7.9)	147	(4.5)	3.01	(0.072)	0.73	(0.057)
6 - 11.....	1.05	(0.027)	11.2	(0.52)	0.95	(0.057)	124	(8.7)	80	(2.9)	291	(15.8)	131	(3.6)	2.69	(0.074)	0.66	(0.047)
12 - 19.....	0.97	(0.058)	12.3	(0.44)	0.97	(0.042)	111	(8.3)	83	(4.0)	272	(16.7)	136	(4.7)	2.61	(0.149)	0.72	(0.129)
20 and over...	0.97	(0.030)	12.0	(0.13)	1.00	(0.031)	93	(4.3)	103	(2.5)	262	(8.0)	153	(2.4)	2.35	(0.060)	0.48	(0.046)
2 and over...	1.00	(0.027)	11.8	(0.18)	0.99	(0.024)	101	(3.4)	95	(2.1)	268	(7.0)	148	(1.9)	2.48	(0.053)	0.56	(0.039)
131-350% poverty:																		
2 - 5.....	1.12	(0.023)	9.7	(0.50)	0.87	(0.053)	108	(5.2)	81	(4.1)	265	(8.1)	134	(6.4)	2.73	(0.078)	0.56	(0.077)
6 - 11.....	0.99	(0.026)	10.9	(0.28)	0.87	(0.025)	114	(8.7)	86	(3.1)	279	(15.5)	124	(2.8)	2.50	(0.121)	0.54	(0.066)
12 - 19.....	0.93	(0.045)	11.4	(0.34)	0.90	(0.052)	96	(6.0)	90	(5.3)	252	(9.9)	129	(6.8)	2.30	(0.189)	0.38	(0.068)
20 and over...	1.01	(0.014)	12.0	(0.22)	0.97	(0.026)	89	(3.3)	107	(3.2)	259	(4.5)	156	(3.0)	2.32	(0.059)	0.49	(0.066)
2 and over...	1.01	(0.014)	11.7	(0.17)	0.95	(0.022)	93	(3.1)	102	(2.5)	260	(4.6)	149	(2.5)	2.36	(0.063)	0.49	(0.054)
Over 350% poverty:																		
2 - 5.....	1.20	(0.028)	9.9	(0.35)	0.87	(0.040)	93	(7.0)	95	(4.2)	253	(11.3)	138	(6.1)	2.69	(0.209)	0.62*	(0.207)
6 - 11.....	1.00	(0.040)	10.5	(0.48)	0.81	(0.051)	106	(10.3)	77	(4.2)	257	(18.5)	122	(4.9)	2.35	(0.122)	0.51	(0.126)
12 - 19.....	1.09	(0.048)	11.6	(0.51)	0.94	(0.043)	112	(9.6)	84	(3.3)	274	(18.9)	146	(5.9)	2.91	(0.155)	0.50	(0.063)
20 and over...	1.10	(0.019)	12.6	(0.15)	1.10	(0.022)	94	(2.8)	123	(3.4)	283	(5.0)	163	(1.8)	2.86	(0.245)	0.58	(0.041)
2 and over...	1.10	(0.015)	12.3	(0.15)	1.06	(0.019)	97	(2.9)	116	(2.9)	280	(5.6)	158	(1.7)	2.83	(0.211)	0.57	(0.037)
All Individuals[3]:																		
2 - 5.....	1.16	(0.014)	10.2	(0.22)	0.92	(0.025)	107	(3.7)	86	(2.2)	267	(5.8)	140	(3.4)	2.82	(0.088)	0.65	(0.065)
6 - 11.....	1.02	(0.019)	10.9	(0.30)	0.89	(0.026)	116	(5.5)	82	(1.9)	279	(10.2)	126	(2.3)	2.53	(0.061)	0.58	(0.049)
12 - 19.....	0.99	(0.019)	11.9	(0.29)	0.96	(0.031)	109	(3.4)	85	(3.0)	270	(7.8)	136	(3.4)	2.64	(0.098)	0.62	(0.109)
20 and over...	1.04	(0.013)	12.3	(0.12)	1.04	(0.017)	93	(2.0)	112	(1.9)	269	(3.9)	158	(1.5)	2.56	(0.107)	0.53	(0.028)
2 and over...	1.04	(0.011)	12.0	(0.12)	1.01	(0.014)	97	(1.7)	105	(1.6)	270	(3.5)	152	(1.3)	2.58	(0.088)	0.55	(0.024)

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Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Nutrient per 1000 kcal															
	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)
Under 131% poverty:																
2 - 5.....	53.4	(3.13)	4.6	(0.21)	3.4	(0.13)	0.3*	(0.09)	30.8	(2.10)	641	(22.4)	717	(18.5)	132	(2.8)
6 - 11.....	41.5	(2.40)	3.4	(0.17)	3.4	(0.09)	0.3	(0.08)	32.1	(1.10)	563	(18.1)	665	(14.5)	120	(2.8)
12 - 19.....	35.4	(4.00)	2.5	(0.21)	3.6	(0.12)	0.3*	(0.09)	38.0	(3.60)	499	(22.4)	650	(20.0)	125	(3.6)
20 and over...	40.6	(2.50)	2.3	(0.13)	3.8	(0.08)	0.3	(0.02)	48.5	(2.69)	471	(9.1)	650	(6.0)	141	(2.3)
2 and over...	41.0	(2.15)	2.6	(0.12)	3.7	(0.06)	0.3	(0.02)	43.7	(1.88)	499	(9.9)	657	(7.2)	135	(2.0)
131-350% poverty:																
2 - 5.....	60.1	(7.51)	4.1	(0.15)	3.6	(0.21)	0.4*	(0.14)	29.9	(2.40)	653	(33.5)	703	(17.5)	128	(3.0)
6 - 11.....	49.6	(5.29)	3.1	(0.18)	3.5	(0.11)	0.2	(0.04)	34.4	(2.62)	547	(19.1)	650	(10.1)	124	(2.1)
12 - 19.....	37.9	(5.28)	2.3	(0.17)	3.5	(0.14)	0.2*	(0.05)	35.2	(2.35)	513	(22.6)	642	(17.7)	123	(2.6)
20 and over...	41.2	(2.47)	2.1	(0.10)	4.0	(0.10)	0.2	(0.04)	55.3	(2.81)	449	(8.8)	645	(6.6)	146	(2.1)
2 and over...	42.5	(1.58)	2.3	(0.09)	3.8	(0.08)	0.2	(0.04)	49.8	(2.22)	475	(9.8)	648	(5.8)	140	(1.7)
Over 350% poverty:																
2 - 5.....	51.9	(3.98)	4.1	(0.17)	3.4	(0.16)	0.1*	(0.06)	36.3	(2.67)	679	(25.5)	741	(17.1)	145	(4.1)
6 - 11.....	33.5	(3.55)	2.9	(0.20)	3.7	(0.21)	0.2*	(0.08)	32.8	(3.25)	544	(26.4)	656	(22.0)	117	(3.3)
12 - 19.....	35.1	(3.64)	3.3	(0.27)	4.0	(0.31)	0.2*	(0.08)	29.8	(2.73)	604	(34.0)	719	(22.7)	135	(5.2)
20 and over...	44.3	(1.70)	2.3	(0.09)	4.6	(0.11)	0.4	(0.05)	82.0	(8.45)	482	(8.7)	683	(6.2)	160	(2.6)
2 and over...	43.2	(1.60)	2.5	(0.09)	4.5	(0.10)	0.4	(0.05)	73.0	(6.87)	503	(10.3)	687	(6.8)	155	(2.4)
All Individuals[3]:																
2 - 5.....	55.3	(3.31)	4.3	(0.12)	3.5	(0.09)	0.3	(0.06)	32.0	(1.32)	650	(16.6)	715	(10.7)	134	(1.7)
6 - 11.....	42.6	(1.92)	3.2	(0.12)	3.5	(0.08)	0.2	(0.05)	33.6	(1.53)	551	(12.0)	657	(7.2)	121	(1.7)
12 - 19.....	36.2	(3.02)	2.6	(0.10)	3.7	(0.12)	0.3	(0.06)	34.7	(2.36)	534	(15.7)	664	(12.5)	126	(2.7)
20 and over...	42.7	(1.68)	2.2	(0.06)	4.2	(0.08)	0.3	(0.03)	64.4	(4.01)	467	(6.2)	661	(4.7)	150	(2.0)
2 and over...	42.6	(1.45)	2.5	(0.05)	4.0	(0.07)	0.3	(0.03)	56.7	(3.11)	492	(6.6)	664	(4.8)	144	(1.8)

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Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Nutrient per 1000 kcal																	
	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)
Under 131% poverty:																		
2 - 5.....	7.6	(0.20)	5.5	(0.14)	0.5	(0.01)	48.7	(1.24)	1321	(31.5)	1476	(22.9)	5.2	(0.65)	22.5	(2.46)	--	--
6 - 11.....	7.8	(0.22)	5.4	(0.17)	0.5	(0.01)	48.9	(0.81)	1161	(33.3)	1563	(29.5)	8.5	(1.04)	31.0	(2.72)	--	--
12 - 19.....	7.3	(0.28)	5.2	(0.17)	0.5	(0.01)	50.7	(1.03)	1094	(31.9)	1646	(21.4)	26.5	(3.65)	25.4	(4.27)	--	--
20 and over...	7.2	(0.13)	5.3	(0.09)	0.6	(0.01)	53.3	(0.59)	1264	(17.3)	1681	(14.9)	75.9	(6.71)	15.7	(1.45)	3.7	(0.39)
2 and over...	7.3	(0.11)	5.3	(0.08)	0.6	(0.01)	52.0	(0.43)	1231	(17.3)	1646	(10.8)	55.3	(4.80)	19.4	(1.53)	--	--
131-350% poverty:																		
2 - 5.....	7.1	(0.24)	5.0	(0.13)	0.5	(0.01)	45.6	(1.12)	1253	(35.6)	1401	(27.9)	5.3	(1.03)	31.8	(3.01)	--	--
6 - 11.....	7.5	(0.27)	5.1	(0.20)	0.5	(0.02)	48.6	(1.06)	1185	(21.0)	1587	(46.7)	13.6	(3.03)	35.5	(3.50)	--	--
12 - 19.....	6.9	(0.18)	4.8	(0.13)	0.5	(0.03)	48.7	(1.72)	1130	(32.3)	1687	(48.6)	27.0	(5.53)	18.2	(1.92)	--	--
20 and over...	7.3	(0.13)	5.2	(0.08)	0.6	(0.01)	53.0	(1.17)	1313	(26.6)	1674	(33.7)	98.2	(7.56)	18.4	(0.93)	4.7	(0.54)
2 and over...	7.3	(0.10)	5.1	(0.06)	0.6	(0.01)	51.8	(0.87)	1278	(21.9)	1654	(25.7)	77.7	(6.25)	20.6	(0.69)	--	--
Over 350% poverty:																		
2 - 5.....	6.9	(0.28)	4.9	(0.14)	0.6	(0.03)	47.7	(1.48)	1394	(43.3)	1406	(40.1)	2.9	(0.77)	29.8	(6.57)	--	--
6 - 11.....	7.1	(0.40)	4.8	(0.26)	0.5	(0.02)	46.9	(1.08)	1074	(25.4)	1506	(32.6)	8.8	(2.33)	29.9	(3.38)	--	--
12 - 19.....	7.1	(0.37)	6.1	(0.43)	0.6	(0.07)	56.4	(3.70)	1270	(54.9)	1693	(53.6)	23.7	(4.19)	20.6	(2.71)	--	--
20 and over...	7.7	(0.10)	5.6	(0.06)	0.7	(0.05)	54.5	(1.03)	1429	(22.6)	1694	(18.3)	98.1	(7.60)	19.1	(1.97)	6.0	(0.57)
2 and over...	7.6	(0.10)	5.6	(0.08)	0.7	(0.04)	53.9	(0.91)	1393	(20.4)	1672	(17.2)	83.0	(6.82)	20.3	(1.69)	--	--
All Individuals[3]:																		
2 - 5.....	7.3	(0.15)	5.2	(0.09)	0.5	(0.01)	47.5	(0.74)	1321	(15.0)	1433	(15.2)	4.7	(0.42)	27.0	(1.64)	--	--
6 - 11.....	7.5	(0.18)	5.1	(0.13)	0.5	(0.01)	48.3	(0.59)	1150	(14.0)	1554	(26.4)	10.4	(1.19)	32.1	(2.02)	--	--
12 - 19.....	7.2	(0.16)	5.3	(0.16)	0.5	(0.02)	51.6	(1.27)	1151	(25.8)	1670	(25.0)	26.6	(2.34)	21.4	(2.20)	--	--
20 and over...	7.5	(0.07)	5.4	(0.05)	0.7	(0.02)	53.8	(0.64)	1347	(16.9)	1686	(9.0)	91.4	(5.65)	17.8	(1.13)	4.9	(0.28)
2 and over...	7.4	(0.06)	5.3	(0.05)	0.6	(0.02)	52.7	(0.52)	1307	(14.9)	1659	(8.0)	72.6	(4.36)	19.9	(0.91)	--	--

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Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold 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)
	Nutrient per 1000 kcal															
Under 131% poverty:																
2 - 5	0.32	(0.024)	0.20	(0.016)	0.17	(0.013)	0.27	(0.016)	0.39	(0.025)	1.18	(0.082)	6.76	(0.187)	3.03	(0.105)
6 - 11	0.28	(0.010)	0.16	(0.004)	0.13	(0.004)	0.24	(0.006)	0.41	(0.022)	1.13	(0.028)	6.88	(0.100)	3.08	(0.053)
12 - 19	0.25	(0.022)	0.14	(0.013)	0.12	(0.011)	0.22	(0.017)	0.35	(0.027)	1.02	(0.069)	6.78	(0.172)	3.03	(0.096)
20 and over	0.23	(0.009)	0.13	(0.005)	0.11	(0.003)	0.20	(0.006)	0.33	(0.014)	0.97	(0.021)	6.41	(0.067)	2.92	(0.033)
2 and over	0.25	(0.010)	0.14	(0.005)	0.12	(0.004)	0.21	(0.007)	0.35	(0.012)	1.01	(0.027)	6.55	(0.071)	2.96	(0.035)
131-350% poverty:																
2 - 5	0.35	(0.024)	0.21	(0.013)	0.18	(0.013)	0.29	(0.019)	0.44	(0.048)	1.28	(0.083)	6.93	(0.242)	3.11	(0.104)
6 - 11	0.29	(0.020)	0.16	(0.012)	0.13	(0.009)	0.24	(0.015)	0.36	(0.024)	1.11	(0.057)	6.56	(0.131)	2.96	(0.066)
12 - 19	0.25	(0.021)	0.14	(0.009)	0.11	(0.008)	0.21	(0.012)	0.33	(0.026)	1.00	(0.065)	6.32	(0.192)	2.88	(0.133)
20 and over	0.24	(0.015)	0.13	(0.008)	0.11	(0.004)	0.21	(0.009)	0.36	(0.014)	0.97	(0.035)	6.34	(0.119)	2.96	(0.058)
2 and over	0.25	(0.012)	0.14	(0.006)	0.12	(0.003)	0.22	(0.007)	0.36	(0.012)	1.01	(0.029)	6.39	(0.101)	2.96	(0.051)
Over 350% poverty:																
2 - 5	0.33	(0.031)	0.20	(0.020)	0.16	(0.021)	0.28	(0.025)	0.43	(0.063)	1.20	(0.111)	6.46	(0.269)	2.98	(0.186)
6 - 11	0.30	(0.027)	0.16	(0.014)	0.13	(0.007)	0.25	(0.015)	0.43	(0.041)	1.15	(0.058)	7.02	(0.176)	3.25	(0.093)
12 - 19	0.31	(0.008)	0.18	(0.005)	0.13	(0.005)	0.26	(0.008)	0.38	(0.020)	1.21	(0.047)	7.03	(0.169)	3.19	(0.061)
20 and over	0.26	(0.008)	0.14	(0.004)	0.12	(0.004)	0.23	(0.007)	0.38	(0.024)	1.02	(0.022)	6.39	(0.086)	2.90	(0.055)
2 and over	0.27	(0.008)	0.15	(0.004)	0.12	(0.004)	0.23	(0.007)	0.39	(0.021)	1.05	(0.023)	6.48	(0.071)	2.95	(0.048)
All Individuals[3]:																
2 - 5	0.33	(0.020)	0.20	(0.011)	0.17	(0.009)	0.28	(0.014)	0.41	(0.030)	1.21	(0.068)	6.74	(0.150)	3.04	(0.084)
6 - 11	0.29	(0.012)	0.16	(0.007)	0.13	(0.004)	0.24	(0.009)	0.39	(0.018)	1.12	(0.033)	6.80	(0.077)	3.07	(0.044)
12 - 19	0.26	(0.009)	0.15	(0.004)	0.12	(0.003)	0.23	(0.006)	0.35	(0.010)	1.06	(0.035)	6.66	(0.100)	3.01	(0.058)
20 and over	0.25	(0.008)	0.14	(0.004)	0.11	(0.002)	0.21	(0.005)	0.36	(0.011)	0.98	(0.018)	6.36	(0.055)	2.92	(0.035)
2 and over	0.26	(0.007)	0.14	(0.003)	0.12	(0.002)	0.22	(0.005)	0.36	(0.010)	1.02	(0.018)	6.45	(0.051)	2.95	(0.033)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Nutrient per 1000 kcal													
	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)
Under 131% poverty:														
2 - 5.....	0.47	(0.023)	11.43	(0.313)	0.11	(0.005)	0.01	(0.002)	6.92	(0.238)	0.69	(0.026)	#	
6 - 11.....	0.51	(0.019)	11.77	(0.241)	0.12	(0.004)	0.01	(0.002)	7.22	(0.165)	0.70	(0.020)	#	
12 - 19.....	0.49	(0.016)	11.76	(0.241)	0.13	(0.008)	0.01	(0.001)	8.00	(0.327)	0.78	(0.046)	0.01	(0.001)
20 and over...	0.51	(0.011)	11.81	(0.158)	0.13	(0.004)	0.01	(0.002)	7.56	(0.156)	0.80	(0.021)	#	
2 and over...	0.50	(0.008)	11.77	(0.149)	0.13	(0.004)	0.01	(0.001)	7.54	(0.139)	0.78	(0.015)	#	
131-350% poverty:														
2 - 5.....	0.42	(0.029)	11.13	(0.350)	0.11	(0.005)	0.01	(0.001)	6.50	(0.208)	0.68	(0.023)	#	
6 - 11.....	0.47	(0.021)	11.38	(0.185)	0.12	(0.005)	0.01	(0.001)	7.09	(0.288)	0.67	(0.032)	0.01	(0.001)
12 - 19.....	0.46	(0.025)	11.26	(0.393)	0.13	(0.009)	0.01	(0.002)	7.35	(0.320)	0.70	(0.029)	0.01	(0.001)
20 and over...	0.50	(0.014)	12.32	(0.243)	0.14	(0.004)	0.01	(0.002)	7.84	(0.084)	0.83	(0.016)	0.01	(0.001)
2 and over...	0.49	(0.011)	12.06	(0.226)	0.13	(0.004)	0.01	(0.001)	7.65	(0.090)	0.79	(0.012)	0.01	(0.001)
Over 350% poverty:														
2 - 5.....	0.38	(0.026)	11.18	(0.505)	0.12	(0.015)	0.01	(0.001)	6.85	(0.312)	0.73	(0.035)	#	
6 - 11.....	0.47	(0.022)	12.33	(0.396)	0.12	(0.008)	0.01	(0.001)	7.38	(0.224)	0.68	(0.026)	#	
12 - 19.....	0.54	(0.026)	12.28	(0.287)	0.14	(0.006)	0.01	(0.001)	7.39	(0.427)	0.72	(0.054)	0.01	(0.001)
20 and over...	0.50	(0.008)	12.53	(0.179)	0.14	(0.004)	0.01	(0.002)	7.94	(0.163)	0.83	(0.021)	0.01	(0.001)
2 and over...	0.50	(0.008)	12.45	(0.173)	0.13	(0.004)	0.01	(0.002)	7.82	(0.132)	0.81	(0.017)	#	
All Individuals[3]:														
2 - 5.....	0.43	(0.017)	11.30	(0.188)	0.11	(0.004)	0.01	(0.001)	6.79	(0.176)	0.69	(0.013)	#	
6 - 11.....	0.48	(0.008)	11.74	(0.109)	0.12	(0.003)	0.01	(0.001)	7.21	(0.155)	0.68	(0.019)	0.01	(#)
12 - 19.....	0.49	(0.014)	11.71	(0.171)	0.13	(0.004)	0.01	(0.001)	7.57	(0.234)	0.73	(0.030)	0.01	(0.001)
20 and over...	0.50	(0.007)	12.26	(0.100)	0.13	(0.002)	0.01	(0.001)	7.82	(0.066)	0.83	(0.009)	0.01	(#)
2 and over...	0.49	(0.006)	12.10	(0.091)	0.13	(0.002)	0.01	(0.001)	7.68	(0.062)	0.80	(0.007)	0.01	(#)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Federal Poverty Threshold[1]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
	Nutrient per 1000 kcal							
Under 131% poverty:								
2 - 5.....	0.05	(0.004)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)
6 - 11.....	0.05	(0.003)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
12 - 19.....	0.06	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
20 and over...	0.07	(0.003)	0.01	(0.001)	0.01	(#)	0.03	(0.002)
2 and over...	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
131-350% poverty:								
2 - 5.....	0.05	(0.005)	#		0.01	(#)	0.01	(0.002)
6 - 11.....	0.05	(0.003)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
12 - 19.....	0.06	(0.005)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
20 and over...	0.07	(0.003)	0.01	(0.002)	0.01	(0.001)	0.03	(0.004)
2 and over...	0.06	(0.002)	0.01	(0.002)	0.01	(#)	0.03	(0.003)
Over 350% poverty:								
2 - 5.....	0.04	(0.005)	#		#		0.01	(0.001)
6 - 11.....	0.05	(0.003)	0.01	(0.002)	0.01	(0.001)	0.01	(0.003)
12 - 19.....	0.05	(0.004)	0.01*	(0.005)	0.01	(0.001)	0.02	(0.005)
20 and over...	0.07	(0.002)	0.02	(0.002)	0.01	(0.001)	0.03	(0.004)
2 and over...	0.06	(0.002)	0.02	(0.002)	0.01	(0.001)	0.03	(0.003)
All Individuals[3]:								
2 - 5.....	0.05	(0.003)	#		0.01	(#)	0.01	(0.001)
6 - 11.....	0.05	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
12 - 19.....	0.06	(0.003)	0.01	(0.002)	0.01	(#)	0.02	(0.002)
20 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)
2 and over...	0.06	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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.

Footnotes

[1] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[2] Sample size and mean energy includes individuals (n = 1) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

[3] Includes persons of all income levels or with unknown family income.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012.

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012

F o o d e n e r g y

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake kcal	(SE)	Intake from Full Service Restaurants kcal	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake kcal	(SE)	Intake from Full Service Restaurants kcal	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake kcal	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	1648	(32.7)	63	(14.5)	4*	(0.9)	--		--		--		1664	(30.5)
6 - 11.....	590	10	(1.6)	2087	(38.6)	68	(11.2)	3*	(0.5)	2138	(91.9)	680	(83.1)	32	(3.0)	2081	(45.0)
12 - 19.....	585	16	(3.1)	2531	(58.7)	145	(32.5)	6	(1.3)	2629	(139.9)	927	(105.9)	35	(3.5)	2513	(67.9)
20 - 39.....	882	27	(2.7)	2767	(47.7)	294	(32.0)	11	(1.2)	2816	(71.1)	1077	(50.6)	38	(1.8)	2749	(52.0)
40 - 59.....	756	22	(2.4)	2613	(72.2)	243	(36.4)	9	(1.4)	2675	(154.5)	1095	(83.8)	41	(3.5)	2595	(75.6)
60 and over.....	756	25	(1.9)	2181	(37.1)	207	(20.7)	9	(1.0)	2266	(59.3)	832	(51.5)	37	(1.9)	2153	(51.6)
2 - 19.....	1586	14	(1.8)	2190	(30.5)	101	(15.6)	5	(0.7)	2250	(113.1)	744	(78.6)	33	(2.5)	2180	(29.2)
20 and over...	2394	25	(1.6)	2567	(26.7)	254	(22.6)	10	(0.9)	2635	(56.7)	1024	(43.9)	39	(1.5)	2545	(30.4)
2 and over...	3980	22	(1.5)	2469	(21.8)	214	(19.0)	9	(0.8)	2572	(56.3)	978	(42.8)	38	(1.4)	2440	(22.7)
Females:																	
2 - 5.....	423	12	(2.7)	1520	(32.0)	47*	(14.2)	3*	(0.9)	--		--		--		1527	(30.8)
6 - 11.....	556	17	(4.0)	1878	(43.4)	118	(32.5)	6	(1.8)	1971	(108.7)	704	(40.2)	36	(3.4)	1859	(47.1)
12 - 19.....	567	21	(3.0)	1809	(38.8)	138	(11.5)	8	(0.7)	1786	(119.3)	671	(84.6)	38	(3.1)	1814	(42.6)
20 - 39.....	832	21	(1.6)	2015	(27.5)	159	(17.1)	8	(0.8)	2060	(58.0)	768	(46.3)	37	(2.1)	2003	(32.8)
40 - 59.....	830	23	(1.8)	1829	(19.8)	173	(12.6)	9	(0.7)	1856	(45.8)	736	(41.5)	40	(2.1)	1821	(26.8)
60 and over.....	745	21	(2.5)	1611	(33.9)	150	(20.9)	9	(1.2)	1756	(96.0)	721	(52.9)	41	(3.0)	1572	(27.7)
2 - 19.....	1546	17	(1.8)	1767	(19.1)	111	(10.9)	6	(0.6)	1796	(80.3)	642	(52.1)	36	(2.1)	1761	(22.4)
20 and over...	2407	22	(1.2)	1834	(17.8)	162	(9.7)	9	(0.5)	1897	(45.6)	743	(31.2)	39	(1.7)	1816	(20.7)
2 and over...	3953	21	(1.2)	1817	(15.3)	149	(8.7)	8	(0.5)	1876	(44.2)	722	(28.3)	38	(1.6)	1802	(18.8)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	1983	(22.8)	106	(9.8)	5	(0.5)	2001	(72.4)	688	(50.7)	34	(1.8)	1980	(22.2)
20 and over...	4801	23	(1.3)	2191	(15.6)	206	(13.7)	9	(0.6)	2280	(41.8)	889	(29.5)	39	(1.3)	2164	(17.0)
2 and over...	7933	21	(1.2)	2139	(12.3)	181	(12.2)	8	(0.6)	2229	(42.1)	852	(30.6)	38	(1.3)	2114	(12.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

P r o t e i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	57.8	(1.77)	2.2	(0.51)	4*	(0.9)	--		--		--		59.1	(2.02)
6 - 11.....	590	10	(1.6)	71.4	(1.39)	2.7	(0.50)	4	(0.7)	75.0	(5.63)	27.0	(3.92)	36	(4.1)	71.0	(1.64)
12 - 19.....	585	16	(3.1)	95.1	(2.64)	7.3	(1.91)	8	(2.0)	105.9	(5.76)	46.6	(7.46)	44	(6.1)	93.1	(2.99)
20 - 39.....	882	27	(2.7)	106.3	(2.53)	12.8	(1.19)	12	(1.3)	106.4	(3.95)	46.8	(2.43)	44	(2.0)	106.2	(2.81)
40 - 59.....	756	22	(2.4)	99.8	(2.72)	11.1	(1.64)	11	(1.6)	111.1	(5.23)	50.0	(3.59)	45	(3.8)	96.6	(2.52)
60 and over.....	756	25	(1.9)	85.5	(1.53)	9.9	(1.07)	12	(1.2)	91.5	(3.42)	40.1	(3.29)	44	(2.6)	83.5	(1.56)
2 - 19.....	1586	14	(1.8)	79.1	(1.31)	4.6	(0.91)	6	(1.1)	84.9	(4.60)	34.1	(4.78)	40	(4.3)	78.1	(1.28)
20 and over...	2394	25	(1.6)	98.8	(0.89)	11.5	(0.92)	12	(0.9)	104.4	(2.22)	46.2	(1.77)	44	(1.5)	96.9	(1.06)
2 and over...	3980	22	(1.5)	93.7	(0.82)	9.7	(0.80)	10	(0.8)	101.2	(2.16)	44.3	(1.87)	44	(1.5)	91.5	(0.96)
Females:																	
2 - 5.....	423	12	(2.7)	53.3	(1.38)	1.9	(0.57)	4*	(1.1)	--		--		--		53.7	(1.47)
6 - 11.....	556	17	(4.0)	65.0	(1.87)	4.9	(1.31)	8	(2.1)	68.3	(3.72)	29.1	(2.17)	43	(3.0)	64.4	(1.95)
12 - 19.....	567	21	(3.0)	63.2	(1.96)	5.5	(0.67)	9	(1.1)	62.9	(4.94)	27.0	(4.41)	43	(4.4)	63.3	(2.04)
20 - 39.....	832	21	(1.6)	73.7	(1.02)	7.0	(0.72)	9	(0.9)	77.7	(2.65)	33.8	(2.43)	44	(2.5)	72.7	(1.29)
40 - 59.....	830	23	(1.8)	67.2	(1.21)	7.1	(0.63)	11	(0.9)	72.9	(1.85)	30.2	(2.53)	41	(3.5)	65.5	(1.39)
60 and over.....	745	21	(2.5)	62.1	(1.12)	6.6	(0.90)	11	(1.3)	67.2	(4.09)	31.5	(2.65)	47	(3.2)	60.8	(1.04)
2 - 19.....	1546	17	(1.8)	61.6	(1.08)	4.5	(0.50)	7	(0.8)	62.7	(3.33)	26.1	(2.65)	42	(2.7)	61.4	(1.06)
20 and over...	2407	22	(1.2)	68.1	(0.60)	6.9	(0.42)	10	(0.6)	73.0	(1.85)	31.7	(1.60)	43	(2.1)	66.7	(0.68)
2 and over...	3953	21	(1.2)	66.5	(0.50)	6.3	(0.35)	10	(0.5)	70.9	(1.83)	30.6	(1.47)	43	(2.0)	65.4	(0.60)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	70.6	(0.94)	4.6	(0.60)	6	(0.8)	72.8	(3.09)	29.7	(3.10)	41	(3.1)	70.1	(0.86)
20 and over...	4801	23	(1.3)	83.0	(0.75)	9.1	(0.54)	11	(0.6)	89.3	(1.69)	39.3	(1.23)	44	(1.4)	81.1	(0.84)
2 and over...	7933	21	(1.2)	79.9	(0.52)	8.0	(0.50)	10	(0.6)	86.3	(1.49)	37.5	(1.34)	43	(1.5)	78.2	(0.52)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Carbohydrate													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	227	(5.5)	8	(1.9)	4*	(0.8)	--		--		--		225	(5.5)
6 - 11.....	590	10	(1.6)	285	(5.4)	8	(1.4)	3*	(0.5)	289	(8.6)	83	(8.8)	29	(2.6)	284	(6.1)
12 - 19.....	585	16	(3.1)	329	(6.3)	17	(3.6)	5	(1.1)	342	(19.9)	107	(12.3)	31	(2.8)	327	(7.2)
20 - 39.....	882	27	(2.7)	332	(6.8)	30	(3.5)	9	(1.2)	318	(7.3)	108	(5.3)	34	(1.9)	337	(8.0)
40 - 59.....	756	22	(2.4)	305	(9.6)	24	(3.5)	8	(1.2)	300	(16.8)	110	(9.5)	37	(3.1)	306	(10.5)
60 and over.....	756	25	(1.9)	265	(5.9)	19	(2.4)	7	(0.9)	257	(11.1)	76	(6.4)	30	(1.8)	267	(7.6)
2 - 19.....	1586	14	(1.8)	292	(3.2)	12	(1.8)	4	(0.6)	303	(14.0)	89	(9.4)	29	(2.2)	290	(3.6)
20 and over...	2394	25	(1.6)	305	(3.2)	25	(2.4)	8	(0.8)	297	(5.9)	101	(5.6)	34	(1.6)	308	(4.1)
2 and over...	3980	22	(1.5)	302	(2.8)	22	(2.0)	7	(0.7)	298	(5.2)	99	(5.5)	33	(1.5)	303	(3.0)
Females:																	
2 - 5.....	423	12	(2.7)	208	(4.0)	6*	(1.7)	3*	(0.8)	--		--		--		209	(3.9)
6 - 11.....	556	17	(4.0)	253	(5.4)	14	(3.7)	6	(1.5)	263	(14.5)	84	(4.8)	32	(3.0)	251	(6.0)
12 - 19.....	567	21	(3.0)	241	(4.7)	17	(1.7)	7	(0.7)	243	(15.9)	82	(9.3)	34	(3.1)	240	(5.9)
20 - 39.....	832	21	(1.6)	254	(3.7)	16	(1.8)	6	(0.7)	252	(8.8)	79	(5.4)	31	(1.8)	255	(4.9)
40 - 59.....	830	23	(1.8)	225	(3.7)	18	(1.4)	8	(0.6)	216	(8.3)	75	(4.8)	35	(2.0)	228	(4.7)
60 and over.....	745	21	(2.5)	201	(4.7)	15	(2.1)	7	(1.0)	210	(13.8)	71	(6.7)	34	(2.9)	199	(3.1)
2 - 19.....	1546	17	(1.8)	237	(2.0)	13	(1.3)	6	(0.6)	243	(10.3)	77	(5.6)	32	(1.9)	236	(2.7)
20 and over...	2407	22	(1.2)	228	(2.6)	16	(1.0)	7	(0.5)	226	(7.4)	75	(3.1)	33	(1.5)	229	(2.9)
2 and over...	3953	21	(1.2)	231	(2.0)	16	(1.0)	7	(0.4)	230	(6.9)	76	(3.0)	33	(1.3)	231	(2.3)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	265	(2.3)	13	(1.2)	5	(0.4)	270	(8.4)	82	(5.7)	31	(1.6)	264	(2.3)
20 and over...	4801	23	(1.3)	266	(2.4)	21	(1.5)	8	(0.6)	263	(5.0)	89	(3.8)	34	(1.4)	267	(2.7)
2 and over...	7933	21	(1.2)	266	(1.9)	19	(1.3)	7	(0.5)	264	(4.9)	88	(3.9)	33	(1.3)	266	(2.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Total sugars													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	118	(3.8)	3	(0.8)	3*	(0.6)	--		--		--		116	(4.3)
6 - 11.....	590	10	(1.6)	139	(3.5)	4	(0.7)	3*	(0.5)	151	(6.1)	36	(4.7)	24*	(3.0)	137	(3.9)
12 - 19.....	585	16	(3.1)	152	(5.4)	6	(1.3)	4	(0.9)	153	(10.0)	36	(5.3)	24	(3.0)	152	(5.4)
20 - 39.....	882	27	(2.7)	147	(4.7)	11	(1.6)	8	(1.2)	135	(7.5)	41	(3.3)	30	(2.8)	151	(6.3)
40 - 59.....	756	22	(2.4)	132	(6.9)	7	(1.1)	6	(0.8)	125	(10.4)	34	(4.2)	27	(2.7)	134	(7.7)
60 and over.....	756	25	(1.9)	112	(3.8)	5	(0.9)	4	(0.7)	110	(8.4)	20	(2.8)	18	(1.5)	113	(4.1)
2 - 19.....	1586	14	(1.8)	140	(2.7)	4	(0.6)	3	(0.5)	146	(6.3)	33	(3.9)	22	(2.1)	139	(3.0)
20 and over...	2394	25	(1.6)	133	(2.3)	8	(1.0)	6	(0.7)	126	(3.4)	33	(2.8)	27	(2.0)	135	(3.3)
2 and over...	3980	22	(1.5)	135	(2.2)	7	(0.8)	5	(0.6)	129	(2.8)	33	(2.6)	26	(1.8)	136	(2.7)
Females:																	
2 - 5.....	423	12	(2.7)	105	(3.2)	2*	(0.9)	2*	(0.9)	--		--		--		105	(3.2)
6 - 11.....	556	17	(4.0)	120	(2.4)	6	(1.5)	5	(1.3)	127	(6.6)	35	(2.2)	28	(2.5)	119	(2.8)
12 - 19.....	567	21	(3.0)	117	(3.5)	8	(1.3)	7	(1.2)	125	(13.0)	38	(5.1)	30	(3.1)	115	(4.8)
20 - 39.....	832	21	(1.6)	114	(2.4)	6	(0.8)	5	(0.6)	115	(5.7)	28	(3.0)	25	(2.4)	114	(2.7)
40 - 59.....	830	23	(1.8)	102	(2.7)	6	(0.7)	6	(0.7)	92	(5.9)	24	(3.0)	26	(2.5)	105	(3.1)
60 and over.....	745	21	(2.5)	89	(2.4)	5	(0.9)	6	(1.0)	92	(5.6)	25	(2.9)	27	(2.8)	88	(2.2)
2 - 19.....	1546	17	(1.8)	115	(1.6)	6	(0.7)	5	(0.6)	123	(7.7)	34	(2.7)	28	(1.6)	114	(1.6)
20 and over...	2407	22	(1.2)	103	(1.5)	6	(0.4)	5	(0.4)	100	(3.9)	26	(1.8)	26	(1.7)	103	(1.7)
2 and over...	3953	21	(1.2)	106	(1.1)	6	(0.4)	5	(0.4)	104	(3.9)	28	(1.6)	26	(1.5)	106	(1.1)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	128	(1.8)	5	(0.5)	4	(0.4)	133	(4.4)	34	(2.6)	25	(1.6)	127	(1.8)
20 and over...	4801	23	(1.3)	117	(1.4)	7	(0.6)	6	(0.5)	113	(2.8)	30	(2.0)	26	(1.6)	119	(1.6)
2 and over...	7933	21	(1.2)	120	(1.3)	6	(0.6)	5	(0.5)	117	(2.8)	30	(1.9)	26	(1.5)	121	(1.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Dietary fiber													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	12.0	(0.43)	0.5*	(0.15)	4*	(1.1)	--		--		--		11.9	(0.41)
6 - 11.....	590	10	(1.6)	15.4	(0.55)	0.4	(0.07)	3*	(0.5)	13.1	(0.84)	3.8	(0.45)	29	(2.3)	15.6	(0.60)
12 - 19.....	585	16	(3.1)	18.1	(0.43)	0.9	(0.22)	5	(1.2)	18.7	(1.27)	5.7	(0.78)	31	(3.1)	18.0	(0.55)
20 - 39.....	882	27	(2.7)	20.9	(0.53)	1.9	(0.22)	9	(1.1)	21.3	(0.99)	6.9	(0.44)	32	(1.6)	20.7	(0.58)
40 - 59.....	756	22	(2.4)	20.1	(0.74)	1.8	(0.22)	9	(1.1)	22.3	(1.53)	8.2	(0.59)	37	(3.3)	19.5	(0.77)
60 and over.....	756	25	(1.9)	19.6	(0.67)	1.5	(0.15)	8	(0.8)	17.5	(0.96)	6.1	(0.47)	35	(2.0)	20.4	(0.85)
2 - 19.....	1586	14	(1.8)	15.9	(0.31)	0.6	(0.10)	4	(0.6)	15.8	(0.86)	4.6	(0.52)	29	(2.4)	15.9	(0.37)
20 and over...	2394	25	(1.6)	20.3	(0.41)	1.8	(0.13)	9	(0.6)	20.7	(0.67)	7.2	(0.26)	35	(1.5)	20.1	(0.43)
2 and over...	3980	22	(1.5)	19.1	(0.33)	1.5	(0.12)	8	(0.6)	19.9	(0.59)	6.8	(0.26)	34	(1.4)	18.9	(0.35)
Females:																	
2 - 5.....	423	12	(2.7)	12.1	(0.34)	0.3	(0.08)	2*	(0.7)	--		--		--		12.2	(0.38)
6 - 11.....	556	17	(4.0)	13.9	(0.46)	0.7	(0.16)	5	(1.2)	14.7	(1.48)	4.3	(0.40)	29	(3.1)	13.8	(0.48)
12 - 19.....	567	21	(3.0)	12.5	(0.28)	0.8	(0.07)	7	(0.5)	12.1	(0.90)	4.0	(0.62)	33	(5.0)	12.6	(0.28)
20 - 39.....	832	21	(1.6)	16.6	(0.45)	1.1	(0.11)	7	(0.6)	15.7	(0.85)	5.3	(0.34)	34	(1.9)	16.8	(0.47)
40 - 59.....	830	23	(1.8)	15.8	(0.45)	1.5	(0.22)	10	(1.4)	16.3	(1.13)	6.5	(0.77)	40	(3.6)	15.7	(0.61)
60 and over.....	745	21	(2.5)	15.9	(0.48)	1.1	(0.16)	7	(0.9)	16.2	(0.92)	5.4	(0.32)	33	(1.9)	15.8	(0.49)
2 - 19.....	1546	17	(1.8)	12.9	(0.20)	0.7	(0.06)	5	(0.5)	12.8	(0.63)	3.8	(0.36)	30	(2.6)	12.9	(0.22)
20 and over...	2407	22	(1.2)	16.1	(0.34)	1.3	(0.10)	8	(0.6)	16.1	(0.64)	5.8	(0.34)	36	(1.8)	16.1	(0.37)
2 and over...	3953	21	(1.2)	15.3	(0.28)	1.1	(0.08)	7	(0.5)	15.4	(0.59)	5.4	(0.30)	35	(1.7)	15.3	(0.31)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	14.4	(0.18)	0.6	(0.06)	5	(0.4)	14.2	(0.57)	4.2	(0.34)	30	(2.0)	14.4	(0.24)
20 and over...	4801	23	(1.3)	18.1	(0.35)	1.5	(0.10)	8	(0.5)	18.5	(0.53)	6.5	(0.23)	35	(1.4)	18.0	(0.35)
2 and over...	7933	21	(1.2)	17.2	(0.28)	1.3	(0.09)	8	(0.5)	17.7	(0.46)	6.1	(0.23)	34	(1.4)	17.1	(0.29)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Total fat													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	59.0	(2.33)	2.4	(0.59)	4*	(1.0)	--		--		--		60.7	(2.28)
6 - 11.....	590	10	(1.6)	76.4	(1.78)	2.7	(0.45)	4	(0.6)	78.1	(5.65)	27.1	(4.14)	35	(3.7)	76.3	(2.08)
12 - 19.....	585	16	(3.1)	94.1	(3.76)	5.4	(1.29)	6	(1.4)	95.0	(5.81)	34.9	(4.51)	37	(4.0)	94.0	(4.45)
20 - 39.....	882	27	(2.7)	101.4	(1.94)	11.5	(1.33)	11	(1.2)	108.6	(4.03)	42.1	(2.86)	39	(1.9)	98.7	(2.19)
40 - 59.....	756	22	(2.4)	99.6	(3.15)	9.9	(1.70)	10	(1.7)	106.1	(8.59)	44.7	(4.28)	42	(4.5)	97.8	(2.73)
60 and over.....	756	25	(1.9)	82.6	(2.17)	9.2	(0.90)	11	(1.2)	88.4	(2.20)	37.0	(1.98)	42	(2.4)	80.7	(2.98)
2 - 19.....	1586	14	(1.8)	80.5	(1.96)	3.9	(0.61)	5	(0.8)	79.8	(5.21)	28.4	(3.12)	36	(2.7)	80.7	(1.90)
20 and over...	2394	25	(1.6)	96.2	(1.36)	10.3	(0.97)	11	(1.0)	102.8	(3.26)	41.8	(2.05)	41	(1.9)	94.0	(1.13)
2 and over...	3980	22	(1.5)	92.1	(1.06)	8.7	(0.82)	9	(0.9)	99.1	(3.34)	39.6	(1.89)	40	(1.7)	90.2	(0.75)
Females:																	
2 - 5.....	423	12	(2.7)	55.3	(1.61)	1.9*	(0.58)	3*	(1.0)	--		--		--		55.5	(1.56)
6 - 11.....	556	17	(4.0)	69.9	(1.99)	4.8	(1.40)	7*	(2.1)	74.5	(4.99)	28.4	(1.94)	38	(4.3)	68.9	(2.15)
12 - 19.....	567	21	(3.0)	67.7	(2.48)	5.4	(0.55)	8	(0.8)	64.4	(7.16)	26.5	(4.16)	41	(3.3)	68.5	(2.20)
20 - 39.....	832	21	(1.6)	75.2	(1.17)	6.4	(0.74)	9	(1.0)	76.1	(2.74)	31.2	(2.08)	41	(2.8)	74.9	(1.43)
40 - 59.....	830	23	(1.8)	68.9	(0.88)	7.0	(0.51)	10	(0.7)	69.9	(2.61)	29.8	(1.70)	43	(1.7)	68.5	(1.01)
60 and over.....	745	21	(2.5)	61.5	(2.04)	6.8	(1.07)	11	(1.5)	70.1	(3.70)	32.8	(2.46)	47	(3.4)	59.2	(2.06)
2 - 19.....	1546	17	(1.8)	65.6	(1.20)	4.4	(0.49)	7	(0.7)	66.0	(4.51)	25.6	(2.60)	39	(2.6)	65.6	(1.17)
20 and over...	2407	22	(1.2)	69.0	(0.87)	6.8	(0.40)	10	(0.6)	72.0	(1.79)	31.0	(1.28)	43	(1.8)	68.2	(1.04)
2 and over...	3953	21	(1.2)	68.2	(0.87)	6.2	(0.35)	9	(0.5)	70.8	(2.10)	29.9	(1.23)	42	(1.7)	67.5	(1.00)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	73.3	(1.42)	4.1	(0.36)	6	(0.5)	72.2	(3.81)	26.9	(2.24)	37	(2.0)	73.5	(1.45)
20 and over...	4801	23	(1.3)	82.2	(0.77)	8.5	(0.59)	10	(0.7)	88.0	(2.36)	36.6	(1.23)	42	(1.5)	80.5	(0.68)
2 and over...	7933	21	(1.2)	80.0	(0.75)	7.4	(0.51)	9	(0.6)	85.1	(2.47)	34.8	(1.25)	41	(1.4)	78.6	(0.72)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Saturated fat													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	21.5	(1.40)	0.8	(0.22)	4*	(1.0)	--		--		--		22.2	(1.41)
6 - 11.....	590	10	(1.6)	26.8	(0.60)	0.9	(0.16)	4	(0.6)	27.5	(2.09)	9.4	(1.48)	34	(4.0)	26.7	(0.66)
12 - 19.....	585	16	(3.1)	31.6	(1.16)	1.6	(0.41)	5	(1.3)	30.8	(2.28)	10.5	(1.52)	34	(4.3)	31.7	(1.30)
20 - 39.....	882	27	(2.7)	32.8	(0.96)	3.5	(0.41)	11	(1.1)	34.5	(1.58)	12.8	(1.07)	37	(2.4)	32.2	(1.16)
40 - 59.....	756	22	(2.4)	32.1	(1.16)	3.1	(0.55)	10	(1.7)	33.9	(2.86)	13.9	(1.41)	41	(4.8)	31.6	(1.28)
60 and over.....	756	25	(1.9)	26.0	(0.76)	2.7	(0.34)	11	(1.4)	28.5	(1.21)	11.0	(0.95)	39	(3.2)	25.2	(1.00)
2 - 19.....	1586	14	(1.8)	27.8	(0.65)	1.2	(0.18)	4	(0.7)	26.8	(1.97)	9.0	(0.99)	34	(2.5)	27.9	(0.56)
20 and over...	2394	25	(1.6)	30.9	(0.54)	3.2	(0.31)	10	(0.9)	32.8	(1.25)	12.7	(0.69)	39	(2.1)	30.2	(0.54)
2 and over...	3980	22	(1.5)	30.1	(0.50)	2.7	(0.26)	9	(0.8)	31.9	(1.24)	12.1	(0.63)	38	(1.7)	29.6	(0.45)
Females:																	
2 - 5.....	423	12	(2.7)	20.0	(0.74)	0.7*	(0.25)	4*	(1.2)	--		--		--		20.1	(0.70)
6 - 11.....	556	17	(4.0)	24.5	(0.87)	1.7*	(0.59)	7*	(2.5)	25.4	(1.62)	10.2	(1.34)	40	(6.7)	24.3	(1.00)
12 - 19.....	567	21	(3.0)	23.1	(0.75)	1.7	(0.20)	7	(0.9)	21.8	(2.28)	8.2	(1.26)	38	(2.9)	23.4	(0.71)
20 - 39.....	832	21	(1.6)	24.6	(0.50)	1.9	(0.23)	8	(0.9)	24.7	(1.14)	9.4	(0.63)	38	(2.5)	24.6	(0.59)
40 - 59.....	830	23	(1.8)	22.2	(0.53)	2.1	(0.17)	10	(0.8)	23.0	(0.94)	9.1	(0.58)	40	(2.1)	22.0	(0.61)
60 and over.....	745	21	(2.5)	19.3	(0.79)	2.2	(0.35)	11	(1.7)	21.5	(1.52)	10.4	(0.99)	48	(2.8)	18.7	(0.89)
2 - 19.....	1546	17	(1.8)	22.8	(0.32)	1.5	(0.20)	6	(0.9)	22.5	(1.43)	8.5	(0.99)	38	(3.4)	22.9	(0.43)
20 and over...	2407	22	(1.2)	22.3	(0.48)	2.1	(0.14)	9	(0.6)	23.2	(0.79)	9.5	(0.47)	41	(1.9)	22.0	(0.57)
2 and over...	3953	21	(1.2)	22.4	(0.39)	1.9	(0.13)	9	(0.6)	23.0	(0.80)	9.3	(0.44)	40	(1.8)	22.2	(0.48)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	25.4	(0.49)	1.3	(0.13)	5	(0.5)	24.4	(1.29)	8.7	(0.78)	36	(2.0)	25.5	(0.47)
20 and over...	4801	23	(1.3)	26.5	(0.36)	2.6	(0.19)	10	(0.7)	28.2	(0.95)	11.2	(0.40)	40	(1.7)	25.9	(0.39)
2 and over...	7933	21	(1.2)	26.2	(0.35)	2.3	(0.17)	9	(0.6)	27.5	(0.93)	10.7	(0.42)	39	(1.5)	25.8	(0.37)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Monounsaturated fat													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	20.2	(0.88)	0.8	(0.20)	4*	(1.0)	--		--		--		20.8	(0.85)
6 - 11.....	590	10	(1.6)	26.5	(0.63)	0.9	(0.16)	3	(0.6)	26.5	(2.31)	9.0	(1.56)	34	(3.9)	26.5	(0.77)
12 - 19.....	585	16	(3.1)	33.2	(1.35)	1.9	(0.44)	6	(1.3)	33.4	(2.14)	12.0	(1.47)	36	(4.0)	33.2	(1.58)
20 - 39.....	882	27	(2.7)	36.4	(0.72)	4.1	(0.45)	11	(1.1)	39.7	(1.59)	15.0	(0.96)	38	(1.9)	35.1	(0.68)
40 - 59.....	756	22	(2.4)	35.9	(1.22)	3.5	(0.61)	10	(1.7)	38.7	(3.35)	15.8	(1.50)	41	(4.4)	35.1	(0.96)
60 and over.....	756	25	(1.9)	30.5	(0.99)	3.3	(0.33)	11	(1.3)	32.4	(1.08)	13.5	(0.69)	42	(2.4)	29.9	(1.36)
2 - 19.....	1586	14	(1.8)	28.1	(0.74)	1.3	(0.21)	5	(0.7)	27.7	(1.91)	9.6	(1.05)	35	(2.6)	28.2	(0.70)
20 and over...	2394	25	(1.6)	34.8	(0.54)	3.7	(0.35)	11	(1.0)	37.6	(1.31)	14.9	(0.75)	40	(1.9)	33.8	(0.44)
2 and over...	3980	22	(1.5)	33.0	(0.41)	3.1	(0.30)	9	(0.9)	36.0	(1.33)	14.0	(0.71)	39	(1.7)	32.2	(0.25)
Females:																	
2 - 5.....	423	12	(2.7)	18.8	(0.67)	0.6*	(0.19)	3*	(1.0)	--		--		--		18.9	(0.65)
6 - 11.....	556	17	(4.0)	24.2	(0.69)	1.7	(0.48)	7	(2.0)	26.1	(2.50)	10.0	(0.68)	38	(4.5)	23.9	(0.75)
12 - 19.....	567	21	(3.0)	23.0	(0.90)	1.9	(0.20)	8	(0.9)	21.5	(2.52)	9.2	(1.50)	43	(3.3)	23.4	(0.86)
20 - 39.....	832	21	(1.6)	26.4	(0.43)	2.3	(0.28)	9	(1.0)	26.8	(0.99)	11.0	(0.76)	41	(3.0)	26.3	(0.51)
40 - 59.....	830	23	(1.8)	24.3	(0.30)	2.4	(0.19)	10	(0.8)	24.7	(0.96)	10.4	(0.61)	42	(1.8)	24.2	(0.43)
60 and over.....	745	21	(2.5)	21.8	(0.79)	2.4	(0.37)	11	(1.5)	24.5	(1.41)	11.6	(0.90)	47	(2.8)	21.1	(0.83)
2 - 19.....	1546	17	(1.8)	22.5	(0.49)	1.5	(0.17)	7	(0.7)	22.5	(1.78)	8.9	(0.94)	39	(2.6)	22.5	(0.44)
20 and over...	2407	22	(1.2)	24.3	(0.31)	2.4	(0.12)	10	(0.5)	25.3	(0.60)	10.9	(0.40)	43	(1.6)	24.1	(0.35)
2 and over...	3953	21	(1.2)	23.9	(0.32)	2.2	(0.11)	9	(0.5)	24.8	(0.74)	10.5	(0.43)	42	(1.5)	23.7	(0.35)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	25.4	(0.53)	1.4	(0.13)	6	(0.5)	24.8	(1.52)	9.2	(0.80)	37	(1.9)	25.5	(0.52)
20 and over...	4801	23	(1.3)	29.4	(0.30)	3.0	(0.20)	10	(0.7)	31.7	(0.90)	13.0	(0.43)	41	(1.4)	28.7	(0.26)
2 and over...	7933	21	(1.2)	28.4	(0.27)	2.6	(0.18)	9	(0.6)	30.4	(0.93)	12.3	(0.45)	40	(1.3)	27.9	(0.24)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

P o l y u n s a t u r a t e d f a t

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	12.4	(0.31)	0.6	(0.13)	5*	(1.0)	--		--		--		12.6	(0.36)
6 - 11.....	590	10	(1.6)	16.8	(0.61)	0.6	(0.10)	4	(0.6)	17.5	(1.11)	6.2	(0.89)	35	(4.0)	16.8	(0.69)
12 - 19.....	585	16	(3.1)	21.7	(1.44)	1.4	(0.35)	7	(1.6)	22.7	(1.79)	9.1	(1.53)	40	(5.0)	21.5	(1.69)
20 - 39.....	882	27	(2.7)	23.8	(0.50)	2.9	(0.37)	12	(1.6)	25.5	(1.17)	10.8	(0.78)	42	(2.5)	23.2	(0.61)
40 - 59.....	756	22	(2.4)	23.6	(0.86)	2.5	(0.46)	11	(1.9)	25.1	(2.23)	11.3	(1.37)	45	(4.7)	23.2	(0.72)
60 and over.....	756	25	(1.9)	19.5	(0.59)	2.4	(0.25)	12	(1.4)	20.5	(0.74)	9.7	(0.70)	47	(2.7)	19.1	(0.75)
2 - 19.....	1586	14	(1.8)	18.0	(0.79)	1.0	(0.18)	5	(1.0)	18.6	(1.27)	7.1	(1.01)	38	(3.5)	17.9	(0.86)
20 and over...	2394	25	(1.6)	22.7	(0.39)	2.6	(0.25)	12	(1.1)	24.1	(0.70)	10.7	(0.57)	44	(2.2)	22.2	(0.41)
2 and over...	3980	22	(1.5)	21.5	(0.35)	2.2	(0.21)	10	(1.0)	23.2	(0.72)	10.1	(0.54)	44	(2.0)	21.0	(0.39)
Females:																	
2 - 5.....	423	12	(2.7)	12.1	(0.46)	0.4	(0.11)	3*	(0.9)	--		--		--		12.1	(0.50)
6 - 11.....	556	17	(4.0)	15.6	(0.58)	1.0	(0.29)	7	(1.9)	17.5	(1.03)	6.2	(0.81)	35	(4.6)	15.2	(0.62)
12 - 19.....	567	21	(3.0)	16.0	(0.76)	1.4	(0.17)	9	(0.9)	15.5	(1.96)	7.0	(1.27)	45	(5.7)	16.2	(0.68)
20 - 39.....	832	21	(1.6)	17.9	(0.40)	1.7	(0.20)	10	(1.1)	18.3	(0.73)	8.3	(0.64)	45	(3.0)	17.8	(0.47)
40 - 59.....	830	23	(1.8)	16.7	(0.36)	1.8	(0.14)	11	(0.8)	16.6	(0.77)	7.8	(0.56)	47	(2.0)	16.7	(0.34)
60 and over.....	745	21	(2.5)	15.5	(0.65)	1.7	(0.30)	11	(1.7)	18.6	(1.57)	8.1	(0.69)	44	(5.5)	14.7	(0.44)
2 - 19.....	1546	17	(1.8)	15.0	(0.40)	1.1	(0.12)	7	(0.7)	15.6	(1.16)	6.2	(0.73)	40	(3.6)	14.9	(0.38)
20 and over...	2407	22	(1.2)	16.8	(0.22)	1.7	(0.11)	10	(0.6)	17.7	(0.52)	8.0	(0.34)	45	(2.3)	16.5	(0.22)
2 and over...	3953	21	(1.2)	16.4	(0.19)	1.6	(0.09)	10	(0.5)	17.3	(0.59)	7.7	(0.32)	44	(2.3)	16.1	(0.20)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	16.6	(0.48)	1.0	(0.09)	6	(0.5)	17.0	(0.85)	6.6	(0.61)	39	(2.7)	16.5	(0.55)
20 and over...	4801	23	(1.3)	19.7	(0.20)	2.2	(0.15)	11	(0.8)	21.0	(0.45)	9.4	(0.35)	45	(1.6)	19.2	(0.23)
2 and over...	7933	21	(1.2)	18.9	(0.21)	1.9	(0.13)	10	(0.7)	20.3	(0.52)	8.9	(0.34)	44	(1.5)	18.5	(0.25)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Cholesterol													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5	411	15	(4.2)	180	(10.3)	6	(1.3)	3*	(0.7)	--		--		--		186	(10.0)
6 - 11	590	10	(1.6)	219	(8.3)	10	(1.9)	4	(0.9)	311	(41.0)	97	(16.4)	31	(2.9)	209	(9.1)
12 - 19	585	16	(3.1)	306	(18.5)	25	(7.0)	8	(2.4)	326	(21.8)	159	(23.7)	49	(7.1)	303	(22.0)
20 - 39	882	27	(2.7)	343	(10.2)	49	(6.0)	14	(1.7)	380	(22.6)	181	(16.9)	48	(3.6)	329	(10.4)
40 - 59	756	22	(2.4)	353	(14.4)	44	(8.5)	12	(2.3)	386	(23.1)	196	(26.0)	51	(4.8)	343	(16.6)
60 and over	756	25	(1.9)	308	(8.4)	49	(8.5)	16	(2.7)	360	(20.6)	198	(23.7)	55	(4.4)	291	(10.7)
2 - 19	1586	14	(1.8)	250	(9.3)	16	(3.4)	6	(1.3)	279	(19.8)	115	(16.8)	41	(5.2)	245	(9.1)
20 and over	2394	25	(1.6)	338	(7.2)	47	(5.3)	14	(1.4)	377	(14.5)	190	(14.2)	50	(2.6)	325	(6.9)
2 and over	3980	22	(1.5)	315	(5.5)	39	(4.3)	12	(1.2)	361	(14.4)	178	(12.9)	49	(2.4)	302	(4.6)
Females:																	
2 - 5	423	12	(2.7)	170	(8.5)	7	(2.1)	4*	(1.3)	--		--		--		173	(9.0)
6 - 11	556	17	(4.0)	196	(7.8)	16	(4.2)	8	(2.1)	205	(17.0)	97	(8.3)	47	(3.4)	194	(7.5)
12 - 19	567	21	(3.0)	211	(12.7)	20	(4.3)	10	(2.1)	212	(24.4)	100	(23.0)	47	(6.3)	211	(15.2)
20 - 39	832	21	(1.6)	237	(7.2)	29	(5.3)	12	(2.0)	275	(23.8)	139	(20.4)	51	(4.2)	228	(4.3)
40 - 59	830	23	(1.8)	226	(10.2)	29	(4.1)	13	(1.8)	255	(16.6)	121	(16.8)	48	(4.4)	218	(11.2)
60 and over	745	21	(2.5)	220	(11.0)	37	(6.6)	17	(2.5)	295	(35.0)	179	(20.9)	61	(4.3)	201	(9.9)
2 - 19	1546	17	(1.8)	197	(6.0)	16	(2.3)	8	(1.2)	201	(14.9)	93	(12.8)	46	(4.0)	197	(6.4)
20 and over	2407	22	(1.2)	229	(5.9)	31	(2.8)	14	(1.1)	272	(14.1)	142	(11.9)	52	(2.9)	217	(5.5)
2 and over	3953	21	(1.2)	221	(4.7)	27	(2.1)	12	(0.9)	257	(11.7)	132	(9.6)	51	(2.5)	211	(4.7)
Males and Females:																	
2 - 19	3132	15	(1.3)	224	(5.9)	16	(2.6)	7	(1.1)	236	(13.9)	103	(14.0)	44	(4.3)	222	(6.1)
20 and over	4801	23	(1.3)	282	(3.6)	39	(2.7)	14	(0.9)	326	(6.6)	167	(7.4)	51	(2.0)	268	(3.5)
2 and over	7933	21	(1.2)	267	(3.3)	33	(2.2)	12	(0.8)	310	(6.5)	156	(6.9)	50	(1.8)	256	(3.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin A (RAE)											
				All Individuals [2]						*Full Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	594	(24.9)	14	(4.1)	2*	(0.7)	--		--		--		595	(26.8)
6 - 11.....	590	10	(1.6)	673	(24.2)	17	(3.7)	2*	(0.5)	850	(95.1)	167	(32.2)	20*	(4.5)	653	(20.5)
12 - 19.....	585	16	(3.1)	696	(27.4)	26*	(8.3)	4*	(1.2)	722	(106.6)	167	(36.0)	23	(3.6)	691	(30.9)
20 - 39.....	882	27	(2.7)	628	(34.4)	64	(10.4)	10	(1.6)	684	(34.5)	234	(25.4)	34	(3.4)	607	(40.7)
40 - 59.....	756	22	(2.4)	728	(53.1)	55	(11.1)	8	(1.5)	779	(81.3)	250	(32.8)	32	(3.8)	714	(54.4)
60 and over.....	756	25	(1.9)	972	(244.3)	88*	(29.6)	9*	(3.8)	778	(87.6)	356	(105.7)	46	(9.0)	1036*	(328.4)
2 - 19.....	1586	14	(1.8)	666	(18.0)	20	(4.3)	3	(0.7)	721	(56.1)	149	(24.8)	21	(2.8)	657	(20.8)
20 and over...	2394	25	(1.6)	749	(71.1)	67	(10.7)	9	(1.3)	739	(41.0)	269	(35.0)	36	(3.7)	753	(92.2)
2 and over...	3980	22	(1.5)	728	(54.3)	55	(8.0)	8	(1.0)	736	(37.8)	250	(28.9)	34	(2.9)	725	(67.3)
Females:																	
2 - 5.....	423	12	(2.7)	569	(21.4)	15*	(5.7)	3*	(1.0)	--		--		--		568	(23.6)
6 - 11.....	556	17	(4.0)	560	(21.8)	25	(6.7)	4	(1.2)	547	(46.6)	146	(14.5)	27	(2.2)	563	(23.6)
12 - 19.....	567	21	(3.0)	480	(24.2)	25	(3.0)	5	(0.6)	489	(39.4)	124	(24.7)	25	(4.6)	478	(24.2)
20 - 39.....	832	21	(1.6)	596	(31.2)	46	(11.5)	8	(1.9)	607	(58.2)	225	(45.1)	37	(5.0)	593	(32.1)
40 - 59.....	830	23	(1.8)	617	(35.0)	49	(5.2)	8	(0.9)	651	(42.4)	209	(20.5)	32	(3.8)	607	(39.8)
60 and over.....	745	21	(2.5)	593	(21.8)	57	(7.9)	10	(1.2)	586	(35.4)	273	(18.8)	47	(4.0)	595	(27.2)
2 - 19.....	1546	17	(1.8)	526	(10.5)	23	(3.5)	4	(0.7)	520	(27.5)	132	(17.1)	25	(3.1)	527	(11.9)
20 and over...	2407	22	(1.2)	603	(23.3)	50	(5.5)	8	(0.8)	619	(33.8)	231	(16.9)	37	(2.8)	599	(24.9)
2 and over...	3953	21	(1.2)	585	(19.3)	44	(4.3)	7	(0.6)	599	(28.6)	211	(12.4)	35	(2.4)	581	(20.2)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	597	(10.2)	22	(2.2)	4	(0.4)	611	(34.0)	140	(14.9)	23	(2.1)	595	(13.6)
20 and over...	4801	23	(1.3)	674	(38.0)	58	(7.0)	9	(0.9)	682	(30.3)	251	(21.6)	37	(2.3)	672	(45.5)
2 and over...	7933	21	(1.2)	655	(29.8)	49	(5.3)	7	(0.7)	669	(26.7)	231	(16.9)	34	(1.9)	651	(34.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Beta carotene										
				All Individuals [2]					*Full Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	1224	(182.4)	21	(5.6)	2*	(0.4)	--		--		--		1033	(147.0)
6 - 11.....	590	10	(1.6)	1377	(188.8)	27	(8.0)	2*	(0.6)	2187*	(1071.4)	268*	(85.4)	12*	(7.9)	1287	(117.0)
12 - 19.....	585	16	(3.1)	1236	(141.0)	61	(16.3)	5	(1.2)	1613*	(588.3)	392	(74.5)	24*	(10.8)	1166	(143.2)
20 - 39.....	882	27	(2.7)	1835	(139.3)	328	(73.9)	18	(3.8)	2689	(304.9)	1202	(217.4)	45	(6.3)	1514	(152.7)
40 - 59.....	756	22	(2.4)	2776	(355.7)	248	(66.2)	9*	(2.7)	3168	(653.3)	1116	(250.9)	35	(8.9)	2664	(412.5)
60 and over.....	756	25	(1.9)	3275	(781.3)	461*	(152.6)	14*	(5.4)	2623	(595.7)	1857*	(575.7)	71	(7.4)	3491*	(1054.8)
2 - 19.....	1586	14	(1.8)	1281	(77.7)	41	(8.1)	3	(0.6)	1922	(261.1)	300	(46.8)	16	(3.3)	1180	(90.7)
20 and over...	2394	25	(1.6)	2538	(274.5)	330	(57.1)	13	(2.3)	2835	(337.6)	1332	(199.6)	47	(5.7)	2441	(363.7)
2 and over...	3980	22	(1.5)	2211	(210.4)	255	(43.0)	12	(1.8)	2687	(259.3)	1165	(167.4)	43	(5.0)	2078	(262.3)
Females:																	
2 - 5.....	423	12	(2.7)	1239	(200.1)	28*	(13.3)	2*	(1.3)	--		--		--		1204	(174.1)
6 - 11.....	556	17	(4.0)	1048	(89.6)	54*	(16.4)	5	(1.5)	986*	(302.1)	319	(89.5)	32*	(9.7)	1060	(78.3)
12 - 19.....	567	21	(3.0)	1012	(173.3)	106*	(35.2)	10	(2.3)	1117	(328.4)	517*	(199.7)	46	(12.1)	985	(166.7)
20 - 39.....	832	21	(1.6)	2179	(186.8)	175	(30.2)	8	(1.3)	2188	(229.3)	847	(134.8)	39	(5.3)	2177	(211.4)
40 - 59.....	830	23	(1.8)	2758	(365.1)	277	(52.6)	10	(2.0)	3135	(399.3)	1179	(224.2)	38	(7.9)	2642	(419.2)
60 and over.....	745	21	(2.5)	2412	(190.8)	283	(72.1)	12	(3.1)	2601	(463.2)	1361	(300.5)	52	(9.8)	2362	(249.9)
2 - 19.....	1546	17	(1.8)	1074	(95.2)	72	(17.5)	7	(1.4)	1134	(226.0)	414	(98.8)	37	(7.9)	1061	(90.6)
20 and over...	2407	22	(1.2)	2464	(201.8)	243	(29.7)	10	(1.1)	2685	(237.2)	1118	(124.0)	42	(5.9)	2402	(223.8)
2 and over...	3953	21	(1.2)	2128	(159.1)	202	(22.0)	9	(1.0)	2371	(209.5)	975	(99.6)	41	(5.5)	2064	(173.4)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	1180	(71.6)	56	(9.1)	5	(0.7)	1490	(179.0)	363	(63.2)	24	(3.5)	1123	(70.3)
20 and over...	4801	23	(1.3)	2500	(181.7)	286	(36.9)	11	(1.2)	2763	(236.4)	1229	(127.3)	44	(3.8)	2420	(214.1)
2 and over...	7933	21	(1.2)	2169	(146.2)	228	(27.9)	11	(1.0)	2531	(188.0)	1071	(103.3)	42	(3.4)	2071	(166.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

L y c o p e n e

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	411	15	(4.2)	2941	(373.7)	183	(49.5)	6*	(1.7)	--		--		--		2915	(366.5)
6 - 11	590	10	(1.6)	5931	(631.4)	156	(36.7)	3*	(0.6)	4417	(708.9)	1553	(289.4)	--		6101	(653.6)
12 - 19	585	16	(3.1)	7783	(736.3)	684*	(297.8)	9*	(3.5)	8454	(1895.6)	4386*	(1753.3)	52	(13.3)	7659	(742.8)
20 - 39	882	27	(2.7)	6215	(354.7)	754	(110.4)	12	(1.9)	6006	(724.1)	2761	(418.9)	46	(4.5)	6294	(472.5)
40 - 59	756	22	(2.4)	6222	(524.2)	780	(194.4)	13	(3.3)	6961	(1118.9)	3516	(813.0)	51	(6.8)	6011	(744.0)
60 and over	756	25	(1.9)	5121	(499.4)	597	(160.1)	12	(3.1)	4538	(875.6)	2406	(642.5)	53	(8.0)	5313	(636.0)
2 - 19	1586	14	(1.8)	6106	(510.4)	398*	(140.6)	7*	(2.2)	6165	(960.6)	2923*	(948.8)	47	(10.8)	6097	(534.9)
20 and over	2394	25	(1.6)	5953	(287.5)	726	(88.9)	12	(1.6)	5972	(442.9)	2930	(295.0)	49	(3.4)	5946	(355.6)
2 and over	3980	22	(1.5)	5993	(261.0)	641	(79.7)	11	(1.4)	6003	(391.5)	2929	(288.6)	49	(3.5)	5990	(327.6)
Females:																	
2 - 5	423	12	(2.7)	3728	(716.0)	175*	(64.3)	5*	(1.9)	--		--		--		3751	(781.4)
6 - 11	556	17	(4.0)	4649	(569.2)	636*	(253.6)	14*	(4.3)	7629*	(2873.9)	3785*	(1303.8)	--		4047	(350.4)
12 - 19	567	21	(3.0)	4332	(543.1)	305	(72.5)	7*	(2.2)	3087	(650.4)	1485	(370.9)	48	(7.4)	4653	(732.4)
20 - 39	832	21	(1.6)	5405	(436.4)	433	(102.8)	8	(2.0)	5610	(1370.9)	2099	(480.1)	37	(10.6)	5351	(513.3)
40 - 59	830	23	(1.8)	4571	(264.2)	421	(69.5)	9	(1.6)	4500	(445.1)	1792	(277.9)	40	(5.5)	4593	(354.6)
60 and over	745	21	(2.5)	3768	(472.3)	332	(83.1)	9	(1.8)	4055*	(1336.3)	1596	(458.2)	39	(11.6)	3692	(481.0)
2 - 19	1546	17	(1.8)	4300	(347.2)	383	(87.6)	9	(1.6)	4574	(1105.1)	2207	(491.6)	48	(4.0)	4243	(272.7)
20 and over	2407	22	(1.2)	4639	(244.6)	401	(49.6)	9	(1.0)	4747	(632.7)	1841	(221.9)	39	(6.1)	4609	(298.5)
2 and over	3953	21	(1.2)	4557	(205.5)	396	(42.3)	9	(0.9)	4712	(539.7)	1915	(195.8)	41	(5.2)	4517	(241.5)
Males and Females:																	
2 - 19	3132	15	(1.3)	5225	(350.7)	391	(83.9)	7	(1.5)	5293	(808.9)	2530	(525.0)	48	(6.5)	5212	(354.4)
20 and over	4801	23	(1.3)	5279	(171.5)	559	(61.5)	11	(1.1)	5384	(485.7)	2407	(218.8)	45	(4.1)	5247	(195.7)
2 and over	7933	21	(1.2)	5265	(169.4)	517	(53.8)	10	(1.1)	5367	(394.9)	2429	(204.2)	45	(3.8)	5238	(214.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

T h i a m i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	1.27	(0.038)	0.05	(0.013)	4*	(1.0)	--		--		--		1.31	(0.040)
6 - 11.....	590	10	(1.6)	1.67	(0.045)	0.05	(0.011)	3*	(0.6)	1.62	(0.089)	0.50	(0.091)	31	(4.8)	1.68	(0.049)
12 - 19.....	585	16	(3.1)	2.02	(0.045)	0.09	(0.021)	5	(1.0)	2.11	(0.204)	0.60	(0.094)	28	(4.7)	2.00	(0.052)
20 - 39.....	882	27	(2.7)	1.99	(0.051)	0.17	(0.016)	9	(0.9)	1.84	(0.071)	0.63	(0.037)	34	(1.9)	2.04	(0.055)
40 - 59.....	756	22	(2.4)	1.90	(0.048)	0.19	(0.033)	10	(1.7)	2.06	(0.104)	0.87	(0.103)	42	(4.2)	1.86	(0.054)
60 and over.....	756	25	(1.9)	1.74	(0.039)	0.15	(0.021)	9	(1.2)	1.64	(0.063)	0.62	(0.055)	38	(2.6)	1.77	(0.049)
2 - 19.....	1586	14	(1.8)	1.74	(0.024)	0.07	(0.011)	4	(0.6)	1.74	(0.126)	0.50	(0.066)	29	(3.5)	1.74	(0.027)
20 and over...	2394	25	(1.6)	1.90	(0.020)	0.18	(0.015)	9	(0.7)	1.87	(0.046)	0.71	(0.042)	38	(1.7)	1.90	(0.020)
2 and over...	3980	22	(1.5)	1.85	(0.017)	0.15	(0.013)	8	(0.6)	1.85	(0.047)	0.67	(0.035)	37	(1.5)	1.86	(0.017)
Females:																	
2 - 5.....	423	12	(2.7)	1.23	(0.018)	0.03*	(0.011)	3*	(0.9)	--		--		--		1.24	(0.017)
6 - 11.....	556	17	(4.0)	1.51	(0.074)	0.07	(0.017)	5	(1.2)	1.49	(0.093)	0.42	(0.042)	28	(2.6)	1.51	(0.086)
12 - 19.....	567	21	(3.0)	1.32	(0.061)	0.08	(0.011)	6	(0.7)	1.21	(0.121)	0.40	(0.080)	33	(4.4)	1.34	(0.058)
20 - 39.....	832	21	(1.6)	1.55	(0.048)	0.11	(0.017)	7	(1.1)	1.53	(0.095)	0.53	(0.058)	34	(2.6)	1.55	(0.060)
40 - 59.....	830	23	(1.8)	1.35	(0.030)	0.12	(0.010)	9	(0.8)	1.36	(0.052)	0.50	(0.040)	37	(3.6)	1.35	(0.040)
60 and over.....	745	21	(2.5)	1.29	(0.037)	0.11	(0.016)	9	(1.1)	1.38	(0.100)	0.54	(0.062)	39	(3.3)	1.26	(0.033)
2 - 19.....	1546	17	(1.8)	1.36	(0.039)	0.07	(0.007)	5	(0.5)	1.29	(0.079)	0.39	(0.046)	31	(2.5)	1.37	(0.040)
20 and over...	2407	22	(1.2)	1.40	(0.022)	0.11	(0.007)	8	(0.5)	1.42	(0.040)	0.52	(0.021)	37	(1.7)	1.40	(0.025)
2 and over...	3953	21	(1.2)	1.39	(0.021)	0.10	(0.006)	7	(0.5)	1.39	(0.035)	0.49	(0.019)	36	(1.6)	1.39	(0.025)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	1.55	(0.024)	0.07	(0.005)	4	(0.4)	1.49	(0.081)	0.44	(0.040)	30	(2.2)	1.56	(0.024)
20 and over...	4801	23	(1.3)	1.64	(0.018)	0.14	(0.010)	9	(0.5)	1.65	(0.034)	0.62	(0.025)	37	(1.3)	1.64	(0.017)
2 and over...	7933	21	(1.2)	1.62	(0.015)	0.12	(0.008)	8	(0.5)	1.62	(0.033)	0.59	(0.023)	36	(1.3)	1.62	(0.014)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	1.87	(0.062)	0.05	(0.013)	2*	(0.7)	--		--		--		1.92	(0.071)
6 - 11.....	590	10	(1.6)	2.08	(0.044)	0.05	(0.008)	2*	(0.4)	2.11	(0.111)	0.51	(0.061)	24*	(2.5)	2.08	(0.049)
12 - 19.....	585	16	(3.1)	2.54	(0.137)	0.10	(0.026)	4	(1.1)	2.42	(0.218)	0.66	(0.086)	27	(4.1)	2.57	(0.149)
20 - 39.....	882	27	(2.7)	2.51	(0.063)	0.19	(0.019)	8	(0.7)	2.37	(0.073)	0.70	(0.039)	30	(1.4)	2.57	(0.084)
40 - 59.....	756	22	(2.4)	2.54	(0.083)	0.19	(0.030)	7	(1.2)	2.62	(0.117)	0.85	(0.074)	32	(2.8)	2.52	(0.101)
60 and over.....	756	25	(1.9)	2.51	(0.129)	0.18	(0.028)	7	(1.0)	2.37	(0.085)	0.74	(0.073)	31	(2.8)	2.56	(0.155)
2 - 19.....	1586	14	(1.8)	2.24	(0.066)	0.07	(0.013)	3	(0.6)	2.14	(0.117)	0.54	(0.061)	25	(2.7)	2.26	(0.069)
20 and over...	2394	25	(1.6)	2.52	(0.054)	0.19	(0.017)	7	(0.6)	2.46	(0.063)	0.76	(0.031)	31	(1.3)	2.55	(0.069)
2 and over...	3980	22	(1.5)	2.45	(0.045)	0.16	(0.014)	6	(0.5)	2.40	(0.057)	0.73	(0.030)	30	(0.9)	2.46	(0.052)
Females:																	
2 - 5.....	423	12	(2.7)	1.74	(0.026)	0.04*	(0.015)	2*	(0.9)	--		--		--		1.74	(0.032)
6 - 11.....	556	17	(4.0)	1.84	(0.066)	0.08	(0.018)	4	(1.0)	1.81	(0.115)	0.46	(0.035)	25	(1.8)	1.85	(0.078)
12 - 19.....	567	21	(3.0)	1.67	(0.064)	0.08	(0.007)	5	(0.5)	1.65	(0.058)	0.39	(0.067)	23	(4.1)	1.68	(0.077)
20 - 39.....	832	21	(1.6)	1.89	(0.052)	0.13	(0.017)	7	(0.9)	1.85	(0.091)	0.61	(0.051)	33	(2.6)	1.90	(0.057)
40 - 59.....	830	23	(1.8)	1.83	(0.035)	0.13	(0.012)	7	(0.7)	1.85	(0.060)	0.55	(0.050)	30	(2.6)	1.82	(0.042)
60 and over.....	745	21	(2.5)	1.78	(0.041)	0.14	(0.020)	8	(1.0)	1.88	(0.105)	0.67	(0.056)	36	(1.9)	1.75	(0.043)
2 - 19.....	1546	17	(1.8)	1.74	(0.026)	0.07	(0.008)	4	(0.5)	1.71	(0.069)	0.40	(0.048)	24	(2.5)	1.75	(0.036)
20 and over...	2407	22	(1.2)	1.84	(0.024)	0.13	(0.009)	7	(0.5)	1.85	(0.045)	0.60	(0.030)	32	(1.7)	1.83	(0.027)
2 and over...	3953	21	(1.2)	1.81	(0.022)	0.12	(0.008)	6	(0.4)	1.83	(0.044)	0.56	(0.028)	31	(1.6)	1.81	(0.026)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	2.00	(0.032)	0.07	(0.007)	4	(0.4)	1.91	(0.076)	0.46	(0.043)	24	(2.1)	2.01	(0.038)
20 and over...	4801	23	(1.3)	2.17	(0.029)	0.16	(0.011)	7	(0.5)	2.17	(0.042)	0.68	(0.022)	32	(1.0)	2.17	(0.033)
2 and over...	7933	21	(1.2)	2.13	(0.025)	0.14	(0.009)	6	(0.4)	2.12	(0.040)	0.64	(0.022)	30	(1.0)	2.13	(0.028)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	16.1	(0.40)	0.6	(0.12)	4*	(0.7)	--		--		--		16.7	(0.55)
6 - 11.....	590	10	(1.6)	22.1	(0.58)	0.8	(0.15)	3	(0.7)	21.6	(1.78)	7.5	(1.20)	35	(4.1)	22.1	(0.65)
12 - 19.....	585	16	(3.1)	31.8	(1.43)	2.1	(0.55)	7	(1.7)	35.0	(2.32)	13.6	(2.29)	39	(5.0)	31.2	(1.76)
20 - 39.....	882	27	(2.7)	35.0	(0.78)	3.5	(0.30)	10	(1.0)	33.8	(1.38)	13.0	(0.62)	38	(1.7)	35.4	(0.76)
40 - 59.....	756	22	(2.4)	31.1	(0.92)	3.0	(0.45)	10	(1.4)	33.5	(2.26)	13.4	(1.02)	40	(3.6)	30.4	(0.79)
60 and over.....	756	25	(1.9)	27.3	(0.86)	2.7	(0.32)	10	(1.1)	26.4	(1.28)	10.8	(0.99)	41	(2.8)	27.6	(0.96)
2 - 19.....	1586	14	(1.8)	25.1	(0.79)	1.3	(0.26)	5	(1.0)	26.4	(1.78)	9.8	(1.49)	37	(3.8)	24.9	(0.78)
20 and over...	2394	25	(1.6)	31.6	(0.46)	3.1	(0.26)	10	(0.8)	31.9	(1.10)	12.6	(0.58)	39	(1.3)	31.5	(0.41)
2 and over...	3980	22	(1.5)	29.9	(0.45)	2.7	(0.23)	9	(0.7)	31.0	(1.08)	12.1	(0.61)	39	(1.3)	29.6	(0.40)
Females:																	
2 - 5.....	423	12	(2.7)	15.7	(0.48)	0.5*	(0.16)	3*	(1.0)	--		--		--		15.9	(0.55)
6 - 11.....	556	17	(4.0)	20.5	(1.06)	1.3	(0.31)	6	(1.6)	22.2	(1.09)	7.8	(0.86)	35	(3.4)	20.2	(1.28)
12 - 19.....	567	21	(3.0)	19.3	(0.83)	1.4	(0.12)	7	(0.7)	16.8	(1.93)	6.8	(1.03)	40	(3.1)	20.0	(0.86)
20 - 39.....	832	21	(1.6)	23.4	(0.45)	2.0	(0.24)	8	(1.0)	24.2	(1.41)	9.5	(0.82)	39	(2.6)	23.1	(0.56)
40 - 59.....	830	23	(1.8)	20.2	(0.35)	1.8	(0.17)	9	(0.9)	19.9	(0.64)	7.8	(0.75)	39	(4.2)	20.3	(0.41)
60 and over.....	745	21	(2.5)	18.7	(0.43)	1.7	(0.22)	9	(1.1)	19.0	(1.20)	8.1	(0.84)	43	(2.9)	18.6	(0.39)
2 - 19.....	1546	17	(1.8)	18.9	(0.60)	1.2	(0.11)	6	(0.6)	18.1	(1.32)	6.8	(0.67)	37	(2.1)	19.1	(0.61)
20 and over...	2407	22	(1.2)	20.9	(0.28)	1.8	(0.12)	9	(0.6)	21.1	(0.69)	8.5	(0.45)	40	(2.1)	20.8	(0.29)
2 and over...	3953	21	(1.2)	20.4	(0.26)	1.7	(0.09)	8	(0.5)	20.5	(0.58)	8.1	(0.37)	40	(1.8)	20.4	(0.28)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	22.1	(0.51)	1.3	(0.15)	6	(0.6)	21.8	(1.21)	8.1	(0.84)	37	(2.4)	22.1	(0.52)
20 and over...	4801	23	(1.3)	26.1	(0.32)	2.5	(0.16)	9	(0.6)	26.7	(0.71)	10.6	(0.41)	40	(1.4)	25.9	(0.31)
2 and over...	7933	21	(1.2)	25.1	(0.29)	2.2	(0.14)	9	(0.5)	25.8	(0.65)	10.1	(0.40)	39	(1.2)	24.9	(0.28)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin B6											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	1.44	(0.049)	0.04	(0.009)	3*	(0.6)	--		--		--		1.48	(0.058)
6 - 11.....	590	10	(1.6)	1.76	(0.050)	0.04	(0.008)	3*	(0.5)	1.64	(0.117)	0.44	(0.077)	27	(3.6)	1.77	(0.055)
12 - 19.....	585	16	(3.1)	2.51	(0.148)	0.15	(0.044)	6*	(1.8)	2.78	(0.211)	0.95	(0.176)	34	(5.9)	2.46	(0.178)
20 - 39.....	882	27	(2.7)	2.83	(0.064)	0.29	(0.030)	10	(1.2)	2.86	(0.138)	1.06	(0.045)	37	(2.2)	2.81	(0.065)
40 - 59.....	756	22	(2.4)	2.65	(0.131)	0.23	(0.032)	9	(1.3)	2.74	(0.177)	1.04	(0.071)	38	(3.0)	2.63	(0.155)
60 and over.....	756	25	(1.9)	2.30	(0.087)	0.21	(0.019)	9	(0.9)	2.12	(0.106)	0.86	(0.060)	41	(2.3)	2.36	(0.099)
2 - 19.....	1586	14	(1.8)	2.02	(0.060)	0.09	(0.021)	4	(1.0)	2.12	(0.142)	0.66	(0.116)	31	(4.3)	2.01	(0.064)
20 and over...	2394	25	(1.6)	2.63	(0.053)	0.25	(0.021)	9	(0.8)	2.64	(0.095)	1.01	(0.043)	38	(1.4)	2.63	(0.070)
2 and over...	3980	22	(1.5)	2.47	(0.043)	0.21	(0.018)	8	(0.7)	2.56	(0.086)	0.95	(0.048)	37	(1.2)	2.45	(0.052)
Females:																	
2 - 5.....	423	12	(2.7)	1.39	(0.051)	0.04*	(0.012)	3*	(0.9)	--		--		--		1.40	(0.054)
6 - 11.....	556	17	(4.0)	1.64	(0.090)	0.09	(0.020)	5	(1.3)	1.69	(0.080)	0.52	(0.060)	31	(3.0)	1.63	(0.109)
12 - 19.....	567	21	(3.0)	1.53	(0.060)	0.09	(0.007)	6	(0.5)	1.37	(0.116)	0.45	(0.072)	33	(4.7)	1.57	(0.061)
20 - 39.....	832	21	(1.6)	1.97	(0.062)	0.17	(0.023)	9	(1.1)	2.17	(0.197)	0.83	(0.080)	38	(3.9)	1.91	(0.065)
40 - 59.....	830	23	(1.8)	1.66	(0.036)	0.16	(0.013)	10	(0.9)	1.69	(0.081)	0.68	(0.054)	40	(3.8)	1.66	(0.031)
60 and over.....	745	21	(2.5)	1.65	(0.057)	0.14	(0.018)	9	(1.0)	1.65	(0.086)	0.68	(0.053)	41	(3.0)	1.65	(0.066)
2 - 19.....	1546	17	(1.8)	1.53	(0.038)	0.08	(0.009)	5	(0.6)	1.46	(0.078)	0.45	(0.051)	31	(2.7)	1.55	(0.042)
20 and over...	2407	22	(1.2)	1.76	(0.038)	0.16	(0.011)	9	(0.6)	1.84	(0.083)	0.73	(0.037)	40	(2.1)	1.74	(0.039)
2 and over...	3953	21	(1.2)	1.71	(0.032)	0.14	(0.008)	8	(0.5)	1.76	(0.068)	0.67	(0.030)	38	(1.8)	1.70	(0.034)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	1.79	(0.032)	0.08	(0.012)	5	(0.7)	1.76	(0.096)	0.54	(0.069)	31	(2.9)	1.79	(0.037)
20 and over...	4801	23	(1.3)	2.19	(0.040)	0.20	(0.013)	9	(0.6)	2.26	(0.073)	0.87	(0.028)	39	(1.3)	2.17	(0.043)
2 and over...	7933	21	(1.2)	2.09	(0.030)	0.17	(0.011)	8	(0.5)	2.17	(0.062)	0.81	(0.029)	38	(1.1)	2.07	(0.032)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				F o l a t e (D F E)													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5	411	15	(4.2)	419	(13.9)	14	(4.0)	3*	(1.0)	--		--		--		434	(16.6)
6 - 11	590	10	(1.6)	557	(21.9)	15	(2.8)	3*	(0.5)	509	(27.0)	146	(22.3)	29	(3.8)	562	(23.9)
12 - 19	585	16	(3.1)	687	(21.4)	30	(7.3)	4	(1.1)	765	(84.2)	195	(38.3)	25	(4.6)	673	(28.7)
20 - 39	882	27	(2.7)	683	(19.9)	58	(5.5)	8	(0.9)	679	(29.3)	211	(12.9)	31	(2.0)	685	(22.2)
40 - 59	756	22	(2.4)	639	(29.7)	61	(9.8)	9	(1.6)	681	(42.2)	274	(28.0)	40	(4.2)	627	(36.5)
60 and over	756	25	(1.9)	617	(35.4)	46	(6.7)	8	(1.0)	551	(33.1)	187	(22.1)	34	(3.2)	638	(39.1)
2 - 19	1586	14	(1.8)	585	(12.8)	22	(3.5)	4	(0.6)	598	(48.5)	159	(24.2)	27	(3.5)	583	(16.5)
20 and over	2394	25	(1.6)	651	(9.6)	56	(4.7)	9	(0.7)	649	(19.6)	226	(13.0)	35	(1.8)	651	(10.9)
2 and over	3980	22	(1.5)	633	(8.5)	47	(4.0)	7	(0.6)	640	(20.2)	215	(11.9)	34	(1.5)	632	(9.7)
Females:																	
2 - 5	423	12	(2.7)	415	(12.7)	10*	(3.3)	2*	(0.8)	--		--		--		422	(13.5)
6 - 11	556	17	(4.0)	520	(28.1)	23	(5.9)	4	(1.1)	567	(57.7)	135	(15.8)	24*	(2.7)	511	(31.7)
12 - 19	567	21	(3.0)	453	(26.6)	30	(4.2)	7	(0.8)	414	(37.6)	144	(28.8)	35	(4.9)	463	(28.5)
20 - 39	832	21	(1.6)	528	(19.5)	32	(3.8)	6	(0.7)	478	(26.9)	156	(11.2)	33	(1.8)	541	(23.8)
40 - 59	830	23	(1.8)	485	(12.3)	42	(4.5)	9	(1.0)	476	(30.5)	180	(15.0)	38	(4.2)	487	(15.1)
60 and over	745	21	(2.5)	461	(16.1)	35	(5.1)	8	(1.0)	471	(33.0)	170	(14.3)	36	(3.4)	459	(17.4)
2 - 19	1546	17	(1.8)	466	(12.0)	23	(2.4)	5	(0.5)	454	(35.2)	133	(16.1)	29	(2.7)	469	(13.1)
20 and over	2407	22	(1.2)	493	(10.9)	37	(2.4)	7	(0.5)	475	(18.3)	170	(7.2)	36	(2.0)	498	(13.1)
2 and over	3953	21	(1.2)	487	(9.7)	34	(2.1)	7	(0.4)	471	(17.8)	162	(7.3)	34	(1.8)	491	(12.0)
Males and Females:																	
2 - 19	3132	15	(1.3)	527	(8.4)	22	(1.9)	4	(0.4)	519	(34.5)	145	(13.3)	28	(2.2)	528	(10.2)
20 and over	4801	23	(1.3)	570	(8.7)	46	(3.0)	8	(0.5)	565	(13.5)	199	(8.4)	35	(1.6)	571	(10.0)
2 and over	7933	21	(1.2)	559	(7.2)	40	(2.6)	7	(0.5)	557	(14.9)	189	(8.2)	34	(1.5)	560	(8.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	15	(4.2)	230	(7.8)	7	(1.8)	3*	(0.8)	--		--		--		234	(7.3)
6 - 11	590	10	(1.6)	262	(5.9)	9	(1.8)	3*	(0.7)	319	(31.7)	88	(14.3)	28	(2.6)	256	(7.1)
12 - 19	585	16	(3.1)	353	(14.7)	23	(6.3)	6	(1.8)	362	(24.7)	146	(22.4)	40	(6.2)	351	(16.3)
20 - 39	882	27	(2.7)	400	(9.9)	50	(5.6)	13	(1.3)	424	(24.3)	184	(13.6)	43	(2.4)	391	(9.9)
40 - 59	756	22	(2.4)	420	(14.1)	45	(7.6)	11	(1.8)	443	(22.0)	203	(20.3)	46	(3.7)	413	(15.7)
60 and over	756	25	(1.9)	378	(8.7)	47	(6.2)	12	(1.6)	410	(11.4)	188	(13.8)	46	(3.0)	368	(10.6)
2 - 19	1586	14	(1.8)	296	(6.2)	15	(3.0)	5	(1.0)	314	(17.5)	108	(14.1)	34	(4.0)	293	(6.1)
20 and over	2394	25	(1.6)	402	(7.0)	47	(4.3)	12	(1.0)	427	(13.0)	192	(10.0)	45	(1.7)	394	(8.7)
2 and over	3980	22	(1.5)	374	(5.8)	39	(3.5)	10	(0.9)	409	(13.3)	178	(9.6)	44	(1.6)	365	(6.5)
Females:																	
2 - 5	423	12	(2.7)	211	(7.6)	7*	(2.2)	3*	(1.1)	--		--		--		213	(8.5)
6 - 11	556	17	(4.0)	232	(7.0)	14	(2.9)	6	(1.2)	234	(17.9)	84	(10.3)	36	(2.1)	231	(6.0)
12 - 19	567	21	(3.0)	234	(12.5)	18	(2.9)	8	(1.4)	234	(15.5)	89	(18.2)	38	(5.7)	235	(16.0)
20 - 39	832	21	(1.6)	280	(5.4)	28	(4.1)	10	(1.4)	302	(14.3)	135	(13.8)	45	(3.3)	274	(4.2)
40 - 59	830	23	(1.8)	269	(7.4)	28	(2.7)	10	(1.0)	288	(10.8)	120	(10.9)	42	(3.3)	263	(8.0)
60 and over	745	21	(2.5)	265	(6.2)	30	(4.7)	11	(1.6)	302	(28.1)	145	(14.6)	48	(3.0)	256	(5.9)
2 - 19	1546	17	(1.8)	228	(5.1)	14	(1.7)	6	(0.8)	229	(11.3)	83	(10.6)	36	(3.3)	228	(5.7)
20 and over	2407	22	(1.2)	272	(4.0)	29	(2.0)	11	(0.7)	297	(10.1)	131	(8.3)	44	(2.1)	265	(4.0)
2 and over	3953	21	(1.2)	261	(3.3)	25	(1.6)	10	(0.6)	283	(8.9)	121	(7.0)	43	(1.9)	256	(3.4)
Males and Females:																	
2 - 19	3132	15	(1.3)	263	(3.8)	15	(2.0)	6	(0.8)	268	(11.1)	94	(11.3)	35	(3.4)	262	(4.3)
20 and over	4801	23	(1.3)	335	(3.7)	38	(2.3)	11	(0.7)	364	(6.8)	163	(5.2)	45	(1.4)	326	(3.8)
2 and over	7933	21	(1.2)	317	(2.8)	32	(2.0)	10	(0.6)	347	(5.9)	150	(5.0)	43	(1.3)	309	(2.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin B12										
				All Individuals [2]					*Full Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	4.55	(0.210)	0.11	(0.031)	2*	(0.8)	--		--		--		4.73	(0.210)
6 - 11.....	590	10	(1.6)	5.28	(0.167)	0.18	(0.055)	3*	(1.1)	5.73	(0.564)	1.82	(0.410)	32	(4.9)	5.23	(0.209)
12 - 19.....	585	16	(3.1)	7.24	(0.542)	0.37*	(0.113)	5*	(1.7)	7.22	(0.626)	2.36	(0.467)	33	(6.0)	7.24	(0.638)
20 - 39.....	882	27	(2.7)	6.64	(0.247)	0.69	(0.109)	10	(1.6)	6.53	(0.435)	2.54	(0.280)	39	(3.6)	6.68	(0.267)
40 - 59.....	756	22	(2.4)	6.10	(0.356)	0.46	(0.068)	8	(1.2)	6.14	(0.450)	2.08	(0.176)	34	(3.2)	6.09	(0.374)
60 and over.....	756	25	(1.9)	7.95	(1.840)	0.64	(0.187)	8*	(2.9)	6.54	(0.491)	2.57	(0.620)	39	(7.5)	8.42	(2.455)
2 - 19.....	1586	14	(1.8)	6.00	(0.263)	0.25	(0.055)	4	(1.0)	5.96	(0.385)	1.84	(0.263)	31	(3.6)	6.00	(0.300)
20 and over...	2394	25	(1.6)	6.75	(0.486)	0.59	(0.077)	9	(1.1)	6.40	(0.271)	2.39	(0.225)	37	(2.7)	6.87	(0.644)
2 and over...	3980	22	(1.5)	6.56	(0.395)	0.50	(0.062)	8	(0.9)	6.33	(0.244)	2.30	(0.198)	36	(2.3)	6.62	(0.499)
Females:																	
2 - 5.....	423	12	(2.7)	4.13	(0.169)	0.09*	(0.032)	2*	(0.8)	--		--		--		4.18	(0.165)
6 - 11.....	556	17	(4.0)	4.40	(0.175)	0.19	(0.053)	4	(1.2)	4.29	(0.339)	1.13	(0.231)	26	(4.6)	4.42	(0.215)
12 - 19.....	567	21	(3.0)	4.11	(0.153)	0.25	(0.031)	6	(0.8)	4.13	(0.257)	1.24	(0.218)	30	(4.8)	4.11	(0.157)
20 - 39.....	832	21	(1.6)	4.59	(0.142)	0.49	(0.127)	11	(2.6)	5.49	(0.568)	2.39	(0.505)	44	(5.5)	4.36	(0.132)
40 - 59.....	830	23	(1.8)	3.96	(0.180)	0.29	(0.037)	7	(0.9)	3.67	(0.272)	1.23	(0.165)	34	(4.5)	4.06	(0.182)
60 and over.....	745	21	(2.5)	4.00	(0.161)	0.33	(0.048)	8	(1.0)	4.01	(0.484)	1.58	(0.190)	39	(3.7)	4.00	(0.167)
2 - 19.....	1546	17	(1.8)	4.21	(0.094)	0.20	(0.025)	5	(0.6)	4.12	(0.212)	1.14	(0.155)	28	(3.3)	4.22	(0.105)
20 and over...	2407	22	(1.2)	4.19	(0.100)	0.37	(0.053)	9	(1.1)	4.35	(0.330)	1.70	(0.219)	39	(3.0)	4.15	(0.073)
2 and over...	3953	21	(1.2)	4.20	(0.087)	0.33	(0.042)	8	(0.9)	4.31	(0.278)	1.59	(0.167)	37	(2.4)	4.17	(0.074)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	5.12	(0.154)	0.22	(0.033)	4	(0.7)	4.95	(0.267)	1.46	(0.178)	29	(2.5)	5.15	(0.183)
20 and over...	4801	23	(1.3)	5.44	(0.212)	0.48	(0.051)	9	(0.9)	5.42	(0.224)	2.06	(0.156)	38	(2.1)	5.45	(0.272)
2 and over...	7933	21	(1.2)	5.36	(0.177)	0.41	(0.041)	8	(0.8)	5.33	(0.190)	1.95	(0.125)	37	(1.7)	5.37	(0.223)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin C													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	93.1	(9.23)	1.3	(0.36)	1*	(0.4)	--		--		--		89.0	(6.93)
6 - 11.....	590	10	(1.6)	87.7	(4.76)	1.0	(0.23)	1*	(0.3)	67.9	(9.80)	9.5	(2.41)	14*	(3.8)	89.9	(5.69)
12 - 19.....	585	16	(3.1)	88.4	(12.74)	1.9*	(0.60)	2*	(0.7)	58.0	(7.18)	12.0	(2.82)	21*	(4.8)	94.0	(14.88)
20 - 39.....	882	27	(2.7)	98.2	(9.21)	9.3	(1.31)	9	(1.7)	97.9	(8.28)	34.1	(3.78)	35	(3.6)	98.2	(11.26)
40 - 59.....	756	22	(2.4)	86.3	(4.92)	7.2	(1.43)	8	(1.5)	94.6	(8.16)	32.6	(5.71)	34	(4.5)	83.9	(5.05)
60 and over.....	756	25	(1.9)	91.7	(8.49)	6.5	(1.00)	7	(0.9)	91.7	(13.58)	26.2	(4.67)	29	(3.4)	91.8	(8.88)
2 - 19.....	1586	14	(1.8)	89.2	(7.20)	1.4	(0.25)	2	(0.3)	74.4	(8.92)	10.5	(1.63)	14	(3.0)	91.5	(8.13)
20 and over...	2394	25	(1.6)	92.1	(6.38)	7.9	(0.89)	9	(0.9)	95.3	(7.89)	31.7	(3.47)	33	(2.2)	91.1	(6.64)
2 and over...	3980	22	(1.5)	91.3	(5.32)	6.2	(0.69)	7	(0.7)	91.9	(6.41)	28.3	(2.88)	31	(2.1)	91.2	(5.63)
Females:																	
2 - 5.....	423	12	(2.7)	79.6	(4.90)	0.7	(0.20)	1*	(0.3)	--		--		--		80.3	(4.95)
6 - 11.....	556	17	(4.0)	75.4	(5.14)	2.4*	(0.92)	3*	(1.2)	62.7	(12.13)	14.2*	(4.94)	23*	(5.8)	78.0	(5.88)
12 - 19.....	567	21	(3.0)	61.3	(3.35)	2.2	(0.47)	4	(0.7)	65.1	(6.71)	10.7	(2.27)	16*	(3.7)	60.3	(3.57)
20 - 39.....	832	21	(1.6)	80.4	(4.66)	6.3	(1.29)	8	(1.3)	84.0	(8.47)	30.4	(5.63)	36	(5.2)	79.4	(5.26)
40 - 59.....	830	23	(1.8)	74.6	(3.86)	5.4	(0.99)	7	(1.4)	81.0	(8.37)	23.1	(4.35)	28	(5.8)	72.7	(3.63)
60 and over.....	745	21	(2.5)	78.9	(3.66)	4.8	(0.76)	6	(0.9)	74.0	(8.79)	23.3	(3.13)	31	(2.8)	80.2	(3.88)
2 - 19.....	1546	17	(1.8)	69.9	(2.80)	1.9	(0.38)	3	(0.5)	65.6	(4.82)	11.1	(1.69)	17	(2.9)	70.8	(3.36)
20 and over...	2407	22	(1.2)	77.8	(3.08)	5.6	(0.53)	7	(0.5)	80.2	(6.67)	25.5	(2.76)	32	(3.5)	77.1	(3.26)
2 and over...	3953	21	(1.2)	75.9	(2.63)	4.7	(0.45)	6	(0.5)	77.2	(5.70)	22.6	(2.24)	29	(3.0)	75.5	(2.62)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	79.8	(4.35)	1.7	(0.18)	2	(0.3)	69.6	(5.00)	10.9	(0.98)	16	(1.8)	81.6	(5.01)
20 and over...	4801	23	(1.3)	84.8	(4.10)	6.7	(0.55)	8	(0.5)	88.0	(5.23)	28.7	(2.31)	33	(2.0)	83.8	(4.26)
2 and over...	7933	21	(1.2)	83.5	(3.36)	5.4	(0.42)	6	(0.4)	84.7	(4.63)	25.5	(1.84)	30	(1.9)	83.2	(3.49)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin D											
				All Individuals [2]						*Full Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	7.0	(0.43)	0.2*	(0.06)	2*	(0.9)	--		--		--		7.2	(0.50)
6 - 11.....	590	10	(1.6)	6.6	(0.22)	0.1*	(0.03)	1*	(0.4)	6.7	(0.77)	0.9*	(0.29)	--		6.5	(0.23)
12 - 19.....	585	16	(3.1)	6.9	(0.46)	0.2*	(0.07)	3*	(0.9)	6.0	(1.28)	1.4	(0.39)	24	(4.8)	7.1	(0.40)
20 - 39.....	882	27	(2.7)	5.2	(0.27)	0.4	(0.09)	8	(1.8)	4.8	(0.40)	1.5	(0.29)	31	(4.7)	5.3	(0.33)
40 - 59.....	756	22	(2.4)	5.7	(0.39)	0.5*	(0.24)	9*	(3.9)	6.7	(1.36)	2.4*	(1.09)	36*	(12.7)	5.5	(0.29)
60 and over.....	756	25	(1.9)	5.4	(0.21)	0.4*	(0.14)	8*	(2.5)	6.2	(0.52)	1.7*	(0.54)	27	(7.6)	5.2	(0.17)
2 - 19.....	1586	14	(1.8)	6.8	(0.29)	0.2	(0.04)	2	(0.6)	6.1	(0.71)	1.2	(0.24)	20	(2.8)	6.9	(0.27)
20 and over...	2394	25	(1.6)	5.5	(0.20)	0.5	(0.09)	8	(1.5)	5.8	(0.52)	1.9	(0.42)	32	(5.5)	5.3	(0.18)
2 and over...	3980	22	(1.5)	5.8	(0.18)	0.4	(0.07)	7	(1.1)	5.8	(0.47)	1.8	(0.36)	30	(4.5)	5.8	(0.17)
Females:																	
2 - 5.....	423	12	(2.7)	6.2	(0.20)	0.1*	(0.07)	2*	(1.1)	--		--		--		6.1	(0.20)
6 - 11.....	556	17	(4.0)	5.4	(0.25)	0.1*	(0.05)	3*	(1.0)	4.8	(0.60)	0.9	(0.25)	18*	(5.4)	5.5	(0.28)
12 - 19.....	567	21	(3.0)	4.3	(0.26)	0.2	(0.04)	3*	(1.0)	4.6	(0.39)	0.7	(0.22)	16*	(5.2)	4.3	(0.34)
20 - 39.....	832	21	(1.6)	3.9	(0.18)	0.2	(0.04)	5	(1.2)	3.5	(0.33)	1.0	(0.18)	29	(4.8)	4.1	(0.22)
40 - 59.....	830	23	(1.8)	3.7	(0.20)	0.2	(0.03)	5	(0.8)	3.3	(0.29)	0.8	(0.11)	23	(4.1)	3.8	(0.21)
60 and over.....	745	21	(2.5)	4.3	(0.20)	0.2	(0.04)	5	(0.9)	3.8	(0.42)	1.1	(0.15)	28	(3.8)	4.4	(0.26)
2 - 19.....	1546	17	(1.8)	5.1	(0.09)	0.1	(0.03)	3	(0.7)	5.0	(0.38)	0.8	(0.18)	16	(3.5)	5.1	(0.13)
20 and over...	2407	22	(1.2)	3.9	(0.12)	0.2	(0.02)	5	(0.5)	3.5	(0.19)	0.9	(0.09)	26	(2.5)	4.1	(0.15)
2 and over...	3953	21	(1.2)	4.2	(0.10)	0.2	(0.02)	4	(0.5)	3.8	(0.20)	0.9	(0.09)	24	(2.3)	4.3	(0.13)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	6.0	(0.15)	0.2	(0.02)	3	(0.4)	5.5	(0.38)	1.0	(0.14)	18	(2.3)	6.1	(0.15)
20 and over...	4801	23	(1.3)	4.7	(0.14)	0.3	(0.04)	7	(0.8)	4.7	(0.26)	1.4	(0.21)	30	(3.7)	4.7	(0.14)
2 and over...	7933	21	(1.2)	5.0	(0.12)	0.3	(0.03)	6	(0.6)	4.8	(0.22)	1.3	(0.17)	28	(2.9)	5.0	(0.12)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

V i t a m i n E (a l p h a t o c o p h e r o l)

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	5.6	(0.18)	0.2	(0.05)	4*	(0.8)	--		--		--		5.4	(0.20)
6 - 11.....	590	10	(1.6)	7.5	(0.29)	0.2	(0.03)	3*	(0.4)	6.5	(0.44)	2.2	(0.28)	33	(2.9)	7.6	(0.31)
12 - 19.....	585	16	(3.1)	9.4	(0.42)	0.5	(0.13)	6	(1.5)	9.7	(0.78)	3.5	(0.55)	36	(4.6)	9.3	(0.54)
20 - 39.....	882	27	(2.7)	11.0	(0.22)	1.1	(0.13)	10	(1.1)	11.9	(0.68)	4.1	(0.25)	35	(2.1)	10.6	(0.31)
40 - 59.....	756	22	(2.4)	10.2	(0.37)	1.0	(0.13)	10	(1.3)	11.5	(0.82)	4.5	(0.35)	39	(3.4)	9.8	(0.36)
60 and over.....	756	25	(1.9)	9.5	(0.44)	0.9	(0.08)	10	(0.9)	8.6	(0.46)	3.7	(0.22)	42	(2.0)	9.8	(0.51)
2 - 19.....	1586	14	(1.8)	7.9	(0.25)	0.4	(0.06)	5	(0.8)	8.2	(0.52)	2.6	(0.35)	32	(3.3)	7.9	(0.31)
20 and over...	2394	25	(1.6)	10.3	(0.23)	1.0	(0.08)	10	(0.7)	11.0	(0.31)	4.2	(0.15)	38	(1.5)	10.1	(0.25)
2 and over...	3980	22	(1.5)	9.7	(0.21)	0.9	(0.07)	9	(0.7)	10.5	(0.30)	3.9	(0.14)	37	(1.4)	9.5	(0.23)
Females:																	
2 - 5.....	423	12	(2.7)	5.4	(0.18)	0.1	(0.04)	3*	(0.7)	--		--		--		5.4	(0.18)
6 - 11.....	556	17	(4.0)	6.5	(0.23)	0.4	(0.10)	6	(1.6)	6.6	(0.59)	2.4	(0.20)	36	(3.3)	6.5	(0.24)
12 - 19.....	567	21	(3.0)	6.7	(0.38)	0.5	(0.04)	7	(0.6)	7.2	(1.13)	2.4	(0.39)	33	(4.9)	6.6	(0.29)
20 - 39.....	832	21	(1.6)	8.0	(0.27)	0.6	(0.08)	8	(1.0)	8.1	(0.48)	3.1	(0.23)	39	(3.2)	8.0	(0.36)
40 - 59.....	830	23	(1.8)	7.7	(0.26)	0.7	(0.07)	10	(1.1)	7.8	(0.32)	3.2	(0.24)	41	(3.1)	7.7	(0.34)
60 and over.....	745	21	(2.5)	7.4	(0.27)	0.7	(0.09)	9	(1.1)	7.9	(0.69)	3.3	(0.16)	42	(3.5)	7.3	(0.31)
2 - 19.....	1546	17	(1.8)	6.4	(0.17)	0.4	(0.04)	6	(0.5)	6.7	(0.65)	2.2	(0.22)	33	(3.1)	6.3	(0.16)
20 and over...	2407	22	(1.2)	7.7	(0.18)	0.7	(0.04)	9	(0.5)	7.9	(0.33)	3.2	(0.11)	40	(2.0)	7.7	(0.24)
2 and over...	3953	21	(1.2)	7.4	(0.13)	0.6	(0.03)	8	(0.5)	7.7	(0.35)	3.0	(0.11)	39	(2.0)	7.3	(0.18)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	7.2	(0.15)	0.4	(0.04)	5	(0.5)	7.4	(0.48)	2.4	(0.23)	33	(2.5)	7.1	(0.20)
20 and over...	4801	23	(1.3)	9.0	(0.16)	0.9	(0.05)	10	(0.5)	9.5	(0.26)	3.7	(0.10)	39	(1.4)	8.8	(0.18)
2 and over...	7933	21	(1.2)	8.5	(0.14)	0.7	(0.04)	9	(0.5)	9.1	(0.24)	3.5	(0.11)	38	(1.3)	8.4	(0.17)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin K											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	48.5	(2.65)	1.6	(0.40)	3*	(0.8)	--		--		--		48.6	(2.45)
6 - 11.....	590	10	(1.6)	70.3	(5.46)	2.7	(0.75)	4	(1.1)	82.5	(17.98)	26.7	(7.46)	32*	(10.9)	68.9	(4.99)
12 - 19.....	585	16	(3.1)	81.3	(6.55)	6.7*	(2.22)	8*	(2.9)	89.5	(11.11)	42.8	(10.68)	48	(7.9)	79.8	(7.52)
20 - 39.....	882	27	(2.7)	118.4	(7.00)	20.2	(3.94)	17	(3.4)	145.2	(10.94)	74.1	(11.16)	51	(5.4)	108.4	(9.02)
40 - 59.....	756	22	(2.4)	128.7	(6.73)	16.8	(2.92)	13	(2.3)	139.6	(12.42)	75.8	(10.53)	54	(6.3)	125.5	(8.24)
60 and over.....	756	25	(1.9)	185.0*	(60.44)	16.0	(2.46)	9*	(3.4)	111.0	(12.62)	64.4	(12.22)	58	(5.2)	209.4*	(81.88)
2 - 19.....	1586	14	(1.8)	70.4	(2.67)	4.2	(1.18)	6	(1.7)	77.7	(9.39)	31.1	(7.30)	40	(6.1)	69.3	(3.47)
20 and over...	2394	25	(1.6)	138.4	(16.29)	17.9	(1.55)	13	(1.3)	135.0	(7.83)	72.3	(5.92)	54	(2.8)	139.5	(21.84)
2 and over...	3980	22	(1.5)	120.7	(11.99)	14.4	(1.26)	12	(1.1)	125.7	(6.89)	65.6	(5.36)	52	(2.6)	119.3	(15.14)
Females:																	
2 - 5.....	423	12	(2.7)	51.9	(3.34)	1.3	(0.27)	2*	(0.5)	--		--		--		53.0	(3.43)
6 - 11.....	556	17	(4.0)	63.1	(3.07)	3.4	(0.94)	5	(1.4)	58.2	(5.82)	20.1	(3.88)	35	(5.4)	64.1	(3.74)
12 - 19.....	567	21	(3.0)	65.9	(6.14)	6.8	(1.66)	10	(1.8)	68.2	(12.81)	33.2*	(11.09)	49	(10.0)	65.3	(5.50)
20 - 39.....	832	21	(1.6)	113.0	(8.90)	10.1	(1.22)	9	(0.9)	102.7	(7.40)	48.9	(5.38)	48	(4.2)	115.6	(10.77)
40 - 59.....	830	23	(1.8)	129.3	(12.35)	18.4	(3.65)	14	(2.8)	164.2	(19.94)	78.4	(15.39)	48	(7.6)	118.7	(13.82)
60 and over.....	745	21	(2.5)	122.1	(8.62)	14.1	(2.98)	12	(2.3)	148.1	(21.50)	68.0	(11.30)	46	(8.2)	115.2	(9.66)
2 - 19.....	1546	17	(1.8)	61.9	(3.20)	4.5	(0.89)	7	(1.2)	61.4	(6.58)	25.9	(5.37)	42	(6.0)	62.0	(3.28)
20 and over...	2407	22	(1.2)	121.7	(7.26)	14.4	(1.60)	12	(1.1)	139.9	(10.74)	66.0	(6.55)	47	(5.0)	116.7	(8.10)
2 and over...	3953	21	(1.2)	107.3	(5.66)	12.0	(1.25)	11	(1.0)	124.0	(8.85)	57.9	(5.34)	47	(4.8)	102.9	(6.40)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	66.3	(2.54)	4.4	(0.69)	7	(1.0)	68.8	(6.10)	28.2	(4.74)	41	(4.5)	65.8	(2.82)
20 and over...	4801	23	(1.3)	129.8	(8.47)	16.1	(1.30)	12	(0.7)	137.3	(6.20)	69.3	(4.80)	50	(3.4)	127.6	(10.66)
2 and over...	7933	21	(1.2)	113.9	(6.61)	13.2	(1.05)	12	(0.7)	124.9	(5.24)	61.8	(4.23)	50	(3.3)	110.9	(7.95)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	1062	(58.7)	32*	(9.9)	3*	(1.0)	--		--		--		1074	(63.0)
6 - 11.....	590	10	(1.6)	1137	(29.0)	26	(3.9)	2*	(0.4)	1091	(56.1)	260	(27.3)	24*	(2.9)	1142	(31.4)
12 - 19.....	585	16	(3.1)	1311	(48.3)	44	(12.0)	3*	(0.9)	1276	(117.8)	282	(49.8)	22	(3.2)	1317	(45.9)
20 - 39.....	882	27	(2.7)	1210	(46.6)	91	(10.6)	8	(1.0)	1166	(47.7)	335	(22.8)	29	(1.8)	1226	(57.3)
40 - 59.....	756	22	(2.4)	1109	(40.6)	86	(15.2)	8	(1.3)	1174	(82.8)	387	(41.9)	33	(3.5)	1091	(47.7)
60 and over.....	756	25	(1.9)	978	(25.5)	60	(8.6)	6	(0.8)	972	(43.7)	243	(25.9)	25	(2.3)	980	(26.1)
2 - 19.....	1586	14	(1.8)	1198	(29.1)	35	(5.5)	3	(0.5)	1162	(58.7)	261	(28.2)	22	(2.2)	1204	(30.2)
20 and over...	2394	25	(1.6)	1116	(20.9)	82	(8.3)	7	(0.7)	1121	(34.3)	330	(18.4)	29	(1.5)	1114	(24.1)
2 and over...	3980	22	(1.5)	1137	(21.2)	70	(6.9)	6	(0.6)	1128	(30.7)	319	(15.8)	28	(1.0)	1140	(22.2)
Females:																	
2 - 5.....	423	12	(2.7)	949	(26.3)	24*	(8.5)	3*	(0.9)	--		--		--		944	(29.6)
6 - 11.....	556	17	(4.0)	1004	(37.5)	56*	(22.3)	6*	(2.2)	1009	(96.3)	331	(69.3)	33	(4.2)	1002	(41.3)
12 - 19.....	567	21	(3.0)	937	(28.8)	55	(8.0)	6	(0.7)	1067	(58.6)	269	(46.4)	25	(4.7)	903	(31.6)
20 - 39.....	832	21	(1.6)	923	(30.4)	56	(7.3)	6	(0.7)	899	(35.6)	271	(23.9)	30	(2.3)	929	(32.8)
40 - 59.....	830	23	(1.8)	861	(16.4)	60	(6.0)	7	(0.6)	885	(43.9)	255	(23.5)	29	(2.4)	854	(16.6)
60 and over.....	745	21	(2.5)	809	(30.4)	53	(8.9)	7	(0.9)	779	(65.6)	254	(25.8)	33	(2.2)	816	(31.5)
2 - 19.....	1546	17	(1.8)	961	(17.0)	48	(8.6)	5	(0.9)	1037	(50.7)	279	(40.5)	27	(3.6)	945	(15.4)
20 and over...	2407	22	(1.2)	868	(16.5)	57	(4.3)	7	(0.4)	862	(33.5)	260	(15.6)	30	(1.7)	870	(19.0)
2 and over...	3953	21	(1.2)	890	(12.9)	55	(4.6)	6	(0.5)	897	(31.8)	264	(16.6)	29	(1.9)	889	(14.9)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	1082	(20.5)	42	(5.1)	4	(0.4)	1093	(44.6)	271	(27.0)	25	(2.2)	1080	(20.9)
20 and over...	4801	23	(1.3)	989	(14.3)	69	(5.5)	7	(0.5)	997	(22.7)	296	(11.8)	30	(1.1)	986	(17.1)
2 and over...	7933	21	(1.2)	1012	(13.8)	62	(5.2)	6	(0.5)	1014	(21.7)	292	(13.1)	29	(1.1)	1012	(15.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	15	(4.2)	1172	(49.5)	42	(10.7)	4*	(0.9)	--		--		--		1189	(53.4)
6 - 11	590	10	(1.6)	1347	(25.9)	43	(7.1)	3*	(0.5)	1390	(64.6)	430	(48.5)	31	(3.5)	1342	(29.3)
12 - 19	585	16	(3.1)	1700	(55.7)	98	(23.9)	6	(1.4)	1783	(106.2)	626	(79.0)	35	(4.3)	1685	(59.5)
20 - 39	882	27	(2.7)	1754	(40.6)	178	(18.5)	10	(1.1)	1724	(55.6)	653	(35.9)	38	(1.7)	1765	(49.4)
40 - 59	756	22	(2.4)	1670	(54.2)	163	(23.7)	10	(1.4)	1806	(98.0)	734	(50.8)	41	(3.4)	1631	(52.9)
60 and over	756	25	(1.9)	1469	(25.8)	138	(15.3)	9	(1.0)	1517	(38.0)	556	(36.8)	37	(1.8)	1453	(30.3)
2 - 19	1586	14	(1.8)	1467	(28.1)	67	(11.2)	5	(0.8)	1516	(68.7)	495	(52.6)	33	(3.0)	1459	(29.4)
20 and over	2394	25	(1.6)	1653	(20.5)	163	(13.4)	10	(0.8)	1701	(33.7)	657	(23.5)	39	(1.4)	1637	(24.9)
2 and over	3980	22	(1.5)	1605	(18.8)	138	(11.4)	9	(0.7)	1671	(31.0)	630	(22.6)	38	(1.2)	1586	(21.0)
Females:																	
2 - 5	423	12	(2.7)	1072	(19.6)	33*	(10.5)	3*	(1.0)	--		--		--		1072	(21.8)
6 - 11	556	17	(4.0)	1225	(26.0)	79*	(23.9)	6*	(1.9)	1282	(59.4)	472	(36.7)	37	(2.3)	1213	(32.2)
12 - 19	567	21	(3.0)	1162	(31.6)	86	(7.5)	7	(0.6)	1217	(72.5)	419	(58.6)	34	(4.2)	1148	(32.6)
20 - 39	832	21	(1.6)	1276	(22.4)	106	(11.7)	8	(0.9)	1307	(44.9)	514	(33.2)	39	(2.0)	1268	(24.8)
40 - 59	830	23	(1.8)	1187	(17.8)	108	(8.5)	9	(0.7)	1235	(32.9)	459	(29.9)	37	(2.5)	1173	(21.6)
60 and over	745	21	(2.5)	1100	(24.2)	101	(13.4)	9	(1.1)	1145	(65.3)	488	(34.5)	43	(2.2)	1088	(23.0)
2 - 19	1546	17	(1.8)	1162	(11.1)	72	(8.5)	6	(0.7)	1215	(51.0)	416	(40.2)	34	(2.7)	1151	(15.1)
20 and over	2407	22	(1.2)	1194	(13.3)	105	(6.4)	9	(0.5)	1235	(29.5)	485	(18.5)	39	(1.5)	1183	(15.0)
2 and over	3953	21	(1.2)	1186	(11.1)	97	(5.8)	8	(0.5)	1231	(28.6)	471	(18.6)	38	(1.5)	1175	(13.5)
Males and Females:																	
2 - 19	3132	15	(1.3)	1318	(17.3)	70	(7.3)	5	(0.6)	1351	(47.8)	451	(37.1)	33	(2.3)	1312	(18.4)
20 and over	4801	23	(1.3)	1418	(13.0)	133	(8.4)	9	(0.6)	1477	(26.6)	574	(14.5)	39	(1.2)	1400	(14.1)
2 and over	7933	21	(1.2)	1393	(10.4)	117	(7.6)	8	(0.5)	1454	(24.1)	552	(16.5)	38	(1.2)	1376	(11.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

Magnesium

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	15	(4.2)	211	(5.2)	7	(1.8)	3*	(0.8)	--		--		--		212	(5.9)
6 - 11	590	10	(1.6)	249	(6.9)	6	(1.0)	3*	(0.4)	234	(9.2)	62	(5.7)	27	(2.3)	251	(7.6)
12 - 19	585	16	(3.1)	309	(9.4)	14	(3.4)	5	(1.1)	321	(19.7)	93	(10.7)	29	(3.4)	306	(9.7)
20 - 39	882	27	(2.7)	366	(7.5)	32	(3.3)	9	(0.9)	373	(14.5)	119	(6.5)	32	(1.0)	363	(9.5)
40 - 59	756	22	(2.4)	361	(12.5)	29	(3.5)	8	(1.0)	402	(27.1)	133	(9.0)	33	(2.4)	349	(11.3)
60 and over	756	25	(1.9)	334	(8.9)	25	(2.4)	7	(0.8)	319	(11.9)	100	(6.1)	31	(1.8)	340	(11.8)
2 - 19	1586	14	(1.8)	268	(5.1)	10	(1.6)	4	(0.6)	272	(11.5)	74	(7.4)	27	(2.2)	267	(5.4)
20 and over	2394	25	(1.6)	356	(6.5)	29	(2.2)	8	(0.6)	370	(9.4)	119	(4.0)	32	(0.9)	352	(7.2)
2 and over	3980	22	(1.5)	333	(5.5)	24	(1.8)	7	(0.5)	354	(9.1)	112	(4.1)	32	(0.8)	328	(6.1)
Females:																	
2 - 5	423	12	(2.7)	204	(3.4)	5*	(1.5)	2*	(0.7)	--		--		--		204	(4.6)
6 - 11	556	17	(4.0)	223	(6.1)	11	(2.8)	5	(1.3)	236	(25.5)	67	(3.7)	29	(2.7)	221	(5.5)
12 - 19	567	21	(3.0)	222	(5.7)	13	(1.2)	6	(0.6)	224	(10.7)	63	(9.6)	28	(4.0)	221	(6.6)
20 - 39	832	21	(1.6)	282	(6.6)	18	(2.0)	6	(0.6)	277	(13.5)	87	(5.4)	31	(1.9)	283	(7.0)
40 - 59	830	23	(1.8)	277	(5.1)	22	(1.9)	8	(0.7)	275	(10.0)	93	(7.4)	34	(2.4)	277	(6.3)
60 and over	745	21	(2.5)	261	(5.1)	18	(2.3)	7	(0.8)	261	(15.4)	85	(6.0)	32	(2.1)	261	(5.0)
2 - 19	1546	17	(1.8)	218	(3.2)	11	(1.1)	5	(0.5)	224	(11.7)	61	(5.8)	27	(2.3)	217	(3.8)
20 and over	2407	22	(1.2)	274	(4.0)	19	(1.3)	7	(0.4)	272	(9.2)	89	(4.1)	33	(1.4)	275	(4.3)
2 and over	3953	21	(1.2)	261	(3.6)	17	(1.1)	7	(0.4)	262	(8.6)	83	(3.8)	32	(1.4)	260	(4.0)
Males and Females:																	
2 - 19	3132	15	(1.3)	244	(2.8)	10	(1.1)	4	(0.4)	246	(9.9)	67	(5.8)	27	(1.9)	243	(3.5)
20 and over	4801	23	(1.3)	314	(5.0)	24	(1.5)	8	(0.4)	323	(7.7)	105	(3.0)	32	(0.9)	312	(5.1)
2 and over	7933	21	(1.2)	297	(4.1)	21	(1.3)	7	(0.4)	309	(7.1)	98	(3.2)	32	(0.9)	293	(4.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Iron													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	11.4	(0.38)	0.3	(0.08)	3*	(0.7)	--		--		--		11.7	(0.43)
6 - 11.....	590	10	(1.6)	15.5	(0.48)	0.4	(0.07)	3*	(0.5)	14.1	(0.64)	4.3	(0.49)	30	(3.0)	15.6	(0.52)
12 - 19.....	585	16	(3.1)	18.8	(0.51)	1.0	(0.24)	5	(1.3)	19.9	(1.61)	6.1	(0.85)	31	(3.8)	18.6	(0.66)
20 - 39.....	882	27	(2.7)	18.6	(0.53)	1.7	(0.19)	9	(1.1)	17.9	(0.79)	6.2	(0.30)	34	(1.6)	18.9	(0.69)
40 - 59.....	756	22	(2.4)	17.8	(0.68)	1.6	(0.23)	9	(1.2)	19.3	(0.97)	7.1	(0.53)	37	(3.2)	17.4	(0.72)
60 and over.....	756	25	(1.9)	17.6	(0.69)	1.4	(0.19)	8	(1.1)	16.5	(0.81)	5.6	(0.50)	34	(3.4)	18.0	(0.76)
2 - 19.....	1586	14	(1.8)	16.1	(0.31)	0.6	(0.11)	4	(0.7)	15.9	(1.10)	4.7	(0.61)	30	(2.8)	16.1	(0.39)
20 and over...	2394	25	(1.6)	18.1	(0.23)	1.6	(0.14)	9	(0.7)	18.0	(0.44)	6.3	(0.23)	35	(1.5)	18.1	(0.28)
2 and over...	3980	22	(1.5)	17.6	(0.17)	1.3	(0.12)	8	(0.6)	17.7	(0.40)	6.1	(0.23)	34	(1.3)	17.5	(0.18)
Females:																	
2 - 5.....	423	12	(2.7)	11.5	(0.35)	0.3	(0.07)	2*	(0.6)	--		--		--		11.8	(0.38)
6 - 11.....	556	17	(4.0)	13.9	(0.66)	0.7	(0.16)	5	(1.2)	13.6	(0.92)	3.9	(0.38)	28	(2.2)	14.0	(0.77)
12 - 19.....	567	21	(3.0)	12.0	(0.47)	0.8	(0.08)	6	(0.7)	10.9	(0.99)	3.7	(0.64)	34	(3.7)	12.3	(0.48)
20 - 39.....	832	21	(1.6)	14.5	(0.26)	1.0	(0.17)	7	(1.1)	14.4	(0.98)	4.9	(0.56)	34	(2.6)	14.5	(0.27)
40 - 59.....	830	23	(1.8)	13.4	(0.43)	1.1	(0.10)	8	(0.8)	12.8	(0.71)	4.8	(0.35)	37	(3.3)	13.7	(0.55)
60 and over.....	745	21	(2.5)	12.6	(0.33)	1.0	(0.12)	8	(0.9)	12.5	(0.72)	4.7	(0.35)	37	(2.0)	12.6	(0.37)
2 - 19.....	1546	17	(1.8)	12.5	(0.26)	0.6	(0.06)	5	(0.5)	11.5	(0.71)	3.5	(0.38)	31	(2.1)	12.7	(0.29)
20 and over...	2407	22	(1.2)	13.6	(0.22)	1.0	(0.07)	8	(0.5)	13.2	(0.46)	4.8	(0.21)	36	(1.6)	13.7	(0.24)
2 and over...	3953	21	(1.2)	13.3	(0.20)	0.9	(0.06)	7	(0.5)	12.9	(0.39)	4.5	(0.18)	35	(1.4)	13.4	(0.24)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	14.3	(0.21)	0.6	(0.06)	4	(0.4)	13.5	(0.81)	4.1	(0.36)	30	(1.7)	14.5	(0.23)
20 and over...	4801	23	(1.3)	15.8	(0.17)	1.3	(0.09)	8	(0.5)	15.7	(0.41)	5.6	(0.17)	36	(1.3)	15.8	(0.18)
2 and over...	7933	21	(1.2)	15.4	(0.13)	1.1	(0.08)	7	(0.5)	15.3	(0.36)	5.3	(0.17)	35	(1.2)	15.4	(0.15)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

Z i n c

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	8.4	(0.36)	0.3	(0.08)	3*	(1.0)	--		--		--		8.7	(0.41)
6 - 11.....	590	10	(1.6)	10.4	(0.32)	0.3	(0.05)	3*	(0.5)	10.2	(0.54)	3.1	(0.36)	31	(3.4)	10.4	(0.34)
12 - 19.....	585	16	(3.1)	13.8	(0.54)	0.9*	(0.28)	7*	(2.0)	16.0	(1.75)	5.8	(1.08)	36	(6.2)	13.4	(0.48)
20 - 39.....	882	27	(2.7)	14.3	(0.36)	1.8	(0.27)	12	(1.8)	14.8	(0.85)	6.4	(0.74)	43	(3.5)	14.1	(0.38)
40 - 59.....	756	22	(2.4)	13.8	(0.65)	1.2	(0.18)	9	(1.2)	15.2	(1.01)	5.6	(0.40)	37	(3.1)	13.4	(0.66)
60 and over.....	756	25	(1.9)	12.5	(0.37)	1.3	(0.14)	10	(1.0)	13.0	(0.64)	5.1	(0.40)	39	(2.3)	12.4	(0.43)
2 - 19.....	1586	14	(1.8)	11.5	(0.25)	0.6	(0.13)	5	(1.1)	12.4	(0.99)	4.2	(0.65)	34	(4.2)	11.3	(0.19)
20 and over...	2394	25	(1.6)	13.7	(0.27)	1.4	(0.15)	11	(1.0)	14.5	(0.48)	5.8	(0.36)	40	(2.0)	13.4	(0.29)
2 and over...	3980	22	(1.5)	13.1	(0.24)	1.2	(0.13)	9	(0.9)	14.2	(0.44)	5.6	(0.32)	39	(1.7)	12.8	(0.23)
Females:																	
2 - 5.....	423	12	(2.7)	7.9	(0.29)	0.2	(0.06)	2*	(0.7)	--		--		--		7.9	(0.26)
6 - 11.....	556	17	(4.0)	9.5	(0.37)	0.5	(0.15)	6	(1.5)	10.3	(0.84)	3.2	(0.42)	31	(2.7)	9.3	(0.40)
12 - 19.....	567	21	(3.0)	8.9	(0.37)	0.7	(0.13)	8	(1.3)	8.9	(0.99)	3.5	(0.74)	39	(4.8)	8.9	(0.33)
20 - 39.....	832	21	(1.6)	10.0	(0.22)	0.8	(0.09)	8	(0.9)	10.0	(0.43)	4.0	(0.29)	40	(2.5)	10.0	(0.28)
40 - 59.....	830	23	(1.8)	9.4	(0.19)	0.9	(0.08)	9	(0.9)	9.8	(0.46)	3.6	(0.35)	37	(3.4)	9.3	(0.21)
60 and over.....	745	21	(2.5)	8.8	(0.20)	0.8	(0.11)	9	(1.2)	8.7	(0.49)	3.7	(0.32)	42	(3.0)	8.8	(0.23)
2 - 19.....	1546	17	(1.8)	8.9	(0.19)	0.5	(0.07)	6	(0.7)	9.1	(0.71)	3.1	(0.43)	34	(2.7)	8.8	(0.15)
20 and over...	2407	22	(1.2)	9.5	(0.12)	0.8	(0.05)	9	(0.5)	9.6	(0.34)	3.8	(0.21)	39	(2.1)	9.4	(0.13)
2 and over...	3953	21	(1.2)	9.3	(0.11)	0.8	(0.05)	8	(0.5)	9.5	(0.35)	3.6	(0.20)	38	(1.9)	9.3	(0.11)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	10.2	(0.20)	0.6	(0.09)	5	(0.8)	10.6	(0.76)	3.6	(0.47)	34	(2.9)	10.1	(0.15)
20 and over...	4801	23	(1.3)	11.5	(0.15)	1.1	(0.09)	10	(0.7)	12.2	(0.37)	4.8	(0.23)	40	(1.6)	11.3	(0.13)
2 and over...	7933	21	(1.2)	11.2	(0.13)	1.0	(0.08)	9	(0.6)	11.9	(0.35)	4.6	(0.22)	39	(1.5)	11.0	(0.11)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	0.8	(0.02)	#		4*	(0.9)	--		--		--		0.8	(0.02)
6 - 11.....	590	10	(1.6)	1.1	(0.03)	#		3*	(0.4)	1.0	(0.03)	0.3	(0.03)	27	(2.7)	1.1	(0.04)
12 - 19.....	585	16	(3.1)	1.3	(0.05)	0.1*	(0.03)	6*	(2.1)	1.4	(0.13)	0.5	(0.13)	35	(6.7)	1.3	(0.06)
20 - 39.....	882	27	(2.7)	1.5	(0.04)	0.2	(0.02)	10	(1.4)	1.7	(0.11)	0.6	(0.07)	35	(2.4)	1.5	(0.04)
40 - 59.....	756	22	(2.4)	1.5	(0.05)	0.1	(0.01)	8	(1.0)	1.6	(0.13)	0.5	(0.04)	34	(2.4)	1.4	(0.04)
60 and over.....	756	25	(1.9)	1.8	(0.32)	0.1	(0.03)	8	(2.3)	1.5	(0.10)	0.6	(0.11)	38	(5.8)	1.9	(0.43)
2 - 19.....	1586	14	(1.8)	1.1	(0.03)	#		4	(1.1)	1.2	(0.08)	0.4	(0.07)	31	(4.4)	1.1	(0.03)
20 and over...	2394	25	(1.6)	1.6	(0.09)	0.1	(0.01)	9	(0.9)	1.6	(0.05)	0.6	(0.04)	35	(1.8)	1.6	(0.11)
2 and over...	3980	22	(1.5)	1.5	(0.07)	0.1	(0.01)	8	(0.8)	1.5	(0.05)	0.5	(0.04)	35	(1.7)	1.4	(0.08)
Females:																	
2 - 5.....	423	12	(2.7)	0.8	(0.03)	#		2*	(0.7)	--		--		--		0.8	(0.02)
6 - 11.....	556	17	(4.0)	0.9	(0.03)	#		5	(1.1)	1.0	(0.15)	0.3	(0.02)	27	(3.3)	0.9	(0.02)
12 - 19.....	567	21	(3.0)	0.9	(0.05)	0.1*	(0.03)	10	(2.8)	1.1	(0.17)	0.4*	(0.15)	40	(8.0)	0.9	(0.03)
20 - 39.....	832	21	(1.6)	1.2	(0.03)	0.1	(0.01)	7	(0.8)	1.2	(0.05)	0.4	(0.03)	32	(2.4)	1.2	(0.04)
40 - 59.....	830	23	(1.8)	1.2	(0.03)	0.1	(0.01)	8	(0.9)	1.1	(0.04)	0.4	(0.03)	34	(2.7)	1.2	(0.04)
60 and over.....	745	21	(2.5)	1.1	(0.02)	0.1	(0.01)	8	(1.2)	1.1	(0.09)	0.4	(0.05)	35	(3.5)	1.1	(0.02)
2 - 19.....	1546	17	(1.8)	0.9	(0.02)	0.1	(0.01)	7	(1.4)	1.1	(0.11)	0.3	(0.08)	33	(5.0)	0.9	(0.01)
20 and over...	2407	22	(1.2)	1.2	(0.02)	0.1	(0.01)	7	(0.5)	1.2	(0.04)	0.4	(0.02)	34	(1.6)	1.2	(0.02)
2 and over...	3953	21	(1.2)	1.1	(0.02)	0.1	(0.01)	7	(0.5)	1.1	(0.04)	0.4	(0.02)	34	(1.7)	1.1	(0.02)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	1.0	(0.02)	0.1	(0.01)	5	(1.2)	1.1	(0.09)	0.4	(0.07)	32	(4.5)	1.0	(0.02)
20 and over...	4801	23	(1.3)	1.4	(0.05)	0.1	(0.01)	8	(0.6)	1.4	(0.04)	0.5	(0.02)	35	(1.2)	1.4	(0.06)
2 and over...	7933	21	(1.2)	1.3	(0.04)	0.1	(0.01)	8	(0.6)	1.3	(0.04)	0.5	(0.02)	34	(1.3)	1.3	(0.04)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	75.8	(1.73)	3.2	(0.80)	4*	(1.0)	--		--		--		77.4	(1.94)
6 - 11.....	590	10	(1.6)	100.0	(1.34)	3.9	(0.77)	4	(0.8)	109.2	(9.10)	38.4	(5.92)	35	(4.3)	99.0	(2.01)
12 - 19.....	585	16	(3.1)	132.9	(3.46)	10.4	(2.70)	8	(2.0)	157.1	(8.44)	66.9	(11.48)	43	(6.7)	128.4	(4.08)
20 - 39.....	882	27	(2.7)	146.6	(3.12)	17.3	(1.60)	12	(1.2)	149.5	(5.00)	63.5	(3.87)	42	(2.4)	145.5	(3.77)
40 - 59.....	756	22	(2.4)	137.0	(2.76)	15.7	(2.33)	11	(1.7)	155.6	(10.94)	70.6	(6.01)	45	(3.3)	131.8	(3.35)
60 and over.....	756	25	(1.9)	117.3	(1.99)	13.3	(1.59)	11	(1.4)	123.2	(4.83)	53.4	(4.88)	43	(3.0)	115.3	(2.76)
2 - 19.....	1586	14	(1.8)	109.5	(2.00)	6.7	(1.28)	6	(1.1)	123.5	(6.83)	48.9	(6.97)	40	(4.8)	107.2	(1.98)
20 and over...	2394	25	(1.6)	135.9	(1.87)	15.7	(1.18)	12	(0.9)	145.2	(3.49)	63.4	(2.76)	44	(1.8)	132.9	(2.03)
2 and over...	3980	22	(1.5)	129.0	(1.44)	13.4	(1.03)	10	(0.8)	141.6	(2.92)	61.1	(2.76)	43	(1.8)	125.5	(1.61)
Females:																	
2 - 5.....	423	12	(2.7)	74.0	(1.69)	2.6*	(0.79)	4*	(1.1)	--		--		--		75.0	(2.04)
6 - 11.....	556	17	(4.0)	89.8	(3.13)	6.4	(1.68)	7	(1.9)	91.2	(5.32)	38.0	(2.94)	42	(3.6)	89.5	(3.21)
12 - 19.....	567	21	(3.0)	89.7	(3.54)	9.1	(1.83)	10	(1.9)	91.8	(11.72)	44.1	(9.95)	48	(5.4)	89.1	(2.77)
20 - 39.....	832	21	(1.6)	101.9	(1.47)	9.8	(1.09)	10	(1.0)	108.0	(3.88)	47.6	(3.37)	44	(3.0)	100.3	(1.61)
40 - 59.....	830	23	(1.8)	91.8	(2.08)	9.7	(0.86)	11	(1.0)	97.3	(3.21)	41.4	(3.39)	43	(3.8)	90.1	(2.23)
60 and over.....	745	21	(2.5)	87.6	(2.24)	9.6	(1.33)	11	(1.4)	99.6	(7.44)	46.1	(4.79)	46	(4.9)	84.4	(1.58)
2 - 19.....	1546	17	(1.8)	86.2	(2.11)	6.8	(0.94)	8	(1.1)	87.9	(6.70)	39.1	(5.25)	44	(3.3)	85.9	(1.70)
20 and over...	2407	22	(1.2)	94.1	(1.19)	9.7	(0.66)	10	(0.7)	101.4	(2.51)	44.7	(2.52)	44	(2.5)	92.1	(1.34)
2 and over...	3953	21	(1.2)	92.2	(0.99)	9.0	(0.55)	10	(0.6)	98.7	(2.60)	43.5	(2.18)	44	(2.2)	90.6	(1.14)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	98.1	(1.59)	6.7	(1.03)	7	(1.0)	104.0	(5.84)	43.5	(5.45)	42	(3.8)	97.0	(1.44)
20 and over...	4801	23	(1.3)	114.5	(1.46)	12.6	(0.73)	11	(0.7)	124.1	(2.00)	54.4	(2.00)	44	(1.7)	111.6	(1.59)
2 and over...	7933	21	(1.2)	110.4	(1.05)	11.2	(0.67)	10	(0.6)	120.5	(1.80)	52.4	(2.02)	44	(1.7)	107.7	(1.05)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	15	(4.2)	2129	(61.2)	69	(18.1)	3*	(0.8)	--		--		--		2144	(65.5)
6 - 11.....	590	10	(1.6)	2364	(57.3)	56	(7.9)	2*	(0.4)	2220	(94.6)	554	(65.4)	25*	(2.9)	2380	(65.8)
12 - 19.....	585	16	(3.1)	2844	(82.9)	154	(42.7)	5	(1.5)	2903	(183.8)	991	(156.2)	34	(4.0)	2833	(82.6)
20 - 39.....	882	27	(2.7)	3128	(73.4)	323	(32.0)	10	(1.1)	3194	(126.2)	1182	(59.0)	37	(1.2)	3103	(80.2)
40 - 59.....	756	22	(2.4)	3315	(107.2)	304	(33.5)	9	(1.0)	3587	(224.9)	1370	(99.4)	38	(2.8)	3238	(97.7)
60 and over.....	756	25	(1.9)	3114	(71.2)	281	(23.7)	9	(0.7)	3153	(86.5)	1131	(59.5)	36	(1.7)	3101	(94.3)
2 - 19.....	1586	14	(1.8)	2527	(39.2)	103	(20.2)	4	(0.8)	2528	(108.8)	754	(94.2)	30	(2.7)	2527	(43.6)
20 and over...	2394	25	(1.6)	3195	(54.3)	306	(21.5)	10	(0.6)	3317	(90.3)	1233	(40.7)	37	(1.1)	3155	(61.1)
2 and over...	3980	22	(1.5)	3021	(47.8)	253	(18.4)	8	(0.6)	3189	(82.3)	1155	(42.1)	36	(1.1)	2974	(53.1)
Females:																	
2 - 5.....	423	12	(2.7)	1957	(57.0)	51*	(17.9)	3*	(0.9)	--		--		--		1961	(60.2)
6 - 11.....	556	17	(4.0)	2093	(56.2)	113	(27.6)	5	(1.3)	2162	(173.3)	674	(84.0)	31	(2.6)	2079	(57.8)
12 - 19.....	567	21	(3.0)	1998	(58.6)	125	(10.1)	6	(0.6)	2044	(88.8)	611	(96.5)	30	(4.8)	1986	(66.7)
20 - 39.....	832	21	(1.6)	2397	(44.0)	196	(20.7)	8	(0.8)	2499	(89.0)	951	(59.3)	38	(2.3)	2371	(45.8)
40 - 59.....	830	23	(1.8)	2425	(44.7)	216	(20.4)	9	(0.9)	2566	(102.5)	920	(80.9)	36	(2.9)	2381	(45.8)
60 and over.....	745	21	(2.5)	2413	(49.8)	202	(26.8)	8	(1.0)	2582	(173.6)	974	(66.9)	38	(2.0)	2368	(41.6)
2 - 19.....	1546	17	(1.8)	2019	(29.3)	105	(12.8)	5	(0.6)	2064	(86.2)	606	(69.8)	29	(2.9)	2010	(28.7)
20 and over...	2407	22	(1.2)	2412	(37.2)	205	(12.6)	9	(0.5)	2548	(87.8)	944	(46.7)	37	(1.8)	2374	(37.3)
2 and over...	3953	21	(1.2)	2317	(35.2)	181	(10.9)	8	(0.4)	2450	(80.1)	876	(44.5)	36	(1.8)	2282	(35.0)
Males and Females:																	
2 - 19.....	3132	15	(1.3)	2279	(21.5)	104	(12.1)	5	(0.5)	2273	(79.6)	673	(66.3)	30	(2.2)	2281	(23.4)
20 and over...	4801	23	(1.3)	2793	(38.4)	254	(14.3)	9	(0.5)	2948	(68.4)	1094	(32.5)	37	(1.2)	2747	(37.7)
2 and over...	7933	21	(1.2)	2665	(32.6)	216	(12.6)	8	(0.4)	2825	(60.5)	1018	(34.3)	36	(1.2)	2621	(32.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	15	(4.2)	2361	(90.5)	104	(25.2)	4*	(1.0)	--		--		--		2420	(97.2)
6 - 11	590	10	(1.6)	3196	(80.3)	118	(19.5)	4	(0.6)	3320	(195.3)	1170	(135.8)	35	(3.5)	3182	(101.0)
12 - 19	585	16	(3.1)	4220	(113.3)	301	(70.7)	7	(1.7)	4582	(313.4)	1931	(279.5)	42	(5.9)	4153	(137.2)
20 - 39	882	27	(2.7)	4516	(75.3)	532	(59.9)	12	(1.4)	4509	(149.9)	1949	(112.3)	43	(2.1)	4519	(90.8)
40 - 59	756	22	(2.4)	4309	(122.6)	503	(77.1)	12	(1.8)	4710	(280.3)	2266	(191.8)	48	(3.1)	4195	(133.0)
60 and over	756	25	(1.9)	3608	(64.2)	437	(48.5)	12	(1.3)	3771	(143.8)	1759	(157.4)	47	(2.9)	3554	(76.0)
2 - 19	1586	14	(1.8)	3472	(59.9)	197	(33.1)	6	(1.0)	3655	(218.2)	1444	(176.0)	40	(4.1)	3443	(54.4)
20 and over	2394	25	(1.6)	4218	(52.0)	498	(45.6)	12	(1.0)	4398	(114.8)	2010	(88.9)	46	(1.5)	4159	(57.7)
2 and over	3980	22	(1.5)	4024	(45.4)	420	(36.9)	10	(0.9)	4277	(113.2)	1918	(85.7)	45	(1.5)	3953	(47.2)
Females:																	
2 - 5	423	12	(2.7)	2206	(53.2)	88	(25.3)	4*	(1.2)	--		--		--		2228	(60.9)
6 - 11	556	17	(4.0)	2954	(92.1)	226	(62.6)	8	(2.1)	3276	(219.9)	1347	(82.8)	41	(2.8)	2888	(86.2)
12 - 19	567	21	(3.0)	2949	(71.9)	259	(26.7)	9	(1.0)	2974	(252.7)	1264	(179.7)	42	(3.4)	2942	(94.1)
20 - 39	832	21	(1.6)	3238	(60.8)	314	(33.0)	10	(1.0)	3471	(104.6)	1520	(98.9)	44	(2.3)	3178	(77.0)
40 - 59	830	23	(1.8)	3027	(66.3)	335	(30.4)	11	(1.0)	3176	(93.1)	1428	(98.3)	45	(3.0)	2982	(86.0)
60 and over	745	21	(2.5)	2652	(61.6)	308	(38.3)	12	(1.3)	2958	(188.3)	1483	(117.8)	50	(3.4)	2571	(51.6)
2 - 19	1546	17	(1.8)	2786	(50.3)	211	(20.6)	8	(0.7)	2930	(145.4)	1215	(95.3)	41	(2.0)	2756	(49.8)
20 and over	2407	22	(1.2)	2997	(36.8)	320	(18.4)	11	(0.6)	3216	(77.2)	1472	(62.0)	46	(1.8)	2937	(45.3)
2 and over	3953	21	(1.2)	2946	(31.8)	294	(16.3)	10	(0.6)	3158	(74.0)	1420	(58.1)	45	(1.7)	2891	(39.0)
Males and Females:																	
2 - 19	3132	15	(1.3)	3137	(47.8)	204	(22.0)	6	(0.7)	3257	(142.1)	1319	(108.6)	40	(2.6)	3115	(43.7)
20 and over	4801	23	(1.3)	3592	(29.1)	407	(26.9)	11	(0.7)	3830	(74.0)	1752	(56.1)	46	(1.4)	3520	(36.6)
2 and over	7933	21	(1.2)	3478	(24.4)	356	(23.5)	10	(0.7)	3726	(69.0)	1673	(56.0)	45	(1.4)	3411	(25.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Caffeine											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]				*Non-consumers* [4]		
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5	411	15	(4.2)	7.3	(1.07)	0.4	(0.07)	6*	(0.7)	--		--		--		7.5	(1.17)
6 - 11	590	10	(1.6)	21.8	(3.61)	1.1*	(0.39)	5*	(2.5)	29.0	(4.87)	10.7	(3.05)	--		21.0	(4.08)
12 - 19	585	16	(3.1)	53.8	(6.89)	2.3*	(0.89)	4*	(1.8)	44.0	(7.68)	14.4*	(4.81)	--		55.6	(7.98)
20 - 39	882	27	(2.7)	133.9	(7.84)	9.3	(2.60)	7	(1.6)	134.9	(16.42)	33.9	(8.85)	25	(4.5)	133.6	(9.19)
40 - 59	756	22	(2.4)	231.3	(23.15)	16.3*	(5.87)	7	(2.0)	278.8	(46.34)	73.6*	(28.18)	26*	(8.0)	217.7	(22.61)
60 and over	756	25	(1.9)	237.0	(21.38)	18.4	(3.81)	8	(1.4)	222.0	(15.95)	74.2	(12.70)	33	(4.5)	241.9	(25.21)
2 - 19	1586	14	(1.8)	32.9	(2.52)	1.5*	(0.45)	4*	(1.4)	31.1	(5.30)	10.7	(2.76)	35	(6.5)	33.2	(2.88)
20 and over	2394	25	(1.6)	195.6	(14.62)	14.1	(2.80)	7	(1.0)	204.6	(19.60)	57.1	(11.00)	28	(4.1)	192.6	(15.90)
2 and over	3980	22	(1.5)	153.3	(11.12)	10.8	(2.06)	7	(1.0)	176.5	(17.48)	49.6	(9.44)	28	(4.0)	146.8	(11.36)
Females:																	
2 - 5	423	12	(2.7)	7.3	(0.95)	0.3*	(0.23)	4*	(3.4)	--		--		--		7.6	(1.18)
6 - 11	556	17	(4.0)	17.2	(2.68)	0.6*	(0.33)	3*	(2.3)	19.0*	(9.15)	3.3*	(1.96)	--		16.8	(2.25)
12 - 19	567	21	(3.0)	51.5	(5.84)	5.7	(1.13)	11	(2.3)	67.6	(5.82)	28.0	(4.83)	41	(4.7)	47.4	(7.00)
20 - 39	832	21	(1.6)	120.3	(9.20)	6.0	(1.69)	5	(1.4)	118.0	(10.53)	28.9	(7.78)	25	(5.8)	120.9	(10.34)
40 - 59	830	23	(1.8)	184.9	(9.79)	10.1	(1.83)	5	(1.0)	198.2	(25.72)	43.0	(7.79)	22	(3.2)	180.8	(8.29)
60 and over	745	21	(2.5)	143.7	(8.24)	11.1	(2.74)	8	(2.0)	182.4	(22.49)	53.5	(12.13)	29	(6.1)	133.5	(7.63)
2 - 19	1546	17	(1.8)	30.7	(2.72)	2.9	(0.69)	9	(2.1)	43.2	(5.36)	16.5	(3.93)	38	(6.8)	28.0	(3.23)
20 and over	2407	22	(1.2)	151.3	(6.20)	9.0	(1.02)	6	(0.7)	167.8	(12.16)	41.1	(4.62)	25	(2.8)	146.7	(6.11)
2 and over	3953	21	(1.2)	122.2	(5.06)	7.5	(0.78)	6	(0.7)	142.6	(9.80)	36.2	(3.68)	25	(2.7)	116.8	(4.99)
Males and Females:																	
2 - 19	3132	15	(1.3)	31.8	(1.77)	2.1	(0.46)	7	(1.4)	37.7	(3.83)	13.9	(2.40)	37	(4.9)	30.8	(2.23)
20 and over	4801	23	(1.3)	172.9	(8.97)	11.5	(1.56)	7	(0.7)	186.9	(11.27)	49.4	(6.80)	26	(3.0)	168.6	(9.84)
2 and over	7933	21	(1.2)	137.5	(7.03)	9.1	(1.16)	7	(0.7)	159.8	(9.81)	43.0	(5.54)	27	(2.8)	131.5	(7.34)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

A l c o h o l

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	411	15	(4.2)	--		--		--		--		--		--		--	
6 - 11	590	10	(1.6)	--		--		--		--		--		--		--	
12 - 19	585	16	(3.1)	--		--		--		--		--		--		--	
20 - 39	882	27	(2.7)	19.1	(2.10)	3.3	(0.67)	17	(5.0)	24.9	(2.66)	12.2	(2.05)	49	(7.2)	16.9	(3.15)
40 - 59	756	22	(2.4)	18.3	(2.75)	1.8*	(0.67)	10*	(3.1)	15.3	(3.46)	8.0*	(2.84)	--		19.1	(3.39)
60 and over	756	25	(1.9)	10.0	(0.98)	1.4*	(0.56)	14*	(5.6)	14.6	(2.86)	5.5*	(2.36)	--		8.4	(1.28)
2 - 19	1586	14	(1.8)	--		--		--		--		--		--		--	
20 and over	2394	25	(1.6)	16.6	(1.52)	2.3	(0.42)	14	(2.8)	19.1	(1.27)	9.2	(1.51)	48	(5.7)	15.7	(2.04)
2 and over	3980	22	(1.5)	--		--		--		--		--		--		--	
Females:																	
2 - 5	423	12	(2.7)	--		--		--		--		--		--		--	
6 - 11	556	17	(4.0)	--		--		--		--		--		--		--	
12 - 19	567	21	(3.0)	--		--		--		--		--		--		--	
20 - 39	832	21	(1.6)	7.8	(0.71)	1.2	(0.35)	16	(3.9)	12.4	(2.91)	6.0	(1.58)	--		6.7	(0.55)
40 - 59	830	23	(1.8)	10.0	(1.34)	1.8	(0.51)	18	(3.6)	13.8	(3.63)	7.6	(2.09)	--		8.9	(1.46)
60 and over	745	21	(2.5)	4.8	(0.81)	0.6*	(0.31)	13*	(6.4)	6.6	(1.04)	3.1*	(1.51)	--		4.4	(1.06)
2 - 19	1546	17	(1.8)	--		--		--		--		--		--		--	
20 and over	2407	22	(1.2)	7.8	(0.66)	1.3	(0.25)	16	(2.5)	11.5	(1.95)	5.9	(1.12)	51	(5.9)	6.8	(0.67)
2 and over	3953	21	(1.2)	--		--		--		--		--		--		--	
Males and Females:																	
2 - 19	3132	15	(1.3)	--		--		--		--		--		--		--	
20 and over	4801	23	(1.3)	12.1	(0.88)	1.8	(0.26)	15	(1.9)	15.5	(1.15)	7.6	(1.02)	49	(4.2)	11.1	(1.00)
2 and over	7933	21	(1.2)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

[3] **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

[5] The weighted percentage of respondents in the gender/age group who reported at least one food/beverage item from Full Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2014).

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.

Salt adjustment is not applied to What We Eat in America, NHANES 2009-2010 and all subsequent surveys. Details available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Although alchohol 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants, by Gender and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012

				Food energy													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	2022	(38.6)	127	(16.6)	6	(0.8)	1953	(95.6)	641	(55.3)	33	(2.0)	2039	(38.0)
20 and over.....	1842	25	(1.4)	2209	(24.3)	228	(18.7)	10	(0.9)	2298	(50.9)	896	(42.0)	39	(1.8)	2178	(28.2)
2 and over...	2532	24	(1.5)	2169	(21.6)	206	(17.3)	10	(0.8)	2238	(54.5)	852	(41.9)	38	(1.7)	2147	(24.1)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	1944	(51.7)	58	(7.8)	3	(0.4)	2299	(153.6)	819	(67.4)	36	(2.2)	1916	(49.9)
20 and over.....	1274	14	(1.6)	2187	(39.5)	118	(16.1)	5	(0.8)	2360	(98.7)	845	(44.0)	36	(2.3)	2159	(41.5)
2 and over...	2210	12	(1.3)	2113	(34.4)	100	(12.4)	5	(0.6)	2349	(91.0)	840	(39.9)	36	(1.9)	2081	(35.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	1786	(47.7)	137	(37.0)	8	(2.0)	1953	(136.7)	720	(142.8)	37	(5.3)	1746	(50.3)
20 and over.....	610	27	(2.3)	1947	(27.4)	207	(14.6)	11	(0.8)	2007	(65.7)	782	(41.4)	39	(1.8)	1926	(26.0)
2 and over...	985	25	(2.2)	1910	(22.9)	191	(15.6)	10	(0.8)	1997	(49.5)	771	(33.0)	39	(1.7)	1881	(23.8)
Hispanic:																	
2 - 19.....	963	11	(1.0)	1987	(39.4)	88	(10.7)	4	(0.6)	2080	(89.2)	831	(90.8)	40	(4.4)	1976	(46.3)
20 and over.....	932	20	(2.5)	2211	(42.1)	185	(27.8)	8	(1.3)	2266	(98.3)	911	(51.1)	40	(1.5)	2197	(55.5)
2 and over...	1895	17	(1.7)	2133	(28.2)	151	(19.3)	7	(0.9)	2225	(81.2)	894	(54.4)	40	(1.8)	2114	(37.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

P r o t e i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	70.8	(1.64)	5.7	(1.10)	8	(1.5)	71.3	(3.84)	28.7	(3.83)	40	(4.0)	70.7	(1.58)
20 and over.....	1842	25	(1.4)	82.2	(1.04)	9.8	(0.74)	12	(0.9)	89.0	(2.01)	38.7	(1.76)	43	(2.0)	79.8	(1.12)
2 and over...	2532	24	(1.5)	79.8	(0.90)	9.0	(0.71)	11	(0.9)	85.9	(1.82)	37.0	(1.82)	43	(2.0)	77.8	(0.92)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	66.1	(0.91)	2.3	(0.31)	3	(0.5)	76.5	(4.46)	31.8	(3.26)	42	(3.0)	65.3	(0.85)
20 and over.....	1274	14	(1.6)	81.1	(1.32)	5.2	(0.69)	6	(0.9)	86.5	(4.46)	37.0	(2.13)	43	(3.0)	80.2	(1.22)
2 and over...	2210	12	(1.3)	76.5	(0.97)	4.3	(0.53)	6	(0.7)	84.6	(4.09)	36.0	(1.87)	43	(2.6)	75.4	(0.86)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	68.8	(2.08)	6.1	(1.55)	9	(2.1)	77.5	(6.53)	32.0	(5.43)	41	(4.7)	66.8	(2.18)
20 and over.....	610	27	(2.3)	82.4	(2.12)	10.7	(0.90)	13	(1.1)	89.0	(4.04)	40.5	(3.07)	46	(3.4)	80.0	(2.16)
2 and over...	985	25	(2.2)	79.3	(1.55)	9.7	(0.84)	12	(1.0)	87.0	(3.33)	39.0	(2.46)	45	(2.9)	76.7	(1.46)
Hispanic:																	
2 - 19.....	963	11	(1.0)	73.3	(1.69)	3.4	(0.38)	5	(0.5)	75.0	(3.50)	31.8	(3.49)	42	(4.3)	73.1	(1.95)
20 and over.....	932	20	(2.5)	89.9	(2.20)	8.8	(1.21)	10	(1.4)	93.2	(4.03)	43.7	(2.66)	47	(1.8)	89.1	(2.81)
2 and over...	1895	17	(1.7)	84.2	(1.29)	6.9	(0.87)	8	(1.1)	89.2	(3.19)	41.1	(2.75)	46	(2.0)	83.1	(1.70)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Carbohydrate													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	272	(3.8)	15	(2.0)	6	(0.7)	269	(11.4)	78	(6.6)	29	(1.8)	273	(3.8)
20 and over.....	1842	25	(1.4)	265	(3.9)	22	(2.0)	8	(0.8)	263	(5.5)	88	(5.1)	34	(1.8)	266	(4.8)
2 and over...	2532	24	(1.5)	267	(3.3)	21	(1.9)	8	(0.7)	264	(5.9)	87	(5.1)	33	(1.7)	267	(3.9)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	257	(7.8)	7	(1.0)	3	(0.4)	309	(25.5)	97	(8.3)	31	(3.1)	253	(7.6)
20 and over.....	1274	14	(1.6)	266	(4.2)	12	(1.7)	4	(0.7)	281	(12.2)	85	(5.4)	30	(1.8)	263	(4.1)
2 and over...	2210	12	(1.3)	263	(4.3)	10	(1.3)	4	(0.5)	287	(10.1)	88	(5.1)	31	(1.4)	260	(4.3)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	241	(7.1)	16	(4.1)	7	(1.7)	256	(13.3)	85	(15.3)	33	(5.0)	238	(8.0)
20 and over.....	610	27	(2.3)	248	(3.6)	21	(1.7)	8	(0.7)	239	(8.6)	79	(4.1)	33	(1.7)	251	(4.3)
2 and over...	985	25	(2.2)	246	(2.9)	20	(1.8)	8	(0.8)	242	(6.7)	80	(2.6)	33	(1.4)	248	(3.8)
Hispanic:																	
2 - 19.....	963	11	(1.0)	264	(4.4)	10	(1.3)	4	(0.5)	261	(10.9)	97	(10.6)	37	(4.3)	265	(5.3)
20 and over.....	932	20	(2.5)	275	(4.9)	19	(3.3)	7	(1.2)	264	(14.7)	96	(7.0)	36	(1.7)	278	(6.1)
2 and over...	1895	17	(1.7)	271	(3.2)	16	(2.3)	6	(0.8)	263	(12.0)	96	(6.5)	37	(1.8)	273	(3.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Total sugars													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	136	(3.2)	7	(0.9)	5	(0.7)	137	(6.9)	34	(3.3)	24	(1.9)	136	(3.4)
20 and over.....	1842	25	(1.4)	119	(2.1)	7	(0.8)	6	(0.7)	112	(2.9)	29	(2.6)	25	(2.2)	121	(2.7)
2 and over...	2532	24	(1.5)	122	(2.0)	7	(0.8)	6	(0.6)	116	(3.2)	29	(2.5)	25	(2.0)	124	(2.5)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	123	(4.5)	3	(0.7)	2	(0.6)	154	(13.5)	43	(6.2)	28	(5.1)	120	(4.8)
20 and over.....	1274	14	(1.6)	123	(3.0)	5	(0.7)	4	(0.6)	136	(6.9)	33	(2.6)	24	(1.9)	121	(2.9)
2 and over...	2210	12	(1.3)	123	(3.0)	4	(0.6)	3	(0.5)	139	(5.1)	35	(2.3)	25	(1.3)	121	(3.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	104	(4.0)	5*	(1.8)	5*	(1.7)	112	(8.2)	29	(8.4)	26	(5.9)	102	(4.4)
20 and over.....	610	27	(2.3)	88	(2.4)	5	(0.8)	6	(1.0)	89	(4.6)	20	(2.6)	23	(2.7)	88	(2.7)
2 and over...	985	25	(2.2)	92	(2.2)	5	(0.7)	6	(0.8)	93	(3.7)	22	(1.7)	23	(1.8)	91	(2.7)
Hispanic:																	
2 - 19.....	963	11	(1.0)	123	(2.8)	4	(0.6)	3	(0.5)	118	(6.6)	35	(3.9)	30	(3.6)	123	(3.0)
20 and over.....	932	20	(2.5)	117	(2.8)	8	(1.8)	7	(1.5)	117	(10.5)	39	(5.2)	33	(2.4)	117	(4.1)
2 and over...	1895	17	(1.7)	119	(2.3)	6	(1.2)	5	(1.0)	117	(8.8)	38	(4.5)	32	(2.3)	119	(2.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Dietary fiber													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	14.3	(0.26)	0.7	(0.10)	5	(0.6)	14.0	(0.77)	3.7	(0.36)	26	(2.1)	14.3	(0.36)
20 and over.....	1842	25	(1.4)	18.3	(0.53)	1.7	(0.12)	9	(0.7)	18.9	(0.68)	6.7	(0.28)	35	(1.8)	18.1	(0.57)
2 and over...	2532	24	(1.5)	17.5	(0.46)	1.5	(0.12)	9	(0.7)	18.0	(0.60)	6.2	(0.27)	34	(1.7)	17.3	(0.51)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	12.9	(0.22)	0.3	(0.05)	3	(0.4)	14.1	(1.03)	4.5	(0.51)	32	(4.3)	12.8	(0.26)
20 and over.....	1274	14	(1.6)	15.2	(0.42)	0.7	(0.10)	5	(0.6)	15.9	(1.13)	5.2	(0.23)	33	(2.5)	15.1	(0.41)
2 and over...	2210	12	(1.3)	14.5	(0.32)	0.6	(0.08)	4	(0.5)	15.5	(0.92)	5.1	(0.22)	32	(2.3)	14.3	(0.33)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	14.4	(0.47)	1.0	(0.25)	7	(1.7)	13.8	(0.68)	5.1	(0.90)	37	(6.0)	14.6	(0.51)
20 and over.....	610	27	(2.3)	19.2	(0.51)	1.5	(0.13)	8	(0.7)	16.6	(0.92)	5.5	(0.34)	33	(1.9)	20.1	(0.49)
2 and over...	985	25	(2.2)	18.1	(0.45)	1.3	(0.13)	7	(0.8)	16.1	(0.77)	5.4	(0.22)	34	(1.6)	18.7	(0.45)
Hispanic:																	
2 - 19.....	963	11	(1.0)	15.7	(0.41)	0.6	(0.10)	4	(0.6)	15.2	(1.48)	6.0	(0.80)	39	(4.7)	15.8	(0.44)
20 and over.....	932	20	(2.5)	19.4	(0.74)	1.3	(0.20)	7	(1.0)	18.3	(1.28)	6.5	(0.45)	36	(1.9)	19.6	(0.77)
2 and over...	1895	17	(1.7)	18.1	(0.55)	1.1	(0.15)	6	(0.8)	17.7	(1.06)	6.4	(0.46)	36	(1.7)	18.2	(0.56)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

T o t a l f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	74.5	(2.37)	4.8	(0.58)	6	(0.7)	68.2	(5.22)	24.1	(2.37)	35	(2.3)	76.1	(2.48)
20 and over.....	1842	25	(1.4)	83.8	(1.06)	9.5	(0.80)	11	(0.9)	89.7	(3.13)	37.5	(1.76)	42	(1.9)	81.9	(0.91)
2 and over...	2532	24	(1.5)	81.9	(1.11)	8.5	(0.72)	10	(0.9)	86.0	(3.33)	35.1	(1.75)	41	(1.8)	80.6	(1.06)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	73.9	(2.14)	2.4	(0.33)	3	(0.5)	84.9	(5.54)	34.2	(3.47)	40	(3.4)	73.0	(2.11)
20 and over.....	1274	14	(1.6)	83.3	(1.76)	4.8	(0.69)	6	(0.9)	90.2	(4.16)	34.1	(2.16)	38	(3.2)	82.1	(2.02)
2 and over...	2210	12	(1.3)	80.4	(1.46)	4.1	(0.54)	5	(0.7)	89.2	(4.06)	34.1	(1.93)	38	(3.0)	79.2	(1.62)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	62.4	(2.19)	5.4*	(1.69)	9*	(2.6)	69.9	(6.95)	28.2	(7.14)	40	(6.6)	60.7	(2.23)
20 and over.....	610	27	(2.3)	66.8	(1.95)	7.9	(0.61)	12	(0.9)	70.8	(3.33)	29.8	(2.07)	42	(2.1)	65.4	(2.30)
2 and over...	985	25	(2.2)	65.8	(1.57)	7.3	(0.67)	11	(1.0)	70.6	(2.69)	29.6	(1.91)	42	(2.0)	64.2	(1.86)
Hispanic:																	
2 - 19.....	963	11	(1.0)	72.7	(1.85)	3.8	(0.51)	5	(0.7)	83.5	(4.67)	35.5	(4.21)	42	(4.7)	71.4	(2.19)
20 and over.....	932	20	(2.5)	80.5	(1.83)	7.4	(1.12)	9	(1.5)	86.6	(4.05)	36.3	(2.50)	42	(1.6)	79.0	(2.65)
2 and over...	1895	17	(1.7)	77.8	(1.37)	6.1	(0.77)	8	(1.0)	85.9	(3.50)	36.1	(2.56)	42	(1.9)	76.1	(1.92)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Saturated fat															
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	26.1	(0.81)	1.6	(0.21)	6	(0.8)	23.0	(1.60)	7.8	(0.87)	34	(2.6)	26.9	(0.78)
20 and over.....	1842	25	(1.4)	27.4	(0.50)	2.9	(0.25)	11	(0.9)	29.1	(1.19)	11.5	(0.55)	40	(2.1)	26.8	(0.59)
2 and over...	2532	24	(1.5)	27.1	(0.52)	2.6	(0.23)	10	(0.9)	28.0	(1.20)	10.9	(0.56)	39	(1.9)	26.8	(0.58)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	24.1	(0.62)	0.8	(0.11)	3	(0.5)	26.4	(1.27)	10.9	(1.04)	41	(3.1)	23.9	(0.65)
20 and over.....	1274	14	(1.6)	25.6	(0.60)	1.4	(0.21)	6	(0.8)	27.5	(1.73)	10.1	(0.70)	37	(3.5)	25.3	(0.71)
2 and over...	2210	12	(1.3)	25.1	(0.51)	1.2	(0.17)	5	(0.7)	27.3	(1.55)	10.2	(0.65)	37	(3.2)	24.8	(0.58)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	22.2	(0.90)	1.6*	(0.51)	7	(2.2)	24.4	(2.53)	8.6	(2.18)	35	(6.1)	21.7	(0.81)
20 and over.....	610	27	(2.3)	19.4	(0.53)	2.2	(0.21)	11	(1.0)	21.3	(1.11)	8.4	(0.66)	39	(2.4)	18.7	(0.59)
2 and over...	985	25	(2.2)	20.1	(0.43)	2.1	(0.22)	10	(1.0)	21.9	(0.83)	8.4	(0.63)	38	(2.4)	19.5	(0.47)
Hispanic:																	
2 - 19.....	963	11	(1.0)	25.2	(0.64)	1.3	(0.21)	5	(0.8)	29.5	(2.10)	11.8	(1.55)	40	(4.7)	24.7	(0.74)
20 and over.....	932	20	(2.5)	25.8	(0.73)	2.3	(0.36)	9	(1.5)	27.2	(1.06)	11.1	(0.75)	41	(1.8)	25.4	(0.98)
2 and over...	1895	17	(1.7)	25.6	(0.54)	1.9	(0.25)	7	(1.0)	27.7	(1.01)	11.3	(0.81)	41	(2.2)	25.2	(0.70)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Monounsaturated fat													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	25.8	(0.89)	1.6	(0.20)	6	(0.8)	23.5	(2.10)	8.2	(0.87)	35	(2.2)	26.4	(0.89)
20 and over.....	1842	25	(1.4)	29.8	(0.39)	3.4	(0.29)	11	(1.0)	32.3	(1.18)	13.2	(0.66)	41	(1.9)	29.0	(0.36)
2 and over...	2532	24	(1.5)	29.0	(0.38)	3.0	(0.26)	10	(0.9)	30.7	(1.24)	12.3	(0.66)	40	(1.7)	28.4	(0.36)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	26.1	(0.85)	0.8	(0.11)	3	(0.5)	29.2	(1.79)	11.6	(1.18)	40	(3.1)	25.8	(0.85)
20 and over.....	1274	14	(1.6)	30.0	(0.66)	1.6	(0.22)	5	(0.8)	31.8	(1.46)	11.7	(0.66)	37	(2.8)	29.7	(0.74)
2 and over...	2210	12	(1.3)	28.8	(0.54)	1.4	(0.17)	5	(0.6)	31.3	(1.39)	11.7	(0.62)	37	(2.7)	28.4	(0.58)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	20.8	(0.74)	1.8*	(0.60)	9*	(2.7)	23.2	(2.54)	9.7	(2.56)	42	(6.9)	20.2	(0.81)
20 and over.....	610	27	(2.3)	24.6	(0.96)	3.0	(0.26)	12	(1.1)	25.9	(1.43)	11.2	(0.95)	43	(2.3)	24.2	(1.16)
2 and over...	985	25	(2.2)	23.8	(0.80)	2.7	(0.27)	11	(1.1)	25.5	(1.22)	11.0	(0.85)	43	(2.2)	23.2	(0.98)
Hispanic:																	
2 - 19.....	963	11	(1.0)	25.0	(0.60)	1.3	(0.18)	5	(0.7)	28.7	(1.68)	12.3	(1.44)	43	(4.6)	24.6	(0.68)
20 and over.....	932	20	(2.5)	29.1	(0.74)	2.7	(0.40)	9	(1.4)	31.8	(1.64)	13.2	(0.96)	42	(1.7)	28.4	(1.07)
2 and over...	1895	17	(1.7)	27.7	(0.56)	2.2	(0.28)	8	(1.0)	31.1	(1.36)	13.0	(0.96)	42	(1.9)	26.9	(0.76)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Polyunsaturated fat													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	16.6	(0.75)	1.2	(0.15)	7	(0.7)	16.1	(1.30)	5.9	(0.68)	37	(3.5)	16.7	(0.94)
20 and over.....	1842	25	(1.4)	19.8	(0.28)	2.4	(0.21)	12	(1.0)	21.1	(0.68)	9.6	(0.48)	46	(2.0)	19.4	(0.29)
2 and over...	2532	24	(1.5)	19.2	(0.26)	2.2	(0.18)	11	(0.9)	20.3	(0.77)	9.0	(0.47)	44	(2.0)	18.8	(0.32)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	17.6	(0.62)	0.6	(0.08)	4	(0.5)	22.5	(2.73)	8.7	(0.99)	39	(5.1)	17.2	(0.57)
20 and over.....	1274	14	(1.6)	20.9	(0.47)	1.3	(0.20)	6	(1.0)	23.5	(1.59)	9.4	(0.73)	40	(3.7)	20.4	(0.51)
2 and over...	2210	12	(1.3)	19.9	(0.38)	1.1	(0.15)	6	(0.8)	23.3	(1.54)	9.3	(0.60)	40	(3.4)	19.4	(0.40)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	13.9	(0.53)	1.4*	(0.44)	10*	(3.1)	16.2	(1.69)	7.3	(1.86)	45	(7.7)	13.4	(0.58)
20 and over.....	610	27	(2.3)	17.1	(0.66)	2.0	(0.14)	12	(0.9)	17.5	(1.12)	7.7	(0.55)	44	(2.7)	17.0	(0.76)
2 and over...	985	25	(2.2)	16.4	(0.51)	1.9	(0.16)	11	(1.0)	17.3	(0.91)	7.6	(0.44)	44	(2.3)	16.1	(0.60)
Hispanic:																	
2 - 19.....	963	11	(1.0)	16.5	(0.56)	0.9	(0.12)	6	(0.7)	18.7	(1.20)	8.6	(1.24)	46	(5.4)	16.2	(0.65)
20 and over.....	932	20	(2.5)	18.9	(0.38)	1.8	(0.28)	10	(1.6)	20.5	(1.36)	9.0	(0.70)	44	(1.7)	18.5	(0.57)
2 and over...	1895	17	(1.7)	18.0	(0.34)	1.5	(0.19)	8	(1.1)	20.1	(1.17)	8.9	(0.71)	44	(1.9)	17.6	(0.46)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Cholesterol													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	216	(10.7)	19	(4.3)	9	(2.0)	216	(19.0)	93	(16.0)	43	(5.9)	215	(10.9)
20 and over.....	1842	25	(1.4)	274	(5.1)	42	(3.7)	15	(1.3)	319	(10.0)	166	(10.8)	52	(2.8)	258	(5.4)
2 and over...	2532	24	(1.5)	261	(5.0)	37	(3.2)	14	(1.2)	301	(9.6)	153	(9.7)	51	(2.5)	249	(5.1)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	222	(6.9)	8	(1.2)	4	(0.6)	236	(16.4)	110	(14.9)	47	(3.9)	221	(6.8)
20 and over.....	1274	14	(1.6)	305	(6.1)	21	(2.4)	7	(0.8)	337	(28.0)	153	(8.2)	46	(3.4)	300	(8.1)
2 and over...	2210	12	(1.3)	280	(4.7)	17	(1.9)	6	(0.7)	318	(23.9)	145	(8.1)	46	(3.2)	274	(4.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	214	(14.6)	21	(5.5)	10	(2.5)	236	(35.0)	112	(23.5)	48	(5.1)	209	(16.0)
20 and over.....	610	27	(2.3)	257	(9.4)	40	(3.5)	16	(1.3)	302	(18.2)	153	(12.2)	50	(2.9)	241	(10.7)
2 and over...	985	25	(2.2)	247	(9.2)	36	(3.2)	15	(1.3)	291	(17.4)	145	(11.2)	50	(2.8)	233	(10.6)
Hispanic:																	
2 - 19.....	963	11	(1.0)	250	(10.1)	13	(1.9)	5	(0.8)	305	(29.5)	127	(13.7)	42	(5.2)	243	(12.6)
20 and over.....	932	20	(2.5)	314	(9.4)	39	(6.1)	12	(2.0)	379	(23.8)	192	(25.8)	51	(4.3)	297	(12.1)
2 and over...	1895	17	(1.7)	291	(4.4)	30	(4.2)	10	(1.5)	363	(21.5)	178	(21.7)	49	(3.8)	277	(6.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin A (RAE)													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	610	(13.3)	23	(3.1)	4	(0.5)	619	(40.4)	118	(13.6)	19	(2.1)	607	(17.7)
20 and over.....	1842	25	(1.4)	731	(50.5)	68	(8.4)	9	(1.1)	719	(38.4)	267	(28.0)	37	(2.9)	735	(64.1)
2 and over...	2532	24	(1.5)	705	(41.1)	58	(6.7)	8	(0.8)	702	(34.2)	241	(22.8)	34	(2.5)	706	(50.5)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	500	(19.1)	14	(3.1)	3	(0.7)	466	(36.7)	195	(31.4)	42	(5.9)	502	(21.0)
20 and over.....	1274	14	(1.6)	548	(27.1)	29	(4.5)	5	(0.7)	597	(49.5)	208	(12.1)	35	(2.9)	540	(26.1)
2 and over...	2210	12	(1.3)	533	(20.2)	24	(3.8)	5	(0.7)	573	(42.9)	206	(13.0)	36	(2.9)	527	(18.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	602	(34.2)	23	(4.8)	4*	(0.8)	615	(67.8)	121	(21.3)	20*	(4.1)	599	(42.1)
20 and over.....	610	27	(2.3)	610	(30.6)	52	(4.8)	9	(0.7)	616	(47.7)	196	(16.8)	32	(3.6)	607	(32.7)
2 and over...	985	25	(2.2)	608	(22.5)	45	(4.2)	7	(0.6)	615	(39.5)	183	(14.2)	30	(2.8)	605	(26.2)
Hispanic:																	
2 - 19.....	963	11	(1.0)	640	(22.9)	23	(5.3)	4	(0.8)	644	(62.3)	216	(41.8)	34	(4.5)	639	(25.7)
20 and over.....	932	20	(2.5)	550	(20.4)	40	(5.9)	7	(1.0)	541	(35.7)	200	(16.9)	37	(2.7)	553	(25.1)
2 and over...	1895	17	(1.7)	581	(18.9)	34	(4.2)	6	(0.7)	564	(34.8)	203	(18.7)	36	(2.9)	585	(22.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Beta carotene															
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	1154	(121.7)	59	(15.4)	5	(1.2)	1553	(249.3)	295	(85.1)	19	(4.7)	1055	(107.4)
20 and over.....	1842	25	(1.4)	2652	(229.6)	332	(44.1)	13	(1.5)	2935	(318.4)	1308	(165.6)	45	(4.9)	2556	(284.7)
2 and over...	2532	24	(1.5)	2336	(189.1)	274	(34.0)	12	(1.2)	2696	(257.0)	1132	(134.2)	42	(4.3)	2221	(228.2)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	1019	(63.2)	63*	(25.7)	6*	(2.5)	1324*	(500.8)	881*	(313.1)	67	(5.7)	996	(78.9)
20 and over.....	1274	14	(1.6)	2101	(259.0)	137	(32.1)	7	(1.4)	2039	(278.0)	978	(155.6)	48	(7.9)	2111	(307.5)
2 and over...	2210	12	(1.3)	1769	(201.7)	114	(24.7)	6	(1.1)	1907	(234.2)	960	(129.8)	50	(7.4)	1750	(225.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	1780	(206.1)	92	(27.7)	5*	(1.4)	1825	(324.7)	487	(141.4)	27*	(8.5)	1770	(232.1)
20 and over.....	610	27	(2.3)	3532	(348.5)	344	(49.0)	10	(1.4)	3292	(314.2)	1296	(176.5)	39	(6.2)	3618	(408.5)
2 and over...	985	25	(2.2)	3129	(287.0)	286	(37.7)	9	(1.2)	3034	(255.5)	1154	(135.6)	38	(5.5)	3161	(339.1)
Hispanic:																	
2 - 19.....	963	11	(1.0)	1241	(117.6)	41	(6.6)	3	(0.5)	1217	(331.8)	383	(69.1)	31*	(10.8)	1244	(115.3)
20 and over.....	932	20	(2.5)	1756	(166.1)	163	(28.4)	9	(1.3)	1836	(306.5)	804	(98.8)	44	(6.3)	1735	(188.8)
2 and over...	1895	17	(1.7)	1577	(134.4)	120	(19.1)	8	(0.9)	1701	(238.9)	712	(86.9)	42	(5.9)	1551	(146.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

L y c o p e n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	5485	(634.2)	523*	(161.2)	10	(2.5)	5316	(1212.2)	2633	(740.0)	50	(8.5)	5527	(608.9)
20 and over.....	1842	25	(1.4)	5414	(263.7)	640	(87.2)	12	(1.7)	5647	(676.6)	2518	(278.4)	45	(5.6)	5335	(286.0)
2 and over...	2532	24	(1.5)	5429	(265.7)	615	(79.8)	11	(1.6)	5590	(544.8)	2538	(260.7)	45	(5.2)	5378	(321.4)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	4573	(446.9)	142	(40.0)	3	(0.9)	6356*	(2533.6)	1985	(571.5)	--		4436	(449.4)
20 and over.....	1274	14	(1.6)	5086	(329.5)	291	(64.8)	6	(1.3)	5505	(631.1)	2081	(355.0)	38	(5.9)	5018	(366.9)
2 and over...	2210	12	(1.3)	4929	(273.5)	245	(51.3)	5	(1.1)	5662	(421.5)	2064	(351.6)	36	(7.3)	4830	(303.4)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	4488	(766.2)	369*	(182.3)	8*	(3.9)	4787	(1432.4)	1945*	(806.4)	--		4418	(668.7)
20 and over.....	610	27	(2.3)	3505	(314.1)	526	(89.6)	15	(2.3)	4065	(755.6)	1982	(339.7)	49	(5.0)	3303	(374.5)
2 and over...	985	25	(2.2)	3731	(329.3)	490	(82.1)	13	(2.2)	4192	(644.0)	1976	(269.1)	47	(5.1)	3579	(365.7)
Hispanic:																	
2 - 19.....	963	11	(1.0)	4777	(280.0)	284	(51.2)	6	(1.1)	5380	(872.3)	2677	(514.2)	50	(9.6)	4705	(307.6)
20 and over.....	932	20	(2.5)	5469	(360.2)	478	(92.6)	9	(1.7)	4826	(680.3)	2357	(275.5)	49	(6.5)	5632	(425.4)
2 and over...	1895	17	(1.7)	5228	(253.8)	410	(66.5)	8	(1.3)	4947	(638.5)	2427	(243.0)	49	(5.0)	5285	(262.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

T h i a m i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	1.55	(0.037)	0.08	(0.010)	5	(0.6)	1.46	(0.106)	0.40	(0.046)	27	(2.8)	1.57	(0.034)
20 and over.....	1842	25	(1.4)	1.67	(0.026)	0.16	(0.012)	10	(0.7)	1.69	(0.047)	0.65	(0.036)	38	(1.8)	1.67	(0.025)
2 and over...	2532	24	(1.5)	1.65	(0.025)	0.15	(0.011)	9	(0.6)	1.65	(0.047)	0.61	(0.033)	37	(1.8)	1.65	(0.025)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	1.47	(0.042)	0.04	(0.005)	2	(0.3)	1.45	(0.073)	0.51	(0.035)	35	(1.6)	1.47	(0.042)
20 and over.....	1274	14	(1.6)	1.48	(0.032)	0.07	(0.009)	5	(0.6)	1.49	(0.086)	0.49	(0.033)	32	(2.5)	1.48	(0.032)
2 and over...	2210	12	(1.3)	1.48	(0.031)	0.06	(0.007)	4	(0.5)	1.49	(0.071)	0.49	(0.029)	33	(2.1)	1.48	(0.031)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	1.57	(0.067)	0.09	(0.023)	5	(1.5)	1.62	(0.204)	0.45	(0.086)	28	(6.3)	1.56	(0.090)
20 and over.....	610	27	(2.3)	1.55	(0.029)	0.14	(0.012)	9	(0.7)	1.48	(0.069)	0.53	(0.032)	36	(2.0)	1.57	(0.033)
2 and over...	985	25	(2.2)	1.55	(0.020)	0.13	(0.013)	8	(0.8)	1.50	(0.063)	0.52	(0.029)	34	(2.0)	1.57	(0.029)
Hispanic:																	
2 - 19.....	963	11	(1.0)	1.64	(0.046)	0.06	(0.009)	4	(0.5)	1.59	(0.063)	0.61	(0.095)	38	(5.3)	1.64	(0.050)
20 and over.....	932	20	(2.5)	1.67	(0.039)	0.11	(0.017)	7	(0.9)	1.62	(0.089)	0.56	(0.030)	34	(2.0)	1.68	(0.041)
2 and over...	1895	17	(1.7)	1.66	(0.027)	0.10	(0.012)	6	(0.7)	1.62	(0.073)	0.57	(0.037)	35	(1.8)	1.67	(0.026)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Riboflavin															
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	2.08	(0.059)	0.08	(0.013)	4	(0.6)	1.91	(0.093)	0.42	(0.047)	22	(2.3)	2.12	(0.075)
20 and over.....	1842	25	(1.4)	2.29	(0.035)	0.18	(0.014)	8	(0.6)	2.23	(0.054)	0.71	(0.031)	32	(1.4)	2.31	(0.038)
2 and over...	2532	24	(1.5)	2.24	(0.028)	0.16	(0.012)	7	(0.5)	2.17	(0.051)	0.66	(0.030)	30	(1.3)	2.27	(0.030)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	1.73	(0.055)	0.04	(0.006)	2	(0.3)	1.67	(0.128)	0.53	(0.029)	32	(2.2)	1.73	(0.052)
20 and over.....	1274	14	(1.6)	1.74	(0.046)	0.08	(0.009)	4	(0.6)	1.86	(0.150)	0.56	(0.032)	30	(2.0)	1.72	(0.048)
2 and over...	2210	12	(1.3)	1.74	(0.043)	0.07	(0.008)	4	(0.5)	1.83	(0.124)	0.55	(0.028)	30	(1.7)	1.72	(0.045)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	1.87	(0.067)	0.09	(0.023)	5*	(1.3)	1.95	(0.158)	0.48	(0.082)	25*	(3.8)	1.84	(0.081)
20 and over.....	610	27	(2.3)	1.81	(0.103)	0.15	(0.014)	8	(0.9)	1.80	(0.113)	0.56	(0.033)	31	(2.4)	1.81	(0.108)
2 and over...	985	25	(2.2)	1.82	(0.074)	0.13	(0.013)	7	(0.7)	1.82	(0.093)	0.54	(0.028)	30	(1.8)	1.82	(0.076)
Hispanic:																	
2 - 19.....	963	11	(1.0)	2.03	(0.048)	0.07	(0.010)	3	(0.5)	1.98	(0.087)	0.62	(0.073)	32	(4.0)	2.03	(0.055)
20 and over.....	932	20	(2.5)	2.12	(0.060)	0.14	(0.022)	6	(1.1)	2.18	(0.133)	0.67	(0.051)	31	(1.7)	2.10	(0.078)
2 and over...	1895	17	(1.7)	2.09	(0.034)	0.11	(0.016)	5	(0.8)	2.14	(0.098)	0.66	(0.053)	31	(1.9)	2.07	(0.045)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	22.4	(0.87)	1.6	(0.28)	7	(1.1)	21.7	(1.55)	7.9	(1.04)	36	(3.0)	22.5	(0.93)
20 and over.....	1842	25	(1.4)	26.1	(0.45)	2.7	(0.23)	10	(0.8)	26.5	(0.90)	10.6	(0.59)	40	(1.9)	25.9	(0.45)
2 and over...	2532	24	(1.5)	25.3	(0.42)	2.4	(0.21)	10	(0.7)	25.7	(0.82)	10.1	(0.57)	39	(1.8)	25.2	(0.43)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	22.3	(0.49)	0.6	(0.08)	3	(0.4)	24.5	(2.17)	8.4	(0.86)	34	(3.4)	22.2	(0.42)
20 and over.....	1274	14	(1.6)	25.3	(0.57)	1.4	(0.20)	5	(0.8)	26.5	(1.48)	9.8	(0.63)	37	(2.4)	25.1	(0.53)
2 and over...	2210	12	(1.3)	24.4	(0.49)	1.1	(0.15)	5	(0.7)	26.1	(1.44)	9.5	(0.53)	36	(2.2)	24.2	(0.44)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	19.9	(0.86)	1.7	(0.46)	8	(2.2)	21.8	(2.03)	8.8	(1.56)	40	(5.1)	19.5	(0.91)
20 and over.....	610	27	(2.3)	24.7	(1.01)	2.7	(0.22)	11	(0.9)	24.9	(1.07)	10.3	(0.81)	42	(2.6)	24.6	(1.25)
2 and over...	985	25	(2.2)	23.6	(0.80)	2.5	(0.21)	11	(0.9)	24.3	(0.82)	10.1	(0.62)	41	(2.0)	23.3	(0.97)
Hispanic:																	
2 - 19.....	963	11	(1.0)	21.9	(0.56)	0.9	(0.12)	4	(0.6)	20.7	(0.97)	8.6	(1.12)	41	(5.0)	22.1	(0.64)
20 and over.....	932	20	(2.5)	27.7	(0.63)	2.3	(0.29)	8	(1.1)	28.4	(1.52)	11.3	(0.75)	40	(1.9)	27.5	(0.80)
2 and over...	1895	17	(1.7)	25.7	(0.34)	1.8	(0.22)	7	(0.9)	26.7	(1.11)	10.7	(0.76)	40	(2.0)	25.5	(0.48)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin B6											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	1.79	(0.058)	0.10	(0.022)	6	(1.2)	1.76	(0.121)	0.52	(0.086)	29	(3.7)	1.80	(0.071)
20 and over.....	1842	25	(1.4)	2.20	(0.059)	0.22	(0.018)	10	(0.8)	2.20	(0.096)	0.88	(0.040)	40	(1.9)	2.20	(0.064)
2 and over...	2532	24	(1.5)	2.11	(0.048)	0.20	(0.017)	9	(0.8)	2.12	(0.082)	0.81	(0.042)	38	(1.7)	2.11	(0.051)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	1.74	(0.039)	0.04	(0.006)	2	(0.3)	1.73	(0.201)	0.59	(0.059)	34	(2.2)	1.74	(0.033)
20 and over.....	1274	14	(1.6)	1.97	(0.048)	0.11	(0.015)	6	(0.8)	2.17	(0.155)	0.78	(0.040)	36	(2.7)	1.93	(0.040)
2 and over...	2210	12	(1.3)	1.90	(0.039)	0.09	(0.011)	5	(0.6)	2.09	(0.145)	0.74	(0.034)	36	(2.3)	1.87	(0.032)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	1.67	(0.070)	0.11	(0.030)	7	(1.7)	1.74	(0.138)	0.61	(0.104)	35	(4.8)	1.66	(0.084)
20 and over.....	610	27	(2.3)	2.12	(0.104)	0.21	(0.017)	10	(0.9)	2.12	(0.125)	0.81	(0.055)	38	(2.7)	2.12	(0.113)
2 and over...	985	25	(2.2)	2.02	(0.082)	0.19	(0.016)	9	(0.8)	2.05	(0.104)	0.77	(0.043)	38	(2.3)	2.00	(0.092)
Hispanic:																	
2 - 19.....	963	11	(1.0)	1.83	(0.054)	0.06	(0.011)	3	(0.6)	1.69	(0.103)	0.59	(0.076)	35	(4.2)	1.85	(0.063)
20 and over.....	932	20	(2.5)	2.38	(0.065)	0.19	(0.025)	8	(1.1)	2.62	(0.187)	0.93	(0.074)	35	(2.2)	2.31	(0.080)
2 and over...	1895	17	(1.7)	2.19	(0.035)	0.14	(0.018)	7	(0.8)	2.41	(0.133)	0.85	(0.065)	35	(2.1)	2.14	(0.044)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Folate (DFE)													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	524	(16.1)	26	(3.2)	5	(0.6)	521	(47.6)	132	(14.4)	25	(2.5)	525	(19.3)
20 and over.....	1842	25	(1.4)	582	(13.4)	52	(3.9)	9	(0.7)	575	(17.1)	205	(11.5)	36	(2.0)	585	(16.0)
2 and over...	2532	24	(1.5)	570	(12.0)	47	(3.6)	8	(0.6)	565	(19.3)	192	(10.9)	34	(1.9)	572	(15.3)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	471	(12.1)	11	(1.7)	2	(0.4)	438	(43.7)	157	(14.4)	36	(3.1)	473	(11.2)
20 and over.....	1274	14	(1.6)	479	(14.0)	23	(3.5)	5	(0.7)	488	(27.8)	163	(12.7)	33	(2.8)	478	(14.7)
2 and over...	2210	12	(1.3)	477	(12.1)	19	(2.7)	4	(0.6)	479	(25.8)	161	(11.0)	34	(2.4)	477	(11.7)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	544	(29.0)	26	(6.7)	5*	(1.3)	484	(44.4)	135	(23.1)	28	(4.9)	558	(37.2)
20 and over.....	610	27	(2.3)	559	(13.4)	47	(4.0)	8	(0.7)	552	(45.0)	176	(11.8)	32	(2.7)	562	(11.8)
2 and over...	985	25	(2.2)	556	(10.7)	42	(4.2)	8	(0.8)	540	(39.4)	169	(10.0)	31	(2.3)	561	(13.9)
Hispanic:																	
2 - 19.....	963	11	(1.0)	573	(16.1)	21	(3.6)	4	(0.6)	557	(28.3)	198	(39.2)	36	(6.5)	574	(16.9)
20 and over.....	932	20	(2.5)	589	(14.1)	39	(5.5)	7	(0.9)	553	(30.0)	191	(9.4)	35	(1.8)	598	(15.8)
2 and over...	1895	17	(1.7)	583	(9.1)	33	(4.2)	6	(0.7)	554	(23.2)	193	(12.4)	35	(1.9)	589	(10.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	263	(7.0)	17	(3.5)	7	(1.3)	259	(15.0)	87	(13.2)	33	(4.2)	264	(7.5)
20 and over.....	1842	25	(1.4)	335	(5.7)	41	(3.0)	12	(0.9)	361	(9.4)	162	(7.7)	45	(1.9)	326	(5.9)
2 and over...	2532	24	(1.5)	320	(4.8)	36	(2.7)	11	(0.8)	344	(8.5)	149	(7.1)	43	(1.8)	312	(4.8)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	242	(4.3)	7	(1.2)	3	(0.5)	255	(17.3)	104	(14.7)	41	(3.3)	241	(4.2)
20 and over.....	1274	14	(1.6)	324	(5.3)	20	(2.3)	6	(0.7)	351	(26.3)	143	(6.9)	41	(2.7)	320	(5.4)
2 and over...	2210	12	(1.3)	299	(4.4)	16	(1.7)	5	(0.6)	334	(22.9)	136	(6.7)	41	(2.4)	294	(3.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	258	(11.7)	21	(5.2)	8	(1.9)	286	(27.3)	109	(20.1)	38	(4.7)	252	(12.4)
20 and over.....	610	27	(2.3)	328	(10.4)	43	(3.4)	13	(1.0)	366	(19.6)	161	(11.8)	44	(2.5)	315	(10.4)
2 and over...	985	25	(2.2)	312	(9.1)	38	(3.3)	12	(1.0)	352	(17.6)	152	(10.3)	43	(2.4)	299	(9.3)
Hispanic:																	
2 - 19.....	963	11	(1.0)	278	(8.6)	12	(1.6)	4	(0.6)	294	(18.9)	110	(11.9)	37	(4.3)	276	(10.7)
20 and over.....	932	20	(2.5)	352	(7.9)	35	(4.5)	10	(1.3)	392	(17.8)	175	(16.3)	45	(3.0)	342	(10.3)
2 and over...	1895	17	(1.7)	326	(3.8)	27	(3.2)	8	(1.0)	371	(15.2)	161	(14.3)	43	(2.8)	317	(5.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin B12											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	5.20	(0.229)	0.29	(0.062)	5	(1.2)	5.02	(0.385)	1.44	(0.245)	29	(3.3)	5.24	(0.288)
20 and over.....	1842	25	(1.4)	5.69	(0.318)	0.53	(0.065)	9	(1.2)	5.41	(0.282)	2.08	(0.201)	39	(2.8)	5.79	(0.427)
2 and over...	2532	24	(1.5)	5.59	(0.264)	0.48	(0.055)	9	(1.0)	5.34	(0.248)	1.97	(0.163)	37	(2.2)	5.67	(0.349)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	4.78	(0.273)	0.10	(0.019)	2	(0.4)	4.47	(0.536)	1.45	(0.225)	32	(3.0)	4.81	(0.256)
20 and over.....	1274	14	(1.6)	4.72	(0.180)	0.31	(0.057)	6	(1.3)	5.59	(0.685)	2.19	(0.326)	39	(5.9)	4.58	(0.220)
2 and over...	2210	12	(1.3)	4.74	(0.190)	0.24	(0.044)	5	(1.0)	5.38	(0.581)	2.05	(0.265)	38	(4.9)	4.65	(0.214)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	4.62	(0.261)	0.29	(0.080)	6	(1.7)	5.19	(0.564)	1.53	(0.342)	29	(5.4)	4.49	(0.293)
20 and over.....	610	27	(2.3)	4.75	(0.306)	0.58	(0.100)	12	(1.7)	5.40	(0.573)	2.19	(0.383)	40	(4.8)	4.52	(0.289)
2 and over...	985	25	(2.2)	4.72	(0.208)	0.51	(0.088)	11	(1.6)	5.36	(0.476)	2.07	(0.327)	39	(4.4)	4.51	(0.183)
Hispanic:																	
2 - 19.....	963	11	(1.0)	5.25	(0.220)	0.16	(0.034)	3	(0.7)	4.91	(0.209)	1.55	(0.258)	32	(5.5)	5.29	(0.250)
20 and over.....	932	20	(2.5)	5.25	(0.198)	0.38	(0.043)	7	(0.9)	5.49	(0.389)	1.86	(0.124)	34	(2.1)	5.19	(0.230)
2 and over...	1895	17	(1.7)	5.25	(0.141)	0.30	(0.031)	6	(0.6)	5.36	(0.293)	1.79	(0.124)	33	(2.2)	5.23	(0.171)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin C													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	72.6	(7.87)	1.6	(0.33)	2*	(0.5)	69.0	(7.61)	8.3	(1.53)	12*	(2.5)	73.5	(9.82)
20 and over.....	1842	25	(1.4)	80.7	(5.19)	6.8	(0.67)	8	(0.7)	83.1	(5.84)	26.9	(2.78)	32	(2.8)	79.9	(5.58)
2 and over...	2532	24	(1.5)	79.0	(4.41)	5.7	(0.54)	7	(0.7)	80.7	(5.21)	23.7	(2.17)	29	(2.6)	78.5	(4.91)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	88.3	(3.15)	1.0*	(0.30)	1*	(0.4)	64.7	(8.46)	13.8	(3.41)	21*	(5.1)	90.1	(3.16)
20 and over.....	1274	14	(1.6)	93.2	(3.58)	3.1	(0.57)	3	(0.6)	88.9	(8.99)	22.3	(3.44)	25	(3.1)	93.8	(3.89)
2 and over...	2210	12	(1.3)	91.7	(2.54)	2.5	(0.37)	3	(0.4)	84.5	(7.45)	20.8	(2.51)	25	(2.3)	92.6	(2.59)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	83.5	(8.66)	3.7*	(1.33)	4*	(1.6)	76.5	(9.08)	19.8*	(6.87)	26	(7.5)	85.1	(10.06)
20 and over.....	610	27	(2.3)	94.5	(4.52)	6.2	(0.59)	7	(0.8)	96.1	(7.00)	23.3	(1.87)	24	(2.8)	93.9	(5.20)
2 and over...	985	25	(2.2)	91.9	(4.43)	5.6	(0.53)	6	(0.7)	92.7	(6.55)	22.7	(1.64)	24	(2.3)	91.7	(5.00)
Hispanic:																	
2 - 19.....	963	11	(1.0)	92.2	(3.88)	1.8	(0.50)	2*	(0.5)	68.3	(5.77)	17.3	(4.04)	25	(4.8)	95.0	(4.12)
20 and over.....	932	20	(2.5)	93.9	(6.16)	8.6*	(2.84)	9	(2.7)	109.1	(13.00)	42.7	(9.58)	39	(5.4)	90.0	(5.61)
2 and over...	1895	17	(1.7)	93.3	(4.48)	6.3	(1.88)	7	(1.9)	100.1	(11.12)	37.1	(8.13)	37	(5.0)	91.9	(4.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin D													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	6.1	(0.21)	0.2	(0.04)	3	(0.6)	5.4	(0.48)	0.9	(0.18)	17	(3.2)	6.2	(0.23)
20 and over.....	1842	25	(1.4)	4.8	(0.19)	0.4	(0.07)	8	(1.2)	4.7	(0.37)	1.4	(0.30)	31	(5.0)	4.9	(0.17)
2 and over...	2532	24	(1.5)	5.1	(0.16)	0.3	(0.05)	6	(0.9)	4.8	(0.31)	1.4	(0.24)	28	(4.1)	5.2	(0.15)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	4.7	(0.27)	0.1	(0.01)	1*	(0.4)	3.9	(0.64)	0.9	(0.20)	22*	(5.5)	4.8	(0.27)
20 and over.....	1274	14	(1.6)	4.0	(0.15)	0.2	(0.02)	4	(0.5)	4.1	(0.65)	1.1	(0.14)	27	(5.2)	4.0	(0.17)
2 and over...	2210	12	(1.3)	4.3	(0.18)	0.1	(0.01)	3	(0.4)	4.1	(0.54)	1.1	(0.13)	26	(4.3)	4.3	(0.20)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	6.1	(0.31)	0.2*	(0.08)	4*	(1.3)	6.8	(0.80)	1.1*	(0.35)	17*	(4.6)	5.9	(0.38)
20 and over.....	610	27	(2.3)	4.8	(0.25)	0.3	(0.06)	7	(1.3)	5.6	(0.72)	1.3	(0.20)	24	(4.2)	4.5	(0.26)
2 and over...	985	25	(2.2)	5.1	(0.18)	0.3	(0.06)	6	(1.1)	5.8	(0.61)	1.3	(0.19)	22	(3.6)	4.9	(0.20)
Hispanic:																	
2 - 19.....	963	11	(1.0)	6.5	(0.32)	0.1	(0.03)	2*	(0.5)	6.0	(0.63)	1.1	(0.26)	19	(4.2)	6.6	(0.36)
20 and over.....	932	20	(2.5)	4.6	(0.17)	0.3	(0.04)	6	(1.0)	4.6	(0.43)	1.4	(0.19)	30	(3.9)	4.6	(0.19)
2 and over...	1895	17	(1.7)	5.3	(0.16)	0.2	(0.04)	4	(0.7)	4.9	(0.38)	1.4	(0.18)	27	(3.6)	5.3	(0.18)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Vitamin E (alphatocopherol)																	
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	7.4	(0.27)	0.4	(0.07)	6	(0.8)	7.3	(0.69)	2.2	(0.27)	30	(3.1)	7.4	(0.36)
20 and over.....	1842	25	(1.4)	9.2	(0.24)	0.9	(0.07)	10	(0.6)	9.5	(0.31)	3.7	(0.14)	39	(1.8)	9.1	(0.27)
2 and over...	2532	24	(1.5)	8.8	(0.22)	0.8	(0.06)	10	(0.6)	9.1	(0.29)	3.5	(0.14)	38	(1.8)	8.7	(0.27)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	7.0	(0.32)	0.2	(0.03)	3	(0.5)	7.7	(0.77)	2.8	(0.38)	37	(6.5)	7.0	(0.33)
20 and over.....	1274	14	(1.6)	8.8	(0.40)	0.5	(0.07)	6	(0.8)	10.5	(1.46)	3.6	(0.19)	34	(5.2)	8.5	(0.34)
2 and over...	2210	12	(1.3)	8.2	(0.30)	0.4	(0.05)	5	(0.7)	10.0	(1.24)	3.4	(0.17)	34	(4.6)	8.0	(0.28)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	6.4	(0.26)	0.5*	(0.16)	8	(2.4)	6.9	(0.70)	2.7	(0.67)	39	(6.3)	6.2	(0.28)
20 and over.....	610	27	(2.3)	8.6	(0.56)	0.9	(0.07)	11	(0.8)	8.3	(0.53)	3.5	(0.28)	43	(2.1)	8.7	(0.69)
2 and over...	985	25	(2.2)	8.1	(0.45)	0.8	(0.07)	10	(0.9)	8.0	(0.43)	3.4	(0.20)	42	(1.6)	8.1	(0.57)
Hispanic:																	
2 - 19.....	963	11	(1.0)	6.9	(0.14)	0.3	(0.04)	5	(0.6)	7.4	(0.36)	3.1	(0.34)	42	(5.1)	6.9	(0.16)
20 and over.....	932	20	(2.5)	8.4	(0.22)	0.7	(0.11)	9	(1.3)	9.3	(0.83)	3.6	(0.22)	38	(2.6)	8.1	(0.32)
2 and over...	1895	17	(1.7)	7.9	(0.16)	0.6	(0.07)	7	(0.9)	8.9	(0.64)	3.5	(0.22)	39	(2.2)	7.7	(0.23)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin K											
				All Individuals [2]						*Full Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	64.9	(3.92)	5.0	(1.04)	8	(1.4)	62.9	(7.38)	25.0	(5.50)	40	(5.7)	65.4	(4.58)
20 and over.....	1842	25	(1.4)	134.9	(11.63)	18.2	(1.51)	13	(1.0)	141.2	(8.05)	71.6	(5.91)	51	(4.6)	132.8	(15.56)
2 and over...	2532	24	(1.5)	120.1	(9.32)	15.4	(1.22)	13	(0.8)	127.7	(6.76)	63.5	(5.06)	50	(4.4)	117.7	(12.22)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	71.6	(3.32)	3.2*	(1.09)	4*	(1.6)	89.7	(16.82)	44.7	(12.27)	50	(13.2)	70.2	(4.26)
20 and over.....	1274	14	(1.6)	131.7	(11.31)	9.3	(1.96)	7	(1.5)	136.1	(16.08)	66.8	(9.10)	49	(6.4)	131.0	(13.57)
2 and over...	2210	12	(1.3)	113.3	(8.20)	7.5	(1.59)	7	(1.4)	127.6	(14.76)	62.7	(9.15)	49	(6.9)	111.4	(9.40)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	98.2	(11.38)	6.3	(1.67)	6	(1.9)	115.6	(28.63)	33.4	(6.79)	29	(8.4)	94.2	(12.06)
20 and over.....	610	27	(2.3)	163.6	(14.37)	17.4	(1.75)	11	(1.3)	161.1	(14.41)	65.5	(5.56)	41	(5.1)	164.4	(18.95)
2 and over...	985	25	(2.2)	148.6	(10.81)	14.8	(1.44)	10	(1.1)	153.1	(13.49)	59.9	(4.13)	39	(4.6)	147.0	(14.13)
Hispanic:																	
2 - 19.....	963	11	(1.0)	59.0	(2.09)	3.4	(0.46)	6	(0.9)	66.5	(4.25)	32.0	(4.24)	48	(6.4)	58.1	(2.51)
20 and over.....	932	20	(2.5)	96.7	(7.82)	10.3	(2.09)	11	(1.6)	93.5	(8.60)	51.0	(6.23)	55	(2.9)	97.5	(8.99)
2 and over...	1895	17	(1.7)	83.5	(5.33)	7.9	(1.36)	9	(1.3)	87.6	(6.95)	46.9	(5.41)	53	(3.0)	82.7	(5.83)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	1126	(26.1)	51	(8.7)	5	(0.7)	1097	(54.3)	258	(33.5)	24	(2.6)	1133	(29.5)
20 and over.....	1842	25	(1.4)	1029	(16.6)	77	(6.8)	7	(0.6)	1023	(26.7)	303	(14.6)	30	(1.2)	1031	(20.1)
2 and over...	2532	24	(1.5)	1049	(15.5)	71	(7.0)	7	(0.6)	1036	(25.7)	295	(16.7)	28	(1.3)	1054	(19.8)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	883	(22.6)	21	(3.6)	2	(0.4)	930	(56.1)	298	(22.3)	32	(2.6)	880	(22.0)
20 and over.....	1274	14	(1.6)	858	(27.3)	38	(4.7)	4	(0.6)	896	(81.9)	270	(17.8)	30	(3.2)	852	(27.9)
2 and over...	2210	12	(1.3)	866	(23.8)	33	(4.0)	4	(0.5)	902	(68.0)	275	(14.2)	31	(2.8)	861	(23.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	1020	(42.6)	36	(8.8)	4*	(0.9)	1119	(104.2)	190	(30.7)	17*	(3.2)	997	(52.7)
20 and over.....	610	27	(2.3)	776	(18.0)	55	(4.9)	7	(0.6)	786	(51.8)	208	(14.5)	26	(2.2)	772	(14.5)
2 and over...	985	25	(2.2)	832	(16.0)	51	(4.8)	6	(0.6)	844	(40.1)	205	(11.6)	24	(1.7)	828	(18.8)
Hispanic:																	
2 - 19.....	963	11	(1.0)	1131	(27.0)	38	(5.8)	3	(0.5)	1161	(56.4)	354	(45.1)	31	(4.3)	1127	(28.9)
20 and over.....	932	20	(2.5)	999	(27.8)	63	(10.7)	6	(1.1)	1012	(30.3)	310	(20.3)	31	(2.2)	996	(32.9)
2 and over...	1895	17	(1.7)	1045	(21.2)	54	(7.2)	5	(0.7)	1045	(29.2)	319	(19.5)	31	(2.0)	1045	(23.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	1357	(27.7)	85	(13.1)	6	(1.0)	1340	(59.3)	427	(41.8)	32	(2.6)	1361	(29.2)
20 and over.....	1842	25	(1.4)	1441	(19.2)	146	(10.4)	10	(0.7)	1492	(31.2)	577	(20.2)	39	(1.5)	1423	(21.2)
2 and over...	2532	24	(1.5)	1423	(16.1)	133	(10.1)	9	(0.7)	1466	(29.4)	551	(21.9)	38	(1.5)	1409	(18.4)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	1161	(20.2)	35	(4.5)	3	(0.4)	1312	(81.3)	485	(51.2)	37	(2.3)	1149	(19.2)
20 and over.....	1274	14	(1.6)	1292	(24.6)	73	(9.4)	6	(0.7)	1423	(94.7)	523	(25.1)	37	(3.2)	1271	(23.3)
2 and over...	2210	12	(1.3)	1252	(20.7)	61	(7.2)	5	(0.6)	1403	(79.1)	516	(22.5)	37	(2.6)	1232	(19.6)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	1226	(38.7)	85	(20.3)	7	(1.6)	1358	(89.4)	447	(69.3)	33	(4.2)	1195	(47.3)
20 and over.....	610	27	(2.3)	1270	(26.8)	137	(9.9)	11	(0.8)	1329	(71.1)	515	(29.2)	39	(2.5)	1248	(24.4)
2 and over...	985	25	(2.2)	1260	(19.9)	125	(10.5)	10	(0.8)	1334	(57.2)	503	(24.4)	38	(2.2)	1235	(17.3)
Hispanic:																	
2 - 19.....	963	11	(1.0)	1359	(27.1)	58	(8.1)	4	(0.6)	1417	(68.6)	548	(65.6)	39	(4.5)	1353	(31.0)
20 and over.....	932	20	(2.5)	1483	(40.3)	125	(16.4)	8	(1.2)	1499	(61.5)	615	(34.2)	41	(1.5)	1479	(49.3)
2 and over...	1895	17	(1.7)	1440	(25.0)	101	(11.7)	7	(0.8)	1481	(48.3)	600	(38.2)	41	(1.9)	1432	(29.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

M a g n e s i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	248	(4.9)	12	(1.9)	5	(0.7)	244	(13.6)	61	(6.6)	25	(2.2)	249	(6.5)
20 and over.....	1842	25	(1.4)	320	(7.9)	27	(1.9)	8	(0.6)	327	(9.2)	106	(3.8)	32	(1.2)	317	(8.5)
2 and over...	2532	24	(1.5)	305	(7.0)	24	(1.8)	8	(0.6)	313	(8.7)	98	(4.0)	31	(1.2)	302	(7.7)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	221	(5.1)	5	(0.7)	2	(0.4)	241	(11.5)	73	(6.1)	30	(3.0)	219	(5.5)
20 and over.....	1274	14	(1.6)	281	(8.2)	13	(1.6)	5	(0.6)	300	(20.3)	92	(3.6)	31	(2.1)	278	(7.9)
2 and over...	2210	12	(1.3)	263	(6.6)	11	(1.3)	4	(0.5)	289	(18.2)	88	(3.1)	31	(1.9)	259	(6.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	247	(7.9)	16	(4.3)	7	(1.7)	275	(17.7)	86	(16.4)	31	(5.0)	240	(9.6)
20 and over.....	610	27	(2.3)	324	(8.4)	27	(2.0)	8	(0.7)	312	(12.3)	100	(5.8)	32	(1.9)	328	(8.0)
2 and over...	985	25	(2.2)	306	(7.2)	24	(2.2)	8	(0.7)	306	(10.4)	98	(4.5)	32	(1.7)	306	(7.7)
Hispanic:																	
2 - 19.....	963	11	(1.0)	250	(4.1)	8	(1.1)	3	(0.4)	243	(12.0)	80	(8.1)	33	(3.6)	250	(5.1)
20 and over.....	932	20	(2.5)	315	(8.2)	21	(2.9)	7	(0.9)	313	(17.1)	104	(5.5)	33	(1.1)	316	(9.3)
2 and over...	1895	17	(1.7)	292	(5.1)	17	(2.0)	6	(0.7)	297	(13.3)	99	(5.7)	33	(1.2)	291	(5.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

I r o n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	14.1	(0.33)	0.7	(0.11)	5	(0.8)	13.3	(1.05)	3.7	(0.40)	28	(1.9)	14.3	(0.34)
20 and over.....	1842	25	(1.4)	16.0	(0.28)	1.5	(0.11)	9	(0.7)	16.1	(0.50)	5.7	(0.22)	36	(1.7)	16.0	(0.33)
2 and over...	2532	24	(1.5)	15.6	(0.23)	1.3	(0.11)	8	(0.7)	15.6	(0.45)	5.4	(0.22)	35	(1.5)	15.6	(0.29)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	13.8	(0.36)	0.3	(0.04)	2	(0.3)	13.1	(1.03)	4.3	(0.39)	33	(1.8)	13.8	(0.37)
20 and over.....	1274	14	(1.6)	14.0	(0.27)	0.7	(0.09)	5	(0.7)	14.1	(0.80)	4.7	(0.30)	34	(2.1)	14.0	(0.30)
2 and over...	2210	12	(1.3)	13.9	(0.26)	0.6	(0.07)	4	(0.6)	13.9	(0.64)	4.7	(0.25)	34	(1.8)	13.9	(0.27)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	13.1	(0.52)	0.8	(0.24)	6	(1.8)	13.3	(1.10)	4.5	(1.00)	34	(5.9)	13.1	(0.56)
20 and over.....	610	27	(2.3)	14.5	(0.41)	1.3	(0.11)	9	(0.8)	14.8	(1.08)	4.9	(0.28)	33	(2.5)	14.4	(0.33)
2 and over...	985	25	(2.2)	14.2	(0.29)	1.2	(0.11)	8	(0.8)	14.5	(0.86)	4.8	(0.23)	33	(2.1)	14.0	(0.28)
Hispanic:																	
2 - 19.....	963	11	(1.0)	15.6	(0.41)	0.6	(0.09)	4	(0.6)	14.7	(0.85)	5.3	(0.74)	36	(4.6)	15.8	(0.45)
20 and over.....	932	20	(2.5)	16.7	(0.61)	1.1	(0.16)	7	(1.0)	14.9	(0.84)	5.5	(0.32)	37	(2.0)	17.2	(0.72)
2 and over...	1895	17	(1.7)	16.3	(0.40)	0.9	(0.12)	6	(0.7)	14.9	(0.66)	5.5	(0.37)	37	(2.1)	16.6	(0.45)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Z i n c

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	10.4	(0.35)	0.7	(0.17)	7	(1.5)	10.8	(1.03)	3.6	(0.63)	33	(3.6)	10.3	(0.28)
20 and over.....	1842	25	(1.4)	11.7	(0.20)	1.2	(0.12)	11	(1.0)	12.3	(0.50)	4.9	(0.31)	40	(2.2)	11.5	(0.17)
2 and over...	2532	24	(1.5)	11.4	(0.18)	1.1	(0.12)	10	(1.0)	12.1	(0.48)	4.6	(0.30)	39	(2.0)	11.2	(0.16)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	9.3	(0.20)	0.3	(0.04)	3	(0.4)	9.7	(0.40)	3.7	(0.42)	38	(3.4)	9.3	(0.20)
20 and over.....	1274	14	(1.6)	10.5	(0.27)	0.6	(0.08)	6	(0.8)	11.2	(0.73)	4.4	(0.31)	39	(2.3)	10.4	(0.32)
2 and over...	2210	12	(1.3)	10.2	(0.21)	0.5	(0.06)	5	(0.7)	11.0	(0.58)	4.3	(0.25)	39	(1.9)	10.0	(0.25)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	9.6	(0.35)	0.7	(0.20)	7	(2.0)	10.2	(0.93)	3.8	(0.84)	37	(5.9)	9.5	(0.38)
20 and over.....	610	27	(2.3)	10.4	(0.22)	1.3	(0.12)	12	(1.1)	11.1	(0.66)	4.8	(0.45)	43	(3.1)	10.1	(0.22)
2 and over...	985	25	(2.2)	10.2	(0.15)	1.1	(0.10)	11	(1.0)	10.9	(0.51)	4.6	(0.33)	42	(2.6)	10.0	(0.17)
Hispanic:																	
2 - 19.....	963	11	(1.0)	10.4	(0.21)	0.4	(0.05)	4	(0.5)	10.4	(0.54)	3.8	(0.36)	36	(4.0)	10.4	(0.22)
20 and over.....	932	20	(2.5)	12.0	(0.43)	1.0	(0.16)	9	(1.5)	12.5	(0.68)	5.1	(0.33)	41	(2.5)	11.9	(0.55)
2 and over...	1895	17	(1.7)	11.5	(0.28)	0.8	(0.11)	7	(1.0)	12.0	(0.51)	4.8	(0.33)	40	(2.6)	11.3	(0.35)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	1.0	(0.03)	0.1*	(0.02)	7*	(2.1)	1.1	(0.13)	0.4	(0.10)	32	(6.5)	1.0	(0.02)
20 and over.....	1842	25	(1.4)	1.4	(0.07)	0.1	(0.01)	9	(0.7)	1.4	(0.04)	0.5	(0.03)	35	(1.5)	1.4	(0.09)
2 and over...	2532	24	(1.5)	1.3	(0.06)	0.1	(0.01)	8	(0.7)	1.3	(0.04)	0.5	(0.03)	34	(1.8)	1.3	(0.07)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	0.9	(0.02)	#		3	(0.4)	1.0	(0.04)	0.3	(0.03)	30	(3.3)	0.9	(0.03)
20 and over.....	1274	14	(1.6)	1.3	(0.03)	0.1	(0.01)	5	(0.8)	1.4	(0.14)	0.5	(0.07)	33	(3.9)	1.2	(0.03)
2 and over...	2210	12	(1.3)	1.1	(0.03)	0.1	(0.01)	5	(0.7)	1.4	(0.12)	0.4	(0.06)	32	(3.2)	1.1	(0.02)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	1.1	(0.03)	0.1	(0.02)	8	(1.8)	1.3	(0.09)	0.4	(0.08)	34	(6.1)	1.0	(0.04)
20 and over.....	610	27	(2.3)	1.4	(0.04)	0.1	(0.02)	10	(1.0)	1.5	(0.08)	0.5	(0.06)	35	(2.7)	1.4	(0.03)
2 and over...	985	25	(2.2)	1.4	(0.04)	0.1	(0.02)	9	(1.0)	1.4	(0.07)	0.5	(0.05)	35	(2.4)	1.3	(0.03)
Hispanic:																	
2 - 19.....	963	11	(1.0)	1.0	(0.03)	#		4	(0.5)	1.0	(0.06)	0.4	(0.04)	35	(4.1)	1.0	(0.04)
20 and over.....	932	20	(2.5)	1.3	(0.03)	0.1	(0.01)	7	(0.9)	1.3	(0.07)	0.4	(0.02)	34	(1.4)	1.3	(0.03)
2 and over...	1895	17	(1.7)	1.2	(0.02)	0.1	(0.01)	6	(0.7)	1.2	(0.06)	0.4	(0.02)	35	(1.3)	1.2	(0.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	98.9	(2.53)	8.4	(1.87)	9	(1.8)	102.4	(7.67)	42.4	(7.20)	41	(5.1)	98.0	(2.25)
20 and over.....	1842	25	(1.4)	112.1	(2.06)	13.5	(0.98)	12	(0.9)	123.0	(2.86)	53.1	(2.87)	43	(2.4)	108.4	(2.12)
2 and over...	2532	24	(1.5)	109.3	(1.78)	12.4	(0.94)	11	(0.9)	119.4	(2.57)	51.3	(2.84)	43	(2.4)	106.1	(1.77)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	92.9	(1.95)	3.1	(0.39)	3	(0.5)	111.0	(11.97)	43.6	(4.54)	39	(5.0)	91.5	(1.78)
20 and over.....	1274	14	(1.6)	115.3	(2.43)	7.5	(0.97)	7	(0.8)	128.2	(7.71)	54.0	(3.44)	42	(2.9)	113.2	(2.32)
2 and over...	2210	12	(1.3)	108.4	(1.93)	6.2	(0.75)	6	(0.7)	125.1	(7.55)	52.1	(2.89)	42	(2.8)	106.2	(1.69)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	99.6	(3.26)	9.0	(2.35)	9	(2.3)	109.2	(9.79)	47.3	(8.29)	43	(5.2)	97.4	(3.52)
20 and over.....	610	27	(2.3)	122.1	(3.68)	16.2	(1.50)	13	(1.1)	126.7	(6.00)	60.9	(4.88)	48	(2.9)	120.4	(4.08)
2 and over...	985	25	(2.2)	116.9	(2.88)	14.5	(1.45)	12	(1.2)	123.7	(5.09)	58.5	(4.00)	47	(2.5)	114.7	(3.11)
Hispanic:																	
2 - 19.....	963	11	(1.0)	100.1	(2.57)	5.0	(0.48)	5	(0.5)	105.2	(4.65)	46.9	(5.25)	45	(4.5)	99.5	(2.96)
20 and over.....	932	20	(2.5)	122.9	(3.09)	11.9	(1.62)	10	(1.4)	127.4	(6.07)	58.9	(3.14)	46	(1.9)	121.7	(3.67)
2 and over...	1895	17	(1.7)	114.9	(1.75)	9.5	(1.16)	8	(1.0)	122.5	(4.98)	56.3	(3.49)	46	(1.9)	113.4	(2.11)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	2287	(29.3)	127	(22.7)	6	(1.0)	2268	(110.9)	638	(83.4)	28	(2.8)	2291	(32.7)
20 and over.....	1842	25	(1.4)	2870	(57.4)	284	(18.4)	10	(0.6)	3020	(82.8)	1119	(39.8)	37	(1.5)	2818	(58.4)
2 and over...	2532	24	(1.5)	2746	(51.3)	251	(17.9)	9	(0.6)	2890	(76.6)	1036	(42.9)	36	(1.5)	2701	(52.7)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	2104	(33.8)	55	(8.0)	3	(0.4)	2367	(155.8)	764	(78.7)	32	(2.6)	2084	(36.0)
20 and over.....	1274	14	(1.6)	2462	(41.3)	128	(16.3)	5	(0.7)	2606	(154.6)	918	(36.1)	35	(2.2)	2438	(35.1)
2 and over...	2210	12	(1.3)	2352	(32.9)	106	(12.4)	4	(0.6)	2562	(139.8)	889	(35.5)	35	(1.8)	2324	(30.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	2233	(69.4)	134	(35.9)	6	(1.6)	2426	(150.3)	708	(134.2)	29	(4.6)	2188	(81.9)
20 and over.....	610	27	(2.3)	2673	(38.2)	255	(19.9)	10	(0.7)	2746	(105.3)	961	(52.2)	35	(2.2)	2646	(29.6)
2 and over...	985	25	(2.2)	2572	(29.6)	227	(20.2)	9	(0.8)	2690	(87.9)	916	(40.6)	34	(1.9)	2533	(26.9)
Hispanic:																	
2 - 19.....	963	11	(1.0)	2392	(41.4)	81	(10.1)	3	(0.4)	2187	(102.5)	769	(80.3)	35	(3.7)	2416	(51.0)
20 and over.....	932	20	(2.5)	2780	(54.2)	225	(32.8)	8	(1.2)	2819	(142.8)	1110	(77.1)	39	(1.7)	2771	(71.1)
2 and over...	1895	17	(1.7)	2645	(34.9)	175	(23.2)	7	(0.9)	2681	(112.0)	1036	(76.2)	39	(1.9)	2638	(45.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	3162	(80.0)	246	(39.5)	8	(1.2)	3167	(189.2)	1238	(133.4)	39	(3.4)	3161	(67.8)
20 and over.....	1842	25	(1.4)	3574	(40.8)	443	(34.2)	12	(0.9)	3825	(88.5)	1745	(77.8)	46	(1.9)	3488	(49.7)
2 and over...	2532	24	(1.5)	3487	(40.2)	401	(31.4)	12	(0.9)	3711	(85.1)	1657	(77.7)	45	(1.9)	3415	(41.5)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	3049	(64.0)	111	(13.1)	4	(0.5)	3641	(240.8)	1555	(129.9)	43	(2.2)	3004	(59.3)
20 and over.....	1274	14	(1.6)	3536	(72.4)	244	(30.7)	7	(0.9)	3871	(210.2)	1742	(102.7)	45	(3.1)	3482	(70.9)
2 and over...	2210	12	(1.3)	3387	(58.8)	203	(24.1)	6	(0.7)	3829	(193.1)	1708	(85.0)	45	(2.6)	3327	(57.3)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	2983	(128.6)	272	(76.7)	9	(2.4)	3370	(280.3)	1435	(255.1)	43	(5.7)	2893	(122.7)
20 and over.....	610	27	(2.3)	3827	(119.7)	521	(46.8)	14	(1.2)	4084	(180.8)	1964	(150.2)	48	(2.6)	3734	(162.1)
2 and over...	985	25	(2.2)	3633	(99.7)	464	(42.7)	13	(1.1)	3958	(148.7)	1871	(109.5)	47	(2.1)	3526	(126.9)
Hispanic:																	
2 - 19.....	963	11	(1.0)	3114	(74.0)	159	(19.7)	5	(0.6)	3419	(223.2)	1498	(188.5)	44	(5.3)	3078	(86.4)
20 and over.....	932	20	(2.5)	3654	(72.8)	346	(49.1)	9	(1.4)	3685	(146.0)	1710	(89.2)	46	(1.7)	3646	(91.2)
2 and over...	1895	17	(1.7)	3466	(53.8)	281	(33.8)	8	(1.0)	3627	(118.4)	1664	(93.9)	46	(2.1)	3434	(66.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Caffeine													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	42.4	(3.53)	3.0	(0.68)	7	(1.6)	40.7	(5.99)	15.2	(3.12)	37	(6.0)	42.8	(4.15)
20 and over.....	1842	25	(1.4)	205.1	(9.42)	14.7	(2.15)	7	(0.9)	215.1	(13.92)	58.1	(8.58)	27	(3.4)	201.6	(10.41)
2 and over...	2532	24	(1.5)	170.7	(8.27)	12.3	(1.68)	7	(0.8)	184.9	(12.99)	50.6	(7.20)	27	(3.1)	166.2	(8.59)
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	18.2	(2.13)	1.9*	(1.24)	11*	(6.1)	66.0	(16.31)	27.3*	(14.62)	--		14.6	(1.67)
20 and over.....	1274	14	(1.6)	78.4	(6.25)	3.3	(0.82)	4	(1.0)	105.3	(8.03)	23.7	(4.76)	22	(4.3)	74.0	(6.85)
2 and over...	2210	12	(1.3)	60.0	(5.31)	2.9	(0.75)	5	(1.1)	98.1	(7.28)	24.3	(4.84)	25	(4.5)	54.8	(5.43)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	23.0	(3.50)	1.3*	(0.49)	6*	(1.9)	27.3	(8.15)	6.8*	(2.63)	--		22.0	(3.15)
20 and over.....	610	27	(2.3)	107.9	(6.86)	6.4	(1.41)	6	(1.5)	110.2	(8.60)	24.3	(4.39)	22	(3.5)	107.0	(8.82)
2 and over...	985	25	(2.2)	88.4	(5.01)	5.3	(1.06)	6	(1.4)	95.6	(8.02)	21.2	(3.66)	22	(3.2)	86.0	(6.78)
Hispanic:																	
2 - 19.....	963	11	(1.0)	21.5	(1.99)	0.7	(0.18)	3	(0.9)	18.5	(3.22)	6.4	(1.82)	35	(8.0)	21.8	(2.07)
20 and over.....	932	20	(2.5)	114.1	(7.13)	5.8	(1.22)	5	(1.2)	107.7	(7.89)	28.6	(6.05)	27	(4.3)	115.8	(8.96)
2 and over...	1895	17	(1.7)	81.9	(4.86)	4.0	(0.79)	5	(1.1)	88.2	(5.96)	23.8	(4.73)	27	(4.1)	80.6	(6.03)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

A l c o h o l

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	20	(2.2)	--		--		--		--		--		--		--	
20 and over.....	1842	25	(1.4)	13.9	(1.39)	2.1	(0.40)	15	(2.5)	16.3	(1.63)	8.2	(1.46)	50	(5.5)	13.1	(1.61)
2 and over...	2532	24	(1.5)	--		--		--		--		--		--		--	
Non-Hispanic Black:																	
2 - 19.....	936	7	(1.1)	--		--		--		--		--		--		--	
20 and over.....	1274	14	(1.6)	10.7	(1.15)	1.1	(0.22)	10	(2.6)	15.1	(1.91)	7.6	(1.45)	--		10.0	(1.24)
2 and over...	2210	12	(1.3)	--		--		--		--		--		--		--	
Non-Hispanic Asian [7]:																	
2 - 19.....	375	19	(2.9)	--		--		--		--		--		--		--	
20 and over.....	610	27	(2.3)	6.8	(0.90)	1.4	(0.22)	21	(4.7)	11.2	(1.65)	5.3	(0.87)	--		5.2	(1.01)
2 and over...	985	25	(2.2)	--		--		--		--		--		--		--	
Hispanic:																	
2 - 19.....	963	11	(1.0)	--		--		--		--		--		--		--	
20 and over.....	932	20	(2.5)	7.5	(0.73)	0.9	(0.27)	12	(3.4)	11.8	(2.19)	4.5	(1.23)	--		6.4	(0.73)
2 and over...	1895	17	(1.7)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

[3] **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

[5] The weighted percentage of respondents in the race/ethnicity/age group who reported at least one food/beverage item from Full Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

[7] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2014).

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.

Salt adjustment is not applied to What We Eat in America, NHANES 2009-2010 and all subsequent surveys. Details available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Although alchohol 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012

Food energy																		
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	2084	(65.9)	86	(12.2)	4	(0.6)	2284	(85.5)	904	(78.2)	40	(3.0)	2063	(72.2)
20 and over.....	1680	15	(1.8)	2186	(50.9)	119	(12.0)	5	(0.6)	2133	(78.1)	790	(64.6)	37	(2.8)	2196	(54.3)
2 and over...	2762	14	(1.4)	2160	(50.3)	110	(8.7)	5	(0.5)	2160	(74.9)	811	(59.7)	38	(2.6)	2160	(54.1)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	1899	(39.5)	103	(15.2)	5	(0.8)	1970	(129.1)	767	(87.1)	39	(2.5)	1888	(41.6)
20 and over.....	1748	23	(1.2)	2135	(46.9)	203	(13.0)	10	(0.7)	2269	(52.7)	883	(32.9)	39	(1.4)	2094	(52.0)
2 and over...	2910	21	(1.1)	2077	(42.0)	179	(10.2)	9	(0.5)	2221	(51.0)	865	(32.6)	39	(1.4)	2040	(45.4)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	2010	(53.0)	132	(23.1)	7	(1.1)	1913	(105.8)	568	(62.4)	30	(2.4)	2040	(53.7)
20 and over.....	1053	32	(2.2)	2291	(50.4)	303	(25.4)	13	(1.0)	2382	(102.8)	952	(55.7)	40	(1.9)	2248	(45.1)
2 and over...	1765	30	(1.9)	2217	(46.6)	258	(23.6)	12	(1.0)	2286	(99.4)	873	(52.6)	38	(1.7)	2189	(39.6)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	1983	(22.8)	106	(9.8)	5	(0.5)	2001	(72.4)	688	(50.7)	34	(1.8)	1980	(22.2)
20 and over.....	4801	23	(1.3)	2191	(15.6)	206	(13.7)	9	(0.6)	2280	(41.8)	889	(29.5)	39	(1.3)	2164	(17.0)
2 and over...	7933	21	(1.2)	2139	(12.3)	181	(12.2)	8	(0.6)	2229	(42.1)	852	(30.6)	38	(1.3)	2114	(12.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

P r o t e i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	73.8	(3.04)	3.8	(0.68)	5	(0.9)	84.7	(4.14)	39.5	(4.56)	47	(4.2)	72.7	(3.26)
20 and over.....	1680	15	(1.8)	80.8	(1.83)	5.1	(0.51)	6	(0.7)	80.1	(3.73)	34.1	(3.12)	43	(3.1)	80.9	(1.72)
2 and over...	2762	14	(1.4)	79.0	(1.93)	4.8	(0.39)	6	(0.5)	80.9	(3.41)	35.0	(3.30)	43	(3.1)	78.7	(1.86)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	66.5	(2.59)	3.8	(0.78)	6	(1.2)	63.9	(6.79)	27.9	(4.66)	44	(3.3)	66.9	(2.78)
20 and over.....	1748	23	(1.2)	80.3	(1.77)	8.7	(0.50)	11	(0.7)	85.9	(2.07)	37.8	(1.45)	44	(1.5)	78.7	(1.97)
2 and over...	2910	21	(1.1)	77.0	(1.74)	7.5	(0.42)	10	(0.6)	82.4	(2.23)	36.2	(1.45)	44	(1.5)	75.5	(1.96)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	73.5	(2.40)	6.6	(1.49)	9	(1.9)	74.6	(4.72)	28.3	(4.39)	38	(4.5)	73.2	(2.72)
20 and over.....	1053	32	(2.2)	89.1	(1.70)	13.6	(1.10)	15	(1.2)	97.4	(3.51)	42.8	(2.61)	44	(2.6)	85.3	(2.07)
2 and over...	1765	30	(1.9)	85.1	(1.28)	11.8	(1.04)	14	(1.2)	92.8	(3.30)	39.8	(2.20)	43	(2.4)	81.8	(1.35)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	70.6	(0.94)	4.6	(0.60)	6	(0.8)	72.8	(3.09)	29.7	(3.10)	41	(3.1)	70.1	(0.86)
20 and over.....	4801	23	(1.3)	83.0	(0.75)	9.1	(0.54)	11	(0.6)	89.3	(1.69)	39.3	(1.23)	44	(1.4)	81.1	(0.84)
2 and over...	7933	21	(1.2)	79.9	(0.52)	8.0	(0.50)	10	(0.6)	86.3	(1.49)	37.5	(1.34)	43	(1.5)	78.2	(0.52)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Carbohydrate: *All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	274	(6.1)	10	(1.4)	4	(0.5)	300	(13.0)	107	(8.9)	35	(3.0)	272	(6.6)
20 and over.....	1680	15	(1.8)	272	(5.5)	13	(1.5)	5	(0.6)	264	(10.4)	83	(7.0)	32	(2.6)	274	(5.7)
2 and over...	2762	14	(1.4)	273	(5.1)	12	(1.1)	4	(0.4)	271	(10.7)	88	(6.6)	32	(2.4)	273	(5.5)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	259	(5.0)	13	(1.9)	5	(0.7)	279	(12.9)	96	(9.1)	35	(2.7)	256	(5.2)
20 and over.....	1748	23	(1.2)	259	(5.1)	21	(1.5)	8	(0.6)	262	(5.9)	90	(3.8)	34	(1.3)	259	(5.9)
2 and over...	2910	21	(1.1)	259	(4.5)	19	(1.2)	7	(0.5)	264	(5.6)	91	(4.0)	34	(1.3)	258	(4.8)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	266	(6.1)	15	(2.5)	6	(0.9)	253	(12.2)	65	(7.5)	26	(2.1)	269	(6.4)
20 and over.....	1053	32	(2.2)	271	(6.3)	29	(2.9)	11	(1.0)	265	(12.0)	91	(8.0)	34	(2.3)	273	(6.4)
2 and over...	1765	30	(1.9)	269	(5.7)	25	(2.7)	9	(1.0)	263	(11.4)	85	(7.6)	33	(2.1)	272	(5.6)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	265	(2.3)	13	(1.2)	5	(0.4)	270	(8.4)	82	(5.7)	31	(1.6)	264	(2.3)
20 and over.....	4801	23	(1.3)	266	(2.4)	21	(1.5)	8	(0.6)	263	(5.0)	89	(3.8)	34	(1.4)	267	(2.7)
2 and over...	7933	21	(1.2)	266	(1.9)	19	(1.3)	7	(0.5)	264	(4.9)	88	(3.9)	33	(1.3)	266	(2.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total sugars: All Individuals [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	130	(3.2)	4	(0.6)	3	(0.5)	144	(7.9)	42	(3.8)	29	(2.5)	128	(3.6)
20 and over.....	1680	15	(1.8)	124	(3.5)	5	(0.7)	4	(0.5)	122	(9.3)	31	(5.1)	25	(3.4)	124	(3.3)
2 and over...	2762	14	(1.4)	125	(2.9)	4	(0.5)	4	(0.4)	126	(8.7)	33	(4.6)	26	(3.0)	125	(2.9)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	127	(3.0)	6	(1.1)	5	(0.9)	143	(8.1)	47	(4.7)	33	(2.9)	125	(3.4)
20 and over.....	1748	23	(1.2)	114	(3.1)	7	(0.6)	6	(0.6)	113	(4.1)	31	(2.4)	28	(1.7)	114	(3.7)
2 and over...	2910	21	(1.1)	117	(2.6)	7	(0.7)	6	(0.6)	118	(4.2)	34	(2.7)	29	(1.8)	117	(3.2)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	128	(3.6)	5	(0.9)	4	(0.7)	123	(5.6)	21	(3.7)	17	(2.7)	129	(4.2)
20 and over.....	1053	32	(2.2)	117	(3.2)	9	(1.4)	8	(1.1)	109	(6.5)	28	(4.0)	26	(2.9)	120	(2.8)
2 and over...	1765	30	(1.9)	120	(3.0)	8	(1.2)	7	(0.9)	112	(5.9)	27	(3.8)	24	(2.7)	123	(2.9)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	128	(1.8)	5	(0.5)	4	(0.4)	133	(4.4)	34	(2.6)	25	(1.6)	127	(1.8)
20 and over.....	4801	23	(1.3)	117	(1.4)	7	(0.6)	6	(0.5)	113	(2.8)	30	(2.0)	26	(1.6)	119	(1.6)
2 and over...	7933	21	(1.2)	120	(1.3)	6	(0.6)	5	(0.5)	117	(2.8)	30	(1.9)	26	(1.5)	121	(1.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Dietary fiber																	
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	14.7	(0.34)	0.6	(0.10)	4	(0.7)	15.4	(0.95)	5.9	(0.71)	38	(3.9)	14.6	(0.35)
20 and over.....	1680	15	(1.8)	17.0	(0.36)	0.9	(0.16)	5	(0.9)	16.2	(0.88)	5.8	(0.44)	36	(1.8)	17.1	(0.33)
2 and over...	2762	14	(1.4)	16.4	(0.30)	0.8	(0.12)	5	(0.7)	16.1	(0.80)	5.8	(0.40)	36	(1.8)	16.4	(0.28)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	13.8	(0.43)	0.5	(0.06)	4	(0.5)	12.9	(0.62)	4.0	(0.55)	31	(4.2)	14.0	(0.47)
20 and over.....	1748	23	(1.2)	17.7	(0.35)	1.5	(0.13)	8	(0.7)	17.8	(0.53)	6.5	(0.31)	36	(2.0)	17.7	(0.42)
2 and over...	2910	21	(1.1)	16.8	(0.30)	1.3	(0.10)	8	(0.6)	17.1	(0.47)	6.1	(0.34)	36	(2.1)	16.7	(0.36)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	15.0	(0.38)	0.9	(0.17)	6	(1.0)	14.8	(1.03)	3.8	(0.48)	26	(2.3)	15.0	(0.39)
20 and over.....	1053	32	(2.2)	20.0	(0.68)	2.2	(0.20)	11	(1.0)	20.2	(0.95)	6.8	(0.56)	34	(2.5)	19.9	(0.87)
2 and over...	1765	30	(1.9)	18.7	(0.52)	1.8	(0.17)	10	(0.9)	19.1	(0.89)	6.2	(0.47)	33	(2.0)	18.5	(0.68)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	14.4	(0.18)	0.6	(0.06)	5	(0.4)	14.2	(0.57)	4.2	(0.34)	30	(2.0)	14.4	(0.24)
20 and over.....	4801	23	(1.3)	18.1	(0.35)	1.5	(0.10)	8	(0.5)	18.5	(0.53)	6.5	(0.23)	35	(1.4)	18.0	(0.35)
2 and over...	7933	21	(1.2)	17.2	(0.28)	1.3	(0.09)	8	(0.5)	17.7	(0.46)	6.1	(0.23)	34	(1.4)	17.1	(0.29)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Total fat																	
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	78.6	(3.46)	3.4	(0.52)	4	(0.7)	83.9	(3.57)	36.0	(3.81)	43	(3.8)	78.0	(3.95)
20 and over.....	1680	15	(1.8)	80.2	(2.14)	4.8	(0.49)	6	(0.7)	77.3	(3.02)	32.3	(2.23)	42	(2.4)	80.7	(2.23)
2 and over...	2762	14	(1.4)	79.8	(2.34)	4.5	(0.35)	6	(0.5)	78.5	(2.70)	32.9	(2.00)	42	(2.2)	80.0	(2.48)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	68.1	(1.68)	4.1	(0.59)	6	(0.8)	69.0	(7.71)	30.5	(4.20)	44	(2.2)	68.0	(1.66)
20 and over.....	1748	23	(1.2)	81.3	(2.08)	8.6	(0.59)	11	(0.7)	90.3	(3.49)	37.4	(1.57)	41	(2.0)	78.7	(2.10)
2 and over...	2910	21	(1.1)	78.1	(1.85)	7.5	(0.45)	10	(0.6)	86.9	(3.44)	36.3	(1.37)	42	(1.8)	75.8	(1.89)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	75.5	(2.65)	5.1	(0.95)	7	(1.3)	69.4	(5.68)	21.8	(2.72)	31	(2.7)	77.3	(2.64)
20 and over.....	1053	32	(2.2)	86.1	(2.55)	12.3	(1.17)	14	(1.2)	91.8	(5.43)	38.7	(2.57)	42	(2.0)	83.5	(2.17)
2 and over...	1765	30	(1.9)	83.4	(2.42)	10.4	(1.05)	12	(1.2)	87.2	(5.19)	35.3	(2.31)	40	(1.8)	81.7	(2.11)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	73.3	(1.42)	4.1	(0.36)	6	(0.5)	72.2	(3.81)	26.9	(2.24)	37	(2.0)	73.5	(1.45)
20 and over.....	4801	23	(1.3)	82.2	(0.77)	8.5	(0.59)	10	(0.7)	88.0	(2.36)	36.6	(1.23)	42	(1.5)	80.5	(0.68)
2 and over...	7933	21	(1.2)	80.0	(0.75)	7.4	(0.51)	9	(0.6)	85.1	(2.47)	34.8	(1.25)	41	(1.4)	78.6	(0.72)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Saturated fat																	
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	26.6	(0.94)	1.1	(0.21)	4	(0.8)	29.2	(1.55)	11.8	(1.72)	40	(4.8)	26.3	(1.06)
20 and over.....	1680	15	(1.8)	26.5	(0.81)	1.4	(0.16)	5	(0.6)	24.8	(1.19)	9.6	(0.96)	39	(3.6)	26.8	(0.90)
2 and over...	2762	14	(1.4)	26.5	(0.80)	1.4	(0.11)	5	(0.4)	25.6	(1.09)	10.0	(0.81)	39	(3.0)	26.6	(0.89)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	23.8	(0.67)	1.2	(0.15)	5	(0.7)	23.3	(2.52)	9.1	(1.31)	39	(2.8)	23.9	(0.73)
20 and over.....	1748	23	(1.2)	26.1	(0.76)	2.6	(0.17)	10	(0.7)	28.9	(1.22)	11.1	(0.52)	38	(1.9)	25.2	(0.82)
2 and over...	2910	21	(1.1)	25.5	(0.69)	2.2	(0.13)	9	(0.5)	28.0	(1.20)	10.8	(0.46)	39	(1.7)	24.9	(0.74)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	26.5	(1.00)	1.8	(0.36)	7	(1.4)	23.1	(1.65)	7.7	(1.07)	33	(3.4)	27.6	(1.04)
20 and over.....	1053	32	(2.2)	27.4	(0.98)	3.9	(0.37)	14	(1.2)	29.4	(1.88)	12.3	(0.92)	42	(2.2)	26.5	(0.92)
2 and over...	1765	30	(1.9)	27.2	(0.92)	3.4	(0.35)	12	(1.2)	28.1	(1.73)	11.4	(0.85)	41	(2.0)	26.8	(0.90)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	25.4	(0.49)	1.3	(0.13)	5	(0.5)	24.4	(1.29)	8.7	(0.78)	36	(2.0)	25.5	(0.47)
20 and over.....	4801	23	(1.3)	26.5	(0.36)	2.6	(0.19)	10	(0.7)	28.2	(0.95)	11.2	(0.40)	40	(1.7)	25.9	(0.39)
2 and over...	7933	21	(1.2)	26.2	(0.35)	2.3	(0.17)	9	(0.6)	27.5	(0.93)	10.7	(0.42)	39	(1.5)	25.8	(0.37)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Full Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake g	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants g	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Monounsaturated fat																	
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	27.2	(1.38)	1.2	(0.19)	4	(0.8)	28.7	(1.40)	12.7	(1.32)	44	(3.8)	27.0	(1.58)
20 and over.....	1680	15	(1.8)	28.3	(0.71)	1.7	(0.16)	6	(0.6)	27.4	(1.23)	11.5	(0.91)	42	(2.6)	28.5	(0.71)
2 and over...	2762	14	(1.4)	28.0	(0.81)	1.6	(0.12)	6	(0.5)	27.6	(1.07)	11.7	(0.82)	42	(2.4)	28.1	(0.84)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	23.3	(0.68)	1.4	(0.18)	6	(0.8)	23.3	(2.80)	10.2	(1.56)	44	(2.2)	23.3	(0.68)
20 and over.....	1748	23	(1.2)	29.1	(0.76)	3.1	(0.22)	11	(0.7)	32.2	(1.34)	13.6	(0.65)	42	(1.8)	28.2	(0.75)
2 and over...	2910	21	(1.1)	27.7	(0.69)	2.7	(0.17)	10	(0.6)	30.8	(1.27)	13.1	(0.55)	42	(1.6)	26.9	(0.70)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	26.4	(0.98)	1.8	(0.35)	7	(1.3)	24.1	(2.42)	7.6	(1.03)	32	(2.5)	27.1	(0.94)
20 and over.....	1053	32	(2.2)	31.1	(0.90)	4.2	(0.41)	14	(1.2)	33.7	(2.12)	13.3	(0.88)	40	(2.1)	29.9	(0.76)
2 and over...	1765	30	(1.9)	29.9	(0.86)	3.6	(0.37)	12	(1.2)	31.7	(2.08)	12.2	(0.81)	38	(1.8)	29.1	(0.72)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	25.4	(0.53)	1.4	(0.13)	6	(0.5)	24.8	(1.52)	9.2	(0.80)	37	(1.9)	25.5	(0.52)
20 and over.....	4801	23	(1.3)	29.4	(0.30)	3.0	(0.20)	10	(0.7)	31.7	(0.90)	13.0	(0.43)	41	(1.4)	28.7	(0.26)
2 and over...	7933	21	(1.2)	28.4	(0.27)	2.6	(0.18)	9	(0.6)	30.4	(0.93)	12.3	(0.45)	40	(1.3)	27.9	(0.24)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Full Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake g	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants g	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Polyunsaturated fat																	
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	18.4	(1.18)	0.8	(0.11)	4	(0.6)	18.9	(0.77)	8.6	(0.91)	45	(3.8)	18.3	(1.30)
20 and over.....	1680	15	(1.8)	18.8	(0.65)	1.3	(0.16)	7	(1.0)	18.9	(0.69)	8.5	(0.38)	45	(1.5)	18.8	(0.68)
2 and over...	2762	14	(1.4)	18.7	(0.73)	1.2	(0.11)	6	(0.8)	18.9	(0.59)	8.5	(0.35)	45	(1.4)	18.7	(0.78)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	15.5	(0.51)	1.2	(0.21)	7	(1.3)	16.7	(1.97)	8.6	(1.23)	51	(2.5)	15.3	(0.46)
20 and over.....	1748	23	(1.2)	19.6	(0.52)	2.2	(0.19)	11	(1.0)	22.1	(1.01)	9.7	(0.56)	44	(3.0)	18.8	(0.52)
2 and over...	2910	21	(1.1)	18.6	(0.43)	2.0	(0.14)	11	(0.8)	21.2	(0.94)	9.5	(0.46)	45	(2.8)	17.9	(0.44)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	16.4	(0.65)	1.1	(0.19)	6	(1.2)	16.5	(1.44)	4.5	(0.56)	28	(3.2)	16.4	(0.73)
20 and over.....	1053	32	(2.2)	20.6	(0.61)	3.1	(0.35)	15	(1.5)	21.2	(1.27)	9.7	(0.76)	46	(2.0)	20.3	(0.54)
2 and over...	1765	30	(1.9)	19.5	(0.56)	2.6	(0.29)	13	(1.3)	20.2	(1.17)	8.7	(0.67)	43	(2.1)	19.2	(0.50)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	16.6	(0.48)	1.0	(0.09)	6	(0.5)	17.0	(0.85)	6.6	(0.61)	39	(2.7)	16.5	(0.55)
20 and over.....	4801	23	(1.3)	19.7	(0.20)	2.2	(0.15)	11	(0.8)	21.0	(0.45)	9.4	(0.35)	45	(1.6)	19.2	(0.23)
2 and over...	7933	21	(1.2)	18.9	(0.21)	1.9	(0.13)	10	(0.7)	20.3	(0.52)	8.9	(0.34)	44	(1.5)	18.5	(0.25)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Cholesterol																	
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	256	(18.0)	15	(3.6)	6	(1.5)	328	(27.0)	159	(25.9)	49	(6.9)	249	(20.4)
20 and over.....	1680	15	(1.8)	281	(5.8)	26	(2.8)	9	(1.0)	338	(25.2)	172	(20.2)	51	(3.5)	271	(6.5)
2 and over...	2762	14	(1.4)	275	(6.8)	23	(2.1)	8	(0.7)	336	(20.3)	170	(18.3)	50	(3.6)	265	(7.2)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	203	(9.8)	13	(2.7)	6	(1.2)	190	(30.9)	93	(18.2)	49	(4.1)	205	(10.3)
20 and over.....	1748	23	(1.2)	279	(10.0)	40	(3.7)	14	(1.2)	321	(17.0)	176	(15.3)	55	(2.8)	266	(9.9)
2 and over...	2910	21	(1.1)	260	(9.0)	34	(2.9)	13	(1.0)	300	(15.4)	162	(12.7)	54	(2.5)	250	(9.2)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	223	(10.2)	21	(6.0)	10	(2.7)	229	(16.5)	92	(19.8)	40	(7.1)	221	(12.3)
20 and over.....	1053	32	(2.2)	288	(9.6)	51	(6.7)	18	(2.0)	332	(18.2)	161	(15.0)	49	(2.8)	267	(8.7)
2 and over...	1765	30	(1.9)	271	(8.1)	43	(5.4)	16	(1.8)	311	(15.1)	147	(12.4)	47	(2.7)	254	(7.8)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	224	(5.9)	16	(2.6)	7	(1.1)	236	(13.9)	103	(14.0)	44	(4.3)	222	(6.1)
20 and over.....	4801	23	(1.3)	282	(3.6)	39	(2.7)	14	(0.9)	326	(6.6)	167	(7.4)	51	(2.0)	268	(3.5)
2 and over...	7933	21	(1.2)	267	(3.3)	33	(2.2)	12	(0.8)	310	(6.5)	156	(6.9)	50	(1.8)	256	(3.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

				Vitamin A (RAE)													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	602	(31.4)	23	(6.2)	4	(1.0)	696	(105.0)	243	(49.7)	35	(4.4)	592	(31.7)
20 and over.....	1680	15	(1.8)	575	(29.5)	32	(5.4)	6	(0.8)	609	(57.7)	214	(13.5)	35	(2.6)	569	(27.2)
2 and over...	2762	14	(1.4)	582	(27.1)	30	(4.4)	5	(0.6)	624	(59.2)	219	(14.4)	35	(2.2)	575	(25.5)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	555	(19.6)	17	(2.1)	3	(0.4)	454	(55.6)	128	(18.6)	28	(3.4)	570	(20.8)
20 and over.....	1748	23	(1.2)	655	(33.9)	57	(7.0)	9	(0.9)	634	(25.0)	247	(20.9)	39	(2.9)	661	(42.8)
2 and over...	2910	21	(1.1)	630	(27.1)	47	(5.2)	8	(0.7)	605	(20.1)	228	(18.0)	38	(2.8)	637	(33.6)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	656	(20.3)	27	(4.4)	4	(0.7)	697	(42.7)	116	(13.7)	17	(1.8)	643	(26.1)
20 and over.....	1053	32	(2.2)	812	(69.5)	89	(11.4)	11	(1.6)	772	(44.3)	280	(34.9)	36	(3.7)	831	(99.2)
2 and over...	1765	30	(1.9)	771	(53.4)	73	(8.5)	9	(1.2)	757	(40.5)	246	(26.8)	33	(2.8)	778	(71.5)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	597	(10.2)	22	(2.2)	4	(0.4)	611	(34.0)	140	(14.9)	23	(2.1)	595	(13.6)
20 and over.....	4801	23	(1.3)	674	(38.0)	58	(7.0)	9	(0.9)	682	(30.3)	251	(21.6)	37	(2.3)	672	(45.5)
2 and over...	7933	21	(1.2)	655	(29.8)	49	(5.3)	7	(0.7)	669	(26.7)	231	(16.9)	34	(1.9)	651	(34.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

				Beta carotene											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	1156	(109.4)	42*	(13.8)	4	(1.1)	1413*	(441.0)	442*	(141.3)	31*	(11.4)	1129	(105.4)
20 and over.....	1680	15	(1.8)	1808	(182.8)	131*	(43.7)	7*	(2.3)	2180	(484.7)	873	(209.1)	40	(10.0)	1742	(139.6)
2 and over...	2762	14	(1.4)	1641	(146.2)	108*	(33.8)	7	(1.9)	2042	(426.4)	796	(179.9)	39	(8.6)	1578	(107.8)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	1060	(82.3)	58	(17.4)	6	(1.6)	1143	(313.9)	432	(119.5)	38*	(12.2)	1047	(82.0)
20 and over.....	1748	23	(1.2)	2697	(328.6)	326	(61.5)	12	(1.8)	2888	(295.6)	1417	(214.6)	49	(5.9)	2641	(407.7)
2 and over...	2910	21	(1.1)	2298	(256.4)	261	(46.5)	11	(1.6)	2610	(223.7)	1260	(187.1)	48	(5.9)	2217	(311.4)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	1390	(146.7)	69	(15.7)	5	(1.1)	1806	(318.8)	299	(65.1)	17	(3.9)	1264	(133.6)
20 and over.....	1053	32	(2.2)	2949	(265.4)	398	(62.5)	13	(1.8)	2967	(308.4)	1251	(201.7)	42	(4.5)	2940	(362.4)
2 and over...	1765	30	(1.9)	2541	(216.1)	312	(46.3)	12	(1.4)	2729	(276.5)	1056	(153.4)	39	(3.6)	2463	(275.1)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	1180	(71.6)	56	(9.1)	5	(0.7)	1490	(179.0)	363	(63.2)	24	(3.5)	1123	(70.3)
20 and over.....	4801	23	(1.3)	2500	(181.7)	286	(36.9)	11	(1.2)	2763	(236.4)	1229	(127.3)	44	(3.8)	2420	(214.1)
2 and over...	7933	21	(1.2)	2169	(146.2)	228	(27.9)	11	(1.0)	2531	(188.0)	1071	(103.3)	42	(3.4)	2071	(166.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

L y c o p e n e

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	5662	(492.7)	224	(49.3)	4	(0.9)	6196	(1394.9)	2349	(482.9)	38	(10.7)	5605	(569.5)
20 and over.....	1680	15	(1.8)	5338	(321.6)	255	(47.9)	5	(0.9)	4115	(543.4)	1699	(306.4)	41	(7.7)	5554	(388.1)
2 and over...	2762	14	(1.4)	5421	(329.4)	247	(38.8)	5	(0.8)	4488	(547.5)	1815	(282.0)	40	(7.2)	5568	(399.1)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	5120	(606.2)	337	(90.2)	7	(1.8)	5449	(1459.6)	2502	(667.9)	46	(6.7)	5068	(653.0)
20 and over.....	1748	23	(1.2)	4866	(245.5)	603	(107.1)	12	(2.2)	5072	(521.8)	2622	(434.2)	52	(5.9)	4805	(279.1)
2 and over...	2910	21	(1.1)	4928	(265.4)	539	(83.0)	11	(1.9)	5132	(456.2)	2603	(398.2)	51	(5.9)	4875	(306.2)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	5116	(613.7)	646*	(235.3)	13	(3.6)	5080	(1137.3)	2784*	(935.3)	55	(12.0)	5127	(583.1)
20 and over.....	1053	32	(2.2)	5860	(425.0)	801	(93.4)	14	(1.7)	6184	(980.7)	2520	(281.9)	41	(6.0)	5709	(521.3)
2 and over...	1765	30	(1.9)	5666	(294.0)	760	(104.3)	13	(1.8)	5957	(814.8)	2574	(324.7)	43	(6.3)	5544	(364.4)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	5225	(350.7)	391	(83.9)	7	(1.5)	5293	(808.9)	2530	(525.0)	48	(6.5)	5212	(354.4)
20 and over.....	4801	23	(1.3)	5279	(171.5)	559	(61.5)	11	(1.1)	5384	(485.7)	2407	(218.8)	45	(4.1)	5247	(195.7)
2 and over...	7933	21	(1.2)	5265	(169.4)	517	(53.8)	10	(1.1)	5367	(394.9)	2429	(204.2)	45	(3.8)	5238	(214.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

T h i a m i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	1.61	(0.042)	0.07	(0.011)	4	(0.7)	1.66	(0.092)	0.69	(0.079)	41	(4.1)	1.61	(0.050)
20 and over.....	1680	15	(1.8)	1.62	(0.041)	0.08	(0.008)	5	(0.5)	1.51	(0.058)	0.53	(0.048)	35	(3.0)	1.64	(0.046)
2 and over...	2762	14	(1.4)	1.62	(0.037)	0.08	(0.005)	5	(0.3)	1.54	(0.047)	0.56	(0.044)	36	(2.9)	1.63	(0.042)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	1.48	(0.050)	0.06	(0.007)	4	(0.5)	1.33	(0.127)	0.43	(0.076)	32	(4.6)	1.51	(0.050)
20 and over.....	1748	23	(1.2)	1.59	(0.041)	0.13	(0.012)	8	(0.7)	1.56	(0.053)	0.58	(0.030)	37	(1.5)	1.60	(0.043)
2 and over...	2910	21	(1.1)	1.57	(0.039)	0.12	(0.009)	7	(0.6)	1.52	(0.055)	0.56	(0.033)	37	(1.8)	1.58	(0.040)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	1.58	(0.039)	0.09	(0.014)	6	(0.9)	1.54	(0.125)	0.38	(0.047)	25	(2.2)	1.59	(0.046)
20 and over.....	1053	32	(2.2)	1.74	(0.044)	0.22	(0.018)	13	(1.0)	1.82	(0.055)	0.70	(0.049)	38	(2.5)	1.70	(0.049)
2 and over...	1765	30	(1.9)	1.70	(0.035)	0.19	(0.016)	11	(0.9)	1.76	(0.055)	0.63	(0.037)	36	(2.0)	1.67	(0.037)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	1.55	(0.024)	0.07	(0.005)	4	(0.4)	1.49	(0.081)	0.44	(0.040)	30	(2.2)	1.56	(0.024)
20 and over.....	4801	23	(1.3)	1.64	(0.018)	0.14	(0.010)	9	(0.5)	1.65	(0.034)	0.62	(0.025)	37	(1.3)	1.64	(0.017)
2 and over...	7933	21	(1.2)	1.62	(0.015)	0.12	(0.008)	8	(0.5)	1.62	(0.033)	0.59	(0.023)	36	(1.3)	1.62	(0.014)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	2.09	(0.144)	0.07	(0.013)	3	(0.8)	2.11	(0.136)	0.71	(0.088)	34	(4.2)	2.08	(0.157)
20 and over.....	1680	15	(1.8)	2.02	(0.061)	0.09	(0.011)	4	(0.5)	1.89	(0.103)	0.59	(0.055)	31	(3.0)	2.04	(0.060)
2 and over...	2762	14	(1.4)	2.03	(0.075)	0.08	(0.007)	4	(0.3)	1.93	(0.093)	0.61	(0.050)	32	(2.9)	2.05	(0.079)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	1.85	(0.037)	0.06	(0.007)	3	(0.4)	1.57	(0.104)	0.45	(0.060)	29	(2.5)	1.90	(0.046)
20 and over.....	1748	23	(1.2)	2.14	(0.051)	0.16	(0.011)	7	(0.5)	2.18	(0.052)	0.69	(0.031)	32	(1.1)	2.13	(0.060)
2 and over...	2910	21	(1.1)	2.07	(0.043)	0.13	(0.008)	6	(0.4)	2.08	(0.049)	0.65	(0.028)	31	(0.9)	2.07	(0.050)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	2.10	(0.055)	0.09	(0.017)	4	(0.7)	2.08	(0.124)	0.40	(0.053)	19	(2.1)	2.11	(0.070)
20 and over.....	1053	32	(2.2)	2.39	(0.062)	0.23	(0.022)	10	(0.8)	2.30	(0.095)	0.74	(0.049)	32	(2.0)	2.43	(0.063)
2 and over...	1765	30	(1.9)	2.31	(0.049)	0.20	(0.019)	9	(0.7)	2.26	(0.087)	0.67	(0.043)	30	(1.6)	2.34	(0.046)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	2.00	(0.032)	0.07	(0.007)	4	(0.4)	1.91	(0.076)	0.46	(0.043)	24	(2.1)	2.01	(0.038)
20 and over.....	4801	23	(1.3)	2.17	(0.029)	0.16	(0.011)	7	(0.5)	2.17	(0.042)	0.68	(0.022)	32	(1.0)	2.17	(0.033)
2 and over...	7933	21	(1.2)	2.13	(0.025)	0.14	(0.009)	6	(0.4)	2.12	(0.040)	0.64	(0.022)	30	(1.0)	2.13	(0.028)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	24.2	(1.88)	1.1	(0.20)	4	(0.8)	25.7	(2.33)	11.3	(1.44)	44	(3.3)	24.1	(1.93)
20 and over.....	1680	15	(1.8)	25.3	(0.88)	1.3	(0.12)	5	(0.5)	23.0	(1.16)	8.6	(0.84)	37	(2.1)	25.7	(0.84)
2 and over...	2762	14	(1.4)	25.1	(1.08)	1.2	(0.10)	5	(0.4)	23.5	(1.34)	9.1	(0.95)	39	(2.2)	25.3	(1.06)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	20.5	(0.67)	1.0	(0.22)	5	(1.1)	19.8	(2.16)	7.7	(1.40)	39	(3.3)	20.7	(0.79)
20 and over.....	1748	23	(1.2)	25.3	(0.68)	2.3	(0.16)	9	(0.7)	25.7	(1.24)	10.1	(0.49)	39	(1.5)	25.2	(0.69)
2 and over...	2910	21	(1.1)	24.1	(0.60)	2.0	(0.12)	8	(0.6)	24.8	(1.12)	9.8	(0.47)	39	(1.4)	24.0	(0.66)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	22.0	(0.83)	1.7	(0.36)	8	(1.5)	22.0	(1.91)	7.5	(1.15)	34	(3.3)	22.0	(0.89)
20 and over.....	1053	32	(2.2)	28.1	(0.74)	3.8	(0.29)	13	(1.0)	29.5	(1.30)	11.8	(0.67)	40	(2.4)	27.4	(0.68)
2 and over...	1765	30	(1.9)	26.5	(0.56)	3.2	(0.27)	12	(0.9)	28.0	(1.25)	10.9	(0.57)	39	(2.0)	25.9	(0.41)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	22.1	(0.51)	1.3	(0.15)	6	(0.6)	21.8	(1.21)	8.1	(0.84)	37	(2.4)	22.1	(0.52)
20 and over.....	4801	23	(1.3)	26.1	(0.32)	2.5	(0.16)	9	(0.6)	26.7	(0.71)	10.6	(0.41)	40	(1.4)	25.9	(0.31)
2 and over...	7933	21	(1.2)	25.1	(0.29)	2.2	(0.14)	9	(0.5)	25.8	(0.65)	10.1	(0.40)	39	(1.2)	24.9	(0.28)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Vitamin B6															
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	1.95	(0.147)	0.08	(0.018)	4	(0.9)	2.11	(0.214)	0.80	(0.136)	38	(4.4)	1.94	(0.154)
20 and over.....	1680	15	(1.8)	2.07	(0.080)	0.11	(0.010)	5	(0.5)	1.94	(0.102)	0.71	(0.067)	37	(2.2)	2.09	(0.084)
2 and over...	2762	14	(1.4)	2.04	(0.086)	0.10	(0.008)	5	(0.4)	1.97	(0.116)	0.73	(0.076)	37	(2.2)	2.05	(0.090)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	1.63	(0.049)	0.07	(0.016)	4	(1.0)	1.43	(0.110)	0.49	(0.095)	34	(5.2)	1.66	(0.067)
20 and over.....	1748	23	(1.2)	2.12	(0.072)	0.19	(0.013)	9	(0.7)	2.23	(0.132)	0.84	(0.048)	38	(2.0)	2.08	(0.075)
2 and over...	2910	21	(1.1)	2.00	(0.062)	0.16	(0.010)	8	(0.5)	2.10	(0.110)	0.78	(0.040)	37	(1.7)	1.97	(0.069)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	1.79	(0.062)	0.12	(0.028)	6	(1.5)	1.86	(0.157)	0.50	(0.091)	27	(3.5)	1.77	(0.073)
20 and over.....	1053	32	(2.2)	2.38	(0.069)	0.31	(0.024)	13	(0.9)	2.44	(0.101)	0.97	(0.046)	40	(2.3)	2.36	(0.084)
2 and over...	1765	30	(1.9)	2.23	(0.049)	0.26	(0.022)	12	(1.0)	2.32	(0.095)	0.87	(0.046)	38	(1.9)	2.19	(0.061)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	1.79	(0.032)	0.08	(0.012)	5	(0.7)	1.76	(0.096)	0.54	(0.069)	31	(2.9)	1.79	(0.037)
20 and over.....	4801	23	(1.3)	2.19	(0.040)	0.20	(0.013)	9	(0.6)	2.26	(0.073)	0.87	(0.028)	39	(1.3)	2.17	(0.043)
2 and over...	7933	21	(1.2)	2.09	(0.030)	0.17	(0.011)	8	(0.5)	2.17	(0.062)	0.81	(0.029)	38	(1.1)	2.07	(0.032)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Folate (DFE)																	
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	548	(17.5)	20	(3.4)	4	(0.6)	550	(39.6)	212	(30.4)	39	(5.0)	547	(18.2)
20 and over.....	1680	15	(1.8)	550	(15.5)	27	(4.1)	5	(0.7)	515	(33.0)	180	(11.4)	35	(2.3)	556	(17.7)
2 and over...	2762	14	(1.4)	549	(12.3)	25	(2.9)	5	(0.5)	521	(28.8)	186	(10.4)	36	(2.4)	554	(14.0)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	505	(15.5)	20	(2.3)	4	(0.5)	447	(33.6)	145	(21.4)	32	(3.6)	515	(18.2)
20 and over.....	1748	23	(1.2)	553	(12.2)	45	(4.4)	8	(0.8)	527	(20.7)	196	(13.0)	37	(2.2)	561	(14.0)
2 and over...	2910	21	(1.1)	542	(10.5)	39	(3.4)	7	(0.7)	514	(19.4)	188	(13.7)	37	(2.4)	549	(11.5)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	530	(20.6)	29	(5.1)	5	(0.8)	562	(64.1)	124	(17.9)	22	(2.2)	520	(19.2)
20 and over.....	1053	32	(2.2)	616	(14.0)	68	(4.6)	11	(0.8)	633	(23.8)	215	(14.3)	34	(2.4)	608	(21.2)
2 and over...	1765	30	(1.9)	593	(11.8)	58	(4.5)	10	(0.7)	619	(28.4)	197	(11.8)	32	(1.8)	583	(16.5)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	527	(8.4)	22	(1.9)	4	(0.4)	519	(34.5)	145	(13.3)	28	(2.2)	528	(10.2)
20 and over.....	4801	23	(1.3)	570	(8.7)	46	(3.0)	8	(0.5)	565	(13.5)	199	(8.4)	35	(1.6)	571	(10.0)
2 and over...	7933	21	(1.2)	559	(7.2)	40	(2.6)	7	(0.5)	557	(14.9)	189	(8.2)	34	(1.5)	560	(8.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	281	(14.5)	14	(2.5)	5	(1.0)	329	(20.1)	143	(16.7)	43	(4.9)	276	(16.4)
20 and over.....	1680	15	(1.8)	322	(6.7)	23	(2.2)	7	(0.7)	346	(20.9)	151	(15.0)	44	(3.0)	318	(6.7)
2 and over...	2762	14	(1.4)	312	(6.5)	20	(1.6)	7	(0.5)	343	(16.7)	150	(13.7)	44	(3.1)	307	(6.9)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	244	(8.7)	12	(2.3)	5	(0.9)	216	(20.2)	86	(14.5)	40	(3.7)	248	(10.0)
20 and over.....	1748	23	(1.2)	330	(8.9)	38	(2.8)	12	(0.9)	352	(13.2)	165	(9.7)	47	(1.8)	323	(9.9)
2 and over...	2910	21	(1.1)	309	(8.4)	32	(2.1)	10	(0.7)	331	(12.0)	152	(8.3)	46	(1.6)	303	(9.5)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	273	(8.3)	20	(4.9)	7	(1.7)	279	(17.3)	85	(16.7)	30	(4.9)	271	(9.7)
20 and over.....	1053	32	(2.2)	358	(10.0)	53	(5.4)	15	(1.3)	390	(16.6)	167	(11.6)	43	(2.1)	343	(10.3)
2 and over...	1765	30	(1.9)	336	(7.9)	44	(4.4)	13	(1.2)	367	(14.9)	150	(9.5)	41	(1.9)	323	(7.5)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	263	(3.8)	15	(2.0)	6	(0.8)	268	(11.1)	94	(11.3)	35	(3.4)	262	(4.3)
20 and over.....	4801	23	(1.3)	335	(3.7)	38	(2.3)	11	(0.7)	364	(6.8)	163	(5.2)	45	(1.4)	326	(3.8)
2 and over...	7933	21	(1.2)	317	(2.8)	32	(2.0)	10	(0.6)	347	(5.9)	150	(5.0)	43	(1.3)	309	(2.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

				Vitamin B12											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	5.66	(0.501)	0.21	(0.047)	4	(1.0)	6.20	(0.298)	2.17	(0.407)	35	(5.6)	5.60	(0.555)
20 and over.....	1680	15	(1.8)	4.98	(0.226)	0.23	(0.023)	5	(0.5)	4.46	(0.332)	1.56	(0.151)	35	(2.6)	5.07	(0.246)
2 and over...	2762	14	(1.4)	5.15	(0.264)	0.23	(0.020)	4	(0.5)	4.78	(0.278)	1.67	(0.113)	35	(2.0)	5.21	(0.294)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	4.59	(0.153)	0.17	(0.030)	4	(0.7)	3.65	(0.326)	1.23	(0.208)	34	(3.4)	4.74	(0.185)
20 and over.....	1748	23	(1.2)	5.01	(0.179)	0.43	(0.038)	9	(0.8)	5.14	(0.326)	1.89	(0.142)	37	(2.2)	4.97	(0.167)
2 and over...	2910	21	(1.1)	4.91	(0.161)	0.37	(0.029)	8	(0.6)	4.90	(0.281)	1.78	(0.121)	36	(2.0)	4.91	(0.152)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	5.23	(0.231)	0.33	(0.089)	6	(1.6)	5.49	(0.478)	1.43	(0.313)	26	(4.4)	5.15	(0.252)
20 and over.....	1053	32	(2.2)	6.44	(0.731)	0.79	(0.123)	12	(2.3)	6.20	(0.507)	2.50	(0.400)	40	(4.3)	6.56	(1.038)
2 and over...	1765	30	(1.9)	6.13	(0.583)	0.67	(0.091)	11	(1.7)	6.05	(0.437)	2.28	(0.294)	38	(3.2)	6.16	(0.785)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	5.12	(0.154)	0.22	(0.033)	4	(0.7)	4.95	(0.267)	1.46	(0.178)	29	(2.5)	5.15	(0.183)
20 and over.....	4801	23	(1.3)	5.44	(0.212)	0.48	(0.051)	9	(0.9)	5.42	(0.224)	2.06	(0.156)	38	(2.1)	5.45	(0.272)
2 and over...	7933	21	(1.2)	5.36	(0.177)	0.41	(0.041)	8	(0.8)	5.33	(0.190)	1.95	(0.125)	37	(1.7)	5.37	(0.223)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Vitamin C																	
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	75.5	(4.19)	1.6*	(0.49)	2*	(0.6)	57.4	(6.74)	16.3	(3.94)	28	(5.0)	77.4	(4.69)
20 and over.....	1680	15	(1.8)	85.9	(7.77)	5.1	(1.39)	6	(1.5)	94.4	(13.03)	34.0	(9.93)	36	(6.3)	84.4	(8.13)
2 and over...	2762	14	(1.4)	83.2	(6.07)	4.2	(1.03)	5	(1.1)	87.8	(10.40)	30.8	(7.92)	35	(5.5)	82.5	(6.37)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	85.4	(9.99)	1.2	(0.27)	1*	(0.4)	74.2	(13.74)	9.1	(1.86)	12*	(3.6)	87.1	(11.80)
20 and over.....	1748	23	(1.2)	80.2	(4.44)	6.4	(0.57)	8	(0.8)	81.6	(5.85)	27.9	(2.56)	34	(2.5)	79.8	(5.30)
2 and over...	2910	21	(1.1)	81.5	(3.67)	5.1	(0.45)	6	(0.6)	80.4	(5.68)	24.9	(2.08)	31	(2.6)	81.8	(4.45)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	77.8	(4.00)	2.2	(0.50)	3*	(0.6)	71.1	(5.15)	9.4	(2.03)	13	(3.0)	79.8	(5.08)
20 and over.....	1053	32	(2.2)	89.7	(4.56)	9.0	(1.11)	10	(1.0)	92.2	(6.61)	28.4	(3.02)	31	(3.0)	88.6	(4.73)
2 and over...	1765	30	(1.9)	86.6	(3.85)	7.2	(0.87)	8	(0.9)	87.8	(5.87)	24.5	(2.31)	28	(2.4)	86.1	(4.07)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	79.8	(4.35)	1.7	(0.18)	2	(0.3)	69.6	(5.00)	10.9	(0.98)	16	(1.8)	81.6	(5.01)
20 and over.....	4801	23	(1.3)	84.8	(4.10)	6.7	(0.55)	8	(0.5)	88.0	(5.23)	28.7	(2.31)	33	(2.0)	83.8	(4.26)
2 and over...	7933	21	(1.2)	83.5	(3.36)	5.4	(0.42)	6	(0.4)	84.7	(4.63)	25.5	(1.84)	30	(1.9)	83.2	(3.49)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Vitamin D																	
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
		Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	6.2	(0.40)	0.1	(0.04)	2	(0.7)	5.9	(0.61)	1.5	(0.32)	25	(4.7)	6.2	(0.41)
20 and over.....	1680	15	(1.8)	4.6	(0.31)	0.2	(0.02)	4	(0.5)	4.2	(0.43)	1.1	(0.15)	26	(3.4)	4.7	(0.34)
2 and over...	2762	14	(1.4)	5.0	(0.28)	0.2	(0.02)	3	(0.5)	4.5	(0.36)	1.2	(0.16)	26	(3.1)	5.1	(0.30)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	5.5	(0.26)	0.1	(0.02)	2	(0.4)	3.5	(0.59)	0.8	(0.16)	24	(3.7)	5.8	(0.26)
20 and over.....	1748	23	(1.2)	4.5	(0.17)	0.3	(0.07)	8	(1.4)	4.3	(0.36)	1.5	(0.27)	34	(4.3)	4.5	(0.15)
2 and over...	2910	21	(1.1)	4.7	(0.17)	0.3	(0.05)	6	(0.9)	4.2	(0.36)	1.4	(0.23)	33	(3.7)	4.8	(0.15)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	6.4	(0.28)	0.2	(0.05)	3	(0.8)	6.7	(0.65)	1.0	(0.23)	14	(3.3)	6.4	(0.32)
20 and over.....	1053	32	(2.2)	5.0	(0.31)	0.5*	(0.15)	9	(2.6)	5.3	(0.57)	1.5*	(0.48)	28	(7.4)	4.9	(0.27)
2 and over...	1765	30	(1.9)	5.4	(0.25)	0.4	(0.10)	8	(1.8)	5.6	(0.50)	1.4	(0.36)	25	(5.7)	5.3	(0.22)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	6.0	(0.15)	0.2	(0.02)	3	(0.4)	5.5	(0.38)	1.0	(0.14)	18	(2.3)	6.1	(0.15)
20 and over.....	4801	23	(1.3)	4.7	(0.14)	0.3	(0.04)	7	(0.8)	4.7	(0.26)	1.4	(0.21)	30	(3.7)	4.7	(0.14)
2 and over...	7933	21	(1.2)	5.0	(0.12)	0.3	(0.03)	6	(0.6)	4.8	(0.22)	1.3	(0.17)	28	(2.9)	5.0	(0.12)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Vitamin E (alphatocopherol)																	
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	7.3	(0.37)	0.3	(0.04)	4	(0.6)	7.4	(0.43)	3.1	(0.32)	42	(4.3)	7.3	(0.41)
20 and over.....	1680	15	(1.8)	8.1	(0.23)	0.5	(0.06)	6	(0.8)	8.1	(0.47)	3.3	(0.19)	41	(2.9)	8.1	(0.27)
2 and over...	2762	14	(1.4)	7.9	(0.25)	0.4	(0.04)	6	(0.6)	8.0	(0.37)	3.3	(0.16)	41	(2.6)	7.9	(0.29)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	6.6	(0.20)	0.3	(0.05)	5	(0.7)	6.9	(0.71)	2.6	(0.34)	37	(3.3)	6.5	(0.23)
20 and over.....	1748	23	(1.2)	8.8	(0.22)	0.9	(0.08)	10	(0.9)	9.8	(0.59)	3.9	(0.20)	40	(3.3)	8.5	(0.24)
2 and over...	2910	21	(1.1)	8.2	(0.19)	0.8	(0.06)	9	(0.8)	9.4	(0.52)	3.7	(0.18)	40	(3.0)	7.9	(0.21)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	7.6	(0.28)	0.5	(0.11)	6	(1.4)	7.7	(0.83)	2.1	(0.36)	27	(3.7)	7.6	(0.31)
20 and over.....	1053	32	(2.2)	10.2	(0.32)	1.2	(0.10)	12	(0.9)	10.0	(0.42)	3.7	(0.22)	37	(2.0)	10.3	(0.41)
2 and over...	1765	30	(1.9)	9.5	(0.25)	1.0	(0.09)	10	(0.9)	9.5	(0.40)	3.4	(0.19)	35	(1.9)	9.6	(0.35)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	7.2	(0.15)	0.4	(0.04)	5	(0.5)	7.4	(0.48)	2.4	(0.23)	33	(2.5)	7.1	(0.20)
20 and over.....	4801	23	(1.3)	9.0	(0.16)	0.9	(0.05)	10	(0.5)	9.5	(0.26)	3.7	(0.10)	39	(1.4)	8.8	(0.18)
2 and over...	7933	21	(1.2)	8.5	(0.14)	0.7	(0.04)	9	(0.5)	9.1	(0.24)	3.5	(0.11)	38	(1.3)	8.4	(0.17)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

				Vitamin K											
				All Individuals [2]						*Full Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	69.6	(3.90)	3.0	(0.57)	4	(0.8)	69.7	(5.60)	31.7	(4.75)	45	(5.1)	69.5	(4.18)
20 and over.....	1680	15	(1.8)	102.2	(5.43)	8.2	(2.33)	8	(2.3)	112.8	(15.01)	54.9	(10.01)	49	(4.7)	100.4	(7.42)
2 and over...	2762	14	(1.4)	93.9	(4.59)	6.9	(1.71)	7	(1.9)	105.0	(13.04)	50.7	(8.50)	48	(4.2)	92.1	(6.20)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	63.5	(4.96)	5.6	(1.56)	9	(2.2)	69.8	(10.07)	41.7	(9.19)	60	(5.7)	62.5	(5.17)
20 and over.....	1748	23	(1.2)	138.6	(20.98)	16.1	(2.23)	12	(1.4)	136.9	(7.88)	69.8	(8.21)	51	(5.0)	139.1	(26.46)
2 and over...	2910	21	(1.1)	120.3	(15.87)	13.5	(1.66)	11	(1.2)	126.2	(5.81)	65.3	(6.96)	52	(4.6)	118.7	(19.46)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	66.9	(4.09)	4.0	(0.82)	6	(1.3)	64.6	(7.57)	17.1	(2.83)	27	(3.7)	67.6	(4.10)
20 and over.....	1053	32	(2.2)	145.4	(11.25)	24.4	(3.46)	17	(1.6)	151.8	(10.67)	76.8	(10.59)	51	(5.3)	142.5	(13.36)
2 and over...	1765	30	(1.9)	124.9	(8.16)	19.1	(2.66)	15	(1.5)	133.9	(8.53)	64.5	(8.08)	48	(5.0)	121.2	(9.66)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	66.3	(2.54)	4.4	(0.69)	7	(1.0)	68.8	(6.10)	28.2	(4.74)	41	(4.5)	65.8	(2.82)
20 and over.....	4801	23	(1.3)	129.8	(8.47)	16.1	(1.30)	12	(0.7)	137.3	(6.20)	69.3	(4.80)	50	(3.4)	127.6	(10.66)
2 and over...	7933	21	(1.2)	113.9	(6.61)	13.2	(1.05)	12	(0.7)	124.9	(5.24)	61.8	(4.23)	50	(3.3)	110.9	(7.95)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Calcium

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	1095	(42.4)	32	(6.5)	3	(0.6)	1158	(46.9)	336	(50.3)	29	(4.1)	1088	(47.1)
20 and over.....	1680	15	(1.8)	990	(35.8)	42	(5.2)	4	(0.6)	928	(39.7)	278	(25.6)	30	(3.6)	1002	(39.9)
2 and over...	2762	14	(1.4)	1017	(34.5)	39	(4.1)	4	(0.4)	969	(34.0)	288	(22.1)	30	(2.8)	1025	(38.5)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	1015	(29.5)	33	(3.1)	3	(0.3)	911	(50.1)	242	(27.1)	27	(2.6)	1031	(31.6)
20 and over.....	1748	23	(1.2)	954	(23.5)	63	(4.1)	7	(0.4)	978	(30.1)	274	(9.1)	28	(0.9)	947	(28.4)
2 and over...	2910	21	(1.1)	969	(22.1)	56	(3.5)	6	(0.3)	967	(28.5)	269	(8.2)	28	(0.8)	969	(26.0)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	1168	(43.4)	65	(14.8)	6	(1.1)	1195	(69.9)	280	(45.3)	23	(3.3)	1160	(47.1)
20 and over.....	1053	32	(2.2)	1053	(29.0)	107	(10.1)	10	(0.9)	1058	(48.2)	336	(27.9)	32	(2.2)	1051	(34.3)
2 and over...	1765	30	(1.9)	1083	(28.6)	96	(10.5)	9	(0.9)	1086	(44.0)	324	(29.2)	30	(2.1)	1082	(32.6)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	1082	(20.5)	42	(5.1)	4	(0.4)	1093	(44.6)	271	(27.0)	25	(2.2)	1080	(20.9)
20 and over.....	4801	23	(1.3)	989	(14.3)	69	(5.5)	7	(0.5)	997	(22.7)	296	(11.8)	30	(1.1)	986	(17.1)
2 and over...	7933	21	(1.2)	1012	(13.8)	62	(5.2)	6	(0.5)	1014	(21.7)	292	(13.1)	29	(1.1)	1012	(15.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	1358	(49.1)	58	(10.0)	4	(0.8)	1492	(67.1)	611	(63.6)	41	(3.9)	1343	(55.4)
20 and over.....	1680	15	(1.8)	1374	(31.7)	77	(8.1)	6	(0.6)	1347	(54.4)	510	(42.0)	38	(3.0)	1379	(31.3)
2 and over...	2762	14	(1.4)	1370	(33.0)	72	(5.9)	5	(0.5)	1373	(50.0)	528	(40.4)	38	(2.8)	1369	(34.1)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	1247	(35.1)	60	(8.7)	5	(0.8)	1188	(88.2)	442	(51.3)	37	(2.5)	1256	(40.3)
20 and over.....	1748	23	(1.2)	1391	(30.1)	129	(8.0)	9	(0.6)	1444	(30.9)	562	(17.1)	39	(1.3)	1376	(34.9)
2 and over...	2910	21	(1.1)	1356	(28.7)	112	(6.2)	8	(0.5)	1403	(31.7)	543	(16.8)	39	(1.2)	1344	(33.0)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	1390	(40.4)	96	(19.1)	7	(1.3)	1413	(83.1)	415	(49.8)	29	(2.9)	1383	(43.7)
20 and over.....	1053	32	(2.2)	1513	(34.4)	196	(15.6)	13	(1.0)	1585	(59.6)	618	(34.5)	39	(2.1)	1480	(39.3)
2 and over...	1765	30	(1.9)	1481	(28.1)	170	(14.9)	11	(1.0)	1550	(58.6)	576	(31.8)	37	(1.9)	1452	(30.1)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	1318	(17.3)	70	(7.3)	5	(0.6)	1351	(47.8)	451	(37.1)	33	(2.3)	1312	(18.4)
20 and over.....	4801	23	(1.3)	1418	(13.0)	133	(8.4)	9	(0.6)	1477	(26.6)	574	(14.5)	39	(1.2)	1400	(14.1)
2 and over...	7933	21	(1.2)	1393	(10.4)	117	(7.6)	8	(0.5)	1454	(24.1)	552	(16.5)	38	(1.2)	1376	(11.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

M a g n e s i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	247	(8.2)	9	(1.4)	3	(0.6)	263	(13.1)	90	(8.6)	34	(2.8)	245	(8.6)
20 and over.....	1680	15	(1.8)	291	(5.1)	13	(1.5)	4	(0.5)	272	(9.4)	86	(5.5)	32	(2.1)	295	(5.3)
2 and over...	2762	14	(1.4)	280	(5.0)	12	(1.1)	4	(0.4)	271	(9.0)	87	(5.6)	32	(2.1)	281	(5.3)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	233	(6.5)	9	(1.2)	4	(0.5)	210	(10.3)	64	(7.9)	30	(2.8)	236	(7.5)
20 and over.....	1748	23	(1.2)	308	(6.8)	24	(1.9)	8	(0.6)	316	(9.9)	106	(4.9)	34	(1.3)	305	(7.6)
2 and over...	2910	21	(1.1)	289	(5.9)	21	(1.4)	7	(0.5)	299	(9.3)	99	(4.7)	33	(1.2)	287	(6.7)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	257	(7.6)	14	(2.8)	6	(1.0)	266	(20.5)	61	(8.1)	23	(2.1)	254	(7.6)
20 and over.....	1053	32	(2.2)	348	(9.9)	36	(2.7)	10	(0.7)	354	(13.9)	112	(5.6)	32	(1.6)	345	(12.1)
2 and over...	1765	30	(1.9)	324	(8.0)	30	(2.5)	9	(0.7)	336	(14.1)	102	(5.2)	30	(1.5)	319	(9.7)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	244	(2.8)	10	(1.1)	4	(0.4)	246	(9.9)	67	(5.8)	27	(1.9)	243	(3.5)
20 and over.....	4801	23	(1.3)	314	(5.0)	24	(1.5)	8	(0.4)	323	(7.7)	105	(3.0)	32	(0.9)	312	(5.1)
2 and over...	7933	21	(1.2)	297	(4.1)	21	(1.3)	7	(0.4)	309	(7.1)	98	(3.2)	32	(0.9)	293	(4.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Iron																	
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	15.0	(0.34)	0.6	(0.10)	4	(0.7)	15.1	(1.05)	6.0	(0.69)	40	(3.8)	15.0	(0.38)
20 and over.....	1680	15	(1.8)	15.2	(0.23)	0.7	(0.09)	5	(0.6)	14.3	(0.57)	4.8	(0.26)	33	(2.3)	15.4	(0.31)
2 and over...	2762	14	(1.4)	15.2	(0.20)	0.7	(0.06)	4	(0.4)	14.4	(0.55)	5.0	(0.26)	35	(2.3)	15.3	(0.27)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	13.7	(0.37)	0.6	(0.08)	4	(0.6)	11.9	(1.16)	4.1	(0.57)	35	(2.3)	14.0	(0.39)
20 and over.....	1748	23	(1.2)	15.3	(0.27)	1.3	(0.09)	8	(0.6)	14.6	(0.50)	5.4	(0.18)	37	(1.4)	15.5	(0.31)
2 and over...	2910	21	(1.1)	14.9	(0.24)	1.1	(0.07)	7	(0.5)	14.2	(0.46)	5.2	(0.20)	37	(1.5)	15.1	(0.26)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	14.4	(0.42)	0.8	(0.15)	6	(1.0)	14.1	(1.29)	3.5	(0.42)	25	(1.5)	14.4	(0.44)
20 and over.....	1053	32	(2.2)	16.9	(0.44)	2.0	(0.15)	12	(0.9)	17.4	(0.76)	6.2	(0.36)	35	(2.2)	16.6	(0.50)
2 and over...	1765	30	(1.9)	16.2	(0.33)	1.7	(0.14)	10	(0.9)	16.7	(0.77)	5.6	(0.32)	33	(1.7)	16.0	(0.37)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	14.3	(0.21)	0.6	(0.06)	4	(0.4)	13.5	(0.81)	4.1	(0.36)	30	(1.7)	14.5	(0.23)
20 and over.....	4801	23	(1.3)	15.8	(0.17)	1.3	(0.09)	8	(0.5)	15.7	(0.41)	5.6	(0.17)	36	(1.3)	15.8	(0.18)
2 and over...	7933	21	(1.2)	15.4	(0.13)	1.1	(0.08)	7	(0.5)	15.3	(0.36)	5.3	(0.17)	35	(1.2)	15.4	(0.15)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Zinc																	
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	10.6	(0.43)	0.4	(0.07)	4	(0.7)	10.7	(0.59)	4.1	(0.41)	38	(4.1)	10.6	(0.49)
20 and over.....	1680	15	(1.8)	11.3	(0.20)	0.6	(0.06)	5	(0.5)	10.2	(0.47)	3.8	(0.39)	37	(3.6)	11.4	(0.22)
2 and over...	2762	14	(1.4)	11.1	(0.22)	0.5	(0.05)	5	(0.4)	10.3	(0.38)	3.9	(0.35)	38	(3.2)	11.2	(0.24)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	9.6	(0.37)	0.5	(0.10)	5	(1.0)	8.8	(0.78)	3.4	(0.60)	39	(3.7)	9.8	(0.41)
20 and over.....	1748	23	(1.2)	11.2	(0.31)	1.1	(0.08)	10	(0.7)	11.8	(0.49)	4.9	(0.34)	42	(2.0)	11.0	(0.32)
2 and over...	2910	21	(1.1)	10.8	(0.30)	1.0	(0.07)	9	(0.6)	11.3	(0.41)	4.7	(0.29)	41	(1.9)	10.7	(0.32)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	10.6	(0.56)	0.9	(0.24)	8	(2.0)	11.9	(1.35)	3.7	(0.81)	31	(4.3)	10.2	(0.47)
20 and over.....	1053	32	(2.2)	12.3	(0.32)	1.7	(0.15)	14	(1.1)	13.5	(0.66)	5.3	(0.40)	39	(2.7)	11.7	(0.29)
2 and over...	1765	30	(1.9)	11.8	(0.29)	1.5	(0.15)	12	(1.1)	13.2	(0.68)	5.0	(0.36)	38	(2.2)	11.3	(0.25)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	10.2	(0.20)	0.6	(0.09)	5	(0.8)	10.6	(0.76)	3.6	(0.47)	34	(2.9)	10.1	(0.15)
20 and over.....	4801	23	(1.3)	11.5	(0.15)	1.1	(0.09)	10	(0.7)	12.2	(0.37)	4.8	(0.23)	40	(1.6)	11.3	(0.13)
2 and over...	7933	21	(1.2)	11.2	(0.13)	1.0	(0.08)	9	(0.6)	11.9	(0.35)	4.6	(0.22)	39	(1.5)	11.0	(0.11)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	1.0	(0.03)	#		3	(0.5)	1.1	(0.05)	0.4	(0.03)	34	(2.7)	1.0	(0.03)
20 and over.....	1680	15	(1.8)	1.2	(0.02)	0.1	(0.01)	5	(0.5)	1.1	(0.03)	0.4	(0.02)	34	(2.5)	1.2	(0.02)
2 and over...	2762	14	(1.4)	1.1	(0.02)	0.1	(#)	5	(0.4)	1.1	(0.03)	0.4	(0.02)	34	(2.3)	1.2	(0.02)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	1.0	(0.03)	#		4	(0.5)	0.9	(0.06)	0.3	(0.04)	32	(2.9)	1.0	(0.04)
20 and over.....	1748	23	(1.2)	1.3	(0.02)	0.1	(0.01)	9	(0.8)	1.4	(0.06)	0.5	(0.03)	35	(1.7)	1.3	(0.03)
2 and over...	2910	21	(1.1)	1.2	(0.02)	0.1	(0.01)	8	(0.6)	1.3	(0.05)	0.5	(0.03)	35	(1.6)	1.2	(0.02)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	1.1	(0.05)	0.1*	(0.04)	9*	(3.3)	1.3	(0.18)	0.4*	(0.15)	32	(8.3)	1.0	(0.03)
20 and over.....	1053	32	(2.2)	1.6	(0.13)	0.2	(0.02)	10	(1.2)	1.5	(0.07)	0.5	(0.05)	34	(2.7)	1.7	(0.19)
2 and over...	1765	30	(1.9)	1.5	(0.11)	0.1	(0.02)	10	(1.3)	1.5	(0.07)	0.5	(0.05)	34	(2.8)	1.5	(0.14)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	1.0	(0.02)	0.1	(0.01)	5	(1.2)	1.1	(0.09)	0.4	(0.07)	32	(4.5)	1.0	(0.02)
20 and over.....	4801	23	(1.3)	1.4	(0.05)	0.1	(0.01)	8	(0.6)	1.4	(0.04)	0.5	(0.02)	35	(1.2)	1.4	(0.06)
2 and over...	7933	21	(1.2)	1.3	(0.04)	0.1	(0.01)	8	(0.6)	1.3	(0.04)	0.5	(0.02)	34	(1.3)	1.3	(0.04)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	102.8	(4.13)	5.3	(0.90)	5	(0.9)	118.6	(5.60)	56.1	(6.40)	47	(4.9)	101.1	(4.53)
20 and over.....	1680	15	(1.8)	110.8	(2.37)	7.1	(0.72)	6	(0.7)	111.0	(5.07)	47.3	(4.66)	43	(3.4)	110.8	(2.23)
2 and over...	2762	14	(1.4)	108.8	(2.51)	6.7	(0.53)	6	(0.5)	112.4	(4.57)	48.9	(4.77)	44	(3.6)	108.2	(2.46)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	91.4	(3.16)	5.1	(0.86)	6	(0.9)	87.7	(10.45)	37.7	(5.69)	43	(3.2)	92.0	(3.13)
20 and over.....	1748	23	(1.2)	111.6	(2.57)	12.3	(0.81)	11	(0.8)	119.2	(2.73)	53.5	(2.23)	45	(1.8)	109.3	(2.82)
2 and over...	2910	21	(1.1)	106.7	(2.49)	10.5	(0.62)	10	(0.7)	114.2	(3.44)	51.0	(2.24)	45	(1.8)	104.7	(2.62)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	102.5	(4.16)	10.3	(2.90)	10	(2.7)	110.2	(9.80)	44.3	(9.69)	40	(6.4)	100.2	(4.24)
20 and over.....	1053	32	(2.2)	122.3	(2.89)	18.5	(1.55)	15	(1.3)	136.3	(4.78)	58.3	(3.73)	43	(2.7)	115.8	(2.70)
2 and over...	1765	30	(1.9)	117.1	(2.10)	16.4	(1.51)	14	(1.3)	130.9	(3.69)	55.4	(3.24)	42	(2.7)	111.3	(1.83)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	98.1	(1.59)	6.7	(1.03)	7	(1.0)	104.0	(5.84)	43.5	(5.45)	42	(3.8)	97.0	(1.44)
20 and over.....	4801	23	(1.3)	114.5	(1.46)	12.6	(0.73)	11	(0.7)	124.1	(2.00)	54.4	(2.00)	44	(1.7)	111.6	(1.59)
2 and over...	7933	21	(1.2)	110.4	(1.05)	11.2	(0.67)	10	(0.6)	120.5	(1.80)	52.4	(2.02)	44	(1.7)	107.7	(1.05)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	2305	(49.1)	84	(14.0)	4	(0.6)	2398	(104.3)	886	(88.9)	37	(3.3)	2295	(51.9)
20 and over.....	1680	15	(1.8)	2634	(53.2)	137	(13.1)	5	(0.5)	2588	(96.4)	913	(82.8)	35	(2.8)	2643	(55.6)
2 and over...	2762	14	(1.4)	2550	(46.8)	124	(9.9)	5	(0.4)	2553	(88.3)	908	(80.7)	36	(2.8)	2550	(47.7)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	2196	(59.1)	88	(14.0)	4	(0.7)	1987	(67.7)	652	(90.7)	33	(3.6)	2229	(70.1)
20 and over.....	1748	23	(1.2)	2749	(61.9)	256	(20.5)	9	(0.7)	2910	(103.4)	1112	(60.2)	38	(1.3)	2701	(62.5)
2 and over...	2910	21	(1.1)	2614	(55.0)	215	(14.5)	8	(0.5)	2763	(98.0)	1039	(55.6)	38	(1.2)	2576	(56.9)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	2386	(65.3)	145	(32.2)	6	(1.2)	2443	(154.7)	625	(103.3)	26	(2.9)	2369	(62.6)
20 and over.....	1053	32	(2.2)	3031	(69.3)	369	(26.2)	12	(0.8)	3172	(103.3)	1162	(57.5)	37	(2.0)	2966	(71.6)
2 and over...	1765	30	(1.9)	2863	(58.2)	311	(25.2)	11	(0.8)	3022	(102.4)	1052	(53.4)	35	(1.8)	2796	(58.8)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	2279	(21.5)	104	(12.1)	5	(0.5)	2273	(79.6)	673	(66.3)	30	(2.2)	2281	(23.4)
20 and over.....	4801	23	(1.3)	2793	(38.4)	254	(14.3)	9	(0.5)	2948	(68.4)	1094	(32.5)	37	(1.2)	2747	(37.7)
2 and over...	7933	21	(1.2)	2665	(32.6)	216	(12.6)	8	(0.4)	2825	(60.5)	1018	(34.3)	36	(1.2)	2621	(32.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	3337	(113.2)	157	(25.5)	5	(0.8)	3722	(203.8)	1651	(180.6)	44	(3.9)	3297	(122.3)
20 and over.....	1680	15	(1.8)	3556	(83.3)	232	(23.2)	7	(0.7)	3544	(114.4)	1545	(102.5)	44	(2.3)	3559	(87.6)
2 and over...	2762	14	(1.4)	3500	(85.8)	213	(16.2)	6	(0.5)	3576	(116.2)	1564	(102.1)	44	(2.3)	3488	(90.4)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	2996	(101.7)	169	(27.8)	6	(0.9)	3015	(317.1)	1252	(171.6)	42	(2.9)	2993	(112.6)
20 and over.....	1748	23	(1.2)	3523	(66.5)	401	(28.7)	11	(0.9)	3821	(59.4)	1741	(68.2)	46	(1.7)	3434	(90.3)
2 and over...	2910	21	(1.1)	3395	(69.5)	344	(22.3)	10	(0.7)	3693	(69.5)	1664	(64.2)	45	(1.6)	3317	(88.1)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	3170	(95.0)	295	(57.5)	9	(1.8)	3236	(208.7)	1270	(157.9)	39	(4.0)	3151	(106.2)
20 and over.....	1053	32	(2.2)	3732	(80.3)	591	(48.1)	16	(1.3)	4007	(164.5)	1861	(111.3)	46	(2.4)	3604	(100.4)
2 and over...	1765	30	(1.9)	3585	(64.8)	514	(45.2)	14	(1.2)	3849	(157.5)	1740	(100.3)	45	(2.3)	3475	(67.8)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	3137	(47.8)	204	(22.0)	6	(0.7)	3257	(142.1)	1319	(108.6)	40	(2.6)	3115	(43.7)
20 and over.....	4801	23	(1.3)	3592	(29.1)	407	(26.9)	11	(0.7)	3830	(74.0)	1752	(56.1)	46	(1.4)	3520	(36.6)
2 and over...	7933	21	(1.2)	3478	(24.4)	356	(23.5)	10	(0.7)	3726	(69.0)	1673	(56.0)	45	(1.4)	3411	(25.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Caffeine																	
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	32.6	(4.99)	1.3	(0.37)	4*	(1.5)	48.8	(10.71)	13.6	(3.64)	--		30.9	(6.11)
20 and over.....	1680	15	(1.8)	144.9	(11.77)	6.2	(1.47)	4	(0.9)	155.2	(17.73)	41.0	(9.15)	26	(4.1)	143.1	(12.48)
2 and over...	2762	14	(1.4)	116.2	(9.84)	4.9	(1.08)	4	(0.9)	136.1	(15.37)	36.1	(7.84)	27	(4.1)	113.0	(10.12)
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	32.4	(2.77)	3.0*	(1.16)	9*	(3.4)	54.2	(7.74)	22.0*	(6.69)	41	(8.2)	29.0	(2.81)
20 and over.....	1748	23	(1.2)	189.6	(12.47)	15.0	(3.62)	8	(1.5)	212.7	(18.22)	65.0	(14.75)	31	(5.1)	182.7	(11.90)
2 and over...	2910	21	(1.1)	151.3	(10.00)	12.0	(2.67)	8	(1.4)	187.5	(16.29)	58.1	(12.70)	31	(4.8)	141.9	(9.31)
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	28.9	(2.48)	2.0*	(0.70)	7*	(2.6)	22.3	(4.04)	8.8*	(3.12)	39	(11.6)	30.8	(3.33)
20 and over.....	1053	32	(2.2)	181.2	(13.02)	12.1	(2.54)	7	(1.5)	181.7	(19.27)	38.2	(7.16)	21	(4.5)	181.0	(15.00)
2 and over...	1765	30	(1.9)	141.4	(10.48)	9.5	(1.82)	7	(1.4)	149.0	(16.75)	32.2	(5.37)	22	(4.4)	138.2	(11.25)
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	31.8	(1.77)	2.1	(0.46)	7	(1.4)	37.7	(3.83)	13.9	(2.40)	37	(4.9)	30.8	(2.23)
20 and over.....	4801	23	(1.3)	172.9	(8.97)	11.5	(1.56)	7	(0.7)	186.9	(11.27)	49.4	(6.80)	26	(3.0)	168.6	(9.84)
2 and over...	7933	21	(1.2)	137.5	(7.03)	9.1	(1.16)	7	(0.7)	159.8	(9.81)	43.0	(5.54)	27	(2.8)	131.5	(7.34)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

A l c o h o l

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Full Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	10	(1.3)	--		--		--		--		--		--		--	
20 and over.....	1680	15	(1.8)	11.1	(1.48)	0.8*	(0.31)	7*	(3.1)	12.2	(2.20)	5.0*	(2.27)	--		10.9	(1.81)
2 and over...	2762	14	(1.4)	--		--		--		--		--		--		--	
$25,000 - $74,999:																	
2 - 19.....	1162	13	(2.2)	--		--		--		--		--		--		--	
20 and over.....	1748	23	(1.2)	10.4	(1.11)	1.4	(0.28)	13	(2.7)	13.7	(1.53)	6.1	(1.23)	44	(5.1)	9.4	(1.38)
2 and over...	2910	21	(1.1)	--		--		--		--		--		--		--	
$75,000 and higher:																	
2 - 19.....	712	23	(2.6)	--		--		--		--		--		--		--	
20 and over.....	1053	32	(2.2)	15.8	(2.24)	3.4	(0.59)	21	(3.0)	19.7	(2.36)	10.6	(1.65)	54	(4.7)	14.0	(2.47)
2 and over...	1765	30	(1.9)	--		--		--		--		--		--		--	
All Individuals [7]:																	
2 - 19.....	3132	15	(1.3)	--		--		--		--		--		--		--	
20 and over.....	4801	23	(1.3)	12.1	(0.88)	1.8	(0.26)	15	(1.9)	15.5	(1.15)	7.6	(1.02)	49	(4.2)	11.1	(1.00)
2 and over...	7933	21	(1.2)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

[3] **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Full Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

[7] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2014).

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.

Salt adjustment is not applied to What We Eat in America, NHANES 2009-2010 and all subsequent surveys. Details available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Although alchohol 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012

F o o d e n e r g y

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake kcal	(SE)	Intake from Full Service Restaurants kcal	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake kcal	(SE)	Intake from Full Service Restaurants kcal	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake kcal	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	2000	(52.9)	74	(9.9)	4	(0.5)	2165	(99.1)	834	(71.5)	39	(3.0)	1984	(55.4)
20 and over.....	1585	14	(1.3)	2242	(61.9)	124	(15.3)	6	(0.7)	2223	(111.5)	900	(84.3)	40	(2.6)	2245	(59.1)
2 and over...	2996	12	(1.0)	2159	(55.2)	107	(11.5)	5	(0.5)	2208	(95.3)	883	(73.3)	40	(2.5)	2152	(53.6)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	1958	(43.9)	111	(15.7)	6	(0.8)	1965	(132.0)	737	(75.0)	38	(1.9)	1957	(42.6)
20 and over.....	1509	21	(2.0)	2120	(56.7)	173	(17.5)	8	(0.8)	2283	(81.2)	837	(42.1)	37	(1.8)	2077	(55.1)
2 and over...	2432	19	(1.8)	2078	(48.9)	157	(13.7)	8	(0.6)	2220	(72.6)	817	(34.3)	37	(1.4)	2045	(46.7)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	1999	(49.4)	157	(32.4)	8	(1.6)	1934	(113.8)	596	(68.6)	31	(2.7)	2023	(47.4)
20 and over.....	1340	32	(2.1)	2237	(42.3)	297	(24.5)	13	(1.0)	2324	(64.1)	929	(39.1)	40	(1.6)	2195	(41.7)
2 and over...	1913	31	(2.2)	2194	(39.4)	272	(24.5)	12	(1.1)	2264	(67.7)	878	(40.6)	39	(1.5)	2162	(35.8)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	1983	(22.8)	106	(9.8)	5	(0.5)	2001	(72.4)	688	(50.7)	34	(1.8)	1980	(22.2)
20 and over.....	4801	23	(1.3)	2191	(15.6)	206	(13.7)	9	(0.6)	2280	(41.8)	889	(29.5)	39	(1.3)	2164	(17.0)
2 and over...	7933	21	(1.2)	2139	(12.3)	181	(12.2)	8	(0.6)	2229	(42.1)	852	(30.6)	38	(1.3)	2114	(12.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

P r o t e i n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	71.6	(2.05)	3.1	(0.53)	4	(0.7)	79.7	(4.79)	35.6	(4.26)	45	(3.9)	70.8	(2.10)
20 and over.....	1585	14	(1.3)	83.4	(2.07)	5.6	(0.66)	7	(0.7)	84.1	(4.92)	40.7	(3.67)	48	(2.7)	83.3	(1.92)
2 and over...	2996	12	(1.0)	79.4	(1.84)	4.8	(0.53)	6	(0.6)	83.0	(4.26)	39.4	(3.64)	47	(2.9)	78.9	(1.64)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	68.1	(2.60)	4.1	(0.84)	6	(1.2)	63.4	(6.87)	27.5	(4.44)	43	(2.9)	68.9	(2.60)
20 and over.....	1509	21	(2.0)	77.9	(2.01)	7.2	(0.63)	9	(0.8)	84.6	(2.23)	34.6	(1.48)	41	(1.9)	76.2	(2.19)
2 and over...	2432	19	(1.8)	75.4	(1.85)	6.4	(0.56)	8	(0.7)	80.4	(2.41)	33.2	(1.41)	41	(1.6)	74.2	(1.92)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	73.2	(2.60)	7.8	(1.93)	11	(2.4)	75.9	(5.02)	29.5	(4.64)	39	(4.7)	72.2	(2.89)
20 and over.....	1340	32	(2.1)	87.5	(1.62)	13.3	(1.11)	15	(1.2)	94.3	(2.54)	41.4	(1.96)	44	(2.1)	84.3	(1.95)
2 and over...	1913	31	(2.2)	84.9	(1.34)	12.3	(1.09)	14	(1.2)	91.4	(2.53)	39.6	(1.76)	43	(2.1)	82.0	(1.52)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	70.6	(0.94)	4.6	(0.60)	6	(0.8)	72.8	(3.09)	29.7	(3.10)	41	(3.1)	70.1	(0.86)
20 and over.....	4801	23	(1.3)	83.0	(0.75)	9.1	(0.54)	11	(0.6)	89.3	(1.69)	39.3	(1.23)	44	(1.4)	81.1	(0.84)
2 and over...	7933	21	(1.2)	79.9	(0.52)	8.0	(0.50)	10	(0.6)	86.3	(1.49)	37.5	(1.34)	43	(1.5)	78.2	(0.52)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Carbohydrate																			
				All Individuals [3]						*Full Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	264	(5.6)	9	(1.1)	3	(0.4)	282	(13.8)	97	(8.0)	34	(2.9)	262	(6.0)
20 and over.....	1585	14	(1.3)	280	(7.3)	13	(1.9)	5	(0.6)	275	(11.9)	94	(9.9)	34	(2.9)	280	(6.9)
2 and over...	2996	12	(1.0)	274	(6.3)	11	(1.3)	4	(0.5)	277	(10.9)	95	(8.2)	34	(2.6)	274	(6.1)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	267	(5.5)	14	(1.8)	5	(0.7)	280	(15.0)	93	(7.2)	33	(1.9)	265	(5.4)
20 and over.....	1509	21	(2.0)	260	(6.8)	18	(2.1)	7	(0.8)	271	(10.0)	89	(6.0)	33	(1.8)	258	(6.8)
2 and over...	2432	19	(1.8)	262	(5.9)	17	(1.6)	7	(0.6)	273	(7.9)	89	(4.8)	33	(1.4)	260	(5.9)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	263	(5.9)	18	(3.6)	7	(1.4)	256	(12.6)	69	(8.3)	27	(2.5)	266	(6.2)
20 and over.....	1340	32	(2.1)	264	(5.0)	28	(2.3)	11	(0.9)	257	(7.1)	88	(5.3)	34	(1.8)	267	(5.8)
2 and over...	1913	31	(2.2)	264	(4.5)	26	(2.5)	10	(1.0)	257	(7.2)	85	(5.6)	33	(1.8)	267	(5.0)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	265	(2.3)	13	(1.2)	5	(0.4)	270	(8.4)	82	(5.7)	31	(1.6)	264	(2.3)
20 and over.....	4801	23	(1.3)	266	(2.4)	21	(1.5)	8	(0.6)	263	(5.0)	89	(3.8)	34	(1.4)	267	(2.7)
2 and over...	7933	21	(1.2)	266	(1.9)	19	(1.3)	7	(0.5)	264	(4.9)	88	(3.9)	33	(1.3)	266	(2.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	126	(2.8)	3	(0.5)	3	(0.4)	137	(6.3)	39	(3.5)	29	(2.4)	125	(2.9)
20 and over.....	1585	14	(1.3)	128	(4.5)	5	(1.0)	4	(0.7)	128	(10.0)	36	(6.8)	29	(3.9)	127	(4.0)
2 and over...	2996	12	(1.0)	127	(3.5)	4	(0.7)	4	(0.5)	130	(8.4)	37	(5.5)	29	(3.2)	127	(3.2)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	131	(3.9)	7	(1.0)	5	(0.8)	141	(8.5)	44	(3.4)	31	(1.9)	129	(4.2)
20 and over.....	1509	21	(2.0)	114	(3.9)	7	(1.0)	6	(0.9)	117	(5.7)	32	(3.5)	27	(2.4)	114	(4.3)
2 and over...	2432	19	(1.8)	119	(3.6)	7	(0.8)	6	(0.7)	122	(4.6)	34	(2.9)	28	(1.9)	118	(4.0)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	127	(3.3)	6	(1.2)	5	(0.9)	126	(5.9)	24	(3.5)	19	(2.4)	127	(4.4)
20 and over.....	1340	32	(2.1)	114	(2.4)	9	(0.9)	8	(0.8)	107	(4.5)	27	(2.6)	25	(2.1)	117	(2.7)
2 and over...	1913	31	(2.2)	116	(2.0)	8	(1.0)	7	(0.8)	110	(4.4)	27	(2.6)	24	(2.0)	119	(2.3)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	128	(1.8)	5	(0.5)	4	(0.4)	133	(4.4)	34	(2.6)	25	(1.6)	127	(1.8)
20 and over.....	4801	23	(1.3)	117	(1.4)	7	(0.6)	6	(0.5)	113	(2.8)	30	(2.0)	26	(1.6)	119	(1.6)
2 and over...	7933	21	(1.2)	120	(1.3)	6	(0.6)	5	(0.5)	117	(2.8)	30	(1.9)	26	(1.5)	121	(1.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Dietary fiber: *All Individuals* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	14.4	(0.33)	0.5	(0.07)	3	(0.5)	15.0	(1.30)	5.3	(0.54)	35	(3.5)	14.3	(0.37)
20 and over.....	1585	14	(1.3)	17.2	(0.52)	0.9	(0.15)	5	(0.9)	16.8	(0.91)	6.7	(0.64)	40	(2.9)	17.2	(0.56)
2 and over...	2996	12	(1.0)	16.2	(0.40)	0.8	(0.11)	5	(0.6)	16.4	(0.80)	6.3	(0.49)	39	(2.4)	16.2	(0.42)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	14.0	(0.35)	0.6	(0.09)	4	(0.7)	12.9	(0.41)	3.9	(0.57)	31	(4.4)	14.2	(0.38)
20 and over.....	1509	21	(2.0)	17.1	(0.50)	1.2	(0.11)	7	(0.5)	17.4	(0.51)	5.7	(0.41)	33	(2.0)	17.0	(0.61)
2 and over...	2432	19	(1.8)	16.3	(0.41)	1.0	(0.08)	6	(0.5)	16.5	(0.37)	5.3	(0.35)	32	(1.7)	16.3	(0.49)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	14.9	(0.46)	1.0	(0.23)	7	(1.4)	14.9	(1.02)	3.9	(0.53)	27	(2.8)	14.9	(0.52)
20 and over.....	1340	32	(2.1)	19.8	(0.66)	2.2	(0.18)	11	(1.0)	19.6	(0.76)	6.9	(0.50)	35	(2.4)	19.9	(0.81)
2 and over...	1913	31	(2.2)	18.9	(0.56)	2.0	(0.18)	11	(1.0)	18.9	(0.73)	6.5	(0.46)	34	(2.1)	19.0	(0.68)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	14.4	(0.18)	0.6	(0.06)	5	(0.4)	14.2	(0.57)	4.2	(0.34)	30	(2.0)	14.4	(0.24)
20 and over.....	4801	23	(1.3)	18.1	(0.35)	1.5	(0.10)	8	(0.5)	18.5	(0.53)	6.5	(0.23)	35	(1.4)	18.0	(0.35)
2 and over...	7933	21	(1.2)	17.2	(0.28)	1.3	(0.09)	8	(0.5)	17.7	(0.46)	6.1	(0.23)	34	(1.4)	17.1	(0.29)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

T o t a l f a t

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	75.0	(2.67)	3.0	(0.42)	4	(0.5)	81.1	(3.97)	34.2	(3.37)	42	(3.3)	74.4	(2.81)
20 and over.....	1585	14	(1.3)	82.4	(2.56)	5.0	(0.54)	6	(0.6)	80.7	(4.57)	36.4	(3.03)	45	(2.3)	82.7	(2.46)
2 and over...	2996	12	(1.0)	79.9	(2.44)	4.3	(0.43)	5	(0.5)	80.8	(3.76)	35.9	(2.65)	44	(2.2)	79.7	(2.40)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	70.1	(1.98)	4.4	(0.68)	6	(0.9)	67.8	(7.38)	29.0	(3.87)	43	(2.3)	70.5	(1.82)
20 and over.....	1509	21	(2.0)	80.2	(2.80)	7.3	(0.73)	9	(0.8)	88.8	(3.98)	35.5	(1.80)	40	(1.9)	78.0	(2.83)
2 and over...	2432	19	(1.8)	77.6	(2.31)	6.6	(0.55)	8	(0.6)	84.6	(3.91)	34.2	(1.47)	40	(1.5)	76.0	(2.28)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	75.5	(2.45)	6.0	(1.29)	8	(1.7)	70.1	(6.32)	22.6	(2.96)	32	(2.9)	77.4	(2.20)
20 and over.....	1340	32	(2.1)	84.7	(2.34)	12.2	(1.13)	14	(1.2)	91.0	(3.84)	38.2	(1.95)	42	(1.9)	81.7	(2.15)
2 and over...	1913	31	(2.2)	83.0	(2.23)	11.1	(1.10)	13	(1.2)	87.8	(4.01)	35.8	(1.91)	41	(1.8)	80.9	(1.97)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	73.3	(1.42)	4.1	(0.36)	6	(0.5)	72.2	(3.81)	26.9	(2.24)	37	(2.0)	73.5	(1.45)
20 and over.....	4801	23	(1.3)	82.2	(0.77)	8.5	(0.59)	10	(0.7)	88.0	(2.36)	36.6	(1.23)	42	(1.5)	80.5	(0.68)
2 and over...	7933	21	(1.2)	80.0	(0.75)	7.4	(0.51)	9	(0.6)	85.1	(2.47)	34.8	(1.25)	41	(1.4)	78.6	(0.72)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	*All Individuals* [3] Intake from Full Service Restaurants g	(SE)	*All Individuals* [3] Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake g	(SE)	*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Saturated fat																	
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	25.7	(0.90)	1.0	(0.16)	4	(0.6)	28.2	(1.88)	11.0	(1.35)	39	(3.5)	25.4	(0.92)
20 and over.....	1585	14	(1.3)	27.0	(0.86)	1.5	(0.17)	6	(0.6)	25.8	(1.56)	10.9	(1.05)	42	(3.0)	27.2	(0.89)
2 and over...	2996	12	(1.0)	26.6	(0.79)	1.3	(0.13)	5	(0.5)	26.4	(1.37)	10.9	(0.87)	41	(2.5)	26.6	(0.82)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	24.4	(0.76)	1.3	(0.18)	5	(0.7)	22.5	(2.34)	8.7	(1.13)	39	(2.6)	24.7	(0.81)
20 and over.....	1509	21	(2.0)	25.8	(1.00)	2.2	(0.19)	9	(0.7)	28.3	(1.39)	10.6	(0.54)	38	(2.3)	25.1	(1.07)
2 and over...	2432	19	(1.8)	25.4	(0.81)	2.0	(0.15)	8	(0.6)	27.1	(1.36)	10.2	(0.49)	38	(1.8)	25.0	(0.85)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	26.6	(0.97)	2.1	(0.48)	8	(1.8)	23.5	(1.90)	8.1	(1.13)	34	(3.5)	27.7	(0.92)
20 and over.....	1340	32	(2.1)	27.0	(0.79)	3.8	(0.36)	14	(1.3)	29.2	(1.28)	11.9	(0.63)	41	(2.1)	26.0	(0.79)
2 and over...	1913	31	(2.2)	26.9	(0.76)	3.5	(0.36)	13	(1.3)	28.3	(1.32)	11.3	(0.64)	40	(2.0)	26.3	(0.75)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	25.4	(0.49)	1.3	(0.13)	5	(0.5)	24.4	(1.29)	8.7	(0.78)	36	(2.0)	25.5	(0.47)
20 and over.....	4801	23	(1.3)	26.5	(0.36)	2.6	(0.19)	10	(0.7)	28.2	(0.95)	11.2	(0.40)	40	(1.7)	25.9	(0.39)
2 and over...	7933	21	(1.2)	26.2	(0.35)	2.3	(0.17)	9	(0.6)	27.5	(0.93)	10.7	(0.42)	39	(1.5)	25.8	(0.37)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Monounsaturated fat																	
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	25.9	(1.04)	1.1	(0.15)	4	(0.5)	27.9	(1.55)	12.1	(1.20)	43	(3.1)	25.7	(1.10)
20 and over.....	1585	14	(1.3)	29.0	(0.83)	1.8	(0.18)	6	(0.6)	28.7	(1.57)	13.0	(1.07)	45	(2.4)	29.1	(0.80)
2 and over...	2996	12	(1.0)	27.9	(0.82)	1.5	(0.14)	6	(0.5)	28.5	(1.29)	12.8	(0.94)	45	(2.3)	27.9	(0.82)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	24.2	(0.72)	1.4	(0.22)	6	(0.9)	23.0	(2.68)	9.6	(1.37)	42	(2.3)	24.4	(0.66)
20 and over.....	1509	21	(2.0)	28.7	(1.00)	2.6	(0.25)	9	(0.8)	31.5	(1.30)	12.7	(0.78)	40	(2.0)	28.0	(1.07)
2 and over...	2432	19	(1.8)	27.6	(0.85)	2.3	(0.19)	8	(0.6)	29.8	(1.26)	12.1	(0.64)	41	(1.7)	27.0	(0.88)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	26.4	(0.95)	2.1	(0.47)	8	(1.8)	24.2	(2.72)	7.9	(1.14)	33	(2.6)	27.1	(0.88)
20 and over.....	1340	32	(2.1)	30.5	(0.85)	4.3	(0.41)	14	(1.2)	33.3	(1.52)	13.4	(0.70)	40	(1.8)	29.2	(0.81)
2 and over...	1913	31	(2.2)	29.8	(0.82)	3.9	(0.40)	13	(1.2)	31.9	(1.63)	12.6	(0.70)	39	(1.7)	28.8	(0.74)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	25.4	(0.53)	1.4	(0.13)	6	(0.5)	24.8	(1.52)	9.2	(0.80)	37	(1.9)	25.5	(0.52)
20 and over.....	4801	23	(1.3)	29.4	(0.30)	3.0	(0.20)	10	(0.7)	31.7	(0.90)	13.0	(0.43)	41	(1.4)	28.7	(0.26)
2 and over...	7933	21	(1.2)	28.4	(0.27)	2.6	(0.18)	9	(0.6)	30.4	(0.93)	12.3	(0.45)	40	(1.3)	27.9	(0.24)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	All Individuals [3] Total Intake g	(SE)	All Individuals [3] Intake from Full Service Restaurants g	(SE)	All Individuals [3] Percentages from [7] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [4] Total Intake g	(SE)	Full Service Restaurant Consumers [4] Intake from Full Service Restaurants g	(SE)	Full Service Restaurant Consumers [4] Percentages from [7] Full Service Restaurants %	(SE)	Non-consumers [5] Total Intake g	(SE)
Polyunsaturated fat																	
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	17.3	(0.93)	0.7	(0.09)	4	(0.6)	18.2	(0.66)	8.3	(0.89)	46	(3.7)	17.2	(0.99)
20 and over.....	1585	14	(1.3)	19.5	(0.83)	1.3	(0.16)	7	(0.8)	19.9	(1.23)	9.6	(0.81)	48	(2.1)	19.5	(0.83)
2 and over...	2996	12	(1.0)	18.8	(0.82)	1.1	(0.13)	6	(0.7)	19.5	(0.97)	9.2	(0.70)	47	(2.1)	18.7	(0.83)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	15.8	(0.57)	1.2	(0.24)	8	(1.4)	16.6	(1.95)	8.2	(1.25)	49	(2.9)	15.7	(0.48)
20 and over.....	1509	21	(2.0)	19.2	(0.68)	1.9	(0.24)	10	(1.1)	21.9	(1.38)	9.3	(0.59)	42	(1.9)	18.5	(0.60)
2 and over...	2432	19	(1.8)	18.3	(0.56)	1.7	(0.18)	10	(0.9)	20.8	(1.24)	9.1	(0.44)	44	(1.5)	17.7	(0.50)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	16.5	(0.57)	1.2	(0.25)	7	(1.6)	16.6	(1.52)	4.7	(0.63)	28	(3.6)	16.4	(0.69)
20 and over.....	1340	32	(2.1)	20.3	(0.62)	3.1	(0.30)	15	(1.3)	21.2	(0.99)	9.6	(0.62)	45	(2.3)	19.9	(0.61)
2 and over...	1913	31	(2.2)	19.6	(0.54)	2.7	(0.28)	14	(1.2)	20.5	(0.97)	8.9	(0.58)	43	(2.2)	19.2	(0.49)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	16.6	(0.48)	1.0	(0.09)	6	(0.5)	17.0	(0.85)	6.6	(0.61)	39	(2.7)	16.5	(0.55)
20 and over.....	4801	23	(1.3)	19.7	(0.20)	2.2	(0.15)	11	(0.8)	21.0	(0.45)	9.4	(0.35)	45	(1.6)	19.2	(0.23)
2 and over...	7933	21	(1.2)	18.9	(0.21)	1.9	(0.13)	10	(0.7)	20.3	(0.52)	8.9	(0.34)	44	(1.5)	18.5	(0.25)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C h o l e s t e r o l

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* Intake from Full Service Restaurants		*All Individuals* Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* Intake from Full Service Restaurants		*Full Service Restaurant Consumers* Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	243	(13.4)	12	(2.8)	5	(1.1)	311	(29.3)	140	(22.0)	45	(6.1)	237	(13.4)
20 and over.....	1585	14	(1.3)	287	(9.0)	29	(4.4)	10	(1.3)	363	(37.7)	209	(29.7)	58	(3.9)	275	(7.7)
2 and over...	2996	12	(1.0)	272	(7.9)	23	(3.3)	9	(1.0)	350	(29.1)	192	(25.3)	55	(3.9)	261	(6.9)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	210	(10.9)	14	(2.8)	7	(1.2)	180	(28.5)	92	(18.3)	51	(3.6)	215	(10.8)
20 and over.....	1509	21	(2.0)	274	(11.6)	36	(4.6)	13	(1.5)	341	(20.7)	175	(11.2)	52	(2.9)	257	(10.5)
2 and over...	2432	19	(1.8)	258	(9.6)	31	(3.5)	12	(1.2)	308	(19.5)	159	(9.7)	51	(2.5)	246	(8.3)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	217	(9.8)	25	(7.5)	12	(3.3)	233	(17.3)	95	(21.1)	41	(7.3)	212	(12.1)
20 and over.....	1340	32	(2.1)	286	(7.7)	50	(5.8)	17	(1.9)	315	(13.5)	155	(11.7)	49	(2.4)	272	(9.0)
2 and over...	1913	31	(2.2)	273	(7.5)	45	(5.1)	17	(1.8)	302	(11.8)	146	(9.9)	48	(2.3)	260	(8.7)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	224	(5.9)	16	(2.6)	7	(1.1)	236	(13.9)	103	(14.0)	44	(4.3)	222	(6.1)
20 and over.....	4801	23	(1.3)	282	(3.6)	39	(2.7)	14	(0.9)	326	(6.6)	167	(7.4)	51	(2.0)	268	(3.5)
2 and over...	7933	21	(1.2)	267	(3.3)	33	(2.2)	12	(0.8)	310	(6.5)	156	(6.9)	50	(1.8)	256	(3.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Vitamin A (RAE)																	
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	585	(23.7)	18	(4.6)	3	(0.8)	670	(99.5)	207	(36.3)	31	(3.3)	577	(22.5)
20 and over.....	1585	14	(1.3)	579	(29.0)	31	(4.0)	5	(0.6)	611	(59.1)	224	(18.5)	37	(4.0)	574	(27.6)
2 and over...	2996	12	(1.0)	581	(23.2)	27	(3.2)	5	(0.5)	626	(58.1)	220	(16.6)	35	(3.0)	575	(22.1)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	579	(29.8)	19	(3.1)	3	(0.5)	469	(67.5)	129	(19.3)	27	(3.9)	598	(29.7)
20 and over.....	1509	21	(2.0)	592	(25.3)	44	(5.1)	7	(0.7)	605	(17.4)	214	(11.2)	35	(1.4)	588	(30.4)
2 and over...	2432	19	(1.8)	588	(18.7)	38	(3.9)	6	(0.6)	578	(21.8)	197	(9.7)	34	(1.6)	591	(21.2)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	652	(24.0)	32	(6.2)	5	(1.0)	685	(35.6)	120	(15.5)	17	(2.5)	640	(31.2)
20 and over.....	1340	32	(2.1)	820	(75.7)	91	(12.5)	11	(1.7)	754	(45.1)	286	(37.2)	38	(3.7)	851	(109.5)
2 and over...	1913	31	(2.2)	790	(62.7)	81	(10.4)	10	(1.4)	743	(41.7)	260	(30.7)	35	(3.0)	811	(89.3)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	597	(10.2)	22	(2.2)	4	(0.4)	611	(34.0)	140	(14.9)	23	(2.1)	595	(13.6)
20 and over.....	4801	23	(1.3)	674	(38.0)	58	(7.0)	9	(0.9)	682	(30.3)	251	(21.6)	37	(2.3)	672	(45.5)
2 and over...	7933	21	(1.2)	655	(29.8)	49	(5.3)	7	(0.7)	669	(26.7)	231	(16.9)	34	(1.9)	651	(34.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Beta carotene

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	1064	(94.8)	39	(11.1)	4	(1.0)	1536*	(568.8)	440	(125.3)	29*	(12.9)	1018	(92.2)
20 and over.....	1585	14	(1.3)	1800	(187.2)	123*	(37.6)	7*	(2.1)	2373	(574.8)	894	(236.4)	38	(10.8)	1708	(148.9)
2 and over...	2996	12	(1.0)	1548	(142.1)	94	(26.0)	6	(1.6)	2164	(468.2)	780	(189.2)	36	(8.8)	1463	(108.9)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	1196	(103.8)	59*	(21.7)	5*	(1.8)	1496*	(498.9)	391*	(118.0)	26*	(10.7)	1143	(74.3)
20 and over.....	1509	21	(2.0)	2127	(165.7)	188	(25.2)	9	(1.3)	2217	(233.6)	911	(122.4)	41	(3.4)	2104	(222.2)
2 and over...	2432	19	(1.8)	1890	(133.4)	155	(16.7)	8	(1.0)	2073	(190.2)	807	(82.6)	39	(3.2)	1846	(172.9)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	1357	(204.6)	84	(20.9)	6	(1.7)	1498	(426.0)	320	(70.2)	21*	(7.8)	1307	(174.2)
20 and over.....	1340	32	(2.1)	3319	(291.9)	488	(64.9)	15	(2.0)	3218	(341.9)	1523	(222.5)	47	(4.9)	3367	(462.8)
2 and over...	1913	31	(2.2)	2966	(236.5)	415	(50.6)	14	(1.7)	2954	(324.5)	1338	(177.1)	45	(4.5)	2971	(378.1)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	1180	(71.6)	56	(9.1)	5	(0.7)	1490	(179.0)	363	(63.2)	24	(3.5)	1123	(70.3)
20 and over.....	4801	23	(1.3)	2500	(181.7)	286	(36.9)	11	(1.2)	2763	(236.4)	1229	(127.3)	44	(3.8)	2420	(214.1)
2 and over...	7933	21	(1.2)	2169	(146.2)	228	(27.9)	11	(1.0)	2531	(188.0)	1071	(103.3)	42	(3.4)	2071	(166.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

L y c o p e n e

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	5410	(500.0)	182	(33.2)	3	(0.7)	5514	(1221.6)	2061	(354.3)	37	(9.0)	5400	(570.3)
20 and over.....	1585	14	(1.3)	5654	(347.5)	237	(44.8)	4	(0.8)	4574	(607.6)	1717	(260.4)	38	(5.9)	5827	(395.6)
2 and over...	2996	12	(1.0)	5571	(328.4)	218	(35.7)	4	(0.7)	4809	(582.2)	1803	(239.5)	37	(5.2)	5676	(369.1)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	5104	(505.5)	371*	(137.8)	7*	(2.5)	5645	(1536.9)	2470*	(779.5)	44	(6.3)	5009	(519.9)
20 and over.....	1509	21	(2.0)	4651	(262.1)	396	(56.4)	9	(1.4)	4723	(663.3)	1917	(304.5)	41	(4.4)	4632	(294.6)
2 and over...	2432	19	(1.8)	4766	(251.4)	390	(55.7)	8	(1.3)	4907	(547.1)	2028	(258.1)	41	(3.2)	4733	(293.6)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	5263	(691.3)	788*	(300.6)	15	(4.4)	5158	(1141.6)	2992*	(982.4)	58*	(13.1)	5300	(689.0)
20 and over.....	1340	32	(2.1)	5641	(387.0)	922	(121.1)	16	(2.2)	5942	(772.4)	2878	(368.1)	48	(7.1)	5499	(374.3)
2 and over...	1913	31	(2.2)	5573	(301.9)	898	(121.3)	16	(2.2)	5822	(662.4)	2896	(358.8)	50	(6.9)	5461	(322.6)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	5225	(350.7)	391	(83.9)	7	(1.5)	5293	(808.9)	2530	(525.0)	48	(6.5)	5212	(354.4)
20 and over.....	4801	23	(1.3)	5279	(171.5)	559	(61.5)	11	(1.1)	5384	(485.7)	2407	(218.8)	45	(4.1)	5247	(195.7)
2 and over...	7933	21	(1.2)	5265	(169.4)	517	(53.8)	10	(1.1)	5367	(394.9)	2429	(204.2)	45	(3.8)	5238	(214.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

T h i a m i n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	*All Individuals* [3] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [3] Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	1.57	(0.034)	0.05	(0.008)	3	(0.5)	1.54	(0.087)	0.60	(0.064)	39	(4.0)	1.57	(0.039)
20 and over.....	1585	14	(1.3)	1.64	(0.054)	0.08	(0.009)	5	(0.5)	1.52	(0.076)	0.56	(0.052)	37	(3.1)	1.66	(0.056)
2 and over...	2996	12	(1.0)	1.62	(0.044)	0.07	(0.007)	4	(0.4)	1.53	(0.053)	0.57	(0.046)	38	(2.9)	1.63	(0.045)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	1.51	(0.052)	0.06	(0.009)	4	(0.6)	1.37	(0.139)	0.42	(0.067)	31	(4.0)	1.53	(0.051)
20 and over.....	1509	21	(2.0)	1.57	(0.052)	0.11	(0.013)	7	(0.7)	1.58	(0.061)	0.56	(0.029)	35	(1.5)	1.57	(0.057)
2 and over...	2432	19	(1.8)	1.56	(0.048)	0.10	(0.010)	7	(0.6)	1.54	(0.062)	0.53	(0.029)	34	(1.2)	1.56	(0.049)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	1.57	(0.050)	0.10	(0.020)	7	(1.2)	1.55	(0.133)	0.39	(0.051)	26	(2.6)	1.57	(0.056)
20 and over.....	1340	32	(2.1)	1.72	(0.037)	0.22	(0.019)	13	(1.0)	1.74	(0.046)	0.67	(0.041)	39	(2.2)	1.70	(0.037)
2 and over...	1913	31	(2.2)	1.69	(0.035)	0.20	(0.017)	12	(0.9)	1.71	(0.043)	0.63	(0.034)	37	(1.9)	1.68	(0.035)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	1.55	(0.024)	0.07	(0.005)	4	(0.4)	1.49	(0.081)	0.44	(0.040)	30	(2.2)	1.56	(0.024)
20 and over.....	4801	23	(1.3)	1.64	(0.018)	0.14	(0.010)	9	(0.5)	1.65	(0.034)	0.62	(0.025)	37	(1.3)	1.64	(0.017)
2 and over...	7933	21	(1.2)	1.62	(0.015)	0.12	(0.008)	8	(0.5)	1.62	(0.033)	0.59	(0.023)	36	(1.3)	1.62	(0.014)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	2.04	(0.098)	0.06	(0.011)	3	(0.6)	1.98	(0.108)	0.63	(0.070)	32	(3.5)	2.05	(0.106)
20 and over.....	1585	14	(1.3)	2.06	(0.065)	0.09	(0.012)	4	(0.6)	1.92	(0.085)	0.65	(0.062)	34	(2.8)	2.08	(0.071)
2 and over...	2996	12	(1.0)	2.05	(0.069)	0.08	(0.009)	4	(0.5)	1.94	(0.070)	0.65	(0.057)	33	(2.8)	2.07	(0.074)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	1.89	(0.047)	0.07	(0.009)	4	(0.5)	1.54	(0.107)	0.44	(0.058)	29	(2.7)	1.95	(0.061)
20 and over.....	1509	21	(2.0)	2.05	(0.055)	0.13	(0.014)	6	(0.6)	2.16	(0.081)	0.63	(0.028)	29	(1.5)	2.02	(0.060)
2 and over...	2432	19	(1.8)	2.01	(0.042)	0.11	(0.011)	6	(0.5)	2.04	(0.066)	0.59	(0.024)	29	(1.2)	2.00	(0.046)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	2.09	(0.063)	0.11	(0.024)	5	(1.0)	2.15	(0.134)	0.41	(0.059)	19	(2.2)	2.07	(0.075)
20 and over.....	1340	32	(2.1)	2.37	(0.047)	0.24	(0.021)	10	(0.9)	2.27	(0.072)	0.74	(0.039)	32	(1.8)	2.42	(0.043)
2 and over...	1913	31	(2.2)	2.32	(0.045)	0.21	(0.020)	9	(0.8)	2.25	(0.070)	0.69	(0.036)	31	(1.5)	2.35	(0.040)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	2.00	(0.032)	0.07	(0.007)	4	(0.4)	1.91	(0.076)	0.46	(0.043)	24	(2.1)	2.01	(0.038)
20 and over.....	4801	23	(1.3)	2.17	(0.029)	0.16	(0.011)	7	(0.5)	2.17	(0.042)	0.68	(0.022)	32	(1.0)	2.17	(0.033)
2 and over...	7933	21	(1.2)	2.13	(0.025)	0.14	(0.009)	6	(0.4)	2.12	(0.040)	0.64	(0.022)	30	(1.0)	2.13	(0.028)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	23.1	(1.45)	0.9	(0.16)	4	(0.6)	23.6	(2.29)	10.0	(1.36)	43	(3.1)	23.1	(1.46)
20 and over.....	1585	14	(1.3)	26.1	(0.89)	1.4	(0.16)	5	(0.6)	24.2	(1.49)	9.8	(0.96)	41	(2.2)	26.4	(0.84)
2 and over...	2996	12	(1.0)	25.1	(1.02)	1.2	(0.13)	5	(0.4)	24.0	(1.53)	9.9	(1.02)	41	(2.2)	25.3	(0.99)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	21.0	(0.63)	1.2	(0.26)	6	(1.2)	20.1	(2.17)	7.7	(1.33)	38	(3.0)	21.2	(0.72)
20 and over.....	1509	21	(2.0)	24.4	(0.52)	1.9	(0.15)	8	(0.6)	24.9	(1.00)	9.2	(0.49)	37	(1.3)	24.3	(0.55)
2 and over...	2432	19	(1.8)	23.6	(0.51)	1.7	(0.15)	7	(0.6)	23.9	(0.94)	8.9	(0.42)	37	(1.1)	23.5	(0.53)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	21.8	(0.89)	2.0	(0.48)	9	(2.0)	22.3	(2.00)	7.7	(1.24)	34	(3.6)	21.6	(0.97)
20 and over.....	1340	32	(2.1)	27.7	(0.57)	3.7	(0.31)	13	(1.0)	28.7	(0.93)	11.5	(0.57)	40	(2.1)	27.3	(0.55)
2 and over...	1913	31	(2.2)	26.6	(0.52)	3.4	(0.30)	13	(1.0)	27.7	(0.91)	10.9	(0.49)	40	(1.8)	26.2	(0.45)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	22.1	(0.51)	1.3	(0.15)	6	(0.6)	21.8	(1.21)	8.1	(0.84)	37	(2.4)	22.1	(0.52)
20 and over.....	4801	23	(1.3)	26.1	(0.32)	2.5	(0.16)	9	(0.6)	26.7	(0.71)	10.6	(0.41)	40	(1.4)	25.9	(0.31)
2 and over...	7933	21	(1.2)	25.1	(0.29)	2.2	(0.14)	9	(0.5)	25.8	(0.65)	10.1	(0.40)	39	(1.2)	24.9	(0.28)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

V i t a m i n B 6

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	1.88	(0.102)	0.06	(0.014)	3	(0.7)	1.95	(0.187)	0.70	(0.119)	36	(4.0)	1.87	(0.106)
20 and over.....	1585	14	(1.3)	2.16	(0.089)	0.12	(0.014)	5	(0.6)	2.11	(0.131)	0.85	(0.079)	40	(2.6)	2.17	(0.093)
2 and over...	2996	12	(1.0)	2.06	(0.084)	0.10	(0.011)	5	(0.5)	2.07	(0.122)	0.81	(0.082)	39	(2.5)	2.06	(0.086)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	1.67	(0.046)	0.07	(0.018)	4	(1.1)	1.52	(0.127)	0.49	(0.096)	32	(5.5)	1.70	(0.062)
20 and over.....	1509	21	(2.0)	1.96	(0.069)	0.15	(0.013)	8	(0.8)	2.05	(0.094)	0.73	(0.038)	35	(1.8)	1.93	(0.078)
2 and over...	2432	19	(1.8)	1.88	(0.057)	0.13	(0.012)	7	(0.7)	1.95	(0.077)	0.68	(0.028)	35	(1.5)	1.87	(0.066)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	1.75	(0.069)	0.14	(0.036)	8	(1.9)	1.84	(0.157)	0.52	(0.098)	28	(3.7)	1.72	(0.088)
20 and over.....	1340	32	(2.1)	2.39	(0.058)	0.31	(0.026)	13	(1.0)	2.43	(0.096)	0.96	(0.037)	39	(2.2)	2.38	(0.064)
2 and over...	1913	31	(2.2)	2.28	(0.049)	0.28	(0.025)	12	(1.0)	2.34	(0.091)	0.89	(0.037)	38	(1.9)	2.25	(0.052)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	1.79	(0.032)	0.08	(0.012)	5	(0.7)	1.76	(0.096)	0.54	(0.069)	31	(2.9)	1.79	(0.037)
20 and over.....	4801	23	(1.3)	2.19	(0.040)	0.20	(0.013)	9	(0.6)	2.26	(0.073)	0.87	(0.028)	39	(1.3)	2.17	(0.043)
2 and over...	7933	21	(1.2)	2.09	(0.030)	0.17	(0.011)	8	(0.5)	2.17	(0.062)	0.81	(0.029)	38	(1.1)	2.07	(0.032)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

F o l a t e (D F E)

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	541	(15.2)	16	(2.4)	3	(0.4)	511	(33.4)	185	(23.0)	36	(4.6)	544	(16.5)
20 and over.....	1585	14	(1.3)	562	(20.3)	27	(4.2)	5	(0.7)	527	(37.8)	199	(15.4)	38	(2.6)	568	(22.8)
2 and over...	2996	12	(1.0)	555	(16.3)	24	(3.0)	4	(0.6)	523	(29.6)	196	(12.8)	37	(2.6)	559	(18.1)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	504	(15.8)	22	(3.0)	4	(0.7)	447	(35.1)	146	(21.0)	33	(3.4)	514	(20.0)
20 and over.....	1509	21	(2.0)	533	(14.1)	36	(3.5)	7	(0.6)	524	(20.8)	174	(10.6)	33	(1.3)	535	(15.2)
2 and over...	2432	19	(1.8)	525	(10.8)	32	(2.8)	6	(0.5)	509	(19.8)	168	(9.3)	33	(1.1)	529	(11.5)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	524	(26.0)	34	(7.3)	6	(1.2)	577	(67.4)	128	(19.0)	22	(2.3)	505	(22.3)
20 and over.....	1340	32	(2.1)	612	(11.3)	70	(5.3)	11	(0.8)	607	(18.0)	217	(14.6)	36	(2.4)	614	(14.0)
2 and over...	1913	31	(2.2)	596	(11.8)	63	(5.4)	11	(0.8)	602	(22.7)	204	(13.4)	34	(2.0)	593	(13.4)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	527	(8.4)	22	(1.9)	4	(0.4)	519	(34.5)	145	(13.3)	28	(2.2)	528	(10.2)
20 and over.....	4801	23	(1.3)	570	(8.7)	46	(3.0)	8	(0.5)	565	(13.5)	199	(8.4)	35	(1.6)	571	(10.0)
2 and over...	7933	21	(1.2)	559	(7.2)	40	(2.6)	7	(0.5)	557	(14.9)	189	(8.2)	34	(1.5)	560	(8.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	271	(10.2)	11	(2.0)	4	(0.8)	314	(20.6)	128	(15.0)	41	(4.4)	267	(10.5)
20 and over.....	1585	14	(1.3)	328	(8.0)	25	(3.3)	8	(0.9)	359	(28.2)	179	(20.7)	50	(3.2)	323	(6.9)
2 and over...	2996	12	(1.0)	308	(6.8)	20	(2.5)	7	(0.7)	347	(21.5)	166	(18.1)	48	(3.2)	303	(6.0)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	252	(10.0)	13	(2.4)	5	(0.9)	212	(19.7)	84	(14.3)	40	(3.6)	259	(10.9)
20 and over.....	1509	21	(2.0)	322	(11.7)	32	(3.6)	10	(1.1)	366	(18.2)	156	(7.9)	43	(1.9)	311	(11.1)
2 and over...	2432	19	(1.8)	304	(10.0)	27	(2.8)	9	(0.9)	335	(16.3)	142	(7.1)	42	(1.6)	297	(9.3)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	268	(9.8)	23	(6.3)	9	(2.2)	282	(18.5)	88	(17.6)	31	(5.1)	263	(11.8)
20 and over.....	1340	32	(2.1)	354	(7.0)	52	(5.1)	15	(1.4)	371	(11.8)	164	(9.0)	44	(1.7)	346	(7.4)
2 and over...	1913	31	(2.2)	338	(6.7)	47	(4.5)	14	(1.3)	358	(11.0)	152	(7.5)	43	(1.7)	330	(7.0)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	263	(3.8)	15	(2.0)	6	(0.8)	268	(11.1)	94	(11.3)	35	(3.4)	262	(4.3)
20 and over.....	4801	23	(1.3)	335	(3.7)	38	(2.3)	11	(0.7)	364	(6.8)	163	(5.2)	45	(1.4)	326	(3.8)
2 and over...	7933	21	(1.2)	317	(2.8)	32	(2.0)	10	(0.6)	347	(5.9)	150	(5.0)	43	(1.3)	309	(2.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Vitamin B12 — *All Individuals* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	5.37	(0.344)	0.16	(0.033)	3	(0.7)	5.63	(0.302)	1.86	(0.299)	33	(4.5)	5.34	(0.379)
20 and over.....	1585	14	(1.3)	5.12	(0.207)	0.24	(0.033)	5	(0.6)	4.39	(0.326)	1.71	(0.216)	39	(3.4)	5.24	(0.220)
2 and over...	2996	12	(1.0)	5.20	(0.230)	0.21	(0.022)	4	(0.4)	4.70	(0.247)	1.75	(0.156)	37	(2.7)	5.27	(0.248)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	4.70	(0.225)	0.19	(0.031)	4	(0.6)	3.70	(0.348)	1.25	(0.194)	34	(3.6)	4.88	(0.275)
20 and over.....	1509	21	(2.0)	4.74	(0.141)	0.36	(0.035)	8	(0.7)	4.84	(0.226)	1.73	(0.126)	36	(2.3)	4.72	(0.151)
2 and over...	2432	19	(1.8)	4.73	(0.124)	0.31	(0.028)	7	(0.6)	4.61	(0.178)	1.63	(0.107)	35	(2.1)	4.76	(0.140)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	5.24	(0.268)	0.39	(0.116)	7	(2.0)	5.58	(0.494)	1.48	(0.332)	26	(4.7)	5.12	(0.278)
20 and over.....	1340	32	(2.1)	6.25	(0.524)	0.76	(0.113)	12	(2.1)	6.10	(0.399)	2.38	(0.310)	39	(3.5)	6.32	(0.762)
2 and over...	1913	31	(2.2)	6.07	(0.473)	0.69	(0.095)	11	(1.7)	6.02	(0.364)	2.24	(0.243)	37	(2.8)	6.09	(0.661)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	5.12	(0.154)	0.22	(0.033)	4	(0.7)	4.95	(0.267)	1.46	(0.178)	29	(2.5)	5.15	(0.183)
20 and over.....	4801	23	(1.3)	5.44	(0.212)	0.48	(0.051)	9	(0.9)	5.42	(0.224)	2.06	(0.156)	38	(2.1)	5.45	(0.272)
2 and over...	7933	21	(1.2)	5.36	(0.177)	0.41	(0.041)	8	(0.8)	5.33	(0.190)	1.95	(0.125)	37	(1.7)	5.37	(0.223)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Vitamin C																	
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	75.9	(4.41)	1.3	(0.37)	2	(0.5)	57.6	(5.97)	14.6	(2.84)	25	(3.5)	77.6	(4.73)
20 and over.....	1585	14	(1.3)	85.3	(6.76)	5.8	(1.66)	7	(1.7)	101.9	(11.24)	42.2	(11.09)	41	(7.1)	82.6	(6.80)
2 and over...	2996	12	(1.0)	82.1	(5.17)	4.3	(1.09)	5	(1.2)	90.9	(8.74)	35.3	(8.36)	39	(6.2)	80.8	(5.27)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	90.4	(11.17)	1.3	(0.36)	1*	(0.5)	79.7	(13.99)	8.8	(1.93)	11*	(3.2)	92.3	(13.30)
20 and over.....	1509	21	(2.0)	77.3	(4.48)	4.9	(0.57)	6	(0.8)	78.7	(5.65)	23.8	(2.58)	30	(2.8)	77.0	(5.03)
2 and over...	2432	19	(1.8)	80.7	(4.09)	4.0	(0.43)	5	(0.6)	78.9	(5.63)	20.8	(1.86)	26	(2.1)	81.1	(5.15)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	71.3	(3.96)	2.6	(0.68)	4	(1.0)	68.6	(5.49)	9.8	(2.27)	14	(3.8)	72.3	(4.89)
20 and over.....	1340	32	(2.1)	90.8	(3.89)	9.2	(1.06)	10	(1.0)	90.1	(6.54)	28.6	(2.67)	32	(3.0)	91.1	(4.57)
2 and over...	1913	31	(2.2)	87.3	(3.51)	8.0	(0.89)	9	(0.9)	86.8	(5.85)	25.7	(2.15)	30	(2.7)	87.5	(4.09)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	79.8	(4.35)	1.7	(0.18)	2	(0.3)	69.6	(5.00)	10.9	(0.98)	16	(1.8)	81.6	(5.01)
20 and over.....	4801	23	(1.3)	84.8	(4.10)	6.7	(0.55)	8	(0.5)	88.0	(5.23)	28.7	(2.31)	33	(2.0)	83.8	(4.26)
2 and over...	7933	21	(1.2)	83.5	(3.36)	5.4	(0.42)	6	(0.4)	84.7	(4.63)	25.5	(1.84)	30	(1.9)	83.2	(3.49)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	*All Individuals* [3] Intake from Full Service Restaurants µg	(SE)	*All Individuals* [3] Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake µg	(SE)	*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants µg	(SE)	*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Vitamin D																	
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	6.1	(0.32)	0.1	(0.03)	2	(0.5)	5.7	(0.51)	1.4	(0.28)	24	(4.1)	6.2	(0.32)
20 and over.....	1585	14	(1.3)	4.8	(0.32)	0.2	(0.03)	4	(0.8)	4.1	(0.28)	1.3	(0.22)	32	(4.5)	4.9	(0.37)
2 and over...	2996	12	(1.0)	5.3	(0.27)	0.2	(0.02)	3	(0.5)	4.5	(0.24)	1.3	(0.20)	30	(3.9)	5.4	(0.30)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	5.6	(0.25)	0.1	(0.04)	2	(0.7)	3.4	(0.62)	0.9	(0.26)	26	(6.3)	5.9	(0.26)
20 and over.....	1509	21	(2.0)	4.3	(0.14)	0.2	(0.03)	5	(0.6)	4.2	(0.38)	1.1	(0.11)	27	(2.1)	4.3	(0.16)
2 and over...	2432	19	(1.8)	4.6	(0.11)	0.2	(0.03)	5	(0.6)	4.1	(0.32)	1.1	(0.13)	27	(2.3)	4.7	(0.14)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	6.3	(0.29)	0.2	(0.07)	4	(1.0)	6.8	(0.67)	0.9	(0.23)	13*	(3.2)	6.2	(0.32)
20 and over.....	1340	32	(2.1)	5.0	(0.23)	0.5	(0.12)	10	(2.2)	5.2	(0.46)	1.6	(0.40)	31	(6.2)	4.9	(0.19)
2 and over...	1913	31	(2.2)	5.2	(0.20)	0.5	(0.10)	9	(1.7)	5.4	(0.42)	1.5	(0.33)	28	(5.1)	5.1	(0.16)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	6.0	(0.15)	0.2	(0.02)	3	(0.4)	5.5	(0.38)	1.0	(0.14)	18	(2.3)	6.1	(0.15)
20 and over.....	4801	23	(1.3)	4.7	(0.14)	0.3	(0.04)	7	(0.8)	4.7	(0.26)	1.4	(0.21)	30	(3.7)	4.7	(0.14)
2 and over...	7933	21	(1.2)	5.0	(0.12)	0.3	(0.03)	6	(0.6)	4.8	(0.22)	1.3	(0.17)	28	(2.9)	5.0	(0.12)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

V i t a m i n E (a l p h a t o c o p h e r o l)

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* Intake from Full Service Restaurants		*All Individuals* Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* Intake from Full Service Restaurants		*Full Service Restaurant Consumers* Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	7.0	(0.29)	0.3	(0.03)	4	(0.5)	7.2	(0.39)	2.9	(0.25)	40	(3.6)	7.0	(0.32)
20 and over.....	1585	14	(1.3)	8.4	(0.28)	0.5	(0.06)	6	(0.7)	8.7	(0.51)	3.8	(0.27)	44	(4.0)	8.4	(0.30)
2 and over...	2996	12	(1.0)	8.0	(0.27)	0.4	(0.04)	5	(0.5)	8.3	(0.37)	3.6	(0.23)	43	(3.2)	7.9	(0.29)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	6.8	(0.21)	0.4	(0.06)	6	(0.9)	6.9	(0.75)	2.5	(0.35)	36	(3.2)	6.7	(0.20)
20 and over.....	1509	21	(2.0)	8.2	(0.25)	0.7	(0.07)	9	(0.8)	9.1	(0.55)	3.5	(0.20)	38	(2.3)	8.0	(0.23)
2 and over...	2432	19	(1.8)	7.8	(0.19)	0.6	(0.06)	8	(0.7)	8.7	(0.45)	3.3	(0.16)	37	(1.9)	7.6	(0.19)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	7.6	(0.33)	0.6	(0.15)	7	(1.9)	7.8	(0.88)	2.1	(0.40)	27	(4.1)	7.5	(0.36)
20 and over.....	1340	32	(2.1)	10.2	(0.29)	1.2	(0.10)	12	(0.8)	10.1	(0.35)	3.9	(0.21)	38	(2.0)	10.2	(0.38)
2 and over...	1913	31	(2.2)	9.7	(0.25)	1.1	(0.10)	12	(0.9)	9.8	(0.33)	3.6	(0.20)	37	(1.9)	9.7	(0.35)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	7.2	(0.15)	0.4	(0.04)	5	(0.5)	7.4	(0.48)	2.4	(0.23)	33	(2.5)	7.1	(0.20)
20 and over.....	4801	23	(1.3)	9.0	(0.16)	0.9	(0.05)	10	(0.5)	9.5	(0.26)	3.7	(0.10)	39	(1.4)	8.8	(0.18)
2 and over...	7933	21	(1.2)	8.5	(0.14)	0.7	(0.04)	9	(0.5)	9.1	(0.24)	3.5	(0.11)	38	(1.3)	8.4	(0.17)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Vitamin K: *All Individuals* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	67.6	(4.38)	2.8	(0.49)	4	(0.8)	66.6	(3.94)	31.6	(3.97)	47	(4.9)	67.7	(4.82)
20 and over.....	1585	14	(1.3)	101.1	(7.20)	9.1	(2.31)	9	(2.3)	117.5	(14.61)	66.2	(13.27)	56	(6.4)	98.5	(8.58)
2 and over...	2996	12	(1.0)	89.6	(5.54)	7.0	(1.53)	8	(1.7)	104.8	(11.42)	57.5	(10.30)	55	(5.5)	87.6	(6.55)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	66.0	(3.54)	6.0	(1.73)	9	(2.4)	74.7	(10.07)	40.0	(9.18)	54	(6.9)	64.4	(3.33)
20 and over.....	1509	21	(2.0)	105.2	(4.32)	11.9	(1.42)	11	(1.4)	118.0	(7.45)	57.6	(4.85)	49	(3.5)	101.9	(4.64)
2 and over...	2432	19	(1.8)	95.2	(3.57)	10.4	(1.08)	11	(1.1)	109.3	(6.36)	54.1	(3.68)	49	(3.0)	91.8	(3.82)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	64.0	(3.95)	4.7	(1.09)	7	(1.9)	62.0	(7.53)	17.8	(3.10)	29	(4.7)	64.7	(4.40)
20 and over.....	1340	32	(2.1)	169.9	(18.40)	24.9	(2.70)	15	(1.8)	156.1	(9.18)	77.8	(8.86)	50	(5.3)	176.5	(26.87)
2 and over...	1913	31	(2.2)	150.9	(15.19)	21.3	(2.28)	14	(1.6)	141.6	(8.06)	68.6	(7.38)	48	(5.1)	155.0	(21.86)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	66.3	(2.54)	4.4	(0.69)	7	(1.0)	68.8	(6.10)	28.2	(4.74)	41	(4.5)	65.8	(2.82)
20 and over.....	4801	23	(1.3)	129.8	(8.47)	16.1	(1.30)	12	(0.7)	137.3	(6.20)	69.3	(4.80)	50	(3.4)	127.6	(10.66)
2 and over...	7933	21	(1.2)	113.9	(6.61)	13.2	(1.05)	12	(0.7)	124.9	(5.24)	61.8	(4.23)	50	(3.3)	110.9	(7.95)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		All Individuals [3]						Full Service Restaurant Consumers [4]						Non-consumers [5]	
				Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	1068	(37.0)	27	(5.1)	3	(0.5)	1088	(55.4)	302	(34.6)	28	(3.0)	1066	(41.6)
20 and over.....	1585	14	(1.3)	1019	(35.6)	45	(5.8)	4	(0.6)	957	(39.5)	325	(29.3)	34	(3.0)	1029	(38.9)
2 and over...	2996	12	(1.0)	1036	(32.0)	39	(4.5)	4	(0.5)	990	(34.9)	319	(22.6)	32	(2.3)	1042	(35.1)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	1053	(38.6)	36	(4.6)	3	(0.5)	897	(54.8)	238	(31.9)	27	(3.1)	1081	(42.1)
20 and over.....	1509	21	(2.0)	918	(29.7)	54	(6.0)	6	(0.6)	949	(41.0)	259	(13.9)	27	(1.6)	910	(34.9)
2 and over...	2432	19	(1.8)	952	(27.2)	49	(4.8)	5	(0.5)	938	(29.4)	255	(12.0)	27	(1.0)	956	(33.1)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	1154	(42.7)	77	(19.6)	7	(1.5)	1229	(67.5)	293	(48.3)	24	(3.6)	1127	(45.9)
20 and over.....	1340	32	(2.1)	1044	(26.6)	101	(9.5)	10	(0.8)	1048	(36.0)	316	(20.2)	30	(1.7)	1042	(29.4)
2 and over...	1913	31	(2.2)	1064	(27.0)	97	(10.8)	9	(0.9)	1076	(35.5)	313	(23.1)	29	(1.8)	1059	(29.9)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	1082	(20.5)	42	(5.1)	4	(0.4)	1093	(44.6)	271	(27.0)	25	(2.2)	1080	(20.9)
20 and over.....	4801	23	(1.3)	989	(14.3)	69	(5.5)	7	(0.5)	997	(22.7)	296	(11.8)	30	(1.1)	986	(17.1)
2 and over...	7933	21	(1.2)	1012	(13.8)	62	(5.2)	6	(0.5)	1014	(21.7)	292	(13.1)	29	(1.1)	1012	(15.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* Intake from Full Service Restaurants		*All Individuals* Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* Intake from Full Service Restaurants		*Full Service Restaurant Consumers* Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	1325	(38.5)	49	(7.9)	4	(0.6)	1414	(75.3)	552	(51.5)	39	(3.3)	1317	(42.8)
20 and over.....	1585	14	(1.3)	1422	(33.4)	81	(9.8)	6	(0.7)	1391	(64.9)	588	(51.3)	42	(2.8)	1427	(32.3)
2 and over...	2996	12	(1.0)	1389	(30.0)	70	(7.6)	5	(0.5)	1397	(55.2)	579	(46.1)	41	(2.7)	1388	(29.5)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	1276	(38.2)	66	(10.0)	5	(0.8)	1179	(91.7)	436	(50.0)	37	(2.6)	1293	(41.6)
20 and over.....	1509	21	(2.0)	1341	(38.2)	108	(10.2)	8	(0.7)	1436	(43.1)	524	(14.8)	36	(1.5)	1316	(42.5)
2 and over...	2432	19	(1.8)	1325	(34.1)	97	(8.4)	7	(0.6)	1385	(36.0)	506	(13.9)	37	(1.1)	1310	(37.6)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	1382	(42.4)	113	(25.7)	8	(1.7)	1438	(85.6)	429	(53.2)	30	(3.2)	1362	(46.8)
20 and over.....	1340	32	(2.1)	1497	(28.4)	193	(15.9)	13	(1.0)	1544	(43.4)	603	(26.4)	39	(1.7)	1475	(32.0)
2 and over...	1913	31	(2.2)	1476	(25.8)	179	(16.1)	12	(1.0)	1528	(44.3)	577	(25.8)	38	(1.6)	1453	(28.4)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	1318	(17.3)	70	(7.3)	5	(0.6)	1351	(47.8)	451	(37.1)	33	(2.3)	1312	(18.4)
20 and over.....	4801	23	(1.3)	1418	(13.0)	133	(8.4)	9	(0.6)	1477	(26.6)	574	(14.5)	39	(1.2)	1400	(14.1)
2 and over...	7933	21	(1.2)	1393	(10.4)	117	(7.6)	8	(0.5)	1454	(24.1)	552	(16.5)	38	(1.2)	1376	(11.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

M a g n e s i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	242	(5.7)	7	(1.1)	3	(0.5)	249	(15.7)	81	(7.4)	32	(2.7)	241	(6.4)
20 and over.....	1585	14	(1.3)	298	(6.0)	14	(1.5)	5	(0.5)	283	(9.2)	99	(5.0)	35	(1.6)	300	(6.3)
2 and over...	2996	12	(1.0)	278	(5.2)	11	(1.1)	4	(0.4)	275	(8.3)	95	(5.0)	34	(1.7)	279	(5.5)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	237	(5.8)	9	(1.5)	4	(0.7)	210	(9.7)	62	(8.1)	30	(2.9)	242	(6.4)
20 and over.....	1509	21	(2.0)	293	(7.2)	19	(1.7)	6	(0.5)	300	(8.7)	90	(4.7)	30	(1.5)	291	(8.2)
2 and over...	2432	19	(1.8)	279	(6.0)	16	(1.3)	6	(0.5)	282	(6.6)	85	(3.3)	30	(1.2)	278	(6.8)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	257	(8.1)	17	(3.9)	7	(1.4)	271	(21.5)	64	(8.8)	24	(2.3)	252	(8.5)
20 and over.....	1340	32	(2.1)	346	(9.5)	37	(2.8)	11	(0.8)	350	(11.9)	115	(5.6)	33	(1.5)	345	(11.3)
2 and over...	1913	31	(2.2)	330	(8.4)	33	(2.8)	10	(0.9)	337	(12.0)	107	(5.5)	32	(1.4)	327	(10.0)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	244	(2.8)	10	(1.1)	4	(0.4)	246	(9.9)	67	(5.8)	27	(1.9)	243	(3.5)
20 and over.....	4801	23	(1.3)	314	(5.0)	24	(1.5)	8	(0.4)	323	(7.7)	105	(3.0)	32	(0.9)	312	(5.1)
2 and over...	7933	21	(1.2)	297	(4.1)	21	(1.3)	7	(0.4)	309	(7.1)	98	(3.2)	32	(0.9)	293	(4.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

I r o n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	14.7	(0.24)	0.5	(0.08)	3	(0.5)	14.1	(0.98)	5.2	(0.52)	37	(3.4)	14.8	(0.28)
20 and over.....	1585	14	(1.3)	15.4	(0.33)	0.7	(0.09)	5	(0.6)	14.0	(0.47)	5.2	(0.33)	37	(2.5)	15.6	(0.39)
2 and over...	2996	12	(1.0)	15.1	(0.25)	0.6	(0.07)	4	(0.5)	14.0	(0.40)	5.2	(0.31)	37	(2.4)	15.3	(0.29)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	13.8	(0.40)	0.6	(0.09)	4	(0.7)	11.9	(1.17)	4.1	(0.53)	35	(2.0)	14.2	(0.44)
20 and over.....	1509	21	(2.0)	14.9	(0.43)	1.0	(0.11)	7	(0.7)	14.9	(0.50)	5.1	(0.21)	34	(1.1)	15.0	(0.48)
2 and over...	2432	19	(1.8)	14.7	(0.32)	0.9	(0.08)	6	(0.6)	14.3	(0.49)	4.9	(0.20)	34	(1.0)	14.8	(0.33)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	14.1	(0.49)	1.0	(0.21)	7	(1.3)	14.3	(1.34)	3.6	(0.46)	25	(1.8)	14.0	(0.51)
20 and over.....	1340	32	(2.1)	16.8	(0.36)	1.9	(0.15)	12	(1.0)	16.8	(0.63)	6.0	(0.29)	36	(2.0)	16.8	(0.38)
2 and over...	1913	31	(2.2)	16.3	(0.33)	1.8	(0.15)	11	(1.0)	16.4	(0.63)	5.7	(0.28)	35	(1.7)	16.2	(0.35)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	14.3	(0.21)	0.6	(0.06)	4	(0.4)	13.5	(0.81)	4.1	(0.36)	30	(1.7)	14.5	(0.23)
20 and over.....	4801	23	(1.3)	15.8	(0.17)	1.3	(0.09)	8	(0.5)	15.7	(0.41)	5.6	(0.17)	36	(1.3)	15.8	(0.18)
2 and over...	7933	21	(1.2)	15.4	(0.13)	1.1	(0.08)	7	(0.5)	15.3	(0.36)	5.3	(0.17)	35	(1.2)	15.4	(0.15)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Z i n c

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	10.4	(0.28)	0.3	(0.05)	3	(0.5)	10.2	(0.55)	3.8	(0.35)	37	(3.5)	10.4	(0.31)
20 and over.....	1585	14	(1.3)	11.5	(0.20)	0.6	(0.08)	5	(0.7)	10.4	(0.43)	4.5	(0.42)	43	(3.4)	11.7	(0.22)
2 and over...	2996	12	(1.0)	11.1	(0.15)	0.5	(0.06)	5	(0.5)	10.3	(0.32)	4.3	(0.37)	42	(3.2)	11.2	(0.16)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	9.6	(0.35)	0.5	(0.10)	5	(1.0)	8.6	(0.76)	3.3	(0.57)	38	(3.6)	9.8	(0.37)
20 and over.....	1509	21	(2.0)	10.8	(0.37)	0.9	(0.09)	8	(0.7)	11.1	(0.37)	4.3	(0.29)	38	(2.2)	10.7	(0.42)
2 and over...	2432	19	(1.8)	10.5	(0.31)	0.8	(0.07)	7	(0.6)	10.6	(0.29)	4.1	(0.25)	38	(2.0)	10.4	(0.35)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	10.7	(0.66)	1.0*	(0.31)	10	(2.5)	12.3	(1.42)	3.9	(0.85)	32	(4.4)	10.2	(0.49)
20 and over.....	1340	32	(2.1)	12.2	(0.27)	1.7	(0.18)	14	(1.4)	13.4	(0.54)	5.3	(0.38)	40	(2.6)	11.7	(0.24)
2 and over...	1913	31	(2.2)	12.0	(0.27)	1.6	(0.17)	13	(1.3)	13.2	(0.55)	5.1	(0.34)	39	(2.2)	11.4	(0.25)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	10.2	(0.20)	0.6	(0.09)	5	(0.8)	10.6	(0.76)	3.6	(0.47)	34	(2.9)	10.1	(0.15)
20 and over.....	4801	23	(1.3)	11.5	(0.15)	1.1	(0.09)	10	(0.7)	12.2	(0.37)	4.8	(0.23)	40	(1.6)	11.3	(0.13)
2 and over...	7933	21	(1.2)	11.2	(0.13)	1.0	(0.08)	9	(0.6)	11.9	(0.35)	4.6	(0.22)	39	(1.5)	11.0	(0.11)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	1.0	(0.02)	#		3	(0.4)	1.0	(0.07)	0.3	(0.02)	33	(2.7)	1.0	(0.03)
20 and over.....	1585	14	(1.3)	1.2	(0.02)	0.1	(0.01)	5	(0.6)	1.2	(0.04)	0.5	(0.03)	40	(2.2)	1.2	(0.02)
2 and over...	2996	12	(1.0)	1.1	(0.02)	0.1	(0.01)	5	(0.4)	1.2	(0.03)	0.4	(0.03)	38	(2.0)	1.1	(0.02)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	1.0	(0.03)	#		4	(0.6)	0.9	(0.06)	0.3	(0.04)	30	(2.8)	1.0	(0.04)
20 and over.....	1509	21	(2.0)	1.2	(0.03)	0.1	(0.01)	7	(0.6)	1.3	(0.05)	0.4	(0.03)	31	(1.9)	1.2	(0.03)
2 and over...	2432	19	(1.8)	1.2	(0.02)	0.1	(0.01)	6	(0.5)	1.2	(0.04)	0.4	(0.02)	31	(1.6)	1.2	(0.03)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	1.1	(0.06)	0.1*	(0.05)	10*	(4.0)	1.3	(0.19)	0.4*	(0.16)	33	(8.5)	1.0	(0.03)
20 and over.....	1340	32	(2.1)	1.6	(0.11)	0.2	(0.02)	11	(1.3)	1.5	(0.06)	0.5	(0.05)	35	(2.3)	1.6	(0.15)
2 and over...	1913	31	(2.2)	1.5	(0.09)	0.2	(0.02)	11	(1.4)	1.5	(0.06)	0.5	(0.05)	35	(2.4)	1.5	(0.13)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	1.0	(0.02)	0.1	(0.01)	5	(1.2)	1.1	(0.09)	0.4	(0.07)	32	(4.5)	1.0	(0.02)
20 and over.....	4801	23	(1.3)	1.4	(0.05)	0.1	(0.01)	8	(0.6)	1.4	(0.04)	0.5	(0.02)	35	(1.2)	1.4	(0.06)
2 and over...	7933	21	(1.2)	1.3	(0.04)	0.1	(0.01)	8	(0.6)	1.3	(0.04)	0.5	(0.02)	34	(1.3)	1.3	(0.04)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	99.1	(3.45)	4.5	(0.69)	4	(0.7)	111.8	(6.43)	50.4	(5.95)	45	(4.5)	97.8	(3.57)
20 and over.....	1585	14	(1.3)	114.9	(2.53)	7.8	(0.96)	7	(0.8)	116.5	(7.56)	56.3	(5.56)	48	(2.8)	114.7	(2.19)
2 and over...	2996	12	(1.0)	109.5	(2.60)	6.6	(0.75)	6	(0.6)	115.3	(6.46)	54.8	(5.35)	48	(3.1)	108.7	(2.30)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	94.4	(3.48)	5.6	(0.90)	6	(0.9)	88.2	(10.63)	37.5	(5.12)	43	(2.6)	95.5	(3.20)
20 and over.....	1509	21	(2.0)	109.4	(3.02)	10.1	(0.93)	9	(0.8)	120.9	(3.94)	49.1	(2.02)	41	(2.3)	106.4	(3.23)
2 and over...	2432	19	(1.8)	105.6	(2.74)	9.0	(0.78)	9	(0.7)	114.4	(4.44)	46.8	(1.87)	41	(1.9)	103.5	(2.65)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	102.1	(4.80)	12.1*	(3.65)	12	(3.3)	111.4	(10.55)	45.9	(10.34)	41	(6.7)	98.8	(4.54)
20 and over.....	1340	32	(2.1)	119.2	(3.12)	18.2	(1.53)	15	(1.2)	129.8	(4.23)	56.9	(2.99)	44	(2.4)	114.2	(3.06)
2 and over...	1913	31	(2.2)	116.1	(2.40)	17.1	(1.53)	15	(1.3)	127.0	(3.34)	55.2	(2.66)	43	(2.4)	111.2	(2.39)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	98.1	(1.59)	6.7	(1.03)	7	(1.0)	104.0	(5.84)	43.5	(5.45)	42	(3.8)	97.0	(1.44)
20 and over.....	4801	23	(1.3)	114.5	(1.46)	12.6	(0.73)	11	(0.7)	124.1	(2.00)	54.4	(2.00)	44	(1.7)	111.6	(1.59)
2 and over...	7933	21	(1.2)	110.4	(1.05)	11.2	(0.67)	10	(0.6)	120.5	(1.80)	52.4	(2.02)	44	(1.7)	107.7	(1.05)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* Intake from Full Service Restaurants		*All Individuals* Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* Intake from Full Service Restaurants		*Full Service Restaurant Consumers* Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	2256	(33.0)	71	(11.2)	3	(0.5)	2275	(113.8)	807	(79.7)	35	(3.2)	2254	(37.5)
20 and over.....	1585	14	(1.3)	2675	(57.5)	147	(16.5)	5	(0.6)	2695	(94.0)	1067	(89.4)	40	(2.9)	2672	(59.8)
2 and over...	2996	12	(1.0)	2532	(45.2)	121	(12.4)	5	(0.5)	2590	(77.0)	1002	(82.8)	39	(2.8)	2524	(46.8)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	2241	(58.6)	94	(17.9)	4	(0.8)	2021	(69.9)	626	(92.6)	31	(3.7)	2280	(68.2)
20 and over.....	1509	21	(2.0)	2616	(58.7)	197	(15.9)	8	(0.6)	2757	(85.8)	953	(52.1)	35	(1.8)	2579	(65.9)
2 and over...	2432	19	(1.8)	2520	(53.2)	171	(12.5)	7	(0.5)	2610	(68.1)	888	(37.5)	34	(1.3)	2499	(60.0)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	2382	(70.1)	173	(43.8)	7	(1.7)	2465	(161.4)	658	(112.3)	27	(3.2)	2352	(72.2)
20 and over.....	1340	32	(2.1)	3046	(72.7)	380	(28.6)	12	(0.9)	3155	(90.7)	1187	(61.3)	38	(1.8)	2995	(83.1)
2 and over...	1913	31	(2.2)	2927	(67.4)	343	(28.4)	12	(0.9)	3049	(90.5)	1106	(57.6)	36	(1.7)	2872	(75.4)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	2279	(21.5)	104	(12.1)	5	(0.5)	2273	(79.6)	673	(66.3)	30	(2.2)	2281	(23.4)
20 and over.....	4801	23	(1.3)	2793	(38.4)	254	(14.3)	9	(0.5)	2948	(68.4)	1094	(32.5)	37	(1.2)	2747	(37.7)
2 and over...	7933	21	(1.2)	2665	(32.6)	216	(12.6)	8	(0.4)	2825	(60.5)	1018	(34.3)	36	(1.2)	2621	(32.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	3178	(89.0)	131	(20.4)	4	(0.6)	3478	(210.6)	1481	(154.9)	43	(3.8)	3148	(96.0)
20 and over.....	1585	14	(1.3)	3638	(99.0)	243	(29.7)	7	(0.8)	3691	(186.2)	1764	(162.2)	48	(2.7)	3630	(96.4)
2 and over...	2996	12	(1.0)	3481	(87.6)	205	(22.2)	6	(0.6)	3638	(160.0)	1694	(138.5)	47	(2.6)	3459	(82.9)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	3119	(100.5)	194	(34.4)	6	(1.1)	3092	(316.9)	1290	(171.9)	42	(2.8)	3124	(108.8)
20 and over.....	1509	21	(2.0)	3452	(90.4)	338	(32.8)	10	(0.9)	3840	(112.4)	1635	(69.6)	43	(1.6)	3351	(108.9)
2 and over...	2432	19	(1.8)	3367	(82.4)	301	(26.8)	9	(0.7)	3691	(95.6)	1566	(41.0)	42	(1.1)	3290	(92.0)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	3135	(90.3)	339	(77.5)	11	(2.4)	3237	(223.8)	1288	(172.3)	40	(4.4)	3099	(97.7)
20 and over.....	1340	32	(2.1)	3701	(83.2)	584	(45.1)	16	(1.1)	3915	(124.4)	1825	(88.6)	47	(2.0)	3600	(95.1)
2 and over...	1913	31	(2.2)	3599	(72.3)	540	(45.9)	15	(1.2)	3811	(126.7)	1743	(84.6)	46	(2.0)	3504	(76.4)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	3137	(47.8)	204	(22.0)	6	(0.7)	3257	(142.1)	1319	(108.6)	40	(2.6)	3115	(43.7)
20 and over.....	4801	23	(1.3)	3592	(29.1)	407	(26.9)	11	(0.7)	3830	(74.0)	1752	(56.1)	46	(1.4)	3520	(36.6)
2 and over...	7933	21	(1.2)	3478	(24.4)	356	(23.5)	10	(0.7)	3726	(69.0)	1673	(56.0)	45	(1.4)	3411	(25.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C a f f e i n e

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	32.4	(4.46)	1.1	(0.30)	4*	(1.2)	45.1	(7.91)	12.9	(3.23)	29	(5.8)	31.2	(5.32)
20 and over.....	1585	14	(1.3)	145.7	(13.65)	4.4	(1.02)	3	(0.8)	154.3	(19.64)	31.9	(7.07)	21	(4.4)	144.3	(14.74)
2 and over...	2996	12	(1.0)	106.9	(9.81)	3.3	(0.66)	3	(0.7)	127.0	(14.79)	27.2	(5.60)	21	(4.3)	104.2	(10.42)
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	31.8	(3.26)	2.7*	(1.14)	9*	(3.2)	48.3	(9.68)	18.1*	(6.07)	37	(7.6)	28.9	(2.85)
20 and over.....	1509	21	(2.0)	178.4	(10.45)	11.3	(2.09)	6	(1.0)	192.1	(18.82)	54.4	(8.44)	28	(2.3)	174.8	(11.26)
2 and over...	2432	19	(1.8)	141.0	(8.45)	9.1	(1.62)	6	(1.0)	163.4	(15.01)	47.2	(6.71)	29	(2.3)	135.6	(8.60)
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	29.6	(3.54)	3.2*	(1.07)	11*	(3.8)	26.8	(6.37)	12.0*	(3.82)	45	(7.9)	30.7	(4.70)
20 and over.....	1340	32	(2.1)	190.5	(12.01)	16.5	(3.89)	9	(2.0)	197.3	(17.24)	51.6	(11.73)	26	(5.3)	187.2	(13.30)
2 and over...	1913	31	(2.2)	161.5	(11.44)	14.1	(3.21)	9	(2.0)	171.2	(15.97)	45.6	(9.95)	27	(5.1)	157.1	(12.46)
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	31.8	(1.77)	2.1	(0.46)	7	(1.4)	37.7	(3.83)	13.9	(2.40)	37	(4.9)	30.8	(2.23)
20 and over.....	4801	23	(1.3)	172.9	(8.97)	11.5	(1.56)	7	(0.7)	186.9	(11.27)	49.4	(6.80)	26	(3.0)	168.6	(9.84)
2 and over...	7933	21	(1.2)	137.5	(7.03)	9.1	(1.16)	7	(0.7)	159.8	(9.81)	43.0	(5.54)	27	(2.8)	131.5	(7.34)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

A l c o h o l

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	9	(1.3)	--		--		--		--		--		--		--	
20 and over.....	1585	14	(1.3)	10.7	(1.70)	0.8*	(0.34)	7*	(3.5)	12.1	(3.32)	5.5*	(2.57)	--		10.5	(1.96)
2 and over...	2996	12	(1.0)	--		--		--		--		--		--		--	
131-350% poverty:																	
2 - 19.....	923	15	(2.1)	--		--		--		--		--		--		--	
20 and over.....	1509	21	(2.0)	10.3	(1.27)	0.9	(0.23)	9	(2.6)	12.6	(1.28)	4.3	(1.09)	34	(8.4)	9.7	(1.59)
2 and over...	2432	19	(1.8)	--		--		--		--		--		--		--	
Over 350% poverty:																	
2 - 19.....	573	26	(3.6)	--		--		--		--		--		--		--	
20 and over.....	1340	32	(2.1)	14.8	(1.64)	3.3	(0.56)	22	(3.2)	18.8	(1.80)	10.3	(1.43)	55	(4.9)	12.9	(1.80)
2 and over...	1913	31	(2.2)	--		--		--		--		--		--		--	
All Individuals [8]:																	
2 - 19.....	3132	15	(1.3)	--		--		--		--		--		--		--	
20 and over.....	4801	23	(1.3)	12.1	(0.88)	1.8	(0.26)	15	(1.9)	15.5	(1.15)	7.6	(1.02)	49	(4.2)	11.1	(1.00)
2 and over...	7933	21	(1.2)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".

[2] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[3] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

[4] **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

[5] **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

[6] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Full Service Restaurants.

[7] Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

[8] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2014).

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.

Salt adjustment is not applied to What We Eat in America, NHANES 2009-2010 and all subsequent surveys. Details available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Although alchohol 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012

				Food energy													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake kcal	(SE)	Intake from Quick Service Restaurants kcal	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake kcal	(SE)	Intake from Quick Service Restaurants kcal	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake kcal	(SE)
Males:																	
2 - 5	411	32	(3.9)	1648	(32.7)	149	(35.5)	9	(2.2)	1678	(53.6)	471	(79.8)	28	(4.0)	1635	(51.5)
6 - 11	590	30	(2.8)	2087	(38.6)	204	(26.4)	10	(1.3)	2126	(65.3)	684	(42.6)	32	(1.7)	2070	(40.8)
12 - 19	585	49	(3.7)	2531	(58.7)	591	(101.5)	23	(3.7)	2799	(130.7)	1210	(135.3)	43	(3.5)	2275	(94.1)
20 - 39	882	53	(2.2)	2767	(47.7)	628	(56.6)	23	(2.0)	2877	(58.9)	1176	(82.4)	41	(2.6)	2642	(84.1)
40 - 59	756	43	(2.2)	2613	(72.2)	356	(17.9)	14	(0.8)	2627	(79.9)	819	(55.0)	31	(1.9)	2602	(99.0)
60 and over	756	34	(3.8)	2181	(37.1)	207	(22.9)	10	(1.1)	2198	(52.3)	611	(31.6)	28	(1.3)	2172	(49.9)
2 - 19	1586	39	(2.0)	2190	(30.5)	365	(51.1)	17	(2.2)	2426	(94.3)	943	(95.5)	39	(2.7)	2040	(41.2)
20 and over	2394	45	(1.7)	2567	(26.7)	423	(31.2)	16	(1.3)	2662	(40.6)	942	(49.8)	35	(1.9)	2490	(43.0)
2 and over	3980	43	(1.7)	2469	(21.8)	408	(34.1)	17	(1.5)	2607	(31.7)	943	(55.2)	36	(2.0)	2363	(40.2)
Females:																	
2 - 5	423	31	(3.9)	1520	(32.0)	130	(20.4)	9	(1.3)	1616	(65.2)	415	(31.5)	26	(2.0)	1476	(34.4)
6 - 11	556	36	(4.7)	1878	(43.4)	235	(39.7)	13	(1.9)	1973	(52.8)	648	(59.1)	33	(2.3)	1823	(50.9)
12 - 19	567	45	(3.6)	1809	(38.8)	378	(46.2)	21	(2.6)	1874	(59.9)	833	(80.6)	44	(3.4)	1754	(67.4)
20 - 39	832	49	(2.7)	2015	(27.5)	424	(38.7)	21	(1.8)	2102	(49.8)	864	(51.2)	41	(1.8)	1931	(41.5)
40 - 59	830	38	(2.7)	1829	(19.8)	253	(16.6)	14	(0.9)	2000	(44.1)	660	(28.4)	33	(0.9)	1724	(33.5)
60 and over	745	28	(3.0)	1611	(33.9)	145	(19.2)	9	(1.2)	1696	(68.9)	524	(31.0)	31	(1.8)	1578	(45.8)
2 - 19	1546	39	(1.3)	1767	(19.1)	277	(24.6)	16	(1.3)	1858	(43.8)	704	(54.7)	38	(2.5)	1708	(25.5)
20 and over	2407	39	(1.9)	1834	(17.8)	283	(20.8)	15	(1.1)	1985	(42.9)	723	(35.4)	36	(1.2)	1736	(26.1)
2 and over	3953	39	(1.5)	1817	(15.3)	281	(19.2)	15	(1.0)	1954	(38.2)	718	(36.5)	37	(1.4)	1729	(22.1)
Males and Females:																	
2 - 19	3132	39	(1.2)	1983	(22.8)	322	(33.1)	16	(1.6)	2147	(65.3)	826	(66.1)	38	(2.1)	1879	(28.9)
20 and over	4801	42	(1.3)	2191	(15.6)	351	(22.6)	16	(1.1)	2338	(29.4)	837	(40.4)	36	(1.5)	2085	(31.4)
2 and over	7933	41	(1.2)	2139	(12.3)	344	(24.2)	16	(1.1)	2293	(30.6)	835	(44.5)	36	(1.6)	2031	(28.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

P r o t e i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	411	32	(3.9)	57.8	(1.77)	4.7	(0.96)	8	(1.8)	57.2	(1.96)	15.0	(2.09)	26	(3.4)	58.1	(2.83)
6 - 11	590	30	(2.8)	71.4	(1.39)	7.1	(0.99)	10	(1.4)	71.5	(2.39)	23.8	(1.74)	33	(2.5)	71.4	(1.56)
12 - 19	585	49	(3.7)	95.1	(2.64)	23.3	(4.00)	24	(4.1)	104.7	(5.49)	47.6	(5.86)	45	(4.7)	86.0	(4.29)
20 - 39	882	53	(2.2)	106.3	(2.53)	25.1	(2.15)	24	(2.1)	108.2	(2.64)	47.0	(3.24)	43	(2.7)	104.1	(4.96)
40 - 59	756	43	(2.2)	99.8	(2.72)	15.1	(0.95)	15	(1.1)	99.6	(2.88)	34.9	(2.15)	35	(2.2)	100.0	(3.63)
60 and over	756	34	(3.8)	85.5	(1.53)	8.8	(1.25)	10	(1.5)	86.6	(1.66)	26.1	(2.18)	30	(2.3)	84.9	(2.30)
2 - 19	1586	39	(2.0)	79.1	(1.31)	13.8	(1.92)	17	(2.3)	87.7	(3.98)	35.7	(3.86)	41	(3.4)	73.6	(1.90)
20 and over	2394	45	(1.7)	98.8	(0.89)	17.4	(1.27)	18	(1.3)	101.1	(1.37)	38.8	(1.97)	38	(2.0)	96.9	(1.73)
2 and over	3980	43	(1.7)	93.7	(0.82)	16.5	(1.32)	18	(1.5)	98.0	(1.21)	38.0	(2.13)	39	(2.1)	90.4	(1.58)
Females:																	
2 - 5	423	31	(3.9)	53.3	(1.38)	4.6	(0.75)	9	(1.4)	53.2	(2.93)	14.5	(1.38)	27	(2.3)	53.4	(1.29)
6 - 11	556	36	(4.7)	65.0	(1.87)	8.7	(1.76)	13	(2.6)	66.2	(2.36)	23.9	(3.02)	36	(3.9)	64.3	(2.07)
12 - 19	567	45	(3.6)	63.2	(1.96)	13.7	(1.72)	22	(2.9)	65.2	(3.16)	30.2	(3.16)	46	(4.5)	61.6	(2.72)
20 - 39	832	49	(2.7)	73.7	(1.02)	16.8	(1.71)	23	(2.2)	75.4	(2.16)	34.2	(2.47)	45	(2.6)	72.1	(1.92)
40 - 59	830	38	(2.7)	67.2	(1.21)	9.8	(0.62)	15	(1.1)	70.4	(1.36)	25.6	(0.95)	36	(1.2)	65.3	(2.04)
60 and over	745	28	(3.0)	62.1	(1.12)	5.9	(0.87)	9	(1.4)	63.7	(2.19)	21.3	(1.83)	33	(2.9)	61.5	(1.38)
2 - 19	1546	39	(1.3)	61.6	(1.08)	10.0	(0.89)	16	(1.4)	63.4	(2.15)	25.5	(2.10)	40	(2.9)	60.5	(0.98)
20 and over	2407	39	(1.9)	68.1	(0.60)	11.1	(0.87)	16	(1.2)	71.3	(1.42)	28.5	(1.42)	40	(1.5)	66.0	(1.14)
2 and over	3953	39	(1.5)	66.5	(0.50)	10.9	(0.79)	16	(1.1)	69.3	(1.34)	27.8	(1.45)	40	(1.6)	64.7	(0.87)
Males and Females:																	
2 - 19	3132	39	(1.2)	70.6	(0.94)	12.0	(1.18)	17	(1.6)	75.7	(2.49)	30.7	(2.52)	41	(2.7)	67.2	(0.94)
20 and over	4801	42	(1.3)	83.0	(0.75)	14.2	(0.92)	17	(1.1)	86.8	(1.06)	33.8	(1.60)	39	(1.6)	80.3	(1.31)
2 and over	7933	41	(1.2)	79.9	(0.52)	13.6	(0.92)	17	(1.2)	84.2	(1.04)	33.1	(1.70)	39	(1.7)	76.9	(1.09)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Carbohydrate													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	227	(5.5)	19	(5.2)	8	(2.2)	235	(9.0)	60	(12.3)	25	(4.6)	223	(5.9)
6 - 11.....	590	30	(2.8)	285	(5.4)	25	(3.0)	9	(1.1)	291	(9.7)	84	(4.9)	29	(1.4)	282	(6.8)
12 - 19.....	585	49	(3.7)	329	(6.3)	67	(11.1)	20	(3.3)	352	(15.3)	137	(14.0)	39	(3.0)	307	(14.7)
20 - 39.....	882	53	(2.2)	332	(6.8)	72	(7.1)	22	(2.0)	345	(9.4)	135	(10.4)	39	(2.7)	317	(10.2)
40 - 59.....	756	43	(2.2)	305	(9.6)	37	(1.5)	12	(0.6)	307	(11.3)	86	(4.3)	28	(1.5)	303	(11.9)
60 and over.....	756	34	(3.8)	265	(5.9)	22	(2.3)	8	(0.9)	259	(9.6)	66	(4.2)	26	(1.4)	267	(8.1)
2 - 19.....	1586	39	(2.0)	292	(3.2)	42	(5.9)	15	(2.0)	316	(10.8)	109	(10.7)	35	(2.4)	277	(6.2)
20 and over...	2394	45	(1.7)	305	(3.2)	47	(3.7)	15	(1.3)	316	(6.2)	104	(5.8)	33	(1.9)	297	(5.0)
2 and over...	3980	43	(1.7)	302	(2.8)	46	(4.0)	15	(1.4)	316	(4.7)	106	(6.4)	33	(1.9)	292	(5.0)
Females:																	
2 - 5.....	423	31	(3.9)	208	(4.0)	15	(2.5)	7	(1.2)	215	(7.6)	48	(4.0)	22	(2.0)	204	(4.6)
6 - 11.....	556	36	(4.7)	253	(5.4)	26	(3.8)	10	(1.3)	263	(7.4)	73	(5.3)	28	(1.5)	247	(7.4)
12 - 19.....	567	45	(3.6)	241	(4.7)	46	(5.7)	19	(2.3)	250	(7.1)	101	(9.5)	40	(3.3)	233	(9.8)
20 - 39.....	832	49	(2.7)	254	(3.7)	50	(4.7)	19	(1.8)	262	(6.2)	101	(6.6)	39	(2.1)	246	(6.5)
40 - 59.....	830	38	(2.7)	225	(3.7)	28	(2.2)	13	(1.0)	243	(7.6)	73	(4.1)	30	(1.2)	214	(5.4)
60 and over.....	745	28	(3.0)	201	(4.7)	16	(2.2)	8	(1.1)	215	(7.7)	60	(3.5)	28	(1.6)	196	(5.7)
2 - 19.....	1546	39	(1.3)	237	(2.0)	33	(3.0)	14	(1.2)	248	(3.9)	83	(6.4)	34	(2.3)	230	(3.3)
20 and over...	2407	39	(1.9)	228	(2.6)	32	(2.6)	14	(1.1)	246	(5.0)	83	(4.8)	34	(1.5)	217	(4.0)
2 and over...	3953	39	(1.5)	231	(2.0)	32	(2.4)	14	(1.1)	246	(4.3)	83	(4.8)	34	(1.6)	221	(3.4)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	265	(2.3)	38	(4.0)	14	(1.4)	282	(7.7)	97	(7.7)	34	(1.9)	254	(4.4)
20 and over...	4801	42	(1.3)	266	(2.4)	39	(2.8)	15	(1.1)	282	(4.4)	94	(5.0)	33	(1.6)	254	(4.1)
2 and over...	7933	41	(1.2)	266	(1.9)	39	(3.0)	15	(1.2)	282	(4.0)	95	(5.4)	34	(1.6)	254	(4.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Total sugars													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	118	(3.8)	7	(1.7)	6	(1.5)	116	(3.9)	21	(4.4)	19	(3.6)	119	(4.9)
6 - 11.....	590	30	(2.8)	139	(3.5)	10	(1.1)	7	(0.8)	143	(6.0)	33	(3.0)	23	(1.8)	137	(4.5)
12 - 19.....	585	49	(3.7)	152	(5.4)	23	(4.5)	15	(3.0)	156	(8.0)	47	(6.2)	30	(3.0)	149	(11.4)
20 - 39.....	882	53	(2.2)	147	(4.7)	27	(3.2)	18	(2.1)	154	(6.0)	50	(4.6)	32	(3.0)	138	(7.4)
40 - 59.....	756	43	(2.2)	132	(6.9)	14	(1.0)	10	(0.8)	135	(9.3)	31	(2.1)	23	(2.0)	130	(6.9)
60 and over.....	756	34	(3.8)	112	(3.8)	7	(1.0)	7	(0.9)	110	(6.6)	22	(2.4)	20	(1.9)	114	(5.6)
2 - 19.....	1586	39	(2.0)	140	(2.7)	15	(2.2)	11	(1.7)	146	(5.4)	39	(4.4)	27	(2.4)	137	(4.8)
20 and over...	2394	45	(1.7)	133	(2.3)	17	(1.5)	13	(1.3)	139	(4.6)	38	(2.4)	27	(2.0)	128	(3.3)
2 and over...	3980	43	(1.7)	135	(2.2)	17	(1.6)	12	(1.3)	140	(3.5)	38	(2.6)	27	(1.9)	130	(3.1)
Females:																	
2 - 5.....	423	31	(3.9)	105	(3.2)	6	(1.4)	6	(1.3)	109	(5.5)	19	(3.0)	17	(2.6)	103	(2.9)
6 - 11.....	556	36	(4.7)	120	(2.4)	9	(1.2)	8	(1.0)	123	(3.6)	26	(3.0)	21	(2.2)	118	(4.4)
12 - 19.....	567	45	(3.6)	117	(3.5)	20	(3.3)	17	(2.7)	122	(6.4)	44	(5.1)	36	(3.7)	113	(5.6)
20 - 39.....	832	49	(2.7)	114	(2.4)	19	(2.0)	17	(1.7)	117	(3.2)	39	(3.3)	34	(2.3)	111	(3.8)
40 - 59.....	830	38	(2.7)	102	(2.7)	10	(1.4)	10	(1.4)	109	(6.0)	27	(3.4)	25	(2.8)	97	(4.1)
60 and over.....	745	28	(3.0)	89	(2.4)	6	(0.9)	7	(1.0)	94	(5.0)	22	(1.5)	24	(1.8)	87	(2.6)
2 - 19.....	1546	39	(1.3)	115	(1.6)	13	(1.7)	12	(1.5)	120	(3.4)	34	(3.8)	29	(2.8)	112	(2.2)
20 and over...	2407	39	(1.9)	103	(1.5)	12	(1.4)	12	(1.3)	110	(2.6)	32	(2.8)	29	(2.2)	98	(2.4)
2 and over...	3953	39	(1.5)	106	(1.1)	13	(1.3)	12	(1.3)	112	(2.1)	32	(2.8)	29	(2.2)	101	(1.8)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	128	(1.8)	14	(1.6)	11	(1.3)	133	(4.1)	37	(3.4)	28	(1.9)	125	(3.2)
20 and over...	4801	42	(1.3)	117	(1.4)	15	(1.3)	12	(1.2)	125	(2.5)	35	(2.4)	28	(2.0)	112	(2.1)
2 and over...	7933	41	(1.2)	120	(1.3)	15	(1.3)	12	(1.2)	127	(1.9)	35	(2.5)	28	(1.9)	115	(2.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Dietary fiber													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	12.0	(0.43)	1.0	(0.23)	9	(1.8)	11.9	(0.66)	3.3	(0.46)	27	(3.6)	12.1	(0.55)
6 - 11.....	590	30	(2.8)	15.4	(0.55)	1.2	(0.19)	8	(1.2)	15.0	(0.68)	4.2	(0.38)	28	(2.0)	15.5	(0.65)
12 - 19.....	585	49	(3.7)	18.1	(0.43)	3.7	(0.64)	20	(3.5)	18.8	(0.97)	7.6	(0.87)	40	(4.1)	17.4	(1.11)
20 - 39.....	882	53	(2.2)	20.9	(0.53)	4.2	(0.43)	20	(2.1)	20.6	(0.98)	7.9	(0.65)	38	(3.6)	21.1	(0.56)
40 - 59.....	756	43	(2.2)	20.1	(0.74)	2.2	(0.16)	11	(0.7)	19.9	(1.05)	5.0	(0.39)	25	(1.7)	20.3	(0.77)
60 and over.....	756	34	(3.8)	19.6	(0.67)	1.5	(0.25)	8	(1.2)	18.0	(1.03)	4.4	(0.64)	24	(2.9)	20.5	(1.10)
2 - 19.....	1586	39	(2.0)	15.9	(0.31)	2.3	(0.32)	14	(2.0)	16.6	(0.65)	5.9	(0.60)	36	(2.8)	15.4	(0.52)
20 and over...	2394	45	(1.7)	20.3	(0.41)	2.8	(0.24)	14	(1.2)	19.9	(0.75)	6.2	(0.40)	31	(2.0)	20.6	(0.53)
2 and over...	3980	43	(1.7)	19.1	(0.33)	2.7	(0.23)	14	(1.3)	19.1	(0.59)	6.1	(0.39)	32	(2.0)	19.1	(0.43)
Females:																	
2 - 5.....	423	31	(3.9)	12.1	(0.34)	0.8	(0.14)	7	(1.3)	11.0	(0.55)	2.7	(0.29)	24	(2.9)	12.6	(0.46)
6 - 11.....	556	36	(4.7)	13.9	(0.46)	1.5	(0.25)	11	(1.7)	14.1	(0.42)	4.2	(0.31)	30	(2.3)	13.8	(0.74)
12 - 19.....	567	45	(3.6)	12.5	(0.28)	2.5	(0.25)	20	(2.1)	13.3	(0.49)	5.5	(0.38)	42	(3.0)	11.8	(0.46)
20 - 39.....	832	49	(2.7)	16.6	(0.45)	3.0	(0.29)	18	(1.9)	15.7	(0.73)	6.1	(0.35)	39	(2.6)	17.5	(0.63)
40 - 59.....	830	38	(2.7)	15.8	(0.45)	1.7	(0.14)	11	(1.0)	15.0	(0.53)	4.4	(0.32)	29	(1.8)	16.3	(0.67)
60 and over.....	745	28	(3.0)	15.9	(0.48)	1.0	(0.14)	7	(0.9)	15.4	(0.73)	3.8	(0.26)	25	(2.1)	16.1	(0.55)
2 - 19.....	1546	39	(1.3)	12.9	(0.20)	1.8	(0.12)	14	(1.0)	13.1	(0.32)	4.6	(0.26)	35	(2.2)	12.7	(0.27)
20 and over...	2407	39	(1.9)	16.1	(0.34)	2.0	(0.14)	12	(1.0)	15.4	(0.48)	5.0	(0.28)	33	(1.9)	16.6	(0.47)
2 and over...	3953	39	(1.5)	15.3	(0.28)	1.9	(0.12)	13	(0.9)	14.8	(0.40)	4.9	(0.25)	33	(1.8)	15.6	(0.40)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	14.4	(0.18)	2.1	(0.21)	14	(1.4)	14.9	(0.42)	5.3	(0.41)	35	(2.1)	14.1	(0.32)
20 and over...	4801	42	(1.3)	18.1	(0.35)	2.4	(0.17)	13	(1.0)	17.7	(0.54)	5.6	(0.32)	32	(1.7)	18.4	(0.38)
2 and over...	7933	41	(1.2)	17.2	(0.28)	2.3	(0.16)	13	(1.0)	17.1	(0.44)	5.5	(0.31)	33	(1.7)	17.3	(0.36)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Total fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	59.0	(2.33)	6.1	(1.25)	10	(2.4)	58.7	(2.40)	19.3	(2.57)	33	(3.5)	59.1	(3.40)
6 - 11.....	590	30	(2.8)	76.4	(1.78)	8.4	(1.22)	11	(1.6)	77.6	(3.56)	28.2	(2.21)	36	(2.4)	76.0	(1.91)
12 - 19.....	585	49	(3.7)	94.1	(3.76)	25.9	(4.79)	28	(4.2)	108.8	(7.13)	53.1	(6.82)	49	(3.7)	80.1	(3.11)
20 - 39.....	882	53	(2.2)	101.4	(1.94)	26.6	(2.42)	26	(2.4)	107.6	(2.83)	49.8	(3.61)	46	(3.1)	94.3	(3.11)
40 - 59.....	756	43	(2.2)	99.6	(3.15)	16.4	(1.16)	16	(1.2)	104.1	(4.55)	37.7	(3.60)	36	(2.7)	96.2	(4.35)
60 and over.....	756	34	(3.8)	82.6	(2.17)	9.1	(1.15)	11	(1.4)	86.9	(3.05)	26.7	(1.75)	31	(2.0)	80.4	(2.65)
2 - 19.....	1586	39	(2.0)	80.5	(1.96)	15.8	(2.29)	20	(2.5)	91.8	(4.85)	40.7	(4.46)	44	(2.9)	73.4	(1.48)
20 and over...	2394	45	(1.7)	96.2	(1.36)	18.5	(1.38)	19	(1.5)	102.5	(2.51)	41.2	(2.44)	40	(2.3)	91.0	(1.77)
2 and over...	3980	43	(1.7)	92.1	(1.06)	17.8	(1.50)	19	(1.7)	100.0	(1.84)	41.0	(2.62)	41	(2.3)	86.1	(1.47)
Females:																	
2 - 5.....	423	31	(3.9)	55.3	(1.61)	5.9	(0.90)	11	(1.5)	63.0	(3.39)	18.9	(1.44)	30	(2.2)	51.8	(1.68)
6 - 11.....	556	36	(4.7)	69.9	(1.99)	10.6	(2.02)	15	(2.6)	75.6	(2.07)	29.3	(3.26)	39	(3.6)	66.6	(2.29)
12 - 19.....	567	45	(3.6)	67.7	(2.48)	15.9	(1.94)	23	(3.0)	70.3	(4.12)	34.9	(3.55)	50	(3.7)	65.5	(3.79)
20 - 39.....	832	49	(2.7)	75.2	(1.17)	17.9	(1.52)	24	(1.8)	80.5	(2.04)	36.4	(1.87)	45	(1.5)	70.1	(1.43)
40 - 59.....	830	38	(2.7)	68.9	(0.88)	11.3	(0.69)	16	(1.0)	79.3	(3.04)	29.6	(1.37)	37	(1.5)	62.4	(1.81)
60 and over.....	745	28	(3.0)	61.5	(2.04)	6.3	(0.81)	10	(1.4)	64.4	(3.51)	22.7	(1.43)	35	(1.8)	60.3	(2.89)
2 - 19.....	1546	39	(1.3)	65.6	(1.20)	12.0	(1.11)	18	(1.6)	70.6	(2.86)	30.4	(2.53)	43	(2.8)	62.4	(1.61)
20 and over...	2407	39	(1.9)	69.0	(0.87)	12.2	(0.80)	18	(1.1)	76.9	(1.92)	31.2	(1.31)	41	(1.1)	63.9	(1.38)
2 and over...	3953	39	(1.5)	68.2	(0.87)	12.2	(0.74)	18	(1.0)	75.4	(1.73)	31.0	(1.38)	41	(1.2)	63.6	(1.27)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	73.3	(1.42)	13.9	(1.47)	19	(1.8)	81.4	(3.28)	35.6	(3.04)	44	(2.3)	68.1	(1.20)
20 and over...	4801	42	(1.3)	82.2	(0.77)	15.3	(0.91)	19	(1.1)	90.3	(1.49)	36.4	(1.74)	40	(1.6)	76.4	(1.19)
2 and over...	7933	41	(1.2)	80.0	(0.75)	14.9	(1.01)	19	(1.2)	88.2	(1.53)	36.2	(1.95)	41	(1.7)	74.3	(1.08)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Saturated fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	21.5	(1.40)	1.8	(0.34)	9	(2.1)	20.1	(1.03)	5.8	(0.65)	29	(3.1)	22.1	(1.79)
6 - 11.....	590	30	(2.8)	26.8	(0.60)	3.0	(0.41)	11	(1.5)	27.7	(1.14)	9.9	(0.74)	36	(2.4)	26.4	(0.63)
12 - 19.....	585	49	(3.7)	31.6	(1.16)	8.7	(1.42)	28	(4.0)	36.6	(2.16)	17.8	(2.02)	49	(3.9)	26.8	(1.27)
20 - 39.....	882	53	(2.2)	32.8	(0.96)	9.1	(0.87)	28	(2.3)	35.0	(1.59)	17.0	(1.34)	48	(2.8)	30.2	(1.04)
40 - 59.....	756	43	(2.2)	32.1	(1.16)	5.4	(0.37)	17	(1.3)	33.6	(1.54)	12.4	(0.96)	37	(2.4)	30.9	(1.59)
60 and over.....	756	34	(3.8)	26.0	(0.76)	2.9	(0.39)	11	(1.5)	27.0	(0.97)	8.6	(0.61)	32	(2.4)	25.6	(1.05)
2 - 19.....	1586	39	(2.0)	27.8	(0.65)	5.3	(0.68)	19	(2.3)	31.4	(1.40)	13.6	(1.33)	43	(3.0)	25.5	(0.74)
20 and over...	2394	45	(1.7)	30.9	(0.54)	6.2	(0.45)	20	(1.5)	33.1	(1.01)	13.8	(0.78)	42	(2.1)	29.1	(0.58)
2 and over...	3980	43	(1.7)	30.1	(0.50)	5.9	(0.47)	20	(1.6)	32.7	(0.89)	13.7	(0.81)	42	(2.1)	28.1	(0.57)
Females:																	
2 - 5.....	423	31	(3.9)	20.0	(0.74)	2.0	(0.33)	10	(1.7)	21.9	(1.14)	6.3	(0.58)	29	(3.1)	19.1	(0.81)
6 - 11.....	556	36	(4.7)	24.5	(0.87)	3.6	(0.76)	15	(2.8)	25.5	(1.09)	10.0	(1.35)	39	(3.9)	23.9	(1.04)
12 - 19.....	567	45	(3.6)	23.1	(0.75)	5.4	(0.73)	23	(3.2)	23.9	(1.50)	11.8	(1.30)	50	(3.9)	22.4	(1.23)
20 - 39.....	832	49	(2.7)	24.6	(0.50)	6.1	(0.48)	25	(1.8)	26.7	(0.55)	12.5	(0.56)	47	(1.7)	22.6	(0.65)
40 - 59.....	830	38	(2.7)	22.2	(0.53)	3.8	(0.36)	17	(1.4)	26.1	(1.35)	10.0	(0.55)	38	(1.9)	19.8	(0.70)
60 and over.....	745	28	(3.0)	19.3	(0.79)	2.0	(0.26)	10	(1.4)	20.1	(1.51)	7.2	(0.66)	36	(2.3)	19.0	(0.90)
2 - 19.....	1546	39	(1.3)	22.8	(0.32)	4.1	(0.43)	18	(1.9)	24.0	(0.92)	10.3	(0.97)	43	(3.2)	22.1	(0.60)
20 and over...	2407	39	(1.9)	22.3	(0.48)	4.1	(0.32)	19	(1.3)	25.2	(0.76)	10.5	(0.55)	42	(1.4)	20.3	(0.53)
2 and over...	3953	39	(1.5)	22.4	(0.39)	4.1	(0.27)	18	(1.2)	24.9	(0.60)	10.5	(0.52)	42	(1.4)	20.8	(0.49)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	25.4	(0.49)	4.7	(0.44)	18	(1.7)	27.7	(0.99)	12.0	(0.93)	43	(2.4)	23.8	(0.53)
20 and over...	4801	42	(1.3)	26.5	(0.36)	5.1	(0.32)	19	(1.2)	29.3	(0.64)	12.2	(0.61)	42	(1.6)	24.4	(0.44)
2 and over...	7933	41	(1.2)	26.2	(0.35)	5.0	(0.33)	19	(1.2)	28.9	(0.61)	12.2	(0.63)	42	(1.7)	24.3	(0.42)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Monounsaturated fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	20.2	(0.88)	2.2	(0.47)	11	(2.7)	20.0	(1.08)	6.9	(1.02)	35	(3.7)	20.3	(1.34)
6 - 11.....	590	30	(2.8)	26.5	(0.63)	2.9	(0.41)	11	(1.6)	26.0	(1.37)	9.7	(0.76)	37	(2.5)	26.7	(0.74)
12 - 19.....	585	49	(3.7)	33.2	(1.35)	8.9	(1.64)	27	(4.1)	38.3	(2.61)	18.3	(2.36)	48	(3.6)	28.5	(1.32)
20 - 39.....	882	53	(2.2)	36.4	(0.72)	9.2	(0.79)	25	(2.3)	38.1	(0.98)	17.2	(1.20)	45	(3.1)	34.5	(1.37)
40 - 59.....	756	43	(2.2)	35.9	(1.22)	5.8	(0.40)	16	(1.2)	37.4	(1.57)	13.4	(1.18)	36	(2.6)	34.6	(1.70)
60 and over.....	756	34	(3.8)	30.5	(0.99)	3.3	(0.43)	11	(1.4)	32.1	(1.35)	9.7	(0.68)	30	(2.0)	29.7	(1.10)
2 - 19.....	1586	39	(2.0)	28.1	(0.74)	5.4	(0.79)	19	(2.4)	31.9	(1.83)	14.0	(1.55)	44	(2.8)	25.8	(0.66)
20 and over...	2394	45	(1.7)	34.8	(0.54)	6.5	(0.46)	19	(1.4)	36.7	(0.95)	14.4	(0.82)	39	(2.3)	33.2	(0.71)
2 and over...	3980	43	(1.7)	33.0	(0.41)	6.2	(0.50)	19	(1.6)	35.6	(0.64)	14.3	(0.88)	40	(2.3)	31.1	(0.57)
Females:																	
2 - 5.....	423	31	(3.9)	18.8	(0.67)	2.1	(0.31)	11	(1.5)	21.8	(1.51)	6.7	(0.56)	31	(2.4)	17.5	(0.61)
6 - 11.....	556	36	(4.7)	24.2	(0.69)	3.7	(0.75)	15	(2.9)	26.8	(0.72)	10.3	(1.27)	39	(4.4)	22.8	(0.78)
12 - 19.....	567	45	(3.6)	23.0	(0.90)	5.1	(0.66)	22	(3.1)	23.5	(1.45)	11.3	(1.23)	48	(3.8)	22.6	(1.44)
20 - 39.....	832	49	(2.7)	26.4	(0.43)	6.1	(0.55)	23	(1.8)	28.1	(0.75)	12.5	(0.69)	44	(1.6)	24.7	(0.64)
40 - 59.....	830	38	(2.7)	24.3	(0.30)	4.0	(0.24)	16	(1.0)	27.9	(0.96)	10.4	(0.50)	37	(1.5)	22.1	(0.66)
60 and over.....	745	28	(3.0)	21.8	(0.79)	2.3	(0.31)	10	(1.4)	23.1	(1.35)	8.2	(0.62)	36	(2.0)	21.3	(1.03)
2 - 19.....	1546	39	(1.3)	22.5	(0.49)	4.0	(0.40)	18	(1.7)	24.2	(1.08)	10.2	(0.91)	42	(3.1)	21.4	(0.63)
20 and over...	2407	39	(1.9)	24.3	(0.31)	4.3	(0.29)	17	(1.1)	27.1	(0.71)	10.9	(0.46)	40	(1.1)	22.6	(0.48)
2 and over...	3953	39	(1.5)	23.9	(0.32)	4.2	(0.27)	18	(1.0)	26.4	(0.64)	10.7	(0.48)	41	(1.1)	22.3	(0.44)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	25.4	(0.53)	4.7	(0.52)	19	(1.8)	28.1	(1.26)	12.1	(1.08)	43	(2.4)	23.6	(0.47)
20 and over...	4801	42	(1.3)	29.4	(0.30)	5.3	(0.31)	18	(1.1)	32.1	(0.53)	12.7	(0.57)	40	(1.5)	27.5	(0.40)
2 and over...	7933	41	(1.2)	28.4	(0.27)	5.2	(0.34)	18	(1.2)	31.2	(0.51)	12.6	(0.65)	40	(1.7)	26.5	(0.37)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Polyunsaturated fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	12.4	(0.31)	1.5	(0.32)	12	(2.4)	13.6	(0.63)	4.8	(0.67)	36	(4.3)	11.9	(0.40)
6 - 11.....	590	30	(2.8)	16.8	(0.61)	1.9	(0.32)	11	(1.8)	17.5	(0.94)	6.3	(0.63)	36	(2.6)	16.6	(0.78)
12 - 19.....	585	49	(3.7)	21.7	(1.44)	6.2	(1.45)	28	(4.9)	25.3	(2.36)	12.6	(2.21)	50	(4.5)	18.2	(0.78)
20 - 39.....	882	53	(2.2)	23.8	(0.50)	6.0	(0.64)	25	(2.7)	25.5	(0.79)	11.3	(0.96)	44	(3.7)	21.8	(0.83)
40 - 59.....	756	43	(2.2)	23.6	(0.86)	3.7	(0.42)	16	(1.7)	24.5	(1.43)	8.6	(1.30)	35	(4.0)	22.9	(1.12)
60 and over.....	756	34	(3.8)	19.5	(0.59)	2.0	(0.23)	10	(1.2)	21.0	(0.83)	6.0	(0.37)	28	(1.8)	18.7	(0.64)
2 - 19.....	1586	39	(2.0)	18.0	(0.79)	3.7	(0.68)	21	(2.9)	21.2	(1.54)	9.6	(1.39)	45	(3.5)	16.1	(0.39)
20 and over...	2394	45	(1.7)	22.7	(0.39)	4.2	(0.41)	19	(1.8)	24.3	(0.77)	9.4	(0.78)	38	(2.8)	21.3	(0.48)
2 and over...	3980	43	(1.7)	21.5	(0.35)	4.1	(0.45)	19	(2.0)	23.6	(0.63)	9.4	(0.84)	40	(2.9)	19.8	(0.38)
Females:																	
2 - 5.....	423	31	(3.9)	12.1	(0.46)	1.3	(0.23)	11	(1.7)	14.4	(1.02)	4.3	(0.50)	30	(2.4)	11.0	(0.44)
6 - 11.....	556	36	(4.7)	15.6	(0.58)	2.4	(0.39)	15	(2.1)	17.5	(0.64)	6.5	(0.62)	38	(2.6)	14.5	(0.61)
12 - 19.....	567	45	(3.6)	16.0	(0.76)	4.0	(0.48)	25	(3.0)	17.0	(1.15)	8.8	(0.96)	52	(4.0)	15.3	(0.86)
20 - 39.....	832	49	(2.7)	17.9	(0.40)	4.2	(0.38)	23	(1.7)	19.1	(0.79)	8.5	(0.49)	44	(1.5)	16.7	(0.37)
40 - 59.....	830	38	(2.7)	16.7	(0.36)	2.6	(0.17)	16	(1.2)	18.7	(0.77)	6.7	(0.64)	36	(2.9)	15.4	(0.60)
60 and over.....	745	28	(3.0)	15.5	(0.65)	1.5	(0.21)	10	(1.5)	16.0	(0.79)	5.4	(0.33)	34	(2.0)	15.4	(1.01)
2 - 19.....	1546	39	(1.3)	15.0	(0.40)	2.9	(0.25)	19	(1.5)	16.7	(0.83)	7.4	(0.59)	44	(2.8)	13.9	(0.33)
20 and over...	2407	39	(1.9)	16.8	(0.22)	2.8	(0.15)	17	(1.0)	18.3	(0.46)	7.2	(0.33)	39	(1.5)	15.8	(0.46)
2 and over...	3953	39	(1.5)	16.4	(0.19)	2.8	(0.15)	17	(1.0)	17.9	(0.42)	7.3	(0.34)	40	(1.4)	15.3	(0.37)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	16.6	(0.48)	3.3	(0.41)	20	(2.0)	19.0	(0.92)	8.5	(0.87)	45	(2.7)	15.0	(0.30)
20 and over...	4801	42	(1.3)	19.7	(0.20)	3.5	(0.23)	18	(1.2)	21.5	(0.51)	8.3	(0.51)	39	(1.9)	18.3	(0.33)
2 and over...	7933	41	(1.2)	18.9	(0.21)	3.5	(0.27)	18	(1.3)	20.9	(0.49)	8.4	(0.55)	40	(2.0)	17.5	(0.27)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Cholesterol													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5	411	32	(3.9)	180	(10.3)	14	(2.7)	8	(1.5)	190	(22.2)	44	(6.0)	23	(1.8)	175	(13.6)
6 - 11	590	30	(2.8)	219	(8.3)	19	(2.5)	9	(1.1)	213	(14.7)	64	(4.7)	30	(2.3)	221	(10.1)
12 - 19	585	49	(3.7)	306	(18.5)	82*	(24.6)	27	(6.9)	341	(38.1)	167	(43.8)	49	(8.7)	273	(18.9)
20 - 39	882	53	(2.2)	343	(10.2)	75	(6.6)	22	(2.2)	342	(11.7)	141	(10.4)	41	(3.4)	343	(15.7)
40 - 59	756	43	(2.2)	353	(14.4)	53	(3.6)	15	(1.2)	347	(19.8)	121	(9.6)	35	(3.2)	357	(15.7)
60 and over	756	34	(3.8)	308	(8.4)	32	(5.4)	10	(1.7)	346	(19.1)	93	(9.1)	27	(3.1)	289	(10.3)
2 - 19	1586	39	(2.0)	250	(9.3)	46	(10.9)	18	(3.9)	281	(21.7)	119	(25.8)	42	(6.5)	229	(7.7)
20 and over	2394	45	(1.7)	338	(7.2)	56	(4.2)	17	(1.4)	345	(10.5)	125	(6.7)	36	(2.6)	333	(8.3)
2 and over	3980	43	(1.7)	315	(5.5)	54	(5.5)	17	(1.8)	330	(6.9)	124	(9.6)	37	(3.1)	304	(7.2)
Females:																	
2 - 5	423	31	(3.9)	170	(8.5)	15	(3.3)	9	(2.0)	165	(12.4)	48	(6.9)	29	(3.3)	173	(9.2)
6 - 11	556	36	(4.7)	196	(7.8)	25	(5.2)	13	(2.6)	191	(15.5)	69	(9.2)	36	(3.6)	199	(9.0)
12 - 19	567	45	(3.6)	211	(12.7)	44	(6.3)	21	(3.2)	194	(15.0)	96	(12.7)	50	(4.2)	226	(17.2)
20 - 39	832	49	(2.7)	237	(7.2)	51	(4.5)	21	(1.7)	247	(11.7)	104	(6.8)	42	(1.3)	229	(9.9)
40 - 59	830	38	(2.7)	226	(10.2)	36	(3.9)	16	(1.5)	247	(11.6)	94	(9.1)	38	(2.9)	214	(12.7)
60 and over	745	28	(3.0)	220	(11.0)	21	(3.6)	10	(1.7)	212	(22.7)	77	(9.7)	36	(3.3)	223	(11.5)
2 - 19	1546	39	(1.3)	197	(6.0)	31	(3.3)	16	(1.5)	188	(11.0)	80	(7.7)	42	(2.8)	203	(7.0)
20 and over	2407	39	(1.9)	229	(5.9)	37	(3.1)	16	(1.1)	240	(9.0)	95	(5.3)	40	(1.2)	221	(6.6)
2 and over	3953	39	(1.5)	221	(4.7)	36	(2.5)	16	(1.0)	227	(8.1)	91	(4.5)	40	(0.9)	217	(5.7)
Males and Females:																	
2 - 19	3132	39	(1.2)	224	(5.9)	39	(5.9)	17	(2.4)	235	(12.0)	99	(14.5)	42	(4.6)	217	(5.4)
20 and over	4801	42	(1.3)	282	(3.6)	46	(3.0)	16	(1.1)	295	(4.4)	111	(5.1)	38	(1.6)	273	(4.5)
2 and over	7933	41	(1.2)	267	(3.3)	45	(3.4)	17	(1.2)	281	(4.6)	108	(6.7)	38	(2.1)	258	(4.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin A (RAE)													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5	411	32	(3.9)	594	(24.9)	18	(3.4)	3*	(0.6)	527	(45.7)	58	(7.7)	11*	(1.8)	624	(33.3)
6 - 11	590	30	(2.8)	673	(24.2)	31	(4.2)	5	(0.7)	649	(31.0)	104	(10.8)	16	(1.2)	684	(36.1)
12 - 19	585	49	(3.7)	696	(27.4)	103	(25.4)	15	(3.8)	704	(47.3)	212	(41.4)	30	(5.9)	688	(50.5)
20 - 39	882	53	(2.2)	628	(34.4)	107	(16.2)	17	(2.1)	617	(44.5)	200	(26.3)	32	(2.8)	642	(35.9)
40 - 59	756	43	(2.2)	728	(53.1)	77	(16.8)	11	(2.1)	689	(55.6)	177	(40.8)	26	(5.0)	759	(63.4)
60 and over	756	34	(3.8)	972	(244.3)	40	(5.3)	4*	(1.4)	1179*	(505.0)	117	(11.5)	10*	(4.8)	865	(118.9)
2 - 19	1586	39	(2.0)	666	(18.0)	61	(11.9)	9	(1.9)	658	(26.6)	157	(26.5)	24	(4.0)	671	(23.7)
20 and over	2394	45	(1.7)	749	(71.1)	79	(9.8)	11	(1.6)	746	(101.9)	176	(18.6)	24	(4.0)	752	(49.9)
2 and over	3980	43	(1.7)	728	(54.3)	74	(9.3)	10	(1.5)	725	(81.3)	172	(18.4)	24	(3.5)	729	(37.4)
Females:																	
2 - 5	423	31	(3.9)	569	(21.4)	24*	(8.0)	4*	(1.4)	534	(17.4)	76	(21.6)	14*	(4.0)	585	(33.5)
6 - 11	556	36	(4.7)	560	(21.8)	42	(11.7)	7	(2.1)	551	(24.9)	115	(25.4)	21	(4.2)	565	(29.8)
12 - 19	567	45	(3.6)	480	(24.2)	74	(5.7)	15	(1.6)	429	(28.9)	163	(14.0)	38	(3.0)	523	(35.2)
20 - 39	832	49	(2.7)	596	(31.2)	93	(9.8)	16	(1.6)	576	(37.3)	189	(16.6)	33	(1.8)	616	(41.9)
40 - 59	830	38	(2.7)	617	(35.0)	50	(6.2)	8	(1.3)	533	(38.1)	129	(12.2)	24	(2.2)	669	(45.2)
60 and over	745	28	(3.0)	593	(21.8)	32	(5.0)	5	(0.8)	556	(49.8)	115	(11.7)	21	(2.4)	608	(24.0)
2 - 19	1546	39	(1.3)	526	(10.5)	52	(4.5)	10	(0.8)	484	(22.3)	133	(10.2)	28	(2.2)	553	(16.9)
20 and over	2407	39	(1.9)	603	(23.3)	60	(5.8)	10	(1.0)	556	(30.5)	152	(12.3)	27	(1.7)	634	(27.0)
2 and over	3953	39	(1.5)	585	(19.3)	58	(4.0)	10	(0.7)	539	(24.8)	148	(9.1)	27	(1.4)	614	(21.9)
Males and Females:																	
2 - 19	3132	39	(1.2)	597	(10.2)	57	(5.9)	9	(1.0)	573	(15.6)	145	(14.0)	25	(2.5)	613	(14.2)
20 and over	4801	42	(1.3)	674	(38.0)	69	(6.3)	10	(1.1)	655	(56.9)	165	(13.2)	25	(2.7)	688	(29.6)
2 and over	7933	41	(1.2)	655	(29.8)	66	(5.8)	10	(1.0)	635	(45.8)	160	(12.6)	25	(2.5)	669	(23.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Beta carotene										
				All Individuals [2]					*Quick Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	1224	(182.4)	54*	(24.4)	4*	(2.0)	1116*	(454.0)	170*	(69.0)	15*	(8.9)	1274	(182.5)
6 - 11.....	590	30	(2.8)	1377	(188.8)	38	(6.1)	3*	(0.7)	1219	(277.7)	126	(14.9)	10	(2.6)	1445	(251.2)
12 - 19.....	585	49	(3.7)	1236	(141.0)	140	(23.3)	11	(2.6)	1051	(140.6)	285	(33.4)	27	(4.1)	1413	(256.5)
20 - 39.....	882	53	(2.2)	1835	(139.3)	292	(76.7)	16	(3.5)	1873	(201.5)	547	(132.9)	29	(5.5)	1791	(169.5)
40 - 59.....	756	43	(2.2)	2776	(355.7)	379*	(186.8)	14*	(5.5)	2773	(500.5)	873*	(437.7)	31*	(11.1)	2778	(394.3)
60 and over.....	756	34	(3.8)	3275	(781.3)	109	(19.9)	3*	(1.2)	1737	(249.6)	322	(61.0)	19	(3.3)	4066	(1191.7)
2 - 19.....	1586	39	(2.0)	1281	(77.7)	87	(13.3)	7	(1.3)	1106	(97.5)	224	(26.2)	20	(2.9)	1391	(124.6)
20 and over...	2394	45	(1.7)	2538	(274.5)	280	(82.0)	11	(3.1)	2176	(203.1)	624	(174.5)	29	(5.8)	2834	(471.6)
2 and over...	3980	43	(1.7)	2211	(210.4)	230	(61.2)	10	(2.7)	1927	(165.0)	531	(136.5)	28	(5.1)	2428	(351.9)
Females:																	
2 - 5.....	423	31	(3.9)	1239	(200.1)	30*	(11.7)	2*	(1.1)	956	(247.1)	95*	(33.4)	10*	(5.0)	1369	(219.5)
6 - 11.....	556	36	(4.7)	1048	(89.6)	91*	(30.3)	9*	(3.0)	921	(81.9)	250	(69.1)	27	(8.1)	1120	(134.8)
12 - 19.....	567	45	(3.6)	1012	(173.3)	194	(32.7)	19	(3.9)	968	(143.1)	426	(79.9)	44	(6.0)	1048	(232.0)
20 - 39.....	832	49	(2.7)	2179	(186.8)	317	(84.3)	15	(3.2)	2196	(292.1)	645	(156.8)	29	(5.3)	2164	(150.9)
40 - 59.....	830	38	(2.7)	2758	(365.1)	117	(14.8)	4	(0.8)	1990	(367.2)	305	(43.8)	15	(3.0)	3236	(452.4)
60 and over.....	745	28	(3.0)	2412	(190.8)	124	(33.7)	5	(1.4)	2081	(271.6)	448	(100.3)	22	(6.1)	2538	(253.4)
2 - 19.....	1546	39	(1.3)	1074	(95.2)	124	(18.0)	12	(1.5)	952	(96.9)	316	(47.0)	33	(3.7)	1153	(116.3)
20 and over...	2407	39	(1.9)	2464	(201.8)	188	(32.8)	8	(1.2)	2096	(238.6)	480	(76.9)	23	(3.3)	2699	(216.7)
2 and over...	3953	39	(1.5)	2128	(159.1)	172	(23.7)	8	(1.0)	1819	(185.6)	440	(57.0)	24	(2.9)	2327	(169.8)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	1180	(71.6)	105	(7.9)	9	(0.7)	1030	(69.2)	269	(23.1)	26	(2.4)	1275	(94.0)
20 and over...	4801	42	(1.3)	2500	(181.7)	233	(44.8)	9	(1.7)	2138	(169.6)	555	(102.2)	26	(3.5)	2761	(246.6)
2 and over...	7933	41	(1.2)	2169	(146.2)	201	(33.7)	9	(1.5)	1875	(135.2)	487	(79.6)	26	(3.1)	2375	(194.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

Lycopene

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	411	32	(3.9)	2941	(373.7)	265	(68.4)	9	(1.9)	3138	(759.0)	839	(177.3)	27	(3.3)	2851	(461.2)
6 - 11	590	30	(2.8)	5931	(631.4)	657	(96.8)	11	(1.9)	5995	(883.9)	2195	(277.3)	37	(3.1)	5904	(849.2)
12 - 19	585	49	(3.7)	7783	(736.3)	1768	(199.4)	23	(3.2)	8833	(1551.7)	3618	(339.6)	41	(9.3)	6779	(978.6)
20 - 39	882	53	(2.2)	6215	(354.7)	1822	(262.4)	29	(3.3)	6830	(692.7)	3411	(474.0)	50	(4.7)	5511	(310.8)
40 - 59	756	43	(2.2)	6222	(524.2)	815	(113.1)	13	(2.7)	6340	(636.3)	1878	(213.7)	30	(5.1)	6130	(685.1)
60 and over	756	34	(3.8)	5121	(499.4)	418	(68.5)	8	(1.8)	4462	(855.2)	1230	(262.2)	28	(7.2)	5460	(638.3)
2 - 19	1586	39	(2.0)	6106	(510.4)	1068	(108.9)	17	(1.7)	7088	(960.5)	2757	(224.7)	39	(6.7)	5485	(488.8)
20 and over	2394	45	(1.7)	5953	(287.5)	1102	(112.2)	19	(1.9)	6218	(349.3)	2454	(242.2)	39	(3.4)	5736	(396.0)
2 and over	3980	43	(1.7)	5993	(261.0)	1093	(92.3)	18	(1.6)	6421	(317.3)	2524	(200.6)	39	(3.4)	5666	(342.8)
Females:																	
2 - 5	423	31	(3.9)	3728	(716.0)	200	(40.6)	5*	(1.7)	2322	(376.6)	638	(107.3)	27	(4.6)	4371	(965.6)
6 - 11	556	36	(4.7)	4649	(569.2)	720*	(306.1)	15*	(5.1)	5513	(1293.0)	1985*	(691.3)	36	(5.8)	4157	(541.1)
12 - 19	567	45	(3.6)	4332	(543.1)	803	(131.3)	19	(3.6)	4357	(769.1)	1770	(263.6)	41	(8.0)	4310	(676.5)
20 - 39	832	49	(2.7)	5405	(436.4)	1234	(299.2)	23	(5.1)	5291	(601.7)	2514	(538.6)	48	(8.9)	5514	(675.9)
40 - 59	830	38	(2.7)	4571	(264.2)	486	(69.4)	11	(1.5)	3714	(440.7)	1268	(138.1)	34	(2.7)	5103	(469.3)
60 and over	745	28	(3.0)	3768	(472.3)	333	(48.9)	9	(1.6)	4501	(956.4)	1208	(146.4)	27	(6.1)	3488	(421.4)
2 - 19	1546	39	(1.3)	4300	(347.2)	643	(111.0)	15	(2.1)	4341	(576.9)	1634	(274.2)	38	(4.2)	4274	(306.3)
20 and over	2407	39	(1.9)	4639	(244.6)	703	(123.0)	15	(2.3)	4549	(312.5)	1796	(283.5)	39	(4.7)	4696	(304.2)
2 and over	3953	39	(1.5)	4557	(205.5)	688	(111.9)	15	(2.2)	4499	(300.6)	1757	(260.8)	39	(4.1)	4595	(239.9)
Males and Females:																	
2 - 19	3132	39	(1.2)	5225	(350.7)	861	(100.8)	16	(1.4)	5737	(607.0)	2204	(214.7)	38	(3.9)	4897	(321.5)
20 and over	4801	42	(1.3)	5279	(171.5)	897	(99.3)	17	(1.8)	5420	(239.4)	2139	(205.9)	39	(3.0)	5177	(244.7)
2 and over	7933	41	(1.2)	5265	(169.4)	888	(89.2)	17	(1.6)	5495	(256.8)	2155	(185.8)	39	(2.5)	5104	(204.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

T h i a m i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	1.27	(0.038)	0.09	(0.017)	7	(1.4)	1.23	(0.044)	0.28	(0.033)	23	(2.7)	1.29	(0.044)
6 - 11.....	590	30	(2.8)	1.67	(0.045)	0.15	(0.024)	9	(1.4)	1.72	(0.089)	0.51	(0.053)	30	(2.1)	1.65	(0.037)
12 - 19.....	585	49	(3.7)	2.02	(0.045)	0.45	(0.069)	23	(3.7)	2.21	(0.111)	0.93	(0.090)	42	(3.6)	1.83	(0.139)
20 - 39.....	882	53	(2.2)	1.99	(0.051)	0.47	(0.047)	24	(2.3)	2.02	(0.057)	0.89	(0.072)	44	(3.1)	1.95	(0.089)
40 - 59.....	756	43	(2.2)	1.90	(0.048)	0.26	(0.017)	14	(1.0)	1.92	(0.089)	0.61	(0.047)	32	(2.3)	1.89	(0.060)
60 and over.....	756	34	(3.8)	1.74	(0.039)	0.17	(0.019)	10	(1.2)	1.78	(0.068)	0.50	(0.036)	28	(2.2)	1.72	(0.048)
2 - 19.....	1586	39	(2.0)	1.74	(0.024)	0.27	(0.035)	16	(2.0)	1.91	(0.067)	0.71	(0.063)	37	(2.7)	1.63	(0.046)
20 and over...	2394	45	(1.7)	1.90	(0.020)	0.32	(0.025)	17	(1.4)	1.94	(0.042)	0.71	(0.040)	37	(2.1)	1.86	(0.033)
2 and over...	3980	43	(1.7)	1.85	(0.017)	0.31	(0.025)	17	(1.4)	1.93	(0.028)	0.71	(0.041)	37	(1.9)	1.79	(0.030)
Females:																	
2 - 5.....	423	31	(3.9)	1.23	(0.018)	0.09	(0.018)	7	(1.5)	1.22	(0.041)	0.29	(0.043)	24	(3.5)	1.23	(0.022)
6 - 11.....	556	36	(4.7)	1.51	(0.074)	0.18	(0.041)	12	(2.4)	1.59	(0.127)	0.49	(0.077)	31	(3.3)	1.46	(0.059)
12 - 19.....	567	45	(3.6)	1.32	(0.061)	0.24	(0.019)	18	(1.9)	1.28	(0.076)	0.52	(0.042)	41	(2.7)	1.34	(0.069)
20 - 39.....	832	49	(2.7)	1.55	(0.048)	0.31	(0.029)	20	(2.0)	1.58	(0.086)	0.64	(0.037)	40	(2.7)	1.51	(0.042)
40 - 59.....	830	38	(2.7)	1.35	(0.030)	0.18	(0.015)	13	(1.2)	1.38	(0.041)	0.47	(0.028)	34	(1.4)	1.33	(0.042)
60 and over.....	745	28	(3.0)	1.29	(0.037)	0.11	(0.016)	8	(1.2)	1.37	(0.079)	0.39	(0.035)	29	(2.6)	1.26	(0.042)
2 - 19.....	1546	39	(1.3)	1.36	(0.039)	0.19	(0.014)	14	(0.9)	1.37	(0.068)	0.47	(0.035)	35	(1.8)	1.35	(0.030)
20 and over...	2407	39	(1.9)	1.40	(0.022)	0.21	(0.015)	15	(1.1)	1.46	(0.049)	0.53	(0.026)	36	(1.6)	1.36	(0.033)
2 and over...	3953	39	(1.5)	1.39	(0.021)	0.20	(0.012)	14	(0.9)	1.44	(0.041)	0.51	(0.022)	36	(1.4)	1.36	(0.028)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	1.55	(0.024)	0.23	(0.021)	15	(1.3)	1.64	(0.046)	0.59	(0.042)	36	(1.9)	1.50	(0.034)
20 and over...	4801	42	(1.3)	1.64	(0.018)	0.26	(0.017)	16	(1.1)	1.71	(0.035)	0.63	(0.032)	37	(1.7)	1.59	(0.029)
2 and over...	7933	41	(1.2)	1.62	(0.015)	0.25	(0.017)	16	(1.1)	1.70	(0.030)	0.62	(0.032)	36	(1.6)	1.57	(0.027)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	1.87	(0.062)	0.08	(0.011)	4*	(0.7)	1.64	(0.075)	0.27	(0.025)	16	(1.7)	1.97	(0.077)
6 - 11.....	590	30	(2.8)	2.08	(0.044)	0.13	(0.014)	6	(0.7)	2.02	(0.084)	0.43	(0.028)	21	(1.0)	2.11	(0.047)
12 - 19.....	585	49	(3.7)	2.54	(0.137)	0.44	(0.088)	17	(3.1)	2.86	(0.301)	0.90	(0.137)	31	(3.1)	2.25	(0.113)
20 - 39.....	882	53	(2.2)	2.51	(0.063)	0.46	(0.047)	18	(1.8)	2.54	(0.136)	0.86	(0.081)	34	(2.3)	2.48	(0.117)
40 - 59.....	756	43	(2.2)	2.54	(0.083)	0.29	(0.017)	12	(0.7)	2.51	(0.102)	0.68	(0.034)	27	(1.6)	2.56	(0.109)
60 and over.....	756	34	(3.8)	2.51	(0.129)	0.18	(0.027)	7	(1.3)	2.73	(0.298)	0.54	(0.042)	20	(3.1)	2.40	(0.086)
2 - 19.....	1586	39	(2.0)	2.24	(0.066)	0.26	(0.042)	11	(1.7)	2.43	(0.183)	0.66	(0.090)	27	(2.5)	2.12	(0.051)
20 and over...	2394	45	(1.7)	2.52	(0.054)	0.33	(0.026)	13	(1.1)	2.56	(0.107)	0.74	(0.041)	29	(1.9)	2.49	(0.054)
2 and over...	3980	43	(1.7)	2.45	(0.045)	0.31	(0.028)	13	(1.2)	2.53	(0.107)	0.72	(0.047)	28	(1.9)	2.39	(0.050)
Females:																	
2 - 5.....	423	31	(3.9)	1.74	(0.026)	0.09	(0.021)	5	(1.2)	1.66	(0.065)	0.30	(0.049)	18	(2.7)	1.77	(0.041)
6 - 11.....	556	36	(4.7)	1.84	(0.066)	0.17	(0.036)	9	(1.8)	1.86	(0.114)	0.46	(0.062)	25	(2.6)	1.83	(0.061)
12 - 19.....	567	45	(3.6)	1.67	(0.064)	0.28	(0.026)	17	(2.0)	1.54	(0.060)	0.61	(0.037)	40	(3.0)	1.78	(0.102)
20 - 39.....	832	49	(2.7)	1.89	(0.052)	0.34	(0.021)	18	(1.4)	1.88	(0.073)	0.68	(0.031)	36	(1.9)	1.89	(0.048)
40 - 59.....	830	38	(2.7)	1.83	(0.035)	0.21	(0.022)	12	(1.2)	1.86	(0.085)	0.56	(0.048)	30	(2.0)	1.81	(0.043)
60 and over.....	745	28	(3.0)	1.78	(0.041)	0.13	(0.020)	7	(1.1)	1.79	(0.102)	0.46	(0.047)	26	(2.6)	1.78	(0.035)
2 - 19.....	1546	39	(1.3)	1.74	(0.026)	0.20	(0.014)	12	(0.8)	1.66	(0.049)	0.51	(0.027)	31	(1.8)	1.79	(0.035)
20 and over...	2407	39	(1.9)	1.84	(0.024)	0.23	(0.018)	13	(1.0)	1.86	(0.056)	0.59	(0.033)	32	(1.6)	1.82	(0.027)
2 and over...	3953	39	(1.5)	1.81	(0.022)	0.22	(0.014)	12	(0.8)	1.81	(0.047)	0.57	(0.028)	32	(1.5)	1.82	(0.025)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	2.00	(0.032)	0.23	(0.022)	12	(1.1)	2.05	(0.091)	0.59	(0.050)	29	(1.6)	1.96	(0.035)
20 and over...	4801	42	(1.3)	2.17	(0.029)	0.28	(0.019)	13	(0.9)	2.23	(0.064)	0.67	(0.035)	30	(1.6)	2.13	(0.039)
2 and over...	7933	41	(1.2)	2.13	(0.025)	0.27	(0.018)	13	(0.9)	2.18	(0.065)	0.65	(0.035)	30	(1.5)	2.09	(0.036)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	32	(3.9)	16.1	(0.40)	1.5	(0.32)	9	(2.0)	17.3	(0.69)	4.8	(0.71)	28	(3.9)	15.6	(0.45)
6 - 11	590	30	(2.8)	22.1	(0.58)	2.2	(0.33)	10	(1.5)	22.4	(0.78)	7.4	(0.65)	33	(2.5)	21.9	(0.73)
12 - 19	585	49	(3.7)	31.8	(1.43)	6.9	(1.16)	22	(3.1)	36.2	(2.96)	14.1	(1.56)	39	(3.2)	27.6	(1.19)
20 - 39	882	53	(2.2)	35.0	(0.78)	8.0	(0.77)	23	(2.0)	37.8	(1.08)	14.9	(1.20)	39	(2.7)	31.7	(1.10)
40 - 59	756	43	(2.2)	31.1	(0.92)	4.3	(0.26)	14	(1.0)	30.5	(0.94)	10.0	(0.70)	33	(1.9)	31.6	(1.44)
60 and over	756	34	(3.8)	27.3	(0.86)	2.6	(0.32)	9	(1.3)	28.8	(1.64)	7.5	(0.48)	26	(2.5)	26.5	(0.83)
2 - 19	1586	39	(2.0)	25.1	(0.79)	4.2	(0.59)	17	(2.0)	29.3	(1.98)	10.7	(1.10)	37	(2.6)	22.5	(0.49)
20 and over	2394	45	(1.7)	31.6	(0.46)	5.3	(0.43)	17	(1.4)	33.5	(0.62)	11.7	(0.67)	35	(1.9)	30.2	(0.64)
2 and over	3980	43	(1.7)	29.9	(0.45)	5.0	(0.43)	17	(1.4)	32.5	(0.73)	11.5	(0.70)	35	(1.8)	28.0	(0.55)
Females:																	
2 - 5	423	31	(3.9)	15.7	(0.48)	1.3	(0.21)	9	(1.3)	15.9	(1.05)	4.3	(0.45)	27	(2.4)	15.6	(0.51)
6 - 11	556	36	(4.7)	20.5	(1.06)	2.5	(0.49)	12	(2.1)	21.8	(1.26)	6.8	(0.78)	31	(2.6)	19.8	(1.28)
12 - 19	567	45	(3.6)	19.3	(0.83)	4.0	(0.53)	21	(2.8)	19.8	(1.28)	8.8	(1.07)	44	(3.9)	18.9	(1.04)
20 - 39	832	49	(2.7)	23.4	(0.45)	5.1	(0.70)	22	(2.9)	24.1	(0.90)	10.4	(1.11)	43	(3.7)	22.7	(0.68)
40 - 59	830	38	(2.7)	20.2	(0.35)	2.8	(0.17)	14	(0.9)	20.7	(0.50)	7.4	(0.32)	36	(1.6)	19.9	(0.53)
60 and over	745	28	(3.0)	18.7	(0.43)	1.7	(0.29)	9	(1.5)	20.4	(0.92)	6.2	(0.65)	30	(3.0)	18.1	(0.39)
2 - 19	1546	39	(1.3)	18.9	(0.60)	2.9	(0.28)	15	(1.2)	19.7	(1.04)	7.4	(0.68)	38	(2.6)	18.4	(0.44)
20 and over	2407	39	(1.9)	20.9	(0.28)	3.3	(0.29)	16	(1.3)	22.1	(0.54)	8.5	(0.52)	38	(1.9)	20.1	(0.41)
2 and over	3953	39	(1.5)	20.4	(0.26)	3.2	(0.27)	16	(1.2)	21.5	(0.53)	8.2	(0.53)	38	(1.9)	19.7	(0.31)
Males and Females:																	
2 - 19	3132	39	(1.2)	22.1	(0.51)	3.5	(0.41)	16	(1.5)	24.6	(1.23)	9.1	(0.83)	37	(2.0)	20.5	(0.28)
20 and over	4801	42	(1.3)	26.1	(0.32)	4.3	(0.30)	16	(1.1)	28.0	(0.50)	10.2	(0.55)	36	(1.7)	24.7	(0.51)
2 and over	7933	41	(1.2)	25.1	(0.29)	4.1	(0.31)	16	(1.2)	27.2	(0.60)	9.9	(0.59)	36	(1.7)	23.6	(0.42)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin B6											
				All Individuals [2]					*Quick Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5	411	32	(3.9)	1.44	(0.049)	0.09	(0.024)	6	(1.7)	1.48	(0.087)	0.29	(0.059)	20	(3.8)	1.42	(0.051)
6 - 11	590	30	(2.8)	1.76	(0.050)	0.12	(0.018)	7	(1.1)	1.71	(0.073)	0.39	(0.039)	23	(2.6)	1.78	(0.064)
12 - 19	585	49	(3.7)	2.51	(0.148)	0.41	(0.081)	16	(2.9)	2.71	(0.286)	0.83	(0.118)	31	(3.2)	2.32	(0.129)
20 - 39	882	53	(2.2)	2.83	(0.064)	0.51	(0.065)	18	(2.2)	2.99	(0.124)	0.95	(0.107)	32	(3.0)	2.64	(0.108)
40 - 59	756	43	(2.2)	2.65	(0.131)	0.26	(0.019)	10	(0.8)	2.39	(0.081)	0.59	(0.052)	25	(2.1)	2.85	(0.197)
60 and over	756	34	(3.8)	2.30	(0.087)	0.15	(0.018)	6	(0.8)	2.22	(0.108)	0.43	(0.034)	19	(1.7)	2.34	(0.128)
2 - 19	1586	39	(2.0)	2.02	(0.060)	0.24	(0.039)	12	(1.7)	2.23	(0.172)	0.62	(0.076)	28	(2.5)	1.89	(0.037)
20 and over	2394	45	(1.7)	2.63	(0.053)	0.33	(0.035)	12	(1.4)	2.63	(0.060)	0.73	(0.060)	28	(2.2)	2.64	(0.092)
2 and over	3980	43	(1.7)	2.47	(0.043)	0.30	(0.033)	12	(1.4)	2.54	(0.070)	0.70	(0.059)	28	(2.1)	2.43	(0.073)
Females:																	
2 - 5	423	31	(3.9)	1.39	(0.051)	0.08	(0.012)	5	(0.9)	1.27	(0.094)	0.24	(0.023)	19	(1.8)	1.44	(0.058)
6 - 11	556	36	(4.7)	1.64	(0.090)	0.14	(0.026)	8	(1.6)	1.71	(0.118)	0.38	(0.043)	22	(2.4)	1.60	(0.118)
12 - 19	567	45	(3.6)	1.53	(0.060)	0.24	(0.038)	16	(2.6)	1.46	(0.059)	0.54	(0.073)	37	(4.8)	1.59	(0.093)
20 - 39	832	49	(2.7)	1.97	(0.062)	0.31	(0.047)	16	(2.4)	1.89	(0.092)	0.62	(0.077)	33	(3.6)	2.04	(0.083)
40 - 59	830	38	(2.7)	1.66	(0.036)	0.17	(0.009)	10	(0.6)	1.59	(0.068)	0.43	(0.028)	27	(1.7)	1.71	(0.054)
60 and over	745	28	(3.0)	1.65	(0.057)	0.11	(0.018)	6	(1.2)	1.61	(0.090)	0.38	(0.039)	24	(3.1)	1.67	(0.057)
2 - 19	1546	39	(1.3)	1.53	(0.038)	0.17	(0.016)	11	(0.9)	1.50	(0.058)	0.44	(0.039)	29	(2.7)	1.56	(0.045)
20 and over	2407	39	(1.9)	1.76	(0.038)	0.20	(0.020)	11	(1.1)	1.72	(0.062)	0.51	(0.038)	29	(2.0)	1.79	(0.047)
2 and over	3953	39	(1.5)	1.71	(0.032)	0.19	(0.018)	11	(1.0)	1.67	(0.050)	0.49	(0.037)	29	(2.0)	1.74	(0.039)
Males and Females:																	
2 - 19	3132	39	(1.2)	1.79	(0.032)	0.21	(0.025)	12	(1.2)	1.87	(0.087)	0.53	(0.052)	28	(2.0)	1.73	(0.029)
20 and over	4801	42	(1.3)	2.19	(0.040)	0.26	(0.023)	12	(1.1)	2.20	(0.041)	0.62	(0.046)	28	(1.9)	2.18	(0.067)
2 and over	7933	41	(1.2)	2.09	(0.030)	0.25	(0.023)	12	(1.1)	2.12	(0.045)	0.60	(0.045)	28	(1.8)	2.06	(0.054)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Folate (DFE)													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	419	(13.9)	27	(6.2)	6	(1.5)	404	(18.6)	84	(13.9)	21	(3.1)	426	(16.7)
6 - 11.....	590	30	(2.8)	557	(21.9)	48	(8.1)	9	(1.3)	572	(36.6)	162	(19.2)	28	(2.1)	550	(22.7)
12 - 19.....	585	49	(3.7)	687	(21.4)	138	(21.7)	20	(3.4)	759	(37.6)	282	(29.9)	37	(4.0)	618	(31.8)
20 - 39.....	882	53	(2.2)	683	(19.9)	148	(13.9)	22	(1.8)	675	(24.1)	277	(22.2)	41	(2.7)	692	(32.3)
40 - 59.....	756	43	(2.2)	639	(29.7)	75	(5.4)	12	(1.0)	653	(36.6)	174	(15.1)	27	(2.4)	629	(44.1)
60 and over.....	756	34	(3.8)	617	(35.4)	53	(6.7)	9	(1.2)	627	(38.4)	155	(14.8)	25	(3.2)	611	(42.1)
2 - 19.....	1586	39	(2.0)	585	(12.8)	84	(11.4)	14	(1.9)	648	(22.6)	216	(20.5)	33	(3.0)	545	(12.1)
20 and over...	2394	45	(1.7)	651	(9.6)	97	(7.2)	15	(1.2)	658	(15.8)	217	(12.0)	33	(1.9)	644	(20.3)
2 and over...	3980	43	(1.7)	633	(8.5)	94	(7.5)	15	(1.2)	656	(10.0)	217	(12.4)	33	(1.9)	616	(16.4)
Females:																	
2 - 5.....	423	31	(3.9)	415	(12.7)	26	(5.8)	6	(1.4)	401	(22.7)	83	(15.7)	21	(4.0)	421	(16.2)
6 - 11.....	556	36	(4.7)	520	(28.1)	53	(11.6)	10	(2.1)	536	(45.3)	145	(21.8)	27	(3.4)	511	(25.5)
12 - 19.....	567	45	(3.6)	453	(26.6)	74	(6.1)	16	(1.7)	420	(22.2)	162	(13.5)	39	(2.6)	480	(36.6)
20 - 39.....	832	49	(2.7)	528	(19.5)	94	(8.5)	18	(1.8)	510	(20.4)	192	(11.3)	38	(1.8)	545	(32.0)
40 - 59.....	830	38	(2.7)	485	(12.3)	52	(5.0)	11	(1.1)	487	(27.4)	137	(9.2)	28	(1.2)	484	(21.7)
60 and over.....	745	28	(3.0)	461	(16.1)	34	(4.9)	7	(1.0)	469	(27.6)	124	(11.7)	27	(2.1)	458	(18.6)
2 - 19.....	1546	39	(1.3)	466	(12.0)	56	(5.0)	12	(1.0)	451	(17.6)	143	(12.1)	32	(2.1)	476	(13.9)
20 and over...	2407	39	(1.9)	493	(10.9)	62	(4.5)	13	(1.0)	493	(19.6)	158	(8.8)	32	(1.3)	493	(17.7)
2 and over...	3953	39	(1.5)	487	(9.7)	61	(3.6)	12	(0.8)	483	(16.5)	155	(7.7)	32	(1.3)	489	(14.7)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	527	(8.4)	70	(7.3)	13	(1.3)	551	(16.6)	180	(14.9)	33	(2.2)	511	(9.5)
20 and over...	4801	42	(1.3)	570	(8.7)	79	(5.1)	14	(1.0)	579	(13.1)	189	(9.9)	33	(1.5)	563	(15.0)
2 and over...	7933	41	(1.2)	559	(7.2)	77	(5.1)	14	(1.0)	573	(10.6)	187	(10.2)	33	(1.5)	550	(12.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	32	(3.9)	230	(7.8)	16	(3.7)	7	(1.6)	224	(15.8)	51	(8.3)	23	(2.4)	232	(11.9)
6 - 11	590	30	(2.8)	262	(5.9)	21	(2.8)	8	(1.0)	253	(11.3)	69	(5.1)	27	(1.8)	266	(6.9)
12 - 19	585	49	(3.7)	353	(14.7)	81	(21.5)	23	(5.6)	383	(32.1)	166	(36.8)	43	(7.2)	323	(18.4)
20 - 39	882	53	(2.2)	400	(9.9)	77	(6.1)	19	(1.9)	393	(8.9)	145	(8.9)	37	(2.6)	408	(17.1)
40 - 59	756	43	(2.2)	420	(14.1)	51	(3.1)	12	(0.8)	398	(16.0)	116	(7.5)	29	(2.0)	437	(16.6)
60 and over	756	34	(3.8)	378	(8.7)	33	(5.0)	9	(1.4)	401	(19.6)	96	(8.6)	24	(2.7)	366	(8.6)
2 - 19	1586	39	(2.0)	296	(6.2)	47	(9.7)	16	(3.1)	322	(19.4)	121	(22.1)	37	(5.2)	279	(8.3)
20 and over	2394	45	(1.7)	402	(7.0)	56	(3.9)	14	(1.1)	396	(9.7)	125	(5.9)	32	(1.9)	407	(8.6)
2 and over	3980	43	(1.7)	374	(5.8)	54	(5.0)	14	(1.5)	379	(8.1)	124	(8.4)	33	(2.4)	371	(8.7)
Females:																	
2 - 5	423	31	(3.9)	211	(7.6)	15	(2.9)	7	(1.4)	199	(11.6)	48	(5.9)	24	(2.2)	217	(8.7)
6 - 11	556	36	(4.7)	232	(7.0)	25	(4.3)	11	(1.8)	231	(10.3)	69	(6.3)	30	(2.8)	232	(8.5)
12 - 19	567	45	(3.6)	234	(12.5)	46	(5.0)	19	(2.6)	227	(11.6)	101	(9.3)	44	(3.6)	241	(18.1)
20 - 39	832	49	(2.7)	280	(5.4)	54	(4.7)	19	(1.5)	284	(11.1)	109	(6.7)	39	(1.4)	276	(9.2)
40 - 59	830	38	(2.7)	269	(7.4)	34	(2.8)	13	(1.0)	273	(10.0)	89	(6.0)	33	(1.6)	266	(8.5)
60 and over	745	28	(3.0)	265	(6.2)	22	(3.2)	8	(1.3)	262	(16.5)	80	(6.2)	31	(2.8)	267	(7.9)
2 - 19	1546	39	(1.3)	228	(5.1)	32	(2.2)	14	(1.0)	223	(7.7)	82	(5.3)	37	(2.3)	232	(6.6)
20 and over	2407	39	(1.9)	272	(4.0)	38	(2.9)	14	(0.9)	276	(9.2)	96	(4.7)	35	(0.9)	269	(5.0)
2 and over	3953	39	(1.5)	261	(3.3)	36	(2.4)	14	(0.8)	263	(7.6)	93	(4.0)	35	(0.9)	260	(4.4)
Males and Females:																	
2 - 19	3132	39	(1.2)	263	(3.8)	40	(5.1)	15	(1.9)	273	(10.8)	102	(12.2)	37	(3.5)	256	(5.5)
20 and over	4801	42	(1.3)	335	(3.7)	47	(2.8)	14	(0.9)	339	(4.1)	112	(4.7)	33	(1.4)	333	(6.5)
2 and over	7933	41	(1.2)	317	(2.8)	45	(3.2)	14	(1.1)	323	(4.5)	109	(5.9)	34	(1.7)	313	(6.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin B12											
				All Individuals [2]					*Quick Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5	411	32	(3.9)	4.55	(0.210)	0.23	(0.048)	5	(1.2)	3.87	(0.272)	0.71	(0.115)	18	(3.0)	4.86	(0.251)
6 - 11	590	30	(2.8)	5.28	(0.167)	0.35	(0.047)	7	(0.9)	5.08	(0.266)	1.18	(0.082)	23	(1.5)	5.37	(0.258)
12 - 19	585	49	(3.7)	7.24	(0.542)	1.35	(0.281)	19	(3.0)	8.22	(1.059)	2.76	(0.449)	34	(2.7)	6.30	(0.410)
20 - 39	882	53	(2.2)	6.64	(0.247)	1.41	(0.225)	21	(3.0)	7.26	(0.472)	2.64	(0.382)	36	(4.1)	5.93	(0.314)
40 - 59	756	43	(2.2)	6.10	(0.356)	0.77	(0.066)	13	(1.1)	5.90	(0.379)	1.78	(0.151)	30	(2.4)	6.25	(0.422)
60 and over	756	34	(3.8)	7.95	(1.840)	0.50	(0.101)	6*	(2.2)	11.96*	(5.554)	1.48	(0.226)	12*	(6.7)	5.89	(0.311)
2 - 19	1586	39	(2.0)	6.00	(0.263)	0.77	(0.130)	13	(1.8)	6.64	(0.650)	1.99	(0.283)	30	(2.1)	5.59	(0.188)
20 and over	2394	45	(1.7)	6.75	(0.486)	0.95	(0.106)	14	(2.0)	7.62	(1.095)	2.12	(0.191)	28	(5.2)	6.04	(0.179)
2 and over	3980	43	(1.7)	6.56	(0.395)	0.90	(0.105)	14	(1.8)	7.39	(0.908)	2.09	(0.197)	28	(4.4)	5.92	(0.155)
Females:																	
2 - 5	423	31	(3.9)	4.13	(0.169)	0.20	(0.042)	5	(1.0)	3.89	(0.208)	0.64	(0.095)	16	(2.4)	4.23	(0.201)
6 - 11	556	36	(4.7)	4.40	(0.175)	0.35	(0.060)	8	(1.4)	4.52	(0.259)	0.97	(0.097)	21	(2.3)	4.32	(0.180)
12 - 19	567	45	(3.6)	4.11	(0.153)	0.70	(0.150)	17	(3.5)	3.82	(0.215)	1.55	(0.277)	41	(6.3)	4.35	(0.282)
20 - 39	832	49	(2.7)	4.59	(0.142)	0.90	(0.138)	20	(3.1)	4.42	(0.204)	1.83	(0.227)	41	(4.0)	4.76	(0.333)
40 - 59	830	38	(2.7)	3.96	(0.180)	0.48	(0.048)	12	(1.4)	3.98	(0.192)	1.25	(0.077)	31	(2.1)	3.96	(0.261)
60 and over	745	28	(3.0)	4.00	(0.161)	0.34	(0.054)	9	(1.4)	4.13	(0.343)	1.24	(0.114)	30	(4.0)	3.95	(0.156)
2 - 19	1546	39	(1.3)	4.21	(0.094)	0.48	(0.073)	11	(1.6)	4.04	(0.134)	1.22	(0.176)	30	(4.0)	4.31	(0.131)
20 and over	2407	39	(1.9)	4.19	(0.100)	0.59	(0.068)	14	(1.5)	4.20	(0.149)	1.50	(0.125)	36	(2.5)	4.19	(0.152)
2 and over	3953	39	(1.5)	4.20	(0.087)	0.56	(0.065)	13	(1.4)	4.16	(0.138)	1.43	(0.131)	34	(2.6)	4.22	(0.131)
Males and Females:																	
2 - 19	3132	39	(1.2)	5.12	(0.154)	0.63	(0.088)	12	(1.5)	5.36	(0.373)	1.61	(0.199)	30	(2.3)	4.97	(0.124)
20 and over	4801	42	(1.3)	5.44	(0.212)	0.76	(0.068)	14	(1.5)	5.99	(0.533)	1.82	(0.135)	30	(3.9)	5.04	(0.160)
2 and over	7933	41	(1.2)	5.36	(0.177)	0.73	(0.069)	14	(1.4)	5.84	(0.454)	1.77	(0.141)	30	(3.4)	5.03	(0.134)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin C													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5	411	32	(3.9)	93.1	(9.23)	3.0	(0.65)	3*	(0.7)	82.1	(6.90)	9.5	(1.83)	12*	(1.6)	98.1	(11.00)
6 - 11	590	30	(2.8)	87.7	(4.76)	3.8	(0.82)	4	(0.9)	84.0	(9.36)	12.7	(2.28)	15	(2.2)	89.3	(5.66)
12 - 19	585	49	(3.7)	88.4	(12.74)	8.9	(2.36)	10*	(3.9)	69.0	(7.12)	18.2	(3.89)	26	(4.4)	106.9	(25.98)
20 - 39	882	53	(2.2)	98.2	(9.21)	13.5	(2.61)	14	(2.6)	92.6	(6.74)	25.2	(4.39)	27	(3.3)	104.5	(17.54)
40 - 59	756	43	(2.2)	86.3	(4.92)	6.5	(1.48)	8	(1.5)	73.9	(6.69)	15.0	(3.51)	20	(4.2)	95.7	(5.14)
60 and over	756	34	(3.8)	91.7	(8.49)	2.3	(0.43)	3*	(0.5)	68.9	(7.66)	6.9	(1.18)	10	(1.8)	103.5	(12.37)
2 - 19	1586	39	(2.0)	89.2	(7.20)	5.9	(1.19)	7	(1.7)	75.2	(5.53)	15.2	(2.54)	20	(2.6)	98.0	(12.27)
20 and over	2394	45	(1.7)	92.1	(6.38)	8.2	(1.33)	9	(1.3)	81.5	(5.25)	18.2	(2.60)	22	(2.2)	100.8	(9.50)
2 and over	3980	43	(1.7)	91.3	(5.32)	7.6	(1.11)	8	(1.2)	80.0	(4.44)	17.5	(2.17)	22	(1.9)	100.0	(7.87)
Females:																	
2 - 5	423	31	(3.9)	79.6	(4.90)	3.4*	(1.12)	4*	(1.3)	78.9	(11.02)	10.8	(3.08)	14*	(3.2)	79.9	(4.99)
6 - 11	556	36	(4.7)	75.4	(5.14)	5.7*	(2.70)	8*	(3.5)	76.3	(7.58)	15.7*	(6.90)	21*	(7.3)	74.9	(7.80)
12 - 19	567	45	(3.6)	61.3	(3.35)	6.1	(1.82)	10	(2.6)	51.9	(5.43)	13.5	(3.46)	26	(4.8)	69.1	(4.43)
20 - 39	832	49	(2.7)	80.4	(4.66)	7.5	(1.12)	9	(1.2)	74.9	(6.75)	15.2	(1.88)	20	(1.8)	85.6	(4.57)
40 - 59	830	38	(2.7)	74.6	(3.86)	3.9	(0.57)	5	(0.8)	70.6	(6.87)	10.1	(1.61)	14	(1.8)	77.2	(4.83)
60 and over	745	28	(3.0)	78.9	(3.66)	3.5	(0.60)	4	(0.7)	70.2	(6.57)	12.6	(1.69)	18	(1.6)	82.2	(4.89)
2 - 19	1546	39	(1.3)	69.9	(2.80)	5.4	(0.96)	8	(1.3)	63.9	(4.35)	13.7	(2.35)	21	(2.9)	73.8	(3.22)
20 and over	2407	39	(1.9)	77.8	(3.08)	5.0	(0.61)	6	(0.7)	72.4	(4.51)	12.8	(1.31)	18	(1.4)	81.3	(3.60)
2 and over	3953	39	(1.5)	75.9	(2.63)	5.1	(0.41)	7	(0.4)	70.3	(3.65)	13.0	(0.91)	19	(1.1)	79.5	(2.90)
Males and Females:																	
2 - 19	3132	39	(1.2)	79.8	(4.35)	5.6	(0.59)	7	(0.9)	69.7	(3.69)	14.5	(1.30)	21	(1.6)	86.2	(6.64)
20 and over	4801	42	(1.3)	84.8	(4.10)	6.5	(0.80)	8	(0.8)	77.1	(4.35)	15.6	(1.68)	20	(1.5)	90.3	(5.16)
2 and over	7933	41	(1.2)	83.5	(3.36)	6.3	(0.61)	8	(0.7)	75.3	(3.73)	15.3	(1.26)	20	(1.2)	89.2	(4.29)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin D											
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5	411	32	(3.9)	7.0	(0.43)	0.1	(0.02)	1*	(0.3)	5.3	(0.45)	0.3	(0.08)	5*	(1.5)	7.8	(0.55)
6 - 11	590	30	(2.8)	6.6	(0.22)	0.1	(0.03)	2*	(0.4)	5.8	(0.31)	0.4	(0.09)	7*	(1.5)	6.9	(0.30)
12 - 19	585	49	(3.7)	6.9	(0.46)	0.8*	(0.41)	11*	(5.8)	7.1	(0.73)	1.6*	(0.78)	22*	(9.7)	6.7	(0.55)
20 - 39	882	53	(2.2)	5.2	(0.27)	0.7	(0.17)	13	(3.1)	4.8	(0.42)	1.2	(0.30)	26	(4.9)	5.6	(0.48)
40 - 59	756	43	(2.2)	5.7	(0.39)	0.4	(0.06)	6	(1.0)	4.5	(0.47)	0.9	(0.15)	19	(3.5)	6.7	(0.45)
60 and over	756	34	(3.8)	5.4	(0.21)	0.3	(0.08)	5	(1.6)	5.1	(0.47)	0.8	(0.20)	17	(3.5)	5.6	(0.31)
2 - 19	1586	39	(2.0)	6.8	(0.29)	0.4*	(0.18)	6*	(2.6)	6.4	(0.46)	1.1*	(0.46)	16*	(6.5)	7.1	(0.28)
20 and over	2394	45	(1.7)	5.5	(0.20)	0.5	(0.08)	8	(1.5)	4.7	(0.27)	1.0	(0.16)	22	(3.1)	6.0	(0.29)
2 and over	3980	43	(1.7)	5.8	(0.18)	0.4	(0.08)	8	(1.5)	5.1	(0.24)	1.0	(0.18)	20	(3.2)	6.3	(0.25)
Females:																	
2 - 5	423	31	(3.9)	6.2	(0.20)	0.2*	(0.07)	3*	(1.2)	5.7	(0.34)	0.5*	(0.20)	9*	(3.6)	6.4	(0.23)
6 - 11	556	36	(4.7)	5.4	(0.25)	0.2	(0.04)	3*	(0.9)	4.8	(0.38)	0.4	(0.10)	9*	(2.1)	5.7	(0.31)
12 - 19	567	45	(3.6)	4.3	(0.26)	0.4	(0.04)	9	(1.4)	3.3	(0.32)	0.9	(0.08)	27	(3.6)	5.2	(0.38)
20 - 39	832	49	(2.7)	3.9	(0.18)	0.5	(0.07)	13	(1.7)	3.6	(0.24)	1.0	(0.13)	28	(2.7)	4.2	(0.31)
40 - 59	830	38	(2.7)	3.7	(0.20)	0.2	(0.04)	7	(1.1)	3.1	(0.22)	0.6	(0.08)	21	(2.4)	4.1	(0.27)
60 and over	745	28	(3.0)	4.3	(0.20)	0.1	(0.03)	3	(0.8)	3.9	(0.35)	0.5	(0.10)	13	(2.3)	4.5	(0.23)
2 - 19	1546	39	(1.3)	5.1	(0.09)	0.3	(0.02)	5	(0.4)	4.2	(0.23)	0.7	(0.05)	17	(1.7)	5.7	(0.19)
20 and over	2407	39	(1.9)	3.9	(0.12)	0.3	(0.04)	8	(1.0)	3.5	(0.12)	0.8	(0.08)	23	(2.1)	4.2	(0.18)
2 and over	3953	39	(1.5)	4.2	(0.10)	0.3	(0.03)	7	(0.7)	3.7	(0.11)	0.8	(0.06)	21	(1.7)	4.6	(0.15)
Males and Females:																	
2 - 19	3132	39	(1.2)	6.0	(0.15)	0.3	(0.09)	6	(1.6)	5.3	(0.26)	0.9	(0.24)	16	(4.2)	6.4	(0.19)
20 and over	4801	42	(1.3)	4.7	(0.14)	0.4	(0.04)	8	(1.0)	4.1	(0.16)	0.9	(0.10)	22	(2.1)	5.1	(0.21)
2 and over	7933	41	(1.2)	5.0	(0.12)	0.4	(0.05)	7	(1.0)	4.4	(0.13)	0.9	(0.11)	20	(2.2)	5.4	(0.18)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

V i t a m i n E (a l p h a t o c o p h e r o l)

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	5.6	(0.18)	0.4	(0.09)	8	(1.8)	5.7	(0.35)	1.4	(0.18)	24	(3.9)	5.6	(0.20)
6 - 11.....	590	30	(2.8)	7.5	(0.29)	0.6	(0.08)	8	(1.2)	7.3	(0.48)	1.9	(0.18)	26	(2.6)	7.6	(0.35)
12 - 19.....	585	49	(3.7)	9.4	(0.42)	1.7	(0.33)	18	(3.1)	9.8	(0.80)	3.5	(0.48)	36	(3.7)	9.0	(0.77)
20 - 39.....	882	53	(2.2)	11.0	(0.22)	1.8	(0.19)	17	(1.9)	10.9	(0.40)	3.4	(0.29)	31	(2.7)	11.0	(0.48)
40 - 59.....	756	43	(2.2)	10.2	(0.37)	1.0	(0.09)	10	(0.8)	9.7	(0.54)	2.3	(0.27)	24	(2.8)	10.5	(0.44)
60 and over.....	756	34	(3.8)	9.5	(0.44)	0.7	(0.08)	7	(0.9)	9.6	(0.50)	1.9	(0.16)	20	(1.9)	9.5	(0.63)
2 - 19.....	1586	39	(2.0)	7.9	(0.25)	1.1	(0.17)	13	(1.8)	8.4	(0.59)	2.7	(0.32)	32	(2.9)	7.6	(0.33)
20 and over...	2394	45	(1.7)	10.3	(0.23)	1.2	(0.12)	12	(1.2)	10.2	(0.38)	2.7	(0.22)	27	(2.1)	10.4	(0.32)
2 and over...	3980	43	(1.7)	9.7	(0.21)	1.2	(0.12)	12	(1.2)	9.8	(0.30)	2.7	(0.22)	28	(2.2)	9.6	(0.26)
Females:																	
2 - 5.....	423	31	(3.9)	5.4	(0.18)	0.4	(0.08)	8	(1.5)	5.5	(0.35)	1.3	(0.19)	24	(3.1)	5.3	(0.21)
6 - 11.....	556	36	(4.7)	6.5	(0.23)	0.8	(0.15)	12	(2.1)	6.8	(0.19)	2.1	(0.23)	31	(3.3)	6.3	(0.37)
12 - 19.....	567	45	(3.6)	6.7	(0.38)	1.1	(0.10)	16	(1.9)	6.8	(0.61)	2.4	(0.18)	35	(4.1)	6.7	(0.52)
20 - 39.....	832	49	(2.7)	8.0	(0.27)	1.3	(0.15)	16	(1.7)	8.0	(0.52)	2.6	(0.23)	32	(2.0)	8.0	(0.31)
40 - 59.....	830	38	(2.7)	7.7	(0.26)	0.8	(0.04)	10	(0.8)	7.7	(0.25)	2.0	(0.12)	26	(1.7)	7.7	(0.39)
60 and over.....	745	28	(3.0)	7.4	(0.27)	0.5	(0.07)	7	(0.9)	7.5	(0.43)	1.8	(0.10)	23	(1.8)	7.3	(0.35)
2 - 19.....	1546	39	(1.3)	6.4	(0.17)	0.8	(0.05)	13	(0.9)	6.5	(0.37)	2.1	(0.12)	32	(2.4)	6.2	(0.24)
20 and over...	2407	39	(1.9)	7.7	(0.18)	0.9	(0.07)	11	(0.8)	7.8	(0.32)	2.2	(0.12)	28	(1.4)	7.7	(0.27)
2 and over...	3953	39	(1.5)	7.4	(0.13)	0.9	(0.05)	12	(0.7)	7.5	(0.22)	2.2	(0.11)	29	(1.4)	7.3	(0.19)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	7.2	(0.15)	0.9	(0.10)	13	(1.2)	7.5	(0.24)	2.4	(0.20)	32	(2.2)	6.9	(0.22)
20 and over...	4801	42	(1.3)	9.0	(0.16)	1.0	(0.08)	12	(0.9)	9.1	(0.24)	2.5	(0.16)	27	(1.6)	8.9	(0.21)
2 and over...	7933	41	(1.2)	8.5	(0.14)	1.0	(0.08)	12	(0.9)	8.7	(0.21)	2.5	(0.16)	28	(1.7)	8.4	(0.17)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin K											
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	48.5	(2.65)	4.0	(0.86)	8	(2.0)	43.9	(1.90)	12.7	(1.63)	29	(3.8)	50.5	(3.63)
6 - 11.....	590	30	(2.8)	70.3	(5.46)	5.1	(0.89)	7	(1.5)	61.2	(6.77)	16.9	(2.00)	28	(4.5)	74.1	(6.66)
12 - 19.....	585	49	(3.7)	81.3	(6.55)	18.4	(4.28)	23	(4.9)	79.2	(6.47)	37.7	(6.60)	48	(5.2)	83.3	(11.84)
20 - 39.....	882	53	(2.2)	118.4	(7.00)	25.9	(5.52)	22	(4.3)	117.7	(8.42)	48.5	(9.24)	41	(6.0)	119.2	(10.80)
40 - 59.....	756	43	(2.2)	128.7	(6.73)	20.1	(5.00)	16	(3.4)	134.3	(13.61)	46.3	(12.11)	34	(6.3)	124.3	(9.25)
60 and over.....	756	34	(3.8)	185.0*	(60.44)	9.3	(1.56)	5*	(2.0)	115.5	(11.36)	27.3	(3.77)	24	(3.7)	220.7*	(93.84)
2 - 19.....	1586	39	(2.0)	70.4	(2.67)	10.8	(1.97)	15	(2.8)	68.3	(4.25)	27.9	(4.09)	41	(4.1)	71.8	(4.71)
20 and over...	2394	45	(1.7)	138.4	(16.29)	19.7	(3.29)	14	(2.8)	123.3	(6.17)	43.8	(6.71)	36	(4.0)	150.7	(30.71)
2 and over...	3980	43	(1.7)	120.7	(11.99)	17.4	(2.74)	14	(2.6)	110.5	(5.14)	40.1	(5.78)	36	(3.9)	128.5	(21.66)
Females:																	
2 - 5.....	423	31	(3.9)	51.9	(3.34)	3.2	(0.59)	6	(1.2)	47.0	(4.49)	10.2	(1.32)	22	(2.6)	54.1	(4.65)
6 - 11.....	556	36	(4.7)	63.1	(3.07)	8.1	(1.97)	13	(3.0)	63.0	(4.02)	22.3	(4.30)	35	(6.6)	63.2	(4.44)
12 - 19.....	567	45	(3.6)	65.9	(6.14)	14.7	(1.72)	22	(2.8)	66.6	(4.98)	32.4	(3.45)	49	(4.1)	65.3	(8.60)
20 - 39.....	832	49	(2.7)	113.0	(8.90)	17.4	(2.83)	15	(2.2)	108.1	(11.38)	35.4	(4.87)	33	(4.2)	117.7	(10.19)
40 - 59.....	830	38	(2.7)	129.3	(12.35)	11.8	(1.30)	9	(1.4)	109.8	(12.22)	30.7	(4.12)	28	(3.9)	141.5	(13.31)
60 and over.....	745	28	(3.0)	122.1	(8.62)	8.7	(1.87)	7	(1.6)	118.7	(19.59)	31.4	(5.07)	26	(5.8)	123.4	(8.70)
2 - 19.....	1546	39	(1.3)	61.9	(3.20)	10.0	(0.86)	16	(1.5)	62.1	(3.23)	25.5	(2.03)	41	(3.0)	61.8	(4.10)
20 and over...	2407	39	(1.9)	121.7	(7.26)	12.9	(1.14)	11	(1.1)	110.8	(8.66)	32.9	(2.56)	30	(2.6)	128.7	(7.44)
2 and over...	3953	39	(1.5)	107.3	(5.66)	12.2	(0.94)	11	(1.0)	98.9	(6.83)	31.1	(2.07)	31	(2.5)	112.6	(5.82)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	66.3	(2.54)	10.4	(1.10)	16	(1.6)	65.2	(2.79)	26.7	(2.37)	41	(2.6)	66.9	(3.44)
20 and over...	4801	42	(1.3)	129.8	(8.47)	16.2	(1.97)	12	(1.7)	117.3	(6.13)	38.6	(4.35)	33	(2.9)	138.9	(14.23)
2 and over...	7933	41	(1.2)	113.9	(6.61)	14.7	(1.64)	13	(1.6)	104.9	(4.93)	35.8	(3.67)	34	(2.8)	120.2	(10.63)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	1062	(58.7)	46	(6.0)	4*	(0.7)	897	(65.5)	147	(10.7)	16	(1.1)	1138	(64.0)
6 - 11.....	590	30	(2.8)	1137	(29.0)	85	(13.9)	8	(1.2)	1166	(49.1)	286	(29.9)	25	(2.1)	1124	(35.3)
12 - 19.....	585	49	(3.7)	1311	(48.3)	282	(60.1)	22	(4.5)	1447	(105.2)	577	(100.5)	40	(5.9)	1181	(60.4)
20 - 39.....	882	53	(2.2)	1210	(46.6)	271	(30.9)	22	(2.4)	1229	(58.3)	507	(46.3)	41	(2.7)	1187	(92.9)
40 - 59.....	756	43	(2.2)	1109	(40.6)	145	(8.9)	13	(1.0)	1093	(50.7)	334	(20.4)	31	(2.1)	1121	(57.0)
60 and over.....	756	34	(3.8)	978	(25.5)	86	(12.3)	9	(1.3)	979	(51.7)	254	(20.2)	26	(1.5)	977	(44.4)
2 - 19.....	1586	39	(2.0)	1198	(29.1)	165	(27.7)	14	(2.3)	1277	(71.6)	426	(62.8)	33	(4.0)	1149	(32.7)
20 and over...	2394	45	(1.7)	1116	(20.9)	179	(15.5)	16	(1.5)	1134	(37.1)	398	(25.4)	35	(2.0)	1101	(31.6)
2 and over...	3980	43	(1.7)	1137	(21.2)	175	(17.4)	15	(1.6)	1167	(39.2)	404	(31.7)	35	(2.2)	1114	(27.7)
Females:																	
2 - 5.....	423	31	(3.9)	949	(26.3)	54	(12.3)	6	(1.3)	909	(41.1)	171	(29.2)	19	(3.0)	967	(31.4)
6 - 11.....	556	36	(4.7)	1004	(37.5)	104	(24.7)	10	(2.5)	1002	(50.1)	288	(48.2)	29	(4.4)	1005	(48.7)
12 - 19.....	567	45	(3.6)	937	(28.8)	178	(22.5)	19	(2.5)	900	(32.6)	392	(31.5)	44	(3.9)	967	(49.4)
20 - 39.....	832	49	(2.7)	923	(30.4)	191	(16.4)	21	(1.7)	964	(41.0)	389	(24.9)	40	(2.2)	883	(30.4)
40 - 59.....	830	38	(2.7)	861	(16.4)	108	(11.6)	13	(1.4)	922	(33.6)	281	(19.5)	30	(1.8)	824	(28.8)
60 and over.....	745	28	(3.0)	809	(30.4)	59	(6.9)	7	(0.8)	823	(58.8)	214	(14.1)	26	(2.1)	803	(28.0)
2 - 19.....	1546	39	(1.3)	961	(17.0)	127	(13.0)	13	(1.3)	932	(20.4)	322	(28.1)	35	(2.9)	980	(28.4)
20 and over...	2407	39	(1.9)	868	(16.5)	123	(10.0)	14	(1.2)	921	(30.7)	315	(18.9)	34	(1.7)	834	(19.4)
2 and over...	3953	39	(1.5)	890	(12.9)	124	(8.0)	14	(1.0)	924	(23.9)	317	(16.1)	34	(1.6)	869	(16.6)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	1082	(20.5)	146	(15.0)	14	(1.4)	1107	(40.9)	375	(34.7)	34	(2.8)	1067	(24.4)
20 and over...	4801	42	(1.3)	989	(14.3)	150	(11.0)	15	(1.2)	1032	(25.4)	358	(20.8)	35	(1.7)	957	(20.8)
2 and over...	7933	41	(1.2)	1012	(13.8)	149	(10.9)	15	(1.1)	1050	(25.2)	362	(22.4)	34	(1.7)	986	(19.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	32	(3.9)	1172	(49.5)	84	(13.8)	7	(1.4)	1087	(37.9)	266	(28.3)	24	(2.6)	1211	(65.8)
6 - 11	590	30	(2.8)	1347	(25.9)	123	(17.4)	9	(1.3)	1358	(41.7)	412	(31.1)	30	(2.0)	1342	(27.2)
12 - 19	585	49	(3.7)	1700	(55.7)	398	(78.6)	23	(4.5)	1897	(112.4)	814	(120.3)	43	(5.2)	1512	(80.4)
20 - 39	882	53	(2.2)	1754	(40.6)	398	(38.2)	23	(2.3)	1779	(43.3)	746	(56.1)	42	(3.0)	1726	(84.8)
40 - 59	756	43	(2.2)	1670	(54.2)	227	(12.5)	14	(0.9)	1644	(61.6)	523	(28.6)	32	(1.9)	1690	(69.6)
60 and over	756	34	(3.8)	1469	(25.8)	142	(19.3)	10	(1.3)	1483	(45.1)	417	(33.1)	28	(2.1)	1461	(38.4)
2 - 19	1586	39	(2.0)	1467	(28.1)	238	(36.9)	16	(2.5)	1614	(74.1)	613	(77.7)	38	(3.8)	1373	(37.7)
20 and over	2394	45	(1.7)	1653	(20.5)	272	(20.8)	16	(1.4)	1675	(35.5)	605	(32.2)	36	(2.1)	1635	(32.7)
2 and over	3980	43	(1.7)	1605	(18.8)	263	(23.5)	16	(1.6)	1661	(33.2)	607	(39.6)	37	(2.3)	1561	(30.0)
Females:																	
2 - 5	423	31	(3.9)	1072	(19.6)	83	(15.5)	8	(1.4)	1080	(48.5)	264	(31.3)	24	(2.6)	1068	(21.8)
6 - 11	556	36	(4.7)	1225	(26.0)	149	(29.1)	12	(2.3)	1269	(33.2)	410	(46.8)	32	(3.5)	1199	(36.7)
12 - 19	567	45	(3.6)	1162	(31.6)	249	(30.6)	21	(2.9)	1187	(46.0)	548	(51.8)	46	(4.5)	1141	(49.0)
20 - 39	832	49	(2.7)	1276	(22.4)	272	(24.1)	21	(1.8)	1299	(39.6)	553	(33.4)	43	(2.1)	1255	(35.1)
40 - 59	830	38	(2.7)	1187	(17.8)	165	(11.0)	14	(1.0)	1258	(30.0)	429	(15.7)	34	(1.2)	1144	(30.2)
60 and over	745	28	(3.0)	1100	(24.2)	96	(12.3)	9	(1.1)	1145	(52.6)	349	(23.1)	30	(2.4)	1083	(25.6)
2 - 19	1546	39	(1.3)	1162	(11.1)	180	(15.3)	15	(1.4)	1193	(30.1)	457	(34.7)	38	(2.9)	1142	(18.3)
20 and over	2407	39	(1.9)	1194	(13.3)	183	(13.1)	15	(1.1)	1254	(29.5)	467	(22.0)	37	(1.5)	1156	(20.0)
2 and over	3953	39	(1.5)	1186	(11.1)	182	(11.5)	15	(1.0)	1239	(25.4)	465	(21.6)	38	(1.6)	1153	(17.3)
Males and Females:																	
2 - 19	3132	39	(1.2)	1318	(17.3)	209	(22.0)	16	(1.7)	1407	(45.6)	536	(48.0)	38	(2.8)	1261	(23.4)
20 and over	4801	42	(1.3)	1418	(13.0)	226	(14.5)	16	(1.1)	1474	(22.6)	539	(25.6)	37	(1.6)	1377	(23.0)
2 and over	7933	41	(1.2)	1393	(10.4)	222	(15.4)	16	(1.2)	1458	(23.4)	538	(29.4)	37	(1.8)	1347	(21.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

Magnesium

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	32	(3.9)	211	(5.2)	13	(2.7)	6	(1.3)	198	(6.8)	41	(5.9)	21	(3.0)	217	(7.6)
6 - 11	590	30	(2.8)	249	(6.9)	18	(2.3)	7	(1.0)	241	(11.7)	60	(4.9)	25	(1.7)	253	(7.4)
12 - 19	585	49	(3.7)	309	(9.4)	53	(9.6)	17	(3.1)	323	(17.4)	109	(13.4)	34	(3.7)	295	(15.9)
20 - 39	882	53	(2.2)	366	(7.5)	62	(5.8)	17	(1.7)	358	(12.0)	116	(7.9)	32	(2.3)	376	(13.6)
40 - 59	756	43	(2.2)	361	(12.5)	35	(2.0)	10	(0.6)	342	(10.6)	80	(4.6)	23	(1.5)	376	(17.5)
60 and over	756	34	(3.8)	334	(8.9)	22	(3.3)	7	(1.0)	312	(11.5)	65	(5.5)	21	(1.7)	346	(14.5)
2 - 19	1586	39	(2.0)	268	(5.1)	33	(4.7)	12	(1.7)	280	(12.1)	84	(9.2)	30	(2.6)	260	(7.3)
20 and over	2394	45	(1.7)	356	(6.5)	42	(3.4)	12	(1.0)	344	(8.6)	94	(5.0)	27	(1.5)	367	(9.2)
2 and over	3980	43	(1.7)	333	(5.5)	40	(3.4)	12	(1.1)	329	(7.7)	91	(5.4)	28	(1.6)	337	(7.5)
Females:																	
2 - 5	423	31	(3.9)	204	(3.4)	12	(2.3)	6	(1.1)	201	(12.1)	40	(4.5)	20	(1.9)	205	(5.5)
6 - 11	556	36	(4.7)	223	(6.1)	21	(3.7)	10	(1.6)	230	(9.6)	59	(4.6)	26	(2.5)	220	(9.4)
12 - 19	567	45	(3.6)	222	(5.7)	37	(3.9)	17	(1.9)	218	(7.7)	81	(6.7)	37	(3.3)	224	(8.3)
20 - 39	832	49	(2.7)	282	(6.6)	47	(4.3)	17	(1.5)	276	(11.6)	95	(6.0)	35	(2.0)	288	(8.2)
40 - 59	830	38	(2.7)	277	(5.1)	26	(2.0)	10	(0.8)	274	(9.6)	69	(2.7)	25	(1.2)	278	(7.3)
60 and over	745	28	(3.0)	261	(5.1)	17	(2.6)	7	(1.0)	267	(14.0)	63	(4.4)	24	(2.2)	259	(5.2)
2 - 19	1546	39	(1.3)	218	(3.2)	27	(2.0)	12	(0.9)	219	(6.6)	67	(4.1)	31	(2.3)	218	(4.7)
20 and over	2407	39	(1.9)	274	(4.0)	31	(2.3)	11	(0.9)	273	(8.4)	79	(3.9)	29	(1.4)	275	(5.0)
2 and over	3953	39	(1.5)	261	(3.6)	30	(2.0)	11	(0.8)	260	(7.6)	76	(3.7)	29	(1.5)	261	(4.3)
Males and Females:																	
2 - 19	3132	39	(1.2)	244	(2.8)	30	(3.0)	12	(1.2)	250	(8.4)	76	(6.2)	30	(2.0)	240	(4.6)
20 and over	4801	42	(1.3)	314	(5.0)	36	(2.5)	12	(0.8)	310	(6.9)	87	(4.2)	28	(1.3)	317	(6.4)
2 and over	7933	41	(1.2)	297	(4.1)	35	(2.5)	12	(0.9)	296	(6.4)	84	(4.4)	28	(1.4)	297	(5.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Iron													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	11.4	(0.38)	0.8	(0.18)	7	(1.6)	11.4	(0.33)	2.4	(0.35)	21	(3.0)	11.4	(0.50)
6 - 11.....	590	30	(2.8)	15.5	(0.48)	1.2	(0.17)	8	(1.1)	14.9	(0.76)	4.0	(0.35)	27	(1.6)	15.7	(0.60)
12 - 19.....	585	49	(3.7)	18.8	(0.51)	3.8	(0.62)	20	(3.5)	20.4	(1.05)	7.8	(0.82)	38	(4.3)	17.3	(0.80)
20 - 39.....	882	53	(2.2)	18.6	(0.53)	3.9	(0.35)	21	(1.7)	18.2	(0.52)	7.3	(0.55)	40	(2.7)	19.2	(0.82)
40 - 59.....	756	43	(2.2)	17.8	(0.68)	2.2	(0.14)	13	(0.9)	18.3	(0.80)	5.2	(0.40)	28	(2.1)	17.5	(0.82)
60 and over.....	756	34	(3.8)	17.6	(0.69)	1.4	(0.17)	8	(1.1)	17.7	(0.74)	4.2	(0.36)	24	(2.4)	17.6	(0.89)
2 - 19.....	1586	39	(2.0)	16.1	(0.31)	2.3	(0.31)	14	(1.9)	17.4	(0.54)	5.9	(0.58)	34	(3.1)	15.3	(0.39)
20 and over...	2394	45	(1.7)	18.1	(0.23)	2.7	(0.19)	15	(1.1)	18.1	(0.34)	5.9	(0.31)	33	(1.9)	18.1	(0.34)
2 and over...	3980	43	(1.7)	17.6	(0.17)	2.6	(0.20)	15	(1.2)	18.0	(0.25)	5.9	(0.33)	33	(1.9)	17.3	(0.27)
Females:																	
2 - 5.....	423	31	(3.9)	11.5	(0.35)	0.7	(0.13)	6	(1.1)	11.4	(0.55)	2.2	(0.30)	19	(2.8)	11.6	(0.43)
6 - 11.....	556	36	(4.7)	13.9	(0.66)	1.4	(0.26)	10	(1.7)	14.8	(1.06)	3.8	(0.44)	26	(2.2)	13.4	(0.66)
12 - 19.....	567	45	(3.6)	12.0	(0.47)	2.0	(0.23)	17	(2.2)	11.7	(0.56)	4.4	(0.44)	38	(3.5)	12.3	(0.62)
20 - 39.....	832	49	(2.7)	14.5	(0.26)	2.6	(0.22)	18	(1.7)	14.0	(0.49)	5.3	(0.27)	38	(1.8)	14.9	(0.51)
40 - 59.....	830	38	(2.7)	13.4	(0.43)	1.5	(0.12)	11	(0.9)	13.2	(0.46)	3.9	(0.19)	29	(1.2)	13.6	(0.61)
60 and over.....	745	28	(3.0)	12.6	(0.33)	0.9	(0.14)	7	(1.1)	13.1	(0.68)	3.3	(0.27)	26	(2.4)	12.4	(0.35)
2 - 19.....	1546	39	(1.3)	12.5	(0.26)	1.5	(0.13)	12	(0.9)	12.5	(0.53)	3.9	(0.32)	31	(2.1)	12.5	(0.20)
20 and over...	2407	39	(1.9)	13.6	(0.22)	1.7	(0.13)	13	(1.0)	13.5	(0.38)	4.4	(0.20)	32	(1.2)	13.6	(0.39)
2 and over...	3953	39	(1.5)	13.3	(0.20)	1.7	(0.11)	13	(0.8)	13.3	(0.35)	4.3	(0.20)	32	(1.2)	13.3	(0.30)
Males and Females:																	
2 - 19.....	3132	39	(1.2)	14.3	(0.21)	1.9	(0.20)	13	(1.4)	15.0	(0.35)	4.9	(0.42)	32	(2.3)	13.9	(0.24)
20 and over...	4801	42	(1.3)	15.8	(0.17)	2.2	(0.13)	14	(0.9)	15.9	(0.26)	5.2	(0.24)	33	(1.4)	15.7	(0.29)
2 and over...	7933	41	(1.2)	15.4	(0.13)	2.1	(0.14)	14	(1.0)	15.7	(0.21)	5.1	(0.26)	33	(1.5)	15.2	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

Z i n c

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	32	(3.9)	8.4	(0.36)	0.6	(0.15)	7	(2.0)	7.6	(0.43)	1.8	(0.36)	24	(4.2)	8.8	(0.48)
6 - 11	590	30	(2.8)	10.4	(0.32)	0.9	(0.12)	8	(1.1)	10.2	(0.44)	2.9	(0.21)	28	(1.8)	10.5	(0.40)
12 - 19	585	49	(3.7)	13.8	(0.54)	3.1	(0.55)	22	(3.9)	15.4	(0.89)	6.3	(0.89)	41	(4.9)	12.3	(0.73)
20 - 39	882	53	(2.2)	14.3	(0.36)	3.1	(0.28)	22	(2.1)	14.5	(0.52)	5.8	(0.46)	40	(3.4)	14.0	(0.42)
40 - 59	756	43	(2.2)	13.8	(0.65)	1.8	(0.14)	13	(1.3)	13.8	(0.62)	4.2	(0.31)	30	(2.7)	13.8	(0.82)
60 and over	756	34	(3.8)	12.5	(0.37)	1.0	(0.15)	8	(1.2)	12.2	(0.62)	3.1	(0.35)	25	(2.6)	12.7	(0.38)
2 - 19	1586	39	(2.0)	11.5	(0.25)	1.8	(0.26)	16	(2.2)	12.6	(0.62)	4.6	(0.56)	36	(3.5)	10.7	(0.34)
20 and over	2394	45	(1.7)	13.7	(0.27)	2.1	(0.16)	15	(1.3)	13.8	(0.43)	4.7	(0.27)	34	(2.3)	13.5	(0.32)
2 and over	3980	43	(1.7)	13.1	(0.24)	2.0	(0.17)	15	(1.4)	13.6	(0.38)	4.7	(0.29)	34	(2.3)	12.7	(0.29)
Females:																	
2 - 5	423	31	(3.9)	7.9	(0.29)	0.5	(0.09)	7	(1.2)	7.6	(0.46)	1.7	(0.18)	22	(2.4)	8.0	(0.28)
6 - 11	556	36	(4.7)	9.5	(0.37)	1.0	(0.21)	11	(2.3)	9.5	(0.54)	2.8	(0.34)	30	(4.6)	9.5	(0.45)
12 - 19	567	45	(3.6)	8.9	(0.37)	1.6	(0.24)	18	(3.0)	8.6	(0.41)	3.6	(0.41)	41	(4.9)	9.1	(0.55)
20 - 39	832	49	(2.7)	10.0	(0.22)	2.1	(0.20)	21	(1.8)	10.0	(0.34)	4.2	(0.28)	42	(2.4)	10.0	(0.34)
40 - 59	830	38	(2.7)	9.4	(0.19)	1.2	(0.11)	13	(1.2)	9.8	(0.28)	3.2	(0.19)	32	(1.9)	9.2	(0.25)
60 and over	745	28	(3.0)	8.8	(0.20)	0.7	(0.10)	8	(1.2)	8.9	(0.38)	2.6	(0.20)	30	(2.4)	8.7	(0.23)
2 - 19	1546	39	(1.3)	8.9	(0.19)	1.2	(0.11)	13	(1.3)	8.7	(0.31)	3.0	(0.26)	35	(3.3)	8.9	(0.18)
20 and over	2407	39	(1.9)	9.5	(0.12)	1.4	(0.12)	15	(1.2)	9.7	(0.25)	3.5	(0.19)	36	(1.7)	9.3	(0.16)
2 and over	3953	39	(1.5)	9.3	(0.11)	1.3	(0.11)	14	(1.1)	9.5	(0.23)	3.4	(0.18)	36	(1.7)	9.2	(0.14)
Males and Females:																	
2 - 19	3132	39	(1.2)	10.2	(0.20)	1.5	(0.15)	15	(1.5)	10.7	(0.46)	3.8	(0.35)	36	(2.8)	9.9	(0.20)
20 and over	4801	42	(1.3)	11.5	(0.15)	1.7	(0.11)	15	(1.1)	11.9	(0.19)	4.1	(0.19)	35	(1.8)	11.2	(0.23)
2 and over	7933	41	(1.2)	11.2	(0.13)	1.7	(0.11)	15	(1.1)	11.6	(0.21)	4.1	(0.20)	35	(1.8)	10.9	(0.21)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	32	(3.9)	0.8	(0.02)	0.1	(0.01)	7	(1.6)	0.8	(0.03)	0.2	(0.03)	21	(3.5)	0.8	(0.03)
6 - 11	590	30	(2.8)	1.1	(0.03)	0.1	(0.01)	7	(0.9)	1.0	(0.05)	0.2	(0.02)	24	(2.0)	1.1	(0.04)
12 - 19	585	49	(3.7)	1.3	(0.05)	0.2	(0.04)	18	(3.4)	1.3	(0.08)	0.5	(0.06)	35	(4.4)	1.2	(0.09)
20 - 39	882	53	(2.2)	1.5	(0.04)	0.3	(0.03)	17	(1.7)	1.5	(0.07)	0.5	(0.04)	31	(2.7)	1.5	(0.05)
40 - 59	756	43	(2.2)	1.5	(0.05)	0.1	(0.01)	10	(0.5)	1.4	(0.06)	0.3	(0.02)	23	(1.5)	1.5	(0.06)
60 and over	756	34	(3.8)	1.8	(0.32)	0.1	(0.01)	5	(1.4)	2.4*	(0.96)	0.3	(0.02)	12*	(5.4)	1.5	(0.08)
2 - 19	1586	39	(2.0)	1.1	(0.03)	0.1	(0.02)	13	(1.9)	1.2	(0.06)	0.4	(0.04)	31	(3.1)	1.1	(0.04)
20 and over	2394	45	(1.7)	1.6	(0.09)	0.2	(0.01)	11	(1.1)	1.6	(0.19)	0.4	(0.02)	24	(3.4)	1.5	(0.03)
2 and over	3980	43	(1.7)	1.5	(0.07)	0.2	(0.01)	11	(1.2)	1.5	(0.15)	0.4	(0.02)	25	(3.1)	1.4	(0.03)
Females:																	
2 - 5	423	31	(3.9)	0.8	(0.03)	0.1	(0.01)	6	(1.1)	0.8	(0.08)	0.2	(0.02)	20	(1.7)	0.8	(0.03)
6 - 11	556	36	(4.7)	0.9	(0.03)	0.1	(0.02)	10	(1.6)	1.0	(0.06)	0.2	(0.02)	25	(2.5)	0.9	(0.04)
12 - 19	567	45	(3.6)	0.9	(0.05)	0.1	(0.01)	15	(2.0)	0.9	(0.04)	0.3	(0.03)	35	(3.1)	1.0	(0.07)
20 - 39	832	49	(2.7)	1.2	(0.03)	0.2	(0.02)	15	(1.5)	1.1	(0.06)	0.4	(0.02)	32	(1.9)	1.2	(0.03)
40 - 59	830	38	(2.7)	1.2	(0.03)	0.1	(0.01)	9	(0.8)	1.2	(0.04)	0.3	(0.01)	24	(1.2)	1.2	(0.04)
60 and over	745	28	(3.0)	1.1	(0.02)	0.1	(0.01)	6	(0.8)	1.1	(0.06)	0.3	(0.01)	23	(1.9)	1.1	(0.03)
2 - 19	1546	39	(1.3)	0.9	(0.02)	0.1	(0.01)	12	(0.8)	0.9	(0.04)	0.3	(0.01)	30	(2.2)	0.9	(0.03)
20 and over	2407	39	(1.9)	1.2	(0.02)	0.1	(0.01)	11	(0.8)	1.1	(0.04)	0.3	(0.02)	27	(1.3)	1.2	(0.02)
2 and over	3953	39	(1.5)	1.1	(0.02)	0.1	(0.01)	11	(0.8)	1.1	(0.03)	0.3	(0.02)	28	(1.4)	1.1	(0.02)
Males and Females:																	
2 - 19	3132	39	(1.2)	1.0	(0.02)	0.1	(0.01)	12	(1.3)	1.0	(0.04)	0.3	(0.03)	30	(2.3)	1.0	(0.02)
20 and over	4801	42	(1.3)	1.4	(0.05)	0.1	(0.01)	11	(0.8)	1.4	(0.11)	0.4	(0.02)	25	(2.4)	1.3	(0.02)
2 and over	7933	41	(1.2)	1.3	(0.04)	0.1	(0.01)	11	(0.9)	1.3	(0.09)	0.3	(0.02)	26	(2.3)	1.2	(0.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	411	32	(3.9)	75.8	(1.73)	6.3	(1.22)	8	(1.7)	76.5	(2.32)	20.0	(2.49)	26	(2.9)	75.5	(2.51)
6 - 11	590	30	(2.8)	100.0	(1.34)	10.4	(1.57)	10	(1.5)	100.3	(3.08)	34.7	(2.89)	35	(2.9)	99.9	(1.37)
12 - 19	585	49	(3.7)	132.9	(3.46)	33.3	(5.90)	25	(4.2)	148.3	(7.62)	68.2	(8.90)	46	(4.8)	118.2	(6.04)
20 - 39	882	53	(2.2)	146.6	(3.12)	34.2	(3.03)	23	(2.1)	147.3	(3.53)	64.0	(4.66)	43	(3.0)	145.8	(5.63)
40 - 59	756	43	(2.2)	137.0	(2.76)	20.6	(1.23)	15	(1.0)	140.0	(5.74)	47.6	(2.86)	34	(1.6)	134.8	(3.82)
60 and over	756	34	(3.8)	117.3	(1.99)	12.3	(1.48)	10	(1.3)	123.6	(4.76)	36.1	(2.42)	29	(2.2)	114.0	(2.32)
2 - 19	1586	39	(2.0)	109.5	(2.00)	19.8	(2.80)	18	(2.4)	123.1	(5.47)	51.0	(5.68)	41	(3.5)	100.8	(2.33)
20 and over	2394	45	(1.7)	135.9	(1.87)	23.8	(1.71)	17	(1.4)	140.3	(2.64)	52.9	(2.59)	38	(1.9)	132.3	(2.48)
2 and over	3980	43	(1.7)	129.0	(1.44)	22.7	(1.86)	18	(1.5)	136.3	(1.85)	52.5	(2.99)	38	(2.1)	123.4	(2.16)
Females:																	
2 - 5	423	31	(3.9)	74.0	(1.69)	6.2	(1.02)	8	(1.4)	72.0	(4.73)	19.8	(1.96)	28	(2.5)	74.9	(1.63)
6 - 11	556	36	(4.7)	89.8	(3.13)	11.8	(2.41)	13	(2.5)	89.3	(4.94)	32.6	(4.22)	36	(3.4)	90.0	(2.93)
12 - 19	567	45	(3.6)	89.7	(3.54)	18.1	(2.04)	20	(2.5)	89.1	(5.58)	39.9	(4.07)	45	(3.7)	90.2	(4.44)
20 - 39	832	49	(2.7)	101.9	(1.47)	22.8	(2.24)	22	(2.1)	103.6	(2.91)	46.4	(3.06)	45	(2.5)	100.3	(2.21)
40 - 59	830	38	(2.7)	91.8	(2.08)	13.6	(0.92)	15	(1.2)	97.5	(2.03)	35.6	(1.48)	36	(1.1)	88.3	(3.47)
60 and over	745	28	(3.0)	87.6	(2.24)	8.2	(1.13)	9	(1.3)	88.7	(4.34)	29.7	(2.46)	33	(3.1)	87.1	(3.00)
2 - 19	1546	39	(1.3)	86.2	(2.11)	13.5	(1.11)	16	(1.2)	86.1	(3.88)	34.2	(2.58)	40	(2.1)	86.3	(2.10)
20 and over	2407	39	(1.9)	94.1	(1.19)	15.3	(1.08)	16	(1.1)	98.5	(2.18)	39.1	(1.81)	40	(1.3)	91.4	(1.94)
2 and over	3953	39	(1.5)	92.2	(0.99)	14.9	(0.95)	16	(1.0)	95.5	(2.15)	37.9	(1.76)	40	(1.4)	90.1	(1.57)
Males and Females:																	
2 - 19	3132	39	(1.2)	98.1	(1.59)	16.7	(1.69)	17	(1.6)	104.9	(3.73)	42.7	(3.65)	41	(2.5)	93.7	(1.62)
20 and over	4801	42	(1.3)	114.5	(1.46)	19.4	(1.20)	17	(1.1)	120.3	(1.95)	46.3	(2.13)	39	(1.6)	110.3	(2.07)
2 and over	7933	41	(1.2)	110.4	(1.05)	18.7	(1.24)	17	(1.1)	116.6	(1.82)	45.5	(2.34)	39	(1.6)	106.0	(1.73)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	32	(3.9)	2129	(61.2)	146	(33.0)	7	(1.6)	2024	(53.4)	463	(78.3)	23	(3.8)	2178	(92.9)
6 - 11	590	30	(2.8)	2364	(57.3)	178	(23.7)	8	(1.0)	2325	(111.2)	594	(45.6)	26	(1.7)	2381	(62.2)
12 - 19	585	49	(3.7)	2844	(82.9)	574	(105.6)	20	(3.9)	3011	(182.1)	1174	(145.9)	39	(4.6)	2684	(195.9)
20 - 39	882	53	(2.2)	3128	(73.4)	638	(62.4)	20	(2.0)	3141	(90.1)	1195	(86.8)	38	(2.6)	3113	(126.2)
40 - 59	756	43	(2.2)	3315	(107.2)	372	(21.1)	11	(0.7)	3215	(115.7)	857	(51.0)	27	(1.8)	3392	(122.6)
60 and over	756	34	(3.8)	3114	(71.2)	226	(30.3)	7	(1.0)	2901	(119.9)	665	(58.2)	23	(1.9)	3223	(129.8)
2 - 19	1586	39	(2.0)	2527	(39.2)	348	(52.0)	14	(2.1)	2659	(122.1)	898	(100.2)	34	(3.1)	2444	(87.8)
20 and over	2394	45	(1.7)	3195	(54.3)	438	(36.6)	14	(1.2)	3124	(65.4)	975	(58.6)	31	(2.0)	3253	(74.9)
2 and over	3980	43	(1.7)	3021	(47.8)	415	(37.4)	14	(1.3)	3016	(59.4)	957	(61.3)	32	(2.1)	3026	(68.4)
Females:																	
2 - 5	423	31	(3.9)	1957	(57.0)	130	(23.9)	7	(1.3)	1853	(96.5)	415	(47.4)	22	(2.4)	2005	(59.4)
6 - 11	556	36	(4.7)	2093	(56.2)	209	(34.8)	10	(1.6)	2130	(59.7)	576	(43.2)	27	(2.3)	2072	(90.6)
12 - 19	567	45	(3.6)	1998	(58.6)	372	(38.1)	19	(2.1)	2012	(48.1)	820	(57.6)	41	(3.2)	1986	(103.5)
20 - 39	832	49	(2.7)	2397	(44.0)	447	(45.3)	19	(1.8)	2381	(70.0)	910	(61.9)	38	(2.3)	2413	(69.1)
40 - 59	830	38	(2.7)	2425	(44.7)	265	(15.3)	11	(0.7)	2429	(73.4)	690	(29.8)	28	(1.4)	2422	(55.7)
60 and over	745	28	(3.0)	2413	(49.8)	175	(27.1)	7	(1.1)	2445	(130.9)	635	(49.3)	26	(2.7)	2400	(44.0)
2 - 19	1546	39	(1.3)	2019	(29.3)	266	(17.0)	13	(0.9)	2019	(39.3)	676	(34.3)	33	(2.0)	2020	(47.0)
20 and over	2407	39	(1.9)	2412	(37.2)	303	(23.7)	13	(0.9)	2412	(63.3)	775	(39.6)	32	(1.4)	2412	(45.5)
2 and over	3953	39	(1.5)	2317	(35.2)	294	(20.3)	13	(0.9)	2316	(54.4)	751	(36.2)	32	(1.5)	2318	(42.4)
Males and Females:																	
2 - 19	3132	39	(1.2)	2279	(21.5)	308	(30.6)	14	(1.4)	2344	(77.5)	789	(61.5)	34	(2.2)	2238	(49.2)
20 and over	4801	42	(1.3)	2793	(38.4)	369	(26.2)	13	(1.0)	2783	(43.9)	879	(46.2)	32	(1.6)	2801	(55.4)
2 and over	7933	41	(1.2)	2665	(32.6)	354	(25.7)	13	(1.0)	2679	(42.9)	858	(46.6)	32	(1.6)	2655	(51.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	32	(3.9)	2361	(90.5)	229	(47.2)	10	(2.2)	2394	(92.9)	726	(95.3)	30	(3.1)	2346	(141.2)
6 - 11	590	30	(2.8)	3196	(80.3)	352	(54.0)	11	(1.6)	3229	(107.7)	1176	(100.9)	36	(2.9)	3182	(92.8)
12 - 19	585	49	(3.7)	4220	(113.3)	1108	(202.3)	26	(4.5)	4678	(269.5)	2267	(296.1)	48	(4.5)	3782	(231.2)
20 - 39	882	53	(2.2)	4516	(75.3)	1188	(113.8)	26	(2.5)	4773	(105.2)	2224	(173.2)	47	(3.4)	4221	(132.1)
40 - 59	756	43	(2.2)	4309	(122.6)	701	(44.4)	16	(1.0)	4403	(173.4)	1614	(114.6)	37	(2.1)	4237	(159.2)
60 and over	756	34	(3.8)	3608	(64.2)	400	(44.4)	11	(1.3)	3670	(129.1)	1179	(89.8)	32	(2.1)	3575	(88.6)
2 - 19	1586	39	(2.0)	3472	(59.9)	663	(96.3)	19	(2.7)	3898	(185.3)	1712	(190.4)	44	(3.3)	3202	(126.5)
20 and over	2394	45	(1.7)	4218	(52.0)	813	(61.5)	19	(1.6)	4437	(84.5)	1811	(100.0)	41	(2.2)	4040	(79.8)
2 and over	3980	43	(1.7)	4024	(45.4)	774	(65.7)	19	(1.8)	4311	(72.0)	1788	(111.0)	41	(2.3)	3804	(81.2)
Females:																	
2 - 5	423	31	(3.9)	2206	(53.2)	199	(30.7)	9	(1.4)	2195	(116.8)	635	(53.8)	29	(2.2)	2210	(67.3)
6 - 11	556	36	(4.7)	2954	(92.1)	422	(85.0)	14	(2.6)	3127	(125.3)	1164	(131.2)	37	(3.3)	2855	(84.4)
12 - 19	567	45	(3.6)	2949	(71.9)	663	(94.6)	22	(3.2)	3075	(153.7)	1462	(189.2)	48	(4.4)	2844	(141.2)
20 - 39	832	49	(2.7)	3238	(60.8)	739	(81.2)	23	(2.2)	3391	(107.2)	1505	(116.2)	44	(2.6)	3091	(76.6)
40 - 59	830	38	(2.7)	3027	(66.3)	458	(28.4)	15	(1.1)	3235	(103.0)	1196	(48.7)	37	(1.2)	2898	(104.4)
60 and over	745	28	(3.0)	2652	(61.6)	266	(33.3)	10	(1.2)	2792	(152.2)	962	(61.6)	34	(2.3)	2598	(68.8)
2 - 19	1546	39	(1.3)	2786	(50.3)	483	(45.5)	17	(1.5)	2935	(106.0)	1227	(111.1)	42	(2.8)	2689	(57.8)
20 and over	2407	39	(1.9)	2997	(36.8)	503	(38.2)	17	(1.2)	3217	(77.7)	1285	(68.5)	40	(1.4)	2856	(57.0)
2 and over	3953	39	(1.5)	2946	(31.8)	498	(36.1)	17	(1.1)	3149	(75.5)	1271	(71.4)	40	(1.5)	2816	(46.6)
Males and Females:																	
2 - 19	3132	39	(1.2)	3137	(47.8)	575	(63.8)	18	(1.9)	3424	(128.1)	1473	(136.4)	43	(2.7)	2953	(77.9)
20 and over	4801	42	(1.3)	3592	(29.1)	654	(42.4)	18	(1.2)	3854	(59.5)	1559	(78.9)	40	(1.7)	3403	(57.2)
2 and over	7933	41	(1.2)	3478	(24.4)	634	(45.4)	18	(1.3)	3752	(60.1)	1539	(88.2)	41	(1.8)	3286	(55.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

C a f f e i n e

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	32	(3.9)	7.3	(1.07)	1.0	(0.23)	14	(3.2)	10.2	(1.85)	3.3	(0.64)	33	(4.8)	6.0	(1.06)
6 - 11	590	30	(2.8)	21.8	(3.61)	3.5	(0.87)	16*	(5.7)	26.0	(3.30)	11.8	(2.87)	45	(9.0)	20.0	(5.39)
12 - 19	585	49	(3.7)	53.8	(6.89)	8.5	(1.27)	16	(3.6)	64.7	(10.13)	17.5	(1.80)	27	(5.9)	43.4	(7.24)
20 - 39	882	53	(2.2)	133.9	(7.84)	23.8	(3.00)	18	(2.7)	133.4	(8.96)	44.6	(4.42)	33	(3.5)	134.5	(14.65)
40 - 59	756	43	(2.2)	231.3	(23.15)	23.8	(3.23)	10	(1.9)	239.1	(30.81)	54.9	(7.51)	23	(4.8)	225.3	(27.80)
60 and over	756	34	(3.8)	237.0	(21.38)	16.7	(4.50)	7	(2.1)	269.8	(46.04)	49.2	(10.45)	18	(4.4)	220.1	(20.61)
2 - 19	1586	39	(2.0)	32.9	(2.52)	5.2	(0.64)	16	(1.9)	45.1	(6.12)	13.5	(1.30)	30	(4.4)	25.3	(1.50)
20 and over	2394	45	(1.7)	195.6	(14.62)	22.1	(1.95)	11	(1.4)	196.9	(18.35)	49.2	(3.38)	25	(3.1)	194.5	(17.07)
2 and over	3980	43	(1.7)	153.3	(11.12)	17.7	(1.48)	12	(1.4)	161.5	(14.73)	40.9	(2.67)	25	(3.0)	146.9	(13.04)
Females:																	
2 - 5	423	31	(3.9)	7.3	(0.95)	0.6	(0.15)	8*	(2.0)	7.5	(1.28)	1.8	(0.40)	24*	(5.6)	7.2	(1.15)
6 - 11	556	36	(4.7)	17.2	(2.68)	2.5*	(0.81)	14	(4.1)	21.7	(4.23)	6.8	(1.99)	31	(9.4)	14.6	(3.00)
12 - 19	567	45	(3.6)	51.5	(5.84)	14.1	(4.17)	27	(7.3)	68.3	(8.71)	31.1	(8.81)	46	(8.8)	37.6	(8.30)
20 - 39	832	49	(2.7)	120.3	(9.20)	22.1	(1.88)	18	(2.6)	122.5	(13.77)	45.1	(3.28)	37	(4.9)	118.2	(9.89)
40 - 59	830	38	(2.7)	184.9	(9.79)	17.7	(2.87)	10	(1.6)	208.1	(20.65)	46.1	(7.48)	22	(4.4)	170.4	(9.51)
60 and over	745	28	(3.0)	143.7	(8.24)	12.4*	(3.96)	9	(2.6)	144.8	(19.67)	45.0	(12.30)	31	(5.6)	143.2	(11.11)
2 - 19	1546	39	(1.3)	30.7	(2.72)	7.4	(2.03)	24	(5.7)	43.7	(6.40)	18.7	(4.89)	43	(7.3)	22.2	(3.62)
20 and over	2407	39	(1.9)	151.3	(6.20)	17.8	(1.65)	12	(1.2)	158.8	(12.18)	45.4	(3.54)	29	(3.1)	146.5	(4.96)
2 and over	3953	39	(1.5)	122.2	(5.06)	15.3	(1.50)	12	(1.5)	130.9	(8.60)	38.9	(3.20)	30	(3.4)	116.5	(4.33)
Males and Females:																	
2 - 19	3132	39	(1.2)	31.8	(1.77)	6.3	(1.05)	20	(3.3)	44.4	(3.19)	16.0	(2.36)	36	(5.6)	23.8	(2.37)
20 and over	4801	42	(1.3)	172.9	(8.97)	19.9	(1.39)	11	(1.2)	178.7	(13.10)	47.4	(2.74)	27	(2.7)	168.7	(8.96)
2 and over	7933	41	(1.2)	137.5	(7.03)	16.5	(1.25)	12	(1.3)	146.8	(10.15)	39.9	(2.37)	27	(2.8)	131.0	(7.46)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

A l c o h o l

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5.....	411	32	(3.9)	--		--		--		--		--		--		--	
6 - 11.....	590	30	(2.8)	--		--		--		--		--		--		--	
12 - 19.....	585	49	(3.7)	--		--		--		--		--		--		--	
20 - 39.....	882	53	(2.2)	19.1	(2.10)	0.3*	(0.24)	2*	(1.3)	18.1	(1.63)	0.6*	(0.46)	3*	(2.4)	20.1	(4.36)
40 - 59.....	756	43	(2.2)	18.3	(2.75)	#		#		13.5	(2.07)	#		#		22.0	(4.17)
60 and over.....	756	34	(3.8)	10.0	(0.98)	0.2*	(0.11)	2*	(1.1)	8.4	(1.52)	0.5*	(0.32)	--		10.7	(1.43)
2 - 19.....	1586	39	(2.0)	--		--		--		--		--		--		--	
20 and over...	2394	45	(1.7)	16.6	(1.52)	0.2*	(0.11)	1*	(0.6)	14.7	(1.37)	0.4*	(0.24)	3*	(1.6)	18.1	(2.27)
2 and over...	3980	43	(1.7)	--		--		--		--		--		--		--	
Females:																	
2 - 5.....	423	31	(3.9)	--		--		--		--		--		--		--	
6 - 11.....	556	36	(4.7)	--		--		--		--		--		--		--	
12 - 19.....	567	45	(3.6)	--		--		--		--		--		--		--	
20 - 39.....	832	49	(2.7)	7.8	(0.71)	0.1*	(0.06)	1*	(0.7)	7.4	(1.42)	0.2*	(0.13)	3*	(1.7)	8.2	(1.12)
40 - 59.....	830	38	(2.7)	10.0	(1.34)	0.1*	(0.07)	1*	(0.6)	8.5*	(2.92)	0.3*	(0.17)	--		11.0	(1.75)
60 and over.....	745	28	(3.0)	4.8	(0.81)	0.0*	(0.00)	0*	(0.0)	4.6*	(1.93)	0.0*	(0.00)	--		4.9	(0.81)
2 - 19.....	1546	39	(1.3)	--		--		--		--		--		--		--	
20 and over...	2407	39	(1.9)	7.8	(0.66)	0.1*	(0.03)	1*	(0.4)	7.3	(1.49)	0.2*	(0.08)	3*	(1.1)	8.2	(0.92)
2 and over...	3953	39	(1.5)	--		--		--		--		--		--		--	
Males and Females:																	
2 - 19.....	3132	39	(1.2)	--		--		--		--		--		--		--	
20 and over...	4801	42	(1.3)	12.1	(0.88)	0.1*	(0.06)	1*	(0.4)	11.1	(1.01)	0.3*	(0.14)	3*	(1.2)	12.8	(1.23)
2 and over...	7933	41	(1.2)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[3] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2014).

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.

Salt adjustment is not applied to What We Eat in America, NHANES 2009-2010 and all subsequent surveys. Details available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Although alchohol 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants, by Gender and Age, *What We Eat in America,* NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012

				Food energy													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	2022	(38.6)	342	(43.6)	17	(2.0)	2163	(103.1)	835	(90.4)	39	(2.7)	1923	(50.0)
20 and over.....	1842	41	(1.8)	2209	(24.3)	331	(21.8)	15	(1.1)	2340	(43.2)	800	(47.2)	34	(1.7)	2116	(44.4)
2 and over...	2532	41	(1.6)	2169	(21.6)	333	(24.3)	15	(1.2)	2303	(43.3)	808	(52.6)	35	(1.8)	2075	(41.1)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	1944	(51.7)	352	(65.8)	18	(3.1)	2058	(68.0)	892	(99.2)	43	(3.7)	1869	(56.7)
20 and over.....	1274	48	(2.9)	2187	(39.5)	494	(66.1)	23	(2.8)	2404	(61.3)	1026	(88.3)	43	(2.8)	1986	(56.5)
2 and over...	2210	45	(2.9)	2113	(34.4)	450	(63.2)	21	(2.8)	2312	(56.2)	990	(83.8)	43	(2.8)	1946	(38.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	1786	(47.7)	195	(42.1)	11	(2.2)	1969	(118.8)	633	(112.8)	32	(4.4)	1704	(46.7)
20 and over.....	610	36	(2.6)	1947	(27.4)	239	(17.1)	12	(0.8)	2066	(53.8)	659	(33.3)	32	(1.5)	1880	(34.7)
2 and over...	985	35	(2.3)	1910	(22.9)	229	(18.4)	12	(0.9)	2046	(54.3)	654	(32.1)	32	(1.2)	1837	(27.5)
Hispanic:																	
2 - 19.....	963	36	(2.1)	1987	(39.4)	273	(17.2)	14	(0.8)	2202	(73.9)	756	(41.6)	34	(1.4)	1865	(44.1)
20 and over.....	932	40	(3.4)	2211	(42.1)	353	(36.1)	16	(1.7)	2384	(47.6)	884	(43.8)	37	(1.5)	2096	(72.3)
2 and over...	1895	39	(2.6)	2133	(28.2)	325	(24.1)	15	(1.1)	2325	(35.0)	842	(28.4)	36	(0.9)	2013	(45.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

P r o t e i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	70.8	(1.64)	12.6	(1.73)	18	(2.3)	76.1	(4.18)	30.7	(3.89)	40	(3.9)	67.1	(1.81)
20 and over.....	1842	41	(1.8)	82.2	(1.04)	13.0	(0.88)	16	(1.1)	85.6	(1.57)	31.6	(1.84)	37	(1.8)	79.7	(1.70)
2 and over...	2532	41	(1.6)	79.8	(0.90)	13.0	(0.96)	16	(1.2)	83.6	(1.58)	31.4	(2.11)	38	(2.1)	77.1	(1.55)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	66.1	(0.91)	13.0	(2.12)	20	(3.1)	67.7	(1.35)	32.9	(2.86)	49	(3.9)	65.0	(1.63)
20 and over.....	1274	48	(2.9)	81.1	(1.32)	20.1	(2.25)	25	(2.8)	87.4	(1.11)	41.7	(2.72)	48	(2.8)	75.2	(2.32)
2 and over...	2210	45	(2.9)	76.5	(0.97)	17.9	(2.11)	23	(2.7)	82.2	(0.92)	39.4	(2.41)	48	(2.8)	71.8	(1.52)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	68.8	(2.08)	7.9	(1.65)	11	(2.3)	75.1	(4.29)	25.6	(4.30)	34	(4.6)	66.1	(1.85)
20 and over.....	610	36	(2.6)	82.4	(2.12)	10.3	(0.83)	12	(1.0)	82.7	(3.15)	28.4	(2.24)	34	(2.3)	82.2	(2.55)
2 and over...	985	35	(2.3)	79.3	(1.55)	9.7	(0.77)	12	(1.0)	81.2	(2.57)	27.8	(1.72)	34	(1.9)	78.2	(2.01)
Hispanic:																	
2 - 19.....	963	36	(2.1)	73.3	(1.69)	10.1	(0.76)	14	(0.9)	79.3	(2.78)	28.0	(1.68)	35	(1.9)	69.9	(2.14)
20 and over.....	932	40	(3.4)	89.9	(2.20)	15.1	(1.53)	17	(1.9)	94.8	(2.39)	37.9	(2.00)	40	(1.9)	86.7	(3.61)
2 and over...	1895	39	(2.6)	84.2	(1.29)	13.4	(1.06)	16	(1.3)	89.7	(1.45)	34.7	(1.29)	39	(1.3)	80.7	(2.16)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Carbohydrate													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	272	(3.8)	41	(5.0)	15	(1.8)	286	(11.4)	99	(9.5)	35	(2.2)	262	(7.3)
20 and over.....	1842	41	(1.8)	265	(3.9)	37	(2.6)	14	(1.1)	281	(6.6)	90	(5.5)	32	(1.7)	254	(6.1)
2 and over...	2532	41	(1.6)	267	(3.3)	38	(2.9)	14	(1.2)	282	(5.7)	92	(5.8)	33	(1.7)	256	(5.6)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	257	(7.8)	40	(8.7)	16	(3.1)	271	(11.7)	102	(14.6)	38	(4.0)	248	(8.0)
20 and over.....	1274	48	(2.9)	266	(4.2)	56	(8.2)	21	(2.9)	290	(8.1)	116	(11.3)	40	(3.1)	243	(7.6)
2 and over...	2210	45	(2.9)	263	(4.3)	51	(8.1)	19	(2.9)	285	(7.9)	112	(11.4)	39	(3.1)	245	(4.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	241	(7.1)	21	(5.0)	9	(2.0)	260	(15.3)	68	(13.8)	26	(4.3)	232	(7.7)
20 and over.....	610	36	(2.6)	248	(3.6)	27	(2.2)	11	(0.8)	256	(5.5)	75	(3.1)	29	(1.2)	244	(4.6)
2 and over...	985	35	(2.3)	246	(2.9)	26	(2.2)	10	(0.9)	257	(5.6)	73	(3.7)	29	(1.2)	241	(3.7)
Hispanic:																	
2 - 19.....	963	36	(2.1)	264	(4.4)	32	(1.9)	12	(0.7)	287	(8.3)	88	(4.9)	31	(1.4)	251	(5.1)
20 and over.....	932	40	(3.4)	275	(4.9)	40	(4.3)	14	(1.6)	290	(7.0)	100	(5.4)	34	(1.5)	265	(8.4)
2 and over...	1895	39	(2.6)	271	(3.2)	37	(2.8)	14	(1.0)	289	(5.0)	96	(3.3)	33	(0.9)	260	(5.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Total sugars

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	136	(3.2)	16	(2.1)	12	(1.6)	138	(6.4)	39	(3.9)	28	(2.0)	134	(5.3)
20 and over.....	1842	41	(1.8)	119	(2.1)	14	(1.2)	12	(1.2)	126	(3.7)	34	(2.2)	27	(2.0)	113	(2.9)
2 and over...	2532	41	(1.6)	122	(2.0)	14	(1.3)	12	(1.2)	129	(2.8)	35	(2.3)	27	(1.8)	118	(2.7)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	123	(4.5)	15	(4.1)	12	(3.1)	126	(7.1)	37	(7.7)	29	(4.6)	121	(4.9)
20 and over.....	1274	48	(2.9)	123	(3.0)	21	(3.8)	17	(3.0)	134	(4.9)	44	(5.9)	33	(3.7)	113	(3.9)
2 and over...	2210	45	(2.9)	123	(3.0)	19	(3.8)	16	(2.9)	132	(4.8)	42	(6.0)	32	(3.7)	115	(3.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	104	(4.0)	7*	(2.4)	7*	(2.3)	110	(10.1)	24	(7.0)	22	(5.2)	101	(4.7)
20 and over.....	610	36	(2.6)	88	(2.4)	10	(1.0)	11	(1.0)	94	(3.7)	26	(1.9)	28	(1.7)	85	(3.1)
2 and over...	985	35	(2.3)	92	(2.2)	9	(0.9)	10	(1.0)	98	(3.1)	26	(1.9)	26	(1.5)	89	(3.0)
Hispanic:																	
2 - 19.....	963	36	(2.1)	123	(2.8)	12	(0.8)	9	(0.7)	133	(4.6)	32	(2.0)	24	(1.3)	117	(2.9)
20 and over.....	932	40	(3.4)	117	(2.8)	14	(1.6)	12	(1.5)	122	(4.9)	35	(2.5)	29	(1.5)	114	(4.8)
2 and over...	1895	39	(2.6)	119	(2.3)	13	(1.0)	11	(0.9)	126	(3.7)	34	(1.6)	27	(1.0)	115	(3.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Dietary fiber													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	14.3	(0.26)	2.2	(0.27)	15	(1.8)	14.8	(0.68)	5.4	(0.52)	36	(2.9)	13.9	(0.50)
20 and over.....	1842	41	(1.8)	18.3	(0.53)	2.2	(0.19)	12	(1.1)	18.1	(0.76)	5.4	(0.43)	30	(2.0)	18.5	(0.64)
2 and over...	2532	41	(1.6)	17.5	(0.46)	2.2	(0.18)	13	(1.1)	17.4	(0.62)	5.4	(0.42)	31	(2.0)	17.5	(0.61)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	12.9	(0.22)	2.1	(0.39)	16	(3.0)	13.4	(0.45)	5.3	(0.58)	40	(3.8)	12.5	(0.31)
20 and over.....	1274	48	(2.9)	15.2	(0.42)	3.0	(0.40)	20	(2.9)	15.4	(0.34)	6.2	(0.55)	40	(3.3)	15.0	(0.76)
2 and over...	2210	45	(2.9)	14.5	(0.32)	2.7	(0.38)	19	(2.8)	14.9	(0.29)	6.0	(0.50)	40	(3.2)	14.2	(0.52)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	14.4	(0.47)	1.1	(0.17)	8	(1.2)	14.4	(1.01)	3.6	(0.46)	25	(3.1)	14.4	(0.72)
20 and over.....	610	36	(2.6)	19.2	(0.51)	1.8	(0.24)	9	(1.4)	17.4	(0.45)	5.0	(0.41)	29	(2.3)	20.2	(0.78)
2 and over...	985	35	(2.3)	18.1	(0.45)	1.6	(0.20)	9	(1.2)	16.8	(0.39)	4.7	(0.35)	28	(2.1)	18.8	(0.68)
Hispanic:																	
2 - 19.....	963	36	(2.1)	15.7	(0.41)	1.8	(0.13)	11	(0.8)	16.3	(0.45)	4.9	(0.27)	30	(1.9)	15.4	(0.62)
20 and over.....	932	40	(3.4)	19.4	(0.74)	2.5	(0.34)	13	(1.9)	18.4	(0.83)	6.3	(0.49)	34	(2.1)	20.0	(1.07)
2 and over...	1895	39	(2.6)	18.1	(0.55)	2.3	(0.22)	12	(1.3)	17.7	(0.63)	5.8	(0.32)	33	(1.4)	18.3	(0.85)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Total fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	74.5	(2.37)	14.6	(2.01)	20	(2.3)	81.2	(5.34)	35.6	(4.42)	44	(3.3)	69.9	(2.16)
20 and over.....	1842	41	(1.8)	83.8	(1.06)	14.5	(0.94)	17	(1.2)	91.5	(2.03)	35.1	(2.20)	38	(1.9)	78.5	(1.71)
2 and over...	2532	41	(1.6)	81.9	(1.11)	14.5	(1.07)	18	(1.3)	89.3	(2.13)	35.2	(2.50)	39	(2.2)	76.6	(1.57)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	73.9	(2.14)	15.6	(2.57)	21	(3.3)	79.8	(2.24)	39.6	(3.47)	50	(3.4)	70.1	(2.77)
20 and over.....	1274	48	(2.9)	83.3	(1.76)	21.4	(2.75)	26	(3.1)	93.3	(3.04)	44.4	(3.72)	48	(2.8)	73.9	(2.59)
2 and over...	2210	45	(2.9)	80.4	(1.46)	19.6	(2.55)	24	(3.0)	89.7	(2.50)	43.1	(3.30)	48	(2.7)	72.6	(1.78)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	62.4	(2.19)	8.9	(1.83)	14	(2.7)	71.5	(5.30)	28.9	(4.78)	40	(4.8)	58.3	(2.01)
20 and over.....	610	36	(2.6)	66.8	(1.95)	10.0	(0.81)	15	(1.1)	72.9	(2.79)	27.7	(1.91)	38	(1.8)	63.4	(2.33)
2 and over...	985	35	(2.3)	65.8	(1.57)	9.8	(0.85)	15	(1.2)	72.6	(2.37)	28.0	(1.65)	39	(1.6)	62.1	(1.87)
Hispanic:																	
2 - 19.....	963	36	(2.1)	72.7	(1.85)	11.9	(0.76)	16	(1.0)	83.5	(3.48)	32.8	(1.86)	39	(1.5)	66.5	(2.16)
20 and over.....	932	40	(3.4)	80.5	(1.83)	14.9	(1.56)	19	(2.0)	88.9	(2.43)	37.5	(2.16)	42	(1.7)	74.9	(3.10)
2 and over...	1895	39	(2.6)	77.8	(1.37)	13.9	(1.06)	18	(1.3)	87.2	(1.99)	36.0	(1.50)	41	(1.2)	71.9	(1.88)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Saturated fat															
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	26.1	(0.81)	5.1	(0.64)	19	(2.2)	28.0	(1.63)	12.3	(1.41)	44	(3.6)	24.7	(0.88)
20 and over.....	1842	41	(1.8)	27.4	(0.50)	5.0	(0.37)	18	(1.3)	30.2	(0.89)	12.0	(0.80)	40	(1.9)	25.4	(0.70)
2 and over...	2532	41	(1.6)	27.1	(0.52)	5.0	(0.39)	18	(1.4)	29.7	(0.91)	12.1	(0.87)	41	(2.1)	25.3	(0.65)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	24.1	(0.62)	4.9	(0.75)	20	(3.0)	25.3	(0.74)	12.3	(0.98)	49	(3.0)	23.3	(0.78)
20 and over.....	1274	48	(2.9)	25.6	(0.60)	6.7	(0.88)	26	(3.2)	28.7	(1.01)	13.9	(1.24)	48	(2.9)	22.7	(0.87)
2 and over...	2210	45	(2.9)	25.1	(0.51)	6.1	(0.79)	24	(3.0)	27.8	(0.84)	13.4	(1.05)	48	(2.7)	22.9	(0.65)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	22.2	(0.90)	3.1	(0.62)	14	(2.5)	25.4	(2.10)	10.0	(1.63)	40	(4.2)	20.8	(0.97)
20 and over.....	610	36	(2.6)	19.4	(0.53)	3.5	(0.26)	18	(1.2)	22.7	(0.81)	9.6	(0.56)	42	(2.1)	17.6	(0.73)
2 and over...	985	35	(2.3)	20.1	(0.43)	3.4	(0.29)	17	(1.4)	23.2	(0.79)	9.7	(0.57)	42	(1.9)	18.4	(0.53)
Hispanic:																	
2 - 19.....	963	36	(2.1)	25.2	(0.64)	4.0	(0.26)	16	(1.0)	28.6	(1.02)	11.0	(0.51)	38	(1.4)	23.3	(0.82)
20 and over.....	932	40	(3.4)	25.8	(0.73)	5.0	(0.52)	19	(2.2)	28.7	(0.85)	12.5	(0.77)	44	(1.9)	23.9	(1.23)
2 and over...	1895	39	(2.6)	25.6	(0.54)	4.6	(0.37)	18	(1.5)	28.7	(0.70)	12.0	(0.55)	42	(1.3)	23.7	(0.77)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Monounsaturated fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	25.8	(0.89)	5.0	(0.68)	19	(2.2)	28.1	(2.00)	12.1	(1.52)	43	(3.4)	24.3	(0.94)
20 and over.....	1842	41	(1.8)	29.8	(0.39)	5.0	(0.30)	17	(1.1)	32.4	(0.74)	12.2	(0.70)	38	(1.8)	28.1	(0.53)
2 and over...	2532	41	(1.6)	29.0	(0.38)	5.0	(0.35)	17	(1.2)	31.5	(0.73)	12.2	(0.81)	39	(2.1)	27.3	(0.51)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	26.1	(0.85)	5.5	(0.88)	21	(3.2)	28.0	(0.74)	13.9	(1.16)	50	(3.4)	24.8	(1.12)
20 and over.....	1274	48	(2.9)	30.0	(0.66)	7.7	(0.92)	26	(2.9)	33.6	(1.11)	16.0	(1.24)	48	(2.6)	26.6	(0.94)
2 and over...	2210	45	(2.9)	28.8	(0.54)	7.0	(0.86)	24	(2.8)	32.1	(0.88)	15.4	(1.08)	48	(2.5)	26.0	(0.67)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	20.8	(0.74)	3.0	(0.69)	15	(3.0)	24.0	(1.84)	9.8	(1.86)	41	(5.8)	19.4	(0.65)
20 and over.....	610	36	(2.6)	24.6	(0.96)	3.4	(0.30)	14	(1.2)	26.5	(1.25)	9.4	(0.71)	36	(1.9)	23.6	(1.24)
2 and over...	985	35	(2.3)	23.8	(0.80)	3.3	(0.30)	14	(1.2)	26.0	(1.00)	9.5	(0.60)	37	(1.8)	22.6	(1.03)
Hispanic:																	
2 - 19.....	963	36	(2.1)	25.0	(0.60)	4.0	(0.26)	16	(1.0)	28.6	(1.28)	11.1	(0.65)	39	(1.6)	23.0	(0.71)
20 and over.....	932	40	(3.4)	29.1	(0.74)	5.3	(0.56)	18	(2.0)	31.9	(0.88)	13.3	(0.70)	42	(1.6)	27.2	(1.14)
2 and over...	1895	39	(2.6)	27.7	(0.56)	4.9	(0.37)	18	(1.3)	30.8	(0.68)	12.6	(0.49)	41	(1.1)	25.7	(0.76)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Polyunsaturated fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	16.6	(0.75)	3.3	(0.57)	20	(2.6)	18.5	(1.50)	8.1	(1.26)	44	(3.6)	15.3	(0.40)
20 and over.....	1842	41	(1.8)	19.8	(0.28)	3.3	(0.24)	16	(1.3)	21.5	(0.57)	7.9	(0.65)	37	(2.5)	18.7	(0.45)
2 and over...	2532	41	(1.6)	19.2	(0.26)	3.3	(0.27)	17	(1.4)	20.9	(0.56)	7.9	(0.68)	38	(2.6)	17.9	(0.38)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	17.6	(0.62)	3.9	(0.72)	22	(3.9)	19.7	(0.70)	9.9	(1.07)	50	(4.1)	16.2	(0.89)
20 and over.....	1274	48	(2.9)	20.9	(0.47)	5.2	(0.73)	25	(3.3)	23.3	(0.87)	10.8	(0.98)	46	(3.1)	18.6	(0.75)
2 and over...	2210	45	(2.9)	19.9	(0.38)	4.8	(0.69)	24	(3.2)	22.3	(0.74)	10.5	(0.91)	47	(3.0)	17.8	(0.49)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	13.9	(0.53)	2.0	(0.42)	15	(2.7)	16.1	(1.26)	6.6	(1.13)	41	(4.7)	13.0	(0.59)
20 and over.....	610	36	(2.6)	17.1	(0.66)	2.3	(0.24)	13	(1.3)	17.7	(0.93)	6.4	(0.64)	36	(2.2)	16.8	(0.74)
2 and over...	985	35	(2.3)	16.4	(0.51)	2.2	(0.22)	14	(1.3)	17.4	(0.71)	6.4	(0.51)	37	(1.9)	15.9	(0.60)
Hispanic:																	
2 - 19.....	963	36	(2.1)	16.5	(0.56)	2.9	(0.24)	18	(1.3)	19.7	(1.09)	8.0	(0.70)	41	(2.3)	14.7	(0.58)
20 and over.....	932	40	(3.4)	18.9	(0.38)	3.4	(0.38)	18	(1.9)	20.9	(0.81)	8.5	(0.57)	41	(2.3)	17.5	(0.58)
2 and over...	1895	39	(2.6)	18.0	(0.34)	3.2	(0.24)	18	(1.2)	20.5	(0.71)	8.3	(0.41)	41	(1.6)	16.5	(0.32)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Cholesterol													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	216	(10.7)	42	(9.7)	20	(3.8)	227	(23.6)	104	(23.6)	46	(6.4)	208	(9.1)
20 and over.....	1842	41	(1.8)	274	(5.1)	41	(2.9)	15	(1.1)	283	(5.4)	100	(5.1)	35	(1.6)	267	(7.2)
2 and over...	2532	41	(1.6)	261	(5.0)	42	(3.9)	16	(1.5)	271	(6.7)	101	(8.5)	37	(2.5)	254	(6.9)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	222	(6.9)	40	(6.0)	18	(2.6)	218	(6.8)	102	(7.7)	47	(3.8)	225	(11.3)
20 and over.....	1274	48	(2.9)	305	(6.1)	75	(7.5)	25	(2.6)	328	(5.6)	156	(9.2)	48	(3.1)	284	(10.6)
2 and over...	2210	45	(2.9)	280	(4.7)	64	(6.6)	23	(2.4)	298	(5.0)	142	(7.1)	47	(2.9)	264	(7.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	214	(14.6)	31*	(10.3)	15*	(4.4)	229	(28.8)	101	(29.5)	44	(8.8)	207	(15.1)
20 and over.....	610	36	(2.6)	257	(9.4)	33	(2.8)	13	(1.2)	283	(13.8)	92	(8.4)	33	(3.1)	242	(11.8)
2 and over...	985	35	(2.3)	247	(9.2)	33	(3.2)	13	(1.4)	272	(14.5)	94	(7.2)	35	(2.5)	234	(11.4)
Hispanic:																	
2 - 19.....	963	36	(2.1)	250	(10.1)	29	(2.9)	12	(1.2)	265	(16.8)	82	(7.2)	31	(2.5)	241	(12.4)
20 and over.....	932	40	(3.4)	314	(9.4)	47	(4.5)	15	(1.7)	325	(10.8)	118	(6.0)	36	(2.0)	307	(16.8)
2 and over...	1895	39	(2.6)	291	(4.4)	41	(3.2)	14	(1.2)	305	(9.3)	106	(4.0)	35	(1.7)	283	(8.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin A (RAE)													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	610	(13.3)	62	(9.2)	10	(1.5)	585	(24.8)	151	(22.9)	26	(3.9)	627	(17.8)
20 and over.....	1842	41	(1.8)	731	(50.5)	65	(8.3)	9	(1.2)	713	(79.2)	158	(19.0)	22	(3.2)	743	(37.8)
2 and over...	2532	41	(1.6)	705	(41.1)	64	(8.0)	9	(1.2)	686	(65.0)	156	(18.9)	23	(3.1)	718	(32.1)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	500	(19.1)	55	(13.0)	11	(2.7)	465	(16.6)	139	(23.9)	30	(5.0)	522	(22.5)
20 and over.....	1274	48	(2.9)	548	(27.1)	82	(8.7)	15	(1.8)	506	(19.2)	170	(14.7)	34	(2.8)	586	(36.4)
2 and over...	2210	45	(2.9)	533	(20.2)	73	(8.8)	14	(1.9)	495	(16.0)	162	(13.2)	33	(2.8)	564	(24.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	602	(34.2)	45*	(15.3)	7*	(2.4)	645	(74.7)	145*	(44.9)	22	(6.1)	583	(34.8)
20 and over.....	610	36	(2.6)	610	(30.6)	52	(6.3)	9	(1.2)	547	(23.1)	143	(12.9)	26	(2.7)	645	(42.4)
2 and over...	985	35	(2.3)	608	(22.5)	50	(7.1)	8	(1.3)	567	(23.6)	143	(15.3)	25	(2.6)	630	(30.9)
Hispanic:																	
2 - 19.....	963	36	(2.1)	640	(22.9)	46	(4.3)	7	(0.7)	604	(22.0)	127	(8.3)	21	(1.4)	660	(37.4)
20 and over.....	932	40	(3.4)	550	(20.4)	73	(10.2)	13	(1.7)	561	(27.2)	182	(17.0)	32	(2.7)	543	(22.9)
2 and over...	1895	39	(2.6)	581	(18.9)	63	(6.9)	11	(1.1)	575	(18.5)	164	(11.2)	29	(1.7)	585	(25.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Beta carotene															
				All Individuals [2]					*Quick Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	1154	(121.7)	94	(19.5)	8	(1.5)	956	(110.0)	228	(52.2)	24	(5.5)	1292	(159.1)
20 and over.....	1842	41	(1.8)	2652	(229.6)	202	(58.6)	8	(2.1)	2195	(213.5)	489	(142.5)	22	(5.0)	2974	(333.0)
2 and over...	2532	41	(1.6)	2336	(189.1)	179	(46.0)	8	(1.9)	1935	(172.3)	434	(113.4)	22	(4.5)	2617	(274.6)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	1019	(63.2)	131*	(49.1)	13*	(4.9)	982	(90.0)	332*	(108.5)	34*	(11.7)	1043	(90.7)
20 and over.....	1274	48	(2.9)	2101	(259.0)	233	(38.4)	11	(2.0)	1870	(262.0)	484	(82.2)	26	(4.1)	2314	(273.0)
2 and over...	2210	45	(2.9)	1769	(201.7)	201	(34.1)	11	(2.4)	1634	(210.7)	443	(68.0)	27	(4.8)	1881	(199.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	1780	(206.1)	65	(16.8)	4*	(1.1)	1875	(401.3)	210	(51.0)	11*	(4.3)	1738	(191.6)
20 and over.....	610	36	(2.6)	3532	(348.5)	187	(38.9)	5	(1.3)	2559	(219.1)	516	(105.7)	20	(5.0)	4083	(493.1)
2 and over...	985	35	(2.3)	3129	(287.0)	159	(29.1)	5	(1.1)	2420	(207.1)	454	(79.7)	19	(4.0)	3511	(379.5)
Hispanic:																	
2 - 19.....	963	36	(2.1)	1241	(117.6)	95	(22.7)	8	(1.8)	1086	(114.9)	262	(56.2)	24	(3.4)	1329	(177.2)
20 and over.....	932	40	(3.4)	1756	(166.1)	319*	(98.8)	18	(4.6)	1926	(255.0)	800	(218.7)	42	(7.6)	1643	(157.2)
2 and over...	1895	39	(2.6)	1577	(134.4)	241	(66.8)	15	(3.4)	1652	(186.7)	624	(154.9)	38	(6.2)	1529	(134.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				L y c o p e n e											
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	5485	(634.2)	883	(164.0)	16	(2.5)	6354	(1122.1)	2154	(363.1)	34	(6.6)	4881	(507.9)
20 and over.....	1842	41	(1.8)	5414	(263.7)	817	(80.0)	15	(1.6)	5672	(352.8)	1977	(211.2)	35	(3.1)	5233	(366.0)
2 and over...	2532	41	(1.6)	5429	(265.7)	831	(83.8)	15	(1.6)	5816	(378.4)	2015	(216.4)	35	(3.4)	5158	(296.5)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	4573	(446.9)	739	(122.4)	16	(2.8)	4434	(302.7)	1873	(183.7)	42	(4.0)	4663	(669.2)
20 and over.....	1274	48	(2.9)	5086	(329.5)	1098	(243.0)	22	(4.8)	5091	(447.0)	2282	(399.0)	45	(6.6)	5082	(629.5)
2 and over...	2210	45	(2.9)	4929	(273.5)	988	(195.6)	20	(4.1)	4916	(370.1)	2173	(324.0)	44	(5.6)	4939	(458.6)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	4488	(766.2)	541	(148.3)	12	(3.4)	3596	(674.3)	1752	(424.2)	49	(10.2)	4886	(1092.8)
20 and over.....	610	36	(2.6)	3505	(314.1)	553	(94.5)	16	(2.8)	3724	(399.7)	1528	(245.7)	41	(5.5)	3381	(445.4)
2 and over...	985	35	(2.3)	3731	(329.3)	550	(85.2)	15	(2.0)	3698	(324.0)	1574	(212.2)	43	(4.7)	3749	(449.0)
Hispanic:																	
2 - 19.....	963	36	(2.1)	4777	(280.0)	931	(91.6)	19	(1.8)	5515	(495.4)	2577	(211.9)	47	(4.2)	4359	(288.8)
20 and over.....	932	40	(3.4)	5469	(360.2)	1246	(259.1)	23	(4.5)	5817	(518.6)	3123	(524.0)	54	(5.7)	5238	(434.2)
2 and over...	1895	39	(2.6)	5228	(253.8)	1136	(178.5)	22	(3.3)	5718	(366.4)	2945	(367.7)	52	(4.1)	4920	(310.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

T h i a m i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	1.55	(0.037)	0.24	(0.030)	16	(1.8)	1.63	(0.071)	0.59	(0.065)	36	(3.2)	1.49	(0.057)
20 and over.....	1842	41	(1.8)	1.67	(0.026)	0.25	(0.018)	15	(1.1)	1.75	(0.054)	0.61	(0.039)	35	(1.7)	1.62	(0.040)
2 and over...	2532	41	(1.6)	1.65	(0.025)	0.25	(0.018)	15	(1.1)	1.72	(0.046)	0.61	(0.041)	35	(1.8)	1.59	(0.038)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	1.47	(0.042)	0.23	(0.044)	16	(3.0)	1.49	(0.032)	0.59	(0.066)	40	(3.9)	1.45	(0.058)
20 and over.....	1274	48	(2.9)	1.48	(0.032)	0.33	(0.047)	22	(2.9)	1.58	(0.067)	0.69	(0.067)	44	(2.7)	1.39	(0.047)
2 and over...	2210	45	(2.9)	1.48	(0.031)	0.30	(0.044)	20	(2.8)	1.56	(0.056)	0.66	(0.062)	43	(2.7)	1.41	(0.037)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	1.57	(0.067)	0.15	(0.029)	10	(1.8)	1.78	(0.150)	0.49	(0.077)	27	(4.3)	1.47	(0.051)
20 and over.....	610	36	(2.6)	1.55	(0.029)	0.17	(0.013)	11	(0.9)	1.54	(0.038)	0.47	(0.023)	31	(1.6)	1.55	(0.036)
2 and over...	985	35	(2.3)	1.55	(0.020)	0.17	(0.015)	11	(1.0)	1.59	(0.038)	0.48	(0.027)	30	(1.8)	1.53	(0.026)
Hispanic:																	
2 - 19.....	963	36	(2.1)	1.64	(0.046)	0.21	(0.017)	13	(0.9)	1.77	(0.071)	0.59	(0.049)	34	(1.9)	1.56	(0.051)
20 and over.....	932	40	(3.4)	1.67	(0.039)	0.27	(0.032)	16	(1.9)	1.75	(0.050)	0.69	(0.048)	39	(2.2)	1.62	(0.061)
2 and over...	1895	39	(2.6)	1.66	(0.027)	0.25	(0.023)	15	(1.3)	1.76	(0.045)	0.66	(0.037)	37	(1.6)	1.60	(0.036)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	2.08	(0.059)	0.26	(0.034)	12	(1.4)	2.17	(0.162)	0.63	(0.077)	29	(2.1)	2.01	(0.044)
20 and over.....	1842	41	(1.8)	2.29	(0.035)	0.27	(0.020)	12	(0.9)	2.35	(0.087)	0.65	(0.037)	28	(1.6)	2.25	(0.058)
2 and over...	2532	41	(1.6)	2.24	(0.028)	0.27	(0.022)	12	(1.0)	2.31	(0.090)	0.65	(0.044)	28	(1.6)	2.20	(0.053)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	1.73	(0.055)	0.22	(0.035)	13	(2.3)	1.65	(0.050)	0.56	(0.045)	34	(3.2)	1.78	(0.063)
20 and over.....	1274	48	(2.9)	1.74	(0.046)	0.34	(0.037)	19	(2.1)	1.79	(0.051)	0.70	(0.049)	39	(2.1)	1.70	(0.067)
2 and over...	2210	45	(2.9)	1.74	(0.043)	0.30	(0.034)	17	(2.1)	1.75	(0.042)	0.66	(0.041)	38	(2.0)	1.73	(0.056)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	1.87	(0.067)	0.15	(0.039)	8	(2.0)	1.97	(0.150)	0.48	(0.108)	25	(4.3)	1.82	(0.066)
20 and over.....	610	36	(2.6)	1.81	(0.103)	0.19	(0.013)	11	(1.0)	1.97	(0.195)	0.53	(0.027)	27	(2.6)	1.72	(0.074)
2 and over...	985	35	(2.3)	1.82	(0.074)	0.18	(0.016)	10	(0.9)	1.97	(0.159)	0.52	(0.029)	26	(2.1)	1.74	(0.056)
Hispanic:																	
2 - 19.....	963	36	(2.1)	2.03	(0.048)	0.18	(0.013)	9	(0.6)	2.03	(0.085)	0.51	(0.037)	25	(1.6)	2.03	(0.053)
20 and over.....	932	40	(3.4)	2.12	(0.060)	0.30	(0.047)	14	(2.1)	2.20	(0.111)	0.75	(0.109)	34	(3.7)	2.06	(0.083)
2 and over...	1895	39	(2.6)	2.09	(0.034)	0.26	(0.030)	12	(1.4)	2.15	(0.074)	0.67	(0.068)	31	(2.4)	2.05	(0.051)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	22.4	(0.87)	3.5	(0.50)	16	(1.8)	25.1	(2.01)	8.5	(1.06)	34	(2.3)	20.5	(0.57)
20 and over.....	1842	41	(1.8)	26.1	(0.45)	3.9	(0.27)	15	(1.1)	27.8	(0.70)	9.4	(0.57)	34	(1.9)	24.8	(0.72)
2 and over...	2532	41	(1.6)	25.3	(0.42)	3.8	(0.28)	15	(1.1)	27.2	(0.81)	9.2	(0.61)	34	(1.8)	23.9	(0.65)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	22.3	(0.49)	4.4	(0.87)	20	(3.5)	23.6	(0.94)	11.2	(1.34)	47	(4.1)	21.5	(0.45)
20 and over.....	1274	48	(2.9)	25.3	(0.57)	6.2	(0.83)	24	(3.0)	27.7	(0.91)	12.8	(1.08)	46	(2.7)	23.1	(0.80)
2 and over...	2210	45	(2.9)	24.4	(0.49)	5.6	(0.81)	23	(3.0)	26.6	(0.87)	12.4	(1.08)	47	(2.7)	22.6	(0.58)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	19.9	(0.86)	2.4	(0.51)	12	(2.3)	23.3	(1.39)	7.9	(1.33)	34	(4.4)	18.5	(0.82)
20 and over.....	610	36	(2.6)	24.7	(1.01)	3.0	(0.27)	12	(0.9)	25.4	(1.71)	8.4	(0.72)	33	(2.0)	24.3	(0.81)
2 and over...	985	35	(2.3)	23.6	(0.80)	2.9	(0.25)	12	(0.9)	24.9	(1.38)	8.3	(0.56)	33	(1.5)	22.9	(0.65)
Hispanic:																	
2 - 19.....	963	36	(2.1)	21.9	(0.56)	3.2	(0.27)	15	(1.0)	24.2	(0.92)	8.9	(0.71)	37	(2.1)	20.6	(0.73)
20 and over.....	932	40	(3.4)	27.7	(0.63)	4.7	(0.57)	17	(2.0)	30.7	(1.26)	11.9	(1.06)	39	(2.7)	25.6	(1.10)
2 and over...	1895	39	(2.6)	25.7	(0.34)	4.2	(0.36)	16	(1.4)	28.6	(0.74)	10.9	(0.62)	38	(1.7)	23.8	(0.66)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin B6											
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	1.79	(0.058)	0.21	(0.028)	12	(1.3)	1.90	(0.149)	0.51	(0.061)	27	(2.0)	1.71	(0.055)
20 and over.....	1842	41	(1.8)	2.20	(0.059)	0.23	(0.021)	11	(1.0)	2.18	(0.061)	0.56	(0.049)	26	(2.1)	2.21	(0.099)
2 and over...	2532	41	(1.6)	2.11	(0.048)	0.23	(0.021)	11	(1.0)	2.12	(0.067)	0.55	(0.048)	26	(1.9)	2.11	(0.088)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	1.74	(0.039)	0.27	(0.063)	16	(3.4)	1.77	(0.078)	0.68	(0.108)	39	(4.7)	1.71	(0.044)
20 and over.....	1274	48	(2.9)	1.97	(0.048)	0.39	(0.061)	20	(3.0)	2.02	(0.068)	0.81	(0.084)	40	(3.1)	1.91	(0.090)
2 and over...	2210	45	(2.9)	1.90	(0.039)	0.35	(0.060)	19	(3.1)	1.96	(0.068)	0.78	(0.087)	40	(3.3)	1.85	(0.065)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	1.67	(0.070)	0.14	(0.037)	8	(2.1)	1.77	(0.109)	0.45	(0.104)	26	(5.0)	1.63	(0.074)
20 and over.....	610	36	(2.6)	2.12	(0.104)	0.18	(0.018)	8	(0.9)	2.13	(0.179)	0.49	(0.046)	23	(2.3)	2.11	(0.071)
2 and over...	985	35	(2.3)	2.02	(0.082)	0.17	(0.016)	8	(0.8)	2.06	(0.147)	0.49	(0.033)	24	(1.7)	1.99	(0.055)
Hispanic:																	
2 - 19.....	963	36	(2.1)	1.83	(0.054)	0.16	(0.014)	9	(0.8)	1.89	(0.065)	0.45	(0.034)	24	(1.9)	1.80	(0.071)
20 and over.....	932	40	(3.4)	2.38	(0.065)	0.31	(0.047)	13	(2.0)	2.52	(0.120)	0.78	(0.100)	31	(3.8)	2.28	(0.099)
2 and over...	1895	39	(2.6)	2.19	(0.035)	0.26	(0.029)	12	(1.3)	2.32	(0.074)	0.67	(0.060)	29	(2.5)	2.11	(0.055)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

F o l a t e (D F E)

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from Quick Service Restaurants µg	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake µg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants µg	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	524	(16.1)	73	(10.4)	14	(1.8)	544	(28.1)	177	(22.4)	33	(3.6)	511	(15.7)
20 and over.....	1842	41	(1.8)	582	(13.4)	76	(5.9)	13	(1.1)	597	(18.0)	183	(13.7)	31	(1.7)	572	(24.2)
2 and over...	2532	41	(1.6)	570	(12.0)	75	(6.0)	13	(1.1)	586	(14.7)	182	(14.1)	31	(1.9)	559	(20.6)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	471	(12.1)	68	(14.4)	14	(3.1)	475	(17.3)	172	(24.1)	36	(4.4)	468	(18.0)
20 and over.....	1274	48	(2.9)	479	(14.0)	98	(12.7)	20	(2.6)	505	(24.3)	203	(17.6)	40	(2.5)	456	(20.7)
2 and over...	2210	45	(2.9)	477	(12.1)	89	(12.7)	19	(2.7)	497	(20.6)	195	(17.4)	39	(2.7)	460	(16.3)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	544	(29.0)	44	(9.5)	8	(1.6)	575	(40.9)	143	(25.9)	25	(3.8)	530	(26.6)
20 and over.....	610	36	(2.6)	559	(13.4)	56	(5.0)	10	(1.0)	552	(11.7)	154	(9.6)	28	(1.7)	564	(19.8)
2 and over...	985	35	(2.3)	556	(10.7)	53	(5.6)	10	(1.0)	556	(14.2)	152	(11.6)	27	(1.9)	555	(13.3)
Hispanic:																	
2 - 19.....	963	36	(2.1)	573	(16.1)	67	(4.9)	12	(0.8)	614	(26.4)	186	(12.8)	30	(2.0)	549	(19.6)
20 and over.....	932	40	(3.4)	589	(14.1)	85	(10.6)	14	(1.8)	578	(17.2)	212	(15.5)	37	(2.2)	597	(21.7)
2 and over...	1895	39	(2.6)	583	(9.1)	78	(7.5)	13	(1.3)	590	(14.1)	203	(11.6)	35	(1.6)	579	(16.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	263	(7.0)	44	(8.1)	17	(2.9)	274	(19.3)	106	(19.5)	39	(5.1)	256	(9.9)
20 and over.....	1842	41	(1.8)	335	(5.7)	43	(2.5)	13	(0.9)	336	(6.3)	104	(4.8)	31	(1.4)	335	(9.4)
2 and over...	2532	41	(1.6)	320	(4.8)	43	(3.5)	13	(1.2)	323	(7.1)	104	(7.4)	32	(2.0)	318	(9.2)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	242	(4.3)	41	(6.2)	17	(2.5)	239	(4.6)	104	(7.8)	43	(3.2)	244	(7.8)
20 and over.....	1274	48	(2.9)	324	(5.3)	70	(8.0)	22	(2.5)	337	(3.6)	145	(10.2)	43	(3.0)	312	(9.4)
2 and over...	2210	45	(2.9)	299	(4.4)	61	(7.0)	20	(2.3)	311	(3.1)	134	(8.2)	43	(2.7)	289	(6.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	258	(11.7)	28*	(8.8)	11	(3.1)	267	(28.4)	89	(25.2)	33	(6.5)	255	(10.8)
20 and over.....	610	36	(2.6)	328	(10.4)	34	(3.0)	10	(0.9)	338	(14.6)	95	(8.2)	28	(2.6)	323	(12.8)
2 and over...	985	35	(2.3)	312	(9.1)	33	(3.0)	10	(1.0)	324	(15.7)	93	(6.5)	29	(1.9)	306	(11.1)
Hispanic:																	
2 - 19.....	963	36	(2.1)	278	(8.6)	30	(2.6)	11	(0.9)	290	(14.1)	83	(6.4)	29	(2.0)	271	(9.9)
20 and over.....	932	40	(3.4)	352	(7.9)	47	(4.7)	13	(1.5)	361	(10.0)	119	(4.9)	33	(1.4)	346	(12.5)
2 and over...	1895	39	(2.6)	326	(3.8)	41	(3.2)	13	(1.0)	338	(8.1)	107	(3.5)	32	(1.1)	319	(6.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Vitamin B12 — All Individuals [2]: Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3]: Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4]: Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	5.20	(0.229)	0.67	(0.106)	13	(1.6)	5.60	(0.617)	1.64	(0.252)	29	(2.2)	4.92	(0.093)
20 and over.....	1842	41	(1.8)	5.69	(0.318)	0.72	(0.069)	13	(1.5)	6.43	(0.806)	1.75	(0.155)	27	(4.4)	5.17	(0.220)
2 and over...	2532	41	(1.6)	5.59	(0.264)	0.71	(0.072)	13	(1.4)	6.25	(0.700)	1.72	(0.164)	28	(3.9)	5.12	(0.191)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	4.78	(0.273)	0.79*	(0.251)	16	(4.6)	4.78	(0.465)	2.00	(0.496)	42	(6.5)	4.79	(0.208)
20 and over.....	1274	48	(2.9)	4.72	(0.180)	1.06	(0.197)	23	(3.6)	4.83	(0.282)	2.21	(0.305)	46	(4.1)	4.61	(0.200)
2 and over...	2210	45	(2.9)	4.74	(0.190)	0.98	(0.208)	21	(3.8)	4.82	(0.322)	2.15	(0.342)	45	(4.4)	4.67	(0.132)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	4.62	(0.261)	0.46*	(0.169)	10*	(3.3)	5.05	(0.589)	1.50*	(0.487)	30	(7.1)	4.43	(0.229)
20 and over.....	610	36	(2.6)	4.75	(0.306)	0.44	(0.039)	9	(0.7)	4.81	(0.681)	1.21	(0.109)	25	(2.6)	4.72	(0.325)
2 and over...	985	35	(2.3)	4.72	(0.208)	0.44	(0.055)	9	(1.1)	4.86	(0.556)	1.27	(0.127)	26	(2.8)	4.65	(0.234)
Hispanic:																	
2 - 19.....	963	36	(2.1)	5.25	(0.220)	0.44	(0.031)	8	(0.7)	5.17	(0.267)	1.23	(0.077)	24	(1.7)	5.29	(0.361)
20 and over.....	932	40	(3.4)	5.25	(0.198)	0.77	(0.120)	15	(2.2)	5.60	(0.352)	1.93	(0.267)	34	(3.8)	5.02	(0.270)
2 and over...	1895	39	(2.6)	5.25	(0.141)	0.66	(0.078)	13	(1.4)	5.46	(0.240)	1.70	(0.167)	31	(2.3)	5.12	(0.193)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin C													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	72.6	(7.87)	5.5	(0.90)	8	(1.5)	55.2	(3.63)	13.3	(1.96)	24	(2.3)	84.7	(12.48)
20 and over.....	1842	41	(1.8)	80.7	(5.19)	5.1	(0.77)	6	(0.9)	69.5	(4.12)	12.3	(1.91)	18	(2.2)	88.6	(7.32)
2 and over...	2532	41	(1.6)	79.0	(4.41)	5.2	(0.61)	7	(0.8)	66.5	(3.48)	12.5	(1.50)	19	(1.8)	87.8	(6.26)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	88.3	(3.15)	8.5	(1.37)	10	(1.3)	92.9	(5.94)	21.5	(1.81)	23	(1.1)	85.4	(2.89)
20 and over.....	1274	48	(2.9)	93.2	(3.58)	12.5	(2.37)	13	(2.4)	98.0	(5.60)	26.1	(4.05)	27	(3.2)	88.7	(4.68)
2 and over...	2210	45	(2.9)	91.7	(2.54)	11.3	(1.85)	12	(1.9)	96.6	(4.45)	24.8	(3.12)	26	(2.3)	87.5	(3.51)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	83.5	(8.66)	2.8*	(1.00)	3*	(1.2)	65.8	(8.94)	9.2*	(3.10)	14*	(3.5)	91.4	(11.36)
20 and over.....	610	36	(2.6)	94.5	(4.52)	5.1	(0.89)	5	(1.0)	82.2	(6.38)	14.0	(1.91)	17	(2.3)	101.4	(5.65)
2 and over...	985	35	(2.3)	91.9	(4.43)	4.6	(0.80)	5	(0.9)	78.8	(5.37)	13.1	(1.70)	17	(2.0)	99.0	(6.01)
Hispanic:																	
2 - 19.....	963	36	(2.1)	92.2	(3.88)	4.1	(0.57)	4	(0.5)	91.5	(5.61)	11.4	(1.51)	12	(1.7)	92.6	(4.44)
20 and over.....	932	40	(3.4)	93.9	(6.16)	8.6	(2.18)	9	(2.0)	93.3	(12.40)	21.6	(4.89)	23	(2.6)	94.3	(5.45)
2 and over...	1895	39	(2.6)	93.3	(4.48)	7.1	(1.36)	8	(1.3)	92.7	(8.43)	18.3	(3.20)	20	(2.1)	93.7	(4.49)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin D													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	6.1	(0.21)	0.4*	(0.16)	7*	(2.5)	5.4	(0.43)	1.0*	(0.39)	19*	(6.3)	6.5	(0.24)
20 and over.....	1842	41	(1.8)	4.8	(0.19)	0.4	(0.06)	8	(1.3)	4.3	(0.20)	0.9	(0.14)	21	(2.7)	5.2	(0.29)
2 and over...	2532	41	(1.6)	5.1	(0.16)	0.4	(0.07)	8	(1.3)	4.6	(0.18)	0.9	(0.16)	21	(2.9)	5.5	(0.25)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	4.7	(0.27)	0.3	(0.04)	6	(1.0)	4.0	(0.17)	0.7	(0.06)	18	(1.7)	5.2	(0.31)
20 and over.....	1274	48	(2.9)	4.0	(0.15)	0.5	(0.08)	12	(2.0)	3.6	(0.14)	1.0	(0.12)	28	(3.3)	4.5	(0.27)
2 and over...	2210	45	(2.9)	4.3	(0.18)	0.4	(0.06)	10	(1.5)	3.7	(0.13)	0.9	(0.10)	25	(2.5)	4.7	(0.25)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	6.1	(0.31)	0.3*	(0.10)	4*	(1.7)	5.7	(0.55)	0.8*	(0.30)	15*	(4.9)	6.3	(0.33)
20 and over.....	610	36	(2.6)	4.8	(0.25)	0.3	(0.02)	5	(0.6)	3.9	(0.36)	0.7	(0.06)	18	(2.2)	5.3	(0.43)
2 and over...	985	35	(2.3)	5.1	(0.18)	0.3	(0.04)	5	(0.8)	4.3	(0.34)	0.7	(0.08)	17	(2.2)	5.6	(0.32)
Hispanic:																	
2 - 19.....	963	36	(2.1)	6.5	(0.32)	0.2	(0.04)	3	(0.7)	5.8	(0.43)	0.6	(0.11)	10	(1.8)	6.9	(0.34)
20 and over.....	932	40	(3.4)	4.6	(0.17)	0.3	(0.05)	7	(1.0)	4.1	(0.18)	0.9	(0.10)	21	(2.1)	5.0	(0.20)
2 and over...	1895	39	(2.6)	5.3	(0.16)	0.3	(0.04)	6	(0.7)	4.6	(0.17)	0.8	(0.09)	17	(1.7)	5.7	(0.19)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Vitamin E (alphatocopherol)

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	7.4	(0.27)	1.0	(0.12)	13	(1.4)	7.6	(0.42)	2.4	(0.27)	31	(3.2)	7.3	(0.38)
20 and over.....	1842	41	(1.8)	9.2	(0.24)	0.9	(0.08)	10	(0.9)	9.4	(0.30)	2.3	(0.19)	24	(1.9)	9.1	(0.31)
2 and over...	2532	41	(1.6)	8.8	(0.22)	0.9	(0.08)	11	(0.9)	9.0	(0.28)	2.3	(0.20)	26	(2.1)	8.7	(0.28)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	7.0	(0.32)	1.1	(0.20)	15	(3.0)	6.9	(0.28)	2.7	(0.31)	39	(3.6)	7.0	(0.48)
20 and over.....	1274	48	(2.9)	8.8	(0.40)	1.5	(0.20)	17	(2.5)	8.8	(0.29)	3.2	(0.30)	36	(2.8)	8.8	(0.79)
2 and over...	2210	45	(2.9)	8.2	(0.30)	1.4	(0.19)	17	(2.5)	8.3	(0.27)	3.1	(0.27)	37	(2.5)	8.2	(0.55)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	6.4	(0.26)	0.6	(0.14)	9	(2.1)	6.7	(0.46)	1.9	(0.39)	29	(4.7)	6.2	(0.32)
20 and over.....	610	36	(2.6)	8.6	(0.56)	0.7	(0.08)	9	(1.1)	7.9	(0.39)	2.0	(0.17)	26	(1.8)	9.0	(0.82)
2 and over...	985	35	(2.3)	8.1	(0.45)	0.7	(0.07)	9	(1.1)	7.6	(0.33)	2.0	(0.14)	26	(1.6)	8.3	(0.64)
Hispanic:																	
2 - 19.....	963	36	(2.1)	6.9	(0.14)	0.8	(0.07)	12	(0.9)	7.6	(0.43)	2.3	(0.17)	30	(2.0)	6.5	(0.17)
20 and over.....	932	40	(3.4)	8.4	(0.22)	1.2	(0.15)	14	(1.8)	8.6	(0.29)	2.9	(0.23)	34	(2.8)	8.2	(0.35)
2 and over...	1895	39	(2.6)	7.9	(0.16)	1.0	(0.09)	13	(1.2)	8.3	(0.26)	2.7	(0.15)	33	(1.9)	7.6	(0.22)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin K											
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	64.9	(3.92)	10.4	(1.34)	16	(2.0)	59.4	(3.27)	25.4	(3.09)	43	(3.7)	68.7	(6.27)
20 and over.....	1842	41	(1.8)	134.9	(11.63)	14.4	(2.24)	11	(1.9)	116.5	(7.23)	34.8	(5.55)	30	(3.7)	147.9	(20.28)
2 and over...	2532	41	(1.6)	120.1	(9.32)	13.5	(1.93)	11	(1.9)	104.5	(5.91)	32.8	(4.83)	31	(3.7)	131.1	(15.99)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	71.6	(3.32)	11.7	(3.08)	16	(4.2)	69.2	(5.24)	29.6	(5.53)	43	(6.1)	73.1	(4.65)
20 and over.....	1274	48	(2.9)	131.7	(11.31)	20.6	(3.83)	16	(3.1)	122.1	(14.31)	42.7	(7.18)	35	(4.4)	140.7	(15.72)
2 and over...	2210	45	(2.9)	113.3	(8.20)	17.8	(3.27)	16	(3.0)	108.0	(11.45)	39.2	(5.82)	36	(4.3)	117.7	(10.16)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	98.2	(11.38)	7.0	(1.88)	7	(1.6)	100.7	(21.08)	22.6	(5.55)	22	(5.9)	97.1	(11.52)
20 and over.....	610	36	(2.6)	163.6	(14.37)	13.1	(2.91)	8	(2.1)	136.4	(12.19)	36.2	(7.48)	27	(5.9)	178.9	(20.07)
2 and over...	985	35	(2.3)	148.6	(10.81)	11.7	(2.19)	8	(1.8)	129.2	(10.86)	33.5	(5.54)	26	(4.9)	159.0	(15.28)
Hispanic:																	
2 - 19.....	963	36	(2.1)	59.0	(2.09)	8.9	(1.01)	15	(1.4)	69.4	(6.67)	24.6	(2.60)	36	(2.9)	53.1	(1.29)
20 and over.....	932	40	(3.4)	96.7	(7.82)	21.4	(5.89)	22	(4.8)	112.8	(15.12)	53.5	(12.53)	47	(5.9)	85.9	(5.95)
2 and over...	1895	39	(2.6)	83.5	(5.33)	17.0	(3.83)	20	(3.6)	98.7	(10.73)	44.1	(8.54)	45	(4.8)	74.1	(3.88)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Calcium

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	1126	(26.1)	169	(24.3)	15	(2.0)	1145	(59.6)	412	(56.7)	36	(4.2)	1113	(28.9)
20 and over.....	1842	41	(1.8)	1029	(16.6)	148	(13.5)	14	(1.4)	1078	(33.2)	359	(28.0)	33	(2.0)	994	(29.3)
2 and over...	2532	41	(1.6)	1049	(15.5)	153	(14.6)	15	(1.4)	1092	(34.5)	370	(32.6)	34	(2.2)	1019	(23.1)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	883	(22.6)	125	(19.9)	14	(2.4)	877	(30.7)	316	(27.0)	36	(3.2)	887	(23.8)
20 and over.....	1274	48	(2.9)	858	(27.3)	175	(26.6)	20	(3.0)	891	(39.2)	363	(40.7)	41	(3.2)	828	(38.4)
2 and over...	2210	45	(2.9)	866	(23.8)	159	(23.4)	18	(2.7)	888	(34.9)	351	(34.9)	40	(2.9)	848	(29.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	1020	(42.6)	90	(18.2)	9	(1.7)	1091	(85.6)	292	(48.7)	27	(3.5)	989	(37.4)
20 and over.....	610	36	(2.6)	776	(18.0)	104	(8.6)	13	(1.2)	854	(25.7)	288	(15.7)	34	(2.2)	731	(25.5)
2 and over...	985	35	(2.3)	832	(16.0)	101	(9.5)	12	(1.1)	902	(29.0)	289	(17.1)	32	(2.0)	794	(20.6)
Hispanic:																	
2 - 19.....	963	36	(2.1)	1131	(27.0)	119	(10.5)	11	(0.9)	1163	(50.3)	330	(21.9)	28	(1.6)	1113	(32.6)
20 and over.....	932	40	(3.4)	999	(27.8)	148	(14.2)	15	(1.7)	1036	(18.9)	371	(21.6)	36	(2.0)	975	(45.8)
2 and over...	1895	39	(2.6)	1045	(21.2)	138	(11.1)	13	(1.2)	1077	(26.0)	358	(17.9)	33	(1.3)	1025	(32.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	1357	(27.7)	231	(33.1)	17	(2.3)	1453	(75.6)	564	(74.6)	39	(4.0)	1290	(35.9)
20 and over.....	1842	41	(1.8)	1441	(19.2)	214	(15.8)	15	(1.2)	1496	(33.2)	519	(32.4)	35	(1.8)	1403	(34.2)
2 and over...	2532	41	(1.6)	1423	(16.1)	218	(18.2)	15	(1.3)	1486	(34.8)	528	(39.5)	36	(2.2)	1379	(29.6)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	1161	(20.2)	209	(34.2)	18	(3.0)	1197	(28.7)	529	(46.9)	44	(3.7)	1137	(31.1)
20 and over.....	1274	48	(2.9)	1292	(24.6)	303	(38.0)	23	(2.9)	1372	(28.0)	630	(50.7)	46	(3.0)	1218	(46.6)
2 and over...	2210	45	(2.9)	1252	(20.7)	274	(35.2)	22	(2.8)	1325	(24.5)	603	(45.4)	45	(2.9)	1191	(33.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	1226	(38.7)	128	(27.6)	10	(2.1)	1312	(85.7)	413	(73.6)	32	(4.5)	1187	(32.5)
20 and over.....	610	36	(2.6)	1270	(26.8)	157	(13.1)	12	(1.0)	1313	(31.8)	433	(24.7)	33	(2.0)	1245	(39.5)
2 and over...	985	35	(2.3)	1260	(19.9)	150	(13.6)	12	(1.1)	1313	(34.9)	429	(23.8)	33	(1.8)	1231	(29.7)
Hispanic:																	
2 - 19.....	963	36	(2.1)	1359	(27.1)	168	(11.9)	12	(0.9)	1440	(51.2)	466	(25.3)	32	(1.6)	1314	(31.7)
20 and over.....	932	40	(3.4)	1483	(40.3)	227	(22.6)	15	(1.8)	1546	(31.9)	570	(28.4)	37	(1.7)	1442	(65.2)
2 and over...	1895	39	(2.6)	1440	(25.0)	207	(15.6)	14	(1.2)	1511	(23.3)	536	(19.1)	35	(1.1)	1395	(40.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

M a g n e s i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	248	(4.9)	32	(4.3)	13	(1.6)	254	(14.1)	77	(8.9)	30	(2.8)	244	(8.0)
20 and over.....	1842	41	(1.8)	320	(7.9)	34	(2.5)	11	(0.8)	316	(9.3)	83	(4.9)	26	(1.4)	322	(10.3)
2 and over...	2532	41	(1.6)	305	(7.0)	34	(2.6)	11	(0.9)	303	(8.9)	82	(5.3)	27	(1.6)	306	(9.6)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	221	(5.1)	32	(4.5)	14	(2.2)	221	(5.2)	81	(5.6)	36	(2.7)	221	(6.8)
20 and over.....	1274	48	(2.9)	281	(8.2)	48	(5.7)	17	(2.2)	285	(4.9)	100	(7.1)	35	(2.6)	278	(13.5)
2 and over...	2210	45	(2.9)	263	(6.6)	43	(4.9)	16	(2.1)	268	(4.6)	95	(5.8)	35	(2.4)	259	(9.6)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	247	(7.9)	19	(3.8)	8	(1.5)	253	(17.4)	60	(10.1)	24	(3.5)	244	(7.6)
20 and over.....	610	36	(2.6)	324	(8.4)	29	(2.8)	9	(0.9)	310	(5.2)	80	(3.8)	26	(1.5)	332	(13.6)
2 and over...	985	35	(2.3)	306	(7.2)	26	(2.5)	9	(0.9)	298	(6.6)	76	(3.9)	25	(1.4)	310	(11.4)
Hispanic:																	
2 - 19.....	963	36	(2.1)	250	(4.1)	25	(2.0)	10	(0.8)	260	(7.9)	69	(4.4)	26	(1.5)	244	(5.4)
20 and over.....	932	40	(3.4)	315	(8.2)	37	(4.2)	12	(1.4)	312	(7.6)	93	(5.7)	30	(1.5)	318	(11.5)
2 and over...	1895	39	(2.6)	292	(5.1)	33	(2.8)	11	(1.0)	295	(5.7)	85	(3.7)	29	(1.0)	291	(8.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

I r o n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	14.1	(0.33)	2.0	(0.27)	14	(1.8)	14.9	(0.58)	4.9	(0.59)	33	(3.4)	13.6	(0.33)
20 and over.....	1842	41	(1.8)	16.0	(0.28)	2.1	(0.13)	13	(0.9)	16.2	(0.38)	5.0	(0.31)	31	(1.6)	15.9	(0.48)
2 and over...	2532	41	(1.6)	15.6	(0.23)	2.1	(0.15)	13	(1.0)	15.9	(0.31)	5.0	(0.34)	31	(1.8)	15.4	(0.41)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	13.8	(0.36)	2.0	(0.41)	14	(2.9)	13.6	(0.50)	5.0	(0.67)	37	(3.9)	13.9	(0.50)
20 and over.....	1274	48	(2.9)	14.0	(0.27)	2.9	(0.37)	20	(2.6)	14.6	(0.51)	6.0	(0.51)	41	(2.6)	13.4	(0.53)
2 and over...	2210	45	(2.9)	13.9	(0.26)	2.6	(0.37)	19	(2.7)	14.4	(0.48)	5.7	(0.50)	40	(2.6)	13.6	(0.44)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	13.1	(0.52)	1.2	(0.28)	9	(2.0)	14.3	(0.82)	3.9	(0.76)	27	(4.2)	12.6	(0.55)
20 and over.....	610	36	(2.6)	14.5	(0.41)	1.5	(0.12)	10	(0.9)	14.0	(0.52)	4.1	(0.23)	30	(1.6)	14.8	(0.43)
2 and over...	985	35	(2.3)	14.2	(0.29)	1.4	(0.13)	10	(1.0)	14.0	(0.42)	4.1	(0.24)	29	(1.6)	14.2	(0.32)
Hispanic:																	
2 - 19.....	963	36	(2.1)	15.6	(0.41)	1.7	(0.11)	11	(0.7)	16.7	(0.60)	4.6	(0.30)	28	(1.7)	15.1	(0.49)
20 and over.....	932	40	(3.4)	16.7	(0.61)	2.3	(0.29)	14	(1.8)	16.7	(0.68)	5.8	(0.39)	35	(2.0)	16.7	(0.84)
2 and over...	1895	39	(2.6)	16.3	(0.40)	2.1	(0.19)	13	(1.2)	16.7	(0.49)	5.4	(0.26)	33	(1.4)	16.1	(0.54)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

Z i n c

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	10.4	(0.35)	1.7	(0.24)	16	(2.2)	11.1	(0.77)	4.1	(0.55)	37	(4.2)	10.0	(0.35)
20 and over.....	1842	41	(1.8)	11.7	(0.20)	1.6	(0.10)	14	(1.0)	12.1	(0.28)	3.9	(0.22)	32	(2.0)	11.4	(0.31)
2 and over...	2532	41	(1.6)	11.4	(0.18)	1.6	(0.12)	14	(1.1)	11.9	(0.30)	4.0	(0.26)	33	(2.2)	11.1	(0.28)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	9.3	(0.20)	1.5	(0.26)	16	(2.8)	9.2	(0.27)	3.8	(0.37)	42	(3.8)	9.5	(0.23)
20 and over.....	1274	48	(2.9)	10.5	(0.27)	2.4	(0.30)	23	(2.8)	11.1	(0.29)	5.0	(0.41)	45	(2.9)	10.0	(0.40)
2 and over...	2210	45	(2.9)	10.2	(0.21)	2.1	(0.27)	21	(2.7)	10.6	(0.24)	4.7	(0.35)	44	(2.8)	9.8	(0.30)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	9.6	(0.35)	0.9	(0.23)	10	(2.2)	10.2	(0.66)	3.0	(0.62)	30	(5.0)	9.4	(0.33)
20 and over.....	610	36	(2.6)	10.4	(0.22)	1.2	(0.10)	12	(1.0)	10.6	(0.31)	3.3	(0.24)	32	(2.1)	10.3	(0.26)
2 and over...	985	35	(2.3)	10.2	(0.15)	1.1	(0.11)	11	(1.0)	10.5	(0.28)	3.3	(0.22)	31	(1.9)	10.1	(0.18)
Hispanic:																	
2 - 19.....	963	36	(2.1)	10.4	(0.21)	1.2	(0.08)	11	(0.8)	10.9	(0.42)	3.2	(0.18)	29	(2.0)	10.1	(0.23)
20 and over.....	932	40	(3.4)	12.0	(0.43)	1.8	(0.19)	15	(1.9)	12.1	(0.40)	4.5	(0.24)	37	(2.0)	12.0	(0.67)
2 and over...	1895	39	(2.6)	11.5	(0.28)	1.6	(0.14)	14	(1.3)	11.7	(0.28)	4.1	(0.18)	35	(1.3)	11.3	(0.44)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	1.0	(0.03)	0.1	(0.02)	13	(1.7)	1.1	(0.07)	0.3	(0.04)	30	(3.2)	1.0	(0.03)
20 and over.....	1842	41	(1.8)	1.4	(0.07)	0.1	(0.01)	10	(0.8)	1.5	(0.15)	0.3	(0.02)	22	(2.8)	1.3	(0.03)
2 and over...	2532	41	(1.6)	1.3	(0.06)	0.1	(0.01)	10	(0.9)	1.4	(0.13)	0.3	(0.02)	24	(2.9)	1.3	(0.03)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	0.9	(0.02)	0.1	(0.02)	15	(2.4)	0.9	(0.02)	0.3	(0.03)	37	(3.1)	0.9	(0.03)
20 and over.....	1274	48	(2.9)	1.3	(0.03)	0.2	(0.02)	17	(1.9)	1.3	(0.03)	0.4	(0.02)	35	(2.0)	1.3	(0.05)
2 and over...	2210	45	(2.9)	1.1	(0.03)	0.2	(0.02)	16	(1.9)	1.2	(0.02)	0.4	(0.02)	35	(2.1)	1.1	(0.04)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	1.1	(0.03)	0.1	(0.01)	7	(1.3)	1.1	(0.07)	0.2	(0.04)	22	(2.6)	1.0	(0.03)
20 and over.....	610	36	(2.6)	1.4	(0.04)	0.1	(0.01)	7	(0.8)	1.3	(0.03)	0.3	(0.01)	22	(1.4)	1.5	(0.07)
2 and over...	985	35	(2.3)	1.4	(0.04)	0.1	(0.01)	7	(0.7)	1.3	(0.03)	0.3	(0.01)	22	(1.2)	1.4	(0.06)
Hispanic:																	
2 - 19.....	963	36	(2.1)	1.0	(0.03)	0.1	(0.01)	10	(0.6)	1.0	(0.04)	0.3	(0.02)	27	(1.5)	1.0	(0.06)
20 and over.....	932	40	(3.4)	1.3	(0.03)	0.2	(0.02)	12	(1.5)	1.3	(0.04)	0.4	(0.03)	30	(1.8)	1.3	(0.04)
2 and over...	1895	39	(2.6)	1.2	(0.02)	0.1	(0.01)	11	(1.0)	1.2	(0.03)	0.3	(0.02)	29	(1.2)	1.2	(0.04)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	98.9	(2.53)	17.5	(2.59)	18	(2.4)	105.5	(6.49)	42.7	(5.94)	40	(4.1)	94.2	(3.06)
20 and over.....	1842	41	(1.8)	112.1	(2.06)	17.9	(1.18)	16	(1.1)	118.1	(2.83)	43.2	(2.50)	37	(1.8)	107.9	(2.65)
2 and over...	2532	41	(1.6)	109.3	(1.78)	17.8	(1.36)	16	(1.3)	115.5	(2.77)	43.1	(3.05)	37	(2.0)	105.0	(2.50)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	92.9	(1.95)	17.4	(2.98)	19	(3.1)	94.4	(1.90)	44.0	(4.16)	47	(4.1)	91.8	(3.17)
20 and over.....	1274	48	(2.9)	115.3	(2.43)	27.5	(3.01)	24	(2.8)	122.7	(1.87)	57.1	(3.66)	46	(3.0)	108.4	(4.16)
2 and over...	2210	45	(2.9)	108.4	(1.93)	24.4	(2.87)	22	(2.8)	115.2	(1.60)	53.6	(3.29)	47	(2.9)	102.7	(2.93)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	99.6	(3.26)	12.3	(2.71)	12	(2.6)	106.1	(5.90)	39.8	(7.11)	38	(5.2)	96.7	(3.53)
20 and over.....	610	36	(2.6)	122.1	(3.68)	14.2	(1.07)	12	(0.9)	120.3	(4.70)	39.3	(2.89)	33	(2.2)	123.1	(4.96)
2 and over...	985	35	(2.3)	116.9	(2.88)	13.8	(1.18)	12	(1.0)	117.4	(3.81)	39.4	(2.50)	34	(2.0)	116.7	(3.88)
Hispanic:																	
2 - 19.....	963	36	(2.1)	100.1	(2.57)	14.5	(1.03)	14	(0.9)	109.4	(4.37)	40.1	(2.57)	37	(1.6)	94.8	(2.87)
20 and over.....	932	40	(3.4)	122.9	(3.09)	20.5	(2.06)	17	(1.9)	129.3	(2.31)	51.3	(2.88)	40	(2.3)	118.6	(5.22)
2 and over...	1895	39	(2.6)	114.9	(1.75)	18.4	(1.46)	16	(1.4)	122.8	(2.08)	47.7	(1.98)	39	(1.5)	110.0	(2.98)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	2287	(29.3)	324	(42.3)	14	(1.9)	2339	(118.4)	791	(86.4)	34	(3.0)	2250	(78.5)
20 and over.....	1842	41	(1.8)	2870	(57.4)	345	(24.2)	12	(0.9)	2856	(60.4)	836	(50.2)	29	(1.6)	2879	(83.4)
2 and over...	2532	41	(1.6)	2746	(51.3)	341	(25.8)	12	(1.0)	2748	(60.9)	827	(53.1)	30	(1.8)	2746	(78.0)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	2104	(33.8)	350	(54.2)	17	(2.6)	2190	(42.9)	888	(70.0)	41	(2.7)	2048	(55.9)
20 and over.....	1274	48	(2.9)	2462	(41.3)	505	(67.6)	21	(2.7)	2595	(29.4)	1050	(89.7)	40	(3.3)	2338	(73.8)
2 and over...	2210	45	(2.9)	2352	(32.9)	458	(59.9)	19	(2.5)	2487	(26.6)	1007	(76.4)	40	(2.9)	2239	(55.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	2233	(69.4)	187	(39.4)	8	(1.7)	2273	(139.3)	607	(105.5)	27	(3.9)	2215	(79.4)
20 and over.....	610	36	(2.6)	2673	(38.2)	264	(22.9)	10	(0.9)	2599	(57.8)	729	(35.6)	28	(1.6)	2714	(56.2)
2 and over...	985	35	(2.3)	2572	(29.6)	246	(21.4)	10	(0.9)	2533	(54.2)	704	(29.5)	28	(1.4)	2592	(48.0)
Hispanic:																	
2 - 19.....	963	36	(2.1)	2392	(41.4)	250	(19.0)	10	(0.7)	2458	(82.8)	692	(42.1)	28	(1.6)	2354	(55.9)
20 and over.....	932	40	(3.4)	2780	(54.2)	382	(43.7)	14	(1.7)	2753	(55.2)	958	(53.7)	35	(1.7)	2798	(77.6)
2 and over...	1895	39	(2.6)	2645	(34.9)	336	(28.8)	13	(1.1)	2657	(45.0)	872	(35.4)	33	(1.1)	2637	(52.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	3162	(80.0)	594	(89.9)	19	(2.7)	3387	(209.8)	1448	(203.1)	43	(3.9)	3006	(140.6)
20 and over.....	1842	41	(1.8)	3574	(40.8)	613	(44.9)	17	(1.3)	3832	(95.9)	1483	(100.9)	39	(2.0)	3392	(74.4)
2 and over...	2532	41	(1.6)	3487	(40.2)	609	(50.0)	17	(1.5)	3739	(94.8)	1476	(115.3)	39	(2.3)	3310	(78.8)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	3049	(64.0)	629	(121.4)	21	(3.6)	3272	(95.8)	1595	(188.7)	49	(4.7)	2904	(75.1)
20 and over.....	1274	48	(2.9)	3536	(72.4)	897	(119.3)	25	(3.1)	3836	(112.6)	1864	(161.7)	49	(3.0)	3258	(99.7)
2 and over...	2210	45	(2.9)	3387	(58.8)	815	(115.2)	24	(3.2)	3686	(94.7)	1793	(153.6)	49	(3.1)	3138	(62.3)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	2983	(128.6)	370	(74.9)	12	(2.3)	3371	(204.1)	1200	(193.6)	36	(4.6)	2810	(110.2)
20 and over.....	610	36	(2.6)	3827	(119.7)	454	(43.3)	12	(1.2)	3918	(123.5)	1256	(101.0)	32	(2.5)	3776	(148.7)
2 and over...	985	35	(2.3)	3633	(99.7)	435	(40.4)	12	(1.2)	3807	(97.4)	1244	(83.1)	33	(2.3)	3540	(123.2)
Hispanic:																	
2 - 19.....	963	36	(2.1)	3114	(74.0)	498	(32.9)	16	(0.9)	3521	(107.5)	1378	(83.0)	39	(1.9)	2884	(85.6)
20 and over.....	932	40	(3.4)	3654	(72.8)	673	(74.9)	18	(2.1)	4004	(78.5)	1688	(96.3)	42	(2.1)	3422	(118.0)
2 and over...	1895	39	(2.6)	3466	(53.8)	612	(51.3)	18	(1.4)	3846	(62.1)	1587	(64.9)	41	(1.3)	3227	(72.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

C a f f e i n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	42.4	(3.53)	7.7	(1.68)	18	(3.8)	56.7	(5.52)	18.8	(3.71)	33	(6.2)	32.5	(4.70)
20 and over.....	1842	41	(1.8)	205.1	(9.42)	22.1	(2.42)	11	(1.4)	214.6	(14.63)	53.4	(4.86)	25	(3.1)	198.3	(11.72)
2 and over...	2532	41	(1.6)	170.7	(8.27)	19.0	(2.21)	11	(1.5)	181.5	(11.44)	46.1	(4.33)	25	(3.2)	163.2	(11.21)
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	18.2	(2.13)	4.8	(0.66)	26	(2.5)	25.7	(4.88)	12.1	(1.30)	47	(5.8)	13.4	(2.89)
20 and over.....	1274	48	(2.9)	78.4	(6.25)	14.9	(2.32)	19	(2.1)	84.3	(8.51)	31.0	(5.37)	37	(3.8)	73.0	(6.15)
2 and over...	2210	45	(2.9)	60.0	(5.31)	11.8	(1.77)	20	(1.9)	68.7	(7.30)	26.0	(4.26)	38	(3.4)	52.7	(5.12)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	23.0	(3.50)	5.5*	(2.73)	24*	(9.4)	38.9	(8.43)	17.7*	(8.34)	46	(12.8)	15.9	(2.38)
20 and over.....	610	36	(2.6)	107.9	(6.86)	16.9	(2.15)	16	(1.8)	128.2	(8.52)	46.7	(6.96)	36	(3.6)	96.4	(9.36)
2 and over...	985	35	(2.3)	88.4	(5.01)	14.3	(1.97)	16	(1.9)	110.1	(7.93)	40.8	(6.30)	37	(3.7)	76.7	(6.37)
Hispanic:																	
2 - 19.....	963	36	(2.1)	21.5	(1.99)	4.8	(1.24)	22	(5.0)	31.7	(3.45)	13.4	(3.09)	42	(7.2)	15.7	(1.69)
20 and over.....	932	40	(3.4)	114.1	(7.13)	15.1	(2.46)	13	(1.9)	119.4	(7.70)	37.7	(5.35)	32	(2.8)	110.6	(9.59)
2 and over...	1895	39	(2.6)	81.9	(4.86)	11.5	(1.89)	14	(2.0)	90.8	(5.81)	29.8	(4.30)	33	(3.0)	76.3	(6.05)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

A l c o h o l

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	41	(1.9)	--		--		--		--		--		--		--	
20 and over.....	1842	41	(1.8)	13.9	(1.39)	0.1*	(0.08)	1*	(0.5)	11.7	(1.23)	0.3*	(0.19)	3*	(1.6)	15.5	(2.09)
2 and over...	2532	41	(1.6)	--		--		--		--		--		--		--	
Non-Hispanic Black:																	
2 - 19.....	936	39	(3.5)	--		--		--		--		--		--		--	
20 and over.....	1274	48	(2.9)	10.7	(1.15)	0.1*	(0.05)	1*	(0.5)	11.2	(1.32)	0.2*	(0.10)	2*	(0.9)	10.3	(1.91)
2 and over...	2210	45	(2.9)	--		--		--		--		--		--		--	
Non-Hispanic Asian [7]:																	
2 - 19.....	375	31	(2.5)	--		--		--		--		--		--		--	
20 and over.....	610	36	(2.6)	6.8	(0.90)	#		#		11.0	(2.93)	0.1*	(0.08)	--		4.4	(0.91)
2 and over...	985	35	(2.3)	--		--		--		--		--		--		--	
Hispanic:																	
2 - 19.....	963	36	(2.1)	--		--		--		--		--		--		--	
20 and over.....	932	40	(3.4)	7.5	(0.73)	#		#		9.4	(1.87)	0.1*	(0.09)	--		6.2	(0.73)
2 and over...	1895	39	(2.6)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[3] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

[7] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2014).

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.

Salt adjustment is not applied to What We Eat in America, NHANES 2009-2010 and all subsequent surveys. Details available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Although alchohol 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012

F o o d e n e r g y

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake kcal	(SE)	Intake from Quick Service Restaurants kcal	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake kcal	(SE)	Intake from Quick Service Restaurants kcal	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake kcal	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	2084	(65.9)	392	(101.3)	19	(4.3)	2387	(143.1)	1040	(144.4)	44	(3.6)	1900	(39.3)
20 and over.....	1680	41	(3.8)	2186	(50.9)	417	(76.7)	19	(3.2)	2467	(74.3)	1017	(103.1)	41	(3.2)	1991	(51.6)
2 and over...	2762	40	(4.1)	2160	(50.3)	410	(82.4)	19	(3.5)	2448	(83.9)	1023	(110.2)	42	(3.2)	1967	(43.1)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	1899	(39.5)	297	(29.8)	16	(1.4)	2014	(52.5)	747	(38.9)	37	(1.6)	1824	(46.2)
20 and over.....	1748	42	(1.3)	2135	(46.9)	342	(18.8)	16	(0.8)	2275	(46.9)	818	(32.3)	36	(1.0)	2034	(59.8)
2 and over...	2910	41	(1.0)	2077	(42.0)	331	(17.3)	16	(0.7)	2214	(38.8)	801	(29.8)	36	(1.0)	1981	(52.9)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	2010	(53.0)	293	(22.0)	15	(1.1)	2133	(94.0)	746	(51.0)	35	(2.1)	1931	(43.6)
20 and over.....	1053	44	(2.2)	2291	(50.4)	320	(19.4)	14	(0.9)	2311	(59.5)	722	(42.4)	31	(1.7)	2275	(62.5)
2 and over...	1765	43	(1.9)	2217	(46.6)	313	(16.0)	14	(0.8)	2269	(55.9)	728	(38.0)	32	(1.6)	2179	(52.4)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	1983	(22.8)	322	(33.1)	16	(1.6)	2147	(65.3)	826	(66.1)	38	(2.1)	1879	(28.9)
20 and over.....	4801	42	(1.3)	2191	(15.6)	351	(22.6)	16	(1.1)	2338	(29.4)	837	(40.4)	36	(1.5)	2085	(31.4)
2 and over...	7933	41	(1.2)	2139	(12.3)	344	(24.2)	16	(1.1)	2293	(30.6)	835	(44.5)	36	(1.6)	2031	(28.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

P r o t e i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	73.8	(3.04)	15.4	(3.97)	21	(4.6)	84.7	(4.98)	40.9	(6.09)	48	(4.6)	67.3	(1.69)
20 and over.....	1680	41	(3.8)	80.8	(1.83)	16.5	(3.00)	20	(3.4)	89.9	(2.68)	40.3	(3.88)	45	(3.3)	74.4	(1.53)
2 and over...	2762	40	(4.1)	79.0	(1.93)	16.2	(3.19)	21	(3.6)	88.7	(2.82)	40.4	(4.13)	46	(3.4)	72.5	(1.29)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	66.5	(2.59)	10.9	(1.33)	16	(1.6)	68.9	(3.20)	27.4	(1.93)	40	(2.0)	64.9	(2.71)
20 and over.....	1748	42	(1.3)	80.3	(1.77)	14.1	(0.84)	18	(0.9)	84.0	(1.89)	33.7	(1.41)	40	(1.1)	77.7	(2.29)
2 and over...	2910	41	(1.0)	77.0	(1.74)	13.3	(0.73)	17	(0.8)	80.4	(1.76)	32.2	(1.24)	40	(1.0)	74.5	(2.19)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	73.5	(2.40)	10.5	(0.92)	14	(1.2)	77.9	(4.61)	26.7	(2.26)	34	(2.9)	70.6	(1.89)
20 and over.....	1053	44	(2.2)	89.1	(1.70)	12.8	(1.01)	14	(1.2)	87.8	(2.07)	29.0	(2.22)	33	(2.3)	90.2	(2.50)
2 and over...	1765	43	(1.9)	85.1	(1.28)	12.2	(0.79)	14	(1.0)	85.4	(1.92)	28.4	(1.84)	33	(2.0)	84.8	(1.82)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	70.6	(0.94)	12.0	(1.18)	17	(1.6)	75.7	(2.49)	30.7	(2.52)	41	(2.7)	67.2	(0.94)
20 and over.....	4801	42	(1.3)	83.0	(0.75)	14.2	(0.92)	17	(1.1)	86.8	(1.06)	33.8	(1.60)	39	(1.6)	80.3	(1.31)
2 and over...	7933	41	(1.2)	79.9	(0.52)	13.6	(0.92)	17	(1.2)	84.2	(1.04)	33.1	(1.70)	39	(1.7)	76.9	(1.09)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Carbohydrate: *All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	274	(6.1)	43	(11.1)	15	(3.8)	303	(15.4)	113	(15.2)	37	(3.3)	257	(6.5)
20 and over.....	1680	41	(3.8)	272	(5.5)	47	(9.4)	17	(3.3)	303	(8.9)	114	(13.1)	38	(3.6)	251	(6.6)
2 and over...	2762	40	(4.1)	273	(5.1)	46	(9.7)	17	(3.4)	303	(9.6)	114	(13.4)	38	(3.5)	253	(5.7)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	259	(5.0)	36	(3.6)	14	(1.3)	273	(5.9)	91	(5.4)	33	(1.7)	249	(6.6)
20 and over.....	1748	42	(1.3)	259	(5.1)	38	(2.3)	15	(0.8)	274	(8.1)	91	(4.5)	33	(1.1)	249	(5.0)
2 and over...	2910	41	(1.0)	259	(4.5)	38	(2.2)	14	(0.8)	274	(6.1)	91	(4.1)	33	(1.1)	249	(4.7)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	266	(6.1)	35	(3.0)	13	(1.1)	278	(10.7)	90	(6.5)	32	(1.8)	258	(6.4)
20 and over.....	1053	44	(2.2)	271	(6.3)	37	(2.4)	14	(1.0)	274	(7.3)	83	(4.9)	30	(1.8)	268	(8.6)
2 and over...	1765	43	(1.9)	269	(5.7)	36	(2.0)	13	(0.9)	275	(6.4)	85	(4.4)	31	(1.6)	265	(7.5)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	265	(2.3)	38	(4.0)	14	(1.4)	282	(7.7)	97	(7.7)	34	(1.9)	254	(4.4)
20 and over.....	4801	42	(1.3)	266	(2.4)	39	(2.8)	15	(1.1)	282	(4.4)	94	(5.0)	33	(1.6)	254	(4.1)
2 and over...	7933	41	(1.2)	266	(1.9)	39	(3.0)	15	(1.2)	282	(4.0)	95	(5.4)	34	(1.6)	254	(4.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Quick Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake g	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants g	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Total sugars																	
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	130	(3.2)	15	(4.5)	12	(3.3)	140	(6.5)	40	(7.0)	29	(4.0)	124	(4.3)
20 and over.....	1680	41	(3.8)	124	(3.5)	17	(4.1)	14	(3.2)	136	(4.2)	42	(6.6)	31	(4.3)	115	(4.1)
2 and over...	2762	40	(4.1)	125	(2.9)	17	(4.2)	13	(3.2)	137	(4.3)	41	(6.5)	30	(4.1)	117	(3.0)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	127	(3.0)	13	(1.5)	10	(1.2)	129	(4.4)	32	(2.7)	25	(1.8)	127	(4.4)
20 and over.....	1748	42	(1.3)	114	(3.1)	14	(1.1)	12	(0.9)	122	(6.2)	33	(2.1)	27	(1.6)	108	(2.3)
2 and over...	2910	41	(1.0)	117	(2.6)	13	(0.9)	11	(0.8)	123	(4.5)	33	(1.7)	26	(1.3)	113	(2.2)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	128	(3.6)	15	(2.0)	12	(1.5)	133	(6.7)	39	(4.2)	29	(2.1)	125	(3.9)
20 and over.....	1053	44	(2.2)	117	(3.2)	14	(1.4)	12	(1.3)	119	(4.0)	33	(2.6)	27	(2.3)	115	(4.7)
2 and over...	1765	43	(1.9)	120	(3.0)	15	(1.1)	12	(1.0)	123	(3.7)	34	(2.0)	28	(1.7)	117	(4.1)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	128	(1.8)	14	(1.6)	11	(1.3)	133	(4.1)	37	(3.4)	28	(1.9)	125	(3.2)
20 and over.....	4801	42	(1.3)	117	(1.4)	15	(1.3)	12	(1.2)	125	(2.5)	35	(2.4)	28	(2.0)	112	(2.1)
2 and over...	7933	41	(1.2)	120	(1.3)	15	(1.3)	12	(1.2)	127	(1.9)	35	(2.5)	28	(1.9)	115	(2.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Dietary fiber: *All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	14.7	(0.34)	2.3	(0.56)	16	(3.6)	15.9	(0.88)	6.2	(0.72)	39	(2.6)	14.0	(0.56)
20 and over.....	1680	41	(3.8)	17.0	(0.36)	2.8	(0.57)	16	(3.3)	17.5	(0.69)	6.7	(0.82)	38	(4.1)	16.6	(0.45)
2 and over...	2762	40	(4.1)	16.4	(0.30)	2.7	(0.56)	16	(3.4)	17.1	(0.66)	6.6	(0.77)	39	(3.7)	15.9	(0.41)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	13.8	(0.43)	2.2	(0.26)	16	(1.6)	14.3	(0.43)	5.5	(0.51)	38	(2.8)	13.5	(0.55)
20 and over.....	1748	42	(1.3)	17.7	(0.35)	2.3	(0.14)	13	(0.7)	16.7	(0.58)	5.5	(0.27)	33	(1.3)	18.5	(0.43)
2 and over...	2910	41	(1.0)	16.8	(0.30)	2.3	(0.12)	13	(0.6)	16.2	(0.47)	5.5	(0.23)	34	(1.1)	17.2	(0.41)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	15.0	(0.38)	1.7	(0.13)	12	(0.7)	15.1	(0.83)	4.4	(0.26)	29	(2.3)	14.9	(0.40)
20 and over.....	1053	44	(2.2)	20.0	(0.68)	2.2	(0.17)	11	(0.7)	19.2	(1.19)	5.0	(0.40)	26	(1.6)	20.7	(0.65)
2 and over...	1765	43	(1.9)	18.7	(0.52)	2.1	(0.12)	11	(0.6)	18.2	(0.92)	4.9	(0.30)	27	(1.5)	19.1	(0.52)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	14.4	(0.18)	2.1	(0.21)	14	(1.4)	14.9	(0.42)	5.3	(0.41)	35	(2.1)	14.1	(0.32)
20 and over.....	4801	42	(1.3)	18.1	(0.35)	2.4	(0.17)	13	(1.0)	17.7	(0.54)	5.6	(0.32)	32	(1.7)	18.4	(0.38)
2 and over...	7933	41	(1.2)	17.2	(0.28)	2.3	(0.16)	13	(1.0)	17.1	(0.44)	5.5	(0.31)	33	(1.7)	17.3	(0.36)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)
				Total fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	78.6	(3.46)	18.0	(4.68)	23	(5.0)	94.7	(7.55)	47.9	(7.02)	51	(3.7)	68.9	(1.72)
20 and over.....	1680	41	(3.8)	80.2	(2.14)	18.4	(3.11)	23	(3.4)	93.4	(3.70)	44.8	(4.23)	48	(2.9)	71.1	(1.75)
2 and over...	2762	40	(4.1)	79.8	(2.34)	18.3	(3.48)	23	(3.8)	93.7	(4.23)	45.5	(4.72)	49	(3.0)	70.5	(1.59)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	68.1	(1.68)	12.2	(1.30)	18	(1.6)	72.9	(3.12)	30.7	(1.85)	42	(1.8)	65.0	(1.83)
20 and over.....	1748	42	(1.3)	81.3	(2.08)	14.9	(0.76)	18	(0.9)	89.4	(1.87)	35.7	(1.26)	40	(1.4)	75.5	(2.88)
2 and over...	2910	41	(1.0)	78.1	(1.85)	14.3	(0.73)	18	(0.8)	85.6	(1.78)	34.6	(1.21)	40	(1.3)	72.9	(2.51)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	75.5	(2.65)	12.3	(0.91)	16	(1.3)	81.7	(4.44)	31.4	(2.41)	38	(2.9)	71.4	(2.48)
20 and over.....	1053	44	(2.2)	86.1	(2.55)	13.5	(0.86)	16	(1.0)	89.2	(2.86)	30.6	(1.96)	34	(2.0)	83.7	(2.93)
2 and over...	1765	43	(1.9)	83.4	(2.42)	13.2	(0.69)	16	(0.8)	87.4	(2.82)	30.8	(1.74)	35	(1.8)	80.3	(2.59)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	73.3	(1.42)	13.9	(1.47)	19	(1.8)	81.4	(3.28)	35.6	(3.04)	44	(2.3)	68.1	(1.20)
20 and over.....	4801	42	(1.3)	82.2	(0.77)	15.3	(0.91)	19	(1.1)	90.3	(1.49)	36.4	(1.74)	40	(1.6)	76.4	(1.19)
2 and over...	7933	41	(1.2)	80.0	(0.75)	14.9	(1.01)	19	(1.2)	88.2	(1.53)	36.2	(1.95)	41	(1.7)	74.3	(1.08)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Quick Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake g	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants g	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Saturated fat																	
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	26.6	(0.94)	5.6	(1.40)	21	(4.6)	30.9	(2.27)	14.8	(2.14)	48	(3.7)	24.0	(0.69)
20 and over.....	1680	41	(3.8)	26.5	(0.81)	6.1	(1.07)	23	(3.6)	31.0	(1.50)	14.8	(1.45)	48	(3.0)	23.3	(0.70)
2 and over...	2762	40	(4.1)	26.5	(0.80)	5.9	(1.14)	22	(3.8)	31.0	(1.58)	14.8	(1.56)	48	(2.9)	23.5	(0.65)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	23.8	(0.67)	4.3	(0.50)	18	(2.0)	25.2	(1.11)	10.8	(0.77)	43	(2.7)	22.9	(0.81)
20 and over.....	1748	42	(1.3)	26.1	(0.76)	5.2	(0.29)	20	(1.0)	29.0	(0.69)	12.3	(0.47)	43	(1.5)	24.0	(1.00)
2 and over...	2910	41	(1.0)	25.5	(0.69)	4.9	(0.27)	19	(0.9)	28.1	(0.65)	12.0	(0.46)	43	(1.5)	23.7	(0.87)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	26.5	(1.00)	4.4	(0.42)	17	(1.7)	28.8	(1.61)	11.2	(1.07)	39	(3.5)	25.1	(0.99)
20 and over.....	1053	44	(2.2)	27.4	(0.98)	4.5	(0.29)	16	(1.0)	28.4	(1.15)	10.1	(0.66)	36	(2.2)	26.6	(1.00)
2 and over...	1765	43	(1.9)	27.2	(0.92)	4.5	(0.23)	16	(0.9)	28.5	(1.12)	10.4	(0.54)	36	(2.1)	26.2	(0.93)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	25.4	(0.49)	4.7	(0.44)	18	(1.7)	27.7	(0.99)	12.0	(0.93)	43	(2.4)	23.8	(0.53)
20 and over.....	4801	42	(1.3)	26.5	(0.36)	5.1	(0.32)	19	(1.2)	29.3	(0.64)	12.2	(0.61)	42	(1.6)	24.4	(0.44)
2 and over...	7933	41	(1.2)	26.2	(0.35)	5.0	(0.33)	19	(1.2)	28.9	(0.61)	12.2	(0.63)	42	(1.7)	24.3	(0.42)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Monounsaturated fat																		
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	27.2	(1.38)	6.2	(1.65)	23	(4.9)	33.0	(2.97)	16.5	(2.56)	50	(3.7)	23.7	(0.54)
20 and over.....	1680	41	(3.8)	28.3	(0.71)	6.3	(1.03)	22	(3.2)	32.8	(1.23)	15.5	(1.32)	47	(2.6)	25.2	(0.60)
2 and over...	2762	40	(4.1)	28.0	(0.81)	6.3	(1.18)	23	(3.6)	32.8	(1.46)	15.7	(1.54)	48	(2.8)	24.8	(0.52)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	23.3	(0.68)	4.1	(0.45)	18	(1.7)	24.7	(1.16)	10.4	(0.66)	42	(1.9)	22.3	(0.81)
20 and over.....	1748	42	(1.3)	29.1	(0.76)	5.3	(0.28)	18	(0.9)	31.9	(0.86)	12.6	(0.47)	40	(1.4)	27.1	(0.94)
2 and over...	2910	41	(1.0)	27.7	(0.69)	5.0	(0.27)	18	(0.9)	30.2	(0.78)	12.1	(0.45)	40	(1.4)	25.9	(0.85)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	26.4	(0.98)	4.2	(0.32)	16	(1.3)	28.5	(1.81)	10.6	(0.89)	37	(3.2)	25.1	(0.88)
20 and over.....	1053	44	(2.2)	31.1	(0.90)	4.7	(0.31)	15	(1.0)	31.9	(1.18)	10.6	(0.71)	33	(2.0)	30.5	(0.96)
2 and over...	1765	43	(1.9)	29.9	(0.86)	4.6	(0.25)	15	(0.9)	31.1	(1.14)	10.6	(0.64)	34	(1.8)	29.0	(0.87)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	25.4	(0.53)	4.7	(0.52)	19	(1.8)	28.1	(1.26)	12.1	(1.08)	43	(2.4)	23.6	(0.47)
20 and over.....	4801	42	(1.3)	29.4	(0.30)	5.3	(0.31)	18	(1.1)	32.1	(0.53)	12.7	(0.57)	40	(1.5)	27.5	(0.40)
2 and over...	7933	41	(1.2)	28.4	(0.27)	5.2	(0.34)	18	(1.2)	31.2	(0.51)	12.6	(0.65)	40	(1.7)	26.5	(0.37)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
				P o l y u n s a t u r a t e d f a t													
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	18.4	(1.18)	4.7	(1.28)	26	(5.5)	23.1	(2.15)	12.5	(1.92)	54	(3.8)	15.5	(0.64)
20 and over.....	1680	41	(3.8)	18.8	(0.65)	4.4	(0.77)	23	(3.5)	21.9	(1.06)	10.8	(1.23)	49	(3.5)	16.7	(0.48)
2 and over...	2762	40	(4.1)	18.7	(0.73)	4.5	(0.89)	24	(3.9)	22.2	(1.18)	11.2	(1.31)	50	(3.4)	16.4	(0.46)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	15.5	(0.51)	2.8	(0.27)	18	(1.3)	17.2	(0.82)	7.1	(0.41)	41	(1.4)	14.3	(0.44)
20 and over.....	1748	42	(1.3)	19.6	(0.52)	3.2	(0.17)	16	(0.9)	21.2	(0.53)	7.7	(0.36)	36	(1.9)	18.4	(0.85)
2 and over...	2910	41	(1.0)	18.6	(0.43)	3.1	(0.17)	17	(0.8)	20.2	(0.46)	7.6	(0.32)	37	(1.7)	17.4	(0.69)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	16.4	(0.65)	2.7	(0.23)	16	(1.3)	17.7	(1.09)	6.8	(0.61)	38	(2.5)	15.6	(0.59)
20 and over.....	1053	44	(2.2)	20.6	(0.61)	3.2	(0.21)	16	(1.0)	21.7	(0.69)	7.2	(0.50)	33	(2.0)	19.8	(0.86)
2 and over...	1765	43	(1.9)	19.5	(0.56)	3.1	(0.18)	16	(0.9)	20.7	(0.62)	7.1	(0.48)	34	(1.9)	18.6	(0.69)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	16.6	(0.48)	3.3	(0.41)	20	(2.0)	19.0	(0.92)	8.5	(0.87)	45	(2.7)	15.0	(0.30)
20 and over.....	4801	42	(1.3)	19.7	(0.20)	3.5	(0.23)	18	(1.2)	21.5	(0.51)	8.3	(0.51)	39	(1.9)	18.3	(0.33)
2 and over...	7933	41	(1.2)	18.9	(0.21)	3.5	(0.27)	18	(1.3)	20.9	(0.49)	8.4	(0.55)	40	(2.0)	17.5	(0.27)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from Quick Service Restaurants mg	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake mg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants mg	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Cholesterol																	
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	256	(18.0)	60*	(21.8)	23*	(7.1)	287	(40.7)	160	(46.1)	56	(8.6)	237	(8.9)
20 and over.....	1680	41	(3.8)	281	(5.8)	52	(8.9)	18	(2.9)	296	(11.9)	127	(11.2)	43	(3.0)	270	(7.6)
2 and over...	2762	40	(4.1)	275	(6.8)	54	(11.6)	20	(3.8)	294	(11.1)	135	(17.5)	46	(4.5)	261	(5.8)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	203	(9.8)	30	(4.5)	15	(1.9)	210	(12.6)	76	(8.4)	36	(3.8)	198	(10.8)
20 and over.....	1748	42	(1.3)	279	(10.0)	47	(3.1)	17	(1.1)	296	(10.6)	112	(6.2)	38	(1.9)	267	(11.8)
2 and over...	2910	41	(1.0)	260	(9.0)	43	(2.9)	16	(0.9)	276	(8.0)	104	(5.4)	38	(1.5)	250	(10.9)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	223	(10.2)	30	(2.2)	14	(0.9)	224	(19.0)	77	(5.5)	34	(2.0)	222	(9.7)
20 and over.....	1053	44	(2.2)	288	(9.6)	42	(3.5)	15	(1.2)	293	(12.2)	94	(7.2)	32	(2.2)	284	(12.9)
2 and over...	1765	43	(1.9)	271	(8.1)	39	(2.7)	14	(1.0)	276	(10.6)	90	(5.6)	33	(1.9)	266	(10.8)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	224	(5.9)	39	(5.9)	17	(2.4)	235	(12.0)	99	(14.5)	42	(4.6)	217	(5.4)
20 and over.....	4801	42	(1.3)	282	(3.6)	46	(3.0)	16	(1.1)	295	(4.4)	111	(5.1)	38	(1.6)	273	(4.5)
2 and over...	7933	41	(1.2)	267	(3.3)	45	(3.4)	17	(1.2)	281	(4.6)	108	(6.7)	38	(2.1)	258	(4.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from Quick Service Restaurants µg	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake µg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants µg	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Vitamin A (RAE)																	
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	602	(31.4)	71*	(22.2)	12*	(3.6)	606	(42.8)	188	(42.9)	31	(6.5)	600	(29.5)
20 and over.....	1680	41	(3.8)	575	(29.5)	75	(17.2)	13	(3.0)	582	(46.3)	182	(29.0)	31	(3.9)	570	(26.8)
2 and over...	2762	40	(4.1)	582	(27.1)	74	(18.4)	13	(3.1)	588	(42.8)	183	(32.0)	31	(4.4)	578	(22.0)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	555	(19.6)	48	(6.1)	9	(1.2)	512	(36.3)	120	(9.7)	23	(2.8)	582	(26.0)
20 and over.....	1748	42	(1.3)	655	(33.9)	65	(5.7)	10	(0.9)	576	(19.5)	156	(11.8)	27	(1.5)	711	(51.7)
2 and over...	2910	41	(1.0)	630	(27.1)	61	(4.9)	10	(0.8)	561	(15.9)	147	(10.0)	26	(1.5)	679	(39.6)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	656	(20.3)	56	(4.4)	9	(0.6)	626	(37.0)	144	(12.5)	23	(1.5)	675	(18.7)
20 and over.....	1053	44	(2.2)	812	(69.5)	75	(12.0)	9	(1.5)	823	(158.9)	170	(25.0)	21	(4.8)	804	(43.6)
2 and over...	1765	43	(1.9)	771	(53.4)	70	(8.7)	9	(1.2)	776	(123.7)	164	(19.1)	21	(4.1)	768	(34.9)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	597	(10.2)	57	(5.9)	9	(1.0)	573	(15.6)	145	(14.0)	25	(2.5)	613	(14.2)
20 and over.....	4801	42	(1.3)	674	(38.0)	69	(6.3)	10	(1.1)	655	(56.9)	165	(13.2)	25	(2.7)	688	(29.6)
2 and over...	7933	41	(1.2)	655	(29.8)	66	(5.8)	10	(1.0)	635	(45.8)	160	(12.6)	25	(2.5)	669	(23.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from Quick Service Restaurants µg	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake µg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants µg	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Beta carotene																	
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	1156	(109.4)	128*	(40.4)	11*	(4.0)	1036	(123.2)	341	(67.2)	33	(7.0)	1228	(136.8)
20 and over.....	1680	41	(3.8)	1808	(182.8)	241	(70.1)	13	(4.0)	1825	(266.7)	587	(130.9)	32	(7.5)	1796	(163.0)
2 and over...	2762	40	(4.1)	1641	(146.2)	212	(59.4)	13	(3.8)	1635	(216.7)	528	(105.9)	32	(7.2)	1645	(119.8)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	1060	(82.3)	93	(15.7)	9	(1.2)	881	(77.9)	235	(32.4)	27	(3.9)	1177	(146.1)
20 and over.....	1748	42	(1.3)	2697	(328.6)	185	(38.3)	7	(1.5)	1966	(165.1)	443	(85.7)	23	(3.3)	3223	(524.3)
2 and over...	2910	41	(1.0)	2298	(256.4)	163	(30.0)	7	(1.3)	1711	(144.0)	395	(69.0)	23	(3.1)	2711	(400.8)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	1390	(146.7)	105	(29.9)	8	(2.1)	1221	(252.1)	268	(79.9)	22	(6.2)	1499	(159.9)
20 and over.....	1053	44	(2.2)	2949	(265.4)	317*	(120.3)	11*	(3.5)	2647	(313.2)	716*	(263.7)	27	(7.2)	3188	(314.7)
2 and over...	1765	43	(1.9)	2541	(216.1)	262*	(89.8)	10	(3.0)	2307	(274.6)	609*	(206.2)	26	(6.3)	2718	(229.6)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	1180	(71.6)	105	(7.9)	9	(0.7)	1030	(69.2)	269	(23.1)	26	(2.4)	1275	(94.0)
20 and over.....	4801	42	(1.3)	2500	(181.7)	233	(44.8)	9	(1.7)	2138	(169.6)	555	(102.2)	26	(3.5)	2761	(246.6)
2 and over...	7933	41	(1.2)	2169	(146.2)	201	(33.7)	9	(1.5)	1875	(135.2)	487	(79.6)	26	(3.1)	2375	(194.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Lycopene																	
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	5662	(492.7)	876	(234.2)	15	(3.3)	6617	(1490.0)	2325	(355.5)	35	(4.3)	5085	(505.8)
20 and over.....	1680	41	(3.8)	5338	(321.6)	1384	(328.0)	26	(5.0)	6469	(578.9)	3376	(546.3)	52	(6.0)	4552	(288.6)
2 and over...	2762	40	(4.1)	5421	(329.4)	1254	(297.7)	23	(4.4)	6505	(663.1)	3123	(466.4)	48	(3.2)	4694	(243.7)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	5120	(606.2)	1075	(210.7)	21	(3.3)	5596	(664.9)	2707	(402.4)	48	(6.2)	4806	(698.0)
20 and over.....	1748	42	(1.3)	4866	(245.5)	765	(71.5)	16	(1.8)	4372	(278.4)	1831	(140.4)	42	(3.2)	5221	(436.1)
2 and over...	2910	41	(1.0)	4928	(265.4)	841	(64.7)	17	(1.7)	4659	(220.5)	2036	(130.9)	44	(2.9)	5117	(428.0)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	5116	(613.7)	640	(104.6)	13	(2.0)	5516	(1031.9)	1630	(261.0)	30	(6.0)	4858	(434.5)
20 and over.....	1053	44	(2.2)	5860	(425.0)	706	(70.5)	12	(1.2)	5991	(608.2)	1594	(160.7)	27	(2.9)	5756	(459.0)
2 and over...	1765	43	(1.9)	5666	(294.0)	689	(55.9)	12	(1.1)	5877	(503.1)	1603	(139.3)	27	(2.9)	5506	(308.6)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	5225	(350.7)	861	(100.8)	16	(1.4)	5737	(607.0)	2204	(214.7)	38	(3.9)	4897	(321.5)
20 and over.....	4801	42	(1.3)	5279	(171.5)	897	(99.3)	17	(1.8)	5420	(239.4)	2139	(205.9)	39	(3.0)	5177	(244.7)
2 and over...	7933	41	(1.2)	5265	(169.4)	888	(89.2)	17	(1.6)	5495	(256.8)	2155	(185.8)	39	(2.5)	5104	(204.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

T h i a m i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	1.61	(0.042)	0.27	(0.065)	17	(3.8)	1.79	(0.099)	0.71	(0.088)	39	(3.7)	1.50	(0.047)
20 and over.....	1680	41	(3.8)	1.62	(0.041)	0.31	(0.060)	19	(3.3)	1.83	(0.090)	0.75	(0.082)	41	(3.3)	1.48	(0.031)
2 and over...	2762	40	(4.1)	1.62	(0.037)	0.30	(0.061)	18	(3.4)	1.82	(0.081)	0.74	(0.081)	41	(3.2)	1.49	(0.025)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	1.48	(0.050)	0.23	(0.032)	15	(1.9)	1.56	(0.069)	0.58	(0.055)	37	(2.9)	1.43	(0.052)
20 and over.....	1748	42	(1.3)	1.59	(0.041)	0.26	(0.014)	16	(0.8)	1.65	(0.059)	0.62	(0.028)	37	(1.2)	1.55	(0.043)
2 and over...	2910	41	(1.0)	1.57	(0.039)	0.25	(0.015)	16	(0.8)	1.63	(0.049)	0.61	(0.029)	37	(1.1)	1.52	(0.040)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	1.58	(0.039)	0.21	(0.019)	13	(1.1)	1.66	(0.075)	0.53	(0.050)	32	(2.2)	1.53	(0.043)
20 and over.....	1053	44	(2.2)	1.74	(0.044)	0.24	(0.017)	14	(1.1)	1.68	(0.060)	0.54	(0.035)	32	(1.9)	1.78	(0.055)
2 and over...	1765	43	(1.9)	1.70	(0.035)	0.23	(0.012)	14	(0.8)	1.68	(0.053)	0.54	(0.031)	32	(1.6)	1.71	(0.041)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	1.55	(0.024)	0.23	(0.021)	15	(1.3)	1.64	(0.046)	0.59	(0.042)	36	(1.9)	1.50	(0.034)
20 and over.....	4801	42	(1.3)	1.64	(0.018)	0.26	(0.017)	16	(1.1)	1.71	(0.035)	0.63	(0.032)	37	(1.7)	1.59	(0.029)
2 and over...	7933	41	(1.2)	1.62	(0.015)	0.25	(0.017)	16	(1.1)	1.70	(0.030)	0.62	(0.032)	36	(1.6)	1.57	(0.027)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	2.09	(0.144)	0.27	(0.077)	13	(3.2)	2.33	(0.311)	0.73	(0.142)	31	(2.7)	1.94	(0.073)
20 and over.....	1680	41	(3.8)	2.02	(0.061)	0.29	(0.053)	15	(2.6)	2.13	(0.097)	0.72	(0.071)	34	(2.8)	1.94	(0.061)
2 and over...	2762	40	(4.1)	2.03	(0.075)	0.29	(0.058)	14	(2.7)	2.18	(0.138)	0.72	(0.083)	33	(2.7)	1.94	(0.058)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	1.85	(0.037)	0.20	(0.023)	11	(1.3)	1.78	(0.068)	0.52	(0.029)	29	(2.3)	1.90	(0.057)
20 and over.....	1748	42	(1.3)	2.14	(0.051)	0.27	(0.016)	13	(0.7)	2.18	(0.066)	0.65	(0.030)	30	(1.3)	2.11	(0.073)
2 and over...	2910	41	(1.0)	2.07	(0.043)	0.25	(0.015)	12	(0.7)	2.09	(0.051)	0.62	(0.026)	30	(1.2)	2.06	(0.061)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	2.10	(0.055)	0.23	(0.018)	11	(0.8)	2.19	(0.123)	0.58	(0.038)	26	(1.8)	2.05	(0.054)
20 and over.....	1053	44	(2.2)	2.39	(0.062)	0.30	(0.030)	12	(1.3)	2.39	(0.149)	0.67	(0.069)	28	(3.1)	2.39	(0.072)
2 and over...	1765	43	(1.9)	2.31	(0.049)	0.28	(0.024)	12	(1.1)	2.34	(0.127)	0.65	(0.056)	28	(2.6)	2.29	(0.060)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	2.00	(0.032)	0.23	(0.022)	12	(1.1)	2.05	(0.091)	0.59	(0.050)	29	(1.6)	1.96	(0.035)
20 and over.....	4801	42	(1.3)	2.17	(0.029)	0.28	(0.019)	13	(0.9)	2.23	(0.064)	0.67	(0.035)	30	(1.6)	2.13	(0.039)
2 and over...	7933	41	(1.2)	2.13	(0.025)	0.27	(0.018)	13	(0.9)	2.18	(0.065)	0.65	(0.035)	30	(1.5)	2.09	(0.036)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Quick Service Restaurants		*All Individuals* [2] Percentages from [6] Quick Service Restaurants		*Quick Service Restaurant Consumers* [3] Total Intake		*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants		*Non-consumers* [4] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	24.2	(1.88)	4.5	(1.26)	19	(3.8)	29.9	(3.37)	12.1	(1.81)	40	(3.0)	20.8	(0.76)
20 and over.....	1680	41	(3.8)	25.3	(0.88)	5.2	(1.01)	20	(3.4)	28.9	(1.30)	12.6	(1.37)	44	(3.2)	22.8	(0.74)
2 and over...	2762	40	(4.1)	25.1	(1.08)	5.0	(1.06)	20	(3.4)	29.1	(1.67)	12.5	(1.45)	43	(2.9)	22.3	(0.60)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	20.5	(0.67)	3.3	(0.42)	16	(1.6)	22.1	(0.97)	8.3	(0.63)	38	(1.8)	19.5	(0.65)
20 and over.....	1748	42	(1.3)	25.3	(0.68)	4.1	(0.24)	16	(0.7)	27.2	(0.85)	9.7	(0.47)	36	(1.2)	23.9	(0.79)
2 and over...	2910	41	(1.0)	24.1	(0.60)	3.9	(0.23)	16	(0.7)	26.0	(0.72)	9.4	(0.44)	36	(1.1)	22.8	(0.68)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	22.0	(0.83)	3.0	(0.28)	13	(1.1)	23.5	(1.19)	7.5	(0.68)	32	(2.9)	21.1	(0.98)
20 and over.....	1053	44	(2.2)	28.1	(0.74)	3.9	(0.34)	14	(1.3)	28.4	(0.98)	8.9	(0.77)	31	(2.4)	27.8	(0.99)
2 and over...	1765	43	(1.9)	26.5	(0.56)	3.7	(0.27)	14	(1.1)	27.2	(0.73)	8.6	(0.65)	32	(2.3)	25.9	(0.74)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	22.1	(0.51)	3.5	(0.41)	16	(1.5)	24.6	(1.23)	9.1	(0.83)	37	(2.0)	20.5	(0.28)
20 and over.....	4801	42	(1.3)	26.1	(0.32)	4.3	(0.30)	16	(1.1)	28.0	(0.50)	10.2	(0.55)	36	(1.7)	24.7	(0.51)
2 and over...	7933	41	(1.2)	25.1	(0.29)	4.1	(0.31)	16	(1.2)	27.2	(0.60)	9.9	(0.59)	36	(1.7)	23.6	(0.42)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Vitamin B6 — All Individuals [2]: Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3]: Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	1.95	(0.147)	0.28	(0.082)	15	(3.3)	2.29	(0.307)	0.76	(0.126)	33	(3.8)	1.75	(0.075)
20 and over.....	1680	41	(3.8)	2.07	(0.080)	0.31	(0.072)	15	(3.1)	2.20	(0.117)	0.76	(0.111)	35	(3.6)	1.97	(0.094)
2 and over...	2762	40	(4.1)	2.04	(0.086)	0.31	(0.074)	15	(3.2)	2.22	(0.150)	0.76	(0.113)	34	(3.5)	1.91	(0.072)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	1.63	(0.049)	0.18	(0.020)	11	(1.1)	1.61	(0.055)	0.44	(0.025)	27	(1.5)	1.65	(0.070)
20 and over.....	1748	42	(1.3)	2.12	(0.072)	0.24	(0.016)	11	(0.7)	2.12	(0.078)	0.57	(0.032)	27	(1.3)	2.11	(0.097)
2 and over...	2910	41	(1.0)	2.00	(0.062)	0.22	(0.015)	11	(0.6)	2.00	(0.057)	0.54	(0.027)	27	(1.1)	2.00	(0.081)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	1.79	(0.062)	0.18	(0.019)	10	(1.0)	1.87	(0.096)	0.45	(0.046)	24	(2.5)	1.73	(0.072)
20 and over.....	1053	44	(2.2)	2.38	(0.069)	0.25	(0.032)	11	(1.4)	2.29	(0.095)	0.57	(0.072)	25	(2.6)	2.45	(0.100)
2 and over...	1765	43	(1.9)	2.23	(0.049)	0.23	(0.025)	10	(1.2)	2.19	(0.068)	0.54	(0.060)	25	(2.4)	2.25	(0.075)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	1.79	(0.032)	0.21	(0.025)	12	(1.2)	1.87	(0.087)	0.53	(0.052)	28	(2.0)	1.73	(0.029)
20 and over.....	4801	42	(1.3)	2.19	(0.040)	0.26	(0.023)	12	(1.1)	2.20	(0.041)	0.62	(0.046)	28	(1.9)	2.18	(0.067)
2 and over...	7933	41	(1.2)	2.09	(0.030)	0.25	(0.023)	12	(1.1)	2.12	(0.045)	0.60	(0.045)	28	(1.8)	2.06	(0.054)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from Quick Service Restaurants µg	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake µg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants µg	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Folate (DFE)																	
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	548	(17.5)	79	(19.4)	14	(3.5)	592	(43.0)	209	(25.4)	35	(3.5)	521	(24.6)
20 and over.....	1680	41	(3.8)	550	(15.5)	93	(17.4)	17	(3.0)	594	(27.7)	226	(23.1)	38	(2.7)	519	(26.3)
2 and over...	2762	40	(4.1)	549	(12.3)	89	(17.6)	16	(3.1)	594	(25.8)	222	(22.8)	37	(2.8)	519	(21.2)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	505	(15.5)	75	(11.2)	15	(2.1)	535	(25.5)	189	(20.8)	35	(3.3)	486	(17.9)
20 and over.....	1748	42	(1.3)	553	(12.2)	77	(4.5)	14	(0.7)	561	(18.6)	185	(9.4)	33	(1.2)	547	(17.0)
2 and over...	2910	41	(1.0)	542	(10.5)	77	(4.8)	14	(0.8)	555	(14.9)	186	(10.4)	34	(1.3)	532	(13.5)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	530	(20.6)	60	(7.0)	11	(1.2)	552	(34.1)	153	(17.9)	28	(2.8)	516	(21.7)
20 and over.....	1053	44	(2.2)	616	(14.0)	73	(5.1)	12	(0.9)	589	(22.1)	166	(11.7)	28	(2.0)	637	(23.5)
2 and over...	1765	43	(1.9)	593	(11.8)	70	(3.8)	12	(0.7)	580	(20.5)	163	(10.2)	28	(1.9)	603	(17.3)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	527	(8.4)	70	(7.3)	13	(1.3)	551	(16.6)	180	(14.9)	33	(2.2)	511	(9.5)
20 and over.....	4801	42	(1.3)	570	(8.7)	79	(5.1)	14	(1.0)	579	(13.1)	189	(9.9)	33	(1.5)	563	(15.0)
2 and over...	7933	41	(1.2)	559	(7.2)	77	(5.1)	14	(1.0)	573	(10.6)	187	(10.2)	33	(1.5)	550	(12.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Family income in dollars and age (years)	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		*Quick Service Restaurant Consumers* [3] Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		*Non-consumers* [4] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	281	(14.5)	57*	(19.3)	20	(5.9)	315	(31.9)	153	(38.7)	48	(7.5)	261	(8.9)
20 and over.....	1680	41	(3.8)	322	(6.7)	52	(9.4)	16	(2.7)	338	(13.3)	127	(12.2)	37	(2.7)	311	(7.7)
2 and over...	2762	40	(4.1)	312	(6.5)	53	(11.3)	17	(3.4)	333	(12.1)	133	(16.4)	40	(3.7)	297	(7.0)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	244	(8.7)	32	(3.5)	13	(1.2)	246	(10.4)	81	(4.6)	33	(1.9)	242	(11.1)
20 and over.....	1748	42	(1.3)	330	(8.9)	46	(2.7)	14	(0.8)	330	(7.9)	110	(4.6)	33	(1.2)	330	(12.8)
2 and over...	2910	41	(1.0)	309	(8.4)	43	(2.4)	14	(0.7)	310	(6.5)	104	(4.0)	33	(1.0)	308	(11.9)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	273	(8.3)	33	(2.5)	12	(0.7)	275	(18.4)	83	(5.0)	30	(1.7)	271	(6.8)
20 and over.....	1053	44	(2.2)	358	(10.0)	44	(3.3)	12	(1.0)	350	(13.8)	100	(6.6)	29	(1.7)	364	(14.6)
2 and over...	1765	43	(1.9)	336	(7.9)	41	(2.6)	12	(0.8)	332	(12.4)	96	(5.3)	29	(1.5)	338	(11.2)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	263	(3.8)	40	(5.1)	15	(1.9)	273	(10.8)	102	(12.2)	37	(3.5)	256	(5.5)
20 and over.....	4801	42	(1.3)	335	(3.7)	47	(2.8)	14	(0.9)	339	(4.1)	112	(4.7)	33	(1.4)	333	(6.5)
2 and over...	7933	41	(1.2)	317	(2.8)	45	(3.2)	14	(1.1)	323	(4.5)	109	(5.9)	34	(1.7)	313	(6.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Vitamin B12 — *All Individuals* [2]: Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3]: Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4]: Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	5.66	(0.501)	0.93*	(0.311)	16	(4.5)	6.88	(1.120)	2.46	(0.542)	36	(4.8)	4.91	(0.175)
20 and over.....	1680	41	(3.8)	4.98	(0.226)	0.96	(0.244)	19	(4.5)	5.56	(0.421)	2.33	(0.398)	42	(5.0)	4.58	(0.203)
2 and over...	2762	40	(4.1)	5.15	(0.264)	0.95	(0.259)	18	(4.4)	5.88	(0.554)	2.37	(0.424)	40	(4.7)	4.67	(0.152)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	4.59	(0.153)	0.49	(0.064)	11	(1.5)	4.23	(0.221)	1.23	(0.107)	29	(2.7)	4.83	(0.248)
20 and over.....	1748	42	(1.3)	5.01	(0.179)	0.71	(0.056)	14	(0.9)	5.33	(0.277)	1.70	(0.102)	32	(1.6)	4.78	(0.209)
2 and over...	2910	41	(1.0)	4.91	(0.161)	0.66	(0.046)	13	(0.9)	5.07	(0.231)	1.59	(0.087)	31	(1.5)	4.80	(0.182)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	5.23	(0.231)	0.54	(0.059)	10	(0.9)	5.60	(0.504)	1.37	(0.140)	24	(2.0)	4.99	(0.171)
20 and over.....	1053	44	(2.2)	6.44	(0.731)	0.70	(0.086)	11	(1.9)	7.32	(1.756)	1.59	(0.189)	22	(6.1)	5.75	(0.410)
2 and over...	1765	43	(1.9)	6.13	(0.583)	0.66	(0.064)	11	(1.5)	6.91	(1.412)	1.53	(0.146)	22	(5.1)	5.54	(0.308)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	5.12	(0.154)	0.63	(0.088)	12	(1.5)	5.36	(0.373)	1.61	(0.199)	30	(2.3)	4.97	(0.124)
20 and over.....	4801	42	(1.3)	5.44	(0.212)	0.76	(0.068)	14	(1.5)	5.99	(0.533)	1.82	(0.135)	30	(3.9)	5.04	(0.160)
2 and over...	7933	41	(1.2)	5.36	(0.177)	0.73	(0.069)	14	(1.4)	5.84	(0.454)	1.77	(0.141)	30	(3.4)	5.03	(0.134)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from Quick Service Restaurants mg	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake mg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants mg	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Vitamin C																	
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	75.5	(4.19)	6.1*	(1.95)	8*	(2.5)	74.4	(7.10)	16.1	(3.34)	22	(3.8)	76.1	(3.70)
20 and over.....	1680	41	(3.8)	85.9	(7.77)	7.6*	(2.41)	9	(2.6)	86.5	(8.71)	18.7	(4.47)	22	(3.6)	85.4	(10.99)
2 and over...	2762	40	(4.1)	83.2	(6.07)	7.2	(2.16)	9	(2.4)	83.6	(6.92)	18.0	(3.77)	22	(3.4)	82.9	(8.44)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	85.4	(9.99)	5.7	(1.23)	7	(1.0)	72.1	(6.30)	14.3	(2.61)	20	(3.3)	94.1	(15.82)
20 and over.....	1748	42	(1.3)	80.2	(4.44)	5.3	(0.59)	7	(0.7)	68.5	(4.05)	12.7	(1.19)	18	(1.6)	88.7	(5.86)
2 and over...	2910	41	(1.0)	81.5	(3.67)	5.4	(0.48)	7	(0.5)	69.3	(3.97)	13.0	(1.01)	19	(1.4)	90.1	(4.57)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	77.8	(4.00)	5.7	(1.24)	7	(1.6)	63.9	(4.71)	14.4	(2.86)	23	(3.9)	86.7	(5.55)
20 and over.....	1053	44	(2.2)	89.7	(4.56)	7.6	(0.88)	9	(0.8)	81.4	(5.45)	17.3	(1.89)	21	(1.8)	96.3	(5.39)
2 and over...	1765	43	(1.9)	86.6	(3.85)	7.1	(0.66)	8	(0.7)	77.2	(4.38)	16.6	(1.42)	21	(1.7)	93.7	(4.63)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	79.8	(4.35)	5.6	(0.59)	7	(0.9)	69.7	(3.69)	14.5	(1.30)	21	(1.6)	86.2	(6.64)
20 and over.....	4801	42	(1.3)	84.8	(4.10)	6.5	(0.80)	8	(0.8)	77.1	(4.35)	15.6	(1.68)	20	(1.5)	90.3	(5.16)
2 and over...	7933	41	(1.2)	83.5	(3.36)	6.3	(0.61)	8	(0.7)	75.3	(3.73)	15.3	(1.26)	20	(1.2)	89.2	(4.29)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from Quick Service Restaurants µg	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake µg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants µg	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Vitamin D																	
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	6.2	(0.40)	0.6*	(0.34)	10*	(5.1)	6.3	(0.68)	1.7*	(0.83)	27*	(10.9)	6.2	(0.31)
20 and over.....	1680	41	(3.8)	4.6	(0.31)	0.4	(0.08)	8	(1.8)	4.2	(0.32)	0.9	(0.14)	21	(3.0)	4.9	(0.37)
2 and over...	2762	40	(4.1)	5.0	(0.28)	0.4*	(0.13)	9	(2.5)	4.7	(0.37)	1.1	(0.26)	23	(4.3)	5.3	(0.30)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	5.5	(0.26)	0.2	(0.03)	3	(0.6)	4.4	(0.36)	0.4	(0.07)	10	(1.9)	6.1	(0.28)
20 and over.....	1748	42	(1.3)	4.5	(0.17)	0.4	(0.05)	8	(1.1)	3.8	(0.24)	0.8	(0.11)	22	(2.4)	4.9	(0.28)
2 and over...	2910	41	(1.0)	4.7	(0.17)	0.3	(0.04)	6	(0.9)	4.0	(0.18)	0.7	(0.09)	19	(2.0)	5.2	(0.25)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	6.4	(0.28)	0.3	(0.03)	5	(0.4)	5.8	(0.42)	0.7	(0.07)	13	(1.3)	6.9	(0.37)
20 and over.....	1053	44	(2.2)	5.0	(0.31)	0.5	(0.11)	9	(2.3)	4.5	(0.29)	1.1	(0.23)	23	(4.4)	5.4	(0.51)
2 and over...	1765	43	(1.9)	5.4	(0.25)	0.4	(0.08)	8	(1.6)	4.8	(0.26)	1.0	(0.18)	20	(3.4)	5.8	(0.41)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	6.0	(0.15)	0.3	(0.09)	6	(1.6)	5.3	(0.26)	0.9	(0.24)	16	(4.2)	6.4	(0.19)
20 and over.....	4801	42	(1.3)	4.7	(0.14)	0.4	(0.04)	8	(1.0)	4.1	(0.16)	0.9	(0.10)	22	(2.1)	5.1	(0.21)
2 and over...	7933	41	(1.2)	5.0	(0.12)	0.4	(0.05)	7	(1.0)	4.4	(0.13)	0.9	(0.11)	20	(2.2)	5.4	(0.18)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Vitamin E (alphatocopherol)																	
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	7.3	(0.37)	1.2	(0.32)	17	(3.7)	8.4	(0.77)	3.2	(0.49)	38	(3.5)	6.6	(0.22)
20 and over.....	1680	41	(3.8)	8.1	(0.23)	1.2	(0.24)	15	(2.6)	8.7	(0.44)	3.0	(0.35)	35	(2.5)	7.8	(0.24)
2 and over...	2762	40	(4.1)	7.9	(0.25)	1.2	(0.26)	16	(2.9)	8.6	(0.49)	3.1	(0.38)	35	(2.5)	7.5	(0.19)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	6.6	(0.20)	0.9	(0.09)	13	(1.0)	6.6	(0.31)	2.2	(0.11)	33	(1.4)	6.5	(0.24)
20 and over.....	1748	42	(1.3)	8.8	(0.22)	1.0	(0.06)	11	(0.7)	8.8	(0.26)	2.3	(0.11)	26	(1.7)	8.8	(0.36)
2 and over...	2910	41	(1.0)	8.2	(0.19)	0.9	(0.05)	11	(0.6)	8.3	(0.24)	2.3	(0.10)	28	(1.6)	8.2	(0.30)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	7.6	(0.28)	0.8	(0.06)	10	(0.8)	7.9	(0.48)	2.0	(0.16)	26	(2.6)	7.5	(0.41)
20 and over.....	1053	44	(2.2)	10.2	(0.32)	1.0	(0.11)	10	(1.1)	9.8	(0.48)	2.4	(0.23)	24	(2.1)	10.5	(0.41)
2 and over...	1765	43	(1.9)	9.5	(0.25)	1.0	(0.08)	10	(0.9)	9.4	(0.39)	2.3	(0.18)	24	(1.9)	9.7	(0.33)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	7.2	(0.15)	0.9	(0.10)	13	(1.2)	7.5	(0.24)	2.4	(0.20)	32	(2.2)	6.9	(0.22)
20 and over.....	4801	42	(1.3)	9.0	(0.16)	1.0	(0.08)	12	(0.9)	9.1	(0.24)	2.5	(0.16)	27	(1.6)	8.9	(0.21)
2 and over...	7933	41	(1.2)	8.5	(0.14)	1.0	(0.08)	12	(0.9)	8.7	(0.21)	2.5	(0.16)	28	(1.7)	8.4	(0.17)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Vitamin K																	
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	69.6	(3.90)	15.0	(4.34)	22	(5.3)	75.3	(6.50)	39.8	(6.79)	53	(5.1)	66.1	(4.10)
20 and over.....	1680	41	(3.8)	102.2	(5.43)	20.1	(5.38)	20	(4.6)	109.9	(7.71)	49.1	(9.94)	45	(6.6)	96.8	(4.79)
2 and over...	2762	40	(4.1)	93.9	(4.59)	18.8	(5.02)	20	(4.7)	101.6	(6.84)	46.9	(8.96)	46	(6.3)	88.6	(3.57)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	63.5	(4.96)	8.3	(0.75)	13	(0.8)	59.6	(2.98)	20.9	(0.93)	35	(1.9)	66.0	(7.38)
20 and over.....	1748	42	(1.3)	138.6	(20.98)	13.5	(1.29)	10	(1.8)	108.1	(7.35)	32.2	(2.63)	30	(2.3)	160.5	(35.60)
2 and over...	2910	41	(1.0)	120.3	(15.87)	12.2	(1.02)	10	(1.7)	96.8	(5.96)	29.6	(2.08)	31	(2.1)	136.8	(26.40)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	66.9	(4.09)	9.1	(0.93)	14	(1.7)	61.9	(3.86)	23.1	(2.77)	37	(3.3)	70.2	(5.73)
20 and over.....	1053	44	(2.2)	145.4	(11.25)	17.6	(3.31)	12	(2.2)	135.1	(11.78)	39.8	(7.10)	29	(4.3)	153.7	(13.38)
2 and over...	1765	43	(1.9)	124.9	(8.16)	15.4	(2.40)	12	(1.9)	117.6	(9.76)	35.8	(5.63)	30	(3.9)	130.4	(9.02)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	66.3	(2.54)	10.4	(1.10)	16	(1.6)	65.2	(2.79)	26.7	(2.37)	41	(2.6)	66.9	(3.44)
20 and over.....	4801	42	(1.3)	129.8	(8.47)	16.2	(1.97)	12	(1.7)	117.3	(6.13)	38.6	(4.35)	33	(2.9)	138.9	(14.23)
2 and over...	7933	41	(1.2)	113.9	(6.61)	14.7	(1.64)	13	(1.6)	104.9	(4.93)	35.8	(3.67)	34	(2.8)	120.2	(10.63)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	1095	(42.4)	173	(51.4)	16	(4.3)	1171	(90.4)	460	(102.3)	39	(6.1)	1049	(32.2)
20 and over.....	1680	41	(3.8)	990	(35.8)	171	(34.1)	17	(3.2)	1073	(63.3)	417	(49.6)	39	(3.2)	933	(37.7)
2 and over...	2762	40	(4.1)	1017	(34.5)	172	(37.4)	17	(3.4)	1097	(67.7)	428	(58.2)	39	(3.5)	964	(30.6)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	1015	(29.5)	135	(18.0)	13	(1.8)	1012	(41.9)	341	(27.8)	34	(3.1)	1016	(37.6)
20 and over.....	1748	42	(1.3)	954	(23.5)	151	(10.7)	16	(1.1)	987	(22.9)	360	(20.5)	37	(1.8)	930	(33.2)
2 and over...	2910	41	(1.0)	969	(22.1)	147	(8.8)	15	(0.9)	993	(21.9)	356	(17.8)	36	(1.6)	951	(28.5)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	1168	(43.4)	140	(16.5)	12	(1.2)	1200	(76.4)	357	(37.5)	30	(2.9)	1148	(43.6)
20 and over.....	1053	44	(2.2)	1053	(29.0)	140	(9.8)	13	(1.1)	1065	(30.1)	315	(20.7)	30	(2.1)	1044	(37.5)
2 and over...	1765	43	(1.9)	1083	(28.6)	140	(8.8)	13	(0.9)	1098	(31.5)	325	(18.2)	30	(1.8)	1073	(34.8)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	1082	(20.5)	146	(15.0)	14	(1.4)	1107	(40.9)	375	(34.7)	34	(2.8)	1067	(24.4)
20 and over.....	4801	42	(1.3)	989	(14.3)	150	(11.0)	15	(1.2)	1032	(25.4)	358	(20.8)	35	(1.7)	957	(20.8)
2 and over...	7933	41	(1.2)	1012	(13.8)	149	(10.9)	15	(1.1)	1050	(25.2)	362	(22.4)	34	(1.7)	986	(19.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	1358	(49.1)	262	(71.6)	19	(4.7)	1530	(101.8)	695	(123.5)	45	(5.2)	1254	(31.0)
20 and over.....	1680	41	(3.8)	1374	(31.7)	258	(47.6)	19	(3.2)	1509	(51.2)	629	(62.7)	42	(3.2)	1280	(33.6)
2 and over...	2762	40	(4.1)	1370	(33.0)	259	(52.7)	19	(3.6)	1514	(58.5)	645	(72.9)	43	(3.5)	1273	(29.9)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	1247	(35.1)	190	(22.8)	15	(1.7)	1286	(43.0)	480	(31.9)	37	(2.2)	1222	(47.1)
20 and over.....	1748	42	(1.3)	1391	(30.1)	227	(13.9)	16	(1.0)	1440	(31.8)	542	(25.8)	38	(1.4)	1357	(43.7)
2 and over...	2910	41	(1.0)	1356	(28.7)	218	(12.4)	16	(0.8)	1403	(27.5)	528	(23.1)	38	(1.3)	1323	(39.7)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	1390	(40.4)	189	(17.5)	14	(1.2)	1483	(84.0)	481	(40.8)	32	(2.7)	1330	(32.2)
20 and over.....	1053	44	(2.2)	1513	(34.4)	208	(13.9)	14	(1.1)	1496	(43.8)	469	(29.2)	31	(2.0)	1527	(44.3)
2 and over...	1765	43	(1.9)	1481	(28.1)	203	(11.9)	14	(0.9)	1493	(42.0)	472	(25.5)	32	(1.9)	1472	(34.5)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	1318	(17.3)	209	(22.0)	16	(1.7)	1407	(45.6)	536	(48.0)	38	(2.8)	1261	(23.4)
20 and over.....	4801	42	(1.3)	1418	(13.0)	226	(14.5)	16	(1.1)	1474	(22.6)	539	(25.6)	37	(1.6)	1377	(23.0)
2 and over...	7933	41	(1.2)	1393	(10.4)	222	(15.4)	16	(1.2)	1458	(23.4)	538	(29.4)	37	(1.8)	1347	(21.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Magnesium

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	247	(8.2)	36	(9.0)	14	(3.2)	271	(15.6)	94	(13.9)	35	(3.4)	232	(4.2)
20 and over.....	1680	41	(3.8)	291	(5.1)	40	(7.9)	14	(2.6)	305	(8.9)	97	(11.0)	32	(3.1)	282	(5.9)
2 and over...	2762	40	(4.1)	280	(5.0)	39	(8.1)	14	(2.7)	297	(9.4)	97	(11.0)	33	(3.0)	269	(5.1)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	233	(6.5)	28	(3.0)	12	(1.2)	230	(6.6)	71	(4.2)	31	(1.7)	234	(9.1)
20 and over.....	1748	42	(1.3)	308	(6.8)	35	(2.5)	11	(0.8)	293	(7.3)	84	(4.7)	29	(1.4)	318	(10.5)
2 and over...	2910	41	(1.0)	289	(5.9)	33	(2.0)	12	(0.7)	279	(6.3)	81	(3.7)	29	(1.2)	297	(9.3)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	257	(7.6)	27	(2.5)	10	(0.8)	261	(17.5)	68	(5.3)	26	(2.1)	254	(7.0)
20 and over.....	1053	44	(2.2)	348	(9.9)	37	(2.6)	11	(0.8)	336	(12.7)	83	(4.7)	25	(1.4)	358	(11.3)
2 and over...	1765	43	(1.9)	324	(8.0)	34	(2.1)	11	(0.7)	318	(11.6)	80	(4.0)	25	(1.3)	329	(9.3)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	244	(2.8)	30	(3.0)	12	(1.2)	250	(8.4)	76	(6.2)	30	(2.0)	240	(4.6)
20 and over.....	4801	42	(1.3)	314	(5.0)	36	(2.5)	12	(0.8)	310	(6.9)	87	(4.2)	28	(1.3)	317	(6.4)
2 and over...	7933	41	(1.2)	297	(4.1)	35	(2.5)	12	(0.9)	296	(6.4)	84	(4.4)	28	(1.4)	297	(5.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

I r o n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Quick Service Restaurants		*All Individuals* [2] Percentages from [6] Quick Service Restaurants		*Quick Service Restaurant Consumers* [3] Total Intake		*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants		*Non-consumers* [4] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	15.0	(0.34)	2.3	(0.62)	16	(4.0)	16.5	(0.55)	6.2	(0.92)	38	(4.8)	14.1	(0.50)
20 and over.....	1680	41	(3.8)	15.2	(0.23)	2.5	(0.47)	17	(2.9)	16.2	(0.64)	6.2	(0.61)	38	(2.6)	14.5	(0.39)
2 and over...	2762	40	(4.1)	15.2	(0.20)	2.5	(0.50)	16	(3.2)	16.3	(0.58)	6.2	(0.67)	38	(3.0)	14.4	(0.30)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	13.7	(0.37)	1.9	(0.23)	14	(1.6)	14.1	(0.56)	4.7	(0.37)	33	(2.5)	13.4	(0.48)
20 and over.....	1748	42	(1.3)	15.3	(0.27)	2.1	(0.12)	14	(0.7)	15.5	(0.42)	5.1	(0.21)	33	(0.9)	15.2	(0.36)
2 and over...	2910	41	(1.0)	14.9	(0.24)	2.1	(0.11)	14	(0.6)	15.2	(0.33)	5.0	(0.20)	33	(0.9)	14.8	(0.31)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	14.4	(0.42)	1.6	(0.16)	11	(1.0)	15.1	(0.73)	4.1	(0.38)	27	(2.4)	13.9	(0.38)
20 and over.....	1053	44	(2.2)	16.9	(0.44)	2.0	(0.14)	12	(0.9)	16.0	(0.61)	4.5	(0.31)	28	(2.0)	17.6	(0.61)
2 and over...	1765	43	(1.9)	16.2	(0.33)	1.9	(0.10)	12	(0.7)	15.8	(0.52)	4.4	(0.27)	28	(1.8)	16.6	(0.45)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	14.3	(0.21)	1.9	(0.20)	13	(1.4)	15.0	(0.35)	4.9	(0.42)	32	(2.3)	13.9	(0.24)
20 and over.....	4801	42	(1.3)	15.8	(0.17)	2.2	(0.13)	14	(0.9)	15.9	(0.26)	5.2	(0.24)	33	(1.4)	15.7	(0.29)
2 and over...	7933	41	(1.2)	15.4	(0.13)	2.1	(0.14)	14	(1.0)	15.7	(0.21)	5.1	(0.26)	33	(1.5)	15.2	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Z i n c

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	10.6	(0.43)	2.0	(0.55)	18	(4.6)	11.8	(0.85)	5.2	(0.96)	44	(5.4)	9.8	(0.29)
20 and over.....	1680	41	(3.8)	11.3	(0.20)	2.1	(0.38)	18	(3.3)	12.4	(0.42)	5.0	(0.51)	41	(3.3)	10.5	(0.26)
2 and over...	2762	40	(4.1)	11.1	(0.22)	2.0	(0.41)	18	(3.5)	12.2	(0.44)	5.1	(0.56)	41	(3.4)	10.3	(0.22)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	9.6	(0.37)	1.3	(0.17)	14	(1.5)	9.8	(0.45)	3.4	(0.25)	34	(2.3)	9.5	(0.38)
20 and over.....	1748	42	(1.3)	11.2	(0.31)	1.7	(0.12)	15	(1.0)	11.5	(0.34)	4.1	(0.20)	36	(1.4)	11.0	(0.42)
2 and over...	2910	41	(1.0)	10.8	(0.30)	1.6	(0.10)	15	(0.8)	11.1	(0.31)	3.9	(0.17)	35	(1.1)	10.6	(0.38)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	10.6	(0.56)	1.3	(0.14)	12	(1.1)	11.2	(1.02)	3.3	(0.34)	29	(3.0)	10.2	(0.53)
20 and over.....	1053	44	(2.2)	12.3	(0.32)	1.5	(0.11)	13	(1.0)	12.0	(0.52)	3.5	(0.25)	29	(2.4)	12.5	(0.33)
2 and over...	1765	43	(1.9)	11.8	(0.29)	1.5	(0.09)	12	(0.8)	11.8	(0.54)	3.4	(0.20)	29	(2.1)	11.9	(0.26)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	10.2	(0.20)	1.5	(0.15)	15	(1.5)	10.7	(0.46)	3.8	(0.35)	36	(2.8)	9.9	(0.20)
20 and over.....	4801	42	(1.3)	11.5	(0.15)	1.7	(0.11)	15	(1.1)	11.9	(0.19)	4.1	(0.19)	35	(1.8)	11.2	(0.23)
2 and over...	7933	41	(1.2)	11.2	(0.13)	1.7	(0.11)	15	(1.1)	11.6	(0.21)	4.1	(0.20)	35	(1.8)	10.9	(0.21)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	1.0	(0.03)	0.2	(0.04)	15	(3.6)	1.1	(0.07)	0.4	(0.07)	37	(4.1)	0.9	(0.03)
20 and over.....	1680	41	(3.8)	1.2	(0.02)	0.2	(0.03)	14	(2.7)	1.2	(0.04)	0.4	(0.05)	32	(2.9)	1.2	(0.02)
2 and over...	2762	40	(4.1)	1.1	(0.02)	0.2	(0.03)	14	(2.8)	1.2	(0.04)	0.4	(0.05)	33	(2.9)	1.1	(0.02)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	1.0	(0.03)	0.1	(0.01)	12	(1.3)	1.0	(0.03)	0.3	(0.02)	31	(1.8)	1.0	(0.05)
20 and over.....	1748	42	(1.3)	1.3	(0.02)	0.1	(0.01)	11	(0.6)	1.3	(0.04)	0.3	(0.01)	27	(1.3)	1.3	(0.03)
2 and over...	2910	41	(1.0)	1.2	(0.02)	0.1	(0.01)	11	(0.5)	1.2	(0.04)	0.3	(0.01)	28	(1.2)	1.2	(0.03)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	1.1	(0.05)	0.1	(0.01)	10	(0.8)	1.1	(0.10)	0.3	(0.02)	25	(2.4)	1.1	(0.04)
20 and over.....	1053	44	(2.2)	1.6	(0.13)	0.1	(0.01)	9	(0.9)	1.7	(0.30)	0.3	(0.02)	19	(3.5)	1.5	(0.04)
2 and over...	1765	43	(1.9)	1.5	(0.11)	0.1	(0.01)	9	(0.7)	1.6	(0.25)	0.3	(0.02)	20	(3.2)	1.4	(0.03)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	1.0	(0.02)	0.1	(0.01)	12	(1.3)	1.0	(0.04)	0.3	(0.03)	30	(2.3)	1.0	(0.02)
20 and over.....	4801	42	(1.3)	1.4	(0.05)	0.1	(0.01)	11	(0.8)	1.4	(0.11)	0.4	(0.02)	25	(2.4)	1.3	(0.02)
2 and over...	7933	41	(1.2)	1.3	(0.04)	0.1	(0.01)	11	(0.9)	1.3	(0.09)	0.3	(0.02)	26	(2.3)	1.2	(0.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants µg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants µg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	102.8	(4.13)	21.2	(5.63)	21	(4.7)	116.9	(7.73)	56.2	(9.10)	48	(4.9)	94.3	(2.40)
20 and over.....	1680	41	(3.8)	110.8	(2.37)	22.6	(4.01)	20	(3.3)	122.5	(3.50)	55.1	(4.99)	45	(3.1)	102.7	(2.06)
2 and over...	2762	40	(4.1)	108.8	(2.51)	22.2	(4.34)	20	(3.6)	121.2	(3.94)	55.4	(5.61)	46	(3.3)	100.5	(1.71)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	91.4	(3.16)	15.5	(1.93)	17	(1.8)	95.7	(4.67)	38.9	(2.94)	41	(2.2)	88.6	(2.84)
20 and over.....	1748	42	(1.3)	111.6	(2.57)	19.4	(1.06)	17	(0.8)	116.0	(3.01)	46.3	(1.94)	40	(1.1)	108.4	(3.13)
2 and over...	2910	41	(1.0)	106.7	(2.49)	18.4	(1.00)	17	(0.7)	111.3	(2.75)	44.6	(1.83)	40	(1.0)	103.4	(2.96)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	102.5	(4.16)	14.4	(1.36)	14	(1.3)	107.8	(7.16)	36.8	(3.42)	34	(2.9)	99.1	(3.99)
20 and over.....	1053	44	(2.2)	122.3	(2.89)	17.4	(1.29)	14	(1.2)	123.8	(3.93)	39.4	(2.80)	32	(2.2)	121.1	(3.50)
2 and over...	1765	43	(1.9)	117.1	(2.10)	16.6	(1.00)	14	(0.9)	120.0	(3.32)	38.7	(2.35)	32	(1.8)	115.0	(2.67)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	98.1	(1.59)	16.7	(1.69)	17	(1.6)	104.9	(3.73)	42.7	(3.65)	41	(2.5)	93.7	(1.62)
20 and over.....	4801	42	(1.3)	114.5	(1.46)	19.4	(1.20)	17	(1.1)	120.3	(1.95)	46.3	(2.13)	39	(1.6)	110.3	(2.07)
2 and over...	7933	41	(1.2)	110.4	(1.05)	18.7	(1.24)	17	(1.1)	116.6	(1.82)	45.5	(2.34)	39	(1.6)	106.0	(1.73)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	2305	(49.1)	381	(98.0)	17	(3.9)	2535	(121.0)	1012	(146.0)	40	(4.2)	2166	(52.0)
20 and over.....	1680	41	(3.8)	2634	(53.2)	420	(83.6)	16	(3.1)	2770	(84.9)	1024	(117.3)	37	(3.5)	2540	(75.5)
2 and over...	2762	40	(4.1)	2550	(46.8)	410	(86.1)	16	(3.2)	2714	(85.2)	1021	(118.6)	38	(3.4)	2440	(65.8)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	2196	(59.1)	283	(28.4)	13	(1.2)	2172	(57.0)	712	(35.4)	33	(1.7)	2212	(90.7)
20 and over.....	1748	42	(1.3)	2749	(61.9)	354	(22.5)	13	(0.8)	2652	(62.9)	846	(39.5)	32	(1.6)	2819	(84.3)
2 and over...	2910	41	(1.0)	2614	(55.0)	336	(18.9)	13	(0.7)	2540	(56.1)	815	(32.4)	32	(1.5)	2667	(76.2)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	2386	(65.3)	278	(25.5)	12	(0.9)	2443	(161.2)	708	(53.5)	29	(1.9)	2350	(66.1)
20 and over.....	1053	44	(2.2)	3031	(69.3)	359	(27.7)	12	(0.9)	2972	(98.6)	812	(53.2)	27	(1.7)	3078	(79.4)
2 and over...	1765	43	(1.9)	2863	(58.2)	338	(22.0)	12	(0.8)	2846	(96.5)	787	(43.7)	28	(1.5)	2875	(63.7)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	2279	(21.5)	308	(30.6)	14	(1.4)	2344	(77.5)	789	(61.5)	34	(2.2)	2238	(49.2)
20 and over.....	4801	42	(1.3)	2793	(38.4)	369	(26.2)	13	(1.0)	2783	(43.9)	879	(46.2)	32	(1.6)	2801	(55.4)
2 and over...	7933	41	(1.2)	2665	(32.6)	354	(25.7)	13	(1.0)	2679	(42.9)	858	(46.6)	32	(1.6)	2655	(51.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	3337	(113.2)	740	(192.5)	22	(5.0)	3859	(260.2)	1965	(289.4)	51	(4.3)	3022	(66.1)
20 and over.....	1680	41	(3.8)	3556	(83.3)	780	(139.7)	22	(3.5)	4013	(141.2)	1901	(182.5)	47	(3.1)	3239	(58.3)
2 and over...	2762	40	(4.1)	3500	(85.8)	769	(151.8)	22	(3.8)	3976	(158.4)	1917	(201.6)	48	(3.3)	3181	(47.1)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	2996	(101.7)	541	(63.9)	18	(1.8)	3236	(112.4)	1362	(99.7)	42	(2.2)	2838	(133.9)
20 and over.....	1748	42	(1.3)	3523	(66.5)	636	(35.6)	18	(0.9)	3752	(75.2)	1521	(64.9)	41	(1.3)	3359	(91.8)
2 and over...	2910	41	(1.0)	3395	(69.5)	613	(32.9)	18	(0.8)	3631	(69.9)	1484	(60.9)	41	(1.3)	3228	(93.9)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	3170	(95.0)	481	(51.0)	15	(1.5)	3354	(191.4)	1226	(130.9)	37	(3.1)	3052	(95.6)
20 and over.....	1053	44	(2.2)	3732	(80.3)	590	(47.0)	16	(1.3)	3852	(114.7)	1333	(100.6)	35	(2.2)	3637	(87.1)
2 and over...	1765	43	(1.9)	3585	(64.8)	562	(37.5)	16	(1.1)	3733	(84.3)	1308	(86.6)	35	(2.0)	3474	(73.5)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	3137	(47.8)	575	(63.8)	18	(1.9)	3424	(128.1)	1473	(136.4)	43	(2.7)	2953	(77.9)
20 and over.....	4801	42	(1.3)	3592	(29.1)	654	(42.4)	18	(1.2)	3854	(59.5)	1559	(78.9)	40	(1.7)	3403	(57.2)
2 and over...	7933	41	(1.2)	3478	(24.4)	634	(45.4)	18	(1.3)	3752	(60.1)	1539	(88.2)	41	(1.8)	3286	(55.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

C a f f e i n e

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	32.6	(4.99)	4.5	(1.27)	14*	(4.7)	47.2	(10.90)	12.1	(2.02)	26*	(8.0)	23.8	(3.71)
20 and over.....	1680	41	(3.8)	144.9	(11.77)	16.1	(2.23)	11	(2.0)	145.6	(18.60)	39.3	(3.55)	27	(3.6)	144.5	(9.17)
2 and over...	2762	40	(4.1)	116.2	(9.84)	13.2	(1.80)	11	(2.1)	122.0	(16.38)	32.8	(2.79)	27	(3.7)	112.3	(7.69)
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	32.4	(2.77)	6.3	(1.80)	19	(5.2)	42.0	(5.46)	15.8	(4.17)	38	(7.9)	26.1	(4.23)
20 and over.....	1748	42	(1.3)	189.6	(12.47)	18.6	(2.31)	10	(1.4)	190.9	(18.14)	44.6	(5.52)	23	(3.8)	188.7	(13.34)
2 and over...	2910	41	(1.0)	151.3	(10.00)	15.6	(1.97)	10	(1.5)	156.0	(14.23)	37.8	(4.51)	24	(3.8)	148.0	(11.97)
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	28.9	(2.48)	7.0*	(2.29)	24	(6.7)	44.1	(7.71)	17.8*	(5.68)	40	(8.9)	19.0	(2.54)
20 and over.....	1053	44	(2.2)	181.2	(13.02)	27.2	(3.28)	15	(1.9)	197.0	(24.42)	61.4	(6.58)	31	(4.6)	168.7	(13.72)
2 and over...	1765	43	(1.9)	141.4	(10.48)	21.9	(2.79)	15	(1.9)	160.5	(19.31)	51.0	(5.59)	32	(4.3)	127.0	(11.04)
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	31.8	(1.77)	6.3	(1.05)	20	(3.3)	44.4	(3.19)	16.0	(2.36)	36	(5.6)	23.8	(2.37)
20 and over.....	4801	42	(1.3)	172.9	(8.97)	19.9	(1.39)	11	(1.2)	178.7	(13.10)	47.4	(2.74)	27	(2.7)	168.7	(8.96)
2 and over...	7933	41	(1.2)	137.5	(7.03)	16.5	(1.25)	12	(1.3)	146.8	(10.15)	39.9	(2.37)	27	(2.8)	131.0	(7.46)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

A l c o h o l

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	38	(5.5)	--		--		--		--		--		--		--	
20 and over.....	1680	41	(3.8)	11.1	(1.48)	#		#		11.6	(1.51)	0.1*	(0.04)	1*	(0.3)	10.8	(2.85)
2 and over...	2762	40	(4.1)	--		--		--		--		--		--		--	
$25,000 - $74,999:																	
2 - 19.....	1162	40	(2.6)	--		--		--		--		--		--		--	
20 and over.....	1748	42	(1.3)	10.4	(1.11)	0.1*	(0.07)	1*	(0.7)	9.0	(1.13)	0.3*	(0.16)	3*	(1.8)	11.4	(1.84)
2 and over...	2910	41	(1.0)	--		--		--		--		--		--		--	
$75,000 and higher:																	
2 - 19.....	712	39	(2.4)	--		--		--		--		--		--		--	
20 and over.....	1053	44	(2.2)	15.8	(2.24)	0.2*	(0.14)	1*	(0.8)	13.4	(1.92)	0.4*	(0.33)	3*	(2.4)	17.6	(3.55)
2 and over...	1765	43	(1.9)	--		--		--		--		--		--		--	
All Individuals [7]:																	
2 - 19.....	3132	39	(1.2)	--		--		--		--		--		--		--	
20 and over.....	4801	42	(1.3)	12.1	(0.88)	0.1*	(0.06)	1*	(0.4)	11.1	(1.01)	0.3*	(0.14)	3*	(1.2)	12.8	(1.23)
2 and over...	7933	41	(1.2)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[3] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

[7] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2014).

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.

Salt adjustment is not applied to What We Eat in America, NHANES 2009-2010 and all subsequent surveys. Details available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Although alchohol 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012

F o o d e n e r g y

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake kcal	(SE)	Intake from Quick Service Restaurants kcal	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake kcal	(SE)	Intake from Quick Service Restaurants kcal	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake kcal	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	2000	(52.9)	356	(81.2)	18	(3.6)	2287	(127.0)	938	(127.8)	41	(3.4)	1824	(40.0)
20 and over.....	1585	41	(4.1)	2242	(61.9)	426	(87.1)	19	(3.4)	2506	(90.2)	1048	(114.9)	42	(3.3)	2061	(44.7)
2 and over...	2996	40	(4.0)	2159	(55.2)	402	(84.5)	19	(3.5)	2435	(96.6)	1012	(116.2)	42	(3.2)	1978	(32.5)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	1958	(43.9)	291	(32.1)	15	(1.6)	2017	(67.0)	761	(44.9)	38	(1.6)	1921	(46.1)
20 and over.....	1509	42	(1.9)	2120	(56.7)	349	(22.6)	16	(0.9)	2314	(61.6)	837	(34.7)	36	(1.4)	1980	(56.8)
2 and over...	2432	41	(1.6)	2078	(48.9)	335	(21.8)	16	(0.9)	2243	(51.4)	819	(32.1)	36	(1.2)	1965	(49.0)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	1999	(49.4)	321	(29.6)	16	(1.4)	2136	(92.0)	758	(53.3)	35	(2.2)	1899	(46.8)
20 and over.....	1340	44	(2.0)	2237	(42.3)	322	(18.1)	14	(0.8)	2266	(64.5)	729	(28.5)	32	(1.2)	2213	(43.1)
2 and over...	1913	44	(2.0)	2194	(39.4)	322	(17.4)	15	(0.8)	2244	(53.8)	734	(26.1)	33	(1.2)	2155	(41.8)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	1983	(22.8)	322	(33.1)	16	(1.6)	2147	(65.3)	826	(66.1)	38	(2.1)	1879	(28.9)
20 and over.....	4801	42	(1.3)	2191	(15.6)	351	(22.6)	16	(1.1)	2338	(29.4)	837	(40.4)	36	(1.5)	2085	(31.4)
2 and over...	7933	41	(1.2)	2139	(12.3)	344	(24.2)	16	(1.1)	2293	(30.6)	835	(44.5)	36	(1.6)	2031	(28.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

P r o t e i n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	71.6	(2.05)	13.8	(3.22)	19	(4.0)	79.7	(4.53)	36.3	(5.44)	45	(4.5)	66.6	(1.42)
20 and over.....	1585	41	(4.1)	83.4	(2.07)	17.0	(3.36)	20	(3.6)	91.0	(3.03)	41.8	(4.25)	46	(3.4)	78.3	(1.87)
2 and over...	2996	40	(4.0)	79.4	(1.84)	15.9	(3.25)	20	(3.6)	87.3	(3.16)	40.0	(4.31)	46	(3.4)	74.2	(1.15)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	68.1	(2.60)	10.8	(1.45)	16	(1.8)	71.6	(4.30)	28.1	(2.24)	39	(2.1)	65.9	(2.00)
20 and over.....	1509	42	(1.9)	77.9	(2.01)	14.1	(0.85)	18	(0.9)	84.8	(1.93)	33.7	(1.26)	40	(1.2)	73.0	(2.10)
2 and over...	2432	41	(1.6)	75.4	(1.85)	13.2	(0.84)	18	(0.8)	81.7	(2.00)	32.4	(1.20)	40	(1.1)	71.1	(1.86)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	73.2	(2.60)	11.4	(1.07)	16	(1.3)	76.5	(4.30)	26.8	(2.11)	35	(3.1)	70.7	(2.65)
20 and over.....	1340	44	(2.0)	87.5	(1.62)	13.2	(0.88)	15	(1.0)	86.3	(1.99)	29.8	(1.41)	35	(1.5)	88.4	(1.79)
2 and over...	1913	44	(2.0)	84.9	(1.34)	12.8	(0.80)	15	(0.9)	84.6	(1.54)	29.3	(1.24)	35	(1.4)	85.2	(1.52)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	70.6	(0.94)	12.0	(1.18)	17	(1.6)	75.7	(2.49)	30.7	(2.52)	41	(2.7)	67.2	(0.94)
20 and over.....	4801	42	(1.3)	83.0	(0.75)	14.2	(0.92)	17	(1.1)	86.8	(1.06)	33.8	(1.60)	39	(1.6)	80.3	(1.31)
2 and over...	7933	41	(1.2)	79.9	(0.52)	13.6	(0.92)	17	(1.2)	84.2	(1.04)	33.1	(1.70)	39	(1.7)	76.9	(1.09)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C a r b o h y d r a t e

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	264	(5.6)	40	(8.9)	15	(3.1)	297	(13.4)	104	(13.3)	35	(3.0)	244	(5.0)
20 and over.....	1585	41	(4.1)	280	(7.3)	48	(10.7)	17	(3.5)	310	(11.3)	117	(15.2)	38	(3.8)	259	(5.5)
2 and over...	2996	40	(4.0)	274	(6.3)	45	(10.0)	16	(3.3)	306	(11.1)	113	(14.3)	37	(3.5)	254	(4.6)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	267	(5.5)	35	(4.1)	13	(1.5)	270	(6.8)	92	(6.7)	34	(2.0)	266	(7.9)
20 and over.....	1509	42	(1.9)	260	(6.8)	39	(2.7)	15	(1.0)	279	(9.8)	94	(4.3)	34	(1.5)	247	(6.6)
2 and over...	2432	41	(1.6)	262	(5.9)	38	(2.6)	15	(0.9)	277	(7.3)	94	(4.0)	34	(1.3)	252	(6.2)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	263	(5.9)	39	(4.3)	15	(1.5)	279	(10.7)	92	(7.5)	33	(2.1)	252	(6.1)
20 and over.....	1340	44	(2.0)	264	(5.0)	36	(2.2)	14	(0.9)	268	(7.4)	82	(3.6)	31	(1.2)	261	(6.6)
2 and over...	1913	44	(2.0)	264	(4.5)	37	(2.2)	14	(0.9)	270	(5.9)	84	(3.2)	31	(1.2)	259	(6.3)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	265	(2.3)	38	(4.0)	14	(1.4)	282	(7.7)	97	(7.7)	34	(1.9)	254	(4.4)
20 and over.....	4801	42	(1.3)	266	(2.4)	39	(2.8)	15	(1.1)	282	(4.4)	94	(5.0)	33	(1.6)	254	(4.1)
2 and over...	7933	41	(1.2)	266	(1.9)	39	(3.0)	15	(1.2)	282	(4.0)	95	(5.4)	34	(1.6)	254	(4.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

T o t a l s u g a r s

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	126	(2.8)	14	(3.5)	11	(2.6)	137	(5.9)	37	(5.8)	27	(3.3)	120	(3.2)
20 and over.....	1585	41	(4.1)	128	(4.5)	18	(4.7)	14	(3.4)	143	(5.6)	43	(7.7)	30	(4.5)	117	(4.1)
2 and over...	2996	40	(4.0)	127	(3.5)	16	(4.3)	13	(3.1)	141	(4.9)	41	(6.8)	29	(4.1)	118	(3.3)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	131	(3.9)	13	(1.3)	10	(1.0)	129	(5.8)	34	(2.7)	27	(1.5)	133	(5.6)
20 and over.....	1509	42	(1.9)	114	(3.9)	14	(1.2)	12	(1.1)	123	(8.0)	34	(2.1)	28	(2.0)	109	(3.8)
2 and over...	2432	41	(1.6)	119	(3.6)	14	(1.0)	12	(0.9)	124	(6.1)	34	(2.0)	27	(1.7)	115	(3.1)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	127	(3.3)	16	(2.7)	13	(2.0)	133	(6.4)	39	(4.8)	29	(2.6)	123	(3.8)
20 and over.....	1340	44	(2.0)	114	(2.4)	14	(1.3)	12	(1.2)	116	(4.1)	32	(2.2)	27	(1.4)	112	(3.3)
2 and over...	1913	44	(2.0)	116	(2.0)	14	(1.2)	12	(1.1)	119	(3.4)	33	(1.7)	28	(1.1)	114	(2.9)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	128	(1.8)	14	(1.6)	11	(1.3)	133	(4.1)	37	(3.4)	28	(1.9)	125	(3.2)
20 and over.....	4801	42	(1.3)	117	(1.4)	15	(1.3)	12	(1.2)	125	(2.5)	35	(2.4)	28	(2.0)	112	(2.1)
2 and over...	7933	41	(1.2)	120	(1.3)	15	(1.3)	12	(1.2)	127	(1.9)	35	(2.5)	28	(1.9)	115	(2.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	*All Individuals* [3] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [3] Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Dietary fiber																	
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	14.4	(0.33)	2.2	(0.47)	15	(3.1)	15.6	(0.79)	5.8	(0.71)	37	(2.9)	13.6	(0.49)
20 and over.....	1585	41	(4.1)	17.2	(0.52)	2.8	(0.65)	16	(3.6)	17.3	(0.86)	6.8	(0.94)	39	(4.2)	17.1	(0.59)
2 and over...	2996	40	(4.0)	16.2	(0.40)	2.6	(0.58)	16	(3.4)	16.7	(0.78)	6.5	(0.83)	39	(3.7)	15.8	(0.46)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	14.0	(0.35)	2.1	(0.32)	15	(2.0)	14.0	(0.49)	5.4	(0.61)	39	(3.3)	14.0	(0.44)
20 and over.....	1509	42	(1.9)	17.1	(0.50)	2.3	(0.16)	14	(0.7)	16.8	(0.64)	5.5	(0.23)	33	(1.4)	17.3	(0.57)
2 and over...	2432	41	(1.6)	16.3	(0.41)	2.3	(0.14)	14	(0.6)	16.1	(0.51)	5.5	(0.21)	34	(1.2)	16.4	(0.50)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	14.9	(0.46)	2.0	(0.18)	13	(1.1)	15.3	(0.98)	4.6	(0.29)	30	(2.5)	14.6	(0.56)
20 and over.....	1340	44	(2.0)	19.8	(0.66)	2.3	(0.17)	11	(0.7)	18.7	(1.12)	5.1	(0.33)	27	(1.3)	20.7	(0.57)
2 and over...	1913	44	(2.0)	18.9	(0.56)	2.2	(0.14)	12	(0.6)	18.1	(0.93)	5.0	(0.27)	28	(1.3)	19.6	(0.50)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	14.4	(0.18)	2.1	(0.21)	14	(1.4)	14.9	(0.42)	5.3	(0.41)	35	(2.1)	14.1	(0.32)
20 and over.....	4801	42	(1.3)	18.1	(0.35)	2.4	(0.17)	13	(1.0)	17.7	(0.54)	5.6	(0.32)	32	(1.7)	18.4	(0.38)
2 and over...	7933	41	(1.2)	17.2	(0.28)	2.3	(0.16)	13	(1.0)	17.1	(0.44)	5.5	(0.31)	33	(1.7)	17.3	(0.36)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

T o t a l f a t

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	75.0	(2.67)	16.0	(3.74)	21	(4.3)	88.9	(6.35)	42.2	(6.17)	47	(3.7)	66.5	(2.22)
20 and over.....	1585	41	(4.1)	82.4	(2.56)	18.8	(3.50)	23	(3.6)	94.7	(4.33)	46.3	(4.47)	49	(2.7)	74.0	(1.63)
2 and over...	2996	40	(4.0)	79.9	(2.44)	17.9	(3.56)	22	(3.8)	92.8	(4.76)	45.0	(4.89)	48	(2.9)	71.3	(1.41)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	70.1	(1.98)	12.0	(1.38)	17	(1.8)	73.2	(3.99)	31.4	(2.16)	43	(1.7)	68.2	(1.74)
20 and over.....	1509	42	(1.9)	80.2	(2.80)	15.2	(0.98)	19	(1.0)	91.4	(2.66)	36.5	(1.62)	40	(1.6)	72.1	(2.76)
2 and over...	2432	41	(1.6)	77.6	(2.31)	14.4	(0.99)	19	(0.9)	87.1	(2.50)	35.3	(1.58)	41	(1.4)	71.1	(2.20)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	75.5	(2.45)	13.5	(1.13)	18	(1.6)	82.0	(4.29)	31.9	(2.46)	39	(3.2)	70.7	(2.91)
20 and over.....	1340	44	(2.0)	84.7	(2.34)	13.8	(0.77)	16	(0.7)	87.5	(3.61)	31.2	(1.33)	36	(1.6)	82.4	(1.92)
2 and over...	1913	44	(2.0)	83.0	(2.23)	13.7	(0.71)	17	(0.8)	86.5	(3.17)	31.3	(1.22)	36	(1.5)	80.3	(1.96)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	73.3	(1.42)	13.9	(1.47)	19	(1.8)	81.4	(3.28)	35.6	(3.04)	44	(2.3)	68.1	(1.20)
20 and over.....	4801	42	(1.3)	82.2	(0.77)	15.3	(0.91)	19	(1.1)	90.3	(1.49)	36.4	(1.74)	40	(1.6)	76.4	(1.19)
2 and over...	7933	41	(1.2)	80.0	(0.75)	14.9	(1.01)	19	(1.2)	88.2	(1.53)	36.2	(1.95)	41	(1.7)	74.3	(1.08)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	*All Individuals* [3] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [3] Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Saturated fat																	
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	25.7	(0.90)	5.1	(1.15)	20	(4.1)	29.7	(1.92)	13.5	(1.96)	46	(4.0)	23.2	(1.01)
20 and over.....	1585	41	(4.1)	27.0	(0.86)	6.2	(1.18)	23	(3.8)	31.3	(1.64)	15.3	(1.51)	49	(2.8)	24.1	(0.62)
2 and over...	2996	40	(4.0)	26.6	(0.79)	5.9	(1.16)	22	(3.9)	30.8	(1.68)	14.7	(1.61)	48	(2.9)	23.8	(0.61)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	24.4	(0.76)	4.2	(0.52)	17	(2.1)	25.2	(1.47)	11.0	(0.83)	44	(2.6)	23.9	(0.80)
20 and over.....	1509	42	(1.9)	25.8	(1.00)	5.1	(0.34)	20	(1.0)	29.5	(1.05)	12.2	(0.52)	41	(1.6)	23.1	(1.00)
2 and over...	2432	41	(1.6)	25.4	(0.81)	4.9	(0.34)	19	(1.0)	28.5	(0.94)	11.9	(0.55)	42	(1.3)	23.3	(0.81)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	26.6	(0.97)	4.8	(0.48)	18	(1.9)	28.6	(1.44)	11.3	(1.06)	39	(3.8)	25.0	(1.15)
20 and over.....	1340	44	(2.0)	27.0	(0.79)	4.7	(0.29)	17	(0.9)	28.2	(1.03)	10.6	(0.50)	38	(1.7)	26.1	(0.76)
2 and over...	1913	44	(2.0)	26.9	(0.76)	4.7	(0.26)	17	(0.9)	28.2	(0.93)	10.7	(0.40)	38	(1.6)	25.9	(0.79)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	25.4	(0.49)	4.7	(0.44)	18	(1.7)	27.7	(0.99)	12.0	(0.93)	43	(2.4)	23.8	(0.53)
20 and over.....	4801	42	(1.3)	26.5	(0.36)	5.1	(0.32)	19	(1.2)	29.3	(0.64)	12.2	(0.61)	42	(1.6)	24.4	(0.44)
2 and over...	7933	41	(1.2)	26.2	(0.35)	5.0	(0.33)	19	(1.2)	28.9	(0.61)	12.2	(0.63)	42	(1.7)	24.3	(0.42)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	All Individuals [3] Total Intake g	(SE)	All Individuals [3] Intake from Quick Service Restaurants g	(SE)	All Individuals [3] Percentages from [7] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [4] Total Intake g	(SE)	Quick Service Restaurant Consumers [4] Intake from Quick Service Restaurants g	(SE)	Quick Service Restaurant Consumers [4] Percentages from [7] Quick Service Restaurants %	(SE)	Non-consumers [5] Total Intake g	(SE)
Monounsaturated fat																	
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	25.9	(1.04)	5.5	(1.31)	21	(4.3)	30.6	(2.52)	14.4	(2.20)	47	(3.5)	22.9	(0.77)
20 and over.....	1585	41	(4.1)	29.0	(0.83)	6.5	(1.17)	22	(3.5)	33.1	(1.37)	16.0	(1.43)	48	(2.6)	26.2	(0.65)
2 and over...	2996	40	(4.0)	27.9	(0.82)	6.2	(1.21)	22	(3.7)	32.3	(1.64)	15.5	(1.62)	48	(2.7)	25.1	(0.48)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	24.2	(0.72)	4.1	(0.48)	17	(1.8)	25.3	(1.44)	10.7	(0.80)	42	(1.8)	23.5	(0.67)
20 and over.....	1509	42	(1.9)	28.7	(1.00)	5.4	(0.36)	19	(1.0)	32.8	(0.99)	12.8	(0.60)	39	(1.7)	25.8	(0.98)
2 and over...	2432	41	(1.6)	27.6	(0.85)	5.0	(0.36)	18	(1.0)	31.0	(0.94)	12.3	(0.59)	40	(1.5)	25.2	(0.81)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	26.4	(0.95)	4.6	(0.39)	17	(1.5)	28.4	(1.81)	10.8	(0.93)	38	(3.6)	24.9	(1.11)
20 and over.....	1340	44	(2.0)	30.5	(0.85)	4.8	(0.27)	16	(0.8)	31.2	(1.47)	10.9	(0.50)	35	(1.7)	30.0	(0.67)
2 and over...	1913	44	(2.0)	29.8	(0.82)	4.8	(0.26)	16	(0.8)	30.7	(1.30)	10.9	(0.47)	35	(1.6)	29.0	(0.69)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	25.4	(0.53)	4.7	(0.52)	19	(1.8)	28.1	(1.26)	12.1	(1.08)	43	(2.4)	23.6	(0.47)
20 and over.....	4801	42	(1.3)	29.4	(0.30)	5.3	(0.31)	18	(1.1)	32.1	(0.53)	12.7	(0.57)	40	(1.5)	27.5	(0.40)
2 and over...	7933	41	(1.2)	28.4	(0.27)	5.2	(0.34)	18	(1.2)	31.2	(0.51)	12.6	(0.65)	40	(1.7)	26.5	(0.37)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	All Individuals [3]: Total Intake g	(SE)	All Individuals [3]: Intake from Quick Service Restaurants g	(SE)	All Individuals [3]: Percentages from [7] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [4]: Total Intake g	(SE)	Quick Service Restaurant Consumers [4]: Intake from Quick Service Restaurants g	(SE)	Quick Service Restaurant Consumers [4]: Percentages from [7] Quick Service Restaurants %	(SE)	Non-consumers [5]: Total Intake g	(SE)
Polyunsaturated fat																	
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	17.3	(0.93)	4.1	(1.00)	24	(4.6)	21.4	(1.77)	10.7	(1.65)	50	(3.8)	14.8	(0.63)
20 and over.....	1585	41	(4.1)	19.5	(0.83)	4.5	(0.88)	23	(3.6)	22.4	(1.38)	11.1	(1.28)	50	(2.9)	17.5	(0.46)
2 and over...	2996	40	(4.0)	18.8	(0.82)	4.4	(0.91)	23	(3.9)	22.1	(1.39)	11.0	(1.33)	50	(3.0)	16.6	(0.44)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	15.8	(0.57)	2.7	(0.32)	17	(1.7)	16.9	(1.00)	7.1	(0.56)	42	(1.7)	15.2	(0.48)
20 and over.....	1509	42	(1.9)	19.2	(0.68)	3.5	(0.23)	18	(1.1)	21.6	(0.64)	8.3	(0.47)	38	(2.1)	17.4	(0.76)
2 and over...	2432	41	(1.6)	18.3	(0.56)	3.3	(0.23)	18	(1.0)	20.5	(0.64)	8.0	(0.41)	39	(1.8)	16.8	(0.57)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	16.5	(0.57)	3.0	(0.32)	18	(1.8)	18.2	(1.12)	7.1	(0.68)	39	(2.7)	15.2	(0.63)
20 and over.....	1340	44	(2.0)	20.3	(0.62)	3.1	(0.17)	15	(0.7)	21.0	(1.02)	6.9	(0.32)	33	(1.6)	19.7	(0.53)
2 and over...	1913	44	(2.0)	19.6	(0.54)	3.1	(0.16)	16	(0.7)	20.5	(0.85)	7.0	(0.32)	34	(1.7)	18.9	(0.47)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	16.6	(0.48)	3.3	(0.41)	20	(2.0)	19.0	(0.92)	8.5	(0.87)	45	(2.7)	15.0	(0.30)
20 and over.....	4801	42	(1.3)	19.7	(0.20)	3.5	(0.23)	18	(1.2)	21.5	(0.51)	8.3	(0.51)	39	(1.9)	18.3	(0.33)
2 and over...	7933	41	(1.2)	18.9	(0.21)	3.5	(0.27)	18	(1.3)	20.9	(0.49)	8.4	(0.55)	40	(2.0)	17.5	(0.27)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C h o l e s t e r o l

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	243	(13.4)	52*	(16.9)	21	(6.0)	265	(29.0)	137	(35.8)	52	(8.2)	230	(8.2)
20 and over.....	1585	41	(4.1)	287	(9.0)	54	(9.7)	19	(3.1)	295	(11.7)	133	(11.3)	45	(2.8)	282	(12.8)
2 and over...	2996	40	(4.0)	272	(7.9)	53	(11.6)	20	(3.8)	285	(12.1)	134	(17.5)	47	(4.4)	263	(8.0)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	210	(10.9)	30	(4.3)	14	(1.8)	225	(20.2)	78	(8.3)	35	(3.8)	201	(9.0)
20 and over.....	1509	42	(1.9)	274	(11.6)	46	(3.3)	17	(1.0)	305	(12.7)	109	(5.1)	36	(1.8)	252	(12.3)
2 and over...	2432	41	(1.6)	258	(9.6)	42	(3.1)	16	(0.9)	286	(11.5)	102	(5.0)	36	(1.4)	239	(10.2)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	217	(9.8)	32	(2.7)	15	(1.2)	210	(12.7)	75	(5.3)	36	(2.8)	223	(14.0)
20 and over.....	1340	44	(2.0)	286	(7.7)	44	(2.8)	15	(0.9)	288	(7.3)	99	(4.7)	34	(1.4)	283	(11.7)
2 and over...	1913	44	(2.0)	273	(7.5)	42	(2.6)	15	(0.9)	275	(6.3)	95	(4.0)	35	(1.3)	272	(10.9)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	224	(5.9)	39	(5.9)	17	(2.4)	235	(12.0)	99	(14.5)	42	(4.6)	217	(5.4)
20 and over.....	4801	42	(1.3)	282	(3.6)	46	(3.0)	16	(1.1)	295	(4.4)	111	(5.1)	38	(1.6)	273	(4.5)
2 and over...	7933	41	(1.2)	267	(3.3)	45	(3.4)	17	(1.2)	281	(4.6)	108	(6.7)	38	(2.1)	258	(4.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Vitamin A (RAE)																	
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	585	(23.7)	63	(17.9)	11	(3.1)	588	(32.1)	167	(35.6)	28	(5.9)	583	(22.8)
20 and over.....	1585	41	(4.1)	579	(29.0)	77	(17.7)	13	(2.9)	594	(50.7)	189	(27.9)	32	(3.3)	569	(21.1)
2 and over...	2996	40	(4.0)	581	(23.2)	72	(17.6)	12	(2.9)	592	(40.4)	182	(30.0)	31	(4.0)	574	(17.0)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	579	(29.8)	46	(6.4)	8	(1.3)	528	(42.2)	121	(10.7)	23	(2.7)	610	(31.6)
20 and over.....	1509	42	(1.9)	592	(25.3)	59	(3.4)	10	(0.7)	549	(21.6)	140	(7.2)	26	(1.5)	622	(34.0)
2 and over...	2432	41	(1.6)	588	(18.7)	55	(3.6)	9	(0.6)	544	(18.9)	135	(6.5)	25	(1.3)	619	(24.6)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	652	(24.0)	63	(5.2)	10	(0.8)	607	(36.9)	148	(12.5)	24	(2.0)	685	(25.1)
20 and over.....	1340	44	(2.0)	820	(75.7)	78	(10.7)	10	(1.5)	778	(118.1)	177	(20.8)	23	(4.2)	853	(51.3)
2 and over...	1913	44	(2.0)	790	(62.7)	76	(8.5)	10	(1.2)	748	(99.6)	172	(17.1)	23	(3.7)	822	(42.5)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	597	(10.2)	57	(5.9)	9	(1.0)	573	(15.6)	145	(14.0)	25	(2.5)	613	(14.2)
20 and over.....	4801	42	(1.3)	674	(38.0)	69	(6.3)	10	(1.1)	655	(56.9)	165	(13.2)	25	(2.7)	688	(29.6)
2 and over...	7933	41	(1.2)	655	(29.8)	66	(5.8)	10	(1.0)	635	(45.8)	160	(12.6)	25	(2.5)	669	(23.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Beta carotene

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	1064	(94.8)	114	(31.6)	11*	(3.3)	954	(95.4)	300	(57.3)	31	(6.0)	1131	(116.3)
20 and over.....	1585	41	(4.1)	1800	(187.2)	258	(74.3)	14	(4.0)	1834	(266.1)	633	(130.5)	35	(6.7)	1777	(171.1)
2 and over...	2996	40	(4.0)	1548	(142.1)	208	(57.1)	13	(3.8)	1546	(191.5)	525	(99.6)	34	(6.4)	1550	(127.6)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	1196	(103.8)	92	(15.5)	8	(1.3)	975	(87.5)	240	(31.2)	25	(3.9)	1333	(159.4)
20 and over.....	1509	42	(1.9)	2127	(165.7)	141	(16.9)	7	(0.8)	1788	(123.7)	339	(39.5)	19	(2.0)	2371	(270.2)
2 and over...	2432	41	(1.6)	1890	(133.4)	129	(14.6)	7	(0.7)	1594	(104.3)	315	(34.5)	20	(2.0)	2094	(218.7)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	1357	(204.6)	119*	(37.1)	9*	(2.8)	1205	(286.9)	281*	(88.0)	23*	(7.2)	1469	(206.6)
20 and over.....	1340	44	(2.0)	3319	(291.9)	317*	(103.5)	10	(2.8)	2605	(322.3)	717*	(223.1)	28	(5.6)	3884	(495.2)
2 and over...	1913	44	(2.0)	2966	(236.5)	281*	(84.8)	9	(2.5)	2361	(292.2)	641	(188.5)	27	(5.2)	3437	(399.2)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	1180	(71.6)	105	(7.9)	9	(0.7)	1030	(69.2)	269	(23.1)	26	(2.4)	1275	(94.0)
20 and over.....	4801	42	(1.3)	2500	(181.7)	233	(44.8)	9	(1.7)	2138	(169.6)	555	(102.2)	26	(3.5)	2761	(246.6)
2 and over...	7933	41	(1.2)	2169	(146.2)	201	(33.7)	9	(1.5)	1875	(135.2)	487	(79.6)	26	(3.1)	2375	(194.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

L y c o p e n e

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	5410	(500.0)	840	(198.3)	16	(3.2)	6452	(1251.0)	2211	(323.9)	34	(5.1)	4772	(385.3)
20 and over.....	1585	41	(4.1)	5654	(347.5)	1408	(376.1)	25	(5.5)	6578	(665.3)	3463	(623.0)	53	(6.5)	5022	(417.4)
2 and over...	2996	40	(4.0)	5571	(328.4)	1214	(308.3)	22	(4.5)	6537	(713.5)	3054	(495.5)	47	(3.1)	4934	(285.7)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	5104	(505.5)	1055	(250.4)	21	(3.7)	5219	(624.0)	2758	(500.7)	53	(5.9)	5033	(636.2)
20 and over.....	1509	42	(1.9)	4651	(262.1)	811	(78.7)	17	(2.0)	4497	(270.1)	1942	(161.0)	43	(3.3)	4761	(436.6)
2 and over...	2432	41	(1.6)	4766	(251.4)	873	(90.6)	18	(1.9)	4670	(240.1)	2137	(177.0)	46	(3.0)	4833	(395.4)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	5263	(691.3)	712	(122.3)	14	(2.0)	5757	(1207.8)	1680	(286.5)	29	(6.1)	4900	(546.3)
20 and over.....	1340	44	(2.0)	5641	(387.0)	717	(64.4)	13	(1.2)	5607	(527.4)	1623	(138.5)	29	(2.3)	5667	(464.1)
2 and over...	1913	44	(2.0)	5573	(301.9)	716	(54.1)	13	(1.1)	5633	(439.3)	1633	(116.6)	29	(2.3)	5525	(358.1)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	5225	(350.7)	861	(100.8)	16	(1.4)	5737	(607.0)	2204	(214.7)	38	(3.9)	4897	(321.5)
20 and over.....	4801	42	(1.3)	5279	(171.5)	897	(99.3)	17	(1.8)	5420	(239.4)	2139	(205.9)	39	(3.0)	5177	(244.7)
2 and over...	7933	41	(1.2)	5265	(169.4)	888	(89.2)	17	(1.6)	5495	(256.8)	2155	(185.8)	39	(2.5)	5104	(204.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

T h i a m i n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	1.57	(0.034)	0.25	(0.054)	16	(3.2)	1.74	(0.076)	0.66	(0.083)	38	(3.6)	1.46	(0.040)
20 and over.....	1585	41	(4.1)	1.64	(0.054)	0.31	(0.068)	19	(3.6)	1.79	(0.092)	0.76	(0.093)	43	(3.3)	1.54	(0.035)
2 and over...	2996	40	(4.0)	1.62	(0.044)	0.29	(0.062)	18	(3.4)	1.77	(0.082)	0.73	(0.088)	41	(3.2)	1.51	(0.024)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	1.51	(0.052)	0.22	(0.036)	14	(2.2)	1.55	(0.080)	0.57	(0.068)	37	(3.4)	1.48	(0.050)
20 and over.....	1509	42	(1.9)	1.57	(0.052)	0.25	(0.017)	16	(0.9)	1.71	(0.074)	0.61	(0.028)	36	(1.8)	1.48	(0.046)
2 and over...	2432	41	(1.6)	1.56	(0.048)	0.25	(0.019)	16	(1.0)	1.67	(0.061)	0.60	(0.030)	36	(1.4)	1.48	(0.044)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	1.57	(0.050)	0.23	(0.021)	15	(1.3)	1.65	(0.073)	0.55	(0.049)	33	(2.4)	1.51	(0.058)
20 and over.....	1340	44	(2.0)	1.72	(0.037)	0.25	(0.014)	15	(0.9)	1.67	(0.055)	0.57	(0.026)	34	(1.6)	1.75	(0.040)
2 and over...	1913	44	(2.0)	1.69	(0.035)	0.25	(0.013)	15	(0.8)	1.67	(0.050)	0.56	(0.023)	34	(1.4)	1.71	(0.036)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	1.55	(0.024)	0.23	(0.021)	15	(1.3)	1.64	(0.046)	0.59	(0.042)	36	(1.9)	1.50	(0.034)
20 and over.....	4801	42	(1.3)	1.64	(0.018)	0.26	(0.017)	16	(1.1)	1.71	(0.035)	0.63	(0.032)	37	(1.7)	1.59	(0.029)
2 and over...	7933	41	(1.2)	1.62	(0.015)	0.25	(0.017)	16	(1.1)	1.70	(0.030)	0.62	(0.032)	36	(1.6)	1.57	(0.027)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	2.04	(0.098)	0.25	(0.062)	12	(2.7)	2.19	(0.228)	0.65	(0.117)	29	(2.9)	1.95	(0.065)
20 and over.....	1585	41	(4.1)	2.06	(0.065)	0.29	(0.054)	14	(2.6)	2.15	(0.098)	0.72	(0.067)	33	(2.9)	2.00	(0.061)
2 and over...	2996	40	(4.0)	2.05	(0.069)	0.28	(0.056)	13	(2.6)	2.17	(0.131)	0.69	(0.079)	32	(2.8)	1.98	(0.055)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	1.89	(0.047)	0.21	(0.028)	11	(1.6)	1.84	(0.089)	0.54	(0.039)	29	(2.7)	1.91	(0.054)
20 and over.....	1509	42	(1.9)	2.05	(0.055)	0.27	(0.015)	13	(0.7)	2.13	(0.071)	0.64	(0.024)	30	(1.4)	2.00	(0.057)
2 and over...	2432	41	(1.6)	2.01	(0.042)	0.25	(0.015)	13	(0.7)	2.06	(0.060)	0.62	(0.023)	30	(1.3)	1.98	(0.046)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	2.09	(0.063)	0.25	(0.026)	12	(1.1)	2.14	(0.120)	0.59	(0.041)	27	(2.0)	2.06	(0.060)
20 and over.....	1340	44	(2.0)	2.37	(0.047)	0.30	(0.026)	13	(1.1)	2.37	(0.121)	0.68	(0.052)	29	(2.2)	2.37	(0.050)
2 and over...	1913	44	(2.0)	2.32	(0.045)	0.29	(0.022)	12	(1.0)	2.33	(0.111)	0.66	(0.044)	28	(2.0)	2.32	(0.046)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	2.00	(0.032)	0.23	(0.022)	12	(1.1)	2.05	(0.091)	0.59	(0.050)	29	(1.6)	1.96	(0.035)
20 and over.....	4801	42	(1.3)	2.17	(0.029)	0.28	(0.019)	13	(0.9)	2.23	(0.064)	0.67	(0.035)	30	(1.6)	2.13	(0.039)
2 and over...	7933	41	(1.2)	2.13	(0.025)	0.27	(0.018)	13	(0.9)	2.18	(0.065)	0.65	(0.035)	30	(1.5)	2.09	(0.036)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	23.1	(1.45)	4.1	(1.00)	18	(3.3)	27.7	(2.79)	10.8	(1.58)	39	(2.5)	20.3	(0.53)
20 and over.....	1585	41	(4.1)	26.1	(0.89)	5.3	(1.14)	20	(3.7)	29.6	(1.26)	13.0	(1.55)	44	(3.7)	23.7	(0.65)
2 and over...	2996	40	(4.0)	25.1	(1.02)	4.9	(1.08)	19	(3.6)	29.0	(1.63)	12.3	(1.53)	42	(3.2)	22.5	(0.50)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	21.0	(0.63)	3.2	(0.48)	15	(2.0)	22.4	(1.17)	8.4	(0.78)	37	(2.0)	20.2	(0.54)
20 and over.....	1509	42	(1.9)	24.4	(0.52)	4.2	(0.26)	17	(0.9)	27.0	(0.57)	10.1	(0.39)	37	(1.2)	22.6	(0.59)
2 and over...	2432	41	(1.6)	23.6	(0.51)	4.0	(0.27)	17	(1.0)	25.9	(0.57)	9.7	(0.40)	37	(1.1)	22.0	(0.55)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	21.8	(0.89)	3.3	(0.35)	15	(1.4)	23.1	(1.32)	7.7	(0.69)	33	(3.3)	20.8	(1.00)
20 and over.....	1340	44	(2.0)	27.7	(0.57)	3.9	(0.27)	14	(1.0)	28.1	(0.89)	8.8	(0.53)	31	(2.0)	27.4	(0.66)
2 and over...	1913	44	(2.0)	26.6	(0.52)	3.8	(0.25)	14	(1.0)	27.2	(0.72)	8.6	(0.49)	32	(1.9)	26.2	(0.61)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	22.1	(0.51)	3.5	(0.41)	16	(1.5)	24.6	(1.23)	9.1	(0.83)	37	(2.0)	20.5	(0.28)
20 and over.....	4801	42	(1.3)	26.1	(0.32)	4.3	(0.30)	16	(1.1)	28.0	(0.50)	10.2	(0.55)	36	(1.7)	24.7	(0.51)
2 and over...	7933	41	(1.2)	25.1	(0.29)	4.1	(0.31)	16	(1.2)	27.2	(0.60)	9.9	(0.59)	36	(1.7)	23.6	(0.42)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

V i t a m i n B 6

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	1.88	(0.102)	0.25	(0.063)	13	(2.8)	2.10	(0.221)	0.65	(0.106)	31	(3.2)	1.74	(0.050)
20 and over.....	1585	41	(4.1)	2.16	(0.089)	0.32	(0.082)	15	(3.4)	2.31	(0.121)	0.80	(0.125)	35	(4.1)	2.06	(0.090)
2 and over...	2996	40	(4.0)	2.06	(0.084)	0.30	(0.075)	14	(3.2)	2.24	(0.142)	0.75	(0.116)	33	(3.7)	1.95	(0.066)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	1.67	(0.046)	0.19	(0.025)	11	(1.4)	1.70	(0.059)	0.49	(0.039)	29	(2.0)	1.65	(0.056)
20 and over.....	1509	42	(1.9)	1.96	(0.069)	0.24	(0.016)	12	(0.8)	2.00	(0.074)	0.58	(0.027)	29	(1.3)	1.93	(0.092)
2 and over...	2432	41	(1.6)	1.88	(0.057)	0.23	(0.015)	12	(0.8)	1.92	(0.054)	0.56	(0.023)	29	(1.1)	1.85	(0.076)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	1.75	(0.069)	0.18	(0.021)	10	(1.2)	1.79	(0.112)	0.43	(0.039)	24	(2.7)	1.72	(0.083)
20 and over.....	1340	44	(2.0)	2.39	(0.058)	0.25	(0.028)	10	(1.1)	2.30	(0.084)	0.56	(0.057)	24	(2.3)	2.47	(0.074)
2 and over...	1913	44	(2.0)	2.28	(0.049)	0.23	(0.024)	10	(1.0)	2.21	(0.067)	0.53	(0.050)	24	(2.1)	2.33	(0.065)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	1.79	(0.032)	0.21	(0.025)	12	(1.2)	1.87	(0.087)	0.53	(0.052)	28	(2.0)	1.73	(0.029)
20 and over.....	4801	42	(1.3)	2.19	(0.040)	0.26	(0.023)	12	(1.1)	2.20	(0.041)	0.62	(0.046)	28	(1.9)	2.18	(0.067)
2 and over...	7933	41	(1.2)	2.09	(0.030)	0.25	(0.023)	12	(1.1)	2.12	(0.045)	0.60	(0.045)	28	(1.8)	2.06	(0.054)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

F o l a t e (D F E)

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	541	(15.2)	75	(16.6)	14	(3.0)	594	(32.0)	197	(26.1)	33	(3.8)	509	(20.2)
20 and over.....	1585	41	(4.1)	562	(20.3)	93	(19.5)	17	(3.3)	589	(26.5)	229	(26.1)	39	(3.2)	543	(29.2)
2 and over...	2996	40	(4.0)	555	(16.3)	87	(18.3)	16	(3.2)	591	(25.5)	218	(25.4)	37	(3.2)	531	(23.3)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	504	(15.8)	71	(12.4)	14	(2.6)	512	(22.1)	185	(24.5)	36	(3.8)	499	(20.8)
20 and over.....	1509	42	(1.9)	533	(14.1)	79	(5.1)	15	(0.8)	564	(24.5)	189	(9.8)	33	(1.5)	510	(14.8)
2 and over...	2432	41	(1.6)	525	(10.8)	77	(6.0)	15	(1.0)	552	(19.4)	188	(10.7)	34	(1.4)	507	(11.6)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	524	(26.0)	68	(7.8)	13	(1.3)	551	(38.4)	160	(18.6)	29	(3.0)	504	(25.1)
20 and over.....	1340	44	(2.0)	612	(11.3)	75	(4.0)	12	(0.7)	586	(19.1)	170	(8.0)	29	(1.5)	633	(17.5)
2 and over...	1913	44	(2.0)	596	(11.8)	74	(3.6)	12	(0.6)	580	(18.8)	168	(7.3)	29	(1.5)	609	(15.6)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	527	(8.4)	70	(7.3)	13	(1.3)	551	(16.6)	180	(14.9)	33	(2.2)	511	(9.5)
20 and over.....	4801	42	(1.3)	570	(8.7)	79	(5.1)	14	(1.0)	579	(13.1)	189	(9.9)	33	(1.5)	563	(15.0)
2 and over...	7933	41	(1.2)	559	(7.2)	77	(5.1)	14	(1.0)	573	(10.6)	187	(10.2)	33	(1.5)	550	(12.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	271	(10.2)	49*	(15.0)	18	(4.9)	292	(24.5)	130	(30.5)	45	(6.8)	259	(7.6)
20 and over.....	1585	41	(4.1)	328	(8.0)	54	(10.2)	16	(2.8)	337	(13.5)	132	(12.7)	39	(2.7)	321	(9.5)
2 and over...	2996	40	(4.0)	308	(6.8)	52	(11.3)	17	(3.3)	322	(12.9)	131	(16.2)	41	(3.6)	299	(6.9)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	252	(10.0)	33	(3.6)	13	(1.2)	264	(16.9)	85	(5.1)	32	(1.8)	244	(9.8)
20 and over.....	1509	42	(1.9)	322	(11.7)	45	(3.0)	14	(0.8)	336	(10.3)	109	(4.6)	32	(1.2)	312	(14.1)
2 and over...	2432	41	(1.6)	304	(10.0)	42	(2.7)	14	(0.7)	319	(8.8)	103	(4.0)	32	(1.0)	294	(12.1)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	268	(9.8)	35	(3.6)	13	(1.1)	263	(16.5)	83	(4.8)	32	(2.1)	272	(10.9)
20 and over.....	1340	44	(2.0)	354	(7.0)	45	(2.7)	13	(0.8)	343	(10.4)	103	(3.7)	30	(1.2)	363	(9.8)
2 and over...	1913	44	(2.0)	338	(6.7)	44	(2.5)	13	(0.7)	329	(9.6)	99	(3.3)	30	(1.1)	346	(8.7)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	263	(3.8)	40	(5.1)	15	(1.9)	273	(10.8)	102	(12.2)	37	(3.5)	256	(5.5)
20 and over.....	4801	42	(1.3)	335	(3.7)	47	(2.8)	14	(0.9)	339	(4.1)	112	(4.7)	33	(1.4)	333	(6.5)
2 and over...	7933	41	(1.2)	317	(2.8)	45	(3.2)	14	(1.1)	323	(4.5)	109	(5.9)	34	(1.7)	313	(6.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Vitamin B12

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	5.37	(0.344)	0.78*	(0.244)	15	(3.9)	6.13	(0.833)	2.05	(0.454)	33	(4.4)	4.90	(0.132)
20 and over.....	1585	41	(4.1)	5.12	(0.207)	1.00	(0.273)	19	(4.8)	5.74	(0.402)	2.45	(0.438)	43	(5.7)	4.70	(0.132)
2 and over...	2996	40	(4.0)	5.20	(0.230)	0.92	(0.260)	18	(4.4)	5.87	(0.504)	2.32	(0.434)	40	(5.1)	4.77	(0.112)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	4.70	(0.225)	0.51	(0.069)	11	(1.7)	4.46	(0.265)	1.33	(0.121)	30	(2.8)	4.85	(0.333)
20 and over.....	1509	42	(1.9)	4.74	(0.141)	0.69	(0.058)	15	(1.1)	5.01	(0.169)	1.65	(0.103)	33	(2.0)	4.55	(0.211)
2 and over...	2432	41	(1.6)	4.73	(0.124)	0.64	(0.054)	14	(1.1)	4.88	(0.163)	1.58	(0.097)	32	(2.0)	4.63	(0.193)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	5.24	(0.268)	0.58	(0.075)	11	(1.1)	5.49	(0.510)	1.36	(0.147)	25	(2.4)	5.05	(0.222)
20 and over.....	1340	44	(2.0)	6.25	(0.524)	0.72	(0.082)	12	(1.7)	7.01	(1.308)	1.63	(0.167)	23	(5.2)	5.65	(0.266)
2 and over...	1913	44	(2.0)	6.07	(0.473)	0.69	(0.070)	11	(1.4)	6.74	(1.141)	1.58	(0.139)	23	(4.6)	5.54	(0.219)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	5.12	(0.154)	0.63	(0.088)	12	(1.5)	5.36	(0.373)	1.61	(0.199)	30	(2.3)	4.97	(0.124)
20 and over.....	4801	42	(1.3)	5.44	(0.212)	0.76	(0.068)	14	(1.5)	5.99	(0.533)	1.82	(0.135)	30	(3.9)	5.04	(0.160)
2 and over...	7933	41	(1.2)	5.36	(0.177)	0.73	(0.069)	14	(1.4)	5.84	(0.454)	1.77	(0.141)	30	(3.4)	5.03	(0.134)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Vitamin C

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	75.9	(4.41)	5.5	(1.53)	7	(2.0)	72.5	(6.22)	14.4	(2.81)	20	(3.7)	77.9	(4.87)
20 and over.....	1585	41	(4.1)	85.3	(6.76)	8.5*	(2.64)	10	(2.6)	87.4	(10.33)	20.9	(4.63)	24	(3.3)	83.8	(7.43)
2 and over...	2996	40	(4.0)	82.1	(5.17)	7.5	(2.14)	9	(2.4)	82.5	(7.23)	18.8	(3.63)	23	(3.3)	81.7	(6.27)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	90.4	(11.17)	5.9	(1.34)	7	(1.0)	73.8	(7.00)	15.4	(3.16)	21	(4.0)	100.7	(18.27)
20 and over.....	1509	42	(1.9)	77.3	(4.48)	5.7	(0.51)	7	(0.7)	69.6	(3.39)	13.6	(1.11)	19	(1.7)	82.9	(6.89)
2 and over...	2432	41	(1.6)	80.7	(4.09)	5.7	(0.58)	7	(0.6)	70.6	(3.53)	14.0	(1.28)	20	(2.0)	87.7	(6.48)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	71.3	(3.96)	6.3	(1.72)	9	(2.5)	62.2	(5.02)	14.8	(3.66)	24	(4.8)	78.1	(5.85)
20 and over.....	1340	44	(2.0)	90.8	(3.89)	6.5	(0.87)	7	(0.8)	78.3	(5.12)	14.6	(1.72)	19	(1.5)	100.6	(5.88)
2 and over...	1913	44	(2.0)	87.3	(3.51)	6.4	(0.71)	7	(0.7)	75.5	(4.27)	14.7	(1.42)	19	(1.5)	96.5	(4.94)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	79.8	(4.35)	5.6	(0.59)	7	(0.9)	69.7	(3.69)	14.5	(1.30)	21	(1.6)	86.2	(6.64)
20 and over.....	4801	42	(1.3)	84.8	(4.10)	6.5	(0.80)	8	(0.8)	77.1	(4.35)	15.6	(1.68)	20	(1.5)	90.3	(5.16)
2 and over...	7933	41	(1.2)	83.5	(3.36)	6.3	(0.61)	8	(0.7)	75.3	(3.73)	15.3	(1.26)	20	(1.2)	89.2	(4.29)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Vitamin D																	
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	6.1	(0.32)	0.5*	(0.26)	8*	(4.0)	5.9	(0.48)	1.3*	(0.62)	22*	(9.2)	6.3	(0.35)
20 and over.....	1585	41	(4.1)	4.8	(0.32)	0.4	(0.08)	8	(1.7)	4.3	(0.31)	0.9	(0.12)	22	(2.9)	5.1	(0.40)
2 and over...	2996	40	(4.0)	5.3	(0.27)	0.4	(0.13)	8	(2.3)	4.8	(0.33)	1.1	(0.24)	22	(4.1)	5.6	(0.32)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	5.6	(0.25)	0.2	(0.04)	3	(0.7)	4.9	(0.55)	0.5	(0.08)	10	(1.9)	6.0	(0.17)
20 and over.....	1509	42	(1.9)	4.3	(0.14)	0.3	(0.02)	7	(0.7)	3.6	(0.22)	0.7	(0.06)	19	(2.1)	4.8	(0.21)
2 and over...	2432	41	(1.6)	4.6	(0.11)	0.3	(0.02)	6	(0.5)	3.9	(0.20)	0.6	(0.04)	16	(1.3)	5.1	(0.17)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	6.3	(0.29)	0.3	(0.04)	5	(0.6)	5.3	(0.33)	0.8	(0.08)	14	(1.8)	7.1	(0.43)
20 and over.....	1340	44	(2.0)	5.0	(0.23)	0.5	(0.09)	10	(1.8)	4.5	(0.28)	1.1	(0.19)	25	(3.5)	5.3	(0.36)
2 and over...	1913	44	(2.0)	5.2	(0.20)	0.5	(0.08)	9	(1.5)	4.6	(0.24)	1.0	(0.17)	23	(3.1)	5.7	(0.31)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	6.0	(0.15)	0.3	(0.09)	6	(1.6)	5.3	(0.26)	0.9	(0.24)	16	(4.2)	6.4	(0.19)
20 and over.....	4801	42	(1.3)	4.7	(0.14)	0.4	(0.04)	8	(1.0)	4.1	(0.16)	0.9	(0.10)	22	(2.1)	5.1	(0.21)
2 and over...	7933	41	(1.2)	5.0	(0.12)	0.4	(0.05)	7	(1.0)	4.4	(0.13)	0.9	(0.11)	20	(2.2)	5.4	(0.18)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

V i t a m i n E (a l p h a t o c o p h e r o l)

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	7.0	(0.29)	1.1	(0.26)	15	(3.1)	8.0	(0.65)	2.8	(0.43)	35	(3.1)	6.5	(0.20)
20 and over.....	1585	41	(4.1)	8.4	(0.28)	1.3	(0.27)	15	(2.8)	8.9	(0.54)	3.1	(0.37)	35	(2.5)	8.1	(0.22)
2 and over...	2996	40	(4.0)	8.0	(0.27)	1.2	(0.26)	15	(2.8)	8.6	(0.55)	3.0	(0.38)	35	(2.4)	7.5	(0.15)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	6.8	(0.21)	0.9	(0.10)	13	(1.4)	6.6	(0.33)	2.2	(0.13)	34	(2.2)	6.9	(0.26)
20 and over.....	1509	42	(1.9)	8.2	(0.25)	1.0	(0.06)	12	(0.8)	8.5	(0.20)	2.4	(0.12)	28	(1.8)	8.0	(0.35)
2 and over...	2432	41	(1.6)	7.8	(0.19)	1.0	(0.06)	12	(0.7)	8.0	(0.20)	2.3	(0.10)	29	(1.7)	7.7	(0.28)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	7.6	(0.33)	0.9	(0.07)	12	(1.2)	7.9	(0.58)	2.1	(0.18)	27	(2.8)	7.4	(0.52)
20 and over.....	1340	44	(2.0)	10.2	(0.29)	1.0	(0.09)	10	(0.9)	9.7	(0.46)	2.3	(0.18)	24	(1.8)	10.5	(0.35)
2 and over...	1913	44	(2.0)	9.7	(0.25)	1.0	(0.08)	10	(0.8)	9.4	(0.40)	2.3	(0.16)	24	(1.7)	10.0	(0.31)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	7.2	(0.15)	0.9	(0.10)	13	(1.2)	7.5	(0.24)	2.4	(0.20)	32	(2.2)	6.9	(0.22)
20 and over.....	4801	42	(1.3)	9.0	(0.16)	1.0	(0.08)	12	(0.9)	9.1	(0.24)	2.5	(0.16)	27	(1.6)	8.9	(0.21)
2 and over...	7933	41	(1.2)	8.5	(0.14)	1.0	(0.08)	12	(0.9)	8.7	(0.21)	2.5	(0.16)	28	(1.7)	8.4	(0.17)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

				Vitamin K													
				All Individuals [3]						*Quick Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of Federal poverty threshold and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	67.6	(4.38)	12.9	(3.33)	19	(4.4)	69.9	(5.41)	34.0	(5.62)	49	(4.8)	66.2	(5.96)
20 and over.....	1585	41	(4.1)	101.1	(7.20)	20.0	(5.93)	20	(4.7)	109.4	(10.03)	49.2	(10.42)	45	(5.9)	95.4	(5.78)
2 and over...	2996	40	(4.0)	89.6	(5.54)	17.6	(4.98)	20	(4.5)	96.5	(8.28)	44.2	(8.75)	46	(5.5)	85.1	(3.74)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	66.0	(3.54)	8.1	(0.78)	12	(0.8)	61.3	(3.19)	21.1	(0.83)	34	(1.6)	68.9	(5.46)
20 and over.....	1509	42	(1.9)	105.2	(4.32)	13.5	(1.29)	13	(1.1)	103.0	(6.01)	32.4	(3.10)	31	(2.6)	106.8	(5.75)
2 and over...	2432	41	(1.6)	95.2	(3.57)	12.1	(1.01)	13	(0.9)	93.0	(4.37)	29.7	(2.22)	32	(2.3)	96.7	(4.90)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	64.0	(3.95)	10.2	(1.28)	16	(2.5)	61.7	(4.39)	24.0	(3.20)	39	(3.5)	65.7	(6.43)
20 and over.....	1340	44	(2.0)	169.9	(18.40)	17.3	(3.11)	10	(2.1)	132.8	(10.74)	39.1	(6.29)	29	(3.8)	199.4	(33.95)
2 and over...	1913	44	(2.0)	150.9	(15.19)	16.0	(2.51)	11	(2.0)	120.4	(9.37)	36.5	(5.33)	30	(3.6)	174.6	(28.23)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	66.3	(2.54)	10.4	(1.10)	16	(1.6)	65.2	(2.79)	26.7	(2.37)	41	(2.6)	66.9	(3.44)
20 and over.....	4801	42	(1.3)	129.8	(8.47)	16.2	(1.97)	12	(1.7)	117.3	(6.13)	38.6	(4.35)	33	(2.9)	138.9	(14.23)
2 and over...	7933	41	(1.2)	113.9	(6.61)	14.7	(1.64)	13	(1.6)	104.9	(4.93)	35.8	(3.67)	34	(2.8)	120.2	(10.63)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	1068	(37.0)	158	(42.7)	15	(3.8)	1127	(74.5)	416	(88.2)	37	(5.8)	1032	(37.6)
20 and over.....	1585	41	(4.1)	1019	(35.6)	174	(37.2)	17	(3.3)	1102	(65.0)	429	(51.8)	39	(3.2)	963	(34.1)
2 and over...	2996	40	(4.0)	1036	(32.0)	169	(37.9)	16	(3.4)	1110	(65.4)	424	(59.7)	38	(3.6)	987	(30.5)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	1053	(38.6)	133	(18.3)	13	(1.8)	1039	(64.5)	348	(28.0)	33	(3.2)	1062	(40.9)
20 and over.....	1509	42	(1.9)	918	(29.7)	142	(8.6)	16	(0.8)	955	(39.6)	341	(13.6)	36	(1.7)	892	(31.9)
2 and over...	2432	41	(1.6)	952	(27.2)	140	(8.5)	15	(0.7)	975	(35.5)	342	(12.8)	35	(1.3)	937	(31.5)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	1154	(42.7)	155	(19.2)	13	(1.5)	1191	(70.4)	365	(38.9)	31	(3.1)	1126	(47.5)
20 and over.....	1340	44	(2.0)	1044	(26.6)	150	(11.9)	14	(1.1)	1062	(31.9)	340	(19.7)	32	(1.7)	1030	(30.6)
2 and over...	1913	44	(2.0)	1064	(27.0)	151	(11.0)	14	(1.0)	1085	(29.9)	344	(16.7)	32	(1.5)	1048	(29.1)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	1082	(20.5)	146	(15.0)	14	(1.4)	1107	(40.9)	375	(34.7)	34	(2.8)	1067	(24.4)
20 and over.....	4801	42	(1.3)	989	(14.3)	150	(11.0)	15	(1.2)	1032	(25.4)	358	(20.8)	35	(1.7)	957	(20.8)
2 and over...	7933	41	(1.2)	1012	(13.8)	149	(10.9)	15	(1.1)	1050	(25.2)	362	(22.4)	34	(1.7)	986	(19.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* Intake from Quick Service Restaurants		*All Individuals* Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	1325	(38.5)	235	(58.6)	18	(4.1)	1459	(87.4)	618	(107.7)	42	(5.0)	1243	(38.2)
20 and over.....	1585	41	(4.1)	1422	(33.4)	264	(52.1)	19	(3.4)	1534	(55.9)	650	(65.7)	42	(3.1)	1344	(31.6)
2 and over...	2996	40	(4.0)	1389	(30.0)	254	(53.2)	18	(3.5)	1510	(61.8)	639	(74.6)	42	(3.4)	1309	(26.6)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	1276	(38.2)	189	(24.6)	15	(1.8)	1323	(67.4)	494	(35.0)	37	(2.2)	1247	(36.7)
20 and over.....	1509	42	(1.9)	1341	(38.2)	224	(13.5)	17	(0.8)	1434	(41.7)	537	(20.6)	37	(1.5)	1275	(39.8)
2 and over...	2432	41	(1.6)	1325	(34.1)	215	(13.4)	16	(0.8)	1407	(38.9)	527	(19.4)	37	(1.2)	1267	(35.7)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	1382	(42.4)	206	(20.7)	15	(1.4)	1465	(76.2)	487	(40.6)	33	(3.0)	1321	(43.9)
20 and over.....	1340	44	(2.0)	1497	(28.4)	215	(13.9)	14	(0.9)	1480	(37.9)	488	(21.6)	33	(1.4)	1510	(29.6)
2 and over...	1913	44	(2.0)	1476	(25.8)	214	(13.2)	14	(0.9)	1478	(33.5)	487	(19.5)	33	(1.4)	1475	(26.5)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	1318	(17.3)	209	(22.0)	16	(1.7)	1407	(45.6)	536	(48.0)	38	(2.8)	1261	(23.4)
20 and over.....	4801	42	(1.3)	1418	(13.0)	226	(14.5)	16	(1.1)	1474	(22.6)	539	(25.6)	37	(1.6)	1377	(23.0)
2 and over...	7933	41	(1.2)	1393	(10.4)	222	(15.4)	16	(1.2)	1458	(23.4)	538	(29.4)	37	(1.8)	1347	(21.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

M a g n e s i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	242	(5.7)	32	(7.3)	13	(2.8)	258	(14.1)	85	(12.5)	33	(3.3)	231	(5.0)
20 and over.....	1585	41	(4.1)	298	(6.0)	40	(8.6)	14	(2.7)	305	(10.6)	99	(11.7)	33	(3.2)	292	(6.5)
2 and over...	2996	40	(4.0)	278	(5.2)	38	(8.0)	14	(2.7)	290	(11.0)	95	(11.2)	33	(2.9)	271	(5.0)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	237	(5.8)	28	(3.2)	12	(1.3)	236	(7.5)	73	(4.3)	31	(1.8)	238	(6.7)
20 and over.....	1509	42	(1.9)	293	(7.2)	35	(2.1)	12	(0.7)	291	(6.6)	83	(2.9)	29	(1.2)	295	(9.9)
2 and over...	2432	41	(1.6)	279	(6.0)	33	(1.8)	12	(0.6)	278	(5.7)	81	(2.4)	29	(1.0)	280	(8.3)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	257	(8.1)	29	(3.2)	11	(1.1)	260	(19.0)	69	(5.8)	27	(2.4)	254	(9.5)
20 and over.....	1340	44	(2.0)	346	(9.5)	37	(2.7)	11	(0.7)	329	(13.6)	84	(4.1)	26	(1.1)	360	(9.0)
2 and over...	1913	44	(2.0)	330	(8.4)	36	(2.4)	11	(0.7)	317	(12.3)	81	(3.6)	26	(1.1)	341	(8.1)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	244	(2.8)	30	(3.0)	12	(1.2)	250	(8.4)	76	(6.2)	30	(2.0)	240	(4.6)
20 and over.....	4801	42	(1.3)	314	(5.0)	36	(2.5)	12	(0.8)	310	(6.9)	87	(4.2)	28	(1.3)	317	(6.4)
2 and over...	7933	41	(1.2)	297	(4.1)	35	(2.5)	12	(0.9)	296	(6.4)	84	(4.4)	28	(1.4)	297	(5.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

I r o n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* Intake from Quick Service Restaurants		*All Individuals* Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	14.7	(0.24)	2.2	(0.51)	15	(3.4)	16.2	(0.47)	5.7	(0.84)	35	(4.5)	13.8	(0.37)
20 and over.....	1585	41	(4.1)	15.4	(0.33)	2.6	(0.53)	17	(3.2)	16.2	(0.71)	6.3	(0.70)	39	(2.9)	14.8	(0.39)
2 and over...	2996	40	(4.0)	15.1	(0.25)	2.4	(0.52)	16	(3.2)	16.2	(0.58)	6.1	(0.72)	38	(3.2)	14.5	(0.27)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	13.8	(0.40)	1.8	(0.27)	13	(1.9)	13.8	(0.61)	4.6	(0.48)	34	(2.7)	13.9	(0.44)
20 and over.....	1509	42	(1.9)	14.9	(0.43)	2.2	(0.15)	15	(0.8)	15.7	(0.57)	5.2	(0.24)	33	(1.1)	14.4	(0.40)
2 and over...	2432	41	(1.6)	14.7	(0.32)	2.1	(0.15)	14	(0.8)	15.2	(0.45)	5.1	(0.24)	33	(0.9)	14.3	(0.31)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	14.1	(0.49)	1.8	(0.19)	12	(1.2)	14.9	(0.78)	4.1	(0.40)	28	(2.7)	13.4	(0.37)
20 and over.....	1340	44	(2.0)	16.8	(0.36)	2.0	(0.12)	12	(0.8)	15.8	(0.54)	4.6	(0.22)	29	(1.6)	17.5	(0.60)
2 and over...	1913	44	(2.0)	16.3	(0.33)	2.0	(0.11)	12	(0.7)	15.7	(0.49)	4.5	(0.19)	29	(1.5)	16.7	(0.53)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	14.3	(0.21)	1.9	(0.20)	13	(1.4)	15.0	(0.35)	4.9	(0.42)	32	(2.3)	13.9	(0.24)
20 and over.....	4801	42	(1.3)	15.8	(0.17)	2.2	(0.13)	14	(0.9)	15.9	(0.26)	5.2	(0.24)	33	(1.4)	15.7	(0.29)
2 and over...	7933	41	(1.2)	15.4	(0.13)	2.1	(0.14)	14	(1.0)	15.7	(0.21)	5.1	(0.26)	33	(1.5)	15.2	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Z i n c

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	10.4	(0.28)	1.7	(0.44)	17	(4.0)	11.3	(0.67)	4.5	(0.82)	40	(5.1)	9.8	(0.26)
20 and over.....	1585	41	(4.1)	11.5	(0.20)	2.1	(0.43)	18	(3.5)	12.4	(0.42)	5.2	(0.56)	42	(3.6)	10.9	(0.30)
2 and over...	2996	40	(4.0)	11.1	(0.15)	2.0	(0.42)	18	(3.6)	12.0	(0.44)	5.0	(0.58)	41	(3.5)	10.5	(0.22)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	9.6	(0.35)	1.4	(0.19)	14	(1.8)	9.8	(0.62)	3.6	(0.30)	36	(2.3)	9.5	(0.31)
20 and over.....	1509	42	(1.9)	10.8	(0.37)	1.7	(0.12)	16	(0.9)	11.3	(0.43)	4.1	(0.17)	36	(1.5)	10.3	(0.37)
2 and over...	2432	41	(1.6)	10.5	(0.31)	1.6	(0.12)	15	(0.8)	11.0	(0.41)	3.9	(0.17)	36	(1.2)	10.1	(0.30)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	10.7	(0.66)	1.4	(0.15)	13	(1.2)	11.2	(1.02)	3.3	(0.33)	30	(3.4)	10.4	(0.60)
20 and over.....	1340	44	(2.0)	12.2	(0.27)	1.6	(0.12)	13	(0.9)	12.0	(0.47)	3.6	(0.21)	30	(1.9)	12.4	(0.24)
2 and over...	1913	44	(2.0)	12.0	(0.27)	1.6	(0.11)	13	(0.8)	11.9	(0.45)	3.6	(0.18)	30	(1.8)	12.0	(0.24)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	10.2	(0.20)	1.5	(0.15)	15	(1.5)	10.7	(0.46)	3.8	(0.35)	36	(2.8)	9.9	(0.20)
20 and over.....	4801	42	(1.3)	11.5	(0.15)	1.7	(0.11)	15	(1.1)	11.9	(0.19)	4.1	(0.19)	35	(1.8)	11.2	(0.23)
2 and over...	7933	41	(1.2)	11.2	(0.13)	1.7	(0.11)	15	(1.1)	11.6	(0.21)	4.1	(0.20)	35	(1.8)	10.9	(0.21)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	1.0	(0.02)	0.1	(0.03)	14	(3.1)	1.1	(0.06)	0.4	(0.06)	34	(3.8)	0.9	(0.02)
20 and over.....	1585	41	(4.1)	1.2	(0.02)	0.2	(0.04)	14	(2.8)	1.3	(0.05)	0.4	(0.05)	33	(2.9)	1.2	(0.02)
2 and over...	2996	40	(4.0)	1.1	(0.02)	0.2	(0.03)	14	(2.9)	1.2	(0.05)	0.4	(0.05)	34	(2.8)	1.1	(0.02)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	1.0	(0.03)	0.1	(0.02)	12	(1.5)	1.0	(0.03)	0.3	(0.02)	32	(2.1)	1.0	(0.05)
20 and over.....	1509	42	(1.9)	1.2	(0.03)	0.1	(0.01)	12	(0.6)	1.2	(0.03)	0.3	(0.01)	28	(1.3)	1.3	(0.04)
2 and over...	2432	41	(1.6)	1.2	(0.02)	0.1	(0.01)	12	(0.5)	1.2	(0.03)	0.3	(0.01)	29	(1.2)	1.2	(0.03)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	1.1	(0.06)	0.1	(0.01)	10	(1.1)	1.1	(0.11)	0.3	(0.02)	24	(2.6)	1.1	(0.06)
20 and over.....	1340	44	(2.0)	1.6	(0.11)	0.1	(0.01)	9	(0.8)	1.6	(0.23)	0.3	(0.01)	20	(3.0)	1.5	(0.03)
2 and over...	1913	44	(2.0)	1.5	(0.09)	0.1	(0.01)	9	(0.7)	1.6	(0.21)	0.3	(0.01)	20	(2.8)	1.4	(0.03)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	1.0	(0.02)	0.1	(0.01)	12	(1.3)	1.0	(0.04)	0.3	(0.03)	30	(2.3)	1.0	(0.02)
20 and over.....	4801	42	(1.3)	1.4	(0.05)	0.1	(0.01)	11	(0.8)	1.4	(0.11)	0.4	(0.02)	25	(2.4)	1.3	(0.02)
2 and over...	7933	41	(1.2)	1.3	(0.04)	0.1	(0.01)	11	(0.9)	1.3	(0.09)	0.3	(0.02)	26	(2.3)	1.2	(0.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	99.1	(3.45)	19.2	(4.64)	19	(4.1)	111.6	(7.39)	50.5	(8.15)	45	(4.6)	91.4	(2.01)
20 and over.....	1585	41	(4.1)	114.9	(2.53)	23.1	(4.49)	20	(3.5)	123.3	(4.03)	56.9	(5.51)	46	(3.2)	109.2	(2.19)
2 and over...	2996	40	(4.0)	109.5	(2.60)	21.8	(4.45)	20	(3.6)	119.5	(4.60)	54.8	(5.97)	46	(3.3)	102.9	(1.45)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	94.4	(3.48)	14.9	(2.12)	16	(2.0)	97.1	(5.60)	39.0	(3.49)	40	(2.4)	92.7	(2.67)
20 and over.....	1509	42	(1.9)	109.4	(3.02)	19.2	(1.21)	18	(0.9)	117.4	(3.32)	46.0	(2.04)	39	(1.3)	103.6	(2.97)
2 and over...	2432	41	(1.6)	105.6	(2.74)	18.1	(1.23)	17	(0.9)	112.6	(3.15)	44.4	(1.93)	39	(1.1)	100.7	(2.62)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	102.1	(4.80)	15.9	(1.52)	16	(1.4)	106.6	(6.89)	37.5	(3.08)	35	(3.2)	98.8	(5.11)
20 and over.....	1340	44	(2.0)	119.2	(3.12)	18.1	(1.04)	15	(0.9)	121.1	(4.04)	40.9	(1.60)	34	(1.6)	117.7	(3.24)
2 and over...	1913	44	(2.0)	116.1	(2.40)	17.7	(0.96)	15	(0.8)	118.6	(3.17)	40.3	(1.45)	34	(1.4)	114.2	(2.73)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	98.1	(1.59)	16.7	(1.69)	17	(1.6)	104.9	(3.73)	42.7	(3.65)	41	(2.5)	93.7	(1.62)
20 and over.....	4801	42	(1.3)	114.5	(1.46)	19.4	(1.20)	17	(1.1)	120.3	(1.95)	46.3	(2.13)	39	(1.6)	110.3	(2.07)
2 and over...	7933	41	(1.2)	110.4	(1.05)	18.7	(1.24)	17	(1.1)	116.6	(1.82)	45.5	(2.34)	39	(1.6)	106.0	(1.73)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	2256	(33.0)	338	(77.7)	15	(3.3)	2412	(108.7)	891	(127.3)	37	(3.9)	2161	(58.7)
20 and over.....	1585	41	(4.1)	2675	(57.5)	424	(93.3)	16	(3.3)	2778	(108.4)	1043	(130.9)	38	(3.6)	2605	(68.4)
2 and over...	2996	40	(4.0)	2532	(45.2)	395	(86.6)	16	(3.2)	2658	(100.1)	993	(122.5)	37	(3.4)	2449	(59.4)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	2241	(58.6)	287	(30.6)	13	(1.3)	2248	(67.1)	750	(36.6)	33	(1.8)	2238	(84.1)
20 and over.....	1509	42	(1.9)	2616	(58.7)	357	(24.3)	14	(0.9)	2595	(53.4)	855	(36.6)	33	(1.4)	2630	(80.8)
2 and over...	2432	41	(1.6)	2520	(53.2)	339	(20.0)	13	(0.7)	2512	(40.3)	830	(27.7)	33	(1.2)	2526	(75.4)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	2382	(70.1)	303	(37.0)	13	(1.4)	2419	(177.6)	716	(60.9)	30	(2.2)	2354	(86.8)
20 and over.....	1340	44	(2.0)	3046	(72.7)	361	(27.3)	12	(0.9)	2949	(94.4)	818	(41.6)	28	(1.3)	3123	(78.7)
2 and over...	1913	44	(2.0)	2927	(67.4)	351	(23.4)	12	(0.8)	2857	(88.6)	800	(34.5)	28	(1.2)	2981	(67.8)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	2279	(21.5)	308	(30.6)	14	(1.4)	2344	(77.5)	789	(61.5)	34	(2.2)	2238	(49.2)
20 and over.....	4801	42	(1.3)	2793	(38.4)	369	(26.2)	13	(1.0)	2783	(43.9)	879	(46.2)	32	(1.6)	2801	(55.4)
2 and over...	7933	41	(1.2)	2665	(32.6)	354	(25.7)	13	(1.0)	2679	(42.9)	858	(46.6)	32	(1.6)	2655	(51.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	3178	(89.0)	666	(157.6)	21	(4.5)	3667	(231.8)	1755	(264.9)	48	(4.4)	2878	(91.8)
20 and over.....	1585	41	(4.1)	3638	(99.0)	797	(158.0)	22	(3.8)	4040	(164.1)	1960	(201.3)	49	(3.2)	3363	(61.2)
2 and over...	2996	40	(4.0)	3481	(87.6)	752	(156.0)	22	(4.0)	3918	(175.7)	1893	(213.0)	48	(3.4)	3192	(41.9)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	3119	(100.5)	532	(75.8)	17	(2.1)	3273	(162.3)	1389	(130.4)	42	(2.3)	3024	(107.0)
20 and over.....	1509	42	(1.9)	3452	(90.4)	645	(39.7)	19	(0.9)	3794	(114.9)	1544	(68.5)	41	(1.5)	3207	(80.3)
2 and over...	2432	41	(1.6)	3367	(82.4)	616	(40.5)	18	(0.9)	3670	(102.9)	1507	(65.7)	41	(1.2)	3158	(76.7)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	3135	(90.3)	521	(54.0)	17	(1.6)	3339	(176.9)	1230	(119.3)	37	(3.1)	2986	(107.5)
20 and over.....	1340	44	(2.0)	3701	(83.2)	601	(37.5)	16	(1.0)	3805	(118.3)	1360	(60.5)	36	(1.7)	3619	(84.3)
2 and over...	1913	44	(2.0)	3599	(72.3)	586	(35.1)	16	(1.0)	3723	(85.9)	1337	(55.6)	36	(1.5)	3502	(80.6)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	3137	(47.8)	575	(63.8)	18	(1.9)	3424	(128.1)	1473	(136.4)	43	(2.7)	2953	(77.9)
20 and over.....	4801	42	(1.3)	3592	(29.1)	654	(42.4)	18	(1.2)	3854	(59.5)	1559	(78.9)	40	(1.7)	3403	(57.2)
2 and over...	7933	41	(1.2)	3478	(24.4)	634	(45.4)	18	(1.3)	3752	(60.1)	1539	(88.2)	41	(1.8)	3286	(55.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C a f f e i n e

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	32.4	(4.46)	5.9*	(1.84)	18*	(6.0)	49.4	(10.33)	15.4	(4.54)	31*	(9.9)	22.0	(2.87)
20 and over.....	1585	41	(4.1)	145.7	(13.65)	13.7	(1.92)	9	(1.8)	144.0	(18.58)	33.8	(2.96)	23	(3.5)	146.8	(11.72)
2 and over...	2996	40	(4.0)	106.9	(9.81)	11.0	(1.53)	10	(2.0)	113.1	(14.32)	27.8	(2.55)	25	(3.5)	102.9	(8.10)
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	31.8	(3.26)	5.2	(0.94)	16	(3.5)	37.4	(5.24)	13.5	(2.35)	36	(6.2)	28.3	(5.06)
20 and over.....	1509	42	(1.9)	178.4	(10.45)	18.2	(1.91)	10	(1.4)	180.0	(18.36)	43.6	(4.12)	24	(3.6)	177.3	(9.74)
2 and over...	2432	41	(1.6)	141.0	(8.45)	14.9	(1.50)	11	(1.3)	145.9	(14.34)	36.4	(3.35)	25	(3.5)	137.6	(9.15)
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	29.6	(3.54)	7.5*	(2.65)	25	(6.9)	45.2	(8.59)	17.8*	(6.34)	39	(10.0)	18.2	(3.26)
20 and over.....	1340	44	(2.0)	190.5	(12.01)	26.9	(2.22)	14	(1.5)	202.5	(19.65)	60.9	(5.00)	30	(3.8)	181.0	(14.64)
2 and over...	1913	44	(2.0)	161.5	(11.44)	23.4	(2.10)	14	(1.5)	175.1	(16.93)	53.4	(4.47)	30	(3.6)	150.9	(13.58)
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	31.8	(1.77)	6.3	(1.05)	20	(3.3)	44.4	(3.19)	16.0	(2.36)	36	(5.6)	23.8	(2.37)
20 and over.....	4801	42	(1.3)	172.9	(8.97)	19.9	(1.39)	11	(1.2)	178.7	(13.10)	47.4	(2.74)	27	(2.7)	168.7	(8.96)
2 and over...	7933	41	(1.2)	137.5	(7.03)	16.5	(1.25)	12	(1.3)	146.8	(10.15)	39.9	(2.37)	27	(2.8)	131.0	(7.46)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

A l c o h o l

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	*All Individuals* [3] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [3] Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	38	(4.2)	--		--		--		--		--		--		--	
20 and over.....	1585	41	(4.1)	10.7	(1.70)	#		#		10.8	(1.39)	0.1*	(0.04)	1*	(0.3)	10.7*	(3.22)
2 and over...	2996	40	(4.0)	--		--		--		--		--		--		--	
131-350% poverty:																	
2 - 19.....	923	38	(2.9)	--		--		--		--		--		--		--	
20 and over.....	1509	42	(1.9)	10.3	(1.27)	0.1*	(0.04)	1*	(0.4)	8.8	(1.81)	0.2*	(0.09)	2*	(1.1)	11.3	(1.78)
2 and over...	2432	41	(1.6)	--		--		--		--		--		--		--	
Over 350% poverty:																	
2 - 19.....	573	42	(3.7)	--		--		--		--		--		--		--	
20 and over.....	1340	44	(2.0)	14.8	(1.64)	0.2*	(0.11)	2*	(0.6)	13.1	(1.60)	0.5*	(0.26)	4*	(1.9)	16.2	(2.45)
2 and over...	1913	44	(2.0)	--		--		--		--		--		--		--	
All Individuals [8]:																	
2 - 19.....	3132	39	(1.2)	--		--		--		--		--		--		--	
20 and over.....	4801	42	(1.3)	12.1	(0.88)	0.1*	(0.06)	1*	(0.4)	11.1	(1.01)	0.3*	(0.14)	3*	(1.2)	12.8	(1.23)
2 and over...	7933	41	(1.2)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[3] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[4] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[5] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[6] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.

[7] Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

[8] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2014).

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.

Salt adjustment is not applied to What We Eat in America, NHANES 2009-2010 and all subsequent surveys. Details available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Although alchohol 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012

				Food energy													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake kcal	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	1648	(32.7)	212	(36.6)	13	(2.3)	1646	(58.4)	498	(57.9)	30	(2.8)	1650	(59.2)
6 - 11.....	590	38	(3.1)	2087	(38.6)	273	(26.5)	13	(1.3)	2128	(57.6)	726	(34.6)	34	(1.4)	2062	(49.3)
12 - 19.....	585	56	(3.7)	2531	(58.7)	736	(112.1)	29	(4.1)	2766	(104.6)	1315	(129.4)	48	(3.6)	2232	(86.0)
20 - 39.....	882	67	(1.9)	2767	(47.7)	922	(52.1)	33	(2.0)	2816	(56.8)	1386	(65.8)	49	(2.1)	2671	(109.8)
40 - 59.....	756	56	(2.6)	2613	(72.2)	598	(27.2)	23	(1.2)	2672	(85.4)	1076	(48.5)	40	(1.8)	2539	(103.4)
60 and over.....	756	51	(2.1)	2181	(37.1)	414	(20.0)	19	(1.1)	2236	(30.7)	805	(28.1)	36	(1.1)	2121	(65.4)
2 - 19.....	1586	47	(1.9)	2190	(30.5)	467	(57.2)	21	(2.5)	2373	(87.4)	995	(99.2)	42	(2.9)	2028	(43.5)
20 and over...	2394	59	(1.9)	2567	(26.7)	677	(36.9)	26	(1.5)	2642	(35.4)	1152	(42.7)	44	(1.5)	2461	(61.0)
2 and over...	3980	56	(1.7)	2469	(21.8)	622	(37.6)	25	(1.6)	2583	(36.1)	1118	(49.3)	43	(1.6)	2326	(56.9)
Females:																	
2 - 5.....	423	38	(4.7)	1520	(32.0)	177	(31.9)	12	(2.1)	1573	(63.2)	465	(35.9)	30	(2.1)	1487	(35.1)
6 - 11.....	556	46	(4.6)	1878	(43.4)	353	(45.7)	19	(2.3)	1972	(56.4)	765	(39.1)	39	(1.7)	1797	(48.7)
12 - 19.....	567	57	(3.4)	1809	(38.8)	516	(45.2)	29	(2.6)	1837	(47.6)	906	(60.1)	49	(2.3)	1771	(67.2)
20 - 39.....	832	61	(3.2)	2015	(27.5)	583	(47.6)	29	(2.1)	2086	(38.3)	958	(51.1)	46	(2.0)	1905	(40.7)
40 - 59.....	830	53	(2.6)	1829	(19.8)	426	(22.5)	23	(1.2)	1946	(27.5)	811	(29.4)	42	(1.6)	1700	(42.7)
60 and over.....	745	43	(3.1)	1611	(33.9)	295	(27.8)	18	(1.6)	1725	(59.4)	679	(38.5)	39	(1.8)	1523	(38.6)
2 - 19.....	1546	49	(1.8)	1767	(19.1)	388	(22.6)	22	(1.2)	1833	(35.8)	788	(40.3)	43	(1.7)	1703	(21.5)
20 and over...	2407	53	(1.5)	1834	(17.8)	444	(22.8)	24	(1.1)	1952	(26.4)	840	(35.1)	43	(1.5)	1701	(21.9)
2 and over...	3953	52	(1.3)	1817	(15.3)	431	(20.5)	24	(1.1)	1925	(23.4)	828	(32.4)	43	(1.4)	1701	(19.3)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	1983	(22.8)	428	(35.7)	22	(1.7)	2103	(55.5)	891	(60.0)	42	(1.9)	1873	(24.7)
20 and over...	4801	56	(1.3)	2191	(15.6)	558	(24.6)	25	(1.2)	2306	(21.7)	1000	(34.8)	43	(1.4)	2046	(35.0)
2 and over...	7933	54	(1.2)	2139	(12.3)	525	(25.4)	25	(1.2)	2261	(23.9)	976	(38.0)	43	(1.4)	1997	(30.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

P r o t e i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	57.8	(1.77)	7.0	(1.17)	12	(2.3)	55.2	(1.94)	16.4	(1.73)	30	(2.6)	59.7	(3.38)
6 - 11.....	590	38	(3.1)	71.4	(1.39)	9.8	(1.00)	14	(1.5)	72.2	(2.33)	26.2	(1.37)	36	(1.9)	71.0	(1.95)
12 - 19.....	585	56	(3.7)	95.1	(2.64)	30.5	(4.63)	32	(4.7)	104.6	(4.74)	54.5	(5.59)	52	(4.4)	83.0	(4.30)
20 - 39.....	882	67	(1.9)	106.3	(2.53)	37.9	(1.92)	36	(2.1)	105.8	(2.64)	57.0	(2.37)	54	(2.0)	107.2	(6.51)
40 - 59.....	756	56	(2.6)	99.8	(2.72)	26.2	(1.36)	26	(1.4)	104.0	(3.57)	47.2	(2.20)	45	(2.2)	94.6	(3.32)
60 and over.....	756	51	(2.1)	85.5	(1.53)	18.8	(1.08)	22	(1.2)	89.3	(1.70)	36.5	(1.68)	41	(1.4)	81.4	(1.98)
2 - 19.....	1586	47	(1.9)	79.1	(1.31)	18.5	(2.35)	23	(2.8)	86.2	(3.79)	39.4	(4.14)	46	(3.5)	72.8	(2.20)
20 and over...	2394	59	(1.9)	98.8	(0.89)	28.9	(1.52)	29	(1.6)	101.7	(1.37)	49.1	(1.72)	48	(1.6)	94.7	(2.34)
2 and over...	3980	56	(1.7)	93.7	(0.82)	26.2	(1.55)	28	(1.7)	98.3	(1.43)	47.0	(1.98)	48	(1.7)	87.9	(2.24)
Females:																	
2 - 5.....	423	38	(4.7)	53.3	(1.38)	6.5	(1.18)	12	(2.2)	52.2	(2.77)	17.0	(1.48)	32	(2.1)	54.1	(1.47)
6 - 11.....	556	46	(4.6)	65.0	(1.87)	13.6	(1.92)	21	(2.8)	66.8	(2.37)	29.3	(2.02)	44	(2.5)	63.5	(2.17)
12 - 19.....	567	57	(3.4)	63.2	(1.96)	19.2	(1.72)	30	(3.0)	65.0	(2.39)	33.8	(2.45)	52	(3.2)	60.9	(3.06)
20 - 39.....	832	61	(3.2)	73.7	(1.02)	23.7	(2.03)	32	(2.5)	76.1	(1.50)	39.0	(2.18)	51	(2.5)	70.0	(1.80)
40 - 59.....	830	53	(2.6)	67.2	(1.21)	16.9	(1.00)	25	(1.7)	70.8	(1.16)	32.2	(1.65)	45	(2.2)	63.3	(2.26)
60 and over.....	745	43	(3.1)	62.1	(1.12)	12.4	(1.18)	20	(1.7)	65.4	(2.46)	28.7	(1.90)	44	(2.5)	59.6	(1.52)
2 - 19.....	1546	49	(1.8)	61.6	(1.08)	14.6	(0.87)	24	(1.3)	63.4	(1.64)	29.6	(1.64)	47	(2.0)	59.9	(1.21)
20 and over...	2407	53	(1.5)	68.1	(0.60)	18.0	(0.96)	27	(1.3)	71.7	(0.81)	34.1	(1.43)	48	(1.7)	64.0	(0.94)
2 and over...	3953	52	(1.3)	66.5	(0.50)	17.2	(0.84)	26	(1.2)	69.8	(0.74)	33.1	(1.29)	47	(1.6)	63.0	(0.70)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	70.6	(0.94)	16.6	(1.42)	23	(1.9)	74.7	(2.03)	34.5	(2.43)	46	(2.4)	66.7	(1.05)
20 and over...	4801	56	(1.3)	83.0	(0.75)	23.3	(1.01)	28	(1.2)	87.1	(0.95)	41.8	(1.42)	48	(1.5)	78.0	(1.51)
2 and over...	7933	54	(1.2)	79.9	(0.52)	21.6	(1.01)	27	(1.2)	84.3	(0.86)	40.2	(1.49)	48	(1.5)	74.8	(1.20)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Carbohydrate: *All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	411	43	(5.6)	227	(5.5)	27	(5.3)	12	(2.2)	234	(9.6)	64	(9.0)	27	(3.3)	222	(6.6)
6 - 11	590	38	(3.1)	285	(5.4)	34	(3.2)	12	(1.2)	290	(8.5)	89	(4.4)	31	(1.0)	281	(7.8)
12 - 19	585	56	(3.7)	329	(6.3)	83	(12.6)	25	(3.8)	349	(11.6)	149	(14.2)	43	(3.2)	304	(14.2)
20 - 39	882	67	(1.9)	332	(6.8)	102	(6.2)	31	(1.9)	334	(8.1)	153	(8.3)	46	(2.2)	327	(12.2)
40 - 59	756	56	(2.6)	305	(9.6)	62	(3.1)	20	(1.1)	307	(9.7)	111	(4.4)	36	(1.4)	303	(12.9)
60 and over	756	51	(2.1)	265	(5.9)	41	(2.4)	16	(0.9)	259	(6.2)	80	(3.8)	31	(1.1)	270	(10.7)
2 - 19	1586	47	(1.9)	292	(3.2)	54	(6.7)	19	(2.2)	310	(9.5)	116	(11.4)	37	(2.7)	276	(6.9)
20 and over	2394	59	(1.9)	305	(3.2)	72	(4.3)	24	(1.5)	309	(4.4)	123	(5.0)	40	(1.5)	301	(6.7)
2 and over	3980	56	(1.7)	302	(2.8)	67	(4.4)	22	(1.5)	309	(4.4)	121	(5.9)	39	(1.6)	293	(6.7)
Females:																	
2 - 5	423	38	(4.7)	208	(4.0)	21	(3.9)	10	(1.9)	210	(7.7)	54	(4.8)	26	(2.1)	206	(4.7)
6 - 11	556	46	(4.6)	253	(5.4)	41	(4.6)	16	(1.7)	264	(7.0)	88	(3.6)	33	(1.4)	243	(7.1)
12 - 19	567	57	(3.4)	241	(4.7)	63	(5.8)	26	(2.4)	243	(6.3)	110	(6.9)	45	(2.2)	237	(10.4)
20 - 39	832	61	(3.2)	254	(3.7)	66	(5.3)	26	(2.0)	259	(5.2)	108	(6.1)	42	(2.0)	246	(7.7)
40 - 59	830	53	(2.6)	225	(3.7)	46	(2.5)	20	(1.2)	235	(4.9)	87	(3.6)	37	(1.6)	214	(6.2)
60 and over	745	43	(3.1)	201	(4.7)	31	(3.2)	16	(1.5)	213	(7.9)	72	(4.8)	34	(1.9)	192	(3.7)
2 - 19	1546	49	(1.8)	237	(2.0)	46	(2.8)	19	(1.2)	244	(3.8)	94	(4.8)	38	(1.6)	231	(3.1)
20 and over	2407	53	(1.5)	228	(2.6)	49	(2.7)	21	(1.2)	239	(3.2)	92	(4.3)	39	(1.6)	216	(3.5)
2 and over	3953	52	(1.3)	231	(2.0)	48	(2.5)	21	(1.1)	240	(2.7)	93	(4.0)	38	(1.5)	220	(2.7)
Males and Females:																	
2 - 19	3132	48	(1.4)	265	(2.3)	50	(4.3)	19	(1.6)	277	(6.4)	105	(7.0)	38	(1.7)	254	(4.2)
20 and over	4801	56	(1.3)	266	(2.4)	60	(2.9)	23	(1.2)	275	(3.0)	108	(4.2)	39	(1.5)	255	(4.8)
2 and over	7933	54	(1.2)	266	(1.9)	58	(3.1)	22	(1.2)	275	(3.0)	107	(4.6)	39	(1.4)	255	(4.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Total sugars													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	118	(3.8)	10	(1.9)	9	(1.6)	118	(4.7)	24	(3.9)	20	(3.2)	118	(5.7)
6 - 11.....	590	38	(3.1)	139	(3.5)	13	(1.4)	10	(1.0)	144	(5.3)	36	(2.9)	25	(1.6)	136	(5.0)
12 - 19.....	585	56	(3.7)	152	(5.4)	29	(5.0)	19	(3.5)	155	(6.4)	51	(6.1)	33	(3.3)	149	(11.2)
20 - 39.....	882	67	(1.9)	147	(4.7)	38	(2.9)	26	(2.1)	147	(5.2)	57	(3.9)	39	(2.5)	146	(9.0)
40 - 59.....	756	56	(2.6)	132	(6.9)	21	(1.4)	16	(0.9)	132	(7.1)	38	(2.0)	29	(1.3)	132	(7.3)
60 and over.....	756	51	(2.1)	112	(3.8)	12	(1.3)	11	(1.2)	109	(4.8)	24	(2.1)	22	(1.5)	116	(6.1)
2 - 19.....	1586	47	(1.9)	140	(2.7)	20	(2.5)	14	(1.9)	145	(4.4)	42	(4.5)	29	(2.5)	136	(5.3)
20 and over...	2394	59	(1.9)	133	(2.3)	25	(1.8)	19	(1.5)	133	(2.4)	43	(2.3)	32	(1.7)	132	(3.4)
2 and over...	3980	56	(1.7)	135	(2.2)	24	(1.9)	18	(1.5)	136	(2.3)	43	(2.5)	31	(1.7)	133	(3.6)
Females:																	
2 - 5.....	423	38	(4.7)	105	(3.2)	8	(2.1)	8	(2.0)	107	(5.2)	22	(3.4)	20	(2.9)	103	(3.2)
6 - 11.....	556	46	(4.6)	120	(2.4)	15	(1.8)	13	(1.6)	125	(3.0)	33	(3.2)	27	(2.5)	116	(4.6)
12 - 19.....	567	57	(3.4)	117	(3.5)	28	(3.8)	24	(3.2)	117	(5.6)	49	(4.7)	42	(3.0)	117	(6.8)
20 - 39.....	832	61	(3.2)	114	(2.4)	25	(2.5)	22	(2.1)	116	(3.1)	41	(3.4)	36	(2.6)	111	(4.7)
40 - 59.....	830	53	(2.6)	102	(2.7)	16	(1.4)	16	(1.3)	105	(4.5)	31	(2.5)	29	(2.2)	98	(4.6)
60 and over.....	745	43	(3.1)	89	(2.4)	11	(1.2)	13	(1.3)	94	(3.8)	26	(1.9)	28	(2.0)	85	(2.1)
2 - 19.....	1546	49	(1.8)	115	(1.6)	19	(2.0)	17	(1.7)	118	(3.2)	39	(3.5)	34	(2.3)	113	(2.4)
20 and over...	2407	53	(1.5)	103	(1.5)	18	(1.5)	18	(1.4)	107	(2.2)	34	(2.5)	32	(2.2)	98	(2.5)
2 and over...	3953	52	(1.3)	106	(1.1)	18	(1.4)	17	(1.3)	109	(1.9)	35	(2.4)	32	(2.0)	102	(1.7)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	128	(1.8)	19	(1.9)	15	(1.5)	131	(3.4)	41	(3.1)	31	(1.7)	125	(3.4)
20 and over...	4801	56	(1.3)	117	(1.4)	22	(1.5)	18	(1.4)	121	(1.6)	39	(2.2)	32	(1.8)	113	(2.3)
2 and over...	7933	54	(1.2)	120	(1.3)	21	(1.5)	18	(1.3)	123	(1.5)	39	(2.3)	32	(1.7)	117	(2.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Dietary fiber													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5	411	43	(5.6)	12.0	(0.43)	1.5	(0.28)	13	(2.1)	12.3	(0.64)	3.6	(0.34)	29	(2.4)	11.8	(0.56)
6 - 11	590	38	(3.1)	15.4	(0.55)	1.6	(0.19)	11	(1.3)	14.6	(0.63)	4.3	(0.32)	30	(1.3)	15.8	(0.73)
12 - 19	585	56	(3.7)	18.1	(0.43)	4.6	(0.66)	25	(3.7)	18.7	(0.78)	8.2	(0.76)	44	(3.2)	17.3	(1.19)
20 - 39	882	67	(1.9)	20.9	(0.53)	6.1	(0.37)	29	(1.8)	20.6	(0.88)	9.2	(0.49)	45	(2.8)	21.4	(0.76)
40 - 59	756	56	(2.6)	20.1	(0.74)	4.0	(0.24)	20	(1.0)	20.8	(1.13)	7.2	(0.35)	35	(1.9)	19.3	(0.70)
60 and over	756	51	(2.1)	19.6	(0.67)	3.0	(0.25)	15	(1.2)	18.0	(0.66)	5.9	(0.45)	33	(1.7)	21.4	(1.24)
2 - 19	1586	47	(1.9)	15.9	(0.31)	2.9	(0.34)	18	(2.0)	16.3	(0.62)	6.2	(0.56)	38	(2.3)	15.4	(0.64)
20 and over	2394	59	(1.9)	20.3	(0.41)	4.6	(0.26)	23	(1.3)	20.1	(0.62)	7.8	(0.32)	39	(1.7)	20.5	(0.53)
2 and over	3980	56	(1.7)	19.1	(0.33)	4.1	(0.23)	22	(1.2)	19.3	(0.52)	7.4	(0.31)	39	(1.6)	18.9	(0.52)
Females:																	
2 - 5	423	38	(4.7)	12.1	(0.34)	1.1	(0.20)	9	(1.8)	10.9	(0.53)	2.9	(0.21)	27	(2.1)	12.8	(0.48)
6 - 11	556	46	(4.6)	13.9	(0.46)	2.2	(0.28)	16	(1.8)	14.4	(0.46)	4.8	(0.22)	34	(1.3)	13.5	(0.73)
12 - 19	567	57	(3.4)	12.5	(0.28)	3.3	(0.24)	27	(2.1)	12.9	(0.38)	5.8	(0.32)	45	(2.3)	11.9	(0.33)
20 - 39	832	61	(3.2)	16.6	(0.45)	4.1	(0.33)	25	(2.0)	15.8	(0.69)	6.7	(0.29)	42	(2.5)	17.8	(0.78)
40 - 59	830	53	(2.6)	15.8	(0.45)	3.2	(0.24)	20	(1.7)	15.6	(0.44)	6.1	(0.34)	39	(2.4)	16.1	(0.67)
60 and over	745	43	(3.1)	15.9	(0.48)	2.2	(0.18)	14	(1.0)	15.7	(0.67)	5.0	(0.16)	32	(1.5)	16.0	(0.54)
2 - 19	1546	49	(1.8)	12.9	(0.20)	2.5	(0.10)	19	(0.9)	13.0	(0.28)	5.0	(0.20)	39	(1.7)	12.7	(0.23)
20 and over	2407	53	(1.5)	16.1	(0.34)	3.2	(0.13)	20	(1.0)	15.7	(0.38)	6.1	(0.16)	39	(1.6)	16.5	(0.41)
2 and over	3953	52	(1.3)	15.3	(0.28)	3.0	(0.10)	20	(0.8)	15.1	(0.32)	5.8	(0.14)	39	(1.4)	15.6	(0.34)
Males and Females:																	
2 - 19	3132	48	(1.4)	14.4	(0.18)	2.7	(0.21)	19	(1.4)	14.7	(0.34)	5.6	(0.35)	38	(1.7)	14.1	(0.39)
20 and over	4801	56	(1.3)	18.1	(0.35)	3.9	(0.16)	21	(0.9)	18.0	(0.45)	7.0	(0.21)	39	(1.4)	18.3	(0.37)
2 and over	7933	54	(1.2)	17.2	(0.28)	3.6	(0.14)	21	(0.9)	17.2	(0.37)	6.7	(0.20)	39	(1.3)	17.2	(0.37)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Total fat													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	59.0	(2.33)	8.5	(1.26)	14	(2.5)	56.6	(2.84)	20.0	(1.75)	35	(2.3)	60.8	(3.70)
6 - 11.....	590	38	(3.1)	76.4	(1.78)	11.2	(1.12)	15	(1.5)	77.8	(2.68)	29.7	(1.57)	38	(2.0)	75.6	(2.15)
12 - 19.....	585	56	(3.7)	94.1	(3.76)	31.4	(5.03)	33	(4.4)	106.8	(5.80)	56.1	(6.16)	53	(3.6)	78.1	(2.71)
20 - 39.....	882	67	(1.9)	101.4	(1.94)	38.1	(2.19)	38	(2.0)	105.9	(2.34)	57.3	(2.90)	54	(2.4)	92.5	(3.11)
40 - 59.....	756	56	(2.6)	99.6	(3.15)	26.3	(1.37)	26	(1.5)	106.0	(4.64)	47.3	(3.07)	45	(2.5)	91.6	(3.66)
60 and over.....	756	51	(2.1)	82.6	(2.17)	18.2	(0.93)	22	(1.4)	88.1	(1.91)	35.4	(1.26)	40	(1.5)	76.7	(3.28)
2 - 19.....	1586	47	(1.9)	80.5	(1.96)	19.6	(2.45)	24	(2.6)	89.1	(4.49)	41.9	(4.37)	47	(2.9)	73.0	(1.30)
20 and over...	2394	59	(1.9)	96.2	(1.36)	28.8	(1.46)	30	(1.6)	102.2	(1.98)	49.1	(1.96)	48	(1.8)	87.6	(1.68)
2 and over...	3980	56	(1.7)	92.1	(1.06)	26.4	(1.51)	29	(1.6)	99.3	(1.78)	47.5	(2.17)	48	(1.8)	83.1	(1.48)
Females:																	
2 - 5.....	423	38	(4.7)	55.3	(1.61)	7.8	(1.34)	14	(2.3)	60.8	(3.01)	20.5	(1.45)	34	(2.3)	51.9	(1.73)
6 - 11.....	556	46	(4.6)	69.9	(1.99)	15.4	(2.29)	22	(3.0)	74.7	(2.46)	33.3	(2.40)	45	(2.7)	65.7	(2.21)
12 - 19.....	567	57	(3.4)	67.7	(2.48)	21.3	(1.92)	31	(3.0)	69.0	(3.08)	37.4	(2.93)	54	(2.5)	65.9	(3.80)
20 - 39.....	832	61	(3.2)	75.2	(1.17)	24.3	(1.92)	32	(2.2)	78.9	(1.38)	40.0	(1.98)	51	(1.9)	69.4	(1.49)
40 - 59.....	830	53	(2.6)	68.9	(0.88)	18.3	(0.97)	27	(1.4)	75.5	(2.16)	34.9	(1.31)	46	(1.7)	61.5	(2.36)
60 and over.....	745	43	(3.1)	61.5	(2.04)	13.1	(1.32)	21	(1.9)	66.8	(2.61)	30.2	(2.00)	45	(2.2)	57.3	(2.85)
2 - 19.....	1546	49	(1.8)	65.6	(1.20)	16.4	(1.05)	25	(1.5)	69.3	(2.19)	33.3	(1.97)	48	(2.0)	62.1	(1.49)
20 and over...	2407	53	(1.5)	69.0	(0.87)	19.0	(0.88)	27	(1.1)	74.9	(1.17)	35.9	(1.33)	48	(1.4)	62.4	(1.53)
2 and over...	3953	52	(1.3)	68.2	(0.87)	18.3	(0.78)	27	(1.0)	73.6	(1.20)	35.3	(1.25)	48	(1.3)	62.3	(1.44)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	73.3	(1.42)	18.1	(1.52)	25	(1.8)	79.2	(2.81)	37.6	(2.69)	47	(2.0)	67.8	(0.92)
20 and over...	4801	56	(1.3)	82.2	(0.77)	23.8	(0.91)	29	(1.1)	88.9	(1.17)	42.6	(1.39)	48	(1.4)	73.9	(0.97)
2 and over...	7933	54	(1.2)	80.0	(0.75)	22.3	(0.98)	28	(1.2)	86.7	(1.25)	41.5	(1.57)	48	(1.5)	72.1	(0.87)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Saturated fat													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5	411	43	(5.6)	21.5	(1.40)	2.7	(0.40)	12	(2.4)	19.5	(1.15)	6.2	(0.39)	32	(2.4)	23.0	(1.92)
6 - 11	590	38	(3.1)	26.8	(0.60)	3.9	(0.37)	15	(1.4)	27.7	(1.03)	10.4	(0.60)	38	(2.0)	26.3	(0.71)
12 - 19	585	56	(3.7)	31.6	(1.16)	10.3	(1.46)	33	(4.1)	35.8	(1.89)	18.5	(1.78)	52	(3.6)	26.2	(1.07)
20 - 39	882	67	(1.9)	32.8	(0.96)	12.5	(0.84)	38	(1.9)	34.1	(1.24)	18.9	(1.14)	55	(2.2)	30.2	(1.06)
40 - 59	756	56	(2.6)	32.1	(1.16)	8.5	(0.38)	26	(1.5)	34.2	(1.60)	15.2	(0.79)	45	(2.3)	29.5	(1.67)
60 and over	756	51	(2.1)	26.0	(0.76)	5.7	(0.34)	22	(1.6)	27.8	(0.78)	11.0	(0.46)	39	(1.6)	24.2	(1.19)
2 - 19	1586	47	(1.9)	27.8	(0.65)	6.5	(0.71)	23	(2.4)	30.4	(1.41)	13.9	(1.27)	46	(2.8)	25.5	(0.69)
20 and over	2394	59	(1.9)	30.9	(0.54)	9.3	(0.51)	30	(1.6)	32.8	(0.82)	15.9	(0.67)	48	(1.7)	28.2	(0.68)
2 and over	3980	56	(1.7)	30.1	(0.50)	8.6	(0.49)	29	(1.6)	32.3	(0.82)	15.4	(0.71)	48	(1.7)	27.3	(0.64)
Females:																	
2 - 5	423	38	(4.7)	20.0	(0.74)	2.7	(0.51)	13	(2.6)	21.4	(1.15)	7.0	(0.62)	33	(3.1)	19.1	(0.84)
6 - 11	556	46	(4.6)	24.5	(0.87)	5.3	(0.88)	22	(3.4)	25.6	(1.11)	11.6	(1.01)	45	(3.5)	23.5	(1.09)
12 - 19	567	57	(3.4)	23.1	(0.75)	7.0	(0.69)	31	(3.1)	23.5	(1.00)	12.4	(1.01)	53	(2.7)	22.5	(1.30)
20 - 39	832	61	(3.2)	24.6	(0.50)	8.1	(0.61)	33	(2.3)	26.1	(0.42)	13.2	(0.59)	51	(2.0)	22.3	(0.74)
40 - 59	830	53	(2.6)	22.2	(0.53)	6.0	(0.40)	27	(1.6)	24.7	(1.06)	11.4	(0.64)	46	(2.5)	19.5	(0.99)
60 and over	745	43	(3.1)	19.3	(0.79)	4.1	(0.48)	21	(2.4)	20.5	(1.18)	9.5	(0.87)	46	(2.5)	18.3	(1.11)
2 - 19	1546	49	(1.8)	22.8	(0.32)	5.5	(0.38)	24	(1.7)	23.8	(0.66)	11.2	(0.71)	47	(2.3)	21.9	(0.61)
20 and over	2407	53	(1.5)	22.3	(0.48)	6.2	(0.36)	28	(1.4)	24.3	(0.57)	11.7	(0.56)	48	(1.8)	19.9	(0.69)
2 and over	3953	52	(1.3)	22.4	(0.39)	6.0	(0.31)	27	(1.3)	24.2	(0.47)	11.6	(0.48)	48	(1.5)	20.4	(0.63)
Males and Females:																	
2 - 19	3132	48	(1.4)	25.4	(0.49)	6.0	(0.44)	24	(1.6)	27.1	(0.88)	12.5	(0.79)	46	(2.0)	23.8	(0.42)
20 and over	4801	56	(1.3)	26.5	(0.36)	7.7	(0.34)	29	(1.3)	28.7	(0.53)	13.9	(0.51)	48	(1.5)	23.7	(0.46)
2 and over	7933	54	(1.2)	26.2	(0.35)	7.3	(0.33)	28	(1.3)	28.3	(0.52)	13.6	(0.53)	48	(1.5)	23.7	(0.42)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Monounsaturated fat													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5	411	43	(5.6)	20.2	(0.88)	3.0	(0.46)	15	(2.7)	19.3	(1.17)	7.0	(0.73)	36	(2.5)	20.8	(1.47)
6 - 11	590	38	(3.1)	26.5	(0.63)	3.8	(0.37)	14	(1.5)	26.3	(1.02)	10.1	(0.52)	39	(2.1)	26.7	(0.84)
12 - 19	585	56	(3.7)	33.2	(1.35)	10.8	(1.72)	32	(4.2)	37.7	(2.09)	19.3	(2.11)	51	(3.4)	27.6	(1.09)
20 - 39	882	67	(1.9)	36.4	(0.72)	13.3	(0.71)	37	(2.0)	37.7	(0.76)	20.0	(0.94)	53	(2.4)	33.7	(1.25)
40 - 59	756	56	(2.6)	35.9	(1.22)	9.3	(0.47)	26	(1.4)	38.3	(1.68)	16.7	(0.95)	44	(2.4)	32.8	(1.33)
60 and over	756	51	(2.1)	30.5	(0.99)	6.6	(0.34)	22	(1.4)	32.5	(0.85)	12.9	(0.52)	40	(1.6)	28.4	(1.43)
2 - 19	1586	47	(1.9)	28.1	(0.74)	6.8	(0.84)	24	(2.5)	31.0	(1.66)	14.4	(1.50)	47	(2.8)	25.6	(0.52)
20 and over	2394	59	(1.9)	34.8	(0.54)	10.2	(0.49)	29	(1.5)	36.8	(0.74)	17.3	(0.63)	47	(1.7)	31.8	(0.62)
2 and over	3980	56	(1.7)	33.0	(0.41)	9.3	(0.51)	28	(1.6)	35.5	(0.64)	16.7	(0.71)	47	(1.8)	29.9	(0.55)
Females:																	
2 - 5	423	38	(4.7)	18.8	(0.67)	2.7	(0.47)	15	(2.3)	20.9	(1.29)	7.2	(0.57)	34	(2.4)	17.5	(0.63)
6 - 11	556	46	(4.6)	24.2	(0.69)	5.4	(0.81)	22	(3.2)	26.1	(0.91)	11.7	(0.88)	45	(3.1)	22.6	(0.74)
12 - 19	567	57	(3.4)	23.0	(0.90)	7.0	(0.67)	30	(3.2)	23.1	(1.09)	12.3	(1.02)	53	(2.6)	22.8	(1.44)
20 - 39	832	61	(3.2)	26.4	(0.43)	8.4	(0.71)	32	(2.3)	27.6	(0.56)	13.8	(0.74)	50	(2.0)	24.5	(0.63)
40 - 59	830	53	(2.6)	24.3	(0.30)	6.4	(0.36)	26	(1.4)	26.8	(0.64)	12.2	(0.48)	46	(1.7)	21.7	(0.81)
60 and over	745	43	(3.1)	21.8	(0.79)	4.7	(0.46)	22	(1.8)	23.8	(1.07)	10.8	(0.75)	45	(2.1)	20.2	(1.07)
2 - 19	1546	49	(1.8)	22.5	(0.49)	5.5	(0.38)	25	(1.6)	23.7	(0.82)	11.3	(0.72)	48	(2.2)	21.3	(0.55)
20 and over	2407	53	(1.5)	24.3	(0.31)	6.6	(0.31)	27	(1.1)	26.4	(0.47)	12.5	(0.46)	47	(1.3)	22.0	(0.50)
2 and over	3953	52	(1.3)	23.9	(0.32)	6.4	(0.28)	27	(1.0)	25.8	(0.47)	12.2	(0.44)	47	(1.2)	21.8	(0.47)
Males and Females:																	
2 - 19	3132	48	(1.4)	25.4	(0.53)	6.2	(0.54)	24	(1.8)	27.3	(1.08)	12.8	(0.95)	47	(2.0)	23.6	(0.35)
20 and over	4801	56	(1.3)	29.4	(0.30)	8.4	(0.31)	28	(1.1)	31.8	(0.45)	15.0	(0.45)	47	(1.3)	26.5	(0.34)
2 and over	7933	54	(1.2)	28.4	(0.27)	7.8	(0.33)	27	(1.1)	30.8	(0.45)	14.5	(0.52)	47	(1.4)	25.7	(0.30)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Polyunsaturated fat													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	12.4	(0.31)	2.1	(0.30)	17	(2.2)	12.9	(0.57)	4.9	(0.52)	38	(3.0)	12.0	(0.47)
6 - 11.....	590	38	(3.1)	16.8	(0.61)	2.5	(0.32)	15	(1.8)	17.5	(0.63)	6.7	(0.48)	38	(2.3)	16.4	(0.83)
12 - 19.....	585	56	(3.7)	21.7	(1.44)	7.6	(1.53)	35	(5.0)	24.8	(1.98)	13.5	(2.03)	55	(4.3)	17.7	(0.86)
20 - 39.....	882	67	(1.9)	23.8	(0.50)	9.0	(0.52)	38	(2.2)	25.3	(0.64)	13.5	(0.72)	53	(2.9)	20.8	(0.94)
40 - 59.....	756	56	(2.6)	23.6	(0.86)	6.3	(0.55)	26	(2.2)	24.9	(1.28)	11.2	(1.21)	45	(3.6)	21.9	(1.00)
60 and over.....	756	51	(2.1)	19.5	(0.59)	4.4	(0.19)	23	(1.2)	21.0	(0.55)	8.6	(0.29)	41	(1.7)	17.9	(0.79)
2 - 19.....	1586	47	(1.9)	18.0	(0.79)	4.7	(0.73)	26	(3.0)	20.5	(1.36)	10.0	(1.34)	49	(3.5)	15.9	(0.46)
20 and over...	2394	59	(1.9)	22.7	(0.39)	6.9	(0.40)	30	(1.7)	24.3	(0.57)	11.7	(0.62)	48	(2.1)	20.4	(0.50)
2 and over...	3980	56	(1.7)	21.5	(0.35)	6.3	(0.44)	29	(1.8)	23.4	(0.50)	11.3	(0.69)	48	(2.2)	19.0	(0.40)
Females:																	
2 - 5.....	423	38	(4.7)	12.1	(0.46)	1.7	(0.30)	14	(2.3)	13.9	(0.86)	4.6	(0.43)	33	(2.4)	11.0	(0.49)
6 - 11.....	556	46	(4.6)	15.6	(0.58)	3.4	(0.48)	22	(2.5)	17.3	(0.63)	7.4	(0.57)	43	(2.4)	14.1	(0.63)
12 - 19.....	567	57	(3.4)	16.0	(0.76)	5.4	(0.54)	34	(3.2)	16.6	(1.03)	9.6	(0.93)	58	(3.1)	15.3	(0.85)
20 - 39.....	832	61	(3.2)	17.9	(0.40)	5.9	(0.46)	33	(2.1)	18.7	(0.57)	9.7	(0.53)	52	(1.8)	16.7	(0.33)
40 - 59.....	830	53	(2.6)	16.7	(0.36)	4.4	(0.25)	26	(1.6)	17.9	(0.52)	8.4	(0.33)	47	(1.7)	15.3	(0.70)
60 and over.....	745	43	(3.1)	15.5	(0.65)	3.2	(0.32)	20	(1.7)	17.2	(0.73)	7.3	(0.41)	42	(2.8)	14.3	(0.70)
2 - 19.....	1546	49	(1.8)	15.0	(0.40)	4.0	(0.28)	26	(1.6)	16.3	(0.70)	8.0	(0.57)	49	(2.3)	13.7	(0.34)
20 and over...	2407	53	(1.5)	16.8	(0.22)	4.6	(0.15)	27	(1.0)	18.0	(0.23)	8.6	(0.27)	48	(1.2)	15.4	(0.43)
2 and over...	3953	52	(1.3)	16.4	(0.19)	4.4	(0.14)	27	(0.9)	17.7	(0.25)	8.5	(0.27)	48	(1.2)	14.9	(0.36)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	16.6	(0.48)	4.3	(0.44)	26	(2.0)	18.4	(0.78)	9.0	(0.80)	49	(2.4)	14.8	(0.31)
20 and over...	4801	56	(1.3)	19.7	(0.20)	5.7	(0.22)	29	(1.1)	21.2	(0.31)	10.2	(0.38)	48	(1.5)	17.7	(0.26)
2 and over...	7933	54	(1.2)	18.9	(0.21)	5.3	(0.25)	28	(1.2)	20.6	(0.32)	9.9	(0.43)	48	(1.7)	16.9	(0.21)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Cholesterol													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	180	(10.3)	20	(3.0)	11	(1.6)	177	(20.6)	47	(5.4)	27	(1.9)	182	(13.9)
6 - 11.....	590	38	(3.1)	219	(8.3)	29	(2.9)	13	(1.2)	231	(12.4)	77	(4.6)	33	(2.0)	212	(11.7)
12 - 19.....	585	56	(3.7)	306	(18.5)	107	(25.5)	35	(7.0)	337	(32.6)	190	(38.0)	57	(7.4)	267	(21.3)
20 - 39.....	882	67	(1.9)	343	(10.2)	125	(6.9)	36	(2.3)	342	(12.3)	188	(8.3)	55	(2.6)	343	(19.3)
40 - 59.....	756	56	(2.6)	353	(14.4)	96	(7.3)	27	(2.0)	364	(17.9)	173	(12.9)	47	(3.2)	338	(17.5)
60 and over.....	756	51	(2.1)	308	(8.4)	81	(6.6)	26	(2.0)	351	(15.3)	157	(12.6)	45	(3.6)	263	(12.5)
2 - 19.....	1586	47	(1.9)	250	(9.3)	62	(11.7)	25	(4.0)	277	(21.9)	132	(23.0)	48	(5.3)	225	(9.4)
20 and over...	2394	59	(1.9)	338	(7.2)	103	(5.9)	31	(1.8)	352	(9.9)	176	(7.1)	50	(2.0)	318	(9.6)
2 and over...	3980	56	(1.7)	315	(5.5)	92	(6.6)	29	(2.1)	336	(7.6)	166	(9.3)	50	(2.5)	289	(8.7)
Females:																	
2 - 5.....	423	38	(4.7)	170	(8.5)	22	(4.8)	13	(3.0)	162	(11.5)	58	(7.8)	36	(4.3)	175	(9.2)
6 - 11.....	556	46	(4.6)	196	(7.8)	41	(6.3)	21	(3.1)	194	(12.3)	89	(7.5)	46	(2.6)	197	(8.1)
12 - 19.....	567	57	(3.4)	211	(12.7)	64	(7.2)	30	(3.9)	203	(12.5)	113	(11.0)	55	(2.8)	222	(19.8)
20 - 39.....	832	61	(3.2)	237	(7.2)	80	(8.7)	34	(3.0)	253	(10.5)	131	(11.4)	52	(2.9)	213	(6.9)
40 - 59.....	830	53	(2.6)	226	(10.2)	65	(5.7)	29	(2.3)	246	(11.4)	123	(11.4)	50	(3.3)	205	(14.8)
60 and over.....	745	43	(3.1)	220	(11.0)	59	(7.3)	27	(2.6)	245	(23.2)	135	(15.4)	55	(3.3)	202	(11.9)
2 - 19.....	1546	49	(1.8)	197	(6.0)	47	(3.9)	24	(1.7)	194	(8.6)	96	(6.7)	50	(1.8)	201	(7.3)
20 and over...	2407	53	(1.5)	229	(5.9)	68	(4.4)	30	(1.4)	248	(7.2)	129	(7.6)	52	(1.8)	206	(6.4)
2 and over...	3953	52	(1.3)	221	(4.7)	63	(3.5)	29	(1.2)	236	(5.9)	121	(5.9)	51	(1.6)	205	(5.6)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	224	(5.9)	55	(6.5)	24	(2.6)	235	(11.5)	114	(12.4)	48	(3.4)	214	(6.4)
20 and over...	4801	56	(1.3)	282	(3.6)	85	(3.6)	30	(1.3)	302	(4.2)	153	(5.1)	51	(1.6)	257	(5.4)
2 and over...	7933	54	(1.2)	267	(3.3)	78	(4.0)	29	(1.4)	287	(3.7)	144	(6.3)	50	(1.9)	245	(5.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin A (RAE)													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	594	(24.9)	33	(5.4)	5	(0.9)	521	(38.4)	77	(6.6)	15	(1.1)	647	(36.1)
6 - 11.....	590	38	(3.1)	673	(24.2)	48	(5.7)	7	(0.9)	698	(36.2)	128	(12.2)	18	(1.8)	659	(29.2)
12 - 19.....	585	56	(3.7)	696	(27.4)	129	(26.2)	19	(4.0)	718	(41.3)	231	(35.9)	32	(5.3)	668	(52.2)
20 - 39.....	882	67	(1.9)	628	(34.4)	170	(18.1)	27	(2.1)	606	(36.9)	256	(23.9)	42	(2.2)	673	(45.7)
40 - 59.....	756	56	(2.6)	728	(53.1)	132	(18.3)	18	(2.2)	736	(58.6)	238	(32.6)	32	(3.6)	719	(61.6)
60 and over.....	756	51	(2.1)	972	(244.3)	128	(27.8)	13*	(4.5)	1045*	(325.3)	249	(57.1)	24*	(9.5)	894	(161.9)
2 - 19.....	1586	47	(1.9)	666	(18.0)	81	(12.2)	12	(1.9)	673	(27.3)	173	(23.0)	26	(3.5)	659	(27.4)
20 and over...	2394	59	(1.9)	749	(71.1)	146	(13.1)	19	(2.1)	746	(78.2)	248	(21.0)	33	(3.9)	754	(63.8)
2 and over...	3980	56	(1.7)	728	(54.3)	129	(10.6)	18	(1.6)	730	(65.0)	232	(18.1)	32	(3.3)	725	(43.8)
Females:																	
2 - 5.....	423	38	(4.7)	569	(21.4)	39*	(11.8)	7*	(2.1)	533	(22.4)	103	(22.7)	19	(3.9)	591	(40.6)
6 - 11.....	556	46	(4.6)	560	(21.8)	66	(12.5)	12	(2.2)	557	(23.0)	144	(18.3)	26	(3.1)	562	(35.9)
12 - 19.....	567	57	(3.4)	480	(24.2)	99	(5.0)	21	(1.5)	449	(22.8)	174	(13.8)	39	(3.1)	521	(38.4)
20 - 39.....	832	61	(3.2)	596	(31.2)	139	(15.8)	23	(2.5)	588	(37.7)	229	(21.0)	39	(2.7)	608	(44.3)
40 - 59.....	830	53	(2.6)	617	(35.0)	99	(7.5)	16	(1.7)	582	(32.1)	188	(14.2)	32	(3.0)	656	(49.6)
60 and over.....	745	43	(3.1)	593	(21.8)	88	(9.3)	15	(1.4)	567	(34.7)	204	(13.3)	36	(2.7)	613	(29.8)
2 - 19.....	1546	49	(1.8)	526	(10.5)	75	(4.2)	14	(0.7)	496	(19.0)	153	(8.5)	31	(1.8)	554	(18.8)
20 and over...	2407	53	(1.5)	603	(23.3)	110	(7.5)	18	(1.2)	581	(26.4)	208	(12.8)	36	(2.0)	628	(26.8)
2 and over...	3953	52	(1.3)	585	(19.3)	102	(5.8)	17	(0.9)	562	(22.8)	195	(9.6)	35	(1.7)	609	(20.2)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	597	(10.2)	78	(5.8)	13	(1.0)	585	(17.8)	163	(11.3)	28	(2.2)	609	(18.9)
20 and over...	4801	56	(1.3)	674	(38.0)	127	(8.0)	19	(1.1)	666	(44.4)	229	(13.3)	34	(2.4)	686	(33.0)
2 and over...	7933	54	(1.2)	655	(29.8)	115	(6.6)	18	(0.9)	647	(37.5)	214	(11.8)	33	(2.1)	664	(23.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Beta carotene										
				All Individuals [2]					*All Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	1224	(182.4)	74*	(25.5)	6*	(2.1)	1194*	(366.0)	174*	(53.7)	15*	(6.4)	1246	(202.5)
6 - 11.....	590	38	(3.1)	1377	(188.8)	65	(7.4)	5	(0.9)	1474	(408.8)	172	(20.4)	12*	(3.8)	1319	(182.2)
12 - 19.....	585	56	(3.7)	1236	(141.0)	201	(29.0)	16	(3.1)	1113	(175.4)	359	(33.1)	32	(5.0)	1393	(273.0)
20 - 39.....	882	67	(1.9)	1835	(139.3)	620	(92.9)	34	(3.5)	1974	(170.0)	933	(127.9)	47	(3.8)	1558	(175.6)
40 - 59.....	756	56	(2.6)	2776	(355.7)	626	(185.5)	23	(4.9)	3006	(462.9)	1126	(329.4)	37	(7.8)	2488	(371.5)
60 and over.....	756	51	(2.1)	3275	(781.3)	570	(153.3)	17*	(6.0)	2182	(400.1)	1108	(307.9)	51	(6.2)	4434*	(1696.8)
2 - 19.....	1586	47	(1.9)	1281	(77.7)	128	(16.7)	10	(1.5)	1226	(96.1)	272	(28.1)	22	(2.6)	1329	(131.0)
20 and over...	2394	59	(1.9)	2538	(274.5)	610	(90.2)	24	(3.2)	2386	(191.1)	1039	(147.8)	44	(4.1)	2755	(615.6)
2 and over...	3980	56	(1.7)	2211	(210.4)	485	(67.8)	22	(2.7)	2132	(151.0)	871	(120.1)	41	(3.8)	2311	(416.6)
Females:																	
2 - 5.....	423	38	(4.7)	1239	(200.1)	58*	(22.6)	5*	(2.3)	883	(190.6)	151*	(49.6)	17*	(8.2)	1458	(243.9)
6 - 11.....	556	46	(4.6)	1048	(89.6)	144	(34.1)	14	(3.4)	936	(135.9)	312	(63.2)	33	(7.4)	1144	(127.0)
12 - 19.....	567	57	(3.4)	1012	(173.3)	300	(48.2)	30	(3.2)	970	(145.9)	527	(104.2)	54	(4.9)	1066	(230.1)
20 - 39.....	832	61	(3.2)	2179	(186.8)	492	(94.5)	23	(3.4)	2219	(257.9)	808	(139.3)	36	(4.4)	2118	(163.8)
40 - 59.....	830	53	(2.6)	2758	(365.1)	394	(50.4)	14	(2.2)	2437	(332.3)	750	(98.2)	31	(5.7)	3112	(520.4)
60 and over.....	745	43	(3.1)	2412	(190.8)	407	(87.1)	17	(3.8)	2321	(266.3)	938	(179.3)	40	(7.5)	2482	(318.0)
2 - 19.....	1546	49	(1.8)	1074	(95.2)	196	(25.7)	18	(1.7)	945	(99.4)	398	(56.7)	42	(3.7)	1199	(119.7)
20 and over...	2407	53	(1.5)	2464	(201.8)	431	(44.1)	17	(1.5)	2325	(221.4)	815	(83.3)	35	(3.6)	2620	(239.9)
2 and over...	3953	52	(1.3)	2128	(159.1)	374	(33.0)	18	(1.3)	2009	(175.2)	720	(61.0)	36	(3.4)	2257	(182.3)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	1180	(71.6)	161	(10.9)	14	(0.8)	1085	(75.9)	335	(26.1)	31	(2.5)	1267	(99.4)
20 and over...	4801	56	(1.3)	2500	(181.7)	518	(55.7)	21	(1.8)	2356	(170.8)	930	(97.1)	39	(3.2)	2681	(308.3)
2 and over...	7933	54	(1.2)	2169	(146.2)	429	(42.5)	20	(1.5)	2072	(136.4)	797	(78.3)	38	(2.9)	2282	(224.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

L y c o p e n e

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	2941	(373.7)	447	(107.0)	15	(3.2)	2852	(514.8)	1052	(170.6)	37	(4.3)	3007	(534.2)
6 - 11.....	590	38	(3.1)	5931	(631.4)	813	(108.3)	14	(2.1)	5811	(806.1)	2163	(262.2)	37	(3.0)	6004	(881.7)
12 - 19.....	585	56	(3.7)	7783	(736.3)	2452	(324.3)	32	(3.7)	8459	(1332.3)	4381	(473.0)	52	(9.2)	6922	(990.9)
20 - 39.....	882	67	(1.9)	6215	(354.7)	2576	(255.2)	41	(3.0)	6633	(607.9)	3873	(440.3)	58	(3.5)	5387	(596.8)
40 - 59.....	756	56	(2.6)	6222	(524.2)	1595	(208.6)	26	(4.6)	6534	(561.7)	2869	(333.6)	44	(5.6)	5830	(962.9)
60 and over.....	756	51	(2.1)	5121	(499.4)	1015	(171.0)	20	(3.8)	4483	(618.0)	1972	(321.4)	44	(6.4)	5797	(818.1)
2 - 19.....	1586	47	(1.9)	6106	(510.4)	1467	(171.6)	24	(2.3)	6639	(853.1)	3127	(305.7)	47	(5.9)	5636	(553.5)
20 and over...	2394	59	(1.9)	5953	(287.5)	1828	(118.1)	31	(2.2)	6142	(264.2)	3112	(209.3)	51	(2.9)	5684	(532.9)
2 and over...	3980	56	(1.7)	5993	(261.0)	1734	(78.0)	29	(1.7)	6251	(283.4)	3115	(131.3)	50	(2.4)	5669	(467.7)
Females:																	
2 - 5.....	423	38	(4.7)	3728	(716.0)	375	(92.1)	10*	(3.3)	2420	(436.9)	986	(161.8)	41	(5.1)	4533	(1029.2)
6 - 11.....	556	46	(4.6)	4649	(569.2)	1355*	(547.7)	29*	(9.0)	5543	(1162.5)	2933*	(1067.7)	53	(10.0)	3880	(473.7)
12 - 19.....	567	57	(3.4)	4332	(543.1)	1108	(121.7)	26	(4.7)	4002	(626.3)	1947	(188.8)	49	(8.5)	4767	(761.6)
20 - 39.....	832	61	(3.2)	5405	(436.4)	1667	(287.4)	31	(4.8)	5460	(626.5)	2741	(395.6)	50	(8.0)	5320	(627.8)
40 - 59.....	830	53	(2.6)	4571	(264.2)	907	(109.9)	20	(2.5)	3950	(369.2)	1727	(163.1)	44	(4.3)	5257	(636.9)
60 and over.....	745	43	(3.1)	3768	(472.3)	665	(99.0)	18	(2.2)	3982	(724.2)	1534	(225.5)	39	(4.6)	3603	(537.9)
2 - 19.....	1546	49	(1.8)	4300	(347.2)	1025	(177.2)	24	(2.9)	4197	(516.7)	2080	(359.3)	50	(5.2)	4401	(292.0)
20 and over...	2407	53	(1.5)	4639	(244.6)	1103	(130.7)	24	(2.3)	4557	(331.2)	2086	(224.7)	46	(4.5)	4731	(353.1)
2 and over...	3953	52	(1.3)	4557	(205.5)	1084	(120.2)	24	(2.1)	4474	(290.7)	2085	(204.3)	47	(3.9)	4647	(271.7)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	5225	(350.7)	1251	(139.2)	24	(1.8)	5416	(533.5)	2603	(269.9)	48	(4.1)	5047	(371.5)
20 and over...	4801	56	(1.3)	5279	(171.5)	1456	(104.1)	28	(1.8)	5371	(241.4)	2613	(170.4)	49	(3.0)	5164	(284.4)
2 and over...	7933	54	(1.2)	5265	(169.4)	1405	(84.9)	27	(1.5)	5381	(239.0)	2611	(134.1)	49	(2.2)	5131	(257.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

T h i a m i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	1.27	(0.038)	0.13	(0.024)	11	(2.0)	1.18	(0.041)	0.32	(0.029)	27	(2.3)	1.34	(0.048)
6 - 11.....	590	38	(3.1)	1.67	(0.045)	0.20	(0.027)	12	(1.5)	1.71	(0.077)	0.54	(0.051)	32	(1.9)	1.65	(0.040)
12 - 19.....	585	56	(3.7)	2.02	(0.045)	0.55	(0.076)	27	(4.0)	2.21	(0.076)	0.98	(0.085)	44	(3.6)	1.78	(0.109)
20 - 39.....	882	67	(1.9)	1.99	(0.051)	0.65	(0.042)	32	(2.1)	1.95	(0.052)	0.97	(0.060)	50	(2.4)	2.06	(0.108)
40 - 59.....	756	56	(2.6)	1.90	(0.048)	0.46	(0.029)	24	(1.6)	1.98	(0.086)	0.82	(0.059)	41	(2.6)	1.80	(0.073)
60 and over.....	756	51	(2.1)	1.74	(0.039)	0.32	(0.019)	19	(1.2)	1.75	(0.053)	0.63	(0.031)	36	(1.7)	1.73	(0.057)
2 - 19.....	1586	47	(1.9)	1.74	(0.024)	0.34	(0.039)	20	(2.2)	1.87	(0.057)	0.73	(0.065)	39	(2.8)	1.62	(0.040)
20 and over...	2394	59	(1.9)	1.90	(0.020)	0.50	(0.026)	26	(1.4)	1.92	(0.033)	0.84	(0.036)	44	(1.6)	1.86	(0.043)
2 and over...	3980	56	(1.7)	1.85	(0.017)	0.46	(0.026)	25	(1.4)	1.91	(0.028)	0.82	(0.037)	43	(1.6)	1.79	(0.040)
Females:																	
2 - 5.....	423	38	(4.7)	1.23	(0.018)	0.13	(0.024)	10	(2.0)	1.21	(0.041)	0.33	(0.035)	27	(3.0)	1.24	(0.021)
6 - 11.....	556	46	(4.6)	1.51	(0.074)	0.25	(0.038)	16	(2.2)	1.59	(0.104)	0.54	(0.050)	34	(2.2)	1.43	(0.065)
12 - 19.....	567	57	(3.4)	1.32	(0.061)	0.32	(0.021)	24	(2.0)	1.28	(0.064)	0.56	(0.042)	44	(2.6)	1.36	(0.069)
20 - 39.....	832	61	(3.2)	1.55	(0.048)	0.42	(0.032)	27	(2.3)	1.57	(0.073)	0.69	(0.033)	44	(2.6)	1.50	(0.066)
40 - 59.....	830	53	(2.6)	1.35	(0.030)	0.30	(0.018)	22	(1.5)	1.37	(0.039)	0.57	(0.031)	41	(2.3)	1.33	(0.048)
60 and over.....	745	43	(3.1)	1.29	(0.037)	0.22	(0.022)	17	(1.5)	1.36	(0.068)	0.51	(0.039)	37	(2.2)	1.23	(0.036)
2 - 19.....	1546	49	(1.8)	1.36	(0.039)	0.25	(0.013)	19	(0.7)	1.36	(0.055)	0.51	(0.032)	38	(1.7)	1.36	(0.031)
20 and over...	2407	53	(1.5)	1.40	(0.022)	0.32	(0.016)	23	(1.2)	1.45	(0.037)	0.60	(0.026)	42	(1.7)	1.35	(0.034)
2 and over...	3953	52	(1.3)	1.39	(0.021)	0.30	(0.012)	22	(0.9)	1.43	(0.029)	0.58	(0.021)	41	(1.5)	1.35	(0.030)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	1.55	(0.024)	0.30	(0.022)	19	(1.3)	1.62	(0.034)	0.62	(0.039)	39	(1.9)	1.50	(0.031)
20 and over...	4801	56	(1.3)	1.64	(0.018)	0.41	(0.017)	25	(1.1)	1.69	(0.028)	0.73	(0.027)	43	(1.5)	1.58	(0.032)
2 and over...	7933	54	(1.2)	1.62	(0.015)	0.38	(0.016)	23	(1.1)	1.67	(0.023)	0.70	(0.027)	42	(1.4)	1.56	(0.029)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	43	(5.6)	1.87	(0.062)	0.13	(0.018)	7	(1.1)	1.63	(0.050)	0.31	(0.023)	19	(1.4)	2.04	(0.092)
6 - 11	590	38	(3.1)	2.08	(0.044)	0.18	(0.016)	9	(0.8)	2.04	(0.066)	0.48	(0.029)	23	(1.1)	2.10	(0.051)
12 - 19	585	56	(3.7)	2.54	(0.137)	0.54	(0.092)	21	(3.2)	2.81	(0.270)	0.97	(0.119)	34	(3.2)	2.20	(0.107)
20 - 39	882	67	(1.9)	2.51	(0.063)	0.65	(0.050)	26	(1.8)	2.45	(0.112)	0.98	(0.065)	40	(1.7)	2.63	(0.143)
40 - 59	756	56	(2.6)	2.54	(0.083)	0.48	(0.029)	19	(1.3)	2.56	(0.087)	0.87	(0.034)	34	(1.6)	2.51	(0.123)
60 and over	756	51	(2.1)	2.51	(0.129)	0.37	(0.024)	15	(1.2)	2.63	(0.220)	0.72	(0.037)	27	(2.3)	2.39	(0.075)
2 - 19	1586	47	(1.9)	2.24	(0.066)	0.33	(0.044)	15	(1.8)	2.37	(0.162)	0.71	(0.082)	30	(2.4)	2.13	(0.058)
20 and over	2394	59	(1.9)	2.52	(0.054)	0.52	(0.032)	21	(1.3)	2.53	(0.085)	0.88	(0.036)	35	(1.4)	2.52	(0.072)
2 and over	3980	56	(1.7)	2.45	(0.045)	0.47	(0.032)	19	(1.3)	2.49	(0.088)	0.84	(0.042)	34	(1.4)	2.39	(0.067)
Females:																	
2 - 5	423	38	(4.7)	1.74	(0.026)	0.14	(0.032)	8	(1.8)	1.69	(0.094)	0.36	(0.051)	21	(2.5)	1.77	(0.061)
6 - 11	556	46	(4.6)	1.84	(0.066)	0.24	(0.036)	13	(1.9)	1.86	(0.095)	0.53	(0.039)	28	(1.9)	1.83	(0.074)
12 - 19	567	57	(3.4)	1.67	(0.064)	0.36	(0.027)	21	(2.3)	1.58	(0.048)	0.63	(0.033)	40	(2.7)	1.79	(0.108)
20 - 39	832	61	(3.2)	1.89	(0.052)	0.46	(0.028)	24	(1.8)	1.88	(0.065)	0.76	(0.028)	40	(2.0)	1.91	(0.055)
40 - 59	830	53	(2.6)	1.83	(0.035)	0.34	(0.024)	19	(1.3)	1.85	(0.061)	0.65	(0.047)	35	(2.1)	1.80	(0.054)
60 and over	745	43	(3.1)	1.78	(0.041)	0.27	(0.030)	15	(1.5)	1.83	(0.085)	0.61	(0.051)	34	(2.2)	1.75	(0.044)
2 - 19	1546	49	(1.8)	1.74	(0.026)	0.27	(0.013)	16	(0.7)	1.69	(0.038)	0.55	(0.020)	33	(1.4)	1.79	(0.040)
20 and over	2407	53	(1.5)	1.84	(0.024)	0.36	(0.020)	20	(1.1)	1.86	(0.043)	0.69	(0.032)	37	(1.6)	1.81	(0.027)
2 and over	3953	52	(1.3)	1.81	(0.022)	0.34	(0.017)	19	(1.0)	1.82	(0.037)	0.65	(0.026)	36	(1.4)	1.81	(0.026)
Males and Females:																	
2 - 19	3132	48	(1.4)	2.00	(0.032)	0.30	(0.024)	15	(1.1)	2.03	(0.076)	0.63	(0.043)	31	(1.5)	1.97	(0.041)
20 and over	4801	56	(1.3)	2.17	(0.029)	0.44	(0.021)	20	(1.0)	2.20	(0.054)	0.79	(0.030)	36	(1.3)	2.13	(0.048)
2 and over	7933	54	(1.2)	2.13	(0.025)	0.40	(0.020)	19	(1.0)	2.16	(0.054)	0.75	(0.031)	35	(1.2)	2.09	(0.045)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	43	(5.6)	16.1	(0.40)	2.1	(0.36)	13	(2.2)	16.1	(0.64)	4.9	(0.59)	31	(3.1)	16.2	(0.65)
6 - 11	590	38	(3.1)	22.1	(0.58)	3.0	(0.32)	13	(1.4)	22.4	(0.81)	7.9	(0.49)	35	(1.9)	21.9	(0.79)
12 - 19	585	56	(3.7)	31.8	(1.43)	9.0	(1.40)	28	(3.8)	36.0	(2.55)	16.1	(1.63)	45	(3.6)	26.4	(1.34)
20 - 39	882	67	(1.9)	35.0	(0.78)	11.5	(0.72)	33	(1.9)	36.1	(1.14)	17.3	(0.99)	48	(2.1)	32.7	(1.32)
40 - 59	756	56	(2.6)	31.1	(0.92)	7.3	(0.38)	23	(1.4)	31.7	(1.15)	13.1	(0.63)	41	(2.1)	30.3	(1.34)
60 and over	756	51	(2.1)	27.3	(0.86)	5.2	(0.31)	19	(1.1)	28.2	(1.41)	10.2	(0.51)	36	(1.8)	26.3	(0.87)
2 - 19	1586	47	(1.9)	25.1	(0.79)	5.5	(0.73)	22	(2.5)	28.4	(1.90)	11.7	(1.23)	41	(2.9)	22.2	(0.59)
20 and over	2394	59	(1.9)	31.6	(0.46)	8.4	(0.50)	27	(1.5)	32.9	(0.74)	14.3	(0.61)	43	(1.6)	29.9	(0.84)
2 and over	3980	56	(1.7)	29.9	(0.45)	7.6	(0.50)	25	(1.5)	31.9	(0.84)	13.7	(0.66)	43	(1.4)	27.5	(0.76)
Females:																	
2 - 5	423	38	(4.7)	15.7	(0.48)	1.9	(0.31)	12	(2.0)	15.5	(0.99)	4.9	(0.39)	32	(2.0)	15.8	(0.61)
6 - 11	556	46	(4.6)	20.5	(1.06)	3.8	(0.56)	18	(2.5)	21.8	(1.04)	8.2	(0.71)	37	(2.7)	19.4	(1.44)
12 - 19	567	57	(3.4)	19.3	(0.83)	5.4	(0.51)	28	(2.7)	19.1	(1.05)	9.4	(0.80)	49	(2.7)	19.6	(1.03)
20 - 39	832	61	(3.2)	23.4	(0.45)	7.1	(0.73)	30	(3.0)	24.0	(0.69)	11.6	(0.90)	49	(3.1)	22.4	(0.64)
40 - 59	830	53	(2.6)	20.2	(0.35)	4.7	(0.28)	23	(1.5)	20.4	(0.57)	8.9	(0.45)	44	(2.2)	20.0	(0.71)
60 and over	745	43	(3.1)	18.7	(0.43)	3.4	(0.36)	18	(1.6)	19.8	(0.83)	7.8	(0.63)	39	(2.2)	17.9	(0.43)
2 - 19	1546	49	(1.8)	18.9	(0.60)	4.1	(0.29)	22	(1.0)	19.3	(0.83)	8.3	(0.56)	43	(1.9)	18.5	(0.51)
20 and over	2407	53	(1.5)	20.9	(0.28)	5.2	(0.31)	25	(1.3)	21.7	(0.41)	9.7	(0.52)	45	(1.9)	20.0	(0.37)
2 and over	3953	52	(1.3)	20.4	(0.26)	4.9	(0.28)	24	(1.2)	21.1	(0.34)	9.4	(0.47)	45	(1.8)	19.6	(0.28)
Males and Females:																	
2 - 19	3132	48	(1.4)	22.1	(0.51)	4.8	(0.48)	22	(1.7)	23.9	(1.03)	10.0	(0.82)	42	(2.0)	20.4	(0.35)
20 and over	4801	56	(1.3)	26.1	(0.32)	6.7	(0.33)	26	(1.2)	27.4	(0.51)	12.1	(0.51)	44	(1.5)	24.5	(0.61)
2 and over	7933	54	(1.2)	25.1	(0.29)	6.2	(0.34)	25	(1.2)	26.6	(0.54)	11.6	(0.53)	44	(1.4)	23.3	(0.49)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin B6											
				All Individuals [2]					*All Restaurant Consumers* [3]					*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	1.44	(0.049)	0.13	(0.028)	9	(1.9)	1.41	(0.074)	0.31	(0.053)	22	(3.3)	1.46	(0.064)
6 - 11.....	590	38	(3.1)	1.76	(0.050)	0.16	(0.019)	9	(1.2)	1.70	(0.062)	0.43	(0.028)	25	(2.1)	1.79	(0.064)
12 - 19.....	585	56	(3.7)	2.51	(0.148)	0.55	(0.099)	22	(3.6)	2.73	(0.252)	0.99	(0.121)	36	(3.9)	2.23	(0.165)
20 - 39.....	882	67	(1.9)	2.83	(0.064)	0.80	(0.060)	28	(2.0)	2.88	(0.113)	1.20	(0.080)	42	(1.9)	2.71	(0.147)
40 - 59.....	756	56	(2.6)	2.65	(0.131)	0.49	(0.032)	18	(1.4)	2.51	(0.096)	0.88	(0.055)	35	(1.9)	2.83	(0.251)
60 and over.....	756	51	(2.1)	2.30	(0.087)	0.36	(0.018)	16	(0.9)	2.20	(0.084)	0.70	(0.031)	32	(1.4)	2.40	(0.134)
2 - 19.....	1586	47	(1.9)	2.02	(0.060)	0.33	(0.049)	16	(2.2)	2.19	(0.159)	0.70	(0.085)	32	(2.9)	1.88	(0.056)
20 and over...	2394	59	(1.9)	2.63	(0.053)	0.58	(0.040)	22	(1.6)	2.61	(0.061)	0.98	(0.048)	38	(1.4)	2.67	(0.130)
2 and over...	3980	56	(1.7)	2.47	(0.043)	0.51	(0.038)	21	(1.5)	2.52	(0.070)	0.92	(0.052)	37	(1.4)	2.42	(0.103)
Females:																	
2 - 5.....	423	38	(4.7)	1.39	(0.051)	0.11	(0.021)	8	(1.6)	1.26	(0.090)	0.29	(0.031)	23	(1.8)	1.46	(0.064)
6 - 11.....	556	46	(4.6)	1.64	(0.090)	0.22	(0.034)	14	(2.1)	1.70	(0.099)	0.49	(0.046)	29	(2.8)	1.59	(0.137)
12 - 19.....	567	57	(3.4)	1.53	(0.060)	0.34	(0.038)	22	(2.7)	1.44	(0.054)	0.59	(0.057)	41	(3.6)	1.65	(0.086)
20 - 39.....	832	61	(3.2)	1.97	(0.062)	0.48	(0.053)	24	(2.7)	1.95	(0.084)	0.78	(0.070)	40	(3.3)	2.00	(0.075)
40 - 59.....	830	53	(2.6)	1.66	(0.036)	0.33	(0.018)	20	(1.3)	1.64	(0.073)	0.62	(0.033)	38	(2.3)	1.69	(0.066)
60 and over.....	745	43	(3.1)	1.65	(0.057)	0.25	(0.022)	15	(1.3)	1.64	(0.068)	0.57	(0.034)	35	(2.2)	1.66	(0.067)
2 - 19.....	1546	49	(1.8)	1.53	(0.038)	0.25	(0.018)	16	(1.0)	1.49	(0.048)	0.51	(0.035)	34	(2.2)	1.58	(0.051)
20 and over...	2407	53	(1.5)	1.76	(0.038)	0.36	(0.022)	20	(1.1)	1.76	(0.051)	0.67	(0.035)	38	(1.8)	1.77	(0.040)
2 and over...	3953	52	(1.3)	1.71	(0.032)	0.33	(0.020)	19	(1.0)	1.70	(0.038)	0.64	(0.032)	37	(1.8)	1.72	(0.035)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	1.79	(0.032)	0.29	(0.031)	16	(1.5)	1.84	(0.072)	0.61	(0.054)	33	(2.2)	1.73	(0.039)
20 and over...	4801	56	(1.3)	2.19	(0.040)	0.46	(0.025)	21	(1.1)	2.19	(0.043)	0.83	(0.036)	38	(1.4)	2.18	(0.081)
2 and over...	7933	54	(1.2)	2.09	(0.030)	0.42	(0.025)	20	(1.1)	2.12	(0.041)	0.78	(0.037)	37	(1.4)	2.05	(0.063)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				F o l a t e (D F E)													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	419	(13.9)	41	(8.7)	10	(2.1)	385	(15.5)	96	(12.0)	25	(2.9)	444	(20.5)
6 - 11.....	590	38	(3.1)	557	(21.9)	63	(8.7)	11	(1.4)	560	(31.9)	168	(18.2)	30	(2.2)	555	(24.7)
12 - 19.....	585	56	(3.7)	687	(21.4)	168	(24.6)	25	(3.9)	762	(37.3)	301	(29.8)	39	(4.3)	591	(31.5)
20 - 39.....	882	67	(1.9)	683	(19.9)	206	(12.9)	30	(1.7)	663	(20.8)	309	(17.9)	47	(2.2)	724	(36.1)
40 - 59.....	756	56	(2.6)	639	(29.7)	136	(8.8)	21	(1.7)	671	(32.1)	245	(15.7)	36	(2.5)	599	(46.2)
60 and over.....	756	51	(2.1)	617	(35.4)	99	(4.5)	16	(1.0)	609	(36.6)	192	(8.6)	32	(2.0)	624	(45.8)
2 - 19.....	1586	47	(1.9)	585	(12.8)	105	(12.8)	18	(2.1)	633	(19.8)	225	(21.9)	35	(3.2)	542	(14.8)
20 and over...	2394	59	(1.9)	651	(9.6)	154	(8.2)	24	(1.3)	655	(12.4)	261	(11.0)	40	(1.5)	645	(22.8)
2 and over...	3980	56	(1.7)	633	(8.5)	141	(8.0)	22	(1.3)	650	(10.2)	253	(11.4)	39	(1.6)	613	(19.5)
Females:																	
2 - 5.....	423	38	(4.7)	415	(12.7)	36	(7.5)	9	(1.8)	387	(21.9)	95	(12.5)	25	(3.4)	431	(17.6)
6 - 11.....	556	46	(4.6)	520	(28.1)	75	(11.0)	14	(1.9)	564	(40.1)	163	(13.9)	29	(2.5)	483	(28.7)
12 - 19.....	567	57	(3.4)	453	(26.6)	103	(7.0)	23	(1.8)	417	(19.7)	181	(14.6)	43	(2.5)	500	(38.4)
20 - 39.....	832	61	(3.2)	528	(19.5)	126	(9.9)	24	(2.1)	504	(17.2)	208	(10.5)	41	(1.9)	565	(41.5)
40 - 59.....	830	53	(2.6)	485	(12.3)	95	(6.4)	20	(1.6)	488	(22.5)	180	(10.0)	37	(2.5)	481	(24.1)
60 and over.....	745	43	(3.1)	461	(16.1)	70	(7.2)	15	(1.3)	480	(24.8)	161	(11.2)	34	(2.1)	447	(19.5)
2 - 19.....	1546	49	(1.8)	466	(12.0)	79	(4.4)	17	(0.7)	456	(17.6)	161	(10.7)	35	(1.9)	475	(14.5)
20 and over...	2407	53	(1.5)	493	(10.9)	99	(4.8)	20	(1.1)	493	(15.3)	187	(8.1)	38	(1.6)	494	(20.6)
2 and over...	3953	52	(1.3)	487	(9.7)	94	(3.7)	19	(0.8)	484	(12.6)	181	(6.5)	37	(1.4)	489	(16.6)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	527	(8.4)	93	(7.4)	18	(1.3)	545	(14.4)	193	(13.2)	35	(2.0)	510	(10.4)
20 and over...	4801	56	(1.3)	570	(8.7)	126	(5.4)	22	(1.0)	576	(11.4)	225	(8.7)	39	(1.4)	562	(18.4)
2 and over...	7933	54	(1.2)	559	(7.2)	117	(5.1)	21	(0.9)	569	(9.8)	218	(8.6)	38	(1.3)	548	(15.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	230	(7.8)	23	(4.2)	10	(1.8)	222	(14.9)	55	(6.7)	25	(1.9)	236	(13.0)
6 - 11.....	590	38	(3.1)	262	(5.9)	29	(3.1)	11	(1.2)	266	(8.4)	78	(4.4)	29	(1.7)	260	(8.1)
12 - 19.....	585	56	(3.7)	353	(14.7)	104	(22.3)	29	(5.8)	380	(28.1)	186	(31.9)	49	(6.4)	318	(18.8)
20 - 39.....	882	67	(1.9)	400	(9.9)	128	(6.1)	32	(2.0)	395	(11.1)	192	(6.3)	49	(1.9)	410	(21.2)
40 - 59.....	756	56	(2.6)	420	(14.1)	96	(6.9)	23	(1.6)	419	(16.6)	172	(11.4)	41	(2.4)	421	(17.6)
60 and over.....	756	51	(2.1)	378	(8.7)	79	(4.3)	21	(1.1)	406	(14.1)	154	(8.9)	38	(2.2)	349	(8.4)
2 - 19.....	1586	47	(1.9)	296	(6.2)	61	(10.3)	21	(3.3)	318	(18.2)	131	(19.8)	41	(4.5)	276	(9.3)
20 and over...	2394	59	(1.9)	402	(7.0)	104	(5.4)	26	(1.5)	406	(8.3)	177	(5.8)	44	(1.5)	397	(11.4)
2 and over...	3980	56	(1.7)	374	(5.8)	93	(5.9)	25	(1.7)	387	(7.6)	167	(8.0)	43	(2.0)	359	(11.2)
Females:																	
2 - 5.....	423	38	(4.7)	211	(7.6)	22	(4.7)	10	(2.3)	199	(11.5)	58	(7.3)	29	(2.9)	219	(9.7)
6 - 11.....	556	46	(4.6)	232	(7.0)	39	(5.2)	17	(2.2)	228	(10.0)	85	(6.5)	37	(2.0)	234	(7.4)
12 - 19.....	567	57	(3.4)	234	(12.5)	64	(5.8)	27	(3.3)	231	(8.4)	112	(8.3)	49	(3.0)	239	(21.0)
20 - 39.....	832	61	(3.2)	280	(5.4)	81	(7.6)	29	(2.4)	289	(8.6)	134	(8.9)	46	(2.3)	264	(7.7)
40 - 59.....	830	53	(2.6)	269	(7.4)	62	(3.9)	23	(1.5)	276	(9.3)	119	(7.6)	43	(2.2)	262	(10.0)
60 and over.....	745	43	(3.1)	265	(6.2)	52	(5.0)	20	(1.7)	279	(17.2)	120	(8.8)	43	(2.3)	255	(8.9)
2 - 19.....	1546	49	(1.8)	228	(5.1)	47	(2.7)	20	(1.2)	225	(5.6)	95	(5.1)	42	(1.8)	232	(6.6)
20 and over...	2407	53	(1.5)	272	(4.0)	66	(3.7)	24	(1.1)	282	(6.5)	125	(5.9)	44	(1.5)	260	(4.2)
2 and over...	3953	52	(1.3)	261	(3.3)	61	(3.1)	24	(1.0)	269	(5.2)	118	(4.7)	44	(1.4)	253	(3.3)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	263	(3.8)	54	(5.6)	21	(2.1)	271	(9.2)	113	(10.5)	42	(2.8)	255	(6.4)
20 and over...	4801	56	(1.3)	335	(3.7)	85	(3.3)	25	(1.1)	346	(3.7)	152	(4.2)	44	(1.2)	322	(7.3)
2 and over...	7933	54	(1.2)	317	(2.8)	77	(3.5)	24	(1.2)	329	(3.4)	143	(5.2)	43	(1.5)	303	(6.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin B12											
				All Individuals [2]						*All Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5	411	43	(5.6)	4.55	(0.210)	0.34	(0.058)	7	(1.5)	3.81	(0.193)	0.80	(0.089)	21	(2.3)	5.09	(0.271)
6 - 11	590	38	(3.1)	5.28	(0.167)	0.54	(0.082)	10	(1.6)	5.23	(0.171)	1.43	(0.132)	27	(2.3)	5.31	(0.295)
12 - 19	585	56	(3.7)	7.24	(0.542)	1.72	(0.292)	24	(3.2)	8.15	(0.940)	3.07	(0.386)	38	(3.0)	6.08	(0.582)
20 - 39	882	67	(1.9)	6.64	(0.247)	2.10	(0.227)	32	(2.7)	6.81	(0.392)	3.16	(0.306)	46	(2.7)	6.30	(0.384)
40 - 59	756	56	(2.6)	6.10	(0.356)	1.23	(0.064)	20	(1.3)	6.01	(0.352)	2.22	(0.138)	37	(2.2)	6.21	(0.477)
60 and over	756	51	(2.1)	7.95	(1.840)	1.14	(0.127)	14	(3.9)	10.00*	(3.650)	2.22	(0.287)	22*	(8.8)	5.78	(0.359)
2 - 19	1586	47	(1.9)	6.00	(0.263)	1.02	(0.130)	17	(1.9)	6.51	(0.562)	2.18	(0.237)	33	(2.0)	5.54	(0.256)
20 and over	2394	59	(1.9)	6.75	(0.486)	1.54	(0.106)	23	(2.2)	7.20	(0.831)	2.63	(0.158)	36	(4.8)	6.12	(0.226)
2 and over	3980	56	(1.7)	6.56	(0.395)	1.41	(0.098)	21	(1.9)	7.05	(0.711)	2.53	(0.153)	36	(4.0)	5.94	(0.198)
Females:																	
2 - 5	423	38	(4.7)	4.13	(0.169)	0.29	(0.064)	7	(1.5)	3.88	(0.268)	0.77	(0.102)	20	(2.0)	4.28	(0.213)
6 - 11	556	46	(4.6)	4.40	(0.175)	0.54	(0.070)	12	(1.7)	4.45	(0.200)	1.17	(0.104)	26	(2.7)	4.34	(0.233)
12 - 19	567	57	(3.4)	4.11	(0.153)	0.96	(0.155)	23	(3.6)	3.92	(0.123)	1.69	(0.224)	43	(4.9)	4.36	(0.268)
20 - 39	832	61	(3.2)	4.59	(0.142)	1.39	(0.192)	30	(3.9)	4.73	(0.232)	2.29	(0.234)	48	(3.7)	4.39	(0.274)
40 - 59	830	53	(2.6)	3.96	(0.180)	0.77	(0.069)	19	(1.9)	3.90	(0.154)	1.46	(0.110)	38	(2.6)	4.03	(0.284)
60 and over	745	43	(3.1)	4.00	(0.161)	0.67	(0.073)	17	(1.7)	4.02	(0.263)	1.55	(0.133)	39	(3.0)	3.99	(0.155)
2 - 19	1546	49	(1.8)	4.21	(0.094)	0.68	(0.078)	16	(1.6)	4.08	(0.087)	1.37	(0.153)	34	(3.3)	4.33	(0.134)
20 and over	2407	53	(1.5)	4.19	(0.100)	0.96	(0.088)	23	(1.8)	4.26	(0.153)	1.81	(0.139)	43	(2.2)	4.12	(0.114)
2 and over	3953	52	(1.3)	4.20	(0.087)	0.89	(0.081)	21	(1.6)	4.22	(0.131)	1.71	(0.130)	41	(2.2)	4.17	(0.100)
Males and Females:																	
2 - 19	3132	48	(1.4)	5.12	(0.154)	0.85	(0.090)	17	(1.4)	5.29	(0.296)	1.77	(0.163)	34	(1.9)	4.97	(0.170)
20 and over	4801	56	(1.3)	5.44	(0.212)	1.24	(0.060)	23	(1.5)	5.77	(0.409)	2.23	(0.090)	39	(3.4)	5.03	(0.168)
2 and over	7933	54	(1.2)	5.36	(0.177)	1.14	(0.059)	21	(1.3)	5.66	(0.355)	2.13	(0.092)	38	(2.8)	5.01	(0.142)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin C													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	93.1	(9.23)	4.3	(0.75)	5*	(0.7)	93.1	(16.00)	10.0	(1.33)	11*	(1.5)	93.0	(8.57)
6 - 11.....	590	38	(3.1)	87.7	(4.76)	4.7	(0.78)	5	(0.9)	81.4	(7.55)	12.6	(1.77)	16	(1.8)	91.5	(7.14)
12 - 19.....	585	56	(3.7)	88.4	(12.74)	10.8	(2.34)	12*	(4.1)	68.3	(6.88)	19.2	(3.26)	28	(4.0)	113.8	(29.25)
20 - 39.....	882	67	(1.9)	98.2	(9.21)	22.8	(2.79)	23	(3.3)	91.2	(6.09)	34.3	(3.89)	38	(2.6)	112.1	(23.84)
40 - 59.....	756	56	(2.6)	86.3	(4.92)	13.8	(2.24)	16	(2.1)	78.5	(6.12)	24.7	(3.93)	32	(3.5)	96.0	(5.45)
60 and over.....	756	51	(2.1)	91.7	(8.49)	8.8	(1.24)	10	(1.3)	77.5	(7.57)	17.2	(2.12)	22	(1.6)	106.8	(13.44)
2 - 19.....	1586	47	(1.9)	89.2	(7.20)	7.3	(1.19)	8	(1.8)	76.7	(6.51)	15.6	(2.14)	20	(2.3)	100.1	(14.29)
20 and over...	2394	59	(1.9)	92.1	(6.38)	16.0	(1.94)	17	(1.8)	83.8	(5.26)	27.2	(2.95)	33	(1.9)	104.0	(10.72)
2 and over...	3980	56	(1.7)	91.3	(5.32)	13.7	(1.53)	15	(1.6)	82.2	(4.44)	24.7	(2.40)	30	(1.8)	102.8	(9.10)
Females:																	
2 - 5.....	423	38	(4.7)	79.6	(4.90)	4.1*	(1.25)	5	(1.5)	77.3	(9.87)	10.8	(2.80)	14	(2.7)	81.0	(4.98)
6 - 11.....	556	46	(4.6)	75.4	(5.14)	8.1*	(2.69)	11*	(3.4)	72.7	(6.80)	17.4*	(5.52)	24	(5.9)	77.8	(9.15)
12 - 19.....	567	57	(3.4)	61.3	(3.35)	8.3	(2.00)	14	(2.8)	55.3	(4.38)	14.7	(3.25)	26	(4.6)	69.2	(5.79)
20 - 39.....	832	61	(3.2)	80.4	(4.66)	13.8	(2.26)	17	(2.3)	76.6	(6.04)	22.6	(3.18)	29	(3.0)	86.2	(5.25)
40 - 59.....	830	53	(2.6)	74.6	(3.86)	9.3	(1.02)	12	(1.4)	74.5	(6.38)	17.7	(1.85)	24	(2.8)	74.7	(4.64)
60 and over.....	745	43	(3.1)	78.9	(3.66)	8.3	(1.04)	11	(1.1)	73.5	(6.42)	19.2	(2.11)	26	(1.5)	83.1	(6.01)
2 - 19.....	1546	49	(1.8)	69.9	(2.80)	7.3	(1.12)	10	(1.5)	64.3	(3.84)	14.8	(2.33)	23	(2.8)	75.3	(4.06)
20 and over...	2407	53	(1.5)	77.8	(3.08)	10.6	(1.02)	14	(1.0)	75.1	(4.27)	20.0	(1.77)	27	(2.0)	80.7	(4.07)
2 and over...	3953	52	(1.3)	75.9	(2.63)	9.8	(0.75)	13	(0.7)	72.7	(3.68)	18.8	(1.22)	26	(1.4)	79.4	(3.31)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	79.8	(4.35)	7.3	(0.71)	9	(1.1)	70.5	(4.25)	15.2	(1.34)	22	(1.8)	88.3	(7.56)
20 and over...	4801	56	(1.3)	84.8	(4.10)	13.2	(1.23)	16	(1.1)	79.6	(4.05)	23.7	(2.00)	30	(1.6)	91.3	(5.79)
2 and over...	7933	54	(1.2)	83.5	(3.36)	11.7	(0.94)	14	(1.0)	77.5	(3.57)	21.8	(1.51)	28	(1.4)	90.5	(4.79)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin D											
				All Individuals [2]						*All Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5	411	43	(5.6)	7.0	(0.43)	0.2	(0.06)	3*	(0.9)	5.5	(0.32)	0.6	(0.10)	10*	(1.8)	8.1	(0.65)
6 - 11	590	38	(3.1)	6.6	(0.22)	0.2	(0.04)	3*	(0.6)	6.0	(0.24)	0.6	(0.10)	10	(1.6)	6.9	(0.30)
12 - 19	585	56	(3.7)	6.9	(0.46)	1.0*	(0.40)	14*	(5.6)	7.1	(0.72)	1.8*	(0.66)	25*	(8.2)	6.8	(0.45)
20 - 39	882	67	(1.9)	5.2	(0.27)	1.1	(0.18)	21	(3.2)	4.7	(0.33)	1.6	(0.26)	34	(3.8)	6.1	(0.57)
40 - 59	756	56	(2.6)	5.7	(0.39)	0.9*	(0.28)	16	(4.4)	5.5	(0.78)	1.6*	(0.54)	30	(7.5)	6.0	(0.32)
60 and over	756	51	(2.1)	5.4	(0.21)	0.7	(0.15)	13	(2.5)	5.5	(0.35)	1.4	(0.29)	25	(4.3)	5.4	(0.24)
2 - 19	1586	47	(1.9)	6.8	(0.29)	0.6*	(0.18)	8*	(2.5)	6.5	(0.41)	1.2*	(0.37)	19	(5.1)	7.1	(0.28)
20 and over	2394	59	(1.9)	5.5	(0.20)	0.9	(0.13)	17	(2.2)	5.2	(0.29)	1.6	(0.24)	30	(3.7)	5.9	(0.14)
2 and over	3980	56	(1.7)	5.8	(0.18)	0.8	(0.11)	14	(1.8)	5.4	(0.25)	1.5	(0.21)	27	(3.2)	6.3	(0.15)
Females:																	
2 - 5	423	38	(4.7)	6.2	(0.20)	0.3*	(0.11)	5*	(1.7)	6.0	(0.54)	0.7*	(0.23)	12*	(3.4)	6.3	(0.28)
6 - 11	556	46	(4.6)	5.4	(0.25)	0.3	(0.06)	6	(1.3)	4.9	(0.37)	0.7	(0.10)	13	(2.3)	5.8	(0.37)
12 - 19	567	57	(3.4)	4.3	(0.26)	0.6	(0.06)	13	(2.1)	3.9	(0.25)	1.0	(0.10)	25	(3.9)	4.9	(0.50)
20 - 39	832	61	(3.2)	3.9	(0.18)	0.7	(0.10)	18	(2.7)	3.6	(0.21)	1.2	(0.13)	32	(3.2)	4.4	(0.36)
40 - 59	830	53	(2.6)	3.7	(0.20)	0.4	(0.04)	11	(1.2)	3.3	(0.18)	0.8	(0.08)	24	(2.4)	4.2	(0.28)
60 and over	745	43	(3.1)	4.3	(0.20)	0.4	(0.06)	9	(1.4)	3.9	(0.28)	0.8	(0.11)	21	(2.5)	4.6	(0.29)
2 - 19	1546	49	(1.8)	5.1	(0.09)	0.4	(0.03)	8	(0.6)	4.5	(0.18)	0.8	(0.06)	19	(1.5)	5.6	(0.20)
20 and over	2407	53	(1.5)	3.9	(0.12)	0.5	(0.04)	13	(1.2)	3.6	(0.09)	1.0	(0.07)	27	(2.0)	4.4	(0.21)
2 and over	3953	52	(1.3)	4.2	(0.10)	0.5	(0.04)	11	(1.0)	3.8	(0.09)	0.9	(0.06)	25	(1.7)	4.7	(0.18)
Males and Females:																	
2 - 19	3132	48	(1.4)	6.0	(0.15)	0.5	(0.09)	8	(1.5)	5.5	(0.21)	1.0	(0.19)	19	(3.2)	6.4	(0.20)
20 and over	4801	56	(1.3)	4.7	(0.14)	0.7	(0.07)	15	(1.3)	4.4	(0.16)	1.3	(0.12)	29	(2.3)	5.0	(0.17)
2 and over	7933	54	(1.2)	5.0	(0.12)	0.7	(0.06)	13	(1.1)	4.6	(0.12)	1.2	(0.11)	26	(2.1)	5.4	(0.15)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin E (alphatocopherol)													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	5.6	(0.18)	0.6	(0.10)	11	(1.8)	5.8	(0.41)	1.5	(0.13)	26	(2.9)	5.4	(0.25)
6 - 11.....	590	38	(3.1)	7.5	(0.29)	0.8	(0.08)	11	(1.2)	7.1	(0.42)	2.1	(0.15)	30	(2.2)	7.8	(0.38)
12 - 19.....	585	56	(3.7)	9.4	(0.42)	2.3	(0.36)	24	(3.5)	9.7	(0.63)	4.0	(0.42)	42	(3.2)	9.0	(0.86)
20 - 39.....	882	67	(1.9)	11.0	(0.22)	3.0	(0.18)	27	(1.7)	11.1	(0.29)	4.4	(0.22)	40	(2.2)	10.7	(0.55)
40 - 59.....	756	56	(2.6)	10.2	(0.37)	2.0	(0.13)	20	(1.2)	10.3	(0.47)	3.6	(0.26)	35	(2.3)	10.0	(0.39)
60 and over.....	756	51	(2.1)	9.5	(0.44)	1.6	(0.10)	16	(1.3)	9.4	(0.30)	3.0	(0.15)	32	(1.7)	9.7	(0.66)
2 - 19.....	1586	47	(1.9)	7.9	(0.25)	1.4	(0.18)	18	(2.1)	8.2	(0.48)	3.0	(0.32)	37	(2.8)	7.7	(0.39)
20 and over...	2394	59	(1.9)	10.3	(0.23)	2.3	(0.13)	22	(1.3)	10.5	(0.26)	3.9	(0.18)	37	(1.6)	10.1	(0.28)
2 and over...	3980	56	(1.7)	9.7	(0.21)	2.0	(0.13)	21	(1.3)	10.0	(0.23)	3.7	(0.18)	37	(1.7)	9.4	(0.26)
Females:																	
2 - 5.....	423	38	(4.7)	5.4	(0.18)	0.6	(0.11)	10	(2.0)	5.4	(0.34)	1.5	(0.17)	27	(2.9)	5.4	(0.22)
6 - 11.....	556	46	(4.6)	6.5	(0.23)	1.2	(0.17)	18	(2.6)	6.7	(0.25)	2.5	(0.20)	37	(2.8)	6.3	(0.37)
12 - 19.....	567	57	(3.4)	6.7	(0.38)	1.6	(0.10)	23	(2.1)	6.8	(0.51)	2.8	(0.18)	41	(3.1)	6.6	(0.45)
20 - 39.....	832	61	(3.2)	8.0	(0.27)	1.9	(0.19)	24	(2.2)	7.9	(0.39)	3.2	(0.22)	40	(2.2)	8.2	(0.34)
40 - 59.....	830	53	(2.6)	7.7	(0.26)	1.5	(0.09)	20	(1.7)	7.8	(0.19)	2.9	(0.12)	37	(1.9)	7.6	(0.46)
60 and over.....	745	43	(3.1)	7.4	(0.27)	1.2	(0.11)	16	(1.2)	7.7	(0.41)	2.7	(0.12)	35	(2.1)	7.1	(0.41)
2 - 19.....	1546	49	(1.8)	6.4	(0.17)	1.2	(0.06)	19	(0.9)	6.5	(0.31)	2.5	(0.13)	38	(2.1)	6.2	(0.20)
20 and over...	2407	53	(1.5)	7.7	(0.18)	1.6	(0.07)	20	(1.0)	7.8	(0.18)	3.0	(0.10)	38	(1.1)	7.6	(0.28)
2 and over...	3953	52	(1.3)	7.4	(0.13)	1.5	(0.06)	20	(0.8)	7.5	(0.13)	2.8	(0.08)	38	(1.1)	7.3	(0.19)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	7.2	(0.15)	1.3	(0.11)	18	(1.3)	7.4	(0.22)	2.7	(0.19)	37	(2.0)	7.0	(0.26)
20 and over...	4801	56	(1.3)	9.0	(0.16)	1.9	(0.09)	21	(0.9)	9.2	(0.17)	3.4	(0.12)	37	(1.3)	8.8	(0.19)
2 and over...	7933	54	(1.2)	8.5	(0.14)	1.8	(0.08)	21	(0.9)	8.8	(0.16)	3.3	(0.12)	37	(1.3)	8.3	(0.17)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

				Vitamin K											
				All Individuals [2]						*All Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5	411	43	(5.6)	48.5	(2.65)	5.6	(0.88)	12	(2.1)	46.4	(3.59)	13.2	(1.24)	29	(3.2)	50.0	(3.92)
6 - 11	590	38	(3.1)	70.3	(5.46)	7.7	(1.06)	11	(1.8)	64.1	(7.23)	20.6	(1.96)	32	(4.6)	74.0	(7.24)
12 - 19	585	56	(3.7)	81.3	(6.55)	25.1	(5.07)	31	(6.1)	80.6	(5.84)	44.8	(6.73)	56	(5.2)	82.1	(13.12)
20 - 39	882	67	(1.9)	118.4	(7.00)	46.1	(5.98)	39	(4.4)	122.2	(7.68)	69.3	(8.13)	57	(4.5)	110.9	(13.15)
40 - 59	756	56	(2.6)	128.7	(6.73)	36.9	(5.94)	29	(3.9)	138.6	(11.11)	66.3	(10.98)	48	(5.3)	116.3	(9.91)
60 and over	756	51	(2.1)	185.0*	(60.44)	25.3	(3.30)	14*	(5.2)	114.0	(10.96)	49.1	(5.89)	43	(2.6)	260.2*	(130.18)
2 - 19	1586	47	(1.9)	70.4	(2.67)	15.0	(2.51)	21	(3.5)	69.4	(4.49)	32.1	(4.64)	46	(4.3)	71.3	(5.92)
20 and over	2394	59	(1.9)	138.4	(16.29)	37.6	(3.80)	27	(3.6)	126.3	(5.69)	64.0	(6.01)	51	(3.1)	155.6	(40.61)
2 and over	3980	56	(1.7)	120.7	(11.99)	31.7	(3.12)	26	(3.2)	113.8	(4.74)	57.0	(5.22)	50	(3.0)	129.3	(26.91)
Females:																	
2 - 5	423	38	(4.7)	51.9	(3.34)	4.5	(0.75)	9	(1.5)	45.8	(3.74)	11.8	(1.02)	26	(2.3)	55.7	(4.54)
6 - 11	556	46	(4.6)	63.1	(3.07)	11.5	(2.13)	18	(3.1)	61.8	(3.86)	24.8	(3.60)	40	(4.9)	64.2	(5.07)
12 - 19	567	57	(3.4)	65.9	(6.14)	21.5	(2.64)	33	(2.8)	66.3	(6.92)	37.8	(5.49)	57	(4.3)	65.3	(6.76)
20 - 39	832	61	(3.2)	113.0	(8.90)	27.5	(3.49)	24	(2.6)	107.6	(9.17)	45.1	(4.70)	42	(4.4)	121.4	(13.21)
40 - 59	830	53	(2.6)	129.3	(12.35)	30.2	(3.65)	23	(3.2)	128.4	(13.72)	57.5	(6.96)	45	(5.3)	130.4	(15.04)
60 and over	745	43	(3.1)	122.1	(8.62)	22.8	(3.58)	19	(2.9)	134.3	(15.85)	52.6	(7.20)	39	(5.4)	112.7	(8.60)
2 - 19	1546	49	(1.8)	61.9	(3.20)	14.5	(1.27)	23	(1.5)	61.5	(4.19)	29.4	(2.78)	48	(2.6)	62.3	(3.68)
20 and over	2407	53	(1.5)	121.7	(7.26)	27.2	(1.77)	22	(1.4)	121.4	(7.76)	51.5	(3.15)	42	(2.8)	122.0	(8.54)
2 and over	3953	52	(1.3)	107.3	(5.66)	24.2	(1.36)	23	(1.2)	107.7	(5.92)	46.4	(2.31)	43	(2.6)	106.8	(6.63)
Males and Females:																	
2 - 19	3132	48	(1.4)	66.3	(2.54)	14.8	(1.39)	22	(1.8)	65.4	(3.21)	30.8	(2.63)	47	(2.4)	67.0	(3.54)
20 and over	4801	56	(1.3)	129.8	(8.47)	32.3	(2.51)	25	(1.9)	123.9	(5.43)	57.9	(4.25)	47	(2.7)	137.3	(18.40)
2 and over	7933	54	(1.2)	113.9	(6.61)	27.9	(2.00)	24	(1.8)	110.8	(4.28)	51.8	(3.50)	47	(2.6)	117.5	(13.04)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	1062	(58.7)	79	(13.5)	7	(1.4)	921	(58.3)	185	(13.0)	20	(1.2)	1167	(68.1)
6 - 11.....	590	38	(3.1)	1137	(29.0)	112	(14.2)	10	(1.3)	1144	(34.8)	297	(26.3)	26	(1.8)	1132	(35.0)
12 - 19.....	585	56	(3.7)	1311	(48.3)	326	(59.4)	25	(4.5)	1429	(102.6)	583	(86.1)	41	(5.2)	1161	(60.2)
20 - 39.....	882	67	(1.9)	1210	(46.6)	362	(30.1)	30	(2.4)	1183	(49.3)	545	(39.6)	46	(2.1)	1264	(117.5)
40 - 59.....	756	56	(2.6)	1109	(40.6)	231	(11.4)	21	(1.2)	1126	(47.8)	415	(18.1)	37	(1.7)	1088	(59.9)
60 and over.....	756	51	(2.1)	978	(25.5)	146	(11.6)	15	(1.1)	981	(27.9)	285	(16.0)	29	(1.4)	974	(39.9)
2 - 19.....	1586	47	(1.9)	1198	(29.1)	200	(27.0)	17	(2.2)	1252	(62.4)	427	(53.3)	34	(3.5)	1151	(35.1)
20 and over...	2394	59	(1.9)	1116	(20.9)	261	(17.1)	23	(1.6)	1120	(30.0)	443	(22.1)	40	(1.5)	1110	(41.4)
2 and over...	3980	56	(1.7)	1137	(21.2)	245	(18.1)	22	(1.6)	1149	(33.1)	440	(27.1)	38	(1.8)	1123	(34.1)
Females:																	
2 - 5.....	423	38	(4.7)	949	(26.3)	78	(18.3)	8	(1.9)	929	(53.8)	204	(29.4)	22	(2.5)	961	(39.7)
6 - 11.....	556	46	(4.6)	1004	(37.5)	160	(27.8)	16	(2.7)	1022	(49.5)	346	(34.9)	34	(2.8)	988	(55.7)
12 - 19.....	567	57	(3.4)	937	(28.8)	233	(22.0)	25	(2.3)	953	(29.4)	410	(27.6)	43	(3.0)	915	(52.8)
20 - 39.....	832	61	(3.2)	923	(30.4)	247	(21.8)	27	(2.2)	948	(37.8)	406	(24.5)	43	(2.3)	883	(38.6)
40 - 59.....	830	53	(2.6)	861	(16.4)	167	(12.6)	19	(1.4)	910	(26.8)	319	(18.5)	35	(1.9)	807	(29.1)
60 and over.....	745	43	(3.1)	809	(30.4)	112	(13.1)	14	(1.4)	815	(51.5)	258	(20.6)	32	(2.1)	804	(24.4)
2 - 19.....	1546	49	(1.8)	961	(17.0)	175	(11.5)	18	(1.1)	970	(20.8)	355	(21.0)	37	(2.0)	952	(23.8)
20 and over...	2407	53	(1.5)	868	(16.5)	180	(11.6)	21	(1.3)	904	(23.9)	340	(17.6)	38	(1.7)	828	(20.0)
2 and over...	3953	52	(1.3)	890	(12.9)	179	(9.3)	20	(1.0)	919	(20.3)	343	(13.9)	37	(1.5)	859	(16.7)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	1082	(20.5)	188	(15.2)	17	(1.4)	1111	(35.2)	391	(29.2)	35	(2.2)	1056	(22.6)
20 and over...	4801	56	(1.3)	989	(14.3)	219	(11.8)	22	(1.2)	1015	(19.0)	393	(17.3)	39	(1.4)	956	(24.3)
2 and over...	7933	54	(1.2)	1012	(13.8)	211	(11.4)	21	(1.2)	1036	(19.2)	393	(18.4)	38	(1.4)	984	(21.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	1172	(49.5)	126	(18.5)	11	(1.9)	1084	(36.4)	297	(21.0)	27	(1.9)	1237	(75.0)
6 - 11.....	590	38	(3.1)	1347	(25.9)	166	(18.3)	12	(1.4)	1361	(33.6)	443	(26.3)	33	(1.7)	1338	(29.9)
12 - 19.....	585	56	(3.7)	1700	(55.7)	496	(82.5)	29	(4.7)	1878	(99.8)	885	(105.5)	47	(4.8)	1474	(68.3)
20 - 39.....	882	67	(1.9)	1754	(40.6)	577	(35.2)	33	(2.3)	1738	(39.6)	867	(44.2)	50	(2.2)	1786	(110.9)
40 - 59.....	756	56	(2.6)	1670	(54.2)	390	(18.4)	23	(1.2)	1715	(68.0)	701	(29.7)	41	(2.0)	1614	(60.6)
60 and over.....	756	51	(2.1)	1469	(25.8)	280	(15.2)	19	(1.0)	1506	(28.9)	544	(21.2)	36	(1.1)	1429	(36.4)
2 - 19.....	1586	47	(1.9)	1467	(28.1)	305	(39.8)	21	(2.7)	1582	(66.9)	650	(73.1)	41	(3.6)	1364	(38.7)
20 and over...	2394	59	(1.9)	1653	(20.5)	434	(24.1)	26	(1.6)	1681	(27.9)	739	(28.0)	44	(1.7)	1614	(43.7)
2 and over...	3980	56	(1.7)	1605	(18.8)	401	(25.5)	25	(1.7)	1659	(29.0)	720	(34.8)	43	(1.9)	1536	(39.6)
Females:																	
2 - 5.....	423	38	(4.7)	1072	(19.6)	116	(23.2)	11	(2.1)	1074	(55.2)	305	(31.0)	28	(2.1)	1070	(30.9)
6 - 11.....	556	46	(4.6)	1225	(26.0)	228	(33.4)	19	(2.6)	1271	(29.2)	493	(32.0)	39	(2.3)	1184	(43.9)
12 - 19.....	567	57	(3.4)	1162	(31.6)	334	(29.9)	29	(3.0)	1197	(28.1)	588	(40.8)	49	(3.5)	1116	(53.2)
20 - 39.....	832	61	(3.2)	1276	(22.4)	378	(29.1)	30	(2.1)	1302	(32.6)	621	(27.5)	48	(1.9)	1236	(40.4)
40 - 59.....	830	53	(2.6)	1187	(17.8)	272	(14.3)	23	(1.4)	1249	(23.1)	519	(21.2)	42	(1.8)	1119	(33.8)
60 and over.....	745	43	(3.1)	1100	(24.2)	198	(18.5)	18	(1.5)	1144	(46.3)	456	(27.8)	40	(2.1)	1066	(26.1)
2 - 19.....	1546	49	(1.8)	1162	(11.1)	252	(13.7)	22	(1.2)	1198	(17.1)	511	(25.0)	43	(2.0)	1127	(16.4)
20 and over...	2407	53	(1.5)	1194	(13.3)	288	(13.9)	24	(1.1)	1247	(20.3)	545	(19.2)	44	(1.4)	1135	(18.8)
2 and over...	3953	52	(1.3)	1186	(11.1)	279	(12.1)	24	(1.0)	1236	(17.1)	537	(17.5)	43	(1.4)	1133	(15.4)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	1318	(17.3)	279	(23.5)	21	(1.8)	1390	(37.1)	580	(42.0)	42	(2.4)	1251	(23.5)
20 and over...	4801	56	(1.3)	1418	(13.0)	359	(15.6)	25	(1.2)	1470	(18.5)	645	(21.1)	44	(1.4)	1353	(25.9)
2 and over...	7933	54	(1.2)	1393	(10.4)	339	(16.1)	24	(1.2)	1452	(18.3)	630	(24.2)	43	(1.5)	1324	(22.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

M a g n e s i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	43	(5.6)	211	(5.2)	20	(3.4)	9	(1.7)	201	(7.6)	46	(4.6)	23	(2.2)	219	(9.7)
6 - 11	590	38	(3.1)	249	(6.9)	24	(2.3)	10	(1.0)	238	(10.0)	64	(3.8)	27	(1.1)	257	(8.3)
12 - 19	585	56	(3.7)	309	(9.4)	68	(10.3)	22	(3.4)	324	(15.2)	121	(12.0)	37	(3.4)	290	(14.2)
20 - 39	882	67	(1.9)	366	(7.5)	94	(5.3)	26	(1.6)	358	(11.3)	142	(5.9)	40	(1.7)	382	(19.0)
40 - 59	756	56	(2.6)	361	(12.5)	64	(3.5)	18	(1.0)	363	(15.2)	116	(5.3)	32	(1.5)	359	(15.5)
60 and over	756	51	(2.1)	334	(8.9)	47	(3.0)	14	(1.0)	318	(6.5)	91	(4.1)	29	(1.3)	352	(16.5)
2 - 19	1586	47	(1.9)	268	(5.1)	43	(5.2)	16	(1.9)	276	(10.7)	91	(8.9)	33	(2.5)	260	(7.8)
20 and over	2394	59	(1.9)	356	(6.5)	72	(4.0)	20	(1.2)	351	(8.4)	122	(4.3)	35	(1.1)	364	(11.3)
2 and over	3980	56	(1.7)	333	(5.5)	64	(3.8)	19	(1.2)	335	(7.6)	115	(4.6)	34	(1.2)	331	(9.9)
Females:																	
2 - 5	423	38	(4.7)	204	(3.4)	17	(3.5)	8	(1.7)	198	(12.2)	45	(4.7)	23	(1.7)	207	(7.2)
6 - 11	556	46	(4.6)	223	(6.1)	33	(4.5)	15	(2.0)	229	(9.4)	71	(4.3)	31	(1.7)	218	(9.4)
12 - 19	567	57	(3.4)	222	(5.7)	50	(3.9)	22	(2.0)	220	(5.5)	87	(5.2)	40	(2.6)	223	(8.1)
20 - 39	832	61	(3.2)	282	(6.6)	65	(5.4)	23	(1.8)	277	(10.6)	106	(4.7)	38	(1.9)	289	(9.2)
40 - 59	830	53	(2.6)	277	(5.1)	48	(2.9)	17	(1.2)	274	(7.2)	92	(4.3)	34	(1.7)	280	(8.4)
60 and over	745	43	(3.1)	261	(5.1)	35	(3.8)	13	(1.4)	265	(11.7)	81	(5.0)	30	(2.1)	258	(4.8)
2 - 19	1546	49	(1.8)	218	(3.2)	37	(2.1)	17	(0.9)	219	(5.2)	75	(3.4)	34	(1.7)	217	(4.9)
20 and over	2407	53	(1.5)	274	(4.0)	50	(2.7)	18	(1.0)	273	(6.7)	95	(3.5)	35	(1.4)	275	(4.0)
2 and over	3953	52	(1.3)	261	(3.6)	47	(2.4)	18	(0.9)	261	(6.1)	91	(3.2)	35	(1.3)	261	(3.3)
Males and Females:																	
2 - 19	3132	48	(1.4)	244	(2.8)	40	(3.4)	16	(1.3)	248	(6.5)	83	(5.7)	34	(1.8)	240	(5.2)
20 and over	4801	56	(1.3)	314	(5.0)	61	(2.8)	19	(0.9)	313	(6.5)	109	(3.5)	35	(1.1)	316	(6.5)
2 and over	7933	54	(1.2)	297	(4.1)	55	(2.7)	19	(0.9)	299	(5.8)	103	(3.5)	34	(1.1)	294	(6.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

I r o n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	11.4	(0.38)	1.1	(0.20)	10	(1.9)	10.9	(0.45)	2.6	(0.26)	24	(2.2)	11.7	(0.60)
6 - 11.....	590	38	(3.1)	15.5	(0.48)	1.6	(0.19)	11	(1.2)	14.8	(0.67)	4.4	(0.31)	29	(1.3)	15.9	(0.67)
12 - 19.....	585	56	(3.7)	18.8	(0.51)	4.7	(0.69)	25	(4.0)	20.3	(0.93)	8.5	(0.78)	42	(4.3)	17.0	(0.78)
20 - 39.....	882	67	(1.9)	18.6	(0.53)	5.6	(0.29)	30	(1.4)	17.9	(0.50)	8.4	(0.38)	47	(2.0)	20.2	(1.08)
40 - 59.....	756	56	(2.6)	17.8	(0.68)	3.8	(0.21)	21	(1.2)	18.6	(0.79)	6.9	(0.35)	37	(2.0)	16.9	(0.80)
60 and over.....	756	51	(2.1)	17.6	(0.69)	2.8	(0.11)	16	(0.9)	17.5	(0.60)	5.5	(0.26)	31	(1.7)	17.7	(0.91)
2 - 19.....	1586	47	(1.9)	16.1	(0.31)	2.9	(0.35)	18	(2.2)	17.0	(0.52)	6.2	(0.60)	37	(3.2)	15.3	(0.48)
20 and over...	2394	59	(1.9)	18.1	(0.23)	4.2	(0.20)	23	(1.1)	18.1	(0.29)	7.2	(0.23)	40	(1.4)	18.1	(0.35)
2 and over...	3980	56	(1.7)	17.6	(0.17)	3.9	(0.20)	22	(1.2)	17.8	(0.24)	7.0	(0.26)	39	(1.5)	17.3	(0.30)
Females:																	
2 - 5.....	423	38	(4.7)	11.5	(0.35)	1.0	(0.18)	8	(1.6)	10.9	(0.55)	2.5	(0.26)	23	(2.6)	11.9	(0.48)
6 - 11.....	556	46	(4.6)	13.9	(0.66)	2.0	(0.27)	15	(1.8)	14.7	(0.85)	4.4	(0.29)	30	(1.9)	13.3	(0.76)
12 - 19.....	567	57	(3.4)	12.0	(0.47)	2.8	(0.23)	23	(2.2)	11.4	(0.50)	4.9	(0.38)	43	(2.7)	12.8	(0.66)
20 - 39.....	832	61	(3.2)	14.5	(0.26)	3.6	(0.28)	25	(2.0)	14.3	(0.48)	5.9	(0.28)	42	(1.8)	14.8	(0.56)
40 - 59.....	830	53	(2.6)	13.4	(0.43)	2.6	(0.16)	19	(1.4)	13.1	(0.36)	5.0	(0.24)	38	(1.8)	13.8	(0.75)
60 and over.....	745	43	(3.1)	12.6	(0.33)	1.9	(0.17)	15	(1.3)	12.8	(0.51)	4.4	(0.26)	34	(1.9)	12.4	(0.36)
2 - 19.....	1546	49	(1.8)	12.5	(0.26)	2.1	(0.12)	17	(0.8)	12.3	(0.45)	4.3	(0.27)	35	(1.8)	12.7	(0.24)
20 and over...	2407	53	(1.5)	13.6	(0.22)	2.8	(0.13)	20	(1.1)	13.5	(0.26)	5.2	(0.19)	39	(1.3)	13.6	(0.39)
2 and over...	3953	52	(1.3)	13.3	(0.20)	2.6	(0.11)	20	(0.9)	13.2	(0.21)	5.0	(0.17)	38	(1.3)	13.4	(0.29)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	14.3	(0.21)	2.5	(0.22)	18	(1.4)	14.6	(0.32)	5.3	(0.38)	36	(2.1)	14.1	(0.26)
20 and over...	4801	56	(1.3)	15.8	(0.17)	3.5	(0.13)	22	(0.9)	15.8	(0.21)	6.2	(0.17)	39	(1.2)	15.7	(0.28)
2 and over...	7933	54	(1.2)	15.4	(0.13)	3.2	(0.13)	21	(0.9)	15.6	(0.16)	6.0	(0.19)	39	(1.2)	15.2	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

Z i n c

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	43	(5.6)	8.4	(0.36)	0.8	(0.18)	10	(2.4)	7.4	(0.40)	2.0	(0.27)	27	(3.0)	9.1	(0.59)
6 - 11	590	38	(3.1)	10.4	(0.32)	1.2	(0.12)	11	(1.1)	10.2	(0.41)	3.1	(0.15)	31	(1.3)	10.5	(0.44)
12 - 19	585	56	(3.7)	13.8	(0.54)	4.0	(0.61)	29	(4.2)	15.5	(1.00)	7.1	(0.81)	46	(4.5)	11.7	(0.56)
20 - 39	882	67	(1.9)	14.3	(0.36)	4.8	(0.28)	34	(1.8)	14.3	(0.47)	7.3	(0.30)	51	(1.9)	14.3	(0.56)
40 - 59	756	56	(2.6)	13.8	(0.65)	3.1	(0.16)	22	(1.3)	14.3	(0.68)	5.5	(0.25)	39	(2.2)	13.2	(0.83)
60 and over	756	51	(2.1)	12.5	(0.37)	2.3	(0.15)	18	(1.1)	12.8	(0.56)	4.5	(0.30)	35	(1.6)	12.2	(0.40)
2 - 19	1586	47	(1.9)	11.5	(0.25)	2.4	(0.30)	21	(2.5)	12.5	(0.61)	5.0	(0.55)	40	(3.3)	10.6	(0.30)
20 and over	2394	59	(1.9)	13.7	(0.27)	3.6	(0.18)	26	(1.4)	14.0	(0.37)	6.1	(0.21)	43	(1.5)	13.2	(0.40)
2 and over	3980	56	(1.7)	13.1	(0.24)	3.2	(0.18)	25	(1.4)	13.6	(0.35)	5.8	(0.22)	43	(1.6)	12.4	(0.35)
Females:																	
2 - 5	423	38	(4.7)	7.9	(0.29)	0.7	(0.13)	9	(1.7)	7.4	(0.51)	1.9	(0.18)	25	(2.1)	8.1	(0.28)
6 - 11	556	46	(4.6)	9.5	(0.37)	1.6	(0.21)	16	(2.3)	9.6	(0.44)	3.4	(0.23)	35	(2.6)	9.4	(0.56)
12 - 19	567	57	(3.4)	8.9	(0.37)	2.3	(0.27)	26	(3.2)	8.7	(0.38)	4.1	(0.37)	47	(3.4)	9.1	(0.50)
20 - 39	832	61	(3.2)	10.0	(0.22)	2.9	(0.25)	29	(2.3)	10.1	(0.26)	4.8	(0.28)	47	(2.6)	9.9	(0.38)
40 - 59	830	53	(2.6)	9.4	(0.19)	2.1	(0.16)	22	(1.8)	9.8	(0.28)	3.9	(0.24)	40	(2.2)	9.1	(0.29)
60 and over	745	43	(3.1)	8.8	(0.20)	1.5	(0.14)	17	(1.5)	9.0	(0.36)	3.4	(0.20)	38	(2.1)	8.6	(0.25)
2 - 19	1546	49	(1.8)	8.9	(0.19)	1.7	(0.12)	20	(1.3)	8.8	(0.29)	3.5	(0.24)	40	(2.4)	8.9	(0.18)
20 and over	2407	53	(1.5)	9.5	(0.12)	2.2	(0.14)	23	(1.4)	9.7	(0.21)	4.2	(0.20)	43	(1.7)	9.2	(0.14)
2 and over	3953	52	(1.3)	9.3	(0.11)	2.1	(0.12)	22	(1.2)	9.5	(0.19)	4.0	(0.18)	42	(1.6)	9.1	(0.12)
Males and Females:																	
2 - 19	3132	48	(1.4)	10.2	(0.20)	2.0	(0.18)	20	(1.7)	10.6	(0.41)	4.3	(0.32)	40	(2.3)	9.8	(0.15)
20 and over	4801	56	(1.3)	11.5	(0.15)	2.9	(0.12)	25	(1.1)	11.9	(0.19)	5.1	(0.16)	43	(1.4)	11.0	(0.24)
2 and over	7933	54	(1.2)	11.2	(0.13)	2.7	(0.12)	24	(1.1)	11.6	(0.20)	4.9	(0.16)	43	(1.4)	10.7	(0.20)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from All Restaurants mg	(SE)	All Individuals [2] Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3] Total Intake mg	(SE)	All Restaurant Consumers [3] Intake from All Restaurants mg	(SE)	All Restaurant Consumers [3] Percentages from [6] All Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	43	(5.6)	0.8	(0.02)	0.1	(0.01)	10	(1.8)	0.8	(0.03)	0.2	(0.02)	24	(2.5)	0.8	(0.03)
6 - 11	590	38	(3.1)	1.1	(0.03)	0.1	(0.01)	9	(1.0)	1.0	(0.04)	0.3	(0.02)	26	(1.6)	1.1	(0.04)
12 - 19	585	56	(3.7)	1.3	(0.05)	0.3	(0.05)	24	(3.7)	1.3	(0.06)	0.6	(0.06)	41	(3.6)	1.2	(0.09)
20 - 39	882	67	(1.9)	1.5	(0.04)	0.4	(0.03)	27	(1.4)	1.5	(0.06)	0.6	(0.03)	40	(1.6)	1.5	(0.06)
40 - 59	756	56	(2.6)	1.5	(0.05)	0.3	(0.01)	18	(0.9)	1.5	(0.07)	0.5	(0.02)	32	(1.5)	1.5	(0.05)
60 and over	756	51	(2.1)	1.8	(0.32)	0.2	(0.03)	13	(3.0)	2.0*	(0.63)	0.5	(0.06)	22*	(7.5)	1.5	(0.10)
2 - 19	1586	47	(1.9)	1.1	(0.03)	0.2	(0.02)	17	(2.1)	1.1	(0.05)	0.4	(0.04)	35	(2.6)	1.1	(0.05)
20 and over	2394	59	(1.9)	1.6	(0.09)	0.3	(0.02)	20	(1.3)	1.6	(0.15)	0.5	(0.02)	33	(3.1)	1.5	(0.04)
2 and over	3980	56	(1.7)	1.5	(0.07)	0.3	(0.01)	19	(1.2)	1.5	(0.12)	0.5	(0.02)	33	(2.8)	1.4	(0.04)
Females:																	
2 - 5	423	38	(4.7)	0.8	(0.03)	0.1	(0.01)	9	(1.7)	0.8	(0.07)	0.2	(0.02)	23	(1.6)	0.8	(0.03)
6 - 11	556	46	(4.6)	0.9	(0.03)	0.1	(0.02)	15	(1.9)	1.0	(0.06)	0.3	(0.02)	31	(1.9)	0.9	(0.03)
12 - 19	567	57	(3.4)	0.9	(0.05)	0.2	(0.03)	25	(3.0)	0.9	(0.06)	0.4	(0.05)	43	(3.4)	0.9	(0.04)
20 - 39	832	61	(3.2)	1.2	(0.03)	0.3	(0.02)	22	(1.9)	1.2	(0.05)	0.4	(0.02)	36	(2.3)	1.2	(0.04)
40 - 59	830	53	(2.6)	1.2	(0.03)	0.2	(0.01)	17	(1.2)	1.2	(0.03)	0.4	(0.02)	33	(1.8)	1.2	(0.05)
60 and over	745	43	(3.1)	1.1	(0.02)	0.2	(0.02)	14	(1.4)	1.1	(0.06)	0.4	(0.03)	32	(2.5)	1.1	(0.03)
2 - 19	1546	49	(1.8)	0.9	(0.02)	0.2	(0.02)	18	(1.5)	0.9	(0.04)	0.3	(0.03)	36	(2.3)	0.9	(0.01)
20 and over	2407	53	(1.5)	1.2	(0.02)	0.2	(0.01)	18	(1.0)	1.2	(0.03)	0.4	(0.02)	34	(1.5)	1.2	(0.02)
2 and over	3953	52	(1.3)	1.1	(0.02)	0.2	(0.01)	18	(0.9)	1.1	(0.02)	0.4	(0.01)	34	(1.4)	1.1	(0.02)
Males and Females:																	
2 - 19	3132	48	(1.4)	1.0	(0.02)	0.2	(0.02)	18	(1.7)	1.0	(0.04)	0.4	(0.03)	36	(2.1)	1.0	(0.02)
20 and over	4801	56	(1.3)	1.4	(0.05)	0.3	(0.01)	19	(0.8)	1.4	(0.08)	0.5	(0.01)	33	(2.1)	1.3	(0.02)
2 and over	7933	54	(1.2)	1.3	(0.04)	0.2	(0.01)	19	(0.8)	1.3	(0.07)	0.4	(0.01)	34	(1.9)	1.2	(0.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	75.8	(1.73)	9.5	(1.61)	13	(2.2)	73.6	(2.68)	22.4	(2.06)	30	(2.1)	77.4	(2.98)
6 - 11.....	590	38	(3.1)	100.0	(1.34)	14.3	(1.61)	14	(1.6)	102.2	(2.99)	37.9	(2.28)	37	(2.1)	98.7	(2.27)
12 - 19.....	585	56	(3.7)	132.9	(3.46)	43.8	(6.68)	33	(4.7)	148.9	(6.19)	78.2	(8.10)	53	(4.3)	112.6	(5.85)
20 - 39.....	882	67	(1.9)	146.6	(3.12)	51.5	(2.86)	35	(2.2)	145.9	(3.17)	77.4	(3.59)	53	(2.5)	148.1	(7.77)
40 - 59.....	756	56	(2.6)	137.0	(2.76)	36.3	(1.93)	26	(1.5)	143.8	(5.62)	65.3	(3.59)	45	(1.8)	128.6	(5.12)
60 and over.....	756	51	(2.1)	117.3	(1.99)	25.5	(1.43)	22	(1.3)	124.3	(2.85)	49.6	(2.22)	40	(2.1)	109.9	(2.38)
2 - 19.....	1586	47	(1.9)	109.5	(2.00)	26.4	(3.36)	24	(2.8)	121.5	(5.19)	56.4	(5.88)	46	(3.4)	98.8	(2.44)
20 and over...	2394	59	(1.9)	135.9	(1.87)	39.5	(2.10)	29	(1.7)	140.5	(2.02)	67.2	(2.51)	48	(1.8)	129.3	(3.59)
2 and over...	3980	56	(1.7)	129.0	(1.44)	36.1	(2.20)	28	(1.8)	136.4	(1.65)	64.8	(2.93)	48	(1.9)	119.8	(3.10)
Females:																	
2 - 5.....	423	38	(4.7)	74.0	(1.69)	8.8	(1.64)	12	(2.3)	70.8	(4.03)	23.2	(2.04)	33	(2.3)	75.9	(1.87)
6 - 11.....	556	46	(4.6)	89.8	(3.13)	18.2	(2.48)	20	(2.6)	90.1	(4.58)	39.4	(2.62)	44	(2.1)	89.4	(3.01)
12 - 19.....	567	57	(3.4)	89.7	(3.54)	27.2	(2.56)	30	(2.8)	91.2	(5.05)	47.8	(4.03)	52	(2.9)	87.6	(3.23)
20 - 39.....	832	61	(3.2)	101.9	(1.47)	32.6	(2.66)	32	(2.5)	104.6	(2.17)	53.6	(2.68)	51	(2.5)	97.7	(2.16)
40 - 59.....	830	53	(2.6)	91.8	(2.08)	23.3	(1.38)	25	(1.7)	96.7	(1.72)	44.5	(2.41)	46	(2.3)	86.4	(3.69)
60 and over.....	745	43	(3.1)	87.6	(2.24)	17.8	(1.75)	20	(1.8)	93.5	(4.62)	41.0	(3.22)	44	(3.3)	83.0	(2.17)
2 - 19.....	1546	49	(1.8)	86.2	(2.11)	20.2	(1.33)	23	(1.3)	87.4	(3.34)	41.0	(2.45)	47	(1.8)	85.1	(1.69)
20 and over...	2407	53	(1.5)	94.1	(1.19)	25.0	(1.31)	27	(1.3)	99.2	(1.34)	47.3	(2.16)	48	(1.9)	88.5	(1.71)
2 and over...	3953	52	(1.3)	92.2	(0.99)	23.9	(1.10)	26	(1.1)	96.5	(1.18)	45.9	(1.77)	48	(1.7)	87.6	(1.27)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	98.1	(1.59)	23.4	(2.08)	24	(1.9)	104.4	(3.12)	48.7	(3.58)	47	(2.3)	92.3	(1.51)
20 and over...	4801	56	(1.3)	114.5	(1.46)	32.1	(1.37)	28	(1.3)	120.4	(1.36)	57.5	(2.08)	48	(1.7)	107.0	(2.52)
2 and over...	7933	54	(1.2)	110.4	(1.05)	29.9	(1.42)	27	(1.3)	116.8	(1.18)	55.6	(2.19)	48	(1.7)	102.9	(1.92)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	2129	(61.2)	215	(38.6)	10	(1.9)	2028	(67.5)	505	(62.9)	25	(2.9)	2204	(115.2)
6 - 11.....	590	38	(3.1)	2364	(57.3)	233	(22.8)	10	(1.0)	2305	(89.3)	621	(35.1)	27	(1.3)	2400	(71.5)
12 - 19.....	585	56	(3.7)	2844	(82.9)	728	(114.4)	26	(4.2)	2971	(159.3)	1301	(132.8)	44	(4.0)	2682	(204.4)
20 - 39.....	882	67	(1.9)	3128	(73.4)	961	(49.2)	31	(1.8)	3110	(88.9)	1445	(59.7)	46	(1.7)	3164	(183.7)
40 - 59.....	756	56	(2.6)	3315	(107.2)	676	(37.8)	20	(1.2)	3327	(131.0)	1216	(59.2)	37	(1.7)	3301	(116.8)
60 and over.....	756	51	(2.1)	3114	(71.2)	507	(29.8)	16	(1.0)	3025	(57.3)	985	(40.3)	33	(1.0)	3208	(140.3)
2 - 19.....	1586	47	(1.9)	2527	(39.2)	451	(57.3)	18	(2.3)	2606	(109.0)	961	(97.6)	37	(2.8)	2458	(103.1)
20 and over...	2394	59	(1.9)	3195	(54.3)	744	(39.1)	23	(1.3)	3169	(60.3)	1266	(46.1)	40	(1.4)	3232	(92.1)
2 and over...	3980	56	(1.7)	3021	(47.8)	667	(38.5)	22	(1.4)	3046	(56.4)	1199	(49.0)	39	(1.4)	2991	(90.3)
Females:																	
2 - 5.....	423	38	(4.7)	1957	(57.0)	182	(36.8)	9	(1.9)	1842	(102.8)	477	(53.0)	26	(2.2)	2028	(65.8)
6 - 11.....	556	46	(4.6)	2093	(56.2)	322	(45.1)	15	(2.2)	2119	(71.6)	697	(56.5)	33	(2.3)	2071	(95.2)
12 - 19.....	567	57	(3.4)	1998	(58.6)	497	(39.8)	25	(2.4)	2016	(40.3)	874	(49.6)	43	(2.6)	1973	(100.0)
20 - 39.....	832	61	(3.2)	2397	(44.0)	643	(57.1)	27	(2.2)	2405	(66.2)	1057	(59.9)	44	(2.4)	2386	(66.5)
40 - 59.....	830	53	(2.6)	2425	(44.7)	481	(25.2)	20	(1.2)	2471	(63.0)	915	(35.7)	37	(1.8)	2374	(49.2)
60 and over.....	745	43	(3.1)	2413	(49.8)	378	(37.8)	16	(1.5)	2488	(113.8)	871	(49.2)	35	(2.1)	2355	(42.0)
2 - 19.....	1546	49	(1.8)	2019	(29.3)	371	(19.3)	18	(0.9)	2017	(37.6)	753	(33.5)	37	(1.6)	2022	(40.7)
20 and over...	2407	53	(1.5)	2412	(37.2)	508	(28.1)	21	(1.1)	2448	(56.2)	962	(38.3)	39	(1.6)	2371	(30.3)
2 and over...	3953	52	(1.3)	2317	(35.2)	475	(24.6)	21	(1.0)	2350	(50.1)	914	(33.6)	39	(1.5)	2282	(28.2)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	2279	(21.5)	412	(35.6)	18	(1.6)	2311	(65.1)	857	(59.5)	37	(1.9)	2250	(57.6)
20 and over...	4801	56	(1.3)	2793	(38.4)	623	(27.6)	22	(1.0)	2819	(43.5)	1118	(36.1)	40	(1.3)	2762	(53.7)
2 and over...	7933	54	(1.2)	2665	(32.6)	570	(26.8)	21	(1.1)	2705	(40.8)	1059	(36.6)	39	(1.3)	2618	(51.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	411	43	(5.6)	2361	(90.5)	333	(53.9)	14	(2.5)	2288	(112.2)	782	(71.0)	34	(1.9)	2415	(168.5)
6 - 11	590	38	(3.1)	3196	(80.3)	469	(54.5)	15	(1.6)	3267	(83.2)	1249	(76.1)	38	(2.2)	3153	(114.8)
12 - 19	585	56	(3.7)	4220	(113.3)	1409	(217.1)	33	(4.9)	4661	(215.3)	2518	(262.5)	54	(4.2)	3659	(208.2)
20 - 39	882	67	(1.9)	4516	(75.3)	1720	(101.0)	38	(2.3)	4629	(100.3)	2586	(131.0)	56	(2.5)	4291	(171.6)
40 - 59	756	56	(2.6)	4309	(122.6)	1203	(69.4)	28	(1.6)	4517	(170.7)	2164	(109.3)	48	(2.0)	4050	(175.6)
60 and over	756	51	(2.1)	3608	(64.2)	837	(42.4)	23	(1.2)	3777	(69.5)	1626	(57.5)	43	(1.6)	3428	(81.4)
2 - 19	1586	47	(1.9)	3472	(59.9)	860	(107.4)	25	(3.0)	3817	(175.6)	1834	(190.0)	48	(3.3)	3166	(133.9)
20 and over	2394	59	(1.9)	4218	(52.0)	1311	(72.7)	31	(1.8)	4408	(75.4)	2232	(86.9)	51	(1.7)	3947	(108.1)
2 and over	3980	56	(1.7)	4024	(45.4)	1194	(72.2)	30	(1.9)	4279	(78.9)	2145	(99.6)	50	(1.9)	3704	(111.0)
Females:																	
2 - 5	423	38	(4.7)	2206	(53.2)	287	(50.1)	13	(2.3)	2149	(103.9)	754	(55.4)	35	(2.2)	2240	(63.8)
6 - 11	556	46	(4.6)	2954	(92.1)	648	(102.8)	22	(3.1)	3143	(127.2)	1403	(120.1)	45	(2.6)	2791	(78.1)
12 - 19	567	57	(3.4)	2949	(71.9)	923	(91.4)	31	(3.2)	3051	(117.3)	1621	(142.1)	53	(3.2)	2813	(142.9)
20 - 39	832	61	(3.2)	3238	(60.8)	1053	(90.9)	33	(2.3)	3400	(79.5)	1731	(98.4)	51	(2.3)	2988	(76.0)
40 - 59	830	53	(2.6)	3027	(66.3)	794	(44.5)	26	(1.7)	3194	(70.9)	1511	(66.4)	47	(2.0)	2843	(124.6)
60 and over	745	43	(3.1)	2652	(61.6)	574	(48.1)	22	(1.6)	2844	(134.7)	1323	(76.7)	47	(1.9)	2504	(70.3)
2 - 19	1546	49	(1.8)	2786	(50.3)	694	(43.9)	25	(1.4)	2925	(89.5)	1407	(87.0)	48	(1.9)	2651	(51.0)
20 and over	2407	53	(1.5)	2997	(36.8)	823	(40.8)	27	(1.2)	3197	(46.8)	1556	(65.4)	49	(1.5)	2773	(53.3)
2 and over	3953	52	(1.3)	2946	(31.8)	792	(37.4)	27	(1.1)	3135	(45.7)	1522	(61.5)	49	(1.5)	2742	(39.1)
Males and Females:																	
2 - 19	3132	48	(1.4)	3137	(47.8)	779	(68.9)	25	(2.1)	3370	(108.7)	1620	(122.7)	48	(2.3)	2921	(78.0)
20 and over	4801	56	(1.3)	3592	(29.1)	1061	(45.6)	30	(1.3)	3819	(45.8)	1903	(66.3)	50	(1.5)	3306	(68.6)
2 and over	7933	54	(1.2)	3478	(24.4)	990	(46.9)	28	(1.4)	3719	(48.1)	1840	(73.1)	49	(1.6)	3198	(62.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

C a f f e i n e

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	7.3	(1.07)	1.5	(0.27)	20	(3.6)	9.0	(1.63)	3.5	(0.74)	39	(5.2)	6.0	(1.25)
6 - 11.....	590	38	(3.1)	21.8	(3.61)	4.6	(1.15)	21*	(7.8)	25.8	(3.04)	12.2	(2.75)	47	(8.2)	19.3*	(6.27)
12 - 19.....	585	56	(3.7)	53.8	(6.89)	10.8	(1.71)	20	(4.6)	60.0	(9.18)	19.3	(2.52)	32	(7.1)	46.0	(7.52)
20 - 39.....	882	67	(1.9)	133.9	(7.84)	33.1	(3.69)	25	(2.7)	133.0	(8.79)	49.7	(4.96)	37	(3.2)	135.8	(17.33)
40 - 59.....	756	56	(2.6)	231.3	(23.15)	40.2	(5.86)	17	(1.9)	241.0	(27.94)	72.2	(9.83)	30	(2.5)	219.0	(26.50)
60 and over.....	756	51	(2.1)	237.0	(21.38)	35.1	(4.47)	15	(2.0)	256.8	(31.95)	68.2	(7.19)	27	(2.9)	216.0	(26.15)
2 - 19.....	1586	47	(1.9)	32.9	(2.52)	6.7	(0.82)	20	(2.5)	40.7	(5.56)	14.3	(1.65)	35	(4.9)	26.1	(1.71)
20 and over...	2394	59	(1.9)	195.6	(14.62)	36.2	(2.91)	19	(1.2)	197.8	(16.29)	61.7	(4.60)	31	(1.7)	192.4	(18.74)
2 and over...	3980	56	(1.7)	153.3	(11.12)	28.5	(2.16)	19	(1.2)	163.4	(13.47)	51.3	(3.62)	31	(1.7)	140.6	(13.37)
Females:																	
2 - 5.....	423	38	(4.7)	7.3	(0.95)	0.9	(0.25)	12*	(4.0)	7.2	(1.07)	2.2	(0.59)	31	(7.4)	7.4	(1.41)
6 - 11.....	556	46	(4.6)	17.2	(2.68)	3.0	(0.84)	18	(5.0)	22.2	(4.87)	6.6	(1.66)	30*	(9.3)	12.9	(1.73)
12 - 19.....	567	57	(3.4)	51.5	(5.84)	19.8	(4.33)	39	(7.4)	63.2	(8.31)	34.9	(6.94)	55	(6.1)	36.1	(7.31)
20 - 39.....	832	61	(3.2)	120.3	(9.20)	28.1	(2.19)	23	(2.8)	122.0	(11.67)	46.2	(3.05)	38	(3.8)	117.6	(12.29)
40 - 59.....	830	53	(2.6)	184.9	(9.79)	27.8	(3.03)	15	(1.7)	198.3	(17.14)	52.9	(6.42)	27	(3.8)	170.0	(10.27)
60 and over.....	745	43	(3.1)	143.7	(8.24)	23.5	(4.82)	16	(3.1)	159.3	(13.39)	54.2	(9.40)	34	(4.3)	131.7	(9.58)
2 - 19.....	1546	49	(1.8)	30.7	(2.72)	10.2	(2.22)	33	(5.9)	41.2	(5.24)	20.7	(4.17)	50	(5.0)	20.4	(3.30)
20 and over...	2407	53	(1.5)	151.3	(6.20)	26.7	(1.98)	18	(1.5)	159.3	(10.38)	50.5	(3.24)	32	(2.8)	142.4	(5.92)
2 and over...	3953	52	(1.3)	122.2	(5.06)	22.7	(1.72)	19	(1.7)	132.2	(7.74)	43.7	(2.83)	33	(3.1)	111.2	(4.68)
Males and Females:																	
2 - 19.....	3132	48	(1.4)	31.8	(1.77)	8.4	(1.09)	26	(3.4)	41.0	(2.85)	17.5	(1.90)	43	(4.5)	23.4	(2.17)
20 and over...	4801	56	(1.3)	172.9	(8.97)	31.4	(1.73)	18	(1.2)	179.1	(10.76)	56.3	(2.53)	31	(1.8)	165.1	(9.95)
2 and over...	7933	54	(1.2)	137.5	(7.03)	25.6	(1.39)	19	(1.3)	148.1	(8.80)	47.6	(2.03)	32	(2.0)	125.1	(7.76)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2011-2012 *(continued)*

A l c o h o l

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5.....	411	43	(5.6)	--		--		--		--		--		--		--	
6 - 11.....	590	38	(3.1)	--		--		--		--		--		--		--	
12 - 19.....	585	56	(3.7)	--		--		--		--		--		--		--	
20 - 39.....	882	67	(1.9)	19.1	(2.10)	3.7	(0.66)	19	(5.1)	19.2	(1.08)	5.5	(0.87)	29	(4.5)	18.9*	(5.97)
40 - 59.....	756	56	(2.6)	18.3	(2.75)	1.8*	(0.67)	10*	(3.1)	15.2	(2.16)	3.2*	(1.17)	21*	(6.9)	22.1	(4.99)
60 and over.....	756	51	(2.1)	10.0	(0.98)	1.5*	(0.55)	15*	(5.6)	11.0	(1.35)	3.0*	(1.07)	27*	(8.2)	8.9	(1.89)
2 - 19.....	1586	47	(1.9)	--		--		--		--		--		--		--	
20 and over...	2394	59	(1.9)	16.6	(1.52)	2.4	(0.45)	15	(2.9)	16.0	(1.15)	4.2	(0.68)	26	(3.7)	17.3	(3.12)
2 and over...	3980	56	(1.7)	--		--		--		--		--		--		--	
Females:																	
2 - 5.....	423	38	(4.7)	--		--		--		--		--		--		--	
6 - 11.....	556	46	(4.6)	--		--		--		--		--		--		--	
12 - 19.....	567	57	(3.4)	--		--		--		--		--		--		--	
20 - 39.....	832	61	(3.2)	7.8	(0.71)	1.3	(0.37)	17	(3.9)	8.7	(1.58)	2.2	(0.55)	25	(5.7)	6.5	(1.44)
40 - 59.....	830	53	(2.6)	10.0	(1.34)	1.9	(0.54)	19	(3.7)	10.4	(2.74)	3.6	(0.98)	34	(6.5)	9.7	(2.47)
60 and over.....	745	43	(3.1)	4.8	(0.81)	0.6*	(0.31)	13*	(6.4)	5.9	(1.49)	1.5*	(0.68)	--		4.0*	(1.25)
2 - 19.....	1546	49	(1.8)	--		--		--		--		--		--		--	
20 and over...	2407	53	(1.5)	7.8	(0.66)	1.4	(0.26)	17	(2.5)	8.7	(1.47)	2.6	(0.47)	29	(4.3)	6.9	(1.25)
2 and over...	3953	52	(1.3)	--		--		--		--		--		--		--	
Males and Females:																	
2 - 19.....	3132	48	(1.4)	--		--		--		--		--		--		--	
20 and over...	4801	56	(1.3)	12.1	(0.88)	1.9	(0.29)	16	(2.1)	12.5	(0.96)	3.4	(0.47)	27	(2.7)	11.6	(1.50)
2 and over...	7933	54	(1.2)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as:"Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[3] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2014).

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.

Salt adjustment is not applied to What We Eat in America, NHANES 2009-2010 and all subsequent surveys. Details available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Although alchohol 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants, by Gender and Age, *What We Eat in America,* NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012

				Food energy													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake kcal	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	2022	(38.6)	470	(51.3)	23	(2.3)	2106	(85.2)	899	(85.1)	43	(2.7)	1930	(47.7)
20 and over.....	1842	56	(1.9)	2209	(24.3)	558	(31.3)	25	(1.5)	2316	(31.3)	989	(43.5)	43	(1.7)	2069	(54.2)
2 and over...	2532	56	(1.8)	2169	(21.6)	539	(31.9)	25	(1.5)	2274	(34.4)	971	(47.3)	43	(1.7)	2038	(47.4)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	1944	(51.7)	410	(67.4)	21	(3.2)	2072	(65.9)	940	(89.3)	45	(3.1)	1845	(64.0)
20 and over.....	1274	55	(2.2)	2187	(39.5)	612	(60.0)	28	(2.5)	2368	(60.0)	1105	(76.8)	47	(2.3)	1963	(55.2)
2 and over...	2210	52	(2.5)	2113	(34.4)	550	(59.6)	26	(2.6)	2291	(54.0)	1063	(73.0)	46	(2.3)	1921	(40.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	1786	(47.7)	332	(54.4)	19	(2.7)	1926	(97.9)	753	(100.6)	39	(3.6)	1675	(41.2)
20 and over.....	610	54	(3.2)	1947	(27.4)	446	(19.4)	23	(1.0)	2009	(39.7)	824	(31.4)	41	(1.5)	1875	(33.2)
2 and over...	985	52	(2.9)	1910	(22.9)	420	(21.3)	22	(1.0)	1993	(38.0)	810	(27.9)	41	(1.1)	1822	(27.8)
Hispanic:																	
2 - 19.....	963	43	(2.0)	1987	(39.4)	361	(17.4)	18	(0.9)	2156	(58.4)	840	(35.1)	39	(1.4)	1860	(52.7)
20 and over.....	932	52	(4.0)	2211	(42.1)	537	(54.0)	24	(2.6)	2337	(49.5)	1028	(37.6)	44	(1.5)	2073	(89.9)
2 and over...	1895	49	(3.0)	2133	(28.2)	476	(36.0)	22	(1.8)	2282	(32.4)	971	(28.0)	43	(1.0)	1990	(54.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

P r o t e i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	70.8	(1.64)	18.3	(2.25)	26	(2.9)	74.9	(3.23)	35.0	(3.80)	47	(3.6)	66.3	(2.10)
20 and over.....	1842	56	(1.9)	82.2	(1.04)	22.9	(1.27)	28	(1.6)	86.3	(1.38)	40.5	(1.80)	47	(2.0)	76.8	(2.13)
2 and over...	2532	56	(1.8)	79.8	(0.90)	21.9	(1.30)	27	(1.6)	84.0	(1.33)	39.4	(1.94)	47	(2.0)	74.4	(1.85)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	66.1	(0.91)	15.2	(2.22)	23	(3.3)	68.3	(1.26)	34.9	(2.56)	51	(3.4)	64.4	(1.73)
20 and over.....	1274	55	(2.2)	81.1	(1.32)	25.2	(2.02)	31	(2.5)	86.2	(1.39)	45.6	(2.45)	53	(2.5)	74.7	(2.08)
2 and over...	2210	52	(2.5)	76.5	(0.97)	22.2	(2.00)	29	(2.6)	81.6	(1.09)	42.8	(2.17)	52	(2.4)	71.0	(1.35)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	68.8	(2.08)	14.0	(2.29)	20	(3.0)	74.5	(3.95)	31.7	(3.75)	43	(3.3)	64.4	(1.70)
20 and over.....	610	54	(3.2)	82.4	(2.12)	21.0	(1.24)	26	(1.5)	84.0	(2.61)	38.8	(2.29)	46	(2.3)	80.5	(3.20)
2 and over...	985	52	(2.9)	79.3	(1.55)	19.4	(1.15)	24	(1.4)	82.2	(2.16)	37.4	(1.91)	46	(2.0)	76.2	(2.51)
Hispanic:																	
2 - 19.....	963	43	(2.0)	73.3	(1.69)	13.5	(0.74)	18	(0.9)	77.7	(2.48)	31.4	(1.52)	40	(1.7)	70.1	(2.51)
20 and over.....	932	52	(4.0)	89.9	(2.20)	24.0	(2.26)	27	(2.9)	94.1	(2.42)	45.8	(1.60)	49	(1.8)	85.4	(4.65)
2 and over...	1895	49	(3.0)	84.2	(1.29)	20.3	(1.57)	24	(2.0)	89.1	(1.42)	41.4	(1.33)	47	(1.3)	79.4	(2.68)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Carbohydrate													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	272	(3.8)	56	(6.0)	21	(2.1)	280	(9.4)	107	(9.3)	38	(2.3)	264	(7.3)
20 and over.....	1842	56	(1.9)	265	(3.9)	60	(3.5)	22	(1.5)	273	(4.5)	106	(5.0)	39	(1.7)	254	(7.7)
2 and over...	2532	56	(1.8)	267	(3.3)	59	(3.7)	22	(1.5)	275	(4.2)	106	(5.4)	39	(1.7)	256	(6.7)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	257	(7.8)	47	(9.1)	18	(3.2)	274	(11.5)	108	(13.5)	39	(3.5)	244	(9.2)
20 and over.....	1274	55	(2.2)	266	(4.2)	68	(7.5)	25	(2.7)	287	(7.4)	122	(10.0)	42	(2.7)	239	(6.7)
2 and over...	2210	52	(2.5)	263	(4.3)	61	(7.7)	23	(2.7)	284	(7.3)	118	(10.1)	42	(2.7)	241	(5.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	241	(7.1)	37	(6.2)	15	(2.4)	253	(12.3)	84	(12.4)	33	(3.9)	231	(7.7)
20 and over.....	610	54	(3.2)	248	(3.6)	48	(2.4)	19	(1.0)	248	(5.3)	89	(2.6)	36	(1.1)	248	(5.2)
2 and over...	985	52	(2.9)	246	(2.9)	46	(2.6)	18	(1.0)	249	(4.6)	88	(2.7)	35	(1.0)	244	(4.3)
Hispanic:																	
2 - 19.....	963	43	(2.0)	264	(4.4)	42	(1.9)	16	(0.8)	280	(6.9)	98	(3.8)	35	(1.2)	253	(6.2)
20 and over.....	932	52	(4.0)	275	(4.9)	59	(6.5)	22	(2.5)	282	(6.6)	113	(5.7)	40	(1.6)	267	(9.8)
2 and over...	1895	49	(3.0)	271	(3.2)	53	(4.3)	20	(1.6)	282	(4.7)	109	(3.9)	39	(1.0)	262	(6.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Total sugars													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	136	(3.2)	23	(2.6)	17	(2.0)	137	(5.3)	44	(4.1)	32	(2.2)	135	(5.9)
20 and over.....	1842	56	(1.9)	119	(2.1)	21	(1.6)	18	(1.5)	121	(2.1)	38	(2.2)	31	(2.0)	116	(3.2)
2 and over...	2532	56	(1.8)	122	(2.0)	22	(1.7)	18	(1.5)	124	(1.9)	39	(2.4)	31	(1.9)	120	(3.1)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	123	(4.5)	18	(4.3)	14	(3.3)	128	(7.2)	40	(7.4)	32	(4.3)	119	(5.7)
20 and over.....	1274	55	(2.2)	123	(3.0)	26	(3.7)	21	(2.8)	135	(4.6)	46	(5.2)	35	(3.2)	109	(2.9)
2 and over...	2210	52	(2.5)	123	(3.0)	23	(3.6)	19	(2.8)	133	(4.5)	45	(5.3)	34	(3.2)	112	(3.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	104	(4.0)	13	(3.2)	12	(2.9)	107	(7.3)	29	(6.7)	27	(4.9)	101	(5.2)
20 and over.....	610	54	(3.2)	88	(2.4)	15	(1.4)	17	(1.6)	91	(3.4)	28	(2.1)	30	(2.0)	85	(4.0)
2 and over...	985	52	(2.9)	92	(2.2)	14	(1.3)	16	(1.4)	94	(2.8)	28	(1.9)	30	(1.6)	89	(3.8)
Hispanic:																	
2 - 19.....	963	43	(2.0)	123	(2.8)	15	(0.7)	12	(0.7)	128	(4.2)	36	(1.5)	28	(1.1)	119	(3.1)
20 and over.....	932	52	(4.0)	117	(2.8)	22	(3.1)	19	(2.8)	120	(4.4)	42	(3.7)	35	(2.1)	113	(6.1)
2 and over...	1895	49	(3.0)	119	(2.3)	20	(2.0)	17	(1.8)	123	(3.5)	40	(2.6)	33	(1.5)	116	(4.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Dietary fiber													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	14.3	(0.26)	2.9	(0.29)	21	(1.9)	14.5	(0.55)	5.6	(0.45)	39	(2.2)	14.1	(0.62)
20 and over.....	1842	56	(1.9)	18.3	(0.53)	3.9	(0.19)	21	(1.2)	18.4	(0.60)	7.0	(0.27)	38	(1.7)	18.2	(0.69)
2 and over...	2532	56	(1.8)	17.5	(0.46)	3.7	(0.18)	21	(1.1)	17.6	(0.50)	6.7	(0.27)	38	(1.5)	17.3	(0.67)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	12.9	(0.22)	2.4	(0.38)	19	(3.0)	13.5	(0.41)	5.6	(0.51)	41	(3.3)	12.3	(0.34)
20 and over.....	1274	55	(2.2)	15.2	(0.42)	3.7	(0.35)	24	(2.6)	15.5	(0.39)	6.7	(0.46)	43	(2.8)	14.9	(0.71)
2 and over...	2210	52	(2.5)	14.5	(0.32)	3.3	(0.34)	23	(2.6)	15.0	(0.31)	6.4	(0.43)	43	(2.7)	14.0	(0.49)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	14.4	(0.47)	2.1	(0.28)	14	(2.0)	14.1	(0.75)	4.7	(0.55)	33	(3.1)	14.7	(0.80)
20 and over.....	610	54	(3.2)	19.2	(0.51)	3.3	(0.25)	17	(1.6)	17.3	(0.43)	6.0	(0.29)	35	(1.7)	21.5	(0.88)
2 and over...	985	52	(2.9)	18.1	(0.45)	3.0	(0.23)	17	(1.5)	16.7	(0.37)	5.8	(0.24)	35	(1.5)	19.7	(0.76)
Hispanic:																	
2 - 19.....	963	43	(2.0)	15.7	(0.41)	2.4	(0.15)	15	(0.8)	16.2	(0.53)	5.6	(0.22)	35	(1.8)	15.4	(0.66)
20 and over.....	932	52	(4.0)	19.4	(0.74)	3.8	(0.49)	20	(2.7)	18.5	(0.82)	7.3	(0.50)	40	(2.0)	20.3	(1.13)
2 and over...	1895	49	(3.0)	18.1	(0.55)	3.3	(0.33)	18	(1.8)	17.8	(0.62)	6.8	(0.36)	38	(1.4)	18.4	(0.88)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Total fat															
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	74.5	(2.37)	19.4	(2.21)	26	(2.4)	78.3	(4.44)	37.1	(3.97)	47	(2.9)	70.4	(2.08)
20 and over.....	1842	56	(1.9)	83.8	(1.06)	24.0	(1.24)	29	(1.5)	90.4	(1.52)	42.5	(1.86)	47	(1.9)	75.4	(1.56)
2 and over...	2532	56	(1.8)	81.9	(1.11)	23.0	(1.27)	28	(1.5)	88.0	(1.74)	41.4	(2.07)	47	(1.9)	74.3	(1.40)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	73.9	(2.14)	18.1	(2.57)	24	(3.3)	79.7	(2.12)	41.4	(3.01)	52	(2.8)	69.4	(2.91)
20 and over.....	1274	55	(2.2)	83.3	(1.76)	26.2	(2.51)	31	(2.8)	91.2	(2.81)	47.2	(3.19)	52	(2.3)	73.4	(2.68)
2 and over...	2210	52	(2.5)	80.4	(1.46)	23.7	(2.41)	29	(2.8)	88.2	(2.30)	45.7	(2.83)	52	(2.2)	72.0	(1.80)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	62.4	(2.19)	14.3	(2.41)	23	(3.3)	69.8	(4.40)	32.4	(4.38)	46	(3.8)	56.6	(1.87)
20 and over.....	610	54	(3.2)	66.8	(1.95)	18.0	(0.98)	27	(1.4)	70.4	(2.18)	33.2	(1.85)	47	(1.6)	62.5	(3.07)
2 and over...	985	52	(2.9)	65.8	(1.57)	17.1	(1.02)	26	(1.4)	70.3	(1.83)	33.0	(1.56)	47	(1.4)	60.9	(2.46)
Hispanic:																	
2 - 19.....	963	43	(2.0)	72.7	(1.85)	15.6	(0.82)	22	(1.1)	82.3	(2.57)	36.3	(1.67)	44	(1.7)	65.4	(2.45)
20 and over.....	932	52	(4.0)	80.5	(1.83)	22.3	(2.23)	28	(3.0)	87.8	(2.35)	42.7	(1.65)	49	(1.6)	72.5	(4.17)
2 and over...	1895	49	(3.0)	77.8	(1.37)	20.0	(1.48)	26	(2.0)	86.1	(1.73)	40.7	(1.27)	47	(1.1)	69.8	(2.47)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Saturated fat															
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	26.1	(0.81)	6.6	(0.67)	25	(2.3)	27.1	(1.41)	12.7	(1.22)	47	(3.0)	25.0	(0.85)
20 and over.....	1842	56	(1.9)	27.4	(0.50)	7.9	(0.47)	29	(1.7)	29.5	(0.66)	14.0	(0.69)	47	(1.9)	24.6	(0.78)
2 and over...	2532	56	(1.8)	27.1	(0.52)	7.6	(0.45)	28	(1.6)	29.0	(0.73)	13.7	(0.73)	47	(1.9)	24.7	(0.69)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	24.1	(0.62)	5.6	(0.75)	23	(3.1)	25.3	(0.68)	12.9	(0.86)	51	(2.7)	23.2	(0.83)
20 and over.....	1274	55	(2.2)	25.6	(0.60)	8.1	(0.83)	32	(3.0)	27.9	(0.95)	14.6	(1.10)	52	(2.5)	22.6	(0.92)
2 and over...	2210	52	(2.5)	25.1	(0.51)	7.3	(0.76)	29	(2.8)	27.2	(0.79)	14.2	(0.93)	52	(2.3)	22.9	(0.64)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	22.2	(0.90)	4.7	(0.79)	21	(3.0)	24.4	(1.73)	10.7	(1.52)	44	(3.5)	20.5	(0.92)
20 and over.....	610	54	(3.2)	19.4	(0.53)	5.7	(0.34)	29	(1.4)	21.5	(0.65)	10.5	(0.57)	49	(1.9)	16.9	(0.82)
2 and over...	985	52	(2.9)	20.1	(0.43)	5.5	(0.37)	27	(1.6)	22.1	(0.61)	10.5	(0.56)	48	(1.7)	17.9	(0.61)
Hispanic:																	
2 - 19.....	963	43	(2.0)	25.2	(0.64)	5.2	(0.30)	21	(1.1)	28.4	(0.86)	12.2	(0.50)	43	(1.6)	22.8	(0.89)
20 and over.....	932	52	(4.0)	25.8	(0.73)	7.2	(0.70)	28	(3.1)	28.1	(0.68)	13.9	(0.53)	49	(1.5)	23.3	(1.57)
2 and over...	1895	49	(3.0)	25.6	(0.54)	6.5	(0.49)	26	(2.1)	28.2	(0.58)	13.3	(0.45)	47	(1.1)	23.1	(0.96)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Monounsaturated fat															
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	25.8	(0.89)	6.6	(0.75)	26	(2.4)	27.1	(1.66)	12.7	(1.35)	47	(2.8)	24.5	(0.91)
20 and over.....	1842	56	(1.9)	29.8	(0.39)	8.4	(0.42)	28	(1.4)	32.2	(0.57)	14.9	(0.59)	46	(1.8)	26.8	(0.51)
2 and over...	2532	56	(1.8)	29.0	(0.38)	8.0	(0.43)	28	(1.4)	31.2	(0.63)	14.4	(0.67)	46	(1.8)	26.3	(0.47)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	26.1	(0.85)	6.3	(0.87)	24	(3.2)	27.9	(0.73)	14.5	(1.00)	52	(2.8)	24.7	(1.17)
20 and over.....	1274	55	(2.2)	30.0	(0.66)	9.3	(0.85)	31	(2.6)	32.7	(1.00)	16.8	(1.09)	52	(2.2)	26.6	(0.98)
2 and over...	2210	52	(2.5)	28.8	(0.54)	8.4	(0.81)	29	(2.6)	31.4	(0.80)	16.2	(0.95)	52	(2.1)	25.9	(0.66)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	20.8	(0.74)	4.9	(0.91)	23	(3.7)	23.4	(1.54)	11.0	(1.67)	47	(4.4)	18.7	(0.62)
20 and over.....	610	54	(3.2)	24.6	(0.96)	6.4	(0.42)	26	(1.6)	25.7	(0.95)	11.8	(0.76)	46	(1.8)	23.5	(1.64)
2 and over...	985	52	(2.9)	23.8	(0.80)	6.0	(0.41)	25	(1.5)	25.2	(0.76)	11.7	(0.62)	46	(1.5)	22.2	(1.36)
Hispanic:																	
2 - 19.....	963	43	(2.0)	25.0	(0.60)	5.3	(0.29)	21	(1.1)	28.2	(0.99)	12.4	(0.56)	44	(1.8)	22.6	(0.77)
20 and over.....	932	52	(4.0)	29.1	(0.74)	8.0	(0.82)	27	(3.0)	31.7	(0.92)	15.3	(0.62)	48	(1.8)	26.2	(1.55)
2 and over...	1895	49	(3.0)	27.7	(0.56)	7.1	(0.55)	26	(2.0)	30.6	(0.64)	14.4	(0.47)	47	(1.2)	24.8	(0.98)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Polyunsaturated fat													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	16.6	(0.75)	4.5	(0.66)	27	(2.8)	17.8	(1.21)	8.6	(1.20)	48	(3.7)	15.2	(0.50)
20 and over.....	1842	56	(1.9)	19.8	(0.28)	5.7	(0.28)	29	(1.4)	21.4	(0.39)	10.1	(0.49)	47	(2.0)	17.9	(0.40)
2 and over...	2532	56	(1.8)	19.2	(0.26)	5.4	(0.31)	28	(1.5)	20.7	(0.37)	9.8	(0.55)	47	(2.2)	17.3	(0.32)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	17.6	(0.62)	4.5	(0.72)	26	(3.9)	19.9	(0.73)	10.4	(0.93)	52	(3.3)	15.8	(0.96)
20 and over.....	1274	55	(2.2)	20.9	(0.47)	6.5	(0.64)	31	(2.9)	23.0	(0.81)	11.7	(0.79)	51	(2.4)	18.2	(0.70)
2 and over...	2210	52	(2.5)	19.9	(0.38)	5.9	(0.64)	30	(3.0)	22.2	(0.69)	11.4	(0.75)	51	(2.4)	17.3	(0.48)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	13.9	(0.53)	3.4	(0.55)	25	(3.3)	16.1	(0.93)	7.8	(0.91)	48	(3.6)	12.3	(0.49)
20 and over.....	610	54	(3.2)	17.1	(0.66)	4.3	(0.26)	25	(1.4)	17.4	(0.76)	8.0	(0.56)	46	(1.7)	16.9	(0.99)
2 and over...	985	52	(2.9)	16.4	(0.51)	4.1	(0.23)	25	(1.4)	17.1	(0.59)	8.0	(0.42)	47	(1.3)	15.7	(0.80)
Hispanic:																	
2 - 19.....	963	43	(2.0)	16.5	(0.56)	3.8	(0.24)	23	(1.4)	19.2	(0.84)	8.9	(0.61)	46	(2.2)	14.5	(0.66)
20 and over.....	932	52	(4.0)	18.9	(0.38)	5.2	(0.55)	28	(2.9)	20.7	(0.76)	10.0	(0.46)	48	(1.9)	16.9	(0.83)
2 and over...	1895	49	(3.0)	18.0	(0.34)	4.7	(0.34)	26	(1.8)	20.2	(0.60)	9.6	(0.34)	48	(1.4)	15.9	(0.45)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Cholesterol													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	216	(10.7)	61	(10.7)	28	(4.0)	228	(21.8)	117	(20.0)	51	(4.7)	202	(10.2)
20 and over.....	1842	56	(1.9)	274	(5.1)	84	(5.1)	31	(1.9)	293	(5.9)	148	(7.0)	51	(2.1)	249	(9.5)
2 and over...	2532	56	(1.8)	261	(5.0)	79	(5.7)	30	(2.1)	280	(6.1)	142	(9.0)	51	(2.5)	238	(8.5)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	222	(6.9)	48	(6.7)	22	(2.9)	219	(7.1)	110	(7.8)	50	(3.7)	225	(11.7)
20 and over.....	1274	55	(2.2)	305	(6.1)	96	(6.8)	32	(2.4)	323	(6.3)	174	(8.2)	54	(2.7)	283	(10.6)
2 and over...	2210	52	(2.5)	280	(4.7)	82	(6.4)	29	(2.4)	296	(6.0)	158	(6.5)	53	(2.5)	262	(6.3)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	214	(14.6)	52	(11.9)	25	(4.9)	226	(24.6)	119	(22.8)	52	(5.6)	204	(17.1)
20 and over.....	610	54	(3.2)	257	(9.4)	74	(4.2)	29	(1.8)	283	(13.1)	136	(8.3)	48	(2.1)	227	(14.4)
2 and over...	985	52	(2.9)	247	(9.2)	69	(4.4)	28	(1.9)	272	(13.1)	133	(7.7)	49	(2.0)	221	(13.6)
Hispanic:																	
2 - 19.....	963	43	(2.0)	250	(10.1)	43	(2.8)	17	(1.2)	262	(13.3)	100	(6.7)	38	(2.5)	240	(15.3)
20 and over.....	932	52	(4.0)	314	(9.4)	86	(8.4)	27	(3.0)	340	(9.2)	165	(8.8)	48	(2.4)	286	(18.6)
2 and over...	1895	49	(3.0)	291	(4.4)	71	(5.7)	24	(2.1)	316	(6.5)	145	(6.7)	46	(2.1)	268	(8.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin A (RAE)													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	610	(13.3)	85	(9.4)	14	(1.5)	603	(25.2)	163	(19.3)	27	(3.3)	616	(28.0)
20 and over.....	1842	56	(1.9)	731	(50.5)	133	(11.6)	18	(1.5)	720	(59.6)	235	(19.7)	33	(3.2)	744	(44.0)
2 and over...	2532	56	(1.8)	705	(41.1)	123	(10.2)	17	(1.3)	697	(51.4)	221	(18.4)	32	(2.9)	715	(33.3)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	500	(19.1)	69	(12.7)	14	(2.7)	469	(15.4)	158	(18.2)	34	(4.0)	523	(24.4)
20 and over.....	1274	55	(2.2)	548	(27.1)	111	(7.9)	20	(1.6)	514	(27.9)	200	(12.9)	39	(1.7)	589	(33.7)
2 and over...	2210	52	(2.5)	533	(20.2)	98	(7.9)	18	(1.7)	503	(23.2)	189	(10.7)	38	(1.9)	565	(20.7)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	602	(34.2)	68	(15.6)	11	(2.4)	620	(53.1)	153	(33.3)	25	(4.3)	588	(39.3)
20 and over.....	610	54	(3.2)	610	(30.6)	104	(6.9)	17	(1.4)	573	(23.5)	192	(8.4)	33	(1.7)	653	(48.3)
2 and over...	985	52	(2.9)	608	(22.5)	95	(7.3)	16	(1.3)	582	(19.7)	184	(10.6)	32	(1.8)	635	(37.1)
Hispanic:																	
2 - 19.....	963	43	(2.0)	640	(22.9)	69	(5.6)	11	(0.8)	607	(25.0)	160	(8.9)	26	(1.0)	664	(42.3)
20 and over.....	932	52	(4.0)	550	(20.4)	113	(14.5)	21	(2.4)	560	(22.4)	216	(16.1)	39	(2.7)	539	(25.2)
2 and over...	1895	49	(3.0)	581	(18.9)	98	(9.7)	17	(1.5)	574	(17.0)	199	(11.1)	35	(1.9)	588	(29.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Beta carotene											
				All Individuals [2]						*All Restaurant Consumers* [3]				*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	1154	(121.7)	152	(24.8)	13	(1.7)	1028	(122.8)	291	(53.8)	28	(5.3)	1292	(163.8)
20 and over.....	1842	56	(1.9)	2652	(229.6)	534	(73.4)	20	(2.4)	2480	(219.4)	947	(132.2)	38	(4.4)	2874	(441.3)
2 and over...	2532	56	(1.8)	2336	(189.1)	453	(58.4)	19	(2.1)	2192	(177.7)	817	(109.1)	37	(4.2)	2515	(338.6)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	1019	(63.2)	194	(44.3)	19	(4.4)	1047	(132.1)	444	(72.1)	42	(8.2)	998	(123.9)
20 and over.....	1274	55	(2.2)	2101	(259.0)	369	(50.8)	18	(2.5)	1858	(232.9)	667	(98.6)	36	(3.8)	2401	(307.2)
2 and over...	2210	52	(2.5)	1769	(201.7)	316	(40.1)	18	(2.4)	1648	(201.9)	610	(77.6)	37	(4.1)	1898	(207.3)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	1780	(206.1)	157	(27.2)	9	(1.4)	1813	(293.5)	357	(59.0)	20	(3.7)	1754	(222.1)
20 and over.....	610	54	(3.2)	3532	(348.5)	530	(44.4)	15	(1.8)	2909	(210.6)	980	(70.8)	34	(3.2)	4266	(579.1)
2 and over...	985	52	(2.9)	3129	(287.0)	445	(36.6)	14	(1.6)	2695	(185.2)	858	(61.6)	32	(3.0)	3596	(448.0)
Hispanic:																	
2 - 19.....	963	43	(2.0)	1241	(117.6)	135	(26.9)	11	(2.2)	1117	(118.4)	315	(57.9)	28	(4.6)	1335	(178.7)
20 and over.....	932	52	(4.0)	1756	(166.1)	482	(118.7)	27	(5.3)	1923	(212.7)	922	(186.5)	48	(6.8)	1573	(143.1)
2 and over...	1895	49	(3.0)	1577	(134.4)	361	(80.1)	23	(3.8)	1677	(158.0)	737	(138.7)	44	(5.8)	1480	(132.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				L y c o p e n e										
				All Individuals [2]					*All Restaurant Consumers* [3]				*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	5485	(634.2)	1406	(249.1)	26	(3.2)	5673	(961.3)	2693	(456.7)	47	(7.2)	5280	(583.8)
20 and over.....	1842	56	(1.9)	5414	(263.7)	1456	(87.3)	27	(2.0)	5591	(329.6)	2581	(148.6)	46	(3.4)	5186	(407.0)
2 and over...	2532	56	(1.8)	5429	(265.7)	1446	(73.1)	27	(1.7)	5607	(331.6)	2603	(120.2)	46	(2.9)	5207	(375.2)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	4573	(446.9)	881	(132.7)	19	(3.1)	4849	(436.6)	2018	(202.1)	42	(6.1)	4359	(596.9)
20 and over.....	1274	55	(2.2)	5086	(329.5)	1389	(236.9)	27	(4.8)	5287	(430.8)	2509	(366.6)	47	(5.9)	4838	(741.4)
2 and over...	2210	52	(2.5)	4929	(273.5)	1233	(195.4)	25	(4.2)	5174	(318.5)	2382	(308.6)	46	(5.6)	4666	(501.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	4488	(766.2)	910	(217.2)	20	(4.7)	4283	(804.7)	2064	(422.9)	48	(7.6)	4649	(988.6)
20 and over.....	610	54	(3.2)	3505	(314.1)	1079	(109.9)	31	(2.9)	3879	(386.5)	1993	(194.6)	51	(4.5)	3064	(529.7)
2 and over...	985	52	(2.9)	3731	(329.3)	1040	(96.8)	28	(2.1)	3958	(310.9)	2007	(149.1)	51	(3.3)	3487	(485.6)
Hispanic:																	
2 - 19.....	963	43	(2.0)	4777	(280.0)	1215	(107.7)	25	(2.1)	5430	(449.5)	2826	(203.4)	52	(4.0)	4284	(340.1)
20 and over.....	932	52	(4.0)	5469	(360.2)	1723	(300.8)	32	(5.3)	5534	(455.1)	3296	(433.2)	60	(5.1)	5398	(445.8)
2 and over...	1895	49	(3.0)	5228	(253.8)	1546	(208.3)	30	(3.9)	5502	(351.0)	3153	(313.9)	57	(3.9)	4964	(309.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

T h i a m i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	1.55	(0.037)	0.32	(0.033)	21	(1.9)	1.60	(0.051)	0.62	(0.059)	39	(2.9)	1.49	(0.051)
20 and over.....	1842	56	(1.9)	1.67	(0.026)	0.42	(0.023)	25	(1.4)	1.72	(0.041)	0.74	(0.038)	43	(1.9)	1.61	(0.046)
2 and over...	2532	56	(1.8)	1.65	(0.025)	0.40	(0.023)	24	(1.3)	1.70	(0.036)	0.72	(0.038)	42	(1.8)	1.58	(0.044)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	1.47	(0.042)	0.27	(0.044)	18	(2.9)	1.48	(0.031)	0.61	(0.056)	42	(3.3)	1.46	(0.058)
20 and over.....	1274	55	(2.2)	1.48	(0.032)	0.40	(0.045)	27	(2.8)	1.56	(0.060)	0.72	(0.063)	46	(2.5)	1.38	(0.048)
2 and over...	2210	52	(2.5)	1.48	(0.031)	0.36	(0.043)	24	(2.8)	1.54	(0.051)	0.70	(0.057)	45	(2.4)	1.41	(0.040)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	1.57	(0.067)	0.24	(0.038)	15	(2.4)	1.73	(0.118)	0.53	(0.068)	31	(4.0)	1.43	(0.045)
20 and over.....	610	54	(3.2)	1.55	(0.029)	0.31	(0.018)	20	(1.0)	1.52	(0.037)	0.58	(0.021)	38	(1.4)	1.58	(0.039)
2 and over...	985	52	(2.9)	1.55	(0.020)	0.29	(0.019)	19	(1.2)	1.56	(0.030)	0.57	(0.023)	36	(1.6)	1.54	(0.029)
Hispanic:																	
2 - 19.....	963	43	(2.0)	1.64	(0.046)	0.28	(0.021)	17	(1.0)	1.74	(0.065)	0.65	(0.046)	37	(1.7)	1.56	(0.057)
20 and over.....	932	52	(4.0)	1.67	(0.039)	0.39	(0.042)	23	(2.4)	1.73	(0.054)	0.74	(0.038)	43	(1.8)	1.61	(0.069)
2 and over...	1895	49	(3.0)	1.66	(0.027)	0.35	(0.030)	21	(1.7)	1.73	(0.046)	0.71	(0.032)	41	(1.3)	1.59	(0.037)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	2.08	(0.059)	0.34	(0.038)	16	(1.6)	2.13	(0.122)	0.66	(0.069)	31	(2.0)	2.01	(0.057)
20 and over.....	1842	56	(1.9)	2.29	(0.035)	0.45	(0.028)	20	(1.3)	2.31	(0.072)	0.80	(0.037)	35	(1.5)	2.26	(0.076)
2 and over...	2532	56	(1.8)	2.24	(0.028)	0.43	(0.028)	19	(1.2)	2.27	(0.073)	0.77	(0.042)	34	(1.4)	2.21	(0.070)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	1.73	(0.055)	0.26	(0.036)	15	(2.4)	1.65	(0.052)	0.59	(0.040)	36	(2.9)	1.79	(0.058)
20 and over.....	1274	55	(2.2)	1.74	(0.046)	0.41	(0.035)	24	(2.0)	1.78	(0.055)	0.75	(0.045)	42	(1.9)	1.69	(0.058)
2 and over...	2210	52	(2.5)	1.74	(0.043)	0.37	(0.033)	21	(2.1)	1.75	(0.046)	0.71	(0.038)	40	(1.9)	1.73	(0.052)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	1.87	(0.067)	0.24	(0.045)	13	(2.2)	1.91	(0.116)	0.55	(0.086)	29	(3.3)	1.83	(0.073)
20 and over.....	610	54	(3.2)	1.81	(0.103)	0.34	(0.019)	19	(1.5)	1.88	(0.152)	0.62	(0.025)	33	(2.5)	1.73	(0.068)
2 and over...	985	52	(2.9)	1.82	(0.074)	0.32	(0.020)	17	(1.2)	1.88	(0.122)	0.61	(0.026)	32	(1.9)	1.76	(0.050)
Hispanic:																	
2 - 19.....	963	43	(2.0)	2.03	(0.048)	0.25	(0.012)	12	(0.6)	2.02	(0.076)	0.58	(0.025)	29	(0.8)	2.04	(0.067)
20 and over.....	932	52	(4.0)	2.12	(0.060)	0.43	(0.054)	21	(2.4)	2.18	(0.088)	0.83	(0.081)	38	(2.8)	2.05	(0.099)
2 and over...	1895	49	(3.0)	2.09	(0.034)	0.37	(0.036)	18	(1.7)	2.13	(0.056)	0.75	(0.053)	35	(2.0)	2.04	(0.056)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	22.4	(0.87)	5.1	(0.67)	23	(2.3)	24.2	(1.64)	9.7	(1.11)	40	(2.6)	20.4	(0.71)
20 and over.....	1842	56	(1.9)	26.1	(0.45)	6.6	(0.40)	25	(1.5)	27.2	(0.70)	11.6	(0.58)	43	(1.9)	24.6	(0.94)
2 and over...	2532	56	(1.8)	25.3	(0.42)	6.2	(0.39)	25	(1.4)	26.6	(0.73)	11.2	(0.59)	42	(1.6)	23.6	(0.83)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	22.3	(0.49)	5.0	(0.89)	22	(3.6)	23.6	(0.80)	11.5	(1.21)	49	(3.6)	21.3	(0.42)
20 and over.....	1274	55	(2.2)	25.3	(0.57)	7.5	(0.75)	30	(2.7)	27.3	(0.83)	13.6	(0.96)	50	(2.4)	22.9	(0.80)
2 and over...	2210	52	(2.5)	24.4	(0.49)	6.8	(0.77)	28	(2.8)	26.4	(0.76)	13.1	(0.95)	50	(2.4)	22.3	(0.58)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	19.9	(0.86)	4.1	(0.68)	21	(2.8)	22.6	(1.29)	9.3	(1.05)	41	(3.4)	17.8	(0.63)
20 and over.....	610	54	(3.2)	24.7	(1.01)	5.8	(0.36)	23	(1.2)	25.0	(1.23)	10.7	(0.71)	43	(1.8)	24.3	(1.14)
2 and over...	985	52	(2.9)	23.6	(0.80)	5.4	(0.31)	23	(1.1)	24.5	(0.95)	10.4	(0.54)	42	(1.3)	22.6	(0.93)
Hispanic:																	
2 - 19.....	963	43	(2.0)	21.9	(0.56)	4.1	(0.27)	19	(1.0)	23.5	(0.81)	9.6	(0.57)	41	(1.6)	20.7	(0.88)
20 and over.....	932	52	(4.0)	27.7	(0.63)	7.0	(0.69)	25	(2.6)	29.6	(1.14)	13.4	(0.77)	45	(2.3)	25.6	(1.36)
2 and over...	1895	49	(3.0)	25.7	(0.34)	6.0	(0.47)	23	(1.8)	27.7	(0.63)	12.3	(0.49)	44	(1.6)	23.7	(0.77)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin B6											
				All Individuals [2]					*All Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	1.79	(0.058)	0.31	(0.042)	17	(1.9)	1.87	(0.120)	0.60	(0.069)	32	(2.6)	1.71	(0.076)
20 and over.....	1842	56	(1.9)	2.20	(0.059)	0.45	(0.029)	21	(1.3)	2.18	(0.061)	0.80	(0.041)	37	(1.6)	2.23	(0.123)
2 and over...	2532	56	(1.8)	2.11	(0.048)	0.42	(0.028)	20	(1.3)	2.11	(0.059)	0.76	(0.040)	36	(1.4)	2.11	(0.107)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	1.74	(0.039)	0.31	(0.065)	18	(3.5)	1.76	(0.075)	0.71	(0.098)	41	(4.1)	1.72	(0.042)
20 and over.....	1274	55	(2.2)	1.97	(0.048)	0.50	(0.054)	25	(2.7)	2.05	(0.067)	0.90	(0.070)	44	(2.7)	1.86	(0.076)
2 and over...	2210	52	(2.5)	1.90	(0.039)	0.44	(0.056)	23	(2.9)	1.98	(0.065)	0.85	(0.074)	43	(2.8)	1.81	(0.057)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	1.67	(0.070)	0.25	(0.050)	15	(2.7)	1.75	(0.096)	0.58	(0.086)	33	(4.1)	1.61	(0.072)
20 and over.....	610	54	(3.2)	2.12	(0.104)	0.39	(0.024)	19	(1.3)	2.11	(0.137)	0.73	(0.043)	34	(2.1)	2.13	(0.094)
2 and over...	985	52	(2.9)	2.02	(0.082)	0.36	(0.021)	18	(1.1)	2.04	(0.111)	0.70	(0.033)	34	(1.5)	1.99	(0.078)
Hispanic:																	
2 - 19.....	963	43	(2.0)	1.83	(0.054)	0.22	(0.014)	12	(0.8)	1.84	(0.062)	0.52	(0.025)	28	(1.5)	1.83	(0.086)
20 and over.....	932	52	(4.0)	2.38	(0.065)	0.50	(0.058)	21	(2.6)	2.48	(0.103)	0.95	(0.077)	38	(3.2)	2.26	(0.123)
2 and over...	1895	49	(3.0)	2.19	(0.035)	0.40	(0.039)	18	(1.8)	2.29	(0.060)	0.82	(0.053)	36	(2.2)	2.09	(0.064)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				F o l a t e (D F E)													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	524	(16.1)	99	(11.3)	19	(1.9)	540	(23.6)	189	(19.8)	35	(3.1)	507	(17.3)
20 and over.....	1842	56	(1.9)	582	(13.4)	128	(7.8)	22	(1.5)	590	(14.8)	226	(12.8)	38	(1.8)	573	(30.2)
2 and over...	2532	56	(1.8)	570	(12.0)	122	(7.2)	21	(1.3)	580	(13.2)	219	(12.4)	38	(1.8)	558	(26.3)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	471	(12.1)	79	(13.7)	17	(2.9)	474	(16.5)	181	(19.2)	38	(3.5)	469	(17.1)
20 and over.....	1274	55	(2.2)	479	(14.0)	121	(11.7)	25	(2.5)	503	(20.5)	218	(15.7)	43	(2.4)	450	(19.5)
2 and over...	2210	52	(2.5)	477	(12.1)	108	(11.8)	23	(2.5)	495	(17.9)	208	(15.0)	42	(2.4)	457	(15.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	544	(29.0)	70	(10.9)	13	(2.0)	548	(36.2)	159	(20.7)	29	(3.3)	540	(31.6)
20 and over.....	610	54	(3.2)	559	(13.4)	103	(5.2)	18	(1.1)	555	(17.6)	190	(9.0)	34	(1.8)	565	(13.8)
2 and over...	985	52	(2.9)	556	(10.7)	95	(5.8)	17	(1.0)	553	(16.2)	184	(9.2)	33	(1.7)	558	(11.2)
Hispanic:																	
2 - 19.....	963	43	(2.0)	573	(16.1)	88	(6.9)	15	(1.1)	604	(24.5)	205	(14.7)	34	(2.4)	549	(20.9)
20 and over.....	932	52	(4.0)	589	(14.1)	123	(13.4)	21	(2.3)	576	(20.0)	236	(12.4)	41	(1.7)	604	(26.8)
2 and over...	1895	49	(3.0)	583	(9.1)	111	(9.8)	19	(1.7)	585	(14.9)	227	(10.3)	39	(1.3)	582	(20.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	263	(7.0)	61	(9.0)	23	(3.1)	273	(15.8)	116	(16.5)	43	(4.0)	253	(11.3)
20 and over.....	1842	56	(1.9)	335	(5.7)	84	(4.4)	25	(1.5)	344	(6.0)	149	(5.6)	43	(1.6)	323	(11.4)
2 and over...	2532	56	(1.8)	320	(4.8)	79	(4.9)	25	(1.6)	330	(5.8)	142	(7.3)	43	(1.9)	307	(11.0)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	242	(4.3)	48	(7.0)	20	(2.9)	240	(4.6)	111	(8.0)	46	(3.1)	243	(8.1)
20 and over.....	1274	55	(2.2)	324	(5.3)	90	(7.2)	28	(2.3)	335	(6.2)	162	(9.0)	48	(2.6)	310	(8.0)
2 and over...	2210	52	(2.5)	299	(4.4)	77	(6.8)	26	(2.3)	311	(5.4)	149	(7.3)	48	(2.4)	286	(5.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	258	(11.7)	48	(10.6)	19	(3.6)	266	(22.7)	109	(19.9)	41	(4.5)	252	(12.9)
20 and over.....	610	54	(3.2)	328	(10.4)	77	(4.0)	23	(1.3)	341	(12.5)	142	(8.0)	42	(2.1)	313	(13.4)
2 and over...	985	52	(2.9)	312	(9.1)	70	(3.9)	22	(1.2)	326	(12.6)	136	(6.7)	42	(1.7)	297	(12.3)
Hispanic:																	
2 - 19.....	963	43	(2.0)	278	(8.6)	42	(2.6)	15	(1.0)	284	(11.3)	97	(5.6)	34	(2.0)	274	(12.0)
20 and over.....	932	52	(4.0)	352	(7.9)	83	(7.8)	24	(2.4)	369	(9.4)	158	(5.6)	43	(1.7)	333	(14.8)
2 and over...	1895	49	(3.0)	326	(3.8)	68	(5.3)	21	(1.7)	343	(6.3)	140	(4.7)	41	(1.4)	310	(6.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin B12											
				All Individuals [2]					*All Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	5.20	(0.229)	0.96	(0.117)	18	(1.7)	5.53	(0.474)	1.84	(0.212)	33	(1.7)	4.83	(0.183)
20 and over.....	1842	56	(1.9)	5.69	(0.318)	1.25	(0.076)	22	(1.8)	6.07	(0.606)	2.22	(0.123)	37	(4.3)	5.20	(0.244)
2 and over...	2532	56	(1.8)	5.59	(0.264)	1.19	(0.071)	21	(1.5)	5.96	(0.535)	2.14	(0.117)	36	(3.5)	5.12	(0.217)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	4.78	(0.273)	0.89	(0.262)	19	(4.7)	4.72	(0.429)	2.04	(0.466)	43	(6.2)	4.83	(0.214)
20 and over.....	1274	55	(2.2)	4.72	(0.180)	1.37	(0.175)	29	(3.1)	4.93	(0.256)	2.47	(0.241)	50	(3.2)	4.45	(0.176)
2 and over...	2210	52	(2.5)	4.74	(0.190)	1.22	(0.201)	26	(3.5)	4.88	(0.286)	2.36	(0.292)	48	(3.7)	4.59	(0.140)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	4.62	(0.261)	0.75	(0.186)	16	(3.4)	4.97	(0.452)	1.71	(0.367)	34	(4.8)	4.34	(0.255)
20 and over.....	610	54	(3.2)	4.75	(0.306)	1.02	(0.124)	21	(1.9)	4.95	(0.519)	1.88	(0.243)	38	(2.1)	4.52	(0.414)
2 and over...	985	52	(2.9)	4.72	(0.208)	0.96	(0.115)	20	(2.0)	4.95	(0.420)	1.85	(0.213)	37	(2.1)	4.47	(0.291)
Hispanic:																	
2 - 19.....	963	43	(2.0)	5.25	(0.220)	0.61	(0.040)	12	(0.9)	5.07	(0.230)	1.41	(0.073)	28	(1.6)	5.39	(0.408)
20 and over.....	932	52	(4.0)	5.25	(0.198)	1.15	(0.141)	22	(2.7)	5.45	(0.294)	2.19	(0.207)	40	(3.3)	5.03	(0.328)
2 and over...	1895	49	(3.0)	5.25	(0.141)	0.96	(0.101)	18	(1.9)	5.34	(0.198)	1.96	(0.154)	37	(2.3)	5.17	(0.234)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin C													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	72.6	(7.87)	7.1	(1.12)	10	(1.9)	60.1	(4.84)	13.6	(2.00)	23	(2.8)	86.3	(15.17)
20 and over.....	1842	56	(1.9)	80.7	(5.19)	11.9	(1.25)	15	(1.4)	73.1	(4.05)	21.1	(2.16)	29	(2.3)	90.5	(8.40)
2 and over...	2532	56	(1.8)	79.0	(4.41)	10.9	(0.98)	14	(1.2)	70.5	(3.51)	19.6	(1.63)	28	(2.0)	89.6	(7.16)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	88.3	(3.15)	9.5	(1.38)	11	(1.3)	90.1	(5.76)	21.7	(1.53)	24	(1.1)	87.0	(3.23)
20 and over.....	1274	55	(2.2)	93.2	(3.58)	15.7	(2.16)	17	(2.1)	96.9	(4.93)	28.3	(3.24)	29	(2.3)	88.5	(4.85)
2 and over...	2210	52	(2.5)	91.7	(2.54)	13.8	(1.64)	15	(1.7)	95.1	(4.33)	26.6	(2.47)	28	(1.6)	88.0	(3.71)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	83.5	(8.66)	6.6	(1.57)	8	(1.9)	72.2	(7.87)	14.9	(3.42)	21	(4.1)	92.4	(12.39)
20 and over.....	610	54	(3.2)	94.5	(4.52)	11.3	(1.13)	12	(1.5)	84.4	(4.96)	20.8	(1.38)	25	(2.1)	106.3	(8.21)
2 and over...	985	52	(2.9)	91.9	(4.43)	10.2	(1.01)	11	(1.4)	82.0	(4.14)	19.6	(1.32)	24	(1.9)	102.6	(7.78)
Hispanic:																	
2 - 19.....	963	43	(2.0)	92.2	(3.88)	5.9	(0.79)	6	(0.8)	86.6	(5.08)	13.8	(1.78)	16	(2.2)	96.4	(4.51)
20 and over.....	932	52	(4.0)	93.9	(6.16)	17.3	(4.88)	18	(4.5)	95.7	(10.28)	33.0	(7.95)	35	(5.2)	91.9	(6.38)
2 and over...	1895	49	(3.0)	93.3	(4.48)	13.3	(3.16)	14	(3.1)	92.9	(7.13)	27.2	(5.60)	29	(4.2)	93.6	(4.94)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin D													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	6.1	(0.21)	0.6	(0.16)	10	(2.5)	5.7	(0.31)	1.2	(0.32)	21	(4.8)	6.5	(0.30)
20 and over.....	1842	56	(1.9)	4.8	(0.19)	0.7	(0.10)	15	(1.9)	4.6	(0.22)	1.3	(0.18)	29	(3.2)	5.2	(0.24)
2 and over...	2532	56	(1.8)	5.1	(0.16)	0.7	(0.09)	14	(1.7)	4.8	(0.17)	1.3	(0.17)	27	(2.9)	5.5	(0.22)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	4.7	(0.27)	0.3	(0.05)	7	(1.3)	4.0	(0.18)	0.8	(0.06)	20	(2.0)	5.3	(0.30)
20 and over.....	1274	55	(2.2)	4.0	(0.15)	0.6	(0.08)	16	(2.1)	3.7	(0.18)	1.2	(0.11)	31	(3.1)	4.5	(0.26)
2 and over...	2210	52	(2.5)	4.3	(0.18)	0.5	(0.06)	13	(1.7)	3.8	(0.16)	1.1	(0.09)	28	(2.3)	4.8	(0.23)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	6.1	(0.31)	0.5	(0.13)	8	(2.1)	5.9	(0.46)	1.1	(0.26)	18	(3.8)	6.2	(0.40)
20 and over.....	610	54	(3.2)	4.8	(0.25)	0.6	(0.06)	13	(1.3)	4.7	(0.37)	1.1	(0.10)	24	(2.4)	5.0	(0.41)
2 and over...	985	52	(2.9)	5.1	(0.18)	0.6	(0.07)	11	(1.3)	4.9	(0.30)	1.1	(0.11)	23	(2.2)	5.3	(0.29)
Hispanic:																	
2 - 19.....	963	43	(2.0)	6.5	(0.32)	0.3	(0.04)	5	(0.8)	5.8	(0.36)	0.8	(0.10)	13	(1.5)	7.0	(0.38)
20 and over.....	932	52	(4.0)	4.6	(0.17)	0.6	(0.07)	14	(1.7)	4.2	(0.15)	1.2	(0.10)	29	(1.9)	5.1	(0.23)
2 and over...	1895	49	(3.0)	5.3	(0.16)	0.5	(0.06)	10	(1.1)	4.7	(0.14)	1.1	(0.09)	23	(1.6)	5.8	(0.21)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin E (alphatocopherol)													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	7.4	(0.27)	1.4	(0.15)	19	(1.7)	7.4	(0.36)	2.7	(0.26)	36	(2.9)	7.4	(0.46)
20 and over.....	1842	56	(1.9)	9.2	(0.24)	1.9	(0.11)	21	(1.0)	9.4	(0.22)	3.4	(0.15)	36	(1.6)	9.0	(0.34)
2 and over...	2532	56	(1.8)	8.8	(0.22)	1.8	(0.10)	20	(1.0)	9.0	(0.21)	3.2	(0.15)	36	(1.6)	8.6	(0.33)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	7.0	(0.32)	1.3	(0.19)	18	(2.9)	7.1	(0.27)	2.9	(0.25)	42	(2.8)	6.9	(0.50)
20 and over.....	1274	55	(2.2)	8.8	(0.40)	2.0	(0.18)	23	(2.4)	9.0	(0.39)	3.7	(0.23)	40	(2.2)	8.5	(0.69)
2 and over...	2210	52	(2.5)	8.2	(0.30)	1.8	(0.17)	22	(2.4)	8.5	(0.32)	3.5	(0.22)	41	(2.1)	7.9	(0.50)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	6.4	(0.26)	1.1	(0.20)	17	(2.8)	6.7	(0.42)	2.5	(0.38)	38	(3.9)	6.1	(0.32)
20 and over.....	610	54	(3.2)	8.6	(0.56)	1.7	(0.11)	19	(1.6)	7.9	(0.32)	3.1	(0.19)	39	(1.7)	9.4	(1.07)
2 and over...	985	52	(2.9)	8.1	(0.45)	1.5	(0.10)	19	(1.4)	7.7	(0.27)	3.0	(0.14)	39	(1.5)	8.5	(0.85)
Hispanic:																	
2 - 19.....	963	43	(2.0)	6.9	(0.14)	1.1	(0.07)	17	(1.0)	7.5	(0.36)	2.7	(0.15)	35	(2.2)	6.5	(0.19)
20 and over.....	932	52	(4.0)	8.4	(0.22)	1.9	(0.23)	23	(2.9)	8.8	(0.31)	3.6	(0.23)	41	(3.0)	7.9	(0.44)
2 and over...	1895	49	(3.0)	7.9	(0.16)	1.6	(0.15)	21	(1.9)	8.4	(0.21)	3.3	(0.16)	39	(2.1)	7.3	(0.24)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Vitamin K											
				All Individuals [2]						*All Restaurant Consumers* [3]				*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	64.9	(3.92)	15.4	(2.08)	24	(2.9)	59.9	(3.88)	29.5	(4.06)	49	(4.3)	70.4	(7.19)
20 and over.....	1842	56	(1.9)	134.9	(11.63)	32.5	(3.13)	24	(2.6)	126.3	(6.84)	57.7	(5.74)	46	(3.7)	146.1	(27.59)
2 and over...	2532	56	(1.8)	120.1	(9.32)	28.9	(2.56)	24	(2.4)	113.1	(5.41)	52.1	(4.86)	46	(3.6)	128.9	(21.05)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	71.6	(3.32)	14.9	(3.08)	21	(4.2)	71.9	(5.47)	34.1	(4.56)	47	(5.1)	71.3	(6.24)
20 and over.....	1274	55	(2.2)	131.7	(11.31)	29.9	(3.45)	23	(2.8)	122.1	(11.53)	54.0	(5.78)	44	(3.1)	143.7	(18.77)
2 and over...	2210	52	(2.5)	113.3	(8.20)	25.3	(2.99)	22	(2.8)	109.1	(9.46)	48.9	(4.65)	45	(3.1)	117.8	(11.54)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	98.2	(11.38)	13.3	(2.41)	14	(2.3)	100.1	(15.77)	30.2	(4.52)	30	(5.2)	96.8	(14.02)
20 and over.....	610	54	(3.2)	163.6	(14.37)	30.5	(2.96)	19	(2.6)	146.5	(10.47)	56.3	(4.39)	38	(4.3)	183.7	(27.04)
2 and over...	985	52	(2.9)	148.6	(10.81)	26.5	(2.36)	18	(2.3)	137.4	(9.45)	51.2	(3.61)	37	(3.9)	160.5	(20.67)
Hispanic:																	
2 - 19.....	963	43	(2.0)	59.0	(2.09)	12.3	(0.97)	21	(1.4)	67.8	(5.43)	28.6	(2.00)	42	(3.3)	52.4	(1.38)
20 and over.....	932	52	(4.0)	96.7	(7.82)	31.7	(7.75)	33	(6.1)	108.1	(11.92)	60.6	(11.74)	56	(5.7)	84.1	(6.42)
2 and over...	1895	49	(3.0)	83.5	(5.33)	24.9	(5.03)	30	(4.6)	95.8	(8.63)	50.9	(8.29)	53	(4.8)	71.8	(4.16)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	1126	(26.1)	220	(25.7)	20	(2.0)	1149	(47.2)	422	(48.0)	37	(3.4)	1101	(30.3)
20 and over.....	1842	56	(1.9)	1029	(16.6)	225	(15.9)	22	(1.6)	1056	(22.3)	399	(23.3)	38	(1.7)	994	(32.6)
2 and over...	2532	56	(1.8)	1049	(15.5)	224	(16.6)	21	(1.5)	1074	(24.4)	404	(26.7)	38	(1.9)	1018	(27.2)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	883	(22.6)	146	(19.4)	17	(2.4)	878	(30.6)	334	(21.2)	38	(2.6)	887	(22.8)
20 and over.....	1274	55	(2.2)	858	(27.3)	213	(25.9)	25	(2.9)	880	(39.3)	384	(36.6)	44	(2.7)	831	(38.1)
2 and over...	2210	52	(2.5)	866	(23.8)	192	(22.7)	22	(2.6)	880	(33.8)	371	(30.8)	42	(2.5)	851	(27.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	1020	(42.6)	126	(19.4)	12	(1.9)	1074	(70.2)	286	(38.5)	27	(2.8)	978	(51.0)
20 and over.....	610	54	(3.2)	776	(18.0)	160	(10.6)	21	(1.4)	811	(25.8)	295	(15.5)	36	(1.9)	734	(24.0)
2 and over...	985	52	(2.9)	832	(16.0)	152	(10.9)	18	(1.3)	863	(23.5)	293	(16.4)	34	(1.7)	799	(24.9)
Hispanic:																	
2 - 19.....	963	43	(2.0)	1131	(27.0)	157	(11.7)	14	(1.0)	1161	(40.9)	365	(21.8)	31	(1.3)	1109	(36.1)
20 and over.....	932	52	(4.0)	999	(27.8)	211	(19.4)	21	(2.3)	1024	(17.1)	403	(15.3)	39	(1.6)	972	(54.3)
2 and over...	1895	49	(3.0)	1045	(21.2)	192	(14.2)	18	(1.6)	1066	(20.8)	391	(13.6)	37	(1.1)	1025	(34.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	1357	(27.7)	316	(37.0)	23	(2.6)	1426	(57.6)	605	(65.5)	42	(3.4)	1281	(36.8)
20 and over.....	1842	56	(1.9)	1441	(19.2)	361	(20.8)	25	(1.5)	1492	(25.8)	639	(28.6)	43	(1.8)	1375	(40.7)
2 and over...	2532	56	(1.8)	1423	(16.1)	351	(21.9)	25	(1.6)	1479	(26.8)	633	(33.5)	43	(1.9)	1353	(35.6)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	1161	(20.2)	243	(35.4)	21	(3.1)	1203	(28.3)	558	(42.1)	46	(3.2)	1129	(31.7)
20 and over.....	1274	55	(2.2)	1292	(24.6)	376	(34.9)	29	(2.7)	1367	(29.5)	679	(44.0)	50	(2.6)	1199	(40.9)
2 and over...	2210	52	(2.5)	1252	(20.7)	335	(34.0)	27	(2.7)	1325	(25.2)	648	(40.0)	49	(2.5)	1174	(29.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	1226	(38.7)	212	(34.1)	17	(2.6)	1308	(68.1)	482	(60.6)	37	(3.4)	1161	(34.0)
20 and over.....	610	54	(3.2)	1270	(26.8)	293	(16.3)	23	(1.3)	1300	(33.8)	542	(25.4)	42	(1.9)	1234	(44.0)
2 and over...	985	52	(2.9)	1260	(19.9)	275	(16.9)	22	(1.3)	1301	(31.3)	530	(23.6)	41	(1.7)	1215	(33.0)
Hispanic:																	
2 - 19.....	963	43	(2.0)	1359	(27.1)	226	(13.8)	17	(1.0)	1426	(44.7)	527	(25.6)	37	(1.5)	1309	(38.2)
20 and over.....	932	52	(4.0)	1483	(40.3)	352	(32.2)	24	(2.5)	1529	(35.5)	673	(21.2)	44	(1.5)	1432	(80.0)
2 and over...	1895	49	(3.0)	1440	(25.0)	308	(22.4)	21	(1.7)	1498	(23.8)	628	(17.7)	42	(1.1)	1385	(46.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				M a g n e s i u m													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	248	(4.9)	44	(5.1)	18	(1.9)	251	(10.7)	84	(8.3)	33	(2.5)	244	(9.6)
20 and over.....	1842	56	(1.9)	320	(7.9)	61	(3.5)	19	(1.1)	320	(8.8)	108	(4.1)	34	(1.3)	319	(11.2)
2 and over...	2532	56	(1.8)	305	(7.0)	57	(3.4)	19	(1.1)	306	(8.2)	103	(4.4)	34	(1.3)	302	(10.6)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	221	(5.1)	37	(4.7)	17	(2.3)	221	(4.7)	85	(5.3)	38	(2.4)	220	(7.3)
20 and over.....	1274	55	(2.2)	281	(8.2)	61	(4.9)	22	(2.1)	285	(5.9)	110	(5.8)	39	(2.1)	277	(12.6)
2 and over...	2210	52	(2.5)	263	(6.6)	54	(4.5)	20	(2.0)	269	(5.3)	104	(4.9)	39	(2.0)	256	(9.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	247	(7.9)	35	(5.6)	14	(2.1)	254	(13.9)	79	(10.3)	31	(3.2)	241	(8.7)
20 and over.....	610	54	(3.2)	324	(8.4)	55	(3.2)	17	(1.1)	308	(5.0)	102	(4.3)	33	(1.5)	343	(13.4)
2 and over...	985	52	(2.9)	306	(7.2)	51	(3.1)	17	(1.1)	297	(5.3)	98	(3.8)	33	(1.3)	316	(12.2)
Hispanic:																	
2 - 19.....	963	43	(2.0)	250	(4.1)	33	(2.0)	13	(0.8)	256	(6.2)	77	(3.5)	30	(1.4)	245	(6.3)
20 and over.....	932	52	(4.0)	315	(8.2)	58	(6.4)	18	(2.2)	313	(8.8)	111	(5.9)	36	(1.6)	318	(13.0)
2 and over...	1895	49	(3.0)	292	(5.1)	49	(4.3)	17	(1.5)	295	(5.9)	101	(4.4)	34	(1.1)	290	(9.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Iron													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	14.1	(0.33)	2.8	(0.31)	20	(2.0)	14.4	(0.51)	5.3	(0.55)	37	(3.1)	13.8	(0.34)
20 and over.....	1842	56	(1.9)	16.0	(0.28)	3.5	(0.16)	22	(1.2)	16.1	(0.29)	6.2	(0.23)	39	(1.5)	15.8	(0.55)
2 and over...	2532	56	(1.8)	15.6	(0.23)	3.4	(0.17)	22	(1.2)	15.8	(0.22)	6.1	(0.26)	38	(1.5)	15.4	(0.48)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	13.8	(0.36)	2.3	(0.42)	17	(3.0)	13.6	(0.45)	5.2	(0.58)	39	(3.3)	13.9	(0.53)
20 and over.....	1274	55	(2.2)	14.0	(0.27)	3.5	(0.34)	25	(2.4)	14.5	(0.44)	6.4	(0.45)	44	(2.2)	13.4	(0.55)
2 and over...	2210	52	(2.5)	13.9	(0.26)	3.1	(0.35)	23	(2.6)	14.3	(0.41)	6.1	(0.44)	43	(2.3)	13.6	(0.47)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	13.1	(0.52)	2.0	(0.36)	16	(2.5)	13.8	(0.81)	4.6	(0.70)	34	(3.9)	12.6	(0.52)
20 and over.....	610	54	(3.2)	14.5	(0.41)	2.8	(0.14)	19	(1.1)	14.3	(0.59)	5.2	(0.18)	36	(1.4)	14.7	(0.44)
2 and over...	985	52	(2.9)	14.2	(0.29)	2.6	(0.16)	19	(1.2)	14.2	(0.45)	5.1	(0.19)	36	(1.2)	14.1	(0.34)
Hispanic:																	
2 - 19.....	963	43	(2.0)	15.6	(0.41)	2.2	(0.13)	14	(0.8)	16.3	(0.56)	5.2	(0.23)	32	(1.2)	15.2	(0.56)
20 and over.....	932	52	(4.0)	16.7	(0.61)	3.4	(0.40)	21	(2.4)	16.4	(0.68)	6.6	(0.36)	40	(2.1)	17.1	(0.98)
2 and over...	1895	49	(3.0)	16.3	(0.40)	3.0	(0.28)	18	(1.7)	16.3	(0.50)	6.2	(0.28)	38	(1.5)	16.3	(0.60)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

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Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	10.4	(0.35)	2.4	(0.30)	23	(2.5)	11.0	(0.64)	4.5	(0.51)	41	(3.3)	9.8	(0.29)
20 and over.....	1842	56	(1.9)	11.7	(0.20)	2.9	(0.16)	24	(1.4)	12.1	(0.27)	5.1	(0.20)	42	(1.7)	11.2	(0.30)
2 and over...	2532	56	(1.8)	11.4	(0.18)	2.8	(0.15)	24	(1.3)	11.9	(0.27)	5.0	(0.20)	42	(1.7)	10.8	(0.28)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	9.3	(0.20)	1.8	(0.27)	19	(3.0)	9.2	(0.25)	4.1	(0.33)	44	(3.5)	9.5	(0.24)
20 and over.....	1274	55	(2.2)	10.5	(0.27)	3.0	(0.27)	29	(2.7)	11.0	(0.32)	5.4	(0.36)	49	(2.5)	9.9	(0.41)
2 and over...	2210	52	(2.5)	10.2	(0.21)	2.6	(0.26)	26	(2.7)	10.5	(0.24)	5.1	(0.31)	48	(2.5)	9.7	(0.30)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	9.6	(0.35)	1.7	(0.30)	17	(2.8)	9.9	(0.61)	3.8	(0.58)	38	(4.1)	9.3	(0.36)
20 and over.....	610	54	(3.2)	10.4	(0.22)	2.5	(0.15)	24	(1.3)	10.7	(0.28)	4.6	(0.27)	43	(1.9)	10.0	(0.30)
2 and over...	985	52	(2.9)	10.2	(0.15)	2.3	(0.15)	22	(1.4)	10.5	(0.24)	4.4	(0.23)	42	(1.7)	9.8	(0.22)
Hispanic:																	
2 - 19.....	963	43	(2.0)	10.4	(0.21)	1.6	(0.08)	15	(0.8)	10.7	(0.40)	3.6	(0.16)	34	(1.7)	10.1	(0.24)
20 and over.....	932	52	(4.0)	12.0	(0.43)	2.8	(0.31)	23	(3.0)	12.3	(0.34)	5.4	(0.27)	44	(2.2)	11.7	(0.86)
2 and over...	1895	49	(3.0)	11.5	(0.28)	2.4	(0.21)	21	(2.1)	11.8	(0.24)	4.9	(0.22)	41	(1.6)	11.1	(0.53)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

				Copper													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	1.0	(0.03)	0.2	(0.03)	20	(2.5)	1.1	(0.06)	0.4	(0.05)	37	(3.2)	1.0	(0.03)
20 and over.....	1842	56	(1.9)	1.4	(0.07)	0.3	(0.01)	19	(1.1)	1.5	(0.12)	0.5	(0.02)	32	(2.7)	1.3	(0.03)
2 and over...	2532	56	(1.8)	1.3	(0.06)	0.2	(0.01)	19	(1.1)	1.4	(0.10)	0.4	(0.02)	32	(2.6)	1.2	(0.03)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	0.9	(0.02)	0.2	(0.02)	17	(2.5)	0.9	(0.02)	0.4	(0.03)	39	(2.8)	0.9	(0.04)
20 and over.....	1274	55	(2.2)	1.3	(0.03)	0.3	(0.02)	22	(1.8)	1.3	(0.04)	0.5	(0.03)	39	(1.9)	1.2	(0.04)
2 and over...	2210	52	(2.5)	1.1	(0.03)	0.2	(0.02)	21	(1.9)	1.2	(0.03)	0.5	(0.03)	39	(2.0)	1.1	(0.03)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	1.1	(0.03)	0.2	(0.02)	15	(2.1)	1.1	(0.06)	0.4	(0.04)	32	(3.1)	1.0	(0.03)
20 and over.....	610	54	(3.2)	1.4	(0.04)	0.2	(0.02)	17	(1.1)	1.4	(0.04)	0.5	(0.03)	33	(1.7)	1.5	(0.05)
2 and over...	985	52	(2.9)	1.4	(0.04)	0.2	(0.02)	17	(1.1)	1.3	(0.03)	0.4	(0.03)	33	(1.6)	1.4	(0.05)
Hispanic:																	
2 - 19.....	963	43	(2.0)	1.0	(0.03)	0.1	(0.01)	13	(0.7)	1.0	(0.03)	0.3	(0.01)	31	(1.4)	1.1	(0.07)
20 and over.....	932	52	(4.0)	1.3	(0.03)	0.2	(0.03)	19	(2.1)	1.3	(0.04)	0.5	(0.02)	36	(1.6)	1.3	(0.05)
2 and over...	1895	49	(3.0)	1.2	(0.02)	0.2	(0.02)	17	(1.5)	1.2	(0.03)	0.4	(0.02)	35	(1.1)	1.2	(0.04)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	98.9	(2.53)	25.9	(3.35)	26	(3.0)	104.9	(5.08)	49.6	(5.76)	47	(3.6)	92.3	(2.97)
20 and over.....	1842	56	(1.9)	112.1	(2.06)	31.4	(1.79)	28	(1.8)	118.5	(2.10)	55.6	(2.77)	47	(2.3)	103.9	(3.44)
2 and over...	2532	56	(1.8)	109.3	(1.78)	30.2	(1.86)	28	(1.8)	115.8	(1.95)	54.4	(2.99)	47	(2.2)	101.3	(2.98)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	92.9	(1.95)	20.5	(3.11)	22	(3.2)	96.3	(2.55)	46.9	(3.70)	49	(3.7)	90.2	(3.06)
20 and over.....	1274	55	(2.2)	115.3	(2.43)	35.0	(2.73)	30	(2.7)	121.9	(2.28)	63.2	(3.30)	52	(2.6)	107.2	(3.86)
2 and over...	2210	52	(2.5)	108.4	(1.93)	30.5	(2.78)	28	(2.7)	115.3	(2.02)	59.0	(2.99)	51	(2.6)	101.1	(2.61)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	99.6	(3.26)	21.3	(3.61)	21	(3.3)	106.6	(5.44)	48.2	(5.77)	45	(3.6)	94.2	(3.67)
20 and over.....	610	54	(3.2)	122.1	(3.68)	30.4	(1.94)	25	(1.4)	121.9	(4.13)	56.1	(3.58)	46	(2.5)	122.3	(6.41)
2 and over...	985	52	(2.9)	116.9	(2.88)	28.3	(1.86)	24	(1.5)	118.9	(3.36)	54.6	(2.97)	46	(2.1)	114.8	(5.04)
Hispanic:																	
2 - 19.....	963	43	(2.0)	100.1	(2.57)	19.5	(1.03)	19	(0.8)	107.3	(3.71)	45.3	(2.41)	42	(1.5)	94.6	(3.40)
20 and over.....	932	52	(4.0)	122.9	(3.09)	32.4	(2.99)	26	(2.8)	129.1	(2.75)	62.0	(2.05)	48	(1.9)	116.0	(6.46)
2 and over...	1895	49	(3.0)	114.9	(1.75)	27.9	(2.10)	24	(1.9)	122.5	(1.82)	56.9	(1.80)	46	(1.4)	107.7	(3.52)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

P o t a s s i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	2287	(29.3)	451	(53.6)	20	(2.3)	2306	(98.3)	864	(86.4)	37	(2.8)	2265	(99.5)
20 and over.....	1842	56	(1.9)	2870	(57.4)	629	(31.8)	22	(1.2)	2897	(58.6)	1116	(39.6)	39	(1.5)	2834	(86.0)
2 and over...	2532	56	(1.8)	2746	(51.3)	592	(32.8)	22	(1.3)	2780	(58.4)	1066	(42.3)	38	(1.5)	2705	(82.0)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	2104	(33.8)	405	(57.2)	19	(2.7)	2201	(38.3)	928	(67.5)	42	(2.5)	2029	(61.6)
20 and over.....	1274	55	(2.2)	2462	(41.3)	634	(60.8)	26	(2.5)	2586	(44.8)	1144	(75.7)	44	(2.6)	2308	(62.5)
2 and over...	2210	52	(2.5)	2352	(32.9)	563	(56.9)	24	(2.5)	2486	(36.8)	1088	(66.9)	44	(2.4)	2208	(51.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	2233	(69.4)	322	(52.4)	14	(2.2)	2273	(111.4)	730	(91.8)	32	(3.1)	2202	(88.3)
20 and over.....	610	54	(3.2)	2673	(38.2)	518	(28.6)	19	(1.1)	2622	(53.4)	958	(31.1)	37	(1.5)	2732	(55.1)
2 and over...	985	52	(2.9)	2572	(29.6)	473	(26.9)	18	(1.1)	2554	(46.4)	913	(26.8)	36	(1.3)	2591	(49.5)
Hispanic:																	
2 - 19.....	963	43	(2.0)	2392	(41.4)	332	(18.5)	14	(0.7)	2391	(67.9)	771	(31.5)	32	(1.2)	2392	(66.7)
20 and over.....	932	52	(4.0)	2780	(54.2)	607	(69.3)	22	(2.6)	2769	(65.6)	1162	(59.2)	42	(1.8)	2793	(94.4)
2 and over...	1895	49	(3.0)	2645	(34.9)	511	(46.0)	19	(1.8)	2654	(47.1)	1042	(44.2)	39	(1.3)	2637	(57.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	3162	(80.0)	840	(103.4)	27	(3.0)	3324	(171.0)	1608	(185.3)	48	(3.4)	2985	(145.7)
20 and over.....	1842	56	(1.9)	3574	(40.8)	1056	(59.8)	30	(1.7)	3803	(71.7)	1871	(89.6)	49	(2.0)	3276	(94.1)
2 and over...	2532	56	(1.8)	3487	(40.2)	1010	(60.2)	29	(1.7)	3708	(74.5)	1819	(98.1)	49	(2.0)	3210	(91.7)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	3049	(64.0)	740	(122.8)	24	(3.7)	3303	(83.4)	1697	(159.6)	51	(3.9)	2853	(78.3)
20 and over.....	1274	55	(2.2)	3536	(72.4)	1141	(111.9)	32	(2.9)	3808	(115.0)	2061	(146.9)	54	(2.6)	3199	(93.8)
2 and over...	2210	52	(2.5)	3387	(58.8)	1018	(111.5)	30	(3.0)	3678	(91.1)	1966	(136.0)	53	(2.6)	3075	(56.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	2983	(128.6)	643	(107.4)	22	(3.0)	3357	(202.8)	1458	(166.6)	43	(3.5)	2689	(92.7)
20 and over.....	610	54	(3.2)	3827	(119.7)	975	(60.1)	25	(1.6)	3942	(109.4)	1802	(108.5)	46	(2.5)	3691	(208.8)
2 and over...	985	52	(2.9)	3633	(99.7)	899	(51.1)	25	(1.4)	3828	(86.3)	1734	(80.4)	45	(2.2)	3424	(155.5)
Hispanic:																	
2 - 19.....	963	43	(2.0)	3114	(74.0)	657	(33.4)	21	(0.9)	3460	(93.7)	1528	(70.5)	44	(1.7)	2854	(103.6)
20 and over.....	932	52	(4.0)	3654	(72.8)	1019	(105.2)	28	(3.0)	3902	(81.3)	1950	(82.4)	50	(2.1)	3382	(148.2)
2 and over...	1895	49	(3.0)	3466	(53.8)	893	(71.7)	26	(2.1)	3767	(59.4)	1821	(64.7)	48	(1.4)	3176	(87.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

C a f f e i n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	42.4	(3.53)	10.7	(1.95)	25	(4.4)	51.0	(5.14)	20.5	(3.17)	40	(5.6)	33.0	(4.23)
20 and over.....	1842	56	(1.9)	205.1	(9.42)	36.8	(2.89)	18	(1.4)	213.4	(11.09)	65.2	(4.28)	31	(2.1)	194.2	(13.80)
2 and over...	2532	56	(1.8)	170.7	(8.27)	31.3	(2.58)	18	(1.6)	181.2	(9.34)	56.3	(3.79)	31	(2.3)	157.6	(12.42)
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	18.2	(2.13)	6.7	(1.57)	37	(6.0)	26.6	(4.43)	15.4	(3.69)	58	(6.0)	11.8	(2.86)
20 and over.....	1274	55	(2.2)	78.4	(6.25)	18.2	(2.66)	23	(2.3)	85.6	(8.17)	32.9	(5.08)	38	(3.2)	69.5	(6.20)
2 and over...	2210	52	(2.5)	60.0	(5.31)	14.7	(2.12)	25	(2.1)	70.3	(7.04)	28.4	(4.37)	40	(3.0)	48.8	(5.49)
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	23.0	(3.50)	6.8*	(2.92)	29*	(9.5)	31.8	(6.62)	15.3*	(6.51)	48	(11.9)	16.1	(2.62)
20 and over.....	610	54	(3.2)	107.9	(6.86)	23.3	(2.19)	22	(2.3)	115.8	(5.63)	43.1	(4.33)	37	(3.2)	98.5	(12.11)
2 and over...	985	52	(2.9)	88.4	(5.01)	19.5	(2.05)	22	(2.3)	99.4	(5.13)	37.7	(4.29)	38	(3.3)	76.5	(8.96)
Hispanic:																	
2 - 19.....	963	43	(2.0)	21.5	(1.99)	5.5	(1.17)	26	(4.6)	28.3	(3.20)	12.8	(2.56)	45	(6.1)	16.4	(1.80)
20 and over.....	932	52	(4.0)	114.1	(7.13)	20.9	(2.90)	18	(2.5)	115.7	(6.86)	39.9	(4.38)	34	(2.6)	112.4	(11.42)
2 and over...	1895	49	(3.0)	81.9	(4.86)	15.5	(2.12)	19	(2.5)	89.0	(5.08)	31.6	(3.57)	36	(2.6)	75.0	(7.33)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2011-2012 *(continued)*

A l c o h o l

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	690	52	(2.3)	--		--		--		--		--		--		--	
20 and over.....	1842	56	(1.9)	13.9	(1.39)	2.2	(0.44)	16	(2.6)	13.7	(1.25)	3.9	(0.72)	29	(3.6)	14.2	(2.51)
2 and over...	2532	56	(1.8)	--		--		--		--		--		--		--	
Non-Hispanic Black:																	
2 - 19.....	936	44	(3.7)	--		--		--		--		--		--		--	
20 and over.....	1274	55	(2.2)	10.7	(1.15)	1.2	(0.21)	11	(2.6)	11.0	(1.27)	2.1	(0.41)	19	(4.7)	10.3	(2.06)
2 and over...	2210	52	(2.5)	--		--		--		--		--		--		--	
Non-Hispanic Asian [7]:																	
2 - 19.....	375	44	(4.0)	--		--		--		--		--		--		--	
20 and over.....	610	54	(3.2)	6.8	(0.90)	1.4	(0.22)	21	(4.7)	9.7	(1.69)	2.6	(0.48)	27	(7.1)	3.3	(0.63)
2 and over...	985	52	(2.9)	--		--		--		--		--		--		--	
Hispanic:																	
2 - 19.....	963	43	(2.0)	--		--		--		--		--		--		--	
20 and over.....	932	52	(4.0)	7.5	(0.73)	0.9	(0.27)	12	(3.4)	9.3	(1.43)	1.8	(0.49)	19*	(5.2)	5.5	(0.58)
2 and over...	1895	49	(3.0)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as:"Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[3] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

[7] A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2014).

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.

Salt adjustment is not applied to What We Eat in America, NHANES 2009-2010 and all subsequent surveys. Details available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Although alchohol 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012

Food energy

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake kcal	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	2084	(65.9)	478	(102.4)	23	(4.2)	2342	(123.7)	1082	(122.2)	46	(2.9)	1880	(43.3)
20 and over.....	1680	50	(2.7)	2186	(50.9)	536	(77.7)	24	(3.2)	2388	(73.2)	1074	(109.3)	45	(3.5)	1985	(53.0)
2 and over...	2762	48	(3.1)	2160	(50.3)	521	(82.9)	24	(3.4)	2378	(77.5)	1076	(109.1)	45	(3.3)	1956	(43.2)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	1899	(39.5)	400	(39.4)	21	(2.0)	2015	(46.4)	869	(53.1)	43	(2.5)	1801	(54.1)
20 and over.....	1748	56	(1.4)	2135	(46.9)	545	(21.3)	26	(1.0)	2256	(43.2)	979	(28.4)	43	(1.1)	1982	(67.5)
2 and over...	2910	53	(1.4)	2077	(42.0)	510	(18.6)	25	(0.8)	2205	(34.4)	956	(25.8)	43	(1.1)	1931	(59.3)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	2010	(53.0)	424	(32.6)	21	(1.6)	2039	(88.0)	788	(53.2)	39	(1.7)	1977	(49.2)
20 and over.....	1053	63	(2.9)	2291	(50.4)	622	(35.1)	27	(1.5)	2321	(71.5)	986	(40.4)	42	(1.5)	2239	(67.8)
2 and over...	1765	61	(2.7)	2217	(46.6)	570	(31.0)	26	(1.4)	2256	(68.9)	940	(38.0)	42	(1.4)	2158	(51.6)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	1983	(22.8)	428	(35.7)	22	(1.7)	2103	(55.5)	891	(60.0)	42	(1.9)	1873	(24.7)
20 and over.....	4801	56	(1.3)	2191	(15.6)	558	(24.6)	25	(1.2)	2306	(21.7)	1000	(34.8)	43	(1.4)	2046	(35.0)
2 and over...	7933	54	(1.2)	2139	(12.3)	525	(25.4)	25	(1.2)	2261	(23.9)	976	(38.0)	43	(1.4)	1997	(30.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

P r o t e i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	73.8	(3.04)	19.2	(4.18)	26	(4.7)	83.6	(4.56)	43.4	(5.37)	52	(3.8)	66.2	(2.02)
20 and over.....	1680	50	(2.7)	80.8	(1.83)	21.6	(3.10)	27	(3.4)	87.8	(2.83)	43.4	(4.32)	49	(3.8)	73.8	(1.59)
2 and over...	2762	48	(3.1)	79.0	(1.93)	21.0	(3.33)	27	(3.7)	86.8	(2.76)	43.4	(4.33)	50	(3.7)	71.7	(1.26)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	66.5	(2.59)	14.6	(1.86)	22	(2.5)	68.4	(2.61)	31.8	(2.64)	46	(3.1)	64.9	(3.30)
20 and over.....	1748	56	(1.4)	80.3	(1.77)	22.8	(0.95)	28	(1.1)	84.0	(1.67)	40.9	(1.24)	49	(1.2)	75.7	(2.44)
2 and over...	2910	53	(1.4)	77.0	(1.74)	20.8	(0.85)	27	(0.9)	80.7	(1.43)	39.0	(1.03)	48	(1.0)	72.6	(2.43)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	73.5	(2.40)	17.0	(1.77)	23	(2.0)	76.0	(3.75)	31.7	(2.62)	42	(2.5)	70.6	(2.78)
20 and over.....	1053	63	(2.9)	89.1	(1.70)	26.4	(1.58)	30	(1.9)	90.7	(2.55)	41.8	(2.16)	46	(2.2)	86.5	(3.75)
2 and over...	1765	61	(2.7)	85.1	(1.28)	24.0	(1.40)	28	(1.7)	87.3	(2.29)	39.5	(1.77)	45	(2.0)	81.6	(2.29)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	70.6	(0.94)	16.6	(1.42)	23	(1.9)	74.7	(2.03)	34.5	(2.43)	46	(2.4)	66.7	(1.05)
20 and over.....	4801	56	(1.3)	83.0	(0.75)	23.3	(1.01)	28	(1.2)	87.1	(0.95)	41.8	(1.42)	48	(1.5)	78.0	(1.51)
2 and over...	7933	54	(1.2)	79.9	(0.52)	21.6	(1.01)	27	(1.2)	84.3	(0.86)	40.2	(1.49)	48	(1.5)	74.8	(1.20)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Carbohydrate: All Individuals [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	274	(6.1)	53	(11.3)	19	(3.8)	298	(13.2)	119	(12.7)	40	(2.6)	255	(7.2)
20 and over.....	1680	50	(2.7)	272	(5.5)	59	(9.2)	22	(3.2)	293	(9.0)	119	(13.2)	41	(3.6)	252	(6.1)
2 and over...	2762	48	(3.1)	273	(5.1)	58	(9.6)	21	(3.2)	295	(9.3)	119	(12.7)	40	(3.3)	253	(5.4)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	259	(5.0)	49	(4.8)	19	(1.8)	274	(5.7)	107	(7.5)	39	(2.3)	246	(7.5)
20 and over.....	1748	56	(1.4)	259	(5.1)	59	(2.4)	23	(0.9)	270	(6.2)	105	(3.4)	39	(1.1)	247	(6.3)
2 and over...	2910	53	(1.4)	259	(4.5)	56	(2.2)	22	(0.8)	270	(4.9)	106	(3.6)	39	(1.1)	247	(5.6)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	266	(6.1)	50	(4.2)	19	(1.5)	267	(9.8)	93	(7.3)	35	(1.9)	264	(6.4)
20 and over.....	1053	63	(2.9)	271	(6.3)	66	(4.1)	24	(1.5)	268	(7.7)	104	(4.8)	39	(1.5)	275	(9.9)
2 and over...	1765	61	(2.7)	269	(5.7)	62	(3.7)	23	(1.4)	268	(7.4)	101	(4.9)	38	(1.5)	272	(8.1)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	265	(2.3)	50	(4.3)	19	(1.6)	277	(6.4)	105	(7.0)	38	(1.7)	254	(4.2)
20 and over.....	4801	56	(1.3)	266	(2.4)	60	(2.9)	23	(1.2)	275	(3.0)	108	(4.2)	39	(1.5)	255	(4.8)
2 and over...	7933	54	(1.2)	266	(1.9)	58	(3.1)	22	(1.2)	275	(3.0)	107	(4.6)	39	(1.4)	255	(4.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
				Total sugars													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	130	(3.2)	19	(4.6)	15	(3.4)	138	(5.4)	44	(5.9)	32	(3.3)	123	(4.6)
20 and over.....	1680	50	(2.7)	124	(3.5)	22	(4.3)	18	(3.3)	131	(5.4)	44	(6.9)	33	(4.3)	116	(3.4)
2 and over...	2762	48	(3.1)	125	(2.9)	21	(4.3)	17	(3.2)	133	(5.1)	44	(6.4)	33	(3.9)	118	(2.9)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	127	(3.0)	19	(2.3)	15	(1.8)	130	(4.3)	41	(4.1)	32	(2.5)	125	(5.2)
20 and over.....	1748	56	(1.4)	114	(3.1)	21	(1.2)	18	(1.1)	120	(4.3)	38	(2.0)	31	(1.7)	107	(2.8)
2 and over...	2910	53	(1.4)	117	(2.6)	20	(1.1)	17	(1.0)	122	(3.2)	38	(2.0)	31	(1.6)	112	(2.8)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	128	(3.6)	20	(2.3)	16	(1.7)	129	(5.5)	38	(4.2)	29	(2.4)	127	(4.8)
20 and over.....	1053	63	(2.9)	117	(3.2)	23	(2.2)	20	(1.7)	114	(3.9)	37	(2.6)	33	(1.9)	121	(4.8)
2 and over...	1765	61	(2.7)	120	(3.0)	23	(2.0)	19	(1.6)	117	(3.8)	37	(2.5)	32	(1.7)	123	(4.2)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	128	(1.8)	19	(1.9)	15	(1.5)	131	(3.4)	41	(3.1)	31	(1.7)	125	(3.4)
20 and over.....	4801	56	(1.3)	117	(1.4)	22	(1.5)	18	(1.4)	121	(1.6)	39	(2.2)	32	(1.8)	113	(2.3)
2 and over...	7933	54	(1.2)	120	(1.3)	21	(1.5)	18	(1.3)	123	(1.5)	39	(2.3)	32	(1.7)	117	(2.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Dietary fiber: *All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	14.7	(0.34)	2.9	(0.56)	20	(3.6)	15.6	(0.75)	6.6	(0.58)	42	(1.9)	13.9	(0.58)
20 and over.....	1680	50	(2.7)	17.0	(0.36)	3.6	(0.51)	21	(2.9)	17.4	(0.68)	7.3	(0.67)	42	(3.5)	16.5	(0.44)
2 and over...	2762	48	(3.1)	16.4	(0.30)	3.4	(0.51)	21	(3.0)	17.0	(0.63)	7.1	(0.63)	42	(3.1)	15.8	(0.42)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	13.8	(0.43)	2.7	(0.27)	20	(1.7)	14.2	(0.37)	5.9	(0.45)	41	(2.7)	13.5	(0.63)
20 and over.....	1748	56	(1.4)	17.7	(0.35)	3.8	(0.18)	21	(1.0)	17.0	(0.47)	6.8	(0.20)	40	(1.3)	18.6	(0.50)
2 and over...	2910	53	(1.4)	16.8	(0.30)	3.5	(0.13)	21	(0.6)	16.4	(0.38)	6.6	(0.16)	40	(1.0)	17.2	(0.48)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	15.0	(0.38)	2.6	(0.24)	17	(1.3)	14.7	(0.75)	4.9	(0.33)	33	(1.5)	15.3	(0.57)
20 and over.....	1053	63	(2.9)	20.0	(0.68)	4.4	(0.30)	22	(1.3)	19.5	(0.85)	6.9	(0.35)	35	(1.8)	20.8	(0.91)
2 and over...	1765	61	(2.7)	18.7	(0.52)	3.9	(0.24)	21	(1.2)	18.4	(0.70)	6.5	(0.29)	35	(1.6)	19.1	(0.77)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	14.4	(0.18)	2.7	(0.21)	19	(1.4)	14.7	(0.34)	5.6	(0.35)	38	(1.7)	14.1	(0.39)
20 and over.....	4801	56	(1.3)	18.1	(0.35)	3.9	(0.16)	21	(0.9)	18.0	(0.45)	7.0	(0.21)	39	(1.4)	18.3	(0.37)
2 and over...	7933	54	(1.2)	17.2	(0.28)	3.6	(0.14)	21	(0.9)	17.2	(0.37)	6.7	(0.20)	39	(1.3)	17.2	(0.37)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
				Total fat													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	78.6	(3.46)	21.5	(4.63)	27	(4.7)	92.2	(6.42)	48.6	(5.91)	53	(2.9)	67.9	(1.90)
20 and over.....	1680	50	(2.7)	80.2	(2.14)	23.2	(3.12)	29	(3.3)	89.8	(3.27)	46.6	(4.41)	52	(3.3)	70.7	(1.77)
2 and over...	2762	48	(3.1)	79.8	(2.34)	22.8	(3.47)	29	(3.6)	90.4	(3.68)	47.0	(4.60)	52	(3.1)	69.9	(1.55)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	68.1	(1.68)	16.3	(1.64)	24	(2.1)	73.1	(2.77)	35.4	(2.16)	48	(2.7)	63.9	(2.18)
20 and over.....	1748	56	(1.4)	81.3	(2.08)	23.6	(0.87)	29	(1.0)	88.5	(2.17)	42.3	(1.13)	48	(1.3)	72.3	(2.89)
2 and over...	2910	53	(1.4)	78.1	(1.85)	21.8	(0.78)	28	(0.9)	85.3	(1.85)	40.9	(0.91)	48	(1.3)	69.9	(2.59)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	75.5	(2.65)	17.4	(1.14)	23	(1.6)	76.8	(4.25)	32.3	(1.91)	42	(1.9)	74.0	(3.04)
20 and over.....	1053	63	(2.9)	86.1	(2.55)	25.9	(1.51)	30	(1.5)	89.6	(3.71)	41.0	(1.89)	46	(1.5)	80.2	(2.86)
2 and over...	1765	61	(2.7)	83.4	(2.42)	23.6	(1.27)	28	(1.4)	86.6	(3.52)	38.9	(1.68)	45	(1.4)	78.3	(2.65)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	73.3	(1.42)	18.1	(1.52)	25	(1.8)	79.2	(2.81)	37.6	(2.69)	47	(2.0)	67.8	(0.92)
20 and over.....	4801	56	(1.3)	82.2	(0.77)	23.8	(0.91)	29	(1.1)	88.9	(1.17)	42.6	(1.39)	48	(1.4)	73.9	(0.97)
2 and over...	7933	54	(1.2)	80.0	(0.75)	22.3	(0.98)	28	(1.2)	86.7	(1.25)	41.5	(1.57)	48	(1.5)	72.1	(0.87)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Saturated fat: *All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	26.6	(0.94)	6.7	(1.37)	25	(4.4)	30.4	(1.96)	15.2	(1.80)	50	(2.9)	23.5	(0.71)
20 and over.....	1680	50	(2.7)	26.5	(0.81)	7.5	(1.12)	28	(3.7)	29.7	(1.29)	15.1	(1.60)	51	(3.7)	23.3	(0.73)
2 and over...	2762	48	(3.1)	26.5	(0.80)	7.3	(1.16)	28	(3.8)	29.8	(1.33)	15.1	(1.57)	51	(3.3)	23.3	(0.65)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	23.8	(0.67)	5.5	(0.57)	23	(2.2)	25.3	(1.06)	12.0	(0.76)	47	(3.0)	22.6	(0.94)
20 and over.....	1748	56	(1.4)	26.1	(0.76)	7.7	(0.34)	30	(1.3)	28.4	(0.77)	13.9	(0.42)	49	(1.6)	23.1	(1.06)
2 and over...	2910	53	(1.4)	25.5	(0.69)	7.2	(0.30)	28	(1.0)	27.8	(0.69)	13.5	(0.34)	48	(1.5)	22.9	(0.94)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	26.5	(1.00)	6.2	(0.51)	23	(2.0)	26.8	(1.48)	11.5	(0.82)	43	(2.5)	26.2	(1.20)
20 and over.....	1053	63	(2.9)	27.4	(0.98)	8.4	(0.49)	31	(1.6)	28.5	(1.45)	13.3	(0.65)	47	(1.8)	25.7	(1.23)
2 and over...	1765	61	(2.7)	27.2	(0.92)	7.8	(0.41)	29	(1.5)	28.1	(1.34)	12.9	(0.56)	46	(1.6)	25.8	(1.14)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	25.4	(0.49)	6.0	(0.44)	24	(1.6)	27.1	(0.88)	12.5	(0.79)	46	(2.0)	23.8	(0.42)
20 and over.....	4801	56	(1.3)	26.5	(0.36)	7.7	(0.34)	29	(1.3)	28.7	(0.53)	13.9	(0.51)	48	(1.5)	23.7	(0.46)
2 and over...	7933	54	(1.2)	26.2	(0.35)	7.3	(0.33)	28	(1.3)	28.3	(0.52)	13.6	(0.53)	48	(1.5)	23.7	(0.42)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Monounsaturated fat: *All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	27.2	(1.38)	7.4	(1.64)	27	(4.7)	32.0	(2.51)	16.8	(2.16)	53	(2.9)	23.4	(0.59)
20 and over.....	1680	50	(2.7)	28.3	(0.71)	8.1	(1.06)	28	(3.2)	31.6	(1.11)	16.2	(1.45)	51	(3.2)	25.1	(0.59)
2 and over...	2762	48	(3.1)	28.0	(0.81)	7.9	(1.19)	28	(3.5)	31.7	(1.27)	16.3	(1.54)	52	(3.0)	24.6	(0.48)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	23.3	(0.68)	5.5	(0.53)	24	(2.0)	24.8	(1.06)	11.9	(0.71)	48	(2.5)	22.0	(0.91)
20 and over.....	1748	56	(1.4)	29.1	(0.76)	8.4	(0.32)	29	(0.9)	31.7	(0.89)	15.1	(0.43)	48	(1.2)	25.9	(0.94)
2 and over...	2910	53	(1.4)	27.7	(0.69)	7.7	(0.28)	28	(0.8)	30.2	(0.75)	14.4	(0.32)	48	(1.2)	24.8	(0.89)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	26.4	(0.98)	5.9	(0.39)	22	(1.6)	26.7	(1.65)	11.0	(0.67)	41	(2.0)	26.1	(1.10)
20 and over.....	1053	63	(2.9)	31.1	(0.90)	9.0	(0.54)	29	(1.6)	32.3	(1.42)	14.2	(0.67)	44	(1.6)	29.1	(0.95)
2 and over...	1765	61	(2.7)	29.9	(0.86)	8.2	(0.45)	27	(1.4)	31.0	(1.35)	13.5	(0.59)	43	(1.5)	28.2	(0.86)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	25.4	(0.53)	6.2	(0.54)	24	(1.8)	27.3	(1.08)	12.8	(0.95)	47	(2.0)	23.6	(0.35)
20 and over.....	4801	56	(1.3)	29.4	(0.30)	8.4	(0.31)	28	(1.1)	31.8	(0.45)	15.0	(0.45)	47	(1.3)	26.5	(0.34)
2 and over...	7933	54	(1.2)	28.4	(0.27)	7.8	(0.33)	27	(1.1)	30.8	(0.45)	14.5	(0.52)	47	(1.4)	25.7	(0.30)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Polyunsaturated fat: *All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	18.4	(1.18)	5.5	(1.28)	30	(5.2)	22.2	(1.86)	12.5	(1.65)	56	(3.1)	15.4	(0.72)
20 and over.....	1680	50	(2.7)	18.8	(0.65)	5.7	(0.72)	30	(3.1)	21.2	(0.89)	11.4	(1.10)	54	(3.3)	16.5	(0.54)
2 and over...	2762	48	(3.1)	18.7	(0.73)	5.6	(0.84)	30	(3.5)	21.4	(1.02)	11.7	(1.17)	54	(3.1)	16.2	(0.52)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	15.5	(0.51)	4.0	(0.44)	26	(2.3)	17.2	(0.68)	8.6	(0.63)	50	(3.0)	14.0	(0.53)
20 and over.....	1748	56	(1.4)	19.6	(0.52)	5.5	(0.20)	28	(1.1)	21.3	(0.53)	9.8	(0.35)	46	(1.7)	17.4	(0.79)
2 and over...	2910	53	(1.4)	18.6	(0.43)	5.1	(0.18)	27	(1.0)	20.4	(0.42)	9.5	(0.30)	47	(1.8)	16.5	(0.67)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	16.4	(0.65)	3.7	(0.27)	23	(1.5)	17.0	(1.05)	6.9	(0.54)	41	(1.8)	15.7	(0.74)
20 and over.....	1053	63	(2.9)	20.6	(0.61)	6.3	(0.41)	31	(1.6)	21.6	(0.74)	10.0	(0.52)	46	(1.6)	19.0	(0.79)
2 and over...	1765	61	(2.7)	19.5	(0.56)	5.6	(0.35)	29	(1.4)	20.5	(0.70)	9.3	(0.49)	45	(1.6)	18.0	(0.66)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	16.6	(0.48)	4.3	(0.44)	26	(2.0)	18.4	(0.78)	9.0	(0.80)	49	(2.4)	14.8	(0.31)
20 and over.....	4801	56	(1.3)	19.7	(0.20)	5.7	(0.22)	29	(1.1)	21.2	(0.31)	10.2	(0.38)	48	(1.5)	17.7	(0.26)
2 and over...	7933	54	(1.2)	18.9	(0.21)	5.3	(0.25)	28	(1.2)	20.6	(0.32)	9.9	(0.43)	48	(1.7)	16.9	(0.21)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Cholesterol: *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	256	(18.0)	75	(22.1)	29	(6.9)	289	(36.1)	171	(39.4)	59	(7.0)	231	(11.7)
20 and over.....	1680	50	(2.7)	281	(5.8)	78	(10.3)	28	(3.3)	304	(9.1)	156	(13.7)	51	(3.8)	258	(9.3)
2 and over...	2762	48	(3.1)	275	(6.8)	77	(12.8)	28	(4.1)	300	(9.0)	159	(17.7)	53	(4.6)	251	(6.8)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	203	(9.8)	43	(5.8)	21	(2.2)	208	(11.3)	93	(8.8)	45	(3.5)	199	(13.4)
20 and over.....	1748	56	(1.4)	279	(10.0)	87	(4.0)	31	(1.1)	304	(12.4)	157	(7.6)	52	(1.6)	248	(12.6)
2 and over...	2910	53	(1.4)	260	(9.0)	76	(3.9)	29	(1.0)	283	(8.8)	143	(6.2)	51	(1.5)	234	(12.0)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	223	(10.2)	51	(6.5)	23	(2.8)	224	(15.5)	96	(9.9)	43	(3.7)	222	(11.9)
20 and over.....	1053	63	(2.9)	288	(9.6)	93	(7.8)	32	(2.2)	301	(11.8)	148	(10.1)	49	(2.5)	265	(12.8)
2 and over...	1765	61	(2.7)	271	(8.1)	82	(6.4)	30	(2.0)	283	(9.7)	135	(8.1)	48	(2.4)	252	(10.1)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	224	(5.9)	55	(6.5)	24	(2.6)	235	(11.5)	114	(12.4)	48	(3.4)	214	(6.4)
20 and over.....	4801	56	(1.3)	282	(3.6)	85	(3.6)	30	(1.3)	302	(4.2)	153	(5.1)	51	(1.6)	257	(5.4)
2 and over...	7933	54	(1.2)	267	(3.3)	78	(4.0)	29	(1.4)	287	(3.7)	144	(6.3)	50	(1.9)	245	(5.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Vitamin A (RAE) *All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	602	(31.4)	94	(21.8)	16	(3.5)	609	(43.4)	213	(36.0)	35	(5.3)	597	(31.1)
20 and over.....	1680	50	(2.7)	575	(29.5)	107	(16.8)	19	(2.8)	595	(45.8)	214	(25.2)	36	(3.8)	555	(19.9)
2 and over...	2762	48	(3.1)	582	(27.1)	104	(17.8)	18	(2.9)	598	(42.7)	214	(27.1)	36	(3.9)	567	(17.9)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	555	(19.6)	65	(6.9)	12	(1.4)	519	(30.1)	141	(8.2)	27	(2.6)	585	(28.6)
20 and over.....	1748	56	(1.4)	655	(33.9)	122	(9.3)	19	(1.3)	592	(18.5)	219	(14.3)	37	(1.8)	733	(68.4)
2 and over...	2910	53	(1.4)	630	(27.1)	108	(7.7)	17	(1.1)	576	(14.0)	203	(11.8)	35	(1.6)	691	(50.3)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	656	(20.3)	83	(5.9)	13	(0.7)	644	(37.3)	155	(12.1)	24	(1.4)	669	(38.6)
20 and over.....	1053	63	(2.9)	812	(69.5)	164	(15.4)	20	(2.2)	813	(110.8)	260	(21.7)	32	(5.3)	811	(53.2)
2 and over...	1765	61	(2.7)	771	(53.4)	143	(11.8)	19	(1.7)	774	(91.1)	236	(17.8)	31	(4.3)	768	(44.2)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	597	(10.2)	78	(5.8)	13	(1.0)	585	(17.8)	163	(11.3)	28	(2.2)	609	(18.9)
20 and over.....	4801	56	(1.3)	674	(38.0)	127	(8.0)	19	(1.1)	666	(44.4)	229	(13.3)	34	(2.4)	686	(33.0)
2 and over...	7933	54	(1.2)	655	(29.8)	115	(6.6)	18	(0.9)	647	(37.5)	214	(11.8)	33	(2.1)	664	(23.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Beta carotene: *All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	1156	(109.4)	171	(42.7)	15	(4.2)	988	(106.6)	386	(62.9)	39	(5.9)	1289	(147.6)
20 and over.....	1680	50	(2.7)	1808	(182.8)	372	(66.4)	21	(3.6)	1923	(334.0)	746	(111.1)	39	(7.2)	1694	(105.9)
2 and over...	2762	48	(3.1)	1641	(146.2)	320	(53.0)	20	(3.3)	1704	(272.2)	662	(89.7)	39	(6.6)	1582	(79.2)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	1060	(82.3)	152	(26.7)	14	(2.1)	1003	(101.5)	329	(46.5)	33	(5.2)	1108	(129.9)
20 and over.....	1748	56	(1.4)	2697	(328.6)	511	(79.6)	19	(2.5)	2256	(155.2)	919	(132.3)	41	(4.4)	3251	(667.1)
2 and over...	2910	53	(1.4)	2298	(256.4)	424	(62.4)	18	(2.2)	1993	(121.2)	795	(108.4)	40	(4.2)	2647	(488.6)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	1390	(146.7)	174	(31.3)	13	(2.2)	1269	(188.3)	324	(64.5)	26	(4.6)	1531	(148.7)
20 and over.....	1053	63	(2.9)	2949	(265.4)	715	(137.9)	24	(3.1)	2816	(254.8)	1132	(205.4)	40	(4.8)	3177	(413.6)
2 and over...	1765	61	(2.7)	2541	(216.1)	573	(104.2)	23	(2.6)	2457	(221.3)	945	(163.8)	38	(4.1)	2671	(300.1)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	1180	(71.6)	161	(10.9)	14	(0.8)	1085	(75.9)	335	(26.1)	31	(2.5)	1267	(99.4)
20 and over.....	4801	56	(1.3)	2500	(181.7)	518	(55.7)	21	(1.8)	2356	(170.8)	930	(97.1)	39	(3.2)	2681	(308.3)
2 and over...	7933	54	(1.2)	2169	(146.2)	429	(42.5)	20	(1.5)	2072	(136.4)	797	(78.3)	38	(2.9)	2282	(224.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

				L y c o p e n e										
				All Individuals [2]				*All Restaurant Consumers* [3]				*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	5662	(492.7)	1100	(235.6)	19	(3.1)	6320	(1283.7)	2490	(294.2)	39	(5.1)	5141	(537.1)
20 and over.....	1680	50	(2.7)	5338	(321.6)	1639	(329.4)	31	(4.8)	6095	(525.2)	3287	(549.7)	54	(6.2)	4586	(314.3)
2 and over...	2762	48	(3.1)	5421	(329.4)	1501	(298.5)	28	(4.2)	6147	(615.5)	3100	(460.1)	50	(3.4)	4740	(274.9)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	5120	(606.2)	1412	(258.9)	28	(4.2)	5431	(560.2)	3067	(434.0)	56	(6.5)	4854	(826.2)
20 and over.....	1748	56	(1.4)	4866	(245.5)	1369	(148.2)	28	(3.4)	4455	(256.8)	2459	(234.3)	55	(3.8)	5383	(480.9)
2 and over...	2910	53	(1.4)	4928	(265.4)	1379	(97.0)	28	(2.7)	4660	(212.2)	2587	(148.7)	56	(2.5)	5234	(484.0)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	5116	(613.7)	1286	(279.7)	25	(3.5)	5062	(903.3)	2389	(491.1)	47	(4.5)	5179	(605.5)
20 and over.....	1053	63	(2.9)	5860	(425.0)	1507	(101.1)	26	(2.0)	5927	(533.9)	2387	(151.8)	40	(3.8)	5746	(719.4)
2 and over...	1765	61	(2.7)	5666	(294.0)	1449	(115.0)	26	(2.1)	5726	(458.2)	2387	(162.4)	42	(3.5)	5572	(546.4)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	5225	(350.7)	1251	(139.2)	24	(1.8)	5416	(533.5)	2603	(269.9)	48	(4.1)	5047	(371.5)
20 and over.....	4801	56	(1.3)	5279	(171.5)	1456	(104.1)	28	(1.8)	5371	(241.4)	2613	(170.4)	49	(3.0)	5164	(284.4)
2 and over...	7933	54	(1.2)	5265	(169.4)	1405	(84.9)	27	(1.5)	5381	(239.0)	2611	(134.1)	49	(2.2)	5131	(257.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Thiamin: *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	1.61	(0.042)	0.33	(0.066)	21	(3.8)	1.75	(0.077)	0.75	(0.074)	43	(3.1)	1.50	(0.048)
20 and over.....	1680	50	(2.7)	1.62	(0.041)	0.39	(0.061)	24	(3.3)	1.77	(0.080)	0.77	(0.088)	44	(3.7)	1.48	(0.038)
2 and over...	2762	48	(3.1)	1.62	(0.037)	0.37	(0.062)	23	(3.3)	1.77	(0.072)	0.77	(0.082)	43	(3.4)	1.48	(0.029)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	1.48	(0.050)	0.29	(0.033)	19	(1.9)	1.54	(0.059)	0.62	(0.050)	40	(2.8)	1.44	(0.061)
20 and over.....	1748	56	(1.4)	1.59	(0.041)	0.39	(0.017)	25	(1.0)	1.62	(0.053)	0.70	(0.024)	43	(1.2)	1.56	(0.049)
2 and over...	2910	53	(1.4)	1.57	(0.039)	0.37	(0.017)	23	(0.8)	1.60	(0.045)	0.69	(0.024)	43	(1.0)	1.52	(0.046)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	1.58	(0.039)	0.30	(0.022)	19	(1.3)	1.63	(0.076)	0.55	(0.046)	34	(2.0)	1.53	(0.044)
20 and over.....	1053	63	(2.9)	1.74	(0.044)	0.46	(0.022)	27	(1.3)	1.72	(0.048)	0.73	(0.030)	42	(1.4)	1.76	(0.067)
2 and over...	1765	61	(2.7)	1.70	(0.035)	0.42	(0.018)	25	(1.1)	1.70	(0.044)	0.69	(0.028)	41	(1.3)	1.69	(0.045)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	1.55	(0.024)	0.30	(0.022)	19	(1.3)	1.62	(0.034)	0.62	(0.039)	39	(1.9)	1.50	(0.031)
20 and over.....	4801	56	(1.3)	1.64	(0.018)	0.41	(0.017)	25	(1.1)	1.69	(0.028)	0.73	(0.027)	43	(1.5)	1.58	(0.032)
2 and over...	7933	54	(1.2)	1.62	(0.015)	0.38	(0.016)	23	(1.1)	1.67	(0.023)	0.70	(0.027)	42	(1.4)	1.56	(0.029)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Riboflavin: *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	2.09	(0.144)	0.34	(0.078)	16	(3.2)	2.28	(0.271)	0.77	(0.120)	34	(2.4)	1.94	(0.076)
20 and over.....	1680	50	(2.7)	2.02	(0.061)	0.38	(0.057)	19	(2.8)	2.10	(0.093)	0.77	(0.079)	36	(3.4)	1.94	(0.057)
2 and over...	2762	48	(3.1)	2.03	(0.075)	0.37	(0.061)	18	(2.8)	2.14	(0.121)	0.77	(0.083)	36	(3.0)	1.94	(0.054)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	1.85	(0.037)	0.27	(0.026)	14	(1.5)	1.77	(0.059)	0.58	(0.029)	33	(2.4)	1.93	(0.067)
20 and over.....	1748	56	(1.4)	2.14	(0.051)	0.43	(0.016)	20	(0.7)	2.16	(0.054)	0.77	(0.020)	36	(0.9)	2.12	(0.089)
2 and over...	2910	53	(1.4)	2.07	(0.043)	0.39	(0.015)	19	(0.7)	2.07	(0.042)	0.73	(0.015)	35	(0.7)	2.07	(0.074)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	2.10	(0.055)	0.32	(0.029)	15	(1.1)	2.16	(0.102)	0.59	(0.044)	27	(1.6)	2.04	(0.073)
20 and over.....	1053	63	(2.9)	2.39	(0.062)	0.53	(0.041)	22	(1.7)	2.36	(0.132)	0.84	(0.057)	36	(2.5)	2.44	(0.121)
2 and over...	1765	61	(2.7)	2.31	(0.049)	0.48	(0.033)	21	(1.4)	2.31	(0.113)	0.78	(0.046)	34	(2.0)	2.31	(0.093)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	2.00	(0.032)	0.30	(0.024)	15	(1.1)	2.03	(0.076)	0.63	(0.043)	31	(1.5)	1.97	(0.041)
20 and over.....	4801	56	(1.3)	2.17	(0.029)	0.44	(0.021)	20	(1.0)	2.20	(0.054)	0.79	(0.030)	36	(1.3)	2.13	(0.048)
2 and over...	7933	54	(1.2)	2.13	(0.025)	0.40	(0.020)	19	(1.0)	2.16	(0.054)	0.75	(0.031)	35	(1.2)	2.09	(0.045)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	24.2	(1.88)	5.6	(1.37)	23	(4.1)	28.8	(3.19)	12.7	(1.74)	44	(2.9)	20.6	(0.73)
20 and over.....	1680	50	(2.7)	25.3	(0.88)	6.5	(1.03)	25	(3.4)	27.7	(1.29)	12.9	(1.51)	47	(3.7)	23.0	(0.84)
2 and over...	2762	48	(3.1)	25.1	(1.08)	6.2	(1.11)	25	(3.4)	28.0	(1.62)	12.9	(1.53)	46	(3.2)	22.3	(0.66)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	20.5	(0.67)	4.4	(0.58)	21	(2.4)	21.8	(0.73)	9.5	(0.84)	43	(3.4)	19.5	(0.85)
20 and over.....	1748	56	(1.4)	25.3	(0.68)	6.4	(0.29)	25	(1.0)	26.4	(0.83)	11.5	(0.46)	43	(1.2)	23.9	(0.83)
2 and over...	2910	53	(1.4)	24.1	(0.60)	5.9	(0.26)	24	(0.8)	25.5	(0.68)	11.1	(0.39)	43	(1.0)	22.6	(0.75)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	22.0	(0.83)	4.7	(0.45)	21	(1.6)	22.7	(1.07)	8.7	(0.71)	38	(2.2)	21.1	(1.15)
20 and over.....	1053	63	(2.9)	28.1	(0.74)	7.7	(0.46)	27	(1.7)	28.6	(1.12)	12.2	(0.66)	43	(2.2)	27.2	(1.20)
2 and over...	1765	61	(2.7)	26.5	(0.56)	6.9	(0.40)	26	(1.5)	27.2	(0.92)	11.4	(0.54)	42	(1.9)	25.3	(0.75)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	22.1	(0.51)	4.8	(0.48)	22	(1.7)	23.9	(1.03)	10.0	(0.82)	42	(2.0)	20.4	(0.35)
20 and over.....	4801	56	(1.3)	26.1	(0.32)	6.7	(0.33)	26	(1.2)	27.4	(0.51)	12.1	(0.51)	44	(1.5)	24.5	(0.61)
2 and over...	7933	54	(1.2)	25.1	(0.29)	6.2	(0.34)	25	(1.2)	26.6	(0.54)	11.6	(0.53)	44	(1.4)	23.3	(0.49)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

				Vitamin B6											
				All Individuals [2]					*All Restaurant Consumers* [3]					*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	1.95	(0.147)	0.36	(0.092)	18	(3.8)	2.24	(0.275)	0.82	(0.124)	36	(3.9)	1.73	(0.069)
20 and over.....	1680	50	(2.7)	2.07	(0.080)	0.42	(0.074)	20	(3.1)	2.15	(0.109)	0.84	(0.111)	39	(3.7)	1.98	(0.109)
2 and over...	2762	48	(3.1)	2.04	(0.086)	0.40	(0.077)	20	(3.2)	2.17	(0.135)	0.84	(0.111)	39	(3.5)	1.91	(0.083)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	1.63	(0.049)	0.24	(0.031)	15	(1.8)	1.60	(0.042)	0.52	(0.044)	33	(3.1)	1.66	(0.085)
20 and over.....	1748	56	(1.4)	2.12	(0.072)	0.43	(0.019)	20	(0.8)	2.12	(0.078)	0.77	(0.031)	36	(1.2)	2.10	(0.107)
2 and over...	2910	53	(1.4)	2.00	(0.062)	0.38	(0.016)	19	(0.7)	2.01	(0.058)	0.72	(0.024)	36	(0.9)	1.98	(0.091)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	1.79	(0.062)	0.29	(0.033)	16	(1.6)	1.83	(0.089)	0.55	(0.054)	30	(2.4)	1.74	(0.096)
20 and over.....	1053	63	(2.9)	2.38	(0.069)	0.56	(0.044)	23	(1.8)	2.33	(0.089)	0.89	(0.055)	38	(1.9)	2.48	(0.138)
2 and over...	1765	61	(2.7)	2.23	(0.049)	0.49	(0.037)	22	(1.6)	2.21	(0.070)	0.81	(0.048)	37	(1.7)	2.25	(0.106)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	1.79	(0.032)	0.29	(0.031)	16	(1.5)	1.84	(0.072)	0.61	(0.054)	33	(2.2)	1.73	(0.039)
20 and over.....	4801	56	(1.3)	2.19	(0.040)	0.46	(0.025)	21	(1.1)	2.19	(0.043)	0.83	(0.036)	38	(1.4)	2.18	(0.081)
2 and over...	7933	54	(1.2)	2.09	(0.030)	0.42	(0.025)	20	(1.1)	2.12	(0.041)	0.78	(0.037)	37	(1.4)	2.05	(0.063)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Folate (DFE)															
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
		Percent Reporting [5]		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	548	(17.5)	99	(19.4)	18	(3.5)	581	(37.3)	224	(20.4)	39	(2.9)	522	(24.6)
20 and over.....	1680	50	(2.7)	550	(15.5)	120	(16.7)	22	(2.9)	587	(22.2)	240	(22.2)	41	(2.9)	513	(28.7)
2 and over...	2762	48	(3.1)	549	(12.3)	115	(16.8)	21	(2.9)	585	(21.5)	237	(21.0)	40	(2.8)	516	(22.5)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	505	(15.5)	94	(11.8)	19	(2.3)	524	(21.3)	205	(19.0)	39	(3.4)	490	(22.1)
20 and over.....	1748	56	(1.4)	553	(12.2)	122	(5.2)	22	(1.0)	549	(18.0)	220	(8.1)	40	(1.5)	558	(21.1)
2 and over...	2910	53	(1.4)	542	(10.5)	116	(4.5)	21	(0.8)	544	(14.6)	217	(8.1)	40	(1.0)	539	(17.0)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	530	(20.6)	89	(8.0)	17	(1.1)	553	(37.0)	165	(15.0)	30	(2.2)	504	(19.4)
20 and over.....	1053	63	(2.9)	616	(14.0)	142	(7.2)	23	(1.2)	603	(17.1)	225	(10.3)	37	(1.7)	637	(37.8)
2 and over...	1765	61	(2.7)	593	(11.8)	128	(6.2)	22	(1.0)	592	(18.2)	211	(9.8)	36	(1.6)	596	(26.0)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	527	(8.4)	93	(7.4)	18	(1.3)	545	(14.4)	193	(13.2)	35	(2.0)	510	(10.4)
20 and over.....	4801	56	(1.3)	570	(8.7)	126	(5.4)	22	(1.0)	576	(11.4)	225	(8.7)	39	(1.4)	562	(18.4)
2 and over...	7933	54	(1.2)	559	(7.2)	117	(5.1)	21	(0.9)	569	(9.8)	218	(8.6)	38	(1.3)	548	(15.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	281	(14.5)	71	(19.5)	25	(5.8)	312	(27.8)	161	(33.0)	52	(6.2)	257	(10.7)
20 and over.....	1680	50	(2.7)	322	(6.7)	75	(10.0)	23	(2.9)	341	(12.1)	150	(13.5)	44	(3.2)	303	(9.4)
2 and over...	2762	48	(3.1)	312	(6.5)	74	(11.9)	24	(3.5)	334	(9.9)	152	(15.9)	46	(3.8)	290	(7.6)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	244	(8.7)	44	(4.8)	18	(1.8)	243	(8.9)	95	(6.2)	39	(2.5)	245	(14.0)
20 and over.....	1748	56	(1.4)	330	(8.9)	84	(3.3)	25	(1.0)	337	(8.7)	151	(5.1)	45	(1.1)	320	(14.7)
2 and over...	2910	53	(1.4)	309	(8.4)	74	(3.0)	24	(0.9)	317	(6.2)	139	(4.0)	44	(1.1)	299	(13.9)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	273	(8.3)	52	(5.9)	19	(1.9)	273	(14.6)	97	(8.7)	36	(2.2)	272	(10.1)
20 and over.....	1053	63	(2.9)	358	(10.0)	98	(6.5)	27	(1.7)	362	(12.6)	155	(8.1)	43	(1.9)	351	(16.5)
2 and over...	1765	61	(2.7)	336	(7.9)	86	(5.5)	26	(1.6)	341	(11.3)	141	(6.6)	41	(1.7)	327	(10.6)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	263	(3.8)	54	(5.6)	21	(2.1)	271	(9.2)	113	(10.5)	42	(2.8)	255	(6.4)
20 and over.....	4801	56	(1.3)	335	(3.7)	85	(3.3)	25	(1.1)	346	(3.7)	152	(4.2)	44	(1.2)	322	(7.3)
2 and over...	7933	54	(1.2)	317	(2.8)	77	(3.5)	24	(1.2)	329	(3.4)	143	(5.2)	43	(1.5)	303	(6.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Vitamin B12 — *All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	5.66	(0.501)	1.14	(0.292)	20	(3.9)	6.73	(0.977)	2.57	(0.432)	38	(3.6)	4.80	(0.208)
20 and over.....	1680	50	(2.7)	4.98	(0.226)	1.19	(0.248)	24	(4.5)	5.37	(0.401)	2.39	(0.390)	45	(5.0)	4.60	(0.228)
2 and over...	2762	48	(3.1)	5.15	(0.264)	1.18	(0.255)	23	(4.2)	5.69	(0.486)	2.43	(0.385)	43	(4.4)	4.65	(0.162)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	4.59	(0.153)	0.65	(0.076)	14	(1.9)	4.17	(0.204)	1.42	(0.111)	34	(3.0)	4.96	(0.279)
20 and over.....	1748	56	(1.4)	5.01	(0.179)	1.14	(0.075)	23	(1.3)	5.13	(0.245)	2.05	(0.104)	40	(1.6)	4.87	(0.224)
2 and over...	2910	53	(1.4)	4.91	(0.161)	1.02	(0.058)	21	(1.1)	4.93	(0.209)	1.92	(0.079)	39	(1.4)	4.89	(0.199)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	5.23	(0.231)	0.87	(0.121)	17	(1.9)	5.54	(0.396)	1.61	(0.194)	29	(2.4)	4.86	(0.193)
20 and over.....	1053	63	(2.9)	6.44	(0.731)	1.50	(0.152)	23	(3.5)	6.95	(1.267)	2.37	(0.242)	34	(7.3)	5.59	(0.542)
2 and over...	1765	61	(2.7)	6.13	(0.583)	1.33	(0.111)	22	(2.7)	6.62	(1.040)	2.19	(0.177)	33	(5.8)	5.36	(0.376)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	5.12	(0.154)	0.85	(0.090)	17	(1.4)	5.29	(0.296)	1.77	(0.163)	34	(1.9)	4.97	(0.170)
20 and over.....	4801	56	(1.3)	5.44	(0.212)	1.24	(0.060)	23	(1.5)	5.77	(0.409)	2.23	(0.090)	39	(3.4)	5.03	(0.168)
2 and over...	7933	54	(1.2)	5.36	(0.177)	1.14	(0.059)	21	(1.3)	5.66	(0.355)	2.13	(0.092)	38	(2.8)	5.01	(0.142)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

				Vitamin C													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	75.5	(4.19)	7.6	(2.00)	10	(2.5)	70.6	(5.90)	17.2	(2.87)	24	(3.5)	79.3	(3.93)
20 and over.....	1680	50	(2.7)	85.9	(7.77)	12.8	(3.32)	15	(3.4)	85.6	(7.92)	25.6	(5.54)	30	(4.0)	86.1	(12.64)
2 and over...	2762	48	(3.1)	83.2	(6.07)	11.4	(2.76)	14	(3.0)	82.1	(6.25)	23.6	(4.39)	29	(3.5)	84.2	(9.56)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	85.4	(9.99)	6.9	(1.21)	8	(1.0)	75.5	(7.89)	15.0	(2.14)	20	(2.9)	93.9	(18.15)
20 and over.....	1748	56	(1.4)	80.2	(4.44)	11.7	(0.75)	15	(1.0)	72.9	(3.73)	21.0	(1.33)	29	(1.5)	89.5	(7.38)
2 and over...	2910	53	(1.4)	81.5	(3.67)	10.5	(0.59)	13	(0.7)	73.4	(4.00)	19.7	(1.01)	27	(1.5)	90.7	(6.00)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	77.8	(4.00)	7.8	(1.67)	10	(2.1)	66.1	(3.35)	14.6	(3.08)	22	(4.4)	91.3	(6.71)
20 and over.....	1053	63	(2.9)	89.7	(4.56)	16.7	(1.74)	19	(1.5)	83.9	(5.11)	26.4	(2.37)	31	(2.0)	99.7	(6.22)
2 and over...	1765	61	(2.7)	86.6	(3.85)	14.4	(1.34)	17	(1.3)	79.8	(4.33)	23.6	(1.84)	30	(1.9)	97.1	(5.40)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	79.8	(4.35)	7.3	(0.71)	9	(1.1)	70.5	(4.25)	15.2	(1.34)	22	(1.8)	88.3	(7.56)
20 and over.....	4801	56	(1.3)	84.8	(4.10)	13.2	(1.23)	16	(1.1)	79.6	(4.05)	23.7	(2.00)	30	(1.6)	91.3	(5.79)
2 and over...	7933	54	(1.2)	83.5	(3.36)	11.7	(0.94)	14	(1.0)	77.5	(3.57)	21.8	(1.51)	28	(1.4)	90.5	(4.79)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

				Vitamin D													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	6.2	(0.40)	0.8*	(0.34)	12*	(4.9)	6.2	(0.62)	1.8*	(0.71)	28*	(9.2)	6.3	(0.30)
20 and over.....	1680	50	(2.7)	4.6	(0.31)	0.5	(0.09)	11	(2.1)	4.3	(0.29)	1.1	(0.14)	25	(3.2)	5.0	(0.39)
2 and over...	2762	48	(3.1)	5.0	(0.28)	0.6	(0.14)	12	(2.6)	4.7	(0.32)	1.2	(0.22)	26	(3.9)	5.4	(0.31)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	5.5	(0.26)	0.3	(0.04)	5	(0.8)	4.5	(0.33)	0.6	(0.06)	14	(1.8)	6.3	(0.34)
20 and over.....	1748	56	(1.4)	4.5	(0.17)	0.7	(0.09)	15	(1.8)	4.0	(0.23)	1.2	(0.16)	31	(3.0)	5.1	(0.26)
2 and over...	2910	53	(1.4)	4.7	(0.17)	0.6	(0.07)	13	(1.3)	4.1	(0.20)	1.1	(0.12)	27	(2.3)	5.4	(0.23)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	6.4	(0.28)	0.5	(0.07)	8	(1.0)	6.2	(0.38)	1.0	(0.12)	15	(1.6)	6.7	(0.37)
20 and over.....	1053	63	(2.9)	5.0	(0.31)	0.9	(0.17)	19	(3.1)	5.0	(0.34)	1.5	(0.27)	30	(4.7)	5.2	(0.41)
2 and over...	1765	61	(2.7)	5.4	(0.25)	0.8	(0.12)	15	(2.2)	5.3	(0.28)	1.4	(0.20)	26	(3.5)	5.6	(0.31)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	6.0	(0.15)	0.5	(0.09)	8	(1.5)	5.5	(0.21)	1.0	(0.19)	19	(3.2)	6.4	(0.20)
20 and over.....	4801	56	(1.3)	4.7	(0.14)	0.7	(0.07)	15	(1.3)	4.4	(0.16)	1.3	(0.12)	29	(2.3)	5.0	(0.17)
2 and over...	7933	54	(1.2)	5.0	(0.12)	0.7	(0.06)	13	(1.1)	4.6	(0.12)	1.2	(0.11)	26	(2.1)	5.4	(0.15)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Vitamin E (alphatocopherol)																			
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	7.3	(0.37)	1.5	(0.32)	21	(3.4)	8.1	(0.65)	3.4	(0.40)	42	(2.6)	6.6	(0.22)
20 and over.....	1680	50	(2.7)	8.1	(0.23)	1.7	(0.23)	21	(2.4)	8.6	(0.35)	3.5	(0.32)	40	(2.5)	7.7	(0.25)
2 and over...	2762	48	(3.1)	7.9	(0.25)	1.7	(0.25)	21	(2.6)	8.5	(0.39)	3.5	(0.33)	41	(2.2)	7.4	(0.20)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	6.6	(0.20)	1.2	(0.12)	19	(1.4)	6.8	(0.29)	2.6	(0.14)	39	(2.5)	6.4	(0.29)
20 and over.....	1748	56	(1.4)	8.8	(0.22)	1.9	(0.08)	21	(1.1)	9.0	(0.24)	3.4	(0.12)	37	(1.6)	8.5	(0.28)
2 and over...	2910	53	(1.4)	8.2	(0.19)	1.7	(0.06)	21	(0.9)	8.5	(0.23)	3.2	(0.09)	37	(1.5)	7.9	(0.25)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	7.6	(0.28)	1.3	(0.12)	17	(1.5)	7.5	(0.50)	2.4	(0.19)	32	(1.9)	7.8	(0.57)
20 and over.....	1053	63	(2.9)	10.2	(0.32)	2.2	(0.17)	22	(1.6)	9.9	(0.37)	3.5	(0.21)	36	(1.8)	10.8	(0.64)
2 and over...	1765	61	(2.7)	9.5	(0.25)	2.0	(0.14)	21	(1.4)	9.3	(0.31)	3.3	(0.17)	35	(1.7)	9.9	(0.56)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	7.2	(0.15)	1.3	(0.11)	18	(1.3)	7.4	(0.22)	2.7	(0.19)	37	(2.0)	7.0	(0.26)
20 and over.....	4801	56	(1.3)	9.0	(0.16)	1.9	(0.09)	21	(0.9)	9.2	(0.17)	3.4	(0.12)	37	(1.3)	8.8	(0.19)
2 and over...	7933	54	(1.2)	8.5	(0.14)	1.8	(0.08)	21	(0.9)	8.8	(0.16)	3.3	(0.12)	37	(1.3)	8.3	(0.17)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

				Vitamin K													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	69.6	(3.90)	18.0	(4.46)	26	(5.3)	73.3	(5.51)	40.8	(5.92)	56	(4.3)	66.6	(4.37)
20 and over.....	1680	50	(2.7)	102.2	(5.43)	28.4	(4.87)	28	(3.8)	112.0	(6.50)	56.9	(8.12)	51	(5.3)	92.5	(6.72)
2 and over...	2762	48	(3.1)	93.9	(4.59)	25.7	(4.44)	27	(3.8)	102.9	(5.73)	53.1	(7.22)	52	(5.0)	85.3	(5.22)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	63.5	(4.96)	13.9	(2.01)	22	(2.4)	62.5	(3.81)	30.2	(3.09)	48	(3.2)	64.3	(7.67)
20 and over.....	1748	56	(1.4)	138.6	(20.98)	29.5	(2.16)	21	(2.6)	116.5	(6.25)	53.0	(3.67)	46	(2.6)	166.4	(46.01)
2 and over...	2910	53	(1.4)	120.3	(15.87)	25.7	(1.55)	21	(2.3)	105.1	(4.99)	48.2	(2.90)	46	(2.4)	137.6	(32.54)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	66.9	(4.09)	13.1	(0.87)	20	(1.9)	61.3	(4.17)	24.3	(2.23)	40	(2.5)	73.4	(6.51)
20 and over.....	1053	63	(2.9)	145.4	(11.25)	42.0	(5.59)	29	(2.9)	142.9	(10.10)	66.5	(8.45)	47	(4.0)	149.9	(16.84)
2 and over...	1765	61	(2.7)	124.9	(8.16)	34.4	(4.16)	28	(2.6)	124.0	(8.03)	56.7	(6.69)	46	(3.7)	126.4	(11.63)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	66.3	(2.54)	14.8	(1.39)	22	(1.8)	65.4	(3.21)	30.8	(2.63)	47	(2.4)	67.0	(3.54)
20 and over.....	4801	56	(1.3)	129.8	(8.47)	32.3	(2.51)	25	(1.9)	123.9	(5.43)	57.9	(4.25)	47	(2.7)	137.3	(18.40)
2 and over...	7933	54	(1.2)	113.9	(6.61)	27.9	(2.00)	24	(1.8)	110.8	(4.28)	51.8	(3.50)	47	(2.6)	117.5	(13.04)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	1095	(42.4)	205	(50.0)	19	(4.1)	1163	(78.4)	465	(87.0)	40	(5.2)	1041	(33.6)
20 and over.....	1680	50	(2.7)	990	(35.8)	213	(34.8)	21	(3.3)	1045	(50.4)	427	(50.8)	41	(3.8)	936	(40.4)
2 and over...	2762	48	(3.1)	1017	(34.5)	211	(37.7)	21	(3.4)	1073	(53.9)	436	(54.2)	41	(3.7)	965	(31.6)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	1015	(29.5)	168	(19.1)	17	(1.9)	1007	(37.1)	365	(25.3)	36	(2.9)	1021	(40.4)
20 and over.....	1748	56	(1.4)	954	(23.5)	214	(12.7)	22	(1.3)	967	(20.2)	384	(17.1)	40	(1.6)	937	(41.4)
2 and over...	2910	53	(1.4)	969	(22.1)	203	(10.4)	21	(1.1)	976	(18.3)	380	(13.7)	39	(1.3)	960	(34.4)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	1168	(43.4)	205	(24.2)	18	(1.6)	1206	(63.5)	381	(36.2)	32	(2.3)	1124	(52.8)
20 and over.....	1053	63	(2.9)	1053	(29.0)	246	(14.6)	23	(1.4)	1061	(35.3)	390	(19.8)	37	(1.7)	1041	(56.3)
2 and over...	1765	61	(2.7)	1083	(28.6)	235	(14.7)	22	(1.3)	1094	(35.3)	388	(19.7)	35	(1.6)	1066	(49.0)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	1082	(20.5)	188	(15.2)	17	(1.4)	1111	(35.2)	391	(29.2)	35	(2.2)	1056	(22.6)
20 and over.....	4801	56	(1.3)	989	(14.3)	219	(11.8)	22	(1.2)	1015	(19.0)	393	(17.3)	39	(1.4)	956	(24.3)
2 and over...	7933	54	(1.2)	1012	(13.8)	211	(11.4)	21	(1.2)	1036	(19.2)	393	(18.4)	38	(1.4)	984	(21.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

P h o s p h o r u s

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	1358	(49.1)	320	(71.6)	24	(4.6)	1509	(87.5)	724	(103.8)	48	(4.3)	1238	(35.3)
20 and over.....	1680	50	(2.7)	1374	(31.7)	335	(49.1)	24	(3.3)	1477	(48.8)	671	(68.0)	45	(3.7)	1272	(32.9)
2 and over...	2762	48	(3.1)	1370	(33.0)	331	(54.0)	24	(3.6)	1485	(51.2)	684	(72.0)	46	(3.7)	1262	(28.8)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	1247	(35.1)	250	(28.3)	20	(2.2)	1277	(36.1)	543	(36.8)	43	(2.8)	1221	(54.0)
20 and over.....	1748	56	(1.4)	1391	(30.1)	356	(15.8)	26	(1.1)	1429	(25.4)	640	(19.5)	45	(1.2)	1345	(49.3)
2 and over...	2910	53	(1.4)	1356	(28.7)	330	(13.9)	24	(1.0)	1397	(21.4)	619	(16.6)	44	(1.1)	1310	(45.0)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	1390	(40.4)	285	(28.0)	21	(1.7)	1446	(69.2)	530	(40.6)	37	(2.2)	1324	(44.9)
20 and over.....	1053	63	(2.9)	1513	(34.4)	404	(21.7)	27	(1.6)	1527	(48.3)	640	(25.0)	42	(1.7)	1490	(69.0)
2 and over...	1765	61	(2.7)	1481	(28.1)	373	(20.2)	25	(1.4)	1508	(46.1)	614	(22.8)	41	(1.7)	1439	(50.1)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	1318	(17.3)	279	(23.5)	21	(1.8)	1390	(37.1)	580	(42.0)	42	(2.4)	1251	(23.5)
20 and over.....	4801	56	(1.3)	1418	(13.0)	359	(15.6)	25	(1.2)	1470	(18.5)	645	(21.1)	44	(1.4)	1353	(25.9)
2 and over...	7933	54	(1.2)	1393	(10.4)	339	(16.1)	24	(1.2)	1452	(18.3)	630	(24.2)	43	(1.5)	1324	(22.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from All Restaurants mg	(SE)	All Individuals [2] Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3] Total Intake mg	(SE)	All Restaurant Consumers [3] Intake from All Restaurants mg	(SE)	All Restaurant Consumers [3] Percentages from [6] All Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Magnesium																	
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	247	(8.2)	44	(9.2)	18	(3.2)	266	(14.2)	100	(11.7)	38	(2.6)	231	(4.8)
20 and over.....	1680	50	(2.7)	291	(5.1)	53	(7.8)	18	(2.6)	299	(8.5)	106	(10.7)	35	(3.1)	283	(6.3)
2 and over...	2762	48	(3.1)	280	(5.0)	51	(8.0)	18	(2.7)	292	(8.5)	105	(10.3)	36	(2.9)	269	(5.4)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	233	(6.5)	37	(3.7)	16	(1.5)	229	(5.0)	80	(4.7)	35	(2.1)	236	(10.7)
20 and over.....	1748	56	(1.4)	308	(6.8)	59	(2.9)	19	(0.9)	299	(5.8)	107	(3.7)	36	(1.0)	318	(11.5)
2 and over...	2910	53	(1.4)	289	(5.9)	54	(2.1)	19	(0.7)	284	(4.9)	101	(2.8)	36	(0.7)	295	(10.1)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	257	(7.6)	41	(4.2)	16	(1.3)	258	(14.3)	76	(6.3)	29	(1.8)	255	(10.7)
20 and over.....	1053	63	(2.9)	348	(9.9)	72	(4.4)	21	(1.3)	342	(13.1)	115	(4.2)	34	(1.3)	358	(17.5)
2 and over...	1765	61	(2.7)	324	(8.0)	64	(3.9)	20	(1.2)	323	(11.9)	106	(4.0)	33	(1.3)	327	(14.6)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	244	(2.8)	40	(3.4)	16	(1.3)	248	(6.5)	83	(5.7)	34	(1.8)	240	(5.2)
20 and over.....	4801	56	(1.3)	314	(5.0)	61	(2.8)	19	(0.9)	313	(6.5)	109	(3.5)	35	(1.1)	316	(6.5)
2 and over...	7933	54	(1.2)	297	(4.1)	55	(2.7)	19	(0.9)	299	(5.8)	103	(3.5)	34	(1.1)	294	(6.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Iron: *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	15.0	(0.34)	2.9	(0.63)	19	(4.0)	16.0	(0.48)	6.6	(0.76)	41	(4.0)	14.2	(0.54)
20 and over.....	1680	50	(2.7)	15.2	(0.23)	3.2	(0.44)	21	(2.7)	15.9	(0.51)	6.5	(0.60)	41	(2.9)	14.5	(0.42)
2 and over...	2762	48	(3.1)	15.2	(0.20)	3.2	(0.48)	21	(3.0)	16.0	(0.46)	6.5	(0.62)	41	(3.0)	14.4	(0.32)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	13.7	(0.37)	2.4	(0.27)	18	(1.9)	13.9	(0.49)	5.3	(0.40)	38	(2.9)	13.5	(0.55)
20 and over.....	1748	56	(1.4)	15.3	(0.27)	3.4	(0.13)	22	(0.9)	15.2	(0.40)	6.1	(0.15)	40	(1.1)	15.5	(0.40)
2 and over...	2910	53	(1.4)	14.9	(0.24)	3.2	(0.12)	21	(0.7)	14.9	(0.32)	5.9	(0.15)	40	(0.8)	14.9	(0.35)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	14.4	(0.42)	2.4	(0.22)	17	(1.2)	14.5	(0.72)	4.5	(0.38)	31	(2.0)	14.1	(0.39)
20 and over.....	1053	63	(2.9)	16.9	(0.44)	4.0	(0.20)	23	(1.3)	16.5	(0.54)	6.3	(0.25)	38	(1.6)	17.6	(0.82)
2 and over...	1765	61	(2.7)	16.2	(0.33)	3.6	(0.17)	22	(1.1)	16.0	(0.47)	5.9	(0.23)	37	(1.4)	16.5	(0.54)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	14.3	(0.21)	2.5	(0.22)	18	(1.4)	14.6	(0.32)	5.3	(0.38)	36	(2.1)	14.1	(0.26)
20 and over.....	4801	56	(1.3)	15.8	(0.17)	3.5	(0.13)	22	(0.9)	15.8	(0.21)	6.2	(0.17)	39	(1.2)	15.7	(0.28)
2 and over...	7933	54	(1.2)	15.4	(0.13)	3.2	(0.13)	21	(0.9)	15.6	(0.16)	6.0	(0.19)	39	(1.2)	15.2	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Zinc: *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	10.6	(0.43)	2.3	(0.55)	22	(4.5)	11.5	(0.74)	5.3	(0.82)	46	(4.5)	9.8	(0.33)
20 and over.....	1680	50	(2.7)	11.3	(0.20)	2.6	(0.39)	23	(3.3)	12.1	(0.42)	5.3	(0.55)	44	(3.6)	10.5	(0.29)
2 and over...	2762	48	(3.1)	11.1	(0.22)	2.6	(0.42)	23	(3.5)	11.9	(0.41)	5.3	(0.55)	44	(3.6)	10.3	(0.24)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	9.6	(0.37)	1.8	(0.22)	19	(2.1)	9.7	(0.39)	3.9	(0.32)	40	(3.1)	9.6	(0.48)
20 and over.....	1748	56	(1.4)	11.2	(0.31)	2.8	(0.16)	25	(1.3)	11.4	(0.32)	5.1	(0.22)	45	(1.3)	10.9	(0.42)
2 and over...	2910	53	(1.4)	10.8	(0.30)	2.6	(0.13)	24	(1.0)	11.0	(0.28)	4.9	(0.16)	44	(1.0)	10.6	(0.40)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	10.6	(0.56)	2.2	(0.30)	20	(2.1)	11.2	(0.93)	4.0	(0.47)	36	(2.8)	9.9	(0.51)
20 and over.....	1053	63	(2.9)	12.3	(0.32)	3.2	(0.20)	26	(1.6)	12.5	(0.54)	5.1	(0.26)	41	(2.1)	12.0	(0.49)
2 and over...	1765	61	(2.7)	11.8	(0.29)	2.9	(0.19)	25	(1.5)	12.2	(0.54)	4.8	(0.23)	40	(1.8)	11.3	(0.33)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	10.2	(0.20)	2.0	(0.18)	20	(1.7)	10.6	(0.41)	4.3	(0.32)	40	(2.3)	9.8	(0.15)
20 and over.....	4801	56	(1.3)	11.5	(0.15)	2.9	(0.12)	25	(1.1)	11.9	(0.19)	5.1	(0.16)	43	(1.4)	11.0	(0.24)
2 and over...	7933	54	(1.2)	11.2	(0.13)	2.7	(0.12)	24	(1.1)	11.6	(0.20)	4.9	(0.16)	43	(1.4)	10.7	(0.20)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Copper: *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	1.0	(0.03)	0.2	(0.04)	19	(3.6)	1.1	(0.06)	0.4	(0.05)	39	(3.2)	0.9	(0.03)
20 and over.....	1680	50	(2.7)	1.2	(0.02)	0.2	(0.03)	19	(2.5)	1.2	(0.03)	0.4	(0.04)	36	(2.8)	1.2	(0.02)
2 and over...	2762	48	(3.1)	1.1	(0.02)	0.2	(0.03)	19	(2.7)	1.2	(0.03)	0.4	(0.04)	37	(2.7)	1.1	(0.02)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	1.0	(0.03)	0.2	(0.02)	16	(1.5)	1.0	(0.03)	0.3	(0.02)	36	(2.0)	1.0	(0.06)
20 and over.....	1748	56	(1.4)	1.3	(0.02)	0.3	(0.01)	20	(0.9)	1.3	(0.03)	0.5	(0.02)	36	(1.1)	1.3	(0.03)
2 and over...	2910	53	(1.4)	1.2	(0.02)	0.2	(0.01)	19	(0.6)	1.2	(0.03)	0.4	(0.01)	36	(0.9)	1.2	(0.03)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	1.1	(0.05)	0.2	(0.04)	18	(3.1)	1.1	(0.10)	0.4	(0.07)	34	(4.0)	1.1	(0.03)
20 and over.....	1053	63	(2.9)	1.6	(0.13)	0.3	(0.02)	19	(1.8)	1.7	(0.22)	0.5	(0.03)	29	(4.1)	1.5	(0.06)
2 and over...	1765	61	(2.7)	1.5	(0.11)	0.3	(0.02)	19	(1.7)	1.5	(0.19)	0.5	(0.03)	30	(3.7)	1.4	(0.05)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	1.0	(0.02)	0.2	(0.02)	18	(1.7)	1.0	(0.04)	0.4	(0.03)	36	(2.1)	1.0	(0.02)
20 and over.....	4801	56	(1.3)	1.4	(0.05)	0.3	(0.01)	19	(0.8)	1.4	(0.08)	0.5	(0.01)	33	(2.1)	1.3	(0.02)
2 and over...	7933	54	(1.2)	1.3	(0.04)	0.2	(0.01)	19	(0.8)	1.3	(0.07)	0.4	(0.01)	34	(1.9)	1.2	(0.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Selenium																			
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	102.8	(4.13)	26.5	(5.87)	26	(4.8)	115.5	(6.80)	60.0	(7.86)	52	(3.9)	92.8	(2.87)
20 and over.....	1680	50	(2.7)	110.8	(2.37)	29.7	(4.23)	27	(3.4)	120.0	(3.70)	59.5	(5.76)	50	(3.9)	101.7	(2.12)
2 and over...	2762	48	(3.1)	108.8	(2.51)	28.9	(4.58)	27	(3.7)	118.9	(3.72)	59.7	(5.94)	50	(3.7)	99.2	(1.58)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	91.4	(3.16)	20.5	(2.46)	22	(2.4)	95.0	(3.86)	44.6	(3.53)	47	(2.9)	88.3	(3.50)
20 and over.....	1748	56	(1.4)	111.6	(2.57)	31.7	(1.23)	28	(1.1)	116.5	(2.77)	56.9	(1.78)	49	(1.5)	105.4	(3.21)
2 and over...	2910	53	(1.4)	106.7	(2.49)	28.9	(1.08)	27	(0.9)	112.0	(2.45)	54.3	(1.53)	48	(1.2)	100.6	(3.13)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	102.5	(4.16)	24.7	(3.20)	24	(2.7)	107.4	(6.53)	45.9	(5.11)	43	(3.3)	96.8	(3.99)
20 and over.....	1053	63	(2.9)	122.3	(2.89)	36.0	(2.07)	29	(1.8)	126.2	(3.24)	57.0	(2.88)	45	(2.1)	115.7	(4.81)
2 and over...	1765	61	(2.7)	117.1	(2.10)	33.0	(1.94)	28	(1.7)	121.8	(2.70)	54.4	(2.47)	45	(1.9)	109.9	(2.73)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	98.1	(1.59)	23.4	(2.08)	24	(1.9)	104.4	(3.12)	48.7	(3.58)	47	(2.3)	92.3	(1.51)
20 and over.....	4801	56	(1.3)	114.5	(1.46)	32.1	(1.37)	28	(1.3)	120.4	(1.36)	57.5	(2.08)	48	(1.7)	107.0	(2.52)
2 and over...	7933	54	(1.2)	110.4	(1.05)	29.9	(1.42)	27	(1.3)	116.8	(1.18)	55.6	(2.19)	48	(1.7)	102.9	(1.92)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Potassium: *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	2305	(49.1)	465	(102.0)	20	(4.0)	2477	(107.9)	1054	(127.9)	43	(3.6)	2169	(57.0)
20 and over.....	1680	50	(2.7)	2634	(53.2)	557	(86.1)	21	(3.2)	2730	(81.3)	1117	(123.5)	41	(3.8)	2539	(84.5)
2 and over...	2762	48	(3.1)	2550	(46.8)	534	(88.8)	21	(3.3)	2671	(78.2)	1102	(119.0)	41	(3.5)	2437	(71.1)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	2196	(59.1)	371	(37.1)	17	(1.7)	2151	(43.2)	805	(46.0)	37	(2.2)	2235	(104.8)
20 and over.....	1748	56	(1.4)	2749	(61.9)	610	(28.1)	22	(1.0)	2713	(56.1)	1095	(35.4)	40	(1.1)	2795	(91.9)
2 and over...	2910	53	(1.4)	2614	(55.0)	551	(20.7)	21	(0.7)	2594	(48.2)	1034	(25.3)	40	(0.9)	2637	(80.9)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	2386	(65.3)	423	(47.5)	18	(1.6)	2398	(131.6)	785	(73.3)	33	(1.7)	2373	(93.6)
20 and over.....	1053	63	(2.9)	3031	(69.3)	729	(46.3)	24	(1.5)	3027	(91.4)	1154	(50.6)	38	(1.7)	3039	(91.8)
2 and over...	1765	61	(2.7)	2863	(58.2)	649	(40.7)	23	(1.3)	2881	(90.4)	1069	(44.7)	37	(1.5)	2834	(77.8)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	2279	(21.5)	412	(35.6)	18	(1.6)	2311	(65.1)	857	(59.5)	37	(1.9)	2250	(57.6)
20 and over.....	4801	56	(1.3)	2793	(38.4)	623	(27.6)	22	(1.0)	2819	(43.5)	1118	(36.1)	40	(1.3)	2762	(53.7)
2 and over...	7933	54	(1.2)	2665	(32.6)	570	(26.8)	21	(1.1)	2705	(40.8)	1059	(36.6)	39	(1.3)	2618	(51.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

				S o d i u m												
				All Individuals [2]					*All Restaurant Consumers* [3]					*Non-consumers* [4]		
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	3337	(113.2)	897	(196.5)	27	(5.0)	3792	(232.6)	2032	(248.9)	54	(3.4)	2978	(78.6)
20 and over.....	1680	50	(2.7)	3556	(83.3)	1012	(139.7)	28	(3.4)	3910	(124.2)	2028	(189.9)	52	(3.5)	3204	(60.6)
2 and over...	2762	48	(3.1)	3500	(85.8)	982	(152.6)	28	(3.7)	3883	(139.6)	2029	(198.0)	52	(3.4)	3141	(46.7)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	2996	(101.7)	710	(82.3)	24	(2.4)	3201	(95.6)	1541	(115.0)	48	(2.9)	2820	(156.2)
20 and over.....	1748	56	(1.4)	3523	(66.5)	1037	(41.1)	29	(1.3)	3728	(59.4)	1862	(53.9)	50	(1.3)	3266	(120.3)
2 and over...	2910	53	(1.4)	3395	(69.5)	957	(35.4)	28	(1.0)	3617	(52.3)	1795	(47.7)	50	(1.1)	3140	(118.2)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	3170	(95.0)	776	(76.6)	24	(2.3)	3282	(175.1)	1442	(126.8)	44	(2.8)	3040	(97.7)
20 and over.....	1053	63	(2.9)	3732	(80.3)	1182	(70.0)	32	(1.9)	3884	(105.8)	1872	(84.4)	48	(1.9)	3472	(123.5)
2 and over...	1765	61	(2.7)	3585	(64.8)	1076	(62.0)	30	(1.7)	3744	(97.9)	1772	(78.2)	47	(1.8)	3340	(78.8)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	3137	(47.8)	779	(68.9)	25	(2.1)	3370	(108.7)	1620	(122.7)	48	(2.3)	2921	(78.0)
20 and over.....	4801	56	(1.3)	3592	(29.1)	1061	(45.6)	30	(1.3)	3819	(45.8)	1903	(66.3)	50	(1.5)	3306	(68.6)
2 and over...	7933	54	(1.2)	3478	(24.4)	990	(46.9)	28	(1.4)	3719	(48.1)	1840	(73.1)	49	(1.6)	3198	(62.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Caffeine: *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	32.6	(4.99)	5.8	(1.55)	18*	(6.0)	45.2	(8.56)	13.2	(2.23)	29	(8.0)	22.7	(4.47)
20 and over.....	1680	50	(2.7)	144.9	(11.77)	22.3	(3.13)	15	(2.5)	144.4	(15.75)	44.7	(5.17)	31	(4.2)	145.4	(8.90)
2 and over...	2762	48	(3.1)	116.2	(9.84)	18.1	(2.43)	16	(2.6)	121.2	(14.12)	37.3	(3.94)	31	(4.2)	111.4	(7.31)
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	32.4	(2.77)	9.2	(2.14)	28	(5.7)	41.4	(4.40)	20.0	(4.25)	48	(6.4)	24.7	(4.16)
20 and over.....	1748	56	(1.4)	189.6	(12.47)	33.6	(3.41)	18	(1.2)	196.1	(16.08)	60.4	(6.07)	31	(2.3)	181.6	(15.26)
2 and over...	2910	53	(1.4)	151.3	(10.00)	27.7	(2.47)	18	(1.1)	163.5	(12.90)	51.9	(4.61)	32	(2.2)	137.4	(13.03)
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	28.9	(2.48)	9.1	(2.30)	31	(6.6)	37.2	(6.27)	16.8	(4.31)	45	(7.7)	19.2	(2.71)
20 and over.....	1053	63	(2.9)	181.2	(13.02)	39.3	(4.73)	22	(2.9)	190.0	(19.13)	62.3	(6.22)	33	(4.0)	166.2	(17.33)
2 and over...	1765	61	(2.7)	141.4	(10.48)	31.4	(3.68)	22	(2.8)	154.6	(15.85)	51.8	(4.91)	33	(3.8)	121.1	(12.92)
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	31.8	(1.77)	8.4	(1.09)	26	(3.4)	41.0	(2.85)	17.5	(1.90)	43	(4.5)	23.4	(2.17)
20 and over.....	4801	56	(1.3)	172.9	(8.97)	31.4	(1.73)	18	(1.2)	179.1	(10.76)	56.3	(2.53)	31	(1.8)	165.1	(9.95)
2 and over...	7933	54	(1.2)	137.5	(7.03)	25.6	(1.39)	19	(1.3)	148.1	(8.80)	47.6	(2.03)	32	(2.0)	125.1	(7.76)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2011-2012 *(continued)*

A l c o h o l

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	1082	44	(5.2)	--		--		--		--		--		--		--	
20 and over.....	1680	50	(2.7)	11.1	(1.48)	0.8*	(0.32)	7*	(3.2)	11.6	(1.31)	1.6*	(0.59)	14*	(4.4)	10.7*	(3.31)
2 and over...	2762	48	(3.1)	--		--		--		--		--		--		--	
$25,000 - $74,999:																	
2 - 19.....	1162	46	(2.7)	--		--		--		--		--		--		--	
20 and over.....	1748	56	(1.4)	10.4	(1.11)	1.5	(0.28)	15	(2.8)	10.4	(1.03)	2.7	(0.50)	26	(3.8)	10.4	(2.38)
2 and over...	2910	53	(1.4)	--		--		--		--		--		--		--	
$75,000 and higher:																	
2 - 19.....	712	54	(3.4)	--		--		--		--		--		--		--	
20 and over.....	1053	63	(2.9)	15.8	(2.24)	3.6	(0.67)	23	(2.8)	15.9	(1.92)	5.6	(0.99)	36	(4.5)	15.5	(3.80)
2 and over...	1765	61	(2.7)	--		--		--		--		--		--		--	
All Individuals [7]:																	
2 - 19.....	3132	48	(1.4)	--		--		--		--		--		--		--	
20 and over.....	4801	56	(1.3)	12.1	(0.88)	1.9	(0.29)	16	(2.1)	12.5	(0.96)	3.4	(0.47)	27	(2.7)	11.6	(1.50)
2 and over...	7933	54	(1.2)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as:"Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[3] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

[7] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2014).

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.

Salt adjustment is not applied to What We Eat in America, NHANES 2009-2010 and all subsequent surveys. Details available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Although alchohol 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012

Food energy																		
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of Federal poverty threshold and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	2000	(52.9)	430	(84.4)	21	(3.7)	2248	(113.3)	972	(114.4)	43	(3.0)	1803	(45.2)
20 and over.....	1585	49	(3.3)	2242	(61.9)	550	(95.3)	25	(3.7)	2434	(90.6)	1116	(124.4)	46	(3.6)	2055	(47.5)
2 and over...	2996	48	(3.5)	2159	(55.2)	509	(90.8)	24	(3.7)	2375	(91.3)	1070	(117.5)	45	(3.3)	1964	(35.7)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	1958	(43.9)	402	(42.1)	21	(2.1)	2018	(56.4)	894	(54.0)	44	(2.3)	1909	(53.2)
20 and over.....	1509	54	(2.3)	2120	(56.7)	522	(30.2)	25	(1.2)	2292	(58.3)	968	(26.2)	42	(1.4)	1918	(52.4)
2 and over...	2432	52	(2.2)	2078	(48.9)	492	(28.5)	24	(1.2)	2231	(47.7)	952	(28.2)	43	(1.3)	1915	(48.5)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	1999	(49.4)	478	(49.1)	24	(2.3)	2040	(88.3)	811	(60.3)	40	(2.1)	1940	(56.6)
20 and over.....	1340	63	(2.7)	2237	(42.3)	619	(37.7)	28	(1.6)	2269	(55.6)	979	(33.6)	43	(1.3)	2180	(46.2)
2 and over...	1913	62	(2.8)	2194	(39.4)	594	(36.1)	27	(1.6)	2230	(51.9)	951	(30.9)	43	(1.2)	2133	(38.9)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	1983	(22.8)	428	(35.7)	22	(1.7)	2103	(55.5)	891	(60.0)	42	(1.9)	1873	(24.7)
20 and over.....	4801	56	(1.3)	2191	(15.6)	558	(24.6)	25	(1.2)	2306	(21.7)	1000	(34.8)	43	(1.4)	2046	(35.0)
2 and over...	7933	54	(1.2)	2139	(12.3)	525	(25.4)	25	(1.2)	2261	(23.9)	976	(38.0)	43	(1.4)	1997	(30.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

P r o t e i n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	71.6	(2.05)	16.9	(3.48)	24	(4.3)	78.9	(4.28)	38.3	(5.02)	48	(4.0)	65.8	(1.84)
20 and over.....	1585	49	(3.3)	83.4	(2.07)	22.6	(3.72)	27	(3.9)	89.0	(3.05)	45.9	(4.72)	52	(3.8)	78.0	(2.18)
2 and over...	2996	48	(3.5)	79.4	(1.84)	20.7	(3.58)	26	(3.9)	85.8	(3.02)	43.4	(4.53)	51	(3.6)	73.6	(1.30)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	68.1	(2.60)	14.9	(2.01)	22	(2.6)	70.4	(3.50)	33.1	(2.89)	47	(3.2)	66.3	(2.49)
20 and over.....	1509	54	(2.3)	77.9	(2.01)	21.2	(1.15)	27	(1.1)	84.4	(1.77)	39.3	(1.00)	47	(1.2)	70.3	(2.17)
2 and over...	2432	52	(2.2)	75.4	(1.85)	19.6	(1.18)	26	(1.2)	81.3	(1.68)	38.0	(1.15)	47	(1.1)	69.1	(2.00)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	73.2	(2.60)	19.1	(2.40)	26	(2.8)	75.4	(3.53)	32.5	(2.73)	43	(2.8)	70.1	(3.57)
20 and over.....	1340	63	(2.7)	87.5	(1.62)	26.4	(1.77)	30	(1.9)	88.6	(2.02)	41.8	(1.83)	47	(1.8)	85.6	(2.75)
2 and over...	1913	62	(2.8)	84.9	(1.34)	25.1	(1.67)	30	(1.8)	86.3	(1.77)	40.2	(1.54)	47	(1.7)	82.5	(1.99)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	70.6	(0.94)	16.6	(1.42)	23	(1.9)	74.7	(2.03)	34.5	(2.43)	46	(2.4)	66.7	(1.05)
20 and over.....	4801	56	(1.3)	83.0	(0.75)	23.3	(1.01)	28	(1.2)	87.1	(0.95)	41.8	(1.42)	48	(1.5)	78.0	(1.51)
2 and over...	7933	54	(1.2)	79.9	(0.52)	21.6	(1.01)	27	(1.2)	84.3	(0.86)	40.2	(1.49)	48	(1.5)	74.8	(1.20)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Carbohydrate																		
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of Federal poverty threshold and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	264	(5.6)	48	(9.1)	18	(3.1)	291	(11.7)	109	(11.7)	37	(2.6)	243	(5.7)
20 and over.....	1585	49	(3.3)	280	(7.3)	61	(11.5)	22	(3.7)	302	(11.6)	123	(15.7)	41	(4.0)	258	(4.5)
2 and over...	2996	48	(3.5)	274	(6.3)	56	(10.6)	21	(3.5)	298	(10.8)	118	(14.0)	40	(3.5)	252	(4.4)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	267	(5.5)	49	(5.1)	18	(1.9)	272	(6.5)	110	(7.8)	40	(2.3)	263	(8.9)
20 and over.....	1509	54	(2.3)	260	(6.8)	58	(3.7)	22	(1.3)	275	(8.1)	107	(3.6)	39	(1.5)	243	(6.8)
2 and over...	2432	52	(2.2)	262	(5.9)	55	(3.3)	21	(1.2)	274	(6.1)	107	(3.9)	39	(1.4)	249	(6.7)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	263	(5.9)	57	(6.5)	22	(2.3)	268	(10.2)	97	(9.0)	36	(2.4)	257	(6.9)
20 and over.....	1340	63	(2.7)	264	(5.0)	65	(3.8)	24	(1.5)	262	(5.7)	102	(3.3)	39	(1.3)	267	(7.6)
2 and over...	1913	62	(2.8)	264	(4.5)	63	(3.9)	24	(1.6)	263	(5.1)	101	(3.6)	38	(1.3)	265	(6.9)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	265	(2.3)	50	(4.3)	19	(1.6)	277	(6.4)	105	(7.0)	38	(1.7)	254	(4.2)
20 and over.....	4801	56	(1.3)	266	(2.4)	60	(2.9)	23	(1.2)	275	(3.0)	108	(4.2)	39	(1.5)	255	(4.8)
2 and over...	7933	54	(1.2)	266	(1.9)	58	(3.1)	22	(1.2)	275	(3.0)	107	(4.6)	39	(1.4)	255	(4.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake g	(SE)
				Total sugars													
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	126	(2.8)	17	(3.7)	14	(2.7)	135	(5.3)	39	(5.1)	29	(2.8)	119	(3.5)
20 and over.....	1585	49	(3.3)	128	(4.5)	23	(5.4)	18	(3.9)	138	(6.8)	46	(8.3)	33	(4.8)	117	(3.4)
2 and over...	2996	48	(3.5)	127	(3.5)	21	(4.7)	16	(3.4)	137	(5.6)	44	(7.0)	32	(4.1)	118	(3.0)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	131	(3.9)	20	(2.2)	15	(1.7)	131	(5.4)	44	(4.1)	34	(2.4)	132	(6.5)
20 and over.....	1509	54	(2.3)	114	(3.9)	21	(1.6)	18	(1.4)	120	(5.7)	38	(2.1)	32	(2.1)	107	(3.7)
2 and over...	2432	52	(2.2)	119	(3.6)	20	(1.4)	17	(1.2)	123	(4.5)	40	(2.0)	32	(1.8)	114	(3.4)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	127	(3.3)	23	(3.4)	18	(2.5)	128	(5.3)	39	(5.1)	30	(3.1)	125	(5.4)
20 and over.....	1340	63	(2.7)	114	(2.4)	23	(1.8)	20	(1.5)	112	(3.3)	36	(1.7)	32	(1.3)	117	(3.4)
2 and over...	1913	62	(2.8)	116	(2.0)	23	(1.8)	20	(1.5)	115	(2.9)	36	(1.8)	32	(1.3)	119	(2.9)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	128	(1.8)	19	(1.9)	15	(1.5)	131	(3.4)	41	(3.1)	31	(1.7)	125	(3.4)
20 and over.....	4801	56	(1.3)	117	(1.4)	22	(1.5)	18	(1.4)	121	(1.6)	39	(2.2)	32	(1.8)	113	(2.3)
2 and over...	7933	54	(1.2)	120	(1.3)	21	(1.5)	18	(1.3)	123	(1.5)	39	(2.3)	32	(1.7)	117	(2.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Dietary fiber: *All Individuals* [3] Total Intake g	(SE)	*All Individuals* [3] Intake from All Restaurants g	(SE)	*All Individuals* [3] Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake g	(SE)	*All Restaurant Consumers* [4] Intake from All Restaurants g	(SE)	*All Restaurant Consumers* [4] Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	14.4	(0.33)	2.7	(0.47)	19	(3.1)	15.4	(0.65)	6.0	(0.59)	39	(2.5)	13.5	(0.51)
20 and over.....	1585	49	(3.3)	17.2	(0.52)	3.7	(0.60)	22	(3.3)	17.3	(0.79)	7.5	(0.74)	43	(3.5)	17.0	(0.62)
2 and over...	2996	48	(3.5)	16.2	(0.40)	3.3	(0.55)	21	(3.2)	16.7	(0.70)	7.0	(0.67)	42	(3.0)	15.7	(0.47)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	14.0	(0.35)	2.7	(0.32)	19	(2.0)	14.0	(0.41)	6.0	(0.49)	42	(2.6)	14.0	(0.51)
20 and over.....	1509	54	(2.3)	17.1	(0.50)	3.5	(0.21)	20	(0.9)	16.9	(0.55)	6.5	(0.20)	38	(1.4)	17.3	(0.71)
2 and over...	2432	52	(2.2)	16.3	(0.41)	3.3	(0.18)	20	(0.8)	16.3	(0.44)	6.4	(0.17)	39	(1.2)	16.4	(0.62)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	14.9	(0.46)	3.0	(0.36)	20	(2.0)	14.8	(0.85)	5.1	(0.42)	34	(1.8)	15.0	(0.81)
20 and over.....	1340	63	(2.7)	19.8	(0.66)	4.5	(0.30)	23	(1.4)	19.1	(0.78)	7.1	(0.30)	37	(1.7)	21.1	(0.71)
2 and over...	1913	62	(2.8)	18.9	(0.56)	4.2	(0.27)	22	(1.4)	18.4	(0.67)	6.8	(0.27)	37	(1.5)	19.9	(0.63)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	14.4	(0.18)	2.7	(0.21)	19	(1.4)	14.7	(0.34)	5.6	(0.35)	38	(1.7)	14.1	(0.39)
20 and over.....	4801	56	(1.3)	18.1	(0.35)	3.9	(0.16)	21	(0.9)	18.0	(0.45)	7.0	(0.21)	39	(1.4)	18.3	(0.37)
2 and over...	7933	54	(1.2)	17.2	(0.28)	3.6	(0.14)	21	(0.9)	17.2	(0.37)	6.7	(0.20)	39	(1.3)	17.2	(0.37)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake g	(SE)
				Total fat													
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	75.0	(2.67)	19.1	(3.86)	25	(4.3)	87.3	(5.66)	43.1	(5.53)	49	(3.2)	65.3	(2.31)
20 and over.....	1585	49	(3.3)	82.4	(2.56)	23.9	(3.79)	29	(3.8)	91.5	(3.83)	48.4	(4.80)	53	(3.2)	73.6	(1.72)
2 and over...	2996	48	(3.5)	79.9	(2.44)	22.2	(3.78)	28	(4.0)	90.1	(4.18)	46.7	(4.86)	52	(3.1)	70.6	(1.49)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	70.1	(1.98)	16.4	(1.82)	23	(2.3)	72.9	(3.38)	36.4	(2.38)	50	(2.6)	67.8	(1.95)
20 and over.....	1509	54	(2.3)	80.2	(2.80)	22.6	(1.28)	28	(1.0)	89.9	(2.61)	41.8	(1.03)	47	(1.4)	68.8	(2.71)
2 and over...	2432	52	(2.2)	77.6	(2.31)	21.0	(1.27)	27	(1.1)	86.1	(2.31)	40.6	(1.18)	47	(1.3)	68.5	(2.24)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	75.5	(2.45)	19.5	(1.70)	26	(2.3)	76.9	(4.32)	33.1	(1.99)	43	(2.2)	73.4	(3.74)
20 and over.....	1340	63	(2.7)	84.7	(2.34)	26.0	(1.65)	31	(1.6)	87.9	(3.19)	41.1	(1.63)	47	(1.5)	79.1	(1.87)
2 and over...	1913	62	(2.8)	83.0	(2.23)	24.8	(1.53)	30	(1.6)	86.0	(3.03)	39.7	(1.45)	46	(1.4)	78.0	(1.97)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	73.3	(1.42)	18.1	(1.52)	25	(1.8)	79.2	(2.81)	37.6	(2.69)	47	(2.0)	67.8	(0.92)
20 and over.....	4801	56	(1.3)	82.2	(0.77)	23.8	(0.91)	29	(1.1)	88.9	(1.17)	42.6	(1.39)	48	(1.4)	73.9	(0.97)
2 and over...	7933	54	(1.2)	80.0	(0.75)	22.3	(0.98)	28	(1.2)	86.7	(1.25)	41.5	(1.57)	48	(1.5)	72.1	(0.87)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Saturated fat																		
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	25.7	(0.90)	6.1	(1.19)	24	(4.2)	29.4	(1.76)	13.8	(1.75)	47	(3.5)	22.7	(1.04)
20 and over.....	1585	49	(3.3)	27.0	(0.86)	7.7	(1.28)	29	(4.1)	30.0	(1.37)	15.7	(1.64)	52	(3.6)	24.1	(0.64)
2 and over...	2996	48	(3.5)	26.6	(0.79)	7.2	(1.23)	27	(4.0)	29.8	(1.41)	15.1	(1.59)	51	(3.3)	23.6	(0.64)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	24.4	(0.76)	5.5	(0.61)	23	(2.4)	25.1	(1.29)	12.3	(0.78)	49	(2.9)	23.8	(0.89)
20 and over.....	1509	54	(2.3)	25.8	(1.00)	7.3	(0.42)	28	(1.2)	28.8	(0.87)	13.5	(0.38)	47	(1.6)	22.3	(1.17)
2 and over...	2432	52	(2.2)	25.4	(0.81)	6.8	(0.42)	27	(1.1)	27.9	(0.80)	13.2	(0.42)	47	(1.3)	22.7	(0.95)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	26.6	(0.97)	6.9	(0.69)	26	(2.6)	26.7	(1.45)	11.7	(0.84)	44	(2.8)	26.3	(1.46)
20 and over.....	1340	63	(2.7)	27.0	(0.79)	8.5	(0.55)	31	(1.8)	28.2	(1.02)	13.5	(0.56)	48	(1.6)	25.0	(1.03)
2 and over...	1913	62	(2.8)	26.9	(0.76)	8.2	(0.51)	31	(1.7)	27.9	(0.99)	13.2	(0.48)	47	(1.4)	25.3	(1.02)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	25.4	(0.49)	6.0	(0.44)	24	(1.6)	27.1	(0.88)	12.5	(0.79)	46	(2.0)	23.8	(0.42)
20 and over.....	4801	56	(1.3)	26.5	(0.36)	7.7	(0.34)	29	(1.3)	28.7	(0.53)	13.9	(0.51)	48	(1.5)	23.7	(0.46)
2 and over...	7933	54	(1.2)	26.2	(0.35)	7.3	(0.33)	28	(1.3)	28.3	(0.52)	13.6	(0.53)	48	(1.5)	23.7	(0.42)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Monounsaturated fat																			
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	25.9	(1.04)	6.6	(1.37)	25	(4.3)	30.0	(2.23)	14.8	(1.98)	49	(3.1)	22.5	(0.78)
20 and over.....	1585	49	(3.3)	29.0	(0.83)	8.3	(1.27)	29	(3.7)	32.0	(1.16)	16.8	(1.56)	52	(3.2)	26.1	(0.67)
2 and over...	2996	48	(3.5)	27.9	(0.82)	7.7	(1.28)	28	(3.8)	31.4	(1.38)	16.2	(1.61)	52	(3.0)	24.8	(0.47)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	24.2	(0.72)	5.5	(0.60)	23	(2.2)	25.1	(1.25)	12.3	(0.81)	49	(2.4)	23.4	(0.72)
20 and over.....	1509	54	(2.3)	28.7	(1.00)	8.0	(0.44)	28	(0.9)	32.1	(0.90)	14.8	(0.35)	46	(1.3)	24.7	(1.00)
2 and over...	2432	52	(2.2)	27.6	(0.85)	7.4	(0.44)	27	(1.0)	30.6	(0.82)	14.2	(0.41)	47	(1.2)	24.3	(0.84)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	26.4	(0.95)	6.6	(0.59)	25	(2.3)	26.6	(1.71)	11.3	(0.71)	42	(2.3)	26.0	(1.41)
20 and over.....	1340	63	(2.7)	30.5	(0.85)	9.1	(0.59)	30	(1.6)	31.7	(1.24)	14.4	(0.59)	46	(1.6)	28.6	(0.64)
2 and over...	1913	62	(2.8)	29.8	(0.82)	8.7	(0.55)	29	(1.6)	30.8	(1.21)	13.9	(0.53)	45	(1.4)	28.0	(0.67)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	25.4	(0.53)	6.2	(0.54)	24	(1.8)	27.3	(1.08)	12.8	(0.95)	47	(2.0)	23.6	(0.35)
20 and over.....	4801	56	(1.3)	29.4	(0.30)	8.4	(0.31)	28	(1.1)	31.8	(0.45)	15.0	(0.45)	47	(1.3)	26.5	(0.34)
2 and over...	7933	54	(1.2)	28.4	(0.27)	7.8	(0.33)	27	(1.1)	30.8	(0.45)	14.5	(0.52)	47	(1.4)	25.7	(0.30)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	All Individuals [3] Total Intake g	(SE)	All Individuals [3] Intake from All Restaurants g	(SE)	All Individuals [3] Percentages from [7] All Restaurants %	(SE)	All Restaurant Consumers [4] Total Intake g	(SE)	All Restaurant Consumers [4] Intake from All Restaurants g	(SE)	All Restaurant Consumers [4] Percentages from [7] All Restaurants %	(SE)	Non-consumers [5] Total Intake g	(SE)
Polyunsaturated fat																	
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	17.3	(0.93)	4.8	(1.02)	28	(4.6)	20.8	(1.57)	10.9	(1.47)	52	(3.3)	14.6	(0.70)
20 and over.....	1585	49	(3.3)	19.5	(0.83)	5.8	(0.94)	30	(3.7)	21.9	(1.20)	11.9	(1.26)	54	(3.0)	17.2	(0.51)
2 and over...	2996	48	(3.5)	18.8	(0.82)	5.5	(0.95)	29	(3.9)	21.5	(1.24)	11.5	(1.29)	54	(3.0)	16.3	(0.51)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	15.8	(0.57)	3.9	(0.51)	25	(2.7)	17.0	(0.85)	8.8	(0.77)	52	(3.0)	14.9	(0.59)
20 and over.....	1509	54	(2.3)	19.2	(0.68)	5.4	(0.34)	28	(1.3)	21.6	(0.81)	10.0	(0.35)	46	(1.9)	16.3	(0.52)
2 and over...	2432	52	(2.2)	18.3	(0.56)	5.0	(0.33)	27	(1.3)	20.6	(0.67)	9.7	(0.34)	47	(1.8)	15.9	(0.44)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	16.5	(0.57)	4.2	(0.38)	26	(2.2)	17.2	(1.08)	7.2	(0.58)	42	(2.0)	15.4	(0.91)
20 and over.....	1340	63	(2.7)	20.3	(0.62)	6.1	(0.41)	30	(1.5)	21.0	(0.82)	9.7	(0.41)	46	(1.6)	19.1	(0.49)
2 and over...	1913	62	(2.8)	19.6	(0.54)	5.8	(0.36)	30	(1.5)	20.3	(0.72)	9.3	(0.38)	46	(1.5)	18.4	(0.42)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	16.6	(0.48)	4.3	(0.44)	26	(2.0)	18.4	(0.78)	9.0	(0.80)	49	(2.4)	14.8	(0.31)
20 and over.....	4801	56	(1.3)	19.7	(0.20)	5.7	(0.22)	29	(1.1)	21.2	(0.31)	10.2	(0.38)	48	(1.5)	17.7	(0.26)
2 and over...	7933	54	(1.2)	18.9	(0.21)	5.3	(0.25)	28	(1.2)	20.6	(0.32)	9.9	(0.43)	48	(1.7)	16.9	(0.21)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Cholesterol																			
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	243	(13.4)	64	(17.7)	26	(6.1)	268	(28.5)	145	(31.6)	54	(6.6)	223	(9.7)
20 and over.....	1585	49	(3.3)	287	(9.0)	83	(12.7)	29	(3.8)	306	(11.6)	168	(15.9)	55	(3.7)	268	(12.3)
2 and over...	2996	48	(3.5)	272	(7.9)	76	(13.8)	28	(4.4)	294	(11.6)	161	(18.7)	55	(4.4)	252	(7.9)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	210	(10.9)	44	(5.6)	21	(2.1)	217	(17.8)	97	(8.4)	45	(3.3)	204	(10.6)
20 and over.....	1509	54	(2.3)	274	(11.6)	82	(5.8)	30	(1.6)	312	(13.7)	152	(6.3)	49	(2.0)	230	(10.2)
2 and over...	2432	52	(2.2)	258	(9.6)	72	(5.4)	28	(1.5)	291	(11.4)	140	(6.0)	48	(1.6)	223	(9.0)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	217	(9.8)	57	(8.3)	26	(3.5)	215	(10.5)	97	(10.5)	45	(4.1)	222	(18.2)
20 and over.....	1340	63	(2.7)	286	(7.7)	93	(6.9)	33	(2.1)	295	(7.1)	148	(7.6)	50	(2.0)	269	(15.4)
2 and over...	1913	62	(2.8)	273	(7.5)	87	(6.2)	32	(2.1)	282	(5.9)	139	(6.1)	49	(1.9)	259	(13.1)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	224	(5.9)	55	(6.5)	24	(2.6)	235	(11.5)	114	(12.4)	48	(3.4)	214	(6.4)
20 and over.....	4801	56	(1.3)	282	(3.6)	85	(3.6)	30	(1.3)	302	(4.2)	153	(5.1)	51	(1.6)	257	(5.4)
2 and over...	7933	54	(1.2)	267	(3.3)	78	(4.0)	29	(1.4)	287	(3.7)	144	(6.3)	50	(1.9)	245	(5.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Vitamin A (RAE)																	
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	585	(23.7)	82	(18.2)	14	(3.2)	593	(35.5)	185	(29.8)	31	(4.9)	579	(24.0)
20 and over.....	1585	49	(3.3)	579	(29.0)	108	(19.2)	19	(3.0)	601	(49.1)	219	(26.6)	36	(3.7)	557	(20.8)
2 and over...	2996	48	(3.5)	581	(23.2)	99	(18.6)	17	(3.0)	599	(39.8)	208	(27.1)	35	(3.7)	565	(18.1)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	579	(29.8)	66	(7.9)	11	(1.6)	544	(45.2)	146	(10.4)	27	(2.9)	608	(32.4)
20 and over.....	1509	54	(2.3)	592	(25.3)	103	(6.4)	17	(1.0)	561	(15.6)	190	(6.9)	34	(1.1)	627	(43.5)
2 and over...	2432	52	(2.2)	588	(18.7)	93	(6.1)	16	(0.9)	557	(16.3)	180	(6.1)	32	(1.1)	621	(29.7)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	652	(24.0)	94	(8.5)	14	(1.3)	622	(29.0)	160	(12.5)	26	(1.6)	695	(44.8)
20 and over.....	1340	63	(2.7)	820	(75.7)	170	(17.1)	21	(2.6)	777	(81.7)	268	(24.5)	35	(4.5)	893	(72.1)
2 and over...	1913	62	(2.8)	790	(62.7)	156	(14.3)	20	(2.1)	751	(70.4)	250	(20.6)	33	(3.8)	854	(57.5)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	597	(10.2)	78	(5.8)	13	(1.0)	585	(17.8)	163	(11.3)	28	(2.2)	609	(18.9)
20 and over.....	4801	56	(1.3)	674	(38.0)	127	(8.0)	19	(1.1)	666	(44.4)	229	(13.3)	34	(2.4)	686	(33.0)
2 and over...	7933	54	(1.2)	655	(29.8)	115	(6.6)	18	(0.9)	647	(37.5)	214	(11.8)	33	(2.1)	664	(23.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Beta carotene: *All Individuals* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	1064	(94.8)	153	(34.6)	14	(3.6)	973	(118.5)	346	(55.4)	36	(6.5)	1135	(124.5)
20 and over.....	1585	49	(3.3)	1800	(187.2)	381	(70.4)	21	(3.7)	1987	(351.5)	772	(109.4)	39	(7.0)	1618	(137.2)
2 and over...	2996	48	(3.5)	1548	(142.1)	303	(52.8)	20	(3.3)	1665	(258.7)	637	(83.1)	38	(6.3)	1443	(94.4)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	1196	(103.8)	151	(32.0)	13	(2.6)	1190	(203.9)	335	(54.0)	28	(6.3)	1201	(114.7)
20 and over.....	1509	54	(2.3)	2127	(165.7)	330	(30.4)	16	(1.6)	1904	(130.1)	611	(53.3)	32	(2.1)	2389	(384.9)
2 and over...	2432	52	(2.2)	1890	(133.4)	284	(22.7)	15	(1.3)	1745	(120.2)	550	(38.9)	32	(2.3)	2044	(296.7)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	1357	(204.6)	203	(41.4)	15	(3.4)	1136	(237.5)	345	(69.6)	30	(6.6)	1673	(200.4)
20 and over.....	1340	63	(2.7)	3319	(291.9)	804	(131.2)	24	(3.3)	2877	(256.4)	1272	(196.7)	44	(4.2)	4079	(825.1)
2 and over...	1913	62	(2.8)	2966	(236.5)	696	(108.4)	23	(3.0)	2581	(234.3)	1115	(166.7)	43	(4.1)	3605	(661.0)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	1180	(71.6)	161	(10.9)	14	(0.8)	1085	(75.9)	335	(26.1)	31	(2.5)	1267	(99.4)
20 and over.....	4801	56	(1.3)	2500	(181.7)	518	(55.7)	21	(1.8)	2356	(170.8)	930	(97.1)	39	(3.2)	2681	(308.3)
2 and over...	7933	54	(1.2)	2169	(146.2)	429	(42.5)	20	(1.5)	2072	(136.4)	797	(78.3)	38	(2.9)	2282	(224.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Lycopene: *All Individuals* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	5410	(500.0)	1022	(202.1)	19	(3.3)	6158	(1068.1)	2312	(281.0)	38	(5.2)	4818	(410.1)
20 and over.....	1585	49	(3.3)	5654	(347.5)	1645	(375.9)	29	(5.3)	6333	(594.0)	3336	(584.6)	53	(6.1)	4994	(438.5)
2 and over...	2996	48	(3.5)	5571	(328.4)	1432	(309.2)	26	(4.3)	6278	(639.8)	3011	(457.9)	48	(3.1)	4930	(284.6)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	5104	(505.5)	1427	(331.4)	28	(5.0)	5179	(523.1)	3174	(573.9)	61	(6.4)	5044	(756.1)
20 and over.....	1509	54	(2.3)	4651	(262.1)	1207	(110.7)	26	(2.9)	4480	(329.8)	2237	(180.3)	50	(3.2)	4850	(493.1)
2 and over...	2432	52	(2.2)	4766	(251.4)	1263	(122.4)	27	(2.7)	4636	(229.1)	2445	(169.1)	53	(3.0)	4906	(472.3)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	5263	(691.3)	1500	(370.5)	29	(4.6)	5158	(1012.7)	2548	(551.4)	49	(4.5)	5413	(850.6)
20 and over.....	1340	63	(2.7)	5641	(387.0)	1638	(145.2)	29	(2.7)	5547	(469.3)	2592	(212.8)	47	(4.6)	5801	(498.5)
2 and over...	1913	62	(2.8)	5573	(301.9)	1613	(143.9)	29	(2.7)	5481	(399.1)	2584	(196.7)	47	(4.1)	5724	(447.5)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	5225	(350.7)	1251	(139.2)	24	(1.8)	5416	(533.5)	2603	(269.9)	48	(4.1)	5047	(371.5)
20 and over.....	4801	56	(1.3)	5279	(171.5)	1456	(104.1)	28	(1.8)	5371	(241.4)	2613	(170.4)	49	(3.0)	5164	(284.4)
2 and over...	7933	54	(1.2)	5265	(169.4)	1405	(84.9)	27	(1.5)	5381	(239.0)	2611	(134.1)	49	(2.2)	5131	(257.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

T h i a m i n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	1.57	(0.034)	0.30	(0.056)	19	(3.3)	1.69	(0.061)	0.68	(0.073)	40	(3.3)	1.46	(0.042)
20 and over.....	1585	49	(3.3)	1.64	(0.054)	0.39	(0.072)	24	(3.7)	1.74	(0.080)	0.79	(0.098)	45	(3.9)	1.54	(0.044)
2 and over...	2996	48	(3.5)	1.62	(0.044)	0.36	(0.066)	22	(3.6)	1.73	(0.071)	0.75	(0.087)	44	(3.5)	1.51	(0.029)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	1.51	(0.052)	0.28	(0.036)	19	(2.2)	1.54	(0.067)	0.63	(0.057)	41	(3.0)	1.49	(0.058)
20 and over.....	1509	54	(2.3)	1.57	(0.052)	0.37	(0.022)	23	(1.0)	1.67	(0.061)	0.68	(0.022)	41	(1.2)	1.46	(0.054)
2 and over...	2432	52	(2.2)	1.56	(0.048)	0.35	(0.023)	22	(1.1)	1.64	(0.052)	0.67	(0.026)	41	(1.1)	1.47	(0.052)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	1.57	(0.050)	0.34	(0.034)	21	(2.0)	1.62	(0.075)	0.57	(0.050)	35	(2.4)	1.49	(0.052)
20 and over.....	1340	63	(2.7)	1.72	(0.037)	0.47	(0.026)	27	(1.4)	1.69	(0.045)	0.74	(0.031)	44	(1.6)	1.76	(0.045)
2 and over...	1913	62	(2.8)	1.69	(0.035)	0.44	(0.024)	26	(1.3)	1.68	(0.042)	0.71	(0.028)	42	(1.4)	1.70	(0.037)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	1.55	(0.024)	0.30	(0.022)	19	(1.3)	1.62	(0.034)	0.62	(0.039)	39	(1.9)	1.50	(0.031)
20 and over.....	4801	56	(1.3)	1.64	(0.018)	0.41	(0.017)	25	(1.1)	1.69	(0.028)	0.73	(0.027)	43	(1.5)	1.58	(0.032)
2 and over...	7933	54	(1.2)	1.62	(0.015)	0.38	(0.016)	23	(1.1)	1.67	(0.023)	0.70	(0.027)	42	(1.4)	1.56	(0.029)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

R i b o f l a v i n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	2.04	(0.098)	0.30	(0.065)	15	(2.8)	2.15	(0.198)	0.68	(0.102)	32	(2.6)	1.96	(0.069)
20 and over.....	1585	49	(3.3)	2.06	(0.065)	0.38	(0.061)	18	(2.9)	2.11	(0.087)	0.77	(0.075)	37	(3.4)	2.01	(0.068)
2 and over...	2996	48	(3.5)	2.05	(0.069)	0.35	(0.061)	17	(2.9)	2.12	(0.114)	0.74	(0.079)	35	(3.0)	1.99	(0.060)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	1.89	(0.047)	0.27	(0.033)	14	(1.8)	1.82	(0.078)	0.61	(0.040)	33	(2.7)	1.94	(0.060)
20 and over.....	1509	54	(2.3)	2.05	(0.055)	0.40	(0.022)	19	(0.9)	2.12	(0.061)	0.74	(0.018)	35	(1.2)	1.97	(0.062)
2 and over...	2432	52	(2.2)	2.01	(0.042)	0.37	(0.022)	18	(1.0)	2.05	(0.051)	0.71	(0.019)	35	(1.1)	1.96	(0.051)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	2.09	(0.063)	0.36	(0.043)	17	(1.7)	2.14	(0.105)	0.61	(0.052)	28	(1.9)	2.02	(0.082)
20 and over.....	1340	63	(2.7)	2.37	(0.047)	0.53	(0.039)	23	(1.6)	2.33	(0.103)	0.84	(0.044)	36	(1.9)	2.45	(0.079)
2 and over...	1913	62	(2.8)	2.32	(0.045)	0.50	(0.036)	22	(1.5)	2.30	(0.097)	0.80	(0.038)	35	(1.6)	2.36	(0.071)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	2.00	(0.032)	0.30	(0.024)	15	(1.1)	2.03	(0.076)	0.63	(0.043)	31	(1.5)	1.97	(0.041)
20 and over.....	4801	56	(1.3)	2.17	(0.029)	0.44	(0.021)	20	(1.0)	2.20	(0.054)	0.79	(0.030)	36	(1.3)	2.13	(0.048)
2 and over...	7933	54	(1.2)	2.13	(0.025)	0.40	(0.020)	19	(1.0)	2.16	(0.054)	0.75	(0.031)	35	(1.2)	2.09	(0.045)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

N i a c i n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	23.1	(1.45)	5.0	(1.10)	21	(3.5)	26.8	(2.63)	11.2	(1.56)	42	(2.4)	20.2	(0.53)
20 and over.....	1585	49	(3.3)	26.1	(0.89)	6.7	(1.23)	25	(4.0)	28.4	(1.24)	13.5	(1.67)	48	(4.1)	23.9	(0.76)
2 and over...	2996	48	(3.5)	25.1	(1.02)	6.1	(1.18)	24	(3.8)	27.9	(1.56)	12.8	(1.59)	46	(3.4)	22.6	(0.54)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	21.0	(0.63)	4.4	(0.66)	21	(2.9)	22.2	(0.89)	9.7	(0.99)	44	(3.6)	20.1	(0.68)
20 and over.....	1509	54	(2.3)	24.4	(0.52)	6.1	(0.31)	25	(1.2)	26.2	(0.60)	11.3	(0.31)	43	(0.9)	22.3	(0.56)
2 and over...	2432	52	(2.2)	23.6	(0.51)	5.7	(0.35)	24	(1.3)	25.3	(0.53)	11.0	(0.38)	43	(1.2)	21.7	(0.57)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	21.8	(0.89)	5.3	(0.64)	24	(2.3)	22.5	(1.09)	9.0	(0.75)	40	(2.4)	20.7	(1.14)
20 and over.....	1340	63	(2.7)	27.7	(0.57)	7.6	(0.50)	27	(1.8)	28.0	(0.93)	12.0	(0.57)	43	(2.1)	27.2	(0.89)
2 and over...	1913	62	(2.8)	26.6	(0.52)	7.2	(0.47)	27	(1.7)	27.1	(0.81)	11.5	(0.47)	42	(1.8)	25.9	(0.68)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	22.1	(0.51)	4.8	(0.48)	22	(1.7)	23.9	(1.03)	10.0	(0.82)	42	(2.0)	20.4	(0.35)
20 and over.....	4801	56	(1.3)	26.1	(0.32)	6.7	(0.33)	26	(1.2)	27.4	(0.51)	12.1	(0.51)	44	(1.5)	24.5	(0.61)
2 and over...	7933	54	(1.2)	25.1	(0.29)	6.2	(0.34)	25	(1.2)	26.6	(0.54)	11.6	(0.53)	44	(1.4)	23.3	(0.49)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	*All Individuals* [3] Intake from All Restaurants mg	(SE)	*All Individuals* [3] Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	*All Restaurant Consumers* [4] Intake from All Restaurants mg	(SE)	*All Restaurant Consumers* [4] Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Vitamin B6																	
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	1.88	(0.102)	0.31	(0.072)	16	(3.2)	2.06	(0.199)	0.70	(0.105)	34	(3.3)	1.73	(0.048)
20 and over.....	1585	49	(3.3)	2.16	(0.089)	0.44	(0.090)	20	(3.7)	2.25	(0.112)	0.90	(0.127)	40	(4.2)	2.07	(0.106)
2 and over...	2996	48	(3.5)	2.06	(0.084)	0.40	(0.083)	19	(3.4)	2.19	(0.127)	0.83	(0.117)	38	(3.7)	1.95	(0.076)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	1.67	(0.046)	0.26	(0.038)	16	(2.3)	1.68	(0.051)	0.58	(0.056)	35	(3.3)	1.66	(0.066)
20 and over.....	1509	54	(2.3)	1.96	(0.069)	0.39	(0.022)	20	(1.2)	1.99	(0.063)	0.72	(0.019)	36	(1.1)	1.91	(0.100)
2 and over...	2432	52	(2.2)	1.88	(0.057)	0.36	(0.022)	19	(1.3)	1.92	(0.045)	0.69	(0.021)	36	(1.2)	1.84	(0.084)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	1.75	(0.069)	0.32	(0.044)	18	(2.3)	1.77	(0.091)	0.54	(0.055)	30	(2.5)	1.72	(0.109)
20 and over.....	1340	63	(2.7)	2.39	(0.058)	0.55	(0.045)	23	(1.7)	2.33	(0.081)	0.87	(0.049)	38	(1.8)	2.51	(0.091)
2 and over...	1913	62	(2.8)	2.28	(0.049)	0.51	(0.041)	22	(1.6)	2.23	(0.070)	0.82	(0.042)	37	(1.6)	2.36	(0.077)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	1.79	(0.032)	0.29	(0.031)	16	(1.5)	1.84	(0.072)	0.61	(0.054)	33	(2.2)	1.73	(0.039)
20 and over.....	4801	56	(1.3)	2.19	(0.040)	0.46	(0.025)	21	(1.1)	2.19	(0.043)	0.83	(0.036)	38	(1.4)	2.18	(0.081)
2 and over...	7933	54	(1.2)	2.09	(0.030)	0.42	(0.025)	20	(1.1)	2.12	(0.041)	0.78	(0.037)	37	(1.4)	2.05	(0.063)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Folate (DFE)																	
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	541	(15.2)	91	(16.8)	17	(3.0)	578	(27.7)	206	(22.3)	36	(3.3)	513	(20.2)
20 and over.....	1585	49	(3.3)	562	(20.3)	120	(19.8)	21	(3.3)	584	(22.9)	244	(24.4)	42	(3.3)	541	(33.1)
2 and over...	2996	48	(3.5)	555	(16.3)	110	(18.6)	20	(3.2)	582	(21.9)	232	(23.1)	40	(3.1)	530	(25.4)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	504	(15.8)	93	(12.2)	18	(2.6)	507	(15.9)	206	(20.0)	41	(3.6)	501	(23.6)
20 and over.....	1509	54	(2.3)	533	(14.1)	115	(6.5)	22	(1.0)	552	(21.4)	213	(8.1)	39	(1.3)	511	(17.0)
2 and over...	2432	52	(2.2)	525	(10.8)	109	(7.0)	21	(1.1)	542	(17.2)	211	(9.0)	39	(1.2)	508	(14.0)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	524	(26.0)	102	(11.7)	19	(1.6)	555	(41.1)	172	(16.8)	31	(2.4)	480	(17.3)
20 and over.....	1340	63	(2.7)	612	(11.3)	144	(8.2)	24	(1.4)	593	(14.3)	229	(10.4)	39	(1.7)	646	(23.1)
2 and over...	1913	62	(2.8)	596	(11.8)	137	(7.8)	23	(1.2)	586	(16.1)	219	(9.9)	37	(1.5)	613	(18.1)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	527	(8.4)	93	(7.4)	18	(1.3)	545	(14.4)	193	(13.2)	35	(2.0)	510	(10.4)
20 and over.....	4801	56	(1.3)	570	(8.7)	126	(5.4)	22	(1.0)	576	(11.4)	225	(8.7)	39	(1.4)	562	(18.4)
2 and over...	7933	54	(1.2)	559	(7.2)	117	(5.1)	21	(0.9)	569	(9.8)	218	(8.6)	38	(1.3)	548	(15.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C h o l i n e

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	271	(10.2)	61	(15.6)	22	(5.1)	291	(22.9)	137	(26.9)	47	(5.7)	256	(8.8)
20 and over.....	1585	49	(3.3)	328	(8.0)	78	(12.3)	24	(3.3)	340	(13.4)	159	(15.3)	47	(3.1)	315	(10.7)
2 and over...	2996	48	(3.5)	308	(6.8)	72	(13.0)	23	(3.8)	325	(12.3)	152	(17.0)	47	(3.6)	294	(8.1)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	252	(10.0)	45	(5.1)	18	(1.7)	257	(14.6)	101	(6.5)	39	(2.4)	248	(11.7)
20 and over.....	1509	54	(2.3)	322	(11.7)	78	(5.1)	24	(1.4)	344	(12.0)	144	(4.8)	42	(1.5)	296	(12.3)
2 and over...	2432	52	(2.2)	304	(10.0)	69	(4.7)	23	(1.2)	325	(9.5)	134	(4.6)	41	(1.3)	282	(10.8)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	268	(9.8)	58	(8.1)	22	(2.6)	265	(12.7)	99	(9.3)	37	(2.5)	272	(14.5)
20 and over.....	1340	63	(2.7)	354	(7.0)	98	(6.5)	28	(1.8)	352	(8.7)	155	(6.6)	44	(1.7)	356	(11.5)
2 and over...	1913	62	(2.8)	338	(6.7)	91	(5.8)	27	(1.7)	338	(8.3)	145	(5.3)	43	(1.6)	340	(8.6)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	263	(3.8)	54	(5.6)	21	(2.1)	271	(9.2)	113	(10.5)	42	(2.8)	255	(6.4)
20 and over.....	4801	56	(1.3)	335	(3.7)	85	(3.3)	25	(1.1)	346	(3.7)	152	(4.2)	44	(1.2)	322	(7.3)
2 and over...	7933	54	(1.2)	317	(2.8)	77	(3.5)	24	(1.2)	329	(3.4)	143	(5.2)	43	(1.5)	303	(6.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Vitamin B12 — *All Individuals* [3]: Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4]: Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5]: Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	5.37	(0.344)	0.95	(0.234)	18	(3.5)	6.01	(0.716)	2.14	(0.366)	36	(3.3)	4.86	(0.140)
20 and over.....	1585	49	(3.3)	5.12	(0.207)	1.23	(0.295)	24	(5.2)	5.43	(0.370)	2.50	(0.444)	46	(5.8)	4.81	(0.155)
2 and over...	2996	48	(3.5)	5.20	(0.230)	1.13	(0.270)	22	(4.5)	5.62	(0.441)	2.39	(0.404)	42	(4.8)	4.83	(0.127)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	4.70	(0.225)	0.70	(0.080)	15	(2.0)	4.37	(0.240)	1.55	(0.118)	36	(2.9)	4.97	(0.376)
20 and over.....	1509	54	(2.3)	4.74	(0.141)	1.05	(0.079)	22	(1.5)	4.92	(0.130)	1.94	(0.090)	39	(1.8)	4.54	(0.230)
2 and over...	2432	52	(2.2)	4.73	(0.124)	0.96	(0.073)	20	(1.5)	4.79	(0.123)	1.85	(0.088)	39	(1.8)	4.67	(0.213)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	5.24	(0.268)	0.96	(0.164)	18	(2.6)	5.50	(0.401)	1.64	(0.218)	30	(2.9)	4.86	(0.193)
20 and over.....	1340	63	(2.7)	6.25	(0.524)	1.48	(0.149)	24	(3.2)	6.64	(0.927)	2.34	(0.211)	35	(6.1)	5.58	(0.342)
2 and over...	1913	62	(2.8)	6.07	(0.473)	1.39	(0.126)	23	(2.6)	6.45	(0.825)	2.22	(0.167)	34	(5.1)	5.44	(0.271)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	5.12	(0.154)	0.85	(0.090)	17	(1.4)	5.29	(0.296)	1.77	(0.163)	34	(1.9)	4.97	(0.170)
20 and over.....	4801	56	(1.3)	5.44	(0.212)	1.24	(0.060)	23	(1.5)	5.77	(0.409)	2.23	(0.090)	39	(3.4)	5.03	(0.168)
2 and over...	7933	54	(1.2)	5.36	(0.177)	1.14	(0.059)	21	(1.3)	5.66	(0.355)	2.13	(0.092)	38	(2.8)	5.01	(0.142)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	*All Individuals* [3] Intake from All Restaurants mg	(SE)	*All Individuals* [3] Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	*All Restaurant Consumers* [4] Intake from All Restaurants mg	(SE)	*All Restaurant Consumers* [4] Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
				Vitamin C													
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	75.9	(4.41)	6.8	(1.58)	9	(2.1)	69.5	(5.28)	15.3	(2.45)	22	(3.4)	80.9	(5.07)
20 and over.....	1585	49	(3.3)	85.3	(6.76)	14.3	(3.93)	17	(3.8)	87.7	(8.94)	29.1	(6.27)	33	(4.5)	82.9	(8.30)
2 and over...	2996	48	(3.5)	82.1	(5.17)	11.7	(2.90)	14	(3.1)	81.9	(6.24)	24.7	(4.52)	30	(3.9)	82.2	(6.86)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	90.4	(11.17)	7.2	(1.29)	8	(0.9)	79.3	(8.56)	16.1	(2.56)	20	(3.5)	99.5	(20.96)
20 and over.....	1509	54	(2.3)	77.3	(4.48)	10.6	(0.74)	14	(1.2)	73.7	(3.16)	19.6	(1.14)	27	(1.7)	81.6	(7.45)
2 and over...	2432	52	(2.2)	80.7	(4.09)	9.7	(0.68)	12	(0.9)	74.9	(3.59)	18.8	(1.01)	25	(1.8)	86.8	(7.81)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	71.3	(3.96)	8.8	(2.28)	12	(3.3)	63.7	(2.98)	15.0	(3.80)	24	(5.9)	82.2	(6.69)
20 and over.....	1340	63	(2.7)	90.8	(3.89)	15.6	(1.76)	17	(1.6)	80.6	(4.90)	24.7	(2.23)	31	(2.2)	108.2	(8.55)
2 and over...	1913	62	(2.8)	87.3	(3.51)	14.4	(1.42)	16	(1.4)	77.7	(4.19)	23.1	(1.77)	30	(2.0)	103.1	(6.87)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	79.8	(4.35)	7.3	(0.71)	9	(1.1)	70.5	(4.25)	15.2	(1.34)	22	(1.8)	88.3	(7.56)
20 and over.....	4801	56	(1.3)	84.8	(4.10)	13.2	(1.23)	16	(1.1)	79.6	(4.05)	23.7	(2.00)	30	(1.6)	91.3	(5.79)
2 and over...	7933	54	(1.2)	83.5	(3.36)	11.7	(0.94)	14	(1.0)	77.5	(3.57)	21.8	(1.51)	28	(1.4)	90.5	(4.79)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	*All Individuals* [3] Intake from All Restaurants µg	(SE)	*All Individuals* [3] Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	*All Restaurant Consumers* [4] Intake from All Restaurants µg	(SE)	*All Restaurant Consumers* [4] Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Vitamin D																	
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	6.1	(0.32)	0.6*	(0.26)	10*	(4.1)	5.8	(0.44)	1.4*	(0.54)	24*	(7.9)	6.4	(0.36)
20 and over.....	1585	49	(3.3)	4.8	(0.32)	0.6	(0.10)	12	(2.3)	4.3	(0.24)	1.1	(0.15)	27	(3.4)	5.3	(0.46)
2 and over...	2996	48	(3.5)	5.3	(0.27)	0.6	(0.14)	11	(2.7)	4.8	(0.27)	1.2	(0.22)	26	(3.9)	5.7	(0.37)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	5.6	(0.25)	0.3	(0.05)	6	(1.0)	4.8	(0.50)	0.7	(0.10)	15	(2.3)	6.2	(0.22)
20 and over.....	1509	54	(2.3)	4.3	(0.14)	0.5	(0.03)	12	(0.6)	3.8	(0.21)	1.0	(0.03)	25	(1.6)	4.8	(0.21)
2 and over...	2432	52	(2.2)	4.6	(0.11)	0.5	(0.03)	10	(0.6)	4.0	(0.17)	0.9	(0.03)	23	(0.9)	5.2	(0.18)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	6.3	(0.29)	0.6	(0.09)	9	(1.3)	6.0	(0.37)	1.0	(0.13)	16	(2.0)	6.8	(0.45)
20 and over.....	1340	63	(2.7)	5.0	(0.23)	1.0	(0.17)	20	(3.0)	4.9	(0.28)	1.6	(0.26)	33	(4.3)	5.2	(0.28)
2 and over...	1913	62	(2.8)	5.2	(0.20)	0.9	(0.14)	18	(2.3)	5.1	(0.25)	1.5	(0.21)	29	(3.6)	5.5	(0.23)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	6.0	(0.15)	0.5	(0.09)	8	(1.5)	5.5	(0.21)	1.0	(0.19)	19	(3.2)	6.4	(0.20)
20 and over.....	4801	56	(1.3)	4.7	(0.14)	0.7	(0.07)	15	(1.3)	4.4	(0.16)	1.3	(0.12)	29	(2.3)	5.0	(0.17)
2 and over...	7933	54	(1.2)	5.0	(0.12)	0.7	(0.06)	13	(1.1)	4.6	(0.12)	1.2	(0.11)	26	(2.1)	5.4	(0.15)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

V i t a m i n E (a l p h a t o c o p h e r o l)

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	7.0	(0.29)	1.3	(0.26)	19	(3.0)	7.8	(0.56)	3.0	(0.37)	39	(2.5)	6.5	(0.20)
20 and over.....	1585	49	(3.3)	8.4	(0.28)	1.8	(0.29)	21	(2.9)	8.9	(0.46)	3.6	(0.37)	40	(2.7)	7.9	(0.23)
2 and over...	2996	48	(3.5)	8.0	(0.27)	1.6	(0.28)	20	(2.9)	8.6	(0.47)	3.4	(0.35)	40	(2.3)	7.4	(0.15)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	6.8	(0.21)	1.2	(0.14)	18	(1.9)	6.9	(0.33)	2.7	(0.17)	40	(3.1)	6.7	(0.31)
20 and over.....	1509	54	(2.3)	8.2	(0.25)	1.7	(0.09)	21	(1.1)	8.6	(0.27)	3.2	(0.08)	37	(1.6)	7.8	(0.28)
2 and over...	2432	52	(2.2)	7.8	(0.19)	1.6	(0.09)	20	(1.0)	8.2	(0.23)	3.1	(0.08)	37	(1.6)	7.5	(0.23)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	7.6	(0.33)	1.5	(0.16)	19	(2.3)	7.5	(0.58)	2.5	(0.22)	33	(2.1)	7.7	(0.74)
20 and over.....	1340	63	(2.7)	10.2	(0.29)	2.3	(0.17)	22	(1.4)	9.8	(0.30)	3.6	(0.18)	37	(1.5)	10.8	(0.54)
2 and over...	1913	62	(2.8)	9.7	(0.25)	2.1	(0.15)	22	(1.4)	9.4	(0.27)	3.4	(0.15)	36	(1.4)	10.2	(0.53)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	7.2	(0.15)	1.3	(0.11)	18	(1.3)	7.4	(0.22)	2.7	(0.19)	37	(2.0)	7.0	(0.26)
20 and over.....	4801	56	(1.3)	9.0	(0.16)	1.9	(0.09)	21	(0.9)	9.2	(0.17)	3.4	(0.12)	37	(1.3)	8.8	(0.19)
2 and over...	7933	54	(1.2)	8.5	(0.14)	1.8	(0.08)	21	(0.9)	8.8	(0.16)	3.3	(0.12)	37	(1.3)	8.3	(0.17)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Vitamin K																	
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	67.6	(4.38)	15.7	(3.48)	23	(4.5)	68.6	(4.69)	35.5	(5.02)	52	(4.2)	66.8	(6.56)
20 and over.....	1585	49	(3.3)	101.1	(7.20)	29.1	(6.24)	29	(4.5)	113.3	(8.66)	59.1	(9.64)	52	(5.2)	89.3	(7.08)
2 and over...	2996	48	(3.5)	89.6	(5.54)	24.5	(5.09)	27	(4.3)	99.1	(7.01)	51.6	(7.94)	52	(4.8)	81.1	(4.96)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	66.0	(3.54)	14.1	(2.25)	21	(2.7)	65.5	(4.45)	31.3	(3.51)	48	(3.7)	66.4	(5.30)
20 and over.....	1509	54	(2.3)	105.2	(4.32)	25.4	(1.90)	24	(1.7)	106.6	(5.08)	47.1	(2.66)	44	(2.6)	103.6	(6.05)
2 and over...	2432	52	(2.2)	95.2	(3.57)	22.5	(1.52)	24	(1.4)	97.5	(3.65)	43.6	(1.86)	45	(2.4)	92.8	(5.11)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	64.0	(3.95)	14.9	(1.32)	23	(3.0)	60.2	(4.38)	25.2	(2.36)	42	(2.8)	69.5	(8.41)
20 and over.....	1340	63	(2.7)	169.9	(18.40)	42.2	(5.05)	25	(3.6)	142.4	(8.78)	66.7	(6.77)	47	(3.8)	217.3	(52.85)
2 and over...	1913	62	(2.8)	150.9	(15.19)	37.3	(4.08)	25	(3.3)	128.4	(7.37)	59.7	(5.72)	46	(3.7)	188.2	(42.99)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	66.3	(2.54)	14.8	(1.39)	22	(1.8)	65.4	(3.21)	30.8	(2.63)	47	(2.4)	67.0	(3.54)
20 and over.....	4801	56	(1.3)	129.8	(8.47)	32.3	(2.51)	25	(1.9)	123.9	(5.43)	57.9	(4.25)	47	(2.7)	137.3	(18.40)
2 and over...	7933	54	(1.2)	113.9	(6.61)	27.9	(2.00)	24	(1.8)	110.8	(4.28)	51.8	(3.50)	47	(2.6)	117.5	(13.04)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C a l c i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	1068	(37.0)	185	(42.3)	17	(3.7)	1117	(62.3)	418	(74.9)	37	(5.0)	1029	(41.3)
20 and over.....	1585	49	(3.3)	1019	(35.6)	219	(39.7)	21	(3.5)	1067	(54.0)	444	(52.6)	42	(3.6)	973	(39.7)
2 and over...	2996	48	(3.5)	1036	(32.0)	207	(39.4)	20	(3.5)	1083	(53.7)	436	(54.9)	40	(3.6)	993	(34.4)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	1053	(38.6)	169	(18.6)	16	(1.9)	1029	(55.7)	376	(25.1)	37	(3.0)	1072	(46.9)
20 and over.....	1509	54	(2.3)	918	(29.7)	196	(12.2)	21	(1.1)	942	(31.7)	363	(12.7)	39	(1.6)	890	(40.1)
2 and over...	2432	52	(2.2)	952	(27.2)	189	(11.4)	20	(1.0)	961	(27.5)	366	(10.8)	38	(1.2)	943	(39.0)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	1154	(42.7)	232	(31.4)	20	(2.1)	1208	(63.2)	394	(40.1)	33	(2.6)	1075	(60.4)
20 and over.....	1340	63	(2.7)	1044	(26.6)	251	(18.1)	24	(1.5)	1051	(30.6)	398	(18.7)	38	(1.4)	1033	(35.4)
2 and over...	1913	62	(2.8)	1064	(27.0)	248	(18.4)	23	(1.5)	1077	(31.4)	397	(18.7)	37	(1.4)	1041	(36.1)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	1082	(20.5)	188	(15.2)	17	(1.4)	1111	(35.2)	391	(29.2)	35	(2.2)	1056	(22.6)
20 and over.....	4801	56	(1.3)	989	(14.3)	219	(11.8)	22	(1.2)	1015	(19.0)	393	(17.3)	39	(1.4)	956	(24.3)
2 and over...	7933	54	(1.2)	1012	(13.8)	211	(11.4)	21	(1.2)	1036	(19.2)	393	(18.4)	38	(1.4)	984	(21.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Phosphorus

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	1325	(38.5)	284	(60.0)	21	(4.2)	1441	(75.5)	641	(93.0)	44	(4.3)	1233	(44.0)
20 and over.....	1585	49	(3.3)	1422	(33.4)	345	(57.4)	24	(3.6)	1499	(53.2)	700	(72.4)	47	(3.6)	1346	(35.3)
2 and over...	2996	48	(3.5)	1389	(30.0)	324	(57.4)	23	(3.8)	1481	(55.5)	682	(74.3)	46	(3.6)	1305	(29.2)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	1276	(38.2)	255	(30.1)	20	(2.3)	1307	(56.5)	566	(38.8)	43	(2.7)	1251	(42.9)
20 and over.....	1509	54	(2.3)	1341	(38.2)	332	(18.9)	25	(1.1)	1424	(34.8)	616	(16.3)	43	(1.3)	1244	(42.8)
2 and over...	2432	52	(2.2)	1325	(34.1)	313	(18.7)	24	(1.1)	1398	(31.3)	605	(17.3)	43	(1.2)	1246	(39.4)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	1382	(42.4)	319	(37.7)	23	(2.3)	1439	(65.0)	542	(43.1)	38	(2.5)	1301	(60.0)
20 and over.....	1340	63	(2.7)	1497	(28.4)	409	(25.9)	27	(1.7)	1501	(37.0)	646	(23.7)	43	(1.5)	1490	(44.2)
2 and over...	1913	62	(2.8)	1476	(25.8)	392	(25.1)	27	(1.6)	1490	(35.7)	629	(21.1)	42	(1.4)	1453	(37.4)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	1318	(17.3)	279	(23.5)	21	(1.8)	1390	(37.1)	580	(42.0)	42	(2.4)	1251	(23.5)
20 and over.....	4801	56	(1.3)	1418	(13.0)	359	(15.6)	25	(1.2)	1470	(18.5)	645	(21.1)	44	(1.4)	1353	(25.9)
2 and over...	7933	54	(1.2)	1393	(10.4)	339	(16.1)	24	(1.2)	1452	(18.3)	630	(24.2)	43	(1.5)	1324	(22.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

M a g n e s i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	242	(5.7)	39	(7.6)	16	(2.8)	254	(12.4)	89	(10.8)	35	(2.7)	232	(6.1)
20 and over.....	1585	49	(3.3)	298	(6.0)	54	(8.9)	18	(2.8)	300	(10.1)	110	(11.2)	36	(3.0)	295	(6.6)
2 and over...	2996	48	(3.5)	278	(5.2)	49	(8.4)	18	(2.8)	286	(9.9)	103	(10.4)	36	(2.7)	272	(5.4)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	237	(5.8)	37	(4.1)	16	(1.7)	234	(6.4)	83	(5.0)	35	(2.2)	240	(7.8)
20 and over.....	1509	54	(2.3)	293	(7.2)	54	(2.8)	18	(0.9)	293	(6.1)	99	(2.5)	34	(1.1)	293	(10.6)
2 and over...	2432	52	(2.2)	279	(6.0)	49	(2.5)	18	(0.8)	280	(5.0)	96	(2.2)	34	(1.0)	278	(9.0)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	257	(8.1)	46	(5.8)	18	(1.9)	258	(15.2)	78	(7.2)	30	(2.0)	254	(13.6)
20 and over.....	1340	63	(2.7)	346	(9.5)	74	(5.0)	21	(1.4)	336	(11.8)	117	(4.3)	35	(1.2)	364	(11.8)
2 and over...	1913	62	(2.8)	330	(8.4)	69	(4.7)	21	(1.4)	323	(10.9)	110	(4.0)	34	(1.1)	342	(10.8)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	244	(2.8)	40	(3.4)	16	(1.3)	248	(6.5)	83	(5.7)	34	(1.8)	240	(5.2)
20 and over.....	4801	56	(1.3)	314	(5.0)	61	(2.8)	19	(0.9)	313	(6.5)	109	(3.5)	35	(1.1)	316	(6.5)
2 and over...	7933	54	(1.2)	297	(4.1)	55	(2.7)	19	(0.9)	299	(5.8)	103	(3.5)	34	(1.1)	294	(6.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

I r o n

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	14.7	(0.24)	2.6	(0.53)	18	(3.5)	15.7	(0.39)	5.9	(0.73)	38	(3.9)	14.0	(0.38)
20 and over.....	1585	49	(3.3)	15.4	(0.33)	3.3	(0.54)	21	(3.2)	15.8	(0.60)	6.7	(0.68)	42	(3.0)	14.9	(0.47)
2 and over...	2996	48	(3.5)	15.1	(0.25)	3.1	(0.53)	20	(3.3)	15.8	(0.49)	6.4	(0.67)	41	(3.2)	14.6	(0.31)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	13.8	(0.40)	2.4	(0.31)	17	(2.3)	13.7	(0.50)	5.3	(0.47)	39	(2.9)	14.0	(0.50)
20 and over.....	1509	54	(2.3)	14.9	(0.43)	3.2	(0.20)	22	(1.1)	15.5	(0.50)	6.0	(0.18)	39	(0.9)	14.3	(0.43)
2 and over...	2432	52	(2.2)	14.7	(0.32)	3.0	(0.20)	21	(1.1)	15.1	(0.39)	5.8	(0.20)	39	(0.8)	14.2	(0.34)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	14.1	(0.49)	2.7	(0.32)	19	(1.9)	14.4	(0.74)	4.6	(0.43)	32	(2.4)	13.5	(0.29)
20 and over.....	1340	63	(2.7)	16.8	(0.36)	4.0	(0.22)	24	(1.5)	16.1	(0.43)	6.3	(0.24)	39	(1.7)	17.9	(0.70)
2 and over...	1913	62	(2.8)	16.3	(0.33)	3.7	(0.21)	23	(1.4)	15.8	(0.41)	6.0	(0.22)	38	(1.5)	17.0	(0.57)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	14.3	(0.21)	2.5	(0.22)	18	(1.4)	14.6	(0.32)	5.3	(0.38)	36	(2.1)	14.1	(0.26)
20 and over.....	4801	56	(1.3)	15.8	(0.17)	3.5	(0.13)	22	(0.9)	15.8	(0.21)	6.2	(0.17)	39	(1.2)	15.7	(0.28)
2 and over...	7933	54	(1.2)	15.4	(0.13)	3.2	(0.13)	21	(0.9)	15.6	(0.16)	6.0	(0.19)	39	(1.2)	15.2	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Zinc: *All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	10.4	(0.28)	2.1	(0.46)	20	(4.1)	11.1	(0.59)	4.6	(0.73)	42	(4.5)	9.9	(0.28)
20 and over.....	1585	49	(3.3)	11.5	(0.20)	2.7	(0.46)	24	(3.8)	12.0	(0.40)	5.5	(0.61)	46	(3.9)	11.0	(0.36)
2 and over...	2996	48	(3.5)	11.1	(0.15)	2.5	(0.45)	22	(3.8)	11.7	(0.40)	5.2	(0.58)	45	(3.6)	10.6	(0.26)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	9.6	(0.35)	1.9	(0.24)	19	(2.4)	9.7	(0.51)	4.1	(0.35)	43	(2.9)	9.6	(0.35)
20 and over.....	1509	54	(2.3)	10.8	(0.37)	2.6	(0.17)	24	(1.2)	11.3	(0.35)	4.8	(0.16)	42	(1.3)	10.1	(0.41)
2 and over...	2432	52	(2.2)	10.5	(0.31)	2.4	(0.16)	23	(1.2)	10.9	(0.32)	4.6	(0.16)	42	(1.0)	10.0	(0.34)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	10.7	(0.66)	2.4	(0.39)	23	(2.7)	11.3	(0.95)	4.1	(0.51)	37	(3.2)	9.9	(0.48)
20 and over.....	1340	63	(2.7)	12.2	(0.27)	3.3	(0.26)	27	(1.9)	12.3	(0.42)	5.2	(0.29)	42	(1.9)	12.1	(0.34)
2 and over...	1913	62	(2.8)	12.0	(0.27)	3.1	(0.24)	26	(1.8)	12.2	(0.43)	5.0	(0.25)	41	(1.7)	11.6	(0.27)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	10.2	(0.20)	2.0	(0.18)	20	(1.7)	10.6	(0.41)	4.3	(0.32)	40	(2.3)	9.8	(0.15)
20 and over.....	4801	56	(1.3)	11.5	(0.15)	2.9	(0.12)	25	(1.1)	11.9	(0.19)	5.1	(0.16)	43	(1.4)	11.0	(0.24)
2 and over...	7933	54	(1.2)	11.2	(0.13)	2.7	(0.12)	24	(1.1)	11.6	(0.20)	4.9	(0.16)	43	(1.4)	10.7	(0.20)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

C o p p e r

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	*All Individuals* [3] Intake from All Restaurants mg	(SE)	*All Individuals* [3] Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	*All Restaurant Consumers* [4] Intake from All Restaurants mg	(SE)	*All Restaurant Consumers* [4] Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	1.0	(0.02)	0.2	(0.03)	17	(3.2)	1.0	(0.05)	0.4	(0.05)	36	(3.2)	0.9	(0.02)
20 and over.....	1585	49	(3.3)	1.2	(0.02)	0.2	(0.04)	19	(2.9)	1.2	(0.05)	0.5	(0.05)	38	(2.7)	1.2	(0.02)
2 and over...	2996	48	(3.5)	1.1	(0.02)	0.2	(0.04)	19	(2.9)	1.2	(0.05)	0.4	(0.05)	38	(2.6)	1.1	(0.02)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	1.0	(0.03)	0.2	(0.02)	16	(1.8)	1.0	(0.03)	0.4	(0.03)	37	(2.1)	1.0	(0.06)
20 and over.....	1509	54	(2.3)	1.2	(0.03)	0.2	(0.01)	18	(0.9)	1.3	(0.03)	0.4	(0.01)	34	(1.2)	1.2	(0.04)
2 and over...	2432	52	(2.2)	1.2	(0.02)	0.2	(0.01)	18	(0.7)	1.2	(0.02)	0.4	(0.01)	34	(1.0)	1.2	(0.04)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	1.1	(0.06)	0.2	(0.05)	21	(3.7)	1.1	(0.11)	0.4	(0.08)	35	(4.2)	1.1	(0.05)
20 and over.....	1340	63	(2.7)	1.6	(0.11)	0.3	(0.02)	20	(1.8)	1.6	(0.17)	0.5	(0.03)	31	(3.6)	1.5	(0.05)
2 and over...	1913	62	(2.8)	1.5	(0.09)	0.3	(0.02)	20	(1.8)	1.5	(0.15)	0.5	(0.02)	31	(3.3)	1.4	(0.05)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	1.0	(0.02)	0.2	(0.02)	18	(1.7)	1.0	(0.04)	0.4	(0.03)	36	(2.1)	1.0	(0.02)
20 and over.....	4801	56	(1.3)	1.4	(0.05)	0.3	(0.01)	19	(0.8)	1.4	(0.08)	0.5	(0.01)	33	(2.1)	1.3	(0.02)
2 and over...	7933	54	(1.2)	1.3	(0.04)	0.2	(0.01)	19	(0.8)	1.3	(0.07)	0.4	(0.01)	34	(1.9)	1.2	(0.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

S e l e n i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	99.1	(3.45)	23.6	(4.98)	24	(4.3)	110.5	(6.76)	53.4	(7.44)	48	(4.0)	90.1	(2.38)
20 and over.....	1585	49	(3.3)	114.9	(2.53)	30.9	(5.07)	27	(3.9)	121.4	(4.07)	62.7	(6.31)	52	(3.8)	108.7	(2.57)
2 and over...	2996	48	(3.5)	109.5	(2.60)	28.4	(4.97)	26	(4.0)	117.9	(4.39)	59.7	(6.31)	51	(3.6)	101.9	(1.59)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	94.4	(3.48)	20.6	(2.63)	22	(2.5)	95.9	(4.55)	45.8	(3.85)	48	(3.0)	93.1	(3.39)
20 and over.....	1509	54	(2.3)	109.4	(3.02)	29.4	(1.55)	27	(1.2)	117.8	(3.15)	54.4	(1.52)	46	(1.4)	99.5	(2.98)
2 and over...	2432	52	(2.2)	105.6	(2.74)	27.1	(1.61)	26	(1.2)	112.9	(2.90)	52.5	(1.69)	46	(1.2)	97.7	(2.65)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	102.1	(4.80)	28.0	(4.15)	27	(3.4)	107.1	(6.54)	47.5	(5.40)	44	(3.6)	94.9	(4.84)
20 and over.....	1340	63	(2.7)	119.2	(3.12)	36.3	(2.26)	30	(1.9)	122.6	(3.14)	57.4	(2.54)	47	(2.0)	113.3	(4.21)
2 and over...	1913	62	(2.8)	116.1	(2.40)	34.8	(2.18)	30	(1.9)	120.0	(2.42)	55.7	(2.18)	46	(1.9)	109.7	(2.97)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	98.1	(1.59)	23.4	(2.08)	24	(1.9)	104.4	(3.12)	48.7	(3.58)	47	(2.3)	92.3	(1.51)
20 and over.....	4801	56	(1.3)	114.5	(1.46)	32.1	(1.37)	28	(1.3)	120.4	(1.36)	57.5	(2.08)	48	(1.7)	107.0	(2.52)
2 and over...	7933	54	(1.2)	110.4	(1.05)	29.9	(1.42)	27	(1.3)	116.8	(1.18)	55.6	(2.19)	48	(1.7)	102.9	(1.92)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	All Individuals [3] Total Intake mg	(SE)	All Individuals [3] Intake from All Restaurants mg	(SE)	All Individuals [3] Percentages from [7] All Restaurants %	(SE)	All Restaurant Consumers [4] Total Intake mg	(SE)	All Restaurant Consumers [4] Intake from All Restaurants mg	(SE)	All Restaurant Consumers [4] Percentages from [7] All Restaurants %	(SE)	Non-consumers [5] Total Intake mg	(SE)
Potassium																	
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	2256	(33.0)	410	(82.3)	18	(3.5)	2364	(95.3)	927	(114.7)	39	(3.5)	2171	(66.4)
20 and over.....	1585	49	(3.3)	2675	(57.5)	571	(101.2)	21	(3.5)	2744	(96.2)	1158	(135.2)	42	(3.9)	2608	(78.6)
2 and over...	2996	48	(3.5)	2532	(45.2)	516	(93.4)	20	(3.5)	2623	(86.3)	1084	(121.9)	41	(3.5)	2449	(66.5)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	2241	(58.6)	381	(41.6)	17	(1.8)	2223	(61.3)	847	(50.9)	38	(2.4)	2257	(95.3)
20 and over.....	1509	54	(2.3)	2616	(58.7)	554	(31.7)	21	(1.2)	2645	(47.7)	1027	(26.7)	39	(1.3)	2582	(85.2)
2 and over...	2432	52	(2.2)	2520	(53.2)	510	(27.3)	20	(1.0)	2551	(36.6)	987	(23.3)	39	(1.2)	2487	(83.2)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	2382	(70.1)	477	(67.5)	20	(2.4)	2382	(135.9)	810	(84.1)	34	(2.0)	2382	(122.3)
20 and over.....	1340	63	(2.7)	3046	(72.7)	741	(50.1)	24	(1.6)	2998	(79.3)	1172	(48.0)	39	(1.6)	3130	(86.0)
2 and over...	1913	62	(2.8)	2927	(67.4)	694	(46.4)	24	(1.5)	2893	(78.2)	1111	(41.7)	38	(1.4)	2983	(70.2)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	2279	(21.5)	412	(35.6)	18	(1.6)	2311	(65.1)	857	(59.5)	37	(1.9)	2250	(57.6)
20 and over.....	4801	56	(1.3)	2793	(38.4)	623	(27.6)	22	(1.0)	2819	(43.5)	1118	(36.1)	40	(1.3)	2762	(53.7)
2 and over...	7933	54	(1.2)	2665	(32.6)	570	(26.8)	21	(1.1)	2705	(40.8)	1059	(36.6)	39	(1.3)	2618	(51.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

S o d i u m

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	3178	(89.0)	797	(163.7)	25	(4.6)	3604	(205.8)	1804	(234.9)	50	(3.9)	2839	(107.1)
20 and over.....	1585	49	(3.3)	3638	(99.0)	1040	(173.6)	29	(4.1)	3959	(157.0)	2109	(218.5)	53	(3.7)	3327	(87.1)
2 and over...	2996	48	(3.5)	3481	(87.6)	957	(168.9)	27	(4.2)	3846	(164.1)	2012	(216.7)	52	(3.5)	3150	(57.2)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	3119	(100.5)	726	(96.0)	23	(2.7)	3245	(133.7)	1614	(138.4)	50	(2.8)	3017	(128.4)
20 and over.....	1509	54	(2.3)	3452	(90.4)	982	(55.6)	28	(1.2)	3761	(82.8)	1821	(52.9)	48	(1.2)	3091	(103.6)
2 and over...	2432	52	(2.2)	3367	(82.4)	917	(55.5)	27	(1.2)	3646	(71.9)	1775	(55.1)	49	(1.1)	3069	(96.1)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	3135	(90.3)	861	(99.3)	27	(2.8)	3270	(162.6)	1461	(122.0)	45	(2.9)	2942	(121.5)
20 and over.....	1340	63	(2.7)	3701	(83.2)	1185	(73.6)	32	(1.8)	3817	(98.7)	1875	(72.6)	49	(1.7)	3503	(107.3)
2 and over...	1913	62	(2.8)	3599	(72.3)	1127	(70.2)	31	(1.8)	3724	(85.8)	1804	(66.0)	48	(1.7)	3392	(87.4)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	3137	(47.8)	779	(68.9)	25	(2.1)	3370	(108.7)	1620	(122.7)	48	(2.3)	2921	(78.0)
20 and over.....	4801	56	(1.3)	3592	(29.1)	1061	(45.6)	30	(1.3)	3819	(45.8)	1903	(66.3)	50	(1.5)	3306	(68.6)
2 and over...	7933	54	(1.2)	3478	(24.4)	990	(46.9)	28	(1.4)	3719	(48.1)	1840	(73.1)	49	(1.6)	3198	(62.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Caffeine																	
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	32.4	(4.46)	7.0	(1.93)	22*	(6.5)	47.0	(8.47)	15.8	(4.06)	34	(9.4)	20.9	(3.31)
20 and over.....	1585	49	(3.3)	145.7	(13.65)	18.1	(2.22)	12	(2.2)	145.8	(16.99)	36.8	(3.37)	25	(3.8)	145.6	(11.36)
2 and over...	2996	48	(3.5)	106.9	(9.81)	14.3	(1.73)	13	(2.4)	114.4	(13.62)	30.1	(2.70)	26	(4.0)	100.2	(8.11)
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	31.8	(3.26)	7.9	(1.39)	25	(4.1)	37.0	(4.45)	17.5	(2.80)	47	(4.8)	27.6	(4.65)
20 and over.....	1509	54	(2.3)	178.4	(10.45)	29.5	(2.72)	17	(1.6)	182.2	(15.33)	54.6	(4.57)	30	(3.2)	174.0	(9.18)
2 and over...	2432	52	(2.2)	141.0	(8.45)	24.0	(2.10)	17	(1.6)	149.9	(12.30)	46.4	(3.64)	31	(3.2)	131.4	(7.77)
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	29.6	(3.54)	10.7	(2.67)	36	(6.4)	38.1	(6.69)	18.2	(4.69)	48	(8.0)	17.5	(3.06)
20 and over.....	1340	63	(2.7)	190.5	(12.01)	43.4	(3.72)	23	(2.2)	198.0	(15.54)	68.7	(5.05)	35	(3.1)	177.6	(19.51)
2 and over...	1913	62	(2.8)	161.5	(11.44)	37.5	(3.25)	23	(2.2)	170.8	(13.96)	60.1	(4.53)	35	(3.0)	146.0	(16.80)
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	31.8	(1.77)	8.4	(1.09)	26	(3.4)	41.0	(2.85)	17.5	(1.90)	43	(4.5)	23.4	(2.17)
20 and over.....	4801	56	(1.3)	172.9	(8.97)	31.4	(1.73)	18	(1.2)	179.1	(10.76)	56.3	(2.53)	31	(1.8)	165.1	(9.95)
2 and over...	7933	54	(1.2)	137.5	(7.03)	25.6	(1.39)	19	(1.3)	148.1	(8.80)	47.6	(2.03)	32	(2.0)	125.1	(7.76)

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Federal Poverty Threshold [2]) and Age, in the United States, 2011-2012 *(continued)*

A l c o h o l

Family income as % of Federal poverty threshold and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	*All Individuals* [3] Intake from All Restaurants g	(SE)	*All Individuals* [3] Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake g	(SE)	*All Restaurant Consumers* [4] Intake from All Restaurants g	(SE)	*All Restaurant Consumers* [4] Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1411	44	(4.1)	--		--		--		--		--		--		--	
20 and over.....	1585	49	(3.3)	10.7	(1.70)	0.8*	(0.35)	7*	(3.6)	10.7	(1.46)	1.6*	(0.67)	15*	(5.1)	10.8*	(3.69)
2 and over...	2996	48	(3.5)	--		--		--		--		--		--		--	
131-350% poverty:																	
2 - 19.....	923	45	(2.9)	--		--		--		--		--		--		--	
20 and over.....	1509	54	(2.3)	10.3	(1.27)	1.0	(0.23)	9	(2.6)	10.1	(1.35)	1.8	(0.44)	17	(4.3)	10.5	(2.10)
2 and over...	2432	52	(2.2)	--		--		--		--		--		--		--	
Over 350% poverty:																	
2 - 19.....	573	59	(4.8)	--		--		--		--		--		--		--	
20 and over.....	1340	63	(2.7)	14.8	(1.64)	3.5	(0.60)	24	(3.0)	15.3	(1.43)	5.6	(0.87)	36	(4.0)	14.0	(2.63)
2 and over...	1913	62	(2.8)	--		--		--		--		--		--		--	
All Individuals [8]:																	
2 - 19.....	3132	48	(1.4)	--		--		--		--		--		--		--	
20 and over.....	4801	56	(1.3)	12.1	(0.88)	1.9	(0.29)	16	(2.1)	12.5	(0.96)	3.4	(0.47)	27	(2.7)	11.6	(1.50)
2 and over...	7933	54	(1.2)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2011-2012, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.50.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as:"Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

[3] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[4] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[5] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[6] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.

[7] Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

[8] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

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 which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2014).

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.

Salt adjustment is not applied to What We Eat in America, NHANES 2009-2010 and all subsequent surveys. Details available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Although alchohol 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

U.S. Department of Agriculture, Agricultural Research Service. 2015. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012. Available: www.ars.usda.gov/nea/bhnrc/fsrg.