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, 2013-2014

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	(1.5)	20	(1.3)	22	(1.3)	21	(1.5)	23	(1.6)	19	(1.5)	19	(1.5)	21	(1.5)	19	(1.6)	17	(1.6)
6 - 11.....	86	(2.2)	19	(1.1)	19	(1.3)	21	(1.1)	23	(1.0)	18	(1.2)	17	(1.4)	18	(1.6)	17	(1.5)	15	(1.5)
12 - 19.....	70	(4.1)	16	(1.2)	15	(1.4)	16	(1.3)	17	(1.6)	15	(1.0)	16	(1.3)	17	(1.6)	16	(1.4)	13	(1.1)
20 and over...	77	(1.5)	18	(0.6)	17	(0.8)	19	(0.7)	19	(0.6)	19	(1.0)	17	(0.9)	18	(0.8)	18	(1.0)	17	(1.2)
2 and over...	79	(1.1)	18	(0.6)	17	(0.6)	19	(0.5)	19	(0.5)	19	(0.8)	17	(0.8)	18	(0.8)	17	(0.9)	16	(1.0)
131-350% poverty:																				
2 - 5.....	95*	(2.0)	17	(1.0)	17	(0.7)	18	(1.5)	21	(1.2)	19	(2.6)	16	(1.4)	18	(1.4)	16	(1.7)	14	(1.1)
6 - 11.....	89	(2.8)	19	(1.7)	18	(1.4)	20	(1.7)	22	(1.9)	17	(1.8)	19	(2.3)	20	(2.8)	19	(2.2)	18	(2.3)
12 - 19.....	73	(4.1)	17	(1.0)	17	(2.0)	19	(1.2)	20	(1.7)	17	(1.8)	15	(1.1)	17	(1.4)	15	(1.4)	13	(0.9)
20 and over...	86	(1.1)	17	(0.5)	16	(0.6)	20	(0.6)	21	(0.7)	19	(0.8)	16	(0.7)	17	(0.7)	16	(0.9)	14	(0.9)
2 and over...	85	(0.9)	17	(0.5)	16	(0.6)	19	(0.5)	21	(0.7)	19	(0.7)	16	(0.6)	17	(0.6)	16	(0.8)	14	(0.7)
Over 350% poverty:																				
2 - 5.....	98*	(1.3)	18	(0.8)	19	(1.4)	20	(0.8)	22	(1.3)	20	(0.9)	15	(1.3)	17	(1.7)	15	(1.5)	13*	(1.3)
6 - 11.....	95*	(1.0)	17	(1.0)	17	(1.1)	18	(0.9)	19	(1.4)	19	(1.6)	16	(1.4)	17	(1.8)	17	(1.6)	13	(1.3)
12 - 19.....	84	(5.1)	17	(1.3)	15	(1.4)	21	(1.8)	23	(2.4)	19	(1.6)	14	(0.8)	15	(1.1)	13	(0.8)	13	(0.9)
20 and over...	91	(1.0)	16	(0.4)	16	(0.5)	19	(0.4)	22	(0.6)	19	(0.5)	15	(0.5)	17	(0.5)	15	(0.6)	14	(0.7)
2 and over...	91	(0.9)	16	(0.4)	16	(0.4)	19	(0.4)	21	(0.5)	19	(0.4)	15	(0.5)	16	(0.5)	15	(0.5)	14	(0.6)
All Individuals[5]:																				
2 - 5.....	96	(1.0)	19	(0.7)	20	(0.8)	20	(0.7)	22	(0.7)	19	(1.1)	17	(0.9)	19	(1.0)	17	(1.0)	15	(0.7)
6 - 11.....	90	(1.6)	19	(0.7)	18	(0.7)	20	(0.7)	22	(0.8)	18	(0.8)	17	(0.8)	18	(1.1)	17	(0.9)	15	(0.7)
12 - 19.....	75	(2.4)	16	(0.7)	15	(0.9)	18	(0.9)	20	(1.1)	17	(0.8)	15	(0.6)	16	(0.7)	15	(0.6)	13	(0.4)
20 and over...	86	(0.7)	17	(0.3)	16	(0.2)	19	(0.4)	21	(0.5)	19	(0.4)	16	(0.3)	17	(0.3)	16	(0.4)	15	(0.5)
2 and over...	86	(0.6)	17	(0.2)	16	(0.2)	19	(0.3)	21	(0.4)	19	(0.3)	16	(0.3)	17	(0.2)	16	(0.3)	15	(0.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, 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, 2013-2014 *(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.....	37	(3.0)	37	(1.7)	6*	(2.0)	7*	(3.9)	29	(1.5)	34	(1.2)	26	(1.2)	33	(1.6)	37	(1.5)
6 - 11.....	25	(2.7)	35	(1.7)	6	(1.4)	8*	(2.5)	29	(1.7)	34	(1.4)	25	(1.7)	32	(2.2)	35	(2.3)
12 - 19.....	28	(2.7)	32	(1.6)	9	(2.4)	7	(1.7)	22	(1.2)	27	(1.4)	16	(1.4)	21	(1.9)	27	(1.7)
20 and over...	29	(1.4)	27	(1.2)	7	(1.1)	10	(2.1)	24	(0.9)	28	(0.7)	20	(1.0)	23	(1.7)	27	(1.6)
2 and over...	29	(1.3)	29	(0.8)	7	(0.9)	9	(1.7)	25	(0.6)	29	(0.5)	20	(0.7)	24	(1.2)	29	(1.1)
131-350% poverty:																		
2 - 5.....	29	(3.9)	30	(1.7)	3*	(0.8)	4*	(1.8)	25	(1.4)	29	(0.9)	21	(1.6)	29	(2.0)	35	(1.9)
6 - 11.....	32	(3.9)	36	(2.2)	4*	(0.8)	4*	(1.6)	28	(1.7)	30	(1.6)	24	(2.0)	29	(2.1)	33	(2.5)
12 - 19.....	25	(3.8)	31	(3.7)	5	(1.3)	5*	(3.0)	28	(4.0)	31	(3.6)	22	(3.8)	28	(5.2)	35	(5.0)
20 and over...	27	(1.2)	28	(1.4)	11	(3.0)	7	(1.0)	24	(0.8)	28	(0.9)	19	(1.0)	22	(1.4)	28	(1.2)
2 and over...	27	(1.0)	29	(1.1)	10	(2.5)	7	(0.9)	25	(0.7)	29	(0.7)	19	(0.7)	23	(1.1)	30	(1.1)
Over 350% poverty:																		
2 - 5.....	20	(2.7)	32	(2.6)	6*	(3.1)	1*	(0.7)	28	(2.1)	32	(2.6)	25	(2.2)	32	(2.5)	36	(5.2)
6 - 11.....	29	(4.5)	33	(3.4)	18*	(12.0)	6*	(1.4)	25	(1.3)	29	(1.2)	22	(1.4)	29	(2.3)	32	(2.4)
12 - 19.....	20	(2.7)	29	(3.4)	3*	(0.8)	2*	(0.7)	25	(2.0)	27	(2.7)	18	(2.2)	23	(3.1)	30	(3.1)
20 and over...	26	(1.5)	27	(0.9)	6	(0.8)	6	(1.3)	23	(0.6)	30	(0.6)	18	(0.6)	23	(1.0)	29	(0.8)
2 and over...	26	(1.3)	28	(0.8)	6	(0.9)	5	(1.2)	24	(0.5)	30	(0.5)	19	(0.6)	23	(0.9)	29	(0.8)
All Individuals[5]:																		
2 - 5.....	31	(2.3)	34	(1.2)	5	(1.2)	4*	(1.8)	28	(0.9)	32	(1.0)	24	(0.9)	32	(1.1)	37	(1.6)
6 - 11.....	29	(2.4)	34	(1.0)	10*	(4.5)	6	(1.1)	27	(0.9)	31	(0.9)	24	(0.9)	30	(1.0)	34	(1.4)
12 - 19.....	25	(1.5)	31	(1.6)	5	(0.8)	4	(1.1)	25	(1.6)	28	(1.8)	19	(1.6)	24	(2.1)	31	(2.1)
20 and over...	27	(0.8)	28	(0.6)	8	(1.0)	7	(0.9)	24	(0.5)	29	(0.4)	19	(0.4)	23	(0.6)	28	(0.5)
2 and over...	27	(0.6)	29	(0.5)	8	(0.8)	7	(0.8)	24	(0.4)	29	(0.3)	19	(0.4)	24	(0.5)	29	(0.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, 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, 2013-2014 *(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.....	32	(1.9)	39	(1.9)	17	(2.3)	41	(1.9)	16	(1.6)	12	(1.9)	27	(1.6)	25	(1.3)	22	(1.1)
6 - 11.....	25	(1.8)	37	(2.0)	25	(2.3)	44	(2.0)	18	(1.7)	9	(1.8)	28	(1.6)	23	(1.2)	21	(1.1)
12 - 19.....	24	(2.0)	27	(1.9)	24	(2.3)	39	(2.2)	16	(1.9)	8	(0.7)	22	(1.4)	19	(1.4)	17	(1.1)
20 and over...	25	(0.9)	26	(1.5)	22	(1.6)	34	(1.5)	19	(1.1)	11	(1.2)	22	(0.8)	20	(0.7)	20	(0.8)
2 and over...	25	(0.8)	28	(1.2)	22	(1.3)	36	(0.9)	18	(0.9)	11	(1.0)	23	(0.6)	21	(0.6)	20	(0.6)
131-350% poverty:																		
2 - 5.....	27	(2.0)	34	(2.1)	21	(2.6)	36	(2.3)	16	(2.6)	8	(0.6)	29	(1.8)	23	(0.8)	21	(1.4)
6 - 11.....	27	(2.2)	38	(2.2)	20	(1.7)	42	(1.7)	17	(2.4)	12	(1.3)	27	(1.8)	23	(1.5)	19	(1.5)
12 - 19.....	24	(2.7)	33	(5.1)	31	(5.8)	39	(3.8)	21	(5.1)	9	(1.1)	22	(1.7)	20	(1.4)	19	(1.1)
20 and over...	23	(1.0)	26	(1.6)	25	(1.5)	37	(2.6)	19	(0.9)	13	(2.9)	23	(0.7)	20	(0.7)	20	(0.8)
2 and over...	24	(0.9)	28	(1.3)	25	(1.1)	38	(2.0)	19	(0.7)	12	(2.5)	24	(0.7)	20	(0.6)	20	(0.7)
Over 350% poverty:																		
2 - 5.....	23	(1.6)	37	(2.3)	26	(4.3)	39	(2.8)	16	(3.1)	10*	(2.2)	27	(2.0)	23	(1.5)	22	(1.3)
6 - 11.....	27	(3.2)	36	(2.0)	29	(6.2)	34	(1.4)	17	(1.7)	27*	(14.0)	25	(1.1)	22	(1.1)	19	(1.1)
12 - 19.....	21	(2.0)	25	(3.4)	28	(4.7)	39	(3.5)	13	(2.2)	8	(1.3)	24	(2.5)	20	(1.8)	19	(1.4)
20 and over...	23	(0.9)	28	(1.3)	24	(1.5)	34	(2.1)	18	(0.7)	8	(0.8)	23	(0.5)	20	(0.4)	20	(0.3)
2 and over...	23	(0.8)	28	(1.1)	24	(1.7)	35	(1.7)	18	(0.6)	9	(0.9)	24	(0.5)	20	(0.3)	20	(0.3)
All Individuals[5]:																		
2 - 5.....	28	(1.3)	37	(1.3)	20	(1.8)	39	(1.6)	16	(1.2)	10	(0.9)	28	(1.1)	24	(0.7)	22	(0.7)
6 - 11.....	26	(1.7)	36	(1.3)	25	(1.9)	40	(1.5)	17	(1.3)	16*	(5.4)	26	(1.0)	23	(0.7)	20	(0.7)
12 - 19.....	23	(1.1)	29	(2.3)	27	(2.3)	39	(1.8)	17	(2.7)	8	(0.5)	22	(1.0)	20	(0.8)	18	(0.6)
20 and over...	24	(0.4)	27	(0.9)	24	(0.7)	35	(1.2)	19	(0.5)	11	(1.0)	23	(0.4)	20	(0.3)	20	(0.3)
2 and over...	24	(0.3)	28	(0.7)	24	(0.7)	36	(1.0)	18	(0.5)	11	(0.8)	24	(0.4)	20	(0.2)	20	(0.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, 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, 2013-2014 *(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.....	36	(1.5)	30	(1.2)	20	(1.4)	23	(1.5)	22	(1.3)	20	(1.5)	9*	(2.6)	--	--
6 - 11.....	32	(1.8)	28	(1.2)	18	(0.8)	19	(1.7)	22	(1.2)	17	(1.3)	12	(2.9)	--	--
12 - 19.....	25	(1.6)	21	(1.3)	16	(1.3)	17	(1.4)	18	(1.2)	15	(1.2)	14	(2.5)	--	--
20 and over...	27	(1.2)	21	(0.9)	18	(0.7)	19	(0.7)	20	(0.7)	16	(0.8)	40	(1.5)	#	
2 and over...	28	(0.9)	22	(0.8)	18	(0.5)	19	(0.6)	20	(0.6)	17	(0.6)	38	(1.4)	--	--
131-350% poverty:																
2 - 5.....	32	(2.4)	27	(1.4)	17	(1.2)	17	(1.1)	21	(1.0)	15	(0.9)	13*	(5.6)	--	--
6 - 11.....	32	(2.2)	23	(1.8)	15	(1.3)	20	(1.9)	19	(1.1)	17	(1.7)	10	(3.0)	--	--
12 - 19.....	34	(4.6)	27	(5.4)	16	(1.1)	17	(1.9)	19	(1.6)	15	(1.0)	15*	(4.7)	--	--
20 and over...	27	(1.2)	20	(0.7)	18	(0.8)	18	(0.6)	20	(0.7)	15	(0.6)	41	(2.2)	#	
2 and over...	29	(1.0)	22	(0.9)	18	(0.7)	18	(0.6)	20	(0.6)	15	(0.5)	39	(2.0)	--	--
Over 350% poverty:																
2 - 5.....	33	(2.5)	29	(3.5)	18	(1.1)	18	(1.1)	22	(1.2)	15	(1.2)	14*	(6.2)	--	--
6 - 11.....	32	(1.8)	24	(1.7)	18	(1.0)	18	(1.1)	20	(1.5)	16	(0.7)	12*	(6.2)	--	--
12 - 19.....	30	(2.6)	20	(2.1)	16	(1.1)	16	(1.3)	19	(1.3)	14	(1.5)	26*	(14.3)	--	--
20 and over...	27	(0.7)	21	(0.6)	17	(0.5)	17	(0.7)	20	(0.4)	14	(0.5)	47	(2.2)	#	
2 and over...	28	(0.5)	22	(0.6)	17	(0.4)	17	(0.6)	20	(0.4)	14	(0.5)	46	(2.2)	--	--
All Individuals[5]:																
2 - 5.....	34	(1.0)	29	(1.1)	19	(0.9)	20	(1.0)	22	(0.5)	17	(0.8)	11	(1.3)	--	--
6 - 11.....	32	(1.2)	25	(0.9)	17	(0.6)	19	(0.9)	20	(0.8)	17	(0.8)	11	(2.6)	--	--
12 - 19.....	30	(2.0)	23	(2.3)	16	(0.6)	16	(0.9)	19	(0.8)	14	(0.6)	20	(5.5)	--	--
20 and over...	27	(0.6)	21	(0.4)	18	(0.3)	18	(0.2)	20	(0.3)	15	(0.3)	43	(1.6)	#	
2 and over...	28	(0.5)	22	(0.4)	18	(0.2)	18	(0.2)	20	(0.2)	15	(0.2)	42	(1.5)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, 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 1.98.

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 1.98.

\# 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 "desayuno", 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, 2013-2014.

[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 2013-2014

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) 2013-2014. 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 2013-2014 www.ars.usda.gov/nea/bhnrc/fsrg.

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. 2016. 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 2013-2014.