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, 2013-2014

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.....	77 (3.8)	12 (2.1)	40 (5.1)	25 (4.5)	23 (3.9)	3*(1.3)	7 (1.0)	13 (3.1)	1*(0.5)	0*(0.0)	1*(0.4)	#
6 - 11.....	68 (2.3)	21 (2.7)	32 (2.3)	15 (2.2)	28 (2.0)	7 (1.9)	14 (1.5)	8 (1.8)	4 (0.9)	1*(0.3)	2*(0.6)	1*(0.4)
12 - 19.....	49 (3.9)	17 (2.8)	26 (1.8)	6 (1.0)	39 (3.8)	12 (1.6)	19 (2.7)	8 (2.5)	13 (2.6)	3 (1.0)	6 (2.4)	4 (0.8)
20 and over...	50 (1.4)	16 (1.3)	21 (1.3)	13 (1.6)	39 (1.6)	8 (1.0)	19 (1.1)	12 (1.1)	11 (1.1)	3 (0.6)	5 (0.7)	3 (0.6)
2 and over...	54 (1.2)	17 (1.0)	24 (1.1)	13 (1.2)	36 (1.3)	8 (1.0)	17 (0.9)	11 (0.9)	10 (0.9)	2 (0.4)	5 (0.6)	3 (0.4)
131-350% poverty:												
2 - 5.....	83 (4.2)	9 (2.1)	37 (6.7)	37 (6.3)	17 (4.0)	3*(1.2)	6*(2.7)	8*(2.4)	1*(0.6)	0*(0.0)	#	#
6 - 11.....	78 (3.1)	22 (3.4)	36 (4.8)	19 (2.6)	21 (3.1)	4*(1.4)	8 (2.2)	8 (3.4)	2*(0.8)	1*(0.5)	1*(0.6)	#
12 - 19.....	55 (3.4)	19 (3.7)	29 (4.4)	7 (1.5)	37 (4.1)	12 (2.2)	16 (2.6)	9 (1.7)	8 (2.1)	1*(0.3)	5 (1.5)	2*(1.0)
20 and over...	64 (2.0)	13 (1.3)	30 (1.6)	21 (1.3)	31 (2.0)	7 (0.9)	13 (1.6)	11 (0.9)	6 (0.7)	1*(0.3)	3 (0.4)	2 (0.4)
2 and over...	65 (1.7)	15 (0.8)	30 (1.1)	20 (1.2)	30 (1.8)	7 (0.9)	13 (1.3)	10 (0.7)	5 (0.7)	1 (0.2)	3 (0.4)	2 (0.4)
Over 350% poverty:												
2 - 5.....	95*(2.8)	3*(0.8)	55 (9.3)	37 (7.5)	5*(2.7)	#	2*(1.4)	3*(1.5)	#	0*(0.0)	0*(0.0)	#
6 - 11.....	92 (2.2)	7*(1.8)	62 (3.0)	23 (2.9)	8 (2.2)	1*(0.8)	4*(1.6)	3*(1.0)	0*(0.0)	0*(0.0)	0*(0.0)	0*(0.0)
12 - 19.....	74 (6.4)	15 (2.7)	42 (6.5)	18 (5.3)	22 (5.5)	6*(2.3)	9 (2.3)	7 (2.1)	3*(2.1)	0*(0.0)	#	3*(2.0)
20 and over...	75 (1.6)	14 (1.6)	30 (1.8)	31 (2.2)	22 (1.5)	3 (0.7)	11 (1.0)	9 (0.8)	3 (0.6)	#	1 (0.3)	2 (0.4)
2 and over...	76 (1.4)	13 (1.5)	34 (1.7)	29 (2.0)	21 (1.3)	3 (0.6)	10 (0.8)	8 (0.5)	3 (0.5)	#	1 (0.3)	2 (0.4)
All Individuals[4]:												
2 - 5.....	83 (1.9)	9 (1.5)	43 (3.5)	31 (2.5)	16 (1.8)	2*(0.6)	5 (0.9)	8 (1.6)	1*(0.3)	0*(0.0)	#	#
6 - 11.....	77 (1.6)	18 (2.5)	41 (2.6)	18 (1.5)	21 (1.6)	5 (1.1)	9 (1.1)	7 (1.6)	2 (0.5)	#	1*(0.5)	1*(0.2)
12 - 19.....	58 (3.1)	17 (1.7)	31 (1.8)	9 (2.0)	34 (2.7)	10 (1.0)	16 (1.9)	8 (0.7)	8 (1.4)	1 (0.4)	4 (1.0)	3 (0.6)
20 and over...	65 (0.8)	14 (1.0)	28 (0.8)	23 (1.4)	29 (0.7)	6 (0.6)	13 (0.6)	10 (0.6)	6 (0.4)	1 (0.2)	3 (0.2)	2 (0.3)
2 and over...	66 (0.9)	15 (0.8)	30 (0.6)	21 (1.2)	28 (0.7)	6 (0.6)	13 (0.5)	10 (0.5)	6 (0.4)	1 (0.2)	3 (0.1)	2 (0.3)

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 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.

\# 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 "desayuno", 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 25 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 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.

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