

**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, 2013-2014

| ----- Nutrient per 1000 kcal ----- |                          |        |        |         |        |                |       |              |       |               |        |           |        |               |        |                       |        |                       |        |
|------------------------------------|--------------------------|--------|--------|---------|--------|----------------|-------|--------------|-------|---------------|--------|-----------|--------|---------------|--------|-----------------------|--------|-----------------------|--------|
| Gender and age (years)             | Sample size <sup>1</sup> | Energy |        | Protein |        | Carbo- hydrate |       | Total sugars |       | Dietary fiber |        | Total fat |        | Saturated fat |        | Mono- unsaturated fat |        | Poly- unsaturated fat |        |
|                                    |                          | kcal   | (SE)   | g       | (SE)   | g              | (SE)  | g            | (SE)  | g             | (SE)   | g         | (SE)   | g             | (SE)   | g                     | (SE)   | g                     | (SE)   |
| <b>Males:</b>                      |                          |        |        |         |        |                |       |              |       |               |        |           |        |               |        |                       |        |                       |        |
| 2 - 5.....                         | 337                      | 1571   | (35.2) | 35.5    | (1.00) | 139            | (1.1) | 66           | (1.2) | 8.1           | (0.28) | 35.2      | (0.46) | 12.6          | (0.25) | 11.6                  | (0.15) | 7.7                   | (0.15) |
| 6 - 11.....                        | 537                      | 2036   | (46.2) | 36.1    | (0.57) | 134            | (0.7) | 63           | (1.1) | 7.6           | (0.24) | 36.7      | (0.46) | 13.5          | (0.32) | 12.1                  | (0.20) | 7.5                   | (0.19) |
| 12 - 19.....                       | 646                      | 2376   | (38.2) | 40.0    | (1.06) | 128            | (2.0) | 60           | (1.5) | 7.1           | (0.20) | 37.5      | (0.53) | 12.7          | (0.28) | 12.7                  | (0.27) | 8.4                   | (0.27) |
| 20 - 29.....                       | 424                      | 2704   | (62.5) | 42.0    | (1.33) | 115            | (2.1) | 52           | (2.1) | 6.6           | (0.23) | 37.8      | (0.53) | 12.4          | (0.28) | 13.0                  | (0.20) | 8.7                   | (0.25) |
| 30 - 39.....                       | 429                      | 2622   | (68.0) | 41.2    | (1.25) | 118            | (1.3) | 52           | (1.3) | 7.6           | (0.20) | 36.8      | (0.42) | 11.7          | (0.21) | 12.9                  | (0.17) | 8.4                   | (0.22) |
| 40 - 49.....                       | 410                      | 2520   | (45.3) | 41.2    | (0.85) | 117            | (2.6) | 50           | (1.8) | 7.9           | (0.27) | 36.8      | (0.59) | 11.9          | (0.36) | 12.8                  | (0.25) | 8.5                   | (0.23) |
| 50 - 59.....                       | 398                      | 2493   | (77.7) | 40.4    | (1.35) | 117            | (2.0) | 49           | (1.7) | 8.2           | (0.34) | 38.1      | (0.85) | 12.3          | (0.25) | 13.7                  | (0.38) | 8.4                   | (0.24) |
| 60 - 69.....                       | 395                      | 2253   | (51.7) | 39.3    | (1.18) | 116            | (2.7) | 48           | (2.1) | 8.6           | (0.25) | 38.7      | (0.42) | 12.4          | (0.29) | 13.6                  | (0.33) | 9.2                   | (0.27) |
| 70 and over.....                   | 358                      | 2022   | (63.3) | 41.2    | (0.64) | 118            | (2.4) | 49           | (1.4) | 9.5           | (0.46) | 39.2      | (0.74) | 12.9          | (0.33) | 13.7                  | (0.33) | 9.1                   | (0.31) |
| 2 - 19.....                        | 1520                     | 2101   | (26.4) | 37.7    | (0.54) | 132            | (1.1) | 62           | (0.9) | 7.5           | (0.16) | 36.8      | (0.39) | 13.0          | (0.19) | 12.3                  | (0.17) | 8.0                   | (0.18) |
| 20 and over...                     | 2414                     | 2477   | (26.1) | 40.9    | (0.66) | 117            | (1.0) | 50           | (0.8) | 7.9           | (0.17) | 37.8      | (0.21) | 12.2          | (0.12) | 13.2                  | (0.09) | 8.7                   | (0.10) |
| 2 and over...                      | 3934                     | 2382   | (21.0) | 40.1    | (0.55) | 121            | (0.8) | 53           | (0.8) | 7.8           | (0.12) | 37.5      | (0.20) | 12.4          | (0.12) | 13.0                  | (0.09) | 8.5                   | (0.09) |
| <b>Females:</b>                    |                          |        |        |         |        |                |       |              |       |               |        |           |        |               |        |                       |        |                       |        |
| 2 - 5.....                         | 339                      | 1395   | (36.9) | 36.7    | (0.82) | 135            | (1.5) | 66           | (1.3) | 7.9           | (0.25) | 36.3      | (0.63) | 13.3          | (0.26) | 11.8                  | (0.23) | 7.8                   | (0.27) |
| 6 - 11.....                        | 510                      | 1786   | (30.4) | 35.0    | (0.79) | 135            | (1.5) | 61           | (1.4) | 8.0           | (0.22) | 37.1      | (0.47) | 12.8          | (0.26) | 12.2                  | (0.15) | 8.6                   | (0.17) |
| 12 - 19.....                       | 650                      | 1689   | (48.0) | 37.3    | (0.93) | 132            | (1.7) | 61           | (1.9) | 7.6           | (0.32) | 36.8      | (0.68) | 12.1          | (0.31) | 12.1                  | (0.29) | 9.0                   | (0.38) |
| 20 - 29.....                       | 430                      | 1933   | (61.9) | 37.8    | (1.23) | 123            | (1.6) | 57           | (1.1) | 7.9           | (0.21) | 37.9      | (0.65) | 12.5          | (0.32) | 12.8                  | (0.24) | 9.0                   | (0.22) |
| 30 - 39.....                       | 463                      | 1986   | (33.0) | 39.7    | (0.98) | 124            | (1.4) | 56           | (1.3) | 8.7           | (0.28) | 37.5      | (0.53) | 12.1          | (0.29) | 12.8                  | (0.26) | 8.9                   | (0.25) |
| 40 - 49.....                       | 487                      | 1873   | (36.3) | 39.7    | (0.81) | 121            | (1.2) | 54           | (1.6) | 8.9           | (0.24) | 38.2      | (0.48) | 12.2          | (0.20) | 13.3                  | (0.23) | 9.2                   | (0.20) |
| 50 - 59.....                       | 439                      | 1779   | (38.2) | 40.0    | (1.08) | 120            | (2.3) | 53           | (1.9) | 8.9           | (0.40) | 38.7      | (0.67) | 11.9          | (0.22) | 13.3                  | (0.31) | 9.7                   | (0.35) |
| 60 - 69.....                       | 433                      | 1712   | (55.5) | 41.0    | (0.94) | 119            | (1.3) | 50           | (1.5) | 9.2           | (0.21) | 38.9      | (0.46) | 12.2          | (0.17) | 13.6                  | (0.25) | 9.5                   | (0.23) |
| 70 and over.....                   | 381                      | 1604   | (37.9) | 38.8    | (0.79) | 126            | (1.3) | 57           | (1.0) | 9.8           | (0.20) | 38.2      | (0.51) | 12.4          | (0.37) | 13.1                  | (0.20) | 9.2                   | (0.15) |
| 2 - 19.....                        | 1499                     | 1657   | (22.7) | 36.4    | (0.68) | 134            | (1.1) | 62           | (0.8) | 7.8           | (0.15) | 36.8      | (0.39) | 12.6          | (0.23) | 12.1                  | (0.17) | 8.6                   | (0.21) |
| 20 and over...                     | 2633                     | 1825   | (18.1) | 39.5    | (0.44) | 122            | (0.9) | 54           | (0.7) | 8.8           | (0.14) | 38.2      | (0.29) | 12.2          | (0.14) | 13.1                  | (0.11) | 9.3                   | (0.13) |
| 2 and over...                      | 4132                     | 1786   | (16.4) | 38.8    | (0.39) | 125            | (0.8) | 56           | (0.6) | 8.6           | (0.13) | 37.9      | (0.26) | 12.3          | (0.13) | 12.9                  | (0.09) | 9.1                   | (0.10) |
| <b>Males and females:</b>          |                          |        |        |         |        |                |       |              |       |               |        |           |        |               |        |                       |        |                       |        |
| 2 - 19.....                        | 3019                     | 1885   | (21.1) | 37.1    | (0.51) | 133            | (0.8) | 62           | (0.7) | 7.6           | (0.10) | 36.8      | (0.29) | 12.8          | (0.15) | 12.2                  | (0.13) | 8.3                   | (0.15) |
| 20 and over...                     | 5047                     | 2141   | (18.7) | 40.2    | (0.48) | 119            | (0.6) | 52           | (0.5) | 8.4           | (0.13) | 38.0      | (0.21) | 12.2          | (0.09) | 13.2                  | (0.07) | 9.0                   | (0.09) |
| 2 and over...                      | 8066                     | 2079   | (17.2) | 39.4    | (0.43) | 123            | (0.5) | 55           | (0.4) | 8.2           | (0.11) | 37.7      | (0.18) | 12.3          | (0.10) | 12.9                  | (0.06) | 8.8                   | (0.07) |

**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, 2013-2014 (continued)

| ----- Nutrient per 1000 kcal ----- |             |       |         |        |                 |        |                |         |               |         |                    |        |                     |         |         |         |      |         |
|------------------------------------|-------------|-------|---------|--------|-----------------|--------|----------------|---------|---------------|---------|--------------------|--------|---------------------|---------|---------|---------|------|---------|
| Gender and age (years)             | Cholesterol |       | Retinol |        | Vitamin A (RAE) |        | Alpha-carotene |         | Beta-carotene |         | Beta-cryptoxanthin |        | Lutein + zeaxanthin |         | Thiamin |         |      |         |
|                                    | mg          | (SE)  | µg      | (SE)   | µg              | (SE)   | µg             | (SE)    | µg            | (SE)    | µg                 | (SE)   | µg                  | (SE)    | mg      | (SE)    |      |         |
| <b>Males:</b>                      |             |       |         |        |                 |        |                |         |               |         |                    |        |                     |         |         |         |      |         |
| 2 - 5.....                         | 115         | (5.0) | 285     | (8.7)  | 366             | (18.1) | 220*           | (66.9)  | 853           | (149.2) | 46                 | (4.7)  | 2095                | (289.5) | 386     | (22.2)  | 0.86 | (0.019) |
| 6 - 11.....                        | 112         | (4.0) | 288     | (13.0) | 362             | (20.4) | 184            | (48.2)  | 783           | (122.2) | 38                 | (3.5)  | 2107                | (209.7) | 420     | (66.1)  | 0.85 | (0.020) |
| 12 - 19.....                       | 132         | (4.2) | 229     | (7.8)  | 284             | (9.7)  | 135            | (25.2)  | 587           | (59.6)  | 35                 | (4.3)  | 2409                | (174.5) | 445     | (37.5)  | 0.86 | (0.040) |
| 20 - 29.....                       | 144         | (6.6) | 198     | (13.4) | 269             | (15.3) | 129            | (15.1)  | 778           | (95.0)  | 28                 | (2.6)  | 1975                | (106.6) | 593     | (79.4)  | 0.74 | (0.015) |
| 30 - 39.....                       | 143         | (5.9) | 176     | (9.8)  | 271             | (10.8) | 199            | (24.8)  | 1023          | (103.1) | 28                 | (2.3)  | 2281                | (231.9) | 694     | (136.2) | 0.75 | (0.023) |
| 40 - 49.....                       | 142         | (7.0) | 179     | (8.6)  | 270             | (13.9) | 210            | (46.0)  | 969           | (126.6) | 26                 | (2.3)  | 2311                | (284.9) | 641     | (76.9)  | 0.75 | (0.019) |
| 50 - 59.....                       | 141         | (6.0) | 189     | (8.5)  | 280             | (11.9) | 168            | (24.3)  | 992           | (102.0) | 40                 | (5.7)  | 2311                | (240.3) | 788     | (69.3)  | 0.77 | (0.018) |
| 60 - 69.....                       | 139         | (7.6) | 201     | (8.2)  | 300             | (14.9) | 169            | (21.4)  | 1094          | (124.4) | 44                 | (6.5)  | 2954                | (360.3) | 748     | (108.4) | 0.80 | (0.021) |
| 70 and over.....                   | 162         | (7.3) | 274     | (27.2) | 395             | (27.3) | 247            | (28.2)  | 1309          | (143.8) | 43                 | (4.7)  | 2775                | (192.8) | 855     | (98.4)  | 0.87 | (0.028) |
| 2 - 19.....                        | 121         | (2.3) | 260     | (4.9)  | 327             | (9.7)  | 169            | (26.9)  | 708           | (62.6)  | 38                 | (3.3)  | 2242                | (126.9) | 425     | (36.3)  | 0.86 | (0.020) |
| 20 and over...                     | 144         | (2.8) | 198     | (4.9)  | 290             | (7.6)  | 182            | (13.5)  | 1000          | (51.2)  | 34                 | (1.5)  | 2382                | (138.7) | 708     | (44.9)  | 0.77 | (0.009) |
| 2 and over...                      | 138         | (2.2) | 214     | (4.0)  | 299             | (6.5)  | 179            | (11.1)  | 926           | (40.2)  | 35                 | (1.6)  | 2346                | (112.9) | 636     | (34.4)  | 0.79 | (0.008) |
| <b>Females:</b>                    |             |       |         |        |                 |        |                |         |               |         |                    |        |                     |         |         |         |      |         |
| 2 - 5.....                         | 123         | (6.2) | 328     | (15.6) | 404             | (20.1) | 163            | (27.2)  | 817           | (89.8)  | 44                 | (8.1)  | 2024                | (230.0) | 444     | (34.9)  | 0.85 | (0.019) |
| 6 - 11.....                        | 111         | (4.3) | 270     | (11.8) | 334             | (14.9) | 142            | (19.2)  | 681           | (88.5)  | 43                 | (5.5)  | 2209                | (262.1) | 614     | (145.2) | 0.86 | (0.022) |
| 12 - 19.....                       | 112         | (5.2) | 223     | (12.3) | 336             | (40.0) | 278*           | (133.4) | 1202          | (353.8) | 40                 | (5.0)  | 2371                | (222.4) | 637     | (127.1) | 0.82 | (0.019) |
| 20 - 29.....                       | 134         | (8.5) | 198     | (8.1)  | 297             | (19.9) | 193            | (42.2)  | 1072          | (159.5) | 41                 | (8.6)  | 2192                | (184.4) | 838     | (99.9)  | 0.76 | (0.016) |
| 30 - 39.....                       | 134         | (6.6) | 178     | (8.3)  | 295             | (24.0) | 163            | (34.3)  | 1311          | (242.1) | 38                 | (4.6)  | 2256                | (221.0) | 1193    | (343.1) | 0.78 | (0.026) |
| 40 - 49.....                       | 130         | (5.1) | 181     | (5.9)  | 316             | (23.8) | 311            | (73.9)  | 1436          | (222.3) | 57                 | (10.2) | 2281                | (152.9) | 996     | (65.6)  | 0.77 | (0.015) |
| 50 - 59.....                       | 138         | (6.8) | 216     | (9.4)  | 358             | (15.1) | 305            | (29.8)  | 1537          | (176.7) | 47                 | (7.7)  | 2326                | (184.6) | 1250    | (231.7) | 0.80 | (0.036) |
| 60 - 69.....                       | 140         | (4.7) | 228     | (11.9) | 371             | (16.7) | 254            | (34.2)  | 1558          | (137.5) | 71                 | (16.9) | 2486                | (293.9) | 1072    | (107.5) | 0.82 | (0.016) |
| 70 and over.....                   | 133         | (5.9) | 268     | (15.8) | 417             | (22.6) | 278            | (39.6)  | 1614          | (190.7) | 72                 | (9.1)  | 2670                | (296.4) | 1062    | (87.4)  | 0.84 | (0.014) |
| 2 - 19.....                        | 114         | (3.4) | 260     | (9.7)  | 350             | (21.1) | 210*           | (63.2)  | 952           | (167.2) | 42                 | (2.8)  | 2245                | (166.8) | 588     | (71.1)  | 0.84 | (0.013) |
| 20 and over...                     | 135         | (2.3) | 209     | (5.2)  | 339             | (11.8) | 251            | (23.9)  | 1411          | (100.4) | 53                 | (3.6)  | 2351                | (95.7)  | 1069    | (79.1)  | 0.79 | (0.010) |
| 2 and over...                      | 130         | (2.0) | 221     | (5.5)  | 341             | (11.9) | 241            | (24.9)  | 1305          | (97.1)  | 51                 | (2.9)  | 2326                | (83.0)  | 958     | (67.8)  | 0.80 | (0.009) |
| <b>Males and females:</b>          |             |       |         |        |                 |        |                |         |               |         |                    |        |                     |         |         |         |      |         |
| 2 - 19.....                        | 118         | (2.4) | 260     | (5.9)  | 338             | (12.4) | 189            | (37.5)  | 826           | (91.7)  | 40                 | (2.6)  | 2243                | (120.6) | 504     | (32.6)  | 0.85 | (0.014) |
| 20 and over...                     | 139         | (1.6) | 204     | (3.7)  | 315             | (7.7)  | 217            | (16.8)  | 1211          | (63.0)  | 44                 | (2.1)  | 2366                | (51.3)  | 894     | (47.7)  | 0.78 | (0.006) |
| 2 and over...                      | 134         | (1.4) | 217     | (3.8)  | 321             | (8.0)  | 211            | (16.0)  | 1118          | (58.6)  | 43                 | (1.8)  | 2336                | (53.5)  | 800     | (37.2)  | 0.80 | (0.007) |

**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, 2013-2014 (continued)

| ----- Nutrient per 1000 kcal ----- |                       |                  |                      |                      |                       |                        |                   |                       |                             |  |  |  |
|------------------------------------|-----------------------|------------------|----------------------|----------------------|-----------------------|------------------------|-------------------|-----------------------|-----------------------------|--|--|--|
| 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)) |  |  |  |
| <b>Males:</b>                      |                       |                  |                      |                      |                       |                        |                   |                       |                             |  |  |  |
| 2 - 5.....                         | 1.12 (0.026)          | 10.6 (0.19)      | 0.93 (0.024)         | 114 (5.3)            | 90 (4.5)              | 284 (8.8)              | 139 (4.2)         | 2.51 (0.102)          | 0.61 (0.052)                |  |  |  |
| 6 - 11.....                        | 1.08 (0.031)          | 11.1 (0.22)      | 0.94 (0.020)         | 115 (6.2)            | 80 (1.9)              | 276 (10.6)             | 132 (2.5)         | 2.58 (0.102)          | 0.63 (0.042)                |  |  |  |
| 12 - 19.....                       | 1.09 (0.033)          | 13.4 (0.37)      | 1.10 (0.051)         | 108 (7.9)            | 84 (2.2)              | 267 (14.3)             | 147 (2.8)         | 2.79 (0.101)          | 0.86 (0.087)                |  |  |  |
| 20 - 29.....                       | 1.03 (0.046)          | 13.7 (0.45)      | 1.10 (0.061)         | 85 (5.2)             | 97 (2.5)              | 242 (7.7)              | 160 (5.4)         | 2.70 (0.178)          | 0.70 (0.137)                |  |  |  |
| 30 - 39.....                       | 1.04 (0.045)          | 14.5 (0.55)      | 1.30 (0.089)         | 82 (4.2)             | 102 (3.6)             | 242 (8.1)              | 162 (4.7)         | 2.63 (0.152)          | 0.85 (0.159)                |  |  |  |
| 40 - 49.....                       | 1.02 (0.020)          | 12.9 (0.27)      | 1.06 (0.029)         | 74 (4.6)             | 103 (2.6)             | 229 (7.1)              | 170 (6.1)         | 2.25 (0.086)          | 0.37 (0.055)                |  |  |  |
| 50 - 59.....                       | 1.05 (0.021)          | 12.6 (0.35)      | 1.05 (0.038)         | 90 (5.8)             | 106 (4.1)             | 258 (10.3)             | 169 (2.9)         | 2.36 (0.167)          | 0.50 (0.086)                |  |  |  |
| 60 - 69.....                       | 1.05 (0.028)          | 12.7 (0.26)      | 1.01 (0.031)         | 82 (4.7)             | 109 (3.3)             | 248 (7.6)              | 166 (5.7)         | 2.10 (0.120)          | 0.41 (0.044)                |  |  |  |
| 70 and over.....                   | 1.15 (0.033)          | 13.0 (0.31)      | 1.16 (0.038)         | 99 (7.4)             | 116 (5.5)             | 284 (14.8)             | 184 (4.0)         | 2.71 (0.180)          | 0.65 (0.099)                |  |  |  |
| 2 - 19.....                        | 1.09 (0.021)          | 12.0 (0.21)      | 1.01 (0.023)         | 112 (5.0)            | 84 (2.1)              | 273 (9.0)              | 140 (1.8)         | 2.66 (0.071)          | 0.73 (0.056)                |  |  |  |
| 20 and over...                     | 1.05 (0.014)          | 13.3 (0.12)      | 1.11 (0.014)         | 85 (2.1)             | 104 (1.4)             | 248 (4.2)              | 167 (1.9)         | 2.46 (0.048)          | 0.58 (0.036)                |  |  |  |
| 2 and over...                      | 1.06 (0.013)          | 12.9 (0.11)      | 1.08 (0.013)         | 91 (2.2)             | 99 (1.1)              | 254 (4.0)              | 160 (1.6)         | 2.51 (0.041)          | 0.62 (0.039)                |  |  |  |
| <b>Females:</b>                    |                       |                  |                      |                      |                       |                        |                   |                       |                             |  |  |  |
| 2 - 5.....                         | 1.25 (0.038)          | 10.8 (0.31)      | 0.99 (0.045)         | 125 (9.1)            | 87 (3.0)              | 300 (14.5)             | 151 (4.8)         | 2.89 (0.135)          | 0.71 (0.079)                |  |  |  |
| 6 - 11.....                        | 1.05 (0.034)          | 11.4 (0.19)      | 0.92 (0.021)         | 116 (7.8)            | 85 (2.2)              | 282 (13.2)             | 130 (3.6)         | 2.44 (0.088)          | 0.71 (0.045)                |  |  |  |
| 12 - 19.....                       | 1.05 (0.067)          | 12.4 (0.40)      | 0.99 (0.050)         | 113 (8.6)            | 90 (3.5)              | 283 (15.9)             | 131 (4.0)         | 2.46 (0.123)          | 0.69 (0.099)                |  |  |  |
| 20 - 29.....                       | 0.95 (0.026)          | 12.0 (0.25)      | 1.04 (0.044)         | 89 (6.1)             | 101 (3.3)             | 253 (8.6)              | 148 (7.1)         | 2.22 (0.085)          | 0.55 (0.062)                |  |  |  |
| 30 - 39.....                       | 1.00 (0.037)          | 12.0 (0.31)      | 0.96 (0.028)         | 80 (1.9)             | 118 (6.4)             | 254 (7.4)              | 154 (6.1)         | 2.12 (0.110)          | 0.36 (0.038)                |  |  |  |
| 40 - 49.....                       | 1.05 (0.034)          | 12.0 (0.26)      | 0.96 (0.037)         | 76 (4.0)             | 117 (2.8)             | 247 (7.9)              | 154 (3.9)         | 2.01 (0.115)          | 0.31 (0.041)                |  |  |  |
| 50 - 59.....                       | 1.10 (0.036)          | 12.7 (0.49)      | 1.07 (0.048)         | 87 (7.3)             | 116 (6.8)             | 263 (14.2)             | 163 (5.4)         | 2.12 (0.094)          | 0.50 (0.078)                |  |  |  |
| 60 - 69.....                       | 1.12 (0.026)          | 12.4 (0.32)      | 0.99 (0.027)         | 87 (3.4)             | 123 (5.7)             | 271 (6.2)              | 169 (3.9)         | 2.60 (0.187)          | 0.39 (0.056)                |  |  |  |
| 70 and over.....                   | 1.17 (0.031)          | 12.0 (0.20)      | 1.09 (0.022)         | 99 (5.1)             | 122 (3.4)             | 290 (8.6)              | 165 (4.1)         | 2.43 (0.101)          | 0.62 (0.082)                |  |  |  |
| 2 - 19.....                        | 1.09 (0.042)          | 11.8 (0.24)      | 0.97 (0.030)         | 117 (6.3)            | 88 (1.8)              | 286 (11.0)             | 135 (2.8)         | 2.54 (0.084)          | 0.70 (0.046)                |  |  |  |
| 20 and over...                     | 1.06 (0.011)          | 12.2 (0.13)      | 1.01 (0.012)         | 86 (2.2)             | 116 (2.9)             | 262 (4.5)              | 158 (1.8)         | 2.23 (0.060)          | 0.45 (0.027)                |  |  |  |
| 2 and over...                      | 1.07 (0.014)          | 12.1 (0.10)      | 1.00 (0.010)         | 93 (2.3)             | 109 (2.6)             | 267 (4.6)              | 153 (1.7)         | 2.30 (0.054)          | 0.51 (0.021)                |  |  |  |
| <b>Males and females:</b>          |                       |                  |                      |                      |                       |                        |                   |                       |                             |  |  |  |
| 2 - 19.....                        | 1.09 (0.027)          | 11.9 (0.19)      | 0.99 (0.020)         | 114 (4.9)            | 86 (1.2)              | 280 (8.7)              | 137 (1.8)         | 2.61 (0.048)          | 0.71 (0.042)                |  |  |  |
| 20 and over...                     | 1.05 (0.009)          | 12.7 (0.08)      | 1.06 (0.009)         | 85 (1.8)             | 110 (1.8)             | 255 (3.5)              | 163 (1.2)         | 2.34 (0.036)          | 0.51 (0.021)                |  |  |  |
| 2 and over...                      | 1.06 (0.011)          | 12.5 (0.06)      | 1.04 (0.008)         | 92 (2.0)             | 104 (1.6)             | 261 (3.9)              | 157 (1.2)         | 2.41 (0.030)          | 0.56 (0.023)                |  |  |  |

**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, 2013-2014 (continued)

| ----- <i>Nutrient per 1000 kcal</i> ----- |           |        |           |        |                              |        |                 |        |           |         |         |        |            |        |           |       |
|---|-----------|--------|-----------|--------|------------------------------|--------|-----------------|--------|-----------|---------|---------|--------|------------|--------|-----------|-------|
| Gender and age (years)                    | Vitamin C |        | Vitamin D |        | Vitamin E (alpha-tocopherol) |        | Added Vitamin E |        | Vitamin K |         | Calcium |        | Phosphorus |        | Magnesium |       |
|   | mg        | (SE)   | µg        | (SE)   | mg                           | (SE)   | mg              | (SE)   | µg        | (SE)    | mg      | (SE)   | mg         | (SE)   | mg        | (SE)  |
| <b>Males:</b>                             |           |        |           |        |                              |        |                 |        |           |         |         |        |            |        |           |       |
| 2 - 5.....                                | 52.8      | (1.59) | 3.8       | (0.26) | 3.7                          | (0.16) | 0.4             | (0.11) | 31.5      | (2.12)  | 596     | (15.7) | 695        | (16.4) | 134       | (3.7) |
| 6 - 11.....                               | 39.2      | (1.66) | 3.2       | (0.14) | 3.6                          | (0.09) | 0.3             | (0.06) | 34.7      | (3.35)  | 591     | (20.7) | 690        | (12.2) | 123       | (2.0) |
| 12 - 19.....                              | 33.8      | (2.82) | 2.7       | (0.11) | 3.7                          | (0.25) | 0.4*            | (0.14) | 36.7      | (2.40)  | 520     | (13.2) | 678        | (10.5) | 127       | (1.8) |
| 20 - 29.....                              | 35.3      | (3.28) | 2.2       | (0.24) | 4.2                          | (0.28) | 0.6             | (0.15) | 46.2      | (3.58)  | 478     | (13.8) | 676        | (11.5) | 132       | (4.0) |
| 30 - 39.....                              | 33.7      | (2.27) | 1.9       | (0.11) | 4.1                          | (0.21) | 0.3             | (0.10) | 49.9      | (6.07)  | 436     | (16.0) | 665        | (16.3) | 141       | (3.7) |
| 40 - 49.....                              | 31.0      | (1.73) | 2.6       | (0.28) | 4.1                          | (0.15) | 0.3*            | (0.09) | 47.5      | (3.66)  | 438     | (18.5) | 672        | (11.2) | 144       | (3.2) |
| 50 - 59.....                              | 36.8      | (3.04) | 2.2       | (0.24) | 4.2                          | (0.13) | 0.4             | (0.06) | 57.6      | (4.86)  | 421     | (11.8) | 658        | (17.4) | 150       | (4.5) |
| 60 - 69.....                              | 37.6      | (2.71) | 2.3       | (0.24) | 4.3                          | (0.19) | 0.3*            | (0.11) | 56.4      | (4.48)  | 448     | (15.7) | 651        | (13.3) | 149       | (4.2) |
| 70 and over.....                          | 51.1      | (3.34) | 2.8       | (0.16) | 4.7                          | (0.22) | 0.6*            | (0.22) | 59.3      | (4.56)  | 465     | (11.9) | 691        | (9.9)  | 159       | (4.6) |
| 2 - 19.....                               | 39.4      | (1.66) | 3.1       | (0.06) | 3.7                          | (0.13) | 0.3             | (0.08) | 35.0      | (2.20)  | 560     | (9.9)  | 686        | (7.4)  | 127       | (1.6) |
| 20 and over...                            | 36.6      | (1.08) | 2.3       | (0.10) | 4.2                          | (0.08) | 0.4             | (0.04) | 52.1      | (2.25)  | 447     | (6.7)  | 668        | (6.4)  | 144       | (1.9) |
| 2 and over...                             | 37.3      | (0.77) | 2.5       | (0.07) | 4.1                          | (0.06) | 0.4             | (0.03) | 47.8      | (1.77)  | 475     | (6.2)  | 672        | (5.7)  | 140       | (1.5) |
| <b>Females:</b>                           |           |        |           |        |                              |        |                 |        |           |         |         |        |            |        |           |       |
| 2 - 5.....                                | 56.1      | (4.62) | 4.4       | (0.27) | 3.7                          | (0.14) | 0.4             | (0.08) | 36.4      | (2.43)  | 684     | (25.8) | 743        | (17.6) | 136       | (2.8) |
| 6 - 11.....                               | 42.0      | (2.31) | 2.7       | (0.08) | 4.0                          | (0.15) | 0.5             | (0.13) | 45.0      | (6.63)  | 544     | (15.8) | 670        | (10.3) | 125       | (2.1) |
| 12 - 19.....                              | 39.9      | (2.36) | 2.3       | (0.14) | 3.9                          | (0.17) | 0.2             | (0.05) | 50.6      | (7.51)  | 515     | (22.5) | 658        | (18.4) | 130       | (3.5) |
| 20 - 29.....                              | 40.3      | (1.59) | 2.1       | (0.14) | 4.3                          | (0.13) | 0.6             | (0.10) | 60.8      | (5.03)  | 482     | (14.4) | 635        | (13.5) | 137       | (3.0) |
| 30 - 39.....                              | 40.6      | (2.60) | 2.0       | (0.13) | 4.6                          | (0.16) | 0.5             | (0.14) | 73.0      | (10.91) | 479     | (15.3) | 662        | (12.6) | 150       | (5.5) |
| 40 - 49.....                              | 42.7      | (3.82) | 2.0       | (0.11) | 4.5                          | (0.14) | 0.3             | (0.06) | 72.4      | (3.99)  | 479     | (16.4) | 663        | (13.1) | 156       | (3.8) |
| 50 - 59.....                              | 43.6      | (2.60) | 2.4       | (0.12) | 4.9                          | (0.31) | 0.6             | (0.14) | 83.7      | (11.56) | 477     | (9.8)  | 673        | (9.5)  | 163       | (5.3) |
| 60 - 69.....                              | 45.4      | (3.22) | 2.6       | (0.26) | 4.8                          | (0.18) | 0.6             | (0.13) | 76.1      | (5.78)  | 499     | (11.8) | 699        | (11.9) | 162       | (4.3) |
| 70 and over.....                          | 60.4      | (4.04) | 2.8       | (0.13) | 4.8                          | (0.16) | 0.6             | (0.12) | 75.3      | (3.81)  | 529     | (17.7) | 683        | (13.7) | 162       | (2.3) |
| 2 - 19.....                               | 44.0      | (1.44) | 2.9       | (0.11) | 3.9                          | (0.07) | 0.3             | (0.05) | 45.7      | (4.00)  | 561     | (16.3) | 680        | (13.2) | 130       | (2.2) |
| 20 and over...                            | 44.8      | (1.22) | 2.3       | (0.08) | 4.6                          | (0.09) | 0.5             | (0.05) | 73.5      | (3.34)  | 489     | (6.0)  | 668        | (6.7)  | 155       | (1.6) |
| 2 and over...                             | 44.6      | (1.01) | 2.4       | (0.06) | 4.5                          | (0.08) | 0.5             | (0.04) | 67.1      | (3.11)  | 505     | (6.2)  | 671        | (7.3)  | 149       | (1.5) |
| <b>Males and females:</b>                 |           |        |           |        |                              |        |                 |        |           |         |         |        |            |        |           |       |
| 2 - 19.....                               | 41.6      | (1.02) | 3.0       | (0.05) | 3.8                          | (0.08) | 0.3             | (0.05) | 40.2      | (1.75)  | 560     | (11.3) | 683        | (8.5)  | 128       | (1.5) |
| 20 and over...                            | 40.8      | (0.87) | 2.3       | (0.06) | 4.4                          | (0.06) | 0.5             | (0.03) | 63.2      | (1.98)  | 468     | (4.9)  | 668        | (6.1)  | 150       | (1.5) |
| 2 and over...                             | 41.0      | (0.68) | 2.5       | (0.04) | 4.3                          | (0.05) | 0.4             | (0.03) | 57.6      | (1.66)  | 491     | (5.5)  | 672        | (6.0)  | 145       | (1.3) |

**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, 2013-2014 (continued)

| ----- Nutrient per 1000 kcal ----- |      |        |      |        |        |        |          |        |           |        |        |        |          |         |             |        |         |        |
|------------------------------------|------|--------|------|--------|--------|--------|----------|--------|-----------|--------|--------|--------|----------|---------|-------------|--------|---------|--------|
| Gender and age (years)             | Iron |        | Zinc |        | Copper |        | Selenium |        | Potassium |        | Sodium |        | Caffeine |         | Theobromine |        | Alcohol |        |
|                                    | mg   | (SE)   | mg   | (SE)   | mg     | (SE)   | µg       | (SE)   | mg        | (SE)   | mg     | (SE)   | mg       | (SE)    | mg          | (SE)   | g       | (SE)   |
| <b>Males:</b>                      |      |        |      |        |        |        |          |        |           |        |        |        |          |         |             |        |         |        |
| 2 - 5.....                         | 7.8  | (0.25) | 5.1  | (0.11) | 0.5    | (0.01) | 49.8     | (1.15) | 1296      | (34.5) | 1537   | (26.9) | 3.0      | (0.40)  | 24.7        | (3.21) | --      | --     |
| 6 - 11.....                        | 7.4  | (0.14) | 5.3  | (0.11) | 0.5    | (0.01) | 50.1     | (1.25) | 1172      | (19.0) | 1580   | (36.3) | 8.1      | (1.20)  | 28.0        | (2.37) | --      | --     |
| 12 - 19.....                       | 7.4  | (0.23) | 5.8  | (0.20) | 0.5    | (0.01) | 55.4     | (0.93) | 1149      | (17.9) | 1686   | (27.4) | 22.5     | (2.86)  | 19.8        | (1.65) | --      | --     |
| 20 - 29.....                       | 6.5  | (0.20) | 5.5  | (0.12) | 0.5    | (0.01) | 56.7     | (1.66) | 1128      | (28.0) | 1698   | (35.8) | 45.6     | (4.46)  | 12.0        | (1.51) | --      | --     |
| 30 - 39.....                       | 6.5  | (0.12) | 5.6  | (0.19) | 0.6    | (0.02) | 55.7     | (2.21) | 1198      | (24.1) | 1673   | (29.7) | 75.0     | (6.72)  | 11.5        | (1.42) | --      | --     |
| 40 - 49.....                       | 6.5  | (0.19) | 5.2  | (0.15) | 0.6    | (0.02) | 58.7     | (0.78) | 1270      | (24.7) | 1719   | (32.1) | 83.5     | (5.39)  | 18.8        | (2.20) | --      | --     |
| 50 - 59.....                       | 7.2  | (0.30) | 5.4  | (0.26) | 0.6    | (0.03) | 58.4     | (2.15) | 1315      | (29.0) | 1704   | (30.6) | 102.4    | (5.45)  | 16.9        | (2.30) | --      | --     |
| 60 - 69.....                       | 7.0  | (0.15) | 5.2  | (0.15) | 0.6    | (0.02) | 56.4     | (1.47) | 1346      | (28.8) | 1680   | (35.1) | 99.1     | (7.55)  | 18.6        | (3.53) | --      | --     |
| 70 and over.....                   | 8.2  | (0.34) | 6.1  | (0.25) | 0.7    | (0.04) | 58.1     | (1.05) | 1491      | (34.9) | 1749   | (37.1) | 86.4     | (7.66)  | 17.7        | (1.62) | --      | --     |
| 2 - 19.....                        | 7.5  | (0.14) | 5.5  | (0.09) | 0.5    | (0.01) | 52.4     | (0.77) | 1185      | (12.5) | 1620   | (22.3) | 13.6     | (1.20)  | 23.6        | (1.40) | --      | --     |
| 20 and over...                     | 6.9  | (0.10) | 5.5  | (0.08) | 0.6    | (0.01) | 57.3     | (0.77) | 1272      | (14.8) | 1701   | (13.0) | 80.6     | (2.72)  | 15.7        | (0.96) | 5.8     | (0.38) |
| 2 and over...                      | 7.0  | (0.09) | 5.5  | (0.07) | 0.6    | (0.01) | 56.1     | (0.69) | 1250      | (12.3) | 1681   | (14.0) | 63.6     | (2.66)  | 17.7        | (0.77) | --      | --     |
| <b>Females:</b>                    |      |        |      |        |        |        |          |        |           |        |        |        |          |         |             |        |         |        |
| 2 - 5.....                         | 7.8  | (0.24) | 6.0  | (0.21) | 0.5    | (0.01) | 49.7     | (0.92) | 1357      | (49.4) | 1532   | (25.3) | 4.2      | (0.98)  | 26.0        | (2.77) | --      | --     |
| 6 - 11.....                        | 7.9  | (0.25) | 5.2  | (0.24) | 0.5    | (0.02) | 50.0     | (1.17) | 1133      | (24.5) | 1567   | (17.1) | 7.1      | (0.88)  | 25.6        | (2.30) | --      | --     |
| 12 - 19.....                       | 7.3  | (0.25) | 5.2  | (0.21) | 0.5    | (0.01) | 53.2     | (1.03) | 1153      | (33.5) | 1727   | (29.2) | 29.3     | (6.18)  | 17.6        | (1.87) | --      | --     |
| 20 - 29.....                       | 6.6  | (0.15) | 5.0  | (0.15) | 0.6    | (0.02) | 52.7     | (1.89) | 1182      | (35.1) | 1734   | (39.8) | 54.2     | (4.96)  | 15.1        | (2.31) | --      | --     |
| 30 - 39.....                       | 6.8  | (0.14) | 5.2  | (0.17) | 0.6    | (0.02) | 55.0     | (1.36) | 1236      | (30.2) | 1758   | (83.1) | 70.2     | (5.90)  | 16.9        | (1.79) | --      | --     |
| 40 - 49.....                       | 6.7  | (0.21) | 5.0  | (0.13) | 0.6    | (0.02) | 56.0     | (1.55) | 1350      | (26.6) | 1654   | (38.5) | 109.8    | (21.64) | 21.2        | (2.44) | --      | --     |
| 50 - 59.....                       | 7.6  | (0.42) | 5.3  | (0.20) | 0.7    | (0.02) | 55.5     | (1.65) | 1401      | (42.6) | 1646   | (35.4) | 123.2    | (6.45)  | 21.3        | (2.54) | --      | --     |
| 60 - 69.....                       | 7.3  | (0.09) | 5.4  | (0.12) | 0.7    | (0.02) | 59.2     | (1.32) | 1434      | (35.2) | 1749   | (41.4) | 114.6    | (7.54)  | 19.5        | (1.93) | --      | --     |
| 70 and over.....                   | 7.9  | (0.19) | 5.7  | (0.14) | 0.7    | (0.02) | 53.8     | (1.29) | 1504      | (26.8) | 1666   | (19.3) | 94.7     | (8.62)  | 17.8        | (2.45) | --      | --     |
| 2 - 19.....                        | 7.6  | (0.14) | 5.4  | (0.19) | 0.5    | (0.01) | 51.5     | (0.73) | 1190      | (22.8) | 1634   | (16.0) | 16.8     | (3.20)  | 22.0        | (1.40) | --      | --     |
| 20 and over...                     | 7.1  | (0.07) | 5.2  | (0.05) | 0.6    | (0.01) | 55.3     | (0.61) | 1343      | (16.6) | 1700   | (20.6) | 94.5     | (5.06)  | 18.7        | (0.63) | 3.5     | (0.30) |
| 2 and over...                      | 7.2  | (0.07) | 5.3  | (0.07) | 0.6    | (0.01) | 54.4     | (0.52) | 1308      | (16.1) | 1685   | (16.6) | 76.6     | (4.69)  | 19.5        | (0.63) | --      | --     |
| <b>Males and females:</b>          |      |        |      |        |        |        |          |        |           |        |        |        |          |         |             |        |         |        |
| 2 - 19.....                        | 7.5  | (0.11) | 5.4  | (0.09) | 0.5    | (0.01) | 52.0     | (0.65) | 1188      | (13.2) | 1627   | (14.5) | 15.2     | (1.69)  | 22.8        | (1.00) | --      | --     |
| 20 and over...                     | 7.0  | (0.07) | 5.3  | (0.06) | 0.6    | (0.01) | 56.3     | (0.58) | 1309      | (14.0) | 1701   | (12.6) | 87.8     | (3.54)  | 17.2        | (0.63) | 4.6     | (0.30) |
| 2 and over...                      | 7.1  | (0.06) | 5.4  | (0.06) | 0.6    | (0.01) | 55.3     | (0.51) | 1279      | (12.9) | 1683   | (11.5) | 70.2     | (3.47)  | 18.6        | (0.54) | --      | --     |

**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, 2013-2014 (continued)

| ----- <i>Nutrient per 1000 kcal</i> ----- |                      |                      |                      |                       |                       |                       |                       |                       |  |
|---|----------------------|----------------------|----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--|
| Gender and age<br>(years)                 | SFA<br>4:0<br>g (SE) | SFA<br>6:0<br>g (SE) | SFA<br>8:0<br>g (SE) | SFA<br>10:0<br>g (SE) | SFA<br>12:0<br>g (SE) | SFA<br>14:0<br>g (SE) | SFA<br>16:0<br>g (SE) | SFA<br>18:0<br>g (SE) |  |
| <b>Males:</b>                             |                      |                      |                      |                       |                       |                       |                       |                       |  |
| 2 - 5.....                                | 0.29 (0.012)         | 0.20 (0.009)         | 0.18 (0.020)         | 0.30 (0.017)          | 0.46 (0.034)          | 1.17 (0.041)          | 6.57 (0.114)          | 2.89 (0.060)          |  |
| 6 - 11.....                               | 0.30 (0.018)         | 0.19 (0.012)         | 0.16 (0.013)         | 0.30 (0.017)          | 0.54 (0.086)          | 1.25 (0.058)          | 7.07 (0.095)          | 3.18 (0.083)          |  |
| 12 - 19.....                              | 0.25 (0.014)         | 0.16 (0.008)         | 0.12 (0.005)         | 0.24 (0.012)          | 0.38 (0.027)          | 1.09 (0.050)          | 6.93 (0.124)          | 3.07 (0.071)          |  |
| 20 - 29.....                              | 0.22 (0.012)         | 0.14 (0.008)         | 0.12 (0.009)         | 0.23 (0.010)          | 0.34 (0.021)          | 1.06 (0.038)          | 6.78 (0.132)          | 2.99 (0.067)          |  |
| 30 - 39.....                              | 0.20 (0.009)         | 0.13 (0.005)         | 0.11 (0.005)         | 0.22 (0.007)          | 0.39 (0.032)          | 0.98 (0.031)          | 6.38 (0.107)          | 2.85 (0.057)          |  |
| 40 - 49.....                              | 0.23 (0.016)         | 0.14 (0.009)         | 0.11 (0.006)         | 0.23 (0.013)          | 0.35 (0.027)          | 1.01 (0.056)          | 6.45 (0.154)          | 2.89 (0.094)          |  |
| 50 - 59.....                              | 0.22 (0.013)         | 0.14 (0.008)         | 0.12 (0.006)         | 0.23 (0.013)          | 0.38 (0.023)          | 0.99 (0.040)          | 6.71 (0.137)          | 3.04 (0.053)          |  |
| 60 - 69.....                              | 0.24 (0.018)         | 0.15 (0.009)         | 0.12 (0.007)         | 0.24 (0.013)          | 0.38 (0.037)          | 1.01 (0.059)          | 6.76 (0.106)          | 2.98 (0.069)          |  |
| 70 and over.....                          | 0.25 (0.014)         | 0.16 (0.008)         | 0.13 (0.007)         | 0.25 (0.012)          | 0.42 (0.036)          | 1.07 (0.051)          | 6.98 (0.176)          | 3.13 (0.098)          |  |
| 2 - 19.....                               | 0.28 (0.010)         | 0.18 (0.006)         | 0.15 (0.006)         | 0.28 (0.009)          | 0.45 (0.028)          | 1.16 (0.031)          | 6.91 (0.069)          | 3.07 (0.053)          |  |
| 20 and over...                            | 0.23 (0.008)         | 0.14 (0.005)         | 0.12 (0.004)         | 0.23 (0.007)          | 0.37 (0.014)          | 1.02 (0.025)          | 6.66 (0.044)          | 2.97 (0.027)          |  |
| 2 and over...                             | 0.24 (0.006)         | 0.15 (0.004)         | 0.12 (0.003)         | 0.24 (0.006)          | 0.39 (0.016)          | 1.05 (0.021)          | 6.72 (0.045)          | 3.00 (0.027)          |  |
| <b>Females:</b>                           |                      |                      |                      |                       |                       |                       |                       |                       |  |
| 2 - 5.....                                | 0.34 (0.015)         | 0.22 (0.009)         | 0.18 (0.009)         | 0.33 (0.010)          | 0.49 (0.022)          | 1.29 (0.045)          | 6.89 (0.131)          | 3.03 (0.068)          |  |
| 6 - 11.....                               | 0.27 (0.014)         | 0.18 (0.009)         | 0.14 (0.006)         | 0.28 (0.012)          | 0.45 (0.028)          | 1.15 (0.043)          | 6.83 (0.129)          | 3.00 (0.052)          |  |
| 12 - 19.....                              | 0.25 (0.015)         | 0.16 (0.011)         | 0.13 (0.007)         | 0.25 (0.014)          | 0.40 (0.022)          | 1.07 (0.054)          | 6.57 (0.140)          | 2.86 (0.078)          |  |
| 20 - 29.....                              | 0.26 (0.013)         | 0.16 (0.007)         | 0.13 (0.005)         | 0.26 (0.010)          | 0.41 (0.022)          | 1.10 (0.044)          | 6.74 (0.141)          | 2.94 (0.082)          |  |
| 30 - 39.....                              | 0.23 (0.010)         | 0.14 (0.007)         | 0.14 (0.013)         | 0.25 (0.015)          | 0.51 (0.083)          | 1.04 (0.048)          | 6.44 (0.123)          | 2.90 (0.058)          |  |
| 40 - 49.....                              | 0.24 (0.011)         | 0.15 (0.005)         | 0.12 (0.005)         | 0.24 (0.008)          | 0.37 (0.020)          | 1.03 (0.035)          | 6.63 (0.093)          | 2.94 (0.051)          |  |
| 50 - 59.....                              | 0.22 (0.009)         | 0.14 (0.005)         | 0.12 (0.005)         | 0.24 (0.008)          | 0.38 (0.032)          | 0.96 (0.028)          | 6.52 (0.116)          | 2.88 (0.068)          |  |
| 60 - 69.....                              | 0.24 (0.013)         | 0.15 (0.006)         | 0.12 (0.005)         | 0.24 (0.010)          | 0.40 (0.027)          | 0.99 (0.035)          | 6.65 (0.138)          | 2.93 (0.043)          |  |
| 70 and over.....                          | 0.27 (0.019)         | 0.17 (0.011)         | 0.14 (0.009)         | 0.26 (0.016)          | 0.44 (0.034)          | 1.08 (0.053)          | 6.62 (0.167)          | 2.99 (0.099)          |  |
| 2 - 19.....                               | 0.28 (0.012)         | 0.18 (0.008)         | 0.15 (0.005)         | 0.28 (0.010)          | 0.44 (0.016)          | 1.14 (0.040)          | 6.72 (0.098)          | 2.94 (0.056)          |  |
| 20 and over...                            | 0.24 (0.006)         | 0.15 (0.003)         | 0.13 (0.003)         | 0.25 (0.005)          | 0.42 (0.015)          | 1.03 (0.019)          | 6.60 (0.067)          | 2.93 (0.036)          |  |
| 2 and over...                             | 0.25 (0.006)         | 0.16 (0.003)         | 0.13 (0.003)         | 0.25 (0.005)          | 0.42 (0.012)          | 1.06 (0.017)          | 6.63 (0.062)          | 2.93 (0.035)          |  |
| <b>Males and females:</b>                 |                      |                      |                      |                       |                       |                       |                       |                       |  |
| 2 - 19.....                               | 0.28 (0.009)         | 0.18 (0.006)         | 0.15 (0.004)         | 0.28 (0.008)          | 0.45 (0.018)          | 1.15 (0.029)          | 6.82 (0.055)          | 3.01 (0.038)          |  |
| 20 and over...                            | 0.23 (0.005)         | 0.15 (0.003)         | 0.12 (0.002)         | 0.24 (0.004)          | 0.40 (0.009)          | 1.02 (0.013)          | 6.63 (0.038)          | 2.95 (0.023)          |  |
| 2 and over...                             | 0.24 (0.005)         | 0.15 (0.003)         | 0.13 (0.002)         | 0.25 (0.004)          | 0.41 (0.010)          | 1.05 (0.014)          | 6.67 (0.039)          | 2.96 (0.024)          |  |



**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, 2013-2014 (continued)

| ----- Nutrient per 1000 kcal ----- |             |         |             |         |             |         |             |         |             |         |             |         |              |
|------------------------------------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|--------------|
| Gender and age<br>(years)          | MFA<br>16:1 |         | MFA<br>18:1 |         | MFA<br>20:1 |         | PFA<br>18:2 |         | PFA<br>18:3 |         | PFA<br>18:4 |         |              |
|                                    | g           | (SE)    | g           | (SE)    | g           | (SE)    | g           | (SE)    | g           | (SE)    | g           | (SE)    |              |
| <b>Males:</b>                      |             |         |             |         |             |         |             |         |             |         |             |         |              |
| 2 - 5.....                         | 0.41        | (0.012) | 10.67       | (0.144) | 0.13        | (0.009) | 0.01        | (0.001) | 6.81        | (0.136) | 0.68        | (0.025) | #            |
| 6 - 11.....                        | 0.47        | (0.015) | 10.86       | (0.231) | 0.12        | (0.003) | 0.01        | (0.001) | 6.74        | (0.178) | 0.66        | (0.014) | #            |
| 12 - 19.....                       | 0.51        | (0.021) | 11.33       | (0.277) | 0.13        | (0.005) | 0.01        | (0.001) | 7.51        | (0.254) | 0.73        | (0.022) | #            |
| 20 - 29.....                       | 0.55        | (0.020) | 11.49       | (0.179) | 0.16        | (0.006) | 0.02        | (0.002) | 7.69        | (0.229) | 0.80        | (0.029) | #            |
| 30 - 39.....                       | 0.51        | (0.015) | 11.54       | (0.179) | 0.15        | (0.006) | 0.01        | (0.002) | 7.44        | (0.209) | 0.75        | (0.016) | #            |
| 40 - 49.....                       | 0.52        | (0.017) | 11.60       | (0.223) | 0.15        | (0.012) | 0.01        | (0.001) | 7.53        | (0.210) | 0.75        | (0.025) | 0.01 (0.002) |
| 50 - 59.....                       | 0.52        | (0.013) | 12.31       | (0.351) | 0.15        | (0.007) | 0.01        | (0.002) | 7.43        | (0.222) | 0.74        | (0.031) | 0.01 (0.001) |
| 60 - 69.....                       | 0.48        | (0.031) | 12.25       | (0.287) | 0.17        | (0.011) | 0.02        | (0.002) | 8.14        | (0.241) | 0.88        | (0.032) | #            |
| 70 and over.....                   | 0.52        | (0.023) | 12.22       | (0.303) | 0.16        | (0.010) | 0.02        | (0.007) | 7.89        | (0.244) | 0.96        | (0.083) | #            |
| 2 - 19.....                        | 0.48        | (0.011) | 11.04       | (0.181) | 0.13        | (0.003) | 0.01        | (0.001) | 7.10        | (0.168) | 0.69        | (0.017) | #            |
| 20 and over...                     | 0.52        | (0.010) | 11.86       | (0.076) | 0.16        | (0.004) | 0.02        | (0.001) | 7.65        | (0.092) | 0.80        | (0.017) | #            |
| 2 and over...                      | 0.51        | (0.008) | 11.65       | (0.082) | 0.15        | (0.003) | 0.01        | (0.001) | 7.51        | (0.075) | 0.77        | (0.015) | #            |
| <b>Females:</b>                    |             |         |             |         |             |         |             |         |             |         |             |         |              |
| 2 - 5.....                         | 0.44        | (0.014) | 10.80       | (0.201) | 0.12        | (0.007) | 0.01        | (0.001) | 6.94        | (0.252) | 0.70        | (0.019) | #            |
| 6 - 11.....                        | 0.45        | (0.013) | 11.14       | (0.139) | 0.13        | (0.003) | 0.01        | (0.001) | 7.64        | (0.150) | 0.77        | (0.017) | #            |
| 12 - 19.....                       | 0.44        | (0.016) | 11.02       | (0.278) | 0.13        | (0.006) | 0.01        | (0.001) | 8.01        | (0.329) | 0.79        | (0.052) | #            |
| 20 - 29.....                       | 0.50        | (0.016) | 11.56       | (0.233) | 0.14        | (0.005) | 0.01        | (0.001) | 7.93        | (0.201) | 0.86        | (0.025) | #            |
| 30 - 39.....                       | 0.47        | (0.019) | 11.61       | (0.233) | 0.14        | (0.004) | 0.01        | (0.001) | 7.88        | (0.234) | 0.84        | (0.024) | #            |
| 40 - 49.....                       | 0.49        | (0.027) | 12.06       | (0.205) | 0.14        | (0.005) | 0.01        | (0.002) | 8.11        | (0.196) | 0.88        | (0.023) | 0.01 (0.001) |
| 50 - 59.....                       | 0.46        | (0.013) | 12.17       | (0.282) | 0.14        | (0.009) | 0.01        | (0.002) | 8.54        | (0.294) | 0.93        | (0.052) | #            |
| 60 - 69.....                       | 0.45        | (0.013) | 12.39       | (0.244) | 0.17        | (0.009) | 0.02        | (0.002) | 8.37        | (0.223) | 0.90        | (0.042) | 0.01 (0.002) |
| 70 and over.....                   | 0.44        | (0.014) | 11.99       | (0.210) | 0.13        | (0.005) | 0.01        | (0.001) | 8.06        | (0.134) | 0.92        | (0.022) | #            |
| 2 - 19.....                        | 0.44        | (0.012) | 11.01       | (0.152) | 0.13        | (0.003) | 0.01        | (0.001) | 7.66        | (0.183) | 0.76        | (0.025) | #            |
| 20 and over...                     | 0.47        | (0.007) | 11.96       | (0.104) | 0.14        | (0.003) | 0.01        | (0.001) | 8.16        | (0.116) | 0.89        | (0.015) | #            |
| 2 and over...                      | 0.46        | (0.006) | 11.74       | (0.083) | 0.14        | (0.002) | 0.01        | (0.001) | 8.04        | (0.088) | 0.86        | (0.013) | #            |
| <b>Males and females:</b>          |             |         |             |         |             |         |             |         |             |         |             |         |              |
| 2 - 19.....                        | 0.46        | (0.009) | 11.02       | (0.134) | 0.13        | (0.003) | 0.01        | (0.001) | 7.37        | (0.136) | 0.73        | (0.016) | #            |
| 20 and over...                     | 0.49        | (0.007) | 11.91       | (0.061) | 0.15        | (0.002) | 0.01        | (0.001) | 7.91        | (0.084) | 0.84        | (0.012) | #            |
| 2 and over...                      | 0.49        | (0.006) | 11.70       | (0.063) | 0.15        | (0.002) | 0.01        | (#)     | 7.78        | (0.063) | 0.82        | (0.012) | #            |

**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, 2013-2014 (continued)

| ----- Nutrient per 1000 kcal ----- |                    |                    |                    |                    |
|------------------------------------|--------------------|--------------------|--------------------|--------------------|
| Gender and age (years)             | PFA 20:4<br>g (SE) | PFA 20:5<br>g (SE) | PFA 22:5<br>g (SE) | PFA 22:6<br>g (SE) |
| <b>Males:</b>                      |                    |                    |                    |                    |
| 2 - 5.....                         | 0.06 (0.003)       | 0.01* (0.004)      | 0.01 (0.001)       | 0.02* (0.007)      |
| 6 - 11.....                        | 0.06 (0.002)       | 0.01 (#)           | 0.01 (#)           | 0.01 (0.001)       |
| 12 - 19.....                       | 0.07 (0.003)       | 0.01 (0.001)       | 0.01 (#)           | 0.01 (0.002)       |
| 20 - 29.....                       | 0.08 (0.004)       | 0.01 (0.003)       | 0.01 (0.001)       | 0.03 (0.006)       |
| 30 - 39.....                       | 0.08 (0.004)       | 0.01 (0.003)       | 0.01 (0.001)       | 0.03 (0.006)       |
| 40 - 49.....                       | 0.08 (0.003)       | 0.02 (0.004)       | 0.01 (0.001)       | 0.05 (0.007)       |
| 50 - 59.....                       | 0.08 (0.005)       | 0.01 (0.003)       | 0.01 (0.002)       | 0.04 (0.007)       |
| 60 - 69.....                       | 0.08 (0.005)       | 0.01 (0.003)       | 0.01 (0.001)       | 0.03 (0.006)       |
| 70 and over.....                   | 0.08 (0.005)       | 0.02 (0.003)       | 0.01 (0.001)       | 0.04 (0.007)       |
| 2 - 19.....                        | 0.06 (0.002)       | 0.01 (0.001)       | 0.01 (#)           | 0.01 (0.002)       |
| 20 and over...                     | 0.08 (0.002)       | 0.02 (0.001)       | 0.01 (0.001)       | 0.03 (0.003)       |
| 2 and over...                      | 0.07 (0.001)       | 0.01 (0.001)       | 0.01 (0.001)       | 0.03 (0.002)       |
| <b>Females:</b>                    |                    |                    |                    |                    |
| 2 - 5.....                         | 0.06 (0.003)       | 0.01* (0.002)      | 0.01 (0.001)       | 0.02 (0.004)       |
| 6 - 11.....                        | 0.06 (0.003)       | 0.01 (0.001)       | 0.01 (#)           | 0.01 (0.002)       |
| 12 - 19.....                       | 0.06 (0.003)       | 0.01 (0.003)       | 0.01 (0.001)       | 0.02 (0.004)       |
| 20 - 29.....                       | 0.07 (0.005)       | 0.01 (0.002)       | 0.01 (0.001)       | 0.02 (0.003)       |
| 30 - 39.....                       | 0.07 (0.003)       | 0.01 (0.002)       | 0.01 (0.001)       | 0.03 (0.003)       |
| 40 - 49.....                       | 0.07 (0.003)       | 0.02 (0.002)       | 0.01 (0.001)       | 0.03 (0.005)       |
| 50 - 59.....                       | 0.08 (0.006)       | 0.02 (0.004)       | 0.01 (0.002)       | 0.04 (0.008)       |
| 60 - 69.....                       | 0.07 (0.004)       | 0.03 (0.006)       | 0.01 (0.002)       | 0.05 (0.011)       |
| 70 and over.....                   | 0.07 (0.003)       | 0.01 (0.002)       | 0.01 (0.001)       | 0.03 (0.005)       |
| 2 - 19.....                        | 0.06 (0.002)       | 0.01 (0.001)       | 0.01 (#)           | 0.02 (0.002)       |
| 20 and over...                     | 0.07 (0.002)       | 0.02 (0.002)       | 0.01 (0.001)       | 0.03 (0.003)       |
| 2 and over...                      | 0.07 (0.001)       | 0.01 (0.001)       | 0.01 (#)           | 0.03 (0.003)       |
| <b>Males and females:</b>          |                    |                    |                    |                    |
| 2 - 19.....                        | 0.06 (0.002)       | 0.01 (0.001)       | 0.01 (#)           | 0.01 (0.002)       |
| 20 and over...                     | 0.08 (0.001)       | 0.02 (0.001)       | 0.01 (#)           | 0.03 (0.002)       |
| 2 and over...                      | 0.07 (0.001)       | 0.01 (0.001)       | 0.01 (#)           | 0.03 (0.002)       |



**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 1.98.

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

**Footnotes**

<sup>1</sup> Sample size and mean energy includes individuals (n = 0) 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 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](http://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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