

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 ¹	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)
Males:																			
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)
Females:																			
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)
Males and females:																			
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		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Males:																		
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)
Females:																		
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)
Males and females:																		
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))			
Males:												
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)			
Females:												
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)			
Males and females:												
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)
Males:																
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)
Females:																
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)
Males and females:																
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)
Males:																		
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)	--	--
Females:																		
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)	--	--
Males and females:																		
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)

----- Nutrient per 1000 kcal -----									
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.....	0.29 (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)	
Females:									
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)	
Males and females:									
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 (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:														
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)	#	
Females:														
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)	#	
Males and females:														
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 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
Males:				
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)
Females:				
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)
Males and females:				
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

¹ 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.

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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