

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014

----- Nutrient per 1000 kcal -----																			
Race/ethnicity 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>Non-Hispanic White:</b>																			
2 - 5.....	184	1420	(33.7)	36.1	(1.03)	137	(1.2)	69	(1.6)	8.1	(0.27)	35.9	(0.50)	13.2	(0.33)	11.7	(0.22)	7.6	(0.27)
6 - 11.....	290	1951	(54.3)	35.0	(0.87)	133	(1.3)	62	(1.1)	7.5	(0.27)	37.6	(0.34)	14.0	(0.17)	12.3	(0.20)	7.9	(0.16)
12 - 19.....	337	2034	(47.9)	39.4	(1.19)	130	(2.1)	63	(2.0)	7.1	(0.35)	36.9	(0.64)	12.6	(0.37)	12.1	(0.32)	8.4	(0.38)
20 and over...	2233	2129	(22.9)	40.0	(0.65)	118	(0.9)	52	(0.6)	8.2	(0.18)	38.5	(0.31)	12.5	(0.12)	13.3	(0.12)	9.0	(0.11)
2 and over...	3044	2080	(20.5)	39.4	(0.62)	121	(0.9)	55	(0.6)	8.1	(0.15)	38.2	(0.28)	12.7	(0.14)	13.1	(0.11)	8.8	(0.09)
<b>Non-Hispanic Black:</b>																			
2 - 5.....	161	1559	(72.5)	34.1	(0.99)	137	(2.4)	66	(2.2)	7.3	(0.32)	36.3	(0.92)	11.9	(0.53)	12.3	(0.31)	8.6	(0.35)
6 - 11.....	285	1837	(60.9)	35.0	(0.47)	137	(2.6)	63	(1.3)	7.6	(0.21)	36.0	(1.09)	12.0	(0.51)	12.2	(0.34)	8.4	(0.28)
12 - 19.....	307	2056	(73.3)	35.9	(0.47)	131	(2.4)	59	(3.2)	6.8	(0.25)	37.9	(1.06)	12.1	(0.34)	12.8	(0.36)	9.4	(0.36)
20 and over...	1009	2230	(54.8)	38.2	(0.62)	121	(1.2)	56	(0.9)	7.3	(0.17)	38.0	(0.60)	11.8	(0.26)	13.4	(0.25)	9.1	(0.22)
2 and over...	1762	2133	(43.8)	37.4	(0.45)	125	(1.0)	57	(0.8)	7.3	(0.12)	37.7	(0.58)	11.9	(0.25)	13.2	(0.23)	9.1	(0.18)
<b>Non-Hispanic Asian<sup>2</sup>:</b>																			
2 - 5.....	58	1528*	(140.7)	41.2*	(2.83)	132*	(2.8)	61*	(3.2)	7.1*	(0.34)	35.3*	(1.31)	13.5*	(0.76)	11.2*	(0.37)	7.2*	(0.53)
6 - 11.....	70	1874	(115.4)	38.1	(1.79)	140	(3.1)	57	(2.6)	8.5	(0.54)	32.9	(1.08)	11.1	(0.51)	10.9	(0.54)	7.4	(0.33)
12 - 19.....	136	2040	(113.2)	43.6	(1.43)	130	(3.4)	52	(2.9)	7.9	(0.68)	34.5	(1.20)	11.2	(0.68)	11.7	(0.48)	8.3	(0.41)
20 and over...	525	1844	(41.7)	44.2	(0.83)	125	(2.3)	44	(1.3)	10.6	(0.40)	35.1	(0.61)	10.2	(0.22)	12.7	(0.29)	8.9	(0.26)
2 and over...	789	1853	(37.9)	43.5	(0.77)	127	(2.0)	47	(1.6)	10.0	(0.34)	34.9	(0.49)	10.5	(0.17)	12.4	(0.28)	8.7	(0.25)
<b>Hispanic:</b>																			
2 - 5.....	221	1554	(52.3)	37.1	(0.44)	135	(1.7)	66	(2.0)	8.3	(0.31)	35.9	(0.71)	13.2	(0.29)	11.5	(0.22)	7.8	(0.29)
6 - 11.....	330	1896	(69.8)	37.0	(0.60)	134	(1.3)	61	(1.0)	8.4	(0.29)	36.5	(0.50)	12.6	(0.32)	12.1	(0.23)	8.1	(0.19)
12 - 19.....	446	2092	(92.2)	38.2	(0.55)	129	(1.4)	56	(2.1)	8.2	(0.17)	37.8	(0.55)	12.5	(0.26)	12.7	(0.18)	9.0	(0.27)
20 and over...	1125	2204	(38.0)	41.7	(0.57)	123	(1.0)	52	(0.8)	9.3	(0.28)	37.1	(0.36)	11.8	(0.18)	12.7	(0.15)	8.8	(0.18)
2 and over...	2122	2104	(38.3)	40.3	(0.37)	126	(0.7)	55	(0.7)	8.9	(0.22)	37.0	(0.27)	12.1	(0.13)	12.6	(0.10)	8.7	(0.14)

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

----- Nutrient per 1000 kcal -----																		
Race/ethnicity and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lutein + zeaxanthin		Thiamin			
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)		
<b>Non-Hispanic White:</b>																		
2 - 5.....	110	(6.0)	320	(13.6)	425	(17.2)	258*	(82.5)	1119	(134.6)	36	(5.4)	1861	(256.9)	416	(26.8)	0.85	(0.024)
6 - 11.....	109	(7.8)	296	(14.4)	373	(22.6)	184*	(57.7)	828	(150.6)	36	(5.1)	1985	(148.1)	592	(149.2)	0.84	(0.021)
12 - 19.....	118	(3.9)	238	(12.3)	341	(35.0)	271*	(126.4)	1087*	(326.5)	37	(5.7)	2339	(282.4)	588	(113.3)	0.85	(0.044)
20 and over...	135	(2.1)	218	(4.1)	329	(10.2)	223	(24.7)	1211	(91.8)	39	(2.9)	2465	(65.2)	912	(73.6)	0.80	(0.007)
2 and over...	131	(1.7)	229	(4.7)	337	(10.7)	227	(23.1)	1169	(86.4)	39	(2.7)	2397	(50.0)	840	(59.9)	0.81	(0.009)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	112	(9.6)	252	(15.3)	297	(12.0)	110	(27.1)	463	(76.5)	59	(12.5)	1795	(271.4)	429	(54.1)	0.84	(0.035)
6 - 11.....	110	(6.7)	247	(12.7)	306	(11.4)	104	(18.8)	636	(97.8)	41	(8.1)	2095	(410.8)	469	(55.6)	0.85	(0.030)
12 - 19.....	123	(5.6)	187	(8.8)	237	(9.8)	66	(13.8)	546	(85.8)	33	(6.5)	2246	(244.2)	556	(77.4)	0.80	(0.034)
20 and over...	142	(2.4)	171	(8.5)	275	(15.0)	149	(26.9)	1164	(132.2)	37	(3.3)	1849	(148.4)	752	(44.8)	0.71	(0.010)
2 and over...	135	(2.3)	185	(7.3)	274	(11.5)	131	(20.2)	994	(105.1)	38	(3.2)	1921	(149.8)	681	(37.4)	0.74	(0.009)
<b>Non-Hispanic Asian<sup>2</sup>:</b>																		
2 - 5.....	140*	(8.8)	331*	(29.2)	404*	(32.9)	188*	(56.3)	780*	(169.4)	24*	(5.0)	1556*	(747.8)	504*	(67.6)	0.89*	(0.067)
6 - 11.....	113	(14.5)	264	(35.6)	368	(37.8)	327	(75.2)	1052	(211.3)	78	(18.9)	2503	(445.8)	514	(76.9)	0.88	(0.051)
12 - 19.....	144	(18.5)	232	(49.3)	351	(58.5)	312	(91.3)	1260	(241.0)	45	(8.0)	2456	(677.9)	674	(146.4)	0.91	(0.047)
20 and over...	142	(5.1)	147	(9.1)	345	(18.2)	373	(33.0)	2143	(146.6)	93	(15.8)	2029	(193.5)	1549	(180.1)	0.86	(0.011)
2 and over...	140	(4.7)	173	(10.4)	350	(14.6)	355	(24.4)	1905	(111.1)	84	(11.9)	2091	(193.2)	1330	(141.8)	0.87	(0.009)
<b>Hispanic:</b>																		
2 - 5.....	135	(6.0)	322	(13.3)	382	(15.3)	137	(26.4)	632	(57.7)	61	(9.5)	3000	(349.1)	419	(32.4)	0.86	(0.018)
6 - 11.....	118	(4.1)	268	(12.3)	321	(12.7)	122	(30.0)	558	(78.4)	40	(6.9)	2649	(265.3)	382	(50.0)	0.87	(0.022)
12 - 19.....	128	(6.4)	212	(10.7)	269	(11.3)	132	(11.7)	612	(28.9)	40	(3.9)	2533	(249.8)	396	(24.0)	0.81	(0.018)
20 and over...	154	(3.8)	188	(7.5)	279	(9.3)	192	(20.9)	983	(75.0)	54	(3.7)	2407	(167.4)	748	(56.9)	0.77	(0.007)
2 and over...	145	(2.7)	211	(5.2)	290	(7.1)	171	(13.7)	853	(47.1)	51	(2.4)	2497	(159.6)	629	(37.0)	0.79	(0.005)

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

----- Nutrient per 1000 kcal -----																		
Race/ethnicity and age (years)	Ribo- flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	1.23	(0.036)	10.6	(0.23)	0.95	(0.024)	117	(6.1)	89	(4.1)	289	(10.6)	143	(3.8)	2.76	(0.090)	0.63	(0.077)
6 - 11.....	1.11	(0.040)	11.0	(0.20)	0.89	(0.017)	117	(8.6)	80	(2.4)	278	(15.5)	128	(4.8)	2.41	(0.111)	0.58	(0.066)
12 - 19.....	1.16	(0.066)	13.6	(0.49)	1.14	(0.061)	105	(9.5)	85	(3.8)	264	(18.2)	139	(4.4)	2.86	(0.122)	0.94	(0.126)
20 and over...	1.11	(0.009)	12.7	(0.12)	1.06	(0.013)	88	(2.4)	109	(2.0)	258	(4.0)	161	(1.6)	2.39	(0.040)	0.55	(0.028)
2 and over...	1.12	(0.009)	12.6	(0.10)	1.05	(0.011)	93	(2.8)	104	(1.9)	261	(4.9)	156	(1.3)	2.45	(0.040)	0.59	(0.033)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	1.04	(0.031)	11.1	(0.37)	0.96	(0.045)	135	(17.9)	75	(3.1)	305	(29.0)	132	(4.6)	2.23	(0.093)	0.56	(0.095)
6 - 11.....	0.99	(0.044)	11.8	(0.47)	0.96	(0.066)	116	(6.1)	82	(2.4)	279	(11.3)	125	(4.3)	2.55	(0.179)	0.79	(0.121)
12 - 19.....	0.88	(0.036)	11.6	(0.18)	0.86	(0.037)	129	(21.0)	78	(3.0)	298	(36.9)	129	(4.4)	2.06	(0.082)	0.43	(0.055)
20 and over...	0.84	(0.013)	12.2	(0.22)	0.96	(0.024)	76	(1.5)	95	(2.8)	225	(3.7)	156	(2.2)	2.17	(0.088)	0.37	(0.024)
2 and over...	0.87	(0.014)	12.0	(0.18)	0.95	(0.022)	90	(3.8)	90	(2.2)	244	(6.6)	148	(2.3)	2.20	(0.070)	0.43	(0.024)
<b>Non-Hispanic Asian<sup>2</sup>:</b>																		
2 - 5.....	1.23*	(0.085)	11.2*	(0.95)	1.10*	(0.116)	134*	(11.9)	87*	(7.7)	314*	(21.6)	165*	(9.3)	3.61*	(0.462)	0.86*	(0.170)
6 - 11.....	1.04	(0.045)	11.1	(0.44)	0.90	(0.043)	113	(10.4)	94	(7.9)	286	(17.9)	149	(11.7)	2.72	(0.198)	0.70*	(0.247)
12 - 19.....	1.09	(0.118)	13.0	(0.86)	1.07	(0.080)	119	(11.1)	95	(6.0)	298	(19.7)	160	(10.7)	2.48	(0.398)	0.49*	(0.177)
20 and over...	0.98	(0.017)	13.4	(0.31)	1.13	(0.028)	88	(3.6)	143	(5.0)	292	(7.1)	179	(3.1)	2.23	(0.167)	0.31	(0.062)
2 and over...	1.01	(0.019)	13.1	(0.26)	1.10	(0.023)	95	(3.5)	132	(4.9)	293	(5.9)	174	(3.2)	2.35	(0.126)	0.38	(0.061)
<b>Hispanic:</b>																		
2 - 5.....	1.20	(0.024)	10.6	(0.24)	0.99	(0.041)	115	(6.8)	95	(3.9)	290	(11.0)	155	(5.4)	2.86	(0.115)	0.78	(0.075)
6 - 11.....	1.04	(0.023)	11.6	(0.29)	1.00	(0.034)	112	(5.9)	87	(3.0)	277	(11.1)	137	(3.6)	2.65	(0.134)	0.77	(0.071)
12 - 19.....	0.95	(0.031)	12.0	(0.30)	0.96	(0.026)	105	(5.1)	96	(1.6)	274	(9.4)	143	(4.9)	2.42	(0.103)	0.60	(0.075)
20 and over...	0.99	(0.028)	12.8	(0.23)	1.10	(0.045)	80	(3.1)	117	(3.3)	254	(6.6)	170	(2.3)	2.22	(0.073)	0.50	(0.081)
2 and over...	1.01	(0.019)	12.4	(0.16)	1.06	(0.031)	90	(2.6)	109	(2.3)	262	(5.6)	161	(2.0)	2.35	(0.051)	0.57	(0.051)

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

----- Nutrient per 1000 kcal -----																
Race/ethnicity 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>Non-Hispanic White:</b>																
2 - 5.....	49.6	(3.45)	4.2	(0.23)	3.8	(0.23)	0.5	(0.12)	34.6	(2.64)	658	(25.4)	737	(21.5)	138	(2.6)
6 - 11.....	36.5	(1.39)	3.0	(0.12)	3.9	(0.14)	0.4	(0.11)	42.7	(6.88)	611	(20.2)	690	(16.1)	123	(3.1)
12 - 19.....	34.2	(2.43)	2.5	(0.14)	3.8	(0.30)	0.4*	(0.15)	46.0	(5.94)	534	(21.6)	678	(20.4)	129	(3.8)
20 and over...	39.6	(0.97)	2.4	(0.07)	4.6	(0.08)	0.6	(0.04)	64.2	(2.85)	484	(7.8)	676	(8.6)	151	(2.1)
2 and over...	39.2	(0.74)	2.5	(0.06)	4.4	(0.06)	0.5	(0.04)	59.8	(2.43)	504	(8.8)	680	(9.2)	146	(1.9)
<b>Non-Hispanic Black:</b>																
2 - 5.....	60.1	(4.52)	3.1	(0.15)	4.0	(0.22)	0.4*	(0.24)	34.5	(3.51)	504	(24.9)	629	(17.4)	124	(3.2)
6 - 11.....	45.0	(3.49)	2.6	(0.27)	3.6	(0.09)	0.2	(0.03)	38.5	(4.76)	500	(24.5)	642	(14.1)	119	(2.8)
12 - 19.....	41.0	(3.28)	1.9	(0.16)	3.9	(0.08)	0.1	(0.02)	43.0	(5.25)	455	(11.9)	614	(11.3)	121	(4.5)
20 and over...	41.0	(2.17)	1.9	(0.08)	4.1	(0.09)	0.3	(0.07)	57.6	(3.18)	396	(7.6)	603	(6.1)	133	(2.3)
2 and over...	42.5	(1.70)	2.0	(0.06)	4.0	(0.07)	0.3	(0.05)	52.6	(2.63)	419	(7.6)	609	(5.2)	130	(1.7)
<b>Non-Hispanic Asian<sup>2</sup>:</b>																
2 - 5.....	36.2*	(5.91)	5.8*	(0.73)	3.8*	(0.30)	0.3*	(0.13)	39.2*	(4.46)	644*	(49.2)	768*	(34.9)	138*	(7.0)
6 - 11.....	40.6	(3.68)	3.6	(0.32)	3.7	(0.30)	0.4*	(0.18)	37.8	(4.46)	539	(19.1)	672	(11.5)	133	(3.3)
12 - 19.....	44.0	(8.00)	3.2	(0.80)	4.0	(0.39)	0.3*	(0.19)	53.0	(7.39)	525	(70.1)	686	(42.5)	146	(6.4)
20 and over...	51.5	(3.02)	2.5	(0.15)	4.5	(0.16)	0.3	(0.08)	97.5	(9.50)	411	(9.8)	674	(8.1)	172	(3.2)
2 and over...	49.2	(2.40)	2.8	(0.16)	4.3	(0.15)	0.3	(0.07)	85.5	(7.51)	444	(10.7)	679	(6.0)	164	(3.0)
<b>Hispanic:</b>																
2 - 5.....	62.4	(5.02)	4.4	(0.25)	3.5	(0.08)	0.3	(0.07)	35.1	(3.71)	701	(22.3)	751	(11.9)	136	(2.8)
6 - 11.....	45.6	(3.43)	2.9	(0.13)	3.7	(0.14)	0.3*	(0.10)	33.2	(2.14)	536	(10.2)	691	(9.4)	128	(2.4)
12 - 19.....	40.4	(1.69)	2.5	(0.17)	3.7	(0.08)	0.2*	(0.07)	37.4	(2.33)	513	(13.8)	672	(8.6)	127	(1.8)
20 and over...	43.6	(2.33)	2.2	(0.13)	3.9	(0.11)	0.3	(0.04)	54.2	(3.37)	478	(9.2)	687	(8.0)	152	(2.4)
2 and over...	44.8	(1.88)	2.5	(0.11)	3.9	(0.08)	0.3	(0.03)	47.9	(2.27)	506	(7.6)	690	(5.5)	144	(1.8)

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

----- Nutrient per 1000 kcal -----																		
Race/ethnicity 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>Non-Hispanic White:</b>																		
2 - 5.....	7.6	(0.28)	5.5	(0.13)	0.5	(0.01)	48.2	(1.09)	1339	(41.8)	1509	(36.1)	3.7	(0.60)	28.6	(4.52)	--	--
6 - 11.....	7.5	(0.24)	5.2	(0.19)	0.5	(0.02)	49.2	(1.20)	1131	(17.6)	1547	(22.7)	8.7	(1.73)	28.5	(2.31)	--	--
12 - 19.....	7.3	(0.31)	5.7	(0.22)	0.5	(0.02)	54.1	(1.53)	1175	(35.4)	1701	(24.1)	35.0	(5.26)	19.0	(1.83)	--	--
20 and over...	7.0	(0.09)	5.4	(0.08)	0.6	(0.01)	55.7	(0.60)	1335	(18.9)	1699	(17.4)	104.3	(4.77)	19.4	(0.91)	5.2	(0.42)
2 and over...	7.1	(0.10)	5.4	(0.09)	0.6	(0.01)	54.8	(0.60)	1306	(17.8)	1681	(15.9)	87.2	(5.23)	20.4	(0.73)	--	--
<b>Non-Hispanic Black:</b>																		
2 - 5.....	7.8	(0.39)	5.2	(0.32)	0.5	(0.01)	48.4	(1.74)	1241	(33.3)	1551	(44.5)	3.7	(0.70)	19.3	(4.26)	--	--
6 - 11.....	8.2	(0.29)	5.1	(0.14)	0.5	(0.01)	51.0	(0.96)	1097	(39.9)	1665	(35.4)	6.5	(0.74)	24.4	(4.15)	--	--
12 - 19.....	7.1	(0.22)	5.2	(0.25)	0.5	(0.01)	52.9	(1.09)	1033	(18.8)	1704	(73.4)	11.2	(1.37)	12.2	(1.53)	--	--
20 and over...	6.6	(0.10)	4.9	(0.12)	0.5	(0.02)	55.3	(1.42)	1167	(21.3)	1626	(13.7)	41.4	(2.03)	14.5	(0.66)	4.5	(0.38)
2 and over...	6.9	(0.08)	5.0	(0.10)	0.5	(0.01)	54.2	(1.04)	1147	(17.4)	1636	(16.5)	32.1	(1.51)	15.4	(0.38)	--	--
<b>Non-Hispanic Asian<sup>2</sup>:</b>																		
2 - 5.....	8.1*	(0.54)	6.8*	(1.35)	0.6*	(0.05)	60.7*	(4.51)	1323*	(87.9)	1593*	(79.3)	2.7*	(0.75)	38.7*	(14.81)	--	--
6 - 11.....	7.6	(0.48)	6.2	(0.59)	0.6	(0.04)	56.6	(3.04)	1241	(31.3)	1665	(53.9)	3.2	(0.58)	34.2	(6.26)	--	--
12 - 19.....	7.3	(0.43)	5.6	(0.27)	0.6	(0.03)	66.7	(4.72)	1278	(59.3)	1827	(83.9)	14.8	(2.40)	18.9	(4.34)	--	--
20 and over...	7.4	(0.12)	5.6	(0.08)	0.8	(0.03)	64.1	(1.07)	1441	(26.7)	2011	(38.4)	62.6	(4.41)	12.8	(0.86)	2.7	(0.50)
2 and over...	7.5	(0.11)	5.7	(0.13)	0.7	(0.03)	63.6	(1.23)	1403	(23.3)	1946	(32.6)	50.3	(3.43)	16.2	(1.74)	--	--
<b>Hispanic:</b>																		
2 - 5.....	7.8	(0.29)	5.6	(0.15)	0.5	(0.01)	51.3	(1.06)	1410	(42.5)	1549	(37.1)	4.1	(0.75)	23.5	(3.65)	--	--
6 - 11.....	7.7	(0.22)	5.3	(0.16)	0.5	(0.01)	50.6	(0.86)	1225	(20.2)	1582	(34.8)	6.5	(0.72)	21.5	(1.28)	--	--
12 - 19.....	7.4	(0.19)	5.3	(0.10)	0.5	(0.01)	53.5	(0.83)	1169	(26.6)	1688	(24.4)	15.5	(2.20)	22.8	(2.52)	--	--
20 and over...	7.1	(0.09)	5.4	(0.08)	0.6	(0.01)	57.1	(0.80)	1282	(19.6)	1678	(19.9)	62.0	(3.73)	12.1	(0.76)	3.0	(0.29)
2 and over...	7.3	(0.08)	5.4	(0.07)	0.6	(0.01)	55.4	(0.60)	1268	(14.2)	1659	(16.7)	44.4	(2.60)	15.6	(0.69)	--	--

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

----- Nutrient per 1000 kcal -----									
Race/ethnicity and age (years)	SFA 4:0 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)	
<b>Non-Hispanic White:</b>									
2 - 5.....	0.34 (0.023)	0.22 (0.015)	0.17 (0.014)	0.32 (0.020)	0.48 (0.046)	1.30 (0.070)	6.74 (0.100)	3.04 (0.074)	
6 - 11.....	0.32 (0.018)	0.21 (0.012)	0.17 (0.006)	0.33 (0.013)	0.59 (0.072)	1.34 (0.046)	7.20 (0.109)	3.26 (0.056)	
12 - 19.....	0.27 (0.022)	0.17 (0.013)	0.13 (0.008)	0.26 (0.018)	0.40 (0.028)	1.13 (0.072)	6.76 (0.158)	3.00 (0.079)	
20 and over...	0.25 (0.005)	0.16 (0.003)	0.13 (0.003)	0.26 (0.006)	0.41 (0.015)	1.08 (0.018)	6.73 (0.056)	3.02 (0.030)	
2 and over...	0.26 (0.006)	0.17 (0.004)	0.13 (0.003)	0.26 (0.006)	0.42 (0.015)	1.11 (0.021)	6.76 (0.058)	3.03 (0.031)	
<b>Non-Hispanic Black:</b>									
2 - 5.....	0.24 (0.027)	0.16 (0.017)	0.23 (0.057)	0.29 (0.037)	0.46 (0.056)	0.99 (0.079)	6.44 (0.265)	2.67 (0.137)	
6 - 11.....	0.23 (0.018)	0.14 (0.009)	0.11 (0.007)	0.22 (0.013)	0.34 (0.027)	0.98 (0.061)	6.67 (0.284)	2.85 (0.105)	
12 - 19.....	0.20 (0.014)	0.13 (0.006)	0.11 (0.004)	0.21 (0.007)	0.40 (0.031)	0.97 (0.032)	6.74 (0.202)	2.86 (0.085)	
20 and over...	0.18 (0.009)	0.12 (0.006)	0.11 (0.006)	0.20 (0.009)	0.41 (0.032)	0.90 (0.036)	6.56 (0.112)	2.89 (0.071)	
2 and over...	0.19 (0.009)	0.12 (0.006)	0.12 (0.005)	0.21 (0.009)	0.41 (0.024)	0.92 (0.033)	6.58 (0.113)	2.87 (0.061)	
<b>Non-Hispanic Asian<sup>2</sup>:</b>									
2 - 5.....	0.37* (0.046)	0.23* (0.021)	0.20* (0.016)	0.35* (0.040)	0.73* (0.238)	1.35* (0.121)	6.91* (0.246)	2.98* (0.192)	
6 - 11.....	0.23 (0.014)	0.14 (0.012)	0.12 (0.014)	0.21 (0.016)	0.36 (0.071)	0.94 (0.059)	6.06 (0.248)	2.67 (0.186)	
12 - 19.....	0.25 (0.038)	0.16 (0.027)	0.12 (0.022)	0.23 (0.033)	0.36 (0.050)	0.94 (0.113)	6.18 (0.294)	2.56 (0.136)	
20 and over...	0.14 (0.006)	0.09 (0.004)	0.09 (0.003)	0.16 (0.005)	0.32 (0.025)	0.72 (0.023)	5.84 (0.142)	2.46 (0.062)	
2 and over...	0.17 (0.008)	0.11 (0.005)	0.10 (0.006)	0.18 (0.007)	0.35 (0.037)	0.79 (0.029)	5.94 (0.097)	2.51 (0.049)	
<b>Hispanic:</b>									
2 - 5.....	0.33 (0.010)	0.22 (0.008)	0.19 (0.018)	0.33 (0.016)	0.48 (0.034)	1.26 (0.051)	7.02 (0.167)	2.99 (0.061)	
6 - 11.....	0.26 (0.014)	0.16 (0.010)	0.15 (0.021)	0.27 (0.020)	0.45 (0.051)	1.11 (0.049)	6.77 (0.151)	2.97 (0.085)	
12 - 19.....	0.24 (0.009)	0.15 (0.007)	0.13 (0.010)	0.24 (0.012)	0.37 (0.032)	1.04 (0.034)	6.84 (0.108)	3.02 (0.063)	
20 and over...	0.21 (0.007)	0.13 (0.005)	0.11 (0.005)	0.22 (0.007)	0.35 (0.025)	0.98 (0.027)	6.53 (0.094)	2.85 (0.046)	
2 and over...	0.23 (0.005)	0.14 (0.004)	0.12 (0.004)	0.24 (0.006)	0.37 (0.023)	1.02 (0.019)	6.64 (0.066)	2.90 (0.037)	

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

----- Nutrient per 1000 kcal -----														
Race/ethnicity 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)
<b>Non-Hispanic White:</b>														
2 - 5.....	0.42	(0.009)	10.71	(0.189)	0.13	(0.007)	0.01	(0.001)	6.80	(0.261)	0.67	(0.016)	#	
6 - 11.....	0.46	(0.016)	11.09	(0.210)	0.13	(0.004)	0.01	(0.001)	7.01	(0.150)	0.70	(0.014)	#	
12 - 19.....	0.48	(0.018)	10.90	(0.351)	0.13	(0.008)	0.01	(0.001)	7.50	(0.338)	0.75	(0.038)	#	
20 and over...	0.49	(0.009)	11.98	(0.106)	0.15	(0.003)	0.01	(0.001)	7.97	(0.100)	0.85	(0.017)	#	
2 and over...	0.48	(0.009)	11.77	(0.102)	0.15	(0.003)	0.01	(0.001)	7.81	(0.074)	0.82	(0.016)	#	
<b>Non-Hispanic Black:</b>														
2 - 5.....	0.43	(0.017)	11.31	(0.281)	0.14	(0.007)	0.01	(0.002)	7.75	(0.317)	0.73	(0.030)	#	
6 - 11.....	0.49	(0.022)	11.00	(0.328)	0.13	(0.007)	0.01	(0.001)	7.56	(0.248)	0.69	(0.031)	#	
12 - 19.....	0.50	(0.016)	11.56	(0.328)	0.15	(0.006)	0.01	(0.001)	8.45	(0.332)	0.75	(0.041)	#	
20 and over...	0.54	(0.010)	12.21	(0.237)	0.16	(0.004)	0.02	(0.001)	8.04	(0.197)	0.82	(0.025)	0.01	(#)
2 and over...	0.52	(0.009)	11.96	(0.217)	0.16	(0.003)	0.01	(0.001)	8.03	(0.155)	0.79	(0.021)	#	
<b>Non-Hispanic Asian<sup>2</sup>:</b>														
2 - 5.....	0.39*	(0.030)	10.51*	(0.396)	0.10*	(0.013)	0.01*	(0.001)	6.23*	(0.462)	0.70*	(0.039)	0.01* (0.004)	
6 - 11.....	0.42	(0.052)	10.10	(0.488)	0.11	(0.011)	0.01*	(0.004)	6.45	(0.290)	0.74	(0.045)	0.01* (0.003)	
12 - 19.....	0.41	(0.024)	10.85	(0.459)	0.12	(0.007)	0.01	(0.001)	7.39	(0.370)	0.77	(0.044)	#	
20 and over...	0.45	(0.021)	11.79	(0.274)	0.15	(0.007)	0.02	(0.004)	7.77	(0.232)	0.89	(0.031)	0.01 (0.001)	
2 and over...	0.44	(0.019)	11.50	(0.269)	0.15	(0.006)	0.02	(0.003)	7.56	(0.220)	0.86	(0.029)	0.01 (0.001)	
<b>Hispanic:</b>														
2 - 5.....	0.44	(0.015)	10.50	(0.199)	0.13	(0.018)	0.01	(0.001)	6.86	(0.254)	0.74	(0.052)	#	
6 - 11.....	0.48	(0.027)	10.92	(0.206)	0.12	(0.003)	0.01	(#)	7.26	(0.180)	0.73	(0.018)	#	
12 - 19.....	0.46	(0.011)	11.55	(0.162)	0.14	(0.005)	0.01	(0.001)	7.99	(0.236)	0.79	(0.038)	#	
20 and over...	0.51	(0.014)	11.47	(0.140)	0.14	(0.006)	0.01	(0.001)	7.71	(0.161)	0.84	(0.020)	#	
2 and over...	0.50	(0.012)	11.35	(0.090)	0.14	(0.005)	0.01	(#)	7.63	(0.122)	0.82	(0.018)	#	

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

----- Nutrient per 1000 kcal -----				
Race/ethnicity and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
<b>Non-Hispanic White:</b>				
2 - 5.....	0.05 (0.003)	0.01* (0.004)	0.01 (0.001)	0.02* (0.007)
6 - 11.....	0.05 (0.004)	#	0.01 (#)	0.01 (0.001)
12 - 19.....	0.06 (0.003)	0.01 (0.001)	0.01 (#)	0.01 (0.002)
20 and over...	0.07 (0.001)	0.01 (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)
<b>Non-Hispanic Black:</b>				
2 - 5.....	0.06 (0.005)	#	0.01 (0.001)	0.01 (0.002)
6 - 11.....	0.06 (0.004)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)
12 - 19.....	0.07 (0.004)	0.01 (0.002)	0.01 (0.001)	0.02 (0.002)
20 and over...	0.08 (0.002)	0.02 (0.001)	0.01 (0.001)	0.04 (0.004)
2 and over...	0.08 (0.002)	0.01 (0.001)	0.01 (0.001)	0.03 (0.003)
<b>Non-Hispanic Asian<sup>2</sup>:</b>				
2 - 5.....	0.06* (0.005)	0.03* (0.014)	0.02* (0.006)	0.08* (0.037)
6 - 11.....	0.05 (0.008)	0.01* (0.005)	0.01 (0.002)	0.03* (0.010)
12 - 19.....	0.07 (0.006)	0.01 (0.002)	0.01 (0.001)	0.03* (0.010)
20 and over...	0.08 (0.004)	0.03 (0.005)	0.01 (0.001)	0.06 (0.007)
2 and over...	0.08 (0.003)	0.03 (0.004)	0.01 (0.001)	0.05 (0.006)
<b>Hispanic:</b>				
2 - 5.....	0.07 (0.003)	#	0.01 (#)	0.01 (0.002)
6 - 11.....	0.06 (0.003)	0.01 (0.001)	0.01 (0.001)	0.01 (0.003)
12 - 19.....	0.07 (0.004)	0.01* (0.005)	0.01 (0.001)	0.02 (0.007)
20 and over...	0.08 (0.002)	0.01 (0.002)	0.01 (0.001)	0.03 (0.003)
2 and over...	0.08 (0.002)	0.01 (0.002)	0.01 (#)	0.03 (0.003)



### 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.

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

### Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents. SFA = saturated fatty acid; MFA = monounsaturated fatty acid; PFA = polyunsaturated fatty acid.

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2013-2014.