

**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2013-2014

----- Nutrient per 1000 kcal -----																			
Family income as % of poverty level and age (years)	Sample size <sup>2</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>Under 131% poverty:</b>																			
2 - 5.....	329	1486	(41.3)	35.6	(0.80)	135	(1.7)	65	(1.5)	7.8	(0.19)	36.5	(0.48)	12.9	(0.29)	12.0	(0.20)	8.1	(0.23)
6 - 11.....	494	1845	(43.6)	36.4	(0.69)	134	(1.2)	61	(1.1)	8.1	(0.27)	36.6	(0.42)	12.9	(0.33)	12.2	(0.17)	8.0	(0.20)
12 - 19.....	555	2016	(69.0)	37.3	(0.96)	132	(2.4)	62	(3.1)	7.4	(0.27)	36.9	(0.83)	12.1	(0.37)	12.4	(0.30)	8.7	(0.27)
20 and over...	1596	2157	(21.0)	38.9	(0.65)	125	(0.9)	58	(1.2)	7.7	(0.20)	36.7	(0.30)	12.0	(0.20)	12.7	(0.09)	8.5	(0.18)
2 and over...	2974	2053	(17.1)	38.2	(0.55)	128	(0.8)	60	(1.1)	7.7	(0.18)	36.7	(0.30)	12.2	(0.20)	12.5	(0.10)	8.4	(0.13)
<b>131-350% poverty:</b>																			
2 - 5.....	200	1465	(57.2)	37.1	(1.30)	136	(2.3)	65	(2.3)	8.2	(0.25)	35.6	(1.27)	13.0	(0.47)	11.6	(0.47)	7.7	(0.43)
6 - 11.....	302	1983	(58.8)	34.0	(0.66)	135	(1.5)	63	(2.2)	7.2	(0.25)	37.2	(0.64)	13.3	(0.36)	12.2	(0.22)	8.3	(0.21)
12 - 19.....	402	2085	(70.5)	39.2	(1.09)	128	(1.8)	59	(1.8)	7.3	(0.33)	37.5	(0.49)	12.6	(0.27)	12.5	(0.29)	8.8	(0.40)
20 and over...	1622	2146	(33.9)	40.2	(0.35)	119	(0.6)	53	(0.9)	8.2	(0.17)	38.7	(0.35)	12.5	(0.10)	13.4	(0.17)	9.1	(0.15)
2 and over...	2526	2094	(32.7)	39.4	(0.36)	122	(0.6)	55	(0.7)	8.0	(0.14)	38.3	(0.30)	12.6	(0.11)	13.1	(0.14)	8.9	(0.10)
<b>Over 350% poverty:</b>																			
2 - 5.....	109	1491	(30.2)	35.9	(1.67)	139	(2.0)	68	(1.7)	8.2	(0.50)	35.2	(0.50)	13.0	(0.34)	11.4	(0.27)	7.5	(0.35)
6 - 11.....	194	1976	(35.0)	35.8	(1.22)	135	(1.7)	62	(2.2)	8.0	(0.29)	36.6	(0.60)	13.4	(0.53)	11.9	(0.27)	7.8	(0.38)
12 - 19.....	239	2015	(111.6)	38.9	(1.25)	131	(2.1)	63	(2.2)	7.6	(0.28)	36.8	(1.00)	12.6	(0.32)	12.2	(0.44)	8.4	(0.47)
20 and over...	1468	2136	(26.6)	40.8	(0.73)	116	(1.0)	48	(0.8)	8.9	(0.21)	38.2	(0.38)	12.1	(0.15)	13.3	(0.16)	9.1	(0.13)
2 and over...	2010	2095	(20.8)	40.2	(0.63)	119	(1.1)	51	(0.8)	8.7	(0.16)	37.9	(0.38)	12.2	(0.14)	13.1	(0.16)	8.9	(0.13)
<b>All Individuals<sup>3</sup>:</b>																			
2 - 5.....	676	1481	(30.6)	36.1	(0.75)	137	(0.8)	66	(1.0)	8.0	(0.20)	35.8	(0.38)	13.0	(0.18)	11.7	(0.14)	7.7	(0.19)
6 - 11.....	1047	1921	(35.4)	35.6	(0.52)	134	(0.7)	62	(0.9)	7.8	(0.18)	36.9	(0.28)	13.2	(0.23)	12.2	(0.12)	8.0	(0.13)
12 - 19.....	1296	2038	(31.1)	38.7	(0.70)	130	(1.4)	60	(1.4)	7.4	(0.19)	37.2	(0.47)	12.4	(0.20)	12.4	(0.21)	8.7	(0.26)
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 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2013-2014 (continued)

----- Nutrient per 1000 kcal -----																		
Family income as % of poverty level 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>Under 131% poverty:</b>																		
2 - 5.....	126	(8.8)	292	(9.6)	363	(10.7)	196	(46.3)	733	(101.7)	51	(8.3)	1974	(251.9)	413	(30.8)	0.85	(0.018)
6 - 11.....	109	(3.8)	275	(15.8)	335	(17.8)	135	(18.5)	637	(62.2)	34	(4.4)	2227	(195.8)	432	(45.2)	0.86	(0.020)
12 - 19.....	126	(6.5)	206	(9.8)	262	(13.3)	108	(19.8)	601	(92.4)	38	(4.7)	2209	(188.3)	473	(66.7)	0.79	(0.024)
20 and over...	142	(3.7)	199	(8.4)	283	(12.6)	154	(15.0)	926	(65.5)	38	(2.4)	2190	(128.1)	683	(58.7)	0.77	(0.012)
2 and over...	135	(3.1)	215	(6.9)	292	(10.3)	148	(12.0)	835	(55.2)	38	(1.9)	2180	(111.1)	606	(45.7)	0.79	(0.011)
<b>131-350% poverty:</b>																		
2 - 5.....	123	(4.3)	292	(9.5)	383	(17.1)	171	(49.8)	1000	(171.0)	41	(6.2)	2177	(344.5)	437	(36.9)	0.81	(0.022)
6 - 11.....	109	(5.6)	279	(14.3)	333	(13.4)	118	(16.7)	569	(60.2)	46	(5.4)	2576	(320.5)	400	(49.9)	0.84	(0.020)
12 - 19.....	122	(3.8)	241	(11.2)	345	(50.0)	316*	(197.8)	1080*	(500.0)	31	(5.1)	2298	(243.5)	548	(92.7)	0.87	(0.028)
20 and over...	143	(3.1)	208	(7.9)	316	(10.8)	203	(14.1)	1183	(70.7)	42	(3.1)	2221	(126.1)	876	(106.3)	0.78	(0.011)
2 and over...	137	(2.6)	222	(7.0)	324	(13.4)	209	(29.6)	1112	(89.3)	41	(2.6)	2257	(120.4)	778	(83.2)	0.80	(0.009)
<b>Over 350% poverty:</b>																		
2 - 5.....	106	(10.3)	337	(16.1)	421	(31.1)	223*	(82.9)	882	(234.6)	42	(10.5)	2190	(392.2)	421	(47.3)	0.92	(0.032)
6 - 11.....	112	(10.6)	271	(14.5)	368	(28.3)	247*	(112.5)	1016	(276.9)	43	(7.2)	1507	(137.5)	727*	(255.6)	0.83	(0.038)
12 - 19.....	111	(4.3)	234	(16.7)	329	(21.8)	208	(42.7)	1027	(216.0)	47	(11.1)	2436	(512.9)	612*	(211.1)	0.87	(0.067)
20 and over...	135	(3.3)	202	(4.2)	329	(10.9)	261	(35.9)	1372	(100.9)	49	(4.4)	2657	(117.1)	1024	(59.8)	0.79	(0.006)
2 and over...	130	(3.0)	214	(5.7)	335	(8.2)	255	(30.3)	1306	(78.7)	48	(4.2)	2554	(123.5)	952	(48.3)	0.80	(0.009)
<b>All Individuals<sup>2</sup>:</b>																		
2 - 5.....	119	(4.5)	307	(7.6)	386	(8.5)	191	(42.4)	835	(74.1)	45	(4.8)	2059	(188.6)	415	(18.2)	0.86	(0.015)
6 - 11.....	111	(3.8)	279	(10.9)	349	(15.8)	164	(30.7)	736	(84.8)	41	(3.0)	2154	(140.1)	510	(78.9)	0.85	(0.013)
12 - 19.....	122	(3.6)	226	(6.8)	310	(19.9)	206*	(72.2)	889	(186.7)	37	(3.4)	2390	(155.3)	539	(57.4)	0.84	(0.024)
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)

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----- Nutrient per 1000 kcal -----																		
Family income as % of poverty level 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>Under 131% poverty:</b>																		
2 - 5.....	1.13	(0.024)	10.9	(0.27)	0.96	(0.024)	120	(6.4)	86	(3.7)	290	(10.5)	147	(4.9)	2.67	(0.076)	0.70	(0.053)
6 - 11.....	1.05	(0.030)	11.5	(0.33)	0.96	(0.035)	117	(7.0)	84	(3.1)	283	(12.9)	131	(3.3)	2.64	(0.126)	0.74	(0.071)
12 - 19.....	0.96	(0.043)	12.4	(0.49)	0.97	(0.052)	110	(8.5)	86	(3.0)	273	(16.5)	137	(5.2)	2.42	(0.128)	0.67	(0.085)
20 and over...	1.02	(0.025)	12.4	(0.18)	1.01	(0.024)	89	(4.2)	101	(2.8)	253	(8.9)	159	(3.1)	2.26	(0.067)	0.51	(0.048)
2 and over...	1.02	(0.018)	12.2	(0.16)	1.00	(0.020)	98	(4.3)	96	(2.3)	262	(8.5)	152	(2.6)	2.35	(0.057)	0.57	(0.035)
<b>131-350% poverty:</b>																		
2 - 5.....	1.18	(0.026)	10.5	(0.26)	0.95	(0.043)	107	(7.8)	91	(4.7)	274	(13.1)	150	(4.9)	2.53	(0.115)	0.51	(0.045)
6 - 11.....	1.09	(0.048)	11.2	(0.31)	0.92	(0.027)	112	(7.0)	77	(1.8)	268	(12.5)	129	(3.8)	2.53	(0.136)	0.70	(0.072)
12 - 19.....	1.13	(0.077)	13.2	(0.68)	1.05	(0.074)	114	(12.5)	87	(3.8)	282	(23.0)	142	(2.9)	2.67	(0.189)	0.77	(0.164)
20 and over...	1.05	(0.014)	12.8	(0.23)	1.07	(0.029)	85	(3.7)	109	(2.7)	253	(7.1)	163	(1.6)	2.40	(0.091)	0.54	(0.054)
2 and over...	1.07	(0.019)	12.6	(0.22)	1.05	(0.026)	92	(3.9)	103	(2.2)	259	(7.6)	157	(1.5)	2.45	(0.092)	0.58	(0.057)
<b>Over 350% poverty:</b>																		
2 - 5.....	1.23	(0.054)	10.6	(0.47)	0.96	(0.038)	129	(14.2)	91	(6.5)	310	(24.4)	136	(4.6)	2.84	(0.188)	0.76	(0.138)
6 - 11.....	1.03	(0.028)	10.7	(0.42)	0.86	(0.024)	105	(10.8)	86	(3.0)	266	(18.2)	130	(7.2)	2.22	(0.137)	0.46	(0.089)
12 - 19.....	1.14	(0.072)	13.1	(0.66)	1.15	(0.104)	102	(13.2)	88	(4.6)	261	(20.8)	136	(4.8)	2.87	(0.171)	0.96	(0.188)
20 and over...	1.09	(0.015)	12.7	(0.24)	1.07	(0.022)	83	(1.7)	116	(2.7)	258	(3.0)	164	(1.9)	2.32	(0.051)	0.49	(0.027)
2 and over...	1.09	(0.014)	12.5	(0.23)	1.06	(0.022)	88	(1.9)	111	(2.3)	260	(2.6)	159	(1.7)	2.38	(0.053)	0.54	(0.039)
<b>All Individuals<sup>2</sup>:</b>																		
2 - 5.....	1.18	(0.019)	10.7	(0.16)	0.96	(0.023)	120	(5.3)	89	(3.0)	292	(8.0)	145	(3.1)	2.71	(0.055)	0.66	(0.045)
6 - 11.....	1.07	(0.026)	11.3	(0.16)	0.93	(0.016)	115	(5.2)	82	(1.6)	279	(8.9)	131	(2.4)	2.52	(0.071)	0.67	(0.029)
12 - 19.....	1.07	(0.042)	12.9	(0.32)	1.05	(0.036)	111	(7.5)	87	(2.1)	275	(13.9)	139	(2.8)	2.63	(0.074)	0.78	(0.072)
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)

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----- <i>Nutrient per 1000 kcal</i> -----																
Family income as % of poverty level 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>Under 131% poverty:</b>																
2 - 5.....	57.2	(3.42)	4.0	(0.23)	3.6	(0.09)	0.2	(0.05)	33.4	(3.14)	614	(23.5)	695	(15.8)	129	(1.6)
6 - 11.....	38.8	(2.13)	3.0	(0.15)	3.7	(0.09)	0.3	(0.07)	36.1	(2.73)	546	(20.3)	682	(13.3)	126	(3.2)
12 - 19.....	38.6	(2.57)	2.4	(0.13)	3.8	(0.22)	0.3*	(0.13)	38.8	(3.30)	490	(16.4)	640	(16.9)	123	(3.1)
20 and over...	38.8	(1.86)	2.2	(0.07)	3.9	(0.11)	0.4	(0.08)	50.1	(2.42)	461	(9.3)	643	(9.8)	139	(2.1)
2 and over...	40.1	(1.41)	2.4	(0.05)	3.8	(0.08)	0.3	(0.06)	45.8	(1.96)	486	(9.7)	651	(9.2)	135	(1.9)
<b>131-350% poverty:</b>																
2 - 5.....	54.2	(5.86)	4.1	(0.28)	3.8	(0.11)	0.4	(0.11)	36.3	(2.24)	629	(15.2)	717	(14.0)	139	(4.5)
6 - 11.....	39.7	(2.49)	2.9	(0.19)	3.6	(0.10)	0.2*	(0.07)	33.4	(2.69)	556	(17.9)	659	(12.0)	116	(2.4)
12 - 19.....	32.4	(2.70)	2.7	(0.14)	3.9	(0.32)	0.3*	(0.15)	45.8	(7.51)	524	(16.5)	681	(8.5)	129	(2.5)
20 and over...	41.5	(1.31)	2.2	(0.11)	4.5	(0.13)	0.6	(0.06)	61.2	(3.80)	467	(9.2)	668	(5.5)	148	(2.4)
2 and over...	40.8	(1.20)	2.4	(0.10)	4.3	(0.10)	0.5	(0.05)	55.9	(3.05)	489	(9.9)	671	(5.1)	143	(2.0)
<b>Over 350% poverty:</b>																
2 - 5.....	49.3	(5.09)	3.9	(0.28)	4.0	(0.36)	0.7	(0.17)	33.8	(3.04)	680	(42.8)	757	(41.8)	137	(6.6)
6 - 11.....	41.1	(3.30)	2.9	(0.20)	3.9	(0.15)	0.4	(0.12)	49.6	(10.97)	616	(40.9)	703	(28.4)	129	(3.0)
12 - 19.....	41.7	(3.99)	2.5	(0.22)	3.8	(0.17)	0.3	(0.07)	45.1	(9.69)	551	(26.4)	688	(23.1)	134	(4.1)
20 and over...	41.1	(1.70)	2.5	(0.11)	4.8	(0.05)	0.5	(0.05)	71.4	(2.58)	472	(7.9)	683	(8.1)	157	(1.7)
2 and over...	41.5	(1.64)	2.6	(0.10)	4.6	(0.04)	0.5	(0.05)	66.7	(2.33)	494	(10.6)	688	(9.5)	153	(1.2)
<b>All Individuals<sup>2</sup>:</b>																
2 - 5.....	54.4	(2.74)	4.1	(0.15)	3.7	(0.12)	0.4	(0.07)	34.0	(1.55)	641	(15.9)	720	(13.7)	135	(2.0)
6 - 11.....	40.5	(1.11)	2.9	(0.10)	3.8	(0.09)	0.4	(0.07)	39.4	(3.60)	569	(16.1)	681	(8.4)	124	(1.7)
12 - 19.....	36.8	(1.84)	2.5	(0.08)	3.8	(0.18)	0.3	(0.08)	43.5	(3.48)	518	(12.8)	668	(11.0)	128	(2.2)
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)

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----- Nutrient per 1000 kcal -----																		
Family income as % of poverty level 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>Under 131% poverty:</b>																		
2 - 5.....	7.8	(0.24)	5.4	(0.15)	0.5	(0.01)	50.0	(1.22)	1283	(30.7)	1548	(35.5)	4.2	(0.72)	21.4	(3.29)	--	--
6 - 11.....	7.9	(0.25)	5.6	(0.18)	0.5	(0.01)	50.5	(0.85)	1170	(25.4)	1587	(27.2)	8.2	(1.84)	26.7	(2.13)	--	--
12 - 19.....	7.2	(0.21)	5.2	(0.20)	0.5	(0.01)	53.8	(1.46)	1108	(25.3)	1678	(20.9)	23.1	(4.19)	18.4	(2.57)	--	--
20 and over...	6.9	(0.15)	5.2	(0.13)	0.6	(0.01)	54.8	(0.79)	1220	(15.9)	1680	(10.7)	89.6	(11.79)	14.8	(1.30)	3.6	(0.31)
2 and over...	7.1	(0.15)	5.2	(0.12)	0.5	(0.01)	53.8	(0.66)	1203	(13.2)	1659	(10.3)	65.1	(9.28)	17.1	(0.96)	--	--
<b>131-350% poverty:</b>																		
2 - 5.....	7.6	(0.24)	5.4	(0.11)	0.5	(0.02)	50.5	(1.26)	1353	(60.1)	1519	(32.1)	3.8	(0.71)	30.4	(4.56)	--	--
6 - 11.....	7.5	(0.20)	4.9	(0.13)	0.5	(0.02)	49.2	(0.86)	1142	(21.7)	1582	(29.4)	7.4	(1.00)	26.6	(3.01)	--	--
12 - 19.....	7.3	(0.37)	5.6	(0.24)	0.5	(0.01)	56.0	(1.38)	1149	(26.0)	1734	(45.6)	24.2	(3.48)	16.7	(2.50)	--	--
20 and over...	7.1	(0.14)	5.4	(0.08)	0.6	(0.01)	56.0	(0.80)	1295	(14.8)	1713	(34.1)	82.0	(5.29)	17.9	(1.54)	4.0	(0.42)
2 and over...	7.2	(0.14)	5.4	(0.08)	0.6	(0.01)	55.2	(0.73)	1268	(14.0)	1696	(25.8)	65.4	(4.87)	19.0	(1.28)	--	--
<b>Over 350% poverty:</b>																		
2 - 5.....	8.2	(0.49)	5.8	(0.39)	0.5	(0.02)	49.8	(1.68)	1339	(45.6)	1566	(49.9)	2.4	(0.33)	26.7	(4.94)	--	--
6 - 11.....	7.2	(0.31)	5.1	(0.28)	0.5	(0.02)	49.5	(1.71)	1154	(40.3)	1554	(54.6)	8.1	(1.70)	29.0	(2.30)	--	--
12 - 19.....	7.4	(0.44)	5.7	(0.28)	0.6	(0.02)	51.3	(2.03)	1222	(40.3)	1691	(37.2)	30.0*	(9.89)	21.9	(2.87)	--	--
20 and over...	7.0	(0.10)	5.4	(0.08)	0.6	(0.01)	57.3	(0.91)	1369	(24.3)	1710	(22.2)	92.3	(3.64)	17.9	(1.14)	5.9	(0.40)
2 and over...	7.1	(0.07)	5.4	(0.08)	0.6	(0.01)	56.1	(0.83)	1343	(19.6)	1694	(19.6)	79.1	(4.05)	19.2	(0.89)	--	--
<b>All Individuals<sup>3</sup>:</b>																		
2 - 5.....	7.8	(0.18)	5.5	(0.12)	0.5	(0.01)	49.8	(0.88)	1327	(30.4)	1535	(23.4)	3.6	(0.39)	25.4	(2.26)	--	--
6 - 11.....	7.6	(0.11)	5.3	(0.13)	0.5	(0.01)	50.0	(0.75)	1154	(12.4)	1574	(17.7)	7.6	(0.90)	26.9	(1.55)	--	--
12 - 19.....	7.3	(0.17)	5.5	(0.13)	0.5	(0.01)	54.3	(0.87)	1151	(19.4)	1706	(19.9)	25.8	(3.25)	18.7	(1.31)	--	--
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 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2013-2014 (continued)

----- Nutrient per 1000 kcal -----																
Family income as % of poverty level and age (years)	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>																
2 - 5.....	0.30	(0.018)	0.20	(0.011)	0.18	(0.014)	0.30	(0.016)	0.48	(0.022)	1.18	(0.054)	6.89	(0.139)	2.93	(0.069)
6 - 11.....	0.28	(0.021)	0.18	(0.013)	0.14	(0.010)	0.27	(0.020)	0.46	(0.038)	1.17	(0.067)	6.91	(0.145)	3.01	(0.056)
12 - 19.....	0.22	(0.015)	0.14	(0.009)	0.12	(0.008)	0.23	(0.013)	0.39	(0.018)	1.01	(0.052)	6.63	(0.183)	2.88	(0.081)
20 and over...	0.22	(0.010)	0.14	(0.006)	0.12	(0.004)	0.23	(0.009)	0.38	(0.020)	1.00	(0.034)	6.53	(0.084)	2.91	(0.049)
2 and over...	0.23	(0.011)	0.15	(0.006)	0.13	(0.004)	0.24	(0.009)	0.40	(0.016)	1.03	(0.034)	6.61	(0.089)	2.92	(0.043)
<b>131-350% poverty:</b>																
2 - 5.....	0.31	(0.015)	0.21	(0.011)	0.19	(0.022)	0.32	(0.017)	0.44	(0.030)	1.22	(0.064)	6.63	(0.245)	3.04	(0.114)
6 - 11.....	0.29	(0.016)	0.19	(0.011)	0.15	(0.007)	0.29	(0.014)	0.45	(0.036)	1.19	(0.052)	7.09	(0.166)	3.15	(0.105)
12 - 19.....	0.26	(0.016)	0.16	(0.009)	0.12	(0.006)	0.25	(0.013)	0.39	(0.028)	1.09	(0.049)	6.83	(0.106)	2.99	(0.065)
20 and over...	0.24	(0.008)	0.15	(0.004)	0.13	(0.003)	0.24	(0.006)	0.40	(0.015)	1.04	(0.022)	6.76	(0.055)	3.02	(0.035)
2 and over...	0.25	(0.007)	0.16	(0.004)	0.13	(0.003)	0.25	(0.005)	0.41	(0.012)	1.07	(0.018)	6.79	(0.055)	3.03	(0.034)
<b>Over 350% poverty:</b>																
2 - 5.....	0.34	(0.022)	0.22	(0.012)	0.18	(0.011)	0.33	(0.018)	0.49	(0.052)	1.30	(0.059)	6.65	(0.129)	2.91	(0.100)
6 - 11.....	0.30	(0.027)	0.19	(0.018)	0.17	(0.018)	0.31	(0.027)	0.64	(0.169)	1.27	(0.098)	6.89	(0.129)	3.13	(0.146)
12 - 19.....	0.27	(0.026)	0.17	(0.015)	0.13	(0.009)	0.26	(0.022)	0.40	(0.044)	1.14	(0.077)	6.71	(0.166)	2.99	(0.075)
20 and over...	0.24	(0.006)	0.15	(0.004)	0.12	(0.005)	0.24	(0.007)	0.40	(0.025)	1.02	(0.021)	6.56	(0.070)	2.90	(0.031)
2 and over...	0.25	(0.005)	0.16	(0.004)	0.13	(0.005)	0.25	(0.007)	0.41	(0.027)	1.06	(0.019)	6.59	(0.058)	2.92	(0.031)
<b>All Individuals<sup>2</sup>:</b>																
2 - 5.....	0.32	(0.011)	0.21	(0.008)	0.18	(0.011)	0.32	(0.010)	0.48	(0.022)	1.23	(0.037)	6.73	(0.089)	2.96	(0.043)
6 - 11.....	0.29	(0.014)	0.18	(0.009)	0.15	(0.008)	0.29	(0.013)	0.50	(0.045)	1.21	(0.045)	6.96	(0.087)	3.10	(0.054)
12 - 19.....	0.25	(0.011)	0.16	(0.007)	0.13	(0.004)	0.25	(0.009)	0.39	(0.018)	1.08	(0.036)	6.75	(0.088)	2.97	(0.047)
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 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2013-2014 (continued)

<i>Nutrient per 1000 kcal</i>														
Family income as % of poverty level 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>Under 131% poverty:</b>														
2 - 5.....	0.45	(0.018)	11.04	(0.168)	0.14	(0.013)	0.01	(0.001)	7.19	(0.216)	0.69	(0.018)	#	
6 - 11.....	0.47	(0.014)	10.90	(0.199)	0.13	(0.005)	0.01	(0.001)	7.11	(0.183)	0.70	(0.023)	#	
12 - 19.....	0.48	(0.019)	11.15	(0.278)	0.14	(0.004)	0.01	(0.001)	7.78	(0.247)	0.74	(0.026)	#	
20 and over...	0.50	(0.013)	11.40	(0.071)	0.14	(0.005)	0.01	(0.001)	7.49	(0.168)	0.79	(0.017)	#	
2 and over...	0.49	(0.011)	11.28	(0.081)	0.14	(0.004)	0.01	(0.001)	7.47	(0.119)	0.77	(0.011)	#	
<b>131-350% poverty:</b>														
2 - 5.....	0.42	(0.020)	10.72	(0.410)	0.12	(0.008)	0.01	(0.001)	6.78	(0.400)	0.71	(0.046)	#	
6 - 11.....	0.46	(0.025)	11.01	(0.197)	0.13	(0.005)	0.01	(0.001)	7.37	(0.196)	0.73	(0.023)	#	
12 - 19.....	0.48	(0.017)	11.26	(0.307)	0.13	(0.006)	0.01	(0.001)	7.89	(0.358)	0.77	(0.051)	#	
20 and over...	0.51	(0.007)	12.09	(0.161)	0.15	(0.003)	0.01	(0.001)	8.03	(0.145)	0.87	(0.017)	#	
2 and over...	0.50	(0.005)	11.84	(0.144)	0.14	(0.003)	0.01	(0.001)	7.90	(0.098)	0.84	(0.016)	#	
<b>Over 350% poverty:</b>														
2 - 5.....	0.41	(0.017)	10.42	(0.237)	0.12	(0.008)	0.01	(0.001)	6.66	(0.329)	0.69	(0.034)	#	
6 - 11.....	0.44	(0.024)	10.94	(0.294)	0.13	(0.005)	0.01	(0.001)	6.94	(0.349)	0.67	(0.028)	#	
12 - 19.....	0.46	(0.013)	11.09	(0.442)	0.13	(0.012)	0.01	(0.002)	7.53	(0.423)	0.72	(0.048)	#	
20 and over...	0.47	(0.011)	12.09	(0.145)	0.16	(0.005)	0.02	(0.001)	8.06	(0.122)	0.85	(0.017)	0.01	(0.001)
2 and over...	0.47	(0.011)	11.88	(0.144)	0.15	(0.004)	0.01	(0.001)	7.90	(0.114)	0.82	(0.019)	#	
<b>All Individuals<sup>2</sup>:</b>														
2 - 5.....	0.42	(0.008)	10.74	(0.118)	0.13	(0.006)	0.01	(0.001)	6.88	(0.178)	0.69	(0.018)	#	
6 - 11.....	0.46	(0.013)	10.99	(0.144)	0.13	(0.002)	0.01	(#)	7.15	(0.117)	0.71	(0.010)	#	
12 - 19.....	0.47	(0.011)	11.18	(0.228)	0.13	(0.005)	0.01	(0.001)	7.76	(0.228)	0.76	(0.029)	#	
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 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2013-2014 (continued)

----- Nutrient per 1000 kcal -----				
Family income as % of poverty level and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
<b>Under 131% poverty:</b>				
2 - 5.....	0.06 (0.005)	0.01* (0.003)	0.01 (0.001)	0.02* (0.007)
6 - 11.....	0.06 (0.002)	0.01 (0.001)	0.01 (#)	0.01 (0.002)
12 - 19.....	0.07 (0.004)	0.01* (0.003)	0.01 (0.001)	0.02 (0.005)
20 and over...	0.08 (0.003)	0.01 (0.002)	0.01 (0.001)	0.03 (0.003)
2 and over...	0.07 (0.002)	0.01 (0.001)	0.01 (#)	0.02 (0.002)
<b>131-350% poverty:</b>				
2 - 5.....	0.06 (0.003)	0.01* (0.005)	0.01 (0.002)	0.02* (0.011)
6 - 11.....	0.06 (0.003)	#	0.01 (0.001)	0.01 (0.001)
12 - 19.....	0.07 (0.004)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)
20 and over...	0.08 (0.002)	0.01 (0.001)	0.01 (#)	0.03 (0.003)
2 and over...	0.07 (0.002)	0.01 (0.001)	0.01 (#)	0.03 (0.002)
<b>Over 350% poverty:</b>				
2 - 5.....	0.05 (0.006)	0.01* (0.002)	0.01 (#)	0.01* (0.004)
6 - 11.....	0.05 (0.005)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)
12 - 19.....	0.06 (0.003)	0.01 (0.002)	0.01 (0.001)	0.01 (0.003)
20 and over...	0.07 (0.002)	0.02 (0.003)	0.01 (0.001)	0.04 (0.005)
2 and over...	0.07 (0.002)	0.02 (0.002)	0.01 (0.001)	0.04 (0.004)
<b>All Individuals<sup>3</sup>:</b>				
2 - 5.....	0.06 (0.002)	0.01 (0.002)	0.01 (0.001)	0.02 (0.005)
6 - 11.....	0.06 (0.002)	0.01 (#)	0.01 (#)	0.01 (0.001)
12 - 19.....	0.07 (0.002)	0.01 (0.001)	0.01 (#)	0.02 (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> The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.

<sup>2</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>3</sup> Includes persons of all income levels or with unknown family income.

### 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 Family Income (as % of Poverty Level) and Age. *What We Eat in America, NHANES 2013-2014*.