

**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2013-2014

| Family income as % of poverty level and age (years) | Sample size | 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)  | 52.7    | (2.19) | 199           | (4.6)  | 93           | (2.6) | 11.4          | (0.30) | 55.3      | (2.11) | 19.6          | (0.98) | 18.2                 | (0.66) | 12.2                 | (0.52) |
| 6 - 11.....                                         | 494         | 1845   | (43.6)  | 66.4    | (1.90) | 244           | (5.1)  | 110          | (2.6) | 14.6          | (0.63) | 69.4      | (2.17) | 24.8          | (1.29) | 23.1                 | (0.61) | 14.9                 | (0.38) |
| 12 - 19.....                                        | 555         | 2016   | (69.0)  | 76.6    | (4.85) | 259           | (7.2)  | 118          | (4.5) | 14.6          | (0.88) | 76.6      | (3.70) | 24.9          | (1.09) | 26.0                 | (1.32) | 18.1                 | (1.08) |
| 20 and over...                                      | 1596        | 2157   | (21.0)  | 80.5    | (1.50) | 267           | (3.5)  | 126          | (2.7) | 15.6          | (0.42) | 80.6      | (1.01) | 26.3          | (0.49) | 27.9                 | (0.34) | 18.7                 | (0.46) |
| 2 and over...                                       | 2974        | 2053   | (17.1)  | 76.4    | (1.19) | 258           | (2.9)  | 121          | (2.5) | 15.0          | (0.37) | 76.9      | (0.84) | 25.4          | (0.43) | 26.3                 | (0.28) | 17.7                 | (0.36) |
| <b>131-350% poverty:</b>                            |             |        |         |         |        |               |        |              |       |               |        |           |        |               |        |                      |        |                      |        |
| 2 - 5.....                                          | 200         | 1465   | (57.2)  | 54.0    | (3.76) | 198           | (9.3)  | 93           | (6.3) | 11.8          | (0.66) | 52.9      | (1.87) | 19.0          | (0.63) | 17.3                 | (0.62) | 11.5                 | (0.70) |
| 6 - 11.....                                         | 302         | 1983   | (58.8)  | 67.0    | (2.28) | 267           | (8.7)  | 124          | (5.2) | 14.1          | (0.72) | 74.5      | (2.56) | 26.9          | (1.12) | 24.5                 | (0.81) | 16.4                 | (0.62) |
| 12 - 19.....                                        | 402         | 2085   | (70.5)  | 82.2    | (3.11) | 263           | (10.9) | 122          | (7.3) | 14.5          | (0.47) | 79.6      | (2.49) | 26.7          | (1.44) | 27.1                 | (0.99) | 18.2                 | (0.67) |
| 20 and over...                                      | 1622        | 2146   | (33.9)  | 84.3    | (1.40) | 253           | (3.9)  | 114          | (3.0) | 16.8          | (0.39) | 84.2      | (1.54) | 27.2          | (0.46) | 29.2                 | (0.64) | 19.7                 | (0.49) |
| 2 and over...                                       | 2526        | 2094   | (32.7)  | 81.3    | (1.47) | 253           | (3.4)  | 115          | (2.3) | 16.0          | (0.29) | 81.4      | (1.50) | 26.7          | (0.46) | 28.0                 | (0.62) | 18.9                 | (0.39) |
| <b>Over 350% poverty:</b>                           |             |        |         |         |        |               |        |              |       |               |        |           |        |               |        |                      |        |                      |        |
| 2 - 5.....                                          | 109         | 1491   | (30.2)  | 52.6    | (2.59) | 207           | (5.9)  | 102          | (3.8) | 12.0          | (0.75) | 52.9      | (1.19) | 19.6          | (0.78) | 17.1                 | (0.54) | 11.1                 | (0.54) |
| 6 - 11.....                                         | 194         | 1976   | (35.0)  | 69.7    | (2.66) | 263           | (4.7)  | 122          | (3.7) | 15.1          | (0.58) | 74.3      | (2.44) | 27.8          | (1.32) | 24.2                 | (0.95) | 15.4                 | (0.99) |
| 12 - 19.....                                        | 239         | 2015   | (111.6) | 77.1    | (4.13) | 261           | (14.9) | 123          | (6.0) | 14.7          | (0.70) | 75.9      | (4.87) | 25.9          | (1.17) | 25.3                 | (1.90) | 17.2                 | (1.58) |
| 20 and over...                                      | 1468        | 2136   | (26.6)  | 84.9    | (1.28) | 245           | (3.1)  | 101          | (1.7) | 18.2          | (0.37) | 83.4      | (1.62) | 26.7          | (0.55) | 29.1                 | (0.59) | 19.8                 | (0.48) |
| 2 and over...                                       | 2010        | 2095   | (20.8)  | 82.2    | (1.10) | 246           | (2.6)  | 104          | (1.6) | 17.5          | (0.30) | 81.2      | (1.50) | 26.4          | (0.50) | 28.1                 | (0.55) | 19.0                 | (0.44) |
| <b>All Individuals<sup>2</sup>:</b>                 |             |        |         |         |        |               |        |              |       |               |        |           |        |               |        |                      |        |                      |        |
| 2 - 5.....                                          | 676         | 1481   | (30.6)  | 53.0    | (1.73) | 201           | (4.2)  | 97           | (2.6) | 11.6          | (0.40) | 53.8      | (1.23) | 19.4          | (0.55) | 17.6                 | (0.41) | 11.7                 | (0.32) |
| 6 - 11.....                                         | 1047        | 1921   | (35.4)  | 67.5    | (1.30) | 256           | (4.8)  | 117          | (2.4) | 14.5          | (0.51) | 72.3      | (1.72) | 26.3          | (0.84) | 23.8                 | (0.56) | 15.4                 | (0.38) |
| 12 - 19.....                                        | 1296        | 2038   | (31.1)  | 79.0    | (2.14) | 260           | (4.8)  | 120          | (2.6) | 14.5          | (0.38) | 77.6      | (1.61) | 26.0          | (0.49) | 26.2                 | (0.66) | 17.9                 | (0.68) |
| 20 and over...                                      | 5047        | 2141   | (18.7)  | 83.6    | (0.73) | 253           | (2.1)  | 111          | (1.4) | 17.1          | (0.27) | 82.9      | (0.89) | 26.7          | (0.27) | 28.8                 | (0.31) | 19.5                 | (0.31) |
| 2 and over...                                       | 8066        | 2079   | (17.2)  | 80.3    | (0.74) | 251           | (2.1)  | 112          | (1.3) | 16.3          | (0.21) | 80.0      | (0.79) | 26.3          | (0.24) | 27.6                 | (0.30) | 18.6                 | (0.26) |

**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2013-2014 (continued)

| Family income as<br>% of poverty level<br>and age<br>(years) | Choles-<br>terol |        | Retinol |        | Vitamin A<br>(RAE) |        | Alpha-<br>carotene |         | Beta-<br>carotene |         | Beta-crypto-<br>xanthin |        | Lycopene |         | Lutein +<br>zeaxanthin |         | Thiamin |         |
|--------------------------------------------------------------|------------------|--------|---------|--------|--------------------|--------|--------------------|---------|-------------------|---------|-------------------------|--------|----------|---------|------------------------|---------|---------|---------|
|                                                              | mg               | (SE)   | µg      | (SE)   | µg                 | (SE)   | µg                 | (SE)    | µg                | (SE)    | µg                      | (SE)   | µg       | (SE)    | µg                     | (SE)    | mg      | (SE)    |
| <b>Under 131% poverty:</b>                                   |                  |        |         |        |                    |        |                    |         |                   |         |                         |        |          |         |                        |         |         |         |
| 2 - 5.....                                                   | 185              | (14.4) | 422     | (20.4) | 520                | (20.7) | 269                | (72.9)  | 1024              | (159.5) | 69                      | (10.0) | 2947     | (393.5) | 584                    | (51.5)  | 1.25    | (0.043) |
| 6 - 11.....                                                  | 202              | (9.3)  | 504     | (36.5) | 611                | (41.4) | 230                | (34.5)  | 1142              | (119.4) | 66                      | (9.2)  | 4069     | (344.2) | 818                    | (104.2) | 1.56    | (0.054) |
| 12 - 19.....                                                 | 261              | (21.0) | 390     | (12.0) | 488                | (15.7) | 195                | (29.1)  | 1042              | (108.9) | 69                      | (8.2)  | 4506     | (439.7) | 856                    | (94.5)  | 1.53    | (0.055) |
| 20 and over...                                               | 292              | (6.7)  | 416     | (18.2) | 573                | (23.7) | 281                | (23.5)  | 1727              | (100.9) | 70                      | (4.2)  | 4533     | (289.5) | 1347                   | (135.4) | 1.59    | (0.028) |
| 2 and over...                                                | 270              | (4.7)  | 422     | (13.8) | 561                | (19.0) | 262                | (21.3)  | 1515              | (84.7)  | 70                      | (3.2)  | 4360     | (244.0) | 1164                   | (94.1)  | 1.55    | (0.022) |
| <b>131-350% poverty:</b>                                     |                  |        |         |        |                    |        |                    |         |                   |         |                         |        |          |         |                        |         |         |         |
| 2 - 5.....                                                   | 179              | (12.3) | 412     | (22.1) | 535                | (31.5) | 266*               | (98.1)  | 1320              | (156.1) | 57                      | (8.7)  | 2889     | (423.1) | 622                    | (70.9)  | 1.19    | (0.057) |
| 6 - 11.....                                                  | 220              | (15.8) | 545     | (31.1) | 653                | (23.8) | 240                | (30.2)  | 1140              | (145.7) | 85                      | (9.3)  | 5081     | (695.6) | 718                    | (64.5)  | 1.63    | (0.050) |
| 12 - 19.....                                                 | 262              | (10.6) | 500     | (29.8) | 640                | (43.8) | 373*               | (165.3) | 1483              | (439.2) | 59                      | (8.1)  | 4457     | (417.6) | 1009                   | (145.7) | 1.79    | (0.079) |
| 20 and over...                                               | 303              | (8.0)  | 437     | (19.0) | 648                | (26.2) | 380                | (28.4)  | 2316              | (158.2) | 83                      | (6.0)  | 4893     | (255.7) | 1620                   | (166.1) | 1.63    | (0.033) |
| 2 and over...                                                | 285              | (7.6)  | 452     | (14.4) | 642                | (22.7) | 362                | (33.9)  | 2074              | (140.1) | 79                      | (4.9)  | 4764     | (232.7) | 1428                   | (130.7) | 1.63    | (0.031) |
| <b>Over 350% poverty:</b>                                    |                  |        |         |        |                    |        |                    |         |                   |         |                         |        |          |         |                        |         |         |         |
| 2 - 5.....                                                   | 152              | (13.9) | 493     | (27.0) | 610                | (46.7) | 303*               | (107.6) | 1220              | (316.9) | 66                      | (16.9) | 3348     | (796.3) | 606                    | (58.3)  | 1.34    | (0.056) |
| 6 - 11.....                                                  | 227              | (22.6) | 530     | (27.0) | 684                | (35.4) | 354*               | (108.6) | 1640              | (299.8) | 79                      | (12.2) | 3022     | (351.9) | 1249                   | (348.1) | 1.59    | (0.082) |
| 12 - 19.....                                                 | 224              | (10.2) | 459     | (31.6) | 620                | (26.9) | 371                | (78.7)  | 1716              | (254.2) | 79                      | (16.5) | 4744     | (695.7) | 1024                   | (264.1) | 1.71    | (0.130) |
| 20 and over...                                               | 285              | (8.1)  | 430     | (10.5) | 661                | (17.1) | 470                | (49.5)  | 2507              | (145.7) | 90                      | (5.7)  | 5598     | (209.4) | 1887                   | (104.7) | 1.65    | (0.018) |
| 2 and over...                                                | 272              | (6.8)  | 440     | (10.8) | 657                | (13.3) | 449                | (43.1)  | 2347              | (122.2) | 88                      | (5.7)  | 5296     | (194.1) | 1735                   | (89.4)  | 1.64    | (0.019) |
| <b>All Individuals<sup>2</sup>:</b>                          |                  |        |         |        |                    |        |                    |         |                   |         |                         |        |          |         |                        |         |         |         |
| 2 - 5.....                                                   | 173              | (9.1)  | 440     | (11.7) | 548                | (14.5) | 271                | (65.2)  | 1140              | (117.8) | 63                      | (6.4)  | 2989     | (313.9) | 590                    | (29.7)  | 1.25    | (0.031) |
| 6 - 11.....                                                  | 216              | (8.1)  | 531     | (21.4) | 653                | (25.9) | 274                | (35.9)  | 1304              | (113.1) | 75                      | (5.5)  | 4090     | (267.1) | 911                    | (118.9) | 1.60    | (0.037) |
| 12 - 19.....                                                 | 253              | (8.7)  | 450     | (12.0) | 579                | (18.8) | 299                | (63.2)  | 1375              | (171.9) | 67                      | (5.8)  | 4656     | (256.4) | 959                    | (80.5)  | 1.67    | (0.043) |
| 20 and over...                                               | 293              | (4.2)  | 428     | (8.1)  | 637                | (12.2) | 398                | (25.9)  | 2271              | (89.2)  | 83                      | (3.1)  | 5021     | (136.4) | 1671                   | (74.3)  | 1.62    | (0.018) |
| 2 and over...                                                | 276              | (3.7)  | 440     | (6.8)  | 627                | (11.5) | 371                | (22.8)  | 2037              | (80.3)  | 79                      | (2.8)  | 4805     | (121.3) | 1477                   | (57.3)  | 1.61    | (0.018) |

**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2013-2014 (continued)

| Family income as<br>% of poverty level<br>and age<br>(years) | Ribo-<br>flavin<br>mg (SE) | Niacin<br>mg (SE) | Vitamin B6<br>mg (SE) | Folic<br>acid<br>µg (SE) | Food<br>folate<br>µg (SE) | Folate<br>(DFE)<br>µg (SE) | Choline<br>mg (SE) | Vitamin B12<br>µg (SE) | Added<br>Vitamin B12<br>µg (SE) |
|--------------------------------------------------------------|----------------------------|-------------------|-----------------------|--------------------------|---------------------------|----------------------------|--------------------|------------------------|---------------------------------|
| <b>Under 131% poverty:</b>                                   |                            |                   |                       |                          |                           |                            |                    |                        |                                 |
| 2 - 5.....                                                   | 1.65 (0.065)               | 16.0 (0.61)       | 1.38 (0.045)          | 173 (9.3)                | 125 (6.0)                 | 419 (18.0)                 | 212 (8.4)          | 3.84 (0.154)           | 0.98 (0.087)                    |
| 6 - 11.....                                                  | 1.90 (0.077)               | 20.7 (0.53)       | 1.70 (0.067)          | 213 (14.5)               | 154 (6.2)                 | 516 (27.1)                 | 237 (8.8)          | 4.81 (0.303)           | 1.30 (0.136)                    |
| 12 - 19.....                                                 | 1.86 (0.073)               | 25.0 (1.62)       | 1.95 (0.146)          | 206 (13.2)               | 172 (8.9)                 | 521 (28.5)                 | 276 (15.9)         | 4.56 (0.178)           | 1.24 (0.163)                    |
| 20 and over...                                               | 2.06 (0.055)               | 25.9 (0.54)       | 2.13 (0.080)          | 188 (9.8)                | 207 (4.3)                 | 526 (19.4)                 | 327 (6.4)          | 4.82 (0.141)           | 1.16 (0.123)                    |
| 2 and over...                                                | 1.99 (0.040)               | 24.5 (0.43)       | 2.00 (0.062)          | 192 (8.5)                | 190 (3.6)                 | 517 (16.5)                 | 301 (4.9)          | 4.71 (0.105)           | 1.17 (0.086)                    |
| <b>131-350% poverty:</b>                                     |                            |                   |                       |                          |                           |                            |                    |                        |                                 |
| 2 - 5.....                                                   | 1.66 (0.077)               | 15.3 (0.69)       | 1.37 (0.100)          | 154 (14.0)               | 132 (11.5)                | 393 (29.0)                 | 214 (14.3)         | 3.58 (0.335)           | 0.73 (0.083)                    |
| 6 - 11.....                                                  | 2.08 (0.040)               | 21.7 (0.64)       | 1.79 (0.066)          | 210 (10.0)               | 151 (5.9)                 | 508 (19.4)                 | 255 (12.5)         | 4.86 (0.223)           | 1.32 (0.143)                    |
| 12 - 19.....                                                 | 2.33 (0.140)               | 27.4 (1.24)       | 2.15 (0.136)          | 236 (28.5)               | 176 (7.6)                 | 578 (50.6)                 | 300 (8.6)          | 5.62 (0.421)           | 1.61 (0.387)                    |
| 20 and over...                                               | 2.18 (0.047)               | 27.0 (0.71)       | 2.25 (0.079)          | 176 (8.2)                | 223 (5.8)                 | 522 (16.9)                 | 343 (7.1)          | 5.11 (0.221)           | 1.14 (0.113)                    |
| 2 and over...                                                | 2.17 (0.049)               | 26.1 (0.70)       | 2.16 (0.074)          | 185 (8.5)                | 207 (4.8)                 | 522 (16.8)                 | 325 (6.9)          | 5.08 (0.217)           | 1.19 (0.130)                    |
| <b>Over 350% poverty:</b>                                    |                            |                   |                       |                          |                           |                            |                    |                        |                                 |
| 2 - 5.....                                                   | 1.82 (0.097)               | 15.2 (0.77)       | 1.38 (0.061)          | 189 (23.2)               | 134 (10.0)                | 454 (39.4)                 | 199 (6.0)          | 4.13 (0.280)           | 1.04 (0.212)                    |
| 6 - 11.....                                                  | 1.99 (0.058)               | 20.5 (1.08)       | 1.64 (0.057)          | 195 (17.7)               | 165 (6.1)                 | 496 (31.1)                 | 254 (13.8)         | 4.30 (0.272)           | 0.86 (0.166)                    |
| 12 - 19.....                                                 | 2.22 (0.126)               | 25.7 (1.97)       | 2.15 (0.177)          | 204 (26.8)               | 169 (6.7)                 | 516 (44.0)                 | 271 (15.3)         | 5.63 (0.586)           | 1.88 (0.474)                    |
| 20 and over...                                               | 2.25 (0.043)               | 26.3 (0.28)       | 2.20 (0.032)          | 177 (3.6)                | 235 (5.0)                 | 536 (8.2)                  | 343 (6.5)          | 4.88 (0.117)           | 1.04 (0.065)                    |
| 2 and over...                                                | 2.22 (0.035)               | 25.5 (0.33)       | 2.13 (0.029)          | 181 (3.6)                | 222 (4.6)                 | 529 (6.6)                  | 327 (4.9)          | 4.88 (0.107)           | 1.10 (0.085)                    |
| <b>All Individuals<sup>2</sup>:</b>                          |                            |                   |                       |                          |                           |                            |                    |                        |                                 |
| 2 - 5.....                                                   | 1.71 (0.045)               | 15.5 (0.37)       | 1.37 (0.042)          | 172 (6.6)                | 129 (5.6)                 | 422 (11.9)                 | 209 (6.6)          | 3.87 (0.114)           | 0.92 (0.058)                    |
| 6 - 11.....                                                  | 2.00 (0.037)               | 21.1 (0.45)       | 1.72 (0.037)          | 213 (8.7)                | 155 (4.1)                 | 517 (16.6)                 | 248 (4.9)          | 4.73 (0.113)           | 1.21 (0.060)                    |
| 12 - 19.....                                                 | 2.12 (0.071)               | 26.1 (0.76)       | 2.07 (0.069)          | 219 (11.8)               | 173 (4.1)                 | 545 (20.8)                 | 283 (6.8)          | 5.22 (0.156)           | 1.54 (0.160)                    |
| 20 and over...                                               | 2.18 (0.028)               | 26.5 (0.24)       | 2.20 (0.030)          | 179 (4.3)                | 224 (3.1)                 | 528 (8.7)                  | 339 (3.9)          | 4.95 (0.075)           | 1.10 (0.050)                    |
| 2 and over...                                                | 2.13 (0.029)               | 25.4 (0.24)       | 2.11 (0.028)          | 186 (4.1)                | 208 (2.8)                 | 524 (8.0)                  | 319 (3.5)          | 4.91 (0.067)           | 1.15 (0.056)                    |

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| 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.....                                          | 79.8      | (5.93) | 5.6       | (0.31) | 5.4                          | (0.17) | 0.3             | (0.07) | 48.1      | (4.12)  | 910     | (52.2) | 1029       | (43.6) | 188       | (4.5)  |
| 6 - 11.....                                         | 69.6      | (3.74) | 5.4       | (0.33) | 6.9                          | (0.24) | 0.6             | (0.13) | 68.1      | (5.31)  | 1000    | (55.3) | 1250       | (43.3) | 228       | (7.7)  |
| 12 - 19.....                                        | 71.9      | (5.21) | 4.4       | (0.18) | 7.8                          | (0.63) | 0.6*            | (0.24) | 74.6      | (5.27)  | 941     | (32.3) | 1288       | (52.4) | 244       | (11.6) |
| 20 and over...                                      | 75.5      | (3.81) | 4.4       | (0.13) | 8.4                          | (0.28) | 0.8             | (0.18) | 102.3     | (5.53)  | 937     | (21.0) | 1339       | (20.1) | 281       | (4.8)  |
| 2 and over...                                       | 74.7      | (2.60) | 4.6       | (0.10) | 7.9                          | (0.21) | 0.7             | (0.13) | 90.7      | (3.97)  | 942     | (18.6) | 1299       | (16.3) | 263       | (4.3)  |
| <b>131-350% poverty:</b>                            |           |        |           |        |                              |        |                 |        |           |         |         |        |            |        |           |        |
| 2 - 5.....                                          | 76.8      | (8.94) | 5.8       | (0.69) | 5.7                          | (0.34) | 0.6             | (0.17) | 52.8      | (5.00)  | 881     | (44.2) | 1031       | (54.7) | 199       | (12.8) |
| 6 - 11.....                                         | 74.1      | (5.50) | 5.4       | (0.31) | 7.2                          | (0.35) | 0.5*            | (0.15) | 62.6      | (3.18)  | 1070    | (32.1) | 1287       | (34.2) | 226       | (9.1)  |
| 12 - 19.....                                        | 64.1      | (4.54) | 5.5       | (0.39) | 8.7                          | (1.27) | 1.1*            | (0.72) | 86.8      | (11.54) | 1057    | (58.8) | 1419       | (45.6) | 264       | (7.0)  |
| 20 and over...                                      | 80.8      | (2.31) | 4.7       | (0.30) | 9.6                          | (0.37) | 1.1             | (0.11) | 120.0     | (7.04)  | 968     | (16.4) | 1413       | (25.2) | 303       | (6.0)  |
| 2 and over...                                       | 78.0      | (2.13) | 4.9       | (0.24) | 9.1                          | (0.32) | 1.1             | (0.14) | 108.3     | (5.47)  | 983     | (15.4) | 1386       | (21.7) | 288       | (5.6)  |
| <b>Over 350% poverty:</b>                           |           |        |           |        |                              |        |                 |        |           |         |         |        |            |        |           |        |
| 2 - 5.....                                          | 72.9      | (8.69) | 5.7       | (0.42) | 5.9                          | (0.53) | 0.9             | (0.24) | 49.9      | (3.87)  | 1006    | (69.2) | 1121       | (64.9) | 202       | (10.1) |
| 6 - 11.....                                         | 79.2      | (5.65) | 5.7       | (0.36) | 7.6                          | (0.37) | 0.7             | (0.17) | 91.6      | (15.68) | 1194    | (74.9) | 1371       | (55.1) | 247       | (6.0)  |
| 12 - 19.....                                        | 74.2      | (5.97) | 4.8       | (0.49) | 7.6                          | (0.54) | 0.6             | (0.14) | 82.5      | (11.76) | 1066    | (50.9) | 1355       | (73.3) | 258       | (12.1) |
| 20 and over...                                      | 79.3      | (2.40) | 5.0       | (0.23) | 9.9                          | (0.16) | 0.9             | (0.09) | 136.4     | (4.26)  | 983     | (23.6) | 1432       | (20.6) | 323       | (5.1)  |
| 2 and over...                                       | 78.7      | (2.49) | 5.1       | (0.19) | 9.5                          | (0.13) | 0.9             | (0.08) | 126.4     | (4.15)  | 1003    | (23.3) | 1411       | (18.5) | 309       | (3.8)  |
| <b>All Individuals<sup>2</sup>:</b>                 |           |        |           |        |                              |        |                 |        |           |         |         |        |            |        |           |        |
| 2 - 5.....                                          | 77.7      | (4.46) | 5.8       | (0.30) | 5.6                          | (0.18) | 0.5             | (0.10) | 49.5      | (2.10)  | 933     | (33.6) | 1055       | (31.7) | 196       | (5.4)  |
| 6 - 11.....                                         | 74.7      | (1.95) | 5.5       | (0.16) | 7.2                          | (0.20) | 0.6             | (0.12) | 73.3      | (5.51)  | 1076    | (29.3) | 1292       | (21.2) | 233       | (5.3)  |
| 12 - 19.....                                        | 69.4      | (3.12) | 4.9       | (0.17) | 8.0                          | (0.56) | 0.8*            | (0.30) | 81.5      | (5.55)  | 1017    | (23.9) | 1354       | (24.9) | 254       | (4.7)  |
| 20 and over...                                      | 79.1      | (1.67) | 4.7       | (0.16) | 9.4                          | (0.18) | 0.9             | (0.05) | 123.0     | (3.16)  | 965     | (11.8) | 1399       | (11.9) | 305       | (3.4)  |
| 2 and over...                                       | 77.6      | (1.25) | 4.9       | (0.12) | 8.9                          | (0.16) | 0.9             | (0.05) | 110.7     | (2.76)  | 978     | (11.2) | 1369       | (11.0) | 288       | (3.1)  |

**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2013-2014 (continued)

| Family income as<br>% of poverty level<br>and age<br>(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.....                                                   | 11.4 | (0.38) | 7.9  | (0.33) | 0.7    | (0.02) | 73.9     | (3.02) | 1849      | (60.3)  | 2292   | (100.8) | 5.8      | (1.12)  | 32.5        | (4.63)  | --      | --     |
| 6 - 11.....                                                  | 14.2 | (0.46) | 10.1 | (0.44) | 0.9    | (0.03) | 93.5     | (2.63) | 2102      | (70.4)  | 2903   | (63.1)  | 14.8     | (3.02)  | 51.5        | (4.91)  | --      | --     |
| 12 - 19.....                                                 | 14.2 | (0.61) | 10.3 | (0.46) | 1.0    | (0.05) | 109.0    | (5.10) | 2197      | (96.5)  | 3389   | (136.5) | 44.9     | (6.77)  | 45.8        | (10.28) | --      | --     |
| 20 and over...                                               | 14.4 | (0.33) | 10.8 | (0.28) | 1.1    | (0.02) | 113.3    | (1.63) | 2456      | (40.0)  | 3465   | (45.3)  | 158.5    | (19.83) | 33.9        | (2.91)  | 9.4     | (1.18) |
| 2 and over...                                                | 14.1 | (0.30) | 10.4 | (0.23) | 1.0    | (0.02) | 107.6    | (1.08) | 2336      | (34.2)  | 3306   | (34.4)  | 115.6    | (15.50) | 37.4        | (2.44)  | --      | --     |
| <b>131-350% poverty:</b>                                     |      |        |      |        |        |        |          |        |           |         |        |         |          |         |             |         |         |        |
| 2 - 5.....                                                   | 11.2 | (0.57) | 7.7  | (0.34) | 0.8    | (0.05) | 73.8     | (4.01) | 1907      | (142.9) | 2195   | (82.5)  | 5.2      | (0.70)  | 47.9        | (7.75)  | --      | --     |
| 6 - 11.....                                                  | 14.4 | (0.49) | 9.6  | (0.33) | 0.9    | (0.06) | 97.4     | (3.34) | 2221      | (70.8)  | 3108   | (88.8)  | 14.2     | (2.25)  | 54.1        | (6.40)  | --      | --     |
| 12 - 19.....                                                 | 15.3 | (1.04) | 12.0 | (0.86) | 1.0    | (0.03) | 115.5    | (3.85) | 2319      | (60.9)  | 3484   | (101.9) | 50.6     | (6.51)  | 35.2        | (5.53)  | --      | --     |
| 20 and over...                                               | 14.8 | (0.37) | 11.4 | (0.19) | 1.2    | (0.03) | 116.8    | (2.49) | 2654      | (36.1)  | 3534   | (54.4)  | 155.6    | (8.99)  | 40.9        | (4.35)  | 9.5     | (1.12) |
| 2 and over...                                                | 14.6 | (0.37) | 11.2 | (0.23) | 1.2    | (0.03) | 113.1    | (2.39) | 2544      | (36.2)  | 3433   | (48.6)  | 124.6    | (8.26)  | 41.6        | (3.42)  | --      | --     |
| <b>Over 350% poverty:</b>                                    |      |        |      |        |        |        |          |        |           |         |        |         |          |         |             |         |         |        |
| 2 - 5.....                                                   | 11.9 | (0.85) | 8.5  | (0.54) | 0.8    | (0.04) | 72.7     | (3.13) | 1980      | (66.3)  | 2301   | (73.9)  | 3.7      | (0.55)  | 40.2        | (7.04)  | --      | --     |
| 6 - 11.....                                                  | 13.8 | (0.58) | 9.7  | (0.38) | 1.0    | (0.02) | 96.7     | (3.71) | 2220      | (66.7)  | 3034   | (133.4) | 16.3     | (3.12)  | 62.9        | (6.99)  | --      | --     |
| 12 - 19.....                                                 | 14.5 | (1.07) | 11.2 | (0.64) | 1.1    | (0.05) | 103.3    | (5.04) | 2349      | (121.0) | 3337   | (194.9) | 48.8     | (9.97)  | 43.9        | (6.33)  | --      | --     |
| 20 and over...                                               | 14.4 | (0.15) | 11.3 | (0.18) | 1.3    | (0.03) | 119.6    | (1.61) | 2784      | (45.4)  | 3593   | (49.0)  | 177.4    | (6.31)  | 39.1        | (2.61)  | 13.7    | (1.19) |
| 2 and over...                                                | 14.3 | (0.12) | 11.1 | (0.13) | 1.3    | (0.02) | 115.3    | (1.44) | 2687      | (39.5)  | 3494   | (50.6)  | 151.3    | (7.15)  | 40.9        | (1.95)  | --      | --     |
| <b>All Individuals<sup>2</sup>:</b>                          |      |        |      |        |        |        |          |        |           |         |        |         |          |         |             |         |         |        |
| 2 - 5.....                                                   | 11.4 | (0.33) | 8.0  | (0.14) | 0.8    | (0.02) | 73.0     | (2.21) | 1912      | (68.1)  | 2250   | (56.1)  | 5.1      | (0.55)  | 39.1        | (3.61)  | --      | --     |
| 6 - 11.....                                                  | 14.3 | (0.29) | 9.9  | (0.23) | 0.9    | (0.03) | 95.7     | (1.84) | 2161      | (39.3)  | 2992   | (53.2)  | 14.4     | (1.58)  | 54.4        | (4.02)  | --      | --     |
| 12 - 19.....                                                 | 14.8 | (0.29) | 11.2 | (0.30) | 1.0    | (0.02) | 110.1    | (2.21) | 2276      | (45.2)  | 3411   | (68.8)  | 48.8     | (4.39)  | 41.0        | (3.53)  | --      | --     |
| 20 and over...                                               | 14.5 | (0.14) | 11.2 | (0.09) | 1.2    | (0.01) | 117.0    | (1.03) | 2658      | (30.9)  | 3529   | (30.1)  | 165.0    | (6.40)  | 38.9        | (1.61)  | 11.0    | (0.84) |
| 2 and over...                                                | 14.4 | (0.14) | 10.9 | (0.09) | 1.2    | (0.01) | 112.3    | (0.99) | 2538      | (28.7)  | 3409   | (27.7)  | 132.0    | (6.00)  | 40.4        | (1.36)  | --      | --     |

**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2013-2014 (continued)

| Family income as<br>% of poverty level<br>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>Under 131% poverty:</b>                                   |                      |                      |                      |                       |                       |                       |                       |                       |
| 2 - 5.....                                                   | 0.45 (0.035)         | 0.30 (0.024)         | 0.27 (0.028)         | 0.45 (0.038)          | 0.71 (0.061)          | 1.80 (0.136)          | 10.47 (0.484)         | 4.46 (0.200)          |
| 6 - 11.....                                                  | 0.54 (0.061)         | 0.34 (0.039)         | 0.29 (0.033)         | 0.54 (0.061)          | 0.92 (0.119)          | 2.30 (0.214)          | 13.16 (0.545)         | 5.75 (0.230)          |
| 12 - 19.....                                                 | 0.43 (0.027)         | 0.28 (0.017)         | 0.25 (0.009)         | 0.46 (0.024)          | 0.82 (0.039)          | 2.04 (0.103)          | 13.77 (0.641)         | 5.98 (0.247)          |
| 20 and over...                                               | 0.48 (0.022)         | 0.30 (0.014)         | 0.25 (0.009)         | 0.49 (0.019)          | 0.82 (0.042)          | 2.19 (0.076)          | 14.32 (0.236)         | 6.44 (0.114)          |
| 2 and over...                                                | 0.48 (0.022)         | 0.30 (0.013)         | 0.26 (0.008)         | 0.49 (0.018)          | 0.82 (0.033)          | 2.15 (0.070)          | 13.83 (0.203)         | 6.15 (0.090)          |
| <b>131-350% poverty:</b>                                     |                      |                      |                      |                       |                       |                       |                       |                       |
| 2 - 5.....                                                   | 0.45 (0.031)         | 0.31 (0.022)         | 0.28 (0.023)         | 0.46 (0.020)          | 0.65 (0.059)          | 1.78 (0.095)          | 9.74 (0.395)          | 4.48 (0.149)          |
| 6 - 11.....                                                  | 0.59 (0.037)         | 0.38 (0.024)         | 0.30 (0.020)         | 0.58 (0.034)          | 0.93 (0.089)          | 2.41 (0.137)          | 14.29 (0.613)         | 6.35 (0.285)          |
| 12 - 19.....                                                 | 0.55 (0.056)         | 0.34 (0.031)         | 0.25 (0.020)         | 0.52 (0.044)          | 0.80 (0.074)          | 2.29 (0.184)          | 14.56 (0.710)         | 6.38 (0.342)          |
| 20 and over...                                               | 0.51 (0.018)         | 0.32 (0.011)         | 0.27 (0.006)         | 0.52 (0.014)          | 0.85 (0.019)          | 2.27 (0.057)          | 14.74 (0.259)         | 6.62 (0.132)          |
| 2 and over...                                                | 0.52 (0.012)         | 0.33 (0.009)         | 0.27 (0.005)         | 0.52 (0.012)          | 0.84 (0.016)          | 2.26 (0.047)          | 14.45 (0.264)         | 6.47 (0.126)          |
| <b>Over 350% poverty:</b>                                    |                      |                      |                      |                       |                       |                       |                       |                       |
| 2 - 5.....                                                   | 0.51 (0.040)         | 0.34 (0.026)         | 0.27 (0.022)         | 0.50 (0.034)          | 0.76 (0.100)          | 1.98 (0.126)          | 9.98 (0.264)          | 4.43 (0.220)          |
| 6 - 11.....                                                  | 0.62 (0.052)         | 0.40 (0.033)         | 0.35 (0.043)         | 0.64 (0.053)          | 1.38* (0.423)         | 2.65 (0.190)          | 14.19 (0.326)         | 6.51 (0.396)          |
| 12 - 19.....                                                 | 0.56 (0.044)         | 0.35 (0.023)         | 0.27 (0.013)         | 0.53 (0.034)          | 0.83 (0.081)          | 2.31 (0.112)          | 13.83 (0.686)         | 6.18 (0.366)          |
| 20 and over...                                               | 0.53 (0.019)         | 0.33 (0.012)         | 0.27 (0.012)         | 0.54 (0.021)          | 0.85 (0.052)          | 2.27 (0.068)          | 14.41 (0.259)         | 6.39 (0.120)          |
| 2 and over...                                                | 0.54 (0.016)         | 0.34 (0.011)         | 0.28 (0.012)         | 0.55 (0.018)          | 0.88 (0.060)          | 2.29 (0.059)          | 14.20 (0.228)         | 6.31 (0.116)          |
| <b>All Individuals<sup>2</sup>:</b>                          |                      |                      |                      |                       |                       |                       |                       |                       |
| 2 - 5.....                                                   | 0.47 (0.024)         | 0.31 (0.017)         | 0.27 (0.017)         | 0.47 (0.020)          | 0.71 (0.041)          | 1.85 (0.082)          | 10.10 (0.294)         | 4.46 (0.120)          |
| 6 - 11.....                                                  | 0.58 (0.032)         | 0.37 (0.021)         | 0.31 (0.019)         | 0.58 (0.032)          | 1.04 (0.122)          | 2.43 (0.120)          | 13.77 (0.347)         | 6.16 (0.203)          |
| 12 - 19.....                                                 | 0.51 (0.025)         | 0.32 (0.015)         | 0.26 (0.008)         | 0.51 (0.020)          | 0.82 (0.041)          | 2.23 (0.080)          | 14.11 (0.255)         | 6.21 (0.134)          |
| 20 and over...                                               | 0.51 (0.011)         | 0.32 (0.006)         | 0.27 (0.005)         | 0.52 (0.010)          | 0.85 (0.018)          | 2.25 (0.034)          | 14.50 (0.143)         | 6.47 (0.064)          |
| 2 and over...                                                | 0.52 (0.009)         | 0.32 (0.006)         | 0.27 (0.005)         | 0.52 (0.009)          | 0.86 (0.021)          | 2.24 (0.030)          | 14.18 (0.124)         | 6.32 (0.063)          |

**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2013-2014 (continued)

| Family income as<br>% of poverty level<br>and age<br>(years) | MFA<br>16:1 |         | MFA<br>18:1 |         | MFA<br>20:1 |         | MFA<br>22:1 |         | PFA<br>18:2 |         | PFA<br>18:3 |         | PFA<br>18:4 |         |
|--------------------------------------------------------------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|
|                                                              | g           | (SE)    | g           | (SE)    | g           | (SE)    | g           | (SE)    | g           | (SE)    | g           | (SE)    | g           | (SE)    |
| <b>Under 131% poverty:</b>                                   |             |         |             |         |             |         |             |         |             |         |             |         |             |         |
| 2 - 5.....                                                   | 0.68        | (0.039) | 16.70       | (0.565) | 0.21        | (0.019) | 0.02        | (0.001) | 10.89       | (0.476) | 1.05        | (0.046) | 0.01        | (0.001) |
| 6 - 11.....                                                  | 0.89        | (0.044) | 20.60       | (0.561) | 0.24        | (0.008) | 0.02        | (0.001) | 13.29       | (0.331) | 1.33        | (0.055) | 0.01        | (0.001) |
| 12 - 19.....                                                 | 1.00        | (0.075) | 23.40       | (1.252) | 0.29        | (0.017) | 0.02        | (0.002) | 16.21       | (0.983) | 1.55        | (0.093) | 0.01        | (0.001) |
| 20 and over...                                               | 1.08        | (0.030) | 25.09       | (0.322) | 0.31        | (0.009) | 0.02        | (0.001) | 16.47       | (0.416) | 1.74        | (0.048) | 0.01        | (0.001) |
| 2 and over...                                                | 1.02        | (0.023) | 23.74       | (0.264) | 0.29        | (0.006) | 0.02        | (0.001) | 15.67       | (0.324) | 1.61        | (0.035) | 0.01        | (0.001) |
| <b>131-350% poverty:</b>                                     |             |         |             |         |             |         |             |         |             |         |             |         |             |         |
| 2 - 5.....                                                   | 0.60        | (0.019) | 15.94       | (0.579) | 0.18        | (0.012) | 0.01        | (0.001) | 10.20       | (0.623) | 1.07        | (0.089) | #           |         |
| 6 - 11.....                                                  | 0.91        | (0.066) | 22.17       | (0.806) | 0.25        | (0.012) | 0.02        | (0.002) | 14.62       | (0.584) | 1.44        | (0.051) | 0.01        | (0.002) |
| 12 - 19.....                                                 | 1.02        | (0.050) | 24.42       | (0.933) | 0.28        | (0.015) | 0.02        | (0.003) | 16.30       | (0.618) | 1.58        | (0.072) | 0.01        | (0.001) |
| 20 and over...                                               | 1.10        | (0.017) | 26.39       | (0.601) | 0.33        | (0.012) | 0.03        | (0.002) | 17.42       | (0.456) | 1.85        | (0.037) | 0.01        | (0.002) |
| 2 and over...                                                | 1.05        | (0.017) | 25.33       | (0.590) | 0.31        | (0.010) | 0.03        | (0.002) | 16.73       | (0.365) | 1.75        | (0.030) | 0.01        | (0.002) |
| <b>Over 350% poverty:</b>                                    |             |         |             |         |             |         |             |         |             |         |             |         |             |         |
| 2 - 5.....                                                   | 0.62        | (0.030) | 15.63       | (0.472) | 0.17        | (0.009) | 0.01        | (0.001) | 9.88        | (0.509) | 1.04        | (0.058) | #           |         |
| 6 - 11.....                                                  | 0.91        | (0.067) | 22.20       | (0.957) | 0.25        | (0.015) | 0.01        | (0.002) | 13.74       | (0.913) | 1.34        | (0.073) | 0.01        | (0.001) |
| 12 - 19.....                                                 | 0.94        | (0.055) | 23.18       | (1.835) | 0.28        | (0.038) | 0.02        | (0.002) | 15.35       | (1.425) | 1.49        | (0.135) | 0.01        | (0.002) |
| 20 and over...                                               | 1.03        | (0.025) | 26.40       | (0.563) | 0.34        | (0.009) | 0.03        | (0.003) | 17.48       | (0.426) | 1.84        | (0.060) | 0.01        | (0.001) |
| 2 and over...                                                | 1.00        | (0.026) | 25.52       | (0.520) | 0.32        | (0.009) | 0.03        | (0.003) | 16.83       | (0.388) | 1.75        | (0.060) | 0.01        | (0.001) |
| <b>All Individuals<sup>2</sup>:</b>                          |             |         |             |         |             |         |             |         |             |         |             |         |             |         |
| 2 - 5.....                                                   | 0.63        | (0.020) | 16.14       | (0.366) | 0.19        | (0.009) | 0.01        | (0.001) | 10.37       | (0.291) | 1.05        | (0.037) | #           |         |
| 6 - 11.....                                                  | 0.91        | (0.043) | 21.55       | (0.557) | 0.24        | (0.006) | 0.02        | (0.001) | 13.78       | (0.350) | 1.37        | (0.028) | 0.01        | (0.001) |
| 12 - 19.....                                                 | 1.00        | (0.030) | 23.66       | (0.688) | 0.28        | (0.013) | 0.02        | (0.002) | 15.95       | (0.618) | 1.55        | (0.063) | 0.01        | (0.001) |
| 20 and over...                                               | 1.07        | (0.014) | 26.02       | (0.304) | 0.33        | (0.007) | 0.03        | (0.001) | 17.19       | (0.280) | 1.82        | (0.035) | 0.01        | (0.001) |
| 2 and over...                                                | 1.03        | (0.014) | 24.91       | (0.297) | 0.31        | (0.006) | 0.03        | (0.001) | 16.44       | (0.226) | 1.71        | (0.031) | 0.01        | (0.001) |

**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2013-2014 (continued)

| Family income as<br>% of poverty level<br>and age<br>(years) | PFA<br>20:4<br>g (SE) | PFA<br>20:5<br>g (SE) | PFA<br>22:5<br>g (SE) | PFA<br>22:6<br>g (SE) |
|--------------------------------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <b>Under 131% poverty:</b>                                   |                       |                       |                       |                       |
| 2 - 5.....                                                   | 0.09 (0.007)          | 0.01 (0.003)          | 0.01 (0.001)          | 0.03 (0.006)          |
| 6 - 11.....                                                  | 0.10 (0.004)          | 0.01 (0.002)          | 0.01 (0.001)          | 0.02 (0.004)          |
| 12 - 19.....                                                 | 0.15 (0.014)          | 0.02 (0.005)          | 0.02 (0.002)          | 0.04 (0.007)          |
| 20 and over...                                               | 0.16 (0.005)          | 0.02 (0.003)          | 0.02 (0.001)          | 0.05 (0.005)          |
| 2 and over...                                                | 0.15 (0.004)          | 0.02 (0.002)          | 0.02 (0.001)          | 0.05 (0.004)          |
| <b>131-350% poverty:</b>                                     |                       |                       |                       |                       |
| 2 - 5.....                                                   | 0.09 (0.006)          | 0.02* (0.011)         | 0.01 (0.004)          | 0.04* (0.023)         |
| 6 - 11.....                                                  | 0.11 (0.008)          | 0.01 (0.001)          | 0.01 (0.001)          | 0.02 (0.003)          |
| 12 - 19.....                                                 | 0.14 (0.009)          | 0.01 (0.002)          | 0.02 (0.001)          | 0.03 (0.004)          |
| 20 and over...                                               | 0.16 (0.005)          | 0.03 (0.004)          | 0.02 (0.001)          | 0.06 (0.007)          |
| 2 and over...                                                | 0.15 (0.005)          | 0.02 (0.003)          | 0.02 (0.001)          | 0.05 (0.006)          |
| <b>Over 350% poverty:</b>                                    |                       |                       |                       |                       |
| 2 - 5.....                                                   | 0.07 (0.007)          | 0.01* (0.004)         | 0.01 (0.001)          | 0.02* (0.007)         |
| 6 - 11.....                                                  | 0.11 (0.011)          | 0.01 (0.002)          | 0.01 (0.001)          | 0.03 (0.004)          |
| 12 - 19.....                                                 | 0.12 (0.010)          | 0.01 (0.002)          | 0.02 (0.001)          | 0.02 (0.005)          |
| 20 and over...                                               | 0.15 (0.004)          | 0.04 (0.004)          | 0.03 (0.001)          | 0.08 (0.008)          |
| 2 and over...                                                | 0.14 (0.003)          | 0.03 (0.004)          | 0.02 (0.001)          | 0.07 (0.007)          |
| <b>All Individuals<sup>2</sup>:</b>                          |                       |                       |                       |                       |
| 2 - 5.....                                                   | 0.08 (0.004)          | 0.01* (0.004)         | 0.01 (0.001)          | 0.03 (0.008)          |
| 6 - 11.....                                                  | 0.11 (0.004)          | 0.01 (0.001)          | 0.01 (0.001)          | 0.02 (0.002)          |
| 12 - 19.....                                                 | 0.14 (0.007)          | 0.02 (0.002)          | 0.02 (0.001)          | 0.03 (0.004)          |
| 20 and over...                                               | 0.16 (0.002)          | 0.03 (0.002)          | 0.02 (0.001)          | 0.07 (0.004)          |
| 2 and over...                                                | 0.15 (0.002)          | 0.03 (0.002)          | 0.02 (0.001)          | 0.06 (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> 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> 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.

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