

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014

Food energy																	
—————All Individuals ²————— —————All Restaurant Consumers ³————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	1571	(35.2)	192	(23.6)	12	(1.6)	1570	(56.6)	462	(42.9)	29	(3.0)	1572	(52.5)
6 - 11.....	537	43	(2.0)	2036	(46.2)	331	(25.1)	16	(1.3)	2072	(84.8)	767	(52.4)	37	(2.0)	2008	(77.4)
12 - 19.....	646	52	(2.3)	2376	(38.2)	589	(48.1)	25	(2.0)	2553	(63.3)	1135	(70.2)	44	(3.0)	2184	(59.4)
20 - 39.....	853	65	(2.3)	2666	(38.9)	863	(41.5)	32	(1.5)	2787	(59.1)	1324	(39.9)	48	(1.6)	2438	(61.4)
40 - 59.....	808	57	(2.5)	2506	(52.6)	641	(39.1)	26	(1.5)	2630	(105.6)	1119	(53.2)	43	(1.8)	2340	(47.6)
60 and over.....	753	51	(2.2)	2154	(38.2)	418	(30.5)	19	(1.3)	2176	(62.3)	825	(38.4)	38	(1.5)	2131	(73.0)
2 - 19.....	1520	47	(1.0)	2101	(26.4)	421	(33.7)	20	(1.6)	2229	(48.4)	900	(60.6)	40	(2.3)	1988	(38.4)
20 and over...	2414	59	(1.5)	2477	(26.1)	669	(19.2)	27	(0.8)	2596	(44.3)	1141	(20.4)	44	(1.0)	2308	(36.2)
2 and over...	3934	56	(1.2)	2382	(21.0)	606	(15.8)	25	(0.7)	2518	(40.3)	1090	(20.6)	43	(0.9)	2211	(28.0)
Females:																	
2 - 5.....	339	45	(4.4)	1395	(36.9)	197	(31.8)	14	(2.2)	1487	(55.0)	436	(38.6)	29	(2.6)	1319	(49.7)
6 - 11.....	510	48	(3.3)	1786	(30.4)	352	(32.7)	20	(1.9)	1860	(37.0)	729	(28.7)	39	(2.0)	1718	(44.5)
12 - 19.....	650	51	(2.8)	1689	(48.0)	426	(26.0)	25	(1.5)	1811	(53.9)	828	(33.2)	46	(1.2)	1559	(64.2)
20 - 39.....	893	63	(2.6)	1959	(31.5)	627	(47.7)	32	(2.3)	2001	(49.8)	1000	(43.1)	50	(1.7)	1887	(52.5)
40 - 59.....	926	58	(1.9)	1824	(28.9)	447	(21.5)	25	(1.1)	1889	(38.3)	777	(29.6)	41	(1.4)	1735	(31.7)
60 and over.....	814	42	(3.1)	1663	(35.8)	297	(26.3)	18	(1.5)	1696	(38.9)	703	(35.0)	41	(2.0)	1638	(46.2)
2 - 19.....	1499	49	(2.3)	1657	(22.7)	353	(17.0)	21	(1.0)	1762	(21.7)	720	(17.5)	41	(0.9)	1555	(32.9)
20 and over...	2633	55	(1.7)	1825	(18.1)	467	(25.0)	26	(1.2)	1892	(29.2)	849	(26.2)	45	(1.2)	1744	(27.2)
2 and over...	4132	54	(1.6)	1786	(16.4)	441	(20.5)	25	(1.0)	1865	(23.6)	822	(21.6)	44	(1.0)	1696	(21.9)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	1885	(21.1)	388	(18.3)	21	(0.9)	1997	(29.8)	810	(35.7)	41	(1.5)	1782	(28.4)
20 and over...	5047	57	(1.5)	2141	(18.7)	565	(19.0)	26	(0.8)	2245	(31.7)	995	(16.0)	44	(0.9)	2005	(24.2)
2 and over...	8066	55	(1.3)	2079	(17.2)	522	(15.4)	25	(0.7)	2192	(28.0)	956	(15.4)	44	(0.7)	1944	(20.3)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

P r o t e i n																	
—————All Individuals ² ————— —————All Restaurant Consumers ³ ————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	55.8	(2.36)	6.6	(0.85)	12	(1.7)	52.7	(2.68)	15.9	(1.63)	30	(3.1)	57.9	(3.61)
6 - 11.....	537	43	(2.0)	72.9	(2.13)	12.2	(0.94)	17	(1.4)	71.7	(2.49)	28.3	(1.83)	39	(2.2)	73.8	(3.39)
12 - 19.....	646	52	(2.3)	95.5	(3.51)	26.0	(2.95)	27	(2.5)	102.9	(4.31)	50.1	(5.14)	49	(3.6)	87.6	(4.65)
20 - 39.....	853	65	(2.3)	106.7	(2.57)	36.7	(2.41)	34	(1.6)	109.4	(3.19)	56.2	(2.79)	51	(2.0)	101.7	(4.41)
40 - 59.....	808	57	(2.5)	99.2	(2.10)	28.1	(1.62)	28	(1.6)	103.8	(2.74)	49.0	(2.34)	47	(2.3)	93.1	(3.51)
60 and over.....	753	51	(2.2)	84.3	(1.21)	17.8	(1.20)	21	(1.3)	84.8	(2.28)	35.2	(1.40)	41	(1.8)	83.8	(2.03)
2 - 19.....	1520	47	(1.0)	79.9	(1.96)	17.4	(1.80)	22	(2.0)	84.2	(3.32)	37.2	(3.59)	44	(3.0)	76.1	(1.89)
20 and over...	2414	59	(1.5)	98.3	(1.25)	28.7	(1.12)	29	(1.0)	102.0	(1.90)	49.0	(1.60)	48	(1.3)	93.0	(1.96)
2 and over...	3934	56	(1.2)	93.6	(1.18)	25.9	(0.92)	28	(0.8)	98.2	(2.04)	46.5	(1.54)	47	(1.0)	87.9	(1.39)
Females:																	
2 - 5.....	339	45	(4.4)	50.3	(1.67)	6.6	(1.02)	13	(2.1)	51.1	(2.06)	14.7	(1.30)	29	(3.3)	49.6	(2.16)
6 - 11.....	510	48	(3.3)	61.2	(1.14)	12.9	(1.16)	21	(1.8)	61.9	(1.58)	26.8	(1.16)	43	(2.1)	60.5	(1.74)
12 - 19.....	650	51	(2.8)	61.9	(2.16)	16.6	(1.12)	27	(1.8)	65.2	(1.95)	32.3	(1.59)	49	(1.8)	58.3	(2.94)
20 - 39.....	893	63	(2.6)	73.2	(1.53)	26.0	(1.92)	35	(2.4)	73.4	(2.03)	41.4	(1.81)	56	(2.1)	72.8	(2.59)
40 - 59.....	926	58	(1.9)	71.0	(0.92)	19.1	(0.96)	27	(1.2)	74.1	(1.39)	33.3	(1.53)	45	(1.6)	66.7	(2.28)
60 and over.....	814	42	(3.1)	64.1	(1.61)	12.8	(1.13)	20	(1.6)	65.9	(2.15)	30.2	(1.81)	46	(2.4)	62.8	(2.17)
2 - 19.....	1499	49	(2.3)	59.2	(1.13)	13.3	(0.65)	22	(1.0)	61.4	(0.98)	27.1	(0.94)	44	(1.3)	57.0	(1.40)
20 and over...	2633	55	(1.7)	69.8	(0.79)	19.7	(1.03)	28	(1.3)	72.1	(1.07)	35.8	(1.13)	50	(1.4)	67.0	(1.73)
2 and over...	4132	54	(1.6)	67.4	(0.74)	18.2	(0.81)	27	(1.0)	69.8	(0.91)	34.0	(0.93)	49	(1.1)	64.5	(1.34)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	69.8	(1.16)	15.4	(0.88)	22	(1.1)	72.9	(1.81)	32.2	(1.94)	44	(1.8)	67.0	(1.20)
20 and over...	5047	57	(1.5)	83.6	(0.73)	24.1	(0.87)	29	(0.9)	87.1	(1.20)	42.4	(1.02)	49	(1.1)	79.1	(1.35)
2 and over...	8066	55	(1.3)	80.3	(0.74)	22.0	(0.66)	27	(0.7)	84.0	(1.30)	40.3	(0.95)	48	(0.9)	75.7	(1.03)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

C a r b o h y d r a t e																	
All Individuals ² All Restaurant Consumers ³ Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	217	(5.2)	24	(3.4)	11	(1.7)	217	(8.5)	58	(6.6)	27	(3.2)	217	(7.8)
6 - 11.....	537	43	(2.0)	270	(4.7)	39	(2.8)	15	(1.1)	278	(11.4)	91	(6.2)	33	(2.1)	264	(8.9)
12 - 19.....	646	52	(2.3)	298	(7.9)	64	(5.9)	22	(2.1)	312	(9.0)	124	(8.7)	40	(3.0)	284	(9.2)
20 - 39.....	853	65	(2.3)	310	(5.9)	91	(3.7)	29	(1.3)	322	(8.6)	139	(2.8)	43	(1.5)	286	(6.8)
40 - 59.....	808	57	(2.5)	290	(7.7)	67	(3.6)	23	(1.2)	296	(13.6)	116	(5.7)	39	(1.5)	283	(7.0)
60 and over.....	753	51	(2.2)	249	(6.6)	42	(3.5)	17	(1.3)	248	(9.4)	83	(5.0)	33	(1.5)	250	(9.6)
2 - 19.....	1520	47	(1.0)	273	(3.8)	48	(3.9)	18	(1.4)	285	(5.0)	102	(6.9)	36	(2.2)	262	(5.8)
20 and over...	2414	59	(1.5)	287	(3.2)	70	(1.7)	24	(0.7)	296	(5.9)	119	(1.9)	40	(0.9)	274	(3.4)
2 and over...	3934	56	(1.2)	283	(2.8)	64	(1.6)	23	(0.6)	294	(5.2)	115	(2.3)	39	(0.8)	270	(3.4)
Females:																	
2 - 5.....	339	45	(4.4)	186	(4.7)	25	(4.5)	13	(2.3)	199	(7.9)	55	(6.0)	28	(2.9)	176	(7.0)
6 - 11.....	510	48	(3.3)	239	(5.9)	41	(3.7)	17	(1.7)	242	(6.6)	85	(3.2)	35	(1.8)	235	(8.1)
12 - 19.....	650	51	(2.8)	220	(5.1)	49	(3.4)	22	(1.6)	229	(5.9)	94	(3.7)	41	(1.4)	210	(8.5)
20 - 39.....	893	63	(2.6)	240	(4.5)	68	(5.5)	28	(2.2)	245	(6.3)	108	(5.1)	44	(1.6)	232	(7.5)
40 - 59.....	926	58	(1.9)	217	(5.0)	46	(2.6)	21	(1.1)	217	(6.9)	80	(3.7)	37	(1.3)	217	(4.4)
60 and over.....	814	42	(3.1)	201	(4.1)	30	(2.8)	15	(1.3)	201	(5.6)	72	(3.8)	36	(2.0)	201	(5.8)
2 - 19.....	1499	49	(2.3)	219	(2.9)	41	(2.3)	19	(1.1)	227	(2.6)	84	(1.9)	37	(0.9)	210	(5.1)
20 and over...	2633	55	(1.7)	220	(3.0)	49	(3.0)	22	(1.2)	224	(4.5)	89	(3.2)	40	(1.1)	215	(2.9)
2 and over...	4132	54	(1.6)	220	(2.6)	47	(2.5)	21	(1.0)	225	(3.8)	88	(2.6)	39	(0.9)	214	(2.9)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	246	(2.8)	45	(2.2)	18	(0.9)	256	(3.2)	93	(4.1)	36	(1.4)	237	(3.8)
20 and over...	5047	57	(1.5)	253	(2.1)	59	(2.0)	23	(0.8)	260	(3.1)	104	(1.4)	40	(0.7)	243	(2.5)
2 and over...	8066	55	(1.3)	251	(2.1)	55	(1.7)	22	(0.7)	260	(2.7)	102	(1.6)	39	(0.6)	241	(2.5)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

T o t a l s u g a r s																	
—————All Individuals ² ————— —————All Restaurant Consumers ³ ————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	104	(3.1)	7	(1.0)	7	(1.0)	101	(8.0)	16	(1.8)	16	(1.9)	105	(3.8)
6 - 11.....	537	43	(2.0)	126	(2.8)	15	(1.5)	12	(1.2)	133	(7.1)	35	(3.1)	26	(2.6)	121	(4.2)
12 - 19.....	646	52	(2.3)	139	(4.8)	25	(3.2)	18	(2.4)	144	(4.4)	48	(4.9)	34	(3.6)	134	(6.7)
20 - 39.....	853	65	(2.3)	140	(4.7)	31	(1.4)	22	(1.1)	145	(6.6)	48	(1.7)	33	(1.7)	130	(3.8)
40 - 59.....	808	57	(2.5)	124	(4.5)	22	(1.5)	18	(1.1)	125	(8.1)	38	(2.2)	30	(1.2)	123	(5.0)
60 and over.....	753	51	(2.2)	104	(3.7)	12	(1.7)	12	(1.4)	103	(6.4)	24	(2.9)	24	(2.2)	106	(4.7)
2 - 19.....	1520	47	(1.0)	128	(2.7)	18	(2.0)	14	(1.5)	133	(3.2)	39	(3.7)	29	(2.7)	123	(3.7)
20 and over...	2414	59	(1.5)	125	(2.5)	23	(0.8)	18	(0.7)	128	(4.2)	39	(1.1)	31	(1.2)	120	(3.0)
2 and over...	3934	56	(1.2)	126	(2.3)	22	(0.7)	17	(0.5)	129	(3.6)	39	(1.1)	30	(0.9)	121	(2.7)
Females:																	
2 - 5.....	339	45	(4.4)	90	(3.2)	8	(1.0)	9	(1.1)	94	(4.5)	18	(1.3)	19	(1.3)	87	(3.5)
6 - 11.....	510	48	(3.3)	107	(3.1)	14	(1.7)	13	(1.6)	110	(3.7)	30	(2.3)	27	(2.0)	104	(3.8)
12 - 19.....	650	51	(2.8)	99	(2.5)	18	(1.8)	18	(1.9)	101	(3.0)	35	(2.5)	35	(2.2)	98	(5.0)
20 - 39.....	893	63	(2.6)	111	(2.4)	25	(2.1)	23	(1.9)	112	(3.6)	40	(2.3)	36	(1.5)	108	(4.8)
40 - 59.....	926	58	(1.9)	96	(3.4)	15	(1.1)	16	(1.1)	93	(4.5)	27	(1.7)	29	(1.4)	99	(4.0)
60 and over.....	814	42	(3.1)	88	(2.4)	9	(1.0)	10	(1.1)	84	(4.4)	21	(1.4)	25	(1.2)	92	(3.3)
2 - 19.....	1499	49	(2.3)	100	(1.8)	15	(1.1)	15	(1.1)	102	(2.2)	30	(1.4)	29	(1.1)	97	(3.0)
20 and over...	2633	55	(1.7)	99	(1.7)	17	(1.1)	17	(1.0)	99	(2.8)	31	(1.4)	31	(1.0)	99	(1.5)
2 and over...	4132	54	(1.6)	99	(1.5)	16	(1.0)	17	(0.9)	99	(2.5)	31	(1.2)	31	(0.9)	99	(1.6)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	114	(1.7)	16	(1.1)	14	(1.0)	118	(1.9)	34	(2.2)	29	(1.7)	111	(2.4)
20 and over...	5047	57	(1.5)	111	(1.4)	20	(0.8)	18	(0.7)	114	(1.9)	35	(0.8)	31	(0.7)	109	(1.3)
2 and over...	8066	55	(1.3)	112	(1.3)	19	(0.7)	17	(0.6)	114	(1.7)	35	(0.8)	31	(0.6)	109	(1.4)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

D i e t a r y f i b e r																			
—————All Individuals ² ————— —————All Restaurant Consumers ³ ————— Non-consumers ⁴																			
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake			
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																			
2 - 5.....	337	41	(2.6)	12.4	(0.48)	1.3	(0.15)	10	(1.4)	12.0	(0.69)	3.1	(0.29)	26	(3.1)			12.6	(0.63)
6 - 11.....	537	43	(2.0)	15.0	(0.70)	2.1	(0.18)	14	(1.1)	14.6	(0.52)	4.9	(0.37)	34	(2.2)			15.4	(1.03)
12 - 19.....	646	52	(2.3)	16.4	(0.43)	3.4	(0.24)	21	(1.6)	15.7	(0.59)	6.5	(0.40)	42	(1.9)			17.2	(0.89)
20 - 39.....	853	65	(2.3)	18.4	(0.48)	5.5	(0.29)	30	(1.6)	18.3	(0.48)	8.4	(0.28)	46	(1.7)			18.5	(1.08)
40 - 59.....	808	57	(2.5)	19.3	(0.52)	4.6	(0.38)	24	(1.7)	19.3	(0.71)	8.1	(0.58)	42	(2.2)			19.2	(0.81)
60 and over.....	753	51	(2.2)	18.9	(0.83)	3.0	(0.27)	16	(1.4)	18.2	(0.74)	5.8	(0.39)	32	(1.6)			19.6	(1.13)
2 - 19.....	1520	47	(1.0)	15.1	(0.28)	2.5	(0.17)	17	(1.1)	14.7	(0.32)	5.4	(0.28)	37	(1.6)			15.6	(0.39)
20 and over...	2414	59	(1.5)	18.8	(0.40)	4.5	(0.17)	24	(0.8)	18.6	(0.42)	7.7	(0.22)	41	(1.1)			19.1	(0.76)
2 and over...	3934	56	(1.2)	17.9	(0.26)	4.0	(0.13)	22	(0.7)	17.8	(0.34)	7.2	(0.19)	41	(0.8)			18.0	(0.46)
Females:																			
2 - 5.....	339	45	(4.4)	10.8	(0.42)	1.3	(0.22)	12	(1.9)	11.1	(0.70)	3.0	(0.28)	27	(1.9)			10.6	(0.54)
6 - 11.....	510	48	(3.3)	13.9	(0.51)	2.4	(0.22)	17	(1.6)	13.8	(0.69)	5.0	(0.34)	36	(1.3)			14.0	(0.67)
12 - 19.....	650	51	(2.8)	12.5	(0.61)	2.7	(0.16)	21	(1.2)	12.7	(0.57)	5.2	(0.26)	41	(1.2)			12.3	(0.82)
20 - 39.....	893	63	(2.6)	15.3	(0.37)	4.0	(0.36)	26	(2.2)	14.5	(0.41)	6.4	(0.34)	44	(2.5)			16.7	(0.86)
40 - 59.....	926	58	(1.9)	15.6	(0.44)	3.0	(0.15)	20	(0.8)	15.1	(0.36)	5.3	(0.26)	35	(1.6)			16.3	(0.74)
60 and over.....	814	42	(3.1)	15.2	(0.35)	2.1	(0.20)	14	(1.2)	14.8	(0.46)	5.0	(0.27)	34	(2.2)			15.5	(0.55)
2 - 19.....	1499	49	(2.3)	12.6	(0.28)	2.3	(0.10)	18	(0.8)	12.8	(0.35)	4.7	(0.18)	37	(0.8)			12.5	(0.39)
20 and over...	2633	55	(1.7)	15.4	(0.28)	3.1	(0.19)	20	(1.1)	14.8	(0.22)	5.7	(0.21)	38	(1.4)			16.1	(0.55)
2 and over...	4132	54	(1.6)	14.8	(0.25)	2.9	(0.15)	20	(0.9)	14.4	(0.17)	5.5	(0.17)	38	(1.1)			15.2	(0.44)
Males and Females:																			
2 - 19.....	3019	48	(1.3)	13.9	(0.19)	2.4	(0.10)	17	(0.6)	13.7	(0.27)	5.1	(0.15)	37	(0.9)			14.1	(0.23)
20 and over...	5047	57	(1.5)	17.1	(0.27)	3.8	(0.15)	22	(0.8)	16.7	(0.25)	6.7	(0.15)	40	(1.1)			17.5	(0.56)
2 and over...	8066	55	(1.3)	16.3	(0.21)	3.5	(0.12)	21	(0.6)	16.1	(0.18)	6.3	(0.13)	39	(0.8)			16.6	(0.40)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

T o t a l f a t																	
—————All Individuals ² ————— —————All Restaurant Consumers ³ ————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	55.7	(1.27)	7.9	(0.93)	14	(1.7)	56.7	(2.50)	19.0	(1.78)	33	(3.5)	55.1	(1.57)
6 - 11.....	537	43	(2.0)	76.2	(2.54)	14.1	(1.21)	18	(1.5)	77.4	(4.17)	32.6	(2.49)	42	(2.1)	75.3	(3.79)
12 - 19.....	646	52	(2.3)	90.5	(1.59)	25.4	(1.94)	28	(2.0)	99.6	(2.90)	49.0	(2.86)	49	(2.8)	80.6	(3.24)
20 - 39.....	853	65	(2.3)	101.0	(1.67)	36.1	(2.06)	36	(1.9)	106.5	(2.52)	55.3	(2.24)	52	(2.0)	90.6	(3.63)
40 - 59.....	808	57	(2.5)	95.2	(2.14)	27.5	(1.97)	29	(1.8)	102.4	(4.14)	48.0	(2.68)	47	(1.9)	85.7	(2.75)
60 and over.....	753	51	(2.2)	85.8	(1.46)	18.4	(1.59)	21	(1.8)	87.5	(3.13)	36.3	(2.13)	41	(2.0)	84.0	(3.70)
2 - 19.....	1520	47	(1.0)	78.8	(1.54)	18.0	(1.44)	23	(1.6)	85.1	(2.76)	38.5	(2.52)	45	(2.2)	73.2	(2.06)
20 and over...	2414	59	(1.5)	95.0	(1.31)	28.4	(0.89)	30	(0.9)	100.8	(1.91)	48.5	(1.08)	48	(1.1)	86.7	(2.20)
2 and over...	3934	56	(1.2)	90.9	(1.02)	25.8	(0.74)	28	(0.8)	97.5	(1.71)	46.4	(1.00)	48	(0.9)	82.6	(1.72)
Females:																	
2 - 5.....	339	45	(4.4)	51.9	(1.87)	8.1	(1.25)	16	(2.4)	56.3	(2.54)	17.9	(1.62)	32	(2.7)	48.3	(2.34)
6 - 11.....	510	48	(3.3)	67.7	(1.22)	15.3	(1.54)	23	(2.2)	74.0	(1.53)	31.8	(1.51)	43	(2.3)	61.8	(1.66)
12 - 19.....	650	51	(2.8)	64.2	(2.68)	18.6	(1.13)	29	(1.6)	72.0	(2.99)	36.2	(1.93)	50	(1.4)	56.0	(3.46)
20 - 39.....	893	63	(2.6)	75.0	(1.51)	26.5	(2.02)	35	(2.4)	76.1	(2.35)	42.2	(2.08)	55	(2.1)	73.3	(2.81)
40 - 59.....	926	58	(1.9)	72.1	(1.31)	19.8	(0.79)	28	(1.0)	76.7	(1.73)	34.5	(1.16)	45	(1.4)	65.9	(1.78)
60 and over.....	814	42	(3.1)	66.3	(1.76)	13.4	(1.26)	20	(1.7)	68.8	(1.76)	31.8	(1.66)	46	(2.1)	64.4	(2.35)
2 - 19.....	1499	49	(2.3)	62.7	(1.25)	15.3	(0.72)	24	(1.0)	69.5	(1.35)	31.2	(1.06)	45	(1.2)	56.1	(1.60)
20 and over...	2633	55	(1.7)	71.5	(0.70)	20.3	(1.07)	28	(1.3)	74.7	(1.37)	37.0	(1.24)	49	(1.4)	67.5	(1.52)
2 and over...	4132	54	(1.6)	69.4	(0.66)	19.2	(0.85)	28	(1.1)	73.6	(1.03)	35.7	(1.00)	49	(1.1)	64.6	(1.23)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	70.9	(1.19)	16.7	(0.78)	24	(1.0)	77.3	(1.70)	34.9	(1.54)	45	(1.4)	65.1	(1.60)
20 and over...	5047	57	(1.5)	82.9	(0.89)	24.3	(0.81)	29	(0.9)	87.8	(1.48)	42.7	(0.85)	49	(1.0)	76.4	(1.55)
2 and over...	8066	55	(1.3)	80.0	(0.79)	22.4	(0.65)	28	(0.8)	85.6	(1.28)	41.1	(0.79)	48	(0.8)	73.3	(1.29)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

S a t u r a t e d f a t																	
All Individuals ² All Restaurant Consumers ³ Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	20.1	(0.57)	2.5	(0.31)	12	(1.4)	19.8	(0.99)	6.0	(0.62)	30	(3.4)	20.2	(0.77)
6 - 11.....	537	43	(2.0)	28.5	(1.29)	5.1	(0.41)	18	(1.3)	28.3	(1.58)	11.7	(0.82)	41	(2.3)	28.7	(1.94)
12 - 19.....	646	52	(2.3)	30.5	(0.82)	8.0	(0.56)	26	(1.7)	33.0	(1.78)	15.4	(0.82)	47	(2.5)	27.8	(0.89)
20 - 39.....	853	65	(2.3)	32.9	(0.77)	11.8	(0.69)	36	(2.0)	34.4	(1.13)	18.1	(0.76)	53	(2.2)	30.0	(1.33)
40 - 59.....	808	57	(2.5)	30.9	(0.71)	8.7	(0.62)	28	(1.8)	33.1	(1.35)	15.2	(0.93)	46	(2.0)	28.0	(1.13)
60 and over.....	753	51	(2.2)	27.8	(0.58)	5.6	(0.51)	20	(2.0)	27.8	(1.02)	11.0	(0.66)	39	(2.0)	27.7	(1.50)
2 - 19.....	1520	47	(1.0)	27.8	(0.65)	5.9	(0.37)	21	(1.3)	29.2	(1.04)	12.6	(0.58)	43	(1.9)	26.6	(0.85)
20 and over...	2414	59	(1.5)	30.9	(0.47)	9.1	(0.28)	29	(0.9)	32.5	(0.66)	15.5	(0.34)	48	(1.2)	28.5	(0.90)
2 and over...	3934	56	(1.2)	30.1	(0.36)	8.3	(0.21)	28	(0.8)	31.8	(0.55)	14.9	(0.27)	47	(0.9)	27.9	(0.77)
Females:																	
2 - 5.....	339	45	(4.4)	18.8	(0.78)	2.9	(0.48)	15	(2.4)	20.6	(1.15)	6.3	(0.74)	31	(3.5)	17.4	(0.95)
6 - 11.....	510	48	(3.3)	23.6	(0.52)	5.2	(0.64)	22	(2.6)	25.7	(0.63)	10.8	(0.75)	42	(3.2)	21.6	(0.95)
12 - 19.....	650	51	(2.8)	21.3	(0.92)	6.2	(0.40)	29	(1.5)	24.0	(1.12)	12.0	(0.59)	50	(1.7)	18.3	(1.06)
20 - 39.....	893	63	(2.6)	24.5	(0.59)	8.6	(0.66)	35	(2.4)	24.8	(0.91)	13.7	(0.77)	55	(2.1)	23.8	(0.96)
40 - 59.....	926	58	(1.9)	22.8	(0.39)	6.4	(0.20)	28	(0.9)	24.3	(0.61)	11.2	(0.33)	46	(1.4)	20.7	(0.60)
60 and over.....	814	42	(3.1)	21.1	(0.64)	4.1	(0.41)	19	(1.7)	21.6	(0.56)	9.6	(0.46)	45	(2.2)	20.6	(0.86)
2 - 19.....	1499	49	(2.3)	21.5	(0.43)	5.2	(0.31)	24	(1.2)	23.9	(0.51)	10.5	(0.39)	44	(1.5)	19.2	(0.59)
20 and over...	2633	55	(1.7)	22.9	(0.24)	6.5	(0.35)	28	(1.4)	24.0	(0.47)	11.8	(0.43)	49	(1.4)	21.6	(0.57)
2 and over...	4132	54	(1.6)	22.6	(0.23)	6.2	(0.28)	27	(1.2)	23.9	(0.33)	11.5	(0.32)	48	(1.1)	21.0	(0.48)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	24.7	(0.43)	5.5	(0.21)	22	(0.9)	26.6	(0.44)	11.5	(0.33)	43	(1.3)	23.1	(0.69)
20 and over...	5047	57	(1.5)	26.7	(0.27)	7.8	(0.25)	29	(0.9)	28.2	(0.47)	13.7	(0.25)	48	(1.0)	24.8	(0.60)
2 and over...	8066	55	(1.3)	26.3	(0.24)	7.2	(0.20)	27	(0.7)	27.9	(0.39)	13.2	(0.22)	47	(0.8)	24.3	(0.54)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

M o n o u n s a t u r a t e d f a t																	
—————All Individuals ² ————— —————All Restaurant Consumers ³ ————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	18.3	(0.40)	2.7	(0.31)	15	(1.8)	18.6	(0.67)	6.4	(0.61)	35	(3.5)	18.1	(0.55)
6 - 11.....	537	43	(2.0)	25.1	(0.83)	4.6	(0.42)	18	(1.5)	25.6	(1.39)	10.7	(0.87)	42	(2.1)	24.7	(1.31)
12 - 19.....	646	52	(2.3)	30.9	(0.83)	8.4	(0.65)	27	(2.0)	33.8	(0.88)	16.2	(0.98)	48	(2.9)	27.7	(1.67)
20 - 39.....	853	65	(2.3)	35.1	(0.58)	12.2	(0.71)	35	(1.9)	36.7	(0.93)	18.7	(0.78)	51	(2.0)	31.9	(1.63)
40 - 59.....	808	57	(2.5)	33.6	(0.75)	9.5	(0.68)	28	(1.8)	35.9	(1.37)	16.6	(0.87)	46	(2.0)	30.6	(1.03)
60 and over.....	753	51	(2.2)	29.9	(0.42)	6.3	(0.53)	21	(1.8)	30.6	(1.09)	12.5	(0.70)	41	(2.1)	29.3	(1.23)
2 - 19.....	1520	47	(1.0)	26.4	(0.64)	6.0	(0.49)	23	(1.7)	28.5	(0.95)	12.8	(0.87)	45	(2.2)	24.6	(0.90)
20 and over...	2414	59	(1.5)	33.2	(0.43)	9.7	(0.31)	29	(0.9)	35.1	(0.68)	16.6	(0.37)	47	(1.1)	30.6	(0.78)
2 and over...	3934	56	(1.2)	31.5	(0.39)	8.8	(0.26)	28	(0.8)	33.7	(0.65)	15.8	(0.36)	47	(0.9)	28.8	(0.64)
Females:																	
2 - 5.....	339	45	(4.4)	16.9	(0.64)	2.6	(0.41)	16	(2.3)	18.2	(0.89)	5.8	(0.50)	32	(2.3)	15.8	(0.79)
6 - 11.....	510	48	(3.3)	22.4	(0.42)	5.0	(0.47)	22	(1.9)	24.4	(0.55)	10.4	(0.43)	43	(2.0)	20.4	(0.59)
12 - 19.....	650	51	(2.8)	21.3	(0.98)	6.0	(0.37)	28	(1.8)	23.4	(0.92)	11.6	(0.57)	50	(1.3)	19.1	(1.46)
20 - 39.....	893	63	(2.6)	25.6	(0.60)	8.8	(0.67)	34	(2.4)	25.5	(0.89)	14.0	(0.70)	55	(2.2)	25.8	(1.21)
40 - 59.....	926	58	(1.9)	25.0	(0.49)	6.7	(0.31)	27	(1.1)	26.7	(0.62)	11.7	(0.42)	44	(1.4)	22.7	(0.71)
60 and over.....	814	42	(3.1)	23.1	(0.74)	4.5	(0.41)	20	(1.6)	23.7	(0.59)	10.7	(0.54)	45	(2.0)	22.7	(1.14)
2 - 19.....	1499	49	(2.3)	20.7	(0.50)	5.0	(0.23)	24	(1.0)	22.7	(0.48)	10.1	(0.31)	45	(1.1)	18.8	(0.67)
20 and over...	2633	55	(1.7)	24.7	(0.30)	6.8	(0.38)	28	(1.3)	25.6	(0.49)	12.4	(0.43)	49	(1.4)	23.5	(0.70)
2 and over...	4132	54	(1.6)	23.7	(0.27)	6.4	(0.30)	27	(1.1)	24.9	(0.39)	11.9	(0.36)	48	(1.2)	22.3	(0.55)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	23.6	(0.48)	5.5	(0.27)	23	(1.0)	25.6	(0.62)	11.4	(0.53)	45	(1.4)	21.8	(0.64)
20 and over...	5047	57	(1.5)	28.8	(0.31)	8.2	(0.29)	29	(0.9)	30.3	(0.52)	14.5	(0.30)	48	(1.0)	26.8	(0.59)
2 and over...	8066	55	(1.3)	27.6	(0.30)	7.6	(0.24)	27	(0.8)	29.3	(0.47)	13.8	(0.29)	47	(0.9)	25.4	(0.50)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

P o l y u n s a t u r a t e d f a t																	
All Individuals ² All Restaurant Consumers ³ Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	12.0	(0.38)	2.0	(0.25)	17	(2.3)	12.9	(0.71)	4.9	(0.48)	38	(4.4)	11.4	(0.50)
6 - 11.....	537	43	(2.0)	15.4	(0.59)	3.1	(0.31)	20	(1.9)	16.4	(0.97)	7.1	(0.66)	43	(2.5)	14.7	(0.69)
12 - 19.....	646	52	(2.3)	20.1	(0.79)	6.4	(0.69)	32	(2.6)	22.9	(1.19)	12.4	(1.13)	54	(2.8)	17.1	(0.90)
20 - 39.....	853	65	(2.3)	23.2	(0.53)	8.4	(0.49)	36	(1.9)	24.9	(0.64)	12.9	(0.59)	52	(2.2)	19.9	(0.88)
40 - 59.....	808	57	(2.5)	21.6	(0.74)	6.7	(0.57)	31	(2.0)	23.7	(1.29)	11.7	(0.78)	49	(2.3)	18.7	(0.63)
60 and over.....	753	51	(2.2)	20.3	(0.76)	4.8	(0.49)	24	(1.9)	21.2	(1.11)	9.5	(0.80)	45	(2.4)	19.4	(0.93)
2 - 19.....	1520	47	(1.0)	16.9	(0.54)	4.4	(0.46)	26	(2.1)	19.1	(0.96)	9.4	(0.87)	49	(2.5)	15.0	(0.42)
20 and over...	2414	59	(1.5)	21.9	(0.45)	6.9	(0.25)	32	(1.0)	23.7	(0.58)	11.7	(0.33)	50	(1.2)	19.3	(0.48)
2 and over...	3934	56	(1.2)	20.6	(0.35)	6.3	(0.21)	30	(0.9)	22.7	(0.50)	11.2	(0.30)	50	(1.0)	18.0	(0.31)
Females:																	
2 - 5.....	339	45	(4.4)	11.3	(0.46)	1.8	(0.28)	16	(2.7)	12.3	(0.65)	4.1	(0.33)	33	(3.3)	10.6	(0.63)
6 - 11.....	510	48	(3.3)	15.4	(0.32)	3.7	(0.34)	24	(2.1)	17.2	(0.63)	7.7	(0.42)	45	(2.4)	13.8	(0.38)
12 - 19.....	650	51	(2.8)	15.5	(0.83)	4.7	(0.33)	30	(1.8)	17.9	(0.95)	9.1	(0.71)	51	(2.2)	13.0	(1.08)
20 - 39.....	893	63	(2.6)	17.8	(0.45)	6.6	(0.59)	37	(2.8)	18.3	(0.59)	10.5	(0.62)	57	(2.6)	16.8	(0.68)
40 - 59.....	926	58	(1.9)	17.5	(0.48)	4.8	(0.22)	27	(1.1)	18.4	(0.58)	8.4	(0.38)	46	(1.8)	16.4	(0.65)
60 and over.....	814	42	(3.1)	16.2	(0.44)	3.6	(0.34)	22	(1.8)	17.2	(0.56)	8.5	(0.58)	49	(2.5)	15.4	(0.48)
2 - 19.....	1499	49	(2.3)	14.6	(0.41)	3.8	(0.18)	26	(1.2)	16.6	(0.56)	7.7	(0.40)	46	(1.8)	12.7	(0.54)
20 and over...	2633	55	(1.7)	17.2	(0.23)	5.1	(0.26)	29	(1.4)	18.1	(0.38)	9.2	(0.34)	51	(1.6)	16.1	(0.37)
2 and over...	4132	54	(1.6)	16.6	(0.18)	4.8	(0.20)	29	(1.2)	17.8	(0.29)	8.9	(0.28)	50	(1.4)	15.3	(0.28)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	15.8	(0.41)	4.1	(0.26)	26	(1.3)	17.8	(0.62)	8.5	(0.55)	48	(1.8)	13.9	(0.42)
20 and over...	5047	57	(1.5)	19.5	(0.31)	6.0	(0.22)	31	(1.0)	20.9	(0.44)	10.5	(0.27)	50	(1.2)	17.6	(0.35)
2 and over...	8066	55	(1.3)	18.6	(0.26)	5.5	(0.17)	30	(0.8)	20.3	(0.37)	10.1	(0.24)	50	(1.0)	16.6	(0.25)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

C h o l e s t e r o l																	
—————All Individuals ²————— —————All Restaurant Consumers ³————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	180	(10.1)	21	(3.8)	11	(2.0)	173	(16.4)	50	(8.2)	29	(3.4)	184	(15.5)
6 - 11.....	537	43	(2.0)	234	(10.6)	42	(5.0)	18	(2.3)	245	(17.5)	96	(10.8)	39	(3.4)	225	(17.5)
12 - 19.....	646	52	(2.3)	315	(14.7)	82	(10.5)	26	(2.8)	342	(21.9)	158	(18.8)	46	(4.1)	286	(16.9)
20 - 39.....	853	65	(2.3)	366	(11.2)	124	(7.5)	34	(1.7)	380	(13.7)	190	(9.1)	50	(2.4)	339	(22.3)
40 - 59.....	808	57	(2.5)	356	(13.2)	101	(7.6)	28	(1.9)	373	(15.7)	176	(11.9)	47	(2.7)	334	(23.0)
60 and over.....	753	51	(2.2)	307	(10.7)	76	(9.4)	25	(2.6)	315	(20.7)	149	(15.3)	47	(2.9)	300	(10.0)
2 - 19.....	1520	47	(1.0)	260	(7.6)	56	(6.9)	21	(2.3)	281	(16.2)	120	(14.2)	42	(3.4)	242	(7.6)
20 and over...	2414	59	(1.5)	348	(7.7)	103	(4.5)	30	(0.9)	363	(9.5)	176	(7.4)	48	(1.3)	325	(13.5)
2 and over...	3934	56	(1.2)	325	(6.5)	91	(3.8)	28	(0.9)	346	(9.2)	164	(6.9)	47	(1.1)	300	(8.9)
Females:																	
2 - 5.....	339	45	(4.4)	167	(11.3)	20	(3.6)	12	(2.3)	164	(11.4)	44	(6.2)	27	(4.5)	169	(15.4)
6 - 11.....	510	48	(3.3)	195	(7.5)	41	(4.8)	21	(2.0)	200	(9.8)	85	(6.1)	42	(2.7)	189	(11.9)
12 - 19.....	650	51	(2.8)	188	(8.1)	54	(3.6)	28	(1.7)	199	(7.5)	104	(5.8)	52	(2.1)	177	(10.9)
20 - 39.....	893	63	(2.6)	255	(5.5)	90	(6.6)	35	(2.8)	252	(8.4)	143	(8.1)	57	(2.9)	261	(10.2)
40 - 59.....	926	58	(1.9)	244	(7.3)	70	(5.3)	29	(1.9)	270	(11.1)	122	(9.0)	45	(2.5)	210	(11.4)
60 and over.....	814	42	(3.1)	222	(8.1)	50	(4.8)	23	(2.0)	231	(10.5)	119	(7.3)	52	(2.4)	215	(10.2)
2 - 19.....	1499	49	(2.3)	186	(5.3)	42	(2.3)	23	(1.1)	192	(6.8)	86	(3.5)	45	(1.8)	179	(6.7)
20 and over...	2633	55	(1.7)	242	(3.1)	71	(4.2)	30	(1.7)	254	(5.6)	130	(5.7)	51	(1.9)	226	(6.8)
2 and over...	4132	54	(1.6)	229	(2.6)	65	(3.3)	28	(1.4)	241	(4.9)	121	(4.6)	50	(1.6)	214	(4.7)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	224	(5.3)	49	(3.5)	22	(1.3)	237	(10.5)	103	(7.8)	43	(2.0)	212	(6.2)
20 and over...	5047	57	(1.5)	293	(4.2)	87	(3.1)	30	(1.0)	309	(5.8)	153	(4.7)	50	(1.2)	272	(7.9)
2 and over...	8066	55	(1.3)	276	(3.7)	78	(2.5)	28	(0.8)	294	(5.8)	142	(4.3)	48	(0.8)	256	(5.7)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

V i t a m i n A (R A E)																	
All Individuals ² All Restaurant Consumers ³ Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	566	(32.5)	29	(4.9)	5	(1.1)	544	(61.0)	71	(10.4)	13	(2.8)	581	(29.3)
6 - 11.....	537	43	(2.0)	711	(33.8)	62	(5.6)	9	(0.9)	669	(42.9)	143	(10.8)	21	(1.5)	743	(48.7)
12 - 19.....	646	52	(2.3)	648	(25.1)	93	(9.3)	14	(1.4)	608	(40.6)	180	(15.7)	30	(2.8)	691	(28.1)
20 - 39.....	853	65	(2.3)	710	(24.3)	178	(15.4)	25	(2.2)	739	(30.4)	273	(21.7)	37	(2.7)	657	(40.4)
40 - 59.....	808	57	(2.5)	664	(20.1)	117	(9.5)	18	(1.6)	642	(34.6)	205	(16.5)	32	(2.2)	694	(38.8)
60 and over.....	753	51	(2.2)	702	(25.7)	104	(13.5)	15	(1.9)	685	(35.7)	205	(20.6)	30	(2.6)	721	(41.1)
2 - 19.....	1520	47	(1.0)	654	(18.9)	70	(5.4)	11	(1.0)	617	(22.5)	149	(9.2)	24	(1.7)	687	(21.5)
20 and over...	2414	59	(1.5)	691	(15.3)	137	(6.6)	20	(1.0)	692	(19.1)	233	(12.6)	34	(1.4)	690	(21.3)
2 and over...	3934	56	(1.2)	682	(12.6)	120	(5.2)	18	(0.8)	676	(15.0)	216	(10.2)	32	(1.3)	689	(18.2)
Females:																	
2 - 5.....	339	45	(4.4)	532	(25.2)	40	(6.9)	8	(1.5)	547	(41.2)	89	(12.5)	16	(2.8)	520	(23.4)
6 - 11.....	510	48	(3.3)	586	(26.9)	77	(11.9)	13	(1.9)	579	(19.6)	161	(16.5)	28	(3.1)	592	(42.5)
12 - 19.....	650	51	(2.8)	507	(36.1)	89	(7.9)	18	(1.9)	490	(25.3)	173	(12.3)	35	(1.6)	525	(71.1)
20 - 39.....	893	63	(2.6)	552	(29.1)	132	(10.2)	24	(2.5)	507	(25.6)	211	(12.6)	42	(3.1)	628	(45.8)
40 - 59.....	926	58	(1.9)	584	(18.0)	104	(4.7)	18	(0.8)	547	(20.9)	180	(8.6)	33	(1.9)	635	(32.9)
60 and over.....	814	42	(3.1)	628	(23.6)	86	(10.2)	14	(1.4)	576	(36.4)	203	(18.3)	35	(2.2)	667	(29.3)
2 - 19.....	1499	49	(2.3)	538	(19.7)	75	(6.5)	14	(1.3)	529	(16.9)	152	(9.5)	29	(1.6)	546	(34.0)
20 and over...	2633	55	(1.7)	586	(17.6)	109	(5.3)	19	(1.0)	538	(18.3)	197	(7.3)	37	(1.5)	645	(26.9)
2 and over...	4132	54	(1.6)	575	(16.0)	101	(3.7)	18	(0.7)	536	(15.6)	188	(5.3)	35	(1.1)	619	(24.6)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	598	(14.6)	72	(3.9)	12	(0.7)	573	(13.1)	151	(5.8)	26	(1.1)	620	(22.3)
20 and over...	5047	57	(1.5)	637	(12.2)	122	(3.9)	19	(0.6)	615	(14.4)	215	(7.9)	35	(1.0)	666	(19.5)
2 and over...	8066	55	(1.3)	627	(11.5)	110	(2.8)	18	(0.5)	606	(11.5)	202	(6.2)	33	(0.8)	653	(18.5)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

B e t a c a r o t e n e																	
All Individuals ²												All Restaurant Consumers ³			Non-consumers ⁴		
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	1279	(236.4)	46	(7.6)	4*	(0.9)	1186*	(456.0)	111	(17.9)	9*	(3.9)	1345	(193.7)
6 - 11.....	537	43	(2.0)	1443	(172.2)	88	(18.9)	6	(1.4)	1379	(260.6)	204	(36.9)	15	(3.5)	1491	(190.8)
12 - 19.....	646	52	(2.3)	1253	(132.7)	217	(36.5)	17	(3.0)	1277	(262.4)	418	(75.1)	33	(8.6)	1227	(160.3)
20 - 39.....	853	65	(2.3)	2210	(193.3)	513	(83.5)	23	(3.4)	2268	(157.7)	787	(121.8)	35	(4.5)	2099	(372.6)
40 - 59.....	808	57	(2.5)	2167	(144.6)	382	(53.7)	18	(2.0)	1989	(187.7)	667	(91.0)	34	(3.6)	2407	(237.9)
60 and over.....	753	51	(2.2)	2294	(232.8)	311	(71.8)	14	(2.8)	2183	(321.1)	613	(132.7)	28	(4.5)	2409	(267.1)
2 - 19.....	1520	47	(1.0)	1325	(105.7)	138	(23.0)	10	(2.0)	1295	(165.7)	296	(46.4)	23	(4.7)	1352	(111.2)
20 and over...	2414	59	(1.5)	2216	(90.0)	414	(44.4)	19	(1.6)	2149	(90.9)	705	(73.8)	33	(2.5)	2310	(117.6)
2 and over...	3934	56	(1.2)	1991	(70.3)	344	(34.3)	17	(1.5)	1968	(65.1)	618	(60.7)	31	(2.7)	2019	(89.8)
Females:																	
2 - 5.....	339	45	(4.4)	1008	(80.4)	54	(12.3)	5	(1.4)	986	(133.8)	119	(25.4)	12	(2.8)	1026	(116.1)
6 - 11.....	510	48	(3.3)	1143	(122.8)	165	(39.6)	14	(3.2)	1074	(89.3)	342	(74.1)	32	(5.4)	1207	(196.4)
12 - 19.....	650	51	(2.8)	1501	(288.1)	252	(54.8)	17	(4.6)	1325	(187.7)	489	(101.4)	37	(5.0)	1687*	(561.3)
20 - 39.....	893	63	(2.6)	2106	(258.1)	444	(46.4)	21	(3.3)	1650	(170.5)	708	(67.5)	43	(4.6)	2874	(471.9)
40 - 59.....	926	58	(1.9)	2413	(217.8)	364	(30.1)	15	(1.7)	1935	(161.6)	634	(52.9)	33	(3.7)	3060	(427.7)
60 and over.....	814	42	(3.1)	2473	(193.2)	359	(55.7)	14	(1.8)	2302	(255.2)	849	(101.6)	37	(4.3)	2599	(248.7)
2 - 19.....	1499	49	(2.3)	1280	(139.0)	181	(28.2)	14	(2.5)	1179	(95.1)	370	(56.5)	31	(3.5)	1378	(253.0)
20 and over...	2633	55	(1.7)	2324	(155.8)	390	(31.0)	17	(1.5)	1902	(108.3)	710	(50.4)	37	(3.1)	2840	(258.2)
2 and over...	4132	54	(1.6)	2083	(139.3)	342	(23.2)	16	(1.2)	1749	(93.5)	638	(41.8)	36	(2.6)	2469	(221.2)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	1303	(97.0)	159	(15.5)	12	(1.5)	1237	(115.6)	332	(28.8)	27	(2.6)	1364	(145.5)
20 and over...	5047	57	(1.5)	2271	(89.2)	402	(32.7)	18	(1.4)	2026	(63.3)	708	(54.4)	35	(2.4)	2594	(145.6)
2 and over...	8066	55	(1.3)	2037	(80.3)	343	(23.7)	17	(1.2)	1859	(50.6)	628	(42.1)	34	(2.3)	2253	(125.4)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

L y c o p e n e																	
All Individuals ² All Restaurant Consumers ³ Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	3370	(528.2)	578	(95.3)	17	(2.9)	3932	(962.0)	1395	(213.8)	35	(8.2)	2971	(473.3)
6 - 11.....	537	43	(2.0)	4197	(369.4)	832	(104.1)	20	(2.8)	4187	(393.0)	1927	(211.4)	46	(5.3)	4205	(572.3)
12 - 19.....	646	52	(2.3)	5392	(408.2)	1345	(234.2)	25	(3.6)	5871	(622.4)	2592	(433.4)	44	(5.7)	4874	(727.7)
20 - 39.....	853	65	(2.3)	5709	(309.1)	2398	(154.4)	42	(3.1)	5981	(294.8)	3676	(217.9)	61	(2.9)	5198	(722.7)
40 - 59.....	808	57	(2.5)	5550	(506.6)	1558	(212.2)	28	(3.6)	5084	(447.9)	2717	(380.8)	53	(5.0)	6177	(863.2)
60 and over.....	753	51	(2.2)	6364	(502.3)	1245	(208.8)	20	(3.2)	6428	(767.9)	2454	(375.4)	38	(4.9)	6298	(719.3)
2 - 19.....	1520	47	(1.0)	4581	(254.6)	1016	(122.0)	22	(2.1)	4992	(278.7)	2171	(241.2)	43	(4.2)	4218	(383.4)
20 and over...	2414	59	(1.5)	5817	(304.6)	1796	(106.4)	31	(1.9)	5757	(307.0)	3063	(203.1)	53	(2.8)	5902	(480.4)
2 and over...	3934	56	(1.2)	5505	(236.4)	1599	(90.7)	29	(1.5)	5595	(219.0)	2874	(178.1)	51	(2.4)	5392	(360.7)
Females:																	
2 - 5.....	339	45	(4.4)	2627	(298.8)	482	(132.2)	18	(4.4)	2861	(414.4)	1066	(271.7)	37	(8.3)	2434	(474.8)
6 - 11.....	510	48	(3.3)	3965	(543.5)	905	(115.4)	23	(3.9)	3454	(349.9)	1878	(192.0)	54	(7.8)	4439	(959.3)
12 - 19.....	650	51	(2.8)	3894	(257.2)	953	(123.0)	24	(3.5)	4202	(354.1)	1853	(259.2)	44	(7.2)	3568	(507.0)
20 - 39.....	893	63	(2.6)	4276	(264.4)	1747	(145.0)	41	(2.4)	4675	(333.7)	2786	(208.6)	60	(3.2)	3605	(342.2)
40 - 59.....	926	58	(1.9)	4369	(152.8)	1118	(149.8)	26	(3.6)	4522	(362.5)	1944	(248.2)	43	(6.4)	4162	(412.8)
60 and over.....	814	42	(3.1)	4135	(411.3)	747	(120.0)	18	(2.5)	4544	(493.5)	1767	(211.3)	39	(5.2)	3836	(462.3)
2 - 19.....	1499	49	(2.3)	3645	(265.0)	837	(62.4)	23	(2.5)	3702	(239.1)	1705	(133.6)	46	(4.1)	3591	(439.8)
20 and over...	2633	55	(1.7)	4271	(171.3)	1232	(114.8)	29	(2.2)	4587	(199.2)	2239	(175.5)	49	(3.4)	3884	(262.2)
2 and over...	4132	54	(1.6)	4126	(160.9)	1140	(86.4)	28	(1.8)	4400	(182.4)	2126	(134.5)	48	(3.0)	3809	(244.8)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	4126	(210.2)	929	(75.8)	23	(1.6)	4350	(248.3)	1939	(144.1)	45	(3.1)	3920	(306.3)
20 and over...	5047	57	(1.5)	5021	(136.4)	1506	(83.9)	30	(1.7)	5173	(142.1)	2652	(144.6)	51	(2.7)	4820	(278.7)
2 and over...	8066	55	(1.3)	4805	(121.3)	1366	(67.7)	28	(1.3)	4999	(110.0)	2501	(123.0)	50	(2.3)	4571	(236.6)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

T h i a m i n																	
—————All Individuals ²————— —————All Restaurant Consumers ³————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	1.33	(0.040)	0.15	(0.023)	11	(1.7)	1.34	(0.049)	0.37	(0.050)	27	(3.5)	1.33	(0.056)
6 - 11.....	537	43	(2.0)	1.68	(0.051)	0.23	(0.018)	14	(1.1)	1.68	(0.104)	0.54	(0.044)	32	(2.2)	1.69	(0.059)
12 - 19.....	646	52	(2.3)	1.99	(0.085)	0.42	(0.033)	21	(2.0)	1.98	(0.139)	0.80	(0.052)	40	(3.3)	1.99	(0.132)
20 - 39.....	853	65	(2.3)	1.96	(0.042)	0.63	(0.031)	32	(1.5)	2.03	(0.060)	0.96	(0.036)	47	(1.6)	1.84	(0.055)
40 - 59.....	808	57	(2.5)	1.85	(0.036)	0.47	(0.023)	25	(1.4)	1.88	(0.052)	0.81	(0.032)	43	(1.7)	1.82	(0.053)
60 and over.....	753	51	(2.2)	1.75	(0.059)	0.32	(0.029)	18	(1.5)	1.76	(0.076)	0.63	(0.042)	36	(1.9)	1.75	(0.070)
2 - 19.....	1520	47	(1.0)	1.75	(0.040)	0.30	(0.019)	17	(1.2)	1.78	(0.066)	0.64	(0.037)	36	(2.0)	1.74	(0.057)
20 and over...	2414	59	(1.5)	1.87	(0.025)	0.49	(0.015)	26	(0.8)	1.92	(0.040)	0.84	(0.021)	44	(0.9)	1.80	(0.027)
2 and over...	3934	56	(1.2)	1.84	(0.021)	0.44	(0.011)	24	(0.6)	1.89	(0.034)	0.79	(0.020)	42	(0.7)	1.78	(0.026)
Females:																	
2 - 5.....	339	45	(4.4)	1.17	(0.032)	0.15	(0.029)	13	(2.5)	1.20	(0.044)	0.32	(0.044)	27	(3.9)	1.14	(0.033)
6 - 11.....	510	48	(3.3)	1.51	(0.052)	0.28	(0.035)	18	(2.1)	1.54	(0.064)	0.57	(0.043)	37	(3.1)	1.48	(0.069)
12 - 19.....	650	51	(2.8)	1.35	(0.037)	0.30	(0.021)	22	(1.6)	1.39	(0.041)	0.58	(0.030)	41	(2.0)	1.31	(0.048)
20 - 39.....	893	63	(2.6)	1.45	(0.034)	0.44	(0.030)	30	(1.9)	1.43	(0.040)	0.70	(0.030)	49	(2.0)	1.47	(0.067)
40 - 59.....	926	58	(1.9)	1.38	(0.039)	0.32	(0.020)	23	(1.4)	1.37	(0.038)	0.56	(0.027)	41	(1.6)	1.41	(0.077)
60 and over.....	814	42	(3.1)	1.32	(0.026)	0.23	(0.021)	17	(1.6)	1.35	(0.037)	0.54	(0.034)	40	(2.4)	1.31	(0.035)
2 - 19.....	1499	49	(2.3)	1.36	(0.021)	0.26	(0.015)	19	(1.0)	1.40	(0.021)	0.53	(0.016)	38	(1.3)	1.33	(0.029)
20 and over...	2633	55	(1.7)	1.39	(0.021)	0.33	(0.018)	24	(1.2)	1.39	(0.022)	0.61	(0.018)	44	(1.3)	1.39	(0.040)
2 and over...	4132	54	(1.6)	1.38	(0.019)	0.32	(0.015)	23	(0.9)	1.39	(0.020)	0.59	(0.014)	42	(1.0)	1.37	(0.033)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	1.56	(0.027)	0.28	(0.013)	18	(0.8)	1.59	(0.039)	0.58	(0.025)	37	(1.5)	1.54	(0.036)
20 and over...	5047	57	(1.5)	1.62	(0.018)	0.41	(0.015)	25	(0.9)	1.65	(0.022)	0.72	(0.013)	44	(0.8)	1.58	(0.031)
2 and over...	8066	55	(1.3)	1.61	(0.018)	0.38	(0.011)	24	(0.7)	1.64	(0.020)	0.69	(0.013)	42	(0.6)	1.57	(0.027)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

R i b o f l a v i n																	
—————All Individuals ²————— —————All Restaurant Consumers ³————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	1.74	(0.062)	0.15	(0.025)	9	(1.5)	1.71	(0.064)	0.37	(0.049)	22	(3.0)	1.76	(0.094)
6 - 11.....	537	43	(2.0)	2.14	(0.057)	0.26	(0.025)	12	(1.2)	2.11	(0.087)	0.59	(0.054)	28	(2.5)	2.16	(0.091)
12 - 19.....	646	52	(2.3)	2.53	(0.101)	0.48	(0.054)	19	(2.2)	2.41	(0.126)	0.92	(0.098)	38	(3.6)	2.66	(0.220)
20 - 39.....	853	65	(2.3)	2.70	(0.096)	0.67	(0.038)	25	(1.6)	2.81	(0.143)	1.02	(0.039)	36	(2.3)	2.50	(0.105)
40 - 59.....	808	57	(2.5)	2.54	(0.046)	0.56	(0.037)	22	(1.5)	2.59	(0.076)	0.97	(0.055)	38	(1.9)	2.46	(0.070)
60 and over.....	753	51	(2.2)	2.31	(0.057)	0.39	(0.027)	17	(1.1)	2.39	(0.092)	0.77	(0.030)	32	(1.4)	2.23	(0.055)
2 - 19.....	1520	47	(1.0)	2.24	(0.053)	0.34	(0.028)	15	(1.3)	2.19	(0.063)	0.72	(0.055)	33	(2.5)	2.28	(0.095)
20 and over...	2414	59	(1.5)	2.54	(0.041)	0.56	(0.017)	22	(0.7)	2.64	(0.069)	0.95	(0.023)	36	(1.2)	2.40	(0.046)
2 and over...	3934	56	(1.2)	2.47	(0.040)	0.50	(0.014)	20	(0.6)	2.54	(0.059)	0.90	(0.021)	35	(0.9)	2.36	(0.047)
Females:																	
2 - 5.....	339	45	(4.4)	1.68	(0.067)	0.18	(0.034)	11	(2.0)	1.76	(0.107)	0.40	(0.049)	22	(3.1)	1.61	(0.051)
6 - 11.....	510	48	(3.3)	1.83	(0.045)	0.30	(0.040)	16	(1.9)	1.89	(0.042)	0.61	(0.048)	32	(2.7)	1.78	(0.087)
12 - 19.....	650	51	(2.8)	1.70	(0.088)	0.34	(0.031)	20	(1.6)	1.71	(0.101)	0.66	(0.048)	39	(1.9)	1.68	(0.134)
20 - 39.....	893	63	(2.6)	1.82	(0.041)	0.52	(0.047)	28	(2.3)	1.79	(0.062)	0.82	(0.055)	46	(2.4)	1.87	(0.078)
40 - 59.....	926	58	(1.9)	1.87	(0.039)	0.39	(0.022)	21	(1.2)	1.89	(0.041)	0.67	(0.033)	35	(1.6)	1.85	(0.066)
60 and over.....	814	42	(3.1)	1.79	(0.041)	0.25	(0.022)	14	(1.1)	1.78	(0.056)	0.60	(0.027)	34	(1.5)	1.81	(0.048)
2 - 19.....	1499	49	(2.3)	1.74	(0.051)	0.29	(0.029)	17	(1.5)	1.78	(0.057)	0.59	(0.040)	33	(1.8)	1.69	(0.071)
20 and over...	2633	55	(1.7)	1.83	(0.024)	0.39	(0.024)	21	(1.2)	1.83	(0.030)	0.72	(0.028)	39	(1.3)	1.84	(0.039)
2 and over...	4132	54	(1.6)	1.81	(0.023)	0.37	(0.021)	20	(1.0)	1.82	(0.029)	0.69	(0.023)	38	(1.0)	1.80	(0.036)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	2.00	(0.040)	0.31	(0.017)	16	(0.8)	1.99	(0.036)	0.66	(0.033)	33	(1.6)	2.00	(0.062)
20 and over...	5047	57	(1.5)	2.18	(0.028)	0.47	(0.016)	22	(0.7)	2.23	(0.044)	0.83	(0.016)	37	(0.9)	2.10	(0.033)
2 and over...	8066	55	(1.3)	2.13	(0.029)	0.43	(0.014)	20	(0.6)	2.18	(0.039)	0.80	(0.014)	36	(0.7)	2.07	(0.034)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

N i a c i n																	
—————All Individuals ²————— —————All Restaurant Consumers ³————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	16.4	(0.56)	2.2	(0.29)	13	(1.9)	16.6	(0.85)	5.3	(0.57)	32	(3.2)	16.2	(0.80)
6 - 11.....	537	43	(2.0)	22.0	(0.71)	3.6	(0.34)	16	(1.5)	22.1	(0.99)	8.3	(0.74)	38	(2.4)	22.0	(1.00)
12 - 19.....	646	52	(2.3)	31.5	(1.22)	9.0	(1.32)	29	(3.5)	34.0	(2.07)	17.4	(2.34)	51	(4.3)	28.7	(2.14)
20 - 39.....	853	65	(2.3)	35.9	(1.04)	11.2	(0.68)	31	(1.9)	38.3	(1.55)	17.2	(0.81)	45	(2.8)	31.5	(1.52)
40 - 59.....	808	57	(2.5)	31.0	(0.63)	8.2	(0.48)	27	(1.6)	32.0	(0.94)	14.4	(0.72)	45	(2.0)	29.7	(0.85)
60 and over.....	753	51	(2.2)	26.8	(0.41)	5.3	(0.30)	20	(1.1)	27.2	(0.58)	10.5	(0.40)	39	(1.6)	26.5	(0.71)
2 - 19.....	1520	47	(1.0)	25.2	(0.66)	5.8	(0.77)	23	(2.6)	27.2	(1.41)	12.4	(1.57)	46	(3.6)	23.5	(0.91)
20 and over...	2414	59	(1.5)	31.8	(0.42)	8.6	(0.26)	27	(0.9)	33.6	(0.71)	14.7	(0.41)	44	(1.3)	29.3	(0.57)
2 and over...	3934	56	(1.2)	30.2	(0.41)	7.9	(0.29)	26	(0.9)	32.2	(0.79)	14.2	(0.53)	44	(1.1)	27.6	(0.46)
Females:																	
2 - 5.....	339	45	(4.4)	14.8	(0.45)	2.0	(0.35)	13	(2.5)	15.0	(0.69)	4.3	(0.44)	29	(3.7)	14.6	(0.59)
6 - 11.....	510	48	(3.3)	20.0	(0.46)	4.0	(0.39)	20	(1.9)	20.1	(0.81)	8.3	(0.39)	41	(2.8)	19.8	(0.71)
12 - 19.....	650	51	(2.8)	20.5	(0.78)	5.0	(0.36)	25	(1.9)	21.5	(0.87)	9.8	(0.53)	45	(2.2)	19.4	(1.07)
20 - 39.....	893	63	(2.6)	22.8	(0.57)	7.8	(0.61)	34	(2.5)	23.6	(0.73)	12.5	(0.56)	53	(2.0)	21.4	(0.79)
40 - 59.....	926	58	(1.9)	21.6	(0.32)	5.6	(0.32)	26	(1.3)	22.4	(0.49)	9.7	(0.45)	43	(1.7)	20.5	(0.66)
60 and over.....	814	42	(3.1)	19.5	(0.49)	3.6	(0.30)	19	(1.6)	20.0	(0.63)	8.6	(0.53)	43	(2.2)	19.1	(0.73)
2 - 19.....	1499	49	(2.3)	19.1	(0.38)	4.0	(0.19)	21	(1.0)	19.8	(0.45)	8.2	(0.28)	42	(1.3)	18.4	(0.63)
20 and over...	2633	55	(1.7)	21.4	(0.24)	5.8	(0.30)	27	(1.4)	22.3	(0.35)	10.5	(0.31)	47	(1.4)	20.3	(0.46)
2 and over...	4132	54	(1.6)	20.9	(0.20)	5.4	(0.24)	26	(1.1)	21.8	(0.30)	10.1	(0.26)	46	(1.1)	19.8	(0.34)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	22.2	(0.45)	4.9	(0.38)	22	(1.4)	23.5	(0.78)	10.3	(0.87)	44	(2.4)	21.1	(0.46)
20 and over...	5047	57	(1.5)	26.5	(0.24)	7.2	(0.23)	27	(0.9)	28.0	(0.46)	12.6	(0.26)	45	(1.1)	24.5	(0.33)
2 and over...	8066	55	(1.3)	25.4	(0.24)	6.6	(0.20)	26	(0.8)	27.0	(0.50)	12.1	(0.31)	45	(0.9)	23.5	(0.26)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

V i t a m i n B 6																	
All Individuals ² All Restaurant Consumers ³ Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	1.43	(0.056)	0.11	(0.018)	8	(1.3)	1.34	(0.101)	0.27	(0.036)	20	(2.5)	1.50	(0.065)
6 - 11.....	537	43	(2.0)	1.84	(0.052)	0.23	(0.029)	12	(1.5)	1.78	(0.082)	0.53	(0.069)	30	(3.3)	1.88	(0.078)
12 - 19.....	646	52	(2.3)	2.53	(0.116)	0.58	(0.114)	23	(4.0)	2.52	(0.173)	1.12	(0.206)	45	(5.5)	2.54	(0.238)
20 - 39.....	853	65	(2.3)	3.06	(0.140)	0.71	(0.055)	23	(2.3)	3.22	(0.204)	1.09	(0.068)	34	(3.7)	2.77	(0.173)
40 - 59.....	808	57	(2.5)	2.55	(0.061)	0.57	(0.038)	22	(1.8)	2.51	(0.079)	0.99	(0.056)	40	(2.1)	2.59	(0.124)
60 and over.....	753	51	(2.2)	2.24	(0.058)	0.37	(0.024)	17	(1.0)	2.24	(0.083)	0.73	(0.039)	33	(1.7)	2.23	(0.072)
2 - 19.....	1520	47	(1.0)	2.07	(0.056)	0.37	(0.060)	18	(2.7)	2.08	(0.105)	0.78	(0.125)	38	(4.3)	2.07	(0.088)
20 and over...	2414	59	(1.5)	2.66	(0.047)	0.57	(0.023)	22	(1.0)	2.75	(0.079)	0.98	(0.033)	36	(1.7)	2.54	(0.053)
2 and over...	3934	56	(1.2)	2.51	(0.044)	0.52	(0.023)	21	(0.9)	2.61	(0.078)	0.94	(0.040)	36	(1.4)	2.40	(0.035)
Females:																	
2 - 5.....	339	45	(4.4)	1.32	(0.063)	0.11	(0.013)	8	(1.2)	1.25	(0.080)	0.23	(0.013)	19	(2.0)	1.38	(0.081)
6 - 11.....	510	48	(3.3)	1.59	(0.047)	0.22	(0.024)	14	(1.5)	1.51	(0.072)	0.46	(0.033)	30	(2.3)	1.66	(0.086)
12 - 19.....	650	51	(2.8)	1.60	(0.071)	0.31	(0.023)	19	(1.5)	1.62	(0.076)	0.61	(0.033)	37	(1.8)	1.58	(0.106)
20 - 39.....	893	63	(2.6)	1.88	(0.059)	0.51	(0.039)	27	(2.2)	1.87	(0.063)	0.82	(0.036)	44	(2.2)	1.89	(0.086)
40 - 59.....	926	58	(1.9)	1.76	(0.037)	0.38	(0.026)	21	(1.1)	1.75	(0.062)	0.65	(0.042)	37	(1.7)	1.77	(0.064)
60 and over.....	814	42	(3.1)	1.63	(0.031)	0.25	(0.023)	15	(1.5)	1.61	(0.044)	0.58	(0.033)	36	(2.0)	1.65	(0.054)
2 - 19.....	1499	49	(2.3)	1.54	(0.044)	0.24	(0.013)	15	(0.9)	1.51	(0.047)	0.49	(0.024)	32	(1.2)	1.56	(0.070)
20 and over...	2633	55	(1.7)	1.76	(0.016)	0.39	(0.019)	22	(1.2)	1.77	(0.036)	0.70	(0.020)	40	(1.4)	1.76	(0.042)
2 and over...	4132	54	(1.6)	1.71	(0.015)	0.35	(0.015)	21	(0.9)	1.71	(0.030)	0.66	(0.018)	38	(1.2)	1.71	(0.033)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	1.81	(0.039)	0.30	(0.029)	17	(1.4)	1.80	(0.063)	0.64	(0.068)	35	(2.8)	1.83	(0.050)
20 and over...	5047	57	(1.5)	2.20	(0.030)	0.48	(0.017)	22	(0.9)	2.26	(0.052)	0.84	(0.022)	37	(1.5)	2.12	(0.035)
2 and over...	8066	55	(1.3)	2.11	(0.028)	0.44	(0.014)	21	(0.7)	2.16	(0.050)	0.80	(0.025)	37	(1.2)	2.04	(0.026)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

F o l a t e (D F E)																	
—————All Individuals ² ————— —————All Restaurant Consumers ³ ————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	436	(20.1)	43	(4.5)	10	(1.3)	450	(29.2)	103	(10.9)	23	(2.7)	425	(27.6)
6 - 11.....	537	43	(2.0)	538	(23.1)	69	(4.8)	13	(1.0)	545	(27.8)	161	(9.7)	30	(1.8)	533	(32.4)
12 - 19.....	646	52	(2.3)	620	(34.8)	111	(8.1)	18	(1.6)	593	(41.1)	214	(16.1)	36	(2.6)	649	(58.7)
20 - 39.....	853	65	(2.3)	639	(17.9)	191	(10.4)	30	(1.6)	656	(22.5)	293	(14.1)	45	(1.7)	609	(30.8)
40 - 59.....	808	57	(2.5)	590	(16.4)	137	(8.0)	23	(1.7)	585	(21.4)	239	(13.0)	41	(1.7)	596	(28.3)
60 and over.....	753	51	(2.2)	558	(22.2)	88	(8.2)	16	(1.5)	544	(20.0)	174	(11.0)	32	(1.8)	573	(38.5)
2 - 19.....	1520	47	(1.0)	555	(18.2)	83	(4.7)	15	(1.0)	553	(20.3)	178	(8.9)	32	(1.6)	558	(26.4)
20 and over...	2414	59	(1.5)	601	(10.6)	145	(5.1)	24	(0.8)	606	(11.3)	247	(7.9)	41	(1.0)	593	(14.9)
2 and over...	3934	56	(1.2)	589	(8.9)	129	(3.9)	22	(0.7)	595	(9.8)	232	(6.4)	39	(0.8)	582	(13.2)
Females:																	
2 - 5.....	339	45	(4.4)	409	(17.1)	42	(8.2)	10	(2.1)	385	(21.4)	92	(14.0)	24	(3.8)	428	(30.4)
6 - 11.....	510	48	(3.3)	493	(24.0)	82	(9.2)	17	(1.8)	494	(34.4)	169	(12.2)	34	(2.3)	492	(32.5)
12 - 19.....	650	51	(2.8)	467	(22.7)	95	(6.9)	20	(1.5)	471	(26.3)	184	(10.6)	39	(2.9)	462	(30.1)
20 - 39.....	893	63	(2.6)	477	(13.8)	131	(10.0)	27	(2.5)	467	(13.6)	209	(9.4)	45	(2.5)	495	(28.1)
40 - 59.....	926	58	(1.9)	453	(16.9)	97	(6.3)	21	(1.1)	445	(17.5)	168	(9.1)	38	(1.7)	463	(24.8)
60 and over.....	814	42	(3.1)	445	(9.4)	70	(6.3)	16	(1.4)	442	(18.6)	166	(8.7)	38	(2.6)	447	(16.3)
2 - 19.....	1499	49	(2.3)	463	(14.0)	79	(4.1)	17	(0.9)	461	(15.5)	161	(5.3)	35	(1.6)	464	(20.5)
20 and over...	2633	55	(1.7)	459	(8.3)	101	(5.8)	22	(1.3)	453	(7.1)	184	(6.1)	41	(1.3)	466	(14.5)
2 and over...	4132	54	(1.6)	460	(7.1)	96	(4.4)	21	(0.9)	455	(7.6)	179	(4.3)	39	(1.0)	466	(11.5)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	510	(12.7)	81	(3.7)	16	(0.7)	507	(14.1)	170	(5.5)	33	(1.2)	513	(16.3)
20 and over...	5047	57	(1.5)	528	(8.7)	122	(5.0)	23	(0.9)	530	(6.7)	216	(5.8)	41	(1.1)	525	(14.0)
2 and over...	8066	55	(1.3)	524	(8.0)	112	(3.7)	21	(0.7)	525	(6.2)	206	(4.5)	39	(0.8)	522	(12.1)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

C h o l i n e																	
—————All Individuals ²————— —————All Restaurant Consumers ³————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	217	(9.5)	21	(3.2)	10	(1.7)	205	(11.4)	51	(6.4)	25	(2.9)	225	(15.4)
6 - 11.....	537	43	(2.0)	267	(6.5)	40	(3.7)	15	(1.5)	269	(12.6)	92	(7.7)	34	(2.5)	266	(12.3)
12 - 19.....	646	52	(2.3)	347	(10.2)	80	(9.7)	23	(2.5)	358	(14.5)	153	(16.6)	43	(3.9)	336	(15.4)
20 - 39.....	853	65	(2.3)	415	(8.3)	127	(7.4)	31	(1.6)	426	(13.2)	195	(8.5)	46	(2.3)	394	(15.3)
40 - 59.....	808	57	(2.5)	420	(11.4)	107	(6.9)	26	(1.6)	430	(14.4)	187	(10.1)	43	(2.3)	405	(21.5)
60 and over.....	753	51	(2.2)	358	(7.8)	76	(6.2)	21	(1.4)	369	(13.3)	150	(8.8)	41	(1.8)	347	(5.9)
2 - 19.....	1520	47	(1.0)	294	(5.7)	54	(6.1)	18	(1.9)	303	(10.8)	116	(12.1)	38	(3.2)	286	(6.7)
20 and over...	2414	59	(1.5)	402	(6.1)	107	(4.0)	27	(0.9)	415	(8.5)	182	(5.9)	44	(1.4)	384	(9.6)
2 and over...	3934	56	(1.2)	375	(5.6)	94	(3.1)	25	(0.8)	391	(8.0)	168	(5.2)	43	(1.1)	354	(6.7)
Females:																	
2 - 5.....	339	45	(4.4)	201	(8.7)	22	(3.4)	11	(1.8)	200	(8.1)	48	(4.5)	24	(2.9)	203	(10.7)
6 - 11.....	510	48	(3.3)	224	(5.6)	41	(3.7)	18	(1.4)	228	(9.3)	85	(4.1)	37	(1.4)	221	(8.9)
12 - 19.....	650	51	(2.8)	216	(6.4)	52	(3.7)	24	(1.6)	218	(6.5)	101	(5.3)	46	(1.9)	213	(8.9)
20 - 39.....	893	63	(2.6)	285	(4.5)	90	(6.7)	31	(2.4)	278	(6.8)	143	(6.9)	52	(2.3)	298	(9.7)
40 - 59.....	926	58	(1.9)	281	(6.2)	70	(4.6)	25	(1.3)	293	(9.2)	121	(7.4)	41	(1.8)	265	(9.7)
60 and over.....	814	42	(3.1)	267	(7.3)	48	(4.4)	18	(1.5)	264	(9.6)	113	(7.0)	43	(2.2)	270	(8.5)
2 - 19.....	1499	49	(2.3)	216	(4.2)	42	(2.2)	19	(0.9)	218	(5.3)	86	(3.2)	39	(1.2)	213	(5.6)
20 and over...	2633	55	(1.7)	278	(3.4)	70	(4.1)	25	(1.4)	281	(4.3)	128	(4.8)	46	(1.6)	276	(6.9)
2 and over...	4132	54	(1.6)	264	(2.9)	64	(3.2)	24	(1.1)	267	(3.7)	119	(4.0)	45	(1.3)	260	(5.3)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	256	(3.8)	48	(3.0)	19	(1.0)	261	(7.3)	101	(6.6)	39	(1.8)	251	(4.8)
20 and over...	5047	57	(1.5)	339	(3.9)	88	(3.1)	26	(0.9)	348	(5.2)	155	(3.7)	45	(1.1)	326	(6.4)
2 and over...	8066	55	(1.3)	319	(3.5)	78	(2.4)	25	(0.8)	330	(4.9)	144	(3.3)	44	(0.9)	305	(4.9)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

V i t a m i n B 1 2																	
All Individuals ² All Restaurant Consumers ³ Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	3.93	(0.230)	0.23	(0.022)	6	(0.8)	3.62	(0.191)	0.55	(0.045)	15	(1.4)	4.15	(0.377)
6 - 11.....	537	43	(2.0)	5.11	(0.160)	0.54	(0.047)	11	(1.0)	4.74	(0.287)	1.26	(0.106)	27	(2.3)	5.39	(0.300)
12 - 19.....	646	52	(2.3)	6.50	(0.308)	1.47	(0.293)	23	(4.2)	6.48	(0.477)	2.83	(0.505)	44	(6.0)	6.52	(0.582)
20 - 39.....	853	65	(2.3)	7.04	(0.402)	1.84	(0.153)	26	(2.1)	7.62	(0.541)	2.82	(0.208)	37	(2.8)	5.95	(0.382)
40 - 59.....	808	57	(2.5)	5.63	(0.195)	1.28	(0.102)	23	(2.1)	5.60	(0.207)	2.24	(0.162)	40	(3.1)	5.67	(0.439)
60 and over.....	753	51	(2.2)	5.00	(0.214)	0.97	(0.127)	19	(2.1)	5.29	(0.369)	1.92	(0.196)	36	(3.2)	4.71	(0.171)
2 - 19.....	1520	47	(1.0)	5.51	(0.185)	0.90	(0.153)	16	(2.6)	5.42	(0.298)	1.93	(0.310)	36	(4.6)	5.59	(0.260)
20 and over...	2414	59	(1.5)	6.01	(0.142)	1.42	(0.074)	24	(1.1)	6.38	(0.178)	2.41	(0.115)	38	(1.7)	5.47	(0.187)
2 and over...	3934	56	(1.2)	5.88	(0.128)	1.29	(0.065)	22	(1.1)	6.18	(0.166)	2.31	(0.111)	37	(1.4)	5.51	(0.191)
Females:																	
2 - 5.....	339	45	(4.4)	3.82	(0.177)	0.30	(0.042)	8	(1.3)	3.82	(0.294)	0.66	(0.074)	17	(2.8)	3.83	(0.138)
6 - 11.....	510	48	(3.3)	4.29	(0.157)	0.62	(0.054)	14	(1.0)	4.17	(0.267)	1.28	(0.092)	31	(2.8)	4.40	(0.348)
12 - 19.....	650	51	(2.8)	3.90	(0.139)	0.73	(0.052)	19	(1.4)	3.85	(0.207)	1.42	(0.059)	37	(2.2)	3.95	(0.208)
20 - 39.....	893	63	(2.6)	4.13	(0.115)	1.26	(0.120)	31	(2.9)	4.17	(0.211)	2.01	(0.166)	48	(3.1)	4.06	(0.228)
40 - 59.....	926	58	(1.9)	3.78	(0.112)	0.88	(0.064)	23	(1.4)	3.82	(0.121)	1.53	(0.092)	40	(2.0)	3.71	(0.256)
60 and over.....	814	42	(3.1)	3.98	(0.163)	0.74	(0.083)	19	(1.9)	4.06	(0.187)	1.74	(0.133)	43	(2.7)	3.92	(0.234)
2 - 19.....	1499	49	(2.3)	4.01	(0.108)	0.60	(0.038)	15	(0.9)	3.95	(0.137)	1.23	(0.052)	31	(1.5)	4.07	(0.173)
20 and over...	2633	55	(1.7)	3.96	(0.089)	0.97	(0.065)	25	(1.5)	4.01	(0.095)	1.77	(0.094)	44	(1.8)	3.89	(0.180)
2 and over...	4132	54	(1.6)	3.97	(0.076)	0.89	(0.050)	22	(1.1)	4.00	(0.090)	1.65	(0.078)	41	(1.5)	3.93	(0.140)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	4.78	(0.104)	0.76	(0.072)	16	(1.4)	4.69	(0.175)	1.58	(0.160)	34	(2.8)	4.87	(0.166)
20 and over...	5047	57	(1.5)	4.95	(0.075)	1.19	(0.048)	24	(0.9)	5.20	(0.104)	2.09	(0.072)	40	(1.3)	4.62	(0.135)
2 and over...	8066	55	(1.3)	4.91	(0.067)	1.08	(0.040)	22	(0.8)	5.09	(0.100)	1.98	(0.069)	39	(1.0)	4.69	(0.125)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

V i t a m i n C																	
All Individuals ² All Restaurant Consumers ³ Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	81.4	(3.56)	4.6	(1.08)	6	(1.3)	80.1	(8.13)	11.1	(2.49)	14	(2.2)	82.3	(6.42)
6 - 11.....	537	43	(2.0)	77.4	(4.01)	4.4	(0.60)	6	(0.9)	73.4	(4.98)	10.3	(1.37)	14	(2.0)	80.3	(6.49)
12 - 19.....	646	52	(2.3)	75.9	(5.39)	8.2	(1.47)	11	(1.9)	68.4	(5.82)	15.8	(2.99)	23	(3.1)	83.9	(7.62)
20 - 39.....	853	65	(2.3)	85.0	(4.32)	16.1	(0.94)	19	(1.0)	86.3	(5.30)	24.6	(1.62)	29	(2.0)	82.6	(5.02)
40 - 59.....	808	57	(2.5)	79.4	(3.01)	14.4	(1.45)	18	(1.9)	78.8	(4.36)	25.2	(2.38)	32	(2.6)	80.2	(7.58)
60 and over.....	753	51	(2.2)	86.6	(4.89)	8.6	(0.59)	10	(0.6)	83.0	(6.59)	17.0	(0.89)	21	(1.2)	90.3	(4.85)
2 - 19.....	1520	47	(1.0)	77.5	(3.40)	6.2	(0.83)	8	(1.0)	72.0	(4.21)	13.2	(1.67)	18	(1.7)	82.2	(4.50)
20 and over...	2414	59	(1.5)	83.3	(2.39)	13.6	(0.61)	16	(0.5)	82.9	(4.27)	23.2	(0.98)	28	(0.6)	84.0	(2.67)
2 and over...	3934	56	(1.2)	81.9	(1.51)	11.7	(0.56)	14	(0.5)	80.6	(3.52)	21.1	(0.91)	26	(0.6)	83.5	(2.39)
Females:																	
2 - 5.....	339	45	(4.4)	74.2	(5.87)	3.7	(0.41)	5	(0.7)	74.3	(6.66)	8.3	(0.93)	11	(2.0)	74.1	(8.42)
6 - 11.....	510	48	(3.3)	71.6	(4.03)	5.3	(0.82)	7	(1.1)	65.5	(5.41)	11.1	(1.56)	17	(2.4)	77.3	(5.39)
12 - 19.....	650	51	(2.8)	62.7	(3.92)	8.5	(1.54)	14	(2.2)	59.6	(3.66)	16.6	(2.48)	28	(3.6)	66.0	(5.97)
20 - 39.....	893	63	(2.6)	73.9	(2.70)	13.0	(1.16)	18	(1.4)	72.0	(3.03)	20.8	(1.76)	29	(2.0)	77.0	(5.16)
40 - 59.....	926	58	(1.9)	73.5	(3.80)	9.7	(1.00)	13	(1.0)	68.2	(5.65)	16.8	(1.65)	25	(1.9)	80.7	(4.09)
60 and over.....	814	42	(3.1)	78.6	(3.69)	6.4	(0.86)	8	(1.0)	72.4	(7.27)	15.2	(1.46)	21	(2.6)	83.1	(4.93)
2 - 19.....	1499	49	(2.3)	68.0	(2.11)	6.5	(0.66)	10	(0.9)	64.4	(2.29)	13.2	(1.30)	21	(1.9)	71.5	(3.33)
20 and over...	2633	55	(1.7)	75.1	(2.15)	9.9	(0.78)	13	(0.9)	70.6	(3.18)	18.0	(1.18)	26	(1.1)	80.5	(3.30)
2 and over...	4132	54	(1.6)	73.4	(1.84)	9.1	(0.65)	12	(0.7)	69.3	(2.67)	17.0	(1.06)	25	(1.0)	78.2	(2.60)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	72.9	(1.78)	6.3	(0.53)	9	(0.7)	68.2	(2.22)	13.2	(1.09)	19	(1.3)	77.1	(2.28)
20 and over...	5047	57	(1.5)	79.1	(1.67)	11.7	(0.55)	15	(0.6)	76.8	(2.23)	20.6	(0.72)	27	(0.6)	82.1	(2.07)
2 and over...	8066	55	(1.3)	77.6	(1.25)	10.4	(0.46)	13	(0.5)	75.0	(1.79)	19.0	(0.68)	25	(0.6)	80.8	(1.61)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 *(continued)*

V i t a m i n D																	
All Individuals ² All Restaurant Consumers ³ Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	6.1	(0.52)	0.2	(0.05)	3*	(1.0)	5.1	(0.38)	0.4	(0.12)	8*	(2.3)	6.7	(0.88)
6 - 11.....	537	43	(2.0)	6.1	(0.25)	0.2	(0.05)	4	(0.8)	5.4	(0.39)	0.6	(0.11)	10	(2.1)	6.7	(0.46)
12 - 19.....	646	52	(2.3)	6.0	(0.30)	0.5	(0.06)	8	(1.0)	5.2	(0.44)	0.9	(0.11)	18	(2.0)	6.9	(0.42)
20 - 39.....	853	65	(2.3)	5.4	(0.37)	0.9	(0.12)	17	(2.0)	5.4	(0.43)	1.4	(0.16)	26	(2.5)	5.5	(0.49)
40 - 59.....	808	57	(2.5)	5.7	(0.50)	0.8	(0.09)	14	(1.9)	5.3	(0.38)	1.4	(0.15)	27	(3.1)	6.3	(1.07)
60 and over.....	753	51	(2.2)	5.4	(0.33)	0.7	(0.14)	13	(2.2)	5.8	(0.62)	1.3	(0.23)	23	(3.7)	4.9	(0.27)
2 - 19.....	1520	47	(1.0)	6.1	(0.19)	0.3	(0.04)	6	(0.6)	5.3	(0.26)	0.7	(0.07)	14	(1.5)	6.8	(0.30)
20 and over...	2414	59	(1.5)	5.5	(0.29)	0.8	(0.08)	15	(1.4)	5.4	(0.28)	1.4	(0.12)	26	(1.8)	5.6	(0.52)
2 and over...	3934	56	(1.2)	5.7	(0.22)	0.7	(0.07)	12	(1.1)	5.4	(0.22)	1.3	(0.10)	23	(1.6)	6.0	(0.40)
Females:																	
2 - 5.....	339	45	(4.4)	5.6	(0.35)	0.3	(0.05)	5	(1.0)	5.7	(0.57)	0.6	(0.11)	11	(2.3)	5.6	(0.24)
6 - 11.....	510	48	(3.3)	4.7	(0.10)	0.4	(0.08)	8	(1.6)	4.5	(0.20)	0.7	(0.13)	16	(3.1)	4.9	(0.31)
12 - 19.....	650	51	(2.8)	3.7	(0.15)	0.5	(0.07)	13	(1.9)	3.3	(0.17)	0.9	(0.13)	27	(3.4)	4.1	(0.29)
20 - 39.....	893	63	(2.6)	3.9	(0.19)	0.8	(0.11)	21	(2.8)	3.8	(0.30)	1.3	(0.15)	34	(3.6)	4.1	(0.24)
40 - 59.....	926	58	(1.9)	3.9	(0.12)	0.7	(0.10)	19	(2.7)	3.6	(0.15)	1.3	(0.17)	36	(3.7)	4.3	(0.34)
60 and over.....	814	42	(3.1)	4.3	(0.22)	0.4	(0.07)	9	(1.7)	3.9	(0.33)	0.9	(0.20)	23	(4.6)	4.6	(0.29)
2 - 19.....	1499	49	(2.3)	4.4	(0.13)	0.4	(0.04)	9	(0.9)	4.2	(0.16)	0.8	(0.07)	19	(1.5)	4.7	(0.22)
20 and over...	2633	55	(1.7)	4.0	(0.11)	0.7	(0.07)	17	(1.8)	3.7	(0.13)	1.2	(0.12)	32	(2.8)	4.3	(0.22)
2 and over...	4132	54	(1.6)	4.1	(0.08)	0.6	(0.06)	15	(1.4)	3.8	(0.10)	1.1	(0.10)	29	(2.2)	4.4	(0.17)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	5.3	(0.10)	0.4	(0.03)	7	(0.5)	4.7	(0.15)	0.8	(0.06)	16	(1.2)	5.8	(0.17)
20 and over...	5047	57	(1.5)	4.7	(0.16)	0.7	(0.05)	16	(1.0)	4.6	(0.18)	1.3	(0.08)	28	(1.5)	4.9	(0.26)
2 and over...	8066	55	(1.3)	4.9	(0.12)	0.6	(0.04)	13	(0.8)	4.6	(0.15)	1.2	(0.07)	26	(1.2)	5.2	(0.20)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

V i t a m i n E (a l p h a t o c o p h e r o l)																	
All Individuals ²										All Restaurant Consumers ³				Non-consumers ⁴			
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	5.9	(0.30)	0.7	(0.10)	12	(1.9)	5.7	(0.35)	1.6	(0.19)	29	(4.0)	6.0	(0.44)
6 - 11.....	537	43	(2.0)	7.2	(0.30)	1.1	(0.10)	15	(1.5)	7.3	(0.37)	2.5	(0.22)	34	(1.9)	7.2	(0.48)
12 - 19.....	646	52	(2.3)	9.3	(1.01)	1.9	(0.18)	20	(3.1)	8.7	(0.43)	3.6	(0.29)	42	(3.6)	9.9	(2.13)
20 - 39.....	853	65	(2.3)	11.1	(0.56)	2.8	(0.18)	25	(1.6)	11.6	(0.58)	4.3	(0.20)	37	(1.7)	10.2	(0.93)
40 - 59.....	808	57	(2.5)	10.2	(0.33)	2.4	(0.20)	23	(1.7)	10.8	(0.39)	4.2	(0.28)	39	(2.5)	9.4	(0.39)
60 and over.....	753	51	(2.2)	9.7	(0.36)	1.6	(0.16)	17	(1.4)	9.6	(0.60)	3.2	(0.26)	33	(1.6)	9.8	(0.45)
2 - 19.....	1520	47	(1.0)	7.9	(0.50)	1.4	(0.13)	17	(1.9)	7.7	(0.26)	2.9	(0.24)	38	(2.8)	8.0	(0.90)
20 and over...	2414	59	(1.5)	10.4	(0.26)	2.4	(0.08)	23	(0.8)	10.9	(0.32)	4.0	(0.10)	37	(1.1)	9.8	(0.30)
2 and over...	3934	56	(1.2)	9.8	(0.22)	2.1	(0.07)	22	(0.7)	10.2	(0.27)	3.8	(0.10)	37	(0.9)	9.2	(0.33)
Females:																	
2 - 5.....	339	45	(4.4)	5.3	(0.17)	0.6	(0.10)	12	(2.1)	5.5	(0.34)	1.4	(0.13)	25	(2.0)	5.1	(0.33)
6 - 11.....	510	48	(3.3)	7.1	(0.23)	1.2	(0.13)	17	(1.5)	7.3	(0.40)	2.6	(0.18)	35	(1.9)	6.9	(0.33)
12 - 19.....	650	51	(2.8)	6.7	(0.31)	1.5	(0.09)	22	(1.3)	7.3	(0.36)	2.8	(0.16)	39	(2.0)	6.0	(0.51)
20 - 39.....	893	63	(2.6)	8.6	(0.19)	2.3	(0.19)	26	(2.3)	8.3	(0.30)	3.6	(0.18)	43	(2.8)	9.1	(0.60)
40 - 59.....	926	58	(1.9)	8.6	(0.31)	1.7	(0.09)	20	(0.9)	8.4	(0.24)	3.0	(0.14)	35	(1.8)	8.8	(0.69)
60 and over.....	814	42	(3.1)	8.0	(0.30)	1.2	(0.11)	15	(1.3)	7.7	(0.26)	2.8	(0.16)	36	(2.2)	8.3	(0.55)
2 - 19.....	1499	49	(2.3)	6.5	(0.17)	1.2	(0.06)	19	(0.9)	7.0	(0.23)	2.5	(0.11)	35	(1.5)	6.1	(0.26)
20 and over...	2633	55	(1.7)	8.4	(0.17)	1.7	(0.11)	21	(1.1)	8.2	(0.18)	3.2	(0.13)	39	(1.6)	8.7	(0.41)
2 and over...	4132	54	(1.6)	8.0	(0.15)	1.6	(0.08)	20	(0.9)	8.0	(0.14)	3.0	(0.10)	38	(1.3)	8.0	(0.33)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	7.2	(0.29)	1.3	(0.08)	18	(1.2)	7.3	(0.18)	2.7	(0.16)	37	(2.0)	7.1	(0.54)
20 and over...	5047	57	(1.5)	9.4	(0.18)	2.0	(0.07)	22	(0.7)	9.6	(0.20)	3.6	(0.07)	38	(1.0)	9.2	(0.24)
2 and over...	8066	55	(1.3)	8.9	(0.16)	1.9	(0.06)	21	(0.7)	9.1	(0.17)	3.4	(0.07)	38	(0.8)	8.6	(0.27)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

V i t a m i n K																	
All Individuals ² All Restaurant Consumers ³ Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	48.9	(3.69)	5.9	(0.76)	12	(2.0)	48.4	(6.26)	14.3	(1.50)	30	(4.7)	49.3	(4.86)
6 - 11.....	537	43	(2.0)	71.8	(7.71)	8.9	(0.92)	12	(2.0)	69.6	(10.51)	20.5	(1.97)	30	(5.6)	73.5	(7.21)
12 - 19.....	646	52	(2.3)	80.5	(4.12)	21.5	(2.27)	27	(3.0)	85.2	(4.93)	41.3	(3.93)	48	(4.3)	75.5	(7.23)
20 - 39.....	853	65	(2.3)	121.5	(8.55)	43.4	(6.78)	36	(3.6)	127.3	(11.61)	66.5	(9.67)	52	(3.2)	110.7	(9.47)
40 - 59.....	808	57	(2.5)	122.8	(8.23)	34.7	(4.40)	28	(2.7)	123.0	(9.46)	60.4	(7.10)	49	(4.2)	122.5	(15.72)
60 and over.....	753	51	(2.2)	117.4	(8.16)	21.3	(2.20)	18	(1.4)	117.9	(13.14)	42.0	(3.95)	36	(2.9)	116.9	(9.28)
2 - 19.....	1520	47	(1.0)	71.4	(4.36)	14.0	(1.54)	20	(2.5)	73.8	(5.74)	29.9	(2.91)	41	(4.5)	69.2	(4.66)
20 and over...	2414	59	(1.5)	120.9	(5.32)	34.6	(3.14)	29	(1.7)	123.7	(6.93)	59.0	(5.09)	48	(2.3)	117.0	(7.68)
2 and over...	3934	56	(1.2)	108.4	(4.08)	29.4	(2.37)	27	(1.5)	113.1	(5.48)	52.8	(4.14)	47	(2.0)	102.5	(5.40)
Females:																	
2 - 5.....	339	45	(4.4)	50.1	(2.97)	5.9	(0.94)	12	(2.1)	47.9	(3.73)	13.1	(1.51)	27	(4.1)	51.8	(4.77)
6 - 11.....	510	48	(3.3)	75.0	(7.72)	12.2	(1.64)	16	(2.4)	72.9	(4.94)	25.4	(3.24)	35	(4.9)	76.9	(14.26)
12 - 19.....	650	51	(2.8)	82.5	(11.19)	21.4	(2.44)	26	(3.7)	84.7	(8.04)	41.7	(4.85)	49	(4.3)	80.2	(19.92)
20 - 39.....	893	63	(2.6)	119.1	(9.53)	36.2	(3.58)	30	(3.7)	105.7	(6.83)	57.7	(4.44)	55	(3.7)	141.7	(23.21)
40 - 59.....	926	58	(1.9)	136.5	(10.63)	27.8	(1.84)	20	(1.5)	122.0	(10.04)	48.3	(3.10)	40	(4.4)	156.0	(18.02)
60 and over.....	814	42	(3.1)	117.0	(4.50)	22.4	(2.78)	19	(2.0)	121.5	(7.74)	52.9	(4.64)	44	(3.7)	113.7	(5.52)
2 - 19.....	1499	49	(2.3)	73.2	(5.73)	15.2	(1.50)	21	(2.1)	73.7	(4.19)	30.9	(3.22)	42	(3.3)	72.6	(9.63)
20 and over...	2633	55	(1.7)	125.0	(5.02)	29.2	(2.21)	23	(1.9)	115.5	(4.18)	53.0	(3.13)	46	(3.2)	136.6	(7.89)
2 and over...	4132	54	(1.6)	113.0	(4.88)	25.9	(1.71)	23	(1.6)	106.6	(4.06)	48.4	(2.76)	45	(2.9)	120.3	(7.50)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	72.2	(3.02)	14.6	(1.06)	20	(1.5)	73.8	(3.69)	30.4	(2.23)	41	(3.2)	70.8	(4.46)
20 and over...	5047	57	(1.5)	123.0	(3.16)	31.8	(2.40)	26	(1.8)	119.6	(2.92)	56.0	(3.69)	47	(2.5)	127.5	(5.17)
2 and over...	8066	55	(1.3)	110.7	(2.76)	27.6	(1.76)	25	(1.5)	109.9	(2.56)	50.6	(2.97)	46	(2.2)	111.8	(4.43)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

C a l c i u m																	
—————All Individuals ²————— —————All Restaurant Consumers ³————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	940	(33.6)	72	(11.2)	8	(1.2)	894	(49.7)	175	(24.5)	20	(3.0)	972	(43.0)
6 - 11.....	537	43	(2.0)	1175	(41.5)	137	(8.4)	12	(0.8)	1124	(46.0)	318	(14.3)	28	(1.8)	1214	(63.5)
12 - 19.....	646	52	(2.3)	1186	(35.4)	215	(16.9)	18	(1.3)	1180	(71.0)	414	(33.4)	35	(2.2)	1192	(39.8)
20 - 39.....	853	65	(2.3)	1195	(37.5)	334	(22.2)	28	(1.7)	1228	(50.3)	512	(24.5)	42	(1.6)	1134	(48.5)
40 - 59.....	808	57	(2.5)	1051	(26.1)	230	(13.2)	22	(1.2)	1100	(25.2)	401	(21.1)	36	(1.9)	985	(36.9)
60 and over.....	753	51	(2.2)	972	(26.8)	146	(14.0)	15	(1.2)	974	(48.7)	288	(20.6)	30	(1.7)	970	(35.5)
2 - 19.....	1520	47	(1.0)	1135	(25.8)	160	(7.4)	14	(0.7)	1113	(42.6)	342	(13.6)	31	(1.3)	1153	(31.0)
20 and over...	2414	59	(1.5)	1086	(18.2)	248	(9.2)	23	(0.8)	1126	(22.8)	423	(11.8)	38	(1.0)	1028	(27.0)
2 and over...	3934	56	(1.2)	1098	(13.8)	226	(6.9)	21	(0.6)	1123	(15.2)	406	(9.3)	36	(0.7)	1066	(25.6)
Females:																	
2 - 5.....	339	45	(4.4)	926	(45.1)	94	(19.8)	10	(2.1)	992	(68.8)	208	(35.3)	21	(3.7)	872	(38.6)
6 - 11.....	510	48	(3.3)	960	(28.1)	155	(23.7)	16	(2.2)	1000	(29.2)	322	(32.7)	32	(3.1)	923	(38.8)
12 - 19.....	650	51	(2.8)	842	(33.3)	187	(16.2)	22	(1.6)	887	(39.3)	363	(25.5)	41	(2.3)	795	(42.3)
20 - 39.....	893	63	(2.6)	891	(21.9)	261	(21.3)	29	(2.0)	884	(28.4)	417	(24.8)	47	(2.1)	903	(41.3)
40 - 59.....	926	58	(1.9)	846	(19.1)	179	(9.2)	21	(1.0)	846	(19.9)	311	(14.1)	37	(1.3)	846	(25.9)
60 and over.....	814	42	(3.1)	812	(27.9)	108	(9.8)	13	(1.1)	784	(23.8)	255	(14.0)	33	(1.9)	832	(41.5)
2 - 19.....	1499	49	(2.3)	898	(22.8)	157	(13.4)	17	(1.2)	943	(31.8)	319	(18.7)	34	(1.5)	855	(24.4)
20 and over...	2633	55	(1.7)	852	(10.9)	187	(10.7)	22	(1.1)	847	(12.4)	341	(13.1)	40	(1.3)	857	(26.7)
2 and over...	4132	54	(1.6)	863	(10.3)	180	(8.8)	21	(0.9)	868	(10.8)	336	(10.0)	39	(1.1)	857	(23.9)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	1020	(19.2)	158	(7.7)	16	(0.7)	1029	(22.4)	331	(10.5)	32	(1.0)	1012	(24.7)
20 and over...	5047	57	(1.5)	965	(11.8)	217	(8.7)	22	(0.8)	987	(13.6)	382	(9.3)	39	(0.9)	937	(21.2)
2 and over...	8066	55	(1.3)	978	(11.2)	203	(6.9)	21	(0.6)	996	(10.0)	371	(7.6)	37	(0.7)	957	(20.9)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

P h o s p h o r u s																	
—————All Individuals ² ————— —————All Restaurant Consumers ³ ————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	1097	(37.1)	121	(16.6)	11	(1.6)	1058	(57.3)	292	(33.0)	28	(3.4)	1125	(47.4)
6 - 11.....	537	43	(2.0)	1388	(35.9)	206	(14.9)	15	(1.2)	1372	(46.6)	478	(30.2)	35	(2.2)	1400	(53.6)
12 - 19.....	646	52	(2.3)	1604	(29.4)	379	(28.3)	24	(1.7)	1659	(54.7)	729	(45.6)	44	(2.8)	1545	(61.9)
20 - 39.....	853	65	(2.3)	1758	(35.9)	552	(32.0)	31	(1.6)	1812	(51.7)	847	(34.0)	47	(1.7)	1657	(59.2)
40 - 59.....	808	57	(2.5)	1630	(35.8)	412	(24.0)	25	(1.4)	1690	(48.6)	719	(35.0)	43	(1.9)	1550	(47.9)
60 and over.....	753	51	(2.2)	1419	(24.0)	266	(20.3)	19	(1.3)	1429	(45.3)	525	(24.4)	37	(1.7)	1408	(39.2)
2 - 19.....	1520	47	(1.0)	1430	(24.6)	268	(19.4)	19	(1.3)	1463	(38.3)	573	(36.1)	39	(2.3)	1401	(33.7)
20 and over...	2414	59	(1.5)	1625	(17.9)	428	(14.1)	26	(0.8)	1684	(26.9)	730	(17.1)	43	(1.0)	1541	(30.1)
2 and over...	3934	56	(1.2)	1576	(14.3)	388	(11.5)	25	(0.7)	1637	(24.9)	697	(16.9)	43	(0.8)	1499	(23.5)
Females:																	
2 - 5.....	339	45	(4.4)	1016	(34.9)	126	(19.9)	12	(2.0)	1077	(52.6)	279	(28.5)	26	(3.1)	966	(31.0)
6 - 11.....	510	48	(3.3)	1180	(19.4)	231	(23.8)	20	(1.9)	1225	(20.0)	478	(24.6)	39	(2.2)	1139	(26.4)
12 - 19.....	650	51	(2.8)	1095	(37.4)	274	(18.2)	25	(1.5)	1154	(37.5)	532	(27.1)	46	(1.7)	1033	(50.8)
20 - 39.....	893	63	(2.6)	1236	(21.5)	407	(30.4)	33	(2.3)	1232	(30.6)	648	(29.2)	53	(2.0)	1244	(46.6)
40 - 59.....	926	58	(1.9)	1196	(16.9)	292	(11.8)	24	(0.9)	1224	(16.3)	508	(18.2)	42	(1.3)	1159	(33.1)
60 and over.....	814	42	(3.1)	1115	(27.9)	191	(17.5)	17	(1.4)	1126	(29.4)	453	(25.8)	40	(2.2)	1107	(34.7)
2 - 19.....	1499	49	(2.3)	1105	(19.3)	228	(12.6)	21	(1.0)	1161	(21.2)	465	(15.9)	40	(1.2)	1052	(21.7)
20 and over...	2633	55	(1.7)	1187	(12.2)	304	(15.9)	26	(1.2)	1206	(13.8)	552	(16.8)	46	(1.3)	1165	(28.2)
2 and over...	4132	54	(1.6)	1168	(11.9)	286	(12.6)	24	(0.9)	1196	(11.3)	533	(13.1)	45	(1.0)	1136	(24.1)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	1272	(15.9)	249	(10.2)	20	(0.7)	1313	(19.9)	519	(20.1)	40	(1.4)	1235	(23.8)
20 and over...	5047	57	(1.5)	1399	(11.9)	364	(12.6)	26	(0.8)	1445	(18.0)	641	(12.3)	44	(0.9)	1339	(24.3)
2 and over...	8066	55	(1.3)	1369	(11.0)	336	(9.8)	25	(0.6)	1417	(16.2)	615	(11.5)	43	(0.7)	1310	(20.6)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

M a g n e s i u m																	
—————All Individuals ²————— —————All Restaurant Consumers ³————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	207	(8.4)	18	(2.3)	9	(1.3)	197	(11.2)	43	(4.2)	22	(2.8)	215	(11.5)
6 - 11.....	537	43	(2.0)	246	(7.7)	30	(2.4)	12	(1.0)	242	(6.1)	70	(4.9)	29	(1.9)	249	(11.6)
12 - 19.....	646	52	(2.3)	296	(6.4)	56	(5.0)	19	(1.7)	294	(8.2)	108	(7.9)	37	(2.6)	297	(16.3)
20 - 39.....	853	65	(2.3)	350	(7.2)	88	(4.8)	25	(1.3)	354	(9.0)	135	(5.3)	38	(1.4)	342	(17.9)
40 - 59.....	808	57	(2.5)	356	(8.6)	75	(5.7)	21	(1.4)	364	(11.4)	131	(7.6)	36	(1.8)	344	(9.7)
60 and over.....	753	51	(2.2)	322	(9.6)	48	(3.0)	15	(0.8)	314	(10.5)	95	(3.4)	30	(1.1)	330	(12.6)
2 - 19.....	1520	47	(1.0)	261	(5.0)	40	(3.3)	15	(1.3)	261	(5.2)	85	(6.2)	32	(2.1)	262	(8.2)
20 and over...	2414	59	(1.5)	345	(4.6)	73	(2.6)	21	(0.7)	349	(7.1)	125	(2.8)	36	(0.9)	339	(6.8)
2 and over...	3934	56	(1.2)	324	(3.8)	65	(2.1)	20	(0.6)	330	(6.4)	116	(2.7)	35	(0.7)	316	(4.9)
Females:																	
2 - 5.....	339	45	(4.4)	184	(5.3)	18	(2.6)	10	(1.4)	188	(8.2)	41	(3.2)	22	(1.9)	181	(7.7)
6 - 11.....	510	48	(3.3)	218	(3.7)	35	(3.3)	16	(1.5)	219	(6.3)	73	(3.7)	33	(1.5)	217	(5.5)
12 - 19.....	650	51	(2.8)	210	(6.3)	42	(2.5)	20	(1.2)	212	(5.6)	81	(3.3)	38	(1.3)	208	(10.0)
20 - 39.....	893	63	(2.6)	265	(4.9)	67	(5.5)	25	(2.0)	257	(6.5)	108	(5.2)	42	(2.0)	279	(12.4)
40 - 59.....	926	58	(1.9)	278	(4.4)	50	(2.9)	18	(1.0)	269	(3.3)	87	(4.4)	32	(1.5)	289	(9.9)
60 and over.....	814	42	(3.1)	259	(7.0)	33	(2.9)	13	(1.1)	254	(6.7)	79	(3.7)	31	(1.5)	262	(9.8)
2 - 19.....	1499	49	(2.3)	207	(3.3)	35	(1.7)	17	(0.8)	210	(4.0)	70	(2.3)	34	(1.0)	205	(5.0)
20 and over...	2633	55	(1.7)	268	(3.7)	51	(3.0)	19	(1.0)	261	(3.7)	93	(3.3)	36	(1.2)	277	(8.1)
2 and over...	4132	54	(1.6)	254	(3.3)	47	(2.4)	19	(0.8)	250	(3.0)	89	(2.7)	35	(1.0)	258	(6.3)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	235	(3.1)	37	(1.7)	16	(0.7)	235	(3.4)	77	(3.3)	33	(1.3)	235	(4.9)
20 and over...	5047	57	(1.5)	305	(3.4)	62	(2.4)	20	(0.7)	305	(4.8)	109	(2.2)	36	(0.8)	306	(6.0)
2 and over...	8066	55	(1.3)	288	(3.1)	56	(1.8)	19	(0.6)	290	(4.1)	102	(1.9)	35	(0.7)	286	(4.6)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

I r o n																	
—————All Individuals ² ————— —————All Restaurant Consumers ³ ————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	12.0	(0.50)	1.2	(0.19)	10	(1.7)	12.3	(0.63)	2.9	(0.41)	24	(3.4)	11.8	(0.61)
6 - 11.....	537	43	(2.0)	14.7	(0.34)	1.9	(0.13)	13	(0.9)	14.3	(0.60)	4.3	(0.29)	30	(1.7)	14.9	(0.59)
12 - 19.....	646	52	(2.3)	17.4	(0.77)	3.3	(0.22)	19	(1.7)	16.7	(0.59)	6.4	(0.34)	38	(2.4)	18.1	(1.76)
20 - 39.....	853	65	(2.3)	17.2	(0.35)	5.2	(0.25)	31	(1.5)	17.8	(0.44)	8.0	(0.25)	45	(1.7)	16.1	(0.56)
40 - 59.....	808	57	(2.5)	16.5	(0.42)	3.8	(0.22)	23	(1.6)	16.5	(0.49)	6.7	(0.32)	41	(1.7)	16.6	(0.91)
60 and over.....	753	51	(2.2)	15.9	(0.56)	2.6	(0.21)	16	(1.4)	15.3	(0.53)	5.1	(0.25)	33	(1.5)	16.6	(0.87)
2 - 19.....	1520	47	(1.0)	15.4	(0.39)	2.4	(0.16)	16	(1.2)	15.2	(0.30)	5.1	(0.27)	34	(1.7)	15.6	(0.70)
20 and over...	2414	59	(1.5)	16.6	(0.22)	4.0	(0.12)	24	(0.7)	16.8	(0.23)	6.9	(0.16)	41	(0.8)	16.4	(0.43)
2 and over...	3934	56	(1.2)	16.3	(0.18)	3.6	(0.09)	22	(0.7)	16.4	(0.21)	6.5	(0.15)	40	(0.7)	16.2	(0.39)
Females:																	
2 - 5.....	339	45	(4.4)	10.8	(0.40)	1.3	(0.25)	12	(2.4)	10.9	(0.60)	2.9	(0.38)	26	(3.5)	10.7	(0.54)
6 - 11.....	510	48	(3.3)	13.8	(0.52)	2.0	(0.18)	15	(1.4)	13.6	(1.00)	4.2	(0.20)	31	(2.2)	14.0	(0.51)
12 - 19.....	650	51	(2.8)	12.1	(0.50)	2.4	(0.15)	20	(1.2)	12.1	(0.59)	4.6	(0.21)	38	(1.7)	12.0	(0.57)
20 - 39.....	893	63	(2.6)	12.7	(0.25)	3.5	(0.27)	28	(2.3)	12.4	(0.38)	5.6	(0.25)	45	(2.4)	13.1	(0.45)
40 - 59.....	926	58	(1.9)	12.7	(0.40)	2.6	(0.15)	21	(1.1)	12.4	(0.35)	4.6	(0.22)	37	(1.4)	13.2	(0.62)
60 and over.....	814	42	(3.1)	12.2	(0.27)	1.9	(0.17)	15	(1.4)	12.2	(0.38)	4.4	(0.23)	36	(2.3)	12.2	(0.43)
2 - 19.....	1499	49	(2.3)	12.3	(0.22)	2.0	(0.11)	16	(0.9)	12.3	(0.29)	4.1	(0.13)	34	(1.3)	12.3	(0.29)
20 and over...	2633	55	(1.7)	12.6	(0.16)	2.7	(0.16)	22	(1.2)	12.3	(0.14)	5.0	(0.16)	40	(1.2)	12.8	(0.30)
2 and over...	4132	54	(1.6)	12.5	(0.14)	2.6	(0.12)	21	(1.0)	12.3	(0.13)	4.8	(0.13)	39	(1.0)	12.7	(0.22)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	13.9	(0.23)	2.2	(0.10)	16	(0.8)	13.8	(0.21)	4.6	(0.17)	34	(1.3)	14.0	(0.35)
20 and over...	5047	57	(1.5)	14.5	(0.14)	3.4	(0.12)	23	(0.8)	14.6	(0.11)	5.9	(0.11)	41	(0.8)	14.5	(0.31)
2 and over...	8066	55	(1.3)	14.4	(0.14)	3.1	(0.09)	21	(0.7)	14.4	(0.10)	5.7	(0.10)	39	(0.7)	14.4	(0.28)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

Z i n c																	
—————All Individuals ²————— —————All Restaurant Consumers ³————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	7.9	(0.25)	0.7	(0.09)	9	(1.2)	7.6	(0.36)	1.7	(0.17)	22	(2.7)	8.1	(0.33)
6 - 11.....	537	43	(2.0)	10.5	(0.27)	1.4	(0.10)	13	(1.1)	10.2	(0.43)	3.3	(0.19)	32	(2.0)	10.8	(0.39)
12 - 19.....	646	52	(2.3)	13.7	(0.67)	2.8	(0.24)	20	(2.1)	13.2	(0.56)	5.4	(0.37)	41	(3.2)	14.3	(1.46)
20 - 39.....	853	65	(2.3)	14.3	(0.28)	4.4	(0.31)	31	(2.0)	14.5	(0.39)	6.8	(0.37)	47	(2.2)	14.0	(0.54)
40 - 59.....	808	57	(2.5)	12.9	(0.30)	3.3	(0.19)	26	(1.6)	13.2	(0.37)	5.8	(0.28)	44	(2.1)	12.5	(0.56)
60 and over.....	753	51	(2.2)	11.8	(0.27)	2.1	(0.16)	18	(1.3)	11.5	(0.43)	4.2	(0.19)	37	(1.3)	12.1	(0.34)
2 - 19.....	1520	47	(1.0)	11.5	(0.31)	1.9	(0.15)	17	(1.4)	11.3	(0.35)	4.1	(0.26)	36	(2.3)	11.7	(0.60)
20 and over...	2414	59	(1.5)	13.2	(0.14)	3.4	(0.15)	26	(1.0)	13.4	(0.19)	5.9	(0.21)	44	(1.4)	12.8	(0.28)
2 and over...	3934	56	(1.2)	12.7	(0.11)	3.1	(0.10)	24	(0.9)	12.9	(0.16)	5.5	(0.16)	43	(1.1)	12.5	(0.31)
Females:																	
2 - 5.....	339	45	(4.4)	8.1	(0.28)	0.8	(0.11)	10	(1.5)	7.8	(0.34)	1.8	(0.15)	23	(2.5)	8.3	(0.44)
6 - 11.....	510	48	(3.3)	9.1	(0.36)	1.4	(0.12)	16	(1.3)	8.8	(0.37)	2.9	(0.14)	34	(1.9)	9.4	(0.71)
12 - 19.....	650	51	(2.8)	8.6	(0.36)	1.8	(0.12)	21	(1.5)	8.5	(0.35)	3.6	(0.15)	42	(2.1)	8.7	(0.42)
20 - 39.....	893	63	(2.6)	9.7	(0.25)	3.0	(0.22)	31	(2.2)	9.6	(0.31)	4.8	(0.23)	49	(2.1)	9.9	(0.35)
40 - 59.....	926	58	(1.9)	9.2	(0.17)	2.2	(0.12)	24	(1.3)	9.4	(0.20)	3.8	(0.17)	40	(1.6)	9.0	(0.29)
60 and over.....	814	42	(3.1)	8.9	(0.24)	1.5	(0.13)	16	(1.4)	8.8	(0.29)	3.5	(0.16)	39	(2.4)	9.0	(0.32)
2 - 19.....	1499	49	(2.3)	8.7	(0.28)	1.5	(0.08)	17	(0.9)	8.5	(0.22)	3.0	(0.09)	36	(1.3)	8.8	(0.41)
20 and over...	2633	55	(1.7)	9.3	(0.10)	2.3	(0.13)	24	(1.3)	9.4	(0.12)	4.1	(0.15)	44	(1.3)	9.2	(0.21)
2 and over...	4132	54	(1.6)	9.2	(0.11)	2.1	(0.11)	23	(1.1)	9.2	(0.11)	3.9	(0.12)	42	(1.1)	9.1	(0.19)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	10.1	(0.16)	1.7	(0.08)	17	(0.8)	9.9	(0.19)	3.5	(0.15)	36	(1.5)	10.3	(0.34)
20 and over...	5047	57	(1.5)	11.2	(0.09)	2.8	(0.11)	25	(1.0)	11.4	(0.11)	5.0	(0.13)	44	(1.1)	10.9	(0.20)
2 and over...	8066	55	(1.3)	10.9	(0.09)	2.6	(0.08)	23	(0.8)	11.1	(0.10)	4.7	(0.10)	42	(0.8)	10.8	(0.21)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

C o p p e r																	
—————All Individuals ²————— —————All Restaurant Consumers ³————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	0.8	(0.03)	0.1	(0.01)	9	(1.2)	0.8	(0.05)	0.2	(0.02)	22	(2.5)	0.8	(0.05)
6 - 11.....	537	43	(2.0)	1.0	(0.03)	0.1	(0.01)	13	(1.0)	0.9	(0.02)	0.3	(0.02)	31	(1.7)	1.0	(0.05)
12 - 19.....	646	52	(2.3)	1.1	(0.03)	0.2	(0.02)	19	(1.7)	1.1	(0.04)	0.4	(0.03)	36	(2.6)	1.1	(0.06)
20 - 39.....	853	65	(2.3)	1.4	(0.03)	0.4	(0.02)	26	(1.5)	1.4	(0.02)	0.5	(0.02)	39	(1.7)	1.4	(0.09)
40 - 59.....	808	57	(2.5)	1.4	(0.04)	0.3	(0.02)	21	(1.4)	1.5	(0.04)	0.5	(0.03)	36	(1.8)	1.4	(0.05)
60 and over.....	753	51	(2.2)	1.3	(0.03)	0.2	(0.02)	16	(1.8)	1.3	(0.04)	0.4	(0.03)	33	(2.1)	1.3	(0.06)
2 - 19.....	1520	47	(1.0)	1.0	(0.02)	0.2	(0.01)	15	(1.2)	1.0	(0.02)	0.3	(0.02)	33	(1.9)	1.0	(0.03)
20 and over...	2414	59	(1.5)	1.4	(0.01)	0.3	(0.01)	22	(0.8)	1.4	(0.02)	0.5	(0.01)	37	(1.1)	1.4	(0.04)
2 and over...	3934	56	(1.2)	1.3	(0.01)	0.3	(0.01)	20	(0.7)	1.3	(0.02)	0.5	(0.01)	36	(0.9)	1.3	(0.03)
Females:																	
2 - 5.....	339	45	(4.4)	0.7	(0.02)	0.1	(0.01)	11	(1.7)	0.7	(0.04)	0.2	(0.02)	24	(1.8)	0.7	(0.03)
6 - 11.....	510	48	(3.3)	0.9	(0.03)	0.1	(0.01)	15	(1.3)	0.9	(0.04)	0.3	(0.01)	32	(1.4)	0.9	(0.04)
12 - 19.....	650	51	(2.8)	0.9	(0.03)	0.2	(0.01)	19	(1.6)	0.9	(0.03)	0.3	(0.02)	37	(1.9)	0.8	(0.04)
20 - 39.....	893	63	(2.6)	1.1	(0.03)	0.3	(0.02)	24	(1.7)	1.1	(0.03)	0.4	(0.02)	40	(1.8)	1.2	(0.06)
40 - 59.....	926	58	(1.9)	1.1	(0.02)	0.2	(0.01)	17	(1.0)	1.1	(0.02)	0.3	(0.02)	30	(1.6)	1.2	(0.04)
60 and over.....	814	42	(3.1)	1.1	(0.03)	0.1	(0.01)	14	(1.1)	1.1	(0.04)	0.4	(0.02)	32	(1.7)	1.1	(0.04)
2 - 19.....	1499	49	(2.3)	0.8	(0.02)	0.1	(0.01)	17	(0.9)	0.8	(0.02)	0.3	(0.01)	33	(1.2)	0.8	(0.02)
20 and over...	2633	55	(1.7)	1.1	(0.02)	0.2	(0.01)	18	(0.9)	1.1	(0.01)	0.4	(0.01)	34	(1.2)	1.1	(0.04)
2 and over...	4132	54	(1.6)	1.0	(0.02)	0.2	(0.01)	18	(0.8)	1.0	(0.01)	0.4	(0.01)	34	(1.0)	1.1	(0.03)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	0.9	(0.01)	0.1	(0.01)	16	(0.7)	0.9	(0.01)	0.3	(0.01)	33	(1.2)	0.9	(0.02)
20 and over...	5047	57	(1.5)	1.2	(0.01)	0.2	(0.01)	20	(0.7)	1.2	(0.01)	0.4	(0.01)	36	(0.9)	1.2	(0.03)
2 and over...	8066	55	(1.3)	1.2	(0.01)	0.2	(0.01)	19	(0.6)	1.2	(0.01)	0.4	(0.01)	35	(0.8)	1.2	(0.02)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

S e l e n i u m																	
All Individuals ² All Restaurant Consumers ³ Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	78.0	(2.99)	10.2	(1.37)	13	(1.9)	77.0	(3.67)	24.5	(2.80)	32	(3.1)	78.6	(4.35)
6 - 11.....	537	43	(2.0)	102.2	(3.65)	17.2	(1.29)	17	(1.5)	100.2	(3.33)	39.9	(2.59)	40	(2.3)	103.7	(5.75)
12 - 19.....	646	52	(2.3)	131.1	(3.51)	35.5	(3.65)	27	(2.5)	141.3	(5.21)	68.3	(6.39)	48	(3.5)	120.1	(4.64)
20 - 39.....	853	65	(2.3)	143.9	(3.40)	51.4	(3.27)	36	(1.8)	149.1	(3.85)	78.8	(3.94)	53	(1.9)	134.2	(4.62)
40 - 59.....	808	57	(2.5)	142.6	(3.61)	40.2	(2.49)	28	(1.7)	147.2	(4.94)	70.0	(3.46)	48	(2.6)	136.4	(4.54)
60 and over.....	753	51	(2.2)	120.1	(1.69)	26.0	(2.13)	22	(1.6)	120.5	(3.67)	51.2	(2.65)	42	(2.1)	119.6	(3.31)
2 - 19.....	1520	47	(1.0)	110.7	(2.13)	24.2	(2.21)	22	(1.9)	117.0	(3.60)	51.6	(4.41)	44	(2.8)	105.1	(2.76)
20 and over...	2414	59	(1.5)	137.4	(1.69)	40.8	(1.61)	30	(1.0)	142.1	(2.84)	69.6	(2.32)	49	(1.5)	130.6	(2.51)
2 and over...	3934	56	(1.2)	130.6	(1.60)	36.6	(1.32)	28	(0.8)	136.8	(2.82)	65.8	(2.20)	48	(1.2)	122.9	(1.66)
Females:																	
2 - 5.....	339	45	(4.4)	68.2	(2.13)	9.7	(1.73)	14	(2.4)	69.6	(2.62)	21.6	(2.33)	31	(3.3)	67.1	(2.66)
6 - 11.....	510	48	(3.3)	88.2	(1.87)	18.9	(1.71)	21	(2.0)	88.3	(2.32)	39.2	(1.96)	44	(2.5)	88.0	(2.44)
12 - 19.....	650	51	(2.8)	88.3	(2.27)	23.5	(1.55)	27	(1.6)	92.4	(3.23)	45.7	(2.10)	49	(2.1)	84.0	(3.12)
20 - 39.....	893	63	(2.6)	102.0	(1.85)	37.2	(2.68)	36	(2.5)	104.1	(2.59)	59.3	(2.47)	57	(2.2)	98.4	(3.02)
40 - 59.....	926	58	(1.9)	99.6	(1.64)	27.6	(1.70)	28	(1.6)	105.3	(2.37)	48.0	(2.69)	46	(2.2)	91.8	(2.94)
60 and over.....	814	42	(3.1)	90.3	(2.29)	18.7	(1.66)	21	(1.8)	93.4	(3.32)	44.2	(2.51)	47	(2.5)	88.1	(2.81)
2 - 19.....	1499	49	(2.3)	84.0	(1.19)	19.1	(0.97)	23	(1.0)	86.6	(1.65)	38.9	(1.26)	45	(1.4)	81.4	(1.39)
20 and over...	2633	55	(1.7)	97.8	(1.07)	28.4	(1.52)	29	(1.5)	102.3	(1.81)	51.6	(1.68)	50	(1.6)	92.4	(1.22)
2 and over...	4132	54	(1.6)	94.6	(0.94)	26.3	(1.20)	28	(1.2)	99.0	(1.58)	48.9	(1.37)	49	(1.3)	89.6	(1.03)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	97.7	(1.25)	21.7	(1.18)	22	(1.1)	101.9	(1.92)	45.3	(2.47)	44	(1.7)	93.9	(1.78)
20 and over...	5047	57	(1.5)	117.0	(1.03)	34.4	(1.31)	29	(1.1)	122.2	(1.80)	60.6	(1.55)	50	(1.3)	110.1	(1.15)
2 and over...	8066	55	(1.3)	112.3	(0.99)	31.3	(0.98)	28	(0.8)	117.9	(1.76)	57.4	(1.37)	49	(1.1)	105.6	(0.92)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

P o t a s s i u m																	
—————All Individuals ² ————— —————All Restaurant Consumers ³ ————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	2019	(76.8)	181	(25.0)	9	(1.4)	1924	(107.9)	437	(47.4)	23	(2.9)	2087	(104.8)
6 - 11.....	537	43	(2.0)	2332	(53.1)	299	(26.6)	13	(1.3)	2257	(69.6)	694	(57.9)	31	(2.4)	2389	(91.3)
12 - 19.....	646	52	(2.3)	2665	(41.8)	567	(54.9)	21	(1.9)	2676	(61.9)	1091	(94.4)	41	(3.1)	2653	(90.5)
20 - 39.....	853	65	(2.3)	3001	(50.4)	878	(52.8)	29	(1.6)	3074	(75.0)	1347	(56.1)	44	(1.7)	2864	(84.5)
40 - 59.....	808	57	(2.5)	3106	(58.3)	739	(48.5)	24	(1.4)	3196	(73.8)	1289	(64.6)	40	(1.8)	2984	(98.3)
60 and over.....	753	51	(2.2)	2909	(55.4)	495	(29.4)	17	(0.9)	2935	(69.6)	977	(34.5)	33	(1.1)	2883	(60.9)
2 - 19.....	1520	47	(1.0)	2423	(37.0)	398	(36.7)	16	(1.5)	2412	(53.6)	850	(70.4)	35	(2.5)	2434	(51.8)
20 and over...	2414	59	(1.5)	3016	(36.0)	730	(26.2)	24	(0.7)	3087	(51.6)	1245	(29.8)	40	(1.0)	2915	(41.5)
2 and over...	3934	56	(1.2)	2866	(31.7)	646	(22.3)	23	(0.6)	2944	(49.5)	1161	(30.4)	39	(0.9)	2769	(26.2)
Females:																	
2 - 5.....	339	45	(4.4)	1811	(80.3)	188	(25.0)	10	(1.4)	1830	(88.1)	415	(29.6)	23	(2.0)	1794	(106.1)
6 - 11.....	510	48	(3.3)	1962	(49.3)	333	(37.2)	17	(1.8)	1984	(72.8)	692	(44.4)	35	(1.9)	1942	(64.8)
12 - 19.....	650	51	(2.8)	1873	(63.2)	409	(24.9)	22	(1.4)	1880	(46.7)	794	(29.1)	42	(1.3)	1866	(102.7)
20 - 39.....	893	63	(2.6)	2257	(49.9)	664	(51.3)	29	(2.0)	2243	(60.6)	1058	(48.3)	47	(2.0)	2280	(88.1)
40 - 59.....	926	58	(1.9)	2398	(41.3)	504	(31.0)	21	(1.1)	2369	(45.9)	876	(45.2)	37	(1.6)	2436	(80.3)
60 and over.....	814	42	(3.1)	2296	(56.7)	336	(28.6)	15	(1.1)	2277	(61.7)	795	(33.4)	35	(1.4)	2310	(73.1)
2 - 19.....	1499	49	(2.3)	1888	(37.1)	337	(16.4)	18	(0.9)	1903	(35.0)	687	(22.6)	36	(1.0)	1874	(58.0)
20 and over...	2633	55	(1.7)	2320	(35.0)	512	(29.8)	22	(1.1)	2299	(32.8)	930	(31.9)	40	(1.3)	2346	(62.5)
2 and over...	4132	54	(1.6)	2220	(32.2)	471	(23.9)	21	(0.9)	2215	(29.8)	879	(27.0)	40	(1.1)	2226	(50.7)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	2163	(28.0)	368	(19.9)	17	(0.8)	2159	(39.7)	769	(41.0)	36	(1.5)	2168	(36.4)
20 and over...	5047	57	(1.5)	2658	(30.9)	618	(24.5)	23	(0.8)	2694	(36.7)	1088	(24.5)	40	(1.0)	2610	(44.6)
2 and over...	8066	55	(1.3)	2538	(28.7)	557	(19.5)	22	(0.6)	2580	(34.7)	1020	(23.0)	40	(0.8)	2487	(34.3)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

S o d i u m																	
—————All Individuals ²————— —————All Restaurant Consumers ³————— Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	2396	(62.5)	357	(47.0)	15	(1.9)	2346	(101.1)	861	(95.3)	37	(3.5)	2431	(92.5)
6 - 11.....	537	43	(2.0)	3185	(94.5)	576	(46.3)	18	(1.5)	3206	(152.6)	1334	(101.6)	42	(2.4)	3170	(148.3)
12 - 19.....	646	52	(2.3)	3960	(91.8)	1127	(98.9)	28	(2.1)	4369	(120.6)	2170	(154.1)	50	(2.8)	3518	(99.3)
20 - 39.....	853	65	(2.3)	4376	(76.5)	1652	(94.9)	38	(1.8)	4643	(105.1)	2534	(99.4)	55	(2.2)	3877	(130.4)
40 - 59.....	808	57	(2.5)	4161	(94.9)	1223	(79.8)	29	(1.9)	4327	(128.0)	2134	(106.4)	49	(2.4)	3937	(119.0)
60 and over.....	753	51	(2.2)	3575	(66.8)	783	(61.0)	22	(1.6)	3686	(120.7)	1544	(86.9)	42	(1.9)	3461	(106.1)
2 - 19.....	1520	47	(1.0)	3385	(62.6)	784	(67.3)	23	(1.7)	3645	(124.0)	1675	(129.6)	46	(2.3)	3156	(57.3)
20 and over...	2414	59	(1.5)	4094	(53.3)	1274	(51.2)	31	(1.2)	4319	(76.6)	2173	(64.7)	50	(1.4)	3774	(66.0)
2 and over...	3934	56	(1.2)	3915	(46.2)	1150	(41.3)	29	(0.9)	4176	(79.7)	2067	(63.2)	49	(1.1)	3587	(44.1)
Females:																	
2 - 5.....	339	45	(4.4)	2110	(65.8)	340	(57.2)	16	(2.6)	2204	(87.6)	752	(72.9)	34	(3.2)	2033	(77.3)
6 - 11.....	510	48	(3.3)	2767	(56.0)	630	(59.6)	23	(2.1)	2861	(72.0)	1307	(65.4)	46	(2.5)	2678	(73.4)
12 - 19.....	650	51	(2.8)	2844	(89.6)	780	(49.1)	27	(1.6)	3021	(97.1)	1515	(78.1)	50	(1.7)	2656	(107.8)
20 - 39.....	893	63	(2.6)	3238	(50.5)	1192	(93.0)	37	(2.5)	3319	(81.9)	1899	(86.7)	57	(2.0)	3103	(91.3)
40 - 59.....	926	58	(1.9)	2977	(34.6)	829	(34.8)	28	(1.2)	3103	(65.1)	1441	(60.8)	46	(1.7)	2807	(66.9)
60 and over.....	814	42	(3.1)	2727	(62.5)	588	(54.2)	22	(1.8)	2857	(65.9)	1393	(81.8)	49	(2.4)	2632	(66.0)
2 - 19.....	1499	49	(2.3)	2662	(38.6)	637	(27.3)	24	(0.9)	2810	(44.6)	1299	(44.5)	46	(1.2)	2520	(48.5)
20 and over...	2633	55	(1.7)	2997	(22.1)	887	(47.3)	30	(1.4)	3135	(39.7)	1612	(50.0)	51	(1.4)	2829	(43.1)
2 and over...	4132	54	(1.6)	2920	(20.5)	829	(36.9)	28	(1.2)	3067	(32.6)	1546	(39.6)	50	(1.2)	2750	(32.1)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	3034	(39.7)	713	(36.1)	23	(1.0)	3230	(76.4)	1488	(79.0)	46	(1.5)	2854	(31.6)
20 and over...	5047	57	(1.5)	3529	(30.1)	1075	(43.1)	30	(1.1)	3728	(47.4)	1893	(45.1)	51	(1.2)	3267	(39.3)
2 and over...	8066	55	(1.3)	3409	(27.7)	987	(33.6)	29	(0.9)	3623	(51.5)	1807	(43.1)	50	(1.0)	3153	(26.8)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

C a f f e i n e																	
All Individuals ² All Restaurant Consumers ³ Non-consumers ⁴																	
Males/Females and age	Sample Size	Percent Reporting ⁵		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake		Intake from All Restaurants		Percentages from ⁶ All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	4.7	(0.48)	0.8*	(0.35)	17*	(6.4)	6.1	(0.64)	2.0*	(0.81)	32*	(12.6)	3.7	(0.73)
6 - 11.....	537	43	(2.0)	16.3	(2.10)	3.5	(0.67)	21	(3.8)	20.9	(2.60)	8.0	(1.55)	38	(6.1)	12.9	(2.40)
12 - 19.....	646	52	(2.3)	53.0	(5.69)	11.4	(2.75)	22	(3.8)	60.5	(7.44)	22.0	(5.04)	36	(5.5)	44.9	(7.33)
20 - 39.....	853	65	(2.3)	148.3	(13.69)	33.3	(4.20)	22	(2.9)	165.9	(18.73)	51.1	(6.10)	31	(4.2)	115.3	(11.48)
40 - 59.....	808	57	(2.5)	217.4	(8.26)	34.7	(4.54)	16	(2.0)	216.8	(9.15)	60.6	(7.56)	28	(3.2)	218.2	(19.27)
60 and over.....	753	51	(2.2)	178.6	(6.42)	32.1	(4.50)	18	(2.5)	198.7	(13.81)	63.3	(8.86)	32	(4.0)	157.9	(12.19)
2 - 19.....	1520	47	(1.0)	30.8	(2.29)	6.6	(1.31)	21	(3.5)	38.3	(4.32)	14.0	(2.74)	37	(4.8)	24.1	(2.89)
20 and over...	2414	59	(1.5)	181.4	(7.26)	33.5	(2.99)	18	(1.5)	191.4	(12.38)	57.2	(4.35)	30	(2.4)	167.2	(11.60)
2 and over...	3934	56	(1.2)	143.3	(6.77)	26.7	(2.28)	19	(1.4)	158.9	(10.31)	48.0	(3.59)	30	(2.2)	123.8	(9.44)
Females:																	
2 - 5.....	339	45	(4.4)	5.6	(1.32)	1.0*	(0.30)	17*	(5.5)	7.4	(2.01)	2.1	(0.60)	29*	(9.5)	4.0	(0.89)
6 - 11.....	510	48	(3.3)	12.1	(1.48)	2.9	(0.69)	24	(4.3)	17.0	(2.52)	6.1	(1.38)	36	(6.4)	7.6	(1.43)
12 - 19.....	650	51	(2.8)	44.4	(7.05)	12.5	(1.99)	28	(4.8)	53.3	(10.44)	24.3	(3.38)	46	(8.4)	35.0	(7.01)
20 - 39.....	893	63	(2.6)	109.9	(6.48)	29.4	(2.71)	27	(2.5)	115.8	(5.20)	46.8	(3.52)	40	(2.8)	99.9	(12.32)
40 - 59.....	926	58	(1.9)	185.6	(13.08)	31.1	(2.95)	17	(2.2)	181.6	(9.09)	54.1	(4.82)	30	(2.9)	191.0	(26.46)
60 and over.....	814	42	(3.1)	151.3	(8.15)	18.1	(2.49)	12	(1.5)	160.2	(12.56)	42.9	(4.86)	27	(3.4)	144.8	(6.83)
2 - 19.....	1499	49	(2.3)	25.7	(3.85)	7.0	(0.90)	27	(3.7)	32.8	(5.58)	14.2	(1.48)	43	(6.7)	18.9	(3.47)
20 and over...	2633	55	(1.7)	149.7	(6.30)	26.8	(1.98)	18	(1.5)	150.9	(6.74)	48.8	(3.33)	32	(2.3)	148.1	(9.48)
2 and over...	4132	54	(1.6)	121.0	(6.06)	22.2	(1.52)	18	(1.4)	126.0	(6.94)	41.5	(2.71)	33	(2.2)	115.3	(8.57)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	28.3	(2.35)	6.8	(0.54)	24	(2.3)	35.6	(3.04)	14.1	(1.19)	40	(3.9)	21.6	(2.51)
20 and over...	5047	57	(1.5)	165.0	(6.40)	30.1	(1.99)	18	(1.2)	171.2	(8.58)	53.0	(3.02)	31	(2.1)	157.0	(9.19)
2 and over...	8066	55	(1.3)	132.0	(6.00)	24.4	(1.59)	19	(1.2)	142.5	(7.76)	44.8	(2.56)	31	(2.0)	119.4	(8.14)

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants¹, by Male/Female and Age, in the United States, 2013-2014 (continued)

A l c o h o l											
				All Individuals ²			All Restaurant Consumers ³			Non-consumers ⁴	
Males/Females and age (years)	Sample Size	Percent Reporting ⁵		Total Intake	Intake from All Restaurants	Percentages from All Restaurants ⁶	Total Intake	Intake from All Restaurants	Percentages from All Restaurants ⁶	Total Intake	
		%	(SE)	g (SE)	g (SE)	% (SE)	g (SE)	g (SE)	% (SE)	g (SE)	
Males:											
2 - 5.....	337	41	(2.6)	--	--	--	--	--	--	--	
6 - 11.....	537	43	(2.0)	--	--	--	--	--	--	--	
12 - 19.....	646	52	(2.3)	--	--	--	--	--	--	--	
20 - 39.....	853	65	(2.3)	16.8 (1.70)	4.5 (0.67)	27 (3.4)	18.3 (2.16)	7.0 (1.05)	38 (5.0)	13.9 (1.58)	
40 - 59.....	808	57	(2.5)	17.4 (2.37)	2.7 (0.76)	16 (4.5)	20.3 (3.37)	4.7 (1.23)	23 (6.7)	13.4 (1.51)	
60 and over.....	753	51	(2.2)	10.9 (0.93)	2.2 (0.35)	20 (3.3)	11.6 (1.47)	4.4 (0.79)	38 (4.9)	10.3 (1.55)	
2 - 19.....	1520	47	(1.0)	--	--	--	--	--	--	--	
20 and over...	2414	59	(1.5)	15.5 (1.27)	3.3 (0.46)	21 (2.9)	17.5 (1.69)	5.6 (0.73)	32 (3.9)	12.6 (0.87)	
2 and over...	3934	56	(1.2)	--	--	--	--	--	--	--	
Females:											
2 - 5.....	339	45	(4.4)	--	--	--	--	--	--	--	
6 - 11.....	510	48	(3.3)	--	--	--	--	--	--	--	
12 - 19.....	650	51	(2.8)	--	--	--	--	--	--	--	
20 - 39.....	893	63	(2.6)	8.0 (1.47)	2.7* (0.95)	33 (9.6)	9.6 (2.18)	4.3* (1.48)	44 (11.0)	5.2 (1.14)	
40 - 59.....	926	58	(1.9)	7.2 (0.85)	1.5* (0.48)	21 (4.8)	8.4 (1.31)	2.6 (0.79)	31 (6.9)	5.4 (0.88)	
60 and over.....	814	42	(3.1)	4.7 (0.55)	0.7 (0.17)	15 (3.2)	4.9 (0.76)	1.7 (0.38)	--	4.5 (0.86)	
2 - 19.....	1499	49	(2.3)	--	--	--	--	--	--	--	
20 and over...	2633	55	(1.7)	6.8 (0.65)	1.7 (0.35)	25 (4.5)	8.2 (0.93)	3.1 (0.63)	38 (5.9)	5.0 (0.73)	
2 and over...	4132	54	(1.6)	--	--	--	--	--	--	--	
Males and Females:											
2 - 19.....	3019	48	(1.3)	--	--	--	--	--	--	--	
20 and over...	5047	57	(1.5)	11.0 (0.84)	2.5 (0.33)	22 (2.4)	12.9 (1.22)	4.3 (0.54)	34 (3.2)	8.5 (0.59)	
2 and over...	8066	55	(1.3)	--	--	--	--	--	--	--	

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means and percentages are as follows:

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

Indicates a non-zero value too small to report.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 59 for VIF = 1.98.

Footnotes

- ¹ Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".
- ² **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.
- ³ **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.
- ⁴ **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.
- ⁵ The weighted percentage of respondents in the male/female/age group who reported at least one food/beverage item from All Restaurants.
- ⁶ Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

Notes Applicable to All Tables in Series: What We Eat in America, NHANES 2013-2014

Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

The statistics in this table are estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2013-2014. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 2013-2014 www.ars.usda.gov/nea/bhnrc/fsrg.

Intakes of nutrients and other dietary components are based on the consumption of food and beverages, including water, and do not include intake from supplements or medications.

The table includes data from individuals 2 years and over. Breast-fed children were excluded because breast milk was not quantified in dietary recall interviews.

Although alcohol data are collected for all individuals, estimates are not presented for age groups under 20 years due to extreme variability and/or inadequate sample size.

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